

GOOD  
HOUSEKEEPING'S  
BOOK of  
MENUS, RECIPES,  
and  
HOUSEHOLD  
DISCOVERIES

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HOUSEKEEPING  
INSTITUTE

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GOOD  
HOUSEKEEPING  
MAGAZINE





# GOOD HOUSEKEEPING

*For the Advancement of the American Home*

Among the many features which make up Good Housekeeping every month may be listed the following:

## HOUSEHOLD ENGINEERING

A famous department of GOOD HOUSEKEEPING INSTITUTE which treats from practical experience and scientific research all phases of the selection, care, and use of household equipment.

## COOKERY

In the kitchen-laboratories of the Department of Cookery of GOOD HOUSEKEEPING INSTITUTE all recipes and methods are actually tested and tasted by cookery experts before publication in the pages of the magazine.

## FASHIONS

A practical and authoritative service which shows the best that New York and Paris has to offer; the newest styles delightfully illustrated. A Local Shopping Service, a National Shopping Service, and a lesson in dressmaking every month.

## FURNISHINGS AND DECORATIONS

A real service rendered by practical articles in the magazine, supplemented by advisory correspondence. Regular exhibits in our own Studio.

## NEEDLEWORK

A department conducted by the foremost needlework expert in the world—Ann Orr.

## BUREAU OF FOOD, SANITATION AND HEALTH

Directed by Dr. Harvey W. Wiley, noted pure food expert.

## HEALTH AND BEAUTY

Health as the foundation of beauty and suggestions for adding to one's personal charm are given each month by a well-known beauty expert. Supplemented by advisory service.

## CHILD TRAINING

This subject is treated regularly from the point of view of education, recreation, physical care, psychology, etc. Authoritative information is furnished by our School Service Bureau. And on the lighter side, cut-outs in colors every month.

## FOR THE BUSINESS AND PROFESSIONAL WOMAN

Regular articles dealing with woman's opportunity in government and public welfare and business, together with reports of allied activities.

## FICTION

The names of the authors of Good Housekeeping fiction indicate its quality: Gertrude Atherton, Kathleen Norris, Gene Stratton-Porter, Fannie Heaslip Lea, I. A. R. Wylie, Coningsby Dawson, Rafael Sabatini, Irvin Cobb, and others.





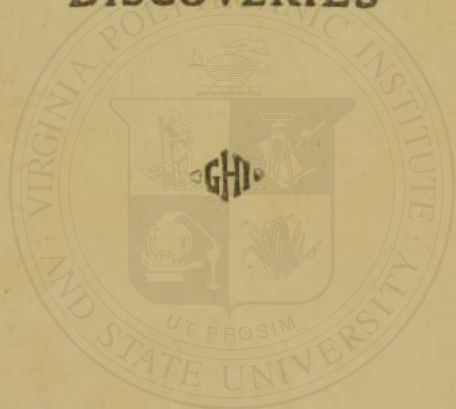
*One of the three kitchen-laboratories of the Department of Cookery of Good Housekeeping Institute, where recipes are tested, tasted, and approved before they appear in the pages of Good Housekeeping.*



*The light and spacious testing laboratory of the Department of Household Engineering, where all household devices must be tested and approved before they may be advertised in Good Housekeeping.*

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**DISCOVERIES**



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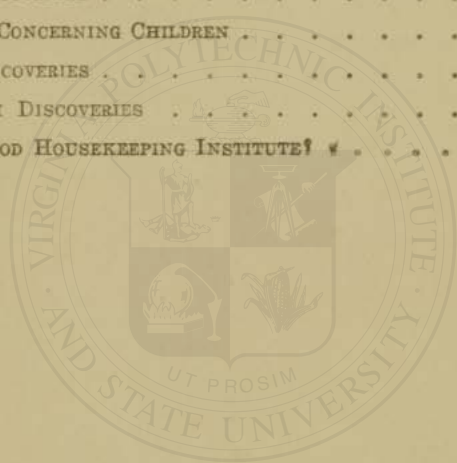


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# Our Service To You

This recipe book is offered to housewives with the hope that it will suggest new dishes by which the daily menu may be varied. Each recipe has been tested and tasted by the Department of Cookery of GOOD HOUSEKEEPING INSTITUTE, a research laboratory at 105 West 39th Street, New York City, conducted by GOOD HOUSEKEEPING Magazine. It is in this kitchen laboratory that a staff of trained and experienced workers are constantly revising, standardizing and testing recipes, methods and articles. Every one of these recipes represents actual testing in the exact quantities in which it is printed. It is with all confidence, then, that we offer you the contents of this book, because we know that both the recipes and menus are practical, workable, and correct. They should prove of valuable assistance in planning daily meals, and in accomplishing good cookery at the cost of less money, less time, and less labor.

Department of Cookery,  
GOOD HOUSEKEEPING INSTITUTE.

# How To Use The Recipes

In every case, use accurate and level measurements. Always sift flour once before measuring, then at least once again with the other dry ingredients. In cake, cooky, and muffin recipes calling for butter, any good margarin may be used. Unsalted vegetable fats are also very satisfactory as butter substitutes because of their neutral flavor. If these are used, however, be sure to increase the amount of salt which the recipe calls for. In most cases, the salt may be doubled. Sugar designated means granulated unless otherwise stated.

When baking bread, biscuits, muffins, corn cake, etc., the pans should be well greased. For all butter cakes both grease and flour pans. Angel and true sponge cakes should be baked in ungreased pans. The time given for baking can only be approximate as the depth of the pan used will make a slight difference.

Each recipe is planned to serve six unless otherwise stated. This, too, can only be approximate as the accompanying dishes will have some bearing on the size of the servings in many cases.

## Measuring and Mixing

Half of the secret of good cooking lies in accurate measurement. GOOD HOUSEKEEPING INSTITUTE recommends a standard measuring-set. First in its list of measuring-utensils are two standard measuring-cups holding one-half pint each and divided into quarters and thirds. These may be made of either aluminum or glassware. The tin cup is too short-lived. A set of accurate measuring-spoons is essential. These are made of aluminum and can be found in capacities graduated from one tablespoonful down to one-fourth teaspoonful. They assure uniform good results in baking-powder mixtures, cakes, and so forth, as well as careful seasoning.

A small spatula for the leveling of all solid measurements is indispensable. An aluminum quart measure and a small compact spring scale may also be added to the measuring equipment. Use the scale more for checking the weights as purchased than for cooking by weight. A spring scale, while illegal in certain states because it can be easily tampered with, is nevertheless practical and accurate for household usage.

In all measuring see that the ingredients are level. A cupful is measured level; a tablespoonful is measured level; a teaspoonful is measured level. In measuring dry ingredients by cupfuls fill the cup by tablespoonfuls, allow it to heap slightly, then level with a quick stroke of the spatula. When fractions of a cupful are to be measured, measure by tablespoonfuls in preference to the use of the cup up to one-half cup capacity, remembering that sixteen tablespoonfuls are equal to one cupful. And do not shake the cup while filling.

### To Measure Dry Ingredients

In measuring dry ingredients by spoonfuls fill the spoon by dipping into the ingredient until more than level; level

with the spatula, cutting with the edge of the knife toward the tip of the spoon. For the half-teaspoonful, measure in exactly the same way, using the measuring spoon of one-half teaspoonful capacity. For the half-tablespoonful use the spoons of one teaspoonful and one-half teaspoonful capacity. For one-eighth of a teaspoonful measure one-fourth teaspoonful as usual, then cut sharply in two with the spatula. Less than one-eighth of a teaspoonful is called a "speck" or "a few grains" and is the amount which can be taken up on the very tip end of a vegetable knife. This is a term quite frequently used for seasoning.

In measuring a solid fat, pack solidly into cup or spoon and cut level with the spatula. When one-quarter cupful or less of a fat is desired always measure in tablespoonfuls, allowing four tablespoonfuls to each quarter cupful. Here is a simple way of measuring fats when less than one cupful is desired. If, for instance, one-half cupful of fat is desired, fill the measuring cup with one-half cupful of water and then add the fat in small pieces until the water reaches the cupful mark; then pour off the water and one-half cupful of fat will remain.

### To Measure Liquids

In measuring liquids by cupfuls pour the liquid to be measured into the cup, filling it to the very top of the standard cup. For fractions of cupfuls fill in like manner to the indicated division. In the same way measure liquids by spoonfuls, by taking up all the spoon will hold.

### Just How to Mix

Fully as important as measuring is the correct motion for combining ingredients. These involve three processes, stirring, beating, and "cutting" or folding in. The stirring motion is required to blend ingredients together. It is the one that is most often employed for thoroughly mixing the ingredients of a dish.

Beating is the motion necessary when air must be introduced into a mixture in order to leaven it. In beating, the ingredients must be turned over and over, continually bringing the under part upward to the surface and consequently bringing with it, with each stroke, a certain amount of air.

The cutting and folding motion is necessary when a mixture already containing entrapped air introduced by beating must have added to it an ingredient, also well beaten, and the mixing accomplished without loss of air from either mixture. The best illustration of this is a sponge cake where, into the light yolk-sugar-and-flour mixture, must be cut and folded the beaten egg-whites.

Briefly, by stirring, a dish is properly mixed; by beating, air is entrapped in the mixture; by cutting and folding, this air which has been already entrapped is prevented from escaping.

The following lists of equivalents are intended merely as an assistance in purchasing supplies, because GOOD HOUSEKEEPING INSTITUTE does not believe in cookery by weight.

### EQUIVALENTS OF CAPACITY

(All measures level full)

3 teaspoonfuls	=	}	1 tablespoonful
1/2 fluid ounce	=		
16 tablespoonfuls	=	}	1 cupful
2 gills	=		
1/2 liquid pint	=		
8 fluid ounces	=		
1 liquid pint	=	}	2 cupfuls
16 fluid ounces	=		

### LIQUID MEASURE

4 fluid ounces	=	1 gill
4 gills	=	1 pint
2 pints	=	1 quart
4 quarts	=	1 gallon
3 1/2 gallons	=	1 barrel
2 barrels	=	1 hogshead

### DRY MEASURE

(For fruits, vegetables, and other dry commodities)	
2 pints	= 1 quart
8 quarts	= 1 peck
4 pecks	= 1 bushel
105 quarts	= 1 barrel

The pint and quart dry measures are about 16% larger than the pint and quart liquid measures.

APPROXIMATE WEIGHTS OF SOME COMMON DRY  
COMMODITIES

	Pounds per bushel	Ice:
Apples .....	44 to 50	1 cubic foot... = 57.2 pounds
Beans .....	60	30 cubic inches = 1 pound
Beets .....	50 to 60	Sugar, granulated:
Carrots .....	50	1 cupful..... = ½ pound
Cranberries .....	32 to 40	Butter:
Cucumbers .....	48 to 50	1 cupful..... = ½ pound
Onions .....	50 to 57	Lard:
Parsnips .....	42 to 50	1 cupful..... = ½ pound
Peaches .....	48 to 50	Flour:
Peanuts .....	20 to 25	1 cupful..... = ¼ pound
Pears .....	45 to 58	Rice:
Peas (dried) .....	60	1 cupful..... = ½ pound
Potatoes (white) .....	60	Cornmeal:
Potatoes (sweet) .....	50 to 56	1 cupful..... = 5 ounces
Tomatoes .....	50 to 60	Raisins (stemmed):
Turnips .....	50 to 60	1 cupful..... = 6 ounces
		Currants (cleaned):
		1 cupful..... = 6 ounces
		Bread crumbs (stale):
		1 cupful..... = 2 ounces
		Chopped meat (packed):
		1 cupful..... = ½ pound

These weights are approximate only and should not be used in trade for determining whether correct measure is given or received.

Information concerning the weights per bushel of dry commodities which are legal in your State may be obtained by consulting your State laws, your sealer of weights and measures, or Circular No. 10 of the Bureau of Standards.



# Menus

## JANUARY

### SUNDAY

#### BREAKFAST

Cinnamon Prunes  
Farina                      Cream  
Plain Omelet  
Toast                      Coffee

#### DINNER

Clear Tomato Soup  
Mock Venison  
Mashed Potatoes      Gravy  
Creamed Celery and Green Peppers  
Dressed Lettuce  
Banana Pie  
Coffee

#### SUPPER

Woodcock Toast  
Lettuce Sandwiches  
Fruit Cookies  
Cocoa or Tea

### MONDAY

#### BREAKFAST

Sliced Oranges  
Baked Sausages  
Baked Potatoes  
Water Puffs      Coffee

#### LUNCHEON

Corn and Tomato Chowder  
Crisp Crackers  
Prune Gems  
Milk or Cocoa

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## DINNER

Cream of Celery Soup  
 Sliced Lamb with Onion Sauce  
 Tossed Potatoes  
 Buttered Peas with Carrots  
 Romaine Salad  
 Economy Cobbler  
 Coffee

## TUESDAY

## BREAKFAST

Baked Apples  
 Oatmeal      Cream  
 Crisp Bacon  
 Bran and Rye Gems  
 Coffee

## LUNCHEON

Lamb Stew with  
 Potatoes, Onions, Carrots  
 (using left-over lamb and bones)  
 Emergency Corn Biscuits  
 Boiled Oregon Prune Cake  
 Tea

## DINNER

Broiled Sirloin Steak  
 French Fried Potatoes  
 Mashed Turnips  
 Creamed Green Peppers  
 Apricot Jelly  
 Cake      Whipped Cream  
 Coffee

## WEDNESDAY

## BREAKFAST

Grapefruit  
 Codfish Cakes  
 Bacon Muffins      Coffee

## LUNCHEON

Swedish Soufflé  
 Lettuce Rolls  
 Graham Bread and Butter  
 Tea

## DINNER

Baked Sliced Ham  
 Rice and Celery Croquettes  
 White Cabbage with Caraway Seeds  
 Lettuce Salad Russian Dressing  
 Baked Apples Glacé  
 Coffee

## THURSDAY

## BREAKFAST

Cereal with Dates  
 Poached Eggs  
 Toast Coffee

## LUNCHEON

Clam Fritters  
 Tomato Catchup  
 Bran Bread Butter  
 Pear and Pimiento Salad  
 Tea

## DINNER

Cream of Tomato Soup  
 Baked Beans with Corn  
 Cold Sliced Tongue  
 Green Tomato Pickle  
 Quick Rice Pudding  
 Coffee

## FRIDAY

## BREAKFAST

Stewed Dried Peaches  
 Ready-to-eat Cereal Thin Cream  
 Scrambled Eggs  
 Rice Corn Bread Coffee

## LUNCHEON

Macaroni with Cheese  
 Hot Baking-powder Biscuits  
 Jellied Tomato Salad  
 Oatmeal Cookies  
 Tea

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## DINNER

Baked Fillets of Halibut  
 Mashed Potatoes    Buttered Beets  
 Creamed Cauliflower  
 Steamed Coffee Pudding  
 Coffee

## SATURDAY

## BREAKFAST

Orange Juice  
 Brown Rice    Cream  
 French Toast    Maple Sirup  
 Coffee

## LUNCHEON

Pea Roast    Carrot Sauce  
 Uxbridge Buns    Butter  
 Baked Custard

## DINNER

Arabian Stew  
 Boiled Sweet Potatoes  
 Brussels Sprouts  
 Lettuce with Tasty Salad Dressing  
 Poreupine Pears  
 Cup Cakes    Coffee

## FEBRUARY

## SUNDAY

## BREAKFAST

Halved Oranges  
 Calf's Liver and Bacon  
 Sunday Hot Bread  
 Coffee

## DINNER

Consommé Julienne  
 Crown Roast of Pork  
 Button Onions  
 Pickled Crabapples  
 Roasted Potatoes    Squash  
 Lemon Snow  
 Sponge Cake    Custard Sauce  
 Coffee

SUPPER

Maryland Oyster Stew  
 Pickles                      Crackers  
                                     Gingerbread      Tea

MONDAY

BREAKFAST

Sliced Bananas  
 Cereal      Top Milk  
 Eggs Cooked in Shell  
 Prune Gems                      Coffee

LUNCHEON

Tomato and Barley Soup  
 Cold Sliced Pork  
 Graham Bread      Butter  
 Apple Variants  
                                     Tea

DINNER

Broiled Hamburg Steak  
                                     Maître d'Hôtel Butter  
 French Fried Potatoes      Brussels Sprouts  
                                     Endive Grapefruit Salad  
 Salted Wafers                      Nuts  
                                     Coffee

TUESDAY

BREAKFAST

Stewed Prunes  
 Fried Cornmeal Mush  
 Crisp Bacon  
                                     Coffee

LUNCHEON

Scrambled Smoked Salmon  
                                     Lettuce Sandwiches  
                                     Gingerbread Custard  
                                     Cocoa

## DINNER

Russian Rosettes  
 Genuine Virginia Baked Ham  
 Scalloped Rice and Tomatoes  
 Cold Slaw  
 Spiced Bread Crumb Pudding  
 Coffee

## WEDNESDAY

## BREAKFAST

Apple Sauce  
 Oatmeal          Cream  
 Baked Eggs in Ramekins  
 Toast              Coffee

## LUNCHEON

Rinkum Tiddy  
 Buttered Toast Rounds  
 Banana Pudding  
 Milk

## DINNER

Clam Broth  
 Celery          Crackers  
 Scalloped Ham and Potatoes  
 Spinach à la Crème  
 Buttered Beets  
 Fruit Salad  
 Wafers          Cream Cheese  
 Coffee

## THURSDAY

## BREAKFAST

Grapefruit  
 Sausages Baked Potatoes  
 Corn Bread      Coffee

## LUNCHEON

Cold Sliced Ham  
 Potato Salad      Rolls  
 Prune Delight  
 Cocoa

## DINNER

Alphabet Soup  
 Baked Liver with Vegetables  
 Lettuce Salad  
 Apple Pandowdy Mold  
 Coffee Whipped Cream

## FRIDAY

## BREAKFAST

Stewed Apricots  
 Cornmeal Mush Top Milk  
 Broiled Salt Mackerel  
 Toast Coffee

## LUNCHEON

Poached Eggs on Toast  
 Rye Muffins Shrimp Hollandaise  
 Chocolate Cake  
 Tea

## DINNER

Clear Tomato Soup  
 One-Plate Fish Dinner  
 Apple, Cabbage and Nut Salad  
 Mayonnaise  
 Caramel Mold  
 Coffee

## SATURDAY

## BREAKFAST

Baked Apples  
 Cracked Wheat Cream  
 French Toast  
 Coffee

## LUNCHEON

Creamed Shrimps and Green Peppers  
 Buttered Toast  
 Shredded Dates Cookies  
 Tea

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## DINNER

Italian Canapés  
 Broiled Lamb Chops  
 Duchess Potatoes Fried Eggplant  
 Cucumber Salad  
 Cottage Pudding Lemon Sauce  
 Coffee

## MARCH

## SUNDAY

## BREAKFAST

Grapefruit  
 Boston Baked Beans  
 Brown Bread Toast  
 Coffee

## DINNER

Salsify Soup  
 Browned Chicken Fricassee  
 Riced Potatoes Buttered Carrots  
 Endive Salad  
 Cream Cheese Crackers  
 Apricot Velvet  
 Little Pound Cakes Coffee

## SUPPER

Cheese Spread  
 Toast Crackers  
 Floating Peaches  
 Cake Milk

## MONDAY

## BREAKFAST

Farina with Dates  
 Minced Chicken on Toast  
 Spoon Bread  
 Coffee

## LUNCHEON

Brown Rice with Cheese  
 Tomato Salad Salted Crackers  
 Cocoa



## DINNER

Clear Soup  
 Roast Rolled Forequarter of Lamb  
 Roasted Potatoes Gravy  
 Peas with Mint  
 Spring Salad French Dressing  
 Bananas with Raisin Sauce  
 Coffee

## TUESDAY

## BREAKFAST

Oranges  
 Poached Eggs Frizzled Ham  
 Pancakes Coffee

## LUNCHEON

Italian Spinach  
 Aunt Malindy's Buttermilk Biscuit  
 Cinnamon Prunes  
 Tea

## DINNER

Cream of Spinach Soup  
 Lamb Croquettes  
 Scalloped Tomatoes  
 Mashed Potatoes  
 Plain Lettuce Salad  
 Russian Boiled Dressing  
 Marshmallow Custard  
 Coffee

## WEDNESDAY

## BREAKFAST

Rhubarb de Luxe  
 Oatmeal Waffles Maple Sirup  
 Coffee

## LUNCHEON

Corn Chowder Crackers  
 Waldorf Salad  
 Rolls Mayonnaise  
 Tea

## DINNER

Piquant Fruit Cocktail  
 Crab Meat and Tuna au Gratin  
 Potato Chips  
 Parsnips Sautéd in Butter  
 Cucumbers with French Dressing  
 Caramel Bavarian Cream  
 Coffee

## THURSDAY

## BREAKFAST

Baked Prunes  
 Ready-to-eat Cereal      Cream  
 Different Dried Beef  
 Pop-overs      Coffee

## LUNCHEON

Bouillon  
 Cheese Pudding  
 Oatmeal Bread and Butter  
 Grapefruit with Maple Sirup

## DINNER

New England Boiled Dinner  
 Romaine Salad      French Dressing  
 Jellied Peaches and Almonds  
 Coffee      Whipped Cream

## FRIDAY

## BREAKFAST

Sliced Bananas  
 Wheat Cereal      Cream  
 Scrambled Eggs      Bacon Curls  
 Polish Muffins      Coffee

## LUNCHEON

Hot Salmon Sandwiches  
 Olives      Radishes  
 Concordia Pineapple Salad  
 Tea      Mayonnaise

DINNER

Sardine Canapés  
 Curried Filleted Flounder  
 Plain Macaroni      Ten Minute Cabbage  
 Orange Blanc Mange  
 Coffee

SATURDAY

BREAKFAST

Tangerines  
 Eggs Cooked in Shell  
 Broiled Bacon  
 Plain Muffins      Coffee

LUNCHEON

Oyster Shortcake  
 Pickles      Uxbridge Buns  
 Canned Peaches      Cocoa

DINNER

Consommé  
 Baked Corned Beef Hash  
 Mustard Pickle  
 Vegetable Salad      Boiled Dressing  
 Rhubarb Tapioca with Meringue  
 Coffee

APRIL

SUNDAY

BREAKFAST

Grapefruit  
 Rice Omelet      Plain Muffins  
 Coffee

DINNER

Consommé  
 Roast Beef      Baked Potatoes  
 Buttered Onions      Baked Salsify  
 Lemon Pie  
 Cheese      Coffee      Wafers



# GOOD HOUSEKEEPING'S BOOK OF MENUS

## SUPPER

Welsh Rarebit on Toast  
Salted Crackers  
Cocoa      Cake

## MONDAY

### BREAKFAST

Bananas  
Ready-to-eat Cereal      Cream  
Scrambled Eggs  
Graham Gems      Coffee

### LUNCHEON

Macaroni with Tomatoes  
Floating Peaches  
Sponge Cake  
Cocoa

### DINNER

Sardines à la Tartare  
Pork Chops      Mashed Potatoes  
Radish and Cucumber Salad  
Rhubarb Tapioca  
Coffee

## TUESDAY

### BREAKFAST

Farina with Cream  
Fried Eggs      Bacon  
Hot Apple Sauce  
Bran Muffins      Coffee

### LUNCHEON

Peanut Loaf      Tomato Sauce  
Boston Buckwheat Bread  
Fruit Salad      Mayonnaise  
Tea

## DINNER

Cream of Celery Soup  
 Beef Soufflé  
 Sweet Potatoes Glacéd  
 Spinach à la Bechamel  
 Dressed Lettuce  
 Lemon Snow      Custard Sauce  
 Sweet Wafers      Coffee

## WEDNESDAY

## BREAKFAST

Oranges  
 Cereal with Cream  
 Creamed Dried Beef  
 Pop-overs      Coffee

## LUNCHEON

Scalloped Corn  
 Bread and Butter Sandwiches  
 Apple Dumplings      Cream  
 Cocoa

## DINNER

Cream of Spinach Soup  
 Roast Chicken      Brown Gravy  
 Rice Thimbles      Fried Parsnips  
 Savory Beets  
 Chocolate Charlotte  
 Coffee

## THURSDAY

## BREAKFAST

Ready-to-eat Cereal      Cream  
 Bacon with Fried Apples  
 Corn Muffins  
 Coffee

## LUNCHEON

Chicken Croquettes      Hot Rolls  
 Cabbage Salad San Francisco  
 Prune Whip      Cocoa

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## DINNER

Pineapple Cocktail  
 Lamb Chops      French Fried Potatoes  
                     Creamed Cauliflower  
 Steamed Chocolate Pudding  
                     Hard Sauce      Coffee

## FRIDAY

## BREAKFAST

Stewed Peaches  
 Egg Vermicelli      Toast  
                     Coffee

## LUNCHEON

Oyster Stew  
                     Olives      Crackers  
 Orange Blanc Mange      Wafers

## DINNER

Cream of Chicken Soup  
                     Baked Stuffed Fish  
                                     Hollandaise Sauce  
 Sweet Potatoes      Buttered Peas  
 Banana Whip      Wafers

## SATURDAY

## BREAKFAST

Stewed Rhubarb  
 Ready-to-eat Cereal  
 Mashed Potato Omelet  
                     Rolls      Coffee

## LUNCHEON

Creamed Peas and Tuna      Toast  
                     Tomato Jelly Salad  
 Cottage Pudding      Chocolate Sauce

## DINNER

Cream of Tomato Soup  
 Broiled Hamburg Steak  
 Baked Squash      Mashed Potatoes  
                     Dandelion Greens  
 Prune Delight      Coffee

## MAY

## SUNDAY

## BREAKFAST

Farina	Cream
Plain Omelet	Raspberry Jam
Toast	Coffee

## DINNER

Fruit Cup	
Cold Boiled Tongue	Mashed Potatoes
Buttered Asparagus	Creamed Carrots
Vanilla Ice Cream	Caramel Sauce
Wafers	Coffee

## SUPPER

Raisin Bread Sandwiches	
Jellied Peaches and Almonds	
Sponge Cake	Milk

## MONDAY

## BREAKFAST

Sliced Oranges and Coconut	
Baked Eggs	
Rye Muffins	Coffee

## LUNCHEON

Corn and Tomato Chowder	
Hot Rolls	
Apricot and Hominy Pudding	
Wafers	

## DINNER

Veal Cutlets	Riced Potatoes
Baked Squash	
Olives	Radishes
Caramel Bavarian Cream	
Plain Cake	

## TUESDAY

## BREAKFAST

Cereal with Dates	
Poached Eggs	
Toast	Coffee

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## LUNCHEON

Vegetable Salad      Mayonnaise  
Rolls                  Stewed Peaches  
Tea

## DINNER

Rice and Asparagus Soup  
Savory Sliced Ham      Potato Salad  
Strawberry Pineapple Shortcake  
Coffee

## WEDNESDAY

## BREAKFAST

Bananas  
Ready-to-eat Cereal      Top Milk  
Creamed Codfish  
Muffins                  Coffee

## LUNCHEON

Mexican Eggs              Crackers  
Olives  
Strawberries              Cookies  
Tea

## DINNER

Clear Soup  
Roast Leg of Lamb  
Baked Potatoes      Fried Eggplant  
Asparagus Salad  
Apricot Velvet          Wafers  
Coffee

## THURSDAY

## BREAKFAST

Grapefruit  
Ham Omelet              Pop-overs  
Coffee



## LUNCHEON

Lamb Soufflé  
 Olives           Rolls  
 Orange and Banana Salad  
 Honey Salad Dressing  
 Tea

## DINNER

Sardine Canapé  
 Broiled Steak      Peas  
 Creamed Potatoes  
 Cucumber and Lettuce Salad  
 Arabian Ambrosia  
 Cornflake Cookies      Coffee

## FRIDAY

## BREAKFAST

Stewed Apricots  
 Waffles           Sirup  
 Coffee

## LUNCHEON

Shrimp Wiggle      Toasted Crackers  
 Stewed Fruit      Cocoa

## DINNER

Fruit Cocktail  
 Baked Stuffed Shad  
 Baked Potatoes      String Beans  
 Tomato Salad      Mayonnaise  
 Coffee Soufflé  
 Coffee

## SATURDAY

## BREAKFAST

Stewed Prunes  
 Hot Cereal      Cream  
 Scrambled Eggs  
 Bran and Rye Gems      Coffee

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## LUNCHEON

Baked Apples Stuffed with Sausage  
 Potato Salad  
 Chocolate Blanc Mange      Cream

## DINNER

Asparagus Soup  
 Hamburg Roll      Sweet Potatoes  
 Buttered Spinach      Fried Parsnips  
 Rhubarb de Luxe  
 Small Cakes      Coffee

## JUNE

## SUNDAY

## BREAKFAST

Raspberries  
 Fish Cakes      Catchup  
 Corn Bread      Coffee

## DINNER

Jellied Chicken      Baked Potatoes  
 Buttered Green Peas  
 Radishes      Olives  
 Banana Sherbet  
 Cookies      Coffee

## SUPPER

Cheese and Pimiento Sandwiches  
 Sponge Cake with  
 Raspberry Meringue  
 Iced Chocolate

## MONDAY

## BREAKFAST

Strawberries  
 Ready-to-eat Cereal      Cream  
 Baked Eggs  
 Bacon Muffins      Coffee

## LUNCHEON

Grilled Sardines  
 Asparagus on Toast      Butter Sauce  
 Sliced Bananas          Cakes  
 Iced Tea

## DINNER

Baked Ham      Mashed Potatoes  
 Sautéd Tomatoes      Spinach  
 Spanish Cream      Wafers

## TUESDAY

## BREAKFAST

Fruit  
 Soft Cooked Eggs  
 Rolls      Coffee

## LUNCHEON

Chicken Salad      Mayonnaise  
 Raisin and Nut Bread Sandwiches  
 Strawberries      Cream  
 Iced Tea

## DINNER

Filipino Roast  
 Potatoes Maître d'Hôtel  
 Asparagus with Mushroom Sauce  
 Baked Beets      Dressed Lettuce  
 Marshmallow Custard

## WEDNESDAY

## BREAKFAST

Cherries  
 Cereal and Cream  
 Asparagus Omelet  
 Rye Gems      Coffee

## LUNCHEON

Pea Roast with Carrot Sauce  
 Dressed Cucumbers  
 Lemon Snow      Wafers

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## DINNER

Fruit Cocktail  
 Deviled Tongue Mold  
 Potatoes with Savory Sauce  
 Buttered Carrots      Lettuce Salad  
 Apricot Jelly      Iced Tea

## THURSDAY

## BREAKFAST

Sliced Oranges and Bananas  
 Scrambled Eggs with Bacon  
 Pop-overs      Coffee

## LUNCHEON

Scalloped Eggs  
 Lettuce and Cucumber Sandwiches  
 Maple Walnut Cream Pudding  
 Iced Chocolate

## DINNER

Cold Baked Ham      Harlequin Sauce  
 Mashed Potatoes  
 Buttered Chard      Baked Onions  
 Chocolate Nut Pie  
 Coffee

## FRIDAY

## BREAKFAST

Grapefruit  
 Rye Cakes with Honey      Butter  
 Coffee

## LUNCHEON

Italian Eggs      Salted Wafers  
 Pear, Date and Nut Salad  
 Gingerade

## DINNER

Baked Fillets of Halibut  
 Mashed Potatoes  
 Creamed Celery and Green Peppers  
 Cucumber and Pimiento Salad  
 Snow Pudding      Custard Sauce  
 Cookies      Iced Chocolate

## SATURDAY

## BREAKFAST

Shredded Pineapple  
 Ready-to-eat Cereal  
 Ham Hash  
 Corn Muffins      Coffee

## LUNCHEON

Macaroni au Gratin  
 Banana and Nut Salad  
 Iced Tea

## DINNER

Lamb Chops      Riced Potatoes  
 Peas with Mint  
 Tomato Cakes  
 Hearts of Lettuce Salad  
 Strawberries      Whipped Cream  
 Iced Coffee

## JULY

## SUNDAY

## BREAKFAST

Blueberries  
 Cereal      Cream  
 Sautéd Tomatoes with Bacon  
 Coffee

## DINNER

Asparagus Soup  
 Olives      Croûtons  
 Spring Succotash en Casserole  
 Buttered Beets      Mashed Potatoes  
 Pineapple Tapioca Cream  
 Coffee

## SUPPER

Cold Tongue      Olives  
 Bread and Butter Sandwiches  
 Fruit Gelatin      Cream  
 Brownies

## MONDAY

## BREAKFAST

Muskmelon  
 Malted Cereal          Cream  
 French Toast         Sirup  
 Coffee

## LUNCHEON

Rinktum Tiddy  
 Hot Buttered Toast  
 Orange Pecan Salad  
 Iced Tea

## DINNER

Baconized Meat Balls  
 Pickled Spiced Onions  
 Buttered Beets          Potato Croquettes  
 Salad Piquant  
 Green Apple Pie  
 Cheese                  Coffee

## TUESDAY

## BREAKFAST

Blackberries  
 Cereal                  Cream  
 Poached Eggs  
 Toast                  Coffee

## LUNCHEON

Rice Croquettes  
 Celery Cheese Salad  
 Delicious Rolls  
 Golden Sunshine Cake  
 Lemonade

## DINNER

Salmon Soufflé         Rice Timbales  
 Vegetable Salad  
 Pineapple Gelatin Pie  
 Coffee

WEDNESDAY

BREAKFAST

Prunes  
 Farina                  Cream  
 Scrambled Eggs on Toast  
 Corn Muffins                  Coffee

LUNCHEON

Cheese Fondu  
 Olives                  Rolls  
 Blueberries                  Cream  
 Tea

DINNER

Roast Beef  
 Fried Onions with Apples  
 Candied Yams  
 Beet and Pepper Salad  
 Maple Walnut Ice Cream  
 Cookies                  Coffee

THURSDAY

BREAKFAST

Sliced Peaches  
 Buckwheat Cakes                  Sirup  
 Bacon                  Coffee

LUNCHEON

Creamed Crab Meat                  Rolls  
 Pickles                  Macedoine of Fruit

DINNER

Clear Soup  
 Cold Roast Beef                  Chutney  
 Mashed Potatoes  
 Green String Beans  
 Tomato Salad  
 Watermelon  
 Coffee

## FRIDAY

## BREAKFAST

Oranges  
 Ready-to-eat Cereal      Cream  
 Omelet      Muffins  
 Coffee

## LUNCHEON

Eggs Baked in Potatoes  
 Hot Rolls      Butter  
 Watermelon

## DINNER

Swordfish Steak  
 Creamed Cauliflower      Broiled Potatoes  
 Dressed Lettuce  
 Apricot Velvet      Wafers  
 Coffee

## SATURDAY

## BREAKFAST

Raspberries  
 Cereal      Cream  
 Fish Balls      Catchup  
 Rolls      Coffee

## LUNCHEON

Cold Boiled Ham  
 Potato Croquettes  
 Blueberry Shortcake  
 Plain Cream

## DINNER

Cottage Pie with Potato Crust  
 Baked Stuffed Onions  
 Sliced Tomatoes and Cucumbers  
 Maple Charlotte      Coffee



AUGUST

SUNDAY

BREAKFAST

Cereal            Cream  
 Fried Butterfish  
 Rolls            Coffee

DINNER

Broiled Steak    Mashed Potatoes  
 Fried Summer Squash  
 Small Beets with Tops  
 Cantaloupe      Coffee

SUPPER

Crab Meat and Tuna au Gratin  
 Hot Rolls  
 Sliced Peaches      Cream  
 Iced Tea

MONDAY

BREAKFAST

Boiled Rice with Fruit  
 Chipped Beef      Cream Gravy  
 Muffins            Coffee

LUNCHEON

Nut Loaf with Tomato Sauce  
 Graham Bread Sandwiches  
 Orangeade

DINNER

Green Pea Soup  
 Cauliflower with Mushrooms  
 Rings of Spaghetti with  
 Garnish of Julienne Carrots  
 Coffee Ice Cream  
 Sponge Cake      Coffee

## TUESDAY

## BREAKFAST

White Grapes  
 Cereal            Cream  
 Clam Fritters  
 Coffee

## LUNCHEON

Nut and Raisin Bread Sandwiches  
 Peach Shortcake            Whipped Cream  
 Cocoa

## DINNER

Baked Bluefish            Dressing  
 Sliced Tomatoes            Mashed Potatoes  
 Cream Cheese and Nut Salad  
 Three-Ice            Wafers  
 Coffee

## WEDNESDAY

## BREAKFAST

Sliced Pears  
 Ready-to-eat Cereal  
 Bacon and Potato Omelet  
 Coffee

## LUNCHEON

Potato Soup            Crisp Crackers  
 Blueberries            Milk  
 Almond Loaf            Iced Tea

## DINNER

Pot Roast of Beef  
 Savory Potatoes  
 Green Corn on Cob  
 Braised Carrots  
 Watermelon

THURSDAY

BREAKFAST

Blackberries  
 Fish Croquettes  
 Parker House Rolls  
 Coffee

LUNCHEON

Baked Beans      Relish  
 Graham Gems  
 Cake      Apricots  
 Iced Tea

DINNER

Consommé  
 Beef Soufflé      Rice Thimbles  
 Carrots and Peas  
 Dressed Sliced Cucumbers  
 Marshmallow Custard  
 Sweet Wafers

FRIDAY

BREAKFAST

Breakfast Apples  
 Baked Beans Reheated  
 Oatmeal Bread  
 Coffee

LUNCHEON

Macaroni with Tomato  
 Bananas and Cream  
 Sponge Cake

DINNER

Clam Chowder  
 Broiled Live Lobster  
 Candied Yams  
 Artichokes with Hollandaise  
 Celery Cheese Salad      Olives  
 Fruit Gelatin  
 Coffee

## SATURDAY

## BREAKFAST

Peaches  
 Cereal      Cream  
 Eggs Cooked in Shell  
 Toast      Coffee

## LUNCHEON

Escalloped Corn      Rolls  
 Dressed Lettuce  
 Caramel Custard

## DINNER

Lamb Chops      Creamed Potatoes  
 Stewed Tomatoes  
 Summer Squash  
 Cabbage Salad San Francisco  
 Raspberry Whip  
 Coffee

## SEPTEMBER

## SUNDAY

## BREAKFAST

Peaches with Cream  
 Broiled Butterfish  
 Hot Biscuits      Coffee

## DINNER

Summer Canapé  
 Maryland Chicken      Parsley Gravy  
 Green Corn      Mashed Potatoes  
 Lettuce with French Dressing  
 Walnut Maple Cream Pudding  
 Coffee

## SUPPER

Egg and Tomato Salad  
 Graham Bread and Butter Sandwiches  
 Iced Tea

## MONDAY

## BREAKFAST

Baked Apples  
 Shirred Eggs  
 Corn Cake          Coffee

## LUNCHEON

Cream of Potato Soup  
 Graham Toast  
 Peach Shortcake  
 Tea

## DINNER

Broiled Soft Shell Crabs  
 Tartar Sauce  
 French Fried Potatoes  
 Sliced Tomatoes  
 Pineapple Gelatin Pie  
 Coffee

## TUESDAY

## BREAKFAST

Bananas  
 Ready-to-eat Cereal — Top Milk  
 Chipped Beef on Toast  
 Coffee

## LUNCHEON

American Beauty Salad      Mayonnaise  
 Raisin Bran Bread Sandwiches  
 Grapes  
 Wafers          Iced Chocolate

## DINNER

Stuffed Steak      Mashed Potatoes  
 Spanish String Beans  
 Turnips Hollandaise  
 Fresh Peach Pie  
 Coffee

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## WEDNESDAY

## BREAKFAST

Concord Grapes  
 Broiled Bacon  
 Buckwheat Cakes      Table Sirup  
 Coffee

## LUNCHEON

Minced Beef Omelet  
 Delicious Rolls  
 Chocolate Blanc Mange  
 Milk

## DINNER

Tongue in Tomato Sauce  
 Boiled Rice      Corn on the Cob  
 Cucumber Salad      French Dressing  
 Casaba Melon  
 Coffee

## THURSDAY

## BREAKFAST

Oranges  
 Eggs Cooked in Shell  
 Toast      Coffee

## LUNCHEON

Deviled Shrimps      Sliced Tomatoes  
 Bran Bread  
 Prune Sauce  
 Tea

## DINNER

Cream of Pea Soup  
 Cold Sliced Tongue      Succotash  
 Rice Croquettes  
 Pineapple and Cream Cheese Salad  
 Mayonnaise  
 Crackers      Coffee

## FRIDAY

## BREAKFAST

Bartlett Pears  
 Farina          Cream  
 Fried Bread  
 Orange Marmalade  
 Coffee

## LUNCHEON

Tomato Chowder  
 Crackers          Rolls  
 Chocolate Bread Pudding  
 Iced Tea

## DINNER

Fruit Cup  
 "One-Piece" Codfish Meal  
 Buttered Beets  
 Plain Lettuce Salad  
 French Dressing  
 Caramel Ice Cream  
 Wafers          Coffee

## SATURDAY

## BREAKFAST

Grapefruit  
 Poached Eggs on Toast  
 Toast          Coffee

## LUNCHEON

Baked Spaghetti and Cheese  
 Graham Bread  
 Stuffed Baked Apples  
 Cookies          Tea

## DINNER

Stewed Lamb with Vegetables  
 Endive Salad          French Dressing  
 Prune Pudding          Whipped Cream  
 Coffee

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## OCTOBER

## SUNDAY

## BREAKFAST

Grapes  
 Cereal      Cream  
 Clam Omelet  
 Parker House Rolls  
 Coffee

## DINNER

Bouillon  
 Shoulder of Mutton Roasted  
 Potatoes Roasted in Pan  
 Tomato Cakes  
 Brussels Sprouts  
 Apple Pie      Cheese  
 Coffee

## SUPPER

Cold Boiled Ham  
 Scalloped Potatoes  
 Banana Whip  
 Wafers

## MONDAY

## BREAKFAST

Quince and Apple Sauce  
 Corn Pancakes  
 Coffee

## LUNCHEON

Creole Gumbo with Boiled Rice  
 Porcupine Pears  
 Maple Layer Cake      Cocoa

## DINNER

Cream of Chicken Soup  
 Scalloped Oysters  
 Mashed Potatoes  
 Succotash      Dressed Lettuce  
 Chocolate Bread Pudding  
 Coffee      Hard Sauce



## TUESDAY

## BREAKFAST

Oranges  
 Ready-to-eat Cereal      Cream  
 French Toast      Sirup  
 Coffee

## LUNCHEON

Minced Mutton on Toast  
 Mashed Sweet Potatoes  
 Prune Delight  
 Tea

## DINNER

Clear Soup  
 Roast Pork      Baked Potatoes  
 Apple Sauce      Baked Squash  
 Chocolate Tapioca      Cream  
 Wafers      Coffee

## WEDNESDAY

## BREAKFAST

Bananas  
 Farina      Cream  
 Scrambled Eggs with Oysters  
 Muffins      Coffee

## LUNCHEON

Succotash Reheated  
 Rolls  
 Pumpkin Pie      Cheese  
 Tea

## DINNER

Boiled Corned Beef  
 Potatoes      Turnips  
 Cabbage      Lettuce Salad  
 Steamed Coffee Pudding  
 Coffee

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## THURSDAY

## BREAKFAST

Fruit  
 Cereal                      Cream  
 Browned Corned Beef Hash  
 Gems                      Coffee

## LUNCHEON

Mock Chop Suey  
 Potato Salad  
 Spiced Apple Sauce  
 Cakes

## DINNER

Cream of Celery Soup  
 Cold Roast Pork  
 Dolphian Potatoes  
 Toasted Parsnip Slices      Beets  
 Cottage Pudding      Caramel Sauce  
 Coffee

## FRIDAY

## BREAKFAST

Cantaloupe  
 Graham Muffins  
 Marmalade  
 Coffee

## LUNCHEON

Cream of Tomato Soup  
 Cheese Crackers      Rice Pudding  
 Chocolate

## DINNER

Fried Fillets of Flounder  
 Riced Potatoes              Turnips  
 Creamed Peppers      Celery  
 Sliced Oranges and Bananas  
 Coffee

SATURDAY

BREAKFAST

Oranges  
 Tripe in Batter  
 Gems      Coffee

LUNCHEON

Cold Sliced Mutton  
 Potatoes Stuffed with Cheese  
 Stewed Apricots      Wafers  
 Cocoa

DINNER

Corn Fritters with Bacon  
 Mashed Potatoes  
 Cauliflower Creamed  
 Beet and Green Pepper Salad  
 Casaba Melon  
 Coffee

SUNDAY

BREAKFAST

Baked Apples  
 Oatmeal      Cream  
 Bacon      Toast  
 Doughnuts      Coffee

DINNER

Okra Soup  
 Tenderloins of Pork  
     with Sweet Potatoes  
 Creamed Cauliflower  
 Lettuce Salad      French Dressing  
 Tapioca Cream  
 Coffee

SUPPER

Creamed Shrimps and Green Pepper  
 Crisped Crackers  
 Chocolate Cake      Tea

## MONDAY

## BREAKFAST

Grapes  
 Cornmeal Mush      Top Milk  
                             Baked Eggs  
 Graham Muffins      Coffee

## LUNCHEON

Italian Spaghetti  
 Toasted Muffins  
 Cake      Cocoa

## DINNER

Veal Cutlets      Brown Sauce  
 Riced Potatoes      Corn Fritters  
                             Apple Slump  
                             Coffee

## TUESDAY

## BREAKFAST

Farina with Figs  
 Sausages in Rolls  
 Coffee

## LUNCHEON

Chipped Beef in Brown Gravy  
 Hot Rolls  
 Canned Peaches  
 Sponge Cake      Cocoa

## DINNER

Cream of Spinach Soup  
 Fried Scallops  
 Macaroni with Tomato  
 Buttered Beets  
 Pineapple and Peach Salad  
                             Mayonnaise  
 Cream Cheese      Wafers  
                             Coffee

## WEDNESDAY

## BREAKFAST

Pears  
Cracked Wheat      Cream  
Cornmeal Pancakes      Sirup  
Coffee

## LUNCHEON

Fish Balls  
Bacon Curls  
Raspberry Bran Gems  
Tea

## DINNER

Beef Kidney, Creole Style  
Tossed Potatoes      Baked Squash  
Romaine Salad      French Dressing  
Banana Whip  
Coffee

## THANKSGIVING DAY

## BREAKFAST

Grapefruit  
Poached Eggs      Oatmeal Muffins  
Coffee

## DINNER

Oyster Cocktail  
Celery      Olives  
Roast Capon  
Giblet Stuffing      Brown Gravy  
Jellied Cranberry Sauce  
Glacé Sweet Potatoes  
Button Onions      Peas au Jus  
Lettuce Salad      French Dressing  
Cheese Nut Balls      Bar-le-duc  
Cracker Pudding      Whipped Cream  
Nuts      Coffee      Bon-bons

## SUPPER

Creamed Oysters and Pimiento  
Toasted Crackers  
Stuffed Beet Salad  
Hermits      Filled Cookies  
Apples      Cider  
Yea

## FRIDAY

## BREAKFAST

Oranges  
 Broiled Salt Mackerel  
 Bran Muffins      Coffee

## LUNCHEON

Pimiento Cheese Soup  
 Toast Strips  
 Waffles      Sirup  
 Cocoa

## DINNER

Boiled Salmon      Egg Sauce  
 Washed Potatoes      Brussels Sprouts  
 Dressed Lettuce  
 Squash Pie  
 Coffee

## SATURDAY

## BREAKFAST

Apple Sauce  
 Rye Cereal      Cream  
 Eggs Cooked in Shell  
 Twin Mountain Muffins  
 Coffee

## LUNCHEON

Salmon and Potato Cakes  
 Uxbridge Catchup  
 Danish Pudding      Top Milk  
 Tea

## DINNER

Chicken Chowder  
 with Celery and Carrots  
 Stuffed Egg Salad      Mayonnaise  
 Cracker Pudding      Hard Sauce  
 Coffee

## DECEMBER

## SUNDAY

## BREAKFAST

Stewed Prunes  
 Farina Cream  
 Scrambled Eggs  
 Graham Toast Coffee

## DINNER

Broiled Lamb Chops  
 Carrots and Peas Mashed Potatoes  
 Tomato Jelly Salad Mayonnaise  
 Chocolate Ice Cream  
 Small Cakes Coffee

## SUPPER

Peanut Butter Milk Toast  
 Cake Hot Chocolate

## CHRISTMAS DAY

## BREAKFAST

Cereal Cream  
 Breakfast Apples  
 Toast Bacon  
 Coffee

## DINNER

Fruit Cocktail  
 Oyster Soup  
 Olives Sweet Pickles  
 Roast Sucking Pig  
 Browned Potatoes  
 Diced Turnips in Hollandaise  
 Scalloped Tomatoes in Ramekins  
 Cranberry Apple Sauce  
 Celery Hearts and Endive Salad  
 Thousand Island Dressing  
 Orange Ice Small Cakes  
 Nuts Raisins  
 Coffee

## SUPPER

Chicken Cadillac  
 Raisin Bread      Caramel Custard  
 Tea

## TUESDAY

## BREAKFAST

Grapes  
 Oatmeal      Cream  
 Bacon Omelet  
 Bran Gems      Coffee

## LUNCHEON

Creamed Codfish  
 Hot Baking-powder Biscuits  
 Lemon Pudding  
 Cocoa

## DINNER

Tomato Soup  
 Cabbage Rolls  
 Grilled Sweet Potatoes  
 Lettuce Salad  
 Banana Pudding  
 Coffee

## WEDNESDAY

## BREAKFAST

Sliced Oranges  
 Fried Cornmeal Mush  
 Coffee      Sirup

## LUNCHEON

Split Pea Soup      Toasted Crackers  
 Cottage Pudding      Lemon Sauce  
 Tea



DINNER

Clam Broth  
 Cold Sliced Pork  
 Mashed Potatoes Pickled Beets  
 Creamed Cauliflower  
 Cucumber and Lettuce Salad  
 French Dressing  
 Melons  
 Coffee

THURSDAY

BREAKFAST

Farina with Raisins  
 Brown Hash Toast  
 Coffee

LUNCHEON

Mock Chicken Salad  
 Hot Rolls Olives  
 Poor Man's Barley Pudding  
 Tea

DINNER

Broiled Steak  
 French Fried Potatoes  
 Squash Creamed Celery  
 Apple Pie  
 Coffee

FRIDAY

BREAKFAST

Sliced Bananas  
 Ready-to-eat Cereal  
 French Toast  
 Coffee

LUNCHEON

Shrimp Chowder Crackers  
 Lettuce Salad Sandwiches  
 Tea

## GOOD HOUSEKEEPING'S BOOK OF MENUS

## DINNER

Baked Mackerel  
 Parsley Potatoes  
 Peas Tomato Cakes  
 Prune Whip  
 Coffee

## SATURDAY

## BREAKFAST

Breakfast Bacon  
 Pancakes  
 Coffee

## LUNCHEON

Boston Baked Beans  
 Sour Pickled Gherkins  
 Brown Bread Floating Island  
 Tea

## DINNER

Consommé  
 Pork Pie Sweet Potato Crust  
 Spinach  
 Green Salad  
 Baked Pears Wafers  
 Coffee

# Beverages

## APPLE TREE DULCET

$\frac{1}{2}$  glass apple jelly  
1 cupful boiling water  
1 quart sweet cider

Speck nutmeg  
Egg-white  
Sprigs mint

Whip the apple jelly to a froth and beat in slowly the boiling water. Add the sweet cider and nutmeg. Chill before serving. Top each glass with a dot of egg-white stiffly beaten and garnish with a sprig of mint.

