



The  
**TORONTO**  
Queen City of Canada



 **COOK  
BOOK** 



# THE TORONTO COOK BOOK

BY

MRS. E. J. POWELL

TORONTO, CANADA  
No. 53 Glen Grove ave

DEDICATED TO THE  
LADIES OF THE DOMINION OF CANADA  
BY  
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## INTRODUCTORY

**F**EW THINGS are of more importance than that we should find ourselves physically and mentally equal to our day's work; but not many of us realize how largely this depends upon the food we eat.

Supposing there to be just money enough in a given family to buy the right kind and quantity of food. Now, if this money is not wisely expended, or if after the food has been bought it is spoiled in the cooking, the results will be very serious for the members of that family. They will be under-nourished, and they will suffer in clear-headedness, bodily strength and, in the case of children, in bodily development.

Surely the right condition of the body is too important to be left to chance; the best scientific knowledge, the best practical heads should be at its service, and this is the case, indeed, to a large extent in Europe, where the food of the soldiers and of the inmates of public institutions is furnished more or less according to certain rules that have been deduced partly from observation, and partly from scientific experiment.

It was only in the early forties that the first experimental agricultural stations were established; but so rapidly have they multiplied that they now number more than a hundred in Europe alone; and in these and in the laboratories of the great universities, analyses have been made of most of the foods used by men and animals, and also tests of the relative flesh and fat producing power of different foods and combinations of foods.

For years the results of these investigations have been applied with profit to the feeding of cattle; but it was a case of threatened wholesale starvation in England that first turned the attention of properly trained persons to a like study of the nourishment of human beings. During the civil war the condition of the cotton spinners in Lancashire and Cheshire, England, became so serious as to make government help necessary to keep them from starving, and in 1862 and 1863 Dr. Edward Smith was commissioned to examine into the dietetic needs of the distressed operatives. In his report for 1863 are found tables of the food consumed per week by 634 families, and in spite of the difficulties standing in the way of such an investigation,

the foods consumed were classified into tables showing the amounts of the different food principles taken per week by each family.

One of the great practical results following from this investigation was the determination of the minimum amount of each nutritive principle which men, women and children need, to keep them in fair health. The amount of food with which an unemployed man can fight off starvation, and the diseases temporarily incident to it, was found to be represented in 35 ounces of good bread per day, and the necessary amount of wholesome water.

Since the publication of Dr. Smith's report similar inquiries have been instituted by the scientists of other countries, and many analyses have been made of the exact amount and kinds of food eaten by various classes of labourers under the most varied conditions. Two noted professors of the old world have even accounted for every particle of food that passed through the body of a man, both while he was at work and while he was idle. They have also noted how much of his own body was consumed when he ate nothing. Finally, a great number of averages have been taken and so called "standard dietaries" constructed, by which is meant the average amount of each of the chief food principles that keep an average muscle-worker in good condition, when doing average work.

Every one will admit that it is of great importance for the farmer to know in what proportion he shall lay in hay and other food for the winter feeding of his stock; the animals must thrive, but there must be no waste by furnishing food in the wrong quantities or proportions.

For the housewife, the food question in its relation to her family can be stated in the very same words. It is important that she should economize, but her path will be full of pitfalls if she does not understand in what true economy consists. Most people with a real interest in this subject have had at some period of their lives certain pet theories as to food. Perhaps they have been at one time convinced that most people ate too much, at another, that meat was the all strengthener, or they may have been afflicted with the vegetarian fad, and whatever their special views have been they have thought that they rested them upon facts. But surely they would never have pinned their faith to one-sided diets if they had rightly comprehended the main facts of nutrition. We believe that if these facts as

at present interpreted, and the world's experience in applying them, can be put at the command of the housewife, she can use them to great profit.

We have employed the term "food principles"; what do we mean by it? Everyone knows what is meant by a food, as meat or bread, and everyone knows that the food offered us by our butchers and grocers comes from the animal and vegetable kingdoms. The oxygen we breathe and the water we drink nature furnishes for us directly, so to speak, though unfortunately for many of us, and especially for young children, the former is not thought of as a food. Oxygen aside, it has been found by those who have studied the matter, that all foods contain one or more of five classes of constituents, called "nutritive ingredients" or "food principles." These five principles are:

- (1) Water. (2) Proteids. (3) Fats. (4) Carbonhydrates.
- (5) Salts or mineral constituents.

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## A VISIT WITH THE HOUSEWIFE

BY MRS. H. C. TOMLIN

The up-to-date home of this day contains numberless time and labour saving devices which tend to minimize the demand on the time and effort of the housewife, but even with all the modern aids to housekeeping, there is the same necessity for efficiency that there was in the time of our mothers.

In our social, club, charitable or political affairs we demand and strive for absolute capability in the same way that a man requires it in his office. Why, then, should not our homes receive the same careful attention to detail which would result in the bringing of them to the same state of smooth running efficiency? There are, I fancy, few women who would combat agreement with the foregoing question; but the point is that, while there is a general theoretical agreement on the subject, there is also, unfortunately, a very general tendency to neglect the practice of, and even the endeavor toward day-to-day efficiency in the hum-drum, commonplace duties and cares of the home.

While there are many classes of homes, the executive office lies absolutely with the mistress of the house, whether she be, in her own person, housekeeper, cook and maid or whether she is superintendent, over cook, housemaid, parlormaid, and what

not. In the final outcome the mistress is the chief executive and the responsibility rests on her shoulders and her shoulders alone.

One says, "As the twig is bent so is the tree inclined"; but one might also say "As the mistress knows so does the maid learn"; but the maid must learn. Learn primarily the importance of orderliness (which pre-supposes absolute cleanliness of utensils, dishes and the kitchen in general). Learn the necessity of putting every dish, cup, pan or piece of silver in the place where it belongs so that it can be under hand at a moment's notice. (This for you, too, Milady, who keeps house for herself.)

The mere cooking of meals, washing of dishes, sweeping and dusting, do not, by any means, constitute either housekeeping or the duties of a maid. There are scores of things about a house that require attention—not, perhaps, every day, but periodically. Silver to polish; a mirror here or there that needs brightening; a window to be cleaned, or bric-a-brac to be washed—all small matters, mere detail, but all showing the well-kept home.

Lack of space forbids the consideration of all the thousand and one minor matters of the household; but I wish to impress the necessity of attention to detail. A home is a thing of many details, in themselves trivial, in the mass, of first importance. The housekeeper or the maid (so far as the house is concerned) must live detail, think detail and breathe detail; for comfort comes as a result of attention to detail, detail and then more detail.

# TABLE OF CONTENTS

<b>Bread</b>	
Making of Perfect Yeast Bread—To Make Two Loaves of Bread— How to Bake Bread—Heating of Oven—Rye and Graham Breads Boston Brown Bread and Baked Beans.....	11
<b>Breakfast and Tea Cakes</b>	
Rolls—Drop Cakes—Buns—Biscuits—Muffins—Toast—Gems— Waffles, etc.....	26
<b>Doughnuts, Gingerbreads and Cookies</b>	
Strawberry Shortcake—Peach Shortcake—Cranberry Shortcake..	45
<b>Eggs and Omelets</b>	
Omelets—Eggs—Macaroni and Cheese—Other Dishes.....	55
<b>Sandwiches</b>	
Club, Chicken, Egg, etc.....	61
<b>Cheese Dishes</b>	
Fondus—Macaroni and Cheese—Welch Rarebits, etc.....	63
<b>Beverages</b>	
Coffee Making—After Dinner Coffee—Chocolate—Refreshing Drinks etc.....	66
<b>Candies</b>	
Peanut Brittle—Chocolate Candies—Pop Corn Crisp and many other delicious confections.....	74
<b>Ice Creams and Sherbets</b>	
Frozen Fruits—Ices, etc.....	87
<b>Chilled Jelly Desserts</b>	
Creams—Mousses—Custards, etc.....	97
<b>Small Afternoon Cakes</b>	
Jumbles—Macaroons—Cookies, etc.....	109
<b>Cakes, Frostings and Icings</b>	
Wedding Cake—Christmas Cake—Apple Sauce Cake—Layer Cake— Loaf Cakes—Frostings—Icings—Fillings for Cakes (all of which recipes have been thoroughly tried and found to be excellent)....	121
<b>Pies</b>	
Lemon—Rhubarb—Apple-Mince Meat Pies, etc.....	148
<b>Puddings and Pudding Sauces</b>	
Baked, Steamed and Boiled Puddings—Prune Whip—Cream, Lemon and Wine Sauces, etc.....	160

<b>Salads and Salad Dressings</b>	
Chicken—Oyster—Fruit—Spanish—Beef and Egg Salads, etc. ....	184
<b>Soups and Broths</b>	
Remarks on Soup—Stock for Soup Pot—Stock Soup for Bouillon— Turkey—Rice—Tomato—Bean—Beef Soups, etc. ....	199
<b>Fish and Clam Chowders</b>	
Chowders . . . . .	214
<b>Oysters</b>	
Fried, Creamed, Deviled, etc. ....	222
<b>Lobsters</b>	
Stewed, Creamed, Soup, etc. ....	230
<b>Fritters</b>	
Pineapple, Potato, Orange, Tomato, Apple, etc. ....	233
<b>Croquettes</b>	
Meat, Chicken, Salmon, Sweetbread . . . . .	237
<b>Fish and Fish Sauces</b>	
Fish—Baked, Fried and Broiled—Fish Sauces, etc. ....	239
<b>Vegetables</b>	
Scalloped Potatoes—Stuffed Egg Plant—Chopped Carrots—Stuffed Tomatoes—Baked Tomatoes, etc. ....	252
<b>Meats, Fowl, Entrées, Gravies and Fillings</b>	
Beef—Pork—Veal—Fowl—Game—Boiled Corn Beef—Tongue— Heart—Sweetbreads—Meat Pies—Veal, Beef and Chicken Loaf —Entrées—Gravies, Fillings, etc. ....	266
<b>Preserving and Canning</b>	
Remarks on Preserving—Canning—Jelly—Jams and Marmalades. . .	308
<b>Pickles and Relishes</b>	
Pickled Pears, Peaches—Tomato, Apple and Peach Butter—Catsups —Canned Red Peppers—Chili Sauces—Relishes of all kinds— Mustard Pickles . . . . .	329
<b>Toilet Talk and the Sick Room</b>	
Recipes for the toilet, etc. ....	349

# BREAD

The following instructions have been generously donated to me by the E. W. Gillett Company, Ltd., which are thoroughly correct as to making and baking yeast bread.

MRS. E. J. POWELL.

## To make Liquid Yeast with Royal Yeast

Use two cups of flour and blend with a little cold water until smooth, then pour over this four quarts of boiling water and stir the flour and water together thoroughly. Add one quart finely mashed potatoes and one half cup of salt, and same quantity of sugar. Let this liquid cool until it is lukewarm, and add two Royal Yeast cakes that have been soaked previously for a few minutes in tepid water. Then put this mixture in a warm (not hot) place, well covered, for a few hours. Use a vessel sufficiently large to allow the liquid to rise.

The liquid referred to above could be used four or five hours after making; but to get best results it should be allowed to stand over night, or about twelve hours, before using it. It will keep for two weeks in a moderately cool place.

Above quantity of liquid yeast is sufficient to make ten or twelve large loaves of delicious bread.

## To Make Two Loaves of Bread

Warm two quarts of flour, and knead in two pints of liquid yeast. Mix well, and turn out on bake board and knead again for a minute or two, or until smooth and even. Cover and set in a moderately warm place (away from draughts) until the bulk has about doubled. If the liquid yeast has stood over night, the bread sponge should rise enough in an hour and a half, or very little more. Then knead again and divide into two loaves. Put loaves into greased pans, and cover and set to rise again until bulk is double in size, which will probably be in about one hour. Supposing the liquid yeast is made at noon, and it is desired to set bread at night, follow the same directions, except that the dough should not be divided into loaves until following morning, thus giving it more time to rise.

If liquid yeast is made the day before, the bread can be set and baked before noon. One quart of flour and one pint of liquid yeast will make one good sized loaf. If dough is too dry, add a little more liquid yeast, or if too moist, add a little more flour, so that it will not stick to pans or board.

### To Bake

Have the oven very hot for fifteen to twenty minutes at first, and then allow it to cool a little. Bake the bread one hour, or a little longer. Take out of pans as soon as baked and cover with a towel or napkin. To insure even baking it is advisable to reverse the pan in oven after first half hour.

### Rolls

To make light, delicious rolls, set as for bread, and add one beaten egg and two tablespoons of melted shortening to each pint of liquid yeast. Two pints of flour and one pint of the liquid will make about fifteen rolls.—E. W. Gillett Company Limited, Toronto, Ont., Winnipeg, Montreal.

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### Bread

5 lbs. Rainbow Flour,  $\frac{1}{2}$  tablespoon salt, 1 tablespoon sugar,  $\frac{1}{2}$  tablespoon ginger, 1 cake Royal Yeast. Set sponge with yeast, ginger, sugar and salt at 2 o'clock, add one quart of water, make dough at 10 o'clock at night, adding water to make stiff dough.

### Bread

Take 2 cups boiling water, add 1 tablespoonful each of salt, sugar and lard, add one cup each of water and milk, then break into the mixture 1 compressed yeast cake, mix in enough Rainbow Flour to make a stiff dough. Let stand and rise to twice its size. Knead into loaves and put into pans, let rise again to twice its size. Bake in moderate oven  $\frac{3}{4}$  hour.

### Parker House Rolls

2 cupfuls of scalded milk, 1 yeast cake,  $\frac{1}{2}$  cupful of lukewarm water, 2 tablespoonfuls of sugar, 1 teaspoonful of salt,  $\frac{1}{4}$  cupful of butter, flour. Make a sponge of the milk, scalded and cooled,



the yeast cake, softened in lukewarm water, and 2 cupfuls of flour. Beat thoroughly, cover and set aside until light; then add sugar, salt, melted butter and flour to knead. Knead about 20 minutes, let rise until double in bulk, then shape into balls, cover closely, and when light press the handle of a small wooden spoon across the center of each biscuit without dividing it; brush the edge of one half with butter, fold the two halves and press together lightly; place in buttered tins some distance apart; cover and when light bake from 12 to 18 minutes. This makes enough for eight people.—Mrs. Wm. R. Hudson, Boston, Mass.

#### **Mixture for Parker House Rolls, Clover Leaf Rolls, Salad Rolls, etc.**

Add three tablespoons butter, two tablespoons sugar and one teaspoon salt to two cupfuls scalded milk; when lukewarm add one yeast cake dissolved in one fourth of a cup lukewarm water and three cupfuls of flour. Beat thoroughly, cover, and let rise until it is light; cut down and add enough flour to knead (about two and one half cups will be required). Let rise again, toss on a slightly floured board, knead and shape as desired.

#### **Parker House Rolls**

Shape into small round biscuits, place in rows on a floured board, cover and let rise fifteen minutes. With the hand of a large wooden spoon roll through the center of each biscuit, brush the edge of the lower halves with melted butter, fold press lightly, place in a buttered pan, a half inch apart; cover, let rise, and bake.

#### **Bread Sticks**

Add quarter cup butter, one and a half tablespoon sugar and half teaspoon salt to one cup scalded milk; when lukewarm add one yeast cake dissolved in quarter cup lukewarm water, the white of one egg, well beaten, and three and three quarters cup of flour. Knead, let rise, shape, let rise again, and start baking in a hot oven, reducing the heat that the sticks may be crisp and dry. To shape the sticks first shape as small biscuits, roll on the board (where there is no flour) with the hands until from five to eight inches in length, as desired, keeping of uniform size and rounded ends.

### **Raised Cake**

Five cups flour, two and a half cups sugar, one and a half cups butter, one cup milk, two eggs, three tablespoons molasses, one cup yeast, raisins and spice. Let it raise a day or two, put into pans, raise again and bake.

### **Baking Bread to be Used First Thing in Morning**

Take four to five quarts flour, sift flour thoroughly into bread pan with small teaspoon salt, one tablespoon lard (lard is better than butter for making bread, as it makes it much whiter); make a hole in the centre, forming a well; then put in yeast or sponge, whichever you are using; then take one to three pints lukewarm water, pouring into the well a little at a time and mixing constantly, then knead well for about half an hour; when ready to cover you can always tell if bread has been sufficiently kneaded by its not sticking to the hands or bread pan. Set away in a warm place, free from draughts and well covered; allow this to remain over night; in the morning make into rolls, set to rise and when ready, place in a hot oven, and bake from fifteen to thirty minutes.

NOTE.—If any housewife will follow the above directions, they will have, by taking about half an hour in the evening and three-quarters of an hour the next morning, the most delicious hot rolls, or bread, as preferred.—Mrs. E. J. Powell.

### **Another Way of Making Bread Quickly (Without Yeast)**

One quart sifted flour, one teaspoon salt, three teaspoons baking powder; mix thoroughly together, then add sweet milk or water to make soft dough and bake at once in bread pans.

### **Graham Bread (Without Yeast)**

Two cups Graham flour, one egg, half a cup brown sugar, two teaspoons baking powder, one small teaspoon salt; mix quite soft with milk and bake in bread pan in moderately slow oven.

### **Nut Loaf**

Three cups flour, half cup sugar, one cup milk, one cup nuts, four teaspoons baking powder, one egg; let stand for twenty minutes. Bake for forty minutes. This is Mrs. H. C. Tomlin's recipe for her famous Nut Loaf.

### **Delicious Fruit Biscuit**

Take two cups sifted flour, three teaspoons baking powder, a little salt; two thirds cup milk, one-half cup seeded raisins, one dessertspoon citron chopped very fine, one teaspoon chopped nuts, two tablespoons sugar, a dash of cinnamon. Mix together gently, place on board and roll quarter of an inch thick; spread over with melted butter; sprinkle with fruit sugar and a little cinnamon; roll as for jelly roll, cut into pieces of half inch thickness, and bake in quick oven about twelve to fifteen minutes.

### **Raised Nut Loaf**

Place mixing bowl on table, put in yeast cake or prepared yeast sponge with one quart lukewarm water, one tablespoon sugar, one tablespoon salt, two tablespoons melted lard. All these ingredients should be lukewarm; then add two and a half quarts sifted whole wheat flour, or the same quantity of white bread flour; mix together and lastly add one cup of English walnuts. Mix and knead same as when making white bread.

### **Raised Cake**

(Generally made for Christmas)

Five cups flour, two and a half cups sugar, one and a half cups butter, one cup milk, two eggs, three tablespoons molasses, one cup yeast, or one yeast cake, raisins and spice. Mix well together and let raise for day or two; put into pans, raise again and bake.—Mrs. J. Harrington, Boston.

### **Rye Bread**

Two cups rye meal, four cups flour, half cup yeast, or half of a yeast cake; one tablespoon sugar, one hot mashed potato, one teaspoon baking soda, salt, and mix with warm water. Cover and let rise.

### **Nut Bread**

One egg, one and a half cups sweet milk, four cups flour, one teaspoon melted butter, half cup sugar, one cup chopped walnuts, one teaspoon salt, four teaspoons baking powder. Mix all well together, place in a loaf tin and set to raise for half an hour. Then bake in good oven for three-quarters of an hour, or until done.

### Swedish Buns

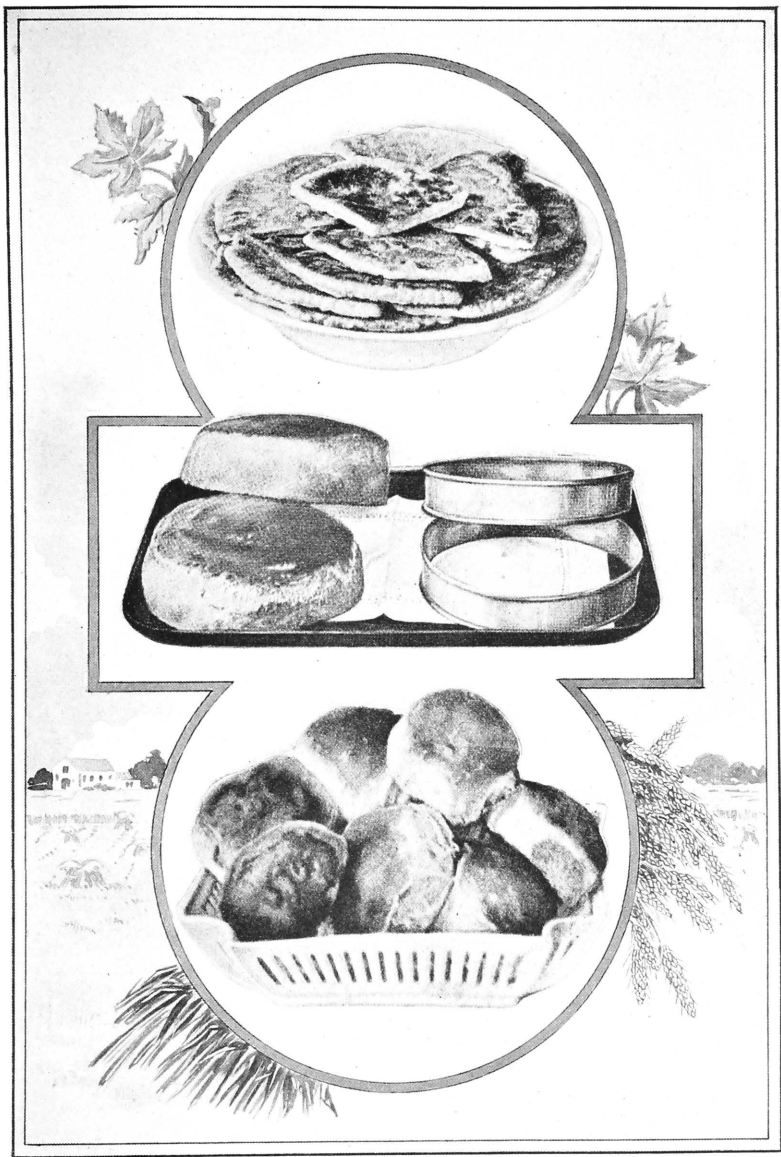
Take one pound light bread dough, add one-half cup butter; roll out about half an inch thick; spread with butter, sugar, cinnamon, currants; fold as for jelly roll; cut in half inch slices. Lay ring side up in pan; let rise to double their original size; bake and when cold, ice. It is very little trouble to make these buns when making a batch of bread.

### Swedish Coffee Bread

Put two cups milk on to scald; when lukewarm add one yeast cake, half a teaspoon salt, one egg, three-quarters cup sugar; butter size of an egg; if desired, a few walnuts may be added by putting through meat-chopper and pounding well after, then mixing with little sugar. This really improves this bread. Add enough flour to knead. It is better to set this bread in the morning; but if set at night, just make a sponge of flour, milk, yeast and salt, and add the other ingredients in the morning. The reason for setting in the morning is that it holds the goodness, while at night it raises out on account of standing so much longer.

### Raised Nut Bread

If sponge is set early in morning, bread can be baked before dinner. Scald one cup milk and allow to stand till it becomes lukewarm; add yeast and one tablespoon sugar, half a cup sifted flour and beat very thoroughly; cover and put in warm place; let rise till it doubles its original quantity. Cream two tablespoons lard with one-third cup sugar; stir into the sponge together with white of one egg well beaten, three-quarters cup chopped walnuts, one and a half cups flour, lastly adding one-third teaspoon salt; mix well, knead on board for twenty minutes. Always have flour handy to use more while kneading, if necessary. Put in a greased pan, or bowl and let rise to double its quantity. Butter or flour the hands, take out enough dough to make a loaf, knead into shape without using any more flour; place in bread pan, let rise to not quite double the quantity, as it rises when placed in oven. If allowed to rise too long, the loaves become very coarse. If milk is not handy, a very good substitute is potato water in place of milk. Here is something really worth knowing:—Take a few peeled potatoes, put them in enough water to cook, drain off and save this water to make bread. This will be found splendid for any kind of bread.





NOTE.—If you wish to make two or three loaves of this bread, double the quantity of ingredients and use one whole egg. All measurements must be level when making this particular bread.—G. D. S. Boston.

### Raisin Bread

Take one and a half cups warm milk, add two yeast cakes, one teaspoon sugar; set in warm place until yeast rises to surface; add two cups flour; mix to a batter; pour one-quarter cup warm milk over the dough; cover and put in a warm place until double its size; then stir in half a cup sugar and mix until creamy; add the grated rind of one lemon, two eggs well beaten, a little salt; when batter is light, mix all together, adding sufficient flour to make a firm dough; knead on bread board; put back in bowl and let rise till double its size. Place on board again and roll out until about one inch in thickness; sprinkle with one and a half cups seeded raisins; roll and fold dough together, and knead; put in baking pan and let rise till double its size and bake in loaves.

### Peanut Bread

One quart flour, sifted, one cup salted peanuts, shelled and put through meat chopper; take one teaspoon salt, one cup sugar, four teaspoons baking powder, one egg, one and a half cups milk; beat well; pour into long, high cake tin; let stand twenty minutes; bake forty-five to fifty minutes in a moderate oven. Bread should not be used for a day or two after baking. This is especially nice, and most delicious for bread and butter sandwiches.

### Graham Bread

Two and one-half cups hot liquid (water, or milk and water), one-third cup of molasses, one and one-half teaspoons salt, one yeast cake dissolved in one-fourth of a cupful lukewarm water, three cups Graham flour and three cups white flour. The bran remaining in the sieve after sifting the Graham flour should be discarded.

### Oak Hill Bread

Add two cups boiling water to one cup rolled oats and let stand one hour; add half a cup molasses, half a teaspoon salt, one-half of a yeast cake dissolved in half a cup of lukewarm

water, and four and one-half cups flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake. By using half a cup less of flour the dough is better suited for biscuits; but, being soft, is difficult to handle. To make the shaping of the biscuits easy, take up the mixture by spoonful, drop into a plate of flour and have the palms of the hands well covered with flour before attempting to shape the dough.

### **Clover Leaf Rolls**

Shape into tiny biscuits and put three into each tin of buttered individual round cake tins. Cover, let rise, and bake; brush over with melted butter just before taking from oven.

### **Salad Rolls**

Shape into small biscuits, place in rows on a floured board, cover with a cloth and pan, and let rise until light and well puffed. Flour the handle of a wooden spoon, and make a deep crease in the middle of each biscuit; take up and press the edges thus made together. Place closely in parallel rows in a buttered pan; cover, let rise and bake twelve to fifteen minutes in a hot oven.

### **Horseshoe Rolls**

Shape as for small biscuits, roll on a board to six inches in length, twist together in pairs and shape in the form of a horseshoe. Cover, let rise, brush over with the yolk of an egg slightly beaten and diluted with two teaspoons of cold water, and bake in a hot oven.

### **Raised Doughnuts**

Three pints flour, two-thirds cup butter, one and a half cup sugar, one cup yeast or half a yeast cake, salt and spice. Mix and let rise over night; in morning mix thoroughly and drop in small balls into the hot fat.

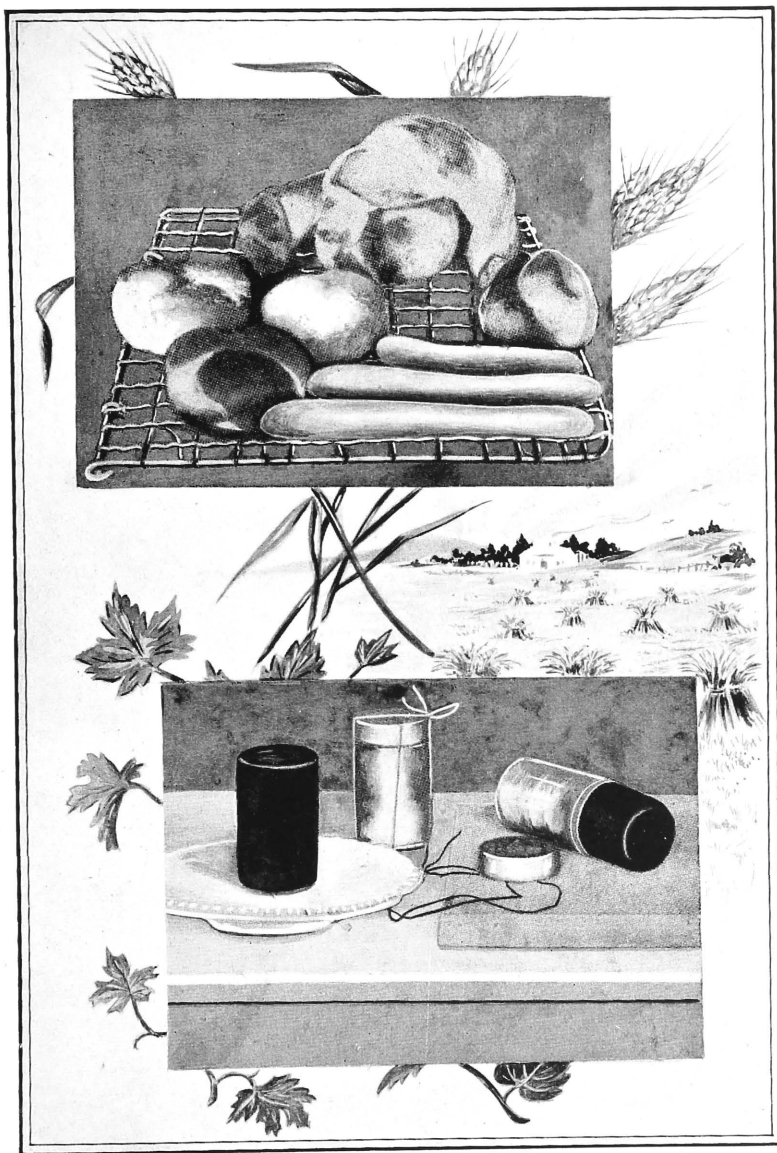
### **Raised Doughnuts**

Three pints of flour, two-thirds of a cup of butter, one and a half cups sugar, one cup yeast, one cup milk, salt and spice.

### **Boston Baked Beans and Brown Bread**

You will find a number of different ways to bake beans and make brown bread in the following recipes, which have been







given me by a number of my friends and each pronounced as being really excellent. As it is rather difficult to locate these particular recipes in most of our cook books, I considered it a wise idea to have these recipes set up together, in a way that they may be easily found when needed.

### **Pork and Beans**

Put one pound of beans to soak over night, boil in morning till soft, put into baking pan two tablespoons of molasses, one small onion, one pound fat pickled pork and a dash of pepper; cover with water, put in moderate oven and bake all day, adding a cup of water every little while to keep from burning.

### **Boston Brown Bread**

One cup Graham flour, one cup white flour, one cup Indian meal, two tablespoons brown sugar, one teaspoon salt, one cup of sweet milk, one cup sour milk with one-half teaspoon baking soda and half a cup of blackstrap; stir all together and steam four hours.—Mrs. Jno. Rufus Skinner.

### **Boston Baked Beans**

Soak two cups of pea beans over night. Boil them until the skin of the bean cracks when you blow on it. Put into bean pot two tablespoons of molasses and a small onion; if wanted, salt and a dash of pepper, a little mustard, and half a pound of salt pork. Fill up with water and keep covered with water while cooking to prevent burning.—Mrs. Wm. R. Hudson, Boston, Mass.

### **Steamed Graham Bread; or as called in Canada, Brown Bread**

Mix and sift three cups Graham flour, one cup white flour, two teaspoons baking soda, one teaspoon salt, one small cup molasses, two and a half cups sour milk; beat thoroughly and turn into a buttered mould; cover and steam three hours. Please be careful and tie top of mould down securely before putting in kettle, tying lengthwise, crosswise and around centre of can, if can is used.

### **New England Boston Bread**

"To waste not is to want not," as the old saying goes. Never allow one bit of your stale bread, neither the crusts nor the

trimming ends taken from pieces when making sandwiches to be thrown away. Place in dish and cover with cheesecloth, and when thoroughly dried, put through meat chopper and thus always have on hand bread crumbs for use whenever required. Soak one and a half cups bread crumbs in two cups cold water over night; next day rub through a colander, add three-quarters cup molasses, one and a half cups each of rye meal, corn meal and Graham flour. If rye meal cannot be obtained, take a cup of dry bread crumbs which is equal; mix and sift with three teaspoons soda, one and a half teaspoons salt, one and a quarter cups cold water; stir until well mixed and steam three or three and a half hours.

### **Boston Brown Bread**

Mix and sift one cup rye meal, one cup granulated corn meal, one cup Graham flour, one teaspoon salt, three-quarters tablespoon soda; add three-quarters cup molasses, two cups sour milk; stir until well mixed. Turn into well-buttered mould or tins. (If you have a five-pound lard pail in house, it is excellent in which to steam brown bread). Never allow your mould or tin to be more than two-thirds full. Have cover well buttered and tie down securely by crossing top and bottom four times and twice around centre. This will hold it securely. Then place any kind of ring or stand that will set in bottom of kettle and place mould on same, allowing water to come half-way to top. Cover closely, wrapping around edge of cover an old towel if kettle is not securely covered. In this recipe buttermilk, sour milk, sweet milk or water may be used.

### **Boston Baked Beans**

One quart beans, pick, wash and soak over night in pot they are to be baked in. Strain in morning through colander; sprinkle tablespoon each of salt and molasses, add one pound salt pork, scored in squares on top, fill pot with cold water. Put in oven at 9 a.m. Keep pot well filled with water hourly until just before taking up at 6 p.m.

### **Brown Bread**

Three and three-fourths cups of Indian corn meal, two and one-half cups rye meal, not flour; two-thirds cup molasses, one quart milk, either sweet or sour; two even teaspoons soda, dissolved in the milk. Steam in tin pudding boiler five hours.

Take off cover and set in the oven with the beans until served.—  
E. L. McManus, 78 Elm St., Charlestown.

### **Brown Bread**

Three cups Indian meal, one cup rye, one cup flour, three cups milk, one teaspoon baking soda, one cup molasses, one egg. Steam three hours and bake one-half hour.

# BREAKFAST AND TEA CAKES

“Behold! his breakfast shines with reputation.”

The following recipes have been in use in my family for over thirty-five years and I feel confident that any one trying them will be very pleased with them.—GEORGIE D. POWELL.

NOTE.—The only change in the ingredients in these recipes is in the name of the baking powder.

## Congress Rolls

One quart flour, four teaspoons baking powder, one scant teaspoon salt, one large tablespoon lard and butter mixed, milk to moisten; mix flour, baking powder and salt; rub in the lard and butter; mix with milk as soft as can be handled. Roll thin, cut into round the size of a small saucer. Spread with softened butter, fold over, press the edges together; put them some distance apart in the baking pan; brush over with milk and sugar; bake in a hot oven.

## Vienna Rolls

To one quart of sifted flour add four teaspoons baking powder and a little salt; place in a bowl with a tablespoon of soft, warm butter, and mix thoroughly; add sweet milk enough to form a soft dough; roll out full one-half inch thick, and cut with a large round cutter; fold over to form a half round, pressing the fold down with the palm of the hand. Place on buttered pans, so as not to touch, and wash them over on top with milk to give them a gloss, then bake immediately in a hot oven.

## Breakfast Rolls

One egg, one tablespoon sugar, one cup sweet milk, three teaspoons baking powder, a little salt, enough flour to mix; bake in hot gem pans.

## Egg Rolls

Two eggs, well beaten, one small teacup milk, one tablespoon lard or melted butter, two teaspoons baking powder, and enough flour to make stiff as biscuit. Roll out, cut the desired size and bake in hot oven.







### **Baking Powder Biscuits**

One quart flour, one level teaspoon salt, four teaspoons baking powder, two tablespoons butter or lard, milk or milk and water to mix—about one to two cups.

### **Graham Rolls**

One pint Graham, one pint white flour, one teaspoon salt, one teaspoonful lard, three teaspoonfuls baking powder, three-quarters pint of milk. Sift together Graham, flour, salt and powder; rub in the lard cold, add the milk, and mix the whole into a smooth dough that can be handled—not too soft; flour the board, turn it out, and form into rolls the shape and size of large fingers. Moisten top with brush dipped in milk to glaze them; bake in nice hot oven from ten to twelve minutes.

### **French Rolls**

One quart of flour, one teaspoon salt, four teaspoonfuls baking powder, nearly one pint milk. Sift flour, salt and baking powder together thoroughly; rub in lard cold, add the milk, and mix into a rather firmer dough than ordinary. Flour the board, turn out dough, and immediately give it one or two quick vigorous turns to complete its smoothness and quality. Now divide it into pieces the size of an egg, and each piece in half, which you form under the hands into the appearance of short thick rolls tapering sharply at each end. Put two of these pieces together side by side pinching the ends together a little, lay them on a greased baking tin, wash over with milk, and bake in hot oven fifteen minutes.

### **Parker House Rolls**

Rub one tablespoonful of lard or butter into two quarts of flour; scald one pint of milk, let it cool, then add a half cup of yeast with quarter cup of sugar, and pour into the middle of the flour without stirring, and let stand over night. In the morning knead well and set them in a warm place until warm, then knead again and roll them out half an inch thick.

### **Rye Bread**

Two cups rye meal, four cups flour, half cup yeast, one tablespoonful sugar, one hot mashed potato, one teaspoon soda, salt, and mix with warm water.

### **Rye Drop Cakes**

One pint of sweet milk, two eggs, two and a half cups rye flour, one and a half cups of flour, half a teaspoon saleratus, one teaspoon cream of tartar, two tablespoons sugar, a little salt.

### **Popovers**

One cup milk, one cup flour, one egg, a little salt.

### **Graham Puffs**

Two cups Graham flour, one cup flour, two cups milk, two teaspoons cream tartar, one teaspoon soda, two teaspoons sugar, one teaspoon salt.

### **Blueberry Cake**

Four cups flour, one cup milk, one cup sugar, two eggs, half a cup melted butter, one and a half teaspoons cream tartar, one teaspoon baking soda, one pint of berries rubbed in a dish of flour.

### **Tea Cake**

Two eggs, two tablespoons of melted butter, two tablespoons sugar, one pint flour, one cup milk, two teaspoons cream of tartar, one teaspoon soda.—J. S. P.

### **Buns**

One cup sugar, one cup yeast, three cups milk, flour for batter over night. Add in the morning one cup butter, one and a half cups sugar, spice to taste, knead, cut and put into pans and raise four or five hours; add two cups currants.

### **Dip Cake**

One pint of milk, scant pint of flour, three eggs, a little salt; bake three-quarters of an hour in a quick oven.

### **Currant Biscuit**

Sift three pints flour, one teaspoon salt, two heaping teaspoons sugar, four teaspoons baking powder together; rub in one tablespoon each of lard and butter, one small cup currants; mix to a soft dough with sweet milk; roll out one inch thick, cut with small biscuit cutter; bake in hot oven twenty minutes.

### **A Delicious Baking Powder Biscuit**

Three cups flour, three heaping teaspoons baking powder, one teaspoon salt; sift all together into mixing dish, and with a silver knife or the tips of the fingers, rub in one teaspoon lard; add cold water a little at a time, until flour is all absorbed; roll out, cut and place in pan to bake twenty to twenty-five minutes. If not accustomed to making biscuits with water, milk may be used.

### **Riced Roll Cake**

Take two cups hot boiled rice, make into balls, dip into a beaten egg and then into Indian meal till thoroughly coated; fry in lard; serve them with sauce, butter, or cream and sugar.

### **Sandwich Biscuit**

Make as biscuit dough, roll out one-half inch thick, cut and spread half the biscuit with butter, then a thick layer of chopped cold meat, well seasoned; press the other round on top, and bake in quick oven.

### **Spiced Tea Biscuit**

Break two eggs into cup, melted butter size of an egg, fill cup with milk and turn into mixing dish; add one cup sugar; sift three times two cups flour with one teaspoon cream tartar and half a teaspoon baking soda, half a teaspoon each of allspice, cloves and cinnamon, a little nutmeg, raisins to suit; bake in gem tins, and ice when cold.

### **Spiced Muffins**

One cup molasses, one teaspoon soda, half cup sugar, one cup boiling water, half a teaspoon cinnamon, half a teaspoon cloves, one egg well beaten, two cups flour well sifted. Dissolve soda in boiling water and stir into molasses. Then take rest as in order written. These ingredients make one dozen.

### **Puffs**

Three eggs, three cups milk, four cups flour, a little salt.

### **Rye Biscuit**

Three cups rye meal, two cups sour milk, third of a cup molasses, two tablespoons of lard, two tablespoons baking soda, a little salt.

### **Cream Tartar Biscuit**

One quart sifted flour, butter size of an egg, a little salt, one and a half tea cups milk, two teaspoons cream of tartar, put into the flour, one teaspoon soda dissolved in a little water. Roll out, cut the biscuit, and bake in a quick oven.

### **Brighton Biscuit**

Four pounds of flour, two pounds white sugar, one pound butter, ten eggs, juice and pulp of two oranges, half teaspoon soda. Roll out quite thin, and cut in any shape desired.

### **Waffles**

Make the same as muffins, only much thinner. Heat the irons well, fill and bake very quickly.

### **Cream Toast**

Put a piece of butter the size of an egg into one pint of boiling milk; stir one tablespoonful flour into one cup of cream and add some of the boiled milk to this; beat gradually, then put it into the boiling milk and cook a few minutes; add salt to taste. After taking from fire, pour over a well-beaten egg; strain the mixture over buttered toast.

### **Bread Crisped Brown**

Take a loaf of stale bread, slice it thin; place on a pie plate in the oven to dry; when entirely dry, close the door and brown. This is mostly used in cases of stomach affections.

### **French Cinnamon Toast**

Beat two eggs, add two cups sweet milk and a little salt, sugar may be added to the milk, as it helps to brown it nicely. Dip slices of bread into the mixture, allowing them to absorb it; then brown the slices on a hot, well-buttered frying pan. Sprinkle with cinnamon; butter and serve very hot.

### **Buttered Toast**

Toast bread which is about two days old until crisp and a rich brown on both sides. Butter when hot, and serve.

### **Breakfast Gems**

One cup sweet milk, one and a half cups flour, one tablespoon butter, two teaspoons baking powder. Bake in quick oven.

### **Graham Gems**

Two cups Graham flour, half cup white flour, one egg, three teaspoons baking powder, half cup sugar, a little salt and sweet milk to mix.

### **Rye Gems**

One egg, one cup sweet milk, one-quarter cup sugar, two teaspoons baking powder, one cup flour, one cup rye meal.

### **Hominy Gems**

Take one cup well-cooked hominy, add one well-beaten egg, three tablespoons melted butter, and two-thirds cup milk; stir into it two cups flour, two teaspoons baking powder, mix all together and bake in gem pans twenty minutes in a quick oven. For these gems either fresh-boiled hominy or some which has been set aside cold may be used.

### **Gems**

One egg, half a cup sugar; beat together one cup milk, one heaping teaspoon baking powder, one heaping cup Graham flour, one tablespoon melted butter, pinch of salt; bake in gem pans.

### **Rhode Island Puffs**

Half a cup butter, two eggs, two teaspoons baking powder, two and a half cups flour, one cup sugar, a pinch of salt, one cup milk; cream the butter and sugar; add the well-beaten eggs and milk, then the flour, salt and baking powder, sifted together. The mixture should be a little stiffer than cake. Bake in shallow, well-greased pans about half an hour; split, butter and serve hot.

### **Boston Oddities**

Two cups of flour, one teaspoon baking powder, yolk of one egg, pinch of salt, one tablespoon butter, about half a cup of water, sift together the flour, salt and baking powder; rub in the butter and mix to a stiff paste with the yolk of egg and water. Knead two minutes, then roll out very thinly and cut into rounds. Fry in hot fat and when golden brown drain and sift sugar over them.

### **Biscuits**

One sifterful of flour, two tablespoons of lard, two teaspoons baking powder, one teaspoon salt.

### Muffins

Cream one-third cup butter, add quarter cup sugar, quarter teaspoon salt, one egg beaten light, three-quarters cup milk, three cups sifted flour, four level teaspoons baking powder; bake in hot buttered gem tins for twenty-five minutes.

### Graham Muffins

One small cup flour, one-half cup Graham flour, one-half cup sugar, two teaspoons baking powder, one cup milk; mix all ingredients together and just before ready to put in gem pans, add melted butter size of an egg; bake twenty minutes in hot oven.—G. D. P.

### Mrs. Langton's Muffins

Cream one-third cup butter, add gradually half cup sugar and quarter teaspoon salt, one egg beaten light, three-quarters cup milk, three cups sifted flour, four level teaspoons baking powder. Bake in hot buttered gem tins for twenty-five minutes.

### Lovely Muffins

One and a half cups flour, pinch of salt, one tablespoon butter, two eggs, two teaspoons baking powder, one tablespoon sugar, one cup milk; sift the flour, salt and baking powder together; rub in the butter, add sugar and mix to a batter with the yolks of eggs and milk. Last of all add the whites of eggs beaten to a stiff froth. Bake at once in a quick oven.

### Squash Muffins

Two well-beaten eggs, one cup cooked and strained squash, one cup milk, a little salt, two cups flour, two teaspoons baking powder, one tablespoon melted butter; after all the ingredients are mixed together, add melted butter last. Bake thirty minutes in a slow oven, having oven very hot when first put in.—Mrs. E. J. Powell.

### Rye Muffins

One pint of rye meal, one pint of flour, one pint sweet milk, one-half cup sugar, one teaspoon salt, three teaspoons baking powder, two eggs; bake twenty minutes. This quantity makes twenty-four muffins.

### **Congress Muffins**

Three cups flour, two cups sweet milk, one egg, half a cup sugar, piece of butter size of a walnut, three tablespoons baking powder.

### **Corn Muffins**

One cup Indian meal, two cups white flour, one-half cup sugar, three teaspoons baking powder, two cups milk, two eggs well beaten.

### **Scones**

One egg, well beaten, one scoop sugar, one piece of butter size of an egg, one pint milk, half teaspoon salt, one scoop currants, one and a quarter sifter of flour, four teaspoons baking powder.

### **Shortbread**

One pound flour, ten ounces butter and lard, quarter pound brown sugar, one egg. Mix all together on board till firm enough to roll. Then cut in squares and bake in moderate oven.

### **Potato Scones**

Take one tablespoon well mashed potatoes and work into it a small handful of flour until it feels firm and sticks close together. Roll out and cut.

### **Potato Cake**

Boil a saucepan of good floury potatoes; peel while hot and set aside until cool enough to handle; then break them with your hands and as they become sticky and moist, dredge a little flour over your fingers. Do not use more flour than is necessary. Knead well, adding a little salt; then form it into the round of frying-pan and have it about two inches thick and let cook on top of stove, turning frequently. When done, which will be in half an hour, cut in quarters; slit these and butter while hot.

### **Potato Balls**

To one pint mashed and seasoned potatoes add part of an egg, well beaten. Mix thoroughly and roll into balls. Brush these over with remaining egg. Dip in cracker or bread crumbs and bake in buttered pan until brown.

### Apple Johnny Cake

One pint white meal, two tablespoons sugar, one-half teaspoon salt, two teaspoons baking powder, milk enough to make quite soft, three apples, pared and sliced; bake in shallow cake pans thirty minutes.

### Sponge Corn Cake

One cup Indian meal, one-half cup flour, one-half teaspoon salt, two tablespoons of baking powder, one tablespoon sugar, one tablespoon melted butter, yolks of two eggs and white of one egg, beaten separately, one and a quarter cups milk; if desired, quantity of corn meal and flour may be reversed.

### Suet Johnny Cake

Take one cup beef suet, chopped fine, one heaping cup maple sugar, one and a half cups Indian meal, one and one-half cups flour; mix with the flour one teaspoon baking powder. After mixing the above ingredients, add two tablespoons melted butter and one cup milk; mix thoroughly; pour into baking pan and bake in quick oven. NOTE—If maple sugar cannot be had, common brown sugar may be used; but to make the cake perfect there is no substitute for maple sugar.

### Corn Cake

One quart of flour, four teaspoons of baking powder, one teacup Indian meal, two eggs, one-half cup sugar, two tablespoons butter. This makes two sheets.

### Corn Cake

(One of the best)

Two cups flour, one cup Indian meal, one-half cup sugar, two heaping teaspoons baking powder. Mix altogether thoroughly, and rub in piece of butter the size of an egg; add two eggs well beaten and mix up with sweet milk so that the mixture will just run. Bake at once.

### Rhode Island Johnny Cakes

White bolted meal or corn meal (white preferred), one teaspoon sugar, salt (use judgment as to quantity); scald with madly boiling water; stir it. The hot water cooks the meal and swells it; thin to the right consistency for frying with cold milk. Fry in cakes.—Mrs. W. R. Hudson.



### Johnny Cake

Two eggs, two tablespoons melted butter, three-quarters cup sugar, two cups corn meal, two cups flour, one teaspoon baking soda dissolved in hot water, one teaspoon salt.

### Southern Johnny Cake

Mix one teaspoon salt with one cup white corn meal, scald it with just enough hot water to dampen it. Then add enough cold milk to form a very stiff batter (almost a dough). Stir it well and drop in cakes about three-quarters of an inch in thickness on a buttered pan. Bake in a hot oven for twenty-five minutes. Split open and butter while hot. Serve with syrup.

### Corn Cake

Take one tablespoon sugar and one egg beaten five minutes, one cup milk, one cup Indian meal, one cup flour, two teaspoons cream of tartar, one teaspoon baking soda, dissolve in a little hot water.

### Corn Cake

Two cups Indian meal, one teaspoon molasses, three cups milk, one cup of flour, half teaspoon soda, a little salt.

### Hominy Cakes

Two tablespoons fine hominy, one-half teaspoon salt, one tablespoon butter, one-half cup boiling water; place this over the tea-kettle or on the back of the stove until the hominy absorbs all the water. Pour one cup of boiling milk on one scant cup of corn meal, add two tablespoons of sugar and the hominy. When cooked add two eggs, yolks and whites beaten separately, and one heaping teaspoon of baking powder. Bake in hot buttered gem-pans about twenty minutes.

### Spider Corn Cake

Mix one and a half cups corn meal, one-half cup flour, two tablespoons sugar, one teaspoon salt, four teaspoons baking powder; beat two eggs and add two cups milk; mix with the dry ingredients. Put two tablespoons butter into a spider, and when melted pour in the mixture; add one cup milk, one tablespoon at a time. Bake twenty minutes in a hot oven.

### **Rye Cake**

One cup flour, one cup rye meal, one cup Indian meal, one cup milk, two teaspoons baking powder, a small piece of butter, two eggs, a little salt. Bake in gem pans.

### **Batter Cakes**

One quart flour, three teaspoons baking powder, three eggs, whites and yolks beaten separately, one quart sweet milk, one tablespoon melted butter, a little salt. Add whites last. Bake at once.

### **German Breakfast Cake**

One quart flour, two teaspoons baking powder, two tablespoons sugar, one tablespoon butter, one teaspoon ground cinnamon, a little salt. Mix all the dry ingredients together, rub in the butter and add enough sweet milk to make a soft dough. Roll into two sheets, put in pie tins, allowing to come up on the side a little, and sprinkle with sugar, cinnamon and bits of butter. Bake and serve hot.

### **Coffee Cakes**

One cup sweet milk, one-half cup of sugar, one-half cup of butter, two eggs, two teaspoons baking powder. Work in enough flour to make a stiff dough, roll out, and sift on the whole sheet some ground cinnamon, and roll up. Cut from the roll slices and place on tins. Before baking, sprinkle with sugar.

### **Coffee Cake**

Two cups brown sugar, one cup butter, four eggs, one cup cold coffee, one teaspoon baking soda, three cups flour, quarter teaspoon cinnamon, cloves, allspice, mace, ginger and small nutmeg.

### **Sally Lunn**

One quart of flour, four eggs, one cup milk, one cup of lard and butter mixed, two teaspoons of baking powder, one teaspoon of salt. Beat the eggs very light, yolks and whites separately, melt the shortening, sift the baking powder into the flour, add the whites the last thing. Bake steadily three-quarters of an hour, or until a straw thrust into it comes up clean. Eat while hot.

### **Mt. Hor Tea Cake**

One quart flour, three teaspoons baking powder, one teaspoon salt, two eggs, one cup sugar, one pint milk, one-quarter cup melted butter. Mix the baking powder and salt with the flour. Beat the eggs till thick and creamy, add the sugar then the milk. Stir this into the flour, add melted butter last, and beat it well. Bake in a shallow pan. Break and eat it hot.

### **Sally Lunn**

One pint of flour, two teaspoons of baking powder, one salt spoon of salt, two eggs beaten separately, one-half cup of milk, one-half cup of melted butter.

### **Scotch Scones**

One quart flour sifted with two teaspoons baking powder, one tablespoon sugar, one-half teaspoon salt, one tablespoon lard, two beaten eggs, and a pint of sweet milk. To be eaten hot with butter. Bake in muffin rings in hot oven.

### **Popovers**

Two cups flour, two cups milk, one-half cup sugar, two eggs, butter the size of an egg, one teaspoon baking powder, a little salt.

### **Rusks**

One and a half pints of flour, one-half teaspoon salt, three tablespoons sugar, two tablespoons baking powder, two tablespoons of lard, three eggs, one teaspoon each nutmeg and cinnamon, three-quarters pint of milk. Stir together flour, salt, sugar and powder; rub in the lard cold; add the milk, beaten eggs, and spices. Mix into a dough soft enough to handle; flour the board, turn out the dough, give it a quick turn or two to complete its smoothness. Roll them under the hands into balls the size of a small egg; lay them on a greased shallow cake pan, put very close together, bake in moderately heated oven thirty minutes; when cold, sift sugar over them.

### **Snowballs**

One cup of sugar, one cup of flour, two tablespoons sweet milk, one teaspoon baking powder, three eggs; flavor with lemon. Put one tablespoon in a buttered cup and steam twenty minutes. Roll in white sugar while hot.

### Apple Rolls

One cup of sweet milk, one-half cup sugar, one-quarter cup butter, two cups flour, one and a half cups chopped apple, two teaspoons baking powder. Put in the apple the last thing. Put gem pan on stove and grease with lard, leaving just a little lard in bottom of each pan. Have the pans sizzling hot and let the batter stand in pans about one minute on top of stove, then put in hot oven and bake quickly. This amount makes eight or nine rolls. Very nice for tea.

### Crumpets

Melt one small tablespoon lard. Add to it one egg and one and a half gills milk. Beat well, then add one-half teaspoon salt, one teaspoon sugar, one and a half teaspoons baking powder sifted with two and one-half gills flour. Bake in muffin rings in a very hot oven at once, for five minutes. This quantity makes six crumpets. The secret of success is quick making and quick baking.

### Rice Waffles

One cup boiled rice, one pint of milk, two eggs, lard the size of a walnut, two teaspoons baking powder, one teaspoon salt, flour for a thin batter.

### Oatmeal Crackers

Three cups oatmeal, three cups flour, salt, two eggs, one cup brown sugar, two teaspoons baking powder, one piece butter or lard size of an egg; milk to moisten it; roll thin and bake in a quick oven.

### Graham Crackers

One quart best Graham flour, one tablespoon sugar, one-half teaspoon salt, one teaspoon baking powder, two tablespoons butter, little more than one-half pint milk. Sift together Graham, sugar, salt and powder; rub in the lard cold add the milk and mix into a smooth, consistent dough. Flour the board, turn out the dough and knead it well for five minutes. Roll it with the rolling-pin to thickness of one-quarter inch; cut it with a knife into small envelope-shaped crackers. Bake in rather hot oven with care (as they burn readily) for ten minutes. Handle carefully while hot; when cold, store for use.

### **Gem Crackers**

One and a half pints flour, half a pint corn meal, one teaspoon salt, one teaspoon baking powder, one tablespoon butter, little more than one-half pint milk. Sift together flour, corn meal, salt and powder; rub in the butter cold; add the milk, mix into a smooth rather firm dough. Flour the board, turn out the dough, give it a turn or two quickly, and roll it to the thickness of one-quarter inch. Cut out with a small oval cutter, prick each cracker with a fork; lay them on greased baking tin, wash over with milk, and bake in hot oven eight to ten minutes. When cold, store for use.

### **Fruit Crackers**

Prepare a dough as described for Gem Crackers, divide it in half, roll out each half exceedingly thin. On one half spread a close layer of well washed, picked, and dried currants, sprinkle thoroughly with milk, and cover with the other half. Allow it to stay thus prepared, covered with a cloth five minutes, then cut with a knife into square crackers, not too large. Lay on a greased baking tin and bake in good hot oven fifteen minutes. When cold, store for use.

### **Griddle Cakes**

In making griddle cakes the flour, meal, salt, baking powder and other dry materials should be thoroughly mixed together, then the milk or water added to form a smooth, consistent batter that will run from the mouth of a pitcher in a thick stream. Pour upon a hot griddle, greased with a small piece of fat pork, and bake to a brown color, turning them so that both sides will be a rich brown. Serve with sugar, molasses, or maple syrup.

### **Griddle Cakes**

Three cups flour, two teaspoons baking powder, one teaspoon salt. Mix well and add two well beaten eggs. Add enough sweet milk to make a soft batter and bake at once.

### **Buckwheat Cakes**

Two teacups buckwheat flour, one teacup wheat flour, four teaspoons baking powder, one teaspoon salt. Mix all together and add sufficient sweet milk or water to make a soft batter. Bake on griddle at once.

**Economical Griddle Cakes**

One quart stale bread, soaked to a pulp in milk or water; add one beaten egg, pinch of salt, and one teaspoon baking powder, sifted into one-half cup flour.

**Indian Griddle Cakes**

Two-thirds quart corn meal, one-third quart flour, one teaspoon brown sugar, one-half teaspoon salt, three teaspoons baking powder, two eggs and one pint milk.

**Rye Griddle Cakes**

One pint rye flour, one-half pint Graham, one-half pint flour, one tablespoon sugar, one-half teaspoon salt, three teaspoons baking powder, one egg, and one pint milk.

**Graham Griddle Cakes**

One pint Graham flour, one half pint corn meal, one-half pint flour, one teaspoon sugar, one-half teaspoon salt, three teaspoons baking powder, one egg, one-half pint each of milk and water.

**Apple Griddle Cakes**

One-half pint cold stewed apple, one-half pint Graham flour, one-half pint corn meal, one-half teaspoon salt, two teaspoons baking powder, two eggs, one-half pint milk. The apple should be free from lumps; add to it the beaten eggs and milk, then the Graham, corn meal, salt and baking powder, after they have been thoroughly mixed together.

Squash Griddle Cakes can be made the same as above using one-half pint sifted squash in place of the apple.

**Squash Griddle Cakes**

One cup sifted squash, one cup boiling milk, one tablespoon sugar, one tablespoon butter, one-half teaspoon salt, one egg, two teaspoons baking powder and one cup of flour. The milk should be poured into the squash, the butter, sugar, and salt added; when cool add the beaten egg, then the flour into which the yeast powder has been well mixed. If too thin, add more flour; if too thick, add milk.

### **Berry Griddle Cakes**

One-half pint berries, one and a half pints flour, one teaspoon salt, one tablespoon sugar, three teaspoons baking powder, two eggs, one pint milk. The griddle should be hot enough to form a crust as soon as the batter touches it and the cakes should be turned quickly so as to form a crust on both sides to confine the juice of the berries.

### **Indian Pancakes**

One pint of Indian meal, one teaspoon salt, mixed with enough boiling water to make a little thinner than mush, when cool add the yolks of four eggs, half a cup of flour sifted with three teaspoons baking powder, enough sweet milk to make batter as for griddle cakes, and the beaten whites of four eggs, added just before baking.

### **Pancakes**

Two eggs, two ounces of butter, four ounces of flour, one pint of sweet milk, and one teaspoon of baking powder. Bake on jelly-cake tins or on a griddle, serve with cut lemon and sifted sugar; or pile the pancakes high on a dish, with preserves or marmalade between them.

### **French Pancakes**

One egg, one cup of milk, pinch of salt, one teaspoon baking powder, and about two tablespoons of flour. It needs to be very thin, so it will run over the griddle; when done, spread with jelly and roll up. Sprinkle with powdered sugar. To be used as a side dish.

### **Trifles**

One quart flour, one cup sugar, two tablespoons melted butter, one egg, two teaspoons baking powder, sifted with flour and enough sweet milk to make stiff as crullers. Roll into thin sheets and cut in pieces about two by four inches. Make as many cuts across the short way as possible. Pass two knitting needles under every other strip. Spread the needles as far apart as possible, and with them hold the trifles in the fat until a light brown.

### **Fried Muffins**

One egg, one-half cup sugar, three-quarters cup milk, one teaspoon baking powder, one salt-spoon salt, flour. Beat the egg very light, add the sugar and beat again; add the milk and then two cups of flour into which baking powder and salt have been mixed; if needed, add more flour to make a stiff batter. Drop from a spoon into hot fat.

### **Fried Rye Muffins**

Three-quarters cup rye meal, three-quarters cup flour, two teaspoons baking powder, one tablespoon sugar, one saltspoon salt, one egg, one-half cup milk. Drop from a spoon into hot fat and cook until they will not stick when tried with a fork.

### **Congress Crullers.**

Two cups sugar, one of milk, four eggs, two tablespoons butter, nutmeg or other spice to taste, three teaspoons baking powder, flour enough to roll out. Fry in hot lard.

### **Cream Crullers**

One and a half cups sugar, two cups cream, two eggs, two teaspoons baking powder mixed in enough flour to roll out soft. Cut in desired shapes and fry in very hot lard.

### **Pancakes**

One cup Indian meal, scalded very soft, one cup rye meal, or one cup flour, half cup yeast, cinnamon, and a little molasses.

### **Buckwheat Cakes**

One quart buckwheat flour, one teaspoon salt, Stir in water to make a thin batter; beat thoroughly four tablespoons yeast, set batter in a warm place, let it rise over night. Add one teaspoon of soda in the morning, also two tablespoons of molasses.



# DOUGHNUTS, GINGER- BREADS AND COOKIES

## Doughnuts

One cup of sugar, brown or white,  
Now add an egg, and beat it light,  
A little salt, with spice to taste,  
Baking powder, too, must now be placed;  
Three teaspoonfuls bought of Gillett,  
I find as good as any yet,  
One cup of milk now stir together,  
They will prove as light as any feather;  
Just flour enough to roll them out,  
But you must mind what you're about,  
And keep your lard at proper heat:—  
You'll find these doughnuts hard to beat.

## Molasses Doughnuts

One cup of molasses, one egg, one rounded tablespoon of butter, two-thirds cup of milk, two teaspoons of cream of tartar, one of soda, one-half teaspoon of nutmeg and ginger, or cinnamon, little salt and flour to roll and handle nicely.

## Sour Milk Doughnuts

Two eggs well beaten, add one cup of sugar, one cup of sour milk, one teaspoon of soda in the milk to foam, teaspoonful of melted butter, a little salt, nutmeg, and don't forget to add a pinch of ginger to make them light. Now sift in flour with one teaspoonful of any kind of baking powder or one of soda and one-half of cream of tartar in the flour. Mix soft. They are fine rolled in sugar when hot.

## Doughnuts

One cup sugar, one teaspoon salt, one of nutmeg, one cup of milk, two cups flour, two teaspoons baking powder.—N.H.

## Doughnuts

One quart flour, half cup sugar, half teaspoon salt, two teaspoons baking powder, a saltspoon cinnamon or nutmeg, one egg, milk enough to make a stiff dough.

### Doughnuts

Two eggs, one and a quarter cups sugar, small piece of butter, one cup sweet milk, one good sized teaspoon baking powder, flour to roll, cut out with a doughnut cutter and fry in hot fat.

### Doughnuts

One cup sugar, one cup milk, two eggs, one teaspoon baking soda, three teaspoons melted butter, a little salt, one nutmeg; beat the eggs, then add sugar and beat until very light, then put in butter and flour enough to make a stiff dough; roll out and then cut.

### Doughnuts

One cup sugar, one egg, one spoonful cream tartar, half a spoonful soda, one nutmeg, half a teaspoon salt, two-thirds cup milk, one dessertspoon butter.

### Doughnuts

One cup granulated sugar, one teaspoon butter, two teaspoons baking powder, one teaspoon salt, two eggs, one-half grated nutmeg, two cups Rainbow flour, one cup milk. Rub butter into sugar, beat eggs light, add them to butter and sugar, then add milk. Sift flour, baking powder and salt, grate in nutmeg, add to mixture enough Rainbow flour to make a dough as soft as can be handled, not necessarily the two cups. Roll one-quarter inch thick and cook in boiling fat. Try fat first by small piece of dough.

### Soft Gingerbread

One cup molasses, one-half cup sugar, one-half cup butter, one-half cup sweet milk, two eggs, one tablespoon ginger, one teaspoon allspice, two cups flour sifted with one and a half teaspoons baking powder. Bake in shallow pan, or small pans.

### Soft Gingerbread

One-half cup butter, one cup brown sugar, one cup molasses, one cup sweet milk, three cups flour, three teaspoons baking powder, one teaspoon each of ginger, cloves and cinnamon.

### **Sugar Gingerbread**

Two-thirds cup butter, two cups sugar, one tablespoon ginger, two eggs, one cup milk, three cups flour, two teaspoons baking powder. Spread it on shallow pans well buttered and when baked cut it into rectangular pieces.

### **Molasses Sponge Gingerbread**

One cup sugar, one of milk, one of molasses, and half a cup of butter, melted together, three eggs, four cups flour, one teaspoon baking soda, dissolved in warm water, one and a half teaspoons ginger.—Frances Perry Sexton.

### **Hard Gingerbread**

One cup butter, two cups sugar, one cup milk, one teaspoon soda, one tablespoon ginger; flour enough to roll out.

### **Gingerbread with Jelly**

One cup molasses, one-half cup butter, one egg, one-half cup warm water, one teaspoon soda, one of ginger, one of cinnamon, two cups flour, a little salt. Bake in Washington pie tins and spread jelly between, or you can bake in one sheet and split and spread the jelly.

### **Gingerbread**

Cream together one cup sugar and two rounding tablespoons of lard, add one cup of molasses, mix well, add one cup each of milk and water, four even cups flour, pinch salt, two rounding teaspoons of soda dissolved in a very little hot water, two teaspoons ginger. Beat as long as you can. Bake in quite a hot oven.

### **Marshmallow Gingerbread**

Melt one-half cup shortening, add one cup molasses, one egg well beaten, two and one-third cups flour mixed and sifted with one and three-quarter teaspoons soda and one teaspoon each of salt and ginger, and one cup sour milk. Bake in a large dripping pan about 20 minutes. Remove from pan, cut in halves crosswise and on one-half spread marshmallows. Cover with the other half and set it in oven for a few minutes. Remove to serving dish, cool slightly and serve with whipped cream.

**Soft Sour Milk Gingerbread**

One cup sour milk, one cup molasses, one cup brown sugar, half a cup butter, one teaspoon baking soda, dissolved in the sour milk, one teaspoon salt, one and a half teaspoons ginger, four cups of flour, three eggs beaten separately.

**Soft Gingerbread**

One cup butter, one cup brown sugar, one cup molasses (black), one cup sour milk, four eggs, beaten separately, one tablespoon ginger, one tablespoon cinnamon, one teaspoon baking soda, three cups flour.

**Cookies**

One and a half cups sugar, one and a half cups butter, three eggs stirred in without beating, two and a half spoons baking powder; flour to make a good paste; roll thin and cook in a quick oven.

**Cookies**

Two cups sugar, one cup butter, two eggs, half cup milk, one teaspoon cream of tartar, one teaspoon soda; add flour to roll stiff.

**Fruit Cookies**

One and a half cups brown sugar, one cup butter, three eggs well beaten, half teaspoon vanilla, half teaspoon lemon juice, one cup walnuts cut small, one cup dates cut small, two and a half cups flour, one teaspoon soda, one teaspoon cinnamon, half teaspoon salt, a pinch of allspice, a pinch of cloves. Drop teaspoon of dough in pan leaving room for spreading. Bake in moderate oven.

**Date Cookies**

Two small cups brown sugar, one cup butter and lard, one small teaspoon soda, half cup sour cream, two cups oatmeal, two cups flour, vanilla flavoring, one pound dates cut small, half cup sugar, brown or white, juice of one lemon. Cook dates, sugar and lemon juice with enough water to cook until dates are soft. Cream sugar and butter, mix soda and sour cream, and add. Into this mix well the oatmeal, flour and flavoring. If the mixture is too thin to roll, add more white flour. Roll out the oatmeal mixture quite thinly and cut with a cutter. Put a spoonful of the date mixture between two of the cookies and press the edges together. Bake until brown.

### Date Cookies

One pound of dates, two teaspoons sugar and water; cook dates a few minutes.

### Paste for Above

Two-thirds cup butter, two-thirds cup sugar, two eggs, pinch of salt, vanilla flavoring; beat eggs, sugar and butter, add two to three cups of flour, one teaspoon baking powder.—Mrs. J. R. Skinner.

### Cream Cookies

Cream one cup brown sugar and one cup butter, add two eggs, two tablespoons sweet cream, two teaspoons baking powder, flavoring, and enough flour to roll. This recipe can also be made with two tablespoons of sour cream, substituting half a teaspoon of soda and half teaspoon cream of tartar for the baking powder.

### Lemon Cookies

One egg, half cup of lard or butter, one and a quarter cups of white sugar, one cup sweet milk, a pinch of salt, a little baking ammonia and a little oil of lemon, flour to stiffen; bake in hot oven.

### Sponge Cookies

Three eggs, one cup sugar, one heaping coffee-cupful of flour, two teaspoons baking powder, Beat the eggs to a stiff froth; add the sugar; sift the baking powder into the flour and beat it thoroughly. Drop teaspoons of the mixture on a buttered tin about three inches apart and bake in a quick oven.

### Oatmeal Cookies

One-half pound flour, half pound oatmeal, six ounces sugar, quarter pound shortening, one egg, one and a half teaspoons baking powder; mix with milk or water to make a soft dough.

### Vanilla Cookies

One cup sugar, one cup butter or part lard, one egg, scant half cup milk, two teaspoons baking powder, salt and flavor; flour enough to roll; after rolling our sprinkle with white sugar and roll lightly. Cut and bake carefully.

### Sugar Cookies

One and a half cups sugar, two eggs, two-thirds cup butter, one-third cup milk, two teaspoons baking powder, two teaspoons lemon; roll thin and bake in quick oven.

### Cookies

One cup sugar, one egg, half cup butter, four tablespoons sweet milk, one and a half teaspoons baking powder, one teaspoon vanilla, enough flour to roll well; roll thin.

### Ginger Cookies

Two eggs, one cup brown sugar, three tablespoons melted butter, one teaspoon cream tartar, two teaspoons baking soda, one teaspoon salt, quarter of a teaspoon of pepper, two tablespoons molasses, flour enough to make thick. Set away one and one-half hours to rise, then make into cookies, and bake. These are really delicious.—Mrs. John Moorish.

### Brown Sugar Cookies

One cup sweet milk, two cups brown sugar, one cup butter and lard mixed, one cup of chopped peanuts, one teaspoon of soda, flavor with almond or vanilla, flour enough to make very stiff, two-thirds teaspoon salt.

