

THE WOMEN'S  
PATRIOTIC LEAGUE  
COOKERY BOOK



BROCKVILLE

1918





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COOKERY BOOK**

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**GOOD THINGS TO EAT**  
—————AND—————  
**HOW TO PREPARE THEM**



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## TIME-TABLE FOR COOKING

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### FISH

Steaming,—	Minutes
Small Fish .....	10-15
3-5 lbs. ....	30-60
<b>Broiling,—</b>	
Whole Fish .....	10-15
Steaks . . .	5- 6
<b>Baking . . .</b>	<b>15 to lb.</b>

### MEAT

<b>Roasting,—</b>	
Beef, Mutton .....	15-20 (to lb.)
Lamb, Pork . .	20-25 (to lb.)
Veal . .	20-25 (to lb.)
<b>Broiling,—</b>	
Rare . . .	4
Medium . . .	6
Well Done . .	8

### FOWL

Broiling . .	20
Roasting . .	20
Chicken . .	15-20 (to lb.)
Turkey, Goose . .	25 (to lb.)

### VEGETABLES

Turnips, Cabbage . .	35-60
Onions, Parsnips . .	30-40
Cauliflower . .	20-25
Potato, Asparagus . .	20-30
Peas, Beans . .	20-60
Beets (young) . .	40
Green Corn . .	5-12

### FLOUR MIXTURES

Pudding (steamed) . .	30-45
<b>Cake,—</b>	
Layer . .	15-20
Sponge . .	25-45
Loaf . .	30-50
Bread . .	45-60
Rolls, Buns . .	15-30
Biscuits . .	12-15
Pies . .	30-50

## SPOON AND CUP MEASURE

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4 even teaspoons liquid equal.....	1 even tablespoon
3 heaping teaspoons dry material equal.....	1 even tablespoon
16 tablespoons liquid equal .....	1 cupful
12 tablespoons dry material equal.....	1 cupful
2 cupfuls equal . . . . .	1 pint
4 cupfuls equal . . . . .	1 quart
4 cupfuls flour equal .....	1 quart or 1 lb.
2 cupfuls solid butter equal.....	1 pound
2 cupfuls granulated sugar equal .....	1 pound
2½ cupfuls powdered sugar equal.....	1 pound
1 pint milk or water equals.....	1 pound
1 dozen eggs should weigh .....	1½ pounds
1 tablespoon of butter equals .....	1 ounce
2 tablespoons flour equals . . . . .	1 ounce
2 tablespoons coffee equals .....	1 ounce
Butter the size of an egg means 2 tablespoons or.....	2 ounces

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## TABLE OF WEIGHTS AND MEASURES

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1 quart sifted flour, well heaped, weighs.....	1 pound
3 coffee-cups sifted flour (level) weigh.....	1 pound
4 teacups sifted flour (level) weigh.....	1 pound
1 quart sifted cornmeal weighs.....	1 lb. 4 oz.
1 pint soft butter (well packed) weighs.....	1 pound
1 1-3 pints powdered sugar weigh.....	1 pound
2 coffee-cups powdered sugar weigh .....	1 pound
1 pint granulated sugar (heaped) weighs.....	14 ounces
1½ coffee-cups granulated sugar weigh.....	1 pound
1 pint best brown sugar weighs.....	1 pound
Soft butter size of an egg, weighs.....	2 ounces
7 tablespoons granulated sugar, heaped, equals.....	1 teacup
5 tablespoons sifted flour or meal equal.....	1 teacup
3 tablespoons sweet chocolated, grated, weighs.....	1 ounce
2 teaspoons (heaping) of flour, sugar or meal, equal.....	1 tablespoon

## FLOUR MIXTURES

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If the directions in the following pages of flour mixtures are followed the housekeeper will find that the proportions are accurate, the methods clear and the results good.

### GENERAL PROPORTIONS TO BE USED AS A GUIDE

Use  $\frac{1}{4}$  teaspoonful salt to 1 cup flour.

Use 2 teaspoonfuls of baking powder to 1 cup flour, less  $\frac{1}{4}$  teaspoonful to a cup of flour for every egg used after the first.

Use 2 tablespoonfuls of shortening to 1 cup of flour as a maximum amount.

Use  $\frac{1}{4}$  teaspoonful of soda to 1 cup acid wetting, viz., buttermilk, molasses.

1 egg is equal to  $\frac{1}{4}$  cup of wetting.

The lightening agents for flour mixtures are:—Egg, baking powder, air, yeast.

There are three methods of mixing flour mixtures: stirring, beating and folding.

The flour mixtures are classified in the following groups:—

1. A thin batter—equal parts of flour and wetting.
2. A thick batter—twice as much flour as wetting.
3. A soft dough—three times as much flour as wetting.
4. A stiff dough—four times as much flour as wetting.

The above proportions are accurate, and the best results will be obtained by following them closely.



"Too many cooks spoil the broth."

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## SOUPS

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### CREAM OF VEGETABLE SOUP

**Basis** The cream of vegetable soups are very rich. The foundation or basis of these soups is a thick white sauce consisting of 1 tablespoonful of flour, 1 tablespoonful of butter, and 1 cup of liquid. The liquid may consist of milk alone, or the vegetable may be boiled with the addition of milk and water. The required quantity. The water from strong-flavored vegetables may be used.

**Method** Place the flour and seasoning on one side of the butter on the opposite side. As the butter melts, add the flour and seasonings, and continue stirring until smooth and then add the liquid gradually, about a third at a time, stirring constantly until brought to the boiling point.

### CREAM OF ASPARAGUS, CREAM OF CORN, CREAM OF CELERY, CREAM OF ARTICHOKE, CREAM OF SPINNACH, AND CREAM OF CAULIFLOWER

The above soups are all made in the same way. Take a cup of the vegetable and boil in 3 cups of boiling salted water until tender. Force through sieve. Then add to this 2 cups of white sauce, as shown above, using half milk and half vegetable water. Bring to the boiling point and serve.

A teaspoonful of chopped parsley may be added to the artichoke, celery or corn soup as seasoning. These soups require very little, if any, seasoning.

### TOMATO SOUP WITH STOCK

Can of tomatoes, 1 large onion, 2 tablespoonfuls sugar, 2 tablespoonfuls butter, 1 quart of beef stock, 1 teaspoonful salt (scant), 2 tablespoonfuls flour.

Boil tomatoes with onion, sugar, salt and pepper  $\frac{1}{2}$  hour; strain and thicken with butter and flour, add beef stock and serve with chopped parsley and croutons.

### TOMATO SOUP WITH MILK

**Ingredients** 1 quart canned tomatoes, 1 pint milk, 1 cup water, 2 teaspoons cornstarch, 1 tablespoon butter, 1 teaspoon baking soda, season with pepper and salt.

Put the tomatoes and water in a saucepan and boil thoroughly, add the soda, stir well and then rub through a strainer fine enough to keep

back the seeds. Boil the milk, add to it the cornstarch which has been dissolved in a little cold milk, and cook a few minutes. Add the butter, then the tomatoes, and serve.

### CREAM OF POTATO SOUP

Take  $\frac{1}{2}$  cup of potatoes and cook in 3 cups of boiling salted water, until potato is soft. Strain and add to the following white sauce:

One tablespoonful flour, 1 tablespoonful butter, 1 cup milk, 1 cup of water in which potatoes have been cooked, 1 teaspoonful parsley chopped fine, onion, celery salt. Place the flour and seasoning on one side of the saucepan and the butter on the opposite side. As the butter melts stir in the flour and seasonings and continue stirring until smooth and bubbling. Add the milk and potato water gradually, stirring constantly until brought to the boiling point.

### SPLIT PEA SOUP

Ham or beef bone, 3 quarts water, 2 cups green split peas, 1 onion, salt, pepper.

Cover meat bone with water, heat to boiling point then simmer slowly 2 hours, let stand all night and next morning remove fat. Soak peas over night, drain and add to stock and onion. Simmer 5 hours or until peas are dissolved; season, strain, and, if too thick, add milk or cream to dilute it.

### CREAM OF PEA SOUP

Put 1 can of peas in a saucepan and cook ten minutes; put a pint of milk in another saucepan and when hot mash the peas through a strainer into the milk; return to the fire. Season with pepper, salt and butter. Thicken to taste with cornstarch.

### BEAN SOUP

**Ingredients** 1 cup beans, 1 cup chopped celery, 1 quart cold water, several small slices of salt pork.

Cook slowly for 5 hours, strain through colander, add 1 cup rich milk, little salt, and dash of paprika. Serve with croutons. Double all quantities if more is desired. While cooking, add hot water to keep liquid at original quantity.—Mrs. D. M. Spaidal.

### CREAM OF CARROT SOUP

Three medium-sized carrots sliced thin, one slice of onion, and a small bay leaf, one cup of water. Cover closely and simmer until tender. Rub through a strainer, reserving water in which carrots were cooked; then put together on the fire. If thick, add one cup of water. Put  $1\frac{1}{2}$  level tablespoonfuls butter over fire, add same amount of flour and stir until smooth; add this to the carrot mixture, stirring constantly until thickened. Season with salt and pepper and add one cupful of hot milk and half a cup of cream.—Mrs. H. O. Powell.

### ICED JELLIED BOUILLON

Make a beef bouillon or a consomme, and clear it with egg white and shell. To each quart of the hot bouillon add one teaspoonful of granulated gelatin soaked until soft in half a cup of cold water. When the gelatin is dissolved, strain into an earthen bowl. Let it cool and then put in refrigerator for 12 hours. Carefully skim off any fat, when it should be perfectly clear jelly, ice cold.

To serve, take it up in a small after-dinner coffee-spoon and half-fill bouillon cups.



## CHEESE SOUP

**Ingredients**       $\frac{1}{4}$  lb. cheese, 1 teaspoonful onion juice, 1 quart milk, yolks of two eggs, one tablespoonful each of flour and butter,  $\frac{1}{2}$  teaspoonful salt and a dash of cayenne.

Put milk in double boiler, add the grated cheese, salt, cayenne and onion juice. Rub butter and flour together, moisten with a little of the milk and add to the milk and cheese mixture. Cook, stirring constantly, until thick and smooth. Beat the yolks of the eggs, add a few spoonfuls of the boiling soup, remove from the fire and stir in the eggs. Mix thoroughly, add a cup of crisp croutons and serve immediately.

## STOCK FOR SOUPS

The basis of all good soups is the broth of meat. This may be made by boiling (the day before it is needed for use) broken joints of beef, veal or mutton. After putting the meat into the pot, cover well with cold water and let come to a boil, skim well, simmer slowly until thoroughly done, keeping the pot closely covered. Next day remove the fat. After this add whatever vegetables and herbs you wish for seasoning, cooking all well together. Strain before sending to table.

A good stock for soups may be made from shreds and bits of uncooked meat and bones, poultry and the remains of game. Put all together and stew. Used chiefly in the preparation of brown soups.

## VEAL BROTH

A knuckle of veal, about 4 pounds. Cover with 2 quarts of cold water,  $1\frac{1}{2}$  tablespoonfuls sago, a little lemon rind, and parsley, salt and pepper to taste. Boil four hours, slowly. Let it cool and skim off every particle of fat.

## CHICKEN SOUP

Cut an old chicken in pieces, and put in sufficient cold water to cover. Simmer from 3 to 6 hours, until meat falls away from the bone. Pour off the liquor, season with salt and pepper and serve with cooked rice or tapioca (2 tablespoonfuls to the quart of stock).

Soups may be made from the left-over bones of chicken, turkey, duck or hare in the same manner as above.

## BROWN SOUP

Get a good sized shank of beef, well cracked, cut off all the meat, then put the bones into a pot, covering them entirely with cold water; beat up the whole of a raw egg and throw it in. Take the meat which has been cut off the shank and fry it in dripping until quite brown and add to it the water when it comes to the boil; put in also one large onion (not skinned), one large carrot, a little celery (if you have it), 1 ounce whole black pepper and  $\frac{1}{2}$  ounce whole allspice. Boil slowly for 6 hours or more and strain through a towel, adding then salt to taste. A glass of sherry is an improvement, but not necessary. Next day remove all grease before heating for use. The bones and meat if boiled again will make quite good soup.

## MUTTON BROTH

To each pound of meat add 1 quart of cold water, bring gently to a boil. Strain it well, simmer three hours. A tablespoonful or more of rice may be added, and boil until the rice is cooked. Salt to taste.

### MACARONI SOUP

Take 2 sticks of macaroni, break into  $\frac{1}{2}$ -inch pieces; cook in boiling salt water, sufficient to cover well, until tender. Add this to 1 pint of soup stock, season with salt and pepper (paprika may also be used), heat slowly bringing to the boiling point, and serve.

### OYSTER SOUP

Put 1 quart of milk into a bright stewpan, let boil; wash and strain 1 quart of oysters; when the milk is at boiling point add the strained oysters, 1 teaspoonful of butter, a little cayenne pepper, 1 rolled biscuit and, lastly, salt to taste. When oysters curl remove from fire and serve at once. Have the tureen well heated and the plates hot.

### CREAM OF SALMON SOUP

Melt in a saucepan or double-boiler two teaspoonfuls of butter, stir in 2 teaspoonfuls of flour. Add 2 cups of milk gradually, stirring constantly until it boils. Then add  $\frac{1}{2}$  cup of cold cooked salmon, with all the bones removed, and finely mashed, and 1 tablespoonful of cream for each cup of milk used. Season with salt and pepper, bring to the boiling point and serve.

### HALIBUT SOUP

$\frac{3}{4}$  cup of cold boiled halibut rubbed fine, 1 pint of milk scalded with 1 slice of onion and 1 blade of mace. Remove the seasoning and add the fish, with 3 tablespoonfuls butter,  $1\frac{1}{2}$  tablespoonfuls flour,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful pepper. Cook for a few minutes.

### CROUTONS

Cut stale bread in third-inch slices and remove crusts, spread thinly with butter, and cut slices in third-inch cubes or squares. Put in a pan and bake until delicately browned, or fry in deep fat.

### CHEESE STICKS

Cut stale bread in third-inch slices and remove crusts. Cut these slices in half and spread thickly with butter, sprinkle with grated cheese, and season with salt and paprika. Put in a pan and bake until delicately browned.

### NOODLES

Take 1 egg and a pinch of salt, use all the flour that this will take up. Roll thinly as possible and dry. Roll up and slice off in narrow strips. Drop into boiling soup 15 minutes before serving. Chicken with noodles makes a nice dish.





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## FISH

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### METHODS OF COOKING FISH

**Steaming** This is a method of cooking fish by steaming over boiling water. After preparing, wrap the fish in cheesecloth and place in a steamer, or in a strainer over a saucepan containing water, and cover tightly. In steaming small fish allow 10 to 15 minutes; fish weighing from 3 to 5 pounds, 30 to 60 minutes.

**Boiling** In boiling fish a good deal of gelatine, which dissolves in hot water, is lost, and when this is considered and practically the same results are obtained from steaming, it will be found that steaming is the best method.

**To Boil Fish:** Tie the fish in cheesecloth, place on a plate in the bottom of the vessel and cover with boiling water. Boil gently until the fish is done, allowing 10 minutes to the pound.

**Broiling** Small fish are laid flat and broiled whole, removing the head and tail or not, as desired. Salmon, halibut and swordfish are cut in inch slices. These are called steaks.

Place in a well greased broiler. Whole fish should be first broiled on the flesh side and then turned and broiled on the skin side, just long enough to make the skin brown and crisp. Then reduce the temperature and cook, allowing 10 to 15 minutes for whole fish, and 5 to 6 minutes for steaks. To remove from broiler, loosen fish on one side with a knife, then turn and loosen on the other side, being careful not to break the skin.

**Baking** Prepare the fish, then lay in roasting pan with strips of cotton underneath, in order that fish may be lifted out easily. Spread with dripping and bake in a moderate oven, basting occasionally to keep from burning. Bake fish 10 to 15 minutes to the pound.

**Frying** Wipe the fish as dry as possible, dip in flour or in bread crumbs, and fry in deep fat.

**Sauteing** Prepare the fish the same as for frying and cook in a frying pan, with small amount of fat. The fish can be dipped in cornmeal or flour, if desired. Steaks, smelts and other small fish may be cooked in this way. Serve on a hot platter and garnish.

## WHAT TO SERVE WITH FISH

With Boiled Fish	Sauce Hollandaise, boiled potatoes, parsley butter, cucumbers or lettuce with French dressing.
With Baked Fish	Fried or plain boiled potato balls, cucumbers or lettuce with French dressing.
With Broiled or Planked Fish	Potato balls, potato Puff, or plain boiled potatoes, cucumbers or lettuce with French dressing.
With Small Fried Fish	(Such as Smelts). Tartar Sauce. French bread and butter.
With Creamed or Deviled Fish	Crisp bread and butter.
With Plain Mackerel	Fried mush and corn bread.
With Plain Cod	Boiled potatoes, parsnips, sour milk biscuits or brown bread, egg sauce.
With Creamed Cod	For breakfast: baked potatoes. For luncheon or supper: plain boiled potatoes.
With Halibut Steaks	For luncheon: cucumbers with French dressing, Graham bread and butter.
With Fried Halibut Steaks	For dinner: plain boiled potatoes, cucumbers or lettuce with French dressing.

Fish for luncheon or dinner should be followed with a salad with French dressing, wafers, a small bit of cheese, and coffee.

## HALIBUT TIMBALES

Steam 1 pound halibut about 30 minutes, until tender; put through a mincer, season with salt, red pepper and  $1\frac{1}{2}$  teaspoonfuls lemon juice. Then add 1 cup cream well whipped, and the beaten whites of 3 eggs. Mix all together, turn into small, well buttered moulds, place in a pan of hot water and cover with greased paper. Bake 20 minutes. Do not let them get brown.

## SALMON LOAF

One can salmon, 2 cups rolled crackers,  $\frac{1}{2}$  cup sweet milk, 1 egg, butter the size of an egg, salt, pepper and vinegar to taste.

Remove salmon from can; take out skin and bones and separate in flakes. Add the well-beaten egg and milk, stir in the cracker crumbs and butter. Add salt, pepper and vinegar and bake in a greased mould for 30 minutes.

## SALMON CROQUETTES

One pound salmon, 1 cup cream or milk, 2 eggs, 1 tablespoonful butter, 1 tablespoonful flour, salt and pepper to taste, bread or cracker crumbs to roll the croquettes in.

Melt the butter in a saucepan, stirring in the flour and seasoning; add the milk gradually one-third at a time, stirring constantly until smooth and bubbling. Add the salmon, which must be shredded and pressed dry, then beat in 1 egg and cook for 5 minutes. Turn out into a dish to cool; when cold, shape into balls, and egg and bread crumb them. Fry 1 minute and serve hot with parsley sauce.

N.B.—One tin of salmon is equal to 1 pound, or 2 cups.



## JELLIED SALMON

Drain the liquor from a can of salmon, rinse well with hot water and flake the fish with a silver fork.

Mix well  $\frac{1}{2}$  tablespoonful sugar,  $\frac{1}{2}$  tablespoonful salt,  $3\frac{1}{2}$  tablespoonfuls flour, few grains cayenne, 1 teaspoonful mustard,  $1\frac{1}{2}$  teaspoonfuls lemon juice,  $\frac{3}{4}$  cup cream,  $\frac{1}{4}$  cup vinegar. Cook in double boiler, stirring constantly until it thickens. Then strain into it 1 tablespoonful gelatine dissolved in 2 tablespoonfuls cold water (over boiling water). Put into individual moulds, chill and serve with cucumber sauce.

**Cucumber Sauce** Whip  $\frac{1}{2}$  cup heavy cream, season with salt and cayenne, and gradually  $2\frac{1}{2}$  tablespoonfuls vinegar; pare and grate 1 cucumber, removing seeds. Season with onion juice.

## SALMON SOUFFLE

Blend together a tablespoonful of flour and one of butter and mix with a teacupful of milk. When smooth and thick, add half a cupful of finely minced salmon and about  $\frac{1}{2}$  a teaspoonful of salt, then take the mixture from the fire, add the yolks of 3 well-beaten eggs, and lastly the whites beaten to a stiff froth. Turn into a well-buttered pudding dish and bake a golden brown in a hot oven. Takes about half an hour. Serve at once.

## SCALLOPED LOBSTER

Divide one can of lobster into rather small pieces. Make a good cream sauce with 2 cups of milk, thickened with 1 tablespoonful of flour and 1 tablespoonful of butter; season and cook till smooth, using a little cayenne instead of white pepper in seasoning. Add the lobster to the sauce; put in buttered baking dish or ramequin, cover with browned and buttered crumbs and bake in oven for a short time.

## FILLING FOR OYSTER PATTIES

Make a white sauce of a pint of cream, 2 tablespoonfuls of butter and 4 tablespoonfuls of flour. Cook. Season to taste with white pepper, salt, and celery salt. Drain a pint of oysters, cut in half taking out the hard part, parboil in their own liquor; add to the white sauce and fill the patties.

## PIGS IN BLANKETS

Free the oysters from shells, wrap each oyster in a thin slice of bacon pinned together with a toothpick. Brown quickly in a spider or chafing-dish and serve while hot.

Garnish with parsley.

## FRIED OYSTERS

Dry the oysters on a towel, dip them in well-beaten egg with a little pepper and salt to taste, and then in rolled cracker crumbs. Fry in hot lard or butter.

## CREAMED SHRIMPS ON TOAST

Make a cream sauce with 1 pint milk, 2 tablespoonfuls butter, 2 tablespoonfuls flour, season with pepper and salt and when cooking add 1 tablespoonful lemon juice, 1 pimento chopped. Then add 1 cup of shrimps. Serve hot on squares of toast. Chopped parsley may be used instead of pimento.

### SCALLOPED OYSTERS

Butter a pudding-dish and put in a layer of breadcrumbs or cracker crumbs; on these put a layer of oysters, seasoned with bits of butter and a little salt and pepper. Continue this till dish is full. Over the whole pour rich milk to moisten. Bake one hour.

### CUSK A LA CREME

1 pint of pieces of cold cooked fish, yolks of 2 eggs, 1 pint milk, 1 blade mace, 1 bay leaf, 1 sprig parsley, 1 small onion, 1 tablespoonful butter, 2 tablespoonfuls flour.

Put the milk on to boil in a farina boiler, add to it the mace, onion, parsley and bay leaf. Rub the butter and flour together and stir into the milk when boiling. Cook two minutes, add the well-beaten yolks of eggs, take from fire and strain. Add salt and pepper to taste. Put a layer of sauce in a baking dish, then layer of fish, and so on, having last layer sauce; sprinkle lightly with bread crumbs and bake in oven till nice brown.

### CODFISH BALLS

1 cup salt codfish, 3 cups potatoes, 1 egg, 1 teaspoonful pure dripping,  $\frac{1}{8}$  teaspoonful pepper.

Wash codfish in cold water and cover it with warm water. Then pick it apart, removing all bones, and put it into a saucepan. Pare the potatoes, cut them in quarters, add them to the codfish and cover the whole with boiling water. Boil until potatoes are tender, drain off the water, add dripping and pepper and mash and beat them in a pot until very light. When slightly cooled, mix in the well beaten egg.

Drop by spoonfuls on a greased pan and brown in a very hot oven, or saute on a hot greased frying pan.

### FINNAN HADDIE

Pour boiling water on finnan haddie and take off skin, then cut it in small pieces, pour boiling water on it and boil 10 minutes. Put on a platter and have drawn butter sauce ready to pour over it.

### HALIBUT A LA KING

Boil a nice piece of thick halibut, about three to four pounds; when perfectly cold shred in not too small pieces. Have ready a rich sauce of 2 tablespoonfuls butter, 2 tablespoonfuls flour. Add enough hot milk to make it like thick cream. To this add  $\frac{3}{4}$  of a pound of mushrooms that have been cooked in the milk, and a small tin (10c. size) of pimientos cut up. Drop fish in and serve on toast.

### CISCOES

Place in a roasting pan, pour over hot water and cook in oven about 10 minutes, until skin is loose. Remove from the bone and spread with butter; re-heat in the oven for a few minutes.

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## FISH SAUCES

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### SAUCE TARTARE

One tablespoonful vinegar, 1 teaspoonful lemon juice,  $\frac{1}{4}$  tablespoonful salt, 1 tablespoonful Worcestershire sauce, 1-3 cup butter.

Mix the vinegar, lemon juice, salt, and Worcestershire sauce in a small bowl and heat over hot water; brown the butter in an omelet or frying pan, and then strain into the first mixture.

This sauce is to be served with broiled fish.

### LEMON BUTTER

Cream  $\frac{1}{4}$  cup of butter and add slowly 1 tablespoonful of lemon juice.

### HOLLANDAISE SAUCE

Rub  $\frac{1}{4}$  cup butter to a cream in a small bowl, add the yolks of 2 eggs, one at a time, and beat well; then add 1 saltspoon salt,  $\frac{1}{4}$  saltspoon of cayenne, and the juice of half a lemon.

A few minutes before serving add  $\frac{1}{2}$  cup boiling water.

Place the bowl in a dish of boiling water and stir rapidly until it thickens.

### TOMATO SAUCE

1 pint stewed tomatoes, 1 tablespoonful butter, 1 tablespoonful flour, 1 small onion, 1 bay leaf, 1 sprig parsley, 1 blade mace, salt and pepper to taste.

Put the tomatoes on the fire with onion, bay leaf, parsley and mace and simmer slowly for ten minutes.

Melt the butter, add to it the flour; mix until smooth.

Press the tomatoes through a sieve, add them to the butter and flour, stir continually until it boils, add salt and pepper. Serve with chops, fillet or broiled steak.

### CREAM TOMATO SAUCE

Add three tablespoonfuls cream. Do not boil after adding cream.

### BROWN SAUCE

Cook one tablespoonful butter and one tablespoonful flour together till brown; add  $\frac{1}{2}$  pint highly seasoned stock, one teaspoonful Worcestershire sauce or catsup may be added.



"Mary Had a little lamb, and then a big beef stew;  
She had a nice pink slice of ham,—and some veal cutlets, too;  
Mary had a sausage fat, and six pork chops, I trow;  
That pounds beneath our Mary's hat there be our hundred now!"

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## MEATS

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### GENERAL DIRECTIONS

**Broiling** Broiling means a direct application of extreme heat to the meat; cooking over or under the red hot coals, the gas flame, or the electric burner.

Heat the broiler very hot, grease well, placing the steak between the wires of the broiler and hold over fire until meat is seared, turning immediately and searing the other side. When the meat is seared continue cooking, turning frequently until the meat is cooked.

Broiling is only applicable to the tender cuts of meat, such as porterhouse, sirloin, lamb chops, venison steak, etc.

**Pan Broiling** It is important to have a thoroughly clean pan. A sheet steel frying pan will be found the best. Cut the steak to fit the pan, but do not cut off the fat, as this is used to sear the meat. Do not season until the meat is removed from the pan, as salt attracts moisture and the juices are lost or dried up. Heat the frying pan to a blue heat. If it smokes it is not thoroughly clean and should be scoured.

Lay the meat in the pan, turn immediately with a broad-bladed knife. If a fork is used the meat is pierced and the juices escape. Turn frequently until the meat is seared on both sides, keeping pan at a high temperature. When the meat is well browned reduce the temperature and turn less frequently for the balance of the time. If the fat accumulates pour it off.

**Pot Roasting** Pot roasting is a method of cooking the tougher cuts of meat. First sear the meat by cooking in hot butter until browned. Place the meat in a saucepan and put in sufficient water to come halfway up the meat. Put a cover on the saucepan and allow the water to come to the simmering point. Continue cooking, allowing 40 minutes to the pound or until the meat is tender. The meat can be turned occasionally. Vegetables can be added an hour before removing. Thicken the liquor with a little flour and butter or flour and water, rubbed smooth to a paste, 1 tablespoonful to a quart of water.

The same cuts of meat can be used for pot roasting as are used for braising.

**Stewing** The object in stewing is to retain some of the flavor in the meat and have the gravy well flavored. There are two methods for making a stew: (1) Cut the meat in pieces and cover with cold water. Place in a saucepan, cover tightly and bring to a boil,

rapidly reducing to a simmering point immediately, or (2) cover the meat with the boiling water and reduce to the simmering point. Continue cooking with either method for 3 hours, at least until the meat is tender. Vegetables can be added an hour before removing. Thicken the gravy with a little flour and butter or flour and water rubbed to a smooth paste, 1 tablespoonful to the quart of liquid.

### BEEFSTEAK

Take a round beefsteak, pound a cup of flour into the meat with the edge of a saucer, then put it in a frying pan that is very hot and has been greased, and brown quickly the two sides of the meat; then cover with water, first seasoning it with pepper and salt, and cover closely and let simmer on the back of the stove for an hour and a half. Serve on a platter with gravy poured over it.

### BEEFSTEAK AND KIDNEY PIE

One beef kidney, one pound of round beefsteak.

Place the kidney, cut into small pieces, in a saucepan and cover with water, adding one tablespoonful salt. Let it come to a boil and then drain off the water.

Having done this, cover again with cold water, adding one small onion cut very fine and three or four whole cloves; let this simmer for three hours, then add the beefsteak cut in small pieces, and let all boil slowly together for an hour, keeping it covered with water. Then add salt and pepper and thicken the gravy with two tablespoonfuls of flour mixed with cold water, and let it cool. Put in a deep baking dish and cover with a paste made like baking powder biscuits, but with more shortening, and bake until nicely browned.

### QUICKLY SPICED BEEF

Take a piece of the flap of beef, weighing about 5 pounds, remove all bones, then mix the following spices: 1 cup salt, 1 cup brown sugar, 1 tablespoonful black pepper, 1 teaspoonful mace, 1 teaspoonful nutmeg, 1 saltspoon salt petre, 1 dessertspoon cloves, 1 dessertspoon cinnamon, 1 dessertspoon ginger, 1 dessertspoon allspice, 1 saltspoon red pepper all ground. Spread thickly over the beef, putting into all cuts and openings, then roll beef tightly and tie with strong twine; put into boiling water and boil slowly till tender, let cool in the water, then take off string and serve.

### BEEF OR VEAL LOAF

Three pounds meat chopped, 2 eggs, 2 tablespoonfuls cream, 1 tablespoonful salt, 1 teaspoonful pepper, 6 tablespoonfuls cracker or bread crumbs. Summer savory or other seasoning may be added if desired.

Mix well, form into a loaf and bake 1½ hours, basting frequently.

### STUFFED BEEF. HEART

Boil heart in salt water for three hours, remove from water and fill with dressing, put in oven and roast, basting well, and cook for an hour.

### MEAT PIE

One pound or less stewing beef, diced, cover with water and stew 1 hour. Then add sliced raw potatoes and boil 5 minutes; season, cover with rich biscuit dough. Bake ½ hour.



### BEEF A LA MODE

Cook  $\frac{1}{4}$  pound pork in slices, 2 onions, 1 carrot, 4 cloves, 2 pepper corns and a bit of bay leaf, for 15 minutes; add 5 pounds round of beef corded, braising it on all sides quickly, then cook  $\frac{1}{2}$  hour; cover with 3 pints boiling water and simmer 3 or 4 hours or until tender, adding more water if necessary. Add 1 teaspoonful of salt and dash of pepper one hour before it is done.

Put meat on hot platter, strain liquor, skim off the grease. Serve very hot.

### SHEPHERD'S PIE

Mince the meat, add pepper, salt and a little butter or gravy. A cup of tomato and a little onion may be added, if desired.

Cover with potatoes that have been mashed and beaten light with a little cream and 1 egg. Brown in the oven.

### TO CORN BEEF TONGUE OR PORK

4 or 5 quarts water, 1 coffee-cup salt,  $\frac{1}{2}$  coffee-cup white sugar, salt-petre size of a hickory nut.

Bring to a boil and let stand over night before pouring on meat.

### BROWN STEW

One pound beef, 1 cup cold water, 2 tablespoonfuls flour,  $\frac{3}{4}$  teaspoonful salt, 1 small onion,  $\frac{1}{4}$  cup carrots (cubed),  $\frac{1}{4}$  cup turnips (cubed),  $\frac{1}{8}$  teaspoonful pepper.

Cut fat off meat and put it in a stew pan. Cut meat into pieces and roll it in flour. Put it in hot fat and stir it over fire until nicely browned, add the water, cover closely and let simmer  $2\frac{1}{2}$  hours. Add onions sliced thin, carrots, turnips, salt, pepper, and simmer  $\frac{1}{2}$  hour.

### YORKSHIRE PUDDING

Four heaping tablespoonfuls flour, a little salt, 1 teaspoonful baking powder well mixed with dry flour, 2 eggs well beaten, 1 pint milk; mix very smooth;  $\frac{1}{2}$  cup dripping in the pan. Bake it  $\frac{1}{2}$  hour.