*Redding, Conn.*

## CHERRY NECTAR

2 quarts sweet juicy  
cherries

Sugar or honey  
3 cupfuls cider vinegar

Stem and stone the cherries and pour the cider vinegar over them, adding a few of the pits cracked. Let stand for three or four days, stirring occasionally. Strain through a bag, squeezing hard, and to every pint of juice add one pint of sugar or two scant cupfuls of honey. Boil twenty minutes and put up hot in bottles or glass jars. Two tablespoonfuls will flavor a glass of ice-water deliciously. Wild raspberries or blackberries may take the place of the cherries.

*Redding, Conn.*

## CHERRY PUNCH

2 cupfuls water  
 $\frac{3}{4}$  cupful sugar  
2 cupfuls canned red cherry  
juice

$\frac{1}{2}$  cupful orange juice  
 $\frac{1}{4}$  cupful pineapple sirup  
Juice 2 lemons  
Mineral water

Candied cherries

Combine the water and sugar and bring to the boiling point. Then add the cherry juice, strained, and the other fruit

juices. Cool, dilute to taste with mineral water or ice-water and serve garnished with candied cherries.

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### CURRANT PUNCH

2 cupfuls currant jelly	3 oranges
1 pint boiling water	2 lemons
$\frac{1}{4}$ cupful sugar	Mineral Water
Halved orange slices	

Whip the currant jelly to a froth and add the boiling water to dissolve. To this add the juice from the oranges and lemons and the sugar. Cool, and serve diluted with mineral water or ice-water and garnished with halved slices of orange.

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### GINGERADE

3 ounces green ginger-root	1 cupful orange, pineapple or other fruit juice
2 lemons	Sugar sirup
1 quart boiling water	Ice-water

Cut the ginger-root and the lemons into thin slices; add the boiling water and boil for fifteen minutes. Strain, and when cool add the fruit juice with sugar sirup to taste, the exact amount depending upon the fruit juice used. Dilute with ice-water or cracked ice.

*Redding, Conn.*

### GRAPE APPLE PUNCH

1 cupful sugar	$\frac{1}{2}$ cupful orange-juice
2 cupfuls water	1 cupful grated pineapple
2 cupfuls grape juice	4 sprigs mint
Juice 2 lemons	Mineral or ice-water
Few halved seeded white grapes	

Make a sirup of the sugar and water, letting it boil one minute. Allow to cool, then add the fruit juices, grated pineapple, and sprigs of mint bruised to emit the flavor. Serve cold, diluted with either mineral or ice-water and garnish with a few halved, seeded white grapes.

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## GRAPEFRUIT PUNCH

2 cupfuls water	$\frac{1}{2}$ cupful grapefruit pulp
$\frac{3}{4}$ cupful sugar	Juice 1 lemon
1 cupful grapefruit juice	$\frac{1}{4}$ cupful maraschino cherries
Mineral water	

Combine the water and sugar, boil one minute, and let cool. Meanwhile extract the grapefruit juice and to this add the grapefruit pulp and the lemon-juice. Allow to chill thoroughly and then add the maraschino cherries cut in halves. Dilute with mineral ice-water and serve very cold.

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## HARLEQUIN PUNCH

2 cupfuls canned apricots with juice	Juice 1 lemon
Juice 2 oranges	1 cupful sweet cider
Mineral water	
Sugar sirup	

Measure the apricots filling the interstices with juice, then pass through the coarse mesh of a potato ricer. Meanwhile, extract the juice from the oranges and lemon and combine with the sweet cider. Pour over the sifted apricots and stir thoroughly. Then strain. Allow to stand until well chilled and then dilute with mineral or ice-water. Chopped candied cherries or thin banana slices may be used to garnish this drink, if desired. If not sweet enough sugar sirup may be added as needed.

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## LIME APPLE PUNCH

$1\frac{1}{2}$ cupfuls water	1 lemon
$1\frac{1}{2}$ cupfuls sugar	$\frac{1}{2}$ cupful lime juice
4 oranges	$1\frac{1}{2}$ cupfuls grated pineapple
Mineral water	

Combine the water and sugar and boil together one minute. Allow to cool. Meanwhile, extract the juice from the oranges and the lemon and add to them the lime juice. Add this to the cooled sirup and just before placing in the refrigerator add the grated pineapple. When cold and ready to serve, dilute with mineral water or ice-water.

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## PEACH PUNCH

- |                         |                                       |
|-------------------------|---------------------------------------|
| 1 cupful sugar          | 2 cupfuls sliced peaches and<br>juice |
| 2 cupfuls water         | 1/4 cupful lemon-juice                |
| 1/4 cupful orange-juice | Mineral water                         |

Boil the water and sugar together for one minute; set aside to cool. Force the peaches through a purée sieve and combine the pulp with the orange and lemon-juice. Add to the cold sirup and let chill thoroughly. Just before serving, strain and dilute to taste with mineral water or ice-water.

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## RASPBERRYADE

- |   |   |
|---|---|
| 1/2 cupful sugar                                | 2 lemons                                |
| 1 cupful water                                  | 2 oranges                               |
| 2 cupfuls canned raspberries or<br>loganberries | Mineral water<br>Lemon or orange slices |

Boil the sugar and water together one minute. Cool, and add the raspberries or loganberries with enough juice to fill the interstices. Then add the juice extracted from the lemons and oranges and let stand in the refrigerator two hours until icy cold. Dilute to taste with ice-water or mineral water and serve, garnishing each glass with a thin slice of lemon or orange.

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## RHUBARB PUNCH

- |  |                       |
|--|-----------------------|
| 1 quart rhubarb cut in half-inch<br>pieces | 1 cupful water        |
| Boiling water                              | 6 cloves              |
| 1 cupful sugar                             | 1 inch stick cinnamon |
|  | 1 piece ginger root   |
|  | Rose petals           |

Cover the rhubarb well with boiling water and let stand until cold. Boil together for five minutes the sugar, water, and spices. Strain, add the water from the rhubarb, chill, and serve with ice and a few floating rose petals.

*Redding, Conn.*

## SWEET CIDER PUNCH

- |           |                                |
|-----------|--------------------------------|
| 3 oranges | 1/4 cupful maraschino cherries |
| 1 lemon   | 1 quart cider                  |

Extract juices from the oranges and lemon and add them to the cider together with the cherries. Chill thoroughly and serve.

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# Breads

## AUNT MALINDY'S BUTTERMILK BISCUIT

4½ cupfuls bread flour	1 teaspoonful soda
1 teaspoonful baking-powder	1½ teaspoonfuls salt
2 tablespoonfuls lard	2 cupfuls buttermilk

Sift the flour, baking-powder, soda, and salt together. Mix the lard in well and add the buttermilk. Knead until very smooth, roll to one-half inch in thickness, cut with small round cutter, and bake about fifteen minutes in an oven heated to 450° F. Serve piping hot. *Brooklyn, N. Y.*

## BACON MUFFINS

¼ pound bacon	1½ cupfuls milk
1 tablespoonful sugar	2½ cupfuls bread flour
1 well-beaten egg	5 teaspoonfuls baking powder
¾ teaspoonful salt	

Cut the bacon into bits and fry till crisp. Cream together two tablespoonfuls of the bacon-fat and the sugar, add the egg well-beaten and the milk. Mix the baking-powder and salt with the flour, stir into the mixture, and fold in the bacon. Pour into greased muffin pans. Bake twenty-five minutes in a 400° F. oven. *Philadelphia, Pa.*

## BOSTON BROWN BREAD

1 cupful rye meal	¾ tablespoonful soda
1 cupful granulated corn-meal	1½ teaspoonfuls salt
1 cupful graham flour	¾ cupful molasses
	2 cupfuls sour milk

Mix and sift the dry ingredients, add the molasses and milk, stir until well mixed, turn into a well-greased mold, cover closely, and steam three and one-half hours. Fill the mold no more than two-thirds full. *New Bedford, Mass.*

## BOSTON BUCKWHEAT BREAD

1 cupful buckwheat flour	1½ teaspoonfuls salt
1 cupful cornmeal	½ cupful molasses
¾ cupful bread flour	2 cupfuls sweet milk
½ cupful bran	1 cupful sour milk
2 teaspoonfuls soda	½ cupful raisins

Sift the dry ingredients together; add the raisins, molasses, and milk. Pour into a well greased mold; cover closely. Boil or steam four hours; uncover, and dry in the oven. This may be steamed in a fireless cooker, if preferred.

*Redding, Conn.*

## BRAN BREAD

2 cupfuls bran	½ cupful seeded raisins (if desired)
2 cupfuls bread flour	2 tablespoonfuls sugar
1 egg well-beaten	2 cupfuls sour milk
1 teaspoonful salt	½ teaspoonful baking-powder
½ cupful molasses	1 teaspoonful soda
2 cupfuls graham flour	

Mix the sugar, salt, and egg. Add the molasses, and then the sour milk. Stir in slowly the bran and graham flour and then the bread flour, sifted with the soda and the baking-powder. If raisins are used, they should be floured and added just before the bread is put into the pans. Bake in an oven heated to 350° F. for forty-five minutes. This makes two loaves and is especially good for children.

*Ann Arbor, Mich.*

## BRAN AND RYE GEMS

1 cupful bran	1 teaspoonful baking-powder
1 cupful rye flour	3 tablespoonfuls molasses
1 cupful bread flour	3 tablespoonfuls shortening
1½ cupfuls sour milk	1 teaspoonful salt
	1 teaspoonful soda

Mix all dry ingredients together thoroughly, add molasses, shortening melted, and sour milk. Beat well, and pour into greased gem pans; bake in a 400° F. oven about twenty-five minutes.

*Rochester, N. Y.*



## BUTTER CAKES

3 cupfuls bread flour	1 teaspoonful salt
$\frac{3}{4}$ teaspoonful soda	About $1\frac{1}{2}$ cupfuls sour or
$\frac{1}{2}$ teaspoonful baking-powder	buttermilk

Sift together twice the flour, soda, baking-powder, and salt. Then mix lightly with enough sour or buttermilk to moisten. Turn out on a floured board and knead very gently. Roll thin and cut into large rounds. Bake on a well-greased griddle, turning frequently to insure even browning. They will require at least eight minutes on the griddle. Tear them apart and drop a piece of butter in each cake. Wrap them in a napkin and serve piping hot. These are delicious when served hot and buttery with a saucer of berries at afternoon tea.

*Beachwood Park, Pa.*

## CORN BISCUIT

1 cupful bread flour	$1\frac{1}{2}$ teaspoonful baking-powder
$\frac{1}{2}$ cupful white cornmeal	$\frac{3}{4}$ cupful sour milk or butter-
1 tablespoonful sugar	milk
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls melted short-
Scant $\frac{1}{2}$ teaspoonful soda	ening
	1 egg

Mix and sift together the dry ingredients; add the egg well beaten. Mix thoroughly and stir in the milk and melted shortening. Beat one minute. Turn into small, greased pans and bake at  $400^{\circ}$  F. for ten to fifteen minutes. Sour cream makes these muffins even more delicious. When substituting sour cream for the sour milk, it is necessary to use only one tablespoonful of shortening in place of the three tablespoonfuls called for.

*Chester, Va.*

## CORN AND RYE GEMS

1 cupful cornmeal	$\frac{1}{4}$ teaspoonful soda
$\frac{1}{2}$ cupful boiling water	1 cupful whole-wheat flour
2 tablespoonfuls shortening	1 cupful rye flour
1 teaspoonful salt	2 teaspoonfuls baking-powder
$\frac{1}{4}$ cupful molasses	1 cupful milk
	$\frac{1}{4}$ cupful raisins

Pour the boiling water over the meal and let it stand for ten minutes. Sift the soda into the molasses and stir till

it foams. Add this to the softened cornmeal and stir in the flour, mixed thoroughly with the baking-powder and salt, alternately with the milk. Add the raisins rolled in a little of the flour and the shortening melted. Mix well. Bake in muffin pans half an hour in an oven heated to 400° F. This recipe will make eighteen gems. *Redding, Conn.*

### CORN-FLAKE WAFFLES

1½ cupfuls bread flour	3 teaspoonfuls baking-powder
3 tablespoonfuls white corn-meal	1 teaspoonful salt
2 cupfuls corn flakes	1 tablespoonful sugar
2 eggs	4 tablespoonfuls shortening
	About 2½ cupfuls milk

Mix and sift the flour, cornmeal, baking-powder, salt and sugar together; add corn flakes rolled or crushed until fine. Add the eggs well beaten, and the melted shortening; then add enough milk to make a thick batter. Bake in waffle irons that are hot and well-greased. *Chicago, Ill.*

### CORNMEAL AND WHOLE-WHEAT BREAD

1 pint scalded milk	1 cupful lukewarm milk and water, mixed
1 pint warm water	1 yeast-cake
2 tablespoonfuls lard or drippings	About 3 cupfuls bread flour
2 tablespoonfuls sugar	1 cupful cornmeal
2 tablespoonfuls molasses	About 2½ quarts whole-wheat flour
½ cupful chopped walnut meats	1 teaspoonful salt

Combine the scalded milk and water and add the shortening, sugar, molasses, and salt. Soften the yeast-cake in the milk and water mixed, and turn into the first mixture; when it is sufficiently cooled, add the cornmeal and bread flour to make a pancake-batter; turn in the nuts, and add whole-wheat flour to make a dough stiff enough to knead. After kneading, divide in three or four loaves, place in well-oiled tins, let rise till double in bulk, and bake forty-five minutes in a 350° F. oven. If started by seven-thirty in the morning, this will be done by one o'clock. *Maywood, Ill.*

## DELICIOUS ROLLS

½ cupful rolled oats	½ cupful brown sugar
½ cupful cornmeal	1 tablespoonful shortening
5½ cupfuls bread flour	1 teaspoonful salt
2 cupfuls boiling water	1 yeast-cake
¼ cupful lukewarm water	

Place the oats, cornmeal, shortening, sugar, and salt in a bowl. Pour boiling water over all. When lukewarm, add the yeast-cake which has been softened in the lukewarm water. Mix and sift the remaining dry ingredients, and add to the first mixture. Beat until the surface is covered with bubbles. Knead until elastic, return to the pan, and let rise until double in bulk. Cut down, shape into rolls, and let rise until just before double in bulk. Bake in a 400° F. oven twenty minutes. *Long Beach, Cal.*

## EMERGENCY CORN BISCUITS

1¼ cupfuls bread flour	1 cupful cold water
¾ cupful cornmeal	1 teaspoonful sugar
2 tablespoonfuls shortening	5 teaspoonfuls baking-powder
	1 teaspoonful salt

Mix and sift the dry ingredients. Mix in the shortening with two knives or the tips of the fingers. Add the cold water and mix well. Drop by spoonfuls into greased muffin pans or on a greased baking sheet one and one-half inches apart. Bake twenty minutes in an oven which registers 450° F. *Trenton, N. J.*

## FRIED BREAD

2 eggs	1 teaspoonful soda
2 cupfuls sour or buttermilk	½ teaspoonful salt
Stale bread	1 tablespoonful melted butter

Beat the eggs until light, add the sour or buttermilk, the melted shortening, soda and salt. Mix thoroughly together. Cut half-inch slices of stale bread into small squares or rounds and dip each slice quickly in boiling water, drain for a moment, and then dip in the sour-milk mixture. Unless the bread is very dry, omit the hot water dip. Fry a few pieces at a time in deep fat heated to 400° F. The fat will reduce to about 375° F. during the frying. Fry about two minutes or until a golden brown on both sides; drain on

crumpled paper, and serve with cinnamon and sugar sifted over the slices. Or serve with honey, maple sirup or jam.  
*Beechwood Park, Pa.*

### GOOBER SPOON BREAD

2 cupfuls boiled hominy grits	3 tablespoonfuls peanut butter
2 eggs, well beaten	2 tablespoonfuls flour
1 cupful milk	$\frac{1}{2}$ teaspoonful salt

Cream the peanut butter with some of the milk and mix all of the ingredients together. Bake in a baking dish for one-half hour in a 350° F. oven. Serve in the same dish and eat hot with butter.  
*Redding, Conn.*

### GRAHAM DATE BREAD

1 cupful scalded milk	2 tablespoonfuls cold milk
1 cupful boiling water	$\frac{1}{2}$ yeast-cake
2 tablespoonfuls shortening	1 quart graham flour
2 teaspoonfuls salt	1 cupful white bread flour
4 tablespoonfuls molasses	1 cupful chopped dates
1 tablespoonful powdered sugar	

Pour the scalded milk and boiling water over the shortening, salt, and molasses placed in a bowl. Let cool until lukewarm. Soften the yeast-cake in one-fourth cupful of the lukewarm liquid and add it to the rest of the liquid. Beat in the graham and white flours, mixed together, thoroughly. Cover and let rise. When double in bulk knead in the dates and make into two loaves, put in greased pans, let rise for an hour, covered, and bake an hour in a 350° F. oven. Fifteen minutes before taking from oven rub the tops of the loaves with the powdered sugar dissolved in the cold milk.  
*Fort Dodge, Ia.*

### HONEY AND NUT BRAN MUFFINS

$\frac{1}{2}$ cupful honey	2 cupfuls bran
1 cupful whole wheat flour	1 tablespoonful melted margarin
1 teaspoonful soda	$1\frac{1}{2}$ cupfuls sour milk
$\frac{1}{2}$ teaspoonful salt	$\frac{3}{4}$ cupful finely chopped walnut meats
1 teaspoonful baking-powder	

Sift together the flour, baking-powder, soda and salt, and mix them with the bran. Add the other ingredients and bake in greased gem tins for twenty-five or thirty minutes in a 400° F. oven.  
*Washington, D. C.*

## MARYLAND BISCUIT

4 cupfuls flour, unsifted	6 tablespoonfuls shortening
3 tablespoonfuls thin cream or milk	$\frac{1}{2}$ cupful cold water
	$\frac{1}{2}$ teaspoonful salt

Combine the dry ingredients; work in the shortening. Add the liquid. Place the dough on a flat surface and beat with an ax or mallet for twenty minutes, beating the dough out flat, rolling it up, and repeating the process. Shape into biscuits, about one-half inch thick. Prick the entire surface of each with a fork. Bake in a 450° F. oven fifteen minutes.

*Sandy Spring, Md.*

## NUT PANCAKES

2 cupfuls bread flour	2 cupfuls sour milk
1 teaspoonful salt	2 teaspoonfuls melted butter
1 teaspoonful soda	$\frac{1}{2}$ to $\frac{3}{4}$ cupful broken walnut meats
$\frac{1}{2}$ teaspoonful baking-powder	

Mix and sift the dry ingredients together; add milk to make a batter the consistency of thick cream. Add butter last. Pour from end of spoon on a hot, well-oiled griddle. Scatter nuts over each cake at once. Brown and turn as usual. Serve with hot sirup.

*Los Angeles, Cal.*

## OATMEAL WAFFLES

$1\frac{1}{2}$ cupfuls finely ground oatmeal	$1\frac{1}{4}$ teaspoonfuls salt
$\frac{1}{2}$ cupful cornmeal	$1\frac{1}{2}$ cupfuls milk
1 tablespoonful cooking oil	2 teaspoonfuls baking-powder
	1 egg

Grind the oatmeal or rolled oats in a food-chopper and then measure. Sift the dry ingredients together and add the shortening. Beat the egg until light, add the milk, and combine with the other ingredients. Beat well, and bake on a hot greased waffle iron.

*Greenville, S. C.*

## ORANGE BISCUITS

2 cupfuls bread flour	2 tablespoonfuls shortening
4 teaspoonfuls baking-powder	About $\frac{3}{4}$ cupful milk
1 teaspoonful salt	Loaf sugar
	1 orange

Sift the flour, baking-powder, and salt together. Work in the shortening with two knives or the finger-tips. Add milk

to make a soft dough, stirring with a knife or spatula. Toss on a well-floured board, roll to one-half inch in thickness and shape into small and dainty biscuits. Then grate the orange rind and press out the juice from the orange. Dip as many lumps of sugar as there are biscuits into the juice, moistening thoroughly. Remove and plunge a lump of orange sugar into the center of each biscuit, sprinkle with grated rind and bake in an oven heated to 450° F. for twelve to fifteen minutes. Serve hot or cold.

*Killingly, Conn.*

### ORANGE NUT BREAD

2 cupfuls bread flour	1/2 cupful sugar
2 cupfuls graham flour	1/2 cupful candied orange-peel
4 teaspoonfuls baking-powder	2 cupfuls milk
2 teaspoonfuls salt	1 egg
	1/2 cupful pecan-meats

Mix dry ingredients thoroughly and sprinkle two tablespoonfuls of the flour over nuts and orange-peel. Beat egg till light and add to milk, then pour over dry ingredients, stirring and beating the mixture smooth. Last, add the floured nuts and orange-peel. Pour into two oiled bread-tins and bake forty-five minutes in a 350° F. oven.

*Webster City, Ia.*

### PEANUT BUTTER BREAD

1/2 cupful peanut butter	3 1/2 cupfuls bread flour
1/2 cupful sugar	3 teaspoonfuls baking-powder
1 egg	1 cupful milk
	1/2 teaspoonful salt

Cream the peanut butter and sugar. Add the egg well beaten. Mix and sift the dry ingredients and add alternately with the milk. Beat the entire mixture well and place in well-greased bread tin. Bake in a 350° F. oven about fifty minutes.

*Chatfield, Minn.*

### PLAINFIELD RAISED WHOLE-WHEAT MUFFINS

1/2 yeast-cake	2 cupfuls whole-wheat flour
1 cupful lukewarm water	1 tablespoonful sugar
	1 teaspoonful salt

Soften the yeast-cake in one-half cupful of the lukewarm water. Mix together thoroughly the flour, sugar, and salt.

To these dry ingredients add the softened yeast together with enough lukewarm water to make a soft dough—about one-half cupful. Beat well; let raise in a warm place overnight. In the morning fill greased gem pans half full of the mixture, let raise until double in bulk, and bake in a 400° F. oven for twenty minutes. *Concord, Mass.*

## POLISH MUFFINS

½ cupful butter or margarin	½ teaspoonful baking-powder
½ cupful sugar	1 teaspoonful cinnamon mixed
1 egg	with
1 cupful bread flour	½ tablespoonful sugar
½ cupful milk	¾ teaspoonful salt

Cream the butter and sugar well. Add the well-beaten egg and the flour, baking-powder, and the salt, which have been sifted together twice alternately with the milk. Beat the entire mixture well. Put into greased muffin pans and sprinkle mixed cinnamon and sugar over the top. Bake in a 400° F. oven about twenty-five minutes. *Beverly, Mass.*

## PRUNE GEMS

½ pound prunes	1¼ cupfuls graham flour
1 cupful bread flour	⅓ cupful molasses
¾ teaspoonful soda	1 cupful sour milk
	1 teaspoonful salt

Soak the prunes overnight in cold water, drain, and steam them over boiling water until they are plump, but not soft. Cool, remove the stones, and chop fine. Sift together the bread flour, soda and salt. Add the graham flour and the prunes, and mix thoroughly. Combine the molasses and the sour milk and stir into the dry ingredients. Pour into hot, greased iron gem pans and bake from twenty to twenty-five minutes at 400° F. Serve hot or cold. *New York, N. Y.*

## RASPBERRY BRAN GEMS

1 cupful graham flour	1 egg
1 cupful whole-wheat flour	2 tablespoonfuls cooking oil
1 cupful bran	1 teaspoonful salt
1 teaspoonful soda	2 cupfuls sour milk or butter-
2 teaspoonfuls baking-powder	milk
1 tablespoonful sugar	½ cupful raspberry jam

Mix all the dry ingredients together; add the oil, the egg well beaten, the sour milk, and the jam. Beat together thoroughly and pour into well-greased gem pans. Bake twenty-five minutes in a 400° F. oven.

*San Francisco, Cal.*

### RICE CORN BREAD

2 cupfuls boiled rice	1 teaspoonful baking-powder
2 cupfuls cornmeal	1 teaspoonful salt
2 cupfuls sour milk	1 egg
1 teaspoonful soda	2 tablespoonfuls drippings

Sift the cornmeal, soda, baking-powder, and salt together; add the rice, the egg well beaten, the milk, and the drippings melted. Turn into a well-greased, shallow pan, and bake in a 400° F. oven.

*Ellensburg, Wash.*

### RICE SPOON BREAD

2 cupfuls boiled rice	1 quart sweet milk
3 eggs	1 tablespoonful melted margarin
1 cupful cornmeal	4 teaspoonfuls baking-powder
	3 teaspoonfuls salt

Beat the eggs lightly, and add the rice, milk and margarin. Sift the dry ingredients together, and add to the first mixture. Pour into a hot, greased baking-pan and bake in a 350° F. oven forty-five minutes.

*Wilmington, Del.*

### RYE AND CORN PUFFS

1 cupful rye flour	3 tablespoonfuls cracklings, or
½ cupful cornmeal	2 tablespoonfuls margarin
2 teaspoonfuls baking-powder	¼ cupful raisins or chopped
1 teaspoonful salt	dates
½ teaspoonful cinnamon	1 cupful potato-water, or milk
3 tablespoonfuls brown sugar	and water
	1 egg

Mix all the dry ingredients together thoroughly, add the cracklings, raisins, potato-water, and lastly the egg well beaten. Bake in greased muffin pans in a 400° F. oven. These make a good dessert with cream or sirup.

*Redding, Conn.*



## RYE CAKES WITH HONEY

2 cupfuls sour milk	2 teaspoonfuls soda
2 cupfuls rye flour	2 eggs
½ teaspoonful salt	½ cupful strained honey

Dissolve the soda in the sour milk, add rye flour, and salt, thus forming a thin batter; beat well and add the eggs well-beaten. Add honey and bake on a well-greased hot griddle. Serve with butter and more honey. If not desired so sweet, less honey may be used in the batter. *New York, N. Y.*

## SOUTHERN CALIFORNIA BISCUIT

2 cupfuls bread flour	¾ cupful milk
4 teaspoonfuls baking-powder	2 tablespoonfuls butter or mar-
3 tablespoonfuls shortening	garin
1 teaspoonful salt	Orange marmalade

Sift together the flour, baking-powder, and salt. Work in the shortening with two knives or the tips of the fingers until well blended. Add the milk gradually and turn out on a well-floured board. Roll to one-fourth inch in thickness. Cut into small rounds and brush over one-half of the rounds with the butter melted, placing the other rounds on top. Bake in well-greased pans from twelve to fifteen minutes at 450° F. Immediately after removing from the oven, lift off the top of each biscuit and put one teaspoonful of orange marmalade in the center of each bottom round. Replace the tops and serve at once. *New York, N. Y.*

## SPIDER CORN BREAD

1 cupful cornmeal	1 teaspoonful salt
½ cupful rolled oats	2 eggs
1 teaspoonful soda	2 cupfuls sour milk
2 tablespoonfuls shortening	

Mix the dry ingredients, add the eggs well beaten and the milk. Melt the shortening in a frying-pan and add to the mixture. Heat pan and turn in the mixture. Cook on top of the stove three minutes. Place in a 400° F. oven and cook fifteen to twenty minutes. Serve hot, with butter.

*Hyattsville, Md.*

## SPOON BREAD

1 pint milk	$\frac{1}{2}$ teaspoonful baking-powder
$\frac{1}{2}$ cupful cornmeal	1 teaspoonful salt
	3 eggs

Heat the milk nearly to boiling. Stir in cornmeal gradually and cook until the consistency of mush. Add the baking-powder, salt, and the yolks of the eggs beaten until light. Fold in the egg-whites beaten stiff. Pour into a greased baking-dish and bake one-half hour at 350° F. Serve at once with plenty of butter, from the dish in which it was baked.

*Brooklyn, N. Y.*

## SUNDAY HOT BREAD

$\frac{3}{4}$ cupful sugar	$\frac{2}{3}$ cupful milk
$\frac{1}{2}$ tablespoonfuls butter	$1\frac{1}{2}$ cupfuls bread flour
$\frac{1}{4}$ teaspoonful salt	3 teaspoonfuls baking-powder
1 egg	1 teaspoonful lemon-extract
	Granulated sugar and cinnamon

Cream together the sugar, butter, and salt, add the egg well-beaten and mixed with milk and extract, then the flour and baking-powder mixed together. Spread in two well-oiled layer-cake tins, sprinkle liberally with a mixture of granulated sugar and cinnamon, and bake twenty to twenty-five minutes in a 400° F. oven. Serve preferably while hot.

*Philadelphia, Pa.*

## SWEET POTATO BISCUIT

2 pounds sweet potatoes	1 cupful milk
2 tablespoonfuls margarin	1 teaspoonful salt
2 eggs	3 teaspoonfuls baking-powder
1 tablespoonful molasses	2 cupfuls bread flour

Scrub and boil the potatoes in their jackets until tender. Skin and mash while hot; add margarin. Cool and add the eggs well-beaten, the molasses, the milk, and the flour sifted with the salt and baking-powder. Toss lightly on a floured board, roll to three-fourths of an inch in thickness, cut with a biscuit cutter, prick each biscuit with a fork, place on a greased pan, and bake twenty minutes in an oven heated to 400° F. Serve hot with plenty of butter.

*New York, N. Y.*

## UXBRIDGE BUNS

5 cupfuls bread flour	2 cupfuls scalded milk
1 cupful sugar	$\frac{1}{2}$ yeast-cake
$\frac{1}{2}$ teaspoonful grated nutmeg	$\frac{1}{4}$ cupful lukewarm water
3 tablespoonfuls butter or margarin	1 tablespoonful cream
	1 tablespoonful sugar

To four cupfuls of bread flour, add the one cupful of sugar, the grated nutmeg, and two tablespoonfuls of the butter or margarin. Pour over the whole the scalded milk. When lukewarm, add the yeast-cake softened in the lukewarm water. Let raise overnight and in the morning add sufficient bread flour to mold—about two cupfuls. Again let raise until double in bulk, then mold into biscuits. Brush with melted butter or margarin and when double in bulk, bake at 400° F. for twenty minutes. When the biscuits are removed from the oven, brush the tops with the cream in which the one tablespoonful of sugar has been dissolved.

*Concord, Mass.*

## UXBRIDGE SOUR MILK CORN BREAD

1 egg	1 teaspoonful soda
2 cupfuls sour milk	1 teaspoonful baking-powder
1 cupful cornmeal	2 tablespoonfuls melted shortening
1 cupful bread flour	1 teaspoonful salt

To the egg well beaten add the sour milk, and the cornmeal, flour, soda, baking-powder, and salt sifted together. Beat in the shortening and bake in shallow well-greased pans for twenty minutes at 400° F.

*Concord, Mass.*

## VARIETY CORN-CAKE

$1\frac{1}{2}$ cupfuls white cornmeal	5 teaspoonfuls baking-powder
$\frac{3}{4}$ cupful bread flour	1 tablespoonful cooking oil
$\frac{1}{2}$ cupful sugar	$1\frac{1}{4}$ cupfuls milk
1 teaspoonful salt	$\frac{1}{2}$ cupful fine coconut

Mix the ingredients in the order given. Beat well, pour into a well-greased shallow pan or muffin rings, and bake twenty minutes in an oven which registers 400° F.

*Britt, Ia.*

# Cakes

## ALMOND LOAF

4 eggs  
1 cupful sugar  
1 cupful pastry flour  
 $\frac{1}{2}$  pound shelled almonds  
 $\frac{1}{4}$  teaspoonful salt

Beat the yolks of the eggs until light and lemon-colored; add the sugar and all except two tablespoonfuls of the flour sifted twice with the salt. Fold in the whites of the eggs beaten until stiff and dry and last the almonds chopped *but not blanched* and mixed with the rest of the flour. Bake in a well-greased and floured loaf pan for about one hour in an oven which registers 325° to 350° F. Serve sliced very thin.

*Ft. Smith, Ark.*

## BOILED OREGON PRUNE CAKE

$1\frac{1}{2}$  cupfuls dried prunes  
 $\frac{1}{3}$  cupful melted shortening  
 $\frac{3}{4}$  cupful sugar  
1 egg yolk  
 $\frac{1}{2}$  cupful prune juice  
1 teaspoonful soda  
1 teaspoonful cinnamon  
 $\frac{1}{2}$  teaspoonful nutmeg  
 $1\frac{3}{4}$  cupfuls pastry flour  
 $\frac{1}{2}$  teaspoonful salt  
1 teaspoonful vanilla  
1 egg white

Wash the prunes. Soak overnight in cold water, pit, and cut to raisin size. Cover with boiling water and cook until tender. Cream together the sugar and melted shortening. Add the egg-yolks, slightly beaten. Sift together the dry ingredients and add to the mixture alternately with the prune juice. Then add the prune pulp, vanilla, and last the egg-white beaten stiff. Pour into a greased and floured loaf pan and bake at 325° F. for one and one-quarter hours.

*Salem, Ore.*

## BURNT ALMOND CAKE

$\frac{3}{4}$ cupful butter	2 cupfuls pastry flour
1 scant cupful sugar	$1\frac{1}{2}$ teaspoonfuls baking-powder
4 eggs	$\frac{1}{4}$ teaspoonful salt
Grated rind 1 orange	1 tablespoonful milk

Beat to a foamy cream the butter and the sugar; then beat in the eggs one at a time, together with the grated orange rind. Sift the flour several times with the baking-powder and salt; add it to the other ingredients together with the milk. Beat well and pour into a round loaf-cake pan, without a tube and with straight sides, which has been well-greased and floured. Bake at  $350^{\circ}$  F. and when finished, remove it from the pan and let it cool thoroughly; then cut it into two or three layers crosswise and trim the top if it is not quite level. Put together with the following filling:

$\frac{1}{4}$ cupful butter	Few drops coffee extract
$\frac{1}{2}$ pound confectioners' sugar	2 tablespoonfuls blanched and shredded almonds
1 egg-yolk	

Cream the butter and add the sugar gradually and the egg-yolk. Beat together till like whipped cream, adding a little more sugar, if necessary. Flavor with the coffee extract and add the shredded almonds which have been roasted to a pale brown. Spread quickly between the layers of the cake and cover the whole with a thick chocolate fudge icing. Arrange a border and center decoration of blanched and roasted almonds.

*Beechwood Park, Pa.*

## COMPANY CAKE

4 eggs	1 teaspoonful baking-powder
4 tablespoonfuls potato flour	$\frac{1}{2}$ teaspoonful vanilla
4 tablespoonfuls sugar	

Beat the egg-yolks and sugar to a cream. Add the flour sifted with the baking-powder, fold in the stiffly beaten egg-whites, add the flavoring, and bake in a loaf form in a  $320^{\circ}$  F. oven from fifty to sixty minutes.

*Montclair, N. J.*

## CUP CAKES

$\frac{3}{4}$ cupful butter	$\frac{1}{4}$ teaspoonful mace
2 cupfuls sugar	$2\frac{1}{2}$ teaspoonfuls baking-powder
3 cupfuls pastry flour	4 eggs
$\frac{1}{4}$ teaspoonful salt	1 cupful milk
1 teaspoonful grated orange rind	

Cream together the butter and sugar, add the egg-yolks beaten until thick, then the milk, rinsing the egg bowl with it. Fold in the flour, baking-powder, salt, and mace sifted together, alternately with the stiffly beaten egg-whites. Add the grated orange rind and turn into well-greased and floured cup cake tins and bake at  $375^{\circ}$  F. for twenty to thirty minutes depending upon the size of the cups.

*Beechwood Park, Pa.*

## DATE CAKE

1 cupful light brown sugar	1 cupful dates
1 cupful walnut-meats	$\frac{1}{2}$ cupful pastry flour
$\frac{1}{4}$ teaspoonful salt	3 eggs

Put nuts and dates through the food-chopper. Mix together the sugar, salt, yolks of the eggs beaten until they are lemon-colored, and the dates and nuts rolled in the flour. Fold in last the stiffly beaten egg-whites. Bake in a well-greased and floured loaf pan in a  $320^{\circ}$  F. oven about forty-five minutes.

*Davenport, Ia.*

## EGGLESS, MILKLESS, BUTTERLESS CAKE

2 cupfuls brown sugar	1 package seedless raisins
2 cupfuls hot water	1 teaspoonful cinnamon
2 tablespoonfuls shortening	1 teaspoonful cloves
1 teaspoonful salt	3 cupfuls bread flour
1 teaspoonful soda	

Boil together the sugar, water, lard, salt, raisins, and spices for five minutes. When cold, add the flour and the soda dissolved in a teaspoonful of hot water. This makes two loaves. Bake about forty-five minutes in a  $325^{\circ}$  F. oven. This cake is of good texture and will keep moist for some time.

*New York, N. Y.*

FAMOUS LADY BALTIMORE CAKE

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 cupful butter                    | 1/4 teaspoonful salt           |
| 1 1/2 cupfuls confectioners' sugar | 1/2 cupful water               |
| 1 cupful milk                      | 2 cupfuls chopped raisins      |
| 1/2 teaspoonful rose extract       | 2 cupfuls chopped figs         |
| 3 cupfuls pastry flour             | 1 cupful chopped pecan-meats   |
| 2 teaspoonfuls baking-powder       | 1/2 teaspoonful almond extract |
|                                    | 2 cupfuls confectioners' sugar |
|                                    | Whites 9 eggs                  |

Cream together the butter and sugar listed in the first column. Add the milk, rose extract and flour, sifted with the baking-powder and salt. Beat smooth and fold in the stiffly-beaten whites of six eggs. Bake in three round layer-cake tins lined with greased white paper in a 375° F. oven. Cover with a paper while baking to prevent browning. Test with a straw to see if done through. For the filling boil the two cupfuls of sugar and the water together until it spins a thread, 225° F., when it may be poured *very slowly* upon the stiffly-beaten whites of three eggs. Beat until of the consistency of cream, then add chopped fruit and nuts and almond extract. Put the filling between the layers and over the top of the cake. If desired, add only the extract to the filling and place between and on top of the cake two thin layers of filling with a layer of chopped fruit and nuts between. Save a few nuts to sprinkle on top.

Charleston, S. C.

FRUIT CAKE

- |                                |                           |
|--------------------------------|---------------------------|
| 2 cupfuls butter               | 1/2 teaspoonful cloves    |
| 2 1/2 cupfuls brown sugar      | 1/2 teaspoonful allspice  |
| 5 eggs                         | 1/2 teaspoonful mace      |
| 6 cupfuls pastry flour         | 1/4 teaspoonful salt      |
| 2 teaspoonfuls cream of tartar | 1/2 cupful molasses       |
| 1 teaspoonful soda             | 1/2 cupful coffee or milk |
| 1 1/2 teaspoonfuls cinnamon    | 1 pound raisins           |
| 1 1/2 teaspoonfuls nutmeg      | 1 pound currants          |

Cream together the butter and sugar. Add the eggs beaten well. Measure and sift together all but one-fourth cupful of the flour with the cream of tartar, soda, salt, and spices. Add to the first mixture alternately with the molasses and milk. Clean and weigh the raisins and currants, mix them with the remaining one-fourth cupful of flour, and add to

the cake mixture. Bake in three medium-sized well-greased and floured loaf pans at 275° F. for three hours or until thoroughly baked.

*Concord, Mass.*

### GOLDEN SUNSHINE CAKE

4 eggs	1½ teaspoonfuls baking-powder
1 cupful sugar	¼ teaspoonful salt
4 tablespoonfuls cold water	1½ tablespoonfuls cornstarch
1 cupful pastry flour	1 teaspoonful lemon extract

Separate the eggs and beat the yolks until thick; add the sugar gradually, stirring constantly. Add the water and mix thoroughly. Meanwhile sift together the flour, baking-powder, salt and cornstarch, and add to the first mixture. Beat well and add the extract. Last, fold in lightly the stiffly beaten whites of the eggs. Bake in a loaf or tube pan at 320° F. for one hour. This is an excellent ice-cream cake.

*Worcester, Mass.*

### HONEY AND NUT GINGERBREAD

1 cupful honey	2 eggs
⅓ cupful butter or margarin	2 teaspoonfuls baking-powder
1 cupful cold water	1 teaspoonful ginger
2 cupfuls whole-wheat flour	1 teaspoonful cinnamon
1 cupful chopped nuts	¼ teaspoonful soda
	½ teaspoonful salt

Cream the butter and honey together. Add the eggs well-beaten. Mix and sift the dry ingredients together, and add alternately with the water. Add the chopped nuts last. Bake in a 350° F. oven for forty-five minutes, or until done.

*Lompoc, Cal.*

### LITTLE POUND CAKES

3 eggs	¼ teaspoonful salt
½ cupful sugar	¾ cupful pastry flour
⅓ cupful melted butter	½ teaspoonful baking-powder
	Flavoring

Break the eggs into the top of a double-boiler; add the sugar and place the boiler over hot water on the range. Now beat the eggs and sugar for fifteen minutes or until the mixture is very light and creamy. Then add the melted



butter and beat again for several minutes. Whip in the pastry flour sifted with the baking-powder and salt. Flavor as desired and bake in crinkly patty pans at 375° F. Then ice and decorate as preferred. *Beechwood Park, Pa.*

### LOGANBERRY CAKE

½ cupful shortening	1 teaspoonful cinnamon
1 cupful sugar	½ teaspoonful salt
2 eggs	1 teaspoonful soda
½ teaspoonful cloves	1 cupful canned or fresh cooked loganberries
2 cupfuls pastry flour	

Cream the shortening and sugar, add the eggs lightly beaten, reserving one egg-white for the icing. Sift together the dry ingredients and add to the mixture. Last add the loganberries and whatever juice collects in the cup when measuring them. Pour into a greased and floured loaf-pan and bake at 325° F. for one and one-quarter hours. Frost with boiled icing, using almond extract for flavoring.

*Salem, Ore.*

### MAPLE LAYER CAKE

3 eggs	½ teaspoonful salt
1 cupful soft maple sugar	1 teaspoonful baking-powder
1 cupful pastry flour	1 cupful cream
¼ cupful grated maple sugar	

Beat the yolks of the eggs until light. Add the soft maple sugar and the flour sifted with the salt and baking-powder. Fold in last the whites of the eggs beaten very stiff. Mix quickly and bake for about one-half hour in two greased and floured layer-cake pans in an oven registering 320° F. Put together with the cream whipped and sweetened with the grated maple sugar. Spread cream on top, too, or ice, if desired with maple fondant, or merely sprinkle with powdered sugar.

*Redding, Conn.*

### MRS. GRIFFIN'S BIRTHDAY CAKE

½ cupful butter	¼ teaspoonful salt
2 cupfuls brown sugar	1 teaspoonful cinnamon
5 eggs	½ teaspoonful cloves
3 cupfuls pastry flour	1 teaspoonful nutmeg
½ teaspoonful soda	⅔ cupful water or coffee
	1 pound mixed fruit

Cream together the butter and sugar until very light. Add the yolks of the eggs beaten until thick and lemon colored. Sift two and three-fourths cupfuls of flour, the soda, salt, and spices together and add them to the first mixture alternately with the water or coffee. Beat well and add the fruit—seeded raisins, currants, and citron—cleaned, finely chopped and mixed together and floured with one-fourth cupful of the flour. Last add the whites of the eggs beaten until stiff and dry. Bake in a large angel cake tin at 325° F. for one and one-half hours or until thoroughly baked.

*Concord, Mass.*

### MOTHER'S GINGERBREAD

1 cupful brown sugar	2½ cupfuls pastry flour
½ cupful margarin	½ teaspoonful soda
½ cupful cream	1 tablespoonful ginger
2 eggs	½ teaspoonful salt
1 cupful molasses	½ cupful milk

Cream the margarin and sugar together, add the cream and the eggs well-beaten, then the molasses. Sift the dry ingredients together and add them to the other mixture, alternating with the milk. Pour into a small dripping-pan which has been well-greased and floured. Bake in a 350° F. oven. This makes a large sheet of gingerbread.

*Philadelphia, Pa.*

### PLAIN WHITE CAKE

½ cupful butter	½ cupful milk
1 cupful sugar	1½ cupfuls pastry flour
2 eggs	2½ teaspoonfuls baking-powder
¼ teaspoonful salt	¼ teaspoonful orange extract
	¼ teaspoonful vanilla

Cream together the butter and sugar. Add the egg-yolks well-beaten. Sift together the dry ingredients and add to the first mixture alternately with the milk. Beat well. Fold in carefully the whites of the eggs beaten until stiff together with the flavorings. Bake either in a loaf pan at 350° F. for forty-five minutes or in cup or layer-cake pans at 375° F. for thirty minutes.

*Concord, Mass.*

## SILVER AND GOLD CAKE

$\frac{1}{2}$  cupful butter  
 $1\frac{1}{4}$  cupfuls sugar  
 1 teaspoonful vanilla  
 4 eggs  
 3 tablespoonfuls milk

1 cupful pastry flour  
 1 teaspoonful baking-powder  
 $\frac{1}{4}$  teaspoonful salt  
 Few drops lemon extract  
 $\frac{1}{2}$  cupful almonds

Beat the butter to a cream with one-half cupful of sugar and the vanilla. Add the yolks of the eggs well-beaten and stir in the milk. Sift the flour with the baking-powder and salt and beat these into the batter, adding also the lemon extract. Spread the batter *very thinly* in a well-greased and floured baking-pan. Now whip the whites of the eggs to a stiff, dry froth, adding to them gradually the three-fourths cupful of sugar. Beat very hard until the mixture resembles snow and will hold its shape when the egg-beater is lifted from it, then fold in the almonds which have been blanched, shredded, and roasted in the oven to a delicate brown. Spread this icing over the cake batter, sprinkle with granulated sugar, and bake for thirty minutes at 350° F. Cool and cut before removing from the pan. Batter and icing should both be thinly spread, and the finished cake should be golden and fine textured with a thick, foamy, and very delectable almond icing over the top.

*Beechwood Park, Pa.*

## SOUR CREAM CAKE

$\frac{1}{2}$  cupful margarin  
 1 cupful sugar  
 $\frac{1}{2}$  cupful molasses  
 2 eggs  
 1 teaspoonful cinnamon  
 $\frac{1}{4}$  teaspoonful salt

1 teaspoonful nutmeg  
 $1\frac{1}{2}$  teaspoonfuls soda  
 2 cupfuls pastry flour  
 1 cupful sour cream  
 $\frac{3}{4}$  cupful raisins  
 $\frac{3}{4}$  cupful nut-meats

Cream together the margarin and sugar; add the molasses and eggs well beaten; sift together the dry ingredients, reserving sufficient flour for dusting the raisins; add this alternately with the sour cream to the mixture. Chop the nuts and raisins fine, dust with the flour, and add. Beat well, pour into a large loaf-pan, and bake at 350° F. for about forty-five minutes.

*Clinton, Minn.*

## SOUTHERN CHOCOLATE CAKE

2 cupfuls sugar	2½ cupfuls pastry flour
½ cupful butter	4 squares chocolate
½ cupful vegetable fat	1 scant teaspoonful soda
1 cupful sour cream	1 teaspoonful baking-powder
1 cupful crushed walnut-meats	½ teaspoonful salt
5 eggs	2 teaspoonfuls vanilla

Mix the shortening and sugar until very creamy; then add the yolks of the eggs beaten well. Beat and add the sour cream and nuts dredged with part of the flour. Next stir in the flour sifted with the soda, baking-powder, and salt; then the chocolate melted, and the vanilla. Stir thoroughly and fold in last the whites of the eggs beaten stiff. Pour into a well-greased and floured dripping pan. Bake in an oven registering 360° F. for about forty minutes. Ice when cold. This makes a large cake. *Brooklyn, N. Y.*

## TEXAS PECAN CAKE

¾ cupful shortening	1 cupful milk
1½ cupfuls sugar	1 teaspoonful vanilla
3 cupfuls pastry flour	3 egg-whites
3 teaspoonfuls baking-powder	Boiled frosting
½ teaspoonful salt	1 pound shelled pecans

Cream the shortening and sugar together thoroughly; sift the dry ingredients and add to the mixture alternately with the milk. Last add the flavoring and fold in the whites of eggs beaten stiff. Pour into three greased and floured layer-cake pans and bake at 375° F. for twenty minutes. Frost the layers and top of cake with boiled icing, using double the standard recipe, and adding the pecans, chopped coarsely, just before spreading on the cake. Decorate with whole halves of pecans. In sections of the country where pecans are not plentiful, use fewer pecans in the frosting.

*New Ulm, Tex.*

## TWO-EGG SUNSHINE CAKE

¼ cupful margarin	1½ cupfuls pastry flour
1 cupful sugar	½ teaspoonful salt
2 eggs	2 teaspoonfuls baking-powder
½ cupful cooked sifted squash	½ cupful hot milk
1 teaspoonful lemon extract	

Cream together the margarin and sugar; add the eggs beaten until very light, the sifted squash and the flour mixed and sifted with the baking-powder and salt. Beat thoroughly, then add the hot milk and the extract. Bake as a loaf cake at 350° F. or in layer cake pans at 375° F. If the latter form is used, put the layers together with lemon filling.

*Bedding, Conn.*

### WASHINGTON APPLE SAUCE CAKE

1 cupful sugar	1/2 teaspoonful cloves
1/2 cupful unsalted shortening	2 cupfuls pastry flour
1 1/4 cupfuls unsweetened apple sauce	1/2 cupful seedless raisins
2 teaspoonfuls soda	1/2 cupful chopped walnut-meats
1 1/4 teaspoonfuls salt	1/4 cupful butter
1 teaspoonful cinnamon	1 cupful powdered sugar
1/2 teaspoonful nutmeg	1 tablespoonful milk
	1 teaspoonful vanilla

Cream the shortening and sugar together, add the apple sauce into which the soda has been beaten. Then add the flour sifted with the salt and spices, reserving a little to dust over the raisins and nuts, which should be added last. Beat well together and turn into a well-greased and floured shallow cake-pan. Bake in a 375° F. oven for about forty minutes. Ice, when cold, with a butter frosting made by blending the remaining ingredients.

*Seattle, Wash.*

### WEDDING CAKE

2 cupfuls butter	1/2 teaspoonful allspice
3 cupfuls brown sugar	1/2 teaspoonful cloves
10 eggs	1/4 teaspoonful salt
4 cupfuls pastry flour	1/2 cupful sweet cider or white grape juice
1 teaspoonful soda	1 cupful molasses
1 teaspoonful cinnamon	2 pounds seeded raisins
1 teaspoonful nutmeg	2 pounds currants
1 teaspoonful mace	
	1 pound citron

Cream together the butter and brown sugar very thoroughly. Add the eggs well beaten. Mix and sift together three and one-half cupfuls of the flour, the soda, salt, and spices. Add these dry ingredients to the first mixture alternately with the cider and molasses. Clean and weigh out the raisins and

currants, slice the citron thinly, and mix all with the rest of the flour. Add to the cake, beat well, and pour into three good-sized loaf pans which have been greased and floured. Bake at 275° F. for three hours or until thoroughly baked.

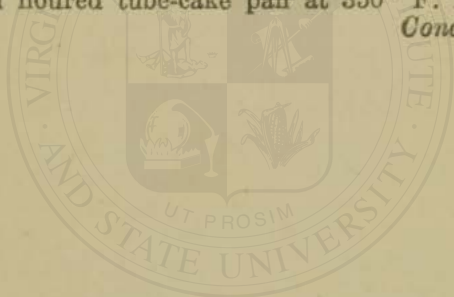
*Concord, Mass.*

### WORCESTER POUND CAKE

1 cupful butter	1 teaspoonful cream of tartar
2 cupfuls sugar	½ teaspoonful soda
4 eggs	½ cupful milk
3 cupfuls pastry flour	1 teaspoonful vanilla
¼ teaspoonful salt	¼ teaspoonful mace

Cream together the butter and sugar until very light, then add the yolks of the eggs beaten until thick and lemon-colored; beat again. Mix and sift together the flour, salt, cream of tartar and soda. Add to the first mixture alternately with the milk. Beat well, add the vanilla and the mace, and last fold in the whites of the eggs stiffly beaten. Bake in a greased and floured tube-cake pan at 350° F. for forty-five minutes.

