

NINE HUNDRED
SUCCESSFUL
RECIPES

LULU THOMPSON SILVERNAIL



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LULU THOMPSON SILVERNAIL

Nine Hundred Successful **RECIPES**



The following RECIPES have been compiled by Mrs. Silvernail, who for several years has been instructing Domestic Science Classes in the use of Hard Winter Wheat Short Patent Flour. The recipes given in this book have been tested not only by Mrs. Silvernail, but have been used most successfully by hundreds of women who have attended her classes.



By
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THE SOUTHWESTERN MILLING COMPANY, Inc.



Books may be obtained from
"S. & H. COOK BOOK"
700 Dwight Building
KANSAS CITY, MO.

TX 715
S 587

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SEP 14 1923

— BECKETTOLD —
PRINTING AND BOOK MFG. CO.
St. Louis, Mo.

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no 1

Rules and Definitions

READ CAREFULLY

Before any of the recipes in this book are tried, the following instructions should be read and followed closely, if perfect results are to be obtained.

A high grade hard winter wheat flour should be used in all recipes to insure perfect results. If high grade soft wheat flour is used, additional flour should be added in each recipe; proportionately about 2 or 3 level tablespoonfuls to the cup.

All recipes have been compiled from the use of measuring cups holding exactly one-half pint. A tablespoon and teaspoon, of accurate measurements, have been used for all spoon measurements.

All measurements are level and flour has been sifted one time and then measured. Either dry or liquid ingredients should come to the top of cup, or level on the spoon.

To measure flour, first sift the flour into bowl; take a spatula or spoon and dip from the bowl filling the cup, tapping side of cup one time to insure against unfilled spaces. Round the cup up with flour then scrape it off perfectly level. This gives a level sifted cupful of flour. For a level tablespoon or teaspoonful dip the spoon into the dry ingredients lifting up a rounded spoonful. Draw knife across the spoon in such manner that all of the edge of spoon is touched by the knife in the process. This insures a level spoonful.

To measure one-half of a spoonful, scrape spoon level first, then divide by cutting lengthwise.

To measure one-fourth, scrape spoon level, divide lengthwise, then crosswise.

To measure one-eighth, scrape spoon level, divide lengthwise, crosswise, then diagonal.

The marks on measuring cups should be carefully watched, filling the cups to line designated in recipe.

WEIGHTS AND MEASURES

1/2 pint	1 cupful
2 pints	1 quart
4 quarts	1 gallon
4 saltspoons	1 teaspoon
3 teaspoonfuls	1 tablespoon
2 teaspoons	1 dessertspoon
16 tablespoonfuls	1 cupful
1 gill	1/2 cupful
1/4 cupful	1 wineglassful
4 tablespoonfuls flour	1 ounce
2 tablespoonfuls sugar	1 ounce
2 tablespoonfuls butter	1 ounce
4 cupfuls sifted flour	1 pound
2 cupfuls butter	1 pound
9 or 10 medium sized eggs	1 pound
2 cupfuls milk	1 pound
16 ounces	1 pound

DEFINITIONS

Agneau—Tender young lamb.

A la, au, aux—With or prepared in a certain manner.

A la Creole—Cooked with tomatoes, onions and peppers.

A la Printanière—A soup of stew served with young spring vegetables.

A la Neige—Like snow.

Allemande—In German style.

Ambrosia—Food fit for the gods.

Andalouse—In Spanish style.

Anglaise—In English style.

Aspic—Meat stock jelly.

Au, Aux—To or with (singular and plural).

Au Diable—According to the devil's liking. Highly seasoned and hot.

Au Gratin—Food covered with sauce, crumbs, usually grated cheese, and baked.

Au Jus—With natural gravy.

Bannocks—Small flat cakes of Scotch origin, baked on a griddle and made of barley or oatmeal.

Blanc Mange—A dessert of milk and cornstarch.

Bain Marie—A double boiler on a large scale.

Bearnaise—A Swiss sauce used for steak.

Bechamel—A rich white sauce made with stock, milk or cream. Used for meat or poultry.

Beurre—Butter.

Biscuit Glacé—In a small cake of ice cream.

Bisque—It is a term applied to a soup made of shellfish. Its color is red. Lobster Bisque, Crawfish Bisque and others. The term "Bisque" is also applied to an ice cream, to which fine chopped nuts are added.

Blanch—To whiten by scalding.

Blanquette—White meat in a rich cream sauce.

Boeuf Braise—Braised beef.

Boeuf a la Jardiniere—Braised beef served with an assortment of vegetables.

Bombe Glacé—Ice Cream of two kinds, or an ice cream and a water ice, molded in some special shape. One kind of cream on outer side and different kind in center.

Bonne Bouche—A good sized mouthful.

Bouillon—A plain, clear soup, not so strong as consommé.

Bouquet of Herbs—A bunch of various flavoring herbs, thyme, savory, marjoram and parsley used for soups and stews.

Braise—To cook with vegetables in closely covered pan.

NINE HUNDRED SUCCESSFUL RECIPES

Cafe Noir—Coffee (black) for after dinner.

Canape—Small piece of bread or toast, spread with highly seasoned fish or egg compound, daintily garnished and served as an appetizer before lunch or dinner.

Caramel—Brown or burnt sugar.

Chaud—Hot.

Chef (de cuisine)—Head cook (of kitchen).

Chives—Herbs resembling small onion stalks.

Chutney—An East India sweet relish.

Compotes—Fruits stewed in syrup, the syrup being made rich enough so the fruits will retain their shape.

Courtbouillon or Court Bouillon—Highly seasoned liquor in which fish is cooked.

Croustade—Hollowed shapes of bread fried.

Croutons—Small squares of fried bread for garnishing soup.

Curry Powder—A seasoning powder or condiment used in India. The principal ingredient is turmeric.

De or d—Of.

Demi Glacé—A rich gravy; or frosting.

Demi Tasse—Half cup.

Deville—Highly seasoned.

Diab'e—The devil.

En Brochette—Small portions of meat cooked on skewer.

Entrée—A made dish served as separate course.

Entremet—A very small side dish, usually of sweets or nuts.

Farci—Stuffed.

Filet—Tender undercut of beef.

Foie Gras—Liver of goose.

Fondant—Sugar boiled and beaten to a creamy mass.

Fondue—Cheese and eggs cooked together.

Francaise—In French style.

Frappé—Partly frozen.

Fricandeau—Piece of veal larded and braised.

Froid—Cold.

Gateau—A cake.

Gelée—Jelly.

Glacé (glassy)—Glazed over or iced.

Grille—Broiled.

Hoe Cakes—Southern cakes made of white corn meal, salt and boiling water and fried on a griddle.

Hollandaise—In Dutch style, name of sauce used for fish, meat or vegetables.

Hors d'oeuvres—Appetizer, side dish.

Jardiniere—Mixed vegetables.

Julienne—Shredded vegetables or a vegetable soup.

Kuchen—German for Cake.

Lait—Milk.

Lard—To insert strips of bacon into meat with larding needle.

Macaroni au Fromage—Macaroni with cheese.

Macedoine—Mixed vegetables or fruits.

DEFINITIONS

- Marinate**—To make savory in seasoned vinegar and oil.
- Marrons**—Chestnuts.
- Mayonnaise**—A salad dressing.
- Menu**—The bill of fare.
- Meringue**—White of egg and sugar, beaten together.
- Mousse**—A light frothy mixture whipped till spongy in texture; may be savory or sweet.
- Neige**—Snow.
- Noel**—Christmas.
- Noir**—Black.
- Pain**—Bread.
- Panade**—Bread and milk cooked thick and pasty.
- Paté**—Small pastry shell, or paste.
- Pate de Fois Gras**—A rich paste made of geese livers.
- Potage**—Soup.
- Pot-au-feu**—Soup.
- Praline**—A Creole sweet, made of pecan nuts and sugar or cocoanut and sugar.
- Pommes**—Apples.
- Pommes de Terre**—Potatoes.
- Purée (puray)**—Thick soup or vegetables, fish, etc., cooked, then passed through sieve.
- Ragout**—A rich stew or dish of meat or poultry. Usually made with vegetables.
- Rechauffé**—re-heated.
- Remoualde**—A salad dressing made from hard cooked eggs. The yolks mashed to a cream, then mixed with spices and vinegar.
- Removes**—The main dishes of the meal.
- Rissoles**—Meat seasoned fish or meat, rolled in batter and fried.
- Roux**—Browned butter and flour for thickening.
- Salmi**—A rich soup.
- Sauté**—To cook quickly over sharp fire, with just enough butter or fat to prevent sticking.
- Soufflé**—Puffed up and made light by use of well beaten eggs; may be savory or sweet.
- Tartare**—Sauce used for sea food.
- Timbale**—Cooked in a mold.
- Vol-au-vent**—A covered pie or puff paste in which to serve savories or sweets.

CHAPTER I

Bread and Rolls Made with Yeast

WHITE BREAD.

2 potatoes, size of hen's egg	3½ scant quarts of flour, or
1 cake compressed yeast	13¼ cups
3 tablespoons sugar	1 tablespoon salt
4 cups lukewarm liquid mixture	3 tablespoons shortening

Have potatoes peeled and boiled until tender. When done, run potatoes and water in which they were boiled through sieve to have them mashed and free from lumps. Place in bowl in lukewarm condition and into the potato mixture dissolve the cake of yeast and add sugar. Stir potatoes, yeast and sugar together, until yeast is thoroughly mixed and dissolved. Add enough lukewarm water to this mixture to make 4 cups in all, or 1 quart. Measure carefully 3½ quarts, or 13¼ cups of flour and place in large pan; place pan over an asbestos lid, over a turned down blaze, and warm the flour by stirring it constantly, placing the palm of hand flatly in bottom of pan, keeping the flour in motion, that no flour will be overheated or scorched. When flour is warm, make a nest in center and into this nest pour the liquid mixture. With a mixing spoon gradually mix in the flour until about 2/3 of it has been pulled in, then add the melted shortening and salt. Continue to mix until it is necessary to complete the mixing with hands. If liquid is properly measured and flour accurately measured, after once sifted, the dough should be just stiff enough, providing a good hard wheat flour is used.

Take dough out on board and knead until smooth, usually 5 minutes kneading is sufficient to put it in good condition. Select a raiser not large in circumference, but deep, in which to proof dough. Place the dough in raiser to rise. If raiser is to be tightly covered it is not necessary to grease dough on top, but if cover does not fit down securely, grease generously, thus preventing dough from crust-
ing on top. Place raiser in some warm place at a temperature of about 75 or 80 degrees Fht. A fireless cooker makes an excellent place in which to proof dough, warming the disc to lukewarm and placing dough in receptacle to set on disc. When dough has risen to double in bulk, with greased fingers press it down, by bringing outer edges of dough to center, knocking it back to original bulk as nearly

as possible. After dough is pressed down, turn it over and allow it to rise the second time to triple its volume, then press it back down again and turn it over. Pressed down the third time, it may be made into bread and rolls or it may be allowed to rise again until light, then made out into rolls and loaves. When rolls and bread are placed in greased pans and generously greased on top, allow them to rise until double in bulk before baking. Rolls and loaves should be well covered at this last stage in rising. Do not rely upon a cloth covering at any time for dough. Bread should be baked a length of time in accordance with the size of loaf. If dough has risen or proofed properly it should be baked in oven, tested in following manner: Place a little flour on pie pan and place it in bottom of oven and if flour browns to a light brown in 5 minutes, it is a good oven for bread. Bread should show only a slight brown tint at end of 15 minutes baking. Rolls require more heat at beginning of baking period than bread.

If loaves or rolls should be allowed to become too light in pans, it is better to remold dough and allow it to rise again and catch it at proper time. If it is to be baked in this over-proofed condition, it must be placed in a very hot oven and forced to crust over quickly, thus preventing further rising. Milk bread is better while fresh. Bread to be kept on hand any length of time is better made with water. Always scald milk to be used in yeast products. Bread is better baked in individual or double loaves. Where three loaves are baked together the outer loaves are usually over-baked while center loaf is yet not done. It is better to keep dough too cool than too hot. When loaves come from oven, they should be removed from pan at once, each loaf broken apart and set upright on cooling rack uncovered. Loaves may be brushed over with melted butter or sweet milk. If soft crust is desired, place a small pan of water in oven while bread is baking or place three thicknesses of damp cloth over top of loaves while on cooling rack. Bread baked in tin pans does not brown so quickly as when baked in black pans. A sure test of bread being done is to see loaves shrink from sides of pan and where one is inexperienced in baking this is a safe method.

No additional flour should be added to plain white dough, for bread, after first mixing. Dough for rolls, coffee cake and all fancy articles should be handled in soft condition and may require a few extra sprinkles of flour while handling.

If over night process bread is desired, make dough in same manner as above, setting it to proof at about 10:30 P. M., keeping it warm and well covered, with enough space in raiser for dough to expand or rise to nearly four times its bulk. The dough usually rises and falls in the night, so it may be made out into loaves and rolls the first thing in morning. Each housekeeper should be equipped with a thermometer. It is hard to determine temperature without. To one quart of liquid, one cake of compressed yeast is usually sufficient for plain white bread. Fancy dough requires more yeast, and more should be used to hasten fermentation. When using extra

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yeast in recipe, for quicker results add $1\frac{1}{2}$ teaspoonfuls ginger to a recipe where 1 quart of liquid is used.

If bread is mixed properly, ingredients accurately measured, and good materials used, there should be uniform success in baking. Particular attention should be given to flour to obtain a loaf of size and flavor. Different kinds of wheat contain different amounts of gluten. Winter or soft wheat contains less gluten than spring wheat. The soft wheat is whiter in color and has a feeling like that of cornstarch, but does not give a loaf with flavor. Hard winter wheat flour has a granular feeling, absorbs more moisture and contains the necessary gluten for perfect results in products made with yeast.

There are two ways to make bread. One the straight dough process, and the other the process in which a sponge is set and allowed to ferment a given length of time before all ingredients are mixed into a stiff dough. Both methods bring excellent results, but for many reasons the straight dough bread is the better method to follow, the bread being of better flavor and finer in texture. In making the straight dough bread it is necessary to use yeast which is in a growing condition, such as compressed or liquid yeast. In the making of sponge bread much harm is done by allowing the sponge to set too long, this condition causing bread to be slightly soured in flavor, also causing dough to be too slow in rising after all ingredients are combined. Six hours is about the limit for a sponge to be in ferment, and sponges made from growing yeast and properly cared for should set about two or three hours for perfect results.

Much care should be given utensils in which dough is mixed and raised. The dough should be handled in such a way as to expose it to as little dust as possible. Bacteria are in the dust and grow under same conditions as yeast, and if allowed to get into bread will spoil the flavor by souring it. Air and sunshine are necessary to pantry and all utensils used for food; sterilizing receptacles at regular intervals being necessary at all times. Flour should be kept in clean, sterilized and aired cans, not too tightly covered and not in too warm a temperature. If a quantity of flour is to be kept on hand any length of time it should be placed in a well ventilated place at a temperature of about 65° to 75° Fht. There are different kinds of bread diseases, but mold is most common. To prevent trouble of this kind be careful and bake bread thoroughly and do not put loaves away until perfectly cold.

The box in which bread is kept should be sunned and scalded frequently. A wooden box is not satisfactory for bread. A large stone jar makes an excellent receptacle for the keeping of bread, from a moist standpoint, but during warm weather if bread is kept on hand any length of time in covered jar it molds quicker in this way. A tin bread box is always satisfactory.

Another disease, called rope in the bread, is a condition where bread turns dark, especially in center of loaf, is sticky and ropy and is foul smelling, due to the action of bacteria. The bacteria are hard to kill and oft times a baking temperature does not kill the

germs. The source of this trouble is hard to find. The bacteria may come from dust or from some form of dirt on hands of worker, or carried by flies. More often it comes from the using of dry yeast cakes where in some instances yeast left unwrapped has been exposed to dust. This disease has often been found in homes where cleanliness prevails. The growth of the bacteria in the bread may be prevented by using about 4 tablespoonfuls of vinegar to one quart of liquid and keeping bread cool after baking. If this disease should occur in the home, clean thoroughly by sterilizing all utensils, and in some cases fumigation is necessary.

After bread is baked it should not be wrapped in cloth. It is better to bake loaves in tin, aluminum or glass. There is more danger in the burning of bread where sheet iron pans are used, and the crust is usually much thicker baked in black pans.

In winter, when it is more difficult to keep dough warm, it is always necessary to warm flour so that fermentation takes place immediately. Before kneading dough on board it is well to warm the board; the cold board chills the dough. Bread can be baked in covered pans with perfect results. This, too, gives a soft crust.

The kneading of dough is done to thoroughly mix the ingredients contained therein, also to distribute the yeast plant. If dough is kneaded the proper length of time and at the right time the bread will have a finer texture, or the air cells will be smaller in the loaf. Kneading also makes the gluten in the bread more elastic. If dough is kneaded too long it will break the gluten cells and destroy the elasticity. The proper time to knead dough is after mixing in stiff dough before setting to rise the first time. If straight dough method is followed closely and dough pressed down in the raiser two or three times before molding into loaves, five minutes time is sufficient for the kneading.

Care should be taken that dough does not become too warm in the rising. Allowing the dough to become overheated will cause the bread to be dark in color, coarse in texture and many times sour in flavor. Dough usually gets very soft and sticky if too warm. During the proofing, dough should be tightly covered. Do not rely on a cloth for covering dough. Dough raised in a large receptacle where it is allowed to spread does not make as satisfactory a loaf as the dough raised in a tall receptacle, where it is forced up. A wooden raiser is always good, especially if the wooden receptacle has been paraffine lined.

PINK BREAD.

Use same recipe as for white bread, only add fruit coloring, by drops, to the lukewarm water until the desired shade is obtained. Always make the color a little lighter than is desired, because in baking the color usually becomes a little darker. Many fancy sandwiches may be prepared from pink bread combined with white bread and colored fillings. To make a two-tone loaf, make half white dough and

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half pink dough. Form a piece of dough in a round piece the length of a loaf. Roll a piece of white dough flat on the board and lay pink roll on white dough and roll it up and form a loaf. Many fancy loaves may be arranged from pink and white dough. Other colors besides pink may be used also.

GRAHAM BREAD NO. 1.

$\frac{1}{2}$ cup mashed and sieved potatoes	8 cups unsifted graham flour
1 cake compressed yeast	7 cups white flour
$3\frac{1}{2}$ cups lukewarm water	1 tablespoon salt
$\frac{2}{3}$ cup dark molasses	3 tablespoons shortening

Mix potatoes, yeast, water and molasses together. Warm the flour in a pan, make nest in center and into this nest pour the liquid ingredients. Stir with a spoon, gradually pulling in the flour until about $\frac{2}{3}$ has been mixed, then add salt and melted shortening. Continue to mix and knead into smooth, firm dough. Place dough in raiser, grease on top, cover and set aside in warm place to rise. When dough has doubled in bulk, press it down. When risen to triple in bulk the second time, make it out into loaves. Place loaves in greased pans, grease on top and set aside, well covered, to rise. When loaves are about double in size, bake until they shrink from pans. To have bread baked in less time 2 cakes of yeast may be used instead of 1. Graham flour being different in quality, judgment must be used in getting the dough stiff enough. The dough should be in condition to be kneaded on the board without flour and without dough sticking.

GRAHAM BREAD NO. 2.

2 cups scalded sweet milk	$1\frac{2}{3}$ cups white flour
1 cake compressed yeast	2 teaspoons salt
$\frac{1}{4}$ cup dark molasses	2 tablespoons shortening
4 cups unsifted graham flour	

Dissolve yeast in lukewarm milk, to which add molasses. Warm graham flour and white flour in a pan, make a nest in the center of flour and into this nest pour the liquid ingredients. Mix until about $\frac{2}{3}$ of flour is taken up, then add salt and melted shortening. Mix and knead all into a smooth dough. Place dough in raiser, grease on top and set aside to rise. When dough has risen to double its bulk, press it back down. Allow it to rise very light again, then make out into loaves. Grease loaves well on top and set aside to rise. When loaves are light, bake. Bake this bread until bread shrinks from pans—a longer time being required than for plain white bread. If the graham flour is of a good quality this amount of flour makes dough just stiff enough. If dough seems too soft, add an extra one-half cup of white flour, or an additional amount of liquid may be added if necessary. For rich graham bread add $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup nuts and $\frac{1}{2}$ cup sugar.

BREAD STICKS.

$\frac{1}{2}$ cup scalded sweet milk	1 egg white
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{2}$ teaspoon salt
1 cake compressed yeast	$\frac{1}{4}$ cup butter
3 tablespoons sugar	$3\frac{1}{2}$ cups flour

Bring milk to lukewarm point; add lukewarm water to milk and dissolve yeast in this liquid. Add to this the sugar and well beaten egg white. Warm the flour and add $\frac{1}{2}$ to mixture, stirring well, then add melted butter, salt and remaining half of the flour. Knead the dough for about five minutes, until it seems smooth and springy. Place dough in small receptacle, grease on top, cover tightly and set aside in some warm place until dough more than doubles in bulk. If kept in warm place, it will have doubled in bulk in about two hours. When dough has reached this stage, take it from receptacle and mold into forms on bread board, to be baked on buttered sheet or bread stick pans. The soup sticks are made by rolling the dough in long strings, about the size of a lead pencil. Take a sharp knife and cut these strings in four or five-inch lengths, place on a greased pan, grease on top and set aside in warm place to become light. When sticks have nearly doubled in size, place in a moderate oven and bake, allowing them to delicately brown. The bread stick rolls are made by cutting off small pieces of dough and rolling on the board, in such a manner as to keep the ends rolled to a point and the thick part in center, giving the crispy ends and soft center. Dough can also be cut in miniature loaf form. Soup initials are made by rolling dough in long strings, size of lead pencil, then forming in initials on greased pan. Grease initials and bread sticks on top, allow them to rise, then bake in moderate oven.

DRY YEAST SPONGE BREAD.

(“Over-Night Process”)

$\frac{3}{4}$ cake of dry yeast	$3\frac{1}{2}$ scant quarts or $13\frac{1}{4}$ cups
$\frac{1}{2}$ cup soft mashed and sieved potatoes	flour
3 tablespoons sugar	3 tablespoons shortening
4 cups lukewarm water	1 tablespoon salt

Allow the $\frac{3}{4}$ cake of yeast to stand in 1 cup of the lukewarm water until it thoroughly dissolves, then add to it the mashed potatoes, sugar and $1\frac{1}{4}$ cups of flour. Beat this mixture hard for one minute and set aside in covered receptacle in warm place for one hour. At end of hour, warm the remaining 12 cups of flour and add to the mixture, together with remaining 3 cups of lukewarm water, melted shortening and salt. Knead into a firm smooth dough, usually kneading 5 or 10 minutes. Place dough in tightly covered raiser, large

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enough for dough to expand to triple its bulk. Grease dough on top and allow it to set for about 9 or 10 hours, keeping dough at a temperature of about 75 or 80° Fht., if possible. At end of time, make dough out into loaves, place in greased pans, grease loaves on top and set aside to rise again. When loaves have doubled in size, bake.

ROLLED OATS BREAD.

2 cups rolled oats (packed down)	2 cups lukewarm water
2 cups scalded sweet milk	About 11 cups flour
1 or 2 cakes compressed yeast	2 tablespoons shortening
$\frac{3}{4}$ cup sugar	1 tablespoon salt

Allow the 2 cups of oats to soak in the 2 cups of scalding milk for one-half hour, keeping the mixture covered for this period. When cooled to lukewarm, add 1 cake of yeast, dissolve in 2 cups of lukewarm water. Add sugar next. Warm flour, make a nest in the center and pour mixture over in flour, stirring and gradually pulling in the flour from sides. When about two-thirds of the flour has been mixed in, add the melted shortening and salt and continue to mix until all flour is used and dough is smooth and firm. Place dough in raiser, grease on top, cover and set aside to rise. When double in bulk, press it down. When tripled in bulk the second time, make out into loaves, place in pans, grease on top and set away to double in size. When loaves have doubled, place in oven and bake. This bread should bake longer than plain bread. To be sure the bread is done, bake till the bread shrinks some from the pan. If 2 cakes of yeast are used a shorter proofing period is required.

SALT RISING BREAD.

4 tablespoons milk	1 teaspoon sugar
2 tablespoons corn meal	Pinch of salt

Heat milk to boiling point; pour over dry ingredients which have been placed in heated quart jar. Keep in warm place over night (must be kept at even temperature). In the morning take

1 teaspoon sugar	Scald with one quart of hot
1 teaspoon salt	water
$\frac{1}{3}$ teaspoon soda	

Add flour to make batter a little thicker than for batter cakes; then add mixture which has risen over night. Beat a few minutes and put in ten-pound lard bucket with tight cover. Set in kettle of hot water to rise; this water should be as hot as the hand will bear; keep in very warm place, free from draughts. When risen to double original size, add warmed flour and make into loaves. Let rise and bake.

QUICK RYE BREAD.

2 cups scalded sweet milk	4 cups rye flour
$\frac{1}{4}$ cup lukewarm water	1 tablespoon shortening
1 cake compressed yeast	$\frac{3}{4}$ tablespoon salt
$3\frac{3}{4}$ cups white flour	

Cool scalded milk to lukewarm, to which add water in which yeast has been dissolved. Warm flour and add one-half to mixture and stir well. Add shortening, salt and remaining flour. Knead all into a smooth stiff dough. Place dough in raiser, grease on top and set aside to rise to double in bulk. When double in bulk make into loaves, allow loaves to double in size, then bake. Rye bread should be baked longer than all-wheat bread.

IRISH BISCUITS.

1 cup scalded sweet milk	1 egg
1 cake compressed yeast	$5\frac{2}{3}$ cups flour
2 tablespoons sugar	1 cup shortening
$\frac{1}{2}$ cup mashed and sieved potatoes	$\frac{1}{2}$ tablespoon salt

Cool milk until lukewarm, then add yeast, sugar, potatoes and well beaten egg then stir well. Warm flour in bowl, make a nest in center of flour and pour liquid ingredients into nest. Stir in the flour until about $\frac{2}{3}$ of flour is used, then all warm melted shortening and salt. Mix and knead into smooth dough. Place dough in covered raiser and allow it to rise to double in bulk, then make out into biscuits by rolling dough on board to desired thickness and cutting with biscuit cutter. Set biscuits in some warm place to rise until light before baking. Grease biscuits well on top. Bake in moderate oven until brown. One-half of this dough may be placed in a jar in the refrigerator to be made into rolls the following day.

WHOLE WHEAT BREAD.

$\frac{1}{2}$ cup mashed and sieved potatoes	$7\frac{1}{2}$ cups whole wheat flour
2 cakes compressed yeast	$8\frac{1}{2}$ cups white flour
1 quart lukewarm water	$1\frac{1}{2}$ tablespoons salt
1 cup dark molasses	2 tablespoons shortening

Mix potatoes, yeast, water and molasses together. Warm flour, make a nest in center. Pour liquid ingredients in nest and mix. When two-thirds of flour has been mixed in, add salt and shortening. Knead all together in smooth dough. Place in raiser, grease on top and set aside to rise. When dough is double in bulk, press down, cover and allow it to rise again. When it doubles again, make out into loaves, place in greased pans, grease on top and when loaves are doubled in size place in oven to bake.

PLAIN PARKER HOUSE ROLLS.

- | | |
|----------------------------------|---------------------------------|
| 2 cups scalded sweet milk | 6 cups flour (scant) |
| 1 cake compressed yeast | 4 tablespoons shortening |
| 2 tablespoons sugar | 2 teaspoons salt |

Cool scalded sweet milk until lukewarm, into which dissolve yeast and sugar. Warm flour in pan, make nest in center of flour and into this nest pour liquid mixture. Stir with a spoon, gradually pulling in flour from outer edges until about $\frac{2}{3}$ of flour has been mixed in, then add melted shortening and salt. Knead dough until smooth, then place in small sized receptacle not large in circumference, grease dough on top, cover and set aside to rise. When dough has risen to double in bulk, press it back down in raiser, turn dough over and allow it to rise again. For white light rolls dough should be pressed down three times before making out. Roll dough out on board to thickness of $\frac{1}{2}$ inch and cut in round shapes like biscuits. Fold a little less than half the dough over in envelope fashion, then press upper layer down in center to keep flap from flying up in oven. Grease rolls well on top, set aside to rise to double in size before baking. Rolls may be placed in pan close together or apart. Bake about 25 minutes.

GLUTEN BREAD.

- | | |
|---|----------------------------|
| 2 cups lukewarm water | 1 tablespoon butter |
| $\frac{1}{2}$ cake compressed yeast | 1 teaspoon salt |
| 4 cups gluten flour | |

Dissolve yeast in water, to which add half of the flour slightly warmed and beat hard. When about $\frac{2}{3}$ of flour is added, add melted butter and salt. Knead into a smooth dough, place in covered raiser and allow it to rise. When it doubles in volume, press it down and allow it to rise again till very light, then make out into loaves and place in pans for baking. When loaves are double in bulk, place in moderate oven and bake. When bread is done place loaves upright on cooling rack to cool but do not cover loaves. If gluten flour is of good quality 4 cups makes dough stiff enough. If dough is too soft and sticky by using 4 cups, add some additional flour. One whole cake of yeast may be used instead of one-half cake.

WHOLE WHEAT PARKER HOUSE ROLLS.

- | | |
|--|---------------------------------|
| $\frac{1}{2}$ cup mashed and sieved potatoes | 3 cups whole wheat flour |
| 1 cake compressed yeast | 3 cups white flour |
| 2 cups scalded sweet milk | 4 tablespoons shortening |
| $\frac{1}{4}$ cup sugar | 2 teaspoons salt |

Cream potatoes, yeast and sugar together, to which add sweet milk. Warm flour and place in a pan. Make a nest in center of flour and pour liquid ingredients in nest, stirring until about $\frac{2}{3}$ of flour

has been mixed in with liquid, then add shortening and salt. Continue to mix and knead the dough until smooth and soft, then place dough in a small covered receptacle and set aside to rise. When dough doubles in volume press it back down in raiser and allow it to rise again until nearly triple in bulk, then make dough out into rolls by rolling dough on floured board to thickness of $\frac{1}{2}$ inch. Cut in shape as for biscuits. Lap half of round shape over in envelope form, sticking one finger through both layers of dough. This holds the lap down so it does not rise up in baking. Grease rolls on top and set aside to rise until double in size before baking. Bake in moderate oven. When done remove from oven and brush each roll over with melted butter.

SCHOOL BREAD.