### Soft Ginger Cookies

Cheap and good. One cup molasses, two-thirds cup of lard, two-thirds cup sugar, two-thirds cup hot water, one teaspoonful ginger, two dessertspoonfuls of soda and one dessertspoonful of cream of tartar. Put the molasses in mixing bowl first, then add cream of tartar and soda. Add also a pinch of salt and flour to roll. Cut out and bake. Do not roll too thin.

### Peanut Cookies

One tablespoon of butter, one-quarter cup sugar, one egg, one teaspoon baking powder, one-half cup flour, one-half teaspoon lemon juice, one-quarter teaspoon salt, two tablespoons milk, one-half cup finely chopped peanuts. Cream butter and sugar together, add an egg well beaten. Mix and sift baking powder, salt and flour, add to the first mixture, then add the milk, peanuts and lemon juice. Drop on a buttered tin in teaspoons one inch apart. Bake fifteen minutes in a slow oven.

### **Fruit Cookies**

Two cups sugar, two-thirds cup butter, one cup chopped raisins, one egg, three teaspoons baking powder, two-thirds cup water, cloves, cinnamon and nutmeg.

### **Cocoanut Cookies**

One cup sugar, one-half cup butter, three eggs, one quarter cup milk, one cup cocoanut, one heaping teaspoon baking powder, flour enough to roll and cut nicely; add cocoanut last; flavor with vanilla and lemon; after being rolled to cut, shake a little sugar over them.

### **Macaroons**

Blanch one half pound of sweet almonds; pound them fine with a little rose water. Beat very stiff the whites of three eggs, and stir in one half pound of powdered sugar; mix well, and add the almonds; drop with a teaspoon upon buttered tin sheets. Bake in a slow oven.

### **Sponge Drops**

Half pound sugar, quarter pound flour, four eggs, whites and yolks, beaten separately, juice of one lemon. Drop on buttered tins.

### **Cream Cakes**

One pint of water, half pint of flour. When the water boils put in the butter to melt, and stir in the flour. Set it away to cook, then add seven eggs, drop in a tin, and bake in a quick oven.

FILLING.—One pint of milk, four eggs, two cups sugar, one cup of flour. Beat sugar, eggs and flour together and stir in the milk while boiling. Flavor to taste.

### **Cranberry Shortcake**

One pint flour, half teaspoon salt, half teaspoon soda, one teaspoon cream of tartar, two tablespoons butter worked into the flour, half pint sweet milk. Mix into a smooth dough and bake in a round pan in a hot oven twenty minutes. When done tear apart, as cutting makes it heavy. Wash and pick over one pint of cranberries with one-quarter pint water. Set on fire and stew one-half hour. Stir often to prevent burning. Spread between the cakes and heap on top whipped cream, sweetened and flavored with vanilla.

### **Strawberry Shortcake**

Beat together one teacup of sugar and one tablespoon butter, beat three eggs very light and add two cups of flour sifted with two teaspoons of baking powder. Mix and spread on greased layer tins.

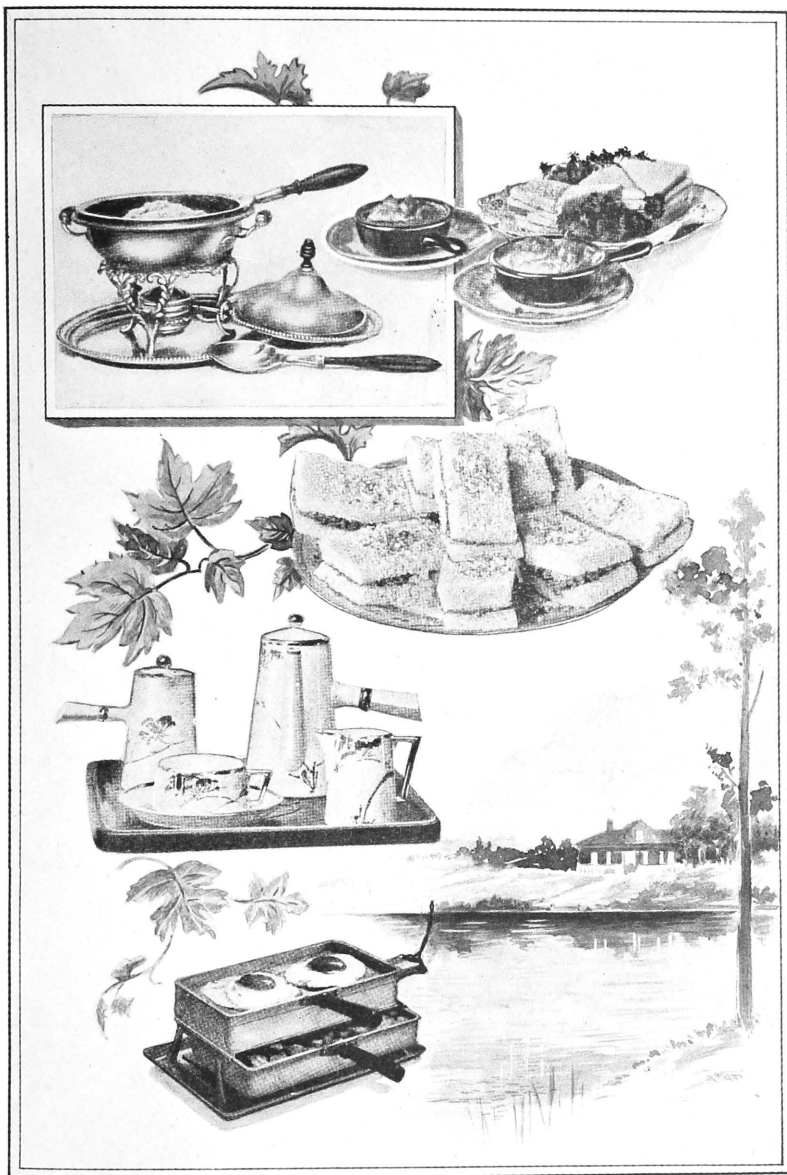
### **Strawberry Shortcake**

One quart sifted pastry flour, three teaspoons baking powder, butter the size of two large eggs. Sift the powder through the flour three times, rub in the butter and mix with sweet milk about the same as biscuit dough. Bake in a flat cake tin or dripping pan in two layers. Place the first layer in the pan and spread the top with melted butter before putting the other one on so that you will not have to split the cake when done. Also mark it on the top with a knife into squares of the size you wish the pieces to be when served. Upon taking it out of the oven separate the layers and spread the sides that were stuck together in baking with butter. Sweeten to taste one quart berries and add one-half cup cream, mixing all well together and mashing and cutting the berries with the spoon. Spread this between the cakes and serve with a sauce made of one pint of strawberries and one-half pint of cream sweetened to taste, having the berries slightly cut and mashed.

### **Strawberry Shortcake**

Into one cup of sour cream stir half a teaspoon of soda, add one teaspoon melted butter and flour enough to make a stiff dough. Roll it out to fit in a large pie pan and bake in a quick oven. Split open, butter well and spread a pint of sugared berries between the layers, and as many more over the top. Make the dough as for soda biscuits; bake in deep jelly pans or pie tins, split the sides and spread with sugared berries. Raspberries, peaches, etc., are nice to use in the same way







# EGGS AND OMELETS.

## **Proper Way to Cook Eggs**

Eggs should not be boiled, but put into cold water and allowed to heat gradually, or else drop into boiling water and remove from the fire. Let stand for at least five minutes. Eggs cooked in this manner they closely resemble poached eggs.

## **Baked Eggs on Toast**

Toast slices of bread, cut about half an inch thick, butter and trim to three and a half inches square; place on each a stiffly beaten white of one egg, and carefully slip the unbroken yolk into the depression in the centre; put in a hot oven and cook very rapidly until edges of the white are delicately brown, and the yolk sufficiently set; serve immediately.

## **Rice Omelet**

One cup cold boiled rice, one cup warm milk, one tablespoon melted butter, one teaspoon salt, a little pepper; mix all together thoroughly; take three well-beaten eggs, put a tablespoon in a hot frying pan and when it boils, pour in the omelet; set the pan in a hot oven. As soon as cooked through, fold, turn out on hot dish and serve at once.

## **Egg Nests**

Two cups mashed potatoes; shape into small nests in a buttered baking dish. Into each nest put small piece of butter, then break in the eggs, sprinkle salt and pepper over each one; put in oven for few minutes until eggs are set; serve hot with cold meats for luncheon.

## **Rice Cooked with Eggs**

One cup rice, washed in enough water to get flour out; put into four cups of boiling water and a teaspoon of butter; cook in double boiler; when done, salt and add an egg; stir briskly; to be eaten with sugar and milk.

## **Toad Omelet**

One cup chopped ham, two teaspoons bread crumbs; add to a custard made of two eggs and one pint milk; pour into buttered pudding dish and bake as a custard.

### **Eggs Stuffed with Meat**

Cut hard-boiled eggs in halves, remove yolks, put whites aside in pans, mash yolks and add an equal quantity of cold cooked chicken, or of real finely chopped ham, half the quantity; moisten with melted butter or salad dressing, to make the right consistency to shape. Season with salt, pepper and lemon juice. Make into balls the size of the original yolk and re-fill the whites.

### **Tomato Omelet**

Take one can ripe tomatoes, put into saucepan with two finely-chopped onions, a little butter, salt and pepper, one soda biscuit rolled fine; cover closely and simmer one hour; beat five eggs to a froth and have frying pan hot and well-greased. Beat eggs and tomatoes together, pour in pan, brown, fold and serve.

### **Egg Macaroni**

Into one cup cream sauce seasoned with salt, pepper and onion juice, stir one cup of boiled macaroni; when hot, add beaten yolks of two eggs; cook one minute and set away to cool. When cold, stir in whites beaten stiff. Cover with grated cheese or crumbs and bake in buttered dish twenty-five minutes; serve with mushroom sauce.

### **Plain Omelet**

Beat six eggs until light and foamy with an egg-beater; add half a teaspoon of salt and one scant saltspoon of pepper and one cup of milk. Fry a large spoonful at a time in a hot pan or on a griddle, and roll over quickly like a French pancake. This is a convenient way where the family come irregularly to breakfast. The mixture may stand for some time if beaten again thoroughly before frying.

### **Omelet Soufflée**

Allow a heaping teaspoon of powdered sugar, a few drops of lemon or vanilla for flavoring, and two whites to each yolk. To make a small omelet, beat the yolks of two eggs till light and thick; add two heaping teaspoons of powdered sugar and half a teaspoon of lemon or vanilla. Beat the whites of four eggs till stiff and dry, and fold them lightly into the yolks. Put it lightly into well-buttered baking-dish a tablespoon at a time. Cook in moderate oven about twelve minutes, or till well puffed up and a straw comes out clean. Serve at once.

### Sweet or Jelly Omelet

Allow a teaspoon of powdered sugar to each egg, and omit pepper. Mix and cook as in Omelet No. 1, and when ready to fold put two or three tablespoons of any kind of preserve, marmalade or jelly on top. Fold and sprinkle with sugar.

### Orange Omelet

The thinly grated rind of one orange and three nad a half tablespoons of the juice, three eggs, and three tablespoons of powdered sugar. Beat the yolks; add the sugar ,rind and juice; fold in the beaten whites, and cook as in Omelet No. 1. Fold, turn out, sprinkle thickly with powdered sugar, and score in diagonal lines with a clean red-hot poker. The burnt sugar gives the omelet a delicious flavor. Another way is to cut the orange into sections, remove the seeds and tough inner skin; cut each section into pieces and mix with the yolks before cooking; or spread part of the orange over the omelet before folding, and sprinkle the remainder over the sugared top. This is a convenient dessert for an emergency, and may be prepared in ten minutes if one have the oranges.

### Jumbled Eggs

One cup white sauce made of butter and flour and scalded milk; put one layer of this sauce in a dish ,then a layer of hard-boiled eggs finely chopped, a layer of ham or any other cold meat on hand, finely chopped. Continue this until the dish is full, placing white sauce on top. Sprinkle with bread crumbs and small pieces of butter. Bake in oven five to seven minutes.

### Curried Eggs.

Four hard-boiled eggs, two tablespoons melted butter, one and a half tablespoon flour, salt and curry to season, a dash of pepper and one cup of hot milk; add butter, flour, seasoning mixed with the hot milk; slice eggs, placing all together and warm in saucepan; then serve.

### Omelet with Ham

Make a plain omelet, and just before turning one half over the other, sprinkle over it some ham which has been chopped; garnish with celery.

### **Scrambled Eggs, with Chopped Ham**

Melt three tablespoons of butter in a frying-pan; put in a cup of cold boiled ham, chopped fine, and stir and cook until heated through; then stir in three eggs beaten lightly and mixed with three tablespoons of milk; stir and cook until the egg is nearly set; then turn out into a warm serving dish. Surround with toast points.

### **Eggs—Omelets, etc.**

Take six hard-boiled eggs, chop whites fine and rub yolks through a fine sieve; then make a white sauce of one dessertspoon butter and one dessertspoon flour, one cup of milk, dash of salt and pepper; now add the whites to the sauce, sprinkling yolks over lastly. Serve hot on slices of toast.

### **Creamed Eggs**

One dessertspoon butter, two heaping dessertspoons flour, one and three-quarters cups of milk; boil until it thickens; add ten chopped hard-boiled eggs and serve on hot toast; sprinkle with paprika.

### **Stuffed Eggs**

Boil the eggs hard, remove shell and cut piece of top; take yolks and mix with them a little pepper and salt, adding salad dressing moistened with cream; chicken, ham or tongue chopped very fine may be added to the yolks; fill whites with the mixture; smooth them and put on top of egg. This is very nice if one wishes to roll egg in bread crumbs and brown in boiling lard. Garnish with parsley.

### **Omelet**

Beat one egg separately (the white stiff but not too dry); add one tablespoon of milk to the yolks; mix well, stir in white; pour into a hot pan; set in oven till it looks nice and brown; loosen eggs, lift up one end with cake turner; fold over and serve hot.

### **Baked Omelet**

Heat three gills of milk with a dessertspoon of butter in it; beat thoroughly four or five eggs; wet a tablespoon of flour and a teaspoon of salt in a little cold milk; mix the eggs with the flour and cold milk, then add the hot milk, stirring fast. Bake in a quick oven fifteen or twenty minutes.

### Eggs à la Savoy

Six hard boiled eggs; cut through centre and remove yolks; cut a little from the bottom and make stand. Put the yolks in a bowl and add two tablespoons grated cheese, one tablespoon butter, pinch of salt and pepper, vinegar enough to make soft enough to roll in balls. Replace in whites and garnish with little parsley. Serve on lettuce leaves.

### Stuffed Eggs with Salad

Ten eggs, one tablespoon lemon juice, four tablespoons salad dressing, three-quarters cup chopped ham or tongue, little salt and cayenne pepper; cook the eggs hard, remove yolk to smooth paste with salad dressing, adding chopped ham or tongue and mix thoroughly, filling the space in the whites with mixture. Serve on a lettuce leaf with French dressing.

### Light Omelet

Take as many eggs as you wish to use, beat whites and yolks separately, beat whites very stiff; beat yolks and add milk to yolks, a scant tablespoon for each egg used. Beat the milk and yolks a little, then pour whites over yolks and just fold or mix all carefully together. Don't beat. Heat your frying-pan, put in a small piece of butter, only just enough to keep omelet from sticking to pan. Be careful it does not burn. Run knife around edge to loosen, and when it is brown underneath set frying pan in oven a minute or two to dry off the top, then fold over and serve at once. You have a nice, light plain omelet. If you want a cheese omelet, grate cheese over before folding, or sprinkle with chopped cold boiled ham or chicken, or spread with jelly before folding; in fact, you can make almost any kind of an omelet you desire.

### Omelet

Six eggs, beat the yolks and whites separately; one tablespoon flour, mixed smooth with a little milk, a little salt, one small teacup sweet milk. Beat all thoroughly together, adding the whites last. Pour it into a buttered frying-pan; when partly done, double it like a turn-over.

### Scrambled Eggs

Beat up six eggs, season with a little pepper and salt; put a little piece of butter into the frying pan when it is hot, turn in the eggs, stir till it thickens, and eat hot.

**Tomato Omelet**

One quart tomatoes chopped fine after the skin is removed, two chopped onions, a little butter, salt and pepper, one soda biscuit pounded fine, cover tight and let it simmer one hour. Beat five eggs to a froth, have your griddle hot, pour over the eggs into the tomato; brown on one side, fold, brown on the other; eat hot.

**Omelet Soufflée**

One pint sweet milk, made boiling hot, one cup flour mixed very smoothly in a little cold milk, one spoon sugar, piece of butter size of a walnut. Stir all into the boiling milk till it is quite stiff. This can be done early in the morning. When cool, stir in the yolks of five eggs thoroughly beaten, adding the whites last, also thoroughly beaten. Bake half an hour.



# **SANDWICHES**

## **Cheese-and-Nut Sandwiches**

Chop pecan, hickory or English walnuts; mix the nuts into an equal amount of cream or Neuchatel cheese; add a dash of paprika and use in spreading bread prepared for sandwiches. A heart of leaf of lettuce, dipped in French dressing, may be placed between the two pieces of bread.

## **Club Sandwiches**

Take two slices well-buttered toast, cut two slices bacon, fry and place on toast over lettuce leaf with fried egg, well done, and slices of any kind of cold meat, chicken preferably; season and spread with salad dressing; then place another lettuce leaf, and lastly the other slice of toast. Cut in diamond shape and serve.

## **Chopped Chicken Sandwiches**

Take cooked pieces of chicken, also a few celery ends; chop, mix and season to taste with salt and pepper (paprika may be used if preferred); take bread and spread on one side with butter or mayonnaise dressing, placing chopped chicken on; press corresponding piece of bread on top and serve with sliced olives and celery leaves.

## **Hot Chicken Sandwiches**

Take slices of bread cut as for sandwiches, dip in melted butter, or spread the bread with butter, then brown in oven; take a cup of chopped chicken and ham; mix with rich white sauce; season with a little curry powder, paprika and salt to taste, and place two spoonfuls between slices of bread; serve hot.

## **French Sandwiches**

Take walnuts and dates chopped fine, adding a few peanuts well chopped, to make about one pound in all; one cup of cream, one teaspoon powdered sugar, a dash of salt; mix all together and if desired, add richly cooked fruit salad dressing (about two teaspoons); then spread on butter sandwich bread; cut in small squares and serve.

### **Lettuce Sandwich**

Place lettuce leaf between two slices of buttered bread, spread with salad dressing, and serve.

### **Hard-Boiled Egg Sandwich**

These are made the same as lettuce sandwich, using hard-boiled eggs.

### **Raisin Sandwich**

One and a half cups seedless raisins, three-quarters cup English walnuts, put through chopper; slice bread thin, butter generously, and spread on above mixture. This is a very nice sweet sandwich to serve with tea.

### **Delicious Sandwich**

Take the white meat of a cold boiled chicken, season to taste, then take half a cup peanuts and break into fine, small pieces; mix with the chopped chicken, then take a nice salad dressing and mix all together; add couple of finely chopped olives. Spread between thinly sliced pieces of buttered bread, and serve.

# CHEESE DISHES

## **Cheese Fondu**

One cup scalded milk, one cup bread crumbs, half a cup grated cheese, half a teaspoon salt, one dessertspoon butter, three eggs, beaten separately; put into the hot milk the butter, bread crumbs, salt and grated cheese; beat the yolks of three eggs, and then add the whites well beaten; take a very scant quarter teaspoon soda; mix all together. Bake until set—about one hour in a slow even in a basin of water. Serve hot.

## **Cheese with Eggs and Spaghetti**

Use five hard-boiled eggs, cup and a quarter spaghetti and two dessertspoons butter, three tablespoons grated cheese, one cup white sauce, dash of salt and pepper; place spaghetti in dish of boiling water and cook until tender. This takes about twenty-five minutes. Drain through colander. Thicken butter in a pudding dish; put in layer of spaghetti, sliced hard-boiled eggs, sprinkle with pepper and salt, then the grated cheese, more spaghetti, eggs and cheese, lastly a layer of spaghetti. Pour the white sauce over this, sprinkle with cheese and place little pieces of butter on top. Bake in ten minutes in a hot oven. Decorate with sliced eggs.

## **Macaroni and Cheese**

Half a cup of macaroni, cup of grated cheese, one cup of cream sauce. Boil one quart water, add a little salt; break macaroni into inch sticks; when water in boiling hot, put in macaroni and boil until tender. This takes about forty minutes. Drain in colander and rinse in cold water. Mix grated cheese with sauce and stir in macaroni.

## **How to make Sauce**

One cup of milk, two dessertspoons butter, two teaspoons of flour, little salt and pepper.

## **Club Cheese**

One-quarter pound grated cheese, one teaspoon mustard, one tablespoon butter, dash of cayenne pepper and salt, yolks of two hard-boiled eggs; mix all together and add tablespoon of vinegar.

### Welsh Rarebit

Take three-quarters cup cheese, one egg, three-quarters cup milk, dessertspoon cornstarch, one teaspoon butter, pinch of pepper; grate cheese and cook slowly in milk; when dissolved, add cornstarch, egg well beaten and butter; bake in oven until brown; place on hot buttered toast and serve.

### Welsh Rarebit

Put half an ounce of butter into pan; when hot add gradually four ounces of cheese; stir thoroughly until melted; beat together half a pint of cream, two eggs; whisk into the cheese; add a little salt; pour over toast and serve.

### Scalloped Cheese

Three slices bread well buttered, grate one pound of cheese, lay bread in layers in a buttered baking dish. Sprinkle over it the grated cheese, some salt and pepper to taste. Mix four well beaten eggs with three cups of milk. Pour over bread and cheese, bake in a hot oven as you would bread pudding. This makes enough for four people.

### Cheese Fondue

One cup rolled soda biscuits, one cup milk, three-fourths cup chopped cheese, two eggs, whites and yolks beaten separately very light, stir all together and bake in a very hot oven; serve immediately.

### Cheese Straws

One cup of flour, two cups chopped cheese, one tablespoon butter, pinch of salt, one scant teaspoon baking powder, mix with water and roll out like pie crust, cut in strips and bake a light brown. This is very nice with salad.

### Cheese Relish

Cut one half pound of cheese into slices, put into a frying-pan, pour over it one large cup of milk into which has been mixed one-half teaspoon of dry mustard and a pinch of salt; add piece of butter size of a walnut, stir all the time; have ready three rolled soda biscuits, sprinkle them into the above mixture; when thoroughly mixed turn into a warm dish and serve. This is very nice for luncheon.

### **Cheese Patties**

One pound of chopped cheese, one-half cup of butter, two and one-half cups flour, one-half teaspoon cayenne pepper, one teaspoon salt, two eggs beaten thoroughly. Mix butter, flour and cheese thoroughly, then add other ingredients. Roll out about as thick as pie crust, cut out and bake in a very hot oven to a nice brown.

### **Macaroni and Cheese**

Break in small pieces about one-third of a package of macaroni and cook 30 minutes in boiling salted water. Butter a small baking dish, put in a layer of macaroni, sprinkle with grated cheese and pieces of butter, and so on till macaroni is all used. Cover top layer of cheese with sifted bread crumbs and dot with pieces of butter. Pour in milk until it can be seen and bake 20 minutes. It requires about 1 cup of milk and quarter pound of cheese.

### **A Macaroni Dish**

When cooking creamed macaroni plan to have one and half cups left over. Put this into a well-buttered dish and cover with cheesed cracker crumbs. Bake, uncovered, in slow oven about 30 minutes. To make the crumbs, put the crackers through the food chopper, then drop bits of cheese into the crumbs and pass the whole through the chopper. One usually spends much time preparing this macaroni dish; but if a leftover is used in this way it is quickly made ready.

# BEVERAGES

## REMARKS ON COFFEE AND HOW TO MAKE IT

### **The Best Way to Make Coffee**

Rio coffee is generally provided for use of troops at Eastern stations, while on the Pacific Coast Central American is preferred, both being good strong coffees. Coffee should be regular in grain so as to roast evenly and uniform in color.

The first consideration is the kind to be used. A mixture of two-thirds Java and one-third Mocha is always excellent. Mocha coffee has a small irregular grain and is quite strong. Java coffee is generally yellow or light brown in color and is of large grain. Coffee should always be bought in the berry and ground at home as needed. Mocha coffee is undoubtedly the best variety and is grown in Arabia, the others coming from South America and the West Indies. The fruit of the coffee tree is something like the cherry, containing seeds or beans.

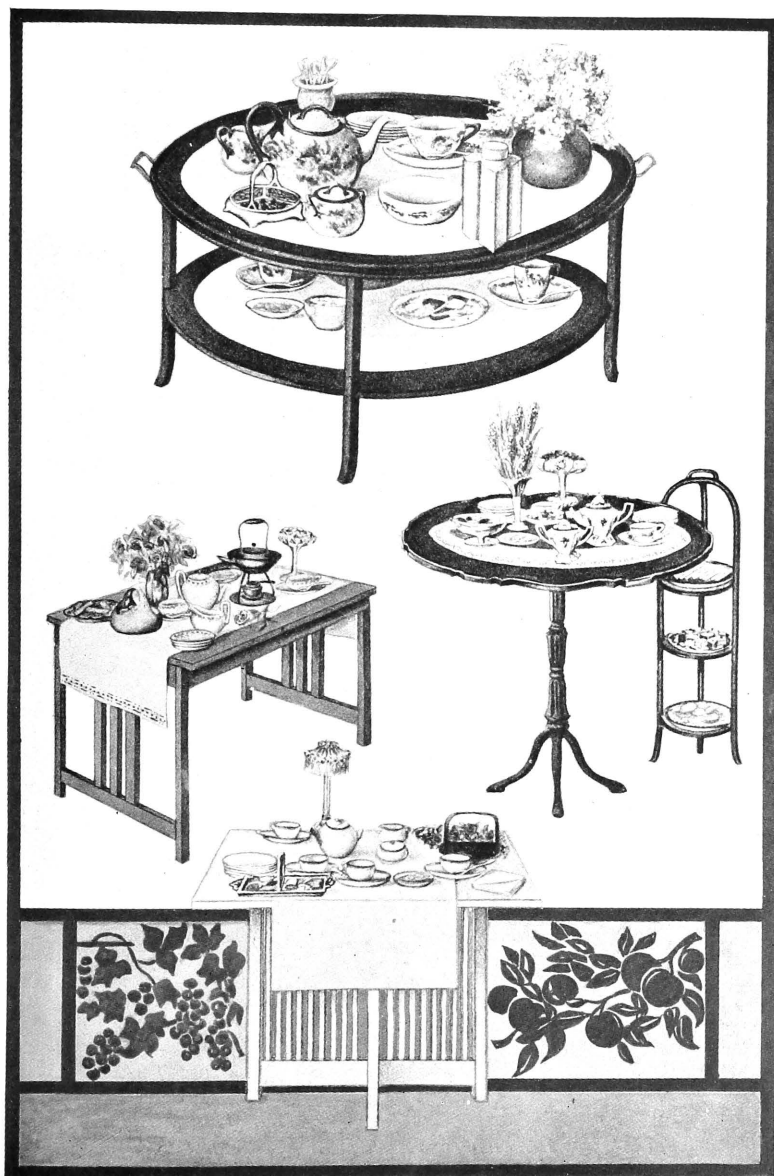
Your egg-shells should be washed, well wiped and put away to be ground for coffee, as this makes it much clearer.

### **Filtered Coffee**

The coffee should be ground as fine as possible. Allow half a cup of ground coffee to one generous quart of water; this makes sufficient for five cups of coffee. Place the coffee in a strainer in top of pot arranged for this purpose; pour boiling water upon it, and set pot back, allowing the water to filter through slowly. When it is all through, set the pot over the heat, and when the coffee is just at bubbling point pour it out and at once return it to the top of the pot to filter once more. Do this still again, making three times in all that the water has been poured upon the coffee; and serve at once. This produces a clear, bright coffee and requires at the most not longer than five minutes in the making. Coffee should be served as soon as made, or the bright flavor will be lost.

### **Boiled Coffee**

Allow a dessertspoon to each person and one for the coffee pot; put the coffee in the bowl and break in an egg, or part of egg according to amount of coffee (the remainder of the egg should be put away in covered dish for next morning), stir all







together thoroughly, then put in coffee pot, pour boiling water over it and place on stove; cover the spout of the coffee pot to preserve the aroma. As soon as it boils up set it on back of stove to steep and settle. In serving coffee put it over the cream and sugar in the cups. If milk is used, heat it.

### **Percolated Coffee**

This is quite a popular way of making coffee. The coffee itself is placed in a strainer in the upper part of pot and the water boils up through a tube, percolating through the coffee into the lower part, where it is sent boiling to the tube again. The glass top renders it easy to see when the coffee is strong enough. The flame may be turned low so as to keep the coffee hot but not boiling.

### **After-Dinner Coffee**

The best after-dinner coffee is made with a filter. If really black coffee is desired, use two heaping tablespoons of finely ground coffee to each large coffee-cup of freshly boiled water. Wet the strainer in cold water before adding the coffee; pour the boiling water slowly upon the coffee, and leave the pot over the heat while the water is finding its way through the fine grains and absorbing their flavor. When all the liquid has dripped through, the coffee is done and should be served at once.

### **Chocolate**

Chocolate is produced chiefly from the seeds of the cocoa palm ground to a fine powder, mixed with sugar, and reduced by great pressure to thin cakes.

Cocoa nibs are the seeds roughly broken, and may be boiled; but they are not as soluble as the prepared chocolate.

Scrape fine an ounce of chocolate and add an ounce of sugar; throw these into a pint of perfectly boiling milk and water, of each one half, and immediately mill and stir them well for two or three minutes until the chocolate and sugar are quite dissolved. Some think that ten or twelve minutes' boiling improves it. Chocolate should never be made unless to be used immediately. If it becomes cold or boiled again the flavor is injured.

## REFRESHING DRINKS

### Fruit Beverage

Take one gallon of boiling water, separate in half twelve figs then cut four apples into eight slices each, boil all together thirty minutes; pour liquor into crock to cool and put through a sieve, will then be ready for use in twenty-four hours. The above beverage can be made from any kind of fruit.

### Old Fashioned Fruit Beer

Take one and a half ounces of hops and four level teaspoons of ginger to six quarts of water, when boiled, strain and put in three half pints molasses (New Orleans the best) one half ounce essence of spruce; set away and allow to cool one hour, add one and one half cup yeast; then put in a tightly sealed crock allowing it to ferment for about four days. Then bottle it and it is ready for use.

### Lemonade

Boil one cup of sugar and one pint of water ten minutes; add thin shavings of the yellow peel of one lemon, and pour it hot over the juice of three lemons. When cold, strain it and add chipped ice and water as desired.

### Fruit Punch

Boil two cups of sugar and one quart of water twenty minutes. Pour it boiling hot over the following mixture: half a cup each of lemon and orange juice, one cup of strawberry juice, half a cup of canned cherry syrup, and one cup of chopped pineapple. When ready to serve, strain it, dilute with ice water, and add one cup of fresh strawberries quartered, one banana sliced, and half a cup stoned cherries. Dilute with Apollinaris if desired.

### Raspberry Vinegar

To four quarts red raspberries, put enough vinegar to cover, and let stand twenty-four hours; scald and strain it; add a pound of sugar to one pint of juice; boil it twenty minutes, and bottle; it is then ready for use and will keep for years. To one glass of water add a great spoonful. This makes a very refreshing drink.

### **Egg Nogg**

Whip the whites and yolks of six eggs into a stiff cream, adding a half cup of sugar. Pour into a quart of rich milk, adding a half pint of good brandy and a little flavoring of nutmeg. Stir and thoroughly mix up the ingredients, and add the whites of three additional eggs well whipped.

### **Cream Nectar**

Dissolve two pounds of crushed sugar in three quarts of water; boil down to two quarts; drop in the white of an egg while boiling; then strain, and put in the tartaric acid; when cold drop in the lemon to your taste; then bottle and cork. Shake two or three times a day.

### **Claret Cup**

One quart of claret, one bottle of soda water, one lemon cut very thin, four tablespoons of powdered sugar, quarter of a teaspoon of grated nutmeg, one liquor glass of brandy, one wineglass of sherry wine. Half an hour before it is to be used, put in a large piece of ice, so that it may get perfectly cold.

### **Roman Punch**

Grate the yellow rinds of four lemons and two oranges upon two pounds of loaf sugar. Squeeze on the juice of the lemons and oranges; cover it and let it stand till next day. Then strain it through a sieve, add a bottle of champagne, and the whites of eight eggs beaten to a froth. You may freeze it or not.—M.L.H.

### **Grape Wine**

Two hundred pounds grapes put in clean tub; pour boiling water over (about nine gallons) to nicely cover them; stir every day; at end of week draw off liquid from the pulp and put into receptacle; strain into a cask; add three and three-quarters pounds granulated sugar (into syrup) to every gallon of liquid; let stand in keg for two or three weeks; then bottle.

### **Elderberry Syrup**

Take elderberries perfectly ripe, wash and strain them, put a pint of molasses to a pint of the juice, boil it twenty minutes, stirring constantly, when cold add to each quart a pint of French brandy; bottle and cork it tight. It is an excellent remedy for a cough.

### **Milk Punch**

Pare off the yellow rind of four large lemons and steep it for twenty-four hours in a quart of brandy or rum. Then mix with it the juice of the lemons, a pound and a half of loaf sugar, two grated nutmegs and a quart of water. Add a quart of rich unskimmed milk, made boiling hot, and strain the whole through a jelly-bag. This may either be used soon as cold, or make a large quantity in the above proportion and bottle it, as it will keep for several months.

### **Unfermented Wine**

Take twenty pounds of Concord grapes, put them in a three-gallon porcelain kettle; crush well with a potato masher; add three quarts cold water; put on stove and simmer for half an hour after it comes to a boil, then strain through a colander. Now add one quart of water and strain carefully through a cloth to remove the pulp; then put again into a kettle, add four pounds of white sugar or a little more if the grapes are very acid; now set on stove and let boil up a minute or two after it comes to a boil. Put up in glass gem jars, let the juice spill a little over the mouth of the gem, when filling; this will drive out the air.

### **Old-Fashioned Root Beer**

Boil one-quarter pound of hops in three quarts of water. Strain and add three-quarters bottle root beer extract, ten drops spruce oil, ten quarts lukewarm water and one and one-half yeast cakes. Bottle and stand in a dark, cool place 48 hours.

### **Mint Punch**

Serve from large crystal bowl, one cup granulated sugar put into punch bowl. Add juice of six lemons and stir until sugar is dissolved. Slice three peeled lemons very thin and bruise a half dozen sprays of green mint. Stir this mixture well and add shaved ice. Finally pour from a height three bottles of ginger ale. A wonderfully refreshing drink to serve on the porch.

### **Raisin Wine**

Two pounds seeded and chopped raisins, one lemon, one pound white sugar and about two gallons of boiling water. Pour into a stone jar and stir daily for six or eight days. Strain, bottle and put into a cool place for ten days more or so, when the wine will be ready for use.

### **Dandelion Wine**

Take three quarts dandelion flowers; press them hard into the measure so as to give the wine a wholesome bitter; pour over the flowers four gallons boiling water, and let stand over night. Next day boil fifteen to twenty minutes; add three pounds sugar one orange and one lemon, sliced; then boil few minutes longer, take from the fire and when lukewarm, strain and add yeast which has been prepared; when quite thoroughly worked, bottle and keep in a cool place. Gather the flowers when they are in blossom.

### **Mead**

Three pounds white sugar. Pour three pints boiling water over it, one pint of molasses, one quarter pound tartaric acid, one ounce sassafras. To be boiled and used as a syrup with soda.

### **Ginger Pop Beer**

Put into a stone jar two gallons (eight quarts) boiling water two pounds sugar (brown), two ounces best (bruised) ginger, two ounces cream tartar, and one lemon sliced. Stir until the sugar is dissolved. Let it rest until warm as new milk, then add two tablespoons yeast, and put a piece of bread to float in it. Cover over with a cloth, and let it rest twenty-four hours; then strain and bottle. Do not fill bottles but half full, less they burst.

# CANDIES

## Chocolate Fudge

Two squares sweetened chocolate, half a cup milk, two cups brown sugar, butter size of a walnut; let melt together and boil about seven minutes; then add vanilla and beat; when hard, pour into pan and set away to cool.

## Butterscotch

Good butterscotch is as rare as it is simply made. Here is an excellent recipe. Boil, without stirring, two cups of sugar, butter size of an egg and two tablespoons of water until the mixture hardens when dropped from a spoon into cool water; remove from the fire and pour on buttered plates to cool.

## Turkish Delight

Half a package of gelatine, soaked three minutes in three-quarters cup water, ten ounces granulated sugar dissolved in three-quarters cup of water; when hot add the soaked gelatine and boil twenty minutes. Have the juice and rind of one lemon and one orange in a vessel and just before taking from the stove, pour into boiling liquid; strain into a shallow dish and let stand over night; cut in squares and roll in icing sugar.

## To Glace Fruits and Nuts

Let boil in a porcelain kettle for ten to fifteen minutes, without stirring, one pound granulated sugar and half a cup of water; at the end of that time test by taking a small portion upon the end of a spoon, dipping in cold water and breaking off quickly; when it is brittle, without being sticky, it is ready for use. Remove from the fire, add a tablespoon of lemon juice and stand in a bowl of hot water; immerse sections of oranges or white grapes which are perfectly dry and set aside to dry upon oiled paper in a warm, dry place. Dip almonds, walnuts or pecans in the same way.

## Chocolate Candy

Half a cup grated chocolate, three cups granulated sugar, one tablespoon butter, salt and vanilla, one cup of hot water; boil and stir for ten minutes. Pour on dish and stir with knife until hard.

### **Fudge**

Three cups sugar, one cup milk, one tablespoon butter; when sugar is melted add four or five tablespoons of cocoa; stir and boil fifteen minutes. Take from fire; add one teaspoon vanilla; stir till creamy; pour on buttered plates and cut in squares.

### **Vinegar Candy**

Two cups sugar, half cup vinegar, butter size of a walnut, quarter teaspoon cream tartar; mix cream of tartar, sugar and vinegar all together; set on stove, don't stir. Just before done, put in butter; let it get cool and pull. Don't let it get too hard in the buttered pan. Cut with scissors after pulling.

### **Peanut Brittle**

One pound white sugar, one quart peanuts; shell and remove the skins and chop finely. Sprinkle with a little salt. Put sugar on to heat in a saucepan. Stir constantly until melted to a syrup, then add the nuts and pour at once into a warm buttered tin. Mark into squares before it is hard. If desired, quarter of a teaspoon soda may be added before pouring into pan.

### **Cocoa Fudge**

Use the rule for chocolate fudge, with the exception of using one-half cup of milk and one-half cup of cream instead of all milk. Add five tablespoons of good cocoa. Beat and flavor the same.

### **Cocoanut Candy**

One pound white sugar, half a pound cocoanut, one cup milk; boil sugar and milk for ten minutes before putting cocoanut in, then boil for ten minutes longer. Beat well and pour half into a greased pan, then add a little pink coloring and pour that over the other. Cut into squares.

### **Butterscotch**

Two pounds of brown sugar, one and a half cups water, one tablespoon vinegar, quarter pound butter. Put sugar, water and vinegar on to boil. Boil for ten minutes, then add the butter and boil to the hard crack stage. Pour into buttered pans and cool.

### Maple Cream

Three cups brown sugar, three-quarters cup milk, butter size of a walnut; let boil until it forms a soft ball when dropped in cold water. Take off, add vanilla, and quarter pound of walnuts and beat stiff.

### Molasses Toffee

One cup molasses, two cups of sugar, one tablespoon vinegar, a little butter and vanilla. Boil ten minutes.

### Turkish Delight

One ounce of sheet gelatine; break and soak for two hours in half a cup of cold water one pound of white sugar; put sugar in granite dish with half a cup of cold water. When it comes to boiling point add gelatine. Boil for twenty minutes; just before taking from stove add the juice of one lemon and grated rind and juice of one orange. Pour into a pan which has been standing in cold water. When firm roll in icing sugar and cut in squares.

### Brazilian Candy

Take five cups white sugar, one cup golden syrup, one cup of water, whites of four eggs, one cup nuts. Put sugar, syrup and water in a saucepan and stir over fire until sugar dissolves. Beat whites until stiff. Boil the mixture without stirring for three or four minutes, then remove one cup and beat into egg whites. Boil the rest until brittle, then pour in a thin stream into egg mixture and beat until foamy; add flavoring and nuts and pour in greased pan.

### Candy Snow

Boil one cup brown sugar, half cup of milk, small piece of butter together till it threads. Beat white of one egg stiff and fold the syrup into it and beat until creamy.

### French Drops

Two cups brown sugar, half cup cold water, three-quarters teaspoon salt, white of one egg. Boil sugar, water and salt together until it forms soft ball when dropped in cold water. Do not stir after sugar is dissolved. Beat whites of egg stiff and pour the syrup on to the egg in a thin stream, beating constantly. This should be beaten stiff enough to keep its shape. Drop in small balls on buttered plates or oiled paper.



### Kisses

Beat the whites of three fresh eggs to a stiff froth; mix with it five spoons of the finest white sugar; flavor with lemon. Have ready a nice pan, buttered, in which lay white paper; drop them on it with a teaspoon, and sift white sugar over them. Bake in a slow oven half an hour.

### Coffee Caramels

Delicious coffee caramels can be made by boiling together two cups granulated sugar and half a cup of coffee, made strong and black, for five minutes. Add to it one cup cream and continue the boiling until it strings when dropped from the spoon, or until it is almost brittle when dropped in cold water. Pour the mixture on a platter that has been previously buttered. When cool, cut into squares.

### Butter Toffee

Two cups light brown sugar, four teaspoons molasses, two tablespoons water, quarter cup butter. Boil until brittle in water; pour into pans to cool.

### Butterscotch

Put two cups brown sugar, a cup water and two tablespoons vinegar on to cook; boil ten minutes, watching that it does not run over; add two tablespoons butter and continue cooking until a little dropped in a glass of water is brittle; pour into well buttered pans, and when cold break into irregular pieces. It may be flavored with vanilla or lemon if desired, but most people prefer it plain.

### Molasses Toffee

Pour into a deep, kettle, two large cups of the best molasses, one cup granulated sugar, two tablespoons vinegar and two level tablespoons butter. Cook until the mixture threads when dropped in water. Then pour half of it into well buttered pans and as it cools mark the squares. From the other half you can make.

### Vassar Fudge

Put into a porcelain lined kettle two cups of light brown sugar and one cupful of thick cream; cook until it hardens when dropped by water; spread a pan with nut meats, stir the candy until it stiffens slightly and pour over the nuts.

### **Popcorn Crisp**

Have ready a big panful of corn just popped, taking care all the hard kernels are sifted out. Pour over the corn the hot toffee, then work lightly until all the kernels slightly adhere to each other. Do not attempt to mould it into balls, as it is less light and delicate in that way. Serve Thanksgiving Day with cider, nuts and apples.

### **Maple Fudge**

Break into small pieces a pound of maple sugar; stir this into a cup of milk and cook until a little dropped in cold water seems brittle; beat hard until it begins to granulate, then turn into a buttered pan; as it cools mark in squares.

### **Maple Fudge**

Boil together one pound of maple sugar broken in bits and one cup of milk or cream; when it reaches the brittle stage add one cupful of hickory, butternut or pecan meats; stir in lightly and pour on buttered tins or greased paper to cool.

### **Chocolate Fudge**

Beat three cups of granulated sugar and a half cup of butter together, add one-quarter cake of chocolate, grated or broken in small bits, and one cup of cream or rich milk; mix thoroughly before placing on the fire; cook about twenty minutes or until it hairs, stirring constantly; remove from the stove and beat rapidly for three or four minutes, until it begins to look "sugary," then pour into well buttered tins and cut into squares while warm.

### **Butterscotch**

Put two cups of granulated sugar, two tablespoons of water and a heaping tablespoon of butter into a saucepan; also a teaspoon of flavoring, using either lemon or vanilla. Cook until the brittle stage is reached, then pour into well buttered pans, cool and mark for cutting.

### **Chocolate Caramels**

Put three cups light brown sugar, one cup of thin cream, a heaping tablespoon of butter, a pinch of soda and a half-cup of broken chocolate into a saucepan and cook slowly until thick. Add a pinch of soda and turn into a buttered pan; mark in squares.

### **Cream Cherries**

Make a round ball of French cream, cut a small piece of citron to look like cherry stem and put the ball on one end. Put one-half of a candied cherry on each side of the cream ball near stem.

### **Cream Dates**

Remove stones from large dates. Roll French cream in long strips, which put into dates where stones were. Press together, roll in granulated sugar and stand aside to harden.

### **Nut Candy Bars**

One cup molasses, one cup sugar (granulated), one teaspoon butter. Boil until it is brittle when dropped into cold water. Remove from fire and add one teaspoon dry cooking soda, one teaspoon vanilla and one cup chopped nuts. Cool in tin and cut in bars or squares.

## **FRENCH AND FRUIT CREAMS**

### **French Cream**

Break into bowl white of egg, add equal amount of water, stir into it confectioners' sugar and mould into shape. Then set aside to dry on plates of waxed paper.

### **Fruit Cream**

Seeded raisins, fig, citron or currants chopped fine, may be mixed with French cream before all the sugar is added. Press into cake an inch thick and cut into cubes. Chopped nuts are very nice. English walnuts with cream between, too.

### **Divinity Fudge**

Two cups white sugar, one-half cup corn syrup, one-half cup water; boil until it hairs and then pour into beaten whites of two eggs.

### **Chocolate Caramels**

One cup molasses, one cup sugar, half cup milk, half cake chocolate. Mix chocolate and milk to a smooth paste. Boil all together twenty minutes; when nearly done, add a piece of butter size of an egg. Flavor with vanilla.

### **Lemon Candy**

Two cups white sugar, one cup water; half cup vinegar. Boil quickly. Flavor before pouring from the pan with lemon.

### **Molasses Candy**

Three cups molasses, one cup sugar, a little butter, a little vinegar, pinch of soda, put in just before you pour from pan.

### **Butter Toffee**

Two cups sugar, half cup water, two teaspoons vinegar, butter size of half an egg.

### **Everton Toffee**

One cup molasses, one cup sugar, three quarters cup of butter. Boil not quite as long as for molasses candy. Pour on buttered plates.

### **Chocolate Nut Candy**

Put one cup of sugar and two tablespoons of water in a saucepan, stir to dissolve, then cook ten minutes without stirring. Test by dipping in a cold fork and if threads will spin and drop from the tines, the syrup has reached the "soft ball" stage. Set it aside to cool and when you can hold a finger in it without burning, beat until white and creamy. Add four squares of chocolate that have been broken and melted over hot water. Set the saucepan in another until the mixture is thick and glossy. Dip unbroken walnut meats in the mixture, using a fine skewer, When enough have been dipped, use the remainder for chocolate creams.

### **Peanut Brittle**

Put one pint of shelled peanuts, measured after they are shelled and the brown skins removed, into a pan in a slow oven where they will heat through but not burn; when hot, roll them over with a rolling pin to break in coarse pieces and return to the oven to keep warm; meantime put two cups of New Orleans molasses in a saucepan with one cup of sugar; stir and boil until brittle when tested in cold water; then add one tablespoonful of butter and boil again; add the peanuts, stir a moment, pour into buttered tins and when cold break into irregular pieces.

### **Mexican Candy**

Put into saucepan two cups of brown sugar and a half cup of milk and cook gently until a little put into cold water can be rolled into a ball; stir constantly while boiling, as it scorches easily; when it reaches the proper stage, which will be in about eight minutes, add two tablespoonfuls of butter, and as soon as melted take from the fire; beat until the mixture seems slightly granulated and stir in a pound of English walnuts that have been shelled and broken into bits; beat hard and pour in buttered tins.

### **Chocolate Creams**

Cook one cup of sugar and three tablespoons of creamy milk for ten minutes, test for the ball stage. If a drop of the syrup put into cold water can be worked into a soft ball it is ready to cool partly, and then beat until creamy. Add vanilla flavoring to the taste and mould into little balls. Dip in the chocolate and lay on oiled paper to dry.

### **Pulled Candy**

Put six cups of light brown sugar with three cups of water and cook without stirring until it will become brittle if a few drops are put into cold water. When you are sure that this stage is reached, add the finely grated peel of two lemons and one-half cup of butter; do not stir, but boil until the butter stage is again reached. Remember the admonition against stirring while cooking. Cool, stir and pull until nearly white, then cut into sticks and small pieces.

### **Nut Toffee**

Take the pulled candy mixture before pulling and pour it into well-buttered pans. This makes plain toffee. Sprinkle with chopped nut meats for nut toffee, and when partly cool mark with a knife into squares for breaking apart.

### **Fudge**

Stir constantly while boiling together, two cupfuls of granulated sugar, two-thirds of a cupful of milk, one bar of chocolate. When almost done add a small piece of butter. Take from fire, add a little vanilla flavoring, also nuts or cocoanut if desired, and stir until smooth. Pour into a buttered plate and check into squares.

### Various Sorts of Mints

The simplest way to make these is to mix confectioner's sugar with the white of an egg until the mixture can be rolled out. Flavor a portion with lemon and tint with a speck of yellow coloring. Cut in rounds with the end of a pastry tube and lay on a paraffin paper to harden. Tint more of the paste with red color to make a delicate pink and flavor with wintergreen. Color a third portion faintly with green and flavor with vanilla and almond together, using three times as much vanilla as almonds.

### Maple Sugar Candy

Break into small pieces one pound of maple sugar and melt. Then add half cup of milk and half cup of cream until when a little is dropped into cold water it forms a soft ball. Take from the fire and stir until it begins to cream. Pour into a buttered dish, mark into squares and break apart when cold.

### Molasses Kisses

Boil together four cups of granulated sugar, one cup of molasses, one tablespoon of butter and one tablespoon of cream of tartar until a bit of the mixture dropped into cold water will harden. Turn the candy into a deep buttered basin. So soon as it cools enough to permit it cover the hands with confectioner's sugar and pull it into long narrow strips. Take the shears and cut the candy into inch lengths, wrapping each piece in paraffin paper.

### Candied Dates

Two cupfuls of granulated sugar; one-half cup of water; pinch of cream of tartar; boil together until a little dropped into cold water will become brittle. Drop the dates into the mixture about half a dozen at a time. When they are well covered with the sugar, place on buttered plates to dry.

Nuts and figs may also be candied in this way.

### Horehound Candy

Steep one tablespoonful of horehound leaves in one cupful of boiling water. When the liquid becomes cold, strain and add one pound of granulated sugar and a teaspoonful of vinegar. Boil slowly, removing any scum that may come to the surface, but do not stir. Drop a little of the candy into cold water. When it becomes brittle pour the mixture into buttered tins.

### **Wintergreen Candy**

Boil hard for about three minutes two cups of granulated sugar and half cup of water; add one teaspoon of wintergreen flavoring, and beat until the candy begins to look white; then drop on buttered paper.

### **Molasses Toffee**

Three cups of brown sugar, one cup of molasses, one tablespoon of butter and one tablespoon of vinegar. Boil these ingredients until, when tested in cold water, a little of the mixture forms a hard ball. If you prefer the toffee to be brittle do not remove until the candy cracks when dropped in the water.

### **Molasses Gems**

The above recipe for toffee may be used for these. After the candy has been pulled, flatten out and spread with any fruit jelly. Press the two edges and ends tightly together, pull out into a long, narrow strip, and cut with the shears into inch lengths.

### **Almond Bars**

Take two pounds of light brown sugar and half cup of water, add a pinch of cream of tartar, and when the brandy begins to boil drop in slowly, stirring meanwhile, one pound of blanched almonds; cook until the nuts are a light golden brown, then turn the mixture into a buttered pan about an inch deep; when almost cold cut into bars.

### **Cocoanut Balls**

Melt two cups of sugar in one cup of water. Then boil slowly without stirring about ten minutes, skimming off the scum which comes to the top. Drop a little slowly from a spoon and when a fine thread clings to it the candy is done. Take it from the fire, add a pinch of cream of tartar, and beat until it is thick enough to mould easily in the hands. Add grated cocoanut, form into balls, brush over with white of egg, roll in the cocoanut and set aside to harden.

### **Cocoanut Candy**

Two cups granulated sugar, one cup water, one-half cup grated cocoanut. Let the sugar and water boil for six minutes. Stir in the cocoanut and let it boil one minute. Spread on sheets of waxed paper.

### Ribbons

The above foundation may be used for these delicious candies also. Take equal parts of the cream and flavor with chocolate, vanilla, strawberry, coffee, lemon or anything desired. Cover pastry-board and rolling pin with confectioner's sugar, and quickly roll out each portion into a long layer about five inches wide. Put one flavor upon the other, press together and cut into strips with the scissors.—S.T.

### Fudge

Take three squares of chocolate, three cups of sugar, one cup of milk or water, one teaspoonful of vanilla. Put all together except flavoring and cook until it forms a ball when dropped in cold water. Take from fire, add flavoring and beat well. Turn into greased pan and cut into squares before it hardens.

### Fudge

Three ounces Baker's unsweetened chocolate, three cups sugar granulated, one and one-half cups of milk, one pinch cream of tartar, one half cup of butter, (good full half cup or more) vanilla flavoring. Put milk in a separate vessel, and let it get to boiling point. Melt chocolate in dish for making candy. Pour on a little boiling water, put milk on chocolate and stir until free of lumps, and let it come to a boil. Add sugar and cream of tartar, then stir until dissolved, before letting it boil. Boil until it forms a lump in cold water.







# ICE CREAMS AND SHERBETS

All the ice cream recipes in this book have not only been used by Mrs. Powell personally, but many have been given her while on her travels through different parts of Canada. A number of them have also been contributed by some of her friends in Boston, the names of which are not appearing in the book,

The greater number of the candy recipes have been taken from the Fudge Book of Miss Mabel Hudson, Boston, Mass.

If people should know what goes into ordinary commercial ice cream and the conditions as to sanitation and cleanliness under which it is made and kept, they would certainly choose to make their own. If the following directions are followed nothing can equal the smooth and velvety quality of the cream produced.

## **Vanilla Ice Cream**

Dissolve one-half cup sugar in one-half cup milk, add two teaspoons of vanilla and mix thoroughly. Whip three-fourths pint of ice cold thick cream and immediately whip into it thoroughly the sugar, milk and flavoring; pour into vessel and pack quickly in ice.

## **Walnut Ice Cream**

Same as for vanilla ice cream, except that one-half cup of finely crushed walnut meats is added to the sugar, milk and flavoring before whipping it into the cream.

## **Banana Ice Cream**

Dissolve one-half cup sugar in one-half cup milk; add two or three finely crushed bananas and mix thoroughly. Whip three-fourths pint of ice cold thick cream. Whip the above into this thoroughly; pour into vessel and pack quickly in ice.

## **Coffee Ice Cream**

Dissolve one-half cup sugar in one-half cup of very strong coffee. Whip three-fourths pint of ice cold, thick cream; whip the coffee and sugar into this thoroughly, pour into vessel and pack quickly in ice.

### **Chocolate Ice Cream**

Dissolve two or three tablespoons of chocolate or cocoa in just enough boiling water to reduce it to a smooth paste. Add one-half cup milk and one-half cup sugar. Stir until sugar is dissolved. Whip three-fourths pint ice cold thick cream. Whip the above into this thoroughly, pour into vessel and pack quickly in ice.

### **Boston Brown Bread Ice Cream**

This is a simple but very delicious dessert. Use the formula for vanilla ice cream (including the vanilla flavor). Toast crisp and grind brown bread enough to half fill a cup. Stir this thoroughly into the prepared cream, pour into vessel and pack.

### **Harlequin Ice Cream**

Prepare two, three or more kinds of cream as above. Put into vessel by alternate spoonfuls.

NOTE—Any desired fruit or flavor may be substituted for those mentioned in the above formulas. If less cream and more milk are desired in any of the formulas, a teaspoon of gelatine may be dissolved in milk, and allowed to cool (not harden), before mixing. It will render the frozen product smooth and velvety, and also add to its keeping qualities.

### **Fruit Ice Cream**

One quart milk, three eggs, about three-quarters of a pound of sugar, three-quarters of a tablespoon cornstarch; cook as a custard in double boiler; when cold flavor with vanilla; add quarter of a pound each of figs and citron, or any other kind of fruit, chopped fine. When preparing citron shave it very thin before chopping. (Use citron as to taste). Pack in jars or vessel, and freeze.

### **Pistachio Ice Cream**

Take one-half pound of pistachio nuts, grated. Use, if in season, one large dish of spinach; otherwise use coloring. If using spinach, place in kettle without water, covered very tightly, as it will cook with its own steam. Place in a thin linen cloth that has been wet with hot water; squeeze out juice. Take one quart of cream, half a pound sugar, put on to boil; stir until sugar dissolves, then set aside to cool; add nuts, flavoring, one quart more thick cream. Mix spinach juice or coloring, then freeze; when hard remove the dasher from freezer, beat briskly, then pack in vessel and place in ice with rock salt to harden.

### **Fruit Mousse**

Mash one pound of fresh fruit through a fine strainer, mix with four tablespoonfuls of sugar and stir over the fire until the sugar is dissolved. Remove from the fire and add one tablespoonful of gelatine which has previously been dissolved in very little cold water. Stand on ice till thoroughly chilled. Mix two tablespoonfuls of powdered sugar and one teaspoonful of extract of vanilla with one quart of rich cream and whip thoroughly, adding a tablespoonful at a time of the chilled fruit juice, sweetened more if desired. Pour into a mould, cover very tightly and allow to ripen in ice and salt at least three hours.

### **Bisque Cream**

Take one and three-quarters pounds of broken almonds, two quarts boiled custard; put almonds into custard before removing from fire. Make custard in usual way; when cold place in vessel and freeze; then pack for use.

### **Strawberry Sherbet**

Take two boxes strawberries, mash smoothly, add one and a half pints water, the juice of one lemon; mix all together and place in cheesecloth fruit bag; then put in vessel one pound white sugar, let juice drip over sugar; take silver knife, using flat side against bag to press out juice gently without extracting pulp. After mixing thoroughly, freeze; allow to stand four hours before using.

### **Apricot Ice Cream**

Take juice of four lemons, two cups sugar, half an envelope Knox's gelatine; put enough cold water over to cover and let stand one hour; add one pint boiling water; stir well; strain through a cheese cloth bag; set aside and let cool. To the above, add half a can of apricots and run through a sieve; mix well together and freeze. When beginning to harden, add beaten whites of two eggs; pack in glass jars.

### **Lemon Ice Cream**

One quart water, juice of four lemons, one pound of sugar; strain, and when ready to freeze beat the whites of three eggs to a stiff froth.

### **Nesselrode Ice Cream**

Take one-half pound chestnuts, boil until tender; chop and crush; then mix with a pint of milk. Beat the yolks of seven eggs light, add to them one and three-quarters of a pound of fruit sugar, two pints boiling cream in which has been boiled two ounces of chocolate, strain and stir until cold, then add one teaspoon vanilla, one cup apricot marmalade, or any other kind you wish, one cup candied fruit chopped fine, freezing very gently; put into jar or vessel and pack.

### **Tutti-Frutti Ice Cream**

To one pound fruit sugar, add one quart thick rich cream; beat in two eggs very light; mix well, put the whole on the fire and stir constantly until it begins to boil; after taking from fire stir constantly for five minutes, allowing air to evaporate; season with vanilla; when half frozen, add to it one-half pound preserved fruit, or equal parts fresh fruit, cut in small pieces.

### **California Crush Ice Cream**

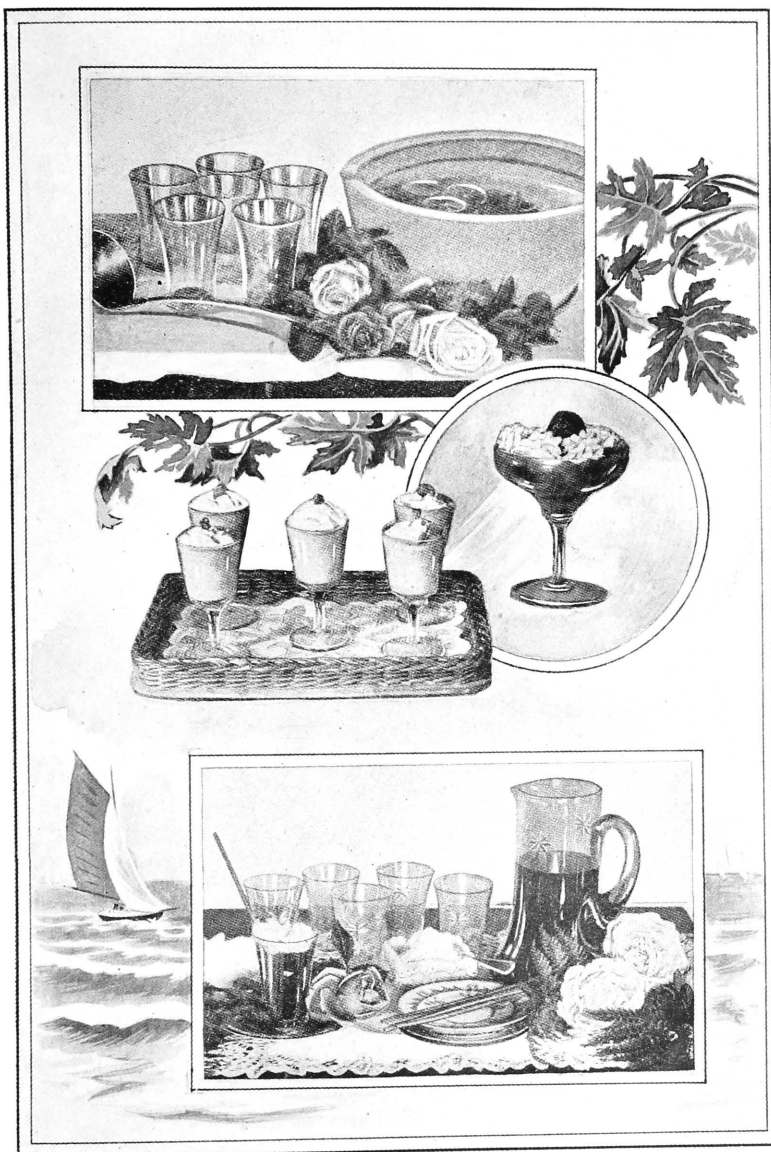
To one quart thick cream, take half a pound fruit sugar, two eggs, vanilla to taste; mix well, place over fire and stir constantly until it reaches boiling point; remove, strain through cheesecloth bag into the freezer; crush to a pulp one and a half pints of strawberries to quarter of a pound of fruit sugar; mix the pulp well with the frozen cream, then freeze for five minutes more, or until hardened. Cream made in this way looks very pretty, and is very delicious.

### **Plum Pudding Glace**

One-quarter of a pound of chocolate, one quarter of a pound of seeded raisins, one-quarter pound of currants, two ounces of citron, one pint of sherry wine. Dissolve chocolate in the wine, mix in fruits and stew for five minutes. When cold, mix two quarts sweetened vanilla cream with it and freeze.

### **Bombe Glacée**

Line a mould or the freezer with one quart of raspberry sherbet. Pack the sherbet round the bottom and sides of mould about an inch deep. Fill the centre with Charlotte Russe cream; cover with the sherbet and pack in ice and salt one hour.







### Canadian Glace Cream

Boil one cup of sugar and one scant cup of water until the syrup forms into a ball when rubbed in water between the finger and thumb. Then pour this syrup in a fine stream into the whites of three eggs beaten stiff, and beat till stiff and cool. Stir it into any frozen cream, made with a little less than the usual amount of sugar.

### Café Parfait

One pint of cream, one cup of sugar, half a cup of strong, clear coffee. Mix, chill and whip. Take the froth off into a freezer or into a mould. Pack the mould in ice and salt, and let it stand two hours without stirring.

### Chocolate Frappé

Dissolve two teaspoons of corn starch in one fourth cup of cold milk with one half cup of sugar. Add the beaten yolk of one egg and stir until well mixed. Add to this one cup of boiling milk and cook until thick as soft custard. Then stir in four large spoonsful of melted chocolate and the stiffly beaten white of the egg. Whip one half pint of thick cream and when the custard is cold, mix all together thoroughly. Fill vessel and pack. Freeze.

### Cherry Frappé

Dissolve one tablespoon gelatine and one half cup of sugar in one half cup of milk. When cool add one cup of finely crushed cherries. Whip three-fourths of a pint of cream. Mix all thoroughly with the beater. Fill the jar and pack. Freeze.

### Raspberry Shrub

Six quarts raspberries; put them in an earthen dish with half a cup of vinegar, fill up with water. Let them remain over night. In the morning strain them through a cloth. Take one pound white sugar to one pint of juice; then boil to a syrup.

### Chocolate Ice Cream

Place two quarts milk on stove; grate in two squares chocolate when boiling, or same quantity of cocoa; beat six eggs, two cups sugar, three tablespoons flour together; add to milk and cook until it just begins to thicken; freeze.

### **Ice Cream**

One and a half quarts milk, one pint cream, four cups sugar, four eggs; do not cook; take two heaping teaspoons of Knox's gelatine dissolved in warm water; add to above composition and freeze; when partly frozen add flavoring and finish freezing. It is well to strain the gelatine.

### **Peach Ice**

Two dozen peaches pared, sliced and covered with sugar; add enough water to make two quarts; cook until it comes to a boil; mash peaches through a coarse strainer; cool and then add whites of three eggs well beaten; freeze.

### **Vanilla Ice Cream**

With Macaroons

Take one quart thick cream, one cup sugar, one tablespoon vanilla; freeze five minutes; when thoroughly frozen add some crumbed macaroons; this is delicious.

### **Vanilla Ice Cream**

Excellent

One pint rich cream, one pint milk, one cup sugar, one tablespoon vanilla.

### **Chocolate Ice Cream**

Delicious

One quart milk, one cup sugar, two squares chocolate, two tablespoons cornstarch; cook in double boiler. To improve this, one tablespoon vanilla and half a pint rich cream may be added. After frozen, serve with whipped cream.

### **Banana Ice Cream**

Take four bananas, scrape and force through sieve; to banana pulp add one cup sugar, one and a half teaspoons lemon juice, a little salt and one quart whipped cream; freeze.

### **Strawberry Sherbet**

Mash and put through strainer two boxes strawberries, using only juice; one quart milk, two cups sugar. Peaches, pears, or any other kind of fruit may be used, when berries are not in season.

### **Lemon Sherbet**

The juice of six lemons, one quart cold water, two cups sugar; when half frozen add the beaten whites of two eggs, and freeze until done. This makes quite an improvement in Lemon Sherbet. Orange Sherbet may be made in the same way by using the juice of six oranges.

### **Lemon Sherbet made with Milk**

One quart milk, one cup sugar; when half frozen add juice of three lemons, and freeze until done. Orange Sherbet may be made same way.

### **Peach Ice Cream**

To one can of peaches, add one and a half cups sugar, two teaspoons wine, or brandy; cut the peaches small and freeze until half done; then add one quart whipped cream, and freeze. These recipes do not require heating or cooking before being made.

### **Frozen Fruit**

This can be made from any kind of canned fruit by freezing juice and fruit, adding a little plain or whipped cream, with sugar to suit taste.

### **Ice Cream**

Dissolve in one quart cream, six ounces powdered sugar, flavor as you wish. No boiling of the cream is necessary. It should be as thick as coffee. Freeze.

### **Coffee Cafa Moza**

Dissolve one tablespoon of gelatine and one half cup of sugar in one half cup of strong coffee by heating all together. Allow it to cool. Whip three-fourths pint of cream, add the above mixture, and mix thoroughly with the beater. Pour into vessel and pack.

### **Pineapple Whip**

Dissolve one tablespoon of gelatine and one half cup of sugar in one half can of grated pineapple by bringing all to a boil. After it is cooled, whip three-fourths of a pint of cream add the mixture to the cream and mix thoroughly with the beater. Put in vessel and pack.

**How to make Rich Smooth Ice Cream**

Can be made by whipping one quart cream, one and a half cups sugar, flavoring to suit taste; freeze.

**Maple Mousse**

Whip three-fourths pint of thick cream. Add sufficient thick maple syrup to sweeten and flavor. Freeze for two hours.

**Lemon Sherbet**

Pour three cups of boiling water on two cups of sugar and one tablespoon of gelatine which has been soaked in warm water, and stir until dissolved. When it is cool, add the beaten yolk of one egg. When the above is thoroughly mixed, add one cup of lemon juice, stirring all together with the beater. Fill vessel and pack.

**Orange Ice**

Take the juice of four oranges and one lemon, or one large cup of the juice; pour three large cups of boiling water on one and a half cups of sugar. Add one tablespoon of gelatine and stir until dissolved. Beat the yolk of one egg, mix all with the juice, using the beater. Fill vessel and pack.

# CHILLED JELLIED DESSERTS

## **Peach Cream**

Wash two cups canned peaches; rub through sieve and cook for three minutes in a syrup made by boiling one cup sugar with one of water. Have soaked one package of gelatine; add this to syrup and peaches. Stir a few minutes to dissolve gelatine; place in a pan of snow or ice and beat till nearly cold; add whites of six eggs beaten stiff. Beat till it begins to harden; put in moulds and serve with cream.

## **Lemon Jelly**

Half a box gelatine or two tablespoon granulated gelatine, half a cup of cold water, two and a half cups boiling water, one cup sugar, half cup lemon juice; soak gelatine twenty minutes in cold water; dissolve in boiling water; strain and add to sugar and lemon juice; turn into mould and chill.

## **Banana Snow**

One tablespoon granulated gelatine, quarter cup cold water, one-third cup boiling water; half cup sugar, two teaspoons lemon juice, two-thirds cup bananas; whip whites of two eggs, soak gelatine in cold water; then stir it into the syrup made of boiling water and sugar, and when partially set add banana pulp and stiffly beaten whites. Beat till quite foamy, then pour into cold moulds.

## **Lemon Jelly**

Yolks of two eggs, one cup white sugar, one cup water, one tablespoon cornstarch, juice and rind of one lemon, beat whites for frosting with half cup sugar. Cook all together on stove five minutes; pour over well beaten yolks; set on ice until cold; then add frosting, and serve.

## **Pineapple Mousse**

Take half a pint cream; whip ; take one cup shredded pineapple or finely cut; put in with cream; whip all together; sweeten to taste; then pack in pail and freeze like the Orange Mousse.

### **Lemon Snowdrift**

One pint boiling water, one cup sugar; dissolve and stir in two tablespoons of cornstarch; beat the whites of three eggs lightly, then stir in gradually as soon as removed from fire; add grated rind and juice of one lemon. Make sauce with yolks of eggs, half cup sugar, one and a half cups milk; flavor with vanilla and cook in double boiler.

