

# The League Cook Book



Compiled by  
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and Civic League  
CREWE, VA.

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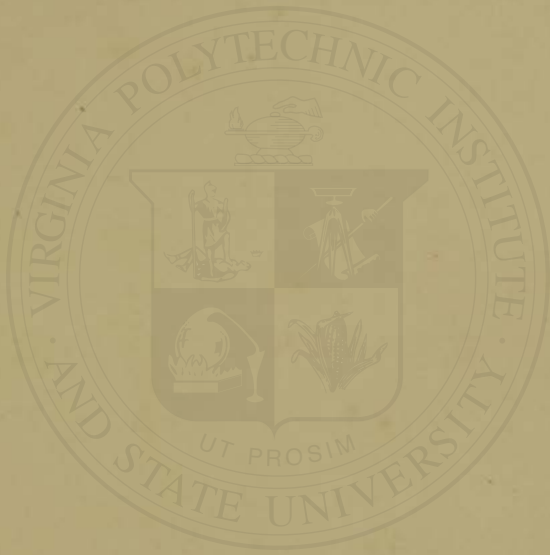
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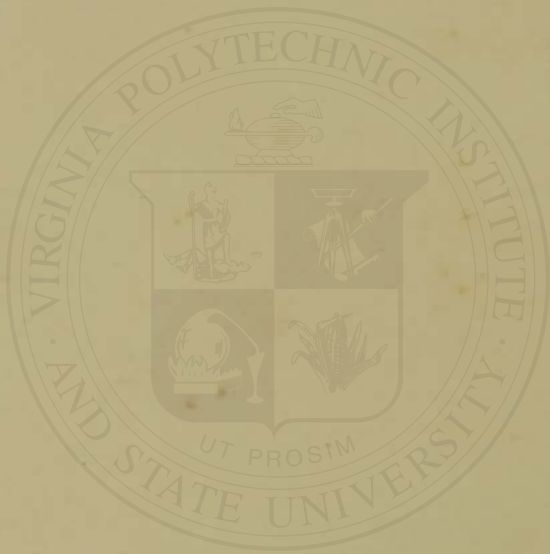
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# THE LEAGUE COOK BOOK



Compiled by  
Ladies of the School  
and Civic League  
CREWE, VA.

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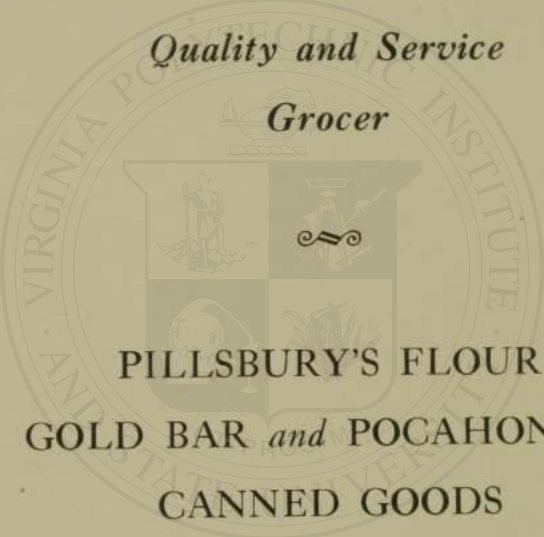
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Her children arise up, and call her blessed ;  
Her husband also, and he praiseth her, saying :

Many daughters have done virtuously,  
But thou excellest them all.

—Proverbs XXXI: 25-29.

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Cooking means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means the knowledge of all herbs, and fruits, and balms, and spices; and of all that is healing and sweet in fields and groves, and savory meats; it means carefulness, and inventiveness, and watchfulness, and willingness, and readiness of appliance; it means the economy of your great grandmothers and the science of modern chemists: it means much tasting, and no wasting; it means English thoroughness, and French art, and Arabian hospitality; it means, in fine, that you are to be perfectly and always, ladies (loaf-givers); and, as you are to see, imperatively, that everybody has something pretty to put on, so you are to see, yet more imperatively, that everybody has something good to eat.

—Ruskin, "Ethics of the Dust."

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## Harry Vanarsdall

CREWE, VIRGINIA

## *Preface*

Since the School and Civic League is desirous of equipping the School in as modern a manner as possible, we have decided upon this book as one means of furthering our aims.

We now offer this Cook Book, hoping that those who use it will find it helpful, and will have the satisfaction of knowing that they, by purchasing a copy, will have contributed to a fund which is so much needed and one which will be of much benefit to our town's greatest asset—its children.

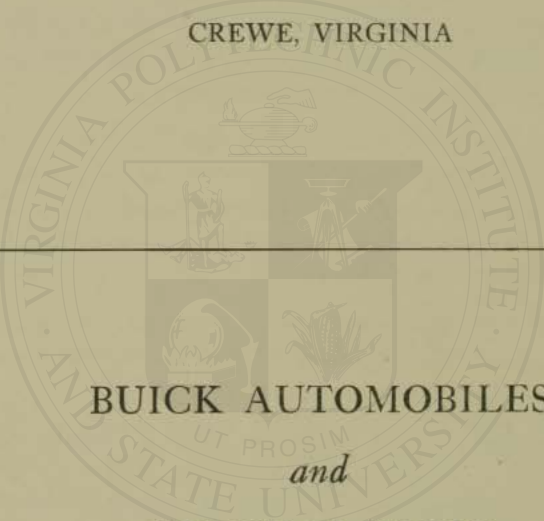
These recipes are contributed for the most part by well-known women of the town, and to them we wish to express thanks for their kindly interest in thus aiding in this work.

To the advertisers, whose assistance made it possible to carry out this plan, we are under many obligations, and wish to extend to them grateful appreciation and also to commend them to the patronage of each purchaser of this book.

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## AMOUNT REQUIRED FOR SERVING FIFTY PLATES

Five chickens for salad.  
Seven bunches of celery for salad.  
Three heads of lettuce for serving salad.  
Two and one-half loaves of Pullman bread for sandwiches.  
Two pounds of crackers.  
One quart of cream for coffee.  
One and one-half gallons of brick ice cream.  
Two large cakes.  
One and one-half pounds shelled almonds, salted.  
Two pounds mints.

---

One large hen, baked, serves eight persons.  
One hen made into salad serves fifteen persons.  
One hen made into pressed chicken serves eighteen persons.  
One gallon of punch serves thirty persons.  
One gallon of tea, made strong enough to have cracked ice, serves thirty persons.  
One can of peas serves ten or twelve in patty cases.  
One twelve-pound ham, baked, serves forty persons.  
One loaf bread makes ten sandwiches.  
One quart of coffee pours six cups.  
Fifteen pounds of roast beef serves fifty persons,

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## WEIGHTS AND MEASURES

One cupful .....	One-half pint
Four cupfuls .....	One quart
Three teaspoonfuls .....	One tablespoonful
Two cups butter packed solid .....	One pound
Four cups sifted flour .....	One pound
Two cups granulated sugar .....	One pound
Two tablespoonfuls butter .....	One ounce
Sixty drops .....	One teaspoonful
Four tablespoons flour .....	One ounce
Ten large eggs .....	One pound
Two and two-thirds cups powdered sugar .....	One pound
Two and two-thirds cups brown sugar .....	One pound
Three and one-half cups confectioner's sugar .....	One pound
One square Baker's chocolate .....	One ounce

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## Soups

### CORN SOUP

One can corn, 2 cups milk, 1 quart water, 1 egg, 3 tablespoons butter rolled in as much flour, 1 tablespoon chopped parsley, pepper and salt to taste. Put corn in 1 quart water and boil for 1 hour. Rub through a colander, season, put back on fire and stir in the floured butter. Scald milk in a separate vessel (dropping in a tiny bit of soda). Pour slowly on the beaten egg and add the soup. Stir one minute, put in parsley and serve at once.

—Mrs. David T. Ward.

### TOMATO SOUP WITH MILK

One quart or same quantity of fresh tomatoes and 1 pint water. Let boil about 20 minutes, strain, return to the fire and season with salt, pepper and butter and a little sugar. Add a pint of rich milk and let boil about twenty minutes longer. Stir in a pinch of soda.

### BRUNSWICK STEW

Two frying-size chickens cut up and put in a deep vessel with 2 quarts cold water. Cook until tender. Six ears corn, 1 pint butter beans, 1 quart tomatoes, 6 medium size potatoes, 1 onion, all chopped fine. Season with butter, salt and pepper. Boil until thick.

### CREAM OF TOMATO SOUP

One quart tomatoes,  $\frac{1}{4}$  teaspoon soda, 4 teaspoons butter, 4 teaspoons flour, 1 quart milk, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper. Stew tomatoes slowly one-half hour. In the meantime, melt butter, stir in flour and cook over low flame, adding milk slowly; add seasoning. Strain tomatoes, add soda; stir into sauce and serve immediately.

## *Fish and Oysters*

### SCALLOPED OYSTERS

One quart of oysters, drain off the fluid, place a layer of oysters in the bottom of the baking dish, then a layer of stale bread crumbs, with butter, pepper and salt, next a layer of oysters with butter and crumbs until the dish is filled, then pour in the dish some fresh sweet milk, sufficient to moisten all in the dish, put a layer of crumbs on top and bake.

### PIGS IN BLANKETS

Clean and wrap each oyster in a thin slice of bacon, skewer with tooth-pick. Broil in a hot oven until bacon is crisp. Turn once while cooking. Drain, and serve on toast cut in fancy shapes. —Tested.

### FISH BALLS

Press through a colander a cup of cold, flaked fish and a cup of mashed potatoes. Mix well and season with salt and pepper. Shape into balls, dip in egg and bread crumbs and fry a golden brown in hot fat. Serve with egg sauce made as follows: One tablespoon flour, 1 tablespoon butter rubbed together and thinned with cup of hot water. When sauce has cooked smooth, add salt, pepper, three hard-boiled eggs chopped and a little parsley. Serve very hot.

—Mrs. Holler Fell.

### CREAMED FISH

Steam 2 pounds codfish, break in flakes, removing bones and skin. Make 1 pint white sauce. Grease baking dish, fill with alternate layers of fish and sauce, seasoning with salt and pepper, chopped parsley and lemon juice or a few drops of vinegar. Mix one cup dry bread crumbs and three tablespoons melted butter. Spread over top and brown in quick oven.

—Dolly.

### OYSTER COCKTAIL

Twelve oysters, 1 tablespoon lemon juice, 1 tablespoon Worcestershire sauce, 1 tablespoon tomato catsup,  $\frac{1}{2}$  teaspoon paprika, 1 teaspoon salt, 5 drops tabasco. Put three oysters in each glass. Make a sauce of other ingredients and pour over the oysters.

### BAKED FISH

Wash and dry the fish, rubbing inside and out with salt, stuff with bread stuffing. Cut gashes on both sides two inches apart and put a strip of bacon in each gash. Sprinkle salt and pepper and place in a hot oven without water. As soon as it begins to brown add hot water and butter and baste every ten minutes. Bake until done, allowing one hour for a large fish, twenty or thirty minutes for a small one. Remove to a hot platter, remove bacon, garnish with slices of lemon well covered with chopped parsley, and serve with a sauce.

—Ermine Sydnor.

### SCALLOPED OYSTERS

Put a layer of oysters in a baking dish, then a layer of stale bread crumbs, with butter, salt and pepper, then another layer of oysters with crumbs and butter until the dish is filled, then pour in the dish some fresh sweet milk sufficient to moisten all, then put bread crumbs on top and brown.

—Mrs. T. S. Boccock.

### TIDEWATER HERRING ROE OMELET

Four eggs, 1 small can Tidewater herring roe, 8 tablespoons milk, salt, pepper, or paprika. Beat eggs, salt, pepper or paprika and milk together as for regular omelet. Add the Tidewater herring roe, mashed until smooth. Fry slowly until brown, then fold over. Serve hot.

### TIDEWATER HERRING ROE BAKED WITH TOMATOES

Drain a large can of Tidewater herring roe. Add two eggs and seasoning to taste. Mix well. Place in baking dish, a layer of sliced tomatoes, dotted with butter. Sprinkle with salt and pepper. Next add a layer of the prepared roe. Alternate the layers, placing on top a layer of the tomatoes. Dot with butter, sprinkle with grated cheese, salt, pepper and bread crumbs. Bake until brown.

### TIDEWATER HERRING ROE CROQUETTES

Drain a large can of Tidewater herring roe. Cream with a fork, and add two unbeaten eggs. Mix well. Add a few very fine bread crumbs, salt and a little red pepper to taste. Shape into croquettes and fry until nicely browned. Garnish with parsley.

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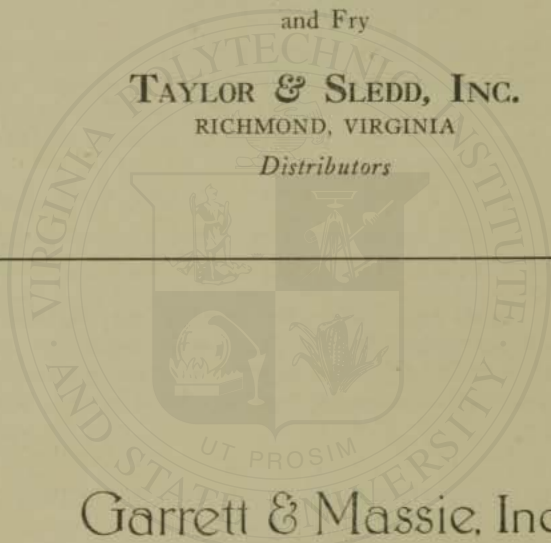
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### TIDEWATER HERRING ROE FRIED WITH TOMATOES AND GREEN PEPPERS

Heat in skillet  $\frac{1}{2}$  cup bacon or ham drippings, or butter. Add a large can of Tidewater herring roe and cook briskly for five minutes. Add a can of tomatoes (drained) or five large ripe tomatoes sliced and two green peppers. Season with a dash of red pepper. Cook steadily for fifteen minutes, or until peppers and tomatoes are done. Serve garnished with parsley and crisp bacon.

### A FAVORITE BREAKFAST DISH

Place thin slices of bacon in frying pan and cook slowly until done. Remove bacon from pan and turn a large can of Tidewater herring roe into the drippings. Cook about five minutes. Add three eggs beaten until light. Stir constantly and cook until eggs are done. Season with salt and pepper to taste. Serve on platter garnished with bacon.

### SCALLOPED TIDEWATER HERRING ROE

One can (large) Tidewater herring roe,  $1\frac{1}{2}$  cups bread crumbs, 1 cup milk, 1 egg—well beaten, 1 tablespoon butter, salt and pepper. Drain the can of Tidewater herring roe thoroughly, and mash with a fork. Fill baking dish with alternate layers of crumbs and Tidewater herring roe, having a layer of crumbs at top and bottom. Salt and pepper each layer. Pour milk over this, dot with butter and then put on the well-beaten egg. Bake in a moderate oven twenty minutes.

### TIDEWATER HERRING ROE POTATO CAKES

One onion chopped fine, 1 egg well beaten, 1 cup mashed potatoes, 1 tablespoon cracker meal, sprig parsley chopped fine, 1 can (small) Tidewater herring roe. Drain the can of Tidewater roe. Mix all ingredients together, adding salt and pepper to season. Shape into small cakes and fry in hot fat until golden brown.

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## *Meats and Croquettes*

### BROILED SWEETBREADS

Wash the sweetbreads and blanch them for five minutes in boiling water, lay them in a greased broiler over a hot fire, turning frequently and brushing with butter whenever turned. When done remove carefully into a platter, season with pepper, salt and butter. Serve with peas.

### ROAST CHICKEN

Stuff and truss with chicken, season with pepper and dredge with flour. Put in a dripping pan with a little soft pork if the chicken is not very fat. When heated add hot water and baste frequently. The oven should be hot, and the time necessary, for a large chicken will be about an hour and a half. When done remove the chicken, pour off the grease and make a brown sauce in the pan.

### CHICKEN IN RAMEKINS

One and one-half cups cold chicken, one cup cream sauce, a little nutmeg, buttered bread crumbs. Mix the chicken thoroughly with the cream sauce, add the nutmeg and empty into buttered ramekins. Cover with buttered crumbs and bake until brown. Cold beef, lamb and veal may be served in the same way.

—Mrs. T. L. Payne.

### BOILED HAM

Let the ham soak in cold water over night. Wash thoroughly, trim off the hard parts, put in a kettle of cold water, heat to boiling point and cook slowly until tender, allowing from fifteen to twenty minutes to the pound, let it remain in the water until cold.

### BANANA CROQUETTES

Remove skins and cut bananas in halves, dip in eggs and cracker meal. Fry in deep fat.

### CREAMED SWEETBREADS

Lay sweetbreads in cold water with a little salt for one hour. Drain, put into saucepan, cover with boiling water and boil very slowly twenty-five minutes, drain, and when cool separate and remove all membrane. Cut into small pieces and reheat in cream sauce.




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### SCRAPED BEEF

Scrape meat with a sharp knife from lean beef cut from round until nothing but connective tissue is left. Form into small balls and broil slowly for about two minutes. Season and serve. For sandwiches do not cook, but serve between thin slices of bread and season.

### BEEFSTEAK ROLLS

Make a good dressing as for chicken. Take a round steak, pound it, spread the dressing over it, sprinkle with salt and pepper and a few bits of butter. Roll the steak up tightly. Then roll in well-beaten egg. Put a small quantity of hot water in roaster and lay steak roll in. This requires about thirty minutes to bake.

### HAM PATTIES

Take one cup of finely chopped ham, quarter cup fine bread crumbs, quarter cup milk, one teaspoon salt and a quarter teaspoon pepper. Mix the meat with the bread crumbs and seasoning, add the butter melted, moisten with milk, and half fill greased patties.

### BRAINS

Pour boiling water over the brains and let stand for a short time. Remove from the water and skin them. Beat in two or three eggs according to the quantity of brains. Season with salt and pepper. Have bacon gravy in a hot pan, put in the mixture and stir frequently until done.

—Mrs. T. L. Payne.

### CHICKEN CROQUETTES

Two teacupfuls boiled chicken, chopped fine, small boiled onion chopped fine, one blade of parsley, three-quarters teacupful boiled milk and bread, salt and pepper to taste. Mix together, shape into cones and fry in lard. Before frying dip into yolk of egg and cracker dust.

### SHEPHERD'S PIE

Chop 1 pound cooked meat, mix in two tablespoons bread crumbs, 1 chopped onion, 1 tablespoon chopped parsley, 1 cup gravy, salt, and pepper to taste, 2 tablespoons butter, 1 tablespoon tomato catsup. Turn into fireproof dish and cover with thick layer seasoned mashed potatoes. Brush over with beaten egg and dot with pieces of butter. Bake about twenty minutes.

—Mrs. Chas. M. Walsh, Jr.

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### ROLLADEN

Take 2-pound round beefsteak sliced real thin. Cut in small pieces, lay in a piece of bacon, some onion, pepper and salt. Roll together and fasten it with toothpicks. Put in pan with butter and cook in oven until tender; add a little water.

—Mrs. Edgar Harper.

### SALMON ON TOAST

Shred 1 can salmon and remove all the bones. Boil 2 eggs hard, mash the yolks and press through a strainer, add to the eggs 1 ounce butter, 1 ounce flour and soften with  $\frac{1}{2}$  pint broth or soup stock, adding pepper and salt. Boil up, and when smooth add 1 quart broth or soup stock. Boil again for two or three minutes. Add the salmon and serve on toast.

—Mrs. Allen Davie.

### HAM PATTIES

One cup finely chopped ham,  $\frac{1}{4}$  cup fine bread crumbs,  $\frac{1}{4}$  cup milk, salt and pepper. Mix the meat with bread crumbs and seasonings, add butter melted, moisten with milk and half fill muffin tins with mixture. Break 1 egg carefully on top of each, sprinkle with salt and pepper, then cover with fine bread crumbs and bake in quick oven.

—Mrs. Moon.

### SCRAPPLE

Boil a hog's head until perfectly done, and let stand in water over night. Slip out the bones and chop the meat fine and return the meat to the liquor. Skim when first cold. Warm and season with pepper, salt and sage. Two cups buckwheat and one cup corn meal. Put into moulds, and when cold, slice and fry.

—Mrs. D. W. Gills.

### FRIED CHICKEN

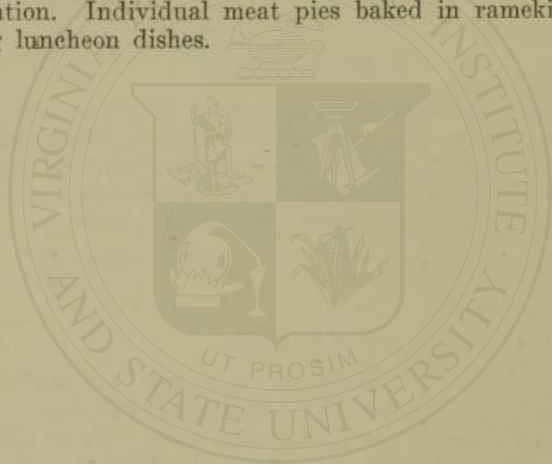
Singe, wash and clean the chicken and cut into pieces as follows: 2 second joints, 2 drumsticks, 2 wings, breast cut in two pieces, backbone cut into four pieces. Wipe with damp cloth; sprinkle with salt and pepper; dredge in flour. Put into frying pan with 2 teaspoons bacon drippings, or half drippings and half butter, and brown quickly. Add a little water, cover, reduce heat and fry slowly on both sides. Remove chicken; mix one tablespoon flour with whatever gravy or fat is in the pan. Add one cup cold milk or water; boil until thick.

### CREAMED DRIEF BEEF WITH TOMATO

Separate  $\frac{1}{4}$  pound dried beef into pieces, cover with cold water. Melt 1 teaspoon butter, add 1 can of tomato sauce and stir constantly until it boils. Add beef, remove from fire, add two table-spoons grated cheese, stir until it melts and serve.

### MEAT PIE

Cut cold, cooked beef, mutton or fowl in small cubes. Add gravy and boiling water to cover. Thicken gravy, if necessary, with flour which has been mixed to a thin paste with cold water, and stir until blended. Place in a deep, baking dish. Add cold, cooked potatoes cut in cubes. Cover with plain pastry or biscuit dough. Bake in a hot oven until brown. Prick with a fork or cut slits to let out steam before putting in oven. Any, cold left-over meat may be used for meat pie. Veal and ham used together make a delicious combination. Individual meat pies baked in ramekins make appetizing luncheon dishes.



## *Vegetables*

### CORN PUDDING

One quart fresh corn cut from cob, 1 teaspoonful salt,  $\frac{1}{4}$  teaspoon pepper, 3 eggs slightly beaten, 2 cups milk, 3 tablespoons melted butter. Put all ingredients into greased baking dish and bake in moderate oven until firm.

### SCOTCH POTATOES

One quart potatoes, 1 quart onions, 1 teaspoon salt. Wash, pare and cut potatoes and onions in half-inch rounds. Put into saucepan with boiling water to cover, adding salt. Boil twenty-five or thirty minutes, or until tender. Drain, put into dish and cover with thick, cream sauce. Bake in hot oven about twenty-five minutes.