1 cup sweet milk	6 $\frac{1}{2}$ cups flour
3 cups rolled oats	2 tablespoons shortening
2 cakes compressed yeast	1 tablespoon salt
2 cups water	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{4}$ cup syrup	$\frac{1}{2}$ cup raisins (if desired)
$\frac{1}{4}$ cup sugar	

Bring 1 cup of milk and 1 cup of water to a boil and into this stir the 3 cups of rolled oats. Stir and boil for 1 minute and then remove from the fire, place a cover over the mixture and allow it to stand until lukewarm. When lukewarm, add the syrup and sugar to the mixture, also remaining cup of lukewarm water after the cake of yeast has been dissolved in it. Mix all thoroughly together. Warm the flour in a pan and make a nest in center of flour. Into this nest pour the liquid ingredients and stir until $\frac{2}{3}$ of flour has been mixed in, then add melted shortening, salt, nuts and raisins. Knead all into a smooth stiff dough, place in a raiser, grease on top and allow dough to rise to double in bulk. When double, press it back down and allow it to rise again. When double the second time, make into loaves, place in pans, grease on top and allow loaves to rise to double in size before baking. This bread requires a longer baking period than ordinary bread. Bake until loaves shrink from pans.

HEALTH BREAD.

2 cups sweet milk	$\frac{1}{4}$ cup sugar
2 cups rolled oats	1 cup graham flour
$\frac{1}{2}$ cup corn meal	8 $\frac{1}{2}$ cups flour
2 cakes compressed yeast	2 tablespoons shortening
2 cups water	1 tablespoon salt
$\frac{1}{2}$ cup sorghum molasses	1 cup raisins

Bring the 2 cups of milk to a boil and stir into it the rolled oats and corn meal, then allow it to stand until lukewarm. Next add the sorghum, sugar and lukewarm water in which the cake of yeast has been dissolved. Warm the flour in a pan and make a nest in the center of flour. Into this nest pour the liquid ingredients, stirring

BREAD AND ROLLS MADE WITH YEAST

and gradually pulling in the flour from the outer edge of the pan. When $\frac{2}{3}$ of the flour has been mixed in, add the melted shortening, raisins and salt. Continue to mix until all the flour has been taken up, completing the mixing and kneading with the hands. When the dough is smooth and firm, grease on top, place in raiser and set aside to proof. When double in bulk, press it down and set aside to rise again. When doubled in bulk the second time, remove from raiser, make into loaves, place in pans, grease on top and allow loaves to double again before placing in oven to bake. Bake this bread longer than white bread. Bake until loaves shrink from pan.

SANDWICH BUNS.

2 cups scalded sweet milk	6 $\frac{1}{2}$ cups flour
1 cake compressed yeast	$\frac{1}{2}$ cup shortening
2 tablespoons sugar	1 $\frac{1}{2}$ teaspoons salt

Cool milk until lukewarm, to which add yeast and sugar. Mix 'til dissolved. Warm flour and make a nest in center. Into the nest pour the liquid ingredients and mix in $\frac{2}{3}$ of the flour, then add melted shortening and salt. Continue to mix and knead dough until smooth. Place in covered raiser and allow it to rise until double in bulk, then press down and turn it over. Let rise again until ready to fall, then squeeze off in rolls and set each roll far apart on a greased sheet. Grease generously on top and let rise 'til double in size before baking. Brush rolls over with milk or water as they come from oven, throwing a cloth over the top while cooling.

QUICK METHOD FOR SALT RISING BREAD.

4 cups lukewarm scalded milk	11 $\frac{1}{2}$ cups flour
1 teaspoon sugar	1 tablespoon shortening,
$\frac{1}{2}$ teaspoon salt	melted
$\frac{2}{3}$ cup white corn meal	

Mix the milk, sugar, salt and cornmeal together. Next add to this 2 cups of the flour after it has been warmed. Beat the mixture 'til free from lumps and pour into a bucket that has a tight cover and let the bucket stand in a larger bucket of nearly hot water for 4 hours. The water should be heated to the point where the hand and wrist may be comfortably held in without burning. During the 4 hours standing it is necessary to keep it at this regular temperature. A fireless cooker is excellent for the purpose. At the end of the 4 hours add the remaining 9 $\frac{1}{2}$ cups of warmed flour and shortening and knead 10 minutes, then mold into three or four loaves. Grease pans and loaves on top and let them stand until double their original size before baking. Keep the loaves at a temperature of about 80° F. during this time and dough must be protected from draught. Bake slowly for 1 hour.

BRAN BREAD.

2 cups scalded sweet milk	3 cups bran
1 cake yeast	6 cups flour
4 tablespoons molasses or syrup	2 tablespoons shortening
2 tablespoons white or brown sugar	2 teaspoons salt

Cool scalded sweet milk to lukewarm temperature, into which dissolve yeast, molasses and sugar, then add the bran and mix. Warm the flour and add about one-half to mixture, then add melted shortening and salt. Mix well, add remaining flour, and knead into firm dough. Usually about 5 minutes kneading is sufficient. Set dough aside in warm place, covered, and allow it to rise until fully double in bulk. When double, press it down, then let rise until about triple its original bulk, then make out into one large or two small loaves. Place in pans, grease on top, keep covered in warm place until loaves rise to double their original size, then bake.

WATER ROLLS.

2 cups lukewarm water	6 $\frac{2}{3}$ cups flour
1 cake compressed yeast	2 teaspoons salt

Dissolve yeast in water, to which add warmed flour and salt. Knead for 5 minutes and place in covered raiser and allow it to stay until double in bulk, then take from raiser and knead another 5 minutes. Return to raiser and let dough get three times its original bulk before making out into rolls. Rolls may be molded in various shapes and sizes to suit the maker. Grease the rolls very sparingly when they are set aside to rise. Just before baking, brush each roll over with beaten egg.

WHEY BREAD.

(Liquid left from cottage cheese.)

4 cups lukewarm whey	4 tablespoons melted shortening
1 cake compressed yeast	1 tablespoon salt
13 cups flour	

Dissolve the yeast in the whey water, then let set while the flour is placed in a pan and warmed. Make a nest in the center of the flour and into this nest pour the whey mixture. Stir and mix until $\frac{2}{3}$ of the flour is pulled in, then add melted shortening and salt. Continue to mix and knead into a smooth firm dough. Place in a covered receptacle and set in a warm place to rise for 30 minutes. At the end of 30 minutes, take from receptacle and knead about 2 minutes, then put aside and allow it to rise until light enough to fall, which means about 4 times its original bulk. At this stage press it down and let it rise again. When light this time make out into loaves, place in greased pans, grease on top, then let rise to double the original loaf size and bake. This is a delicious white bread.

CREAM BREAD.

3 cups rich sweet milk	9¼ cups flour
1 cake yeast	1 tablespoon salt
2 tablespoons sugar	1 tablespoon melted butter

Scald the milk and cool 'til lukewarm. Add the yeast and sugar to milk and dissolve. Warm the flour and make a nest in the center. Pour the liquid in the nest and mix in about 2/3 of the flour, then add the salt and butter. Continue to mix and knead until dough is smooth and springy, about 5 minutes being required. Place dough in covered receptacle and let rise until double in bulk, then press it back down and turn the dough over. Let rise again until at least three times its original bulk, then press down and let rise again. When light this time make out into loaves, let rise and bake. Three loaves of bread may be made from this dough, or 2 loaves and 1 pan of buns.

ZWIEBACK.

(Bread Cooked Twice.)

⅔ cup scalded sweet milk	2 eggs well beaten
1 cake compressed yeast	¼ cup shortening
2 tablespoons sugar	½ teaspoon salt

Cool milk to luke warm into which dissolve the yeast and sugar. Next add the well-beaten eggs and 1½ cups of warmed flour. Beat hard for one minute, then set aside for one hour. When light, add beaten eggs, melted shortening, salt and enough additional flour to make into soft dough. Knead five minutes, then set aside to rise until light again. Take out onto board and mold into two small, long loaves. Let loaves rise until light, grease on top and bake. When baked, cut in slanting slices and toast to light brown.

“SAVE ALL BREAD SCRAPS.”

Save all bread scraps and keep in pan covered with cheesecloth. When you have a sufficient amount, place in dripping pan and set in oven to dry out and toast to a very light brown color. After toasted, roll with rolling pin until crumbs are fine. Keep crumbs on hand to be used for pudding and breading purposes. Crumbs should be kept in a cheesecloth bag and hung in the pantry, allowing them to be well aired and yet protected from dust. They will keep indefinitely in this manner. Do not place crumbs in any covered receptacle; they become rancid where they get no air.

CHAPTER II

Fancy Breads, Rolls, Cake and Doughnuts Made with Yeast

BUTTER SCOTCH NUT ROLLS.

1½ cups scalded sweet milk	2 eggs
2 cakes compressed yeast	7½ cups flour
1 cup mashed and sieved potatoes	1 teaspoon nutmeg
1 cup sugar	¾ tablespoon salt
	⅔ cup shortening

Cool milk until lukewarm, into which dissolve yeast. Add mashed potatoes, sugar and well-beaten eggs. Place flour in a pan and warm it slightly, make a nest in center of flour and into this nest pour the liquid mixture. Stir, by bringing in the flour from outer edges, gradually, and when 2/3 of flour has been mixed in, add the salt, nutmeg and melted shortening. Mix and knead into smooth soft dough. Place dough in a raiser, grease on top, cover and set aside to rise. When double in bulk, press it back down in the raiser and let rise until very light, about triple in bulk, then roll dough out on warm board to thickness of ½ inch. Spread a generous covering of butter over rolled dough first, then spread a thick layer of brown sugar and nuts. Roll dough as tight as it can be rolled pinching the edges well together at closing of roll. Cut off in slices, about 1½ inches long and set slices upright in a well greased deep pan close together. Grease rolls on top and set aside until they become light before baking. Bake in moderate oven. Sultana raisins may be rolled in with the brown sugar instead of nuts. Maple sugar may be used in place of brown sugar.

CREAM PARKER HOUSE ROLLS.

2 cups scalded sweet milk	2 eggs
1 cake compressed yeast	½ cup shortening
½ cup mashed and sieved potatoes	1 scant tablespoon salt
½ cup sugar	7½ cups flour

Cool scalded milk to lukewarm and add to it the yeast, mashed potatoes, sugar and well-beaten eggs. Warm 3½ cups of flour and add, beating hard for two minutes. Set this sponge in warm place and

FANCY BREADS, ROLLS, CAKE AND DOUGHNUTS MADE WITH YEAST

allow it to become light, usually from an hour to two hours being necessary for this process. When light, warm the remaining 4 cups of flour and add, together with the melted shortening and salt. Knead into a smooth dough. Place it in a raiser, grease on top, cover and set in warm place to rise. When risen to three times its bulk, roll out on warmed board to thickness of $\frac{1}{2}$ inch. Cut in round shapes like biscuits. Lap a part of the round shape over in envelope form, then run one finger through both thicknesses of the dough at the center of lap-over. This keeps lap-over dough from flying up in the baking. Place rolls on greased pans close together, grease on top and allow them to rise until light, then bake. A nut half may be placed, in the center of each lap-over, on roll.

QUICK RAISED CINNAMON ROLLS.

$\frac{1}{2}$ cup mashed and sieved potatoes	$1\frac{1}{2}$ cups lukewarm water
1 cake compressed yeast	$5\frac{1}{2}$ cups flour
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup shortening
	$\frac{1}{2}$ tablespoon salt

Mix potatoes, yeast, sugar and lukewarm water together. Warm the flour, make a nest in center of flour and into this nest pour the liquid ingredients. Stir until $\frac{2}{3}$ of the flour has been mixed in, then add the melted shortening and salt. Knead all into a smooth soft dough. Place in raiser, grease on top, cover and set in warm place to rise. When double in volume, press it down. When double again take out on board and roll in oblong shapes to thickness of $\frac{1}{4}$ inch. Spread butter generously over dough, then sugar and cinnamon. Roll up into a tight roll and slice off in slices. Set slices upright on greased pans close together, grease on top and let rise until light before baking. It is better to separate the dough and roll into two molds. One mold can be spread with plain butter and sugar and after rolls are baked spread tops with a coating of pulverized sugar mixed with milk and a few chopped nuts on top of this.

QUICK CREAM ROLLS.

2 cups scalded sweet milk	6 cups flour
2 cakes compressed yeast	$2\frac{1}{2}$ teaspoons salt
1 well beaten egg	3 tablespoons melted butter
3 tablespoons sugar	

Cool the milk until lukewarm and into this dissolve the yeast. Next add the beaten egg and sugar. Have the flour warmed and make a nest in the center. Into nest, pour the liquid and stir until two-thirds of flour is mixed in, then add the salt and melted shortening. Mix and knead until smooth, then put the dough in tight covered tall receptacle and set aside in warm place for 15 minutes to rise. At end of 15 minutes take dough out onto board and knead another 3 minutes and return the dough to raiser. When the dough rises to fully three times its original bulk, press it down in raiser, turn dough

over and let it rise again. When light again, make out into rolls. Let rolls rise until very light, then bake. Parker House shapes are more desirable than plain bun rolls. About 3½ hours are required for making and baking these rolls.

RAISED DOUGHNUTS.

2 cups scalded sweet milk	2 eggs
2 cakes compressed yeast	⅔ cup butter and lard mixed
½ cup mashed and sieved potatoes	1 tablespoon salt
1 ⅔ cups sugar	1 teaspoon nutmeg
	7 cups flour

Cool scalded sweet milk to lukewarm, to which add yeast, potatoes and sugar. Next add the well-beaten eggs. Warm 3½ cups of flour and add to this mixture, beating hard for one minute after all flour is added. Set this mixture, well covered, in some warm place and allow it to become light, usually about 1½ hours being required. When light, add the remaining 4 cups of flour warmed, salt, melted shortening and nutmeg. Knead into a smooth soft dough and again place the dough in covered receptacle to become light. When the dough has fully doubled in bulk, take from raiser, roll on warmed board and cut into doughnut shapes, having dough rolled to about ¼ inch in thickness. Place these doughnuts on greased paper or pans and allow them to get perfectly light before frying in deep fat. When cold dredge in fine granulated sugar. This dough is quite soft, and additional flour may be needed in handling.

SLICED BREAD.

½ cup mashed and sieved potatoes	½ teaspoon cloves
1 cake compressed yeast	2 teaspoons nutmeg
1 cup sugar	2 teaspoons cinnamon
2 cups lukewarm water	2 tablespoons shortening
8 cups flour	1 tablespoon salt
	½ cup raisins

Cream potatoes, yeast and sugar together, to which add water. Sift flour, cloves, nutmeg and cinnamon together and place in a pan. Warm flour mixture until lukewarm, make a nest in center of flour and into this nest pour the liquid ingredients. Stir until about 2/3 of flour has been pulled in, then add melted shortening, salt and raisins. Mix into a smooth dough, kneading only a short time. Place dough in raiser, grease on top, cover and set aside to rise. When dough rises to double its bulk, knock it down by bringing outer edges of dough to center until dough is pressed back to almost the bulk at beginning. Set aside, and when light again make out into loaves for baking. Grease loaves generously on top and set aside to become light, usually allowing the loaves to rise to double in bulk again. Bake this bread until loaves begin to shrink from pan.

COCOA BREAD.

2 cups scalded sweet milk	½ cup cocoa
1 cake compressed yeast	7 cups flour
7 tablespoons sugar	¼ cup melted shortening
2 well beaten eggs	1½ teaspoons salt

Cool milk to lukewarm, to which add yeast, sugar and beaten eggs. Sift cocoa and flour together and warm. Make a nest in the center of the flour and into the nest pour the liquid mixture. Mix in 2/3 of the flour, then add the shortening and salt and continue to mix and knead for 5 or 10 minutes. When smooth place in a small covered receptacle and allow it to rise until double its bulk, then press it down, cover and set aside again to rise until it gets very light, fully 3 times its original bulk. At this stage make it out into loaves. Place loaves in greased pans, grease on top, keep covered until light, then bake. Two-thirds cup of currants, raisins or nuts may be added to the dough.

RAISIN GRAHAM BUNS.

2 cups scalded sweet milk	3 cups white flour
1 cake yeast	3 tablespoons shortening
1 cup sugar	¾ tablespoon salt
4 cups graham flour	1 cup raisins

Cool milk until lukewarm, into which dissolve the yeast and sugar. Add the graham flour unsifted and warmed, stirring all together. Next add melted shortening and salt, and knead into a smooth dough, adding the raisins last with white flour. Knead only a few minutes. Place dough in raiser, grease on top and set aside to rise. When it has risen to double in bulk, press it down, cover and allow dough to rise again to triple its bulk, then make out into buns and place in greased pans. When buns are double in size, bake. Keep dough well greased on top before baking.

HOT CROSS BUNS.

1 cup scalded sweet milk	4¼ cups flour
1 cake compressed yeast	1 teaspoon salt
½ cup sugar	½ cup butter
1 egg	¼ cup raisins or currants

Cool scalded milk to lukewarm, into which dissolve the yeast. Next add sugar and well-beaten egg. Warm the flour in a pan and make a nest in center of flour and into this nest add the liquid ingredients. Stir until about 2/3 of flour has been mixed in, then add melted butter, salt and raisins. Knead into smooth soft dough. Place dough in small tall receptacle, grease dough on top, cover and let rise to double in bulk. When double, press it down in raiser and allow it to rise again. When risen to nearly triple its bulk, make out into buns, by rolling dough to thickness of ½ inch and cutting with

biscuit cutter. Place buns on greased sheet, allowing space between each one. Grease buns on top and set aside to rise until nearly double in size. With a sharp knife make a cross on each bun before placing in moderate oven to bake. Remove from oven and when cool spread a mixture of pulverized sugar and cream on the cross lines on top of buns and over this a sprinkle of finely chopped nut meats, pecans being best. This dough should be handled as soft as possible.

POPPY SEED BUNS.

1½ cups scalded sweet milk	6 cups flour
1½ cakes compressed yeast	¼ cup butter or lard
1 egg	1½ teaspoons salt
¾ cup sugar	

Cool scalded milk to lukewarm, to which add the yeast, beaten egg and sugar. Warm the flour and make a nest in the center. Into this nest pour the liquid ingredients and stir until 2/3 of the flour is mixed in, then add the melted shortening and salt and continue to mix and knead into soft dough, then place in small covered receptacle to rise. When it has risen to double its bulk, press back down in the raiser and turn the dough over. Let it rise again until 3 times its original bulk the second time, then press down again and turn it over. Now when it rises light the third time roll out on board and cut into biscuit or oval shapes. Place buns on greased pans and spread beaten egg and poppy seed over each bun. Let rise 'til light then bake.

COFFEE CAKE.

½ cup mashed and sieved potatoes	2 eggs
2 cakes compressed yeast	6 cups flour
1 cup scalded sweet milk	½ cup shortening
1 cup sugar	¾ tablespoon salt
	½ cup raisins

Mix potatoes, yeast, lukewarm milk and sugar together, to which add well-beaten eggs. Warm flour in pan, make a nest in center and into this nest pour the liquid mixture. Mix until about 2/3 of flour has been mixed in, then add melted shortening and salt. Continue to mix dough until soft and smooth. Place dough in raiser, grease on top, cover and set aside to rise. When dough has fully doubled in bulk, press it back down and allow it to rise again before making into cakes. If Sultana raisins are used, add the raisins when shortening and salt are added. If dark raisins are used, add them when dough is being molded into cakes. Dark raisins allowed to remain in dough during the fermentation period soften too much and are apt to cause the dough to be discolored in a circle around raisin. The Sultana raisin is small and yellow and does not darken the dough. Coffee cakes may be covered over with any desired mixture.

SPONGE COFFEE CAKE.

2 cups scalded sweet milk	7¼ cups flour
½ cup mashed potatoes	⅔ cup lard and butter mixed
2 cakes compressed yeast	½ tablespoon nutmeg
1½ cups sugar	1 tablespoon salt
1 egg	½ cup Sultana raisins

Cool scalded milk to lukewarm, to which add the potatoes, yeast and sugar, seeing that yeast is well dissolved. Next add the beaten egg. Warm 3¼ cups of flour and add to the liquid mixture, beating hard for 1 minute. Set this aside in covered receptacle in warm place to rise. If kept properly it will be very light in about one hour and a half or two hours. When light add remaining 4 cups of warmed flour, melted shortening, salt, nutmeg and Sultana raisins. Mix into a smooth soft dough and again set dough aside in covered receptacle in warm place to rise. When light take from receptacle, roll dough out on warmed board to desired thickness, cut in shapes to fit the pans. A covering can be placed on top of coffee cakes at this time or cakes may be allowed to rise first, then add covering and bake. Cakes should rise to nearly double in thickness before baking. Any desired covering may be used. Coffee cake dough should be handled in as soft condition as possible.

SULTANA RAISED RICE MUFFINS.

1 cup scalded sweet milk	6 cups flour
½ cup sugar (more if desired)	4 tablespoons shortening (butter preferred)
2 cakes compressed yeast	1 cup Sultana raisins
2 eggs	1 tablespoon salt
1 cup cooked rice	

Cool milk until lukewarm, to which add sugar, yeast and well-beaten eggs. Next add rice. Warm flour in bowl, make a nest in center of flour and pour liquid ingredients in nest. Stir mixture by pulling flour in from outer edges. When 2/3 of flour has been stirred in add the melted shortening, raisins and salt and continue to mix until all flour is used. Knead dough for 3 or 4 minutes until dough is smooth and firm, then place in raiser, grease on top and set aside to rise. When dough is double in volume press it down in raiser. When it rises again to triple, make out into rolls or into loaf and rolls. Grease generously on top and set aside to rise. When light bake.

POPPY SEED CRESCENTS.

2 cups scalded sweet milk	6½ cups flour
1 cake compressed yeast	½ cup butter
3 tablespoons sugar	1½ teaspoons salt

Cool milk to lukewarm, to which add the yeast and sugar and stir until it is dissolved. Add 3 cups of the flour (warmed) to the liquid and beat into smooth batter, then cover and set it aside until it is

very light. When light add remaining warmed flour, melted butter and salt and knead into a soft dough. When kneaded set aside in warm place to rise. When it rises to fully three times its original bulk, roll dough out into about 6 inch square thin sheets. Now roll the squares in such a way that the corner of dough comes in the center of the roll, then curve the roll in shape of a crescent. Grease the crescents on top and set them far apart on buttered sheet and let rise till double their size before baking. When half baked take them from the oven and spread beaten egg yolk over the top of each roll, then sprinkle with poppy seed. Return to oven to finish baking and brown.

ALL PURPOSE DOUGH.

2½ cups scalded sweet milk	8¼ cups flour
2 cakes compressed yeast	2 teaspoons salt
1 cup sugar	½ cup melted shortening
2 eggs	

Cool milk to lukewarm, to which add the yeast and sugar and stir until dissolved. Next add the well beaten eggs. Warm the flour and make a nest in the center. Into this nest pour the liquid ingredients and stir until 2/3 of the flour is mixed in, then add the melted shortening and salt. Knead into a smooth soft dough, then place in covered receptacle and let it rise until double in bulk. When double, press it down, cover again and let rise the second time until it has risen to three times its bulk. It may be made out into rolls or other articles at this time, or it may be pressed down once again before handling. This dough makes excellent cinnamon rolls, raised doughnuts, coffee cakes, tea rings, sugar buns, currant rolls, raisin buns or bread, raised nut bread and many other fancy articles.

STOLLEN.

1½ cups scalded sweet milk	½ cup candied cherries cut in halves
3 cakes yeast	⅓ cup citron, chopped fine
1½ cups sugar	½ cup candied pineapple, chopped
3 eggs	1 teaspoon nutmeg
9 cups flour	1 cup blanched almonds, sliced
⅔ cup butter	
2 teaspoons salt	
1 cup raisins	
1 cup currants	

Cool milk to lukewarm, to which add the yeast and dissolve. Next add beaten eggs and 4 cups of the flour, warmed. Beat into a smooth batter, then add melted butter and all other ingredients and knead into smooth dough. The 9 cups of flour usually make the dough of the desired stiffness. If it should seem too soft a few sprinkles of flour may be added during kneading process. When kneaded, place in a receptacle, grease on top, cover and set in warm

FANCY BREADS, ROLLS, CAKE AND DOUGHNUTS MADE WITH YEAST

place until dough rises to be three times its original bulk, which usually requires about three hours. At this stage take the dough out and fit into a tube or plain cake pans, grease on top and set aside again to rise. When the dough is light, bake in moderate oven. When cakes are baked and cold they may be iced in any desired way. The cold icing or filling is a favorite covering for these cakes. The dough may be prepared in other ways—making fancy twists and rings and covering with icing and fruit.

CHAPTER III

Quick Breads Made With Baking Powder.

SWEET MILK BISCUITS.

2½ cups flour	3½ tablespoons shortening
4½ teaspoons baking powder	1 cup sweet milk
1 teaspoon salt	

Sift flour, baking powder and salt together. Cut shortening into dry ingredients. Add sweet milk, stir briskly and then scrape out on floured board. Knead lightly, only long enough to form the dough in ball. Turn the seams of the dough down on rolling board, keeping the smoother surface up. Roll to desired thickness, usually about ½ inch. Cut biscuits and place on biscuit sheet, allowing a space between each biscuit. It is not necessary to grease the sheet, unless oven does not bake well on bottom, then greasing tends to brown them quicker. Biscuits may be brushed over the top with melted shortening or butter before baking, or they may be baked plain. Bake in quick oven, usually about eight minutes being required for the baking of a small-sized biscuit. A little more shortening may be added if desired.

SOUR MILK BISCUITS.

2½ cups flour	3½ tablespoons shortening
1 teaspoon salt	1 cup full and running over of sour milk
3½ teaspoons baking powder	
¼ teaspoon soda	

Sift flour, salt, baking powder and soda together. Cut shortening in with spatula or mixing spoon. Add sour milk, stir briskly, roll on floured board to desired thickness. Cut in shapes, placing biscuits on pans so they do not touch. Bake in hot oven for about eight minutes. Biscuits may be brushed over top with melted butter or left without grease. If milk is very sour, it is sometimes necessary to add ½ teaspoonful of soda to one cup of milk instead of ¼ teaspoonful.

EGG TEA BISCUIT.

2½ cups flour	3½ tablespoons shortening
4½ teaspoons baking powder	1 cup sweet milk
1 teaspoon salt	1 egg

Sift flour, baking powder and salt together. Next cut in the shortening with spatula or mixing spoon. When dry ingredients and shortening are mixed, beat the egg light and add to the milk. Now combine all, stirring briskly. Either toss dough on floured board, knead lightly, roll and cut, or drop by spoonfuls and bake on greased pan. A tablespoonful of sugar may also be added to the dough mixture if desired.

Sour Milk Egg Tea Biscuits may be made by using 1 cup of sour milk instead of sweet milk. Use 3½ teaspoons of baking powder instead of 4 and add ¼ teaspoon soda.

HEALTH BISCUITS.

2¼ cups flour	3½ tablespoons butter
3 teaspoons baking powder	½ cup chopped and floured raisins
½ teaspoon soda	¼ cup chopped nuts
1 teaspoon salt	1 cup sour milk
¼ cup bran	

Sift flour, baking powder, soda and salt together. Next add bran and mix. Add butter and see that it is evenly mixed through the dry ingredients, then add nuts and raisins. Last pour in the sour milk and stir, getting it mixed as quickly as possible. Scrape out onto floured board, knead only lightly, then roll and cut in biscuit shapes. Bake in quick oven.

ROLLED OATS BISCUITS.

1½ cups flour	1 cup uncooked rolled oats
1 or 2 tablespoons sugar	3 tablespoons shortening
4½ teaspoons baking powder	1 cup sweet milk
1 teaspoon salt	

Sift flour, sugar, baking powder and salt together. Cut shortening through with spatula or spoon. Add rolled oats and milk. Stir briskly, roll on floured board, cut and bake in oven at about 500 degrees for about 8 to 10 minutes. It is easier to bake these biscuits in dropped form. Drop by spoonfuls on greased sheets.

BEATEN BISCUIT.

2½ cups flour	1 teaspoon salt
½ teaspoon baking powder	½ cup shortening
2 tablespoons sugar	¾ cup sweet milk

Sift flour, baking powder, sugar and salt together. Cut shortening into dry ingredients and then add milk. Mix all together and beat one hour. Cut in biscuit shapes, about ¼ inch in thickness, prick each biscuit on top with a fork. Bake in slow oven.

IDEAL CORN BREAD.

1 egg	$\frac{1}{2}$ cup flour
$\frac{3}{4}$ cup sweet milk	1 cup corn meal
2 tablespoons melted shortening	2 $\frac{1}{2}$ teaspoons baking powder
1 tablespoon sugar	1 teaspoon salt

Beat egg light, to which add sweet milk and melted shortening. Sift sugar, flour, cornmeal, baking powder and salt together and add. Beat all together and bake in well greased pan or in corn stick pans. Serve hot from oven.

CHOICE CORN BREAD.

2 eggs	2 teaspoons baking powder
2 cups sour milk	2 teaspoons salt
2 tablespoons sugar	2 cups corn meal
1 teaspoon soda	1 cup unsifted graham flour

Beat eggs light, to which add sour milk. Sift sugar, soda, baking powder, salt and cornmeal together and add. Next add the graham flour and beat all together. Bake in pone or in well greased corn stick pans.

EGGLESS CORN BREAD.

$\frac{2}{3}$ cup flour	3 teaspoons baking powder
1 cup corn meal	2 tablespoons melted fat
2 tablespoons sugar	1 cup sweet milk
2 teaspoons salt	

Sift flour, cornmeal, sugar, salt and baking powder together. Add melted fat and milk. Beat hard one minute. Bake in well greased pan in pone or in corn stick pans. Serve hot.

SPOON CORN BREAD.

1 $\frac{3}{4}$ cup corn meal	3 cups milk or water
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Cook liquid and meal together until it is in cooked mush form. Remove from fire and cool. Add the following ingredients to mush mixture in order given, whites of eggs folded in at last. Bake in baking dish and serve from dish with spoon:

2 tablespoons sugar	3 teaspoons baking powder
2 tablespoons melted butter	3 eggs beaten separately
2 teaspoons salt	

“CRACKLING” CORN BREAD.

Make the same recipe as for “Choice Corn Bread” and add to the mixture 1 cup of crispy leaf lard “cracklings.”

SHAMS.