### DUMPLINGS FOR STEW

One cup flour, 1-3 cup milk, 2 teaspoonfuls Royal baking powder,  $\frac{1}{4}$  teaspoonful salt.

Sift the flour with baking powder and salt, stir into a batter with milk and drop by small spoonfuls into the hot stew.

Cover at once and boil fifteen minutes. Do not take lid off.

### KIDNEY STEW

Wash kidneys thoroughly, cut in pieces and cook slowly (all afternoon) on the back of the stove. Set away till next day. Cut half a lemon rind and all in very small pieces, and a small onion, pepper and salt to taste, and cook slowly half an hour.

### FRIED TENDERLOINS

Cut tenderloins down centre and in lengths of 3 inches; have frying pan hot and fry a light brown; put in 2 cups boiling water and simmer on back of stove.

### FRIED LIVER

Cut up liver in small pieces, roll in flour, cook in hot fat until it is brown, pour little hot water on it. Set on back of stove and let simmer.

### TO CLEAN SWEETBREADS

Carefully pull off all the tough and fibrous skin. Place them in a dish of cold water for 10 minutes or more, and they are then ready to be boiled 20 minutes—no matter what the mode of cooking is to be.

### FRIED SWEETBREADS

Take the sweetbreads, and after you have removed all pieces of fat or skin, split them open and let them lay in tepid water about 20 minutes. Take them from the water and dry them in a clean napkin. Have ready cracker crumbs on your moulding-board. Dip the sweetbreads first in well-beaten egg, then in the cracker crumbs and fry as oysters. Cook about 30 minutes. Serve with a cream sauce.

### BREADED VEAL CUTLETS

Wipe the meat and trim off fat and ragged pieces; roll in egg and bread crumbs, and cook until surface is brown and inside is coated. Serve with brown gravy or tomato sauce.

### JELLIED VEAL

Cover with water and cook a neck or shank of veal slowly until the meat comes easily from the bones; season with salt, pepper, chopped parsley, and a little lemon juice. Meanwhile hard boil 2 eggs, chill in cold water. Moisten a mould, take out the meat and cut in small pieces; strain liquid to free from bones and gristle; mix with meat and pour in moulds. Put in a cool place. It will jelly quickly.

### VEAL OR CHICKEN POT PIE

Stew your meat until well done (if veal, 2½ hours in fresh water enough to cover well). When half done, season with salt and pepper, ½ hour before taking up make a common baking powder dough, break or cut into small pieces and lay over the top of the meat. Be careful to keep the pot tightly covered. Thicken the gravy with a little flour and butter.

### VEAL PIE

Take two veal shanks and two pounds of veal, put in a saucepan and cover with cold water and let it come to the boil; let it cook very slowly for four or five hours, keeping it just covered with water.

Then take it off and pick out all the bones, add pepper and salt and a teaspoonful of onion juice, take two slices of cooked bacon or ham cut in small pieces; have ready two hard-boiled eggs, put the meat and gravy into a deep baking dish, slice up the eggs with it, and add the pieces of bacon. Make a puff paste and cover it; cut a slit in the paste so as to make a large hole in the centre, and bake until nicely browned.

### VEAL CROQUETTES

Two cups of chopped veal, ½ teaspoonful salt, ½ teaspoonful celery salt, 1 saltspoon of pepper (white preferred), ¼ saltspoon cayenne pepper or 1 teaspoonful curry powder, 1 teaspoonful lemon juice.

Mix with cream sauce prepared as follows: 1 pint of hot cream, 2 even tablespoonfuls butter, 4 heaping tablespoonfuls flour,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful celery salt, a little cayenne. The sauce should be very thick. Add chopped veal and cool, shape into croquettes. Before frying, beat two eggs, add 2 tablespoonfuls of milk and 1 teaspoonful of salt; roll the croquettes in fine bread or cracker crumbs, then in egg, then in crumbs again. Fry in hot fat.

### CARMELON OF VEAL

Chop through a meat chopper 2 pounds of veal and 3 stout slices bacon, 2 slices onion, 4 chili peppers, 4 pieces parsley. Soak 3 slices of bread in hot water and squeezewater out to make soft crumbs; 1 egg beaten,  $\frac{1}{2}$  teaspoonful salt, 3 tablespoonfuls melted butter.

Make into a loaf. Have a roast pan, lay 2 or 3 slices of bacon, put loaf on and cover with few slices of bacon. Bake 2 hours, basting often. Serve either cold or hot with the following souce:

Sauce                      3 tablespoonfuls butter, 2 tablespoonfuls flour,  $1\frac{1}{2}$  cups  
                                 tomato puree, salt and paprica to taste,  $\frac{1}{2}$  cup grated  
cheese, 1 cup cooked macaroni.

### HOME-MADE PORK SAUSAGE

Chop  $2\frac{1}{2}$  pounds shoulder pork, 1 2-3 level tablespoonfuls salt, 2-3 level tablespoonful pepper,  $2\frac{1}{2}$  level tablespoonfuls sage; force through the meat chopper twice.

### BAKED PORKCHOPS WITH APPLE

Dust pork chops lightly with salt, pepper, dry bread crumbs and sage. Place in a baking dish; put on each a half apple, cored, containing a bit of butter, and cook in moderate oven till tender—about 45 minutes. When the crumbs are brown, add a little water.

### BOILED HAM

Soak, put into a pot with cold water and boil gently for five or six hours; take it off the fire and let it remain in the water until cold. Peel off the skin and sprinkle with bread and cracker crumbs and brown in the oven. Slice very thin for the table. Sliced cold boiled ham is excellent when broiled.

Boil a ham from 20 to 30 minutes to the pound.

### DRESSED TENDERLOIN

Two pork tenderloins, 1 teaspoonful salt,  $1\frac{1}{2}$  teaspoonfuls summer savory, 2 cups bread crumbs (soft),  $\frac{1}{4}$  teaspoonful pepper, 1 tablespoonful melted butter.

Open the tenderloin lengthwise, scoring them until they lie flat; sprinkle inside with salt and pepper, and dredge slightly with flour; make a dressing of the other ingredients, inclose the dressing in the tenderloin, sewing it up with heavy cotton.

### JELLIED TENDERLOIN.

Boil tenderloin till tender. To a pint of the juice add one paper envelope of gelatine, and pour over tenderloin in mould.

### CREAMED SWEETBREADS

One pair sweetbreads, 1 tablespoonful butter, 1 tablespoonful flour,  $\frac{1}{8}$  teaspoonful salt, dash of pepper.

Parboil the sweetbreads 15 minutes. Remove the water and cut into small pieces and serve with white sauce made with 1 tablespoonful butter, 1 tablespoonful flour, and 1 cup milk. This may be served in ramekins or on toast. Mushrooms or chopped parsley may be added, if desired.

### BAKED BACON

A piece of back bacon, boiled until tender. Leave bacon in kettle until partially cool; then take from water, sprinkle with sugar and fine cracker crumbs and stick with cloves one-half inch apart. Bake in oven until crumbs are brown. Serve hot or cold.

### ROASTING CHICKEN

Draw and clean, dress and truss a fowl; place on its back in a dripping pan; spread the breast with bacon fat or lay sausages and slices of bacon on top of the fowl.

Place in a hot oven and baste every 10 minutes. Chicken should be cooked 15 minutes to 1 pound.

Turkey, goose and duck, 25 minutes to - pound.

In cooking goose or duck, the bacon may be omitted.

### FRIED CHICKEN

Cut up chicken, salt and pepper it; let stand for half an hour, then roll it in flour, fry it in part butter and part lard until good and brown; put on back of stove and cover tightly. Let simmer two hours.

### SMOTHERED CHICKEN

The chicken must be washed well and let dry, or wiped; lay it breast upwards in a baking tin and cover with slices of thin bacon; pour over this 2 cupfuls boiling water in which has been dissolved a heaping tablespoonful of butter. Cover this with another pan turned downwards and fitting exactly the edges of the lower one. Cook slowly half an hour, lift cover and baste plentifully, and then again a quarter of an hour later. One hour and ten minutes should be enough for young fowl. The last fifteen minutes it is in the oven remove the top pan and allow chicken to brown.

### CHICKEN A LA KING

Melt 2 tablespoonfuls butter in a frying pan or chafing-dish, add  $\frac{1}{2}$  green pepper chopped fine, cup of fresh mushrooms peeled and broken in pieces. Stir and cook 3 or 4 minutes; add 2 level tablespoonfuls flour,  $\frac{1}{2}$  teaspoonful salt. Cook until frothy. Then add 1 pint cream and stir until sauce thickens. Set over hot water; add 3 cups cooked chicken cut in cubes. Cover and let stand to become very hot; then cream,  $\frac{1}{4}$  cup of butter; beat into it the yolks of 3 eggs, 1 tablespoonful onion juice, 1 tablespoonful lemon juice,  $\frac{1}{2}$  teaspoonful paprika. Stir this mixture into the hot chicken until the eggs thicken a little. Serve on toast.

### CHICKEN POLEAU

Boil 1 chicken until tender, having about 1 pint of liquid in pot when nearly done. Then brown in frying pan: 1 tomato or  $\frac{1}{2}$  cup of canned tomatoes, 1 onion, and a small piece of fat salt pork. When the onions

have browned nicely, pour a little water into the pan, if inclined to stick, then add to the chicken, and add to the whole enough rice to thicken, and simmer slowly. When serving, chicken can be placed on separate dish. This may be seasoned with salt and black or red pepper, dash of curry powder.

### CHICKEN VOL AU VEUT

One good-sized tender chicken, put soup plate in strainer, in which place chicken, to catch all juice; steam until meat comes freely from bones. While warm, remove all meat from bones in good sized pieces. Make a white sauce of half a cup of cream, 1 cup of milk to which add the juice of chicken,  $\frac{1}{4}$  pound mushrooms, pinch of grated nutmeg, salt and pepper to taste, and a small piece of butter. Have ready your patty, which should be the size of a tea plate, warmed in oven. Just before serving add mixture. This will serve 8 people.

### JELLIED CHICKEN

Boil chicken whole until tender. Take from liquid and cut into small pieces in mould and pour over the following: To 1 pint of liquid add 1 package Knox gelatine. Season well.

### FRICASSEE CHICKEN

Cut every joint separate, cut back in 2 pieces and breast in 3 or more. Stew only in water enough to cover, until the meat is very tender. There should be about a teacupful of water in the pot. Mix a heaping teaspoonful of flour with a cup of milk, add and let boil up. Season with salt and pepper and take up on a platter. You may put in two slices of salt pork cut in strips, half an hour before serving if the flavor is liked.

This is an old-fashioned dish and a favorite with our grandmothers. If one has a larger company for dinner than they anticipated, this is the best way to prepare the chicken, as it will go farther and serve more people. A great improvement can be made in the stew by breaking open a few warm biscuits and either placing in the kettle just before taking them off the stove, or laying on a platter and pouring the chicken and gravy all over the biscuits.

### PRESSED CHICKEN

Four pounds chicken, 1 cup heavy cream, 2 cups hot chicken broth, 2 tablespoonfuls gelatine, salt and pepper to taste.

Boil medium-sized chicken until meat falls from bones, seasoning well with salt and pepper. Separate dark from light meat and cut in very small pieces. Mix dark meat with one cupful of broth to which has been added one-half of the gelatine that has been dissolved in cold water. Wet individual moulds, fill half full of mixture and place in refrigerator to thicken; then mix remaining broth and gelatine with white meat. Whip cream stiff; when mixture thickens beat in the cream. Place this on top of dark meat that has become firm. Put in refrigerator to set.

### MARYLAND CHICKEN

Dress, clean and cut up a chicken, place in a small dripping pan, sprinkle with salt and pepper, dredge with flour and dot over with three tablespoonfuls of butter. Bake in a hot oven thirty-five or forty minutes, basting every five minutes with two tablespoonfuls of butter melted in one-fourth cupful of boiling water. Arrange on a bed of cooked hominy. Pour around sauce, garnish with parsley and surround with sweet potatoes.

For the sauce, add 2½ tablespoonfuls of flour to fat remaining in the pan and stir until well blended; then pour on gradually, while stirring constantly, ½ cupful each of chicken stock and thin cream; bring to the boiling point and season. If chicken stock is not at hand use milk instead.

### CHICKEN CROQUETTES

One 4-pound chicken, 1 small onion, 1 bay leaf, 4 whole cloves, 1 sprig parsley. Cover this and simmer gently until the meat is very tender. Chop meat very fine and to every pint of this meat allow ½ pint milk or cream, 1 large tablespoonful butter, 2 large tablespoonfuls flour, 1 large tablespoonful parsley, 1 teaspoonful onion juice, 1 teaspoonful salt, ¼ teaspoonful grated nutmeg, cayenne and pepper to taste. Put milk on to boil in double boiler, rub butter and flour to a smooth paste then stir it into the boiling milk and stir continually until it is very thick. Now add meat and beat till well mixed, add the seasonings, then turn out on large plate to cool. When cold and hard, form into cone-shaped croquettes. Dip first in egg then in bread crumbs and fry in boiling fat. Any cold, cooked chicken may be used.

### SCALLOPED CHICKEN

Cook a chicken, salt, and when cold cut into small pieces with the scissors. Put a thin layer of cracker crumbs in a baking dish, then a layer of chicken, then a layer of white sauce. Continue until the chicken is used, the last layer is to be cracker crumbs. Pour on some of the broth the chicken was cooked in and bake 45 minutes.



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## SAUCES FOR FOWL

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Apple sauce, to be served with goose or duck, should be made without sugar.

Cranberry sauce and jelly is served with turkey.

Red currant is served with chicken or goose. .

### CRANBERRY JELLY

To one quart cranberries add 1 pint boiling water, boil until cranberries are well cooked, then add 1 pint of sugar and boil hard for 15 minutes; then rub through a coarse sieve and put in moulds.

### OYSTER DRESSING FOR TURKEY

Take of stale bread the desired quantity and crumble finely. To this add a pinch of pepper and salt to taste and generous lump of butter. Take the gizzard, heart and liver of the fowl and boil tender. These should be chopped and saved to add to the gravy as giblet sauce. The water in which these have been cooked can be poured over the dressing. To this dressing add 1 pint of oysters, put in the dressing, sew up the fowl and bake in the usual manner.

### DRESSING FOR GOOSE OR DUCK

**Potato Stuffing** Pare one pound potatoes, boil until tender in salted water, mash until smooth. Add 1 tablespoonful grated onion, 1 tablespoonful melted butter or 2 tablespoonfuls cream, mix thoroughly. Use for ducks or geese..

### MAYONNAISE

One teaspoonful of mustard,  $\frac{1}{2}$  teaspoonful of salt, few grains of cayenne, yolk of 1 egg, 2 tablespoonfuls of lemon juice or vinegar,  $1\frac{1}{2}$  cups olive oil.

Have the egg and olive oil very cold. Mix the dry ingredients in a bowl, add the egg yolk, then add the oil gradually drop by drop, beating constantly. When the mixture becomes too thick to take in any more oil thin with vinegar or lemon juice.







"Few things show the difference between comfortable and slovenly housekeeping more quickly than the dressing of vegetables."

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## VEGETABLES

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### SAUCES FOR VEGETABLES

One tablespoonful flour, 2 tablespoonfuls butter, 1 cup milk, water or stock, pepper and salt. Let 1 tablespoonful butter melt and bubble but not color, put in flour and cook a minute or so, still stirring. Add the liquid and do not stop stirring until it thickens. Add pepper and salt and second tablespoonful butter.

### CORN A LA SOUTERRE

One can corn, 2 eggs slightly beaten, 1 teaspoonful salt,  $\frac{1}{8}$  teaspoon pepper,  $1\frac{1}{2}$  tablespoonfuls melted butter, 1 pint milk.

Turn into a buttered baking dish and bake in a moderate oven.

### JERUSALEM ARTICHOKEs

Wash and scrape the artichokes, throw them into cold water and soak two hours, then cover them with boiling water and boil until tender. Watch closely or they will harden again. Serve with cream sauce.

### ASPARAGUS IN AMBUSH

One quart asparagus tips, 9 stale breakfast rolls, 1 pint of milk, 4 eggs, 1 large tablespoonful of butter, salt and pepper to taste.

Wash asparagus tops, boil fifteen minutes, and drain them in a colander. Cut tops off the rolls, and take out the crumbs, then set them open in the oven to dry. Put the milk on to boil in a farina boiler. Beat the eggs until light, then stir them in the boiling milk, and stir until it begins to thicken; add the butter, salt and pepper, and take from the fire. Chop the asparagus tips, then add them to the milk. Take the rolls from the oven, fill them with this mixture, put on the tips, and serve hot.

### ASPARAGUS BOILED

Boil 3 small bunches or 1 large bunch asparagus 30 minutes, drain, place on squares of toasted bread; garnish with hard-boiled egg cut in rings, pour over all a white sauce. Serve very hot.

### BOILED BEETS WITH SAUCE

Wash the beets, taking care not to cut them else the juice will escape and injure their flavor. Put in a kettle of boiling water and boil until tender. When done, put them in cold water, and rub off the skin

with the hand. Cut into slices and add salt. Make a sauce of  $\frac{1}{2}$  cup cider vinegar,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup sugar, 1 teaspoonful butter. Boil together and thicken with 1 teaspoonful flour dissolved in cold water. Pour over the beets while warm and serve at once.

### **CABBAGE OR CAULIFLOWER AND CHEESE**

The cabbage must be under, rather than over-cooked, and drained quite free from moisture, then placed in a buttered dish. On this grate a thick layer of cheese, dotted with butter and a sprinkling of salt and pepper. Lay on the remainder of your cabbage and press down firmly so as to level the top. Another layer of cheese, more dots of butter and seasoning, and finally a thick layer of bread crumbs, and bake in a brisk oven about fifteen minutes.

### **FRIED CUCUMBERS**

Pare and slice large cucumbers, soak in salted water for half an hour; drain dry, dip in egg batter then in bread crumbs, and fry in boiling lard until brown.

### **PEA TIMBALS**

Drain and rinse 1 can peas and rub through a sieve. To 1 cup of pea pulp add 2 beaten eggs, 2 tablespoonfuls melted butter, 2-3 teaspoonful salt,  $\frac{1}{8}$  teaspoonful pepper, a few grains of cayenne,  $\frac{1}{2}$  cup milk, a few drops onion juice.

Turn into a buttered mould set in a pan of hot water and bake till firm.

### **SUCCOTASH**

Ten ears green corn, 1 pint Lima beans; cut the corn from the cob, and stew gently with the beans until tender. Use as little water as possible. Season with butter, salt and pepper,—milk, if you choose.

### **TOMATO RAREBIT**

Stew one cup of canned tomatoes and when they have simmered for 10 minutes, add 1 teaspoonful of finely chopped onion. Let this cook for 5 minutes and then add one cupful of cheese that has been cut into rather coarse pieces, and not grated. Let the mixture cook until the cheese softens, but not until the pieces lose shape entirely; then spread over slices of hot, nicely browned, buttered toast and serve at once.

### **STEWED MUSHROOMS**

Half a pound of mushrooms,  $\frac{3}{4}$  pint of milk, 4 tablespoonfuls butter, 4 tablespoonfuls flour, salt, pepper, and lemon juice.

### **GREEN PEA SOUFFLE**

One can or 2 cups cooked peas, 1 cup milk, 1 egg, 2 tablespoonfuls butter,  $\frac{1}{2}$  cup fine bread crumbs, pepper and salt.

Place on buttered dish; beat egg, add milk and pour both over peas; melt butter and stir in crumbs. Bake about 20 minutes.

### **FRIED MUSHROOMS**

Wash the mushrooms well, place on a dish to drain then sprinkle the under side with salt and pepper. Dip them in a well-beaten egg and roll in cracker crumbs and fry until brown and crisp.

### FRENCH-FRIED POTATOES

Wash and pare the potatoes, cut in eighths in sections like an orange, drain, then fry in deep fat until potatoes are a golden brown. Drain on manilla paper before serving.

### STUFFED TOMATOES

Cut tops off tomatoes, take out the flesh and seeds and stuff the shells with the following:

One onion chopped fine and fried to a light brown; parsley, the flesh of the tomatoes; add bread crumbs. Fill the shells with the mixture, put the tops on the tomatoes. Bake in a hot oven for 10 minutes.

### STUFFED POTATOES

Bake potatoes, scrape inside out of skins, add butter, salt, pepper and finely chopped onion and parsley, then return to skins, small piece of butter on top of each, and put in hot oven for about fifteen minutes.

### POTATO CROQUETTES

**Ingredients** Two cups mashed potatoes, 2 tablespoonfuls cream, 1 teaspoonful onion juice, 1 teaspoonful salt, yolks of two eggs, 1 tablespoonful chopped parsley, a piece of butter size of a walnut, a dash of cayenne.

Beat the yolks until light, add to the potatoes, then add all the other ingredients; mix and turn into a small saucepan, stir over the fire until the mixture leaves the sides of the pan, take from the fire and when cool form into cylinders. Roll first in egg then in bread crumbs and fry in boiling fat.

### LYONNAISE POTATOES

Half a pound of cold boiled potatoes, 2 ounces of onions, 1 heaping teaspoonful of minced parsley, butter size of an egg.

Put butter in a saucepan and when hot throw in the minced onions and fry to a light brown. Add the sliced potatoes and turn until they are thoroughly hot and nicely browned, add the minced parsley and serve immediately.

### POTATO PUFF

Stir 2 cups mashed potatoes, 2 tablespoonfuls melted butter and some salt to a fine light and creamy condition, add two eggs well beaten separately, and six tablespoonfuls of cream.

Beat it all well together, pile it in a rocky form in a dish and bake in a quick oven until nicely browned.

### SWEET POTATOES

Take ordinary sized potatoes, boil until almost ready for use, then slice into a baking dish, putting a very little salt on each layer. Take a piece of butter the size of a small egg, melt and pour over; with a scant tablespoonful of sugar sprinkle over top. Bake half an hour in not too hot oven.

### SCALLOPED POTATOES

Wash and pare the potatoes, cut in slices and lay in a buttered baking dish, seasoning with salt and pepper and a little butter on top. Fill the baking dish  $\frac{3}{4}$  full with milk and bake for one hour in a moderate oven. If too much salt is added the milk will curdle.

### **HASHED BROWN POTATOES**

One and a half tablespoonfuls butter, 6 boiled potatoes, salt, pepper, 6 tablespoonfuls cream.

Heat butter in frying pan, chop potatoes rather fine, season and moisten with cream, spread evenly in pan and place on back of stove, when potatoes will slowly brown. In half hour look at under side by raising it a little with a knife; if fully browned, fold over like an omelet and serve.

### **FRIED EGG PLANT**

Cut a nice egg plant in thin slices, lay in salt water two or three hours, then steam until tender. Make a batter of 2 eggs, 1 teacupful sour cream, 1 teaspoonful salt,  $\frac{1}{2}$  teaspoonful soda and flour to thicken. Dip the slices of egg plant into the batter, fry till a light brown in boiling lard. Serve hot.

### **CORN FRITTERS**

One cup flour, 1 can corn, 1 teaspoonful baking powder, 2 teaspoonfuls salt,  $\frac{1}{4}$  teaspoonful paprika, 2 eggs.

Chop the corn and add dry ingredients, mixed and sifted; next add the yolks of eggs beaten until thick, and fold in the whites of eggs beaten stiff. Cook in fresh hot lard. Drain on brown paper.

### **BOILED CUCUMBERS WITH CREAM SAUCE**

Peel cucumbers, put on in cold water and boil until tender. Make a cream sauce and pour over them. If desired, add a little lemon in the sauce.

### **MARSHMALLOW SWEET POTATO**

Amount of sweet potatoes required; boil until well done, peel, and then mash well, adding 1 tablespoonful of sugar, 1 tablespoonful of cream, pinch of salt, and generous quantity of butter, five cents worth of marshmallow (or more if desired) torn in small pieces. Beat well and then place same in baking dish. Bake until brown on top.







"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together."

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## SALADS

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### TYPICAL SALADS

<b>Uncooked and Cooked Vegetable Combinations</b>	<ol style="list-style-type: none"><li>1. Lettuce, radish, cucumber, watercress.</li><li>2. Cucumbers, tomatoes, celery, cabbage, string beans.</li><li>3. Cauliflower in small pieces, peas, carrots.</li><li>4. Spinach on lettuce.</li><li>5. Shredded cabbage.</li></ol>
<b>Fruit Salad Combinations (fresh and dried)</b>	<ol style="list-style-type: none"><li>1. Dates, figs, nuts, celery.</li><li>2. Waldorf salad, lettuce, celery, apples, nuts.</li><li>3. Bananas and nuts.</li><li>4. Oranges and bananas.</li><li>5. Grapefruit and white grapes.</li><li>6. Grapes and nuts.</li><li>7. Grapes, grapefruit and nuts.</li></ol>
<b>Fish and Meat Salads</b>	<ol style="list-style-type: none"><li>1. Salmon and celery.</li><li>2. Shrimp and celery.</li><li>3. Chicken, celery and olives.</li></ol>
<b>Cheese and Egg Salads</b>	<ol style="list-style-type: none"><li>1. Cheese, cream, and chopped nuts.</li><li>2. Stalks of celery filled with cream cheese.</li><li>3. Grated Canadian cheese and chopped celery.</li><li>4. Hard-cooked egg yolk mixed with cheese and salad dressing and put back into white of egg.</li><li>5. Chopped ham or cheese may be mixed with egg yolk and salad dressing and piled lightly back into egg white.</li></ol>

### FRENCH DRESSING

Three tablespoonfuls olive oil, 1 tablespoonful vinegar, 1 scant level tablespoonful sugar, 1 level teaspoonful salt, pepper to taste.

Put all the ingredients into a bottle and shake well.

### BOILED SALAD DRESSING, No. 1

**Ingredients**       $\frac{1}{2}$  cup vinegar, 1 teaspoonful mustard, a little salt, 2 tablespoonfuls sugar.

Heat the above and pour over 2 well-beaten eggs. Cook in double boiler till thick, beating all the time with a Dover beater. Take off stove and add 2 tablespoonfuls butter, and, when cool, 3 tablespoonfuls cream.

### BOILED SALAD DRESSING, No. 2

**Ingredients** 1 teaspoonful salt, 2 teaspoonfuls mustard, 1 teaspoonful cornstarch, 1 teaspoonful sugar, yolks of 3 eggs, a little cayenne pepper, 1 teaspoonful butter, 1 cupful cream or milk, ½ cup vinegar.

Mix spices together, stir with eggs and milk into hot vinegar; add butter.

### THOUSAND ISLAND SALAD DRESSING

One cup thick mayonnaise dressing, 6 tablespoonfuls chili sauce, 2 chopped pimientos, ½ tablespoonful chopped chives. Combine and serve at once. The mayonnaise should be very thick. This is especially good on pea and waxed bean salad.

### RUSSIAN MAYONNAISE SALAD DRESSING

Six tablespoonfuls mayonnaise, 1 1-3 tablespoonfuls chopped pimientos, 6 sprigs chives (chopped), 3 tablespoonfuls chili sauce, ½ teaspoonful chopped capers, 1½ teaspoonfuls tarragon vinegar, 1½ tablespoonfuls whipped cream. Mix in order given.

### CHEESE AND OLIVE SALAD

Mash a cream cheese, moisten with cream, and season with salt and cayenne. Add 6 olives finely chopped, and ½ a pimento cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces, and serve on lettuce leaves with mayonnaise dressing.

### TOMATO JELLY FOR SALAD

1 quart canned tomatoes, ½ onion, 1 teaspoonful salt, 4 whole cloves, 1 teaspoonful sugar, ½ box gelatine, ½ cup water, Dash of cayenne pepper.

Cook all together and strain into moulds. Vinegar, if desired.

### CHEESE BALLS FOR SALAD

Two packages of Newfchatel cheese, add ½ teaspoonful of onion juice, 2 tablespoonfuls lemon juice. Add a dash of ground tabasco if desired.

Mold into small balls with butter paddles, and serve with lettuce salad.

### GRAPEFRUIT SALAD

Two large grapefruits, peel and cut into cubes, and a small quantity of pineapple (preserved or fresh). Malaga grapes may be added.

Arrange on lettuce with French dressing. This salad should be served very cold.

### CHICKEN SALAD

Boil the chicken until tender, and salt while boiling; cut both light and dark meat of the chicken into small pieces (but not too fine). Season with salt and cayenne pepper to taste. Then squeeze the juice of three lemons over the meat. Add twice as much celery as meat; cut in half-inch pieces. Pour over the dressing, tossing lightly with a fork.

**Dressing No. 1** The yolks of 8 eggs beaten, 1 teaspoonful of mustard, 1 teaspoonful salt, cayenne pepper to taste, 2-3 cup butter, 1 cup vinegar, 1 teaspoonful sugar.

Heat the vinegar in a double boiler, add the butter and the other ingredients; lastly the eggs, well beaten, and cook until it thickens, beating it constantly until cool.

**Dressing No. 2** Yolks of 2 eggs beaten very thick, add small quantity of oil very gradually, then small quantity vinegar (diluted, if strong), then more oil and then a little vinegar until a pint bowl is full. Add teaspoonful mustard, 1 teaspoonful salt, and pepper and paprika to taste.

#### SPRING SALAD

Wash and cook one-half peck of beet greens in boiling salted water. Drain thoroughly and chop finely. Season with salt and pepper and lemon juice and add one tablespoonful of melted butter. Butter small moulds slightly and pack solidly with mixture. Chill, remove from mould and arrange on circular pieces of cold boiled tongue, around a dish of sauce tartare.

Garnish top of each of the moulds with sauce tartare.

#### MINT JELLY

Let  $\frac{1}{4}$  package genatine stand for some time in cold water to cover. Boil 1 cupful granulated sugar and 1 cupful vinegar five minutes, add softened gelatine,  $\frac{1}{4}$  teaspoonful each of salt and paprika, stir till gelatine is dissolved. Add  $\frac{3}{4}$  cup mint leaves chopped fine, enough green vegetable color to tint. Set dish in ice and water and stir occasionally until mixture begins to thicken, then turn into small moulds or wine glasses to become firm. Garnish with tips from stalks of mint.

#### SHRIMP SALAD

To every pint of boiled shrimps use one-half pint of mayonnaise. If canned shrimp is used, wash in cold water and dry with a towel, mix with the same quantity of celery cut fine, and serve on lettuce leaves.

#### FRENCH FRUIT SALAD

Two oranges, 3 bananas,  $\frac{1}{2}$  lb. Malaga grapes, 12 walnuts, 1 head lettuce, French dressing.

Peel oranges and remove pulp separately from each section. Peel bananas and cut  $\frac{1}{4}$ -inch slices. Remove skins and seeds from grapes; break walnut meats in pieces. Mix ingredients; arrange on lettuce leaves. Serve with French dressing.

#### BEET SALAD

**Ingredients** Boil 4 or 5 good sized beets cut in dice, with 1 small onion, 1 head of celery, and salt to taste.

**Dressing** 1 cupful vinegar, 2 eggs, 1 heaping teaspoonful flour, 2 tablespoonfuls sugar, a little mustard, and  $\frac{1}{2}$  teaspoonful salt.

Cook dressing until it comes to a boil. Beat egg thoroughly before adding vinegar.

#### WALDORF SALAD

Pare, core and cut into dice four large tart apples, add to then 1 quart celery cut into half-inch pieces, sprinkle over a teaspoonful salt, a teaspoonful paprika and 2 tablespoonfuls tarragon vinegar. Mix all together and then stir in a cup and a half of good stiff mayonnaise dressing. Serve on lettuce leaves.

**Dressing**            One teaspoonful of mustard, 1 teaspoonful powdered sugar,  $\frac{1}{2}$  teaspoonful of salt, pinch of cayenne, 2 egg yolks (raw), 1 pint olive oil, 2 tablespoonfuls vinegar, 2 tablespoonfuls lemon juice.

### PIMENTO SALAD

**Ingredients**        French dressing, 2 pimentos, 1 Philadelphian cream cheese, 1 cupful chopped nuts,  $\frac{1}{2}$  cupful cream, and lettuce.

Wash the pimentos and dry on a towel. Fill with the cheese, which has been slightly salted and has in it the finely chopped nuts and just enough cream to blend all together. Put the filled pimentos on ice and let get very cold. Just before serving slice with a very sharp knife and place carefully on lettuce. Season all with French dressing. Serve with ribbon sandwiches or brown bread sandwiches.

### SPINACH SALAD

**Ingredients**        1 peck spinach, salt, paprika,  $\frac{1}{2}$  cupful lemon juice, 1 cupful mayonnaise, 1 teaspoonful gelatine, 2 hard boiled eggs.