### CORN FRITTERS

One-half cup milk, 2 cups cooked corn,  $1\frac{1}{2}$  cups flour, 1 teaspoon salt, 1-3 teaspoon pepper, 2 teaspoons Royal baking powder, 1 tablespoon melted shortening, 2 eggs. Add milk to corn; add flour sifted with salt, pepper and baking powder; add shortening and beaten eggs; beat well. Fry by spoonfuls on hot greased griddle or frying pan. If fried in deep fat, make batter stiffer by adding one-half cup flour and one teaspoon baking powder.

### STUFFED POTATOES

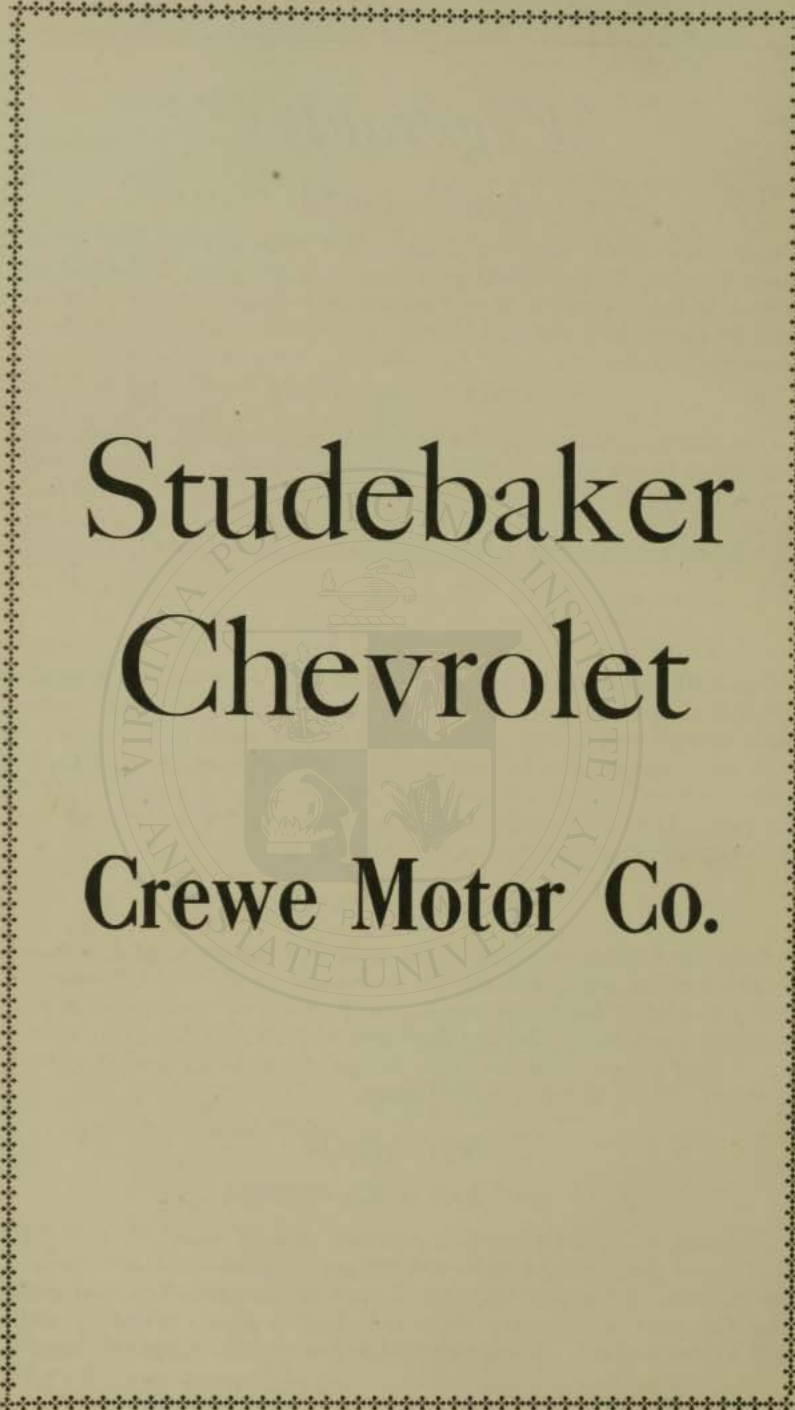
Bake four large potatoes. Cut in half lengthwise and, without breaking skins, scoop out insides, and mash; add one-half teaspoon salt, one-eighth teaspoon pepper, one teaspoon chopped parsley, one tablespoon melted butter, and mix with fork. Return to shells, put a few drops milk on top; rough with fork; sprinkle with paprika. Place in oven until brown.

### “CUBA DISH”

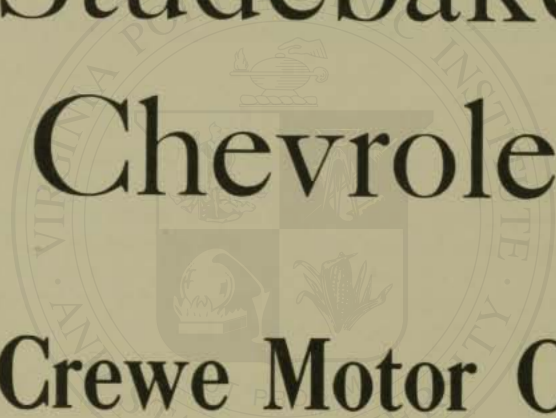
(A good way to use left-overs)

One cup cold, boiled white potatoes cut in cubes, 1 cup left-over green peas, 5 eggs, salt and pepper to season. Have ready a frying pan, hot and well greased, put in the potatoes and peas, then the eggs which have been well beaten, stir constantly until eggs are scrambled. A seasoning of onion may be added if desired.

—Mrs. F. N. Crittenden.



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### ESCALLOPED POTATOES

Pare and slice enough Irish potatoes to fill a two-quart pudding dish. Let stand a while in cold water. Drain dry. Grease the baking dish and add alternate layers of potatoes and cracker crumbs, one tablespoon butter, one teaspoon salt, pepper to taste. Cover the top with thinly sliced bacon and pour over all one pint sweet milk. Cover and bake about one hour. Uncover and brown. Serve in the dish in which it is baked. Tomatoes may be escalloped the same way, adding sugar to taste.

—Mrs. B. A. Tucker.

### CHEESE SOUFFLE

Two tablespoons butter, 2 tablespoons flour,  $\frac{1}{2}$  pint milk, 8 tablespoons grated cheese, saltspoon salt, pinch of soda, dash of paprika, 3 eggs. Cook butter and flour until blended, then pour into this  $\frac{1}{2}$  pint milk, stirring to a smooth, white sauce. Stir into this the grated cheese, the salt, soda and paprika. Have ready the eggs beaten separately. Remove the cheese mixture from fire and gradually beat into it the yolks of the eggs. Last of all, fold in the stiffly beaten whites. Turn the mixture into a greased pudding dish and bake in a steady oven to a golden brown (for about one-half hour). Serve immediately. (So much better when hot).

—Mrs. Kirk Richardson.

### STUFFED POTATOES

Six large potatoes, 1 tablespoon butter,  $\frac{1}{4}$  cup milk, 1 teaspoon salt, dash pepper, 1 egg, a little cheese. Bake potatoes, and when done cut off one end of each and scoop out contents. Mash thoroughly, add butter, seasoning and milk. Return potato to shells, place in oven and let ends brown.

### SCALLOPED ONIONS

Cut boiled onions into quarters, put them in a baking dish and mix well with cream sauce, cover with bread crumbs and bits of butter, and place in oven until crumbs are browned.

### BRUNSWICK STEW

One-half pound very fat pork, several large onions, several large tomatoes, 2 good sized chickens, or squirrels. Put on early in the morning and stew gently until done. When meat is thoroughly done take out the bones. About twenty minutes before serving add corn cut from twelve cobs and a liberal supply of butter. Thicken with bread crumbs. Salt, pepper and celery to taste.

—Mrs. Robert Batte.

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### DELICIOUS CABBAGE

Cook a four-pound head of firm, white cabbage in boiling water until done. Drain, chop, season with 2 teaspoons salt,  $\frac{1}{2}$  teaspoon pepper, 2 tablespoons butter,  $\frac{1}{4}$  cup heavy cream, 2 beaten eggs, 2 teaspoons vinegar. Stir all ingredients together, pour into a buttered baking dish, bake in a hot oven until brown. Serve hot.

—Mrs. Jones.

### TOMATO JELLY

Cook three cups canned or other tomatoes with two bay leaves, one slice of onion, and a pinch of paprika. When thoroughly cooked, rub through a sieve and then add to the liquor half a package of soaked and dissolved gelatine. When the gelatine is thoroughly dissolved, pour the liquor into individual cups to set. Serve on lettuce with mayonnaise.

—Mrs. Allen Davie.

### FRIED RICE

Pack left-over rice in baking powder cans rinsed in cold water. To use turn out, cut in slices and fry on both sides in hot fat.

### STUFFED POTATOES

Bake large potatoes, take out inside, and mash, season with butter, salt, pepper, and cream, then add half as much ground beef, chicken or ham, and stuff skins lightly, grating cheese on top, and bake.

—Mrs. Richardson.

### SCALLOPED TOMATOES

One can tomatoes. Put layer in earthen dish, strew bits of butter over it with salt, pepper and sugar; then a layer of crackers or bread, then tomatoes until dish is filled. Bake three-quarters of an hour.

—Sadie Snell.

### STUFFED PEPPERS

Cut the tops from six green peppers and remove seeds. Parboil in salt water. Then stuff same with minced ham, corn or Irish potatoes, season with salt, pepper and butter. Place in baking dish with a little water to brown.

—Mrs. T. T. Sydnor, Jr.

### CARROT PUDDING

One cup grated carrots, raw, 1 cup grated raw potatoes, 1 cup flour, 1 cup raisins, 1 cup currants, 1 cup sugar, butter size of an

egg, nuts, citron,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon soda in water, small teaspoon baking powder in flour. Steam two and one-half hours.

Sauce: Serve with lemon sauce or wine sauce or cherry sauce.

#### CORN PUDDING

One can corn, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 2 eggs, 2 cups milk, 2 teaspoons butter. Place corn in mixing bowl. Stir in salt, pepper, slightly beaten eggs, milk and melted butter. When mixed pour into a greased baking dish. Bake in a slow oven until firm. Fresh corn may be used instead of canned corn, use three cups corn cut from cob. Serves five or six persons.

#### FRENCH BAKED POTATOES

Peel and dice six medium-sized potatoes. Place in baking dish and cover with milk, add butter size of walnut, salt and pepper. Bake in a moderate oven about an hour.

—Mrs. J. A. B. Lowry.

#### BLUSHING BUNNY

One and one-half pounds cheese, 2 tablespoons butter, 1 cup cooked, strained tomatoes or canned soup,  $\frac{1}{2}$  teaspoon mustard, 1-3 teaspoon pepper, 1 teaspoon lemon juice. Melt the cheese as for Welsh rarebit, add butter and tomato, stirring constantly. Add lemon juice just before serving.

## *Salads and Salad Dressings*

### POINSETTIA SALAD

Peel as many tomatoes as will be needed. Cut into eighths, not quite severing the sections at the bottom, and spread apart, like a flower. Place on a lettuce leaf and fill the center with green peas that have been thoroughly mingled with French dressing.

—Mrs. C. M. Jones.

### CONGEALED COMBINATION SALAD

Dissolve two boxes of lemon Jell-O in three cups of boiling water. Add to this the juice of one lemon and a pinch of salt. Cut fine one can of pimentos, one bunch celery, two green peppers, one-half cup pecans and a little onion. Let harden in molds and serve on lettuce with mayonnaise. Mint Jell-O is very nice used in place of the lemon when served with lamb.

—Christine E. Collings.

### BOILED SALAD DRESSING

Two well beaten eggs, 6 tablespoons sugar, 2 tablespoons flour, 1 cup water, 1 cup vinegar with 1 tablespoon mustard dissolved in it. Stir constantly. Let come to a boil. Will keep indefinitely.

—Mrs. J. W. Jones.

### FRUIT SALAD

One dozen oranges, 2 pounds seeded and peeled grapes, ½ dozen bananas, 1 can pineapple. Cut fruit fine and sweeten to taste. Arrange in alternate layers and serve with whipped cream.

—Mrs. Shaw.

### SHAMROCK SALAD

Cut green peppers one inch thick. Place three circles on a plate in shape of shamrock. Fill each with shrimp salad. Cut a small piece of pepper for stem.

### PINEAPPLE SALAD

Two boxes lemon Jell-O, 1 can sliced pineapple, 1 bunch celery, 1 can pimentos. Chop in cubes and add to dissolved Jell-O. Harden and serve on lettuce with cream cheese balls and mayonnaise.

—Christine E. Collings.



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### COLD SLAW

Take one hard head of cabbage, cut fine, sprinkle with a little salt and pepper.

Dressing: One beaten egg to which has been added a little milk, piece of butter size of a walnut, half cup of vinegar diluted with water, teaspoon sugar. Bring vinegar to boiling point then pour over egg slowly, stirring constantly; return to stove and let all boil together until it becomes as thick as cream. Pour over cabbage and serve cold.

—Mrs. W. W. Hawkins.

### FRUIT SALAD

Blanch the meat of two dozen English walnuts and break in pieces. Skin and seed two dozen white grapes. Cut slices of pineapple into cubes, slice three bananas. Mix and serve on lettuce leaves with mayonnaise.

—Mrs. S. E. Graham.

### GRAPEFRUIT SALAD

Peel the fruit, separate the sections and take out the seeds. Blanch Malaga grapes by putting in hot water for a minute, cut in two and remove seeds. Mix with grapefruit and serve with mayonnaise. Garnish with lettuce and celery.

—Mrs. S. E. Graham.

### WALDORF SALAD

Four apples, 1 bunch celery, 1 cup English walnuts, French dressing. Dice apples, cut celery fine, crush walnuts and arrange mixture on lettuce leaves. Pour on French dressing.

—Mrs. Bruce Dyson.

### BANANA SALAD

One-half banana, sprinkle on top chopped peanuts and mayonnaise.

### FRUIT SALAD

Pineapple, oranges, bananas, marshmallows.

### HEAD LETTUCE

Cut head of lettuce through center in four parts and pour Chili sauce and mayonnaise mixed on top of it.

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**PINEAPPLE SALAD**

Pineapple, cream or grated cheese, nuts.

**ASPARAGUS SALAD**

Asparagus, salad dressing, pimento.

**CABBAGE OR COLD SLAW SALAD**

Cabbage, apple, pimento or green pepper and dressing.

**COMBINATION SALAD**

Tomatoes, cucumbers, onion.

**THREE P'S SALAD**

Peas, peanuts, chopped pickle and dressing.

**ORANGE SALAD**

Oranges, cocoanut, sweeten to taste. Serve in baskets made from oranges.

**PEAR SALAD**

Arrange pear halves on lettuce. Heap center with cream cheese and nuts. Mayonnaise and sprinkle with paprika.

**FROZEN FRUIT SALAD**

On teaspoon gelatine, 2 tablespoons cold water,  $\frac{1}{2}$  cup salad dressing,  $\frac{1}{2}$  pint cream, whipped, 1 cup diced pineapple,  $\frac{3}{4}$  cup sliced oranges,  $\frac{1}{4}$  cup finely chopped raisins,  $\frac{1}{4}$  cup finely chopped maraschino cherries. Lettuce. Soften gelatine in cold water. Dissolve over boiling water and stir into salad dressing. Add cream and fruits. Put into mold which has been rinsed in cold water. Cover closely and pack in equal parts of ice and salt for four hours. Serve garnished with lettuce, and with additional salad dressing if desired.

**SALMON OR TUNA FISH SALAD**

Fish, celery, hard cooked eggs and mayonnaise served on lettuce.

**HAM AND SPAGHETTI SALAD**

One cup cooked spaghetti, 1 large green pepper, 1 cup ham cut in small pieces, salad dressing. Cut spaghetti and chop pepper fine.

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### GRAPEFRUIT SALAD

Two grapefruit, 4 oranges,  $\frac{1}{2}$  cup diced celery, salad dressing, lettuce and cherries. Cut grapefruit and oranges in halves and take out pulp, discarding all the white membrane. Mix with celery and salad dressing and serve on crisp leaves of lettuce or in halves of grapefruit skins. Spread additional salad dressing over the top and garnish each serving with a red cherry.

—Mrs. Chas. M. Walsh, Jr.

### FRUIT SALAD

One can sliced pineapple cut in dice, 1 pound Malaga grapes cut in half, a few maraschino cherries cut in half.

Dressing: Yolks of 2 eggs, 2 tablespoons cider vinegar, 2 tablespoons tangor vinegar. Beat eggs and vinegar together and cook near water until thick. Cream 2 tablespoons butter, 1 teaspoon sugar, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{2}$  teaspoon paprika. Mix this with the cooked egg and vinegar and then set away to cool. Then whip one-half pint cream and mix all together. Set on ice. Do not mix salad with cream until ready to serve on lettuce leaf. Let all the syrup drain from pineapple, etc., before mixing the dressing into it.

—Mrs. Richardson.

### MACARONI SALAD

Take 1 cup macaroni and cook in the usual manner. Plunge into cold water when done, and then cut in small pieces. Cut up an equal amount of crisp celery. Add four hard boiled eggs cut fine, one bottle of stuffed olives, a little parsley, salt to taste and make it hot with cayenne pepper. Mix with Duke's mayonnaise dressing. Garnish with stuffed olives cut in halves. This serves sixteen or more persons.

—Mrs. W. R. Warriner.

### FRUIT SALAD

Make a moulded salad with unsweetened lemon jelly, using one teaspoon sugar and salt to taste. The fruits used include bananas, pineapple, grapes and grapefruit.

Dressing: Yolks of 2 eggs,  $\frac{1}{2}$  lemon (just the juice),  $\frac{1}{2}$  cup genuine maple syrup, a little salt. Cook in a double boiler until thick. When it is cold, just before serving, whip in an equal amount of stiff, whipped cream. Use this on top of the salad with mayonnaise at the side of each plate. This makes salad for six.

—Mrs. W. R. Warriner.

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### VICTORIA SALAD

One cup diced canteloupe, 1 cup white cherries, 1 cup white grapes,  $\frac{1}{2}$  cup diced pineapple,  $\frac{1}{2}$  cup diced grapefruit. Arrange lettuce on salad plates. Mix fruit, chill and drain off any juice. Arrange on lettuce and serve very cold with French dressing. Very good.

### BANANA SALAD

Slice some bananas and place on lettuce. Add lemon dressing and crushed peanuts.

Lemon Dressing: Juice of 1 lemon, 1 egg,  $\frac{1}{2}$  cup sugar. Beat egg and add lemon juice and sugar. Boil until thick. If too thick, thin with cream.

### PINEAPPLE SALAD

Use sliced pineapple covered with grated cheese. Serve with mayonnaise.

—Miss Lucille Chapman.

### PARTY SALAD

Six oranges, 1 can sliced pineapple, 6 bananas, 2 grapefruit, strawberries. Cut in small pieces.

Dressing: Yolks of 4 eggs well beaten with one-half cup sugar, 2 spoons flour,  $\frac{1}{2}$  cup white vinegar, 1 tablespoon butter and pepper to taste. Mix well and put in double boiler and stir, cooking until thick. Take off the stove and beat well, then put on ice, and when cold beat one-half pint cream and mix with dressing.

—Mrs. John Graham.

### CHICKEN SALAD

To the whole of a boiled chicken add half the weight in finely chopped celery, 2 hard-boiled eggs, 1 raw egg, 3 tablespoons salt, pepper and mustard, 3 teaspoons salad oil, 2 teaspoons white sugar, 12 teaspoons vinegar. Pour on vinegar when ready to serve.

—Sadie Snell.

### CAPE MAY SALAD

Take equal parts of white grapes cut in half and seeded (Royal Anne cherries may be substituted), pineapple cut in cubes, marshmallows cut in four pieces, and nuts.

Dressing: Two egg yolks,  $\frac{1}{2}$  cup pineapple juice,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter, 1 cup cream. Mix egg yolks, pineapple juice and seasonings and cook in a double boiler until mixture thickens. Add butter before taking from fire. Fold in whipped cream just before serving.

—Mrs. E. L. Deane.

### CREAM CHEESE SALAD

With butter paddles make small balls of cream cheese mixed with chopped nuts. Roll each ball in chopped parsley. Serve with mayonnaise on lettuce.

—Mrs. E. R. McFatter.

### TOMATO JELLY SALAD

Moisten one-half package gelatine in one-half cup of water. Heat and steam one quart tomatoes, season with salt and red pepper to taste. Mix with gelatine and put in flat mould. Cut in slices and serve on lettuce with mayonnaise.

—Mrs. V. A. Riton.

### PERFECTION SALAD

One envelope Knox sparkling gelatine,  $\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  cup mild vinegar, 2 tablespoonfuls lemon juice, 2 cups boiling water,  $\frac{1}{2}$  cup sugar, 1 teaspoonful salt, 1 cup cabbage, finely shredded, 2 cups celery, cut in small pieces, 2 pimentos, cut in small pieces, or  $\frac{1}{4}$  cup sweet red or green peppers. Soak gelatine in cold water for five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentos. A delicious accompaniment to cold sliced chicken or veal.

### LUNCHEON SALAD

One envelope Knox sparkling gelatine, 1 cup cold water,  $1\frac{1}{2}$  cups boiling water,  $\frac{1}{2}$  cup lemon juice,  $\frac{1}{2}$  cup sugar, 3 tart apples, 1 cup celery, cut in small pieces,  $\frac{1}{2}$  cup pecan nut meats. Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

### NEW MANHATTAN SALAD

Dissolve a package of lemon Jell-O in a pint of boiling water and two teaspoonfuls vinegar. While it is cooling, chop one cup of tart apples, one cup of English walnuts, one cup celery, and season with salt. Mix these ingredients and pour over them the Jell-O. Cool in individual moulds, and serve with mayonnaise or French dressing on crisp lettuce leaves, garnished with pimentos or radishes.

# Eggs

## PLAIN OMELET

Beat three eggs with three tablespoons milk; add one-half teaspoon salt and one-eighth teaspoon pepper, and mix. Melt one teaspoon fat in hot frying pan; pour in eggs; lift edges of omelet, allowing thin portions to run underneath, shaking pan until egg is set; when brown underneath, fold over and serve on hot platter.

## POACHED EGGS

One pint of juice from canned tomatoes, 4 eggs, 1 teaspoon salt,  $\frac{1}{2}$  cup butter. Drop eggs in juice when comes to boiling point, cook five minutes, drop in butter and salt. Serve in cream potatoes nest with black pepper sifted over same.

—Mrs. James W. Tucker.

## LEFT-OVER EGG WHITES

Beat whites until stiff. Add a little sugar and salt and drop by spoonfuls into hot milk or water. Cook slightly. Take up with a skimmer, drain and place on piece of stale cake covered with jelly or fruits. Dot top of eggs with small pieces of jelly.

## EGGS A LA CREAM

Four hard-boiled eggs, 1 dozen small, spring onions minced, 1 cup bread crumbs, lump of butter the size of an egg, salt and pepper to taste. Put layers of each in baking pan until pan is filled, cover with new milk or cream and bake in hot oven for about one-half hour.