4 eggs	1 teaspoon baking powder
$\frac{1}{8}$ teaspoon salt	1 tablespoon sugar
$\frac{3}{8}$ cup cornstarch	3 tablespoons cold water

Beat egg yolks very light, then gradually fold in the salt, cornstarch, baking powder and sugar after it has been sifted together 2 times. Next add cold water slowly, then the stiffly beaten egg whites. Bake in well-greased muffin tins in oven as for muffins. To be served for breakfast or luncheon. Best with conserve or preserves.

NUT BREAD.

$\frac{1}{2}$ cup sugar	4 teaspoons baking powder
4 tablespoons shortening	$\frac{1}{4}$ teaspoon salt
1 egg	1 cup water
$2\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup chopped nuts

Cream shortening and sugar, to which add unbeaten egg and re-cream. Sift flour, baking powder and salt together and add alternately to creamed mixture with water. Beat hard, add nuts, place in greased and flour-dusted pan and bake in moderate oven for about 1 hour at least.

QUICK BREAD.

1 egg	$4\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups sweet milk	3 tablespoons sugar
1 cup graham or whole wheat flour	$\frac{1}{2}$ cup chopped pecans
$1\frac{1}{2}$ cups white flour	1 tablespoon melted shortening
1 teaspoon salt	

Beat egg light, to which add the milk and graham or whole wheat flour. Sift white flour, salt, baking powder and sugar together and add. Last add the pecans and melted shortening. Beat mixture all together and place in greased and flour-dusted loaf pans. Bake in moderate oven until well done.

BAKED OR STEAMED BROWN BREAD.

2 cups sour milk	1 teaspoon baking powder
1 cup sorghum molasses	2 cups graham flour (unsifted)
$1\frac{1}{2}$ cups white flour	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{4}$ cup corn meal	1 cup raisins
1 teaspoon soda	
1 teaspoon salt	

Mix sour milk and sorghum together. Sift flour, cornmeal, soda, salt and baking powder together and add, beating hard for one min-

ute. Next add unsifted graham flour, chopped nuts and raisins. Bake in greased and flour-dusted tin cans. Bake for about 2½ hours. Bread may be baked with cans covered or uncovered. Oven must be on low heat for this bread. If to be steamed, steam 3 hours in covered cans.

BAKING POWDER PARKER HOUSE ROLLS.

2½ cups flour	1 teaspoon sugar
4½ teaspoons baking powder	4 tablespoons butter
1 teaspoon salt	1 cup sweet milk

Sift flour, baking powder, salt and sugar together. Cut butter in with spatula or mixing spoon. Add sweet milk and stir briskly. Roll dough on board to thickness of ½ inch. Brush dough over with melted butter and cut in biscuit shapes. Lap dough over in pocket-book form for each roll and place on slightly greased biscuit sheet. These rolls may be placed on pan close together or a space left between each roll. Bake in quick oven. Place a nut or raisin in the center of each roll, pressing it down into the dough.

QUICK HONEY ROLLS.

2½ cups flour	4 tablespoons shortening
3½ teaspoons baking powder	¾ cup sweet milk
½ teaspoon salt	¼ cup honey

Sift flour, baking powder and salt together. Cut shortening through, add milk and honey. Mix quickly with mixing spoon, roll on floured board to thickness of ¼ inch. Spread honey generously over the dough, then a little flour and nutmeg. Roll over in tight roll, cut off in thin slices, set slices upright on greased pan like biscuits, and bake. Serve hot.

BREAKFAST CINNAMON ROLLS.

2½ cups flour	4 tablespoons shortening
4½ teaspoons baking powder	1 cup sweet milk
1 teaspoon salt	

Sift flour, baking powder and salt together. Cut shortening through with a spatula or mixing spoon. Add milk, stir briskly into soft dough. Place dough on floured board and roll to ¼ inch in thickness. Brush dough over with butter, then sprinkle generously with cinnamon and sugar. Roll dough into a tight roll and cut off in slices about 1½ inches long. Set slices on greased sheet and bake for about 12 minutes in quick oven. Any kind of fruit or raisins may be placed in the roll with the cinnamon and sugar.

HOE CAKE.

1 cup corn meal
2 teaspoons baking powder
1 teaspoon salt
1 cup boiling water

Place meal, baking powder and salt in bowl and pour over it the boiling water, stirring briskly. Allow this to stand a few minutes until mush mixture can be taken up in hands. Mold into shape with palm of hands, having the cakes about $\frac{3}{4}$ inch in thickness. Grease griddle and fry, being particular to allow the cakes to remain on one side long enough to cook half through then turn and cook on other side. Turn only once.

CLAYTON QUICK COFFEE CAKE.

2 cups flour
 $\frac{1}{2}$ cup sugar
 $3\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{4}$ cup shortening
1 egg
 $\frac{3}{4}$ cup sweet milk
 $\frac{1}{2}$ cup raisins (Sultana preferred)

Sift flour, sugar, baking powder, salt and nutmeg together. Cut shortening in with spatula or mixing spoon. Beat egg light and add to sweet milk. Pour the sweet milk and egg mixture into flour and stir briskly. Add raisins and mix all well together. Place dough in well-greased and flour-dusted pan, pulling the dough well towards the outer edge of the pan. Brush melted butter over the top, sprinkle with sugar and cinnamon and bake in moderate oven. Crumbs or any desired mixture may be used on top of cakes.

THOMPSON BREAKFAST CAKES.

$2\frac{1}{2}$ cups flour
1 teaspoon salt
 $4\frac{1}{2}$ teaspoons baking powder
 $3\frac{1}{2}$ tablespoons shortening
1 cup sweet milk or water

Sift flour, salt and baking powder together. Cut in shortening with spatula or mixing spoon. Next add milk or water. Toss dough on board, knead lightly and roll to thickness of about one-fourth inch or a little thicker, cut with large size biscuit cutter. Place griddle on stove and sprinkle a little flour on it. When the flour turns a very light colored brown, then place the biscuit cakes on griddle and allow them to bake slowly. Watch them rise and when they have risen and seem to have cooked half through, turn them over carefully and allow them to brown and cook 'til baked through. Serve hot as biscuits are served.

SOUR MILK THOMPSON BREAKFAST CAKES.

Make the same as for sweet milk, only use one cup of sour milk instead of sweet milk. Use $3\frac{1}{2}$ teaspoons baking powder instead of 4 and add $\frac{1}{4}$ teaspoon soda.

QUICK CHEESE COFFEE CAKE.

1 cup flour	2 tablespoons butter
$\frac{1}{4}$ cup sugar	1 egg
2 teaspoons baking powder	$\frac{1}{3}$ cup sweet milk
$\frac{1}{2}$ teaspoon salt	

Sift flour, sugar, baking powder and salt together. Cut butter into flour, having mixture well blended. Beat egg light and add to sweet milk, then pour sweet milk and egg mixture into flour mixture and stir all together. Grease and flour-dust a cake pan and spread this mixture in pan, pulling the dough well out towards the outer edges of pan before placing in oven. Bake in a moderate oven and when the dough mixture has risen in the pan and about $\frac{2}{3}$ baked, remove from oven and have ready to spread over the top the following mixture:

CHEESE COVERING.

1 cup cottage cheese	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	Few grains of salt
1 tablespoon flour	$\frac{1}{2}$ teaspoon lemon juice
1 egg	$\frac{1}{2}$ teaspoon grated lemon rind

Beat egg light and add to cheese. Blend sugar, flour, nutmeg and salt together and add, together with lemon juice and rind. If thick cheese covering is desired double the ingredients as given. Smooth cheese is required for this mixture. Cheese made from heated milk is not satisfactory.

When the cheese mixture is placed on top return to oven and allow cake to cook until cheese is set, ordinarily requiring about 15 to 20 minutes for the process. If possible, bake this in bright tin pan.

BRAN NUT LOAF.

2 $\frac{1}{2}$ tablespoons butter	2 teaspoons baking powder
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda
1 large egg	1 teaspoon salt
$\frac{1}{2}$ cup dark molasses	1 cup sweet or sour milk
1 cup bran	$\frac{3}{4}$ cup nut meats
2 $\frac{1}{2}$ cups flour	

Cream butter and sugar well together, to which add beaten egg and cream again. Next add the dark molasses and bran and mix thoroughly. Sift the flour, baking powder, soda and salt together and add alternately to cream mixture with sweet milk. Add the chopped nut meats and mix all thoroughly, then pour into greased and flour-dusted small bread pans and bake. This makes 2 small loaves or one large one. Bake slowly for about 1 hour if in one loaf.

PRUNE BRAN LOAF.

3 tablespoons butter	2 teaspoons baking powder
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon soda
1 egg (large size)	2 cups bran
1 cup sour milk	$\frac{1}{2}$ cup soaked, uncooked, chopped prunes
1 cup flour	
1 teaspoon salt	

Cream butter and sugar together to which add beaten egg and beat until light. Sift flour, salt, baking powder and soda together and add to creamed mixture alternately with sour milk. Next add prunes and beat for one minute. Bake in greased and flour-dusted loaf pan for about 45 minutes. Raisins, currants or other dried fruit may be used instead of prunes.

ONE GRAHAM LOAF.

1 egg	2 cups graham flour
$\frac{1}{2}$ cup molasses (dark variety)	$\frac{1}{2}$ cup white flour
$1\frac{1}{2}$ cups sour milk	1 teaspoon salt
	1 teaspoon soda

Beat egg light and combine with molasses and milk. Add the graham flour to mixture in unsifted form, then add the flour, salt and soda in sifted form. Beat 'til smooth, pour into greased loaf pan and bake 1 hour.

SALLY LUNN.

2 cups flour	1 whole egg, or 2 yolks
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup sweet milk
3 tablespoons sugar	4 tablespoons melted butter
4 teaspoons baking powder	

Sift flour, salt, sugar and baking powder together. Add the beaten egg or yolks to the milk and add next. Last add the melted shortening. Stir well and bake in buttered shallow pan for about 25 minutes. Cut in squares and serve hot for breakfast or luncheon for bread, or it may be served as cake with fruit sauce.

SCONES.

4 tablespoons butter	$\frac{1}{4}$ teaspoon salt
4 tablespoons sugar	1 egg
$1\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup milk
3 teaspoons baking powder	

Cream butter and sugar together. Sift flour, baking powder and salt together. Beat egg light and add to milk. Now add dry ingredients to creamed butter and sugar alternately with the milk and egg.

Stir all together, place on floured board and roll to thickness of $\frac{1}{4}$ inch, being careful to roll some sugar on the dough, making a sugar-crusted top. Cut in fancy shapes and bake in quick oven. When browned lightly remove from oven, cool and split. Between each scone spread preserves or jam. Also place a dot on top. Serve as dessert, or in place of cake.

CHAPTER IV

Muffins.

PLAIN MUFFINS.

$\frac{1}{3}$ cup butter	3 teaspoons baking powder
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup milk	1 large egg
$1\frac{3}{4}$ cups flour	

Cream butter and sugar thoroughly together. Sift flour, baking powder and salt together and add to creamed sugar and butter alternately with the milk. Beat egg light and add last. Bake in greased and flour-dusted muffin pans in quick oven.

WHEAT AND CORN MEAL MUFFINS.

3 tablespoons shortening	$3\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup syrup	$\frac{1}{4}$ teaspoon soda
1 cup sour milk	1 teaspoon salt
1 cup flour	1 egg
1 cup cornmeal	

Cream shortening and syrup together, to which add milk. Sift flour, corn meal, baking powder, soda and salt together and add to liquid mixture and mix thoroughly. Beat egg light and add last, beating the mixture a few minutes before placing in greased muffin pans for baking.

RICE MUFFINS.

1 tablespoon butter	$\frac{1}{2}$ cup sweet milk
3 tablespoons sugar	$1\frac{1}{4}$ cups flour
1 cup boiled rice	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt

Cream butter and sugar together, to which add beaten egg and cream again. Add rice to this, then sweet milk. Sift flour, baking powder and salt together and add. Beat mixture and bake in greased and flour dusted muffin pans. Bake about 25 minutes.

WHOLE WHEAT MUFFINS.

$\frac{1}{4}$ cup butter and lard mixed	$1\frac{1}{4}$ cups whole wheat flour
$\frac{1}{4}$ cup sugar	1 teaspoon salt
1 egg	$\frac{1}{4}$ teaspoon soda
1 cup sour milk	$2\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup white flour	$\frac{1}{2}$ cup raisins

Cream shortening and sugar together, to which add unbeaten egg and cream again. Sift flour, salt, soda and baking powder together and add alternately to creamed mixture with sour milk. Beat hard one minute, then add raisins and bake in greased and flour-dusted muffin tins. Bake in quick oven, usually from 20 to 25 minutes in baking. If sweet milk is used in this recipe, leave out soda and use $3\frac{1}{2}$ teaspoonfuls baking powder instead of $2\frac{1}{2}$ teaspoonfuls.

BREAD CRUMB MUFFINS.

2 tablespoons butter	2 cups fine bread crumbs
3 tablespoons sugar	$\frac{2}{3}$ cup flour
2 eggs	$3\frac{1}{2}$ teaspoons baking powder
2 cups sweet milk	$\frac{1}{4}$ teaspoon salt

Blend butter and sugar well together, to which add eggs and cream until mixture is light. Next add sweet milk and bread crumbs. Sift flour, baking powder and salt together and add last. Beat all well together and bake in well greased and flour-dusted muffin pans for about 25 minutes in moderate oven.

EGGLESS FRUIT MUFFINS.

4 tablespoons butter	4 teaspoons baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup stoned and chopped dates
$1\frac{1}{2}$ cups sweet milk	$\frac{1}{2}$ cup chopped raisins
1 cup unsifted graham flour	$\frac{1}{4}$ cup chopped citron
$1\frac{3}{4}$ cups white flour	
1 teaspoon salt	

Cream the butter and sugar together to which add sweet milk and graham flour alternately. Sift flour, salt and baking powder together and add. Next add dates, piece at a time, so that they will not mass together in dough. Flour raisins and citron and add last. Bake in muffin pans in moderate oven until done, a longer time being necessary on account of fruit. $\frac{1}{4}$ cup of nuts may be added if desired.

GLUTEN MUFFINS.

1 egg	2 teaspoons baking powder
2 cups sweet milk	$\frac{1}{2}$ teaspoon salt
2 cups gluten flour	

Beat egg light, to which add milk. Sift flour, baking powder and salt together into mixture. Beat one minute. Bake in slightly greased muffin pans.

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GRAHAM MUFFINS.

2 tablespoons sugar	1 cup sweet milk
2 tablespoons butter	½ cup white flour
1 egg	4 teaspoons baking powder
1¼ cups unsifted graham flour	½ teaspoon salt

Cream sugar and butter together, to which add egg and re-cream. Next add graham flour and milk alternately to creamed mixture. Sift flour, baking powder and salt together and add, beating mixture all together. Bake in greased and flour-dusted muffin tins in quick oven, usually about 20 minutes being required for baking.

COCOA MUFFINS.

3 tablespoons butter	¾ cup flour
¼ cup sugar	2 teaspoons baking powder
1 egg	¼ cup cocoa
½ cup sweet milk	½ teaspoon salt

Cream butter and sugar together, to which add well beaten egg and cream again. Sift flour, baking powder, cocoa and salt together and add to creamed mixture alternately with sweet milk. Beat mixture hard and bake in greased and flour dusted muffin tins in quick oven.

RYE MUFFINS.

¼ cup shortening	½ cup white flour
1 tablespoon sugar	¾ cup rye flour
1 egg	½ teaspoon salt
1 cup sweet milk	2½ teaspoons baking powder

Cream shortening, sugar and egg thoroughly together. Sift flour, salt and baking powder together and add to creamed mixture, alternately, with sweet milk. Beat mixture and bake in greased and flour dusted muffin tins in quick oven.

POTATO MUFFINS.

2 tablespoons butter	1 cup sweet milk
2 tablespoons sugar	2 cups flour
1 egg	4 teaspoons baking powder
1 cup mashed potatoes	½ teaspoon salt

Cream butter and sugar together, to which add beaten egg and re-cream. Next add mashed potatoes and again cream for one minute. Sift flour, baking powder and salt together and add to creamed mixture alternately with sweet milk. Stir well and bake in greased and flour-dusted muffin pans. Serve hot. Ordinarily, about 25 minutes is necessary for muffins to bake.

PLAIN BRAN MUFFINS.

3 tablespoons shortening	1 teaspoon salt
1 tablespoon sugar	4 teaspoons baking powder
1 large egg	2 cups bran
1 cup sweet milk	½ cup nuts or raisins if de-
1 cup flour	sired

Cream butter, sugar and egg together, then sift flour, salt and baking powder together and add alternately to creamed mixture with sweet milk. Last add the bran and beat one minute. Bake in greased and flour-dusted muffin tins. This makes 12 large muffins.

SOUR MILK PLAIN BRAN MUFFINS.

Use same recipe as for sweet milk muffins. Change one cup of sweet milk to one cup of sour milk. Use 2 teaspoons of baking powder and ½ teaspoon soda instead of 4 teaspoons of baking powder.

BRAN MUFFINS FOR LUNCHEON.

4 tablespoons shortening	½ teaspoon cinnamon
½ cup sugar	1 teaspoon salt
1 egg	½ teaspoon nutmeg
1 cup sweet milk	½ cup chopped nuts
¾ cup white flour	1½ cups bran
3 teaspoons baking powder	

Cream shortening and sugar together, to which add egg and re-cream. Next add sweet milk, white flour, baking powder, cinnamon, salt and nutmeg, sifted together, and add, mixing well. Last add nuts and bran. Bake in greased muffin tins.

POP OVERS.

1 cup flour	2 eggs
¼ teaspoon salt	1 teaspoon melted butter
1 cup sweet milk	

Sift flour and salt together. Add one-half the milk and beat until smooth. Add remaining half of milk, well-beaten eggs and melted butter and beat for about 5 minutes. Dover egg beater may be used for this purpose. Pour dough in greased muffin pans and place in hot oven for first 8 to 10 minutes, then decrease heat and bake slowly for remaining baking period. Twenty-five to thirty-five minutes are required for pop overs if well baked.

SWISS FLAKES.

1 large egg	¾ cup flour
¼ teaspoon salt	

Beat egg light, to which add flour and salt. Make into smooth stiff dough. Roll on floured board as thin as paper and cut in fancy

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shapes. Drop in deep fat and fry to a light brown. Dredge generously with powdered sugar and serve hot or cold. Fat must be heated as for doughnuts.

CORN MEAL WAFERS

$\frac{1}{2}$ cup cornmeal	2 tablespoons butter
$\frac{1}{4}$ cup flour	1 egg
$\frac{1}{2}$ teaspoon salt	

Sift cornmeal, flour and salt together. Cut butter into ingredients. Beat egg very light and add. Roll on floured board as thin as possible. Cut in shapes and bake very slowly until browned lightly. Two tablespoons of sugar may be added if desired.

CHEESE STRAWS.

1 cup flour	cheese that comes in tinfoil
$\frac{1}{4}$ teaspoon baking powder	with snappy flavor
$\frac{1}{2}$ teaspoon salt	4 tablespoons ice water
3 tablespoons butter	Dash of cayenne pepper
1 cup grated tasty cheese, or	

Sift flour, baking powder and salt together. Cut the butter well through the flour, then add cheese and have all well blended. Next add ice water and dash of cayenne pepper. Thoroughly mix, then roll on floured board as thin as can be handled. With knife or pastry crimper cut dough in strips about 5 inches long and the width of a lead pencil. Bake on slightly greased biscuit sheets, being careful to bake in moderate oven. Care should be taken to keep straws from becoming too brown. This makes about 125 straws. One-half recipe may be used for small family. These straws are good served with a salad course.

CHAPTER V

Waffles and Batter Cakes

SUGGESTIONS ON WAFFLE AND BATTER CAKE MAKING.

Good batter cakes, or waffles, require eggs and milk. Satisfactory cakes may be made by using water if a small amount of sugar and melted butter is added to the batter. To each cupful of water allow 1 teaspoonful of sugar and 1 or 2 teaspoonfuls of melted butter.

Rich milk is not a necessity for the making of cakes. Milk, with cream removed, is quite satisfactory. If sour milk is to be used, much better results will follow if milk is not too old. When sour milk has reached the separated stage, the curd drawing to the top of whey, it is not so satisfactory, but if it is to be used it should be poured into a mason jar and shaken until it has the appearance of buttermilk, or the milk may be run through a sieve. This cuts the curd and puts it in a smooth condition. More soda should be used to neutralize the acid when milk has reached this stage.

Eggs should be beaten very light for cakes and they may be added to batter in two processes, i. e., yolks beaten separately and combined with ingredients, whites beaten separately and added after all the batter is mixed and in smooth condition. Waffles are better where eggs are added separately. Good waffles require 1 egg to each cup of milk. Less eggs may be used, however, with very good results. When either cakes or waffles are to be served it is generally supposed that they furnish the greater part of the meal, so in using a generous number of eggs the nourishment is furnished and other articles of food may be omitted.

Cakes are made indigestible by the way they are baked. Where it is possible, use a soapstone or aluminum griddle. No grease is necessary when using either, thus making the cake lighter and more digestible. Where an ordinary griddle is used, use as little grease as possible to prevent the cakes from sticking. Take a clean piece of cloth and tie on the end of kitchen fork. Saturate cloth with grease and rub it over griddle each time before baking a cake. A small amount of salt tied in a cloth and rubbed over the griddle also prevents cakes from sticking. Cakes should be turned only one time while baking. Allow the cake to remain on one side long enough to

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cook half through, then turn and cook on the other side. To turn cakes more than one time toughens and prevents lightness.

Batter for waffles and cakes should be stiff enough to hold up and keep cakes from sinking after they are baked. If measurements are followed closely, in these recipes, there should be no difficulty in having dough mixture of proper consistency. Liquid should be level with the top edges of cup. Flour should be placed in cup in unpacked form, scraping it off perfectly level. Careless measuring may make the batter too thin or too thick. If the batter should seem too stiff, a few spoonfuls of extra liquid may be added, or if the batter seems a little thin more flour may be added. Waffle batter should be stiffer than cake batter.

WATER BATTER CAKES.

1 egg	1 tablespoon sugar
1 cup water	2½ teaspoons baking powder
1¼ cups flour	2 teaspoons melted butter
½ teaspoon salt	

Beat egg light, to which add water. Sift flour, salt, sugar and baking powder together and add next. Melt butter and add, beating mixture hard for one minute. Bake on soapstone griddle or on slightly greased ordinary griddle.

CANNED CORN BATTER CAKES.

1 egg	1 tablespoon sugar
½ cup sweet milk	½ teaspoon salt
1 cup canned corn	2½ teaspoons baking powder
1 cup flour	

Beat egg light, to which add milk and corn. Sift flour, sugar, salt and baking powder together and add to mixture. Beat hard one minute. Fry on sparingly greased griddle to golden brown. If corn is juicy, one cup of flour usually makes mixture just stiff enough. If corn is dry and not milky, it may be necessary to use a little less than 1 cup of flour.

WHOLE WHEAT BATTER CAKES.

1 egg	1 teaspoon soda
2½ cups sour milk	2 teaspoons baking powder
2 cups whole wheat flour	1 teaspoon salt
⅓ cup white flour	

Beat egg light, to which add sour milk. Sift flour, soda, baking powder and salt together and add, beating hard for one minute. Sour milk batter cake dough sometimes seems a little stiff, but better results will follow with a thicker batter. Bake on soapstone griddle or on ordinary griddle, very sparingly greased.

SOUR MILK BATTER CAKES.

1 egg	2½ teaspoons baking powder
2½ cups sour milk	¾ teaspoons soda
2½ cups flour	1 teaspoon salt

Beat egg light, to which add sour milk. Sift flour, baking powder, soda and salt together into the liquid and beat hard for one minute. Bake on soapstone griddle or on ordinary griddle, sparingly greased. If dough seems thin a few sprinkles of additional flour may be added.

CORNMEAL CAKES.

1 egg	½ teaspoon salt
2 cups sour milk	1 tablespoon sugar
1¾ cups cornmeal	½ teaspoon soda
½ cup flour	2 teaspoons baking powder

Beat egg until light, to which add the sour milk. Sift cornmeal, flour, sugar, soda, baking powder and salt together and add to the mixture. Beat hard for a minute and then bake on griddle. If sweet milk is used in this recipe, leave out the soda and add 4 teaspoonfuls baking powder instead.

DARK MOLASSES CAKES.

1 egg	1 teaspoon baking powder
½ cup dark molasses	½ teaspoon soda
½ cup sour milk	½ teaspoon salt
1½ cups flour	

Beat egg light, to which add molasses and sour milk. Sift flour, baking powder, soda and salt together and add, beating all well together. Bake on griddle sparingly greased. Do not have griddle very hot, as these cakes burn quicker than other cakes.

BUCKWHEAT GRIDDLE CAKES.

1½ cups buckwheat flour	½ teaspoon salt
¾ cup flour	Sweet milk to make thin batter
3 teaspoons baking powder	1 egg

Sift flour, baking powder and salt together. Add enough sweet milk to make smooth thin batter. Add the well-beaten egg last. Bake on soapstone griddle or if ordinary griddle is used grease very sparingly.

RAISED BUCKWHEAT CAKES.

2 cups lukewarm water	2 cups buckwheat flour
1 cup scalded sweet milk	1 cup flour
1 cake compressed yeast	1 teaspoon salt
2 tablespoons sugar	

Dissolve yeast in water and milk, to which add sugar. Add flour and salt gradually to liquid, beating all together, being careful to

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have mixture free from lumps. Cover and set aside in some warm place to rise, usually about 1½ hours being required. If this is to stand overnight use one-half cake yeast, and do not keep mixture too warm. If mixture seems to be too stiff when frying, add a few tablespoonfuls of water extra.

RICE GRIDDLE CAKES.

1 egg	1 tablespoon sugar
1 cup sweet milk	3 teaspoons baking powder
1 cup cooked rice	½ teaspoon salt
About 1 cup flour	

Beat egg light, to which add sweet milk. Add cooked rice and stir together. Sift in enough flour gradually to make a batter. Blend sugar, baking powder and salt together and add last. Beat one minute. Bake on griddle sparingly greased.

ROLLED OATS CAKES.

1 egg	½ cup flour
1 cup sweet milk	2 teaspoons baking powder
1 cup cooked rolled oats	¼ teaspoon salt

Beat egg light to which add sweet milk and rolled oats. Sift flour, baking powder and salt together and add, mixing ingredients well together. Fry on greased griddle and serve hot like other batter cakes. Left over rolled oats are used for these cakes.

RYE BATTER CAKES.

2 eggs	1 tablespoon sugar
2 cups sweet milk	1 teaspoon salt
2 cups rye flour (scant)	3½ teaspoons baking powder
½ cup white flour	

Beat eggs light, to which add milk. Sift flour, sugar, salt and baking powder together and add, beating hard. Bake on griddle sparingly greased.

BREAD CRUMB BATTER CAKES.

1 egg	½ teaspoon salt
2 cups sweet milk	1 teaspoon sugar
1¼ cups bread crumbs	4 teaspoons baking powder
1 cup flour	

Beat egg light and add to the milk. Next add the bread crumbs. Sift flour, sugar and baking powder together and add. Beat all together. Bake on soapstone griddle, or if ordinary griddle is used, grease only slightly. If batter gets too stiff, add a little extra milk.

RAW POTATO CAKES.

2 cups grated raw potatoes	1 ¼ cups flour
2 eggs	2 teaspoons salt
½ cup sweet milk	3 teaspoons baking powder

Grate potato and place in bowl with the well-beaten eggs. Add to this the sweet milk, flour, salt and baking powder. Beat well and fry as batter cakes on griddle. Serve hot as all batter cakes are served. More grease should be used for frying potato cakes.

CREAM BATTER CAKES.

1 egg	3 ½ teaspoons baking powder
1 ½ cups rich sweet milk	½ teaspoon salt
2 cups flour	1 teaspoon sugar

Beat egg until very light to which add milk. Sift flour, baking powder, salt and sugar together and add, beating all together until smooth. Bake on griddle with very little grease. If possible use soapstone griddle and no grease will be needed. This amount of dough will serve three persons. Turn cakes only one time. Allow them to remain on one side long enough to cook half through, then turn. If at any time dough mixture should seem the least bit stiff, a spoonful or two more liquid may be added, or if too thin, a few sprinkles of flour may be added.

SWEET MILK BATTER CAKES.

2 eggs	5 ½ teaspoons baking powder
2 cups sweet milk	½ teaspoon salt
2 ¾ cups flour	

Beat eggs light, to which add sweet milk. Sift flour, baking powder and salt together and add. Beat 'til smooth. Cook on soapstone griddle or on ordinary griddle with as little grease as possible.

GERMAN RAW POTATO CAKES.

6 large raw peeled potatoes	1 ½ teaspoons salt
3 eggs	

Grate the potatoes and drain. Beat the eggs very light, adding the salt to the eggs during the whipping process. Now combine the potato and egg, being careful not to beat at this time. Simply stir carefully to have well mixed. Fry on well-greased griddle. Serve hot.

OVERNIGHT YEAST BATTER CAKES.

2 eggs	1 tablespoon sugar
3 cups scalded sweet milk	2 teaspoons salt
1 cake compressed yeast	4 ½ cups flour

Beat eggs light first. Cool milk to lukewarm point and into same dissolve yeast. Now combine eggs, milk, yeast, sugar, salt and flour.

WAFFLES AND BATTER CAKES

Beat hard for about 2 minutes, then set aside in warm place overnight. It is best to mix batter about 10 P. M., always keeping batter in large enough receptacle to allow it to rise without running over. In the morning stir just a little, but do not beat. Bake on griddle as all batter cakes are cooked. If some of the dough is left over it may be used for following morning by adding the above ingredients, omitting the yeast and giving same overnight treatment.

SOUR MILK BRAN BATTER CAKES.

1 large egg	½ teaspoon soda
1½ cups sour milk	½ teaspoon salt
1¾ cups flour	1 teaspoon sugar
2 teaspoons baking powder	½ cup bran

Beat egg light, to which add milk. Sift flour, baking powder, soda, salt and sugar together and add. Next add bran and beat until well mixed. Bake on slightly greased griddle.

SWEET MILK BRAN BATTER CAKES.

Make the same as above for sour milk cakes, only leave out the soda. Instead of 1½ cups of sour milk, use 1½ cups sweet milk and use 4 teaspoons of baking powder.

SUGAR SYRUP FOR BATTER CAKES AND WAFFLES.

