

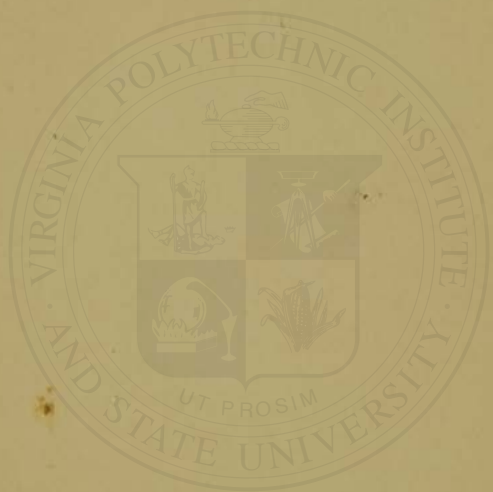
GOOD HOUSEKEEPER'S COOK BOOK

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COOK BOOK





HOLMES BOOK CO.  
740 S. Main St.  
Los Angeles



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*407 W. 17th*







# Good Housekeeper's COOK BOOK

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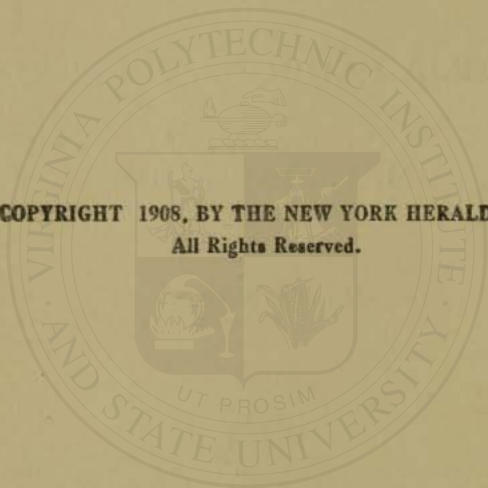


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740 S. Main St.  
Los Angeles

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**D**O not use the green, outermost stalks of celery, but those partially blanched. Wash and scrape, and when you have the equivalent of two heads, cut in inch pieces, using a few of

### CREAM OF CELERY SOUP

the leaves, cover with a quart of water or water and white stock, and cook slowly for three-quarters of an hour. When tender press through a puree sieve, add a quart of hot milk, and when it reaches the boiling point thicken with two tablespoonfuls of flour blended with the same amount of butter. Stir constantly until the soup is smooth and creamy, add a tablespoonful of minced parsley and a half cup of cream and serve with souffle balls.

**A**FTER washing one pint of the black or turtle beans, cover well with cold water and let them soak over night. In the morning put in the soup kettle over the fire, adding five quarts cold water, a half pound of salt pork cut in fine pieces and a quarter pound lean, fresh beef.

### BLACK BEAN SOUP.

Cover closely and cook over a moderate fire for an hour. Chop fine one carrot, one small turnip and two small onions. Add to the other ingredients and continue the cooking two or three hours longer. Half an hour before serving season with salt, pepper, a tiny pinch of mace and a little ground clove. Strain through a colander, then add a half gill sherry or port. Have ready in a hot tureen three or four hard boiled eggs sliced, and one lemon cut in thin pieces. Pour the soup over them and serve with croutons, which are simply little cubes of bread toasted to a golden brown in the oven. After cutting the bread spread on pie tins and watch closely, shaking the tins from time to time until all the pieces are evenly colored. Kept in glass cans these croutons may be made ahead, as you have a few slices of stale bread, and are then always ready for immediate use. Sometimes very small sausages are boiled for ten minutes in this soup and served one in each plate.

**F**OR this you can use either the green or yellow split peas. Pick over carefully, removing all imperfect ones, wash thoroughly, cover with cold water and soak over night. In the morning pour

### SPLIT PEA SOUP

off the water in which they were soaked and put into the soup kettle; allow for two cups of the peas four quarts cold water, a half pound fat salt pork cut in small pieces, and if you happen to have it, a ham bone or bit of bacon. Cover closely and let simmer on the back of the range for five or six hours, taking care that it does not scorch. About an hour before serving add two medium sized onions, chopped, two stalks of celery and a sprig of parsley. At the end of an hour, strain through a coarse sieve and return to the stock pot the soup, which will be smooth and creamy. Season to taste with salt and pepper, add a pint of hot milk or not, as preferred, and if liked quite thick, beat in a tablespoonful flour stirred smooth with a tablespoonful of butter. Cook ten minutes longer and serve with the croutons. A tablespoonful of fine minced parsley sprinkled in at the last makes a pretty garnish, and quarters of cut lemon passed with soup are welcomed by many.

**T**AKE two quarts fresh oysters and wash through two waters. Strain the liquor and add to it two stalks celery, chopped fine; four blades of mace, black pepper, cayenne and salt to season.

### VIRGINIA OYSTER SOUP

Simmer five minutes; then add a quarter pound butter rubbed smooth with two tablespoonfuls flour and three pints rich milk or part cream.

Let them come to a good boil; stir all the time; add the oysters and let them boil up once, no more, or they will shrivel. Serve at once.

**R**EMOVE skin and fat from three pounds scrag of mutton and cut in small pieces, scraping the meat from the bones. Put the bones in one kettle with a pint and a half of cold water and simmer gently. At the same time put the meat in another kettle and cover with two quarts of cold

### SCOTCH BROTH

water. Bring quickly to a boil, skim carefully, then add three-fourths of a cup of barley that has been soaking several hours in cold water, and skim again. Have ready a scant half cup each of carrot, onion, turnip and celery, cut into small dice, and add to the kettle with the meat. Strain off the stock in which the bones have been cooking, to be sure no splinters of bone get in. Cook together in the frying pan two tablespoonfuls of butter and a spoonful and a half of flour, add a cupful of the strained water gradually, then when smooth and thickened put in the pot of broth. Season with salt, pepper and a little minced parsley, simmer ten minutes longer and serve without straining.

**P**UT a tablespoonful of butter in a stewpan over the fire and then fry in it three chopped onions. When a golden brown add a cup of tomatoes, a carrot, three or four whole cloves, salt and pepper to season.

### FISH SOUP

Put in a dessert spoonful sugar, a bay leaf, sprig of thyme and a quart of water.

Cook until the carrot is quite soft, then add any cold fish, bones and all, or thin slices of raw fish, and simmer twenty minutes. Toast small pieces of bread, enough to cover the bottom of the soup tureen. Add a half glass of white wine to the soup, strain over the toast and serve.

**T**HIS is known to good French housewives as "Soup de la bonne menagere," and it is well named. Its ingredients may be varied according to materials on hand, but here is an excel-

### SAVORY SOUP

lent framework to go by. Cut into fine dice one large onion, one good sized turnip and two small carrots and fry brown in drippings or butter. Then add to them a half cup of hot water and let simmer about twenty minutes. Now put into the soup kettle with half a can stewed tomatoes a small cup chopped raw cabbage, four stalks celery and a bunch of parsley chopped. If you have fresh thyme and summer savory, put in a sprig of each. Failing fresh herbs, drop in for half an hour one of the little soup bags that come already prepared for seasoning soups. These are invaluable where soups are frequently used. Now if you have bones left over from roast beef, veal or chicken, add them, taking off any meat that clings, cut in small pieces and add at the last. Cover bones and vegetables with three quarts boiling water and stew gently for four hours. Then thicken slightly with a cupful mashed potato or a teaspoonful cornstarch dissolved in a little cold water, remove the bones and seasoning herbs, add the diced meat and a teaspoonful minced parsley and serve hot.

**W**ASH three dozen Little Neck clams in the shell in cold water, place in a saucepan over the fire add a quart of hot water and cook until the shells open. As fast as they do so, remove the clams from the shells and chop. Return the chopped meat to the clam broth, with a pat of butter, pepper to season, and more salt if

### CLAM BROTH SERVED EN TASSE

required. Cook five minutes and serve hot or cold in cups with crackers.

**P**UT into the bottom of a kettle some thin slices of fat salt pork and fry crisp, but not too brown. Next add a layer of potatoes cut in rather small pieces, then one of finely sliced onions, next one of tomatoes, then a layer of finely chopped clams, preferably Little Neck.

### CLAM CHOWDER

Crush a handful of pilot biscuit in the hand and spread over the clams, repeating this process until the kettle is nearly full, seasoning each layer of clams with a very little salt and pepper. Over the top sprinkle some of the regular chowder spice that comes already mixed, or make your own mixture of a little thyme, a few tarragon leaves and a couple of bay leaves, with a dusting of ground cloves. When everything is in pour in the juice of the clams and water to nearly cover, put on a tight fitting lid and stew slowly three-quarters of an hour. Uncover, give the chowder a stir and serve.

**C**HOP fine two cupfuls clams and put in a saucepan over the fire in their own liquor. Scald and skim, then add two cupfuls boiling water, one table-spoonful chopped celery, a sprig of parsley, a bay leaf and pepper to season. Bring to a boil, skim, strain through a cheesecloth and serve in cups with whipped cream on top.

### CLAM BOUILLON

**T**HIS is made of the framework and other left-overs of the turkey. Put the carcass and other bones in the soup kettle, cover with cold water, add a sliced onion, a cupful of tomatoes, half a cupful of well washed celery tops, and salt and pepper to season.

### TURKEY SOUP

Simmer gently two or three hours, until the bones are clean, then strain and serve.

**G**ET a shin of beef and have the bones cracked. Put over the fire in a large kettle with a gallon of water (cold), and simmer six hours; skim well. Then add two turnips, chopped fine, two

## BEEF SOUP

carrots, one onion, two Irish potatoes, all chopped, a pint of tomatoes, a tablespoonful of salt, and in season a half dozen ears of corn, the corn cut from the cob, the cobs to be added when ready to thicken, then remove. Just before dinner thicken with a little browned flour mixed with cold water; boil a few moments, add seasoning if necessary, and serve.

**W**ASH, peel and cut four medium sized potatoes into small pieces.

Put into a stewpan with cold water to cover, add a teaspoonful salt and cook until the potatoes are done. Take

## POTATO SOUP

from the fire, drain off the water, mash and turn over them a pint of milk seasoned with a teaspoonful chopped onion, celery or celery seed that has been scalded in a double boiler. Mix well, season to taste, thicken with a tablespoonful of flour melted with a tablespoonful of butter, add a tablespoonful minced chives or parsley and serve with croutons or crackers.

**C**ONSOMME proper is a double stock—that is a broth prepared from beef and chicken or veal. The meat and vegetables are cooked to pieces so as to extract every bit of the flavor. The broth

## CONSOMME

is then cleared from every particle of fat and clarified until as clear as amber.

Here is a reliable recipe for consomme that may be altered a little according to materials on hand:—  
Four pounds lean beef, preferably from

the shin; four pounds knuckle of veal or a little smaller quantity of fowl, four quarts cold water, an eighth of a pound of lean ham or bacon chopped, a half dozen each cloves and peppercorns, one bay leaf, three onions, one carrot, one turnip, two stalks celery, three sprigs parsley, a tablespoonful salt, a bunch kitchen herbs, three eggs (whites and shells), the rind and juice of one lemon.

Wipe and cut the meat in small pieces, wash, peel and cut the vegetables in thick slices. Put the bones, marrow and part of meat in the stock pot and cover with the water. Meanwhile brown the vegetables in a little dripping or some of the ham fat, then brown the remainder of the meat. Add to the contents of the kettle together with the various seasonings and simmer five or six hours until the meat is in rags. Strain and, when cold, remove the fat.

Heat the soup again, mixing with it the whites of the eggs with the crushed shells and the lemon. Boil ten minutes, strain through a fine strainer, heat again and serve with slices of lemon.

**F**OR this you can use a pint of fresh corn, cut from the cob, or a pint of this vegetable canned. Add to a pint of plain white stock or simply water, let it come to a boil and cook ten minutes.

Meantime, add a sliced onion to a quart of milk in the double boiler and heat to the boiling point. Thicken with a tablespoonful flour blended with a tablespoonful butter, cook until creamy, add a little of the hot stock in which the corn has cooked, then stir in with the corn. Cook ten minutes, strain through the puree sieve, pressing through as much of the corn and onion as will go. Add a tablespoonful cream or butter and a cupful half-inch cubes toasted bread and serve as hot as possible.

## CREAM OF CORN PUREE

**I**N making stock fresh, lean and juicy meats, preferably beef, with a little veal and ham, produce the best results. Cracked bones, especially the marrow and gristle, should be used, as they

furnish the richness and body necessary to solidify the stock into jelly when cold.

## SOUP STOCK

Meat alone gives simply a broth like beef tea. The proportions of meat and bone should be about equal in weight and a quart of cold fresh water is allowed to every pound of meat and bone. In most families where roasts of beef, steaks and poultry are freely used there is usually material enough to keep the stock pot supplied without purchasing meat especially for it.

When fresh meat is bought for stock select a piece from the shin of beef or lower part of the round and have the butcher crack the bone.

Wipe the meat with a cloth wrung out of cold water, then cut the meat in small pieces. Wash the bones to remove any small bits that may adhere.

Put the bones in a kettle and pack the meat about them. This may be all beef or beef and veal in equal proportions, or simply beef and veal knuckle bone and a ham bone chopped in pieces.

Now pour in the cold water and bring very slowly to the boiling point. If you are going to make a clear soup, like consommé, skim carefully as soon as the scum gathers. Do this three times, adding a quarter glass of cold water each time to bring the scum to the surface. If you are not particular about the clearness of the soup it is not necessary to skim more than once, as the scum is but the albumen and juices of the meat which have been drawn out and mixed with the cold water.

The next step is to add the seasonings, which may be used in these proportions:—For every quart water allow an even teaspoonful salt, a tablespoonful each chopped celery, onion, carrot, tur-

nip and parsnip, a few chives, four sprigs parsley, two peppercorns and two cloves, a bay leaf and a teaspoonful mixed herbs.

One of the little spice bags that come with herbs all properly proportioned is best, but failing that you can make your own combination of sweet basil thyme and summer savory tied in a little cheese-cloth bag. Now push back on the range, simmer gently for five hours until the meat is in rags, strain carefully through a cloth or fine sieve.

While cooling set the jar in a cool place (not the ice box) and leave uncovered. It keeps better to cool quickly. When quite cold it may be put in the ice box. If you are going to use it at once the fat may be removed when cold, but if it is to be kept several days the fat, by excluding the air, helps to preserve the stock.

**B**OUILLON proper is always beef broth prepared from boiled beef with vegetables to season. As neither meat nor vegetables are boiled longer than necessary to cook them, an extra allowance of bone and sinew is added in order to get out as much gelatine as possible.

## BOUILLON

To make bouillon for serving eight persons allow five pounds good fresh beef from the middle of the leg, two pounds bone (have the butcher break them), two quarts and a half cold water, a heaping teaspoonful salt, a small bunch kitchen herbs or a spice bag, two cloves, two peppercorns, one onion, one stick celery, or a teaspoonful celery salt, one small carrot and a half turnip. Lay the bones in the pot first. Wipe the meat, remove all fat and cut in small pieces. Lay on the bones, cover with cold water, add the salt and place on the range where it will come slowly to a boil. As soon as the scum rises, remove, and, if the liquor boils too fast, pour in a quarter cup cold water to

check the boiling and make the scum rise. Repeat twice. Now add the seasoning herbs and sliced vegetables and simmer gently, not boil, for three or four hours. Remove vegetables and herbs before they cook to rags, leaving the meat only in the kettle until the end of the process. During the cooking, the meat should boil down to but three and one-half pints.

Strain, pour into a perfectly clean vessel and, when cold, remove the fat. When ready to serve heat and pour in cups.

**C**OVER the shell and claws of a lobster with a quart of cold water to make a foundation for the soup.

Heat a tablespoonful butter in chafing dish blazer or a saucepan; stir in a tablespoonful flour and cook until it is bubbly. Add a cupful of the strained liquor obtained from cooking shell and claws and stir until

smooth and thickened. Add a cupful lobster pickings from the shell, with salt and pepper to taste, and simmer about five minutes. Add a cupful warm milk, boil up once and serve. A little lemon juice may be added at the last moment if desired. This makes a pint, just enough to serve two persons.

**P**UREES are among the most nourishing of soups. They may be made of flesh, fish, game, fowl, vegetables or fruits. The general plan of making these soups is the same, so that if the cook

### PUREES OR THICK SOUPS

knows how to make a good asparagus or pea soup she can easily manage other vegetable soups, each taking a different name, according to materials. One made of carrots is known as carrot puree or Crecy. The use

of potatoes makes it a Palomentier, or with fresh green peas a St. Germain. Purees made of shell fish are known as bisques. To any of these soups the clear soup stock may be used mixed with a puree of cooked and strained fish, flesh, fowl or vegetable, with or without the addition of milk. Purees are usually served with croutons of toasted bread or soufflé balls.

**T**AKE four large red carrots, two potatoes, two onions and two sticks celery. Cut up and fry brown in beef drippings. Then put all into a saucepan with a quart of hot water; cook until the vegetables are quite soft and press through a puree sieve. Return to the fire; add two cloves, a tablespoonful of butter, two tablespoonfuls finely minced parsley, with a little sugar, salt and pepper to season. Have ready a pint of milk heated and thickened with a teaspoonful cornstarch or tablespoonful flour, add to the soup, bring to a boil and serve with croutons or soufflé balls.

### CARROT PUREE OR POTAGE A LA CRECY

**T**HESE are usually served cold in small glass bowls or bouillon cups. Stew the fruit, berries, apples, prunes, peaches, cherries—what you will—in water until tender, using as much water as you have fruit. Press through a puree sieve, then thicken with cornstarch or arrow root, allowing a level tablespoonful to each pint strained juice and pulp. Sweeten to taste, cook until clear and, at the last, add a tablespoonful lemon juice or wine. If tapioca or sago is used for the thickening it will require longer cooking than the cornstarch.

### FRUIT PUREES



# FISH



TAKE a cup and a half of raw salt codfish and pick up. Peel and cut into small pieces three cups of raw potatoes. Put potatoes and fish in a stewpan, cover with boiling water and cook until potatoes are done. Pour off the water, stand on back of stove five minutes to dry and

## CODFISH BALLS

steam, then mash and beat until fish and potatoes are fine and light. Add butter the size of an egg, one egg unbeaten, pepper and more salt, if necessary. Beat altogether until as "light as feathers," then shape in a tablespoon without much smoothing. Have ready a kettle of boiling fat, drop the balls in not more than four or five at a time, and fry about a minute. It is easier to use a wire basket for the frying. Drain dry on kitchen paper, and serve with gherkins or sliced green tomato pickles. Somewhat similar are the codfish puffs. Mix in the same way as the balls, but instead of one egg use the stiffly whipped whites of two when mixing. Shape the fish mixture into round biscuits like cakes and flour both sides. Have ready some crisp slices of fat salt pork and the drippings. Keep the pork hot while the puffs are quickly browned in the hot dripping. Drain on paper, arrange on a hot platter with a slice of the crisped pork under each puffet and a tiny pickle on top.

TO bake salt mackerel, soak in cold water over night, the split side down. Cut off fins and tail. In the morning wash and put in a shallow baking tin, split side up. Pour three gills of milk over it and

## SALT MACKEREL

put in a moderate oven. Cook twenty minutes. Mix together a tablespoonful each butter and flour, season with pepper and stir smooth with two table-spoonfuls hot milk. Add to the milk in the pan. Cook ten minutes longer, slide the fish on to a hot platter and pour the sauce around it. If preferred, the mackerel may be baked in a tomato sauce instead of the milk.

To broil, soak over night, wash and wipe dry. Broil over a clear fire ten or twelve minutes, putting the split side to the fire first. Season with butter and lemon juice and serve hot with baked or creamed potatoes.

**T**O bake these whole, clean thoroughly, drawing the intestines out at the gills, but do not split. Make a dressing from one cup of bread or cracker crumbs, two tablespoonfuls of melted

### BAKED FISH

butter and a seasoning of salt, pepper, lemon juice, parsley, onion, pickles or celery, to suit. There are no hard and fast rules about a dressing. Use what you have on hand and what the family likes. Fill the fish with this, then skewer or tie, to hold in place. Every housekeeper should have a special pan for baking fish and an iron sheet with rings at the ends for handles, just the size to slip into the dripping pan. Failing this, put a broad strip of cheesecloth across the pan before laying in the fish. This will enable you to lift it out, when done, without breaking. As fish bake through more evenly if placed upright in the pan instead of on the side, they hold in place better if skewered into the shape of the letter S. To do this it is necessary to leave the head on, then pass a threaded needle through it, then through the middle of the body, and lastly the tail, draw tight, then fasten the ends.

Put two or three thin slices of fat salt pork under the fish, cut gashes in the fish two inches apart on each side, fill these with tiny strips of fat salt pork, or, better still, brush the whole fish with olive oil, then dust with salt, pepper and flour. Put into a hot oven without water, protecting the tail with a piece of oiled paper. As soon as the flour browns lightly begin basting and continue doing this at ten minute intervals. The oven should be hot and fifteen minutes should be allowed to the pound in baking. When done, lift carefully on to a hot platter, draw out the strings or skewer, remove the pieces of pork, garnish with slices of lemon and minced parsley, and serve with Hollandaise or sauce tartare.

**W**HILE this delectable fish tidbit usually appears under the name of "filet de sole," it is oftener than not the less expensive but almost as good bass. Wash and wipe the filets dry with a clean towel, trimming the fins close to the filet with a pair of scissors. Dust with salt, and lay in a covered dish with a minced onion, the juice of a half lemon and a tablespoonful finely cut parsley and thyme. Let stand half an hour. Twenty minutes before serving wipe dry again, dust lightly with flour, dip in well beaten egg, then roll in fine bread crumbs. When all are prepared, fry in boiling hot lard until a delicate brown on both sides. Arrange on a hot dish and serve with parsley and lemon or sauce tartare.

### FILET DE BASS

#### German Way of Cooking Black Bass.

For two pounds of bass cut in filets, allow a quart sweet brown beer, a teaspoonful butter, a small onion sliced, six allspice, a bay leaf and a piece of honey cake, two inches square, grated. Put beer and fish in the fish boiler and add salt, pepper and the allspice. Add onion, butter and bay leaf; cook fifteen minutes, add crumbed honey cake; cook fifteen minutes longer and serve.

**M**ACKEREL as usually cooked is a dry dish, but prepared in this way is moist and delicate. Wash the fish and bake without any water in the pan, excepting that used for basting. When nearly done, pour thick cream over the fish and return to the oven. Scald a cup of milk and thicken with a half teaspoonful flour rubbed with a teaspoonful butter. Pour over the fish and serve.

### WHITE MOUNTAIN MACKEREL

**S** ELECT good sized fresh smelts, clean and wipe dry. Remove the insides without splitting the stomach open. Stuff with a forcemeat the same as for the large baked fish, using a stiff paper cone

### STUFFED SMELTS

to put the stuffing in; or stuff with shredded fish, such as haddock or bass, mixed with white of egg, a little cream, salt and nutmeg.

Place in a well buttered pan and moisten with melted butter or oil; add chopped parsley and white wine. Bake in a very hot oven for ten minutes and serve with Hollandaise sauce.

**C** LEAN the smelts, wipe dry, dredge with salt and pepper, roll in flour, then fry quickly to a light golden brown in olive oil or salt pork drippings. Arrange "fish bone" pattern on a hot platter, garnish with slices of lemon and parsley and serve with sauce tartare.

### FRIED SMELTS

**W** HEN the roe comes from the market parboil in salted water, to which a tablespoonful of lemon juice or vinegar has been added. Then put in the ice box until needed. This preliminary treatment not only prevents its spoiling, but lessens its tendency to "pop" and splutter

while broiling or frying. To broil, brush over with melted butter or olive oil, then broil; or, split lengthwise, dust with flour or sifted bread crumbs, lay into beaten egg and crumbs again, and fry to a golden brown in hot pork fat, olive oil or butter.

#### Shad Roe Croquettes.

For croquettes, after they have been boiled and allowed to get thoroughly cold, take off the skins and break the tiny eggs apart with a fork. Have ready

a rich cream sauce, made from two tablespoonfuls each of butter and flour, two tablespoonfuls of milk and one of cream. Season with salt, cayenne and lemon juice. Add the prepared roes and let the whole mixture boil up a moment. Stir in a beaten egg and turn into a shallow dish to cool. When perfectly cold form into oval balls about the size of a walnut. Egg and crumb and fry in smoking hot fat to a delicate brown. Drain on soft paper and serve with cucumber or sauce tartare.

**U** SE for this purpose a plank of some hard wood—ash, hickory, cedar, oak or cherry—cut in dimensions to fit the oven. If you have no family heirloom of this kind, charred and seasoned, you can buy one in any of the housefurnishing stores. These are fitted out with steel rods or bars to hold the fish in place. Heat the board very hot, turning over and around so that all parts will be uniformly warmed. Split the fish down the back, lay it skin side next the plank and fasten in place. If you have no patent contrivance, large headed tacks will answer. Brush the fish over with olive oil or melted butter and sprinkle with salt and pepper. If you have a gas stove, cook under the flame; otherwise in the oven, unless you are so fortunate as to have an open fireplace. Keep hot a mixture of melted butter, lemon juice and cayenne, and with this baste the fish frequently until the surface is brown and the fish firm and flaky. About twenty-five minutes in a very hot oven will be required. When ready to serve place the fish, plank and all, on a large platter or japanned tray, take out the tacks or other fastenings, garnish with cress or parsley and lemon and serve as quickly as possible with any fish sauce preferred. Squeeze a little lemon over the fish. The plank should never be washed, but rubbed with a dry cloth.

### PLANKED SHAD

Heat the board very hot, turning over and around so that all parts will be uniformly warmed. Split the fish down the back, lay it skin side next the plank and fasten in place. If you have no patent contrivance, large headed tacks will answer. Brush the fish over with olive oil or melted butter and sprinkle with salt and pepper. If you have a gas stove, cook under the flame; otherwise in the oven, unless you are so fortunate as to have an open fireplace. Keep hot a mixture of melted butter, lemon juice and cayenne, and with this baste the fish frequently until the surface is brown and the fish firm and flaky. About twenty-five minutes in a very hot oven will be required. When ready to serve place the fish, plank and all, on a large platter or japanned tray, take out the tacks or other fastenings, garnish with cress or parsley and lemon and serve as quickly as possible with any fish sauce preferred. Squeeze a little lemon over the fish. The plank should never be washed, but rubbed with a dry cloth.

**F**REE a pound and a half of salmon, fresh or canned, from skin and bone and chop fine. Season with the juice of a half lemon, a tablespoonful chopped parsley, a teaspoonful salt and a dash

### SALMON CROQUETTES

of paprika. Mix well. Put two cups of milk on to boil. Put into a saucepan two tablespoonfuls butter and three of flour. When melted and bubbly, add the hot milk and stir until smooth and thick. Add the salmon, stir until hot, then turn out on a dish to cool. When quite cold and firm, form into croquettes, roll in fine crumbs, then in egg and again in crumbs. Fry in deep, boiling fat and serve very hot with a garnish of lemon and parsley. If these are served for the fish course, accompany them with potatoes persillade.

**H**ADDOCK, which is in season all the year, may be boiled, fried, made into chowder or baked. In baking it can be left whole and stuffed, or, more economically, have head and back-

### BAKED HADDOCK

bone removed to make into fish stock for sauce or soup, then the filets stuffed and baked. To do this cut off the head, which hardens in the baking, then with a sharp knife make an incision along the backbone the entire length of the fish. Draw the fish away from the bone on each side, cutting at right angles with the bone. Cover bones and head with cold water and let them cook while the fish is baking. For the two long strips of flesh left after boning and beheading make a stuffing composed of one cup bread or cracker crumbs, two tablespoonfuls melted butter, a teaspoonful each chopped parsley and onion, a teaspoonful chopped pickles or a tablespoonful chopped celery and leaves, one beaten egg, or simply the white of an egg, a salt-

spoonful salt and pepper and lemon juice to season. Add water to moisten, then spread on one-half of each slice of fish and fold the other half over it. Put one on top of the other, skewer together, sprinkle with buttered bread crumbs, lay in a buttered pan with a strip of greased cheesecloth laid under, not only to keep the fish from sticking but to assist in lifting from the pan to the platter when ready to serve. Bake fifteen or twenty minutes and put on dish with a sauce poured around it. To make the sauce melt in a saucepan three tablespoonfuls butter, add to it three tablespoonfuls flour, and when bubbly stir into the mixture a scant pint of the fish stock strained from the bones. Season with salt, pepper and lemon juice.

**S**OAK one pound codfish over night, then pick apart in as large flakes as possible. Fry a pounded clove of garlic in a tablespoonful of lard or together with an onion cut fine. Add the fish and fry a light brown. Have in readiness four slices of bread soaked in cold water until soft and then the moisture squeezed out.

### CODFISH WITH WALNUTS

Add to the fish, together with a half cup of walnuts chopped fine. Stir well, add cream, or even water, to moisten; cook five minutes and serve.

**S**PLIT large smelts down the back, remove the backbones, rub with olive oil and season with salt and pepper. Broil in a double broiler two minutes on a side, arrange on a hot dish and garnish with fried parsley. Serve with sauce Bernaise.

### BROILED SMELTS

**T**HE secret of success in cooking clams is not to overdo them. Long cooking toughens. Simply cook until the edges curl. To make fritters, which are excellent for breakfast, supper or

### CLAM FRITTERS

luncheon, steam the clams until their shells begin to open, then remove and chop, saving the clam juice. For a family of four, twenty-five clams will be sufficient for a meal. Having chopped the clams fine, put into a mixing bowl and sift over them two scant cups pastry flour. Beat three eggs, whites and yolks separately. Add to the beaten yolks a cupful of clam juice that has been strained through a cheesecloth and a quarter teaspoonful soda dissolved in a teaspoonful hot water. Stir well, then fold in the stiffly beaten whites, adding a trifle more flour if the batter seems too thin. Have ready a kettle of bubbling hot fat, drop in the batter by the teaspoonful, fry a deep golden brown on both sides and serve with a garnish of sliced lemon, Graham muffins or popovers.

**S**CRUB the clams thoroughly and arrange in a steamer, standing over a kettle of boiling water. Let the water continue to boil rapidly for fifteen or twenty minutes until the clams open.

### STEAMED "LITTLE NECKS"

Lift out the clams, saving the liquor that has filled the shells, and strain it through a piece of cheesecloth. Pull off the thin skin around the edge of the clams, and with the fish shears snip off the black end.

Reheat the liquor, but do not allow it to boil. When ready to serve pour into as many small cups as you have individuals to serve. Add to each a bit of butter and a dusting of paprika or white pepper.

Stand the cup in the centre of a large soup plate and range the clams around it, five or six to each plate. Garnish with a little parsley and lemon. With an oyster fork the clams may then be removed from the shells, dipped in the liquor and eaten with brown bread and butter sandwiches. The clams and liquor must be very hot.

**T**O make a quart of the mousse you will require three or four dozen clams, according to size. Put them into a kettle with about a pint of cold water and cook until the shells open. Remove the clams, strain the liquor through a cloth and measure. To two and two-third cupfuls clam juice allow one and one-third cupfuls whipped cream; put the clam liquor in a freezer, season with celery salt to taste, and freeze to a mushlike consistency; stir in the whipped cream, freeze five minutes longer, then serve er pack in ice and salt until needed.

### CLAM MOUSSE

**C**HOP twenty-five clams fine and season with cayenne and a trifle of salt.

Cook together a tablespoonful each butter and flour until "bubbly," and a cupful liquid, half milk and half clam juice, with a tiny pinch of soda, and stir until smooth and creamy. Add the chopped clams

### SCALLOPED CLAMS

with a beaten egg. Have ready large clam or scallop shells, butter on the inside and fill with the clam mixture, smoothing over with a silver knife blade. Arrange on a baking dish and bake about six minutes, or until well browned. Garnish with parsley and pass sliced lemons with them.

**C**RABS should always be boiled alive, being plunged into cold water. As the water warms add a handful or two of salt, then cook from twenty to twenty-five minutes until bright red in color. If thrown at once into boiling water they are apt to throw off their claws with a sudden jerk,

### BUTTERED CRABS

which allows the water to soak into the flesh. As the scum rises after putting in the salt skim carefully. Crabs are usually sold ready boiled, which simplifies the matter for the cook. In selecting them choose those that are firm and stiff and will not rattle. The eyes should be bright and claws and legs all on. The male crab has larger claws than the female, but less body. The female has also a broader tail. For buttered crabs take the meat from a large boiled crab, cut up small and mix with buttered crumbs and chopped parsley, having about a third of the bulk of the crab meat. Season with cayenne and pack back in the shell, spread with softened butter and a little lemon juice. Cover with a layer of bread or cracker crumbs, with more butter on top. Set in a slow oven and cook until brown.

**T**AKE the meat from the shells of two medium sized boiled crabs and cut rather fine. Put into a saucepan a tablespoonful and a half each of butter and flour, and when bubbly add gradually one cupful of milk.

### CRAB CROQUETTES

Stir until it boils, then cook gently for ten minutes. Add the crab meat, with salt and pepper to season, mix thoroughly and turn out on a plate to cool. When nearly cold make into little rolls about three inches long. When quite cold brush over with beaten egg, roll in fine crumbs and cook for two minutes in boiling fat. Drain a minute on soft paper, then serve.

**T**O prepare the terrapin, allow them to move about a few moments in luke-warm water before plunging in boiling water. Boil until tender, the small ones from twenty to thirty minutes, the larger sometimes as long as an hour and a quarter. Take out on a tray and let them drain a little.

### TERRAPIN

To open, lay on their backs, heads from you, loosen and remove the shells, then take out the sand bags and gill, being careful not to break the latter. Do not use any of the meat on the head. That on the neck is good. Separate the meat and cut up very fine, with liver and entrails. Place all in a stewing kettle and barely cover with boiling water. Let cook half an hour. Then into the contents of this kettle mix the following dressing:—For two large or fifteen small terrapins mash the yolks of three hard boiled eggs with one-half pound butter, one even tablespoonful salt, one teaspoonful Jersey pepper or a half saltspoonful cayenne. Add three scant tablespoonfuls browned flour, and three-fourths pint of cream. Stir all until smooth and well mixed, then add to the prepared terrapin; boil slowly for fifteen minutes, stirring frequently. If not sufficiently thick add a little more flour. If too thick reduce with boiling water. Serve very hot in a covered dish, accompanying it with hot baking powder biscuit and baked potatoes.

**S**LIT a boiled lobster lengthwise and pick out all the uneatable parts.

Open it out flat, dust with salt and pepper, place a teaspoonful of butter on each half. Place the halves on a gridiron and heat slowly over the fire.

### BROILED LOBSTER

When done, set them in their shells on a hot dish, garnish with parsley and lemon and serve.

**M**AKE a good shortcake batter, using two cups pastry flour sifted, with two teaspoonfuls baking powder and a half teaspoonful salt. Rub in a quarter cup butter, then add one egg

### OYSTER SHORT- CAKE

beaten and mixed with a scant cup of milk. Spread on a buttered biscuit tin and bake in a quick oven. Split and spread with butter.

For the filling, which should be ready by the time the cake is baked, scald a quart of oysters in their own liquor, skim, remove the oysters and put where they will keep hot. Strain the broth and return one cup to the saucepan. Mix together two tablespoonfuls butter and one of flour, stir into the boiling liquor and season with salt, pepper and celery salt. Let this just come to a boil, add three tablespoonfuls cream and the oysters. Stir a moment until well heated, fill into the shortcake and serve at once.

**P**ICK out the meat of a lobster, cutting in any size desired, and measure two cupfuls lightly. Put into the chafing dish or a saucepan a rounded tablespoonful of butter, and when melted add the lobster meat and a half cupful of sherry and simmer ten minutes. Beat the yolks of three eggs thoroughly and add to them a table-

### LOBSTER A LA NEWBURG

spoonful of cream, so that they will not curdle. Add a scant half cupful of cream to the lobster and wine and cook until it bubbles. Season to taste with salt and pepper. As soon as it bubbles stir in the beaten yolks and serve as soon as it thickens, adding at the very last, if desired, a tablespoonful of brandy. This is a matter of personal taste.

**T**HESE are delightful, though not half well enough known. Procure small mussels, as they are the most delicate; scrape the shells and wash through several waters to remove all the grit. Put into a saucepan and toss over a quick fire for a few moments until the meat comes

### MUSSELS IN SHELLS

easily from the shells. Squeeze all the liquor from them, strain into a saucepan, add the mussels and heat, not allowing them to cook. Add a little flour to thicken, with butter, nutmeg and pepper to season. They will not require any salt. Clean the mussel shells, cover with buttered crumbs, add a layer of the seasoned mussels, then more buttered crumbs. Moisten with a little of the liquor, place a few bits of butter on top with a fine sprinkling of dried parsley, and cook in a hot oven until a bright brown.

**B**OIL one large or two medium sized lobsters and pick to pieces when cold. To make the dressing for them, beat the yolks of two raw eggs with a teaspoonful salt, a pinch of cayenne, a half tablespoonful powdered sugar and full teaspoonful mustard wet with vinegar. Add gradually and at first very slowly one cup olive

### PHILA. LOBSTER SALAD

oil. When quite thick whip in the strained juice of one lemon. Beat five minutes before adding two tablespoonfuls vinegar. Just before serving add to the dressing one-quarter cup sweet cream whipped to a froth; stir all well together and into the lobster. Line a salad bowl with the crisp heart leaves of lettuce, put in the seasoned meat and cover with a little more whipped cream; if a little more acid is liked, four tablespoonfuls of vinegar may be used.

**T**AKE the meat from a medium sized boiled lobster and cut in small dice. Put into the chafing dish (for the lobster and the chafing dish go hand in hand) one rounded tablespoonful butter.

### CURRIED LOBSTER

When hot add a tablespoonful minced onion, and cook until it reaches the yellow stage, but not a moment longer. Mix one rounded tablespoonful flour with a teaspoonful (or more, according to taste) of curry powder and stir into the hot butter. Add a cup hot milk or thin cream and stir until it thickens and is smooth and creamy. Add two cups of the diced lobster meat, and as soon as thoroughly heated serve on delicately browned slices of toast or crisped crackers.

**F**OR the cocktails use the small Blue Points or cherrystone oysters and allow five or a half dozen to each cover. Put on the ice until thoroughly chilled. For six covers, mix together three tablespoonfuls each vinegar, grated horseradish and tomato catsup. Add six

### OYSTER COCKTAILS

teaspoonfuls lemon juice and a few drops tabasco. Have this dressing also where it will be very cold. When ready to serve put the oysters in chilled glasses, pour the sauce over, set each glass on a service plate and serve with thin slices of buttered brown bread.

**A**LLOW to one pint fresh crab meat two large tomatoes boiled, one large green pepper, one red pepper and a tablespoonful of parsley, minced fine. Chop tomatoes and peppers, removing all the

### COLD CRAB RAVIGOTE

pepper seeds. Mix all the ingredients together with mayonnaise to make quite moist. Season with salt and pap-

rika. Fill cleaned crab shells with the mixture, heaping it, and garnish with a little cut pickle and cut lemon. A couple of anchovies may be added to the top of each one, if preferred. This will make six shells.

**F**OR one hundred large oysters allow one pint white wine vinegar, one large red pepper broken into small bits, two dozen each whole cloves and black peppers and a dozen blades of mace. Put the oysters with their liquor into a porcelain lined kettle and bring slowly to the scalding point, but do not allow them to boil. Remove the oysters when at their plumpest, just before the edges begin to cockle, and set aside to cool. Strain the liquor, return to the kettle, add the vinegar and spices, bring to a good scald and pour over the oysters when almost cold. Cover the jar that contains the oysters and set in a cool place until the next day, and then put up in glass cans and set in a cool, dark place.

### PICKLED OYSTERS

**T**AKE the lobster meat carefully from the shell, avoiding the stomach, which is usually called the "lady," and the intestines. Cream together a large tablespoonful and a half butter, a tablespoonful flour and a pint hot milk and stir constantly until the mixture thickens. Take from the fire, add the beaten yolks of two eggs, with salt, pepper or paprika to season. Mix thoroughly with the meat and return to the shell that has been carefully trimmed and cleaned. Brush over with white of egg, dust with fine crumbs and brown quickly.

### LOBSTER FARCIE



# POULTRY



**F**OR roasting, select a dry picked chicken not over a year and a half old. Remove all the pin feathers, singe thoroughly, wash well inside and out, reject the tips of the wings, cut off

the neck close to the body, draw up the skin and skewer to the back.

## ROAST CHICKEN

Dust the inside of the chicken with salt, pepper and a little poultry seasoning. If stuffing is not desired—and this is a matter of taste, many good cooks preferring to dispense with it—rub the outside of the fowl with olive oil, dust with salt and pepper, then powder thickly with flour. Truss the wings and legs close to the body, lay in a dripping pan with one or two thin slices of fat salt pork. Put the fowl breast down so that the juices may run into the breast. Put a half cup boiling water in the pan, then cover. If you have no covered roasting pan, improvise one from two baking pans or a stew kettle laid over the pan. Before laying the chicken in protect it with sheets of paraffine paper or strips of old muslin moistened with olive oil. Roast in this way for an hour and a quarter, then remove the covers and brown the chicken, basting often.

**C**UT in pieces as for a fricassee. Put into a frying pan two tablespoonfuls olive oil or butter, and when hot add a couple slices of onion, brown slightly, then add the pieces of chicken, part at a time. Brown lightly on both sides. As fast as done remove and add more.

## CHICKEN EN CASSEROLE

When all are browned arrange in a casserole together with a pint peeled button onions and a cupful carrots cut in narrow strips. Cover with a pint of stock, or, failing that, a pint of hot water in which a teaspoonful beef extract has been dissolved. Put on the cover of the casserole and bake until nearly tender. Have ready a dozen potato balls that have been browned in butter, and add to the contents of the casserole together with a half cup mushrooms, if desired. A little sherry is also deemed an improvement by some. Make a brown sauce by melting two tablespoonfuls butter in a saucepan, adding a tablespoonful and a half flour and browning lightly before putting in stock enough to make a smooth, creamy sauce. Season to taste with salt and pepper and add to the contents of the casserole or serve separately in a sauceboat. Serve the chicken directly from the casserole.

**S**PLIT the chicken down the back, season with salt and pepper, and dredge well with flour both sides. Put into a bake pan a small cup stock and a quarter pound butter. Arrange the

### SMOTHERED CHICKEN

giblets on the bottom and on them lay the chicken, breast down. Cover the pan closely and baste every ten or twelve minutes. Allow about fifteen minutes to the pound in roasting. When tender take out the chicken and lay on a hot platter. Mash the giblets, add a cup rich cream and serve with buttermilk or beaten biscuit.

**P**REPARE as for broiling; then cut into joints, wipe dry, season well with salt and pepper, dip into beaten egg; then roll in fine bread crumbs.

### CHICKEN A LA BALTIMORE

Place in a well buttered pan, pour olive oil or melted butter over them and bake in a steady oven for twenty-five minutes. When tender remove to a hot dish. Make a good cream gravy to pour over the chicken, and serve with corn fritters and thin crisped slices of bacon.

**F**OR broiling, the chickens must be small and young, as they are split down the back. Remove all the feathers and cut the oil bag out. Crush the breast bone with a blow from a

### BROILED CHICKEN

mallet or rolling pin to flatten the bird evenly, or, if an expert at boning, remove the breast bone. Take out all the bits of lungs and dark matter on the inside of the chicken, as well as any superfluous fat. Wash in cold water and wipe and pat perfectly dry. Some cooks advise no washing at all, simply wiping with a damp cloth, but

fastidious housewives usually prefer to make sure the bird is quite clean. Season with salt and pepper and brush over with olive oil. It takes but a little and gives a far better flavor than butter, which is apt to burn. Place on a greased broiler over a clear coal fire or under the gas flame, having the inside of the chicken next to the flame. Do not have the fowl too near the flame, as it requires slow broiling, the inside longer than the outside. It will take about twenty minutes. Serve on a hot platter. Melt a tablespoonful of butter, add a little salt and pepper, a teaspoonful each lemon juice and minced parsley, and pour over the chicken. Garnish with cress and French fried potatoes and serve with golden brown waffles.

If there is the slightest doubt about the age of the broiler, steam the chicken first by laying on a roasting rack placed over the dripping pan of boiling water. Invert a pan over it so as to keep in the steam, and set in a hot oven for twenty minutes. At the end of this time rub the broiler with oil, dredge with salt and pepper and proceed as directed above.

**T**AKE a chicken weighing about three pounds, cut into pieces, clean and lay in cold water for a half hour to draw out the blood. Drain, dry on a clean cloth and put into a stewpan with just enough milk and water in equal proportions to cover. It will take about a quart. Add a small onion with three cloves stuck in it, a few sprigs of parsley and a salt-

### CHICKEN EN CASSEROLE

spoonful each salt and pepper, and simmer gently until the pieces of chicken are tender. Take out and put where they will keep warm while you prepare the cream dressing. Put three tablespoonfuls each butter and flour in a saucepan and stir until blended, but not a particle

browned. Add the broth and a cup of cream and stir until smooth and creamy. Add more salt if necessary, and, if you like, a suspicion of mace. This matter of seasoning depends always upon individual taste. A beaten egg may be added or not, as preferred, but the sauce must not be allowed to cook after the egg is added, lest it curdle. A half cup mushrooms is frequently added, but is not essential.

Now arrange the pieces of chicken on a large hot platter. Put the two back pieces in the middle of the dish and arrange on them, one above the other, first the neck in two pieces, then the pinions and second joints. Rest the legs and wings against the side of the square and put the pieces of breast on top. Arrange the giblets and mushrooms round the base with baking powder biscuits split in halves. Pour over the sauce and serve.

**H**AVE in readiness a cup and a half cold boiled chicken chopped rather fine. Put into a saucepan four tablespoonfuls butter, and when melted add a teaspoonful each fine chopped onion

### CHICKEN CRO- QUETTES

and parsley. Cook slightly, then add seven tablespoonfuls flour and cook about ten minutes, stirring constantly. Add half a teaspoonful salt and pepper with ground mace and thyme to season. Then put in gradually one scant quart milk and chicken broth in equal proportions.

When smooth and the consistency of rich cream gravy add the chicken and a hard boiled egg minced fine. Stir well, then set away to cool. When quite cold mould into croquettes about two and a half inches in length, dip in fine bread crumbs then in beaten egg, and lastly in crumbs again. Be sure the croquettes are thoroughly coated with egg and crumb. Fry in deep hot fat. Drain on soft paper, tuck a tiny spray of parsley in the end of each croquette and serve hot.

**S**ELECT a tender chicken and cut in pieces as for a fricassee. Cover with cold water, adding two small onions cut in pieces, a bay leaf, a bunch sweet herbs and a small stalk soup celery. Put in salt and pepper to season, then simmer slowly for three-quarters of an hour or until tender.

### CHICKEN CURRY

Take the chicken up on a hot platter and thicken the broth with two tablespoonfuls butter stirred with two tablespoonfuls flour. Mix a heaping teaspoonful curry powder with a little of the broth and add to it the yolks of three beaten eggs and the juice of half a lemon. When the gravy is smooth and thickened stir in slowly the curry, egg yolks and lemon, but push the kettle back on the stove, so there will be no danger of the egg curdling. Pour the gravy over the chicken on the platter and arrange a border of rice around its edge. Serve very hot.

**T**HIS is the best way to cook a duck about whose age there is any question. Clean and joint as you would a chicken for a fricassee. Put into a stewpan with several finely minced slices of cold ham or salt pork, add water to barely cover, and, as the scum arises, remove. Stew

### STEWED DUCK

gently about three-quarters of an hour, keeping the stewpan covered. Then add a chopped onion, a little minced parsley, a tablespoonful catsup, and salt to season, and cook another half hour or until tender. Now mix, until smooth, two teaspoonfuls ground rice or a tablespoonful ordinary flour with a wine glass of port, stir into the gravy, color a rich brown with culinary bouquet, cook until smooth and thickened, turn into a deep dish, and serve very hot with green peas and cranberry jelly.

**Y**OUNG fowls may be roasted or broiled. Older ones should be stewed according to the directions given for stewing ducks. To broil a young guinea fowl, wash thoroughly and split down the back.

## GUINEA FOWLS

Wipe dry, flatten slightly, brush over with olive oil, dust with salt and pepper, dredge with flour and broil over a clear fire. Cook about fifteen minutes, then pour over, when in a dish, a rich brown gravy and garnish with mashed potatoes in little mounds; use watercress also. To roast them, fill with any dressing preferred. Rub over with olive oil and dust with salt and pepper. Sprinkle well with flour and put in a hot oven for an hour and a half, basting frequently. The giblets should be cooking meantime in water to cover. When the fowl is roasted season the gravy with onions and parsley. Add the finely minced giblets and thicken with browned flour or color with the culinary bouquet. Serve currant or grape jelly with guinea fowl.

**A** GREEN goose from three to four months old is a great delicacy and is cooked like a game bird without stuffing. Season inside and out with salt and pepper, put half a white onion inside

## ROAST GOOSE

to absorb any strong taste, dredge the outside with flour and roast in a hot oven for about an hour. Serve with boiled white onions and apple sauce. For an older goose, and even so it should not be more than a year old, you may use the time honored stuffing of potatoes and sage.

Having thoroughly cleaned and washed the bird in soda water, remove all the fat that can be reached from under the skin or inside. This may be saved and tried out to use later for goose grease. To make the stuffing boil for twenty minutes or half an hour a half dozen potatoes. Peel

and mash, adding to them a table-spoonful salt, a teaspoonful pepper, a teaspoonful powdered sage and two tablespoonfuls white onions minced and fried yellow in butter. Mix these ingredients lightly together, then bind with two tablespoonfuls melted butter. Season the goose on the inside with salt and pepper, stuff and truss. Dredge with salt and pepper and a liberal allowance of flour. Dry on a rack in a dripping pan and put into an extra hot oven to roast. As soon as it begins to color pour a pint of boiling water under the rack and begin basting the fowl. Baste and dredge with flour every fifteen minutes, and cook fully two hours. When well done and thoroughly browned put on a hot platter. Skim off the fat in the dripping pan, stir in a tablespoonful flour, then add a cupful hot water or stock to make the gravy. Strain and serve. A dish of tart apple sauce always goes with roast goose. Other good stuffings for roast goose are potatoes and walnuts and prunes and rice.

**A** FINE plump hen turkey should always be selected in preference to the male bird. While some advanced cooks now advise roasting turkey without any stuffing, most people cling to the dressing. This may be the dry Philadelphia stuffing, chestnut and marrow, oysters, potato, celery, rice, almost any combination, in fact, that individual preference dictates. For a chestnut stuffing peel fifty or sixty of these nuts, blanch by putting in boiling water until the skins are loosened, then remove them between thumb and forefinger. Now put the nuts in boiling water and cook until tender. Drain and chop very fine. Empty two marrow bones, cut the marrow in small pieces and mix with the nuts. Season with salt and pepper, moisten slightly with sweet cream and fill the turkey, taking care not to press the dressing in too closely.

## ROAST TURKEY

Should you prefer the dry Philadelphia stuffing, which is a marvel of lightness, prepare it this way:—Crumb fine two quarts stale bread. Season with two even tablespoonfuls salt, teaspoonful pepper, two tablespoonfuls each powdered summer savory and minced parsley, and one of powdered sage. Rub a cupful of butter through the crumbs, then fill the cavity and sew up. Push the legs close to the body and draw the wings back so that the breast stands out plump and fair, an easy and inviting task for the carver. Rub the turkey all over with olive oil, sprinkle with salt and pepper and dredge with flour. Place on a rack in the dripping pan and set in a medium hot oven to roast. Baste often with boiling water in which a tablespoonful olive oil has been placed and after each basting dredge with flour. Fifteen minutes is usually allowed to the pound in roasting. Place the giblets in a saucepan over the fire, cover with cold water, add a bit of onion and a half teaspoonful salt and cook until tender. Place the turkey on a hot platter, remove thread or skewers. Skim all fat from the gravy, thicken with flour and add enough of the giblet liquor to make the consistency required. Cook five minutes, strain and add the chopped giblets with culinary bouquet to color a rich brown. Accompany with cranberry sauce or jelly.

**N**EVER try to roast an old duck. Be sure your bird is young and tender.

If drawn by the butcher see that all the pipes in the vicinity of the crop are removed. Take out the leaves of extra fat, pick, singe

## ROAST DUCK

and remove pinions, legs and oil bag. Wash the outside of the duck in hot water,

rubbing vigorously to get out as much of the oil as possible. Rinse the inside in cold water, then truss after stuffing

the craw and body with peeled and quartered apples. These are to absorb the strong taste of the duck and are not to be eaten. Dredge the duck with salt and pepper, rub over with olive oil, then dredge with flour and roast in a hot oven, basting frequently, for half an hour. Serve with orange or olive sauce, green peas and fried corn mush or hominy.

Apple sauce or black currant jelly go well with roast duck. If the duck is especially fat and heavy treatment of this sort is efficacious in removing the grease. After trussing place the bird on a rack in a dripping pan, in a slow oven. When heated through take from the oven and prick the duck all over lightly (just through the skin) with a fork. Press out all the oil possible with the back of a case knife. Drain the oil from the pan and return the bird to the oven. In fifteen minutes again drain the oil from the pan, then dredge the bird with flour, put a little hot water in the pan and bake until tender. The heat in the oven should be quickened as soon as the superfluous oil in the bird has been removed.

## Orange Sauce.

To make the orange sauce that goes so excellently with roast duck chop fine enough bacon to make a tablespoonful and fry with a tablespoonful chopped raw onion until the latter is lightly colored. Add the juice of an orange, a wine glass of port, with some of the drippings from the duck freed from grease. Season with salt and pepper and serve hot. An orange salad is another delightful accompaniment to roast duck.

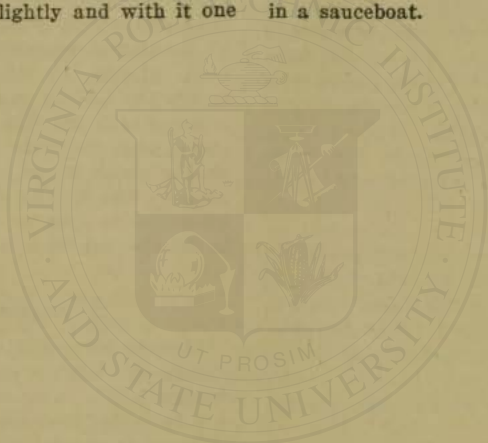
A famous dish with bon vivants is roast duck carefully boned after roasting, then the bones with the thighs and other inferior portions put into a press that comes on purpose and their juices extracted and poured over the breast of the roasted fowl. In this way the consumer gets the quintessence of all that is excellent in the birds.

**S**TUFFING for chickens, ducks, turkeys or geese may be made of bread with seasonings of celery and parsley, of bread and sausage or bread and ham, oysters or chestnuts. A good bread

dressings is made in this way:—Put into a saucepan four tablespoonfuls butter and a half teaspoon-

ful onion juice. When the butter is melted add a cup and a quarter of fine bread crumbs, two teaspoonfuls each minced parsley and celery, a teaspoonful salt and pepper to season. Toss until well heated, then add just the least bit of hot water or milk to moisten slightly and with it one

beaten yolk of egg. Fill the body and crop of the chicken, leaving plenty of room for the dressing to swell, then sew up. The sauce for the chicken may be of oyster flavoring, of the cooked and finely chopped giblets, of olives, mushrooms or celery. To make the giblet sauce take the well cleaned gizzard, liver and heart, cover with cold water in a small saucepan and simmer until tender. Chop fine. When you have removed the fowl to a hot dish, pour the giblets with the broth in which they were cooked into the dripping pan with the drippings, thicken with a little browned flour, season with salt and pepper to taste and send to the table in a sauceboat.





**O**LIVE oil or nice clear ham fat is the nicest frying medium for eggs. With butter they burn and blacken, and lard gives them an unpleasant taste. If not an adept at opening eggs, break

### FRIED EGGS.

first into a cup. Put three tablespoonfuls of oil in the frying pan and when well heated turn in the eggs, one or two at a time. With a limber knife fold the white over the yolk as it begins to set, and cook about fifteen seconds. Turn over and cook the same length of time on the other side. Lift out carefully and place on a heated platter. Proceed in this way until all the eggs necessary are fried. The same amount of oil will cook eight or ten. Mix together a teaspoonful of salt and half a teaspoonful of pepper, season the eggs and serve. Be careful not to cook the eggs too long. The time specified is quite enough. Fried eggs with bacon are cooked in the same way. Cook the bacon first and keep hot while the strained fat is put into a clean frying pan. Cook the eggs one or two at a time so that they can be lifted out without tearing each other. Season and serve arranged in the centre of a platter, with the sliced bacon as a garnish, or put an egg on each slice of bacon.

**M**AKE some paper cases from stiff white paper, about three inches square. Butter them inside and half fill with sifted bread crumbs seasoned with cayenne, salt and chopped parsley. Dot with bits of butter, then break an egg into each case and cover with the sifted, seasoned crumbs until the cases are nearly full. Put into a hot oven or on a gridiron over a clear fire for three or four minutes, then serve very hot.

### EGGS IN CASES.

**W**HERE eggs have to be boiled hard, cook twenty minutes in water kept just below the boiling point. Drop into cold water before "shelling." In winter, when eggs are very cold, they should be warmed slightly before being plunged into boiling water. Either let them stand in the hot kitchen a few moments or pass through the steam from a boiling kettle. Twenty minutes' cooking will render the yolk of an egg so dry and mealy that it can easily be rubbed smooth for salaus or other mixtures.

### HARD BOILED EGGS

**P**UT into a chafing dish brazier or frying pan two tablespoonfuls butter and two small onions finely chopped. Cook until they brown, then stir in two dessertspoonfuls curry powder mixed

### CURRIED EGGS

with two table-  
spoonfuls flour. Stir  
until mixed, add one  
cup veal or chicken  
stock, beat again

with a wire whisk until smooth and creamy, add two tablespoonfuls cream and six hard boiled eggs sliced. When thoroughly heated through turn onto a hot dish, garnish with croutons of fried bread and serve.

Chinese eggs are much like the curried eggs, omitting the curry. For a half dozen hard boiled eggs sliced allow one tablespoonful butter, one of flour, one-half cup stock, one-half cup milk, one table-  
spoonful minced parsley, a half tea-  
spoonful salt and pepper to season. Cook the sauce, add the eggs and when steam-  
ing hot serve.

**T**HERE are a number of different ways of baking eggs, among which the following are perhaps best:—

Cover the bottom of a low stone china baking dish with a layer of fine crumbs.

### BAKED EGGS

Break as many eggs,  
one by one, as there  
are people to be  
served and lay care-  
fully in the buttered

crumbs. Sift over them more crumbs, seasoned and buttered, and bake until the crumbs are brown. Or cut thin slices of bread, trim off the crusts, lay on a thickly buttered dish and cover with thin slices of cheese. Beat enough eggs to cover the bread, season with salt, pepper and, if liked, a little nutmeg, and pour over the bread. Bake in a moderate oven until the eggs are set, then serve very hot in the same dish. Again, slice a half dozen hard boiled eggs, put a layer in the buttered dish, sprinkle with grated cheese, add an-

other layer of eggs, then more cheese, and so on until all are used. Turn enough white sauce over the dish to thoroughly moisten the crumbs, dust with buttered crumbs and bake ten minutes. Sometimes these are known as Sienna eggs.

Another variation is to beat the whites of eggs to a stiff froth, salt lightly and spread roughly in the bottom of a buttered dish. Make nests for the yolks of the eggs some distance apart, carefully lay them in, dust with salt and pepper, and bake until the white is a golden brown.

Baked eggs, known as "bonne femme," are made in this wise:—Slice two white or yellow onions and fry a delicate brown in butter or olive oil. Butter a dish, spread the onions over it, break over them the required number of eggs, season with salt and pepper and bake in a hot oven. When done, sprinkle with fried bread crumbs and serve.

**B**OIL eggs twenty minutes and when cool shell. Cut into halves cross-wise and remove the yolks without breaking the whites. Put the whites of the same egg together, that they need not get separated. The

yolks may be put in the bowl. When all are cut, rub the yolks to a cream with melted butter, add a little made mustard or sauce from the chow chow bottle a little chopped pickle or olives and salt and paprika to season. Fill the mixture into the whites, put the halves together as they belong, and as if preparing them for the picnic basket fasten together with a couple of the little Japanese wooden toothpicks before wrapping in waxed paper. The picks serve as handles in eating. If they are to be put on the home table press the halves together and arrange on a bed of cress or lettuce. For a change, finely minced meat highly seasoned is often added to the yolks. The devilled mixture that will be left over

### DEVILLED EGGS



makes a spicy filling for sandwiches.

Another way of using devilled eggs is to spread the yolk mixture left over on a shallow baking dish, place the eggs on it and cover with a thin cream sauce, veal or chicken gravy. Sprinkle with buttered crumbs and bake until the crumbs are a delicate brown. A grating of cheese may be incorporated with the crumbs, if desired.

**B**EAT four eggs slightly, whites and yolks together, just enough so that you can lift up a spoonful. Add four tablespoonfuls cream, a teaspoonful salt and a little paprika or white pepper.

### FRENCH OMELET

Put a teaspoonful butter in a clean, hot omelet pan and turn in the mixture.

Then with a fork pick up the cooked egg from the centre, allowing the uncooked to run under. Continue doing this until the whole is of a soft, creamy consistency. Place over a hotter portion of the fire to set and brown, then fold over and turn on to a hot platter.

**S**HRED two ounces smoked dried beef. Add one cup tomato, a quarter cup grated or potted cheese, a few drops onion juice and paprika to season. Melt in a chafing dish or saucepan two table-

### EGGS A LA CARACAS

spoonfuls butter, add the mixture and toss lightly until heated. Add three or four eggs lightly beaten and cook until creamy, stirring all the time. Or similarly take fine minced lean bacon and place in a frying pan with a little lard or butter and fry until done. Add a quarter cup tomato, and when thoroughly hot, four or five eggs lightly beaten and peppered to season. Toss and stir, scraping from the sides and bottom of the pan, then roll over into an omelet and serve.

**T**OAST as many slices of bread as there are persons to be served and lay on a dish to keep hot. Put a tablespoonful butter in the frying pan and while heating break as many eggs as are

needed into a bowl. Six eggs is a good number for four or five people. Allow a tablespoonful cream or water to each egg. Milk is not good for an omelet or scramble. As

### SCRAMBLED EGGS WITH GREEN PEPPERS

soon as the butter is melted and begins to bubble, turn the eggs in, and as the whites begin to set lift and stir with a silver fork. Have ready two finely chopped sweet green peppers from which the seeds have been removed, and after the eggs begin to cook stir the peppers through the mixture. Cook a half moment, dish on the hot toast, garnish with a little watercress or parsley and serve at once. If the toast is preferred soft, dip each slice for a moment in hot milk before covering with the scramble. Plain scrambled eggs are cooked just the same as the French omelet, allowing a tablespoonful cream of water to each egg. After cooking they are not folded or browned like the omelet, but simply poured into a hot dish or served on toast.

**B**EAT the yolks of two eggs until lemon colored and thick. Add two tablespoonfuls milk, a saltspoonful salt and pepper to season. Beat the whites stiff and dry and cut and fold them into the yolks, but do not stir or beat. Have a clean, smooth omelet pan well heated and buttered with a teaspoonful butter. Rub the sides of the pan until every bit of the surface has been greased. When hissing hot turn in the mixture and spread evenly. Lift at once to the side of the fire and

### PLAIN OMELET

cook carefully, slipping a limber knife blade under to keep it from burning in the middle. Put into the oven a moment to dry the top, then roll over toward the right; slip off on a hot platter and serve as quickly as possible. To vary the omelet, one tablespoonful chopped parsley added to the yolks when beating transforms it into a parsley omelet. A few tablespoonfuls grated corn makes a corn omelet; oysters parboiled and drained, cooked clams chopped fine or grated cheese spread over the omelet just before folding will give you an oyster, clam or cheese omelet. Other combinations that go well with an omelet are minced onion, cold boiled salmon, shredded; green peppers, minced fine; mushrooms, shrimps, minced ham or chicken, stewed tomatoes or raw sliced tomatoes.

**T**HESE are extremely popular now at fashionable luncheons, and are as good as they are attractive looking. Steam or cook in lightly salted water as many artichoke buttons as there are guests to serve.

## EGGS AND ARTI- CHOKES

Place each on a round of bread a little larger in diameter than the artichoke, that has been delicately browned in butter, and over the artichoke drop a poached egg trimmed to just the size of the foundation. Pour over the egg a small quantity of sauce Hollandaise or brown tarragon sauce, add a dash of paprika and serve hot. A variation is to use hard boiled eggs instead of poached ones. In this case cut hard boiled eggs in halves, place an artichoke button on each round of toasted bread, then half an egg, cut side downward. Garnish with parsley and serve with a good gravy.

### Hollandaise Sauce.

Rub to a cream a half cup of butter, then add the yolks of two eggs, one at a

time, beating well after each addition. Put in the juice of half a lemon, a salt-spoonful of salt, a dash of paprika or cayenne and half a cup of boiling water. Set the bowl containing the mixture in a saucepan of boiling water and stir rapidly and constantly until it thickens like boiled custard. Take immediately from the fire. Tarragon vinegar may be used in place of the lemon juice, with the addition of a few tarragon leaves blanched and cut up small.

**P**UT into a frying pan or the chafing dish blazer two tablespoonfuls butter or olive oil. When hot add two tablespoonfuls minced onion and one tablespoonful parsley and fry until the onion is light yellow. Add a tablespoonful flour and one cup milk or good broth. When smooth and creamy

## LYONNAISE EGGS

add four hard boiled eggs, sliced, and serve as soon as heated through. A change in serving is to simply chop the whites of the eggs and add to the sauce, boil up once and garnish with the yolks of the eggs.

**T**HE best way to boil eggs is not to boil them at all. Put them in a pan, cover with boiling water, put on a lid and push back on the range where the water will keep hot, but not boil, for ten minutes. The white should be of a jelly like consistency and the yolk soft but not "runny." Cooked in this way the whites will be as digestible as the yolks. They should be served at once, as they harden by being kept in the hot shell. If the shell of an egg is cracked before boiling, prick several small holes in the thickest part of the egg to prevent the contents oozing out while cooking.

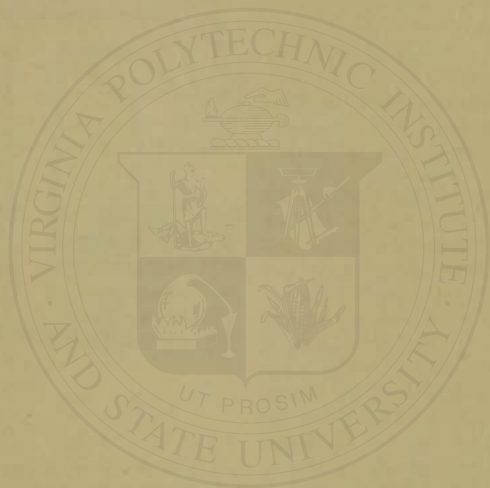
## BOILED EGGS

**F**OR this take six eggs, one medium sized tomato cut fine or its equivalent in canned tomatoes, one small onion, three tablespoonfuls milk, a dash of red pepper, five mushrooms, a quarter pound

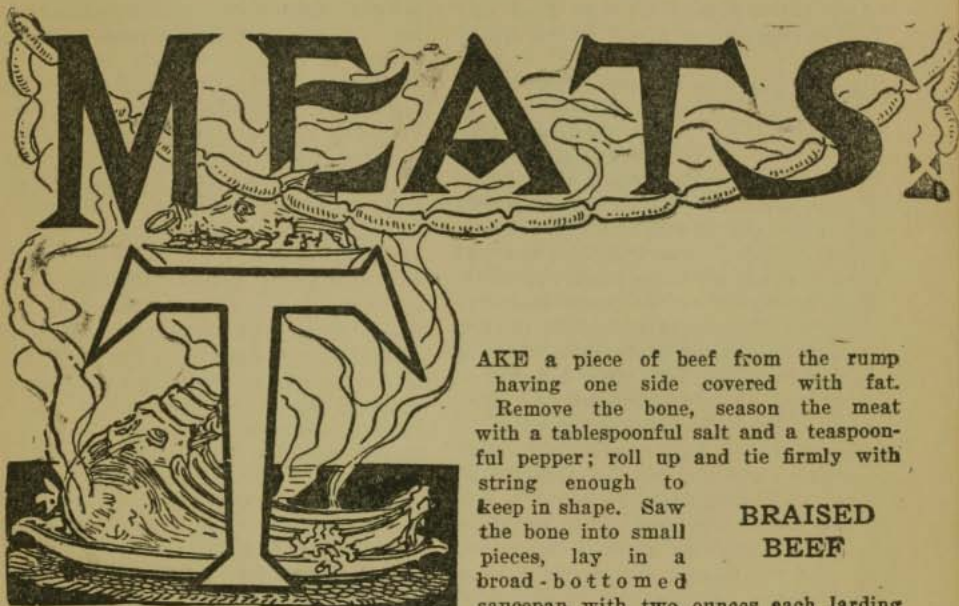
### SPANISH OMELET

bacon minced and fried brown and a quarter teaspoonful salt. Having browned the bacon, add to it the tomato, onion and mushrooms chopped fine and cook fifteen min-

utes. Break the eggs in a bowl without separating, and beat vigorously. Add to them the salt and pepper. Put a tablespoonful butter in the omelet pan and, when melted and the sides of the pan are thoroughly greased, pour in the eggs and shake over a quick fire until well set. Now quickly pour the mixture from the other frying pan over the omelet, fold over once and turn out into the centre of a hot platter. If any sauce is left over, pour around the omelet and serve at once.







**C**UT from the end of a tenderloin of beef slices about five-eighths of an inch thick. Flatten down to about three-eighths of an inch and trim round. Salt on both sides, pepper, and place over

### NOISETTES OF TENDER- LOIN OF BEEF

pieces of toast that have also been fried in oil, pour a little gravy over them and serve very hot. A mushroom puree may be substituted for the gravy.

the fire in a hot saucepan containing a tablespoonful each of olive oil and butter. Cook rapidly seven minutes, arrange on small

**M**AKE a piece of beef from the rump having one side covered with fat.

Remove the bone, season the meat with a tablespoonful salt and a teaspoonful pepper; roll up and tie firmly with string enough to keep in shape. Saw the bone into small pieces, lay in a broad-bottomed

### BRAISED BEEF

saucepan with two ounces each larding pork and raw ham, two onions and one carrot sliced. Add a bouquet of herbs, lay the meat on top and put in two quarts stock or broth. Cover with buttered paper, adjust the lid, push to the side of the stove and simmer about three hours. Take out the meat, lay in a roasting pan with some of the broth and roast thirty minutes, basting frequently. Strain the rest of the broth clear from fat and reduce by boiling, uncovered, until it becomes a half glaze. Take up the meat and lay on a hot dish, add the glaze to the gravy remaining in the pan, thicken slightly with a tablespoonful each butter and flour cooked together, then add the juice of one lemon and a teaspoonful sugar. Pour a little of the sauce over the meat and serve the rest in a sauce bowl.

**P**UT the heart in cold water, wash well and leave for an hour to draw out the blood. Take out, dry on a cloth, cut in halves, rub with flour, and fry in drippings or butter in the frying pan until a light brown. Transfer to a saucepan, with two or three onions sliced and fried in

### BULLOCK'S HEART

The same butter; add a sprig of thyme or a spice bag, and salt and pepper to season, then pour in sufficient hot water or stock to cover. Place on the fire and simmer gently for three hours. Remove, skim the fat from the broth, cook uncovered until reduced somewhat, thicken slightly with flour or cornstarch stirred smooth in a little cold water and put in a little claret and a teaspoonful of culinary bouquet. Place the heart again in the pan, reheat, place on a hot dish, pour the gravy about it and serve very hot, with baked potatoes. The heart is also nice stuffed and roasted. Soak as before in warm water for an hour, wipe dry, fill with a forcemeat well seasoned, then roast, basting frequently. It will take about two hours. Serve with a rich gravy or sauce piquant.

**I**N buying a roast, the ribs, the back of the rump or the second cut of the sirloin are best for those who like their meat rare. Cross ribs are selected by those who like their meat well done. The

### ROAST BEEF

time allowed for roasting a large piece of meat is usually twelve minutes for every pound and one minute for the pan. A smaller piece of meat does not require nearly so much time in proportion. It is important to remember, however, the smaller the cut the hotter should be the fire when first put into the oven. An intensely hot oven sears the exterior of the meat, the same as in broiling, and prevents the drying

up of the meat juices. After the surface is once seared the temperature of the oven should be reduced and the meat allowed to finish slowly with frequent basting. A roast of four pounds will be cooked just right in forty minutes if liked rare. For a very small roast it is a good plan to dredge it with flour, then brown in some of the suet either in the dripping pan or a frying pan set on top of the stove. As soon as browned all over finish the roasting in the oven. In turning the meat never pierce with a fork, which allows the juices to escape and disturbs the tissues. Opinions differ as to the proper time for seasoning the roast. Some prefer to salt and pepper it when put into the oven. Others follow Queen Victoria's favorite way and have it seasoned when half done, while others leave the meat unseasoned for each one to season at the table. There is also a difference of opinion as to whether suet or water should be added to the pan when it goes into the oven. If you wish a fine brown do not add water until the meat is seared. After that a little boiling water or beef stock may be used in the basting. If too dry a little olive oil wiped over the roast when it first goes in makes it exceedingly juicy and toothsome. To tell when it is done test with the blade of a knife, pressing the upper surface. If it is springy you may know it is still rare. Lift carefully onto a hot platter, cover closely a few moments for the meat to "sweat" and allow the blood driven to the centre of the piece to return to the outside. This makes the first slice of the roast as tender and juicy as the middle.

While the best gravy for the roast is the plate gravy that collects as soon as the meat is cut, many families still use old fashioned flour gravy also. To make this, turn off any superfluous grease left in the pan after the meat is taken up and into the remainder stir a tablespoonful browned flour. Stir until smooth, then add boiling water or stock and stir

until creamy. Season with salt and pepper and strain into a heated gravy boat. If the flour is not browned enough to make a rich gravy a tablespoonful of culinary bouquet will make it so.

**S**IFT together a heaping pint flour, a teaspoonful salt and a teaspoonful and a half baking powder. Add a tablespoonful butter and rub fine in the flour. Beat two eggs until light and add

### YORKSHIRE PUDDING

to them a pint of milk. Stir into the flour and mix quickly into a thick batter. Pour a few spoonfuls of the beef drippings from the roast into hot gem pans or a long tin pan and turn in the batter. Bake in a medium oven, basting with the drippings from the meat. This is a more convenient way than the old method of baking the pudding in the pan under the meat, besides giving it more crust. Serve as a garnish to the roast, well seasoned with the plate gravy and drippings from the meat.

**P**ROQUIRE a nice thick piece of beef from the under part of the round weighing about six pounds. Wipe, trim off the edges, place in a deep earthen dish and cover with spiced vinegar made

### BEEF A LA MODE

as follows:—Cook for five minutes in a small porcelain saucepan one cup vinegar, an onion chopped fine, a little salt, mustard, pepper, clove and allspice. Let the meat remain in the marinade several hours, stirring frequently. Chop fine an onion and a little parsley, add a teaspoonful salt and the same amount of pepper. Cut four ounces larding pork and the same amount raw ham into finger thick strips, and make with the carving steel or a pointed knife incisions an inch apart in the meat. Roll the pork and ham in the seasoning and then insert alternately into the in-

cision. Bind the beef into shape with a narrow strip of cotton cloth, then dredge with flour. Cut up two onions, half a carrot and a half turnip, fry in hot drippings or pork fat until brown, then place in a stewpan. Brown the meat all over in the same drippings and place on top the vegetables. Add a half pint Rhine wine and white broth to reach half way up the meat and add a spice bag to flavor. These bags can be purchased at first class grocers', and contain just the right admixture of seasoning herbs. Cover the meat with buttered paper, adjust the lid and simmer gently four hours, or until quite tender. When done remove the strings and lay on a large warm dish. Free the broth from fat, and strain.