—Miss Pointer.

## POACHED EGGS IN CREAM

Put half cup cream sauce into shallow baking dish. Open eggs carefully and place on sauce. Cook over boiling water from ten to fifteen minutes or until eggs are set or as firm as desired, cover with half a cup of cream sauce, sprinkle with chopped parsley and dust with paprika and serve.

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## Puddings

### SWEET POTATO PUDDING

Six eggs,  $\frac{1}{2}$  pound butter, 1 pound sugar, 2 pounds mashed potatoes, 1 quart sweet milk. Flavor with nutmeg or fresh lemon.

### BREAD PUDDING

Two cups bread crumbs,  $1\frac{1}{2}$  cups granulated sugar,  $\frac{1}{4}$  cup butter, 1 cup seeded raisins, 3 pints sweet milk,  $\frac{1}{4}$  teaspoon salt, 3 well beaten eggs, a little ground cinnamon, nutmeg and lemon or vanilla extract. Mix and bake one-half hour in moderate oven.

### BREAD PUDDING

Four cups bread crumbs, 3 eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  pint milk,  $\frac{3}{4}$  cup butter,  $\frac{1}{2}$  cup seeded raisins, season with nutmeg

Sauce: One-fourth pound butter, one-half pound sugar. Cream together and season with vanilla.

### CORN PUDDING

One quart fresh corn cut from cob, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 2 eggs slightly beaten, 1 tablespoon sifted flour, butter the size of an egg, 1 cup sugar. A few drops of lemon if desired. Put all ingredients into greased baking pan and bake in moderate oven until firm.

—Mrs. Gould.

### SNOW PUDDING

One-half box gelatine, soaked in one cup water until soft. Beat whites of three eggs stiff, add one cup sugar. Dissolve the gelatine in one pint of boiling water. When cool beat in the whites of eggs and sugar, and juice of one lemon. Put in molds to harden. Make a custard with 1 pint milk, 3 egg yolks  $\frac{1}{2}$  cup sugar and flavoring.

—Mrs. E. C. Jenkins.

### LADY-FINGER PUDDING

Arrange in bowl a layer of lady fingers. Then on top of this put sliced bananas, Malaga grapes, with seeds removed, crushed English walnuts, whipped cream, then another layer of lady fingers with fruit and whipped cream; also add sugar. Boiled custard may be used in place of cream.

—Mrs. Bruce Dyson.

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### OLD-FASHIONED PLUM PUDDING

Soak a loaf of bread in a quart of sweet milk until soft. Then beat into this 3 eggs, 1 cup sugar, 1 tablespoon soda, 1 package raisins. Beat all until well mixed. Then put pudding in a thick, yellow cotton bag, tie tightly and boil four hours. Serve with wine sauce or lemon sauce.

—Mrs. F. C. Verser.

### TAPIOCA PUDDING

Three tablespoons tapioca, soaked in water over night, put into a quart of boiling milk and boil fifteen minutes. Beat yolks of four eggs, one cup of sugar, three spoons shredded cocoanut and add it to the tapioca and boil five minutes. Beat the whites of four eggs stiff, add three tablespoons sugar. Spread on top and sprinkle with cocoanut. Bake five minutes or until light brown. Eat cold or hot.

### BLACK PUDDING

One-half cup sugar,  $\frac{1}{4}$  cup butter,  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  cup jam, 2 eggs, 2 tablespoons sour milk,  $\frac{1}{4}$  teaspoon soda dissolved in a little water, cinnamon and nutmeg to taste, a pinch of salt. Frost it when baked. Serve hot with a nice sauce or use as a plain cake. (Some like a little molasses added.)

—Mrs. A. Wilke.

### BUTTER BREAD AND RAISIN PUDDING

Butter slices of bread (removing crust) to fill a 3-pint buttered baking dish. Arrange in dish butter side down. Sprinkle a thin layer of seeded and shredded raisins between layers. Cover with 4 cups milk to which add 4 eggs slightly beaten, 1 cup sugar,  $\frac{1}{2}$  teaspoon salt. Flavor with the grated rind and juice of 1 lemon. Mix last two ingredients with raisins before adding to bread. Bake slowly one and one-half hours, covering the first hour with buttered paper. Serve hot with hard sauce.

### TIPSY PUDDING

Make a sponge cake mixture and turn it into individual fluted cake pans. Bake from twelve to fifteen minutes in a moderate oven. Remove from pans, place one in each individual serving dish and pour over boiled custard flavored with sherry and nutmeg. Put a rose of whipped cream sauce on top of each. Serve at once.

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### ORANGE PUDDING

Pour two cups scalded milk over one cup bread crumbs. Beat 4 eggs slightly, add  $\frac{1}{2}$  cup sugar, 1 tablespoon lemon juice,  $\frac{1}{2}$  cup orange juice, grated rind of 1 orange and 1-3 cup chopped blanched almonds,  $\frac{1}{2}$  teaspoon salt. When well blended add milk mixture. Steam in buttered individual cups or moulds three-fourths hour. Remove to serving plates, garnish with slices of orange, and serve with hard sauce.

### STEAMED CHOCOLATE PUDDING

One-half cup sugar, 2 egg yolks, 1 tablespoon butter,  $\frac{1}{2}$  thin cake chocolate. Melt butter and chocolate together. Beat all together and add  $\frac{1}{2}$  cup milk, 1 cup flour and 2 teaspoons baking powder. Grease individual moulds and pour in batter. Steam for one hour.

Sauce: Whites of 2 eggs, 2 tablespoons butter, 8 tablespoons powdered sugar, vanilla to taste.

### PLUM PUDDING

One quart flour, 1 teaspoon salt, 1 cup molasses,  $\frac{1}{2}$  pound beef suet ground, 1 pound each raisins and currants, heaping teaspoon soda, 1 teaspoon each of cinnamon, allspice, nutmeg,  $\frac{1}{2}$  teaspoon cloves. Sift flour with salt and spices in bowl. Make hole in center in which put suet, pour over this one pint boiling water, beat soda in molasses until very light, pour in, mix well, add fruit well floured. Have vessel of boiling water in which dip the bag, put the mixture in and tie tight, do not allow any room to rise; drop in boiling water and keep boiling for three hours. Serve with hard sauce.

—Mrs. H. S. Wheary.

### BANANA PUDDING

One-half pound vanilla wafers, three large bananas. Into a pudding dish put a layer of vanilla wafers, then a layer of bananas. Do this until all are used. Over this pour a rich custard flavored with vanilla. Let stand several hours before serving.

—Elizabeth Wilson.

### CHOCOLATE PUDDING OR JELLY

Two squares chocolate or cocoa, 1 tablespoon butter, 2 cups boiling water,  $\frac{3}{4}$  cup sugar, 4 tablespoons cornstarch,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon vanilla,  $\frac{1}{2}$  cup chopped walnuts, whipped cream. Break chocolate into small pieces, dissolve in boiling water, add butter,

salt, cornstarch mixed with sugar, stir and boil until thick. Remove from fire, add vanilla and nuts. Cool and serve with whipped cream.

—Mrs. Chas. M. Walsh, Jr.

### CHOCOLATE PUDDING

One teacup evenly full of grated chocolate, add this to one quart milk. Boil together then set aside to cool. Beat well four eggs, reserving three of the whites for meringue. Sweeten with one cup sugar, one teaspoon vanilla. Mix chocolate and eggs together. Bake in a pudding dish slowly and only until set like custard. Cover with meringue.

—Mrs. David T. Ward.

### CHOCOLATE PLUM PUDDING

One envelope Knox sparkling gelatine, 1 cup cold water, 1 pint milk, 1 cup sugar,  $1\frac{1}{2}$  squares chocolate,  $\frac{1}{2}$  teaspoon vanilla, 1 cup seeded raisins,  $\frac{3}{4}$  cup dates,  $\frac{1}{2}$  cup nuts,  $\frac{1}{2}$  cup currants, 3 egg whites, salt. Soften gelatine in cold water ten minutes. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot, add melted chocolate, sugar, salt and soaked gelatine. Remove from fire; when mixture begins to thicken, add vanilla, fruit and nut meats, chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

## Pies

### LEMON PIE

Two egg yolks, 1 cup sugar, 1 lemon, 1 heaping tablespoon cornstarch, 1 cup boiling water. Mix well the sugar and cornstarch, add lemon juice and well-beaten yolks of eggs, pour in boiling water and cook until thick, stirring constantly. Pour into a baked shell of rich pastry, cover with a meringue made of egg whites and one-half cup sugar; brown in hot oven.

—Mrs. A. O. Hammersley.

### APPLE CUSTARD PIE

Four eggs, 3 cups sugar, 1 tablespoon butter,  $\frac{1}{2}$  cup sweet milk, 4 cups stewed apples, or canned apples. Mix eggs and sugar, melt butter and add to eggs and sugar, then add milk and apples. Flavor with nutmeg or lemon. Make a rich pastry for crust and bake as any other pie. This quantity is enough for two large pies. Also nice with meringue.

—Mrs. G. A. Lynch.

### VINEGAR PIE

Two cups sugar, 4 eggs, 2 tablespoons butter and 4 tablespoons vinegar. This will make two pies.

### PUMPKIN OR SWEET POTATO PIE

Five eggs, whites and yolks beaten separately, 2 cups sugar,  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups pumpkin or potato, about 1 pint sweet milk, 1 teacup shredded cocoanut. Season to taste. To be baked in moderate oven thirty minutes. Sufficient quantity for two pies, served with whipped cream makes a delicious dessert.

—Mrs. W. P. Taylor.

### EAST VIRGINIA CHESS PIE

Cream one-half pound butter with two cups sugar and then add yolks of six eggs. Season with one-half grated nutmeg. This should be baked in a very rich pastry, individual pans. Quantity sufficient for forty.

—Mrs. W. P. Taylor.

### CHESS PIE

To four well-beaten eggs add 1 cup rich cream, 2 cups sugar,  $\frac{1}{4}$  pound butter, 1 tablespoon flour or meal, beat thoroughly and season with lemon. Line gem pans with rich pastry and bake in moderate oven.

—Mrs. E. H. Wilson.

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### PINEAPPLE MERINGUE PIE

(An unusual pie you are sure to like.)

One small can shredded pineapple, 1 cupful sugar, 2 egg yolks, three tablespoons cornstarch, 1 lemon, rind and juice,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  cupful water, 1 tablespoon Crisco. Put the pineapple in double boiler. Mix cornstarch with water. Add to pineapple and stir until thick. Add grated lemon rind. Cover, cook fifteen minutes. Beat egg yolks light, add to pineapple; add Crisco and lemon juice. Cook about two minutes longer. Cool, turn into baked shell and cover with meringue.

### LEMON TARTS

To the pulp and grated rind of two large lemons add cup of sugar, four tablespoons melted butter and six eggs beaten separately. Line gem pans with rich pastry, fill with mixture and bake in a moderately hot oven.

Pastry: One and one-half cups flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon baking powder, 1-3 cup shortening. Mix with ice water.

—Mrs. E. H. Wilson.

### LEMON PIE

One lemon, 4 eggs, 1 cup sugar, 1 cup water, 1 teaspoon cornstarch, butter size of egg. Reserve whites of two eggs for top of pies.

### ORANGE PIE

Use four oranges. Peel and seed, cut into small pieces, add one cup sugar and let stand a few minutes. Into a quart of nearly boiling milk stir two tablespoons cornstarch that has been mixed with a little water, yolks of three eggs and a small piece of butter. When done, let cool, then mix with the oranges. Have ready a baked lower crust, put in crust, beat whites, put on top and brown nicely. This makes three pies.

### MOLASSES PIE

One cup of molasses and piece of butter size of an egg, stewed together. Two eggs, one cup milk, one cup sugar, beaten together, stir into this the molasses. Flavor with vanilla or lemon juice. This makes two pies.

### CARAMEL PIE

Cream one cup sugar and one cup butter. Add 5 well-beaten eggs,  $\frac{1}{2}$  cup cream, 1 cup preserved damsons (seeded), 1 spoonful cornstarch, season with 2 spoons vanilla. Bake in a plate lined

and bordered with rich crust and put a latticework of narrow strips over the top. This will make four pies.

—Mrs. Addie Pettus.

#### LEMON APPLE PIE

One cup chopped apples, one well-beaten egg, grated rind and chopped pulp of one lemon. Bake in one crust and cover with meringue made of whipped whites of three eggs for each pie, sweetened with three tablespoons powdered sugar. Flavor with vanilla. Beat until it will stand alone, cover pie three-fourths inch thick. Place in oven a few minutes to brown, and eat cold.

—Mrs. Addie Pettus.

#### RHUBARB PIE

Have enough rhubarb to make two cups after it is cut into half-inch lengths. Put in a saucepan and cover with boiling water; let stand two minutes and drain off. Now line a nine-inch pie tin with a short paste. Put in the rhubarb, two-thirds cup sugar and one-half teaspoon nutmeg. Dampen the edges with cold water and put on a top crust that has been pricked with a fork to let out steam, and bake in a hot oven.

—Mrs. B. A. Tucker.

#### PUMPKIN PIE

Cut the pumpkin in half. Scrape out all seeds and strings and lay hollow side down in a suitable pan and bake. When done scrape out with a spoon and press through a potato ricer. Canned pumpkin will give the same results as fresh. Have a tin lined with pastry, and fill with the following custard mixed as follows:  $\frac{1}{2}$  cup sugar, 1 tablespoon butter, 1 egg, 1 cup pumpkin, 1 tablespoon flour, 1 cup sweet milk, 1 teaspoon lemon extract. Bake in a moderate oven until a golden brown. For a richer pie use more eggs.

—Mrs. B. A. Tucker.

#### WASHINGTON PIE

Cream together  $\frac{1}{4}$  cup butter and  $\frac{3}{4}$  cup sugar. Add 2 well-beaten eggs,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  teaspoon vanilla and  $1\frac{1}{2}$  cups flour into which has been sifted  $2\frac{1}{2}$  teaspoons baking powder. Bake in a moderate oven (360 degrees F.) in two small layers. When cold put together with thick filling of raspberry jelly and sift powdered sugar over the top. Raspberry gelatine may be used for the filling, if so, serve with whipped cream.

—Mrs. B. A. Tucker.



### BERRY COBBLER

Line a deep baking dish with a rich biscuit dough. Fill with sweetened blackberries. Cover with a top crust and bake thirty minutes in a hot oven (400 degrees). Thinly sliced apples or peaches may be used in season.

—Mrs. B. A. Tucker.

### MINCEMEAT

For three quarts pared and chopped apples, 1 quart lean beef boiled tender and chopped fine, 1 pound seeded and 1 pound seedless raisins, a little butter, 2 cups grape juice, 2 pounds sugar, 1 tablespoon salt. Cook all together until the apples are soft. When cool add 2 teaspoons cinnamon, 2 teaspoons nutmeg, 1 teaspoon cloves, 1 teaspoon ginger, 1 teaspoon allspice. If it is not tart enough flavor with a little boiled cider, or juice and rind of a lemon.

—Mrs. B. A. Tucker.

### DUPLEX PIE

For the first pie mix together  $\frac{1}{2}$  cup sugar, 1 tablespoon butter, two whole eggs and yolk of another, 2 tablespoons flour, and  $\frac{1}{2}$  cup milk. Then put one and one-half cups milk in a saucepan on the stove to boil, when boiling stir in the first mixture and let boil three minutes, take from stove and flavor with two-thirds teaspoon vanilla. Pour this custard into a ready-baked pie crust. For the second pie line a pan the same size as the first with rich pastry and fill with raspberry jam and bake in hot oven. Cover with meringue, brown lightly. When both pies are cold, place the raspberry pie on top of the cream pie and serve.

—Mrs. B. A. Tucker.

### HYGIENIC MINCEMEAT

One pound suet chopped fine (not ground in meat chopper), 4 cups bread crumbs, 2 pounds currants, 2 pounds raisins, 3 pounds brown sugar, 1 pound citron cut fine, 6 cups chopped apples, 1 tablespoon each of cinnamon, cloves and mace or nutmeg, one teaspoon of salt, and two quarts of fresh cider, heated to boiling point, and poured over the mixture. This will keep in a stone jar tied up with a cloth.

### ONE-LEMON PIE

Three-fourths cup sugar, 1 cup boiling water,  $\frac{1}{2}$  lemon, 3 eggs,  $\frac{1}{2}$  teaspoon flour. Put water and sugar in double boiler, let sugar dissolve, add yolks of three eggs, then the lemon, lastly the flour that has been mixed to a thin paste, stir to keep from lumping,

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---

beat the whites of eggs with a light half teaspoon baking powder. When stiff and light add three tablespoons pulverized sugar.

—Mrs. Chas. M. McEntyre.

### LEMON PIE

That seems like all the sweet smells of spring were floating through the house, while pie is baking.

First step, be sure your lemon is a nice, juicy, fresh one. Grate the thin rind and squeeze the juice from it. Then cream a quarter cupful of butter until it is as fluffy as down, add three-quarters cupful sugar and whip to an almost white foam. Add the well-beaten yolks of two eggs, a tablespoon cornstarch and the lemon juice and rind. Beat all these ingredients together, then add one cupful rich, sweet milk and, last of all, fold in the whites of eggs beaten until stiff and firm. Pour into a deep pie pan lined with rich pastry, bake in a moderate oven. Cover with brown paper while baking, otherwise it may brown too quickly. It should be a rich, golden brown. It is a self-frosted pie, delicate and unusual.

—Mrs. A. Wilke.

### CHOCOLATE PIE

One-half teacup grated chocolate, 1 cup hot water, butter size of an egg, 1 cup sugar, yolks of 2 eggs, 2 tablespoons cornstarch, 1 teaspoon vanilla. Whites for meringue. Bake the crust first.

—Mrs. David T. Ward.

### CHOCOLATE PIE

One cup sugar, 1 cup hot water, 1 teaspoon vanilla, yolks of 2 eggs,  $\frac{1}{2}$  cup grated chocolate, 2 tablespoons cornstarch, butter size of an egg. Preserve whites for meringue. Bake crust first.

—Mrs. I. M. Fitzgerald.

### LEMON PIE

One cup water, 1 cup sugar, 2 level tablespoons cornstarch, 2 eggs, the juice and grated rind of 1 lemon, pinch of salt, 2 level tablespoons sugar for meringue. Boil the sugar and water together add cornstarch moistened with a little cold water, and cook five minutes. Then put in yolks of eggs, lemon juice, rind and salt. Cool slightly and pour into previously baked crusts. Cover with meringue made by beating the whites of the eggs with the two tablespoons sugar. Put in a moderately warm oven to set and brown the meringue. The reason so many meringues are failures is, because they are baked in too hot an oven, and consequently browned before the whites of the eggs have had time to set all the way through.

—Mrs. J. A. Harper.



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### LEMON PIE

Two cups sugar, 3 level tablespoons flour, 4 eggs, piece of butter size of large egg, juice of 2 lemons, cup and half of sweet milk. Mix the flour and sugar. Beat the yolks well and add flour and sugar and beat until light. Next add lemon juice, butter and milk. Make rich pastry line plates, put in the filling and bake. Put meringue on top.

—Mrs. W. W. Le Grande.

### CHOCOLATE PIE

One tablespoon butter (large), 4 eggs,  $1\frac{1}{2}$  cups sugar, 1 cup milk,  $\frac{3}{4}$  cup cocoa,  $\frac{1}{2}$  cup cornstarch. In a saucepan large enough to cook the mixture, cream the butter and part of the sugar, add the egg yolks one at a time, the other sugar and cocoa, dissolve cornstarch in cold water, add boiling water to fill cup. Mix all thoroughly and cook until thick as custard, stirring constantly to avoid lumping or burning; cool, and add one teaspoon vanilla and pinch of salt. Pour into two pie pans lined with crust, bake in a moderate oven until pies are set and crusts are brown. Cover with meringue made from whites of four eggs, and brown.

—Mrs. F. N. Crittenden.

### SWEET POTATO CUSTARD

One pound potatoes, mashed and sifted fine,  $\frac{1}{2}$  pound sugar,  $\frac{1}{4}$  pound butter, small cup of cream, 4 eggs, nutmeg and lemon to taste. If you have no cream use one-half pound butter. This makes two large custards.

—Sadie Snell.

### CHEESE PIE

Four eggs beaten together, 2 cups white sugar, 1 cup sweet milk,  $\frac{1}{2}$  cup butter, 1 tablespoon flour. Beat all together until nice and smooth. Flavor with one grated nutmeg. Use one crust. This makes two pies.

—Mrs. R. H. Conly.

### GREEN TOMATO MINCEMEAT

One peck green tomatoes, 1 gallon apples, 2 pounds raisins, 6 pounds brown sugar, 1 pint vinegar, 1 tablespoon salt, 2 tablespoons cloves, 2 tablespoons spice, 3 tablespoons cinnamon, 1 nutmeg. Chop tomatoes and apples fine. Boil for two and one-half hours, add vinegar after it has boiled about thirty minutes. Put in raisins just before taking up.

—Mrs. O. A. Wilson.

### LEMON MERINGUE PIE

One-half cup flour, 1 cup sugar,  $1\frac{1}{2}$  cups boiling water, 2 eggs, 2 tablespoons butter, grated rind of 1 lemon, 3 tablespoons lemon juice, 4 tablespoons powdered sugar. Mix the flour and sugar, add

the boiling water slowly, and boil five minutes, stirring constantly. Cook in double boiler ten minutes, stirring occasionally. Beat the yolks of eggs and add to the cooked mixture. Return to boiler and add the butter, lemon juice and rind. Cook until thick. Fill the baked crust. Cover with meringue made by beating the egg whites and add the powdered sugar. Brown in a hot oven. Makes one large pie.

—Mrs. Allen Davie.

#### PINEAPPLE PIE

Moisten a heaping tablespoon cornstarch with a little water, then add a cupful of boiling water, stir over the fire until it boils and cooks the cornstarch, say about two or three minutes; add a teaspoon butter and a cupful sugar, take off fire, and when slightly cooled add the yolks of two eggs beaten, and one cup grated pineapple and juice together. Put on baked crust and add meringue.

—Mrs. R. S. Chapman.

#### FILLING FOR CARAMEL PIE

Five eggs, whites and yolks beaten separately, 1 cup sugar, 1 cup milk,  $\frac{1}{2}$  cup butter, 1 cup damson preserves. Beat yolk real light, add sugar, preserves and butter, then milk. Add beaten whites last.

—Mrs. H. M. Coleman.

#### A GOOD PIE

Take one pint fresh sweet milk and put in a warm place over night to clobber. Beat this until very light (five minutes) with  $1\frac{1}{2}$  cups brown sugar and the yolks of three eggs and a pinch of salt, one good tablespoon butter. Bake on a flaky pastry in an oven not too hot until it is set. Put on meringue.

—Mrs. W. R. Warriner.

#### CARAMEL PIE

Cup of sugar, cup of seeded damson preserves,  $\frac{1}{2}$  cup butter, 4 eggs beaten separately, 2 tablespoons sweet milk, a little vanilla.

#### TRANSPARENT PIE

Four eggs beaten separately,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup cherry preserves put in  $\frac{1}{2}$  cup cold water just before baking.