*Concord, Mass.*



# Cheese Dishes

## BROWN RICE AND CHEESE

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 3 cupfuls milk              | 2 cupfuls grated cheese           |
| 2 eggs                      | 1 teaspoonful salt                |
| 2 cupfuls boiled brown rice | $\frac{1}{4}$ teaspoonful paprika |

Scald the milk, add the beaten eggs and other ingredients. Pour into buttered custard cups, set in a pan of cold water, and bake in a 350° F. oven until done, that is, until a silver knife inserted in the center of the custard comes out clean. Pimientos, if liked, are an attractive addition. Serve very hot.

*Angola, Ind.*

## CALIFORNIA RICE

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 3 cupfuls cooked rice          | 1 very small onion                |
| $1\frac{1}{2}$ cupfuls milk    | $\frac{1}{8}$ teaspoonful pepper  |
| 3 tablespoonfuls flour         | Few grains cayenne pepper         |
| 2 tablespoonfuls margarin      | $\frac{1}{8}$ teaspoonful paprika |
| $\frac{1}{2}$ teaspoonful salt | 1 cupful cheese                   |
|                                | 24 stuffed olives, sliced         |

Make a white sauce in above proportions of milk, flour, and margarin. Add cheese, olives, seasonings, and grated onion. When cheese is melted, pour over rice in casserole and bake one-half hour in a 375° F. oven.

*Los Angeles, Cal.*

## CHEESE SCRAPPE

- |                                    |  |
|------------------------------------|--|
| 2 cupfuls milk                     | $1\frac{1}{2}$ teaspoonfuls salt       |
| 1 tablespoonful cornstarch         | $\frac{1}{8}$ teaspoonful paprika      |
| $\frac{1}{2}$ cupful grated cheese | $\frac{1}{8}$ teaspoonful curry powder |
| 8 young onions                     | Toast                                  |

Heat the milk in the top of a chafing-dish or double-boiler. Mix the cornstarch with a small amount of cold milk and add, stirring constantly. Chop the onions fine, using part of the

green tops also, and add, together with the cheese, to the sauce. Last add the seasonings and pour over buttered toast. This is delicious served with cold sliced meat or in combination with hot baked potatoes and lettuce salad.

*National City, Cal.*

### CHEESE SPREAD

5 small packages cream cheese      1 cupful raisins  
1 cupful walnut-meats, chopped      1 cupful coconut  
2 tablespoonfuls lemon-juice

Mix this all together with the hand, working it into a little, round, flat mold, saving out enough coconut to roll it in. Use to spread on crackers for a Sunday night "snack" or an evening spread. This makes a large quantity.

*Wheeling, W. Va.*

### CORNMEAL RAREBIT

1 pint boiling water      1 cupful milk  
 $\frac{1}{2}$  cupful granulated cornmeal      1 cupful grated cheese  
1 teaspoonful salt      2 tablespoonfuls butter  
Few grains cayenne pepper      2 tablespoonfuls flour  
1 teaspoonful minced parsley

Add the cornmeal slowly to the boiling water, in which one-half teaspoonful of salt has been placed. Cook five minutes over direct heat and then one hour over hot water. Pour out into a greased, shallow pan and let cool. When cold, cut in small squares, place in a greased pan, and cover with cheese sauce made as follows: In a saucepan melt the butter, add the flour, and cook until bubbling; then add the milk gradually. When thickened, add the rest of the salt, the cayenne pepper, the cheese, and parsley. Cook until the cheese is melted and pour over the cornmeal mixture. Brown delicately under the broiler flame or in a hot oven and serve at once. Crisp bacon curls are an excellent accompaniment to this dish. This recipe will serve four. *Philadelphia, Pa.*

### MACARONI WITH CHEESE

3 cupfuls macaroni, broken in      1 cupful stale bread-crumbs  
  inch pieces       $\frac{1}{4}$  cupful butter  
1 cupful grated dry cheese      1 cupful thin cream  
3 teaspoonfuls salt



Put the macaroni in boiling, salted water and cook until soft; drain and pour cold water over it. Cover the bottom of a buttered baking-dish thinly with bread-crumbs. Add a layer of macaroni, and then one of cheese. Sprinkle with salt and bits of butter. Repeat this until the dish is full, having a layer of crumbs and cheese on top. Pour over all the cream. Bake at 450° F. for one-half hour or until the top is nicely browned. If milk is used instead of cream, add more butter as the materials are placed in the baking-dish. Pepper may also be used, if liked.

*New York, N. Y.*

### RINKTUM TIDDY

1 pint canned tomatoes	1 tablespoonful chopped onion
1 teaspoonful salt	½ pound cheese
1 teaspoonful sugar	1 teaspoonful butter
⅛ teaspoonful pepper	1 egg
Dash cayenne pepper	Buttered toast or crackers

Heat the tomatoes and add all the seasonings. When hot, melt in it the cheese cut in bits, adding it gradually while stirring constantly. When smooth, add the butter and the egg beaten, stirring all the while. Serve on slices of hot, buttered toast or hot crackers.

*Concord, Mass.*

### ROQUEFORT CELERY STICKS

8 good-sized, uniform celery sticks	1 tablespoonful olive oil
½ pound Roquefort cheese	6 drops Worcestershire sauce
	¼ teaspoonful paprika
	1 tablespoonful butter

Wash and dry the celery, removing any possible strings. Mix together the remaining ingredients until smooth, fill the celery-sticks, and serve with plain salad and hot toasted crackers.

*Plattsburg Barracks, N. Y.*

# Cookies

## ANISEED JUMBLES

- |   |   |
|---|---|
| $\frac{1}{2}$ cupful butter or margarin | $2\frac{1}{2}$ cupfuls bread flour      |
| 1 cupful sugar                          | $\frac{1}{2}$ teaspoonful soda          |
| 1 egg                                   | $\frac{1}{2}$ teaspoonful baking-powder |
| $\frac{1}{4}$ teaspoonful salt          | 1 cupful sour cream                     |
|   | $\frac{1}{2}$ ounce aniseed             |

Cream the butter with the sugar, add the egg well beaten and the salt. Sift together the flour, soda, and baking-powder. Add these dry ingredients to the egg and sugar mixture, then stir in the sour cream and the aniseed. Drop from the end of a spoon on a greased baking-sheet and bake at 400° F. for about twelve minutes. If a little sugar is sprinkled over the tops of the cakes just before they are put in the oven to bake, it will give them a delicious sugary surface.

*Beechwood Park, Pa.*

## ALPHABET COOKIES

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 cupful butter or margarin | Grated rind 1 lemon              |
| 1 cupful sugar              | 1 tablespoonful crushed cardamom |
| 2 eggs                      |                                  |
| 4 cupfuls pastry flour      | 1 teaspoonful vanilla            |

Cream together the butter and sugar; add the eggs well beaten and the rest of the ingredients. Knead the mixture in the bowl with the hands until thoroughly mixed, then cut off a small portion, and, with the palms of the hands, roll it into a long cylindrical strip about one-half inch thick. Form the dough into any letters desired and bake on a greased baking sheet at 450° F. for about ten minutes.

*Seattle, Wash.*

## A-PLUS FILLED COOKIES

$\frac{1}{2}$ cupful shortening	1 teaspoonful cinnamon
$\frac{1}{2}$ cupful brown sugar	$\frac{1}{4}$ teaspoonful cloves
$\frac{1}{2}$ cupful molasses	$\frac{1}{4}$ teaspoonful nutmeg
1 egg	3 cupfuls pastry flour
$\frac{1}{4}$ cupful sour milk or butter- milk	$\frac{1}{2}$ cupful broken butternut meats or shredded coconut
1 teaspoonful soda	$\frac{1}{2}$ cupful honey
1 teaspoonful baking-powder	1 teaspoonful flour
$\frac{1}{2}$ teaspoonful salt	Few grains salt

Cream shortening and sugar together, add the molasses, the egg beaten, and the sour milk. Sift together the flour, soda, the one-half teaspoonful of salt, baking-powder, and spices and add to the first mixture. Mix thoroughly and chill an hour before rolling. Roll out thin, cut in strips about two by four inches, spread one-half lightly with the filling and fold over to form a square. Bake about twenty minutes at 375° F. To make the filling, mix together the butternut meats or coconut with the honey, one teaspoonful of flour, and a few grains of salt.

*Redding, Conn.*

## BALL CAKES

1 cupful sugar	$\frac{1}{4}$ cupful chopped citron
2 cupfuls pastry flour	$\frac{1}{4}$ teaspoonful nutmeg
1 teaspoonful baking-powder	Grated rind $\frac{1}{2}$ orange
2 teaspoonfuls cinnamon	3 eggs
$\frac{1}{4}$ teaspoonful cloves	$\frac{1}{2}$ teaspoonful salt

Sift all the dry ingredients together. Add the eggs unbeaten, the citron, and the grated orange rind. Mix well. With well-floured hands make the mixture into balls the size of a walnut. Bake on a well-oiled cooky sheet, placed one and one-half inches apart, in a quick oven, 450° F. *New York, N. Y.*

## BROWN SUGAR COOKIES

2 cupfuls brown sugar	$\frac{1}{2}$ teaspoonful salt
1 cupful softened margarin	1 teaspoonful soda
3 eggs	$\frac{1}{4}$ cupful milk
About 5 cupfuls pastry flour	1 teaspoonful vanil

Cream together the margarin and sugar, add the eggs well beaten, the milk, the vanilla, and half the flour sifted

with the salt and soda. Add more flour, enough to make a dough which may be rolled. Cut in any desired shapes and bake about ten minutes in a 400° F. oven.

*Milwaukee, Wis.*

### CARAWAY NIBBLES

1 cupful raised bread sponge	1 teaspoonful salt
1 cupful milk	1 cupful sugar
2 tablespoonfuls butter	1½ tablespoonfuls caraway seeds
1 egg	4½ cupfuls bread flour

Scald the milk and add to it the butter and salt. When cooled to lukewarm, add the sponge together with the sugar, egg, well-beaten, and caraway seeds. Add the flour, sufficient to be able to knead the dough into a loaf. Let raise until double in bulk, cut down, knead, and let raise again until double in bulk. Cut down, knead, roll into a sheet one-half inch thick, and cut into small biscuits. Place in greased pans two inches apart and let raise until double in bulk. Bake at 425° F. for fifteen minutes, then remove the biscuits, split open, and return to the pan with the split side up; brown for five minutes.

*Columbus, O.*

### CORN-FLAKE COOKIES

2 tablespoonfuls margarin	¼ cupful coconut
½ cupful sugar	¾ cupful rolled oats
2 eggs	4 cupfuls corn flakes

Cream together the margarin and the sugar, add the eggs well beaten, and the rest of the ingredients. Drop by spoonfuls on a greased baking-sheet or the bottom of a cake pan. Bake about fifteen minutes in a 400° F. oven. Let stand on the pan a few minutes, after removing from oven, until they harden.

*Minneapolis, Minn.*

### CRULLERS

3 eggs	About 2¼ cupfuls pastry flour
½ cupful powdered sugar	1 teaspoonful salt
3 tablespoonfuls melted margarin	½ teaspoonful cinnamon

Beat the eggs until very light; add the powdered sugar and the melted margarin. Sift one cupful of the flour with the salt and cinnamon. Add to the first mixture together with

more flour, enough to make dough stiff enough to roll. Roll out thin, cut into strips or fancy shapes with a pastry wheel, and fry in deep fat heated to 360° F., until a light brown color. Drain on crumpled paper and dust with powdered sugar.

*Hurricane, N. Y.*

### FATTIGMAN BAKELSE

2 eggs	3 tablespoonfuls sweet cream
1¾ cupfuls pastry flour	1 tablespoonful sugar

Beat the eggs until light; add the sugar and cream. Add flour to make a dough which can be rolled very thin. Cut in diamond shapes with two slashes in the center of each. Fry in deep fat heated to 370° F. Drain on crumpled paper. These are delicious dusted with powdered sugar.

*Washington, D. C.*

### FRUIT COOKIES

½ cupful shortening	2½ cupfuls pastry flour
1 cupful brown sugar	1 teaspoonful cinnamon
1 egg	¼ teaspoonful allspice
½ cupful corn sirup	¼ teaspoonful ground cloves
½ cupful sour milk	¼ cupful raisins
1 teaspoonful soda	1 cupful chopped walnuts
½ teaspoonful salt	¼ cupful shredded coconut

#### Plain icing

Cream shortening and sugar together, add egg well beaten, sirup, sour milk, flour, sifted with soda, salt and spices, the raisins cut in halves, chopped nuts, and coconut. Mix all together well and spread thinly in well-greased and floured shallow pans. Bake at 375° F. for about twenty minutes. While still warm, spread thinly with icing made by moistening confectioners' sugar with milk or water and flavoring with vanilla. When cold, cut with knife in squares or diamonds and remove from the pan.

*Redding, Conn.*

### MAPLE DOUBLET

1 cupful maple sirup	3 cupfuls pastry flour
3 eggs	½ teaspoonful salt
1 tablespoonful melted margarin	2 teaspoonfuls baking-powder

Combine the sirup, egg-yolks well beaten, and the melted margarin. Add the pastry flour sifted well with the salt and bak-

ing-powder. Fold in the whites of the eggs beaten stiff. Drop far apart on a greased baking-sheet as they spread in baking. Avoid making them too large. Bake at 400° F. for about twelve minutes. Put together in pairs with maple fondant or maple fudge. Especially dainty for afternoon tea.

*Redding, Conn.*

### OAT MACAROONS

2 eggs	1 cupful coconut
$\frac{3}{4}$ cupful sugar	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful melted shorten- ing	$\frac{1}{2}$ teaspoonful vanilla
2 cupfuls rolled oats	3 tablespoonfuls cornstarch
	1 teaspoonful baking-powder

Mix in order given and drop by teaspoonfuls on a greased pan. Bake in a 350° F. oven twenty minutes.

*Redding, Conn.*

### OATMEAL COOKIES

1 cupful sugar	1 teaspoonful cinnamon
$\frac{1}{2}$ cupful margarin	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful other shortening	$1\frac{1}{2}$ cupfuls chopped raisins
2 eggs	$\frac{1}{2}$ cupful chopped nut-meats
$1\frac{1}{2}$ cupfuls pastry flour	1 teaspoonful soda
2 cupfuls rolled oats	1 tablespoonful vinegar

Cream together the margarin, shortening and sugar. Add the eggs well beaten, the oats, the flour sifted with the cinnamon and salt, the raisins and nuts, and lastly the soda mixed with the vinegar. Mix all together thoroughly, roll out to one-eighth inch in thickness, cut, and bake ten minutes in a 400° F. oven. This recipe makes about four dozen cookies.

*East Orange, N. J.*

### OLYOCKS

9 cupfuls bread flour	1 teaspoonful salt
1 cupful sugar	1 teaspoonful nutmeg
$\frac{2}{3}$ cupful butter or margarin	4 eggs
2 cupfuls milk	$\frac{1}{4}$ cupful lukewarm milk
	1 yeast cake

Scald the milk, add one tablespoonful each of sugar and butter, and cool till tepid. Soften the yeast in the lukewarm

milk, combine with the first mixture, and beat in the salt and three cupfuls of the flour. Let rise until the sponge is light, then melt the butter, stir in the sugar, nutmeg, and the eggs well beaten, and add to the sponge with the remaining flour. Let rise, stir down thoroughly, roll out, and cut into small, thin rounds. Let rise a half-hour in a warm place and then put in the center of each a teaspoonful of the following mixture:

4 good-sized apples, chopped fine      A scant half-pound raisins,  
About 3 oz. citron, chopped fine      chopped fine

Moisten the edges with cold water and press together firmly as in making turn-overs, let rise again till very light, and fry like doughnuts at 360° F. in deep fat. Roll in powdered sugar before serving. These cakes will keep fresh for two weeks in a covered crock. *Bellows Falls, Vt.*

### ORANGE DROPS

3 egg-yolks  
1 cupful sugar  
½ orange

1 cupful pastry flour  
1 teaspoonful baking-powder  
½ teaspoonful salt

Beat the egg-yolks until very light. Then add the sugar and the juice and grated rind of the orange. Sift together the flour, baking-powder and salt. Add gradually to the egg mixture and beat well. Chill for fifteen minutes. Break off into pieces the size of a walnut and bake ten minutes in a 400° F. oven on a well-greased baking-sheet.

*Redding, Conn.*

### ROCKS

4 cupfuls pastry flour  
½ teaspoonful salt  
1 teaspoonful baking-powder  
¾ cupful butter  
1 cupful sugar

¼ pound cleaned currants  
¼ teaspoonful mace  
A little grated lemon rind  
3 eggs  
Nuts, raisins, citron

Sift together the flour, salt, and baking-powder; then rub the butter into flour and add the sugar, currants, mace and grated lemon rind. Stir in gradually the eggs well beaten. Mix thoroughly. Pinch off irregular bits of the dough and place on a greased baking-sheet, press a halved nut, a raisin,

of a bit of citron on some of the rocks, and roll others in granulated sugar. Bake at 400° F. for ten to fifteen minutes.

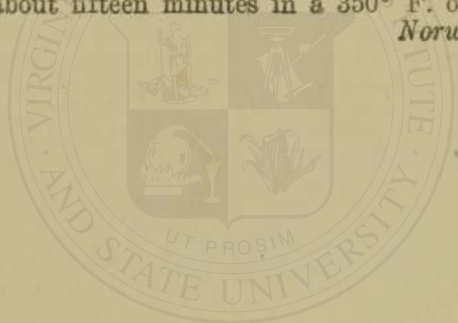
*Beechwood Park, Pa.*

### SOFT MOLASSES COOKIES

1 cupful shortening	1 teaspoonful salt
1 cupful brown sugar	1 teaspoonful ginger
1 cupful Porto Rico molasses	1 teaspoonful cinnamon
1 cupful sour milk	1 tablespoonful vinegar
2 teaspoonfuls soda	About 5 cupfuls pastry flour

Cream the shortening and blend with it the brown sugar; add the molasses and sour milk. Sift together three cupfuls of flour with the soda, salt, and spices. Add to the first mixture together with the vinegar. Add the rest of the flour, taking care to keep the dough a soft one. Chill overnight in the refrigerator or other cool place and roll out in the morning—not too thin. Cut in desired shapes and bake on greased baking-sheets about fifteen minutes in a 350° F. oven.

*Norwood, Mass.*





# Desserts, Cold

## APPLE PANDOWDY MOLD

$\frac{2}{3}$ quarts quartered apples	$1\frac{1}{3}$ cupfuls milk
$2\frac{2}{3}$ cupfuls pastry flour	$\frac{2}{3}$ cupful brown sugar
$\frac{1}{2}$ teaspoonful salt	1 tablespoonful butter
$1\frac{1}{2}$ teaspoonfuls baking-powder	$\frac{1}{2}$ teaspoonful nutmeg
$\frac{1}{2}$ cupful shortening	Sweetened cream

Pare, core, and quarter apples before measuring. Place in a well-greased pudding dish. Mix and sift together the flour, salt, and baking-powder. Rub in the shortening until well blended and mix to a dough just stiff enough to roll, with the milk. Roll dough out to fit the pudding dish and make several gashes in the center. Place the dough on top of the apples and tuck in around the edges. Bake at 350° F. for two hours or until the crust is well browned and the apples are soft. Then remove from the oven and allow to cool slightly. Take off the crust and cut it into thin slices. Then add to the apples the sugar, butter and nutmeg. Arrange alternate layers of the apple and crust in a deep dish or mold, pressing the layers down carefully, cover, and let stand in a cool place overnight. Unmold, cut in slices, and serve with sweetened cream, plain or whipped. *Bridgeport, Conn.*

## APRICOT AND HOMINY PUDDING

$\frac{1}{2}$ pound dried apricots	3 pints cold water
$\frac{2}{3}$ cupful white hominy	1 cupful sugar

Clean and wash the apricots. Soak overnight in the top of a double-boiler with the hominy and the cold water. Then add sugar and cook for five hours over hot water, stirring once an hour. Turn into a large wet mold or individual molds. Serve very cold with plain cream. This makes a very large pudding. *New York, N. Y.*

## APRICOT JELLY

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 pound dried apricots | 2 tablespoonfuls granulated gelatin |
| 1 cupful sugar         | $\frac{1}{2}$ cupful cold water     |

Carefully wash the apricots, cover them with cold water, and let soak for several hours. Add sugar and boil slowly for one hour in the water in which the apricots have soaked. Strain through a fine wire sieve. With the juice, they should be of the consistency of fruit butter. While hot, stir in the gelatin, which has been softened in the cold water. Mold and serve with whipped cream.

*Los Angeles, Cal.*

## ARABIAN AMBROSIA

- |                       |                             |
|-----------------------|-----------------------------|
| 2 cupfuls dates       | 1 tablespoonful lemon-juice |
| 1 cupful walnut-meats | Cream                       |

Wipe the dates carefully with a damp cloth and then remove the pits. Cut the dates in pieces and combine with the walnut-meats chopped coarsely and the lemon-juice. Arrange in sherbet glasses and top with a spoonful of whipped or marshmallow cream.

*San Francisco, Cal.*

## BANANA BREAD PUDDING

- |                                      |                             |
|--------------------------------------|-----------------------------|
| $\frac{1}{2}$ small loaf bread       | $2\frac{1}{2}$ cupfuls milk |
| $1\frac{1}{2}$ tablespoonfuls butter | $\frac{1}{4}$ cupful sugar  |
| 4 bananas                            | Juice 1 lemon               |
|                                      | 2 eggs                      |

In a buttered baking dish place alternate layers of buttered bread and sliced ripe bananas sprinkled with lemon-juice. Beat the eggs well, add the sugar and milk. Pour over the bread and bananas. Bake in a 350° F. oven one hour or till set. One-half cupful of tart jelly may be used in place of the lemon-juice and the sugar.

*Washington, D. C.*

## BANANA WHIP

- |                              |   |
|------------------------------|---|
| 3 ripe bananas               | 2 tablespoonfuls sugar                    |
| 2 tablespoonfuls lemon-juice | $\frac{1}{2}$ cupful chopped walnut-meats |
|                              | Whipped cream                             |

Press the bananas through a purée sieve. Add the lemon-juice, sugar and walnut-meats, chopped finely. Chill thoroughly and serve in sherbet glasses, garnished with whipped cream. To vary the flavor, add one teaspoonful of finely-chopped mint to the banana pulp before chilling. *Seattle, Wash.*

### CARAMEL BAVARIAN CREAM, PARSONAGE STYLE

2 cupfuls milk	4 egg-yolks
2 tablespoonfuls sugar	1 teaspoonful vanilla
$\frac{3}{4}$ cupful sugar	2 tablespoonfuls granulated
$\frac{1}{4}$ cupful boiling water	gelatin
2 cupfuls cream	$\frac{1}{2}$ cupful cold water

Scald the milk and pour over the egg-yolks beaten slightly with the two tablespoonfuls of sugar. Caramelize the three-fourths cupful sugar and dissolve in the boiling water. Add to the soft custard. Add the gelatin which has been softened in the cold water. Strain into a bowl and set in ice water; when it begins to thicken, add the vanilla and the two cupfuls of cream beaten stiff. Mold and chill. If cream is not at hand, the whites of the eggs beaten stiff can be used in its place, the result being different, but still delicious.

*Norton, Mass.*

### CHOCOLATE CHARLOTTE

$1\frac{1}{2}$ cupfuls thick cream	1 tablespoonful granulated gelatin
$\frac{1}{2}$ cupful sifted powdered sugar	$\frac{1}{4}$ cupful cold water
$\frac{1}{2}$ teaspoonful vanilla	Sponge cake or lady fingers
Chopped nuts	3 tablespoonfuls cocoa

Line a serving dish with slices of sponge cake or lady fingers. Beat the cream until thick and add the powdered sugar and vanilla. Soak the gelatin in the cold water, and dissolve over boiling water. Add to the whipped cream gradually, beating constantly. To one-half of the whipped cream mixture add the cocoa and pour in the cake-lined dish. Over this pour the rest of the whipped cream. Sprinkle with chopped walnut-meats or browned almonds. Chill and serve.

*San Francisco, Cal.*

## CRACKER PUDDING

1 cupful butter	½ teaspoonful salt
3 cupfuls sugar	1 teaspoonful cinnamon
6 eggs, slightly beaten	1 teaspoonful nutmeg
15 crackers, rolled fine (use large split crackers)	2 quarts milk
	1 pound seeded raisins

Whipped cream

Mix all ingredients, except raisins, together in order given. Bake four or five hours in a 275° F. oven. Stir often during the first hour and then add seeded raisins and finish the baking without further stirring. Cover if it browns too fast. Serve very cold in slices with whipped cream on top. This makes a very large pudding, but it is better made in these quantities and it will keep for a long time in a cold place.

*Springfield, Mass.*

## FLOATING PEACHES

1 cupful milk	3½ tablespoonfuls cornstarch
1 cupful canned peach juice	1 egg
1 teaspoonful grated lemon rind	18 marshmallows
2 tablespoonfuls sugar	¼ teaspoonful almond extract
⅓ teaspoonful salt	6 canned peach halves

Cream

Combine the milk, three-fourths cupful of the canned peach juice, the lemon rind, sugar, and salt, and place in the top of a double-boiler. When hot, add the cornstarch mixed with the remaining peach juice and stir thoroughly until thick. Cook for twenty-five minutes, then add very slowly to the egg slightly beaten. Return to the double-boiler, add twelve marshmallows, and cook five minutes longer. Remove from the fire and add the flavoring. Pour into individual serving dishes, reserving a small amount of the custard mixture. Arrange a peach half on top of each custard. Place a teaspoonful of the reserved custard mixture in the cavity of each peach and in this cement a marshmallow. Serve cold with cream.

*Yankton, S. Dak.*

## GINGERBREAD CUSTARD

1 cupful stale gingerbread, broken in pieces	¼ cupful sugar
	2 eggs
	1 pint milk

Scald the milk; beat the egg-yolks and sugar together. Add the scalded milk gradually to the egg mixture. Pour this over the gingerbread which has been placed in a buttered baking-dish. Place in a pan of hot water and bake in a 350° F. oven for about thirty minutes or until set. Cover with a meringue made from the egg-whites, six tablespoonfuls of granulated sugar, and one-fourth teaspoonful of vanilla, and brown in a 300° F. oven, about fifteen minutes.

*Englewood, N. J.*

### JELLIED PEACHES AND ALMONDS

1 cupful dried peaches	$\frac{3}{4}$ cupful sugar
$4\frac{1}{2}$ cupfuls cold water	$\frac{1}{2}$ cupful blanched almonds,
3 tablespoonfuls granulated gelatin	coarsely chopped
	Whipped cream

Wash the peaches and soak overnight in four cupfuls of cold water. Bring to the boiling point and cook slowly ten minutes. Soak the gelatin in the rest of the cold water twenty minutes. Add the sugar and softened gelatin to the boiling peaches. Remove from the heat and stir until the sugar and gelatin are dissolved. Add the almonds and pour into a serving dish. Set in a cold place until firm and serve with whipped cream.

*San Francisco, Cal.*

### LEMON SNOW

2 tablespoonfuls granulated gelatin	1 cupful sugar
$\frac{1}{2}$ cupful cold water	Juice 3 lemons
2 cupfuls boiling water	Grated rind 1 lemon
	3 egg-whites
	Grated coconut

Soak the gelatin in the cold water for ten minutes, add the boiling water, sugar, and grated lemon rind and juice. Stir until dissolved, strain, and chill. When cold and beginning to set, beat with a whisk until frothy, then fold in the egg-whites beaten until stiff. Heap by spoonfuls on a glass dish and sprinkle thickly with grated coconut. Chill and serve with custard sauce.

*Redding, Conn.*

## MAPLE CHARLOTTE

2 cupfuls rich milk	$\frac{1}{8}$ teaspoonful salt
2 eggs	1 cupful maple sirup
2 tablespoonfuls granulated gelatin	$\frac{1}{2}$ cupful chopped blanched almonds or shredded coconut
2 tablespoonfuls cold milk	$\frac{1}{2}$ teaspoonful almond extract

Scald the milk in a double-boiler and pour it slowly over the egg-yolks well beaten; return to the double-boiler and cook five minutes. Add the gelatin which has soaked a few minutes in the cold milk and the salt. Remove from the fire and add the maple sirup. Let cool, and when beginning to set, add the almonds or shredded coconut or half of each and the extract. Beat until frothy and fold in the stiffly beaten egg-whites. Turn into wet individual molds to stiffen. Serve with or without whipped cream.

*Redding, Conn.*

## MARSHMALLOW CUSTARD

2 eggs	2 cupfuls thin cream
2 tablespoonfuls sugar	$\frac{1}{2}$ teaspoonful vanilla
6 marshmallows	

Beat the eggs slightly and then add the sugar, cream and vanilla. Combine thoroughly. Place a marshmallow in the bottom of each of six custard cups and pour the custard mixture over them. Place the custards in a pan of hot water and bake at 325° F. for forty minutes or until a silver knife will come out clean when inserted in the custard. Place in the refrigerator to cool and serve in the cups.

*Detroit, Mich.*

## ORANGE BLANC MANGE

2 tablespoonfuls granulated gelatin	Few grains salt
3 cupfuls milk	2 navel oranges
6 tablespoonfuls sugar	$\frac{1}{2}$ cupful shredded coconut
	Whipped cream

Soak the gelatin in one-third cupful of cold milk for five minutes. Add the sugar and salt to the rest of the milk and bring to the scalding point. Then pour this over the soaked gelatin and stir until dissolved. Pare the oranges as one would an apple, thus removing all the white inside skin. Cut

crosswise in slices, remove the center pulp, and cut each slice into quarters. Add the oranges, together with the shredded coconut, to the gelatin mixture while the latter is still hot. Let stand until it begins to set, then stir up and pour into cold, wet individual molds. When firm, turn out and serve with whipped cream, flavored with lemon-juice. Garnish with segments of orange or maraschino cherries.

*Charlotte, N. C.*

### PORCUPINE PEARS

1 can halved pears

Salted almonds or salted peanuts halved

Select a large variety of pears canned in halves and drain the sirup from them. Stick the rounding side of each pear half with salted nuts, giving the appearance of a prickly pear. Arrange two or three halves of pears, according to their size, in each individual serving-dish and pour some of the sirup around them. If desired, two pear halves may be secured together by means of toothpicks and the surface covered with the salted nuts.

*San Francisco, Cal.*

### PRUNE PUDDING

2 cupfuls dried prunes

1 cupful prune juice

½ cupful sugar

½ teaspoonful vanilla

2 egg-yolks

½ teaspoonful cinnamon

2 tablespoonfuls cornstarch

2 egg-whites

1 tablespoonful water

1 tablespoonful sugar

Wash the prunes. Soak overnight in cold water to cover, then cook in the same water until tender. Slip out the stones, cut the prunes in quarters and measure the prune juice. Add to the prunes one-half cupful of sugar and the cornstarch mixed with the cooled prune juice. Cook for twenty minutes stirring frequently. Pour this mixture over the beaten egg-yolks, add the vanilla and cinnamon; stir well together and turn into a greased pudding dish. Spread over the top the egg-whites beaten until stiff with the rest of the sugar. Bake for fifteen minutes at 300° F., folding the egg-whites into the pudding as they brown. Serve cold with whipped cream or a pudding sauce.

*Salem, Ore.*

## RHUBARB TAPIOCA

3 tablespoonfuls pearl tapioca	1 cupful sugar
2 cupfuls water	1 tablespoonful lemon juice
2 cupfuls diced rhubarb peeled	$\frac{1}{4}$ teaspoonful salt
	1 tablespoonful gelatin

Soak the tapioca for about three hours in a half-cupful of the water, add the remaining water hot, and cook twenty minutes in a double-boiler; then add the sugar, salt, rhubarb, lemon-juice, and gelatin which has been allowed to soften for five minutes in a little cold water, and cook till the rhubarb is tender and the tapioca clear. Pour into individual serving-dishes, let stand till very cold, and serve plain with a light cake, or garnished with a meringue, whipped cream, or soft custard.

*Danielson, Conn.*

## SOFT CUSTARD DE LUXE

2 eggs	$\frac{1}{8}$ teaspoonful salt
2 egg-yolks	3 cupfuls scalded milk
$\frac{1}{2}$ cupful sugar	1 teaspoonful vanilla

Place the eggs and the egg-yolks in a bowl and beat slightly, just enough to mix the eggs together, and then add the sugar and salt. Beat only enough to blend the eggs and sugar together. Over this, pour the scalded milk gradually, stirring all the while. Return to the double-boiler in which the milk was scalded and cook for about five minutes—until the mixture thickens sufficiently to coat the spoon with which it is being stirred. The stirring should be continuous during the cooking. Do not allow the water in the double-boiler to boil violently during the cooking; the custard is much smoother if cooked slowly. Be careful not to cook too long, or the custard will curdle. If this should happen, remove it from the fire immediately and beat with a Dover type egg-beater until smooth. Avoid overcooking, however, because a custard that has once curdled will never have just the same consistency as one that has been cooked just right. When the custard is cold, add the vanilla, mix well together and chill thoroughly before serving. The rest of the egg-whites may be used for meringue in the making of Floating Island or fruit custard desserts.

*Good Housekeeping Institute*

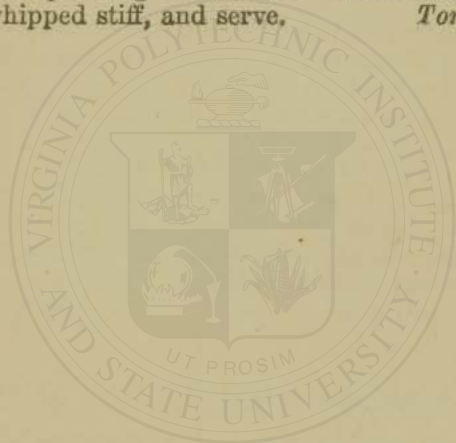


## WALNUT MAPLE CREAM PUDDING

2 cupfuls milk	$\frac{1}{4}$ teaspoonful salt
1 cupful maple sirup	2 eggs
2 tablespoonfuls cornstarch	1 cupful chopped walnut-meats
1 cupful cream	

Heat one and three-fourths cupfuls of milk with the maple sirup in the top of a double-boiler. Combine the remaining milk with the cornstarch and salt and add gradually, stirring constantly, to the hot mixture. Cook for twenty-five minutes, then add the cornstarch mixture very slowly to the eggs slightly beaten, and continue cooking for five minutes longer. Pour into the serving dish and sprinkle with the chopped nuts while the pudding is still hot. When cold, cover with the cream whipped stiff, and serve.

*Toronto, Can.*



# Desserts, Hot

## BAKED PINEAPPLE AND RICE

- |                        |                                  |
|------------------------|----------------------------------|
| 1 cupful rice          | $\frac{3}{4}$ cupful brown sugar |
| 1 can sliced pineapple | 3 tablespoonfuls butter          |

Wash the rice and cook in plenty of salted water until tender; drain, and pour cold water through it. Into a buttered baking-dish put a layer of rice, over this a layer of the pineapple cut in pieces; on this sprinkle a third of the sugar and one tablespoonful of butter, repeat twice, using all the ingredients. Pour in three-fourths cupful of the pineapple sirup. Bake in an oven registering 350° F. for two hours, covering the baking-dish the first half of the time only. This is delicious served with ham in any style, or fried chicken, or it may be served with cream for dessert.

*Bryn Mawr, Pa.*

## BANANAS WITH RAISIN SAUCE

- |   |                                  |
|---|----------------------------------|
| 3 large bananas                         | 1 tablespoonful shredded coconut |
| 1 tablespoonful margarin                | 1 teaspoonful lemon-juice        |
| 1 tablespoonful strained honey          | $\frac{3}{4}$ cupful hot water   |
| 2 tablespoonfuls small seedless raisins | 1 tablespoonful cornstarch       |
|   | $\frac{1}{8}$ teaspoonful salt   |

Select firm bananas, cut each in four parts lengthwise, placing in pan with the melted margarin. Place raisins in the water, let simmer until soft, add the honey and lemon-juice, thicken with cornstarch mixed with a little water, and add salt. When creamy, pour over the bananas, set in a 350° F. oven for half an hour to get flavored through. Serve with coconut sprinkled over top. This recipe serves three or four.

*Milwaukee, Wis.*

## CHOCOLATE FLAKE PUDDING

- |                            |                               |
|----------------------------|-------------------------------|
| 1 pint milk                | 2 teaspoonfuls butter or mar- |
| 3 cupfuls corn flakes      | garin                         |
| $\frac{1}{2}$ cupful sugar | 4 teaspoonfuls cocoa          |
|                            | 1 egg                         |

Scald the milk, remove from the fire, and add the sugar, butter, cocoa, and flakes. When cool add the egg, well-beaten. Pour into a buttered pudding-dish and bake in an oven registering  $350^{\circ}$  F. for one hour. Serve hot with hard sauce or cold with whipped cream. For variety one-half cupful of raisins may be added. This serves four people.

*Jamaica Plain, Mass.*

## ECONOMY COBLER

- |                                |                                      |
|--------------------------------|--------------------------------------|
| $\frac{1}{2}$ cupful cornmeal  | 1 teaspoonful soda                   |
| 1 cupful flour                 | $1\frac{1}{2}$ cupfuls buttermilk    |
| 1 teaspoonful salt             | 2 cupfuls apple sauce, sweetened     |
| 2 teaspoonfuls baking-powder   | with $\frac{1}{4}$ cupful corn-sirup |
| 1 tablespoonful powdered sugar |                                      |

Mix and sift the dry ingredients together and add buttermilk to make a batter sufficiently thick to drop from a spoon on a hot, greased griddle. Make twelve cakes. When serving, place apple sauce between two cakes and sprinkle powdered sugar very lightly on top. Serve hot with top milk or thin cream.

*Milwaukee, Wis.*

## ENGLISH PLUM PUDDING

- |                                    |   |
|------------------------------------|---|
| $\frac{1}{2}$ pound suet           | $\frac{1}{2}$ tablespoonful cinnamon      |
| $\frac{1}{2}$ pound seeded raisins | $\frac{1}{2}$ tablespoonful ground cloves |
| $\frac{1}{2}$ pound currants       | $\frac{1}{2}$ tablespoonful nutmeg        |
| $\frac{1}{2}$ pound citron         | 1 teaspoonful soda                        |
| $\frac{1}{2}$ pound brown sugar    | 1 teaspoonful salt                        |
| A 1-pound loaf stale bakers' bread | 1 cupful milk                             |
| 1 cupful pastry flour              | 4 eggs                                    |
|                                    | $\frac{1}{4}$ cupful cider                |
|                                    | 2 tablespoonfuls lemon-juice              |

Mix together in a large bowl the suet chopped fine, the seeded raisins chopped, the currants, the citron thinly sliced, the brown sugar, the inside of the loaf of bread crumbed fine, and the pastry flour sifted with the spices, soda and salt. Add

the milk, eggs well-beaten, cider and lemon-juice. Mix well together and pour into a well greased pudding mold with tight cover. Steam five hours. Serve with Plum Pudding Sauce.

*Concord, Mass.*

### EVERY MAN'S CHRISTMAS PUDDING

1 cupful suet chopped fine	1 teaspoonful salt
1 cupful molasses	1 teaspoonful cinnamon
1 teaspoonful soda	$\frac{1}{2}$ teaspoonful ground cloves
1 cupful rich milk	$\frac{1}{4}$ teaspoonful mace
$3\frac{1}{2}$ cupfuls pastry flour	$1\frac{1}{2}$ cupfuls seeded raisins
2 teaspoonfuls cream of tartar	1 cupful currants or seedless raisins
1 teaspoonful grated nutmeg	

Mix together the suet and molasses. Add the soda and stir until foamy. Then add the milk and three cupfuls of the flour sifted with the cream of tartar, salt, and spices. Stir in last the seeded raisins chopped and the currants or the seedless raisins—the latter cut in halves—dusted with the remaining half-cupful of flour. Steam in a large pudding boiler or two smaller ones, well greased, four to five hours. Serve with York and Lancaster Sauce.

*Concord, Mass.*

### GRATED SWEET POTATO PUDDING

3 large sweet potatoes	1 egg
1 cupful sugar	1 tablespoonful melted butter or margarin
1 cupful milk	
1 teaspoonful grated nutmeg	

Pare and grate the potatoes or put them through the food-chopper. Add the sugar and milk and mix thoroughly. Beat in the egg and add the butter and nutmeg. Turn into a well-greased, shallow pudding-pan and bake until brown in a  $350^{\circ}$  F. oven. If desired, the top may then be spread with one cupful of preserve, and a meringue. Brown in a  $300^{\circ}$  F. oven and serve.

*Hopewell, Va.*

### HAWAIIAN DELIGHT

$1\frac{1}{2}$ cupfuls pastry flour	$\frac{3}{4}$ cupful milk
3 teaspoonfuls baking-powder	1 tablespoonful melted shortening
$\frac{1}{2}$ teaspoonful salt	ing
2 tablespoonfuls sugar	$\frac{1}{4}$ teaspoonful cinnamon
1 egg	1 can grated pineapple

Sift together the pastry flour, baking-powder, salt, and one tablespoonful of sugar. Beat the egg until light and to it add the milk and melted butter. Add gradually to the dry ingredients, stirring all the while. Beat well, spread in a greased cake pan, and sprinkle the top with a mixture of one tablespoonful of sugar and the cinnamon. Bake at 400° F. for twenty minutes. Cut in squares and serve hot with the grated pineapple over it. *San Francisco, Cal.*

### LEFT-OVER POOR MAN'S PUDDING

2 cupfuls cold boiled rice	$\frac{1}{4}$ cupful raisins
3 cupfuls hot milk	1 tablespoonful margarin
$\frac{1}{4}$ cupful molasses	1 teaspoonful salt
$\frac{1}{2}$ teaspoonful nutmeg	

Mix the rice and hot milk together. Add the molasses, raisins, margarin, salt, and nutmeg. Pour into a buttered baking dish and bake at 350° F. about one hour. Stir once or twice during the first half-hour. *Concord, Mass.*

### A NEW RICE PUDDING

$1\frac{1}{2}$ cupfuls rice	4 tablespoonfuls corn-sirup
3 tablespoonfuls sugar	3 apples

Wash the rice thoroughly, and cook until flaky in boiling, salted water. Drain and stir in the corn-sirup and sugar. Grease a pudding-dish and put in a layer of rice. Pare the apples and spread a layer of sliced apples over the rice. Alternate the layers until the dish is full, cover, and bake in a 350° F. oven until the apples are soft. Remove the cover to brown. Serve with or without sauce.

*Temperance, Mich.*

### PEACH POLLY

$\frac{1}{2}$ quart can peaches	1 tablespoonful lemon-juice
$\frac{1}{2}$ cupfuls soft stale bread crumbs	$\frac{1}{4}$ cupful sugar
	1 tablespoonful margarin

Arrange a layer of canned peaches in a greased baking-dish, sprinkle with the sugar, dot with bits of margarin, and add the crumbs. Pour over the top the juice from the peaches,

to which the lemon-juice has been added. Bake thirty minutes at 400° F. and serve with cream or any favorite sauce. The fruit juice may be reserved for use in the sauce if desired, and one cupful of water used in its place in the pudding.

*Yankton, S. D.*

### PEQUOT PUDDING

¼ cupful granulated tapioca	½ teaspoonful salt
2 tablespoonfuls cornmeal	1 quart scalded milk
¼ cupful shredded coconut	1 cupful brown sugar

Mix the tapioca, cornmeal, coconut, and salt and add to the milk. Cook until it begins to thicken, add the sugar, pour into a buttered pudding-dish and bake forty-five minutes, at 350° F. This pudding may be served hot with melted butter, or very cold with cream.

*Springfield, Mass.*

### PINEAPPLE AND STRAWBERRY SHORTCAKE

Part 1	Part 2
1 pint strawberries	1 cupful sugar
Sugar to sweeten, about ½ cupful	½ cupful water
1 pint shredded fresh pineapple	1½ tablespoonfuls lemon-juice
Sugar to sweeten, about ½ cupful	2 teaspoonfuls butter
Rich biscuit-dough	

Wash and slice the strawberries, shred or dice the pineapple, and add the sugar to each, as directed. While they are standing, make the biscuit-dough, using two cupfuls of flour, four tablespoonfuls of shortening, four teaspoonfuls of baking-powder, one teaspoonful of salt, and about three-fourths cupful of milk, shaping it into good-sized individual shortcakes. Split while piping hot, butter lightly, and on the lower piece place a spoonful each of the berries and pineapple. Set the top on, cover with more fruit, and serve with the sirup made of the ingredients of Part 2. To prepare this, boil the sugar and water to a heavy sirup, about ten minutes, remove from the heat, and add the lemon-juice and butter.

*Monticello, Ia*

## POOR MAN'S BARLEY PUDDING

2 cupfuls milk	$\frac{1}{2}$ teaspoonful salt
$\frac{3}{4}$ cupful barley	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{3}{4}$ cupful honey	1 tablespoonful shortening

Wash barley, mix ingredients, and pour into buttered pudding dish; bake three hours in a 300° F. oven, stirring three times during the first hour of baking to prevent barley from settling. The barley may first be covered with the milk and allowed to stand one hour or longer to partially soften. If this is done less baking may be required.

*Ontario, Can.*

## PRUNE DELIGHT

1 cupful prunes	4 eggs
3 cupfuls cold water	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ cupfuls sugar	$\frac{1}{2}$ teaspoonful lemon extract
3 cupfuls milk	$\frac{1}{2}$ cupful brown almonds

Wash and cover the prunes with the cold water and soak overnight. Then simmer slowly until the prunes are very soft. Discard the pits and rub the prunes through a coarse strainer. Meanwhile, melt one cupful of sugar in a frying-pan until caramel in color. Pour one-half of it into the mold in which the custard is to be baked and the other half in a greased pan to harden. To the prune pulp, add the milk and bring to the scalding point. Beat the eggs slightly, adding one-fourth cupful of sugar, the salt, lemon extract, and then the hot prune and milk mixture, a little at a time, stirring constantly. Pour into the mold, place in a pan of hot water, and bake at 325° F. for one and one-quarter hours or until firm when tested with a silver knife. Cool the custard slightly and turn out on a serving dish. Remove the hardened caramel from the pan and, together with the almonds, crush very fine. Sprinkle over the custard and serve either hot or cold.

*San Francisco, Cal.*

## QUICK RICE PUDDING

$\frac{3}{4}$ cupful uncooked rice	$\frac{3}{4}$ cupful sirup
4 tart apples	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cupful raisins	$\frac{1}{4}$ teaspoonful nutmeg
Juice 1 lemon	

Wash the rice, pare, core, and quarter the apples. Add the apples to the rice and cook in three cupfuls of boiling, salted

water for fifteen minutes, or until the apples are tender. Add the remaining ingredients, pour into a double-boiler, and cook until the rice is tender. Serve with cream or custard sauce. Or the cooked mixture may be poured into a buttered baking-dish, topped with a meringue made from the stiffly beaten white of one egg, three tablespoonfuls of sugar and one-eighth teaspoonful of vanilla and browned in a 300° F oven.

*Watsonville, Cal.*

### RAISIN SOUFFLÉ

1½ cupfuls hot milk	⅓ cupful raisins
1 tablespoonful cornstarch	½ teaspoonful vanilla
Yolk 1 egg	White 1 egg
¼ cupful corn-sirup	

Beat the egg-yolk slightly, beating in the sirup and dry ingredients. Add the hot milk slowly, stirring constantly. Add the raisins, pour the mixture into a double-boiler, and cook until it coats a spoon. Remove, add the vanilla, and fold in the egg-white beaten stiff. Pour into a buttered pudding-dish or ramekins. Set in a pan of water and bake fifteen minutes in a 325° F. oven.

*Wellsboro, Pa.*

### SOUR MILK PUDDING

1 cupful stale corn bread	½ teaspoonful soda
2 cupfuls sour milk	½ cupful raisins
1 egg	¼ teaspoonful cinnamon
4 tablespoonfuls molasses	

Crumble the bread and soak it in the milk for half an hour. Add the beaten egg, raisins, soda, and spice, and bake in a 325° F. oven until it begins to set. Then spread the molasses over the top and bake until firm, with a rich brown caramel crust. Sweet milk may be used, omitting the soda, but this is a good way of "saving" milk that is turned.

*Redding, Conn.*

### SPICED BREAD-CRUMB PUDDING

1 cupful sour milk	½ teaspoonful cinnamon
1 cupful stale bread-crumbs	¼ teaspoonful cloves
1 cupful brown sugar	2 tablespoonfuls molasses
¼ cupful shortening	1 teaspoonful soda
½ cupful pastry flour	¾ cupful raisins



Soak bread-crumbs in sour milk a half-hour. Cream the shortening and sugar together, add molasses, flour sifted with the spices and soda, and lastly the raisins. Add this to the bread-crumbs and milk. Pour into a buttered baking-dish and bake in a 350° F. oven forty-five minutes. Serve hot or cold. The molasses may be omitted. This recipe will serve eight.

*Akron, O.*

### STEAMED COFFEE PUDDING

$\frac{3}{4}$ cupful butter or margarin	$2\frac{1}{4}$ cupfuls pastry flour
1 cupful sugar	$4\frac{1}{2}$ teaspoonfuls baking-powder
2 eggs	$\frac{1}{2}$ teaspoonful salt
7 tablespoonfuls ground coffee	1 cupful powdered sugar
2 cupfuls milk	$\frac{1}{4}$ teaspoonful vanilla

Cream together one-fourth cupful of butter and the sugar, and add one egg well beaten. Scald four tablespoonfuls of freshly ground coffee in a double-boiler with one cupful of milk for ten minutes. Then strain through fine cheese-cloth. Sift together the flour, baking-powder, and salt. Add this alternately with the milk coffee to the first mixture. Turn into one large greased mold or individual molds, and steam, allowing two hours for the large mold and one-half hour for the individual molds. Serve with the following coffee sauce: Melt one-half cupful of butter and add the powdered sugar and the other egg slightly beaten. Then add one cupful of milk which has been scalded as above with three tablespoonfuls of ground coffee and then strained. Add vanilla and serve over the steamed pudding.