Wash very carefully the spinach and cook it without water or in the steam cooker for ten minutes. Put it through the food chopper and add seasonings. Press into the moulds, leaving a space in the middle. When cold, fill the space with the mayonnaise made stiff with the gelatine dissolved in a little water and melted over the teakettle. When ready to serve, turn out on lettuce, with a little riced yolk of egg on each and the whites cut in rings on the lettuce.

### CANTALOUPE SALAD

**Ingredients**        2 cantaloupes, salt, paprika,  $\frac{1}{2}$  saltspoonful cinnamon, 1 pint double cream, 1 teaspoonful gelatine,  $\frac{1}{4}$  cupful bread crumbs (white), lettuce and mayonnaise.

Cut the edible portions of the cantaloupes into small pieces, add bread crumbs and sprinkle with seasonings. Add the cream beaten very stiff to which the dissolved gelatine has been added. Beat well until all is firm, and turn into a melon mould which has been wet in cold water. Bury in ice and salt for at least two hours. When ready to serve, wipe the mould with a cloth wet in cold water, and turn out on to a bed of lettuce, surrounded with a very delicate pink mayonnaise.

### EUCLID SALAD

Select nice red beets, not too large, scoup out the centre and fill with the cheese mixed with the Pimento cut in small pieces, olives chopped fine, adding seasonings and enough mayonnaise to make smooth and creamy, put a caper on top, place on a lettuce leaf with a spoonful of mayonnaise beside the beet. Garnish with the tiny balls of the beets rolled in very finely chopped parsley. Serve very cold.

**Measure**            Beets (cooked), 6; Neufchatel cheese, one; pimento, one; olives, four.

### LOBSTER SALAD

Cut up and season the lobster the same as for chicken salad. Break the leaves from a head of lettuce and lay in a dish. Mix two-thirds lobster and one-third celery cut in half-inch pieces, and half the mayonnaise. Put this in the dish of lettuce and add the rest of the dressing on top.

### POTATO SALAD

Six large boiled potatoes diced, 1 small onion chopped finely, small sprig of parsley chopped fine. Mix all together, adding salt and pepper, 2 tablespoonfuls of olive oil mixed well through it, and let stand 1 hour, then add boiled dressing. Cucumber or celery may be added if desired.

### CHICKEN SALAD

Cut cooked chicken meat in dice and add equal quantity of cut celery, sprinkle with pepper and salt, mix with salad dressing and serve.

### PINEAPPLE AND CELERY SALAD

Two cupfuls shredded pineapple, 1 cupful celery, 1 sweet red pepper cut into dice. Mix with mayonnaise dressing. Serve ice cold upon lettuce.

### VEGETABLE PARFAIT SALAD

$\frac{1}{4}$  package of gelatine,  $\frac{1}{4}$  cupful water, 1 cupful hot stock or water, vegetables.

Dissolve the gelatine in cold water and add to the cup of hot stock flavored with onion, carrot and celery. Have ready, cooked separately, celery, carrots, string beans, peas and asparagus tips. Over these strain the broth mixture, add one teaspoonful of salt and paprika to taste. Set the dish on ice and stir until it thickens; then fold in half a cupful of cream beaten solid. Have ready individual moulds in the bottoms of which you have placed vegetables cut in fancy shapes. Pour in a little of the gelatine mixture to set, then fill with the vegetable, and set in the refrigerator. Serve on lettuce either with French dressing or mayonnaise. Many of the fruits are very tasty in salads.

### ASPIC JELLY

**Ingredients**      2 ounces gelatine, soaked, 1 quart boiling water, 1 small cup vinegar, 1 tablespoonful tarragon vinegar, 1 tablespoonful sugar, 1 tablespoonful salt, 1 heaping teaspoonful extract beef, slices of carrot, 1 onion, 3 cloves, 10 allspice, 10 peppers, 2 bay leaves, parsley and celery, juice of 1 lemon, whites and shells of 2 eggs. Boil all together and strain.

### FROZEN CHEESE SALAD.

Two Neufchatel cheese mashed to smooth paste with cupful of whipped cream, 3 green peppers chopped fine, salt and lemon juice to taste; dissolve one teaspoonful Knox's gelatine, add to the mixture 1 tablespoonful Worcestershire sauce,  $\frac{1}{2}$  teaspoonful onion juice. Put in baking powder can, cover top with oiled paper, see that top is fitted close. Pack in ice and salt, let stand several hours, then slice and serve on lettuce leaves.





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## LUNCHEON AND SUPPER DISHES

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### HAMBURG STEAK

Buy a pound of minced meat, season with salt, pepper, a little chopped onion, and mix one beaten egg into it.

Mold into cakes about the size of a muffin, and form a depression on one side. Saute in butter, and then place them in a frying pan. Put a little maitre d'hotel butter on each and put an egg in the depression of each. Place in the oven long enough to set the whites of the eggs. Serve hot.

### SAVOURY PYRAMIDS

These may be made with any little odd pieces of beef, mutton, lamb, veal or pork, free from fat, bones and gristle. Beat two eggs until light then stir into them by degrees five tablespoonfuls of fine bread crumbs, a tablespoonful of chopped parsley, a teaspoonful of mixed powdered herbs, a teaspoonful of grated lemon rind,  $1\frac{1}{2}$  cups of meat finely chopped, 2 saltspoonfuls salt,  $\frac{1}{8}$  saltspoon of cayenne, and a piece of butter the size of an egg, slightly melted. Then add just enough good stock to moisten the whole. Form the mass into neat little pyramid shapes, egg these entirely over, coat thickly with bread crumbs, and bake on a greased baking tin for half an hour. Arrange on a hot dish and pour around them the following sauce:

Melt and stir over the fire until slightly browned one rounded tablespoonful of butter, add one tablespoonful of flour. Mix smooth, and then add one cupful of boiling stock. Season with one teaspoonful of onion juice, 1 teaspoonful of grated carrot, 1 saltspoonful of salt,  $\frac{1}{4}$  saltspoonful of white pepper, and a tablespoonful each of Worcestershire sauce and mushroom catsup.

### CREAM HASH ON TOAST

One pint cold meat chopped small, 1 tablespoonful butter, 1 tablespoonful flour, 1 cup milk, 1 teaspoonful salt, 1 tablespoonful chopped parsley, a little onion juice, and pepper to taste.

Make a white sauce of the flour, milk and butter, add the meat, stirring lightly until thoroughly heated. Serve with or without toast. Garnish with parsley.

### DURHAM CUTLETS

Mix 1 cupful of cold veal moistened with gravy, 1 cupful of bread crumbs, pepper and salt to taste. Then add yolk of one egg and mix well. Divide into eight parts and form into cutlets; coat with egg and crumbs. Fry in deep fat.

### SUPPER CUSTARD

Butter 6 cups and almost fill them with alternate layers of soft bread crumbs and minced cold meat, seasoned to taste. Beat 3 eggs and  $1\frac{1}{2}$  cups milk and pour over the meat and crumbs in the cups. Set them in a pan of hot water and bake in the oven till firm in the centre.

### RICE RISsoles

Boil a small teacup of rice until tender (about 20 minutes), drain from the water. Beat smoothly with 1 ounce butter,  $2\frac{1}{2}$  ounces finely minced meat, seasoning of salt, pepper and celery salt, sufficient beaten egg to make a stiff paste. Roll into small balls and fry a light brown. Biscuit crumbs may be added to make them firmer.

### MEAT SOUFFLE

Make a cream sauce; 1 heaping teaspoonful melted butter, 1 heaping tablespoonful flour,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  saltspoonful pepper, 1 coffee-cup of milk in which is boiling a slice of onion, and stir into milk the flour and butter. When the sauce is as smooth as cream add 1 cupful finely chopped beef, mutton or veal. When all is well heated, draw it aside and add yolks of two eggs. When cold, stir in the whites of the eggs. Put in a buttered mould and bake 20 minutes.

### HAM COZIES

Add two cupfuls of minced ham to four cupfuls of bread crumbs, season with pepper and a suspicion of mustard and moisten slightly with stock or cream. Pack in muffin tins and pour a beaten egg over each. Sprinkle with crumbs, dot with butter and bake about 20 minutes.

These are good cold for a picnic.

### BAKED HAM WITH APPLES

**Ingredients**      2 pounds sliced ham, 6 apples,  $\frac{1}{2}$  cupful water,  $1\frac{1}{2}$  cupfuls brown sugar, 10 whole cloves.

Lay ham in a pan, sprinkle with cloves. Pare and cut apples in quarters and lay them around the ham. Sprinkle the sugar over the apples and add water carefully so as not to dislodge it. Cover and bake 45 minutes, or till ham is tender.

### SPANISH STEAK

Take a thick piece of round beefsteak and sear in frying pan. In the same fat fry 3 good sized onions. Put meat in baking pan and cover with onions and  $\frac{1}{2}$  can of tomatoes. Bake from  $1\frac{1}{2}$  to 2 hours. Season with pepper and salt.

### CHEESE SOUFFLE

Three eggs, 1 cup soft cream cheese cut in dice or grated,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{10}$  teaspoonful of cayenne, 2 level tablespoonfuls of butter, 1 heaping tablespoonful of flour,  $\frac{1}{2}$  cupful milk.

Put butter on the stove in a small saucepan, and when it is melted add flour. Stir the mixture until smooth and frothy, but do not let it brown. Add milk gradually and boil for one minute, then add the seasoning and the cheese and yolks of the eggs, well beaten. Pour into a bowl and set away to cool. When cold, add the whites of the eggs beaten to a stiff froth, and turn into a baking dish. Bake in a moderate oven for 12 minutes.

### ENGLISH MONKEY

**Ingredients** 1 cupful cream,  $\frac{1}{2}$  cupful bread crumbs, 2 cupfuls of grated cheese and pinch of soda.

Cook until blended. Stir in 2 beaten eggs, salt and pepper. As soon as it thickens, serve.

### CORN OMELETTE

Steam one can of corn, chop fine, season with salt and pepper. Add four or five well beaten eggs, flour as much as needed to shape. Make into small flat omelets, fry until brown in butter. Melt one tablespoonful of butter and add one tablespoonful of flour; add slowly one cupful of boiling milk, pepper and salt. Just before serving pour this sauce over the omelets.

### TUNA FISH AND PIMENTO

Two tablespoonful butter, 1 tablespoonful flour,  $\frac{1}{2}$  cupful cream,  $\frac{1}{4}$  cupful milk, salt and cayenne, 2 canned pimentos, 1 can tuna, Spanish sweet peppers, toast.

Melt butter, add flour and, slowly, cream and milk and seasoning. When this sauce is smooth and thick, add fish and peppers chopped fine. Pour over crisp, buttered toast and serve at once.

### PRESSED CHICKEN

Fowl, 6 crackers, seasoning, stock.

Boil fowl till tender, remove bones, chop meat and skin quite fine, add crackers rolled, and moisten with well seasoned stock in which fowl was cooked.

### CURRIED MEAT

One onion, 1 tablespoonful butter, 1 teaspoonful lemon juice, 1 thick slice bread, 8 almonds, 1 cupful milk, 2 eggs,  $\frac{1}{2}$  pound meat, 1 teaspoonful curry powder.

Put the butter into the frying pan, add the onion slices, and fry for a few minutes. Soak the bread in half the milk and beat the eggs in the other half. Grate the almonds very fine. Mix all together with the meat, add the curry powder and the juice of the lemon, turn into a pan and bake in a slow oven.

### LOBSTER A LA NEWBURG

Heat 1 pint of cream and 1 tablespoonful of butter in the blazer. When hot (not boiling) pour over the beaten yolks of 6 eggs. Return to blazer and add 1 teaspoonful salt and 1 saltspoon paprika; 1 large can of lobster. When heated through, add 1 tablespoonful sherry, 1 tablespoonful brandy (if liked), a dash of nutmeg. Serve very hot.

### SPANISH HALIBUT

Select a slice of halibut weighing about 2 pounds. Place it in a pan with two or three thin slices of fat salt pork under it. Cover with one thinly-sliced onion, one green pepper cut in strips, one red pepper (canned) cut in strips, one cup of canned or three fresh tomatoes, salt, pepper and paprika. Cover pan and bake fish for thirty minutes. Serve with the vegetables sprinkled with finely cut parsley. A casserole dish or platter is a good utensil to use.

## **JAMALAYA**

1 cupful uncooked rice, 1 cupful tomatoes, 1 cupful chopped ham, chicken or sausage, 1 onion (chopped), 2 tablespoonfuls butter.

Fry onions in butter till brown, add rice, tomatoes and meat, cook very slowly till rice is tender, add a little boiling water, if necessary, to keep from burning, but it should be rather dry when done. Very nice for luncheon.

## **VEAL CROQUETTES**

Two cupfuls of chopped veal,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful celery salt, 1 saltspoonful of pepper (white preferred),  $\frac{1}{4}$  saltspoonful cayenne pepper or 1 teaspoonful curry powder, 1 teaspoonful lemon juice. Mix with cream sauce.

## **CODFISH BALLS**

One cupful salt codfish, 3 cupfuls potatoes, 1 egg, 1 teaspoonful pure dripping,  $\frac{1}{2}$  teaspoonful pepper.

Wash the codfish in cold water and cover it with warm water. Then pick it apart, removing all bones, and put it into a saucepan. Pare the potatoes, cut them in quarters, add them to the codfish, and cover the whole with boiling water. Boil until the potatoes are tender, drain off the water, add the dripping and pepper, and mash and beat them in the pot till very light. When slightly cooled mix in the well-beaten egg. Drop by spoonfuls on a greased pan and brown in a very hot oven or saute on a hot greased frying pan.

## **FISH CAKES**

One can salmon, 1 pint mashed potatoes, 1 teaspoonful salt, 1 teaspoonful pepper. Mix, make into balls and fry in butter in a hot pan.

## **SLICED HAM BAKED**

One thick slice of uncooked ham,  $\frac{1}{4}$  teaspoonful pepper, sliced onions, butter, milk, 2 teaspoonfuls Worcestershire sauce.

Cover ham with onions, bits of butter, pepper and sauce, cover with milk and bake 1 hour in a moderate oven.

## **CREAM SAUCE FOR PATTIES**

Heat 1 pint of cream over hot water. Put 1 heaping tablespoonful butter in a granite saucepan, and stir till it melts and bubbles; be careful not to brown it. Add two heaping tablespoonfuls of flour and stir quickly till well mixed. Pour on one-third of the cream, let it boil, and stir well as it thickens. Tip the saucepan slightly to keep from sticking. Add another third of the cream, let it boil up and thicken, and stir vigorously till perfectly smooth. Be sure all the lumps are rubbed out while it is in this thick state. Then add the remainder of the cream, let it boil, and when smooth add one-half saltspoonful of salt, one-half saltspoon of pepper, using more if high seasoning be desired. Thin with a cup of chicken stock if too thick.

## **SAVOURY PATTIES**

Two cupfuls minced chicken or game, 1 cupful bread crumbs, 1 deserts-  
spoonful of parsley, 1 cupful gravy or stock, pinch of mace,  $\frac{1}{2}$  teaspoonful lemon juice and a little rind (grated), cayenne, salt and celery salt to taste.

Mix ingredients in order given, shape into small flat cakes, roll in egg and bread crumbs, and fry in deep fat.

### BOSTON BAKED BEANS

Three pounds of small white beans, soak in cold water over night. Boil next day from 20 to 30 minutes. Then place in a bean jar half of the quantity, 1 pound of fat salt pork, then the remainder of the beans. Then add four tablespoonfuls of Western molasses. Cover with boiling water and bake three hours.

### PORK AND BEANS

One quart small white beans, 1 pound salt pork, 2 large tablespoonfuls molasses, 1 small tablespoonful mustard, 1 teaspoonful salt, 1 pint water (in which beans were boiled).

Soak beans over night; in the morning scald (but do not boil), they must not be soft; drain and turn at once into a bean pot; bury pork in the centre and pour over the molasses, salt, and 1 pint of water mixed together. Cover jar. Bake in a moderate oven for six or seven hours. Add a little water when necessary.

### SAVOURY MOULDS

Another tasty way of preparing the above ingredients is to put into small buttered moulds, and bake in a moderate oven for half an hour and serve with the following tomato sauce:

Sauce                    1 cupful tomato juice, 1 tablespoonful butter, 1 table-  
                                 spoonful flour, 1 teaspoonful sugar, salt and pepper.  
Melt the butter, add the flour, sugar and seasonings gradually. Stir in the milk, stirring constantly.

### CHEESE FONDU

Place 1 gill of milk and 2 ounces of grated bread crumbs in a double boiler. When smooth, add four ounces grated cheese and one tablespoonful melted butter. Stir over the fire until the cheese is melted. Season with  $\frac{1}{3}$  teaspoonful dry mustard, a pinch of white pepper and  $\frac{1}{2}$  teaspoonful salt. Have in readiness the yolks and whites of two eggs, separately and lightly beaten, fold these into the cheese mixture; put quickly into a deep buttered baking dish and bake in a quick oven about 20 minutes. Serve in the baking dish, accompanied by brown bread and olive sandwiches.

### RICE RAREBIT

Two tablespoonfuls butter,  $1\frac{1}{4}$  tablespoonfuls flour, 1 cupful milk, 1 pound of American cheese, 3 cupfuls hot boiled rice,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful mustard, paprika.

Melt the butter in a saucepan, add the flour and gradually the milk. When smooth, throw in the cheese, which should be shaved fine or put through the food chopper. Cook gently till it is melted, stirring often, and then season and keep hot. In the meantime the rice should be boiled dry and mixed with 3 extra tablespoonfuls of butter. Press into sauce dishes with small cups or wine glasses inserted in each to make ring moulds. Turn out on individual plates and cover with the cheese mixture. Hollow rings may be fashioned easily by the hand.

### BAKED CHEESE

Buttered bread,  $1\frac{1}{2}$  cupfuls diced cheese, 1 egg,  $\frac{3}{4}$  cupful milk, salt, pepper and paprika.

Butter a fireproof baking dish and line with buttered bread. Put in

the cheese, beat the egg and add to it the milk and the seasonings. Pour this mixture over the cheese, and bake in a moderate oven till the cheese is melted and the dish is browned.

As it is better entirely to cover the cheese with the milk mixture, a bowl or casserole with sloping sides is the best to use.

### SPANISH RICE

Two cupfuls of plain boiled rice, 2 cupfuls of tomato, 2 cupfuls of any kind of cold meat minced, and a little onion. Season with pepper and salt, stir all together and put in a baking dish with bread crumbs and butter on top. Bake for three-quarters of an hour in a hot oven.

### OMELET

To each egg add 1 tablespoonful milk; beat eggs separately, add salt to white, and pepper to yolk. When beaten well, fold white into yolks and milk. Bake in buttered pans without turning, then brown on top in the oven. Fold over on hot dish and serve at once.

### CHEESE TOMATO SAUCE

One cup strained tomato juice, 1½ tablespoonfuls flour, 2 tablespoonfuls butter, ¼ teaspoonful salt, dash of pepper, ½ cupful grated cheese.

Melt the butter and blend the flour with it; heat the tomato juice and pour over the butter and flour, stirring constantly till it is a smooth paste. (It is better to use a double boiler). Just before taking from the fire add the grated cheese. Do not let cook after the cheese has been added. Serve in hot biscuits.

This sauce is also nice cold, served with meat loaf, or can be used with macaroni.

### CHEESE BALLS

One-half pound cheese cut into small pieces, ½ teaspoonful salt, red pepper to season, beaten whites of 3 eggs.

Allow this mixture to become cold, shape into small balls, roll in cracker crumbs and fry in deep fat.

### CHEESE RELISH.

Soak one cup of bread crumbs in fresh milk (1½ cups), beat 2 eggs into it, add a dessertspoonful of butter and about ¼ pound. of grated cheese. Strew upon the top soft, and bake until done.

### SWEETBREAD RAMEKINS

Cover one pair of sweetbreads with cold water and let stand thirty minutes. Drain, put in saucepan, cover with boiling water to which has been added ½ teaspoonful of salt, ½ tablespoonful of vinegar, 1 slice onion, 1 slice carrot, 1 sprig of parsley and 1 stalk of celery cut in small pieces, bring to the boiling point and let simmer 20 minutes; drain, plunge into cold water, again drain, and cut into small cubes. Peel ¼ pounds of mushroom caps, cut in slices and saute in butter; melt 3 tablespoonfuls of butter, add 3½ tablespoonfuls of flour, stir until well blended, then pour on gradually, while stirring constantly, 1½ cupfuls of thin cream. Bring to the boiling point and add sweetbread cubes and sauted mushrooms. Fill slightly buttered ramekins with mixture, cover with buttered bread crumbs and bake until crumbs are brown.

### MACARONI WITH CHEESE

Twelve stick (or  $\frac{1}{4}$  lb.) macaroni broken into inch lengths and cooked in 3 pints boiling salted water 20 minutes. Turn into a colander and pour over it cold water and drain.

Make a sauce of 1 tablespoonful of butter, 1 tablespoonful of flour,  $1\frac{1}{2}$  cupfuls hot milk, salt.

Put layer of grated cheese in bottom of bake dish, then a layer of macaroni and one of sauce; then cheese, macaroni and sauce, and cover the top with fine bread crumbs and bits of butter dotted over, and a little grated cheese. Bake until brown.

### DRY MACARONI AND CHEESE

Cook macaroni, and let cold water run through it. Then take your bake dish, put a small amount of butter on the bottom, then a layer of macaroni, salt and pepper, a layer of grated cheese, and so on until the dish is filled. Then pour over it milk until  $\frac{3}{4}$  full and bake in moderate oven until cooked.

### TURKISH PILAF

Wash and drain  $\frac{1}{2}$  cupful of rice and cook in  $1\frac{1}{2}$  tablespoonfuls of butter five minutes, stirring constantly. Add one cupful of boiling water and let steam until rice has absorbed water, then add  $1\frac{3}{4}$  cupfuls hot stewed tomatoes and cook until rice is soft. Season with salt and pepper and garnish with parsley.

### SOUTHERN SPAGHETTI

Quarter-pound bacon, 3 onions,  $1\frac{1}{2}$  cupfuls chopped chicken,  $\frac{1}{2}$  can tomatoes,  $\frac{1}{2}$  can button mushrooms,  $\frac{1}{2}$  can peas,  $\frac{1}{2}$  can kidney beans, salt and pepper to taste,  $\frac{1}{2}$  pound spaghetti,  $\frac{1}{2}$  pound grated cheese.

Dice and fry the bacon, slice the onions and fry in the bacon fat till light brown. Add the chicken, or substitute for it (veal, pork, or cold roast beef), then add the canned vegetables. Let simmer for a few moments, and season to taste with salt and pepper. In the meantime cook and drain the spaghetti, put a layer in a casserole, follow with one of the sauce, then one of grated cheese, and repeat till all is used. Bake three-quarters of an hour in a hot oven.

### WELSH RAREBIT

Heat in blazer 1 glass of beer, 1 pound of old cheese, salt and pepper to taste, 1 tablespoonful of Worcestershire sauce. When the right consistency (smooth), serve at once.

### STUFFED GREEN PEPPERS

Six medium green peppers, 1 cupful chopped ham, 1 cupful soft bread crumbs, 1 egg (beaten), 2 tablespoonfuls melted butter, 1 large tomato (chopped), 1 small onion (minced), salt and pepper to taste.

Slice off the tops of peppers, remove the seeds and fill with a stuffing made of all the rest of the ingredients well mixed. Sprinkle the top with dry bread crumbs mixed with a little butter; put in a pan containing a little hot water, and bake three-quarters of an hour.

### SAVOURY OMELET

One cupful vermicelli, 2 cupfuls milk, 1 teaspoonful minced onion, pepper and salt, 1 teaspoonful of butter.

Put these together and leave to soak for one or two hours. Bring

to the boiling point, stirring constantly. Then add two beaten eggs, and turn into a well buttered bowl and bake in a moderate oven thirty minutes. Turn out and pour over well seasoned tomato sauce.

#### CREAMED EGGS

Three hard-boiled eggs, 1 tablespoonful butter, 1 tablespoonful flour, 1 cup milk,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful pepper, 5 slices of toast.

Make a white sauce with butter, flour, milk and seasonings, separate yolks from whites of eggs; chop whites finely and add to sauce. Put toast on a platter, cover with sauce, then force yolks through a strainer, sprinkling over the top. Garnish with parsley.

#### BAKED OMELETTE

Four or 6 eggs, beat whites separately; small teacupful of milk, piece of butter size of a walnut, 1 tablespoonful of flour, a little salt.

Beat Yolks, add butter, milk, flour and salt, lastly the beaten whites. Butter a dish the right size to hold it and bake in a quick oven.

#### EGG TIMBALES

Two fresh eggs, minced ham, pepper, butter, salt, minced parsley.

Butter timbale moulds thoroughly and dust with minced ham and parsley. Break in the eggs, sprinkle with salt and pepper, dot with butter, place in a pan of hot water and bake till set, about fifteen minutes. Serve on rounds of toast with cream tomato sauce.

#### DEVEILED EGGS

Six eggs, 1 tablespoonful ham,  $\frac{1}{2}$  tablespoonful pimento, 1 tablespoonful melted butter, salt and paprika to taste.

Boil the eggs for twenty minutes, then put them into cold water, shell, cut into halves lengthwise and remove yolks, put them into the bowl, add melted butter, pimento and chopped ham; add the other ingredients. Re-fill the whites.

#### STUFFED EGGS, TOMATO PUREE

Clean and chop two chicken livers, sprinkle with onion juice and saute in butter. Cut 4 hard-boiled eggs in halves lengthwise, and separate yolks from whites. Rub yolks through a sieve and add to livers; season with salt, 1 teaspoonful finely chopped parsley, salt, pepper, and tabasco sauce to taste. Re-fill whites with mixture, sprinkle with grated cheese and bake until cheese melts. Remove to toast rings and pour around tomato puree.

To obtain tomato puree, drain liquor from canned tomatoes, put pulp in saucepan, simmer 12 minutes, rub through a puree strainer; again simmer to a thick pulp.

#### LUNCHEON EGGS

Hard boil 6 eggs, cut them crosswise, remove yolks, mash and add an equal amount of finely chopped chicken; moisten with mayonnaise and finely chopped capers. Re-fill the whites, after cutting a little from the bottom of each half. Put a caper on top and serve with mayonnaise dressing in a bed of cress.

Chives may be used in place of the capers for a change.



### HARVARD EGGS

Wash and pick over  $\frac{1}{2}$  peck of spinach, cook 25 minutes in an uncovered vessel in a large quantity of boiling salted water to which has been added  $\frac{1}{3}$  teaspoonful of soda and  $\frac{1}{2}$  teaspoonful of powdered sugar. Drain, chop, season with butter, salt and pepper, spread on a buttered shallow baking dish and make 7 depressions. Sprinkle each depression with  $\frac{1}{2}$  tablespoonful of grated Parmesan cheese, then slip in an egg. Over each egg put  $1\frac{1}{2}$  tablespoonfuls white sauce and  $\frac{1}{2}$  tablespoonful of grated Parmesan cheese. Bake until eggs are set.

### MOFFATT'S SUPPER DISH

One pound liver,  $\frac{1}{4}$  pound bacon,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful pepper, 2 potatoes, 1 large onion,  $\frac{1}{2}$  pint water.

Boil potatoes for ten minutes then slice, cut liver in thin slices and bacon into 1 inch strips; put potatoes, liver, bacon and chopped onion into baking dish in alternate layers, having potatoes on top, pour in water. Bake for  $1\frac{1}{2}$  hours and serve.

### BEEF OLIVES

One and a half pounds best beefsteak, 2 oz. bread crumbs, 1 oz. chopped suet,  $\frac{1}{4}$  teaspoonful dried thyme, 1 teaspoonful chopped parsley, 1 oz. butter;  $\frac{1}{2}$  egg, salt and pepper,  $\frac{1}{2}$  teaspoonful flour.

Cut the steak into thin strips. Mix bread crumbs, salt, herbs, seasoning and egg together. Place a small piece of the mixture on each strip of the meat. Roll up and tie with string. Flour each roll and fry them in the butter until brown. Then add a pint of water or stock and simmer gently for an hour. Strain the gravy, mix  $\frac{1}{2}$  tablespoonful flour with cold water and add to the gravy. Stir until it boils. Remove the string from the meat and pour over the thickened gravy. Serve with cooked green vegetables in centre, if desired.

### SPANISH OMELETTE

Have this mixture prepared beforehand: Cook together, until thick, 1 can tomatoes, 1 can mushrooms, 1 onion (cut up), 1 bottle (small) olives stuffed with red peppers, salt and pepper.

Fold in an omelette and serve with eggs scrambled with cream.

### CURRIED EGGS

Four hard-boiled eggs. Make a sauce with 1 dessertspoonful of chopped onion, 1 tablespoonful of butter, 1 tablespoonful of flour, 1 teaspoonful curry powder,  $\frac{1}{2}$  teaspoonful salt, 1 cup of milk.

Fry butter and onion until brown, then add flour, curry powder and salt. Cut the eggs in halves, pour sauce over them and serve.

### EGGS SUPREME

Four eggs, 4 pimentoes,  $\frac{3}{4}$  cupful white sauce.

Line four well buttered ramekins or cups with sweet peppers, put a tablespoonful of sauce in each pepper, and break an egg on this and set the ramekins in a pan of hot water. Place in the oven until the whites of the eggs are set. Turn from the moulds on to rounds of buttered toast and serve; or they may be served in the dishes they were baked in.

### FRICASSEED EGGS

Boil the eggs hard. When cold, slice with a sharp knife. Have ready some slices of buttered toast. Put one cupful of good broth in drawn butter over the fire, season with pepper, salt, and a trace of onion; let it come to a boil. Dip the slices of eggs first into raw eggs, then into fine cracker crumbs and lay them gently into the gravy. Don't let boil lest eggs should break, but let lie in gravy five minutes. Place eggs on toast, pour gravy over all. Serve hot.

### SCRAMBLED EGGS WITH SAUSAGE

Four eggs, 5 sausages, 1 tablespoonful butter, 4 tablespoonfuls milk or cream.

Fry 4 sausages until brown then pour off all the fat and cut the other sausage in small pieces. Add the butter, the eggs beaten gently and the milk, add the minced sausage and cook until thick and creamy. Put in a circle of sausage and garnish with cress.

### SCRAMBLED EGGS WITH RICE

One cupful cold boiled rice, 4 eggs, 1 teaspoonful butter, 4 tablespoonfuls cold water,  $\frac{1}{2}$  teaspoonful of salt.

Put butter into frying pan and when melted pour in rice and stir until heated through. Add water to eggs and beat well, add salt, and pour over hot rice. Stir until firm. Serve on hot platter and sprinkle with chopped parsley and paprika.





"If you would be healthy, wealthy and wise,  
Eat less meat, waste less wheat,  
Cut down on sugar and pies."

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## WAR RECIPES

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### SUGGESTIONS FOR THE MAKING OF BREAD WITHOUT WHITE FLOUR

Bread made with little or no wheat, to be successful, must be treated in a different way from white flour breads. If there is cooked cereal in the dough it must be made much stiffer than for ordinary bread. All dark breads must be well risen in the dough, but must not rise to double their bulk after putting in the pans; only to half double. The oven should not be as hot as for white bread; it should be at a temperature so that a small loaf will not be overdone in an hour and a quarter.

When possible use milk, or at least part milk, for the liquid in making the sponge; the dough will use less flour and require less kneading and the bread will have greater food value. The milk must be scalded and cooled or it may sour as the dough rises. If cornmeal is to be scalded with the milk, it is better to stir the meal into the milk when it is in the saucepan on the stove rather than to pour the hot milk over the meal.

Don't make the mistake of having the dark loaf sweet. One tires very soon of a sweet bread as the staff of life.

In using recipes for these new breads it is necessary to remember at the present time there is no standard for these meals and flours that we are using. There are many good kinds on the market that differ in the amount of liquid that they will take up.

In none of the recipes calling for whole wheat flour do I refer to flour with bran in it. Whole wheat, rye, oat, barley, and rice flour should be fine enough to go through a fine flour sieve; otherwise they should be called meals.

Corn flour and the very fine bolted meal are as fine as the whole wheat flour and cannot be used for the recipes calling for cornmeal. The coarser bolted meal can be treated as the fine granulated meal.

In making yeast bread always have the liquid lukewarm, and in cold weather it facilitates matters to warm the flour.

Never let sponge or dough get chilled until it has risen once; after that it can be put in the ice box to check fermentation till it is needed to make into rolls or coffee bread.