Melt a tablespoonful butter in a saucepan, add a tablespoonful flour, stir and cook until frothy. Add one pint of the strained broth, cook five minutes and strain part of it over the meat. Garnish the beef with boiled potatoes, carrot balls and small glazed onions, passing the remainder of the gravy in a sauce boat.

**W**HILE porterhouse or sirloin steaks are the approved cuts for broiling, even a tougher steak can be broiled if treated first in this way:—Put three tablespoonfuls olive oil and one tablespoonful vine-

### BROILED STEAK

gar in a large flat dish. Lay the steak on the mixture and let it rest for half an hour. Then turn and let it rest another half hour in the same quantity oil and vinegar. Two inches is the approved thickness for a broiled steak. If broiled over coal the fire should be clear and bright. If under gas flame leave the oven door open that the air may circulate freely while the steak is broiling. A steak two inches thick will take about fifteen minutes to broil. To tell when meat has cooked sufficiently, press with the back of a knife. If it offers a slight resistance it is rare. If cooked to per-

fection the resistance will be a little stronger. Experience will soon teach this. Meantime have the seasoning for the steak prepared. Rub a hot tin plate with a clove of garlic, and place on it a half tablespoonful butter, a teaspoonful salt and a saltspoonful pepper or paprika. As soon as the steak comes from the broiler place on this and baste with melted, seasoned butter. Transfer to a heated platter and dress with tomato or mushroom sauce or simply butter and fine minced parsley. Two or three thin slices of lemon rolled in fine minced parsley make a pretty garnish for the ends of the steak.

IN purchasing a tongue, salt or fresh, select one with smooth skin. A rough skinned one indicates age. A smoked tongue should be soaked over night in cold water before cooking. Wash well and

## BEEF TONGUE

trim off any extra fat. Draw the tip of the tongue around to meet the roots, and skewer in place.

Put into a kettle with cold water to cover, and in case of a fresh tongue add two tablespoonfuls salt. To either smoked or fresh tongue now add a small red pepper, a few savory herbs, a spice bag, bay leaf, a stalk of celery, and parsley, carrot or whatever soup herbs you have at hand. Simmer gently, and as the water boils away add more, so as to keep the tongue covered until nearly done. When it can be easily pierced with a fork it is ready to take from the fire. If you want to use it right away, remove the skin, but if it is to be served cold let it cool without peeling in the water in which it was cooked. In serving cold tongue whole it should be glazed and trimmed with parsley. If sliced, cut evenly and arrange the slices in a circle around the platter, the slices overlapping. Pile watercress in the centre and serve with sauce tartare. Tongue is also served in aspic and garnished with sliced cucumbers.

PUT one cup butter in a saucepan and when melted add two ox tails, divided into natural sections, and two onions, chopped. Cook until the onions are a light brown. Add two tablespoonfuls flour and stir until frothy. Put in three pints of hot water. When it reaches the boiling

## HARICOT OF OX TAILS

point, skim, then simmer an hour on the back of the stove. Add two carrots and two turnips, cut in rather large pieces, and cook an hour. Add potatoes cut in slices, and salt and pepper to taste. Cook twenty minutes. Take out the vegetables, pile in the centre of a dish with the tails around them, pour the gravy over, and serve with boiled onions as a garnish. Ox tails are also delicious broiled. Joint and put into a stewpan with sweet herbs and stock to cover. Simmer gently two and a half hours, then take up and drain on a sieve. Roll in yolk of egg and finely grated crumbs and broil over a brisk fire, turning constantly. Arrange on a hot dish, garnish with fried parsley and serve with sauce tartare.

FOR this the brisket is best, and to get it just right it should be corned at home. For a ten pound brisket of flat ribs you will need a pickle made in this way:—Into three gallons of boiling water put three pounds of common salt, two pounds of rock salt, two ounces of brown sugar, two ounces of saltpetre. Stir until well dissolved, without boiling again. Let this stand until morning, then strain and put in the beef. Turn every day. The beef should stay in at least a day for every pound of meat, and for a tongue (for this is an excellent pickle for tongue), three weeks. When ready to cook remove the bones, drain and wipe. Cut into equal

## CORN BEEF, ENGLISH FASHION



parts and place one on the other in such a way that the fat and lean mix well. Tie together and wrap in cheesecloth. Put into a large stewpan, cover with cold water and cook slowly, allowing twenty minutes to each pound, and a half hour extra. When tender, drain. Have ready an earthenware crock, put the beef in, opening the cloth so that it will lie smoothly. Arrange the fat and lean as you desire. Cover with a board half an inch thick, and place a weight on it. Set in a cool place until the next day. Take off weight and board, turn out on a large platter, garnish with parsley or cress and small radishes, and cut crosswise in small strips.

**C**UT about two pounds of flank steak into small squares and an onion into pieces, and cook both in a pan with a little butter a few moments, but not long enough to take much color.

### HUNGARIAN GOULASH

Place a layer of the meat in a flat bottomed kettle of good size. Over this put a layer of the onions, and so on until all the meat is used, and as many onions as desired. Add enough cold water to cover the upper layer of meat. Put over the fire and bring to a boil. Allow two cupfuls of canned or sliced tomatoes to each quart of the meat and onion mixture, and when they have reached the boiling point (on no account before), pour the tomatoes over the mixture, but do not stir. Now push the kettle back on the stove where it will simply bubble on the side, not boil. Simmer two hours. Have ready peeled some small potatoes of uniform size, and put into the kettle, pushing the meat and onions gently to one side to make room for them. The contents of the kettle must not be stirred more than absolutely necessary. As soon as the potatoes are done, which will be in about twenty minutes, serve.

**H**AVE a large cut of round steak at least two inches thick. Place on the meat board and spread with a forcemeat made from two cups bread crumbs, a half cup butter, a small onion, chopped; a tablespoonful salt and pepper, and cloves to season. The Germans like a half cup seeded raisins added to this. Roll the meat about the filling and secure with strips of cotton cloth. Flour well all over, then brown in drippings or olive oil, turning from side to side until evenly browned all over. Now add to the stewpan or dripping pan, as you elect to cook your duck, some good broth or rice stock, flavoring it with a few slices of onion, a bay leaf and any other seasonings desired. Cook on the back of the stove or in the oven until the meat is tender. Take from the pan and place on a hot platter. Skim the fat from the surface of the sauce remaining in the pan, add a little flour to thicken, and chili, vinegar or lemon juice to season. Strain over the meat and serve with a garnish of cooked spaghetti.

### MOCK DUCK

**I**N whatever way tripe is to be cooked, the preliminary treatment is the same. It comes to us from the butcher already boiled or pickled. It should then be thoroughly washed and soaked in salt and water, washed again, then put into water and simmered a short time until perfectly tender.

### TRIPLE A LA LYONNAISE

When cold it may be prepared in any way desired. For cooking a la Lyonnaise, cut in long, fine strips about an inch in width. Put into a saucepan three tablespoonfuls olive oil, and when hot add two tablespoonfuls white onions cut in thin slices. Cook to a delicate golden color. Add the tripe. Cook slowly fifteen minutes, season with salt, pepper, a dash cayenne, a tablespoonful

parsley and a tablespoonful tomato conserve. Serve with grated cheese. Both cheese and conserve can be purchased in the Italian quarter most reasonably. The conserve comes in little tin cans and keeps well after being opened. A spoonful is quite sufficient for ordinary seasoning. Tripe is also delicious served with bacon. Fry thin slices of bacon until crisp. Take from the pan and put where it will keep hot. Have the tripe cut in pieces ready for serving. Sprinkle with salt and pepper, roll in flour or cornmeal and brown quickly in the hot fat. Serve with the bacon.

**U**SE for this the ribs and neck of mutton, cut in pieces. Put in a frying pan with a little hot water at first, until the fat begins to fry out, then brown in its own fat. Cut in dice some carrots,

turnips and potatoes, keeping the latter separate. Add the carrots and turnips to the meat,

together with a sliced onion, two stalks of celery, cut in small pieces, and a cup of canned tomato.

Add boiling water to cover and cook gently about two hours or until tender. About twenty minutes before serving put in a pint of diced potato and two tablespoonfuls of minced parsley. When done add a little green pepper, cut in fine strips, thicken with flour diluted with cold water to make a thin paste, season with salt and pepper and serve with or without dumplings. The latter may be baked the same as biscuit or made in this way:—Sift together two cupfuls of flour, three level teaspoonfuls of baking powder and half a teaspoonful of salt. Rub in a tablespoonful of butter, using the tips of the fingers, then add seven-eighths of a cup of milk, mixing quickly with a knife. Drop by tablespoonfuls in a perforated pie tin or buttered steamer, set over the stew, cover tightly and steam without uncovering for twelve minutes.

**H**AVE the butcher remove all the bones from a forequarter of lamb, or do it yourself, using a good sharp pointed knife and cutting along the bone under the meat until you can pull it out.

Wipe carefully and stuff with a dressing of well seasoned bread crumbs. Roll tightly and secure with a string. Put

### BREAST OF LAMB STUFFED

a generous piece of butter or a couple tablespoonfuls of olive oil in a frying pan and when hot lay the lamb in it and turn until browned all over. Then transfer to a dripping pan with a half cupful boiling water. Dredge with flour and season well with salt and pepper, cover closely and bake slowly. Or, if you prefer, you can steam the rolled breast until partially done, then put into the oven to finish cooking and browning.

**F**OR this use three pounds lamb or mutton from the forequarter. Cut the lean meat in inch pieces, discarding skin and fat. It is the skin on the mutton that gives it the woolly taste so many object to. Put into

a kettle, cover with three pints cold water, bring quickly to a boil and skim.

### SCOTCH STEW

Add a half cup barley that has been soaked in cold water over night and cook gently for an hour and a half. Put the bones into a second kettle, cover with cold water, heat slowly to the boiling point; skim and cook an hour and a half. Strain and add the stock to the meat. Fry five minutes in butter or beef drippings a quarter cup each of turnip and carrot cut in dice, and an onion thinly sliced. Add to the stew with salt and pepper to season, and cook until the vegetables are tender. Thicken with two tablespoonfuls of flour rubbed smooth with a tablespoonful of butter, and just before serving throw in a tablespoonful of minced parsley.

**F**RENCH the chops by trimming off the strip of fat and skin on the long end of the bone. They should be thick and juicy. Wipe with a damp cloth. Have ready on a plate an egg beaten slightly and mixed with a tablespoonful of warm water, salt and pepper to season. On another

### BREADED LAMB CHOPS

plate have some fine dry sifted bread crumbs, also seasoned with salt and pepper and a tiny bit of fine minced parsley. Have in readiness also a kettle of smoking hot fat. Dip each chop in the egg, both sides, then in the crumbs, and two at a time plunge into the smoking fat. If more are put in at a time it cools the fat too much and the chops soak grease. Draw to the edge of the fire and cook from six to eight minutes.

**T**HIS is a favorite way of preparing mutton in the chafing dish. The loin is the portion utilized, making an excellent substitute for venison. For four loin chops you will require one level

### MOCK VENISON

tablespoonful of butter, one-quarter cup of port wine and a dessertspoonful of currant jelly. Let the butter get very hot, brown, but not burned. Trim the fat from the chops, sprinkle lightly with salt and pepper and put in the browned butter quickly. As soon as slightly browned add the wine and jelly, put on the cover of the dish and let simmer from six to ten minutes, according to the thickness of the chops. If the chops are cooked beyond the pink stage they become tough. As soon as taken up add as much more wine and two tablespoonfuls of bread crumbs to the gravy remaining in the pan and serve with the chops. A relish of currant jelly accompanies this very good imitation of venison.

**C**UT up enough cold lamb to make one quart diced. Season with salt and pepper, put into a baking dish and pour over the meat a sauce made as follows:—Put one tablespoonful of butter in a frying pan and

### FRICASSEE OF LAMB

when hot add a tablespoonful of flour and cook until brown. Then add one scant pint of water and when it boils up season with salt, pepper and a little onion juice and pour over the meat. Set in the oven and cook for twenty minutes, covered. To make the dumplings, sift together one pint of flour, one-half teaspoonful of salt, one teaspoonful of sugar and a teaspoonful and a half of baking powder. Repeat three times. Rub into the sifted mixture a half tablespoonful of butter, and then wet with one small cup of milk. Roll out and cut into very small biscuit. Place on top the meat and bake twelve or fifteen minutes in a very hot oven. Serve at once.

**S**ELECT a large leg of tender mutton and have it sent two or three days before you wish to serve it. Wipe with a damp cloth and rub over with a mixture of spices, using a half teaspoonful each cloves, pepper, ginger, cinnamon and powdered mint. Rub thoroughly and hang the mutton in a cold place for a couple of days.

### ROAST LEG OF MUTTON

When ready to cook put into a good sized dripping pan, add four sliced onions, a cup of seedless raisins and two quarts of hot cider. The cider must be sweet. Cover the mutton with oiled paper and then with another pan and put in a hot oven. As soon as the meat is browned reduce the heat and then cook slowly, basting frequently with the cider. When about half done add to the cider a teaspoonful of salt. When ready to serve put the mutton on a hot platter, arrange the raisins about it, boil the cider down quickly to a thick, rich sauce, strain and serve in a sauce boat.

**P**UT the meat into a saucepan of salted water and simmer until about half done. Take out, score, sprinkle with salt and pepper and brush over with yolk of egg. Cover with bread crumbs

and finely minced fresh mint, or dry mint powdered, and broil over a clear fire until cooked through and a light brown. Serve with

tomato sauce or a sauce made by cooking a pint of gravy with a minced onion and a tablespoonful minced pickles. Cook ten minutes, thicken with a tablespoonful each flour and butter rubbed together, put into a hot gravy boat and serve.

## GRILLED BREAST OF MUTTON

**T**HE saddle of lamb or mutton is simply the loins cut off before the carcass is split open down the back.

If a large saddle is used the tail is left on. If medium sized, it will roast in an hour

and a half. If large, it will require two hours. Take the skin from the top of the fat and kidneys from the under side. Cut the suet on top in

points and raise a little to make a decoration. Roll the flaps under and tie in a well rounded shape. It should first be exposed to intense heat until browned, then seasoned with salt and pepper, basted frequently with its own drippings and cooked rare. In carving, cut slices the length of the saddle and parallel to the backbone, then slip the knife under and separate from the ribs. After carving the top, turn and cut the tenderloin in the same way. Serve with red or black currant jelly, and if desired a cucumber sauce made in this way:—

Peel a couple of large cucumbers, slice and place in cold water, lightly salted. Peel and slice a medium sized white onion and put with the cucumber in a small

stewpan, with **gravy** to cover. Simmer gently for fifteen or twenty minutes, season with salt and pepper and add a tablespoonful lemon juice. Garnish the saddle with cucumbers and serve the sauce in a boat.

**C**UT three pounds lamb or mutton into inch pieces, trimming off the fat.

Season with salt and pepper. Put a tablespoonful butter or drippings in a saucepan over the fire and when hot add one finely sliced onion and a half clove of garlic. Cook two or three minutes, add the meat,

## HARICOT MUTTON

toss for a few moments, cover and cook twenty minutes, stirring frequently. Add a half cup boiling water and simmer gently until the meat is tender. Meantime melt two tablespoonfuls butter in a saucepan, put in two tablespoonfuls flour and when blended add a quart of meat broth made from the bones, a bouquet of herbs and a half dozen small onions. Cook ten minutes, then add to the meat, cover and cook half an hour longer. When ready to serve remove the bouquet and every particle of fat, put the meat in the centre of a hot platter and dress with one pint each cooked string or lima beans and the same amount of carrot dice. Peas may also be added or substituted for either vegetable.

**T**HIS roast, sometimes known as Philadelphia roast, consists of rib chops trimmed and skewered together. Put into a small dripping pan,

meat side down, season with salt and pepper and roast in a quick oven just long enough to brown properly. Fill in the centre

## CROWN ROAST OF LAMB

when serving with riced potato or green peas. Serve with mint sauce or mint jelly.

To make the jelly, pour two cups of

boiling water over a bunch of freshly bruised mint leaves, then simmer gently for fifteen or twenty minutes. Strain, and to a pint of liquid add one package of currant, lemon, or any of the patent jells, or a half package of gelatine that has been soaked for twenty minutes in a little cold water reserved from the original amount measured out. Add sugar to sweeten and currant or lemon juice to make a pleasing acid. Stir the softened gelatine until dissolved, and set away to cool. As it begins to thicken put in two tablespoonfuls of capers. Mould in tiny individual cups or one large mould and garnish with tiny sprigs of mint. This is nice to serve with any form of roast lamb or mutton.

**T**HE secret of cooking breakfast bacon so that it will be dry, crisp and a delicate light brown consists first in cutting it thin, then in having it ice cold when put into the frying pan if to be fried. The pan should be hot, yet not red hot, and care is necessary to keep the rashers cooking

**BREAKFAST BACON**  
evenly; a slice of lean needs to be turned over on to the fatter part to keep it from getting too dry. In doing small quantities it is well to put a little bacon fat in the pan. Save what is left each day when frying and pour into a little jar to keep it. Shake the pan rapidly while the bacon is cooking and toss over to crisp into little rolls. While most people find frying the handiest way to cook bacon in small quantities, there is no better or easier way with a gas stove than to cook it in the oven. Cut the rashers with mathematical precision, and the bacon should be so chilled that it is very firm and can be sliced wafer thin, and lay the slices in a sheet iron baking tin or spider, one slice overlapping the other so that each strip of lean rests on the fat of the rasher underneath. Put in the oven and leave until cooked. An

appetizing addition to ~~the~~ dish of breakfast bacon is green peppers. Select firm green peppers and cut into rings, removing all the seeds. Soak for twenty minutes in salted ice water. Drain, pat dry on a clean cloth and fry in the pan in which the bacon has fried crisp. Keep the bacon hot meanwhile. When the peppers are tender heap them up in the centre of a small hot platter and arrange the slices of bacon around them.

**G**ET a plump little pig, from three to four weeks old. Wash thoroughly in cold water, inside and out, taking special care to see that the eye sockets, ears and throat are perfectly clean. Rinse in cold water and wipe dry.

**ROAST PIG**  
Rub over the inside with salt, pepper and a little sifted sage. Make a dressing, using a quart fine bread crumbs, three tablespoonfuls melted butter, a large apple, chopped, and one small onion, a few sprigs parsley minced, salt and pepper to season and milk to moisten. Fill the body of the pig with this dressing, pressing full, then drawing the skin together with a coarse needle and thread. Roll the ears and legs in oiled paper, bending the fore feet under the body and the hind feet backward. Skewer in place. Put a corn cob or bit of hard wood between the jaws to keep them open. Put the pig in a dripping pan, rub the skin with olive oil or butter, sprinkle with salt and pepper and dredge with flour. Place in a brisk oven. Baste for a time with hot water and melted butter or olive oil, then later with the drippings. The easiest way to do this is with a swab of white cloth tied to a skewer. When the pig seems tender, which will be in from two to two and a half hours, remove the oiled paper from legs and ears and cook about fifteen minutes longer. Arrange on a large platter a bed of watercress, or celery tips, lift the pig tenderly

on it, remove the stick from the mouth, replacing it with a small rosy apple or a lemon, put a necklace of cranberries, popcorn or parsley about the neck, and serve with gravy and tart apple sauce.

The stuffing may be varied by using mashed potato instead of the bread. Cold slaw, cranberry jelly, brussels sprouts, sweet potatoes or potato croquettes are all appropriate to serve with roast pig.

**T**HESE make a delicious dish for breakfast or as an entree. They usually come from the butcher's already boiled. Split the feet and make sure they have been properly cleaned.

### PIGS' FEET

Season with salt and pepper, roll in olive oil, then in fine bread crumbs and broil over a clear

fire, allowing four minutes to a side. Or dip in batter and fry in olive oil or hot butter. Serve with sauce piquant or maitre d'hotel butter. They may also be boned by dropping in boiling water for four or five minutes, then drain, wipe, season with salt, pepper, lemon juice, dip in beaten egg and crumbs and fry in hot fat.

**G**ET two pounds lean pork trimmings and cut into inch pieces. Season with a teaspoonful and a half salt and a teaspoonful pepper. Place in a saucepan and cover with boiling water.

### PORK PIES

Add two onions, medium size, cover and cook gently until tender. Drain off the broth from

the meat. Put into a frying pan a tablespoonful each butter and flour, and when bubbly add two cupfuls of the broth in which the meat was cooked. Season with a little lemon juice and cook until the sauce is smooth and thickened. Add the meat and set aside to cool. Make a good

crust, using two cups flour and one cup lard, a teaspoonful salt and cold water to make into a paste. Butter small earthen bowls or pie plates, dust with flour, line with crust and fill with the meat, but no gravy. Cover with paste, leaving a hole in the centre for the escape of steam and bake in a medium hot oven. Keep the gravy hot. When the pies are baked put a small funnel in the hole in the centre of the crust and pour in as much as the pies will hold. Another way is to put the meat in bowls without any under crust, then cover with a crust and bake.

**W**HILE sausage is not to be commended for a steady diet, good home made or pure commercial sausage is not an unwholesome breakfast dish on a cool morning, while cooked over the camp or picnic fire it is hardly surpassed.

### SAUSAGE

Link sausages are nice covered with water and boiled a few moments, then grilled over the fire or browned in the oven.

Another appetizing way is to pick the sausages apart, then cook in cream sauce, like dried beef. Sausage and onion make a good combination. Allow a tablespoonful of chopped onion to a pound of sausage. Brown in a frying pan with the sausage and sprinkle over it when serving. Fried apples or apple fritters are also excellent accompaniments to fried sausage. To bake sausage take a roll of the country sausage and place in a dripping pan. Dust lightly with flour and make a wall of potato around it, peeling the potatoes, cutting them in half and standing the cut side against the sausage. Bake in a moderate oven until the potatoes are tender and brown and the sausage well done. Use the drippings from the sausage for a cream gravy to go with the sausage and potato.

**H**AVE the ham sliced rather thick. Freshen slightly by soaking in ice water over night or by parboiling it in enough water to cover. Wipe dry, place between the bars of a gridiron and

### BROILED HAM

brown slightly on both sides. Season with pepper and more salt if needed, and serve with orange or apple fritters. Fried eggs may also accompany it if desired. To make the fritters slice oranges or apples in thick slices, from which all peeling and cores have been removed. Make a fritter batter, allowing to one cup sifted flour a teaspoonful baking powder and a pinch of salt, two beaten eggs, a quarter cup sugar (or not according to taste), and a half cup milk.

Fry in hot ham fat or a kettle of deep lard, and as soon as brown drain on butchers' paper and dredge lightly with powdered sugar.

**T**HIS is especially delightful for buffet luncheons or high teas. Select a ham weighing from seven to nine pounds, scrape the outside, then scrub with a clean brush and rinse well. Place

### BAKED HAM WITH CIDER SAUCE

in a good sized kettle, cover with cold water and set over the fire. When it reaches the boiling point skim thoroughly, then push back where it will simmer for a couple of hours. Take from the fire and let the meat remain in the liquor in which it was cooked until just lukewarm. Take out the ham and peel off the skin, which should come off easily. Place in a baking pan and bake in a moderate oven, basting frequently at first with hard cider sweetened with brown sugar and afterward with the drippings from the pan.

When the ham is baked prepare a dressing of one cupful rolled bread crumbs or

cracker dust, a teaspoonful dry mustard, two teaspoonfuls brown sugar, one beaten egg and cider to make a paste. Spread over the ham, dot with cloves and bake long enough to color a rich brown. To make the sauce put into a small saucepan over the fire a level tablespoonful each butter and flour, and when melted and frothy add a cup of highly seasoned stock. Cook ten minutes, then add a cup of cider, strain and serve.

**Q**UITE familiar is the old Southern dish of liverwurst. Take six pigs' haslets (heart, liver, &c.), look over carefully, removing all imperfect parts. Put into a pot of water lightly salted and cook until tender.

Chop fine. In another pot put about five pounds of fat pork. Boil until tender,

### LIVER- WURST

take off the rind, chop fine and add to the liver. Throw away the water in which the haslets were cooked, as it is not fit for food, but save the water in which the pork was cooked. Put the chopped mixture in the water with a dozen onions, chopped fine. Cook until the onions are tender. Season with powdered sage, salt and pepper, and then sift in meat and cook until thick enough to fry. Pour into moulds and when cold slice and fry.

**U**SE for this the head of a young pig, with heart, liver, kidneys and all the lean trimmings. Do not use the fat pieces. Take from the head as much of the jaw bone as possible, with all the teeth, and cut off the gristly snout and ears.

### SCRAPPLE

Clean thoroughly and put into a large saucepan with the heart, liver, kidneys and lean meat. Cover with cold water and boil until all the bones in the head fall apart. Strain off the liquor into

another pot and set back on the stove to keep warm. Pick over the meat, removing all the bits of bone and gristle. Return the meat to the strained liquor and again place over the fire, seasoning with salt, black pepper and sage. Now stir into the liquor cornmeal and buckwheat in the proportion of two of cornmeal to one of buckwheat and cook until the entire mass is about the consistency of mush. Pour into deep pans and put in the cellar to cool. This is a cold weather dish, but is excellent in a northern camp for the summer.

**T**HIS is just a plain country dish, but one which almost every one likes.

Slice salt pork thin and put in a frying pan with water to cover. Cook until the slices of pork look pinkish and the water has evaporated. Roll each slice in a little flour, shaking off all that is superfluous, and return to the spider. Fry until crispy

### SALT PORK AND CREAM GRAVY

brown on both sides, watching closely that they do not blacken. Take up the slices of pork on to a hot platter, then stir into the fat remaining a tablespoonful flour. Stir until well blended, then pour in a cup of milk. Stir again until smooth and thickened, add a half cup cream or more milk, with pepper to season, and pour over the pork. This cream gravy is specially delicious with buckwheat cakes.

**H**AVE the bone removed and the space filled with a dressing of sage and onion, or one similar to that used in the roast pig. Roll up and secure with a string. Place in a dripping pan.

### ROAST SHOULDER OF PORK

Rub salt, pepper and the grated rind of lemon over the scraped top and squeeze the juice of a lemon over it. Bake with an even heat,

basting frequently. The meat must be well done to be good. Serve apple sauce or prunes with this. The Swedes make a dressing for fresh pork roast of prunes and rice. Soak a quarter pound of prunes in cold water over night. Cover with boiling water and cook until nearly tender. Blanch one cup rice, add prune juice and water to make three cups in all, add a teaspoonful salt and boil until the rice is tender. Add the prunes stoned and cut in pieces. A dozen chestnuts or butter-nuts may be added for variety.

**W**ASH the brains thoroughly, rejecting all the small membranes.

Place in a quart of cold water to which a tablespoonful of vinegar has been added, soak for twenty minutes or half an hour, then drain.

Drop into boiling water and cook three minutes — no longer. Pour off the

### CALF'S BRAINS

water and replace with cold water. After this preliminary treatment they are ready for use in any way desired. Put on the ice until ready to cook. To bread them, cut each portion of brain in half, season with salt and pepper, dip in egg, then cracker crumbs and fry in butter or olive oil until browned on each side. Take up carefully so as not to break them and serve with a tomato or brown butter sauce. Or brush over well with melted butter or oil, roll in seasoned bread crumbs, place each piece on a slice of bacon and bake in a hot oven for half an hour. Serve with sauce piquant. The blanched brains may also be cut in inch cubes, dipped in fritter batter and fried in hot, deep fat; be browned in butter and served on a bed of boiled spaghetti covered with tomato sauce and sprinkled with Parmesan cheese; or, cut in small pieces, put in scallop shells or ramekins, covered with tomato sauce, grated cheese and buttered crumbs and baked until slightly colored.



**H**AVE the bones removed from the shoulder, then fill with a good forcemeat and sew up. Season the meat with a large tablespoonful of salt and a teaspoonful of pepper mixed, rubbing in thoroughly. Brush

### ROAST SHOULDER OF VEAL

over with olive oil, lay in a roasting pan, place in a hot oven and roast, basting with olive oil and hot water until a light brown. If preferred, thin slices of larding pork may be put on top of the roast to furnish the necessary fat for the basting. When colored, add a cupful of boiling water to the pan, then continue to roast and baste until the meat is tender. This will take about two hours. It is a good plan to invert a pan over the roast during the last hour to keep the steam in and the meat from becoming too dry. When ready to serve, take the roast on a hot platter, remove all fat from the gravy, thicken slightly with a tablespoonful of cornstarch or flour stirred smooth in a little cold water, cook a few moments, add culinary bouquet to color a rich brown, then strain and serve with the roast.

**T**AKE about three pounds lean veal from the shoulder or other inexpensive cut that has but little fat about it. Dredge with salt, pepper and flour. Put a little pork drippings, olive

### VEAL POT PIE

oil or butter in the bottom of a round bottomed iron pot, and when hot turn in the meat and let it brown. When well colored, add boiling water to cover and a small sliced onion and let it simmer a couple of hours, or until thoroughly done. Then prepare the dumplings in this way:—Sift together two cupfuls flour, a teaspoonful and a half baking powder and a half teaspoonful salt. Add a cupful milk, mix quickly and

drop the batter in large spoonfuls on the meat. Take care not to let them fall into the gravy, else they will be heavy. Cover closely and cook steadily ten minutes or longer; but do not uncover under ten minutes. Arrange around the edge of a hot platter, dish the meat in the centre, add flour to the gravy, enough to thicken, cook a couple of minutes, strain over the meat and serve immediately. If preferred, the dumplings may be mixed the same as baking powder biscuit; baked, then split and used with the meat and gravy in the same way.

**F**OR this use either the fricandeau or prime piece of a leg of veal which weighs from three to four pounds, the shoulder boned and stuffed or the breast. Most of the bones of the breast will not need to be removed, as they become tender in the cooking. Braising is the ideal way

### BRAISED VEAL

of cooking veal. The old time braising was done in a regular braising kettle with a cover which held coals, thus cooking both top and bottom at the same time. To-day nearly all braising is done in the oven in shallow pans, with deep, close fitting covers. The meat, seasoned or stuffed, is put in the pan, covered with hot stock and an abundance of herbs, seasoning, the vegetables, like young onions and carrots, covered closely, then braised with frequent basting until brown, juicy and thoroughly cooked. The time required is usually about three hours. A good forcemeat for stuffing veal is made by running through a meat chopper a pound lean veal and a quarter pound sausage meat. Soak the crumbs of a half loaf of bread in cold water, then squeeze dry. Add a tablespoonful salt, a teaspoonful pepper, two onions chopped fine and fried in a little olive oil or butter, and parsley, sage or thyme to season to taste. Stuff the breast or shoulder with this mixture and tie up.

**S**CALD in boiling water, rub with a coarse cloth, drain and cook for three hours in stock or water seasoned with onion, salt and bay leaves. When tender take out, slit the top of the

### CALF'S EARS

ear, and, having made a rich cream sauce of two tablespoonfuls each butter and flour, a cupful of milk or stock, with salt, pepper and nutmeg to season, simmer the ears in this for an hour. When ready to serve stir in the yolks of two eggs and a little lemon juice and dish on toast, with a garnish of sliced hard boiled eggs. When a more elaborate dish is desired, extend the slit in the ear and garnish with truffles or mushrooms.

**W**HEN the head comes from the market already scraped and cleaned all that is necessary to do is to scald it and rub with a coarse cloth to take off any remaining hairs. Have ready

### CALF'S HEAD ENTIRE

a saucepan large enough to hold the head, which should be tied in a piece of thick muslin. Cover completely with boiling water. Let it boil up once or twice, skim thoroughly, then add salt, pepper, parsley, a little onion and carrot, a spice bag or, failing that, a bay leaf, two or three cloves and a little marjoram. Then push back on the range, where it can simmer gently for five or six hours. When done remove the muslin, lay the head on a white napkin with a garnish of lemon and parsley, trim the ears so they look shapely and put a lemon in the mouth. Serve with sauce piquant. Save all the broth in which it was cooked, as it makes a thick jelly suitable for soups and sauces. If preferred the head may be boiled entire, then boned and the meat cut in small pieces. Put a cup of the stock over the fire and when hot thicken with a tablespoonful of flour

stirred smooth with a tablespoonful of butter. Season with salt and pepper, add two heaping cupfuls of the meat to the stock and cook for five minutes. Beat the yolks of two eggs with a cupful sweet cream, stir into the stock and take at once from the fire. Add two tablespoonfuls Madeira and a squeeze of lemon juice and serve with baked potatoes and hot raised biscuit. Prepared in this way it is an excellent substitute for terrapin, which it closely resembles in taste.

**M**INCE fine one cupful of cold veal, add a half cupful of cooked sweet-breads, also cold and minced, one cupful of cooked rice, a few drops of onion juice, and minced parsley, celery or thyme to season. Moisten with a little rich veal stock, and heat over the fire. Add salt and pepper and one beaten egg yolk, cook for one or two minutes and turn out on a dish to cool.

### VEAL CRO- QUETTES.

When firm and cold, form into croquettes, pear shaped, stick a clove in the small end, to simulate the stem, roll lightly in bread crumbs, then in beaten egg to which a tablespoonful of milk has been added, again crumb and fry in smoking hot fat until a golden brown.

**F**RY a tablespoonful chopped onion to a golden brown in a tablespoonful olive oil or butter. Add a pound lean veal cut in inch pieces. Season with salt and paprika, sprinkle with a tablespoonful flour and stir until slightly browned. Then add one cupful stock or water, cover and simmer for an hour. Add one cupful diced raw potatoes and cook fifteen minutes longer. Add a tablespoonful minced parsley or green peppers, cook five minutes more, then serve.

### VEAL GOULASH

**T**AKE three pounds lean, juicy veal, freed from fat and bones. The neck is particularly suitable for this purpose. Cut in cubes about two inches in size. Put in the bottom of a pot two

### VEAL A LA MARENGO

tablespoonfuls of oil or pork fat drippings, and when hot add a sliced onion and cook a golden brown. Then add the veal seasoned with salt and pepper and dredged lightly with flour and fry until well browned. Watch closely and turn as required. When all the pieces are brown, pour three cupfuls good white stock over the meat with a half cup strained tomatoes and a soup bag to season, or a little celery, parsley, thyme, cloves and bay leaf. Simmer gently for three-quarters of an hour, then dish on a hot platter with a circle of heart shaped pieces of fried or toasted bread about it. Skim the gravy, then thicken and strain over meat and bread. Serve with rice and green peas.

**T**HIS is a thick cut of three or four pounds from the leg. Remove all skin and tendon and pound with a potato masher until almost as tender as pulp. This is the French method of

### FRICANDEAU OF VEAL LARDED

treating veal and is an essential thing to do. Beef, on the other hand, is ruined by the pounding process, which breaks the fibres and lets out the juices. After the pounding, form into a loaflike shape and lard the upper part with delicate strips of fat and salt pork. Season with salt and pepper, sear in hot fat, sprinkle with just a suspicion of powdered sugar and roast in a rather cool oven. When ready to serve garnish with carrots boiled or fried and cut in long strips, peas and potato balls.

**C**UT three or four tails in two inch lengths, then parboil ten minutes.

Drain and put into a stewpan, cover with water or stock, adding a quarter pound bacon from which the rind has been removed. Cook slowly until the tails are tender and the broth reduced nearly half.

### CALVES' TAILS

Slice the bacon and arrange around a mound of cooked spinach, well seasoned. Make a circle of the tails around outer circumference of the dish, thicken the broth with flour, color brown with culinary bouquet or browned flour, season with a little lemon and pour over the whole.

**T**HE first treatment of sweetbreads is always the same, no matter in what form they are to be served.

When they come from the market soak in cold water for two hours, then boil five minutes in fresh water, drain and drop again in cold water. Now wipe, pull off the wind-

### SWEET- BREADS

pipes and fibres, after which they may be prepared in any way preferred. If you wish them creamed, cook until tender, then flake or cut in small pieces. Put a tablespoonful of butter in a frying pan, add a scant tablespoonful of flour, and as soon as blended add a cupful of rich milk or cream, with salt and pepper to taste. Pour over delicately browned slices of toast. Or fry the sweetbreads and an equal quantity of mushrooms in butter, then blend with cream, slightly thickened. In broiling, sweetbreads after being blanched are dipped in oil, salted and peppered, then broiled over a clear fire. Sweetbreads and bacon go excellently together. After the preliminary treatment fry in bacon fat and serve with slices of fried bacon and cucumbers.

Sweetbreads and peas are another happy combination. Fry slices of the sweetbreads brown in olive oil or butter, arrange them on a hot dish in a circle around a mound of hot, well seasoned peas. For a curry cut the sweetbreads into dice shaped pieces and cook tender

in a little white stock of chicken or veal, to which a few slices of onion have been added as seasoning. When tender remove the onion, thicken the broth slightly, add a teaspoonful of curry powder and a few drops of lemon juice, then serve very hot.



# VEGETABLES

**T**HIS is a very popular dish in England and on the Continent and finds appreciation by many who would not eat cabbage in any other way. Select a firm head of cabbage, green or red, pick

## CHOU FARCI OR STUFFED CABBAGE

clean and lay in salted water for an hour, pulling the leaves apart, but not breaking them off. Drain, put into boiling salted water and

cook fifteen minutes. Drain and cool. Have ready a forcemeat made of a pint Italian chestnuts mixed with an equal quantity sausage meat, mashed potato and sausage, or a cup and a half chopped roast beef, mutton or veal, with half as much fine crumbs and weak stock to moisten and herbs to season. Cut out the stalk of the cabbage, leaving a cavity large enough for the forcemeat. Pack in, wrap the cabbage in a crocheted net made for the purpose, or a piece of cheesecloth, then simmer slowly in a saucepan with a cup of broth well seasoned. Cook for an hour and a half, tightly covered, remove the wrapping, lay the cabbage on a heated platter and pour over it a good brown sauce. A variation is to put the stuffing between the leaves of the cabbage as well as in the centre, filling all the interstices,

**A** FRENCH artichoke to be eaten cold with French salad dressing should have the leaves left on, the stalk trimmed off close to the bottom, then be plunged into salted boiling water and cooked until the leaves pull off readily and the little cup or fond at the base is tender. Drain and chill.

## FRENCH ARTICHOKES COLD

When ready to serve have the dressing in little sauce-plates at each plate. The correct way to eat the artichoke is to pull off the leaves one by one, dipping the flesh end in the sauce and nibbling off the little bits of flesh. When the leaves begin to be flabby and without meat at the end pull out all with the bristly heart. This leaves the little fond of the vegetable, which is eaten by pouring the rest of the dressing into it, then separating into mouthfuls. A delightful introduction to a course dinner on a hot night is the heart of a cooked artichoke cut with a cooky cutter to give it a fancy edge, then thoroughly chilled. Fill the cup of the fond with caviare sprinkled with finely minced parsley, and the yolk of a hard boiled egg, pressed through a ricer or frosting bag in star or flower design. A few drops of lemon juice gives the needed zest.

**T**HIS makes an exceptionally dainty entree. To prepare the canapes, take slices of stale bread about two inches thick and stamp into neat rounds with a biscuit cutter. With a smaller

### CANAPES OF ASPARAGUS

leave a firm bottom and sides. Beat an egg and add to it a cupful of milk. Arrange the canapes in a shallow dish and pour the milk and egg mixture over them. This amount will make five or six canapes. Let them lie in this just two or three moments, then take up carefully and slip into a kettle of boiling lard. They must not be crowded. They will turn a golden brown in just a moment and need to be carefully watched to prevent their getting too dark. Take out with a skimmer and drain on soft paper. Cook the tender tops of a pint of asparagus, then drain well. Put into a saucepan two tablespoonfuls butter and one spoonful flour. When bubbly add a half cupful boiling water and let come to a boil. Add the cooked asparagus, the juice of half a lemon and a tablespoonful chopped parsley. Fill the canapes with this, arrange on a napkin or platter and garnish with slices of cut lemon and parsley or cress.

**T**RIM off about half an inch from the tops of the artichokes and cut off the leaves from the bottom. Wash thoroughly the rest of the vegetables, put into a saucepan with plenty of boiling

### STUFFED ARTICHOKES

perfectly dry.

Put the tops of the leaves in a frying

pan with two tablespoonfuls of olive oil and fry. Place in another frying pan three tablespoonfuls of chopped bacon, and as it fries out add two tablespoonfuls of flour. Put in a few minced herbs to season, then pour in a little broth to make a thick sauce. Cook five minutes. Season the artichoke cups with salt and pepper, fill with the cream dressing and cover the top of the cup with a thin slice of bacon, tying with a string to keep it in position. Put into a baking pan with a little gravy or broth and bake twenty-five minutes. Arrange the cooked leaves on a hot dish, remove bacon and string from the artichoke cups, place on the cooked leaves and serve hot.

**G**REAT care is necessary in cooking Jerusalem artichokes, as, owing to the absence of starch, they do not become dry and mealy in the cooking like the potato. A nice way to prepare them is to cut in slices, boil in salted water until tender, but not too soft. It will take about twenty

### JERUSALEM ARTICHOKES

minutes. Drain and dry on a soft towel. Put a tablespoonful of butter in a frying pan, add one onion sliced and cook until a light yellow, then put in the artichokes and toss until a delicate brown. Sprinkle with salt, pepper and minced parsley. Or wash and peel the 'chokes, cut in small cubes, then cook in boiling salted water, taking care not to overcook them. Put in a baking dish or individual ramekins, sprinkle on a layer of grated Parmesan cheese and cover with cream sauce. Put buttered crumbs over the top and bake until the crumbs are a golden brown. The artichokes may also be cooked tender and added to a good white or cream sauce, or cooked in milk with a little onion, using a double boiler for the cooking and thickening with flour. They also make an excellent cream soup.

**P**ICK over tender dandelion leaves, wash carefully through several waters, then throw into an abundance of boiling, salted water and cook gently for fifteen minutes. Drain, turn cold water over them from the faucet, to chill and blanch. Drain again. Chop fine and when nearly ready to serve

## DANDELION GREENS

warm in a frying pan with butter, pepper and salt, and, if liked, a little nutmeg. Mound in a hot dish and slice two or three hard boiled eggs over them. Dandelion greens are also cooked with bacon. In this case cook the well cleaned leaves ten minutes in boiling salted water, then drain and return to the saucepan with fresh water and a pound of bacon allowed to a half peck dandelions. Add salt, pepper and a little onion, and boil gently until tender and nearly dry. Serve the greens on a hot platter with the bacon sliced and arranged around it.

**F**OR salad use the common dandelion blanched by growing through a depth of sandy soil or under earthen pots is preferred by many to the choicest cresses. Blanched in this way it is delightfully tender, crisp and white, without the bitter taste. Successive

## DANDELION SALAD

crops of this may be grown throughout the summer if not allowed to blossom. The tender green leaves of young field dandelions picked before the plant blossoms are also used for salad. To prepare for serving, wash several times in cold water, drain well, put the leaves in a dish and cut fine. Sprinkle with salt, cover and stand in a cool place for several hours. Then drain again. Mix six tablespoonfuls of oil with three of vinegar or lemon juice and a quarter teaspoonful of pepper. Pour over the leaves, toss well and serve.

**T**HE French method of cooking asparagus is to immerse the stalks tied up in a bundle in boiling salted water, allowing the tips to stand above the water, so as to steam tender while the tougher portions are boiling. Cook until tender but not broken, and serve with melted butter,

## ASPARAGUS

white sauce or a Hollandaise sauce. A Frenchwoman eating asparagus takes a stalk at a time in her fingers, dips the head in the sauce provided and daintily nibbles down the stalk as far as it seems tender. In America it is usually served on buttered toast, each slice of toast being dipped into the asparagus liquid.

The "up-State" method of cooking asparagus is preferred by many. Only the tender portions of the stalks are used, the tougher parts being reserved for the stock pot. Cut the tender portions of the stalks into half inch lengths and cook until tender in just enough boiling salted water to cover well. When tender—and it will not require more than twenty minutes—season them and the liquid in which they were cooked with salt and pepper, plenty of butter and cream or milk, and serve on toast alone or in deep individual serving dishes. In this way the whole distinctive flavor of the vegetable is preserved.

**T**HERE are many ways of treating cold asparagus, all of which are appetizing. With just a French dressing it is dainty and specially attractive on a hot day. With a little mustard added to the dressing, many like it still better. With a mayonnaise or sauce tartare it comes close

## COLD ASPARAGUS

to perfection. Again, lemon juice or simply salt is used with chilled asparagus. To be eaten cold, asparagus must always be well drained and perfectly chilled. ♣

**C**UT the egg plant in slices, peel, cover with salt and put a weight on top of the piled up slices to extract the bitter, acrid juice. At the end of two hours fry in olive oil or good drippings, and arrange part of the slices in layers around the sides and bottom of a cooking pot. Lay the other fried slices one side. Now

**EGG PLANT,  
TURKISH  
STYLE**

fry, in the same drippings, one pound chopped meat and one onion, sliced, and put a layer of the meat and onion on top of the sliced egg plant in the saucepan. Next should come a few slices of tomatoes, seasoning all with salt and pepper. Over this put another layer of egg plant, then more meat and tomato, and so continue until all the ingredients are used. Add a little stock or hot water to partially cover, put on the lid and cook gently on top of the stove until the water is almost gone. This is a delicious way of cooking egg plant and hearty enough for the substantial course at dinner.

**C**HOOSE large cucumbers, two or three in number, peel and remove the seeds with an apple corer. Fill the cavities with a forcemeat made of a half pound minced veal, a quarter of a pound of fat bacon, also chopped; a half

**STUFFED  
CUCUMBERS**

tablespoonful chopped onion, a tablespoonful minced parsley, one beaten egg, salt and pepper to season and crumbs to make a good consistency for stuffing. Place the stuffed cucumbers in a stewpan with a cup of stock, a tablespoonful butter, a tablespoonful vinegar and a minced onion and simmer for an hour. Strain off the sauce and thicken it with a half tablespoonful of flour. Pour over the cucumbers and serve as an entree.

**C**UT the raw corn from the cob, first scoring each row, then pressing out the pulp with the back of a knife, leaving the hulls on the cob. Cook the cobs in a little water for twenty minutes, then strain and add the water to the shelled beans, which should equal the corn in quantity. Cook gently until the beans are tender. When nearly done add the corn pulp, cook five minutes longer, season highly with butter, cream, salt and pepper (a little sugar if desired) and serve hot.

### GREEN CORN SUCCOTASH

**T**HIS is a savory mixture of green corn, green peppers and tomatoes.

To a half dozen ears of corn allow five tomatoes, five green peppers and five small onions, all minced. Cook the onions a golden brown in a little bacon fat, then add the other vegetables, having the corn cut from the cob as nearly whole as possible. Cover with boiling water and simmer for an hour. Season with salt and pepper and serve.

### GREEN CORN CHOWDER

**T**HESE are a favorite garnish for fried chicken or Belgian hare. To a cupful of fresh corn pulp cut from the ear allow a half cup cracker crumbs mixed with a half cup milk. Add two eggs, whites and yolks beaten together, and season with salt and pepper. Have ready

### CORN FRITTERS

a very hot spider or pancake griddle, well greased with butter or olive oil, and drop in the batter, a spoonful at a time. When the fritters are brown on one side turn to the other, that they may be well cooked through. Four minutes will make them a golden brown.



**F**OR those who cannot eat cucumbers raw or tire of them in that fashion there are many ways of preparing them tastily. Pared, cut in halves and the seeds removed, they may be boiled until tender in salted water, then served on a hot dish with plenty of melted butter. Or they may be cut into dice, boiled in salted water, drained and served on toast with a cream sauce.

They are delicious cut in rather thick slices, dried with a towel, dusted with salt and pepper, dipped into beaten egg, then in crumbs, and fried. Serve with hash or minced meat.

To serve with mutton cutlets, English fashion, cut the peeled cucumber in thick slices and fry brown in a little butter, seasoning with salt, pepper and a little minced onion. Cover with stock and simmer gently for half an hour. Just before serving squeeze a little lemon juice into the pan. Serve the cucumber in the gravy, with the cutlets around.

**C**UT off three-quarters of an inch or more from the ends of each cucumber, and take off a thick paring, as the bitter juice lies next the skin. Shave with a vegetable cutter or cut in thin, even slices and throw into ice cold water until ready to serve. Drain, place in a pretty china bowl or low glass dish with cracked ice and serve with a French dressing or simply salt, pepper and vinegar. Bermuda onions or young home grown onions, sliced thin, are often mixed with cucumbers. In this case a dusting of finely minced parsley over the salad will do much toward removing all odor of the onion. A little minced fresh mint is also deemed an addition to raw cucumbers by

### CUCUMBER SALAD

some people. Cucumbers also combine well in salad with sliced raw tomatoes, ribbons of green peppers and cold boiled pickled beets.

**S**CORE the rows and scrape out the pulp of five small plump ears of corn. Mix with five well beaten eggs, one teaspoonful cream, and salt and pepper to season.

Have hot and buttered a sheet iron frying pan. Pour in the mixture and shake and tilt the pan until it is evenly cooked. Roll and serve on a hot platter.

### GREEN CORN OMELET

**P**EEL the roots, put in cold water for twenty minutes, then put into a saucepan with cold water to cover and salt to season. Cover and cook until the roots are tender. Drain, cut the roots in slices, then chill. When quite cold, cover with a French dressing. To make the relish

### CELERY ROOT SALAD, CELERY RELISH

take wide pieces of tender, crispy celery, and fill each one with a mixture of cream cheese, paprika, cream, chopped olives and salt. Chill and serve with brown bread or thin crackers.

**H**USK the corn ears, then steam for fifteen minutes or cook in boiling water three minutes. Drain and dry on a towel. Lay on a well greased broiler and toast over a good bed of coals or under the gas broiler, turning until brown on every side. Serve with salt and plenty of sweet butter.

### BROILED SWEET CORN

**F**OR a medium sized corn pudding use the pulp of a half dozen ears. The easiest and best way to cut corn from the cob for pudding, fritters or corn oysters is to score the kernels with a sharp knife, cut a slice from the tops of the different rows of corn and then with a dull knife

### GREEN CORN PUDDING

scrape out the pulp remaining. Beat two eggs together, add a half teaspoonful salt and a cup and a half of milk. Stir in the corn pulp, and bake the whole for about two hours in a deep pudding earthenware dish. Keep covered. If the corn lacks sweetness two tablespoonfuls sugar may be added to the eggs in stirring them with the other ingredients. The pudding should be of the consistency of custard.

**S**CRAP and boil young carrots in salted water until tender. Cut in halves lengthwise, roll in fine cracker crumbs or flour, then in egg and cracker again and fry in olive oil or hot butter

### DELICATE WAYS OF COOKING CARROTS

until a golden brown. Sprinkle with fine chopped parsley and serve very hot; or, after scraping and boiling, cut in strips and roll

in sugar to which has been added a little salt. Have oil or butter very hot, drop in the strips of carrots, and as soon as the edges brown take up, sprinkle with parsley and serve. These are known as caramel carrots. To cream carrots scrape, slice thin crosswise and boil in salted water until tender. It will take about an hour. For each cupful carrot allow one-half cupful sweet cream, a saltspoonful each salt and sugar, a teaspoonful butter and a sprinkling of pepper. Add to the drained carrots. Just before sending to the table add a few freshly toasted crackers, well buttered. If desired a teaspoonful flour may be combined with the butter, making a regular cream sauce.

**H**AVE ready three cupfuls fine shaved cabbage. Put into the frying pan or chafing dish (for this is an approved chafing dish relish to serve with trout or smelts) four level tablespoonfuls of butter and two rounded tablespoonfuls flour. Melt together until creamy, add a level saltspoonful white pepper or a speck of

### DRESSING FOR CABBAGE COLD SLAW

cayenne, a level saltspoonful salt, a teaspoonful mustard, four teaspoonfuls sugar and a half cupful vinegar and cook until smooth. Beat the yolks of two eggs until lemon colored and thick, and add quickly to the vinegar. Pour the hot mixture over the egg. A half cupful cream can also be added if desired. Pour the vinegar rapidly into the cream and it will not curdle. Milk is more apt to curdle on account of its lack of oil. If you use milk, double the quantity of butter, then pour over the cabbage and toss until well blended.

**T**RIM the cauliflower, then soak, head down, in cold salted water for an hour. Plunge into boiling salted water and cook until tender, but not sodden. Drain dry and set aside until cold. Pick into small flowerets and cut the stalks in pieces, keeping stalks and flowerets separate. Put the stalks in a bowl and mix with

### CAULI- FLOWER SALAD

them a tablespoonful each minced onion and parsley. Make a dressing, using eight tablespoonfuls oil, three of tarragon vinegar, or half and half vinegar and lemon juice, half a teaspoonful salt and a saltspoonful mustard and paprika. Pour over the cauliflower, toss and mix carefully and lightly, and arrange with the flowerets on the top. Garnish with olives and slices of lemon or minced parsley and hard boiled egg yolk put through a ricer.

**I**n selecting corn, that with short, thick ears, green, tender husks and dark silk will be found best. To test the condition of the corn turn back the husks and press a kernel with something sharp.

## BOILED CORN

The farmer uses his thumb nail. If the milk flows freely the corn is in the pink of condition.

Like peas, corn loses its sweetness after being broken from the stalk. Freshly picked it is at its best. In boiling, remove the outer husks, turn back the inner husks and twist together over the ear. Bind with a husk, put in a saucepan, spread the outer leaves over the top, pour on cold water to cover and bring quickly to a boil. Cook only five or six minutes, as overcooking toughens. Strip off the husks, wrap in a serviette and serve piping hot. If the family is large it is a good plan to cook the corn in relays.

**C**LEAN the celery nicely, wash well, then crisp by keeping in a damp napkin on the ice. When ready to use cut in crescent shaped slices and put in a bowl. For one cupful celery add one

## CELERY, APPLE AND NUT SALAD

cupful thin slices of tart apple and a half cupful pecan or walnut meats.

Marinate with a

French dressing and serve in lettuce cups. Other celery combinations that go well for salads are equal parts fine dried potato and celery, equal parts of shredded cabbage, fine cut celery and English walnuts, with mayonnaise; celery and pineapple in equal quantities marinated with lemon juice, then dressed with mayonnaise and garnished with lettuce leaves and pistache nuts; canned herrings broken in pieces and mixed with celery and cooked beets in equal parts; celery and sweet-breads with mayonnaise; celery, green onions and tomatoes.

**W**HEN celery is unobtainable in the summer a little crisped cabbage may be used in combination with veal or chicken in a salad. It also combines well with salmon, tomatoes, lobster, cucumbers, sweet peppers and shrimps. When cabbage is to be shaved or chopped

## CABBAGE SALADS

for cold slaw or salad, it should be laid in cold water for an hour or two first to get crisp. Dressed with lemon juice and the best olive oil it is much more delicate and digestible than when vinegar is used. Another excellent dressing for a cabbage salad is made in this way:—Chop or shave fine a medium sized head of cabbage that has been crisped and season to taste with salt and pepper or paprika. For the dressing, beat the yolks of two eggs, add two tablespoonfuls melted butter, and beat again. Add a tablespoonful thick, sour cream, two tablespoonfuls sugar, half a cup vinegar and a sprinkle of mustard, and beat until thoroughly incorporated. Pour over the cabbage and mix.

**N**O way of cooking egg plant is more successful than frying, as the preliminary work of removing all acridity can then be thoroughly done. Cut the plant into slices about half an inch thick, rub each slice with an abundance of fine salt, lay them in a bowl one over another and cover

## FRIED EGG PLANT

with cold water. Put a saucer and weight on top to hold them down and let remain for three or four hours. Rinse off the slices and dry each one with a cloth. Season with pepper, dip in beaten egg, then in dried and sifted bread crumbs and fry in drippings or olive oil until a golden brown on each side. They must be thoroughly cooked, but not burned.

**C**UT the white stalks into two inch lengths and cook in boiling salted water to cover until tender. It will take about half an hour. Drain, saving the water for soup stock, and cover the

### CELERY WITH CREAM SAUCE

pieces with a cream sauce made from two tablespoonfuls each of butter and flour, salt and pepper to season and a cupful and a half of milk. Less flour and a fresh egg yolk added to the sauce makes it that much richer.

**P**ARBOIL a good sized, firm egg plant for ten minutes, then lay in ice cold water for an hour. Meantime make

a forcemeat, using a half cup minced boiled tongue or ham, a teaspoonful each minced parsley and onion, salt, pepper, a beaten egg and a little cream to moisten. Take the egg

### STUFFED EGG PLANT

plant from the water, wipe dry and cut in halves lengthwise. Scrape out the seeds and enough of the pulp to make a good sized cavity. Chop the pulp and add to the dressing already prepared. Fill the cavity, fit the two halves together and bind in place with a strip of clean muslin. Lay in a deep baking pan, pour a cup of stock around the vegetable, cover and bake half an hour. Lift into a hot dish, remove the binding and pour about the plant the gravy that has formed or a butter or tomato sauce. The French prefer to use sausage mixed with bread crumbs for their forcemeat. In a formal course dinner, stuffed egg plant, hot and with a sauce, is usually served alone as a separate course following the roast. At the ordinary family dinner it comes on with the meat, or at a season of extreme heat, takes the place of meat. In the latter case the stuffing should be hearty.

**C**UT a small head of cabbage into quarters, cutting through the stalk. Put head down in a large pan of salt water to draw out any insects that may be hidden among the leaves. Take out,

### BOILED CABBAGE

drain and cut into large slices, removing the stalk. Put into a large saucepan of boiling water, add a tablespoonful salt and cook with the cover partly off for half or three-quarters of an hour, dependent upon the size of the cabbage. Take out and drain through a colander, pressing, to remove as much of the water as possible. Put into a chopping bowl and chop, season with salt, pepper and butter, and serve hot. Cabbage is also used when boiled in the water in which corned beef has been previously cooked, or with salt pork or bacon. In this case the meat is cooked first, the cabbage being added three-quarters of an hour or so before time for serving.

**S**HELL the beans and throw into cold water for a half hour before cooking. An hour before they are required drain, cover with boiling water. add salt to season, or, if preferred, a little piece of fat salt pork, and cook gently until tender. When done, drain off the water (be sure and save it

### BOILED LIMA BEANS

for your stock pot), add pepper and a little fresh butter and serve. To serve Hollandaise style, cook until tender, adding salt when half cooked. When done there should be very little liquid remaining. If too much, drain. For one quart of the beans beat a quarter of a cup of butter to a cream. Add the yolk of an egg, a tablespoonful minced parsley, a quarter teaspoonful paprika and half a tablespoonful lemon juice. When well blended stir carefully into the beans to avoid crushing them, and serve at once.

**I**F the cauliflower is exceptionally perfect and fine, pick off the coarse outer leaves, wrap in a cheesecloth, cover and cook in boiling salted water for about half an hour, but do not cook until it is

### CAULI- FLOWER AU GRATIN

sodden. Drain thoroughly and put into a deep dish, dredge thickly with grated Parmesan cheese, then a thinner layer of stale bread crumbs, and on this a number of little pieces of butter the size of filberts. Cook in a brisk oven to a golden brown and serve hot. If the cauliflower is not perfect, after cooking in the salted water break into flowerets, put them with the stems, broken in pieces, in a shallow baking dish, sprinkle with pepper, grated cheese and crumbs moistened in melted butter. Add a little milk to moisten, then another layer of the flowerets, crumbs, cheese, &c., with a thin layer of buttered crumbs on top. Bake until delicately browned.

**T**AKE the fresh, tender beans, break off tops and bottoms carefully, stringing both sides and paring the edges neatly. Wash in cold water, soak half an hour, then drain and throw in a

### STRING BEANS, Italian Style

saucepan of boiling salted water. Add for each quart beans two tablespoonfuls olive oil or sweet butter, then simmer half an hour or longer until tender. When ready to serve add more seasoning and plenty of sweet butter. Another improvement for many tastes is the adding of a half cup stewed tomatoes at the same time with the boiling water and olive oil. Still another way of seasoning string beans calls for grated cheese, chives, a little minced parsley, the yolks of two eggs, beaten with a tablespoonful powdered sugar and a cup whipped cream.

**P**ICK over the sprouts, then wash thoroughly through several waters.

Place over the fire with water to cover, adding a little salt and a small amount of baking soda. Leave off the lid and cook rapidly twenty-five minutes, or until tender, then drain.

### BRUSSELS SPROUTS

Put into a saucepan a good bit of butter, add the sprouts, with salt, pepper and, if desired, nutmeg to season and toss until the sprouts are heated through. Serve mounded on a hot dish, or on slices of hot buttered toast, if preferred.

**T**AKE the young, tender tops of beets and the young beets when necessary to "thin out" in the garden.

Wash very thoroughly through several waters, cover with boiling water, lightly salted, and cook until tender. Drain, chop, season with salt and pepper and serve with a garnish of the yolks of hard boiled eggs put through a ricer. If desired, a little salt pork or bacon can be boiled with the greens and sliced and served with them.

### BEEF CREENS

**S**OAK two and a half cupfuls of small red beans in water over night. In the morning cook two hours in fresh water, then add one-half can of strained tomatoes. Fry two good sized onions a delicate brown in a

### SPANISH BEANS

half cupful of olive oil, add two whole Chili peppers and salt to taste. Turn all into the beans and cook slowly an hour and a half. Just before they are done add one tablespoonful of vinegar. These keep well even in warm weather, and the oftener they are warmed up the better they taste.

**C**UT the stem end from a good sized plant and scoop out the inside, leaving just enough wall to hold the shell in shape. Cook in boiling salted water for ten minutes, then lay in cold

### EGG PLANT AU GRATIN

water while preparing the forcemeat. Put the pulp that was scooped out in a bowl, rejecting the seeds and sprinkle with salt. Leave for an hour with a plate and weight on top. At the end of that time squeeze well and drain. Chop. Put a pint of canned tomatoes or a quart of fresh ones in a saucepan with a few slices of onions, two sprigs of parsley, a clove and a bit of bay leaf and simmer twenty minutes, stirring often. Strain through a coarse sieve, allowing the tomato pulp to go through. Add to the egg plant that was chopped a cupful bread crumbs soaked in milk and a part of the tomato puree, reserving the rest for a sauce. Add the yolks of two beaten eggs, salt and paprika to season and a tablespoonful butter. Mix thoroughly, then stuff the plant, spreading a thin layer of buttered crumbs over the top. Put in a baking dish, in which you have poured three tablespoonfuls olive oil, and bake half an hour in a hot oven, basting frequently. Season the remainder of the tomato, which is to be used as sauce, reheat, and pour over the egg plant when ready to serve.

**T**HIS is a fine relish to serve with the meat course. Take equal parts of young beets, boiled tender, and rhubarb sliced without peeling. Cook together until very tender, put through a

### BEET AND RHUBARB JELLY

sieve, then through a jelly bag. Measure the juice, and to a pint allow a pound of sugar. Heat the sugar in the oven, add to the hot juice and cook five minutes longer. Turn into heated glasses and cover when cold.

**T**HE list of edible "greens" is much more varied than usually supposed.

Beside the commonly known spinach, Brussels sprouts, kale, lettuce, dandelion, beet greens and water cress, there are mustard greens, sorrel, chicory, "douchette," or corn salad, escarole, narrow dock, cowslip, horse-radish, milk weed, rhubarb tops, purslane and pig weed. The table preparation is similar in all. There must be first a thorough looking over, then washing piece by piece in at least five different waters. Cover with boiling water to which a half teaspoonful common cooking soda has been added to preserve their color and cook until tender. A crust of bread in the water in which they are boiling will absorb much of the odor brought out in the cooking. When done put in a colander to drain, then chop and reheat in butter, seasoning with pepper and, if liked, a little nutmeg. For very robust appetites a piece of fat pork cooked with the greens gives a seasoning that "goes to the right spot." They are, however, more delicate and wholesome when cooked in boiling water and seasoned with butter.

### GREENS

**C**UT into pieces a two or three pound chicken and brown lightly in a kettle containing a tablespoonful each lard and butter. Add two slices of ham cut into squares and a cup hot water; then simmer, stirring often, for ten or fifteen minutes. Add a medium sized onion chopped fine, a half pod red pepper without the seeds, a couple of tomatoes peeled and sliced, a sprig of parsley and a quart of okra pods thinly sliced. When all these ingredients are cooked and browned pour over them three quarts boiling water, push back on the range and simmer about an hour. Serve hot with boiled rice.

### OKRA GUMBO

**T**O cook lentils, look over carefully, wash thoroughly and soak over night in cold water. In the morning drain, then cover with boiling water and simmer gently for several hours until

## LENTILS

tender. After this the treatment may be varied. They may be sauted in butter, with or without a little onion, then covered with a brown sauce made by adding a tablespoonful browned flour and a teaspoonful vinegar. The contents of the pan may be made into croquettes by seasoning lentil pulp with salt, pepper, onion juice and parsley, wetting with a little cream and shaping into croquettes, dipping in egg and bread crumbs and frying in deep fat. Serve with mint or tomato sauce. Curried lentils are also nice. Cook German lentils that have been soaked over night in vegetable stock. When quite soft, add a teaspoonful curry paste, a fried onion, a chopped apple and teaspoonful chutney. Mix well and serve with a border of boiled rice and chipped potatoes.

A cupful of lentils will serve for a family of four or five, as the vegetables swell in the cooking.

**W**ASH and cut off the ends of young pods, cover with boiling salted water and cook about twenty minutes, until tender. Drain, add cream (a scant cup to a quart of okra), a tablespoonful butter and salt and pepper to taste. Another way of stewing is to cook it with toma-

## BOILED OKRA

atoes. To a pint okra pods, washed and sliced, allow a dozen ripe tomatoes, peeled and sliced, and one medium sized onion. Stew slowly for an hour, adding a tablespoonful butter, a scant teaspoonful salt and pepper to season. No water will be required, the tomato juice sufficing. In the West Indies lemon juice and cayenne are also added to stewed okra.

**C**HOOSE the smooth, round variety, wash and clean without bruising or cutting the skin, leaving on a number of stalk leaves to prevent losing any of the beet juices. Cook in boiling salted water for one or two hours, dependent upon their size, then plunge at once into

## SUMMER BEETS

cold water, when the skin can be rubbed off between the fingers without a particle of waste. Cut the beets in thin slices or cubes, sprinkle with pepper, salt and a speck of sugar, and if they have become slightly chilled in the peeling put into a saucepan with a tablespoonful butter. Toss lightly, without breaking, until heated through, then serve. Or use hot cream instead of butter, and when hot add a little lemon juice or vinegar and a tiny bit of sugar. Some like them quite acid with cider vinegar. This is a matter of individual preference. Others like a little grating of nutmeg added to the seasonings.

**T**HIS is a sort of cabbage-turnip combination, the stem swelling out above the ground to the size of a large turnip. It is a great favorite with the Germans, who cook it as follows:—

Trim off the leaves, peel, cut into quarters and boil in slightly salted water until tender. Serve

## KOHL-RABI

with a cream sauce poured over it. Still another way of cooking is to take off the tops and strip off the stem. Chop leaves and head fine and cook in salted boiling water about twenty minutes. Drain and serve with a sauce made as follows:—Fry a small piece of bacon with an onion until well browned; remove meat and onion, add a little hot water and thicken with browned flour, or the ordinary flour, using a teaspoonful culinary bouquet to color a rich brown.

**S**LICE the same as for frying and soak in salt and water for a couple of hours. Then drain, wipe dry, brush each slice on each side with olive oil and broil over a

clear coal fire or under the gas flame. Arrange on a hot platter and spread

with hot butter beaten to a paste with lemon juice.

**M**ANY old-fashioned cooks like the English way of baking beets instead of boiling. They claim they preserve their natural sweetness better when baked. Wash well, but do not break

the skin. Put into a baking tin with a little hot water thrown over them.

When tender, peel, slice and serve with oil and lemon juice, pepper and salt, or butter, pepper and salt.

Boiled beets are fine chilled, sliced with celery, and covered with mayonnaise.

**P**EEL and remove the stems from large, fine mushrooms. Lay in a porcelain lined saucepan with a tablespoonful sweet butter. Let the juice gradually draw out, then season lightly with salt and pepper, and saute. Put round

slices of toast in the baking dish, cover with mushrooms and

liquor from the pan in which they have been sauted, cover with the glass bells that come on purpose for mushrooms and bake for from fifteen to twenty minutes. When ready to serve add a tablespoonful hot cream to each dish and serve under the bells. If you have no bells, let the mushrooms simmer six minutes in the porcelain saucepan, adding as much cream as you have mushroom liquor, season with salt and pepper, and serve on slices of delicately browned toast.

**P**ARE neatly, trim off the stems of large mushrooms, sprinkle with salt and pepper, wipe over with olive oil, then broil over a hot fire until the caps are filled with juice. Lay carefully on

slices of brown toast, put a piece of butter on each mushroom and serve hot. These are a delicious accompaniment to broiled birds. A few drops of lemon juice is deemed an addition to the taste.

**P**REPARE the beans as usual and cook in boiling salted water until nearly tender. Drain and place in a saucepan over the fire, adding a generous lump of butter and salt and pepper to season. Cook until quite tender, add a little finely chopped parsley and serve very hot.

**T**AKE medium sized, firm tomatoes and with a sharp knife cut a thin slice from the stem of each. Scoop out a portion of the pulp with a teaspoon and sprinkle the cavity lightly with salt and pepper. Take button mushrooms, remove the stems and rub off the outside covering with a bit of clean flannel dipped in salt. Lay

a mushroom in each tomato. Chop the stems of the mushrooms fine, also a tablespoonful fat salt pork. Add the pulp taken from the tomatoes with an equal quantity of fine bread crumbs and the juice of half an onion. Mix all together, fill each tomato with the mixture and replace the tops that were cut off. Set in a buttered baking pan, lay on each tomato a bit of butter or a small slice of fat salt pork and bake until the inside mixture is thoroughly cooked. Serve very hot.

## BROILED MUSHROOMS ON TOAST

## STRING BEANS Sauted in Butter

## MUSHROOMS WITH TOMATOES



**F**OR a small family wash a pint of the small brown beans and put to soak over night. In the morning parboil and throw away the water. Cover with fresh water and simmer until the beans

are tender but not broken. Take a quarter pound breakfast bacon, cut into tiny squares and snip a Spanish pepper into bits, using the scissors for this purpose. Omit the seeds of the peppers. Now put all into a deep crock, or bean pot, arranging in layers with beans at the bottom and bacon at the top. Season each layer of the beans with a little salt and just a suspicion of brown sugar. If too dry add more water, for the beans take up a great deal in the baking and the dish should be juicy, though not mushy, when done. Bake all day in a slow oven and serve for supper. Fresh pork cut in squares is sometimes used instead of the bacon, in which case more salt is required. The pork or bacon which always forms the top layer should be brown and crisp.

### FRIGOLES OR MEXI- CAN BEANS

**S**OAK one quart of well washed pea or kidney beans over night. In the morning drain, cover with fresh cold water, add a quarter of a teaspoonful of soda and let them come to a boil. Cook until the skins crack when you blow upon them. Strain. Take half a pound of salt pork, "streak of fat and streak of lean," wash and

### BOSTON BAKED BEANS

score the rind. Pack the beans in an earthen pot until about two-thirds full. Add the pork and cover with the rest of the beans, leaving just the rind exposed. Take a good dessertspoonful of salt, two of molasses, half a teaspoonful of mustard and a quarter of a saltspoonful of red pepper. Add a pint of warm water and pour over the beans. Bake slowly

all day, or put in the oven at six o'clock and bake covered all night. Add water from time to time to keep the beans moist, until the last few hours. When done the beans should be soft and tender, but whole; brown on top, yet moist, and the pork cooked to a jelly.

**S**ELECT small button mushrooms freshly gathered. Cut the stems off quite close and wipe off the outer covering with clean flannel dipped in salt. Throw into cold water, lightly salted, but drain quickly and wipe dry with a soft cloth, or the moisture will weaken the pickle. For each

### PICKLED MUSHROOMS

quart prepared mushrooms allow a scant quart white wine vinegar, a heaping teaspoonful salt, a teaspoonful white pepper, a tablespoonful ginger, ground or sliced, a quarter of a saltspoonful cayenne tied in a cloth, two blades mace and a few gratings nutmeg. Bring to a scald. throw in the mushrooms and cook from six to ten minutes, according to size. If some are larger than others put the larger ones into the vinegar a moment or two before the smaller ones are added. As soon as tender, put in small glass jars, dividing the spices equally between them. As soon as cold seal and keep in a cool, dark place. Use small jars, as the contents of the can spoil quickly after being opened.

**T**O make the hash mix together one pint cooked lentils, one-half pint cold potatoes chopped; two tablespoonfuls butter, two tablespoonfuls chopped onion, half a cup of milk and salt and pepper to season.

### LENTIL HASH

Cook slowly half an hour in a buttered frying pan, then brown and turn on a hot dish. Garnish with a little parsley and serve alone or with poached eggs dropped on top of the hash.

**T**HERE are several varieties of kale, the most desirable being the dwarf green curled. It is in season both spring and fall. To cook it remove all old or tough leaves, wash thoroughly, then cover with boiling salted water. Cook rapidly, uncovered, until the vegetable is tender. Drain,

### KALE

pressing out the water, chop fine, then put into the frying pan with butter and a little meat broth or water to moisten slightly. Season with pepper and a little more salt, if needed, cook five minutes and serve hot.

**B**OIL two cupfuls white beans that have been soaked in cold water over night. Add one sliced onion and cook until beans and onion are tender. Pass through a sieve and season with a heaping tablespoonful butter, melted, two eggs well beaten, salt, pepper and minced

### BEAN CROQUETTES

parsley. If necessary, moisten the mixture with gravy or hot water flavored with beef extract. Mould into croquettes, roll in egg and bread crumbs and fry in deep hot fat. Serve with tomato sauce.

**S**LICE rather large white onions, soak in milk ten minutes, then drain, dip in flour and immerse in boiling fat hot enough to brown the onions instantly. A wire basket is a great convenience for frying. The moment the slices are crisped remove. If allowed to cook five or six minutes the

### FRIED ONIONS

slices cannot be kept whole. If you have no frying basket take out with the skimmer and drain on brown paper. Cooked in this way the onions will be firm yet well cooked and delicious. Sprinkle with salt and pepper and serve.

**W**HEN lettuce is too old and too tough for salad, it may be cooked in a variety of toothsome ways. The Germans stuff it. Trim and clean a half dozen heads of cabbage lettuce. Wash thoroughly, cut the hearts out of each and lay aside for salad. Parboil the rest of the heads four minutes, drain and stuff with sausage forcemeat.

### COOKED LETTUCE

Tie each head carefully in shape, lay in a buttered dripping pan, add a half cup rich stock or gravy and season with salt and pepper. Cover closely, cook fifteen minutes, then untie, dress on a hot dish and pour the sauce in which they were cooked over them. Serve hot. If there is not sauce enough, stir in the stock remaining in the pan after the lettuce has been taken up a tablespoonful each of butter and flour. Season with salt and pepper, add a cupful stock or hot water and stir until smooth and creamy. Add a teaspoonful culinary bouquet to flavor and color a rich brown. Pour over the lettuce and serve. The Germans also fry lettuce, boiling the head first in salted water, then draining until cool, after which it is dipped into an ordinary frying batter and cooked in deep fat. Lettuce may also be prepared like greens in boiling salted water, then drained, chopped and seasoned with melted butter, salt, pepper and a little broth to moisten.

**C**UT a quarter pound fat salt pork into small pieces. Put a tablespoonful butter in a saucepan over the fire, and when it melts add the pork. Cook to a light brown, then add a quart shelled peas, one-half cupful water or stock, a small white onion and salt and pepper to taste. Cook gently until the peas are tender.