*Good Housekeeping Institute.*

# Egg Dishes

## ASPARAGUS OMELET

2 tablespoonfuls butter or margarin	$\frac{3}{4}$ teaspoonful salt
2 tablespoonfuls flour	$\frac{1}{4}$ teaspoonful pepper
1 cupful milk	6 eggs
	1 cupful asparagus tips

Melt the butter and add the flour. When blended together and bubbling, add the milk gradually, stirring constantly. Cook until the sauce is smooth and thickened. Season with one-half teaspoonful of salt and one-eighth teaspoonful of pepper. Separate the eggs. To the yolks add one-fourth cupful of the white sauce, one-fourth teaspoonful of salt, and one-eighth teaspoonful of pepper, and beat until thick. Beat the whites until stiff and cut and fold them into the egg-yolk mixture. Heat an omelet pan and grease the sides and bottom. Turn in the mixture, spread evenly, and cook slowly until delicately browned on the under side and well puffed. Then place in a 300° F. oven until the top of the omelet is cooked, remove from the oven, fold, and turn on a hot platter. Garnish with the asparagus tips and pour the remaining white sauce around the omelet. *New York, N. Y.*

## BAKED EGGS WITH PIMIENTO POTATOES

2 cupfuls riced potatoes	Pepper
$\frac{1}{3}$ cupful milk	2 tablespoonfuls chopped pimiento
2 tablespoonfuls margarin	$\frac{1}{4}$ cupful dry bread-crumbs
Salt	4 eggs

Mix potatoes, margarin, milk, one teaspoonful of salt, and pimiento together well. Arrange in baking-dish. Make four indentations; into each break an egg. Dust with salt and

pepper, sprinkle with crumbs and bake at 400° F. until eggs are done. This recipe serves four. *Freeport, Ill.*

### CREAMY EGGS, BASKET STYLE

6 eggs	2 cupfuls milk
1 cupful cooked green peas	1 tablespoonful lemon-juice
4 tablespoonfuls margarin	1½ teaspoonfuls salt
4 tablespoonfuls flour	⅛ teaspoonful pepper
1 small loaf bread	

Hard-cook the eggs, shell, and cut them in halves lengthwise. Melt two tablespoonfuls of the margarin in a chafing-dish, add the flour, and stir until bubbling. Then add the milk, stirring the mixture constantly, and one and one-fourth teaspoonfuls of salt, the pepper, and the lemon-juice. Lay in the pieces of egg and let heat gently. Add the remainder of the margarin and salt to the peas and heat. Meanwhile, remove the crust from the bread. Scoop out the center to form a basket, leaving a rim three-quarters of an inch thick. Fry a golden brown in deep fat at 390° F. Remove and drain well. Place a layer of peas in the bottom of the bread basket and fill with the creamy eggs. Arrange a border of peas around the top and serve at once.

*Good Housekeeping Institute*

### EGGS AND MUSHROOMS

6 hard-cooked eggs	2 tablespoonfuls minced parsley
6 medium-sized mushrooms	1 teaspoonful salt
3 tablespoonfuls butter	⅛ teaspoonful pepper
1 tablespoonful flour	1 cupful stock or top milk
6 rounds buttered toast	

Wash, skin, and cut the mushrooms into small pieces; sauté in the butter for five 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 five minutes. Then add the hard-cooked eggs which have been cut in thick slices. Heat thoroughly and serve on rounds of hot, buttered toast.

*New York, N. Y.*

## EGGS WITH SAUCE MOUTARDE

6 eggs	1 teaspoonful salt
$\frac{1}{2}$ cupful butter or margarin	$\frac{1}{8}$ teaspoonful pepper
1 tablespoonful prepared mustard	$\frac{1}{4}$ teaspoonful chopped tarragon
1 tablespoonful lemon-juice	$\frac{1}{4}$ teaspoonful chopped chervil
	$\frac{1}{4}$ teaspoonful parsley
	$\frac{1}{4}$ teaspoonful chives

Hard-cook the eggs, shell, and cut them in halves lengthwise. Melt the butter, add the mustard, lemon-juice, salt, pepper, and chopped herbs, and cook until creamy. Add the eggs, and when thoroughly heated serve at once.

*New Rochelle, N. Y.*

## EGGS IN SPINACH CASES

6 eggs	Pepper
2 cupfuls finely chopped and seasoned cooked spinach	Paprika
Salt	2 tablespoonfuls butter
	Catchup

Line the bottom and sides of buttered ramekins with the hot chopped and seasoned spinach, leaving a deep indentation in each ramekin. Break an egg into each case, sprinkle with salt, pepper, and paprika, and dot over with bits of butter, using one teaspoonful for each ramekin. Set in a pan of hot water and bake at 400° F. until the eggs are set. Remove and pour a small round of thick catchup on the center of each egg and serve.

*Concord, Mass.*

## HINDU EGGS

2 hard-cooked eggs	1 teaspoonful curry powder
2 raw eggs	$\frac{1}{4}$ cupful dry bread-crumbs
$\frac{1}{2}$ teaspoonful salt	1 tablespoonful margarin
$\frac{1}{4}$ teaspoonful paprika	$\frac{1}{4}$ cupful grated cheese

Slice the hard-cooked eggs and place them in a well-buttered baking-dish. Cover with the raw eggs well beaten; sprinkle with the salt, paprika, and curry powder. Place on the top the bread-crumbs mixed with the margarin melted and then the cheese. Bake till brown in a 400° F. oven. This is enough to serve three.

*Somerville, Mass.*

## ITALIAN EGGS

Asparagus tips                      2 cupfuls Hollandaise sauce  
6 eggs

Butter a rather shallow glass dish and cover with hot, canned or freshly cooked asparagus tips laid flat and evenly, allowing four to six tips for each serving. Meanwhile, poach the eggs in the usual manner and arrange them on the asparagus tips. At the last minute, pour the hot Hollandaise sauce over all and serve.

*Concord, Mass.*

## MEXICAN EGGS

3 eggs                                      1 teaspoonful salt  
1 small onion                            ¼ teaspoonful pepper  
1 tablespoonful margarin              ¼ teaspoonful paprika  
1 quart canned tomatoes              ⅛ teaspoonful soda  
1 tablespoonful flour

Fry the onion, chopped, in the margarin for five minutes. Add the tomatoes, salt, pepper, and paprika. When hot, add the soda. Five minutes before serving, stir in the eggs well beaten and the flour mixed with just a little cold water. Stir until thickened and serve at once on crackers or toast.

*Augusta, Me.*

## POACHED EGGS WITH BLOATER-PASTE SAUCE

6 eggs                                      3 tablespoonfuls butter  
1½ cupfuls milk                            ¼ teaspoonful salt  
4 tablespoonfuls flour                    Speck pepper  
1½ teaspoonfuls bloater paste

Melt butter, add flour and seasonings, and cook together until bubbling; add milk gradually, stirring continually until all is added. To this white sauce add the bloater-paste. Poach the eggs and place them on rounds of toast. When the sauce and paste are thoroughly mixed together, pour it over the eggs and serve.

*Elizabeth, N. J.*

## POACHED EGGS WITH SHRIMP HOLLANDAISE

2 cupfuls Hollandaise sauce            6 slices raw tomatoes  
1 tablespoonful minced parsley       6 eggs  
1 small can shrimps                    Salt  
6 rounds toast                            Pepper  
Butter

To the Hollandaise sauce—either mock or real may be used—add the parsley and the shrimps which have been cut in dice after removing the viscera. Butter the toast and on each round lay a slice of the tomato which has been sautéed until brown. Poach the eggs and lay one over each slice of sautéed tomato. Sprinkle lightly with salt and pepper and pour the sauce over all. To prepare sautéed tomatoes, cut raw tomatoes in half-inch slices, dip in flour well seasoned with salt and pepper, and brown on both sides in hot fat.

*Good Housekeeping Institute.*

### RICE OMELET

4 eggs	$\frac{1}{4}$ teaspoonful paprika
1 teaspoonful salt	$\frac{1}{2}$ cupful cooked rice
$\frac{1}{8}$ teaspoonful pepper	2 tablespoonfuls chili sauce
	2 tablespoonfuls bacon fat

Beat the yolks of the eggs until lemon-colored; add the seasoning, rice, and chili sauce. Mix well and fold in the stiffly-beaten egg-whites and turn into a frying or omelet pan in which the bacon fat has been melted. Cook slowly until delicately browned on the bottom, then set in a 300° F. oven until the top has set. Loosen the edges with a knife or spatula, fold over, turn out on a hot platter, and serve at once. Enough to serve four.

*Shelbyville, Ky.*

### SWEDISH SOUFFLÉ

5 eggs	1 teaspoonful sugar
2 cupfuls milk	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls butter	2 cupfuls some left-over vege-
2 tablespoonfuls flour	table, meat, fish, or cereal
	2 teaspoonfuls salt

Melt the butter, add the flour, and stir until smooth; add the milk and stir until it thickens. Butter a baking-dish and place the left-over in the bottom. Pour the white sauce over the eggs which have been beaten light and to which have been added the sugar, salt, and pepper. Stir together and pour the mixture over the left-over. Bake one hour in an oven which registers 325° to 350° F. If salty left-over is used, less salt will be needed.

*Front Royal, Va.*

## TABASCO EGGS

1 cupful heavy cream	Dash tabasco sauce
1 cupful milk	6 eggs
1 teaspoonful salt	$\frac{1}{2}$ cupful fine bread-crumbs
Few grains cayenne pepper	$\frac{1}{2}$ cupful grated cheese
	6 toast squares

Heat the cream and the milk in a chafing dish or saucepan. Add the salt, cayenne pepper and the tabasco. When the mixture reaches the scalding point, break in the eggs, one at a time, slipping them in as rapidly as possible. Dip the hot sauce over and around them. As the eggs begin to set sprinkle the bread crumbs which should be dry and crisp, and the cheese over the eggs and sauce. Keep dipping the sauce over the eggs until the crumbs and cheese are well blended in the mixture and the eggs rather firmly set. If necessary, more milk may be added. Remove the eggs carefully when done, and serve each on a square of hot, buttered toast surrounded with the sauce.

*Concord, Mass.*

## TOMATO SCRAMBLE

1 tablespoonful butter	$\frac{1}{4}$ teaspoonful pepper
$\frac{1}{2}$ green pepper	6 eggs
$1\frac{1}{2}$ cupfuls tomato-juice	$\frac{1}{2}$ cupful milk
$\frac{3}{4}$ teaspoonful salt	6 pieces toast

Chop the green pepper fine and sauté it in the butter melted. Add the tomato juice obtained by straining canned tomatoes, one-half teaspoonful of salt, and one-eighth teaspoonful of pepper. Meanwhile, beat the eggs slightly, and add the rest of the salt and pepper and the milk. Heat a frying pan, grease thoroughly, and turn in the mixture. Cook until of a creamy consistency, then add the tomato sauce, a little at a time, folding it in carefully. When thoroughly combined, serve at once on hot, buttered toast.

*New York, N. Y.*

# Fish

## BAKED FILLETS OF HALIBUT

2 slices halibut	2 medium-sized onions
1 teaspoonful salt	8 teaspoonfuls catchup
$\frac{1}{4}$ teaspoonful pepper	8 lemon slices
1 tablespoonful sugar	4 teaspoonfuls butter

### Cold water

Select two slices of halibut cut about one-half inch thick. Remove the bones, leaving eight fillets. Wash and dry thoroughly and place in a greased baking pan. Sprinkle with salt, pepper, and sugar. Place over each piece of fish one thin slice of onion, one teaspoonful of catchup, one thin slice of lemon, and one-half teaspoonful of butter. Pour a little cold water in the pan, but do not let it cover the fish. Bake for about thirty minutes in an oven registering 425° F. Baste frequently with the liquor in the pan, adding more hot water if needed. Do not let it boil entirely dry, though it should evaporate partially. Remove to a hot platter, pour the liquor over all, and garnish with parsley. Any filleted white fish may be prepared in this way. Small fish may be used whole and cooked in a similar manner.

*Elizabeth, N. J.*

## BAKED FINNAN-HADDIE

1 finnan-haddie	$\frac{1}{2}$ cupful fine dry bread-crumbs
1 pint top milk	Parsley

Soak the fish in cold water to cover for at least half an hour. Then lay it open in a greased dripping pan, skin side down. Cover with top milk, using about one pint for a large fish; sprinkle the bread crumbs over all and bake at 425° F. until a rich brown, about twenty minutes. Lift the fish onto a hot platter, pour the sauce around and sprinkle finely minced parsley over it.

*Concord, Mass.*



## BAKED SALMON

A 6-pound salmon	1/2 cupful chopped celery
3 cupfuls stale bread-crumbs	3 tablespoonfuls chopped onion
1/2 cupful melted butter or margarin	2 teaspoonfuls minced parsley
Salt	Hot water
1/4 teaspoonful pepper	Milk or water
	Quartered lemons
	Parsley

Clean and wash the salmon carefully. Rub salt over and inside the fish. Combine the bread-crumbs, butter, one teaspoonful of salt, the pepper, onion, parsley, and celery. Add hot water to moisten the stuffing well, about one cupful. Stuff the salmon; place in a baking-pan, the bottom of which has been covered with milk or water. Bake in a 425° F. oven about one and one-quarter hours, basting every fifteen minutes; renew the liquor in the pan frequently. Garnish with lemon and parsley.

*Alberta, Can.*

## BLUEPOINT PASTRY--FAMILY STYLE

1 No. 2 can oysters	1 onion
3 tablespoonfuls butter	1 tablespoonful minced parsley
1 tablespoonful flour	3 dashes tabasco sauce
Salt	1 cupful strained tomatoes
1/4 teaspoonful paprika	4 tablespoonfuls grated cheese
Pepper	8 medium potatoes

Melt one tablespoonful of butter in a saucepan and add the flour, one teaspoonful of salt, the paprika, onion finely chopped, parsley and tabasco sauce. Blend together well and add gradually the strained tomatoes. Cook five minutes, stirring constantly. Drain the oysters, look over carefully, removing any portion of shell, and pour cold water through them. Place the oysters in a buttered casserole and pour the tomato sauce over them. Cook the potatoes in boiling salted water until tender; drain and mash; season with two tablespoonfuls of butter, salt and pepper to taste, and add the grated cheese. Beat with a spoon until light and fluffy. Pile lightly on the oysters, sprinkle with paprika and bake thirty minutes, or until brown, at 425° F. Clams of the soft-shell variety may be substituted for the oysters.

*Brooklyn, N. Y.*

## BREADED COD CUTLETS

A 3 to 4 pound cod	$\frac{1}{8}$ teaspoonful black pepper
$3\frac{1}{2}$ teaspoonfuls salt	$2\frac{2}{3}$ cupfuls milk
1 cupful fine bread-crumbs	Butter or other fat
1 tablespoonful minced parsley	Lemon slices
	3 hard-cooked eggs

Remove the head and tail from the fish and cut into pieces about one-half inch thick. Wipe carefully with a wet cloth. Rub three teaspoonfuls of salt into the fish. Mix together the bread-crumbs, minced parsley, pepper, the half teaspoonful of salt, and two-thirds cupful of milk. Rub this mixture over the pieces of fish, making a layer one-fourth inch thick on each piece. Place one-half teaspoonful of fat on top of each piece of fish. Put the rest of the milk in the bottom of a stewing kettle or Dutch oven and place the fish in the milk. Cover and allow the fish to simmer very slowly for fifteen minutes. When cooked, lift out onto a hot platter. Garnish with slices of lemon and the hard-cooked eggs cut in halves or quarters lengthwise. Serve with the gravy in the pan.

*Good Housekeeping Institute*

## "CALIFORNIA CHICKEN" PIE

1 can tuna (13 oz.)	2 tablespoonfuls flour
2 carrots diced	1 cupful milk
2 medium potatoes, diced	1 teaspoonful salt
1 medium onion, chopped	$\frac{1}{4}$ teaspoonful paprika
1 cupful green peas	$\frac{1}{8}$ teaspoonful pepper
1 tablespoonful butter	Pastry

Boil carrots, potatoes, onions and peas together until tender in a small amount of salted water. Make a white sauce as follows: Melt the butter, add the flour, and cook till bubbling; add the milk gradually and cook till smooth and thickened. Add seasonings and mix sauce with the tuna. Line a baking-dish with plain pastry, fill with the vegetables and creamed fish in layers, cover with an upper crust in which vent holes have been made, and bake till the crust is brown in a 450° F. oven.

*San Diego, Cal.*

## CANNED SHAD ROE À LA MUSHROOMS

- |                                   |   |
|-----------------------------------|---|
| 1 can shad roe                    | 2 cupfuls strained canned to-<br>matoes |
| 1 cupful fresh mushrooms          | 1 teaspoonful salt                      |
| 4 tablespoonfuls butter           | $\frac{1}{4}$ teaspoonful pepper        |
| 3 tablespoonfuls flour            | Buttered toast                          |
| $\frac{1}{4}$ teaspoonful paprika |   |

Skin and slice the mushrooms and sauté them in the butter for five minutes. Add the flour and seasonings and stir in gradually the strained tomatoes. Cook until smooth and add the shad roe cut in pieces not too small. Cook for three minutes longer and serve on slices of buttered toast. Fresh roe, cooked, may be prepared in the same manner. This recipe serves four.

*Brooklyn, N. Y.*

## CLAM FRITTERS

- |   |  |
|---|--|
| 1 dozen hard clams                      | $\frac{1}{2}$ teaspoonful baking-powder    |
| 1 egg                                   | $\frac{1}{2}$ tablespoonful minced parsley |
| 1 cupful bread flour                    | $\frac{1}{4}$ teaspoonful salt             |
| $\frac{1}{3}$ cupful clam juice or milk | $\frac{1}{8}$ teaspoonful pepper           |

Mix and sift the flour, baking-powder, salt, and pepper together. Add the clam juice if it is not too salt, otherwise use milk, and the egg well-beaten. Mix together well and stir in the clams which have been washed and cut in very small pieces, and the parsley. Drop by tablespoonfuls into deep fat heated to 360° F. Fry until a golden brown on all sides. Drain on crumpled paper. This recipe will make eight to ten small fritters.

*New York, N. Y.*

## CLAM POULET

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 small can minced clams         | $\frac{1}{4}$ teaspoonful paprika |
| 1 cupful milk                    | Speck cayenne pepper              |
| 2 tablespoonfuls butter          | 3 sweet pickled gherkins          |
| 3 tablespoonfuls flour           | 1 hard-cooked egg                 |
| 1 teaspoonful salt               | 2 canned pimientos                |
| $\frac{1}{8}$ teaspoonful pepper | 6 slices toast                    |

Melt the butter in the top of the chafing-dish, add the flour and seasonings, and stir together. Then add gradually the liquor drained from the clams and the milk, and stir con-

stantly until smooth and thick. Add the clams and the pickles, eggs, and pimientos, all finely diced. Heat until very hot and serve on slices of buttered toast.

*Los Angeles, Cal.*

### CODFISH IN TOMATO SAUCE

1 pound salt codfish	$\frac{1}{2}$ teaspoonful salt
1 quart stewed tomatoes	$\frac{1}{4}$ teaspoonful pepper
2 medium-sized onions	2 tablespoonfuls butter or margarin
2 whole cloves	
$\frac{1}{4}$ teaspoonful celery salt	4 tablespoonfuls flour

Cover the fish with boiling water and cook until tender; drain and separate into small pieces. Combine the tomatoes, the onions sliced fine and browned, the cloves and the celery salt. Cook ten minutes, then strain. Melt the butter, add the flour gradually, stirring constantly, and cook until the mixture bubbles. Add the strained tomatoes gradually and cook until the sauce is of a smooth consistency. Season with salt and pepper. Add the codfish and serve on slices of buttered toast.

*Queens, N. Y.*

### COLD FISH PUDDING

2 cupfuls cooked fish	1 teaspoonful lemon juice
2 eggs	1 tablespoonful minced parsley
1 teaspoonful salt	1 medium-sized tomato
$\frac{1}{4}$ teaspoonful pepper	2 olives, chopped
$\frac{1}{4}$ teaspoonful paprika	2 gherkins, chopped
1 tablespoonful margarin	1 hard-cooked egg, chopped
1 tablespoonful flour	$\frac{3}{8}$ cupful soft bread-crumbs
$\frac{1}{2}$ cupful milk	$\frac{1}{4}$ cupful chopped celery

Mince the fish; add the salt, pepper, and paprika. Stir in the egg well beaten and the white sauce made from the margarin, flour, and milk. Add the rest of the ingredients and mix well together. Pour into a well-greased mold which can be covered. Cover closely, set in a pan of boiling water, and boil for one hour. Serve cold with Tartare Sauce.

*Balboa, C. Z.*

## CRAB MEAT AND TUNA AU GRATIN

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 large can crab meat or | 3 tablespoonfuls flour               |
| 2 cans shrimps           | 1 teaspoonful salt                   |
| 1 small can tuna         | $\frac{1}{4}$ teaspoonful pepper     |
| 4 tablespoonfuls butter  | $1\frac{1}{2}$ cupfuls milk          |
|                          | $\frac{1}{4}$ cupful Parmesan cheese |

Melt two tablespoonfuls of butter in a saucepan, add the flour, salt and pepper, and cook until bubbling; stir in gradually the milk, stirring constantly; cook until smooth and thickened. Cover the bottom of a buttered baking-dish with a thin layer of white sauce thus made, add a layer of crab meat, cover with white sauce, then a layer of tuna, and continue alternating layers until dish is filled. Cover with cheese, dot with butter using the remaining two tablespoonfuls and bake at 500° F. twelve minutes or until cheese has browned nicely.

*Hackensack, N. J.*

## CREAMED HADDOCK AND POTATOES WITH CHEESE

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 3 cupfuls shredded cooked haddock | 1 pint milk                         |
| 3 cupfuls cold, cooked potatoes   | 2 tablespoonfuls butter or margarin |
| $1\frac{1}{2}$ teaspoonfuls salt  | 2 tablespoonfuls flour              |
| $\frac{1}{4}$ teaspoonful pepper  | $\frac{1}{2}$ cupful cheese         |
|                                   | $\frac{1}{4}$ teaspoonful paprika   |

Combine the shredded haddock and cold potatoes cut into fine pieces. Make a white sauce by melting the butter and adding the flour. Cook until it begins to bubble, and then add the cold milk gradually. Cook until of creamy consistency; add the cheese, cut into small pieces, and cook until the cheese is melted. Add salt, pepper, and paprika. Mix with the haddock and potatoes. Put into a buttered shallow baking-dish and bake in a 500° F. oven until it is browned.

*Boston, Mass.*

## CREAMED SHRIMPS AND GREEN PEPPER

- |                         |   |
|-------------------------|---|
| 2 tablespoonfuls butter | $\frac{1}{4}$ teaspoonful pepper          |
| 3 tablespoonfuls flour  | $\frac{1}{2}$ cupful chopped green pepper |
| 2 cupfuls milk          | $1\frac{1}{2}$ cupfuls shrimps            |
| 1 teaspoonful salt      | Toast or crackers                         |

Melt the butter and add the flour; cook until bubbling and add the milk gradually, stirring constantly. Cook until smooth and thickened. Season with the salt and pepper. Place this sauce over hot water and heat in it the green pepper and shrimps. Use either freshly cooked or canned shrimps which have been thoroughly cleaned and cut in halves. Serve on crackers or toast, or in timbale or puff paste cases.

*Good Housekeeping Institute.*

### CURRIED FLOUNDER

1 small onion	1 teaspoonful lemon-juice or vinegar
4 tablespoonfuls butter or margarin	1½ cupfuls milk
1 tablespoonful curry powder	½ cupful dry bread crumbs
2 tablespoonfuls flour	2½ cupfuls flaked cooked flounder
½ tablespoonful salt	

Make a curry sauce as follows: Chop the onion fine and brown it in two tablespoonfuls of butter, adding the curry powder and flour after a few minutes so they may brown also. Season with the salt and lemon-juice and add gradually the milk, stirring constantly. Cook until smooth and thickened. Place in a greased baking dish alternate layers of fish and curry sauce, covering the top with the dry crumbs mixed with the rest of the butter melted. Brown in a 500° F. oven. Any white fish as cod, halibut, or haddock may be used.

*Good Housekeeping Institute.*

### DEVEILED SHRIMPS

2 small cans shrimps	1 tablespoonful chopped sweet red pepper
1 cupful toasted bread-crumbs	3 tablespoonfuls margarin
1 tablespoonful chopped parsley	1 teaspoonful salt
1 small onion	¼ teaspoonful pepper
2 eggs	About 1 cupful milk

Put shrimps and onion through the food-chopper; add three-quarters of the crumbs, the parsley, red pepper, eggs beaten, one tablespoonful margarin melted, salt and pepper, and the milk to moisten. Place in buttered ramekins, cover with the remaining crumbs, and dot with margarin. Brown in a 500° F. oven.

*Gulfport, Miss.*

## FINNAN-HADDIE WITH CHEESE SAUCE

1 finnan-haddie	3 tablespoonfuls margarin
1 cupful macaroni	$\frac{1}{2}$ cupful grated cheese
2 cupfuls milk	$\frac{1}{4}$ teaspoonful pepper
4 tablespoonfuls flour	1 teaspoonful salt

Nearly cover the fish with cold water and bake until tender at 425° F. Cook the macaroni, preferably one of the smaller varieties, in boiling, salted water until tender, drain, and pour cold water through it. Make a white sauce: melt the margarin, add flour, and cook till bubbling. Add milk gradually, stirring constantly; cook till thickened. Add seasonings and cheese. Remove the flakes of the fish from the skin and bones, arrange on a platter, surround with the macaroni, and pour the sauce over all.

*Toronto, Can.*

## FISH AND CUCUMBERS EN RAMEKINS

2 medium-sized cucumbers	$1\frac{1}{2}$ cupfuls medium-thick sea-
1 teaspoonful salt	soned white sauce
1 cupful flaked fish (left-over)	1 cupful dry bread-crumbs
1 small onion	Paprika

Pare and cut the cucumbers and onion into cubes. Add the salt and cook in boiling water until the cucumbers are tender. Drain and add the white sauce and flaked fish. Place the mixture in ramekins and dust with bread-crumbs and paprika. Bake until browned on top in a 500° F. oven.

*St. Paul, Minn.*

## FISH SCRAPPLE

1 cupful yellow cornmeal	$\frac{1}{2}$ cupful shredded salmon, tuna,
$\frac{1}{2}$ cupful cold water	or codfish
1 teaspoonful salt	3 cupfuls boiling water

Mix cornmeal, salt, and cold water; add to boiling water. Cook either in double-boiler or fireless cooker three hours. One-half hour before removing, add the shredded fish. When done, pack in greased, one-pound baking-powder boxes or small bread-pans, cool, and cover to prevent crust forming. The next morning, remove from box, slice thinly, dip in flour, and sauté in hot fat until brown on both sides. This amount will fill one bread-pan.

*Lake Forest, Ill.*

## FISH TURNOVER

1 cupful any shredded cooked fish	1 teaspoonful minced parsley
1 cupful cold boiled potatoes, chopped fine	About $\frac{1}{2}$ cupful hot medium-thick white sauce
1 teaspoonful salt	2 tablespoonfuls margarin
$\frac{1}{4}$ teaspoonful pepper	Hot, diced buttered beets
	Parsley

Mix together the fish and potatoes and add the salt, pepper, and minced parsley. Moisten with the white sauce which should be unseasoned and turn into a hot frying pan in which the margarin has been melted. Let cook slowly until a rich brown, fold over like an omelet, and serve on a hot platter with a border of hot, diced, buttered beets and parsley garnish.

*Concord, Mass.*

## HALIBUT IN TOMATO CUPS

12 medium-sized tomatoes	Chopped parsley
$1\frac{1}{2}$ pounds halibut	Salt
$1\frac{1}{2}$ cupfuls seasoned white sauce	Pepper
1 cupful grated cheese	Paprika
Lemon-juice	3 tablespoonfuls butter

Cut the bone out of the halibut steak and cut in strips. Brush top of each piece with melted butter. Sprinkle with lemon-juice and chopped parsley and roll up. Scoop the centers out of the tomatoes. Season on the inside with salt, pepper, and paprika, put a roll of fish in each, place in a baking-pan, and add a very little water. Bake thirty minutes at 425° F., basting the fish with the liquid in the pan. Serve with cheese sauce made by melting the cheese in the white sauce.

*Dayton, O.*

## LUNCHEON OYSTER CUPS

18 oysters and their liquor	1 cupful chopped celery
$2\frac{1}{4}$ cupfuls milk	Flour
1 tablespoonful margarin	2 tablespoonfuls shortening
1 pimiento	1 teaspoonful salt
1 cupful grated cheese	4 teaspoonfuls baking-powder

Melt the margarin, add three tablespoonfuls of flour, and cook until the mixture bubbles. Add one and one-half cupfuls of cold milk gradually, stirring constantly. Stir in the



celery and cook twenty minutes in a double-boiler. Add the pimiento chopped and the cheese. Cook the oysters in their own liquor until the edges curl, and add them, cut in small pieces, together with the liquor strained, to the white sauce. Serve in cups made of the following mixture: Sift together two cupfuls of bread flour, the salt, and the baking-powder. Mix in the shortening thoroughly and add about three-fourths cupful of milk or enough to make a soft dough. Toss on a well-floured board, roll to one-half inch thickness, and cut with a biscuit cutter. Press each biscuit over an inverted, greased gem-pan. Bake a delicate brown in a 450° F. oven. Arrange on a hot platter and fill the cases with the oyster mixture.

*Winona, Minn.*

### MARYLAND OYSTER STEW

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 pint tomatoes, fresh or canned | 1/2 teaspoonful pepper             |
| 1 pint oysters                   | 1 tablespoonful butter or margarin |
| 2 cupfuls diced potatoes         |                                    |
| 1 pint milk                      | 1 cupful bread cubes               |
| 2 teaspoonfuls salt              | 2 cupfuls oyster liquor            |

Combine the tomatoes, potatoes, and oyster liquor. Add boiling water to cover and cook until tender. Add the oysters, milk, and butter, and just bring to the boil. Season. When ready to serve, add the bread cubes toasted.

*Baltimore, Md.*

### "ONE-PIECE" CODFISH MEAL

- |                               |                         |
|-------------------------------|-------------------------|
| 1 pound salt boneless codfish | 1 green pepper, chopped |
| 6 medium-sized potatoes       | 1 cupful milk           |
| 3 medium-sized onions         | 1 cupful fish stock     |
| 2 eggs                        | 3 tablespoonfuls flour  |
| 2 tablespoonfuls margarin     |                         |

Soak the fish in cold water to cover for a few hours, drain, cover again, and bring slowly to a boil. Drain again and cover once more with cold water. When boiling add the onions chopped, the potatoes cut in quarters or thick slices, and the eggs in the shell, carefully washed. Boil until the vegetables are tender. Remove the eggs. Drain, saving one cupful of the liquid for use in making the sauce. Turn into a hot dish. To make the sauce, melt the margarin, add the flour, and cook

till bubbling, then add the milk and stock gradually and cook till thickened. To the sauce add the green pepper chopped fine. Pour over the fish and vegetables. Shell the eggs, either chop or slice them, and use to garnish the dish. Add salt and pepper to the sauce if needed.

*Fall River, Mass.*

### ONE-PLATE FISH DINNER

2 pounds halibut, cod, or had- dock	1 large bunch beets or 1 pint canned beets
1 tablespoonful vinegar	Salt
1 cupful rice	Pepper
1 quart can spinach	Minced parsley
2 tablespoonfuls butter	Drawn butter gravy

Tie the fish in cheese-cloth and boil until tender in water to which one tablespoonful of salt and the vinegar have been added. Cook the rice in boiling, salted water until tender. Chop the spinach and the beets separately and heat with one tablespoonful of butter, one-half teaspoonful of salt, and a few grains of pepper for each. When all are done, place the fish in the center of the platter, and arrange around it mounds of rice, spinach, and beets in rotation. Sprinkle all with minced parsley. Serve with drawn butter gravy. The beets may be left whole, if preferred.

*Walden, N. Y.*

### PLANKED MACKEREL

1 good-sized mackerel	1 quart hot seasoned mashed potatoes
Salt	1 egg
Pepper	Cucumber slices
Paprika	Small tomatoes
2 tablespoonfuls butter	

Purchase the mackerel split. Wipe the fish with a damp cloth, then lay it skin side down on a plank which has been heated and rubbed with butter or margarin; sprinkle well with salt, pepper, and paprika, and dot the surface with the butter. Place in a hot oven, 500° F., or low under a broiler flame for fifteen minutes. Meanwhile boil potatoes, put them through a potato ricer and season while hot with salt, pepper, and paprika. Add sufficient hot milk to make the mixture not quite so soft as for ordinary mashed potatoes. To the quart of potatoes add the egg-yolk. Mix well and fold in

the white of the egg stiffly beaten. Arrange the mashed potatoes around the fish in mounds or force through a pastry bag in which a rose tube is inserted. Brown quickly under a broiler flame or not, as desired. Garnish the fish with slices of cucumber which have been marinated in French dressing, and cut small whole tomatoes in lily form and place at intervals around the plank; place a whirl of mayonnaise in the center of each tomato.

*Good Housekeeping Institute*

### POTTED CARP

2 pounds carp	$\frac{1}{2}$ teaspoonful whole mixed
1 tablespoonful drippings	spices
3 medium-sized carrots	4 gingersnaps
1 cupful milk	3 teaspoonfuls salt
	$\frac{1}{4}$ teaspoonful pepper

Melt the drippings in a stew-pan; lay in part of the fish cut in pieces, cover with slices of carrot which have been par-boiled until nearly tender, then add another layer of fish and one of carrots on top, pour on milk in which the gingersnaps have been soaked, and add the spices, salt, and pepper. Cover and let cook slowly for one hour. This may be baked in the oven if preferred. A four-pound carp will make about two pounds of fish when dressed. If carp cannot be procured, halibut, haddock, or cod may be substituted.

*Fergus Falls, Minn.*

### SARDINE TOASTS

1 large can sardines in oil	4 tablespoonfuls butter
1 teaspoonful salt	2 tablespoonfuls flour
2 tablespoonfuls lemon-juice	1 cupful milk
12 slices oatmeal bread	$\frac{1}{2}$ teaspoonful salt for sauce
1 teaspoonful prepared mustard	$\frac{1}{8}$ teaspoonful pepper

Bone the sardines and mash. Make into a paste with the salt, lemon-juice, and mustard, and spread between slices of bread which have been spread with butter, using two tablespoonfuls. Toast a golden brown. Serve hot, with a medium-thick white sauce poured over them. The sauce is made as follows: Melt the rest of the butter and add the flour. Cook until it begins to bubble. Add the cold milk gradually and cook until the mixture thickens. Season.

*Fergus Falls, Minn.*

## SCRAMBLED SMOKED SALMON

½ pound smoked salmon	⅛ teaspoonful paprika
1 large tomato	⅛ teaspoonful pepper
½ green sweet pepper	2 teaspoonfuls fat
4 eggs	2 onions

Cut the salmon into thin slices and soak several hours, changing the water at least three times an hour. In a frying-pan melt the fat and cook in it until soft the pepper and the onions chopped. Add the tomato peeled and chopped, and cook a few minutes longer. Then place the salmon, well drained, on top and cook until broken in small pieces. Just before serving pour the eggs, slightly beaten, over all. Stir together, add pepper and paprika, and serve at once.

*Chicago, Ill.*

## SHRIMP GUMBO

2 pounds green shrimps	3 slices bacon
2 cupfuls hot water	2 tablespoonfuls flour
2 cupfuls canned tomatoes	1 small onion
16 okra	1 cupful rice
1½ teaspoonfuls salt	Cayenne pepper

Dice the bacon and try out in a stew-pan. Add the onion minced and cook five minutes. Then add the flour, stirring constantly until brown. Add the tomatoes, the water, the okra cut into small pieces, and the shrimps shelled. Season with salt and a generous dash of cayenne pepper and simmer one hour. Serve hot with the rice, which has been cooked meanwhile in boiling, salted water. Canned okra may be used, in which case add fifteen minutes before serving.

*Topeka, Kan.*

## SMELTS PIQUANT

2 pounds smelts	Flour
Lemon-juice	Fat
Salt	1 cupful stock or milk
Paprika	Few drops anchovy essence
	1 teaspoonful minced parsley

Select rather large smelts, if possible; clean and cut diagonal gashes in each side. Sprinkle lemon-juice over them and a little salt and paprika. Turn once or twice that they may be

well seasoned and let stand fifteen minutes. Then dip in flour and sauté in any good hot fat until brown and crisp. Lay on a hot platter and surround with the following sauce: Stir into the fat left in the pan—about one tablespoonful—an equal quantity of flour until smooth and brown; add slowly the stock or milk, stirring until the right consistency; season highly with one tablespoonful of lemon-juice, one-half teaspoonful of salt, one-fourth teaspoonful of paprika, the anchovy essence and minced parsley. Pour this around the smelts and garnish with rosettes of mashed potatoes and sprigs of parsley.

*Concord, Mass.*

### WASHINGTON SALMON SUPREME

2 cupfuls freshly cooked or canned salmon	or	$\frac{1}{2}$ cupful cracker-crumbs
4 tablespoonfuls melted butter or margarin		2 cupfuls cooked peas
$1\frac{1}{2}$ teaspoonfuls salt		1 cupful milk
$\frac{1}{8}$ teaspoonful pepper		$\frac{1}{2}$ cupful salmon liquor
1 tablespoonful minced parsley		1 tablespoonful cornstarch
3 tablespoonfuls chopped celery		1 tablespoonful butter
4 eggs		$\frac{1}{2}$ teaspoonful salt
		$\frac{1}{8}$ teaspoonful pepper
		1 tablespoonful catchup

Measure and drain the salmon, reserving the liquor. Remove the skin and bones and chop fine. Add the melted butter, salt, pepper, parsley and celery. Beat the eggs well, combine with the cracker-crumbs, and add to the first mixture. Mix well, pack into a buttered mold, and steam one hour. Turn out on a hot platter, garnish with the peas heated and seasoned to taste, and serve with the following sauce: Scald the milk, combine the cornstarch and salmon liquor, and add gradually to the milk, stirring constantly. Then add the butter, salt, and pepper and cook three minutes. Just before serving add the tomato catchup a little at a time.

*Aberdeen, Wash.*

# Fruit Combinations

## APPLE VARIANTS

8 tart apples  
1/2 cupful cooked rice

1/4 cupful seedless raisins  
2 cupfuls hot maple sirup

Wash, core, and pare the apples, leaving a belt of skin around each. Place in a casserole and fill the cavities with the rice and raisins mixed together. Pour the maple sirup over all and bake at 400° F. until the apples are perfectly tender, covering for the first half hour. Serve hot or cold at pleasure.

*Redding, Conn.*

## BAKED APPLES GLACÉ

6 large firm red apples  
Sugar

1 1/2 cupfuls water  
Cream

Fruit garnishing

Wash and core the apples and pare them about one-third of the way down from the stem end; then place them in a deep dripping pan or saucepan which has a closely-fitting cover. Make a thin sirup, using one cupful of sugar and the water, and boil it for six minutes. Pour this sirup over the apples, cover tightly, and place in a 400° F. oven, or over a low gas burner flame. Baste the apples occasionally until they are quite tender, but still whole and perfect. Remove the cover and place one teaspoonful of sugar in the cavity of each apple, also sprinkling sugar over the pared surface. Then place the pan under the flame of the broiler in a gas range or in a 550° F. oven, until the sugar has melted and the skinned sections of the apples have taken on a delicate brown. Basting once or twice during this process helps also to make the apples look as though they had been varnished with clear

melted sugar. Serve with plain cream or top with sweetened whipped cream, flanked by two leaves cut from angelica and just touched with a fragment of candied cherry.

*Beechwood Park, Pa.*

### BAKED APPLE WITH BANANAS

6 large-sized apples	1 tablespoonful butter
1 cupful corn-sirup	1½ bananas
	6 marshmallows

Wipe, pare, and core the apples. Place in a pan and add the sirup and butter. Simmer slowly, turning the apples frequently until they are tender yet hold their shape. Remove to a casserole and insert one-quarter of a banana in each apple. Place a marshmallow on top of each apple. Pour the sirup around them and bake at 400° F. until the marshmallows are puffy and brown. Serve at once.

*Centerville, Tenn.*

### BAKED APPLES WITH PRUNE JUICE

6 apples	½ cupful brown sugar
6 teaspoonfuls butter	2 cupfuls prune juice

Core and pare the apples and cut them in halves crosswise. Place them in a baking-dish with one-half teaspoonful of butter in the center of each half; sprinkle the apples with the brown sugar and pour the prune juice, drained from stewed prunes, over all. Cover the apples and bake at 400° F. until tender, basting frequently. Fifteen minutes before removing the apples from the oven take off the cover and finish the baking. Serve hot or cold with or without cream.

*Beechwood Park, Pa.*

### BAKED BANANAS

½ cupful sugar	1 cupful boiling water
1 tablespoonful cornstarch	2 tablespoonfuls lemon-juice
½ teaspoonful salt	2 tablespoonfuls grape jelly
6 bananas	½ cupful dry crumbs

Mix together the sugar, cornstarch, and salt. Stir into this mixture the boiling water and cook until free from any raw taste. Add the lemon-juice and grape jelly, or any tart jelly.

Rub a baking-dish with margarin. Remove the skins from the bananas; cut them into halves lengthwise, then each half crosswise. Put the cut bananas into the baking-dish and pour the sauce over them. Cover the top with crumbs and bake at 400° F. until the bananas are soft and the crumbs brown.

*Hartford, Conn.*

### BREAKFAST APPLES

4 large tart apples	2 tablespoonfuls vegetable fat or butter
$\frac{1}{4}$ teaspoonful salt	
$\frac{1}{4}$ teaspoonful cinnamon	1 tablespoonful sugar

Wash the apples and wipe them dry, then remove the cores and slice in quarter-inch slices without removing the skins. Melt the fat in a frying-pan; add the salt. When the fat is hot, dash in the apples and cover immediately. Cook briskly for a few minutes, then with a broad spatula turn over the mass that all may be equally cooked. When the apples are soft and slightly browned, sprinkle with the sugar and cinnamon mixed together. Serve hot with such breakfast dishes as ham and eggs, or sausages and pancakes.

*San Mateo, Cal.*

### CINNAMON PRUNES

1 pound prunes	3 inch stick cinnamon
	2 slices lemon or orange

Wash the prunes carefully, cover with cold water, and soak overnight. Add the cinnamon and slices of lemon or orange. Cook slowly in a covered utensil until tender. If cooked very slowly, no sugar will be needed.

*Danville, Pa.*

### CRANBERRY APPLE SAUCE

$1\frac{1}{2}$ cupfuls sliced apples	1 cupful water
$1\frac{1}{2}$ cupfuls cranberries	1 cupful sugar

Wash, pare and core the apples and slice before measuring. To these add the cranberries and water and cook slowly until soft. Then add the sugar and stir until the sugar is thoroughly dissolved. Remove and serve hot with meats or cold as a sauce for luncheon or supper.

*Good Housekeeping Institute*



## GINGER APPLES

4 large sour apples	$\frac{1}{2}$ cupful water
1 slice lemon	$\frac{1}{2}$ ounce green ginger root
$\frac{1}{2}$ cupful sugar	$\frac{1}{4}$ teaspoonful salt

Pare and quarter the apples. Place them in a buttered baking-dish; add the lemon, sugar, water, salt, and ginger root broken in pieces. Bake at 350° F. until soft, covering the first half of the time.

*Danville, Pa.*

## JELLIED CRANBERRY SAUCE

1 quart cranberries	1 cupful water	2 cupfuls sugar
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Wash and put the cranberries through the food chopper. Add the water and cook six minutes from the time they begin to boil, add the sugar, boil three minutes longer, and pour into a cold wet mold to set. Serve, unmolded, as a meat accompaniment.

*Redding, Conn.*

## MAPLE APPLE SAUCE

2 quarts apples	1 lemon, sliced and cut into quarters
$1\frac{1}{2}$ cupfuls maple-sirup	

Prepare the apples by paring, coring, and cutting into eighths. Mix all the ingredients together and bake in a covered earthenware dish in a 350° F. oven for several hours until the apples are tender and of a rich dark red color. Use as a meat accompaniment.

*Jamaica, N. Y.*

## PIQUANTE FRUIT COCKTAIL

$\frac{1}{2}$ cupful powdered sugar	1 cupful canned cherries
$\frac{1}{2}$ cupful orange-juice	3 tablespoonfuls chopped crystallized ginger
$\frac{1}{3}$ cupful grapefruit-juice	
1 cupful canned pear cubes	

Mix together the sugar, orange-juice, and grapefruit-juice and chill. Remove pits from the canned cherries, using either the white or red variety, and cut canned pears into cubes before measuring. Place the fruit in cocktail glasses, fill with the liquid, and sprinkle each service with one-half tablespoonful of chopped, crystallized ginger.

*San Francisco, Cal.*

## QUINCE APPLE SAUCE

3 pints sliced sweet apples	1 quart boiling water
1 pint sliced quinces	1 cupful brown or white sugar

Wash, pare, and core the apples and quinces and slice before measuring. Add the boiling water and cook for at least an hour over a slow fire or longer in a fireless cooker. Ten minutes before taking them up, add the sugar.

*Redding, Conn.*

## RHUBARB DE LUXE

4 cupfuls rhubarb, cut small	$\frac{1}{4}$ teaspoonful cinnamon
2 cupfuls granulated sugar	12 whole cloves
$\frac{1}{2}$ teaspoonful mace	1 large orange

Place the ingredients all together in a greased casserole, adding the grated rind of the orange as well as the juice and pulp. Cover and bake until the rhubarb is tender. If very juicy, uncover during the last fifteen minutes of baking.

*Sausalito, Cal.*

## RHUBARB EN CASSEROLE

4 cupfuls rhubarb diced but not peeled	$1\frac{1}{4}$ cupfuls brown sugar
	$\frac{1}{2}$ cupful seeded raisins

After dicing, wash the rhubarb in cold water but do not drain it very thoroughly. Put it in the casserole together with the other ingredients, stir well, cover, and bake at 350° F. until the rhubarb is soft.

*New York, N. Y.*

## SPICED BANANAS

4 bananas	1 cupful water
1 tablespoonful salad oil	2 tablespoonfuls brown sugar
	$\frac{1}{2}$ teaspoonful cinnamon

Select ripe fruit and brown them whole in the oil. Add the rest of the ingredients and simmer until the bananas are soft. Serve cold as a relish.

*Washington, D. C.*

# Frozen Dishes

## APRICOT VELVET

½ cupfuls dried apricots                      5 cupfuls cold water  
2 cupfuls sugar

Clean and soak the apricots overnight in the cold water. Simmer in the same water until very soft. Then rub through a coarse strainer. Add the sugar to the strained pulp and heat until the sugar melts, stirring constantly. Cool thoroughly and freeze in the usual manner.

*San Francisco, Cal.*

## BANANA SHERBET

1½ cupfuls sugar                              2 cupfuls orange-juice  
1 cupful water                                2 tablespoonfuls lemon-juice  
6 medium-sized bananas                    1 egg-white  
2 tablespoonfuls sugar

Boil the water and sugar together for five minutes. Cool thoroughly. Mash the bananas or press through a potato ricer. Add the orange and lemon-juice to the banana pulp. Combine with the sugar sirup; pour into the freezer, and partially freeze. Then beat the egg-white until stiff, add the two tablespoonfuls of sugar and beat again. Fold into the sherbet and freeze about five minutes longer, or until stiff enough to serve. Serve garnished with diced oranges.

*Good Housekeeping Institute*

## CRANBERRY MILK SHERBET

2 cupfuls cranberry purée                    3 tablespoonfuls lemon-juice  
2 cupfuls sugar                                3 cupfuls milk

Add the sugar to the cranberries cooked and forced through a purée sieve, while it is still hot. Stir until the sugar is dis-

solved and add the lemon-juice and milk. Pour into a two-quart freezer and freeze as usual, using three parts of ice to one of salt.

*Good Housekeeping Institute*

### FROZEN CUSTARD

1 quart milk	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ cupful sugar	1 egg
2 tablespoonfuls cornstarch	2 teaspoonfuls vanilla

Scald the milk in a double-boiler. Mix together one-fourth cupful of sugar, the cornstarch and the salt. Pour the scalded milk on this mixture and return it to the double-boiler. Cook fifteen minutes. Beat the egg well with the rest of the sugar. Add it gradually to the hot milk mixture and cook for three minutes longer. Remove from the fire, let cool thoroughly, add vanilla and freeze.

*Good Housekeeping Institute*

### GOLDEN GLOW ICE CREAM

2 quarts milk	1 cupful grated pineapple
1 tablespoonful flour	2 cupfuls sugar
1 quart can apricots	1 cupful hot water
2 oranges	

Boil the sugar and water together five minutes. Add the grated pineapple, apricots cut fine with juice, and juice and pulp of the oranges. Scald the milk, add the flour moistened with two tablespoonfuls of milk, and cook two minutes. Blend the milk and fruit mixture, cool, and freeze. This recipe makes a gallon.

*Mt. Vernon, Ill.*

### MANHATTAN PUDDING

$1\frac{1}{2}$ cupfuls orange-juice	$1\frac{1}{2}$ cupfuls powdered sugar
$\frac{1}{4}$ cupful lemon-juice	$\frac{2}{3}$ cupful chopped almonds
1 teaspoonful vanilla	1 pint heavy cream

Blanch the almonds and brown them in the oven before chopping. Mix the fruit juices and half the sugar together. Let stand until the sugar is thoroughly dissolved. Turn mixture into a brick or fancy mold which has been chilled. Whip the cream, adding the rest of the sugar, the vanilla, and the chopped almonds; pour over the first mixture, filling the

mold to the very top. Adjust cover and seal with a strip of cheese-cloth which has been dipped in melted butter or margarin. The ice hardens the fat and a perfect seal is formed. Pack in equal parts of ice and salt and let stand three and one-half hours.

*LeRoy, N. Y.*

### PEACH CREAM SHERBET

$\frac{2}{3}$  cupfuls mashed fresh peaches    1 cupful sugar  
1 cupful cream    Chopped maraschino cherries

Sprinkle the sugar over the peaches and let stand for three hours. Fold in the cream whipped stiff and freeze. Garnish, when serving, with chopped maraschino cherries. Canned peaches may be used, in which case reduce the sugar to three-fourths cupful.

*Good Housekeeping Institute*

### PRUNE ICE CREAM

1 pound prunes    3 cupfuls milk  
Juice 1 lemon    1 cupful cream  
 $1\frac{1}{2}$  cupfuls sugar     $\frac{1}{2}$  teaspoonful salt

Wash the prunes, soak overnight, and cook slowly, in water to cover, until tender. Then add the sugar and lemon-juice. Allow to simmer ten minutes; strain the juice. Pit the prunes and strain the pulp through a potato-ricer. Add to the milk and cream combined with the salt; cool and freeze.

*Sauquoit, N. Y.*

### "POMEGRANATE" ICE

$\frac{2}{3}$  cupfuls water     $\frac{1}{4}$  cupful lemon-juice  
1 cupful sugar    Grated rind 1 orange  
2 cupfuls blood orange-juice

Make a sirup by boiling the water and sugar about five minutes. Add the fruit juice, cool, strain, add the grated rind, and freeze.

*New York, N. Y.*

# Hors D' Oeuvres

## ITALIAN CANAPÉ

3 hard-cooked eggs  
3 rounds pimiento

6 tablespoonfuls thin mayonnaise

Finely-diced celery

For each individual serving place one-half of a hard-cooked egg, cut crosswise, cut side down on a round pimiento slightly larger than the egg. Pour a tablespoonful of mayonnaise over each serving and sprinkle the whole with finely-diced celery.

*San Francisco, Cal.*

## PINEAPPLE COCKTAIL

1 pineapple  
1 cupful sugar  
 $\frac{1}{2}$  cupful coconut

$\frac{1}{2}$  cupful orange-juice  
 $\frac{1}{3}$  cupful grapefruit-juice  
 $\frac{1}{3}$  cupful water

Boil the sugar and water together for five minutes, cool, and add the fruit juices. Cut fresh pineapple cylinders, using an apple-corer, put in glasses with the coconut, and cover with the sirup.

*Victoria, B. C.*

## PRUNES IN BELGIAN STYLE

12 large prunes  
2-ounce package cream cheese  
1 or 2 tablespoonfuls cream or milk  
Dash cayenne pepper

1 teaspoonful chopped pecans  
1 teaspoonful chopped walnuts  
1 teaspoonful lemon-juice  
1 teaspoonful melted butter  
Paprika

Buttered toast

Wash and soak prunes in cold water for several hours, then steam, chill, and remove the pits. Stuff them with the following mixture: Mash the cream cheese with enough cream or milk to soften; add the cayenne pepper, chopped nuts

lemon-juice and melted butter. If possible the prunes should be pitted through the pointed end and not through the sides; they are then filled from the top and placed upright on tiny strips of buttered toast, two prunes to a serving. Let the filling protrude from the top of the prunes and sprinkle with paprika.