Thick stoneware is the best material for a mixing-bowl for yeast bread, but it is heavy to handle. If the sponge or dough is set to rise in a tin dish it should be well wrapped in a thick cloth to keep the dough at an even temperature. Both sponge and dough will stand a good deal of hard treatment, but the bread-making will be slow and the result poor.

A bread-mixer is a great labor-saver, but there should be a thick cloth cover to be used with it.

The rising of dough may be hastened by setting the dish in a pan of warm water and adding more from time to time to keep up the temperature.

## SPONGES

All foreign bakers use the sponge method for their best breads and rolls and refer to that made from the straight dough a "off-hand bread."

They reasonably claim that it has many advantages; that the bread made from a sponge has a better flavor, requires less shortening and less yeast, keeps moist longer, and is more velvety in texture.

It is a more convenient method, for although the sponge will rise in four hours, it can stand longer than the straight dough without deterioration, and many kinds of bread, coffee cake, and rolls can be made from one sponge.

All dark breads have a more attractive color if one tablespoonful of dark molasses is added to the sponge, but this hastens the rising; so, if the sponge is to stand over night do not add it till morning when the bread is mixed.

Salt retards the rising, so it is better in cold weather to add that when the bread is made up.

### WHOLE WHEAT SPONGE

Scald three cups of milk and let it stand till it is lukewarm. Add one teaspoonful of salt and one tablespoonful of molasses and one yeast cake that has been dissolved in one-half cup of warm water. Stir in enough whole wheat flour to make a drop batter. Beat well and put in a covered dish to rise. Use as directed in the bread recipes. Water can be used in place of milk.

### POTATO SPONGE

Mash or put through a ricer enough hot boiled potatoes to make two cupfuls. Add two cups of whole wheat flour and mix well. Pour over this two cups of the water in which the potatoes were boiled; this should be hot enough to thoroughly scald the mixture. Add one tablespoonful of molasses and two teaspoonfuls of salt, stir till it is a smooth batter. If this is to be made into a sponge at once, add one cup of cold water, and when the batter is lukewarm add one yeast cake that has been dissolved in one cup of lukewarm water. Set it to rise four hours.

The potato and flour mixture may be made and scalded at any time that it is convenient to cook the potatoes and can stand until it is wanted for the sponge. If it has become cold, add one cup of water hot enough to make the mixture lukewarm, and proceed as directed with the yeast.

### CORNMEAL SPONGE

Boil four medium-sized potatoes in one quart of water. When done, pour three cups of the boiling water over one and one-half cups of cornmeal and stir till it is smooth. Add one and one-half cups of the potato that has been mashed or put through a ricer, one tablespoonful of salt, and one of molasses. When this is lukewarm, add one yeast cake that has been dissolved in one cup of lukewarm water. Set it to rise and use as directed in the recipes for sponge bread.

### OAT FLOUR SPONGE

Take one and one-half cups of hot mashed potato, two cups of sifted oat flour, mix well, and scald with two cups of the boiling water in which the potatoes were cooked. Add one tablespoonful of molasses and one of salt. When cool, add one yeast cake that has been dissolved in one cup of lukewarm water.

### OATMEAL SPONGE

Pour two cups of boiling water over two cups of rolled oats and let it stand covered for two hours. Add two cups of whole wheat flour and one cup of water hot enough to make the mixture lukewarm. Stir well and add one tablespoonful of salt and the same of molasses. Add one yeast cake dissolved in one cup of lukewarm water, and set to rise.

### FOUR VARIETIES OF BREAD FROM ONE POTATO SPONGE

When the potato sponge is light and foamy, put one-third of it aside. To the other two-thirds add enough whole wheat flour to make a soft dough, but one that can be handled. Knead till it is smooth and velvety. Set it to rise. When it has doubled its bulk knead a little and divide it in two. Make a loaf of one part, and when it has half doubled its bulk bake in a moderate oven for one hour.

Roll the remaining dough into a strip half an inch thick. Spread with brown or white sugar, using half a cupful. Sprinkle one teaspoonful of cinnamon over the sugar and lay on a few raisins. Roll up carefully and put into a bread pan to rise till it has half doubled its bulk. Bake in a moderate oven. If the sheet of dough is kept as wide as the bread pan is long, this will fit in and when it is cut the spiral of sugar and cinnamon will show to perfection.

To the remaining sponge add rye flour till it is stiff enough to handle, rather a stiff dough. Set it to rise, and when doubled its bulk make all but one and one-half cups of the dough into a small loaf and let it rise till it has half doubled its bulk. Bake in a moderate oven.

To make coffee cake from the remaining dough, first cream together one tablespoonful of shortening with two tablespoonfuls of sugar. Cut this into the dough with a knife and beat till it is smooth. Add one well beaten egg and beat to a smooth batter. Spread in a cake pan and let it stand twenty minutes. Pour over it a mixture of two tablespoonfuls of sugar, one teaspoonful of cinnamon and two tablespoonfuls of cream. Sprinkle a little flour or cake crumbs over it and bake in a hotter oven than for bread.

Maple sugar pounded till fine can be used, and makes a delicious cake.

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## BREAD AND BISCUITS MADE WITH YEAST

### WHOLE WHEAT BREAD

To any one of the sponges after they have risen, add enough whole wheat flour to make a dough that can be kneaded.

Set it to rise in a warm place protected from draughts. When risen to double its bulk turn out on a bread board and work only enough to form into loaves. Let these rise to half double their bulk and bake for an hour in a moderate oven. If the loaves are large they should bake longer.

The oat flour sponge is especially good.

### GRAHAM BREAD

To any of the sponges add four cups of Graham meal and finish with whole wheat flour. If a coarser bread is desired, add one cup of bran and only three cups of meal.

### WHOLE WHEAT AND APPLE SAUCE BREAD

To two cups of whole wheat sponge add one cup of apple sauce that has been sweetened, and enough whole wheat flour to make a stiff dough. Proceed as for whole wheat bread.

A cup of sifted squash may be used in place of the apple sauce, or one cup of beans that have been put through a sieve; in fact almost any vegetable can be used in this proportion.

### NUT AND FRUIT LOAF

To two cups of any sponge add two cups of Graham meal, one cup of chopped or broken nuts, and one dozen dates, sliced; add enough whole wheat flour so that it can be handled. Let it rise to double its bulk and then form into a loaf, let it rise, and bake.

### NUT LOAF

Take enough of any risen bread dough to make a loaf. Roll it into a sheet half an inch thick. Scatter chopped nuts over it and roll up and put in the pan to rise. This distributes the nuts evenly and makes a very attractive slice with the curling line of nuts.

### RYE FLOUR BREAD

To either the potato or the whole wheat sponge add enough sifted rye flour to make a dough that can be handled. Turn out on to the board and knead well, using whole wheat flour to keep it from sticking. When smooth and velvety set it to rise till it has doubled its bulk. Form into loaves, and when half doubled its bulk bake in a moderate oven for an hour and a half.

### RYE AND CORNMEAL BREAD

To the cornmeal sponge add a second tablespoonful of molasses and enough rye flour to make a very stiff dough. Knead well, using whole wheat flour to keep it from sticking to the board. It will take nearly two cups, for the combination of rye and cornmeal makes a very sticky dough, and the bread will be sticky unless the dough is kneaded till very stiff. Set it to rise till it has doubled its bulk, and then form into loaves. Let these rise till they have a little more than half doubled their bulk, and bake in a moderate oven one and one-half hours.

If the oven is too hot and the crust is hard, wrap the loaf in a wet cloth and over that a dry one.

For the wheatless days use rye flour to knead instead of the whole wheat.

### RAISED CINNAMON ROLL

When making the corn and rye bread, take half the dough enough to make one loaf, roll it out half an inch thick, spread half a cup or more raisins over it, one teaspoonful of cinnamon and two tablespoonfuls of sugar. Roll up and put in a bread pan to rise. Bake in a moderate oven.

### RYE AND SQUASH BREAD.

This makes a very palatable combination.

To the whole wheat sponge add a second tablespoonful of molasses, and one and one-half cups of sifted squash or pumpkin. Mix well and add enough rye flour to make a stiff dough. Continue as directed for rye flour bread.



### **COOKED OATMEAL BREAD**

To the whole wheat sponge add two cups of cooked oatmeal, cold or warm, and mix till smooth. Add whole wheat flour to make a stiff dough, set to rise, and bake as directed for corn and rye bread. Any cooked cereal may be used in this way.

#### **OATMEAL BREAD, No. 1**

Pour two cups of boiling water over two cups of rolled oats. Do this at night and in the morning add them to the whole wheat sponge. Add whole wheat flour to make a stiff dough, and proceed as with whole wheat bread.

#### **OATMEAL BREAD, No. 2**

To two cups of whole wheat add one and one-half cups of extra fine oatmeal, fine enough to go through a flour sieve. Use enough whole wheat flour to make a moderately stiff dough, one that can be kneaded, and proceed as with whole wheat bread.

### **RICE FLOUR BREAD**

Add to the potato sponge enough rice flour to make a dough that can be handled, but not too stiff. Knead, using whole wheat flour to keep it from sticking to the board. Proceed as for whole wheat bread.

#### **RICE FLOUR BREAD (One Loaf)**

Use one-half the whole wheat sponge. Use the other half for a loaf of rye bread.

#### **COOKED RICE BREAD, No. 1**

Add two cups of cooked rice to the whole wheat sponge. Mix well. Add whole wheat flour to make a stiff dough, and proceed as for whole wheat bread.

### **QUICK WHOLE WHEAT BREAD**

Begin early in the morning. Scald one and one-half pints of milk, or part milk and part water. When lukewarm, add two level teaspoonfuls of salt, one tablespoonful of molasses, and one yeast cake that has been dissolved in one-half cup of lukewarm water. Stir in enough whole wheat flour to make a drop batter and beat well. Cover and set the dish in a pan of warm water in a warm place to rise. As the water cools add more warm to keep the batter rising. This should be light and spongy in half or three-quarters of an hour. Now add enough whole wheat flour to make a dough, turn out on the board, and knead well till it is elastic and velvety. Return to the bowl and cover it and set it in the dish of warm water again. When it has doubled its bulk turn it on the board and divide it for two loaves. Put it in pans and brush the tops with milk or water. When it has half doubled its bulk, bake in a moderate oven for an hour.

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## **BREADS AND BISCUITS MADE WITHOUT YEAST**

### **MY FAVORITE CORN BREAD**

Take one and a quarter cups of cornmeal. Pour over this one and a quarter cups of boiling water and stir till it thickens. Add two teaspoonfuls of shortening, one teaspoonful of salt, one-half cup of milk, and one well-beaten egg. Beat well and just before putting in the pan

sift in three teaspoonfuls of baking powder. Mix lightly and bake at once.

If the water is not boiling the bread will be a failure.

### NEW ENGLAND SPIDER CORN BREAD

Take one and one-quarter cups of granulated corn meal, one teaspoonful of soda, and one teaspoonful of salt. Sift together and add two well-beaten eggs and two cups of sour milk or buttermilk. Put two tablespoonfuls of shortening in an iron frying pan and set it on the top of the stove to melt. When hot pour in the corn mixture and set the pan back on the stove. Pour over it gently, without mixing, one cupful of cold sweet milk. Bake on the middle grate of the oven for about half an hour. It will be creamy when done. Run a knife round the edge of the frying pan to loosen the cake and turn it over on to the cover. Put a large plate over it and reverse it and the cake is right side up and unbroken. Do not cut it till it is on the table, it must be eaten hot.

### BARLEY BISCUITS

Sift together one cup of barley flour, one cup of whole wheat flour, one teaspoonful of salt, and four teaspoonfuls of baking powder. Work in with two knives or with the fingers two tablespoonfuls of butter substitute or drippings. Add enough milk (about three-fourths cup) to make a dough that can be handled. Roll out three-fourths of an inch thick and bake in a good oven twenty-five minutes.

### RYE AND INDIAN PUFFS

Mix together two-thirds of a cup of cornmeal and the same of rye meal, one teaspoonful of sugar, and half a teaspoonful of salt. Beat the yolk of one egg very light and add to it one cup of milk. Add this gradually to the meal mixture and beat well. Beat the white of the egg till dry and fold it in quickly. Bake at once in hot muffin pans.

### CORN DODGERS

To two cups of bolted cornmeal add two cups of boiling water and stir till it thickens and looks cooked. Add one teaspoonful of salt and two tablespoonfuls of thick cream. Mix well and put in spoonfuls on a well buttered and hot griddle. If all the directions have been followed they will be stiff enough so it will be necessary to spread them with a knife to make them no more than half an inch thick. Before turning, spread a little butter on the uncooked side or they will stick. It will take half an hour to cook them. These are delicious.

### SWEET POTATO BISCUITS

To three-quarters of a cup of sweet potato that has been cooked and rubbed through a sieve add two cups of whole wheat flour, one teaspoonful of salt, three teaspoonfuls of baking powder. Work in two tablespoonfuls of shortening and add enough sweet milk to make a dough that can be handled. Roll out three-fourths of an inch thick. Cut and bake in a hot oven. Serve hot. These are especially good with coffee.

### POTATO CAKES

Mash four large hot boiled potatoes with one tablespoonful of shortening, one cup of sweet milk, and a little salt. Sift together one cup of whole wheat flour and two teaspoonfuls of baking powder and add to the

potato mixture. If not stiff enough to roll out, add a little more flour. Cut in cakes with a biscuit cutter and bake brown. Serve very hot.

### **WHOLE WHEAT SHORT CAKE**

Take two cups of whole wheat flour sifted, with four teaspoonfuls of baking powder and one teaspoonful of salt. Work in two tablespoonfuls of shortening and add milk enough to make as soft a dough as can be handled. Work slightly on the board and divide into two parts. Pat them out into rounds to fit a round pan or pie plate. Put one in the plate and spread with butter, and put the other on the top. Bake and split where the butter was put. Use with berries, peaches, or with creamed chicken or oysters.

### **BREAD GRIDDLE CAKES**

Cover two cups of stale bread of any kind with two cups of sour milk and let it stand for half an hour. If the bread is very hard it may need longer soaking. Add one well-beaten egg, one-half teaspoonful of salt, and enough whole wheat flour or rye, to make a batter that will just pour, about three-quarters of a cupful. When ready to bake, add one teaspoonful of soda dissolved in a little cold water, one teaspoonful of baking powder, and beat well.

### **CORNMEAL PUFFS (for Dessert)**

Mix two cups of corn flour (fine bolted meal will do) and half a cup of whole wheat flour and one teaspoonful of salt. Stir this into one quart of boiling milk and cook in the double boiler for fifteen minutes, keeping it stirred. Put in a bowl and add one tablespoonful of butter and beat well. When cold add one cup of powdered sugar and four eggs beaten light, a little cinnamon and nutmeg, and two teaspoonfuls of baking powder. Beat well and bake in greased muffin pans. Serve with a pudding sauce.

Half this recipe will be enough for five people.

### **DEVILED TOAST**

Cut any dark bread into thin slices and toast a golden brown. Mix well together one tablespoonful of butter, one-quarter of a teaspoonful of mustard, a little cayenne and a little onion juice and spread on toast. Sprinkle over it a little grated cheese, and set it in the oven till it is hot and serve at once.

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## **STRAIGHT DOUGH BREADS**

### **POTATO BREAD**

Peel four medium-sized potatoes and boil them in just enough water to cover them. Mash them through a sieve and mix them with the water in which they were cooked. Add enough scalded milk to make a quart of liquid, two teaspoonfuls of salt, one tablespoonful of molasses, and one of shortening. When lukewarm, add one yeast cake which has been dissolved in half a cup of warm water, three cups of graham meal, and enough whole wheat flour to make a dough that can be kneaded. Knead till it is elastic and set it to rise. Let it double its bulk and then make into two loaves. Let them rise till not quite double their bulk, and bake about an hour in a moderate oven.

### RAISED CORN BREAD

To one cup of boiling water add one cup of cornmeal, either white or yellow. Let it boil a few minutes, and then pour into the mixing bowl. Add two teaspoonfuls of salt and one of shortening. When cool, add one yeast cake dissolved in one-half cup of warm water, and enough whole wheat flour to make a stiff dough. Knead it and set it to rise. When light, turn on to the bread board and knead again. Make into loaves. Brush the tops with cold water, and let them rise to half double their bulk, and bake in a moderate oven.

### OATMEAL BREAD

Pour two cups of boiling water over two cups of rolled oats and let it stand for about an hour. Add a quarter of a cup of molasses, one tablespoonful of shortening, half a tablespoonful of salt, and half a yeast cake dissolved in half a cup of lukewarm water. Mix well and add whole wheat flour to make a dough that can be handled. Knead lightly and set to rise. When light make into loaves, and, when risen, bake.

### BATH BUNS

Sift together four cups of whole wheat flour and one teaspoonful of salt. Work one cake of compressed yeast with a teaspoonful of sugar till the yeast is liquid. Add two well-beaten eggs, one-half cup of sugar, one-third of a cup of half-melted shortening, and one cup of seeded raisins. Make a hollow in the centre of the flour and pour in the mixture and the yeast. Mix to a stiff dough, using scalded milk that has been cooled. Set to rise and when very light cut it in spoonfuls and put a little way apart on a greased tin. Sprinkle with chopped almonds and sugar. Let rise about half an hour and bake in a moderate oven.

### COFFEE CAKE

Cream one tablespoonful of shortening with two of sugar and add one well-beaten egg. Mix this with one and a half cups of any bread dough till it is a smooth batter. This can be done quickly if a knife is used instead of a spoon. Spread the batter in a shallow pan and allow it to rise about twenty minutes. Pour over it the following mixture just before putting it in the oven: Two tablespoonfuls of sugar (preferably brown), one teaspoonful of cinnamon, one teaspoonful of flour. Mix thin enough to just pour with cream or milk. A few nuts scattered over it are a great addition, or some cake crumbs.

### WHOLE WHEAT VIENNA ROLLS

When the potato has risen take out one pint and put in the ice box until the rolls are wanted; it will keep two days. To make the rolls, beat into the sponge two tablespoonfuls of melted shortening, one-quarter teaspoonful of soda that has been dissolved in one teaspoonful of water, and enough whole wheat flour to make a stiff dough, knead well and set to rise. When it has doubled its bulk, knead again. Break off pieces the size of an egg and roll in the hands till smooth, and make them egg-shaped. Put in a pan so they do not touch each other and allow them to rise till light. Brush them over lightly with milk and draw a sharp knife across them to just break the tops. Bake in a rather hot oven for about half an hour.

## BISCUITS

Take two cups of risen dough and add one tablespoonful of shortening. Knead well and form into biscuits. To have every biscuit an outside one, invert a greased bowl in the middle of a round pan and put the biscuits about it.

For rolls the dough may be rolled out and cut with a round cutter and folded as for Parker House Rolls.

## ENGLISH MUFFINS

One cup of any kind of sponge (see Sponges). Add enough whole wheat flour to make a very soft dough. Beat well and allow to rise till light, over night if desired. Beat again and half fill muffin rings that have been greased and set on a cold greased griddle. Set the griddle on the back of the stove or where it will warm slowly. When the muffins begin to rise move the griddle where it will get hot. When they are brown on one side, turn muffin, ring and all, and bake till brown. Do not bake too quickly.

## CHEESE CAKE

Beat a tablespoonful of shortening into one cup of bread dough and then add one well beaten egg and beat to a smooth batter. Spread in a shallow pan and sprinkle thick with grated cheese. Add a little red pepper, if liked. Let it stand twenty minutes to rise and bake in a quick oven.

Thin breads and rolls need a hotter oven than loaves.

## RYE CRUMPETS

Take one cup of the potato sponge, one well-beaten egg, one tablespoonful of shortening, and one-half teaspoonful of salt. Beat together with a knife till it is smooth, and then add rye flour till it is a soft dough, too thick to pour out but too thin to handle. Put it in the ice box, and one hour before they are to be cooked take it out and set it in a warm place to rise. Grease a cold griddle and muffin rings, half fill the rings with the dough, and set the griddle over a moderate fire. As the griddle heats the muffins will rise and be well risen when they begin to bake. When well browned on one side, turn muffin, ring and all. These are good when fresh made and are very good split and toasted.

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# WAR CAKES AND GINGERBREADS

## WHOLE WHEAT GINGERBREAD

Put one cup of molasses and one-third of a cup of shortening together in a saucepan on the stove to melt. While this is heating beat one egg and add it to one-half cup of sour milk. Sift together one teaspoonful of ginger, a little clove, one-half teaspoonful of salt, and one teaspoonful of soda. Add these to the hot molasses, and as it foams up pour it into the egg and milk and mix well. Add two cups of whole wheat flour and beat till smooth. Bake in a shallow pan in a moderate oven.

## DOUGHNUTS

To two eggs beaten well, add one cup of sugar, one cup of sour milk, one teaspoonful of soda, one-half teaspoonful of salt, one cup of entire wheat flour, one cup of Graham, one teaspoonful of cinnamon, and one teaspoonful of ginger. Then add enough entire wheat flour to roll.

### RAISED BREAD CAKE

Beat together two-thirds of a cup of shortening that is soft but not melted, two well-beaten eggs, and three-quarters of a cup of molasses. Beat this mixture into one quart of risen bread dough. Beat with a knife till it is a smooth batter, then add one and one-half cups of sugar, one teaspoonful of soda, one teaspoonful of the following spices: cloves, allspice, cinnamon and ginger, and one-half teaspoonful of salt. Flour two cups of raisins and fold them in lightly. Put in two small bread pans and let it stand about twenty minutes and bake one and one-half hours in a moderate oven.

This cake is better a few days after it is baked.

### CORN BREAD WITH RYE FLOUR

One cup cornmeal, 1 cup rye flour, 2 tablespoonfuls sugar, 5 teaspoonfuls baking powder, 1 teaspoonful salt, 1 cup milk, 1 egg, 2 tablespoonfuls shortening.

Sift dry ingredients into bowl, add milk, beaten egg, and melted shortening. Stir well, put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes.

### OATMEAL BREAD

One cup flour, 1½ cups cornmeal, 1 teaspoonful salt, 5 teaspoonfuls baking powder, 2 tablespoonfuls sugar, ½ cup cooked oatmeal or rolled oats, 1 egg, 2 tablespoonfuls shortening, 1 cup milk.

Sift together flour, cornmeal, salt, baking powder and sugar; add oatmeal. Add beaten egg, melted shortening and milk; mix well and bake in greased shallow pan in moderate oven 40 to 45 minutes.

### NUT BREAD

Three cups Graham flour, 5 teaspoonfuls baking powder, 1½ teaspoonfuls salt, ¼ cup of sugar or corn syrup, 1½ cups milk and water, 1 cup chopped nuts or 1 cup raisins washed and floured.

Sift dry ingredients into bowl, add milk and water, sugar or corn syrup, and nut meats or raisins; mix well and put into greased loaf pans, allow to stand 30 minutes in warm place. Bake in moderate oven 40 to 45 minutes.

### PEANUT BISCUITS

Two cups flour, 4 teaspoonfuls baking powder, 2 teaspoonfuls salt, 2 cups peanuts (finely ground or crushed), 1 tablespoonful shortening, ¾ cup milk and water.

Sift dry ingredients together, add peanuts, cut in shortening; add liquid slowly to make a soft dough. Roll out lightly on floured board; cut with biscuit cutter and put into greased pan. Bake in a hot oven 10 to 12 minutes.

### OATMEAL BISCUITS

One and a quarter cups flour, 3 teaspoonfuls baking powder, ½ teaspoonful salt, 2 tablespoonfuls sugar, 1 1-3 cups cooked oatmeal or rolled oats, 6 tablespoonfuls shortening, 2-3 cup water.

Sift flour, baking powder, salt and sugar together, add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board, cut with biscuit cutter and bake in greased pan in moderate oven about 20 minutes.

### APPLE GEM

One cup cornmeal, 1½ cups flour, ½ teaspoonful salt, 2 tablespoonfuls sugar, 5 teaspoonfuls baking powder, 1 cup milk, 4 sour apples, 2 tablespoonfuls molasses.

Mix thoroughly dry ingredients, add enough milk to make thick batter, beat well. Add apples (chopped fine), and molasses. Bake in hot greased gem pans 15 to 20 minutes.

### BUCKWHEAT MUFFINS

One and a quarter cups buckwheat, ¾ cup flour, 4 teaspoonfuls baking powder, 2 tablespoonfuls sugar, 1 teaspoonful salt, 1 cup milk, 2 tablespoonfuls melted shortening.

Mix and sift dry ingredients, add milk and shortening and beat until smooth. Bake in greased muffin tins in hot oven 20 to 25 minutes.

### SWEET POTATO MUFFINS

One cup flour, 4 teaspoonfuls baking powder, 1 teaspoonful salt, 1 cupful sweet potatoes (mashed), 1 cup milk and water, 1 egg.

Sift dry ingredients together, add potatoes, add beaten egg and liquid, mixing well. Pour into greased muffin tins and bake in moderate oven 25 to 30 minutes.

### RYE DROP CAKES

Three-eighths cup flour, 4 teaspoonfuls baking powder, 1 teaspoonful salt, ¾ cup rye meal, ¾ cup cornmeal, 1 tablespoonful molasses, 1 cup water.

Sift together flour, baking powder and salt, mix in cornmeal and rye meal; add water slowly to make stiff dough, add molasses and mix. Drop from spoon into moderately hot fat; brown on one side, turn and brown on other. Drain and serve for breakfast or luncheon.

### CORNMEAL GRIDDLE CAKE

One and one-third cups cornmeal, 1½ cups boiling water, ¾ cup milk, 1 tablespoonful shortening, 1 tablespoonful molasses, 2-3 cup flour, 1 teaspoonful salt, 4 teaspoonfuls baking powder.

Scald cornmeal in bowl with boiling water, add milk, melted shortening and molasses; add flour, salt and baking powder which have been sifted together, mix well. Bake on hot greased griddle until brown.

### MAPLE LAYER CAKE

Two and a half tablespoonfuls shortening, ¾ cup sugar, 1 egg, 1 egg yolk, ½ cup milk, 1½ cups corn flour, ¾ cup flour, 3 teaspoonfuls baking powder, ¼ teaspoonful salt, 1 teaspoonful vanilla.

Cream shortening, add sugar, add beaten eggs and one-half the corn flour and flour which have been sifted with baking powder and salt; mix well. Add milk and the remainder of flour; add flavoring. Beat well, and bake in greased layer tins in hot oven 10 to 12 minutes. Cover layers and top with the following:

**Maple Icing**      2 cupfuls maple or corn syrup, 1 egg white, 2 teaspoonfuls shortening. Boil syrup until it spins a thread, add shortening, pour slowly over beaten white of egg. Beat until stiff enough to spread on cake.

### HONEY-DROP CAKES

Half cup shortening,  $\frac{1}{2}$  cup sugar, 1 cup honey, 1 egg, 1 tablespoonful lemon juice, 3 cups flour, 4 teaspoonfuls baking powder.

Cream shortening and add sugar slowly, add honey, beaten egg yolk and lemon juice; mix well and add flour which has been sifted with baking powder. Fold in the beaten white of egg. Bake in greased individual tins in moderate oven 25 to 30 minutes.

### PEANUT COOKIES

Two tablespoonfuls shortening,  $\frac{1}{4}$  cup sugar, 1 egg,  $\frac{1}{2}$  cup flour, 2 teaspoonfuls baking powder,  $\frac{1}{4}$  teaspoonful salt, 2 tablespoonfuls milk,  $\frac{1}{2}$  cup chopped peanuts,  $\frac{1}{2}$  tablespoonful lemon juice.

Cream shortening, add sugar and beaten egg, next sift in the flour, baking powder and salt, add milk, nuts and lemon juice. Drop from a teaspoon on ungreased pan one inch apart, place one-half a peanut on each and bake in moderate oven 10 to 12 minutes.

### OATMEAL COOKIES

Half cup shortening,  $\frac{1}{4}$  cup brown sugar,  $\frac{1}{2}$  cup corn syrup, 1 egg, 3 tablespoonfuls water, 1 cup rye flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful cinnamon,  $1\frac{1}{4}$  cups rolled oats,  $\frac{1}{2}$  cup chopped raisins, if desired.

Cream shortening, add sugar and syrup, beaten egg and water. Add flour, baking powder, salt and cinnamon which have been sifted together. Mix well and add rolled oats and raisins. Drop by spoonfuls on greased pan, and bake in a moderate oven 15 to 20 minutes.

### CANADIAN WAR CAKE

One cup brown sugar, 1 cup water,  $1\frac{1}{2}$  cups seeded raisins, 2 tablespoonfuls lard, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves,  $\frac{1}{2}$  teaspoonful salt.

Boil together for five minutes and cool. When cold stir in 1 teaspoonful soda dissolved in a little warm water. Add two cups flour sifted with  $\frac{1}{2}$  teaspoonful baking powder.







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## BREAD AND BISCUITS

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### COFFEE CAKE

One cup of yeast, 1 cup of sugar, 2 or 3 eggs, 1 cup of shortening, lard and butter.

Make a stiff dough, a little softer than for bread, and let it rise. When it is light, spread out on floured board and roll about one inch thick. Place in pans and let it rise again. When it is light, just before putting in the oven pick with a fork, and spread with butter and cinnamon, or whipped cream and egg and cinnamon. This may be varied by using prunes or apples spread on the top of coffee cake. The prunes should be cooked and pitted before using, but not the apples.

### MUFFINS WITHOUT EGGS

Butter the size of an egg, 2 tablespoonfuls sugar, 1 cup milk,  $\frac{1}{2}$  teaspoonful salt, 2 cups flour, 2 full teaspoonfuls baking powder.

Bake 20 minutes in hot oven. Can be used with  $\frac{1}{2}$  Graham flour, if desired.

### FRIED MUSH

The water must be fresh and fiercely boiling, and all the meal, as it is deftly sprinkled in, must encounter the same high temperature that the starch cells may burst. Have a large, porcelain-lined iron pot and a wooden paddle for stirring. Stir with one hand while sprinkling in the meal with the other. The proportions will vary with the degree of flouriness of the meal and its coarseness, but an average rule would be 4 quarts of water, one of meal, and 2 tablespoonfuls of salt. When the meal is all in, the pot should be closely covered and stood where it will only give an occasional bubble, for three or four hours, or even half a day. Do not disturb the surface, thus permitting the flavors to escape. Then pour into tins with straight sides, as bread pans. When cold cut into half-inch slices and fry in deep fat or saute (pan fry) in a spider in fat a quarter of an inch deep. Be sure the fat is sweet and that it is hot when the mush is put in that there may be no grease soaking. Fry to a rich, even brown.

### SOUR MILK PANCAKES

Two and a half cups flour, 2 cups sour milk,  $\frac{1}{2}$  teaspoonful salt,  $1\frac{1}{4}$  teaspoonfuls soda, 1 egg.

Mix and sift flour, salt and soda; add sour milk and egg well beaten. Drop by spoonfuls on a greased hot griddle. Cook on one side. When puffed full of bubbles and cooked on edges, turn and cook other side. Serve with butter and maple syrup.

### BUCKWHEAT CAKES

Half cake of Fleishman's yeast dissolved in a little lukewarm water. Meanwhile put into a quart of cold water a good teaspoonful of salt and enough buckwheat flour to thicken to a good batter, and add the dissolved yeast. Set away over night. In the morning, before baking, add

about a teaspoonful baking soda dissolved in warm water. Keep a cupful after baking for next setting, then pour off the water which accumulates on top, add as much cold water as required, more salt, and enough buckwheat flour to make a good batter.

#### CREAM SCONES

Two cups flour, 4 teaspoonfuls baking powder, 2 teaspoonfuls sugar,  $\frac{1}{2}$  teaspoonful salt, 4 tablespoonfuls butter, 2 eggs.

Mix dry ingredients, moisten with  $\frac{1}{2}$  cup sweet cream; put in butter with tips of fingers, toss on floured board, pat and roll to  $\frac{3}{4}$  inch in thickness, cut in squares, brush with white of egg, sprinkle with sugar and bake in a hot oven fifteen minutes.

#### GRIDDLE CAKES

One pint sifted flour, 1 teaspoonful sugar, 1 teaspoonful salt,  $1\frac{1}{2}$  teaspoonfuls baking powder.

Mix these together, then beat 2 eggs until light, and after putting a little milk with the dry ingredients and mixing, add the eggs and a teaspoonful of molasses, which makes them nice and brown, then add remainder of milk, enough to make a soft batter. Just what quantity of milk is required cannot be given as different flour absorbs more or less moisture.

#### SCOTCH SCONES

Three cups flour,  $\frac{1}{2}$  teaspoonful soda or baking powder, and a little salt.