### PEAS WITH PORK

**R**EMOVE the outer withered leaves, cut off the stalks and break the tender leaves apart. Remove the thick veins and put in cold water. Shortly before serving, drain in a wire basket or colander, shaking well to free from all moisture, then put in a salad dish. Never dress lettuce

## LETTUCE FOR SALAD

until a few moments before serving, as it wilts quickly. If the leaves are all tender and delicate they may be served whole. Where they are large, yet tender, they may be cut in ribbons with a pair of shears. A good dressing for lettuce consists of a mixture of three tablespoonfuls each of oil and vinegar, a scant half teaspoonful salt and pepper to season. Two or three hard boiled eggs may be cut in quarters and laid on top of the salad. An Italian dressing for lettuce is made in this way:—Stick part of a clove or garlic into a bit of bread and pour over this a French dressing made of three tablespoonfuls of oil, one of vinegar, one of tomato juice, fresh or canned, a teaspoonful Worcestershire sauce and salt and pepper to taste. Mix thoroughly together and pour over the lettuce. Lettuce combines well with any other salad and is invaluable as a garnish.

**W**ASH the pods and cook in boiling salted water until tender. Drain and chill. Then they may be eaten from the fingers with French dressing like cold asparagus, or may be sliced and mixed with cucumbers, tomatoes or green peppers, alone or in combination.

## OKRA SALAD

An individual plate of French dressing accompanies each portion.

Where the pods are to be eaten out of hand the stems are not removed, but left for handles. A few okra pods added to the pickle jar will be found a great addition.

**T**HE old recipe for mushroom catsup given by Dr. Kirchner, the great English epicure of the eighteenth century, is still considered the best known. A few drops will go further than twice the quantity of any other brand. To make it, gather a gallon of flap mushrooms and allow six

## MUSHROOM CATSUP

ounces of salt to that quantity. Sprinkle the salt evenly over the gills of the mushrooms, arranging them in layers in a large porcelain dish. In about three hours, when the salt has thoroughly penetrated the mushrooms, mash with a wooden potato masher and let them remain for two days, occasionally stirring and mashing. Allow to each quart one ounce and a half black pepper, half an ounce allspice, two inches ginger root, two bay leaves and two blades of mace. Boil the catsup for two hours longer, strain through a hair sieve without squeezing, then cook until reduced to about half the quantity. Bottle in small bottles, filling in the neck with a teaspoonful olive oil or French brandy. Seal. The unpressed mushroom can be utilized in preparing a catsup for immediate use. Heat over a slow fire, press through a sieve until all the juice is extracted, then season and proceed as with the first grade.

**T**HIS is a good substitute for Hamburg steak. Soak a half cup lentils over night and then simmer in boiling salted water until tender. Cook one-half cup rice and add to the lentils. Chop a small onion fine and add to the mixture, together with a little parsley, thyme, and salt and pepper

## LENTIL AND RICE CAKES

to season. Form into cakes, dip into beaten egg, then in fine bread crumbs and fry in hot drippings or olive oil to a golden brown. Serve with onion sauce and gravy.

**P**EEL a quart of medium sized white onions, cover with boiling water, adding a teaspoonful salt for each quart of water.

### CREAMED ONIONS

Boil rapidly ten minutes with the cover partly off, then drain and cover again with fresh boiling water. Cook until tender but not broken, drain and add milk to cover (it will take about half a cup for every six onions). Simmer until quite done, then thicken with a tablespoonful butter rubbed smooth with a tablespoonful flour. Add salt and pepper to taste, cook, stirring all the time until the sauce is creamy and thickened, then pour into a hot dish to serve. A change may be made by turning the onions, sauce and all, into a serving dish that can go into the oven, covering with buttered cracker crumbs, then baking until brown. Still another variation is to cover the top of the cracker crumbs with grated cheese. Onions cooked in this way will be found very delicate and not odorous.

**N**O bit of parsley should ever be wasted. Leaf, stalk and root are all excellent for seasoning soups, sauces, forcemeats and salads. Whenever any is left over, dry in the oven, rub through a

### PARSLEY

sieve and bottle for ready use. Minced fresh parsley is a delicious addition to creamed potatoes, potato salad, fish and cream soups of every sort. Fried parsley is delightful served with fried fish. Wash a few stalks of fresh parsley, dry well, put in a frying basket and plunge in a kettle of deep hot fat. Fry a moment only, lift up the basket, remove the parsley with a skimmer, salt lightly and serve around the fish on the platter. A pretty garnish for fried or broiled fish is circles of lemon, dotted with fine minced fresh parsley.

**W**ASH and slice a pint of okra pods, then brown in a saucepan with a tablespoonful of butter. Shake over the fire four or five minutes, add a cupful boiling water, a teaspoonful minced onion, one-half teaspoonful salt, and simmer half an hour. Wash one-half cupful rice and boil twenty minutes in salted water. As soon as tender, drain and shake dry. Into a buttered baking dish put alternate layers of rice, okra and thin sliced tomatoes, seasoning each layer with salt, pepper and butter, and having the last layer of the rice. Put bits of butter over the top and bake half an hour in a hot oven.

### SCALLOPED OKRA

**W**ASH good sized solid tomatoes and cut in halves. Put skin side downward in a buttered baking tin. Put a lump of butter on each tomato, sprinkle with salt and pepper, then bake until soft but not browned. Have in readiness as many slices of buttered toast as you have tomatoes, and lift the tomatoes on the toast. Make a cream gravy in the usual way, pour over the toast and tomatoes and serve.

### PANNED TOMATOES, WITH CREAM GRAVY

**B**OIL the vegetables until tender in boiling salted water. Press through a colander, then mix with them two beaten eggs, salt to season and flour to bind stiffly.

With floured hands divide the mixture and pat into small round cakes. Brown in a frying pan in hot butter on one side, then turn to the other. They should be a golden brown. Drain, pile on a hot dish, garnish with fried or fresh parsley and serve.

### PARSNIP FRITTERS

**W**ASH a quart of tender pods, cut off the ends, but do not slice. Put into a saucepan with a quarter pound of lean raw ham, chopped fine, and enough good stock or gravy with thick stewed tomatoes to cover. Simmer gently, until the okras are tender, adding a little onion juice or

### SPANISH OKRA

suspicion of garlic, if desired. When the okras are quite tender add a tablespoonful each butter and flour, rub to a cream and stir until smooth and thickened. Simmer five minutes longer, turn into a hot dish, sprinkle with minced parsley and serve.

**T**HE simplest way of serving green peppers, uncooked, is to cut thin slices from the green outside, omitting the white inner part. These strips are eaten raw with salt, like celery, and are an approved accompaniment to fried soft shell crabs. Sliced in thin rings, the sweet green peppers make a tasty addition to

### GREEN PEPPERS FOR SALADS OR RELISHES

sliced cucumbers, lettuce, tomatoes, or, indeed, almost any salad. A heaping tablespoonful of chopped green peppers combines excellently with scrambled eggs or any mince of veal, chicken or lamb. Chicken salad is delicious served in green pepper cups. To prepare the cups, take green peppers, cut off the tops and carefully remove all the seeds, without breaking the shell. Put into cold water for twenty minutes or longer, then drain, wipe and fill.

Among other excellent fillings for green peppers are chopped nuts. The old-fashioned butternut, chopped and lightly salted, makes a delicious filling. The tiny green peppers are delightful filled with chopped walnuts. They should be prepared the day before using. Scrape all the seeds and soft fibre from the

peppers, great pains being taken not to break the pretty stem ends of the vegetables. Use a small sharp pointed knife. Fill with the chopped and lightly salted nuts, replace the stem end, then set in the icebox until ready to serve with the meat or salad course. A pepper salad containing equal parts of green and sweet red peppers and celery, all chopped fine and mixed with mayonnaise or French dressing, is excellent to serve with the meat course.

**U**NLESS fresh from the vines, peas are improved by an hour's soaking in cold water before shelling. Do not shell until nearly ready to cook, then add a few well washed pods to give the peas flavor. If the peas are young and tender, the simplest way of cooking them is best. Shell,

### PEAS

cover with boiling water and cook gently with the cover partially off for about twenty minutes, or until tender. Overcooking ruins peas and takes away the fresh green color which is so desirable. Some good cooks advise the addition of a little soda to soften and give a green color to peas, but this is not advisable. If peas have reached that extremity they are only fit for soup, or to be cooked with pork, which tends to soften them. Do not salt until about half done. A little sugar may be added at the same time if the peas lack natural sweetness, but use it with discretion. When done, add plenty of sweet butter and, if liked, a little cream. This last addition is a favorite with "up-State" cooks. Epicures declare that there is a natural affinity between the flavor of mint and peas, and both French and English cooks usually add a sprig of mint to every mess of peas. A head of lettuce also combines well with peas. It should be added during the cooking, but removed before serving. The natural juice of the lettuce expressed in the cooking makes almost enough moisture for the year.

**T**o bake, wash, scrape and cut the parsnips lengthwise into quarters.

Put into a steamer and steam one hour, then place in a baking dish, seasoning with salt and pepper. Pour over

## PARSNIPS

some nice meat drippings and bake until nicely browned. Drain on soft paper and serve. To boil, wash but do not scrape. Put into a saucepan of boiling water well salted and cook until tender. This will take an hour or longer, according to size. When done rub off the skins with a rough towel, lay in a hot dish and serve with butter or cream sauce. For broiling, split into thick slices after boiling and, removing the skin, dip in melted butter seasoned with salt and pepper and broil over a hot fire. Parsnips may also be boiled and mashed, like potatoes, seasoning with salt, pepper and butter.

**S**ELECT oval potatoes having a smooth, unmarred skin, and of uniform size. Scrub until perfectly clean, then rinse and drain. Put in an old baking tin, kept for this purpose, or on the clean oven grate and bake in a hot oven. Forty minutes is about the time required

## BAKED POTATOES

for the baking. Serve as soon as done. Sweet potatoes should be boiled until almost tender before baking, then put in the oven to finish. To test whether potatoes are done, press with a cloth. Cold baked potatoes may be warmed so as to be almost as palatable as fresh ones, if they are dipped in hot water, then put into the oven and allowed to remain just long enough to get perfectly hot, but not long enough to harden.

Contrary to general opinion, cold baked potatoes may be creamed or fried quite as satisfactorily as the boiled ones.

**S**ELECT peppers that have not commenced to turn red; take out all the seeds and slice crosswise into cold water. Leave for twenty minutes, then take out and pat dry on a soft towel; sprinkle with salt, shake in flour until covered, then fry slowly in hot olive oil or pork drippings

## FRIED PEPPERS

for five or six minutes. When done they should be soft and slightly browned. They are excellent served with steaks, chops or cold meats, or combined with rice in this way:—Wash and boil a cupful rice, then turn into a vegetable dish. Fry one-half dozen peppers cut in rings in butter or oil. Mix the rice in the dish with a rich tomato sauce, arrange the pepper rings about it, pour the butter in which they were cooked over all and set in the oven, covered, for three or four minutes before serving.

**T**HESE should receive their first cooking with skins on. After that they may be prepared in a variety of ways. Select those of uniform size, wash, drop in boiling water and cook fifteen minutes. Take out and lay in the oven to bake until mealy and tender. Peel before sending to the table. Good as they are this way, they are much richer with a second cooking. Cut cold baked or boiled sweet potatoes into quarter-inch slices. When you have a pint put two tablespoonfuls of butter in the frying pan or earthen dish, and when very hot lay the potatoes in. Sprinkle the top with two tablespoonfuls of sugar, pour over lightly two tablespoonfuls of vinegar and cook until hot and brown. Cold potatoes may also be cut lengthwise into slices one-quarter of an inch thick and be fried in hot drippings or butter to a golden brown.

## SWEET POTATOES

**T**HIS is the most common and one of the most satisfactory ways of serving green peppers. Select sweet peppers of uniform size, wash and plunge in boiling salted water. Let them simmer

### STUFFED PEPPERS

five minutes, drain, cut off the stem ends and remove the seeds and soft inside. Wipe, stuff with any forcemeat desired, replace the covers, brush with oil. Set in a baking pan and bake for fifteen or twenty minutes, basting frequently with stock or melted butter. Among the forcemeats specially suited to green peppers are minced sausage meat mixed with grated onion, buttered bread crumbs, parsley and lemon; bread crumbs and minced ham, well seasoned with butter, salt and parsley and moistened with tomato juice; cooked veal, chicken, or half and half and chicken with soft bread crumbs, seasonings of salt, summer savory and thyme and stock or butter to moisten. Ham and chicken in combination make good forcemeat, as does half a cupful of minced boiled ham or tongue with a cupful fine bread crumbs, onion juice, parsley, melted butter and salt to season. Nuts and rice make another good forcemeat, using half as much chopped nuts as hot boiled rice, seasoning with a little butter, tomato and salt. Baste frequently with hot salted water, with stewed tomato stock or beef extract dissolved in hot water.

**C**OOK the peas in water to cover, then chill. Serve alone on lettuce leaves with a boiled or French dressing, or combine with sweetbreads, turnips, carrots, sweet or white potatoes, separately

### PEA SALAD

or altogether in a Macedoine salad. To make the latter, cook separately the turnips, carrots and white and sweet potatoes, mix with the peas and serve on lettuce leaves, with

French dressing. A little variation is made by cutting into dice a root of cooked celery, a boiled beet and a carrot, adding to this mixture a small cup of steamed asparagus tops, one-half cup each cooked string beans and peas and a chopped raw onion. Mix well, season with salt and pepper to taste, then pour on two tablespoonfuls of oil and one of vinegar. Toss, heap in a mound and chill. Just before serving spread a cup of mayonnaise over the top. If one or more of the above mentioned vegetables are lacking their places may be supplied with almost any leftovers on hand.

**A**LLOW for one pound of fresh parsnips one pound fat salt pork and one pound potatoes. Chop the pork fine, pare the potatoes and slice thin; scrape the parsnips and cut in thin slices. Put a layer of pork in a stewpan, follow with a layer of potatoes, then one of parsnips. Repeat with pork, potatoes and parsnips until all have been used. Cover with cold water, season with salt, pepper and celery salt, thicken with a little Boston cracker rolled fine, and set on the back of the stove where it can cook gently for three-quarters of an hour.

### PARSNIP STEW

**T**AKE the pods from a quart of sweet green peas and cook the pods for an hour in boiling salted water. Strain and cook the liquid down to a scant pint. Add a tablespoonful of butter, a teaspoonful of salt and pepper to taste.

### BAKED GREEN PEAS

Put the peas into a buttered baking dish or individual ramekins, pour the liquid over, sprinkle fine buttered crumbs over the top, cover and bake for half an hour. Uncover and bake a golden brown, then serve.

**F**OR eating raw or as a salad select young home grown onions or the mild Spanish or Bermudas. Peel, slice, cover with hot water and let them stand covered for half an hour. Turn off the water, pour on as much more ice cold and leave them half an hour to crisp. Drain,

### ONIONS RAW AND IN SALAD

dress with salt and vinegar or a French dressing with oil and serve. To banish the odor a little sugar or parsley moistened with vinegar, eaten immediately after, will be found effective. Follow with a thorough rinsing of the mouth and teeth, using a few drops of tincture of myrrh in water. People who think they cannot eat raw onions will find that prepared in this way there will be no after effects of heartburn or bad breath. A salad of cucumber and sliced onion or shaved cabbage and thin onion rings is appetizing, dressed with a plain French dressing or a mayonnaise. It must be borne in mind that old onions are much stronger than new, and red than white or yellow.

**S**IMMER gently for one hour and a half a pound of lean lamb and a slice of bacon in one quart and a half of water. Add a sprig of mint, a teaspoonful of minced onion, salt and pepper to taste, and a quart of green peas. Simmer one-half hour, then press through a colander.

### GREEN PEA PUREE

Make a rich white sauce, using a tablespoonful of flour and a heaping tablespoonful of butter, with one cup and a half of hot milk. Add salt, pepper and sugar to taste, then the prepared peas; gently bring to a boil and serve hot. Dried or split peas may be soaked over night, then cooked until tender (it may take several hours), then pressed through a colander and treated like the fresh peas.

**M**AKE a good white sauce, using a tablespoonful each of flour and butter with a cup of milk. Add a pint of peas cooked tender and season to taste with salt and pepper. Have ready a dozen new round white turnips, medium size, that have been boiled in salted water until tender. Drain, scoop a hollow in the centre,

### CREAMED PEAS IN TURNIP CUPS OR BREAD CROUSTADES

cut a slice from the bottom so the turnips will stand upright and fill with peas. For the croustades have ready thick rounds of bread, their centres stamped out with a cooky cutter. Fry these in butter and fill with the creamed peas. If preferred, the peas may be cooked in boiling water to cover, with the addition of a sprig of parsley, one of mint and a small green onion. Remove the onion, parsley and mint, add a tablespoonful of butter, a little pepper and the yolks of two eggs beaten with veal or chicken stock or cream. Stir until the sauce thickens a little, then fill the croustades.

**B**AKE rather large potatoes in a brisk oven for about forty-five minutes. When soft take out, cut in two lengthwise, remove the interior, taking care not to break the skin. Put into a bowl, and for six potatoes allow a tablespoonful butter, a teaspoonful salt, one-half teaspoonful pepper and a scant cup of hot cream. If milk is used be more generous with

### BAKED POTATOES ON HALF SHELL

the butter. Unsweetened condensed milk may also be used. Now whip briskly until the mass is as "light as a feather" and snowy white, return to the shells, smooth the top of each with a knife dipped in cold milk, set on the oven grate to crisp and serve at once. A little grated cheese is sometimes sprinkled over the top of the potatoes, then crisped.



**M**ILD onions are required for this way of cooking. Melt one-half cup butter in a saucepan, then put in as many peeled onions as will fit in without crowding. Move about until all are

### GLAZED ONIONS

well coated with butter, sprinkle with a tablespoonful sugar, then pour over the onions a well flavored soup stock, well salted (if you have no stock on hand, dissolve a little beef extract in hot water), and simmer until the onions are tender. Take off the lid of the saucepan and let the stock simmer down to about one-half cupful. Serve in a heated covered dish as an accompaniment to a roast of mutton.

**P**OTATOES are nicer, of finer flavor and more nutritious if not peeled before cooking. The best part of the potato, the salts or flavoring principle, lies next the skin, while according to experiments at the Storrs Agricultural Experiment Station it has been found that

### BOILED POTATOES

three per cent of the carbohydrates and four per cent of the albuminoid material are lost when potatoes are cooked with their skins removed. Scrub the potatoes in cold water with a vegetable brush.

Then with a very sharp knife cut a little band of skin around the centre of the potato and a little bit of the skin from each end. Put into the saucepan, cover with boiling water, cook rapidly about fifteen minutes, and salt in the proportion of a tablespoonful to a dozen potatoes; then continue boiling ten or fifteen minutes longer, until the potato is tender enough to be pierced with a fork or skewer. Drain at once, push back on the stove, and let them steam uncovered until every particle of the steam has gone and the potatoes are mealy. They may be served in their jackets or without, as preferred. The

peeling is quickly accomplished. If they must be kept warm any length of time a layer of cheesecloth spread over the kettle will keep out the cold air and assist in retaining the heat. If the potatoes are of different sizes put the large ones in first, and after they have boiled five minutes add the smaller. Old potatoes are sometimes better if soaked in cold water for one-half hour before cooking, but new ones lose much of their nutritive value if soaked. If you prefer to peel the potatoes before cooking peel thin. In the case of new potatoes the thin outer skin can be rubbed off with a brush or coarse towel. Another nice way to boil potatoes with their jackets on is to put into hot brine and boil until tender. If you can get this from some salt manufactory, as at Syracuse, it is best. If not, make it at home; but it must be strong. Serve with jackets on and plenty of good butter.

**T**HESE may be made from fresh'y boiled potatoes or cold ones diced. For a pint of potatoes make a white sauce, allowing one tablespoonful flour and two of butter, one cupful milk, a tablespoonful chopped parsley, a little cream, if you have it to spare, and salt and pepper

### CREAMED POTATOES

to season. Melt the butter in a saucepan, add the flour and stir until bubbly and well cooked. A frequent cause of failure with creamed potatoes comes from the raw taste of the flour. Add the milk and seasoning with the cream. One-half cup is a good allowance. As soon as the sauce thickens and grows smooth, add the potatoes, which may be whole if new and small, diced, or cut in balls, if older. Do not stir. When well heated, add the fine minced parsley and serve. Potatoes may also be baked in cream. Cut into dice, put in a buttered baking dish, dust with salt and pepper, cover with cream sauce, sprinkle with a fine layer of cheese or bread crumbs, and bake until a golden brown.

**B**OIL large Spanish onions a few minutes, then cut in two and remove the centres. Fill the cavity with a dressing made of bread crumbs, minced ham, grated cheese, and salt, butter, pepper and thyme to season. Pack all you can get in. Place in a baking dish with an inch of deep

### ONIONS STUFFED WITH CHEESE

gravy or stock, or failing these, beef extract dissolved in hot water. Place a bit of butter on each onion and bake, basting frequently. It will require about one-half hour. Another good forcemeat is made of a mixture of chopped cooked meat, chicken, sweetbreads or veal, an equal quantity of fine bread crumbs, moistened with cream and melted butter and seasoned to taste. Place in buttered muffin rings, sprinkle with buttered crumbs and bake.

**T**AKE what quantity you choose of good sweet pumpkin (the old Connecticut field pumpkin is best), halve, take out the seeds and cut into chips the size of a dollar. For each pound pumpkin

### PUMPKIN CHIPS

allow one pound of fine white sugar and a gill of lemon juice. Put the chips in a deep dish and sprinkle over each layer a layer of sugar. Turn the lemon juice over the whole. Let it remain a day, then boil the whole together, with one-half pint of water allowed to each three pounds of pumpkin, one tablespoonful of ground ginger tied up in muslin bags and the peel of the lemons cut into shreds. When the pumpkin becomes tender turn the whole into a stone jar and set away in a cool place for a week. At the end of that time pour the syrup off the chips, boil down until rich and thick, then turn back over the pumpkin and seal. This makes a delicious sweetmeat.

**T**HIS is a hearty dish for supper on a cold night or for a substantial dinner. Peel thin, then slice crosswise in rather thin pieces. Let stand in cold water for ten or fifteen minutes, then drain.

Have ready a good sized earthen baking pan and butter well. Put in a layer of sliced potatoes, then season with salt and pepper, dot with bits of butter and sprinkle lightly with flour. Add another layer of potato, season in the same way, and so proceed until the dish is full, with plenty of butter on top. Now pour in hot milk until you can just see it through the top layer of potato, and bake in a moderate oven from half to three-quarters of an hour. If it browns too fast cover at first. Then uncover and brown. A little grated onion or onion juice may be used in seasoning the layers if desired.

### SCALLOPED POTATO

#### Potatoes Persillade.

To make these, wash and peel nice white potatoes, then cut into small balls with a potato scoop that comes for that purpose. Boil in lightly salted water, drain dry and serve with melted butter and minced parsley poured over them.

**C**OOK a quart of peeled potatoes in boiling salted water until tender. Drain, mash fine and mix with the potatoes one cupful of milk, one tablespoonful of butter and the well beaten yolks of two eggs.

Whip until light, fold in the whites of the eggs beaten to a stiff froth and pepper to season, and put the potatoes in a souffle dish. Make five or six dents on top of the potatoes, put a little bit of butter in each, set the dish in a medium oven and bake to a light brown. Set into the silver souffle service dish and serve.

### SOUFFLED POTATOES

## VEGETABLES.

**O**LD potatoes are better for this, or the little yellowish potatoes that German cooks use for potato salad. These contain more gluten. Peel very thin and cut in long thin strips lengthwise.

### FRENCH FRIED POTATOES

Let them stand in cold salted water for two or three hours. Drain and wipe dry; put into a wire basket and fry in very hot, deep fat until brown. Take out and lay on a piece of manila paper to absorb the fat; dust with salt and serve. Another way to fry potatoes is to put a little olive oil in a deep frying pan; when very hot add sliced cold boiled potatoes. Cover, and cook until a golden brown, turning once. Drain, put in a hot vegetable dish and sprinkle with salt, pepper and lemon juice. Still another way, that the French chef delights in, is to chop cold boiled potatoes, then season lightly with salt, pepper and onion juice. Put a couple of tablespoonfuls of olive oil or good drippings in the frying pan, turn in the potatoes, press into a solid cake and cook slowly until crusty and brown on the under side. Turn on a hot platter, with the brown side uppermost.

**P**EEL potatoes of uniform size, cover with boiling water and cook until tender, salting the water in which they are cooked when the potatoes are about half done. Drain off the water, then with a fork or wire potato masher beat to a fluff in the same saucepan in which they have been

### MASHED POTATOES

cooked. When entirely free from lumps add for every pint of potatoes about one-third of a cup of hot milk, a tablespoonful of butter, and salt and pepper to season. Whip until as light as a feather. Heap in a hot dish, but do not smooth the top; leave it piled lightly. If necessary to keep hot for some time, set the pan

containing the potato in a saucepan of hot water, but leave uncovered or cover lightly with a single fold of cheesecloth. Mashed potatoes left over may be utilized in a variety of ways. To make potato pompon take the potato up by spoonfuls and make into balls. Roll in beaten egg, then in bread or cracker crumbs and fry like doughnuts in hot fat. A little minced onion, parsley or nutmeg may be mixed with the potato if desired; or make a potato omelet by adding to a cupful of mashed potatoes one cup of sweet milk, three eggs well beaten, a tablespoonful of flour and a little salt. Mix until smooth, turn into a heated frying pan, with a tablespoonful melted butter, and fry both sides, turning when brown. Mashed potatoes left over may also be added to shredded codfish for codfish balls, may be mixed with well beaten egg yolks made into flat cakes and fried in butter, or baked in a buttered tin in the oven, or mixed with a little grated cheese, put into ramekins or a buttered pudding dish with a layer of cheese on top and baked until brown.

**P**EEL six large ripe potatoes, then with a potato scoop cut out little balls about three-quarters of an inch in diameter. Wash well in cold water, then drain and pat dry. Put in a baking dish with a tablespoonful of melted butter, toss until well coated, sprinkle with salt and pepper and

### POTATO BALLS

bake twenty minutes in a hot oven. If you prefer to stew them, cook until tender in boiling salted water; drain; have ready a thin cream sauce, put in the potatoes, boil three or four minutes, adding a tablespoonful of fine minced parsley and serve. Potato balls are also served in a maitre d'hotel sauce. Boil, drain, put in a saucepan with a tablespoonful butter and a teaspoonful minced parsley. Simmer, covered, five minutes, squeeze the juice of half a lemon over them and serve very hot.

**P**EEL rather good sized potatoes thin, then with an apple corer cut out a tunnel through each centre. Have ready as many frankfurter sausages as you have potatoes and draw one through each cavity. Place in a dripping pan and lay a blanket of fat salt pork or a thin slice of bacon

### DUTCH POTATOES

on each potato. Pepper lightly and bake until the potatoes are tender, basting occasionally with the drippings and a little hot water.

**F**RY one-half cupful thin sliced onions in butter or drippings to a light brown, then add one and one-half pints sliced or hashed cold boiled potatoes, season with salt and pepper and fry to a lighter brown than the onions. Five minutes before serving add a tablespoonful fine

### GERMAN LYONNAISE POTATOES

minced parsley and three tablespoonfuls vinegar, toss lightly and serve very hot.

**S**ELECT large, oval potatoes, scrub thoroughly, rinse in cold water and bake in a moderate oven until all but done. Take from the oven, cut in halves, scrape out the pulp from each half, put in a dish, season with salt and pepper, and butter and cream to moisten, and whip light

### STUFFED POTATOES

with a fork. Fill the shells with the pulp, heaping moundwise. Grate a little Parmesan cheese over each and stand under the gas flame or in the oven long enough to brown. Serve hot. The melted cheese adds greatly to the flavor. Another way is to make a fine hash with some cooked fish, fine herbs and the potato pulp, adding seasoning, butter and a little white

sauce. Stuff the potatoes, cover with more white sauce and cheese if desired, then brown in the oven. Or cut a piece from the side of the baked potato, scoop out some of the pulp, season and beat light, then return to the shell, leaving just enough room to hold a raw egg broken in. Sprinkle with salt and pepper and return to the oven long enough for the egg to "set."

**B**OIL and bake four medium sized potatoes. When done peel and mash. Beat the yolks of two eggs. Add two tablespoonfuls of cream to them, then beat into the potato, with salt and pepper

to season, and place the dish in the oven while you beat the whites to a stiff froth. Draw the dish to the edge of the oven, fold in the whites, replace and bake until light and a delicate brown. Serve at once before it falls.

### SWEET POTATO SOUFFLE

**S**ELECT plump oval potatoes, rather long; wash, and boil about fifteen minutes. Remove, drain and dry. Cut in two lengthwise and scoop out an opening in both parts, deep and wide enough to hold a small bird, such as a reed or blackbird. Prepare as many birds as you have potatoes, cleaning and seasoning with salt and pepper. Dust the cavities in the potato with salt and pepper, then brush with olive oil. Lay in the bird, trussed and seasoned, with a thin, waferlike piece of bacon or larding pork tied over its breast. Put the two halves together and close with a string. Lay in a buttered baking dish and bake twenty-five minutes in a hot oven. Take out, cut the strings on potatoes and birds, put the two halves together again and serve very hot.

### SWEET POTATOES EN SURPRISE

**F**OR all general uses, the pumpkin is dryer and sweeter baked. Cut in quarters or halves, remove all seeds and place in a large dripping pan. Bake, without adding water, for about one hour,

## THE PUMPKIN

or even less, according to size. The skin will then be soft and crispy and the flesh dry and mealy. Scrape out with a spoon, put into a colander and press through. It is then ready for pies, pancakes or croquettes. All the watery juice that exudes should be saved to make a loaf of delicious pumpkin juice brown bread. The seeds are appetizing and among the Italians take the place of our salted nuts. Wash free from the sticky shreds that surround them, then dry in the sun or a rather cool oven. When ready to salt, spread on a baking tin, salt liberally, then set in a hot oven, shaking and stirring often until crisp.

**T**HIS delicately acid vegetable may be used in combination with spinach or cooked alone as a vegetable or soup. As a vegetable to serve with roast veal, roast pork or chops, cook the same as spinach, adding the yolks of one or two eggs after boiling, chopping and sauteing in butter. It also makes a tasty addition to any green salad.

## SORREL

**S**PINACH is one of the most delicate and healthful of all the pot greens. It is one of the vegetables that improves with each successive warming over, so that the French housewife usually cooks it in a quantity with the idea of reheating it. Like all greens, it must be carefully looked over and thoroughly washed. Cut off all the stalks, put into a large pan of cold

## SPINACH

water, plunge up and down to remove the sand, then lift out into a second pan of water. Do not attempt to drain the water off, as that leaves the sediment at the bottom. Rinse a third time, then put into a kettle with the least bit of water (there is usually enough clinging to the leaves) for fifteen or twenty minutes. It may be seasoned with salt while cooking. Drain, cover with cold water and drain again, pressing free from moisture. Chop fine. Have ready in a frying pan a tablespoonful of hot butter, add the spinach, season with salt, pepper and, if liked, a little nutmeg and cream. If cream be used less butter will be required. Heat thoroughly and serve on a hot dish, surrounded by toasted bread points. Garnish with the yolk of a hard boiled egg put through a ricer over the spinach.

**B**OIL pieces of pumpkin in salted water for fifteen minutes. Drain, put two tablespoonfuls of butter or olive oil in a frying pan, and when melted lay in the sliced pumpkin, seasoning to taste with salt and pepper. Toss over the fire a few minutes, then lay the slices in a buttered baking dish, sprinkle grated cheese on top and bake until nicely browned. Serve very hot as a vegetable.

## PUMPKIN A LA ITALIENNE

**T**HESE are made from one-half peck spinach, boiled, cooled and chopped fine. Mix with it two tablespoonfuls of butter, one tablespoonful of minced parsley, one teaspoonful of sugar, the grated rind of a lemon, and salt and pepper to season. Add one-half cup of milk, heat thoroughly, then cool. When cold shape into croquettes, dip in egg and crumbs and fry in the usual way.

## SPINACH CROQUETTES

**S**ALSIFY is one of the most wholesome and delicious of vegetables, easily prepared, and with almost no waste. The green tops make an excellent salad in combination with lettuce, onions

or tomatoes. Having cut off the tops of a bunch of salsify, scrape the roots as you would carrots, cut in small slices and soak in

cold water for an hour or two. Then cover with boiling water to half their depth, salt to season, and simmer gently until tender. If there is any water left, save it for the stock pot. Put in a tablespoonful of butter and a cup of rich milk or cream, then thicken slightly with one-half tablespoonful of flour. Cook two or three minutes until smooth and creamy, then season with white pepper and pour over slices of delicately browned and buttered toast.

**S**CRAPED and slice a quart of salsify roots and simmer in boiling salted water until tender. If they are to be used for dinner at night they should be put to cook early in the afternoon. Let

the water boil off instead of draining, in order to preserve the fine oyster flavor of the plant. Press

### SALSIFY FRITTERS

through a colander. Sift into a bowl a pint of flour, two teaspoonfuls of baking powder and one-half teaspoonful of salt. Beat two eggs thoroughly and add to them enough sweet milk to make a good muffin batter when added to the dry ingredients. Drop in the salsify, season with pepper and more salt if necessary. Have ready a frying pan in which is a tablespoonful of good pork drippings or olive oil, and when smoking hot drop in the fritters from the point of a spoon. When brown

on one side, turn and brown the other. Take up with a perforated ladle, rest for a moment on soft paper to absorb all grease, and serve hot. These are almost as good as fried oysters.

**B**OIL the salsify without scraping until tender, when the skin may be peeled off. Slice thin. Put into buttered shells or one large baking dish, as preferred, a layer of salsify, then one of crumbs, with salt, pepper and butter to season. Repeat until all the salsify is used, having buttered crumbs at top. Pour in as much milk as the dish will hold, and bake brown. A pleasing change, on occasion, is to sprinkle grated cheese on top with the bread crumbs.

### SALSIFY AU GRATIN

**C**OOK and thoroughly drain the spinach. Chop fine and mix with two whole eggs and the yolks of two or three others, according to the amount of spinach cooked; one or two milk rolls soaked in milk until soft, a little stock or gravy to moisten and salt, pepper and nutmeg to season.

### SWISS SPINACH

Stir over the fire until the mixture has thickened and is very hot, then having buttered a casserole or any baking dish that can be sent to the table, sprinkle the bottom with fine bread crumbs and pile in the spinach that has been cooled and beaten up with the whites of three or four eggs whisked stiff. Bake three-quarters of an hour and serve with a good gravy or sauce mousseline. This dish is so hearty that it can be served alone instead of meat. Sometimes a grating of cheese is added just before it goes into the oven.

**T**HESE are of two varieties, the yellow crook neck and the round white.

In selecting them make sure the skin can be pierced easily. When young and tender they may be cooked without

## SUMMER SQUASH

paring, but if hard they must be peeled, and much of the flavor and body are lost. Remove the stem and blossom end, cut in pieces and slip in a coarse cheesecloth bag. Cook in boiling salted water until tender. Take out of the bag and drain, put unopened into the colander, then with a potato masher press. This extracts all the juice. Open the bag, finish the mashing with a silver fork, season with salt, pepper and butter and serve very hot. Or follow the Southern custom of boiling directly in the salted water until tender, then drain through a cheesecloth bag in the colander. After the juice is all removed put the pulp through a colander and return to the stewpan with a tablespoonful of butter, one-half cup of cream and salt and pepper to season. Place on the back of the stove where the squash will not burn and simmer an hour or more until the water has evaporated and the squash is dry and creamy.

**W**ASH, dry and cut in pieces, using a can opener to cut the shell. The pieces should be about three inches square. Take out the seeds, brush the inside of each piece with butter, place in

## WINTER SQUASH

a baking pan and bake in a medium hot oven until tender. Serve on the shells, brushing again with melted butter and seasoning with salt and pepper. Another way is to peel the squash, remove the seeds and cut in small pieces. Cook in boiling salted water until tender, allowing the water to dry off. Mash well, season with salt, pepper and butter and mound on a hot dish.

**T**O make the paste to use in seasoning sauces, soups or with macaroni, peel and slice tomatoes, then cook in a porcelain kettle until a soft pulp. Rub through a sieve and return to the kettle, which should have been washed and rubbed inside with a clove of garlic. For each peck of toma-

## TOMATO PASTE

atoes allow a sweet red pepper minced fine, discarding the seeds, a rounded tablespoonful of salt and teaspoonful of white pepper. Set on the back of the range or in the oven, protecting the bottom of the pan from scorch by an asbestos mat, and simmer gently until a thick pulp. Then spread on shallow plates or put in a cool oven or in the sun until dried to a stiff but flexible paste. Pack in glass cans or paraffine paper in tin boxes and keep where it will be dry and cool. When ready to use soften an inch or two of the paste in hot water.

**T**HE preliminary treatment of tomatoes to be stuffed is all the same, but the fillings are legion. Select tomatoes of firm texture and equal size. Cut a cap from each and with a spoon handle or vegetable

scoop remove the seeds and as much of the soft pulp as you desire. Turn

## STUFFED TOMATOES

upside down for a few moments to drain off superfluous juice, then season the inside of the cups with salt and pepper. The stuffing may be widely varied to suit individual taste and materials on hand—it may be simply well seasoned bread crumbs, with plenty of butter, minced parsley and egg to bind; the tomato pulp that has been removed, mixed with minced onion; bread crumbs and seasonings; cooked rice seasoned with salt, pepper, butter and a little curry; creamed onions with bread crumbs; Parmesan cheese and bread crumbs, a cream of filling or a

forcemeat of minced ham or sausage.

Still other fillings that are popular are oysters with cracker crumbs and seasonings, raw chopped beef well seasoned with onion, salt and pepper, a chicken and mushroom forcemeat, sweetbreads, eggs, or cooked macaroni and cheese. Most fillings need to be cooked before putting in the tomato, as the latter cooks so quickly. The tomatoes may be served on rounds of buttered toast or plain, as preferred.

**C**UT nice, smooth fruit in halves and place skin side down in a buttered dripping pan; season with salt and pepper, put a little bit of butter on each, sprinkle with cracker dust and bake about

### BAKED TOMATOES

twenty minutes. Or select smooth, round tomatoes of equal size, pour boiling water over them, skin and cut out the stem end. Roll in cracker dust, then in beaten egg and again in the cracker dust, and pack in a buttered baking dish that can be sent to the table, as the tomatoes look better if not disturbed. Season with salt and pepper, put a bit of butter on each and bake in a quick oven about twenty minutes, basting often with melted butter and a little hot water.

**B**OTH green and ripe tomatoes are excellent fried. For the former, wash dry and cut in rather thick slices, without peeling. Cover with boiling water and set back on the range, so the water

### FRIED TOMATOES

will keep hot, but not boil, for fifteen minutes or until the tomatoes turn a pale golden color. Drain, dip in flour or fine corn meal, seasoned with salt and pepper, then fry a nice brown in pork or bacon drippings and serve very hot, arranging in little piles of two or three and putting a piece of but-

ter on each slice as dished. These are a fine accompaniment to lamb chops or veal croquettes. To fry the ripe tomatoes, slice large, firm fruit in medium thick slices, season with salt and pepper, sprinkle plentifully with fine corn meal (as much as will cling to each side), then fry in smoking hot fat until browned on both sides. Take up carefully with a broad bladed knife or pancake turner and arrange in little piles on a hot platter. Put another tablespoonful of butter or pork drippings in the pan, add an equal amount of flour, stir until frothy, then pour in milk or cream to make the consistency desired. Season to taste with salt and pepper, pour over the tomatoes and serve.

**C**UT into half inch slices firm tomatoes (the beefsteak variety is best for broiling) and dust with salt and pepper. Wipe a fine broiler over with olive oil, lay the tomato slices on closely and broil over a clear fire. Some sprinkle the slices with fine cracker dust or bread crumbs before

### BROILED TOMATOES

broiling. This is a matter of taste. Serve with plenty of butter on toast or without, as preferred. To devil them, arrange on a hot chop platter after broiling, and pour over them a sauce made by heating together two tablespoonfuls of olive oil, a saltspoonful of mustard, a dash of cayenne, one-half teaspoonful of sugar and three tablespoonfuls of vinegar.

**T**HE green tomatoes are best for this purpose, cut into thick slices. Put into a saucepan two tablespoonfuls of butter and when hot add two tablespoonfuls of fine minced onion. Cook to a golden brown, add one teaspoonful of curry powder, put in the tomatoes and fry on both sides, seasoning with salt and pepper.

### CURRIED TOMATOES



**S** CALD the tomatoes, then peel and cut in small pieces, discarding the hard portion about the stem. Put into a stewpan and set over the fire. Cook gently about twenty minutes, counting

from the time it commences to boil.

### STEWED TOMATOES

When nearly ready to serve, season, allowing for each

quart of tomatoes about one-half tablespoonful of salt, one-half teaspoonful of pepper, one generous tablespoonful of butter and one teaspoonful of sugar, if desired. This may be slightly thickened with flour stirred smooth in a little cold water or a few powdered cracker crumbs. To make a puree to serve with roast beef, mutton or pork, add to the tomatoes while cooking a few spoonfuls of good gravy, with a little onion, parsley and herbs to season. When the tomatoes are tender, rub through a fine hair sieve, having first taken out the seasoning herbs. Dissolve one tablespoonful of butter in a frying pan, add one tablespoonful of flour, and when blended add the tomato pulp and another spoonful of gravy. Serve very hot.

**P** EEL, slice thin and cook fifteen minutes in salted water. Drain, place in a buttered baking dish and pour over them a cup of good, clear stock, seasoned with salt, pepper, nutmeg, and, if

liked, a teaspoonful of sugar. Bake until tender, basting often. Serve in a hot dish with the pan

### BAKED TURNIPS

gravy, which should be slightly thickened, poured over them.

**W** ASH and peel fine grained turnips, then cut into balls, using a vegetable scoop. Drop into boiling water, lightly salted, adding also a very

little sugar and cook until tender, but not broken. Drain, cover with drawn butter or cream sauce,

### TURNIP BALLS

sprinkle lightly with minced parsley and serve very hot.

**P** EEL, slice and cook in boiling salted water until tender. Drain well, mash with a wooden vegetable

masher, season with salt, pepper and butter and serve; or, instead of mashing,

chop in rather large pieces, return to the stewpan, seasoning with plenty of butter, salt and pepper,

then add three or four spoonfuls of water or beef stock and cook until the seasonings have been well absorbed. Small turnips may be peeled and boiled whole, then have their centres scooped out and refilled with creamed peas.

### BOILED TURNIPS

**P** EEL and cut into cubes. Cover with cold water and cook five minutes, then drain and cover with boiling

salted water or white stock and simmer gently until tender. Make a cup of good

white sauce, using a tablespoonful each of butter and flour.

Melt the butter, add the flour and as soon

as blended without browning add a tablespoonful of grated cheese. When it has melted pour in a cup of milk, stirring until smooth and creamy. Season with salt and pepper and pour over the turnips. Put into a well buttered gratin dish, and if too dry add a little more milk. Cover with buttered crumbs and brown in a quick oven.

### TURNIPS AU GRATIN

**P** EEL, slice and throw into cold water for half an hour. Drain, then put

into boiling salted water and cook until a fork can pierce them, but not until broken. Drain, and when cold pat dry

on a soft towel. Dip in cracker crumbs, then in beaten egg, then in crumbs again. Lay on the

ice for an hour to harden, then fry in olive oil or butter until it is a light brown.

### FRIED TURNIPS



# GAME



**D**RESS the birds without splitting, tuck an oyster in each one, broil quickly over a clear fire about five minutes, season and serve at once on slices of well buttered toast. They may also be fried in smoking hot fat, in which case they are split down the back, seasoned and rolled

## BROILED REEDBIRDS

in corn meal or sifted crumbs before frying, or they may be roasted with thin slices of bacon skewered on each little breast, and four birds arranged on a skewer. Roast seven minutes in a hot oven.

**PREPARATION** necessary before cooking teal, widgeons, &c., is to singe, draw, and if intended for roasting, truss the required number of birds, cut off heads and feet and wipe with a damp cloth. Put a tablespoonful of butter and sprinkling of salt and pepper inside each bird, lay in a dripping pan with a peeled onion, then roast in a very hot oven for fifteen or twenty minutes, basting every few minutes, using more butter or olive oil if required.

## TEAL, WIDGEONS AND OTHER SMALL DUCKS

Make a sauce by browning lightly in a tablespoonful butter an onion chopped fine. Add a tablespoonful of flour and brown also, then a cup each of port wine and hot water, with salt, pepper and a tiny bit of nutmeg to season. Stir the sauce until it boils, then pour over the birds. If preferred the ducks may be split down the back without dividing, browned in a brisk oven for ten or fifteen minutes, then placed on a gridiron, flesh side next the fire, and broiled five minutes.

Make a good browned gravy, place the birds on slices of toast, garnish with slices of beef and watercress and serve with red currant jelly and orange salad. They may be also broiled and served on toast, spread with maitre d'hotel butter.

**P**LUCK, draw and singe a wild goose, then soak in salt and water for twelve hours before cooking. If you have any doubts about its age, cut up an onion, put in the inside, sew up, plunge

### BAKED WILD GOOSE

remove the onion, which will have absorbed much of the strong wild taste, then stuff the bird with a plain bread stuffing or one made of mashed potatoes with chopped celery, onion and seasonings to taste. Sew up the bird, truss and put in a baking dish. If the goose is not fat enough to baste with its own drippings, lay strips of fat salt pork over the breast and tie in place. Put a little water in the pan, well seasoned with salt and pepper, and baste the bird frequently until done. The baking should be in a moderate oven and the bird should be frequently turned so as to brown evenly on all sides. Serve with giblet gravy and apple sauce.

**W**HILE there are more than twenty varieties of the wild duck, the cooking is about the same. Ducks should be roasted or broiled, as a general thing, but always served rare.

### WILD DUCKS

Twenty minutes in a very hot oven will cook them enough to suit the average masculine taste, but women as a rule prefer them to be cooked five or ten minutes longer. Like venison and other wild game, they must not be washed, but simply wiped with a damp cloth.

Some culinary authorities advise stuffing wild duck with celery to improve the flavor, but if they have come from good feeding grounds all they require is to be cooked as simply and quickly as possible. With canvasback, redhead or mallard it is like painting the lily to attempt to im-

prove the flavor. If they are to be broiled, split through the back without detaching the pieces and flatten with a rolling pin. Sprinkle inside with salt and pepper and lay on a dish while you rub them over with olive oil inside and out.

Dust sparingly with flour, then broil, flesh side first, over a clear fire or under the gas flame. Turn and broil the back. A good plan with a gas range is to broil the inside until brown, then set the rack in the roasting pan in regular oven to finish. Dress on a hot dish, spread with maitre d'hotel butter and decorate with watercress.

The proper concomitants for duck broiled or roasted are crisp celery, fried hominy, Baltimore apple bread and currant jelly, black or red. In roasting sprinkle with salt, set in a brisk oven and cook eighteen or twenty minutes. Untruss, arrange on a hot dish with two tablespoonfuls of broth to moisten the inside and serve with fried hominy.

**U**NTIL recently the plover, though highly esteemed abroad, was little appreciated in this country, save by sportsmen. Now it is a favorite tidbit with all epicures. As the plover is small allow one for each person. Pick carefully, singe and draw. Take out the eyes, trim off the

### PLOVER OR DOUGH BIRD

toes, skin the head and fasten back against the body, as the brain is considered a great delicacy. Season inside and out with salt and pepper, and brush with olive oil. Cover the breast with a thin slice of bacon, heat a pan, place the plover in it and bake in a piping hot oven from twelve to fifteen minutes. Lift out the birds and place on slices of delicately browned toast.

Pour into the pan one-half cup of well flavored white broth, stir with the drippings and pour over the birds and toast. Garnish with watercress and lemon points and serve with a cress salad.

**H**ARES must always be skinned before cooking, and if intended for roasting must be trussed to give the proper effect. If preferred, all bones may be removed and the body reformed so that

it can be easily carved. But this requires a certain amount of dexterity that all amateur

cooks do not possess. In dressing the animal be sure to remove the thin muscular membrane extending from the flank over the intestines. It is this that gives the strong flavor that many object to. For broiling split, wipe inside and out with a damp cloth; rub the legs and shoulders with butter or olive oil, then lay in a deep earthen dish with a sliced onion, a few sprigs of thyme and parsley, a bay leaf, a cup of vinegar and one-half cup of water, a tablespoonful of salt and a teaspoonful of pepper and let them lay twenty-four hours or even longer to marinate. Keep covered with another dish. When ready to broil, drain, cut deep gashes in the thick part of the back that the heat may penetrate it, rub again with oil or butter and broil over a clear fire, turning often. When thoroughly done, transfer to a hot platter, rub well with butter, season with salt and pepper and garnish with parsley.

**G**ROUSE may be split in halves through the back without separating, seasoned with salt and pepper, rubbed over with olive oil and broiled over a brisk fire, then served with a good mushroom sauce. They

may be cut in halves lengthwise, skinned, rolled in bread crumbs and oil or

melted butter, fried over a moderate fire, turning so as to cook both sides, then served with a rich sauce. They may be larded and baked, stewed, made into a pie, or used in a salmi.

The latter is a specially nice way of preparing them. Cut cold roast grouse in pieces for serving. Put into a frying pan one-quarter of a cup of butter, and when hot add one tablespoonful of raw ham chopped fine, a slice of onion and a stalk of celery chopped. Cook until the vegetables are colored, then add one-quarter of a cup of flour, and when that is browned and frothy three-fourths cup of brown stock or gravy. Season with one-half teaspoonful of salt and a few grains cayenne, cook five minutes, strain, add the grouse and when the meat is thoroughly heated through arrange on a hot serving dish and set where it will keep warm while the sauce is prepared. Add one-half wine glass of sherry and the thin shaved rind of a half lemon to the gravy in the pan, cook two minutes longer, pour over the grouse and serve with a garnish of fried bread points.

**C**LEAN the pigeons, tie in shape, then sprinkle with salt, pepper and flour.

Place some thin slices of fat salt pork or butter, if preferred, in the bottom of an earthen jar or small procelain kettle and lay the pigeons on it. Put a few slices of onion on the birds and pour over the whole

### POTTED PIGEONS

boiling water. Cover the jar or kettle so that no steam escapes and set in a pot of water where it will simmer steadily for two hours or until the birds are tender. When stewed enough take up on a hot dish, skim the fat from the gravy, thicken with a tablespoonful of butter and flour rubbed to a cream, then add a spoonful of cream and a little lemon peel. Pour the sauce over the birds and garnish with parsley and sliced lemon. If desired, the pigeons may be stuffed before jugging. In this case add to their giblets, minced fine, a little shredded beef suet, bread crumbs, parsley and marjoram to season, and one or two eggs to bind.

**T**HIS is the favorite German way of cooking hare or rabbit. After a careful cleaning, being particular not to break the gall bladder or the liver, cut into pieces, making four bits of

### HASSEN- PFEFFER

the backbone from thighs to shoulders. Put two tablespoonfuls of butter into a saucepan and when hot add two tablespoonfuls of chopped bacon, two small carrots scraped and chopped fine, a bay leaf, a couple of cloves, a clove of garlic, with salt and pepper to season. If liked, a few button mushrooms may also be added. Put in the hare and when nicely browned stir in one-half cup of vinegar and water. Cover closely and simmer gently until the meat is tender, adding at the last a cupful of cream. Serve with noodles.

**T**HIS may be done in either of two ways. Gash the thick part of the flesh on the back, and if the hare is an old one lard with fine strips of bacon or fat salt pork. Boil the liver, chop,

### ROAST HARE

and mix with bread crumbs, a slice of fat salt pork and a good forcemeat, seasoning well with salt, pepper, nutmeg and any preferred herbs. Use the water in which the liver was cooked to moisten, and a beaten egg to bind together. Stuff the body and sew or skewer. Rub with olive oil or butter and roast, basting often until done. Milk is often used in the basting, epicures thinking it to be a great improvement in keeping the flesh juicy. An hour usually suffices for the roasting. A few moments before taking up dredge with flour, then froth with butter. Take up in a hot dish, add to the gravy a tablespoonful each of butter and flour rubbed together, a tablespoonful culinary bouquet, the juice of an onion and a tablespoonful of lemon juice. Bring to a boil, strain and serve in a boat.

Garnish the hare with slices of lemon, dotted with currant jelly and parsley. Another way is to cut the hares in halves, separating the forequarters from the hind. Bone the saddles, but not the legs. Prepare a marinade of white wine vinegar seasoned with a little onion juice, lemon, celery; salt and pepper, and lay the saddles in this bath for twenty-four hours. Take out the pieces, stuff the boned saddles with a good forcemeat, give them a nice rounded shape and tie with tapes to hold firmly. Place in the roasting pan with a pint of broth, having a piece of fat salt pork placed over each saddle, and bake in a hot oven forty-five minutes, basting frequently. Strain the gravy over them when dished for serving and decorate with croutons or noodles. Use the forequarters for a stew.

**C**LEAN and wipe four pigeons. Split and put in a saucepan with enough good broth to nearly cover. Simmer gently until tender. Take out and remove some of the larger bones. Cut the hearts and livers into bits. Have ready four hard boiled eggs sliced, butter a deep pud-

### PIGEON PIE

ding dish, and fill with alternate layers of the pigeons, eggs and minced hearts and livers. Season with salt and pepper. Make a gravy with one tablespoonful each of butter and flour, and one and one-half cupfuls of the broth. Season with salt and pepper, and pour one-half into the dish. Cover with a layer of good paste, making an incision in the middle of the crust to allow for the escape of steam, and ornament the edges of the pie with braids, leaves or rolls of the crust. Bake for one hour in a moderately hot oven. When nearly done, brush over the top of the pie with the yolk of an egg beaten with a little milk. Serve hot with baked potatoes and the rest of the gravy.

**S**KIN, joint, and then cut into half joints, saving the blood. For a pair of hares chop fine a pound of veal, one onion and a little parsley, and mix with a pound of sausage, seasoning well with salt and pepper. Soak the pieces of hare in salt water twenty minutes,

## HARE PIE

then stew gently in boiling water to cover until they begin to be tender. Take up the pieces of meat and thicken the gravy, adding salt, pepper and butter to season. Have ready a deep earthen pudding dish, well buttered, and on the bottom put a layer of the hare meat. Over this arrange a layer of the sausage and veal mince, adding, if desired, a layer of sliced hard boiled eggs, with salt and pepper to season. Alternate in this way the hare, mince and seasoning, until all the material is used. Cover the whole with a thin layer of bacon or fat salt pork. Pour in the blood added to the gravy, together with the juice of a half lemon and a cup of Madeira wine. Cover with a good crust and bake an hour in a moderate oven. If it shows signs of browning too quickly cover with paper.

**T**HE young pigeons or squabs are best broiled. Split the birds down the back, rub over with salt, pepper and olive oil, or butter—olive oil is better, in that it does not burn so easily—sprinkle with cracker dust and broil over a clear fire. Serve on pieces of hot toast, with a crisp slice of bacon

## PIGEONS

laid on each bird. They may also be stuffed and roasted. One way is to fill with a dressing made of seeded raisins, bread crumbs, salt, pepper and a little cinnamon, with stock to moisten. After stuffing, skewer or tie the birds into shape, rub the outside with butter or olive oil, and dredge with flour or fine crumbs. Put

in a baking pan, blanketing each bird with a thin slice of bacon, add a little hot stock or water to the pan and bake in a hot oven, basting often. When cooked, place on slices of toast or fried hominy, thicken the gravy with browned flour or season well, darkening with culinary bouquet, and pour over the birds.

**W**OODCOCK may be broiled whole or filleted, may be served in croustades or as a salmi, or roasted. For broiling, pick out the eyes and skin the heads. Split through the backs without separating the parts,

then season with salt and pepper, roll in olive oil and broil over a clear fire with their bills tucked in their breasts. Broil on each side for four or five minutes and serve on delicately browned slices of toast. Spread with maitre d'hotel butter and garnish with crispy slices of bacon. To roast, put a cranberry or two in each body and truss, fastening the legs close to the body. Toast as many slices of bread as you have birds. Lay a slice of toast under each bird to catch all the juices, and roast half an hour, basting frequently with butter. Serve on a hot plate, the toast under each bird, and garnish with thin slices of lemon and watercress.

## WOODCOCK

**S**PLIT four woodcocks lengthwise down the back and divide into joints.

Bruise the livers and hearts of the birds and put with them in a casserole. Dust over with salt, pepper, grated nutmeg, two teaspoonfuls of French mustard and three tablespoonfuls of grated yellow peel of lemon.

## SALMI OF WOODCOCK

Moisten with the juice of five lemons and a little white wine and set in the oven until thoroughly heated. Just before serving in the dish in which they are cooked add a teaspoonful olive oil, stir about and serve very hot.

**P**ARTRIDGE is a dry meat and needs plenty of butter in whatever way it is cooked. The birds may be halved, seasoned with salt, pepper and rubbed with olive oil, then broiled seven

minutes on each side, after which they may be served on slices of fried hominy, spread with

maitre d'hotel butter, blanketed with crisp slices of broiled bacon and served. They may be roasted for twenty minutes in a hot oven, with thin slices of fat bacon wrapped around them or may be fried in butter, then made into a pie or braised en casserole. For the latter clean carefully and truss neatly. Put into a frying pan with hot butter or chopped fat bacon and brown evenly all over, turning from side to side. When well colored take from the frying pan and place in a casserole that has a tight fitting cover. Have ready a cupful of hot beef broth and a cupful of tomato puree; pour over the birds, sprinkle with a little Spanish red pepper and add a little white wine, or not, as preferred. Cover closely and cook about three-quarters of an hour. When done take out and lay on slices of hot toast or in croustades; add more butter and seasoning to the sauce, pour over the birds, garnish and serve at once.

**C**UT the meat into fairly small, square pieces. Put three tablespoonfuls butter in a stewpan and as soon as melted add two tablespoonfuls flour, stirring until well blended. Add two or three

tablespoonfuls of bacon cut in small squares, half a dozen small onions, sliced, two cloves of gar-

lic, and the meat seasoned with salt and pepper. Add claret and water in equal quantities to cover, then simmer gently until the meat is tender. Take from the pot, skim the fat off the gravy, remove

the garlic and cook until thickened. Add a tablespoonful of culinary bouquet to color, arrange the meat on a hot dish, pour the sauce over it and serve hot.

**T**HE loin, saddle, haunch or shoulder of venison may be roasted. The saddle is considered the choicest portion and is highest priced. Do not wash the meat, but wipe with a damp cloth.

For the haunch, place on a meat board and pound all over, using a wooden potato masher or

## ROAST VENISON

the rolling pin. Several hours before putting in oven lard all over on top with strips of firm fat pork. Then put into an earthen vessel with a marinade made of two cups of vinegar, one cup olive oil, three onions sliced, two sliced carrots, two stalks white celery, cut fine, a little bunch of parsley, two crushed bay leaves, a sprig of thyme and pepper. Turn the haunch several times, so that every portion may be equally well seasoned. When ready to roast, tie in compact shape, removing all the shreds of vegetables that remain attached to the meat. Put a few thin slices larding pork in the bottom of the roasting pan, and having dredged the meat with salt, pepper and flour, lay it on the pan and set in a hot oven. After the first twenty minutes baste every ten minutes. When the roast is a fine brown, reduce the heat of the oven, so that the last part of the roasting may be gentle. Venison should be cooked rare, allowing ten minutes to the pound after the first twenty minutes. A little claret or melted currant jelly used in the basting adds greatly to the flavor. Serve piping hot on a hot platter, accompanying it with red or black currant or grape jelly. Have the dinner plates very hot, as venison chills easily. Vegetables that go well with venison are cauliflower, spinach, succotash, white or sweet potatoes, and always a good green salad, with French dressing, not mayonnaise.



**P**UT a tablespoonful of fat salt pork, chopped, or pork drippings, into an iron pot, and when hot add a rabbit cut in joints, and fry. When almost brown enough on all sides add two small onions, sliced, and let them brown. Then

### RICE AND RABBIT STEW

add two tablespoonfuls of flour and let it color a rich brown. Now add one quart hot soup stock or boiling water, cook for ten minutes, then season with salt, pepper, a bay leaf and a suspicion of cayenne. Push back on the stove and simmer gently, covered closely, for two hours, or until the meat is very tender. Add the juice of a lemon, a tablespoonful butter rubbed smooth with a tablespoonful of flour, and stir well for two or three minutes. Turn the whole on a hot dish, piling it up, and serve with a border of hot boiled rice. A pint of mushrooms added five or ten minutes before taking up makes a delicious addition.

**G**ET two fat squirrels and have them skinned and drawn. Cut the thin skin on each side of the stomach close to the ribs, then wipe thoroughly with a damp cloth. Sprinkle with black pepper, but use no salt. Put a layer of

### BARBECUED SQUIRRELS,

*Southern Style.*

fat bacon, sliced, in a roasting pan, lay the squirrels on this bed, and cover closely with\* more thin slices of bacon. Pour in the pan one-half cup of good broth or hot water, to which a teaspoonful of beef extract has been added, and bake in a moderate oven until the squirrels are tender. Baste every ten minutes. An hour usually suffices for the roasting. Take up the squirrels and keep hot while the gravy is made ready. Skim the fat from the surface, then put in a tablespoonful of flour. Let this brown,

stirring all the time, then add one cup of boiling water, the juice of a lemon, a tablespoonful of chopped pickle, and ten tablespoonfuls of catsup. Cook until smooth and thickened, pour over the squirrels and serve.

**T**HIS is made from the large Southern gray squirrels. Cut into joints and lay in cold salted water for one-half hour to draw out the blood. Put into a large pot one gallon of water, lightly salted, and bring to a boil. Add the jointed squirrels, one-half dozen potatoes parboiled and sliced,

### BRUNSWICK STEW

one-half pound of fat salt pork, sliced, a quart of tomatoes peeled and sliced, one pint Lima beans, six ears of corn cut from the cob, or canned corn, and a sliced onion. Cover closely and simmer gently for three hours, stirring occasionally from the bottom. Fifteen minutes before serving add one-half cup of butter, beaten to a cream with a tablespoonful of flour, a tablespoonful of sugar, and pepper to season. Stir until smooth and slightly thickened, then pour into a hot tureen.

**C**UT of moderate thickness, remove the bones, beat lightly to flatten, season with salt and pepper, then put into a rather deep dish with good olive oil to cover, and let them stand two or three hours in a cool place to absorb the oil.

When ready, drain, place on a greased gridiron and broil over a clear fire, turning so that both sides will be equally well done. The broiling will take about twenty minutes. Place on a hot dish, the chops or cutlets overlapping each other, spread with sauce piquant, mixed with currant jelly, and serve.

### BROILED VENISON CHOPS AND CUTLETS



# SAUCES

**T**AKE five anchovies divided into fillets and heat in a mortar with three tablespoonfuls of butter. Put into a small stewpan with a quarter of a cupful of water, two tablespoonfuls of vinegar and a tablespoonful

## ANCHOVY SAUCE

of flour stirred smooth with a little water. Stir over the fire until it is smooth

and thickened, then rub through a coarse hair sieve.

**P**UT two tablespoonfuls tarragon vinegar in a saucepan, then add eight crushed black peppercorns, two chopped shallots and a tablespoonful of minced parsley. Cook five or six minutes and set aside

## BERNAISE SAUCE

to cool. Break six eggs, separating the whites from the yolks, and stir into

the cold vinegar, adding at the same time four tablespoonfuls of butter cut in small pieces. Set the small pan in a larger one of hot water and as it reaches the boiling point stir constantly until very thick. Add a teaspoonful of beef extract dissolved in one-quarter cup of hot water, season the sauce with salt and a little grated nutmeg, and pour over the steak or whatever it is to be served with.

**P**UT three tablespoonfuls of butter in a saucepan and stir until soft. Add three tablespoonfuls of flour, a slice each of carrot and onion, a blade of mace, half a dozen whole peppers, a bay leaf and a sprig of parsley.

Stir well into the butter, then add three-quarters of a pint of milk or

## BECHAMEL SAUCE

white stock, as preferred. Simmer on the back of the stove for twenty-five minutes stirring often. Strain, return to the fire, and season with salt and cayenne pepper. Add one-half cup of cream and it is ready to serve. A richer sauce may be made by adding two eggs and one cup of cream.

**T**HE foundation for this sauce, which is served with broiled beefsteak, is a rich brown or Espagnole sauce, well flavored with onions, minced sweet herbs and red or Bordeaux wine, from which it takes its name. If

one does not care to use wine, vinegar or lemon juice can be substituted. Add

## BORDELAISE SAUCE

to the hot sauce marrow from the shin bone of beef, which has been merely scalded in boiling salted water, then cut into thin slices or small cubes. Serve very hot, because the marrow chills easily.

**M**AKE a good drawn butter sauce by melting in a saucepan two tablespoonfuls of butter. Add two tablespoonfuls of flour and mix well. Add one pint of hot water or white stock, a little at a time, and stir rapidly as it thickens. When perfectly smooth add two more table-

### CAFER SAUCE

spoonfuls of butter, one-half teaspoonful of salt and one-half saltspoonful of pepper. This should be perfectly smooth. If it is lumpy, strain. Now, with this for foundation, stir in two tablespoonfuls of lemon juice, four tablespoonfuls of large capers and, if desired for fish, two tablespoonfuls of essence of anchovy. For the boiled mutton this is not essential. Pickled nasturtium seeds may be used in place of capers.

**P**LACE the desired amount of butter in a saucepan and heat until it becomes a rich brown color. Take care, however, that it does not burn. Add a little vinegar or lemon juice and pour over the fish or joint with which it is to be served. Another brown sauce is made by putting in a

### BROWN BUTTER SAUCE

saucepan two tablespoonfuls of butter and two tablespoonfuls of flour. Cook until the flour is browned, stirring all the time. Then pour in one cup and a half of boiling water, simmering and stirring until smooth and thickened.

A still richer brown sauce is made in this way:—Put two tablespoonfuls of butter in a pan over the fire, then add one sliced onion, one small carrot, one half of a turnip chopped fine, a bay leaf and sprig of parsley. Cover and simmer fifteen minutes. Then place over the fire where the vegetables will color without burning. Add two tablespoonfuls of flour, stirring until the flour is well browned. Add gradually two cups of stock, half a

dozen peppercorns, three cloves and a blade of mace with salt to season. Cover and simmer twenty minutes, then strain and serve. This sauce may serve as the foundation for the Bordelaise sauce or may be varied by adding wine, lemon juice or mushrooms, thus making many different sauces with the same foundation.

**P**UT into a double boiler two full cups of milk and place over the fire. Add one quarter of an onion sliced and a cup of finely sifted bread crumbs. Cover and simmer twenty minutes. Remove the onion, add a tablespoonful of butter and season with salt, pepper and a suspicion of mace. Serve hot.

### BREAD SAUCE FOR GAME AND POULTRY

**W**ASH a head of celery thoroughly, cut in pieces and cook in boiling salted water until tender. Drain. Add enough hot water to that in which the celery was cooked to make a pint in all. Cut the celery in nice small pieces, half an inch in length. Now make a pint of drawn butter sauce, using the pint of water. Add the cooked celery and seasoning and serve.

### CELERY SAUCE FOR BOILED FOWL

**S**QUEEZE and strain the juice from a large lemon into a saucepan, then add to it one-quarter of a pound (scant) of butter, one-half saltspoonful of salt and a saltspoonful of pepper. Beat over the fire until thick and hot, but do not let it boil. When done mix with the beaten yolks of two eggs and serve at once.

### LEMON SAUCE FOR FISH

**A**DD to one cupful of hot stewed and strained tomato one tablespoonful of butter rubbed with a teaspoonful of cornstarch. Stir until smooth and thickened, add one-half teaspoonful of salt,

### TOMATO SAUCE

a few drops onion juice and a tablespoonful of Worcestershire sauce. If too thick, dilute with a little boiling water. A richer sauce is made by putting a pint can of tomatoes into a saucepan with a bunch of seasoning herbs, salt and pepper to taste; add one-half cup of water. Put over the fire, cook about three-quarters of an hour, stirring often. Put a tablespoonful and a half of butter in a saucepan over the fire with a scant tablespoonful flour. Add the strained pulp from the tomatoes and a small cup rich broth, graduating the amount to make the sauce the consistency required.

**T**HIS is one of the standbys that no housekeeper liable to the unexpected interruption of guests should be without, it can be used in an emergency for so many different things. It is delicious with fish, cold

### SAUCE TARTARE

or hot, broiled or devilled chicken, tongue, beef, cauliflower or potato salad. It is easy to make, the only essentials being good materials, everything cold, and the oil added very slowly at first. After that it may be poured in, in larger quantities and frequently. Mix in a small bowl one-half teaspoonful dry mustard, the same amount each powdered sugar and salt, and a quarter teaspoonful cayenne. Add the yolks of two fresh eggs and stir. Measure out a cupful of olive oil and add a few drops at a time, stirring until it thickens. If it begins to thicken too much to stir easily, thin with a little lemon juice, adding oil and lemon alternately until you have used all the oil and two table-

spoonfuls of lemon juice. Lastly, beat in two tablespoonfuls of tarragon or other vinegar. This gives the regular mayonnaise, which should be smooth and thick. Now to make it into sauce tartare, add one teaspoonful finely chopped onion or onion juice, a tablespoonful chopped pickle, capers, olives and parsley, in any proportion desired. You may use simply the sour cucumber pickle or part pickle and olives, capers, &c. This may be kept for a number of days in cold weather by keeping in glass and in a cool place.

**B**OIL two cupfuls of cider five or six minutes, then add half a dozen peppercorns, two cloves, two teaspoonfuls minced onion, a tablespoonful of minced celery and a bit of bay leaf. Cook until reduced one-half, then strain.

### CIDER SAUCE FOR BOILED HAM

**T**AKE the shells from a pint of large chestnuts. Scald, then remove the inner skins. Break in halves and cook in salted boiling water or stock until very soft. Mash fine in the water in which they were cooked. Mix together one tablespoonful of flour two tablespoonfuls of browned butter, add to the chestnut puree and season to taste with salt and pepper.

### CHESTNUT SAUCE FOR TURKEY

**C**OOK a tablespoonful of chopped onion in a tablespoonful of butter, taking care not to let it burn. Mix one tablespoonful of curry powder with two tablespoonfuls of flour, and stir into the butter. Add gradually a pint of hot milk and stir until smooth.

### CURRY SAUCE

**T**O make the mint sauce for the lamb, add to two tablespoonfuls washed and finely chopped mint a little white pepper and a gill of vinegar in which two tablespoonfuls of sugar have been dissolved. Let

### COLD MINT SAUCE

stand a half hour before serving. If this sauce is preferred hot the vinegar and sugar may be heated to the boiling point and the minced mint stirred in just before serving.

**T**HIS is the foundation for half the sauces used with vegetables. Heat one pint milk, or half milk and half white stock. Put into a saucepan two tablespoonfuls of butter, and as soon

### CREAM OR WHITE SAUCE

as melted, without browning, add two heaping tablespoonfuls of dry flour. Stir quickly until well blended, then add the hot milk, a little at a time, stirring until smooth and thickened. Be sure all the lumps are rubbed out. Season with one-half teaspoonful of salt and a saltspoonful of pepper. For fish sauce, boil a slice of onion with the milk, and for oysters add celery salt, lemon juice and cayenne.

**P**UT two tablespoonfuls butter in a saucepan over the fire and heat without browning. Mix in two tablespoonfuls of flour and pour in gradually a pint of hot stock or water, stirring until thickened and perfectly smooth. Add

### MUSTARD SAUCE

two tablespoonfuls more of butter, cut in small pieces, and salt and pepper to season. Mix in three tablespoonfuls of made English mustard and a little cayenne.

For a cold mustard sauce to serve with meats, rub a quarter of a cup of mustard

smooth with a tablespoonful of olive oil and a teaspoonful each of onion juice, sugar and paprika. When well blended, add enough vinegar to make a paste, beat ten minutes and turn into a close stoppered mustard pot.

**T**O make a hot sauce to serve with beef mix together four tablespoonfuls of grated horseradish, four tablespoonfuls of powdered cracker crumbs, one-half cup of cream, one teaspoonful each salt, powdered sugar and made mustard, a saltspoonful of pepper and two tablespoonfuls of lemon juice or vinegar. Heat in a saucepan set in a large pan of hot water.

### HORSE-RADISH SAUCE

For the cold sauce, cream one-quarter cup of butter, add two tablespoonfuls of grated horseradish, half a teaspoonful tarragon vinegar or a teaspoonful of lemon juice and a tablespoonful of thick cream. Chill on the ice until time to serve.

**R**UB one-quarter of a cup of butter to a cream, add one-half teaspoonful of salt, a saltspoonful of pepper, a tablespoonful of minced parsley and one tablespoonful of lemon juice. Spread on hot beefsteak.

To make the hot maitre d'hotel butter, put one-quarter of a pound of butter into a saucepan with a half tablespoonful of chopped parsley, a little finely powdered thyme and minced onion and salt and pepper to taste. Stand the saucepan by the fire and whip with an egg whisk until it almost reaches the simmering point. Take at once from the fire and serve.

### MAITRE D'HOTEL BUTTER

(COLD)

**T**HIS is really a warm mayonnaise, using butter instead of olive oil. It is the best sauce for serving with salmon or other boiled fish if you desire it hot. It requires a quarter pound butter,

### DUTCH OR HOLLANDAISE SAUCE

half a lemon, the yolks of two eggs, a little salt and a half te a spoonful white pepper. The secret of its successful making is to preserve an even temperature. The sauce should not approach the boiling point, as the eggs would cook and the sauce curdle. Put the eggs in a small saucepan and add the butter gradually, stirring constantly with a wooden spoon. It will soon thicken like a mayonnaise. When the butter is all in, add salt and pepper, and lastly the lemon juice, stirring until well mixed. If the sauce becomes too thick add a little stock or hot water. Surround the fish with parsley and slices of lemon and serve the sauce in a bowl. A few sliced cucumbers should be served with fish.

**S**EPARATE one glass currant jelly into pieces, but do not beat. Add two tablespoonfuls mint leaves

### CURRANT MINT SAUCE

minced fine and the thin yellow shavings from the rind of one-third of an orange.

#### Sauce Tartare No. 2.

Sauce tartare, by the way, is one of the nicest things a housekeeper can have on hand for ready reference. It is excellent with any kind of fish and is easy to make. Mix in a small bowl one teaspoonful dry mustard, one-half teaspoonful powdered sugar, one-half teaspoonful salt and one-quarter saltspoonful cayenne. Add the yolks of two eggs that have been chilled in the icebox or in cold water and stir with a wooden spoon or silver fork. Measure out one cupful olive oil (and be sure it is olive oil, not

peanut or cottonseed) and begin adding to the yolks a few drops at a time, stirring until it thickens. If the emulsion thickens too much to beat readily, thin with a little lemon juice, then add oil and lemon alternately until you have used all the oil and two tablespoonfuls of the lemon juice. Lastly, beat in two tablespoonfuls of vinegar, tarragon preferred. This gives a regular mayonnaise which should be smooth and thick. Now, to make it into a sauce tartare, add one tablespoonful minced onion and parsley, a tablespoonful chopped pickle and olives or capers to suit. This sauce may be put into a glass jar and will keep for several weeks in cold weather. Just before serving add, if desired, a half cupful whipped cream. This if you are going to use the whole measure at once.

#### Sauce Bernaise.

Beat the yolks of five eggs in a saucepan, add a pinch of salt and a tablespoonful butter. Stir the eggs over a pan of hot water until they begin to thicken, then remove and stir in two more tablespoonfuls butter. Keep stirring until the butter is dissolved. Season the sauce with minced parsley and any other fine herbs you have on hand and pour in a teaspoonful tarragon vinegar.