#### LEMON PIE

Two cups sugar,  $\frac{1}{2}$  cup butter, 1 cup milk, 5 eggs, juice and grated rind of 2 lemons. Beat yolks of eggs and add sugar, milk and lemon very gradually, pour on melted butter and last whites of eggs beaten to a froth. Cook in pastry shells.

## Bread

### POCKETBOOK ROLLS

One cup warm, sweet milk, 1 yeast cake, 1 cup flour, 1 cup mashed potatoes,  $\frac{3}{4}$  cup lard,  $\frac{1}{2}$  cup sugar, 2 eggs, salt, 6 cups sifted flour. Dissolve yeast cake in one-half cup warm water. Into milk add lard, potatoes, sugar, salt, flour (one cup) and eggs, lastly add yeast. Let rise, then add the six cups of flour and work well. Let rise until double in size, make into pocketbook rolls and rise again. Bake. These are delicious.

—Christine Collings.

### TEA BISCUITS

One Fleischman's yeast cake,  $\frac{1}{2}$  cup lukewarm water,  $\frac{1}{2}$  cup sweet milk, 2 tablespoons sugar,  $3\frac{1}{2}$  cups flour, 1 teaspoon salt, 3 tablespoons melted butter, 1 egg. Scald milk and let cool, dissolve yeast in the lukewarm water. Beat egg then add the sugar and other liquids, stir in half the flour, then work this into the rest of the flour. Roll out and cut with biscuit cutter, put in greased pan about two inches apart, let rise two hours in warm place. Bake in hot oven.

### MUFFINS

One egg, 1 tablespoon sugar, 1 cup buttermilk, 2 cups flour, 1 teaspoon baking powder, 1 teaspoon soda, 2 tablespoons melted lard. Beat with egg beater until perfectly smooth.

### WAFFLES

Two cups flour, 4 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 2 tablespoons sugar, 2 eggs,  $1\frac{1}{4}$  cups sweet milk, 4 tablespoons melted fat. Beat eggs, salt, and sugar together, add milk and flour into which has been sifted the baking powder. Stir in fat and bake on hot waffle irons.

—Mrs. W. F. Bergman.

### NUT BREAD

Four cups flour, 1 cup sugar, 1 cup nuts,  $1\frac{1}{2}$  cups milk, 1 egg, 4 teaspoons baking powder. Bake forty-five minutes. This makes two loaves.

—Mrs. J. G. Shaw.

### DATE BREAD

One cup dates, 1 cup boiling water, 1 cup sugar, 2 cups flour,  $\frac{1}{2}$  cup nut meats, 1 tablespoon butter, 1 egg, 1 teaspoon soda.

—Selected.

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### WAFFLES

Two cups flour, 2 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons sugar, 3 eggs,  $1\frac{1}{2}$  cups milk, 3 tablespoons shortening. Sift flour, baking powder, salt and sugar together. Add well-beaten egg yolks and milk gradually. Mix well. Add melted shortening. Fold in stiffly beaten egg whites. Bake on an evenly heated well-greased waffle iron. Serve with butter and syrup, honey, cinnamon and sugar or gravy. Waffles are delicious served with fricassee of chicken. Serves six or seven persons.

### PARKER HOUSE ROLLS

Two cups flour, 1 teaspoon salt, 3 teaspoons baking powder, 2 teaspoons sugar, 1 tablespoon shortening,  $\frac{3}{4}$  cup milk, 1 egg. Sift flour, baking powder and sugar together. Rub in shortening with finger tips. Add milk to well-beaten egg. Add slowly to dry ingredients. Mix until smooth. Turn out on floured board. Roll out to about one-half inch thickness. Cut with biscuit cutter. Crease with dull edge of knife and fold in pocketbook shape to form roll. Place in greased pan, allowing space for rolls to spread a little. Set in warm place and let rise for ten minutes. Brush tops with melted butter and bake in moderate oven.

### SPOON BREAD

One-half cup corn meal, 2 cups milk,  $\frac{1}{2}$  cup cold, cooked hominy rice,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder, 2 eggs,  $1\frac{1}{2}$  tablespoons shortening. Cook corn meal in milk ten minutes. Cool. Add cereal, salt and baking powder. Add well-beaten eggs and melted shortening. Mix well. Turn into greased baking dish and bake in a moderate oven. Serves six or seven persons.

### TEA BISCUITS

One cake Fleischman's yeast,  $\frac{1}{2}$  cup milk, scalded and cooled,  $\frac{1}{2}$  cup lukewarm water, 1 tablespoon sugar,  $3\frac{1}{2}$  cups sifted flour, 1 scant teaspoon salt, 2 tablespoons lard or butter (melted), 1 egg well beaten. Dissolve the yeast and sugar in lukewarm liquid, add lard or butter and half the flour, beat until smooth, add salt then the remainder of the flour, or enough to make a moderately firm dough. Knead thoroughly, roll out and cut with biscuit cutter. Place in well greased, shallow pans, slight distance apart. Cover and set to rise about two hours or until light or double in bulk. Bake in a hot oven about ten minutes.

—Mrs. C. F. Shell.

### RAISIN BREAD

Add yeast to  $\frac{1}{2}$  cup lukewarm milk, add flour to make a sponge and let rise. When light add 2 cups of milk and  $4\frac{1}{2}$  cups flour.

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Mix well and let rise. When light add  $\frac{1}{2}$  cup melted butter, 1 cup sugar, 1 egg well beaten, 1 teaspoon salt,  $1\frac{1}{2}$  cups raisins. Knead well, adding flour as needed. Cover, let rise until light. Shape, let rise and bake.

—Mrs. C. F. Shell.

### SPOON BREAD

One cup meal, 2 cups boiling water, 1 cup sour milk, 2 eggs, 1 teaspoon salt, butter size of an egg. Mix all ingredients except water, then stir into the boiling water. Pour into greased pan, and bake twenty minutes.

—Mrs. A. P. Sale.

### BREAKFAST MUFFINS

Two eggs well beaten, butter size of an egg, 1 pint milk, 1 quart flour, 3 teaspoons baking powder. Bake in quick oven.

—Sadie Snell.

### HOT ROLLS

Two quarts flour, 4 teaspoons sugar, 2 teaspoons salt, 1 cup hot potatoes, 2 tablespoons lard creamed in potatoes, 1 yeast cake dissolved in warm water to which has been added 1 teaspoon sugar and salt. Mix with warm water. Let rise until it doubles in size. Then put down in rolls and let rise again. Then bake.

—Mrs. H. S. Wheary.

### BEATEN BISCUIT

One quart flour, a little more lard than in ordinary biscuit, 1 teaspoon salt, 1 big tablespoon sugar and a tiny bit of soda (about size of a pea). Rub all together and make up with sweet milk into a rather stiff dough. Knead about ten minutes, then put in a roll and roll about twenty minutes. Cut and bake in moderate oven.

—Mrs. Jerome Virgie.

### RISEN MUFFINS

One quart flour, 2 eggs,  $\frac{1}{4}$  cup sugar, butter the size of an egg, salt. Mix with sweet milk, after milk has been brought to boiling point, 1 yeast cake. Let rise and bake in muffin tins.

—Mrs. T. L. Payne.

### WAFFLES

Two eggs, 2 cups flour, 3 tablespoons butter (melted), 3 level teaspoons baking powder, enough sweet milk to make a good batter, not too thin.

—Mrs. J. Monroe Jones.

### CINNAMON ROLLS

Prepare dough for light rolls. When dough is ready to mold into rolls pinch off a piece and roll out with a rolling-pin about one-fourth of an inch thick, into an oblong piece. Spread with lard or butter then sprinkle with white or brown sugar, then sprinkle with cinnamon and scatter seeded raisins or currants over surface. Roll tightly into a long roll, beginning from side of dough. Cut with sharp knife through roll every two inches. Place flat side down in greased pans a little apart, greasing sides so they can easily be pulled apart. Sprinkle sugar and cinnamon on top and place a little piece of lard or butter on top of each one. Let rise until light, bake twenty minutes in a moderate oven. Have them a nice brown but soft. Very good.

—Mrs. A. Wilke.

### SWEET FRENCH ROLLS (For Salad)

One cake yeast,  $1\frac{3}{4}$  cups warm milk, 2 cups flour,  $\frac{1}{4}$  cup sugar, 1 teaspoon salt, 1 egg well beaten,  $\frac{1}{4}$  cup melted butter,  $\frac{1}{8}$  teaspoon mace,  $1\frac{3}{4}$  cups flour. Break the yeast in small pieces and dissolve in one-fourth cup lukewarm milk, add rest of the milk and the flour and beat for five minutes. Cover and let stand in a warm place until sponge is light and has doubled its bulk. Add the sugar, salt, egg and butter, then add the mace and flour and stir until the dough is right to handle. Toss upon a floured board to knead until very soft and elastic. Cover closely with a towel and put in a warm place until dough has doubled in size. Cut off in small bits and roll between the fingers to form finger-shape rolls. Place on a baking sheet and let stand until rolls are light and puffy. Bake in a quick oven about twenty minutes. As soon as rolls come from oven, brush over the top with hot milk.

### ORANGE BISCUITS (For Salad)

Two cups flour, 4 level teaspoons baking powder, 1 level teaspoon salt, 4 level tablespoons lard,  $\frac{3}{4}$  cup milk. Mix and sift flour, baking powder and salt. Cut in the fat, add milk until a soft dough is formed. Toss upon a floured board and pat out to the thickness of one-half inch. Spread with orange filling. Roll up as jelly roll cut in one-half inch slices. Flatten and place side by side in a greased pan and bake in moderate oven for fifteen minutes.

Orange Filling: Two level tablespoons butter, 4 level tablespoons sugar, 2 tablespoons orange juice, 3 tablespoons grated orange rind. Mix all ingredients and cook slowly, stirring constantly until a thick, creamy mixture is formed. Cool and spread on top of dough. Serve hot, with fruit, chicken or head lettuce salad. Makes enough for twelve.

## KNOX SPARKLING GELATINE improves Soups and Gravies

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### CORN MEAL GEMS

One-half cup corn meal, 1 cup flour, 3 teaspoons baking powder, 1 tablespoon sugar, 1 tablespoon melted butter,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  cup milk, 1 egg. Mix and sift dry ingredients; add milk gradually, egg well beaten and melted butter. Bake in hot oven in buttered gem pans twenty-five minutes.

### ENTIRE WHEAT BREAD

Two cups scalded milk,  $\frac{1}{4}$  cup sugar or 1-3 cup molasses, 1 teaspoon salt, 1 yeast cake dissolved in  $\frac{1}{4}$  cup lukewarm water,  $4\frac{3}{4}$  cups coarse, entire wheat flour. Add sweetening and salt to milk; cool, and when lukewarm add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk. Again beat, and turn into greased bread pans, having pans one-half full; let rise, and bake. Entire wheat bread should not quite double its bulk during last rising. This mixture may be baked in gem pans.

—Mrs. T. E. Wilson.

### ENTIRE WHEAT AND WHITE FLOUR BREAD

Use the same ingredients as for Entire Wheat Bread, with exception of flour. For flour use three and one-fourths cups entire wheat and two and three-fourths cups white flour. The dough should be slightly kneaded, and if handled quickly will not stick to board. Loaves and biscuit should be shaped with hands instead of pouring into pans, as in Entire Wheat Bread.

### TWIN MOUNTAIN MUFFINS

One-fourth cup butter,  $\frac{1}{4}$  cup sugar, 1 egg,  $\frac{3}{4}$  cup milk, 2 cups flour, 4 teaspoons baking powder. Cream the butter, add sugar and egg well beaten, sift baking powder with flour, and add to the first mixture, alternating with milk. Bake in buttered tin gem pans twenty-five minutes.

### HOT ROLLS

Two and one-half quarts flour, 1 yeast cake, 2 tablespoons sugar, 1 teaspoon salt,  $\frac{1}{2}$  pint sweet milk, 2 tablespoons shortening. Sift flour and salt, work in shortening. Mix yeast and sugar with  $\frac{1}{2}$  pint lukewarm water, pour into flour, then milk, knead well. Place in warm place to rise. Let stand about four hours, then make into size you want and let rise, bake in moderate oven.

—Mrs. W. T. Wilson.

### BAKING POWDER BISCUITS

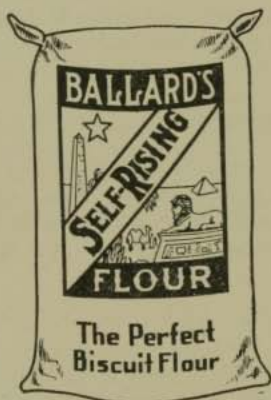
Two cups flour,  $\frac{1}{2}$  teaspoon salt, 4 level teaspoons baking powder, 2 tablespoons shortening, 2-3 cup milk.

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### SOUTHERN BEATEN BISCUITS

Two cups flour, 2 tablespoons butter,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup cold milk. Mix and sift flour and salt. Cut the butter in with a knife and add enough ice cold milk to make a stiff dough. Beat on a floured board with a rolling-pin until it blisters. Roll to one-third inch thickness, cut into small rounds. Prick with a fork, place on a greased tin and set in refrigerator for about an hour. Bake in a moderate oven about thirty minutes.

### QUEEN TEA MUFFINS

One and three-fourths cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 4 tablespoons shortening, 4 tablespoons sugar, 1 egg lightly beaten,  $\frac{3}{4}$  cup milk.

### BATTER YEAST BREAD

At night take three tablespoons corn meal, one tablespoon flour, one teaspoon salt, over which pour boiling water to make a mush and let it set until morning. In the morning take a cup of sweet milk and scald with a cup of boiling water. When moderately warm stir this into the mush, then add sufficient flour to make a batter. Set this in warm water to rise. When it has risen sift a quart of flour into which put two tablespoons sugar and one of lard. Make up bread with the batter and put in loaves and let rise again, and bake.

—Mrs. D. W. Gills.

### CREAM WAFFLES

Mix and sift  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder, and 1-3 teaspoon salt. Add the beaten yolks of 2 eggs and 1 cup thin cream. Beat until very light; stir in 1 tablespoon melted butter, and last fold in the stiffly beaten egg whites. Bake to a rich brown in greased, hot waffle irons.

—Mrs. C. F. Shell.

### BREAD WITH SPONGE

Boil two medium sized potatoes until done. Save potato water to use in sponge. Mash potatoes with tablespoon flour with enough of the water to make smooth, add two teaspoons sugar. Dissolve one-half yeast cake in one-third cup cooled potato water and add to other, then sift in enough flour to make smooth paste. Cover over and let rise until bubbles come—usually one and one-half to two hours. Then sift a sifter-full of flour with two teaspoons salt, four teaspoons sugar. Mix in one tablespoon lard, then add sponge and just enough water to make up a medium soft dough. Let rise up once or twice and put down in rolls or turnovers.

### SALLY LUNN

Let  $\frac{1}{2}$  yeast cake soak in  $\frac{1}{2}$  cup water until soft. Beat 2 whole eggs, add 1 good sized heaping kitchen spoon lard, then 2 table-spoons sugar. Add yeast dissolved in water, then sift in one quart flour and enough milk to make a real stiff dough. Beat good. Let rise way up, then put down in muffin tins or Sally Lunn pans.







## When you make cake



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**CAKE FLOUR**  
Preferred by Housewives for 30 years

## Cakes

### WHITE FRUIT CAKE

Blanch and shred 2 pounds almonds, cut 1 pound citron in long thin strips, grate 1 cocoanut, 1 quart flour with powders, cream 1 pound white sugar and  $\frac{1}{2}$  pound butter together, add well beaten whites of 12 eggs. Flour the fruit and add fruit and flour gradually. Bake very slowly and carefully as you would other fruit cakes.

—Mrs. C. Shanks.

### CREAM CHOCOLATE CAKE

One cup butter, 2 cups sugar, 3 cups flour and 4 eggs. Season with vanilla.

Filling: One cup chocolate, 1 cup sugar, 1 cup milk, cook until thick.

Cream: Two cups of sugar, one-half cup of milk, cook until thick, then add a little lemon juice and beat until thick enough to spread; put cream on the layers first, then the chocolate.

### PORK CAKE

One pound fresh pork fat, 3 cups boiling water, 1 pound currants, 2 pounds raisins, 5 cups brown sugar, 2 teaspoons cinnamon, cloves, allspice, nutmeg, 1 cup English walnuts, 15 cents worth figs, 1 teaspoon soda, 2 teaspoons baking powder, 10 cups flour. Bake two hours.

—Mrs. W. E. Cook.

### ANGEL FOOD CAKE

Whites of 11 eggs,  $1\frac{1}{2}$  cups granulated sugar, 1 cup sifted flour, 1 teaspoon cream tartar, 1 teaspoon flavoring. Put the cream of tartar into the flour and sift five or six times. Sift the sugar five or six times. Beat the egg whites into a stiff froth, add the sugar and mix thoroughly, add flavoring, then hastily fold in the flour; do not beat. Turn quickly into an ungreased pan and bake in a slow oven at least forty-five minutes. Take from the oven, turn pan upside down, and let cake cool in pan.

—Mrs. W. H. Carter.

### DEVIL'S FOOD CAKE

Two eggs, 2 cups brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour cream,  $2\frac{1}{2}$  cups flour, 1 teaspoon soda,  $\frac{1}{4}$  cake chocolate,  $\frac{1}{2}$  cup boiling water. Cream the butter and add the sugar, add this to the eggs,

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well beaten, and then add the sour cream. Dissolve the chocolate in the boiling water and add to the mixture. Sift together the flour and soda, and add last, beating well. Flavor with vanilla if desired. Bake in layer cake pans and put together with white icing. If whites of eggs are used for icing, yolks may be added to its batter.

—Mrs. W. H. Carter.

### AMBROSIA CAKE

Cream together one cup butter and two cups sugar. Add five eggs, one at a time. Fold in four cups flour, sifted several times, with one spoonful baking powder. Flavor with vanilla and juice of an orange. Bake quickly in layers.

Filling: Grate a cocoanut and sweeten to taste, then grate six oranges and also sweeten, put a layer of cocoanut and layer of orange between each layer of cake.

—Mrs. J. W. Robertson.

### BANANA CAKE

One-half cup butter, 1 cup sugar,  $\frac{1}{2}$  cup milk, 2 scant cups flour,  $1\frac{1}{2}$  teaspoons baking powder, whites of 4 eggs,  $\frac{1}{2}$  teaspoon vanilla. Mix flour, baking powder, cream butter and sugar, add milk and flour alternately, then vanilla and beaten whites. Bake in three layers.

Filling: Boil one cup sugar with one-half cup water until it ropes when dropped from fork. Pour gradually over stiffly whipped cream, whites of two eggs, beating hard, adding one-half cup mashed banana, and dust top with powdered sugar.

—Mrs. W. W. Hawkins.

### POUND CAKE

Twelve eggs, 1 pound flour, 1 pound butter, 1 pound sugar, 1 level teaspoon Rumford's baking powder, teaspoonful vanilla. Cream butter and sugar together, add yolks of eggs, then the well-beaten whites, then flour and powders.

—Mrs. E. R. Payne.

### ROCKY MOUNTAIN CAKE

Whites of 8 eggs, 1 cup butter, 2 cups sugar, 3 cups flour, 2 level teaspoons Rumford's baking powder, 1 cup fresh buttermilk, flavor to taste. Bake in four layers.

Filling: Make boiled icing with the whites of three eggs, two cups of sugar and half cup water. Let the sugar and water boil without stirring, until it makes a jelly when dropped in cold water, then pour over the beaten whites, beat until nearly cold, stir into

the icing a small quantity each of citron, currants, dates, figs, raisins, almonds, and one grated cocoanut. Chop the fruit very fine, and leave out a little cocoanut and a few raisins to put on the outside

—Mrs. E. R. Payne.

#### MARY CROZIER CAKE

Whites of 10 eggs, 1 large cup butter, 3 cups sugar, 4 cups of Swans Down flour, 1 cup buttermilk,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar. Cream butter and sugar well, beat whites stiff, sift cream tartar with flour, mix flour and eggs with milk alternately, season with bitter almond extract. Dissolve soda in tablespoon warm water and add last. Bake about two hours in a moderate oven. Is very nice iced for a birthday cake.

—Christine E. Collings.

#### FUDGE CAKE

Half cup butter, 2 beaten eggs, 1 cup sugar  $\frac{3}{4}$  cups flour, 2 bars melted chocolate,  $\frac{3}{4}$  cup pecans; salt and vanilla. Bake forty-five minutes in square sheet-pan about one inch thick. Cut in blocks.

—Christine E. Collings.

#### APPLE SAUCE CAKE

One and one-half cups hot apple sauce, 1 teaspoon soda in hot sauce,  $\frac{1}{2}$  cup butter, 1 cup sugar, 1 pound seedless raisins cut fine, 2 cups flour, 1 cup black walnuts, chopped, 1 teaspoon cloves, 1 teaspoon cinnamon. Mix well and place in paper lined pan. Bake forty-five minutes in moderate oven.

—Christine E. Collings.

#### MRS. SHELL'S POUND CAKE

One pound pulverized sugar, 1 pound butter, 1 pound Swans Down cake flour, 9 eggs,  $\frac{1}{2}$  teaspoon baking powder, 1 tablespoon lemon extract. Cream butter and add sugar gradually, add beaten yolks gradually, cream well, add flour gradually and cream well; last, fold in beaten whites and add extract. Cook about three hours in a slow oven.

#### POUND CAKE

Eight eggs, 1 pound flour, 1 pound butter, 1 scant cup milk,  $\frac{1}{2}$  teaspoon baking powder. Cream butter until light, add sugar, yolks of eggs well beaten, and alternately the flour and beaten whites. Flavor with lemon.

—Mrs. N. N. Leneave.

### CHEAP SPONGE CAKE

One and one-fourth cups sugar, 3 eggs,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup cold water, 2 teaspoons baking powder; lemon flavoring. Beat eggs together until smooth, add sugar, then flour which has been sifted with the baking powder, and water alternately. Bake in two layers.

—Mrs. R. C. Glover.

### LEMON JELLY CAKE

Place in mixing bowl one cup sugar and break over it two eggs. Beat until creamy. Beat in lard or butter size of an egg, add one cup cold water and grated rind of one-half lemon; add two small cups flour sifted with pinch of salt, two teaspoons cream of tartar and two teaspoons baking powder. Beat well, and bake in two large layers. Cool and spread between and on top with the following: Grate lemon and pulp into saucepan, pour one and one-half cups boiling water over it and bring to boil. Mix one egg, three table-spoons water, one cup sugar, three tablespoons cornstarch and stir in lemon and water. Cook about twenty minutes.

—Mrs. N. S. Sawyer.

### ANGEL FOOD CAKE

Whites of 16 eggs, beaten to a stiff froth, 2 cups flour (large coffee cup), 2 2-3 cups sugar, fine or rolled, 3 small teaspoons cream of tartar, little lemon juice and a few drops of any desired extract. Do not beat while mixing; bake in moderate oven from an hour and ten minutes to an hour and fifteen minutes. Cook in an un-greased mold.

—Mrs. C. H. Fletcher.