Mix with buttermilk, not too stiff, roll  $\frac{1}{2}$  inch thick, cut in squares and bake on top of stove on a dry, hot griddle. When brown on one side, turn to bake on the other.

#### BREAD PANCAKES

Soak  $1\frac{1}{2}$  cups bread crumbs in 4 cups of buttermilk. Beat smooth, add 1 egg, 1 teaspoonful soda, a little salt; flour for smooth batter.

#### BRAN GEMS

One egg,  $\frac{1}{2}$  cup sugar, 1 tablespoonful butter, 1 teaspoonful soda, 1 cup buttermilk, 2 cups bran,  $1\frac{1}{2}$  cups flour, 1 pound dates, a little salt. These are better cold.

#### POTATO CAKES

Two cups mashed potatoes, 2 cups flour, 2 level teaspoonfuls baking powder, 1 tablespoonful lard, 1 tablespoonful butter,  $\frac{1}{2}$  cup sweet milk, a little salt.

Roll thin, cut into small cakes and bake.

#### BUTTERMILK SCONES

One cup flour 1 teaspoonful soda, 2 teaspoonfuls cream of tartar, 1 teaspoonful salt, a handful currants and a little sugar.

Add buttermilk enough to make into a soft dough. Mould into cakes and bake in a quick oven.

#### SALLY LUNN

Two cupfuls flour,  $\frac{1}{2}$  cupful tepid milk, 1 tablespoonful lard, 1 tablespoonful butter,  $\frac{1}{2}$  tablespoonful sugar, 1 teaspoonful salt, 1 egg,  $\frac{1}{2}$  yeast cake.

Made in the manner described here, Sally Lunn will be light and velvety in texture and altogether satisfactory. Start by sifting the salt and

flour into a bowl. Beat the egg white and yolk separately and then mix them together, add to the egg the milk, yeast cake dissolved in half a cupful of water, the sugar, lard, and finally the butter (melted). Pour this mixture on the flour and after beating well, cover it and let rise in a warm place. It will take about four hours. At the end of that time beat well once more and put into a carefully buttered pan. Let it rise for from fifty minutes to an hour. Half an hour's cooking in a moderate oven will complete the work.

### WAFFLES

One quart pastry flour, 1 large tablespoonful butter, 3 eggs, 1½ pints milk ½ teaspoonful salt, 2 rounding teaspoonfuls Royal baking powder.

Cut the butter well into the flour, add the salt and sift. Separate the eggs, beat the yolks, add them to the milk, then add these to the flour, beating very thoroughly. Lastly, add the well beaten whites of the eggs and the baking powder. Pour into a pitcher and bake on a well-heated waffle iron which should be well heated on the one side, turned and heated on the other, and well greased before filling. One large cupful of chopped, floured dates may be added when you fold in the whites of the eggs, and you will have date waffles.

### CRUMPETS

One pint milk, 1 teaspoonful salt, about 3 cups flour, 4 ounces of butter, 1 cup yeast or half a compressed cake.

Scald the milk, let it stand until lukewarm, then add the salt and flour. Beat vigorously, then add the butter (melted) and the yeast. Beat again, cover and stand in a warm place until very light. Grease the muffin rings and place them on a hot griddle. Fill each ring half full of batter, bake until brown on one side, then turn and brown on the other. Take from the fire and stand one side until wanted. When ready to use, toast them on both sides, being careful not to burn. Butter them nicely, and serve quickly on a hot plate.

### DATE BREAD

Three cups flour, 3 teaspoonfuls baking powder, 1 cup white sugar, 1 cup milk, 1 egg, 1 pound dates (stoned), pinch of salt.

Let stand for half an hour. Bake in moderate oven for about an hour.

### POPOVERS

Sift together 1 cup flour, ¼ teaspoonful of salt, gradually beat in a cup of milk and an egg beaten until light. Beat two minutes with a Dover egg beater, and bake in a gem buttered pan in a fast oven half an hour.

### THIRDED BISCUIT

One cup flour, 1 cup rye flour, 1 cup of Indian meal, 2 cups of sour milk into which put a teaspoonful of soda, 1 large tablespoonful of sugar, a pinch of salt, 2 well beaten eggs.

Mix together the wheat and rye flour and Indian meal, and the milk, sugar, salt, and lastly the eggs. Bake in gem pans.

### CORN BREAD

One and three-quarters cups cornmeal, ¼ cup flour, 4 teaspoonfuls Royal baking powder, 1 tablespoonful sugar, 1 teaspoonful salt, 1½ cups milk, 2 tablespoonfuls shortening.

Mix thoroughly dry ingredients, add milk and melted shortening. Beat well and pour into greased pan or muffin tins and bake in hot oven about 25 minutes.

### ROLLED OAT BREAD

Make a sponge as for ordinary bread, the night before, with white flour and Royal yeast. In the morning make it the right consistency with rolled oats put through the meat grinder. Be careful not to get it too stiff.

### MRS. REID'S WHOLE WHEAT BREAD

Two cups whole wheat flour, 1 cup white flour,  $\frac{1}{4}$  cup brown sugar, 1 teaspoonful salt, 1 scant level teaspoonful soda, buttermilk almost enough to make dough. About  $1\frac{1}{2}$  cups make one loaf.

All whole wheat may be used.

### BREAD IN FIVE HOURS

Scald 1 quart of milk and let cool to blood heat. Add 2 dissolved yeast cakes, 2 teaspoonfuls of salt and 2 teaspoonfuls of sugar. Use this for the wetting of the sifted flour, which should be a sufficient quantity to make a fairly stiff dough. Let rise in a room where the temperature is 80 degrees, for four hours. Knead into small loaves, put into greased pans and let rise, then bake for half an hour. In the first mixing use a spoon and beat the dough vigorously to insure a perfect mixing of wetting and flour. In kneading for the pans, work each loaf for 3 or 4 minutes. This method insures the best bread ever eaten.

### SALT RISING BREAD

Take two-thirds pint water, as hot as you can bear your hand in, 1 heaping teaspoonful salt,  $\frac{1}{4}$  teaspoonful soda. Stir to a batter as thick as pancakes. Mix at night, at 6 o'clock, and keep warm over night. In the morning, place in a kettle of hot water, after stirring it down. When light, add 1 quart of water, 1 teaspoonful of soda to the flour, and stir to a thick batter. Sprinkle thickly with flour over top, and when light mould into loaves, and bake three-quarters of an hour.

### BREAD STICKS

One cup milk (scalded),  $\frac{1}{4}$  cup butter, 1 tablespoonful sugar,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  cake compressed yeast or 3 tablespoonfuls liquid yeast, white of 1 egg, about 4 cups of flour.

Melt the butter, sugar and salt in the hot milk, when lukewarm add the dissolved yeast cake, then the beaten white and flour; knead until smooth and fine grained. Let it rise over night or till light. Shape into small balls; then roll into sticks a foot long. Let them rise slowly, and bake in a moderate oven, that they may be dried through before browning.

### BROWN BREAD

Four teacups white flour, 1 quart milk (or milk and water), butter size of an egg,  $\frac{3}{4}$  cup brown sugar, Graham flour, 1 tablespoonful salt, 1 large teaspoonful soda, 1 yeast cake.

Set the sponge as for white bread, using the white flour and some Graham flour. In the morning melt lard, butter, sugar in a little hot water, and stir into sponge with the soda. Stir in Graham flour until almost as stiff as can be. Let rise. Bake.

### BRAN BREAD

One tablespoonful shortening, 1-3 cup brown sugar, 3 cups bran, 2 cups white flour, 1 cup cornmeal, 1 teaspoonful salt, 2 cups sour milk, 2 teaspoonfuls baking soda.

Bake 1½ hours in slow oven.

### RYE BREAD

One yeast cake, 1 boiled potato grated, 1 quart of white flour, 1 quart rye flour, 1 tablespoonful shortening, 1 tablespoonful caraway seed, 1 tablespoonful sugar, 1 teaspoonful salt, 3 pints lukewarm water.

Mix stiff at night and let rise; and in the morning mould into loaves, let rise, and bake about one hour.

### WATER BREAD

Two cups boiling water, 1 tablespoonful butter, 1 tablespoonful lard, 2 tablespoonfuls sugar, 2½ teaspoonfuls salt, ¼ yeast cake dissolved in ¼ cup of lukewarm water, 6 cups sifted flour.

Put butter, lard, sugar and salt in bread raiser, or large bowl without lip; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour, then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix, and turn on a floured board, leaving a clean bowl. Knead until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Some practice is required to knead quickly, but the motion, once acquired, will never be forgotten. Return to bowl, cover with clean cloth kept for this purpose, and board or tin cover. Let rise over night in temperature of 65 degrees F. In the morning cut down, and this is accomplished by cutting through and turning over dough several times with a case knife, and checks fermentation for a short time. Dough may be again raised and re-cut down if it is not convenient to shape into loaves or biscuits after the first cutting. When properly cared for, bread need never sour. Toss on bread board, slightly floured, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full; cover, let rise again to double its bulk, and bake in hot oven. Dripping or Crisco may be used instead of shortening, one-third less required.

### MILK BREAD

One cup scalded milk, 1 cup boiling water, 1 tablespoonful lard, 1 tablespoonful butter, 2½ teaspoonfuls salt, 1 yeast cake dissolved in ¼ cup of lukewarm water, 6 cups sifted flour or 1 cup white flour and enough entire wheat flour to knead.

Prepare and bake as water bread. When entire wheat flour is used add three tablespoonfuls molasses. Bread may be mixed, raised and baked in five hours by using one yeast cake. Bread made in this way has proved most satisfactory. It is usually mixed in the morning and the cook is able to watch the dough while rising and keep it at uniform temperature. It is often desirable to place bowl containing dough in pan of warm water. Plain cooks can make this bread.

### BOSTON BROWN BREAD

One cup rye meal, 1 cup granulated sugar, 1 cup Graham flour, 2 cups sour milk or 1¾ cups sweet milk or water, ¾ tablespoonful soda, 1 teaspoonful salt, ¾ cup molasses.

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well buttered mould, steam three and one-half hours. The cover should be buttered before being placed on mould, and then tied down with a string, otherwise the bread in rising might force off the cover. Mould should never be filled more than two-thirds full. A melon mould or one-pound baking powder boxes make the most attractive shaped loaves, but a five-pound lard pail answers the purpose. For steaming, place mould on a trivet in kettle containing boiling water, allowing water to come half way up around mould, cover closely and steam, adding as needed more boiling water.

### BRAISED ROLLS WITH RAISINS

Four cups soft bread sponge, 1 tablespoonful each lard and butter, melted and cooled, 2 tablespoonfuls sugar.

Knead into a soft loaf and let it rise. When light, roll out one-half inch thick, spread with melted butter, and sprinkle with sugar. Spread with seeded raisins and fold into roll, cut rolls about one and one-half inch thick, and let rise. Before placing in oven, cover with butter.

### BAKING POWDER BISCUITS

One quart of flour, 3 rounding teaspoonfuls of baking powder,  $\frac{1}{2}$  cup of butter and lard, 1 teaspoonful salt. Use milk enough to make a very soft dough.

### BLUEBERRY MUFFINS

Wash and dry a pint of blueberries, sprinkle thickly with flour. Mix well 1 teaspoonful salt, four level teaspoonfuls baking powder,  $\frac{1}{2}$  cup butter. Moisten with  $1\frac{1}{2}$  cups milk. Stir in carefully the blueberries. Drop by spoonfuls on pan, and bake about twenty minutes.

### GRAHAM GEMS

Two cups Graham flour, 1 cup wheat flour, 2 teaspoonfuls baking powder, 1 tablespoonful sugar, 1 teaspoonful salt, 1 well beaten egg.

Mix with sweet milk to make thin batter. Beat it well. Bake in gem tins two-thirds full in a hot oven.

### SWEET BISCUITS

One quart flour,  $\frac{1}{2}$  teaspoonful salt, 3 teaspoonfuls baking powder (heaping),  $\frac{3}{4}$  cup lard.

Mix together well, add  $\frac{3}{4}$  cup sugar, 1 cup currants, 1 egg beaten in  $1\frac{1}{2}$  cups of milk. Mix into flour, using enough to make all as light a dough as can be handled. Bake like hot biscuits.

### MILK TOAST

One pint scalded milk, 2 tablespoonfuls butter,  $2\frac{1}{2}$  tablespoonfuls bread flour,  $\frac{1}{2}$  teaspoonful salt, 4 tablespoonfuls cold water, 6 slices dry toast.

Add cold water gradually to flour to make a smooth thin paste, add to the milk, stirring constantly until thickened. Cover and cook twenty minutes, then add salt and butter in small pieces. Dip slices of toast separately in sauce when soft. Serve and pour over remaining sauce.



### FRENCH TOAST

Three eggs,  $\frac{1}{2}$  teaspoonful salt, 6 slices stale bread, 2 tablespoonfuls sugar, 1 cup milk.

Beat eggs slightly, add salt, sugar, and milk, strain into shallow dish, soak bread in mixture until soft. Cook on a hot, well greased gridle, brown on one side, turn and brown other side. Serve for breakfast or luncheon or with a sauce for dessert.

### POTATO CINNAMON ROLLS

One cup flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt, add 1 cup mashed potatoes, 2 tablespoonfuls butter,  $\frac{1}{2}$  cup milk.

Roll half an inch thick and spread with butter, brown sugar and cinnamon, roll up as you would a jelly roll and cut in small pieces and place in a tin that has been well buttered, and a sprinkle of brown sugar and cinnamon. Bake in a moderate oven for half an hour.

### CINNAMON BUNS

One pint of bread sponge, 1 egg, 1 tablespoonful butter, 3 tablespoonfuls sugar.

Mix these materials with flour until as stiff as biscuits. Let rise; when light, roll out, and spread with melted butter, sugar, cinnamon and raisins. Roll closely, cut off in pieces about one inch thick, let rise until very light, then spread the top with more butter, sugar and cinnamon. Bake in quick oven.

### CREAM BISCUIT

One cup of sour milk, 1 cup of sour cream, 2 small teaspoonfuls of soda, 1 teaspoonful baking powder, salt.

Use flour to make soft dough, and bake in a quick oven.

### MUFFINS

One cup sweet milk, 1 tablespoonful sugar, 1 teaspoonful cream tartar, butter the size of an egg, 1 egg, 2 cups flour,  $\frac{1}{2}$  teaspoonful soda. Bake in a quick oven.

### RICE MUFFINS

Two and a quarter cups flour,  $\frac{3}{4}$  cup of cooked rice, 5 teaspoonfuls of baking powder, 2 teaspoonfuls melted butter, 2 tablespoonfuls sugar, 1 cup milk, 1 egg,  $\frac{1}{2}$  teaspoonful salt.

Mix and sift the flour, salt, sugar and baking powder, add half the milk to the well beaten egg and the remainder to the rice. Add these with the melted butter to flour mixture and beat until smooth. Bake 25 minutes in hot oven. Serve hot. Bake in gem pan. The large quantity of baking powder used is because the cooked rice is heavy.

### SPOON BREAD

One egg well beaten, 1 cupful coarse cornmeal, 2 cupfuls milk, 1 teaspoonful salt, 1 teaspoonful baking powder, 1 heaping teaspoonful shortening put in pan and melted.

Mixture must be put in very hot baking pan, and baked rfrom 30 to 40 minutes in quick oven. This is served with a spoon, and more as a vegetable than a bread.

#### **SWEET POTATO BISCUIT**

Take equal parts of flour and fresh mashed potatoes, add generous pinch of salt, tablespoonful of sugar, 2 tablespoonfuls shortening, 1 tea-cup of sour milk,  $\frac{1}{2}$  teaspoonful soda. Knead to soft dough, roll, cut and bake in quick oven. Serve hot and well buttered.





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## CAKES AND COOKIES

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### LAYER CAKE (without Eggs or Milk)

Thoroughly sift together three times 2 cups flour,  $\frac{1}{2}$  teaspoonful salt, 1 teaspoonful soda and 2 teaspoonfuls cream of tartar. Into your mixing bowl put  $\frac{3}{4}$  cup of sugar and 1 heaping tablespoonful of shortening. Cream these together, gradually adding 1 teaspoonful vanilla and 1 cup of warm water. Add the flour, etc., beat up quickly and bake in layer tins.

### PRAIRIE CAKE

One cup of brown sugar,  $\frac{1}{2}$  cup butter, 1 cup molasses, 1 cup boiling water in which is dissolved 2 teaspoonfuls baking soda, 2 eggs, 1 teaspoonful cinnamon, 1 teaspoonful cloves,  $2\frac{1}{2}$  cups flour. Makes three layers.

### CUT AND COME AGAIN

Half cup butter, 1 cup sugar, 2 eggs, 2 tablespoonfuls molasses, 1 cup hot water or sour milk, 1 teaspoonful soda, 1 cup raisins, 1 cup currants,  $\frac{1}{2}$  cup chopped walnuts,  $\frac{1}{2}$  cup chopped peel, Flour to thicken.

### POTATO CHOCOLATE CAKE

**Ingredients**      2 cups sugar, 1 cup butter, 2 cups flour,  $\frac{1}{2}$  cup milk, 1 cup mashed potatoes, 1 cup chopped nuts, 4 eggs beaten separately, 4 sticks grated chocolate, 1 teaspoonful nutmeg, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves, 2 teaspoonfuls baking powder.—Mrs. A. C. Hardy.

### LADY BALTIMORE CAKE

Half cup butter,  $1\frac{1}{2}$  cups granulated sugar; when very light add  $\frac{3}{4}$  cup milk, 2 cups flour. Beat well and stir in half of well beaten whites of 4 eggs, 1 cup walnuts cut into small pieces and flavored well. Stir in walnuts and the remainder of eggs, 2 teaspoonfuls baking powder, vanilla. Bake moderately 50 minutes.—Mrs. Hitchcock.

### MOCHA CAKE

**Ingredients**       $\frac{1}{2}$  cup butter, 1 cup sugar,  $\frac{1}{2}$  cup milk 2 cups flour, 2 eggs, 2 teaspoonfuls baking powder.

**Icing**              4 ounces butter, 10 ounces sugar, 2 tablespoonfuls of milk and vanilla mixed.

**Mode**                Cream butter and sugar, add vanilla and milk. When cake is cold cut in squares. Then roll in  $\frac{1}{2}$  pound of shelled almonds that have been blanched and browned and rolled very thin. Peanuts may be used.

### HOT MILK CAKE

**Ingredients** 1 cup and 1 tablespoonful flour sifted 3 times, 1¼ teaspoonfuls baking powder, 1 teaspoonful lemon extract, 2 eggs, 1 cup white sugar, ½ cup hot milk, 1 large teaspoonful butter.

Beat eggs and sugar together very well, add flavoring, then sifted flour, and last of all hot milk in which the butter has been melted. Bake in loaf tins in moderate oven.

### SPICE CAKE

**Ingredients** ½ cup butter and 1 cup sugar creamed together, 3 eggs (keep out white of one for icing), 1½ cups flour, ½ cup milk, 3 teaspoonfuls baking powder, 1½ teaspoonfuls cinnamon, 1 teaspoonful cloves.

### FRUIT CAKE

**Ingredients** 1 pound butter, 1 pound brown sugar, 1 lb. flour, 12 eggs, 1 cup black molasses, 1 teaspoonful soda in water, 3 lemons (juice and grated rind), 2 cups of orange and lemon peel chopped not too fine, 1 pound almonds, ½ pound walnuts, 7 pounds raisins (or 4 pounds raisins and 3 pounds dates), 1 pound citron, 4 pounds currants, 1 cup of flour to mix fruit and peel in, 2 tablespoonfuls cinnamon, 1 teaspoonful cloves, 1 teaspoonful allspice (heaping), 1 teaspoonful mace soaked in brandy over night, 4 wine glasses of wine or brandy.

Bake 4 hours. Makes 2 loaves. Next morning prick nearly through with a needle or fork and pour some brandy over so it can sink into cake. Do this several times. If you do not care to use brandy, the juice of some canned fruit may be used, not too sweet.

### MACAROONS

One and a half cups rolled oats, ¾ cup white sugar, 1 dessert-spoonful melted butter, 1 teaspoonful baking powder, 1 egg, almond flavoring.

Drop a spoonful on buttered tins and bake in quick oven.

### CHOCOLATE CARAMEL CAKE

Three tablespoonfuls cocoa, ½ cup milk, 1 egg. Beat together and cook until thick, then add 1 cup white sugar, ½ cup milk, butter size of a walnut, 1½ cups flour, 2 heaping teaspoonfuls baking powder, vanilla.

Bake in two layers in moderate oven.

### CRYSTAL PALACE CAKE

Half pound of butter, 5 eggs, ½ lb. sugar, ¼ lb. peel, ¾ lb. currants, 1 lb. flour, 2 teaspoonfuls baking powder. Bake slowly.

### GOLD CAKE

Yolks of 8 eggs, 1¼ cups granulated sugar, 2-3 cup butter, 2-3 cup sweet milk, 2½ cups flour, 1 teaspoonful cream tartar, scant ½ teaspoonful soda, flavor with grated nutmeg.

Sift the flour once, then measure, add soda and sift 3 times. Cream butter and sugar thoroughly, beat yolks about half and add to them the cream tartar and beat until stiff. Add this to the creamed butter and sugar and stir thoroughly through, add milk, then flour, then flavor and stir very hard. Put in a slow oven at once. Bake 45 or 50 minutes.

### ANGEL CAKE

Whites of 8 large eggs,  $1\frac{1}{4}$  cups granulated sugar, 1 cup of flour, 1 teaspoonful vanilla,  $\frac{1}{2}$  teaspoonful cream of tartar, a pinch of salt added to eggs before whipping.

Sift flour 4 times and sugar once. Whip the eggs to a foam, then add cream of tartar and whip until very stiff, add sugar, then flavoring, lastly fold in lightly the flour, put in an ungreased pan and bake 45 minutes in a moderate oven.

### BELFAST CAKE

Cream  $\frac{1}{2}$  cup butter, add  $1\frac{1}{2}$  cups granulated sugar, 1 cup of stoned raisins (previously floured), 1 beaten egg, 2 cups Graham flour, 1 cup sour milk added alternately with the flour.

Sift the coarse bran out one-third cup Graham flour, mixed thoroughly with teaspoonful of soda. If there is much bran in the Graham flour use  $\frac{1}{2}$  cup of white flour;  $\frac{1}{2}$  teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful salt, a saltspoonful of nutmeg. Put the raisins into the butter and sugar.

### DEVIL CAKE

Yolks of 3 eggs,  $\frac{1}{2}$  cup milk, 1 cup sugar, 1 cup flour, white of 1 egg,  $\frac{1}{2}$  cup butter, 2 squares of chocolate dissolved (Baker's), 2 teaspoonfuls baking powder.

Cream eggs and sugar, add butter and chocolate, lastly milk, flour, baking powder and little vanilla.

**Filling**                      2 cups brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup cream or milk. Boil twenty minutes, then stir until thick.

### AUNT REBECCA'S OLD-FASHIONED SPONGE CAKE

One and one-third cups powdered sugar, 1 cupful bread flour, juice and rind of half a lemon, 5 eggs, few grains of salt.

Separate eggs, beat yolks with sugar till light and creamy, at least ten minutes. Then add lemon juice and rind. Beat egg whites stiff, fold into mixture, and then sift in the flour and salt slowly, stirring gently. Bake about fifty minutes in a slow oven.

### FIG FILLING

Boil one cup of chopped figs and one tablespoonful each of water and sugar until a paste. Spread between layer with cream filling on top. Add the other layer and cover with plain cream filling.

### NUT FILLING

Chop one cup of pecan or English walnuts and add to half of the cream filling and between layers and the remaining filling on top. Decorate with halves of the nut meats.

### ONE-EGG CHOCOLATE CAKE

One-quarter cake of chocolate or 3 dessertspoonfuls cocoa, 1 egg,  $\frac{1}{2}$  cup milk.

Place these ingredients in saucepan and cook until smooth and thick, stirring constantly. Take from stove, add piece of butter the size of an egg, 1 cup sugar,  $\frac{1}{2}$  cup milk, 1 teaspoonful vanilla, 1 teaspoonful salt, 1 teaspoonful baking soda, and 2 teaspoonfuls cream of tartar,  $1\frac{1}{2}$  cups flour (measuring cups). Cook in hot oven  $\frac{1}{2}$  to  $\frac{3}{4}$  hour.

### BOSTON CREAM CAKE

Two and a half cups water, 2 cups flour, 1 cup butter, 5 eggs.

Boil the butter and water together, stir in the flour while boiling. After it is cool add the eggs, well beaten. Put a large spoonful in muffin ring. Bake twenty minutes in hot oven.

**Filling**                    1 cup milk, 1 cup sugar, 1 egg mixed with 3 teaspoonfuls cornstarch, 1 tablespoonful of butter, vanilla to taste. Boil. Open the cakes and fill them with the cream.

### APPLE SAUCE CAKE

1 cup sugar,  $\frac{1}{2}$  cup shortening, creamed together; 1 saltspoonful salt, 1 teaspoonful each cloves and cinnamon, 1 cup raisins.

Dissolve 1 teaspoonful soda in a little warm water, stir it into a cup of sour apple sauce and beat thoroughly; add 2 cups pastry flour. Bake 45 minutes.

### DREAM CAKE

Half cup soft butter,  $1\frac{1}{2}$  cups granulated sugar, creamed together; 3 well beaten eggs, 1 cup milk,  $2\frac{1}{2}$  cups flour, 3 teaspoonfuls baking powder, sift together 8 times; then take out enough for two layers, having them the largest, flavoring with banana or vanilla.

**Dark Layer**            Add 1 tablespoonful molasses, 4 teaspoonfuls of spice (cloves, cinnamon, mace or nutmeg) and allspice.

**Filling**                    1 large cup raisins or figs chopped fine, 1 small cup of granulated sugar,  $\frac{1}{4}$  rind of an orange grated, 1 orange sliced into small pieces. Cook 20 minutes, with enough water to moisten.

**Icing**                    Juice of half a lemon and icing sugar. Soften with milk.

### HOT GINGER CAKE

Cream  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter; add two well beaten eggs, beat into this a cupful of molasses, 1 teaspoonful each ginger, cloves and cinnamon, add cupful of boiling water, with 2 teaspoonfuls of baking soda dissolved in cold water. Finally beat in  $2\frac{1}{2}$  cupfuls of flour, with a teaspoonful of baking powder,  $\frac{1}{2}$  teaspoonful salt. Bake in a slow oven.

### ELECTION CAKE

Half cup butter, 1 cup bread dough, 1 egg, 1 cup brown sugar,  $\frac{1}{2}$  cup sour milk, 2-3 cup raisins seeded and cut in pieces, 8 finely chopped figs,  $1\frac{1}{4}$  cups flour,  $\frac{1}{2}$  teaspoonful soda, 1 teaspoonful cinnamon,  $\frac{1}{4}$  teaspoonful cloves,  $\frac{1}{4}$  teaspoonful mace,  $\frac{1}{4}$  teaspoonful nutmeg, 1 teaspoonful salt.

Work butter into dough, using hand. Add egg, well beaten, sugar, milk, fruit dredged with 2 tablespoonfuls flour, and flour mixed and sifted with remaining ingredients. Put into a well-buttered bread pan, cover and let rise one and one-fourth hours. Bake one hour in a slow oven. Cover with boiled milk frosting.

### SUNSHINE CAKE

Whites of 10 eggs,  $1\frac{1}{2}$  cups powdered sugar, yolks of 6 eggs, 1 teaspoonful lemon extract, 1 cup flour, 1 teaspoonful cream of tartar.

Beat whites of eggs until stiff and dry, add sugar gradually and continue beating; then add yolks of eggs beaten until thick, and lemon



coloured and extract. Cut and fold in flour mixed and sifted with cream of tartar. Bake fifty minutes in a moderate oven in an angel cake pan.

#### CHEAP SPONGE CAKE

Yolks of 3 eggs, 1 cup sugar, 1 tablespoonful hot water, 1 cup flour, 1½ teaspoonfuls baking powder, ¼ teaspoonful salt, whites of 3 eggs, 2 teaspoonfuls vinegar.

Beat yolks of egg until thick and lemon coloured, add sugar gradually and continue beating; then add water, flour mixed and sifted with baking powder and salt, whites of eggs beaten until stiff, and vinegar. Bake thirty-five minutes in a moderate oven, in a buttered and floured cake pan.

#### ONE-EGG CAKE

Quarter cup of butter, ½ cup sugar, 1 egg, ½ cup milk, 1½ cups flour, 2½ teaspoonfuls baking powder.

Cream the butter, add sugar gradually and egg well beaten; mix and sift flour and baking powder, add alternately with milk to first mixture. Bake thirty minutes in a shallow pan. Spread with chocolate frosting.

#### CITRON CAKE

Quarter of a pound of butter, ½ pound sugar, 3 eggs, ½ cup milk, 1½ teaspoonfuls baking powder, ½ pound flour, 1 tablespoonful brandy, 1 cup citron thinly sliced then cut in strips.

Cream the butter, add sugar gradually, yolks of eggs well beaten, milk, and flour mixed and sifted with baking powder. Beat whites of eggs until stiff, and add to first mixture, then add brandy and citron. Bake in a moderate oven one hour.

#### GRAHAM WAFER CAKE

One cup sugar, ½ cup butter, 2 eggs, 1 cup milk, 1½ teaspoonfuls baking powder, 1 teaspoonful vanilla and a pinch of salt.

Thirty Graham wafers, rolled fine.

**Icing for Cake** 2 cups icing sugar, 6 teaspoonfuls cream, ½ cup butter, vanilla to taste. Blend all together.

#### DATE DROPS

One pound dates stoned and cut up, ½ pound almonds blanched and cut in strips, 1 cup granulated sugar, whites of 2 eggs well beaten, pinch of salt.

Mix all together and bake in a rather slow oven, after dropping in small spoonfuls on a buttered tin.

#### ROMAN MEAL COOKIES

Two eggs, 1 cup brown sugar, ¼ cup lard, 3 tablespoonfuls (black) molasses, ¼ teaspoonful soda dissolved in a little water, pinch of salt, 1 cup Roman meal, 1 cup white flour.

Roll thin and bake in quick oven.

## SAND TARTS

One cup butter, 3 eggs, 2 cups sugar, flour to make fine paste, almonds.

Cream the butter and sugar, add eggs beaten separately and stir in flour lightly. Roll very thin and cut in fancy shapes. Place in baking pan, brush tops with white of eggs, sprinkle over sugar and cinnamon, dot over with split blanched almonds. These will keep some time.

## CRISPETS

Two eggs, 1 cup brown sugar, 4 tablespoonfuls or  $\frac{1}{2}$  cup flour, pinch of salt, 1 teaspoonful vanilla, 1 cup chopped walnut meats.

Beat eggs, add sugar and beat, add flour and vanilla and beat thoroughly, add nuts, and drop by teaspoonfuls 3 inches apart on buttered tins.

## PATTIES

Two-thirds cup butter, 1 cup light brown sugar, 2 eggs,  $1\frac{1}{2}$  cups flour, 1 large teaspoonful baking powder,  $\frac{1}{2}$  cup sour milk or buttermilk,  $\frac{1}{2}$  teaspoonful soda, currants.

## ROCHESTER JELLY CAKE

**Light Part** Two cups sugar,  $\frac{3}{4}$  cup butter, 1 cup milk, 3 cups flour, 3 eggs, 1 teaspoonful soda, 1 teaspoonful cream tartar.

**Dark Part** 2 cups chopped raisins,  $\frac{1}{4}$  pound citron, 1 tablespoonful butter, 1 tablespoonful molasses, 2 tablespoonfuls brandy, 1 tablespoonful flour, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful each of cloves and nutmeg.

Bake three layers of the light part, stirring what is left into the dark part. Bake two dark layers. Put all together, with jelly alternating the light and dark layers.

## RASPBERRY CAKE

Two eggs, 1 cup sugar, 2 cups flour,  $\frac{1}{2}$  cup butter, 1 cup raspberry jam, 4 tablespoonfuls sour milk, 1 teaspoonful soda, 1 teaspoonful cinnamon,  $\frac{1}{2}$  nutmeg.

## MARSHMALLOW CAKE

Whites of 4 eggs, 2 cupfuls sugar,  $\frac{1}{2}$  cup butter, 1 cup milk,  $2\frac{1}{2}$  cups flour, 2 teaspoonfuls baking powder; or: the yolks of 6 eggs, 1 small cup sugar,  $\frac{1}{2}$  cup butter, 2 cups flour, 1 cup milk, 2 teaspoonfuls baking powder.