#### Hollandaise Sauce.

Put the yolks of two eggs into a small saucepan and add, one at a time, small pieces of butter the size of a marble. Keep the eggs, which should be set over a pan of hot water, at an even temperature, for if the water gets too hot it will cook the eggs and spoil the sauce. Stir constantly with a wooden spoon. This will thicken like a mayonnaise. When the butter is all in, and it will take a quarter of a pound, season with salt and pepper, and squeeze in the juice of a lemon, stirring constantly until well mixed.





# SALAD



**B**EAT the yolks of two eggs until creamy, then add to them one-half teaspoonful dry mustard and the same quantity salt. Next beat in slowly four tablespoonfuls of melted butter and six tablespoonfuls of hot vinegar. Cook in a double boiler until it thickens. When cold, and just before serving,

## COOKED SALAD DRESSING

a cupful of cream, sweet or sour, may be folded in. This is excellent where one does not care for oil and will keep for a long time in a cool place. It will be found specially adapted to lettuce, celery, string beans, asparagus and cauliflower.

**N**OTHER excellent salad dressing for potatoes or cabbage is made by adding to a small cup thick, sour cream three tablespoonfuls cider or tarragon vinegar, a teaspoonful each of salt and sugar, a saltspoonful paprika or pinch of cayenne.

## SOUR CREAM SALAD DRESSING

For a potato salad a teaspoonful of onion juice or minced onion and a tablespoonful minced parsley will be found an addition.

**P**EEL and core some tart, well flavored apples, cut into eighths or narrower and then cut across the sections into thin slices. Cut clean, crisp celery into thin crescent shaped slices until you have a quantity equal to the apple. Mix in sufficient mayonnaise to moisten well or use the French dressing if preferred.

## APPLE AND CELERY SALAD

Arrange in individual portions in lettuce leaves placed cup fashion, dot the top with a teaspoonful of the mayonnaise and serve at once. Apple must not stand after peeling, as it discolors. This is often known as a Waldorf salad, whether served in lettuce leaves or in red apple cups.

**W**ITH many people the French dressing is usually hit or miss. There is, however, a set formula that insures having the proportions right every time. Put into a bowl or bottle a half

### FRENCH DRESSING

teaspoonful salt and a saltspoonful pepper. Add four tablespoonfuls olive oil, stir with a fork or shake if in a bottle. Add one tablespoonful lemon juice or vinegar, mix thoroughly and pour over the salad.

**T**AKE a clean, cold bowl and drop into it the yolks of two fresh eggs that have been chilled. Stir lightly with a silver fork, then add one-half teaspoonful each salt, sugar, mustard and a half salt-

### MAYONNAISE.

spoonful of cayenne. Mix well, then begin pouring in, a little at a time, pure oil.

You will need a cupful or a cupful and a half altogether. Beat steadily until it begins to thicken, then add the oil in larger quantities, increasing until you can add a tablespoonful at a time. After a little, exchange the fork for a Dover egg beater, which will do the work more thoroughly and rapidly. When the dressing is thick and glossy, add two tablespoonfuls lemon juice and the same amount of tarragon vinegar, alternating with the rest of the oil. If you wish to increase the amount of mayonnaise you can whip the whites of the eggs and add them at the last. If you wish to make richer, add a half cup whipped cream. To color mayonnaise red, add a little lobster coral dried and pounded to a powder. If you wish a green mayonnaise add spinach juice or chopped parsley. To make the mayonnaise a sauce (tartare or sauce piquant, as it is variously called) simply add chopped olives, pickles, parsley, capers and onions to the plain mayonnaise.

**C**HOP or shave fine half a medium sized head of cabbage that has been left in cold water until crisp, then drain.

Season with salt and pepper, then pour over it a dressing made in this way:—Beat

### CABBAGE SALAD

the yolks of two eggs, add two tablespoonfuls melted butter and beat again. Add two tablespoonfuls thick sour cream, two tablespoonfuls sugar, a sprinkle of mustard and half a cupful of vinegar. Beat until thoroughly mixed, pour over the cabbage and toss lightly until uniformly seasoned.

**F**OR this appetizing salad use a cupful each apple and celery prepared as for the apple and celery salad, then

add a half cup walnuts or pecans shredded fine, or, if preferred, butternuts or black

walnuts. Chestnuts boiled ten minutes until soft, but not broken, then drained, chilled and sliced make also an approved addition.

### APPLE, NUT AND CELERY SALAD

Season with a French dressing, pile on lettuce leaves and keep in a cool place until ready to serve. If preferred, this may be served in tomato or apple cups.

**P**EEL and slice fine eight small onions, pour cold water over them and press hard with the hands to remove the strong taste. Drain well and put in the salad bowl with three cups cold baked beans.

Toss lightly, add a teaspoonful salt, a half teaspoonful pepper, two table-

### BAKED BEAN SALAD

spoonful salad oil, a teaspoonful white sugar and a small cup of vinegar. Mix. Garnish with olives, green or the ripe black ones, hard boiled eggs, sliced, and lettuce.

**C**UT boiled beets in thin slices, arrange on lettuce leaves, cover with French dressing and serve.

Beets may be chopped, instead of sliced, if preferred. A popular combination with beets is celery in equal quantities, while in Germany celery, beets and herring broken in pieces, well mixed with French dressing, are much liked.

### BEET SALAD

**S**ELECT young, tender beans, cut the strings from both sides, then cut each bean in two lengthwise, then across. Throw in cold water as fast as cut. When ready to cook cover with boiling salted water, cook twenty minutes and drain, throw into cold water ten minutes,

then cover again with boiling water, to which two or three tablespoonfuls olive oil have been added. Cook fifteen minutes or longer until tender. Season with salt and pepper and serve hot for the first day. Put the beans remaining in the ice box. When ready for the salad, drain free from liquor, arrange on lettuce leaves and cover with French dressing or sauce tartare.

**P**ARBOIL one pint oysters. Drain, cut into quarters, drain again, and cover with a French dressing. Heap on lettuce leaves or water cresses in individual dishes or in the cleansed oyster shells and serve with French dressing or sauce tartare. Or simmer the oysters in a pint of water to

which has been added two slices of lemon, two cloves, a tablespoonful vinegar and a teaspoonful salt. Drain, cool, cut in halves and arrange on lettuce or cress leaves and garnish with sauce tartare.

### OYSTER SALAD

**T**HIS may be made of sliced oranges arranged on lettuce leaves with maraschino cherries as a garnish and a French dressing mixed with a clove of garlic; or sliced grape fruit, with all the white membrane removed, then served on lettuce with a French dressing, or of various combina-

### FRUIT SALAD

tions of fruit or fruit and delicate vegetables, such as bananas and melons cubed; or peaches, sliced, may be used with cherries, currants, red or blue plums or strawberries. Pineapple may be added to delicate green cucumber, to pears or apples, to seeded grapes or olives. Celery always combines well with fruit. French dressing may be used with fruit or fruit and vegetables, but a simple dressing of sugar and lemon juice is often all that is required for a fruit salad. Fruit salads may be served on lettuce, in delicate green or rosy apples hollowed out, in pears treated in like fashion, in orange, lemon or grape fruit cups, in small or large melons, in tomatoes or green peppers.

**I**N preparing the lobster, cut the meat in long thin strips, then into dice.

Place in an earthenware bowl and season, allowing to one cold boiled lobster four teaspoonfuls of vinegar, two tablespoonfuls oil and a little salt and pepper. Add a tablespoonful chopped olives, half a bunch

### LOBSTER SALAD

of celery, chopped fine; or dill pickle, if you like to make the change. Mix with mayonnaise and serve on lettuce leaves, with a garnish of mayonnaise and coral from the lobster. If the salad is desired to be specially rich, a half cupful sweet cream whipped to a stiff froth may be added to the lobster just before the salad goes to the table.

**T**HE last new idea came from a Hudson River town, where all sorts of dainty dishes are evolved, the secret of their manufacture being shared among a coterie of friends. The bananas

### PEANUT AND BANANA SALAD

were first laid on the cellar floor until chilled, the explanation being that they could not be put in the ice box without imparting their flavor to everything else in the box. A good mayonnaise, however, was made and put on the ice to get cold. Just before serving the bananas were cut in three or four lengthwise strips, then rolled in peanuts that had been chopped very fine. Two of these strips were allowed to each plate. They were laid on a leaf of crispy lettuce, with a little mound of mayonnaise between them, and more mayonnaise was passed for each one to help himself if he wished. The combination was delightful.

**I**T is best to cook a fowl for salad the day before it is to be used. Select a plump one, medium size, with white, firm flesh. Put into a kettle of boiling water, to which you have added a sliced

### CHICKEN SALAD

onion, a couple of bay leaves, a stick of celery or a half teaspoonful celery seed and a slice of carrot. Bring quickly to a boil, then push back on the stove or over the gas simmerer, where the water can be kept just below the hard boiling point until the chicken is tender, but not stringy. This will make the dark meat almost as light as the white. Take the kettle from the fire, but leave the chicken in the broth over night. A short time before serving take all the flesh from the bones, rejecting all skin, fat and gristle. Cut in dice shaped pieces and measure.

Take nice white stalks of celery that

have been cleaned, scraped and crisped and cut into the same sized pieces as the chicken, allowing enough to make about two-thirds the quantity of the chicken. Toss together, add enough of the broth in which the chicken was cooked to make rather moist, season with salt, pepper and a little lemon juice, then add enough mayonnaise to cover each piece of celery and chicken. Toss lightly again, arrange on crisp white lettuce leaves in the salad bowl or individual salad cases, garnish with celery tips and olives and dot with small spoonfuls mayonnaise. Chicken and almond salad is made in the same way as the chicken salad, adding at the last a half cupful almonds, blanched and shredded.

**T**AKE a small Neufchatel or Philadelphia cream cheese and beat up with a fork, adding enough cream to make rather moist. Have ready several spoonfuls finely chopped or shredded sweet peppers, toss lightly, then mound on lettuce leaves and cover with a French dressing.

### GREEN PEPPER and Cream Cheese Salad

**T**HIS is a delightfully spicy salad and most decorative for the Sunday or company dinner. Pick a goodly number leaves and blossoms, wash well in cold water and shake dry. Arrange in a shallow glass dish, leaves and flowers forming a border and stems running to the centre of the dish. Take two or three cold boiled potatoes and slice thin. Peel an equal number of tomatoes and slice. Then arrange potatoes and tomatoes in alternate circles, covering the stems of the nasturtiums, and sprinkle with a little fine minced onion and parsley. Dress with French dressing and serve very cold.

### NASTURTIUM SALAD

**T**HIS is made of leftovers. For instance, a foray on the larder might bring to light some cold cooked Lima beans, a dish of corn, a few cold boiled potatoes, some beets and a cupful of green peas. These, lightly

### CLEOPATRA SALAD

mixed in a large bowl, could be given a distinctive taste by sweet red peppers cut into little crimped ribbons. A goodly number of these added and a French dressing made and turned over, and then the salad dished on individual lettuce leaves, the tender, sweet variety with brown edges, would taste as good as it looks.

**C**RISP the lettuce leaves by laying in cold water for half an hour. Then shake dry and lay on the ice. Take the sweet green or red peppers, and with

### GREEN PEPPER, Lettuce and Tomato Salad

a pair of scissors cut in ribbons lengthwise. Slice the tomatoes. Arrange the tomatoes on the lettuce leaves and sprinkle the pepper ribbons over all. Dress with mayonnaise or French dressing.

**I**F the peppers are large, scrape out the seeds and soft fibre, leaving only the shells. Put into cold salted water and leave a day or two before using. If the peppers are very small, they need only

### GREEN PEPPERS, Stuffed with Nuts

stand in salted water over night. Open carefully so as not to break the pretty stem ends. Chop fine some of the old fashioned butternuts or walnuts, salt lightly and fill the pepper cases. These are better prepared the day before using. Dress with a French dressing or serve simply with salt.

**R**EMOVE tops and seeds from small sweet peppers and throw into cold salted water for an hour or longer.

Chop tender white celery in bits, mixing with a few leaves water cress and a tiny bit of grated onion.

Let this stand ten minutes, then drain and wipe the peppers. Fill with the mixture and serve on lettuce leaves with an abundant supply of French dressing.

### STUFFED PEP- PER SALAD

**P**ARE and slice potatoes that have been cooked with their jackets on.

Wash and remove the seeds from one green pepper, then cut in narrow shreds with a pair of scissors. Toss potatoes and peppers

lightly together, season with salt and pepper and dress with French dressing. Pile lightly in the centre of a salad bowl and surround with a circle of thinly sliced tomatoes, also marinated. If preferred, the salad may be arranged on individual plates.

### POTATO, TO- MATO AND GREEN PEP- PER SALAD

**S**HRED a pound of old fashioned salt codfish, tearing in narrow strips.

Soak over night in cold water. The next morning squeeze out the water, put in a saucepan, cover with cold water and simmer just twenty minutes from the time it commences to boil. It must not boil hard or it will

### CODFISH SALAD

toughen. Drain, squeeze out the water, separate the pieces and put in a salad bowl with an equal quantity cold boiled potatoes, sliced, a chopped pickle, one hard boiled egg, chopped, and, if you have it, a half cupful celery, diced. Arrange on lettuce leaves and mask with a boiled dressing.

**T**HE best potato salad is made from waxy yellow potatoes, cooked with their jackets on, then peeled, cut up while still warm and dressed before they become cold. Put the potatoes into a

### POTATO SALAD

salad bowl, then pour over them a little hot water, or, better still, a little hot broth from the soup kettle. Season at once with salt, pepper, and for every spoonful vinegar use four spoonfuls olive oil. Add as you like chopped onion, parsley, chives or celery, toss without breaking the potatoes, then set in the ice box to chill. When ready to serve put into individual lettuce leaves or a salad bowl lined with lettuce, and on top put a spoonful of boiled dressing as a garnish.

**I**T matters not what form your sweetbreads are to take at the time of serving, the preliminary preparation is just the same. Just as soon as they come from the butcher's drop into cold water and leave them there

### SWEETBREAD SALAD

for an hour or two, changing the water occasionally until they look quite white. Then throw into boiling salted water, to which a slice of onion, a sprig of celery and a bay leaf has been added. Cover and simmer gently half an hour, lift out and throw again into cold water. As soon as cold cut away all the windpipes and membrane, pick apart and set away until ready to prepare in any way desired. For a salad cut in small pieces, season with salt and paprika, mix with an equal quantity of crisp cut celery or a cup of chopped almonds, and a good stiff mayonnaise. Line the salad bowl with lettuce leaves, arrange the salad mixture over them and garnish with sliced lemon, pitted olives, finely chopped parsley or mushrooms chopped alternately with the parsley.

**T**HIS may be made from the fresh or canned fish. Marinate with salt, pepper and lemon juice, mix with mayonnaise and serve on lettuce leaves; or make an unsweetened jelly of gelatine and lemon juice, then, while still liquid, wet individual moulds and pour a little jelly into the bottom of each. Put in several shrimps, and when the jelly begins to set pour on more to cover. Then set aside in a cold place to harden. When ready to serve, turn the moulds out on lettuce leaves, cover with mayonnaise and garnish with two or three shrimps.

### SHRIMP SALAD

**T**AKE a half dozen good sized tomatoes, pour boiling water over them, then rub off the skin. Take out as many seeds as possible, squeeze out the water and put in the chopping bowl.

Add one white onion, a clove of garlic, two small green Chili peppers and one cucumber, and chop all fine. Season with salt, pepper, a bit of sugar, a few grains of cayenne and a half cup of vinegar. Heat together, cool, pour over the tomatoes and set on ice. When ready to serve arrange on crisp lettuce leaves.

### SPANISH COLD SLAW

**C**RACK English walnuts or hickory nuts and remove the meats in perfect halves. Combine with an equal quantity of crisp white celery, cut in small pieces, cover with French dressing or mayonnaise and arrange on lettuce leaves. Tart apples, cored, pared and cut into cubes, may be used in place of the celery, or the combination may be with cream cheese, tomatoes, oranges, potatoes or grape fruit.

### WALNUT SALAD

**W**ASH some of the moss well in hot water, place in a mould or glass dish, then cover with hot lemon juice. In a couple of hours the moss will have dissolved and coagulated into a solid jelly, which should

### IRISH MOSS SALAD

then be set upon the ice to chill and harden. Arrange on a salad dish a few crisp leaves of lettuce, cut the moss into cubes and arrange in the centre of the leaves, then arrange about them a tart apple peeled and chopped, and put around the fruit the same amount of chopped celery. Cover with mayonnaise. A few nut meats may be added to the salad if desired.

**L**OOK the spinach over carefully, wash through three or four waters and cook until tender with the tiniest bit of water. When done, drain well, chop fine and season with melted butter and salt, pepper and nutmeg. Mould in small cups. When cold and formed turn out on lettuce

### SPINACH SALAD

leaves, garnish with slices of lemon and hard boiled eggs, and dress with mayonnaise. If desired, pickled beets or Spanish red peppers may be used as garnishings in place of the egg.

**W**HILE this is a little too hearty for a dinner salad, it is just the thing for the Sunday night supper. Boil the eggs hard, remove the shells, cut in halves crosswise or lengthwise, and take out the yolks. Mash the yolks, using a silver fork; then season with minced chow chow, with a little of the mustard sauce from the bottle,

### EGG SALAD

a little melted butter, salt and pepper, and, if desired, minced olives. Return to the whites of egg, arrange on a bed of lettuce or cress, dress with French dressing or mayonnaise. If no olives have been used in the filling of the eggs, a few olives or pimolas scattered over the salad add to its decoration.

**C**RACK twenty-four English walnuts, remove the meats carefully, put in a saucepan and cover with stock, adding a slice of onion and a bay leaf, and simmer gently twenty minutes. Take out, cool, line a salad bowl with crisp lettuce leaves and sprinkle over them a handful of chopped watercress or nasturtium leaves and twelve pickled oysters or oysters or clams parboiled and marinated. Over this put the nuts, cover with French dressing, chill and serve.

### ENGLISH WALNUT SALAD

**W**HILE this looks almost too pretty to eat, it tastes as good as it looks. Cut the whites of hard boiled eggs into pointed petal-like strips. Keep out a couple of yolks, but mash the rest. Mix with mayonnaise and fill the calyx of the

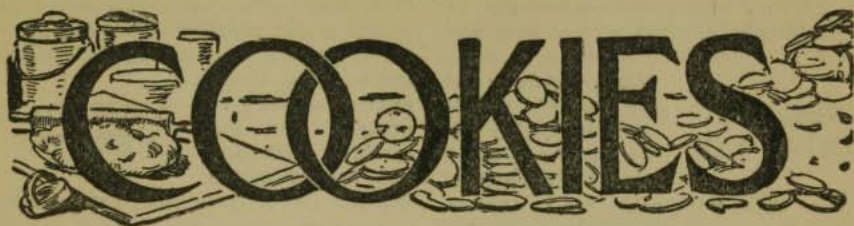
arranged petals with the mixture. Put the remaining yolks through a ricer or fine sieve, dropping over the petals to give the appearance of pollen. Cut lettuce leaves in fine points to simulate the outer green. This is most appropriately served on a low glass dish or small individual dishes to represent water.

### WATER LILY SALAD

For Easter or Palm Sunday







# COOKIES

**C**REAM together one-half pound each butter and sugar. Add two well beaten eggs, three-fourths pound flour, the juice of two lemons and the grated rind of one. Roll very thin, cut in

## LEMON JUMBLES

circles, then stamp out the centres, sprinkle with coarse granulated sugar and bake in a quick oven.

**M**IX as for the lemon jumbles, omitting the lemon and adding two tablespoonfuls cinnamon. To make the cakes, roll lightly between the hands a small piece of the dough, join the two

## CINNAMON JUMBLES

ends, making a ring, lay in the bake pan, sprinkle with sugar and bake in a hot oven.

**C**REAM together one-half cup of butter and a cup and a half sugar.

## SUGAR COOKIES

Add two well beaten eggs, one-half cup milk and one teaspoonful baking powder sifted with three cups flour. Roll rather thin and bake in a quick oven.

**M**EASURE one cup shortening, lard and butter, or butter and drippings mixed, and soften in the mixing bowl set in the oven. Add to the softened shortening a cup and a third of

## COUSIN JESSIE'S MOLASSES COOKIES

molasses, one cup brown sugar, one cup sour milk and a tablespoonful vinegar. Beat in one heaping tablespoonful soda. When the mixture stops "purring" add one beaten egg, a tablespoonful each of ginger and cinnamon, with sifted flour to make a soft dough. Take off a portion of the dough with the mixing spoon and lay on the moulding board that has been dredged with flour. Roll out lightly with floured pin, leaving the dough about a quarter of an inch thick. Cut the cookies, lift carefully with a spatula or pan turner, and place in the dripping pan. Use as many tins as your oven will accommodate at once, so as not to waste the heat. Bake in a quick oven. As fast as done, take out the pans, lift out the cookies with the pancake turner and lay carefully on sheets of brown manila paper. If laid directly on soft wood they absorb the odor. When cold pack in jars.

**V**ARIED and wonderful indeed are the products of the great cracker factories, turning out tons daily of fancy biscuits, crackers, wafers, buns and cakes of every sort, borrowing distinction

### FOR THE COOKIE JAR

by prefixing the name of grandmother, mother or aunt to special brands. Yet attractive as these trade cakes are in appearance and elaborate boxing, they lack something which the old fashioned cookies made by the good hands of mother or aunt possessed. Tiresome work it is to cut out cookies, one at a time, after watching the great rollers and cutters in the cracker factories turning their masses of shapeless dough into cakes of all sorts with astounding precision and despatch, yet for the housekeeper who can give the time to their baking home made cookies will always receive the preference, and here are some true and tried recipes for their making.

**B**EAT to a cream one cup butter and two cups sugar. Add two beaten eggs, one grated cocoanut, two

### COCOANUT COOKIES

teaspoonfuls baking powder and flour enough to roll thin. Bake in a quick

oven, but do not brown.

**H**EAT a cup of molasses to the boiling point and pour over one-half cup shortening. Add one level tablespoonful ginger sifted with three-

### SELF RAISING FLOUR GIN- GER SNAPS

and a quarter cups self raising flour, then chill thoroughly. Work with a quarter of the mixture at a time, keeping the rest in the ice box. Roll thin, cut with a

small round cutter, and bake in a quick oven.

**M**IX together two cups sugar, one cup shortening, one cup molasses, two well beaten eggs, two level teaspoonfuls soda dissolved in one cup warm water, six cups flour, one cup fruit (English currants, seeded raisins or chopped prunes), two teaspoonfuls cinnamon and one of cloves.

### AUNT IDA'S HERMITS

Mix soft and cut with cookie cutter. Bake in a moderate oven.

**B**OIL one pint of molasses, then cool to lukewarm. Beat into it at this stage one beaten egg, add a teacupful butter and lard, mixed and melted. Put in two tablespoonfuls ginger and a teaspoonful soda dissolved in a teaspoonful of warm water, and flour to roll thin. Bake quickly and take carefully from the pans.

### AUNT COE'S WOR- CESTER GINGER SNAPS

**B**EAT to a cream one cup butter and two cups sugar. Add a teaspoonful soda dissolved in a tablespoonful of milk, nutmeg or vanilla to flavor and flour to roll. Sift granulated sugar on top and bake.

### COOKIES FOR CHILDREN

**C**REAM together one-half pound butter and one pound sugar. Add two well beaten eggs, two tablespoonfuls brandy and a pound of flour and beat together. A little caraway seed may be put in, if desired, Roll out rather thick, cut in large circles, then with a smaller cutter take out the centre, leaving a ring. Roll in sugar and cinnamon and bake in a slow oven.

### JUMBLES

**R**UB together half a pound of butter and a pound sugar. Add three beaten eggs, leaving out the white of one. Make a stiff dough with a pound of flour, roll out and cut into rounds or

### SAND TARTS

squares. Put into pans, brush the surface of the tarts with the beaten white of the egg left out for that purpose, lay split blanched almonds on top, sprinkle with sugar and cinnamon and bake in a quick oven.

**C**REAM together a half cup butter and a tablespoonful lard or drippings.

Beat in gradually one cup sugar, a pinch of salt, a teaspoonful cinnamon and two ounces unsweetened chocolate, melted.

Add a scant teaspoonful soda dissolved in two tablespoonfuls milk, one well beaten egg and

### CHOCOLATE COOKIES

two and a half level cups of flour. Roll thin, cut in rounds and bake in a quick oven.





# PASTRY



THE delicacy of pie crust depends not alone upon the amount of shortening used, but upon the light touch with which the pastry is handled and the proper proportion of water employed in the mixing. Pastry flour made by the old process of grinding is usually considered best for pie

## PASTRY

crust, but any good flour will do. For the shortening, butter and lard, half and half, is best, though clarified drippings of beef, chicken or pork may be utilized. The plates on which the pies are to be baked are preferably tin or granite, as earthenware soaks grease in the course of time. To make a plain pie crust allow for each pie one heaping cup sifted flour, a scant half cup shortening and enough cold water to mix stiff. Have all the utensils and ingredients cold. Sift together flour, salt and baking powder, then put in the lard or rub in with the tips of the fingers until the flour feels granular. Add cold water, a little at a time, to mix to a stiff dough.

Sprinkle a little flour on the moulding board and toss the ball of paste on it. Pat it deftly into shape and, having floured the rolling pin, roll out lightly forward, but always lightly. When rolled into a rectangular sheet, put a few dabs of butter over it at intervals, dust a little

**I**NVERT in the centre of a deep granite or earthenware dish a teacup, then fill the remaining space with tart apples, peeled, cored and quartered. Sprinkle with a half cup of sugar mixed with a teaspoonful of cinnamon or a salt-spoonful of allspice and nutmeg; or in

place of the ordinary sugar use maple sugar or molasses and sugar, half and half. Roll a strip of paste half an inch wide, wet the edge of the dish, put the paste on the edge, then cover with a crust a little larger than the dish, with the fulness thrown back in the centre. Press the cover to the rim and bake until the apples are tender.

flour over the buttered dough, roll up, pat into shape and again roll out. Divide in the middle and stand one piece aside while the other is rolled out about the size of the pie tin. Experience soon teaches one how to gauge this almost exactly. Fold over, lift up and, having dredged the pie tin with a little flour, put on the tin. Unfold and press around the rim, taking care that all the air bubbles get out, otherwise the undercrust will puff up into the filling. Now put in the filling, roll out the top crust, fold over once in the middle and cut or prick a few openings to allow the steam to escape.

Cover the pie, shoving up with the hands around the edge, so as to give the crust plenty of fullness. Brush the edges of the crust with a little cold water, so that they will stick closely together and prevent the juice running out.

Old fashioned housewives still use a fork to pinch the edges together, but the crust will be lighter and better if simply pressed away from the edge of the pan, leaving it firm and uniform on the edge. Bake in a moderate oven.

**T**HE proportions of this are a half pound best butter, a pint flour, a half teaspoonful salt and about a half cup ice water, dependent upon the flour. Wash the butter in ice cold water,

### PUFF PASTE

pat into a thin piece, wrap in a napkin and lay on the ice to get thoroughly hard and chilled. Mix the salt with the flour, then rub in a quarter of the butter and mix stiff with ice water. Toss on a well floured board and roll into a rectangular sheet. Cut half the remaining butter in thin shavings and lay in the middle of the paste. Fold over one side of the paste, then the other, then double together. Round into a flat cake with the rolling pin until half an inch thick, then spread on the other half of the butter. Fold as before, pound and

roll out into a long strip, keeping the edges even and of uniform thickness. When all the butter has been rolled in, fold the paste, pat and roll out as many times as you desire. Four times is usually considered a good number, then roll in a napkin and put on the ice to harden. When ready to use, roll out a portion of the paste about a third of an inch thick, then roll up and cut from the end of the roll. Turn each piece on the side so that the folds show the rings, pat out flat and roll a little larger than the plate. This crust should be used for an upper crust only or for a rim or patties. It is too rich to be used for an under crust.

**P**EEL and core tart apples, put into a large saucepan, cover with boiling water, stew gently until the apples are tender but unbroken. Line the edges of a deep pie tin with crust, then fill the centre of the dish with apples, dropping into the centre of each a spoonful of orange marmalade.

### ENGLISH APPLE TART

Cover the top of the dish with strips of pastry arranged lattice fashion and bake quickly until brown. Serve hot.

**P**EEL and core eight large tart apples, put into a baking dish with a little water and bake until tender. Press through a sieve into a large bowl and set aside to cool and chill. Add three-quarters of a cup of sugar and the whites of four or five eggs beaten stiff, with a few grains of salt and a little lemon juice and grated peel to season. Beat this mixture until very white and light, turn into a buttered dish and bake about twenty minutes. Serve hot with sugar and cream.

### RUSSIAN APPLE PIE

**B**AKE a nice deep apple pie about three-quarters of an hour before dinner. Have a small cream cheese pressed through a ricer and mixed with a cup of whipped cream and a little salt.

**DEEP  
APPLE PIE  
WITH  
CREAM CHEESE**

Press through a pastry tube or tin funnel on top of the pie in a pattern, and serve warm for dessert. The cheese and cream combination may also be used on a two crust apple pie.

**A** LEMON custard pie that is always appreciated is made in this wise. The crust is baked first, as an open shell, perforating it in several places with a fork before putting in the oven, to avoid blistering. For the filling, cream together one-half cupful of sugar and butter the size of a wal-

**LEMON  
CUSTARD  
PIE**

nut. Add the juice of half a lemon and one cupful of boiling water, and, lastly, the beaten yolks of three eggs. Grate in a little of the rind and cook in a double boiler until thick. Beat the whites of the eggs to a stiff froth and then stir in after the filling is taken from the fire. Pour all in the open crust already baked and set in the oven for a few moments. If a meringue is desired, whip the whites to a froth, add two tablespoonfuls pulverized sugar, spread over the top, and dry slowly in the oven until an inch thick and a golden brown.

A lemon pie that is absolutely reliable is made in this way:—Have ready the pastry shell. Dissolve one tablespoonful of cornstarch in a little cold water. Pour over it a teacupful of boiling water, stirring all the time until clear and free from lumps. Add one tablespoonful of butter and a small cupful of sugar, and cook a few moments longer. Set on back of range and add the beaten yolks of two

eggs and the juice and grated yellow rind of one lemon. Stir until well blended and pour in crust. Set in the oven a few moments with the door left open, while preparing the meringue made from the whites of the eggs beaten stiff and two scant tablespoonfuls sugar. Spread evenly over the pie and set on the grate of the oven to rise slowly and brown.

**L**INE a pie plate with good crust. Allow three cups berries and three-fourths cup sugar to each pie. Sprinkle lightly with flour, then put on **BLACKBERRY  
PIE** top crust or a latticed crust. Bake in a rather slow and steady oven.

**Gooseberry Tart.**

**F**ILL a deep baking dish with alternate layers of fruit, sugar and sifted flour. Cover with rich pie crust in ornamental design.

**B**AKE a crust the same as for a cocoa-nut pie, then fill with this mixture:—Put one cup of milk with a pinch of salt and a square and a half grated chocolate into the double boiler. When hot stir

in two level tablespoonfuls of flour moistened to a paste with a little cold milk. Cook, stirring constantly until smooth and thicken, then cook just ten minutes longer. Mix the yolks of two eggs with five tablespoonfuls sugar and pour the hot mixture over them, stirring well. Return to the double boiler and cook two minutes, stirring constantly. Cool, flavor with vanilla and cinnamon, put into the crust, bake ten minutes, then, after cooling slightly, cover with a meringue made from the whites of the eggs whipped stiff with two tablespoonfuls sugar. Set in a coolish oven to puff and color.

**CHOCOLATE  
PIE**

**W**HILE sour cherries make far and away the best pie, the sweet cherries are not to be despised. They are usually pitted, though many persons like the flavor imparted by the stones.

### CHERRY PIE

This is, therefore, a matter of option. A deep tin should be used for cherry pie, the deeper the better. Many housekeepers complain that their cherry pies run over in the oven, and much of the juice is lost. To prevent this waste of nectar, a strip of cotton cloth may be wet and pressed about the rim after the pie is ready to go in the oven, or a paper funnel may be inserted in the opening in the centre of the top crust to allow for the escape of steam, thus relieving the crust from pressure. When the under crust is spread on the plate, sprinkle lightly with flour or brush over with white of egg. This last the Germans always do in making fruit pies. Pack full of the cherries sweetened to taste, dredge a little flour over the top, then put on the upper crust and seal.

**L**INE a deep pie tin with plain paste and bake. Pare and quarter four ripe peaches. Put one and one-fourth cups of milk in a double boiler, and when it is scalding hot add two well

### PEACH PIE CUSTARD

beaten egg yolks, to which have been added four tablespoonfuls of sugar and a pinch of salt. Stir constantly until it thickens, but do not boil. Take from the fire, add one-half teaspoonful of butter and a teaspoonful of vanilla and stir thoroughly. Spread the fruit in a pie shell, pour custard over, and cover with a meringue made of the whites of three eggs and two tablespoonfuls of sugar, spread roughly, and set in a slow oven to yellow slightly. Serve very cold.

**W**HILE this compound is rather unusual, it is extremely "tasty" and not expensive. To four quarts green tomatoes, chopped fine, allow three pounds brown sugar, the juice of two lemons and their yellow rind, grated, a tablespoonful each cinnamon, allspice and salt, half a teaspoonful cloves and a tablespoonful grated nutmeg.

### GREEN TO- MATO MOCK MINCE PIE

Put into a porcelain lined kettle and simmer gently until reduced one half in bulk. Now add two pounds and a half seeded raisins, or part raisins and part currants or chopped prunes, and a cup boiled cider. Then cook an hour or two longer until thick.

**S**IMMER slowly one pound of dates in enough milk to cover. Sift them through a sieve to free from the stones; add one-half cup of sugar, the yolks of three eggs, a little cinnamon and a pint of boiled milk.

### DATE PIE

Bake in deep lined plates, as for custard pie. Whip the whites of the eggs and frost, having flavored the frosting slightly with vanilla. Brown nicely. This is sufficient for two pies.

**P**EEL and core a half dozen tart apples and place in a crock in a slow oven, adding neither water nor sugar. When tender mix in Sultana raisins, allowing a quarter of a pound to each pound of apples. Turn in to a deep baking dish, sprinkle with sugar and grated lemon; cover with a top crust, pricking well to allow for the escape of steam, and bake in a quick oven. Serve with milk.

### SCOTCH APPLE TART



**P**UT two even tablespoonfuls grated cocoanut in a pint of milk. Add three even tablespoonfuls sugar, the yolks of two well beaten eggs and two even tablespoonfuls cornstarch stirred to a paste with a little cold milk. Add butter the size of a walnut and cook until thickened and

### COCOANUT PIE

smooth. Line a pie plate with crust, prick in several places and bake in a hot oven. Then fill with the cocoanut mixture and spread with a meringue made from the whites of the eggs beaten to a stiff froth with two tablespoonfuls sugar. Sprinkle with cocoanut, set in a coolish oven and brown slightly.

**W**EIGH, after it is chopped, three pounds of lean, tender beef. Add to it one and one-quarter pounds of suet, chopped and freed from strings; six pounds of tart apples, preferably greenings, chopped; six pounds of sugar, four pounds of seeded raisins, three pounds of currants,

### MINCE PIE

thoroughly washed and dried; one-half pound of citron, cut in thin shreds; three pints of sweet cider, one quart of the stock in which the beef was cooked, three pints of cider boiled down thick, three tablespoonfuls of powdered cinnamon, two tablespoonfuls of cloves, one teaspoonful each of mace, allspice and nutmeg, two tablespoonfuls of salt, one teaspoonful of white pepper, one pint of molasses, three pints of jelly and as much more juice of preserves or jelly as each housewife may select. Brandy, sherry or rose water may be added at the last, if desired. Chopped prunes are deemed by many an improvement over currants, while candied orange or lemon peel, cherries, a little cold tea or coffee may always be added to advantage. This mincemeat may be scalded or packed in glass or stone jars without that

formality, its richness ensuring its keeping. While this quantity would be too much for the dweller in flats, who has scarce room to lay his head, it will be found just about the right amount to last the winter for the average family with normal appetites and a cellar in which such delicacies may be stored. If this mincemeat is scalded do not add the brandy or rose water until after the scalding.

**A**DD one rounding tablespoonful of cornstarch, mixed with one cup of cold water, to three-quarters cup of boiling water and cook three minutes. Add a pinch of salt, the grated rind of one and one-half oranges, the juice of three oranges, one cup of sugar, and cool. Beat in the

### ORANGE PIE

yolks of two eggs and the white of one, both well beaten, and pour into a paste lined plate. Bake and cool slightly. Cover with a meringue made from the white of one egg beaten stiff with a level tablespoonful of powdered sugar and set in a cool oven for ten minutes.

**T**HIS form of mincemeat will appeal to the family of English extraction.

It is a favorite holiday dainty in England. To make it, grate the yellow rind of a half dozen lemons that have been well scrubbed first, then squeeze out the juice. Put into a deep bowl. Add two pounds each of seeded raisins, currants, sugar and chopped apple, a pound and a half beef suet, chopped fine, and a quarter pound lemon, orange and citron peel, shredded and well mixed. Then add a glass of brandy or white wine and it is ready to put in the crust.

### LEMON MINCEMEAT

**G**RATE the rinds of two large fresh lemons, cover with boiling water (two or three tablespoonfuls) and simmer ten minutes. Then pound in a mortar or rub through a colander. Put

### ENGLISH LEMON PIE

into a bowl the cooked rinds, a half pound of sugar, the juice of a large lemon, a half pound of butter, the yolks of ten eggs and the whites of five beaten to a froth. Stir all together until smooth and creamy and pour into a plate lined with puff or good plain paste. Bake. When done remove from the oven, cool slightly, then spread with a meringue made from the whites of three eggs beaten stiff with three tablespoonfuls of sugar. Set back in the oven, which should have had the door left open to cool it. Let it remain until the meringue puffs up light and colors a golden brown. This usually requires about ten minutes. Too hot a fire does not give the meringue a chance to rise.

**F**OR those who object to mince pies as usually made, on the score of their being non-temperance, the following excellent recipe is commended:—To three bowls of chopped meat allow one bowl of

### WHITE RIBBONERS' MINCE PIE

suet, seven bowls of chopped apples, three bowls of seeded raisins, three bowls of sugar, a half pound of chopped prunes, a quarter pound of shredded citron, a pint of strong coffee, a quart of currant or grape jelly and a tablespoonful each of salt, cinnamon, allspice and cloves, with a teaspoonful each of mace and pepper. Add the liquor in which the meat was boiled with the grated rind and juice of two lemons and a little vinegar to give the necessary tartness. Scald as soon as made and pack in close covered glass jars to prevent fermentation.

**S**ELECT a solid meated, golden, glossy pumpkin, not too large. The smaller ones, flat at the ends, are usually sweetest. Cut into pieces without peeling, rejecting the seeds and inner shreds.

### PUMPKIN PIE

Put into a large porcelain lined kettle with about a cupful of boiling water to keep from sticking, cover and set on the back of the stove, where it will cook slowly in its own juice. This will require five or six hours, preferably longer, until sweet, tender and nearly dry. Pull off the loose skin and rub through a colander. If it seems watery let it drain over night, keeping the juice for brown bread. When ready to bake the pies, measure the pulp and to every five cups allow one teaspoonful of salt, half a grated nutmeg, a tablespoonful of mace, two teaspoonfuls of ginger and a large cup of sugar. Beat four eggs and stir into the pumpkin pulp, together with four cups sweet milk and a half cup of cream, if convenient. Beat well and taste to see if sweet enough. Turn into deep pie plates lined with good pastry and bake three-quarters of an hour until a rich golden brown and firm in the centre. Serve with good American cheese.

### Strawberry Pie.

**L**INE a pie plate with rich paste. Fill with hulled berries sprinkled with sugar. Cut narrow bars of paste with pastry jagger and lay criss-cross over the top of the pie. Bake quickly, serve cold but fresh.

### Apple Floating Island.

**M**AKE a boiled custard of the yolks of three eggs. Beat together two cupfuls of stewed apple sauce and the whites of three eggs. Place this beaten apple on the top of the custard in the form of islands.

**A** GERMAN pie of peaches, the crust made like a rich baking powder biscuit, furnishes an excellent summer dessert. Make the dough and roll out in sheets to fit a long biscuit tin. It should

**GERMAN  
PEACH PIE**

not be more than half an inch thick. Brush the top with butter and cover with slices of peaches arranged in symmetrical, overlapping rows or halved peaches, rounded side up. Sprinkle generously with sugar, cover with another tin and bake from twenty to thirty minutes. The idea is to cook the fruit, but not reduce it to a pulp.

**P**ARE and quarter six ripe peaches. Blanch and slice the kernels, simmer in water fifteen minutes and strain. Place the peaches in a baking pan, add four tablespoonfuls of sugar to the strained

**PEACH PIE  
WITH  
MERINGUE**

liquid, pour over the fruit, add a few bits of butter, cover and bake until soft enough to press through a colander. Line a deep tin with plain paste. Strain the fruit, add three slightly beaten egg yolks and a pinch of salt and bake. Make a meringue of the whites of eggs and two tablespoonfuls of sugar, spread roughly over the pie, sprinkle with shredded blanched almonds, and place in a slow oven to set, but do not yellow.

**M**AKE a batter of one pint milk, one egg, one tablespoonful sugar, one teaspoonful baking powder, one cup flour and a half teaspoonful salt. Into this batter stir lightly

**BLACKBERRY  
FRITTERS**

two cups blackberries and drop the batter by the tablespoonful into a kettle of hot fat. Cook a golden brown and serve with liquid sauce.

**L**INE a rather deep pie plate with a layer of good crust, made in the proportion of one-half cup shortening to one cup pastry flour, a saltspoonful of salt and a third or less of a cup of ice water. Bake the crust as for a lemon pie. Fill with fresh peaches, sweetened, and cover thickly with whipped sweetened cream. Some good cooks advise the addition of a little apple marmalade to the peaches, holding that the combination of flavors is pleasing.

**OPEN  
PEACH PIE**

**B**OIL one-half cup of granulated sugar with three tablespoonfuls of water for five minutes; add one teaspoonful of vanilla and one-half teaspoonful of butter and remove from the fire. Pare and halve five ripe

**PEACH PIE  
With Vanilla  
Syrup**

peaches, set cut side upward, pour the hot syrup over and set aside for thirty minutes. Line a deep pie tin with plain paste and bake. Fill with the prepared fruit, put on some sweetened whipped cream, to which has been added the stiffly beaten white of one egg, and serve.

**T**URN a quart nice ripe blackberries into a buttered pudding dish and sprinkle over them a half cup sugar. Sift into a bowl a cup flour, a teaspoonful and a half baking powder and a saltspoonful salt.

**BLACK-  
BERRY PAN-  
DOUGHDY**

Add a tablespoonful butter and rub together. Mix the yolks of two eggs with a cup of milk, add to the flour with a tablespoonful sugar and mix until smooth. Whip the whites of two eggs to a stiff froth and stir lightly into the batter. Pour the batter over the berries and bake in a medium hot oven. Serve with liquid or hard sauce, as preferred.

**W**ASH and cut into inch pieces, but do not peel, as the skin gives the pretty pink color and will cook tender. Fill a deep dish with the fruit, sprinkle over it three

### RHUBARB PIE

or a half cup cracker crumbs, two tablespoonfuls butter and enough sugar to sweeten. Cover with a rich crust and bake half an hour, or until the upper crust is delicately brown. Some cooks prefer to bake the pies without the addition of sugar, raising the upper crust and sweetening after it is done. Less sugar will be required in this way, but it is a little more trouble. If preferred, you may use half russet apples with the rhubarb, or one-third seeded raisins chopped with the rhubarb.

**P**ARE and core tart apples and cut them in slices about one-third of an inch thick, leaving the round opening in the centre. Dip the slices in fritter batter made of one pint of milk, three

### APPLE FRITTERS

eggs, a little salt and a pint of flour. A teaspoonful of baking powder is sometimes mixed with the flour. Beat the eggs well, adding first part of the milk and salt, then the flour and the rest of the milk, alternately. Beat the batter together quickly and add the apples immediately.

**W**HIP half a pint of double cream until stiff and stir into it half an ounce of gelatine dissolved in half a gill of warm water, a little lemon juice

### BANANA CREAM

and one pound of peeled bananas rubbed through a hair sieve with two ounces of sugar. Put the mixture into a mould and leave it in a cool place until set.

**P**EEL and core a dozen tart apples. Scald a quart of milk, then add a quart of Indian meal, mixing and cooking carefully for several moments. Add a teaspoonful salt, a cupful each molasses and finely chopped suet, then pour over the apples arranged in a buttered dish. Bake a couple of hours. This is a Southern dish commonly known as apple pone.

### INDIAN APPLE PUDDING

**T**HERE are two ways of making this. Take two cupfuls of apple sauce and add your favorite combination of spices, and to this put two well beaten eggs. Bake. Finish with a meringue of the whites of two eggs, sugar and flavoring. Another method:—Either tart or sweet apples may

### APPLE MERINGUE

be used. Pare and core. Arrange them on a well buttered pudding dish. Fill the openings with sugar, a dot of butter, vanilla, nutmeg or cinnamon. Cover the apples with a plate, baking until tender. Make a custard of two cupfuls of hot milk, four tablespoonfuls of sugar and the yolks of two eggs. Pour over the apples and bake only a few minutes. Next add a meringue of the whites of the eggs.

**L**AY four ounces of macaroons in a deep glass dish; cut a sponge cake into slices and spread these with banana pulp; place them on the macaroons and soak with a little sherry and brandy; pour over the whole a pint of rich custard. Sweeten half a pint of cream to taste, flavor with vanilla and a teaspoonful of brandy, then whip it till stiff; pile on the top of the trifle, and decorate with crystallized fruits and blanched and shredded almonds.

### BANANA TRIFLE

**S**IFT together two cups flour, two teaspoonfuls baking powder and a half teaspoonful salt. Rub into the dry mixture a tablespoonful butter, then add two-thirds cup milk mixed with one beaten egg. Lastly stir in

**BLACKBERRY SLUMP** lightly two cups floured berries and pour into a buttered pail or mould. Cover

close and steam for two hours without allowing the water to stop boiling. Serve hot with milk or sweet sauce.

**A**PPLE slump is another old fashioned dish, but none the less acceptable on account of its antiquity. Pare, core and quarter a dozen tart, juicy apples, turn over them a cupful of boiling water and set where they will begin to cook. Five minutes later add to the apples two cups of molasses and cook

### APPLE SLUMP

five or more minutes, while you prepare a very soft biscuit dough, using for a pint of flour a teaspoonful of sugar, two teaspoonfuls of baking powder, a half tablespoonful of shortening, and milk to stir to a dough that is too soft to roll. Put this over the apples, which should be tender, but not broken, cover the kettle closely and cook twenty-five minutes without lifting the cover. Serve with a hot sauce, made by heating to a cream a half cup of butter and one cup of sugar, stirring in just before using a scant cupful of boiling milk or water and seasoning to taste.

#### Apple Tapioca Pudding.

**S**OAK one-half a pint of tapioca in water for several hours. Peel and core half a dozen apples. In the opening of each one place a teaspoonful of sugar and a small piece of lemon or orange peel. Pour the tapioca over the apples and bake thoroughly.

**T**AKE a well buttered deep pudding dish and slice into it enough tart, juicy apples to fill. Season with cinnamon and nutmeg. Sweeten plentifully, add a tablespoonful of butter, cut in little bits, and cover with a soft biscuit dough, stirred to a consistency to pour, but not roll.

### BAKED APPLE SLUMP

Bake in a hot oven and serve with a hard or foamy sauce as preferred.

**I**N a deep buttered pudding dish place a thick layer of blackberries slightly sweetened. Over the berries pour a batter composed of one cup milk, two tablespoonfuls butter, one egg, one cup sugar and two cups flour. Bake, turn from the dish, with fruit on top, and serve with sweetened cream or spice sauce.

### FAVORITE BLACKBERRY PUDDING

**P**UT one quart of milk in a double boiler and let come almost to the boiling point. Beat yolks of five eggs light, add six tablespoonfuls sugar and beat again until exceedingly light. Mix three tablespoonfuls cornstarch with a little cold milk. Add to the eggs and sugar, and stir into the hot milk just as it is about to boil. Add a saltspoonful salt, then stir until well thickened. Pour into a dish that can be sent to the table and stand in the oven for ten or fifteen minutes until firm. Remove and spread over the pudding a layer of canned apricots or other fruit. Beat the whites of the eggs to a stiff froth, allowing one tablespoonful pulverized sugar to each egg. Spread lightly over the top and put into a coolish oven to color a golden brown.

### DELMONICO PUDDING

**T**O two cupfuls of grated sour apples add five tablespoonfuls of powdered sugar during the grating, and then the whites of two eggs, and beat thoroughly.

### APPLE SNOW

Arrange the snow in a pudding dish, pour around it a custard made of yolks of two eggs, one cupful of hot milk, flavored, and two tablespoonfuls of sugar.

#### Blackberry Mould.

**S**TEW and mash a quart of berries with two tablespoonfuls water. Stir in a small cup farina and a pinch of salt, and cook an hour in a double boiler. Turn into wet moulds to harden. Turn out when cold and serve with cream.

**P**UT a quart of milk in the double boiler and place over the fire. Mix three tablespoonfuls cornstarch with a little cold milk reserved from the quart, then stir into the boiling milk. Stir until smooth and well thickened, then add

### CHOCOLATE PUDDING (COLD)

two eggs, well beaten with a half cup sugar and a saltspoonful salt. Cook ten minutes. Mean-

time shave two ounces chocolate and put in a small pan with two tablespoonfuls boiling water and four tablespoonfuls sugar. Stir until smooth and glossy, then beat into the hot pudding, which has been taken from the fire. Pour while hot into small cups that have been rinsed out with cold water, or into a large mould. After the pudding is cold, set on the ice to chill and harden. At meal time, turn out and serve with whipped cream, sweetened and flavored with vanilla. If preferred, the eggs may be omitted and another tablespoonful cornstarch used in their place.

**P**ICK over a pint of blackberries and peel, core and slice the same amount of tender, juicy apples. Add the grated yellow rind and juice of a lemon. Put in a granite saucepan with a cup of sugar and a quarter of a cup of water. Cook gently for about fifteen minutes or until the fruit is soft; then rub all through a fine sieve. See if

### BLACK- BERRY AND APPLE FOOL

the pulp is sweet enough. If not, add a little more sugar and a pint of thick boiled custard. Pour into a glass dish. Just before serving whip a half pint cream to a stiff froth; sweeten and flavor with nutmeg or vanilla. Heap this roughly over the top of the "fool" and serve very cold.

**B**EAT two eggs light and stir into them one cup of milk and sifted flour enough to make a batter as thick as for pancakes. Put into the flour three teaspoonfuls of baking powder. Butter a mould and put a layer of the batter in the bottom, then a layer of blueberries. Alternate the layers until the mould is three-quarters full, cover it closely, and boil one hour. Serve with a rich sauce.

### BLUEBERRY PUDDING

**B**EAT to a cream a half cupful butter and three tablespoonfuls of sugar.

Then add, little by little, stirring constantly, four beaten eggs, a quart of flour that has been sifted with three teaspoonfuls baking powder and a half teaspoonful of salt. Add a pint of milk, and lastly a quart of pitted cherries. Boil two hours in a buttered mould, not allowing the water to stop a moment from its boiling. Serve with hard or cherry sauce.

### CHERRY BUTTER PUDDING

**S**OAK one pint of fine crumbs in a pint of warm milk until soft. Add three tablespoonfuls cocoa dissolved in a little water, three well beaten eggs, a half cup granulated sugar, then another pint of milk. Set the

### BREAD PUDDING

pudding dish in a larger pan of hot water and bake one hour. Serve with whipped cream flavored with vanilla, or, a sauce made from a scant cupful of sugar, a tablespoonful cornstarch and a cup of water. Cook in a double boiler ten or fifteen minutes, and just before serving put in a tablespoonful butter and a half teaspoonful nutmeg.

**B**UTTER a quart mould well with soft butter. Line the bottom with seeded raisins, apricots and citron, cut in fancy shapes. Cover with slices of stale cake, then add another layer of fruit, and

### CABINET PUDDING

so alternate until within two inches of the top. Scald two cupfuls of milk and pour slowly over three well beaten eggs. Add two tablespoonfuls sugar and a teaspoonful vanilla and pour carefully into the mould. Set in a pan partly filled with cold water and place over the fire until it reaches the boiling point, then cover and set in the oven for an hour. Turn out of the mould and serve with vanilla sauce.

**I**NTO one pound of raised biscuit dough work one cup of well washed currants and one-fourth of a teaspoonful of spice. Shape into very small balls and steam them twenty

### DELICATE DUMPLINGS

minutes. These may be served with any hot liquid sauce made rich with butter and flavored with lemon.

**T**HOSE made like apple dumplings and served with a sauce made of the juice of the fruit are delicious. An old time method is to make a thick batter, using two cupfuls of flour, two eggs, two teaspoonfuls butter, one tablespoonful sugar, two teaspoonfuls baking powder sifted with the flour, one cupful water and one cupful stoned cherries. Drop the mixture by the tablespoonful into boiling salted water. Only a few at a time can go in, as the water must not stop boiling. Cover closely and cook twelve minutes without uncovering. Take from the water and serve at once on hot plates. To make the sauce, cream together a cupful powdered sugar and a tablespoonful butter. Add gradually one beaten egg and a half cupful cherry juice, beating constantly.

### CHERRY DUMPLINGS

**B**EAT to a cream a tablespoonful butter and a cupful sugar. Add a half cup milk, one cup and a half flour sifted with a heaping teaspoonful baking powder and the stiffly whipped whites of two eggs, and flavor to suit. Beat well and bake in a brick-shaped pan.

### COTTAGE PUDDING

**S**CALD a pint of milk, then add to it one-half cup rolled cracker crumbs, three tablespoonfuls cocoanut, the beaten yolks of two eggs and a teaspoonful lemon juice or vanilla. Mix well, then bake half an hour in a buttered mould. When done cover with a meringue made from the stiffly

### COCOANUT PUDDING

whipped whites of two eggs, two tablespoonfuls sugar and a teaspoonful lemon juice. Let brown and puff in a moderate oven.

**P**UT into a double boiler one cup of water and one cup of any fruit juice preferred. Dissolve three tablespoonfuls of cornstarch in a little cold water, stir into the boiling liquid, sweeten to

### DELICATE PUDDING

taste, add a pinch of salt and cook until smooth and thick. Beat the whites of the eggs until foamy, stir into the pudding, remove at once from the fire and turn into moulds wet in cold water. Set away to chill. Serve cold with a boiled custard sauce made with one pint of milk, the yolks of three eggs and flavoring to taste.

**B**EAT the yolks of six eggs very light, then add to them one-quarter pound each ground almonds and sugar and grated German sweet chocolate. Lastly

### GERMAN CHOCOLATE PUDDING

whipped cream.

**S**IFT together two cupfuls flour, two teaspoonfuls baking powder and a half teaspoonful salt. Work into the mixture a tablespoonful butter, and when it feels "mealy" moisten with milk to a

### CHERRY ROLY POLY

dough that can be formed. Turn on a floured board and shape and pat with the hands into a long, narrow strip. Over this pour enough stoned cherries to cover the surface, leaving an inch uncovered at each edge. Sprinkle with sugar, press down into the dough and dredge with flour. Make the paste into a roll and after pinching the edges together wrap in a floured cloth. Steam for an hour and serve with cherry sauce.

**T**HIS pudding is a great emergency dessert on an Arizona ranch. You can make quite a bit of it and it will keep indefinitely, steaming a little as needed. Chop fine one pound figs, one pound raisins and one cup suet. Add one teaspoonful cinnamon, one-half teaspoonful cloves, one cup sugar, one cup sweet milk, one-half teaspoonful salt, one pint grated crumbs and three well beaten eggs. Mix well and steam three hours.

### FIG PUDDING

**B**OIL a pint of green gooseberries till soft, and sweeten to taste. When quite cold mix in thoroughly four well beaten eggs and one ounce of butter. Butter a mould and sprinkle it thickly with equal parts of sugar and fine bread crumbs, then pour in the gooseberry puree, being careful not to disturb the casing; cover the top nearly half an inch thick with crumbs and sugar, and bake for an hour. When taken from the oven cover with a cloth, and only turn out when wanted. Serve with clotted or whipped cream.

### GREEN GOOSE- BERRY PUDDING

**T**HIS calls for a pound and a half sour cherries, one cup pearl tapioca and sugar to sweeten. Wash the tapioca in several waters, cover with cold water and soak over night. Put on the fire with one pint boiling water and simmer slowly until the tapioca is perfectly clear. Stone the cherries, stir into the boiling tapioca and sweeten to taste. Take from the fire, turn into the dish in which it is to be served and set to cool. Serve cold with cream. This will make enough for eight persons.

### CHERRY TAPIOCA



**T**HIS is one of Mr. Berry's unique recipes. Stew one cupful stoned dates until tender. Put through a colander and mix with a cup sugar that has been sifted with a teaspoonful cream

### DATE FLUFF-DUFF

of tartar. Beat the whites of five eggs until stiff, add a pinch of salt, and when perfectly stiff put in the yolks of two and whip again. Now mix lightly, a little at a time, with the dates and sugar, and place in ramekins or other buttered baking dish. Sprinkle over the top one-half cup fine chopped nuts and bake about fifteen minutes. Serve with cream, plain or whipped.

**D**ISSOLVE one-half cake of chocolate, grated, in a quart of boiling milk. Pour over a pint of bread crumbs and let stand an hour. Put through a ricer or colander to free from all lumps.

### CHOCOLATE PUDDING

Add four well beaten eggs, three-fourths cup butter, two cups sugar, a half teaspoonful cinnamon, a cup seeded raisins and one of blanched chopped almonds. Steam an hour, then serve hot with cream.

**T**WO cups sifted flour (graham or Franklin Mills); dredge one cup of raisins, seeded and chopped, with a little of the flour and sift with the remainder two teaspoonfuls of cream of tartar.

### EXCELLENT GRAHAM PUDDING

Beat one egg very light, add half a cup of sugar, beat them together very light and add one cupful of sweet milk. Stir in the flour and mix to a smooth batter. Add one teaspoonful of soda dissolved in a little boiling water, and lastly the raisins. Steam in a covered pail or dish two and a half hours. Serve with hard sauce.

**M**ADE as our grandmothers prepared it, without eggs. The old way that has never been improved upon is to bring a quart of fresh milk to a boil in an iron kettle, then sprinkle into it, little by little, with the

### INDIAN PUDDING

left hand, about one and one-quarter cupfuls of fine granulated meal, stirring constantly meanwhile with the right hand. The meal should be held high and allowed to sift slowly through the fingers. When this has thickened and cooled, two teaspoonfuls of ginger, three-quarters of a cup of molasses and one-half teaspoonful of salt should be stirred in and the mixture beaten until smooth. The pudding dish must then be thoroughly greased, the batter poured in, and a quart of cold milk turned in at the last. After this last addition but little stirring is needed. Bake about five hours in a slow oven. The slower the oven the more creamy and delicious the pudding. After the cold milk is added the batter should be as thin as for pancakes. As meals vary in their thickening properties, an exact rule cannot be given, but it is always safe to assume that the newer the meal the less will be required.

**I**N case a plum pudding is desired at a Twelfth Night supper an iced one is a pleasing variation. This is little more than a plain ice cream decorated with an abundance of fruits and nuts. If desired the cream may be purchased from the confectioner's, then mixed with the fruit which has been soaked in sherry and repacked in ice and salt until needed. If made at home try this rule, which, by the way, is a good one for any wintry festivity:—

### PLUM PUDDING GLACE

Put two and three-quarter cups of milk in a double boiler and bring to a scald.

Stir in gradually two full tablespoonfuls of flour and one cup of sugar dissolved in three tablespoonfuls of milk. Stir until thickened and smooth, then add one beaten egg, a deep yellow one preferred. Have ready one level tablespoonful of gelatine which has soaked for twenty minutes in three tablespoonfuls of cold milk, and add to the custard as soon as taken from the fire. Stir until dissolved, put in a cup of cream and a teaspoonful of vanilla, and set aside until cold. Then freeze. Meanwhile have in readiness one-quarter pound chopped figs, the same quantity seeded raisins, two tablespoonfuls of candied orange peel and citron and a quarter cup chopped English walnuts, all of which have been soaked in a little sherry for half an hour.

After freezing add the fruit and nuts, turn the freezer five minutes, then pack in ice and salt. If in emptying from the mould the iced pudding sticks wrap a towel wrung out of boiling water around it for a moment to loosen. Then if it seems creamy set on ice a moment to harden. This may be served with or without a pudding sauce. If desired the following sauce, which is equally good for any frozen pudding, may be served:—

#### Iced Pudding Sauce.

Beat together the yolks of two eggs and two tablespoonfuls of sugar in a bowl, then set in a pan of boiling water on the stove where the water will be kept at the boiling point. As it begins to thicken add slowly two tablespoonfuls of brandy, stirring all the time. Take from the fire, add a pint of whipped, sweetened cream, beat well, and set on the ice until time to serve the pudding.

#### Peach Fritters.

**P**EELED and cut in halves peaches not over ripe. Sprinkle with sugar, then roll in regular fritter batter, powdered macaroons or fine stale cake crumbs. Fry in deep fat and drain and roll in powdered sugar.

**M**IX sifted Indian meal with three pints of scalding hot milk. If you have no milk, water may be substituted. Stir in three large tablespoonfuls of sugar or molasses, two of wheat flour, half a spoonful of ginger or two teaspoonfuls of cinnamon, and one of salt. Two or three eggs, a little melted butter or chopped suet

#### BOILED INDIAN PUDDING

improve the pudding, but these are not essential. Do not have the pudding bag, which should be well floured inside, much more than half full of the batter, as it requires considerable room in which to swell. It will be good when boiled three hours, but is better for six hours' boiling. It can be partly boiled the day before it is to be served, but should not remain in the water unless boiling. Serve with butter and sugar or molasses. This is a good dessert to go with a boiled dinner.

**A** GOOD dessert, this, for an invalid. Add to one pint prune pulp the whites of four eggs. Whip with the pulp until light, and set in the oven until puffed and light. Serve with whipped cream or a custard made from the yolks of the eggs, a pint of milk and sugar to taste.

#### PRUNE WHIP

**C**OOK together a cupful of sugar and a quarter cup of water until the syrup spins a thread. Beat the yolks of three eggs until lemon colored and thick and pour the hot syrup over them, beating all the time. Add a cupful of cream, one teaspoonful of lemon juice and two tablespoonfuls of brandy. Strain and serve immediately.

#### PLUM PUDDING SAUCE

**T**URN three pints of scalding milk on to a pint of sifted Indian meal, stir in two heaping tablespoonfuls of sugar, two teaspoonfuls of either cinnamon or ginger and a teaspoonful of salt. Add a dozen sweet apples, pared and sliced thin. Bake three hours in a moderate oven. The apples will form a nice, sweet jelly.

### INDIAN APPLEJELLY PUDDING

The apples will form a nice, sweet jelly.

**S**LICE two cupfuls peaches. Butter a baking dish and lay in it a layer of the peaches, sprinkling with cinnamon and sugar and dotting with bits of butter. Place over this a layer of bread or cake crumbs.

### PEACH BETTY

Then alternate the peaches and crumbs until the dish is three-quarters full,

having crumbs on top. Add no water, but cover closely and steam three-quarters of an hour in a moderate oven. Then remove the cover and brown. Serve with cream or a sweet sauce.

**A**CCORDING to tradition, plum pudding should be at least "nine days old" before it is eaten. A good recipe for its making is as follows:—Put into a big bowl one cupful each of finely chopped suet, seeded raisins, cleaned currants and granulated sugar, three cupfuls of soft bread crumbs and one each

### CHRISTMAS PLUM PUDDING

of shredded citron and orange peel. Put in four eggs one by one, each being mixed thoroughly with the other ingredients before the next one is added. Next to follow is one-half cup of milk, one-quarter cup brandy, one teaspoonful cinnamon, one teaspoonful mixed nutmeg, clove and allspice and the grated yellow rind of one lemon. Mix thorough-

ly, using the hands, then fill into a large buttered mould, leaving scarcely any room for it to swell. Tie a thickly greased and floured cloth or a piece of oiled paper over the top and fit on the cover as tight as possible. Put into a steamer or arrange some cords so that it may be suspended from the inside of the cover of the kettle in which it is boiled. The boiling water should reach nearly to the top of the bowl. Boil seven hours steadily, taking care that no water boils into it, and that the water is boiling when the pudding goes in, and is not allowed to stop. On Christmas Day it can be reheated in the mould in which it was made. When sending to the table, stick a sprig of holly on the top, put a border of blanched split almonds around the edge, and pour over the pudding a quarter cupful of brandy or rum, to be set on fire just as it enters the dining room.

**T**HIS excellent recipe comes from Mr. Berry's Fruit Recipes. Mix well a cup of flour, two of bread crumbs and a half cup chopped nuts, preferably almonds. Stir in the beaten yolks of three eggs, three-fourths cup of sugar, a little lemon juice and two heaping cups of chopped peaches. Lastly put in the whipped whites of three eggs. Turn into a well buttered mould and steam two hours. Serve with peaches pressed through a sieve and sweetened.

### STEAMED PEACH PUDDING

**B**EAT one-half cup sugar and one teaspoonful of butter to a cream. Beat in one egg. Add one-half cup of milk, one and one-third cups flour, two teaspoonfuls baking powder, one cup of chopped raisins and spice to taste. Steam for three-quarters of an hour in cups one-half full

### RAISIN PUFFS

**P**UT one quart of fresh milk in a double boiler and when it reaches the scalding point sift in four tablespoonfuls of fine cornmeal mixed with the same quantity of wheat flour. Stir thoroughly and cook two hours.

### INDIAN PUDDING with Meringue

When done, set off the stove and cool. Add the yolks of four well beaten eggs, a tablespoonful of butter and a teaspoonful of salt. Bake a delicate brown. Take from the oven and when it has cooled, spread with a meringue made from the whites of the eggs, beaten stiff with four tablespoonfuls of pulverized sugar. Use a wire whip or fork for making the meringue. Set in the oven, which should be cool, and brown.

**A**ND first the cobbler which our Southern cooks made in such perfection. For this purpose the richest and ripest fruit is selected, usually some variety of the yellow peach, because of its superior richness. Butter a deep earthenware pudding dish at least three and one-half inches deep.

### PEACH COBLER

Line the sides with good pastry, then fill the dish with peeled peaches torn in halves instead of cutting. Leave in enough pits to impart flavor. Sweeten abundantly, then cover with a rich layer of crust, sealing down so that none of the juices may escape. Bake in a hot oven about three-quarters of an hour, covering with paper if there is any danger of its browning too rapidly. When nearly done draw to the oven door, dredge over with powdered sugar, and set back to glaze. A real old fashioned cook is a stickler for a few spoonfuls of brandy poured over the peaches before the top crust is put on, but the majority of folk find it quite delectable enough without any spirituous additions.

**T**HESE are an excellent relish to serve with a roast or fowl, or may be used as dessert. For this purpose large, fine peaches are a desideratum. Peel with a fruit knife or plunge into boiling water for a moment, when the skins will rub off as easily as the skin of a scalded tomato.

### BAKED PEACHES

Leave whole, but stick a couple of cloves in each peach for flavor. Arrange in a rather deep baking dish, sprinkle with sugar and dot the tops of the peaches with bits of butter. Add a cupful of boiling water to the baking pan and sprinkle a few chopped nuts over the top if desired, and bake in a steady, moderate oven. They may be served hot or cold.

**T**HESE may be made of biscuit dough the same as apple dumplings or of paste rolled into rounds six inches across. Pinch the edges into cup shape. Arrange in a baking pan and put a peeled peach in the centre of each. Sprinkle with sugar and dot with butter, then bake in a hot oven.

### PEACH DUMPLINGS

**M**IX together in a saucepan a tablespoonful of cornstarch and three-fourths of a cup of sugar. Stir in carefully one cup of boiling water, possibly more, as cornstarch varies in its thickening qualities. Cook for ten minutes, stirring often. Add the juice of one lemon and a little of

### LEMON SAUCE

the grated peel, and one tablespoonful of butter. Push back on the stove, and as soon as the butter is all incorporated stir in quickly the beaten yolk of an egg. Beat the white very stiff, and stir in lightly, so as to give the sauce the effect of foam.

**I**T is the invention of an old and resourceful Arizona housekeeper, a natural cook, and one always ready to rise to the occasion for unexpected guests, even on an isolated ranch miles from any base of supplies.

## RHUBARB DUMPLINGS

When rhubarb is in season she washes and cuts it in inch pieces, and stews

with little more than half its weight in sugar and just a little water. It does not need much, for as soon as it begins to cook the juice forms plentifully. While it is cooking she mixes a flour batter the same as for meat dumplings, using in the proportion of a pint of flour, a half teaspoonful of salt, two teaspoonfuls of baking powder and a scant cup of sweet milk, then drops it by the spoonful into the boiling rhubarb. The result is delicious, eaten hot with or without cream. As the same thing can be done with any kind of stewed fruit, this stock emergency dessert may find appreciation in other places than on the desert.

**M**IX together two and one-half cups of graham flour, one cup each of milk, molasses and seeded raisins, two small teaspoonfuls of soda, a pinch of salt and a half teaspoonful of ginger.

## STEAMED PUDDING

Steam two hours in a buttered mould, never allowing the water to stop boiling for a moment.

Serve with a hard sauce or the following liquid sauce, which is one of the most reliable pudding sauces made:—

### Cream Sauce for Pudding.

Beat a piece of butter the size of an egg with powdered sugar until it is a light cream. Set to one side. Put a cup of boiling water into a small saucepan and stir into it one teaspoonful of flour mixed with a little cold water. Cook until clear, smooth and the consistency of thin starch.

Take up the bowl containing the butter and sugar mixture and while one beats it energetically let another pour it in.

**T**AKE one quart of milk, one pint of bread crumbs, the yolks of four eggs, one teacupful of white sugar and the rind of one lemon. Beat the yolks and sugar together, then stir in the crumbs and milk and bake until a light brown. Beat the whites of the eggs to a stiff froth, stirring in

## QUEEN OF PUDDINGS

four tablespoonfuls of granulated sugar. Place over the top of the pudding a layer of tart jelly—currant is very good—and over all spread the egg froth. Bake in the oven until this meringue is a light brown. Served either hot or cold, with or without a wine sauce, it is an appetizing dish. For special occasions an addition of currants and raisins makes this pudding even more delicious.

**P**EEL, then rub through a sieve eight ripe peaches. Stir in with them one cup powdered sugar and the beaten yolks of three eggs. Whisk steadily for eight minutes, then fold in the whites of six eggs that have been whipped to a stiff froth. Turn in to a souffle dish, sprinkle with sugar, and bake in a steady, rather cool oven for ten minutes.

## PEACH SOUFFLE

**T**O make the sauce beat together one tablespoonful cornstarch, two tablespoonfuls of butter and one-half cup of brown sugar. Set on the stove until heated, then turn in hot water, a little at a time, and cook until of the consistency required. Add four tablespoonfuls grape or apple jelly, with spices or flavoring to taste, and serve hot.

## PUDDING SAUCE

**T**HIS is said to be equal to any plum pudding and is certainly far less expensive. Mix together a cup and a half of flour, one cup brown sugar, one cup grated suet, one cup seeded raisins,

### AN ECONOMIC PLUM PUDDING

one cup of cleaned currants or chopped prunes, one cup of grated carrot, one cup of grated potato, one-quarter cup of minced orange peel, nutmeg, cinnamon and clove to taste.

Steam three or four hours and serve with hard or liquid sauce.

#### Marmalade Sauce.

**P**UT a small glass of marmalade into a saucepan with two wineglassfuls of white wine, and stir over a gentle fire until well heated. Strain and serve. If desired brandy and water in equal parts may be substituted for the wine.

**S**OAK a half box of gelatine in a half cup of cold water for half an hour, together with the thinly shaved rind of one lemon and two oranges. Then pour on a scant cup of boiling water and stir until dissolved. Add one cup sugar, two cups of orange juice and the juice of one lemon, and

### FRUIT JELLY

strain through a fine cloth into a pitcher or saucepan with a lip. Wet a mould with cold water, turn in a layer of the liquid jelly about half an inch deep and set on the ice where it will harden quickly.

Prepare a cupful of fruit, sections of oranges, Malaga grapes (seeded), bananas (sliced), preserved pineapple, or candied fruits, etc., and as the jelly in the bottom of the mould stiffens put in a layer of the fruit, fastening each piece in place with a little jelly before adding enough more jelly to cover. Repeat until all the fruit and jelly have been used, then set on the ice until time to serve.

**A** CUSTARD is one of the things that admits of no guesswork. It is one of the easiest desserts to make and one of the easiest to spoil. Its proper baking is of even more importance than its mixing. It must be made of fresh materials and bakes better in a shallow dish than in a deep one. The oven heat must be

### THE MAKING OF CUSTARDS

moderate and the cups or dish containing the custard placed in a shallow tin dish like a dripping pan. The moment a custard is baked it should be taken out. If you leave it longer it will be watery. The proper test is to insert the blade of a knife down to the bottom, and if it comes out without liquid adhering the custard is done. For the various forms of baked and boiled custard four eggs to a quart of milk are sufficient for all purposes, yet six eggs may be used, or even more, if the custard is desired very rich. Boiled custard is smoother if only the yolks of the eggs are used. Often gelatine or cornstarch is put in to assist in thickening milk when eggs are expensive, but these are not real custards. Eggs should not be beaten too much in making a custard. Beat just enough so that the egg does not string. Overbeating tends to make a custard curdle.

**B**EAT slightly four eggs, whites and yolks, together. Add one quart fresh milk, four tablespoonfuls of sugar, a pinch of salt and whatever flavoring is desired. Nutmeg is the old fashioned flavoring that most people like. Rose water is delicate and almond good, though not so wholesome as other flavors. Bake in stoneware cups or a bowl set in a basin of hot water. Take care that the oven is not too hot.

### PLAIN BAKED CUSTARD

**W**HILE quinces are at their best quince custard is in order. Rub the fuzz off the fruit with a coarse cloth. Slice the quinces, saving seeds and cores, and stew gently in water to cover until very tender.

### QUINCE CUSTARD

Strain through a jelly bag. Measure out a pint of juice, add to it five ounces of sugar, boil and pour over the yolks of ten well beaten eggs while hot, stirring all the time. Pour back into a hot bowl, set this in a dish of boiling water and stir over the fire until the custard begins to thicken. Pour into glasses, chill and serve.

**T**HE making of frozen dishes was once very elaborate, but improved methods and utensils have simplified the operation until now the veriest tyro may be sure of success if certain rules are followed. Of course,

### FROZEN DESSERTS ICES, CREAMS, SHERBETS, &C.

the mixture to be frozen must be cold when put in the freezer. The ice should be crushed fine and a third as much rock salt as ice used. The easiest way to crush the ice is to put it in a stout gunnysack and pound it fine with a hammer or the back of an ax. Having made the cream and poured it into the can, set it in the wooden tub and place around it alternate layers of crushed ice and salt. Let the layers of ice be two or three inches deep, with one inch of salt sprinkled evenly with the ice. Let the ice mixture come a few inches above the cream in the can. Now for the freezing, which should be done very slowly at first, as rapid turning makes a lumpy cream. About five hundred revolutions will usually suffice to freeze the cream. One extremely methodical man who prides himself on the velvety smoothness of the iced products which he says he has frozen

for the home dessert every Sunday for twenty years turns the crank just one hundred times, then rests five minutes, turns a second hundred, rests again and finishes with the third hundred. This occupies about twenty minutes in all. When sufficiently frozen, remove the dasher, replace the lid and cork tightly. If the cream or ice is to be served within an hour, no more ice will be needed. Simply push the can down into the ice, put a weight on top to hold it and cover with a piece of old carpeting. Sherbets and ices are really better served immediately after freezing. Cream, however, is richer if allowed to "ripen" for several hours before using. In this case draw off the superfluous water, pack with more ice and salt, cover and stand away in a cool place until ready to serve. If these directions are carefully followed, the cream should be smooth and velvety, perfectly free from lumps. When a granular consistency is required, as in frappes, use a larger proportion of salt.