### **Russian Sponge**

One box gelatine; cover it with cold water and let stand one hour; beat the yolks of four eggs and one cup white sugar together. Stir in the gelatine and pour all into one quart boiling milk; flavor with vanilla; let it cool and then stir it into the whites of the eggs beaten to a stiff froth; pour into mould; let it stand four hours, when it will be ready for use.

### **Snow Pudding**

One tablespoon gelatine, quarter cup cold water, one cup boiling water, one cup sugar, quarter cup lemon juice, whites of three eggs. Soak gelatine in cold water, dissolve in hot water, add sugar and lemon juice, strain and set aside to cool; when it begins to set beat till frothy, fold in beaten whites, pour in mould, and serve with custard. Both should be thoroughly chilled.

### **Marble Mousse**

Whip half a pint of cream; flavor with vanilla and sweeten to taste. Divide into two parts; in one part put a tablespoon of unsweetened chocolate or cocoa, dissolving it in hot water and then letting it cool; then put in a spoon of the chocolate part, then spoon of the white part and so on alternately until you have it all put in tin can or mould. Freeze as for above.

### **Cold Peach Pudding**

Boil one cupful of rice in water, to which add half a teaspoon salt and juice of one lemon; when tender, press rice through a colander. To this puree add half a cup sugar, one pint fresh peach pulp, half teaspoon almond extract, one teaspoonful butter, one-half cup cream; place on stove to become hot; then pack into a buttered mould and set on ice to chill. Serve with whipped cream.

### Fruit Sponge

Cut into bits pineapple, oranges and walnuts and marshmallows. Then stir into whipped cream that has been put in refrigerator and made quite cold. The mixture is turned into small tumblers. As an addition, a macaroon or candied cherry or peach may be used.

### Orange Mousse

Six oranges, juice of one lemon; sweeten to taste (about half cup sugar); whip half a pint of cream stiff and sweeten a little; then put juice in bottom of pail and cream on top. Pack in ice with rock salt and leave at least six hours.

### Apples in Cream

Pare and core one dozen apples. Make a syrup with one cup of sugar and one cup of water; cook the apples in this till transparent. When cold arrange in a glass dish, and pour over them a custard made as follows: Two cups of cream, three eggs, and one-half cup of sugar. When cold pour over the apples.

### Italian Cream

Soak half a box of gelatine in half a cup of cold water an hour; heat one pint of milk in a double boiler; beat the yolks of two eggs; add half a cup of sugar to them; pour a little of the hot milk over this; then pour all back into the double boiler; stir until creamy; add the gelatine; stir one minute and pour into a bowl to cool; when cool add the whites of two eggs and one teaspoon of vanilla extract; turn into melon; serve cold with cream.

### Spanish Sponge

Put half a box of gelatine in one cup of milk to soak. Put another cup of milk on the stove and when hot stir in five tablespoons of sugar, the soaked gelatine and the beaten yolks of two eggs. As soon as it becomes thick, take off and stir in the whites of the eggs beaten to a stiff froth, and a teaspoon of vanilla. Put into a mould, serve with cream and sugar.

### Spanish Snow

One-third box gelatine (one tablespoon), one pint milk, two eggs, half cup sugar, vanilla. Heat milk and gelatine, add yolks beaten with sugar. Cook till mixture coats the spoon. Fold in whites and vanilla. Serve cold.

### Canary Cream

One ounce gelatine, one cup cold water, one and three-quarters cup boiling water, one cup sugar, juice of two lemons, small piece of cinnamon, yolks of two eggs; soak gelatine in cold water; cook sugar in boiling water three minutes; pour over gelatine, add juice of lemons and yolks of eggs, strain. Serve cold.

### Orange Cream

One and one-third tablespoons gelatine, one-third cup cold water, one-third cup boiling water, whites of three eggs, one cup sugar, three tablespoons lemon juice, one cup orange juice, two cups cream. Dissolve gelatine, strain, add sugar, lemon, orange; chill. When thick beat till frothy, fold in cream stiffly beaten and whites of eggs.

### Macaroon Cream

One tablespoon gelatine, quarter cup cold water, two cups hot water, one teaspoon vanilla, three eggs, one-third cup sugar, two-thirds cup macaroon crumbs, one-eighth teaspoon salt; soak gelatine, make a custard of milk, yolks of eggs, sugar and salt. Add gelatine and strain, add macaroons and flavoring, stir occasionally till it begins to set, beat in the whites, and mould.

### Coffee Sniffle

Mix one and a half cups of coffee infusion and half cup of milk with one-third cup of sugar. Add one tablespoon gelatine softened in a little cold water; heat in double boiler; mix three yolks slightly beaten with one-third cup of sugar and one-eighth teaspoon salt; add gradually coffee and mixture, and cook until thickened; add the stiffly beaten whites of three eggs and half a teaspoon vanilla. Beat thoroughly, mould and chill.

### Lemon Jelly

One box of gelatine, four lemons, one and a half pints of sugar; pour one pint of water cold over the gelatine, and let it stand one hour; then add the juice of the lemons and sugar; pour over the whole one quart of boiling water. Let it come to a boil and strain. To be served with boiled custards.



### Snow Custard

Pour over one-half box gelatine a pint boiling water; stir until all is dissolved; add two cups sugar and the juice of two lemons; when nearly cold add whites of three eggs. Beat all thirty minutes; pour in a dish to harden.

### Orange Jelly

One ounce of gelatine dissolved in one pint of hot water; when cold, add the juice of six oranges and two lemons; strain the whole through a sieve, and let it partially harden; then beat up the whites of two eggs, add them to the mixture, and beat the whole until stiff. Put them in a mould.

### Wine Jelly No. 1

To one package gelatine add one pint of cold water, the juice and grated rind of two lemons, one pounded nutmeg, and two or three sticks of cinnamon. Allow this to stand one hour, then add a quart of boiling water, one pint of wine (sherry is much the best), one wine glass of brandy, two pounds of white sugar. When all is dissolved, strain through a flannel jelly bag.

### Wine Jelly No. 2

One third of a package of gelatine dissolved in a little cold water; to this add a pint of hot water, and let it come to a boil; then put in two cups sugar, half cup wine or boiled cider, and nearly one tablespoon of lemon. Let it cool until the next day.

### Currant Jelly

Press all the juice from the currants and strain it. Measure it and for each pint take one pound of sugar. Put the sugar in the preserving kettle, with a little water, and boil it until the water is all boiled out, then pour the currant juice into it, and boil from twenty minutes to half an hour. Take off the scum that rises on it as it boils.

### Apple Snow

Take eight medium-sized apples and prepare as for sauce; run through a sieve and let stand until cold; sweeten. Take one pint of cream and whip to a froth, and sweeten; whip the apples into the cream and set on the ice until very cold.

### Gooseberry Fool

Stew one quart gooseberries, sweeten to taste; when cold, place in glass dish and cover with whipped cream that has been sweetened.

### Coffee Blanc Mange

Soak one-half box of gelatine in one-half cup of cold water for half an hour, then pour on one cup of boiling hot strong coffee and one cup of sugar and strain into a bowl. Stir until it begins to grow quite thick then fold in one pint of cream that has been beaten light. Let it cool in small moulds. A little thin cream may be served with it.—B. A.

### Royal Cream

Dissolve one-third box gelatine in one-quarter cup of cold milk, pour on three and three-quarters cups of hot milk, add the well-beaten yolks of three eggs and one-half cup of sugar. Cook over hot water until the mixture thickens. Take the cream from the fire and add at once the stiffly beaten whites of three eggs and a teaspoon of vanilla flavoring. Pour into moulds and set in a cold place to become firm. Do not turn out of the mould until ready to serve. The cream will cook in three layers, one clear, a second custard and the third nearly white. This is as small a number of eggs as can be used in making a moulded cream, and if possible use flour.—B. A.

### Coffee Charlotte Baskets

Bake sponge cake in buttered gem pans, remove centres and fill with coffee cream, garnished with whipped cream, sweetened and flavored with brandy and vanilla. Strips of angelica represent handles. For the coffee cream, scald one and one-half cups milk, with two and a half tablespoons ground coffee. Mix one-half cup sugar, one-quarter cup flour and little salt. Pour on gradually the scalded milk (which has been strained), add yolks two eggs slightly beaten and cook fifteen minutes. Cool, flavor with vanilla and add one-half cup English walnut meats broken into pieces. The whites of eggs may be saved for cake.—B. A.

### Moulded Cranberry Jelly

Cook one quart of cranberries and one cup water ten minutes, add two cups sugar and cook ten minutes longer; rub through a strainer into china mould; when cold turn out on plate.

### Bavarian Cream

One quart of strawberries, one quart of cream, one large cupful of sugar, half a cupful of boiling water, half a cupful of cold water. Soak as much gelatine in the cold water as it will take up for two hours. Mash the berries and sugar together and let them stand one hour. Whip the cream to a froth. Strain the juice from the berries, pressing through as much as possible without the seeds. Pour the hot water on the gelatine, and when dissolved strain it into the strawberry juice. Place the basin (which should be tin) in a pan of ice water and beat until the cream begins to thicken. When as thick as soft custard stir in the whipped cream, and when it is well mixed turn into the mould (it will make nearly two quarts), and set away to harden.—B. A.

### Floating Island

One quart milk, five eggs and five tablespoons sugar, scald the milk, then add the beaten yolks, first stirring into them a little of the scalded milk to prevent curdling; stir constantly until of the right consistency; when cool, flavor with vanilla; let get very cold and before serving, beat up the whites of the eggs to a stiff froth. Stir into them a little fine sugar; place them on a custard in small islands with a tiny bit of currant jelly on each.

### Banana Whip

One package Knox's gelatine, four scant cups boiling water, half a cup sugar, half teaspoon vanilla extract, white of one egg, four bananas. Moisten gelatine with a little cold water, add to boiling water, stir well, add sugar and flavoring. Let stand till cool, but not hardened, then beat with egg beater till frothy. Beat white of egg till stiff, then bananas till creamy, add bananas to gelatine, beat till thoroughly mixed, then fold in lightly the white of egg. Pour into serving dish and set away to harden.

### Spanish Cream

Here is a recipe for Spanish Cream. Stir two envelopes of Knox's gelatine into three cups milk. Beat yolks of four eggs with half a cup sugar; add to milk and gelatine and place over fire in double boiler; stir until it thickens a little; beat whites of the four eggs to a stiff froth; take two tablespoons sugar and stir into boiling custard until cooked thoroughly; add pinch of salt and flavoring. If Coffee Spanish Cream is wanted, use one cup strong coffee and three cups milk. As you will see, this can be easily halved for a small family.

### **Raspberry or Strawberry Whip**

One and one-quarter cup berries, one cup powdered sugar, white one egg. Put ingredients in bowl and beat with wire whisk until stiff enough to hold in shape. About thirty minutes will be required for beating. Pile lightly on dish, chill, surround with lady fingers and serve with boiled custard.

### **Boiled Rice with Raisins**

Wash rice and put in salted water. Pick over and wash a few raisins and put in. Boil slow till it is well cooked. Serve with milk and sugar.

### **Chilled Rice Poppo**

One cupful of rice; add to it one quart of milk; one cupful of granulated sugar, one teaspoon of cornstarch and butter the size of a walnut; mix the cornstarch with a little milk to dissolve it before adding to the other ingredients; add flavoring and bake one and one-half hours, stirring occasionally until it thickens. Then let it brown, take from the oven and allow to cool. Remove the brown skin and lay over the top a few preserved or canned cherries. Beat the whites of three eggs to a stiff froth; spread this over the fruit, dropping from a spoon to make as irregular as possible. Sprinkle with sugar, set in oven to brown. Serve with lemon or cream sauce or whipped cream.

### **Stuffed Prunes**

Soak prunes in cold water for about five or six hours and then steam them until tender; cut an opening on one side of each prune and remove stones for filling; use cream cheese mixed with chopped nuts or cloves, finely minced celery and apples. Salad dressing is also excellent. Stewed figs mixed same way make a dainty filling.

### **Baked Apples**

Cut a small cavity in the top of an apple; put in a little sugar, a little nutmeg or lemon juice if preferred; place in a baking dish and bake until tender but not broken; remove to a serving dish, fill centre with jelly or marmalade, and pour the liquor from the baking dish over them. Make a meringue with the whites of two eggs and four tablespoons sugar; flavor with lemon and vanilla. Press the meringue on the tops of the apple, or drop from spoon. Bake in a moderate oven about five minutes and cover with jelly.

### **Snow Pudding with Preserved Strawberries**

Make a snow pudding with the whites of three eggs, one quart of sweet milk, a little salt, two tablespoons of cornstarch. Cook until like thick custard and then pour into moulds and stand in a cool place to harden. With the yolks of the eggs, one pint of milk, one and one-half tablespoons of cornstarch, one-half cup of sugar (three-quarters if you like things sweet), a pinch of salt and a few drops of vanilla, make a custard sauce. Put in a cold place. When ready to serve place each mould of pudding in an individual glass dish (punch cups are pretty), pour some of the custard over and last of all a large tablespoon of preserved strawberries. Juice and all should be poured over the top of both custard and pudding. Serve with a rich unfrosted cake.

### **Fig Compote**

One pound figs, cover with one pint cold water; soak five or six hours; then add two bay leaves and cook for one hour; strain gently, boil syrup down to one cup, and pour over figs; serve cold with sweetened whipped cream.

### **Chilled Rice Meringue**

One cup boiled rice, one pint milk, two eggs, one cup sugar, one lemon; boil the milk, stir in the rice, yolks of the eggs and sugar; cook thick as a soft custard; take from fire, grate in rind of lemon; pour in buttered dish; beat whites of eggs, add lemon juice and a little sugar; pour over pudding, and brown. This is delicious.

### **Italian Cream**

Half package gelatine, one quart milk, three eggs, one cup sugar. Dissolve the gelatine in water. Beat yolks of the eggs and sugar together, then add the milk and gelatine. Put on the stove, and let remain until nearly boiling, then pour into the mould. When cool, add the whites beaten to a stiff froth, and flavor.

### **Spanish Cream**

Dissolve third of a box of gelatine in three-fourths of a quart of milk for one hour, then put on the stove, and when boiling hot stir in the yolks of three eggs beaten with three-fourths cup sugar; when it is boiling hot remove from the fire and stir in the whites of three eggs well beaten. Flavor to taste. Pour into moulds.

### **Snow Pudding**

Half an ounce, or third of a box, of gelatine dissolved in one pint boiling water, with the juice of two lemons. Add one cup sugar. Let it cool. Take the whites of two eggs, and heat to a stiff froth with a very little sugar; beat this with the gelatine until all is white, and put into a mould. Scald one pint of milk, add the yolks of three eggs, one cup sugar, one teaspoon cornstarch. Flavor with vanilla. When cool, put the snow in a glass dish, and pour the custard around it.

### **Velvet Cream**

Dissolve one ounce gelatine in a tumbler of wine. Add the juice and peel of one lemon, sugar to one quart cream. Put into a mould to cool.

### **Charlotte Russe**

Add one quart boiling milk to six eggs well beaten, one coffee cup sugar, a bit of salt; flavor to suit the taste with vanilla and brandy, add one box gelatine dissolved in a pint of water. Set away to cool, and when it has thickened, add one pint of cream well beaten to a light froth. The gelatine must be warmed when added to the custard. Line the mould with thin pieces of sponge cake; fill and put in a cool place.

### **A Dish of Snow**

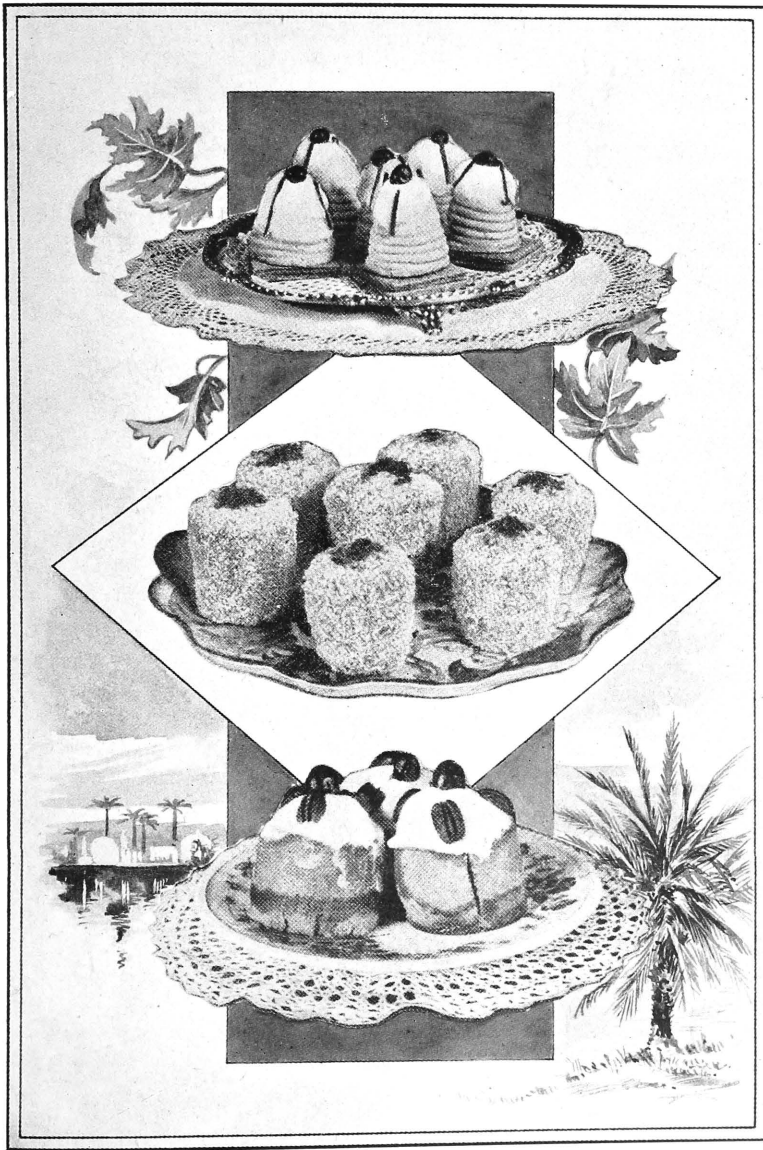
Select very juicy apples, pare and core them, stew them in clear water until soft, strain through a sieve, sweeten to taste with powdered sugar; spread this, when cold, in a deep glass dish. To every apple allow the white of one egg, beat the whites, with one tablespoon powdered sugar to one egg, to a stiff froth, and pour it over the apples.

### **Frosted Custards**

Six eggs, one quart milk; save the whites of three eggs and beat to a froth; add three tablespoons sugar. Flavor.

### **Fruit Juice**

Juice of three lemons, one quart boiling water, one quart sugar, half pint fruit of any kind—pineapple, peaches, etc. Let it stand until cold; then freeze it.







# SMALL AFTERNOON CAKES

## Nut Jumbles

Three-quarters cup butter, one cup sugar, two eggs, two cups flour, one teaspoon baking powder, half cup chopped almonds or cocoanut, cream butter and sugar; add eggs, flour and nuts; drop in teaspoons on greased pans.

## Cocoanut Drops

One-half pound fruit sugar, white of one egg, cocoanut enough to make stiff.

## Drop Cakes

One pound of butter, one of sugar, one of flour, one of currants, two eggs; beat eggs and mix with currants; add them to the mixture last; wine glass of brandy or whiskey; bake in small drops.

## Cocoanut Rocks

Two eggs, one cup sugar, half cup butter, one teaspoon baking powder, two cups flour, a little salt.

## Macaroons

One-half pound sugar, one pound almond paste, rub together while dry till very fine; then work to a soft paste that will drop easily with whites of eggs (about eight or nine eggs for above quantities; if too much, divide proportionately). Be careful not to drop any of the yolk into the mixture, as it will spoil it; bake in moderate oven. Drop on paper and bake in pans.

## Hermits

Two eggs, one and a half cups sugar, three-quarters cup butter, one teaspoon soda dissolved in quarter cup sour milk, half a cup each of raisins and currants, four cups flour, or little less, half a cup walnuts, half a teaspoon allspice, half a teaspoon cinnamon, half a nutmeg. Drop on buttered tins and bake.

## Cocoanut Macaroons

One-half pound package of cocoanut, half a pound fruit sugar, whites of two eggs.

### **Sand Snaps**

Beat half a pound of butter to a cream; add gradually one pound of sugar and the yolks of two eggs. Beat five minutes, then stir in the whites, well beaten; add gently sufficient flour to make a hard dough; knead lightly until smooth; roll out in a very thin sheet; cut with a round cutter and bake in a slow oven for ten minutes to a golden brown.

### **Brandy Snaps**

One and three-quarters pounds of flour, half a pound good butter, one pound of brown sugar, one pound syrup, one ounce of ginger, one teaspoon salt (level; put sugar and syrup together; let warm on stove, rub butter and sugar together.

### **Nut Rocks**

Four cups flour; sift in three heaping teaspoons baking powder, half a teaspoon salt, three eggs, one tablespoon cream, a generous cup butter, one and a half cups sugar, one heaping cup walnuts.

WHITE ICING—Five tablespoons milk to one cup granulated sugar; stir until it boils and then stir until creamy.

### **Collingwood Cookies**

One and a half cups brown sugar, one cup butter, two eggs, one cup currants, one small teaspoon baking soda, cinnamon, cloves, nutmeg to taste.

### **Short Bread**

One pound of flour, ten ounces butter and lard, quarter pound brown sugar, one egg; mix all together on board till firm enough to roll; then cut in squares and bake in moderate oven.

### **Buttermilk Cake**

One and a half cups sugar, half cup butter, three eggs, half cup buttermilk, two cups flour, half a teaspoon soda, one teaspoon cream tartar.

### **Ginger Snaps**

One-half cup butter, one cup sugar, one cup molasses, one teaspoon ginger, two teaspoons baking powder, flour enough to make stiff to roll.

### Cinnamon Rolls

One-half cup butter, one-half cup lard, one tablespoon sugar, white of an egg beaten to a stiff froth, one teaspoon baking powder, two-thirds cup milk, flour enough to mix quite stiff. Roll thin and cut in pieces four inches long and two and a half inches wide; wet with milk and sprinkle with sugar and cinnamon through the centre. Roll and bake in quick oven.

### Hermits

One and a half cups sugar, half cup butter, one egg, two-thirds cup sweet milk, two thirds cup chopped raisins or currants, two teaspoons baking powder, saltspoon each of cinnamon, cloves, nutmeg and allspice; flour enough to roll.

### Jumbles

Four eggs, two cups sugar, one cup butter, one cup sweet milk, one cup of raisins or walnuts chopped fine, two teaspoons baking powder, three cups flour. Beat butter and sugar with the hand to a cream, then add the rest. Bake in tins one inch deep. When first taken from the oven, grate nutmeg over the top and sprinkle on sugar.

### Jumbles

One cup sugar, half a cup of butter, beaten together, one egg, quarter cup milk, one pint flour, two rounding teaspoons baking powder, flavor with lemon or vanilla; cut in little strips; roll in sugar; bake in quick oven.

### Lady Fingers

One cup sugar and half a cup of butter beaten together, one egg, quarter cup of milk, one pint flour, two teaspoons baking powder; flavor with vanilla. Cut in little strips, roll in sugar and bake in quick oven.

### Sand Tarts

One cup butter, one and a half cups sugar, three eggs, whites and yolks beaten separately, one tablespoon water, half teaspoon baking powder mixed in enough flour to make stiff enough to roll. Roll out thin, cut in squares, sprinkle sugar and cinnamon on top and bake.

### Crumpets

One egg, one cup white sugar, one cup butter, one cup chopped raisins, two teaspoons baking powder.

### Spice Drop Cakes

Yolks of three eggs, half cup shortening, one cup molasses, half cup sweet milk, three cups flour, three teaspoons baking powder; spice with nutmeg, cinnamon, cloves and flavor with vanilla. Drop on buttered paper on tins and bake very quickly.

### Cocoanut Cookies

One cup sugar, one-half cup butter, three eggs, one-quarter cup milk, one cup cocoanut, one heaping teaspoon baking powder, flour enough to roll and cut nicely; add cocoanut last; flavor with vanilla and lemon after being rolled to cut, shake a little sugar over them.

### Cream Puffs

Allow one cup of water and half a cup of butter to come to a boil together; then stir in a cup of flour and remove the mixture from the stove; set aside to cool and when cold stir in three eggs and stir till the batter is smooth; drop in spoonfuls on a greased pan some distance apart. Bake in a hot pan for twenty-five minutes. Do not open the oven door after they go in till they are almost done or they will fall.

CREAM.—Bring one and a half cups milk to a boil, then add one teaspoon corn starch blended with a little cold milk, then add two eggs beaten with sugar to taste; boil five minutes and add any desired flavoring; when cool, fill the puffs with it.

### Triscuits

Two and a half cups Tillsons oats, two teaspoon baking powder, yolks of two eggs, one cup sugar, one tablespoon melted butter, vanilla, whites of two eggs well beaten; mix well together and bake.

### Nut Wafers

One half tablespoon butter, one tablespoon sugar, two eggs, quarter tablespoon flour, half tablespoon milk, a few drops essence of any kind, two tablespoons finely chopped nuts.

**Charlotte Russe**

One tablespoon gelatine, one pint whipping cream, one tablespoon fruit sugar; melt gelatine in milk and flavor with vanilla.

**Small Mocha Cakes**

Make a plain cake, using not more than the size of an egg or less of butter; bake in a shallow pan.

ICING—Two cups icing sugar, half cup butter, five table-spoons milk, half or three-quarters pound almonds; cream sugar and butter together; then add milk, stir, put in a double boiler and leave on stove until all melts; blanch the almonds, put them in an oven and leave until they are a dark brown and dry; use neither butter nor salt; when cold crush nuts with rolling pin; put a square of cake on a fork; dip into the warm liquid in double boiler; then roll in the crushed nuts.—Mr. J. R. Skinner.

**Lady Fingers**

One egg, one cup sugar, half cup butter, quarter cup sweet milk; two teaspoons baking powder, one teaspoon vanilla. Roll strips in sugar and bake.

**Hermits**

One and a half cups brown sugar, one cup melted butter, three eggs, beaten light, one teaspoon soda dissolved in three teaspoons boiling water, two and a half cups flour, one teaspoon allspice, one of cinnamon, one cup raisins, one of chopped walnuts; bake in sheet pans, dropping only a teaspoon of dough in dots in the pan.

**Oatmeal Macaroons**

One tablespoon butter, one cup sugar, two eggs, two and a half cups rolled oats, two teaspoons baking powder, half a teaspoon salt, one teaspoon flavoring; bake in a very hot oven.

**Belfast Cakes**

One cup butter, one cup sugar, one egg, one cup sour milk, one teaspoon baking soda, half teaspoon cinnamon or nutmeg, pinch of salt; one cup seeded raisins; thicken with Graham flour about ordinary consistency of drop cakes, and bake in small tins.

### Vanilla Wafers

One-third cup of butter, or butter and lard mixed, one cup of sugar, one egg, quarter cup milk, two teaspoons vanilla, two cups flour, two teaspoons baking powder, half a teaspoon salt. Place together on a buttered tin and bake in a moderate oven.

### Oatmeal Macaroons

One-quarter pound castor sugar, one egg, half pound cocoanut.

### Fruit Jumbles

One and a half cups brown sugar, butter size of an egg, three eggs, one teaspoon vanilla, one pound chopped dates, one cup chopped walnuts, one small teaspoon soda sifted in with flour, three cups flour; drop with teaspoon; do not grease pans.

### Ginger Snaps

Three-quarters cup of granulated sugar, half cup light brown sugar, quarter pound butter, one egg, half cup molasses, one-eighth cup cold water, three-quarters teaspoon vanilla, one teaspoon ginger, one teaspoon baking powder, quarter teaspoon salt, one cup flour, half teaspoon baking soda; drop on a buttered pan and cook in a quick oven.

### Cocoanut Balls

Whites of three eggs beaten stiff; into the whites beat two cups granulated sugar, put in double boiler and cook fifteen minutes. Then add ten cents worth of shredded cocoanut, form in little balls and bake till nice brown. Flavor with vanilla or add nuts in place of part of the cocoanut.

### Hermits

One cup sugar, one cup butter, two eggs, four tablespoons buttermilk, one teaspoon soda, one cup raisins, one cup chopped walnuts, two cups flour, two cups oatmeal; drop small teaspoonfuls on pan, and bake slowly.

### Rock Cakes

One cup granulated sugar, one tablespoon lard, two cups currants, two teaspoons baking powder, one tablespoon butter, two eggs, two cups flour. Drop from spoon on greased pan.

### **Brownies**

Half a pound of dates cooked in sugar and water, one cup brown sugar, half cup shortening, one egg, one large tablespoon sour milk, half teaspoon cinnamon, one and a quarter cups Graham flour, one and a quarter cups white flour, half teaspoon soda. Roll and cut as for cookies, place a little of the date mixture in the centre and lap over, pressing the edges together.

### **Lemon Biscuit**

One egg, half cup lard or butter, one and a quarter cups white sugar, one cup of sweet milk, a pinch of salt, two and a half cents' worth baking ammonia, two and a half cents' worth of oil of lemon, flour to stiffen. Roll thin and cut in squares.

### **Date Cakes**

Two cups brown sugar, one cup butter and lard mixed, one cup sour milk, one teaspoon baking soda dissolved in hot water, half pound walnuts, one pound dates, three and a half cups flour, two eggs, a pinch of salt.

### **Nut Drop Cakes**

One cup brown sugar, one cup butter, one cup chopped raisins, half teaspoon soda, one cup chopped walnuts, two eggs, one and a quarter cups flour, mixed spices to taste. Cream butter and sugar. Stir in the well beaten eggs. Mix the raisins, nuts and spices with the flour and add to the other mixture with the soda dissolved in a little warm water. Beat well and drop in teaspoon onto a buttered baking sheet about one inch apart.

### **Cocoanut Drops**

Break a cocoanut in pieces, and lay it in cold water, then cut off the dark rind, and grate the white meat on a coarse grater; put the whites of four eggs with half a pound of powdered sugar; beat it until it is light and white, then add to it a teaspoon of lemon extract, and gradually as much grated cocoanut as will make it as thick as can be stirred easily with a spoon; lay it in heaps the size of a large nutmeg on sheets of white paper, place them the distance of half an inch apart; when the paper is full, lay it on a baking-tin, set them in a quick oven; when they begin to look yellowish, they are done; let them remain on the paper until nearly cold, then take them off with a thin-bladed knife.

### Chocolate Macaroons

Put three ounces of plain chocolate in a pan and melt on a slow fire; then work it to a thick paste with one pound of powdered sugar and the whites of three eggs; roll the mixture down to the thickness of about quarter of an inch; cut it in small, round pieces with a paste-cutter, either plain or scalloped; butter a pan slightly, and dust it with flour and sugar in equal quantities; place in it the pieces of paste or mixture, and bake in a hot but not quick oven.

### Citron Heart Cakes

Beat half a pound of butter to a cream, take six eggs, beat the whites to a froth, and the yolks with half a pound of sugar, and rather more than half a pound of sifted flour, beat these well together, add a wineglass of brandy, and quarter of a pound of citron cut in thin slips, bake it in small heart-shaped tins, or a square baking tin, line tin with well buttered paper; bake in quick oven but do not burn. These are delicious cakes. Shredded almonds may be used instead of citron.

### Small Sponge Cakes

The weight of five eggs in flour, the weight of eight in pound-loaf sugar; flavor to taste. Let the flour be perfectly dry, and the sugar well pounded and sifted. Separate the whites from the yolks of the eggs, and beat the latter up with the sugar; then whisk the whites until they become rather stiff, and mix them with the yolks, but do not stir them more than is just necessary to mingle the ingredients well together. Dredge in the flour by degrees, add the flavoring; butter the tins well, pour in the batter, sift a little sugar over the cakes, and bake them in rather a quick oven, but do not allow them to take too much color, as they should be rather pale. Remove them from the tins before they get cold, and turn them on their faces, where let them remain until quite cold, then store away in closed tin canister or wide-mouthed glass bottle.

### Cocoanut Macaroons

Whites of three eggs well beaten, add one cup of granulated sugar, and put on top of teakettle until dissolved; remove and add three cups shredded cocoanut, one tablespoon of cornstarch and a teaspoon vanilla. Mix well and drop on well buttered tin. Bake in moderate oven until brown.



### **Fruit Jumbles**

One and three-quarters cups sugar, one cup butter, three eggs, three cups flour, vanilla, one cup chopped date, one cup chopped walnuts, one cup chopped raisins one teaspoon soda in hot water. Drop in greased tins and bake.

### **Lady Fingers**

One egg, one cup granulated sugar, half a cup butter, quarter cup of milk, one pint flour, two teaspoons baking powder, one teaspoon vanilla; beat butter, eggs and sugar together until very light. Add vanilla and milk last, baking powder and flour sifted together. Cut in little strips, roll in sugar and bake in quick oven, using hands to roll instead of pin.

### **Cocoanut Macaroons**

One and a half cups cocoanut, one cup white sugar, whites of two eggs beaten stiff. Mix well and set in hot water to warm for five minutes. Add two teaspoons of cornstarch, a pinch of salt and mix well. Drop on buttered pans and bake in a slow oven for fifteen minutes. This quantity makes about four dozen.

### **Little Rock Cakes**

Put one cup of flour into mixing bowl, add a pinch of salt and 1 tablespoon baking powder, then rub in quarter pound butter or lard, and quarter pound sultana raisins and small quantity of candied peel and quarter pound powdered (or brown) sugar. Beat an egg until it is frothy; then add it gradually to dry ingredients, and work mixture to smooth and fairly stiff paste, adding sufficient cold milk to bring to right consistency. Take up small portions at a time and drop them into little heaps on a floured tin, using a fork to give necessary rough appearance, and bake in a quick oven. If oven is not hot enough mixture will run and spoil the appearance of the cakes.

### **Cocoanut Cookies**

One cup and a half of sugar, one cup of lard or drippings, one teaspoonful salt, one cup of either sweet or sour milk (sour is the best), half teaspoon of soda dissolved in same, flour to mix stiff. You may flavor it to suit your fancy with either lemon, vanilla or sometimes I add cocoanut. Add before putting in flour.

### **Cream Cake Shells**

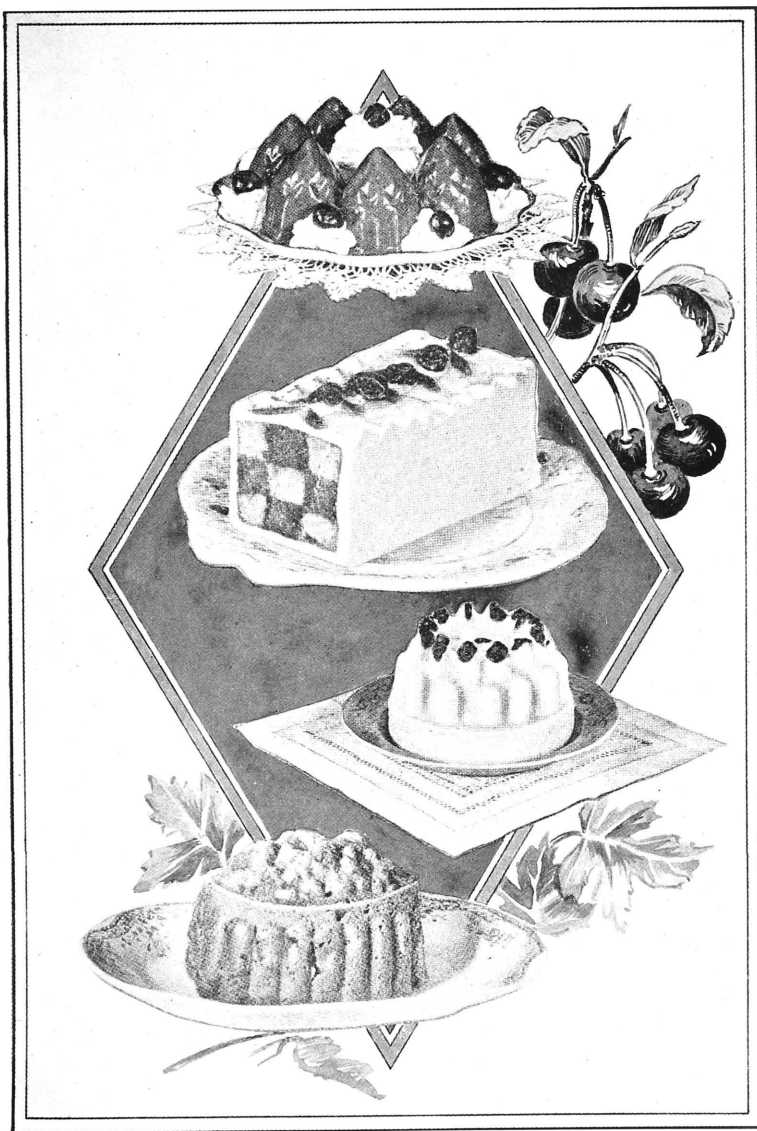
One cup cold water, half cup butter. Let come to a boil and stir in one heaping cup flour. When cold add three eggs, one at a time. Beat thoroughly. Bake in a quick oven twenty minutes.

### **Kisses**

Whites of two eggs beaten until they stand up, one cup white sugar, one tablespoon corn starch, set in a pan of boiling water, cook until corn starch is done, then add cocoanut until stiff. Drop on buttered paper.

### **Hermits**

One pound raisins seeded and chopped, two cups light brown sugar, one heaping cup butter and lard mixed, three tablespoonsful milk, three eggs, one teaspoonful soda dissolved in tablespoon boiling water, half grated nutmeg, half teaspoonful salt, enough Rainbow flour to make a soft dough (generally about three cups). Roll and cut out, bake in quick oven, wash off with sweet milk before cooking.





# CAKES, FROSTINGS AND ICINGS

## Cakes

"She measured out the butter with a very solemn air;  
The milk and sugar also, and she took the greatest care  
To count the eggs correctly and add a little bit  
Of baking powder, which, you know, beginners oft omit.  
Then she stirred it all together and she baked it full an hour,  
But she never quite forgave herself for leaving out the flour."

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In making cake it is a mistake to expect good results if the flour or any other important ingredients is left out, and it is equally true that it is a folly to expect good results unless good materials are used. If the eggs are old and poor, the cake will suffer in consequence of it; if the baking powder, spices or flavoring extracts are not of the best quality, the cake will be flat and tasteless.

It is a well-known fact that spices are more commonly adulterated than almost any other articles used in the kitchen, and only by insisting upon having spices in sealed packages can the cook be sure of obtaining the absolutely pure. Bulk spices should always be avoided for even when pure they quickly lose the strength when exposed to the air, and they are not so clean and convenient as the neat attractive foil packages or tin cans; then again when you buy bulk spices you never know whether you are getting good, indifferent, or bad spices, but when you buy in packages you get the best and of uniform excellence. Cake should be mixed in an earthen bowl with a wooden or silver spoon. Fine granulated or powdered sugar should be used and pastry flour; where the latter is used a little less quantity is required.

In every case sift the flour thoroughly before measuring and carefully mix the baking powder and spices with it, sifting them thoroughly through it. The oven should be just right before you begin to mix your cake and should be hotter for a thin cake than a thick one. The cake should be baked as soon as mixed.

"With weight and measure just and true,  
Oven of even heat  
Well-buttered tins and quiet nerves,  
Success will be complete."

### Wedding Cake Mixture

One pound of butter, one of sugar, one of flour, three of currants, two and a half of raisins, one citron, nine eggs, five drops oil of almond dropped on sugar; spice enough to taste. Bake in a slow oven.—Mrs. H. C. Tomlin.

### Christmas Cake.

One pound butter, one pound sugar, one pound almond nuts, two pounds of currants, two pounds of raisins, one pound flour; flour the fruit with the one pound of flour; one dozen of eggs, one-quarter pound of lemon peel, one-quarter pound of citron peel, one-quarter pound orange peel, two of liquid consisting of one glass of sherry, and one glass of brandy, one nutmeg and a dessertspoon of mixed spices. Bake three hours in a slow oven.—Mrs. Johnson.

### Jersey Lily Cake

Whites of four eggs, beaten stiff; one cup white sugar; half a cup sweet milk, half a cup butter, beaten to a cream with the sugar, one and three-quarters cups sifted flour, one teaspoon baking powder; one teaspoon vanilla. Put in half the batter in a long tin, then a layer of raisins chopped and floured and half a cup chopped walnuts, then the rest of the batter.

### Rolly Jelly Cake

One cup sugar, one cup flour, three eggs, one teaspoon baking powder.

### Feather Cake

One cup sugar, one tablespoon butter, one egg, half cup milk, two teaspoons baking powder; bake in layers, ice.

### Fruit Cake

One cup butter, one and a quarter cup sugar, one pound raisins, one and a half pounds currants, one cup molasses, half a cup sour milk, one teaspoon baking soda, one teaspoon each of cloves, mace, carraway seed, cinnamon, allspice and nutmeg.

### White Cake

One cup sugar, half a cup butter, half a cup sweet milk, whites of five eggs or two whole eggs, two cups flour, two table-spoons baking powder, flavoring.

### **Brown George Cake**

Two eggs, one cup sugar, half a cup cream, one teaspoon baking soda, one cup molasses, two and a half cups flour, cinnamon, cloves, salt.

### **Spanish Bun**

One egg and the yolks of three eggs, three-quarters cup butter, two cups sugar, one cup sweet milk, two cups flour, two teaspoons cinnamon, three teaspoons baking powder. Bake long time.

### **Spanish Bun**

Three-quarters cup melted butter, two cups brown sugar, four eggs, one cup milk, two cups flour, one dessertspoon nutmeg, one dessertspoon allspice, two dessertspoons cinnamon, one teaspoon baking soda, two of cream tartar; bake in three layers; put together with a fig filling.

### **Eggless Cake**

One cup sugar, half cup butter, two cups flour, one cup sour milk, one cup raisins, one cup currants, one teaspoon of soda, one teaspoon cloves, one teaspoon cinnamon, half a nutmeg.

### **White Loaf Cake**

Whites of six eggs, two cups sugar, one cup sweet milk, three and a half cups flour, three-quarters cup butter, two teaspoons baking powder, pineapple or any other flavoring.

### **Devil's Food**

Two cups light brown sugar, half cup of butter, half a cup sour milk with level teaspoon of soda dissolved in it, two eggs, two-thirds cup grated chocolate dissolved in half a cup cold water, one teaspoon vanilla, two and a half cups flour.

FILLING.—One cup sugar, one cup sweet milk; flavor with vanilla.

### **Dark Cake**

One cup brown sugar, half cup butter, two eggs, one tablespoon molasses half a cup sour milk, one and a half cups flour, half a teaspoon baking soda, one teaspoon cloves, one and a half teaspoons cinnamon.

FILLING.—One egg, one and a half cups sugar, one lemon.

### **Yellow Cake**

One cup white sugar, half a cup milk, half a cup butter, two teaspoons baking powder, two cups flour, two eggs and one teaspoon vanilla.

FROSTING.—One large cup sugar, three-quarters cup boiling water, two tablespoons chocolate, one teaspoon butter, one teaspoon vanilla; stir chocolate in a little cold water before adding to hot water.

### **Orange Cake**

One quarter cup butter, one cup sugar, two eggs, half cup milk, one and two-thirds cups flour, one and a half teaspoons baking powder; cream the butter, add sugar gradually, also the eggs, well-beaten, and milk; then add flour, mixed and sifted with the baking powder; bake in a thin sheet, cut in halves, spread one-half with orange filling, and put over the other cover with orange frosting.

### **Chocolate Cake**

One-half cup butter, one and a half cups sugar, half cup milk, two and a quarter cups flour, quarter teaspoon baking soda, three-quarters teaspoon cream of tartar, whites of five eggs, two squares of chocolate.

### **One Egg Cake**

One-quarter cup butter, half cup sugar, one egg, half cup milk, one and a half cups flour, two and a half teaspoons baking powder; cream the butter, add sugar gradually and the eggs well beaten; sift flour and baking powder together, add alternately with first mixture; bake thirty minutes in shallow pan; spread with chocolate frosting.

### **Lilly's Plain Layer Cake**

Three-quarters cup sugar, one tablespoon butter, one egg, three-quarters cup milk, two cups more or less of flour, three teaspoons baking powder; add flavoring and filling.

### **Nut Cake**

Half a cup butter, one and a half scant cups sugar well creamed together, two eggs, three-quarters cup milk, two good cups flour, half cup chopped walnuts.



### Chocolate Cake

Half cup butter, one and a half cups sugar, two eggs, half cup milk, two large tablespoons grated chocolate, two small cups flour, one tablespoon of molasses, half teaspoonful soda. Excellent.

### Coffee Cake

Three eggs, two cups sugar, one cup butter, one cup coffee (steeped), half cup molasses, one teaspoon baking soda; grate some nutmeg with spices, three small cups flour, one small teaspoon each of cinnamon, allspice, and cloves, one cup of raisins. Excellent.

### Sponge Cake

Four eggs, one cup sugar, one cup flour, one teaspoon baking powder, six teaspoons hot water, one teaspoon vanilla; beat sugar and yolks together; sift baking powder in flour, then mix with water, flavor with vanilla; beat whites of eggs separately and put in last. Bake twenty minutes.

### Sponge Cake

Three eggs, half cup butter, one cup sugar, two cups flour, two teaspoons baking powder, one teaspoon milk; beat sugar and butter together, beat eggs and then beat sugar, butter and eggs together; flavor with vanilla; sift baking powder in the flour and then sift in to mixture. Bake twenty minutes.

### Fruit Cake

Three eggs, cup sugar, one cup molasses, half cup butter, one cup currants one cup raisins, one cup sour milk, one teaspoon baking soda, mixed spice, salt, and flour to thicken.

### Marble Cake

WHITE PART—One cup butter, three cups white sugar, five cups flour, half cup sweet milk, half teaspoon baking soda, whites of eight eggs, flavor with lemon.

DARK PART—One cup butter, two cups brown sugar, one cup molasses, one cup sour milk, one teaspoon baking soda, four cups flour, yolks of eight eggs and one whole egg, spice of all sorts; put in pan first a layer of dark, then a layer of white, and so on, finishing with a dark layer. Bake in hot oven.

### Walnut Cake

One-half cup butter, half cup sugar; cream butter and sugar; one and a half cups flour, two teaspoons baking powder, half cup milk, half pound chopped nuts and dredge with flour, two eggs. This same mixture answers for layer cake; omitting nuts.

### Jelly Roll

Whites of four eggs and yolks of three, one cup granulated sugar, one cup Rainbow Flour, one teaspoonsful Baking Powder, three tablespoonful cold water, pinch of salt. Beat whites, add sugar gradually, add yolks well beaten, then water, fold flour in gradually. After baking turn on a wet cloth and roll.

### Sunshine Cake

One-half pint granulated sugar, one-half pint Rainbow Flour, whites of seven eggs, yolks of five eggs, one-half teaspoonful of salt, flavoring to suit. Beat whites stiff, add sugar and beat, then add yolks, then beat until you cannot feel a grain. Fold in flour and bake in ungreased pan forty minutes.

### Frosting

Two eggs, two cups granulated sugar, half pint boiling water. Boil until it strings.

### White Fruit Cake

One cup of butter, two cups of white sugar, one cup of milk, five eggs, five teacups flour, 3 teaspoons baking powder, one pound of seeded raisins, half cup mixed peel, one teaspoon vanilla. Bake in a long pan. Bake slowly for an hour. Will keep moist for weeks.

### Chocolate Cake

Dissolve two ounces of chocolate in five tablespoonfuls of boiling water, cream half cup butter adding gradually one and a half cups of sugar (granulated) add the yolks of four eggs, beat thoroughly, then add the chocolate. One-half cup of cream or milk, one and three-quarter cup Rainbow Flour, two rounding teaspoonsful Baking powder, one teaspoonful vanilla. Beat whites of eggs to a stiff froth then stir them carefully into butter. Bake in loaf or layers.

### Ice Cream Cake

Half cup of butter, one cup powdered sugar, whites of four eggs well beaten, half cup of sweet milk, half cup of corn starch, one cup of flour, two teaspoons baking powder.

### Angel Cake

One cup or one-half pint granulated sugar, one cup Rainbow Flour, one teaspoonful cream tartar, whites of eleven good sized eggs, salt spoon of salt, flavoring to suit. Beat whites of eggs stiff, gradually sift in sugar, beat until you cannot feel a grain, add flavoring, sifted flour and cream tartar folded in (do not beat). Bake in an ungreased tube pan 40 minutes.

### Mock Angel Food Cake

One cup sugar, one cup flour, three teaspoons baking powder, half a teaspoon salt; sift together five times; one cup boiling milk stirred in after sifting; fold in whites of two eggs, beaten stiff; bake in an ungreased tin for twenty minutes in moderate oven.

### Sponge Cake

Four eggs, beaten separately, the weight of four eggs of sugar, the weight of two eggs of flour, flavor with vanilla; mix the yolks and sugar together and add the whites, well beaten; break the cake; do not cut it. Four eggs equal to one and a quarter cup sugar; two eggs equal to three-quarters cup of flour.

### Date Loaf

One egg, three-quarters cup brown sugar, butter size of an egg, one cup sour milk, half a teaspoon baking soda, one and a half cups Graham flour, one cup white flour, one teaspoon salt, three-quarters pound chopped dates. Bake one hour in a slow oven.

### White Cake

Two cups sifted sugar, one cup butter, cream butter and sugar, one cup sweet milk, four eggs beaten stiff, three cups flour, two teaspoons of baking powder; add eggs last.

FROSTING.—Two cups granulated sugar, half a cup cold water; mix, let boil till it drops hard, whites of two eggs beaten stiff; pour on syrup and beat well.

### **Sponge Cake**

Four eggs, one cup sugar, one cup flour; beat eggs well, separately; add half the sugar to each; beat well again separately; then beat together well; stir in flour and add flavoring.

### **Walnut Loaf**

Four cups flour, four teaspoons baking powder, one and a half cups sugar, one teaspoon salt, two eggs, one and three-quarters cups milk, one and a half cups walnuts; leave to rise and bake in a slow oven.

### **Sponge Cake**

Four eggs, one cup sugar, one cup flour; put one teaspoon baking powder in flour; beat eggs separately; add half the sugar to each; beat well again separately, then beat together well; stir in flour, add flavoring. Bake forty minutes.

### **Spiced Layer Cake**

Eight eggs, one cup brown sugar, quarter cup melted butter, quarter cup sour milk, half a teaspoon baking soda, one teaspoon ground cinnamon, one of ground cloves, quarter teaspoon nutmeg, one cup flour, quarter cup syrup, three-quarters cup raisins.

### **Walnut Cake**

Two cups sugar, half a cup butter, four eggs, beaten to a froth one cup sweet milk, two teaspoons baking powder, three cups flour, two cups chopped walnuts (fine); mix butter and sugar together, then milk, flour and nuts, lastly the beaten whites.

### **Date Loaf**

Four cups flour, half cup white sugar, one teaspoon salt, one tablespoon butter; rub butter and sugar together; four teaspoons baking powder, one pound dates, one large cup broken walnuts, one egg, beat light, fill cup with milk, then add half cup of milk.

### **Roll Jelly Cake**

One cup sugar, three eggs, one cup flour, one teaspoon baking powder; bake in a shallow pan; spread with currant jelly and roll while hot.

### Christmas Cake

One pound butter, one pound brown sugar, two pounds raisins, two pounds currants, quarter pound almonds, quarter pound mixed peel, one pound flour, ten eggs, one teaspoon cinnamon, one of cloves, half teaspoon mace, two teaspoons baking powder sifted into the flour, flavor with vanilla or lemon; cream the butter and sugar, add eggs, and beat well, then add flour and spices and beat again; flour the raisins and currants and add fruit and nuts last; line tin with flour the thickness of well-greased paper. Bake three and one-half hours.

### Fruit Cake

One and a half pounds butter, one and three-quarters pound sugar, twelve eggs, four pounds raisins, five pounds currants, half a pound lemon peel, half a pound citron peel, one pound blanched almonds, two pounds flour, two nutmegs, same quantity mace, half pint brandy, half pint cherry, one teaspoon each cloves and cinnamon. Cut butter and work to a cream, add sugar and yolks of the eggs, well beaten, (one at a time); put flour in with eggs, butter and sugar and beat well; one tablespoon molasses, one teaspoon baking soda; add a little boiling water; beat three-quarters of an hour.—Mrs. John Morrish.

### Chocolate Cake

Melt in one tablespoon of hot water two squares of chocolate; when smooth mix the yolks of two eggs, half cup of sweet milk, two teaspoons vanilla; when all is melted mix with the following: one cup white sugar, half cup butter; cream butter and sugar; whites of three eggs, left from above, two tablespoons molasses half cup sweet milk, one level teaspoon saleratus, two scant cups flour.—M. B. H.

### Lightning Cake

(Two Layers)

One cup sugar, one cup flour, one teaspoon baking powder, quarter cup butter melted; drop two eggs in butter; fill cup with milk; put this in dry ingredients.—Mrs. P. F. Sexton.

### Spanish Bun

The yolks of three eggs, one cup brown sugar, half cup butter, half cup milk, one and a half cups flour, two teaspoons baking powder, one teaspoon cinnamon, half a nutmeg, grated.

### Lily White Cake

Whites of three eggs, three-quarters cup sugar, quarter cup butter, three-quarters cup milk, one and a quarter cups flour, two teaspoons cornstarch, two of baking powder and one of vanilla.

### Walnut Cake

Half cup butter, one cup sugar, yolks of three eggs, half cup milk, one and three-quarters cup flour, two and a half teaspoons baking powder, whites of two eggs, three-quarters cup chopped walnuts; mix in order given and cover with white frosting.

### Spice Cake

Two eggs, one cup brown sugar, quarter cup butter, quarter teaspoon cinnamon, cloves and nutmeg, half cup currants, three-quarters cup sour milk, one teaspoon soda, one and a half cups flour, custard filling and maple cream icing.

### Date Cake

Half cup brown sugar, half pound butter or one good cupful, two eggs, two and a half cups flour, one pound dates cut up and floured, 10 cents worth broken walnuts, five cents worth peel, one teaspoon baking soda, moistened in milk. Bake slowly one and a half to two hours.

### Sponge Cake

Two tablespoons cold water, yolks of two eggs, whites of two eggs, half cup sugar, three-quarters tablespoon cornstarch; add flour to fill half a cup of cornstarch and flour together, three-quarters teaspoon of baking powder; beat yolks thoroughly, add sugar gradually, then water; sift flour, cornstarch and baking powder together three times. Add beaten whites of eggs and flour mixture alternately; butter mould, sprinkle with flour and sugar mixed; pour cake in; bake in a moderate oven.

### Cream Cake

Two tablespoons butter, quarter cup sugar, half a cup flour, half tablespoon baking powder, one-eighth cup milk, whites of one egg beaten stiff, flavoring of bitter almond; cream butter and sugar; add milk and flour (baking powder mixed in flour) alternately; fold in white of egg; bake in moderate oven.

### Nut Cake

One-eighth cup butter, quarter cup sugar, half an egg, one-eighth cup milk, half cup flour, three-quarters teaspoon baking powder; prepare as ordinary cake; add nuts before adding well beaten white of egg. Bake in moderate oven.

### Mocha Cake

One cup sugar, one of sifted flour, one heaping teaspoon baking powder; mix together; add half a cup boiling milk, one small teaspoon butter, two eggs not beaten; add all to dry ingredients.

### Almond Cream Cake

One and three-quarters cups sugar, three-quarters cup butter, beaten to a cream, one cup sweet milk, whites of four eggs, three cups flour, one teaspoon baking powder; bake in three layers, top and bottom, flavored with almond, centre colored a light pink and flavored with a few drops of rose extract.

### Filling for Cake

One cup milk; when boiling hot add yolks of two eggs, one dessertspoon cornstarch; wet with cold milk; two table-spoons sugar; these last must be well-mixed before adding to the milk; remove from fire and add half a cup chopped almonds; flavor with vanilla.

### Lemon Peel Cake

Two cups white sugar, one cup of butter, one cup of milk, three eggs, quarter lemon peel, two teaspoons of baking powder, three cups of flour; flavor with vanilla.

### Black Angel Cake

One egg, half cup milk, half a cup sugar, third of a cake of chocolate; cook till it thickens, and then cool.

CAKE—One cup sugar, half cup butter, two eggs, half a cup milk, two cups flour, half teaspoon baking soda dissolved in milk, half teaspoon vanilla and cooked chocolate.

### White Cake

Half cup butter, two cups sugar, one cup milk, two cups flour, whites of four eggs, two teaspoons baking powder, quarter cup of walnuts.

### **Cocoa Cake**

Two eggs, one cup sugar, piece of butter size of an egg, one cup sour milk, one teaspoon soda, two dessertspoons of cocoa, one and a half cups flour.

### **Standard Cake**

Two tablespoons butter, six tablespoons sugar, one egg, quarter cup of milk, three-quarters cup of flour, three-quarters teaspoon baking powder, half a teaspoon flavoring.

### **Cocoa Cake with Brown Sugar**

One and a half cups brown sugar, half cup butter, two eggs, one cup sour milk, three-quarters cup dry cocoa, two cups flour, pinch of salt, one teaspoon baking soda, one teaspoon vanilla extract.

### **Angel Food**

One cup sugar, one cup flour, two teaspoons baking powder, pinch of salt; sift this six times; put one cup of milk on to boil, then put milk into dry ingredients and beat in the whites of two stiffly-beaten eggs; put in pan without greasing, and bake in moderate oven.

### **Orange Filling for Cake**

One cup sugar, one cup water, yolk of one egg; take grated rind and juice of one orange, add tablespoon of flour to thicken.

### **Another Filling for Cake**

Take grated rind of one lemon, half a orange, one egg, piece of butter, quarter cup sugar, a little water; thicken with cornstarch.

### **Lemon Filling for Cake**

The juice and grated rind of one lemon, one cup granulated sugar, one egg well beaten, a piece of butter size of an egg. Boil in a double boiler until the consistency of honey. Cool and spread between layers.

### **Ice Cream Cake**

Three eggs, one cup flour, one heaping teaspoon baking powder, one scant cup sugar, one tablespoon water; bake in three layers and put whipped cream between and on top.



### **Nut Cake**

Two cups flour, a piece of butter, one cup sugar, one cup nuts, cocoanut or walnut, five teaspoons baking powder, one egg; mix rather thick with milk or water and let it rise twenty minutes on stove, then bake forty minutes.

### **Apple Sauce Cake**

One cup brown sugar, half cup shortening, one cup apple sauce, one and a half teaspoons soda, dissolved in the apple sauce and beaten very light, one cup raisins, half cup currants, one piece of lemon peel, two cups flour, half a teaspoon cloves and cinnamon.

### **Apple Sauce Cake**

One and a half cups apple sauce, one cup sugar, half cup butter, half teaspoon of cinnamon, one cup raisins, one cup currants, half a teaspoon of soda, two cups flour. Bake in a slow oven.

### **Buttermilk Cake**

One cup buttermilk, one cup brown sugar, one cup raisins, one teaspoon cinnamon, two cups flour, one teaspoon soda, one cup currants, half cup lard, one teaspoon cloves, a little nutmeg, and a little lemon peel. Put paper in the tins and grease them well. Bake in a moderate oven.

### **Strawberry Layer Cake**

Two eggs, one cup sugar, three-quarters cup butter, one cup strawberries, two cups flour, with two teaspoons baking powder. Bake in layers. Put chopped or sliced bananas between layers and ice with icing sugar mixed with a little strawberry juice.

### **Jordan Cake**

Beat up two eggs, add one and one-half cups sugar, a pinch of salt, two cups of flour, two teaspoons of baking powder and a little milk. This can be made without butter; if added, only put a piece the size of half an egg. Cook in a moderate oven.

### **Loaf Cake**

Five cents worth of cocoanut peel and walnut, two eggs, beaten separately, half cup butter, one cup sugar, half cup milk, half cup flour, one teaspoon baking powder.

### **Black Chocolate Cake**

Two cups sugar, one and a half cups butter, two cups flour, three eggs, one teaspoon baking soda, one cup sour milk, half cup grated chocolate, dissolved in one spoon of boiling water. Mix sugar and butter, add chocolate, then eggs well beaten, lastly milk, soda and flour. Bake forty minutes.

### **Chocolate Cake**

Quarter cake chocolate, one yolk of egg, half cup milk, half brown sugar; boil all together, then add three teaspoons vanilla.

WHITE PART—One cup sugar, half cup butter, half cup milk one egg and white of another, two cups flour, one small teaspoon of soda. Cream the sugar and butter, add egg, milk and soda and flour sifted together. Stir the two mixtures together.

### **Layer Cake**

One cup sugar, one tablespoon butter, three eggs, leave whites of two for frosting, three-quarters cup milk, two teaspoons baking powder. Bake in layers.

APPLE FROSTING—Whites of two eggs beaten stiff, peel one large sour apple and grate into eggs, two cups sugar. Keep sprinkling sugar on apple to keep it from turning red. Beat until thick. This may be used for filling.

### **Mock Cream Cake**

One small cup sugar, butter size of egg beaten well, two cups flour, flavor to taste, two eggs, half cup sweet milk, two teaspoons baking powder. Just before putting in pans, add half cup boiling water and beat well. Bake in moderate oven.

CREAM FILLING—White of one egg, one cup sugar, one good sized tart apple grated; beat until like whipped cream.

### **Cake Without Eggs, Milk or Butter**

One cup brown sugar, one cup coffee, one-third cup lard, two cups seeded raisins, quarter teaspoon grated nutmeg, one teaspoon cinnamon, half teaspoon ground cloves. Boil the above ingredients three minutes. When thoroughly cold, add a pinch of salt, one teaspoon soda dissolved in a little water, two cups sifted flour, one teaspoon baking powder. Bake in a slow oven. This cake is delicious served as a pudding.

### Cinnamon Cake

One cup sugar, one cup sweet milk, half cup butter, one and a half cups flour, whites of two eggs, two teaspoons baking powder.

ICING FOR SAME—Yolks of eggs, three-quarters cup brown sugar, one teaspoon cinnamon.

### Rich Fruit Cake

Two pounds sugar, half pound butter, two pounds raisins, one ounce mace, half cup milk, one teaspoon cloves, two teaspoons baking powder, two and a half pounds flour, three-quarters pound citron, two pounds currants, six eggs, one nutmeg, one teaspoon cinnamon.

### White Fruit Cake

One and a half cups butter, six eggs, half pound almonds, one and a half pounds raisins, one teaspoon cream tartar, one teaspoon each of lemon and vanilla, two cups sugar, one of milk, half pound citron, four cups flour, half teaspoon soda; bake in two loaves.

### Prince of Wales Cake

Two eggs, three-quarters butter, half teaspoon nutmeg, three-quarters cup sour milk, one cup raisins, a pinch of salt, three-quarters sugar, half teaspoon cinnamon, one teaspoon baking soda, two cups flour, Bake in three layers.

FILLING—One egg, one lemon, one tablespoon cornstarch, half cup sugar, one cup water. Cook until it thickens.

### Dutch Apple Cake

Two cups flour, half teaspoon baking powder, two tablespoons butter, three tablespoons sugar, one cup milk, three large sour apples; chop the apples fine, mix thoroughly and bake in moderate oven for half an hour. Serve with cream and sugar.

### Devil Cake

Half cup butter, two cups brown sugar, beat to a cream, half cup sour milk, half cup cocoa, two eggs, half cup hot water, two cups flour, one teaspoon soda dissolved in quarter cup boiling water, two cups flour, one teaspoon vanilla.

### Nut Cake

Put in a cup two whites of eggs, fill the cup half full of butter slightly melted, then fill cup with milk. Add one cup sugar, one and a half cups flour, two scant teaspoons baking powder and beat five minutes. Bake three-quarters of an hour in moderate oven.

### Jelly Roll

One cup sugar, three eggs, one teaspoon cold water, one cup flour, one teaspoon baking powder, flavor to taste.

### French Sandwich

Half a pound of butter, half a pound sugar, half a pound flour, five eggs. Mix as for sponge cake. This makes a very soft mixture. Bake in a tin with straight, not flaring, sides, some thing in which the cake can be left till thoroughly cold. Spread a thin layer of the cake mixture on the bottom of the baking tin, and upon this place a layer, about an inch thick, of fruit, washed and dried currants, seeded and chopped raisins, mixed peel, etc., all well mixed together. Pour the remainder of the cake mixture over this as evenly as possible and bake in a moderately hot oven. The larger part of the batter should be put upon the top as it runs down into the fruit. This cake is so rich that it must be handled with great care. It should not be removed from the tin until the day after baking, and then should be placed on a board or other flat surface.

### Chocolate Cake

First Part—One-half cake sweetened chocolate, half cup milk, one cup brown sugar; let boil for few minutes until it thickens, then set to cool.

Second Part—One cup brown sugar, half cup butter, two eggs, half cup of sweet milk, two cups flour, one teaspoon baking soda. Add first part and bake in loaf.

### Quick Cake

One-third cup soft shortening, two eggs, one and a third cups flour, half teaspoon vanilla, one and a third cups brown sugar, half cup milk, two teaspoons baking powder. Put all ingredients in a bowl and beat all together for about three minutes. Pour into a greased pan and bake in a moderate oven for forty or fifty minutes.

### Lemon Cake

One cup brown sugar, half cup water, half cup butter, two cups flour, two eggs, one and a half teaspoons baking powder, any flavoring.

**SAUCE FOR CAKE**—One cup granulated sugar, one egg, one lemon, one tablespoon water, one tablespoon flour; boil until thick and spread on and between the cake.

### Wedding Cake

One dozen eggs, two pounds currants rolled in a little flour, three pounds raisins, half pound almonds sliced, one tablespoon cinnamon and mace, four nutmegs, two wine glasses of coffee, one ounce of rosewater, half pound candied lemon, half pound citron peel cut fine. Stir one pound of flour in a dish and one pound powdered sugar. Mix to a cream with one pound of butter. Then add all the spices, fruit and coffee. Also one spoonful of soda. Stir very hard and bake three hours in a slow oven.

### Layer Spice Cake

Two cups brown sugar, half cup butter, two eggs, reserving white of one egg for frosting, one teaspoon cinnamon, half a teaspoon cloves, one teaspoon allspice, quarter nutmeg, one cup sweet milk, two and three-quarters scant cups flour, two teaspoons baking powder. Cream sugar and butter, add eggs well beaten, then milk, put spices in flour and baking powder, Bake in three layers, put together with boiled icing with one cup chopped raisins.

### Devil's Cream Cake

**CAKE PART**—One cup brown sugar, half cup butter, two cups flour, two teaspoons baking powder, half cup sweet milk and two eggs.

**CUSTARD PART**—One cup grated chocolate unsweetened, half cup sweet milk, one cup brown sugar, one egg, one teaspoon vanilla. Stir all together and cook in double boiler. Cook slowly and set away to cool. Now take the ingredients for cake part and mix with the custard.

### Mocha Frosting for Above

One cup powdered sugar sifted, butter half size of egg, two tablespoons strong coffee, two tablespoons cocoa, one teaspoon vanilla; stir and spread on cakes.

**Mabel's Tea Cake**

One cup sugar, half cup butter, two eggs and half cup milk, one and a half cups flour, one teaspoon baking powder. Cream butter and sugar together; beat eggs before putting in cake. Bake in a long, narrow bread tin.—M.B.H.

**Novelty Cake (Two Layers)**

Mix two cups of powdered sugar, three-quarters cup butter, three eggs, one cup milk, two heaping teaspoons baking powder, and enough flour to make a smooth batter. Bake in a rather hot oven.

**Coronation Cake (Two Layers)**

Two eggs, half cup butter, one cup brown sugar, one cup of sour milk, one cup seedless raisins, one and a half cups flour, one tablespoon syrup, one teaspoon soda, one teaspoon cloves, one teaspoon nutmeg.

ICING—Sugar mixed with milk or cream, large piece of butter, flavoring of vanilla. Sprinkle crushed nuts on top.

**Black Layer Cake**

Take bowl and place on table, then put in bowl the yolks of three eggs, two tablespoons brown sugar, blend together thoroughly, add three-quarters cup molasses, sift half a cup of flour, or little more if necessary, a little salt, one teaspoon soda dissolved in a little water; mix thoroughly and add three-quarters of a cup of boiling water.

**Icing for Above**

Whites of two eggs well beaten, one cup brown sugar, boil until stringy; put in beaten whites of eggs.

**Cornstarch Cake**

Half cup butter, one cup sugar, half cup milk, half cup cornstarch, one cup flour, two and a quarter teaspoons baking powder, whites two and a half eggs, three-eighths teaspoon vanilla or one-quarter teaspoon almond extract. Measure dry ingredients, and mix and sift baking powder with flour and cornstarch. Measure butter, then liquid. Cream butter, then add sugar gradually, and continue beating. Add liquid and flour, baking powder and cornstarch, flavoring. Add the whites of eggs last, which have been beaten light and dry.

### Spanish Bun

One cup sugar, half a cup butter, one cup sour milk, one teaspoon soda, one cup syrup, two cups flour, two eggs (white of one kept out for icing), one teaspoon ground cinnamon, one of cloves.

ICING:—Use brown sugar and the white of one egg.

### Sour Milk Cake

I wish someone that has to do up lunches would try this cake. My girls think it fine, so nice and moist. One-half cup butter, one and a half cups sugar, one cup sour milk, one teaspoon of soda, half teaspoon each of nutmeg and cassia, three cups flour, one and a half cups of chopped raisins or currants well floured with part of the amount mentioned. Break lumps in soda and sift in with the flour.

### English Plum Cake

One cup of butter creamed, two cups white granulated sugar, four eggs beaten light, one cup sweet milk, four cups flour sifted with one-half teaspoon salt, one even teaspoon baking soda and two teaspoons cream of tartar, 1 cup currants, one cup very good raisins, one cup candied orange and lemon peel sliced fine. This makes two loaves. Cook in bread tins two hours in a rather slow oven. This keeps two months or more and should be wrapped in waxed paper and kept in a stone crock. Use any preferred flavoring. I use French brandy, one wineglass full. This cake is a standby with me and is much liked by every one that tastes it.—Rosana

### Apple Cake

We think this very nice: Cream together one cup sugar, butter size of egg, yolks of two eggs, white of one egg, half cup milk, half teaspoon soda, two even cups flour, one teaspoon cream of tartar, pinch of salt. Bake in three Washington pie plates.

APPLE FILLING—Two grated sour apples, one cup powdered sugar, white of one egg, well beaten, half teaspoon lemon extract.

### Nice Sponge Cake

Ten eggs, one pound sugar, half pound flour, juice and rind of one lemon, teaspoon of salt.

### **Chocolate Cream Cake**

Here is a nice cake. Try it and see: Take half cup of sugar, five teaspoons of butter, melted, one egg, half cup of milk, one cup flour, before sifting add one teaspoon of baking powder. Flavor. Put ingredients together in order written.