**Marshmallow Filling** Two tablespoonfuls gelatine dissolved in 4 tablespoonfuls water, 2 cups confectioner's sugar, flavor to taste. Mould this filling in the same sized tin that you bake your cake in. Grease your tin. Make one layer of this filling. Coat your cake layers with soft frosting, then put marshmallow filling between.

## SPANISH BUN

**Ingredients** Two cups sugar, 1 cup butter, 4 eggs, 1 cup milk,  $1\frac{1}{2}$  teaspoonfuls baking powder, 2 teaspoonfuls cinnamon, 1 teaspoonful cloves, 2 cups flour.

Bake in shallow tins.

### MADEIRA CAKE

**Ingredients** Four eggs, 6 ounces dry pounded sugar, 6 ounces flour dried and sifted, 4 ounces butter just dissolved but not heated, rind of fresh lemon.

Beat eggs light, continue whisking, and add the other ingredients in turn as mentioned. The instant before baking, beat well in one-third teaspoonful of baking soda. Bake one hour in moderate oven. Three-quarters of an hour in gas stove.

### A PICNIC CAKE

One cupful sour cream, 1 cupful sugar,  $\frac{1}{2}$  cup crushed walnut meats, 1 level teaspoonful soda, 1 level teaspoonful baking powder, 1 well-beaten egg, enough flour for a stiff batter, spice to taste.

Bake in a slow oven until it doubles in size, then the heat should be turned on to a finish.

If you would like your picnic cake to arrive unbroken, try baking it in one of the  $5\frac{1}{2}$  in. by  $8\frac{1}{2}$  in. tin wafer boxes.

### CHOCOLATE LOAF CAKE

Half cup of butter, 1 cup of sugar, 2 eggs,  $\frac{1}{2}$  cup milk, 1-3 cups flour,  $2\frac{1}{2}$  teaspoonfuls baking powder, 2 ounces chocolate melted,  $\frac{1}{2}$  teaspoonful vanilla.

Cream butter and sugar; add gradually yolks of eggs well beaten, then whites beaten stiff; add milk, then flour mixed with baking powder, and beat thoroughly. Then add chocolate and vanilla. Bake 40 minutes in shallow tins.

### JELLY ROLL

Three eggs, 1 cup sugar, 1 cup flour, 1 teaspoonful cream of tartar,  $\frac{1}{2}$  teaspoonful soda,  $\frac{1}{2}$  teaspoonful lemon.

Sift cream of tartar, dissolve soda in a very little water. Bake in dripping pan. Spread with jelly while hot and roll.

### MOLASSES CAKE

Half cup molasses,  $\frac{1}{2}$  cup sour cream or buttermilk, 1 egg,  $\frac{1}{2}$  cup brown sugar, butter size of an egg (2 ounces), 1 teaspoonful soda, 2 cups flour.

Cream butter and sugar together, add egg well beaten, then molasses, cream and flour. Beat until smooth, and, if you like, add a tablespoonful of ginger, or a teaspoonful cinnamon. Bake in a shallow pan in a moderate oven. Dissolve the soda in a tablespoonful of boiling water and add to the molasses.

### ORANGE CAKE

Rub well to a cream 2 cups sugar, 2-3 cup butter, 3 eggs beaten separately, 2 large oranges' juice squeezed into 1 cup, adding enough water to fill. Stir this into the mixture, together with  $3\frac{1}{2}$  cups flour, 2 even teaspoonfuls cream of tartar, 1 even teaspoonful of soda and a little of the grated orange rind of 1 orange. Bake in large tins.

**Filling** One egg, grate a little of the orange rind into this, and the juice of half an orange, adding sugar to thicken.

### IMPERIAL CAKE

The whites and yolks of 9 eggs beaten separately, 1 lb. sugar, 1 lb. flour, 1 lb. butter, 1 lb. blanched almonds cut up,  $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  lb. citron peel, the juice and grated rind of 1 lemon.

This recipe makes two cakes.

### HOT WATER SPONGE CAKE

**Ingredients** Three eggs, 1 cup sugar, 5 tablespoonfuls boiling water, 1 generous cup of flour, 1 teaspoonful baking powder.

Beat the yolks, add sugar and beat to a cream, then the boiling water, next the flour with baking powder in, and last the whites beaten stiff; vanilla flavoring. Bake in a slow oven.

### POOR MAN'S CAKE

Three cups flour, 1 cup brown sugar, 1 cup raisins, butter size of an egg, 1 teaspoonful baking soda, 1 cup sour milk.

### LEMON JELLY CAKE

Beat yolks of 3 eggs and scant cup of sugar to foam; 1 teaspoonful vanilla, 3 tablespoonfuls water, 1 cup flour, 2 teaspoonfuls baking powder, and fold in last the well beaten whites.

**Filling** One cup sugar, 1 egg, 1 teaspoonful butter, juice and grated rind of 1 lemon,  $\frac{1}{2}$  cup hot water, with 1 small tablespoonful cornstarch dissolved in it.

### SILVER CAKE

One cup sugar, 1-3 cup butter, 1 cup milk, 2 cups flour,  $2\frac{1}{2}$  teaspoonfuls baking powder, whites of 2 eggs put in last, salt and flour.

### SEED CAKE

One good cup brown sugar, 2 cups flour, 2 teaspoonfuls baking powder, 1 cup milk, 2 eggs,  $\frac{1}{2}$  cup lard and butter mixed, 2 teaspoonfuls caraway seeds; more if you please.

### SPONGE CAKE

Three eggs, beat five minutes, then add 4 ounces fruit sugar and beat fifteen minutes, then add 3 ounces sifted flour (warmed), and flavoring. Bake in slow oven.

### COFFEE CAKE

Half cup brown sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup strong coffee, 1 teaspoonful soda, 1 teaspoonful cinnamon, 1 teaspoonful cloves, 1 cup raisins, 2 cups flour.

### GINGER CAKE

Put a teaspoonful of brown sugar in a cup and fill it with New Orleans molasses;  $\frac{1}{2}$  cup butter (scant), 1 egg,  $\frac{1}{2}$  cup boiling water (scant),  $\frac{1}{2}$  teaspoonful soda dissolved in hot water, 2 cups sifted flour, 1 teaspoonful ginger.

Mix butter, sugar, molasses, egg, flour and ginger together thoroughly and add boiling water just before putting in the oven. This is important.

### ROLLED OATS COOKIES

One cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoonful soda dissolved in  $\frac{1}{2}$  cup hot water, 2 cups rolled oats, 1 cup flour.

Cream the butter and sugar, dissolve the soda in the boiling water, pour the water over the oatmeal, then add flour. Let it cool, then roll out like cookies.

### SCOTCH OAT CAKE

One cup Scotch oatmeal,  $\frac{1}{2}$  cup flour or less, about a dessertspoonful dripping,  $\frac{1}{2}$  cup boiling water, pinch of baking soda, 1 teaspoonful sugar,  $\frac{1}{2}$  teaspoonful salt. Roll very thin.

### OATMEAL COOKIES

One cup sugar, 1 cup lard (half butter, if liked), 2 cups oatmeal, 2 cups flour, 1 teaspoonful soda, small cup of buttermilk, salt. Roll thin. Bake in quick oven.

### BRANDY SNAPS

One-quarter pound butter,  $\frac{1}{4}$  pound brown sugar,  $\frac{1}{4}$  pound flour,  $\frac{1}{4}$  treacle, 1 ounce ginger.

Drop on tins, in bits as big as walnuts. When done, roll round a stick such as a broom handle.

### OATMEAL DROPS

One and a half cups rolled oats, 1 teaspoonful baking powder,  $\frac{3}{4}$  cup sugar, 1 egg, 1 dessertspoonful melted butter, vanilla to flavor.

Drop in buttered tin in small bits.

### FRUIT DROPS

One cup butter,  $1\frac{1}{2}$  cups sugar, 3 eggs, 1 teaspoonful soda, 1 tablespoonful hot water,  $3\frac{1}{4}$  cups flour, 1 teaspoonful cinnamon, 1 cup English walnuts (chopped),  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  cup seeded raisins.

Cream the butter, add the sugar gradually, and eggs well beaten, and the soda dissolved in the water. Then mix in half the flour with the cinnamon sifted in it. Lastly add walnuts (chopped), fruit, and the remaining flour. Drop by teaspoonfuls at least one inch apart and bake in a moderate oven.

### LEMON QUEENS

Quarter pound butter,  $\frac{1}{2}$  pound sugar, grated rind lemon,  $\frac{3}{4}$  tablespoonful lemon juice, whites of 4 eggs, yolks of 4 eggs, 5 ounces flour,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful soda (scant).

Cream the butter, add sugar gradually and continue beating. Then add grated rind, lemon juice, and yolks of eggs beaten until thick and lemon colored. Mix and sift soda, salt and flour; add to first mixture and beat thoroughly. Add whites of eggs beaten stiff. Bake from twenty to twenty-five minutes in small tins.

### LADY FINGERS

Beat the yolks of 4 eggs with  $\frac{1}{4}$  pound sugar till smooth and light; whisk the whites of the eggs and add to these. Sift in  $\frac{1}{4}$  pound of flour, make into a smooth paste, cut into size required and bake on buttered paper.

### FRIED CAKES

One-third cup sour solid cream, 2-3 cup buttermilk, 1 small cup sugar, 1 level teaspoonful soda dissolved in milk, 1 egg and a pinch of salt, 1 teaspoonful baking powder sifted with flour. Knead soft, and flour to thicken.

If cream is not used, 3 level tablespoonfuls hot lard and 1 cup buttermilk.

### HICKORY NUT JUMBLES

One and one-half cups sugar, 1½ cups butter, creamed; 3 tablespoonfuls brandy, or 4 tablespoonfuls milk, yolks of 6 eggs or 3 whole eggs, 1½ cups of nuts, 3 cups of flour, 1 teaspoonful of baking powder. Roll thin and bake slowly. Flavor, if desired.

### RICE CAKES

Beat to a cream ¾ lb. butter, add 1 lb. sugar, yolks of 5 eggs well beaten; then 1 lb. flour, and ½ lb. ground rice, 3 level teaspoonfuls of baking powder, add the whites of eggs.

Flavor with grated lemon peel, ratifia or vanilla. Flour the board and make a roll of the mixture. Cut into little cakes. Bake quickly, but watch them as they are liable to burn.

### FRUIT MACAROONS

**Ingredients** Whites of 2 eggs beaten stiff, 1 lb. dates split in two, ½ lb. almond meats split in two, 1 cup granulated sugar.

Drop by spoonful on buttered dish in moderate oven. Cook till a delicate brown.

### DATE CAKES

**Ingredients** Two and a half cups oatmeal, 2½ cups flour, 1½ cups of brown sugar, 1 small cup butter, ½ cup sour milk (small), 1 teaspoonful soda or ½ cup sweet milk and 1 teaspoonful baking powder, 1 lb. dates.

Mix meal, flour and sugar together, rub in butter; dissolve soda in milk or add baking powder to flour mixture; stone dates, put on stove with extra cup of brown sugar and a little water till it thickens; roll out dough, cut in half, spread dates on and cover with other half; cut in round cakes, bake in quick oven till nicely browned.

### HERMITS

**Ingredients** 1½ cups sugar, 1 scant cup butter, 1½ cups raisins, 1 cup flour, 1½ cups walnuts, 3 eggs, 1 teaspoonful cinnamon, ½ teaspoonful ginger, ½ teaspoonful soda.

Cream butter and sugar, add well beaten eggs, then soda dissolved in a little water, mix nuts (broken), raisins (also cut up), spices, then altogether. Drop on well greased pans.

### CORNSTARCH CAKES

**Ingredients** ½ cup butter, 1 cup sugar, 3 eggs, 1 cup flour, 1 cup cornstarch, ½ cup milk, 3 teaspoonfuls baking powder, vanilla. Add whites of eggs last.

### COCOANUT PUFFS

**Ingredients** Two-thirds cup sugar, one-third cup water, whites of two eggs, half pound cocoanut, vanilla to flavor.

Boil sugar and water until it spins a thread, remove from stove and add cocoanut, whites of eggs (beaten stiff), and vanilla. Drop on buttered pans and bake till a delicate brown.

### COCOANUT KISSES

One cup white sugar, 1 tablespoonful corn starch, whites of 2 eggs beaten well.

Cook in double boiler till cornstarch is cooked; add enough cocoanut to make stiff, flavor to taste. Drop on buttered tins and bake in a moderate oven.

### SCOTTISH FANCIES

One egg,  $\frac{1}{2}$  cup sugar, 2-3 tablespoonful melted butter, 1 cup rolled oats, 1-3 teaspoonful salt,  $\frac{1}{4}$  teaspoonful vanilla.

Beat egg until light, add gradually sugar and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased inverted dripping pan, one inch apart. Spread into circular shape with a case knife, first dipped in cold water. Bake in a moderate oven until delicately browned. To give variety, use two-thirds cup rolled oats and fill with shredded cocoanut.

### BROWNIES

One cup sugar,  $\frac{1}{2}$  cup butter (melted), 2 eggs, 2 squares melted chocolate, 1 cup broken walnut meats,  $\frac{1}{2}$  cup flour, pinch of salt, 1 teaspoonful vanilla.

Bake in moderate oven and cut in squares while warm. Bake in shallow tins. They are about one inch thick when baked.

### GINGER SNAPS

One cup molasses,  $\frac{1}{2}$  cup shortening,  $3\frac{1}{4}$  cups flour,  $\frac{1}{2}$  teaspoonful soda, 1 tablespoonful ginger,  $1\frac{1}{2}$  teaspoonfuls salt.

Heat molasses to boiling point and pour over shortening. Add dry ingredients mixed and sifted. Chill thoroughly. Toss one-fourth of mixture on a floured board and roll as thinly as possible; shape with a small, round cutter, first dipped in flour. Place near together on a buttered sheet and bake in a moderate oven. Gather up the trimmings and roll with another portion of dough. During rolling the bowl containing mixture should be kept in a cool place, or it will be necessary to add more flour to dough, which makes cookies hard rather than crisp and short.

### SNICKERDOODLES

**Ingredients** Two cups sugar,  $\frac{1}{2}$  cup butter, 2 eggs, 2 teaspoonfuls cream of tartar, 1 cup milk, 1 teaspoonful soda,  $2\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoonful salt.

Cream sugar and butter, add well beaten eggs, milk, with soda, then flour sifted with salt and cream of tartar. Beat thoroughly. Bake in shallow pans and dust the top before baking with sugar and cinnamon mixed. When cool, cut in squares.

### CHOCOLATE COOKIES

Two eggs,  $\frac{1}{2}$  cup sugar, 1 cup butter,  $\frac{1}{2}$  cup milk, 1 cup grated chocolate, 3 cups flour, 2 teaspoonfuls baking powder, 1 teaspoonful of vanilla.

### PECAN KISSES

Whites 8 eggs, 2 cups sugar, 1 heaping cup broken pecans, 1 teaspoonful vanilla.

Beat eggs very stiff, add sugar gradually, then vanilla and nuts. Invert large pan and cover with manilla paper. Drop mixture on paper two inches apart, with a teaspoon. Bake in cool oven 1 hour.

### HERMITS

One egg,  $\frac{3}{4}$  cup brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  cup milk,  $\frac{1}{2}$  cup chopped raisins,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoonful each of soda, cinnamon, nutmeg and cloves. Bake in quick oven.

### VANILLA CHIPS

Beat three eggs and 10 heaping tablespoonfuls sugar together, with a pinch of salt, and 2 teaspoonfuls vanilla added. Work slowly into this 2 cups flour; mix well, and roll out very thin; cut in narrow strips six inches long, and bake in a hot oven ten minutes. While warm roll round a pencil to give spiral form. Delicious with ice cream.

### BOILED GINGER COOKIES

One pint molasses, 1 cup butter, 1 tablespoonful ginger. Boil these together. While hot, add 4 cups flour. When cold, add 2 well beaten eggs, 1 teaspoonful soda. Flour to roll out. Cut thick.

### COCOANUT JUMBLES

Two cups of flour, 1 even teaspoonful of baking powder,  $\frac{1}{2}$  cup of butter, 1 cup sugar,  $\frac{1}{4}$  cup milk, 1 egg, 1 cup cocoanut.

Sift flour and powder together; cream with butter and sugar, add milk and eggs beaten lightly; add cocoanut, then the prepared flour. Add more flour to roll out, rolling a little at a time. Roll quite thick, and cut with a doughnut cutter. Bake a light brown.

### CREAM PUFFS

One-half cup butter, 1 cup cold water, place on the stove to boil. Draw to one side of the stove and stir in 1 good cup flour and a little salt. Set away to cool. Beat the whites and yolks of 3 eggs separately, and drop into the batter a little at a time, beating all the while. Bake in buttered muffin tins.

**Cream Filling** One pint sweet cream, 1 cup pulverized sugar. Flavor with lemon.

### CRULLERS

Four eggs, 6 tablespoonfuls sugar, 1 tablespoonful sweet milk, 3 tablespoonfuls of melted lard, 1 teaspoonful of baking powder, a little salt and cinnamon. Roll very thin, cut in squares three by two



inches. Cut several slits lengthwise to within one-fourth inch of the ends, Run your two fingers through every other slit. Fry in hot lard, a light brown.

#### **SOUR MILK COOKIES**

One cup sugar, 1 cup sour cream, 1 egg, pinch salt,  $\frac{1}{2}$  teaspoonful soda,  $\frac{1}{2}$  teaspoonful cinnamon or a little grated nutmeg. Flour to roll out very soft.. Bake in hot oven.

#### **AFTERNOON MARGUERITES**

Whites of 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  teaspoonful vanilla, 1 cup chopped nut meats, unsalted wafers, raspberry jam.

Spread the wafers thickly with raspberry jam. Make a boiled icing of the eggs, sugar and water. Flavor and add nuts. Spread thickly over the jam and bake in a very moderate oven until a delicate brown.

**Boiled Icing** Into the stew pan put the sugar and water, place over the fire and stir until dissolved. Boil it until it will spin a thread between the thumb and forefinger. Have ready the well beaten whites of the eggs and pour this hot syrup slowly over them, beating all the while, and so continue until cold. Add the vanilla, beat well again, and it is ready for use.

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## ICINGS

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### COCOA ICING

One cup icing sugar, 1 tablespoonful cocoa, 1 tablespoonful butter, moisten with strong coffee.

### ALMOND ICING

One pound ground almonds, 1 pound fine sifted white sugar, whites of 2 eggs, a few drops of essence of almond.

Mix sugar and ground almonds together, add little by little the whites of eggs well beaten until the mixture is a thick paste, add the essence of almond. Mix all well together.

### CARAMEL ICING

Two cups brown sugar, 1 cup sweet cream or rich milk, butter size of an egg.

Cook until it will almost harden in cold water, beat until it is almost cold.

### CHOCOLATE ICING

Two tablespoonfuls of grated chocolate (the unsweetened), put in a dish with enough cold milk to moisten, set over kettle until smooth; beat the white of 1 egg stiff, stir it in the chocolate and add icing sugar until stiff enough to spread on cake.

### WHITE CARAMEL ICING

One cup sugar,  $\frac{1}{2}$  cup milk, small piece butter. Boil until it will hang together when put into cold water. Stir briskly until cool enough to spread. Flavor with almond, rose or vanilla.

### YELLOW ICING

The yolk of one egg to nine heaping teaspoonfuls pulverized sugar. Flavor with vanilla. Beat ten minutes.

### MAPLE SUGAR CARAMEL ICING

Two cups maple sugar,  $\frac{1}{4}$  cup melted butter,  $\frac{1}{2}$  cup sweet cream. Cook until it hardens in water. Beat until cool enough to spread.

### HICKORY NUT ICING

One cup sour cream, 1 cup sugar, 1 cup rolled hickory nut meats. Beat until smooth.



"Good men can give good things,  
And that which is not good is not delicious  
To a well governed and wise appetite."

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## LIGHT AND FROZEN DESSERTS

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### GINGER SHERBET

Four cups water, 1 cup sugar,  $\frac{1}{4}$  pound preserved ginger,  $\frac{1}{2}$  cup orange juice, 1-3 cup lemon juice.

Cut the ginger in small pieces, add sugar and water and boil 15 minutes. Next add the fruit juice, then cool, strain and freeze.

### FRUIT JUICE SAUCE

One cup either strawberry, raspberry, cherry, currant or peach juice, sweeten to taste, boil and thicken with 1 teaspoonful of arrowroot wet in cold water. Cook five minutes, and serve very cold.

### HOT CHOCOLATE SAUCE

Boil  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup water five minutes; cool. Melt  $\frac{1}{4}$  pound of unsweetened chocolate in double boiler, add 1 teaspoonful of vanilla and the syrup, and keep it hot over hot water till ready to serve.

### PHILADELPHIA ICE CREAM

Scald 1 quart of thin cream, 1 scant cup of sugar, or use 1 cup milk and 3 cups thick cream. When cold, flavor to taste, and freeze 3 parts ice and 1 part salt.

Very thick cream will not freeze readily. Scalding gives a firm, rich, velvety texture, not found in uncooked creams.

### SPANISH CREAM

Dissolve  $\frac{1}{2}$  box of gelatine in  $\frac{3}{4}$  quart milk for 1 hour, then put on stove. When boiling, stir in the yolks of 3 eggs beaten with  $\frac{3}{4}$  cup of sugar. When boiling hot remove from stove, and stir in whites of 3 eggs beaten well. Flavor, and pour in mould.

### WALNUT CREAM

**Ingredients** Four tablespoonfuls of powdered sugar, 1 tablespoonful of vanilla, 1 pint of good cream, 1-3 box of gelatine.

Add sugar to the cream and stir until dissolved. Add gelatine that has been soaked in  $\frac{1}{2}$  cup water for half an hour and dissolved over hot water. Mix one moment, turn into individual moulds and stand on ice to harden. This may be served with hot chocolate sauce or coffee.

### MAPLE MOUSSE

Whites of 2 eggs beaten and added to 1 pint of whipped cream. Yolks of 2 eggs beaten and add to 1 cup maple syrup and let boil until

thick, cool first and then add the whipped cream and whites; one cup of chopped nut meats.

In very cold weather put out to freeze over night or use freezer, which only requires a short time.

#### MAPLE MOUSSE

One large cup maple syrup, 5 eggs (yolks only). Heat syrup in double boiler and add eggs, well beaten. Chill and add 1 pint of cream whipped very stiff, with 1 cup shredded pineapple, 1 cup candied cherries and some angelica,  $\frac{1}{2}$  dozen large figs cut in strips. Pack in salt and ice for six hours.

#### MAPLE CREAM PUDDING

**Ingredients** Three eggs (yolks) 1 cup maple syrup,  $\frac{1}{2}$  box Knox's gelatine, 1 pint cream.

Beat yolks, heat syrup in double boiler; soak gelatine in  $\frac{1}{2}$  cup cold water; add yolks to syrup, then add gelatine. When dissolved, put on ice to jelly a little. Whip cream, add to jelly, and mould. Serve cold.

#### ORANGE JELLY

One-half box Cox's gelatine soaked in  $\frac{1}{2}$  pint cold water half an hour. Add  $\frac{1}{2}$  pint boiling water, let cool slightly, then add the grated rind and juice of a lemon, and the juice of 3 oranges from which the juice and pulp have been taken; set on ice until it jellies, and serve on a bed of green leaves, with a spoon of whipped cream on each half orange.

#### JELLIED PRUNES

One-third pound prunes, 2 cups cold water, boiling water,  $\frac{1}{2}$  cup cold water,  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{2}$  box gelatine or  $2\frac{1}{2}$  tablespoonfuls granulated gelatine, 1 cup sugar.

Pick over, wash and soak prunes for several hours in 2 cups cold water, and cook in same water until soft; remove prunes, stone and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in  $\frac{1}{2}$  cup cold water, dissolve in hot liquid, add sugar, lemon juice, then strain, add prunes, mould and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.

#### LEMON SOUFFLE

Yolks of 4 eggs, grated rind and juice of 1 lemon, 1 cup sugar, the whites of 4 eggs.

#### CHOCOLATE SOUFFLE

Two tablespoonfuls butter, 2 tablespoonfuls flour,  $\frac{3}{4}$  cup milk,  $1\frac{1}{2}$  squares unsweetened chocolate,  $\frac{1}{2}$  cup sugar, 2 tablespoonfuls hot water, 3 eggs,  $\frac{1}{2}$  teaspoonful vanilla.

Melt the butter, add flour, and pour on gradually while stirring constantly the milk; cook until boiling point is reached. Melt the chocolate in a small saucepan placed over hot water, add sugar and water and stir until smooth. Combine mixtures and add yolks of eggs well beaten; cool. Fold in whites of eggs beaten stiff and add vanilla. Turn into a buttered baking dish and bake in a moderate oven twenty-five minutes. Serve with cream sauce No. 1.

### MOCHA SOUFFLE

Three tablespoonfuls butter, 3 tablespoonfuls flour,  $\frac{3}{4}$  sup of boiled coffee (mocha),  $\frac{1}{4}$  cup cream,  $\frac{1}{2}$  cup sugar  $\frac{1}{4}$  teaspoonful salt, 4 eggs,  $\frac{1}{2}$  teaspoonful vanilla.

Make and bake same as Chocolate Souffle. Serve with Mocha Sauce.

**Mocha Sauce** Mix yolks of 2 eggs,  $\frac{1}{4}$  cup sugar, and a few grains of salt; then add gradually  $\frac{1}{2}$  cup mocha coffee infusion. Cook in double boiler until mixture thickens, stirring constantly. Strain, cool, and fold in 1 cup of whipped cream.

### FRUIT SOUFFLE

Three-quarters cup fruit pulp (peach, apricot or quince), whites of 3 eggs, sugar, few grains of salt.

Rub fruit through sieve; if canned fruit is used, first drain fruit. Heat, and sweeten if needed; beat whites of eggs until stiff, add gradually hot fruit pulp, and salt, and continue beating; turn into buttered and sugared individual moulds, having them three-fourths full; set moulds in pan of hot water and bake in slow oven until firm, which may be determined by pressing with finger. Serve with Sabyou Sauce.

### SWISS CREAM

Boil 1 pint of cream with the grated rind of 2 lemons and 6 ounces of white sugar; boil ten minutes; pour, when hot, on the juice of the lemons, into which a dessertspoonful of flour has been mixed. Stir well.

Have some macaroons on a dish and strain the cream over them. Always make a day before it is to be used.

### PINEAPPLE CREAM

Half box of gelatine dissolved in 1 cup of water. Heat, then add 2 cups of pineapple juice and let cool and slightly set as for jelly. Then add 1 pint whipped cream. Sweeten with 1 cup sugar. If canned pineapple is used, very little sugar will be required. Candied cherries and nuts may be added.

### ORANGE JELLY

One package of gelatine, 1 pint of orange juice, juice of 1 lemon, 1 pint sugar,  $1\frac{1}{2}$  pints boiling water.

Soak the gelatine in  $\frac{1}{2}$  pint of cold water; adding the boiling water, the orange, lemon juice and sugar. Strain into moulds wet with cold water.

### SNOW PUDDING

**Ingredients** One quart sweet milk,  $\frac{1}{2}$  cup white sugar, 2 tablespoonfuls cornstarch, add whites of 2 well beaten eggs. Set by to cool. Flavor with vanilla.

**Sauce** Half pint sweet milk, yolks of 2 eggs. Sweeten and flavor to taste.

### GRANDMOTHER'S TRIFLE

Arrange slices of sponge cake in a deep glass trifle dish, then place ten macaroons, a layer of raspberry or strawberry preserves, some

sweet almonds chopped fine, grated rind of a lemon,  $\frac{1}{2}$  pint sherry wine and 6 tablespoonfuls brandy. Over this pour a rich custard (2 eggs to  $\frac{1}{2}$  pint of milk, and 4 tablespoonfuls sugar).

Lastly add whip for trifle, made as follows. Whip one quart of cream very stiff, then add the beaten whites of 2 eggs to which has been added 3 ounces of powdered sugar and a glass of sherry.

### GRANDMOTHER'S WINE JELLY

Two quart boxes of Cox's gelatine, put to soak over night in 1 pint of cold water, with the paring and juice of 3 lemons. In the morning add 1 quart of boiling water,  $1\frac{1}{2}$  pounds of white sugar, 1 pint of sherry wine. Strain through cheesecloth into moulds.

### TAPIOCA FRUIT PUDDING

One cup tapioca soaked over night in plenty of cold water; drain off most of the water and place on back of stove; cook till clear. Add to this when about half cooked one tin of shredded or grated pineapple, juice of 2 lemons, 2 cups of white sugar, and, after removing from the stove, beat in the whites of 3 eggs beaten stiff. Serve cold with whipped cream or plain cream.

### FLOATING ISLAND

One quart of milk, yolks of 2 eggs well beaten, 1 cup sugar, 1 tablespoonful cornstarch.

Mix these together, place over the fire and stir until they boil. Flavor to taste. When cool pour into a cool dish. Beat the whites of 2 eggs, flavor slightly, stir in 1 tablespoonful sugar and with a circular motion drop on top of the custard.

### CONCORD CREAM

One pint cream,  $1\frac{1}{4}$  cups grape juice, 1-3 cup sugar, lemon or fresh lime juice,  $\frac{1}{2}$  cup heavy cream, pistachio nuts finely chopped.

Mix cream, grape juice and sugar. Add lemon or lime juice to taste. Freeze and serve in glasses. Garnish with heavy cream beaten until stiff, sweetened and flavored. Sprinkle cream with nuts.

### CHARLOTTE RUSSE

One tablespoonful gelatine dissolved in  $\frac{1}{2}$  pint boiling water. When cool add the beaten yolks of 3 eggs and 1 cup sugar. Let this begin to harden, then add 1 pint whipped cream and the beaten whites of 3 eggs and 1 teaspoonful vanilla. Pour this over cake or lady fingers and set in refrigerator until hard.

### SPANISH CREAM

Dissolve  $\frac{1}{2}$  box gelatine in  $\frac{3}{4}$  quart milk for one hour, then put on stove. When boiling, stir in the yolks of 3 eggs beaten with  $\frac{3}{4}$  cup sugar. When boiling hot remove from stove and stir in whites of 3 eggs beaten well. Flavor and pour in mould.

### FROZEN PUDDING

For a 2-quart mould take 1 dozen lady fingers, 1 pint cream whipped stiff, 1 cup rich strawberry preserves.

Put layer of cream in mould first, then layer of lady fingers soaked in  $\frac{1}{2}$  cup sherry wine, then strawberries. Alternate the layers until all is used. Pack in ice and salt for 5 hours.



### ORANGE WATER ICE

Juice of 6 oranges, juice of 1 lemon, 1 quart water, 1 pound powdered sugar, 1 gill rich sweet cream.

Add together and strain. Freeze same as ice cream.

Lemon Water Ice made same way. 6 lemons.

### BISQUE ICE CREAM (One-third Recipe)

Three quarts of cream, 1 pound sugar,  $\frac{3}{4}$  pound macaroons, broken and whipped with the cream, 1 pound of almonds, blanched. Flavor to taste, and freeze.

### PINEAPPLE SHERBET

Two cans of grated pineapple,  $1\frac{1}{2}$  cups sugar, juice of 4 lemons, 2 cups of water. Put in the freezer and add the unbeaten whites of 2 eggs. This makes about three quarts.

### COFFEE PARFAIT

One pint rich cream, 2 tablespoonfuls coffee extract, sweeten to taste.

Beat cream and sugar to a stiff froth and add extract. Put in a tight covered tin, pack well in salt and ice. Let stand three hours.

### FIG ICE CREAM

Three cups milk, 1 cup sugar, yolks of 5 eggs, 1 teaspoonful salt, 1 pound figs finely chopped,  $1\frac{1}{2}$  cups heavy cream, whites of 5 eggs, 1 tablespoonful vanilla, 2 tablespoonfuls brandy.

Make custard of yolks of eggs, sugar and milk; strain, add figs cool and flavor. Add whites of eggs beaten until stiff, and heavy cream beaten until stiff. Freeze and mould.

### FROZEN PUDDING

Two and a half cups milk, 1 cup sugar,  $\frac{1}{8}$  teaspoonful salt, 2 eggs, 1 cup heavy cream,  $\frac{1}{4}$  cup rum, 1 cup candied fruit, cherries, pineapples, pears and apricots.

Cut fruit in small pieces, and soak two or three hours in brandy to cover, which prevents fruit from freezing; make a custard of milk, sugar, salt, and eggs; strain, cool, add cream and rum, then freeze. Fill a brick mould with alternate layers of the cream and fruit, pack in salt, and let stand two hours.

### CARAMEL ICE CREAM

One quart of cream, 2 cups milk, 1-3 cups sugar, 1 egg, 1 tablespoonful flour,  $\frac{1}{8}$  teaspoonful salt,  $1\frac{1}{2}$  tablespoonfuls vanilla.