**T**O four calf's feet, carefully scraped and prepared, allow about two quarts of water, and boil about seven hours, skimming well. When done, set aside to congeal, then remove all the

### CALF'S FOOT JELLY

No. 2.

grease. From the four feet there should be about three pints and a half of jelly. Pour on this one quart of sherry, the juice of six lemons, a pound and a half granulated sugar, the thinly peeled yellow rind of two lemons, one bunch of raisins and two blades of mace. Wash eight eggs clean, beat the whites to a froth and crush the shells. Put with the jelly. Set on the fire, stir until the jelly is melted, then remove the spoon. Let boil just twenty minutes from the time it commences to cook. Pour into a coarse cotton bag and drain. If not perfectly clear, repeat the straining until transparent.

**P**ARE and core four good sized tender apples and steam until they can readily be put through a sieve. While hot add a tablespoonful of butter, the yolks of four eggs, four tablespoonfuls

### APPLE CUSTARD

of sugar and a cup of milk. Stir well, then turn into little cups or moulds and bake in a pan of hot water for twenty minutes, or until the knife blade comes up clear. Beat the whites of the eggs to a stiff froth, sweetening slightly, and heap over the tops of the cups. Dust with powdered sugar and brown slowly in the oven. Serve cold.

#### Biscuits and Parfaits.

**A**RE specially delicious desserts. They are quickly and easily made, as they require no stirring while freezing. The foundation for them, as well as mous- ses, is simply whipped cream, with or without eggs.

Here is an excellent recipe:—

**T**O two quarts whipped cream allow four eggs, three-fourths of a cupful of sugar, three-fourths of a cupful of water and a teaspoonful of vanilla. Boil the sugar and water together for twenty-five minutes.

### BISCUIT ICE CREAM

Beat the whites of the eggs to a stiff froth, and gradually pour over them, still beating, the hot syrup. Beat the yolks and add to the whites and syrup. Place the pan in another vessel of hot water and cook for ten minutes, beating all the time. Set away to cool. When quite cold add the vanilla and mix the cream in lightly. Pour in a mould and pack in ice and salt. Cover with a piece of carpet and set away for three or four hours to harden. Four tablespoonfuls of maraschino or sherry may be used in place of the vanilla, if preferred.

**S**CALD a quart of fresh milk, using a double boiler to avoid scorching.

Beat the yolks of six eggs, add six tablespoonfuls of sugar and a saltspoonful of salt and beat again. In the making of a boiled custard the longer beating of the yolks is allowable. Pour the hot milk slowly into the bowl containing the eggs, stirring constantly

### PLAIN BOILED CUSTARD

while so doing. Never stir the eggs into the hot milk or your milk will curdle. When well mixed pour all back into the double boiler and stir constantly until smooth and thick like cream. It will grow thicker as it cools. Take from the fire, strain and, when cool, flavor. Vanilla is the generally admired seasoning, but lemon is also used. Serve very cold.

**C**UT a French roll into slices or toast three slices of slightly stale bread to a delicate brown. Put in a saucepan with a scant quart water and simmer slowly until reduced to a jelly. Strain through a cloth, flavor with lemon juice, nutmeg and a little sherry, sweeten to taste and pour into wet moulds to cool and form.

### BREAD JELLY

**S**OAK a quarter box of gelatine in a quarter cup of cold water for half an hour, then place over hot water and keep stirring until the gelatine is thoroughly dissolved. Remove and, when nearly cold, beat thoroughly with an egg beater. Mean- time flavor a quart of cream with vanilla and add sugar to taste. Pour the two mixtures together, whip thoroughly, then pour into moulds lined with slices of sponge cake cut to fit or lady fingers split. Set on the ice until needed.

### CHARLOTTE RUSSE



**P**UT one-half cupful of sugar in a smooth frying pan and stir until it melts and becomes a rich cinnamon color. Pour it into a pint of rich milk or thin cream that has been scalded, add a

**CARAMEL  
CUSTARD**

teaspoonful of vanilla, a saltspoonful salt and a half cup of sugar and let it simmer until the colored sugar is absorbed. Set away to cool. When cold add the beaten yolks of eight eggs, strain to be sure it is smooth; pour into baking cups and set in a pan of hot water and bake until firm. Serve cold. This will make eight cups. Or make a plain custard, putting in less sugar than usual; then stir in two or three table-spoonfuls of caramel made in this way:—

**Caramel.**

Put two cups of granulated sugar in a clean saucepan, set on the back of the range and stir until it browns. Pour into it slowly one cup of boiling water, and when dissolved put into a can for future use. It keeps indefinitely. It is nice served as a sauce with the custard or with apple dumplings.

**T**HIS is an easily prepared dessert whose attractive name fits its appearance. Wash carefully four tablespoonfuls of rice and cover with two quarts of boiling salted water. Cook slowly

**SNOW  
JELLY**

without stirring until the rice is tender, drain in a colander and shake until each kernel is separate and distinct. Set aside to cool. Meanwhile have soaking a quarter box of gelatine in a half cup of water. Twenty minutes for this part of the programme is good, more is better. Pour over the soaked gelatine one cup of boiling water and add one cup of sugar. Set in a dish of hot water until dissolved, then mix with

the cooked rice. Whip a pint of cream until light and dry and stir in lightly with the rice. Flavor with sherry or maraschino and pour into a mould that has been wet with cold water. Put in a cold place until thoroughly chilled and set, then turn out on a flat dish and pour round it preserved berries or maraschino cherries.

**B**EAT five eggs until a spoonful can be lifted without stringing. Add one-half cup of maple syrup, a saltspoonful of salt, stir well, then add three cups of milk and strain into a mould or individual cups. Wet the inside of the cups with cold water. The hot water in the pan in which the custards are set to bake should not boil after baking is begun.

**MAPLE  
CUSTARD**

**S**OAK one box gelatine in two cupfuls of cold water for half an hour. Add a quart boiling water in which a stick of cinnamon has been cooked, and stir until dissolved, then add one pint good sherry wine, a pound and three-quarters of sugar and the juice of two lemons. Strain into moulds and set away to harden.

**WINE  
JELLY**

**T**HIS is the foundation for a number of jellies, or it may be used alone. Soak one box gelatine in two cups cold water for half an hour. Add a quart boiling water and a cup and a half of sugar and stir until dissolved. Add the juice of three or four lemons, dependent upon the size, then strain through a jelly bag into moulds.

**LEMON  
JELLY**

**S**OAK a half box gelatine in a half cup cold water for thirty minutes, then pour over it one pint strong boiling coffee. Stir until dissolved, add three-

fourths cup of sugar and a cup of boiling water. Strain into wet moulds and set in the cold to

harden. Serve with whipped cream.

### COFFEE JELLY

**B**AVARIAN creams are among the most delicious of cold summer desserts and are, besides, especially nutritious. Soak two scant tablespoonfuls of gelatine for a couple of hours in a

cup of water. Add a pint of boiling hot strong Mocha coffee that has just been freshly made, strain and sweeten to taste.

Cool a little, and

while cooling beat a pint of thick cream to a stiff froth. Pour in gradually the coffee and gelatine, continuing the beating until the whole mixture is thickened. Pour into a mould and set in a pan of cracked ice, cover and stand in the cellar or ice box until needed. Serve with an abundance of whipped cream. Many people who cannot drink coffee without inconvenience find that coffee served in a cream or jelly agrees with them perfectly.

#### Marshmallow Trifle.

**F**OR marshmallow trifle cut half a pound of marshmallows into small pieces and mix them with half a pint of stiffly beaten cream which has been flavored with sherry. Serve in frappe glasses with two or three strawberries on each.

#### Sour Cream "Pat-a-Pan" Cakes.

**B**EAT well together one cup of sugar, two eggs and one cup of sour cream.

Add one small teaspoonful of soda, dissolved in a little water, and one and one-half heaping cups of flour. Flavor the frosting with vanilla or lemon.

**T**HE old rule—and there is none better—calls for one pound each of butter, sugar and flour, ten eggs and a half wine glass each of wine and brandy. Beat the butter to a cream and add gradually a pound of

sugar, stirring all the while. Beat ten eggs without separating until they be-

come light and foamy. Add gradually to the butter and sugar and beat hard. Sift in one pound sifted flour and add the wine and brandy. Line the cake pans with buttered paper and pour in the well beaten mixture. Bake in a moderate oven. This recipe may be varied by the addition of raisins, seeded and cut in halves, small pieces of citron or almonds blanched and pounded in rose water. Some old fashioned housekeepers always add a fourth of a teaspoonful of mace. The mixture may be baked in patty tins or small round loaves, if preferred, putting currants into some, almonds or raisins in the rest. Pound cake is apt to be lighter baked in this way. The cakes may be plain or frosted, and they will grow richer with the keeping if placed in stone jars.

### POUND CAKE

**P**EANUT wafers, while not especially new, are always welcome. Make ready two quarts of peanuts, shelled, "skinned" and chopped or pounded. Beat to a cream one cupful of sugar and one-half cupful of butter.

Add three-quarters of a cup of milk, two small cupfuls of sifted flour, and one and one-half teaspoonfuls of vanilla. Butter a

tin sheet, or the bottom (outside) of a dripping pan, and spread the dough over it in a thin layer, using a knife or spatula. Sprinkle thickly with the nuts and bake. As soon as removed from the oven, cut in squares and take from the tin.

### PEANUT WAFERS

**S** OAK a cup and a half dried or evaporated apples over night in cold water, then stew soft the day before using in a half cupful of molasses. Cream together one cup sugar and half cup but-

ter. Add two-thirds of a cup sour milk, then the apples. And next two well beaten eggs, a teaspoon-

## DRIED APPLE CAKE

ful cloves, two teaspoonfuls cinnamon, a grating of nutmeg and three cupfuls flour sifted three times over with a half teaspoonful soda. Mix thoroughly, using the hands. Have ready one cupful seeded raisins, two-thirds cupful currants and a little shredded citron. A few finely chopped butternut or hickory nut meats are an addition. Put a layer of the batter in a paper lined cake tin, then sprinkle in some of the fruit and nut mixture. Follow with the dough, then more fruit, and so on, having the batter at the top. Bake in a slow bread oven, covering the cake with a buttered paper if inclined to brown too fast on top.

**F** OR this have in readiness one cupful each of granulated sugar and flour, measured after sifting once. Then sift both together five times. Also sift by itself half a teaspoonful of cream of

## ANGEL FOOD

tartar, and beat the whites of nine large eggs or ten small ones to a stiff froth, adding to the eggs a saltspoonful of salt. Use a wire beater for this purpose and whip on a large platter. When the whites are foaming, add the cream of tartar, then beat until so stiff that the platter turned upside down will retain the egg. Now slip the eggs into the bowl of sifted sugar and flour, and cut and fold the whites in very carefully so as not to break the air cells. Flavor with a little almond. This is the critical moment. Have the cake tin in

readiness. If you haven't a regular angel cake pan use any brick shaped pan or one with a tube in the centre. Butter it lightly. A lining of oiled paper is best. Do not stop the folding until the cake is almost in the oven, which should be very slow. If there is danger of its being too hot, leave the oven door open while the cake is being mixed. This gives the cake a chance to heat gradually and rise slowly like a soufflé. After twenty-five minutes the heat may be eased a little. It will require forty or fifty minutes to bake. It is important that the cake should not be jarred while baking. When done, invert to cool. A boiled frosting is usually considered best for this cake.

**B** EAT the yolks of four eggs until lemon colored, foamy and light. Stir in gradually two cups powdered sugar and beat thoroughly. Add a pinch each of cinnamon and cloves and just enough sifted flour to make the batter of consistency to drop from a spoon. Drop on a greased paper in tins, leaving room for them to spread without touching, and bake in a moderate oven.

## PLATZEN OR SMALL DROP CAKES

**F** OR the silver cake mix a cupful sugar with a half cup sour cream, adding a scant half teaspoonful of soda and a cup and three-quarters of flour. Lastly, fold in the stiffly whipped whites of four eggs and flavor with a little lemon. Bake in a bread tin, lined with buttered paper, putting in the batter in alternate spoonfuls. Bake in a steady moderate oven and, when cold, ice with a plain white icing flavored with lemon or orange.

## SILVER CAKE

**B**EAT one egg and add to it a cup of milk. Mix well, then add two and two-thirds cups sifted flour that has been slightly warmed. Beat well. Dissolve one-third compressed yeast cake in

two tablespoonfuls lukewarm milk and add to the water with two tablespoonfuls softened butter. Knead thoroughly in the bowl, manipulating

with hands and spoon until the dough feels elastic and velvety. Cover and stand in a warm place for about five hours, or until it has doubled in bulk, then turn on a floured board and roll into a sheet about half an inch thick. Place on a greased tin, spread with butter, sprinkle lightly with sugar, then arrange closely over the top enough overlapping slices of apple to cover. Wipe over with butter, sprinkle with sugar and plenty of nutmeg or cinnamon. Cover with a light cloth and set aside for twenty minutes or until quite light, then bake in a hot oven. As soon as done, brush lightly with cold water to prevent the kuchen becoming too dry.

**A**N excellent chocolate nut cake that is not so expensive but that the family can have one occasionally is made in this wise:—Shell a pound of English walnuts. Save out two or three

dozen of the unbroken halves and chop fine the remaining kernels.

**CHOCOLATE NUT CAKE**  
Beat to a cream one cupful granulated sugar and a half cupful butter. Add two eggs, one at a time, beating thoroughly after each addition. Next stir in alternately one-half cup milk and a cup and a half of flour sifted with a level tablespoonful baking powder. Flavor lightly with vanilla and bake in two layers. When the cake has partially cooled, spread with an icing made in this way:—Put into a granite

basin a teaspoonful butter, and as it softens brush sides and bottom of dish. Add two ounces unsweetened grated chocolate, three-quarters pound light brown sugar and a half cup sweet milk. Cook until a little dropped in cold water makes a soft ball when rolled between the thumb and forefinger. Add a level tablespoonful butter. Take from the fire and flavor with a teaspoonful vanilla. To one-third of this icing add the chopped nut meats. Stir until cool enough to spread, then put between the layers. Spread the rest of the icing over sides and top of the cake and arrange upon it at regular intervals the whole nut meats.

**M**ELT a half cake chocolate in the oven or over hot water. Stir to a cream one and one-half cups sugar and a half cup butter. Sift together two cupfuls flour and a half teaspoonful soda. Repeat this sifting

three times over. **CHOCOLATE LAYER CAKE**

Beat the yolks of four eggs until lemon colored and thick, and the whites of two until stiff. Put a half cupful sour milk in a bowl and stir into it a scant half teaspoonful soda dissolved in a half cup warm water. Put all the ingredients together and bake in layer tins. Put together with lemon icing made from the whites of two eggs.

**B**EAT together four eggs and one pound of sugar. Add one tablespoonful cinnamon, one nutmeg grated, one teaspoonful cloves and a teaspoonful baking powder. Beat thoroughly. Add two ounces candied lemon peel, shaved fine, and one pound flour, then knead thoroughly on the moulding board. Shape into small balls, lay on buttered paper in tins and bake in a slow oven.

**PFEFFER-NUSSE**  
OR PEPPER NUTS

**T**HESSE are inexpensive and not difficult when made at home. The foundation is a simple light sponge cake baked an inch in depth in a shallow tin lined with paper. It is not necessary to grease the paper. When done, turn out

### PETITE FOURS

on a bread board and with a sharp knife cut into diamonds, dominos and squares. Split each of these through the centre, spread half with jelly, frosting or rich preserves, put the other half on top and ice with variously tinted and flavored icings—white with almond, pink with rose, green with pistache, yellow with orange, brown with chocolate. Decorate the brown domino shapes with white dots of frosting, the pink cakes with candied rose leaves, the green pistache with candied cherries, and the white with candied violets or cherries and angelica leaves.

**W**HILE almost every housekeeper has her own favorite recipe for layer cake, the following is so unfailingly reliable that it deserves to be spread on every cook's culinary archives as a

### LAYER CAKE

standby. Place in a warm bowl one-half cupful of butter, and rub with a wooden spoon until to a cream. Add gradually one cupful of sugar. Beat the yolks of four eggs until lemon colored and thick, add to them a second cupful of sugar and stir into the creamed butter and sugar. Add one teaspoonful lemon or vanilla extract. Beat the whites of the four eggs stiff and dry and let them stand while you add alternately and little by little one cupful of milk in which a half teaspoonful of soda has been dissolved and three cupfuls pastry flour sifted with one teaspoonful cream of tartar. Lastly fold in the whites of the eggs. Bake in round shallow pans and spread with any filling preferred.

A rich fig filling for cake is made in this way:—Blanch one pound of almonds,

seed one pound of raisins, add three-quarters of a pound of figs and half a pound of citron. Chop until very fine, and moisten with sherry to form a soft paste. Spread a thin frosting over the cake, then a layer of the paste and another thin layer of frosting.

A more simple filling is made by chopping fine half a pound of figs and adding to them a half cupful of sugar and a half pint of sherry. Cook over the fire until it thickens like jelly.

**F**OR a white layer cake cream together a half cup of butter and two cupfuls of sifted sugar. Add one-half cupful of sweet milk, one teaspoonful vanilla extract and the whites of four eggs. Sift together one heaping teaspoonful of baking powder and one and one-half cupfuls

### WHITE LAYER CAKE

of flour and stir into the mixture. Beat well and bake in layers. When baked spread with any filling desired and pile one on the other, covering the top with frosting.

This is a good marshmallow filling for a white or angel cake baked in three layers:—Cut a half pound of marshmallows into small bits, using scissors for this purpose. Put into a bright, clean stewpan two cupfuls of sugar and one-half cupful of water. Boil until it hairs, take at once from the fire and pour over the well beaten whites of two eggs. Add marshmallows and any flavoring desired, and beat until cold.

A fruit filling that goes well with white cake is made of four tablespoonfuls of fine chopped citron, the same quantity of fine cut raisins, one-quarter pound of chopped figs, one-half cupful blanched almonds, one-half cupful pulverized sugar and whites of three eggs. Beat the whites very stiff, add the sugar and other ingredients and spread between the layers of cake while still warm. A little currant jelly may be added, if desired, to moisten the filling.

**N**O cook yet discovered can outdo the Virginian in the way of making pound cake. The following recipe comes from that section of the country and is warranted to succeed if faithfully

### SOUTHERN POUND CAKE

followed:—Beat one pound of butter and one pound of powdered sugar together until they form a cream. Separate the whites from the yolks of one dozen eggs. Whisk the whites to a stiff froth and beat the yolks until thick. Beat the whites into the creamed butter and sugar, then add the yolks and stir all thoroughly together. Sift the flour and put in lightly, little by little, stirring only enough to mix smoothly. Pour into pans lined with buttered paper and bake in a moderate oven for one hour and a quarter. Take care not to stir or to shake the pan until the cake is well set. This is genuine pound cake, which is always unflavored, but, if preferred, the juice and grated rind of a lemon may be added.

**T**HE true fruit cake should contain but little batter in proportion to its fruit. It should be black, rich and moist, and to achieve this result must be baked very slowly, five hours at the least,

### ENGLISH CHRISTMAS FRUIT CAKE

in order to give the fruit time to swell and its juices to permeate the entire mass. Such cake will keep for years, if iced and put in a stone jar in a cool place. Mix to a cream in a warm bowl one pound of fresh or well washed butter and one pound of sugar. Grate in the yellow rind of one lemon and add to the mixture ten eggs, one by one, beating vigorously after each egg is added. Mix together on a plate a

teaspoonful of cinnamon, two of allspice, half a teaspoonful of cloves and the same amount of grated nutmeg. Add four tablespoonfuls of molasses, mix, and then add to the butter, sugar and eggs, together with a pound of sifted pastry flour. Knead thoroughly, using the hands instead of a spoon. Have already prepared two pounds of currants, cleaned and dried, two pounds of seeded raisins, two pounds of choice California raisins, seeded, half a pound of citron, shaved in thin slices, half a pound of candied lemon and orange peel, cut in thin slices, one gill of brandy and one of Jamaica rum. Add to the batter and knead until thoroughly incorporated. Pour into two cake tins, lined inside with well greased paper. Tie four or five thicknesses of coarse wrapping paper around the outside and bottom of the tins. See that the fire is banked up to last, with the addition of an occasional shovel of coal, in order to keep the oven heat even, and bake five hours, watching that it does not scorch. Remove from the oven very carefully, but leave in the tins until quite cold. The next day ice with a thin icing of unbeaten egg and confectioner's sugar and later with heavier ornamental icing. It is difficult to bake fruit cake with a gas range. In Philadelphia many old fashioned housekeepers prepare their cake already for baking, then send it to the baker's for the long, slow baking that is such an essential to its success.

**B**EAT six fresh eggs and a cup of sugar together with a wire beater, not the patent beater. Whip in long strokes until the mixture is perfectly creamy, light and white. This takes time. Add a teaspoonful vanilla or lemon and two tablespoonfuls of cold water, and beat again. Lastly, fold in—do not beat—one cup of sifted flour. Bake in a rather slow oven.

### SPONGE CAKE

**C**REAM together one-half pound butter and a pound and a half sugar.

Add gradually the yolks of six eggs beaten until creamy; then one pint sour cream, in which a teaspoonful soda has been dissolved, alternating with a pound and a half of flour. Next add the whites of the six

**CHRISTMAS  
FRUIT CAKE**

eggs, beaten stiff, and lastly one pound seeded raisins, one pound currants, one-half pound citron dredged with a quarter pound of flour (which would make a pound and three-quarters of flour in all). Add the juice of a lemon and the grated yellow rind of two, one grated nutmeg and a sprinkling of mace. Bake in a paper lined pan for two and a half hours in a slow, steady oven, or steam first like pudding, then bake the last hour. This mode of making a fruit cake is almost an essential where one uses a gas stove. Cover with buttered paper while baking. This recipe is said to have been copied from Martha Washington's own book.

**B**EAT to a cream a quarter cup of butter, then rub in one-half cupful powdered sugar. Add, drop by drop, a quarter cupful of milk, then, gradually, seven-eighths cup of sifted flour. Flavor

**ALMOND  
WAFERS**

with a half teaspoonful of vanilla or pistache, and spread very thinly over the bottom of an inverted dripping pan and cut in three-inch squares. Sprinkle with chopped blanched almonds and brown delicately in a very slow oven. Take from the oven, turn the squares over one by one with a knife and roll loosely. Take up and spread on a waxed paper to cool and dry. If the squares harden before you get them all rolled place over the fire a moment to soften. Serve with cocoa, afternoon tea, ice cream or preserves.

**I**N the drawing room of a New York hostess a very dainty nutty wafer was served, which was so much enjoyed with the five o'clock tea that the hostess was led to explain the history of her Marguerites. These were simply thin crackers spread thickly with the following mixture:—Take a cupful

**MAR-  
GUERITES**

of finely chopped nuts—pecans, English walnuts and almonds—and put them into the well beaten white of an egg to which enough sugar has been added to make a thick icing. Spread on the crackers and brown slightly in the oven. The story was that these dainties were made after an old navy rule, valued because the wafers kept well, being ever fresh and ready for use during long voyages.

**B**EAT the whites of the two eggs left from the batter until stiff, adding to them one cup of powdered sugar, or enough to make the frosting quite stiff. Add one square of chocolate that has been melted. Spread the

**CHOCOLATE  
FILLING**

tops of two of the cakes with a thin layer of slightly acid jelly, such as currant, plum or grape, then put the cakes together with the chocolate frosting. Spread the top layer with some of the frosting. This cake keeps well if put in a tin box and covered.

**B**EAT the white of one egg until light, but not stiff, then add little by little and alternately one cup granulated sugar and one tart apple, peeled and grated as it is added.

Continue the beating in long, even strokes for twenty minutes

**APPLE LAYER  
CAKE**

until you have a white, feathery mass that will hold its own. Spread between the layers of a sponge cake.

**T**HOUGH the old simnel cake belonged originally to the middle Sunday in Lent, it may now be found on hand at the confectioner's from the beginning of Lent until Easter. The

### SIMNEL CAKE

modern rearrangement of the old time simnel is as follows: Bake as a foundation a fair sized round pound or Madeira cake, flavoring with essence of almond and coloring a rich yellow by the liquid extracted from a little saffron dropped in boiling water and squeezed through a piece of cheese-cloth. When the cake is perfectly cold, build a wall of frosting on top of the cake around the edge, leaving a good sized hole in the centre for the candied fruit. To make the frosting, blanch a half pound of fine almonds (preferably the Jordan) and pound to a paste in a mortar, moistening with a tablespoonful of orange flower water. Add to the almonds the whites of two eggs and confectioner's sugar to make a stiff frosting that will stand of itself. Having built the wall on the cake, place in a slow oven until the almonds have dried thoroughly, like almond macaroons. When the cake is cold again, fill the well in the centre with a mixture of candied fruit, plums, pears, orange slices, cherries or strawberries, interspersed with blanched whole almonds. Almonds already pounded to a paste can now be obtained at any first class grocery.

**A**DD to a scant cupful of sifted flour one cupful of granulated sugar and two cupfuls of the best shredded coconut. Mix thoroughly, then fold into the mixture the whites of three eggs

### COCOANUT MACAROONS

whipped to a stiff froth. Make into small flat cakes and bake in a slow oven until crisp and a delicate brown.

**T**HIS is exceedingly tender and delicious when made of sour cream.

It may be baked in layers or in a loaf, putting the white and yellow batters in streaks like a marble cake. For the yellow part, beat to a cream the yolks of four eggs, then add a cupful sugar and beat again. Add three-fourths of a cup of thick sour cream into which has been stirred a half teaspoonful soda. Next fold in a cup and three-quarters of pastry flour that has been sifted several times over and flavor with a little grated yellow rind of orange and a teaspoonful orange juice, or less of the extract.

### GOLD CAKE

**T**HIS is a simple tea cake made from one pound flour, half a pound butter, two ounces sugar, half a teaspoonful lemon juice, a teaspoonful grated yellow peel, and enough water to make a stiff paste. Divide the dough into two equal parts and roll into large round cakes about the size

### GOOD FRIDAY CAKE

of breakfast plates. Mark the edges in a fancy design with a jigger, or pinch them with the fingers. Mark each cake in quarters, brush over with the white of an egg, lay a strip of candied lemon peel on each, sprinkle with granulated sugar and bake. Serve either hot or cold.

**B**EAT one egg thoroughly and add one scant cupful sugar with which one large tablespoonful of cornstarch has been mixed by sifting. Add the grated yellow rind and juice of an orange and the juice of half a lemon. Mix thoroughly and pour over the mixture one cupful of boiling water.

### ORANGE FILLING

Cook, stirring all the time, until it thickens slightly. Cool before using.



"Fill the oven with flaws, Jennie, pause not for sleep,  
For to-morrow thy father his wake day will keep."

**S**O runs the old English song, dating back to Elizabethan days. Small wonder Jennie was obliged to stay up all night to provide her father with "wake day" refreshments when we consider the old time

**FLAWNS  
OR CHEESE-  
CAKES**

tedious process of separating curds from whey and the "braying" of the

curds in a stone mortar with rose water and almonds. The twentieth century housekeeper knows how to shorten the operation and in place of using milk, takes a Neufchatel or cottage cheese as foundation for her flaws. This is crumbled fine and added to the other ingredients, allowing to one Neufchatel a scant cup of sugar, a half cup rolled cracker crumbs, four eggs, a half cup cream, a half cup currants well washed, thoroughly dried and floured, the grated rind and half the juice of a lemon, a teaspoonful rose water and cinnamon and nutmeg to taste. Mix well and fill small patty tins lined with puff paste. Ornament the top with currants and narrow strips of citron, and bake in a quick oven, not allowing the flaws to get too brown.

**P**UT into a pan one cupful of brown sugar, one cupful New Orleans molasses, one-half cup melted butter, lard or good drippings, one cupful sour milk into which has been beaten one tea-

**PRUNE GIN-  
GERBREAD**

two teaspoonfuls of ginger, the grated rind of a lemon, one cupful steamed and chopped prunes and flour enough to make a rather stiff batter. There is a difference in the thickening qualities of flour, but the amount required will be about three cup-

spoonful soda, two beaten eggs, a teaspoonful and a half of cinnamon, a teaspoonful of cloves,

**B**OIL one cup fine granulated sugar with one-third cup hot water until it spins a thread. Have ready the white of one egg beaten stiff with one-eighth teaspoonful cream of tartar. Pour the boiling syrup

**CHOCOLATE  
FILLING NO. 2.**

slowly into the egg, beating steadily until thick enough to spread. Add two tablespoonfuls powdered cocoa or chocolate while the syrup is still hot, and the last thing add two tablespoonfuls whipped cream, if you wish it extra nice. Spread between the layers and on top and sides of cake.

**T**O four well beaten eggs add four ounces of sugar and beat for twenty minutes. Mix three ounces of seedless raisins with five ounces slightly browned flour and put in gradually the eggs and sugar. Pour in-

**CHRISTMAS  
SQUARES**

to a flat, square tin lined with buttered paper and bake a quarter of an hour in a hot oven. Take from the oven and cut into squares while still hot.

**R**UB to a light, white cream two cups and a half of butter and three cups of sugar. Add ten eggs, two at a time, beating five minutes between each addition. Sift four cups of flour, three times over, with one

**YULE  
CAKE**

teaspoonful of baking powder and add to the sugar, butter and eggs. When well mixed, add four cupfuls of currants, washed and dried, one-half cup of shredded citron, one teaspoonful each nutmeg and cloves and one gill of brandy. Mix and pour into a paper lined tin, also well protected with paper outside, and bake two and one-half hours in a moderate oven.

**T**HE ingredients called for are eight eggs, one pint of sugar, three gills of flour and the juice of one lemon.

Beat the yolks until lemon colored and thick, then add the sugar little by little, still beating. Beat

### CHINABOY'S SPONGE CAKE

the whites to a stiff froth and add to the yolks. Put in the flour very gently, so as not to break the air bubbles, add the lemon juice, and pour into a shallow tin lined with buttered paper. Bake about twenty minutes in a steady oven.

**B**EAT to a cream one cup of butter and two of sugar. Break in two eggs, beating vigorously, add half a cup of hot milk, half a teaspoonful of salt and sifted flour to make a stiff batter.

### OLY-KOOKS

Beat well. Add a cup and a half more of hot milk and more sifted flour, until the batter is as stiff as can be beaten with ease. Cool to lukewarm, add a yeast cake dissolved in a cup of water, a little more flour and then beat until the batter blisters. Cover and set in a warm place about twenty-four hours to rise. If set about ten in the morning it will be usually well risen by nine of the next morning. Dredge the moulding board with flour and turn the batter on it, remembering the dough must be as soft as can be handled, and the less handling the better. Roll the dough in sheets about three-fourths of an inch thick and cut in round cakes. Now, with a sharp, thin knife cut a slit in each cake and insert in the centre a plump raisin, a bit of sliced citron and a lump of sugar, or a teaspoonful of any rich preserve. Wet the edges of the slit and press together closely. Let the doughnuts rise for half an hour, or until quite light, and cook in a kettle of smoking hot fat. This may be lard or lard drippings. It should be hot enough to color a bit of bread a light yellow as soon as it is dropped in.

The oly-kooks take about ten minutes to cook—longer than ordinary doughnuts—on account of the fruit in the centre. This should be a tender, golden brown when done. Lift out with a skimmer, drain and lay on soft brown paper to absorb the fat. Roll in powdered sugar and when cold set away in a stone cake jar. Old fashioned cooks sometimes soak the oly-kooks in a little Santa Cruz rum and serve them with preserved peaches. In some old Knickerbocker families they are often served during the holidays with vanilla ice cream.

**F**OR sunshine cake sift the flour and sugar the same as for angel cake, only lessening the flour to three-fourths of a cup. Add a pinch of salt to the whites of seven eggs, and beat until stiff and dry. Beat

the yolks of five eggs until lemon colored and thick, add the sugar and flour to the yolks, stir in lightly the whites of the eggs and half a teaspoonful of cream of tartar, flavor with orange extract and bake the same as angel cake. Frost with yellow icing, flavored with orange, and decorate with bits of candied orange peel and leaves cut from angelica.

### SUNSHINE CAKE

**T**HESE may be made with any nuts preferred, but hickory nuts are specially good. Rub together one cup lard or butter and two cups of light brown sugar. Add two well beaten eggs, one cupful sour milk, a teaspoonful of soda dissolved in a little of the milk, one cupful chopped nuts and flour added little by little until the dough

### ANOTHER RECIPE FOR NUT COOKIES

is the right consistency for rolling thin. Cut in round or fancy shapes, place on greased pans and bake in a quick oven for five or six minutes.

**A** WELL made gingerbread is much better cake on certain occasions than a fruit cake, and is quite superior to a coarsely made cake. A chocolate icing is particularly nice on a

**GINGER-BREAD**  
with Chocolate Icing.

molasses sponge cake flavored with ginger. To make this cake put into a pan two cupfuls of molasses, three-quarters of a cup of lard

and butter mixed, or all butter, a tablespoonful ginger and the same amount of hot water poured over a tablespoonful of soda. Stir in enough flour to make a batter about as stiff as for a sponge cake. It should be soft enough to spread out when poured in a biscuit pan. As gingerbread burns easily, it should be protected at top and bottom. An asbestos griddle set under the pan is a protection against scorch. When the cake is done lift the pan out of the oven without jarring and let it remain in the tin until nearly cold. For the icing, stir two squares of unsweetened grated chocolate with two to five tablespoonfuls sugar. Add three tablespoonfuls of boiling water and stir the mixture over the fire until smooth and glossy. Spread on evenly while the cake is a trifle warm, then let it remain in the pan until cold. Cut in squares and, when the icing is hard, lift out.

**T**HIS is a reliable recipe, for the popular Scotch cakes, which has been handed down from generation to generation in an old Scotch family. The ingredients required for these cakes, the

making of which is never intrusted to any but loving hands, are one pound of the very

**SCOTCH CAKES**

best butter, one and one-eighth pounds of flour, one pound of sugar, one level dessertspoonful of caraway seed, one table-

spoonful of ice water and candied caraway seed sufficient to sprinkle thick on top of the cakes. Have the butter, the mixing bowl and the hands as cold as possible. Cut the butter in small pieces, add the flour, and work together thoroughly and quickly. Add the sugar and mix lightly. Sprinkle in the caraway seed and mix through. Add the water at the last. Make the dough into a ball, flour the moulding board, put the dough on it, roll out quickly, and beat level and smooth with a rolling pin. Fold over the ends and beat again. Do this three times, the last time rolling it to the size and shape of the pan it is to be baked in. Properly this should be a shallow sheet iron pan. Put the dough in about half an inch thick and bake twenty minutes in a steady oven. When done it should be an even light brown on top and brown on the bottom. If it shows signs of browning too quickly, cover with white paper. Test with a straw or knitting needle. Remove the paper when cool, and when thoroughly cold pack in thin boxes with clean letter paper between the layers.

**Soft Gingerbread with Sour Milk.**

Put into a pan one cup of molasses, one cup of sour milk, one-half cup of softened butter, one heaping teaspoonful of soda, a tablespoonful of ginger and flour to mix very soft.

**P**UT into a bowl one and one-third cups of molasses, one cup of brown sugar, one cup of sour milk in which a heaping teaspoonful of soda has been dissolved. Add one teaspoonful vinegar and stir until the soda has stopped "purring." Now add one cup melted shortening, one beaten egg,

**MOLASSES COOKIES**

one tablespoonful each cinnamon and ginger and a saltspoonful salt. Mix, add flour enough to make as soft a dough as can be rolled out, cut in thick cookies and bake in a quick oven.

**S**TEW one apple and rub through a sieve. Add the grated yellow peel and juice of one lemon, one cup of sugar and one beaten egg. Cook until

### LEMON FILLING

the mixture thickens, then put between the cake layers.

**S**OAK two tablespoonfuls of gelatine in water to cover for twenty minutes, then melt over the tea kettle. Cook two cups of granulated sugar with eight tablespoonfuls of water until it

### TUTTI FRUTTI FILLING

threads; pour in the melted gelatine, add a teaspoonful of vanilla or rose water, and beat in a cool place until white and thick. Toward the

end of the beating stir in two or three tablespoonfuls of various crystallized fruits, cut in small bits, and add fine chopped nuts if desired.

**W**HIP very sour cream until stiff. Add a cup and a half of English walnuts or hickory nuts, chopped to a powder; sweeten to taste and flavor lightly with vanilla. This is extremely nice and, moreover, a novelty.

### SOUR CREAM FILLING

**T**HIS is made in separate batters, light and dark, then mixed together in the cake tin so as to present a marbled appearance. Put into a cup two heaping tablespoonfuls grated chocolate and a heaping teaspoonful butter. Set over the tea kettle or in hot water to melt. Beat to a

### MARBLE CAKE

cream one cup sugar and a half cup butter. Add gradually, beating all the time, a half cup milk. Next, add the whites of

six eggs beaten stiff; a teaspoonful vanilla and a cupful and a half pastry flour that has been thrice sifted with a teaspoonful and a half baking powder. Take out one-third of this mixture and put in a separate dish. Add the melted butter and chocolate and a half teaspoonful cinnamon. Fill your cake tin with about two inches of white batter, then drop in three or four places, a spoonful at a time, chocolate, stirring round so it will look like marble marking. Repeat this until the batter is used, then bake in a moderate oven about three-quarters of an hour.

**P**UT into a saucepan a cupful of grated maple sugar and a half cup milk. Cook until thick. Add a tablespoonful of butter, then cool and beat. At first it may look as if it was going to curdle, but it will grow smooth in the beating. Do not let it boil long enough to candy, but only until it forms a soft, thick mass when a spoonful is dropped in cold water.

### MAPLE CREAM FILLING

**C**OOK together one cup of cream, two-thirds of a cup of sugar and a heaping tablespoonful of butter. As soon as it threads remove from the fire. Add a quarter of a cup of strong coffee and cool before spreading.

### MOCHA FILLING

**B**EAT to a cream one cup of butter and two of sugar. Add two well beaten eggs, two cupfuls of chopped hickory nut meats and flour to make a stiff dough. Turn on to a floured board and roll out into a very thin sheet. Cut into round cookies and bake in a moderately hot oven.

### HICKORY NUT COOKIES

When a delicate brown take out, brush each with a little white of egg and sprinkle with granulated sugar while still hot.

**B**EAT one egg until light, add one cupful of sugar, beat well together, then add two tablespoonfuls of flour and one cup meats, chopped fine. Grease tins, dust with flour; drop

**HICKORY NUT MACAROONS** the macaroons by the spoonfuls on them and bake about twenty minutes in a moderate oven.

**A** SIMPLE rule for plain but excellent seed cakes calls for one cup of butter and two cups of sugar beaten to a cream, two cupfuls of flour and one teaspoonful of baking powder, sifted together three times, a pinch of salt, two

**SEED  
CAKES**

tablespoonfuls of caraway seeds and three tablespoonfuls of sweet milk. More flour may be added if not quite stiff enough to roll. Turn out on a floured board and roll with a floured rolling pin until nearly as thin as a wafer. Cut into round or oblong cakes and bake in a rather quick oven. Some housekeepers prefer to add a couple of eggs to this recipe, which makes the cookies a little harder.

**F**OR these puffs use half a pound of butter, half a pound of fine flour, a cup of water and eight fresh eggs. Clarify the butter, pouring off the salt, then heat with the water until it comes to the boiling point. Gradually stir in the sifted flour until the

**WIND BEUTEL  
OR WINDBAGS**

dough cleaves to the sides of the pan. Take from the stove and cool slightly before adding a few gratings of nutmeg, a little grated lemon peel and the eggs. Beat the eggs through and through the batter with a steady motion. Turn the mixture in a well buttered plate and divide into cakes the size of walnuts. Set in a

quick oven and bake a golden brown. When done dust with powdered sugar and serve immediately.

**P**UT into a bowl the white of one egg and a half egg shell of water. Begin stirring in the soft confectioner's sugar with any flavoring desired and when of the desired consistency for spreading put on the cake. Melted chocolate may be added to this.

**CONFECTIONER'S SUGAR  
ICING**

**B**OIL one cup sugar with five tablespoonfuls water until it threads. While boiling whip the white of a perfectly fresh egg to a stiff froth and when the syrup threads beat rapidly and evenly into the whipped whites. Stir until rather thick and spread over the cake as quickly as possible. It may be flavored with grated orange or lemon peel or any extract desired. A half cup of chopped almonds or two tablespoonfuls powdered chocolate may be added to this frosting for some cakes.

**BOILED  
ICING**

**B**EAT the whites of three eggs to a stiff froth, then add gradually one pound confectioner's sugar, beating all the time. Beat until the mixture will not run when spread and then add coloring and a few drops of ultramarine or indigo blue. Mix carefully so it will not streak. This blue

**BRIDE'S CAKE  
ICING**

is harmless and not only makes the bride's cake a snowy white but keeps it from taking on that yellowish tinge that frosting is apt to get in time.

**A**FTER boiling and mashing one pint of chestnuts, add a half cup of cream or two rounded tablespoonfuls of creamed butter, a cup and a half of milk, two well beaten eggs, quarter of

### CHESTNUT PATTIES

a cup of sugar and salt to season. Beat well, turn into little patty tins filled with

rich paste, and bake quickly.

**G**RATE a square and a half of unsweetened chocolate and add to it five tablespoonfuls of sugar and three of water. Stir over the fire until

### CHOCOLATE ICING

smooth and glossy, beat and spread over the cake. This makes a rich, black

icing with a strong chocolate flavor and not very sweet.

**S**IFT into a bowl four cupfuls flour, a teaspoonful and a half soda and the same amount cream of tartar, add a half teaspoonful each cinnamon and nutmeg. Rub in lightly with the tips of the

### SOUR MILK DOUGHNUTS

fingers a half teaspoonful butter, then add a cup sugar, a cup of sour milk and two well beaten

eggs. Stir into a soft dough, turn out on a well floured board, pat and roll into a sheet about one-quarter of an inch in thickness. Cut in any shape desired, then fry in deep fat. It is necessary to remember that doughnuts require longer cooking than fish balls or croquettes, and therefore they must not be allowed to brown too quickly.

**C**OOK in an agate saucepan one cupful sugar and a quarter cup milk. As soon as a little dropped in cold water makes a soft ball when rolled between the fingers,

### FROSTING WITHOUT EGGS

take from the fire, flavor and beat until it thickens, then spread. For a chocolate filling use brown sugar instead of white.

**A**DD to one cup powdered sugar three tablespoonfuls sweet cream and mix well. Add a tablespoonful cocoa and a half teaspoonful vanilla extract, then spread.

### COCOA FROSTING

This frosting will not crack when cut.

**B**EAT to a cream one tablespoonful butter and one cup sugar. Add one whole egg and the yolk of another, beaten light, one cup rich sweet milk, one teaspoonful salt and three cups pastry

### CRULLERS

flour sifted with two teaspoonfuls baking powder. Flavor with cinnamon or nutmeg, as desired.

Cut in rings and fry in deep, hot fat, taking care not to put too many cakes in the kettle at one time. If too many are added it cools off the fat too rapidly and the articles soak grease. In lifting out, if you do not use the frying basket, take a long handled fork, putting the tines through the hole of the cruller so as not to pierce the cake itself. Drop for an instant in boiling water on the stove, shape thoroughly, and drain on a piece of butcher's paper. When almost dry roll in powdered sugar.

# BREAD

**S**IFT together, five times over, four quarts flour, six rounded teaspoonfuls baking powder and four level teaspoonfuls salt. Have the oven quite hot. Add to the sifted flour enough milk

## BAKING POWDER BREAD

(Quick Process).

and water in nearly equal proportions to make a moist, not wet, dough, stiff enough to handle; then divide into four portions, mould lightly into shape and put into brick-shaped pans. Brush the tops over with milk and bake an hour.

**S**CALD one cupful cornmeal. When cool beat into it one cup sour milk with one tablespoonful melted butter, one tablespoonful flour and a teaspoonful salt. Beat well, then add another cup sour milk and again beat vigorously.

## VIRGINIA BATTER BREAD

Dissolve one-half teaspoonful soda in one-half cup sour milk, stir into the mixture and beat all together. Put into a well buttered pudding dish and bake half an hour in a quick oven. Test with a splint. If it comes out without any of the batter adhering the bread is done.

**P**UT two rounding tablespoonfuls of lard into a frying pan and melt it.

Make a batter with two cupfuls of corn meal, two beaten eggs and one level teaspoonful of soda dissolved in two cupfuls of sour milk.

Pour one-half of the melted lard into the batter, beat and pour the batter into the frying pan. Set the pan on top of

the stove where it will cook slowly, covering with a tin. When the top seems firm turn the pan over on a tin plate and lay the loaf back with the top down in the pan. In a few minutes this side will be browned a little.

## NEBRASKA CORN- BREAD

**M**IX together three cups graham flour, two cups entire wheat flour, one half teaspoonful salt and two teaspoonfuls baking powder. Add a

tablespoonful and a half molasses stirred in a pint of cold water. Beat well, then turn in two buttered tins. Bake an hour in a steady oven, covering the first twenty minutes with oiled paper.

## HEALTH FOOD BREAD No. 2

**T**HIS is another delicious autumnal bread indigenous to New England.

To make it properly one should have the fresh sweet yellow corn meal and rye meal, not rye flour, which is a

very different product. To make a large loaf of this genuine Boston brown bread, sift together a cup and a half of yellow meal, the same amount of rye meal

and a half teaspoonful of salt. Add quarter of a cup of molasses, one cup pumpkin juice, one cup of milk and a half teaspoonful of soda dissolved in two tablespoonfuls of milk. Beat the batter thoroughly, turn into a two-quart brown bread tin and steam for five hours. When this is intended for Sunday mornings with baked beans it should be made on Saturday, then resteamed in the morning. This makes excellent toast.

**T**O one quart sifted wheat flour add a tablespoonful sugar and a teaspoonful salt and sift again. Heat a cup and a half milk or part milk and part water to the boiling point; add a table-

spoonful butter and take at once from the fire. Cool to lukewarm, dissolving the butter meantime by stirring, then add to the

flour mixture. Dissolve half a compressed yeast cake in a little water and add; beat all very hard and place where it will keep warm and rise over night. In the morning blend a beaten egg with the dough and roll the mixture into pieces the size of a finger and the length of the width of the buttered biscuit tin. Place the rolls close together. Let the dough rise to almost double its original thickness, then spread the top thickly with butter;

sprinkle with granulated sugar, and on the sugar put a thick layer of blanched and chopped almonds. Bake in a moderate oven about half an hour. A few raisins and currants or chopped nuts may be added to the bread dough when the egg is put in, if desired. When this bread is baked and eaten warm it readily breaks apart, which is better than having to cut it.

To make the German "raisin" or "coffee" bread that goes so well with coffee on a cold morning, add to one cupful of scalded milk one-third cupful of shortening, one cupful of sugar and a half teaspoonful of salt. When lukewarm beat in one yeast cake dissolved in one-quarter cup of lukewarm milk and flour to make a stiff batter. Beat thoroughly, cover and place where it will keep warm to rise over night. In the morning blend a beaten egg with the dough, add a half cupful of seeded raisins and roll the mixture on a floured board to three-quarters of an inch in thickness. Put into a buttered dripping pan. Cover and let it rise until it doubles in bulk. Brush with melted butter, sprinkle with powdered sugar and cinnamon, and bake in a moderate oven half an hour. This bread may be baked in a ring by putting the dough into a deep pie plate having in its centre a muffin ring or a piece of stiff brown paper pinned together to make a circle.

**S**IFT together one pint each rye and corn meal. Add a pint of sour milk in which a teaspoonful of soda has been beaten, a cup of molasses and a teaspoonful of salt. Stir until well mixed, pour in a greased mould with a tight cover and steam three hours, never allowing the water to stop boiling. Where small loaves are desired, baking powder cans are excellent for the purpose.

### BOSTON BROWN BREAD



**W**HILE this is in order all the year round, it is particularly welcome in the Lenten season, when cakes and various breads are in unusual demand. A real Scotch recipe for its making is this:—Put two

### SCOTCH SHORT- BREAD

pounds butter in a basin, warm and beat to a cream with a wooden spoon. Add slowly a pound and a quarter of fine granulated or sifted crushed loaf sugar, stirring well to obtain a white appearance. Add a little grated yellow rind of lemon and a small quantity of milk with flour to make a short paste, taking pains not to have it too stiff. Divide into pieces, roll out about a quarter of an inch in thickness, forming them square or oval as desired. They should be about the size of a breakfast plate. Pinch the edges all around with the fingers, dock the surface with a biscuit docker, sprinkle a few caraway comfits on top and bake in a moderate oven. Some cooks dredge them with sugar before baking; in about twenty minutes dredge again, then bake ten minutes longer.

**S**CALD one cup milk, then add to it one cup hot water. Cool to lukewarm, add a half cake compressed yeast dissolved in two tablespoonfuls tepid

### RYE BREAD

water. Add a half teaspoonful salt and stir in enough rye flour to make a batter. Beat until you can beat no longer, then cover and stand out of a draft for three hours. Add enough more rye flour to make a dough stiff enough to knead, and knead thoroughly. Shape into loaves and put in well greased pans. Stand in a warm place for an hour or longer until very light, brush over with milk and bake in a moderate oven for an hour.

**M**IX together one cup granulated corn meal, one cup rye meal and one cup wheat meal. Sift with a teaspoonful salt and a teaspoonful soda, add three-fourths cup molasses and two cups sour milk and when well mixed turn into a

### SOUR MILK BROWN BREAD

battered mould and steam, closely covered, for three hours. Sweet milk may be used instead of the sour. In this case use a little less soda.

**B**OIL and mash two medium sized potatoes. Add one cup tepid water, one compressed yeast cake dissolved in a little tepid water, and flour to make a stiff batter. Cover and set in a warm place to rise until very light. Add one quart warm, not hot, water, two tablespoonfuls salt, a teaspoonful sugar, one tablespoonful lard and work in flour until stiff enough to knead. It will take about three quarts. Knead thoroughly, cover, and let rise until light. Then divide into loaves, let rise again, brush over with milk or a little lard, and bake.

### WHITE BREAD WITH POTATO SPONGE

**S**CALD one-half cup milk, add one-half cup boiling water, then cool to lukewarm. Add three-fourths cake compressed yeast, softened in three tablespoonfuls lukewarm water, one-half tablespoonful each lard and butter, two tablespoonfuls molasses, one cup chopped nut meats (preferably English walnuts or pecans), one-half cup white flour, three cups entire wheat flour and more if needed. Knead and bake as ordinary bread.

### NUT BREAD

**S**IFT into a bread bowl three cupfuls Indian meal, one cupful wheat flour and a half teaspoonful of salt. Mix in another bowl one cupful sour milk and one of molasses and beat into

### STEAMED CORN- BREAD

it a teaspoonful of soda dissolved in a tablespoonful cold water. Add to the sifted flour, pour into a well greased

mould and steam steadily for three hours. At the end of this period bake a few moments to brown the top of the loaf.

**A**DD to a pint thin oatmeal porridge one pint warm milk, with two compressed yeast cakes dissolved in a cup of the warm milk. Add two rounded teaspoonfuls sugar, six level teaspoonfuls

### HEALTH BREAD

(Quick Process)

shortening and one rounded teaspoonful salt. Add entire wheat flour, stirring

with the back of a knife until you can't stir any longer. Cover lightly and set to rise. When twice its bulk divide in loaves, again let rise, then bake.

**S**CALD one cupful sweet milk, add half a teaspoonful salt and two tablespoonfuls corn meal; mix thoroughly and put in a warm place to sour.

A good plan is to put the batter in a pitcher, cover this and set in a pan of warm water, keeping it at the same temperature for five or six hours. It

### SALT RISING BREAD

must be kept much warmer than yeast bread. Scald one quart milk or part milk and part water. Let stand until lukewarm, add a teaspoonful salt and stir in enough flour to make a drop batter. Beat thoroughly,

add the salt rising and continue the beating for eight minutes longer. Cover again and stand in a warm place for about two hours. Add a tablespoonful lard and enough flour to make a dough. Knead thoroughly until smooth and elastic. Divide into loaves, mould, place each in a greased pan, cover with a light cloth, let rise until light and then bake about an hour in a steady oven.

**D**ISSOLVE half a compressed yeast cake in four tablespoonfuls lukewarm water. Then add a teaspoonful salt, two teaspoonfuls softened butter and enough gluten flour to make a stiff batter. When well mixed, beat in the whites of two eggs and let rise until light. When light

### GLUTEN BREAD

add enough more gluten flour to knead the loaves, taking pains to put in no more than necessary. It should be as soft as is possible to handle. Put in greased pans, let rise until light, then bake in a moderate oven about forty-five minutes.

**S**CALD a cup of milk; take from the fire and add a heaping teaspoonful salt, a level teaspoonful sugar and a tablespoonful shortening. Add a cupful cold water to the scalded milk and when the mixture is lukewarm add one-half yeast cake that has been dissolved in one-half cup lukewarm water. Beat in enough whole wheat flour to make a rather thin batter,

### ENTIRE OR WHOLE WHEAT BREAD

beat well, cover and set aside until light. Then stir in as much more whole wheat flour as you can beat in with a spoon. It must be stiff. Beat well, turn into greased tins, let rise until light, then bake an hour in a moderate oven.

**D**ISSOLVE two compressed yeast cakes in a little lukewarm water or milk. Add to a scant quart milk or water, with a tablespoonful sugar and two of shortening and a teaspoonful of salt. Add flour to make a stiff batter, as stiff as you can beat, remembering that the longer the preliminary beating the less kneading will be required.

### PLAIN WHITE BREAD

To Be Baked in  
One Day

turn out on a floured board and knead fifteen or twenty minutes. Let it rise two or three hours until double its bulk, then make into loaves, handling as little as possible. Let rise to double its bulk again, then bake. The oven should be hot to start with, then cooled gradually.

**P**EEL, boil and mash three large potatoes. Pour two quarts boiling water over an ounce and a half hops (handful), simmer half an hour, strain and pour over three tablespoonfuls flour, a tablespoonful salt, a half cup sugar, and a teaspoonful ginger. Mix well, add the potatoes,

### HOME MADE YEAST

mashed through a sieve, cool to lukewarm, then add one cupful good yeast. Mix well and leave in a warm place twenty-four hours until light and bubbly on the surface. Put into cans and seal.

**S**IFT together one cupful of flour, a half cupful of Indian meal, two tablespoonfuls sugar and a half teaspoonful each salt and soda. Pour in one cupful sour

### SOUR MILK CORNCAKE

milk and a teaspoonful lard or butter melted, and beat well. Fold in a beaten egg and bake in hot gem tins or a round shallow pan.

**T**HERE is even a new wrinkle in making Boston brown bread, and that is cake crumbs in place of wheat flour. The regular rule calls for one small cup corn meal, the same amount of graham flour, ditto cake crumbs or wheat flour, the former much the better. Mix these dry ingredients together.

### BOSTON BROWN BREAD (New Style.)

Put into a bowl one cup sour milk, two-thirds of a cup of molasses, a pinch of salt and a teaspoonful of soda. Stir until the soda stops "purring," then stir into the dry ingredients. A cup of cut raisins may be added or not as desired. Many think them an improvement. Pour into buttered moulds and steam three hours, starting with cold water. If a larger quantity of bread is required, a teacupful of entire wheat flour is added.

**S**CALD one cup milk; while hot add two tablespoonfuls sugar and two rounded tablespoonfuls butter. Cool to lukewarm, then add half a compressed yeast cake dissolved in two tablespoonfuls warm water and three eggs well beaten without separating. Now add enough flour to make a dough (about two cupfuls). It should be soft and elastic.

### CINNAMON BUNS

Knead well, then put into a small pan, cover and stand where it will keep warm until it has doubled in bulk. It will take about four hours. Turn lightly on the moulding board, roll into a sheet, spread the sheet with butter, then cover thickly with sugar, using nearly a cupful. Dust lightly with cinnamon, sprinkle with currants and roll up into a long roll. Cut into biscuits about an inch and a half long and stand up endwise in small round buttered pans. Cover lightly and let rise for an hour and a half, then bake in a moderate, steady oven for an hour.

**S** CALD one cupful milk, add a teaspoonful butter, one of sugar and a half teaspoonful salt. Cool to lukewarm, add one-half cake compressed yeast, dissolved in warm water, and flour

### ENGLISH CRUMPETS

to make a rather thick batter that can be poured. Beat hard eight minutes, and set in a warm place to rise for an hour, or until light and spongy. Have ready a heated griddle, well greased, and a number of large muffin rings also thoroughly greased. Lay these on the griddle and pour into each sufficient batter to fill half an inch deep. Push back where they will rise slowly. By the time the under side is a pale brown the upper one will be full of bubbles and slightly dried. Turn and cook long enough to be done but not brown. When all are baked, tear each partly open, butter plentifully, and toast or place in the oven until very hot.

**W** HILE the acidity of milk varies, requiring judgment on the part of the cook, a safe general rule to follow is a level teaspoonful soda to one pint sour milk that has stood two or three days and a scant teaspoonful soda to a pint of sour milk that has just turned to a jellylike consistency. The mistake that many cooks make is to add too much soda. Just enough is required to counteract the acidity of the milk. Sour milk that has stood long enough to acquire a bitter or mouldy taste is unfit for use and must be thrown away

### SOUR CREAM BISCUIT

For the biscuit sift together two cupfuls flour, one-half teaspoonful salt, a level teaspoonful sugar and a rounding teaspoonful baking powder. Put into a bowl a half cup each sour cream and milk, then beat into it a half teaspoonful soda dissolved in a tablespoonful cold water. When

it stops "singing" stir in with the sifted flour, mix gently but quickly with a spoon and turn out on a well floured board. Pat with the floured hand until a smooth cake is formed, then cut into shape with a small biscuit cutter or tea caddy lid. Lay in a greased biscuit pan and bake in a hot oven. If you have no cream, rub a spoonful lard or butter in the prepared flour before adding a cupful sour milk with the soda. Keep the dough as soft as possible so that the biscuit will be tender. Butter-milk biscuit are made in the same way, using a tablespoonful shortening to a quart of flour.

**D** ISSOLVE in one pint warm water a tablespoonful butter and a teaspoonful salt. Add one-half cake compressed yeast dissolved in a little warm water and one pint flour. Cover and set in a warm place until light. Then add one cupful warm water, and flour to make a soft dough.

### BUTTER CAKES

Knead thoroughly for five minutes, cover with a cloth and set aside again until the dough is light. Turn out on a well floured board, roll into a sheet three-quarters of an inch in thickness and stamp out with a round cutter. Cover with a floured cloth and leave on the board about fifteen minutes, until the cakes begin to rise, then bake on a well greased griddle. As soon as set on one side turn over, and do this two or three times, that they may be flat and evenly colored.

**S** IFT together one pint of corn meal, one tablespoonful of sugar and one teaspoonful of salt. Pour over the mixture sufficient milk or milk and water to moisten. Let it stand until cool, add three well beaten eggs, spread half an **BANNOCKS** inch thick on well greased pans and bake in a hot oven. Cut into squares, split and serve hot and well buttered.

**T**HESSE cakes, made from the earliest times by the Indians and negroes, and baked in leaves or on a hoe in the hot ashes, may be successfully imitated by the modern cook in her up-to-date oven.

### CORN DODGERS

one pint Southern corn meal sifted with one cupful of flour and a teaspoonful of salt with two cupfuls of boiling water or milk in which a rounded tablespoonful of shortening has been melted. This should result in a moist but sufficiently firm batter that will keep its place when dropped from a spoon into a well greased baking pan. Two tablespoonfuls will be enough for each dodger, about three-fourths of an inch in thickness. The cakes may be even smaller if preferred. To give them the old fashioned Southern finish leave the full length imprint of the finger across the top of each cake. Bake in a moderately hot oven half an hour and eat hot with butter for breakfast or luncheon. If preferred, the dodgers may be baked on a well greased griddle. Cook slowly and when well browned on one side turn to the other.

**F**OR two dozen buns scald one cup of milk, add to it a tablespoonful of butter, quarter of a cup of sugar and a saltspoonful of salt. When cooled to lukewarm add half a compressed yeast cake softened in a little lukewarm water and a pint of flour. This should be mixed early in

### HOT CROSS BUNS

the evening. Beat well and let the batter rise until foaming and about double its bulk. Then add a half cup of sugar, a quarter teaspoonful of mixed cinnamon, nutmeg and mace, a half cup of currants thoroughly picked over, washed and dried, a tablespoonful of finely shredded candied

lemon peel and enough flour to make a dough that can be kneaded. Knead well, cover and set in a warm place to raise over night. In the morning turn out on a well floured board and divide into pieces weighing about three ounces each. Pat them out round, let stand a few moments, then roll into oblong shapes and lay in a greased dripping pan far enough apart to give them room to expand. Let them rise again from half to three-quarters of an hour, dip a knife in boiling water and cut a cross in the centre of each, taking pains not to cut deep enough to make the dough settle. Bake about half an hour in a moderate oven. As soon as they are done, rub over with a syrup made by dissolving a tablespoonful of sugar in two of water and return to the oven a moment to dry and glaze. Eat hot and well buttered. Chopped almonds or other nuts, raisins seeded and chopped or chopped prunes or dates may be substituted for currants if desired and an egg may be added just before the first kneading.

**M**UCH easier and quicker is this Brooklyn recipe. One Brooklyn woman bakes 200 annually for her own family, which consists of husband and two stalwart boys. For an ordinary

### BROOKLYN HOT CROSS BUNS

measure sift together one quart of pastry flour, two dessertspoonfuls of baking powder and a pinch of salt. Rub into the flour a piece of butter the size of an egg. Mix together a pint of milk and water, equal quantities, and one cup of sugar; stir into the flour, add two eggs and mix soft. Cut out into small biscuit, make the cross on top of each and bake in a very hot oven. Sift powdered sugar over them. Raisins and currants may be added according to individual preference.

**S**IFT together, three times over, one quart flour, two rounded teaspoonfuls baking powder and a teaspoonful salt. Rub in quickly and thoroughly with the tips of the fingers one rounding

### BAKING POWDER BISCUIT

tablespoonful lard or lard and butter mixed. Add slowly a cup and a half milk or milk and water. Mix lightly with little handling, turn out on the moulding board, roll into a sheet half an inch in thickness, stamp out with a small round cutter and lay in a greased baking pan far enough apart so they will not touch. Brush the top of each biscuit with milk and bake in a very hot oven for about twenty minutes.

**M**AKE a thick batter with yellow corn meal and warm water, salt to taste, cover and let it stand in a warm place out of the way of draughts until it rises. Have muffin pans very

### MOON- SHINERS' CORNCAKE

Bake in a moderate oven. They should rise to the top of the tins.

**S**IFT together a pint and a half of flour, one cupful of corn meal, three teaspoonfuls of baking powder, one teaspoonful of salt and one tablespoonful of sugar. Add two tablespoonfuls of

### CORN MUFFINS

butter or lard, heated to soften (the lard makes more tender gems). one pint of milk and two beaten eggs. Have muffin tins hot and well greased and fill with the batter. Bake in a hot oven.

**S**IFT together two quarts flour, one teaspoonful salt and one level teaspoonful baking powder. Now, with the tips of the fingers, work into the sifted flour a quarter cup butter or lard until the flour feels like corn meal. Then add from a cup and a half to two cups ice cold water or milk and mix to a dough.

### BEATEN BISCUIT

Roll through a biscuit machine for half an hour or beat 100 strokes on a wooden block with a heavy pestle. Cut into small rounds and bake about thirty minutes in a moderate oven.

**S**IFT together one quart sweet meal, one teaspoonful salt, two teaspoonfuls sugar. Add one pint scalding hot milk and beat well. Sift together one heaping pint flour and two teaspoonfuls baking powder and stir into the batter, together with the beaten yolks of two eggs. Beat hard.

### CORN PONE

Fold in the stiffly beaten whites of the eggs, turn into a long, shallow tin pan and bake in a hot oven. This is a famous Kentucky recipe. The Virginia rule calls for one quart buttermilk, two teaspoonfuls soda, one quart corn meal and one pint of flour. Bake for three hours in a stone crock.

**M**OISTEN one quart of Indian meal, which has had a teaspoonful of salt sifted with it, to a dough, with boiling water or milk. Let it stand three or four hours, until it shows air bubbles on the surface, then make into thick cakes and bake on greased tins in the oven, or cut in slices

### CHEAP HOE CAKE

and fry in pork fat on a griddle. Break in pieces instead of cutting, and eat while hot.

**S**IFT together a pint flour, two teaspoonfuls baking powder and a half teaspoonful salt. Rub in a half cupful butter or lard and butter mixed, then add one cupful milk mixed with a table-spoonful sugar and a beaten egg. When well mixed add one cupful berries and bake in well-greased

### BLACK-BERRY MUFFINS

muffin tins in a hot oven.

**B**EAT together at night one quart flour, two tablespoonfuls sugar, two tablespoonfuls butter rubbed into the flour, a compressed yeast cake and one pint warm milk. Beat vigorously, then cover. In the morning add flour to mould, without sticking, and let rise again. When light, work into a round ball, then cut into

### PARKER HOUSE ROLLS

long strips about as large around as a rolling pin. These are then cut into biscuits, greased over with a bit of melted butter, patted down, then folded over so that the greased surface comes to the outside with the edges almost together. As they rise they open a little. After rising about an hour bake fifteen or twenty minutes in a hot oven.

**C**REAM together two tablespoonfuls each butter and sugar. Add the beaten yolks of two eggs mixed with one cup sweet milk. Next add one quart wheat flour sifted three times over with two teaspoonfuls baking powder and a half teaspoonful salt, and beat until the latter blisters.

### VELVET MUFFINS

This point should not be overlooked. Now fold in the stiffly whipped whites of the two eggs, pour into hot and well greased gem irons and bake in a hot oven.

**S**OAK one pint broken bread in a pint of milk for half an hour. Add a tablespoonful melted butter, the yolks of two eggs, beaten light, a teaspoonful salt and a cup and a half flour sifted with a table-spoonful baking powder. Lastly fold in the whites of the eggs, well beaten, and bake in small rings or pans in a hot oven.

### BREAD MUFFINS

**H**EAT a pint milk to the boiling point, then cool. When lukewarm dissolve half a compressed yeast cake in some of the milk, add a liberal table-spoonful melted butter, the rest of the milk and two well beaten eggs. Scald out the bread bowl so as to have it warm, then sift into it a quart of flour and a teaspoonful

### RAISED WHEAT MUFFINS

salt. Pour in the warm milk with the eggs and butter and beat the whole until the batter "blisters." Cover closely and set in a warm place. Do this about nine o'clock at night. In the early morning butter twelve deep muffin pans, fill half full and set covered where they may rise until about a quarter inch from the tops of the pans. Have the oven hot and bake about half an hour.

**S**IFT two or three times over one quart flour, a half teaspoonful salt and two teaspoonfuls baking powder. Work in a tablespoonful butter and a pint of milk to make a dough. Roll out about an inch in thickness, cut into round forms, brush over with butter, then fold over once.

### VIENNA ROLLS

Have the baking pans well greased and do not let the rolls touch each other. Brush over the tops of the rolls with a little butter or milk and bake in a hot oven.

**T**HE English housewife usually serves toasted muffins with sole for breakfast. To make them English fashion sift together one quart of flour, two tablespoonfuls baking powder, a teaspoonful salt and a half

### TOASTED MUFFINS

teaspoonful sugar. Mix in gradually two and a half cups milk and beat into

a stiff batter. Grease muffin rings and set on a hot and well greased griddle. Pour in the batter, filling about half full. When cooked on one side turn to the other. When a delicate brown on both sides, pull apart in the centre and toast lightly. Serve very hot.

**B**EAT the yolks of four eggs until lemon colored and thick, then add to them gradually a pint rich milk.

Have ready a pint pastry flour sifted with a half teaspoonful salt, and turn the milk and yolks of eggs into this, beating with a patent beater until it becomes a perfectly smooth batter

### LAPLAND MUFFINS

without lumps. Take out the beater and fold in the stiffly whipped whites of the eggs. Have ready a half dozen stone-ware cups, well greased, turn in the batter and bake in a moderate oven.

**S**OAK two cupfuls cracked wheat in two cupfuls sweet milk over night.

In the morning add a teaspoonful salt, a rounded teaspoonful baking powder, two tablespoonfuls molasses and the well beaten yolks of two eggs. Beat vigorously several moments, fold in the stiffly whipped whites of the eggs and turn at once

### CRACKED WHEAT MUFFINS

into hot, well buttered pans. Bake in a hot oven.

**T**AKE a cup of warm boiled hominy cooked to the proper consistency for a breakfast mush and mix with it a tablespoonful of butter, a half teaspoonful salt and a cup of milk. Sift together a cup and a half of pastry flour and a teaspoonful and a half of baking powder, and add

### HOMINY MUFFINS

gradually to the hominy mixture. If the boiled hominy is rather thin a little more flour may be needed to make the proper consistency. Lastly add two well beaten eggs and bake in a hot oven for half an hour.

**D**ILUTE two cupfuls cold boiled rice with a cup warm milk, stirring until free from lumps. Add a tablespoonful melted butter and the well beaten yolks of three eggs. Sift together one pint flour, a

### RICE MUFFINS

tablespoonful sugar, a teaspoonful and a half baking powder, and a half teaspoonful salt. Add to the rice and milk and beat to a smooth, firm batter. Have the muffin pans hissing hot, fold the stiffly whipped whites of the eggs into the batter, turn at once into the hot pans and bake in a hot oven for about fifteen minutes.

**B**EAT thoroughly the yolks of two eggs, add to them a half cup cold water and one cup flour which has been sifted with a half teaspoonful salt. Beat in a tablespoonful olive oil, and if the batter seems too thick add more cold water. Fold in the stiffly whipped whites of the eggs and stand on the ice for an hour before frying by the spoonful in deep hot fat.

### FRENCH FRITTER BATTER



**B**EAT well together one cup flour into which a little salt has been sifted, one cup milk and one well beaten egg. Beat very light and bake in heated gem irons or cups. Popovers depend for their lightness on

**POPOVERS** the heat of the oven and must be baked

quickly with the greatest heat underneath to drive them up. If the batter is too thick or they have not been sufficiently mixed, they will be sodden.

**S**IFT together, two or three times over, one cupful graham flour, one-half cupful white flour, two teaspoonfuls baking powder, a saltspoonful salt and two tablespoonfuls sugar. Add one well beaten egg mixed with a cupful of cream or rich

### GRAHAM MUFFINS

milk, beat well, turn into hot irons and bake in a quick oven.

**D**ISSOLVE one cake compressed yeast in a half cup warm water. Mix with a pint of milk that has been scalded and cooled, add a level teaspoonful salt and flour to

### SWEDISH ROLLS

make a drop batter. Rub half cup butter with a quarter cup sugar until creamy, then add the beaten whites of two eggs. When well blended, stir into the risen batter, with enough more flour to make a stiff dough. Knead until smooth and light and set in a warm place until doubled in bulk. Turn out on a well floured board, knead slightly and roll into a rectangular piece, about one-third of an inch thick. Spread with a layer of soft butter and sprinkle with a mixture of sugar, grated lemon peel, cinnamon and currants. Roll up like a jelly roll, cut off in slices an inch wide and lay the cut side down on well greased pans. Let them rise well or until

light. then bake about fifteen minutes in a hot oven. Then glaze with a little sugar dissolved in milk and dry a moment in the oven.

**M**IX smoothly with one pint of milk eight tablespoonfuls of flour. Put into a well greased pan and scald over the fire, stirring all the time. Take from the fire and when cold mix in fourteen well beaten eggs. Beat eggs and batter until smooth and light, then drop by the tablespoonful in hot fat and fry a light brown. Drain on paper and serve.

### PUFF FRITTERS

**B**EAT the yolks of four eggs with four tablespoonfuls sugar until lemon colored and thick. Stir into this the juice of half a lemon and flour to thicken like batter. Add the stiffly beaten whites and dip in one slice of orange at a time. Take up with a large kitchen spoon and fry a golden

### ORANGE FRITTERS

brown in butter or drippings. Sprinkle pulverized sugar on top if you are going to serve them as a special course. Where they are served with broiled ham lessen the amount of sugar put into the batter and omit sprinkling the outside.

**S**TIR into a pint of sour milk a teaspoonful of soda, a half teaspoonful of salt and flour to make a good consistency for baking. Have the griddle hot and well greased, bake the cakes in perfect circles and pile one on top of the other. No eggs are needed.

### SOUR MILK GRIDDLE CAKES

A nice addition is a handful of huckleberries.

**I**NTO four cups of pastry flour sift an even teaspoonful soda and two of cream of tartar. Rub a half cupful of butter into the flour, mixing thoroughly, and a teaspoonful each of salt and

### FLANNEL CAKES

lumps. Bake immediately.

sugar. Pour in little by little a scant four cupfuls milk, stirring constantly so as to avoid all

just before baking, mix an even teaspoonful soda in a cup warm milk and beat into the batter, which should foam in great bubbles. Grease the hot griddle with a bit of fat pork or a swab dipped in beef suet and pour on the batter in small round cakes, taking pains to make them perfect circles. They should be a rich brown without the aid of molasses, which gives them a rank taste. Pile in regular order and serve smoking hot.

**T**WO cupfuls of flour, one level tablespoonful baking powder, two level tablespoonfuls of sugar, one-half level teaspoonful of salt, one and one-third cupfuls milk, one egg and two

### SWEET MILK GRIDDLE CAKES

butter. Beat thoroughly. Drop by spoonfuls on a greased hot griddle or frying pan.

tablespoonfuls of melted butter. Sift together the dry ingredients, add gradually the milk, then the egg well beaten and the melted

**S**IFT together into a deep bowl one pint flour, a teaspoonful salt and a tablespoonful sugar. Have ready a pint cream or a pint of milk with two tablespoonfuls melted butter added. Break three eggs into the flour, add two or three tablespoonfuls of the milk and beat into a smooth batter. Then add the rest of the milk and a little grated lemon peel. The batter should be very thin and the cakes baked about the size of a tea plate. As soon as a delicate brown spread with jelly or jam and roll. Dredge a little powdered sugar over each roll and serve very hot.

### PANCAKES A LA CELESTINE

**T**O four cups best brand buckwheat flour add one small cup yellow Indian meal and a tablespoonful salt.

Mix one cup cold milk with three cups hot water and when the mixture is lukewarm beat slowly into the dry ingredients so as to avoid lumping. Beat smooth, add one yeast cake dissolved in lukewarm water, then continue

### BUCKWHEAT PANCAKES

beating five minutes longer. Put to rise about seven o'clock in the evening, preferably in an earthen bucket with a tin cover and tin capped spout. In the morning,

**S**CALD a cup and three-quarters of milk and add to it half a teaspoonful salt and a teaspoonful butter. Put in a quarter of a compressed yeast cake dissolved in a quarter cup lukewarm water. Add a pint of flour, beat the mixture well and let it rise. Just before turning into the hot greased waffle irons, stir in two eggs well beaten.