### DEVIL'S FOOD CAKE

One cup butter, 2 cups brown sugar, 2 eggs, 2 teaspoons baking powder, 2 cups flour, 1 cup sweet milk,  $2\frac{1}{2}$  squares unsweetened chocolate, 1 teaspoon vanilla. Cream butter and sugar, add beaten egg yolks. Sift baking powder with flour and stir into the egg mixture with milk. Dissolve chocolate over boiling water and mix with batter, fold in stiffly beaten egg whites, add flavoring. Above makes three layers.

—Mrs. Jas. W. Tucker.

### PINEAPPLE LAYER CAKE

Cream one-half cup shortening, add one and one-half cups sugar slowly and two beaten egg yolks. Sift together three and one-half teaspoons baking powder, one-fourth spoon salt, two and one-third cups flour and add alternately with two-thirds cup milk; add one teaspoon vanilla and fold in two beaten egg whites.

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Filling and Icing: Put three cups of confectioner's sugar into bowl, add one-fourth cup milk and beat until smooth. Add one tablespoon lemon juice and one cup of grated pineapple well drained, and one teaspoon melted butter. Spread on layers, top and sides of cake. Add pieces of the pineapple while icing is soft.

—Mrs. E. C. Jenkins.

#### MAPLE NUT CAKE

Cream one-third cup shortening with one cup light brown sugar, add two egg yolks, mix well and add three-fourths cup milk. Sift together one and one-half cups flour, one-half teaspoon salt and two teaspoons baking powder and add. Mix in one cup finely chopped nuts—preferably pecans—and spoon vanilla. Bake in greased loaf pan in moderate oven thirty-five minutes.

Cover top and sides with maple icing: One-half teaspoon butter, 2 tablespoons hot milk,  $1\frac{1}{2}$  cups confectioner's sugar beat to smooth paste; add  $\frac{1}{2}$  spoon maple flavoring, and spread. Sprinkle with nuts while icing is soft.

—Mrs. E. C. Jenkins.

#### BLACK CHOCOLATE CAKE (Two Layers)

One cup sugar, 1 tablespoon butter, 1 cup sour milk, 1 teaspoon soda, 2 squares chocolate, 2 cups flour, 1 teaspoon vanilla.

Filling: Take one-half ten-cent piece of chocolate and butter size of walnut and melt slowly. Put one-half pound XXXX sugar or as much as needed and add melted chocolate and milk enough to make thin enough to spread on cake; add one teaspoon vanilla. Takes very little milk.

#### SPICE CAKE WITH SWISS CREAM FROSTING

One cup sugar, 1 egg, 1 cup sour milk, 1 tablespoonful molasses,  $\frac{1}{2}$  cup butter,  $2\frac{1}{2}$  cups flour, 1 teaspoon soda,  $\frac{1}{4}$  teaspoon cloves and cinnamon, a little nutmeg.

Swiss Cream Frosting: Cream butter about the size of an egg, add two tablespoonfuls of cream or milk, one-half teaspoonful vanilla; add powdered sugar until thick enough to spread

#### TWO EGG CAKE

Two-thirds cup butter, 2 eggs, 1 cup sugar, 1 cup milk,  $2\frac{1}{4}$  cups flour, 3 teaspoonfuls baking powder, 1 teaspoonful vanilla,  $\frac{1}{4}$  teaspoon salt. Cream butter well, add sugar gradually, beating well between each addition, add beaten eggs, flavoring, one-half the milk. Mix well, add one-half the flour which has been sifted with salt and baking powder, add remainder of milk then remainder of flour, stirring well after each addition.

—Mrs. R. S. Cushwa.

### ANGEL FOOD CAKE

One teacup of egg whites (about 8 eggs), 1 cup sifted sugar, 1 cup flour sifted six times, 1 teaspoon cream of tartar, 1 teaspoon almond extract. Beat eggs until stiff, add cream of tartar, then sugar, flour and flavoring and beat all together as little as possible. Bake very slowly about forty-five minutes.

White Icing: One cup sugar, 1-3 cup hot water, 1-6 teaspoon cream of tartar. Boil sugar and water together until it spins a thread, add cream of tartar and beat until stiff enough to spread on cake.

### JELLY ROLL

Four eggs, 1 scant cup sugar, juice of half lemon, 1 tablespoon water, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, 1 cup sifted flour. Beat the yolks until light, then fold in the whites which have been beaten dry, gradually beat in the sugar, then the lemon juice and water and lastly the flour, baking powder and salt. Line a large, shallow pan (10x24") with paper, grease well, pour in mixture and bake in a moderate oven. When done turn out on a slightly damp towel, immediately spread with jelly and roll. Dredge well with pulverized sugar.

—Mrs. F. N. Crittenden.

### GINGERBREAD

Cream one-half butter, add one-half cup sugar and a cup of molasses. Beat into this two eggs—then add alternately two cups flour sifted with level teaspoon soda, same of ginger, a little salt and a little cinnamon, and one-half cup milk. Bake in a buttered and floured pan in a moderate oven. Serve with whipped cream.

—Mrs. F. C. Verser.

### FRUIT CAKE

Cream together one pound of unsalted butter with one pound of fine granulated sugar, and beat well. Beat eight eggs separately and add yolks to the butter and sugar mixture, beating thoroughly. Add one-half cupful grapejuice, the juice and grated rind of one large orange. Whip in the stiffly beaten whites with one pound of flour, a scant teaspoon soda, a teaspoon each of mace, nutmeg, cinnamon and cloves. Add two pounds seeded raisins, one pound currants well washed and dried, one-half pound citron, one pound each of dates and English walnuts. Beat well into cake, having used a portion of the flour to thoroughly flour the fruit. Bake in a slow oven four hours.

—Mrs. S. E. Graham.

### A GOOD CHEAP CAKE

Four eggs, 1 cup butter, 2 cups sugar, 3 cups flour, 1 cup sweet milk, 2 teaspoons baking powder, 1 teaspoon vanilla.

—Mrs. D. T. Ward.

### MOLASSES PUDDING CAKE

Three cups flour, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon lard,  $\frac{1}{2}$  cup sugar, 2-3 cup molasses. Sift flour, soda and salt together. Then add boiling water into which has been dissolved lard and sugar. Pour in molasses and season with ginger and cinnamon.

—Mrs. Preston Adams.

### CARAMEL CAKE

Four eggs,  $1\frac{1}{2}$  cups sugar, 3 ounces butter, 1 ounce lard, 1 cup milk, 3 cups sifted flour, pinch of salt, 2 heaping teaspoons baking powder sifted in last. Cream butter and lard with sugar, add yolks next; then flour, milk and water alternately.

Filling: One-half cup water,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup granulated sugar, 1 large teaspoon butter, white of 1 egg from the four. Pour filling on whites after beaten.

—Mrs. H. M. Coleman.

### ANGEL FOOD CAKE

Whites of 11 eggs,  $2\frac{1}{4}$  gills sifted granulated sugar, 1 cup sifted Swans Down flour, 1 teaspoon vanilla, 1 teaspoon cream of tartar. Sift flour and cream of tartar together several times. Beat eggs to a stiff froth, add the sugar lightly, then the flour gently, then the vanilla. Do not stop a moment before putting it in an ungreased pan, which has several layers of paper at bottom. When cooked, invert pan and do not take out until cool.

—Mrs. R. H. Sydnor.

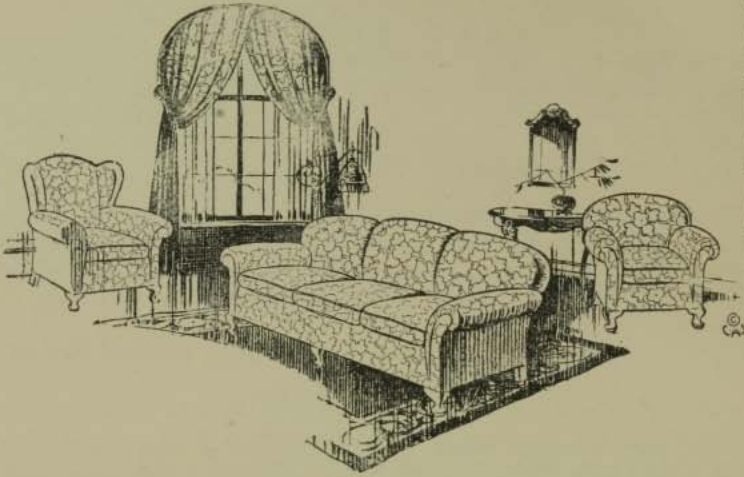
### GINGERBREAD

One cup black molasses,  $\frac{1}{2}$  cup boiling water,  $2\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons ginger,  $1\frac{1}{2}$  teaspoons cinnamon, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt, 4 tablespoons melted butter. Add water to molasses and add dry ingredients which have been mixed and sifted together. Add butter and beat vigorously. Bake in a well greased shallow pan over a medium flame. If desired, one-half box of seeded raisins may be added.

—Mrs. Allen Davie.

### FRUIT CAKE

Two pounds seeded raisins, 2 pounds currants, 1 pound figs,  $\frac{1}{2}$  pound citron,  $\frac{1}{2}$  pound each lemon and orange peel (crystallized),



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$\frac{1}{2}$  pound crystallized cherries,  $\frac{1}{2}$  pound blanched almonds, 1 pound English walnuts Cream  $1\frac{1}{2}$  pounds butter, add  $1\frac{1}{2}$  pounds sugar, 15 eggs, well beaten, fold in  $1\frac{1}{2}$  pounds flour, 2 teaspoons each nutmeg and cloves, 3 teaspoons cinnamon,  $\frac{1}{2}$  pint wine; lemon and vanilla; add fruit and bake four hours.

—Mrs. Lula Cook.

#### POUND CAKE

One pound butter, 1 pound sugar, 1 pound flour, 10 eggs. Cream butter until light, add sugar and cream, add the eggs well beaten and then fold in flour, season to taste.

—Mrs. Lula Cook.

#### WHITE CAKE

One and one-half cups sugar,  $\frac{1}{2}$  cup butter, 4 egg whites, 1 cup water, 3 cups flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon almond flavoring, 1 teaspoon vanilla. Cream butter and sugar together, add alternately water and flour until smooth. Fold in whites beaten stiff. Bake in layers. This will make three layers.

—Mrs. Harriet M. Hechler, Richmond, Va.

#### PINEAPPLE CAKE

One-half pound butter, 4 eggs, 2 cups sugar, 3 cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla, 1 cup milk, 1 can grated pineapple, 1 box XXXX sugar. Cream butter and sugar, add eggs, beat well. Add milk, then flour and seasoning. Bake in layer tins in moderate oven.

Filling: Beat whites of two eggs, add XXXX sugar and pineapple.

—Mrs. O. P. Wilkerson.

#### DELICIOUS CAKE

Six eggs,  $\frac{1}{2}$  pound butter,  $\frac{1}{2}$  cup milk, 2 cups sugar, 3 cups flour, 2 teaspoons vanilla,  $\frac{1}{2}$  teaspoon yeast powder. Cream butter and sugar together until light, add yolks of eggs well beaten, then milk, then whites of eggs beaten to a stiff form, then the flour and vanilla. After all are well beaten together, cook in a moderate oven one and one-half hours.

—Mrs. Willie Palmore.

#### CREAM DEVIL CAKE

One can Pet milk (divided in three parts),  $\frac{1}{2}$  pound butter, 2 pounds sugar,  $\frac{1}{4}$  pound chocolate, 3 cups flour, 1 teaspoon soda, 3 eggs. Put 1 cup cream ( $\frac{3}{4}$  cream and  $\frac{1}{4}$  water), chocolate and 1 cup sugar into a pan and let come to a boil, take off and cool. Stir

constantly. Beat 3 eggs, add 1 cup sugar, then 1 1-3 block butter (melted) and 1 cup cream, add 3 cups flour, beat well, then add first mixture. Dissolve soda in warm water and flavor with vanilla.

Filling: Two cups sugar, 1 cup cream, 2-3 block butter. Cook for ten minutes. Take off and beat. Flavor with vanilla.

—Mrs. J. A. Harper.

### FRUIT CAKE

Fifteen eggs,  $1\frac{1}{2}$  pounds butter,  $1\frac{1}{2}$  pounds sugar,  $1\frac{1}{2}$  pounds flour, 2 pounds puffed raisins, 2 pounds seedless raisins,  $\frac{1}{2}$  pound figs,  $\frac{1}{2}$  pound dates, 1 pound watermelon rind preserves,  $\frac{1}{2}$  pound orange and lemon peel (crystallized),  $\frac{1}{2}$  pound crystallized cherries,  $\frac{1}{2}$  pound crystallized pineapple, 2 cups wine. Cream butter and sugar, then add eggs, after they have been well beaten, add half the flour, then wine, dredge the fruit in rest of flour and then mix in batter. Bake for four or five hours.

—Mrs. Claude M. Jones.

### CORNSTARCH CAKE

One-half cup butter, 1 cup sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup cornstarch,  $1\frac{1}{2}$  cups flour, 1-3 teaspoon salt, 2 teaspoons baking powder, 6 egg whites. Cream butter and sugar well together, add milk, then cornstarch, flour, salt and baking powder. Add last whites of eggs beaten to a froth. Bake in a moderate oven in shallow pans.

—Mrs. I. M. Fitzgerald.

### BROWNSTONE FRONT CAKE

Two cups sugar, 1 cup butter,  $\frac{1}{2}$  cake chocolate, 2 cups flour, 1 cup milk, 4 eggs, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda. Melt butter and chocolate, then add sugar. Beat eggs, then flour and milk alternately.

Filling: Three cups sugar, 1 cup hot water. Boil until forms soft ball in water. Add one-half pound marshmallows just before taking from fire and then pour on the beaten whites of three eggs. Vanilla flavoring.

—Mrs. Jerome Virgie.

### FRUIT CAKE

One and one-half pounds pulverized sugar,  $1\frac{1}{2}$  pounds butter,  $1\frac{1}{2}$  pounds flour, 15 eggs, 2 boxes puffed raisins, 1 box seedless raisins,  $\frac{1}{4}$  pound cherries,  $\frac{1}{4}$  pound crystallized pineapple,  $\frac{1}{4}$  pound lemon and orange peel,  $\frac{1}{2}$  pound citron, 2 packages dates, 2 packages figs,  $\frac{1}{2}$  pound shelled almonds and  $\frac{1}{2}$  pound English walnuts. Cream sugar and butter, beat eggs separately, add beaten

yolks to sugar and butter which have been creamed. Sift flour twice. Add flour and whites of eggs well beaten. Have all fruit cut fine and floured—add to mixture. Put in pan well greased. Steam five hours. Remove from steamer, put in oven with slow fire and brown. Let this brown one and one-half hours. This will make a twelve-pound cake.

—Mrs. C. N. Payne.

### WHITE FRUIT CAKE

Whites of 12 eggs,  $\frac{3}{4}$  pound butter, 1 pound sugar, 1 pound flour, 1 large cocoanut, 2 pounds almonds, 2 pounds citron. Cream together the butter and sugar then add the whites of eggs.

—Mrs. David T. Ward.

### NAPLES BISCUIT

Twelve eggs, beat whites and yolks separately, weight of 10 eggs in sugar, weight of six eggs in flour; 2 teaspoons baking powder. Bake in shallow tins and cut in narrow strips and ice.

—Mrs. David T. Ward.

### SOFT GINGERBREAD

One-half cup sugar, 1-3 cup molasses,  $\frac{1}{2}$  cup lard, 2 eggs,  $\frac{3}{4}$  cup milk, 2 cups flour, 2 teaspoons baking powder, 1 light teaspoon salt,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon each of ginger, cloves and spice. Beat eggs and add molasses. Mix sugar and lard, then combine. Sift together three times baking powder, salt, flour and spices, and add milk. Put together and beat thoroughly. Bake in moderate oven about twenty minutes.

—Mrs. Johnson.

### DEVIL CAKE

One cup butter, 1 cup grated chocolate, 3 cups brown sugar, 4 egg yolks, 4 cups flour, 4 teaspoons baking powder, 1 cup cold water. Cream butter and sugar together, add cup of chocolate dissolved in small quantity of hot water, then the yolks well beaten. Then sift in flour and baking powder, and add the water last.

Filling: Three cups white sugar, one-half cup water. Boil until syrup will rope good, then add gradually to beaten whites of four eggs. Add one teaspoon vanilla, and beat until begins to cool.

—Miss Lelia Carter.

### RAISIN CAKE

One pound butter, 1 pound sugar, 1 pound flour, 11 eggs, 1 package seeded raisins, 1 teaspoon essence of lemon. Cream but-

ter and sugar until no grains can be seen, add seven yellows well beaten, then fold in flour, add lemon, then whites of eleven eggs beaten until stiff. Cut raisins with scissors, flour well and fold in last. Use extra flour for raisins. Bake very slowly. Secret of this cake is beating well before mixing, and batter a little stiff to keep fruit from falling.

—Mrs. W. T. Wilson.

### SALLY LUNN

Three tablespoons butter,  $\frac{1}{2}$  cup sugar, 2 eggs, 2 cups flour, 1 cup milk, 1 teaspoon salt, 2 tablespoons baking powder. Cream butter and sugar until light, then add beaten eggs, then milk, add flour with baking powder and salt in it. Bake in a slow oven.

—Mrs. H. M. Coleman.

### COCOANUT CAKE

One cup sugar, 2 heaping tablespoons butter, 2 eggs, 2 cups pastry flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla, 1 cup cocoanut milk or milk, 1 can Baker's grated cocoanut. Cream sugar and butter, add two eggs, beat until light. Sift flour, add baking powder and salt, stir into first mixture with one cup of milk to which one teaspoon vanilla has been added. Mix well, place in pans, bake twenty minutes. Make icing with one cup confectioner's sugar, beat in enough cocoanut milk or milk to moisten it to spreading consistency, and one teaspoon vanilla. Stir in half of can of cocoanut and spread remainder over top layer.

—Mrs. C. F. Shell.

### SPANISH CAKE

One-half cup butter, 1 cup sugar, yolks 2 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{3}{4}$  cups flour, 3 teaspoons baking powder, 1 teaspoon cinnamon, whites 2 eggs. Mix ingredients in order given. Bake in shallow tins, and spread between and on top with caramel frosting.

—Mrs. T. E. Wilson.

### LADY BALTIMORE CAKE

Three-fourths cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, 3 egg whites, 1 teaspoon baking powder. Beat butter and sugar until creamy, add milk and flour alternately with which has been put baking powder and sifted. Beat thoroughly, add the whites of eggs which have been stiffly beaten, bake in well greased pans. Fill with Lady Baltimore filling.

Filling: Two cups granulated sugar, 1 cup water, 2 egg whites, 1 cup chopped raisins, 1 cup chopped nuts. Boil sugar and water



five minutes. Pour boiling syrup over whites of eggs which have been beaten stiff. Put aside half the mixture for the frosting. Add raisins and nuts to the other half and use for filling.

### COCOA CAKE

One cup brown sugar,  $\frac{1}{4}$  cup lard,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda, 3 tablespoons cocoa, 1 egg,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  tablespoon vanilla,  $\frac{1}{2}$  cup boiling water. Cream lard and sugar, then break egg into it. Add the milk and dry ingredients and last the one-half cup boiling water.

### DEVIL CAKE

One-half cake chocolate,  $\frac{1}{2}$  cup sweet milk and the yolk of 1 egg boiled together until thick. When cold add  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup sweet milk, 2 eggs beaten separately, 2 cups flour, 1 teaspoon soda and a small teaspoon cream of tartar and vanilla.

—Mrs. Stella Peace.

### A GOOD CAKE

Cream  $\frac{1}{2}$  cup butter and 2 cups brown sugar, add 2 well beaten yolks, 2 teaspoons cinnamon, 2 teaspoons allspice, 1 teaspoon ground cloves. Dissolve 1 teaspoon soda in 1 cup of buttermilk and add  $2\frac{1}{2}$  cups flour.

Icing: One cup sugar,  $\frac{1}{4}$  cup water and whites of 2 eggs. Boil sugar and water and pour over the beaten whites of eggs.

### A QUICK DESSERT

Make a thin batter for pancakes. Bake five cakes on griddle. Butter each one and serve maple sugar to put between each cake. Cut and serve as cake while warm.

### HOT-WATER SPONGE CAKE

Two eggs,  $\frac{3}{4}$  cups sugar, 6 tablespoons hot water,  $\frac{1}{2}$  tablespoon lemon juice, 1 cupful flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt. Beat yolks of eggs until thick, add half the sugar, then the water, lemon juice and remaining sugar. Fold in stiffly beaten whites of eggs and flour which has been mixed and sifted with baking powder. Bake in greased tin.

—Lillian Gorton.

### CHOCOLATE PUFFS

One and one-fourth cups flour, 1 cup sugar, 2 teaspoons baking powder, 1 tablespoon melted butter,  $\frac{1}{4}$  teaspoon salt, 1 egg, milk,

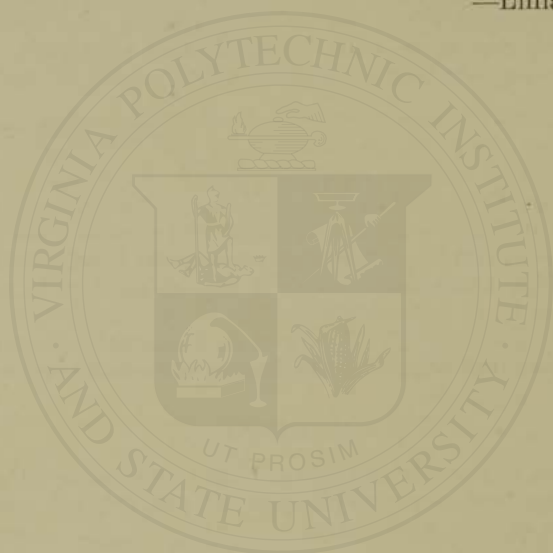
2 squares chocolate melted. Mix and sift together flour, sugar, baking powder and salt. Break egg in measuring cup, fill cup with milk and add to dry ingredients. Beat. Add melted butter and melted chocolate. Bake in small tins. Will dry out if kept long.

—Irma S. Hubbard.

#### DOM ECON CAKE

Two ounces grated chocolate,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup boiling water, 1 cup sugar, 1 cup flour,  $\frac{3}{4}$  teaspoon soda in  $\frac{1}{4}$  cup sour milk, 1 egg. Mix in order given. Boiling water will melt butter and chocolate. Add other ingredients immediately. Bake. Batter will be very thin but do not add more flour.

—Lillian Gorton.



## Fillings

### ICING FOR DEVIL'S FOOD CAKE

One-fourth pound butter, 1 pound powdered sugar, whites of 3 eggs, well beaten,  $\frac{1}{2}$  teaspoon vanilla. Melt the butter, add the sugar then the well-beaten eggs and flavoring, and beat smooth.

### GOLD FILLING FOR CAKE

Two and one-half cups sugar, 1 cup milk, 1 large spoon butter, 2 egg yolks, juice of 1 large lemon,  $\frac{1}{4}$  teaspoon salt. Boil sugar and milk until it forms a ball in water, add butter and pour over the beaten yolks, beating constantly. Add lemon juice and salt. Beat until cool enough to spread on cake.

### FILLING FOR LAYER CAKE

Two cups brown sugar,  $\frac{1}{2}$  cup hot water. Let boil until it will form a soft ball in water. Two egg whites beaten, then add the boiled sugar, cup of raisins, add can of cocoanut. Use yellow labelled can of cocoanut.