1 cup granulated sugar	Few grains salt
⅔ cup water	½ teaspoon maple flavoring
¼ cup white corn syrup	

Place sugar and water on stove and allow it to boil hard for 4 minutes after it starts to boil. Remove from fire and add corn syrup and salt. Stir well and cool. If maple flavor is desired, add from ½ to 1 teaspoonful after syrup is cooled. The maple flavor varies in strength so it is better to add the amount to suit individual taste. By adding corn syrup to sugar syrup there is no danger of syrup returning to a sugar consistency.

Brown sugar syrup is made in the same way. This makes only a small amount. Double or triple the recipe if large amount is desired. If recipe is doubled, boil the sugar and water 5 minutes. If recipe is tripled, boil the sugar and water 6 minutes.

SOUR MILK WAFFLES.

3 eggs	4 teaspoons baking powder
3 cups sour milk	1 teaspoon soda
3¾ cups flour	1 teaspoon salt
1 tablespoon sugar	2 tablespoons melted butter

Beat eggs light, to which add sour milk. Sift flour, sugar, baking powder, soda and salt together and add to milk and eggs, together

with melted butter. Bake on well-greased waffle iron. Yolks and whites may be beaten separately, whites being folded in at last mixing.

SWEET MILK WAFFLES FOR FOUR.

3 eggs	1 teaspoon salt
3 cups sweet milk	1 tablespoon sugar
3¾ cups flour	2 tablespoons melted butter
6 teaspoons baking powder	

Beat egg yolks light, to which add sweet milk. Sift flour, baking powder, salt and sugar together and add, beating mixture hard for one minute. Add melted butter and mix well, then add stiffly beaten egg whites. Bake on well-greased waffle iron. If waffle dough is not stiff enough the waffles will sink after they come from irons.

FRENCH WAFFLES.

½ cup butter	½ teaspoon salt
¾ cup sugar	1 cake compressed yeast
4 eggs	2 cups sweet milk
3½ cups flour	

Cream butter and sugar, to which add egg yolks and beat hard. Dissolve yeast in sweet milk and add to creamed mixture alternately with flour. Add salt. Beat egg whites light and fold in at last. Have the milk and flour lukewarm. Set the batter aside for three hours until it becomes light, then bake on greased waffle iron.

CORN COB SYRUP.

Select full-sized red corn cobs and pack in kettle, standing on end and fitting them in closely. Pour cold water over cobs, seeing that the cobs are completely submerged. Boil the cobs slowly for one and one-half hours, at all times having the cobs under water. This necessitates the addition of boiling water at intervals. When boiled, remove cobs from the water and strain liquid through cloth. To each cupful of the liquid add 2/3 cup of light sea sugar. Boil the sugar and water together until it shows a syrup consistency. If 5 cups of cob water is used to the amount of sugar necessary, about 8 or 10 minutes is required for boiling. When done remove from fire. Now for each cup of cob water that has been used, ¼ cup of white corn syrup should be added. This makes a delicious syrup.

CHAPTER VI

Cake

SUGGESTIONS ON CAKE BAKING.

Good cakes require accurate and careful measurements, combined with first-class materials.

Each housewife should first see that she possesses measuring cups of one-half pint size. Many measuring cups hold from two to three tablespoonfuls more than one-half pint. If in doubt about the size of the cup, secure the druggist's graduate glass, which is always to be relied upon. An accurate size tablespoon and teaspoon must be used in spoon measurements. A set of 5 spoons on a ring may be bought, which is reliable, and are in measures as follows: Tablespoon, dessertspoon, teaspoon, half teaspoon and one-fourth teaspoon.

All utensils and cake pans used in cake baking should be selected with care, much labor and time being saved by the purchasing of simple little devices at a small cost. In the selecting of pans for the baking of cakes, use judgment always in the size of cakes usually wanted. Do not place a small amount of dough in a large pan and do not place a large mixture in a small pan. Aluminum, tin and glass pans are all excellent for cake baking, each kind having its individual good points. Do not use granite pans for cake baking. Pans with adjustable sides and bottoms are good so long as the parts do not become bent and warped. Using the one-piece pans and following instructions carefully, for the proper preparation of pans, there should be no difficulty in removing cakes from pans after they are baked. Two earthen or enamel rounded-bottom bowls should be in each kitchen for the mixing of cakes. Dough can be more thoroughly mixed in such bowls. When dough is properly mixed, there should be no danger of making a cake fall, if all the dough is scraped from the bowl into the baking pan. It may be a good rule, however, to remember and place the last scrapings from the bowl at the outer edge of cake pan.

Before beginning to bake a cake, be sure that you have the recipe plainly before you, and that no mistake may be made in ingredients used. Select then the materials called for and have them assembled in proper order, that no part of the cake will be neglected in the preparation. Egg whites should not be started in motion until they are ready

to be used immediately after being whipped. Egg yolks may be beaten and allowed to stand for a short time with less harm to the mixture. In sifting flour and baking powder together, use paper napkins, or clean pieces of paper for the transferring of the ingredients back and forth. Select a wire paddle egg beater for the beating of egg whites. The object is to incorporate as much air as possible into the egg whites through the whipping process, the long stroke being the better method, many persons using a large platter on which to beat egg whites in order to do this. The Dover or crank wheel egg beater is excellent for egg yolks and for the whipping of cream, but not for egg whites where eggs are to be used in cakes. Eggs should be of normal size, cold and fresh for best results.

In all recipes calling for sugar, unless otherwise specified, it means granulated sugar. Granulated sugar is to be sifted one time. Brown sugar must be sifted before using or the lumps will cause cake to be coarse in texture. The finer the granulated sugar, the finer the texture of the cake. Sifting removes all lumps and foreign substances. When making butter cakes the flour and baking powder should be sifted together three times. Angel food, sunshine and cakes without butter usually require five siftings.

In cold weather much difficulty is experienced in creaming butter and sugar together quickly. It is not satisfactory to warm butter over heat, and it is usually a cake failure where an attempt is made to warm butter and sugar after it is in combined form. Much labor and time may be saved if the hot water method is strictly adhered to, viz., first cream butter by itself, and if it does not soften quickly add a tablespoonful of boiling water to the proportion of one-half cup of butter. This adds both heat and moisture, thus softening the butter immediately. If the butter softens and remains separated from the hot water, pour it off and this amount will not have to be accounted for in final liquid measurements. Then after the butter and sugar are combined, if the mixture does not cream quickly, add more boiling water in proportion to the amount of butter used, say for the half-cup of butter add another one or two tablespoonfuls. From the moisture standpoint this adds to the cake an additional two or three tablespoonfuls and this should be deducted from the liquid allowance as given in cake.

There is another rule to be remembered in the making of butter cakes. Before any liquid is added to the creamed butter and sugar, always add some of the sifted flour and baking powder to the creamed mixture and cream well together. This binds the creamed mixture together and avoids making the common mistake of creaming the butter and sugar, then adding the liquid and stirring, causing the butter and sugar to separate.

To properly prepare pans in which cakes are baked, first see that the pans are clean and dry, then grease thoroughly with lard or lard substitute and flour-dust. If pans are greased with butter, the salt in the butter seems to have a tendency towards making the cake stick. When butter is used for greasing, the cakes will burn quicker on the

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sides and bottom than when lard is used. All butter cakes should be baked in greased and flour-dusted pans. Cakes not containing butter should be baked in clean, dry, ungreased pans.

In placing a butter cake dough mixture in the pan for baking, first see that the pan is properly prepared. Place the dough in the pan, then jolt it down one time hard on a smooth surface. Take either a spoon or plate scraper, and draw the dough toward the outer edges of the pan, leaving the center of the pan more sparingly covered. This causes the cake to bake more evenly and keeps it from rising higher in the center. Layer cakes should come from the oven about level and free from cracks on top. Loaf cakes often crack on top and are excellent, too. If layer cakes crack on top it is usually from one or two causes—either too hot an oven or too stiff a dough mixture.

Cakes may be mixed properly, ingredients measured accurately and then all efforts will have been failures, if care and attention is not given the oven. There are many instructions given on the way to bake cakes, and how the oven should be, from a temperature standpoint. The main point to be remembered is a fine textured, soft cake in the finished product. Cakes baked in a gradually rising temperature are usually much finer in texture, therefore, it is quite necessary to have the oven on low heat when cakes are placed in oven, seeing that they rise slowly with the rising of the heat. If cakes are allowed to crust over on top too quickly this retards further rising of the dough and a heavy cake will be the result. When it is possible to do so, keep all thick cakes covered during the first three-fourths of the baking period. Especially should this rule apply to loaf cakes. When cake pans have the projecting stems, simply place a large lid over the top of the stems and keep it over the cake until the beginning of last quarter of baking period. When pans have no stems, lay a lid on the grate directly over the cake. This keeps the heat from coming down on top of cake and crusting it before time. Where gas or any easily regulated heat is used there should be no difficulty in the baking of articles perfectly, because the heat may be lowered or raised as the condition may necessitate.

Oven doors may be opened at any time while baking angel food or butter cakes. If, during the baking, the oven becomes too hot, throw oven door wide open and allow the cold air to rush in quickly, closing the door carefully again. When using wood or coal, so arrange the fuel in the firebox that it will not be necessary to replenish it during baking period. Bake on a dying heat, rather than on an increasing heat. It is necessary for each housewife to learn her stove and how to regulate the heat in the oven. For that reason, it is difficult to give instructions for a cake to be baked a given length of time without knowing what kind of an oven and oven temperature the individual may have.

Oven temperature may be divided into three classes, viz., slow oven, moderate oven and hot oven. A slow oven would suggest a tem-

perature between 250° and 350° Fht. A moderate oven 350° Fht. to 420°. A hot oven 420° Fht. to 550°. These temperatures relate to the use of gas stoves especially, but may be followed where other similar heat is used. In the using of coal range oven subtract 85° from these above figures. When baking a cake divide the given length of time the article is to be baked in fourths. In the first quarter of the time the dough should just be rising in the pan. Second quarter the dough should show a slight tint of brown. Third quarter cake should have risen to full expansion. Fourth quarter the cake should be a deeper brown, showing a slight shrinking from the pan, indicating the cake is done. Do not test a cake by using a straw or toothpick, unless you have had enough experience to know how soon this test should be made. It is much safer and better to touch the top of the cake, towards the center, with the finger tip, and if the pressure leaves a dent the cake is not done; if pressure dent rebounds or springs back it is a sure sign the cake can be removed from oven with safety. **After cakes are baked they should be allowed to cool to lukewarm in the pans. It is better to allow them to cool naturally and slowly than to resort to artificial means for hurrying the process. Taking a cake from the oven and placing it where the wind strikes it or in front of a fan causes the cake to sink and lose lightness. Butter cakes should remain upright in the pans on the cooling rack until cold. This allows the air to circulate over and under the cake pan. All cakes containing no butter should remain in the pans inverted until perfectly cold.** If pan does not have projecting stems, the pan must be supported in such a way as to allow air to circulate under the pan. Angel food, sponge and sunshine cakes must be helped from the pans. This is accomplished by running a spatula around the sides of the pan first, then loosening the tube from the center of cake. This done, invert the pan, giving it two hard jolts on a table and the cake falls out. If angel food, sponge or sunshine cakes drop out of pans without help, it means the cake was not baked long enough and usually means a failure.

The proper place to keep a cake, after baked and cold, is under a crock in a cool place. Place a piece of peeled raw potato under the crock with the cake. This keeps the cake moist indefinitely. Do not keep cakes in the refrigerator.

Much care and attention should be given the selection of flour and baking powder for cake baking and all pastry. Much has been said regarding the use of soft wheat flour in preference to hard winter wheat flour for all kinds of pastry, biscuits and cakes. It is generally known that the inexperienced baker, not having been properly instructed along these lines, will show better results in using soft wheat flour for the above mentioned articles. Where a high grade hard winter wheat flour is to be used in all pastry work, with the thought in mind that less flour is to be used and with careful instructions as given in this book regarding the use of the same, the results are equally good, if not better.

After accomplishing the art of having baked a fine textured cake

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from hard wheat flour, it not only has a better flavor, but it retains its moist condition longer. In the making of all yeast products, hard winter wheat flour is far superior to the soft wheat flour. Then when the art of fine cake and pastry making is accomplished from the use of hard wheat flour the housewife is only required to keep one kind of flour in the pantry, which, to the average woman, seems to be pleasing.

In selecting a baking powder, select a powder of known quality. The phosphate baking powders of high grade quality, properly used, give better results for all kinds of baking and at the same time can be purchased usually at about half the price of a high grade cream of tartar powder. Excellent results can be obtained by the use of either, however, and this choice is usually to be decided by the baker. In these cake recipes, a high grade cream of tartar powder and a high grade hard winter wheat flour were used.

WHITE LOAF CAKE.

$\frac{1}{2}$ cup white butter	Pinch of salt
1 cup fine granulated sugar	1 to 2 teaspoons extract
$\frac{3}{4}$ cup milk or water	Whites of 5 small eggs or 4
$2\frac{1}{2}$ cups flour	large ones
$3\frac{1}{2}$ teaspoons baking powder	

Cream butter till soft, then combine with sugar, and cream until mixture is light and frothy, if necessary adding a tablespoon or two of boiling water to butter and sugar to hasten creaming. Sift flour, baking powder and salt together 3 times and add 5 tablespoonfuls of these dry ingredients to creamed mixture and cream all well together again. Next add milk or water to creamed mixture alternately with remaining dry ingredients. Add extract and beat hard for 2 minutes, then carefully fold in the stiffly beaten egg whites. Do not beat mixture after egg whites are folded in. Bake in greased and flour-dusted loaf pan. Start the cake in slow oven, bringing heat up gradually with the rising of cake. Keep cake covered for first three-fourths of baking period. See cake instructions.

WHITE FRUIT CAKE.

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup butter	1 cup yellow Sultana raisins
$2\frac{3}{4}$ cups flour	1 cup finely chopped candied pineapple
4 teaspoons baking powder	$\frac{1}{2}$ cup finely chopped candied cherries
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup finely chopped citron
1 cup cold water	4 egg whites
1 teaspoon almond or pistachio flavoring	

Cream sugar and butter together until light and frothy, if necessary adding 1 or 2 tablespoonfuls of boiling water to mixture to assist in the process. Sift flour, baking powder and salt together three times.

Add 5 tablespoons of the flour mixture to the butter and sugar and cream again. Now take remaining dry ingredients and add to creamed mixture alternately with the 1 cup of cold water, beating the mixture hard after all ingredients are combined. Next add chopped nuts, floured raisins, floured pineapple, floured citron and floured cherries. Mix all well together. Add the extract, then fold in the stiffly beaten egg whites. Do not beat mixture after egg whites are folded in. Bake in well greased and flour-dusted loaf cake pan. This cake requires a moderate oven to begin, allowing the cake to rise gradually, baking for about one hour. $\frac{1}{2}$ cup of candied peaches and $\frac{1}{3}$ cup of candied apricots may be chopped, floured and added when they are obtainable.

HARD TIME CAKE.

1 cup water	1 teaspoon nutmeg
1 cup brown sugar	1 teaspoon cinnamon
1 cup seeded raisins	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup lard	$\frac{1}{2}$ teaspoon cloves

Boil these ingredients together 2 minutes. Remove from fire and let stand till cold. To this cold mixture then add $2\frac{1}{2}$ scant cups of flour, 1 teaspoon soda and 2 teaspoons baking powder, all sifted together. Bake in loaf in moderate oven for about 1 hour. One-fourth cup finely chopped citron and one-half cup finely chopped nuts makes a more delicious cake but adds to the expense.

GOLD CAKE.

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups sugar	4 teaspoons baking powder
8 egg yolks	$\frac{1}{4}$ teaspoon salt
1 cup cold water	2 teaspoons extract

Cream sugar and butter until mixture is soft and frothy, then add egg yolks and cream again, long enough to have a very light mixture. Sift flour, baking powder and salt together three times. Add 5 tablespoonfuls of the dry ingredients to creamed mixture and beat all together one minute. Now take remaining dry ingredients and add to creamed mixture alternately with cold water. Add extract, beat hard one minute then bake in greased and flour-dusted loaf pan.

ORANGE CAKE.

$\frac{1}{2}$ cup butter	6 egg yolks
1 cup sugar	$1\frac{1}{2}$ cups flour (full measure)
Grated rind of 1 orange	Pinch of salt
$\frac{1}{2}$ cup orange juice	3 teaspoons baking powder

Cream butter and sugar thoroughly, to which add egg yolk and re-cream. Grate the orange rind very carefully, using only the outer oil cells. Add the grated rind to creamed mixture. Sift flour, salt

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and baking powder together 3 times, taking 3 tablespoonfuls and adding to the creamed sugar, butter and egg mixture. Cream this well, then add remaining flour and baking powder to creamed mixture alternately with the orange juice. Beat this mixture hard before placing in pans for baking. Bake in two layers and fill with orange cream filling or cold icing made with orange juice. See orange frosting or 6X cold icing.

APPLE SAUCE CAKE.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon mace or nutmeg
1 egg	$1\frac{1}{2}$ teaspoons baking powder
1 cup apple sauce	Pinch of salt
$1\frac{3}{8}$ cups flour	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon soda	

Cream butter and sugar well together. Add the beaten egg and re-cream. Sift flour, soda, cinnamon, nutmeg or mace, baking powder and salt together three times and add alternately to creamed mixture with apple sauce. Beat mixture hard for one minute, then add floured raisins. Bake in loaf in moderate oven. Apple sauce must be smooth and not too stiff. Sauce is better where apples are run through a sieve.

APPLE MERINGUE CAKE.

3 tablespoons butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon salt
2 eggs (whites for meringue)	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sweet milk	2 teaspoons baking powder

Cream butter and sugar thoroughly, to which add egg yolks and re-cream. Sift flour, salt, nutmeg and baking powder together. Place 3 tablespoonfuls of the sifted ingredients in creamed mixture and cream well. Next add milk and remaining dry ingredients alternately to creamed mixture. Beat hard for 3 minutes. Place in greased and flour-dusted shallow pan and bake in moderate oven until nearly done. Remove from oven and spread the meringue over top and return to oven to bake for about 15 minutes.

“MERINGUE.”

1 large tart apple	2 egg whites
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{8}$ teaspoon cream of tartar
$\frac{1}{2}$ tablespoon flour	4 tablespoons sugar

Peel and grate the apple. Beat egg whites light, to which add cream of tartar and sugar blended together. Blend the cinnamon and flour and mix with grated apple. Now combine the egg mixture with the apple mixture and spread on cake.

HONEY CAKE.

1 cup strained honey	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup sour milk
3 cups flour	1 teaspoon vanilla
3 teaspoons baking powder	1 egg
$\frac{1}{4}$ teaspoon soda	

Cream honey and butter together. Sift flour, baking powder, soda and salt together three times. Add the dry sifted ingredients to the honey and butter mixture alternately with the sour milk, beat the mixture hard, then fold in the well beaten egg and vanilla. Bake in two layers and put together with following mixture:

$\frac{1}{2}$ cup strained honey	$\frac{1}{2}$ cup chopped dates
1 tablespoon flour	$\frac{1}{4}$ cup chopped nuts
1 tablespoon butter	

Place honey in small saucepan. Cream butter and flour together and add. Boil 2 minutes. Remove from fire and add dates and nuts. Cool until lukewarm and then spread between the layers.

SOUR MILK SPICE CAKE.

$\frac{1}{2}$ cup butter	1 teaspoon cinnamon
1 cup sugar	1 teaspoon nutmeg
1 egg	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup sorghum molasses	$\frac{1}{4}$ teaspoon allspice
1 cup sour milk	$\frac{1}{4}$ teaspoon ginger
$\frac{3}{4}$ teaspoon soda	$2\frac{3}{4}$ cups flour
2 teaspoons baking powder	$\frac{1}{2}$ cup raisins

Cream butter and sugar, to which add well beaten egg and cream again. Next add sorghum and stir all well together. Sift flour and dry ingredients together three times and add to mixture alternately with sour milk. Beat hard 2 minutes, then add raisins, floured with additional flour. Bake in greased and flour-dusted pans.

SOUR MILK GINGER CAKE.

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sugar	1 teaspoon baking powder
1 egg	$1\frac{2}{3}$ cups flour
$\frac{1}{2}$ cup sorghum or New Orlean molasses	1 teaspoon ginger
$\frac{1}{2}$ cup sour milk	1 teaspoon salt

Cream butter and sugar together, to which add beaten egg and sorghum and cream until smooth. Sift soda, baking powder, flour, ginger and salt together and add to creamed mixture alternately with

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sour milk. Beat hard for two minutes. Place in greased and flour-dusted pan and bake in moderate oven. Sugar and cinnamon may be sprinkled over top of dough before placing in oven. This dough may be baked in 2 layers and set together with any desired icing—white being preferable.

DEVIL'S FOOD CAKE.

$\frac{3}{8}$ cup grated bitter chocolate	$\frac{1}{2}$ cup water
1 cup granulated sugar	1 egg

Grate chocolate fine, to which add sugar, water and well beaten egg. Place mixture in double boiler and cook until thick, usually only a few moments being required. Remove from fire, beat one minute and cool before adding to cake dough as follows:

1 cup sugar	$2\frac{1}{3}$ cups flour
$\frac{1}{2}$ cup butter	4 teaspoons baking powder
3 eggs beaten separately	2 teaspoons vanilla
$\frac{1}{2}$ cup cold water	Few grains salt

Cream butter and sugar until creamy, then add egg yolks and re-cream. Sift flour and baking powder together three times and add alternately to creamed mixture with cold water. Mix well, then add chocolate mixture and vanilla and beat hard. Last fold in stiffly beaten egg whites. Bake either in layers or loaf. Ice with white or dark icing.

SOUR CREAM CAKE.

1 cup sugar	2 cups flour
3 tablespoons butter	3 teaspoons baking powder
1 egg	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup sour milk	Pinch of salt
$\frac{1}{2}$ cup sour cream	1 teaspoon extract

Cream sugar and butter together, to which add well beaten egg and re-cream. Sift flour, baking powder, soda and salt together three times. Place two tablespoonfuls of the sifted dry ingredients into the creamed mixture and cream again. Add remaining dry ingredients to creamed mixture alternately with sour milk. Add extract. Beat dough mixture hard for two minutes before placing in pan. Bake in loaf in moderate oven.

POUND CAKE.

1 lb. butter	1 lb. fine granulated sugar
1 lb. flour (soft wheat flour)	1 tablespoon extract
1 lb. eggs (10 small eggs)	

Cream butter in bowl until it becomes soft, if necessary adding a tablespoon or two of boiling water to put it in this condition. Sift

in gradually the flour, stirring and keeping an even mixture. When all flour has been added to butter, beat for about five or ten minutes. Beat the egg yolks very light, then gradually beat the sugar into the yolks, a little at a time, and when all sugar is added, beat hard for five minutes. Next combine the creamed flour and butter with yolks and sugar and beat another five minutes. Last fold in the stiffly beaten egg whites and extract. Do not beat after whites are added. Grease and flour-dust a tube cake pan and place dough in pan. Bake cake for at least an hour in moderate oven, having the heat very low at the beginning, allowing the cake to rise slowly with a gradual increasing heat. Allow the cake to cool in the pan, setting the pan upright on the cooling rack. No baking powder is used in this cake.

LEMON CAKE.

½ cup butter
2 cups sugar
4 eggs
1 cup cold water

2¾ cups flour
4 teaspoons baking powder
2 teaspoons vanilla
½ teaspoon salt

Cream butter by itself until it is soft and creamy, then combine butter and sugar and cream until mixture is very light and frothy, using a tablespoon or two of boiling water if necessary to put it into this condition. Next add the egg yolks and cream again for about 3 minutes. Sift flour, salt and baking powder together three times. Place 5 tablespoons of the sifted ingredients into creamed mixture and cream 1 minute. Now alternately add the remaining dry ingredients to creamed mixture with cold water, beating mixture hard for a few minutes. Add extract and last fold in the stiffly beaten egg whites, being careful not to beat mixture after whites are added. Bake dough in two large layers, having pans well greased and flour-dusted. Bake in moderate oven, slow oven at first, allowing the cake to rise with the increasing heat. Allow layers to cool in pans before removing, then set layers together with the following:

LEMON FILLING.

2 eggs
¾ cup water
5 tablespoons flour
1 cup sugar

Juice of 1 lemon
Rind of ½ lemon
2 tablespoons butter

Beat eggs light, to which add water. Blend flour and sugar together and add. Place mixture on to cook in double boiler and cook till thick, stirring constantly. When done remove from fire, cool and add the lemon juice, rind and butter. Spread on cake after cake is cold and lemon mixture has cooled to lukewarm. Dredge the top of lemon covered cake with powdered sugar.

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JAM CAKE.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
1 cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
3 eggs	$\frac{1}{8}$ teaspoon cloves
$\frac{1}{4}$ cup sour milk	$\frac{1}{8}$ teaspoon ginger
2 cups flour	1 cup raspberry or blackberry jam
1 teaspoon soda	
1 teaspoon baking powder	

Cream butter and sugar together, to which add the egg yolks and cream again. Sift all dry ingredients together 3 times and add to creamed mixture, together with sour milk and jam. Beat mixture hard for 3 minutes, then fold in stiffly beaten egg whites at last. Bake in greased and flour-dusted pans. If jam is thin the 2 cups of flour is usually the amount needed, but if jam is thick it takes less flour. The dough mixture should be like any other cake dough in stiffness. Any kind of jam may be used in this cake.

THREE-LAYER CHOCOLATE CAKE.

$\frac{1}{2}$ cup softened butter	Pinch of salt
1 $\frac{3}{4}$ cups sugar	1 $\frac{1}{2}$ teaspoons vanilla extract
2 eggs	2 $\frac{3}{4}$ cups flour
1 cup milk or water	4 teaspoons baking powder

Place all ingredients in mixing bowl in the order given above and beat hard 10 minutes. Bake in greased and flour-dusted layer cake pans. Set layers together with "Dixie Icing." The butter must be in a very soft condition, but not melted.

BANANA CAKE.

Make the same recipe for "Three-Layer Chocolate" cake. Instead of using chocolate icing, use crushed and sweetened bananas between layers, but make a "Jiffy Icing" for top.

BANANA CREAM CAKE NO. 1.

$\frac{2}{3}$ cup sugar	Pinch of salt
$\frac{1}{4}$ cup butter	2 $\frac{1}{2}$ teaspoons baking powder
2 eggs	$\frac{1}{2}$ cup cold water
1 $\frac{1}{2}$ cups flour	1 teaspoon extract

Cream sugar and butter together, to which add unbeaten egg yolks and beat till light. Sift flour, salt and baking powder together 3 times, and add alternately to the creamed mixture with the flour, salt and baking powder. Add extract, then beat the mixture one minute before folding in the stiffly beaten egg whites. Bake in one large sized greased and flour-dusted layer pan. When cake is baked, remove from oven, cool, then split the layer. Crush 3 medium sized bananas

with $\frac{1}{3}$ cup of sugar and place between the layers. Make a mixture with the following ingredients and place over the top:

1 egg	Pinch of salt
1 cup sweet milk	1 teaspoon butter
4 tablespoons sugar	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons flour	

Beat egg light, to which add milk. Mix sugar, flour and salt together and add to milk and egg. Place in double boiler and cook until thick, stirring constantly. Remove from fire, add butter and vanilla and spread over cake.

BANANA CREAM CAKE NO. 2.

$\frac{3}{4}$ cup butter	1 $\frac{1}{2}$ cups flour
1 cup sugar	2 $\frac{1}{2}$ teaspoons baking powder
2 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup cold water	

Cream butter alone till soft, then combine with sugar, and cream until mixture is very frothy. Add egg yolks and cream 2 minutes longer. Sift flour and baking powder together 3 times. Add 3 tablespoonfuls of the flour and baking powder to creamed mixture and beat hard 1 minute, then alternately add remaining dry ingredients to creamed mixture with cold water. Beat all ingredients a minute before folding in the stiffly beaten egg whites and extract. Do not beat mixture after whites are folded in. Bake this in a good sized layer cake pan, or two layers may be made. After the cake is perfectly cold spread over it a mixture of sweetened whipped cream mixed with ripe sliced bananas. Serve soon after it is prepared. Have the whipped cream as cold and stiff as possible.

RED CHOCOLATE CAKE.

1 $\frac{1}{4}$ cups sugar	1 teaspoon baking powder
2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
1 egg yolk	$\frac{3}{4}$ teaspoon soda
1 cup hot water	$\frac{1}{2}$ cup grated bitter chocolate
1 $\frac{1}{2}$ cups flour	2 teaspoons vanilla

Evenly blend the butter with the sugar, then add the egg yolk and cream all well together. Sift flour, baking powder and salt together three times and add to the creamed mixture alternately with one-half cup of hot water in which the chocolate has been dissolved. Beat this mixture hard for one minute, then add the remaining half cup of hot water in which the soda has been dissolved. Add vanilla last. Bake in greased and flour-dusted pans either in loaf or layer cakes. Jolt the dough down in pans two times hard, before placing in oven to bake. This makes a very thin dough mixture, but it should be for this kind of cake. Take the egg white and make half recipe of Jiffy Icing.

EGGLESS CHOCOLATE CAKE.

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| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teaspoon nutmeg |
| 1 cup light or medium brown sugar | $\frac{1}{8}$ teaspoon cloves |
| $\frac{1}{4}$ cup grated bitter chocolate | 1 teaspoon soda |
| 2 cups flour | 1 cup sour milk |
| 1 teaspoon cinnamon | $\frac{1}{2}$ cup currants or raisins |

Cream butter and sugar until smooth, then add the melted bitter chocolate and beat for 1 minute. Next sift flour, cinnamon, nutmeg, cloves and soda together and add to creamed mixture alternately with sour milk. After all ingredients are combined, beat until the mixture is smooth. Bake in 2 layers and set together with chocolate icing.

TUTTI FRUTTI CAKE.

- | | |
|---|---|
| 1 cup sugar | Pinch of salt |
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ cup bitter chocolate (melted) |
| 1 egg | $\frac{1}{2}$ cup chopped raisins |
| 1 cup cold water | $\frac{1}{2}$ cup chopped pecans |
| 1 $\frac{1}{2}$ cups flour | |
| 2 $\frac{1}{2}$ teaspoons baking powder | |

Cream sugar and butter together, to which add well beaten egg and re-cream. Sift flour, baking powder and salt together three times. Take about 3 tablespoonfuls of the sifted dry ingredients and cream with creamed mixture, then alternately add the cold water and remaining dry ingredients. Add melted chocolate next and beat dough hard. then add floured raisins, and last the chopped nuts. Bake in two small layers and set together with any desired filling, the mock caramel icing being quick and good for this cake. Bake in moderate oven.