### **Apple Sauce Cake**

Cream together one cup sugar and half cup shortening, add one saltspoon salt, half teaspoon cloves, one teaspoon cinnamon, a little nutmeg and one cup raisins. Dissolve one teaspoon soda in a bit of warm water and then stir it into a cup of sour apple sauce, letting it foam over the ingredients in the bowl. Beat all thoroughly and add one and a quarter cups sifted flour. Bake in loaf tin forty-five minutes. Very rich and inexpensive.

### **Danish Apple Cake**

One cup flour, half cup butter, half cup brown sugar, one egg, pinch of salt. Roll into three cakes and bake in slow oven until light brown. Cook a few apples until tender with a little sugar. When cold add cinnamon to taste and spread between the cakes, but not on top. Then cover cake with the following, letting it cover top and sides thickly: One good cup milk heated in double boiler, half cup sugar, one egg, one tablespoon cornstarch, dissolved in cold milk and lemon extract. Let stand twenty-four hours in cool place. This is not as much work as it sounds, and it is delicious.

### **Cream Almond Cake**

One-half cup butter one cup fine granulated or powdered sugar, one and three-quarters cups of flour, three teaspoons baking powder, half cup milk, whites of four eggs, half teaspoon almond flavoring. Cream butter and sugar, sift flour and baking powder, add milk and flavoring, and fold in the whites of eggs last.

### **Raised Cake**

Five cups flour, two and a half cups sugar, one and a half cups butter, one cup milk, two eggs, three tablespoons molasses, one cup yeast, raisins and spice. Let it raise a day or two, put into pans, raise again and bake.



**Lady's Cake**

One and a half cups sugar, two and a half cups flour, half a cup butter, half a cup milk, whites of five eggs, half teaspoon cream tartar, quarter teaspoon soda. Flavor with vanilla.

**Wedding Cake**

Six pounds butter, six pounds sugar, six pounds currants, six pounds raisins, two pounds citron, nearly seven pounds flour, fifty eggs, half pint brandy, small bottle lemon, a gill of boiled cider, one pint of molasses, quarter pound of cloves, cinnamon, mace, nutmeg, to suit, two teaspoons baking soda dissolved in hot water.

**Cup Cake**

Four cups flour, two cups sugar, one cup butter, one cup of cream, four eggs, one nutmeg, half teaspoon soda, one cup raisins, one cup currants.

**Salem Cake**

One pint molasses, warmed enough to melt quarter of a pound of butter, one pound flour, one pound currants, five eggs, one teaspoon soda, spice.

**Pound Cake**

One pound butter, one pound sugar, nine eggs. Beat twenty minutes. Mix in lightly one pound of flour.

**Avon Snow Cake**

One cup of butter, two cups sugar, three cups flour, one cup sweet milk, whites of five eggs, one teaspoon cream tartar, half teaspoon baking soda. Bake in layers, spread with frosting and grated cocoanut.

**Barrow's Cake**

Three fourths of a pound butter, seven eggs, one pound flour, one cup milk, half teaspoon baking soda, two pounds raisins, one pound of sugar, spice.

**Cream Cake**

Two cups sugar, half cup butter, five eggs, one cup milk, three cups flour, three teaspoons baking powder, or one teaspoon soda and two of cream tartar.

### Wentworth Cake

One cup sugar, half cup butter, two-thirds cup of flour, three eggs, half teaspoon baking soda, one teaspoon cream tartar.

### Chocolate Cake

Half cup butter, one and a half cups sugar, whites of four eggs, beaten to a stiff froth, half cup milk with half teaspoon baking soda and one teaspoon cream tartar beaten in it, two and a half cups of flour. Flavor with vanilla. Bake in two thin sheets.

FROSTING.—Two bars of prepared chocolate, grated fine; one cup of a powdered fine sugar, whites of two eggs beaten to a stiff froth. Mix and put half between the two layers of cake and half on top.

### Quick Cake

One-third cup soft butter, one and one-third cups brown sugar, two eggs, half cup milk, one and three-quarter cups flour, three teaspoons baking powder, half teaspoon each of cinnamon and nutmeg, half pound dates, stoned and cut into pieces. Put ingredients in a bowl and beat all together for three minutes, using a wooden cake spoon. Bake in a buttered and floured cake pan thirty-five or forty minutes. If directions are followed this makes a very fine cake.

### Delicious Fig Layer Cake

Three eggs, two cups of sugar, one cup of butter, one cup of sweet milk, three cups of flour, one teaspoonful of soda, two teaspoonfuls of cream tartar; cream butter; add gradually the sugar, then add the beaten yolks of eggs and beat well; sift flour with soda and cream tartar; add to the cream mixture with the milk, flavor with one teaspoonful of vanilla; fold in the stiffly beaten whites of eggs and bake in layers. FILLING—One pound of figs chopped fine, one cup of sugar and cup of milk; cook slowly until it thickens; when cool spread between the layers and ice with plain white frosting.

### Cocoanut Cakes

Two well beaten eggs, two tablespoons butter, two cups of desiccated cocoanut, one cup sugar, half cup milk, one teaspoon of cream tartar, half teaspoon soda; soak the milk and cocoanut together.

### Banana Layer Cake

One small cup of butter and two cups of sugar beaten together until light; then add one cup of milk and four eggs well beaten; add three cups of flour, with two teaspoonfuls of baking powder sifted together; bake in layer tins and when cool take and slice bananas one-quarter of an inch thick; place between layers and whip half pint of cream with one heaping tablespoonful of powdered sugar, and spread over bananas and eat with cream.

### Hard Gingerbread

One cup butter, two cups sugar, one cup milk, one teaspoon soda, one tablespoon ginger, flour enough to roll out.

### Molasses Sponge Cake

One cup sugar, one cup milk, one cup of molasses and half cup of butter melted together, three eggs, four cups flour, one teaspoon of baking soda, one teaspoon ginger.

### Fruit Cake

Ten eggs, one pound flour, one pound butter, one pound sugar, one pound currants, one pound almonds, one pound raisins, one pound of citron, one teaspoon soda sifted in the flour.

### Corn Starch Cake

The whites of three eggs, half cup corn starch, half cup butter, half cup milk, half teaspoon cream tartar, quarter teaspoon of soda, flavor with lemon, one cup sugar, one cup flour.

### Chapin Cake

Six cups flour, three cups sugar, two of milk, two eggs, one of butter, one teaspoon soda, one pound of raisins.

### White Mountain Cake

One cup butter, two cups sugar, three cups flour, four eggs, half teaspoon soda, one cup milk, one teaspoon cream tartar. Flavor to taste.

### Warren Cake

Two cups of sugar, one cup butter, two eggs, one cup milk, one teaspoon of soda. Flavor with lemon.

### **Almond Cake**

Weigh three eggs, take their weight of flour, butter, and white sugar; blanch three ounces almonds, and pound them well with a tablespoon of lemon juice until they are a smooth paste, then add the egg, etc.

### **English Walnut Cake**

One cup sugar, half cup butter, half cup milk, two cups flour, two eggs, one teaspoon cream tartar, half of soda, one large cup raisins, one large cup nuts chopped fine. Flour the raisins and nuts before putting them in the cake.

### **Hill Cake**

One and a half cups sugar, half cup butter, one cup of milk, two tablespoons molasses, one teaspoon soda, three and a half cups flour, one cup raisins, one egg, cloves, cinnamon, mace.

### **Home Cake**

Five eggs, four cups flour, three cups sugar, one cup butter, one cup cream, one lemon, juice and grated rind, one teaspoon cream tartar, half teaspoon soda.

### **Berwick Sponge Cake**

Beat six eggs, yolks and whites together, two minutes, add three cups sugar, and beat five minutes, two cups flour with two teaspoons cream tartar, and beat two minutes, one cup cold water with one teaspoon of soda dissolved in it and beat one minute; add two cups flour and beat one minute, the grated rind and juice of a lemon. Observe time exactly.

### **Swiss Cake**

One and a half cups white sugar, four tablespoons of melted butter, two eggs one cup milk one teaspoon cream tartar, half teaspoon of soda, three cups flour. Flavor with lemon.

### **Bride's Cake**

One and a half pounds butter, two pounds sugar, two and three-quarters pounds flour, and one and a half pints of the whites of eggs.

**Jelly Cake**

Three eggs, one cup sugar, one cup flour, one teaspoon cream tartar, one half teaspoon soda. Bake in quick oven. Roll when hot with jelly.

**Silver Cake**

One half cup butter, one and a half cups sugar, one half cup milk, two and a half cups flour, whites of four eggs, half a teaspoon cream tartar, quarter teaspoon soda.

**Gold Cake**

Half cup butter, one and a half cups sugar, half cup milk, two and a half cups flour, yolks of four eggs, one whole egg, half teaspoon cream tartar, quarter teaspoon soda.

# FROSTINGS AND ICINGS

There are many methods of making frosting or icing; it may be made by simply adding flavoring and enough water to confectioners' sugar to make it the right consistency; another method is to put the whites of eggs into a cool dish and then beat or whip them, gradually adding small quantities of powdered sugar until it is of a smooth and firm texture, using at least a quarter of a pound of sugar for each egg. Flavor to taste.

## **Golden Frosting**

This is made by using the yolks instead of the whites.

## **Boiled Frosting**

One cup granulated sugar, four tablespoons water, white of one egg, a saltspoon of cream tartar. Boil the sugar and water until it threads from the spoon and pour upon the white of the egg to which the cream tartar has been added and beaten to a froth; beat until cool, flavor to taste, and spread at once upon the cake.

## **Gelatine Frosting**

Dissolve a teaspoon of gelatine in a tablespoon of cold water; let this stand one-half hour or more, then add two large spoons of hot water, one cup of powdered sugar, and beat well (the longer beaten the whiter); flavor to taste.

## **Chocolate Frosting**

Two squares of chocolate, whites of two eggs, two cups powdered sugar, four tablespoons boiling water; beat one and two-thirds cups of sugar into the unbeaten whites of the eggs; scrape the chocolate and put it and the remaining one-third cup sugar and the water in a small saucepan; stir over hot fire until smooth and glossy, and then stir into the beaten whites and sugar. This quantity will frost two sheets of cake.

## **Orange Frosting**

One cup sugar, one-half cup milk, small piece of butter; boil until there are large bubbles. Grate the rind of an orange and add after taking from the stove.

**Almond Icing**

Whites of three eggs and three cups powdered sugar should be mixed well together. Add to them one pound of almonds which have been blanched by lying in hot water till the skins could be removed and chopped fine. Flavor with rose.

**Red Frosting**

This is made by adding fruit juice, currant or cranberry jelly, to any white frosting or by using cake coloring.

**Walnut and Raisin Filling**

Two-thirds cup each, English walnuts and raisins, chopped. Add beaten white of one egg, two tablespoons cream, one-third cup sugar, pinch salt. Spread between layers. Make icing for top and place half walnuts on it.

# PIES

## Puddings

"Pies and Puddings, puddings and pies,—  
From such a union what hopes arise!  
Now trimmed with sauce, a feast for the eyes,  
And giving the taste a sweet surprise."

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"A good dinner is hardly replete,  
Till a nice piece of pie you then have to eat."

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## Pie Crust

One heaping cup pastry flour, one saltspoon baking powder, one saltspoon of salt, and one-third to one-half cup butter and lard mixed. Mix the baking powder and salt with flour, rub in the lard and mix quite stiff with cold water. Roll out, put the butter on the paste in small pieces and sprinkle with flour. Fold over and roll out, then mix up like a jelly roll, cut in two parts and roll to fit the plate. This amount is for one pie. Line the pie plate with the pastry, wet edges, put in the filling, cover with the upper crust, press the two edges together and bake.

## Apple Pie

Pare, core and stew green or ripe apples, mash smooth and while hot stir in a teaspoon butter for each pie and season with powdered nutmeg. When cool, fill your crust and bake.

## Sliced Apple Pie

Pare, core and slice tart apples to well fill the plate; sprinkle four to six tablespoons sugar, some little bits of butter, and a little cinnamon or nutmeg over the apples. Put on the upper crust and bake.

## Berry Pie

Three cups berries and one-half cup sugar, a little nutmeg and butter.

## Custard Pie

One pint milk, three eggs, a little salt, two tablespoons sugar, a little powdered nutmeg. Bake with under crust only.



### Lemon Pie

One lemon, juice and rind, three-quarters cup granulated sugar, one cup cold water, yolks of two eggs.

### Cocoanut Pie

Soak two cups of desiccated cocoanut in one pint of milk; beat together the yolks of four eggs and one-half cup sugar, butter the size of an egg, and a little powdered nutmeg; mix all well together and put it in the crust; use no top crust, but beat the whites of the eggs with some sugar and spread over the top.

### French Lemon Pie

One lemon, one cup of sugar, one soda biscuit rolled fine, three eggs, butter the size of an egg, one cup milk. Use the yolks of the eggs for filling and the whites for frosting. Oh, so good!

### Lemon Pie

Into one pint boiling milk stir one tablespoon of cornstarch and yolks of three eggs. Grate the yellow peel and inside of one lemon (being careful not to get in any of the white part of peel) into one cup sugar, and stir into the cooked mixture; pour into a plate lined with pastry and bake.

FROSTING—To the well beaten whites of the eggs add three dessertspoons sugar. When pie is baked whip in some of the frosting, put the balance on top and color slightly in the oven.

### Mince Pies

Three and a half pounds meat and one pound of suet boiled; strain the liquor and pour into the mince meat; add one peck of apples chopped, two quarts cider, five and a half cups sugar, two and a half tablespoons of salt, three nutmegs, four teaspoons allspice, eight of cinnamon, one of cloves, one of mace; chop a part of the raisins. Cook one hour.—S.W.

### Mock Mince Pies

Four soda biscuits rolled fine, one cup sugar, one cup molasses, half cup butter, half cup vinegar or boiled cider, half cup cold water, two eggs well beaten, one cup chopped raisins, half teaspoon cinnamon, half a nutmeg, quarter teaspoon cloves. This will make three pies.

### **Cranberry Pie**

Stew and sweeten the cranberries, fill the crust, and in place of the upper crust put cross bars of pastry across the top.

### **Pineapple Pie**

One pineapple grated, two cups sugar, two eggs, one cup water, two tablespoons flour. Bake between two crusts. For two pies.

### **Peach Pie**

Line a plate with pastry and fill with peaches peeled and halved. Sprinkle the fruit with half a cup of sugar and sift over one tablespoon of flour. If fruit is not juicy, use less flour, and a few bits of butter. Cover with upper crust and bake..

### **Squash Pie**

One pint of squash when sifted, one cup of sugar, a little salt, nutmeg and ginger beaten together; add three beaten eggs and one pint scalded milk.

### **Washington and other Filled Pies**

Two eggs beaten with a cup of sugar, one cup milk, half a cup butter, two cups flour in which has been mixed two teaspoons baking powder. Flavor with lemon and bake in round tins. For Washington pie put between the layers any kind of jam or jelly. The top can be covered with powdered sugar or frosting. The cream for Cream Pie can be made as follows: One-half cup sugar, half cup flour, two eggs, one pint milk, flavor to taste. Heat the milk to the boiling point, beat the other ingredients and turn into the milk; stir constantly until it thickens. This is enough for two pies. Two large spoons of cocoanut can be added to the cream to make Cocoanut Cream Pie.

### **Rhubarb Pie**

One cup rhubarb chopped fine, one cup sugar, and one egg for each pie. Bake between two crusts.

### **Lemon Filling for Tarts**

One grated lemon, one cup sugar, one small piece butter, one egg, one small teaspoon flour.

### **Lemon Pie**

One lemon, juice and rind, three-quarters cup granulated sugar, one cup cold water, yolks of two eggs, one heaping tablespoon cornstarch, a little piece of butter, pinch of salt; boil till thick enough; when cold fill shell which has been previously baked; put whites on top.

### **Lemon Filling for Pies**

One cup white sugar, two eggs, juice and grated rind of one lemon, one and a half tablespoons cornstarch; one and a half cups boiling water; beat yolks of eggs and sugar together.

### **Cream Pie (Pearcey's)**

Two eggs (whites kept out for icing), half a cup sugar, one tablespoon cornstarch, two cups milk; boil together and flavor to taste; line pie plate with crust and bake; then put in cream when cold. Beat whites of eggs with little sugar and put on top.

### **Cream Pie**

Two eggs, half cup white sugar, piece butter size of an egg, two tablespoons flour mixed smooth with a little water, one large cup sweet milk. Boil to consistency of custard and flavor with vanilla.

### **Cocoanut Pie**

The yolks of three eggs, three tablespoons sugar, one of rolled soda biscuits, one cup sweet milk, three heaping tablespoons of cocoanut, pinch of salt. Cook all together until thick, pour into shell. Spread on the icing and sprinkle with cocoanut. Put in oven and brown.

### **Cream Pie**

Three eggs, reserving whites of two for top, one cup of sugar, two cups of milk, small piece of butter and half a tablespoon of flour. After it is cooked, add vanilla and beat till cold. Pour into pie crust and put over it the beaten whites. Put in oven and brown.

### **French Cranberry Pie**

One cup of cranberries chopped fine, one cup of sugar, butter the size of a walnut, two teaspoons of flour, half cup boiling water, one teaspoon vanilla. Bake with one or two crusts.

### English Lemon Pie

One cup sugar, one cup of milk, juice and grated rind of one lemon, two eggs, a piece of butter size of an egg, two table-spoons flour, a little salt. Cream sugar, butter, flour and grated rind together; add yolks well beaten, then juice of lemon, beat well, add milk, then whites beaten very stiff. Stir well and pour into pie crust (baking crust and all together) and bake in a slow oven.

### Grated Apple Pie

One cup grated apple, half a cup sugar, half cup sweet milk, yolks of two eggs, grated rind and juice of small lemon; use whites for frosting.

### Rhubarb Pie

Two cups of fresh rhubarb cut into small pieces, one table-spoon cornstarch, one cup of sugar, yolks of three eggs, a small piece of butter. Mix well together, put into pie. Bake crust and filling together. Put beaten whites on top and brown.

### Lemon Tarts

Two lemons, juice and grated rind, two cups sugar, four eggs, a piece of butter size of an egg; steam one hour. This will fill fifty tarts.

### Cup Custard in Six Cups

Two eggs, quart of milk, two teaspoons sugar to a cup, a little nutmeg and salt; set cups in a pan of warm water, cook in a slow oven. Chill, and serve.

### Apple Puffs

Pare and slice six tart apples, stew them and strain through a colander, sweeten, and add a little salt; let this cool, while you make your paste of two spoons butter worked in eight spoons flour; add icewater to make consistency of bread dough, put on the moulding board and roll very thin; scatter small bits of butter over this, and dredge with flour; then fold it up and roll quite thin again, repeat this any number of times, always rolling the paste into a square form; cut the paste into pieces four inches square, spread sauce on half of the square; moisten the parts with water, fold the other half over on to it. Bake in a quick oven.

### Mince Pies

The following recipe was obtained from Mrs. Wm. R. Hudson, of Boston, Mass., having been used in her home for many years.

The "Astor House," some years ago, was famous for its "mince pie." The chief pastry cook at that time, by request, published the recipe. I find that those who partake of it never fail to speak in laudable terms of the superior excellence of the recipe when strictly followed.

Take four pounds lean beef, chopped fine, twice as much of chopped green tart apples, one pound chopped suet, three pounds raisins, seeded, two pounds currants, picked over, washed and dried, half a pound citron, cut up fine, one pound brown sugar, one quart cooking molasses, two quarts sweet cider, one pint boiled cider, one tablespoon salt, one of pepper, one of mace, one of allspice, and four of cinnamon, two grated nutmegs, one tablespoon cloves; mix thoroughly and warm it on the range, until heated through. Remove from the fire and when nearly cooked stir in a pint of good brandy and one pint of Madeira wine. Put into a crock, cover it tightly, and set it in a cold place where it will not freeze, but keep perfectly cold. Will keep all winter.—Chef de Cuisine, Astor House, N.Y.

### Mincemeat

One cup cooked meat, two cups chopped apple, one-half cup seeded and chopped raisins, one cup jelly, marmalade or preserves, one lemon, one cup brown sugar, one teaspoon salt, one-half teaspoon cinnamon, one-half teaspoon allspice, one-half nutmeg, one-half cup strong coffee, one-quarter cup vinegar.

The meat used may be any portions of cooked steak, roast or boiled beef, veal or tongue, corned beef, lean mutton, or venison.

The fruit may be apples, raw or stewed, and portions of any kind of canned fruit, or a variety of jellies, jams, preserves, etc., too small to be used on the table. Mix all thoroughly.

### Fruit Mince Meat

Two pounds raisins, two pounds sultanas, two pounds currants, two pounds peel, four pounds apples, quarter pound bitter almonds, quarter pound sweet almonds, two and a half pounds sugar, three-quarters pound suet, rind and juice of one lemon, small quantity of essence of lemon and almond, one nutmeg grated. Mix well and seal.

### Cream Pie No. 1

One quart milk, yolks of three eggs, two cups sugar, two spoons flour; boil this until it begins to thicken. Make a nice crust, put in the cream, flavor with lemon and bake in a quick oven. Beat the whites of the eggs stiff, and frost. Put in the oven and color a little.

### Cream Pie

Line a deep pie plate with a rich paste, being careful to prick it in several places with a fork to let the air out, and bake in a quick oven. For the filling put one large cup of milk on to boil in a double boiler. Then take one-half cup sugar, one tablespoon butter, two tablespoons cocoa, one scant half cup of flour, one tablespoon cold milk and the well-beaten yolks of two eggs. Stir together vigorously until perfectly blended, then add to the boiling milk. Stir constantly until it thickens, then let it cook for five minutes. Take from fire and stir in one teaspoon of vanilla. Fill the crust with this cream, beat the whites of two eggs with two tablespoons of sugar and pile lightly on top of the pie. Brown in a quick oven. Delicious.

### Lemon Pie

Grated rind and juice of two lemons, yolks of three eggs, two cups sugar, seven tablespoons flour, two cups boiling water. Cook all together until a smooth paste is formed. This is filling for two pies. Bake crust separate, put in filling, beat whites to stiff froth, add sugar to make a rich frosting, put on pies and brown in hot oven.—Boston

### Currant Pie

Beat the yolks of two eggs with one tablespoon of flour, when smooth add two tablespoons of water, one cup of sugar, and one cup of crushed ripe currants; turn into pie plate, lined with good paste, and bake. Beat whites of the eggs until stiff, add two tablespoons sugar, spread this over the pie, and brown delicately.

### Cream Lemon Pie

Beat yolks of four eggs, four tablespoons of sugar. Add juice and grated rind of one lemon, two teaspoons of hot water. Put in a double boiler and let simmer until thickened. Then remove from fire and stir in the whites of four eggs beaten stiff with two tablespoons of sugar. Eat cold. Delicious!

### **Fudge Pie**

One egg, one cup sugar, one piece of butter size of an egg. Cream well together and add one cup of milk and enough flour to make it right consistency for cake. Bake in two Washington pie plates.

**FILLING FOR PIE**—Three cups of light brown sugar and small piece of butter. Boil for eight minutes, stirring constantly, then remove from fire and beat until creamy. Add the well-beaten whites of two eggs and one teaspoonful of vanilla. Let pie cool. This filling is to be used for frosting the upper part of pie also. This is very delicious.

### **Pie Made of Prunes and Rhubarb**

Did you ever try prunes and rhubarb together? They make a splendid sauce as well as a pie. Take one pound stoneless prunes and the same amount of rhubarb; stew until done; add sugar to taste, then put into pies, or serve as you would apple sauce.

### **Maple Sugar Pie**

Heat one and one-half cups of milk in a double boiler and add one cup of maple sugar broken fine or grated. Bring to the boiling point, add two rounding teaspoons cornstarch mixed with one-half cup milk and cook eight minutes. Pour a little over the yolks of two eggs and stir and return to boiler and cook until smooth. Pour into a paste-lined plate and bake. Cover with meringue made of the whites of two eggs beaten stiff with one-quarter cup powdered sugar and brown.

### **Walnut Custard Pie**

Prepare crust as usual and make custard as follows: One pint milk, two eggs, one-half cup sugar, salt, one-half teaspoon vanilla and one-half cup walnuts chopped quite fine. The nuts will rise to the top and form a thin crust, giving a delicious flavor.

### **English Apple Pie**

Butter a shallow agate dish. Slice apples into dish to fill it. Sprinkle on one cup sugar, one-half teaspoon salt and a little grated nutmeg. Put on two teaspoons butter in little bits, two tablespoons water and cover dish with pie paste in which has been cut several slits. Bake about forty minutes. Serve hot with cream.

### Prune Pie

A prune pie that is excellent. Take a tender crust and line the pie plate. Soak three-quarter pounds and cook tender with four tablespoons sugar and one-half cupful of grape or other fruit juice. Press through a colander, add two tablespoons of chocolate and two or three tablespoons more of the juice. Cover with lattice strips and bake.

### Apple Lemon Pie

Mix in order given, two small apples (chopped), one heaping cup sugar, one egg, one-quarter cup cracker crumbs, grated rind and juice of one lemon. Bake with two crusts. Makes one pie.

### Apple Pie with Whipped Cream

Peel, core and quarter six large, tart apples. Line a pie tin with plain paste, fill it with the apples, cover generously with sugar, sprinkle with one-half teaspoon of cinnamon and a little grated nutmeg, dot with one tablespoon of butter cut into bits and bake until the apples are soft. Remove from the oven, cover with one cup of whipped cream and serve while hot.

### Custard Pie

Have your tins lined with good pie paste, with the edges crimped, before you commence to prepare the custard, and the oven hot enough to bake the bottom in a hurry. Put one and one-half pints of milk in the double boiler to scald. Beat three eggs in a dish large enough to hold the milk; also add three-quarters cup of sugar and, as the milk reaches the boiling point, pour it slowly over the eggs and sugar, beating all the time. Pour the mixture quickly into the crust, grate a little nutmeg over the top and place in the oven. This recipe will make two pies.

### Lemon Cake Pie

Take one cup of sugar, two heaping tablespoons of flour, piece of butter size of an egg (melted), pinch of salt, yolks of two eggs. Beat all to a cream, then add juice and grated rind of two medium-sized lemons, cup of milk and the whites of the eggs beaten stiff. Bake thirty minutes in a moderately hot oven. When cut you will see a delicate cake has formed on top. It is very good.



### Mock Cherry Pie

One cup cranberries, cut open one-half cup raisins chopped fine, one cup sugar, one-half cup boiling water, one tablespoon cornstarch dissolved in cold water, one tablespoon vanilla; turn cold water on the cranberries to remove seeds. This makes one pie baked in custard pie plate—two crusts. Boil all together a few minutes until berries are done, then add cornstarch, the same as for cream pie. Add vanilla last. Try it, and if you like it say so and help others.—Boston.

### Pie Crumpets

Make a nice pie crust dough, roll and cut out the size of a pail cover. On one half put the filling, fold over and press down firmly. Prick the top with a fork.

FILLING—One cup of seeded raisins chopped or put through a food chopper, one cup of sugar, one egg, the juice of one lemon or if one has no lemon use tablespoon of lemon extract. Cook on stove until thick, being careful not to burn. Let cool before using.

### Pumpkin Pie

One and one-half cups steamed and strained pumpkin, two-thirds cup brown sugar, one teaspoon cinnamon, one-half teaspoon ginger, one-half teaspoon salt, two eggs, one and one-half cups milk, one-half cup cream. Mix ingredients in order given and bake in one crust.

### Rhubarb Pie

One cup rhubarb, one-half cup raisins and one medium-sized cracker, all chopped together, then add two-thirds cup of sugar, one egg and little salt. Bake with two crusts. Use either canned or fresh rhubarb.

### Squash Pie

Please try my pie and tell me how you like it. One and one-half cups sifted squash, two eggs, one-half cup sugar, pinch salt and a little nutmeg, one pint of milk. Fill crust and sprinkle nutmeg over top as very little is used in squash.—Francis.

### Washington Pie

Three eggs, one cup sugar, one cup flour, butter the size of an egg, one teaspoon cream tartar, half teaspoon soda.

### **Cream Pie**

One cup sugar, two cups flour, half cup milk, three eggs, one teaspoon cream tartar, half teaspoon soda.

CREAM.—One pint of milk, one cup sugar, half cup flour, two eggs. Flavor with lemon.

### **Lemon Pie**

Two lemons, two cups sugar, five eggs, two tablespoons corn starch, one pint milk. Grate the lemons, add the juice, stir together; scald the corn starch with the milk. This will make two pies, which must be baked in rich, puff paste.

### **Lemon Pie**

Grate the rind of one lemon for spice, press out the juice, and add to it one cup powdered sugar, the yolks of two eggs and one whole egg, one teaspoon corn starch scalded in half cup milk. Line a deep plate with pastry, and pour in the mixture, beat the whites to a stiff froth; pour over the pie when done, and brown.

### **Raisin Pie**

One pint chopped raisins, one cup molasses, one cup sugar, half cup vinegar, half cup butter; boil it all together two minutes, then add three crackers pounded and sifted, two beaten eggs, and all kinds spices.

### **Mock Mince Pie**

Six soda biscuits, two cups cold water, one cup molasses, one cup brown sugar, one and a half cups melted butter, one cup chopped raisins, one cup currants, two eggs beaten light, one tablespoon cinnamon, one teaspoon nutmeg, one teaspoon cloves, one teaspoon salt, one teaspoon black pepper, wineglass of brandy or cider.

### **Chocolate Pie**

Two cups sugar, one cup butter, four eggs, four cups flour, two teaspoons cream tartar, one teaspoon soda, one teacup milk, one teaspoon lemon; this will fill six tins.

FILLING.—Two cups sweet chocolate grated, one cup sugar, one cup milk; boil until thick. For frosting, take the whites of two eggs, two cups sugar, a little lemon.

**Cocoanut Pie**

Make gold cake in the form of Washington pie. Beat the whites to a froth and make stiff with powdered sugar and flour. In making the pies, put a layer of cake, then frosting, then the desiccated cocoanut, then cake, frosting, etc.

**Nice Apple Pie**

One cup of stewed and sifted apple, one and a half cups sugar, yolks of three eggs, juice and rind of two lemons, two tablespoons melted butter. Mix well, and bake in puff paste. When done, take the three whites with two tablespoons sugar beaten to a froth, and brown five or ten minutes.

**Skeletons**

Two eggs, two tablespoons sugar, one tablespoon butter, flour enough to make stiff; roll very thin, and cut in fancy shapes.

**Crullers**

Five tablespoons melted butter, three eggs, one cup white sugar, half nutmeg.

**Tartlets**

One pound flour, three quarters pound butter, one quarter pound water.

# PUDDINGS

## Carrot Pudding

One cup raisins, cut, one cup currants, three-quarters cup flour, three-quarters cup bread crumbs, one cup suet, one cup grated carrot, one cup grated potato, one cup brown sugar, spice and peel to taste, one small teaspoon baking soda; steam three hours.

## Carrot Pudding

Two cups raisins, one cup each of currants, sugar, flour, suet, raw potato, carrots, half cup brandy, two eggs, lemon peel, citron, mixed spice to taste. Steam three hours.—Mrs. H. C. Tomlin.

## Carrot Pudding

One cup brown sugar, one cup suet, one cup raisins, one cup grated carrots, one cup currants, one cup grated potatoes, two and a half cups of flour, one egg, half lemon peel, a little molasses, a pinch of salt, one teaspoon soda. Steam three hours.

## Cup Pudding

One egg, half cup sugar, half cup milk, one large teaspoon butter, one and a half cups flour, two teaspoons baking powder.

## Orange Pudding

Peel and cut five oranges in thin slices; pour over them the following: One cup granulated sugar; let one pint of milk get hot; add yolks of three eggs, well beaten, and one tablespoon cornstarch. Stir until hot; pour over oranges; beat the whites; add sugar, and set in oven to brown.

## St. James Pudding

Three tablespoons butter, half cup molasses, half cup milk, one and two-thirds cups flour, half teaspoon soda, quarter teaspoon each of salt, cloves, allspice, nutmeg, half pound dates, stoned and cut in pieces; then melt butter, add molasses and milk, and mix dry ingredients together; then mix with first mixture, turn into buttered mould; cover and steam two and a half hours; serve with wine sauce.

### **Wine Sauce for St. James Pudding**

One-quarter cup butter, half cup sugar, two tablespoons milk, two tablespoons wine; cream the butter, add gradually the sugar; add milk and wine very slowly to the first mixture to prevent separation. It should not be chilled, but kept in a warm place until served.

### **Steamed Chocolate Pudding**

Three tablespoons butter, one egg, one cup milk, two and a quarter cups flour, four and a half teaspoons baking powder, two and a half squares chocolate, quarter teaspoon salt, cream the butter, add sugar gradually and the eggs, well beaten; mix and sift flour with baking powder and salt; add alternately with milk to the first mixture; turn into buttered, mould. Steam two hours; serve with chocolate sauce.

### **Chocolate Sauce for Above**

Two cups milk, one and a half tablespoons cornstarch, two squares chocolate, four tablespoons powdered sugar, two tablespoons hot water, two eggs, one teaspoon vanilla; scald one and three-quarters cups milk, add cornstarch diluted with remaining milk and cook eight minutes in double boiler; melt chocolate over hot water, add sugar and hot water, stir until smooth and then add to cooked mixture; beat whites of eggs until stiff; then add to unbeaten yolks and stir into cooked mixture; cook one minute; add vanilla and cool before serving.

### **Carrot Pudding**

One cupful grated carrots, one cupful raw potatoes, one cupful sugar, one cupful Rainbow flour, one cupful raisins, one cupful currants, one cupful suet, two cupfuls bread crumbs, one-half teaspoonful salt, one teaspoonful soda stirred into potatoes, cinnamon, cloves and nutmeg to suit taste. Steam three hours, or longer. Use meat chopper for cutting up carrots, etc.

### **Corn Starch Pudding**

One quart boiled milk, four tablespoons corn starch, yolks of four eggs; beat the yolks of the eggs and the corn starch together, then put it into the boiling milk. Beat the whites with a little sugar, flavor and spread over the pudding. Let it brown in the oven.

### **Rice Lemon Pudding**

One cup rice, one quart milk; boil the rice and the milk until soft enough for the table, stir with this the yolks of four eggs, piece of butter the size of half an egg, grated peel of lemon, a little salt; beat the whites of the eggs to a stiff froth, stir in nine spoons white sugar, and the juice of the lemon; spread this on the top of the rice. Bake until brown.

### **Balloon Pudding**

Six eggs, one quart milk, twelve tablespoons flour, a little salt, bake three-quarters of an hour in a quick oven. To be eaten with a rich sauce.

### **Boiled Indian Pudding**

One pint Indian meal, mix with sour milk, with soda in it; add molasses, salt, and suet, chopped fine. Boil four hours.

### **Baked Indian Pudding**

Boil two quarts milk; add thirteen tablespoons Indian meal moistened with a little milk; when it thickens, pour into a deep pudding pan; add one cup molasses, one teaspoon salt. Before you put it in the oven, add a pint more of cold milk, and do not stir it. Bake three or four hours.

### **Yorkshire Suet Pudding**

Two cups of chopped bread, one-half cup chopped suet, one-half cup molasses, one egg, one cup seeded raisins, one cup of sweet milk, one-half teaspoon soda dissolved in it, one-half teaspoon cloves, one teaspoon cinnamon, a pinch of salt; mix thoroughly and steam two hours in a pudding dish.

### **Pudding or Dumpling**

One cup chopped suet, two cups flour, a little salt, three teaspoons baking powder, cold water enough for a stiff batter; steam one hour. Raisins may be added. Eat with cream and sugar.

### **Fig Pudding**

One pound figs, chopped fine, one cup chopped bread, one cup of sugar, half cup of coffee or milk; three eggs, half teaspoon cinnamon, steam three hours; serve with sauce.

### **Christmas Pudding**

One cup chopped suet, one cup raisins, one cup molasses, one cup milk, two and a half cups flour, one teaspoon each allspice, cloves, cinnamon, quarter teaspoon each mace and nutmeg, one-half teaspoon salt; steam three hours. Serve with sauce.

### **Cocoanut Pudding**

One pint of milk, one-half cup of sugar, yolks of two eggs, two tablespoons chopped cocoanut, one-half cup rolled soda biscuits, one teaspoon lemon extract, bake half an hour.

**FROSTING**—Whites of two eggs, one-quarter cup sugar; put in oven and brown.

### **Sauce for Puddings**

One cup sugar, piece of butter size of an egg, yolks of two eggs, beat all together. Put on stove over boiling water and stir until of about the consistency of cream; beat the whites of the two eggs to a stiff froth; stir with half a cup of sweet milk; beat all together; flavor with vanilla and set away to cool.

### **Graham Pudding**

One cup molasses, one cup sweet milk, two teaspoons of soda dissolved in milk and molasses, pinch of salt, two cups of Graham flour, not sifted, two cups of chopped raisins; steam three hours. Serve with any kind of pudding sauce.

### **Queen of Puddings**

One pint chopped stale bread, one quart milk, yolks of four eggs, butter size of an egg; grated rind of a lemon; bake until done, but not watery; when cold spread over it a layer of jam or jelly, and cover it with the whites of the eggs beaten to a stiff froth, sweetened and flavored with the lemon juice.

### **Bread Pudding**

One pint chopped stale bread, five cups milk, yolks of four eggs, grated rind of one lemon; sugar to taste; bake. When nearly done make a meringue with the whites of the eggs; four tablespoons of sugar, and the juice of the lemon; spread on top of pudding and return to oven for a few minutes.

### **Mother's Pudding**

Six eggs, well beaten, six apples, pared and chopped, six ounces stale bread, chopped fine, six ounces currants, five ounces of sugar, a little salt and nutmeg. Boil three hours steadily. Serve with sauce.

### **Black Pudding**

One cup molasses, one egg, one cup warm water, one cup chopped raisins, one teaspoon soda, two and a half cups sifted flour, one-half teaspoon cinnamon, one-half teaspoon allspice. Steam two hours. Serve with sauce.

### **Cocoanut Pudding**

One pint milk, one-half cup shredded cocoanut, two tablespoons cornstarch, two tablespoons of sugar, whites of four eggs beaten very light; scald the milk, add cornstarch, sugar and cocoanut, beat the whites of the eggs very light, stir in the cooked part and cool.

### **Sauce for Above**

One pint of milk, one-half cup sugar, yolks of the four eggs and on whole one. Cook carefully and flavor to suit taste.

### **Prune Pudding**

One pound stewed prunes with pits removed, one cup white sugar, whites of six eggs. After stewing drain off juice and chop medium fine, beat eggs very stiff, add sugar, gradually, beating all the time, then stir in the prunes, bake thirty minutes; serve cold with either whipped cream or custard. For the custard, beat the yolks of the six eggs, one pint of milk, one cup sugar; stir all together, set in a kettle of cold water, let it heat and stir until it thickens; add any flavor to taste.

### **Carrot Pudding**

One pound flour, one pound chopped suet, one pound chopped carrots, one pound chopped potatoes, one pint molasses, one teaspoon soda, one teaspoon cinnamon, one and a half teaspoons cloves, one pound currants, one pound raisins. Mix thoroughly, pour in steamer and boil hard for four hours. Serve with Hard Sauce.



### Steam Puffs

Two eggs, two cups flour, four tablespoons sugar, four of melted butter, one cup sweet milk, one cup chopped raisins, three teaspoons baking powder; steam one-half hour in cups.

### Hard Sauce

Cream half a cup of butter, add one cup of powdered sugar gradually. Flavor with one teaspoon of vanilla, or with a grating of lemon rind, or nutmeg, according to taste.

### Boston Fig Pudding

Stir one cup of any of the wheaten breakfast foods into two cups scalded milk. As soon as the mixture becomes thick, remove from the fire and stir gradually into a cup of figs, chopped with quarter of a cup of sugar. Add half a cup of molasses, two well-beaten eggs, one teaspoon each of soda and salt. Turn into a pint mould and steam three hours. Serve with Hard Sauce as given above.

### Raisin Puffs

Two eggs, half cup butter, three teaspoons baking powder, two tablespoons sugar, two cups flour, one cup sweet milk, one cup chopped raisins, steam three-quarters of an hour in small cups. Serve with sauce.

### Spiced Graham Pudding

One and a half cups Graham flour, half cup molasses, one-quarter cup butter, half cup sweet milk, white of one egg beaten to a froth, one teaspoon soda, one-half cup chopped raisins, one teaspoon each of cloves, cinnamon and nutmeg. Bake two hours.

### Sauce for Above

White of one egg beaten to a froth, ten teaspoons powdered sugar, one-half cup sweet milk or cream, two teaspoons vanilla; beat thoroughly, after adding each ingredient.

### Cottage Pudding

One-half cup sugar, quarter cup sweet milk, one cup flour, one tablespoon butter, one egg, one teaspoon baking powder; put in round buttered pan or tins, and bake in a quick oven.

### **Jubilee Pudding**

Two eggs, weight of two eggs in butter and flour, weight of one egg in sugar; beat eggs and butter to a cream; add flour with one teaspoon of soda mixed in it and one tablespoon of strawberry jam; steam one hour and a half.—Mrs. F. Judd. Kennedy.

### **Pineapple Tapioca Pudding**

Soak half cup pearl tapioca over night; boil until clear, then let it cool; beat whites of three eggs and add to the tapioca with the juice of two lemons; two cups sugar, one small can grated pineapple; beat all twenty-five minutes. If desired, make a custard with the yolks of the eggs, or serve with whipped cream.

### **Graham Pudding**

One and a half cups Graham flour, one cup milk, half a teaspoon salt, one teaspoon baking soda, half a cup molasses, one cup of raisins; sift flour to make it light; add what is left in sifter; dissolve soda in milk; turn out in mould and steam four hours.

### **Lemon Pudding**

Two and a half cups milk, one lemon, one cup sugar, three eggs (whites of two kept out for top), one tablespoon cornstarch; boil milk, then add cornstarch, egg, lemon and sugar; put in the oven for fifteen minutes with beaten whites on top to brown. Two eggs will do.

### **Steamed Ginger Pudding**

Mix together two level cups flour, two teaspoons baking powder and a pinch of salt; run into this a large tablespoon butter; then mix together one egg, one small cup brown sugar, half a cup of milk, half a cup of molasses and a teaspoon of ginger; make a batter by stirring this into the flour; pour all into a mould or pudding dish that has been well greased and steam for about two hours.

### **Plum Duff**

One cup suet, one cup raisins, half a cup molasses, one cup sweet milk, two cups flour, two or three eggs, two teaspoons baking powder, ground cloves, cinnamon, small piece of citron. Steam two hours.

### **Tapioca Pudding**

Soak half a cup of tapioca, when soft cook in a double boiler with one quart of milk, to which has been added a pinch of salt; beat yolks of four or five eggs with one cup of sugar, and add after the tapioca has cooked for about twenty minutes; stir until thick, then take from the fire and add butter the size of a walnut and one tablespoon vanilla, or vanilla to taste. Beat the whites of eggs until stiff with two tablespoons sugar; cover the pudding and put it in the oven to brown.

### **Bread Pudding**

One quart scalded milk, one-third cup sugar, two cups stale bread crumbs, half cup melted butter, two eggs, one teaspoon vanilla, or quarter teaspoon of 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 pudding, avoid using outside crusts; with a coarse grater there need be very little wasted.

### **Vanilla Sauce for Above**

One-half cup sugar, one cup boiled water, one tablespoon cornstarch, or one and a half tablespoons flour, two tablespoons butter, one and a half of vanilla, few grains of salt; mix sugar and cornstarch, add water gradually, stirring constantly; boil five minutes; remove from fire; add butter and vanilla.

### **Ginger Pudding**

One-half cup sugar, half cup butter, one cup of sour milk, two and a half cups flour, dessertspoon ginger, one large teaspoon soda, pinch of salt. Steam one hour and a half.

### **Sauce for Above**

One tablespoon butter, half cup of sugar, one scant tablespoon of flour, a pinch of salt, cinnamon, cloves and a little nutmeg. Put all together, then pour boiling water and stir until thick as cream.

### **Yellow Sauce**

Two eggs, one cup powdered sugar, three tablespoons wine.

### **Cottage Pudding**

One cup sugar, one cup sweet milk, one pint of flour, two teaspoons melted butter, one and a half teaspoons baking powder one egg; bake in a quick oven.

### **Cup Pudding Hot**

One egg, half cup sugar, half cup milk, one tablespoon butter, one and a half cups flour, one and a half teaspoons baking powder; put in cups and steam three-quarters of an hour, not more; put a dessertspoon of jelly in the bottom of each cup. With this serve sauce made as follows:—Juice and rind of one lemon, half cup sugar, one spoon butter, one cup boiling water, a scant tablespoon of cornstarch.

### **Suet and Fruit Pudding**

Two and a half cups flour, one teaspoon soda, half teaspoon salt, half saltspoon cinnamon, half saltspoon nutmeg, one cup chopped suet, one cup chopped raisins or currants, one cup milk, one cup molasses; sift the soda, salt and spice into the flour and add raisins. Mix the milk with the molasses and stir it into the dry mixture. Steam in a buttered mould for three hours. Serve with Foam Sauce.

### **English Plum Pudding**

Chop together one pound raisins, three-fourths pound of suet; add one-fourth pound of citron, chopped fine, then add one pound of grated bread, half a pound of sugar, a teaspoon of salt, a teaspoon of cinnamon, mace and cloves mixed, and when thoroughly blended stir in four beaten eggs, diluted with half a cup of milk; turn into a buttered mould and steam about six hours. Serve with egg sauce.

### **Apple Suet Pudding**

One cup molasses, one cup chopped sour apples, one small cup chopped suet, one teaspoon of soda dissolved in a little warm water, half a teaspoon each of ground nutmeg and cinnamon, quarter teaspoon cloves; mix well together. Take one cup chopped raisins, two and a half cups flour; stir the raisin in flour and stir all into the first mixture; pour into a pudding dish, cover tightly; place in a steamer and steam three hours; serve hot with sauce.

### Foam Sauce

One egg, half cup butter, one cup sugar, six tablespoons hot water; cream the butter and sugar; add yolk of egg, well beaten, then hot water, adding one spoonful and beating before adding another, until all are used; beat white of egg and lay on top of sauce, beating it in as sauce is served.

### Suet Pudding

Chop one cup suet, turn on the suet one cup boiling water; then add one cup molasses, half cup sugar, one cup raisins, one cup currants, three to four cups flour, one teaspoon salt, one small spoon of soda, one egg. Steam three and a half hours.

### Hanover Pudding

One and a half cups of sweet milk, half cup of molasses, one cup chopped suet, one cup of raisins, three cups of flour, one teaspoon of salt, one teaspoon of soda; steam three hours.

SAUCE—One scant cup of sugar, half a cup flour; stir to a cream; pour over boiling water and flavor to taste.

### Devonshire Plum Pudding

One and a half pounds raisins, one-half pound currants, one-half pound mixed peel, three-quarters pound bread crumbs, three-quarters pound suet, two cups flour, eight eggs, one wine-glass of grape juice. Stone and cut raisins in halves; clean and pick over the currants and chop suet finely; mix all ingredients together; then moisten with the well beaten eggs and the flavoring; stir thoroughly; fill buttered moulds and boil for three or four hours. These puddings will keep for months. The day they are wanted they must boil for two hours. Any sauce may be served with this.

### Tapioca Custard Cream Pudding

Four cups scalded milk, two-thirds cup pearl tapioca, three eggs, half a cup sugar, one teaspoon salt, one tablespoon butter; soak tapioca one hour in cold water to cover; drain, add to milk and cook in double boiler thirty minutes; beat eggs slightly; add sugar and salt; pour on gradually hot mixture; turn into buttered pudding dish, add butter, and bake thirty minutes in slow oven.

### **Rebecca Pudding**

Four cups scalded milk, half cup cornstarch, quarter cup sugar, a little salt, half a cup cold milk, one teaspoon vanilla, white of three eggs; mix cornstarch and salt with a little cold milk; add to scalded milk, stirring constantly until mixture thickens; afterwards cook fifteen minutes; add vanilla, chill and serve with yellow sauce.

### **Apple Batter Pudding**

One egg, one cup of sugar, half cup of butter; beat the butter and sugar together, then add the egg, half pint of milk, one pint flour, two teaspoons baking powder sifted in the flour. Cut eight apples in quarters and stir in the batter; steam two hours. To be eaten with sauce or cream.

### **Apple Dowdy**

Pare and quarter one dozen good tart apples, put them in a kettle with one cup molasses, small piece butter, and one pint of hot water. Set on the fire and let it come to a boil. Make a paste with one pint of flour, two teaspoons baking powder and a little milk; roll this large enough to fit into the kettle and when the apple mixture begins to boil, put the paste in, cover tight and boil gently twenty minutes. To be eaten without sauce.

### **Apple Dumplings**

One pint flour, one teaspoon butter, two teaspoons baking powder, salt, and one cup milk; roll out and cut into squares; enclose in each square three-quarters of an apple which has been previously pared, cored and quartered, and one teaspoon sugar. Steam one half hour or lay in a buttered baking pan and bake to a fine brown.

### **Banana Pudding**

Take a large deep glass dish, line the bottom and sides with cake of any kind; have eight bananas peeled and sliced; put in a layer on the cake, then another layer of cake and so on until the dish is full, having bananas for top layer. Make a custard of four eggs and a pint of milk; when cold flavor with vanilla; whip a scant pint of cream, or rich milk, and pile high on top of all; sweeten the cream if desired.

### **Christmas Pudding**

Half pound currants, half pound raisins, half pound citron, half pound of flour, half pound suet or butter, half pound sugar, one cup milk, half cup of brandy, three eggs, spice to your taste. Boil two hours.

### **Suet Pudding**

One cup suet chopped fine, one cup molasses, a little salt, one cup milk, two teaspoons cream tartar, one teaspoon soda, one cup raisins, four cups flour. Steam three hours.

### **Chocolate Pudding**

Put in one quart of milk to boil, then add four spoons corn starch, mixed with cold milk; then add three spoons chocolate, grated fine; salt to taste. Eat with cream and sugar.

### **Thanksgiving Pudding**

One pound raisins, one pound currants, one pound bread crumbs, quarter pound melted butter, one quart milk, one tea-cup sugar, eight eggs, salt, one nutmeg, quarter pound citron, a wineglass of wine or brandy, quarter pound candied lemon peel cut into strips. Spice to taste. Boil slowly four hours and eat with rich sauce.

### **Orange Pudding**

Six oranges pared and cut fine; stew over them one cup of sugar, beat the yolk of six eggs, with four spoons of corn starch, strain in one quart of boiling milk; put the starch over the oranges when cold. Beat the whites of the eggs with two spoons sugar, and pour them over the starch. Brown in the oven. To be eaten cold.

### **Cold Tapioca Pudding**

Four tablespoons tapioca soaked over night, yolks of three eggs, three tablespoons sugar, beaten and mixed with one quart boiling milk. Flavor with lemon. When ready to eat beat the whites, and add sugar enough to frost stiffly.

### **Cracker Pudding**

Seven crackers, three pints milk, two tablespoons sugar, half cup molasses, one teaspoon salt, one teaspoon cinnamon, one cup raisins. Bake three hours.

### **Queen of Puddings**

One pint bread crumbs, one quart milk, one cup sugar, yolks of four eggs, the grated rind of one lemon, piece of butter the size of an egg; bake like a custard. When baked, spread over the top, slices of jelly of any kind, and cover the whole with the whites of the eggs beaten to a stiff froth with one cup sugar, and the juice of the lemon. Brown lightly in the oven.

### **Brown Betty Pudding**

One cup bread crumbs, two cups chopped apples, half cup sugar, one teaspoon cinnamon, two tablespoons butter in bits. Butter a deep dish and put in a layer of the apple, then bread crumbs, sugar, butter, spice, and so on. Eat hot with sugar and cream, or wine sauce.

### **Delmonico Pudding**

One quart of milk, three spoons cornstarch; mix the corn starch with a little of the milk, and stir just before it boils; boil from three to five minutes. Take six eggs, separate whites, beat the yolks, with six tablespoons sugar, and stir in. Flavor with lemon, let it boil a moment. Beat the whites to a froth with three tablespoons sugar. Pour over the top and brown.

### **Batter Pudding**

To ten tablespoons flour add two teaspoons baking powder and one teaspoon salt; wet up with about one quart milk to a smooth paste; add the beaten yolks of seven eggs and then the whites whipped to a stiff froth. Bake in a buttered dish for an hour and serve at once with sauce. Instead of baking this can be boiled two hours if preferred.

### **Baked Apple Pudding**

Mix half a teaspoon of salt and two teaspoons baking powder with two cups flour. Rub in a quarter of a cup of butter; beat one egg lightly mix it with a scant cup of milk and stir it into the flour. Spread the dough about half an inch thick on a shallow, oblong pan. Cut several apples into quarters, pare and core them, and cut in two. Arrange in parallel rows on the surface of the dough, and press the core edge down into the dough. Sprinkle about two tablespoons of sugar over the apple. Bake quickly, cut into squares, and serve with lemon sauce.



### **Cottage Pudding**

One cup milk, one cup sugar, half cup melted butter, two cups flour, one egg, one teaspoon soda, two teaspoons cream tartar.

### **Lowell Pudding**

Pare and core twelve apples and place in pudding dish. Put a little sugar and cinnamon in the centre of each apple (from which core has been taken); take one cup tapioca, soak it well in water, and when properly soaked pour it over the apples and bake. To be eaten with sauce.

### **Berry Pudding**

One pint milk, two eggs, one saltspoon salt, one teaspoon baking powder mixed in one cup flour to make a thick batter and then stir in a pint of blueberries, blackberries, raspberries, huckleberries or currants well dredged with flour. Boil two hours.

### **Blueberry Pudding**

One cup of sugar, two cups sweet milk, two eggs well beaten, one tablespoon of butter, four cups of flour with three teaspoons baking powder sifted through it; stir in a pint of berries.

### **Boston Pudding**

One cup sugar, two-thirds cup butter or one-quarter pound suet minced, one cup sweet milk, three cups flour, two teaspoons baking powder, two tablespoons molasses, one cup seeded raisins, a little salt. Boil four hours. One pint of milk can be used instead of one cup, with bread crumbs soaked in, and only one cup flour. Serve with rich liquid sauce.

### **Cup Cake Pudding**

Mix two teaspoons baking powder and half a teaspoon salt with two cups flour. Cream one tablespoon butter with half a cup of sugar; add one egg, well beaten, and one cup milk. Stir in the flour mixture and beat well; then turn into small buttered moulds or cups, and steam one hour

### **Cottage Pudding**

Half a cup of butter, one teacup sugar, one cup milk, one pint of flour, one egg, two teaspoons baking powder. Serve with hot sauce.

### **Cracker Pudding**

One dozen crackers soaked in one quart milk three hours; add four eggs, half a cup sugar, salt, nutmeg, one tablespoon butter, two teaspoons baking powder; heat all together, add half a cup raisins; bake one hour.

### **Fruit Puff Pudding**

Mix well one pint flour, one and a half teaspoons baking powder and a little salt. Make into a soft batter; put into well greased cups a spoonful of batter, then one of strawberries, or any fruit preferred, then another of batter. Steam twenty minutes. Serve with liquid sauce.

### **Ginger Pudding**

One cup butter, two cups sugar, one cup milk, four cups flour, one tablespoon ginger, three teaspoons baking powder, four eggs; beat the sugar and butter to a cream, then stir in the eggs which are well beaten, then the milk and lastly the flour; in which the baking powder and ginger are well mixed. Bake and serve with hot sauce.

### **Jelly Pudding**

One quart flour, three teaspoons baking powder, a little shortening, and salt; roll out and spread with jelly; over this sprinkle flour; then roll together and steam two hours. Serve with hot or cold sauce.

### **Log Cabin Pudding**

Three-quarters pound of lady-fingers spread with currant jelly (flat surface of cakes together), lay upon a flat dish in cross bars; beat whites of four eggs and pour over the cabin; brown slightly in the oven. Make a custard of the yolks of the eggs to serve it with. Directions for making the lady-fingers will be found under Cakes.

### **Plum Pudding**

One cup finely chopped suet, two cups raisins, seeded, one cup currants, washed and picked, half cup sugar, half cup chopped citron, one glass white wine, two and a half cups flour, four eggs, one teaspoon baking powder, one cup milk. Steam three hours.

### Peach Pudding

Put in enough peaches with the skins removed to cover the bottom of a pudding dish and set in the oven; put in one cup and a half of water, cover, and when the peaches are soft take them out and drain; add to the juice after it is cold one pint of milk, four eggs, well beaten, one small cup of flour, one teaspoon baking powder, one tablespoon of melted butter and one cup of sugar; beat them all together and pour over the peaches; bake until the top is a rich brown in a quick oven thirty-five minutes. Serve with sugar and cream.

### Plum Roll

Add one teaspoon baking powder, and a half teaspoon salt to one pint of sifted flour. Sift again. Rub in one tablespoon of butter, add sufficient milk to make a soft dough. Roll out, sprinkle with one cup chopped raisins and a half cup of chopped citron. Dust with ground cinnamon, roll up and steam for thirty minutes. Serve warm with hard sauce.

### Roly Poly

Make a crust like biscuit, that is, put a piece of butter the size of an egg in one quart of flour, three teaspoons baking powder, and milk enough to make a paste that will roll. Into this, when rolled out, put any sort of fruit, fresh or preserved; fold the parts together, that all the fruit may be retained, and steam one hour.

### Sponge Pudding

Beat to a froth three eggs and one cup sugar; stir into this half a cup of cold water and then two cups flour into which have been mixed three teaspoons baking powder. Flavor with lemon, and bake in two shallow dishes. When baked frost with gelatine frosting and serve with lemon sauce.

### Short Cake Dip

One quart flour, three teaspoons baking powder, little salt, butter size of an egg; wet up with milk and water to soft dough, roll out, cut in squares and bake. For the dip:—One quart milk, two tablespoons flour or cornstarch, good sized piece of butter, boil two or three minutes; split the cakes and put into the dip; when soaked through, put in a dish and pour the dip over them.

### Suet Pudding

One cup fine chopped suet, one cup sugar, one cup chopped raisins, one-half cup currants, one teaspoon salt, two teaspoons baking powder, one-half teaspoon cinnamon, half teaspoon nutmeg, one cup hot water, flour for stiff batter. Steam three hours; serve with any hot liquid sauce.—Frances P. Sexton.

### Coffee Junket

One quart milk, half cup strong coffee, four tablespoons sugar, one tablet. Add the coffee to the milk, add the sugar and heat till it reaches blood heat, then add the tablet and pour at once into cups. Let stand for a half hour in warm room. Serve cold.

### Fig Pudding

Three-quarters pound bread crumbs, half pound best figs, six ounces suet, six ounces moist sugar, one cup milk, a little nutmeg. Figs and suet must be chopped very fine. Mix the bread and suet first, then figs, sugar and nutmeg, one egg well beaten, and lastly milk. Boil in a mould four hours and eat with sauce.

### Prune Whip

Four eggs, half cup sugar, quarter pound prunes, one tablespoon lemon juice. Wash and soak prunes twenty-four hours. Put on to cook in same water and cook until soft. Remove stones, put through coarse strainer, add sugar and boil five minutes, when the mixture should be as thick as marmalade. Beat whites of eggs until stiff, add prune pulp gradually when cold, beating all the time. Add lemon juice. Pile lightly on a serving dish, garnish with chopped almonds and serve with whipped cream.

### Tapioca Cream

Quarter cup of tapioca or sago, two cups milk, two eggs, one-third cup sugar, half teaspoon vanilla, salt. Wash tapioca, cover with cold water and soak at least one hour, then drain. Put milk to heat in double boiler; when hot add tapioca and cook until tender, about thirty minutes. Separate the eggs; beat the yolks and sugar together, stir in a little of the hot mixture, return to double boiler and cook, stirring constantly until it thickens. Remove from fire, add vanilla and salt, and when partly cooked fold in beaten egg whites. Serve cold.

### **Tapioca Cream**

Three tablespoons tapioca soaked in a cup of water two hours. Add one and a half pints milk and a little salt. Stir together and boil twenty minutes. Beat the yolks of three eggs and one cup sugar thoroughly, and stir into the milk. Flavor with vanilla. Beat the whites of eggs very light, put in the bottom of the dish, and pour the custard over it. Serve with jelly.

### **Orange Pudding**

Three oranges and sugar, four tablespoons of cornstarch, three-quarters cup of sugar, a pinch of salt, one and a half cups scalded milk, two eggs. Peel the oranges and cut into small pieces; put into a baking dish and sprinkle liberally with sugar, and let stand. In the top part of a double boiler mix cornstarch, sugar and salt thoroughly together, then into this stir the scalded milk. Place in the lower part of the boiler over the fire and stir constantly until it thickens. Remove from the fire and beat in the beaten egg yolks, then pour this mixture over the oranges. Beat egg whites until stiff. Add four level tablespoons of sugar and beat again, spread on top of pudding and brown in a slow oven.

### **Lemon Pudding**

One cup sugar, four eggs, two tablespoons cornstarch, two lemons, juice of both and rind of one, one pint of milk, one tablespoon butter. Heat the milk to boiling and stir in the cornstarch, wet with a few spoons of cold water, boil five minutes, stirring constantly. While hot, mix in the butter and set it away to cool. Beat the yolks light and add the sugar, mixing very thoroughly before putting in the lemon juice and rind. Beat this to a stiff cream and gradually add to the cornstarch milk. When the latter is cold, stir all smooth, and either fold in the beaten whites or use as meringue. Put in a buttered dish and bake. Serve cold.

### **King's Pudding**

One quart milk, one pint of bread crumbs, one cup of sugar, yolks of four eggs, grated rind of one lemon, piece of butter the size of an egg. Mix together and bake. Whip the whites of the egg to a stiff froth, add a teaspoon of white sugar and the juice of one lemon. Spread over the pudding a layer of any nice preserve. Pour the whites of the eggs over it and replace in oven to brown.

### **Rhubarb Pudding**

One pint stewed rhubarb, two cups of bread crumbs, four tablespoons chopped suet, six tablespoons of sugar, two tablespoons butter, grated nutmeg to taste. Butter a fireproof pudding dish, mix the bread crumbs, sugar, suet and nutmeg together. Put half of this mixture into the dish, put into the stewed rhubarb, then put the remainder of the mixture on top. Dot with tiny bits of butter, and grate a little nutmeg over the top. Bake in a moderate oven for about one hour. Serve with hot milk or sweet sauce. Any fruit may be substituted for rhubarb.

### **Plum Pudding**

Two pounds of raisins, one pound currants, three-quarters pound suet, quarter pound candy peel, half a pound sugar, juice of one lemon, four eggs, one teaspoon baking powder, two cups flour, one cup grated bread, a little salt and a few chopped almonds, mixed spice to taste. Mix thoroughly with milk and water.

### **Apple Pudding**

Steam three medium sized apples with sugar while making a batter of one tablespoon each of butter and sugar, one egg, two cups sour milk, half a teaspoon soda and a pinch of salt. Stiffen with flour, pour over apples and steam one hour. Serve with cream or sauce.

### **Maple Pudding**

Three eggs, one-third cup maple syrup, two cups milk, half a teaspoon vanilla. Cook milk, syrup and yolks of eggs in top of double boiler, beat whites till stiff and fold in or make meringue for top.

### **Bread Pudding**

Two cups stale bread crumbs, little more than a pint of scalded milk poured over the crumbs; let it stand; yolks of two eggs well beaten, a little butter melted and sugar to taste; beat well. Beat whites of eggs to froth, and add just as you put in steamer. Put raisins around the dish. Steam one hour.

### **Cocoanut Pudding**

One cup of shredded cocoanut soaked in one pint of milk for one hour. Bring to a boil and add one and a half tablespoons of cornstarch, two eggs well beaten; half a cup of sugar and vanilla to flavor.

### **Steamed Ginger Pudding**

Mix together two level cups of flour, two teaspoonfuls of baking powder, and a pinch of salt; put into this a large tablespoon of butter; then mix together one egg, one small cup of brown sugar, half a cup of milk, half a cup of molasses and a teaspoon of ginger; make a batter by stirring this into the flour, pour all into a mould or pudding dish that has been well greased and steam for about two hours.

### **Prune Custard Pudding**

Stew one half pound of prunes in water to cover until the stones will slip out easily. Let the syrup boil away. Soak one pint of dried cake in one quart of milk, add two beaten eggs, a little salt, one teaspoon vanilla and the stewed prunes. Bake slowly until a knife will come out clean. Stir at first to prevent fruit from setting; serve with cream.

### **White Steamed Pudding**

One cup sweet milk, half cup sugar, one egg, two teaspoons baking powder, butter size of a walnut, two cups flour; steam one hour.

### **Watermelon Pudding**

Mix two round teaspoons baking powder, half a teaspoon of salt, and two and a half cups flour. Stir in half a cup of raisins, cut lengthwise, to imitate melon seeds. Beat one egg very light with half a cup of sugar; stir one cup of strained strawberry juice into the flour mixture, add the egg and sugar and one heaping tablespoon of butter, melted. Beat it well and pour into a well-buttered, melon-shaped mould, and steam it one hour and a half. Serve with foam sauce unflavored.

### **Christmas Pudding**

Half pound currants, half pound raisins, half pound citron, half pound of flour, half pound suet or butter, half pound sugar. one cup milk, half cup of brandy, three eggs, spice to your taste, Boil two hours.

### **Suet Pudding**

Sift two and one-half cups of flour with a level teaspoon each of salt and soda and one-half level teaspoon each of cinnamon and grated nutmeg. Add one cup of suet chopped very fine, three-quarters cup of seeded and chopped raisins, one cup of milk and one cup of molasses. Steam it three hours in a mould. Serve with a lemon sauce.

# PUDDING SAUCES

## Lemon Sauce

Beat one-third cup of butter and one cup of powdered sugar to a cream. Add the unbeaten yolks of three eggs and beat all well; then all three whites beaten stiff, the juice and grated rind of a lemon and cook in a dish set in another of boiling water until thick.

## Cream Sauce

One-half cup butter, one cup powdered sugar, sifted, three tablespoons wine, four of thick, rich cream; melt butter before creaming it, as it is much nicer; after butter is well creamed, add gradually the sugar, stirring all the time, then the wine drop by drop, and lastly the cream very slowly, whipping all the time. If made according to instructions this cream will not have a curdled appearance. The reason I say melt butter before creaming is that it blends much easier. This is not intended for a hot sauce. Before serving, hold over enough heat to make it pour nicely. If wine is not desired, it may be omitted, using three-quarters cup cream or any other kind of flavoring. While holding over the heat, whip constantly. This is really delicious if made according to recipe. Would advise whipping ten minutes when first being made. This may be used on any kind of puddings, hot or cold.

## Lemon Sauce

Two cups hot water, one cup sugar, three and a half teaspoons of cornstarch, grated rind and juice of one lemon, two dessert-spoons of butter; boil the water and sugar for about eight minutes; moisten cornstarch in cold water and add. Cook all together about twelve minutes, stirring constantly, lastly adding butter, lemon juice and rind, and stirring until butter is melted. If the water should boil away and sauce become too thick, add a little more water until the right thickness is obtained. Serve at once.

## Whipped Cream Sauce

Mix one cup cream, one teaspoon vanilla, three-quarters cup powdered sugar and the white of one egg; whip constantly until it comes to a nice foam, adding the well-beaten white of egg. Serve with any kind of pudding.



**Caramel Sauce**

One cup granulated sugar, one cup water; put the sugar into an iron sauce-pan, stir with a wooden spoon over a quick fire until the sugar melts and turns an amber color, then add the water; let boil two minutes and turn out to cool.

**Caramel Sauce**

Put a cup of sugar in a pan and stir over the fire until melted and a light brown; add one cup boiling water and simmer for about twelve minutes.

**Molasses Sauce**

Mix two cups molasses, juice of two lemons, two tablespoons vinegar, one teaspoon salt and two tablespoons butter; boil fifteen minutes; serve with apple pudding.

**Pudding Sauce**

Melt one and a half tablespoon of butter, two dessertspoons of flour, two small cups of hot water; cook as for drawn butter, then add two cups brown sugar; stir the sugar until melted; add one tablespoon of lemon juice and a little nutmeg.

**Hot Sauce**

One egg, one cup sugar, one cup boiling water or milk, flavor to taste.

**Cold Sauce**

Whites of two eggs beaten with a cup of sugar, add butter half the size of an egg, flavoring to taste.

**Pudding Sauce**

One tablespoon butter, one even tablespoon flour, one cup hot milk, one egg, half cup powdered sugar, two tablespoons lemon juice or fruit syrup. Melt the butter, stir in the flour, add the hot milk gradually. Beat the egg, add the sugar, stir this into the thickened milk, cook one minute and add the flavoring.

**Morton Sauce**

White of one egg, two thirds cup sugar; beat as for frosting. Flavor with wine, add a little salt, and just before using it add two tablespoons boiling milk.

### **Fruit Syrup-Sauce**

One cup fruit syrup, half cup sugar, one teaspoon cornstarch, one teaspoon butter. Use the syrup of apricots, peaches, cherries, quinces, or any fruit you prefer. The amount of sugar will depend upon the acidity of the fruit. Mix the cornstarch with the sugar, add the syrup, and boil all together five minutes. Add butter last.

### **Foaming Sauce**

Whites of two eggs, one cup powdered sugar, one cup boiling milk, juice of one lemon. Beat the whites of the eggs till foamy, but not dry; add the sugar gradually, and when well mixed add lemon juice; then beat in the boiling milk, adding it slowly.

### **Cream Sauce**

Mix one cup cream and half a cup of powdered sugar. Flavor with one teaspoon lemon or vanilla, or with half a teaspoon of spice, or one-quarter cup of jelly. Beat it until light, add the beaten white of an egg, and serve it on any pudding usually eaten with sugar and cream.

### **Ocean Sauce**

Whites of two eggs, one cup sugar, juice of one lemon, one cup of scalded milk; beat the whites of the eggs stiff but not dry; add the sugar, beat well; add the milk and lemon juice.

### **Creamy Ocean Sauce**

Take the white of one egg beaten to a froth, two dessertspoons of wine, syrup or fruit juices; quarter of a cup of boiling water and three-quarters cup powdered sugar, or more if necessary; three-quarters cup of butter; vanilla or lemon flavoring; cream butter, add sugar, flavoring and wine; just before serving add boiling water, then add the egg whipped to a froth.

### **Wine Sauce**

One cup sugar beaten with a piece of butter as large as a teaspoon; put two large spoons of milk in a dish on the tea kettle to heat; then beat the sugar, butter and one egg together to a froth and add to the milk. Flavor with half wine glass wine.

**Wine Sauce**

Half cup butter, one cup sugar, beaten together; beat up one egg, separating the yolk from the white, then pour in one glass wine and beat all together.

**Foam Sauce**

Beat until light one cup sugar, half cup butter, add the grated rind of half a lemon, and pour over the mixture one cup boiling milk, and let it stand twenty minutes.