### RAISED WAFFLES

**A**LLOW to each pint of flour two eggs, one and a half cupfuls of milk or milk and cream, butter the size of a walnut, sprinkle of salt and a small teaspoonful of baking powder. Mix

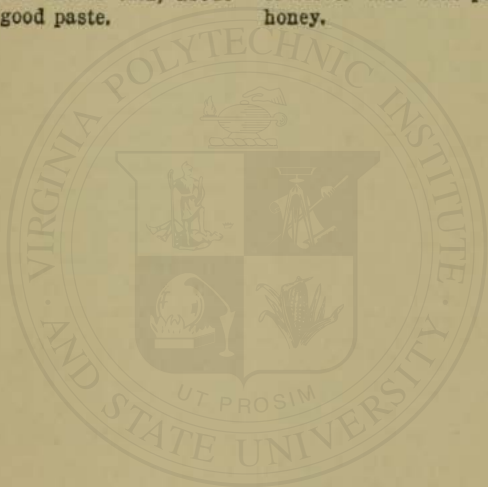
### GEORGIA WAFFLES

salt and baking powder well into the flour, rub the butter in evenly, then the eggs, well beaten, and stir into the milk. Have the waffle irons hot and well greased. Pour the batter in and bake immediately. The batter should be rather thin, about the consistency of good paste.

**B**EAT two eggs light and add to a pint sour cream, into which a teaspoonful soda has been beaten. Put in half a teaspoonful salt and flour to make a thin batter. Pour in well greased waffle

### CREAM WAFFLES

irons, which must be piping hot. Shut the iron the moment it is filled, turn it, and in a few moments turn again. When the waffles are brown on both sides place in layers and serve very hot, cutting through the layers to serve. Eat with plenty of butter and honey.





# CANDIES

**B**LANCH the almond meats by pouring boiling water over them and letting them stand a few moments. Turn the hot water off and cover with cold, when the skin may easily be rubbed off

## CHOCOLATE ALMONDS

between the thumb and forefinger. Break some sweet chocolate into small pieces, put into a dish and set in a larger pan of hot water. When the chocolate is melted, put a blanched nut meat on the point of a skewer or darning needle, or use a candy dipper, and dip into the melted chocolate. Then lay on oiled paper to cool. When the chocolate coating becomes set dip a second time. Flavor the melted chocolate with vanilla, if desired.

**P**UT into a granite saucepan one cup of finely broken or grated chocolate, one cup of molasses, the same amount each of rich milk and sugar and two heaping tablespoonfuls of butter. Stir

## CHOCOLATE CARMELS

over a slow fire until thoroughly mixed, then boil slowly until it cracks when dropped into ice water. Turn into greased tins and mark into squares before the mixture becomes cold.

**M**AKE molasses candy by boiling together two cupfuls of molasses, one cupful of white sugar, three-quarters of a cupful of water, a rounded tablespoonful of butter and a scant half teaspoonful of cream of tartar. As soon as this begins to boil cover with a tin lid, which keeps in the

## MOLASSES KISSES

steam and washes the candy from the sides of the pan. When the candy has been cooked long enough so that a little dropped in cold water may be rolled into a ball of jelly like consistency between the fingers, take from the fire and pour on oiled marble or a buttered platter. When cool enough to handle get the mass into good shape, hold over the stove and pull briskly for a few moments. The heat and the stretching will whiten it in a short time. When light colored enough divide in two parts, place on a slightly floured board, stretch it out into long, narrow shapes, about half an inch thick. Have ready some French fondant, knead until soft and creamy and work into it a dozen almonds chopped rather fine. Place this fondant on top one cake of the taffy, then cover with the remainder of the taffy, thus having the fondant between the layers of taffy. Press the layers firmly together and cut into strips half an inch wide, then with scissors cut into kisses.

**B**REAK into a bowl the white of one or more eggs, according to the quantity of candy you wish to make. Add an equal quantity of cold water, then stir in confectioner's sugar until you have it

### FRENCH CREAM WITHOUT COOKING

stiff enough to mould into shape with the fingers. Flavor to taste, then form into balls, cubes or lozenge shapes and lay on waxed paper to dry. They may then

be coated with chocolate or combined with dates, walnuts, figs, cherries, just the same as with the cooked fondant.

**A**S fondant is the foundation for all the fine French candies, a good working knowledge of how to make it is essential. Molasses candy can be made on a damp day, fondant never. The materials

### FRENCH FONDANT

needed are the best granulated sugar for the cream, a small quantity confectioner's sugar to be used

in kneading, vegetable color pastes that can be purchased at any first class confectioner's or made at home, a little cream of tartar, and then the fillings, flavorings, nuts, &c., that are to be used in connection with a fondant. For flavoring the ordinary extracts are used, also maraschino and other cordials. The formula for fondant is always the same:—A pound of granulated sugar (that is, two ordinary cupfuls), one cupful hot water, and a half teaspoonful cream of tartar. This is the easiest quantity to handle for the amateur. After a little experience the quantity can be doubled, as fondant can be made and kept on hand. Put the ingredients into a granite saucepan with an extra heavy bottom and stir over a slow fire until the sugar is dissolved, but not a moment longer. After it has become a clear syrup stirring will cause it to granulate. Heat rapidly to the boiling point, wiping gently away with a damp

cloth any moisture that appears on the sides of the pan. If this drops back into the pan it is apt to make the syrup granulate also. If any scum arises, remove it carefully. After cooking ten minutes begin testing in cold water. If it will make a soft ball when rolled between the fingers it is just right and must be at once removed from the fire. Set aside in the pan in which it has cooked to cool. Do not try to hasten this by setting in cold water. Let it take its time. When cool, not cold, begin stirring energetically with a wooden paddle. In a few moments it will look cloudy, then whiten and grow thick and creamy. When too stiff to stir, take in the hands and knead like bread dough. There is no chance of overdoing this, for its lightness depends upon the thoroughness of the kneading. When quite light and creamy it is ready for use, though it is better to put away a day, as confectioners do, to mellow and ripen. Pack in an earthen dish and cover airtight with a slightly dampened cloth. This will keep for weeks if desired.

**T**O one pound of brown sugar allow one cup of strong coffee, a half cup of cream and an ounce of butter. As soon as cooked sufficiently to be brittle when dropped in cold water, pour into buttered pans and mark with a buttered knife into squares before the mixture gets quite cold.

### COFFEE CARMELS

**F**OR one pound of brown sugar allow one cupful of milk, a tablespoonful and a half of butter and half a cake grated chocolate. Cook nine minutes, take from the fire and stir steadily five minutes, but not until too stiff to pour. Turn into a buttered pan and mark in squares. This candy will be crumbly and rich.

### SOFT CARMELS

**S**HELL, but do not blanch, a pound of Jordan almonds. Put a pound of sugar in a granite saucepan with two tablespoonfuls water and stir constantly with a wooden spoon until melted and slightly brown.

### CARAMEL ALMONDS

Move to one side of the fire and have ready two or three well greased pie tins.

With the left hand drop in the almonds, which should have been dried slightly in the oven without browning, and remove quickly with the candy dipper held in the right hand. Place on the greased tins to harden.

**W**HEN sufficient fondant has been prepared it is ready for the coloring. All colors, extracts and flavors must be as concentrated as possible, so as not to thin the fondant too much. If you

### COLORING THE FONDANT

make your own colorings, green is made by cooking spinach leaves a few moments in a little water. Strain and bottle. To obtain red,

boil one ounce powdered cochineal in a cup of water for five minutes, then add one ounce cream of tartar and a half ounce powdered alum and cook ten minutes longer. While hot add two ounces sugar and bottle. For pink use a few drops cochineal or a little cranberry juice, or the pink coloring that comes with some gelatines. For blue, rub indigo in a little water on a plate. Caramel or chocolate gives a dark brown. The grated rind of a dark skinned orange soaked in a small quantity of its juice, then strained, gives yellow, as does the yolk of an egg. Fruit juices also furnish good colorings for fondant. To color or flavor the fondant, simply work in the desired colors with appropriate flavors a little at a time until the desired effect is obtained. From this time on the work is fascinating and may

be varied in any number of ways. For fillings or covers there may be utilized dates, figs, nuts of all kinds, cocoanut grated and dried, cherries, ginger, pineapple, candied fruits and other ingredients that will suggest themselves as the work goes on.

**S**PREAD one pound of Jordan almonds on a cloth and, rubbing lightly, pick out any that are broken. Put into a shallow saucepan one pound sugar, one-half pint water and two sticks vanilla. Boil to the "balling" point, pour almonds in and stir with a wooden spoon until the sugar is boiled to the crack and the almonds begin to crack. Take the pan from the fire

### BURNT CHOCOLATE ALMONDS (Gouffe)

and stir the almonds until all the sugar is set, then throw into a very coarse wire sieve and sift off the loose sugar. Return the almonds to the pan and stir over the fire until the sugar adhering begins to melt, then throw back in the sieve and cover to keep the almonds warm. Put all the sugar sifted from the almonds into a bowl, add a half-pound loaf sugar and one gill of water, boil the sugar to the crack, add almonds and stir over the fire until all the sugar adheres to them, and keep them warm, so that they may glaze the more easily. To glaze the sugared almonds clean the saucepan and put in one ounce gum Arabic and one-half ounce sugar dissolved in a half gill of water. Put over fire and when the water boils add the sugared almonds, and toss until glazed all over. Dry in warming closet.

#### Burnt Almonds with Chocolate.

**P**REPARE as directed in preceding recipe, merely adding an ounce and a half grated chocolate to the sugar each time it boils up. Then glaze in the same way.

**P**UT into a saucepan two cups brown sugar and a half cup of milk and cook gently until a little dropped in cold water will ball if rubbed between the fingers. It will take ten minutes or a

### MEXICAN KISSES

a heaping tablespoonful butter, and as soon as melted remove from the fire and beat steadily until the mixture looks creamy and slightly granulated. Stir in at once a pound of English walnuts, broken (not chopped) into bits. Beat hard and turn into buttered tins to harden.

**P**UT into a saucepan four cupfuls of brown sugar, two cupfuls of maple syrup, two cupfuls of hot water and a level teaspoonful of cream of tartar. Stir over a slow fire

### MAPLE FOUNDATION OR FONDANT

until thoroughly dissolved, but take care not to let boil. As soon as it is dissolved wipe away the grains that appear around the edge of the pan with a damp cloth, taking care not to jar the pan or let any moisture from the sides fall back into it. Now push the pan over the fire and let it come to a quick boil. Cook until it makes a soft ball when dropped into cold water to test. Remove from the fire and cool very gradually in the pan in which it was cooked. Never try to hasten the cooling by setting the pan in the water. When, cool, not cold, stir energetically until a thick, creamy mass, then knead with the hands on a marble slab, the longer the better. When light and creamy put in an earthen dish and cover with a slightly dampened cloth until ready to use, which should not be under twenty-four hours at the least. Then flavor, shape and make what combinations with nuts you wish. If kept damp this fondant will keep

little less to reach this stage. Stir constantly while boiling, as it scorches easily. Add

until thoroughly dissolved, but take care not to let boil. As soon as it is dissolved wipe away the grains that appear around the edge of the pan with a damp

cloth, taking care not to jar the pan or let any moisture from the sides fall back into it. Now push the pan over the fire and let it come to a quick boil. Cook until it makes a soft ball when dropped into cold water to test. Remove from the fire and cool very gradually in the pan in which it was cooked. Never try to hasten the cooling by setting the pan in the water. When, cool, not cold, stir energetically until a thick, creamy mass, then knead with the hands on a marble slab, the longer the better. When light and creamy put in an earthen dish and cover with a slightly dampened cloth until ready to use, which should not be under twenty-four hours at the least. Then flavor, shape and make what combinations with nuts you wish. If kept damp this fondant will keep

for weeks. Avoid making any kind of fondant on damp days, as the sugar absorbs the moisture from the atmosphere and will not harden. If any fondant comes out grainy after being stirred, cover again with water, stir until thoroughly dissolved, put on the fire and cook again.

**P**UT into a saucepan a quarter of a pound of grated unsweetened chocolate, four ounces of butter, one pound of brown sugar, a half cupful of molasses, the same amount of cream and a half teaspoonful of vanilla. Cook until a little dropped in cold water is brittle, then add a pound of nuts chopped fine. The nuts may be of one kind or mixed, as preferred.

### NUT CARMELS

**M**ELT two tablespoonfuls of butter in a saucepan, add one-half cup of milk and a cup and a half of sugar.

Heat to the boiling point and cook twelve minutes, taking care that it does not burn. Push back on the stove, add one-third cup of shredded cocoanut and a half

teaspoonful of vanilla. Beat until the mixture is creamy, pour into a buttered pan, cool and mark into squares.

### COCOANUT CREAM CANDY

**P**UT into a granite saucepan a cup and a half of light brown sugar, three

tablespoonfuls of molasses, a tablespoonful and a half each of hot water and vinegar and a pinch of salt. Cook until brittle when dropped in cold water. Add three

### BUTTER TAFFY

tablespoonfuls of butter, cook a moment, add a teaspoonful of vanilla and pour in a shallow buttered pan. When cool mark into squares.



**P**UT into the pan one cup of granulated sugar, one-quarter cup of water and two drops of oil of peppermint. Cook until it crisps when dropped in cold water, then pour on a platter and beat until creamy. Drop on paper and cool. When cold and hard melt a quarter of a cake of chocolate over the

### CHOCOLATE CREAM MINTS

tea kettle, sweeten a little and dip the mints into the melted chocolate.

**T**HESE are very nice when made at home. Select a bright, clear day for the work and do it in a room where there is no moisture. Prepare oranges for the glaze some little time before hand, so that the peeled quarters or eighths may become quite dry. Tangerines are excellent for this purpose, being naturally dry.

### GLACED FRUIT AND NUTS

Cut Malaga or Tokay grapes from the bunches, leaving the stems long. Cut citron in pretty forms, and if you use brandied cherries, dry them. Preserved watermelon rind dried out in the oven is also nice. Shell as many peanuts, Brazil nuts, hazelnuts and walnuts as needed. Almonds and chestnuts must be blanched as well as shelled, then thoroughly dried. The large French or Spanish chestnuts should be shelled, thrown in boiling water a few moments, then skinned, and after that be simmered a little in boiling water until tender, but not too soft. Drain and dry. When cool insert a small wooden toothpick in each nut. To make the glaze, put a pound of granulated sugar and a scant cup of cold water in a saucepan and let it stand half an hour until the sugar is dissolved. Then set over the fire where it can be trusted to boil without stirring or jarring the kettle. To insure safety it is well to place an asbestos mat under the pan. When

the bubbles on the surface of the syrup begin to look tough, test by dropping a teaspoonful in a cup of cold water. If it falls to the bottom with a brittle, clicking sound, add two tablespoonfuls of vinegar and lift at once from the fire. Set the pan in a larger basin of hot water and dip orange carpels held by the tips, cherries, grapes and other fruits in one by one, then place on oiled paper to harden. Do not use much motion in dipping the fruit lest the syrup granulate. A candy dipper that may be purchased at any department or candy store facilitates the dipping. Cherries and grapes or any fruit with stems are easy to dip, but the nuts are harder. If the syrup becomes too cold before all the fruit has been dipped, it can be reheated. As fast as each pan is filled with the glazed fruit set in an open window or other cold place to harden. If the glaze is not complete with the first dipping repeat the operation again, adding a little more water to the syrup and repeating until it stands the test. Figs, dates and prunes are all nice for a glaze.

**P**UT half a cup of water and a cup and a half of sugar into the pan and stir constantly until the sugar is dissolved. Cook ten minutes. Beat until the mixture begins to thicken, then add six

### PEPPER- MINTS

drops oil of peppermint. Drop from the tip of the spoon on buttered paper and set away to cool and harden. If the mixture gets too stiff to drop, add a few drops of water.

**H**AVE ready one cupful of peanuts shelled and chopped. Be sure you are rid of all the brown skins. Put one cupful of white sugar in a hot iron frying pan and stir until it is dissolved. Add the peanuts and turn immediately on to a buttered tin. As

### PEANUT CANDY

it cools cut into squares.

**P**UT into an agate or porcelain lined saucepan four cups granulated sugar, one cup thick cream and two cups water. Stir until the sugar is dissolved, add a tablespoonful butter and a half salt-

### HOME MADE CREAM CANDY

spoonful of soda and cook, without stirring, twenty minutes or half an hour, until it is crisp, when it is

dropped into cold water. Flavor lightly with vanilla, wintergreen or saffras, pour into buttered plates and cool quickly. As soon as cool enough to handle, take up and pull rapidly and evenly until the mass feels smooth and velvety to the touch. It should be beautifully white. Draw into flat sticks, cut off with shears into sticks or kiss shaped drops, then lay away on buttered paper in air tight tin boxes. It can be used soon after making, but it is better if kept away from the air several days before using. If you wish to color the wintergreen candy pink, put in a few drops of cochineal syrup at the time you add the flavoring

**P**UT into a shallow porcelain lined pan a heaping tablespoonful butter, a coffee cup granulated sugar, a third of a large cup of condensed milk and water mixed in about equal parts, and a tiny pinch of salt.

### VANILLA FUDGE

Set over the fire and stir constantly. Cook eight minutes from the time the mixture begins to boil, or un-

til the mixture thickens so as to scarcely drop from a spoon. When it reaches this stage remove at once from the fire. Now add a scant teaspoonful of vanilla and stir briskly until so thick that stirring becomes difficult. This will be in about ten minutes. Turn on a buttered pan and when nearly cooled mark into squares. This is delicious either fresh or when several days old.

**D**ISSOLVE one pound gum Arabic in a pint and a half of water, strain and add one pound sugar. Heat until the sugar is dissolved, then flavor to taste and color all or part as desired. This should be added while the mixture is warm. When about the consistency of honey, fill a shallow

### GUM DROPS

box with cornstarch, smooth the surface and with a stick rounded at the end the size you desire to have the gum drops, make little indentations in the starch. They should be as close together as can be without interfering. If a large number of the gum drops are to be made, round buttons of wood may be fastened to a flat board and the whole set of indentations made at once. Place the mixture of sugar and gum in a vessel with a long lip or spout and pour out slowly, striking off with a wire. When the mould is filled, set in a warm place for several days until the drops are hard enough to handle. Then dampen a little and shape in granulated sugar.

**P**UT into a saucepan two cups of brown sugar, one-half cup of grated chocolate, a half cup water, a teaspoonful of butter and cinnamon to taste. Cook until brittle when dropped into cold water, then pour in-  
**SPICED  
CHOCOLATE**

### Butter Scotch.

**O**NE cup New Orleans molasses, one cup of butter, two cups of powdered sugar and a pinch of soda. Boil until it crisps when dropped in cold water, then pour in thin sheets to cool.

### Chocolate Marshmallows.

**T**O make chocolate marshmallows wipe ordinary marshmallows free from cornstarch, cut in halves, dip each in the melted chocolate and set away to harden.

**S** **CRAPE** or grate two squares of unsweetened chocolate and mix with two and one-half cups fine granulated sugar. Add one cup rich milk or cream and stir well. Put over the fire,

### CHOCOLATE FUDGE

add a heaping teaspoonful of butter and boil hard five minutes after it begins to boil. Stir all the time it is cooking, then take from the fire and continue beating until the fudge is smooth, heavy and cool enough to hold itself perfectly in shape. Pour on a well buttered tin to the depth of three-quarters of an inch, and check in squares. If you like the flavor of cinnamon or vanilla, add a scant teaspoonful while beating just as it begins to get cool.

**U** **SE** the same rule as for the chocolate, but instead of putting in the cocoanut with the other materials, cook the fudge first, then add a cupful of prepared cocoanut just before taking from the fire. Fresh

### COCOANUT FUDGE

grated nut is too moist. Beat very thoroughly, so as to have the fudge creamy and delicious.

**P** **UT** into a saucepan two cups molasses, one cup white sugar, three-quarters of a cup of water and a scant half teaspoonful of cream of tartar. Cook without stirring, and keep covered so that

### BUTTER- CUPS

the steam washes the candy from the sides of the pan. As soon as the candy is cooked sufficiently so that a little dropped in cold water forms a soft ball of jelly like consistency, take from the fire and pour out on an oiled marble or platter. When cool enough to handle, pull until light colored. It should be a little sticky when

you begin to pull or it will not be the right consistency later on. Now place on a slightly floured board, stretch out into a long narrow shape, fold in the centre a strip of French fondant, roll out into sticks three-quarters of an inch in diameter and with a pair of shears cut off in inch pieces. Place on a slightly floured platter. These "cups" should be brittle when first put into the mouth, but at once become soft and melting.

**S** **TIR** to a cream two cupfuls of sugar and one tablespoonful of butter.

Add from one-third to one-half cup of milk, put on the stove and allow it to come to a boil. Stir in two squares of grated chocolate or two teaspoonfuls of Baker's cocoa and a few drops of vanilla.

### WOODMERE FUDGE

Boil until it "hairs," take from the fire and stir until stiff. Pour into buttered pans and cool. Cut in squares.

**D** **ISSOLVE** one pound of gum Arabic in a pint and a half of water. Strain and add one pound of sugar. Stir over a moderate fire and cook until the mixture toughens when dropped in cold

water. It should be of thick consistency. Flavor as desired. Then turn while still warm, though partially cooled, into shallow tin pans, well oiled. Stand in a warm place to dry.

### JUJUBES

When sufficiently dry to be elastic, take from the heat and stand in a cold place. When cold, turn from the pan and with a pair of old scissors cut first into strips, then blocks. If licorice jujubes are desired, soak two ounces of best Spanish licorice in a gill of hot water and add to the syrup when the bubbles begin to toughen.

**B**LANCH a cupful of almonds, dry them thoroughly. Boil a cupful of sugar and a quarter of a cupful of water till it "hairs," then throw in the almonds; let them fry, as it were, in this syrup, stirring occasionally. They will turn a faint yellow brown before the sugar changes color;

### GRILLED ALMONDS

do not wait an instant once this change of color begins, or they will lose flavor; remove them from the fire and stir them until the syrup has turned back to sugar and clings irregularly to the nuts. You will find grilled almonds delicious to alternate at dinner with the salted almonds now so fashionable.

**B**OIL some sugar until it reaches a hard crack and assumes a yellow tinge. Pour on an oiled marble and when partly cold gather together with a knife and divide into portions. Roll into lengths and flatten slightly and twist around an oiled stick half an inch in diameter

### CURL CANDY

to give the shape of a corkscrew. Flavor with orange or lemon while cooking.

**C**OOK in a granite saucepan two cups of granulated sugar, one-half cup of cream, one tablespoonful of butter and two squares of chocolate shaved or grated. Cook seven minutes, then flavor with vanilla. Take from the fire and beat until thick. Spread in a buttered tin to cool. Put in-

### DOUBLE FUDGE

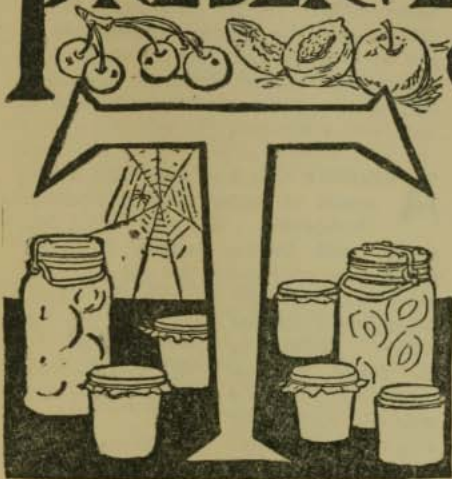
to the same saucepan two cups brown sugar, one-half cup cream, one level tablespoonful butter, one cup nutmeats chopped fine and cook ten minutes. Take from the fire, flavor lightly with vanilla, beat until creamy and pour on top of the fudge already in the pan. When cool cut in squares.

**M**IX together one-half cup of brown sugar, one and a half cups of granulated sugar, half a cup of milk—cream is better—and butter the size of a ping pong ball (or smaller). Cook over a medium fire until it will harden slightly in cold water. Add one cup of chopped nuts, take from the

### WALNUT FUDGE

fire and stir vigorously until cold. Pour into a buttered pan and let it harden.

# PRESERVES and JELLIES



**HAT** most housewives delight in the putting up of fruit, or at least take infinite pride at the close of the season in reviewing the serried ranks of "lucent syrups," all properly labelled and arranged in order, ready to be brought out at a moment's notice for the delectation of family and guests, is shown

## IN THE PUTTING UP OF FRUIT

by the work appended. It is a feminine accomplishment giving far greater satisfaction to all concerned than the ability to strum out an indifferent rhapsody on the piano, tear a passion to tatters in elocution, paint marines that would cause even an oyster to weep, or "burn" cords of wood into designs neither beautiful nor artistic.

Like all other housewifely duties, preserving may be made easy or difficult, according as it is done in the right or the wrong way. Among the A B C's of the art are the following suggestions:—Use only sound fruit and as soon as possible after gathering. Wash all fruit that comes from the market or that from home gardens if it has been exposed to dust or if any insecticide has been used in its vicinity. Be sure that jars, rubbers, tops and cooking paraphernalia are all sanitarially clean. Even if they were put away scrupulously clean they should be scalded

**T**HESE will keep without sugar and taste more like the fresh fruit for use in pies, shortcakes and puddings. If preferred sweet, allow a half cup of sugar to a quart of berries, excepting in

### CANNED BLUEBERRIES

the case of swamp berries, when a cup of sugar is none too much. In putting up without sugar, pick over and wash the berries, drain, then pack in jars, filling as full as possible. Pass a silver knife down around the sides to help them settle into place. Pour boiling water over the fruit, going over and adding more boiling water as the fruit settles and absorbs the water. When filled to running over, screw air tight and keep in a cool, dark place.

before using. Never use tin or iron vessels for cooking fruit. Enamelled or porcelain ware is best. Use silver or wooden spoons and silver knives, if the fruit is specially acid.

Have everything in readiness before beginning the work of canning. The needful articles include pans, spoons, a wooden masher, strainers, fine and coarse, a grocers' funnel and small milk dipper, plenty of fine and coarse cheesecloth for straining jelly, a half pound of paraffine to be melted and used to cover jelly, enough cans and glasses so that you will not have to stop and send to the store in the midst of your work, a quart cup for measuring and scales for weighing.

For the small family pint cans will be found more convenient.

Use the best granulated sugar, free from any bluish tinge, the purest spices and best cider vinegar. Arrange to do as much work as possible in the cool of the early morning and over a gas or oil stove, where the flame can be extinguished when not in use. Lastly, go to your task in a comfortable but absolutely clean cotton gown and with a cheerful spirit.

**T**HE success of canning depends upon perfect sterilization. To this end the jars, covers, spoons and other utensils should be put on the stove in a kettle of cold water, allowed to come to the boiling point, then kept there at least fifteen min-

## CANNING

utes. There are several methods of canning. These are cooking the fruit packed in the cans in a larger vessel of boiling water, cooking the fruit in jars in the oven, cooking the fruit before putting in the jars, cooking in the sun, and, in the case of cranberries, pieplant and green gooseberries, simply packing the cans, then filling every crevice with cold water and closing air tight. The cold water process is only possible with these three fruits, as their own acids are destroyers of germs.

Fruits canned in the jars keep their shape better and are therefore more attractive to the eye than those which are cooked and then packed in the jar. The latter process, however, is quicker and easier for ordinary home use. In canning, the proportion of sugar varies according to the sweetness of the fruit and the use for which it is intended. Fruit that is to be used for sauce is best put up with sugar, while that intended for cooking purposes may be put up without any. For preserves, some fruits require pound for pound, and others half or three-quarters of a pound sugar to each pound of fruit.

**A**LLOW a cupful of sugar and a half cupful of water to each quart of blackberries. Boil and skim the syrup, add berries enough to cover the surface, cook slowly ten minutes, then skim out and add others until all are cooked. Return to the kettle, boil up once, then pour into sterilized jars and seal immediately.

## CANNED BLACK- BERRIES

Blackberries may be preserved, allowing three-quarters of a pound of sugar to each pound of berries.

**B**OIL one gallon new sweet cider down to two quarts. Pare, quarter and core half a bushel sweet apples. Put the cider in a granite or porcelain kettle and when it boils add as many apples as the kettle will hold.

Cover closely and cook without stirring until the apples are tender. Skim out

## PRESERVED APPLES

without breaking, add more apples and cook until all are done. Pour the syrup over the apples and set away to cool. The next day drain off the syrup, boil down until quite thick and again pour over the apples. The pieces of apple should be quite distinct and the juice of a jellylike consistency.

**F**OR six pounds rather tart apples use three pounds granulated sugar. Pare, quarter and core the apples and cook the skins in enough water to cover. Sprinkle the sugar over the apples and

### PRESERVED APPLES NO. 2

let them stand until the sugar is dissolved. Then strain the water from the skins and pour boiling hot over the apples. Let them

stand until cold, then heat and pour the water again over the apples to harden them. Do this several times, add the juice and grated rind of one orange or lemon, and cook slowly until the pieces of apple seem clear.

**W**HILE the sour cherries are usually considered best for doing up, the large white or red sweet cherries are not to be despised. Look over carefully to make sure there are no wormy

### CANNED CHERRIES

ones, and pit or not, according to preference. Most people like the pits left in, thinking they im-

prove the flavor. Allow a cup of sugar to each jar of fruit. Put the cherries and sugar in layers in pars until nearly full. Arrange the jars in a boiler or kettle of warm water, with straw or a rack underneath to avoid breaking. Put in water enough to come nearly to the top of the jars, and put on the tops but not the rubbers. Let the water boil until the sugar in the jars has melted and formed a clear syrup. Meanwhile have more syrup boiling in another kettle, and as soon as the fruit is ready, which will be in five or ten minutes, take out the jars, one at a time, fill with the scalding syrup and seal at once. Fruit put up in this way is very good eaten as preserves, while it makes excellent pies, scarcely inferior to those made with fresh fruit.

**T**O a peck of sweet apples allow a half peck barberries and two quarts of molasses. Look over the berries carefully, removing stems and leaves, wash and put over to cook with water to float them. Add the molasses and cook gently until the berries

are tender. Skim out the berries and put into the syrup as many of the apples, pared, quartered and cored, as the kettle will hold conveniently. As soon as tender

### BARBERRY SAUCE WITH SWEET APPLES

put into the jar with the berries and boil the syrup down until thick. Pour over the fruit, let stand until the next day, scald all together once more, then put away in cans if you have plenty, or in a large stone jar.

**T**AKE six pounds of green wild grapes. Cut them open on one side and carefully remove the seeds.

Weigh the fruit and allow an equal weight of sugar. Put the prepared grapes in a kettle and pour on a little cold water, just enough to show at the top of the fruit. Boil, skim, then sprinkle over the fruit one-quarter of the sugar allowed.

### WILD GRAPE PRESERVES

Bring to a boil, again pressing the grapes under the syrup, but not breaking them. Add more sugar and cook five minutes, repeating the operation until all the sugar is used. As soon as the syrup jellies turn into small jars and seal. When cold the grapes should show distinct in the clear jelly. Grape and elderberry preserves are made in the same way, allowing equal quantities of the fruits or half as much grape as elderberry. The flavor of the grape combines well with the richness of the elderberry, which lacks decided zest.

**T**AKE six pounds green grapes, preferably wild, cut them open one side and with a penknife remove the seeds. Weigh the fruit and measure out an equal weight of sugar. Put the prepared grapes in a

### GREEN GRAPE PRESERVES

kettle and pour over them a little cold water, just enough to show above the top of the grapes. Bring to a boil, then skim, and sprinkle over the fruit one-quarter the amount of sugar measured out. Bring to a boil, pressing the fruit under the syrup, but not breaking it. Add more sugar and cook twenty minutes, repeating this operation until all the sugar has been used. As soon as the syrup jellies when tested on a cold plate, turn into small jars and seal. When cold the grapes should show clearly in the jelly.

**S**ELECT large and rather firm peaches, either the yellow Crawfords or white peaches as preferred. Peel with a silver knife or remove the skins as you would those of tomatoes by putting them a few at a time in a wire basket and dipping them into a kettle of boiling water, when the

### PRESERVED PEACHES

skins will rub off. Weigh them and allow three-quarters of a pound of sugar to a pound of fruit. The peaches may be left whole if not too large to go in the can; otherwise cut in halves and add a few peach pits to each can for flavor. Make a syrup of sugar and just as little water as possible to dissolve it—a pint of cold water to three pounds of sugar. When it boils skim clear, then add the peaches, a few at a time, and cook them until transparent. Pack them in jars. Let the syrup boil half an hour after the peaches are out, then pour it over them and seal the jars.

**T**HESE are delicious served with meat. Put seven pounds blackberries in the preserving kettle with three pounds sugar and a pint of cider vinegar. Tie in a cheesecloth bag two teaspoonfuls each cloves, cinnamon, allspice and a teaspoonful nutmeg. Put the spices in with the fruit, sugar and vinegar and let stand two or three hours. Place the kettle over the fire, bring slowly to a boil and cook about ten minutes. Take out the berries with a skimmer, and spread on a platter while the juice is cooked down to about half the original quantity. Pack the berries in stone or glass jars, pour the syrup over them and seal.

### SPICED BLACK- BERRIES

**G**RAPE and elderberry preserves are made in the same way as green grape preserves, allowing equal quantities of the fruit or half as much grape as elderberry. The flavor of the grape combines well with the richness of the elderberry, which lacks decided taste.

### GRAPE AND ELDERBERRY PRESERVES

**M**AKE a syrup the same as for preserving; let it come to a boil, then skim; lay in peaches enough to cover the bottom of the preserving kettle and cook until they are tender and transparent, but not "mushy." Take out the fruit with a skimmer and place carefully in jars.

### BRANDIED PEACHES

Crack some of the pits, put in the syrup and cook fifteen minutes, or until slightly thickened; add brandy, half a cupful to each pound of fruit, and take at once from the fire; strain the hot syrup, then pour it over the peaches in the jars and seal at once.



**T**HIS is a Southern recipe and most delicious. Pick the cherries when full ripe, stem but do not pit. Prick each one with a pin to prevent their bursting. For each pound of cherries allow a

### MORELLO CHERRY PRESERVE

pound and a half of loaf sugar. Roll part of the sugar, sprinkle over the cherries and let them stand over night. In the morning dissolve the rest of the sugar in a half pint of currant juice, put in the preserving kettle over a slow fire, add the cherries and simmer until they are tender but not broken. Take out carefully and put in glasses or jars, boil the syrup until thick, pour over the cherries and seal.

**T**OP and tail the berries and wash clean. Make a syrup, allowing three pints of sugar to one of vinegar. Skim, add the berries and boil down until quite thick.

### SPICED GOOSE- BERRIES

Add more sugar if it seems necessary, as it is better economy to be generous with sugar at preserving time than to have to boil them over later. When nearly done spice with cinnamon and cloves.

**I**N canning or preserving, pears need the addition of some decided flavor such as ginger, lemon, grape juice or brandy. They may be cooked in the oven in a hot water bath or simply stewed.

### CANNED PEARS

The amount of sugar required depends upon the acidity of the pears and individual preference for sweet. A good proportion is two pounds of sugar to eight pounds of fruit. To make the syrup three quarts of water would be required. If your fruit is particularly fine, like ripe Bartletts, and you wish it to look specially attractive, peel,

halve and core the fruit, dropping each piece when ready into a pan of cold water. When all are cooked make the syrup rich as is desired and spice to taste, and set back on the stove for ready reference. Have the cans sterilized and hot, pack in the prepared fruit and pour in enough of the scalding syrup to fill the jar full. Run a silver knife blade around the inside of the jar to let the air out and the syrup in. Set the tops on the cans, but not the rubbers, and place the jars in the oven in a shallow pan of hot water or on an asbestos mat. Cook fifteen minutes or until the fruit is tender, remove from the oven, put on the rubbers, fill where the fruit has settled with more syrup so that it runs over, then seal. Wipe off the cans and set on a board or thick paper out of the draught. As the contents of the jar cool keep screwing the cover tighter. When quite cool wipe again and set away in a cool, dark closet.

**S**CALD and peel the tomatoes; to each pound of the fruit allow one lemon and one pound of sugar; grate the yellow rind of the lemon and squeeze out the juice; put enough water with the sugar to dissolve it, skim the syrup well and add the tomatoes; cook gently for two hours.

### PRESERVED RIPE TOMATOES

**S**WEET apples are often preserved with quinces, allowing one-third of quartered apples to two-thirds quince. The apples do not require as long cooking as the quinces, and must be removed from the kettle ten or fifteen minutes before the quinces. Put the quinces and apples in alternate layers in the cans, and pour the boiling syrup over, as with quinces alone.

### QUINCES WITH SWEET APPLES

**T**AKE the figs when nearly ripe and cut across the top in the form of a cross. Cover with strong salted water and let stand three days, changing the water every day. At the end of this

### FIG PRESERVES

time cover with fresh water, adding a few grape or fig leaves to color, and cook until quite green. Then put again in cold water, changing twice daily, and leave three days longer. Add a pound of granulated sugar to each pound of figs, cook a few moments, take from the fire and set aside two days. Add more sugar to make sweet, with sliced and boiled lemon or ginger root to flavor, and cook until tender and thick.

**T**O preserve according to the American custom, allow sugar pound for pound, but never let the berries that are to be canned stand in the sugar, as it extracts the juice and toughens

### STRAW-BERRY PRESERVES

the berry. Pack the fresh fruit into the cans, shaking down well, but taking care not to crush the berries. Have ready a hot syrup made of sugar and the juice squeezed from other smaller berries, and slowly pour the hot syrup over the fresh berries in the jars, leaving an inch space at the top. Have a common wash boiler half full of water that is about as warm as the hot syrup has made the jars. Set the cans on a wooden rack fitted to the bottom of the boiler, and place straw or kitchen towels between the cans to prevent their knocking together. Put the can covers on the cans, but leave off the rubbers. Bring to a boil, and as soon as the syrup in the jars rises, showing the contents to be scalding hot, lift the jars out on a dry board. Fill each brimming full with the scalding syrup which is left in the saucepan, put

on the rubbers and screw on the covers as tightly as possible. Tighten again when cold, wrap each one in paper and set in a cool, dry cellar, where the temperature does not rise above 70 degrees. The celebrated Wiesbaden process, which is considered the very best rule for preserving strawberries, does not differ materially from this. A syrup is prepared from sugar and the juice of small berries, allowing five pounds of sugar to five pounds of juice. Let the sugar melt and come to the boiling point and boil two or three minutes. Skim well. Fill ten thoroughly sterilized cans with the large berries, selected from ten quarts, pour in the syrup, cover closely, leaving off the rubbers, however. Place the cans in boilers, pursuing the same precautions as just mentioned. Fill the boiler full of hot water to the necks of the cans, and let the canned berries remain in the water for five or ten minutes after it begins to boil. The strawberries during this process will have risen to the top of the can and absorbed some of the syrup. Fill the cans to overflowing with more syrup, put on the rubbers and screw up tight. Put up in this way, the berries will keep for years, retaining color and flavor.

**P**ARE and halve the quinces, removing the cores. Boil these in sweet cider until tender, then strain. For five pounds of quinces take a quart of nice molasses, a pound of brown sugar and the cider in which the quince parings have been cooked. Add the whites of two eggs, bring to a boil, remove from the fire and skim. Continue to boil and skim until perfectly clear. Then take off the fire, cool, put in the quinces and boil until tender. If there is not syrup to cover them full and plenty add more cider. Orange peel or a few slips of green ginger boiled in the syrup give a pleasant flavor.

### QUINCES WITH CIDER AND MOLASSES (Colonial)

**P**ACK the prepared fruit compactly in glass jars and pour over it a syrup made as follows:—Allow a generous cup and a half of sugar and a pint of water for each quart jar. Let this

### CANNED GOOSE- BERRIES

come to a good boil. Skim, cook ten minutes longer, then pour over the fruit in the jars and seal at once air tight. Gooseberries and

rhubarb may also be kept by just lightly packing the jars with either, putting on the rubber, immersing under water in a vessel of cold water, and when the jars are full screw on the lids, still holding them under water so that no air can possibly get in. When taken out try, if possible, to tighten the lids even more.

**C**ANNED peaches are used more frequently for peach pies, peach meringues, puddings, shortcakes, creams and other iced desserts than the preserved. The latter put up with or without brandy

### CANNED PEACHES

need no stage setting. They are perfect as they are. The syrup for canning is usually made in the

proportion of a cup of sugar to a pint of water; but the fruit will keep well if a much smaller quantity is used, providing it is sound and the air has been properly excluded from the jar.

**S**ELECT for this purpose the sugar loaf pineapple, which is longer than the strawberry and remains green even when nearly ripe. It is a pure white fruit with a shallow eye that can be easily

### PRESERVED PINEAPPLES

peeled off. To test its ripeness pull one of the little spines sharply. If it comes out easily the fruit

is in good condition for preserving. It is best to put up pineapples in a moderately

heavy syrup. A good proportion is three-quarters of a pound of sugar to a pound of the fruit measured after it has been peeled and cut into little cubes or torn into shreds with a fork. The choice Singapore pines that come canned in heavy syrup are cut in slices about a quarter of an inch thick, with the core cut out in circle shape, but this is not easily done in the ordinary canning. As fast as the fruit is prepared put into a large stone jar, layer by layer, with three-quarters of its weight in sugar between each layer.

When all the pineapples are prepared put a cover on the jar and let it stand in the cellar or any cool place until the next morning. By that time the juice will have completely dissolved the sugar and a clear syrup will cover the fruit. Put the fruit and syrup in the preserving kettle, bring slowly to the boiling point, skim and cook slowly until tender but not "mushy," then can at once. The time required in the cooking may vary from five to thirty minutes, according to the ripeness of the fruit.

For sorbets, punches and granites the pineapple has few equals.

**C**UT small, smooth, green tomatoes in halves, then quarter the halves. For every pound of the fruit use three quarters of a pound of granulated sugar. Allow the yellow rind of one lemon to each two pounds of fruit.

grated or shaved thin, and the juice. Put the sugar in the preserving kettle with just enough water to dissolve it.

### GREEN PRESERVED TOMATO

add the tomato and lemon, and simmer gently until the tomato is tender and transparent. This will keep without sealing as a rule, but is better put in small jars or glasses covered airtight. It is so rich that only a little can be used at a time.

**W**HILE watermelon rinds are a drug in the market, an old fashioned preserve may be added to the winter's supply of goodies with but little extra expense. With a very sharp knife

### WATER-MELON PRESERVES

peel off the outer green from watermelon rinds, leaving about a quarter inch of the firm white part. Cut into any shape desired, hav-

ing the pieces uniform. If you wish the preserves green put into a kettle with alternate layers of grape leaves and tiny pieces of alum, not more than a half teaspoonful for a large kettle. Pour on hot water to cover, and simmer two hours. Drain, cover the fruit again with weak ginger water and simmer three hours longer. Drain, make a syrup, allowing to every pound of fruit a pound and a quarter of sugar and a pint of water. Boil ten minutes, skimming constantly. Put in the rinds, simmer until tender, remove the fruit with a skimmer, pack in cans, boil the syrup until quite thick, then pour over the fruit in the cans and seal.

**D**O not try to preserve quinces until they begin to turn yellow. If frost threatens, gather and lay aside to ripen. When they are uniformly yellow have everything in readiness and "make

### QUINCE PRESERVES

a morning" of it, utilizing the skins and imperfect fruit for marmalade or jelly, while you pre-

serve the finer fruit. In this way there will be no waste.

Rub off the "fur" from yellow quinces, using a coarse towel, then pare, core and quarter, dropping the pieces into cold water to prevent discoloration. Save skins and cores in a separate vessel for use later. When a goodly number of the quinces have been prepared put two layers of the quarters in a preserving kettle, cover with cold water and cook

over a slow fire until the fruit is tender. Never make the mistake of boiling quinces in the sugar syrup before cooking them tender in water or steaming tender. Sugar hardens uncooked quinces. When tender enough to pierce easily with a fork, skim out and lay on a platter while the rest of the quinces are cooking. When all have been cooked strain the water and to each pint of juice allow three-fourths of a pound of sugar. Cook gently for ten minutes, skimming until clear, then put in as many pieces as the syrup will cover. Simmer gently for half an hour or until the quinces turn a rich red, then lift out with a silver spoon, dropping piece by piece into wide mouthed glass jars. Have the cans hot to prevent breaking. Let the syrup cook a little longer, then pour over the fruit, filling so full that the juice runs over the sides, then seal.

**P**INEAPPLE is usually the first ingredient to go into the tutti-frutti jar, which, by the way, can be continued year after year, as its contents never spoil. Only the lighter fruits are used, as blackberries, huckleberries or blackcaps spoil the color. Put a pint of good French

### TUTTI-FRUTTI

brandy into a stone jar holding several gallons. Then begin adding fruit and sugar pound for pound as the various fruits come in season. No cooking is required. Shred the pineapple or cut in cubes, as preferred; pit cherries and plums; cut the white grapes in halves and seed them, and slice peaches, pears, bananas, oranges, &c. Strawberries and red raspberries make delicious additions, and gooseberries may be used unless the seeds are objectionable. No more brandy will be required. Not only does the tutti-frutti furnish a delightful preserve, but a rich filling for tarts and pies on festal occasions, or the fruit creams and puddings that crown the feast. A teaspoonful of the brandy makes a valuable and unusual flavoring for cakes, custards and the like.

**A**LLOW a pound sugar to each pound tomatoes and a half cup water to each pound fruit. Cover the tomatoes with boiling water, then skim. Make a syrup of the sugar, and when boiling skim and add the tomatoes. Have

### YELLOW TOMATO PRESERVES

Cook until they are clear, remove, pack in jars, cook the syrup until thick, pour over and seal.

**T**HIS is particularly nice served with ice cream or muskmelon. To eight pounds of pears chopped very thin allow four pounds or less of sugar, one cupful of water, the juice and thin yellow rind of four lemons (be sure they are not bitter) and one-eighth pound or

### GINGERED PEARS

more of green ginger root, scraped and cut in thin slices. Bring the sugar and water to a boil, add the fruit, ginger and lemon, then simmer three-quarters of an hour or until the consistency of marmalade.

**T**O a pint of the fruit allow a half ounce sugar and one lemon. Add enough water to the sugar to dissolve it, bring it to a boil and skim. Skin the tomatoes and add to the syrup. Slice the lemon thin, cover with boiling water and cook until the rind is tender. Cook the tomatoes until well heated through, skim out and put into jars. Add the cooked lemon slices

### STRAW- BERRY TOMATO PRESERVES

to the syrup, cook down until quite thick, pour over the fruit and seal.

**I**N making jellies of the larger fruits, such as apples, quinces, crabapples or pears, they do not need peeling or coring, for the skins and seeds improve both the quality and color of the jelly. Simply slice or quarter, put into the preserving kettle with water enough to nearly cover the fruit, and simmer until tender. Take

### JELLIES, JAMS AND MARMALADES

from the fire, strain and proceed as in making the jellies of smaller fruits. A clear day should be selected for the making of all jellies, and it seems a little finer if set to cool in the sunlight. The fruit must be sound and not over ripe. It should be used as soon as possible after gathering, as most fruits lose quality by standing. Quinces and some pears are the exception.

#### Hints About Preserving.

Use only granulated sugar and avoid that with a bluish cast.

The utensils used should be kettles, colanders and ladles of porcelain or granite ware, the spoons of silver or wood, earthenware bowls and glass tumblers. The jelly should be poured at once into glasses and allowed to remain, as moving about is apt to disturb the process of solidifying. The jelly bag may be made of thin flannel, coarse linen or fine cheesecloth. It is better shaped like a cone, with a strong string or tape run around the neck for suspending it to drip. Do not squeeze unless you care to take the chance of its being cloudy. If you wish to use the remainder left after dripping squeeze and keep it separate for mincemeat or any other culinary purposes where the color does not matter. The boiling syrup may be poured directly into glasses without danger of their cracking if they are rolled in hot water and then left standing on a damp cloth. A silver spoon left in

the glass will also prevent cracking, as the silver is a good conductor of heat.

If you lack glasses, glass bottles can be cut down for jelly cups by making a deep mark with a file at the desired height, then following it around with a hot iron, when it will crack off.

When cooking the juice if it shows signs of boiling over and the kettle is too heavy to lift at a moment's notice, a spoonful of cold water will settle it like magic.

It is a good plan to keep special cloths and holders to use during the jelly making, as the stains are difficult to remove. In making jelly it must be borne in mind that the less stirring there is the better. If stirred too much the jelly will not be clear, while the tendency of sugar to granulate is also increased by stirring.

A good test for the consistency of jelly when boiling is to let it drop from a spoon. If the last drop sticks to the spoon it is sufficiently hard.

#### Filling Glasses.

In filling the glasses fill to the brim, for in the process of cooling they will shrink enough to allow for the pouring on of a quarter of an inch of melted paraffine, which will keep out the air and preserve the jelly.

#### To Prepare the Paraffine.

Get a half a pound of paraffine and shave it into a pitcher or small dish from which it can be easily poured and melt by setting into hot water or over the tea kettle. While the jelly is still warm pour a layer of paraffine over the top. It can then be covered with the usual tin cover or simply wrapped with paper, as there is no danger of spoiling. When needed for the table slip off the paraffine and put it away to be used again.

#### The Comparative Cost of Jelly.

In estimating the comparative cost of jelly and marmalade, jelly will be found to be worth twice as much as the marmalade.

Jelly costs about two-thirds of the price of the fruit used, the marmalade one-third.

#### Where to Keep Jellies.

All jellies should be kept where it is cool and dark. If you have no dry cellar or dark closet cover the shelves of any cool closet with black cotton and hang a curtain of the same over the fruit.

AS soon as the berries have felt the first tinge of frost, which gives them a dark, rich color and the "tang" that makes the jelly so delightful, gather. Free the berries from stems, wash, and to every two quarts allow a half cup water. Cook until the juice presses out easily, take

#### BARBERRY JELLY

from the fire, wash, strain and measure the juice. To a pint of juice allow a generous pound of sugar. For barberries require more sugar than most fruits. Heat the sugar the same as usual in making jellies, and add to the juice, after it has cooked the regulation twenty minutes. Cook five minutes after the sugar is added, then turn into the glasses, sealing when cold.

CUT in halves and seed two pounds of large raisins, put them in a quart of water and simmer slowly for an hour. At the same time stem and wash seven pounds of currants and cook in a jar set in a pan of hot water until they are soft. Now add the pulp, peel, and juice of two oranges, half a lemon (the peel and pulp minced fine) to the currants and raisins, together

#### CURRENT AND RAISIN CONSERVE

with six pounds of sugar. Boil gently to a jam, and put up in small glasses, covered with paraffine. This is an excellent relish to serve with cold meats.

**T**HIS may be made of sweet or sour apples, or half and half. Boil a gallon of fresh cider down to one-half of its original bulk. Quarter the apples, peel and core and cut in small pieces.

### APPLE BUTTER

Put into the boiling cider as many of the apples as can cook at a time without burning. When the apples are soft, skim out, add more and so on until all are cooked. Then mash as soft as possible, put all together again in the cider and simmer gently until about half their original bulk and as thick as marmalade. Stir often with a smooth wooden spoon or flat stick, taking a great deal of pains not to let the "butter" stick on the bottom. It is the part of wisdom to keep one of the asbestos mats under the kettle during the last hour or two. Turn into small stone crocks and keep in a cool, dry place. If you wish the apple butter to have a spicy flavor allow one teaspoonful each of cinnamon, nutmeg and allspice to each gallon of the sauce, putting it in when nearly done. This simple sweet makes a good appetizer at breakfast and finds favor with the children for their luncheons when spread on bread. An occasional variation is furnished by adding chopped butternut or walnut meats to the butter before spreading.

**T**HE barberry should be picked late, after it is touched with the frost, and the fruit is a deep crimson. If you are in the country, these berries, which grow wild, can be had for the picking, and the jelly made

### BARBERRY JELLY NO. 2

from them is almost as clear and quite as delicious as that from currants. As the fruit is extremely acid, a pound of sugar will be required for each pint of the fruit juice.

Pick over the berries and wash them. Put

in the preserving kettle with just a little water to keep them from sticking, and cook until the juice will press out easily. Remove from the fire, mash, strain and turn into a jelly bag to drain. Do not squeeze it or the jelly will not be clear. Boil the juice twenty minutes, skim, and add the sugar, which should have been heated in the oven. Stir until the sugar is all dissolved, take out the spoon, cook five minutes longer, or until the syrup will thicken on a cold saucer. Pour into glasses, and when cold cover.

The English way of making barberry jelly is to allow a pound of raisins to every five pounds of fruit, then proceed as above, while the New England housewife frequently adds a dozen sour apples, cored and quartered, to every four quarts of the berries.

**S**TONE the cherries and allow, after weighing, an equal quantity of sugar. Place in a porcelain lined preserving kettle and let stand in a cold place over night. In the morning cook until the **CHERRY JAM** jam jellies on the spoon, then turn into pots.

**W**HILE economy is the watchword, here are directions for making candied cranberries to take the place in cakes, confections or decorations of the more expensive cherries. Use for this purpose the Cape Cod berries, half as much sugar as berries and half as much water as sugar. Put the berries in a deep agate or porcelain dish, pour the sugar on top like a crust and the water on top of that. Cook very slowly. When they break into a boil, cover just a few moments—not long or the skins will burst—then uncover and cook until tender. Take up carefully and spread on oiled plates to dry.

### CANDIED CRAN-BERRIES

**W**ASH, remove blossom ends, but do not peel or core. Cut in rather small pieces, cover with cold water and cook gently until soft. Keep on an asbestos mat or in a larger kettle of hot water to prevent the apples burning.

### CRAB 'APPLE JELLY

When very soft, turn into a jelly bag and hang over night to drip. In the morning measure the clear red liquid, bring to a boil and skim. Allow for every pint of liquid the usual pound of sugar and have it heating in the oven while the juice is scalding. Add to the juice, after it has cooked just twenty minutes, stir until dissolved, take out the spoon, cook five minutes longer, skim and turn at once into the heated cups and glasses. This jelly is inexpensive and of excellent appearance and flavor. If you desire variety, flavor part of the juice with lemon or pineapple and some with rose geranium. For the latter lay a leaf in the bottom of the glass before pouring in the hot jelly. For the lemon or pineapple allow two tablespoonsful of the juice to a quart of the apple juice. The jelly may also be spiced, adding a little vinegar, clove and cinnamon to season at the same time the sugar is added.

**L**OOK over a gallon of blackberries, wash and drain. Put in a preserving kettle, pour in a pint of water and cook until soft, stirring and mashing with a wooden spoon to break up the fruit.

### BLACKBERRY JAM

Take care that it does not scorch. Remove from the fire and press through a wire sieve into a stone jar. Do not use tin. Stir this pulp thoroughly. Take a quart of the pulp and put in a kettle with a quart of sugar measured light and previously heated in the oven. Bring to a boil, cook rapidly for fifteen or twenty minutes, until it jellies

when dropped in a cold saucer. Pour into small jars and when cold seal. Repeat the cooking with another quart of the pulp until all has been used. The jam is easier and better prepared a quart at a time. It is a good plan in hot weather to prepare the berries one day, set away in the cellar and make the jam in the cool of the next morning.

**W**ASH and pick over the fruit, and to each quart of the fruit allow a cup of water. Cover and cook for ten minutes. Mash and strain through a flannel bag. Return the juice to the kettle, add two cups of sugar which has been heated in the oven, boil until it jellies on the edges, which will be in about ten minutes, and pour into the glasses.

### CRANBERRY JELLY

**T**O make green currant jam, pick the currants from the stem, put in a preserving kettle and set in a larger kettle of boiling water, or over a gentle fire, to dry out superfluous juice. Add three-quarters of a pound of sugar for each pound of fruit; boil quickly for thirty minutes, or less if it shows signs of jelling. Stir and skim often. Turn into jars and cover when cold.

### GREEN CURRANT JAM

**P**ICK the grapes from the stems and remove the seeds with a sharp knife. Allow a pound of sugar to each pound fruit. Put the grapes in a preserving kettle with a little water and cook twenty minutes. Add the sugar and cook until a drop "jells" when tested. Remove from fire and pour in glasses.

### GREEN GRAPE JAM



**S**TRIP the fruit from the stem, wash and put in a pan or jar set in a larger vessel of hot water. Cook until the grapes are broken; then strain. Measure the juice, and for every pint allow a pound of sugar. Put the juice over the

## WILD GRAPE JELLY

fire and the sugar in shallow pans in the oven, where it will heat but not turn yellow. Cook the juice twenty minutes, skimming all impurities from it, add the sugar, stir until dissolved, remove the spoon, cook a moment or two longer until the liquid jellies when dropped on a cold plate; pour into jelly glasses and cover when cold.

### Wild Grape and Crab Apple Jelly.

**F**OR this combination, which has especially fine "tang," use equal quantities of crab apple and wild green grapes. Cut the apples in quarters, but do not peel or core; cook until soft, then strain and add to the grape juice.

### Wild Grape and Elderberry Jelly.

**T**HIS is another delicious combination of flavors. Add four pints of green grape pulp to eight pints of elderberry juice, all strained, then allow a pound of sugar to each pint of juice and proceed as usual.

**C**URRENTS for jelly should not be over ripe, hence the old wives' tradition that currant jelly will not "jell" after July 4. Neither should they be gathered after a rain if a firm, clear jelly is desired. Equal parts

## CURRENT JELLY

of red and white currants, or raspberries and currants, two parts of the former to one of the latter, make a delicately colored and flavored jelly that many people prefer to the plain currant.

Put the currants in the stone jar or preserving kettle, and set this in a larger

pan of hot water. As it begins to heat, mash with a large wooden pestle until the currants are reduced to a pulp. Scoop up the pulp and put in the jelly bag to drain. This is best done the night before the jelly making proper begins, and the bag is then left suspended over night to drip without squeezing, which is apt to make the juice cloudy.

When the juice is all extracted measure by pints and put into a clean preserving kettle. Weigh out as many pounds of sugar as there are pints of juice and place on shallow tins in the oven to heat. Do not allow the sugar to get hot enough to become discolored. Boil the juice just twenty minutes from the time it begins to boil, then pour the heated syrup in, stirring rapidly all the while. As soon as it is dissolved skim, remove the spoon, let the juice just come to a boil again and remove at once from the fire. Roll the jelly glasses sideways in hot water, then fill with the scalding liquid. Cool, then coat with melted paraffine or one-third paraffine to two-thirds wax, which will keep out the air and preserve the jelly. Seal with manila or writing paper, saturated with the white of egg, unless you have regular jelly tumblers, with glass or metal top, in which case the paraffine suffices. Keep in a cool, dark, dry place.

**F**OR this use the smaller Concord grapes or the late Isabellas. Stem, weigh and wash. Measure out a pound of sugar for each pound of uncooked grapes. Put the grapes in a large preserving kettle with just enough water to keep them from sticking on the bottom. Cook gently for half or three-quarters of an hour, then press through a colander fine enough to keep the seeds from coming through. Add the sugar, stir well and cook gently until it drops from the spoon in a jellylike consistency. Skim if needed, and when as thick as you desire turn into glasses.

**U**SE if possible the late Isabella grapes, or, if not, grapes that are under-ripe; any fruit that is full ripe is unfit for jelly; pick the grapes from the stems, wash and put in a pan or jar;

### BLUE GRAPE JELLY

set in a larger vessel of hot water; cook until the grapes are broken, then put a square of cheesecloth over a colander and set the colander over a bowl, turn in the grapes and let them drip without any pressure; measure the juice and allow a pound of sugar for every pint of juice; put the juice over the fire and the sugar in shallow pans in the oven, where it will heat but not turn yellow; cook the juice twenty minutes, skimming all impurities from it; add the sugar; stir until dissolved, remove the spoon, cook a moment or two longer until the liquid jellies when dropped on a cool plate; pour into jelly glasses and cover when cold.

**P**ULP ripe or half ripened grapes and cook the pulp until soft enough to rub through a colander. Add the skins and cook until tender. Add sugar, allowing to each pound fruit a half pound sugar, or more if the grapes are quite green.

### GRAPE BUTTER

Cook until thick, stirring often, then can.

**T**O six pounds grapes allow two pounds raisins, four pounds sugar and four oranges. Cut off the thin yellow rind of the oranges and chop fine, together with the seeded raisins. Pulp the grapes and cook until soft enough to rub through a colander. Add to the skins, cook fifteen minutes, put in raisins, orange peel,

juice and sugar and simmer gently until jellied.

**T**AKE the wild green grapes, cut open with a small knife and remove the seeds. Allow a pound of sugar to each pound of fruit. Put the grapes in the preserving kettle with a little water and boil twenty minutes. Add the sugar and cook until a drop poured in a cold saucer will hold its shape. Remove at once and pour in

### WILD GRAPE MARMALADE

cups or glasses. In putting up the winter store of jellies it is always a good plan to fill some small cheese pots or egg cups for use in the children's lunch baskets.

**P**ICK from the stems seven pounds of grapes, rather under ripe, and separate the pulp from the skins. Put the skins in a preserving kettle over the fire, with just enough water to prevent their burning. Place the pulp in another kettle and cook until the seeds loosen. Press through a sieve and add to the skins with a half pint vinegar, three pounds of sugar and a teaspoonful each cloves, allspice and cinnamon. Boil until thick. This is fine to serve with game or roast meats.

### GRAPE RELISH

**U**SE perfectly ripe sweet pines. Slice and pare, then cut into small pieces. Allow three-fourths pound sugar to each pound fruit, mix in granite or porcelain bowl and let stand over night, preferably on ice. In the morning take from ice, and cook gently for an hour. At the end of this time press

### PINEAPPLE MARMALADE

through a fruit crusher or coarse sieve with a potato masher. Replace on stove and cook half an hour longer until clear and golden in color, and until it curls gently when the finger is thrust through it. Place in little pots.

**T**O six pounds lemons take nine pounds sugar. Peel the lemons, then cover the yellow parings with water and boil until tender. Drain and let cool, then shred the parings fine. Meantime

### LEMON MARMALADE

halve the peeled fruit crosswise and press out juice and soft pulp. Cover the shells of white pulp remaining with three pints cold water, and boil one-half hour. Strain off this liquor and add it to the juice and soft pulp with the yellow rinds. Boil all together, then add the heated sugar. Boil down to the consistency required, and place while boiling hot in small jars or marmalade pots.

**W**ASH thoroughly, using a scrubbing brush in the operation, one dozen oranges and half a dozen lemons. Slice thin and remove the seeds. Pour one gallon of cold water over the sliced

### ARIZONA ORANGE MARMALADE

fruit, reserving a little to cover the seeds. Soak all for thirty-six hours. Strain off the water from the seeds, add to the soaked oranges with an equal amount sugar and cook for two hours, stirring frequently. This is not as bitter as the ordinary marmalade, while the gelatine of the seeds adds a richer body to the marmalade. In making any kind of marmalade do not allow it to overcook, which spoils the clear golden tint so desirable.

**P**UT the cooked pulp through a puree sieve, and allow three-fourths of a pound of sugar for each pound of

### QUINCE MARMALADE

fruit. Boil, stirring almost constantly until smooth and firm. Put in jars, cover with paraffine, and keep in a dry place.

### Quince Cheese.

**T**HIS is a simple marmalade, boiled down very thick and packed in the small cheese pots. This can be turned out and sliced like cheese and is excellent for the lunch basket.

**S**EVILLE oranges are best for this marmalade, which is held in high esteem at British breakfasts. To make it according to an old Scotch recipe, press the juice out of a number of oranges, then put the rinds in the preserving kettle with plenty of water to cover, and cook until soft, adding more water as it boils away.

### BITTER SCOTCH MARMALADE

When very soft turn into a stout jelly bag and squeeze out all the jelly obtainable. Mix with the uncooked juice, and to every pint allow a pound and a half of sugar. Cook twenty minutes, then test by dropping a little on a cold plate. Push your fingers through it and if it curls take from the fire and pour at once into small pots or glasses. Let stand over night uncovered, then tie with brandied paper or cover with paraffine.

**T**HIS is an old Virginia dainty, popular for the school children's lunch basket. Take a peck of ripe, free stone peaches, mash after peeling and pitting, then press the pulp through a coarse sieve. To four quarts of the pulp allow one pint soft sugar, preferably brown. Mix well, cook about two

### PEACH LEATHER

minutes, stirring all the time, then spread on plates and dry in the sun. If the weather is hot, three days will suffice. When the paste on the edges looks like leather, and cleaves from the plate readily if a knife is passed around the edge, it is ready. Dust with white sugar, then roll up. If stored in a dry place it will keep for several months.

**S**TRING and cut in half inch pieces five pounds pink skinned rhubarb.

Divide twelve oranges in sections, removing seeds and the tough part of the skin. Put into

**ORANGE AND RHUBARB MARMALADE** a preserving kettle, heat slowly to the boiling point, and simmer half an hour.

Add four pounds sugar, cook gently for two hours, then turn into glasses.

**F**IRM fruit of medium size, preferably Washington navels, are the best for this attractive looking marmalade.

With a very sharp knife slice off the thick ends of six oranges and two lemons, and then cut in halves longitudinally. This is easily done by resting the flat side

**RIVERSIDE MARMALADE** of the fruit on a

board, holding it firm with one hand and slicing with the other, making half circle pieces, which look pretty in the finished product. Cover with two quarts cold water and let stand over night. In the morning bring to a boil, cook forty minutes, then add five pounds sugar well heated in the oven, and boil rapidly twenty minutes longer. If the oranges are very ripe the juice of two more oranges and six lemons is an improvement.

**T**HE pines should be sliced thin and pared, placed on dishes and covered thickly with powdered sugar. For ten days these dishes must be kept in a slow oven or other heated place, and the slices turned each day. At the expiration of this time place the slices in a quick oven for

**PINEAPPLE CHIPS** just ten minutes, then remove, cool and place between layers of paper, with powdered sugar sifted over the fruit.

**W**EIGH the fruit after hulling and washing, and allow for each pound a good three-quarters of a pound of sugar. Put the fruit over the fire in the preserving kettle and cook half an hour, stirring often.

Add the sugar, boil twenty minutes longer, skim thoroughly and put

**STRAWBERRY JAM**

boiling hot in air tight jars. Keep in a cool, dry place. A pint of red currant juice added to every four pounds of berries makes a delightful variation. Boil the currant juice with the strawberries.

**M**EASURE out seven pounds of peaches, peeled, then slice or cut in halves, three pounds and a half of sugar and a pint of vinegar. Put into a porcelain or granite kettle with two table-

spoonfuls whole cinnamon or cassia buds and a tablespoonful whole cloves tied in a lace bag. Cook with the fruit until it is spiced to taste, then remove the bag. Cook the peaches until as thick as marmalade, stirring frequently, and taking care not to scorch, then put into cans and seal.

**PEACH ENCHO**

**A**LLOW to each pound cut rhubarb one pound sugar and one lemon.

Peel the yellow rind off thin, remove the white part and slice the pulp into a bowl, rejecting the seeds. Cut the rhubarb into half inch pieces and put in the bowl on top of the lemon. Then add the sugar

**RHUBARB JAM**

and stand away over night. In the morning empty into the preserving kettle and boil slowly for three-quarters of an hour, stirring frequently. Take from the fire, cool a little and pour into jars. Cover with brandied paper.

**W**HEN canning or pickling peaches, save the parings and the soft or unshapely pieces. If clingstones, there will be considerable pulp adhering to the pits. Cover these

### PEACH MARMALADE

with cold water and simmer until soft. Rub through a sieve, then boil again twenty minutes. Add three-quarters of the weight in sugar, and cook, stirring often until thick.

**W**ASH three pounds of young rhubarb, the tender pink skinned kind, then cut in pieces two inches in length.

Put three pounds of oranges in the preserving kettle, with plenty of cold water, and simmer three hours. Drain and cut each in four

### RHUBARB AND ORANGE JAM

pieces. Put six pounds of granulated sugar in the kettle, with just enough water to prevent sticking, and stir with wooden paddle until it boils. Add the oranges and rhubarb, stir until boiling, moving to the edge of the fire, and simmer fifteen minutes. Turn into glasses, but do not cover until cold. Then put on first a round of brandied paper, then the ordinary glass or tin cover, or else a thickness of absorbent cotton. This is an old English recipe. If one objects to its bitter taste, the orange seeds can be removed before cooking.

**T**O make this famous French marmalade allow an equal weight of grapes and pears, cook in a little water until soft, then press through a colander to remove the seeds. Add the pears, cored

### RAISINE

and sliced, and simmer until thick, stirring almost constantly. When thick, sweeten to taste, scald, strain through a colander and can.

**T**O five pounds tender rhubarb, washed and cut in inch pieces, allow one pound figs (the dried), the grated yellow rind and juice of one lemon, and four pounds sugar. Let this stand all night. The next day cook slowly for an hour, then turn into glasses. Nuts can be added if desired.

### RHUBARB AND FIG JAM

**P**EEEL the yellow rind from half a dozen oranges, rejecting all the bitter white.

Cut the pulp in small pieces, taking care that no seeds go in. Put the pulp and peel, cut in fine strips, in the preserving kettle, together with two pounds of rhubarb cleaned but not peeled, and cut in inch pieces, and a pound and a half of sugar. Simmer until the orange peel is tender and the marmalade thick, then put in glasses or little cheese jars.

### RHUBARB AND ORANGE MARMALADE

**S**ELECT large, nearly ripe cucumbers, peel, remove the seeds, chop or grate fine and measure. Place the pulp in a colander and sprinkle with salt, allowing a teaspoonful to each pint. Drain for six hours. Measure. To each quart allow two cups of cider vinegar, or white wine if preferred,

### CUCUMBER CATSUP

four tablespoonfuls grated horseradish and a tablespoonful each minced red pepper, excluding the seeds, and white mustard seed. Bring vinegar and flavoring to a scald, skim well, then set aside to get thoroughly cold. Now add to the cucumber pulp, stir well, put into wide mouthed bottles or pint fruit cans, lay a horseradish, grape or nasturtium leaf over the top and seal. Keep in a cool, dark place.

**C**OVER mashed berries with boiling water, simmer fifteen minutes, press again and strain. Allow for each quart juice a half teaspoonful each mace, cinnamon, pepper and white mustard.

Cook down to about

**BLACKBERRY** a quarter of the original quantity, add  
**CATSUP** vinegar (pure) to

make strength and

consistency required, then bottle and seal while hot.

**T**O each pound stoned cherries allow a pound of sugar. Boil together until the cherries are soft, then strain. To each quart of this liquor allow a teaspoonful each of mace, pepper, ginger, cinnamon and a half

teaspoonful of cloves.

**CHERRY**  
**CATSUP**

Boil with the syrup and strain; then add to the crushed fruit

that has been pressed through a puree sieve. Boil until thick; reduce with strong vinegar and bottle.

**F**OR a good catsup made from the ripe tomatoes, try this:—Slice without peeling nine quarts tomatoes, not too ripe. Pack in a large porcelain kettle, draining off as much of the clear juice as possible. Add to the

tomatoes four table-

spoonfuls salt, two

of allspice, one of

cinnamon, three

quarters of a table-

spoonful cloves, a

teaspoonful black

pepper and a half

teaspoonful cayenne.

Pour over all, three

cups good vinegar. Cover the kettle and

simmer gently on the back of the stove

for three or four hours, not allowing it

to stop simmering. Take from the fire

and let the catsup cool in the kettle.

When cold strain and bottle, sealing

closely.

**B**REAK firm, fresh mushrooms into quarters. Put a layer in the bottom of an earthen vessel, sprinkle with salt, then add more mushrooms and more salt until all are used. Cover and set on the cellar floor for three days, stirring with a wooden spoon three times each day. At the

**MUSHROOM**  
**CATSUP**

end of this time mash to a pulp and strain through cheesecloth, squeezing out all the juice. Cook this ten minutes, then measure. To each pint of the liquor allow a generous teaspoonful each whole peppers and allspice, two slices of onion, a blade of mace, a dash of paprika and a couple of bay leaves. Cook until thick, strain, cool and bottle. Seal tightly.

**S**TEM and wash five pounds grapes and cook in a bowl set within a large pan of water until soft and mushy. Strain through a sieve to exclude seeds and coarse skins. Add one pound of sugar, a pint vinegar, a teaspoonful each cloves, cinnamon and allspice, and a tablespoonful pepper. Cook until a little thicker than thick cream, then bottle.

**GRAPE**  
**CATSUP**

**R**EMOVE the seeds from two green peppers and a cup of raisins, add six green tomatoes and four small onions and chop all very fine. Put one quart of vinegar, one cup of powdered sugar and two of brown sugar, two tablespoonfuls of mustard seed and two of salt to boil. Add the chopped mixture and simmer one hour. Then add a dozen tart apples, pared, cored and quartered, and cook slowly until soft. Beat thoroughly and bottle.

**APPLE AND**  
**TOMATO**  
**CHUTNEY**

**M**IX one tablespoonful grated horse-radish with the grated rind of four lemons. Add a teaspoonful salt, the juice of the lemons, a dessertspoonful each white mustard seed and celery seed, a few

### LEMON CATSUP

blades of mace, four cloves and a dash of red pepper. Boil thirty-five minutes, then bottle while hot. In five or six weeks this will be ready to serve with fish.

**C**HUTNEY is one of the most appetizing relishes to keep on hand, yet is expensive to buy. Nearly all chutneys improve with age, growing richer and mellow with time. As they almost never spoil, they are

### CHUTNEY

an encouraging preparation of fruit to work with, the housewife secure in the feeling that her efforts and material will not be wasted. They are deemed especially desirable for dyspeptics and are largely used by the English residents in India as aids to digestion.

**A** SIMPLE apple chutney is made by cooking together in a quart and a half of cider vinegar fourteen large, sour apples, ten large onions and two cloves of garlic. When soft, rub through

### APPLE CHUTNEY

a sieve, steep four tablespoonfuls of mustard seed in vinegar to cover, then mash. Add this with one cupful of brown sugar, half a cup of salt, four tablespoonfuls of ginger and a half pound of seeded raisins chopped fine to the apples, onions, garlic and vinegar. Beat with a wooden spoon until smooth and evenly blended and about the consistency of French mustard. When cold, put up in wide mouthed bottles and seal. An excellent way is to pour a very little olive oil over the top of the pickle, which shuts out

all air, the bearer of ferment germs and mold. Over the oil place a thin round of sterilized cotton or wool and over that in turn a round of glazed paper wet with the white of an egg.

**T**AKE the seeds from five pounds bull-nosed peppers and lay in a porcelain kettle holding about two and a half quarts. Add a couple large onions chopped fine and a half tablespoonful each of cinnamon, cloves, allspice and mace. Pour in vinegar to nearly fill the kettle, and simmer three hours or longer. Rub through a puree sieve, cool and bottle.

### GREEN PEPPER CATSUP

**C**HOP fine seven pounds green tomatoes and four red peppers, excluding the seeds. Add one quart vinegar, and cook together two hours. Now add one pound brown sugar, two tablespoonfuls salt and two of mustard, one teaspoonful ground cloves, one tablespoonful cinnamon and the same amount allspice. Boil two hours longer, strain and seal.

### GREEN TOMATO CATSUP

**T**O one gallon ripe tomatoes, peeled and sliced, allow three large onions and two green peppers chopped fine, three-fourths of a cup of good vinegar, one-half cupful of sugar, or less if preferred; three tablespoonfuls of salt and three teaspoonfuls each of cinnamon and cloves. Cook slowly until the consistency desired, then bottle.

### SAN DIEGO CHILI SAUCE

**F**OR two hundred small cucumbers allow one coffee cup salt. Rinse the cucumbers, taking care not to bruise the skins. Pack in a firkin or jar, with the salt distributed between the layers. Cover with boiling water and let stand twenty-four hours. Pour off the water and wipe dry on a soft towel. Put into

### AUBURN CUCUMBER PICKLES

your preserving kettle a scant gallon cider vinegar, a full coffee cup sugar, two small red peppers chopped fine (excluding all seeds but two or three), one teaspoonful alum and three tablespoonfuls white mustard seed. Bring to a good scald and cover the pickles, which may be kept in glass cans or a stone jar. A horseradish or grape leaf laid over the jar will keep the vinegar from moulding. The use of a little sugar even with sour pickles is to be commended, as it gives the pickles a mellow taste and preserves the vinegar.