Prepare same as Vanilla Ice Cream II, using one-half sugar in custard; remaining half caramelize, and add slowly to hot custard.

NOTE.—To caramelize sugar, put in a smooth granite saucepan or omelet pan, place over hot part of range, and stir constantly until melted and of the color of maple syrup. Care must be taken to prevent sugar from adhering to sides of pan or spoon.

### COFFEE ICE CREAM

One quart cream,  $1\frac{1}{2}$  cups milk, 1-3 cup mocha coffee,  $1\frac{1}{4}$  cups sugar,  $\frac{1}{4}$  teaspoonful salt, yolks of 4 eggs.

Scald milk into coffee, add 1 cup sugar, mix egg yolks slightly beaten with  $\frac{1}{4}$  cup sugar, and salt; combine mixtures, cook over hot water until thickened, add 1 cup cream and let stand on back of range 25 minutes. Cool, add remaining cream, and strain through double cheesecloth. Freeze. Coffee ice cream may be served with Marachino cherries or in halves of cantaloupes.

### STRAWBERRY ICE CREAM

Three pints of thin cream, 2 boxes of berries, 2 cups sugar, few grains of salt.

Wash and hull berries, sprinkle with sugar, cover and let stand two hours. Mash and squeeze through cheesecloth, then add salt. Freeze cream to the consistency of a mush; add gradually fruit juice, and finish freezing. Rich Jersey milk may be substituted for cream.

### VANILLA ICE CREAM CROQUETTES

Shape vanilla ice cream into individual moulds, roll in macaroon dust made by pounding and sifting dry macaroons.

### CHOCOLATE ICE CREAM

One quart thin cream, 1 cup sugar, few grains of salt,  $1\frac{1}{2}$  squares unsweetened chocolate, or  $\frac{1}{4}$  cup prepared cocoa, 1 tablespoonful vanilla.

Melt chocolate and dilute with hot water to pour easily, add to cream; then add sugar, salt, and flavoring to freeze.

### VANILLA ICE CREAM, I (Philadelphia)

One quart thin cream,  $\frac{3}{4}$  cup sugar,  $1\frac{1}{2}$  tablespoonfuls vanilla. Mix ingredients and freeze.

### VANILLA ICE CREAM, II

Two cups scalded milk, 1 tablespoonful flour, 1 cup sugar, 1 egg,  $\frac{1}{8}$  teaspoonful salt, 1 quart thin cream, 2 tablespoonfuls vanilla.

Mix flour, sugar and salt, add egg slightly beaten, and milk gradually; cook over hot water 20 minutes, stirring constantly at first; should custard have curdled appearance it will disappear in freezing. When cool, add cream and flavoring. Strain and freeze.

### MAPLE SAUCE FOR ICE CREAM

One cup maple syrup,  $\frac{1}{4}$  cup chopped walnuts. Heat together, and serve with ice cream while hot.

### AMELIA PUDDING

Three eggs, 5 tablespoonfuls flour (level), saltspoon salt, 1 pint of milk.

Beat eggs together, put in flour and beat smooth, add salt, and one cup cold milk, lastly one cup hot milk. Bake in well buttered baking dish.

Sauce                      One small cup sugar,  $\frac{1}{2}$  cup butter (scant), 1 egg. Mix well together, put in saucepan over boiling teakettle and cook till it foams. Add one teaspoonful vanilla after taking from fire.

### APPLE DUMPLINGS

Make a rich baking powder crust, roll out and cut in squares large enough to hold an apple which has been pared and the core removed, tucking the edges of the crust into the centre of the apple. Butter a pudding dish, and make enough to cover the bottom, placed closely together. Put a piece of butter, the size of a hickory nut, on top of each, sprinkle over this a little cinnamon and one coffee cup of sugar, cover all with water. Bake (covered) one hour. Serve hot.

### LADIES' DELIGHT PUDDING

Soak 1 tablespoonful powdered gelatine in  $\frac{1}{2}$  cup cold water 5 minutes, dissolve in  $\frac{1}{4}$  cup boiling water, add 1 cup of sugar. When cool, add 1 pint whipped cream,  $\frac{1}{2}$  dozen rolled stale macaroons,  $\frac{1}{2}$  dozen marshmallows cut small, 2 tablespoonfuls chopped candied cherries,  $\frac{1}{4}$  pound chopped blanched almonds. Flavor with sherry or vanilla. Wet mould in cold water before pouring in.

### CUP CUSTARD

One quart of milk, 6 eggs,  $\frac{1}{2}$  small cup sugar.

Boil the milk, beat the eggs and sugar together five minutes. Pour the milk on the eggs, and turn back to the saucepan. Set in a double boiler and stir till it gets thick.

### CORNSTARCH PUDDING

Put milk on stove to heat. When it reaches boiling point, add 3 tablespoonfuls sugar, then 2 tablespoonfuls cornstarch dissolved in a little cold milk, and lastly the whites of 3 eggs beaten stiff. Beat well, and cook a few minutes, then pour into moulds, and set away to cool.

Sause                      Bring to boiling point 1 pint milk, add 3 tablespoonfuls sugar, then the beaten yolks, lastly 1 tablespoonful of milk. Stir, flavor to taste, and cool.



"The proof of the pudding is in the eating."

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## PUDDINGS

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### GINGER PUDDING

One cup bread crumbs, 1 cup flour, 2 tablespoonfuls brown sugar,  $\frac{1}{2}$  cup molasses, 1 teaspoonful ground ginger, 1 teaspoonful baking powder,  $\frac{1}{2}$  cup suet, 2 eggs, milk enough to make rather a stiff batter. Steam two hours.

### ST. JAMES PUDDING

Three tablespoonfuls butter,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup milk,  $1\frac{3}{8}$  cups flour,  $\frac{1}{2}$  teaspoonful soda,  $\frac{1}{4}$  teaspoonful each of salt, cloves, nutmeg and allspice,  $\frac{1}{2}$  pound dates stoned and cut in pieces.

Melt the butter and stir in molasses and milk. Mix dry ingredients and add to the liquids, then put in the date. Steam in buttered mould for  $2\frac{1}{2}$  hours, and serve with sauce.

### PLUM PUDDING

**Ingredients** Two tumblers each of raisins, currants, suet, and bread crumbs,  $\frac{1}{2}$  cup citron peel (when cut up), 1 cup brown sugar,  $\frac{1}{2}$  cup flour, 1 teaspoonful salt, 4 eggs, 2 tablespoonfuls molasses, 1 grated nutmeg, 1 heaping teaspoonful soda mixed with a little warm water and enough sweet milk added to this to make one-quarter of a cup; 1 wine glass brandy.

Mix all dry ingredients and add the liquids.—Steam three hours.

### PLUM PUDDING

One and one-half pounds raisins,  $1\frac{1}{2}$  pounds currants,  $\frac{1}{2}$  pound mixed citron and lemon peel,  $\frac{3}{4}$  pound bread crumbs (fine),  $\frac{3}{4}$  pound suet, 8 eggs, 1 wine glass brandy, 1 wine glass sherry, 1 pound brown sugar (white will not do),  $\frac{1}{2}$  pounds almonds, a very little allspice, cloves and cinnamon.

Stone raisins and cut them into pieces, but do not chop; almonds to be cut into two or three pieces, but not too fine; the same with peel. None of these should be cut too fine. Cook by boiling five hours. Before using, cook another two hours.

### BLANC MANGE

One pint milk, 2 tablespoonfuls cornstarch, 3 tablespoonfuls sugar, pinch of salt, flavoring.

Boil the milk with the sugar in it, mix the cornstarch with a little extra cold milk or water, stir in the boiling milk and let cook a minute or two. Remove from the fire and beat in the butter to whiten it. Pour in moulds to cool.

### CARAMEL PUDDING

Three-quarters cup brown sugar, 1 pint milk, put on stove and bring to a boil; 2 tablespoonfuls cornstarch, yolks of 2 eggs, flavor with vanilla.

Put brown sugar on pan and brown, add hot milk, stir quickly; then add eggs and cornstarch. Frost with white of eggs. Nuts can be added.

### TAPIOCA PUDDING

Take 4 heaping tablespoonfuls of tapioca and a pint of milk, put it on the front of the stove and let it stand, then put in the yolks of 4 eggs and another pint of milk, a little sugar, and bake. While baking, stir thoroughly two or three times. When done, make a frosting of the whites of the eggs and sugar, flavor with vanilla, put it in the oven for a few minutes.

### BROWN BETTY

2 cupfuls bread crumbs, 2 cupfuls chopped apples, 1 cup sugar, butter the size of an egg, and a little cinnamon.

Butter a baking dish. Put a layer of apples on the bottom, sprinkle with sugar, a few pieces of butter and a little cinnamon. Cover with bread crumbs, then a layer of apples with sugar and butter, followed by crumbs alternately until the dish is filled, having crumbs for the top layer. Cover closely and steam in the oven for 1 hour. Uncover and brown quickly. To be served with cream and sugar.

### PLAIN RICE PUDDING

**Ingredients** Put in a bake dish 1 quart milk,  $\frac{1}{2}$  cup rice,  $\frac{1}{4}$  cup sugar, a piece of butter the size of a walnut, and a little nutmeg or any flavoring preferred. Raisins may be added if desired. Bake in a slow oven for 1 hour. Serve with cream.

### INDIAN PUDDING

Five cups scalded milk, 1-3 cup Indian meal,  $\frac{1}{2}$  cup molasses, 1 teaspoonful salt, 1 teaspoonful ginger.

Pour milk slowly on meal, cook in double boiler twenty minutes, add molasses, salt, and ginger; pour into buttered pudding dish and bake two hours in slow oven; serve with cream. If baked too rapidly it will not whey. Ginger may be omitted.

### CHOCOLATE BREAD PUDDING

Two cups stale bread crumbs; 4 cups scalded milk, 2 squares unsweetened chocolate,  $\frac{1}{4}$  teaspoonful salt, 1 teaspoonful vanilla.

Soak bread in milk thirty minutes; melt chocolate in saucepan placed over hot water, add one-half of sugar and enough milk taken from bread and milk to make of consistency to pour; add to mixture with remaining sugar, salt, vanilla, and egg slightly beaten; turn into buttered pudding dish and bake one hour in a moderate oven. Serve with hard or cream sauce.

### BREAD PUDDING

Two cups stale bread crumbs, 1 quart scalded milk, 1-3 cup sugar,  $\frac{1}{4}$  cup melted butter, 2 eggs,  $\frac{1}{2}$  teaspoonful salt, 1 teaspoonful vanilla or  $\frac{1}{4}$  teaspoon spice.

Soak bread crumbs in milk, set aside until cool; add sugar, butter,

eggs slightly beaten, salt and flavoring; bake one hour in buttered pudding dish in slow oven. Serve with vanilla sauce.

In preparing bread crumbs for puddings, avoid using outside crusts. With a coarse grater there need be but little waste. Raisins may be added.

#### QUEEN PUDDING

One pint bread crumbs in 1 quart of sweet milk, 1 cup sugar, yolks of 4 eggs, piece of butter the size of a small egg, grated rind of 1 lemon, and a little salt. Bake until done; then beat the whites stiff, add  $\frac{1}{2}$  cup sugar, juice of the lemon. Spread a layer of jam over the pudding, pour over it the whites of eggs, set into the oven to brown. Serve cold with or without cream.

#### MARMELADE PUDDING

Two eggs, 6 tablespoonfuls flour, 3 tablespoonfuls sugar,  $\frac{1}{2}$  cup marmelade,  $1\frac{1}{2}$  tablespoonfuls butter,  $\frac{1}{2}$  teaspoonful bicarbonate of soda.

Cream butter and sugar and gradually add the other ingredients. Pour in a greased mould and steam two hours. Serve with caramel sauce.

#### COTTAGE PUDDING

**Ingredients** One cup sifted flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  level teaspoonful salt, 1 egg,  $\frac{1}{2}$  cup milk, 1 teaspoonful butter, 2 level teaspoonfuls of baking powder.

Cream butter and sugar, add unbeaten egg. Beat mixture vigorously three minutes. Add salt, then sifted flour, add baking powder, beat a few seconds. Turn into small buttered pudding dish, bake twenty-five minutes. Serve with lemon or hard sauce.

#### SUET PUDDING

Three pints flour,  $\frac{1}{2}$  pound kidney suet, about 3 teaspoonfuls baking powder, pinch of salt.

Roll this out a little thinner than biscuit dough, spread with raisins and currants, roll up and steam two hours.

#### FIG PUDDING

One cup suet chopped fine, 2 cups figs, 2 eggs, 4 cups flour, 1 cup sour milk or buttermilk, 1 teaspoonful ground cloves, 1 teaspoonful cinnamon. If sweet milk is used, 2 teaspoonfuls of cream of tartar in the flour. Steam three hours.

#### APPLE OR BANANA SNOW

Grate 1 large sour apple after peeling, or beat banana with a Dover beater. Add sugar as you grate, to keep apple white. One small cup frosting sugar, 1 teaspoonful lemon juice, whites of 2 eggs not beaten. Beat all together till white and fluffy. Serve with cream.

#### HALF-PAY PUDDING

One-quarter pound of flour,  $\frac{1}{4}$  pound suet,  $\frac{1}{4}$  pound bread crumbs,  $\frac{1}{4}$  pound brown sugar, 2 tablespoonfuls molasses,  $\frac{1}{4}$  pound currants,  $\frac{1}{4}$  pound raisins, 1 egg,  $\frac{1}{2}$  pint milk, 1 teaspoonful baking soda. Steam three hours. Good.

### GRAHAM PUDDING

**Ingredients**      One and one-half cups Graham flour, 1 egg,  $\frac{1}{2}$  cup of melted butter,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup molasses, 1 teaspoonful soda in the molasses,  $\frac{1}{2}$  cup raisins.

Steam two and a half hours. Serve with cream or maple syrup.

### CARROT PUDDING

**Ingredients**      One cup grated carrot, 1 cup flour, 1 cup sugar, 1 cup suet cut fine, 1 egg, a little ground spice, 1 cup currants, 1 cup raisins, 1 teaspoonful baking powder. Enough milk stirred in to make a stiff batter.

Put it in pudding dish and steam two and a half hours.

### SWEET POTATO PUDDING

Peel and grate 4 medium-sized potatoes. Have standing 2 cupfuls milk into which the potato should be thrown as fast as grated to prevent turning dark. Add enough flour and milk to make a medium thin batter, 3 well beaten eggs, 1 cupful sugar and nutmeg to taste. Melt 5 table-spoonfuls of butter in a rather flat baking pan, pour butter into the mixture. Turn all into hot baking pan, and bake in hot oven for at least one hour.



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## SAUCES FOR PUDDINGS

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### VANILLA SAUCE

Make same as Lemon Sauce II, using 1 teaspoonful vanilla in place of lemon juice and nutmeg.

### MOLASSES SAUCE

One cup molasses, 1½ tablespoonfuls butter, 2 tablespoonfuls lemon juice, or 1 tablespoonful vinegar.

Boil molasses and butter five minutes; remove from fire and add lemon juice.

### CHOCOLATE SAUCE

Boil 1 cup sugar, ½ cup water, and a few grains cream of tartar until of the consistency of a thin syrup. Melt 1½ squares chocolate and pour on gradually the hot syrup. Cool slightly and flavor with ¼ teaspoonful vanilla.

### LEMON SAUCE, I

Three-quarters cup sugar, ¼ cup water, 2 teaspoonfuls butter, 1 tablespoonful lemon juice.

Make a syrup by boiling sugar and water five minutes, remove from fire, add butter and lemon juice.

### YELLOW SAUCE, II

Two eggs, 1 cup powdered sugar, 3 tablespoonfuls wine.

Beat yolks of eggs until thick, add one-half the sugar gradually; beat whites of eggs until stiff, add gradually remaining sugar; combine mixtures and add wine.

### ORANGE SAUCE

Whites of 3 eggs, 1 cup powdered sugar, juice and rind of 2 oranges, juice of 1 lemon.

Beat whites until stiff, add sugar gradually and continue beating; add rind and fruit juices.

### STRAWBERRY SAUCE

One-third cup butter, 2-3 cup strawberries, 1 cup powdered sugar, white of 1 egg.

Cream the butter, add sugar gradually, egg beaten until stiff, and strawberries. Beat until fruit is mashed.

### CREAMY SAUCE, I

One-quarter cup butter,  $\frac{3}{4}$  cup powdered sugar, 2 tablespoonfuls milk, 2 tablespoonfuls wine.

Cream the butter, add sugar gradually and milk, and wine drop by drop. If liquids are added too fast the sauce will have a curdled appearance.

### FOAMY SAUCE, II

Whites of 2 eggs, 1 cup powdered sugar,  $\frac{1}{4}$  cup hot milk, 1 teaspoonful vanilla.

Beat eggs until stiff, add sugar gradually and continue beating; add milk and vanilla.

### SABYOU SAUCE

Grated rind and juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  cup white wine or  $\frac{1}{4}$  cup sherry, 1-3 cup sugar, 2 eggs.

Mix lemon, wine, sugar, and yolks of eggs; stir vigorously over fire until it thickens, using a wire whisk; pour on to whites of eggs beaten stiff.

### HARD SAUCE

One-third cup butter, 1 cup powdered sugar, 1-3 teaspoonful lemon extract, 2-3 teaspoonful vanilla.

Cream the butter, add sugar gradually, and flavoring.

### STERLING SAUCE

Half cup butter, 1 cup brown sugar, 1 teaspoonful vanilla or 2 tablespoonfuls wine, 4 tablespoonfuls cream or milk.

Cream the butter, add sugar gradually, and milk and flavoring drop by drop to prevent separation.

### WINE SAUCE

Half cup butter, 1 cup brown sugar, 1 teaspoonful vanilla or 2 tablespoonfuls wine, 4 tablespoonfuls cream or milk.

Cream the butter, add sugar gradually, and wine slowly; pile on glass dish and sprinkle with grated nutmeg.

### BRANDY SAUCE

One-quarter cup butter, 1 cup powdered sugar, 2 tablespoonfuls of brandy, yolks of 2 eggs, whites of 2 eggs,  $\frac{1}{2}$  cup milk or cream.

Cream the butter, add sugar gradually, then brandy very slowly, well beaten yolks and milk or cream. Cook over hot water until it thickens as a custard; pour on to beaten whites.

### CARAMEL BRANDY SAUCE

Make same as Brandy Sauce, substituting brown sugar in place of powdered sugar.

### APRICOT SAUCE

Three-quarters cup apricot pulp,  $\frac{3}{4}$  cup heavy cream, sugar.

Drain canned apricots from their syrup, and rub through sieve. Beat cream until stiff, add to apricot pulp and sweeten to taste.





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## PIES AND TARTS

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### COCOANUT PIE

One pint milk, 1 cup prepared cocoanut, 3 eggs, 1 teaspoon sugar. Soak the cocoanut in the milk one-half hour. Mix with the beaten eggs. Stir in the milk. Pour in the pan till even full, and bake. Beat the whites of 2 eggs to a stiff froth. Stir in 3 tablespoonfuls pulverized sugar. Pour over the pie, and bake till a light brown.

### RHUBARB PIE

Two cups chopped rhubarb, 1 cup sugar, 1 tablespoonful flour, 2 eggs (saving white for meringue), grated rind of 1 lemon. Bake with just lower crust, then add meringue and brown.

### LEMON SPONGE TARTLETS

Three tablespoonfuls butter, 3 egg yolks,  $1\frac{1}{2}$  cupfuls sugar,  $\frac{1}{2}$  teaspoonful salt, 3 egg whites whipped dry,  $4\frac{1}{2}$  tablespoonfuls flour,  $1\frac{1}{2}$  cupfuls milk, grated rind and juice of  $\frac{1}{2}$  lemon.

Cream butter and gradually beat in half the sugar; beat yolks till thick and lemon colored, and gradually whip into them the remaining sugar. Combine mixtures, and beat the whole till extremely light. Stir the milk into the flour and salt, and when smooth, add to the first mixture, and then fold in the egg whites beaten stiff. Line patty pans with flaky pastry, pour in the custard mixture and bake in a moderate oven till firm in the centre.

### MINCE MEAT

Three pounds round steak, 2 pounds suet, 2 pounds brown sugar, 1 pint molasses,  $\frac{1}{2}$  pound citron peel, 1 tablespoonful salt, 2 tablespoonfuls cloves, 3 tablespoonfuls cinnamon, 2 tablespoonfuls mace or nutmeg, 6 pounds tart apples, 3 pounds currants, 2 pounds raisins, 1 cup brandy or 1 quart boiled cider, or both.

Half this quantity is plenty. Keep in a stone jar well covered.

### CUSTARD PIE

Three large or 4 small eggs, 1 pint of rich milk,  $\frac{3}{4}$  cup sugar. Beat sugar and eggs together. Add the milk and flavor with nutmeg. Line a plate with paste, sprinkle on a little flour, add the custard and bake.

### LEMON HONEY FILLING

Grate 3 large lemons, or 4 or 5 small ones; squeeze the juice on to 1 pound of sugar and add the grated rind; cut up with the sugar  $\frac{1}{4}$

pound of butter. Beat 6 eggs light then mix in gradually the sugar and lemon, stirring all very hard. Put in a double boiler, stirring all the time, and boil till it becomes the consistency of honey. If the weather is warm, you may add to its thickness by stirring in a tablespoonful of arrowroot or flour. Put it warm into glass jars, cover closely and seal the covers. This will keep well if kept in a cool place.

#### LEMON PIE

Take the juice and rind grated of 1 lemon (generally juice of half another lemon), 1 cup brown sugar,  $\frac{1}{2}$  cup sweet milk 1 tablespoonful flour, the yolks of 3 eggs. When sufficiently baked in a quick oven, make frosting of the whites with four tablespoonfuls of white sugar. Pour over the pie and let it remain in the oven three minutes.

#### CUSTARD PIE

One-third cup butter, 1 cup sugar, 2 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{3}{4}$  cups flour,  $\frac{1}{2}$  teaspoonful salt,  $2\frac{1}{2}$  teaspoonfuls baking powder.

Mix as one-egg cake. Bake in round cake pans. Put cream filling between layers and sprinkle top with powdered sugar.

#### CREAM PIE

One cup sweet milk, 1 cup sweet cream,  $\frac{1}{2}$  cup sugar, yolks of 2 eggs, 1 heaping tablespoonful cornstarch or flour, a little salt, and flavor to taste.

Heat milk and cream to boiling point, blend flour and sugar with a little cold milk and add beaten eggs; add this to boiling milk, stirring constantly till it thickens. Line the pie plate with puff paste and bake. Then put in the following: Beat the whites of 2 eggs with a tablespoonful of sugar, and spread on top of pie. Put in oven for a few minutes, or until it is a light brown.

#### ENGLISH LEMON PIE

One cup granulated sugar,  $\frac{1}{2}$  cup of butter, 3 eggs, 2 ordinary sized lemons, and a little of the rind of one.

Whip butter and sugar to a cream, add yolks of 3 well beaten eggs, then add juice of 2 lemons strained. Mix all together, set bowl in double boiler and cook till it thickens or sticks to spoon. While cooking, bake a shell of nice pie crust. Beat the whites of 3 eggs, add 2 tablespoonfuls of sugar, return to oven and brown slightly.

#### PUMPKIN PIE

Two quarts mashed pumpkin, after being put through a colander; 3 eggs, 1 large pint of sweet milk, 2 cups sugar, 1 teaspoonful ginger, a little salt.

#### PLAIN PIE CRUST

Two cups sifted flour,  $\frac{1}{2}$  cup cold water, 6 level tablespoonfuls butter, 6 level tablespoonfuls lard,  $\frac{1}{2}$  teaspoonful salt.

Mix salt with flour, cut in shortening with knife, add water little by little, stirring in with knife. Keep all materials and utensils as cold as possible. This is important. Roll out, fold from the end towards the centre, making three layers. This may be used at once, but is improved by putting in a cold place for several hours, or over night, or may be kept three or four days. Do not let it freeze. Be careful not to make paste too stiff—just so it can be handled without sticking. Use more ice water if necessary.

### TART PIE

Sour apples, cranberries, peaches, raspberries, all make nice tarts. Stew and strain (if desired), grate in lemon peel, add brown sugar to the taste. Put in each pie 1 beaten egg to make it cut smooth. Bake the pies on shallow plates with an under crust and rim of pastry. Ornament the pie with very small strips of pastry.

### BAMBURY PIE

Make nice puff paste, cover pie plate and bake before putting in mixture, then cover with strawberry or raspberry jam. Take  $\frac{1}{4}$  pound butter and beat to a cream, add 2 tablespoonfuls sugar and 4 well beaten eggs, pour over the pie and bake a light brown. This is a noted English sweet.

### RAISIN PIE

**Ingredients**      One cup chopped raisins, 1 cup water, 1 cup brown sugar, 1 tablespoonful flour.

Set on stove until it boils, then bake between two crusts.

### QUICK PIE CRUST

Three cups of flour, 1 cup of any shortening,  $\frac{1}{2}$  cup boiling water, 1 teaspoonful salt,  $\frac{1}{2}$  teaspoonful baking powder.

Put salt, baking powder and flour in the sifter. Put shortening in mixing bowl, pour boiling water over it and beat with a fork till creamy. Sift in the flour mixtures. Stir all together. This quantity makes two pies or four crusts. If not all used, wrap in wax paper and put in cool place. In summer it will keep for several days. If too rich, a little less shortening and a trifle more water may be used.

### RICH PIE CRUST

One pound flour, 1 teaspoonful salt (less if butter is very salty),  $\frac{3}{4}$  pound butter, very cold water.

Put the flour into a mixing bowl and add to it the salt; rub the butter lightly into the flour with the fingers, keeping the butter well covered with the flour so the heat of the hands will not make it soft. When the butter and flour are mixed to a powder, cut in with a large knife sufficient cold water to hold the pastry together, the less water the better. Do this as quickly as possible and turn out on a floured board and roll out, fold it in three and put on the ice till wanted. It is better to stand some hours in the refrigerator before using. The butter may be chopped in with a knife if preferred.

### STRAWBERRY SHORT CAKE

One quart of flour, 3 teaspoonfuls of baking powder, 2-3 cupful of butter, milk or water to mix soft.

Divide into two or three equal parts and roll out according to the size of baking tin, place each layer in the tin, spread melted butter between them only, putting none on last layer. When baked, the layers will separate easily. Short cake may be made after any other rule, with sour milk, soda, etc. Spread on each layer strawberries and sugar, lay on the upper crust and pour over all any juice that may be left. This will be improved by serving with sweetened cream.

### MINCEMEAT WITHOUT MEAT

**Ingredients**       $\frac{3}{4}$  pound kidney suet chopped fine, 2 pounds raisins,  
2 pounds currants, 1 pound mixed peel chopped, 1 pound  
figs chopped, 2 pounds sugar, 1 pound shelled and blanched almonds chopped fine, cinnamon and nutmeg to taste, 3 lemons, the rind of one orange and 1 lemon, 4 pounds chopped apples.

Mix well, put in a stone crock and keep moist, with brandy.







"Bring me berries or such cooling fruit as the kind, hospitable woods provide."

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## JELLIES

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Jellies are made of cooked fruit juice and sugar, in nearly all cases the proportions being equal. Where failures occur, they may usually be traced to the use of too ripe fruit.

**To Prepare Glasses for Jelly** Wash glasses and put in a kettle of cold water; place on range, and heat water gradually to boiling point. Remove glasses and drain. Place glasses, while filling, on a cloth wrung out of hot water.

To cover jelly glasses, cut letter paper in circular pieces just to fit on top of the glasses. Dip in brandy, and cover jelly. Put on tin covers or circular pieces of paper, cut larger than the glasses, and fasten securely over the edge with mucilage. Some prefer to cover jelly with melted paraffine, then to adjust covers.

**To Make a Jelly Bag** Fold two opposite corners of a piece of cotton and wool flannel three-fourths yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape, and furnish with two or three heavy loops by which it may be hung.

### CURRENT JELLY

Currents are in the best condition for making jelly between June 28 and July 3rd, and should not be picked directly after a rain. Cherry currents make the best jelly. Equal proportions of red and white currents are considered desirable to make a lighter colored jelly. Pick over currents but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are used. Cook slowly until currents look white. Strain through a coarse strainer, then allow juice to drip through a double thickness of cheesecloth or a jelly bag. Measure, bring to boiling point and boil five minutes; add equal measure of heated sugar, boil three minutes, skim and pour into glasses. Place in a sunny window and let stand 24 hours. Cover, and keep in a cool, dry place.

### CONSERVE

Three pints red currents, 1 pint water, 4 pounds sugar, ½ pound layer raisins, seeded and cut, rind and juice of 2 oranges. Cook 20 minutes.

### GRAPE JELLY

Take a basket of grapes, wash and remove stems. Put in a saucepan without water and bring to a boil. When the boiling point is reach-

ed mash with a potato masher, then allow to boil steadily for 30 minutes. Pour into a jelly bag and drain for 12 hours. When drained, put juice into a saucepan and boil for 20 minutes; for every cup of juice add  $\frac{3}{4}$  cup of sugar, first warmed in the oven. Then boil all together for 10 minutes; strain, pour into glasses and let set in a sunny window for 24 hours.

#### CRABAPPLE JELLY

Put the apples in a preserving kettle with enough water to cover. Cook until quite soft, and put in a cheesecloth bag to drain. Do not squeeze the bag, as it makes the jelly cloudy. Measure the liquid, then bring to a boil and add one pint of sugar to each pint of liquid. Boil for 20 minutes, removing the scum as it appears on the surface. The jelly may be tested by putting a spoonful on a plate; if it thickens it is done.





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## PRESERVING

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In preserving fruit allow three-quarters of its own weight in sugar, and follow the same method as for canning, except that the fruit should be thoroughly cooked.

**Sterilizing** First wash the jars and fill with cold water. Place in a kettle and heat gradually until brought to the boiling point and boil for 20 minutes. Remove from the water, empty and fill while hot. Boil the covers also. Dip the rubbers in hot water, but do not boil. New rubbers should be used each season.

**Canning** Choose fruit that is fresh and firm. Allow one-third of its weight in sugar and two and a half to three cups of water to each pound of sugar. Boil sugar and water to make a thin syrup. Then cook a small quantity of the fruit at a time in the syrup. It should be cooked only until it is soft. Place a cloth wrung out of cold water around sterilized jars and fill with the fruit, adding enough syrup to fill the jars. Then place a spoon between the fruit and the jar so that air bubbles may rise and break. Put the rubbers on quickly and screw on sterilized covers. Let stand until cold, then tighten the covers.

### RASPBERRY JAM

Pick over raspberries, mash a few in the bottom of a preserving kettle, using preferably a wooden masher, and so continue until all the fruit is used. Heat slowly, and add gradually an equal quantity of heated sugar. Cook slowly for 45 minutes.

N.B.—In making Raspberry Jam a small quantity of red currants may be added if desired.

### APPLE AND LEMON MARMALADE

To 6 lemons and 10 sour apples add 4 quarts water; slice lemons very thin and stand in water over night; quarter and slice apples, and boil all together two hours; add 6 pounds granulated sugar and boil 15 minutes longer or until it will jelly.

### GRAPEFRUIT MARMALADE

Two grapefruit (large), 3 lemons; slice fruit. To every pint of fruit add 2½ pints cold water, let stand over night, then boil 1 hour, set aside until following day, then weigh liquid and fruit; to every pound add 1½ pounds of granulated sugar, boil till it jellies, 20 to 30 minutes. Take seeds from fruit and place them in a bowl, cover with cold water; boil the seeds slowly for half an hour, then strain this into the boiling fruit a little while before removing from fire.

### SWEET ORANGE MARMALADE

Two grapefruit, 4 sweet oranges, 3 lemons. Do same as grapefruit.

### GRAPE MARMALADE

Pick over, wash, drain and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle. Heat to boiling point and cook slowly until seeds separate from pulp; then rub through a wire sieve. Return to kettle with skins, add an equal measure of sugar and cook slowly thirty minutes. Stir occasionally to prevent burning. Put in a stone jar or tumblers.

### BITTER ORANGE MARMALADE

Take 6 bitter oranges, wash them, slice them very thin, taking out all the seeds; pour 5 quarts of cold water over oranges and leave them 24 hours. Boil two hours, then add 5 pounds sugar. Boil three-quarters of an hour, or until it thickens.

### ORANGE MARMALADE

Weigh the oranges, slice them finely, taking out the seeds. Add to every pound of fruit 3 pints of cold water.