—Mrs. H. M. Coleman.

### CREAM FILLING

One pint milk, 1 cup sugar, 2 eggs, 2 tablespoons cornstarch. Heat the milk to boiling and stir in the cornstarch wet with a little cold milk, take out and mix gradually with the beaten eggs and sugar. Return to the rest of the custard and boil stirring constantly until quite thick. Let cool, and then flavor with one teaspoon vanilla.

—Mrs. David T. Ward.

### ORANGE FILLING

Wash two large tablespoons butter, put it on the stove to melt with a cup of sugar. When melted beat into it the well whipped yolks of three eggs and white of one. Add the juice of two oranges and grated rind of one. Cook stirring all the time for five or ten minutes or until thick.

—Mrs. David T. Ward.

### ORANGE CREAM ICING

White of 1 large egg, juice of 1 large orange, 2 cups confectioner's sugar. Put egg and orange juice in deep bowl, add sugar gradually, beat until creamy and of consistency to spread.

### BOILED FROSTING

Two cups sugar, three-fourths cup water, stiffly beaten whites of two eggs, lemon or vanilla. Boil sugar and water without stirring until it threads, then gradually pour it into beaten eggs, beating rapidly until cool.

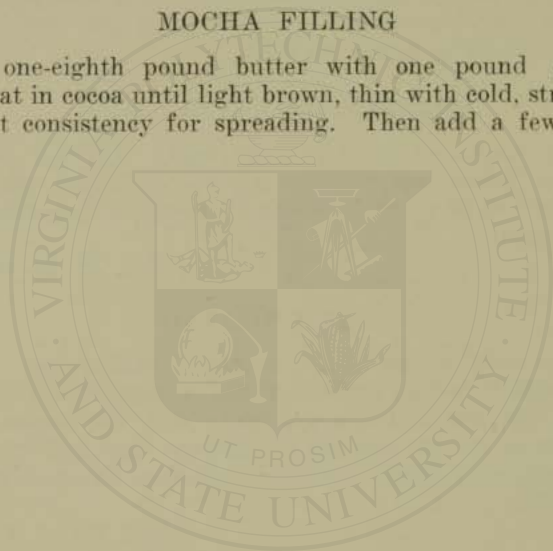
### CARAMEL FILLING

One and one-half cups sugar, 2-3 cup brown sugar, 1-3 cup butter, 2-3 cup cream. Mix ingredients and boil thirteen minutes without stirring. Beat until the right consistency to spread. One-half cup nut meats may be added.

—Miss Mary Jones.

### MOCHA FILLING

Cream one-eighth pound butter with one pound pulverized sugar. Beat in cocoa until light brown, thin with cold, strong coffee until right consistency for spreading. Then add a few drops of vanilla.



# Cookies

## MOLASSES COOKIES

One cup each shortening and black molasses, one-half cup each of sugar and hot water, one heaping teaspoon soda dissolved in the hot water, one teaspoon each ginger and cinnamon, four and one-half cups sifted flour and a pinch of salt. Put by teaspoon in greased pans and cook in a moderate oven. This amount makes about four dozen cookies. Raisins or nuts may be added.

—Mrs. Glenn Leath.

## NUT COOKIES

One and one-half cups butter, 2 eggs, 1 cup sugar, 1 tablespoon milk,  $\frac{1}{2}$  teaspoon lemon extract,  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon grated nutmeg, chopped nut meats. Cream butter, add sugar and eggs, well beaten, milk and lemon extract. Sift together flour, baking powder and nutmeg and add to first mixture. Chill thoroughly. Roll out as thin as desired, cut up in heart shapes. Sprinkle with chopped nuts.

—Mrs. Wm. Dyson.

## OATMEAL COOKIES

One cup sugar, 2 cups flour, 2 cups dry oatmeal, 1 cup raisins, 4 teaspoons sweet milk with  $\frac{1}{2}$  teaspoon of soda, 2 eggs, butter size of an egg, little cinnamon, pinch of salt.

—Mrs. T. L. Payne.

## SUGAR COOKIES

Three eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{3}{4}$  cup lard,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, pinch salt,  $\frac{1}{4}$  cup buttermilk. Make dough stiff enough to roll.

—Mrs. W. J. Cox.

## DOUGHNUTS

Beat one cup of sugar and two eggs until very light, add one teaspoon melted butter, one cup sour milk, and one-fourth level teaspoon each of cinnamon and salt. Mix one-half teaspoon (level) soda, and one scant teaspoon baking powder with one cup of flour, stir it in and add more flour until stiff enough to roll out. Have it as soft as possible to roll, one-third inch thick. The fat should be hot enough for the dough to rise to the top immediately.

—Mrs. J. H. Shipp.

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### PLAIN COOKIES

One cup butter, 3 eggs, 2 cups sugar,  $\frac{1}{2}$  teaspoon baking powder, 1 even teaspoon nutmeg,  $\frac{1}{2}$  teaspoon cloves, flour for a soft dough. Begin with two cupfuls, adding gradually until you have the right consistency. Rub butter to a soft cream, add the yolks beaten light, then the spice, one cupful flour with which baking powder has been sifted twice, and half the whites beaten stiff; next another cup of flour and the balance of the whites. Roll into a sheet of dough about a quarter-inch thick, cut in rounds and bake in a quick oven. Put a seeded raisin on top of each cookie before baking.

—Tested.

### ROCKS OR DROP CAKES

One cup butter, 1 cup sugar,  $2\frac{1}{2}$  cups flour, 1 teaspoon soda, 4 eggs, 2 cups raisins, 1 cup nuts, little spice,  $2\frac{1}{2}$  tablespoons boiling water. Water is put in last; if too thick, add more water.

### CRULLERS

One tablespoon butter, 1 cup sugar, 2 eggs, 3 cups flour, 3 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon nutmeg,  $\frac{3}{4}$  to 1 cup milk. Cream butter and sugar, add well beaten eggs. Sift flour, baking powder, salt and nutmeg together and stir in egg mixture alternately with milk. Mix to a dough stiff enough to roll. Roll one-fourth inch thick. Cut in strips eight inches long by one-half inch wide. Roll in hands to make round. Double and twist, pressing loose ends together. Cook in deep kettle of hot fat. Test fat as for doughnuts. Makes about thirty-six crullers.

### PLAIN DOUGHNUTS

One egg, 1 cup sugar, 1 cup milk,  $\frac{1}{2}$  teaspoon salt, 4 teaspoons baking powder,  $\frac{1}{4}$  teaspoon nutmeg,  $4\frac{3}{4}$  cups flour. Beat egg well and add sugar and milk. Sift salt, baking powder, nutmeg and flour together and add to mixture. Mix well. Turn out on well-floured board. Knead lightly. Roll to one-fourth inch thickness. Cut with doughnut cutter and fry in deep, hot fat. Drain on brown paper. Makes about three dozen medium sized doughnuts.

### DOUGHNUTS

Two cups flour,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon baking powder,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup milk, 1 egg, 1 teaspoon melted butter. Mix in order given, add one-half milk to beaten egg and use enough milk to make dough soft as can be handled. Take small portion at a time and roll one-third inch thick and cut with doughnut cutter. When

all are rolled, fry in deep, hot fat. Turn when brown. When done drain in colander and sprinkle with pulverized sugar.

—Mrs. David T. Ward.

### ENGLISH TEA CAKES

Two-thirds cup butter, 2 cups light brown sugar, 2-3 cup sour cream, 3 eggs beaten separately, 1 teaspoon soda; cinnamon, cloves and nutmeg. Add at the last one cup raisins and one cup nuts. Add flour to stiffen. Drop very small teaspoonfuls of batter on a greased tin so they will not touch when baked. Brush with milk and sprinkle with granulated sugar and bake.

—Mrs. S. E. Graham.

### SUGAR COOKIES

Three eggs, 2 cups sugar, 1 cup butter, 3 cups flour, 1 teaspoon soda dissolved in little water.

—Sadie Snell.

### CRULLERS

Three eggs, 8 tablespoons sugar, piece of butter size of an egg, 1 teaspoon yeast powder dissolved in a cup of milk, flour to make a stiff dough. Cut out and fry in boiling fat.

### LEMON JUMBLES

One cup butter, 3 eggs, 1 cup sugar, 5 tablespoons milk, 2 cups flour, grated rind of 1 lemon, a little of the juice, 2 tablespoons baking powder. Roll into powdered sugar by spoonfuls.

### EXTRA GOOD DOUGHNUTS

Three cups flour, 3 teaspoons baking powder, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon ground nutmeg or cinnamon, 1 teaspoon sugar, 2 eggs, 1 cup milk. Sift together flour, salt, baking powder and spice. Add sugar, eggs and milk. Mix to a soft dough, cut out, fry in deep fat, drain, sprinkle with sugar.

—Mrs. I. M. Fitzgerald.

### OATMEAL MACAROONS

One cup sugar, 1 tablespoon butter, 2 eggs,  $2\frac{1}{2}$  cups oatmeal, 2 teaspoons baking powder, 1 teaspoon vanilla. Cream butter and sugar, add yolks of eggs, add oatmeal to which baking powder has been added. Then add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with teaspoon some distance apart, as they spread. Bake in slow oven. This makes sixty-five cookies.

—Lillian Gorton.



## *Desserts and Ices*

### LOLLIPOPS

Soak one package Knox gelatine in wineglass water. Beat yolks of five eggs and add one quart cold milk. Bring to boiling point and pour over gelatine. Strain, and add to the beaten whites of five eggs, to which ten teaspoons of sugar has been added; stir and season with wine or vanilla and pinch of salt. Pour in molds to harden, turn out and serve with whipped cream.

—Miss Christine Collings.

### APRICOT ICE

One quart water, four cups sugar, little salt, teaspoon flour. Boil ten minutes together. Juice seven oranges, juice six lemons, two cans apricot juice. Fold in one pint whipped cream. This makes one gallon.

—Tested.

### ORANGE ICE

One quart orange juice, 1 cup lemon juice, 2 pounds sugar, 2 quarts boiling water, tablespoon Knox gelatine. This makes four quarts.

—Miss Mazie Gills.

### PINEAPPLE SNOW

Whites 4 eggs, juice 2 lemons,  $2\frac{1}{2}$  cups sugar, 1 quart sweet milk, 1 can pineapple,  $\frac{1}{2}$  package Knox gelatine. Boil lemon peel in one pint of water and add to the fruit. Boil milk and add whites of eggs and sugar while hot. To make one gallon, add water.

—Mrs. E. F. Lockett.

### MARSHMALLOW DELIGHT

Cut half pound of marshmallows in small pieces, add one can of grated pineapple. Mix thoroughly and chill. Fold in whipped cream and serve in sherbet glasses.

—Mrs. J. L. Holmes.

### PRUNE PUFF

Four eggs,  $\frac{1}{2}$  cup powdered sugar, 1 cup cooked prunes. Whip egg whites to stiff froth; add prunes which have been stoned and chopped; whip until very light. Bake in pudding dish in moderate oven about ten minutes. Serve cold with soft custard made from the yolks of eggs, a little milk, sugar and thickening. Other soft fruits may be used in the same way, serve hot with sauce or whipped cream.

# Whipped Jell-O

OF all forms of whipped Jell-O the Bavarian creams are most popular, and they may well be, for in no other way can these favorite dishes be made so easily and cheaply. Jell-O is whipped with an egg-beater just as cream is, and does not require the addition of cream, eggs, sugar or any of the expensive ingredients used in making old-style Bavarian creams.

## PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in half a pint of boiling water and add half a pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into mould and set in a cool place to harden. Turn from mould and garnish with sliced pineapple, cherries or grapes.

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### SIX THREES

Three oranges, 3 bananas, 3 lemons, 3 tablespoons grated pineapple, 3 cups water, 3 cups sugar. Freeze as you would lemon ice. A little more water can be added if you do not care for it so strong.  
—Mrs. Gills.

### RASPBERRY ICE CREAM

One quart cream, 1 pound sugar, 1 quart red raspberries, juice of 1 lemon. Scald half the cream and sugar in a double boiler, and when the sugar is dissolved stand aside to cool. Add the remaining half of the sugar and the lemon juice to the berries, mash thoroughly and let them stand one hour, then strain through a fine muslin. Add the remaining half of the cream to the sweetened cream and freeze. When nearly frozen stir in the fruit juice, beat well and finish freezing.

### TUTTI FRUTTI SHERBET

One can apricots, 3 bananas, 2 oranges, 1 lemon. Wash oranges and lemon, peel bananas and cut in small pieces. Mix with apricots. Strain through a thin bag. Sweeten the juice to taste, chill thoroughly, then add one pint heavy cream which has been whipped until stiff, pack in ice and salt and stir frequently until frozen. This is especially good for vacuum freezers.

—Mrs. F. N. Crittenden.

### PEACH TAPIOCA

One-half cup quick tapioca, 1 cup sugar,  $\frac{1}{2}$  teaspoon salt, 3 cups hot milk, 1 tablespoon butter, 1 can peaches with juice, 2 eggs, 1 teaspoon flour. Beat yolks of eggs with sugar with teaspoon flour. Add tapioca, then gradually stir mixture into milk after it becomes hot. Stir until thick. When cold add the peaches and whites of two beaten eggs.

—Mrs. Bruce Dyson.

### LEMON SHERBET

Five lemons, 2 cups sugar,  $\frac{3}{4}$  quart boiling water, 1 pint cream, 1 egg white. Squeeze the lemons and strain the juice, add sugar then boiling water. Cool. Put in freezer and pack with ice, when it begins to freeze add cream and beaten egg white. If vacuum freezer is used it will take about two hours to freeze. This makes two quarts.

—Mrs. J. T. Ellett.

### MAPLE MOUSSE

One cup hot maple syrup or any sweet, thick fruit syrup, 1 pint thick cream, 2 well-beaten egg yolks. Pour syrup slowly over the eggs. Cook until it thickens like custard. Cool and combine with cream after whipping cream. Fill molds and pack in mixed salt and ice for three or four hours.

—Mrs. Julia Brown.

### RASPBERRY MOUSSE

One cupful raspberry juice, juice of  $\frac{1}{2}$  lemon, 1 cup sugar. Stir until sugar is thoroughly dissolved. Chill the mixture and add a pint of stiffly whipped cream to which has been added three-fourths cup powdered sugar. When well mixed turn into mold. Cover with waxed paper and a tight lid. Pack in ice and salt for three hours. Any fruit may be used.

—Mrs. S. E. Graham.

### PRUNE ORIENTAL CREAM

One-half envelope Knox sparkling gelatine,  $\frac{1}{4}$  cup cold water,  $\frac{1}{4}$  cup scalded milk,  $\frac{1}{2}$  cup sugar, whites of 2 eggs,  $\frac{1}{2}$  pint heavy cream, 1-3 cup milk, 1-3 cup cooked prunes, cut in pieces, 1-3 cup chopped figs. Soak the gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff, heavy cream, diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla) forced through a pastry bag and tube, and chopped pistachio nuts.

### SPANISH CREAM

One-half envelope Knox sparkling gelatine, 3 cups milk, 3 eggs,  $\frac{1}{2}$  cup sugar (scant),  $\frac{1}{4}$  teaspoon salt, 1 teaspoon vanilla. Soak the gelatine in the milk ten minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top.) If desired, serve with whipped cream, or sliced oranges or other fruit. A cup of orange juice may be substituted for one cup of the milk, adding it after removing custard from the stove.

### LEMON SPONGE OR SNOW PUDDING

One-half envelope Knox sparkling gelatine,  $\frac{1}{4}$  cup cold water, 1 cup boiling water,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup lemon juice, whites of 2 eggs. Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

### FRUIT SHERBET

One-half envelope Knox sparkling gelatine (scant measure),  $1\frac{1}{2}$  cups sugar, 1 orange, 3 cups rich milk, 1 lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

### PINEAPPLE BAVARIAN CREAM

Dissolve a package of lemon Jell-O in a half pint of boiling water and add a half pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of shredded pineapple if you wish. Instead of pineapple juice, berry juice or other fruit juices may be used to make similar Bavarian creams. Serves from nine to twelve persons.

### THE "PLAIN" JELL-O DESSERT

Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a mold and put in a cold place to harden. When set turn out on plate. Be sure to use Jell-O, with the name Jell-O in big, red letters on the package.

### SNOW PUDDING

Dissolve a package of lemon Jell-O in a pint of boiling water. When cold and still liquid whip with an egg-beater to consistency of whipped cream. Let stand till firm and then pile it by spoonfuls into sherbet glasses and serve with egg custard.



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# BANQUET

## ORANGE PEKOE TEA

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## *Beverages*

### EGG AND ORANGE JUICE

One egg white, juice of one orange, sugar. Add orange juice, sweeten to taste, to egg white and beat well. Chill on ice and serve cold.

### BEEF TEA

One pound lean beef, one cup cold water. Cut beef up in small pieces or put through meat chopper. Put into fruit jar; add water and allow to stand fifteen to twenty minutes to draw out the juice. Place on trivet or rack in pan of cold water; heat very slowly for about two hours. The water must not boil. Season, strain, cool and remove fat. Beef tea may be served hot or cold.

### UNFERMENTED GRAPEJUICE

Pick ten pounds grapes from the stems, wash and put into a preserving kettle with one pint cold water. Boil until seeds and pulp separate, then strain through a jelly bag. Return to the kettle, bring to a boil and seal in four sterilized one-quart jars. Will keep indefinitely. Before serving pour into a three-pint pitcher and add a pint of ice water or mineral water and sweeten to taste.

—Mrs. B. A. Tucker.

### MOCK CHAMPAGNE PUNCH

Six lemons, 1 pound sugar, 1 quart water, 2 bottles ginger ale. Add grated rinds of lemons to sugar; add water, stir until sugar is dissolved and boil five minutes after mixture begins to boil. Strain and cool; add juice of lemons. Freeze and stand aside for at least two hours to ripen. When ready to serve, turn into a punch bowl and add ginger ale. More ale may be added at intervals if needed.

—Mrs. Jerome Virgie.

### FRUIT PUNCH

Two dozen lemons, 2 dozen oranges, 1 dozen bananas, 2½ pounds Malaga grapes, 1 large bottle cherries, 2 cans shredded pineapple, 4 bottles ginger ale. Put three pounds sugar on with one quart water and let come to a boil. When cold add to the punch. First peel oranges and cut in small pieces, then squeeze lemons, take out all seeds; cut grapes in two and take out all seeds, then add pine-

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apple, cherries and bananas, then water to taste. Prepare this over night and put on ice.

—Mrs. W. D. Palmore.

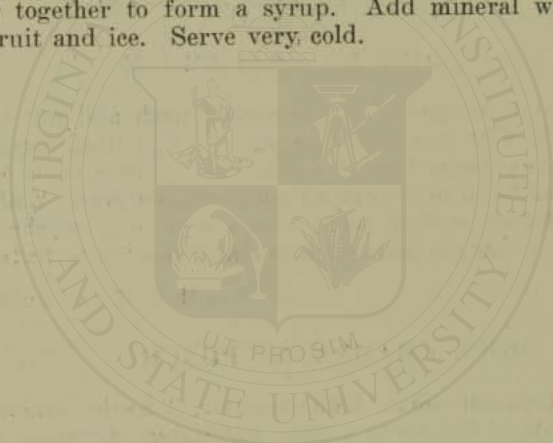
FRUIT PUNCH

One can grated pineapple, 3 oranges, 6 lemons, 1 cup wine, 1 pound sugar, 2 quarts water. Let the fruit and sugar stand at least one hour before adding the water. Just add the juice of the lemons and be sure to remove all seeds. Cut the oranges in dice.

—Mrs. G. Richardson.

FRUIT PUNCH

Two pounds sugar, 2 quarts water, 2 quarts mineral water, 1 can shredded pineapple, juice of 6 oranges and 4 lemons, 3 sliced bananas, maraschino cherries, 1 cup fruit syrup. Boil sugar and water together to form a syrup. Add mineral water or ginger ale, fruit and ice. Serve very cold.





## Sauces

### CREAM SAUCE

One teaspoon butter,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons flour, 1 cup milk, few grains pepper. Melt butter and add flour and seasonings. Stir over fire until starch in flour is well mixed, add cold milk gradually, stirring all the time. Cook until the mixture thickens. Can be used as a sweet sauce by adding sugar to taste instead of salt and pepper.

—Mrs. W. F. Bergman.

### WHITE SAUCE

Melt two and one-half tablespoons of butter, add one-third cup flour, one-fourth teaspoon pepper, little salt. When well blended add one cup milk, stir and cook until smooth and thick.

### MINT SAUCE

Three tablespoons finely chopped mint leaves, two tablespoons sugar, cover with six tablespoons vinegar, let stand an hour, squeeze and strain. Serve with lamb.

—Mrs. T. L. Payne.

### HOT CHOCOLATE SAUCE

Melt one square unsweetened chocolate in a double boiler, add one tablespoon butter, and few grains of salt, stir until well blended, then pour on gradually one-third cup boiling water. Bring mixture to boiling point, add one cup sugar and let boil for five minutes, cool, and add half teaspoon vanilla.

—Mrs. W. F. Bergman.

### RICH MAN'S SAUCE

One-quarter pound butter creamed with three-quarters pound brown sugar. Stir in yolks of three eggs and four wine-glasses sherry wine. Stir well, and let come to good boil. Some like the addition of the juice of a lemon.

### HARD SAUCE

Beat a cupful of the nicest butter (that which is free from salt is best) to a cream with two cups of good powdered sugar. Add gradually the unbeaten whites of two eggs to the creamed butter and sugar. Set in a pan of boiling water a bowl containing the sauce, and beat well for two minutes. Then flavor with vanilla.

—Miss Alice Lincoln.

### PUDDING SAUCE

Two cups brown sugar, half cup water, yolk of one egg. Boil about five minutes. Pour this while hot onto thoroughly beaten yolk of egg, season with wine or extract and a little nutmeg.

—Mrs. Aubrey E. Stode.

### HOT CHOCOLATE SAUCE

Melt one square unsweetened chocolate in double boiler. Add one tablespoon butter and a few grains salt, stir until well blended. Then pour on gradually one-third cup boiling water. Bring mixture to boiling point, add one cup sugar and let boil for five minutes. Cool, and add one-half teaspoon vanilla.

### TOMATO SAUCE

One quart tomatoes, 1 slice onion, 8 cloves, 3 tablespoons butter, 3 tablespoons flour, salt and pepper. Put tomatoes, onion and cloves on the fire and cook for twenty minutes. Brown the butter in a frying pan, add flour and cook until smooth and brown, stirring constantly, add tomatoes and cook three minutes, season and pass through strainer.

### HARD SAUCE

Cream one-half cup butter. Gradually add one cup pulverized sugar, stirring constantly. Add one teaspoon vanilla, and one teaspoon hot water, and beat until light and creamy. Serve with hot, steamed puddings.

—Mrs. C. M. Jones.

### CRANBERRY SAUCE

Add three-fourths cup boiling water to two cups cranberries. Cover and cook five minutes, then mash and strain. Add three-fourths cup sugar to the juice and cook five minutes.

—Mrs. G. Richardson.

## *Sandwiches*

### A GOOD SANDWICH FILLING

One cup orange marmalade and one-half cup cream cheese. Cream together and spread on slices of buttered bread.