*Beechwood Park, Pa.*

### RUSSIAN ROSETTES

6 slices cooked beets

White lettuce leaves

French dressing

6 gherkins

1 hard-cooked egg-yolk

Have beets sliced uniform in size and thickness. Marinate them in French dressing for half an hour. Then drain them well and place each on small white lettuce leaves on a tiny plate. Select very small gherkins and cut them in slices lengthwise and arrange them on the beet slices with the ends radiating from the center. Squeeze a little pounded yolk of hard-cooked egg through the pastry tube into the very center of the rosette, for decoration.

*Beechwood Park, Pa.*

### SARDINE CANAPÉS

1 small box sardines

$\frac{1}{8}$  teaspoonful pepper

2 hard-cooked eggs

Dash cayenne pepper

1 tablespoonful butter

1 green pepper

1 teaspoonful lemon-juice

1 pimiento

$\frac{1}{8}$  teaspoonful salt

Rounds of bread

Cut stale bread into rounds a little larger than a silver dollar, sauté these lightly to a delicate brown, and set them aside to cool. Remove the skins and bones from the sardines and to the flesh minced, add the yolks of the hard-cooked eggs forced through a sieve, the butter melted, the lemon-juice and seasonings. Spread smoothly on the rounds of bread. Chop the whites of the eggs fine. Prepare the pepper by freeing it from seeds and white skin, then chopping it very fine. Cut the pimiento into long, thin strips; with these divide the little canapés into quarters. Fill two diagonal quarters with the chopped egg-whites and the other two with the chopped green pepper. Serve on tiny plates.

*Beechwood Park, Pa.*

## SARDINES À LA TARTARE

6 sardines  
6 strips bread

Tartare sauce  
Capers  
Pimiento

Skin the sardines and remove the backbones. Cut strips of bread the same size and shape of the sardines and fry them a golden brown. When cool, arrange the fish on these croûtons, coat them with the sauce and garnish with capers and bits of pimiento.

*Beechwood Park, Pa.*

## SMOKED BEEF TONGUE CANAPÉS

6 rounds bread  
1 tablespoonful butter  
 $\frac{1}{4}$  teaspoonful mustard

$\frac{1}{8}$  teaspoonful paprika  
6 slices beef tongue  
6 slices pickle

Cut the bread in rounds with a small scalloped cutter and sauté a delicate brown. Rub the butter, mustard and paprika to a smooth paste. Spread the prepared bread with this mixture. Cut the tongue with the scalloped cutter and place on the mustard butter. Arrange a cross-cut segment of pickle on the tongue and serve.

*Beechwood Park, Pa.*

## STUFFED CUCUMBERS

1 long cucumber  
French dressing  
2 boned sardines

2 hard-cooked egg-yolks  
1 tablespoonful butter  
Sprig parsley

Pimiento stars

Without paring, cut the cucumber crosswise into pieces about one and one-half inches in length. Then cut away strips of peel horizontally all around the cucumber slices, leaving a striped green and white effect. Now scoop out the centers of the cucumber slices to form cups, place in a marinade of French dressing, and let stand in the refrigerator for an hour. Meanwhile, chop the pulp very fine. Chop the egg-yolks, add the butter, sardines, and parsley minced. Mix well and add the cucumber pulp at the last moment. Fill the cucumber cups with the mixture piled high in the centers, and top with a star of pimiento.

*Beechwood Park, Pa.*



## SUMMER CANAPÉ

1 slice raw tomato  
1/4 teaspoonful chopped chives

1/2 hard-cooked egg  
Well-seasoned French dressing

The egg should be sliced lengthwise. Put the sliced side down on the tomato, pour over the French dressing, and sprinkle with chives. This makes an individual serving.

*New York, N. Y.*

## TOMATO BASKETS WITH ASPARAGUS TIPS

3 small even-sized ripe tomatoes  
Sauce Vinaigrette

1 can green asparagus tips  
French dressing

Parsley or lettuce

Scald the skin of the tomatoes and place on the ice to become firm. In an hour, cut them in halves crosswise and remove a thin slice from the bottom of each so that it will stand erect and firm. Then place the tomatoes in a marinade of French dressing made with tarragon vinegar and oil and highly seasoned. Return them to the refrigerator. Meantime, prepare the asparagus tips. Freshly cooked ones may be used, as preferred. Cut the tips to a length of an inch and a half and place them in French dressing for a few minutes. Just before serving, pierce the cut side of the tomatoes and place the tips in an upright position in them, cover the tops of the tomatoes between the tips with Sauce Vinaigrette, and serve cold on a bed of parsley or white heart leaves of lettuce.

*Beechwood Park, Pa.*

# Jams, Jellies, and Marmalades

## CARROT MARMALADE

3 pounds carrots                      6 cupfuls sugar                      5 large lemons

Wash and scrape the carrots; cut them in dice and cook in boiling water until tender. Let the water cook down as much as possible; drain, saving the liquor, which should not be more than one-half to one cupful. Pare thinly the yellow rind from the lemons and put it and the carrots through the food-chopper. To this mixture add the carrot liquor, the sugar and the juice of the lemons. Cook, stirring frequently until the mixture is the consistency of any marmalade—about forty-five minutes. Pour into sterilized glasses and cover with paraffin when cold. *Concord, Mass.*

## CRANBERRY CONSERVE

1 quart cranberries                      3 oranges  
Sugar    1 cupful seeded raisins

Cook the cranberries in barely enough water to float them. When all the berries are broken and the fruit has cooked to a mush, measure the mixture and add an equal amount of sugar, the pulp and grated rind of the oranges and the raisins. Simmer the conserve until very thick, then pour into clean, hot, sterilized glasses. *Concord, Mass.*

## FOUR-FRUIT MARMALADE

1 orange    1 grapefruit  
1 lemon    1 apple  
Sugar

Choose in each case good-sized fruit. Wash the fruit, pare the apple, and cut in halves the orange, lemon, and grapefruit. Squeeze the juice from the orange and lemon. Remove

Remove the seeds from the grapefruit and take out the pulp with a spoon; remove the center core and tough partitions from the grapefruit and put the orange, lemon, and grapefruit skins and the apple through the food-chopper. Combine with the fruit juices and measure. Allow three times the measure of water, combine, and let stand overnight. Next morning boil one hour. Let stand until the next day, then cook with an equal measure of sugar, added hot, about one hour or until of the right consistency. Pour into sterilized glasses and seal when set.

*Concord, Mass.*

### GINGER PEARS

4 pounds sliced pears  
3 pounds sugar

2 ounces green ginger root  
2 lemons

Select hard, green pears; pare and slice them very thin. Scrape and cut the ginger root into tiny pieces, and squeeze a little lemon-juice over it. Cover the pears with the sugar and let them stand for several hours. Then place them over a slow fire and simmer, add the ginger root and the juice and grated rind of the lemons. When clear and very thick, remove from the fire and pour into sterilized jars; seal hot. The pear slices should remain distinct and unbroken, but should be almost transparent.

*Beechwood Park, Pa.*

### GOOSEBERRY BAR-LE-DUC

6 pounds gooseberries      1 pint vinegar      9 pounds sugar

Select gooseberries which are just turning color and "head and tail" them. Combine with half the sugar and the vinegar. Cook twenty minutes and add the rest of the sugar. Continue the cooking for about forty-five minutes or until the bar-le-duc is of a sirupy consistency. Put into hot, sterilized glasses, allow to stand covered in the sun until thoroughly set, then cover with paraffin.

*Concord, Mass.*

### GREEN TOMATO PRESERVE

5 quarts green tomatoes      5 lemons      10 cupfuls sugar

Wash and slice the tomatoes before measuring. Slice the lemons very thin. In a bowl place the tomatoes, lemons, and sugar in layers. Let stand overnight. In the morning cook

slowly until the tomatoes are tender and the mixture thickened. The time required will be about two hours. This recipe will fill ten half-pint jars. *Lawrence, Mass.*

### HARLEQUIN CONSERVE

25 yellow peaches	1 pineapple
1 pound white grapes	1 orange
10 red plums	$\frac{1}{4}$ pound blanched almonds
	Sugar

Wash all the fruit thoroughly. Pare the peaches, plums, and pineapple and cut all into small pieces. Halve the grapes and remove the seeds, using a small pointed knife for the purpose. Slice the orange as thin as possible without removing the peel, and cook all the fruit together over a slow fire until soft and well blended. Measure, and allow three-fourths of a cupful of sugar to each cupful of fruit. Cook very gently for twenty minutes, then add the almonds, chopped, and continue cooking very slowly, stirring occasionally until the conserve is thick and clear; this will require two hours or longer. Pour into sterilized glasses and seal when cool. *Beechwood Park, Pa.*

### MINT JELLY

1 peck apples	Sugar
Bunch mint leaves	Green coloring

Cut up the apples, first washing and removing the blossom end. Do not pare or core. Just cover with cold water and boil to a mush. Drain through a jelly bag and allow to stand overnight. Next day measure the juice and bring to the boiling point. Boil hard for twenty minutes, skimming frequently. Allow three-fourths measure of sugar to the original measure of juice, heat, and add to the juice. Again bring to the boiling point, and boil five minutes. Wash the mint and bruise some of the leaves slightly, by pressing between the fingers. Hold mint in hand and pass it through and through the apple sirup, until the mint flavor is obtained. This process takes the last three minutes of the cooking. Add a bit of vegetable green coloring paste. Pour into sterilized glasses and allow to set thoroughly before covering with paraffin. *Concord, Mass.*

## ORANGE AND QUINCE CONSERVE

7 pounds quinces  
3 quarts water

8 oranges  
9 pounds sugar

Pare and core the quinces and boil the skins and cores in the water until tender, then strain through a jelly bag. To this juice add the quinces chopped fine and the rind of two oranges, also chopped fine. Simmer until the quinces are tender, then add the sugar heated slightly and the juice from the oranges. Simmer two hours or until the mixture will jelly when dropped on a cold plate. Pour into clean, hot, sterilized glasses. Seal when cold.

*Concord, Mass.*

## ORANGE MARMALADE

3 whole oranges  
Water

Juice 3 lemons  
Sugar

Wash, slice paper-thin, and cut in pieces the oranges. Add the lemon-juice. Measure the juice and pulp, then add an equal quantity of cold water. Let stand uncovered for twenty-four hours. Boil uncovered for one hour; again let stand twenty-four hours. Add an equal quantity of sugar and boil till jelly is formed. Turn into hot, sterilized glasses. This makes from eight to ten glasses of mild, clear jelly with the fruit suspended in it.

*Monrovia, Cal.*

## PEACH AND ORANGE MARMALADE

24 peaches

4 oranges

3½ pounds sugar

Peel the peaches, remove the stones, and cut them in thin slices. Wash and peel the oranges, cut the skins into thin strips, and the oranges themselves into small pieces. Combine all and add the sugar. Let stand covered overnight. In the morning bring the mixture gradually to the boiling point and simmer gently until thick and the consistency of marmalade—about two hours. Pour into clean, hot, sterilized glasses.

*New Rochelle, N. Y.*

## PLUM CONSERVE

6 pounds plums  
6 pounds sugar

2 pounds seedless raisins  
1 pound walnut-meats

4 oranges

Pit the plums and cut into quarters, add the sugar, raisins, and oranges, the latter having been put through the food-chopper. Simmer for two and one-half hours, adding at the end of two hours the walnuts chopped coarsely. The mixture should be jelly-like in consistency when done. Pour into hot, sterilized jars; paraffin when cold and set.

*Concord, Mass.*

### RED PEPPER JAM

12 large red sweet peppers	1 pint vinegar
1 tablespoonful salt	3 cupfuls sugar

Remove the seeds from the peppers and put through a chopper, using the medium knife. Sprinkle with salt and let stand three or four hours. Drain, put in a kettle, and add the vinegar and sugar. Boil gently until the consistency of jam—about one hour. Pour into sterilized glasses and when cold cover with paraffin. This makes six glasses.

*Brookline, Mass.*

### RUTH'S RHUBARB MARMALADE

1 lemon	4 pounds rhubarb
2 oranges	1 pound seedless raisins
	3 pounds sugar

Remove the juice from the lemon and oranges and combine with the rhubarb, cut into small pieces. Chop the rind of the lemon and oranges, and the seedless raisins fine, and add to the rhubarb. Mix all and let stand one-half hour. Add the sugar, bring to a boil, and simmer one hour, stirring very frequently. When the mixture becomes thick, pour into hot, wet, sterilized glasses and allow to stand until cool. When dry, cover with paraffin.

*Concord, Mass.*

### SLIPPED GRAPES WITH ORANGES

1 quart wild grapes	Skins 2 oranges	Sugar
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Put the skins of the oranges through a food-chopper, measure, add three times as much cold water, and let stand overnight. The next day simmer for two hours and again let stand overnight. Slip the grapes separating the pulp from the skins and adding all small or unripe ones to the pulp. Simmer the

pulp and skins separately for fifteen minutes, then sift the pulp through a fruit press, add to the grape skins and simmer fifteen minutes longer. Combine with the chopped orange skins, and to every three cupfuls of this mixture, add two and one-half cupfuls of sugar, and simmer until it jellies when a small amount is tried on a cool plate. Pour into small sterilized glasses and seal when cool.

*Redding, Conn.*

### STRAWBERRY JELLY

½ cupfuls strawberries                      4 cupfuls sugar  
3 tablespoonfuls lemon-juice

Wash and hull the strawberries. Add the sugar, heated, and place over a slow fire until enough juice is drawn out to prevent burning. Add the lemon-juice, strained, and allow the mixture to simmer gently, skimming frequently until a very little dropped on a cold plate will jelly. Pour into hot, sterilized glasses and when thoroughly dry and cool, cover with hot paraffin.

### WHITE GRAPE CONSERVE

White grapes                                      Sugar

Wash and cut the grapes into small pieces without removing the seeds. Cook without adding water until very soft. Press through a sieve and simmer the pulp for fifteen minutes. Add one and one-half cupfuls of sugar for each pint of juice, and cook until clear and of a pale green. Pour into small sterilized glasses and seal when cold. *Beechwood Park, Pa.*

# Meat

## ARABIAN STEW

6 lean pork chops	2 tomatoes
6 tablespoonfuls raw rice	1 green pepper
1 large onion	$\frac{1}{8}$ teaspoonful pepper
8 cupfuls hot water	3 teaspoonfuls salt

Sear the chops on both sides in a hot frying-pan, then remove to a casserole. On each chop place one tablespoonful of rice, a slice of onion, a slice of tomato (or the equivalent in stewed tomatoes), and two strips of green pepper. Sprinkle over all the salt and pepper. Add the hot water, cover, and bake from three to four hours in an oven registering 350° F.

*Good Housekeeping Institute*

## BACONIZED MEAT BALLS

4 thin slices bacon	$\frac{1}{8}$ teaspoonful pepper
1 cupful cracker crumbs	$\frac{1}{4}$ teaspoonful onion salt
$\frac{1}{2}$ cupful hot water	$\frac{1}{8}$ teaspoonful celery salt
1 pound ground round steak	$\frac{1}{4}$ teaspoonful thyme
1 egg	$\frac{1}{4}$ teaspoonful sage
1 teaspoonful salt	$\frac{1}{4}$ teaspoonful allspice
2 tablespoonfuls flour	

Cut the bacon into small cubes and sauté until crisp. Add the cracker crumbs, stirring thoroughly until well mixed. Then add the hot water and stir again. Turn into a mixing bowl and add the ground steak, the egg slightly beaten, the salt, pepper, onion salt, celery salt, thyme, sage and allspice. Mix well, form into balls, and roll in flour. Sauté well on all sides in hot fat and serve with a gravy made from the juices in the pan. This same mixture may be formed into a loaf and baked in a 400° F. oven.

*Berkeley, Cal.*





Soak the brains in cold water for one hour; remove all the membrane, and parboil for twenty minutes in boiling water to cover with the peppercorns, vinegar, bay-leaf, one onion sliced, and one-half teaspoonful salt. Then drain; when cold, drain again. Meanwhile heat the oil in a saucepan, add one onion, the garlic and sweet pepper all chopped fine and cook until the onion is golden brown, then add the flour; and then tomatoes. Bring to a boil, add the water and one and one-half teaspoonfuls of salt. To this sauce add the brains cut up in small pieces. Let boil up well and serve on toast.

*Porterville, Cal.*

### BEEF KIDNEY, CREOLE STYLE

1 beef kidney	1 pint canned tomatoes
1 thick slice bacon	1 teaspoonful salt
2 tablespoonfuls chopped suet	$\frac{1}{8}$ teaspoonful cayenne pepper
4 tablespoonfuls flour	$\frac{1}{8}$ teaspoonful curry powder
1 sweet pepper	Buttered toast fingers
	4 onions

Trim the fat from a fresh kidney and cut in three-quarter-inch slices. Dredge with the flour. Try out the chopped bacon and suet in a deep saucepan, add the kidney, chopped onions, and pepper, and toss and turn until the meat is thoroughly seared and coated with a rich brown gravy. Then add the tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot, on fingers of buttered bread crisped in the oven.

*Redding, Conn.*

### BEEF LOAF

2 pounds ground round steak	$\frac{1}{2}$ small white onion, chopped
$\frac{3}{4}$ cupful white rolled oats	2 cupfuls canned tomatoes
1 dozen ripe olives, chopped	3 teaspoonfuls salt
	$\frac{1}{4}$ teaspoonful pepper

Mix in the order given, season with salt and pepper, and bake in a 400° F. oven for one hour in a bread pan. Remove loaf from pan and make a gravy from the liquor.

*San Francisco, Cal.*

## BEEF LOAF WITH RICE

1 pound round steak ground	1 green pepper, minced
1 minced onion	1 teaspoonful cornstarch
1 cupful water	$\frac{1}{2}$ tablespoonful margarin
2 cupfuls cold boiled rice	$\frac{1}{4}$ teaspoonful celery salt
1 cupful stewed tomatoes	Salt

Pepper

Mix together the beef, onion, water, chopped green pepper, one and one-half teaspoonfuls of salt, and one-fourth teaspoonful of pepper. Bake fifteen minutes at 400° F. in a loaf pan. Then spread rice on top and dot over with bits of margarin. Bake about three-quarters of an hour longer. Turn out on a platter and surround with a sauce made by cooking the tomatoes with the celery salt, one-eighth teaspoonful of pepper, and one-fourth teaspoonful of salt. Thicken with the cornstarch mixed in a little cold water. Celery-seed may be used in place of the celery salt, if desired.

*E. Orange, N. J.*

## BREAKFAST BACON

5 ounces bacon cut in strips	1 teaspoonful sugar
4 large baking apples	$\frac{1}{8}$ teaspoonful pepper
	$\frac{1}{2}$ cupful cornmeal

Sauté bacon until crisp, remove to hot platter. Slice apples, dust in cornmeal and sauté in bacon fat. Arrange on platter surrounded with bacon, sprinkle with sugar and serve immediately.

*Philadelphia, Pa.*

## BROILED HAMBURG STEAK

$1\frac{1}{2}$ pounds ground beef	1 tablespoonful butter
$1\frac{1}{8}$ teaspoonfuls salt	1 tablespoonful minced parsley
$\frac{1}{4}$ teaspoonful black pepper	1 tablespoonful lemon-juice
	Few grains paprika

Select round or flank steak and have it ground with two ounces of suet. Season with one teaspoonful of salt and the pepper. Mix it well, then place it on a meat board and gently and lightly form it into an oblong cake about an inch thick. Heat the broiler very hot and rub it over well with a piece of suet, then place the meat cake on the hot bars and broil for twelve minutes, turning once, using a broad spatula or pancake

turner. Serve the steak on a hot platter with *maitre d'hôtel* butter rubbed over it. To make this butter, blend together the butter, parsley, and lemon-juice, adding the latter gradually, and season with one-eighth teaspoonful of salt and the paprika. Accompany with French fried potatoes.

*Beechwood Park, Pa.*

### CABBAGE ROLLS

1 small cabbage	1 cupful raw rice
1 pound ground steak	1½ teaspoonfuls salt
1 onion, minced	1 egg
1 teaspoonful cinnamon	

Boil the cabbage in salted water until the leaves are soft enough to roll without breaking. Drain, and when cool enough to handle, cut the leaves into squares of about six inches. Mix the steak, rice, onion, cinnamon, salt, and egg beaten in a mixing bowl. Put a heaping teaspoonful of the mixture on each square of cabbage and roll into rolls as nearly finger thickness as is possible. Have ready a large kettle of boiling, salted water and put into it a colander or some similar device for keeping the rolls off the bottom of the kettle, as they burn easily. Lay the rolls carefully in the colander; have water enough in the kettle to cover them. Cover and boil gently for forty-five minutes or until the rice is done. Serve with drawn butter sauce. If the flavor of cinnamon is not liked, omit and add one-fourth teaspoonful of pepper.

*Syracuse, N. Y.*

### CASSEROLE CHICKEN (FIRELESS)

1 fowl	Pepper
Flour	¼ pound salt pork
Salt	1 quart milk

Cut up the fowl and roll each piece in flour well seasoned with salt and pepper. Unless the fowl is very fat, add the salt pork cut in tiny cubes. Arrange in a deep casserole and cover with the milk scalded. Heat a soapstone radiator to 450° F. Place the casserole on top of the radiator in the fireless cooker and bake for five hours. Reheat before serving.

*Concord, Mass.*

## CHICKEN GELATIN

2 cupfuls cooked diced chicken	$\frac{1}{4}$ teaspoonful paprika
2 tablespoonfuls granulated gelatin	Salt
2 cupfuls boiling chicken stock	1 hard-cooked egg
$\frac{1}{4}$ teaspoonful pepper	Stuffed olives
$\frac{1}{4}$ teaspoonful celery salt	Lettuce or watercress
	Mayonnaise
	$\frac{1}{2}$ cupful cold water

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 of slices cut from stuffed olives. Chill thoroughly and garnish with watercress or lettuce and mayonnaise.

△ *Good Housekeeping Institute*

## CHICKEN LIVER ENTRÉE

3 chicken livers	Few grains cayenne pepper
1 tablespoonful butter or margarin	$\frac{1}{4}$ teaspoonful salt
	6 thin slices bacon
$\frac{1}{2}$ teaspoonful dry mustard	6 rounds sautéed bread
	Parsley garnish

Wash the livers, cut them in halves, and wipe them dry. Mix the butter and mustard to a cream; add the cayenne pepper and the salt. Spread the mixture over the livers and wrap each in a wafer-like slice of bacon. Broil quickly or cook in a hot skillet, turning often. Serve on rounds of sautéed bread or buttered toast. Garnish with sprigs of fried or fresh parsley. Pickled walnuts or gherkins are tasty accompaniments for this savory dish. *Beechwood Park, Pa.*

## CHICKEN AND RICE WITH GOLDEN SAUCE

1 fowl	Salt
1 cupful milk	$\frac{1}{4}$ teaspoonful pepper
1 cupful chicken broth	1 egg-yolk
2 tablespoonfuls butter	1 teaspoonful lemon-juice
2 tablespoonfuls flour	1 cupful rice
	Minced parsley

Cook a fowl until very tender and cut into neat attractive servings, rather small, using only the white meat for this dish if you wish it particularly delicate in appearance. Meanwhile, prepare the Golden Sauce as follows: Melt the butter, add the flour and when bubbling, stir in milk and chicken broth gradually. Cook until smooth and thickened, stirring constantly. Add the pepper and salt as needed, this depending upon the seasoning in the stock. Just before removing from the fire, add the egg-yolk beaten and the lemon-juice, stirring rapidly. Reheat the chicken in a little of the sauce placed in a double-boiler. Arrange it on a hot deep platter or chop plate, and surround with a ring of the rice cooked until tender and flaky in plenty of boiling salted water. Pour more of the sauce over the chicken and serve with minced parsley sprinkled over the rice. *Concord, Mass.*

### CHIPPED BEEF IN BROWN GRAVY

2 cupfuls chipped beef  
2 tablespoonfuls butter  
2 tablespoonfuls flour  
 $\frac{3}{4}$  cupful cold water

Salt  
 $\frac{1}{2}$  teaspoonful beef extract or  
1 bouillon cube  
3 drops kitchen bouquet

Pepper

Shred the beef, pour boiling water over it, and let stand five minutes; drain thoroughly. Melt the butter, browning it slightly, blend with it the flour, and when bubbling add the water gradually. Cook until smooth, stirring constantly. Place over hot water; add the beef extract or bouillon cube and the kitchen bouquet. Add salt and pepper to taste. If the bouillon cube is used, little additional seasoning is necessary. Then stir in the prepared beef. Serve with hot baked potatoes. Left-over meat gravy may be utilized in preparing this dish. *Cambridge, Mass.*

### CREOLE MEAT LOAF

$1\frac{1}{2}$  pounds chopped beef  
1 small onion  
1 large green pepper  
2 small tart pickles  
1 pimiento

$1\frac{1}{4}$  teaspoonfuls salt  
 $\frac{1}{4}$  teaspoonful pepper  
 $\frac{1}{4}$  teaspoonful paprika  
6 small slices bacon  
Strained tomato-juice

Mix the chopped beef with the onion chopped, the green pepper freed from seeds and chopped rather fine, and the pickles cut in small pieces. Season with the salt, pepper, and paprika. Grease a loaf pan and place half the mixture in it, pressing it down well. Then cut the pimienta in long thin strips and arrange over the meat, place the rest of the meat over the pimienta, and bake at 450° F. for thirty-five minutes. Ten minutes before removing from the oven, place the bacon strips across the top and permit them to bake until crisp. Serve the meat loaf with the bacon as a garnish and make a gravy of the fat in the pan in the usual way, only substituting strained tomato juice for the usual water.

*Beechwood Park, Pa.*

### CROWN ROAST OF PORK

12 ribs pork	½ teaspoonful summer savory
2 cupfuls dry bread crumbs	12 small white onions
¼ cupful walnut-meats	4 tablespoonfuls flour
Salt	2 tablespoonfuls chopped tart pickles
Pepper	Paprika

Six ribs from each side of a rack of pork are required for this dish, and each rib should be trimmed in the same way that lamb chops are cut when Frenched, only the ribs are not separated. Then the sections of meat are turned so that the bones are on the outside, and fastened together in a circle with skewers and string. Next make a stuffing. Soak the bread-crumbs in cold water and squeeze dry. Mix with the walnut-meats chopped, one and one-half teaspoonfuls of salt, one-fourth teaspoonful of pepper, one-fourth teaspoonful of paprika and the summer savory. Place the stuffing in the center of the roast and cover the ends of the bones with greased papers to prevent their browning too soon. Put the meat in a 500° F. oven and cook for thirty minutes. Then lower the heat to 450° F. and finish the roasting. Two hours should be given the roast—perhaps a little longer if it is very meaty, for it must be well done—and during the roasting process it must be basted frequently with the dripping in the pan, to which a cupful of boiling water was added after the roast was nicely seared. Sprinkle the meat lightly with salt

and pepper one-half hour before removing it from the oven. Parboil the onions in slightly salted boiling water and place one on the end of each rib in place of the paper covering, about ten minutes before the roast is done. Baste with the drippings so that they will take on an alluring brown. Accompany the roast with a gravy made from the drippings in the pan, the flour, sufficient boiling water to make the sauce of the correct consistency, the finely chopped pickle, with salt, pepper, and paprika to taste. *Beechwood Park, Pa.*

### CURRIED LAMB WITH MACARONI

1 pound lamb or mutton, cut in small pieces	2 tablespoonfuls margarin
	2 tablespoonfuls flour
1/2 pound macaroni	2 tablespoonfuls curry-powder
2 cupfuls milk	1 teaspoonful salt
	1/4 teaspoonful pepper

Order lamb as for stewing, brown it in a hot skillet, add a small amount of hot water, and cook until tender. Cook macaroni in boiling salted water till tender, drain, and pour cold water through it. In a saucepan melt the margarin, add the flour, curry-powder, salt, and pepper, and blend thoroughly. Add the milk gradually, stirring constantly; cook until a slightly thickened smooth sauce results. Into a greased casserole put a layer of macaroni, then a layer of lamb and curry sauce. Repeat till all is used. Cover and bake in a 350° F. oven about one hour. *So. Pasadena, Cal.*

### DELICIOUS FLANK STEAK

1 flank steak	3/8 teaspoonful pepper
3 tablespoonfuls cooking oil	2 tablespoonfuls minced carrots
1 bay-leaf	2 tablespoonfuls minced green pepper
1 clove garlic	2 cupfuls hot water
2 teaspoonfuls salt	6 medium-sized potatoes
2 tablespoonfuls minced celery	1 tablespoonful flour

Pound the meat and rub the oil into it. Sear quickly in a hot skillet. Place in a casserole together with all the other ingredients except the last two. Pour the hot water into the skillet and then over the meat. Cover and cook in a 350° F.



oven for two and a half hours. The last half-hour add the potatoes pared and quartered. Thicken the gravy with the flour mixed with a little cold water. *Chicago, Ill.*

### DEVEILED TONGUE MOLD

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 pound cold boiled smoked tongue   | 1 large sour or dill pickle      |
| 2 hard-cooked eggs                  | 1 tablespoonful prepared mustard |
| 2 tablespoonfuls granulated gelatin | 3 tablespoonfuls mayonnaise      |
| 1 tablespoonful mustard pickle      | 2 tablespoonfuls cold water      |
|                                     | 2 cupfuls boiling water          |

Add the tongue chopped coarsely to the eggs, pickle, and mustard pickle chopped. Add the mustard and mayonnaise. Meanwhile soak the gelatin in the cold water for five minutes and dissolve it in the hot water. Cool and when the gelatin begins to stiffen stir into it the tongue mixture and pour all into a cold, wet mold. Let harden in a cold place and serve garnished with parsley or lettuce. If just a sandwich filling is desired, omit the gelatin mixture. *Pittsburgh, Pa.*

### ESCALLOPED CELERY WITH CHICKEN

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 2 cupfuls prepared celery          | $\frac{1}{4}$ cupful milk         |
| 1 cupful diced canned chicken      | $\frac{1}{2}$ cupful cream        |
| 3 tablespoonfuls chopped pimientos | $\frac{1}{2}$ cupful celery water |
| 3 tablespoonfuls butter            | $1\frac{3}{4}$ teaspoonfuls salt  |
| 2 tablespoonfuls flour             | $\frac{1}{8}$ teaspoonful pepper  |
|                                    | $\frac{1}{2}$ cupful dried crumbs |

Wash, scrape, and cut the outer pieces of celery in inch lengths, cover with boiling water to which one teaspoonful of salt has been added, and cook twenty minutes. Drain, reserving one-half cupful of the water. To the cooked celery add the chicken and the pimientos; place in a buttered baking-dish and cover with white sauce made as follows: Melt in a saucepan two tablespoonfuls of the butter, add the flour, three-fourths teaspoonful of salt, and the pepper, and cook until bubbling. Pour in the cream, celery water, and milk gradually, stirring constantly. Cook until smooth and thickened. Cover with crumbs, dot over with the rest of the butter, and bake fifteen minutes at 500° F. This recipe is intended to serve four persons. *Minneapolis, Minn.*

## FILIPINO ROAST

1½ pounds ground round steak	1 small onion
½ pound ground fresh lean pork	1 cupful soft bread-crumbs
1 green pepper	1 egg
1½ teaspoonfuls salt	3 thin slices bacon
¼ teaspoonfuls pepper	2 cupfuls canned tomatoes

Combine the ground steak, ground pork, onion and green pepper chopped fine, bread-crumbs, salt, pepper, and egg slightly beaten, and mix thoroughly. Form into a roll and place in a roasting pan. Lay the bacon over the top and pour the tomatoes over and around the roll. Bake at 400° F. for one and one-half hours, basting frequently with the tomatoes. Fifteen minutes before removing from the oven raise the slices of bacon so that they may become crisp and golden brown. Remove the roll to a hot platter and serve with a gravy made from the juices in the pan.

*Concord Junction, Mass.*

## FLANK STEAK WITH TOMATO SAUTÉ

1 slice flank or round steak	6 medium tomatoes
2 tablespoonfuls fat	1 tablespoonful margarin
1 small onion, minced	1 tablespoonful minced green pepper
3 tablespoonfuls flour	¼ cupful milk

Have the steak well pounded—the market man will do this for you—and rub both sides with as much flour as it will take up. Heat the fat in a skillet, and when very hot put in the meat and cook until done, turning often. Remove to a hot platter. Slice the tomatoes without peeling about one-quarter inch thick, dip in flour, and sauté in the fat in which the steak was cooked, turning carefully. Arrange around the meat. Add the margarin to the fat left in the pan, and when bubbling add the onion and the chopped green pepper. Cook until soft, being careful not to burn, and add the milk. Boil up and pour over the meat and tomatoes. Serve with mashed potatoes, boiled rice, or plain boiled macaroni.

*Cedar Rapids, Ia.*

## FRIED CHICKEN

1 young chicken—1½ pounds	Flour
Salt	Fat
Pepper	Lemon slices
Sugar	1 cupful cream or rich milk
	Parsley

Wash and cut up the chicken. Sprinkle with salt and keep in a cool place several hours. Then pepper each piece lightly and roll in flour. Have the skillet half full of hot fat. Put in the chicken, cook for a few minutes over a hot fire, then cover the skillet and reduce the heat a little and cook slowly until tender, turning the chicken, when a golden brown, to the other side. Serve on a hot platter garnished with thin slices of lemon and sprigs of parsley. Accompany with gravy made as follows: Pour off nearly all the hot fat remaining in the skillet, add one tablespoonful of flour, stir until blended, and add gradually the cream or milk. Season with one-half teaspoonful of salt and one-eighth teaspoonful each of pepper and sugar. Let it boil up and serve. If the liver is floured and placed in the back of the chicken, it will cook with less popping of grease.

*Brooklyn, N. Y.*

## GENUINE VIRGINIA BAKED HAM

1 small, rather lean ham	10 peppercorns
6 cloves	½ teaspoonful ground cinnamon
½ teaspoonful celery seed	1 quart sweet cider
2 tablespoonfuls sugar	2 tablespoonfuls bread-crumbs
Boiling water	Celery leaves and curls for garnish
1 egg, beaten	Currant sauce

Select a ham weighing about seven pounds. Wash the ham thoroughly, sprinkle with soda, rubbing it all over the surface, rinse in cold water, and place in a deep kettle, with the cloves, celery-seed, cinnamon, peppercorns and cider. Cover with boiling water and simmer until perfectly tender, four or five hours. Take from the kettle, remove the skin, and sprinkle the ham with sugar. Brush over with beaten egg, cover with ground bread-crumbs, stick in cloves at even intervals, and brown in a 550° F. oven. Trim the meat from the bone end, and decorate the latter with celery leaves and curls. Serve with currant sauce. The fireless cooker may be used for this recipe. This recipe, of course, furnishes the meat for several meals.

*Ogden, Utah*

## HAMBURG ROLL

2 pounds ground round steak	2 medium onions
$\frac{1}{2}$ cupful soft bread-crumbs	1 cupful canned tomatoes
1 egg	$1\frac{1}{2}$ cupfuls bread flour
$1\frac{3}{4}$ teaspoonfuls salt	$1\frac{1}{2}$ teaspoonfuls baking-powder
$\frac{1}{8}$ teaspoonful pepper	2 tablespoonfuls shortening
1 teaspoonful sage	About $\frac{1}{2}$ cupful milk

To the ground steak add the bread-crumbs, the egg slightly beaten, one and one-half teaspoonfuls of salt, the pepper, and sage. Mix well, form into a long, narrow roll, and place in a roasting pan. Slice the onions and place around the roll. Pour the tomatoes over the top. Bake at  $450^{\circ}$  F. for twenty minutes. Meanwhile sift together the flour, baking-powder, and one-fourth teaspoonful of salt; work in the shortening thoroughly and add the milk gradually, mixing to a soft dough. Roll out into oblong shape and completely wrap around the meat loaf. Return to the oven and bake at  $450^{\circ}$  F. for twelve minutes or until the dough is thoroughly baked and golden brown. Serve in slices with a gravy made from the juices in the pan.

*Leonia, N. J.*

## MEAT PANCAKE ROLLS

1 tablespoonful fat	2 eggs
$\frac{1}{2}$ onion	$\frac{1}{2}$ cupful flour
1 cupful cooked meat	$\frac{1}{2}$ cupful milk
2 tablespoonfuls gravy	$\frac{1}{2}$ teaspoonful salt

To make the filling, brown the onion chopped fine in the fat, add the meat coarsely chopped and the gravy. Cook together until warm and thick. For the pancake mixture beat the eggs until light, add the flour, salt, and milk. Beat with an egg-beater. For pancakes, use a very small frying pan, grease well, and pour in about two tablespoonfuls of batter, just enough to cover the bottom. When barely set (do not have too hot a heat), slide out of the pan on a plate of fine, dry crumbs. Put a tablespoonful of meat on the edge of the pancake (while hot) and roll up into a cylinder. Grease the pan each time and continue in like manner. These may be kept covered in the refrigerator for several days. When you wish to serve them, brown them in a frying pan.

*Hanover, N. H.*

## MEXICAN LAMB STEW

11 pound neck of lamb	1 cupful green peas
1 tablespoonful drippings	1 cupful green corn
2 tablespoonfuls flour	$\frac{1}{2}$ cupful rice
1 onion chopped	1 tablespoonful salt
3 tomatoes chopped	$\frac{1}{4}$ teaspoonful pepper
3 green peppers chopped	1 egg
2 quarts hot water	1 teaspoonful salad oil
	$\frac{1}{2}$ teaspoonful vinegar

Roll the lamb, cut in small pieces, in the flour, brown in the drippings with the onion, add the tomatoes and green peppers, fry all together for a few minutes, then add the hot water, salt, and pepper, and simmer for about one hour. Add the peas, corn cut from the cob, and the rice. Cook until the rice is done. When ready to serve, put in the bottom of the serving-dish the egg mixed with the oil and vinegar. Pour the stew over this.

*Philadelphia, Pa.*

## MOCK VENISON

Leg of lamb	1 onion
Vinegar	6 cloves
$\frac{1}{4}$ teaspoonful ginger	10 peppercorns

Purchase a five-pound leg of lamb. Wipe it over with a damp cloth and lay it in a dish of vinegar, adding to it the onion cut small, the peppercorns, cloves, and ginger. Use three or four cupfuls of vinegar. Allow the lamb to remain in the vinegar one day, then turn and leave for a second day. Remove, flour, season, and roast in the usual manner.

*Atlantic City, N. J.*

## OVEN BROILED CHICKENS

Broilers	Salt
Flour	Pepper
	Butter

Clean and split small chickens and place them in a greased baking pan. Season the chickens and sprinkle lightly with flour; place a small piece of butter on the top of each half and cook quickly in a 500° F. oven—about twenty-five minutes.

*San Francisco, Cal.*

## PIGEON PIE

4 pigeons	2 dozen fresh or dried mushrooms
Salt	
Celery salt	2 tablespoonfuls margarin
Paprika	2 tablespoonfuls flour
2 hard-cooked eggs	1 egg
1 cupful thin cream	Rich biscuit dough

Clean and split the pigeons and simmer until tender, seasoning, when nearly done, with one teaspoonful of salt, one-half teaspoonful of celery salt, and one-fourth teaspoonful of paprika. Remove the larger bones and arrange in a buttered baking dish, together with the livers and hearts, the hard-cooked eggs quartered lengthwise, and the mushrooms. If fresh ones are used, they should be washed, skinned, and sliced. If dried ones are used, they should be soaked for an hour in warm water. Use the broth, reduced to one pint to make a highly seasoned gravy, thickening it with the margarin and flour blended together and adding more seasoning if needed. Pour this over the birds and cover with a rich biscuit crust—not too thick—cutting a cross in the center and turning back the corners. Bake one-half hour in a 400° F. oven, then pour in the cream, brush over the crust with beaten egg, and bake fifteen minutes longer.

*Redding, Conn.*

## PLANKED HAM WITH BROILED POTATOES AND TOMATOES

1 large slice ham cut 1 in. thick	Pepper
6 good-sized potatoes	Paprika
Salt	Butter or margarin
	2 large tomatoes

Heat an oak plank and rub it over with oil or any unsalted fat. Place the ham on the plank and broil on the lowest grate of the broiler oven for fifteen minutes. Remove and turn the cooked side of the ham down on the plank. Pare the potatoes and cut into lengthwise slices of one-half inch thickness. Place these in a colander over hot water or in a steamer and steam ten minutes. Remove the potatoes and place them around the meat on the plank, having them lap over each other. Cut the tomatoes in half-inch slices and

arrange these over the surface of the ham. Sprinkle salt, pepper, and paprika over the potatoes and tomatoes and place a small piece of butter in the center of each slice of both. Return the plank to the lowest possible position in the broiling oven and cook for thirty minutes or until the ham is well cooked, the potatoes golden brown, and the tomatoes tender. Remove and garnish with thin strips of green pepper and radishes cut in fancy shapes.

*Good Housekeeping Institute*

### ROAST CANNELON OF BEEF

1½ pounds ground round steak	¼ teaspoonful ground mace
Grated rind 1 lemon	2 tablespoonfuls melted margarin
1 tablespoonful minced parsley	¼ teaspoonful pepper
1¼ teaspoonfuls salt	¼ teaspoonful paprika
1 tablespoonful grated onion	Few grains cayenne pepper
1 tablespoonful lemon-juice	6 strips bacon
	4 large bananas

Mix together thoroughly the ground beef, grated lemon rind, salt, grated onion, mace, margarin, pepper, paprika, and a cautious sprinkling of cayenne pepper. Make into a roll; place in a greased pan and bake at 450° F. for twenty minutes. Then place the bacon strips across the roll and arrange in the pan about it the bananas halved lengthwise. Sprinkle them with a little lemon-juice and bake a delicate brown, about fifteen minutes longer. Serve the roast hot with the bananas about it.

*Beechwood Park, Pa.*

### ROAST CHICKEN, IN CHARLESTON STYLE

1 roasting chicken	1 tablespoonful cooking oil
1½ cupfuls cornmeal	1 medium onion
2 cupfuls boiling water	1 tablespoonful fat ham
2 eggs	1 teaspoonful thyme
3 teaspoonfuls salt	1 teaspoonful sage
1¾ cupfuls milk	¾ teaspoonful pepper

Pick, clean, wash, and dry the chicken. Dust with salt, pepper, and powdered thyme and stuff with the following mixture: Make a corn bread. Pour the boiling water over the cornmeal and let stand until cool. Add one egg, well

beaten, one teaspoonful of salt, the cooking oil, and one cupful of milk. Beat well together and bake in a greased shallow dripping-pan at 400° F. Let cool, crumble, and add the onion minced and cooked in the fat ham cut in tiny dice, one egg, the thyme, sage, pepper, two teaspoonfuls of salt, and three-fourths cupful of milk. Mix well together. Stuff the chicken, truss, and roast a delicate brown, having oven heated to 500° F. for first fifteen minutes, 450 F. for the next ten minutes, and then 400° F. for the remainder of an hour.

*Charleston, S. C.*

### ROASTING SUCKING PIG

A sucking pig  
Stuffing  
2 eggs

Flour  
1 cupful cider  
Parsley

Order a pig not older than six to eight weeks, cleaned and prepared for roasting. Wash it in cold water and wipe it dry. Make a stuffing as for duck or goose, seasoning it highly, and mixing it with the eggs, beaten. Stuff the pig and sew up the opening, bend the legs under, and fasten them securely in place with string or skewers. Dredge it all over with flour, and place in a large pan, then roast in the usual way, browning in a 500° F. oven for thirty minutes, then lowering the temperature to 450° F., and cooking until done, allowing half an hour for each pound. If the skin begins to crack during the last half hour, rub it over with melted drippings to keep it soft and tender. Make the gravy, from part of the fat in the pan, adding the cider to it. Serve the pig on a bed of parsley. Decorate as preferred, the customary garnishing being a lemon in its mouth, cranberry eyes, and a wreath of parsley about its neck. A paper chop frill on the tail gives a droll touch and adds to its attractiveness.

*Beechwood Park, Pa.*

### SAUSAGE TIMBALES

1½ cupfuls spaghetti  
1 teaspoonful salt  
¼ teaspoonful pepper  
Dash cayenne pepper

2 cupfuls sausage meat  
1½ teaspoonfuls cornstarch  
1⅓ cupfuls milk  
2 eggs

Hot tomato sauce



Cook the spaghetti in boiling, salted water until tender. Drain, and pour cold water through it. Add one-half teaspoonful of salt and the pepper. Line buttered timbale molds or custard cups with this mixture and fill with small pieces of cooked sausage. Cover the top of each mold with spaghetti and pour in as much of the following mixture as the molds will take up: Mix the cornstarch with one-third cupful of milk, add the egg-yolks beaten slightly, then add the rest of the milk, one-half teaspoonful of salt and a dash of cayenne pepper. Fold this into the beaten whites of the eggs. Set the molds in a pan of hot water and bake at 350° F. for thirty minutes. Invert and serve with hot tomato sauce.

*Concord, Mass.*

### SAVORY SLICED HAM

1 pound thinly sliced cooked ham	2 tablespoonfuls catchup
3 teaspoonfuls mustard	Dash cayenne pepper
$\frac{1}{4}$ teaspoonful pepper	1 cupful grated American cheese

Mix together thoroughly the mustard, pepper, catchup, and cayenne pepper. Spread the slices of ham with the mustard mixture and place one slice on top of the other with grated cheese between, thus forming a brick-shaped pile. Bake for fifteen minutes in a 350° F. oven. Remove, cool, and chill thoroughly in the refrigerator. Cut down in slices at right angles to the layers.

*Good Housekeeping Institute*

### SCALLOPED HAM AND POTATOES

2 cupfuls stale bread-crumbs	1 cupful cooked, diced potatoes
1 cupful cooked, minced ham	1 cupful milk
2 tablespoonfuls flour	2 tablespoonfuls fat
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{4}$ teaspoonful pepper

Melt the fat and add the flour gradually. Cook until it begins to bubble; add the cold milk, a little at a time, stirring constantly until thickened. Add salt and pepper. Add the cooked, diced potatoes. Soak bread-crumbs in water, and squeeze until dry. Into a buttered baking-dish put a layer of bread-crumbs, then alternate with ham, creamed potatoes and bread-crumbs until all are used. Top with bread-crumbs, and brown in a 500° F. oven.

*Kingston, N. C.*

## SLICED BEEF IN MUSTARD SAUCE

3 tablespoonfuls butter or margarin	2 cupfuls hot water
2 medium-sized onions	1 $\frac{1}{4}$ teaspoonfuls salt
3 tablespoonfuls flour	$\frac{1}{4}$ teaspoonful pepper
1 tablespoonful parsley	1 teaspoonful prepared mustard
Rounds bread	About 12 thinly cut slices roast beef

Melt the butter in a saucepan, and cook in it until yellow the onions finely chopped. Then add the flour and the parsley minced. Stir together until bubbling and add the hot water gradually. Stir constantly until thickened and add the salt, pepper, and prepared mustard. Then drop in the beef and cook just long enough to heat the meat through, not over ten minutes. To serve, arrange the meat on rounds of bread which have been fried in drippings and pour the sauce over all. Serve with plain tossed potatoes. *Paris, France*

## SLICED LAMB WITH ONION SAUCE

Cold sliced lamb	Juice $\frac{1}{2}$ lemon
3 large onions	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ tablespoonful Worcestershire sauce	1 tablespoonful margarin
Speck	$\frac{1}{2}$ teaspoonful curry powder
pepper	

Slice onions and lay them in the bottom of a saucepan; add the lemon-juice. Lay the cold lamb, cut in slices, on this bed of onions and cover the saucepan tightly. Cook one hour over a very slow fire. Then add the margarin, rolled in flour, Worcestershire sauce, curry-powder, and seasoning. Cook five minutes longer and serve. This recipe serves four.

*Good Housekeeping Institute*

## SMOTHERED BEEF

6 large onions	1 teaspoonful salt
1 cupful milk	$\frac{1}{8}$ teaspoonful pepper
2 tablespoonfuls margarin	6 slices cold roast beef
2 tablespoonfuls flour	$\frac{1}{4}$ cupful cracker crumbs

Cook the onions in boiling, salted water until tender. Make a white sauce in the following manner: Melt the margarin, add the flour, and cook until the mixture bubbles. Add the cold milk gradually and cook until smooth and creamy.

Season. Arrange one-half the onions in a layer in a greased baking-dish. Lay on the slices of beef and cover with the remaining onions. Pour the white sauce over all, sprinkle with the crumbs, and bake until brown in a 500° F. oven.

*Chicago, Ill.*

### SPANISH LAMB

2 tablespoonfuls margarin	1 cupful cooked diced lamb
3 small onions	1½ cupfuls cooked rice
1 green pepper	1¼ teaspoonfuls salt
3 fresh tomatoes	⅛ teaspoonful pepper

In the blazer of the chafing-dish fry the onions and pepper, chopped, in the margarin for five minutes. Add the tomatoes peeled and cut up. Cook until the sauce is quite thick, then add the lamb, rice, salt and pepper. Heat thoroughly, stirring constantly, and serve hot. Canned tomatoes may be used instead of fresh ones, in which case use one and one-half cupfuls.

*Fall River, Mass.*

### STEWED BEEF HEART AND PRUNES

1 beef heart	1 tablespoonful salt
1 cupful pitted prunes	¼ teaspoonful pepper
About ½ cupful flour	

Pour boiling water over beef heart and let stand for ten minutes. Trim off fat and arteries, and cut in pieces for stewing. Dredge with flour and brown in a little fat obtained by trying out some of the fat which was cut off. Place in stew kettle and pour over it enough hot water to cover, add the prunes soaked and pitted, season with the salt and pepper, and stew slowly till tender. Take care that it does not burn. This recipe will serve eight people generously.

*Winona, Minn.*

### STEWED LAMB WITH VEGETABLES

1 pound neck of lamb	¼ cupful flour
1 pound string-beans	2 tablespoonfuls drippings
2 bunches new carrots	2½ teaspoonfuls salt
	⅜ teaspoonful pepper

Cut the lamb into small pieces and roll in the flour seasoned with one-half teaspoonful of salt and one-eighth teaspoonful

of pepper. Brown in a stew pan in which the drippings have been melted. Add the string-beans and carrots, both cut small, and cover with boiling water. Add the rest of the seasoning and simmer until tender. Thicken with the rest of the flour the liquid which remains. Serve on a platter with the meat piled in the center and surrounded by the vegetables. This serves four or five persons.

*New York, N. Y.*

### STUFFED STEAK

1½ pounds round steak	1 teaspoonful sage
3 medium onions	1 teaspoonful salt
½ cupful minced suet	¼ teaspoonful pepper
2 cupfuls stale bread-crumbs	½ teaspoonful thyme
1 egg	Hot water
½ teaspoonful marjoram	2 tablespoonfuls drippings

Flour

Select two slices of top round steak, cut a scant half-inch thick. Peel the onions and pour boiling water over them; let stand fifteen minutes, then chop finely. Add to the onions, the suet, bread-crumbs, seasonings and egg. Mix together well and add sufficient hot water to make moist enough to spread. Lay the steaks flat, spread the bread mixture evenly over both, roll up and skewer, or tie securely. Roll in seasoned flour and sear quickly in a hot frying-pan in which drippings have been melted. Place in a casserole, add one-half cupful of hot water, cover, and cook one hour at 400° F. Remove to a hot platter, take off the skewers or string, and thicken the gravy in the pan.