**Henrietta Sauce**

Ten tablespoons water, six tablespoons sugar, four of butter, two of milk; heat the sugar and water very hot until it melts the butter, but do not let it boil, add wine and nutmeg just before using.

**Cold Sauce**

One cup butter, two cups powdered sugar, one egg, beaten together to a foam. Flavor with lemon.

# SALADS AND SALAD DRESSINGS

Green vegetables which are eaten raw and dressed with oil, acids, salt and pepper, are classed as salads. Potatoes, string beans, beets, asparagus, cauliflower, and many other vegetables which have been cooked, are eaten cold with a salad dressing. Lobster, oysters, salmon, and other kinds of cooked fish, eggs, chicken, and delicate meats are combined with lettuce, cresses, or celery and salad dressing, and furnish many appetizing and refreshing varieties of this useful form of food.

There is a strong prejudice with many against the use of oil. It is not strange when we remember the rancid oil sometimes offered us. Pure olive oil is seldom to be obtained, if we are to believe all that the opposers of adulteration assert. No doubt much that is sold as olive oil is made from cotton seed; but if it were sold under its right name and at a reasonable price there would be no objection to its use. When properly purified, and sweet, it may be as wholesome as olive oil. They are both vegetable oils, which are always considered more nutritious than animal oils. Oil is one of the best forms of fat we can use, and aids digestion. Oil when taken only in lobster salad or at late suppers, as is often the case, is held accountable for the horrors and torment following such a use; but if used seasonably and moderately, there will be no ill effects.

## **Spanish Salad**

Remove the skin from six ripe tomatoes and put in a stewpan with one onion and three sprigs of parsley, the two latter chopped very finely; add a good-sized piece of butter, salt and pepper to taste, and boil twenty minutes. Dissolve a teaspoonful of cornstarch in a little milk and add this, stirring constantly; cook two minutes and remove from fire, then add three eggs, beaten very lightly; add a little more salt, serve on toast. This is a delicious luncheon dish.

## **English Fruit Salad**

One cup of apples, chopped fine; half a cup of celery, chopped fine; one cup of stoned white grapes cut in halves, and a cup of English walnuts, blanched and chopped. Serve with a mayonnaise dressing.

### **Celery Salad**

Two heads of celery, four hard boiled eggs; chop the celery and three of the eggs with it; cover with the following dressing: One cup vinegar, one teaspoonful salt, one teaspoonful of mustard, three tablespoons of sugar, yolks of two eggs with a teaspoonful of cornstarch, small piece of butter; when cold add one half cup of cream.

### **Another Spanish Salad**

Take small oranges, cut them in halves; take out the insides, being careful not to break the cup-shaped rind. Throw the rinds into boiling water (after having stood in cold salted water over night), cook until tender; strain the juice. Fill the cups with white grapes and sliced bananas; pour the orange juice over and a dash of sherry. Serve on lettuce leaves.

### **Beef Salad**

Chop cold cooked beef very fine; to each half pint add a tablespoon of tomato catsup, half a teaspoon of salt and two tablespoons of olive oil; mix thoroughly and then add a little at a time, one tablespoon of vinegar; mix again; peel and scoop out the centres of nice solid tomatoes and fill them with this mixture, covering the top of each one with finely chopped parsley or cress. Serve on lettuce leaves. Mutton, left-over chicken or even fish may be used in the same way.

### **Potato Salad**

Two cups cold boiled potatoes, cut up in slices, and one tablespoon of onion, one teaspoon finely chopped parsley; one hard-boiled egg, chopped fine, salt and pepper. Mix all these ingredients together, moisten with salad dressing. Set in a cool place for one hour or two. Serve on a bed of lettuce and garnish with parsley.

### **Potato Salad**

Pare and cook twelve large potatoes; care should be taken not to break potatoes while boiling; when cold slice them in small pieces, season with salt and pepper; take two large onions and cut into small pieces; mix with the potatoes. Cut large piece of bacon into small pieces, fry and then place over potatoes while hot. Serve with salad dressing.

### **Lettuce Salad**

Pick over and wash each leaf without breaking. Shake off the water and drain in a net. Keep the lettuce in a cool place until ready to serve. Just before serving, dry between two towels. Arrange the leaves in a salad bowl, the larger leaves around the edge and the light ones in the centre. Serve with boiled dressing, or French dressing, or sugar, salt, and vinegar to taste. Lettuce should be served cool, fresh and crisp. Never cut it, as that causes the leaves to wilt quickly. Tear them apart. Radishes or olives may be served with lettuce.

### **Egg Salad**

Boil six eggs twenty minutes. Cut the whites in thin slices, or chop them very fine. Arrange a bed of cresses on a dish. Make nests of the whites, and put one whole yolk in the centre of each nest; or rub the yolks through a fine strainer over the whites. Sprinkle a French dressing over the whole. Serve small balls of cottage cheese with the salad.

### **Stuffed Egg Salad**

Cook six eggs in boiling water for half an hour, chill and shell them. Cut in halves lengthwise and remove the yolks without breaking the whites. Mash the yolks to a smooth paste with two tablespoons of mayonnaise; add three tablespoons of chopped ham, one teaspoon of lemon juice, a quarter of a teaspoon of made mustard and a dash of cayenne. Refill the whites heaping them with the mixture. Arrange on lettuce leaves and serve with an extra dish of mayonnaise.

### **Pineapple Salad**

One can pineapple; lay slice of pineapple on lettuce leaf, fill centre hole with red jelly. Around pineapple put a ring of salad dressing. Cut shelled walnuts or pecan nuts into strips and stick upright into the dressing.

**SWEET SALAD DRESSING** for same: Two tablespoons sugar, one tablespoon flour, half tablespoon mustard, mix dry and add yolks of two eggs, three-quarters cup of cream, quarter cup vinegar, two tablespoons butter, one teaspoon salt. When cold add quarter pint cream, whipped stiff.

### **Pear Salad**

Make as for Pineapple Salad, using pears cut in half, core taken out lengthwise and filled with jelly, etc.

### **Fruit Salad**

Put in the centre of a dish a pineapple pared, cored and sliced thin, yet retaining as near as possible its original shape. Peel, quarter and remove the seeds from three oranges, arrange them around the pineapple. Take three bananas, peel and cut into slices crosswise; arrange these around the oranges, and over this strew a few strawberries. Put one pint of pulverized sugar over the fruit and serve.

### **Tomato Salad**

Take four solid, well ripened tomatoes and plunge them into hot water to take off the skin, then split them and remove as many of the seeds as possible; cut them in small pieces and place half of them on the bottom of the salad bowl, season them with salt and pepper; cover the layer of tomatoes with a thin layer of finely chopped onion, a Spanish onion is preferable, and season this also with salt and pepper; then lay the remainder of the tomatoes on and season as before, finish with diced cucumber on the top, and, just before serving, pour over all a French dressing made of four tablespoons of good olive oil and two of vinegar, beaten together with a fork, after adding a pinch of salt and pepper; the quantity may be increased as desired.

### **Mortimer Salad**

Have a cold roast capon, cut off the thighs and breasts, suppress all the skin, fat and bones; divide the meat into slices three-sixteenths of an inch thick, and these into round pieces an inch in diameter; lay them in a deep dish and season with salt, pepper, oil, vinegar and mustard; put into a salad bowl half a pound of salted cucumber, half a pound of potatoes, a quarter of a pound of minced red radishes, a quarter pound of celery or celery tops and mince the whole very fine, season with this, chervil and tarragon well chopped, salt, pepper, vinegar and oil; then mix thoroughly; cut in eight pieces enough artichoke bottoms to form a border, dip the tips into finely chopped parsley; cut rounds of truffles one-eighth inch thick and about one inch in diameter; lay the capon on top of the vegetables which have been previously arranged on the bottom of a cold dish; cover this with mayonnaise sauce and surround the whole with the artichoke bottoms; inside this border lay symmetrically the slices of truffles and inside of these, slices of beetroot cut somewhat smaller than the truffles; on top of this still smaller bits of gherkin, finish the centre with small clusters of truffles.

### Green Bean Salad

This is always a very agreeable salad, and young, tender beans are the best for it. String the beans, break them into small pieces and cook them in salted water to which has been added a tiny bit of soda; mince a good sized onion and tie it in the corner of a napkin and plunge it into boiling water for a moment, then squeeze out the water at once; when the beans are cool, mix the chopped onion with them and set aside in a cool place until wanted; when about to serve, place the beans in the salad bowl and pour over them the French dressing as described in recipe for Tomato Salad, given above; serve each portion on a leaf or two of crisp lettuce, place on the salad plates.

### Tomato Salads

**TOMATO AND CELERY SALAD**—Cook one-half can of tomatoes, three cloves, one-half a bay leaf, one teaspoon salt and a little red pepper for fifteen minutes. Add one-quarter of a box of gelatin, softened in one-half cup of cold water. Stir until dissolved and strain into a border mould. When firm turn out on a bed of lettuce leaves and fill the centre with finely cut celery, apple and broken English walnuts moistened with boiled dressing.

**TOMATO JELLY AND NUT SALAD**—Soak one-half box of gelatin in one-half cup of cold water for fifteen minutes. Take one can of tomatoes, season highly, boil and strain, adding enough hot water, if necessary, to make three cups. In this, while boiling, dissolve the gelatin. Turn into moulds to give a cup-like form. When cold place on lettuce leaves, fill with sliced celery and broken nut meats and serve with salad dressing.

**TOMATO AND CHEESE SALAD**—Cut tomatoes into thick slices after peeling. Between each two put a thin layer of Canada cheese, spreading it with mayonnaise before adding upper slice. Arrange on lettuce and add a teaspoon of mayonnaise on top of each just before serving.

**TOMATO SALAD WITH CREAM**—Slice tomatoes in rather thick slices, into salad bowl, sprinkle with salt, pepper and a little sugar if desired. Chill, and just before serving put over them some whipped cream and sprinkle with chopped olives.

**TOMATO AND PEANUT SALAD**—Pour boiling water over large, smooth tomatoes, take off the skins and chill. When perfectly cold scoop out the centres and fill with chopped peanuts mixed with mayonnaise or boiled dressing. Serve on lettuce leaves.



### Salad à la Manhattan

Dissolve six sheets of plain jelly, grated rind and juice of one lemon in a pint of boiling water; while it is cooling chop one cup of tart apples, one cup of walnuts, one cup of chopped celery. Season with salt; stir and pour over them the jelly powder. Cool and serve on crisp lettuce leaves with mayonnaise dressing.

### Lettuce and Apple Salad

Sliced apples, sliced hard boiled eggs, and peanuts on lettuce leaves; sprinkle with salt, sugar and vinegar.

### Oyster Salad

Let small oysters just come to a boil in their own liquor, skim and strain, season the oysters with three tablespoons of vinegar, one of butter, one-half teaspoon salt, one-eighth teaspoon pepper, and place on ice for two hours. With a sharp knife cut up a pint of celery, using only the tender part, and when ready to serve mix with the oysters, adding about one-half pint of mayonnaise dressing. Garnish.

### Fruit Salad

Half fill as many custard cups as you may wish with the following: Cut oranges in small pieces, bananas, dates, pineapple, a little lemon, a few almond nuts, cut in halves, a sprinkling of sugar over all. Use any fruit in season. Serve with whipped cream or dressing.

### Codfish Salad

Put a piece of white codfish to soaking over night. In the morning pour off the water, put on fresh coldwater and let come to a scald. Try, and if still salt, repeat, as it wants to be tender and soft like fresh fish. Pick up, in flakes, cut a hard-boiled egg in pieces, mix with it some chopped lettuce, line a dish with crisp leaves, cover with the mixture and pour salad dressing over it.

### Wellesley Salad

Cut apples into dice, chop celery rather fine, cut white grapes into halves, take out seeds, break English walnuts in small pieces, marinate with French dressing and put on ice till chilled. Serve on hearts of lettuce leaves. Whip heavy cream and add lemon juice to taste; put a large spoonful on salad.

### **Delicious Salad**

Four cold boiled potatoes cut into dice, one small beet cut into dice, put together, mix with dressing, arrange on platter, garnish with lettuce leaves or celery. Cut three hard boiled eggs in rings, put around and then pour on more dressing.

### **Cabbage Salad**

Add to one cup of cream the beaten yolks of two eggs, one teaspoon mustard, one-half teaspoon each salt, pepper and sugar, also one-half teaspoon celery salt. Put all this into a double boiler and stir until it thickens. Let it cool; when ready to serve, add to the dressing one tablespoon vinegar and mix it with cabbage, chopped fine. Serve in a nest of cabbage leaves.

### **Powell Salad**

Take an even quantity of cold, cooked vegetables—peas, turnips, beans, beets and potatoes, cut fine. Add a little minced onion. Cover with salad dressing, mix lightly and serve cold.

### **Shrimp Salad**

One can shrimp, two hard boiled eggs, chopped coarsely and mixed together. Arrange on lettuce leaves with mayonnaise.

### **Chicken Salad**

One small can of chicken, one-quarter cup English walnut meats, two sticks of celery. Chop all together; mix with mayonnaise dressing and serve on lettuce leaf. Will serve four people.

### **Cold Slaw**

Beat one egg and drop it into one cup of vinegar, put it over the fire and add a small piece of butter, a little salt and pepper; slice the cabbage and pour the slaw over it cold.

### **Lobster Salad**

Four eggs, one tablespoon sugar, two tablespoons butter, one tablespoon salt, two tablespoons vinegar, one tablespoon mixed mustard. Beat the whites of the eggs separately, and add last. Cook in a bowl and set in a kettle of water, stirring until it thickens. When cold, add cream enough to make as thin as boiled custard. Add salt or a little red pepper to the chopped lobster and lettuce.

### **Chicken Salad**

Boil, bone, and chop fine three chickens; celery, lettuce or cabbage, also chopped fine. Take equal quantities of meat and salad, and mix with the following dressing: Yolks of three eggs, stir the yolks with a fork, then stir in slowly sweet oil to the amount of a pint. Do not put in faster than will mingle nicely. Salt to taste, and add a teaspoon of powdered sugar, a tablespoon vinegar, and a pinch of red pepper.

### **Welsh Rarebit**

Cut one pound of cheese in slices a quarter of an inch thick; put a piece of butter the size of an egg in a small frying pan, lay in the cheese, cook it five minutes, and add two eggs well beaten, one tablespoon of mustard, and a little pepper. Stir it up.

### **Beet Salad**

Two cups cold boiled beets, cut up, one cup celery, half cup chopped walnuts; mix, moisten with dressing; serve on lettuce.

### **Vegetable Salad**

Remove the skins from fresh tomatoes, scoop out centres and chill. Fill at serving time with salad made of equal parts of diced apples, celery and pineapple, mixed with mayonnaise.

### **Vegetable Salad**

One cup shredded cabbage, one cup celery cut into cubes, one cup green peas, one cup cooked potatoes, cut in cubes, two tablespoons chopped carrot. Salad dressing.

### **Salad Made of Celery and Apples**

Two cups celery, two cups apples, one cup chopped walnuts, half a cup salad dressing; mix well and garnish with parsley and lettuce leaves.

### **Potato, Apple, Celery and Lettuce Salad**

Two cups cold sliced boiled potatoes, one cup chopped or sliced apple, one cup sliced celery, one head lettuce.

DRESSING—Three tablespoons oil, three tablespoons vinegar, one-half teaspoon salt, one-quarter teaspoon red pepper.

Serve in salad bowl lined with lettuce leaves and garnish.

### **Raisin Salad**

One cup of celery cut into pieces, one-half cup walnuts cut into pieces, one-half cup chopped raisins. Serve on lettuce leaves with mayonnaise or cream dressing. Next time you make apple meringue pie try a cup of chopped raisins in it.

### **Chicken Salad**

Boil or roast a nice fowl; when cold cut off all meat from the bones; chop it, not very fine; cut up a large bunch of celery; mix with the chicken.

DRESSING—Take yolks of three hard boiled eggs, mash with a tablespoon of melted butter, add pepper, salt and vinegar to taste. Garnish salad with the whites of the eggs, sliced.

### **Shrimp Salad**

Place canned shrimps on lettuce leaves, serve with mayonnaise.

### **Waldorf Salad**

Cut in small pieces equal parts of tart apples and celery. Arrange on a bed of lettuce and pour over it Washington salad dressing.

### **Orange Salad**

Small leaves of lettuce, three to each guest. On each a slice of orange, cut not too thin. On each slice of orange place a strip of canned red sweet pepper. Over all pour a dressing made of the juice from ends of oranges, a little of the pepper liquor and plenty of salt.

### **St. Charles Veal or Tenderloin Salad**

Shoulder piece of veal or tenderloin; simmer till tender with onion and cool; cut up; add an equal quantity of celery, cut up; moisten, and serve on lettuce.

### **Lettuce Salad**

Two cups lettuce, one cup chopped walnuts; wash each leaf separately; place in cold water or on ice to make it crisp; dry between two towels; shred; mix with nuts; moisten; garnish with radishes or tomatoes.

### **Salade d'Asperges**

Cut the tender parts of asparagus into pieces of equal length and tie them in bunches; then cook them in salted water after which leave them to get cold; a few minutes before serving mix them in a bowl with one-third of their quantity of nicely pared crawfish tails, season with salt and pepper; rub through a sieve the yolks of six hard boiled eggs, dilute this with oil and vinegar, and pour this sauce over the crawfish and asparagus; the salad should then be symmetrically arranged in a salad bowl, after which add the seasoning.

### **Beef Salad**

When making vegetable soup boil your piece of beef (without cutting up), take out and allow to grow cold before too well done. When perfectly cold cut up quantity desired in very small chunks, put in salad bowl and mix well with it a handful fresh parsley and one onion, cut fine (slice onion round ways), if you have it; a little celery, cut fine, but that is not necessary. Season well with salt, pepper, oil and vinegar (mix well) and let stand for twenty minutes before using. Take about one pound and a half of cooked beef.

### **Chicken Salad**

Boil a fowl until tender, remove one plate to cool properly; when cold pick off the meat and chop; add about as much chopped celery; place all in a bowl, add vinegar, salt, pepper and a teaspoon of dry mustard, mix well and set aside for future use.

### **Lobster Salad**

Made in same way as above salad, using lobster instead of chicken, and garnish with sliced lemons, lobster claws if on hand, celery tops, or parsley. Lettuce can also be used in place of celery.

### **Beet Salad**

Boil six small beets until tender and when cold chop fine; boil six eggs hard and remove the whites from three of them to garnish the top of your dish; chop the rest of the eggs, but not put in with the beets. Salt and pepper the beets and eggs after they are chopped and mix them together very lightly; put in dish and pour over any good salad dressing; garnish with rings of the whites of three eggs kept out.

### **Shrimp Salad**

One can shrimps, same quantity of chopped celery, or a little more will not hurt, four hard boiled eggs, chopped when cold, one large cup of English walnuts or same of hickory nuts, chopped; toss all together with a fork, pour over salad dressing and mix; stand in a cool place.

### **Salmon Salad**

Two cups of salmon, chopped fine with the following dressing: Yolks of three hard boiled eggs, mashed fine; two tablespoons butter, six tablespoons vinegar, two teaspoons sugar, one teaspoon salt, one-half teaspoon each of pepper and made mustard.

### **Celery Salad**

Two heads of celery, four hard-boiled eggs, chop the celery and three of the eggs with it; cover with the following dressing: One cup of vinegar, one teaspoon of salt, one teaspoon of mustard, three tablespoons of sugar; yolks of two eggs, with a teaspoon of cornstarch, small piece of butter; when cold add one-half cup of cream.

### **Cabbage Salad**

Cut a part of the head of a cabbage in slices and grate, also chop two green peppers; sprinkle the cabbage and peppers with a little salt and mix thoroughly; pour over them any cooked salad dressing or dress with oil and vinegar, as preferred.

### **Potato Salad Dressing**

Beat up one egg in vessel you will cook in; add two tablespoons of sugar; one heaping teaspoon of mustard, one teaspoon salt, a dash of cayenne pepper; stir all together; one-half teaspoon cornstarch, one-half cup vinegar, one tablespoon butter. Beat all together and cook in double boiler till thick, stirring constantly. Thin with milk, cream, or whipped cream is nicer, when cold.

### **Fruit Salad Dressing**

For bananas, grapefruit, oranges, etc. Butter size of an egg, melt and add three tablespoons sugar; one heaping teaspoon mustard; one egg, beat separately, add last; three tablespoons vinegar; boil three minutes, stirring constantly; thin with cream when cold.

### **Mayonnaise Salad Dressing**

Put the yolks of four fresh raw eggs with two hard boiled eggs into a cold bowl; rub these as smooth as possible before introducing the oil by degrees, a few drops at a time; when oil assumes the appearance of jelly, add one heaping teaspoon of salt, one of pepper, one of made mustard and two tablespoons of vinegar, added gradually. The dressing should be of thickness of cream when finished; but if it looks like curdling, set in ice box for one hour, then mix again; keep in separate bowl in cold place; do not mix with salad until ready to be served.

### **Salad Dressing**

Take a yolk of one egg, add a teaspoon of olive oil, stirring the oil to it gradually; commence stirring it, first very slowly, and increase speed as you continue. Add a few drops of lemon juice every once in a while. This dressing will become quite firm if made properly. Now take your salad in bowl, place it on a salad dish, remove most of vinegar used first, shape with a knife to a desired form, spread the dressing over it carefully, so that it looks smooth all around; garnish with hard boiled eggs, celery tops or parsley.

### **Mayonnaise Dressing**

One cup weak vinegar, one cup sugar, one cup milk, three eggs, well beaten, one teaspoon of mustard, mix smooth with some vinegar, butter the size of an egg. Mix all together cold, and boil until thick.

### **Washington Salad Dressing**

One-half teaspoon mustard, one teaspoon powdered sugar, one-half teaspoon salt, one-fourth teaspoon cayenne, yolks of two raw eggs, one pint olive oil, two tablespoons vinegar, two tablespoons lemon juice. Mix seasoning; add the eggs, stirring well with back of fork or small wooden spoon; add a few drops of oil at a time till it thickens, thin it with a little lemon, then add lemon and oil alternately, lastly the vinegar. The mixture should be thick enough to be taken up in a ball on the spoon before adding vinegar. If it is to keep long, just before putting away, mash the yolk of a hard boiled egg with a little oil and mix. If liked, a half a cup of whipped cream may be added when ready to serve. If the mayonnaise curdles, beat a fresh egg-yolk and add the curdled mayonnaise, very carefully as you would oil.—G.D.P.

### **Another Salad Dressing**

Put on stove in double boiler two tablespoons of butter and let this heat; then mix two eggs well beaten, half a teaspoon of mustard, half a teaspoon of salt, and two tablespoons sugar, two tablespoons malt vinegar and two of water; put into hot butter, add half a teaspoon of cornstarch; mix in little milk, stirring all the time. Add a teaspoon of salad oil to the mixture if you like it. This makes quite a quantity and it should be thinned before using with a little cream.

### **King George Salad Dressing**

To the yolks of three eggs add one-half teaspoon salt, one-half teaspoon of mustard, saltspoon of paprika, and two tablespoons of sugar. Mix these carefully, adding one cup of cream, sweet or sour, one tablespoon of butter and three tablespoons of vinegar. Cook all in double boiler till it forms a smooth, thick custard. Then add stiffly beaten whites and set aside to cool.

### **Salad Dressing for Cold Slaw**

One-half tablespoon butter, let it boil; stir in one-half tablespoonful flour and one-half cup sweet milk. Second: Yolks of two eggs, beaten, one-half teaspoonful each of mustard, sugar, and salt, a dash of pepper, scant cup vinegar; stir well into the first and boil. Chop cabbage or potato with celery to flavor; add dressing when ready to serve.

### **Salad Dressing**

Half cup vinegar, half cup granulated sugar, one teaspoon mustard, one teaspoon salt, half teaspoon cayenne pepper, three eggs; put vinegar to scald. In top part of double boiler mix sugar, mustard, salt and cayenne together, and to this add the well-beaten eggs, then stir in the hot vinegar. Put in the lower part of double boiler and stir constantly until it thickens, then remove from fire. When cold, fold in half a pint of cream which has been whipped.

### **French Dressing**

One saltspoon of salt, half saltspoon of pepper, three tablespoons oil, quarter teaspoon onion juice, one tablespoon vinegar. Mix in order given, adding oil slowly. This dressing is suitable for vegetable, and egg salad. The onion may be omitted, and lemon juice may be used in place of vinegar.



### **Sour Cream Salad Dressing**

Half a pint of sour cream, four tablespoons fruit sugar, two tablespoons butter, one cup vinegar, one tablespoon mustard, one teaspoon salt. Put on stove and bring to a boil, then add three eggs, beaten light and add little by little. Boil gently until it thickens. Add a little pepper and cream when using.

### **Salad Dressing**

One egg, one saltspoon of salt, one tablespoon sugar, one teaspoon mixed mustard, one dessertspoon of the best oil; beat all to a cream; one pint of vinegar.

### **Mayonnaise Dressing**

One teaspoon mustard, one teaspoon powdered sugar, half teaspoon salt, quarter saltspoon cayenne, yolks of two raw eggs, one pint of olive oil, two tablespoons vinegar, two tablespoons lettuce juice. Mix the four ingredients in a small bowl. Add the eggs. Stir well with a small wooden spoon. Add the oil, a few drops at a time, stirring until it thickens. If by chance you add too much oil, do not attempt to stir it all in at once, but take it up gradually. When the dressing is thick, thin it with a little lemon, then add oil and lemon alternately, and lastly the vinegar. When ready to serve, add half a cup of whipped cream, if you like. The cream makes it whiter and thinner. The oil should thicken the egg almost immediately, and the mixture should be thick enough to be taken up in a ball on the spoon before adding the vinegar. Should the egg not thicken quickly, and have a curdled appearance, half a teaspoon of the unbeaten white of egg or a few drops of vinegar will often restore the smooth consistency. Be careful not to use too much, as it will make the dressing thin. The dressing liquefies as soon as mixed with vegetables or meat; therefore it should be made stiff enough to keep in shape until used. Many prefer to use an egg-beater, others succeed best with a fork. The mixture soon becomes too hard to use an egg-beater to advantage. Lobster coral, dried and pounded to a powder will give a mayonnaise a bright red color. Spinach green, green peas mashed, or chopped parsley will color it green. Never mix the mayonnaise dressing with the meat or fish until ready to serve, and then only part of it, and spread the remainder over the top. The addition of chopped olives, pickles, parsley, capers and onions to the mayonnaise makes a very delicious dressing.

### **French Dressing**

Three tablespoons butter, two of flour, one cup of milk. Cook this until thick, then set aside to cool. Beat three eggs, six teaspoons mustard, one large cup vinegar, three-quarters cup brown sugar, one teaspoon salt, one small teaspoon red pepper. Stir all together, then mix with the above mixture and boil till thick as custard.

### **Boiled Dressing**

Yolks of three eggs beaten, one teaspoon mustard, two teaspoons salt, quarter saltspoon cayenne, two tablespoons sugar, two tablespoons melted butter or oil, one cup cream or milk, half-cup hot vinegar, whites of three eggs, beaten stiff. Cook in double boiler until thick like soft custard. Stir well. This will keep for couple of weeks if set in cool place, and is excellent for lettuce, celery, asparagus, string beans, and cauliflower.

# SOUPS AND BROTHS

## Remarks on Soup

Meat soup should have for its base uncooked meat and bone, and the water with which it is to be made should be soft. There may be added to the fresh meat the bones and remnants of cooked beef, veal, lamb and mutton; but the principal nourishment of the soup comes from the raw meat, the usual quantity being one pound of clear lean meat to a quart of water. Success largely depends upon the cooking and skimming, and failure is generally owing to rapid boiling and neglecting to skim the pot. The soup pot must be perfectly clean. The meat must be cleaned. The water must heat gradually and simmer until the soup is cooked; the pot must be kept covered while the soup is cooking, removing the cover only to skim and add the necessary ingredients. From the time the soup commences to boil till it is done the fat and scum should be frequently removed. If cooked meat or bones are to be used they may be added after the soup has cooked three-quarters of an hour. If the soup is allowed to simmer, the allowance of water given in the recipes will not require replenishing. If, however, it is allowed to boil hard, the water will evaporate fast and require replenishing with boiling water. Fast boiling drives off much of the aroma of the ingredients. Where soup requires seven hours or longer to cook, it is advisable to make it the day previous, especially in the winter months, when it will keep fresh and sweet for a week. If it is made in an iron pot, it must be strained as soon as cooked, or while hot, into a tin or earthen vessel, for if allowed to remain in an iron pot over night it will be discolored and have an unpleasant taste. When vegetables are used, they should be added only in time to become thoroughly done. To prepare vegetables for soup they must be picked over, washed, pared, and cut into small pieces from a quarter to a half inch thick, put into a pan of cold water, rinsed and drained. Tomatoes should be scalded, peeled and sliced. Onions fried give a richer color and a different flavor to soup than when used raw. Vegetables should be put into the soup one hour and a quarter or one hour and a half before it is cooked. Potatoes are an exception to this rule; they should be put in only thirty minutes before the soup is cooked. To prepare rice it must be picked over, washed and drained. Season the soup lightly with salt and pepper when it is to be served. Good, rich soup can be made from the heads, tails, and soup bones of cattle. The heads must be skinned and split into

pieces. Remove the eyes and brains; wash out with cold water all impurities; skin, wash and chop the tails into small pieces. Crack soup bones well open. The canned soups are in effect soup stock and, when used according to the recipes printed upon the cans, furnish a good substitute in case sudden calls are made for soup. Fresh stock is, however, the most satisfactory.

### **Stock for Soup Pot**

STOCK POT SHOULD BE ESTABLISHED IN EVERY HOME to provide good soup and gravies; it consists of a cooking utensil, either a boiler or a large boiling pot, into which should be placed all available bones, etc., such, for example, as when meat is cut up in preparing boned meat, meat pies, meat puddings, and stews. This boiler should be kept gently simmering for two or three hours before its contents are required for use. If the meat is properly boned it will provide soup at a nominal cost. Remove bones from the stock before vegetables and other ingredients are added. They should be carefully drained, placed in a dish, kept in a cool place until required the following morning. This process adds to the strength of the soup made. The quantity of water added to the boiler in making stock must depend on the quantity and quality of the bones.

### **Soups**

The quantity given in the following recipes may be either increased or reduced proportionately as required, for large or small families. Every family should have soup at least four times a week, and especially where there are growing children. In fact, it is advisable to serve soup once a day.

### **Fried Bread for Soups**

Cut stale bread into dice, and fry in boiling fat until brown; it will take about half a minute. This is generally served with thin soups.

### **Tomato Soup (From Stock)**

Two quarts stock, four pounds fresh or canned tomatoes, pepper and salt. Prepare the tomatoes as directed in "Remarks on Soup". Stew the tomatoes until cooked, add a tablespoon of salt, stir frequently to dissolve them and prevent scorching. Stir the cooked tomatoes into the pot of stock, previously heated, and stir the whole until it comes to a boil. Season lightly and serve.

**Stock Soup (Bouillon)**

Four pounds fresh lean beef, one soup bone, one gallon cold water, two onions, sliced, pepper and salt. Time, seven and one-half to eight hours. Put the meat and bone into a pot with cold water and a tablespoon of salt. One hour before the stock is cooked, put in the sliced onion, pepper and, if necessary, salt, a few minutes before straining. When cooked, strain while hot through a colander into the vessel in which it is to be kept, preferably an earthen jar; put it away in a cool place to stand over night. In the morning the stock will be a jelly, with a layer of fat on top. Take off this fat and use it as dripping for cooking purposes. As stock will not keep longer than twenty-four hours in the summer, it is recommended that none be made in warm weather; but in the winter months it could be made twice a week. Scraps of cooked meat and bones may be economically utilized in the manufacture of stock.

Stock soup is sometimes served as soon as it is made; the name "Bouillon" is then given it. If it is cold, and it is desired to serve it, it should be slowly heated to the boiling point, but the boiling must not continue. If it is too rich, it may be diluted with from one to two pints of boiling water to every gallon.

Stock soup may be made the base of a variety of soups. It is also valuable and preferable to water for making gravies, stews, hash, etc. It is recommended for its simplicity and convenience.

**Turkey or Chicken Soup**

Break the bones left from roast fowl or game, pack them in a kettle and cover with cold water. Add a teaspoon of salt and let simmer till the bones are clean. Strain, when cold remove the fat; heat and thicken with flour, using one heaping tablespoon to a quart of liquid. Season to taste.

**Bouillon**

Four pounds beef, from middle of the round, two pounds bone, two quarts cold water, salt, pepper, mixed herbs. Cut meat and bones in small pieces; put in a kettle with the water and simmer five hours. Keep at least three pints of liquor on the meat, strain, remove the fat and if more seasoning is desired, add a little celery salt, a tablespoon of lemon juice and salt and pepper to taste. To clear, take the white of one egg and the shell broken to bits. Strain through a sieve and a napkin wet in hot water. Serve in cups.

**Vegetable Soup (From Stock)**

One gallon stock, four pounds mixed vegetables, salt and pepper. Prepare the vegetables as directed in "Remarks on Soup"; put them into a pot of boiling water slightly salted, and just enough to cover them, and boil until cooked. About 12 minutes before the vegetables are cooked, put on the stock and bring it to a boil, then stir in the cooked vegetables, and in order that they may not stick to the bottom, keep stirring the soup until it boils up; season lightly and serve. If rice is also used with vegetables, pick and wash it, then drain and put into a separate pot with boiling water, enough to cover it, with a teaspoon of salt. Boil it twenty-five minutes, or until cooked; stir it and the vegetables, with the waters in which they were boiled, into the stock.

**Rice Soup (From Stock)**

Two quarts stock, quarter pound rice, pepper and salt. Prepare the rice as directed in the "Remarks on Soup"; put it into a pot of boiling water, enough to cover it well, add two teaspoons of salt. Boil gently for thirty minutes or until cooked. Stir the cooked rice, with the water it was boiled in, into the pot of stock, previously heated, and stir the whole until it comes to a boil; season lightly and serve.

**Dried Bean Soup (From Stock)**

Two pints dried beans, half pound bacon, one quart stock, one gallon boiling water, salt and pepper to taste. Wash the beans and soak them over night. In the morning drain the water off, and cover them again with boiling water; add the bacon and boil gently two hours or more; now add the stock. Press the beans through a sieve, return them to soup kettles, and bring to a boil; add pepper and salt, and serve with toasted bread.

**Macaroni Soup (From Stock)**

Four ounces macaroni, one gallon stock, salt and pepper to taste. Break the macaroni into pieces about two inches long; put it into a stewing pan and cover with one quart of boiling water; boil it twenty minutes, drain, cut each piece in two. Melt the stock, bring to a boiling point, add the macaroni, let it simmer five minutes; add salt and pepper and serve. A plate of cheese may be served with this if desired.

### **Barley Soup (From Stock)**

Two tablespoons pearl barley, one quart stock, salt and pepper to taste. Wash the barley in cold water, then cover it with boiling water; let it boil up once and drain it; cover it again with boiling water and simmer two hours, then drain and add to the stock when boiling. Let it stand on the back of the range for ten minutes; then add salt and pepper and serve.

### **Sago Soup (From Stock)**

Two ounces sago, two quarts stock, salt and pepper to taste. Wash the sago through several waters, then cover with warm water and let it soak one hour. Melt stock and bring to boiling point; drain sago and add to stock; let boil slowly half an hour, stirring very often to prevent scorching; add salt and pepper and serve.

### **Consommé**

Two pounds of beef, half an ounce of suet, one small onion, two cloves, three pints of cold water, one small carrot, piece of celery. Cut up two pounds lean beef into dice. Put half an ounce of suet and onion, sliced, into kettle and cook until brown. Add the meat and cook without covering thirty minutes. Add the cold water, cover kettle, and simmer for three hours. At end of time add the carrot, cloves, celery and simmer one hour longer. Strain and stand away to cool. When cold remove all grease from top and turn into kettle. Boil one minute and strain through cheesecloth. Season and serve.

### **Tomato and Rice Soup**

Two pounds fresh beef, one pound soup bone, two quarts of cold water, one onion, sliced, half cup rice, pepper and salt, two cans of tomatoes. Simmer six hours. Put the meat and bones in a pot with the water, one tablespoon salt and the sliced onion, and cook as directed in "Remarks on Soup." One hour and a quarter before the soup is cooked, strain it through a colander and return soup and good meat to the pot, leaving out bones, skin, gristle, etc. Prepare the tomatoes and ice as directed in "Remarks on Soup." Put the tomatoes into the soup directly after it is strained and the rice thirty minutes before the soup is cooked. Stir frequently that the tomatoes may dissolve thoroughly and the rice be prevented from scorching or sticking to the bottom of the pot. When cooked season lightly and serve.

### **Beef Tea**

One pound lean beef, two tablespoons cold water, salt; simmer three to four hours. Cut the beef into small pieces, rejecting the skin and fat. Put the meat and water into an open-mouth bottle or stone jar; close it with a cork. Set the bottle in a pot of cold water; heat it very gradually to a boil. Boil gently for three or four hours or until the meat is colorless. If it comes to a boil too quickly the glass bottle will crack. As the water evaporates replenish the pot with boiling water, taking care when it is put in not to strike the bottle. Exercise the most watchful care while cooking. If the bottle cracks remove it instantly from the pot and transfer the contents to a fresh bottle, first heating the bottle with hot water, and put it into the pot. When cooked strain the tea into an earthen vessel. Season with salt. Set it aside and when cold skim off any fatty particles. Serve hot or cold. If too strong for use dilute it with warm water.

### **Boston Tomato Soup**

(Most delicious)

Put into saucepan one quart of canned tomatoes and one pint of cold water. In a frying pan put one tablespoon each of butter and sugar; when brown add one onion chopped and a tablespoon chopped parsley; stir in a tablespoon flour, add to the tomatoes with salt and pepper. Boil all together slowly for half an hour. Strain and serve.

### **Pea Soup**

One quart split peas, half a pound salt pork, half pound fresh lean beef, three quarts cold water, pepper and salt. Boil for three hours. Pick over peas, wash, and soak them over night in cold water. Scrape the pork clean and cut it and the beef into pieces. Drain the peas and put them with the cut-up meats into a pot of water. Cover the pot, heat gradually, and boil gently. Remove the scum as it rises; stir frequently from the bottom to prevent scorching. About the second hour, or when the peas have become soft, take out the meats and with a wooden masher mash the peas, then put the meats back into the soup and complete the boiling. When cooked season lightly and dish. Have ready some slices fried bread cut into square pieces. Scatter them on the surface of the soup and serve. Do this quickly, as pea soup cools and thickens rapidly. Pea soup is apt to burn, and great care must be taken to prevent it by not exposing it to too great a heat and by stirring it frequently.



### **St. Patrick's Soup**

Three pounds meat and fat, three pounds potatoes, half pound each of onions, celery, turnip and carrot, half large cabbage, half a pound flour, three ounces of salt, three ounces sugar, three tablespoons vinegar, about six quarts of water. Cut the meat into pieces one inch square, the fat into smaller pieces; place them in the boiler; when warm add the vegetables (except the potatoes) cut very small, stir them round so that they do not burn; when they are on the point of doing so add the water by degrees; peel the potatoes, put them in a net, and place them in a boiler; when done take them out and mash them; after the soup has been boiling two hours add the potatoes, with the seasoning and flour mixed, and the vinegar, boil slowly for thirty minutes, keep stirring it, and serve.

### **Tomato Soup (With Milk)**

Three pints of milk to one can tomatoes, a pinch of soda in each. Bring tomatoes to a boil without milk. Put them through a colander. Have milk boiling, add tomatoes and one teaspoon butter to milk. Add one cup soda biscuit crumbs, also cornstarch if needed for thickening.

### **Pea Soup (Without Meat)**

Take three quarts water, one pint of split peas (soaked over night), don't drain; four onions, one head celery, pepper and salt to taste. When done squeeze through a vegetable press. Boil up once and serve with toasted bread. A ham bone cooked with the vegetables gives a very nice flavor to this soup. Boil for two hours.

### **Toronto Tomato Soup**

One quart milk, one pint canned tomatoes, or one pint stewed tomatoes, three teaspoons butter, one bay leaf, sprig of parsley, blade of mace, one teaspoon sugar, one-quarter teaspoon baking soda, two tablespoons flour. Put tomatoes on to stew with the bay leaf, parsley and mace; let them stew fifteen minutes. Put milk on to boil in a double boiler. Rub butter and flour together; add to the milk when boiling and stir constantly until it thickens. Now press the tomatoes through a sieve, and if ready to use the soup, add the sugar and soda to the tomatoes, and then the boiling milk. Stir and serve at once. It must not go on the fire after mixing the milk with the tomatoes, or it will separate. If you are not ready let them stand on the fire separately and mix when wanted.

### Bean Soup

One quart beans, half a pound salt pork, three quarts cold water, pepper, half a teaspoon bicarbonate of soda. Simmer for three hours. Pick over the beans, wash and soak them over night in cold water; scrape the pork clean and cut it into thin slices. Drain the beans and put them into a pot with cold water, and bicarbonate of soda. Cover the pot, heat gradually, and boil gently for thirty minutes; remove the scum as it rises. Turn off the water and replenish with six quarts of fresh boiling water. Cover, and boil slowly and gently for one and a half hours, stirring the beans frequently to prevent scorching, then put in the sliced pork. As soon as the beans become tender and crack, take out the pork and mash the beans into a paste with a wooden masher, while in the pot, or press them through a colander using a wooden masher. The skins of the beans will be left in the colander to be thrown away. Put the pork and beans back into the pot and complete the boiling. Season lightly and serve. This soup can be made richer by adding a half pound of lean beef for every quart of water. It is put into the pot with the pork. Bean soup is apt to burn, and great care must be taken to prevent it by not exposing it to too great a heat and by frequent stirring. If soda is not used a longer time will be required to make this soup.

### Puree of Potatoes

Cook six pared potatoes in boiling salted water until tender and put through a potato press or sieve. Scald one quart of milk with half a small onion, cut in slices; remove the onion and stir half of the milk into the potato. In a saucepan melt one tablespoon of butter; add one tablespoon of flour and mix them; add gradually the remainder of the milk, stirring until smoothly thickened. Stir this into the prepared potato, bring all to the boiling point. Season well, simmer for five minutes; add one tablespoon of chopped parsley and serve.

### Pumpkin Soup

Cut one pound of very ripe pumpkin into pieces about two inches square; cover them with half a pint of boiling salted water; when tender, drain, and put through the colander. Put the pulp into a saucepan with two ounces of butter. Leave it for a few minutes, then add to it, slowly, a pint of very hot milk. Slice half of a French roll into the soup tureen, crust and all; season the soup with a little salt and a pinch of sugar, and pour over the bread.

### **Chicken Broth**

Cover a three-pound chicken with cold water; add one teaspoon of salt and cover closely; let simmer gently and when it comes to a boil remove the scum; add two onions, a sprig of parsley, and a blade of mace. When the chicken is cooked tender, remove it from the broth. Pick off the meat in nice pieces and save for curried chicken. Put the bones back into the broth, simmer half an hour longer, strain through a cloth, add salt to taste, remove the fat and serve.

### **A Cheap Tomato Soup**

Brown a small sliced onion in a tablespoon of butter, add a tablespoon of flour and rub smooth; then add half a can of tomatoes, a pint of water, a bay leaf, a leaf of celery and simmer fifteen minutes, press through a sieve, return it to the fire; add a teaspoon of sugar, and quarter of a teaspoon of soda dissolved in hot water, season with salt and pepper and serve.

### **Lobster Soup**

Melt one tablespoon of butter, then add two tablespoons of flour; mix well. Add to this the cooked meat of a lobster, a cup of milk and one of cream, a pint of soup stock, half a cup of tomatoes, salt and cayenne to taste. Let boil for a few minutes, then strain. Put it back on the stove again, add one tablespoon of butter and when it comes to a boil serve at once.

### **Noodle Soup**

Beat one egg with a small pinch of salt; mix stiff with flour, knead and roll very thin; sift a little flour over the sheet and roll it into a tight roll; then with a sharp knife cut it as you would a roll of jelly cake, but the slices must not be more than an eighth of an inch thick; shake it out and leave it on the floured board while you heat the stock (which may be of any kind). When boiling hot, drop in the noodles; boil five minutes and serve.

### **Rice Soup**

Prepare two quarts of veal or chicken stock and let it simmer, closely covered, with one gill of rice until the grains are nearly dissolved, add pepper, salt and a very little mace, and half a cup of cream or milk; just before serving, add the grated yolks of three hard boiled eggs.

### **Cream of Lima Beans**

Put a pint of Lima beans into a saucepan with one pint of white stock (veal or chicken) let boil slowly until the beans are tender. Put all through a sieve; season with salt and pepper; add one pint of hot milk, and thicken with a tablespoon each of butter and flour rubbed smooth and put into the milk. Serve with croutons.

### **Soup à la Royal**

Beat two eggs thoroughly with half a cup of milk or consommé, add salt to taste. Cook this in double boiler, slowly, when very thick turn out on a dish to cool. When cold cut into blocks and put them in the tureen, and pour hot clear soup over them. (By consommé is meant stock that has previously been prepared.)

### **Peanut Soup**

Cover one point of shelled peanuts with one quart of boiling water and simmer until they can be pressed through a sieve. Add a quart of milk, simmer an hour, season with salt and pepper.

### **Soup Mongole**

Cut into thin slices, then into straws, one medium sized carrot, one white turnip and one leek; put them into a saucepan with half of a tablespoon of butter; cover and cook slowly for five minutes. Into a second saucepan put half a can of tomatoes, half a can of peas drained and mashed, one teaspoon of butter, half of a teaspoon of salt, half of a teaspoon white pepper, and one pint of veal stock, and simmer gently for half an hour; then press through a sieve. Add the cooked vegetable straws, more seasoning if needed, and one teaspoon cornstarch rubbed to a thin paste with cold water. Stir and simmer for five minutes and it is ready to serve.

### **Chestnut Soup**

Shell and blanch one quart of chestnuts, put them in a saucepan with one pint of white stock and simmer gently until tender. Press them through a fine sieve, add one pint of hot milk, a squeeze of onion juice, a bay leaf, quarter of a teaspoon celery seed, a blade of mace and two cloves. Put this back on the fire, thicken with two tablespoons of flour and two of butter, rubbed smooth; stir and cook for about five minutes, strain again, season with salt and pepper, and serve.

### **Celery Soup**

Put half a pint of rice into two quarts of boiling milk with one head of celery cut very fine; cover and let it stew over boiling water until the celery is tender; season to the taste with butter, salt and white pepper, and a little mace if liked. Have two well-beaten eggs in the tureen; pour in the soup, scatter toasted squares over the top.

### **New Consommé Soup**

Put two pounds perfectly lean steak in a hot frying-pan, and let it cook quickly to a deep brown on both sides, when so browned chop fine, cover with two quarts of cold, strong, highly flavored stock, add the half beaten whites and crushed shells of two eggs, beat well, then just bring to a boil, stirring most of the time. When the boiling point is reached draw the kettle back where it will just simmer and keep at that point for half an hour closely covered. Dip cheesecloth bag into boiling water, wring dry and strain the soup through it.

### **Ox-tail Soup**

Two ox-tails, one large onion, four quarts cold water, one tablespoon beef dripping, one tablespoon salt, one of mixed herbs, four cloves, four peppercorns. Wash and cut up ox-tails, separating at joints, cut the onion fine and fry it in beef dripping. When browned slightly, draw it to side of pan and brown half the ox-tails. Put fried onion and ox-tails in soup kettle and cover with four quarts cold water. Tie herbs, cloves and peppercorns in a strainer cloth and add to soup. Add salt and simmer three or four hours or until meat separates from the bone and gristly parts are soft. Select nicest joints to serve with soup. Skim off fat and add more salt and pepper if needed. Strain and serve very hot. Vegetables may be served with this soup. If so, cut one pint mixed onions, carrots, turnips and celery into small pieces or fancy shapes. Add them to liquor after straining and boil twenty minutes or until tender.

### **Egg Broth**

One cup strong stock, one cup cream, 3 eggs. Salt to taste. Heat the stock and cream together, beat the eggs slightly, add the salt and hot liquid slowly, stirring all the time. Butter egg-cups, put in mixture, and bake in a pan of hot water one-half hour. Serve cold. This is a lovely summer broth.

### **Beef Broth**

Into a soup kettle put three pounds of lean beef, one large carrot, chopped, two sliced onions, two tablespoons of rice, with four quarts cold water. Cover closely and simmer for three hours; add one can of tomatoes, salt, pepper and half a teaspoon of ground cloves; boil ten minutes and serve. Barley may be cooked with this soup if desired.

### **Turnip Soup**

Crack a knuckle of veal; put it into a kettle with four quarts of water; simmer gently for four hours. Skim off the grease when cold; re-heat and add an onion, a dozen white turnips, chopped fine, a little sweet marjoram. Simmer for an hour longer. Strain and add a cup of milk, a tablespoon of butter and one of cornstarch which have been rubbed smooth together. Season with salt and pepper and let come to a boil. Serve at once.

### **Potato Soup**

Eight large potatoes, one large onion, half a pound of salt pork cut into strips, three whole cloves, and a sprig of parsley. Boil all two hours, then strain through a sieve, and season to taste, adding one tablespoon of butter and one pint of cream. Let it come to a boil and serve.

### **Kidney Bean Soup**

Pick over, wash and soak over night one pint of kidney beans. In the morning drain them; add two quarts fresh cold water and a bouquet of sweet herbs, and place at the side of the fire to simmer very gently until they break in pieces when half done, add one good sized onion roasted in a slow oven until well browned through, half a medium sized carrot cut fine and browned in a little fat, one scant teaspoon of salt, one clove and one dozen peppercorns. When very tender, rub through a fine sieve and return to the fire. If the pulp is very thick, add sufficient boiling water or good brown stock to reduce to a creamy consistency. Taste and add seasoning as necessary. Cook together until browned one tablespoon each of butter and flour; dilute smoothly with some of the soup, then turn into the kettle and stir until well mixed. Simmer ten minutes longer. Place in the hot soup tureen some thin slices of lemon, quarters of hard-boiled egg and four tablespoons of sherry; fill with the soup and send to the table.

### **Baked Bean Soup**

Cover cold baked beans with water and let them simmer until soft; add half the quantity of tomato, strain, add more water, if too thick, season with salt, pepper; heat again and serve with bits of toast.

### **Finland Beef Soup**

Cut one pound of beef from the round into small pieces; season with salt and pepper; fry it in the soup kettle with quarter of a pound of butter and one sliced onion until very brown; then add one gallon of cold water and allow it to simmer for an hour; then add two small cupfuls of chopped okra and simmer three hours longer, when it is ready to serve.

### **Purée of Carrots**

Boil enough carrots to make a pint after being run through colander. Put one and one-half pints of milk and carrots on stove, when boiling add three small tablespoons flour wet in a little cold milk. Stir constantly as it boils and, last, a little pepper, butter and saltspoon of salt.

### **Rice Consommé**

Take off the fat and heat two quarts of consommé stock, when boiling add two tablespoons of rice flour rubbed smooth with a little stock. Boil for fifteen minutes, add a teaspoon of sugar and salt, boil until the rice is cooked; add a cup of cream or rich milk.

### **Brown Soup**

Put on soup bone early in morning, chop two pounds of beef very fine, flavor with onion, salt and pepper, and make into small balls and fry; put them into the soup (after seasoning soup to taste), add one pint of browned flour. Have in tureen six hard-boiled eggs, cut up; four lemons, sliced. Pour the soup over these and serve.

### **Beef and Sago Soup**

Two pounds lean beef, chopped, two quarts of water, one-half cup sago, soaked in a little water, yolks of three eggs, salt to taste; stew the beef till it falls to pieces, strain, salt the liquid and stir in the sago; simmer gently one hour, stirring often, add the beaten yolks, boil up once and serve.

### **Plain Chicken Soup**

Cut up a fowl in small pieces, and dredge them well with flour, and fry them brown in lard, season with salt and pepper, add three pints of water; cover closely and simmer until the soup is well flavored. When ready to serve, thicken with flour.

### **Victoria Soup**

One pound knuckle of veal, one onion, one blade of mace, half a pound of pearl barley, one carrot, one quart of milk. Chop the veal with the onion and carrot, put in kettle with one quart of water or enough to cover, and skim and let simmer for one hour; when nearly done add the barley, previously soaked in a little water. Boil gently one and one-half hours after the barley has been put in, adding water now and then as it simmers down; lastly, add one quart of milk, boil up once and serve. Other spices may be used. Thicken a little with two tablespoons of flour, if desired.

### **Mock Turtle Soup**

Take one-half a calf's head, one-half pound of ham, a turnip, three carrots, three cloves, two bay leaves, one-half head celery, sweet marjoram, a gill of sherry, forcemeat balls. Clean and scald the head and boil with one gallon of water, with the vegetables sliced, cloves, etc., for two and a half hours; take out the head, and when cold trim all the meat from the bones and cut up in small pieces one-half an inch square, with the tongue; strain the soup, boil for about one-half hour, add the meat, thicken with a little flour, add the juice of a lemon, the sherry and a dozen small forcemeat balls; serve.

### **Potato Soup**

Four raw potatoes pared and cut into cubes, two onions sliced, water to fill the chafing dish. Season with salt and pepper and cook until the potatoes are very soft. Stir until the potatoes are somewhat mixed with the liquid and strain.

### **Cold Chicken Soup**

Cook one chicken, one-half bunch of celery, one-quarter cup rice in two quarts of water, cool, skim, add minced parsley, two tablespoons grated cooked ham, juice of a lemon, two cups of cream, salt, white pepper and dice of white bread.



### Chicken Cream Soup

An old chicken for soup is much the best. Cut it into quarters; put it into a soup kettle, with half a pound of corned ham and an onion; add four quarts of cold water. Bring slowly to a gentle boil, and keep this up until the liquid has diminished one-third and the meat drops from the bones; then add half a cup of rice. Season with pepper and a bunch of chopped parsley. Cook slowly until the rice is tender. Then the meat should be taken out. Now stir in two cups of rich milk, thickened with a little flour.

### Cream of Corn Soup

Chop finely one can of corn, add an onion, sliced, the size of an egg, large sprig of parsley and one pint of water. Let cook twenty minutes, taking care it does not scorch. Then press through a sieve, extracting all the pulp possible. Melt two rounding tablespoons of butter, add an equal amount of sifted flour, one-half teaspoon salt, and a good dash of pepper. Cook to a smooth paste. Then add gradually a quart of hot milk. When thick and smooth, add the corn pulp and juice and a scant tablespoon of sugar. Let it heat thoroughly, but not boil. When ready to serve, add a cup of cream or rich milk and salt to taste.

# FISH AND CLAM CHOWDERS

## **Bass Point Clam Chowder**

Two quarts of clams, half a pound of salt pork, six potatoes, four small onions, two carrots, one pint can tomatoes, two quarts of milk. Cut the pork into thin slices and fry the grease out; chop the vegetables fine; take the scraps of pork out of the frying-pan and pour the grease into a kettle that will hold at least one gallon; pour the chopped vegetable into the kettle and cover well with water; add the juice of the clams; cook two and a half hours, keeping the vegetables well covered with water all the time; chop the clams and pork scraps together and add them to the vegetables fifteen minutes before serving. The last thing add the milk and let it just come to the boiling point; salt, pepper.

## **Clam Soup**

Boil fifty clams twenty minutes in their own liquor; chop them very fine; add one quart of milk and thicken with a little flour (about three tablespoons) previously rubbed smooth with a little milk. Let it boil a few minutes, then add a gill of cream, if you have it, and salt and pepper to taste.

## **Fish or Clam Chowder**

Use firm fish, such as fresh cod, etc. Do not cook the heads. Scrape, cleanse and wash the fish. Cook it into small pieces, leaving out as many bones as possible. Cover the bottom of pot with slices of fat salt pork; place on that a layer of potatoes cut into small pieces; on the potatoes a layer of chopped onions; on the onions a layer of tomatoes; on the tomatoes a layer of fish; on the fish a layer of crackers or biscuit, first made tender by soaking in water or milk; then repeat the process, commencing with potatoes, until the pot is nearly full. Every layer is seasoned with pepper and salt; use only enough cold water to moisten and cook. Cover the pot closely. Set it over a gentle fire, let it heat gradually, and then simmer one hour. When nearly done, stir it gently, finish cooking, and serve. When cooked, if found too thin, simmer a little longer. The tomatoes may be omitted. Clam chowder is made as above, using clams instead of fish. A chowder may be used as above by using any fresh meat instead of fish.

### **Tomato Fish Chowder**

Take three slices salt pork, cut in squares, one can tomatoes, and five pounds of fish, one and a half quarts potatoes, sliced, three pints sweet milk; fry the pork, add the tomatoes, and cook slowly for three-quarters of an hour; then put in the fish and potatoes in layers alternately, seasoning with salt and pepper and dredging with flour at the same time. When potatoes are nearly done, add milk. Have well scalded, and then serve.

### **Fish Chowder**

Quarter pound salt pork, three medium sized potatoes, one and a half pounds fish, quarter of a pound crackers or biscuits. Cleanse, remove the rind and cut the pork into thin slices; slice the onions. Put the pork and onions together into a pot and fry them brown; then season lightly with salt and plenty of pepper. Slice the potatoes and lay them in cold water until wanted. Scrape, cleanse and wash the fish; cut it into small pieces; soak the crackers in water or milk until tender. When the pork and onions have browned and been seasoned, add a layer of fish; on the fish a layer of potatoes; on the potatoes a layer of crackers; then repeat the process, commencing with fish, in regular layers until the pot is nearly full, or till the ingredients are used up. Each layer is seasoned with pepper and salt. Use only enough cold water to moisten and cook. Cover the pot closely, set it over a gentle fire, let it heat gradually, and cook and serve. Tomatoes may be added as one of the layers.

### **Potato Chowder**

One fourth pound salt pork, cut in cubes. Fry out in chowder kettle. Slice three large onions, fry in the fat until golden brown. Add a quart of hot water, boil five minutes, then put in twelve large potatoes sliced and if handy a pinch of Summer herbs. Cook slowly. Have three pints of milk heating in another pan. Thicken slightly with a little flour wet up in milk. Let come to a boil, season with salt and black pepper. Serve with hot crackers.

### **Clam Bisque**

One quart clam juice, one quart milk, one tablespoonful flour; strain juice and boil three minutes. Add flour, which has been thoroughly blended, with one-half cup milk, and boil two minutes. Add milk and boil one minute. Serve very hot in bouillon cups.

### **Delicious Fish Chowder**

Put on one quart of milk, bring to a scalding point before adding half pound of halibut, cut in squares. Cook twenty minutes, then add a pint of oysters, and when edges curl remove from fire. Season with salt and pepper to taste and add a generous lump of butter. Oyster crackers finish the dish. If you do not say this is the best ever, then I am mistaken.

### **Clam Bouillon**

Wash and drain two dozen large clams; chop them fine and put them into a double boiler. Let them stand until the heat has drawn out the juice; then squeeze them with a lemon squeezer. Strain this; put the juice back on the stove, and when boiling hot add the white of an egg beaten with four tablespoons of flour. When it comes to the boiling point, strain through cheesecloth and serve.

### **Clam Soup**

For a family of six take two dozen clams, wash thoroughly with brush, put water enough on so as to cover the clams, let cook until shells open, then remove shells and clams; add milk, salt and pepper to the water in which the clams have cooked; chop the clams, restore them to the liquor and let it all boil until tender. Butter to taste.

### **Clam Chowder (with Vegetables)**

Take one and a half dozen clams, separate from bellies, then chop remaining part of clams; (bellies are always placed in chowder whole) five large potatoes, five tomatoes or one-half can, one large onion, two carrots, one-quarter head cabbage, three slices of bacon fried brown before adding, one turnip, one bay leaf, celery salt, parsley and pepper. Boil vegetables until tender.

### **New England Clam Chowder**

One-quarter pound fat salt pork, cut in little squares and fried; then take six potatoes, peel and cut in little dice-shaped pieces, two sliced onions; put potatoes and onions into kettle with the pork; add a little hot water and the liquor from one quart of clams; then separate bellies from clams and add them both to the other ingredients. Cook until potatoes are done; add pepper and salt to taste; when cooked, just before removing from fire, add one quart sweet milk and a few sprigs of parsley.

### **Rhode Island Clam Chowder**

One quart of clams, one quart potatoes sliced thin, half a pound of salt pork cut in little dices, two onions cut fine, salt and pepper to taste, large tablespoon of butter, one quart of milk, six soda biscuits. First place kettle on stove, putting pork in to let brown with onions; add the potatoes and boiling water to cover. When the potatoes are soft add the clam juice in equal parts water and liquor, the seasoning and the clams. When warmed through, add the hot milk and turn into the tureen. Do not put clams into the chowder until potatoes are nearly done, as prolonged boiling hardens them.

### **Bisque of Clams**

For a quart of soup take fifteen large clams; stew them in one pint water and their own liquor for a quarter of an hour. Boil one pint of milk, stir a tablespoon of butter and one of flour together; then add the boiling milk, stirring all the time; stand it to one side. Squeeze each clam with a lemon squeezer. Throw away the empty skins; add the strained clams and broth to the white sauce, bring to a boil and remove from the fire while you beat the yolk of an egg with two tablespoons of the soup. Add it to the rest while boiling hot, but do not let it boil again or the egg will curdle.

### **How to Prepare Clams**

Hold a clam in the shell in your left hand with the "hinge" toward your thumb, and the head up. Slip a small knife—I use a paring knife—between the shells just above the hinge, bearing on the shell toward you. If you do it right you will cut the "eye" or "cheese" free from the shell and feel the shells loosen apart. Run the knife completely around, bearing all the time on the shell toward you, lift off top shell, run knife under clam to loosen it from other shell and slip it off. After you open one, notice the position of the two "eyes" or muscles, which hold the shell together, as the trick is in cutting these away from the shells. I do hope this is clear enough to help you.

### **Scalloped Clams**

Prepare the clams as in steamed clams. Make a white sauce, as for fish; put the clams in a shallow dish or in clean shells; cover with the sauce and buttered crumbs, and bake till brown.

### **Clam Chowder**

Cut one-fourth pound clear fat pork in one-half inch squares. Fry out slowly, strain, throw scraps away, then take two good-sized onions, cut up small, fry in pork fat without browning. Cut up three-quarters of a quart of potatoes and boil. Take one quart opened clams, cut off black ends of clams, cut the balance, only leaving the soft part whole. When potatoes are cooked add to clams and clam water. Let boil a few minutes, as cooking clams too long makes them tough; then add onions and fried-out pork fat and one quart hot milk. Season with salt and pepper.

### **Fried Clams**

Clean your clams, put through a food chopper with about half as many cracker crumbs as you have clams. Mix all together and fry in little cakes in hot fat. These will be found delicious.

### **Clam Croquettes**

Drain a pint of small clams, put them into a double boiler and let them cook for five minutes. Drain and save the juice that comes from them. Chop the clams very fine; add enough milk to the juice to make half a pint, put them over the fire and thicken it with a tablespoon of butter and three heaping ones of flour; cook until thick and smooth, add the yolks of two eggs, cook a minute longer, add the clams and take from the fire; season with cayenne and salt and a little finely chopped parsley; mix well, turn out on a platter to cool. When cold form into balls and dip in egg and bread-crumbs and fry in hot fat.

### **Scalloped Clams**

Twenty clams, chopped; put in alternate layers of clams, sliced raw potatoes and bread crumbs. Season each layer of clams with a little onion, salt, pepper and butter. Put layer of crumbs on top, pour on liquor from clams. Fill dish with milk and bake two hours.

### **Fried Scallops**

Clean one quart of scallops, turn into a saucepan and cook until they begin to shrivel, drain and dry between towels. Season with salt and pepper; roll in fine crumbs, dip in egg, again in crumbs and fry two minutes in deep fat, then drain on brown paper. Serve with sauce tartare.

### Deville Clams

Chop fine half a pound of suet, one pound beef off the round, one quart of clams, two onions. Fry out the suet, add the onions, when nicely browned put in the meat, then the clams, and three tablespoons of canned tomatoes; season to taste, salt, pepper and thyme. When thoroughly cooked fill clam shells with this mixture, over which sprinkle chopped toast crumbs. Return to the oven to brown.

### Clam Fritters

Twenty clams, chopped fine, one pint of milk, two eggs. Add the liquor from the clams to the milk; beat up the eggs and add, with salt and pepper, enough flour for a thin batter; lastly, add the chopped clams; fry in hot lard, trying a little first to see if fat and batter are right; a tablespoon makes a fritter of moderate size. Fry quickly and serve hot.

### Deville Lobster

Cut rather fine one pound of boiled lobster meat and mix with one raw egg; put into a saucepan quarter pound of butter and one tablespoon flour, stir together until well blended, then add one gill rich cream, season with saltspoon salt and half as much cayenne. Add a teaspoon of curry powder, one-third of a nutmeg grated, one onion boiled to a paste, then the lobster meat. Cook two or three minutes and spread out on a platter to cool. When cool fill the shells with this mixture, brush over the surface with beaten egg, cover with breadcrumbs, lay in a baking pan, put bits of butter on top of each and bake a nice yellow in a brisk oven. Serve hot as possible.

### Shrimp

One can shrimps, dry packed one can peas, one tablespoon butter, two tablespoons (heaping) flour, one pint milk. Pick over shrimp and cover with cold water; drain peas and heat in clear water. Melt butter, stir in flour until well mixed; add a little milk, stirring all the time until you have used all the milk and have a smooth, thick sauce. Drain shrimp and add to sauce. Let this cook for about ten minutes. Add salt and pepper to taste—we like a little red pepper. Lastly drain peas and add to the rest. Mix well and serve at once. Enough for six persons.

# OYSTERS

## **Creamed Oysters and Macaroni**

A pint of cold creamed oysters in a well buttered dish, bits of cheese and pieces of butter into a cup of hot milk. When cheese and butter are dissolved turn it over the oysters, cover with rolled soda biscuits, moistened in hot milk; bake in a well covered dish, brown before serving.

## **Creamed Oysters**

To sixty-five oysters take one pint of cream and one pint of milk one large tablespoonful of cornstarch and the same of butter. Cream butter and flour together on the fire. When smooth, add the cream and milk, stirring slowly; put the oysters on in their own juice and skim. These should cook about five minutes. Dip out oysters from their liquor and add them to the cream. Last of all, strain the liquor pour in the cream, do not allow it to boil after putting in the juice, or it will curdle, season with pepper, salt, a little cayenne.

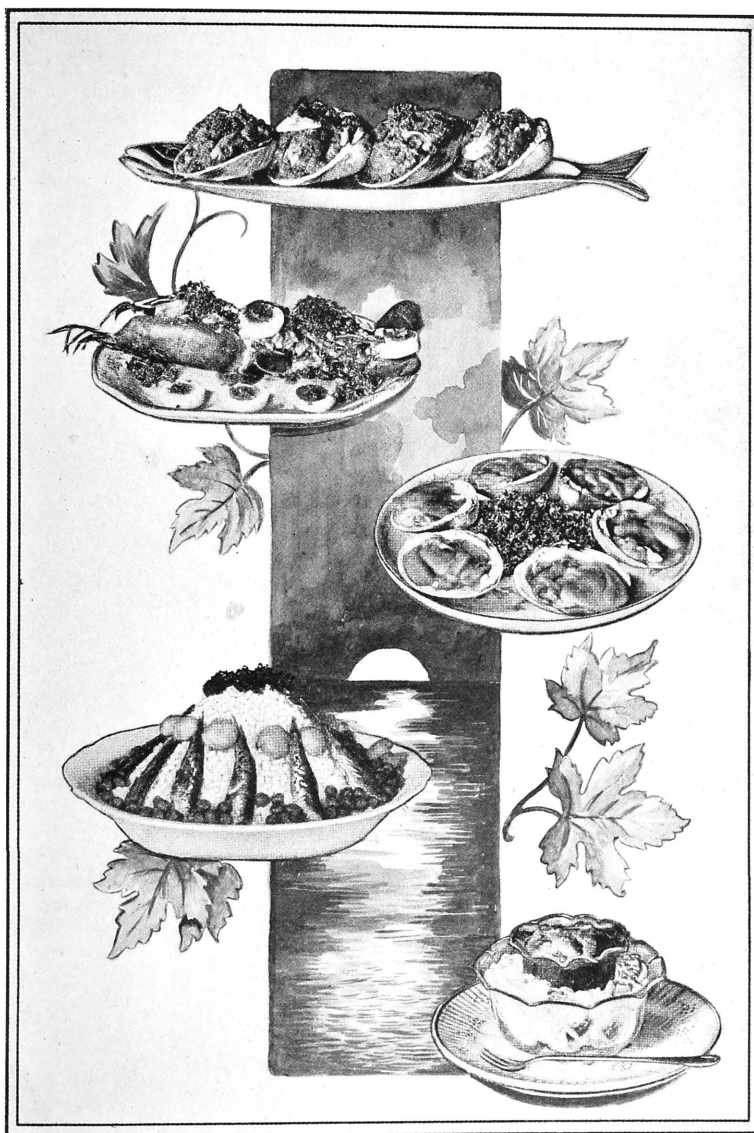
## **Oyster Loaves**

Stew the oysters in their own liquor, if large cut them. Roll some butter in flour, add a little mace, thyme, dropped parsley and anchovies. Scoop out the crumbs of as many French rolls as there are persons; allow one to each; fry them in butter. Toss up the oyster with a little cream and the beaten yolk of an egg; add a little lemon juice. Close up the hole with the piece of roll taken out. Veal, duck or chicken may be done in the same manner.

## **Fried Oysters**

Drain the oysters through a sieve, beat up two or three eggs; have ready some sifted cracker crumbs, seasoned with pepper and salt. Dip each oyster in the egg and cover well with cracker crumbs; have the pan hot, and put in an equal portion of lard and butter. When it boils lay in the oysters carefully. They require close watching to prevent either burning or too much cooking. As they are cooked lay them on a soft cloth to drain near the fire. Serve very hot. Care must be taken that the fat does not burn.







### **Oyster Croquettes**

Take two dozen oysters, boil them in their own liquor for five minutes; chop a small piece of onion and one tablespoonful of parsley very fine. When the oysters have boiled five minutes strain well and chop them into small pieces. Melt in a saucepan three ounces of butter; stir in two ounces of flour; add by degrees one gill of cream; stir until it boils; next add a very little grated nutmeg and cook two minutes.

### **Scalloped Oysters**

Take medium-sized oysters, wash and strain them through a colander. Butter a dish. Put in layer of oysters, sprinkle over some sifted crumbs, a very little salt, pepper, a little powdered mace, some small pieces of butter; then add another layer of oysters, crumbs, salt, pepper, mace and small pieces of butter; repeat this until the dish is full. Be sure the top is covered with crumbs and pieces of butter; put in a quick oven to brown. These can be served in shells instead of a dish. They must be sent to table in the dish in which they were baked.