WHITE LAYER CAKE.

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|----------------------------|---|
| $\frac{3}{8}$ cup butter | 2 teaspoons vanilla or 1 teaspoon of almond flavoring |
| 1 $\frac{1}{2}$ cups sugar | 3 large egg whites or 4 small egg whites |
| 2 $\frac{1}{2}$ cups flour | |
| 4 teaspoons baking powder | |
| 1 cup cold water | |

Cream butter and sugar together until light and creamy. Sift flour and baking powder together three times. Before adding any liquid to the creamed mixture place four or five tablespoonfuls of the flour and baking powder over in butter and sugar mixture and cream, then add the water and remaining dry ingredients alternately. Add extract and beat all together three minutes. Last, fold in the stiffly beaten egg whites. Bake in layers and use any desired filling. After folding in egg whites do not beat mixture. Read instructions on creaming butter and sugar in "Cake Hints". Bake in moderate oven.

PLAIN LAYER CAKE.

½ cup butter	2¾ cups flour
2 cups sugar	4 teaspoons baking powder
4 eggs	1 pinch of salt
1 cup cold water	2 teaspoons extract

Cream butter alone and see that it is soft before combining it with sugar. After sugar and butter are combined, cream until soft and frothy, if necessary, using one or two tablespoonfuls of boiling water to put it into this condition. Next add well beaten egg yolks and cream again until mixture is very light. Sift flour, baking powder and salt together three times. Take from these sifted dry ingredients 5 tablespoonfuls and place in creamed mixture and mix all well together. Now add remaining dry ingredients to creamed mixture alternately with cold water, beating hard for about 2 minutes. Add extract and at last fold in the beaten egg whites, using the underfold and being careful not to beat dough mixture after egg whites are added. Bake in layers in moderate oven. Set layers together with any desired filling.

MOLASSES CAKE.

1 cup sorghum molasses	1 teaspoon nutmeg
½ cup butter	Pinch of salt
½ cup sugar	½ cup sour milk
2 eggs	¼ cup chopped citron
2¾ cups flour	¼ cup raisins
3 teaspoons baking powder	½ cup chopped nuts
1 teaspoon soda	

Cream sorghum, butter and sugar together, to which add well beaten eggs and re-cream. Sift flour, baking powder, soda, nutmeg, and salt together and add alternately to creamed mixture with sour milk. Beat dough hard, then add chopped nuts, floured citron and raisins and add to the mixture. Bake in loaf in moderate oven one hour. A longer time is required for baking a cake of this kind.

BURNT SUGAR CAKE.

“BURNT SUGAR.”

Burnt Sugar mixture is made by taking ½ cup of granulated sugar, ¼ teaspoon cinnamon, ¼ teaspoon nutmeg, ¼ teaspoon cloves and placing it in skillet. Set skillet over a low heat and stir constantly until the mixture is melted, and then gradually allow it to burn to a rich dark brown. Add to the syrup, after it reaches this stage, ½ cup of boiling water and allow it to simmer slowly until all particles are dissolved. Pour this mixture into a measuring cup and fill cup to top with cold water. This gives you the burnt sugar mixture for the cake, and it should be cold before adding to cake dough.

CAKE

“CAKE DOUGH.”

$\frac{1}{2}$ cup butter	4 teaspoons baking powder
$1\frac{2}{3}$ cups sugar	$2\frac{3}{4}$ cups flour
1 cup burnt sugar mixture	$\frac{1}{4}$ teaspoon salt
4 eggs	

Cream butter by itself until it is soft, then combine the butter and sugar and cream together until the mixture is light and frothy, then add egg yolks and cream about two minutes longer. Sift flour and baking powder together three times. Take 5 tablespoonfuls of the sifted flour and baking powder and add to the creamed mixture and cream again about one minute. Now add burnt sugar mixture and remaining dry ingredients alternately to creamed mixture and beat all together hard. Last, fold in the stiffly beaten egg whites. Do not beat after egg whites are folded in. Bake in greased and flour-dusted layer cake pans in moderate oven. Set layers together with white icing. Nuts may be added to icing.

PORK CAKE.

$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ teaspoon cloves
$\frac{2}{3}$ cup sorghum molasses	1 teaspoon cinnamon
1 egg	1 teaspoon nutmeg or mace
$\frac{1}{2}$ pound fat salt pork ground fine (or plain fat fresh pork)	$\frac{1}{2}$ teaspoon soda
1 cup boiling water	1 teaspoon baking powder
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup raisins
	$\frac{1}{4}$ cup nuts

Cream sugar and sorghum well together, to which add well beaten egg and re-cream. Pour the cup of boiling water over the ground salt pork and allow it to stand until lukewarm. Sift flour, cloves, cinnamon, nutmeg or mace, soda and baking powder together three times. Now add pork and water mixture to molasses and sugar mixture, alternately with the sifted dry ingredients. Beat hard for one minute, then add floured raisins and nuts. Bake in greased and flour-dusted loaf pan. Bake slowly nearly an hour.

MARBLE CAKE.

$\frac{2}{3}$ cup butter	4 teaspoons baking powder
$1\frac{2}{3}$ cups sugar	1 cup cold water
$3\frac{1}{4}$ scant cups flour	6 large egg whites

Cream butter and sugar thoroughly together. If butter and sugar do not cream quickly add 1 or 2 tablespoonfuls of boiling water to mixture and stir briskly until mixture is soft and fluffy and splashes with a lightness when thrown back into mixing bowl. Sift flour and baking powder together three times. Take 5 tablespoons of the sifted flour and baking powder and add to the butter and sugar and cream again. Now add the remaining flour and baking powder to cream mix-

ture, alternately with cold water. Beat hard one minute before adding the stiffly beaten egg whites. Fold the egg whites in carefully, using underfold method. Divide the dough mixture into four parts. Into one part add enough pink cake coloring to make a delicate shade and to this dough add also $\frac{1}{2}$ teaspoon strawberry extract. To another part add enough yellow cake coloring to make a yellow shade, or one egg yolk may be used as coloring. To this yellow dough add $\frac{1}{4}$ teaspoon of lemon extract. To another part of dough add $1\frac{1}{2}$ tablespoonfuls of cocoa, $\frac{1}{8}$ teaspoon cloves, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{2}$ teaspoon cinnamon. To the fourth part add only $\frac{1}{4}$ teaspoon of almond extract. This makes the four colors. Grease and dust, with flour, a tube cake pan. Place around the outer edge of pan a circle of the dark dough. Next to dark place a circle of yellow. Next to yellow the pink, and next to pink the white. Place cake in moderate oven to bake slowly, usually about one hour being required. Ice with any desired icing.

FUDGE CAKE.

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups light brown sugar sifted	$\frac{1}{2}$ teaspoon soda
3 eggs	$\frac{1}{8}$ teaspoon salt
1 cup sour milk	$\frac{3}{8}$ cup grated bitter chocolate
$2\frac{1}{2}$ cups flour (scant)	1 teaspoon vanilla

Cream butter by itself until soft and creamy, then combine butter and sugar, and cream until it becomes very light and frothy. To this mixture add the egg yolks and cream 3 minutes longer. Sift flour, soda and salt together 3 times. Add 5 tablespoonfuls of the sifted ingredients and cream well before adding remaining dry ingredients and sour milk alternately to creamed mixture. When sour milk and dry ingredients are all added beat hard for four or five minutes, then add vanilla, melted chocolate, and fold in carefully the stiffly beaten egg whites. Do not beat after egg whites are added. Bake in greased and flour-dusted layer cake pans. Set together with soft chocolate icing.

CARAMEL LOAF CAKE.

$\frac{1}{2}$ cup butter	2 teaspoons vanilla
2 cups medium brown sugar sifted after it is measured	$2\frac{1}{2}$ cups flour
2 eggs	4 teaspoons baking powder
1 cup milk or water	$\frac{1}{4}$ teaspoon salt

Have butter in soft condition and place in mixing bowl first. Next add sugar, eggs, milk, vanilla, flour, baking powder and salt and beat all together for 10 minutes. Place dough in greased and flour-dusted tube cake pan and bake in moderate oven for about 40 minutes, allowing the cake to rise slowly in the oven and keeping it from browning over too quickly. Ice with Ideal Caramel Icing. This may be baked in 2 layers instead of loaf.

RICH FRUIT CAKE.

1 lb. butter	4 cups raisins
1 lb. light brown sugar, sifted after it is weighed	2 cups currants
10 small eggs	1 cup chopped citron
½ cup molasses	1 cup candied pineapple
4½ cups flour	1½ cups candied cherries
1 teaspoon soda	1 cup blanched whole almonds
3 teaspoons baking powder	1 cup chopped pecans
½ teaspoon cloves	½ cup candied orange peeling
1 teaspoon cinnamon	½ cup candied lemon peeling
2½ teaspoons nutmeg	½ cup candied peaches
½ cup sour milk	½ cup candied apricots
½ cup rich fruit juice or brandy	1 cup dates

Cream butter by itself until it is soft, then add sugar and cream again. Next add egg yolks and beat all together for 5 minutes. Sift flour, soda, baking powder, cloves, cinnamon and nutmeg together 3 times and add to creamed mixture alternately with sour milk, molasses and fruit juice. Beat hard, then add fruit after it has been chopped and floured. Add pecans chopped, but almonds, raisins and currants whole. Last fold in the well beaten egg whites. Bake in loaf cakes or in one large tube cake pan. Grease pan and flour dust. Bake in slow oven for about 2½ hours if baked in one large cake. Use extra flour for flouring fruit. One-half of this recipe makes one good sized family cake.

BRIDE'S CAKE.

2 cups uncolored butter	10 teaspoons baking powder
3¾ cups sugar	3 or 4 teaspoons rose or al- mond extract
2½ cups cold water	15 egg whites
8½ cups hard wheat flour or	
10 cups soft wheat flour	

Cream butter by itself until soft and creamy. If it does not soften and become creamy add 2 tablespoonfuls of boiling water to butter. Add the sugar to butter and cream again until mixture is very light and frothy, if necessary adding another 2 tablespoonfuls of boiling water to put it in this condition. Sift flour and baking powder together 3 times. Add 10 spoonfuls of the flour and baking powder to butter and sugar and cream 3 minutes. Now add the cold water and remaining dry ingredients to creamed mixture alternately, beating 10 minutes after all ingredients are together. Last add extract and carefully fold in the stiffly beaten egg whites. Bake in large tube cake pan. Grease and flour dust the pan first. Bake in slow oven at first, gradually raising the heat with rising of cake. Bake about 1½ hours or until cake springs back when dent is made with finger tip.

LAZY CAKE.

$\frac{1}{4}$ cup soft butter	Pinch of salt
1 cup sugar	1 teaspoon vanilla
1 egg	$1\frac{1}{2}$ cups flour (full measure)
$\frac{1}{2}$ cup milk	2 teaspoons baking powder

Place ingredients in crock in the order given and beat ten minutes. Bake in loaf or two small layers. Grease and flour-dust pans first.

ZOO LOO CAKE.

$\frac{1}{4}$ cup softened butter	1 teaspoon soda
2 cups sugar	2 teaspoons baking powder
2 eggs	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups sour cream	2 teaspoons vanilla
$2\frac{3}{4}$ cups flour	1 cup grated bitter chocolate

Cream softened butter, sugar and eggs together 5 minutes. Sift flour, soda, baking powder and salt together and add to mixture alternately with sour cream. Beat mixture another 5 minutes. Add vanilla and melted bitter chocolate and continue the beating 5 minutes longer. Bake in layers in greased and flour-dusted pans. Set together with "Gold Nut Icing." To insure success sour cream must be used in this cake. Sour milk may be substituted and $\frac{1}{2}$ cup butter used instead of $\frac{1}{4}$ cup.

LADY BALTIMORE CAKE.

$\frac{2}{3}$ cup butter	4 teaspoons baking powder
$1\frac{3}{4}$ cups sugar	2 teaspoons extract
1 cup cold water	6 egg whites
$2\frac{3}{4}$ cups flour	

Cream butter in a bowl until it is soft and creamy; if necessary adding a tablespoonful of boiling water to put it in this condition. Combine the butter and sugar and cream again until the mixture is soft and frothy. Another tablespoonful of boiling water may be added to butter and sugar to hasten creaming. Sift flour and baking powder together three times. From the sifted flour and baking powder take 5 tablespoonfuls and place with the butter and sugar, and cream one minute. Now add the remaining dry ingredients to creamed mixture alternately with the cold water, beating hard after all are combined. Add extract and last fold in the stiffly beaten egg whites, being careful not to beat after whites are added. Place dough in greased and flour dusted pans and place in a slow oven, allowing the cake to rise slowly with the rising of the heat.

Layers should bake about 25 minutes, or until cake shrinks a little from pan. Cool the cakes in pan by allowing pans to set upright on cooling rack. Put layers together with the Lady Baltimore Filling as given under "Cake Icings and Fillings."

ONE-EGG COCOANUT CAKE.

$\frac{1}{4}$ cup butter	$1\frac{1}{4}$ cups flour
$\frac{2}{3}$ cup sugar	$2\frac{1}{2}$ teaspoons baking powder
1 egg yolk (white for frosting)	1 teaspoon extract
$\frac{1}{2}$ cup milk or water	

Cream butter and sugar together, to which add egg yolk and re-cream. Sift flour and baking powder together and add to creamed mixture alternately with sweet milk or water. Add extract and beat mixture hard for 5 minutes. Bake in greased and flour-dusted cake pan. Make half of the Jiffy Icing recipe with the egg white and use cocoanut as desired.

TWO OR THREE LAYER COCOANUT CAKE.

$\frac{1}{2}$ cup butter	1 cup cold water
$1\frac{1}{2}$ cups sugar	1 teaspoon almond flavoring
$2\frac{1}{2}$ cups flour	3 large egg whites or 4 small ones
4 teaspoons baking powder	

Cream butter by itself until soft, then combine sugar and butter and cream again until light and fluffy. At this time add 2 tablespoons of boiling water and the mixture may be creamed in a very short time. This last two spoonfuls cannot be removed from mixture, hence it is necessary to deduct 2 tablespoonfuls of water from the one cupful to be used. When butter and sugar is in a light, frothy condition, sift flour and baking powder together 3 times. Take 4 or 5 tablespoonfuls of the flour mixture and add to butter and sugar and cream 1 minute. Last alternately add water and remaining flour to creamed mixture, beating hard after all are combined. Add extract and at last fold in stiffly beaten egg whites. Do not beat mixture after egg whites are added. Bake in greased and flour-dusted layer cake pans. Set together with "Jiffy Icing" and shredded cocoanut.

HOT WATER GINGER BREAD.

$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon salt
1 cup sorghum molasses	$\frac{1}{2}$ teaspoon cloves
$2\frac{2}{3}$ cups flour	2 teaspoons ginger
1 teaspoon soda	1 cup hot water
1 teaspoon baking powder	2 eggs

Cream sugar and shortening together, to which add sorghum and re-cream. Sift flour, soda, baking powder, cinnamon, salt, cloves, and ginger together. Add dry ingredients to creamed mixture alternately with hot water. Beat mixture thoroughly. Add well whipped eggs at last. Bake in moderate oven like cake.

ANGEL FOOD LOAF CAKE.

INSTRUCTIONS.

Select fresh eggs and have them cold. Use a large earthen bowl large enough for a bulky mixture. Use a wire paddle egg beater. Select a cake pan with stems on sides and tube in center. Before beginning the cake separate the whites from the yolks and have whites in bowl in readiness. Sift the flour and baking powder together five times and have on paper napkin. Measure and have $1\frac{1}{3}$ cups of sugar in sifted form on a paper napkin. Place the cream of tartar mixed with 1 teaspoonful of sugar in another napkin and have ready.

RECIPE.

11 egg whites or $1\frac{1}{4}$ cups	$1\frac{1}{2}$ cups fine granulated sugar
measured	1 teaspoon extract
$\frac{1}{8}$ teaspoon salt	1 cup flour
1 teaspoon cream of tartar	$\frac{1}{2}$ teaspoon baking powder

Place egg whites in bowl, to which add the salt and beat until eggs turn white and frothy, then add the cream of tartar and continue to beat until mixture is stiff and seemingly dry. Test may be made by removing paddle from the mixture and inverting it; if the egg whites stand up straight in points on the paddle the eggs are stiff enough. Fold in the sugar carefully, sifting sugar into bowl with left hand and folding slowly with the right hand. When sugar is all added pour in the extract and then in the same careful manner fold in the sifted flour and baking powder. Too quick movements during the folding process makes the dough gradually sink, the result a small sized cake. Place dough in an ungreased tube cake pan and place in a very moderate oven to begin, then gradually increase the heat with the rising of the cake. When angel food pan has projecting stems, cover the cake for first two-thirds of baking period, then remove cover to allow cake to finish baking. When done remove from oven and turn pan upside down and allow cake to get perfectly cold in the pan before removing it. When cold run a spatula around sides of cake, loosen the tube from cake, turn pan upside down and jolt twice when the cake will fall out. This is a plain loaf cake and may be iced with any desired icing. If cake is to be served uniced use $1\frac{1}{2}$ cups of sugar instead of $1\frac{1}{3}$ cups.

SIX-EGG WHITE ANGEL FOOD.

6 egg whites (large eggs)	$\frac{2}{3}$ cup flour
Pinch of salt	$\frac{1}{4}$ teaspoon baking powder
$\frac{1}{2}$ teaspoon cream of tartar	$\frac{2}{3}$ teaspoon extract
$\frac{3}{4}$ cup of fine granulated sugar	

Proceed and mix by same process as given for 11-egg angel food.

ANGEL LAYER CAKE.

Make same recipe as for loaf cake, only separate dough and bake in two layer pans. Set layers together with any desired icing, or sweetened and flavored whipped cream mixed with quartered marshmallows and nuts may be used as filling, if cake is to be served soon after layers are set together. For delicious cake make Jiffy Icing with the marshmallows, then add cut candied fruit and nuts.

RIBBON ANGEL FOOD.

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| 1½ cups granulated sugar | 1 teaspoon cream of tartar |
| ½ cup water | Few grains of salt |
| 1½ cups flour | 1½ teaspoons of almond or |
| 1 teaspoon baking powder | other extract |
| 11 large egg whites | |

Boil the sugar and water until it spins a hair—if thermometer is used, to 237°. When done set aside to partially cool. Sift flour and baking powder together 5 times. Place the cream of tartar on a paper and mix with 1 teaspoon of sugar. Place the 11 cold egg whites in a large bowl or crock and beat until they turn white and stiff, then add the cream of tartar and continue to whip until eggs are stiff enough to stand firm in points when paddle is taken from eggs and inverted. At this stage pour the cooked syrup into whites and whip briskly. Use only the syrup that comes by pouring. Don't scrape the pan. Add the extract, then fold in the flour and baking powder carefully. Bake in 2 deep ungreased layer cake pans. Start the cake in a 250° temperature and finish at about 425° F.

Set the layers together with "Jiffy Icing" an inch thick between and on top of layers; add a few drops of pink cake coloring to the icing, or the cake dough may be tinted pink and the icing left white.

This cake may be baked in a plain loaf cake also.

MOCK ANGEL FOOD CAKE.

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| 1½ cups sugar | ¼ teaspoon salt |
| 2 cups flour | 1½ cups hot sweet milk |
| 2 teaspoons baking powder | 2 teaspoons extract |
| 1 scant teaspoon cream of tartar | 5 small eggs or 4 large ones |

Sift sugar, flour, baking powder, salt and cream of tartar together five times. Have milk heated but not to the boiling point, and pour slowly into these dry ingredients, stirring constantly, but not beating. After all are evenly mixed, add the extract. Beat the whites to a very stiff froth and carefully fold in at the last, being careful not to beat the mixture after egg whites are added. Bake cake in an ungreased pan in a moderate oven, usually requiring about forty-five minutes for the baking. Allow cake to cool in pan before removing, having pan inverted while cake is cooling.

SPONGE CAKE—No. 1.

5 eggs	½ teaspoon salt
1 ¾ cups fine granulated sugar	2 teaspoons extract
2 cups flour	1 cup hot water
3 ½ teaspoons baking powder	

Beat eggs, yolks and whites together, for one minute. Add the sugar and continue the beating for 8 minutes longer. Sift flour, baking powder and salt together 5 times and add to the egg and sugar mixture, beating until mixture is very light. Last add the hot water and extract. Stir well and pour dough into an ungreased cake pan. Place cake in a very moderate oven at first, then gradually increase the heat as the cake rises. Bake for about 45 minutes. Test the cake by making a dent in center of cake with the finger. If the dent remains in the cake, continue to bake; if it springs back cake is done. When done remove cake from oven and allow it to cool in the pan, inverted, before removing it from the pan.

SPONGE CAKE—No. 2.

3 eggs	3 teaspoons baking powder
1 ½ cups granulated sugar	½ cup hot water
1 ½ cups flour	1 teaspoon extract
½ teaspoon salt	

Beat eggs light, then add sugar and beat all together until mixture is very light, usually five minutes being necessary for the beating. Sift flour, baking powder and salt together three times and add to egg and sugar mixture and beat again about five minutes. Last add the hot water slowly and beat briskly while doing so. Next add extract and bake either in loaf or layers. Pans for this cake may be greased or left ungreased.

SUNSHINE CAKE.

11 egg whites	1 ½ cups sugar
6 egg yolks	2 teaspoons extract
Pinch of salt	1 ½ cups flour
1 teaspoon cream of tartar	1 teaspoon baking powder

Place egg whites in large bowl. Place egg yolks in another bowl. Sift flour and baking powder together 5 times and have on paper napkin. Mix the cream of tartar with 1 teaspoon of the sugar and have on another paper napkin. Eggs should be cold. First, beat egg yolks very light, usually requiring 5 minutes' steady whipping. Leave them set while preparing other mixture. Add pinch of salt to egg whites and beat until they turn white and frothy, then add cream of tartar and continue to beat until eggs are very stiff, then fold in carefully the sugar first, then flour and baking powder. Add extract and egg yolks last and see that the dough is well mixed by the slow folding process. Place dough in ungreased pan and bake for about 50

CAKE

minutes; very slow oven at first, gradually raising the heat with rising of the cake. Keep cake covered for three-quarters of the baking period, then remove lid and finish the baking uncovered. When done remove from oven and turn upside down to cool. When perfectly cold, run spatula around edge of cake and turn cake out. Ice with yellow icing. See cake suggestions.

LEMON SUNSHINE CAKE.

1½ cups sugar	3 teaspoons baking powder
¾ cup water	¼ teaspoon salt
11 egg yolks	2 teaspoons lemon extract
1¾ cups flour	

Boil the sugar and water until it threads—about 236° F., if thermometer is used. When done, set it aside to cool while the other ingredients are prepared. Beat the egg yolks until they are so light they show signs of strings when being whipped. Fold the syrup into the egg yolks, whipping briskly for a minute, then carefully fold the flour, baking powder and salt into the mixture after they have been sifted together 5 times. Add the extract last and bake in ungreased tube cake pan. 250° F. oven at first, then increase heat with rising of cake. About 45 minutes is required for baking.

PINEAPPLE CAKE.

¾ cup butter	1½ cups cold water
2 cups sugar	1 teaspoon pineapple extract
3 cups flour (full measure)	4 egg whites
5½ teaspoons baking powder	

Cream butter 'til soft, then combine with sugar and cream 'til frothy, using the hot water method. Sift flour and baking powder together 3 times and add to creamed mixture alternately with the cold water. Beat 2 minutes after this addition, then add extract and carefully fold in the stiffly beaten egg whites. Bake in 2 large layers or 3 thin layers. Set layers together with "Pineapple Cake Filling," as found in "Cake Icings." On top of the cake the "Jiffy Icing" should be used.

PICKANINNY CAKE.

1½ cups granulated or brown sugar	1½ teaspoons soda
½ cup softened butter or drippings	½ cup cocoa
4 egg yolks	¼ teaspoon salt
1¾ cups flour	1 teaspoon vanilla
	1 cup sour milk

Cream sugar and butter until smooth and light, then add egg yolks and beat hard for about 3 minutes. Sift flour, soda, cocoa and salt together 3 times and add alternately to creamed mixture with sour

milk. Add vanilla and beat mixture hard for 2 minutes. Bake in greased and flour-dusted layer cake pans. Any desired icing may be used.

THREE-DAY GINGER BREAD.

1 cup shortening	1 tablespoon ginger
1½ cups sifted brown sugar (Sift sugar after it is measured)	1 teaspoon cinnamon
2 eggs	¼ teaspoon cloves
1 cup dark sorghum or New Orleans molasses	¾ tablespoon soda
3½ cups flour	1 teaspoon nutmeg
	1 teaspoon salt
	1 cup boiling water

Cream the shortening and sugar well together, then add the 2 whole unbeaten eggs and beat for 2 minutes. Next add the molasses and mix thoroughly. Sift flour, soda, ginger, cinnamon, cloves, nutmeg and salt together and add alternately to creamed mixture with hot water. When all ingredients are combined, beat hard for one minute. Now take out enough dough to make a ginger cake the size to serve the family for one meal. Set the remaining dough in the refrigerator to keep cold. A fresh cake may be baked from this dough for three consecutive days and the dough baked on the third day is usually better than that baked the first day. Bake dough in greased and flour-dusted pans in moderate oven. For very rich ginger bread make "Jiffy Icing" and spread on bread. If all the dough is to be baked the day it is mixed, use only ½ tablespoonful of soda.

STUFFED GINGER CAKE.

Bake the "Sour Milk Ginger Cake" recipe. Bake it in one round pan. When baked dig out the center of cake, leaving a shell about 1 inch in thickness, sides and bottom. Make a recipe and a half from the "Ice Water Meringue" recipe, and fill in the cake, adding to it a few sliced nut meats or fruit. Place in the oven and bake slowly for about 12 or 15 minutes. Or stiff whipped cream may be used in place of meringue.

JELLY CAKE.

½ cup softened butter	2¾ cups flour
1⅔ cups sugar	4 teaspoons baking powder
2 large eggs	Pinch of salt
1 cup milk or water	2 teaspoons extract

Place the ingredients in the mixing bowl in the order given and beat all together for about 10 minutes. Bake in 3 or 4 thin layers and set together with jelly. Rub a little flour in on each layer before the jelly is spread.

POLLY ANNA CAKE.

1 cup butter	5 teaspoons baking powder
2 cups sugar	¼ teaspoon salt
11 egg yolks	3 teaspoons extract
3 cups and 2 tablespoons flour	1 cup cold water

Cream butter until soft and smooth, if necessary adding a tablespoonful or two of boiling water to accomplish this. The hot water can usually be poured off after butter is softened. Next add the sifted sugar and beat for at least 2 minutes. Now combine the sugar and butter with the unbeaten egg yolks and beat mixture hard for 5 minutes. At the end of 5 minutes' beating process the mixture should be in a very light condition. Next sift the flour, baking powder and salt together three times. Take 5 tablespoonfuls of the flour and baking powder and add to the creamed mixture and bind it by beating 1 minute. Next add the extract and remaining dry ingredients and cold water, and beat all together for another 5 minutes. Bake in greased and flour-dusted layer pans and set layers together with "Polly Anna Icing." Bake the cakes slowly by placing them in a very moderate oven and bring the heat up with the gradual slow-rising of dough. If baked in two large layers usually about 35 or 40 minutes is required for baking. If baked in loaf, at least one hour is required. This makes one very large cake or one medium sized cake may be made and 6 cup cakes. Ice with "Polly Anna Icing."

ALMA'S ICE BOX CAKE.

1 cup unsalted butter	Enough lady fingers to circle
1 ½ cups 4x or 6x sugar	inside edge of cakepan
3 eggs	30 almond macaroons
1 ½ cups blanched and finely	20 candied cherries
ground almonds	

Cream the butter and sugar until smooth and light. Add the well beaten egg yolks to this and cream again. Next add the ground almonds and carefully fold in the stiff and well beaten egg whites. A spring form pan should be used for the cake, but if not obtainable, select any desired cakepan and stand the lady fingers close together all around the cakepan. Roll macaroons to fine crumb form. Now place a layer of the creamed mixture in pan and over this place macaroon crumbs, then another layer of creamed mixture and crumbs again. On the top of all this place the halved candied cherries. Place in coldest part of ice box and allow it to remain 24 hours. It sets in firm form and slices down like cake and should be cut so that each slice contains one lady finger. When spring form pan is used, the outer rim is loosened with spring catch, which allows the cake to remain upright on bottom of pan. When the ordinary cake pan is used, in order to remove cake from pan it is almost necessary to turn it out upside down on plate or board. This usually breaks the cake. Spring

form cake pans are obtainable at a reasonable price at any first-class hardware store. Always serve the cake with whipped cream. Fourteen or 15 persons may be served from a cake of this size.

BLACK WALNUT LOAF CAKE.

5½ tablespoons butter	¼ teaspoon salt
1¾ cups sugar	1 cup sweet milk
2 eggs	2 teaspoons vanilla
2¾ cups flour	1½ cups nutmeats
4½ teaspoons baking powder	

Soften the butter to a creamy consistency and place in a mixing bowl. Add the other ingredients, with the exception of the nut meats, and beat hard for 5 minutes. Last add the nut meats and stir until they are evenly mixed through. Bake in greased and flour-dusted cakepan and ice with any desired icing. Bake slowly and keep cake covered for $\frac{3}{4}$ of the baking period, then remove lid. (See instructions preceding cake recipes.) Serve plain or iced.

ROSE'S SPICE CAKE.

½ cup softened butter	1½ teaspoons cloves
2 cups sifted brown sugar	½ teaspoon nutmeg
3 eggs	1 teaspoon soda
1¾ cups flour	½ teaspoon salt
2 teaspoons cinnamon	½ cup sour milk

Cream butter and sugar together thoroughly, to which add the egg yolks, and cream again until very light. Sift flour, cinnamon, cloves, nutmeg, soda and salt together 3 times, then add to creamed mixture alternately with the sour milk. Beat mixture for about 2 minutes, then fold in the stiffly beaten egg whites. Bake in loaf or layers. Ice with any desired icing. 1½ teaspoons cloves should be used. It is not too much.

ALMOND CAKE—"AMBROSIA."

6 eggs	1½ cups finely ground almonds
1 cup confectioner's sugar	1 teaspoon almond extract

Beat the egg yolks for 30 minutes, then add $\frac{1}{2}$ cup of the sugar and beat another 5 minutes. Next add the almonds, then the stiffly beaten 3 egg whites, folding them in briskly. Bake in buttered sheet pan, moderate oven, about 35 minutes. When done make a meringue with the remaining 3 egg whites and place on top of cake. Return cake to oven for 12 or 15 minutes for meringue to set and bake slowly. The almond extract is added to meringue.