**W**HEN cherries are ripe don't forget to put up some cherry vinegar.

Mash slightly two quarts cherries and pour over them one quart vinegar. Pour in an earthen bowl, cover and set in a cool place for two days. Strain through a muslin bag, and to each pint liquid add three-

### CHERRY VINEGAR

fourths pound sugar. Place over the fire and boil fifteen minutes; bottle and seal.

**T**HESE good, old-fashioned, home-made pickles, which our grandmothers patterned after East Indian preparations, are again in the height of gastronomic style, and the woman who knows how to make them may be sure that they will never go to waste on her hands. They may

### MANGOES

be made from small green melons, water or musk melons, green tomatoes, large

cucumbers, peppers, peaches—any fruit, in fact, from which the inside seeds or stone can be removed, the cavity filled with a sweet or sour pickle mixture and the opening closed so as to give the appearance of a whole fruit. When melons are used, cut out a wedge large enough to scoop out the seeds and soft portions. For peppers or green tomatoes, cut a circular piece from the stem end and remove the seeds. Then put the pieces in place again and soak over night in brine. In the morning drain, taking pains to keep the separated parts of the same fruit or vegetables together. For the filling use firm white cabbage, chopped very fine, with a quarter as much celery, cucumber, green tomato or green peppers. Sprinkle well with salt and stand aside for several hours. Drain, and to each pint of the vegetables add a small onion, a few nasturtium seeds, a teaspoonful of mustard seed and salt, pepper, ginger, cloves, allspice and cinnamon to taste. Mix thoroughly, fill the cavities, packing in closely, fit in the pieces that belong in and wrap firmly with twine. Cover with vinegar and let the pickle stand over night. In the morning heat all together and simmer for half an hour. Remove carefully, put in a stone jar and cover with cold vinegar. The next morning pour off the vinegar and allow a half cup of sugar to each quart of the vinegar. Scald and pour over the mangoes. Repeat the scaldings for several mornings, and when quite cold cover and set away in a cool place.

**F**OR this you will need plump, rather tart cherries with the stems on. For five pounds of cherries scald together one quart of vinegar, two pounds of sugar, one-half

### PICKLED CHERRIES

ounce of cinnamon, one-half ounce of cloves and mace mixed, the spices tied in a thin muslin bag, and pour over the cherries while scalding hot. Seal at once.



**F**OR canning tomatoes whole, the best way is that advocated by Miss Parloa in Farmers' Bulletin No. 203, issued by the United States Department of Agriculture. For this purpose use eight quarts

### TOMATOES CANNED WHOLE

of medium sized tomatoes and four quarts of sliced tomatoes. Put the pared and sliced tomatoes into a saucepan and cook twenty minutes, taking pains not to let them scorch. Take from the fire and rub through a strainer. Return to the fire. While the sliced tomatoes are cooking pare the whole tomatoes and put into sterilized jars. Pour into the jars enough of the stewed and strained tomatoes to fill all the interstices. Put the uncovered jars into a moderate oven, placing on pads of asbestos or in shallow pans of hot water. Cook in the oven for half an hour. Take from the oven and fill to overflowing with boiling hot, strained tomato; then seal. If there is any of the strained tomato left, can it for sauces.

**P**UT the corn into a colander and let a little hot water run over it for about a minute. Then cut the corn from the cob, scraping out as much of the juice as possible, but taking care not to get

### TO CAN CORN, PEAS AND LIMA BEANS

any of the cob. Fill the sterilized jars compactly, working down with a silver knife until the jar is filled to within about an inch of the top. Allow for each quart jar three-quarters of a pint of hot water, in which has been dissolved a teaspoonful of salt and a tablespoonful of sugar. Pour into the jar over the corn, then adjust the lid of the jar without the rubber, so that it partly covers the can and set it on a rack in the bottom of a boiler. Fill the boiler with luke-

warm water until the jars are three-fourths covered. Boil three hours, then take out the jars, work down the corn and fill up with more of the same liquid kept boiling for the purpose. Put on the rubber and screw the lid until airtight. Put back in the boiler, allowing the water in the boiler to completely cover the jars. Steam one hour longer, take out the jars, cool, screw the lids tighter if possible, wrap each jar in brown paper and set in a cool, dark place. Proceed in the same way with peas and lima beans, omitting the sugar and the tight packing.

**W**ASH the tomatoes and plunge into boiling water for five minutes, when the skin will slip off without the least trouble. Slice into the preserving kettle, which must never be of tin, or cheap worn granite, and set the kettle on an asbestos mat over the fire. Heat slowly to the boiling point, stirring frequently from the bottom. Have the jars in readiness, thoroughly sterilized, and with fresh rubbers and close fitting tops. Fill with the scalding tomatoes, which have been allowed to cook steadily half an hour from the time they began to boil, then seal.

### CANNED TOMATOES

**P**INEAPPLE parings should never be thrown away, as there is no finer vinegar in flavor and coloring than that made from pineapples. The fruit parings (fruit may also be added) should be placed in crocks and covered with water; sugar or syrup being added in quantity according to the condition of the fruit.

### PINEAPPLE VINEGAR

Allow this to ferment thoroughly, and when this has been accomplished—watched and skimmed meantime—the vinegar must be strained from the fruit, and placed in jars or bottles.

**T**HE large ripe cucumbers make an excellent sweet pickle or they may be used in chow-chow. To make the sweet pickle, peel, take out the seeds and cut into inch pieces. Boil in vinegar and

### RIPE CUCUMBER PICKLES

water, half and half, adding a little salt, until clear, but not "mushy." Drain. To seven pounds cucumbers allow three and one-half pounds of sugar and a pint strong vinegar. Let this come to the boiling point, add the cucumbers and just scald—no more. Take out with a skimmer, and when cool pack in jars with a sprinkling of cassia buds, stick cinnamon, whole cloves, allspice, a few blades of mace and a few peppercorns. Then pour the syrup over them and seal. A few raisins may be added if desired.

**S**TILL another way of using the ripe cucumbers is in mangoes. Cut out a side section large enough to allow for scooping the seeds and soft portions. Save this piece, as it has to be returned

### CUCUMBER MANGOES

after the cucumber is filled; soak the cucumbers over night in strong salt water; in the morning drain and prepare the mixture for stuffing. This may vary according to taste and vegetables on hand. It consists usually of chopped cabbage and celery, onions and green tomatoes, radish pods, tiny cucumbers, tender string beans, green grapes and nasturtium seeds; sprinkle well with salt and let stand two hours; season to taste with ground cloves, cinnamon, allspice, ginger, pepper and salt, then drain; mix thoroughly, fill the cavities, pressing in well, then adjust the pieces where they were removed and tie firmly with white cord. Put in a preserving kettle, cover with cold vinegar and let remain over night. The next morning heat to a scald and simmer gently for

half an hour; take out the mangoes and pack in a stone jar, covering with cold vinegar. The next morning pour off the vinegar, add sugar in the proportion of one-half cup to every two of vinegar, scald and pour over the pickles; set away, closely covered, and they will be ready for use in a month.

**T**HIS is another way of using the seed cucumbers. Peel, remove seeds and chop the pulp; to every four quarts of the chopped pulp allow one quart chopped onions; mix in a stone jar and sprinkle over them

one cup salt; let stand over night. In the morning drain, lay in a colander and with a wooden masher press

### CHOPPED PICKLES OF YELLOW CUCUMBERS

out all the juice possible; then add to these vegetables one pint chopped celery and two green peppers seeded and chopped, two tablespoonfuls each grated horseradish and white pepper, a small red pepper seeded and chopped and two ounces white mustard seed; stir well together, add enough white wine vinegar to cover, pack in jars and cover closely.

**T**O make the vinegar, mash the berries to a pulp in an earthen or stoneware vessel. Add good cider vinegar to cover, and stand in the sun during the day and in the cellar over night, stirring occasionally.

### BLACKBERRY VINEGAR

The next morning strain and add the same amount fresh berries. Crush and over the whole pour the strained juice, and set in the sun again through the day and the cellar at night. The third day strain and to each quart of the juice allow one pint water and five pounds sugar. Heat slowly to the boiling point, skim, and when it boils strain and bottle, sealing airtight.

**S**LICE without peeling enough medium sized cucumbers to fill a gallon jar.

Pack in layers with two-thirds cup salt and let stand three hours. Drain carefully, then put in layers again, with

### OLIVE OIL PICKLES

two ounces white mustard seed, one ounce celery seed and two large onions chopped fine distributed through the layers. Add one cup olive oil. When all the cucumbers are used cover with good cold vinegar. These are ready for immediate use, but improve with standing.

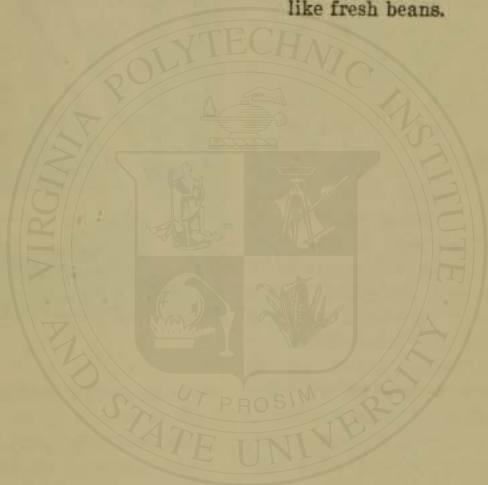
**T**AKE fresh snap beans, string and cut them as if for immediate use. Put

a layer of the uncooked beans in the bottom of a crock and sprinkle over them a half cup of salt. Add another layer of

beans, then more salt until the jar is filled, having the salt at the top. Cover air tight. These will keep

### CANNED SNAP BEANS

all winter and taste almost as well as fresh ones in the spring. When ready to use, take some of the beans and soak over night to get off the superfluous salt. Cook like fresh beans.





# DRINKS



**COLD** drink for the season is egg nog, made as the Southern women prepare it, with rum and brandy, or with Madeira substituted for the brandy. Take a dozen eggs and beat the whites and yolks separately until very light. Add to the yolks twelve table-spoonfuls of sugar, a

## SOUTHERN EGG NOG

half pint of rum and a pint of brandy. This proportion of spirits may be modified if preferred. Now grate in a little nutmeg, then stir in slowly a quart of cream or **very** rich milk and a cup of cream. Just before **stirring** in the whites pour boiling water through them and off at once to partially cook. Serve in punch glasses and eat with a spoon, and offer fruit cake or a rich white cake with it.

**P**EELED a juicy pineapple, taking care to pick out all the eyes, and chop fine or shred with a fork. Sprinkle with sugar to sweeten and let it stand until the sugar is melted. Pour one quart of

## PINEAPPLE- ADE

freshly boiled water over the shredded pine, add more sugar if needed and set away to cool. When cold, strain and serve with a few bits of fresh pineapple floating on top the glass.

### Orange Punch.

**T**HIS can be made from equal portions of orange and lemon juice, with sugar, chopped ice, soda water and fruit.

**T**HIS is the regular old fashioned harvest drink. It needs to stand in a warm place a couple of days before using. Mix together one pint pure cider vinegar, one pint sugar syrup, two table-spoonfuls ground ginger, two gallons soft water and one cake of compressed yeast softened in lukewarm water. When well mixed stand in a warm place for a couple of days, then bottle, tying the corks in firmly.

## GINGER CRAK

Keep in a cold place.

**C**UT a pineapple in dice and add to it the carefully peeled and separated pulp of two grape fruits and one cupful of maraschino cherries. Mix together a cupful of sugar and one of rum,

### PINEAPPLE PUNCH WITH RUM

bring to the boiling point, pour over the fruit and allow it to cool. Turn into the freezer and frappe. This may be served as a first course at a luncheon, as a sherbet after the roast, or from the punch bowl as a beverage, in the latter case diluting with water.

**T**HERE are several points in the making of good coffee that must be borne in mind. The coffee itself must be a good article and freshly roasted. The pot in which it is made must be perfectly,

### THE PERFECT CUP OF COFFEE

immaculately clean. The water should be freshly boiled, the "sparkle" still in it. The coffee must not be boiled longer than five minutes and is still better if it is kept just below the boiling point. If allowed to stand and boil the aroma is lost, and the bitter tannic acid that spoils the taste and irritates the stomach is extracted. Lastly the coffee must be well scented and always served—excepting for after dinner—with cream, or at least hot (not boiling) milk.

In buying coffee one is largely dependent upon the dealer, as there is often no choice. Most people prefer the proportion of one-third Mocha to two-thirds Java, but the Mocha does not always come from Arabia, nor the Java from the island of that name. The best coffee is fermented. The berry is surrounded by a pulp like a cherry or cranberry. When fermented, a white film is formed which no machine can take off.

Coffee may be roasted and ground at home, if preferred; but it is now usually

quite as well to buy the coffee already roasted, and to grind it as needed.

There are several ways of making coffee, but the most common method is boiling.

Allow one heaping tablespoonful of coffee to each cup of boiling water. Scald out the coffee pot with boiling water. Put in the amount of coffee needed, mixing it with a little cold water and the white of an egg, or a square inch of isinglass. When eggs are high, an egg shell crushed will answer in place of the white of egg. Shake together thoroughly, then pour on the fresh boiling water. Cover the spout with a little twist of paper, to prevent the escape of the aroma. Stir well, and push the pot on the back of the stove, where it will keep hot, but not boil. Add a few spoonfuls of cold water, pour out a little of the coffee in a cup and back into the pot again, to clear the spout of the grounds, and let it stand undisturbed for five or ten minutes to settle. Then serve as quickly as possible, as it deteriorates if left standing.

Drip or filtered coffee is made in any double coffee pot fitted with one or more strainers. Allow one cupful coffee, ground very fine, to a quart of water. Measure out the coffee and heat it in a saucepan until it steams, stirring continually. This brings out the flavor. Then place the coffee in the strainer, pour the boiling water in and allow it to drip slowly through the coffee. Repeat this process a second time. Then bring the coffee to the boiling point and serve. Some claim that cold water filtered two or three times through the coffee and then brought to the boiling point gives the strongest and best flavor, but this, of necessity, takes much time and attention.

### Grape Juice Lemonade.

**M**AKE a quart of strong lemonade in the usual way, using a little more sugar. Add to each quart of the lemonade a glass of grape juice, chill and serve.

**B**OIL together in a granite ware saucepan two pounds granulated sugar, three pints hot water and two ounces tartaric acid. At the end of five minutes put down cellar to cool. When cold stir

## HOME MADE SODA WATER

in the beaten whites of three eggs and one ounce winter-green or sarsaparilla. Bottle. When ready to use put a tablespoonful in a glass half full of cold water, add a scant quarter teaspoonful soda, beat and drink while foaming. This is a staple product for the children's lemonade and soda water stands which spring into being during the summer, yielding a nickel harvest for some pet charity or small boy's private exchequer.

**T**HE first thing to remember in making the perfect cup of tea is the old couplet, "Unless the kettle boiling be, filling the teapot spoils the tea." More than this, the water must be

## TEA

freshly boiled, not water that has lost all life and effervescence with long continued boiling. An earthen pot freshly scalded with hot water is best for making tea. The blend of tea depends upon individual taste. The Ceylon and India teas are most popular in the Eastern and Middle States, China greens are used largely in the South and Southwest and Japan tea has the preference in the Northwest. Measure the tea, allowing a half teaspoonful to each cup boiling water, reducing the proportions when several cups are to be brewed and increasing if the drinker prefers it extra strong. Put into the hot teapot, pour in some of the freshly boiling, bubbling water, enough to well cover the leaves, then stand back on the range three minutes before pouring in the entire quantity

of boiling water carefully measured. Let stand five minutes longer, then fill each cup partly full of the brew, diluting with hot water to suit the taste. Never allow tea to boil. It must simply infuse. Never allow the water to stand on the tea leaves any length of time, else the fragrant bouquet is dissipated and the tannin extracted. If it is to be kept hot, pour off in a second hot pot and cover with a cosey.

**T**HIS is a beverage generally approved.

To serve twenty-five, allow one quart cold water, one cupful of sugar, three-fourths of a pound of Canton ginger, three tablespoonfuls ginger syrup, three-fourths cupful orange juice, one-half cupful lemon juice and one quart of apollinaris water.

## GINGER PUNCH

Chop the ginger, add the water and sugar and boil twenty minutes. Add the fruit juice, cool, strain and then pour in the apollinaris, a pint at a time. In the summer cracked ice is added, but in winter it is not so necessary.

**M**ASH two quarts very ripe pitted cherries through a fruit press. Make a syrup of two pounds sugar and two quarts of water and cook five minutes. Add the cherries and the juice of two lemons, strain and set aside until very cold. Serve with some of the fresh cherries floating on the surface of the shrub.

## CHERRY SHRUB

### Pineapple Punch.

**P**INEAPPLE makes an excellent and refreshing beverage. To the juice of six lemons and six oranges add sugar to taste, with sliced pineapple and a few bits of lemon peel, two quarts of water and chopped ice to cool.

It has remained for the "White Ribboners" of Nebraska to coin a new name for punch, which always savors of intoxicants, even though it be a strictly temperance concoction. After a number

## PINEAPPLE FRUICE

of names had been proposed "fruice" was selected as most appropriate. A number of women's clubs and temperance organizations have since adopted the name. For pineapple "fruice," therefore, grate one fresh pine or use a quart can of the preserved grated apple. If it is the sliced apple, chop fine. Add to it one quart of any fruit syrup preferred, preserved or fresh. Red raspberries, cherries, strawberries and oranges are all appropriate. Add also the juice from a half dozen lemons or oranges, or the fruit itself sliced very thin. Over this pour a hot syrup, allowing a quart of water to a pound of sugar, increasing the amount of sugar when the fruit is quite acid. Let this stand three hours until all the flavors are delightfully blended, then add half a gallon ice water and pour over a block of ice in the "fruice" bowl.

THE tea that is to be used for the day's consumption should be made in the early morning and in just the same way that it is made to be served hot. The quantity depends upon the

## ICED TEA

number of persons to be served, and in hot weather this might well be multiplied by three. The best blend of tea for serving cold is equal parts Orange Pekoe and English breakfast. This blend does not lose strength in standing but ripens and softens in flavor. Tea must never be boiled. To make it as it should be, take fresh cold water, bring quickly to the "bubbling" boil, and let it continue several minutes. Scald out the teapot, which should be clean and dry,

and measure into it as many level teaspoonfuls tea as cups will be required. Pour the furiously boiling water over the tea leaves and let steep on the back of the range four or five minutes, then strain off into a pitcher to cool. When quite cold set in the ice box. By drawing the tea off the leaves when just the proper strength it will be fresh and sweet, without the bitter taste of tannin it gets if allowed to stand too long on the leaves. Keep the pitcher set close to the ice or pour the tea in bottles and lay directly on the ice, thus offering more surface for cooling. When ready to serve, if the ice is above suspicion, break into pieces about the size of horse chestnuts, put in the glasses and pour the tea over them. If dependent upon the ordinary unsanitary ice, rinse the glasses out in cold water to make them cold, then fill with the chilled tea but no ice. Slices of lemon, a whole clove dropped in each cup of tea as poured, a bit of pineapple, a sprig of mint or a peppermint cream are among the popular additions to iced tea.

### Raspberry and Currant Cup.

COMBINE one part raspberry and two parts currant juice with as much water as juice and as much sugar as necessary to sweeten.

IN making a quantity for the punch bowl, prepare a syrup of a pound of sugar and a quart of water. Break up a dozen sprigs of mint, steep in a cupful and a half boiling water in a covered bowl for fifteen minutes, strain and add to the syrup. Put in the juice of eight oranges, eight lemons,

### MINT JULEP for the Punch Bowl

a cup of strawberry juice and a pint of claret. Add ice water to dilute properly and pour in the punch bowl over a block of ice. Fresh berries and mint leaves should float on top of the bowl and in the individual glasses.



**I**N making lemonade allow three lemons to each quart of water. Scrub the lemons first to make sure they are perfectly clean, cut in two in the centre, and from either half cut a thin slice of

## LEMONADE

the lemon and lay aside. Squeeze the juice from the rest of the lemon, then peel off several strips of the thin yellow rind and put in a small basin on the back of the range with a cup of water added and let it simmer to extract some of the rich flavor of the rind. Mix sugar to taste with the juice, and then pour on the requisite amount of boiling water besides the water in which the peel has been steeped. Stand away until cold and mellow, then serve with a slice of lemon in the glass and a little chipped ice if desired.

**M**OST digestible and assimilable of all fermented milk foods is the Turkish yaourt, known in this country under its Armenian names of zoolak or matzoon. It is prepared in the Orient

from the milk of the buffalo or sheep, and tastes like very rich and delicious butter-milk. In this country

## ZOOLAK

it is made from cow's milk, and may be found at the best drug stores. It can, however, be made at home, using some of the old yaourt or zoolak as a starter. Zoolak differs from kumyss in the fact that although it is fermented it is not effervescent.

To make it the easiest way, boil three pints of rich milk, taking care that it does not scorch. Set off the fire to cool, until just a trifle hotter than lukewarm. Then add to it one-eighth of a cup of old zoolak, stir vigorously and set aside several hours until thick like lopped milk.

This is delicious served alone in a glass, with a spoon, or it may be used with rice, crackers or bread or with fresh berries,

if fruit is allowed. In typhoid it serves both as food and drink, as it does not, like kumyss, cause a distention of the intestines by gas.

If one is situated so that it is impossible to get any of the old zoolak for a starter, it may be made in this way:—Allow to one quart of milk one teaspoonful of sugar and one-third of a cake of yeast. Take a half cupful of the milk, slightly heat it, dissolve the yeast and sugar in it and set one side to begin "working." In an hour's time heat the remainder of the milk until lukewarm and beat the yeast mixture into it. Pour in small bottles, cork tightly and set aside for three hours in a warm place. At the end of that time remove to a moderately cool place and leave for two days, with frequent shaking. The bottles should then be opened and their contents poured into a bowl to stand for ten or fifteen minutes until the effervescence has passed away. Bottle again, put on the ice to prevent further fermentation, and as soon as cold it is ready for use. By recocking it will keep several days. If it thickens too much, shake thoroughly before using and it will become somewhat thinner.

**P**OUR one cup fresh hot tea over one cup block sugar and let stand until the sugar is dissolved and the syrup cold. Pour into a punch bowl together with three-quarters of a cup orange juice, one-half cup lemon juice, one pint each ginger ale and apollinaris. Just before serving add slices of orange.

## FRUIT PUNCH

### Grape Punch.

**A**DD to a quart of grape juice the juice of six lemons and two oranges, two quarts of cold water and two cups sugar. Pour into the punch bowl, add sliced oranges, bits of pineapple and berries or sliced peaches.

**S**ELECT the best black caps, put into a jar and pour over them enough of the best cider vinegar to cover. Let stand for thirty-six hours, then strain through cheesecloth, squeezing hard enough to get all the juice. Measure the juice and allow a pound of sugar to every pint of juice. Cook five minutes, bottle and seal while

### BLACK RASPBERRY SHRUB

scalding hot. Keep in a cool place. When you wish to serve allow two tablespoonfuls of the shrub to each glass very cold water. This makes a particularly fine beverage for picnics.

**T**HIS is a harvest or hot weather drink that can be made on demand. Mix together a pint molasses, two heaping "SWITCHEL" teaspoonfuls ginger, a gallon of water and cider vinegar to make as acid as desired. Serve ice cold.

**T**HIS should be made a couple of days before using. Put two gallons cold water over six lemons sliced thin, a pound and a half sugar and a scant ounce ginger root. Let it come to a boil then add tablespoonful cream of tartar. Strain and set in a cool place. When nearly cold add a yeast cake dissolved in a little lukewarm

### LEMON GINGER BEER

water, stir thoroughly, then set in the cellar over night. In the morning mix well, bottle, corking air tight and lay the bottles on their sides in a cold place. A small bottle Jamaica ginger extract may be used in the place of the whole ginger if preferred.

**T**HIS is made without spirits. Crush a bunch of mint, rubbing each leaf with a wooden muller or masher, then soak for half an hour in the strained juice of two lemons with the carefully grated yellow rind of one. Cook together a

### A TEMPER- ANCE MINT CORDIAL

pint of water and a pound of granulated sugar until the syrup spins a thread. Take from the fire and stir into it the lemon and the mint. the juice of an orange and an equal quantity of pineapple juice. Strain and put on the ice until cold, then serve in wine glasses with a sprig of mint and a berry on top of the glass.

**A** PARTICULARLY refreshing and wholesome drink for extreme hot weather is oatmeal water. To make it, put one cup oatmeal in a stone jar, add a cup sugar and the juice and rind of three lemons cut thin. Cover with three quarts boiling water, and let it stand until the sugar is dissolved and the water cold. Strain

### OATMEAL WATER

and place on ice. In the Japanese war with Russia oatmeal water was placed all over the Japanese ships to satisfy the thirst engendered by the heat and smoke, in place of the alcoholic drinks allowed the Russians.

#### Fourth of July Lemonade.

**F**OURTH of July lemonade takes on a more festive appearance by the addition of a little pink coloring matter such as comes with many of the packages of gelatine, or a little currant, strawberry or red raspberry juice. Slices of banana, strawberries cut in quarters, raspberries or pitted cherries add to the attractiveness of this favorite holiday beverage.

**MIX** together the juice of five lemons and five oranges, one pint of strawberry syrup, one can of grated pineapple and one ounce apollinaris. Make a syrup of one cupful of water, one cup-

ful of rather strong tea, and two cupfuls of sugar. When cold add to the fruit mixture, with enough water to make a gallon and one-half of liquid.

### A TEMPER- ANCE LOVING CUP

This same mixture makes a good filling for the punch bowl, in which case a half pint of maraschino cherries, chips of orange peel or a few slices of red bananas or muscatel grapes cut in halves make an improvement.

**P**UT one quart of cider to boil in a granite saucepan. Beat three eggs well and add sugar enough to tone down the acidity of the cider about to be poured in. When the cider reaches the boiling point pour over the beaten eggs, stirring briskly. Re-

turn to the pan, stir until it boils again and serve hot in glasses.

### MULLED CIDER

#### Red Raspberry Shrub.

**P**OUR one quart cider vinegar over three quarts raspberries. Let stand three days, mash and strain. Allow a pound of sugar to each pint juice, boil twenty minutes, skimming well, and bottle. Use a couple of tablespoonfuls to each glass of cold water.

**H**EAT in large double boiler or saucepan set in a larger vessel of hot water two and a half quarts of milk. Cook in a small pan until smooth and shiny four squares of chocolate, four tablespoonfuls sugar a heaping spoonful salt and four tablespoonfuls hot water or milk.

### FROTHED CHOCOLATE

Cook this for ten or more minutes, stirring constantly; pour into kettle of hot milk, and with a chocolate muddler or egg beater beat for five minutes. Flavor with a teaspoonful vanilla extract and a little cinnamon and serve in cups, pouring the hot chocolate over a spoonful of whipped cream in the bottom of each cup.

**T**HE older boys (no age limit) like this. Make an unusually strong lemonade, using five lemons and a cup of sugar to each quart of water. To every quart of lemonade allow one quart ginger ale. Put both together in a big punch bowl, with a piece of ice. Have ready a number of sprigs of mint carefully washed. Bruise the stems and lower leaves between the fingers so as to bring out the flavor of the mint. Half an hour before serving put into the punch bowl.

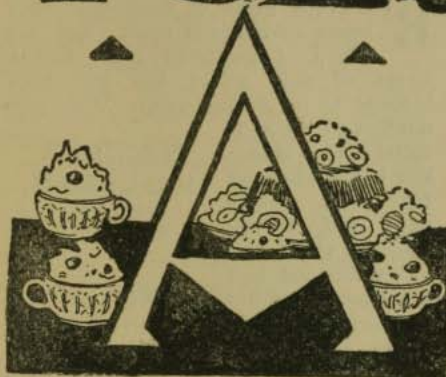
### LEMON GINGER PUNCH With Mint

#### Buttermilk Pop.

**P**UT a quart of buttermilk in a double boiler. When nearly at the boiling point add two tablespoonfuls flour rubbed smooth with two tablespoonfuls milk. Stir until boiling. This is excellent for nervous dyspepsia.



# ICES



Sherbets and ices differ from ice cream in that they are better served soon after freezing, so creams are best when allowed to stand and "ripen." There are two methods of making water ice. The first is very simple, consisting merely of a syrup too sweet for drinking, flavored with any fruit juice

## WATER ICES

preferred, then frozen. The second way is to boil sugar and water together, cool, flavor and freeze. As an uncooked ice is apt to melt quickly on exposure to the air, a tablespoonful of gelatine or the whites of two or three eggs are often added to each quart of juice in order to hold it. This slight addition converts a plain water ice into a sherbet or Italian sorbet. Any kind of fruit can be used in the concoction of a sherbet, but grapes, cherries, red raspberries, strawberries and pineapple are specially delicious. If liquor is added to a sherbet it becomes Roman punch. In this the liquor is added after it is set.

### Roman Punch.

TO one quart or a little more than a quart of lemon water ice add a glass of white rum, the juice of two oranges and a small glass of any dry wine.

COFFEE frappe is delicious and refreshing. It is served in glasses with a spoonful of whipped cream on top. A quart will serve twelve people. If used in a course luncheon or dinner, it follows the last entree and precedes the game.

### COFFEE FRAPPE

Pour one quart of boiling water over four ounces fine ground Java coffee.

Cover, let it simmer ten minutes, strain through cheesecloth, and add six tablespoonfuls sugar. When cold pour into the freezer and begin to freeze. As it begins to thicken, add the whites of two eggs beaten to a stiff froth, freeze five minutes longer, remove the beater, cover and let it stand fifteen or twenty minutes before serving.

**P**EEL and cut a sugar loaf pineapple in small pieces. Add two cups sugar and let it stand over night in a cool place. Strain off the juice and press the pulp through a colander. Add

### PINEAPPLE SORBET

to this a pint of water and the grated yellow rind of an orange. Mix well and boil ten minutes. Take from the fire, add the juice of one lemon and two oranges and freeze. If you wish to make this a "granite," pack in equal quantities of ice and salt and set away two or three hours, scraping the frozen part occasionally from the sides of the can and stirring the whole long enough to mix the ice thoroughly with the mass, but not long enough to beat it to an even cream. Serve in dainty cups of china or crystal.

**S**OAK two tablespoonfuls gelatine in a quarter cup cold water for an hour, then dissolve in a cup of rich milk heated just to the boiling point. Strain through a hair sieve into a quart of rich cream, add a cupful

### MERINGUE GLACE

or Baked Ice  
Cream

of sugar and a teaspoonful of orange or vanilla extract and freeze. When frozen pack in a mould and leave in the freezer for two or three hours. A little before serving time turn out on a stoneware dish, and cover roughly with a thick meringue made of the whites of five eggs beaten stiff with five tablespoonfuls powdered sugar and flavored with a scant teaspoonful of any flavoring desired.

Take care that the ice cream and the edge of the dish on which it rests are entirely covered by the meringue. Set the dish on an asbestos griddle or a board in a hot oven and let the meringue brown delicately. It should not take more than five minutes at the outside. Serve at once. The cream will not be melted. This is

often known as Alaska bake. If preferred you can serve it in individual moulds, but you will need to have two persons to assist in dishing, as it must be served as soon as it comes from the oven. When the ice cream is frozen hard in the freezer take out individual portions with the ordinary ice cream pyramid scoop, put in saucers, cover with the meringue and place on a board in the hot oven just a moment to color.

**B**EAT the yolks of four eggs until lemon colored and thick. Add one pound of powdered sugar and a quart of milk which has just been brought to the boiling point. Cook two minutes in a double boiler — no longer. Stir in the whites of four eggs, beaten until stiff, a teaspoonful and a half of vanilla and half

### VANILLA ICE CREAM, with Hot Chocolate Sauce

a teaspoonful of almond. When cool add a quart (a pint will answer) of cream, freeze and pack. Just before serving make the hot chocolate sauce in this way:—Mix two ounces grated chocolate or cocoa with two cupfuls granulated sugar, one-half cupful water, a tablespoonful and a half of butter, and a little stick cinnamon. Cook until the mixture forms a soft ball when dropped in cold water. Remove the stick cinnamon, add a few drops of vanilla, pour into a pretty pitcher and send about with the cream, to be poured over it. The maple sugar sauce with walnuts is a little newer than the chocolate, but either is so good that a choice between them is merely a matter of individual preference.

### Frozen Tea Sherbet.

**I**S also a refreshing ice, and one too seldom used. Make a quart of fine flavored tea in the usual way. Pour off, sweeten to taste, add the juice of a half lemon and the fine sliced peel. Freeze.

**P**UT one quart of fresh milk, two cups of sugar and the thin yellow rind from two lemons in the double boiler and let it come to a scald. Remove the peel and let the liquid cool. When cold freeze until almost solid enough to remove the beater, then add the juice of four large lemons, or five medium sized ones, mixed with

### LEMON MILK SHERBET

three tablespoonfuls of sugar and the whites of three eggs beaten stiff. Mix thoroughly with the frozen mixture, then cover the freezer, and stir until frozen quite hard. Remove the beater, scrape off the ice, beat and pack closely in the can. Put a cork into the opening in the cover, lay the crosspiece on top to keep the can down in the ice, and cover with an old piece of carpeting wet in salt and water. Let it stand an hour and serve. If it is to be kept longer, draw off the water and pack with more ice and salt.

#### Lemon Ginger Sherbet.

**T**HIS is simply a lemon sherbet with four ounces of candied ginger sliced fine and steeped in with the lemon peel.

**T**HIS makes a pretty addition to a company dinner. Pour two cupfuls boiling water over a bunch of bruised, fresh mint leaves. Cover and let it stand fifteen minutes on the back of the stove to infuse, then add one cupful sugar. When the sugar is dissolved strain, cool,

### MINT SHERBET

add two-thirds of a cupful of grape juice and a quarter of a cupful of lemon juice. Freeze to a mush like consistency. Serve in sorbet glasses, ornamenting the top of each glass with a crystallized cherry and sprig of mint.

**S**IIFT together one cup of sugar, two level tablespoonfuls of flour and a half saltspoonful of salt. Add two eggs and beat all together. Add one pint of hot, scalded milk, turn into a double boiler and cook, stirring constantly until smooth; then occasionally for twenty minutes. Cool, then

### CHOCOLATE ICE CREAM

add a pint and a half of cream, one cup of sugar, half a tablespoonful of vanilla and two bars of sweetened chocolate, melted with a tablespoonful of hot water and mixed with a little of the cream. Add half a teaspoonful of Ceylon cinnamon with the chocolate or a teaspoonful of cinnamon extract, which gives the cream a rich spicy flavor. Freeze.

**S**OAK one tablespoonful of gelatine in a quarter of a cup of cold water for twenty minutes, then add a cup and a half of boiling water and stir until dissolved. Add two cups of sugar, one pint red raspberry juice, or part currant and part raspberry, and the juice of two lemons. When cool freeze.

### RED RASPBERRY SHERBET

#### White Chocolate Ice Cream.

**T**HIS is simply a rich vanilla cream with chocolate grated coarsely into it at the last moment just before freezing. It will not turn dark like ordinary chocolate, but remains white, with the little speckles of chocolate throughout.

**P**UT a quart of cream and a half pint of milk in a double boiler and bring to a scald. Do not boil. Melt a cup of sugar in the hot cream, then cool. Flavor with one tablespoonful of vanilla and freeze.

### PHILA- DELPHIA ICE CREAM

**B**OIL together for five minutes one pound sugar and one quart of water.

Beat the yolks of six eggs and add to the boiling syrup. Stir just a moment, then take from the fire and beat until cold. Have in

### SICILIAN SHERBET

readiness one cup mixed fruit, which has been soaked in a half cup sherry.

When the mixture is quite cold turn into the freezer and freeze. Remove the beater, stir in the fruit with a wooden spoon and serve in punch glasses.

#### Currant Water Ice.

**S**OAK one tablespoonful gelatine in cold water to cover for half an hour. Pour over it one cup boiling water and stir until dissolved. Mix with it two cups more water, two cups sugar, two cups currant juice and the juice of a lemon. Freeze and serve with angel cake.

**S**OAK a half box gelatine in cold water to cover for half an hour. Then stand over boiling water until dissolved. Add a half cup sugar and a pint of raspberry juice, strain, set in a pan of cracked ice and stir until thickened.

### RASPBERRY CREAM

Add a pint whipped cream, and mix thoroughly. Pour in a mould and set in a mixture of ice and salt to harden.

**B**LANCH two ounces of pistache nuts as you would almonds, remove the skins, then pound to a paste in a mortar. Add to a quart of plain vanilla cream, flavor with a little orange flower water, then pack in ice and salt. The pistache paste may be

### PISTACHE ICE CREAM

purchased at the confectioner's if preferred.

If you wish a tutti frutti ice cream without the trouble of making the foundation creams at home, buy a quart of vanilla cream and a pint of pistache cream at the confectioner's and pack with the fruit yourself.

Ornament a two quart ice cream mould with candied cherries, apricots, citron, peaches, angelica, &c., that have been well steeped in

warm Kirschwasser syrup. Over this spread the pistache cream, then finish filling the mould with the vanilla cream mixed with a gill of Kirschwasser and a half cupful candied fruits cut small. Close the mould tightly, putting a layer of paper between the mould and cover, and imbed in ice and salt for at least two hours before using.

### TUTTI FRUTTI ICE CREAM

#### Grape Sherbet.

**B**OIL together one pound sugar and a quart of water, cooking just five minutes from the time it commences to boil. Cool, add a pint of grape juice and the juice of a lemon. When perfectly cold, freeze, turning slowly at first, then rapidly until light and spongy.

#### Pomegranate Water Ice.

**T**AKE off the outer hard shell, remove the seeds carefully and press through a sieve. For a half dozen pomegranates use a cupful each sugar and water. Cook the syrup and when cold add the fruit juice and freeze.

#### Peach Sherbet.

**B**OIL together for twenty minutes one quart of water and a pound of granulated sugar. Cool, add a scant pint of peach pulp, a teaspoonful gelatine, softened in cold water, then dissolved over the tea kettle and put in the juice of two oranges and one lemon. Freeze.



**F**OR which one of the best known ranches in Arizona is famous:—

Six lemons, scant two quarts of water, one pint of sugar, one tablespoonful of gelatine. Put the water and sugar on to boil in a clean basin. Boil until clear, skimming if necessary. Meanwhile squeeze the lemons, and grate a little of the yellow

### LEMON SHERBET

peel into the juice. Dissolve one tablespoonful of gelatine in a small portion of cold water, heating it over the tea kettle. When the syrup is clear, pour into the lemon juice, to which the gelatine has also been added. Freeze.

The beaten white of an egg may be substituted for the gelatine to give body.

#### Red Raspberry and Currant Ice.

**T**O prepare this use the juice from one quart currants and a pint of red raspberries. Press through a cheesecloth bag, add three cups sugar, a pint of water and a tablespoonful gelatine softened in a little cold water, then dissolved in boiling water. Freeze, using a little more salt than in freezing cream. Serve in tall glasses with a spoonful whipped cream on each portion and a few raspberries on top.

**C**OOK for five minutes over the fire one cup granulated sugar and a quarter cup water. Beat the yolks of six eggs until lemon colored and thick, then add the syrup little by little, constantly beating. Cook in a double boiler until the custard coats the spoon, then strain and beat until cold.

### PINEAPPLE PARFAIT

Add two cupfuls pineapple pulp pressed through a sieve and fold in a pint of cream whipped stiff. Pack and bury in the ice and salt mixture.

**T**HIS is a recipe given by the manufacturers of one of the latest and best of the four minute ice cream freezers. The amounts given make a quart of the parfait. Boil together until the syrup threads one cup sugar and one-third cup boiling water. Pour slowly into the stiffly beaten whites of two eggs and beat until cold. Whip to a stiff froth one pint double cream and fold into the egg mixture. Flavor with a scant tablespoonful vanilla extract or half a vanilla bean steeped in the syrup. Pour into a mould and pack in equal measures ice and salt. Let stand four hours. When ready to serve garnish with violets, fresh or candied, or rose leaves.

### WHITE OR ANGEL PARFAIT

#### Violet Parfait.

**T**HIS is made the same as the white parfait, using one-third cup grape juice instead of the boiling water, and adding half a cup grape juice and the juice of half a lemon to the cream before beating.

**C**OOK a half cup each sugar and water over the fire until it threads. Do not stir after the sugar has dissolved. Beat the whites of three eggs until very stiff, pour the syrup slowly over it, beating constantly. Flavor with vanilla, and when cold fold in a pint of cream whipped stiff. Pour into a mould and pack.

### VANILLA PARFAIT

**C**OOK until the syrup will spin a thread one cupful each water and sugar. Have ready the well beaten yolks of four or six eggs, stir into the cooked syrup, little by little, and return to the fire. Cook

### FROZEN PUDDING

until quite thick, beat until cool, then add a level table-spoonful gelatine that has been soaked for half an hour in two tablespoonfuls milk or water, then softened over the tea kettle. Beat again until thick, add one pint cream that has been scalded and cooled or whipped, put in one cupful ground almonds, one-half cupful seeded raisins or currants (or a cupful canned pineapple), and freeze. When ready to pack in a mould or in a freezer add one pound candied fruit cut in small pieces. Let stand a couple of hours to ripen, then serve.

**B**EAT the yolks of six eggs lightly, add to them one quart of fresh milk and one cup of sugar, put in the double boiler and cook to a smooth custard. As soon as the mixture coats a spoon take

### MISS DANIELS' CUSTARD ICE CREAM

from the fire and strain. Set away to cool. When quite cold add one pint of cream, more sugar if desired, and a table-spoonful of flavoring. When the freezer is ready for the cream to be turned in, add the beaten whites of the eggs and freeze. If the ice cream is to be moulded one tablespoonful of gelatine soaked half an hour in one-half cup of milk reserved from the custard should be added when the custard is done.

**H**ULL, wash and drain some firm, sweet berries. Press through a strainer enough to give about two-thirds of a cup of pulp. Cook together in a granite saucepan one cupful granulated sugar and a half cupful water until it spins a thread. Do not stir while cooking. Whip two whites of eggs stiff, then pour the hot

### STRAW- BERRY PARFAIT

syrup over them and continue beating until the mixture is cold. As it thickens add the crushed berries a spoonful at a time. Have ready a pint of cream whipped to a solid froth, stir lightly into the egg and berry mixture, then pack in a covered mould and bury in ice and salt, equal proportions, leaving it for several hours.

**P**UT one cup of milk in a double boiler and bring it to a scald. Add one teaspoonful of arrowroot dissolved in a tablespoonful of cold milk and cook ten minutes. Sweeten with one-half cup of sugar. When cold add one pint of cream and flavor delicately with vanilla, strawberry or orange. Freeze.

### HELDERBERG ICE CREAM

#### Peach Ice Cream.

**T**AKE two quarts ripe peaches, peel and press through a puree sieve. Make very sweet—the exact quantity of sugar cannot be given, as it depends on the acidity of the fruit. Crack six peach kernels, mash fine, and add to the pulp, together with a quart rich milk or thin cream. Freeze.

# DISHES for INVALIDS

**C**LEAN and cut up a fowl into inch pieces, removing all fat. Break the bones. Cover all with cold water, heat slowly and simmer gently until the meat is tender. Strain, cool, and remove any remaining fat.

## CHICKEN BROTH

When needed reheat and season with salt and pepper. If you wish to use it as a jelly, clear by cooling with the white of an egg for five minutes then skim well. Strain into cups to chill and mould.

**D**IP a freshly toasted slice of bread into boiling water slightly salted, and lay in a deep saucer. Pour over it a sauce made of one-half cup scalding milk, a teaspoonful butter and the

## MERINGUED TOAST

stiffly whipped white of one egg, the latter stirred in just as taken from the fire. Set in the oven for four or five minutes until delicately browned.

### Mulled Cider.

**H**EAT sweet cider to the boiling point. Thicken with flour stirred smooth in a little cold water, allowing a table-spoonful flour to each quart of the cider. Sweeten and spice to taste and serve hot. This is an old Quaker drink, used to break up an incipient cold.

**T**HIS is a favorite Southern remedy in case of feverish colds. Boil one quart milk with a two inch stick cinnamon in a double boiler. When it comes to a fair boil, remove the cinnamon and let the milk cool.

Blanch a half cup sweet almonds and when cold pound in a mortar with orange flower or rose water to make a paste. Sweeten the milk to taste, then cook the paste in it for a few moments only. Strain out the almonds, leaving the milk creamy. Cool, then pour in glass jars or bottles and keep on the ice. Serve very cold.

## ORGEAT

**T**OAST two half slices stale bread, lay in a china bowl. Sprinkle with a table-spoonful white sugar, a little salt and cinnamon or nutmeg to taste, then pour on a scant cupful boiling water. Cover with a plate and set in open oven ten or twelve minutes; then serve. Boston crackers can be used in place of bread. In this case split, toast, season and let stand twenty minutes in the hot water.

## PANADA

**T**HE first consists of an apple cored and carefully baked, set on a pretty saucer, then covered with whipped cream or the white of an egg beaten stiff with a little sugar. The other digestible

### DAINTY DESSERTS for the Nursery or Invalid's Tray

and simple dessert is apple toast. To make it, toast bread in the oven until crisp throughout, but not blackened. Place the slices in the bottom of a colander set within another dish, turn boiling water over each slice, drain immediately and serve hot in a pretty plate with sweetened apple sauce about the consistency of marmalade spread over each slice. The sauce may also be made from dried apples or apricots or stewed peaches. Still another nourishing and pretty way of serving apple sauce is to stew the apples quickly so that the sauce is white and tender. Strain through a puree sieve, then beat up with the white of an egg already beaten stiff. Add sugar and flavoring to taste and pile lightly in a glass dish.

**G**RUELS properly made and daintily served are invaluable where food is required that shall quench thirst and satisfy hunger without overloading the stomach or affording too great a stimulant.

The difference between gruels and porridges is but one of a degree, the porridges being thicker than the gruels. Both are cooked mixtures of various grains or flours made with water or milk. They require long and thorough cooking to make them digestible. This should be done in a double boiler to avoid scorching. Gruels may be served hot or cold, but should be always freshly made. Of the flour, arrowroot, cornstarch and rice flour, use two level teaspoonfuls dissolved with a little cold water to a smooth paste and

one saltspoon of salt to a pint of boiling water. Cook two hours. Oatmeal should be cooked from five to eight hours unless it is to be strained, as the cellular tissue is very irritating in diseases of the intestines or in any case of weak digestion. For foods that have already been partially cooked, like farina, stir one tablespoonful of the food and one saltspoon of salt into a full cup of boiling water and cook twenty minutes. Add a cup of milk and heat thoroughly. Barley gruel is excellent in gastric troubles or fevers. Cook one ounce of pearl barley in enough hot water to cover well for two minutes. Pour off the water, add one quart of cold water and cook slowly for two hours. Strain, salt to taste and sweeten or flavor slightly if desired.

#### Egg Gruel.

**E**GG gruel is made as follows:—To the yolk of one egg, well beaten, add one teaspoonful of sugar, and pour over it one cupful hot water, beating very rapidly. Add the well beaten white of the egg and again beat until foamy. Serve very hot. Spice or a few drops of liquor may be added to this under the doctor's orders.

#### Oatmeal Gruel.

**F**OR oatmeal gruel pound one cupful of the meal until fine. Pour over it a cup of cold water and let it stand until settled. Strain off the water into a saucepan.

Pour over the meal another cup of cold water, stir well and again strain. Repeat this operation four times. Then boil the four cups of strained water thirty minutes, add one saltspoon of salt and serve very hot. Beef tea, milk or cream may be added.

#### Apple Water.

**R**OAST several apples of fine flavor and put into a pitcher. Pour on boiling water and let stand until cold. This will be found very grateful in case of a feverish cold.

**P**UT into a double boiler one cupful of milk and heat to the boiling point.

Stir two tablespoonfuls flour smooth in another cupful cold milk, then add to the scalding milk, little by little, stirring all the time, until smooth and thickened. Cook over

the hot water for half an hour and salt to taste just before removing from the fire.

### MILK PORRIDGE

**O**NE pound lean, juicy mutton chopped fine, and one pint cold water. Let stand half an hour, then heat slowly and simmer half an hour. Strain, season and thicken

with a little rice flour stirred smooth in cold water. Serve very hot. If little globules of fat appear on the surface of the broth they can be removed with a bit of soft tissue paper.

### MUTTON BROTH

**T**HIS should always be prepared at home, unless one has access to a first class diet kitchen.

Take one pound of the round of beef, remove every scrap of fat and chop very fine. Cover with one pint of cold, soft water, and stand aside an hour. Then place in a jar in the

oven or a kettle on the back of the stove and heat to a moderate degree—not much warmer than you could bear your hand in, say 165 degrees, at the outside. Strain through a colander, not a strainer. If care has been taken in the preparation, it may be served at once, simply salted with ordinary salt or celery salt. It is better, however, to let it stand several hours in a cold place, to let every bit of fat rise to the surface. Remove this in a solid cake if there is much, or with a clean piece of blotting paper. If necessary to reheat,

take pains not to let the temperature rise above the 165 degrees. If it approaches the boiling point, and the albumen coagulates, it is spoiled. If it is necessary to give beef tea to a patient several times daily it is wise to vary the flavor from time to time, so that the invalid does not tire of it. This may be done by means of a bay leaf or a flavoring of some vegetable, straining them out before serving. For the patient who rebels against the sight of beef tea, unless overcooked, which causes it to lose its bright color, or unless strained through a fine sieve, which removes the brown flakes, which are the best part of the broth, get a red wine glass and give him his tea in that.

**A** GOOD sponge cake served with sweet cream or a glass of milk is an excellent lunch for an invalid. Sift together two cups of pastry flour, one teaspoonful cream of tartar and a scant half teaspoonful of soda. Beat four eggs until light, add one half cup cold water, a cup and a

### SPONGE CAKE

half powdered sugar, two tablespoonfuls lemon juice and the sifted flour. Beat light and bake in a very moderate oven.

### Rice Coffee.

**B**ROWN rice in a spider as you would coffee. Grind and add two tablespoonfuls of the rice to a pint of boiling water. Put in a hot place ten minutes, keeping just below the boiling point, then serve with sugar and cream.

### Egg Nog.

**B**EAT the yolk of an egg light, add a wine glass of sherry and a cup of new milk. When well mixed stir in the stiffly whipped white of an egg, a spoonful at a time. A teaspoonful sugar may be beaten in with the yolk if preferred, and a grating of nutmeg added for seasoning.

**A** NOVELTY is a tiny ice cream freezer in which a pint of any frozen dainty may be made. While these are popular, as used by college boys and girls to supplement their chafing dish

### ICE CREAM FOR THE INVALID

spreads, they are still more useful in the sick room. Failing the real freezer, a one pound baking powder can set in a larger dish will do very well. Be sure, however, that the tin does not leak. Put into a bowl two teaspoonfuls of sherry wine, a teaspoonful of powdered sugar and half a cupful of cream, and beat together until the mixture begins to thicken, but not until like whipped cream. Pour this into the sterilized baking powder can or freezer. Fit the lid on tightly with a piece of manilla paper between the lid and the top of the can. Place in the larger vessel of tin or wood, and fill up the space with crushed ice, mixed with common salt. Turn the small can for about five minutes, then set away in a cold place. In a short time it will be frozen and your invalid will have a saucer of delicate and delicious cream. If preferred, fruit juice or coffee may be used in place of the wine. A little more sugar will then be required.

**W**ITH la grippe and feverish colds prevalent, cooling drinks are in demand. Chilled fruit juices are always acceptable whether they be from the juice of dried fruits soaked over night, then cooked in the same water, tart homemade jellies dissolved in a glass of cold water, allowing a tablespoonful of jelly to a glass of water, or the juice of lemons, limes, oranges or grape fruit diluted with water and sweetened to taste.

### COOLING DRINKS FOR FEVERISH COLDS

One patient finds nothing more acceptable than the juice of an orange squeezed in a glass the same as lemon for lemonade. Another finds appleade the most refreshing. To prepare it peel and quarter a tart apple, cover with water and cook until tender. Press to a pulp while hot, sweeten slightly, then cool and strain into a glass of cold water. The water in which rice has been cooked, when strained, cooled and slightly sweetened or lightly salted, is both nourishing and cooling. The addition of lemon juice makes an Oriental drink greatly in demand in case of cold or fever. Oyster broth made with milk and chilled is often relished.

The peculiar acid of buttermilk appeals to many palates, while with others oatmeal water stands first. To make the latter put one cup oatmeal in a stone jar with a cup of sugar, the juice and thin yellow rind of three lemons. Cover with three quarts boiling water and let stand until the sugar is dissolved. Strain and put on the ice.

**A**DD to the unbeaten white of one fresh egg, as you begin beating, a teaspoonful of cooked, sweetened and finely chopped prunes. As you continue to beat, add more prunes, until you have added two tablespoonfuls in all. Add a half table-**PRUNE PUFF** spoonful lemon juice and beat until very stiff. Cook in slightly buttered cups filled two-thirds full, set in a pan of hot water, or eat simply chilled and not cooked.

### Lime Water and Milk.

**P**OUR one gallon cold water over a lump of unslaked lime about the size of an egg. Let it stand over night to settle, then pour off the clear water. Mix as required with an equal quantity of milk.

**I**T is said that many patients who cannot drink tea made in the ordinary way find that it agrees with them when brewed with milk instead of water. Scald out the teapot so that it will be hot

### TEA BREWED IN MILK

when the tea is added. Put in the tea leaves, a scant teaspoonful or less, and cover with a little hot milk just brought to the boiling point but no more. Let it stand for two or three minutes, then add more of the hot milk and use at once.

**S**ELECT the largest legs for broiling. Wash and wipe with a cloth and trim off the bones of the claws with a pair of scissors. Prepare a marinade of three tablespoonfuls of the best olive

### BROILED FROGS' LEGS

oil, the juice of a lemon, a half teaspoonful of salt, and pepper or not, according to taste. Roll the legs in this mixture, then lay them on a double oyster broiler and broil to a rich, even brown, five minutes to a side. Slip on a hot plate and spread with a sauce made by mixing a teaspoonful of minced parsley with a tablespoonful of butter and a tablespoonful of lemon juice.

**C**HOPS, birds and dry fish are most delicious when broiled in paper. A sheet of foolscap paper is spread with either olive oil or butter (I should always give preference to the former),

### CHOPS, FISH AND BIRDS

**In Paper Cases**

then the article to be broiled, salted and peppered, should be laid on the lower half and the upper part folded over with the edges together. Begin at the edge and fold over the lower side and ends several times, pinching together close to

the meat. Place in a wire broiler, and broil eight or ten minutes over a steady, slow fire, turning often. The paper will char a long time before igniting, and the contents will be basted in their own juices. When the paper is well browned the chop or bird is done to a juicy, delicate and digestible turn. Serve in its envelope, which conserves the heat and juices to the very minute of serving. A few crispy sprigs of watercress add to its attractiveness and digestibility. The large filet of chicken broiled in this way is delicious and easy of assimilation. Squabs or quails should be split down the back and wiped dry before broiling. A tenderloin of steak may also be broiled in paper.

**A**NOTHER timely and delectable dish for the invalid's tray is corn fried in California style. Cut the kernels from the cob, scraping as cut, so that it will be milky, but not cutting too close to the cob. Have a sheet iron frying pan piping hot, with a little salt sprinkled in it, and left just long enough to brown. Put the corn

### CALIFORNIA BROWNE CORN

into the pan, pressing the kernels with a spoon so as to extract the milk. In just a moment it will begin to brown in its own juice. Keep stirring, and when well browned add water, a tablespoonful at a time, pressing with spoon until the corn begins to stick. Then add another spoonful until two or two and a half have been added for each ear of corn used. This makes the delicious gravy. Keep stirring all the time the corn is cooking, as it scorches easily.

### Raw Beef Sandwiches.

**S**CRAPE fine a small piece of juicy, fresh, tender raw beef, season well with salt and pepper and place between slices of hot, crispy toast.

**T**HE throat sweetbreads are considered best. Parboil, then blanch in cold water made acid with lemon juice. Wipe dry, then brush with

### BROILED SWEET-BREADS

olive oil and broil over a clear fire until well browned. Season lightly with salt, and, if the physician approves, a sprinkling of pepper,

being sure, however, that the pepper is pure.

**L**EAN beef, carefully broiled, yields a great amount of nourishment. As the convalescent progresses toward recovery he is usually allowed steak broiled in the ordinary way, but when the

### BROILED BEEFSTEAK

digestion is seriously impaired and the least expenditure of vital force is a desideratum, there is nothing so easy of assimilation as the steak meat balls. Select a thick piece of round or sirloin, and with a dull knife scrape with the grain of the meat, leaving all the stringy white fibre behind. Roll the pulp up into balls about the size of a marble. Have the frying pan smoking hot, sprinkle a little salt in it and shake until brown. Then lay in three or four balls, and with a spoon keep them rapidly rolling and turning for just a minute or two. The salt gives them an appetizing flavor, while they will be rare inside and delicately brown outside. Prepared in this way they can be digested by the weakest stomach. In some cases a patient has to be restricted to this diet alone and the drinking of hot water an hour before meals, with the result that great improvement follows speedily, if not convalescence.

Where the patient is allowed steak reg-

ularly broiled, care should be taken to avoid all flame in broiling, as that causes a deposit of coal tar on the meat, giving it a smoky, nauseating flavor. It should be broiled over a clear fire of coals or gas. After the first searing on each side it may be turned as often as ten can be counted. In this way the juices flow to the centre and are there retained. As the juices of the meat become converted into steam they expand, giving the meat a puffy appearance, which should not be lost. Steak an inch thick will require from five to twelve minutes. Have the plate which is to receive it hot, sprinkle with salt, put on a bit of butter and serve at once with a mealy baked potato, done just "to a turn," and a few sprigs of watercress.

### Venison.

**T**HIS is one of the most easily digested meats, and may be cooked the same way as beef or mutton. It should always be rare and served with a little currant jelly. For the invalid it is best roasted or broiled with or without the paper case.

### Broiled Mackerel.

**R**EMOVE the head and dark skin from inside the fish. Wash thoroughly and wipe dry. Split so that when laid flat the backbone will be in the middle. Oil the bars of the gridiron and broil over a clear fire, browning the flesh side first.

### Scorched Codfish.

**S**ELECT a thick square piece of nice salt fish and toast over a clear fire until lightly browned on either side. An invalid will frequently relish this when richer or more elaborate viands will not seem "to go near the right place."



# MENUS

## \$5 XMAS DINNER FOR SIX PLATES.

HERE is a Christmas menu, traditionally English in its main features, but embellished with a few up to date American frills. The entire cost of it is covered by one of Uncle Sam's five dollar bills:—

Grape Fruit or Oyster Canapes.	
Pickled Pears (home made).	Celery.
Oxtall or Mock Turtle Soup.	
Roast Green Goose with Apple Sauce, or	
Roast Sirloin of Beef with Browned	
Potatoes and Yorkshire Pudding.	
Mashed Irish Potatoes or Baked Sweet.	
Bolled Onions with Cream Sauce.	
Roman Punch (home made).	
Roast Pigeons.	Orange and Endive Salad
	Pippins and Cheese.
Plum Pudding with Brandy Sauce.	
Syllabub.	Nuts, Raisins.
	Coffee (demi-tasse).

### Oyster Canapes.

Appetizers served in the form of canapes or bouchees are considered excellent form in introducing the course dinner. As they are usually served cold they may be prepared the day before. They are served on small plates placed at each cover. The usual foundation for these is circles of white bread about the size of a silver dollar, fried in butter to a delicate brown on either side. After frying lay on a soft paper to absorb every particle of grease.

To serve six people cut twelve selected oysters in small pieces and mix with two

tablespoonfuls horseradish, one heaping tablespoonful each chopped green cucumber pickles and olives, and season with lemon juice and paprika. When the toast is cold, spread with the mixture, cover with mayonnaise made with lemon juice instead of vinegar, and serve cold.

### To Prepare the Grape Fruit.

Cut the fruit in halves, midway between the stem and blossom ends. With a sharp pointed knife loosen the flesh of the fruit from the skin without breaking, remove the seeds with scissors, reach down and snip out the hard centre core that holds the white membrane surrounding the pulpy sections. It then may be all removed together.

Fill the spaces thus created with a little sugar and teaspoonful of grape juice or sherry wine, add a maraschino cherry and serve on small plates.

### Syllabub.

No Southern housewife would consider her Christmas dinner complete without a big dish of syllabub. This is simply chilled cream sweetened in the proportion of two tablespoonfuls finely powdered sugar to each cup cream, then flavor with sherry or other sweet wine, whipped into a froth and pour over calves' foot jelly.

This jelly may be made from any of the quick process gelatine powders, though it is undoubtedly more nourishing when

made at home under the watchful eye of the housewife.

Procure your calves' feet, scald and clean them thoroughly, split, break the bones and put over the fire in a kettle, with four quarts of cold water. Heat slowly, skim, then simmer gently until the broth has been reduced to about three pints. This will take several hours.

Strain and set aside until cold, when the fat can be readily removed. Return to the kettle with one cup sugar, the juice and grated yellow rind of two lemons, a blade of mace and three sticks of cinnamon each an inch long. Put over the fire and as it begins to heat add whites of three eggs beaten and their crushed shells. Cook five minutes until a thick scum has arisen. Remove, then add one pint wine and strain through a napkin into a shallow dish. When ready to serve, cut into blocks and pile up lightly in a pretty glass dish.

Cut the oil bag carefully from the tail and take out every particle of it, as it imparts a strong odor. Turn the skin back at the neck and cut off the neck close to the body. Draw out the tendons from the drum sticks with a fork or a dull pointed skewer. This makes the flesh of the drumstick much more tender.

All the fat from the inside of the fowl should be removed, for in a turkey, goose or duck it is too strong for cooking. All chicken fat should be saved and tried out, as it makes a most delicate shortening, or it may be used in making a mayonnaise dressing. After the fowl is well cleaned, wash thoroughly inside and out, then rinse and dry. The giblets should be well cleaned, then cooked in a saucepan with boiling salted water until tender, when they may be chopped and added to dressing or gravy, as preferred. If they are to be used in the dressing cook several hours beforehand.

#### NEW YEAR'S DINNER FOR EIGHT PERSONS COSTS \$4.

Fileted Anchovies or Sardines, with Lemon.  
Celery.

Cream of Tomato Soup.

Roast Turkey or Guinea Fowl (eight pounds).  
Cranberry Jelly.

Sweet or Irish Potatoes.

Chicory or Endive Salad, with French  
Dressing.

Mince Pie (home made).

Ice Cream (three pints).

Cakes.

Bread, Butter, &c.

Coffee.

#### Stuffing for Fowl.

The stuffing for a fowl of whatsoever sort may be a plain bread variety, seasoned with parsley, onion, a little celery and salt and pepper; a chestnut stuffing, one of oysters, olives, mushrooms, or the giblets with the bread. A little sausage or fat salt pork mixed with bread makes a rich dressing. One of the best dressings is the dry Philadelphia stuffing.

#### Dry Philadelphia Stuffing.

WHEN the fowl comes home from the butcher's you will in all probability find it dressed, and with the liver, gizzard and heart returned to the inside. After removing all the little feathers that may have escaped notice when the fowl was plucked hold over the gas flame or a twisted newspaper lighted in the fire box of the coal stove and singe. Next remove the red parts—the lungs that cling to the ribs—and throw them away.

To make this dressing, which is never soggy or heavy, as wet dressings are apt to be, but falls apart like well cooked rice when served, use two quarts of stale, finely crumbed bread. Season with two even tablespoonfuls salt, a heaping teaspoonful pepper, two teaspoonfuls each powdered summer savory and minced parsley and one of powdered sage. Rub a cupful of butter through the bread crumbs; then, having dusted the cavity of the bird with salt and pepper and a little

poultry seasoning or sage, stuff full and sew up. Push the legs close to the body and draw the wings back so that the breast may stand out plump and fair, affording the carver an easy task. Rub a tablespoonful salt over the bird, brush over with olive oil or melted butter, dredge with flour, lay **breast down** in the dripping pan and roast in a medium hot oven, basting frequently. If too hot protect the bird with a thick sheet of buttered paper or the paraffine paper that comes already prepared. Allow ten minutes to the pound for roasting after the first twenty minutes.

#### Yuletide Wedding Menu.

For a large wedding refreshments should be passed from the dinner table, which should be arranged as charmingly as possible. Spread your finest cloth and in the middle lay a pretty centrepiece and on this arrange a vase of scarlet poinsettas or holly. Radiating from this, star fashion, have holly branches. Use candles with holly shades.

A simple menu might be bouillon served in cups, two kinds of sandwiches—ham and olive; lobster salad, ice cream served in flower or fruit shapes, fancy cakes, bonbons and coffee.

Another good menu at this time would be creamed oysters, then cold turkey with a spoonful of cranberry jelly and a stalk of dressed celery on each plate, followed with a sweetbread, lettuce salad and hot finger rolls.

The next course would be ice with cake and fruit, followed by the black coffee.

On a table at one side of the room have a large bowl of claret or fruit punch, with a ladle and glasses ready for guests to help themselves. Wreath this bowl with **hmas greens**.

### Menus for a Week in the Spring.

#### SUNDAY.

##### Breakfast.

Grape Fruit.  
Cereal.  
French Omelet.  
Rice Cakes, Maple Syrup.  
Coffee.

##### Dinner.

Oysters on the Half Shell.  
Olives. Radishes.  
Roast Veal with Dressing.  
Mashed Potatoes. Fried Egg Plant.  
Endive Salad.  
Rhubarb Pie. Cheese.  
Black Coffee.

##### Supper.

Baked Bean Salad. Devilled Eggs.  
Whole Wheat Bread and Butter.  
Lady Baltimore Cake. Custard.  
Tea.

#### MONDAY.

##### Breakfast.

Cereal Cooked with Dates.  
Scrambled Eggs with Parsley.  
Creamed Potatoes. Toast.  
Coffee.

##### Luncheon.

Potato Cakes. Cold Veal.  
Corn Bread. Cookies. Orange Marmalade.  
Tea.

##### Dinner.

Cream of Potato Soup.  
Broiled Steak with Parsley Butter.  
Baked Potatoes. Asparagus on Toast.  
Young Beets and Beet Green Salad.  
Poor Man's Pudding.

**TUESDAY.****Breakfast.**

Oranges. Cereal.  
 Finnan Haddie, Watercress.  
 Popovers. Coffee.

**Luncheon.**

Veal Olives. Baked Potatoes.  
 Boiled Rice, Maple Syrup.  
 Tea.

**Dinner.**

Tomato Soup.  
 Olives. Gherkins.  
 Braised Veal Cutlets with Currant Jelly.  
 Parsnip Fritters. Sweet Potatoes.  
 Asparagus Salad.  
 Sliced Pineapple. Cake.  
 Coffee.

**WEDNESDAY.****Breakfast.**

Evaporated Apple Sauce.  
 Cereal.  
 French Omelet. Wheat Muffins.  
 Coffee.

**Luncheon.**

Clam Chowder.  
 Brown Bread and Butter.  
 Pickles. Gingerbread. Tea.

**Dinner.**

Cream of Asparagus Soup.  
 Filet of Flounder.  
 New Potatoes with Parsley Butter.  
 Stewed Tomatoes. Lettuce Salad.  
 Cottage Pudding.  
 Coffee.

**THURSDAY.****Breakfast.**

Oranges. Cereal.  
 Eggs a la Caracas.  
 Rice Cakes. Coffee.

**Luncheon.**

Hamburger Steak. Baked Potatoes.  
 Lettuce with French Dressing.  
 Raisin Cake. Baked Rhubarb.  
 Tea.

**Dinner.**

Vermicelli Soup.  
 Radishes. Pickles.  
 Pork and Parsnip Stew.  
 Pineapple Shortcake with Whipped Cream.  
 Black Coffee.

**FRIDAY.****Breakfast.**

Evaporated Apricots, Stewed.  
 Cereal.  
 Broiled Mackerel, Watercress.  
 Wheat Muffins. Coffee.

**Luncheon.**

Creamed Codfish. Boiled Potatoes.  
 Pickles.  
 Apple Sauce. Cake. Tea.

**Dinner.**

Cream of Celery Soup.  
 Broiled Shad.  
 Creamed Potatoes. Oyster Plant.  
 Endive Salad.  
 Tapioca Pudding with Meringue.  
 Coffee.

**SATURDAY.****Breakfast.**

Bananas and Oranges.  
 Cereal.  
 Ham and Eggs.  
 Graham Gems. Coffee.

**Luncheon.**

Frizzled Beef. Cream Toast.  
 Currant Tarts.  
 Tea.

**Dinner.**

Split Pea Soup with Croutons.  
Pickles.  
Pot Roast of Beef, Browned Potatoes.  
Creamed Turnips and Peas.  
Lettuce with French Dressing.  
Cabinet Pudding.  
Black Coffee.

**Luncheon.**

Asparagus Omelet. Lettuce Salad.  
Fruit. Cookies.  
Coffee.

**Dinner.**

Clear Soup. Radishes.  
Olives. Broiled Lamb Chops.  
Baked Potatoes. Green Peas, Mint Sauce.  
Lettuce and Radish Salad.  
Strawberry Shortcake with Whipped  
Cream.  
Black Coffee.

**Menus for a Week in Early  
Summer.**

**SUNDAY.**

**Breakfast.**

Strawberries au naturel.  
Cereal.  
Broiled Brook Trout or Shad,  
Watercress.  
Graham Gems. Coffee.

**Dinner.**

Fruit Cocktail.  
Radishes. Young Onions.  
White Fricassee of Chicken with Parsley.  
Potato Balls. Rice Fritters.  
Tomato and Lettuce Salad.  
Cheese Straws.  
Lemon Ice. Chocolate Wafers.  
Iced Tea. Black Coffee.

**Supper.**

Potato Salad. Saratoga Chips.  
Bread and Butter Sandwiches.  
Currants. White Cake.  
Iced Tea.

**MONDAY.**

**Breakfast.**

Fresh Fruit or Orange Marmalade.  
Cereal.  
Broiled Ham. Rolls. Coffee.

**TUESDAY.**

**Breakfast.**

Fruit. Cereal.  
Poached Eggs on Toast.  
Coffee.

**Luncheon.**

Chicken Croquettes. Creamed Potatoes.  
Red Raspberries. Cake.  
Iced Tea.

**Dinner.**

Asparagus Soup. Bread Sticks.  
Broiled Shad.  
Green Peas. Boiled Potatoes.  
Dandelion Salad.  
Bavarian Cream.  
Black Coffee.

**WEDNESDAY.**

**Breakfast.**

Cherries or Other Fresh Fruit.  
Cereal.  
Spanish Omelet. Oatmeal Scones.  
Coffee.

**Luncheon.**

Salmon Salad.  
Bread and Butter  
Orange Cake. Lemon Jelly.  
Iced Tea.

**Dinner.**

Clam Cocktails.  
 Pickled Young String Beans.  
 Lamb Potpie.  
 Summer Squash. Mashed Potatoes.  
 Dressed Cucumbers.  
 Floating Island. Black Coffee.

**Dinner.**

Clams on Half Shell.  
 Scalloped Fish.  
 Baked Potatoes. Broiled Tomatoes.  
 Sponge Corn Bread.  
 Lettuce with French Dressing.  
 Raspberry Float.  
 Black Coffee.

**THURSDAY.****Breakfast.**

Cantaloupe or Other Fresh Fruit.  
 Broiled Bluefish.  
 Sliced Cucumbers.  
 Rice Cakes. Coffee.

**Luncheon.**

Eggs with Curry Sauce.  
 Brown Bread and Butter.  
 Fruit.  
 Gingerbread. Iced Cocoa.

**Dinner.**

Carrot Soup. Radishes.  
 Stuffed Shoulder of Veal, Roasted.  
 Potato Souffle. Green Corn.  
 Moulded Spinach with French Dressing.  
 Vanilla Ice, Chocolate Sauce.  
 Black Coffee.

**SATURDAY.****Breakfast.**

Fruit. Cereal.  
 Broiled Chops, Watercress.  
 Rice Waffles.  
 Coffee.

**Luncheon.**

Dried Beef with Cream Sauce.  
 Graham Bread and Butter.  
 Radishes.  
 Strawberry Shortcake.  
 Tea.

**Dinner.**

Cream of Asparagus Soup.  
 Lamb Fricassee with Dumplings.  
 Mint Jelly. Green Peas.  
 Lettuce.  
 Cherry Pie. Coffee.

**FRIDAY.****Breakfast.**

Raspberries.  
 Cereal.  
 Parsley Omelet. Rolls.  
 Coffee.

**Luncheon.**

Tomato Toast. Green Pea Salad.  
 Crullers. Cream Cheese.  
 Tea.

**Menus for a Week in the Autumn.****SUNDAY.****Breakfast.**

Cantaloupe.  
 Fried Oysters, Watercress.  
 Grilled Sweet Potatoes.  
 Toast. Coffee.

**Dinner.**

Cream of Celery Soup.  
 Baked Squab with Bread Stuffing.  
 Creamed Mashed Potatoes.  
 Cold Tomatoes with Mayonnaise.  
 Fruit. Cheese.  
 Black Coffee.

**Supper.**

Hot Milk Toast.  
 Frizzled Beef.  
 Sliced Peaches with Whipped Cream.  
 Sponge Cake. Chocolate.

**MONDAY.**

**Breakfast.**

Peaches and Cream.  
 Cereal.  
 Radishes in Ice.  
 Broiled Bacon.  
 Rolls. Coffee.

**Luncheon.**

Green Apple Sauce.  
 Clam Fritters. Corn Bread.  
 Cake. Tea.

**Dinner.**

Purée of Lima Beans.  
 Broiled Steak with Maitre d'Hotel Butter.  
 Baked Potatoes. String Beans.  
 Romaine Salad.  
 Apple Pie. Cheese.  
 Black Coffee.

**TUESDAY.**

**Breakfast.**

Cantaloupe.  
 Cereal.  
 Hash Balls. Radishes.  
 Toast. Coffee.

**Luncheon.**

Macaroni Rarebit.  
 Fried Green Tomatoes.  
 Fruit. Wafers. Tea.

**Dinner.**

Watermelon.  
 Roast Beef. Franconia Potatoes.  
 Yorkshire Pudding.  
 Sliced Tomatoes.  
 Baked Peaches with Cream.  
 Coffee.

**WEDNESDAY.**

**Breakfast.**

Grapes. Cereal.  
 Broiled Tomatoes with Cream Gravy.  
 Corn Meal Gems. Coffee.

**Luncheon.**

Cold Roast Beef. Baked Potatoes.  
 Cucumbers and Green Peppers.  
 Brown Bread and Butter.  
 Gingerbread. Baked Apples. Tea.

**Dinner.**

Cream of Corn Soup.  
 Pickles. Radishes.  
 Fried Breast of Lamb, Macaroni and  
 Tomato.  
 Sweet Potatoes.  
 Tomato and Green Pepper Salad.  
 Watermelon.  
 Coffee.

**THURSDAY.**

**Breakfast.**

Fruit. Cereal.  
 Minced Beef on Toast.  
 Coffee.

**Luncheon.**

Fried Hominy.  
 Lamb Mince with Green Peppers.  
 Fruit. Cookies. Cocoa.

**Dinner.**

Vegetable Soup.  
 Mock Duck, Currant Jelly.  
 Mashed Potatoes. Turnips.  
 Tomatoes with French Dressing.  
 Peach Shortcake.  
 Coffee.

**Dinner.**

Barley Soup.  
 Chili Sauce. Mustard.  
 Corned Beef. Boiled Potatoes.  
 Young Beets and Beet Greens.  
 Indian Pudding.  
 Black Coffee.

**FRIDAY.****Breakfast.**

Grapes. Cereal.  
 Scrambled Eggs with Green Peppers.  
 Wheat Gems. Coffee.