### TOMATO SANDWICHES

Four tablespoons soft butter, 8 slices tomatoes  $\frac{1}{8}$ -inch thick, 4 tablespoons Chili sauce, 2 tablespoons salad dressing, 1 teaspoon salt. Butter each piece of bread, and place tomatoes, sauce, salt and salad dressing and lettuce if desired, on one of the halves of each pair. Press the two matching slices together firmly. Cut in halves crosswise and serve at once.

### CREAM CHEESE SANDWICHES

Twelve slices white bread, cut thin, 4 tablespoons soft butter, 1-3 cup cream cheese, 2 tablespoons green pepper, **chopped fine**, 2 tablespoons salad dressing,  $\frac{1}{4}$  teaspoon salt. Mix cheese, pepper, salad dressing and salt. Arrange the sandwiches in pairs and place portions of mixture and butter on each slice. Press together and keep in a moist place until ready to serve.

### TOASTED DATE CHEESE SANDWICHES

Eighteen slices white bread, buttered, 1 cup chopped dates,  $\frac{1}{2}$  cup cream cheese, 2 tablespoons cream,  $\frac{1}{4}$  teaspoon salt. Mix dates, cheese, cream and salt into a soft paste. Spread upon the buttered slices of bread. Firmly press together and cut each sandwich in three bars. Place in a toaster and toast on each side until a delicate brown color. Serve in a napkin while hot.

### ROLLED CHICKEN SANDWICHES

Twelve thin slices white bread,  $\frac{1}{4}$  cup soft butter, 2-3 cup finely chopped, cooked chicken, 4 tablespoons mayonnaise,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon celery salt. Cream butter and add other ingredients. Remove the crust from bread and spread a thin layer of mixture upon each slice of buttered bread. Roll up quickly, and tie with a small ribbon. Wrap in damp cloth until needed.

### BROADWAY SANDWICHES

Twenty slices Boston brown bread, buttered, 1 cup cream cheese,  $\frac{1}{4}$  cup chopped olives,  $\frac{1}{4}$  cup chopped nuts, 1 level teaspoon chopped pimentos,  $\frac{1}{4}$  teaspoon salt, 2 tablespoons mayonnaise. Arrange

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slices of bread in pairs and spread with a mixture made from the rest of the ingredients. Press the slices together firmly and cut in halves crosswise.

—Mrs. C. O. Burton.

### CARMEN SANDWICHES

Twenty-four slices Boston brown bread, buttered,  $\frac{1}{2}$  cup pimento cheese, creamed, 3 tablespoons catsup, 1 tablespoon Chili sauce, 2 tablespoons chopped celery, 2 tablespoons chopped cucumbers, 1 tablespoon chopped onion, 1 tablespoon French dressing. Arrange slices of bread in pairs. Mix the rest of ingredients and spread on bread. Press together and arrange neatly upon a tray.

—Mrs. C. O. Burton.

### CHECKERBOARD SANDWICHES

Six slices Boston brown bread, 6 slices Graham bread, 6 slices white bread, 1 cup soft butter. Arrange slices of Graham, white and Boston brown bread on top of each other. Trim edges. Press buttered slices together. Place a weight on top and wrap in damp cloth. Set in a cold place for thirty minutes. Cut downward in half-inch slices. Arrange the rest of the slices in same manner. Arrange the sandwiches on a flat tray so that the different parts will not separate.

### DEVEILED SANDWICHES

Twenty buttered slices white bread,  $\frac{1}{2}$  cup chopped, hard-boiled eggs, 2 tablespoons catsup, 2 tablespoons chopped, stuffed olives, 2 tablespoons chopped nuts, 1 tablespoon chopped onion, 2 tablespoons mayonnaise,  $\frac{1}{4}$  teaspoon salt. Arrange slices of bread in pairs. Mix the ingredients and spread upon bread. Press together and cut in halves crosswise.

### NUT AND FIG SANDWICHES

Twelve thin slices of white bread, 1-3 cup soft butter,  $\frac{1}{2}$  cup chopped figs,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{4}$  teaspoon salt. Cream butter and add figs, nuts and salt. Arrange slices of bread in pairs and spread mixture on each slice. Press slices firmly together and wrap in damp cloth until ready for use. Cut in two crosswise and arrange attractively on tray.

### SARDINE SANDWICHES

Spread on slices of white bread the following mixture: 1-3 cup butter,  $\frac{1}{2}$  cup minced sardines, 2 tablespoons mayonnaise,  $\frac{1}{4}$  teaspoon salt, 2 tablespoons chopped sweet pickle. After spreading on bread, place lettuce leaf between and press firmly together. Wrap in a damp cloth until ready to serve.

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### CHEESE AND PIMENTO SANDWICHES

One-half pound cheese, 1 can pimento run through the meat chopper. Moisten to spread well with the following dressing: 2 eggs, 3 tablespoons vinegar, 2 tablespoons sugar, 2 tablespoons mustard dressing, 1 teaspoon salt, 1 cup sweet milk, butter size of an egg. Heat together vinegar and sugar. Thoroughly beat eggs, add other ingredients. Then add all to boiling vinegar stirring constantly until thick.

—Mrs. R. H. Conly.



## Miscellaneous

### CHEESE STRAWS

One cup grated cheese,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup butter, pinch cayenne pepper, scant teaspoon salt, scant  $\frac{1}{2}$  teaspoon mustard, 3 teaspoons cold water.

### CHEESE STRAWS

One cup American cheese, 1 cup flour, 1 teaspoon Royal baking powder,  $1\frac{1}{8}$  teaspoon cayenne pepper,  $\frac{1}{4}$  teaspoon paprika, 1 egg, 2 tablespoons milk. Mix together cheese, flour, baking powder, cayenne pepper and paprika; add beaten egg, mix well; add milk enough to make a stiff dough. Roll out one-fourth inch thick, on floured board; cut into strips five inches long and one-fourth inch wide. Bake in hot oven fifteen minutes.

### SARATOGA CHIPS

Pare and cut in very thin pieces the quantity of potatoes desired. Let stand for a time in cold, salted water, then dry them in a napkin. Fry in smoking hot fat until a light brown color, drain and sprinkle salt over them. Serve in an open dish.

—Mrs. J. G. Shaw.

### CREAM PUFFS

Melt one cup butter in two cups boiling water, and while boiling beat in two cups flour. Take off the stove and cool. Stir in six eggs, one at a time, without beating; drop on tin and bake from thirty-five to forty minutes in moderate oven.

Cream Filling: One pint milk, two eggs, three tablespoons flour; boil same as any mock cream; flavor with lemon. When cool open side of puff and fill.

—Mrs. J. W. Robertson.

### POTATO YEAST

Three large potatoes, well cooked. When cool break in parts. Add one-half teacup sugar, three level tablespoons salt, one Magic yeast cake with enough lukewarm water to make one quart. Set in a warm place for twenty-four hours to ferment, after which same will be ready for use. One teacupful sufficient for two and one-half quarts flour. Keep in cool place.—Tested.

—Mrs. W. P. Taylor.

### WELSH RAREBIT

One tablespoon butter, 2 cups cheese broken in small pieces, 1 saltspoon salt, 1 teaspoon paprika,  $\frac{1}{2}$  saltspoon red pepper, 1 cup ale or milk, 2 eggs well beaten, 3 teaspoons mustard, 3 teaspoons Worcestershire sauce,  $\frac{1}{2}$  dozen drops tobasco, 1 teaspoon baking powder. Put butter in pan to melt and add cheese, salt and pepper. Stir with two spoons, and when it becomes a soft mass add gradually the ale or milk, the mustard, etc., mixed with the Worcestershire sauce until smooth. Stir well, then add well beaten eggs. Cook a few minutes, stirring all the time. Then sprinkle the baking powder in and mix well. Serve on toast or saltines. The baking powder makes it fluffy and prevents indigestion.

—Mrs. Drewry.

### CREAM PUFFS

One cup boiling water,  $\frac{1}{2}$  cup butter, 1 cup flour. Stir well until mixture leaves sides of pan. Remove from fire and allow to become cool, but not cold. Beat in three eggs, one at a time. Drop in small rounds in pan and bake about twenty-five minutes, when cold split them open on one side and fill with whipped cream or custard.

Custard: One cup sugar, 1 cup milk, 3 tablespoons cornstarch, 1 tablespoon butter, 1 egg. Cook until thick.

—Mrs. Chas. M. Walsh, Jr.

### PATTY CASES OR ROSETTES

Two eggs, 1 teaspoon sugar,  $\frac{1}{4}$  teaspoon salt, 1 cup milk, 1 cup flour. Above amounts will make about thirty patties. Beat eggs slightly, add sugar, salt and milk. Stir in flour gradually and beat until smooth. Dip patty iron into hot lard then into batter, not allowing batter to come over top of the iron. Then place in hot fat to fry about thirty-five seconds or until a golden brown. Carefully remove patty from mold and allow to cool before serving.

Suggestions: Should the batter fail to adhere to the mold, the iron is probably over-heated. If the patties blister, undoubtedly the eggs are beaten too much. To insure crisp patties they should be fried somewhat moderately. Patties sufficiently fried will come from the irons freely.

—Mrs. Chas. M. Walsh, Jr.

### PINEAPPLE FRITTERS WITH LEMON SAUCE

One and three-fourths cups flour,  $1\frac{1}{2}$  teaspoons baking powder, 3 tablespoons sugar,  $\frac{1}{2}$  cup milk, 2 eggs beaten separately,  $\frac{1}{2}$  teaspoon salt. Sift flour, then measure, add baking powder, salt and



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sugar, sift three times, then add milk and well-beaten eggs, and lastly add one cup of grated pineapple. Fry in deep fat until a rich golden brown. Serve hot with lemon sauce.

Lemon Sauce: Three-fourths cup sugar, 1 cup boiling water, 1 tablespoon cornstarch, 2 tablespoons butter, the grated rind and juice of 1 lemon, pinch of salt. Mix the sugar and cornstarch and grated rind, add the water gradually, stirring constantly, boil five minutes, remove from fire, add butter and lemon juice. Serve hot.

—Mrs. J. T. Ellett.

### CRANBERRY JELLY

Wash, pick over, remove stems from one quart cranberries. Add one-half cup water, place on range, and as soon as they begin to cook add one-fourth teaspoon soda. Stir well and skim off all froth that rises to the top. Cook until berries are very soft. (Watch carefully that they do not burn.) Rub through a strainer, throw away skins, add two cups sugar, cool slowly until sugar is dissolved. Turn into serving dish and when cool, cover to prevent a large skim forming on top.

—Mrs. Claude M. Jones.

### DROP DUMPLINGS

Two cups flour, 2 level teaspoons baking powder,  $\frac{1}{2}$  level teaspoon salt, milk or water enough to make soft dough. Drop small pieces from spoon into simmering stew. Do not crowd and do not cover until done, which should take about twenty minutes.

—Lucy Jackson.

### BANANA FRITTERS

One cup flour, 2 teaspoons baking powder, 2 tablespoons powdered sugar,  $\frac{1}{4}$  teaspoon salt, 1 egg,  $\frac{1}{4}$  cup milk, 1 tablespoon lemon juice, 3 bananas, 1 cup deep fat. Beat the egg, add sugar, then milk and lemon juice. Add flour into which has been sifted baking powder and salt. Mash bananas with fork and add. Drop by tablespoon into hot fat. Drain on crepe napkin, sprinkle with powdered sugar and serve hot.

—Mrs. J. T. Ellett.

### STRAWBERRY SHORTCAKE

Two cups flour,  $\frac{1}{2}$  teaspoon salt, 4 teaspoons baking powder. Rub into dry ingredients one tablespoon butter. Mix to a soft dough with three-fourths cup rich cream. Knead lightly, divide dough in two parts, roll each piece to a half-inch in thickness. Place one piece in pan, spread with butter and cover with remaining

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piece. Bake in hot oven. When done put on serving platter, lift off top piece and spread with fruit sweetened. Put on remaining piece and cover with fruit and whipped cream.

—Mrs. T. L. Payne.

### STRAWBERRY WHIP

Add one-half cup sugar to one cup strawberry pulp, beat thoroughly until sugar is dissolved, add two cups whipped cream. Turn mixture in a whip churn, set in a pan of shaved ice and beat until mixture will keep its shape. Serve in chilled glasses with vanilla wafers.

### CHEESE STRAWS

One pint flour, 1 cup grated cheese,  $\frac{1}{2}$  cup melted butter, pinch salt, baking powder and cayenne pepper. Mix with ice water to make stiff dough, roll thin and cut into straws and bake in moderate oven.

—Mrs. T. L. Payne.

### CHEESE APPLES

Mash cheese with a little cream, salt and pepper, a dash of cayenne. Make in shape of apples, touch on one side with red coloring, stick a clove in end. A rose leaf pressed at the other end makes a pretty effect. Serve with salad or coffee.

—Selected.

### CHEESE SOUFFLE

Blend together in a saucepan over the fire one tablespoon butter, with one tablespoon flour, gradually add one-half cup milk and continue stirring it until it boils and becomes thick. Remove the pan from the fire, add one-half teaspoon salt, little white pepper, and a few grains paprika. Mix well, add the yolks of three eggs, one by one, mixing each thoroughly, then add three heaping tablespoons grated cheese, mixing well. Then beat the whites of four egg until stiff and fold them in. Bake in hot oven for twenty minutes.

—Mrs. E. K. Zirkle.

### POTATO YEAST

Boil three large Irish potatoes, when done mash smooth, add one-half teacup sugar, and a large tablespoon salt, thin with two quarts of warm water and add one cake of compressed yeast and let rise.

—Mrs. E. L. Snead.

### APPLE DUMPLINGS

Two cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 4 teaspoons shortening, 1 cup milk, 6 apples, cored, sugar, cinnamon, butter. Sift flour, baking powder and salt together. Rub in shortening lightly with finger tips, add milk gradually. Mix to smooth dough. Turn out on floured board. Pat out dough, dividing into six parts. Roll each part large enough to cover one apple. Place apple on dough. Sprinkle with sugar and cinnamon. Fold dough over apple. Dot with butter and bake in moderate oven. Serve with hard sauce or with cream. The dumplings may be steamed instead of baked. Makes six dumplings.



## Candies

### FUDGE

One-half cup butter,  $\frac{1}{2}$  cup corn syrup, 2 cups brown sugar, 2 cups white sugar, 1 cup cream (or milk),  $\frac{1}{4}$  cake chocolate, 1 spoon flavoring. Melt the butter and add the sugar, then corn syrup and milk. Put on stove, and when it is boiling vigorously, note time and boil three minutes. Then add grated chocolate and stir well. When boiling vigorously again, note time and boil five minutes, stirring occasionally. Take from stove, add flavoring and beat until mixture scrapes on edge of pan. Turn into well buttered pans, let cool and mark off into squares. A wire egg-beater lessens the work of beating.

—Mrs. William Hugh Carter.

### PUFFED RICE BRITTLE

Boil together one cup granulated sugar, one-half cup water, one teaspoon vinegar for five minutes. Then add two tablespoons molasses, one tablespoon butter and one-half teaspoon salt. Boil until a few drops in cold water becomes hard and brittle. Take from fire, stir in one-half package puffed rice. If wanted, add extract.

—Miss Annie Coleman.

### UNCOOKED WALNUT CANDIES

One egg white,  $\frac{1}{2}$  tablespoon cold water,  $\frac{3}{4}$  teaspoon vanilla, 2 cups confectioner's sugar, 1 pound diamond English walnut meats. Put egg white, water and flavoring in a bowl, and beat until well blended. Sift sugar and add one spoonful at time, stirring until well mixed before each addition. Continue adding spoonful at a time until mixture is very stiff, then take out on a board and knead until perfectly smooth. Fondants may be colored by the addition of pink, green, yellow, lavender or orange vegetable coloring. Other flavors may be used instead of vanilla.

—Miss Annie Coleman.

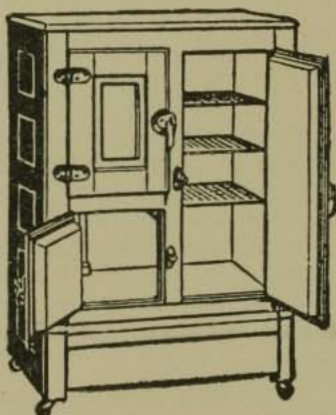
### DIVINITY FUDGE

Two and one-half cups white sugar,  $\frac{1}{2}$  cup Karo syrup,  $\frac{1}{2}$  cup water, whites of 2 eggs, vanilla and nuts. Boil sugar, water and Karo until it forms a soft ball in water. In the meantime beat egg whites until stiff, beat in a cupful of syrup, continue boiling remainder of syrup until brittle in water. Beat into eggs, continue beating until of right consistency to drop from spoon. Add nuts and vanilla.

—Musa Queensberry.

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### DIVINITY FUDGE

Two cups sugar,  $\frac{1}{2}$  cup water, 2 tablespoons white syrup, 1 teaspoon vinegar. Mix thoroughly and put on to cook. Do not stir. When it spins a thread, pour over the beaten white of one egg. Beat vigorously. Season with vanilla. When it begins to get firm, drop in spoonfuls on paper. Top each piece with half an English walnut or cherry.

—Mrs. Allen Davie.

### MARTHA WASHINGTON CANDY

One pound confectioner's XXXX sugar,  $\frac{1}{4}$  pound butter,  $\frac{1}{2}$  cake chocolate, 1 egg white,  $\frac{1}{2}$  cake paraffin wax, vanilla flavoring, nuts. Beat white of an egg and mix with sugar. Melt butter and cream in mixture and add flavoring, then make into small balls or shapes. Melt chocolate and paraffin wax together and dip ball of candy in chocolate and drop on wax paper to dry. Do not have chocolate too hot. Place nuts on each piece of candy.

—Musa Queensberry.

### SEA FOAM OR DIVINITY FUDGE

Two cups sugar,  $\frac{1}{2}$  cup Karo syrup,  $\frac{1}{4}$  cup boiling water. Stir together and boil until it threads. One egg white beaten very stiff. To this slowly pour the boiling mixture. Beat until creamy then add one-half cup finely minced black walnuts and one teaspoon vanilla. Pour into shallow pan and cut in squares.

—Mrs. R. H. Conley.

### COOKED FONDANT

Four cups granulated sugar, 1 cup water, 1 tablespoon white corn syrup or  $\frac{1}{4}$  teaspoon cream of tartar. Mix sugar, water and corn syrup or cream of tartar until sugar is dissolved. Bring to boil, and cover for the first four minutes of boiling so that crystals will be washed down from the sides of pan; do not stir. Boil to 240 degrees or until it becomes hard when dropped in cold water, pour into a bowl, cool slightly, and beat until creamy, knead until smooth, at the same time mixing in any flavoring desired. Mold into shapes and set aside to harden before dipping.

—Mrs. F. N. Crittenden.

### COCOANUT CREAM CANDY

Two cups granulated sugar, 2-3 cup milk and water mixed, 1 cup grated coconut, 1 large tablespoon Hipolite or marshmallow cream. Cook the sugar and liquid to 238 degrees or until it will harden when dropped in cold water. Remove from the fire and

beat in first the Hipolite, then the cocoanut, with vanilla to flavor; beat until creamy. Pour on buttered tins and mark in squares.

—Mrs. F. N. Crittenden.

#### PINOCHÉ CANDY

Three cups light brown sugar, 1 cup milk,  $\frac{1}{2}$  cup butter, 1 cup nut meats, 1 teaspoon vanilla. Mix the sugar and milk over the fire, when hot add the butter, boil and stir until the mixture forms a soft ball when dropped in cold water. Add nuts and vanilla and beat until sugar begins to granulate. Pour into buttered tins. Cut in squares.

—Tested.

#### DATE LOAF

One package dates, 2 cups shelled nuts, 3 cups sugar, 1 cup milk. Cook sugar and milk until it forms a soft ball in water, then stir in dates which have been run through meat chopper. Cook for five minutes, stirring to keep from scorching, take off the fire. Put in nuts finely chopped. Beat until creamy. Pour into wet towels and knead well. Shape in long rolls and slice when cool.

#### SULTANA CARAMELS

Two cups sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{4}$  cup molasses,  $\frac{1}{4}$  cup butter, 2 squares chocolate, 1 teaspoon vanilla,  $\frac{1}{2}$  cup English walnuts or hickory nuts meats cut in pieces,  $\frac{1}{2}$  cup Sultana raisins. Put butter in a saucepan, when melted, add sugar, milk and molasses. Heat to boiling point and boil seven minutes. Add chocolate and stir until chocolate is melted, then boil seven minutes longer. Remove from fire, beat until creamy, add nuts, raisins and vanilla and pour at once into a buttered tin. Cool slightly, and mark in squares. The nut meats and raisins may be omitted.

—Mrs. T. E. Wilson.

#### FRENCH DAINTIES

Four level tablespoonfuls Knox acidulated gelatine, 4 cups of granulated sugar,  $1\frac{1}{2}$  cups boiling water, 1 cup cold water. Soak gelatine in cold water ten minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add one-half teaspoon of the lemon flavoring found in separate envelope and two teaspoonfuls lemon extract. To the other part add one-quarter teaspoonful lemon flavoring and one teaspoonful extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use one-half teaspoonful only. Any coloring desired may be added. Pour into bread tins, which have been dipped in cold water, to the depth of three-fourths inch, and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.



# *Preserving and Canning*

## GENERAL DIRECTIONS

Test all jars for leakage before using. To do this, fill with water, put on rubber and cover, seal and invert.

Sterilize all utensils, jars, covers, etc., by covering with cold water, and boil for ten minutes. Use only new rubbers and dip in boiling water just before using.

Use a wide-mouthed funnel when filling jars, to avoid loss of material and keep jar rim clean.

Invert all jars after filling and sealing.

Fruit should be sound, firm and not overripe. All fruit should be carefully prepared.

Clean fruit, clean hands, clean utensils, and a clean kitchen free from flies, are essential for safety and success.

Keep products in a cool place. Avoid freezing in winter.

## CANNING

Canning is the operation of preparing sterilized food so that it will keep indefinitely.

The custom of canning fruit in syrup is based on the improvement in flavor and texture which sugar gives to fruit. Sugar is not necessary for its preservation. Success depends upon thorough sterilization—that is, killing the organisms which cause food to spoil, and then sealing carefully to prevent their entrance. Fruit may be canned in water, in fruit juice and in syrup.

## PRESERVING

The only difference between preserving and canning fruit is that sugar is always used in preserving, while in canning it is used in smaller quantity or not at all. In preserving the old rule of equal weights of sugar and fruit may be followed.

## DIRECTIONS FOR CANNING BY OPEN-KETTLE METHOD

By this method, which is generally used for preserves, jams and marmalades, food is completely cooked and poured boiling hot into sterilized jars.

Prepare fruit, which may or may not be peeled, and cut into pieces, depending on the variety. Blanch or scald peaches and similar fruits to loosen skin, and chill by plunging into cold water. Cook slowly in as little water as possible or in fruit-juice syrup until done. Fill the sterilized jars, seal and invert.