CAKE

ALMOND TORTE.

1 cup almond meal	$\frac{1}{2}$ teaspoon cream of tartar
3 tablespoons sugar	$\frac{1}{4}$ teaspoon almond extract
4 egg whites	

Mix the almond meal and sugar together. Beat the egg whites light, then add cream of tartar and continue to beat until very stiff. Now combine the first mixture with eggs, add extract and bake in tube cake pan. Pan may be sparingly greased. Slow oven. Must be served with sweetened whipped cream.

CHOOEY CHEESE CAKE.

$\frac{1}{2}$ cup sugar	3 teaspoons baking powder
2 tablespoons softened butter	$\frac{1}{4}$ teaspoon soda
3 eggs	$\frac{1}{4}$ teaspoon salt
1 cup smooth cottage cheese	2 tablespoons lemon juice
1 $\frac{1}{4}$ cups flour	Grated rind of $\frac{1}{2}$ lemon

Blend sugar and butter, to which add eggs and beat until very light. Add cottage cheese and beat 2 minutes longer. Next sift the flour, baking powder, soda and salt together and add. Last add juice and rind and beat 5 minutes before baking in a well greased layer pan, in slow oven, for about 35 minutes.

MATILDA'S SCHAUM TORTE.

6 egg whites	1 tablespoon vinegar
2 cups fine granulated sugar	1 teaspoon vanilla

Beat egg whites 'til stiff and dry, then add the sugar and beat for 25 minutes steadily. Add vanilla and vinegar at last. Place in a sparingly greased tube pan and bake slowly for 30 minutes. Serve with unsweetened whipped cream.

CHAPTER VII

Fillings, Icings and Fondant

To become an expert in the making of cake icings requires some little study, practice and skill, and the person who has accomplished the art is in position to cover a defective cake in such a clever way that the defect will never be discovered by the person to whom the cake is served. On the other hand, many a delicious, fine-textured, soft and flaky cake is cast aside with no comment due to the fact that it was uniced or the icing was a failure, so it seems that much care and attention should be given the icing.

The "Jiffy Icing" herein given is the easiest and best cooked icing made, and with a little practice one may become an expert by simply using this recipe as a basic recipe for many different coverings for cakes. There seems to be some difficulty in making icings stand up thick and creamy, the common complaint being, "It is too hard or too soft," or "I can't make a thick layer of icing stand up between two layers." To make a thick icing follow these instructions:

Place two cake layers out on a flat surface and ice them as though they were to be two separate cakes, piling the icing up high on what is to be the top layer first, then on the other layer just as high, also placing a small amount on the sides. Now allow layers to remain in this condition until the icing shows signs of setting (which means a thin, crystallized sheet will form on the surface of icing). At this stage take a spatula, pancake turner or pie knife and carefully lift one layer up and place it on top of the other. The sides may then be touched up and iced with icing left for the purpose, or for a perfect cake a small amount of fresh icing may be made. In icing loaf cakes or layer cakes, too, it is well to spread a small amount evenly over the cake first. This takes up the crumbs and closes the pores and a smoother surface will be the result.

If jelly, soft icing or filling is to be used between layers, it is best to sprinkle a little flour over the surface of the cake first, then gently rub it in until no flour is seen. This closes the pores of the cake and keeps the layers from absorbing the moisture of the filling.

A candy or icing thermometer is a handy instrument to have in the kitchen, and if all housewives were equipped with such the instructions would all be given according to degrees in boiling. Since about one woman in every one hundred possesses such, we still say, "Boil until it hairs," "soft boil," "hard boil," etc. Even with a thermome-

ter as guide one's own judgment must be relied upon to a large degree. Nearly all syrups are cooked to a temperature of 236, 237 or 238° F. Now if a recipe calls for 2 egg whites to be added in beaten form to a syrup cooked to 237°, and these eggs are small, what will the result be? The syrup has been cooked a little too long on account of eggs being small, and vice versa.

If cakes with icing are preferred, it is quite the popular method now to bake the cake in sheet or layer form and make the icing nearly as thick as the cake, then cut the cake in squares. These cakes are good to look upon and delicious in flavor.

If a tube cake pan is wanted and no pan is available, one may be improvised in the following manner:

Select two small sized baking powder cans with lids and fill them with salt or clean sand and set them in the center of any pan to be used. Pour the dough in around the cans and the result is the same as though the tube pan had been used. Care must be exercised in inverting the cakes, however. The weight of the can will cause same to fall from the cake unless carefully watched. If allowed to fall in this manner a torn cake will result.

DATE NUT FILLING.

1 cup white corn syrup	3 tablespoons sugar
2 tablespoons flour	1½ cups finely chopped dates
3 tablespoons butter	½ cup chopped nut meats

Place syrup in saucepan over the fire. Cream flour, butter and sugar together and add, allowing it to boil 2 minutes. Remove from fire, add dates and beat for one minute. Set mixture aside to cool, and add chopped nuts and spread between cake layers. It is also excellent spread between Graham crackers, plain crackers or home-made cookies.

FIG NUT FILLING.

1½ cups finely chopped figs	1 egg yolk
2 tablespoons cream	1 tablespoon melted butter
Confectioners' sugar	½ cup chopped nuts

Mix figs and cream. To this add enough 6X confectioner's sugar to make a stiff paste. Beat egg yolk light and add, also the tablespoonful of melted butter. Stir all and spread between cake layers.

GOLD CAKE FILLING.

¼ cup cold butter	2 raw egg yolks
1½ cups confectioners' sugar	½ teaspoon vanilla
1½ tablespoons cream	

Cream butter and sugar thoroughly together, to which add cream, well beaten egg yolks and vanilla. Mix and spread on cake.

COLD ICING AND FILLING.

- | | |
|--|---------------------------------------|
| 2 cups 6x confectioners' sugar | 2 tablespoons butter |
| Enough milk, cream or fruit juice to make a thick paste | ½ teaspoon any desired extract |
| ¼ teaspoon baking powder | |

Mix sugar, cream, milk or fruit juice and baking powder together until smooth. Add to this the butter, melted and boiling hot. Stir 'til smooth, then add extract and it is ready to spread. If at any time it seems too thin add a little more sugar, or if it seems too thick add a little more liquid.

VIOLA'S LEMON CHEESE CAKE FILLING.

- | | |
|--------------------|---------------------|
| 2 lemons | 1 cup sugar |
| 3 egg yolks | ½ cup butter |

Grate the lemons carefully, using only the outer oil cells. Squeeze the juice from lemons, then mix all ingredients together and cook 'til it thickens, stirring constantly.

PINEAPPLE CAKE FILLING.

- | | |
|------------------------------|---|
| 1 egg | 5 tablespoons butter |
| ½ cup pineapple juice | Few grains of salt |
| 7 tablespoons flour | ½ ring of candied pineapple, chopped |
| 1 cup sugar | |

Beat egg light, to which add pineapple juice. Mix flour and sugar together and add. Next add butter and salt. Cook in double boiler 'til thick like paste. If candied pineapple is to be used add it when mixture is cold.

PINEAPPLE CREAM CAKE FILLING.

Make as above recipe is made. When paste is cold fold in 1 cup of whipping cream after it has been whipped stiff. Cakes filled with this should not stand long after baking.

DIVINITY FILLING.

- | | |
|-------------------------|---------------------------|
| 2 cups sugar | 2 egg whites |
| ⅔ cup corn syrup | 1 teaspoon vanilla |
| ⅓ cup hot water | |

Boil sugar, corn syrup and water together until it forms a hard ball in cold water. Have whites whipped to a stiff froth and gradually combine the whites and syrup by pouring hot syrup into whites, whipping hard while syrup is added. Add the vanilla and beat until mixture shows signs of setting. Spread on cake, or pour into buttered sheet and mark in squares for candy.

on cake after the few grains of salt and extract are added. Do not beat after it is taken from fire.

FOR CHOCOLATE JIFFY ICING.

When mixture is cooked until done, add $\frac{3}{4}$ cup of grated bitter chocolate, in melted form, to the mixture and spread on cake.

IDEAL CARAMEL ICING.

2 cups medium brown sugar	Few grains of salt
$\frac{1}{2}$ cup scalded sweet milk	1 teaspoon vanilla
$\frac{1}{2}$ cup water	24 marshmallows
2 tablespoons butter	

Place sugar, milk, water and butter in a saucepan and set directly over the fire to boil slowly, being careful to stir constantly until it begins to boil. This point alone has a tendency toward keeping the mixture from curding. About 10 or 12 minutes even, slow boiling, with some stirring, is necessary before time for testing. When a few drops of the syrup, placed in cold water, can be pressed into a soft, firm ball it is time then to add the marshmallows. After marshmallows are added, continue to cook and stir until they are dissolved, then remove from fire and add salt and vanilla. Cool to lukewarm before beating. If cooked the proper length of time about 15 or 20 minutes will be required for whipping. If it sets too quickly it is never so nice. The longer it is beaten the smoother it will be. If for any reason it is cooked too long and mixture shows sign of setting too soon, either set the saucepan back on the fire in hot water or add a little cream to mixture.

This recipe may be made omitting the marshmallows.

DIXIE CHOCOLATE ICING.

$\frac{3}{4}$ cup grated bitter chocolate	2 tablespoons butter
$\frac{3}{4}$ cup canned evaporated milk	1 pinch of salt
1 $\frac{1}{2}$ cups granulated sugar	1 teaspoon vanilla
1 teaspoon corn syrup (scant)	

Place grated chocolate and condensed milk in saucepan and cook until it melts to smooth consistency, stirring frequently. Next add sugar, syrup and butter and cook until mixture will form a soft ball when dropped in cold water. When it reaches this stage remove from fire, add salt and vanilla and allow it to stand in cold water until it cools to lukewarm. Now beat mixture until it shows signs of setting, then spread on cake. If mixture should set too quickly a little cream may be added to save it, but this comes from having cooked mixture too long. The mixture may also be set on stove and heated a little if it starts to set too quickly.

SOFT CHOCOLATE ICING.

Make the same as above recipe for "Cold Icing and Filling," only after all ingredients are mixed add $\frac{1}{2}$ cup grated bitter chocolate. Melt the chocolate over hot water before adding.

MOCK CARAMEL ICING.

Make the same as above recipe for "Cold Icing and Filling," only instead of just melting the butter to boiling point, allow it to brown before adding. The "Cold Icing and Filling" is the foundation for all cold icings. It may be made and kept several days before spreading, providing a damp cloth is kept over top of container. Nuts may be added to the recipe or various fruits may be added. Egg yolks may be added if a yellow icing is wanted.

GOLD NUT ICING.

1 cup sugar
 $\frac{1}{3}$ cup water
1 egg

1 teaspoon vanilla
 $\frac{3}{8}$ cup blanched chopped almonds

Boil sugar and water together until it spins a long hair when syrup is dipped from the saucepan and dropped back into the pan. Two or three minutes for boiling usually is sufficient time. Beat white and yolk of egg well together and pour the boiling syrup very slowly into the egg, whipping briskly with wire egg beater. Do not scrape syrup from pan; use only the syrup that comes by pouring. Beat the mixture until it shows signs of becoming hard, then add vanilla and chopped nuts. Spread on cake.

CHOCOLATE ICING.

1 cup sugar
 $\frac{1}{3}$ cup water
 $\frac{1}{2}$ cup grated bitter chocolate

1 teaspoon vanilla
1 egg

Boil sugar, water and chocolate together for about 8 minutes, or until it forms a firm ball when dropped in water. Have the egg beaten very light. Pour the boiled mixture into the egg and beat until stiff enough to spread, usually meaning about 15 minutes' beating. Add extract while beating.

MARSHMALLOW NUT ICING.

1 cup sugar
4 tablespoons water
1 egg white

24 marshmallows
 $\frac{1}{3}$ cup chopped nuts
1 teaspoon vanilla

Boil sugar and water until it forms a hard ball when dropped in water. Melt marshmallows in double boiler until marshmallows run together. Combine the boiled syrup with melted marshmallows, whip-

ping the mixture while still hot. Last whip in well beaten egg white, nuts and vanilla. Spread on cake.

BOILED ICING.

1 cup sugar	$\frac{1}{6}$ teaspoon cream of tartar
$\frac{1}{3}$ cup water	$\frac{1}{2}$ teaspoon extract
1 egg white	

Boil sugar and water together until it hairs when dipped by a spoon and dropped back into kettle. Do not stir while boiling and keep kettle covered during the time it boils, thus keeping the sides washed down by the rising steam. Beat the egg white light, adding the cream of tartar to egg while beating. When the white is stiffly beaten and the syrup hairs, combine the two, whipping briskly while pouring the syrup on egg white. Add extract and beat until stiff enough to spread. Double recipe for large sized layer cake. Do not scrape syrup from kettle.

ORANGE FROSTING.

2 cups 6x confectioners' sugar	1 egg yolk
Grated rind of $\frac{1}{2}$ orange	2 tablespoons melted butter
Enough orange juice to moisten sugar	

Mix sugar, grated orange and juice together, then add egg yolk and melted butter. Beat all together, having mixture just stiff enough to spread.

FONDANT FOR CAKES AND CANDY.

Place sugar and water in kettle and stir until sugar is dissolved. When dissolved, place on the fire and allow it to come to a boil, stirring a little at the beginning. After it comes to a boil add acetic acid, then wash the sides of the kettle down with a wet cloth, being careful to remove every grain of sugar from sides. Now place a lid over the kettle and allow the syrup to steam and gently boil for about three minutes, then remove the lid and place candy thermometer into the boiling syrup, keeping the bulb down and thermometer leaning against side of kettle. Watch thermometer closely and when it registers 239° the fondant is cooked and kettle should be carefully removed from fire. A marble slab with four iron bars formed in square on top should be in readiness. Wipe off marble slab with cold water first. If marble slab is not used, use a large meat platter, wiping platter with damp cloth first. As soon as fondant is removed from fire it must be poured quickly onto slab or platter. Do not allow it to drip and do not use any of the scrapings in kettle. If this point is not watched carefully candy will become grainy. Try to pour the syrup onto platter or slab so that it will be as thin as possible, enabling it to cool quicker. The more quickly it cools the better the fondant will be.

FILLINGS, ICINGS AND FONDANT

Allow the candy to become perfectly cold. Press the back of hand down on candy and if it does not stick to your hand and feels cool it is in perfect condition. With a paddle begin the kneading process by scooping from the outer edges to center. If all instructions have been carefully carried out the fondant should not become granulated but should be in a soft, creamy condition. Continue to work it until soft and smooth and then form all the mixture in a ball. In a few minutes this ball will appear hard like a stone. Wring a cloth out of cold water and cover the ball, tucking cloth around the sides well. Allow fondant to remain in this condition about 2 or 3 hours. Remove the cloth, make out into candy forms or place the ball of fondant in a stone jar, packing it in good and firm. Dampen four thicknesses of cloth and keep over jar. When wanted for cake icing take out a quantity and warm slightly over steam and spread on cake. The cloth should be kept damp over jar, but do not allow cloth to touch fondant.

CHAPTER VIII

Cookies and Small Cakes

SUGGESTIONS ON COOKIE BAKING.

To properly bake cookies it is necessary to use regular tin sheet pans with a very narrow rim, if any. Cookies baked in heavy black pans with wide rims usually brown too quickly on bottom before the top is even turned from the natural dough color. Do not crowd cookies in pan. They should be baked quickly unless they contain a generous amount of fruit and nuts. A more moderate oven should be used for these and a longer baking period allowed. If sugar-coated cookies are wanted, roll coarse white or colored sugar in on top of dough just before cutting in shapes. Macaroons may be baked on greased paper or on slightly greased sheets. To prevent macaroons from spreading, after they are placed in oven to bake, have oven hot for first 2 or 3 minutes, then decrease heat to moderate or very low and allow them to remain until done or browned to desired color. Remove macaroons from pans or paper while warm; when cold they become so crisp there is more danger in breaking them when removing from pans. Cookies may be kept in a soft condition by placing them in a covered stone jar.

HONEY COOKIES.

1 cup strained honey	3 teaspoons baking powder
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon salt
2 eggs	$\frac{1}{2}$ teaspoon nutmeg
Enough flour to make stiff dough	2 teaspoons lemon extract

Cream honey and shortening, to which add well beaten eggs, and re-cream. Sift flour, baking powder, salt and nutmeg together and add, together with the extract. Make into stiff dough, roll thin, cut and bake on greased biscuit sheets. When dough is rolled nearly thin enough, sprinkle sugar on top of dough and roll it in.

COCOANUT COOKIES.

$\frac{3}{4}$ cup butter	About $3\frac{1}{2}$ cups flour
1 cup sugar	3 teaspoons vanilla
2 eggs	2 tablespoons water
4 teaspoons baking powder	1 cup of shredded cocoanut

Cream butter and sugar thoroughly together, then add eggs and cream again. Sift baking powder and flour together and add, also

COOKIES AND SMALL CAKES

vanilla, water and cocoanut. Mix all together. Roll dough out on floured board as thin as can be handled. With a sharp knife cut in squares or diamond shapes, it being hard to cut the dough on account of shreds of cocoanut. Bake on greased tin sheets in quick oven. This makes about 80 cookies, but they will keep.

CRUMB COOKIES.

$\frac{1}{4}$ cup butter	1 cup flour
1 cup sugar	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon cinnamon
1 egg	$\frac{1}{8}$ teaspoon cloves
$\frac{1}{2}$ cup sweet milk	1 teaspoon mace or nutmeg
2 cups finely rolled and toasted bread crumbs	$\frac{1}{4}$ teaspoon salt

Cream butter and sugar together, to which add unbeaten egg and cream again. Add milk and bread crumbs next. Blend all the dry ingredients together and add. Roll dough out as thin as possible, sprinkling a little sugar on dough and rolling it in. Cut in shapes and bake on greased sheet in hot oven until browned lightly.

PEANUT BUTTER COOKIES.

$\frac{1}{4}$ cup peanut butter	1 teaspoon baking powder
3 tablespoons shortening	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{4}$ cup sour milk
2 cups flour	

Cream peanut butter shortening and sugar together, to which add well beaten egg and re-cream. Sift flour, baking powder, soda and salt together and add to creamed mixture together with sour milk. Mix all well. Roll dough on floured board as thin as can be handled, always rolling sugar in on top of dough to give the cookies a sugar crusted top. Cut in fancy shapes and bake in quick oven. If sweet milk is to be used in this recipe, use 2 teaspoonfuls of baking powder and leave out soda. This makes about 50 cookies.

HEALTH COOKIES.

1 cup shortening	$\frac{1}{4}$ teaspoon salt
1 cup sugar	1 teaspoon nutmeg
2 eggs	4 tablespoons sweet or sour milk
2 $\frac{1}{2}$ cups uncooked rolled oats	$\frac{1}{2}$ cup raisins
2 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup chopped nuts
1 teaspoon cinnamon	
1 teaspoon soda	

Cream shortening and sugar together. Add eggs and re-cream. Add rolled oats and mix all together. Sift flour, cinnamon, soda, salt and nutmeg together and add alternately to creamed mixture with

milk. Roll on floured board as thin as can be handled, cut in desired shapes and bake in a moderately heated oven. If sugar coated cookie is wanted, sprinkle sugar on the dough while rolling. These cookies keep well and are better with age.

CORN FLAKE COOKIES.

1 egg	2 teaspoons vanilla
$\frac{3}{8}$ cup sugar	$\frac{3}{4}$ cup flour
3 tablespoons butter	1 teaspoon baking powder
2 cups corn flakes	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup cocoanut	

Cream egg, sugar and butter thoroughly together, to which add corn flakes, cocoanut and vanilla. Mix this well together, then sift the flour, baking powder and salt into mixture and mix and mash into dough ball. Take dough out onto floured board and knead until dough can be handled, then roll as thin as possible, sprinkling sugar over dough while rolling.

Cut in shapes and bake as other cookies. Brown these cookies to a delicate brown only, and remove from the baking sheet while hot. Use a spatula for this.

SOUR CREAM COOKIES.

1 cup sugar	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup butter	2 $\frac{1}{2}$ teaspoons baking powder
2 eggs	2 teaspoons extract
$\frac{1}{2}$ cup sour cream	4 cups flour

Cream sugar and butter together, to which add unbeaten eggs and cream again. Add sour cream, then soda, baking powder and flour, all sifted together. Add extract and knead into a smooth dough. Roll on floured board, sprinkling sugar on top of dough during the rolling process to give cookies a sugar crusted top. Cut in fancy shapes and bake in quick oven on greased tin sheets.

NUT COOKIES.

$\frac{1}{4}$ cup butter	About 2 $\frac{1}{2}$ cups flour
1 cup sugar	2 teaspoons vanilla
2 eggs	2 tablespoons water
3 teaspoons baking powder	1 cup of finely chopped nuts

Cream butter and sugar thoroughly together, then add eggs and cream again. Sift baking powder and flour together and add with vanilla, water and nuts. Mix and roll dough out on floured board as thin as can be handled. With a sharp knife cut in squares or diamond shapes, it being hard to cut the dough on account of chopped nuts. Bake on greased tin sheets in quick oven. This makes about 80 cookies, but they will keep.

SUGAR COOKIES.

1 ¼ cups sugar	3 cups flour
½ cup butter	1 ½ teaspoons baking powder
2 eggs	½ teaspoon nutmeg
2 tablespoons water	

Cream sugar and butter together, to which add eggs and re-cream. Sift flour, baking powder and nutmeg together and add together with the water. Knead dough on floured board and roll to desired thickness. Cut in fancy shapes and bake on greased tin sheets in quick oven. If sugar coated cookies are wanted, roll sugar in on dough before cutting in shapes.

CITRON COOKIES.

½ cup butter	¼ teaspoon nutmeg
1 cup sugar	3 tablespoons milk or water
1 egg	1 ¾ cups flour
1 ½ teaspoons baking powder	½ cup finely chopped citron

Cream butter, sugar and egg together. Sift baking powder, nutmeg and flour together and add to mixture with the milk or water. Last add the citron well floured. Roll dough out on floured board to desired thickness, cut and bake on greased sheets in quick oven.

PRUNE COOKIES.

1 cup seeded and chopped prunes	1 teaspoon soda
1 large egg or 2 egg yolks	½ teaspoon salt
1 ¼ cups sifted brown sugar	¼ teaspoon nutmeg
4 ½ tablespoons melted shortening	½ teaspoon cinnamon
	2 ½ cups flour
	1 teaspoon baking powder

Place chopped prunes, egg or egg yolks, sugar, shortening and soda in mixing bowl and beat until it is light and creamy. Now sift salt, nutmeg, cinnamon, flour and baking powder together and add. Mix well, then take out onto floured board, roll and cut in desired shapes. If soft cookies are wanted, roll the dough thick. These cookies keep and are better with age.

SOFT GINGER COOKIES.

½ cup sugar	2 tablespoons boiling water
½ cup shortening	1 egg
½ cup dark molasses	¼ teaspoon cinnamon
2 teaspoons ginger	¼ teaspoon salt
1 ½ teaspoons soda	2 ¾ cups of flour

Boil the sugar, shortening, molasses and ginger for one minute. Remove from fire and add the soda after it has been dissolved in the two tablespoons of boiling water. Stir until foamy, then add the well

beaten egg. Sift cinnamon, salt and flour together and add last. Mix thoroughly before placing on floured board. Roll to thickness of one-half inch and cut in shapes to suit. This makes 50 cookies.

LILLIE'S SLICED COOKIES.

1 cup butter or other shortening	4 cups flour
1 cup brown sugar	1 teaspoon soda
1 cup granulated sugar	$\frac{1}{4}$ teaspoon salt
3 eggs	1 teaspoon cinnamon
	1 cup chopped nutmeats

Cream the shortening and sugar together, to which add one unbeaten egg at a time, using the 3, beating hard after each addition. Sift flour, soda, salt and cinnamon together and add together with the nuts. Mix well, and with additional flour on the board place dough out and form into an oblong shaped loaf. It is easier to form into two loaves. Set these molded loaves in the coldest part of refrigerator and let stand until cold and firm, usually about 3 hours. Take from refrigerator, slice and bake on greased sheets in quick oven. This makes about 50 bar shaped cookies.

ECONOMY COOKIES.

1 cup of fat that fried cakes have been fried in, or drippings	4 teaspoons baking powder
1 cup sugar	3 tablespoons milk or water
1 egg	2 teaspoons cinnamon
2 $\frac{1}{2}$ cups flour	1 teaspoon nutmeg
	$\frac{1}{4}$ teaspoon cloves

Cream fat, sugar and egg together. Sift flour and baking powder together and add to creamed mixture, together with milk or water and spices. Mix all and roll out on floured board, cut and bake.

BRAN COOKIES.

$\frac{1}{2}$ cup butter	1 teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon nutmeg
1 egg	1 teaspoon ginger
$\frac{1}{2}$ cup molasses (dark variety)	1 teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon cloves
1 $\frac{1}{2}$ cups flour	$\frac{1}{4}$ teaspoon salt
	2 cups bran

Cream the butter, sugar and egg together until light. To this add the molasses. Next sift the flour, soda, nutmeg, ginger, cinnamon, cloves and salt together and add to creamed mixture alternately with sour milk. Last add bran and knead. Place dough on floured board and roll very thin, cut and bake. This makes about 60 medium sized cookies.

BROWN SUGAR COOKIES.

1 cup brown sugar	1 teaspoon vanilla
½ cup butter	¾ teaspoon soda
1 large egg	Few grains of salt
2¼ cups flour	2 tablespoons sour milk

Cream sugar and butter together, to which add the egg and cream again. Sift all other dry ingredients together and add, together with the sour milk. Roll on floured board to a thickness of ¼ inch. Cut and bake in quick oven. This makes a thick cooky.

FLORENCE'S CHRISTMAS COOKIES.

½ cup butter	¾ teaspoon soda
1 egg	4 tablespoons sour milk
1 cup sugar	2½ cups flour
1 tablespoon hot water	½ teaspoon anise oil

Soften the butter and place in bowl. Next add the sugar and egg and beat until light. Dissolve the soda in the tablespoonful of hot water, and beat another minute. Next add the sour milk, flour and anise oil and form into soft dough. Take out onto floured board and roll either very thin or make in thick cookies. Sprinkle sugar over top when rolling or each cooky may be dipped in colored sugar before baking.

MARIE'S BUTTER COOKIES.

(For Christmas.)

½ lb. sugar	1 lb. flour
½ lb. butter	1 teaspoon baking powder
3 eggs	Grated rind of ½ lemon

Cream sugar and butter thoroughly, to which add eggs and beat until very light. Sift flour and baking powder together and add together with the lemon rind. Mix and roll on well-floured board, if necessary using a little additional flour to stiffen the dough. When cookies are all cut in fancy shapes, brush beaten egg over the top of all and bake in quick oven.

FRANCE'S ALMOND COOKIES.

3 egg whites	½ lb. finely ground almonds
½ lb. pulverized sugar	Enough orange juice to flavor

Beat egg whites very stiff and add to them first the sugar, then the almonds, using the folding method. Last add the orange juice or orange extract to flavor and bake on buttered sheets.

TEA CAKES.

1 cup butter	3½ cups flour
1 cup sugar	3 teaspoons vanilla, or 2 tea-
3 eggs	spoons lemon, or 1 teaspoon
2 teaspoons baking powder	almond

Cream butter and sugar together, then add unbeaten eggs and cream again. Sift flour and baking powder together and add to these ingredients, mixing into a firm dough. Roll as thin as possible, cut, place on greased pans and bake in quick oven. No salt is needed in this recipe, owing to the amount of butter used.

It is hard to tell exactly the amount of flour to be used in cookies, an extra amount always being needed for the rolling process.

ORANGE TEA CAKES.

1 cup sugar	Grated rind of ½ or 1 whole
½ cup butter	orange
1 egg	⅓ cup orange juice
About 2½ cups flour	2 teaspoons baking powder

Cream sugar and butter together, to which add egg and re-cream. Add grated orange peeling and orange juice, together with flour and baking powder after it has been sifted together. Roll dough thin, rolling granulated sugar on top of dough. Cut in fancy shapes. Mix powdered sugar and orange juice together and place one drop on each cake, together with one-half nut.

ELKHART DROP CAKES.

1½ cups dark brown sugar	2 cups flour
¾ cup butter	1 teaspoon soda
3 eggs	⅛ teaspoon salt
1 teaspoon cinnamon	½ cup raisins
1 teaspoon cloves	1 cup black walnut nut meats
1 teaspoon nutmeg	

Cream butter and sugar thoroughly, to which add egg yolks and cream again. Next sift all dry ingredients together and add. Fold in the raisins and nuts and last the well beaten egg whites. Drop on greased tins and bake in quick oven for 5 or 10 minutes, then decrease heat for remaining baking period.

ALMOND SOUR CREAM DROP CAKES.

1 cup sugar	3 teaspoons baking powder
2 tablespoons butter	¼ teaspoon soda
1 egg	½ teaspoon salt
1 cup sour cream	1 teaspoon almond extract
1¾ cups flour	½ cup chopped almonds

Evenly blend the sugar and butter, to which add the well beaten egg and cream thoroughly. Sift flour, baking powder, soda and salt

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together 3 times. Place 3 tablespoonfuls of the sifted ingredients into the creamed mixture and beat all together, then add sour cream and remaining dry ingredients to creamed mixture and beat hard for 2 minutes. Bake in greased and flour-dusted muffin tins, or dough may be dropped by spoonfuls on greased sheets. Make a cold icing and place a dot of cold icing on top of each cake and on top of each drop of icing place 3 blanched almonds.

QUEEN CUP CAKES.

4 tablespoons rendered hen fat	1½ cups flour
1 cup light brown sugar	3 teaspoons baking powder
1 large egg	1 teaspoon vanilla extract
½ cup sweet milk	Few grains of salt

Have fat in softened condition and then place all the ingredients in bowl in order given and beat 5 minutes. Bake in greased and flour-dusted muffin tins. When done remove from pans and cool. After they are thoroughly chilled, cut each cup cake in half, making two layers. Between the layers place a generous spreading of "Date Nut Filling," as given in cake icings. These remain moist indefinitely if kept under a crock.

NOEL CUP CAKES.