**Luncheon.**

Salmi of Mock Duck.  
 Potato Balls.  
 Graham Bread. Peaches. Cocoa.

**Dinner.**

Cream of Cabbage Soup.  
 Baked Bluefish.  
 Mashed Potatoes.  
 Tomatoes Stuffed with Rice.  
 Cabbage Salad.  
 Pumpkin Pie. Cheese.  
 Black Coffee.

**SATURDAY.****Breakfast.**

Canteloupe.  
 Cereal.  
 Hamburger Steak. Fried Potato.  
 Blueberry Biscuit.  
 Coffee.

**Luncheon.**

Fish Chowder. Crackers.  
 Sliced Tomatoes.  
 Sponge Cake. Spiced Grapes. Tea.

**Menus for a Week in the Winter.****SUNDAY.****Breakfast.**

Grape Fruit or Oranges.  
 Pinhead Oatmeal  
 (cooked in double boiler).  
 Corned Beef Hash, with Poached Eggs.  
 Cornmeal Muffins.  
 Coffee.

**Dinner.**

Vegetable Soup, with Croutons.  
 Celery. Pickled Tomatoes.  
 Chicken Potpie, with Baking Powder  
 Biscuit.  
 Rice. Sweet Potatoes. Tomato au Gratin.  
 Lettuce Salad. Cheese Fingers.  
 Fruit Jelly, with Whipped Cream.  
 Black Coffee.

**Supper.**

Creamed Oysters or Welsh Rarebit  
 in Chafing Dish.  
 Lettuce Sandwiches on Toast.  
 Olives.  
 Home Made Orange Cake.  
 Baked Prunes, with Lemon.  
 Frothed Chocolate.

From Sunday's provisions you will doubtless have left over enough soup, with the addition of a little rice and tomato, to do for Monday's dinner; enough of the baking powder biscuit to reheat for breakfast, and enough of the chicken to saute



in butter and serve with a brown gravy for dinner. There may be also two or three sweet potatoes that are better for being cooked twice, some of the cake and some of the prunes. Monday's menu then might be:—

**MONDAY.**

**Breakfast.**

Stewed Prunes.  
Oatmeal (re-steamed in double boiler).  
Scrambled Eggs. Baking Powder Biscuit  
(Put in a paper bag, twist tightly and heat in oven for ten minutes).  
Coffee.

**Luncheon.**

(Some of the oatmeal that has been moulded, sliced, dipped in flour and fried.)  
Baked Potatoes. Chicken Gravy.  
Wafers. Tea.

**Dinner.**

Rice and Tomato Vegetable Soup.  
Pickled Beets (from Saturday's dinner).  
Sauted Chicken, with Brown Gravy.  
Candied Sweet Potatoes.  
Lettuce and Green Pepper Salad.  
Orange Cake. Fruit Jelly.  
Coffee.

**TUESDAY.**

**Breakfast.**

Orange Marmalade.  
Farina. Scrupple.  
Pancakes. Maple Syrup.  
Coffee.

**Luncheon.**

Bubble and Squeak (made from the remains of Saturday's boiled dinner).  
Toast.  
Cookies. Apple Sauce.  
Tea.

**Dinner.**

Cream Celery Soup (made from the coarser parts of the celery left from Sunday).  
Mock Duck Baked Potatoes.  
Macaroni. Cold Slaw.  
Apple Pie. Cheese and Coffee.

**WEDNESDAY.**

**Breakfast.**

Apple Sauce (made from evaporated apples).  
Cornmeal Mush.  
Crisped Bacon and Calf's Liver.  
Popovers. Coffee.

**Luncheon.**

Omelet. Bread and Butter.  
Cookies. Tea.

**Dinner.**

Split Pea Soup, with Croutons and Lemon.  
Sliced Mock Duck, with Spanish Sauce and Toast Points.  
Cranberry Jelly. Baked Potatoes.  
Tomato Jelly and Lettuce Salad.  
Farina Mould, with Preserved Peaches and Cream.  
Coffee.

**THURSDAY.**

**Breakfast.**

Baked Apples.  
Fried Mush, with Maple Syrup.  
Boiled Eggs. Coffee.

**Luncheon.**

Baked Beans, with Tomato Sauce.  
Pickles.  
Whole Wheat Bread and Butter.  
Orange Marmalade. Crullers.  
Cocoa.

**Dinner.**

Baked Bean Soup, with Lemon.  
 Sirloin Steak.  
 Mashed Potatoes. Fried Onions.  
 Chicory Salad.  
 Tapioca Pudding.  
 Coffee.

**Dinner.**

Tomato Soup.  
 Corned Beef. Boiled Potatoes.  
 Cabbage. Beets.  
 Steamed Indian Pudding, with  
 Hard Sauce.  
 Coffee.

**FRIDAY.****Breakfast.**

Stewed Apricots.  
 Prepared Cereal.  
 Codfish Balls. Cornmeal Gems.  
 Coffee.

**Luncheon.**

Boiled Eggs. Delmonico Potatoes.  
 Sliced Oranges. Cookies.  
 Tea.

**Dinner.**

Oyster Soup.  
 Fried Smelts, with Mayonnaise.  
 Potato Balls, with Cream and Parsley.  
 Endive Salad.  
 Wafers. Cheese.  
 Shortcake (made with canned peaches  
 or pineapples).  
 Coffee.

**SATURDAY.****Breakfast.**

Cereal, with Dates.  
 Home Made Hamburg Steak (made from  
 the tough end of the sirloin  
 steak).  
 Quick Biscuit.  
 Coffee.

**Luncheon.**

Wince of Beef on Toast (made from left  
 overs and tomato).  
 Bread and Butter.  
 Warm Gingerbread. Cheese.  
 Tea.

**Menus for a Week in Midwinter.****SUNDAY.****Breakfast.**

Grape Fruit. Cereal.  
 Fried Country Sausage.  
 Fried Potatoes.  
 Buckwheat Cakes. Coffee.

**Dinner.**

Noodle Soup.  
 Olives. Tomato Pickles.  
 Roast Turkey, Cranberry Sauce,  
 Giblet Gravy.  
 Mashed Potatoes. Creamed Onions.  
 Apple and Celery Salad.  
 Coffee Jelly with Whipped Cream.  
 Coffee.

**Supper.**

Stuffed Potatoes.  
 Cold Turkey with Cranberry.  
 Dried Apple Cake. Cream Cheese.  
 Chocolate.

**MONDAY.****Breakfast.**

Evaporated Apple Sauce.  
 Cereal.  
 Fried Salt Pork with Cream Gravy.  
 Fried Potatoes.  
 Pancakes, Maple Syrup.  
 Coffee.

**Luncheon.**

Potatoes en Surprise, Rye Bread.  
Waffles with Honey.  
Tea.

**Dinner.**

Beef Soup with Bread Sticks.  
Celery. Home Made Pickles.  
Cold Sliced Turkey.  
Baked Potatoes with Hot Turkey Gravy  
and Dressing.  
Baked Hubbard Squash.  
Cabbage Salad.  
Cabinet Pudding. Black Coffee.

**Luncheon.**

Cold Roast Beef.  
French Fried Potatoes.  
Stewed Tomatoes.  
Bread and Butter. Marmalade.  
Tea.

**Dinner.**

Anchovies with Olives and Lemon.  
Pea Soup with Croutons.  
Shoulder of Fresh Pork, Stuffed with  
Prunes.  
Mashed Potatoes. Hubbard Squash.  
Cabbage Salad.  
Apple Dumplings with Lemon Sauce.  
Coffee.

**TUESDAY.**

**Breakfast.**

Evaporated Apricots, Stewed.  
Cereal.  
Crisped Bacon.  
Pancakes, Maple Syrup  
Coffee.

**Luncheon.**

Potatoes en Surprise.  
Baked Apples with Cream.  
Warm Gingerbread.  
Tea.

**Dinner.**

Turkey Soup (made from bones).  
Pickled Tomatoes.  
Roast Beef, Browned Potatoes.  
Macaroni and Cheese.  
Moulded Tomato Salad on Lettuce Leaves  
with French Dressing.  
Mince Pie. Black Coffee.

**WEDNESDAY.**

**Breakfast.**

Oranges. Cereal.  
Finnan Haddie.  
Coffee Cake. Coffee.

**THURSDAY.**

**Breakfast.**

Grape Fruit. Cereal.  
Scrapple.  
Buckwheat Cakes. Coffee.

**Luncheon.**

Potato Balls.  
Cold Pork with Apple Sauce.  
Molasses Cookies. Cheese. Cocoa.

**Dinner.**

"Pot Luck" Soup (made from left-overs).  
Bread Sticks.  
Roast Mutton, Spiced Currants.  
Baked Potatoes. Hot Slaw.  
Suet Pudding with Hard Sauce.  
Coffee.

**FRIDAY.**

**Breakfast.**

Baked Apples with Cream.  
Cereal.  
Codfish Balls.  
Graham Gems. Coffee

**Luncheon.**

Fried Mush with Maple Syrup.  
Baked Prunes. Chocolate.

**Dinner.**

Black Bean Soup with Croutons.  
Olives. Pickled Pears.  
Baked Weak Fish.  
Scalloped Potatoes. Stewed Tomatoes.  
Lettuce with French Dressing.  
Lemon Meringue Pie.  
Black Coffee.

**SATURDAY.****Breakfast.**

Oranges. Cereal.  
Fried Sausage.  
Fried Sweet Potatoes.  
Wheat Pancakes. Coffee.

**Luncheon.**

Mock Venison (made from left over  
mutton).  
Baked Sweet Potatoes.  
Apple Turnovers.  
Tea.

**Dinner.**

Oyster Soup.  
Celery. Pickles.  
Baked Beans, Steamed Brown Bread.  
Potato Salad.  
Cheese. Crackers.  
Apple Pie. Black Coffee.

**Lenten Menus Without Meat.****SUNDAY.****Breakfast.**

Grape Fruit.  
Cereal.  
Codfish Balls. Boiled Eggs.  
Graham Muffins.  
Coffee.

**Dinner.**

Cream of Tomato Soup.  
Olives. Celery.  
Roast Chicken, Cranberry Jelly.  
Sweet Potatoes. Creamed Onions.  
Lettuce with French Dressing.  
Pineapple Charlotte.  
Coffee.

**Supper.**

Creamed Oysters in Chafing Dish.  
Lettuce Sandwiches.  
Almond Custard.  
Chocolate Cake. Cocoa.

**MONDAY.****Breakfast.**

Oranges. Cereal.  
French Omelet. Fried Potatoes.  
Rolls. Coffee.

**Luncheon.**

Tomato Toast. Baked Potatoes.  
Baked Apples with Nuts and Sugar  
Stuffing, Served with Cream  
Gingerbread.  
Tea.

**Dinner.**

Split Pea Soup, Croutons.  
Ripe Olives. Pickles.  
Scalloped Potatoes with Cheese.  
Deville Eggs.  
Endive Salad. Cheese Straws.  
Cottage Pudding, Lemon Sauce.  
Coffee (Demi-Tasse).

**TUESDAY.****Breakfast.**

Stewed Apricots.  
Cereal.  
Baked Finnan Haddie. Water Cress.  
Popovers. Coffee.

**Luncheon.**

Fried Cornmeal Mush with Maple Syrup.  
Bread and Butter.  
Fresh Molasses Cookies. Cheese.  
Orange Marmalade. Tea.

**Dinner.**

Vegetable Soup.  
Radishes. Salted Peanuts.  
Filet of Flounder with Lemon and Parsley.  
Mashed Potatoes.  
Turnips and Green Peas in Cream Sauce.  
Lettuce with French Dressing.  
Tapioca Pudding with Meringue.  
Black Coffee.

**WEDNESDAY.**

**Breakfast.**

Stewed Evaporated Apples.  
Cereal.  
Scrambled Eggs with Green Peppers.  
Cornmeal Gems.  
Coffee.

**Luncheon.**

Cream Toast. Devilled Eggs.  
Warm Gingerbread. Cheese.  
Cocoa. Stewed Prunes.

**Dinner.**

Clam Chowder.  
Pickles. Celery.  
Lobster Chops, Sauce Tartare.  
Baked Potatoes. Cold Slaw.  
Lemon Pie.  
Coffee.

**THURSDAY.**

**Breakfast.**

Farina Cooked in Milk.  
Beauregard Eggs.  
Fried Potatoes.  
Spider Corncake, Hot Maple Sauce.  
Coffee.

**Luncheon.**

Clam Fritters.  
Nut and Banana Salad.  
English Cheese. Whole Wheat Bread.  
Chocolate.

**Dinner.**

Cream of Celery Soup.  
Baked Salmon, Sauce Hollandaise.  
Mashed Potatoes. Moulded Spinach.  
Rice Pudding with Raisins and Hard Sauce.  
Coffee (Demi-Tasse).

**FRIDAY.**

**Breakfast.**

Bananas. Cereal.  
Quaker Omelet with Cream Sauce.  
Rice Muffins.  
Coffee.

**Luncheon.**

Cheese Ramekins.  
Buns.  
Sliced Oranges. Patty Pancakes.  
Chocolate.

**Dinner.**

Oyster Soup.  
Olives. Cold Slaw.  
Rich Spanish Omelet, Macaroni.  
Russian Salad.  
Maple Custard. Little Cakes  
Black Coffee.

**SATURDAY.**

**Breakfast.**

Baked Prunes with Figs and Lemons.  
Oatmeal.  
Broiled Mackerel, Watercress.  
Coffee Cake.  
Coffee.

**Luncheon.**

Succotash.  
Whole Wheat Bread and Butter.  
Wheat Cakes with Maple Syrup.  
Cocoa.

**Dinner.**

Bisque of Clam.  
Halibut.  
Cauliflower with Brown Butter Sauce.  
Mashed Potatoes. Escarole Salad.  
Toasted Wafers and Cheese.  
Coffee Jelly, Whipped Cream.  
Black Coffee.

**Tin Wedding Menu.**

**T**INNED refreshments to celebrate the tenth wedding anniversary might be baked beans in tin cans or baked in individual tin moulds, tinned meats for the sandwiches, tinned bouillon, tinned biscuit and wafers, tinned fish of various kinds, cheese and bonbons in tin foil.

Or the menu could include bouillon or consomme served in tin cups, lobster or salmon creamed in little dishes with sandwiches, jellied chicken or chicken croquettes with rolls, and ice with cake, then coffee.

**Waldorf Thanksgiving Dinner Menu.**

Cape Cod Oysters.  
Giblet Soup.  
Sheepshead with Hollandaise Sauce.  
Tomatoes Stuffed with Cucumbers.  
Saddle of New Jersey Mutton.  
Macedoine of Fresh Vegetables.  
Turkey Stuffed with Chestnuts.  
Cranberry Sauce. Brussels Sprouts.  
Potato Palestine.  
Lettuce and Grape Fruit Salad with Cracked Almonds.  
Plum Pudding with Rum Sauce.  
Mince and Pumpkin Pies.  
Glace Plombiere.  
Cafe.

**Thanksgiving Menu (Hotel Savoy.)**

Olives. Celery. Radishes.  
Blue Point Oysters on the Half Shell.  
Shin of Beef, Scotch Style.  
Sheepshead served New England Style.  
Boiled Potatoes, German Fashion.  
Virginia Ham.  
Sweet Potatoes, Georgia Style.  
Creamed Spinach.  
Roast Turkey Stuffed with Chestnuts.  
Cranberry and Giblet Sauce.  
Celery and Apple Salad.  
English Plum Pudding.  
Water Ice.  
Fruit. Cake. Coffee.

**A Second Menu from the Savoy.**

Radishes. Olives. Celery.  
Cold Stuffed Eggs Tartare.  
Pot-au-Feu with Parmesan Cheese Toast.  
Planked Weakfish, Maitre d'Hotel Butter.  
Cucumbers.  
Saddle Southdown Mutton with Currant Jelly.  
Mashed Turnips. Brussels Sprouts.  
Roman Punch.  
Roast Turkey, Stuffed New England Style.  
Cranberry and Giblet Sauce.  
Lettuce and Tomato Salad.  
Plum Pudding, New England Style.  
Pumpkin Pie.  
Fruits.

**A Simple and Elegant Thanksgiving Menu (Hotel Savoy).**

Caviare d'Astrachan.  
Terrapin Baltimore.  
English Mutton Chops, Broiled.  
Georgia Sweet Potatoes.  
Mashed Turnips.  
Turkey. Cranberry Sauce.  
Alligator Pear Salad.  
Coupe Jacques.  
Fruit.  
Bar le Duc and Gervais.  
Cafe.

**Refreshments for the Lunch Basket.**

Lettuce and Mayonnaise Sandwiches.  
 Swiss Cheese Sandwiches.  
 Egg Rolls.  
 Devilled Eggs. Pimolas. Pickles.  
 Saratoga Chips.  
 Nut Cake. Home Made Chocolate  
 Fudge Cake.  
 Peaches. Plums. Bananas.  
 Home Made Blackberry Shrub.  
 Lemonade.

**Menus for Seven Course Luncheon.**

**No. 1.**

Grape Fruit with Maraschino Cherries.  
 Bouillon with Whipped Cream and Hot  
 Wafers.  
 Broiled Smelts, Sauce Tartare.  
 Lamb Chops Cream Potatoes.  
 French Peas.  
 Celery and Nut Salad in Green Pepper  
 Cases.  
 Ice Cream with Hot Maple Sauce.  
 Small Cakes. Cheese Straws. Coffee

**Washington's Birthday Supper Menu**

**No. 1.**

Grape Fruit Cut in Halves with  
 Maraschino Cherries.  
 Pimentoes. Salted Nuts.  
 Virginia Oyster Soup.  
 Virginia Fried Chicken with Cream Gravy.  
 Sweet Potatoes. Beaten Biscuit.  
 Peas. Cheese Sa.ad.  
 Vanilla Ice Cream and Preserved Peaches.  
 Coffee. Dolly Madison Cake.  
 Simpler refreshments might be:—  
 Chicken Patties. Maryland Biscuit.  
 Pickled Oysters.  
 Cherry Ice. Cherry Cake.  
 Coffee or Egg Nog.

**No. 2.**

Turtle Soup. Madison Biscuit.  
 Devilled Clams.  
 Chicken Croquettes.  
 Candied Sweet Potatoes.  
 Fried Sweet Peppers.  
 Corn Cake.  
 Crab Salad served in Tomatoes.  
 Cream Cheese Balls.  
 Red and White Bar le Duc.  
 Toasted Crackers.  
 Cherry Mousse.  
 Martha Washington Fruit Cake.  
 New Orleans Brulo.  
 Artichokes served in this style would be  
 a tasty addition:—  
 Hearts of Artichokes Filled with Russian  
 Caviare.

(On a layer of hard boiled eggs,  
 and in the centre a half olive  
 stuffed with sweet pepper; served  
 on individual plates.)

**No. 2.**

Oyster Cocktail.  
 Bouillon with English Biscuit.  
 Chicken and Mushroom Patties with  
 Cream Sauce, Bread and Butter Rolls.  
 Potato Timbales. French Peas.  
 Hollowed Tomatoes with Lettuce Centres  
 and Mayonnaise.  
 Cheese and Cracker Sandwiches.  
 Maraschino Cherries and Jelly.  
 Home Made Cake.  
 Coffee. Cordial.  
 Olives, salted nuts, preserved ginger or  
 bonbons may be on the table through all  
 the courses.

**Rhode Island Clam Bake Without  
 Sea Weed.**

A clam bake in a boiler will not taste  
 like an open air bake without seaweed un-  
 less clean hay moistened with salt water  
 (sea salt obtainable at druggists' would  
 be best, though not essential) is used.

Surely stones could be found in any  
 country place. Those the size of cobbles  
 are best, but a bed of heated stones is  
 necessary to cook the "bake." Possibly  
 a large flat rock would do.

Place the stones close together in a  
 slightly hollowed circular spot from three  
 to six feet across. On this build a huge  
 bonfire, and let it burn briskly for two

hours. When the fire dies down sweep off the embers with boughs and branches and spread a thick layer of the wet hay on the hissing hot stones. Then potatoes, Irish and sweet, are scattered over the sea-weed or hay. Oysters and clams in the shell come next. Fish and chickens seasoned and prepared for cooking—the chicken is handier if cut up as for fricassee—wrapped in pieces of clean cheesecloth and added to the bake. Lobsters and crabs are also sometimes used. Over all spread sweet corn from which the outer husks have been peeled. Now, with pitchforks cover everything from sight with a thick layer of the wet hay and draw a large canvas or sailcloth over the whole bake. Around the edges sand or dirt is shovelled till there is not a crack or crevice from which steam can escape. Leave the bake to cook for two hours without disturbing, then carefully roll the canvas aside, remove the hay and dish up the bake, putting each kind of food on large platters or shining tin pans. Finish off with water-melons and coffee.

Allow two ears of corn, two potatoes, both sweet and Irish, twelve oysters and clams for each person. One small chicken for four persons, and two large fish for each party of twenty-five, as all do not partake of the latter.

#### St. Valentine Supper Menu.

Eros Cocktails.

Turtle Doves in Love Apple Sauce.

Sauted Heart.

Arrow Sandwiches. Cupid Salad.

Pickles. Kisses. Dates.

Juliet Sherbet. Romeo Cakes.

Coffee.

#### New England Boiled Dinner.

THIS old fashioned dinner has for its foundation corned beef, with potatoes, cabbage, beets, turnips and, if desired, carrots and crooked neck squashes for vegetables, all cooked in the

corned beef liquor and served on a large platter with the beef as a centre. The dessert that usually goes with the boiled dinner, according to tradition, is Indian pudding or a steamed cherry pudding.

The great secret in cooking the beef so as to have it juicy and tender is long, slow cooking. The piece chosen is the rump if you wish all lean, or the plate or brisket if you like a little fat with the meat. Wash a four or five pound piece in cold water, letting it stand in the water for half an hour or so. Then put on to boil in a large pot with plenty of fresh water to cover. Heat slowly to the boiling point, skim well, then push back on the stove where it can simply simmer for three or four hours until tender but not "raggy."

If you have started the cooking early enough in the day, let the meat cool in the water in which it has been boiled. Take out when quite cold, put on a flat shallow dish, cover with a plate and set a weight on it. Take the fat from the meat liquor. All this may be done the day before the dinner is to be served, if desired. The beets also may be cooked the day before. About two hours before dinner put into the boiling pot liquor, which has been saved for this purpose, a small cabbage, cut in quarters with the core removed, and the carrots scraped and cut in halves. Pare the turnips, slice and add to the same pot soon after the cabbage begins to boil. Half an hour before dinner the peeled potatoes and squash may be added. If the beets were not cooked beforehand they are cleaned without bruising and boiled in some of the pot liquor ladled out in a separate kettle. If not enough, add boiling salted water to cover the beets.

When tender, throw into cold water. Scrape off the skin, slice and dress with butter and vinegar. Put the pressed cold beef in the centre of a large platter and serve carrots, turnips and potatoes ranged symmetrically about it. Chop the cabbage rather coarsely and serve in a separate dish. Mustard, catsup or horseradish accompany the dinner as needed relishes.



**Fifty Cents a Day for Dinners and Luncheons.**

**SUNDAY.**

**Dinner.**

Veal or Lamb Potpie, with plenty of  
gravy, onion and biscuit crust, 25c.  
Cabbage Salad with Boiled Dressing, 5c.  
Poor Man's Rice Pudding with  
Raisins, 10c.

**Supper.**

Hasty Pudding and Milk, 10c.

**MONDAY.**

**Luncheon.**

Fried Mush with Brown Sugar Syrup, 5c.  
Whole Wheat Bread with Bacon Gravy, 3c  
Cocoa, 5c.

**Dinner.**

Split Pea Soup with Croutons (Made with  
Ham Bones), 8c.  
Baked Potatoes. Finnan Haddie (Baked  
in Milk), 15c.  
Bread, 4c. Prunes, 5c. Coffee, 5c.

**TUESDAY.**

**Luncheon.**

Samp Cooked with Beans and Pork, 15c.  
Bread, 3c.  
Apple Sauce Made from Evaporated  
Apples, 5c.  
Tea, 2c.

**Dinner.**

Scalloped Potatoes with Cheese, 15c.  
Bread, 3c. Baked Prunes, 5c.  
Tea, 2c.

**WEDNESDAY.**

**Luncheon.**

Whole Wheat Bread, Apple Butter,  
Cocoa, 15c.

**Dinner.**

Beef Stew, 15c.  
Dressed Cabbage, 3c.  
Corn Bread, 5c.  
Boiled Rice, Hard Sauce, 7c.  
Coffee, 5c.

**THURSDAY.**

**Luncheon.**

Corn Meal Gems, 6c.  
Orange Marmalade, 5c.  
Cocoa, 3c.

**Dinner.**

Macaroni with Cheese and Tomato, 15c.  
Warm Biscuit, 6c. Syrup, 4c.  
Molasses Cookies, 9c.  
Tea, 2c.

**FRIDAY.**

**Luncheon.**

Baked Potato, Bloaters, Whole Wheat  
Bread, 18c.  
Apple Sauce, 5c.  
Tea, 2c.

**Dinner.**

Creamed Codfish with One Egg, 15c.  
Boiled Potatoes, 3c.  
Corn Bread, 5c.  
Tea, 2c.

**SATURDAY.**

**Luncheon.**

Scrambled Eggs, 6c.  
Baked Potatoes, 4c. Bread, 4c.  
Apple Sauce, 5c. Ginger Bread, 5c.  
Tea, 1c.

**Dinner.**

Baked Beans, 15c.  
Brown Bread, 5c. Baked Prunes, 5c.  
Coffee, 5c.

In case housewives do not know how to make a good corn bread, I will give this recipe made without eggs:—

Stir together one tablespoonful each sugar and shortening. The last can be either drippings, (but not from smoked meat), lard or cottolene. Add one cupful sour milk into which a half teaspoonful soda has been beaten, and a saltspoonful of salt. Add wheat flour and meal, two-thirds meal and one-third flour. It must not be too stiff, but just so the batter will flatten out when poured into the hot gem pans or in a little pan. Bake about twenty minutes.

**Lunch for a Sailing Party.**

Bread that will keep moist when made into sandwiches for such a trip is sold at all first class bakeries. It comes in rectangular shape, larger than the ordinary loaf, and costs ten cents. For regular customers the bakers slice the bread in the wafer thin slices without extra charge, but ask five cents for the cutting to other customers. The stamping into fancy shapes is done at home, using the little tin cutters that can be purchased at any housefurnishing or department store. They come in the shape of leaves, flowers, ovals, diamonds, hearts, &c.

For a picnic menu, dainty and a little out of the ordinary, I would suggest:—

- Fried Chicken or Chicken Salad.
- Saratoga Chips or Potato Salad.
- Lettuce Sandwiches of White Bread.
- Cream Cheese and Nut Sandwiches of Brown Bread.
- Fancy Ribbon Sandwiches.
- Eggs Stuffed with Sardines.
- Olives. Pickles. Radishes.

Bar le Duc Jelly or Cuban Orange Marmalade.  
Lady Fingers, Macaroons or Chocolate Wafers.

Peaches, Plums or Oranges.  
Grape Juice or Claret, to be diluted with Cold Water.

In carrying the salad pack the individual portions in the smallest size wooden butter dishes to be found at the grocers', lining them first with a large lettuce leaf, then covering with a second. Four of these can be set in the bottom of a pasteboard box, then covered with a sheet of pasteboard, upon which a layer of something light can stand. Of course, the box is sizable and must be carried "right side up with care," but after the luncheon it can be thrown away. Use an abundance of waxed paper in packing everything that there need be no commingling of flavors.

The paraffine paper costs but a penny a sheet and comes in five cent rolls.

The club sandwich is such an intricate affair nowadays, with its various layers of chicken and toast and bacon and lettuce and mayonnaise, that it is hardly advisable for a picnic.

**Olive Sandwiches.**

If you do not care for the lettuce sandwiches, try these made of olives. Cut the meat off the stones, chop fine, mix with mayonnaise and spread between thin slices of white bread from which the crust has been removed. No butter is required with the mayonnaise. Cut into squares, then triangles and wrap each separately in waxed paper.

**Brown Bread and Neufchatel Cheese Sandwiches.**

Break up the cheese and if rather dry soften with a spoonful of milk or cream. Add a little salt and a dash of paprika, which develops the flavor better than the other peppers. Mix with the cheese a half

cup grated or chopped nuts, preferably English walnuts, and spread on thin slices of lightly buttered brown, whole wheat or rye bread.

#### Ribbon Sandwiches.

These are made by cutting brown and white bread in perfectly even slices half an inch thick, buttered each side, then arranged alternately brown and white in an even pile. Place an inverted plate on top and set away for an hour or two, covering with a damp napkin to prevent the bread from becoming dry. Then trim off the crust evenly from the four sides and cut in slices just half an inch thick and these again into strips. The bread must not be packed over three and a half inches high, lest strips and slices break apart.

#### Eggs Stuffed with Sardines.

Boil fresh eggs twenty minutes, then plunge into cold water; shell and cut in halves crosswise. Press the yolks out into a bowl, taking care not to break the whites and keeping the two halves of each egg together. Mash the yolks with a silver fork and season lightly with salt and pepper. Drain the oil from some sardines, remove tails and bones, mash, add to the yolks, mix thoroughly, then refill the whites and skewer together with Japanese wooden toothpicks.

This egg filling may be varied by using boiled ham, minced fine, seasoned with pepper and a bit of made mustard in place of the sardines, or minced tongue, olives, fine chopped chow chow, capers or minced mushrooms.

#### Pressed Chicken.

Perhaps you may prefer pressed chicken to the salad or fried chicken. To prepare it, singe, clean and disjoint a good sized fowl. Wash thoroughly, cover with cold water and simmer gently until the flesh is

ready to drop from the bones. When half done, season highly with salt, pepper, celery salt and one small onion stuck with two or three cloves. When the chicken is perfectly tender remove all the skin and bone and shred the meat in good sized pieces. Boil two or three eggs hard, cool and cut in thin slices. Remove all fat from the chicken gravy, then boil down to about a cupful. Moisten the meat with this, then pack in layers in a well buttered mould, arranging slices of egg over each layer. Cover with a plate and set a weight on it. Stand in a cool place until the next day. Lettuce sandwiches are specially good served with the pressed chicken.

#### Picnic Menus.

Many a housewife who finds no trouble in devising dainty and attractive menus for the home table declares herself feazed when it comes to the preparation of the picnic basket. Yet it is not a difficult undertaking when one gets on to the "pull of the ropes." Even in the home meals there must be forethought to see that all necessary materials are on hand. Even more so is this essential in putting up luncheon, for half the pleasure of a picnic depends on the efficiency of its commissary department, and any serious oversight when one is twenty miles from a lemon or any other desired edible is a misfortune hard to bear.

Picnic luncheons should vary according to the prospective stage setting and the mode of journey thither. If the party is to motor, sail or drive to its destination, with plenty of room for hampers and accessories, the bill of fare may be much more varied and comprehensive than when one goes on trolley or wheel or expects to tramp to the picnic ground. In the latter case it is necessary to go in light marching order, everything as compact as possible, and things must be stowed away in boxes instead of baskets, that may be thrown away when the meal is finished.

Individual drinking cups should be included in every luncheon outfit, and the new paper collapsible cups that now come for three or four cents apiece solve the question that was erstwhile a perplexing one. Paper napkins and table cloths, a whole set of the latter consisting of fancy cloth 42x56 and a dozen napkins to match, put up in stout envelope cases, may be bought at ten cents for a set.

#### Picnic Sandwiches.

It goes without saying that sandwiches are the backbone of all out-of-door luncheons, and the roster of delightful ones is long. The "binding" may be a light tender wheat bread, at least twenty-four hours old and cut wafer thin; may be brown bread or whole wheat bread cut thicker; may be a two story affair, with both white and brown bread in amicable relations; may be substantial slices of rye or pumpernickel, a tender baking powder biscuit, a fluffy, melt-in-your-mouth roll, or cornbread or gems that are not too crumbly. The filling must accord with its binding and its name is legion. With the dainty slices of wheat bread comes first a spreading of sweet butter applied with a light hand. Then comes the heart of the sandwich, which may be caviare mixed with a little lemon juice, anchovies pounded to a paste and mixed with equal quantities stoned and chopped olives and a sprinkling of minced parsley, a slice of chicken breast salted and prepared with a protecting leaf of crispy lettuce moistened with mayonnaise, nasturtium leaves, blossoms and stems lightly salted, sprigs of watercress seasoned, minced chicken moistened with own stock, gravy or mayonnaise, equal quantities chopped chicken and ham, with a few minced truffles thrown in a mince of ham and veal in combination, of tongue and veal, wafer thin slices of boiled tongue, or tongue in aspic cut in delicate slices and laid with

equally thin slices of tomato salad and peppered between rounds of buttered bread.

#### Tasty Additions to the Luncheon.

Tasty additions to the luncheon are a souse of pigs' feet, veal loaf, broiled chicken, smoked salmon sliced thin, boned herring, baked beans, chicken salad, put up in little individual paper cases, then packed in a large box and carried "right side up with care." Swiss cheese sliced thin never goes begging. Saratoga chips are tasty and easy to carry and serve. A pigeon pie is extremely English and extremely nice, as also lamb cutlets in aspic jelly.

#### Relishes for the Picnic Basket.

Among the tasty relishes for the picnic basket are olives (opening the bottle and pouring off the liquor before packing), pickles, salted peanuts, radishes (not forgetting to put in the salt shaker), popcorn, young onions for those who are especially fond of them and tomatoes.

#### Sweets for Topping Off.

Among the sweets best for topping off the luncheon are currant tarts, carrying shells and jelly separately and putting together before serving; apple or berry turnovers, a glass of bar-le-duc or other jelly, chocolate and sponge cake, cookies and crullers, preserved ginger, crystallized fruits, and if there is to be a camp fire plenty of marshmallows for toasting.

#### Liquids.

As a large amount of liquid is awkward to carry it is usually better to take a small bottle of something concentrated that may be diluted with cold water when ready to serve the lunch. The juice of lemons may be squeezed out and made as sweet as

desired; then bottled. Raspberry or cherry shrub is refreshing, allowing a couple of tablespoonfuls to each glass of cold water. Tea may be made quite strong, so as to bear reducing, carrying along lemons and block sugar to be added when serving. Grape juice is always appreciated. Ginger beer has its adherents, and a couple of bottles of claret add cheer and refreshment.

If coffee is carried, it is better sweetened and "creamed" before starting, then poured in bottles with patent stoppers.

### Fruits.

Anything from watermelon down to strawberries unhulled with a little paper of powdered sugar to assist in their service goes well at a picnic. A few lemons should always be carried—a squeeze of lemon juice added to each cup of drinking water making it not only more refreshing but serving as a germicide in case there is anything out of the way with the water supply. In packing bananas carry separately from the rest of the luncheon, as their heavy odor permeates everything laid near them.

### Washington Pie.

Here is a simple rule for an old fashioned cream cake, called in New England a Washington pie:—

Beat two eggs with a scant cup sugar; then add a cup and one-half flour, sifted several times over with a teaspoonful cream of tartar, a half teaspoonful soda and a pinch of salt.

Stir in gradually three tablespoonfuls cold water and a little lemon juice and bake in two layers.

When cold spread with a custard filling made in this way:—Mix a large tablespoonful cornstarch with two tablespoonfuls sugar, a pinch of salt and a beaten egg. Stir gradually into a pint of milk heated to the boiling point in a double boiler. When it thickens nicely add the grated rind of a lemon. Do not add the

juice. Spread this on top of one of the cakes, cover with the other; dust the top of the cake with powdered sugar and a little lemon juice. A chocolate, apple or orange filling may be used instead of the cream. To make the orange filling whip the whites of four eggs to a stiff froth, beat in a teacup powdered sugar and the grated yellow rind and juice of two oranges. Spread between and on top of the layers and set in the warming closet or a coolish oven for a few moments.

A lemon filling is also good when made in this way:—

Cook in a double boiler, until thickened, one cup sugar, one tablespoonful butter, the grated rind and juice of one lemon and a beaten egg.

### Cream Cheese Sandwiches.

Cream cheese in any one of a half hundred combinations goes equally well with either white, brown or whole wheat bread. A very dainty combination is a blend of cream cheese and currant jelly, using two or three tablespoonfuls jelly to a small cheese, then covering with a circle of chopped pistache nuts. Use a long French loaf for this purpose, but if you prefer it without crust use a cooky cutter to stamp the slices in circles. Pineapple goes well with cream cheese. Chop the pineapple fine and drain off the juice. Cut thin slices of white or whole wheat bread, spread thinly with cheese, sprinkle with the minced pineapple, sweetened or not, as preferred, and press together.

Other combinations are cream cheese mixed with an equal quantity fine minced celery and moistened with whipped cream, cream cheese and chopped green olives or the ripe black ones, cream cheese and sliced tomatoes, cream cheese and crispy lettuce leaves, cheese and chopped nuts with or without mayonnaise, cheese and chopped dates or figs, cheese and chopped spinach seasoned with lemon juice and mayonnaise, cheese and the yolks of cold hard boiled eggs, put through a sieve,

cheese and sliced cucumber, cheese and preserved ginger chopped fine, or cheese mixed with minced parsley or cress and seasoned lightly with paprika.

#### Nut Sandwiches.

There is plenty of choice here. Beside the peanut butter, which is one of the handiest things to keep on hand where a quick picnic lunch is often in demand, there may be almonds chopped fine or run through the coffee mill or meat chopper, salted and moistened with a little mayonnaise or sherry, chopped pecans mixed with mayonnaise or Boston brown bread buttered and spread with a filling of chopped walnuts or butternuts.

#### Extra Hearty Sandwiches.

The first, always in demand for tramp trips or where there is to be much muscular activity, is made of rye bread, ham and Bermuda onions. Butter the bread, lay a thin slice of pinky ham spread with just a suspicion of French mustard on one slice, spread with a layer of Bermuda onions cut in thin rings and lightly salted, then top with a second slice of buttered bread. Another hearty sandwich is made of brown bread with a filling of mushrooms cooked in cream, cubes of crisped bacon added and all seasoned with salt and pepper.

Ham sandwiches made in this way "stay by" one. Rub a half cup butter to a cream, add one teaspoonful made mustard, one tablespoonful melted butter or olive oil, the yolk of an egg beaten well, a pinch of salt and red or black pepper to season. Mix thoroughly, then stir in as much chopped ham as will make a good consistency for spreading and place between slices of whole wheat bread.

### Appetizing Picnic Lunch for Canoeing Party.

In arranging your provisions don't attempt to carry many sweets for a canoe-

ing party, such as layer cakes, cream puffs and other fragile, sticky dishes. The exercise in the fresh air begets mighty appetites, and young men especially prefer substantial. A veal loaf is popular. It should be baked the day before or early in the morning of the picnic day, to give it ample time to cool.

#### Veal Loaf.

Mince fine three pounds lean, raw veal and a quarter of a pound of fat pork. Add a half onion chopped fine or grated, a tablespoonful of salt, a teaspoonful pepper and a teaspoonful mixed seasoning herbs. Mix well, add two-thirds of a cup cracker crumbs, a half cup veal gravy, the yolk of one egg and the whites of two beaten together. Form into a loaf, pressing firmly together. Brush over with the yolk of an egg, dust with finely rolled cracker crumbs and set on a greased rack in the dripping pan. When it begins to brown turn a cup of hot water in the pan and baste frequently until done. It will take about an hour and a half in a moderate oven.

#### Ham and Pickle Sandwiches.

Ham and pickle sandwiches are appetizing. Chop cold boiled ham quite fine, mix with a little melted butter and made mustard, add some finely chopped cucumber pickles and spread between thin slices of bread and butter.

Where the preparation of the lunch is to be divided among four one might provide the sandwiches (reckoning at least four apiece where they are small), and one of the relishes such as olives, pickles, salted nuts or radishes.

The second might bring the salad or special cold meat dish and the devilled eggs. The third could be responsible for the fruit, the beverages and another relish, and the fourth the dessert—cake, turnovers, or whatever it may be, and more fruit. Let each young woman be responsible for the dishes required for her escort and herself.

If cans are to be opened there must be an understanding as to who shall carry the can opener, also the salt and pepper, matches and a towel for wiping the dishes. The best way is to hold a consultation beforehand and have all these little details adjusted in advance.

## Refreshing Summer Beverages of Mint.

### The Pungent Mint.

In fields and waste places, in old fashioned gardens and along the banks of winding streams, the mint family grows clean, pungent and odorous, every member, from least to greatest, bearing a little medicine chest tucked away in its green bosom. During hot weather especially the therapeutic value of the mint can scarcely be overestimated.

In drying any of the mint family for winter use, pick before blossoming time, hang in the garret heads down or on sheets of paper spread on the floor of an unused room. When quite dry put into paper bags again with heads down, fasten tightly and suspend from a beam for future reference. Here are some of the ways in which fresh mint may be used.

### Mint Apple Jelly.

Make an extract of mint by steeping a cupful of the leaves for an hour in a cupful of hot water. Press through a cheese-cloth bag, add a teaspoonful of this extract to one cupful apple juice obtained by cooking green, unripe apples with a little water; then, straining, allow a pound of sugar to a pint of juice; cook twenty minutes, then pour into moulds or glasses. This is a clear, delicate green jelly, exceedingly pretty to look at and most appetizing with a roast.

### Mint Julep for the Punch Bowl.

In making a quantity for the punch bowl, make a syrup of a pound of sugar and a quart of water. Break up a dozen sprigs of mint, steep in a cupful and a half boiling water in a covered bowl for fifteen minutes, strain and add to the syrup. Add the juice of eight oranges, eight lemons, a cup of strawberry juice and a pint of claret. Add ice water to dilute properly and pour in the punch bowl over a block of ice. Fresh berries and mint leaves should float on top of the bowl and in the individual glasses.

### A Temperance Mint Cordial.

This is made without spirits. Crush a bunch of mint, rubbing each leaf with a wooden muller or masher, then soak for half an hour in the strained juice of two lemons with the carefully grated yellow rind of one. Cook together a pint of water and a pound of granulated sugar until the syrup spins a thread. Take from the fire and stir into it the lemon and the mint, the juice of an orange and an equal quantity of pineapple juice. Strain and put on the ice until cold, then serve in wine glasses with a sprig of mint and a berry on top of the glass.

### Mint Sherbet.

Bruise a heaping cupful of mint leaves slightly, pour over them a pint of boiling water, and steep, covered, for twenty minutes. Add a cupful of sugar and the grated yellow rind and the juice of a lemon, cover again and leave until cold. Strain and pour into the freezer can, pack with equal quantities salt and ice and freeze to a mushlike consistency. Scrape off the sides and dasher, and cover until ready to serve. For state occasions this same sherbet may be enriched by adding the juice of three oranges, the same amount pineapple juice and, when half frozen, the whites of two eggs beaten stiff. A wineglass of any preferred wine may also be added.

**Mint Used Medicinally.**

Medicinally there are few herbs that equal the pleasant mint. A cupful of mint tea taken morning and evening aids digestion and was claimed by our grandmothers to be an infallible rule for giving a fresh and healthy appearance.

Prepared in a tea, with half water and half wine, a cupful taken daily will remove bad breath, if its cause is a disordered stomach; while essence of mint mixed with cream and sugar or *crème de menthe*, the French preparation of peppermint, with plenty of cracked ice, affords relief from the pain or lassitude caused by excessive heat or fatigue. In colic and summer complaints also this preparation of mint proves a soothing and invigorating remedy. In making any of the mint teas never boil. Pour boiling water over the leaves, then push where the tea will infuse.

**Mint in Soups, Salads and Vegetables**

Cucumber salad or an apple and celery salad are greatly improved by a sprinkle of fine chopped mint leaves. Just a suspicion of mint with cooked peas, or a cream of pea or potato soup, is a great addition; also to a lamb or veal salad.

**Mint Sauce for Game or Spring Lamb.**

Mint sauce is the orthodox accompaniment for roast lamb and many kinds of game. For it fresh young mint leaves should be used. Pick out two tablespoonfuls of the best leaves, and chop very fine on a plate; mix with two and a half tablespoonfuls sugar, four tablespoonfuls vinegar and a half teaspoonful salt. Let this stand several hours before serving.

**Mint Jelly.**

This is also an approved accompaniment for lamb or mutton. To make it pour a

pint of boiling water over a bunch of fresh bruised mint leaves and simmer gently ten or fifteen minutes; strain, and to a pint of the hot liquid allow one package of currant, lemon or any of the quick process acid jellies or half a package of gelatine soaked half an hour in cold water to dissolve; add sugar to sweeten and lemon juice to make acid as desired. Stir until thoroughly dissolved, then set away to cool. As it begins to stiffen stir in two tablespoonfuls capers, pour into one good sized mould or tiny individual ones and set away to harden. When cold and firm turn out and garnish with tiny sprigs of fresh mint.

**Mint Vinegar.**

Put crushed mint leaves in a wide mouthed bottle, then fill up with good cider vinegar. In three weeks pour off clear into another bottle. This is fine for flavoring purposes when fresh mint cannot be had and almost a sure cure for headache when bound upon the forehead.

**Currant-Mint Sauce for Game.**

Separate a glass of currant jelly into pieces, but do not break; add two tablespoonfuls fine chopped mint leaves and the thin shavings from the yellow rind of a half orange.

**Candied Mint Leaves.**

Select the desired quantity of perfect leaves, spread on an inverted sieve and stand in the air until slightly dry, but not crisp; make a syrup from a cup each of sugar and water and cook until it spins a thread; lift the leaves with a fine wire and dip into the hot syrup one by one; then set back on the sieve, which should have been slightly oiled, dry in the warming oven. These are delicious served as after dinner bonbons.



## Vegetables That Are Better Than Medicine.

If more housewives appreciated the medicinal qualities of vegetables and regulated the diet of their families in accordance, there would be less need for physician's treatment and the taking of drugs. By the simplest preparation of certain vegetables nerves may be soothed, bilious attacks warded off, the blood purified, colds averted and the general system toned. Of course, to cure specific cases, of say, biliousness, a woman must understand which vegetable will have the desired effect, and she must also know what other foods should be taken with it to hasten if possible the desired results. Incidentally, a knowledge of any food that would have the opposite effect must be known, so that the latter will not be served to the patient being treated by "vegetables" at home.

For biliousness nothing is better than raw ripe tomatoes. They should be eaten at every meal during the day, even for breakfast, and the woman who will cease taking calomel and other drugs for that dizzy feeling and sickness in the stomach will find that plenty of tomatoes taken with salt and pepper will not only keep off these uncomfortable spells, but may eliminate them.

### Onions a Nerve Tonic.

That common garden vegetable, the onion, which many women refuse to eat because of its strong odor, is an excellent tonic for the nerves, and many persons who now suffer from nervous dyspepsia and other troubles could help themselves immeasurably by eating one or two of these every day. Taken raw, they are, of course, beneficial, but the best results from them come after they have been well boiled. A diet of onions—that is, two or three a day for several weeks—will make a remarkable difference in the nervous system that will be noticeable by the person

treated in the discharge of everyday duties.

Taken daily with onions, though not in such quantities, peas, beets and carrots help nervous people by producing rich, pure blood to nourish the impoverished nerve centres. Because of their direct effect on the blood they are excellent for thin women. Those who are inclined to be irritable and get excited about trifles will doubtless be benefited by taking these three vegetables with their daily meals.

Known as the "cleanser of the stomach," spinach is particularly valuable for anaemic persons, because it contains so much iron, and women who are taking a mineral or prepared drug because of the iron in it would do well to eat this vegetable every day or twice daily. By its action on the blood and peculiar medicinal qualities, spinach is valuable in treating rheumatism, and incidentally for gout, and those afflicted with either would do well to include it when cooked as a part of the daily diet. Celery taken at the same time by gouty individuals or those suffering with rheumatism should hasten the good results to the system.

### Cabbages Are Blood Purifiers.

Though cabbage, cauliflower and Brussels sprouts have fewer medicinal ingredients than these other vegetables, they are excellent as blood purifiers, and for that reason may be taken daily with advantage to the system by those who are on tomato, onion or spinach diets.

A woman prone to sleeplessness, whether from nervousness or other physical causes, would do well to eat plenty of lettuce, especially at dinner time, for the milk contained in the crisp green leaves is full of a sedative that calms the nerves and creates a drowsiness that is often hard to resist until time to retire.

Fruits, too, are valuable in the daily diet, for apples make a wholesome brain food, while figs, especially the green ones, act directly on the nerves of the stomach

and are good for indigestion and also as a laxative. Pomegranate is an excellent tonic and astringent, and a drink made from the juice of a lemon mixed with hot water is often the means of breaking up a hard cold.

If herbs are properly prepared, boiled into liquids and taken with these medicinal vegetables at meal time, early in the morning or just before going to bed, they act on the system of the patient the same as real drugs, except, being vegetables, they are much more effective and often bring more lasting results, even permanent cures.

#### **Dandelion for Torpid Liver.**

As a medicine for a torpid or diseased liver nothing is better than a liquid made from the roots of the dandelion by careful boiling, while a syrup taken in the same way from the stalks and leaves of common mullein is still thought by many persons to be a remedy for consumption, and it is doubtless, in the early stages, a very good kind of treatment of pulmonary troubles.

Instead of using quinine, sloe bark dried and powdered will have the same effect in curing a cold and as a tonic. For external applications an excellent ointment for boils may be made from oak leaves, dried and powdered and mixed with clarified lard, while to stop the bleeding of wounds pink blossomed marshmallow is very good.

By carefully preparing elderberry flowers with the fat of mutton and olive oil, an ointment is made that is unequalled in treating a rough skin.

### **Cold Fruit Soups for Summer Menus.**

#### **Red Raspberry Soup.**

From a quart of fine ripe berries lay aside a cupful. Put the remainder in a saucepan with a cupful of cold water and simmer until soft. Strain through a coarse

sieve and measure the juice; add enough water to make two cupfuls. Reheat, and when boiling thicken slightly with a tablespoonful of arrowroot or cornstarch dissolved in a little cold water; add two tablespoonfuls of sugar and the grated yellow rind of a lemon and simmer until clear. Take from the fire, add the juice of two oranges or the same amount of pineapple juice, strain again and chill. Serve in punch glasses with cracked ice in the bottom and a few berries floating on top. More sugar may be added, but the fruit soups should not be too sweet. Serve with wafers or sponge cake.

#### **Peach Puree.**

Press canned or fresh peaches through a sieve, measure, and to each pint allow a pint of water, the juice of a lemon and a half teaspoonful of bitter almond. Bring to the boiling point, and thicken with a teaspoonful of arrowroot moistened in a half cupful of cold water. Stir until smooth and thickened, then set aside to cool. When ready to serve pour into tumblers and fill with cracked ice, or put in small bowls set in saucers of ice and send to the table.

#### **Apple Soup.**

Strain through a sieve enough stewed apples to make a cupful. Mix a teaspoonful of cornstarch with enough cold water to stir smooth, and pour into three cups boiling water. Stir until thick and clear, add the sauce, season with salt and cinnamon or nutmeg, sweeten if desired, and serve cold with croutons or cheese fingers.

#### **Lemon Soup.**

Make a strong, hot lemonade; thicken slightly with cornstarch or arrowroot and serve very cold with a bit of preserved ginger or a cherry in each glass. Orange

soup is made in the same way. Also pineapple, grape, cherry, currant and currant and red raspberry.

#### Blackberry Soup.

Stew the berries in plenty of water, and when tender strain through a puree sieve. Thicken slightly with flour, sweeten to taste, and flavor with nutmeg. Serve with zwiebach.

#### Swedish Soup.

Take equal quantities prunes and raisins and cook very slowly in plenty of water until tender. Strain and sweeten. Cook sago until clear; mix with the hot fruit and juice and chill before serving.

#### Bread Soup.

This is a favorite German sweet soup that is eaten hot in winter and cold in summer. To make it take stale crusts of rye bread and put to cook with plenty of water to cover them. When soft, strain and put the liquid back over the fire with a little butter, a handful of dried currants, sugar to taste, a piece of stick cinnamon and a sprinkle of salt. A little vinegar or lemon juice is often added. The soup should be but slightly thickened, not so much as porridge. Judgment is to be exercised in the amount of bread and water used. The stick cinnamon may be removed after cooking a few moments, rinsed off and saved to use again.

#### Einlauf.

This is another German soup not generally known here. Make a pancake batter of two eggs, two heaping tablespoonfuls of flour, and milk or water to make the right consistency. Have ready three pints boiling water; then let the batter run into it, stirring all the time. If desired the yolk of one egg may be reserved to add to the soup last, with a little sugar and butter. Then chill.

#### Almond Soup.

Scald, peel and pound about a quartet of a pound of sweet almonds. Boil in fresh milk, press through a sieve, sweeten to taste, cook again until the soup is thickened sufficiently, strain, add the juice of an orange, chill and serve.

### Appetizing Summer Substitutes for Meat.

In homes without number, since the packing house investigations have been so thoroughly exploited, the dietary has been changed so as to eliminate meat in whole or part.

It goes without saying that there must be intelligent discrimination in making out a dietary where flesh is excluded. Not all vegetables and fruits, even though appetizing, have the food or fuel value to supply the waste of the body and give necessary heat and energy to the system. Cereals properly prepared and served, though more slowly digested than meat, are really better adapted to sustain hard manual labor for a period of time. It is a well known fact that men nourished extensively on cereals are capable of the hardest and most enduring manual labor. Cheese is rich in nutritive elements. There has been a popular belief that it is not easily digested. That is true of poor of new cheese, but those that are old and rich are not only easily digested, but promote the digestion of other foods. It must be borne in mind, however, that it is a highly concentrated food and not to be taken in large quantities at a time.

The pulse family—peas, beans and lentils—have all the chemical elements that the human system needs. Eggs that are rich in proteids may take the place of meat very satisfactorily for a time, and ways of cooking them are legion.

Most excellent fish are now in the market, cod, halibut, haddock, restigouche salmon and Kennebec, Spanish and com-

mon mackerel, blue and weak fish, as well as numberless others from lake, river and ocean. Mushrooms are also in order, and while the fresh fruits seem the more refreshing and inviting, the nutritious dates, figs and prunes may furnish their quota of appetizing nutriment.

Nuts are very nutritious and if eaten at proper times furnish a good substitute for meat. At this season, however, they are not of a good quality and can only be served salted or in cooked dishes. Olive oil, cream and butter are all nourishing and should be indulged in freely. Macaroni, spaghetti and the various noodles are hearty as well as digestible. The noodles may be purchased in any one of a dozen different forms, for use in soups. They are quite inexpensive—about sixteen cents a pound—and a pound would make a dinner dish for a regiment. German noodles are even less expensive than the Italian and far cleaner.

Here are several suggestive dishes, substitutes for meat, that may be varied, according to circumstances:—

#### **Macaroni Milanese.**

The preliminary cooking of macaroni is always the same, no matter how it is to be dressed afterward. It should be put into a good quantity of rapidly boiling, lightly salted water, cooked about twenty minutes, then thrown into cold water to blanch. Then it is ready to cook. Turn the macaroni back into the kettle in which it was cooked, pour a cup of milk over it and reheat. Butter a pudding dish and put into it in alternate layers the macaroni and grated cheese, seasoning with a little more salt and a few grains of cayenne. Put plenty of butter on top, cover with fresh milk, the richer the better, and cook, covered, for fifteen or twenty minutes. Uncover and brown.

#### **Spaghetti with Cheese.**

Take a handful of the long stocks of spaghetti and put one end of the bunch in

a kettle of boiling water lightly salted. As the sticks soften, bend the mass around in the kettle and so put it all in without breaking the spaghetti. Cook fifteen or twenty minutes until tender, then drain and blanch. Return to the kettle, add a little milk and let it cook slowly until the milk is absorbed. Just before serving add quarter of a cup of butter, and when melted turn out on a shallow dish and sprinkle with grated sap sago cheese.

A change in service is made by using a tomato sauce with spaghetti.

#### **Tomato Sauce for Spaghetti.**

Boil and strain one can tomatoes. Chop one small onion fine and brown in pan with two slices of fat salt pork or two tablespoonfuls olive oil or butter. Five minutes before the browning is accomplished throw in a handful of dried mushrooms that have been scalded, strained and chopped. These add greatly to the flavor. Add to the tomatoes four whole cloves, a lump of sugar, salt and paprika or cayenne to flavor, mix together, strain, then thicken lightly with browned flour and cook two minutes. Pour over the spaghetti and add grated Parmesan cheese.

#### **Devilled Macaroni.**

Cook enough macaroni to make two cupfuls after it is cooked, blanched and chopped. Make a good cream sauce, using two tablespoonfuls each butter and flour, one cupful warm milk and salt and pepper to season. Add to the sauce three hard boiled eggs minced, a tablespoonful chopped parsley, two tablespoonfuls onion juice, nutmeg, salt and paprika to season. Mix the sauce with the macaroni and turn into a good sized ramekin or individual ones, sprinkle the tops with buttered crumbs and brown. Just before sending to the table make a little depression in the top of each and pour in a teaspoonful of chili sauce.

**Baked Hominy.**

Put a quart of milk over the fire and when just at the boiling point stir in one cup hominy grits. Stir a few moments, then set in a double boiler or water basin and cook gently three-quarters of an hour. Turn into the bowl and cool slightly. Beat two eggs until light and whip into the cooled hominy together with a teaspoonful salt. Put into a greased pan and bake half an hour in a quick oven.

**Codfish and Hominy.**

For one-half pound of salt fish, flaked, allow one pound white hominy cooked, one teaspoonful salt, half a teaspoonful pepper, one quart milk, with a slice of onion boiled in the milk, two tablespoonfuls drippings or butter and two tablespoonfuls flour. Make the cream sauce first with the flour and butter cooked together, then add the milk, seasonings and lastly fish and hominy. This makes enough for a large family.

**Salmon Cooked in Court Bouillon.**

Lay a two pound slice fresh, firm salmon in the grate of a fish kettle, pour over enough cold water to cover, add two tablespoonfuls wine vinegar, three sprigs parsley, a sliced onion, three whole cloves, six whole peppers and two tablespoonfuls salt. Let the fish come quickly to the boiling point, then push back where it will simmer gently until the flesh flakes. Serve with a garnish of mushrooms and a rich sauce.

**Historical Southern Dishes by Old Time Hostesses.**

These recipes, used more than a hundred years ago in the kitchens of the North and South, have all been contributed by descendants and are now pub-

lished for the first time, each with the name of the originator and the contributor. They are accompanied in many cases by notes of interesting personal or historical episodes connected with them. This composite collection, to which nearly two hundred of the best known hostesses of the United States have contributed their choicest recipes for preparing every sort of table delicacy, from shell fish, soups, breads, entrees and meats, to game, salads, vegetables, beverages and desserts, makes a most valuable addition to the culinary literature of America.

**Sally Lunn.**

By Mrs. Dabney H. Maury, Richmond, Va.

Take one-quarter pound butter, one pound flour, two eggs, one-half gill of yeast, or one-half yeast cake dissolved in a little warm water, milk enough to make a soft dough, one-half teaspoonful salt. Cut up the butter and melt in the warm milk. When the milk is lukewarm, stir it into the flour, with the eggs beaten very light, then add the yeast. Butter the mould in which it is to be baked carefully, pour in the mixture, and in winter set near the fire to rise. When perfectly light and risen to top of Turk's head, bake in moderate oven.

**Waffles.**

By Miss Logan, Kentucky.

One pint sour cream, two pints flour, three eggs, one teaspoonful soda, three tablespoonfuls melted lard, and a little salt. Beat the eggs separately, and put the flour and the sour cream in with the yellows. Make the batter very thin with sweet milk. Add lard, then soda dissolved in a little milk, and lastly the whites of the eggs. Bake quickly in very hot irons.

**Clermont Muffins.**

By Mrs. Robert K. Livingston, New York, 1775.

Two eggs, two tablespoonfuls butter, one large teacup cream, sweet or sour, one saltspoonful salt, flour enough for a very soft dough. Mix well, shape into small balls the size of an English walnut, roll out into thin cakes, each one about the size of a dessert plate, not much thicker than paper. Bake in a pan in front of a hot fire.

**Beaten Biscuit.**

This recipe has been used for several generations in a Montgomery (Ala.) family. The biscuits were formerly beaten on a heavy block cut from a large tree, but of late a biscuit machine has been used and is very satisfactory.

One quart flour, one cup milk, a pinch of soda size of a small pea, one kitchen spoon lard. Sift soda and salt in flour thoroughly; rub lard in flour until it is like cornmeal. Then add milk and mix well. Roll through a biscuit machine for one-half hour, or beat one hundred strokes on a block with a heavy pestle. Cut the size of a gentleman's watch and bake in a moderate oven.

**Black Bean Soup.**

By Grandmother Hannah Burrows.

One quart beans boiled until tender. Add one quart tomatoes, boil two hours and strain. Add one tablespoonful corn starch, pepper, salt, one tablespoonful butter and a few cloves. Just before serving add brandy and sherry to taste and a few slices of lemon.

**Okra Gumbo.**

An Old Creole Recipe.

Fry slowly together one sliced onion and a tablespoonful of drippings or a slice of salt pork. Add a pound of lean beef cut in small pieces and stew quickly. Dredge

with a heaping tablespoonful of flour and cook until brown. Add three pints boiling water, one pint peeled and sliced tomatoes and one pint of sliced okra. Cover and simmer for an hour and a half, adding salt and pepper to taste. Chicken may be used instead of beef, or crabs or shrimps. In the latter case these should be previously boiled and the meat picked out and added last. A little chopped ham is always an improvement. Serve with boiled rice. The gumbo should be very thick when served.

**Cold Crab Ravigote.**

Given by the Chef of the Famous Old Bellevue, Philadelphia.

One pint best crab meat, two large fresh ripe tomatoes, one large green pepper, one red pepper, same kind; chop the tomato and peppers fine; be sure to take out all the seeds in peppers; add a tablespoonful of chopped parsley; mix all together with mayonnaise enough to have them quite wet and moist, season to taste with salt and a dash of paprika; fill each shell heaping full of the mixture and garnish the top with two anchovies, a small piece of cut pickle and lemons; the anchovies can be dispensed with if preferred; serve in six shells.

**Quenelles with Spinach.**

An English recipe used by an old housekeeper of Mrs. Joseph Coleman Bright when formerly in the employ of Lord Raglan, of Raglan Castle.

Make a forcemeat of two pounds of veal, season with mace, salt and pepper; add one-quarter pint of cream, mix well and poach in clear soup. Drop a soup spoonful at a time in the boiling soup, take out and keep hot. Have ready some well chopped and seasoned spinach, pile in the centre of the dish, and place the quenelles around. This makes a very nice and dainty entree.

**Pudding.**

Contributed by a great-great-grand daughter of Thomas Jefferson, Fredericksburg, Va.

One pint bread crumbs, one quart cream, one teacup white sugar, yolks four eggs, grated rind of a lemon; beat yolks, sugar and lemon together, and stir in the crumbs. Bake a light brown. When it is done spread over the top currant jelly or any small preserve. Beat the whites of the eggs to a stiff froth, spread on top and serve either hot or cold.

**Cherry Roll.**

By Mrs. Heloise Minor, Norfolk, Va.

Six medium sized Irish potatoes, one large spoonful butter, one-half teaspoonful salt, flour enough to make a paste. Mash potatoes smooth, add butter and salt, then the flour. Roll it out in a strip longer than wide, lay it over the fruit. Roll it up and tie in a floured bag. It must boil steadily one hour, and water must be boiling when put in. Serve with sauce.

**Dolly Madison's Whim.**

This is Mrs. Dolly's own favorite cake and was taken from the original book.

One pound flour, one pound sugar, one pound butter, one pound raisins stoned and chopped, six eggs, a wine glass brandy, one nutmeg, a tablespoonful mace, one dessertspoonful soda dissolved in a wine glass of hot water. Beat the butter to a cream, rub the yolks of the eggs and the sugar together, and the butter, whip the whites of the eggs to a stiff froth, and add alternately with the flour, then the brandy and the nutmeg, and lastly the soda. Stir the whole mixture lightly and quickly and bake in a deep pan with the same heat required for pound cake.

**Medicinal Cordial Recipes.**

In all the large and varied list of fruit preparations put up best at home, shrubs and cordials stand easily first, as many of them cannot be purchased in the stores. Blackberry cordial, one of the best of all remedies for troubles incident to hot weather, cannot be bought at its best for less than sixty to seventy-five cents a bottle, while it can be made at home, using the best French brandy and purest spices, for less than half that amount. Raspberry shrub, one of the most refreshing and cooling of summer drinks, costs nothing but the price of the berries, the sugar and vinegar.

Here are a few thoroughly well tested recipes, that, once tried, will be used every season thereafter:—

**Blackberry Cordial.**

Wash the berries in running water from the faucet, drain and put in a preserving kettle or stone jar set inside the wash boiler or a large pan of water. Simmer, mashing and stirring often, until soft and mushy. A wooden spoon or potato masher is best for this purpose. When soft turn into a cheesecloth bag that has been wrung out of hot water and suspend from a nail or a broomstick laid across the tops of two chairs and let hang until the juice has drained off. Measure the juice and allow to each quart one pound loaf or granulated sugar, a level tablespoonful each cinnamon and nutmeg, a half tablespoonful each cloves and allspice. Tie the powdered spice in a thin muslin bag. Boil all together for fifteen minutes, skimming thoroughly at the end of that time. When cold add one-half pint best French brandy. Seal in small corked bottles. This improves with age and is one of the most famous household remedies in the South.

**Blackberry Wine.**

This resembles the cordial, and is made in much the same way, but without the addition of spirits. Pour four quarts of boiling water over eight quarts of well ripened blackberries and let stand over night in a cool place. Then press out the juice, and to every four quarts of juice allow three pounds of sugar, with a heaping tablespoonful of powdered cinnamon, a level tablespoonful of powdered cloves and a half tablespoonful each of nutmeg and allspice. Boil the mixture five minutes and set to ferment in a stone jar. When it has finished fermenting, rack off without disturbing the lees, bottle and cork closely. This, too, is used for medicinal purposes, but is somewhat stronger than the cordial.

**Elderberry Wine.**

This, too, is excellent in case of summer complaint, and the berries in most cases can be had for the gathering. Add to three gallons crushed berries three and a half gallons of water, one-half cupful of raisins, two ounces of whole allspice, one dozen whole cloves, one ounce of ginger root and four inches of stick cinnamon. Boil all together half an hour, then strain. To every gallon of the liquid allow three and a half pounds of sugar and boil until clear, skimming thoroughly.

Put into a cask, and when nearly cold drop in a piece of toast spread with one yeast cake softened in a little tepid water. When fermentation has ceased close the cask tightly. It will be ready for use in three months, and is one of the best of tonics. For summer complaint give hourly in dessertspoonful doses.

**Red Raspberry Shrub.**

Fill a quart jar with red raspberries, then pour in as much pure vinegar (white wine or cider) as it will hold. Let this stand over night. In the morning mash

the berries and squeeze through a coarse bag. To every pint of the juice allow one pound of sugar. Boil twenty minutes, skim the bottle. This makes a thick, rich syrup, which must be diluted considerably before drinking.

**Raspberry Vinegar.**

Put two quarts raspberries in a stone jar and cover with one quart good cider vinegar. Cover closely and stand aside for two days. At the end of that time mash the berries and drain off the liquid. Pour this over a third quart of fresh berries and set away for another two days. Strain and allow to each pint of juice one pound sugar. Cook gently for five or ten minutes. Skim, strain and bottle. Vinegar prepared in this way will keep indefinitely, and a teaspoonful added to a glass of water makes a most refreshing and healthful drink.

**Raspberry Syrup for Flavoring.**

Put as many berries as desired in the preserving kettle, crush slightly, heat slowly and cook very gently for half an hour. Crush with a wooden spoon and strain through a cheesecloth bag. Put the juice into a clean preserving kettle after measuring. Let it come to a boil, then skim. Add to the berry juice half its quantity of sugar. Stir until dissolved, then pour into hot sterilized bottles. Set uncovered in pans of hot water on the stove or in the oven, cook ten minutes longer, fill to overflowing with the boiling juice and seal.

**How Lemon and Vanilla Flavors Are Made at Home.**

There is no reason why the housewife who wishes to keep down her expenses, and at the same time make sure her family is getting pure food, should not put up her own extracts and flavorings. It is really very little trouble, and the expense



is almost nil in comparison to the price one is obliged to pay for the high grade extracts. Take the lemon, for instance. Before cutting the lemon to extract the juice, scrub well, rinse and wipe with a soft cloth. Then grate off all the delicate yellow skin, taking care that none of the white part of the rind goes in, as this will give a bitter taste. Pack a small bottle full of these yellow shavings, cover with pure grain alcohol and set away for three weeks. At the end of that time the contents of the bottle should be strained and the extract is ready for use. An even teaspoonful of this preparation will flavor a quart of custard or other similar dish.

#### Lemon Zest.

This is a great favorite with English cooks. Rub thoroughly washed lemons with lumps of sugar until they have absorbed the oil from the rind. Then rub the lumps to a powder and store in a glass jar. These contain simply the oil of the lemon and are considered particularly delicate.

#### Lemon Sugar.

Place the grated yellow peel from lemons in a wide mouthed bottle and cover thickly with granulated sugar. Keep the bottle tightly corked. The sugar becomes saturated with the oil from the peel and imparts a delicious flavor. Still another way is to rub lumps of sugar over the lemon rind until the oil cells are broken and the oil absorbed by the sugar. Place the lumps of sugar in an air tight jar and when ready to use dissolve some of the sugar in whatever it is desired to flavor.

#### Orange Sugar.

Wash the oranges, then with a sharp, thin bladed knife pare off the thin yellow rind without a particle of the bitter white underneath. Spread on plates and dry in a sunny window or in a cooling oven with

door ajar. When perfectly dry, add to the rind of a half dozen good sized oranges a half pound granulated sugar. Rub to a powder in a mortar, sift through a fine sieve, returning the coarse particles to the mortar to be reground and sifted. A tablespoonful of this sugar will flavor a quart of cream or other sweet. Sugar made from Tangerine oranges is specially delightful. Orange zest and orange extract are made in the same way as those from lemon.

#### Strawberry Extract.

Fill a quart jar with sweet ripe berries, cover with white brandy, let stand two weeks, then strain through cheesecloth, pressing out all the liquid; pour in bottles, cork tightly and keep in a cool, dry place. Use for flavoring.

#### Vanilla Essence.

The best vanilla comes from Mexico, though a very good quality may be obtained from Honduras, Guinea, Brazil or Ceylon. To make the essence cut three pods into small shreds and put in a bottle with a pint of brandy; cork tightly, shake occasionally, and it will be ready to use in three months.

#### Vanilla Extract.

Cut and chop fine two or three pods and pound fine in a mortar; rub or pound into them a little powdered sugar; put in a pint bottle, add a tablespoonful water and let stand over night. The next day pour on a cup spirits of wine, cork well and let stand for a month, shaking every day.

#### Vanilla Flavoring.

Split four beans and clip in bits with scissors; put seeds, husks and all into a bottle and pour over it one pint brandy or whiskey; cork tightly, shake frequently for the first four or five weeks. It is then ready for use and will keep for years.

**Vanilla Pods.**

Many professional cooks prefer to use the pods themselves in flavoring, declaring that the flavor imparted is more delicate. When making a cream or pudding, the pod is stirred in the substance to be flavored. It is then removed, washed in two waters and reserved for future use. If care is taken a pod will last for a long time.

**Ginger Extract.**

Cover two ounces ginger root with one-half pint of pure grain alcohol. Let stand till the spirit is impregnated thoroughly with the ginger, then strain and bottle.

**Rose Flavoring.**

The easiest way to prepare this is to fill a bottle with fresh, fragrant petals, crowding them down as compactly as possible. Pour on pure alcohol to submerge the leaves. Cork tightly and set in a cool place for several weeks, then strain and use as other flavorings.

**Rose Syrup.**

Cut fragrant roses in full bloom, picking in the early morning with the dew still on. Dry slightly, then pull out the petals and spread on trays to prevent mildew. Keep cutting the roses and drying in this way until there are enough for a jar or tumbler of preserves. Put in preserving kettle with just water to cover and cook until the leaves are tender. Add sugar, pint for pint, and cook until it forms a jelly like syrup. Pour into jelly glasses. When ready to use a teaspoonful gives a delicious flavor to a cake or pudding sauce.

## Picnic Lunch Cooked Around Camp Fire.

For a day's outing try cooking the dinner over a camp fire. If you do not wish

to carry many cooking utensils along there are plenty of things that can be grilled on the end of sharp pointed sticks. A wire broiler is not a heavy thing to carry and over a bed of glowing coals you can broil a steak or fish, toast bread or use it as a rest for the coffee pot. Frankfurters are nice spitted and grilled over a fire; also a kebab of lamb or tender beef in old Greek fashion. To do this cut the meat in two inch square pieces before leaving home, and cover with onion juice or minced onion to season. Let stand for an hour before packing for the picnic. When ready to grill, string the pieces of meat on a sharp pointed stick of some green wood, lay across two notched sticks, set up by the bed of coals, then turn every few minutes until nicely browned and sending forth the most ravishing odors. Season with salt and pepper and serve on the little wooden grocer's plates.

**A Barbecue on a Small Scale.**

A barbecue on a small scale is a good camp dish. Lay the ribs of a sheep on a grill, brush over, using a swab of clean cloth tied on the end of a stick, with a mixture of melted butter and vinegar, whipping a half cup softened butter with a quarter cup vinegar until frothy like salad dressing. Season well with salt, pepper and mustard. As the meat broils on the gridiron or grill, keep saturating with the dressing. When done it will be deliciously seasoned.

**Apples and Potatoes.**

Apples may be spitted and toasted over the fire, or baked in the ashes or a covered pan until tender. Potatoes can be baked covered over in a bed of hot ashes. When done brush off, break the skin slightly and serve with salt.

**Roast Clams.**

Clear a place in the sand, stand the clams upright so that the juice will not

run out as they open, and cover with brush, driftwood and fire. As fast as they open, fish out with a stick, taking pains to secure a large clam first. Having eaten that, use the half of the shell for holding butter and pepper, into which the rest of the clams may be dipped before eating.

#### Camp Coffee.

Allow a tablespoonful ground coffee for each one in the camp and "one for the pot." Put into a cheesecloth bag with a draw string to tie about the mouth, lay in the pot and pour in cold water as many cups as you wish to serve. Cover closely, stopping up the spout with a twist of paper. As soon as it boils it is ready to serve. Use condensed cream and block sugar. Making the coffee by this cold water process obviates the necessity of a longer wait while the water gets its first boil.

#### Baked Eggs.

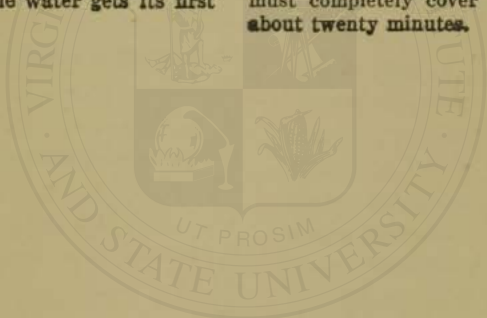
Make a small hole in the top to prevent bursting, then stand in rows against hot stones around the camp fire.

#### Toasted Cheese.

Cut the cheese in pieces two inches square, impale on a green stick and toast over the fire.

#### Corn Bread Baked in the Ashes.

Sift together before leaving home three pints Indian meal, one pint wheat flour, one teaspoonful salt, a tablespoonful sugar and six teaspoonfuls baking powder. When ready to bake, stir in enough cold water to make a stiff dough, form into balls about the size of hens' eggs, roll in dry flour and bake in hot ashes, which must completely cover the bread. Bake about twenty minutes.





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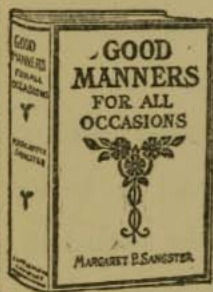
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