*N. Vancouver, B. C.*

### TAMALE LOAF

1½ pounds beef chuck or bot- tom round	1 large onion
3 cupfuls stock	1 teaspoonful chili powder
2 cupfuls strained, canned to- matoes	½ teaspoonful paprika
	3 teaspoonfuls salt
	1 cupful unstoned ripe olives
	1¼ cupfuls cornmeal

Cover the meat with hot water and simmer until tender, replenishing the water if necessary. Put the meat through a grinder, add the stock of which there should be three cupfuls, the tomatoes, the onion chopped fine, the chili powder.

paprika, and salt. Bring to a boil and add the cornmeal gradually, stirring constantly. Cook for one hour. Then add the ripe olives, stoned and cut in small pieces, and pour into greased pans. Mold, reheat in a steamer, and serve hot with a highly-seasoned tomato sauce. *Eugene, Ore.*

## TENDERLOINS OF PORK WITH SWEET POTATOES

6 pork tenderloins	3 tablespoonfuls brown sugar
Poultry dressing	6 medium sweet potatoes
Butter	3 bright red apples

Cut the tenderloins lengthwise, but do not quite separate them. Open and flatten them, and spread with a good poultry dressing seasoned highly with sage and containing more than a suspicion of onion. Put the tenderloins together sandwich fashion and fasten them with string or toothpicks or sew together with coarse thread. Rub them with melted butter and dredge lightly with flour. Place in a baking-pan and surround with sweet potatoes, previously parboiled and peeled and cut in halves, and the apples quartered without paring. Drop bits of butter on the potatoes and apples using one-fourth cupful. Sprinkle with the sugar. Bake at 450° F. until the tenderloins are well done and the potatoes a golden brown. Remove the string or toothpicks and serve on a hot platter, the meat in the center with the apples and potatoes placed about it alternately. If gravy is desired, it may be made in the usual way from the juices in the pan.

*Beechwood Park, Pa.*

## TONGUE IN TOMATO SAUCE

1 fresh beef tongue	2 cloves
1 pint tomatoes	1 tablespoonful cornstarch
1 can peas	1 teaspoonful salt
1 onion	1/8 teaspoonful pepper

Boil tongue in salted water until tender. Peel and remove the roots. Combine the tomato, onion sliced, and cloves. Simmer until soft, strain and thicken with the cornstarch mixed with a little cold water. Add the salt and pepper. Simmer tongue in sauce one-half hour. Add peas just before serving.

*Highland Park, Mich.*

## VEAL AND HAM PIE

2 pounds shoulder or breast of veal	$\frac{1}{8}$ teaspoonful thyme
$\frac{1}{2}$ pound raw ham	$\frac{1}{8}$ teaspoonful marjoram
$1\frac{1}{2}$ teaspoonfuls salt	$\frac{1}{2}$ teaspoonful grated lemon rind
$\frac{3}{8}$ teaspoonful pepper	$\frac{1}{2}$ teaspoonful lemon-juice
1 bay leaf	1 teaspoonful minced parsley
$\frac{1}{4}$ teaspoonful summer savory	1 tablespoonful butter
1 tablespoonful granulated gelatin	Yolk 1 egg
2 tablespoonfuls cold water	$\frac{1}{8}$ teaspoonful nutmeg
$\frac{1}{2}$ cupful fine dry bread-crumbs	Hard-cooked eggs
	Flaky pastry
	1 egg

Cut the veal from the bone and divide it into neat pieces about two inches square. Cover the meat and bone with boiling water and simmer until tender. Then remove the meat from the liquid, trim if needed, and put it away in a cool place while making the rest of the preparations. Season the broth with one and one-fourth teaspoonfuls of salt, one-fourth teaspoonful of pepper, the bay-leaf and summer savory. Let it simmer with the veal bones for one hour longer. Then strain the broth and to it—there should be about one quart—add the gelatin softened in the cold water. Cook the ham, thinly sliced, in boiling water for ten minutes. Meanwhile, prepare a few forcemeat balls as follows: Mix together the fine bread-crumbs, the thyme, marjoram, grated lemon rind, and the minced parsley. Then rub into the mixture the butter and the egg-yolk well beaten. Season with the nutmeg, one-fourth teaspoonful of salt and one-eighth teaspoonful of pepper. Form into balls about the size of marbles, using a teaspoonful of the mixture for each ball. Butter a deep baking-dish or casserole and place the meat in layers in it, interspersing the veal with the ham, and occasionally place a forcemeat ball in some nook or crevice where it will fit. Hard-cooked eggs sliced crosswise may also be used in the pie, though they are not an essential to its perfection. When all the ingredients have been used, pour the strained broth about them and cover the dish with a top of flaky pastry in which several little slits have been cut. Bake at 350° F. for forty-five minutes, then brush the crust with the beaten egg and mixed with a tablespoonful of water, and return it to a 400° F. oven to brown. Serve hot or cold.

*Beechwood Park, Pa.*

## VEAU À LA GÈNOIS

- |  |                                    |
|--|------------------------------------|
| 2 large slices veal cutlet cut very thin | $\frac{1}{2}$ teaspoonful salt     |
| 3 eggs                                   | $\frac{1}{8}$ teaspoonful pepper   |
| 3 tablespoonfuls cold water              | 1 teaspoonful Worcestershire sauce |
| Butter or margarin                       |                                    |

Make an omelet as follows: Beat the eggs slightly, add the cold water, salt, and pepper, and pour into a buttered frying-pan. Cook until firm, then allow to become cold. Cut the omelet into two strips and place one on each slice of veal. Roll each piece like a jelly roll, tie with a string, or fasten with toothpicks. Sauté in butter or margarin, turning to brown on all sides. Lower heat, cover, and cook for thirty minutes. Place on a hot platter and make a gravy of the fat in the pan, adding the Worcestershire sauce in addition to other necessary seasonings.

*Beechwood Park, Pa.*

## VICTORY MEAT LOAF

- |   |                                  |
|---|----------------------------------|
| $1\frac{1}{2}$ pounds chopped round steak | 1 egg                            |
| $\frac{1}{4}$ pound veal                  | 1 cupful soft bread-crumbs       |
| $\frac{1}{4}$ pound fat salt pork         | 1 tablespoonful minced parsley   |
| 1 medium-sized onion                      | $1\frac{1}{4}$ teaspoonfuls salt |
| 1 green pepper                            | $\frac{1}{4}$ teaspoonful pepper |
| $\frac{1}{4}$ teaspoonful paprika         |                                  |

Put the steak, veal, and salt pork through the meat grinder together. Add the onion and green pepper, finely chopped, the egg well-beaten, the bread-crumbs, minced parsley, and seasonings. Mix all together thoroughly, then make into the form of a loaf, place in a greased pan, and bake at 400° F. for forty-five minutes. Serve hot with gravy made from the juices in the pan or the loaf is equally delicious cold.

*Beechwood Park, Pa.*

## VIRGINIA SPICED HAM

- |                                       |                         |
|---------------------------------------|-------------------------|
| 11 slice ham, $\frac{3}{4}$ in. thick | 2 tablespoonfuls sugar  |
| $\frac{1}{2}$ teaspoonful mustard     | 1 tablespoonful vinegar |
| $\frac{1}{2}$ cupful water            |                         |

Mix the mustard and sugar and rub over the surface of the meat. Place in a baking-pan. Pour the water and vinegar around it; cover, and bake in a 450° F. oven for twenty minutes.

*Winfield, W. Va.*

# Pickles and Relishes

## A FINE CUCUMBER RELISH

- |                       |  |
|-----------------------|--|
| 1 dozen cucumbers     | 1 pound brown sugar                    |
| 2 quarts small onions | 1 quart vinegar                        |
| 3 red peppers         | 1½ teaspoonfuls white mustard-<br>seed |
| 2 tablespoonfuls salt | 1 teaspoonful turmeric                 |

Peel onions and slice cucumbers, onions, and red peppers thinly. Remove the seeds from the red peppers. Let them all stand one hour well sprinkled with the salt. Drain and add the brown sugar, white mustard-seed, and turmeric. Cook forty-five minutes or until tender. Pour into sterilized jars and seal hot.

*New York, N. Y.*

## BALTIMORE CHOW-CHOW

### Part 1

- |  |                       |
|--|-----------------------|
| 1 peck ripe tomatoes, peeled and<br>sliced | 1 quart onions sliced |
|  | 1 cupful salt         |

### Part 2

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 pint cider vinegar         | 1 tablespoonful ground cinnamon |
| ¼ pound ground mustard       | 1 tablespoonful celery seed     |
| ½ teaspoonful cayenne pepper | 1 tablespoonful ground cloves   |

Mix part 1, let stand two hours, and drain; then boil two hours in a preserving kettle, then add the ingredients of part 2. Boil another hour and can in pint jars.

*Concord, Mass.*

## BEET RELISH

- |                             |                            |
|-----------------------------|----------------------------|
| 1 quart cooked beets        | 2 tablespoonfuls salt      |
| 1 small head cabbage        | 2 teaspoonfuls mustard     |
| 1 cupful grated horseradish | 2 teaspoonfuls celery-seed |
| 2 cupfuls sugar             | 1 pint vinegar             |



Put the beets and cabbage through the food-chopper and add the rest of the ingredients in the order given. Let stand at least twenty-four hours before using. This will keep indefinitely. It may be bottled or kept in a covered crock.

*Canandaigua, N. Y.*

### CELERY SAUCE

24 ripe tomatoes	2 red peppers
2 stalks celery	2 tablespoonfuls salt
8 large onions	1 pint vinegar
	1 pound brown sugar

Clean the vegetables and cut them fine. Add half the vinegar first (you may not need it all), sugar, and salt, and boil slowly till tender, about one hour and a half. Put in jars and seal while hot.

*New York, N. Y.*

### CHUTNEY CONSERVE

12 apples	$\frac{1}{2}$ teaspoonful ground mace
8 green peppers	$\frac{1}{4}$ teaspoonful mustard seed
1 red pepper	$\frac{1}{2}$ teaspoonful celery seed
1 cupful seedless raisins	2 cupfuls brown sugar
1 pint weak vinegar	$\frac{1}{4}$ teaspoonful paprika
8 bay leaves	Juice 6 lemons
1 teaspoonful whole allspice	1 tablespoonful salt

Pare, core and chop the apples. Chop the green peppers after removing the seeds, and chop the red pepper retaining the seeds. Mix all the ingredients together and boil until thick. Seal in jars while hot. This quantity makes four and one-half pints.

*Middletown, Conn.*

### EMERGENCY CHILI SAUCE

1 quart canned tomatoes	2 teaspoonfuls salt
2 onions chopped fine	3 tablespoonfuls brown sugar
$\frac{1}{2}$ teaspoonful celery salt or	$\frac{1}{8}$ teaspoonful pepper
2 pieces celery minced	$\frac{1}{2}$ teaspoonful mustard
1 green pepper chopped fine	Dash cayenne pepper
	$\frac{1}{4}$ cupful vinegar

Put all the ingredients into a preserving kettle; stir together, bring to a boil, and boil gently about forty-five minutes, stirring occasionally. Cook a little longer if needed to make the sauce the right consistency.

*Concord, Mass.*

## EMERGENCY RELISH

2 quarts canned tomatoes	1 cupful vinegar
3 medium-sized onions	1 tablespoonful salt
3 green peppers	1 teaspoonful whole cloves
1 cupful brown sugar	$\frac{1}{2}$ teaspoonful whole allspice
2 good-sized sticks cinnamon	

Place the tomatoes in a preserving kettle, cutting them apart until well broken. Add the onions and peppers put through the food-chopper. Scald together the sugar, vinegar, salt, and spices. Combine mixtures and cook slowly, stirring frequently, about two hours. Bottle while hot.

*Concord, Mass.*

## ENGLISH MINT CHUTNEY SAUCE

$\frac{1}{2}$ pound ripe tomatoes	$\frac{1}{2}$ cupful chopped mint leaves
1 pound tart apples	$1\frac{1}{3}$ cupfuls seeded raisins
2 cupfuls granulated sugar	3 cupfuls vinegar
3 large peppers	2 teaspoonfuls dry mustard
12 small onions	2 teaspoonfuls salt

Chop the tomatoes, add the salt, and mix. Chop the apples, onions, raisins, and peppers, and add mint. Scald and cool the vinegar, add the sugar and mustard. Mix all together and allow to stand at least ten days before using. Serve with lamb. This will keep indefinitely and is the better for standing several months. It may be put into pint preserve jars, if you wish; shake them occasionally. This relish has the advantage of not requiring any cooking and is entirely different from the usual chutney sauce.

*Concord, Mass.*

## GREEN CHILI SAUCE

35 large green tomatoes	5 large green peppers
10 large onions	10 cupfuls vinegar
$1\frac{3}{4}$ cupfuls sugar	5 tablespoonfuls salt

Chop tomatoes, peppers, and onions fine, add seasoning, and boil for two hours; then seal in jars. This quantity makes about seven pints.

*New York, N. Y.*

## GREEN PICKLE

- |                                    |  |
|------------------------------------|--|
| 1 peck green tomatoes              | $\frac{1}{2}$ teaspoonful cayenne pepper |
| 5 small onions                     | 1 teaspoonful black pepper               |
| 1 quart vinegar                    | 1 teaspoonful ground cloves              |
| 1 cupful salt                      | 1 teaspoonful cinnamon                   |
| $\frac{1}{2}$ teaspoonful allspice | 4 teaspoonfuls celery-seed               |
| 7 cupfuls sugar                    | 1 cupful mustard-seed                    |

Slice or chop tomatoes and let stand in the salt overnight, or through the morning; drain, and add the chopped onions. Add spices and all the other ingredients and boil hard in a preserving kettle fifteen minutes. Whole cloves and stick cinnamon may be used if preferred. Can hot.

*Concord, Mass.*

## GREEN TOMATO PICKLE

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 peck green tomatoes  | 1 bunch celery                    |
| 12 medium-sized onions | $\frac{3}{4}$ cupful salt         |
| 2 heads cauliflower    | 2 quarts vinegar                  |
| 3 green peppers        | 2 pounds sugar                    |
|                        | $\frac{2}{3}$ cupful whole spices |

Wash the green tomatoes and slice; peel the onions and slice. Separate the cauliflower heads into small flowerets. Remove the seeds from the green peppers and chop. Wash and dice the celery. Place all in a large preserving kettle in layers, sprinkling each layer with salt. Let stand overnight. In the morning, drain, add one quart of vinegar, and two quarts of water, bring to a boil, and cook fifteen minutes. Drain again. Make a sirup by boiling together for fifteen minutes the other quart of vinegar, the sugar, and the spices tied in a cheesecloth bag. Add the pickle, bring to a boil, and can hot. This makes five quarts of pickle. *Lawrence, Mass.*

## HARLEQUIN SAUCE

- |                      |                             |
|----------------------|-----------------------------|
| 12 red peppers       | 2 tablespoonfuls salt       |
| 12 green peppers     | 2 cupfuls light brown sugar |
| 12 good-sized onions | 1 quart vinegar             |
|                      | Boiling water               |

Chop coarsely the peppers and the onions. Pour boiling water over the peppers and let them stand five minutes; drain and repeat, letting them stand in the second water ten min-

utes. Drain, add chopped onions, salt, sugar, and vinegar. Cook twenty minutes after it begins to boil and put into sterilized jars while hot, or store in a crock.

*Concord, Mass.*

### INDIA CHUTNEY

15 large sour apples	2 tablespoonfuls white mustard-
2 green peppers	seed
1 cupful seeded raisins	2 tablespoonfuls ground ginger
2 good-sized onions	2 tablespoonfuls salt
1 quart vinegar	2 cupfuls brown sugar

Pare, core, and chop the apples, together with the green peppers, from which the seeds have been removed, and the onions. Add the raisins and vinegar, put in a preserving kettle, and simmer two hours. Add the sugar and seasoning and cook slowly for another hour. Seal in glass jars while hot. This recipe makes about five pints.

*Salem, Ore.*

### ITALIAN PICKLE

1 peck green tomatoes, sliced in	7 green peppers, chopped fine
$\frac{1}{4}$ inch slices	1 cupful salt
7 onions, chopped fine	Vinegar

Sprinkle salt over other ingredients, let stand overnight. In the morning drain thoroughly and boil twenty minutes in weak vinegar and water to cover. Drain from this and cook slowly in the following sirup for about two hours:

2 pounds sugar	1 tablespoonful whole allspice
$\frac{1}{2}$ pound white mustard-seed	1 stick cinnamon
1 tablespoonful whole cloves	2 $\frac{1}{2}$ quarts vinegar

Tie the cloves, allspice, and cinnamon in a bag loosely and cook in the pickle. Can hot.

*Concord, Mass.*

### JENNIE'S PICKLE

1 $\frac{1}{2}$ quarts canned tomatoes	1 $\frac{1}{2}$ teaspoonfuls salt
2 green peppers	1 cupful brown sugar
2 medium-sized onions	1 teaspoonful whole cloves
2 pieces celery	1 teaspoonful mustard-seed
1 cupful vinegar	3 small pieces stick cinnamon
	$\frac{1}{2}$ cupful seedless raisins

Place the tomatoes in a preserving kettle, stir until well broken and add the peppers, onions, and celery chopped fine. Mix together, adding the sugar, vinegar, salt, and spices; boil twenty minutes. Then add the raisins and cook fifteen minutes longer, or until the vegetables are tender and the sauce is rich and thick. Can while hot. *Concord, Mass.*

### MARYLAND RELISH

- |                         |  |
|-------------------------|--|
| 1 quart green tomatoes  | 1 quart vinegar                            |
| 2 quarts cabbage        | $\frac{1}{2}$ tablespoonful whole allspice |
| 5 medium-sized onions   | $\frac{3}{4}$ tablespoonful mustard-seed   |
| 2 teaspoonfuls turmeric | 2 tablespoonfuls salt                      |
| 6 red peppers           | $\frac{1}{2}$ tablespoonful celery seed    |
| 1 cupful sugar          |  |

Slice the tomatoes thin and let them stand overnight in salted water. In the morning drain and add the thinly sliced cabbage, onions, and red peppers chopped fine. Put the vinegar in the preserving kettle, add sugar, spices and turmeric, then the vegetable mixture, and scald thoroughly. Put up in small jars or jelly tumblers and seal with paraffin.

*New York, N. Y.*

### MY CHUTNEY

- |                                       |  |
|---------------------------------------|--|
| 2 cupfuls preserved ginger with sirup | 10 bay leaves                                |
| 15 apples                             | $1\frac{1}{4}$ teaspoonfuls whole allspice   |
| 9 green sweet peppers                 | $\frac{1}{4}$ teaspoonful black mustard-seed |
| 2 chili peppers                       | $\frac{1}{4}$ teaspoonful whole cloves       |
| 3 cupfuls vinegar                     | 1 pound brown sugar                          |
| 1 cupful water                        | 1 tablespoonful salt                         |

Cut the ginger in small pieces; pare and slice the apples thin; remove the seeds from the peppers and slice them thin. Place the allspice, mustard-seed, and cloves in a small cheesecloth bag. Put all the ingredients together and boil gently until thick. Bottle while hot.

*New Rochelle, N. Y.*

### OIL PICKLES

- |   |  |
|---|--|
| 6 dozen small cucumbers (4 inches long) | 2 tablespoonfuls celery salt                   |
| $\frac{1}{2}$ cupful salt               | $\frac{1}{2}$ tablespoonful white mustard-seed |
| 1 pound small white onions              | $1\frac{1}{2}$ cupfuls salad oil               |
| 1 quart vinegar                         |  |

Slice, but do not peel the cucumbers; sprinkle them with salt and let them stand overnight. After draining, add the onion, sliced thin, the celery salt, and mustard-seed. Make a dressing by beating thoroughly together the oil and vinegar, adding the latter gradually. Pour this over the cucumbers and onions. Mix well and can.

*Concord, Mass.*

### PEACH CHUTNEY

2½ pounds fresh peaches	¼ cupful mustard-seed
1¼ pounds evaporated peaches	½ pound green ginger
½ pound seeded raisins	1¼ pounds brown sugar
2 tablespoonfuls red chili powder	1 quart vinegar
1 small onion	⅓ cupful salt

Soak the evaporated peaches several hours in water to cover, then cut in small pieces. Peel the fresh peaches and also cut in small pieces. Put the onion and ginger through the food-chopper. Boil all the peaches in one pint of vinegar until tender—about one-half hour. Make a sirup of the sugar and the other pint of vinegar and cook all the ingredients in it for about one hour, stirring frequently until thick. Seal while hot in preserve jars. This recipe makes five and one-half pints.

*Chicago, Ill.*

### PICKLED BEETS

About 2 cupfuls prepared beets	⅓ teaspoonful pepper
1 pint sharp vinegar	⅓ teaspoonful paprika
2 tablespoonfuls brown sugar	2 cloves
½ teaspoonful salt	Green pepper

Boil and peel the beets as usual. Cut them in fanciful forms or leave them whole if preferred. Bring the vinegar to the boiling point, add the sugar and seasonings. Arrange the beets in a jar, alternating the slices with bits of green pepper. Pour the boiling liquid over the beets and seal.

*Beechwood Park, Pa.*

### PICKLED CARROTS

Cooked carrots

Pickling vinegar

Prepare the vinegar as for cucumber pickles, using one cupful each of sugar, salt, and mustard to the gallon of vinegar.

Clean and scrape the carrots, cook till tender in salted water, drain and pack in glass jars. Pour over them the vinegar heated to boiling, and seal at once. These are a pleasing addition to any salad. *Lebanon, O.*

### PICKLED SPICED ONIONS

Small onions	Sugar
Salt	Mace
Whole cloves	Bay-leaf
A few chili peppers	Whole peppers
	White vinegar

Peel onions and cover with hot water and salt, making a strong brine. Let them stand twenty-four hours, drain and cover with another hot brine. Next day drain and make a fresh brine, heat to boiling-point, add onions and boil three minutes. Drain and put onions in jars with bits of mace, bay-leaf, a few whole peppers, a few cloves, and slices of red pepper. Fill jars with hot vinegar, allowing one cupful of sugar to four quarts of vinegar. Seal at once.

*New York, N. Y.*

### QUICK CABBAGE CHOW-CHOW

1 large head white cabbage	2 tablespoonfuls salt
2 green peppers	$\frac{1}{4}$ cupful black mustard-seed
1 teaspoonful celery-seed	$\frac{1}{4}$ cupful white mustard-seed
$\frac{1}{4}$ ounce alum	About 1 quart vinegar
1 pint small onions	$\frac{1}{2}$ pound brown sugar

Chop all very fine, mix, sprinkle lightly with salt, and let stand an hour, then drain for three hours. Mix in a kettle the brown sugar, celery seed, and black and white mustard-seeds. Add the vinegar and alum; let all boil up, then pour it over the cabbage; cover tightly. This chow-chow may be made in the winter if relishes become scarce. *Concord, Mass.*

### RIPE TOMATO SAUCE

1 dozen ripe tomatoes	2 cupfuls vinegar
6 red peppers	$\frac{3}{4}$ cupful sugar
6 medium-sized onions	2 tablespoonfuls salt

Wash the vegetables and pare the tomatoes, remove the seeds from peppers unless you like a hot sauce, when a few may be left. Chop onions and peppers fine, add the vinegar, sugar, and salt. Cook until soft, and bottle. *New York, N. Y.*

## RUMMAGE PICKLE

2 quarts green tomatoes	1 small head cabbage or
1 quart red tomatoes	1 large, ripe cucumber
3 green peppers	½ cupful salt
3 stalks celery	3 pints vinegar
3 large onions	2 pounds brown sugar
3 sweet red peppers	1 teaspoonful mustard
	1 teaspoonful pepper

Chop all the vegetables and sprinkle with salt. Cover and let stand overnight. In the morning, drain thoroughly. Add the brown sugar, mustard, pepper, and vinegar. Cook all together for about one hour or until clear. Seal as usual in small jars or bottles large enough only to insure one serving, if possible. This recipe will make approximately three quarts. *New York, N. Y.*

## SOUR PICKLED GHERKINS

100 small cucumbers	12 whole allspice
Cold water	12 peppercorns
1½ cupfuls salt	3 sticks cinnamon
Boiling water	3 blades mace
Vinegar	1 ounce mustard-seed
4 green peppers	2 bay-leaves
	1 good-sized onion

Be careful not to bruise or mar the cucumbers. Do not wash and scrub them unless absolutely necessary, as that will tend to bruise them. Select very small prickly cucumbers of uniform size and cover them with cold water. By measuring the cold water needed for covering the pickles at this stage, the amount needed for the brine and also for the vinegar later on may be easily determined. Let stand one hour, then lift the cucumbers out in order not to disturb any settling of sand or dirt, and turn them into a large crock. Add one cupful of salt to sufficient boiling water to cover the cucumbers and pour this over them. Cover the crock closely and let it stand for two days. After this, drain, rejecting those that may



be imperfect or soft, and pack them in a clean crock. Then cover them with the following solution which should be hot but not boiling: Take enough vinegar to cover the gherkins, add the green peppers chopped, one-half cupful of salt, the spices and the onion diced. These gherkins may be sealed in jars or kept unsealed in crocks. They keep perfectly either way. Do not use until six or eight weeks after making. They are even better if left for a longer time before using.

*Good Housekeeping Institute*

### SPICED CRANBERRIES

2 quarts cranberries	2 tablespoonfuls ground cinna- mon
$1\frac{1}{3}$ cupfuls vinegar	1 tablespoonful ground cloves
$\frac{2}{3}$ cupful water	1 tablespoonful ground allspice
6 cupfuls sugar	

Combine the ingredients, boil gently for forty-five minutes, and put up as usual in jars or glasses. *Des Moines, Ia.*

### STUFFED PEPPER PICKLE

20 to 25 small green peppers	1 teaspoonful ground cloves
1 small head cabbage	1 teaspoonful ground mustard
2 medium-sized onions	1 cupful salt
1 teaspoonful ground cinnamon	1 teaspoonful celery-seed
Vinegar	

Wash all the vegetables carefully, cut the tops of the peppers almost off and remove the seeds. Cover with cold water and the salt and soak overnight. In the morning drain and fill with a stuffing made as follows: Chop the cabbage and onions fine, mix well with the cinnamon, cloves, and mustard. Tie the tops on securely, pack in a stone jar and cover with boiling vinegar. Put celery-seed in a muslin bag and place in the jar if you like the flavor of celery. Keep the jar well covered and do not eat the peppers for six weeks.

*New York, N. Y.*

### UNCOOKED TOMATO PICKLE

1 peck half-ripe tomatoes	2 quarts vinegar
2 cupfuls chopped celery	1 pound brown sugar
7 or 8 small onions	1 cupful salt
8 peppers (half ripe or four green and four red)	4 tablespoonfuls mustard-seed
	$\frac{1}{4}$ teaspoonful grated nutmeg

Peel tomatoes, put them through the meat-chopper, and drain thoroughly. Add onions, peppers, and celery, all of which have been chopped finely. Then add the other ingredients mixed, and stir all together very thoroughly. Put in crocks or jars. Let it stand six weeks before using. It will keep indefinitely.

*Concord, Mass.*

### UXBRIDGE CATCHUP

$\frac{1}{2}$ bushel tomatoes	1 tablespoonful mustard
$\frac{1}{2}$ cupful salt	1 tablespoonful black pepper
1 cupful brown sugar	$\frac{1}{2}$ tablespoonful ground cloves
$1\frac{1}{2}$ pints vinegar	$\frac{1}{2}$ tablespoonful ground cinnamon
1 nutmeg grated	
$\frac{1}{8}$ tablespoonful ground allspice	

Boil the tomatoes until tender and while hot press through a sieve; return to kettle and boil again until quite thick and when nearly cool add the rest of the ingredients. Let all boil up and can in pint jars.

*Concord, Mass.*

### UXBRIDGE MUSTARD PICKLE

1 quart large cucumbers	8 green peppers
1 quart tiny cucumbers	$\frac{1}{2}$ cupful salt
1 quart tiny white onions	3 cupfuls sugar
1 quart tiny green tomatoes	1 ounce turmeric
1 quart large green tomatoes	$1\frac{1}{2}$ cupfuls flour
2 large heads cauliflower	$\frac{1}{2}$ pound dry mustard
1 gallon vinegar	

Slice the large cucumbers before measuring. Halve the tiny green tomatoes and cut the large ones in slices and then in quarters. Separate the cauliflower into flowerets and cut the green peppers into small dice. Place all the vegetables except the cucumbers in a large kettle. Pour the vinegar, scalding hot, over them and allow the mixture to just come to a good boil. Mix all the other ingredients together and moisten with a little cold vinegar. Then stir into the hot mixture carefully that it may not lump, add the cucumbers and let come to boil, stirring constantly. Bottle hot.

*Concord, Mass.*

# Pies

## BANANA PIE

3 bananas	$\frac{1}{3}$ cupful flour
$\frac{3}{4}$ cupful sugar	$\frac{3}{4}$ cupful boiling water
1 tablespoonful butter	$\frac{1}{4}$ teaspoonful vanilla
2 eggs	6 tablespoonfuls sugar
$\frac{1}{8}$ teaspoonful salt	Pastry

Line a medium-sized pie plate with pastry, having a fluted edge and bake at 500° F. for twelve minutes. Meanwhile cream together the three-fourths cupful of sugar and the butter, add the egg-yolks beaten slightly, the flour and boiling water and cook in the top of a double-boiler, stirring constantly, until thickened. Cool and add the vanilla. Peel and slice the bananas and place a layer of them in the bottom of the baked pastry shell. Spread with a layer of the cream filling, lay on another of the bananas and top with cream filling. Make a meringue from the two egg-whites and six tablespoonfuls of sugar, arrange on the top of the pie, and bake at 300° F. for fifteen minutes, or until a delicate brown.

*New York, N. Y.*

## BURNT SUGAR AND BANANA PIE

About $1\frac{1}{2}$ cupfuls milk	2 ripe bananas
$\frac{1}{2}$ cupful flour	2 egg-whites
$\frac{1}{2}$ cupful sugar	6 tablespoonfuls sugar
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful baking-powder
2 egg-yolks	$1\frac{1}{2}$ teaspoonfuls vanilla
	Pastry

Line a medium-sized pie plate with pastry having a fluted edge and bake at 500° F. for twelve minutes. Meanwhile prepare the following filling: Scald one cupful of milk in the top of a double-boiler and add one-fourth cupful of sugar which has been caramelized. Cook until the caramel is dis-

solved. Place the flour in a measuring cup, add enough milk to make a smooth paste and then fill up the cup with milk. Beat the egg-yolks slightly and add one-fourth cupful of sugar, the salt and the flour paste. Pour the scalded milk gradually over this mixture, stirring constantly. Return to the double-boiler and cook for one-half hour. Remove, cool and add one teaspoonful of vanilla. Pour into the pastry shell and garnish the top with the bananas cut in rings. Cover with a meringue made as follows: Beat the two egg-whites until stiff, adding four tablespoonfuls of sugar. Add the remaining two tablespoonfuls of sugar, the baking-powder, and one-half teaspoonful of vanilla, beat well, and pile lightly on the pie. Brown in the oven at 300° F. for fifteen minutes.

*Bristol, Va.*

### CHERRY PIE

1 quart sour cherries	Few drops almond extract
1 cupful granulated sugar	3 tablespoonfuls flour
$\frac{1}{8}$ teaspoonful salt	Pastry

Line a pie plate with pastry. Mix together the sugar, salt, and flour, and spread half of it over the pastry. Wash, and pit the cherries and fill the pie plate with them. Sprinkle the almond extract and remaining sugar mixture over the cherries. Wet the lower crust around the edge and put the upper crust in position. Bake at 450° F. for forty minutes.

*Columbus, O.*

### CHOCOLATE NUT PIE

2 medium-sized boiled potatoes	1 cupful pastry flour
1 tablespoonful butter	$\frac{1}{2}$ teaspoonful baking-powder
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful powdered sugar	4 tablespoonfuls shortening
1 cupful finely chopped nut-meats	1 egg
$\frac{1}{4}$ pound cake milk chocolate	1 teaspoonful vanilla
	Whipped cream

To make the filling, mash the potatoes, add the butter and one-fourth teaspoonful of salt, and beat together. Add the sugar, nuts, melted chocolate, and vanilla. Beat together until light and fluffy. Set aside to cool. To make the pastry, sift

the pastry flour, baking-powder, and one-half teaspoonful salt together, cut in the shortening thoroughly, and add the egg unbeaten. Mix and turn on a floured board; roll thin. Bake on inverted muffin tins at 500° F. for about ten minutes. Cool and fill with the chilled mixture. Garnish with whipped cream.

*Little Rock, Ark.*

### COCONUT CREAM PIE

4 eggs	½ cupful cream
½ cupful sugar	½ cupful freshly grated coconut
1½ cupfuls milk	1 teaspoonful vanilla

#### Pastry

Combine the eggs, sugar, milk, cream, and vanilla and beat for two minutes. Strain and add the coconut. Pour into a pie plate lined with pastry having a fluted edge and bake at 450° F. for ten minutes; then reduce the heat to 325° F. for thirty minutes. The vanilla may be omitted and a little nutmeg grated over the custard before it goes into the oven. In lieu of fresh coconut, shredded coconut soaked in milk may be used.

*San Diego, Cal.*

### COFFEE SOUFFLÉ PIE

2 tablespoonfuls granulated gelatin	2 eggs
½ cupful cold water	⅓ teaspoonful salt
2 cupfuls hot coffee infusion	1 teaspoonful vanilla
½ cupful sugar	1 cupful cream
	1 tablespoonful sugar

#### Pastry

Soak the gelatin in the cold water and add the hot coffee infusion and one-half cupful of sugar. Stir until dissolved and pour on to the egg-yolks beaten slightly with one tablespoonful of sugar. Cook in the top of a double-boiler until thickened. Remove from the fire and add the salt and vanilla. Let cool, stirring often. When beginning to set, beat hard, fold in the egg-whites and cream, both stiffly beaten. Cool until the mixture is stiff enough to pile up well on the spoon, then turn into a baked pastry shell. Chill thoroughly before serving.

*Good Housekeeping Institute*

## CRANBERRY AND PRUNE PIE

1½ cupfuls halved cranberries	¾ cupful sugar
1 cupful prunes	1 tablespoonful flour
1 tablespoonful butter	Pastry

Mix together the halved cranberries, the prunes cooked until soft and cut in small pieces, the sugar and the flour. Turn into a pie plate lined with pastry, dot over with the butter, cover with strips of pastry and bake at 450° for twenty minutes.

*Good Housekeeping Institute*

## PINEAPPLE GELATIN PIE

2 tablespoonfuls granulated gelatin	½ cupful sugar
½ cupful cold water	1 tablespoonful lemon-juice
1 can grated pineapple	1 pint cream
	Pastry

Line a pie plate with pastry having a fluted edge and bake at 500° F. for twelve minutes. Soak the gelatin in the cold water for five minutes. Heat the grated pineapple of which there should be three cupfuls, add the sugar, lemon-juice and the softened gelatin. Stir until dissolved. Chill in a cool place, stirring frequently. When the mixture begins to set, beat well and fold in the cream, whipped stiff. Cool till stiff enough to pile up well on the spoon. Turn into the baked pastry shell and chill till thoroughly set.

*Good Housekeeping Institute*

## RAISIN PIE

Grated rind and juice 2 lemons	1 cupful walnut-meats, coarsely
Grated rind and juice 1 orange	chopped
1 cupful light brown sugar	1¼ cupfuls water
2 tablespoonfuls water	3 tablespoonfuls cornstarch
2 cupfuls seeded raisins	Pastry

Line a medium-sized pie plate with pastry. Combine the lemon-juice and rind, orange-juice and rind, brown sugar, seeded raisins, chopped walnut-meats, and the one and one-fourth cupfuls of water and bring to the boiling point. Mix the cornstarch and two tablespoonfuls of water and add to the mixture gradually, stirring constantly. Cook five minutes, and pour into the pastry lined pie plate. Put on a top crust and bake at 450° F. for thirty minutes.

## RHUBARB CUSTARD PIE

2 cupfuls rhubarb, diced	1 teaspoonful lemon-juice
1 cupful sugar	$\frac{1}{4}$ teaspoonful salt
1 cupful milk	Pastry
2 eggs	6 tablespoonfuls sugar for meringue
2 tablespoonfuls flour	

Stew the rhubarb in three-fourths cupfuls of sugar until soft; cool and add milk and the yolks of the eggs beaten with one-fourth cupful of sugar, the flour, and the salt, mixed together. Add the lemon-juice. Pour into the pie pan lined with pastry with a fluted rim. Bake at 450° F. for ten minutes and at 325° F. for twenty-five minutes. Then cover with meringue, and return to a 300° F. oven for fifteen minutes. To make the meringue, beat the egg-whites very stiff, add two tablespoonfuls of sugar to each egg-white, beat again, then add another tablespoonful of sugar to each egg-white; beat, flavor with a few drops of lemon or vanilla extract, and spread on pie. If fresh rhubarb is not in season, and you are the fortunate possessor of some which you have canned, you may use it in place of the fresh rhubarb called for in this recipe.

*Englewood, N. J.*

## SLICED PINEAPPLE PIE

$\frac{2}{3}$ cupful sugar	1 tablespoonful butter
1 cupful thin cream	1 cupful sliced pineapple, diced
2 eggs	$1\frac{1}{2}$ tablespoonfuls cornstarch
	Pastry

Line a medium-sized pie plate with pastry, having a fluted edge, and bake at 500° F. for twelve minutes. Heat the cream in the top of a double-boiler saving one-fourth cupful to mix with the cornstarch. Add the cornstarch mixture to the heated cream and cook for twenty-five minutes. Cream the butter and sugar together; add the eggs slightly beaten, and pour the cream mixture over them, stirring constantly. Return to the double-boiler and cook five minutes. Then add the diced pineapple, cool slightly, pour into the baked pastry shell and set aside to cool.

*Westfield, N. J.*

# Salad Dressings

## BOILED RUSSIAN DRESSING

- |  |  |
|--|--|
| $\frac{3}{8}$ cupful boiled salad dressing | 2 tablespoonfuls diced pimientos             |
| 4 tablespoonfuls strained chili sauce      | $\frac{1}{2}$ tablespoonful tarragon vinegar |
|  | gar  |
| $\frac{1}{2}$ tablespoonful chopped chives |  |

Mix the ingredients together in the order given. Chill well and serve on lettuce. *Webster City, Ia.*

## BOILED SALAD DRESSING

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 4 tablespoonfuls melted butter | $\frac{1}{2}$ cupful mild vinegar |
| 1 tablespoonful flour          | 1 teaspoonful salt                |
| 1 tablespoonful sugar          | 1 teaspoonful mustard             |
| 1 cupful milk                  | Dash cayenne pepper               |
|                                | 2 eggs                            |

Stir butter and flour together; add milk and let cook in the top of a double-boiler till quite thick. Beat egg-yolks slightly, add the salt, cayenne pepper, sugar, mustard, and vinegar; then stir into the thickened mixture and cook till thick like cream. Remove from heat and pour onto the egg-whites, beaten stiff, stirring constantly. *Mechanicsville, Conn.*

## BUTTERMILK BOILED DRESSING

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1 tablespoonful sugar               | 1 cupful vinegar                     |
| 1 tablespoonful mustard             | $\frac{1}{4}$ teaspoonful onion salt |
| 1 teaspoonful salt                  | Few grains cayenne pepper            |
| $\frac{1}{4}$ tablespoonful paprika | 2 eggs                               |
| 1 tablespoonful cornstarch          | 1 cupful buttermilk                  |
| 2 tablespoonfuls butter             |                                      |



Mix together the dry ingredients in the top of a double-boiler. Moisten with two tablespoonfuls of the buttermilk. Add the eggs beaten slightly, and the remainder of the buttermilk. Stir well together and cook over hot water until it begins to thicken. Add the butter and the vinegar, a little at a time. If it curdles, beat well with a Dover eggbeater several times during cooking. This salad dressing is especially good with all kinds of vegetables and fish salads. *Crary, N. Dak.*

### CHIVES SALAD DRESSING

3 tablespoonfuls salad oil	1 teaspoonful salt
1 tablespoonful vinegar	$\frac{1}{4}$ teaspoonful paprika
1 tablespoonful minced chives	$\frac{1}{8}$ teaspoonful white pepper
1 hard-cooked egg	

Mix thoroughly the salad oil, vinegar, salt, paprika and white pepper; then add the minced chives and hard-cooked eggs, chopped fine. Serve on tomato or any plain green salad. Enough for four servings. *New York, N. Y.*

### FRENCH DRESSING

Salad oil	Pepper
Vinegar	Paprika
Salt	Mustard
	Worcestershire sauce

Place a small lump of ice in a shallow bowl. Pour the salad oil slowly over ice, the amount depending upon the number to be served. Add vinegar sparingly, the exact proportion depending on one's individual taste. Then add salt, pepper, enough paprika to make the dressing pink, and a dash of mustard or a few drops of Worcestershire sauce, here again letting the taste determine the proper amount. When all the ingredients are added, beat the mixture thoroughly with a fork until it is well blended, thick and smooth. Serve at once. Curry powder, horseradish, chopped sour pickles, capers or parsley, chili sauce or tomato catchup may be used in varying the dressing. Or the bowl may be rubbed with a clove of garlic. *Good Housekeeping Institute*

## FRUIT SALAD DRESSING

2 eggs	4 tablespoonfuls vinegar
4 tablespoonfuls sugar	1 tablespoonful mustard
$\frac{1}{2}$ teaspoonful salt	Whipped cream
$\frac{1}{4}$ teaspoonful pepper	$\frac{1}{4}$ teaspoonful paprika

Combine the eggs, sugar, salt, pepper and paprika and beat until light. Then add the vinegar and mustard, beat again, and then cook over hot water until thick. Pour into a jar to cool. When cold and jelly-like it is ready to use. Mix one and one-half tablespoonfuls of this foundation dressing with one cupful of cream whipped stiff. If desired less sweet, the amount of sugar may be decreased. The foundation dressing will keep for several weeks in a cool place.

*Beechwood Park, Pa.*

## HONEY SALAD DRESSING

3 tablespoonfuls salad oil	1 tablespoonful lemon-juice
2 tablespoonfuls honey	$\frac{1}{8}$ teaspoonful salt

Beat together the salad oil, honey, lemon-juice and salt until well blended. Use at once.

*New York, N. Y.*

## MAYONNAISE DRESSING

1 egg	6 teaspoonfuls vinegar
1 teaspoonful salt	6 teaspoonfuls lemon-juice
1 teaspoonful powdered sugar	$1\frac{1}{2}$ cupfuls salad oil
1 teaspoonful mustard	Paprika
Pepper	Few grains cayenne

Into a conical-shaped bowl break the egg, and add the salt, powdered sugar, mustard, a dash of pepper and paprika, the cayenne, and one teaspoonful of vinegar. Beat thoroughly with a good Dover egg-beater, then add the oil, one tablespoonful at a time, beating thoroughly after each addition, until one-half cupful is added and the dressing is thick. The oil can then be added in larger quantities at a time. When one cupful has been added, dilute with the rest of the vinegar and the lemon-juice, adding this alternately with the rest of the oil. Use altogether one and one-half cupfuls of oil. Beat vigorously all the time during the making. When finished, the dressing should be smooth and very thick.

*Good Housekeeping Institute*

## PINEAPPLE DRESSING

1 cupful pineapple-juice	2 eggs
$\frac{3}{4}$ cupful sugar	$\frac{1}{2}$ cupful cream, whipped
1 tablespoonful flour	2 tablespoonfuls butter

Heat the pineapple-juice until just warm. Blend together the flour and butter, add the egg-yolks beaten and the sugar, and then the egg-whites beaten stiff. Pour the warm pineapple-juice into this, place in the top of a double boiler and cook till thick. Cool and add the whipped cream.

*Pittsfield, Mass.*

## POT POURRI SALAD DRESSING

$\frac{1}{2}$ teaspoonful salt	1 green pepper
$\frac{1}{4}$ teaspoonful pepper	1 orange
4 tablespoonfuls salad oil	$\frac{1}{2}$ cupful stuffed olives
2 tablespoonfuls vinegar	

Beat together the salt, pepper, vinegar, and salad oil. Add the green pepper seeded and chopped fine, the orange peeled and chopped fine, using all of the juice and the olives chopped. Mix all the ingredients and pour over quartered hearts of lettuce.

*Springfield, Mass.*

## ROQUEFORT DRESSING

$\frac{1}{2}$ teaspoonful salt	1 tablespoonful vinegar
$\frac{1}{8}$ teaspoonful pepper	3 tablespoonfuls salad oil
$\frac{1}{4}$ cupful Roquefort cheese	

Mix together the seasonings and vinegar and beat in the salad oil. Blend in the cheese slowly, and pour at once over hearts of lettuce.

*New York, N. Y.*

## RUSSIAN SALAD DRESSING

$\frac{1}{2}$ teaspoonful mustard	1 teaspoonful Worcestershire sauce
$\frac{1}{2}$ teaspoonful salt	1 tablespoonful vinegar
$\frac{1}{8}$ teaspoonful white pepper	1 tablespoonful lemon-juice
$\frac{1}{8}$ teaspoonful paprika	1 tablespoonful minced green pepper
$\frac{1}{2}$ cupful salad oil	2 teaspoonfuls minced parsley
1 teaspoonful grated onion	
1 tablespoonful chili sauce	

Mix together the mustard, salt, white pepper and paprika. Add these dry ingredients to the vinegar, lemon-juice, grated

onion, Worcestershire sauce, chili sauce, minced green pepper and minced parsley, mixed together. Beat all into the salad oil and serve at once or put into a glass jar and shake to emulsify it.

*North Topeka, Kans.*

### SOUR CREAM SALAD DRESSING

1 cupful sour cream	Pepper
2 tablespoonfuls vinegar	Paprika
1 tablespoonful lemon-juice	Mustard
1 teaspoonful sugar	Celery-seeds
1 teaspoonful salt	1 canned pimiento

Beat the cream until stiff, then add the vinegar, lemon-juice, sugar, salt, pepper, paprika and mustard to taste. Beat all together until very thick. Add a few celery seeds, and the pimiento cut in small pieces, to give variety. Serve on cucumbers or cold slaw.

*Beechwood Park, Pa.*

### TASTY SALAD DRESSING

1 clove garlic	$\frac{1}{4}$ teaspoonful paprika
$\frac{1}{2}$ green pepper	6 tablespoonfuls cottage cheese
2 radishes	1 teaspoonful salt
2 hard-cooked egg-yolks	3 tablespoonfuls lemon-juice
$\frac{1}{2}$ cupful rich buttermilk	

Rub the inside of a bowl with the cut clove of garlic. Chop the green pepper and radishes until fine and mash the egg-yolks. Mix together and add the cottage cheese, salt, paprika, lemon-juice and buttermilk. Beat together well and pour over any green salad.

*Milwaukee, Wis.*

### THOUSAND ISLAND CREAM DRESSING

$\frac{1}{2}$ cupful mayonnaise made with tarragon vinegar	$\frac{1}{2}$ cupful heavy cream
2 tablespoonfuls finely chopped pimientos	2 teaspoonfuls minced chives
	2 tablespoonfuls tomato catchup
	2 tablespoonfuls chili sauce
2 hard-cooked eggs	

To the mayonnaise add the chopped pimientos, minced chives, catchup and the chili sauce. Fold in the cream whipped until stiff and just before serving, add the hard-cooked eggs, coarsely chopped. Chill on ice before using.

*Uxbridge, Mass.*

# Salads

## AMERICAN BEAUTY SALAD

6 medium-sized beets	Salt
½ pound cottage cheese	⅛ teaspoonful white pepper
2 tablespoonfuls cream	¼ teaspoonful paprika
Lettuce	Mayonnaise

Wash the beets and cook in boiling salted water until tender. Remove skins and chill. Scoop out the centers. Season the cottage cheese with the pepper and paprika and add salt if not already salted sufficiently. Moisten with the cream. Fill the beets with the mixture. Garnish with bits of beet taken from the center, and place on beds of crisp lettuce. Serve with mayonnaise.

*Hillsboro, N. C.*

## CABBAGE SALAD SAN FRANCISCO

1 medium-sized white cabbage	3 tablespoonfuls salad oil
½ cupful chopped celery	1 tablespoonful powdered sugar
1 small green pepper, chopped	1½ teaspoonfuls salt
1 tablespoonful minced onion	Pimiento strips
3 tablespoonfuls vinegar	½ cupful mayonnaise

Remove any wilted or damaged leaves from the cabbage and soak it in salted water for thirty minutes. Drain thoroughly and remove the center. Discard the coarse heart and chop the rest of the cabbage very fine. Mix it with the chopped celery, minced onion, chopped green pepper, vinegar, salad oil, powdered sugar and salt and let stand in a cold place for at least thirty minutes. Then mix with the mayonnaise, refill the cabbage shell, and garnish with pimiento strips.

*San Francisco, Cal.*

## CELERY CHEESE SALAD

6 large sticks celery	French dressing
1 small cream cheese	Pepper
2 tablespoonfuls chopped wal- nut-meats	2 tablespoonfuls minced green pepper
Salt	1 teaspoonful thin cream
	French endive

Wash and crisp the celery sticks. Fill the groove in each stick with a mixture made by combining the cream cheese, chopped walnut meats, minced green pepper, the cream, and salt and pepper to taste. Smooth the edges of the filled celery sticks, chill thoroughly, and then cut the sticks into one-inch lengths. Arrange on individual servings of endive and serve with French dressing. The prepared sticks can be kept several hours on ice.

*Park Ridge, Ill.*

## CELERY HEARTS AND FRENCH ENDIVE SALAD

Thousand Island Cream Dressing	½ pound French endive
	1 stalk celery

Wash, drain, and dry the crisp French endive; arrange on individual salad plates. Surround with curled celery. To curl the celery, remove the root from the celery stalk and cut the sticks into one and one-half inch pieces; with a sharp knife cut in fine shreds from the ends toward the center, leaving about one-fourth inch in the center uncut. Drop into ice water to which one tablespoonful of lemon-juice has been added and let stand until well curled. Serve with Thousand Island Cream Dressing. This recipe will supply about ten servings and makes an excellent luncheon or dinner salad.

*Uxbridge, Mass.*

## CHEESE AND PEAR SALAD

1½ cupfuls grated American cheese	Mayonnaise
	Lettuce
	6 canned pear halves

Arrange the pear halves individually on nests of lettuce leaves, fill the hollows of the pears with the grated cheese, and top with mayonnaise. Fresh pears can be used if they are very ripe. In this case, sprinkle them with lemon-juice and a tiny bit of sugar, cover, and let stand fifteen minutes before using.

*Memphis, Tenn.*

## CHEESE BALLS AND WATERCRESS

3 cupfuls cottage cheese	1/2 cupful tomato catchup
1/3 cupful chopped nuts	1 bunch watercress
1/2 teaspoonful paprika	1/2 cupful mayonnaise
1 1/2 teaspoonfuls salt	

The cottage cheese should be very dry and unsalted. Mix it with the catchup, salt, paprika, and chopped nuts. Chill thoroughly and form into small balls. Place three or four balls on a bed of crisp watercress and serve ice-cold with the mayonnaise. This recipe will serve eight.

*Springfield, Mo.*

## CHEESE COLE-SLAW

1 pint shredded cabbage	1 tablespoonful vinegar
4 tablespoonfuls grated cheese	Few grains cayenne pepper
1 teaspoonful salt	1 teaspoonful prepared mustard
1 teaspoonful brown sugar	1/2 to 1 cupful fresh buttermilk
1/4 teaspoonful paprika	Green pepper or celery tips

Freshen the cabbage by letting it stand in cold water until crisp. Dry between towels. Mix the cabbage and cheese together. Place all the other ingredients, except the buttermilk, in a bowl and blend thoroughly, then add the buttermilk, the exact quantity depending upon the thickness of the buttermilk. Pour over the cabbage and cheese and garnish with green pepper rings or celery tips.