Let stand 12 hours, then boil for half an hour. When cool add 3 pounds of sugar to every quart of pulp. Boil three-quarters of an hour.

### STRAWBERRIES PRESERVED WITHOUT COOKING

Wash and hull ripe red berries, cutting large berries in four and small berries in two, with silver knife. Weigh fruit, allowing  $\frac{3}{4}$  pound granulated sugar to 1 pound of fruit.

In preserving pan put layer of berries and layer of sugar, until all are so placed. Allow this to stand until the juice has dissolved all the sugar, usually at least 36 hours. Keep in a cool place and stir occasionally. Place cold fruit in cold sealers, dipping top of sealer in melted paraffine to ensure keeping.

Strawberries preserved this way retain flavor and color and will keep two years, but sugar must be all dissolved.

### TO CAN SMALL FRUITS WHOLE

Weigh the cherries after wiping carefully, and fill pint sealer full without removing stems or stones.

Allow  $\frac{3}{4}$  pound of sugar to each pound fruit, and about  $\frac{3}{4}$  cup of water to each pint jar of fruit or enough to fill each jar. Put the sugar and water on the stove and boil till clear, then put the jars of fruit, one by one, on a hot cloth, and fill with the boiling syrup.

Put on the rubbers and screw the covers on tight and stand in a tub and cover with boiling water. Cover over with old carpet and let stand till the water is cold. If covers are air tight not a cherry will spoil.

### CITRON JAM

Cut citron up in small pieces and sprinkle over it about 1 pound of sugar; let stand over night; put in and boil next morning, adding thinly sliced lemons and dried ginger. Boil till fruit is cooked, then add sugar and boil till it thickens. To every pound of citron  $\frac{3}{4}$  pound of sugar.

### CANNED RHUBARB

Wash the rhubarb and cut it into pieces an inch long. Do not peel. Pour boiling water over it and let stand a few minutes, then turn into cold water; drain this off, then put half pound of sugar to pound of rhubarb, and let stand for an hour, then put on and let come to a boil. Boil five minutes, then bottle.



### CHIPPED PEARS

**Ingredients**      Eight pounds of pears when peeled and sliced, 6 pounds granulated sugar,  $\frac{1}{2}$  pound preserved ginger, 4 lemons.

Peel and slice pears and ginger, boil together for an hour slowly. Boil lemons whole in cold water until tender. Peel and cut into small bits and add to pears and sugar. Boil 1 hour longer. Add enough water to sugar to make syrup.

### QUINCE HONEY

Take 5 quinces and 2 large apples, grate, or if you have a meat chopper, pass through finest knife. Have a syrup of 1 quart water and 5 pounds sugar; boil twenty minutes, put in jelly cups and cover with paraffine or tie with glazed paper.

### CANNED PEACHES

Wipe peaches and put in boiling water, allowing them to stand just long enough to loosen skins easily. Make a syrup  $\frac{1}{4}$  pound Lantic sugar to each pound fruit and sufficient water to dissolve sugar. Put in a few peaches at a time and cook a few minutes. Fill sterilized jars and cover with syrup.



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## PICKLES

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### BORDEAUX SAUCE

**Ingredients**      4 quarts cabbage, 2 quarts green tomatoes, 6 onions, 2 peppers (all chopped fine); 2 oz. mustard seed,  $\frac{1}{2}$  oz. tumeric,  $1\frac{1}{2}$  teaspoonfuls celery seed, 2 pounds granulated sugar,  $\frac{1}{2}$  cup salt, 2 quarts vinegar.

Mix all together and boil 20 minutes.

### MUSTARD PICKLES

Two quarts white onions, 3 quarts small cucumbers, 1 dozen green peppers. Boil in water first and mix in at last 8 heads of celery, 3 cauliflower flowers. Put all together in brine made of 3 tablespoonfuls of salt and enough water to cover. Put pepper through meat chopper.

**Mustard Dressing**      Three cups sugar, 1 cup mustard, 1 cup flour (2 cups flour if wanted thick), 1 ounce tumeric, 1 ounce butter, 1 egg, 4 quarts cider vinegar.

Bring vinegar to boil with sugar and butter. Mix tumeric and mustard in a little cold vinegar. Beat egg and flour and vinegar, then add tumeric and mustard. Stir constantly until thick enough. Then pour over vegetables which have been washed and drained.—Mrs. Moody.

### RAW CATSUP

Eighteen tomatoes, 4 peppers, 4 onions,  $\frac{1}{2}$  cup salt, 1 cup vinegar, 1 cup granulated sugar.

Seal in air tight jars after chopping fine. Chop peppers and onions first to avoid splashing tomatoes.

### TOMATO MARMALADE

Four pounds tomatoes, 4 pounds sugar, 4 lemons. Boil two hours.

### PICCALILLI

Half peck of green tomatoes, 3 heads of celery, 1 small head of cabbage,  $\frac{1}{2}$  dozen onions, 4 green peppers, 2 tablespoonfuls salt.

Chop these ingredients fine, add sugar to taste, and vinegar to cover, with some whole spice in bag. Boil all for three hours.

### SLICED CUCUMBER PICKLE

Two dozen small cucumbers, 1 dozen small onions. Slice and sprinkle with salt and stand over night. Drain in colander.

Heat 1 quart vinegar,  $\frac{1}{2}$  teaspoonful alum, 1 cup brown sugar,  $\frac{1}{2}$  cup mustard seed, 1 tablespoonful celery seed. Pour over hot, and when cold drain vinegar from cucumbers and heat again. The third time heated add cucumbers and bring to scalding point and bottle.

### CELERY SAUCE

Thirty ripe tomatoes (peeled and sliced), 10 large onions, 4 heads of celery, 1 red pepper, 15 tablespoonfuls sugar, 7 scant cups vinegar, 5 tablespoonfuls salt.

Chop celery, onions and red pepper fine. Mix and boil about two hours.

### SPANISH SAUCE

1 dozen large green tomatoes, 2 pounds brown sugar, 1 dozen apples,  $\frac{1}{4}$  pound mustard,  $\frac{1}{2}$  pound onions, 1 ounce ginger, 2 red peppers without seeds,  $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  cup salt, 5 cups vinegar. Chop fine and cook till tender.

### TOMATO CATSUP

Boil half a bushel of tomatoes until soft, force through a sieve, add one quart of vinegar and half a pint of salt. Put 2 ounces whole cloves, 2 ounces allspice 1 tablespoonful black pepper,  $\frac{1}{2}$  ounce cayenne pepper, 6 large onions, together in a muslin bag. Boil all together for 3 hours. Bottle when cold, and seal.

### BENGAL CHUTNEY

Thirteen large sour apples, 13 large ripe tomatoes,  $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  pound onions, 2 ounces garlic, 2 red peppers.

Chop everything together very fine, and add  $\frac{1}{2}$  pound brown sugar, 2 ounces salt, 2 ounces mustard seed, 2 ounces ground ginger, 2 teaspoonfuls curry powder, a pinch of cayenne pepper. Cook three hours.

### CANNED BEANS

Slice beans as you would for the table, wash thoroughly, pack in jars as tightly as possible. Fill up with cold water, put glass tops on without rings, place in boiler with cloths on the bottom and between jars so as not to let them touch. Fill boiler with cold water nearly to top of jars, and when it begins to boil let boil for 2 hours, then lift jars out, put a silver knife in centre and let any air out; fill with boiling water, put rings on and place in boiler again and boil for  $\frac{1}{2}$  an hour. Lift out jars, screw down rings again, and place upside down.

### FRUIT CATSUP

Thirty good sized ripe tomatoes, 6 onions, 6 peaches, 6 pears, 3 red peppers, 3 green peppers, 2 teaspoonfuls cinnamon, 2 teaspoonfuls mace, 2 teaspoonfuls cloves, 2 teaspoonfuls allspice, 2 tablespoonfuls or more of salt, 2 sticks of celery chopped fine, 3 cups of sugar, 1 quart of vinegar. Put spices in bag, and boil  $1\frac{1}{2}$  or 2 hours.

### SLICED CUCUMBER PICKLE

One dozen cucumbers,  $\frac{1}{2}$  dozen onions; slice, sprinkle with salt and stand over night. Drain in colander. Heat 1 quart vinegar,  $\frac{1}{2}$  teaspoonful alum, 1 cup brown sugar,  $\frac{1}{2}$  cup mustard seed, 1 tablespoonful celery seed. Pour over hot, and when cold, drain and heat over again. The third time heated add cucumbers and bring to scalding point. Bottle.

### CHILI SAUCE

Thirty large tomatoes, 12 large onions, 7 peppers (green and red), 7 cups vinegar, 5 tablespoonfuls salt, 15 tablespoonfuls sugar. Boil till thick.

### PICKLED BEETS

Half cup of white wine vinegar,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup water. Boil beets and skin, pack in boiled jars and pour liquid over. The above covers one quart jar.

### MUSTARD PICKLE

One quart small onions, 1 quart small cucumbers, 2 heads cauliflower, 2 green peppers sliced; cover with the following brine:  $1\frac{1}{2}$  cups salt, 2 quarts boiling water. Let stand over night, add fresh brine, bring to a boil and let simmer until vegetables are soft, or partly so. Six tablespoonfuls mustard, 3 tablespoonful flour 1 tablespoonful curry powder, 2-3 cup sugar, vinegar to make paste,  $2\frac{1}{2}$  cups boiling vinegar. Add all to vegetables and let simmer ten minutes.

### GOVERNOR SAUCE

One and a half doz. apples, 2 doz. green tomatoes,  $\frac{1}{4}$  pound salt, 4 green peppers, 6 large onions, 1 red pepper, 3 pounds brown sugar, 2 ounces mustard, 2 pints vinegar, 2 tablespoonfuls ground ginger. Boil until it begins to thicken.

### SPICED RHUBARB

Two and a half pounds rhubarb, 2 pounds sugar,  $\frac{7}{8}$  cup vinegar, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves. Boil until thick.

### SWEET TOMATO PICKLE (GREEN)

Half bushel green tomatoes,  $\frac{1}{2}$  gallon white vinegar, 10 pounds of brown sugar, 4 ounces mixed spices.

Wash tomatoes, slice, sprinkle with salt, and leave over night. Cook until soft.

### RIPE TOMATO PICKLES

Prick tomatoes with a fork and lay in brine for a few days. To 1 peck of tomatoes take 1 cup ground mustard,  $\frac{1}{2}$  ounce ground cloves,  $\frac{1}{2}$  ounce ground black pepper. Mix these spices together, place a layer of tomatoes in a jar, then a layer of sliced onion, sprinkle on some of the spices, and so on till all are in the jar. Cover well with cold vinegar and put a plate or weight on to keep them well under the vinegar.

### PICKLED PEACHES

Half peck peaches, 2 pounds brown sugar, 1 pint vinegar, 1 ounce stick cinnamon; stick 4 cloves in each peach.

Boil sugar, vinegar and cinnamon twenty minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Put into syrup and cook until soft, cooking half the quantity at once.

### SWEET PICKLED PEARS

Follow recipe of Sweet Pickled Peaches, using pears instead of peaches.

### SPICED CURRANT

Seven pounds currants, 5 pounds brown sugar, 3 tablespoonfuls cinnamon, 3 tablespoonfuls clove, 1 pint vinegar.

Pick over currants, wash, drain and remove stems. Put in a preserving kettle, add sugar, vinegar and spices tied in a muslin bag. Heat to boiling point and cook slowly  $1\frac{1}{2}$  hours.

### RIPE CUCUMBER PICKLE

One quart cucumber dice, 6 red peppers, 1 pint vinegar, 1 tablespoonful white mustard seed, 1 cup sugar.

Remove skins from cucumbers, then cut them lengthwise and take out all seeds. Cut into dice and soak in salt water over night. Then drain before mixing and boiling. Boil all but mustard seeds together until clear, then the mustard seeds and chopped onions.

Seeds should be removed from peppers, and peppers cut quite fine.

### UNRIPE CUCUMBER PICKLES (GHERKINS)

Wipe 4 quarts small unripe cucumbers, put in a stone jar and add 1 cup salt dissolved in 2 quarts of boiling water and let stand three days. Drain cucumbers from brine, bring brine to boiling point, pour over cucumbers, and again let stand three days; repeat. Drain, wipe cucumbers, and pour over 1 gallon boiling water in which 1 tablespoonful of alum has been dissolved. Let stand six hours, then drain from alum water. Cook cucumbers ten minutes, a few at a time, in one-fourth the following mixture, heated to the boiling point and boiled ten minutes: 1 gallon vinegar, 2 sticks cinnamon, 4 red peppers, 2 tablespoonfuls allspice berries, 2 tablespoonfuls cloves. Strain remaining liquor over pickles which have been put in a stone jar.

### CHOPPED PICKLE

Four quarts chopped green tomatoes,  $\frac{3}{4}$  cup salt, 2 teaspoonfuls pepper, 3 teaspoonfuls mustard, 3 teaspoonfuls cinnamon, 3 teaspoonfuls allspice, 3 teaspoonfuls cloves,  $\frac{1}{2}$  cup white mustard seed, 4 green peppers sliced, 2 chopped onions, 2 quarts vinegar.

Add salt to tomatoes, cover, let stand 24 hours and drain. Add spices to vinegar and heat to boiling point, then add tomatoes, peppers and onions, bring to boiling point and cook fifteen minutes after boiling point is reached.

### CHOW CHOW

Two quarts small green tomatoes, 12 small cucumbers, 3 red peppers, 1 cauliflower, 2 bunches celery, 1 pint small onions, 2 quarts stringed beans,  $\frac{1}{4}$  pound mustard seed, 2 ounces turmeric,  $\frac{1}{2}$  ounce allspice,  $\frac{1}{2}$  ounce pepper,  $\frac{1}{2}$  ounce cloves, salt, 1 gallon vinegar.

Prepare vegetable and cut in small pieces, cover with salt. Let stand 24 hours and drain. Heat vinegar and spices to boiling point, add vegetables and cook until soft.

### LEMON ESSENCE

Take lemon peels, carefully remove most of white inner lining. Cut the remaining yellow parts into rather small pieces, filling a small gem jar with them rather tightly packed. When jar is full add alcohol till jar is full. Screw down tightly and stand upside down, turning every day for a week. After a month, essence will be ready for use.

The same can be done with orange peel and also with bruised apple seeds, cracked cherry, plum and peach stones, the latter making excellent extract of almonds.







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## INVALID COOKERY

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### ALBUMEN MILK

One glass of milk, salt, white of 1 egg, sugar. Heat the milk, not to boiling point; put the beaten white of an egg into a glass and add sugar and salt to taste. Beat all together well and pour the heated milk on egg, etc. Mix all together and give it to the patient while hot.

### FLAKED FISH

Put a fish in a baking dish with milk enough to cover; cook in a slow oven; remove from oven and flake the fish, using the milk to make a white sauce. In the bottom of entree dishes put a layer of sauce, then a layer of fish, and a layer of sauce, then a layer of buttered crumbs. Place entree dishes in baking pan, in which there is a little water, and brown in the oven.

### MUTTON BROTH

To each pound of meat add 1 quart of cold water, bring gently to a boil, skim it well, simmer three hours. A tablespoonful or more of rice may be added, and boil until the rice is cooked; salt to taste.

### CHICKEN BROTH

A fowl, not too young, cut in pieces, 1 quart water to 1 pound fowl; cook same as mutton broth. Serve with hot toast or crackers.

### CODDLED EGGS

Allow 1 quart water to 1 egg, place egg in a cold vessel and pour boiling water over it, cover with plate and allow to stand seven and one-half minutes. Albumen will be jellied, yolk soft; easily digested.

### BEEF TEA

Put in a sealer, tightly covered, 1 pound of beef cut into inch squares or finer. Put the jar into a kettle of cold water with a saucer in the bottom. Let it come slowly to a boil and boil for 1 hour. Take out the jar and squeeze the beef.

### ROLLED OATS GRUEL

**Ingredients** Three tablespoonfuls rolled oats, 1½ cups water, 1½ cups milk, 1 dessertspoonful sugar, nutmeg to taste, 1 egg if desired.

Mix the oats, milk, sugar and water in a stew pan, and allow to boil well for fifteen minutes. Strain while hot and add salt and nutmeg, and boil for 15 minutes longer. If egg is desired beat it well, and add to the gruel before boiling the second time.

### CALVE'S FOOT JELLY

**Ingredients**      1 quart of calve's foot stock, 3 lemons and 2 oranges, 6 sticks cinnamon, 1 large handful raisins, 1 dozen cloves, 1 cup sugar, whites and crushed shells of 2 eggs, 1 package of gelatine.

Place the stock in a preserving kettle, with sugar, raisins, cloves, cinnamon, juice, and grated rind of fruits, crushed egg shells, and spread over all the stiffly beaten whites of eggs and two tablespoonfuls cold water. Place upon the stove and heat for one hour without boiling, then boil three minutes, add the dissolved gelatine and set back for half an hour. Then add 1 pint of sherry, and leave for 20 minutes longer. Strain through a thick flannel jelly bag which has been wrung out of hot water. It will make the jelly clearer if it is strained back and forth several times, but care must be taken not to squeeze the bag or stir the jelly.

### CREAM TOAST

Put 1 quart of milk in a double boiler; when hot, add 1 tablespoonful of cornstarch moistened in 3 tablespoonfuls of cold milk; cook and stir until it is the consistency of cream; add 1 teaspoonful salt, 1 tablespoonful butter, and pour at once over the hot toast.

### MILK AND ALBUMEN

Put into a clean quart bottle one-half pint of milk, the white of 1 egg and a pinch of salt. Cork and shake hard for five minutes.

### BARLEY WATER

One and one-half tablespoonfuls of pearl barley,  $\frac{1}{2}$  teaspoonful sugar, juice and yellow rind of 1 small lemon, 2 cups water. Simmer to one-third the quantity.

### CHICKEN PANADA FOR INVALIDS

Take half the breast of a chicken and, after removing the skin and every particle of fat, place in a saucepan with water enough to cover, and let it simmer slowly for two hours. Take it from the broth and press with a spoon through a wire sieve, add the broth and season with salt. Four tablespoonfuls of cream may be added if desired, and scalded together. Delicious, nourishing, and harmless.

### SOFT CUSTARD

One pint of milk, yolks of 2 eggs, 4 tablespoonfuls of sugar,  $\frac{1}{2}$  salt-spoonful salt.

Let milk come to a boil, add eggs, sugar and salt well beaten together. Stir until it creams. Flavor, cool, and serve.

### EGG LEMONADE OR ORANGEADE

Beat 1 egg thoroughly, add sugar to taste, bits of ice and the juice of a lemon or orange. Fill the glass with water, or soda water, and serve at once.





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## BEVERAGES

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Allow 1 rounded teaspoonful of tea to two cups. Scald the teapot with boiling water, put in the tea, and pour on boiling water. Allow to stand from three to five minutes under a cosey. If tea stands on the leaves for any length of time it draws out the tannic acid in the leaf, and this is very injurious. It is better to pour the tea off the leaves into another pot, where it can be kept warm for at least half an hour under a cosey.

### COCOA

Allow 1 teaspoonful cocoa for each person; mix with a little sugar and thin with a little boiling water. Add to boiling milk and cook for twenty minutes.

### COFFEE

For a medium-sized coffee pot take 5 tablespoonfuls coffee, beat thoroughly with 1 egg and crushed shell of same. Add one cup of cold water and let come to a boil. Add enough boiling water to fill coffee pot and let simmer for five minutes.

### CHOCOLATE

One-half cup sugar, 6 tablespoonfuls chocolate, pour on 3 cups boiling water and boil for 20 minutes. Pour in 3 cups milk and let come to a boil; beat with an egg beater on the stove, making it light and frothy. Serve with a teaspoonful of whipped cream in each cup.

### DANDELION WINE

2 quarts dandelion blossoms, 6 lemons, 8 quarts boiling water, 6 oranges, 8 pounds granulated sugar, 6 tablespoonfuls baker's yeast.

Pour boiling water over the blossoms, and let stand 24 hours in a warm place. Slice the fruit, rejecting seeds, and let stand in the sugar over night. Next day strain blossoms, and to the liquid add sugar, fruit, and yeast. Let stand from five to eight days in a warm place to ferment. Strain, and after a day or two longer, bottle. The color will not be clear for some time after making.

### GRAPE JUICE

To 8 quarts of grapes off the stem and lightly mashed, add 3 quarts of cold water. Let it come to a boil. Boil 5 minutes and strain. To each two quarts of juice add 1 cup of sugar. Boil 5 minutes, bottle and seal. This will keep indefinitely.

### BOSTON CREAM

Two quarts of water, add 2 pounds granulated sugar; boil down to nearly 1 quart. When quite cool, add 2 ounces tartaric acid, 1 ounce essence lemon, and the whites of 3 eggs beaten stiff. Stir well together. Put in a gem jar. For a drink use 2 tablespoonfuls to half a glass of water, and a pinch of soda.

### GRAPE JUICE

One basket blue grapes, 1¼ quarts boiling water. Mash grapes and put stems and all to boil until grapes are soft. Strain through a sieve and afterwards through cheesecloth. To each quart of juice add large coffee cup white sugar. Let come to a boil not more than five minutes. If cooked too long it will jelly. Bottle while hot in sterilized bottles. Fresh corks, and cover with red sealing wax.

### LEMON POP

One gallon boiling water, 1 sliced lemon, 1 ounce bruised ginger, 1 teacup yeast, 1 pound sugar. Let it stand twenty hours, then bottle.

### PINEAPPLE LEMONADE

One pint of water, 1 quart of ice water, 1 cup sugar, 1 can grated pineapple, juice of 3 lemons.

Make syrup by boiling sugar and water 10 minutes; add pineapple and lemon juice. Cool, strain, and add ice water.

### CLARET PUNCH

One quart cold water, ½ cup raisins, 2 cups sugar, 2-inch pieces stick cinnamon, few shavings of lemon rind, 1 1-3 cups orange juice, 1-3 cup lemon juice, 1 pint claret.

Put raisins in cold water, bring slowly to boiling point, and boil twenty minutes; strain, add sugar, cinnamon, lemon rind and boil five minutes. Add fruit juice, cool, strain, pour in claret, and dilute with ice water.

### GINGER ALE PUNCH

Juice of 1 dozen lemons, juice of 3 oranges, ¼ cup sugar, 4 quarts ginger ale, a few sprigs of mint.

### FRUIT PUNCH

Three dozen lemons, 1 dozen oranges, 8 pounds sugar, 3 pineapples. Shred pineapple, add lemon and orange juice strained, stir in sugar. Let stand 36 hours. To each quart of juice add 4 quarts of water. This will serve 100 people.

### ICED COFFEE

Strong coffee, ice cold; add sugar and cream to taste; put 2 tablespoonfuls vanilla ice cream in bottom of glass, and fill with iced coffee.

### EGG NOG

Beat the yolk of 1 egg and 1 teaspoonful of white sugar to a light cream. Whip the white of egg to a stiff froth. Mix together, turn into a glass, add ½ teaspoonful of vanilla and as much milk as the glass will hold. Beat well. Add more sugar if desired. Grate a little nutmeg over the top.

N.B.—One tablespoonful of brandy or whiskey may be substituted for the vanilla.

### ENGLISH GINGER BEER

Two and one-quarter pounds loaf sugar, 1 ounce cream of tartar, 1½ ounces ginger root, 2 lemons, 3 gallons water, 2 tablespoonfuls yeast.

Bruise the ginger and put in a large pan with the sugar and cream of tartar; peel the lemons and squeeze the juice, add with the peel to other ingredients. Pour over all 3 gallons of boiling water. Let stand till just warm, then add yeast. Stir the contents of the pan, cover with a cloth and let stand near the fire for twelve hours. Bottle, and use in four or five days. Let stand on ice before using.







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## CONFECTIONERY

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### BUTTERSCOTCH

One cup brown sugar, 1 cup golden syrup,  $\frac{1}{2}$  cup butter. Boil 20 minutes until it hardens in water, stirring well all the time. Then add a teaspoonful of vanilla and pour on a buttered platter.

### PEPPERMINT CREAMS

One-half pound icing sugar, 1 white of egg, a few drops of essence of peppermint.

Mix the ingredients to the consistency of a stiff dough and roll out very thin. Cut in small rounds and allow to stand all night or until dry and hard.

### SEA FOAM CANDY

Two and one-half cups white sugar,  $\frac{1}{2}$  cup corn syrup,  $\frac{1}{2}$  cup of water, whites of 2 eggs.

Boil sugar, water and syrup until it forms a soft ball when dropped into cold water. Pour  $\frac{1}{4}$  cup over the beaten whites of two eggs. Let the rest boil until it hardens when dropped in cold water. Then pour it over the mixture and beat until creamy. Nuts, cherries and dates may be added, if desired. Let stand 12 hours before using.

### MOLASSES TAFFY

One cup molasses, 1 cup brown sugar, 2 tablespoonfuls melted butter, 1 tablespoonful vinegar.

Boil until brittle when dropped in cold water, then add 1 teaspoonful baking soda, pour on buttered platter, and when cool enough to handle pull till a light brown; roll into sticks, or cut into dice.

### MAPLE CREAM

Four cups brown sugar, 2 cups maple syrup,  $1\frac{1}{2}$  cups cream, butter size of a walnut.

Let sugar and syrup come to boiling point before adding cream. Boil until thick enough to form in water. Stir while cooking and until cool. Pour into pans and cut in squares.

### DOLLY'S DELIGHT

Three cups white sugar,  $\frac{1}{2}$  cup of corn syrup,  $\frac{1}{2}$  cup water, whites of 2 eggs,  $\frac{1}{2}$  cup chopped walnuts,  $\frac{1}{2}$  cup chopped dates.

Mix sugar, syrup and water thoroughly and cook slowly until it hardens in water. While hot, pour on the beaten whites of 2 eggs and stir until thick. Add the chopped nuts and dates and beat until it begins to set.

### STUFFED DATES

Mince walnuts, or any other nut meats. Open and stone dates. Fill the opening with the nuts and roll in pulverized sugar.

### CANDIED GRAPEFRUIT PEEL

Remove the peel in quarter sections and cut into narrow strips. Weigh the peel and take its weight in sugar. Cover the peel with water and let stand over night. In the morning simmer until the peel is very tender. Drain off the liquid and add to it the sugar and cook to a syrup. Add the peel to the syrup and simmer slowly till the peel is clear. When nearly cool, dip the pieces of peel in granulated sugar and set on waxed paper to dry.

Orange peel may be candied in the same way.

### TURKISH DELIGHT

Put one ounce of gelatine to soak in  $\frac{1}{2}$  cup cold water; 1 pound of granulated sugar,  $\frac{1}{2}$  cup cold water. Stand pan over fire, and when it is melted and comes to boiling point, add gelatine, and boil slowly for twenty minutes. Flavor with the rind and juice of one orange, juice of one lemon, and one tablespoonful brandy. Wet a flat pan in cold water and pour the mixture in 1 inch thick. When jellied, cut into inch cubes and roll on pulverized sugar. A few nuts added improves.

### MARROWBONE BAR

Three cups brown sugar,  $1\frac{1}{2}$  cups cold water, small lump of butter. Cook on stove until mixture becomes brittle when dropped in cold water. Pour half the mixture in a buttered tin, then slabs of fondant. Cover with rest of taffy and set away to harden.

### CHOCOLATE CARAMELS

Three-quarters cup grated chocolate,  $\frac{1}{2}$  cup butter,  $2\frac{1}{2}$  cups brown sugar, 1-3 cup of syrup, 1-3 cup of cream, 1 teaspoonful of vanilla.

Boil until it becomes brittle in cold water. Put on buttered plate, mark out squares before it is quite cold. This also makes a very desirable caramel without the chocolate.

### CREAM CANDY FONDANT

Six cups granulated sugar, 3 cups cold water, scant  $\frac{1}{2}$  teaspoonful cream of tartar.

Let boil until it jellies in cold water; set kettle in a pan of cold water. When mixture commences to harden around the edge, dash in a tablespoonful of boiling water. Let stand about five minutes. Remove kettle from cold water. Add one teaspoonful vanilla. Beat gently until it creams, pour in buttered soup plate and mould for a few minutes. The fondant is used for the following:

### CREAM DATES

Remove stones from dates, fill with cream and roll in powdered sugar.

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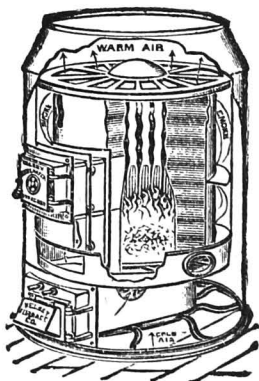
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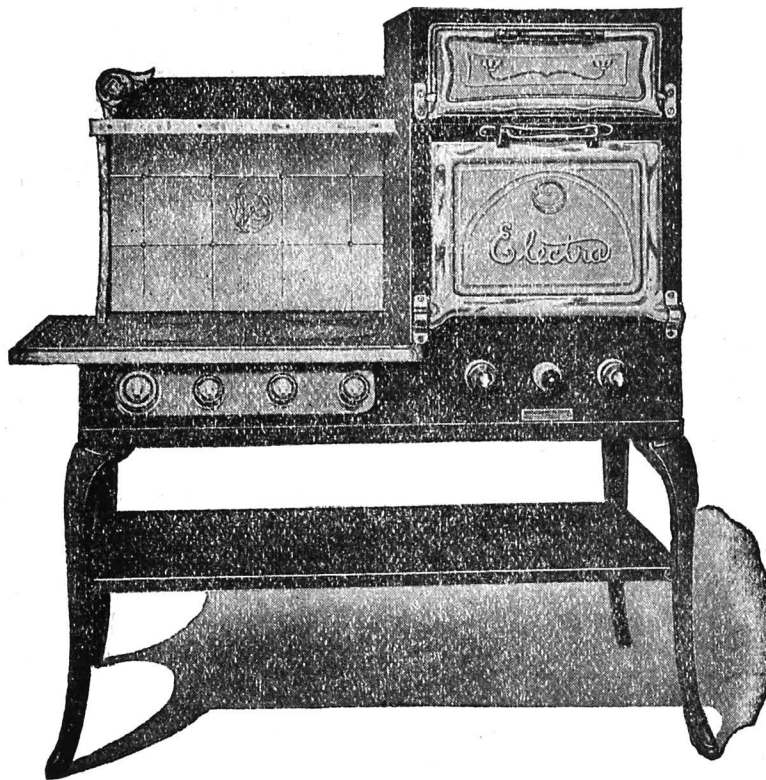
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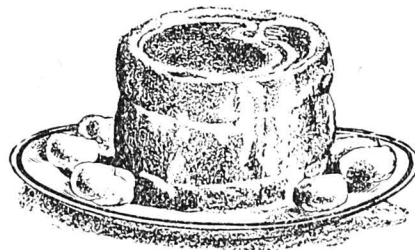
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## CHOICE RECIPES

### SHORT CAKE

4 tablespoons Betty Brand Condensed Milk.    2 cups flour.  
¾ cup water.    1 teaspoon baking powder.  
1 heaping tablespoon butter.    Pinch of salt.

Mix and sift flour, baking powder and salt; rub into it butter and mix lightly with the milk diluted with the water. This will make a soft dough, which spread on a buttered pie tine. Bake twenty minutes in a quick oven. Split and fill with berries that have been sweetened to the taste.

### LUNCH MUFFINS

5 tablespoons Betty Brand Condensed Milk.    Pinch of Salt.  
¾ cup water.    2 eggs.  
2 cups flour.    2 teaspoons baking powder.  
3 oz. butter.

Mix flour, salt and baking powder and sift twice. Beat eggs without separating until light, add milk diluted with water; add this to flour, together with butter melted. Beat well and bake in greased muffin tins about twenty minutes.

### RICE CUSTARD

6 large tablespoons Betty Brand Condensed Milk.    ½ cup cold cooked rice.  
1½ generous cups boiling water.    2 eggs.  
1 tablespoon sugar.    Pinch of salt.

Soak the rice in milk diluted with boiling water. Beat yolks, salt and sugar till light; add this to the rice and milk and cook like soft custard. Remove from the fire and while still hot stir in carefully the beaten whites, flavor with vanilla or anything you like, turn into cups and stand away to cool. Serve cold.

### CORN BREAD

4 tablespoons Betty Brand Condensed Milk.    1 cup flour.  
1 heaping tablespoon baking powder.    ¾ cup water.  
1 cup white cornmeal.    Large pinch salt.  
1 heaping tablespoon butter.    2 eggs.

Mix cornmeal, flour, salt and baking powder and sift thoroughly. Dilute milk with water; beat eggs light and add milk and water to them and butter melted. Stir well, pour into a greased pan, and bake in a moderately hot oven thirty minutes.

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