### **Deville Oysters**

Chop the oysters fine and season highly with cayenne pepper and salt. Make a sauce of cream, thickened with butter and cornstarch or flour; the former is preferable; put the oysters on to boil; when cold fill shells—silver, china or oysters—cover with breadcrumbs and small pieces of butter; put in the oven to brown.

### **Oysters Stewed with Celery**

Strain one hundred oysters; put the juice on the fire, and cut up one stalk of celery. Let it simmer for twenty minutes, then skim out the celery carefully. Rub a teaspoonful of flour with a quarter of a pound of butter. little mace, pepper and salt to taste; add this to the juice and let it simmer for a few minutes, then add the oysters. Let them just scald, and send hot to the table.

### **To Pan Oysters**

Wash the oysters in a colander with cold water quickly. Do not let them remain in the water; put a piece of butter the size of a walnut in a pan or chafing dish; when hot put in the oysters, season with pepper and salt and dredge three times with flour; stir frequently and put one or two tablespoonfuls of cream.

### Stewed Oysters

Drain off the juice from one hundred oysters; put the juice into a saucepan; let it simmer slowly; skim it carefully; then rub the yolks of three hard-boiled eggs and one tablespoonful of flour well together; stir this into the juice. Cut into small pieces a quarter of a pound of butter, and half a tablespoonful of whole allspice, half a teaspoonful of salt (if the oysters are not salt), a very little cayenne. Let this simmer for ten minutes; just before putting in the dish, add the oysters; let them cook for five minutes. If liked, squeeze the juice of a lemon in before serving.

### Oysters à la Crème

Take three or four dozens of medium sized oysters, drain off the liquor and place them in a cooking vessel with a half pint of white wine: blanch them over a gentle fire without allowing them to shrivel. In a farina kettle or double boiler place six ounces of butter and four of flour; as the butter melts rub it together with the flour until it forms a smooth paste, add gradually some of the liquor in which the oysters were blanched together with a gill of rich milk previously heated; stir altogether until it comes to a boil. Then add a pinch of salt, six whole peppercorns, a pinch of paprika, and the thin rind of a small lemon; let all cook together on the side of the range for forty minutes, then add the beaten yolks of four eggs, beat well with a fork, strain through a sieve and pour into the hot tureen in which the oysters have been placed and serve. If the resulting sauce appears too thick when finished, thin it with hot milk to the desired consistency. This is a very attractive dish for evening parties or receptions.

### Oysters à la vapeur et sur croûtes grillées

Wash very carefully some medium sized unopened oysters, lay them on a wire grater provided with a handle so that they can easily be removed when done; set this grater into a steamer, cover it as closely as possible and, when the oysters are opened, lift them out, take off the flat shell and serve them in the deep ones. Each guest seasons his oysters according to his individual taste, with salt, black or red pepper or tomato catsup. Serve some melted butter separately.

### Steamed Oysters on Toast

They must be steamed as for the above, open and put them into a sautoire with their own juice; season with salt, pepper and add a little fine butter and serve them in a deep dish over slices of toasted bread.

### **Mock Oyster Soup**

Mash one quart of canned tomatoes, through a colander and boil them for about twenty minutes. Season well with cayenne pepper and salt. While the tomatoes are boiling add a half teaspoon of soda and let it ferment. Pour in a quart of milk and add two crackers rolled fine and two ounces of butter. Let it boil and serve.

### **Oysters with Celery**

Butter a deep dish and pour into it the oysters with their own liquor; season with salt and black pepper, and add the heart stalks of a head of celery cut into thin lengthwise slices and a few small pieces of fresh butter; cover it over with another dish and set into a moderate oven for fifteen minutes, then serve.

### **Oyster Frites**

Oysters for frying should be large and fat. Strip as many as you wish to fry by passing them between the thumb and forefinger, lay them on a clean napkin to dry. Into a soup plate or some small dish grate the rind of a large lemon, add half a teaspoon of salt and saltspoon of white pepper; break into the dish three whole eggs for each dozen of oysters and beat all together with a fork. Have at hand a large dish partly filled with bread crumbs; take two oysters at a time, lay them in the egg and cover them completely, lift and drain and then place them into the bread crumbs, breading thoroughly; when all are covered drop them, two at a time into hot fat and fry them to a good golden brown; lift them with a skimmer and place them on a piece of brown paper and serve as quickly as possible with a garnishing of parsley.

### **Oysters with Mushrooms**

Drain two dozen oysters; put them in a hot pan. Cook in one teaspoon of butter until the edges begin to curl; then remove to a hot dish. Make a sauce by adding to the oyster liquor the juice from one-half pint of mushrooms, and enough milk to make a pint. Thicken this with one tablespoon of flour blended with one tablespoon of butter and cook two minutes. Add one-half cup of chopped mushrooms, one teaspoon of onion juice, one-half teaspoon of lemon juice and a little salt. Beat the yolks of two eggs and stir in. Then add the oysters. Let the mixture come to a boil and serve at once.

### Poached Oysters

Butter a deep dish, pour into it some oysters with their own liquor; season with salt, pepper, tomato catsup and tobasco sauce; scatter over a few bits of butter, and then set the dish into a hot oven. Serve as soon as the oysters are poached, that is as soon as they are firm in the touch.

### Baked Oysters

Select large oyster sand wash their shells thoroughly Place the oysters in a baking pan in a very hot oven, bake until the shells open, remove the upper shells, add a little butter, salt and pepper to each oyster, and serve in the under shells.

### Oysters

It should always be remembered that oysters are only used in the months that contain the letter "r".

### Oyster Soup

Two quarts fresh oysters, one gallon milk, half a pound butter, one pound rolled soda biscuits, pepper and salt. Drain the liquor from the oysters, put the milk and butter into a vessel and heat gradually. When warm stir in the liquor; do this very gradually to prevent the milk curdling; then the rolled biscuits. Let it come to a boil, then add the oysters. In four or five minutes, or when the edges of the oysters become curled, season and serve.

### Oyster Stew

Take one pint of oysters and one pint of milk, one tablespoon of butter, salt and pepper to taste; put the milk on in a double-boiler; place oysters in a colander and throw over them one cup of water; after draining a few minutes take oysters and lay on plate; strain the oyster liquor which has drained from the oysters; put on to boil, removing the scum and when clear put in oysters, let them simmer, but not boil, until they begin to grow plump, and the edges to curl or separate. Strain the liquor into the milk; then put the oysters into the milk and serve.

### Oyster Fritters

Drain oysters thoroughly. Chop fine, season with salt and pepper; make a batter of eggs, milk and flour, stir the chopped oysters into this and fry in hot lard.

### **Fried Oysters**

Wash the oysters, drain, sprinkle with pepper and salt, and let stand for a while. Roll first in crumbs, then dip in egg batter mixed with one tablespoon of milk; roll in crumbs again and fry in smoking hot lard. Lay on brown paper, as this takes grease from the oysters; serve with cold slaw or sliced pickles.

### **Broiled Oysters**

Pick over and drain large oysters; dip in melted butter and fine cracker crumbs; season with salt and pepper. Butter gridiron (one used for broiling steak, commonly called a broiler); put oysters on closely and broil till the juice flows.

### **Batter for Oysters**

Yolks of two eggs, well beaten; add half a cup of milk and a little salt, one cup of flour, or enough to make it almost a drop batter. When ready to use, add the whites of the eggs, beaten very stiff. If for clams, add lemon juice or vinegar to taste. This batter will keep for a week.

### **Oysters de Strand**

Put one dozen oysters into a saucepan, one teaspoon of butter, one and one-half teaspoon lemon juice, salt and pepper to taste. Cook slowly until plump, then add five chopped mushrooms. Beat the yolks of three eggs into a little cream (about one half cup), add to the oysters; only heat one minute. Serve very hot.

### **Oysters N.Y. Style**

Drain twenty-five oysters, put into a saucepan and bring to a boil. When cool, drain again, then add two dessertspoons of butter, put on and let boil, then add rolled bread-crumbs to thicken. Put this into a patty shell, then lay on each two oysters, dust a little cayenne and salt to taste, then a layer of crumbs and a little butter. Brown in oven and serve hot at once.

### **Oyster Bisque**

Put into a saucepan two dessertspoons of butter, one sliced onion; let it fry but keep it white; put in a dash of salt, curry powder, and cayenne. Take a second pan, put in eighteen oysters with the juice; when cooked thicken oyster juice, cut oysters small. Mix together and serve.

### **Oyster Patties**

Put into a double-boiler three dessertspoons of butter and four of flour; a little salt, and pepper; place over fire and melt and mix, add three half pints of cream or milk. When thickened add one quart of diced chicken and let remain on back of stove ten minutes. Just before serving, add one quart of small oysters, well drained; let cook just enough to turn edges. Fill hot patty shells and serve at once.

### **Oysters au Chateau**

Put a saucepan on with two dessertspoons of butter, when melted, add one small teaspoon of vinegar. Put twenty-four oysters in a hot pan; shake well to prevent burning, a little salt and pepper to taste. When the oysters are cooked (takes about two minutes) pour the hot butter and vinegar over them. Serve at once.

### **Oyster Bouillon**

Take five dozen blue points oysters; put into double-boiler, heat slowly as it is the best way to draw out all the juice. Then put into a press so as to get every drop of liquor. Put in saucepan again, beating into it the whites of two eggs. Boil two minutes; take from fire and let stand ten minutes, strain through a cheesecloth bag. When you wish to serve, season, and add same quantity of hot milk.

### **Oysters Rhode Island**

Take twenty large oysters; parboil them in their juice; set aside in a hot dish. Then take two dessertspoons of butter, two cups of cheese chopped fine, a little salt, and a dash of cayenne; mix all together in double boiler to melt, and while melting beat three eggs and add them to the oyster liquor. Mix this slowly with the melted cheese, then add oysters. Serve at once.

### **Oyster a la Toronto**

Take three dozen oysters. Place them in a very hot pan, adding two dessertspoons of butter, a dash of salt and pepper, stir until the oysters are cooked; then add the yolk of one egg well beaten with a half cup of cream or milk (mixed with the egg). Add a little sherry (if desired) stir this well and see that it does not boil. Serve at once when very hot.



**Oysters a la Bermuda**

Take two large Bermuda onions, cut in very small pieces, after allowing them to stand in water twenty minutes; then fry in two tablespoons of butter until a very light brown; add two quarts of oysters and their juice, season to taste with a little salt and pepper adding a pinch of cayenne. And serve hot.

**Oyster Fritters (Whole)**

First strain liquor from oysters and use it to make a batter. Dip each oyster in the batter and fry, until brown, in a hot fat.

**Oyster Hotel de Ann**

Take three dessertspoons of melted butter, with one small slice of onion put in a saucepan, let cook until light brown; then add one and one-half cups of stewed tomatoes, let thicken, take one quart of oysters drained and cook one minute; season with half teaspoon salt, and one drop of tabasco sauce. Serve on toast.

# LOBSTERS

## **Plain Lobster**

The simplest way of serving lobster is by removing the meat from shell, and arrange in a tasteful manner; or cut it into small pieces. Let each person season to taste with salt, vinegar, pepper, oil, or melted butter.

## **Stewed Lobster**

Cut the lobster fine; put in a stewing pan, with a little milk or cream. Boil up once; add one tablespoonful of butter, and serve plain or on toasted bread. Cook lobster just long enough to heat, as longer cooked renders it tough.

## **Lobster Creamed**

To one pint of lobster meat cut fine, make one pint of white sauce. Season with salt, cayenne and lemon. Heat the lobster in the sauce, but do not let it boil. Serve on toast.

## **Curried Lobster**

Make a curry sauce and warm the diced lobster in the sauce.

## **Scalloped Lobster**

Season one pint of lobster, cut into dice, with salt, pepper and cayenne. Mix with one cup of cream sauce, fill the lobster shells, using the tail shells of two lobsters. Cover the meat with cracker crumbs, moistened with melted butter. Bake till the crumbs are brown. Put the two shells together on a platter. Garnish with parsley. The lobster may also be served in scallop shells.

## **Lobster Soup**

Melt one tablespoon of butter, then add two tablespoons of flour; mix well. Add to this the cooked meat of a lobster, a cup of milk and one of cream, a pint of soup stock, half a cupful of tomatoes, salt and cayenne to taste. Let boil for a few minutes, then strain. Put it back on the stove again; add one tablespoon of butter and when it comes to a boil serve at once.

### Lobsters à la Créole

**HOMARD A LA CRÉOLE.**—Take two lobsters of about two pounds each, cut into twelve pieces and sauté them over a quick fire with half as much butter as oil; add one ounce of chopped shallot, two of onions, some salt, and pepper, bouquet of parsley; then moisten with a pint of good consommé and a gill of madeira wine; add four medium tomatoes, peeled and cut in half, one green pepper, cut into small bits, and a little curry. Set on the range and allow cook for fifteen minutes, add some fine herbs. Boil some rice in water with salt and butter, set it into a buttered mould and put into the oven for fifteen minutes; then unmould and serve the rice separately but at the same time as the lobster.

### Deville Lobster

Take the meat from a boiled lobster, chopped fine, season with ground mustard, salt and pepper, stir well until mixed. Put it into a porcelain saucepan, cover with just enough water to keep it from burning, let it boil up once, then stir in two tablespoons of vinegar and a tablespoon of butter. Let it boil up again and serve.

### Lobster à la Newburg

Cook six lobsters each weighing about two pounds, in boiling water for twenty-five minutes; when cold detach the bodies from the tails and cut the latter into slices, put them into a sautoir, each piece lying flat, and add hot clarified butter; season with salt and fry lightly on both sides without coloring; moisten to their height with good raw cream; reduce quickly to one half and then add two or three spoonfuls of maderia wine; boil the liquid once more only, then remove and thicken with egg yolks and raw cream; cook without boiling, adding a little cayenne and butter; warm it up again without boiling, tossing the lobster lightly, then arrange the pieces in a vegetable dish and pour the sauce over. Twelve pounds of lobsters when cooked yield from two to two and a half pounds of meat and three to four ounces of lobster coral.

### Choice Lobster Recipe

Cut lobster into small pieces, make a white sauce, one quart of milk, two tablespoons of butter melted, two tablespoons of flour, saltspoon of cayenne pepper, squeeze of lemon. Pour over cut lobster and set in oven till a delicate brown.

**Homard Rôti à la Diable**

Split one lobster in two lengthwise, and range it on a baking pan; season with salt and cayenne and pour over some melted butter; bake in a moderate oven for twenty minutes, cover it over with a maître d'hôtel butter containing plenty of diluted mustard. When done serve on a very hot dish, and after breaking the shells with pincers made for that purpose, remove the meat and serve them directly on the plates.

**Lobster Chowder**

Take a good-sized lobster and cut in small pieces, let stand in one quart of milk about ten minutes. Pare and slice five potatoes and cook until done, pour off the water and turn potatoes into the lobster and milk; set on the stove until it comes to a boil; add pepper and salt and butter size of egg. Delicious.

**Stewed Lobster**

Cut the lobster in pieces, about an inch square; place them in a stew-pan, and over them pour a cup of water. Put in butter the size of an egg, pepper and salt to taste. Mix also with it the green dressing of the lobster, and stir it ten minutes over the fire. Just before taking off, add two wine glasses of port or sherry. Let it scald, but not boil.

# FRITTERS

## Lamb Fritters

Chop a cup of cold cooked lamb. Make a batter of one egg, well beaten, two-thirds cup of milk, one-quarter teaspoon salt and one and one-third cups of flour sifted, with one rounding teaspoon baking powder. Add the chopped lamb and stir well. Drop from spoon into deep hot lard and fry a nice brown.

## Plain Fritters

One pint of milk, two eggs, beaten separately, one teaspoon baking powder; add a little salt. Fry in hot lard.

## Raw Potato Fritters

Peel and grate eight large potatoes. Make a batter of three eggs and flour enough to work the potatoes sufficiently for frying. Salt to taste. After thoroughly mixing drop in boiling lard and fry until done.

## Orange Fritters

Peel oranges and slice thin, then dip in a batter made of one egg, one heaping tablespoon of sugar, a little milk, and flour enough to make a thin batter; fry in hot lard, as the oranges are not good unless cooked very quickly. When brown, put in a dish and sprinkle with powdered sugar.

## Pineapple Fritters

Take one can of pineapple, fry in batter made as for the orange fritters. Sprinkle sugar over the top and serve.

## Boston Fritters

Boil one pint of water, add to it two dessertspoons of butter. Mix two cups of flour with cold water, making a paste; add boiling water, a little at a time, keeping the paste smooth. Return to kettle and stir constantly to prevent lumping. Beat six eggs, then add to them a little of the mixture at a time until it is all well mixed. Beat in order that eggs may not cook in lumps. When beaten very light, drop the fritters from spoon into boiling hot lard. To be eaten with syrup.

### **Apple Fritters**

Pare six good sized apples that are not over ripe. Cut in round slices. Dip each slice in sugar and ground cinnamon, mixed. Drop in batter till thickly covered with it. Then drop in hot dripping and fry a light brown. Take one pint of milk, add three lightly beaten eggs, a little soda and salt, flour enough to make a batter about as stiff as ordinary light-cakes.

### **Potato Fritters**

Mash and whip six boiled potatoes, add to them one pint of cream or milk, flour enough to make a batter as for other fritters, the yolks of three eggs, and the beaten whites; salt and fry in butter.

### **Banana Fritters**

Two cups of flour, yolks of three eggs beaten, one cup of milk and butter size of a walnut, a pinch of salt; beat the whites until they become very stiff. Stir the batter well; peel the bananas, cut in strips; dip them in the batter and fry a light brown. Sprinkle with powdered sugar and serve hot.

### **Apple Fritters**

Quarter and slice your apples. Make a batter of two eggs, one cup of milk, a little salt and flour, or the same as for fried oysters. Put in apples and fry in hot fat, the same as oysters.

### **Corn Fritters**

Grate sweet corn into a dish, and to one pint add one egg, one teacup of flour, one tablespoon cream, one teaspoon salt; mix together and fry like oysters.

### **Peach Fritters**

Prepare and fry like apple fritters, using halves or ripe peaches instead of apples.

### **Orange Fritters**

Prepare and fry as above, using sections of orange in place of apples.

### **Blackberry Fritters**

Into one and one-half cups of batter mix one cup blackberries and drop by tablespoons into hot lard; fry to a light brown.

### Corn Fritters

One dozen ears of corn, one teaspoon baking powder, one cup flour, two eggs, one pint milk, one-half teaspoon salt, two dashes black pepper. Cut the corn down the centre of each row of kernels, then with the back of the knife press out the pulp; to this pulp add the milk, the yolks of the eggs, and salt, pepper and flour; beat well. Beat the whites of the eggs to a stiff froth and stir them and the baking powder carefully into the mixture. Put lard into a frying pan and when hot drop the mixture by spoonfuls into it. When brown on one side, turn and brown the other. Take out with a skimmer, drain on brown paper and serve very hot.

### Apple Fritters

Take large juicy apples, core, peel and cut each apple in round slices. Prepare batter as for Banana Fritters; dip each slice in separately; drop in hot fat and fry to a light brown. Serve immediately with sauce or powdered sugar over them.

### Rice Fritters

Two cups flour, two cups milk, two eggs, one-half cup cooked rice, one teaspoon baking powder, salt, beat yolks of eggs and rice together, add the milk and the flour in which the baking powder has been mixed; then the whites of eggs, well beaten, stirred in very lightly.

### Fritters

Four eggs, one quart of milk, one quart of flour, two teaspoons of baking powder and a little salt. Cook in hot lard and serve with syrup.

### Banana Fritters

Sift a light pint of flour, take from it a light pint, sift two or three times with two teaspoons baking powder. To this add a saltspoon of salt, two eggs whipped very light, two tablespoons of sugar, and three-quarters of a cup of rich milk. Rub through the flour first a dessertspoon of butter. Beat all to a smooth light batter. Slice bananas into four lengthwise strips, dip each slice into the batter and fry a golden brown. SAUCE: Stir to a cream half a cup of butter, one cup of sugar, a well beaten egg and two tablespoons of fruit syrup, or flavor to taste with fresh orange or lemon juice.

**Corn Fritters**

Take ears of corn left over, or one can, yolks of two eggs, a little salt and pepper, one tablespoon flour, or more if necessary; add well-beaten whites of two eggs; mix all well together and drop in hot fat.

**Mexican Apple Fritters**

One cup flour, two tablespoons sugar, one teaspoon baking powder; sift all together; one-third cup of milk, one egg and a little salt; cut two apples into small pieces; pour egg and milk into the dry mixture and beat well; drop into hot fat until brown.



# CROQUETTES

## Sweetbread Croquettes

Take two pairs of sweetbreads and three-quarters pint cream, a little pepper and salt to taste, five tablespoons mushrooms and three tablespoons butter, one and a half tablespoons flour, one dessertspoon lemon juice and two eggs; scald thoroughly the sweetbreads for about ten minutes and chop very fine; also chop mushrooms; mix all together and season; heat cream, drop in hot fat and brown.

## Beef Croquettes

One and a half pounds chopped beef, one cup of chopped stale bread, one egg, salt and pepper; mix all together; make into small cakes and fry in hot beef dripping.

## Meat Croquettes

One cup of sweet milk, one-half cup of chopped crackers cooked in milk on back of stove until soft, one cup of meat chopped fine, one egg, salt and pepper to taste, one onion chopped fine, dip in beaten egg, roll in crackers or corn meal, fry a nice brown in buttered pan.

## Meat Croquettes

One pint of milk, one pint chopped meat; thicken the milk with three tablespoons of flour; season with onion, butter, salt, mace; after it is cooked stir in an egg; add chopped meat till moist, let it get cold and then dip into cracker crumbs or bread crumbs and fry like doughnuts.

## Beef and Rice Croquettes

Mix one cup of raw beef from the top of the round, chopped fine, with one-third cup washed rice; add half a teaspoon of pepper and a dash of cayenne. Cook a cabbage in boiling salted water two or three minutes, so that the leaves may be pliable and removed from the head in perfect condition. Remove the leaves, one by one, and in each wrap a rounding teaspoon of the beef and rice. Lay the croquettes in a baking-dish, and bake one hour in a moderate oven. Serve arranged on a dish with the tomato sauce poured around them. If the sauce becomes too thick in cooking, dilute with stock or water.

### **Chicken or Turkey Croquettes**

Scald cup of rich milk in double boiler, add one tablespoon of butter and two of flour, rubbed smoothly together, and stir until thick; season to taste and add beaten yolks of two eggs; add pint cold chopped chicken or turkey and set away until cold; flour the hands and mould, dipping each croquette in slightly beaten egg, then in bread crumbs, and fry in smoking hot lard.

### **Baked Croquettes**

One pound of round steak, one pint sweet milk, one cup flour, one egg, salt and pepper. Chop steak; beat egg very light, then add milk and pour on the flour gradually, beating smooth; butter a two-quart dish, put the meat in dish and season well, and over it pour the batter; bake an hour in a moderate oven. Serve hot.

### **Chicken Croquettes**

Eight pounds chicken chopped fine, one pint milk heated in a double boiler with a piece of butter the size of a large egg; add three tablespoons of flour. When thick mix the cayenne pepper; mix well with the beaten eggs; roll out and dip first in beaten egg, then in chopped crackers, and then fry.

### **Queen City Croquettes**

Take one cup cold cooked chicken; season with a little salt, celery salt and a dish of cayenne, half a teaspoon lemon juice, half of onion juice, one cup of cream; blend all together and roll in soda biscuit crumbs and fry in boiling lard.

### **Salmon Croquettes**

Put three tablespoons butter in sauce-pan, melt, add one-third cup flour and blend thoroughly, gradually pouring on one cup scalded milk; mix slowly and thoroughly; now add half a spoon salt and a dash of pepper, also a little cayenne. Take three-quarters of a cup of cream, adding one cup of cooked salmon, half a teaspoon of lemon juice, and whip all together smooth; when cool, dip in egg crumbs and fry in hot fat.

# FISH AND FISH SAUCES

## Remarks on Fish

Fresh fish are best when just taken from the water. They are fresh when the eyes are clear, the fins stiff, the gills red, and hard to open. Unless fish have been frozen or have inhabited muddy streams they should not be soaked. If frozen, soak them in ice-cold water to thaw. If they have inhabited muddy streams, after they have been cut up soak them in strong salt water. A fish or part of a fish of less than three pounds weight except rockfish is too small for boiling. Exact time for boiling fish cannot be given, as much depends upon the size and kind. A piece of fresh cod weighing three pounds will cook in from eighteen to twenty minutes. Salmon should be allowed a longer time, while six or seven minutes per pound will be enough for sheepshead, rockfish, etc. Mackerel need from ten to twelve minutes; herring and many other kinds of fish scarcely half so long. As a general rule fish with white flesh require less time for boiling than fish with dark flesh. It requires experience to know exactly how long to boil a fish, although it is claimed that by putting salt and vinegar into the water six minutes to the pound is enough for all kinds of fish, thick or thin. Care must be taken that the fish is not underdone, but if boiled too much or allowed to remain too long in the water it will be insipid. The fish is done when the meat separates easily from the backbone. Test with a fork.

## To Prepare Fish

Scrape off the scales, remove the entrails, etc., thoroughly wash the fish inside and out in cold water, and wipe it dry immediately with a cloth, inside and out. If the pot is small for the fish, skewer the tail into the mouth, then tie or pin the fish up in a clean towel or cloth and it is ready for boiling.

## Fried Fish

Small fish should be fried whole. Large fish should be cut up. Clean and wipe the fish dry, rub it over with dry sifted flour, or better, dip it into well-beaten egg and then into bread crumbs or rolled cracker. Put into a frying pan enough dripping to well cover the fish. When this is hot put in the fish and fry both sides a clear golden brown, just as the fish is turning brown sprinkle it lightly with pepper and salt. When cooked serve in a hot dish. Roes may be prepared and fried as above.

### **Boiled Fish**

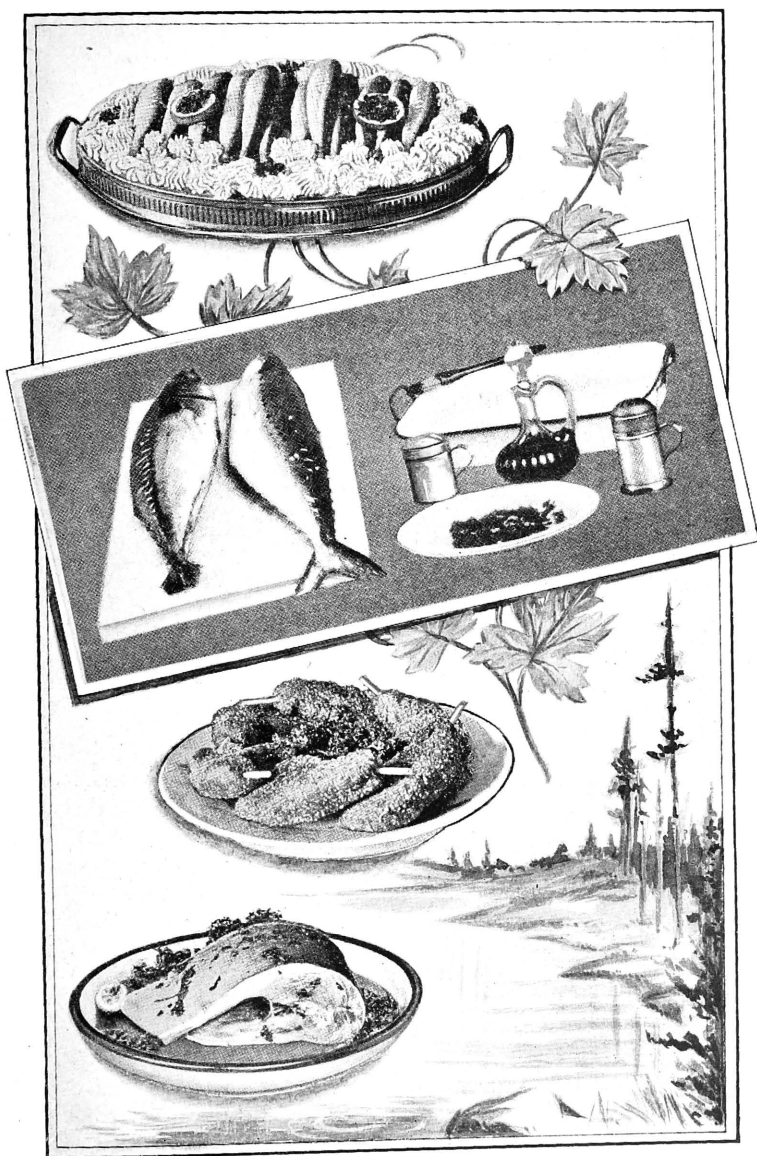
Put the flesh into enough boiling water to cover it about an inch, with two tablespoons of salt and four tablespoons of vinegar to a piece of fish of about five pounds weight. Simmer steadily until done. When cooked take up the fish, remove the cloth carefully, put the fish into a hot dish, pour a hot fish sauce over it and serve, or send the sauce to table in a separate dish. To boil the roes, wash and wipe with a soft cloth. Put them inside the fish, tied with a thread of light twine, and boil as above; or they may be boiled separately wrapped in a cloth.

### **Baked Fish**

Any fish may be baked, provided it is large enough to admit of being stuffed. A fish of five or six pounds when stuffed will take from forty to fifty minutes to bake. To prevent scorching place over it a well-greased paper. Prepare a stuffing of bread crumbs, with sufficient butter, lard, or beef dripping to make the mixture moist. Season with pepper, salt, a little summer savory, thyme or sage. Clean and wipe the fish dry, put in the stuffing lightly, and sew up the opening. Lay the fish in a baking pan; run it over with butter, lard, or beef dripping; dredge with flour, bread crumbs, or rolled cracker; spread on the upper side a few thin slices of raw onion and sprinkle them with salt and pepper; or instead of dredging lay thin slices or strips of fat salt pork or bacon on the sliced onion, and above the seasoning. Put into the pan a half pint of stock or beef dripping, taking care that a part of it gets under the fish to keep it from adhering to the pan. Bake in a hot oven. Baste very frequently and serve with a fish-gravy. Tomatoes laid on the onions and above the seasoning add to the taste and flavor. It may be eaten cold.

### **Baked Fish**

Take any kind of nice fish large enough to bake; when clean, dry with a cloth and fill with a dressing made of four or five hard boiled eggs chopped fine, bread crumb, salt, pepper, and a little parsley and onion if liked; tie it well with cords to keep dressing in; put in a baking pan with a little water, and bake. Be sure to keep quite moist while cooking by basting often; sauce made of four or five hard boiled eggs, mashed, half a cup of vinegar, one teaspoon of butter, two tablespoonfuls of sugar, pepper, salt, let this cook until thick; pour over fish and serve.





### **Fish Pie**

One pound boiled cod, piece of butter size of egg, one egg, one-half cup bread crumbs, one teaspoon flour, one good cup of milk, pepper and salt and a little minced parsley if you have it. Chop the cod, make a custard with the yolk of the egg, milk and flour. Pour it over the fish and bread crumbs. Mix together and add the butter and seasoning. Whisk up the white of egg and add. Bake in a hot oven half an hour.

### **Fish Balls**

One cup salt fish, two cups raw potatoes cut in pieces, cooked together. When done put through sieve and add one egg. Fry in deep fat.

### **Codfish Cakes**

Cover one cup of shredded codfish and two cups of diced raw potatoes with boiling water and cook gently until potatoes are tender, then drain; mash and add one tablespoon of butter, a little white pepper and one beaten egg.

### **Salt Codfish Hash**

One-third fish (cooked), two-thirds mashed potato worked light with butter and milk. Chop the cooked fish fine, then mash and work it as fine as possible. This done, work the potato gradually and thoroughly into the fish; mix in enough milk to make the mixture as soft as mashed potato. While working the mixture, season it with butter and pepper; also salt if necessary. Put it into a pot and heat it, constantly stirring it. Put into a frying pan enough butter or beef dripping so that when melted it will just cover the bottom of the pan; when this is hot press the hash into it firmly and fry very gently; when the lower side becomes brown turn it out without breaking into a hot dish, and serve.

### **Boiled Salt Mackerel**

Wash the fish and soak it, skin side uppermost, in cold water eight or ten hours. If very salty a longer time will be required to soak. Put the fish into a shallow pan, skin side uppermost; cover with cold water; boil gently. It should cook in fifteen or twenty minutes. When cooked take it up carefully, drain well; put it in a hot dish skin side down. Pepper and butter upper side, and serve.

### **Baked Bluefish**

Have the fish cut into thick pieces, stand each piece upon end and lay a slice of fat pork on each piece. Place in pan and put a little pepper, salt and sprinkle a little flour over all, add a little water and bake.

### **Broiled Salt Mackerel**

Wash and soak the fish in cold water for twelve or fourteen hours. This amount of soaking will make it sodden; hang it up by the head to drip for eight or ten hours before cooking. Wipe it clean and heat the gridiron on a bed of live coals (wood coals are the best); then grease it well with a piece of salt pork or bacon; lay the fish on the gridiron, skin side uppermost. Broil brown; turn carefully; separate with a knife any part of it which sticks to the gridiron, and brown the other side. When cooked, take it up carefully, put it in a hot dish, skin side down, distribute small lumps of butter on its upper side, sprinkle with pepper, put it in the oven for a few minutes to let the butter soak in, and serve.

### **Baked Shad**

Scrape free from all scales, make a short opening down the belly, and take out the insides. Wash well, inside and out, and immediately wipe dry with a clean towel. Rub it well with salt. Make a dressing of one cup of stale bread crumbs, one tablespoon of chopped parsley, a half teaspoon of salt, and a little black pepper. Mix well and stuff the body of the fish and sew it up with soft yarn. Now score one side of the fish with a sharp knife, making the scores about one inch apart, and put a strip of salt pork in each gash. Place it in the bottom of a baking pan and dredge thickly with salt, pepper and flour; cover bottom of the pan with boiling water and put into a hot oven. Bake fifteen minutes to every pound of fish, basting every ten minutes with gravy on the pan. As the water evaporates, add more to again cover the bottom of the pan. Garnish with slices of lemon, fried potato balls, and parsley. When done, loosen it carefully and slide it into the dish.

### **Baked Halibut (Creole Style)**

Get thick square piece of halibut or other fish if preferred. Wash and lay on baking dish. Season with salt and pepper. Chop piece of white garlic size of a bean and strew over fish, then pour on cup of fresh or canned tomatoes. Bake until the flakes separate. Dish without breaking.



**Block Island Baked Bluefish**

Stuff and bake, allowing twelve minutes to each pound, and serve with a cream gravy, made by blending one tablespoon each of flour and butter, and adding one cup water taken from the pan fish has been baked in. Season with salt and pepper; add one gill of cream and a pinch of soda. Bring to boiling point and serve.

**Boiled Salmon, Egg Sauce**

Take a salmon steak cut rather thick, tie with a string and place in boiling salt water and cook until tender. Place on a hot plate and pour over it a sauce made as follows: Rub two tablespoons of soft butter with one large tablespoon of flour in small stew-pan, add a coffee cup of milk, and stir till it thickens; season with pepper and salt and stir in lightly three hard-boiled eggs, cut in large slices.

**Fish Croquettes—Tomato Mayonnaise**

With a silver fork pick fine, enough flesh left from a boiled or baked fish to measure one and a half cups. Melt quarter cup of butter; cook in it until yellowed slightly two slices of onion, then add another cup flour, half a teaspoon of salt, and a dash of paprika and, when thoroughly blended, one cup of milk or white stock and one-third cup of cream. Stock made from the head and trimmings of a fish, or the water in which the fish was cooked, flavored with vegetables, is particularly good. Strain the sauce and beat into it an egg, beaten light without separating, or use simply the yolk of an egg. Stir over the fire, without boiling, until the egg is set, then mix in the prepared fish. Turn the mixture on to an agate plate and set aside to become cold, roll in crumbs, cover with a beaten egg, diluted with two or three tablespoons of cold water, and again roll in crumbs. Fry in deep fat; drain on soft paper and serve at once with cucumbers seasoned with French dressing; or when cucumbers are out of season, with mayonnaise dressing mixed with an equal bulk of thick tomato sauce.

**Devilled Fish**

One cup cold cooked fish, one teaspoon parsley, two hard-boiled eggs, chopped fine, pepper and salt. Put lightly in cups and add milk enough to come almost to the top of fish. Sprinkle with bread crumbs and a little butter. Bake twenty minutes and serve in cups.

### Planked Shad

Use a new oak plank every season. Have it the same size as the oven and about two inches thick. Use a large roe shad, the larger the better. Open the shad down the back, and lay it with the skin next the board. Season with pepper and salt, and bake about three-quarters of an hour. Fry the roe in a little butter and lard, and place just where it belongs in the fish after it comes out of the oven. Use potato-dice, hard-boiled eggs and parsley for garnishing.

### Salmon Loaf

One can of salmon, two eggs well whipped, four tablespoons of melted butter, half cup of cracker crumbs, pepper and salt; serve with tomato sauce. Steam one hour.

**TOMATO SAUCE**—Stew one-half a can of tomatoes and half a small onion for ten minutes. Rub through a strainer, cook one tablespoon butter and one of flour in saucepan; add the strained tomatoes, salt and pepper and pinch of sugar.—Mrs. F. Judd. Kennedy

### Finnan Haddie

Remove fins, tail and skin, loosening the skin at edges and pulling first from tail end. Cut in half lengthwise and lay in saucepan. Pour over it boiling water and simmer eight minutes; drain and add fresh water. Simmer ten minutes longer. Drain and add a cup of milk. When the milk boils, remove the fish to serving platter; add a lump of butter to the milk and when butter is melted pour together over the fish for serving.

### Bass à la Créole

Into a saucepan put a heaping tablespoon of butter. Melt but do not let it brown. Add half an onion cut fine. Let simmer a minute, then add one cup of tomatoes (canned), three sprigs of parsley chopped fine, and one tablespoon of flour; let cook for fifteen minutes. Take a small bass, cut it into two-inch pieces, see that all the bones are out and add the fish to the soup; let all simmer for about twenty minutes; then serve.

### Fish Croquettes

Take cold fish of any kind, separate from the bone, chop fine, add a little seasoning, an egg, a very little milk and a teaspoon of flour; brush with egg, roll with bread crumbs and fry brown in hot lard.

### Salmon Croquettes

Take one cup cream, one can salmon, two tablespoons butter, one dessert spoon of flour, two eggs, pepper and salt; cream butter and flour together, Place cream in saucepan and let come to boil; then pour over well-beaten egg. When cold make into croquettes, dipped in one beaten egg; roll in cracker crumbs and fry.

### Salmon Loaf

One can salmon picked fine, soda biscuit crumbs, two tablespoons butter, two and a half tablespoons flour, one and a half pints of milk. Grease a baking dish, put in a thin layer of chopped crackers, then a layer of the salmon, then a layer of the dressing and so on until you have two layers of each, with a dressing on top. Then take a cup of fine chopped crackers and sprinkle over top. Salt to taste; bake two hours in slow oven.

DRESSING—Melt two good tablespoons butter, stir into it two and a half tablespoons of flour, then add one and a half pints of milk; boil until thick.

### Salmon Puffs

Remove the skin and bones from one large can of salmon, pick the fish fine and add to it a tablespoon of melted butter and half a cup of bread crumbs; salt and pepper, also a dessertspoon lemon juice and two well-beaten eggs; mix well and put in cups; set the cups at once in a pan of hot water, the water coming to within an inch or so of the top of the cups. Bake for half an hour in a hot oven; turn out and cover with egg sauce.

### Fish Balls

Take a cup of salt fish, chopped fine, and two cups of potatoes peeled and cut fine, boil together. When the potatoes are done, mash, add one egg, a small piece of butter, then make into balls.

### Codfish Balls

Twelve potatoes, one pound of chopped codfish; freshen the fish over night, or boil it up and pour off the water until it is fresh enough; mash the potatoes and fish together; add butter milk until the proper consistency to mould nicely with the hands into small balls; roll in flour or chopped crackers and fry in hot lard or butter until a nice brown.

### **Timbales of Halibut**

Remove skin and bone from about a pound of halibut, then chop the fish fine; there should be about two cups of the chopped fish. Add a teaspoon of salt and a dash of white pepper or paprika, then, one at a time, beat in four eggs, beating the mixture smooth between each addition, then beat in gradually one pint of cream. Turn the mixture into buttered timbales moulds, individual size, set on a fold of paper in a dish of hot water and cook in the oven until the centre is firm. It will take fifteen or twenty minutes to cook. Serve with any fish sauce.

### **Halibut Cutlets**

Chop one solid pound of raw halibut, cream half a cup of butter and to it add, gradually, the chopped fish; season with a teaspoon of salt and a half a teaspoon of white pepper; set on ice, or in a cold place, to become firm, then form into cutlets, egg-and-bread crumb and fry in deep fat slowly for about ten minutes.

### **Creamed Finnan Haddie**

Put fish in a baking pan, cover with cold water, and after soaking bring the water to a boil. Set on the back of the range to simmer for one-half hour. Drain, rinse, and with a fork separate the fish into flakes. To one cup of fish, add one cup of white sauce. Bring to a boil; season with salt, pepper and a liberal quantity of paprika.

### **Ruth Fish**

Take a cupful of any cold cooked fish; pick it over carefully; season with salt and pepper. Add a tablespoon of chopped parsley and enough white sauce to make it boil together. Butter ruth moulds, turn the fish in, stand them in a pan of hot water and bake in the oven for half an hour.

### **Baked Salt Mackerel**

Wash a salt mackerel well and soak it over night in cold water, laying it with the skin side upward. In the morning lay fish on its back in a shallow baking tin not too large for the fish, and pour over it one pint of milk. Bake twenty-five minutes in a hot oven, stirring into the milk at the end of twenty minutes one tablespoon each of flour and butter, and a sprinkling of pepper, all rubbed together in a smooth paste. Serve with the thickened milk poured around the fish.

**Turbot à la Crème**

Procure a nice fresh fish, boiled, and the bones picked out; season with salt and pepper; to one quart of milk add a good teacup of flour; put with this a sprig of thyme, a small bunch of parsley, four or five small onions, salt a small quantity of white pepper. Place this on the stove, make into a paste; then remove, and add half a pound of butter and yolks of two eggs. Mix well, and pass through a sieve; pour some of this sauce into a baking dish, then a layer of the fish alternately until it is all used. Pour some of this sauce on the top, and lastly put a layer of grated cheese and bread crumb. Bake thirty or forty minutes.

**Bass with Dutch Sauce**

Take the bass and tie it in a cloth, after cleaning and wiping it dry. Lay it in a fish kettle, cover it with cold water and two tablespoons of vinegar, salt, an onion, a piece of celery and a little parsley. Let it boil and then put it to one side to just simmer. Serve it with Dutch sauce.

SAUCE—Put three yolks of eggs in a saucepan; add a dessert-spoon of flour, two tablespoons of butter, a pinch of salt and a dash of nutmeg; moisten it with a quarter of a pint of cold water and stir over the fire until just ready to boil. Put the saucepan to one side and add, by degrees, a tablespoon of butter, stirring all the time. Add the juice of a lemon and serve.

**Broiled Fresh Mackerel**

Clean, wash and wipe dry. Split it open, sprinkle slightly with salt, lay it in a buttered gridiron and broil the inside first, then turn and do the other. When cooked lay it on a platter, butter it well and sprinkle chopped parsley over; let it stand in the oven to melt the butter and serve.

**Salmon Pie**

Take one can of salmon and one pint of oysters. Cover the bottom of a baking dish with small pieces of the salmon, season with salt and pepper; then put a layer of oysters, season and put bits of butter over; continue until the dish is full. Pour in the oyster juice and cover the dish with a light paste.

# SAUCES FOR FISH

## **Drawn Butter Sauce (for Boiled Fish)**

One pint of boiling water, two tablespoons butter, two tablespoons sifted flour, pepper and salt. Put a saucepan on the fire; put in the butter and flour; mix them with a spoon (wooden one is preferable) into a smooth paste; pour over very gradually the boiling water, stirring it well in. Boil up once, season, and serve. If an acid taste is desired, add a few drops of vinegar.

## **Pickle Sauce**

Add to a drawn butter sauce two or more tablespoons of minced pickled cucumbers.

## **Gravy for Baked Fish**

After the fish is taken from the pan put the pan on the fire and stir into it gradually two tablespoons of blended brown flour. Boil up once, season with pepper and salt, remove any black specks, and pour it over the fish.

## **White Sauce**

Put two tablespoons of butter in saucepan, stir until bubbling, add two tablespoons of flour, one-half teaspoon salt and a little pepper. Stir thoroughly until blended. Pour on gradually two cups of warm milk, adding about one-third at a time, beating constantly until smooth and creamy.

## **Brown Sauce**

Put into a saucepan a tablespoon of chopped onion and one of butter. When both are brown, add a tablespoon of flour and allow that to become brown also. Stir constantly. Pour in a cup of brown stock and cook until the sauce has thickened sufficiently. Strain to remove particles of onion and season with pepper and salt.

**Brown Sauce**

Put one cup of butter into a saucepan, add one slice of carrot, one of onion, a sprig of parsley, and six peppercorns. Cook until the butter is browned but not burned. Stir in six tablespoons of flour and, when well browned, add gradually two cups of brown stock. When at boiling point, remove, strain, and season with pepper and salt.

**Boiled Egg Sauce**

Add to a drawn butter sauce two minced hard-boiled eggs.

**Sauce à la Garlic**

Two tablespoons of butter, two of chopped bacon, three each of chopped onion, carrot and celery, one clove of garlic, one bay leaf and one sprig each of thyme and parsley. Cook slowly twenty minutes; add three gills of vinegar, one of water, one teaspoon of salt and one-half teaspoon of pepper; simmer twenty minutes, strain and cool. Use to season fish either before or after cooking.

# VEGETABLES

## Boiled Potatoes

Wash, pare and allow to stand in water always before boiling. If preparing for scalloped or French-fried, place in water in same way, and before cooking, dry well with a nice clean cloth. The rule is that potatoes should be boiled in cold water, well salted. (This is a privilege the housewife has to decide.) Mealy potatoes should always be plunged into boiling hot water and boiled very slowly, and should be drained immediately they are cooked. All potatoes should be boiled in double the quantity of water, as the greater amount of water holds the heat; potatoes boil more quickly and are much nicer. It should always be remembered that potatoes should not be boiled too rapidly. When done, set on stove, removing cover of saucepan in order for the steam to escape. They must be tightly covered while boiling.

## Scalloped Potatoes

Slice raw potatoes thin and allow to stand few minutes in water, drying well before placing in baking dish. Sprinkle pepper, salt and butter over each layer, with a little dash of flour in centre. Pour over milk or milk and cream, as preferred, allowing to bake in slow oven according to quantity.

## How to Cook New Potatoes

First scrape, immerse in cold water, place in boiling water and allow to cook for fifteen or twenty minutes. Drain and allow to dry for few minutes on back of stove.

## Saratoga Chips

Peel and slice raw potatoes as thinly as possible, either with knife or potato slicer; place in cold water to keep from turning black; when all are sliced, place on cloth to dry; have ready deep kettle with boiling lard; drop in few at a time; salt as they are taken from the fat; have colander ready with large brown paper to absorb the grease. Anyone who has ever had the privilege of visiting Revere Beach, Boston, can quite appreciate the meaning of the words "Saratoga Chips," for this is the original home, and from there have been shipped many, many barrels to be served with fish dinners.



### **Baked Potatoes**

Select nice large potatoes. See that they are well-washed and without spots; place in a moderate oven, and allow to bake about one hour, as too hot an oven will bake skins very hard and not cook the centre. When done, if pinched they will burst open. Place in the centre, butter and salt. These are delicious eaten with a spoon from shell, and is one of the most wholesome ways of cooking potatoes.

### **Boston Lyonnaise Potatoes**

Take about ten sliced cold boiled potatoes, two very finely chopped onions, one teaspoon parsley, one tablespoon butter; place butter in saucepan; when hot, put in chopped onions, frying to a light brown, but don't let burn; add potatoes, stirring constantly until a light brown, then mix parsley, and serve hot.

### **Potatoes and Cheese**

Take cold boiled potatoes, cut into dices, place in pan with fresh butter, a little parsley and cheese chopped fine; add pepper, salt and a little vinegar; warm and serve while hot.

### **Creamed Potatoes**

Take cold left-over potatoes, cut into small dice-shaped pieces, place in double boiler and cover with milk. Cook until potatoes have absorbed all the milk; add a little butter, pepper and salt; when done, sprinkle over a little paprika; parsley may also be added if desired.

### **Mashed Potatoes**

Boil, drain, season with salt, add a little milk, butter, and salt if necessary; mash until no lumps remain, then whip for five solid minutes with a silver fork, or until they become very white. Serve immediately. The secret in serving mashed potatoes is to have them very light.

### **French Fried Potatoes**

Pare and cut the potatoes in lengthwise strips, dry well with a cloth and place in boiling lard and fry until a light brown; lift out and place on brown paper to absorb the fat, then sprinkle well with salt before serving. If carefully done, these will be delicious.

### **Another Delicious Way**

Pare and slice, put in frying pan with a few pieces of salt pork, season with salt and pepper; pour over them half a cup of milk and a half cup water; bake in hot oven. A large quantity may be done this way by increasing the ingredients.

### **Potatoes à l'Italienne**

Take cold boiled potatoes, mash until perfectly smooth, season with salt and pepper; warm in two tablespoons butter and a few tablespoons of cream; then let cool and roll into balls, sprinkling with crushed vermicelli; drop into hot lard and fry a light brown.

### **Sweet Potatoes**

(Baked or Sliced)

Steam until done, remove skin carefully and cut in slices an inch thick, and pour over them a syrup made of butter and sugar of equal parts; serve when hot.

**BAKED**—Wash and dry the potatoes, place in moderate oven and allow to bake thirty minutes.

Cold boiled sweet potatoes are delicious fried in slices.

### **Tomatoes à la Crème**

Take one can of tomatoes, stir until perfectly smooth; season with salt and pepper, add two tablespoons butter; just before taking from fire, stir in a cup and a half of cream mixed with a dessertspoon flour. Do not let boil after flour has been put in; serve when hot.

### **Scalloped Tomatoes**

Have ready bread crumbs, select ripe tomatoes, slice and place in dish, alternate layers of tomatoes, salt, pepper, butter and bread crumbs and a little sugar. Bake for about one hour in a moderate oven. When using fresh tomatoes, always boil before scalloping.

### **Stewed Tomatoes**

After skinning tomatoes, place in stewpan and allow to cook fifteen minutes slowly, then season with salt, pepper and butter, and a little sugar, then cook again for fifteen minutes; thicken if desired. Tomatoes should always be boiled one-half hour before using, whether they be canned or raw.

### **Baked Tomatoes**

Take about six tomatoes, cut off top, remove pulp and seeds; then take one and a half cups bread crumbs, one onion chopped fine, two tablespoons butter, season with salt and pepper; mix well together; fill cells of each piece with this dressing. Place on tops, tying if necessary, then place in pan with a little butter and a cup of water; bake in a moderate oven until soft; serve on hot dish.

### **Broiled Tomatoes**

Wash and wipe dry large, firm tomatoes; put on hot gridiron. If you haven't a coal range, place in broiling oven under gas with top side up; while browning, turn constantly. Place on hot dish and serve at once, seasoning with melted butter, pepper and salt.

### **Fried Tomatoes**

Cut in slices about one inch thick after peeling, dip each slice in flour, then into beaten egg, season with salt and pepper, and fry in hot dripping. Serve with a little warm cream if desired.

### **Boiled Onions**

Let soak in cold water for couple of hours, then place in well-salted boiling water and cook one hour. Keep tightly covered. When done, drain thoroughly, then pour over a cup of rich milk with butter, pepper and salt and allow to simmer gently for about one minute.

### **Stuffed Spanish Onions**

Peel and parboil three large Spanish onions, pick out the centre with fork, then take any kind of finely chopped meat; season with pepper and salt, fill cavity and lay on top a thin slice of fat pork; then spread over a teaspoon of sugar; add four tablespoons of stock, cover closely and cook over a moderate fire for about three-quarters of an hour. Remove pork, place on hot serving dish, and pour over gravy, with chopped mushrooms and parsley which have been cooked separately in drawn butter.

### **Corn to Boil**

Always select young corn for boiling. Drop in boiling water which has been salted; boil about fifteen minutes; serve on cob, season with butter, pepper and salt.

### Baked Onions

Wash and skin six large onions, boil for one-half hour; drain and pick out hearts with silver fork; chop fine with a little cold ham, chicken or bacon; mix with bread crumbs and season with pepper and salt, then moisten with cream. Stuff onion, put into baking pan with a little water and cook in slow oven until tender, basting constantly with melted butter.

### Stewed Onions

Take small onions, skin and place in cold water; let stand couple of hours, then put on to boil; when tender, drain off water, add a cup of milk and season with butter, pepper and salt.

### Fried Corn

Take about one dozen ears corn, grate and scrape well, beat two eggs until very light, add two tablespoons of flour, one of sweet milk, pepper and salt to taste, mix well together and fry same as patties.

### Cauliflower

Place in basin of water, top side down, and allow to stand for two or three hours, then wash carefully so as not to break off sprouts, removing all the outside leaves; plunge into boiling water well salted; when done serve with a white sauce or cream. Creamed cauliflower is cooked in the same way, adding when done two cups of cream.

### Spinach

This vegetable must be very carefully washed. Place in kettle, sprinkle with salt, and let boil in its own steam, as spinach does not require water. Keep tightly covered and boil about thirty minutes. When done, drain, season with pepper, salt and butter, and garnish with hard-boiled eggs. Serve hot.

### Spinach à la Crème

This is cooked as above. When done, take two tablespoons butter, a little nutmeg and stir over fire until warm, but do not allow to become oily; add one cup cream and a tablespoon powdered sugar, stirring the whole constantly over fire; after removing from fire, place spinach in dish and pour over cream. Serve hot.

**Asparagus**

Cut stalks in equal lengths and boil in water with a little salt until tender. Prepare some nicely toasted bread, lay the asparagus on the toast and season with butter, salt and pepper, or pour over a little cream which has been scalded.

**Boiled Parsnips**

Parsnips when large require boiling for one and a half hours. When done, split in halves, or they may be mashed, and serve with butter and cream or white sauce.

**Fried Parsnips**

Parsnips are very nice cut lengthwise and fried in butter until brown.

**Early Carrots**

Place in water and rub well with hand to remove skin, boil in salt water until tender; pour over a white sauce with a little lemon juice, and chopped parsley, if desired.

**Boiled Carrots**

Peel and boil two hours; cut in round slices and serve with butter and salt.

**Summer Squash**

When skin is tender they are nice for cooking; cut up and cook in a steamer; do not place in water, as it takes from the flavor; when done be very careful in lifting from steamer so as not to waste any of the squash; whip together, seasoning with butter, pepper and salt; add a little cream; serve.

**Squash**

The best kind of Winter squash is marrow, which should be pared, cut in small pieces, placed in stew pan and cooked over slow fire with very little water. When done, mash and serve with a little butter, pepper and salt.

**Celery**

Clean and wash heads; split each stock in three or four strips; let stand few minutes in cold water; drain and place in refrigerator to become thoroughly chilled; serve when crisp.

### **Stewed Celery**

Take ends of celery cut in small pieces and stew; when tender, add cream, butter and very little flour; season with pepper and salt. A little nutmeg may be added if desired.

### **Spaghetti**

Take a handful of long sticks, plunge into boiling salt water; boil until tender, drain, pour cold water over and serve with cream or tomato sauce, cheese and crumbs. The ingredients should all be placed in saucepan and allowed to become hot. This is delicious.

### **String Beans**

Break off ends and string break into small pieces, and boil. If the beans are tender they will cook in one hour; when done, add salt and pepper to taste; serve with butter.

### **Lima Beans**

Boil until tender, season with butter and salt; serve with cream.

### **Peas**

Peas should never be washed after taken from pod. When shelling care should be taken to avoid getting any dirt or bits of pod mixed with them. Cook peas in only enough water to keep from burning. If early peas, they will take twenty minutes to cook; if older crop, twenty-five to thirty minutes. When done, drain and stir in enough butter to make them rich; season with pepper and salt. Serve.

### **Steamed Peas**

The most delicious way of cooking green peas is to place them in a steamer. It will require to cook about thirty minutes. When tender, season with pepper and salt. They are very nice served with hot milk or cream.

### **Green Peas**

Put the peas into boiling water with some salt; boil briskly twenty minutes, and when done drain them, and serve with butter.

### Beets

Wash beets well and take great care not to break the fibres, if broken the beets lose their color in the boiling. Have boiling water, well salted, ready and drop in beets; boil from one to three hours. Serve hot and season with butter, pepper and salt; when cold, serve with vinegar, unless to be used as salad.

### Cabbage

Much care should be taken in preparing cabbage for boiling. Place cabbage tops down in water, allowing to stand for two or three hours, as insects are frequently found in its leaves. This treatment will free the cabbage of same. Cut in quarters and allow to boil one hour. This vegetable should not boil too long. Drain through colander and serve with drawn butter.

### Stuffed Cabbage

Take a very large head of cabbage, allow to soak two hours in cold water; wash well and shake; cut out centre, taking care not to break head; chop the heart of cabbage very fine and add to it two cups of small pieces of finely cut meat. Take pepper, salt, vinegar, onions, a little mustard, one tablespoon of butter, mix all together thoroughly and place in cabbage; then put into a bag and tie firmly in order it may keep its shape and hold together, boiling about one hour, or until tender. Serve while hot. Slice same as roast.

### Creamed Cabbage

Boil plain cabbage while hot, drain off water, put over it one cup cream, one tablespoon butter, one egg and small quantity flour. Beat all together until smooth; let boil, and when thick pour over, and serve.

### Cabbage Boiled with Bacon

Cut up one head cabbage into quarters; put in salt water for about three hours, then drain and put on to cook with piece of bacon; boil one hour with two red pepper pods.

### Spiced Cabbage

Take half a head cabbage, put into a saucepan with a half cup vinegar, two tablespoons sugar, one teaspoon pepper, the same of cloves, whole, salt to taste; cover and steam slowly for about an hour and a half.

### **Sauerkraut**

Select about fifty heads of sound cabbage, shred very finely, then place in a barrel in layers about five inches deep sprinkled well with salt. Continue this until barrel is filled, pounding constantly as each layer is placed. When filled, press down with heavy weight, place on cover that will fit down inside the barrel, and allow it to be weighted down also. Let stand for about eight weeks. During this time the cabbage will be in a state of fermentation, but will not be ready for use until fermentation has entirely ceased.

### **Oyster Plant Fried**

Partly boil one oyster plant, scrape off the outside, cut in slices, dip in egg, roll in bread crumbs and fry until brown.

### **Baked Egg Plant**

Always parboil egg plant before using. When preparing to bake, remove meat very carefully, mix with butter, pepper, salt and bread crumbs, then put this mixture into the hulls, place in a medium hot oven until done, taking usually about half an hour.

### **Turnips**

Put into boiling salt water and boil until thoroughly done, then turn into strainer and allow to drain well; place back in saucepan, season with salt, pepper and butter, and serve with cream if desired. If served plain, they must be kept very hot.

### **Egg Plant**

Pare and slice them, put in salt water and let remain until all the bitterness has been extracted; now wipe dry and dip in beaten egg and then in rolled soda biscuits; sprinkle over each piece very little pepper and fry in hot fat. Serve while hot. Let remain in water until ready to cook, as they will blacken when exposed to the air.

### **Tomato Balls**

Scoop out one-half the inside of not-too-ripe tomatoes; put together odds and ends of meat which have been left over; chop fine and stuff tomatoes, sprinkling with bread crumbs on top and adding tiny piece of butter. Bake fifteen minutes, and serve with tomato sauce.



### Onion Soufflé

Take two tablespoons melted butter; place in saucepan, add four sliced onions and a cup of hot water; cover tightly and steam until tender and all water absorbed; remove from fire and mash; add one tablespoon flour, three eggs (yolks beaten separately), one tablespoon butter, two tablespoons cream, pinch of salt and whites of eggs beaten stiff; sprinkle chopped nuts over top; bake in slow oven until brown.

### Tomatoes Stuffed

Cut the tops and take out seeds of firm tomatoes; take two cups bread crumbs, two cups of chopped nuts, salt and pepper to taste, two eggs; mix and fill in the tomatoes. Bake thirty to forty minutes in slow oven.

### Baked Southern Potatoes

Take freshly baked potatoes, scrape out inside, being careful not to break shell; place in a bowl, mix with pepper, salt and enough milk to moisten, adding a little chopped onion. Fill the skins and spread well with butter; brown under gas or front of grate; then place in oven for ten minutes.

### Potato Cake

Take four potatoes grated, drain off the water, add two eggs, half a cup milk and some soda biscuit crumbs, salt and pepper; and a tablespoon melted butter; place on well-greased frying-pan and brown. Serve hot, spreading on plenty of butter.

### Scalloped Potatoes

Take a half dozen medium sized potatoes, slice and wipe dry; place in pudding dish with sprinkling of flour, salt and pepper, little pieces of butter; then pour on pint of milk and bake until well done. If desired, place in the bottom of dish a sliced onion, which gives a most delicious flavor.

### Baked Beets

Clean beets, put into oven in a little water to keep from sticking; bake three to four hours; then remove skin, cut into thin slices, and serve with the following dressing:—Take butter size of large egg, one tablespoon vinegar, salt and pepper to taste; while hot, pour over beets and set in oven for few seconds and serve hot.

### Onions Stuffed

Boil half a dozen onions until tender (don't break); when cold remove the centre; chop centres and mix a cup of chopped ham and season to taste; moisten with cream and beaten yolk of an egg; fill the shells and place piece of butter on top of each. Put in deep dish and pour a little milk over them; cover tight and bake about twenty-five minutes; then sprinkle with butter crumbs and bake five minutes longer uncovered.

### Carrot Stew

Cut boiled carrots in small pieces and cover with milk enough to stew them, add salt and pepper to taste, small piece of butter. These are delicious.

### Potatoes Cooked with Onions

Take one tablespoon of fat from salt pork or bacon into frying pan; when hot put in sliced raw potatoes and two small onions, salt and pepper; stir all together, let cook five minutes, pour in enough hot water to fill frying pan; cover. If water cooks out before potatoes are done, add more water.

### Fried Green Tomatoes

Take four or five green tomatoes, cut into quarter-inch slices, immerse in melted butter, dip in seasoned bread crumbs and fry in butter until tender and brown.

### Potatoes in the Shell

Bake eight medium-sized potatoes, when done cut in lengthwise pieces, remove the insides without breaking the skin, mash, add butter, pepper and salt, two tablespoons milk, and the beaten whites of two eggs; if desired, it is much nicer with a little onion juice to flavor; stir together lightly and fill the shells with the mixture; bake in the oven twenty-five minutes, so that they will have a nice, brown color. This must be prepared very quickly and placed in oven at once.

### Potatoes Lyonnaise

Take two tablespoons butter, place in frying pan, melt and add one tablespoon chopped onions and some cold boiled potatoes; cut in small pieces, stir until the butter has been absorbed; add salt and pepper; serve hot, well browned.

### **Baked Tomatoes with Peppers**

Remove the seeds and partitions from two sweet green peppers, put the peppers in boiling water for five minutes to parboil, then drain and cut in thin strips. Cut firm, fresh tomatoes in halves, sprinkle with the peppers, dot with bits of butter and dust with pepper and salt. Place in well-buttered pan and bake until done.

### **Asparagus**

Take the asparagus and break off the tender tips and cut them into one quarter inch lengths, put them in salted water to which has been added a small speck baking soda, and boil until tender, put the stalks into another vessel of water similarly prepared and boil until tender; when properly cooked drain thoroughly, put the stalks into a casserole with two ounces of good butter, and let them color over quick fire, then add the tips and serve with a white sauce to which has been added a pint of small young peas; the dish may be garnished with pieces of toast and nicely poached eggs.

### **Stuffed Egg Plant**

Cover an egg plant with boiling water and let simmer about fifteen minutes; remove from the water and cut in halves. Scrape out the interior to leave a firm shell and press out the moisture from the pulp. Melt two tablespoonfuls of butter, add half an onion, chopped fine, and when softened by the heat add a cup and a half of cold cooked meat, chopped fine. Veal or chicken with a little ham is preferable. Stir in a small tomato, also chopped fine, the pulp of the egg plant mixed with an equal amount of grated bread crumbs, a beaten egg, salt and pepper to taste; cook about ten minutes, mixing thoroughly. Fill the two shells, giving them a rounded shape on the top; cover with half a cup of pulverized biscuit crumbs mixed with three tablespoonfuls of melted butter. Bake until brown and serve very hot.

### **Cabbage with Oysters**

Cut a small firm head of cabbage in quarters, soak in cold water one hour, then put in boiling salted water in which one-quarter of a teaspoon of soda has been added and boil ten minutes. Drain, cover with fresh boiling water, boil until tender and drain again. Melt one tablespoon of butter with two table-spoons of heavy cream, pour over the cabbage, sprinkle lightly with curry powder and cover with broiled oysters.

### **Carrots and Peas**

Scrape carrots, cut into dices, boil in salt water until tender, and drain; take can of peas, drained, put into saucepan with one tablespoon butter, three tablespoons thick cream, pepper and salt to taste; let stand until thoroughly heated, add carrots and serve.

### **Stuffed Tomatoes**

Wipe and remove thin slices from stem end of six medium-sized tomatoes. Take out seeds and pulp, sprinkle inside tomatoes with salt, invert, and let stand one-half hour. Cook for five minutes the following: Two tablespoons butter with one-half tablespoon finely chopped onion, add one-half cup finely chopped cold cooked chicken, or other meat, one-half cup stale bread crumbs, tomato pulp, salt and pepper to taste. After cooking add one egg slightly beaten and cook one minute. Refill the tomatoes with this mixture, place in a buttered pan, sprinkle with buttered cracker crumbs, and bake twenty minutes in a hot oven.

### **Ham Corn Ragout**

Cut scraps of ham or bacon in small squares; fry brown, add six ripe tomatoes, peeled and sliced, and the grains cut from six ears of corn. Cover with boiling water, season with red pepper and salt, and cook slowly one-half hour. Serve hot with toasted bread.

### **Cucumbers in Brown Gravy**

Pare half a dozen medium-sized cucumbers and cut them into thick slices, place them in iced water, let stand half an hour, drain, simmer in unseasoned beef stock until tender, then skim out the cucumbers and lay them in a hot vegetable dish. Cook one tablespoon of browned flour in one tablespoon of butter, add the stock, stir until thick and smooth, season with one teaspoon of kitchen bouquet, one-third teaspoon of onion juice and pepper and salt to taste. Pour the sauce over the cucumbers before serving.

### **French Potatoes**

Cut boiled potatoes in quarters. If potatoes are large cut into eighths. Pour over melted butter, flavored with lemon juice. Season with salt and paprika and cook about ten minutes in the oven; then sprinkle with parsley, one and one-half cups of potatoes to two tablespoons butter, one-half teaspoon lemon juice.

### Hashed Brown Potatoes

Chop coarsely some cold boiled potatoes. Put in a bowl, add one-quarter cup cream or milk, pepper, salt and one tablespoon of melted butter and mix well. Have a large spider ready with enough melted butter in it to thoroughly grease it. Put in the potatoes, smoothing it level with a large spoon. Cook over a slow fire until a golden brown on the under side. Lay over it a plate that just covers it and invert. Then slide the potatoes back into the pan, browned side up, and brown the other side.

### Steamed Cabbage

Cut cabbage same as for sauerkraut. Add three slices fat bacon cut up in small pieces. Fry out until brown. Put cabbage and bacon in frying pan, add one-quarter cup vinegar, cover with water, season with salt and pepper to taste. Cover closely in frying pan and steam moderately for two hours.

### Potato Ribbons

Pare potato and cut round, drop in ice water till thoroughly chilled, then fry in deep, hot fat. This is a variation of French fried.

### Chopped Carrots

Boil the carrots in salted water, chop them fine and season with butter, pepper, salt and a little hot milk to make them moist. We are all very fond of this dish.

### Succotash

Cut the grains from ten ears of corn, mix with one quart of shelled lima beans, boil until tender and drain. Melt two tablespoons of butter and pour on the corn and beans. Season with pepper and salt. Let simmer ten minutes, pour in a cup of sweet cream and serve hot.

### Creamed Lima Beans

Soak a cupful of dried lima beans over night in cold water. In the morning drain and cook slowly in water two hours, then drain and add to a white sauce, one pint of milk, two tablespoons of flour, two tablespoons of butter, teaspoon of salt and a little pepper. Very nice.

# MEATS, FOWL, ENTREES GRAVIES AND FILLINGS

## Baked Beef

Cleanse the meat; then place it in the pan with the fat and skin side up; put the pan into a hot oven, and when the heat has started enough of the oil of the fat commence to baste, which should be performed quickly, closing the oven door as soon as basting is done. The basting should be repeated often during the baking; when nearly done sprinkle it with pepper and salt, and baste. The meat should be served on a warm platter.

If the beef is not sufficiently fat and juicy to furnish material for basting, a tablespoon or more of stock, gravy, or beef dripping should be put into the pan; putting water into the pan to baste with is improper, as water cannot be raised to as high a temperature as fat and does not, therefore, serve as well; besides this, when water is used, the beef is, to a certain extent, stewed and not baked, and its flavor is injured. One or more onions sliced and placed on the beef may be cooked with it.

Mutton, veal and fresh pork may be prepared and baked as above. They must be well done to be palatable. Before putting pork into the oven, score the skin into small squares.

When cutting meats to cook, cut across grain of muscle. Never wash fresh meat before roasting; scrape it if necessary to clean it. If wet or moist, dry thoroughly before cooking.