*Redding, Conn.*

## CONCORDIA PINEAPPLE SALAD

3 slices canned pineapple	Canned pimientos
1 cupful diced cucumber	Lettuce
1/4 cupful mayonnaise	Mayonnaise

Lay one slice of pineapple on each individual serving of lettuce. Fill the cavity of each slice of pineapple with a spoonful of the diced cucumbers mixed with the mayonnaise. Cross two narrow strips of pimientos or green peppers over the center of each slice of pineapple. Serve with more mayonnaise dressing. This will make eight portions.

*Concord, Mass.*

## COUNTRY SALAD

2 cupfuls chopped cooked meat	Boiled dressing
2 cupfuls diced cooked potatoes	Lettuce
1 cupful cooked, sliced carrots	3 small gherkins
3 hard-cooked eggs	1 cupful diced celery

Combine the chopped, cooked meat which may be corned beef, tongue or ham with sufficient boiled dressing to mold. Pack in a cold mold and chill. Likewise, thoroughly chill the cooked potatoes and carrots. Let the diced celery stand in cold water to which a little lemon-juice has been added. When ready to serve, line the salad dish with lettuce, unmold the meat in the center and arrange the potatoes tossed in boiled dressing around it. Place the border of carrots around the potatoes, then the celery drained and wiped dry. Chop the whites of the hard-cooked eggs and sprinkle over the salad. Press the yolks through a fine sieve and scatter over the meat. Garnish with halves of gherkins and pour boiled dressing over the vegetables. Potato balls or carrot slices cut in fancy shapes may be used.

*Beechwood Park, Pa.*

## DUCK AND ORANGE SALAD

2 cupfuls cold duck	$\frac{1}{2}$ teaspoonful salt
4 seedless oranges	$\frac{1}{8}$ teaspoonful pepper
1 tablespoonful tarragon vinegar	$\frac{1}{4}$ teaspoonful paprika
$\frac{1}{2}$ cupful salad oil	Lettuce

Cut the duck into small dice; peel the oranges and slice them very thin. Mix together until well blended the oil, seasonings, and vinegar. Pour this dressing over the duck and oranges and let stand for a few minutes. Serve on crisp lettuce.

*Shafer, Minn.*

## EGG AND TOMATO SALAD

6 medium-sized tomatoes	Mayonnaise
Lettuce	6 hard-cooked eggs

Scald and peel the tomatoes. Then with a sharp knife cut the tomatoes lengthwise in quarter-inch slices almost down to the bottom, leaving enough uncut to hold the tomatoes together. Slice the hard-cooked eggs and insert one slice between each two layers of tomatoes, spreading them open



like a fan. Put each tomato on a bed of white lettuce or cress, chill, until very cold, and just before serving pour mayonnaise over it. *New York, N. Y.*

### ENDIVE GRAPEFRUIT SALAD

6 stalks French endive	2 ounces crumbled Roquefort
Scooped out pulp $1\frac{1}{2}$ grapefruit	cheese
	French dressing

Wash and dry the endive, chill thoroughly, and arrange on individual plates. Heap the grapefruit at the end of the stalks, and sprinkle it with the cheese-crumbs. Pour French dressing over all. If necessary, romaine may be substituted for the endive. *Buffalo, N. Y.*

### FROZEN FRUIT MAYONNAISE

3 cupfuls cream, whipped	1 cupful mayonnaise
$2\frac{1}{2}$ cupfuls mixed fruits, as mar-	1 teaspoonful powdered sugar
aschino cherries, candied	1 teaspoonful granulated gelatin
pineapples, oranges, sliced	2 tablespoonfuls cold water
peaches, stoned cherries, etc.	Lettuce hearts
	Parsley

Cover the gelatin with the cold water and then set it over steam to melt. Beat into the mayonnaise. Combine this mixture with the whipped cream and powdered sugar, stir in the fruit, and pour into a mold which has been rinsed with cold water. Seal carefully, and bury in equal parts of ice and salt for four hours. Serve garnished with lettuce hearts and parsley. *New York, N. Y.*

### GINGER ALE SALAD

$\frac{3}{4}$ cupful diced, canned pine-	1 cupful ginger ale
apple	2 tablespoonfuls granulated gela-
$\frac{3}{4}$ cupful chopped grapefruit	tin
pulp	$\frac{1}{2}$ cupful warm water
$\frac{1}{3}$ cupful blanched shredded al-	Few grains salt
monds	Few grains paprika
$\frac{1}{4}$ cupful seeded malaga grapes	Mayonnaise
	Lettuce

Soak the gelatin in the warm water for five minutes, then dissolve it over hot water. Add one-fourth cupful of the

ginger ale. Combine the diced pineapple, grapefruit pulp, malaga grapes, shredded almonds, salt and pepper and then add the remaining three-fourths cupful of ginger ale. Add the gelatin mixture, stir thoroughly and pour into individual molds which have been dipped in and out of cold water. Chill thoroughly, unmold and serve on lettuce leaves, garnished with mayonnaise.

*Statesville, N. C.*

### HARLEQUIN SALAD

1 cupful apple strips	1 canned pimiento
1 cupful celery strips	Boiled dressing
1 green pepper	Lettuce

Combine the apple strips, celery strips, green pepper and pimiento all cut in the shape and size of matches. Toss in boiled dressing or mayonnaise at the last minute and heap on nests of lettuce.

*Concord, Mass.*

### HOT POTATO SALAD

6 medium-sized potatoes	4 tablespoonfuls salad oil
2 tablespoonfuls chopped parsley	½ teaspoonful lemon-juice
½ cupful diced celery	Salt
4 tablespoonfuls vinegar	Pepper

Wash and cook the potatoes without paring in boiling salted water until tender. Cool, peel and cut into thin slices. Arrange a layer of potatoes in the bottom of a dish; sprinkle with salt, pepper, one tablespoonful of chopped parsley and one-fourth cupful of diced celery. Mix the vinegar, salad oil, and lemon-juice together and heat just to the boiling point. Pour half of it over the potatoes; then arrange the remaining potatoes on top, and sprinkle with salt, pepper, the remaining parsley, celery, and oil dressing.

*Beechwood Park, Pa.*

### JANE'S ORANGE JELLY SALAD

1 cupful cold water	1 Neufchatel or small cream cheese
2 cupfuls hot water	1 teaspoonful top milk
½ cupful orange-juice	Canned white cherries
Juice one lemon	Filberts
½ cupful sugar	Mayonnaise
2 tablespoonfuls granulated gelatin	Lettuce

Make one quart of orange jelly, using the first six ingredients. Fill a cold wet ring mold half full with the orange jelly mixture and let stand in the refrigerator until it begins to thicken. Meanwhile, soften the cheese with the milk and form into tiny balls. When the jelly in the mold has begun to set, arrange these balls of cheese at regular intervals in the mold. Add the rest of the gelatin mixture and set on the ice until perfectly stiff. When ready to use, unmold on a bed of lettuce. Stone the white cherries and refill with filberts or hazel nuts. Fill the center and garnish the outside of the mold with the stuffed cherries. Dress with mayonnaise and serve at once, very cold with browned crackers.

*Concord, Mass.*

### JELLIED SHRIMP SALAD

1 quart canned tomatoes	2 tablespoonfuls granulated gelatin
1 $\frac{1}{4}$ cupfuls water	1 $\frac{1}{2}$ cupfuls shrimp
1 $\frac{1}{2}$ teaspoonfuls salt	$\frac{1}{2}$ cupful finely diced celery
$\frac{1}{4}$ teaspoonful pepper	$\frac{1}{4}$ cupful diced green pepper
4 cloves	Boiled dressing
1 bay-leaf	Lettuce
1 tablespoonful sugar	1 small onion, minced
1 teaspoonful mustard	

Cook the tomatoes, one cupful of water, the salt, pepper, cloves, bay-leaf, sugar, mustard and minced onion together for fifteen minutes. Strain and pour the mixture over the gelatin which has been softened in one-fourth cupful of cold water. Cool until it begins to stiffen and add the shrimps, which have been cleaned, the viscera removed, and cut in halves; then add the diced celery and the diced green pepper from which the skin has been removed by parboiling. Pour into wet individual molds and chill until hardened. When ready to serve, turn out on beds of lettuce, and garnish with boiled dressing, or mayonnaise, as preferred.

*Good Housekeeping Institute*

### JELLIED TOMATO SALAD

2 tablespoonfuls granulated gelatin	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful cold water	1 cupful condensed tomato soup
1 pint boiling water	Lettuce
$\frac{1}{2}$ cupful vinegar	$\frac{3}{4}$ cupful mayonnaise
	$\frac{1}{3}$ cupful sugar

Soak gelatin in the cold water five minutes. Dissolve it in the boiling water, then add the sugar, salt, vinegar, and soup. Pour into cold, wet molds and set in a cold place to chill. Serve on shredded lettuce garnished with mayonnaise. This makes ten individual servings. *Indianapolis, Ind*

### JUNE SALAD

Cooked asparagus stalks	Canned pimientos
Cooked green peas	French dressing
Cooked diced carrots	Mayonnaise
Finely minced parsley	Lettuce

Arrange the lettuce on a salad plate. Radiate asparagus stalks towards the edge, leaving a space in the center for a mound of the green peas. Surround with a ring of the diced carrots. Sprinkle carefully with French dressing, pipe thick mayonnaise in rings around both vegetables, and put a whirl in the center, in which stand a few small leaves of white lettuce. Sprinkle the carrots with minced parsley, and the peas and asparagus with pimientos cut in small dice. Chives may be used, if desired. *Concord, Mass.*

### KIPPERED HERRING SALAD

1 smoked, kippered herring, weight, $\frac{1}{2}$ pound	$\frac{1}{4}$ teaspoonful salt
2 cupfuls finely diced celery	$\frac{1}{8}$ teaspoonful onion salt
1 green pepper, chopped	$\frac{1}{8}$ teaspoonful pepper
Lettuce	$\frac{1}{8}$ teaspoonful paprika
	Mayonnaise
	1 hard-cooked egg, chopped

Boil the fish in water enough to cover it, for five minutes. Remove it from the water, bone and shred it. To one-half cupful of the shredded fish add the diced celery, chopped green pepper, chopped egg, salt, onion salt, pepper, and paprika. Add enough mayonnaise to moisten well and arrange on beds of lettuce. Serve with additional mayonnaise. *Brooklyn, N. Y.*

### LETTUCE ROLLS

1 head lettuce	$\frac{1}{2}$ cupful chopped walnut-meat
1 cupful cottage cheese	$\frac{1}{2}$ cupful mayonnaise
$\frac{1}{2}$ cupful seedless raisins	Salt

Mix together the cottage cheese, raisins, and nuts. Add the mayonnaise and blend thoroughly. Add salt, if needed. Use the larger leaves of crisp lettuce; spread them with the cheese mixture and roll up like a jelly roll. The recipe will make about twelve rolls. In season tie each roll with a long-stemmed nasturtium. Place two rolls on each salad plate with the flowers on top and some of the tiny leaves of lettuce between. Clover blossoms may also be used, but the rolls will stay together without any tying. In the latter case, arrange a strip of pimiento around each roll. Little wooden tooth-picks may be used to fasten the rolls, if resired.

*Hillsboro, N. C.*

### LOUISA'S BARTLETT PEAR SALAD

12 canned pear halves	1 tablespoonful top milk
1 large cream cheese	Lettuce
Mayonnaise	Tart jelly

Either home-canned or commercially canned pears of the Bartlett variety should be used for this salad. If home-canned pears are used, it is well, when canning them for salads to use less sugar than for pear sauce. Place a cube of tart jelly in the core cavity of each pear half and place rounded side up, two on each individual nest of lettuce. Frost each half with the cream cheese which has been moistened with the top milk to spread smoothly. Serve with mayonnaise dressing. If the knife used for spreading the "frosting" is occasionally dipped in boiling water, the process will be much simpler.

*Concord, Mass.*

### MAY FRUIT SALAD

6 slices fresh or canned pine- apple	1 banana
1 large orange	6 strawberries
	Honey salad dressing
Sprigs fresh mint	

Wash and crisp the mint, arrange, stem ends toward the center, on individual salad plates. Place a slice of pineapple on each bed of mint, on this put a slice of orange, then a layer of banana sliced into disks, and top with a strawberry. Pour over it the salad dressing. If fresh pineapple is used it should be sprinkled with sugar and allowed to stand in a cold place for at least an hour.

*Pasadena, Cal.*

## NUT AND ASPARAGUS SALAD

6 hard-cooked eggs	1 teaspoonful minced parsley
2 tablespoonfuls chopped hick- ory-nut-meats	French dressing
1 cupful cooked asparagus-tips	Extra nut-meats, parsley and asparagus-tips
	Lettuce

Shell the eggs and cut in halves lengthwise. Mash the yolks, add the nut-meats, the asparagus-tips, and the parsley, and blend with four tablespoonfuls of French dressing that is not very sour. Fill the egg-halves with this mixture, arrange on lettuce-leaves, and garnish with the extra asparagus tips, parsley, and nut-meats. If any of the asparagus mixture is left over, it can be blended with a mayonnaise or a bland boiled dressing and passed with the salad.

*Denver, Colo.*

## ORANGE-PECAN SALAD

1 banana	½ cupful pecan-meats
2 naval oranges	Lettuce
	French dressing

Remove skin from banana, cut in quarters lengthwise and again crosswise and roll in pecan-meats, finely chopped. Peel oranges, cut in slices crosswise, and remove the center core. Insert a cube of banana in center of each slice. Arrange on a bed of lettuce, sprinkle over remainder of pecans and French dressing. This will make eight portions.

*Stockton, Cal.*

## PRUNE SALAD

½ pound large prunes	Mayonnaise
Walnut-meats	Lettuce

Soak the prunes in cold water to cover overnight. Cook until tender, cool and carefully remove the stones without marring the shape of the prunes. Fill the cavities with quarters of walnut-meats. Lay either three or four stuffed prunes on each bed of shredded lettuce or white lettuce leaves. Top with mayonnaise and serve very cold with

browned crackers and cream cheese. This salad may be varied by filling the prunes with balls of cream or Neufchatel cheese instead of the nuts. *San Francisco, Cal.*

### SALAD PIQUANT

1 small head lettuce	½ teaspoonful salt
1 medium-sized cucumber	2 tablespoonfuls lemon-juice
4 tablespoonfuls cream	1 teaspoonful powdered sugar
⅛ teaspoonful white pepper	6 kumquats
1 small cream cheese	¼ teaspoonful paprika

Pare and slice the cucumber thinly and cover with cold, salted water. Let stand in a cold place one hour. Drain and dry thoroughly. Thin the cream cheese with the cream; add the salt, white pepper, paprika, powdered sugar, and lemon-juice. Arrange the lettuce leaves on salad plates, put the cucumber slices into the cheese dressing, and apportion to each plate, spreading well over the lettuce nests. Then cut the kumquats in very thin slices and scatter them over the salad, allowing one kumquat for each serving. Served as a dinner salad with the meat course, or alone with crisp crackers, or with cold-meats for luncheon, it is a cool, satisfying, and extremely decorative salad. Do not add any further dressing. *Edgewood, Md.*

### SHRIMP SALAD

1 pint can shrimps	2 tablespoonfuls pickled white
1 small bottle stuffed olives	pearl onions
12 tiny sweet pickles	French dressing
6 green peppers	Mayonnaise
Lettuce	Whipped cream

Drain the shrimps, rinse with cold water and remove the viscera. Break in good-sized pieces, and dress with French dressing. Chill for two hours, add the olives and sweet pickles sliced, and the onions. Hollow out the green peppers to form cups, and stuff with this mixture. Serve garnished with the lettuce and mayonnaise, the latter diluted with a little whipped sweet or sour cream. *Asheville, N. C.*

# Sauces, Fish and Meat

## CAPER SAUCE

1 cupful drawn-butter sauce       $\frac{1}{4}$  cupful capers and liquor

Make the drawn-butter sauce in the usual way and add the capers with their liquor, or the same quantity of pickled nasturtium seeds. Serve with fish or lamb.

*New York, N. Y.*

## CHEESE SAUCE

2 tablespoonfuls butter  
2 tablespoonfuls flour  
1 cupful milk

1 cupful grated American cheese  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{4}$  teaspoonful paprika

Melt the butter, add the flour and seasonings. When bubbling, add the milk gradually, stirring constantly. Cook until smooth and thickened. Add the cheese, place over hot water, and cook until the cheese has melted.

*Winthrop, Mass.*

## CREOLE SAUCE

$\frac{1}{2}$  cupful white sauce  
2 tablespoonfuls minced onion  
1 small can tomato soup

4 tablespoonfuls minced green peppers

In making the white sauce, melt one tablespoonful of butter, add the onion and peppers, and cook very gently for ten minutes; then blend in one-half tablespoonful of flour, stir in slowly one-half cupful of milk, and let boil up as usual. Season with one-fourth teaspoonful of salt and a few grains of pepper. Gradually beat in the tomato soup, stirring constantly to prevent curdling.

*Toronto, Ont.*



## CUCUMBER SAUCE

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 cupful heavy cream           | 1 medium-sized cucumber, pared, |
| $\frac{1}{4}$ teaspoonful salt | chopped, and drained            |
| Few grains cayenne pepper      | 3 tablespoonfuls vinegar        |

Beat the cream until stiff, slowly add the seasonings and vinegar, and just before serving combine with the cucumber. This is delicious with any kind of cold fish. *Sewickley, Pa.*

## CUMBERLAND SAUCE FOR DUCK

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| Juice and rind 1 orange               | Juice and rind 2 lemons            |
| 2 tablespoonfuls melted currant jelly | 1 tablespoonful grated horseradish |
| 1 cupful powdered sugar               |                                    |

Mix together the orange- and lemon-juices and grated rind; add the currant jelly, the powdered sugar and then the grated horseradish. Beat thoroughly, then heat and serve.

*Essex Falls, N. J.*

## CURRY SAUCE

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 onion                       | 2 tablespoonfuls flour            |
| 1 tablespoonful curry powder  | 2 tablespoonfuls oil or drippings |
| $1\frac{1}{2}$ cupfuls liquid | $\frac{1}{2}$ teaspoonful salt    |
| 1 teaspoonful vinegar         |                                   |

Chop onion fine and brown it in the oil, adding curry powder and flour after a few minutes that they may brown also. Season with salt and vinegar, and add the liquid—which may be milk, soup stock, or water—gradually, stirring constantly. Cook until smooth. Serve as a sauce with hard-cooked eggs, cold meat, or fish.

*Washington, D. C.*

## DRAWN BUTTER SAUCE

- |                             |                                |
|-----------------------------|--------------------------------|
| $\frac{1}{4}$ cupful butter | 1 cupful hot water             |
| 2 tablespoonfuls flour      | $\frac{1}{4}$ teaspoonful salt |
| Few grains pepper           |                                |

Melt the butter, add the flour and seasonings; cook until bubbling and then stir in gradually the hot water. Cook, stirring constantly, until smooth and thickened. Serve with boiled or baked fish or asparagus.

*New York, N. Y.*

## HORSERADISH SAUCE

1 cupful seasoned brown sauce	1 teaspoonful powdered sugar
$\frac{1}{4}$ cupful grated horseradish	$\frac{1}{4}$ teaspoonful mustard
1 tablespoonful vinegar	

Add the horseradish, sugar, mustard, and vinegar to the brown sauce. Heat and serve with beef, ham, or tongue.

*New York, N. Y.*

## IMPROVISED MEAT GRAVY

$\frac{1}{2}$ cupful minced, boiled ham	2 tablespoonfuls drippings or ham fat
1 small carrot minced	
1 onion minced	1 tablespoonful butter
1 pint cold water	$1\frac{1}{2}$ tablespoonfuls flour
1 tablespoonful minced parsley	Salt
Few chopped celery leaves	Pepper

Fry the ham, carrot, onion, parsley, and celery leaves all together in the drippings or ham fat. Cover with the cold water and simmer about one hour, replenishing the water to keep it one and one-half cupfuls. Strain and pour the liquor gradually over the butter and flour blended together in a sauce pan. Boil up and add salt and pepper if needed. Bits of left-over bacon, sausage, or other meat may be added to this, or used in a similar way.

*New York, N. Y.*

## MOCK HOLLANDAISE SAUCE

3 tablespoonfuls butter	1 tablespoonful lemon-juice
2 tablespoonfuls flour	$\frac{1}{2}$ teaspoonful salt
1 cupful hot water	Few grains cayenne pepper
	Yolks 2 eggs

Melt the butter in the top of a double-boiler placed over hot water. Add the flour and blend well together. Add the hot water gradually and stir continuously until thickened. Season with the salt, cayenne pepper, and lemon-juice. At this stage, leave the sauce in the double-boiler over a slow heat until ready to serve it. Then pour it over the well-beaten egg-yolks, stir thoroughly, reheat quickly, and serve at once.

*Good Housekeeping Institute*

## PIQUANT TOMATO SAUCE

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 quart ripe tomatoes              | 2 tablespoonfuls lemon-juice |
| 1 teaspoonful sugar                | Speck nutmeg                 |
| 1 teaspoonful salt                 | 2 cloves                     |
| 1 tablespoonful grated onion       | Sprig parsley                |
| 1 teaspoonful Worcestershire sauce | Sprig celery leaves          |
|                                    | 1 tablespoonful butter       |
|                                    | 1 tablespoonful flour        |

Cut the tomatoes in pieces before measuring. Stew until tender and strain. To the strained juice add all the rest of the ingredients except butter and flour. Boil gently for fifteen minutes. Remove the parsley, celery, and cloves, and thicken slightly with the butter and flour cooked together. This sauce is especially good with fish cutlets or fried fish.

*Concord, Mass.*

## PIQUANT SAUCE

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1 teaspoonful mustard             | $\frac{1}{4}$ cupful mild vinegar     |
| 1 teaspoonful salt                | $\frac{1}{4}$ cupful salad oil        |
| $\frac{1}{4}$ teaspoonful paprika | $\frac{1}{4}$ teaspoonful onion-juice |
| 1 egg                             | 1 teaspoonful minced parsley          |
|                                   | $\frac{1}{2}$ teaspoonful sugar       |

Mix together in the top of a double-boiler, the mustard, salt, sugar, paprika, egg slightly beaten, and the vinegar. Cook over hot water until thickened; remove from the stove, beat in the salad oil gradually, and add the onion juice and parsley. Pour over cooked Brussels sprouts or cauliflower just before serving.

*Concord, Mass.*

## SAUCE BÉARNAISE

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 cupful wine vinegar   | 6 egg-yolks                      |
| 10 white peppercorns    | $\frac{1}{4}$ cupful cold water  |
| 2 sprigs parsley        | 1 pound sweet butter             |
| 3 sprays fresh tarragon | $1\frac{1}{2}$ teaspoonfuls salt |
| 2 sprays fresh chervil  | Few grains cayenne pepper        |
| 1 spray fresh thyme     | 1 teaspoonful minced parsley     |
| $\frac{1}{2}$ bay-leaf  | 1 teaspoonful minced chervil     |
| 2 shallots minced       | 1 teaspoonful minced tarragon    |

Crush the peppercorns and place them with the vinegar in the top of a double-boiler. Add the sprays of fresh herbs.

the bay-leaf and minced shallots. Place directly over the fire and let boil vigorously until all has evaporated except the smallest spoonful. Remove from the fire and let the pan get cold. In the meantime melt the sweet butter in another saucepan over hot water or a very low fire. Now add to the reduced vinegar mixture the egg-yolks and the cold water. Stir well with a whip and cook same over hot water, whipping it constantly until it gets thick like custard. *Do not let the water underneath boil*, and be careful not to allow the eggs to scramble. Two or three minutes only will be required for the thickening. Then remove from the fire and add the melted butter, a very little at a time, beating constantly. Add the salt and cayenne pepper and strain through cheesecloth. Add the minced herbs and serve on any kind of broiled meat such as filet mignon, tenderloin, or sirloin steak.

*New York, N. Y.*

### SAUCE MORNAY

$\frac{1}{2}$ cupful butter	$\frac{1}{4}$ teaspoonful white pepper
1 cupful flour	1 bay-leaf
1 quart milk	2 teaspoonfuls salt
1 small onion	Yolks 3 eggs
$\frac{1}{8}$ teaspoonful thyme	2 tablespoonfuls softened butter
Few grains cayenne pepper	

Melt the half-cupful of butter in the top of a double-boiler; add the flour and stir together with a wooden spoon. Let this cook for five minutes over a very low fire. *Be sure not to let it brown*. Scald the milk and pour this gradually into the butter and flour mixture, mixing well with a wire whip. Add the onion minced, thyme, pepper, bay-leaf and salt. Place over *boiling* water and let cook one hour. Strain through cheesecloth. Beat the egg-yolks thoroughly with the softened butter. Pour this slowly into the sauce, mixing it well and being very careful that the water beneath the sauce is *not now boiling*. Add the cayenne pepper and beat well. This recipe makes sufficient sauce for twelve servings. It is excellent in all kinds of "au gratin" dishes, which have grated cheese sprinkled over them, such as cauliflower, cabbage, fish of all kinds, lobster, crab meat, etc.

*New York, N. Y.*

## SAUCE POULETTE

½ pound fresh mushrooms	2 cupfuls milk
2 shallots	Yolks 2 eggs
6 tablespoonfuls butter	1 cupful cream
4 tablespoonfuls flour	1 teaspoonful minced parsley
½ teaspoonful salt	1 tablespoonful chopped chives
Juice ½ lemon	

Wash the mushrooms, skin and chop. Also chop the shallots very fine. Cook these five minutes in three tablespoonfuls of butter and the salt. In another saucepan, make a white sauce: Melt the rest of the butter, add the flour, cook until bubbling, and add the milk gradually. Stir until thickened, add the sauce to the mushroom mixture, and cook five minutes. Then beat the egg-yolks and mix them with the cream. Pour this into the sauce, which should now be placed over hot water. Mix well and *do not let the water beneath the sauce boil*. Add the parsley, chives and lemon-juice. This recipe will serve eight to ten people and is delicious served with chicken of all kinds, lamb's trotters, sliced hard-cooked eggs on toast, or frogs' legs. *New York, N. Y.*

## SAVORY SAUCE FOR FISH

2 teaspoonfuls chopped green pepper	4 tablespoonfuls mayonnaise
	3 tablespoonfuls chili sauce

Mix the chopped pepper and the chili sauce with the mayonnaise. Serve at once. *New York, N. Y.*

## TOMATO SAUCE

4 tablespoonfuls drippings or bacon fat	½ teaspoonful sugar
½ teaspoonful mixed pickle spices	1 cupful sifted, canned tomatoes
	1 cupful seasoned brown soup-stock
4 tablespoonfuls flour	

Tie the spices in a bit of cheesecloth. Melt the drippings, add the flour, sugar, and bag of spices. Then stir in gradually the strained tomatoes and soup-stock, stirring constantly. Cook until smooth and thickened. Remove the spice-bag and add more seasonings if needed, before serving. *New York, N. Y.*

# Sauces, Pudding

## CARAMEL SAUCE

1 cupful granulated sugar                      ½ cupful marshmallow topping  
1 cupful boiling water                          Chopped walnuts

Melt the sugar in a skillet until it becomes a clear, amber sirup. Add the boiling water and simmer thirty minutes. Just before removing add the marshmallow topping and beat thoroughly. Add chopped walnuts, if desired, when the sauce has cooled. Serve over vanilla ice-cream or any simple pudding.

*Good Housekeeping Institute*

## DELECTABLE SHORTCAKE SAUCE

1 cupful powdered sugar                      1 cupful crushed strawberries  
¼ cupful butter                                  1 egg-white

Cream together the sugar and butter, add egg-white beaten light, then the berries, and beat all together with the egg-beater until very light and foamy. Raspberries can also be used, and the sauce is equally good with cottage pudding, baked-rice pudding or sponge or chocolate cake.

*Moscow, Idaho*

## FOAMY ORANGE SAUCE

2 egg-whites                                      1 tablespoonful grated orange  
½ cupful sugar                                  rind  
½ cupful orange-juice                      Candied orange peel

Beat the whites of the eggs until stiff and dry. Add the sugar and orange-juice gradually, beating constantly. Just before serving mix in the grated orange rind. Pour over plain cornstarch pudding, frozen custards, etc. Garnish with thin slices of candied orange peel.

*Good Housekeeping Institute*

## HARD FRUIT SAUCE

$\frac{1}{4}$ cupful butter	2 tablespoonfuls cream
1 cupful powdered sugar	1 cupful crushed fruit

Cream the butter and work in the sugar and cream alternately. To this base add a cupful of canned or fresh strawberries, raspberries, blackberries, peaches, or apricots, crushed till very soft. These should be worked in gradually.

*New York, N. Y.*

## INEXPENSIVE LIQUID SAUCE

4 tablespoonfuls sugar	2 tablespoonfuls butter
2 tablespoonfuls flour	2 tablespoonfuls molasses
$\frac{1}{2}$ teaspoonful salt	2 cupfuls boiling water
	$\frac{1}{8}$ teaspoonful grated nutmeg

Mix the sugar, flour, and salt together. Cream thoroughly with the butter and molasses. When well blended, add the boiling water stirring all the time. Stir until the sauce bubbles, let boil a minute or two, add the nutmeg, and serve hot. This sauce is suitable to serve with any of the simpler steamed puddings and is delicious with steamed huckleberry pudding in summer.

*Concord, Mass.*

## LEMON SHORTCAKE SAUCE

Juice and grated rind 1 lemon	$\frac{3}{4}$ cupful rich cream
	$\frac{1}{8}$ cupful sugar

Grate the lemon rind and combine it with the juice and sugar. Let stand at least two hours, stirring occasionally; then add cream, and use as desired.

*Los Angeles, Cal.*

## MAPLE SAUCE

1 cupful maple sirup	2 tablespoonfuls marshmallow
$\frac{1}{2}$ cupful marshmallow topping	topping

Combine the maple sirup and the one-half cupful of topping. Beat until thoroughly mixed, then allow to simmer for five minutes. When cool, add the two tablespoonfuls of topping, and pour over vanilla ice cream, rice or cornstarch pudding.

*Good Housekeeping Institute*

## MARSHMALLOW GOLDEN SAUCE

1 cupful brown sugar  
 1¼ cupfuls boiling water

½ cupful marshmallow topping  
 ¼ teaspoonful vanilla

Combine the sugar and water and simmer gently for twenty minutes. While hot, add the marshmallow topping and the vanilla. Beat thoroughly until smooth and creamy. This sauce may be served hot or cold over ice-cream and bread, rice, or cornstarch pudding. Sprinkle chopped walnut meats or browned almonds over the top, if desired.

*Good Housekeeping Institute*

## MARSHMALLOW SAUCE FOR COTTAGE PUDDING

3 tablespoonfuls flour  
 1 cupful dark brown sugar

1½ cupfuls boiling water  
 1½ tablespoonfuls butter

12 marshmallows

Mix the flour and sugar; add gradually the boiling water. Bring to the boiling point and add butter. Set off the fire and in a few moments add the marshmallows cut in halves. Serve warm on slices of cottage pudding.

*Butler, Pa.*

## ORANGE MARMALADE SAUCE

¾ cupful orange marmalade  
 ¼ cupful water

½ cupful sugar

Boil for five minutes, then chill. This sauce is delicious on ice-cream.

*Denver, Colo.*

## PEAR AND GINGER SAUCE

¾ cupful sugar  
 ½ cupful water

3 tablespoonfuls chopped preserved ginger

1 cupful finely chopped pears

Combine the sugar, water, and pears. Boil for ten minutes or until the pears are tender. Then add the preserved ginger and cook three minutes longer. Serve ice-cold over plain vanilla ice-cream or frozen custard.

*Good Housekeeping Institute*



## PINEAPPLE SAUCE

$\frac{3}{4}$  cupful sugar  
 $\frac{1}{2}$  cupful water

$1\frac{1}{2}$  cupfuls sliced canned pine-  
 apple diced

Angelica

Combine the sugar and water and boil for ten minutes. Allow this sirup to cool thoroughly and add the pineapple cut in tiny dice. Grated pineapple may be used, if preferred. Serve over ice-cream. In serving, cut pieces of pineapple into triangular shapes and place around the edge of the dish in which the ice-cream is to be served. Top with bits of angelica cut in fancy shapes.

*Good Housekeeping Institute*

## PLUM PUDDING SAUCE

1 egg  
 About  $\frac{1}{2}$  cupful powdered sugar  
 1 cupful cream

2 tablespoonfuls orange or  
 lemon-juice or  
 $\frac{1}{2}$  teaspoonful vanilla and

2 drops almond extract

Beat the egg until very light, add powdered sugar until the mixture is the consistency of custard. Then add the cream whipped until stiff and the fruit juice or the extracts, as preferred. If orange or lemon juice is used add a little of the grated rind also.

*Concord, Mass.*

## RAISIN SAUCE

1 cupful quartered raisins  
 $1\frac{1}{2}$  cupfuls cold water

$\frac{1}{2}$  cupful sugar  
 Juice  $\frac{1}{2}$  lemon

Simmer raisins in the water till soft, then add the sugar; boil gently for fifteen minutes, and just before serving flavor with the lemon-juice.

*Norwood, Mass.*

## RAISIN SAUCE FOR PLAIN ICE-CREAM

1 cupful seeded raisins  
 2 cupfuls water

$\frac{1}{2}$  cupful chopped walnut-meats  
 2 cupfuls sugar

Boil raisins in water till very soft. Remove raisins and rub through a colander. In the meantime boil the raisin-liquor with the sugar for three minutes, remove from heat, and add raisin-pulp and nuts. When ice-cold, pour over ice-cream, preferably chocolate or with a fruit flavor.

*Jersey City, N. J.*

## STRAWBERRY SAUCE

$\frac{3}{4}$  cupful sugar  
 $\frac{1}{2}$  cupful water

$1\frac{1}{2}$  cupfuls strawberries crushed  
 slightly

Combine the sugar and water and boil for ten minutes. Let the sirup get thoroughly cooled, then add the strawberries. In serving this sauce over ice-cream or pudding, a few of the whole berries may be reserved as a garnish.

*Good Housekeeping Institute*

## SUNSHINE SAUCE

1 egg  
 $\frac{1}{2}$  cupful sugar

$\frac{1}{2}$  cupful heavy cream  
 1 teaspoonful vanilla

Beat the egg-yolk with the sugar, whip the cream till light, combine it with the sugar-mixture, beat the white stiff and fold it in with the vanilla. This sauce is delicious with sponge cake or any plain cake used as a pudding.

*Springfield, Mass.*

## YORK AND LANCASTER SAUCE

1 egg-white  
 $\frac{1}{2}$  cupful sugar

1 cupful cream  
 $\frac{1}{2}$  cupful red jelly

Whip the white of the egg until stiff, add the sugar gradually, continuing the beating. Then fold in the cream beaten until solid. Just before serving add the jelly—any bright red variety—cut in bits. Combine very lightly and pile in a serving-dish.

*Concord, Mass.*

# Soups

## COMBINATION SOUP

$\frac{1}{2}$ cupful rice	1 onion grated
4 cupfuls cold water	3 cupfuls milk
2 cupfuls raw, diced potatoes	2 tablespoonfuls margarin
$1\frac{1}{2}$ cupfuls chopped celery and celery leaves	1 teaspoonful minced parsley
	$1\frac{1}{2}$ teaspoonfuls salt
	$\frac{1}{4}$ teaspoonful pepper

Soak the rice in water until the grains swell up. Put on the stove, add the potatoes, onion, and celery. Simmer gently until almost done; then add the milk, margarin, salt, pepper, and minced parsley and finish cooking. *Fort Dodge, Ia.*

## CORN AND TOMATO CHOWDER

2 cupfuls canned corn	1 cupful milk
1 cupful canned or ripe tomatoes	$\frac{1}{2}$ cupful grated cheese
2 cupfuls diced celery	$\frac{1}{2}$ cupful chopped pimientos
2 tablespoonfuls margarin	3 tablespoonfuls flour
1 quart cold water	$1\frac{1}{2}$ teaspoonfuls salt
	$\frac{1}{4}$ teaspoonful pepper

Place corn, tomatoes, diced celery, and one teaspoonful of salt in a kettle and cover with the cold water. Boil one-half hour. Melt margarin, add flour gradually. Then add the cold milk, stirring constantly. Add the vegetable mixture to the white sauce, a little at a time, and seasonings. Add to the chowder the grated cheese and the pimientos chopped fine. Stir until the cheese is melted. Serve piping hot. A cream soup may be made if desired, by straining out the vegetables before adding the white sauce.

*Winona, Minn.*

## OKRA SOUP

3 pounds shin of beef	About 3 quarts water
1 large slice ham	1 pint corn, cut from cob
2 quarts okra	1 tablespoonful salt
3 pounds tomatoes	1 teaspoonful pepper

Put the beef and ham in a large soup-kettle and cover with hot water, using about three quarts. Keep it boiling for two hours, then add the okra, which has been washed and cut in slices, the tomatoes, peeled and quartered, and the corn, cut carefully from the cob. Add the salt and pepper and simmer for two hours longer. Serve with hot boiled rice. Canned vegetables may be used; in this case do not add the corn until one hour before serving. Use two quarts of tomatoes. This recipe makes a large quantity, but it is just as good reheated.

*Charleston, S. C.*

## PHILADELPHIA PEPPER POT

1 knuckle veal	1 tablespoonful thyme
3 quarts cold water	1 tablespoonful sweet basil
1½ pounds white honeycomb tripe	1 hot red pepper
2 large white onions	1 tablespoonful salt
2 large white potatoes	¼ teaspoonful pepper
6 allspice	About ⅔ cupful flour
10 peppercorns	½ teaspoonful salt
2 bay-leaves	1 egg
1 tablespoonful sweet marjoram	2 tablespoonfuls margarin
	3 tablespoonfuls flour

Put the knuckle of veal into a large kettle with the salt, the onions sliced, the herbs and spices in bags, the red pepper cut in tiny pieces, and cold water. Simmer for two hours or until the veal is very tender. Remove the veal from the stock. Clean the tripe thoroughly in several waters, adding baking soda to the first and salt to the last. Cut with scissors into julienne strips. Simmer in the stock for one hour. Add the pepper. Then let the soup boil and add the potatoes cut in dice, and balls the size of tiny marbles made from the flour, the egg, and one-half teaspoonful of salt. To make these, beat the egg lightly, add the salt, and flour enough to make a dough, not too stiff. Roll into tiny balls between the palms. Cook for one-half hour longer; then thicken slightly with the margarin melted and mixed with the three tablespoonfuls of

flour. Cook until thoroughly blended and serve hot. The veal, or part of it, may be chopped and added to the soup or not, as desired. This will serve eight to ten persons.

*New York, N. Y.*

### PIMIENTO CHEESE SOUP

2 tablespoonfuls butter	$\frac{1}{4}$ cupful chopped pimientos
1 tablespoonful cornstarch	$\frac{1}{4}$ teaspoonful salt
$2\frac{1}{2}$ cupfuls milk	$\frac{1}{8}$ teaspoonful celery salt
$\frac{1}{2}$ pound soft American cheese	$\frac{1}{8}$ teaspoonful onion salt
$\frac{1}{8}$ teaspoonful paprika	Speck cayenne pepper

Melt the butter and cornstarch together in the top of a double-boiler, add the milk gradually, and heat to the scalding point. Then add the cheese cut in small pieces, stir until it is melted, and add the pimientos and seasonings. Serve with strips of crisp, buttered toast piled log-cabin fashion on a plate.

*Cleveland, O.*

### RED BEET SOUP

3 pounds beef shin	1 teaspoonful whole allspice
3 quarts boiling water	$\frac{1}{2}$ cupful vinegar
3 onions	$\frac{1}{2}$ cupful sugar
1 teaspoonful salt	6 medium-sized beets
$\frac{1}{4}$ teaspoonful pepper	

Wipe the meat and cut the lean part into cubes. Place in a soup kettle, together with the boiling water, the onion sliced thin, the salt, pepper, allspice, vinegar, and sugar. Boil the beets for ten minutes, remove the skins, and grate. Add to the soup and cook the whole for two and one-half hours, replenishing the water as necessary. Strain and serve hot with boiled potatoes.

*Lancaster, Pa.*

### RICE AND ASPARAGUS SOUP

1 quart well-seasoned soup-stock	$\frac{1}{2}$ cupful rice
1 cupful water	Grated cheese
1 small bunch asparagus	

Wash the asparagus, cut off the tough parts, and use them for cream soup. Put the tips and the tender portions into the broth and water, boil till half done, about twenty min-

utes, then add the rice well washed, and cook until it is tender. Serve very hot and pass the cheese with it. This soup should be very thick. *New York, N. Y.*

### SWEET POTATO SOUP

2 cupfuls baked sweet potatoes	1 quart scalded milk
2 tablespoonfuls melted butter or bacon drippings	2 tablespoonfuls flour
1½ teaspoonfuls salt	½ cupful cooked rice Cinnamon

Bake potatoes and mash through ricer, measure two cupfuls, then put through ricer again with rice, stir hot milk slowly into mixture, return to double-boiler. Brown flour, add fat having smooth texture before adding to the hot milk mixture; do this gradually; season with salt and a dash of cinnamon. *La Porte, Tex.*

### TOMATO AND BARLEY SOUP

1 quart canned tomatoes	¼ teaspoonful pepper
2 quarts boiling water	4 tablespoonfuls margarin
1 cupful pearl barley	2 medium-sized onions
	1½ teaspoonfuls salt

Brown the margarin, put in the onions cut in small pieces, and fry until tender. Then add the boiling water, tomatoes, barley and seasonings. Cook for two to three hours over a slow fire. Serve for luncheon. *St. Louis, Mo.*

### TOMATO CHOWDER

1 quart canned tomatoes	4 tablespoonfuls fat
2 onions, chopped	2 teaspoonfuls salt
1 quart boiling water	¼ teaspoonful pepper
¼ cupful rice	¼ teaspoonful paprika

Melt the shortening, add the chopped onion and brown well. Then add the tomatoes, rice, and water. Cover and allow to cook slowly one hour, or until the rice is tender. Season well, and serve hot. Diced salt pork may be used in place of the fat. If a thicker chowder is desired, add one tablespoonful of flour mixed smooth in a little cold water three minutes before removing from fire. *Rochester, N. Y.*

# Vegetables

## ASPARAGUS WITH MUSHROOM SAUCE

1 can asparagus tips	1 teaspoonful salt
$\frac{1}{4}$ pound mushrooms	$\frac{1}{4}$ teaspoonful pepper
4 tablespoonfuls butter or margarin	$\frac{1}{4}$ teaspoonful paprika
4 tablespoonfuls flour	2 cupfuls milk
	6 slices toast triangles

Turn the asparagus tips into the top of a double-boiler, and heat. In a saucepan melt the butter, add the flour and seasonings, and when bubbling, pour in the milk gradually, stirring constantly; cook until smooth and thickened. Add the mushrooms skinned and cut in thin slices or chopped. Cook slowly about twenty minutes or until the mushrooms are done. Place the asparagus tips on the triangles of buttered toast and pour the sauce over all. *Flushing, N. Y.*

## BAKED BEANS WITH CORN

1 pint pea or kidney beans	2 teaspoonfuls salt
$\frac{1}{2}$ teaspoonful baking soda	$\frac{1}{4}$ teaspoonful pepper
$\frac{1}{4}$ pound bacon	Boiling water
2 tablespoonfuls molasses	2 cupfuls fresh corn

Pick over the beans, wash, cover with cold water and soak overnight. Drain, add the baking soda, cover with cold water and simmer until the skins begin to loosen. Drain and blanch with cold water. Cut the bacon into cubes and add to the beans together with the molasses, salt, pepper and one cupful of boiling water. Put in the bean-pot and cover with boiling water. Bake for six hours at 300° F., adding more boiling water as needed. One hour before time to remove beans from the oven, stir in the corn seasoned to taste. If canned corn is used, allow only one-half hour for the cooking.

*Good Housekeeping Institute*

## BAKED BEETS

6 medium-sized beets                      2 tablespoonfuls butter or margarin

Wash the beets carefully, wipe dry, and put into an oven heated to 350° F. Bake until they feel soft under the pressure of the fingers. Peel, slice, and serve hot with the butter melted over them. *New Orleans, La.*

## BAKED ONIONS

12 good-sized onions                      2 teaspoonfuls honey or brown  
1 tablespoonful margarin                      sugar  
1 teaspoonful salt                      Toast strips  
 $\frac{1}{8}$  teaspoonful paprika                      Parsley

Peel the onions, cut in halves crosswise, and place in a buttered casserole. Add the seasonings (no water) and bake one and one-half hours in a moderate oven at 400° F. Serve with strips of hot, buttered toast to absorb any gravy and garnish with parsley dipped in vinegar. Enough to serve four. *Redding, Conn.*

## BAKED SALSIFY

1 large bunch salsify                      1 tablespoonful chopped chives  
2 eggs                       $1\frac{1}{4}$  teaspoonfuls salt  
 $1\frac{1}{2}$  cupfuls milk                       $\frac{1}{4}$  teaspoonful pepper  
3 tablespoonfuls butter                       $\frac{1}{2}$  teaspoonful paprika

Scrub the salsify well and cook it until tender in boiling, salted water. Drain, cover with cold water, drain again, and remove the skins. Cut in dice and place in layers in a buttered baking-dish. Sprinkle each layer with salt, pepper, paprika, and chives, and dot over with butter. Beat two eggs slightly, add milk, and pour over the salsify. Bake until set in an oven registering 325° F.

*Hagerstown, Md.*

## CABBAGE WITH CARAWAY SEEDS

1 pound cabbage                      1 teaspoonful caraway-seeds  
 $\frac{1}{2}$  small onion                       $\frac{1}{2}$  cupful water  
 $\frac{1}{2}$  teaspoonful salt                      2 tablespoonfuls fat  
 $\frac{1}{8}$  teaspoonful pepper                       $\frac{1}{4}$  cupful vinegar



Cut the cabbage as for cold-slaw, then mix thoroughly with the onion cut fine, the salt, pepper, and caraway seeds. In a stew-pan, place the fat and the water, add the cabbage, and let it simmer for about one-half hour or until the cabbage has become soft. Stir frequently. Then add the vinegar, cook five minutes longer and serve.

*Brooklyn, N. Y.*

### CANDIED YAMS

3 medium-sized sweet potatoes      1 to 1½ cupfuls sirup from  
2 tablespoonfuls margarin              canned peaches

Boil the potatoes until nearly tender. Peel and slice lengthwise. Lay in a shallow pan, preferably glass or earthenware, pour over them the juice, and add dots of margarin. Bake for thirty minutes in a 400° F. oven. Raise the heat to brown, or brown under broiler flame.

*Boyd, Tex.*

### CAULIFLOWER DELICACY

3 cupfuls diced cauliflower-leaf ribs      ½ cupful milk  
1 teaspoonful salt                              1 tablespoonful butter  
⅛ teaspoonful pepper                          1 tablespoonful flour  
Paprika

Save the green outside portion of a head of cauliflower and cut the large ribs of the leaves into small cubes. Cook in boiling water to cover, to which the salt has been added. Replenish water as necessary and cook until tender. Add milk and thicken slightly with the butter and flour cooked together. Add pepper and pour into serving dish. Sprinkle with paprika.

*New York, N. Y.*

### CELERY SAVORY

2 large stalks celery                              2 green peppers  
1 large onion    2 tablespoonfuls butter

Chop all rather coarsely and fry slowly in the butter till tender. Serve with steak.

*Washington, D. C.*

## CORN AND PEPPER RAMEKINS

2 cupfuls canned corn	$\frac{1}{2}$ cupful milk
2 tablespoonfuls sugar	1 green pepper
1 teaspoonful salt	1 pimiento
$\frac{1}{8}$ teaspoonful pepper	1 cupful fine bread-crumbs
1 tablespoonful butter	

Add sugar, salt, pepper, milk and green pepper and pimiento, both finely-chopped, to the corn. Fill greased ramekins one-third full, sprinkle with layers of the crumbs, then put in another layer of corn. Continue until the dishes are filled, having crumbs on top. Dot over each ramekin with butter, using one-half teaspoonful in each. Bake thirty minutes at 400° F.

*San Francisco, Cal.*

## CREAMED CELERY AND GREEN PEPPER

$1\frac{1}{2}$ cupfuls celery cut in inch lengths	3 tablespoonfuls flour
1 small green pepper	3 tablespoonfuls butter
$1\frac{1}{2}$ cupfuls milk	$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{8}$ teaspoonful pepper
6 slices toast	

Boil the celery until tender. Drain and mix it with the green pepper, which has been sliced, after removing the core and seeds. Make a cream sauce as follows: Melt the butter, add the flour, cook together until bubbling, add the milk gradually, stirring constantly. Cook until smooth and thickened. Stir in celery and green pepper and add salt and pepper. Serve on toast.

*Hinsdale, Ill.*

## CREAMED PEPPERS

4 large peppers	1 pint milk
2 tablespoonfuls vegetable fat	$1\frac{1}{2}$ teaspoonfuls salt
2 tablespoonfuls flour	$\frac{1}{8}$ teaspoonful pepper

Wash the peppers and wipe them dry; then place them directly over a low gas flame and toast them, turning them frequently to prevent burning. Scrape off the blistered skin, holding them beneath running cold water. Remove the seeds and cut with scissors, in long, thin strips. Melt the fat in a saucepan, add the peppers, and let them brown slightly. Stir in the flour and add the milk gradually. Cover and cook very slowly for about one-half hour.

*New York, N. Y.*

## CREOLE GUMBO

4 tablespoonfuls fat	1 medium-sized onion
3 tablespoonfuls flour	1 quart okra
$\frac{1}{2}$ pound round steak	$2\frac{1}{2}$ teaspoonfuls salt
2 medium-sized tomatoes	$\frac{1}{2}$ teaspoonful pepper
1 green sweet pepper	1 cupful hot water

Melt the fat in a saucepan, add the flour, and cook until well blended. In this brown the steak which has been cut in tiny cubes and the onion, chopped. Then add the tomato and green pepper cut in small pieces. Cook together, stirring constantly. Last add the okra chopped and the hot water. Add the seasonings and simmer gently until the vegetables are tender, adding more water if needed. Stir frequently. Serve with boiled rice.

*Tuscaloosa, Ala.*

## EGGPLANT CASSEROLE

1 eggplant	6 medium-sized onions
3 tomatoes	2 teaspoonfuls salt
1 green pepper	$\frac{1}{2}$ teaspoonful pepper
	$\frac{1}{3}$ cupful fat

Pare and slice the eggplant and onions, and slice the pepper. Brown in a frying pan in drippings or vegetable fat. Place the browned vegetables in a greased casserole, alternating with the tomatoes sliced. Season each layer with salt and pepper and cook in a 400° F. oven forty minutes. Canned tomatoes may be used when fresh ones are not obtainable.

*Asheville, N. C.*

## FRIED ONIONS WITH APPLES

4 onions	2 tablespoonfuls drippings
3 large tart apples	$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{2}$ cupful water

Heat the drippings in a frying pan and slice the onions into it. Cook slowly until nearly tender, then add the apples sliced, the water, and the salt. Cover and cook until the apples are soft, remove cover and fry until water is all gone, and the onion and apple is a light brown color. Serve hot. Enough for three servings.

*Brattleboro, Vt.*

## FRIJOLE BEANS, ARIZONA STYLE

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1 pound pink beans       | 1 tablespoonful sugar               |
| 4 large slices fat bacon | 2 canned green or red chili peppers |
| 1 onion                  | 2 teaspoonfuls salt                 |

Wash and soak the beans overnight in cold water to cover. In the morning, add one teaspoonful of salt and boil until tender, then add the bacon, onion, and chili peppers minced, the sugar, and the rest of the salt. Boil several hours longer until the bacon and onion are tender and the liquor is somewhat thickened.