½ cup butter or substitute	1 cup cold milk
1½ cups sugar	1½ teaspoons extract
2½ cups flour	3 egg whites
4½ teaspoons baking powder	

Cream butter till soft, then combine with sugar and beat till frothy, using hot water method. Sift the flour and baking powder together three times and add to creamed mixture alternately with milk. Beat 2 minutes, then fold in the stiffly beaten egg whites. Do not beat after whites are added. Bake in greased muffin tins. Ice with thick covering of "Jiffy Icing." On top of each cake place a large gumdrop, and evenly around the gumdrop place silver candies. Use different colored gumdrops.

PRUNE CUP CAKES.

1 cup cooked and chopped prunes	½ teaspoon soda
1 large egg or 2 yolks	¼ teaspoon salt
1 cup white or brown sugar	⅛ teaspoon nutmeg
2 tablespoons melted butter or other shortening	2 teaspoons baking powder
	1¾ cups flour
	½ cup sour milk

Cook prunes until tender, but not too soft. Seed and chop into pieces. Place the cup of prunes in mixing bowl together with the egg or yolks, sugar, melted butter, soda, salt and nutmeg, and beat hard

for 1 minute. Next sift the flour and baking powder together and add alternately with the sour milk. Mix well, then place in greased and flour-dusted pans and bake. This makes 18 large cup cakes.

PLAIN RICH CUP CAKES.

$\frac{1}{4}$ cup softened butter	$1\frac{1}{2}$ cups flour
1 cup sugar	2 teaspoons baking powder
1 egg (large)	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup milk or water	1 teaspoon any desired extract

Place all ingredients in crock in the order given and beat 5 minutes very hard. Bake in greased and flour-dusted muffin tins.

COCOA CUP CAKES.

$\frac{1}{3}$ cup butter	3 teaspoons baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup cocoa
1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup sweet milk	1 teaspoon vanilla
$1\frac{1}{3}$ cups flour	

Cream butter and sugar together, to which add beaten egg and cream again until light. Next sift flour, baking powder, cocoa and salt together and add alternately to the creamed mixture with the sweet milk. When all ingredients are combined, add vanilla and beat hard for 1 minute. Pour into greased and flour-dusted muffin tins and bake slowly. This makes 12 large drop cakes. Cover cakes over with chocolate icing.

JUMBLES.

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ teaspoons baking powder
1 cup sugar	Few grains of salt
4 egg yolks	2 tablespoons water or milk
About $2\frac{1}{3}$ cups flour	2 teaspoons extract

Cream butter and sugar together, to which add egg yolks and cream again. Sift flour, baking powder and salt into mixture and add the milk and extract. Stir all together. Roll dough out onto floured board to about $\frac{1}{2}$ inch in thickness, then sprinkle coarse colored sugar over top and roll the dough then as thin as can be handled. Cut with doughnut cutter and bake in quick oven on greased tin sheets.

VANILLA WAFERS.

1 cup sugar	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{3}$ cup butter	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{4}$ cup milk
2 cups flour	2 teaspoons vanilla

Cream sugar and butter together, to which add egg and re-cream. Sift flour, baking powder and salt together and add to creamed mix-

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ture, alternately with milk and vanilla. Mix and roll on floured board as thin as it is possible to roll the dough. Cut and bake on greased sheets in quick oven.

GRAHAM WAFERS.

1 egg	½ teaspoon salt
½ cup sugar	1 ¼ cups graham flour
½ cup sour cream	1 cup white flour
¼ teaspoon soda	

Beat egg light, then combine with all other ingredients in order given. Mix with a spoon, takeout onto floured board, roll as thin as possible, cut and bake. Sugar may be rolled in on top of dough.

HERMITS.

1 ½ cups sugar	½ teaspoon cloves
1 cup lard and butter mixed	½ teaspoon allspice
3 eggs	1 teaspoon nutmeg
3 tablespoons sour milk	1 cup seeded raisins
½ teaspoon soda	¼ cup finely chopped citron
1 teaspoon baking powder	Enough flour to make dough stiff enough to roll
1 teaspoon cinnamon	

Mix ingredients as given in order, having eggs well beaten. Bake in quick oven to delicate brown. Hermits improve in flavor if kept a few days.

ALMOND TEA BARS.

1 cup sugar	1 cup blanched chopped almonds
4 tablespoons water	
1 egg white	

Boil sugar and water until it hairs. Have egg white beaten stiff and slowly pour the boiling syrup over egg white, whipping briskly. When mixture begins to stiffen add the chopped nuts. Spread on long shaped crackers and place in oven to brown lightly.

NUT SQUARES.

2 eggs	¼ teaspoon salt
1 cup brown sugar	½ teaspoon baking powder
½ cup flour	¾ cup nutmeats
¼ teaspoon cinnamon	

Beat eggs light, to which add sugar and beat 2 minutes. Sift flour, cinnamon, salt and baking powder together and add together with nutmeats. Place dough in greased and flour-dusted pan. Bake in moderate oven and when done remove from oven and cut in squares.

CITRON MACAROONS.

- | | |
|------------------------------------|-----------------------------|
| 3 egg whites | ½ cup finely chopped citron |
| 1 cup powdered sugar | 1 tablespoon flour |
| 1 cup blanched and chopped almonds | Grated rind of ½ lemon |
| | 1 teaspoon lemon juice |

Add pinch of salt to egg whites and beat until very stiff. Fold in powdered sugar after it has been sifted one time. Mix almonds, citron and flour and add. Last add grated lemon rind and juice. Drop by teaspoonfuls on greased sheet. Place in quick oven for first 3 or 4 minutes, then turn heat to very low and allow macaroons to bake for about 20 minutes longer. Remove macaroons from pan while hot, using a pancake turner or spatula for lifting them from pans.

BUTTER MACAROONS.

- | | |
|-----------------|--------------------------------|
| 4 eggs | 2 teaspoons baking powder |
| ¾ cup butter | ½ teaspoon nutmeg |
| 1 cup sugar | ½ cup chopped blanched almonds |
| 2 cups flour | |
| ¼ teaspoon salt | |

Separate the yolks from the whites of eggs. Drop the yolks in boiling water and let stand 20 minutes. Remove eggs from hot water, cool and place in a bowl. Mash the yolks thoroughly and then gradually add the butter and cream to a smooth mixture. Mix sugar, flour, salt, baking powder and nutmeg together and add to the creamed mixture, beating hard after all ingredients are combined. Add almonds and then fold in the stiffly beaten egg whites. Drop mixture by spoonfuls on greased tin sheet. Place in a hot oven for first 2 or 3 minutes, then decrease heat to moderate for remaining baking period.

PEANUT MACAROONS.

- | | |
|----------------------------|------------------------------|
| 3 egg whites | 1 tablespoon flour |
| Pinch of salt | ¼ teaspoon cinnamon |
| ¼ teaspoon cream of tartar | 1 cup finely chopped peanuts |
| 1 cup granulated sugar | |

Add pinch of salt to egg whites and beat until light. Mix cream of tartar and sugar together and add, beating until mixture is very stiff. Mix flour, cinnamon and peanuts together and add last by the folding process. Drop on greased paper or biscuit sheet and bake in moderate oven until done.

CORNFLAKE ROCKS.

- | | |
|-------------------------|-----------------------|
| 1 cup light brown sugar | ½ cup cocoanut |
| 2 eggs | ½ cup chopped walnuts |
| 3 tablespoons flour | ½ cup chopped raisins |
| 2½ cups corn flakes | Few grains of salt |

Beat eggs light, to which add sugar and cream again until very light. Blend flour, corn flakes, cocoanut, walnuts, raisins and salt

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together and add. Drop by spoonfuls on greased sheets. Place in quick oven for first 3 minutes, then decrease to moderate for remaining baking period. Remove from sheets while hot, using spatula or pancake turner. Do not bake too brown.

FERGUSON GEMS.

½ cup sugar	¼ teaspoon salt
½ cup butter	¼ teaspoon ginger
½ cup sorghum molasses	¼ teaspoon cloves
¾ cup water	½ teaspoon nutmeg
1 cup bread crumbs	½ teaspoon cinnamon
1 ¼ cups flour	½ cup raisins
3 teaspoons baking powder	¼ cup chopped citron
½ teaspoon soda	½ cup chopped nuts

Cream sugar, butter and sorghum together, to which add water and bread crumbs. Sift flour, baking powder, soda, salt, ginger, cloves, nutmeg, and cinnamon together and add next. Add floured raisins and citron, then the nuts. Stir all together and bake in greased and floured muffin tins. Bake longer than for plain gems.

MARGUERITES.

2 eggs	¼ teaspoon salt
1 cup brown sugar	1 teaspoon vanilla
½ cup flour	1 cup chopped nuts
¼ teaspoon baking powder	

Beat eggs light, to which add brown sugar and beat again until mixture is very light. Sift flour, baking powder and salt into mixture and beat. Add vanilla and nuts and mix well. Bake in small sized muffin tins greased and flour-dusted. One-third cup of flour makes a soft, tender Marguerite. If a firm Marguerite is wanted add ½ cup of flour.

LADY FINGERS.

2 eggs	½ scant cup flour
½ cup sugar (pulverized)	Few grains of salt
½ teaspoon almond extract	

Beat egg whites to a stiff froth, to which carefully fold in the sugar. Beat egg yolks light and carefully add to whites and sugar. Add the almond extract next and last slowly fold in the flour and pinch of salt. Much better results will follow if regular lady finger pans are used for the baking of fingers. Grease and flour-dust pans. If dough is dropped from pastry bag, use greased oil paper on which to bake them. The fingers may be stuck together with egg whites and pulverized sugar, first dipping the fingers in egg whites, then in powdered sugar and firmly pressing them together. If fancy fingers are wanted, make a cold icing and place between fingers, adding 2 gen-

erous drops of icing on top of fingers and placing a nut half in center of each drop. Fingers may also be iced all over first, then rolled in chopped nuts or cocoanut, or they may be dipped in melted dipping chocolate.

IDEAL GINGER SNAPS.

1 cup sorghum molasses	2 teaspoons ginger
$\frac{2}{3}$ cup butter	$\frac{1}{4}$ teaspoon soda
$3\frac{1}{2}$ cups flour	2 teaspoons baking powder
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Boil sorghum one minute, remove from fire and dissolve butter in sorghum; cool until lukewarm, then sift in dry ingredients and mix into stiff dough. Roll on floured board very thin. Cut in shapes and bake in moderate oven.

GINGER SNAPS.

1 cup sorghum molasses	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup butter and lard mixed	2 teaspoons baking powder
$3\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon salt
2 teaspoons ginger	

Boil sorghum one minute, remove from fire and add shortening. Allow this mixture to cool to lukewarm, then add the dry ingredients sifted together. Roll dough out on floured board as thin as can be handled. Cut in fancy shapes, or plain, and bake in moderately heated oven. This makes 80 ginger snaps.

CORN FLAKE DROPS AND KISSES.

2 eggs	3 cups corn flakes
1 cup sugar	$\frac{1}{8}$ teaspoon salt
2 tablespoons flour	$\frac{1}{3}$ cup chopped pecans

Beat eggs and sugar together until light. Mix sugar, flour, corn flakes, salt and pecans together and add to the creamed mixture. Drop by spoonfuls on greased tin sheets and bake in moderate oven for about 20 or 25 minutes. When done remove from pan with spatula or pancake turner while drops are warm. If kisses are to be made bake in same way, only drops must be taken quickly from the pan while they are very hot and rolled into a ball in the palm of hand. Melt dipping chocolate and roll the kisses in the chocolate. After being dipped into chocolate, kisses may also be rolled in chopped nuts or cocoanut.

BLACK WALNUT KISSES.

2 egg whites	1 cup light brown sugar
Few grains of salt	2 tablespoons flour
Small pinch of cream of tartar	1 cup nut meats

Add few grains of salt to egg whites and beat until eggs are half stiff, then add pinch of cream of tartar and continue to beat until very

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stiff. Mix sugar and flour together and fold into egg whites. Last add nut meats. Drop on slightly greased sheets, placing in hot oven at first, then decreasing heat and allowing kisses to remain until well done. Remove kisses from pan with spatula when yet warm.

PECAN KISSES.

3 egg whites	¼ teaspoon almond extract
Pinch of salt	1 cup chopped pecans
1 cup granulated sugar	1 tablespoon flour
¼ teaspoon cream of tartar	

Add pinch of salt to egg whites and beat until stiff; add cream of tartar and sugar and continue to beat until mixture is very stiff. Add the tablespoonful flour to the chopped nuts, evenly blending, then stir this into the egg mixture, together with the almond extract. Drop on greased paper and bake slowly, usually requiring about 25 minutes for the baking. Kisses may be baked on greased tin biscuit sheets.

PEPPER NUTS.

3 eggs	½ teaspoon white pepper
2 cups brown sugar	1 teaspoon cloves
2¾ cups flour	2 teaspoons cinnamon
1 cup seedless raisins	½ teaspoon soda
1 cup currants	½ teaspoon baking powder
1 cup nut meats, chopped	¼ teaspoon salt

Beat eggs separately, then together. Add the flour gradually and stir until smooth, then add raisins, currants and nut meats. Mix thoroughly, then sift in the pepper, cloves, cinnamon, soda, baking powder and salt. Knead on floured board and cut in tiny round shapes and bake on greased sheets.

SOPHIA'S BROWNIES.

4 eggs	½ cup butter
2 cups sugar	1 cup flour
¾ cup grated bitter chocolate (melted)	1 teaspoon vanilla
	½ cup nut meats

Separate whites and yolks and beat whites very stiff. Add to the stiffly beaten egg whites the sugar first, then the well beaten yolks, using the folding method for both. Next add the melted butter and melted chocolate. Spread dough in generously buttered sheet and sprinkle the nut meats evenly over the top. Bake about 40 minutes in moderate oven at first, then increase the heat. When the mixture rises and sets firm and seemingly hard, remove from oven and cool. When cold, cut in squares and serve. No baking powder is used in this recipe.

CHAPTER IX

Desserts and Puddings

APPLE CAKE.

1½ cups flour	1 tablespoon sugar
1 teaspoon baking powder	6 tablespoons shortening
¼ teaspoon nutmeg	½ cup water
½ teaspoon salt	

Sift flour, baking powder, nutmeg, salt and sugar together. Cut shortening in with spatula or mixing spoon. Add water and stir briskly. Roll dough out on floured board to thickness of pie crust and line a large shallow pan, or dough can be divided and two smaller pans prepared. Cut apples in eighths and place in bottom of lined pan. Over the apples sprinkle sugar, and either cinnamon or nutmeg to taste. Over the top of this place butter in small dots at regular spaces. Bake until apples are tender.

APPLE TARTS.

1¼ cups flour	5 tablespoons shortening
1 tablespoon sugar	1 egg
½ teaspoon baking powder	1 teaspoon lemon juice
¼ teaspoon salt	2 tablespoons cream

Sift flour, sugar, baking powder and salt together. With spatula cut shortening into dry ingredients, having all evenly blended. Beat egg light and combine with cream and lemon juice, then add to dry ingredients. Mix, then roll dough out on floured board as thin as possible to handle, keeping dough on one side and rolling from center out with each stroke of rolling pin. Cut dough in round shapes. Have apples cooked in candied form. Enclose a small piece of candied apple in tart by lapping one-half of dough over in envelope form, pressing edges down with fork. Apples may be flavored with nutmeg or cinnamon. Another way is to roll the dough in long strips, place a quarter of candied apple on strip of dough and roll it over in one fold, then cutting strip off and rolling another apple, and so on until strip is used. Bake these tarts in quick oven. Another tart may be made by rolling dough very thin. Cut two round sizes of dough. On larger size of dough lay a piece of apple. Over this place a smaller round of

dough. With fork press the edges down, enclosing apple in hat crown form. After tarts are baked remove from oven, cool and place a circle of stiff jelly or preserves around the crown, dust with pulverized sugar and serve.

STEAMED APPLE COBLER.

2 cups flour	¾ cup milk or water
2 teaspoons baking powder	3½ cups sliced apples
1 teaspoon salt	Nutmeg or cinnamon to taste
5½ tablespoons butter	1 cup sugar

Sift flour, baking powder and salt together. Cut butter in with spatula until evenly mixed. Add milk or water, stir briskly and roll on floured board to thickness of ¼ inch. Line a baking dish with the dough. Mix apples, sugar and nutmeg together and place in lined dish, roll the remaining dough and make cover for top with air holes in top cover. Set baking dish in steamer and steam for 2 hours, keeping cobbler covered while steaming. Serve with butter sauce. This cobbler may be baked instead.

STUFFED BAKED APPLES.

8 large firm apples	4 tablespoons butter
½ cup chopped blanched almonds	½ teaspoon nutmeg
2 cups light brown sugar	½ teaspoon cinnamon
½ cup stale cake crumbs or vanilla wafers	1 cup water

Make a syrup from the 1 cup of water and 1 cup of the brown sugar. Pour this syrup into a baking dish. Wash, dry and core apples and set them upright in syrup. Mix together the almonds, remaining cup of sugar and cake or vanilla wafer crumbs and pack each cavity, if possible heaping it up on top. Place butter in dots all over apples and in syrup. Sprinkle cinnamon and nutmeg over top. Bake till apples are tender. Place the apples on sauce dishes and serve warm, dividing the syrup in pan in equal portions and serving with each apple.

APPLE ROLL.

2 cups flour	½ teaspoon salt
4 tablespoons sugar	5 tablespoons shortening
2 teaspoons baking powder	¾ cup sweet milk

Sift flour, sugar, baking powder and salt together. Cut shortening in with spatula or mixing spoon, adding the milk and stirring all together. Roll dough on floured board to thickness of about ¼ of an inch, keeping the dough rolled in oblong shape. Spread melted butter over the dough first, then a generous layer of finely chopped apples and sugar. Sprinkle either nutmeg or cinnamon over this and roll dough as tightly as can be rolled in long shaped roll. Cut slices from

the roll about 2 inches thick and place on greased pan in same manner as though you were to bake biscuits, only keep slices close together. On top of each slice place $\frac{1}{8}$ of an apple. Bake in oven until apples on top of rolls are tender. Serve hot with rich sauce, cottage sauce being excellent on these rolls.

APPLE CRUST.

7 medium sized apples	$\frac{1}{2}$ teaspoon nutmeg or 1 tea-
$\frac{1}{2}$ cup sugar	spoon cinnamon
2 tablespoons butter	$\frac{1}{2}$ cup water

Peel and chop apples fine. Place in pudding dish with sugar, butter, nutmeg or cinnamon and water. Prepare a crust in following manner:

$3\frac{1}{2}$ tablespoons melted butter	2 teaspoons baking powder
2 tablespoons sugar	Pinch of salt
1 egg	$\frac{2}{3}$ cup sweet milk
$\frac{1}{2}$ cup flour	1 cup toasted bread crumbs

Cream butter, sugar and egg together. Sift flour, baking powder and salt together and add to creamed mixture alternately with sweet milk. Next add crumbs and mix, then spread over apples and bake in moderate oven. When done remove from oven, dip out in squares, turning crust down on plates, having apple mixture on top. Serve with a rich sauce, cottage sauce being excellent for this.

ESCALLOPED APPLES.

4 cups finely chopped apples	$\frac{1}{2}$ teaspoon cinnamon
$1\frac{1}{2}$ cups bread crumbs	1 cup water
$\frac{3}{4}$ cups sugar	2 tablespoons butter
$\frac{1}{2}$ teaspoon nutmeg	

Have apples peeled, cored and chopped. Place apples, crumbs, sugar and flavoring in alternate layers in baking dish. Place the 2 tablespoonfuls of butter in dots over the top of mixture. Pour the water over this. Bake slowly in moderate oven, usually requiring about an hour for the baking. Serve hot with rich sauce, cottage sauce being good on this.

BAKED APPLE DUMPLINGS.

2 cups flour	5 tablespoons shortening (6
$2\frac{1}{2}$ teaspoons baking powder	tablespoons if short crust is
$\frac{1}{4}$ teaspoon salt	desired)
	$\frac{2}{3}$ cup cold water

Sift flour, baking powder and salt together. Cut shortening in with spatula or mixing spoon. Add water, stir briskly and roll on floured board to thickness of $\frac{1}{2}$ inch. Cut dough with round cutter in shape large enough to enclose a small sized apple. Have apples

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peeled, cored and cavity filled with sugar, nutmeg and butter. Enclose each apple, prepared in this manner, in the dough and have dough well pinched together at top of apple. To keep dough from slipping down, place 3 toothpicks through dough and apple at top. Place apples in baking dish, pouring in a small amount of water. Also place in the pan with the water enough sugar and butter to form a rich syrup. Cook dumplings until apples are tender. Serve hot with cream or any desired prepared sauce.

FRUIT DUMPLINGS.

2 tablespoons sugar	1 pinch of salt
2 tablespoons butter	2 teaspoons baking powder
1 egg	3 tablespoons milk
1 ¼ cups flour	

Cream sugar and butter together, to which add egg and re-cream. Sift flour, salt and baking powder together and add to creamed mixture, alternately with sweet milk. Place dough on floured board, roll to thickness of ¼ inch, cut in small diamond or round shapes. Drop into boiling sweet fruit juice and allow cover to remain on for about 12 minutes. Remove from fire, place dumplings on individual plates and serve with the fruit juice in which they are cooked, or more juice may be added.

PEACH SHORT CAKE.

2 ¼ cups flour	5 or 6 tablespoons butter
4 tablespoons sugar	1 egg
4 teaspoons baking powder	⅔ cup sweet milk
½ teaspoon salt	½ teaspoon vanilla

Sift flour, sugar, baking powder and salt together. Cut butter in with spatula. Beat egg light and add to sweet milk. Pour milk, egg and vanilla into flour mixture and stir briskly. Roll dough out on floured board to thickness of ½ inch. Knead as little as possible before rolling. Cut in shapes larger than for biscuits. Bake in quick oven for about 10 minutes. When cakes are browned lightly, remove from oven, split, add a little butter to lower half and lay slices of sweet canned peaches or crushed sugared peaches on cake. Place the top of cake on this and over the top spread another generous spoonful of crushed peaches or slices. Serve warm with whipped cream.

STRAWBERRY SHORTCAKE.

2 ¼ cups flour	6 tablespoons butter
4 tablespoons sugar	1 egg
3 ½ teaspoons baking powder	⅔ cup milk
½ teaspoon salt	½ teaspoon vanilla

Sift flour, sugar, baking powder and salt together. Cut butter in with spatula or mixing spoon. Beat egg light and add to the milk,

then combine the dry ingredients, milk, egg and vanilla. Knead into a soft dough and roll on floured board to thickness of about $\frac{1}{2}$ inch. Cut in individual shapes larger than for biscuits. Bake in quick oven for about 10 minutes, browning to a delicate brown. Remove from oven and while yet warm, split each cake and spread a little butter on under half. Have half crushed sugared strawberries ready and spread between the split cakes. On top of cakes spread strawberries after they have been rolled in powdered sugar. On top of strawberries place a generous spoonful of whipped cream with one red berry on top of this.

JELLY ROLL.

3 eggs	3 teaspoons baking powder
1 $\frac{1}{2}$ cups granulated sugar	$\frac{1}{2}$ cup nearly boiling hot water
1 $\frac{1}{2}$ cups flour	
$\frac{1}{2}$ teaspoon salt	1 teaspoon lemon extract

Beat eggs light, then add sugar and beat all together until mixture is very light, usually from 5 to 10 minutes being necessary for the beating. Sift flour, baking powder and salt together three times and add to egg and sugar mixture and beat again about two minutes. Last add the hot water gradually, then the extract. Beat mixture and pour into a pan prepared in the following manner: Select a tin pan with narrow rim, about 12x14 or 12x16 inches in size. Grease this pan generously, then lay a piece of oil paper in bottom of pan on top of grease, seeing that the paper is just the size of the bottom. When paper is fitted in, then grease the paper generously and dust flour over this. Now pour the dough mixture in and bake as you would bake a layer cake, only having the oven a little hotter. When cake is done take from oven and turn it out upside down on a damp towel. Remove the paper from cake quickly, if it does not adhere to pan, and spread soft jelly over the cake. Now take the end of towel next to you and roll it from you, simply forcing the roll ahead of your towel. This must all be accomplished in about 2 minutes from the time it leaves the oven, before the steam escapes from the hot cake, or roll will crack. A lemon filling or chocolate filling may be used instead of jelly, or a marshmallow mixture may be used.

LEMON ROLL.

Follow the recipe for Jelly Roll, but fill with lemon filling made in following manner, instead of using jelly:

1 egg	2 $\frac{1}{2}$ tablespoons lemon juice
1 cup cold water	Grated rind of $\frac{1}{2}$ lemon
1 cup sugar	3 tablespoons butter
7 tablespoons flour	

Beat egg light, to which add the water. Mix the sugar and flour together and add to the water. Place this on to cook in double boiler and cook till it thickens, stirring constantly. When thick remove from

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fire, add lemon juice, rind and butter. Cool mixture first, then it is ready to spread on roll.

FRESH BLACKBERRY OR RASPBERRY ROLL.

2 cups flour	$\frac{3}{4}$ cup sweet milk
2 teaspoons baking powder	3 cups fresh blackberries or raspberries
1 tablespoon sugar	1 cup sugar
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
5 tablespoons shortening	

Sift flour, baking powder, sugar and salt together. Cut shortening in dry ingredients and then add milk and mix quickly into a soft dough. Dredge board with flour and roll dough in oblong shape to thickness of $\frac{1}{2}$ inch. Have the 2 tablespoonfuls of butter softened and spread over the dough, then spread fresh blackberries evenly over this. Sprinkle sugar and flour over the top of all and roll this into a long roll, rolling it as tight as possible, pinching the edges well together at last. Bake on greased sheet or pan in hot oven. Other fresh fruit may be used in place of blackberries and raspberries.

FRESH BLACKBERRY OR RASPBERRY ROLL SAUCE.

Mix $2\frac{1}{2}$ cups of berries with $\frac{2}{3}$ cup of sugar and $\frac{2}{3}$ cup of cream. Crush the berries before combining with sugar and cream. This does not look good, but the flavor is there.

ANGEL'S DELIGHT.

3 eggs beaten separately	$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ cup finely chopped dates	4 tablespoons flour
6 tablespoons finely rolled cracker crumbs	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	Pinch of salt

Beat egg yolks very light, to which add dates, cracker crumbs, sugar and pecans, mixing all thoroughly. Sift flour and baking powder together and add next, having mixture in perfect blended form. Add pinch of salt to egg whites and beat until stiff, then fold whites carefully in crumb mixture, stirring enough to have it smooth. Bake in a loaf pan. Pan should be very slightly greased. Allow pudding to remain in pan till cold, then remove. Serve in slices with whipped cream, seasoned to suit taste, or any desired sauce may be used. This makes enough to serve six persons generously. Pudding should be baked slowly.

RICH CHERRY COBBLER.

2 cups flour	6 tablespoons shortening
2 teaspoons baking powder	1 egg
$\frac{1}{2}$ teaspoon salt	Sweet milk
1 tablespoon sugar	

Sift flour, baking powder, salt and sugar together. Cut shortening in with mixing spoon or spatula. Beat egg light and pour into

measuring cup. Pour enough sweet milk in cup with egg to make $\frac{2}{3}$ cupful. Now combine liquid mixture with dry ingredients, stirring briskly. Roll dough out on floured board to thickness of pie crust. Line a deep pan with the crust. Mix together 3 cups of fresh seeded cherries, 4 tablespoonfuls flour, $1\frac{1}{2}$ cups sugar, and place in the lined pan, placing 2 tablespoonfuls of butter in dots over this. Roll another thickness of dough for top cover; bring under-crust dough down from outer edges and lap over top covering. Make some air slits in top of crust and place cobbler in a hot oven for first 10 minutes, then decrease the heat and continue to bake in moderate oven for remaining period. The cobbler should be baked longer if the cherries are fresh. Where canned cherries are used, make the same way as with fresh. Always be careful to blend sugar and flour together, then add to fruit in separate bowl before placing in the crust.

BLACKBERRY, RASPBERRY OR RED RASPBERRY COBBLER.

Use the same recipe as for Rich Cherry Cobbler, only make the following changes, viz.: Use one cup of sugar instead of $1\frac{1}{2}$. Use one tablespoonful of butter instead of 2.

CREAM PUFFS.

1 cup hot or cold water	1 cup flour
$\frac{1}{2}$ cup butter	4 eggs

Put water and butter in saucepan or bowl and when it comes to a boil add the flour all at once, or sifted in quickly and stir briskly until the dough leaves the sides of pan and forms a smooth lump. Take from fire and cool to at least lukewarm. When cool, add unbeaten eggs, one at a time, and beat 5 minutes after the addition of each egg. Grease a sheet pan slightly and drop dough on pan by spoonfuls. Puffs should bake about 35 minutes, the first 8 or 10 minutes in a hot oven (about 475° F.), then decrease the heat to moderate. Unless the puffs are thoroughly baked they will fall when taken from oven. Another method for baking is to place the puffs in at a temperature of 300° F., and increase the heat gradually to 500° F., then turn heat off and bake till done. Fill puffs with following mixture:

FILLING FOR CREAM PUFFS.

2 eggs	5 tablespoons corn starch
2 cups cold sweet milk	Few grains of salt
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ tablespoons butter
6 tablespoons flour or	1 teaspoon vanilla

Beat eggs light, to which add sweet milk. Blend sugar, flour and salt together and add. Place mixture in double boiler and cook till thick, stirring constantly. When thick remove from fire, add butter and vanilla and allow same to cool before placing into the puffs.

SPANISH PUFFS.

½ cup butter
1 cup hot water

1 cup flour
3 eggs (large)

Place the butter and water in saucepan over fire. When mixture comes to boiling point, add the flour by sifting quickly into boiling liquid and at the same time stirring briskly. Stir until the dough drops from the sides of saucepan into ball, which usually requires only about 1 minute's time for the process. Now take mixture from fire and cool. When cold, add one egg at a time until 3 large eggs have been added, beating 5 minutes after the addition of each egg, or 15 minutes in all. When this is done, have fat heated to a degree lower than for doughnuts. If the dough is dropped into fat that is too hot they will brown too quickly and will not be as light. Cook them rather slowly and they will turn themselves. These may be served plain, dredged with sugar or served with syrup, or better still, filled with cream filling like cream puffs, or a fancy filling of whipped cream, marshmallows and nuts, sweetened to taste, may be used. The best way to test fat to determine whether hot enough is to drop a piece of dough into the hot fat, and if it is about one-half second coming to the surface, it is about right. These puffs rise to more than three times the size of the dough when dropped in, so if too much dough is dropped in a small amount of fat there will not be room enough for puffs to turn themselves. A tablespoonful of dough makes a large size puff when cooked. About 15 minutes is required for puffs to cook.