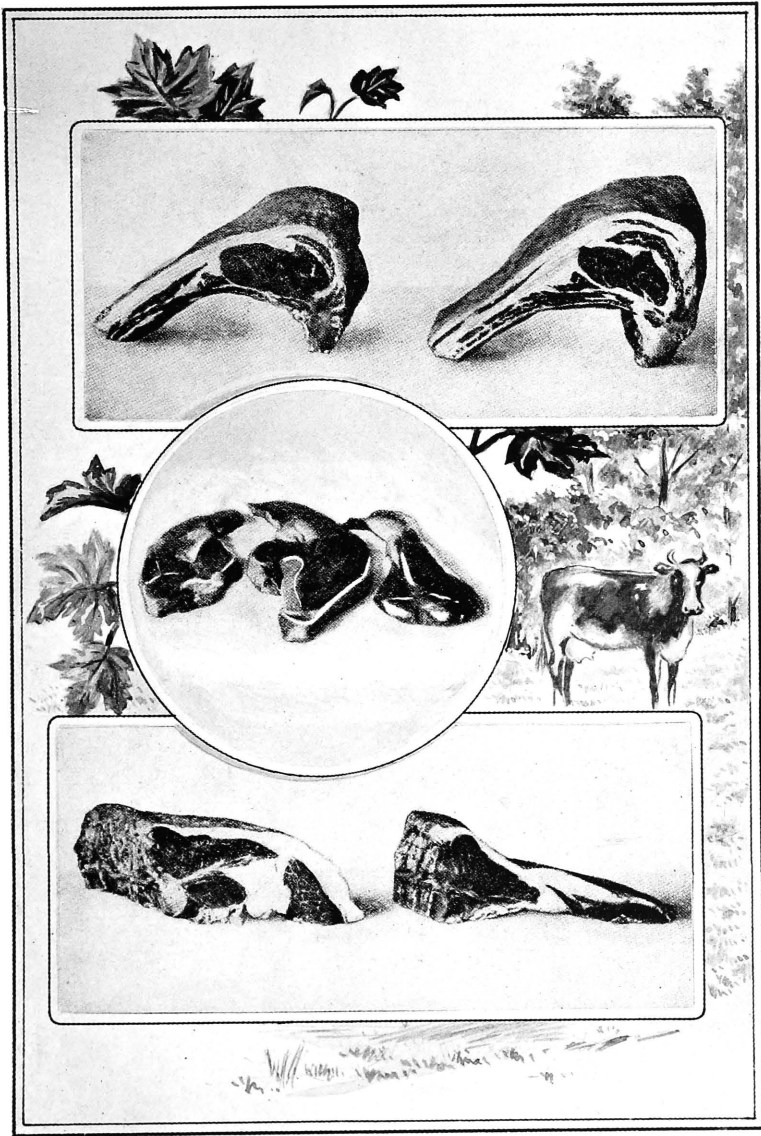
Do not place meat on ice but in a vessel on ice. Do not use salt when basting, but salt the meat when done.

## Pot Roast

Trim off the rough parts of a nice brisket of beef, and place in a kettle over a good fire. Add one pint of boiling water, cover and cook slowly fifteen minutes to every pound. Add salt when meat is half done. After the water evaporates add no more, as there should be fat enough to finish cooking the meat. Serve with gravy made from the fat in the pot.

## Broiled Fillet

Cut a fillet of beef into slices an inch thick. Moisten them with melted dripping or butter and let stand for half an hour. Then place them on a broiler and broil over a quick fire five minutes, turning them two or three times. Place them on a hot plate, season with salt and pepper, pour sauce around, and serve.







**Baked Beef Heart**

Cut across the base of the heart and remove the valves and all tough fibrous tissue. Prepare a stuffing as follows: Mix thoroughly into some grated bread crumbs one small onion minced, a half teaspoon of sage, pepper and salt, and enough butter, beef dripping, or lard to moisten the mixture. Soak the heart in cold salt water for two hours, then wash it thoroughly in cold water. Put it into a pot of cold water, enough to cover it, add two teaspoons of salt, cover, and boil for ten minutes. Remove the scum as it rises; take out the heart, pepper and salt the cavities, put in the stuffing, secure it with cross-stitches, put it into a baking pan, spread it over with beef dripping, and sprinkle it with pepper and salt. Pour into the pan about a pint of boiling hot stock, gravy or beef dripping. Bake in a moderate oven, allowing twenty minutes to the pound. Baste frequently. Be careful that it does not burn. Serve while hot, as it cools rapidly; serve with a gravy for baked meats. Veal heart should be thoroughly washed but not soaked or parboiled. In other respects it is prepared and baked as above.

**Pounded Beef**

Cut the lean meat from a shin of beef weighing five pounds. Break up bone and lay in the bottom of the kettle. Place meat on bones, cover with cold water, and let it slowly come to a boil, removing scum as it rises. Peel two turnips and two onions, scrape one carrot, and place with beef after the broth is skimmed. (If available, put in half a cup green sweet herbs and parsley). Also add one level teaspoon of salt. Cover kettle closely and boil six hours slowly. At end of six hours, take up meat, fat and gristle, remove all bone, put into a colander, and rub through with a potato masher. Season highly and press firmly into a tin or earthen mould. Strain broth left and save it for soup, using first enough to moisten meat in mould. After pressing beef into mould and moistening with broth, put a weight on to keep it down and put away to cool. When beef is quite cold, turn out of mould and cut into thin slices.

**Minced Beef**

Chop cold roast beef, season with pepper and salt; moisten with a beaten egg and gravy or water; put into a buttered dish press down, cover and set in a vessel of boiling water for an hour or more; spread a yolk of beaten egg on the top and strew chopped bread crumbs over; pour on a little melted butter and garnish with slices of lemon.

### Smothered Beef or Pot Roast

Take about five pounds from the middle or face of the rump, the vein or the round; wipe with clean wet cloth, sear all over in a hot frying pan; put in a kettle with one cup water and place it where it will just be kept below the boiling point. Do not let water boil entirely away, but add only enough to keep meat from burning. Cover closely, cook till tender; serve ~~meat~~ ~~as~~ cold.

### Mock Duck

Prepare dressing as for turkey and after pounding round steak, spread dressing over it; sprinkle with salt, pepper and a little butter; lay over the ends, roll steak tightly and tie closely; spread butter over steak after tying; lay steak on a rack in a bake-pan, baking as a turkey or duck; baste every fifteen minutes. Bake one-half hour in hot oven. Pour gravy over and serve hot.

### Yankee Sausage, Boston Style

Take eighteen pounds chopped meat, three-quarters pound of salt, half pint powdered sage, one tablespoon pepper (level), two tablespoons molasses; stuff in sausage cases carefully cleansed.

### On a Gridiron

Prepare the steak as directed for broiling in a frying pan. Have ready a bed of live coals; wood coals are the best. Wipe the gridiron clean; put the steak on it; broil, turning often. If the fire smokes or blazes from the dripping fat withdraw the gridiron for a moment. It should cook in fifteen minutes. After it is dished, season with pepper and salt. If gravy is desired prepare it as directed in recipe for broiled beefsteak in frying pan.

### Stewed Ox Tail

Two ox tails cut in pieces three inches in length; to it add three tablespoonfuls of butter, one large onion, half a carrot, three slices of turnip two stalks of celery, two cloves, pint and a half of stock, salt and pepper to taste; cut the vegetables in small pieces, heat the butter, then add the vegetables, and when it begins to brown, add a little flour and stir three minutes. Put in the tails, adding the seasoning and stock. Simmer gently three hours, serve on a hot dish, and pour strained gravy over them.

### Broiled Beefsteak (In a frying pan).

The best piece of beef for steak are the tenderloin, sirloin and rib pieces. A steak should not be less than three-quarters of an inch thick. If beating is necessary, beat on both sides, but not enough to tear the beef and allow the juice to escape. Have the frying pan very hot and dry; put in the steak, cover it with a tin cover, turn the steak often. A steak an inch and a quarter thick will be cooked in fifteen minutes. When cooked put it on a hot dish and season with pepper and salt. The juices will then escape and furnish the gravy. If this does not give enough gravy, add two or more tablespoons of boiling water to the fat remaining in the pan, mix thoroughly, pour it over the steak, and let it mix with the other gravy. Prepare and broil mutton chops, venison, and pork steaks as above. Meat prepared in this way is quite equal to that broiled on a gridiron, and this method does not waste its juices.

### Beefsteak smothered in Onions

Cut one dozen onions into slices, fry a quarter pound salt pork or bacon until all the fat is fried out, then take out the crackling; into this hot fat put the onions, fry and stir for twenty minutes over a good fire; add a teaspoon of salt, a dash of black pepper, and one cup of boiling water; place over a moderate fire to simmer for half an hour; by this time the water should have entirely evaporated and the onions should be a nice brown. Have ready a broiled steak, place it in the pan with the onions, cover it over the top with some of them, and stand in the oven for five minutes. Then place the steak on a hot dish, heap the onions over and around, and serve.

The Welsh method is as follows: Broil the steak over a quick fire and butter it well. Then slice onions over it; after which chop them up fine on the meat. The onions impart their flavor to the beef, but are not eaten with it. It is important to chop them on the steak, otherwise the flavor is lost.

### A la Mode Beef

Five pounds round of beef, half pound fat salt pork or bacon, six cloves, two bay leaves, two and a half tablespoons salt, one and a quarter teaspoons pepper, three or four tomatoes, one carrot, two onions, five gills vinegar, clove of garlic, sprig of thyme, a little parsley. Boil five or six hours.

### Stewed Beef Heart

One beef heart, two medium-sized onions, sliced thin, two bay leaves, one head celery, chopped fine, or one level teaspoon celery seed, three tablespoons tomato catsup or half pound fresh or canned tomatoes, one pound potatoes, sliced thin, one pinch cayenne pepper, a little chopped parsley, butter or beef drippings the size of an egg.

### Beef Bouilli

Take the piece of the round weighing four pounds. Tie into a neat shape with strong muslin, put into a large stewing pan and cover with boiling water. Stand over a moderate fire, skim carefully, and simmer forty-five minutes to every pound. When meat is half done, add large teaspoon of salt and one carrot, one turnip and one onion sliced. Fifteen minutes before you dish it add two sliced potatoes. When done dish the meat. Rub together one tablespoon of suet and three tablespoons of flour, and stir them into the boiling stew. Season to taste and serve in a tureen, reserving enough vegetables to garnish the meat.

### To Stew Fresh Beef

Four pounds fresh beef, free from bone, one pound potatoes, one pound fresh or canned tomatoes, half pound onions, quarter pound carrots, pepper and salt. Boil three hours. It is not necessary to use the choice parts of beef for a stew. Cut meat into pieces about two inches square; cut vegetables into small pieces; put the meat into a pot with enough cold water to cook it; add a tablespoon of salt. Cover closely; put the pot over the fire to simmer, skim carefully. When the stew has simmered for two hours put in the prepared vegetables; season with pepper and salt. Simmer one hour longer, stirring occasionally. When done serve in a hot dish. If it is desired to serve the potatoes whole, put them into the pot twenty or thirty minutes before the stew is cooked. If the water gets too low, replenish carefully with boiling water. If the liquor of the stew is not sufficiently thick, stir into it two tablespoons of blended browned flour. A bay leaf to every pound of meat may be put into the pot of cold water with the meat. Stew mutton, lamb, veal and fresh pork as above. The bones of mutton and veal, if small, need not be removed. Add thin slices of fat pork or bacon to a veal stew. The onions may be fried brown before they are put into the stew. Too much water is commonly used in making stews. They should be thick rather than thin.

**Meat Pie**

Chop pieces of beef, veal, or lamb, or all three, and make a layer in the bottom of baking-dish with thin slices of tomatoes, a very little onion; season nicely; add bits of butter and rolled soda biscuits; repeat this until the dish is nearly full, then pour a cup of water into it and cover with a crust made of one pint of flour, into which you have sifted four teaspoons of baking powder, butter size of an egg and sufficient water.

**Hamburg Steak**

With Broiled Tomatoes and Macaroni

Chop a pound and a half of round steak. Saute half a green pepper, chopped fine, in a tablespoon of butter, add this to the meat with a teaspoon and a half of salt and a few drops of onion juice. Press into a compact oval shape about an inch and a half thick, keeping the edges and centre of equal thickness. Brush a broiler generously with bacon fat or dripping and put in the meat carefully. Cook each side one minute, holding close to a brisk fire, then five or six minutes at a little distance, turning each ten seconds. Turn from the broiler on to a hot platter and spread with two tablespoons of butter, creamed with a little fine chopped parsley. Surround with macaroni in cream sauce and broiled tomatoes.

**Cannelon Beef**

Two pounds of steak chopped fine, a little grated nutmeg, tablespoon of Worcestershire sauce, teaspoon of salt, pinch of pepper, one beaten egg, half a cup of bread crumbs, soaked, strained, and wring dry in a cloth, mix thoroughly and shape into rolls. Bake about thirty-five minutes, basting every five minutes with bacon, salt pork or hot water. Serve with tomato sauce.

**Ham to Fry**

Cut the slices thin, remove the skin, put them into a hot frying pan and turn them until a little brown; be very careful not to burn them; when done serve in a hot dish.

**Broiled Ham**

Slice thin, take off the skin, place on gridiron over a hot fire; turn so as not to burn, the ham will cook sufficiently in three or five minutes.

### Sausage With Apple Sauce

Wash sausages clean and prick with fork; brown in oven or in a frying-pan on top of stove; make a syrup of a cup and a half of sugar and water; place in this very carefully six tart apples, pared, cored and sliced in rings; drain from the syrup and serve with sausage in the centre of dish. The syrup may be cooled and used as a jelly.

### Filling for Peppers

Two cups chopped meats, veal, ham, chicken, beef, or cold boiled rice, one cup milk, one-quarter cup butter, two eggs, two tablespoons flour; cook the milk, butter and flour; then add the chopped meat, salt and pepper and let cook on back of stove; when nearly done, add the eggs. This may be used either for pepper or patty shells. If rice is used, take a tablespoon of cream; and season as above.

### Ham

Soak the ham overnight and thoroughly wash and scrape it. Slice one onion, one carrot and one turnip, and put them into a kettle, add half a dozen cloves, eight peppercorns and one bay leaf, put in the ham, cover with cold water and let simmer four hours, then add one pint of cider or two tablespoons of strong vinegar, and cook until very tender. Take out the ham when partly cooled, remove the skin, sprinkle the top with cracker crumbs and brown sugar, and brown in the oven. Boil the liquor until reduced to one pint, then strain, cool and remove the fat. Cook one tablespoon of flour in one tablespoon of butter, add the strained liquor, stir and cook until perfectly smooth, and serve as a sauce for the meat.

### Pork Tenderloins Fried

The tenderloins should be sliced crosswise and flattened. Fry in a little lard, turning them to have them cooked through; when done remove and keep hot while making a gravy by dredging a little flour into the hot fat; if not enough add a little butter; stir until browned and add a little milk, and pour over the dish.

### Breaded Veal Chops

Take rib veal chops Frenched, cut off meat and chop fine; mix with salt and pepper. Put back on bones, dip in egg and bread crumbs and fry in hot lard three-quarters of an hour.

**Côtelettes d'Agneau à la Villeroi**

Take a dozen lamb chops of uniform size, trim them nicely and arrange them in a well-buttered stew pan; cook them on both sides as quickly as you can so that the chops may be blood red; when finished take them out and put them under a weight to press them to the same thickness; make a rich heavy sauce and dip the chops, one by one, into it just deep enough to cover the fillet portion of each chop leaving the bone bare; bread them well with crumbs and fry them to a delicate brown in hot fat. When ready to serve lay a napkin on the large chop dish and arrange the chops in a crown with a garnish either of parsley, mushrooms or Brussels sprouts. The chops may be prepared and breaded several hours before they are needed.

**Côtelettes de Mouton Braisées à la Soubise**

Take as many chops as you desire, but have them somewhat thicker than usual, trim them up nicely so that the ends of the bones are bare for about two inches; take some cooked carrots, peas, string beans or lima beans, and cover the bottom of a stew pan with them, interlading it with strips of salt pork; lay the chops on this mask of vegetables and moisten the whole with enough good stock to cover the mask to the under side of the chops; cover the stew pan and let all simmer together over a moderate fire for forty minutes; let the chops get nearly cooked in the dressing, then remove them carefully and put them under a weight. In the meantime add a clove of garlic to the vegetables and half a dessertspoonful of curry powder; reduce the mass to one-half, arrange it on a dish and after trimming the chops with paper frills lay them on the mask in good form and serve immediately.

**Venison Chops**

Wipe the chops and trim off the superfluous fat. When everything else is ready, dip them in hot melted butter and broil quickly, or cook them in a pan of hot butter. They are usually preferred rare. Serve with melted currant jelly, adding it to the butter in the pan. Have all the dishes very hot and serve at once.

**Roast Pork**

The loin, leg, shoulder, or fillet are nice for roasting. Prepare a stuffing as for a fowl, seasoned with onion and sage. Cut the skin into small squares; or should the skin be taken off sprinkle with a little fine sage. Baste often.

### Chopped Veal Cutlets

Chop enough raw veal to make one pint. It will take one pound of solid meat; chop with the meat one-third cup blanched almonds. To the meat and almonds add a scant teaspoon of salt, a little pepper, onion juice, and chopped parsley, if at hand. Mix the ingredients thoroughly, then form into cutlet shapes, egg-and-bread-crumbs and fry in deep fat for seven or eight minutes. Drain on soft paper and serve with tomato sauce.

### Roast Leg of Lamb

To bone a piece of meat a French knife is almost a necessity. and in preparing a leg of lamb or mutton the meat must be cut away very carefully in order to remove the bone without spoiling the shape. Prepare a dressing by moistening two cups of bread crumbs (from the inside of the loaf) with one-half cup of melted butter. Season with salt, pepper and thyme, or with a little onion, if desired. Add a very little water and place in the meat, skewering the ends into shape. Have oven very hot and place meat in pan, adding neither water nor seasoning until the surface is seared over. Then reduce the gas flame, dredge meat lightly with flour and the seasonings, and pour one cup of boiling water in the pan. Baste the meat with this every ten or fifteen minutes (unless a covered roasting pan is used), and roast about an hour and a half, if weighing six pounds. Serve with a brown sauce made from two tablespoons of flour and the drippings in the pan, with a pint of stock made by cooking the bones in water very slowly until it is well flavored.

### Curry of Mutton

Any piece of cold roast or boiled mutton may be used for this dish. If none is at hand, boil until tender about one and a half pounds of mutton, and when tender place in a skillet two level teaspoons of butter, allow it to melt, and when hot add one large onion cut into very thin slices or chopped fine, and keep it stirred until a delicate brown; now sprinkle over it two level teaspoons of flour, stir until well mixed, and then add half a pint of the broth in which the mutton was boiled, stir until it thickens, then add the meat, cut into rather small pieces; mix well with the gravy, add half a lemon sliced, then cover and let simmer gently for about ten minutes. Heap boiled rice in the centre of a platter and arrange the curried mutton around it, or they may be served in separate dishes.



**Veal Loaf (Delicious)**

Take three pounds raw veal, half a pound of fat salt pork, slices of chicken or ham, five rolled soda biscuits, one tablespoon chopped mushrooms, juice of one lemon, two teaspoons of poultry seasoning, one dessertspoon salt and one teaspoon pepper, four eggs well beaten, four tablespoons of cream or tomato sauce; add the other ingredients and shape into a compact loaf; put in a bake-pan and cover with slices of salt pork; cook two hours, basting every few minutes. Serve hot with a sauce made in the pan after the loaf has been removed. This is delicious served cold with vegetable salad and mayonnaise dressing.

**Beef Loaf**

Two pounds steak put through the mincer, one dessertspoon pepper and one of salt, four eggs, six rolled soda biscuits, a little mustard and red pepper, six tablespoons milk, one large onion, one dessertspoon sage; make into a loaf and cook as a fowl.

**Veal Loaf**

Take three and a half pounds veal, fat and lean; one thick slice of fat salt pork; chop the whole raw; take six common crackers pounded fine; two eggs, half cup butter, one tablespoon pepper, a little cloves, and herb to suit taste. Mix all well together and make into a loaf like bread; put into a shallow baking-pan with a little water, cover with bits of butter and dredge flour over it. Bake slowly two hours, basting it as you would meat. This is nice cut in thin slices for a tea dish, and it will keep for some time.

**Veal Loaf**

Three and a half pounds veal chopped very fine, roll fine six soda crackers, two eggs, two slices very fat corned pork, form into a loaf and put the yolk of one egg, rolled crackers, and a little salt and pepper on top of it. Bake until done, basting frequently.

**A Veal Block**

Two pounds of veal chopped very fine, two cups bread crumbs, two eggs, one even tablespoon of salt and pepper mixed; sage to taste, a little butter. Bake about one hour; slice quite thin. The secret of having it slice off thin without breaking is pressing it down firmly in the dish before baking.

### **Veal Roll**

Chop one pound of veal and quarter of a pound of kidney suet; add two beaten eggs, quarter of a cup of rolled crackers, two tablespoons thick cream, then salt, pepper and nutmeg to taste; roll with the hand into firm sausage shapes, then roll in rolled crackers. Melt three tablespoons butter in an agate pan, lay in the sausage, sprinkle with melted butter and rolled crackers and bake about an hour.

### **Stewed Sweetbreads with Champignons**

Parboil one set of sweetbreads, take all the skin and fat from them, cut them up in a saucepan with a can of champignons; also cut up and the liquor added, one-quarter pound butter and a little red pepper. Let the champignons cook half an hour before adding sweetbreads; just before taking them off, add one-half cup of Madeira, thicken with a little flour and brown with burnt sugar.

### **Sweetbreads with Mushrooms**

Parboil sweetbreads, allowing eight medium-sized to a can of mushrooms; cut the sweetbreads about half an inch square, stew until tender; slice sweetbreads and stew in a liquor one hour; then add to sweetbreads a teacup of cream, a tablespoon of butter, and salt and pepper to taste.

### **Beef Loaf**

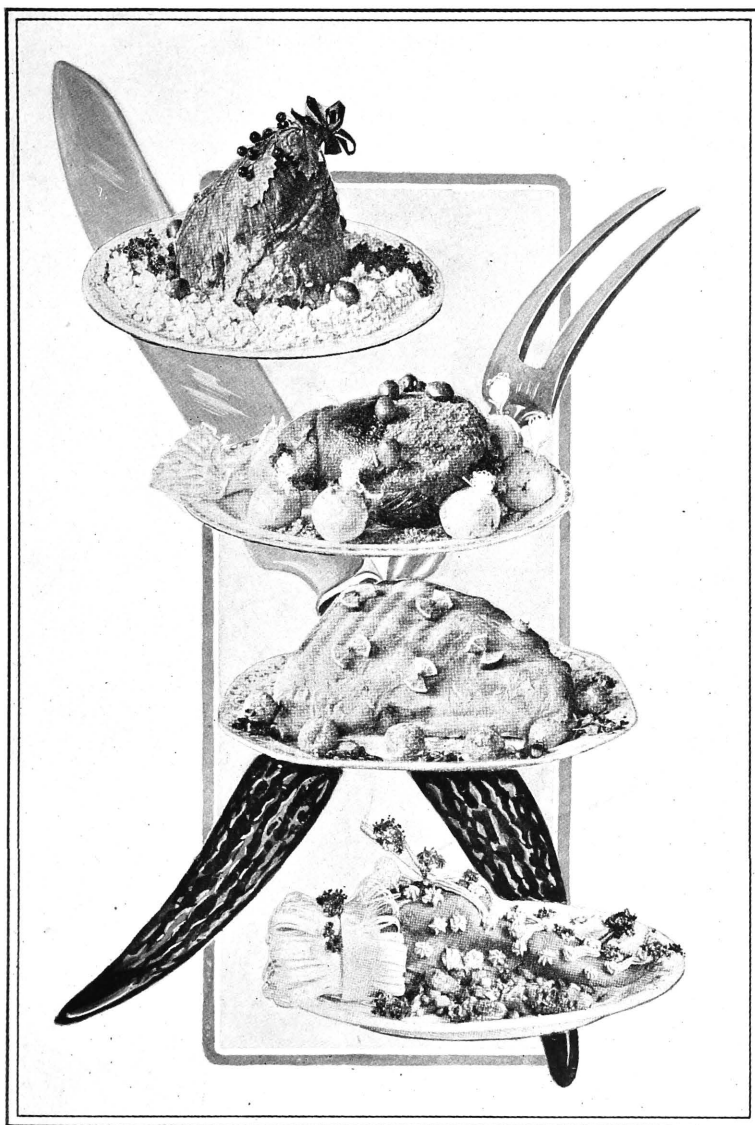
After seasoning with pepper and salt, form finely chopped beef into a loaf and cover the top with slices of salt pork; bake in a good oven; about half an hour before done remove the pork from the top of the loaf to allow meat to brown; served with a thickened gravy.

### **Beef Flip**

One and one-half pounds chopped beef, one-half cup of butter, two cups rolled crackers, one cup boiling water, pepper and salt to taste; bake in a moderate oven one and one-half hours; baste frequently.

### **Spiced Roll**

Two pounds raw round steak, chopped fine, four eggs, eight butter crackers, rolled, one teaspoon salt, half teaspoon pepper, quarter of a nutmeg, mix and form in a long roll. Bake with bits of butter on top. To be sliced when cold.





**Broiled Sweetbreads**

Take two pairs of round, firm heart sweetbreads, broil; let stand in cold water for one hour, changing water often; then cover with boiling water and let simmer for one hour, according to thickness; drain, cover with cold water and let stand for about half an hour; drain, wipe dry and set aside until ready to use. Cut in lengthwise halves and set on a well-greased broiler beneath the burner; let cook until slightly brown, then turn and cook on other side, about five or six minutes in all. Serve on hot platter, spread with butter, and garnish with peas or in any way desired.

**Ris de Veau piqué à l'oseille**

Sweetbreads, blanch and trim them carefully and set aside to cool. Then take enough minced carrots and onions together with a bunch of aromatic herbs, soup herbs, a bay leaf, a pinch of paprika and a small pinch of allspice; then lard the sweetbreads on the smooth side with four rows of larding and place them on the bed of carrots, etc., which should cover the bottom of a cooking casserole; fill the casserole just to the top of the sweetbreads with unskimmed soup stock; if no unskimmed stock is handy take the skimmed and add two ounces of butter. Place the casserole on a quick fire and reduce the stock to one-half, then cover the sweetbreads with a piece of paper, put the cover on the casserole and place on a moderate fire where the contents may simmer slowly until the sweetbreads are nearly cooked; remove from the fire, drain off the liquid portion by passing through a sieve and add a gill of good white wine; reduce this over a quick fire until it is a demi-glaze or half glaze, brush the sweetbreads with the demi-glaze and place them in a sharp oven until slightly brown; arrange them on the oval dish of the entrée set and garnish with green sorrel or watercress; if preferred, the carrots may be added to the garnishing,

**Spinach à la Crème**

Simmer half a peck of thoroughly washed spinach in a small quantity of water, to which a little salt has been added, to aid in keeping the color. Drain after cooking about fifteen minutes, press out all the water, and chop very fine; put three tablespoons of butter in a saucepan, when melted add in this two tablespoons of flour, a little salt and pepper; then add quarter of a cup of milk and the spinach, and stir until it bubbles on one side. It is then ready to serve. The mixture should be quite soft, yet retain its shape on the serving dish.

### Chop Suey

To make enough chop suey for five persons take one pound of fresh young pork and cut into small slices, two chicken livers, two chicken gizzards and hearts, two stalks of celery and a half ounce of ginger root. Put four tablespoons of olive oil in a saucepan and when hot add the meat, celery and ginger. As soon as lightly colored add one tablespoon of vinegar, half a cup of boiling water, one teaspoon of Worcestershire sauce, red and black pepper, cinnamon and cloves to taste. Simmer gently until the pork and giblets are nearly done; then add a small can of mushrooms and a half cup of bean sprouts. If you cannot get the bean sprouts (they are abundant in Chinese groceries) you may use the quantity of French green peas, string beans chopped fine or asparagus tips. The bean sprouts must not cook too long, as they are better when not more than half done. Drain off the superfluous liquor, add teaspoon of brown See Yu sauce. (This also may be obtained in a Chinese grocery). Serve with boiled rice.

### Cold Veal

Chop remnants of cold veal, rub a tablespoon of butter into one of browned flour; mix this with a cup of stock and stir until boiling hot in a saucepan. Chop about a cup of mushrooms; add these and two tablespoons of tomato catsup to the stock, salt and pepper to taste. Put in the veal and stew gently ten minutes.

### Fricandilles

Take cold beef, veal or any other meat—the more variety the better—hash it fine, and mix it with two eggs, a little grated onion, melted butter, two pulverized soda biscuits, pepper, salt; form into balls and fry in butter. Serve with drawn butter flavored with lemon.

### Spiced Beef. To serve hot

Fry three or four slices of pork a light brown, then lay in the beef (the round is good for this purpose) in one piece; let it brown a little on both sides, then cover it with water, and let it stew over a moderate fire four or five hours in a covered kettle; add water when it boils away to make gravy. About half an hour before it is done salt and pepper it to taste; add one teaspoon of sweet marjoram and, if agreeable, half an onion sliced. Pour the gravy over the beef when serving it.

### Spiced Beef

Five pounds of the shank boiled five hours with celery seed; drain off the gelatine then, and chop the meat very fine; add pepper and salt to taste, and put it into a cloth, on the platter; cover it with the cloth and press it.

### Tongue

Wash a fresh tongue and skewer tip to root. Cook till tender in boiling salted water, remove skin; trim, pour white sauce over and serve hot; or serve cold with a salad dressing; or tie in good shape; pour over a little jelly in a mould; when cool lay in the cold tongue and add a little more jelly. Smoked tongues may be put in cold water and when the water boils pour off and put on again in cold water. Boil until tender, about two hours.

### Boiled Fresh Beef Tongue

Soak the tongue one hour in cold water; rinse in fresh cold water; put it into a pot of cold water enough to cover it; add two tablespoons of salt and two bay leaves; cover; boil slowly; turn the tongue once or twice; remove the scum as it rises; boil until so tender that a broom straw will easily penetrate it. If necessary to replemish, use boiling water. When cold enough to handle, peel off the thick skin carefully; serve hot or cold. If to be eaten cold, let the tongue remain in the liquor until cold. A boiled tongue, after it is peeled, may be prepared according to the following directions: Put a piece of butter or beef dripping the size of an egg into a pot and brown it slightly; move it about so as to melt it as fast as possible and prevent it blackening; put the tongue into the browned butter or dripping, turn it over quickly until both sides are slightly browned; add about a pint of stock or gravy, two or three whole cloves, two medium-sized onions parboiled and sliced, and a seasoning of pepper and salt; cover; simmer from a half to three-quarters of an hour; take up the tongue, put it on a dish and set it aside to keep warm; thicken the gravy with blended browned flour, let it boil up at once, pour it over the tongue, and serve.

### Pressed Beef

Boil until tender a beef shank, chop fine, and season highly with salt, pepper, or any other seasoning desired. Boil down liquor and pour over meat. Press in a mould and when cold cut in slices.

### **Corned Beef and Cabbage**

Wash meat in cold water. Put it in a large kettle and cover with cold water. Simmer gently for two hours. In meantime, remove the outside leaves from a hard white head of cabbage, cut it into quarters, and soak in cold water for one hour. After the meat has been simmering two hours, add cabbage and simmer one and one-half hours longer. When done put the meat in the centre of a large dish with the cabbage around it. May be served with tomato or horseradish.

### **Boiled Ham with Currant Sauce**

Put into hot spider one-half glass currant jelly, one teaspoon butter, one-half saltspoon pepper. Melt, and when very hot put in thin slices of boiled ham and just heat through.

### **Boiled Fresh Beef**

Boil fifteen minutes to the pound, or longer, depending upon the shape and quality of the piece. Cleanse the meat. Put it into a pot of boiling water, rather more than enough to cover it. Cover, bring the pot to a boil quickly, and let it boil for ten or fifteen minutes; then set it back on the stove to simmer until the meat is cooked. Remove the scum as it rises. The scum commences to rise just before boiling, and if it is not carefully taken off, it will fall back, adhere to the meat, and injure and disfigure it. While boiling turn the beef several times. If the water needs replenishing use boiling water. A short time before the meat is done put into the pot one teaspoon of salt for every five pounds of meat; one bay leaf to every pound of meat may be put into the pot of water with the meat. If carrots, turnips, or potatoes are to be cooked with the meat, prepare them as directed under Rules for Cooking Vegetables. Put carrots and turnips, sliced, in the pot one to one and a half hours, potatoes twenty to thirty minutes, before the meat is cooked. When cooked take up the meat and vegetables, drain, and serve them separately or in the same dish, the vegetables around the meat. Carrots alone are an excellent accompaniment to boiled beef. The vegetables may be boiled separately from the meat, but will not be as well flavored. The liquor may be served with the meat and vegetables or used for making stock or soup, or for hashes, stews, gravies, etc., instead of water; if boiled in an iron pot and to be kept for any of the above uses, it must be poured into a tin or earthen vessel and kept in a cool place. When cold, remove the fat from the top and save for frying, etc.



### **New England Boiled Dinner**

Remove bone from four pounds of corned beef (cut from round), tie meat closely, put in deep pot, cover with water, add one teaspoon salt, one-half spoon pepper, and boil quickly, removing all scum. When no more scum rises, put in following vegetables, peeled and cut in slices two inches thick:—Two carrots, four beets, four white turnips, six small onions, one yellow turnip, one large head celery, cut in two-inch lengths. Simmer slowly two hours. Place meat, when done, in centre of platter, arrange vegetables around, and pour a little of the gravy over all. More gravy may be served in boat, with a dish of boiled potatoes.

### **How to Cook Pig's Feet**

Put the feet in boiling water to remove the skin. Wrap each foot in a piece of cloth—tying it well with a cord. Boil them three or four hours; let them remain in the cloth until needed. When cooked in this way they will be found very delicate and tender, and are very nice for frying, broiling and pickling.

### **Ham to Boil**

Put a ham on the fire in a large quantity of water, and let it be an hour coming to a boil; boil slowly three hours, take ham from the pot remove its skin, cover the ham with fine cracker crumbs and place in moderate oven to brown; when brown; cover the outside of the ham with pepper in diamonds, place a clove in each of these spots, put a ruffle of cut paper around the knuckle and serve with horseradish or sharp sauce.

### **Roast Turkey**

Take a nice plump ten-pound turkey, wipe it both inside and outside very dry, then make a dressing of chopped bread crumbs; take stale bread and season with salt, pepper, sage and summer savory to taste; fill the turkey with this then sew up the openings; pour one pint of hot water in the pan, and be careful to add more water as it cooks away, roast in a hot steady oven until the turkey is done. when it should be a nice, crisp golden brown; baste frequently until done. If the gravy in the pan is not thick enough, add flour, and seasoning, if necessary, and the giblets which should be boiled and chopped.

### **Beefsteak Roll with Tomato Sauce**

When possible have the third slice of round steak, as it is most suitable for rolling. Make a dressing as for fowl, spread thickly over steak, roll and tie. After browning on all sides cook in salt and boiling water at least two hours, or until nearly tender; turn a quart of canned tomatoes into the kettle and boil one-half hour longer. Take out meat and set where it will keep hot, strain the contents of kettle, add thickening, let boil a few minutes and pour over meat.

### **A Vermont Boiled Dinner**

Two pounds fresh pork, one pound salt pork put on to boil; after boiling one hour add parsnips, carrots, turnips, beets, and the last hour, add cabbage, and a half hour later, potatoes. The beets can be boiled separately or baked. A dinner of this kind is perfectly splendid. Johnny Cake served with it is very nice.

### **Roast Turkey (Oyster Dressing)**

Select a young turkey, twelve to fifteen pounds, draw it nicely and rinse it out with several waters; make a dressing of one quart of chopped bread crumbs (use stale bread), one egg, two tablespoons butter, one teaspoon sage, one pint of oysters, chopped fine, and mix all together; stuff body and breast with dressing, sew up, tie the legs and wings to body, rub it over with butter, salt and pepper, put in dripping pan, pour on a cup of boiling water, set in oven, baste often; when done serve with cranberry sauce.

### **Roast Turkey**

Chop two pounds of fresh pork, the liver of the turkey and one-fourth of a pound of crackers or stale bread; season with salt and pepper and a teaspoon of poultry seasoning. Mix thoroughly and press into the crop of a cleaned and washed turkey; truss the turkey into a neat and compact shape and cover the breast with a strip of salt pork. Bake a ten-pound turkey from three to four hours, basting with the dripping in the pan, to which a little boiling water has been added.

### **Chicken**

Four level tablespoons of butter, three level tablespoons flour, one and one-half cups milk, one cup chicken cut into pieces, one cup canned peas, salt and pepper. Serve on crackers or on toasted bread.

### Chicken Rolls

Melt three tablespoons of butter, blend in three tablespoons of flour, add gradually one and one-half cups of chicken stock; season to taste with salt, pepper and celery salt; stir until smooth and thick, and add one and one-half cups of chopped chicken. Remove the soft crumbs from crisp rolls, fill with the prepared chicken, place in the oven until hot and serve.

### Chicken Stuffed Cucumbers

Cut good-sized young cucumbers into halves lengthwise and remove the seeds. Mix together one cup of finely chopped chicken, one-half cup of soaked bread crumbs, two beaten eggs, two tablespoons of melted butter and pepper and salt to taste. Fill the cucumbers with the mixture, place the halves carefully together and tie with soft twine. Put them in a baking pan, add a cup of chicken stock and cook until tender. Remove the strings, place the cucumbers on a hot dish, thicken the gravy in the pan and pour it around them.

### Chicken à la Monte Carlo

Melt two tablespoons of butter in an earthen dish or casserole with one carrot, three onions sliced, two bay leaves, salt, pepper and sole thyme. Add a young fat fowl, cut into joints and let it get brown. Then add one pint of consomme and cover air tight. Cook three-quarters of an hour. It must simmer all the time. If the fowl is old it will take longer to cook it. Add two tablespoons sherry, a dozen potato balls fried in butter, a dozen button mushrooms and some chopped parsley. Let it cook ten minutes more and serve in the sauce dish or the charm of it will be lost.

### Cream Chipped Beef

Chip a pound of dried beef very thin and pull it apart in small pieces. If it is very salt soak it in boiling water for fifteen minutes. Put two tablespoons of butter in a frying-pan; add the beef and stir over the fire until thoroughly heated; then sprinkle over it two rounding tablespoons of flour, mix and cook. Add half a pint of stock and half a pint of milk. Stir until boiling. Add a dash of pepper. Take from the fire and add the yolk of an egg beaten with four tablespoons of cream. Heat quickly and serve in a deep dish garnished with toast.

### A Turkish Dish

Stew one cup of cold lamb with one teaspoon of minced onion in one cup of water until very tender. Skim out the meat and add to the water enough strained tomato to make one pint or use more water if you have not enough of the tomato. Season highly with salt and pepper and a little curry or chutney sauce. I prefer the curry.

### Chicken Rolls

Melt three tablespoons of butter, blend in three tablespoons of flour, add gradually one and one-half cups of chicken stock; season to taste with pepper, salt and celery salt; stir until smooth and thick, and add one and one-half cups of chopped chicken. Remove the soft crumbs from crisp rolls, fill with the prepared chicken, place in the oven until hot and serve.

### Braised Chicken

Take a chicken, split it open on the back, wash and salt it and lay it in dripping pan, breast side down. If you have covered pan so much the better. If you use the dripping put something under chicken, to keep it from adhering to the pan. Put a little water in pan; cover over with another pan. Cook it on the outside of the stove until nearly done. Then uncover, turn breast side up, put on a little butter, put in the oven to finish and brown; use the drippings for gravy. It must be watched very closely while cooking on the stove, for the water cooks out very quickly. Parboil chicken a few minutes before broiling them. It does not require as long time to broil them this way.

### Creamed Chicken for Family of Two

Cut into dice sufficient cold cooked chicken to make a cupful. Rub together one tablespoon of butter and a scant one of flour. Add two-thirds cup of milk, stir until it boils and thickens. Add the chicken and one teaspoon of salt, a dash of pepper. Reheat over water and serve on toast. Just enough for two.

### Canards sauvages, sarcelles grillées

Split the teal duck lengthwise in two, through the back, after cleaning well; pare and season with salt and mignonnette; cover with oil and place in a double broiler without pressing too tight; broil over a brisk fire, serve with good gravy surrounded by slices of lemon.





### **Faisans Rôtis, Sauce Périgorde**

Pheasants, like all other wild birds, are not in first class condition for cooking when freshly killed; they should be tied together by the feet and hung in a cool, dry place until they begin to drip at the beak. Pluck and draw the birds and singe them carefully, then put the liver of each back into the cavity; truss them with light skewers. Never stuff a pheasant under any circumstances. Have the oven moderately hot and lay the birds on the grid of a dripping pan, just before putting the grid in the pan, place two slices of bread on the bottom for each of the birds; baste them frequently with melted butter by aid of a clean paint brush kept exclusively for that purpose; cook from forty to fifty minutes, according to size, just before removing the birds from the oven salt them and baste them for the last time with two tablespoonfuls of good madeira, remove the skewers and serve them, lying on the crusts of bread or canapes with the following sauce.

### **Sauce Périgorde**

Mince a small onion, put in a cooking casserole with a good quarter of a pound of raw ham cut in dice, add two ounces of butter, and color the ham to a rich brown over a brisk fire; moisten with a glass of good madeira, add some truffles (the kind which comes in glass bottles is always satisfactory) and a bouquet of fresh herbs; reduce the liquid to one half over a medium fire, strain it and add half a pint of brown sauce, boil together for ten minutes, and just before serving, add four or five spoonfuls of truffles cut into small dice.

### **Scalloped Chicken**

Boil a chicken till tender, bone and chop; put into a bake-dish a layer of chicken, a layer of bread crumbs, butter, salt and pepper. Fill the dish in alternate layers, pouring over all the chicken gravy. Bake till a light brown.

### **Jellied Chicken**

Line a pint bowl with slices of hard-boiled eggs, fill with chopped chicken that has been seasoned with salt, pepper, celery salt and melted butter. Pour over it one cup of water, in which one and one-half tablespoon of gelatine has been dissolved; set on ice.

### **Pigeons farcis aux Champignons**

Chop up a pound of newly salted pork very fine like sausage. When chopped finely enough, add to it an equal quantity of mushrooms, fresh if possible, if not, the canned variety will answer; a spoonful each of chopped parsley and shallot may be added together with a handful of bread crumbs and a whole egg; with this forcemeat fill the cavities of three nicely drawn and singed pigeons; lard them through the breasts, truss up the legs and wings with small skewers and lay them on the roasting grid; baste frequently while roasting in a sharp oven for twenty-five minutes; when properly cooked the wings and second joints should pull away at the slightest touch; they may then be served with a garnish of mushrooms thickened with a good white sauce.

The following sauce should be passed around the table in the sauce tureen which accompanies the game set.

### **Sauce Tomate pour les Pigeons**

Halve five or six good tomatoes, trim the sections and cut them up into small pieces; place them in a casserole with a handful of minced carrots and onions, a bouquet of soup herbs and a tablespoonful of raw ham and a glass of claret; set the whole on a moderate fire to cook slowly until the tomatoes are thoroughly dissolved, then strain all through a fine sieve; return to the casserole, let it come to a boil and continue boiling for seven or eight minutes, stirring constantly; thicken with a spoonful of flour rubbed to a paste with two spoonfuls of butter, add a pinch of white pepper, the same of salt, and serve.

### **Scalloped Chicken**

Boil two chickens till tender, remove bones and chop; place in a pan a layer of the chicken, over this sprinkle pepper and salt, bits of butter and finely chopped ham, and cover with chopped crackers, then add another layer of chicken, and so on until the dish is full; over this pour one pint of sweet cream and add milk until dish is full. Bake until a delicate brown.

### **Wall Turkey**

Line a greased baking dish with cold mashed potato, moistened with beaten egg and a little milk; fill in with cold chopped turkey, sprinkle with bits of dressing, pour over it a cup of the gravy, and bake for half an hour.



### Potted Turkey

One-half pound cold turkey, two ounces tongue, one-half pound butter, seasoning. Cut the turkey in pieces, removing all skin and gristle, and pass it through a mincing machine with the tongue, then pound in a mortar with the butter to a smooth paste; add seasoning to taste, put into pots, cover with butter.

### Southern Fried Chicken

Raise and remove the breasts of two fine chickens and trim them carefully in good form; dip them in beaten eggs, seasoned with salt, pepper, and a little onion juice, then roll them in bread crumbs; lay them gently into boiling fat and cook to a golden brown; when nicely fried arrange them on the oval dish of the entrée set, leaving an open space, in the centre. Cook a quart of small shelled peas, finishing them with a liberal piece of butter, and pour into the space in the centre of the dish and serve at once.

NOTE—Onion juice is best procured by grating the onion. For bread crumbs save all stale or left-over bread, dry it in a slow oven and when thoroughly dry reduce it to crumbs with a rolling pin. Keep in a dry fruit jar.

### Chicken Truffles

Dip the breasts of three chickens in boiling water, lard with fillets of ham and truffles, braise, and as soon as cooked, drain and arrange against a triangle-shaped bread support; between each chicken lay a group of truffles, one of olives and one of quenelles; pour some sauce around them and serve more in a sauce boat.

### Waverley Collared Beef

Corn a six-pound piece of brisket by covering it with brine sufficiently strong to float an egg, for four or five days. Turn the meat every other day. When ready to cook grate two large carrots, a stick of horseradish, and mix them with half a pint of finely chopped parsley. Spread a layer of this on the corned beef, keeping it well to the middle; roll very tightly, fasten with skewers and bind with strong twine. Roll in cheese cloth, place in a kettle, cover with cold water, bring slowly to a boil and simmer for four hours. Remove the cheesecloth, put the meat on a tray, place a heavy weight on top and leave it overnight. Next morning cut the strings and remove skewers. In serving cut in very thin slices.

### **Creamed Chicken**

Chop one chicken, cook five minutes in boiling water, then plunge in cold water; put in saucepan one ounce of butter, one teaspoon of salt, a little pepper; let cook ten minutes, then add a half pint of boiling water; cook until tender, take out on hot platter, skim the fat from a half pint of the broth; mix a half pint of cream with the well-beaten yolks of three eggs and add this to the broth. Cook ten minutes, but do not boil; pour over the chicken, garnish with toast.

### **Beef Olives Roll**

Cut a very thin slice of round of beef in strip four inches long and two inches wide. Mix half a cup of soft breadcrumbs, a teaspoon of salt, a tablespoon of chopped parsley, a dash of pepper and a tablespoon of melted butter. Put a thin layer of this over each little piece of beef; roll and tie tightly. Heat four ounces of suet in a frying-pan; dust the rolls with flour, and brown them all over in the pan; then put them in a stewing pan. Add two tablespoons of flour to the fat in the frying-pan; mix; add a pint of stock or water; when boiling add a teaspoon of salt, and strain it over the rolls. Cover and stew gently for an hour and a half. Wash and soak in boiling water a dozen stoned olives. Cut a piece of stale bread in a four-inch cube; dip it in milk or beaten egg, and plunge it in deep, hot fat, or you may toast it in the oven. Stand this in the middle of the platter. After removing the string heap the beef "olives" around the crouton and strain the sauce over them.

### **Mock Fillet**

Remove the muscle from a good-sized flank steak and trim it in shape. Cover it with chopped parsley, then with chopped onion, and dust it lightly with pepper. Roll the steak crosswise, tie it in three places, giving it the shape of a fillet. Put it in a pan with a cupful of chopped celery and onion mixed, a bay leaf and half a pint of stock or water, and a teaspoon of salt. Bake for one hour in a quick oven, basting frequently. When done dish and remove the strings. Rub together in the pan two tablespoons of butter and two of flour; add half a pint of strained tomatoes and half a pint of stock, and stir constantly until smooth. Add a teaspoon of Worcestershire sauce, half a teaspoon of salt, and strain it over the "fillet." Serve with potato croquettes and spinach.

### **Braised Calf's Liver**

Wash and scald a small calf's liver. Place it in a baking-pan, the bottom of which is well covered with chopped carrot, onion and half a cupful of chopped celery tops; add a quart of stock, a teaspoon of salt and a saltspoon of pepper. Cover the pan and bake the liver in a moderate oven for two hours, basting once or twice. While the liver is baking cook in a separate pan two carrots cut in blocks; heat a can of tender peas and boil carefully a pint of tender celery. Dish the liver, drain the water from the vegetables to the pan in which the liver was cooked; boil rapidly for ten minutes, while you rub together two tablespoons of butter and two of flour; add a pint of water from the pan, stir until boiling, and then add a teaspoon of kitchen bouquet, a level teaspoon of salt and a saltspoon of pepper. Put piles of the mixed vegetables at the ends of the platter, strain over the sauce and garnish the dish with triangular pieces of toast. Serve with macaroni or spaghetti l'Italienne.

### **Smothered Pork Chops**

Put chops or steak in bottom of pan, sprinkle with salt and pepper. Put in a layer of sliced potatoes, sprinkle with flour, salt and pepper. Repeat layers of potatoes, slicing onions in through the layers. Almost cover with hot water and bake one and a quarter or one and a half hours. Uncover the last half hour to brown the top. Veal may be used the same way.

### **Masked Chops**

Have mutton chops neatly Frenched and broil them for five minutes over a bright fire. Have ready four potatoes, boiled, mashed and nicely seasoned; heap them at once neatly on one side of the chops. Dip them in egg, then in bread crumbs, and fry for about twenty minutes in deep, hot fat. Arrange the chops on the platter and surround them with nicely cooked and seasoned peas.

### **Chopped Steak**

Put two pounds of lean beef through a meat-chopper; add two level teaspoons salt and a saltspoon of pepper; mix thoroughly and form into one large steak. Broil slowly over a perfectly clear fire or in a hot pan; cook on one side, then turn and cook on the other for about ten minutes. Dish on a heated plate, and put over it a tablespoon of butter, or serve with tomato sauce.

### Beef Chilli Con-Cane

Put six large sweet chillies in the oven until the skin cracks; peel them, remove the seeds and chop the flesh very fine. Cut one pound of beef from the round in cubes of half an inch. Put them in an iron saucepan; add two tablespoons of olive oil, cover the sauce-pan and stew in the oil for at least an hour; then add the chilli-mixture, half a pint of thick, strained tomatoes, one large onion chopped fine, two cloves of garlic mashed, and a level teaspoon of salt; cover and stew gently for another hour; serve with rice.

### Baked Sweetbreads

After washing the sweetbreads and removing the "tubes" put them in boiling water; add a saucepan of vinegar, a teaspoon of salt, a bay leaf, a slice of onion, and cook gently for three-quarters of an hour. Drain and save the liquor for stock. When the sweetbreads are cool remove the membrane and place them in a baking-pan with half a cup of chopped celery and half a pint of the boiling stock. Bake in a very quick oven, about three-quarters of an hour, basting frequently.

### Creamed Sweetbreads

Boil the sweetbreads according to the above recipe. When cold pick them apart, rejecting the membrane. Drain, wash and chop fine a can of mushrooms and add them to the sweetbreads. Rub together two tablespoons of butter and two of flour; add a pint of milk, and stir until boiling. Then add a level teaspoon of salt, a saltspoon of white pepper, and the sweetbreads and mushrooms. Cover and stand over hot water for twenty minutes. Serve in a border of rice.

### Steak à la Bordelaise

Trim a large inch and a half thick porter house steak. Rub together a tablespoon of butter and one of flour, add a pint of good strong stock, a tablespoon of chopped onion, a bay leaf, a saltspoon of celery seed, a level teaspoon of salt, and a saltspoon of pepper. Bring to the boil and simmer gently for thirty minutes. Bake the large mushrooms for ten minutes, add them to the sauce, and cover and stand it over hot water while you broil the steak quickly on each side until it is browned, then slowly for twenty minutes. Dish it on a hot platter, dust with salt and pepper; add a tablespoon of butter to the sauce, lift the mushrooms, place them over the top of the steak and pour the sauce over all.

### **Crown Roast**

Trim the bones of a rack of mutton the same as for Frenched chops. Cut through almost to the skin and fold it around, skin side in, making a crown of the upper part and fastening it in shape with twine and skewers. Bake in a quick oven for three-quarters of an hour, basting frequently. While it is baking boil and mash six potatoes and heat a can of peas. When the roast is done remove the fastenings and dish it.

### **Frenched Chops with Mushrooms**

Remove the lean portion from six mutton chops. Wash and cut in thin slices one pound of fresh mushrooms and put them in a kettle with a tablespoon of butter, a level teaspoon of salt and a saltspoon of pepper; cover and cook slowly for twenty minutes. Moisten a tablespoon of flour with a little milk, add to the mushrooms, stir quickly until boiling, and then stand it over hot water for ten minutes while you broil the chops. Have ready toasted bread for each chop, arranged on a heated platter. Place the chops on the toast, sprinkle them with salt and pepper, pour the mushroom sauce over them and send to the table.

### **Egyptian Cannelon**

Chop fine two pounds of beef from the round, add and mix two level teaspoons of salt, a saltspoon of pepper, half a pint of chopped almonds or pine nuts, a tablespoon of chopped parsley and two tablespoons of grated onion. Form in a compact roll, wrap in a piece of oiled paper, place in a baking pan, add a cup of stock and a tablespoon of butter. Bake and baste, over the paper, for three-quarters of an hour. Remove the paper and lift the cannelon to the centre of a platter. Rub together two tablespoons of butter and two of flour; put in the pan with a pint of stock; stir until boiling; add a level teaspoon of salt, and if you have it, two tablespoons of tomato catsup. Strain this over the roll and garnish with toast.

### **Veal Scallop**

Chop cold roast veal very fine; put a layer in bottom of pudding dish, season with salt and pepper, cover with a layer of rolled soda biscuits and small pieces of butter; moisten well with milk, and continue until dish is filled; cover the whole with broth and milk; cover tightly so as to retain steam and bake one-half hour.

### **Friceo**

Cut one pound of the round of beef in cubes of one inch; flatten them with a hard blow from a potato masher. Pare and slice three good-sized potatoes and four onions. Put a layer of potatoes in the bottom of a baking dish, then a layer of meat and onions; dust lightly with salt and pepper. Put in another layer of potatoes, meat, onion, salt and pepper. Peel and cut in halves four good-sized tomatoes, chopping the flesh fine, put over the top of the dish and add a tablespoon of butter cut in pieces. Pour over all half a cup of thick, sour cream. Cover, stand in a pan of boiling water and cook in a slow oven for two hours and a half.

### **Mutton Balls**

Remove the meat from a shoulder of mutton, put it twice through a meat chopper; add and mix two teaspoons of salt, a saltspoon of pepper and two tablespoons of chopped onion. Form in balls about twice the size of English walnuts. Place them in a baking pan; pour in a pint of strained stewed tomatoes, add a bay leaf, and on each ball place a piece of butter the size of a pea. Bake in a quick oven for half an hour, basting four times. When done, dish the balls; add to the sauce a tablespoon of butter, and, if too thick, four tablespoons of stock. Strain over the balls and garnish with rice.

### **Blanquette of Mutton**

Cut the meat from a shoulder of mutton in cubes half an inch in size. Put the bones on the bottom of a kettle, add a quart and a half cold water; bring to the boiling point, skim and add the meat. Cover, bring to a boil and simmer for an hour and a half. Rub together two tablespoons of butter and two of flour; add a pint of the liquor in which the meat was cooked; stir until boiling, then add a level teaspoon of salt, a saltspoon of pepper and the meat. Take from the fire, then add the yolks of two eggs beaten with four tablespoons of cream. Reheat but do not boil. Serve this in a border of boiled rice.

### **Stuffed Breast of Mutton**

Make small pockets in a breast of mutton and fill them with chopped celery; place it in a baking pan, dust with a teaspoon of salt and a saltspoon of pepper. Add a cup of water and bake in a quick oven for twenty minutes, then more slowly for one hour. Serve with brown sauce.







### Mock Duck

Remove the large bone from a shoulder of mutton, fill the space with seasoned bread crumbs and tie it in the shape of a duck. Make the leg and knuckle bone form the neck and bill, and fasten in the blade bone to represent the tail. Cover with oiled paper, brown in a quick oven for fifteen minutes, and then bake at a moderate temperature for one hour. Make brown sauce and serve.

### Chili Con Carne

One pound of beef, kidney or mutton, four large dried red peppers, one large onion, one small can of tomatoes, two small sections of garlic.

To prepare:—Cut meat into two-inch squares, fry in hot lard, add the onion chopped fine, fry for a few minutes, then add one-half cup of hot water, or soup stock. Let this stew till meat is tender. Remove seed from peppers and soak in boiling water until soft. When soft pass through a sieve adding a very little water in which the peppers were soaked, to assist in passing it through the sieve. Pass tomatoes through sieve and add this to the meat, with the pepper, also two small sections of grated garlic. Stew all together for a short time. Season with salt and serve very hot. The idea is to make a rich, thick sauce of tomatoes and peppers, seasoned with onion and garlic. If too hot use fewer peppers. In all warm countries they use hot food. Chili con carne is highly esteemed in northern Mexico. In the south another dish is "mole," quite as strong in pepper. To make it taste like Mexican chili con carne you should have the Mexican chili and the "molcajete" or stone mortar to grind and blend it.

### Potted Corn Beef

Simmer corn beef for four hours or longer if necessary. Allow to remain in liquor until cold; turn into a colander, and place a saucer or plate over it with a heavy weight. This is delicious served in thin slices.

### Beef Loaf à la Mode

Three pounds round steak, chopped fine, two well-beaten eggs, four soda biscuits rolled fine, one teaspoon salt and sage, half a teaspoon pepper, two tablespoon milk; roll into a loaf, mixing well and bake two hours.

### **Corned Beef Hash**

Chop up corn beef and equal parts hot potatoes, wet them with beef stock if at hand; if not, take milk; a little onion and nutmeg; then put in saucepan but do not stir. Put milk or stock in pan first with a generous piece of butter; turn in hash and simmer till liquor is absorbed, and hash brown; brown fold and serve like omelet.

### **Swedish Meat Balls**

One pound finely-ground lean beef; put through a meat chopper two or three times; also a small onion if you like it; one tablespoon flour, a little pepper and salt, cold water enough to mix easily with a spoon; then shape into balls; put a piece of butter in frying pan, putting balls and frying on both sides; then make a brown gravy with a small piece of butter and a teaspoon flour; pour hot water over all and cook five minutes.

### **Head Cheese**

Boil the forehead, ears, feet and nice scraps trimmed from the ham of a fresh pig, until the meat will almost drop from the bones; put in large chopping dish and season with pepper and salt, sage and summer savory; chop it rather coarsely, put it back into the same kettle it was boiled in with just enough liquor in which it was boiled to prevent it burning; warm it through thoroughly, mixing it well together. Now pour it into a strong muslin bag, press the bag between two flat surfaces with a heavy weight on top; when cold and solid it can be cut in slices.

### **Pork Chops with Tomato Sauce**

After cleaning the pork chops next dip them in beaten eggs and rolled soda biscuits; fry in butter. Sauce: Cook one can tomatoes, strain, blend together three tablespoons flour to two tablespoons butter; pour boiling tomato juice over blended butter and flour; pour over pork chops, and serve hot.

### **Browned Flour**

This is useful to thicken gravy and darken it. Set flour in a hot oven or over a moderate fire, and stir continually until it is parched brown. Do not scorch it. Keep in a closely corked bottle or jar for future use. When to be used it should first be blended with a little stock, beef dripping, or water.

**Fricassed Lamb**

A cheap dish that is very nice is made of three pounds of lamb (small pieces will do), boil until tender, set away to cool; remove all fat and cut in small pieces; fry two or three slices salt pork till fat is all out, then put in the lamb and broth; add a piece of butter, salt and pepper to taste. Let boil, then take out meat, thicken the gravy and pour over the meat, and serve.

**Gravy for Baked Meats**

Having removed the joint, put the pan on the fire, remove the floating grease and save it as dripping; pour into pan from a half pint to a pint or more of boiling water. Mix well; then stir into the mixture quickly, two or more tablespoons of blended brown flour; boil up once; season with pepper and salt, and serve. If the gravy is preferred with the grease in it, omit the skimming.

**Gravy**

Place the required quantity of stock in a stew pan; bring the contents to a boil; make the thickening by mixing four ounces of flour for each gallon of gravy required with cold water, or stock, into a smooth batter, add the thickening, keeping it well stirred to prevent it burning; allow it to simmer gently for thirty minutes, add the bay leaves or mixed herbs and seasoning according to taste, and allow the leaves to remain for a few minutes; remove them and color the gravy by adding a small quantity of caramel made as follows;—Place four ounces of sugar in a small stew pan, place it on the stove and allow it to remain until the sugar is of a very dark color; when it will be seen to boil or bubble; add about one and one-half pints water and simmer for a few minutes; allow it to partly cool and place in a bottle ready for use.

**Creole Sauce**

Juice of one lemon, one teaspoon mustard, three tablespoons powdered sugar, three tablespoons tomato catsup; heat all to near boiling point and use hot with meats.

**Currant Jelly Sauce**

Make brown sauce and add to it four tablespoons of currant jelly; let it boil up once and it is ready for use. May be served best with game.

### **Baked Fresh Pork**

See recipe for Baked Beef.

### **English Pork Pie**

Make pie crust (not too rich), and put around sides of a deep pie dish. In bottom and above place layers of thin sliced bacon, sliced potatoes, onions, sliced or chopped and lean fresh pork cut in small pieces. Season with salt, pepper and sage. Fill dish with any good gravy left from roasts and water thickened for occasion. Cover with crust and bake one and a half hours. Cover pie with thick brown paper if it gets too brown.

### **Mint Sauce**

One cup fresh chopped mint, one-half cup sugar, one-half cup vinegar. Let stand an hour before using. Rub sugar well into the mint before putting vinegar on.

### **Tartare Sauce**

Make like a mayonnaise, using only one-half cup oil and add one tablespoon each of chopped parsley, olives, capers and cucumber pickles.

### **Celery Sauce**

Wash and pare a bunch of celery; cut it into pieces and boil it gently until it is tender; add a half pint of cream and a small piece of butter rolled in flour; now boil it gently. This is a good sauce for fowls of all kinds, either roasted or boiled.

### **Tomato Sauce for Macaroni**

Stew one-half a can of tomatoes and half a small onion ten minutes. Rub through a strainer or sieve. Cook one tablespoon butter and one of flour in sauce-pan; add the strained tomatoes, salt and pepper and pinch of sugar.

### **Filling for Chicken and Turkey**

Three cups roll stale bread, two tablespoons butter, one tablespoon of chopped parsley, two teaspoons salt, one-half a teaspoon of pepper, two teaspoons chopped onion. Rub the butter into the crumbs, and let them stand half an hour, when the rest of the seasoning may be added. This makes a very nice filling.

### **Drawn Butter Sauce**

Put one scant half cup of butter in a sauce-pan; when just melted, add two tablespoons flour and mix well. Add the hot water and stir rapidly as it thickens; then add salt and pepper to taste. Use one pint of hot water or stock.

### **Rice Filling**

Brown one chopped onion in a tablespoon of butter and mix with it three cups cold boiled rice, one cup of bread crumbs moistened in one cup of milk; season with sage; add three-quarters of a pound of sausage meat; salt and pepper to taste.

### **Chestnut Filling**

Take two pounds of large chestnuts; roast over stove until shells crack; remove shells and cook them in boiling water until the skins separate; then remove skins and again put the nuts into boiling water. While the nuts are still hot, rub them through a very coarse sieve; mix with the sifted nuts a very few bread crumbs and three tablespoons of melted butter, and season with salt and pepper. Moisten with a little sweet cream.

### **Canadian Filling for Ducks**

Equal quantities of onion and bread crumbs, first boiling the onions about thirty-five minutes, then chopping them fine; add one ounce of butter; half an ounce of sage minced fine, add salt and pepper.

### **English Filling for Roast Goose**

Four onions, eight sage leaves, two cups bread crumbs, one egg, two and a half tablespoons of butter, salt and pepper to taste. This recipe makes a highly seasoned filling.

### **Filling for Turkey**

Four cups grated bread crumbs, one cup of milk, one teaspoon chopped parsley, one and a half teaspoons chopped onion, half a teaspoon summer savory, one tablespoon salt, three tablespoons butter, two eggs, half a teaspoon pepper, half teaspoon thyme; pour the milk on the bread crumbs, and cover tightly for two hours; then add the rest of the ingredients, omitting the onion if objectionable.

### **Filling for Fowl**

Take two cups bread crumbs, two tablespoons of butter, half a tablespoon chopped parsley, one and a half teaspoons salt, half a teaspoon of pepper, thirty-five oysters. Rub the butter into the bread crumbs; add the seasoning; put in the oysters last, leaving them whole. This is a very tasty filling.

### **Potato Filling for Goose**

Take seven potatoes, three-quarters teaspoon of pepper, one and a quarter teaspoons of sage, one tablespoon salt, two tablespoons butter, two tablespoons of onion juice. Pare and boil potatoes, then mash fine; add the seasoning and mix all together thoroughly.

### **Filling for Roast Capon**

Three cups of dried stale bread crumbs, three and a half tablespoons of butter; cut into bits; two teaspoons of salt, half a teaspoon thyme, one teaspoon of parsley and three-quarters cup of mushrooms chopped fine.

### **American Filling for Goose and Duck**

Three pints of bread crumbs, six ounces of butter, one teaspoon each of sage, black pepper, salt, one chopped onion.

### **Chestnut Filling**

Shell and blanch forty chestnuts and boil three-quarters of an hour in water enough to cover them; drain. Do not chop them; add to them three tablespoons of butter, one tablespoon salt and half teaspoon pepper. Mix and place in the turkey.

### **Potato and Onion Stuffing**

Here is an English dish you ought to love. I do; and I don't care for turkey or chicken without it, either. It is potato and onion stuffing. Boil nearly two quarts of onions and when nearly done add about six or seven potatoes and boil together. When done mash. Chop onions very fine, chop very fine a large piece of all fat pork, mix with hot onions and potatoes until melted, season with sage or poultry dressing, salt, roll fine three crackers and mix all together. Stuff bird and bake a little in the pan with the bird. It is fine with bread and butter for an easy supper.

**Plain Filling for Fowls**

One cup dried bread crumbs, three-quarters cup of milk, one teaspoon salt, one-quarter teaspoon pepper, one tablespoon onion, one and a half tablespoons of butter; add the seasoning and butter to the crumbs, and beat well into the milk.

**Celery Filling for Boiled Turkey**

Take half a head of celery, one quart of bread crumbs, two eggs, two tablespoons of salt, two of butter, one-half teaspoon of pepper. Chop the celery fine, and add the other ingredients, after rubbing the butter into the crumbs.

**Sausage Filling**

Mix one half pound of sausage meat with an equal quantity of bread crumbs. Season with one tablespoon each of onion juice and minced parsley, a little salt and pepper.

# PRESERVING AND CANNING

## Rules for Preserving

A cheesecloth bag is the best for straining jelly. Jelly should not at any stage be put in a metal vessel. For every pint of strained juice allow a pound of sugar, or cup for cup. Granulated sugar should always be used for jellies.

The time for boiling juice is from fifteen to twenty minutes before adding the sugar.

Sugar should always be heated before adding it to the juice, so that the boiling process will not be interrupted. All jellies should be cooked over a moderate fire and carefully skimmed.

In making preserves or jellies no economy of time or labour must be considered. Never cover when boiling preserves or jellies. When cooked the preserves or jellies should be placed in glass jars and set away to cool before covering.

Marmalades should be stirred constantly to keep from burning.

Always allow fruit for jam to boil from five to ten minutes before adding sugar; then boil fifteen minutes after, being careful to remove all scum without interfering with the fruit.

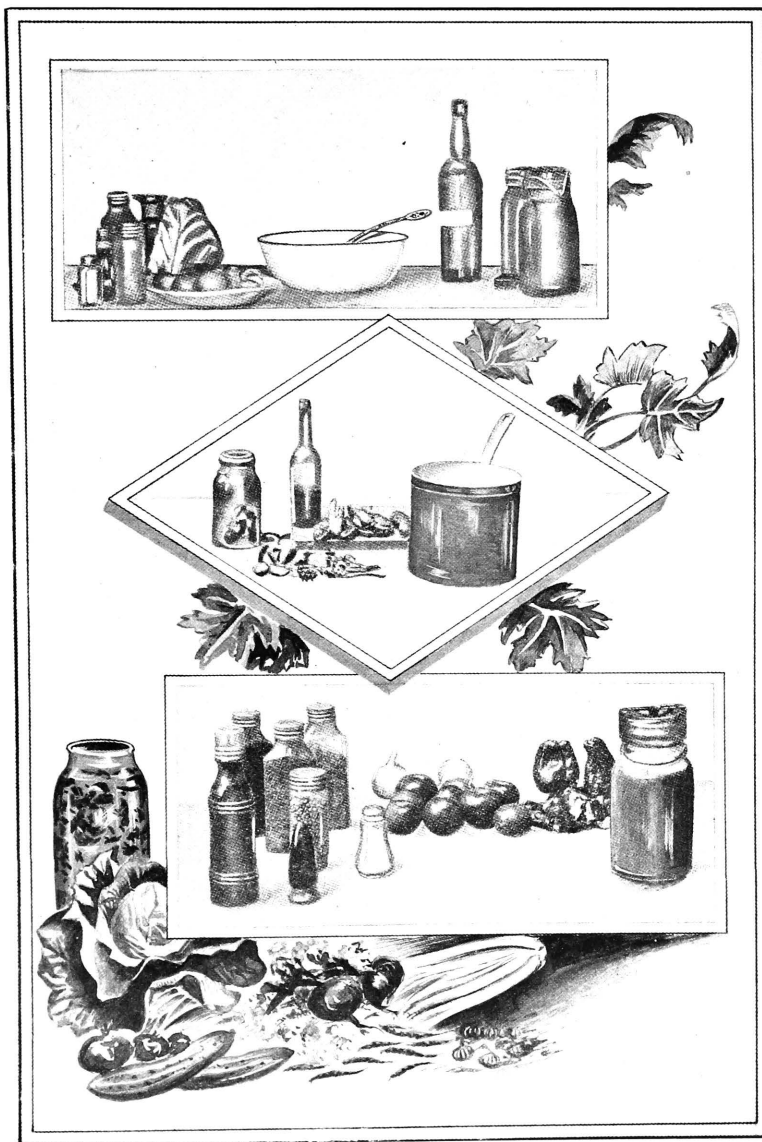
From personal experience, I have found that a cup of juice to a cup of sugar is the more satisfactory way of making jellies. In canning fruit only enough sugar is used to suit taste, and protect from fermentation. One-quarter pound of sugar to a pound of fruit is quite sufficient, but more may be used if desired.

When glass jars are set away they must be kept in cool dark place, but where there is no possibility of the fruit freezing.

Fruit for canning should always be carefully selected and not too ripe.

Berries and all kinds of fruit cooked in syrup should be lifted and placed in jars. The jars should be placed in a pan of hot water while being filled; then fill jars with boiling syrup, allowing to flow over; place on cover and screw down tight. Place large brown paper on table, then place jars upside down and let stand over night to make sure that there are no air holes. In morning before placing in fruit closet, give top of jar one more twist and then immerse with paraffin wax, as this protects against the air getting in. Fruit done in this way







may be kept for years. Once placed away the jars should not be moved about until taken to kitchen for use. It is very necessary that all housewives should have the jars marked with a label showing the fruit contained in jar. This allows a maid when sent for a certain kind of fruit to place her hands on what she wants without having to interfere with the rest of the fruit.

### **To Preserve Peaches**

Peaches for preserving may be ripe but not soft. Cut them in halves, take out the stones, and pare them neatly; take as many pounds of white sugar as of fruit, put to each pound of sugar a teacup of water, stir it until it is dissolved, set it over a moderate fire; when it is boiling hot, put in the peaches, let them boil gently until a pure clear, uniform color; turn those at the bottom to the top carefully with a skimmer several times; do not hurry them. When they are clear, take each half up with a spoon, and spread the halves on flat dishes to become cold; when all are done, let the syrup boil until it is quite thick, pour it into a large pitcher, and let it set to cool and settle. When the peaches are cold, put them carefully into jars, and pour the syrup over them, leaving any sediment which has settled at the bottom, or strain the syrup. Some of the kernels from the peach stones may be put in with the peaches while boiling. Let them remain open one night, then cover.