A KNOX GELATINE Dessert or Salad is attractive and appetizing

CANNED PEACHES

Seald sound, firm freestone peaches, a small number at a time, in boiling water just long enough to loosen skins; dip them quickly into cold water and slip off the skins. Cut peaches in halves and remove stones. Have ready a syrup made by boiling sugar and water together until sugar has dissolved, using one-half to three-fourths cup sugar to each cup water. Allow about one cup syrup for each quart jar of peaches. Put in one cracked peach pit for every quart of syrup.

PEAR CONSERVE

Five pounds pears, 5 pounds sugar, 3 oranges, 2 lemons, 1 pound raisins, 1 pound nuts. Cook until thick, and add raisins and nuts.

—Miss Mazie Gills.

CRANBERRY CONSERVE

Four cups cranberries, 3 cups sugar, 1 cup raisins, 1 cup broken nuts, 1 orange pulp and rind. Cook all together until thick, put nuts in a few minutes before done.

—Mrs. F. W. Bergman.

PRESERVED ORANGE PEEL

Soak orange peel in salt water for twenty-four or thirty-six hours, using one large cup salt to two quarts of water. Boil in clear water until it can be easily pierced with a fork. Make a syrup using one and a quarter pounds of sugar to each pound of orange peel, with just enough water to make a heavy syrup. When the syrup begins to boil, add orange peel and cook until syrup is as thick as desired. This is very nice for fruit cake, puddings and sauces.

—Mrs. G. M. West, Sr.

WATERMELON PRESERVES WITH PINEAPPLE

Cut the rind in small pieces, drop in cold water. To twelve pounds of rind add twelve pounds sugar, let this cook until about half done, and add two cans of grated pineapple, and cook until done.

WATERMELON RIND PRESERVES

Peel the rind and cut into small squares, let stand over night in sugar, using three-fourths pound of sugar to one pound of fruit, season with cloves, ginger and mace, beaten fine and tied in a bag. Cook as other preserves until fruit is thoroughly done and syrup is thick.

### STRAWBERRY PRESERVES

Wash and cap one quart of strawberries, drain well. To a measure of berries put equal measure of sugar. Put over a slow fire until sugar is thoroughly dissolved; do not stir, but shake, then boil rapidly for fifteen minutes. After cooked, skim well, placing in jars after having cooled.

—Mrs. C. H. Fletcher.

### APPLE BUTTER

Put one gallon of apples in a kettle with water to cover, stew until tender, then press through a colander, add three cups of apple jelly, two or three cups sugar, according to the sourness of the apples. Cook slowly, stir often to prevent burning. When done, add while hot a few drops of oil of cassia to flavor. This makes about three quarts of good apple butter.

### CANNED CORN

Ten cups corn,  $\frac{1}{2}$  cup salt, 2-3 cup sugar, 3 cups cold water. Boil together until done; fill cans and run over with boiling water.

—Mrs. A. L. Woody.

### JELLIES

Heat and mash fruit until juice runs readily. If fruit is not entirely broken up rub through coarse sieve. Pour into sterilized bags of unbleached muslin or double cheesecloth and drain thoroughly, but do not squeeze. Take seven-eighths cup sugar for each cup juice. Boil juice eight to twenty minutes (berries and currants less than other fruits), add sugar which has been heated in oven; stir until sugar is dissolved and boil about three minutes. Pour into hot, sterilized tumblers. Hard fruits, like apples and quinces, should be cut up, covered with cold water and cooked until tender before turning into jelly bags.

### JAMS

Jams are usually made with small fruits or with chopped large fruits. Cook slowly with an equal weight of sugar until thick; put into sterilized tumblers or jars and seal.

### PEACH CONSERVE

Four pounds peaches, peeled and cut in small pieces, 1 can grated pineapple, 1 orange grated, 1 lemon grated,  $\frac{1}{2}$  pound blanched almonds chopped fine,  $\frac{1}{2}$  pound seeded raisins. Cook fruit without sugar until soft, then add pound of sugar to each pint of pulp. Cook again until rich and thick. Stir constantly.

—Mrs. Macon.

### STRAWBERRIES PRESERVED WHOLE

Wash fruit carefully, weigh pound of sugar to pound of fruit. Set on back of stove and keep warm until sugar is dissolved, then bring to a boil and boil hard for twenty minutes. Take from stove and cover until cool and then can. Any fruit is better preserved in this way.

### PEAR CONSERVE

Five pounds pears, 5 pounds sugar, 1 pound seedless raisins, 1 pound nuts, English or black walnuts. Run pears through coarse meat chopper. Cook pears until soft, then add sugar and raisins, then cook to a thick jam, put in nuts and then cook about ten minutes. This makes nice sandwiches.

—Mrs. G. Richardson.

### QUINCE HONEY

Peel and core ripe, juicy quinces. Make a syrup of one pound sugar and one and one-fourth cups water to each pound of fruit. Grate quinces. When syrup spins a thread, add the grated quinces and boil until thick.

—Mrs. O. A. Wilson.

### PEAR CONSERVE

Five pounds pears, peel and slice. Cook until soft. Add 5 pounds sugar, 1 pound seeded raisins, 1 large can of shredded pineapple. Cook until thick, add one pound chopped nuts. Cook ten minutes. This makes twelve glasses.

—Mrs. I. M. Fitzgerald.

### RASPBERRY JAM

Pick over berries, mash a few in bottom of preserving kettle; continue until fruit is used. Heat slowly to boiling point and add equal quantity of heated sugar. Cook slowly forty-five minutes. Put into sterilized jars. Blackberry, gooseberry or other jam of berries may be made in this way.

## Pickles

### PICKLED PEACHES

Two pounds brown sugar, 2 cups vinegar, 1 ounce stick cinnamon,  $\frac{1}{2}$  ounce whole cloves, 4 quarts peaches. Boil sugar, vinegar and spices twenty minutes. Dip peaches quickly in hot water; then rub off the fuzz with a cloth. Place a few peaches at a time in syrup and cook until tender. Pack into sterilized jars. Adjust sterilized rubbers, and fill each jar to overflowing with hot strained syrup. Put on sterilized covers and seal jars immediately.

—Irma S. Hubbard.

### CHOW CHOW

One quart small white onions, 1 quart small cucumbers, 2 heads cauliflower, 3 green peppers, 1 quart vinegar, 6 tablespoons mustard, 3 tablespoons flour, 1 cup sugar, 1 tablespoon tumeric. Peel onions and add cucumbers, cauliflower cut into small pieces, and sliced peppers. Sprinkle with salt; cover with water and allow to stand over night. Drain and cook in salt water until vegetables are tender, and drain again. Boil vinegar in kettle and add paste made with mustard, flour, sugar, tumeric and a little cold vinegar, stirring until mixture thickens; add vegetables and cook slowly ten minutes. Seal in sterilized jars.

### TOMATO CATSUP

Cut one peck of tomatoes and boil until very tender. Strain through a sieve, and add one large tablespoon each of ground cloves, allspice and cinnamon, one teaspoon cayenne pepper, one very scant one-fourth pound mustard and one pint strong vinegar. Boil slowly for three hours, and bottle while warm.

### SWEET PICKLE

Nine pounds fruit, 5 pounds sugar, 1 quart good apple vinegar, spices to taste. Put sugar, vinegar and spices in kettle and when boiling put in fruit. When tender place in jars. Boil syrup until proper consistency and pour over fruit until covered. Seal.

### WATERMELON RIND PICKLE

Seven pounds fruit. Syrup to contain 3 pounds sugar, 1 pint vinegar, 2 teaspoons spice, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon mace. Put rind in cold water with piece of alum and boil until clear; drain, then put rind in syrup and cook until tender.

—Irma S. Hubbard.

### RUMMAGE PICKLE

Chop 2 quarts green tomatoes, 1 quart ripe tomatoes, 3 bunches celery, 3 large onions, 3 red peppers, 3 green peppers, 1 small cabbage, 1 large cucumber. Sprinkle two-thirds cup salt to stand over night; in the morning drain well and add three pints vinegar, five cups brown sugar, one teaspoon each of mustard and black pepper, cook until clear, about one hour, seal while hot.

—Mrs. J. H. Shipp.

### PICKLED PEACHES

Two pounds brown sugar, 2 cups vinegar, 1 ounce stick cinnamon,  $\frac{1}{2}$  ounce whole cloves. Boil all ingredients together twenty minutes, then add four quarts peaches and boil until done enough to pierce with straw, then can and seal.

### CUCUMBER PICKLES

One pint vinegar, 1 pint sugar, enough mixed spices to flavor well and bring to a boil; add two quarts cucumbers and boil ten minutes, and can.

### BEEF RELISH

One cup chopped cold cooked beets, 3 tablespoons horseradish, 2 tablespoons lemon juice, 2 teaspoons powdered sugar, 1 teaspoon salt. Mix ingredients in order given. Canned beets may be used. This is delicious served with cold meat or fish.

### PEPPER RELISH

Twelve red peppers, 12 green peppers, 15 onions, 1 quart vinegar, 1 tablespoon salt, 3 cups sugar. Grind the peppers and scald for five minutes. Drain water off. Pour fresh boiling water on and let stand for ten minutes. Then grind onions and put everything together and cook for fifteen minutes, then seal. Good with meats.

—Mrs. W. D. Palmore.

### CUCUMBER CATSUP

Thirty cucumbers, peel and grind, put in thin bag, squeeze out juice. Put same quantity of strong vinegar, then add 1 dozen large onions ground, 1 ounce white mustard seed, 1 ounce black mustard seed, 1 ounce celery seed,  $\frac{1}{2}$  ounce black ground pepper, 1 tablespoon salt,  $2\frac{1}{2}$  pounds brown sugar. Boil one-half hour. Let cool and bottle.

—Mrs. O. A. Wilson.

### STUFFED SWEET PEPPERS

Take twelve peppers, clean and seed and let stand in strong salt water a few days. Wash and put in large quantity of fresh water over night. Drain and scald in vinegar water for ten minutes. Stuff with 1 pound seeded raisins, 3 large apples chopped fine,  $\frac{1}{2}$  pound each chopped peaches and pears, 1 large lemon, 1 tablespoon powdered mace, 1 teaspoon each of powdered cloves and spice and  $\frac{1}{2}$  ounce white mustard seed. Make syrup of  $3\frac{1}{2}$  pounds or less sugar,  $1\frac{1}{2}$  pints vinegar, 1 slice lemon,  $\frac{1}{2}$  dozen blades mace, 3 sticks—4 inches long—cinnamon bark, 4 pieces ginger, 1 tablespoon each whole cloves and spice. Boil syrup and spice until clear. Drop each stuffed pepper into the boiling vinegar for a few minutes. Put in jars, seal and let stand four months before using.

—Mrs. J. F. Swan.

### CUCUMBER PICKLES

Put cucumbers in cold brine for twelve hours. Heat brine and pour hot over pickles for 12 hours. Then pour hot water over until all salt is gone. Take alum about size of thumb, in hot water, and pour over, stand four or five hours, then pour clean hot water over until alum is out, then pour over vinegar warm, drain and pack in jars. Three cups sugar to five cups vinegar, mix spices, boil, and when cold pour over pickles.

—Miss Mazie Gills.

### GREEN TOMATO PICKLE

One peck green tomatoes sliced, 6 large onions sliced, 1 teacup salt over both, mix thoroughly and let remain over night. Pour off liquid in morning and destroy. Mix two quarts water and one quart vinegar. Boil twenty minutes, drain and throw liquid away. Take 3 quarts vinegar, 2 pounds brown sugar, 2 tablespoons each of allspice, cloves, cinnamon, ginger and mustard, 12 green peppers, chopped fine; boil from two to three hours. Put in jars and seal.

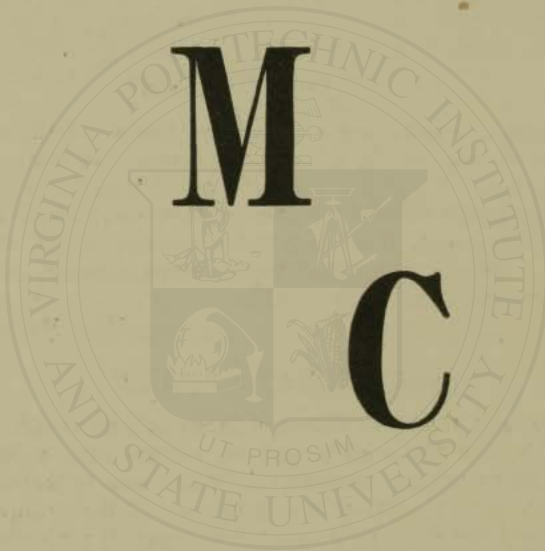
—Mrs. C. F. Shell.

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## *Invalid Cookery*

### LAMB BROTH

Two pounds neck of lamb, 1 teaspoon salt, 1 quart cold water. Clean the meat with a damp cloth, remove the skin and fat, cut the meat into small pieces and hack or separate the bones. Put bones and meat into a saucepan, add cold water, let stand one hour, then heat gradually and let cook below the boiling point for two hours. Strain through a sieve, season and serve, adding a little boiled rice if desired.

### BEEF TEA

One pound ground, lean beef, one pint cold water, salt and pepper. Choose beef from the underside of the round, as that contains the greatest strength, and have it ground. Put in a closely covered saucepan and let it stand on the range, without boiling, for twenty minutes; then boil for six minutes, strain and season.

### OATMEAL GRUEL No. 1

One tablespoon oatmeal, three tablespoons water, one pint milk or water, pinch of salt. Mix the oatmeal with the three tablespoons of water. Boil the pint of milk or water and into it pour the oatmeal slowly. Season and boil for five minutes, stirring constantly.

### OATMEAL GRUEL No. 2

One quart water, three tablespoons oatmeal, milk, sugar, one-half teaspoon butter. Boil the water and into it stir the oatmeal; boil until it thickens, stirring constantly. Then pour it into a double boiler and let it cook for three or four hours. Thin with rich milk; strain carefully, add the butter and sweeten to taste. If sugar is not desired, salt may be substituted.

### INDIAN GRUEL

Two tablespoons corn meal, one quart water, salt, sugar. Mix the meal with a little cold water. Boil the quart of water, pour it on the corn meal, beat well, return it to the saucepan and boil fifteen or twenty minutes. Add a little salt and sweeten to taste.

### SAGO GRUEL

Two tablespoons sago, one pint cold water, sugar. Soak the sago for an hour in cold water sufficient to cover it, add the pint of water, place over a slow fire and stir until the sago is dissolved and becomes thickened. Sweeten to taste, and if too thick add a little boiling water. If desired, add flavoring and a little nutmeg.

### EGG GRUEL

One egg, one teaspoon sugar, one cup hot milk, grated nutmeg or lemon juice. Beat the yolk of the egg with the sugar until light; add the well-beaten white; pour over this the hot milk; flavor and serve at once.

### CRACKER GRUEL

Two tablespoons powdered cracker,  $\frac{1}{2}$  cup boiling water,  $\frac{1}{2}$  cup milk,  $\frac{1}{4}$  teaspoon salt. Pour the water over the cracker, add the milk and salt, bring to a boil and serve.

### ARROWROOT

Two teaspoons arrowroot, one pint milk or water, sugar. Mix the arrowroot in a little cold water. Boil the water or milk, stir in the arrowroot and boil until thickened and clear, stirring constantly. Sweeten to taste.

### ARROWROOT WATER

Two pippin apples, one quart water, one teaspoon arrowroot, sugar, pinch of grated nutmeg. Wash the apples and cut them into small pieces, removing the core. Put them in cold water over the fire and boil until the apples are soft, which will take an hour or more. Mix the arrowroot in a little cold water until perfectly smooth, stir into the apple water, let all boil together for ten minutes, strain through a sieve, sweeten to taste and set aside to cool. Serve as a drink with a little grated nutmeg over the top.

### FLAXSEED TEA

One tablespoon flaxseed, one lemon, one quart boiling water, sugar. Put the flaxseed in a pitcher and pour over it the boiling water. Add the juice of the lemon and a few strips of peel, cut off with a sharp knife. Sweeten to taste. This, taken at bedtime, is an excellent remedy for a cold.

### TOAST WATER

Two slices bread, three pints boiling water, two tablespoons currant jelly. Cut the bread half an inch thick, toast very brown on both sides, but do not scorch. Break them in pieces, pour the boiling water over them, add the currant jelly and stir until it is thoroughly dissolved. When cold, strain and serve, adding cracked ice if desired.

### ALBUMENIZED WATER

One cup cold water, white of one egg, one teaspoon lemon juice, one teaspoon sugar. Put the water, egg, lemon juice and sugar

in a covered jar and shake until all the ingredients are thoroughly blended. Stand on the ice and shake again just before serving.

### RICE WATER

One tablespoon rice, one quart water or milk, sugar. Wash the rice and put it over the fire with the quart of water. When it comes to a boil set it where it will simmer until the rice becomes a pulp. Let it settle, pour off and sweeten to taste. Serve either hot or cold.

### PANADA

Two stale rolls, one tablespoon sugar, boiling water, grated nutmeg. Toast the rolls very brown, but do not scorch them; break into a bowl, sprinkle with sugar and a little grated nutmeg, and pour over them sufficient boiling water to moisten thoroughly. If desired, a little flavoring may be added.

### FRENCH PANADA

One stale tea biscuit, boiling water, salt,  $\frac{1}{2}$  teaspoon butter, yolk of 1 egg, 2 tablespoons milk. Break the biscuit into a saucepan, pour over it boiling water sufficient to cover, boil five minutes, add butter and a little salt and mix well. Then stir in the egg yolk, well-beaten in the milk; bring to a boil and serve.

### MILK TOAST No. 1

One cup scalded milk,  $\frac{1}{4}$  teaspoon salt, 3 slices buttered toast. Spread fresh toast with butter and sprinkle with salt. Pour the scalded milk over the toast and serve at once.

### MILK TOAST No. 2

One cup scalded milk, 1 tablespoon butter, 1 tablespoon flour,  $\frac{1}{4}$  teaspoon salt, 3 slices toast. Cook the flour in the butter, but do not brown it; add the milk gradually; season and pour over the toast.

### CREAM TOAST

One slice bread, salt, one cup cream. Cut the bread half an inch thick and toast it brown on both sides. Lay it on a hot plate, sprinkle with salt, pour over it the cream, heated but not boiled, and serve at once.

### SOAKED CRACKERS

Place several soda crackers in a soup plate; pour over them boiling water and let stand for about a minute. Drain off the

## For Dainty Delicious Desserts use KNOX GELATINE

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water and serve with butter and salt, butter and nutmeg, cream and salt, or cream and sugar. Hot milk may be substituted for the boiling water if desired.

### EGG MILK-SHAKE

One egg, one teaspoon sugar, one teaspoon vanilla, milk to fill glass, grated nutmeg. Beat the egg separately and then together, add sugar and flavoring, using a larger quantity if desired. Turn into a glass; fill the glass with milk, shake well and grate a little nutmeg over the top. This is delicious when frozen. Make a custard of the egg, milk and sugar, using an extra quantity of sugar. When almost frozen, add the flavoring and an equal quantity of sweetened whipped cream.

### SUNSHINE ORANGE

Soak an orange in hot water for half an hour, until it is heated to the core. Remove the skin, which will peel easily, and the pulp will be sweet, as if the orange had just been picked in the sun.

### LEMON FOAM

One cup water, 1 level tablespoon cornstarch, 2-3 cup sugar, white of 1 egg, 1 lemon. Dissolve the cornstarch in a little water; add the remainder of the water and the sugar and cook rapidly for three minutes, stirring constantly. Remove from the fire; stir in the white of the egg, beaten stiff, and the juice of the lemon. Turn into molds; let stand for twelve hours and serve.

### LEMON WHEY

One cup milk, one small lemon, one teaspoon sugar. Heat the milk; add the lemon and let it stand over the fire until the curd separates; strain; add the sugar and serve hot or cold.

### WHIPPED APPLE SAUCE

One cup apple sauce, white of an egg, grated nutmeg. Beat the egg very stiff, alone and then with the apple sauce; add more sugar if necessary; serve in sherbet glass, sprinkle a little grated nutmeg over the top.

### CUSTARD

Two eggs, one cup milk, one teaspoon vanilla. Beat the eggs; stir them into the milk; sweeten to taste and cook in a double boiler. Stir until the mixture begins to thicken; remove from the fire and when the steam has passed off add the vanilla. Lemon or other flavoring may be used in place of the vanilla if desired.

### CALF'S FOOT JELLY

Four calves' feet, 3 quarts water,  $\frac{1}{2}$  pound powdered sugar, 2 lemons, whites of 2 eggs. Clean the feet thoroughly and boil them slowly until the three quarts of water are reduced to one. Strain and set away until cold; remove the grease and place the jelly in a saucepan, being careful to avoid the settlings. Add the sugar, lemon juice and whites of eggs; let all boil together for a few minutes; pour into bowls or glasses and set away to cool. This is much more nourishing than the commercial gelatine.

### POTATOES ON THE HALF-SHELL

Bake large, smooth potatoes; cut each in half lengthwise; scrape out the inside, leaving the skins whole. Beat the potato to a cream with melted butter and cream; season with pepper and salt, and fill the "shells", rounding the potato on top. Put a speck of butter on each half and brown slightly in the oven. Potatoes on the half-shell are more delicate than the ordinary baked potato.

### KOUMISS

Two quarts new milk, 2 tablespoons sugar, 2 tablespoons water,  $\frac{1}{2}$  cake compressed yeast. Let the yeast dissolve in the water; add it to the sugar and milk and let the mixture stand in a warm place for about ten hours or until it has thickened. Pour from one vessel to another until thoroughly smooth; bottle and keep in a warm place for twenty-four hours or longer in winter. Cork the bottles tightly and tie the corks down. Shake for a few minutes before using.

### STEWED FIGS

One pound figs, one pint water. Wash the figs thoroughly and put them to soak over night in the pint of water. Bring them to a boil in the same water and let them cook until the syrup is reduced about one-half.

### TAPIOCA

One-half cup tapioca, one pint boiling water, one tablespoon lemon juice, sugar, grated nutmeg. Soak the tapioca in water sufficient to cover it; stir it into the boiling water and let it simmer until thoroughly dissolved. If too thick, add more boiling water. Sweeten to taste; add the lemon and grate a little nutmeg over the top.

### BEEF PATS

Serape clean, uncooked beef until you have the desired quantity of paste; make it into tiny pats; put each pat on a square of bread; toast quickly in a hot oven and serve with a little salt and butter.

### CHICKEN PANADA

One cup cold chicken, 1 cup water, 1 tablespoon cornstarch, 1 pint milk, 1 tablespoon butter, salt and pepper. Chop the chicken very fine and put it over the fire with the water. When boiling, add the cornstarch moistened in a little cold milk; then add the pint of milk; bring to a boil; add the seasoning and butter and serve.

### OYSTERS ON TOAST

Six oysters, one-half tablespoon butter, salt and pepper, one slice toast. Put the oysters and butter in a pan, without any juice, over the fire, bring to a boil and serve on a slice of toast, delicately browned on both sides and slightly buttered.

### SQUABS, OR ANY SMALL BIRDS

Clean and singe the squabs the same as chicken. Split them down the back; flatten with a rolling-pin and broil over hot coals. Put them on a hot platter; butter slightly and season with pepper and salt. Serve on buttered toast.

# Busy Housewife

## *May We Help You?*

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