*Humboldt, Ariz.*

## GUMBO SUCCOTASH

- |  |                           |
|--|---------------------------|
| 3 cupfuls shelled lima beans                       | 6 ears corn               |
| 6 medium-sized tomatoes or 1 pint can red tomatoes | 1 large onion             |
| 1 quart okra                                       | 1 clove garlic            |
| 1 teaspoonful thyme                                | 1 tablespoonful salt      |
| 3 bay-leaves                                       | 2 tablespoonfuls margarin |
|  | 3 pints hot water         |

Fry the corn, cut from the cob, in the margarin until brown. Add the beans and the other ingredients cut fine, the seasonings, and the hot water. When boiling, put into the fireless for four to six hours or overnight if preferred. Canned vegetables may be used.

*New Orleans, La.*

## IRISH POTATOES WITH CATCHUP

- |                    |                        |
|--------------------|------------------------|
| 6 large potatoes   | 1 egg                  |
| 1 cupful cornmeal  | 2 tablespoonfuls water |
| 1 teaspoonful salt | 1 cupful catchup       |

Pare the potatoes and cut into slices one-fourth of an inch in thickness. Dip into the meal and salt mixed, then into the egg well beaten and mixed with water, then into the meal again. Fry in deep fat heated to 395° F. until the potatoes float, when they will be done. Drain and serve very hot with tomato catchup.

*Greenville, Tenn.*

## KOHLRABI WITH GOLDEN SAUCE

- |                          |                                    |
|--------------------------|------------------------------------|
| 2 cupfuls diced kohlrabi | 1 cupful well-seasoned white sauce |
| 1 tablespoonful butter   | 1 egg-yolk                         |

Cook kohlrabi in boiling salted water until tender. Drain, add the butter, and stir until absorbed. Meanwhile prepare the white sauce, to which add the egg-yolk beaten just before taking from the fire. Pour over kohlrabi and serve at once.

*Concord, Mass.*

### MASHED POTATOES WITH PEANUT-BUTTER

6 medium-sized potatoes	1½ tablespoonfuls peanut-butter
2 tablespoonfuls butter	1 teaspoonful salt
About ½ cupful hot milk	⅛ teaspoonful pepper

Boil, mash, and beat to a cream the potatoes, adding salt and pepper, one tablespoonful butter, and milk. Heap in a hot buttered baking-dish. Blend the peanut-butter and remainder of butter, dot over potatoes, and brown in a 500° F. oven.

*Mena, Ark.*

### MOCK CAULIFLOWER

3 cupfuls prepared white radishes	2 tablespoonfuls flour
1½ teaspoonfuls salt	1½ cupfuls milk
2 tablespoonfuls butter or margarin	⅛ teaspoonful pepper
	Few grains cayenne pepper
	Paprika

Wash large, white radishes thoroughly and cut them into strips or cubes. Cook them until tender in boiling water to which one teaspoonful of salt has been added. Drain and pour over them a white sauce made as follows: Melt the butter in a saucepan, add the flour, one-half teaspoonful of salt, the pepper and cayenne pepper, and cook until bubbling. Add the milk gradually, stirring constantly, and cook until smooth and thickened. Sprinkle all with paprika.

*Baltimore, Md.*

### OKRA SAVORY

1 quart okra	½ small onion, chopped fine
2 cupfuls celery, diced	4 tablespoonfuls butter
1 green pepper, diced	2 large ripe tomatoes
	2 teaspoonfuls salt

Cut okra crosswise in quarter-inch slices and mix the celery, green pepper and onion with the okra and fry in butter in an aluminum or granite saucepan until the vegetables begin to be soft. Add the tomatoes, chopped fine, and salt. Stew gently until tender, about one hour. *Houston, Tex.*

### PEAS WITH MINT

2 cupfuls hot cooked peas	$\frac{1}{8}$ teaspoonful pepper
1 tablespoonful butter	1 cupful milk
2 tablespoonfuls flour	$\frac{1}{4}$ cupful finely chopped fresh
$\frac{1}{2}$ teaspoonful salt	mint

Melt the butter, add the flour, salt, and pepper, and mix thoroughly together. Add the milk gradually and bring to the boiling point, stirring constantly. Add the chopped mint and the peas, either freshly cooked or canned, mix together and serve at once. *San Francisco, Cal.*

### PEA ROAST WITH CARROT SAUCE

$\frac{3}{4}$ cupful soft bread-crumbs	1 tablespoonful chopped walnut-
1 cupful pea pulp	meats
1 tablespoonful sugar	2 tablespoonfuls flour
1 egg	$1\frac{1}{2}$ teaspoonfuls salt
6 tablespoonfuls butter or mar-	$\frac{1}{4}$ teaspoonful pepper
garin	1 bunch new carrots
	$2\frac{1}{4}$ cupfuls milk

Drain canned peas and force them through a purée sieve—enough to make one cupful. Mix together the bread-crumbs, pea pulp, sugar, egg, four tablespoonfuls butter or margarin melted, walnut-meats, half the seasonings, and three-fourths cupful of milk. Turn into a well-greased baking-dish, let stand fifteen minutes, cover, and bake forty minutes at 350° F. Serve with carrot sauce made as follows: Melt the rest of the butter in a saucepan, add the flour and the rest of the salt and pepper; cook until bubbling and add gradually the one and one-half cupfuls of milk. When well blended, stir in the carrots cooked until tender and then forced through a purée sieve. About one cupful of the carrot purée is about right. This recipe is intended to serve four persons. *East Orange, N. J.*

## POTATOES MAÎTRE D'HÔTEL

6 medium-sized potatoes	1/2 teaspoonful salt
2 tablespoonfuls butter	1/4 teaspoonful pepper
2 tablespoonfuls minced parsley	1 teaspoonful lemon-juice

Wash and pare the potatoes. Cook until tender in boiling salted water. Drain and cut the potatoes in slices. Return them to the saucepan, adding the butter, parsley, salt and pepper. Heat thoroughly, being careful not to break the potatoes in stirring. Just before serving add the lemon-juice.

*Paris, France*

## POTATOES WITH SAVORY SAUCE

12 small potatoes	1 teaspoonful chopped chives
4 tablespoonfuls butter	Juice 1/2 lemon
1 teaspoonful chopped parsley	2 tablespoonfuls grated cheese
1 tablespoonful chopped red or green sweet pepper	1 teaspoonful salt
	1/4 teaspoonful pepper

Wash potatoes thoroughly and boil in their jackets. Remove skins. Melt the butter, add parsley, chives, pepper, and lemon-juice. Season with salt and pepper, adding cheese last; stir till cheese is melted. Pour sauce over the potatoes. Chopped onion or onion-juice may be used in place of the chives and peppers.

*Fall River, Mass.*

## RICE AND CELERY CROQUETTES

2 cupfuls cooked rice	1/8 teaspoonful beef extract
1/2 cupful celery cut fine	1/2 teaspoonful salt
2 tablespoonfuls strained tomatoes	1/2 small onion grated
2 eggs	2 tablespoonfuls butter
	Bread-crumbs

Mix together the rice, celery, the tomato juice with the extract dissolved in it, one egg, salt, and onion. Form into croquettes, roll in fine, dried bread-crumbs, then dip in egg beaten slightly with two tablespoonfuls of cold water, then in crumbs again. Lay on a greased plate, dot over with butter, and bake in a 500° F. oven until browned. Serve these as a meat accompaniment.

*Brattleboro, Vt.*

## SPANISH STRING BEANS

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 4 tablespoonfuls fat or drippings | 1 tablespoonful flour       |
| 2 large onions                    | 1 chili pepper              |
| 2 tomatoes                        | 2 pounds green string-beans |
|                                   | 2 teaspoonfuls salt         |

Cook onions, tomatoes, chili pepper and fat together until well done and golden brown (slice vegetables thinly). Then brown flour, add hot water and beans, and cook slowly one and one-half hours, adding salt when half done.

*So. Pasadena, Cal.*

## SWEET BAKED TOMATOES

- |                            |                                  |
|----------------------------|----------------------------------|
| 2 pounds tomatoes          | $\frac{1}{2}$ cupful rolled oats |
| $\frac{1}{3}$ cupful sugar | 1 tablespoonful oil or margarin  |
|                            | 1 teaspoonful salt               |

Scald and peel the tomatoes. Stew them until they are soft. To the cooked tomatoes add the sugar, margarin, salt, and rolled oats. Turn into a greased baking-dish and bake for about one-half hour at 400° F.

*Roland Park, Md.*

## TOMATO CAKES

- |                             |                                  |
|-----------------------------|----------------------------------|
| 4 eggs                      | About 2 cupfuls cracker-crumbs   |
| 2 cupfuls canned tomatoes   | $\frac{1}{4}$ teaspoonful pepper |
| 3 tablespoonfuls shortening | 2 teaspoonfuls salt              |

Beat eggs light, add tomatoes and shortening melted, pepper and salt. Stir in cracker-crumbs to make it stiff enough to drop by the tablespoonful on a hot griddle. Brown on both sides and serve at once.

*Fort Dodge, Ia.*



# About-The-House Discoveries

## A NEW USE FOR SANDPAPER

I saw a painter put a small piece of sandpaper under each end of a heavy frame when standing it on a narrow ledge. I tried the same thing when a large mirror was inclined to slip forward from its resting place on a mantel, and found it successful. The folds of sandpaper were so small that they did not show, and the mirror did not move again.

*Mrs. G. L. S., Cal.*

## BLOTTERS FOR THE EMERGENCY

I keep a pack of large, plain, white blotters in the drawer of my sideboard, and when anything is spilled on the dining-room linen, instead of reaching for a freshly laundered napkin to sop it up with, I reach at once for one of the blotters, and the spilled liquid is absorbed immediately instead of being made larger by useless sopping. This simple process saves considerable time in laundering, because if it happens that milk or water has been overturned, the blotter takes up the moisture so quickly and thoroughly that the accident may often pass entirely unnoticed, and the linen may be used several times more. On the other hand, if the stain is of fruit or coffee, the blotter system is equally efficient in that what there is of the spot is much smaller in area, so that there is less linen to be rubbed and scalded.

*P. W., N. Y.*

## CARE IN USING ELECTRICITY

Now that electrical devices of all kinds are so constantly used, many women forget that certain precautions must be taken in their use. Never turn electricity on or off when you are standing on a wet or even damp floor. If you do so, the current is apt to pass through your body. This advice is particularly applicable to the kitchen, bathroom, and laundry where water is most likely to be spilled.

*Mrs J. T., N. Y.*

## FOR PERSONS WEARING BIFOCAL GLASSES

For the benefit of those who wear bifocals, I suggest the following: I had an inch-wide white strip painted along the edge of our gray porch and on each step. The white lines show plainly even at night, and there is no danger of falling.

*M. S., N. J.*

## THE YOUNGSTER'S HIGH CHAIR

When our small son reached the age when he was large enough to eat at the table with us, we had to meet the problem of how to make his chair the proper height, for the "baby high chair" which he had been using up to that time did not look at all well in our Sheraton dining-room suite, and we were much opposed to the usual sofa cushion or big book placed daily on his chair. This is how we finally remedied the difficulty: We purchased four of the old-fashioned door bumpers, the sort with the hard rubber pad in the end, and screwed one in the end of each leg of Sonny's chair. This gave the required rise of quite three inches, and when they were stained mahogany color, they were almost invisible. In this way we had a thoroughly satisfactory high chair which stood with all the rest without spoiling the looks of our dining-room.

*Mrs. F. A. S., N. J.*

## TO RENEW WHITE WINDOW SHADES

While having my bathroom enameled, I remarked to the painter that I should be most happy to discover some way of making the white window shades fresh and clean again, as they had become soiled from long use. Immediately he came to my rescue, removed the shades, took them out into the garage, and hung them against the wall. Then he gave the shades a coat of flat white paint, and when they were dry, he put green paint on the other side, and now the shades look like new.

*D. W. D., Mich.*

EDITOR'S NOTE. This discovery was tested in the Institute and found to be very practical.

## TO RENOVATE A DAVENPORT

We have a wicker and tapestry davenport which had become soiled and the wicker broken in places. I had a slip-cover

made of cretonne harmonizing with the rest of the room. The slip completely covers the davenport and costs far less than a new davenport.

*Mrs. P. S., O.*

#### TO SAVE THE FURNITURE

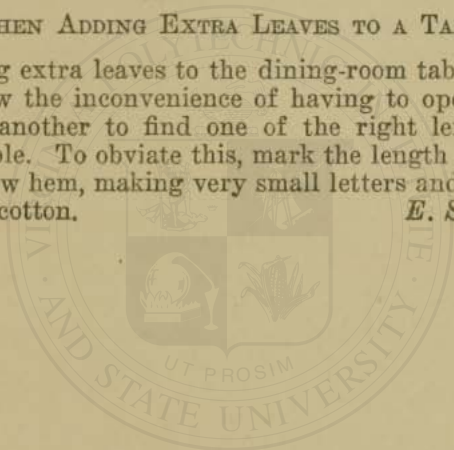
When our baby got her first kiddy car, the furniture received many scratches. My husband then tacked a piece of rubber tubing around the front and back of the kiddy car, using as few tacks as possible. Since then, the furniture has been bumped but unharmed. The tubing also acts as a shock absorber and saves our baby many tumbles and jolts.

*Mrs. C. E. H., Pa.*

#### WHEN ADDING EXTRA LEAVES TO A TABLE

After adding extra leaves to the dining-room table, all housekeepers know the inconvenience of having to open one tablecloth after another to find one of the right length for the extended table. To obviate this, mark the length of each cloth on the narrow hem, making very small letters and using white embroidery cotton.

*E. S. L., N. J.*



# About-The-Laundry Discoveries

## A LAUNDRY BAG

The most satisfactory laundry bag I ever had I made from a yard of thirty-six-inch cretonne. I folded it lengthwise and shaped it at the top so as to fit over a coat hanger. On the front side, I cut a slit long enough to push the soiled clothes through, and bound it firmly. Then I cut the back side of the bag longer, enough to enable me to turn it up at the bottom for a flap, which I fastened on the front side with five large snap fasteners. With a bag made in this way, the bottom can be unsnapped and the laundry dropped out without removing the bag from the hook on the closet door.

*M. K. A., Okla.*

## AN IRONING GARMENT

Pin a Turkish towel around the left end of your ironing board. You will come upon many bits of work in the course of an hour's ironing that will repay you for the effort. Initials, some laces, and heavy seams look a hundred percent better when ironed over Turkish towels.

*Mrs. E. S., N. Y.*

## A NOVEL CLOTHES BASKET

One of the best discoveries I ever made came about when at a summer cottage. There was washing to do and no clothes basket until we discovered a bushel basket such as farmers use about a farm. Such a basket proved easy to lift when full of wet clothes, and when the laundry basket in my city home needed to be renewed, I went to a grocery store where such articles are sold, and bought three of the bushel baskets. My laundress speaks of the convenience of having three baskets to sort clothes in. Furthermore, one basket can be left in the clothes yard after the first wash is hung out, and is there ready for them when dry, while there are still wet clothes in the other two baskets.

*G. B. H., Ia.*

## A PAD FOR THE IRONING BOARD

If you have been seeking a good, thick pad for your ironing board try using two thicknesses of cotton batting. This makes an excellent pad.

*Miss B. W., Ill.*

## AVOID LOSS OF HANDKERCHIEFS

In sending handkerchiefs to the laundry, in order to avoid the loss of handkerchiefs and of temper as well, I baste them on a long tape, usually two together, and up to the present time have not been obliged to make one complaint with regard to the loss or tearing of handkerchiefs. Of course, they are returned unironed, but who would not be willing to press them out rather than not to have them returned to you at all, particularly in these days of high-priced linen!

*M. L. I., Wis.*

## BRIDGE TABLE COVERS EASILY WASHED

It always proved a tedious task to wash my bridge table covers because of the many tapes attached to them, used in keeping the covers in place on the table. Now I have dispensed with the tapes entirely and simplified the washing of the covers by making a tiny, square pocket on the under side of each corner, fastened with a snap. In each pocket I place a weight, which keeps the cover in position and can be slipped out when the cover is laundered.

*Mrs. L. H. N., N. Y.*

## DOLLS' CLOTHES-PINS SOLVE THE PROBLEM

Dolls' clothes-pins have proved very useful in hanging the baby's clothes on a cord across the upstairs piazza. The big pins fall out, and safety-pins are very apt to tear the clothes.

*Mrs. C. L. G., N. J.*

## DRYING WOOLEN SWEATERS

Heavy woolen sweaters may be dried most successfully in the following way: Lay a clean sheet kept just for the purpose over a window screen. On this place the washed sweater in exactly its original form, carefully placing the fulness in the front, with a flat back. Balance the screen on two chairs and

dry the sweater over a floor register or in a warm room in the winter time, or in a shady place out-of-doors if it is summer.

*Miss M. A., N. J.*

#### HANGING CLOTHES IN COLD WEATHER

In cold weather I place my clothes-pins in a pan in the warming oven. When I am ready to hang out the washing, I put the hot clothes-pins in the clothes-pin bag. Each time I reach for a pin, my fingers get warm, and the hot clothes-pins also help to keep the corners from freezing too much in hanging the clothes straight.

*Mrs. B. A. D., Utah.*

#### HOW I SPRINKLE MY CLOTHES

I sprinkle my clothes with boiling water and one of the round variety of vegetable brushes. This distributes the water in fine drops and prevents me from burning my fingers, and the clothes can be ironed in fifteen minutes.

*Mrs. E. Y., Ohio.*

#### KEEPING THE IRONING BOARD CLEAN

It is surprising how much dust can collect on an ironing board cover when it is not in use. To avoid this very thing, I have made a cotton bag into which the ironing board can be slipped after each time of using. This bag is long enough to fold over at the top and thus protects the board from dirt and dust.

*Miss M. A., N. J.*

#### REMOVABLE COVERS FOR HOLDERS

I find ironing holders, and in fact all holders, are bound to get soiled when used for any great length of time, and it is not an easy task to wash and dry them when they are so thick. To ease the washing of the same, I make the foundation pads of the usual size and shape. Then I make slip-covers of the same size as the pads, having short tapes on the edges. These covers slip over the pads easily, being tied in position. When soiled, the covers alone are removed and washed. Gingham, percale, or something firm and washable is satisfactory for the covers.

*Mrs. T. W. B., Conn.*

## SAVING STRENGTH ON WASH DAY

When wash day comes around, I use the children's wagon to haul the wash basket of wet clothes from the back door or laundry to the clothes-line. It not only saves me a heavy load, but it also prevents dragging the larger pieces of the wash on the ground while they are being hung up, because the wagon can be drawn along right under the clothes-line. When there is snow, the children's sled answers equally as well.

*Mrs. R. B. C., Ind.*

## TO IRON BABY PILLOW COVERS

Our baby had several lovely carriage pillow covers given to him, which we found difficult to launder well. No matter how carefully they were ironed, the madeira embroidery looked a bit pulled, until we made a special ironing board to fit the pillows. All the pillow covers were regulation size for baby pillows, 17" by 13". We took the cover of a packing box and had it sawed slightly smaller than the pillow covers, so it could easily be slipped in and out. This we covered as one does a full-sized ironing board. Now the covers look better than new, when ironed.

*Mrs. W. K., Ill.*

## TO KEEP CURTAINS CLEAN

To any one living in a smoky city, the problem of keeping the curtains clean is a difficult one. In my apartment I have solved the difficulty by having all my curtains of the same material and made identically the same, always keeping on hand one extra pair of curtains. Each week I put the pair of curtains which is soiled the most into the wash, hanging up the extra pair in its place. To simplify the laundering, I have two extra curtain rods in the laundry, each of which is six feet long, or over twice the width of one curtain. After washing, the curtains are stretched by hanging from one rod while the other is run through the bottom hems. In this way, the curtains dry easily, and by following the above plan my curtains are always clean and unwrinkled, my windows are never bare, and there is no extra labor involved in laundering the curtains. This method of drying the curtains is adapted to those made of net or filet.

*Mrs. B. H. J., Ill.*

## TO KEEP THE BEDROOM CURTAINS CLEAN

Just how to keep the bedroom curtains from getting soiled and mussed at night when the windows are wide open was, until recently, a great problem to me, but I have at last hit upon a simple plan. Buy spring clothes-pins in any department store. Two are needed for each window. Catch the outside and inside edges of both white curtain and cretonne drapery together, lift these to the highest point that can be reached along the outside of the curtain, and snap all together with a clothes-pin. It is surprising how fresh and clean the curtains will keep when you follow this procedure.

*Miss M. A. H., N. J.*

## TO KEEP THE IRON FROM STICKING

If, when making starch, you use soapy water as the foundation, you will have no further trouble with the iron sticking to the article you are laundering. Allow one tablespoonful of soap jelly to each quart of water, adding the desired amount of starch, depending upon the garments to be starched.

*Miss E. H., Wis.*

## TO WASH HEAVY RAG RUGS

I have found a simple way of washing heavy rag rugs. Soak the rugs for five minutes in cold water, then spread them on a bare floor and sprinkle heavily with any good washing powder. Scrub the rugs until they are clean with a clean broom dipped in hot water. Rinse thoroughly in clear water in the laundry tub and hang on the line to dry.

*Mrs. L. J. O., Wyo.*

## TO WASH TRICOLETTE BLOUSES

I have a light tricolette blouse which must be laundered often. I found it difficult to iron it nicely after frequent washings. Now I simply hang the blouse on a clean wooden rod, then tie the rod to the clothes-line by means of a stout string. In the winter months I place the rod over the back of two chairs. In this manner the blouse dries smoothly and requires no ironing.

*Miss H. M. A., Minn.*



## TO WASH WOOL STOCKINGS

Every one wearing wool stockings has more or less qualms in washing them because of the possibility of their shrinking. Not having any stocking stretchers I have hit upon a plan that is indeed a discovery. Before drying the stockings I put shoe trees in the feet, and this not only keeps them from shrinking, but makes them more comfortable when worn again.

*Mrs. A. P. W., Conn.*

## WHEN STARCHING CLOTHES

In doing the washing for my family in our electric washing-machine, I found that the starching of from forty to sixty garments and pieces of household linen was the most tedious and disagreeable part of the whole undertaking. Almost immediately I happened upon this plan which has proved a real time-saver. I make about three-quarters of a gallon of starch. When all the washing is finished and the clothes have been rinsed and wrung dry, I put about half of the pieces to be starched, shaken out lightly, into one of the stationary tubs. I pour half of the hot starch over them and wring them one by one through the power wringer, the top ones first. As the starch drips off the wringer board, I hold the next piece under to catch it, occasionally sopping the starch out of the corners of the tub also, and then repeating the operation till all the clothes are wrung through. Then I put the rest of the pieces in the tub and pour the balance of the starch over them, repeating the wringing process. The starch is evenly distributed through the clothes, and I have no trouble with lumps when ironing them. If any piece is desired very stiff, it can be dipped in the starch first.

*Mrs. J. T. H., Md.*

## WHEN WASHING CURTAINS

Net curtains that are hung with a rod both at the top and the bottom do not need to be ironed or stretched. Launder them in the usual way and hang on the rods wet. The curtains dry smoothly, with edges that are even and straight. If there is a top heading, pinch it up with your fingers when about half dry. The heading will stand up in nice plaits.

*Mrs. M. L. C., N. C.*

# Bath-Room Discoveries

## A BASKET FOR THE BATHROOM

A small basket with a tall handle over which a scrubbing cloth can be hung to dry may contain a can of scouring powder and a brush for cleaning the bathtub. A small bottle of kerosene may be added by those who have tried this easy and sanitary cleanser. Kerosene cleans like magic, without hard rubbing, and quickly evaporates. In most bathrooms there is a little corner where such a basket can be set on the floor, and it will be found a real convenience for all concerned.

*G. S. B., Cal.*

## A BATH MITTEN

When one of your Turkish towels is growing old, use part of it to make a bath mitten to wear when you are giving baby his bath. Make the mitten rather loose-fitting for your hand and button at the wrist. The warmth of your mittened hand will be agreeable to the baby.

*L. M. Q., Pa.*

## AN EXCELLENT WAY TO UTILIZE SCRAPS OF TOILET SOAP

Save all odds and ends of toilet soap of every description. When enough has accumulated, break in very small pieces and put through the food-chopper, using the medium cutter first, and then the fine cutter. To one cupful of this granulated soap add one and one-half cupfuls of corn-meal and put through the food-chopper again until reduced to a coarse meal. This may be facilitated by rubbing between the hands to loosen the particles. When all will pass readily through a meal sieve, add one ounce of olive oil to each two and one-half cupfuls of the soap and corn-meal mixture. Blend thoroughly. An ordinary fruit jar with the rubber ring in place makes a good container. A quantity of this soap powder kept on the kitchen sink or in the bathroom will be found invaluable.

able for cleansing very soiled hands and keeping them soft and smooth, besides being perfectly harmless and costing next to nothing.

*Mrs. A. D., Cal.*

#### ONE MORE SHORT CUT TO CLEANLINESS

During the out-of-door season, my soul is often tried by my mud-loving sons trailing muddy foot-marks and quarts of sand over the bathroom, especially when I am doing all my own housework. The white-tiled walls, floors, basin, and tub all show their tracks even after one bath! Not so any more, for recently I made a discovery. I now keep a bath mat, a cake of soap, two bath towels, and two wash-cloths in my laundry. Every day, or oftener, my sons are led to the cool laundry and bathed in my laundry tubs, which are porcelain and as clean and as easily kept so as the bathtub. The tubs are at a convenient height for mother to help with the "corners," and that means a lot of backaches avoided, as any five-foot mother of two wriggling boys can testify, after she has doubled herself over the bathtub in the attitude of a measuring worm for half an hour a day. One more bit of saving this discovery has, and that is that the muddy, sandy garments that are stripped off the youngsters are right where they should be, ready to be washed.

*Mrs. N. W. F., N. Y.*

#### RESCUE THE BATH TOWELS

In a household of men and boys addicted to hard rubbing after cold showers, I have found that the life of heavy bath towels may be lengthened considerably by binding with one-inch tape all along the two sides where the first fatal breaks always seem to appear. A loop of tape in the middle of one side to slip over a nicked hook on the bathroom door may suggest to the hurried youth a better way of disposing of a wet towel than leaving it on the floor or folding it when wet.

*Mrs. T. R. H., Pa.*

#### SOFT TOWELS FOR LITTLE ONES

I find that excellent towels for infants and small children can be made from birdseye cloth. Turn an inch hem and then stitch across this a narrow strip of light blue or pink chambray. These towels are easily kept white and are very absorbent.

*Mrs. W. R. M., Okla.*

# Bed-Room Discoveries

## A CHILD'S BEDSPREAD

A spread that will help entertain a sick child can be made of blue galatea or solid-colored gingham. Make the spread any desired size; then pull apart the pages of a linen story book and stitch these on the spread, leaving spaces between the various pages. I have known a child to be entertained for an hour at a time with this spread. *Mrs. C. P. B., Tex.*

## A CROCHET HOOK FOR THE EMERGENCY

A crochet hook is a useful adjunct to the sewing basket or to the dressing-table equipment. When the end of a drawstring or tape disappears within its casing, insert the hook and quickly draw it out. *A. J. D., Mass.*

## AN IMPROVISED DRESSING-TABLE CHAIR

I feel that I have rescued and found a place for the old-fashioned piano-stool that swung around at our will for so many years, but has gradually given way to the more artistic bench. There is no better chair than the piano-stool for a dressing-table chair. One can swing all the way around on it and see how one's hair looks in the back, or one's collar or hat. It really is a very practical help in seeing the impractical things, and dressed up in chintz or brocade, it looks very smart. *C. D., N. Y.*

## COVERING BABY

As cold weather is with us again, it may lighten the burden of some mothers to know that the baby may be kept covered at night and saved from many colds by the use of two large horse-blanket pins. These may be bought at any of the department stores. Pin through the bedclothes to the mattress on both sides, and it will be impossible for the baby to kick off the covers. *Mrs. F. S. C., N. J.*

## FOR COAT HANGERS

My dresses, coats, and sweaters often slip off the wooden hangers. Recently I purchased large-sized, rubber-tipped tacks at a hardware shop. I pushed one of these tacks in at each end of the hanger. This keeps the hanging articles from slipping off, and yet leaves no mark or bulge. This method is especially good for careless children whose clothes are continually slipping to the floor.

*Mrs. M. L., Pa.*

## SHEETS BY SIZE

I have always been bothered by not knowing what size my sheets were when they came out of the laundry or the closet. I have now one less thing to worry me, for each sheet is marked so that I know at once whether it is narrow, medium, or wide. With a tape measure I measured every sheet I owned, and sorted them into three piles—narrow, medium, and wide. I left the narrow sheets unmarked. I marked the medium sheets with one cross in red marking cotton over the edge of the narrow hem, and I marked the wide sheets with two crosses in the same place. My sheets are now in three piles in my linen closet, and I know exactly what size sheet I am getting when I take one from the closet. What is more important, I can tell at a glance which pile the sheet belongs to, after it has been laundered.

*K. C. C., Mass.*

## TO FOLD A BEDSPREAD

To keep the bedspread from wrinkling during the night, I always fold it in the following manner rather than throwing it over the foot of the bed in the usual way: Begin at the top of the spread and fold it toward the foot in half. Then fold from each side toward the center, forming a triangle, the point of which is toward the head and the base toward the foot of the bed. Hold the point and fold it over the foot-board. The spread does not drag on the floor or lose its position. To unfold, follow in reverse order. I have used this method all summer, and my bedspreads are not unnecessarily soiled or wrinkled.

*Mrs. F. B. C., N. J.*

# Cookery Discoveries

## A DELICIOUS LUNCHEON BISCUIT

For the luncheon or afternoon tea service, the following suggests a dainty biscuit. Make the ordinary baking-powder biscuit dough and roll it to one-quarter inch thickness. Cut with a medium-sized biscuit cutter and spread each biscuit thickly with a deviled ham mixture. Roll up and bake as usual.

*Mrs. R. A. C., Mo.*

## AN EMERGENCY DESSERT

An excellent dessert may always be quickly prepared if one has ripe, mealy apples on hand. Peel and core the apples, then chop them rather coarsely. Serve at once in sherbet glasses with plenty of powdered sugar and thick cream either plain or whipped. Lemon juice may be sprinkled over the apples if one favors such an addition.

*M. M. H., Cal.*

## APPLE SAUCE IN DISGUISE

I have discovered that green apples or any apples which are rather colorless and tasteless can be made into delicious apple sauce by the addition of red cinnamon drops. Add the cinnamon drops when starting to cook the apples, and by the time the apple sauce is done, the cinnamon drops will have imparted a delicate color and a cinnamon flavor which is most pleasing. Add sugar to taste, in the usual manner.

*Mrs. D. G. D., O.*

## BAKING SQUASH

I used to have sad times preparing my Hubbard squash for the kettle or oven, often being obliged to call on the ax to help me, and generally winding up with at least one disabled member. Now, immediately after breakfast, I just wash

the squash and place it in the range oven. By dinner-time it is baked; then I open it with any common knife, remove the seeds, scrape out the squash, and with the addition of a little cream and seasoning I have the most delicious squash imaginable, for all its sweet juices have been retained and so has my temper!

*O. D. B., Ia.*

#### CUSTARD DATE PIE

When making your next custard pie, lend variety to its flavor by the addition of dates. Stone the dates and cut them in small pieces, allowing one-half cupful to the standard recipe for one pie. Add the dates to the custard mixture and pour into the pastry-lined pie-plate. Bake in the usual manner, and the result will be truly delicious.

*Mrs. J. W. E., S. D.*

#### DRYING HERBS

When drying celery, parsley, or sage for winter seasonings, I leave all the leaves on and cut the stalks short enough so that they will fit in preserve jars. Then I place them in the uncovered jars with the leaves down and dry them in the oven. Then I adjust the rubbers and covers and store them away. Dried in this way, the herbs are particularly nice, as you can crumble them as you need them, some things requiring finer particles than others.

*D. M. B., N. Y.*

#### MANY WAYS WITH CHILI SAUCE

More times than once my store of canned chili sauce comes to the rescue. When I wish to bake beans and have no salt pork on hand, I empty a jar of my chili sauce over the beans. If I want a vegetable flavor in a small pot roast or a brown stew, I add chili sauce when making the gravy. For a sandwich filling I put through the meat-chopper any cold meat that I have on hand and then mix it with enough chili sauce to make a good paste to spread on the bread.

*D. M. B., N. Y.*

#### MAPLE FROSTING

A very easy and very delicious frosting for cake is made by adding maple-sirup to confectioner's sugar until it is of the right consistency to spread on cake.

*Mrs. C. C. N., N. Y.*

## MASHED POTATOES OF A NEW FLAVOR

When preparing mashed potatoes, season them in the usual way with salt, pepper, and butter, then add onion juice and grated nutmeg, allowing one teaspoonful of onion juice and one-quarter teaspoonful of grated nutmeg to each quart of mashed potatoes. It is surprising how this little addition lifts this familiar dish out of the ranks of the commonplace.

*Mrs. L. A. C., Mass.*

## MINT GRAPEFRUIT

When serving grapefruit, it often whets the appetite to prepare it in a variety of ways. One of our favorite combinations is grapefruit and mint. Prepare the grapefruit in the usual manner, removing the tough portion in the center and separating the pulp from the skin around the entire circumference. Place one after-dinner mint in the center of each prepared half-grapefruit, chill thoroughly, and serve. This combination is particularly good for the dessert course.

*Mrs. R. W. S., Kan.*

## POP-CORN AND BANANA SALAD

When making banana salad, try substituting pop-corn in place of the walnuts or peanuts that are usually used. Cut the bananas in halves lengthwise and place on lettuce leaves. Decorate with salad dressing and pop-corn. The result is very artistic and economical.

*E. Q., Que.*

## RICED CARROTS

Endeavoring to think of some novel way of varying the usual buttered carrots, an inspiration was the result. I scraped and cooked the carrots in the usual manner, and when tender, I drained them and put them through the fine sieve of a potato-ricer. With plenty of butter, the proper seasonings of salt, pepper, and paprika, and a vigorous beating, I had a delightfully tasty vegetable.

*Miss M. L. A., N. J.*

## TO LIGHT THE CHRISTMAS PUDDING

One of the pleasantest memories of my childhood is that of seeing the Christmas pudding come in, enveloped in mysterious



flames. And there is no need of giving up this pleasing rite, for my mother always used common lemon extract for producing the flame. Lemon extract contains a liberal amount of alcohol, so that it burns readily and has a delightful aroma. Try it!

*Mrs. J. L. H., Va.*

#### TO SERVE EGGS ON TOAST

When serving eggs on toast to children or invalids, cut the toast in small cubes, leaving the slice in its original shape, before putting on the eggs. Then the toast is very easily eaten by the child or invalid.

*Mrs. T. J. McA., Mass.*

#### WHEN MAKING COOKIES

When making rolled cookies which call for soda, you will find it much easier to mix the dough the night before. Then mold the dough into a long, slender roll and let stand in the refrigerator or a cold place overnight. In the morning slice the roll into thin slices and bake the cookies at the usual temperature. This method saves a great deal of time which is generally necessary for rolling out and cutting the cookies.

*E. S., Minn.*



# Discoveries Concerning Children

## A MILK SODA

Winifred was one of the little girls who would not drink milk, regardless of her mother's efforts. Her aversion seemed so great that mother finally stopped insisting. Then Winifred started to school. She immediately began asking for two pennies each day for recess lunch, which consisted of crackers and a glass of milk. Her mother was astounded, also elated, and asked why she wanted milk at school but refused it at home. Winifred's answer solved the question, "Well, mother, at school we drink it through a straw, and I can't smell it."

*Mrs. A. R., Ind.*

## CHILD TRAINING IN COOKERY

Would you help your child and yourself at the same time? Then next baking day, when your child begs to help, let him help. The usual excuse the child receives is that the mother is too busy and can't be bothered. I thought I would give my children the chance really to cook, and what is the result? On baking day I can turn part, or the whole of my baking over to my fourteen-year-old son and my eleven-year-old daughter. They can cook equally well and take great pride in what they do. I do not ask them to do too much, just enough so they are always desirous of doing more.

*Mrs. C. R. P., Mass.*

## DOMINOES, A CHILD'S TEACHER

We find playing dominoes a great help to the children in their school work, making them quick and accurate in addition from much practise. It also serves to keep them quietly occupied on rainy days and at odd minutes. We adults often take a hand. The children began at quite an early age with the usual set, which runs to double six; they might have begun earlier

still if we had taken out the higher numbers and stopped at double four. We start the game with the double blank and play in four directions, thus having four ends to count. At present we are playing with a set that goes to double twelve, and later we shall have one that runs up to double fifteen. These larger sets make a good joint Christmas gift to the children of a family and are usually a good deal of a surprise, so few people know of their existence. *Mrs. G. H. S., N. J.*

#### DRINKING MILK THE KIDDIE'S WAY

Perhaps your child will not drink his milk. Perhaps you are to blame for placing a large glass of milk before him and bidding him "drink it all"! There is a better way. A small pitcher and a little, flat-bottomed wine glass will do the trick. Pour a little milk at a time from the pitcher into the tiny glass and watch your child delight in taking every drop. If the child is old enough, let him pour it himself. This is a healthful method, for the milk will never be taken in large gulps.

*Mrs. E. C. J., Ill.*

#### EATING CEREALS

My two little girls refused to eat cereals until recently, when it occurred to me to give them each a little sugar bowl and pitcher so that they might help themselves. As the pitcher and sugar bowl hold only enough for one serving, there is no waste or over-sweetening. Besides teaching them to wait on themselves without spilling, they are getting the benefit of wholesome cereals for breakfast and learning to like them.

*Mrs. E. M., Pa.*

#### FAVORS FOR A CHILD'S PARTY

How the children love my edible Red Riding Hoods, because they are something different! For each Red Riding Hood a marshmallow, a toothpick, a small bar of chocolate, and red tissue paper are necessary. Use the toothpick to paint a face on the marshmallow with melted chocolate. Then stick it into the marshmallow for a neck and through the chocolate bar for the body. Now make a little red dress and cape and stand a Red Riding Hood at each child's place.

*Mrs. A. P. W., Mass.*

## FOR CONVALESCENT CHILDREN

If a mother finds it hard to find amusement for convalescent children, I wish she would try a handful of toothpicks with a little pan of puffed wheat or puffed rice. My four little ones had mumps one after another, and after watching the first, when he was able to sit up in bed, make so many interesting things with the toothpicks and wheat, I really believe they were rather anxious to be just sick enough to play with them.

*Mrs. C. S. W., Ill.*

## GLYCERIN SOAP BUBBLES

Having two small sisters, I am often called on, in case of their illness, to help entertain them. And I have at last found a sure way of keeping them contented and happy when they are well enough to permit it. I place a woolen blanket on top of the bed coverings and provide each child with a clay pipe. Then I prepare a cupful of real soapsuds, adding to it a small amount of glycerin. The children can blow bubbles to their hearts' content, and the glycerin makes the bubbles tough so that they settle on the blankets and often remain four or five minutes before breaking.

*D. McC., Ia.*

## INTEREST IN HEALTH

In the school my children attend there are no school nurses, nutrition classes, etc., but I tell them what is being done in other schools along health lines, and we try to carry out some of these principles, chief of which are weighing and measuring. I give each a weight chart that they may see for themselves what they should weigh, impress upon them the value of proper food and plenty of sleep, and once a month take them to the scales. They are quite interested in observing their progress and are not nearly so indifferent regarding meals as they were before I had them keep their own records.

*Mrs. T. K. F., W. Va.*

## NEATNESS AS A VIRTUE

I had noticed so many young girls who were either dowdy looking or overdressed that I resolved that my girls should not be in either class when in their teens if I could help it. I

began their training by teaching them the value of matching colors between hair ribbons and dresses. Now my seven-year-old girl selects the ribbons for her dresses, never making the mistake of choosing a varicolored, Roman-striped hair ribbon to accompany a plaid dress, but instead selecting a black one or one matching the predominating color of the plaid. She has many colored handkerchiefs, and we have serious talks about selecting the proper color for the proper dress. She has a miniature manicure set just like mother's and takes great pride in its use, which results in clean nails of suitable length. This may sound unnecessary to many mothers, but I am looking forward to the future, when I hope to reap my reward in seeing a well-dressed girl who will not be conspicuous for untidiness or loud dressing. *Mrs. A. S., Mass.*

### REMEDYING TIME WASTERS

There have been two small things in my family of three little girls that have caused more petty annoyance than all the big tasks put together. These were heralded in my busiest moments by questions such as, "Mother, this button has come off," and "Mother, my pencil's broken," or "Where is a pencil?" My decision to remedy the need of wasting time on such little things resulted in the following: First, I took an attractive Indian basket, called the children around me, dedicated it as my "Handy Basket," and made a game of it to see who could add most to it. The ordinary threads, needles, small scissors, and thimble were placed in it, and each child was to add every button she came across loose. Now, when an accident happens, here comes the needy one bringing the remedies along, and only a second of my time is required. Next, I screwed a patent pencil-sharpener in the playroom within easy reach, and above I nailed a neat wooden box, then instigated a contest to see who could find the most pencils for the box. No longer does "Let's play school" or "Let's draw" have any terrors for me, for they can all wait on themselves. *Mrs. L. D. W., W. Va.*

### THE GAME SYSTEM

My two small children had lost, damaged, or destroyed many of their pretty small toys by reason of their being put away

indiscriminately with the heavier toys. Not liking the mental effect of so much casual destruction, I worked out a plan for grouping their toys into so-called "games." For example, several celluloid ducks, a little pail of sea shells, a box of Japanese shells containing tiny toys, two miniature boats, a little mirror, a wee celluloid parasol, and several very small dolls were all fitted into a berry basket painted (when inverted) to represent a house or shack, and became known as the Beach Game. A fleet of battleships, several three-inch trains, and numerous tiny lead automobiles and horse-drawn vehicles are the Street Game and are usually asked for in combination with a box of dominoes. The Street Game in its present proportions fits into a pound candy box. But one beauty of the scheme is its capacity for growth. Each new toy must be allotted to a "game" suitable to its uses, and this affords constructive thought. The various "games" are kept on the shelf with the regulation games and sets of blocks. The children are given a choice of one or two "games" at a time, each, with the understanding that each game is to be replaced in the box which fits it. My children are very careless and most "rampageous," as one only expects wide-awake and healthy youngsters to be, but not once in more than six months have they failed to replace properly one of the games. I think they really enjoy fitting back the toys. And best of all, each toy is safe, with a place of its own, where it can not be crushed by larger toys, and has slight chance of being lost. Breakages are prone to occur even with the game system, but the casualties are reduced 90 percent.

*M. J. R. R., Wash., D. C.*

### TEACHING SYSTEM

I know all mothers find teaching system to their children a problem. I have solved mine by taking a large sheet of paper and on it a series of pictures cut from magazines. For instance, the rules for going to bed had pictures of children taking shoes and stockings off, hanging up clothes, washing face, etc. This makes rules interesting, especially for the young members of the nursery who can not read. They love to see the pictures of other children cleaning their teeth and putting away their toys.

*Mrs. A. J. C., Ala.*

# Kitchen Discoveries

## A BISCUIT CUTTER

Remove the bottom which holds the parts of an aluminum collapsible drinking cup together, and you have three biscuit cutters of graduated sizes.

*Mrs. C. C., N. C.*

## A DRINKING GLASS FOR EVERY CHILD

The children would come in at odd times to get a glass of water until at dinner time there would not be enough glasses to set the table. So I screwed wire glass-holders into the window casement side by side, labeling one for each member of the family. Now each child can keep his own glass separate from the others, and all are handy to gather up for washing.

*Mrs. J. B., Mich.*

## A NEW FUNNEL

I have seen many "wrinkles" for getting liquid into small-necked bottles, but I think I have found a better way than any of them. I take the little metal top of an umbrella cover, and it makes the finest sort of small funnel, which will fit into almost any bottle made. If one is in great haste, one can put a larger funnel into this, as the upper part is nearly an inch in diameter, and then one may pour as fast as one wishes.

*C. L. M., O.*

## A PLACE FOR THE DISHPAN

To save reaching under the drainboard to get my dishpan from a nail, which is the usual place for putting it, I have had a shelf built under the drainboard just low enough to take the dishpan. There I keep the dishpan, rinsing pan, and drainer where they may be reached without any effort.

*K. S. C., Mass.*

## A USE FOR PARAFFIN WRAPPERS

A household help that I have found invaluable is the paraffin paper wrappers that come around loaves of bread. These lend themselves to many kitchen services, but the best use I make of them is for the cleaning and polishing of my coal range. When the steel is moderately warm, the paraffin melts just enough to polish it.

*Mrs. W. D. F., Kans.*

## ORDERING ICE BY POUNDS

It is often a great annoyance to the busy housewife to accomplish the necessary household tasks and still keep a watchful eye for the ice man's arrival in order to tell him the amount of ice desired. I have eliminated this inconvenience in the following manner: I cut out the figures, ten, fifteen, twenty, thirty, etc., from a large-typed calender, and when I need ice, I attach the necessary figure to the ice card with a clip.

*A. C. W., Mass.*

## TO CARE FOR TABLE OILCLOTH

To make table oilcloth more satisfactory and durable, clean it well and rub it occasionally with liquid wax, always polishing well afterward. It will be easy to keep clean, and its lifetime will be prolonged indefinitely. In polishing it, wrap a soft cloth or piece of flannel around an iron, using this for a polisher.

*Mrs. M. W., Ill.*

## TO KEEP THE SINK SHINING

Soap jelly, which is made by dissolving a large bar of soap in two quarts of boiling water and two tablespoonfuls of kerosene, is a great aid in keeping a white, shining sink. I keep a glass of soap jelly on the sink shelf, and when I have finished my dishes, I put a little on a cloth which I keep especially for that purpose, and clean the sink. Then I wash the sink out with clean, hot, sudsy water, and the result is well worth the effort.

*Mrs. J. A., Okla.*



# Sewing-Room Discoveries

## A ROMPER SUGGESTION

The question of how to make rompers for my year-old son and do away with those wet buttons and buttonholes between the legs, which are always so difficult to manage, was solved in this way. I made kimono-sleeved waists of white or light material opening in the front. To these I buttoned dark-colored gingham bloomers of the popular Dutch style, so that they dropped across the front instead of the back. When it becomes necessary to change his diapers, I just unbutton the bloomers across the front at the waist and pull his legs out of the elastic knee bands. I find this much quicker and easier than the usual method.

*Mrs. J. A. F., Conn.*

## BUTTONHOLES ON SHEER MATERIAL

Have you ever been discouraged when making buttonholes in material which frays out easily? Try the following: Mark with chalk the place where you wish to put the buttonholes, also the size. Take the garment to a place where machine hemstitching is done and have them run the machine over each chalk line. The hemstitching can then be cut as for picoting and the buttonholes worked over the picot. In this way, you will have a neat, satisfactory buttonhole.

*Mrs. F. E. C., Conn.*

## EVENING STOCKING DARNING

Darning dark stockings at night was quite an ordeal for me until I discovered that by inserting my electric spot-light in the stocking and darning the stocking over the illuminated glass end, the process was made quite simple. Aside from the light enabling me to darn faster and more neatly, I found the glass surface an excellent darning. *Mrs. W. G. H., Pa*

## RENOVATING CRETONNE DRAPERIES

When I took down my cretonne draperies this year, the cloth was still perfectly good, but the sun had faded the colors. I laundered the draperies, then while they were still hot from the ironing, I took regular school coloring crayons and went over the designs. I used the color sparingly where little color was needed, and pressed harder where the color was deepest in the original design. Then I put plain paper over the work and pressed it with a hot iron. The curtains looked like new.

*Mrs. H. A. C., Ind.*

## SETTING IN INSERTION

When making my baby clothes, I discovered a method of setting in insertion which I have used since on all sheer material. Hems on either side are avoided by having a line of hemstitching made where you intend the insertion to go. Cut through the hemstitching and sew the insertion to either side with fine stitches. This saves much time in rolling hems and produces a neat finish.

*Mrs. E. T. N., O.*

## SLEEPING-PORCH NIGHT CLOTHES

For sleeping-porch night clothes, I find that a pair of full-sized white cotton blankets without a border will make two night suits of the style which have long sleeves, long legs, and feet, and button from the neck down to the waistline in front. I can get a hood also, to go with each suit. These blanket night suits cut to advantage, and are very warm and quite inexpensive.

*Mrs. S. E. C., Wash.*

## SLIP PETTICOATS

In making slip petticoats for my growing girls, I do not sew up the shoulder seams, but face them back for about two inches and sew on the under side of the fronts, and the upper side of the backs, three snap fasteners about an inch apart. The skirt may then be adjusted at the shoulder seams to suit the length of the dress with which it is worn, for although theoretically all the dresses are the same length, some shrink more than others in laundering, and it is hard to have the petticoats and dresses of identical length.

*Mrs. S. W. F., N. J.*

## TO REPLACE WORN-OUT TAPE

When running a new elastic or tape through underwear, pin one end of the new tape to one end of the old. Then, as the old tape is pulled out, the new tape will be pulled in.

*Mrs. H. A. S., Pa.*

## WHEN DARNING STOCKINGS

Do not use darning stitches when the heels of your stockings become thin at the line of the top of your low shoes. Use a spool of silk and make parallel lines of fine chain stitches. This matches the stocking mesh so well that it can scarcely be detected.

*F. P., N. Y.*

## WHEN LENGTHENING DRESSES

When it is necessary to lengthen my little girl's dresses, I find the regular gauze bandage which comes in rolls of different widths just the thing to use in facing them. The gauze shrinks so little that if it is placed on the under side when stitching, the hem will be perfectly smooth and not wrinkled when ironed.

*Mrs. M. K., Ia.*

## WHEN MAKING SILK CORDING

It is often impossible to buy suitable cord for silk, satin, and other thin materials, as the regulation cord sold in the shops is rather heavy, not always graded sufficiently as to size, and has a twist which the silk covering does not always disguise. I have found an excellent substitute in the use of wool of any size, color, or condition. You can regulate the size of the cording by the number of strands of wool selected. Furthermore, the wool is light, and cording made from it can be sewn on very easily. In this way, old, faded, and otherwise useless wool becomes highly useful.

*Mrs. W. T., N. J.*

## What is GOOD HOUSEKEEPING INSTITUTE?

GOOD HOUSEKEEPING INSTITUTE, which is just one of the many departments touching every phase of women's interests from fashions to foods which are maintained by *Good Housekeeping*, is a highly organized laboratory where, for more than thirteen years, all kinds of household appliances, recipes, and home managing methods have been tested under conditions which closely approximate those found in the average home.

GOOD HOUSEKEEPING INSTITUTE is operated by a staff of eight experts, together with eleven assistants.

### Two departments

It is made up of two departments. One is the Department of Household Engineering, which tests new appliances and labor saving devices. The other is the Department of Cookery, which tests recipes and evolves new methods of cookery in well equipped kitchen laboratories. The recipes set forth in this book represent the favorites submitted by *Good Housekeeping* readers all over the country. These recipes, as well as every recipe in GOOD HOUSEKEEPING MAGAZINE, have been thoroughly standardized, tested and tasted by the corps of trained workers in the Department of Cookery.

### At your service

The entire staff of both departments of GOOD HOUSEKEEPING INSTITUTE is entirely at your service at all times to assist you in your home-managing problems. The service is free to *Good Housekeeping* readers; there is no obligation of any nature whatsoever. Do not hesitate to call upon them.