### **To Preserve Citron**

Pare the citrons and cut them into slices about an inch and a half thick, then into strips about the same thickness, leaving them the full length of the fruit; take out all the seeds with a small knife, then weigh, and to each pound of citron put a pound of white sugar, make a syrup; to ten pounds put a pint of water, and simmer gently for twenty minutes; then put in the citron and boil for one hour, or until tender. Before taking off the fire put in two lemons, sliced thin and the seeds taken out, and two ounces of root ginger; do not let boil long after the lemons and ginger are put in. Do not stir them while boiling. This is very fine if carefully attended to.

### **Crab-Apples**

To each pound of fruit allow half a pound of sugar and a pint of water to three pounds of sugar. When the syrup is boiling hot, drop in the apples. They will cook very quickly. When done, fill a jar with the fruit, and fill it up with syrup.

### **Pineapple**

Pare the fruit and be sure you take out all the eyes and discolored parts. Cut in slices, and cut the slices in small bits, taking out the core. Weigh the fruit, and put in a pan with half as many pounds of sugar as of fruit. Let it stand over night. In the morning put it over the fire and let boil rapidly for a minute only, as cooking long discolors it. Put it in the jars as directed.

### **Gooseberry Jam**

To every eight pounds of red, rough, ripe gooseberries, allow one quart of red-currant juice, five pounds of loaf sugar. Have the fruit gathered in dry weather and cut off the tops and tails. Prepare one quart of red-currant juice, the same as for red-currant jelly; put it into a preserving-pan with the sugar, and keep stirring until the latter is dissolved. Keep it boiling for about five minutes; skim well, then put in the gooseberries, and let them boil from one-half to three-quarters of an hour; then turn the whole into an earthen pan, and let it remain for two days. Boil the jam up again until it looks clear; put it into pots and when cold cover with rice paper, and over the jars put tissue paper, brushed over on both sides with the white wax and store away in a dry place. Care must be taken in making this to keep the jam well stirred and skimmed, to prevent it burning at the bottom of the pan, and to have it very clear.

### **Black Currant Jam**

Pick the currants carefully, and take equal quantities of fruit and sugar. Pounded loaf-sugar is best. Dissolve it over or mix it with the currants. Put in a very little water or red-currant juice, boil and skim for twenty-five minutes.

### **Raspberry Jam**

Take nice fresh berries, wash and pick over carefully, then put in a granite kettle and crush with a silver spoon. Then add three-quarters of a pound of sugar to each quart of berries. (One coffee cup is equal to one pound). Then cook very slowly (boiling slowly) until berries are well cooked and look clear. Stand glass jars in hot water and fill with jam. Let stand until they have shrunk away all possible, then fill full, so that they are air tight. Put a paper wet in white of egg or brandy over top, snap'on covers and stand away in a cool, dark place. Black-berry jam is made exactly as you would raspberry.

### **Raspberry Jam**

To five or six pounds of red raspberries, not too ripe, add an equal quantity of white sugar; mash the whole well and place in preserving kettle; add one quart currant juice if at hand, or the same quantity of water. Boil gently until it jellies by testing on cold plate. Pour into glasses, cover with rice paper when cool, and seal with wax. Keep in a dark, dry, cool place.

### **Raspberry and Blackberry Jam**

Pick over berries and weigh them. Mash a few in the bottom of preserving kettle with a wooden potato masher and so continue until the fruit is all used. Heat slowly to boiling point and add gradually their weight of heated sugar. Cook slowly forty-five minutes, then put in stone jars or tumblers.

### **Blackberry Jam**

Place a basket of berries thoroughly cleaned, in a preserving-kettle, put over moderate fire until heated through (about five minutes), then put through fruit press; take cup of juice to cup of sugar; place in kettle and boil fifteen to twenty minutes; put in glass jars and seal when cold.

### **To Preserve Plums**

Pour boiling water over plums; cover them until cold, then pull off skins. Make a syrup of a pound of sugar and a teacup of water for each pound of fruit; when boiling hot pour over fruit, let them remain for a day, then drain off, boil again and skim, and pour it over the fruit while hot. Put the plums over the fire, boiling very gently until clear; take from the syrup with a skimmer one plum at a time, place in jars; boil syrup until thick, skimming constantly, then pour over plums while hot, and seal when cold.

### **To Preserve Greengages in Syrup**

To every pound of fruit, allow one pound of sugar and one-quarter pint of water, boil the sugar and water together for about ten minutes; divide the greengages, take out stones and put the fruit into the syrup and let boil ten minutes with the kernels from the fruit; then put fruit very carefully into jars; pour the syrup over and seal.

### **To Preserve Cherries in Syrup**

Four pounds of cherries to three pounds of sugar, one pint of water or white currant juice; let cherries be as clear and transparent as possible and perfectly ripe; remove the stones, breaking fruit as little as possible. Make a syrup of the above proportions, mix cherries with it and after coming to boiling point, let boil about fifteen minutes steadily, carefully skimming, as this has a great deal to do with the keeping qualities of the fruit; then place in an earthen dish and let remain until the next day; pour juice into preserving kettle after being drained from the cherries; boil until the syrup is somewhat reduced and rather thick, then put in the cherries and let boil for about five minutes; put cherries into glass jars, pour boiling syrup over and seal when hot.

### **To Preserve Pears**

To six pounds of pears take six pounds of sugar and two cups of water, the juice of two lemons and rind of one, five cents' worth of whole ginger; boil all together for twenty minutes, then put in pears and boil till soft, which takes from fifteen to twenty minutes; then take fruit out of boiling syrup, lay on platter and let syrup boil quickly for eight minutes, skimming constantly; then put back the pears in syrup and give another boil for about two minutes; place in jars, pour boiling syrup over them, and seal.

### **Blackberry Preserves**

Take the largest berries obtainable; weigh; to each pound of fruit allow a pound of sugar; put in large dish, sprinkle with sugar and let stand two hours; then pour off all juice that may have come from berries; put into porcelain-lined kettle; heat slowly till it comes to boiling point, then boil quickly for ten minutes; add berries and then place kettle on a very low fire, just enough to heat but not let boil, for about fifteen minutes; then take from fire and place in glass jars; let cool before sealing. Avoid breaking berries, as they are so much nicer when left whole.

### **Barberry Preserve**

Take twice as many sweet pears or apples as barberries and three-fourths as much sweetening, half sugar, half molasses. Put sugar and molasses on to boil. When boiling put barberries in, cook fifteen minutes, then skim out barberries and put in pears or apples. Cook till soft; then put back barberries and let boil up.

### **Damson Plums**

Pick over and wash fruit; take pound of fruit to pound of sugar and boil down until thick. The sugar is poured right over the fruit. If necessary, put about quarter of a cup of water to the basket of fruit. These plums are very juicy in themselves, and one must use careful judgment in making same. They require from fifteen to thirty minutes cooking after coming to boiling point. Place in glass jars and seal.

### **Quince Preserve**

Select large quinces, pare, core and cut into slices; put each piece as cut into cold water to prevent discoloration; when all ready, put them in preserving-kettle and cover with boiling water; boil gently until tender, then lift carefully with a skimmer; continue boiling quinces in same way until all are cooked. Put parings in same water in which quinces have been cooked and boil gently fifty minutes, keeping closely covered all the time; strain and measure and to every cup of liquor take one cup of sugar. Heat juice and sugar separately; now put together and stir sugar until dissolved, then boil quickly for ten minutes; skim well, put in the fruit and boil until they are clear, tender and red. To have the fruit a nice bright color, keep kettle closely covered while boiling. When done, lift pieces of fruit separately and place in glass jars, allowing syrup to boil until jellied, then pour over fruit and stand aside to cool. Seal when cold.

### **Grape Conserve**

Take ten pounds of blue grapes; separate skins from pulps; boil pulps and strain out seeds; then add the skins, two pounds raisins whole or cut, four oranges (pulp cut fine), skins of two oranges sliced fine. Cook all together for thirty minutes. Then add ten pounds of sugar and boil ten minutes more, stirring often to prevent burning. This will keep in jelly glasses.

### **Pumpkin Preserves**

Five pounds of pumpkin, five of sugar, three-quarters of root ginger, half a dozen lemons; cut the pumpkin into squares about one inch thick; put into crock in layers of sugar and ginger, and let it stand for twenty-four hours; when sufficient juice is extracted without adding any water, cut lemons into fine pieces; boil all together for three hours slowly. The ginger should be put in a bag before boiling.

### Strawberry Preserves

Measure the same quantity of fruit and sugar, put in preserving-kettle over night a layer of fruit and a layer of sugar. In the morning cook slowly without stirring, until the fruit is soft and the liquid clear. Skim thoroughly before putting into jars.

NOTE—Raspberries, Currants, Blackberries, Cherries, etc., may be preserved in the same way as the Strawberries. Stones should be removed from the cherries. The pits may be used if the flavor is desired.

### Ripe Tomato Preserves

Five pounds small round tomatoes peeled, five pounds sugar, juice of three lemons; let stand together over night; then drain off syrup and boil it; skim well, then put in tomatoes and boil gently twenty minutes. Take out fruit and spread on platter and boil syrup down till it thickens, adding just before you take off the juice of one lemon. Put fruit into jars, fill up with hot syrup. When cold seal up. This makes a very nice preserve.

### Grapes Preserved With Honey

Take a basket of nice sound grapes weighing about eight pounds. It is much better to have the grapes on the stems. After thoroughly cleaning, place in stone jar and be careful not to break the fruit. To make syrup for same, take four pounds of honey and one pint of good vinegar, a little more if necessary, a little less than a quarter of a pound each of cloves and cinnamon; boil well together for about twenty-five minutes; skim thoroughly; then pour the boiling hot syrup over the grapes and seal at once. Plums, peaches, or any such fruit may be done in this manner, and will keep for years.

### Pear or Peach Preserves

The best for preserves are freestone peaches. First pare, then remove pits, cut into halves, then to each pound of fruit allow a pound of sugar; take one dozen peach kernels; put a layer of the peaches in a large bowl, then a layer of sugar, and so on until the fruit is all used. Cover and let stand over night. In the morning put the peaches on in a porcelain kettle; add the kernels and bring quickly to a boil; then simmer until the peaches are tender and clear. Lift carefully one piece at a time and put into glass jars. Set aside to cool; when cool pour over the syrup and seal. Always turn jars tops down on brown paper over night, making sure they are air tight.



### **Crab Apple Preserve**

Place apples whole in preserving kettle, being careful not to break off stems; just cover with water; cook very gently until skin will peel off; drain, peel and core; the cores must be taken out very carefully with a small, silver knife so as not to break apple or remove stem, or, if preferred, the cores may be left in, one way being quite as nice as the other; now weigh, allowing one and a quarter pound of sugar and a half pint of water to each pound of crab apples; put sugar and water into fruit kettle and stir until sugar is dissolved, then bring to boiling point; always skim before adding fruit; put crab apples in gently and boil slowly until clear and tender, removing all scum from the surface; place in jars and let cool; when cold, seal.

### **Pineapple Preserves**

To each pound of fruit, allow three-quarters pound of sugar; put in a basin in layers, first pineapple and then sugar, and let stand over night; next day put into fruit kettle, bring quickly to a boil and cook slowly for one hour; put in glass jars and let cool before sealing.

### **Cherry Preserves**

Take a basket of nice ripe cherries, stone, lay on platter after pits are removed; take all the juice that exudes; weigh and to each pound of cherries allow a pound of sugar; place in layers, first the cherries and then the sugar, until all is used, in a deep earthen dish; let stand for about six hours, then put in preserving kettle and bring quickly to a boil; cook gently (skimming) until the cherries are clear and the syrup thick; lift carefully each cherry and place in glass jars, sealing when cold.

### **Crab Apple Jelly**

Wash fruit clean, put in kettle and cover with water, and boil until thoroughly cooked; cut apples in quarters, then place in cheesecloth bag and let drain for about four or five hours. Do not squeeze or press bag. To each pint of juice, allow one pound of sugar. Boil from twenty-five to thirty minutes, as it always takes a little longer for crab apples to jelly. Seal when cold.

### **Grape Jelly**

This may be made the same as Black Currant Jelly, allowing one cup of water to a basket of grapes and boiling about twenty minutes or until jellied.

### **To Preserve Purple Plums**

Make a syrup of brown sugar; when perfectly clear and boiling hot, pour it over the plums after picking over and cleaning well, and leaving out all unsound fruit; let plums remain in syrup two days, then drain off the syrup and bring it to boiling point, skimming well; put in fruit and syrup in preserving kettle over fire and simmer gently until the syrup is reduced to about one-fourth the original quantity. To make syrup take one pound of syrup for one pound of fruit and a cup of water to six pounds of sugar. When cooked, put in jars, set away and cover when cool.

### **Damson Plums, Cherries, or any other small ripe fruit**

May be done as purple plums, by first making syrup, and boiling for five minutes, skimming well, putting in plums and boiling very gently until cooked.

### **Quince Preserves**

Pare, core and quarter your fruit, then weigh it and allow an equal quantity of white sugar. Take the parings and cores and put in a preserving kettle; cover them with water and boil for half an hour, then strain through a fruit press and put the juice back into the kettle and boil the quinces in it a little at a time until they are tender. Lift out as they are done with a drainer and lay on a dish; if the liquid seems scarce add more water. When all are done throw in the sugar and allow it to boil ten minutes before putting in the quinces; let them boil until they change color, say one hour and a quarter, on a slow fire. While they are boiling, occasionally slip a silver spoon under them to see that they do not burn, but do not on any account stir them. Have two fresh lemons cut in thin slices, and when the fruit is being put up in jars lay a slice or two in each.

### **Black Currant Jelly**

Pick over thoroughly a basket of black currants; place in kettle, just cover with water and let boil five minutes; then put in cheesecloth bag and squeeze thoroughly, allowing a cup of juice to cup of sugar. Boil for one-half hour carefully, removing all scum, and place in glass jars; seal when cold.

NOTE.—The basket of currants may be taken and heated thoroughly, all juice pressed out and water omitted if desired, and above directions followed.

### Greengage Preserves

Take pound of fruit to pound of sugar, put in boiling water for few minutes until the skin comes off; peel and place them in a large earthen bowl; take layer of fruit and sprinkle with a layer of sugar, let stand over night; next day pour off juice carefully into a preserving kettle; boil and skim, then add fruit and boil very gently until tender and clear, taking from about twenty-five to thirty-five minutes; take out gages, put in glass jar; boil syrup five minutes longer, or, until thick; pour boiling syrup over fruit and seal hot.

### Red Currant Jelly

To every pint of juice allow three-quarters pound of loaf sugar. Have the fruit gathered in fine weather; pick it from the stalks, put it into a jar, and place this jar in a saucepan of boiling water over the fire, and let it simmer gently until the juice is well drawn from the currants; then strain them through a jelly-bag of fine cloth, do not squeeze them too much, as the skin and pulp from the fruit will be pressed through with the juice, and so make the jelly muddy. Measure the juice, and to each pint allow three-quarters pound of loaf sugar; put these into a preserving pan, set it over the fire, and keep stirring the jelly until it is done, carefully removing every particle of scum as it rises, using a wooden or silver spoon for the purpose, as metal or iron ones would spoil the color of the jelly. When it has boiled from twenty minutes to a half hour, put a little of the jelly on a plate, and if firm when cool, it is done. Label the pots, adding the year when the jelly was made, and store it away in a dry place. A jam may be made with the currants, if they are not squeezed too dry, by adding a few fresh raspberries, and boiling all together with sufficient sugar to sweeten it nicely. As this preserve is not worth storing away, but is only for immediate eating, a smaller proportion of sugar than usual will be found enough; it answers very well for children's puddings.

### Peach Butter

Take pound for pound of peaches and sugar; cook peaches alone until they become soft, then put in one-half the sugar, and stir for one-half hour; then the remainder of the sugar and stir an hour and a half. Season with cloves and cinnamon.

### Apple Jelly

Apples, water; to every pint of syrup allow three quarters of a pound of loaf sugar. Pare and cut the apples into pieces, remove the cores, and put them in a preserving pan with sufficient cold water to cover them. Let them boil for an hour; then drain the syrup from them through a hair sieve or jelly-bag, and measure the juice; to every pint allow three-quarters of a pound of loaf sugar, and boil these together for three-quarters of an hour, removing scum as it rises, and keeping the jelly well stirred that it may not burn. A little lemon rind may be boiled with the apples, and a small quantity of strained lemon-juice may be put in the jelly just before it is done, when the flavor is liked. This jelly may be ornamented with preserved greengages, or any other preserved fruit, and will turn out very prettily for dessert. It should be stored away in small pots.

### Wine Jelly

One box of gelatine, dissolved in one pint of cold water, one pint of wine, one quart of boiling water, one quart of granulated sugar, and three lemons.

### Calves' Foot Jelly

This should be made at least the day before it is required. It is a simple matter to prepare it. Procure a couple of feet and put them on the fire in three quarts of water; let them boil for five hours, during which keep skimming. Pass the liquor through a hair sieve into a basin, and let it get firm, after which remove all the oil and fat. Next take a teacup of water, two wine glasses of sherry, the juice of half a dozen lemons and the rind of one, the whites and shells of five eggs, half a pound of fine white sugar, and whisk the whole till the sugar be melted, then add the jelly; place the whole on the fire in an enamelled stew-pan, and keep stirring until it comes to the boil; pass it twice through a jelly-bag, and then place in jelly glasses.

### Lemon Butter

Beat six eggs, quarter pound butter, one pound sugar, the rind and juice of three lemons; mix together and set in a pan of hot water to cook. Very nice for tarts.

### Apple Butter

Boil one barrel of new cider down half, peel and core three bushels of good cooking apples; when the cider has boiled half the quantity, add the apples, and when soft, stir constantly from eight to ten hours. If done it will adhere to an inverted plate. Put away in stone jars, (not earthenware), covering first with writing paper cut to fit the jar, and press closely upon the apple butter; cover the whole with thick brown paper snugly tied down.—G. D. S.

### Peach Butter

Four pounds of fruit, one pound of sugar, one lemon. Pare, stone and weigh the fruit, allowing sugar as above. Place the fruit in preserving kettle and heat very slowly, adding no water. When it is quite soft pass the peaches through a fine sieve, return the pulp to the fire, add sugar, and boil twenty minutes. Just before taking from fire add the lemon juice. Put up same as jelly.

### Peach, Pear or Plum Butter

Pare and pit or seed, boil, mash, add a little sugar or honey and cook to a thick jam in a moderate oven. Put boiling hot in earthen jars. Eight pounds of pared and cored baking pears. As soon as pared throw in cold with lemon juice to keep them white. Add four quarts of grape juice, two pounds sugar. Simmer two hours, then put in a slow oven ten hours, cover with paraffin and stout paper.

## MARMALADE

In England marmalade is one of the preserves that is generally very much used; oranges being the kind mostly prepared. Orange, tomato, quince, peach and apple marmalades are the kind most frequently made, but any fruit may be used. Marmalade should be put away in air-tight jars covered with rice paper and sealed well with wax.

### Orange Marmalade

Boil small oranges in water until they can be easily pierced with a straw, then cut in quarters. Allow half a pound of sugar to a pound of fruit; make a clear syrup, put in the fruit and cook over a slow fire until the fruit is clear. Then stir in an ounce of isinglass and let boil again; take out the oranges and strain jelly over them.

### Orange Marmalade

Cut oranges in slices as thin as possible, using every part except seeds; to every pint of cut up fruit, add two and a half pints of cold water, let stand all night. Next day boil quickly for three-quarters of an hour and put back in crock. On the following day weigh the boiled liquor and to every pound add one and a quarter pounds of white sugar; then boil for about one hour. If any sweet oranges are put in, the marmalade will be spoiled. Use no lemons.

### Orange Marmalade

Six oranges, three lemons; peel, divide, seed and cut fine; put in jar with seven pints of water; soak for a day and a night, then boil three hours, add six pounds granulated sugar, and boil half an hour, add one cup of sugared ginger.

### Orange Marmalade

Put twelve oranges and six lemons in a preserving kettle and boil with enough water to cover them until they are soft enough to run a straw through, then save the water in which they have been boiled; when fruit is cold quarter each one and separate the peel from the inside; take out pulp and seeds from the inner part and cut the peel in very narrow strips, then put all except the pulp and seeds back in the kettle; add one quart of the water they were boiled in and six pounds of sugar, boil about three-quarters of an hour.

### Peach Marmalade

Allow three-quarters of a pound of sugar to a pound of fruit, boiling pits until the water is well-flavored; peel and cut peaches, add them to the boiling water about a half hour before adding sugar; stir constantly and boil for one hour after adding sugar; place jars in hot water, pour in marmalade and set away to cool; seal with wax.

### Strawberry Marmalade

Pick strawberries from the hulls; to one pound of fruit, put three-quarters of a pound of sugar; mash together and put in kettle over a gentle fire; stir with a silver spoon; cook until jellied. Test and if it jellies when cool, it is done. Put in small jars and cover with rice paper; seal with wax when cold.

### Orange Marmalade

Nine bitter oranges and three sweet oranges; quarter fruit and slice them; use grated rinds and juice of two lemons. Keep all seeds; put them in a bowl and cover with warm water. To one pint of fruit add three pints of water, let stand over night; in morning add water from seeds and boil for one hour briskly. Let stand again over night, then add measure for measure of fruit and sugar with an extra measure of sugar to the whole. Boil briskly for one hour, watch carefully, as it will settle and burn. Do not put covers on until cold.

### Rhubarb and Fig Marmalade

Wash, peel and dry four pounds of rhubarb; add one pound of figs, chopped fine, put in earthen jar and add three pounds of sugar; strain juice of two lemons and half a cup of water. Let the mixture simmer forty minutes and then seal in jars.

### Prune Marmalade

Wash the prunes in warm water, and then set in a stewpan, with one pint and a half of water to each pound of prunes. Cover closely and put where they will just simmer gently for several hours until tender and the juice is thick. Do not add sugar if the prunes are of the sweet California variety. And the juice of a lemon, and the thin peel should go in with each three pounds of prunes. Rub the prunes through a colander to remove the stones and skins, then put the pulp in a large flat dish. Stand this in a deep dish of hot water and set in the oven to cook slowly, till the marmalade is stiff. Then put in the jars for use.

### Apple Marmalade

Select four pounds of apples, pare and core, then put in porcelain preserving-kettle with one quart sweet cider and two pounds of white sugar; boil until the fruit is quite soft; squeeze through a colander and then through a sieve; place in jars and seal when cold.

### Pear Marmalade

Take pears that are not quite ripe, chop fine; to each pound of pears take a pound of sugar, the juice of four or five lemons, and the rind cut thin; add two ounces ground ginger, a coffee cup of water; stir this mixture well; boil two or three hours and stir frequently.

### **Quince Marmalade**

Select ripe yellow quinces, pare, core them and cut into small pieces; to each pound of quince allow a half pound of sugar; put parings and cores into a kettle with enough water to cover them; boil slowly until quite soft; then put fruit with sugar into porcelain-lined kettle; strain over them through a cheesecloth juice from the parings. Cover and boil the whole until it becomes thick, keeping it covered except when skimming. Watch and stir constantly in order to prevent sticking on bottom. Put in glass jars and seal when cold.

### **Grape Fruit Marmalade**

Take and shred three oranges, three lemons and three grape fruits, leaving out seeds and core; measure fruit, add three times the quantity of water, and let stand over night. The following day boil ten minutes, let stand another night and the next day put in cup for cup of sugar and fruit, boiling steadily until jellied.

### **Tomato Marmalade**

Six pounds of tomatoes, six pounds sugar, juice and grated rind of six lemons, two teaspoons ground ginger; boil slowly for two and a half hours, or until jellied.

### **Crab Apple Marmalade**

Cut up apples and cover with cold water, boil slowly to a pulp, strain through sieve; to eleven cups of pulp add eight cups sugar and two lemons; boil one hour.

### **Canned Peaches**

Select some fine, free-stone peaches; pare, cut in two and stone them. Immerse in cold water, taking care not to break the fruit. See that the peaches are not over ripe. Place in the kettle, scattering sugar between the layers. The sugar should be in the proportion of a full tablespoon to a quart of fruit. To prevent burning put a little water in the kettle. Heat slowly to a boil, then boil for three or four minutes. Can and seal the fruit hot.

### **Canned Pears**

Prepare and can precisely like peaches in preceding recipe, except that pears require longer cooking. When done they are easily pierced with a silver fork.



### **Apple Ginger** (For Dessert)

Two pounds of any kind of hard apples, two pounds of loaf sugar, one and a half pints of water, one ounce of tincture of ginger. Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core, and cut the apples into pieces; dip them in cold water to preserve the color, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air, by well covering them. It will remain good for some time, if kept in a dry place.

### **Iced Currants**

One-quarter pint of water, the whites of two eggs, currants, pounded sugar. Select very fine bunches of red or white currants, and well beat the whites of the eggs. Mix these with water; then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very finely-pounded sugar. Lay them to dry on paper, when the sugar will crystallize around each currant, and have a very pretty effect. All fresh fruit may be prepared in the same manner; and a mixture of various fruits iced in this way and arranged on one dish looks very well for a summer dessert.

### **To Bottle Fresh Fruit**

Take fresh fruit, such as currants, raspberries, cherries, gooseberries, plums of all kinds, damsons, etc., (full-grown but not too ripe, and gathered in dry weather), pick off the stalks without bruising or breaking the skin, and reject any kind that is at all blemished. If gathered in the damp, or if the skins are cut at all, the fruit will mould. Have ready some perfectly dry wide-mouthed glass bottles, with new corks to fit them tightly, burn a match in each bottle to exhaust the air, and quickly place the fruit in to be preserved; gently cork the bottles, and put them in a very cool oven, where let remain until the fruit has shrunk away a fourth part. Then take the bottles out, do not open them, but immediately push the corks in tight, cut off the tops, and cover them with melted wax. If kept in a dry place, the fruit will remain good for months, and on this principally depends the success of the preparation, for if stored away in a place that is the least damp, the fruit will soon spoil.—  
**H. L. M.**

### **Canned Strawberries**

After the berries are pulled, let as many as can be put carefully in the preserving kettle at once be placed on a platter. To each pound of fruit add three-quarters of a pound of sugar; let them stand two or three hours, till the juice is drawn from them; pour it in the kettle and let it come to a boil; and remove the scum which rises; then put in the berries very gently. As soon as they come thoroughly to a boil put them in warm jars, and seal while boiling hot. Be sure the jars are air-tight.

### **Canned Plums**

To every pound of fruit allow three-quarters of a pound of sugar; for the thin syrup, a quarter of a pound of sugar to each pint of water. Select fine fruit, and prick with a needle to prevent bursting. Simmer gently in a syrup made with the above proportion of sugar and water. Let them boil not longer than five minutes. Put the plums in a jar; pour in the hot syrup, and seal. Greengages are also delicious done in this manner.

### **Canned Currants**

Look them over carefully, stem and weigh them, allowing a pound of sugar to every one of fruit; put them in a kettle, cover, and leave them to heat slowly and stew gently for twenty or thirty minutes; then add the sugar, and shake the kettle occasionally to make it mix with the fruit. Do not allow it to boil, but keep as hot as possible until the sugar is dissolved, then pour it in cans and secure the covers at once. White currants are beautiful preserved in this way.

### **Canning Tomatoes**

Scald your tomatoes, remove the skins, cut in small pieces, put in a porcelain kettle, salt to taste, and boil fifteen minutes; have glass jars placed in a pan of hot water while being filled; pour boiling syrup to overflowing, then seal at once.

### **To Can Cherries**

Take two large baskets of cherries (which makes 32 pints), ten and a half pounds sugar to seven pints water; boil half an hour, skim off, then pour over fruit that has already been washed and placed in jars; when filled with liquid, stand in water and boil for one hour.

### **Canned Pineapple**

For six pounds of fruit when cut and ready to can, make syrup with two and a half pounds of sugar and nearly three pints of water; boil syrup five minutes and skim or strain if necessary; then add the fruit, and let it boil up; have cups hot, fill and shut up as soon as possible. Use the best white sugar. As the cups cool, keep tightening them up.

### **Canned Quinces**

Cut the quinces into thin slices like apples for pies. To one quart jarful of quince take two tea cups of sugar and a coffee cup of water; put the sugar and water on the fire, and when boiling put in the quinces, have ready the jars with their fastenings, stand the jars in a pan of boiling water on the stove, and when the quince is clear and tender put rapidly into the jars, fruit and syrup together. The jars must be filled so that the syrup overflows, and fastened up tight as quickly as possible.

### **To Can Cherries**

Stone cherries, lay on platter, put juice of cherries in kettle, take half a pound of sugar to one pound of fruit and a half cup of water to one pound of sugar; cook syrup ten minutes, skim, then put cherries in and cook five to seven minutes.

### **Pineapple**

To one pound of fruit, half a pint of water, four ounces of sugar, boil syrup from five to ten minutes, then put in fruit and let boil three minutes; place fruit in glass jars, let syrup boil one minute and skim well; pour boiling syrup in jars to overflowing; then seal at once.

### **Peaches**

Take one and a half pints of water to two pounds sugar, let boil five to ten minutes; prepare a basket of peaches, peel, and if large, cut in halves; if small, let remain whole; put them in boiling syrup and let boil twenty minutes. Always use one pound of sugar to two and a half pounds of fruit. Put fruit in jars, pour boiling syrup over to overflowing; seal while hot.

NOTE—All the fruits for which preserve, jam and jelly recipes are given in this book can be canned by following these canning recipes.

**Black Currants**

Clean and cover with water; boil for fifteen minutes, then add sugar which has been previously heated, taking pound of sugar to pound of fruit, and barely let come to a boil. Seal while hot.

**Preserving and Canning**

The following is a table showing the length of time required to boil different fruits:—

**Time of Boiling Fruit**

Cherries, moderately.....	5 minutes
Raspberries, “ .....	6 “
Blackberries “ .....	6 “
Plums, “ .....	10 “
Strawberries “ .....	15 “
Bartlett Pears, halves.....	20 “
Peaches, halves .....	8 “
Peaches, whole.....	15 “
Pineapples, sliced.....	15 “
Crab-apples, whole. ....	25 “
Sour apples, quartered.....	10 “
Ripe currants, .....	6 “
Wild grapes.....	10 “
Tomatoes .....	20 “

# PICKLES AND RELISHES

## **Crab-Apple Catsup**

Three pounds crabapples, one and three-quarter pounds sugar, one pint of vinegar, one tablespoon each cloves, pepper and cinnamon, one teaspoon salt; boil fruit then rub through colander or fruit press; add other ingredients; boil till thick, from one hour to one hour and a half; bottle while hot, seal air-tight, and keep in cool, dark place.

## **Grape Catsup**

Five pounds of grape juice, two and a half pounds sugar, one pint of malt vinegar, half a tablespoon cloves, one of cinnamon and quarter tablespoon each of salt and pepper. Cook until half the original quantity. Bottle while hot, seal air-tight, and keep in cool, dark place.

## **Tomato Catsup**

Take one gallon strained tomatoes, four tablespoons salt, four of black pepper, half a tablespoon allspice, eight pods red peppers, three teaspoons mustard; boil together for one hour, then strain through a sieve with cheese cloth; when cold, bottle for use.

## **Tomato Catsup**

Take one bushel ripe tomatoes; have a pan of boiling water ready, put in few at a time to allow skins to come off readily; mix one cup salt, two pounds brown sugar, half an ounce cayenne pepper, three ounces each ground allspice, mace and celery seed, and two ounces ground cinnamon; place tomatoes in preserving kettle, mix in the above ingredients, take two quarts cider vinegar and when all is thoroughly mixed, pour all into cheese cloth bag, letting juice run back into kettle, and boil slowly until half its original quantity. Put the bag containing the pulp and other ingredients into the juice, tying securely to the handle of the kettle, and allow to boil with juice; add one pint of brandy just before catsup is done. Put in small bottles, seal and keep in dark, cool place.

### **Uncooked Tomato Catsup**

Take one peck ripe tomatoes and grate them over a coarse grater; strain through a wire sieve; put the juice in a cheese-cloth bag and let drip. Take the pulp and thin with one pint vinegar; take a little salt, pepper, allspice and cloves to taste, also a little garlic; bottle and seal. This catsup retains the taste of the fresh tomatoes.

### **Walnut Catsup**

Take seven dozen walnuts, two very small onions and two quarts vinegar, two tablespoons black pepper, one and a half cups salt (or less if preferred), two teaspoons mace, one teaspoon cloves. The walnuts should be tender enough to be pierced with a pin. Pound them through fruit press and when well broken, place them in stone jar with the onion chopped fine, salt and vinegar. Let stand three to four weeks, stirring once a day; then drain off the juice, put into a porcelain preserving-kettle with the rest of ingredients, and boil slowly for one hour, stirring often. Strain through cheese-cloth without squeezing. Bottle while hot, seal air-tight and place away in cool dark place.

### **Potted Mackerel**

One dozen small mackerel, half cup salt, half ounce ground cloves, half ounce ground allspice, cider vinegar. Roll the mackerel in the salt and pack closely in a stone jar. Put the spices in a bag and lay on top, then add enough vinegar to cover them. Bake in a moderate oven six hours. Remove the bag of spices and set away for use.

### **Cucumber Catsup**

Made without cooking and it retains perfectly the taste of fresh cucumbers. Pare very thin six large fresh cucumbers, chop fine and add a small tablespoon of salt. Let it drain in a colander about an hour, add two small or one large onion chopped fine, teaspoon of white pepper, pint of white wine vinegar. Stir it well together, put in wide-mouthed bottles. Seal it air tight and let stand at least a month before using. If air tight will keep for years.

### **Grape Catsup**

Ten pounds grapes; boil and press through a colander; three and a half pounds sugar, one pint vinegar, one tablespoon cinnamon, half a tablespoon cloves, one tablespoon each of allspice, cayenne pepper and salt.

### **Green Tomato Catsup**

Chop very fine seven pounds green tomatoes and four red peppers; cook together in a preserving-kettle with a quart of vinegar for one and a half hours; then add one pound brown sugar, two tablespoons salt, two tablespoons mustard, one tablespoon cinnamon and allspice, one teaspoon ground cloves; cook three hours longer, then bottle and seal while hot.

### **Mustard Catsup**

Take one and a half baskets ripe tomatoes, one pint vinegar, one pound brown sugar (this may be omitted if desired), quarter pound salt, two red peppers, one ounce allspice, one ounce black pepper, half an ounce cloves, half an ounce ginger, one ounce mace; add salt first, then sugar, then half cup mustard last.

### **Canned Sweet Red Peppers**

Wash outside of peppers thoroughly and wipe dry. Cut slice from stem end and remove seeds. Cut into thin strips; scald well and then drop into ice water to make crisp. Drain well. Make a syrup of two cups sugar and one of vinegar. Put peppers into jars, fill to overflowing with hot syrup, cover and keep in a cold place. These are very nice cut up in salads in the winter.

### **French Mustard**

Pass together through a sieve quarter cup of flour, quarter cup of sugar, five level tablespoons mustard, half level tablespoon of tumeric powder and quarter teaspoon of salt. Mix to a smooth paste with cold vinegar. It will take about two-thirds of a cup. Then gradually stir in one cup of hot vinegar and stir and cook over hot water until thick and smooth. Cover and let cook ten minutes, then store in glass and tightly cork.

### **Delicious Chopped Pickle**

Three pints each ripe tomatoes, green tomato and onions, measured after chopping, four medium-sized red peppers, chopped, and one good bunch of celery, chopped. Add half cup salt and stand over night; then drain well, add one quart granulated sugar, two quarts vinegar, half cup mustard, half teaspoon ground clove, half teaspoon cinnamon. Cook twenty minutes.

### **Green Peppers, Stuffed and Pickled**

Select peppers of about the same size and quite perfect. With a sharp knife cut a circle around the stem and take out this piece. Through this hole remove all the seeds, and tie the stem back in place. Put the peppers in strong brine, allow them to remain for thirty-six hours. To fill use the following filling: two quarts green tomatoes, one quart ripe tomatoes, one cabbage, three white onions and one red pepper. Mince these fine, sprinkle with salt, put them in a coarse bag and squeeze out such juice as you can. When well squeezed add three-quarters of a pound of sugar, two tablespoons grated horse-radish and half teaspoon black pepper. Cover all the ingredients with enough cold vinegar to moisten them, let them stand all night, and in the morning pour off the vinegar. Just before filling the pepper stir into the chow-chow two tablespoons each of white mustard and celery seed, and half teacup chopped nuts. Fill the peppers, tie on the covers, and pour over the peppers the spiced vinegar. Keep them in jars well covered. A bit of horseradish dropped in the bottom of the jar keeps them fresh.

### **Garibaldi Sauce**

Four green tomatoes, one pound of raisins, three pounds of brown sugar, three apples, three onions, one lemon, quarter pound of red pepper, one small cup salt, three pints vinegar; chop all fine and cook gently until tender. Bottle as jam or jelly.

### **Tomato and Raisin Sauce**

Five pounds of ripe tomatoes peeled and sliced, half a tablespoon each ground allspice and cloves, one tablespoon ground cinnamon, quarter teacup salt, one pint cider vinegar, two pounds sugar, two pounds raisins, seeded and chopped; boil slowly for two hours; put in glass jars and seal at once.

### **Bean Sauce**

One peck butter beans cut small; cook half an hour in salt water, three pints cider vinegar, two cups sugar, boiled together; mix together one large cup Keen's mustard and same of flour, two tablespoons celery seed and two of tumeric; mix to a batter with cold vinegar; then pour into boiling vinegar, stirring all the time; add beans which have been well drained and cook five minutes.



### Chutney Sauce

Sixteen large ripe tomatoes, sixteen sour applés, sixteen onions chopped fine, three large red peppers chopped fine, two pounds seeded raisins, three teaspoons salt, two cups brown sugar, one quart vinegar; boil one hour.

### Chutney

One and a half pounds brown sugar, three-quarters pound salt, quarter pound minced garlic, quarter pound onions, one pound stoned raisins, one ounce ground ginger, one ounce ground chillies, ten pounds of apples, three and a half pints of malt vinegar; peel, core and slice apples, mince onions and boil apples, onions, garlic and ground chillies in two pints of vinegar until quite soft, then turn into a large pan. Mix the other ingredients thoroughly. When cold put into jars.

### Chili Sauce

Six large ripe tomatoes, four green peppers, one onion, one tablespoon sugar, one tablespoon salt, one and a half cups strong vinegar; chop peppers and onions. Boil one hour.

### Chili Sauce

Twelve medium-sized ripe tomatoes, one red pepper finely chopped, two onions chopped fine, two cups vinegar, four tablespoons sugar, one of salt, two tablespoons each of cloves, cinnamon, allspice and grated nutmeg. Peel tomatoes, put into preserving-kettle with the remaining ingredients. Let come to boiling point and cook slowly for three hours.

### Chili Sauce

Fifteen large ripe tomatoes peeled, five green peppers, five large onions, finely chopped together; five cups cider vinegar, two cups of brown sugar, two and a half tablespoons salt, half a tablespoon each of ground cloves, allspice, cinnamon, ginger. Boil about two hours and bottle while hot.

### Chili Sauce

Twelve large ripe tomatoes peeled, two large onions and four green peppers, two tablespoons brown sugar, four of salt, one cup of vinegar; chop peppers and onions fine and boil all together one hour.

### Stuffed Peppers

Put the peppers in salt and water for a few days, then remove seeds. Chop cabbage and sprinkle with salt. In a few hours drain the water from the cabbage, and season with mustard or celery seed, or a mixture of each. Fill the peppers with the cabbage and seed and sew them up. Cover with hot vinegar.

### Chili Sauce

Thirty-six large tomatoes peeled (either green or ripe tomatoes), six large red peppers, twelve large onions, six teaspoons mixed spice, three tablespoons black pepper, three cups white sugar, three cups cider vinegar, six tablespoons salt; cut altogether and boil for one and a half hours.

### Chili Sauce (with Peaches and Pears)

Thirty-six large ripe tomatoes peeled, six large peaches peeled, six large pears, six large onions, one and a half pints cider vinegar, one and a half pounds brown sugar, one teaspoon ground mace, four red peppers chopped, two tablespoons salt, two of whole cloves and two of allspice, six sticks pounded cinnamon tied in a bag; cook gently for two hours. Seal at once.

NOTE.—All the above recipes are excellent.

### Cucumber Relish

Take large cucumbers that are not quite ripe, pare them and cut in halves, taking out the seeds, then cut in thin slices, strain off water, season to taste with salt and paprika and add a little sugar, also the same quantity of vinegar as cucumbers; seal in air-tight jars and immerse with melted wax.

### Cabbage Relish

One head of finely chopped cabbage, half a bunch of finely chopped celery, one cup of vinegar, one egg; beat the egg and mix with a small portion of vinegar; after egg is well whipped pour vinegar over very slowly, whipping constantly to avoid egg separating; add mustard, pepper and salt to suit taste. Heat the remainder of the vinegar and when boiling hot add the above mixture, stirring until thickened; pour over cabbage and mix well. This may be used as a cold slaw or sealed and set away in fruit closet.

### Celery Sauce

One peck green tomatoes, twelve large apples, two heads of celery, six onions, chop all fine and add three cups brown sugar, half a cup mustard, three tablespoons cinnamon, four of salt, one of curry, one teaspoon cayenne pepper, three pints of cider vinegar; boil one hour.

### Celery Sauce

Thirty large ripe tomatoes, peeled, four heads celery, four large onions, two red peppers, five tablespoons sugar, four tablespoons salt, five cups cider vinegar; chop tomatoes, celery, onions and peppers separately, then mix together; boil one hour, but if preferred real thick, boil three to four hours. Before adding vinegar, pour off some of the juice.

### Celery Relish

One dozen heads of celery, one quart cider vinegar, small half tin of mustard, one ounce curry powder, one and a half tablespoons of flour, one and a half of sugar, one tablespoon red pepper, salt to taste; let vinegar boil, then let simmer for about fifteen minutes; mix curry and mustard separately with a little cold vinegar; pour on the vinegar first, then mustard, curry, salt and sugar; chop celery and peppers and boil all together for ten minutes. Have the cooked ingredients perfectly smooth before adding the celery.

### Celery Relish with Tomatoes

Take two onions, two large green peppers, two large bunches of celery, five cups ripe tomatoes, peeled and chopped, two tablespoons salt, four tablespoons sugar, four tablespoons all-spice (whole), one and a half cups vinegar; chop ingredients, mix, heat gradually to boiling point and cook slowly for two and a half hours. Mustard or cayenne may be added to suit taste. If this is made in winter, canned tomatoes may be used.

### Beet Relish

Two cups of chopped cold cooked beets, four tablespoons lemon juice, six of grated horse radish, two teaspoons salt (bottled horseradish well-drained may be used if preferred). This is a relish that may be made at any time for use during winter or summer, being most delicious when served with cold meats or fish.

### Beet Relish

Boil beets till done, then peel and chop fine; boil slowly for half an hour three cups cider vinegar and one of water; add salt and sugar to taste; take one teaspoon cloves, one teaspoon black peppers and place in bag, tying with long string to handle of kettle, and let boil with the above ingredients. Add beets and let come to boiling point. Bottle and seal at once.

### Corn Relish

Take thirty-six ears of corn, eight large onions, two cabbages, six red peppers, six cups granulated sugar, two cups salt, one gallon cider vinegar, quarter of a pound of mustard, one teaspoon tumeric; pick corn from cob, mix all together and boil one hour; add mustard and tumeric ten minutes before removing from fire.

### Corn Relish

One dozen ears of corn, one dozen green peppers chopped, three red peppers chopped, one quart of small onions, left whole, two quarts ripe tomatoes (measure after being peeled), one quart cucumbers (measured after being peeled and cut), one quart white sugar, two quarts cider vinegar, half a cup salt, one ounce celery seed, one ounce mustard, half an ounce tumeric; boil one hour. Pick the corn from the ears.

### Indian Relish

Twenty large tomatoes, four red peppers, two and a quarter cups brown sugar, four cups cider vinegar, four tablespoons salt, four onions; chop tomatoes, peppers and onions; add vinegar and sugar and boil three hours.

### Ripe Tomato Relish

One peck red tomatoes, peeled and chopped fine, half a cup salt; put in colander and let stand over night, then drain; add two cups finely chopped celery, six large onions, one green pepper seeded, two cups brown sugar, two ounces mustard seed, one pint cider vinegar. This does not require cooking.

### French Mustard

Grate an onion and cover with vinegar, let stand one hour, then pour off vinegar; add a little cayenne pepper and salt, a spoonful of sugar, and enough mustard to thicken; mix and set on stove, stirring until it boils. Bottle and seal with wax.

### Green Tomato Relish

Thirty large tomatoes, three large onions, three green peppers, one tablespoon each of allspice, cinnamon and cloves, two of salt, two teaspoons celery seed, one quart cider vinegar, two cups sugar; chop the vegetables, put in colander and drain, then mix with vinegar and spice and cook three hours. After boiling for fifteen minutes, let simmer on a slow fire. Seal while hot.

### Celery Friend

Two cups chopped celery, one teaspoon salt, five teaspoons powdered sugar, three-quarters teaspoon mustard, quarter cup cider vinegar; mix ingredients in the order given; cover and let stand in cool place for three hours; drain off juice; when preparing celery put in a few of the tender leaves. This is a nice cold relish.

### Tomato Mustard

One peck of ripe tomatoes, peeled, one teacup salt; boil half an hour, then strain through colander; return to kettle with one tablespoon cloves, one of ginger, one of cayenne pepper, one of black pepper, two of curry powder, all ground, a little garlic; let boil down well until the proper thickness is obtained; add tablespoon mustard, then let simmer a short time; put in jars and seal at once. This is nice for sandwiches.

### Tomato Mustard

Cut up thirty-six large tomatoes and eighteen large onions; boil for three hours, then strain. Take three cups granulated sugar, half a cup of salt, three-quarters cup mustard, three pints cider vinegar; mix mustard in a little cold vinegar; put all together in preserving-kettle and boil until it thickens, Take off the stove and put in six large red peppers chopped fine.

### Spiced Rhubarb

Wash the rhubarb, cut it into half inch lengths, then weigh it. To five pounds of the fruit add four pounds of granulated sugar, one pint of vinegar and two tablespoons each of cinnamon and cloves. Cook slowly until thick, and seal in jelly glasses.

The following pickle recipes have all been very thoroughly tested and brought to a state of simple perfection, many of them having been given by some of Toronto's foremost housewives. Many, too, have come from the far West and extreme East of Canada, whose housewives are so famous for their excellent cooking.

### **Tomato Butter with Apples**

Wash four pounds well flavored apples, cut into quarters and remove cores; add seven pounds washed and sliced ripe tomatoes, one cup water, and let simmer until very tender; rub through sieve; add four pounds brown sugar and two-thirds of a cup vinegar; one teaspoon each salt, cloves and ginger, two teaspoons cinnamon; boil until thick and can while hot. This should be cooked about one hour.

### **Pickled Oysters**

One quart vinegar, one ounce allspice, half an ounce cinnamon, one ounce cloves, one ounce mace. Scald all together; when cold, put in the oysters, and next day scald together.

### **Pickled Peaches**

Boil together one gallon cider vinegar and four pounds brown sugar, for five minutes, skim it well. Take the peaches and after having removed the down, stick a few cloves in each one. Put them in an earthen jar, and pour the liquor over them. Cover them and let them stand in a cool place a week or ten days. Pour off the liquor, and boil as before.

### **Pickled Peaches**

Eight pounds peaches, four pounds white sugar, one pint vinegar, one-half ounce whole cloves, one ounce stick cinnamon. Let vinegar and sugar come to a boil with the spices tied in muslin bags; put in peaches, take out when clear, half fill bottles, boil syrup a little longer, first taking out the spices.—Mrs. R. E. Powell.

### **Pickled Pears**

To seven pounds of pears, take one pint of vinegar, one pint of water, one tablespoon whole cloves, one tablespoon stick cinnamon, one pound of sugar. Bring the ingredients to a boil, add the pears half at a time. Boil until a needle can be inserted, and then bottle, pouring over the syrup.

**Sweet Pickled Peaches**

One peck peaches, four pounds brown sugar, one quart vinegar, two ounces of stick cinnamon; boil sugar and cinnamon twenty-five minutes; stick four cloves in each peach; put into syrup and cook until soft, using half of the peaches at a time. This recipe may be used for pickling pears.

**Pickled Pears**

Four quarts vinegar, eight pounds brown sugar, four ounces of stick cinnamon; boil twenty minutes; place four cloves in each pear; put into syrup and boil until done.

**Spiced Pears**

Take seven pounds of pears, three pounds sugar, one pint vinegar, one tablespoon cloves, one tablespoon cinnamon. Peaches may be done in the same way.

**Spiced Plums**

Take five pounds fruit, one pint vinegar, four pounds granulated sugar, one tablespoon each of cinnamon and cloves. Boil three or four hours slowly.

**Spiced Plums**

Take six pounds of plums, half a pint of vinegar, one dessertspoon cinnamon, four pounds sugar, one dessertspoon cloves. Boil till thick.

**Spiced Rhubarb**

Cut three pounds of rhubarb into inch pieces, add one cup vinegar, two pounds and a half of sugar, one tablespoon each of cinnamon and cloves; put in preserving kettle and boil steadily for twenty-five minutes. Put in glass jars and let cool; then seal and place away.

**Tomato Butter**

Twenty-four tomatoes, six onions; boil until tender and put through a colander, then through a sieve; now take one cup brown sugar, one cup salt, put on stove and let get hot; add one pound mustard mixed with one pint of vinegar, one cup of flour; stir into hot tomatoes; drop in eight finely chopped red peppers; stir in mustard and let come to boil.

### Tomato Butter

Ten pounds peeled ripe tomatoes, one pint white cider vinegar; stand over night and in morning drain juice off and add one quart vinegar, three pounds brown sugar, quarter teaspoon cayenne pepper, one tablespoon whole allspice, one of whole cloves, two sticks of cinnamon; put spice in muslin bag; boil three hours or less, according to thickness required.

### Mustard Pickles

Take half a basket cucumbers, quarter basket of onions and two cauliflowers, half a pound mustard, one cup flour, two cups sugar, one small teaspoon cayenne pepper, half an ounce tumeric; mix all this with cold vinegar; pour into two quarts of boiling vinegar and let cook five minutes; take one teaspoon whole spice, mix with pickles, place in glass jars uncooked; pour over boiling salad dressing to overflowing; seal and set away.

### Mustard Pickles

Take two hundred cucumbers to soak in brine for four or five days two cauliflowers and one quart onions in brine over night; cut cucumbers in pieces, then take three large ripe cucumbers and six red peppers and chop fine; scald all together in vinegar with piece of alum; drain and add dressing as follows: Four quarts vinegar, eight cups brown sugar, fourteen tablespoons mustard, nine of flour, one ounce of tumeric and one of curry powder; boil until very smooth and thick; put in pickles while boiling hot; let stand five minutes; place in stone crock or fruit jars.

### French Mustard Pickle

Two quarts small onions, two quarts cucumbers, two heads cauliflower and six green peppers all chopped fine; soak in salt and water separately over night. Next day drain well and scald in vinegar.

DRESSING—Six cups white sugar, two cups flour, half a pound mustard, one ounce celery seed, one of tumeric powder one gallon cider vinegar, stir flour and mustard to a very smooth paste with a little cold vinegar; add the rest of the vinegar, sugar, celery seed and tumeric powder; cook all together for about fifteen minutes, then pour over pickle mixture; seal while hot and keep in cool, dark place.



### Mustard Salad Pickle

One quart green tomatoes chopped fine, one of cucumbers, one of cabbage, and one of onions chopped fine (quantities of each must be measured after being chopped); sprinkle with salt and let stand twenty-four hours; then place all on stove and bring to scalding heat; let stand and drain through colander, throwing away juice; now take one gallon vinegar and set on stove. Then make dressing as follows: Six cups granulated sugar, two cups of flour, one-half pound mustard, one ounce tumeric, one ounce celery seed; mix all together and cook until dressing is thick; then pour over pickles and put in jars. This dressing may be reduced to one-half the quantity, as it is too much for the amount of pickles.

### Mustard Pickles

#### (Little Silver Onions)

Take six quarts little silver onions, clean off skins; two quarts vinegar, one ounce allspice, half an ounce black pepper, one ounce tumeric, one ounce curry powder, two teaspoons cornstarch, one and a quarter cups salt, half a pound mustard; mix cornstarch with cold water, vinegar and mustard same way; put on rest of vinegar and bring to boiling point, then add mustard and cornstarch very slowly so that it will not lump or cake, and boil for fifteen minutes; then put in onions and let boil one minute; place in jars and seal while hot. Most delicious.

### Beet Salad Pickle

Two quarts cabbage chopped fine, two quarts boiled beets chopped fine, two cups horseradish, four cups white sugar, two tablespoons salt, two teaspoons pepper. Cover with vinegar and mix all together. Bottle tightly ready for use.

### Hogarth Pickles

Half a peck onions, half a peck green tomatoes, one cup salt, half a gallon vinegar, three cups brown sugar, five cents worth of whole pickling spices; slice onions and tomatoes, sprinkle with layers of salt and let stand over night; in morning drain and throw away juice that has exuded; boil vinegar, sugar and spice together for three-quarters of an hour, and while hot strain over tomatoes and put in jars.

### Green Tomatoes

One peck green tomatoes, slice and sprinkle with salt; let stand over night; in morning drain and wash off, put on stove and cover with a little vinegar, let come to boiling point, then drain again; take one quart vinegar, one ounce white cloves, three pounds sugar, half an ounce white mustard seed, half an ounce black mustard seed; let come to boil, add tomatoes and cook until tender, which takes about two hours.

### Sweet Green Tomato Pickle

Take one peck tomatoes and six onions, slice, and sprinkle with one cup salt; let stand twenty-four hours, then drain off and add two quarts water and one quart of vinegar; let come to boiling point, drain again; place in porcelain-lined kettle, take two quarts cider vinegar, three pounds brown sugar, one tablespoon cinnamon, one of cloves and one of allspice, one teaspoon cayenne pepper; boil half an hour and bottle.

### Whole Sweet Green Tomato Pickle

Peel nine pounds green tomatoes, leave whole, and boil in salt water for few minutes, drain and put a clove in end of each; make a syrup of three pounds brown sugar, one quart vinegar a few sticks of cinnamon; let tomatoes simmer in this for about ten minutes, then put a stick of cinnamon in each jar and seal at once. The syrup must boil about ten minutes before putting in tomatoes; then allow tomatoes to simmer for about ten minutes.

### Tomato Chow Chow

☞ Slice one peck green tomatoes, six green peppers, four onions, stir in one cup salt and let them remain over night. Then pour off the water, put them in a kettle with vinegar enough to cover them; one cup grated horse radish, one tablespoon cloves, one tablespoon cinnamon, one tablespoon allspice, one cup sugar. Cook until soft.

### Piccalilli

One peck of green tomatoes, sliced, add one teacup salt; let it stand and steam twenty-four hours, then drain off the liquid, add vinegar enough to cover, one teacup of sugar, four onions, one teacup horse radish, one tablespoon cloves, one tablespoon cinnamon.

**Grandmother's Tomato Pickle**

(This is delicious and should be in every home)

Take half a bushel green tomatoes, slice, put in layers in kettle and cover with salt; press with a heavy stone and let stand over night; in the morning drain off and put on fire with two quarts cider vinegar, or enough to cover; take eight green peppers chopped fine, and twelve large-sized onions sliced very thin, four pounds brown sugar, one tablespoon each of black pepper, cinnamon, cloves and allspice, all ground. After cooking to boiling point let cook slowly for four hours, stirring often to keep from sticking. This should be tested, as a little more of the different ingredients may be required to suit taste.

**Piccalilli**

One peck green tomatoes, six onions, one large head celery, two cups brown sugar (more if desired), one cup salt, one tablespoon each ground cinnamon, allspice and mustard, one teaspoon black pepper, two quarts cider vinegar; slice tomatoes and onions and place in alternate layers of tomatoes, salt and onions. Put in large earthen crock, press down with heavy stone and let stand over night; then throw away all juice; chop celery, place in preserving kettle with tomatoes and onions; add the pepper, cinnamon and mustard to other ingredients; cover with vinegar; cook slowly all day, or until tomatoes are soft. Cabbage, cucumbers or cauliflower may be added, also horseradish.

**Chow Chow**

One pint small silver onions, one quart lima beans, two quarts string beans, one quart green corn. Boil three minutes one quart of little cucumbers, three sweet peppers, one teaspoon celery seed, half a pound mustard, one quart vinegar, one pound sugar, quarter cup salt; boil all together for five minutes.

**Sweet Pickles**

To three baskets of small cucumbers, take three quarts cider vinegar, two ounces each of allspice and cloves, two pounds brown sugar; let cucumbers stand twenty-four hours in strong salt brine; drain, then pour boiling vinegar and spices over them, let stand another twenty-four hours, then drain. Spices should be whole and put in bag. Place cucumbers in stone jar, then boil three more quarts cider vinegar and pour over cucumbers.

### Chow Chow Pickle

One quart large cucumbers, chopped; one quart small cucumbers, whole; one quart large onions, chopped; one quart small onions, whole; two heads celery, chopped; one head of cauliflower, chopped; one green and one red pepper, chopped; put in hot brine over night in separate vessels; in morning add half an ounce celery seed, three cups brown sugar, half a gallon of vinegar, quarter ounce mustard seed; put all in kettle and scald, then make a paste of one-third cup of flour, quarter cup mustard, half an ounce tumeric and a little vinegar; boil until thick. The brine in which the pickles have been standing in over night must be thrown away.

### Chow Chow

Two quarts cucumbers of medium size, two quarts onions, one large cauliflower, three small green peppers, eight heads of celery, chop all very fine; place each in separate dishes and cover with hot salt brine, not too strong; let stand over night, draining and putting all together in morning, throwing away the juice that has exuded; now add three and a half cups sugar, half a gallon cider vinegar, quarter of a pound mustard seed, quarter of an ounce celery seed; let this come to scalding point, then make a paste of two-thirds cup flour, quarter pound mustard, half an ounce tumeric, enough vinegar to mix; put this in slowly, stir and let boil about half an hour.

### Pickles

Wipe all the cucumbers, count them and put one pint of salt to one hundred pickles; cover them with boiling water, close them tight and let stand twenty-four hours, then pour off the water and wipe each one; put them back and pour boiling cider vinegar over them. Boil all kinds of whole spice in the vinegar,—twelve peppers, one large cauliflower, horse radish, onions to taste.

### Pickled Beans

Cut up one basket of beans, boil until tender in salt water; drain well, then take two quarts vinegar; add three pounds brown sugar, bring to a boil, have ready one cup flour, two tablespoons mustard, one of tumeric, half a teaspoon cayenne pepper, two teaspoons of celery seed; mix all to a smooth paste and stir slowly into the boiling vinegar, stirring constantly until it comes to boiling point; pour over beans, mix well, place in glass jars, and seal.

### Sweet Pickles

Six pounds seeded cucumbers, six pounds cauliflower, one quart onions, two pounds brown sugar, one tablespoon each cloves, allspice, cinnamon and pepper. Salt the cucumbers over night in layers, drain thoroughly in morning and add sugar and spice; cover with vinegar and cook until tender.

NOTE—In making any sweet pickles that call for onions, always place the onions in gauze bag while cooking syrup and tomatoes, and when done, throw onions away; never put onions in jars.

### Chili Sauce

Six large ripe tomatoes, four green peppers, one onion, one tablespoon sugar, one tablespoon salt, one and a half cups strong vinegar; chop peppers and onions. Boil one hour.

### Cucumber Pickles

One quart sliced cucumbers, one onion sliced; sprinkle with salt and let stand three hours, one chopped red pepper, half cup brown sugar, few cloves and white mustard seeds, one teaspoon tumeric powder, one tablespoon horseradish, enough vinegar to cover. Heat well, but do not boil, and put in jars.

### Bean Pickle

One quart butter beans cut as for table; boil until tender; then make the following mixture:—Three cups vinegar, half pound brown sugar, half cup mustard, half cup flour, half tablespoon tumeric, half tablespoon celery seed. Boil the mixture till thick, add the beans and heat well, then seal.

### Gooseberry Pickle

Six quarts gooseberries, one cup vinegar, one dessertspoon each ground cloves, cinnamon and allspice; take three-fourths of a pound of granulated sugar to each pound of fruit.

### Citron Pickle

Pare and cut citron into such pieces as you like, boil in water with a small piece of alum until tender, then drain; boil together for ten minutes three quarts of vinegar, four pounds sugar and quarter of a pound cassia buds; put in the citron, and boil five minutes.

### Chow Chow Pickles

Take one peck of green tomatoes, chop fine, three heads of cabbage, one dozen green peppers and three or four red peppers, all finely chopped; mix with the vegetables a generous cup of salt, then turn into a coarse cotton bag and let drain over night. In the morning put the drained vegetables over the fire, in an agate saucepan, with two and a half pounds of sugar, two tablespoons of celery seed, one tablespoon each of ground black pepper, mustard and mace; cover with cider vinegar, and let cook until transparent.

### Spanish Pickle

One large cabbage, three heads celery, three red peppers, three green, one quarter peck onions, half a peck green tomatoes, three large cucumbers, three-quarters of a pound of salt; cut vegetables in pieces and let stand over night in salt water; drain and run through meat chopper, and place in colander to drain again; boil two quarts vinegar with three pounds brown sugar, one ounce mustard seed, half a tablespoon each of cinnamon and cloves. Put in chopped pickle and boil half an hour, then add quarter ounce tumeric powder, two tablespoons ground mustard and quarter cup flour; mix with the water, add to the mixture; boil five minutes longer and bottle while hot.

### Green Chopped Pickles

Four quarts chopped green tomatoes, three-quarters cup of salt, two teaspoons pepper, three each mustard, cinnamon, allspice, and cloves, half a cup white mustard seed, four green peppers, sliced, two onions chopped, two quarts cider vinegar; slice tomatoes, covering with salt, and let stand twenty-four hours; then drain and chop tomatoes; add spices to vinegar and heat to boiling point; then add tomatoes and all other ingredients; bring again to boiling point and cook for one hour. Put in jars while hot, and seal.

### Lily Pickle

Three quarts onions, two and a half dozen cucumbers, two heads celery, one head cabbage, one of cauliflower; chop and place in crock over night, covering with salt. In the morning drain off all juice. Now take three quarts and a pint of vinegar, six cups sugar, mix three-quarters cup flour, six tablespoons of mustard, two of tumeric, moisten in cold vinegar and put into boiling vinegar, stirring slowly to keep from lumping; then put in vegetables and boil for two hours.

### Favorite Pickles

One quart raw cabbage chopped fine, one quart boiled beets chopped fine, two cups sugar, one tablespoon salt, one of black pepper, quarter teaspoon red pepper, one teaspoon grated horseradish; cover with cold vinegar and keep air-tight.

### Raw Pickles

One pint ripe tomatoes peeled and chopped, one cup chopped celery, four tablespoons red peppers chopped, four tablespoons chopped onions, six tablespoons sugar, six tablespoons mustard seed, one tablespoon cloves, half a tablespoon cinnamon, two cups vinegar; put in jars. This should stand for two weeks before using.

### Cucumber Pickles

Two quarts cucumbers cut fine, one quart small cucumbers (do not cut), one quart small onions, one quart large onions cut up, two quarts small cauliflower, four green peppers; put into dish and cover with hot brine; let stand over night; then drain and chop fine the large cucumbers, large onions and the green peppers; take three pints white wine vinegar, five cups brown sugar, three tablespoons mustard seed; let come to a boil and make paste of two-thirds cup of flour, quarter pound mustard, half an ounce of tumeric; mix with cold vinegar; pour mixture into boiling vinegar slowly.

### Mixed Pickle

Put in your jar and stir every day for a month the following mixture: One gallon vinegar (white wine), three large red peppers cut fine, five cents' worth curry powder, quarter ounce of ground ginger, four ounces mustard seed, two ounces of garlic, two ounces whole black pepper, four ounces salt, one ounce of tumeric; drop in vegetables as you get them; do not boil or cook.

### Salad Pickle

Two green peppers, one quart each of green tomatoes chopped fine, cucumbers, cabbage and onions chopped fine; sprinkle with salt and let stand for twenty-four hours; bring to scalding heat and let stand; drain through colander; take two quarts of vinegar, put in kettle and set on stove; put in two cups brown sugar, half ounce tumeric, half cup mustard, half cup flour (mixed with water), one cup butter, two eggs; beat butter and eggs and add last. Put pickles in jar and pour on the hot liquid.

**Celery Pickle**

Cut one dozen celery into small pieces, let stand in salt and water, mild brine, then drain well. Take half gallon vinegar, quarter teaspoon cayenne pepper, one pound granulated sugar, half pound mustard; mix these ingredients and boil ten minutes. Then add celery and take off immediately.

**Pickled Onions**

Take half a peck of small onions, peel and put in about one cup of salt, pour over enough boiling water to cover onions; let stand over night. Drain and repeat the next night, then cover with cold vinegar and whole spice. Let stand a week before using.



# TOILET TALK AND THE SICK ROOM

## **For Billiousness**

The juice of a California lemon in water; before breakfast, and at bedtime, is a good remedy for bilious troubles. Keep it up for several days. Never drink the pure juice; always dilute it.

## **Fever Drink**

Juice of two California lemons; one teaspoonful of cream of tartar, one quart of water. Drink freely during continued fevers. Glycerine and California lemon juice, half and half, on a bit of absorbent cotton, is the best thing in the world for moistening the lips and tongue of a fever-parched patient.

## **For Chilblains and Tender Feet**

California lemon juice cures chilblains and relieves cold, damp or tender feet. For chilblains, sprinkle salt on a slice of California lemon and rub affected parts.

## **Relieves Neuralgia**

Neuralgia and headache may be relieved by rubbing the affected parts with California lemon juice.

## **For Rheumatism**

Rheumatic and neuralgia aches and pains are banished by the juice, well diluted, taken internally, while the bath will aid in preventing rheumatism and keeping the skin healthy.

## **Prevents Dandruff**

California lemon juice prevents dandruff. Mix one part of juice and three of water and rub into the scalp. Loss of hair can be successfully treated in the same way.

### **For Bee Stings**

Bee and insect stings are relieved by a few drops of lemon juice.

### **Relieves Stomach Troubles**

In some forms of indigestion and other stomach troubles, as quinine and Epsom salts, but should not be taken with calomel.

### **For Loss of Voice and Hoarseness**

Bake a California lemon twenty minutes in a moderate oven. Take it out and open one end. Remove the inside, sweeten it with brown sugar and eat, rejecting the seeds and tough residue. California lemon juice and loaf sugar is good for hoarseness.

### **Headache**

Two or three slices of California lemons in a cup of strong tea will cure a nervous headache. A teaspoonful of juice in a small cup of black coffee will relieve a bilious headache.

### **Croup**

Excellent results have been obtained from the use of California lemons in cases of croup. The treatment is as follows: One tablespoonful of California lemon juice to a glass of water to be used as a gargle; may also be given internally—to younger ones a teaspoonful, and to grown up children a tablespoonful every one or two hours.

### **To Sweeten the Stomach**

Squeeze a little California lemon juice into a glass of water and drink it before breakfast every morning. It will sweeten your stomach.

### **Croup Mixture**

Juice of two lemons, small bottle of castor oil, two small teaspoons turpentine, one-half cup honey, ten cents' worth of glycerine, one-half dozen drops carbolic acid; mix well together.

One teaspoon every two hours for half a day, until relieved, when every three hours is enough.—MRS. H. C. TOMLIN.

In making lemonade, take the juice of one lemon to a glass of water; don't let anyone use the prepared juice in your lemonade.

### **Soda or Seltzer Lemonade**

Put a little pinch of soda in a glass of lemonade and stir a moment—this is one of the best drinks to relieve a headache ever made.

### **Egg Lemonade**

White of one egg beaten stiff, one tablespoon of sugar, one glass of water, juice of one lemon; this is a cooling, pleasant drink.

### **Slippery Elm Bark Tea**

Slippery elm bark in small pieces, two ounces, pour on one quart boiling water, cover and let stand until cool. Add juice of three lemons. Sweeten for a bad cold or bowel troubles. Any of the above should be taken hot to break up a cold. Take at night and go to bed.

“Beauty is but skin deep!”

Goodness me! That's true enough; but think of the difference in skins. There's the skin that feels like velvet and the skin that feels like a sheet of sandpaper. The skin that never causes its owner a moment's uneasiness and the skin that keeps its owner awake nights.

Which have you got, and how did you get it?

The skin has got to be taken care of, and from Eve down, in every century, women have studied how to take care of it.

There are many thousand recipes for taking care of the complexion—most of them good, but some better than others.

Do you know the best? Here are a few of them.

### **Skin Lotion**

Place in a half-pint bottle the juice of one large cucumber, which usually yields from two to three tablespoonfuls; half fill the bottle with elderflower water, add two tablespoons eau de Cologne; shake well and add slowly one-half ounce of tincture of benzoin; shake every little while for two or three hours, then fill the bottle up with elderflower water, and the lotion is ready for use and will keep a year. This lotion will prevent wrinkles, and will contract enlarged pores.

### **For Freckles and Tan**

Lemon juice, two parts, Jamaica rum one part, to be mixed and applied gently to the face with a soft sponge several times during the day or before retiring.

For Lips—Bathe them occasionally with a little alum, dissolved in water, and apply glycerine with a few drops of benzoin.

### **Complexion Wash**

Put in a vial one drachm of benzoin gum in powder, one drachm nutmeg oil, six drops of orange blossoms tea, or apple blossoms; put in half-pint of rain water, and boil down to one teaspoon and strain; one pint of sherry wine. Bathe the face morning and night; will remove all fleshworms and freckles, and give a beautiful complexion. Or put one ounce of powdered gum of benzoin in a pint of whiskey. To use, put in water in wash bowl till it is milky, allow it to dry without wiping. This is perfectly harmless.

### **Never Use Soap**

The face before being washed should be wiped over with a piece of flannel cloth, then wash with the hands in tepid water, in which has been sprinkled a little powdered borax. At night the face should be washed in hot water and a good cold cream rubbed in, beginning at the chin and going upward in a circular motion, and going across the forehead, using both hands. This will insure a beautiful skin and complexion, which will defy time and worry.

### **For a Smooth Skin**

A recipe to make the skin smooth, as well as white, and to free it from red spots and pimples, and which may be used without fear of harm, is the following:—Take oil of almonds, four ounces, oil of tartar (per deliquium) two ounces, and oil of rhodium, six drops, shake all together until thoroughly mixed.