FILLING.

24 marshmallows
¼ cup chopped pecans
½ pint double cream whipped

4 tablespoons pulverized sugar
½ teaspoon vanilla

Cut marshmallows in small pieces, and add to the stiff whipped cream. Fold in sugar and nuts, together with vanilla.

CURRANT TARTS.

½ cup brown sugar
4 tablespoons butter
1 large egg

1 teaspoon lemon juice
⅛ teaspoon nutmeg
1 cup currants

Cream the brown sugar and butter together until frothy. Next add the unbeaten egg, lemon juice, nutmeg and currants. Beat well until the mixture seems light. Have muffin tin compartments lined on the inside with quick puff paste (see recipe under chapter on pies), and fill each one two-thirds full of the currant mixture. Bake in hot oven for 5 minutes, then decrease heat and allow tarts to remain until light brown. This makes 8 large tarts or 12 small ones. To make tarts more delicious place whipped cream or jiffy icing on top of each.

RAW CRANBERRY SAUCE.

Wash, dry and stem cranberries. Run berries through a food grinder, using the disc which grinds them the finest. To each cup of the ground cranberries add 1 cup of granulated sugar. Stir until the sugar is dissolved. When dissolved chill or cool in refrigerator and serve as sauce. If the mixture is allowed to set 6 hours before serving it will be better. Excellent served with wild game, roast pork or any kind of fowl.

SPICED PRUNES.

1 lb. large prunes	$\frac{1}{2}$ teaspoon cinnamon
1 $\frac{1}{2}$ cups water	$\frac{1}{8}$ teaspoon cloves
1 cup sugar	$\frac{1}{8}$ teaspoon ginger
$\frac{1}{2}$ teaspoon nutmeg	

Soak the prunes over night in warm water. When soaked, drain from water and place into saucepan with the other ingredients given and boil 10 minutes slowly, or the water and other ingredients may be boiled 5 minutes first, then the drained prunes dropped in and simmered slowly 10 minutes. The latter method keeps the prunes in firm form. One teaspoonful of lemon juice or vinegar may be added also if desired.

BAKED APPLES STUFFED WITH DATES AND FIGS.

Wash, core and pare large firm apples, removing a generous amount of apple around the core. To 8 large apples use 16 dates and 8 figs cut in fine pieces. Stuff the cavities with the date and fig mixture and set apples in baking dish. Over the top of each apple sprinkle a little cinnamon and nutmeg, and in the pan place 2 cups of brown sugar, 2 tablespoons of butter and 1 cup of water. Place in oven in uncovered form and bake until tender, but not mushy. Remove to plates and serve with the sauce remaining in pan and additional cream.

RHUBARB SAUCE.

2 cups cut rhubarb, unpeeled	$\frac{3}{4}$ cup sugar
1 cup water	1 level teaspoon butter

Place water and sugar in enamel bowl and set over fire. When it boils up, drop the rhubarb in and cover. Turn flame low and let rhubarb cook until tender, which means about 7 or 8 minutes. Remove from fire, add butter and serve hot or cold.

CHIFFON PUDDING.

3 tablespoons gelatine	$\frac{3}{8}$ cup sugar
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup diced pineapple
$\frac{1}{4}$ cup boiling water	Juice of $\frac{1}{2}$ lemon
2 cups whipping cream	Pink fruit coloring

Dissolve gelatine in cold water and allow it to stand 15 minutes, then combine with hot water. Whip the 2 cups of cream stiff. Com-

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bine the gelatine, whipped cream and sugar, then add the pineapple, lemon and enough pink fruit coloring to tint to desired shade. Do not stir more than necessary to get all well mixed. Pour mixture in molds and set on ice to chill. Serve with whipped cream.

LEMON SNOW PUDDING.

1 tablespoon gelatine	1 cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup lemon juice
1 cup boiling water	Whites of 3 eggs

Soak gelatine in cold water 15 minutes, then pour into it the cup of boiling water. Next add the lemon juice and sugar. Strain through a cloth in bowl. Set aside in some cold place, and when it has thickened, beat with egg beater until white and frothy. Have whites of 3 eggs beaten very stiff and add to the mixture and continue to beat until it seems stiff enough to hold its shape. Pour out into individual molds, first rinsing molds out in cold water, and set on ice to chill. When firmly set, turn molds out on sauce dishes and serve plain or to make a delicious pudding, stiffly beaten, flavored whipped cream should be placed on top. The pudding may be made the day before serving, but whipped cream should be added just before serving.

MARSHMALLOW PUDDING.

$\frac{1}{2}$ pint whipping cream	$\frac{1}{2}$ teaspoon vanilla
24 marshmallows	$\frac{1}{2}$ cup chopped pecans
1 egg white	15 vanilla wafers
$\frac{1}{2}$ cup confectioner's sugar	

Have the $\frac{1}{2}$ pint cream whipped stiff, to which add the quartered marshmallows. Beat egg white stiff and fold sugar in the egg white. Combine the marshmallows and cream with egg and sugar. Fold in the chopped pecans and vanilla. Roll the vanilla wafers to fine crumbs. Make a molded heap of marshmallow mixture on dessert plate and all around this heap place a circle of crumbs. On top of each heap place a Maraschino cherry. Eight persons may be served from this amount. Keep cool until time to serve.

CRUMB PUDDING.

1 egg	2 $\frac{1}{3}$ cups crumbs
1 $\frac{1}{2}$ cups sweet milk	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon nutmeg	2 teaspoons baking powder
$\frac{1}{2}$ cup raisins	

Beat egg light, then add to egg the milk, nutmeg and raisins. Next add crumbs, sugar and baking powder, after they have been well mixed. Better results will follow if baking dish is set in larger pan containing water. This keeps pudding soft and does not allow heat to crust pudding at sides. Serve with cottage sauce.

DAINTY FRUIT PUDDING.

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| 6 peach halves | 2 oranges |
| 6 thin slices of pineapple | ½ cup shredded cocoanut |
| 2 bananas | 18 vanilla wafers |

Place slices of pineapple on small plates. On top of the pineapple place a peach half, placing it with center of peach down on pineapple. Have bananas and oranges diced. Sweeten bananas and oranges to taste and mix with shredded cocoanut. Place a circle of this mixture all around the pineapple on the plate. Mash the vanilla wafers into fine crumbs and form an outer circle of vanilla crumbs all around the banana and orange mixture. For a more delicious pudding a spoonful of whipped cream should be placed on top of peach with a candied cherry in center.

ROLLED OATS PUDDING.

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| 1 ½ cups cooked rolled oats | ½ cup sugar |
| 2 eggs | ¼ cup seeded raisins |
| 1 ½ cups sweet milk | |

Use left over cooked oats. Beat eggs light and mix with oats, then mix with sugar and raisins. Bake in greased pudding dish until mixture is set, which usually means from 25 to 35 minutes. Serve with cream or sauce.

STEAMED SUET PUDDING.

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| 1 cup finely chopped suet | 1 teaspoon soda |
| 1 cup dark molasses | ½ teaspoon salt |
| 1 cup sweet milk | 1 cup raisins |
| 3 cups flour | ⅓ cup chopped pecans or English walnuts |
| 1 teaspoon cinnamon | 2 tablespoons citron chopped fine |
| ¼ teaspoon cloves | |
| ½ teaspoon nutmeg | |

Mix suet and molasses together. Sift flour, spices, soda and salt together three times and add to molasses and suet alternately with sweet milk. Next add floured raisins, chopped nuts and floured citron. Mix all together and last stir in an additional ¼ cup of boiling water into which ½ teaspoonful of soda has been dissolved. Pour dough mixture in baking powder cans and steam 3 hours, filling cans only half full and placing tops on cans.

PLAIN BREAD PUDDING.

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|---------------------|-----------------------------------|
| 2 eggs | ¼ teaspoon salt |
| 3 cups sweet milk | 1 teaspoon baking powder |
| 2 cups bread crumbs | 2 tablespoons melted butter |
| ⅔ cup sugar | ½ cup Sultana raisins or currants |
| 1 teaspoon nutmeg | |

Beat eggs light, to which add milk and bread crumbs. Mix sugar, nutmeg, salt and baking powder together and add. Last add melted

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butter and raisins or currants. Bake in pudding dish set in larger pan with enough water in to keep pudding from crusting at outer edges. Bake until set and browned lightly. Serve with sauce or cream.

DATE PUDDING.

1 cup sugar	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup sweet milk	1 cup chopped dates
1 $\frac{1}{4}$ cups flour	$\frac{1}{4}$ cup chopped pecans
3 teaspoons baking powder	1 tablespoon finely chopped citron
$\frac{1}{2}$ teaspoon salt	
1 $\frac{1}{2}$ teaspoons cinnamon	

Cream sugar and butter together thoroughly. Sift flour, baking powder, salt, cinnamon, cloves and nutmeg together and add alternately to creamed mixture with sweet milk. Add chopped dates, pecans and citron next. Mix well and place in covered baking powder cans and steam for at least 2 $\frac{1}{2}$ hours. Serve warm with rich sauce or thick cream.

BLACK AND WHITE PUDDING.

2 egg yolks	1 teaspoon soda
$\frac{2}{3}$ cup dark molasses	$\frac{1}{2}$ cup warm water
1 $\frac{1}{4}$ cups flour	

Beat yolks light, to which add molasses. Sift flour and soda together and add to mixture alternately with the warm water. At this time either $\frac{1}{2}$ cup of raisins, currants or chopped dates may be added. Place the mixture in individual cups and steam, or steam in one mold. Serve with a sauce made in the following manner:

Cream 1 cup of confectioners' sugar and $\frac{1}{2}$ cup butter together until very frothy, then fold in the stiffly beaten egg whites. The mixture may be beaten hard after the folding process and chilled before using. The pudding must be kept piping hot 'til ready to serve.

TAPIOCA PUDDING.

1 cup tapioca	$\frac{3}{4}$ cup sugar
1 $\frac{1}{2}$ cups water	Pinch of salt
3 cups sweet milk	1 teaspoon vanilla
2 eggs	

Soak the tapioca in the 1 $\frac{1}{2}$ cups water for at least 2 hours, or until the tapioca is perfectly soft. Pour cold water over soaked tapioca and wash gently, then drain. Beat the egg yolks until light and add to the 3 cups of milk, together with the sugar and salt. Place this mixture in double boiler and when heated to the boiling point stir in the

tapioca and allow it to remain in double boiler and cook for about 30 minutes, stirring frequently. Remove from fire and add vanilla. Beat the egg whites stiff and fold in carefully, then pour into individual molds and set aside to cool. When cold and set, remove from molds and place on individual dishes. Slice bananas and form in circle around molds. Serve with rich cream or fruit juice boiled down to almost a thick syrup. One-half this recipe will serve five persons generously.

RICE PUDDING.

1 cup rice	Pinch of salt
3 cups water	1 teaspoon vanilla
3 eggs	$\frac{1}{4}$ teaspoon nutmeg
3 cups sweet milk	$\frac{1}{4}$ cup raisins, if desired
$\frac{3}{4}$ cup sugar	

Have the 3 cups of water boiling. Pour the cup of washed rice in gradually, keeping the water boiling all the time the rice is being added. When all rice has been added, cook slowly until it is almost tender. Remove from fire, place in sieve or colander and wash rice in cold water. Beat the eggs light, to which add the milk, sugar, salt, vanilla, nutmeg and raisins, and combine with the washed cooked rice, then pour all in a greased baking dish. Set baking dish in a larger pan of water and bake. Bake long enough for custard to set. By placing pudding dish in larger pan of water the pudding does not crust on edges and custard does not turn watery.

RICE PUDDING WITH CRUSHED FRUIT.

Place 1 cup washed rice on to cook in 3 cups of boiling water and allow it to cook till almost soft, then drain in colander and wash in cold water. Place rice in double boiler with 2 cups of water and cook till it is perfectly tender and in whole grains. Beat 1 egg light and add to $\frac{1}{2}$ cup of sweet milk. Add to this $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoonful nutmeg and add to rice in double boiler. Cook 5 minutes. Rinse molds in cold water, place the rice in molds and chill. When cold and firm, place on individual dishes. Pour crushed sweetened fruit over rice molds and serve.

RICH RICE PUDDING.

2 cups cooked rice	$\frac{1}{4}$ cup sugar
$1\frac{1}{2}$ cups sweet milk	$\frac{1}{2}$ cup shredded cocoanut
$\frac{1}{2}$ cup maple syrup	14 dates cut in quarters
2 well beaten eggs	Dash of salt

Have the rice cooked until tender, either in whole grain form or glue cooked style. Combine the ingredients in the order given and pour into a baking dish. Set the baking dish in a larger pan with

DESSERTS AND PUDDINGS

either cold or hot water and place in oven to bake until set like custard. Serve plain or with cream. This serves eight persons.

COTTAGE PUDDING NO. 1.

$\frac{1}{4}$ cup butter	$3\frac{1}{2}$ teaspoons baking powder
$\frac{3}{8}$ cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon extract or nutmeg
1 cup sweet milk	
$1\frac{3}{4}$ cups flour	

Cream butter and sugar together, to which add well-beaten egg and cream again. Sift flour, baking powder, salt and nutmeg together and add alternately to creamed mixture with sweet milk. Beat hard one minute. Bake in greased and flour-dusted pan in moderate oven. Serve warm with any desired sauce.

COTTAGE PUDDING NO. 2.

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
$\frac{3}{8}$ cup sugar	$\frac{1}{4}$ teaspoon soda
1 egg	$\frac{1}{4}$ teaspoon salt
1 cup sour milk	1 teaspoon vanilla
$1\frac{3}{4}$ cups flour	

Cream butter and sugar together, to which add well-beaten egg and cream again. Sift flour, baking powder, soda and salt together and add to creamed mixture alternately with the sour milk. Add the vanilla and beat hard one minute. Place dough in greased and flour-dusted pan. Mix $\frac{1}{2}$ cup bread crumbs with 1 tablespoonful of sugar, $\frac{1}{2}$ teaspoonful of cinnamon and spread over the top. Bake in moderate oven. Serve hot with any desired sauce.

CORNSTARCH PUDDING.

(With Fruit Dressing.)

2 eggs	1 teaspoon vanilla
4 cups sweet milk	1 tablespoon butter
$\frac{3}{8}$ cup sugar	2 large ripe bananas
Few grains of salt	2 oranges (large ones)
6 tablespoons cornstarch	$\frac{1}{2}$ cup powdered sugar

Beat eggs light, to which add sweet milk. Mix sugar, salt and cornstarch together and add. Place mixture in double boiler and cook till thick, stirring constantly. When thick, remove from fire, add vanilla and butter and pour into individual molds after they have been dipped into cold water. When cold and corn starch is set, place molds on individual dishes and serve with dressing made in following manner: Mash the bananas into pulp, then squeeze the orange juice into pulp and mix it with the sugar. A sprinkle of shredded cocoanut over each mold adds to it in looks as well as flavor.

CORN PUDDING.

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|-----------------------------|----------------------------|
| 1 cup sweet milk | 2 tablespoons sugar |
| 2 tablespoons flour | 2 cups corn |
| 2 tablespoons butter | 2 eggs |
| 1 teaspoon salt | |

Place milk in sauce pan. Blend flour, butter, salt and sugar together and add. Next add corn and well-beaten eggs. Place in a greased baking dish and bake until mixture is firm. Place baking dish in a larger dish with enough water to keep corn mixture from crusting too thick in pan.

DANISH PUDDING.

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|-------------------------------|---------------------------|
| 1 cup dark brown sugar | 4 egg yolks |
| ½ cup boiling water | 1 egg white |
| 1 cup sweet milk | 1 teaspoon vanilla |

Place the sugar in an iron skillet to melt and scorch, then add water and boil till all particles are dissolved, which means 2 minutes. Scald the milk and pour it slowly into the well-beaten egg yolks. Next add the stiffly beaten egg white. Now combine this mixture with the skillet mixture and pour into a baking dish and bake slowly till set. Serve with rich cream.

MARSHMALLOW COCOANUT CREAM PUDDING.

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|---------------------------------|--------------------------------|
| 1 egg | ½ teaspoon vanilla |
| 2 cups sweet milk | ½ tablespoon butter |
| Scant ½ cup sugar | ¼ cup shredded cocoanut |
| Few grains of salt | ¾ cup whipping cream |
| 3 tablespoons cornstarch | 15 marshmallows |

Beat egg light, to which add sweet milk. Mix sugar, salt and cornstarch together and add. Pour mixture in double boiler and cook till thick, stirring constantly. When thick remove from fire, add vanilla, butter and cocoanut and pour in individual molds, first dipping molds in cold water. When pudding is firmly set, place molds out onto sauce dishes. Quarter the marshmallows and add them to the cream, after it is whipped stiff, and place a generous heap of this mixture over the molds in dish. Serve cold. The whipped cream may be sweetened and flavored if desired.

RUTH'S MARSHMALLOW PUDDING.

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| 2 tablespoons gelatine | 6 egg whites |
| ½ cup warm water and ⅓ cup cold water | 1 cup granulated sugar |
| | 1 cup shredded pineapple |

Place the 2 tablespoons of gelatine in the ½ cup of warm water and dissolve by stirring, then pour in the 1/3 cup of cold water and

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allow mixture to stand until it begins to set. Next beat the egg whites very stiff. When whites are stiff, fold in the sugar slowly first, then add gelatine and beat all ingredients together for 20 minutes. Pour half of this out into a mold and into remaining half add enough pink coloring to make a delicate shade. Drain the shredded pineapple and place over first mixture poured into mold, then place the pink on top of pineapple. When set and cold, cut in squares and serve with whipped cream.

DATE AND MARSHMALLOW PUDDING.

2 tablespoons gelatine	$\frac{2}{3}$ cup pecan nut meats, left whole
1 cup cold water	
1 $\frac{1}{2}$ cups boiling water	$\frac{1}{2}$ pint whipping cream
$\frac{3}{4}$ cup sugar	15 marshmallows in fine cut form
1 tablespoon lemon juice	
1 cup halved or quartered dates	

Place the gelatine in the cup of cold water, stir and let stand 5 or 6 minutes. Next add to it the boiling water, sugar and lemon juice. Stir until well mixed, then set aside. When it begins to thicken, add dates and nuts and pour into molds and let stand until well set. When ready to serve, whip the cream to a stiff consistency, then add the marshmallows and place a large spoonful of this over each mold after it is turned out on sauce dish.

PRUNE PUDDING OR WHIP.

1 lb. prunes	$\frac{1}{4}$ teaspoon nutmeg
1 cup sugar	Whites of 4 eggs
1 teaspoon lemon juice	$\frac{1}{8}$ teaspoon cream of tartar

Wash, soak and cook 1 pound of prunes until tender. Remove seeds and chop fine, then add sugar, lemon juice and nutmeg and mix. Beat the egg whites very stiff, adding cream of tartar to whites while beating. Combine the prune mixture with egg mixture, mixing together carefully without beating. Place mixture in a greased pudding pan and bake about 30 minutes, keeping a cover over pudding for first half of baking period. Serve with whipped cream. Do not allow this whip to cool where a breeze strikes it. This whip will settle some when done, but the flavor will not be impaired.

ORANGE PUDDING.

2 eggs	8 tablespoons cornstarch
4 cups sweet milk	1 tablespoon butter
1 cup sugar	2 large oranges
Few grains of salt	$\frac{1}{8}$ cup cocoanut

Beat eggs light, to which add sweet milk. Mix sugar, salt and cornstarch together and add. Place mixture in double boiler and cook

till thick, stirring constantly. When mixture becomes very stiff, remove from fire, add butter and cocoanut and set aside to cool. Peel the oranges, remove seeds and tough skins and cut in pieces. When the cornstarch mixture is cold, add the oranges and serve in sauce dishes or mixture may be placed in molds and chilled. Avoid adding oranges to mixture while hot. Heating oranges will give a bitter flavor.

INDIAN PUDDING.

2 cups sweet milk	2 eggs
1 cup water	½ teaspoon salt
6 tablespoons cornmeal	1 teaspoon cinnamon
½ cup sugar	½ teaspoon ginger
½ cup sorghum molasses	½ teaspoon nutmeg

Place sweet milk in double boiler and allow it to come to scalding point. Mix cornmeal with the cup of cold water and add. Stir until mixture thickens. Remove from fire, add sugar and sorghum and cool until lukewarm. When lukewarm add well-beaten eggs, salt, cinnamon, ginger and nutmeg. Mix all ingredients together and pour in greased baking dish; either bake for about 2 hours or steam for 3 hours. If baked, a few tablespoonfuls of milk must be poured over top of pudding if it becomes too dry. If steamed, keep covered during full steaming process.

DRIED PEACH PUDDING.

2 cups sweet milk	1 tablespoon melted butter
1½ cups bread crumbs	Pinch of salt
2 eggs	2 cups cooked dried peaches
½ cup sugar	

Scald the sweet milk and pour over bread crumbs. Beat eggs light and add, also sugar, melted butter, salt and cooked peaches. Mix all together and place in greased baking dish and cook about 30 minutes. Serve warm with any desired sauce. Any dried fruit may be used in this way.

FRUIT PUDDING.

1 quart canned peaches	2 tablespoons butter
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Place the peaches in baking dish with the butter, adding enough sugar to make peaches suit the taste. Make a dough mixture from the following ingredients and spread on top of peaches:

½ cup sugar	1¼ cups flour
3 tablespoons butter	2½ teaspoons baking powder
1 egg	Few grains of salt
½ cup milk	1 teaspoon vanilla

Cream sugar and butter together, to which add egg yolk and re-cream. Sift flour, baking powder and salt together three times. Add

DESSERTS AND PUDDINGS

2 tablespoonfuls of the sifted ingredients to the creamed mixture and mix thoroughly. Add the remaining dry ingredients and milk to creamed mixture alternately. Add vanilla, beat hard one minute, then fold in stiffly beaten egg white. Spread mixture over the top of peaches in pudding pan and bake about 45 minutes to an hour in moderate oven. If pudding browns too quickly on top, cover pan with a lid. This pudding requires a long baking period. Serve pudding as it comes from the pan or an additional sauce may be used. The peaches may be heated first before putting the dough on top. This hastens the baking of pudding.

HEALTH PUDDING.

4 cups water	½ cup soaked, uncooked
1 ½ cups graham flour	chopped prunes
1 teaspoon salt	½ cup seedless raisins
	¼ cup chopped nut meats

Bring the 4 cups of water to a boil. Add the graham flour gradually and stir constantly to prevent lumping. When all graham flour has been added, add the salt and set back in double boiler to cook with cover on for 15 minutes. When cooked, remove from fire, add prunes, raisins and nuts and pour into cups after they have been dipped in cold water. When cold, turn out onto sauce dishes and serve with rich cream.

DIXIE PUDDING.

2 cups cooked rice	½ cup sugar
1 egg	2 ½ tablespoons cornstarch
1 cup sweet milk	¼ teaspoon salt
½ cup cocoa	½ cup raisins

Place cooked rice in saucepan to which add milk. Mix cocoa, sugar, cornstarch and salt together and add. Place on stove to cook in double boiler and cook until thick, stirring constantly. When thick and well cooked, remove from fire and pour into water rinsed cups or molds and set aside to cool. When it is cold and molded in shape, turn out on sauce plates and serve with cocoa pudding sauce. (See recipe in sauce department.)

MONDAY PUDDING.

(Left Over Dish.)

3 cups bread cubes	1 well beaten egg
1 cup cake or cookie crumbs	½ cup sugar
1 ½ cups milk	

Place bread cubes and cake or cookie crumbs in greased baking dish. Beat egg light and add to milk and sugar. Pour this over the bread mixture, but do not stir, simply press the bread down to see that it all gets some of the liquid. Bake until well set and brown.

Serve with lemon or cottage sauce. This will serve 5 persons generously.

ENGLISH PLUM PUDDING.

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|--------------------------------------|-----------------------------|
| 5 eggs | ½ cup finely chopped citron |
| 1 cup bread crumbs | 2 cups finely chopped suet |
| 2 cups chopped peeled apples | 1 cup blanched almonds |
| Juice of 1 orange | 1 cup flour |
| Juice of 1 lemon | 3 teaspoons baking powder |
| 1 cup seeded raisins | 2 teaspoons cinnamon |
| 2 cups currants | 1½ teaspoons nutmeg |
| 1 cup candied cherries cut in halves | 1 teaspoon ginger |
| Grated rind of 1 orange | ¼ teaspoon cloves |
| Grated rind of 1 lemon | 1 teaspoon salt |
| | 2 cups light brown sugar |

Beat eggs light, to which add bread crumbs and chopped apples. Next add orange juice, lemon juice, raisins, currants, cherries, orange rind, lemon rind, citron, suet and blanched almonds. Mix flour, baking powder, cinnamon, nutmeg, ginger, cloves, salt and sugar together and add last. Mix all together and place in greased covered molds and steam for 3 hours. The pudding may be boiled in a cloth or steamed in a cloth. The steaming in cans is the best way.

BREAD PUDDING MADE WITH YEAST.

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|---------------------------------------|--------------------------|
| 4 cups of bread in cube or crumb form | ½ cup sugar |
| 2¼ cups warm milk | ¼ teaspoon nutmeg |
| 2 eggs well beaten | 6½ tablespoons flour |
| ½ cake yeast | 1 tablespoon melted fat |
| | ½ cup raisins if desired |

Place bread in greased baking dish. Combine milk, eggs and yeast and pour over bread and mix well. Next combine sugar, nutmeg and flour and add. Last add the fat and stir all well together. Set the mixture aside in some warm place and allow it to rise for 2 hours before baking. Serve this pudding with any rich sauce. Ten persons may be served from this amount.

STEAMED FRUIT PUDDING.

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|--------------|----------------------------|
| ½ cup butter | 2¼ cups flour |
| 1 cup sugar | 3½ teaspoons baking powder |
| ½ cup milk | Any desired fruit |

Cream the butter and sugar thoroughly, then sift the flour and baking powder and add to creamed mixture alternately with sweet milk. Place any desired sweetened fruit in individual molds or in one large mold and over all place the dough mixture. Steam for 1½ hours, then serve with the following sauce:

Cream ½ cup of butter with 1 cup of confectioners' sugar until smooth. Add 1 well beaten egg and any desired flavoring. Serve on the hot pudding.

SWEET POTATO PUDDING.

- | | |
|--|--|
| 3 cups cooked and mashed
sweet potatoes | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup granulated sugar | $\frac{1}{4}$ cup seedless raisins |
| 4 tablespoons butter | $\frac{1}{4}$ cup chopped English
walnuts |
| $\frac{1}{4}$ teaspoon salt | 2 eggs |
| $\frac{1}{4}$ teaspoon cinnamon | |

Cook the sweet potatoes with the peelings on, then peel and run through a sieve or colander. Measure and place 3 cups in mixing bowl. Beat the potatoes, then add the sugar, butter, salt, cinnamon and nutmeg and stir well. Next add the raisins and walnuts. Last fold in the well beaten eggs, either in separated form or all together. Place in oven and bake until well set through and browned lightly on top. Serve with the following sauce or whipped cream. This amount serves six persons generously:

SAUCE.

- | | |
|----------------------------|---------------------|
| 1 $\frac{1}{2}$ cups water | 4 tablespoons sugar |
| 4 tablespoons butter | Few grains of salt |
| 2 tablespoons flour | |

Place water in saucepan, to which add butter. Blend flour, sugar and salt, and add to mixture and stir until it boils and thickens. Remove from fire and serve hot over pudding.

STRAWBERRY PUDDING.

- | | |
|--|-----------------------|
| 2 cups strawberries | 2 tablespoons gelatin |
| $\frac{1}{2}$ cup confectioners' sugar | 2 large egg whites |
| $\frac{1}{2}$ cup granulated sugar | Few grains of salt |
| 1 $\frac{1}{2}$ cups cold water | |

Crush the strawberries with the $\frac{1}{2}$ cup of confectioners' sugar. Boil $\frac{1}{2}$ cup of the cold water and the $\frac{1}{2}$ cup of granulated sugar for 10 minutes. Dissolve the gelatine in the remaining 1 cup of cold water, stirring it thoroughly. Now run the crushed strawberries through a sieve and as the boiling syrup comes from the fire, pour it into the dissolved gelatine. Combine next the gelatine mixture with the strawberry mixture, fold in the well beaten egg whites. After the whites are added, beat for 10 minutes with either a wire paddle or a Dover beater. Pour into individual molds or in one large mold. If in a large mold it may be served in slices. Either whipped cream is to be served on the pudding or well sweetened crushed berries.

CINNAMON APPLES.

Pare even sized apples and core. Make a syrup by combining 2 cups of water, 1 $\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup cinnamon drops. Boil the syrup for 5 minutes, then drop the whole apples in and boil slowly until tender. Serve in the juice.

APPLE TAPIOCA PUDDING.

2 eggs	1 teaspoon vanilla
2 cups sweet milk	2 cups cooked quartered
6 tablespoons tapioca	apples
$\frac{1}{2}$ cup sugar	

Soak tapioca in water until soft. Drain off water and add milk. Beat eggs light and add, together with sugar and vanilla. Pour all ingredients in double boiler and cook till thick. Remove from double boiler and place in greased pudding dish, spreading apples over the top. Bake slowly for about 30 minutes. Serve hot or cold with sauce or cream.

JAM PUDDING.

3 tablespoons butter	1 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon soda
1 egg	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup milk	2 teaspoons baking powder
$\frac{1}{2}$ cup raspberry or other jam	

Cream sugar and butter thoroughly together, to which add the well-beaten egg and cream again. Sift flour, salt, soda and baking powder together three times and add alternately to butter, egg and sugar mixture with the milk and jam. Beat hard after all ingredients are together. Grease and flour-dust two layer cake pans. Place a layer of the dough mixture in both pans and on top of this mixture place a layer of raspberry jam. Take remaining dough and place on top of jam. Bake in a moderate oven, being careful not to get the cake too crusty. Ordinarily about 25 minutes is required for the baking. One pan full may be served as cake by placing any desired icing on top. One pan full may be used as pudding to be served with the following sauce :

SAUCE.

$\frac{1}{2}$ cup jam	1 cup water
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tablespoon flour
2 tablespoons butter	

Mix sugar, flour, jam and butter together and place in sauce pan with the water. Stir constantly while cooking. When the mixture boils it is done and ready to serve hot.

RICE BALLS.

1 cup rice	1 teaspoon salt
4 cups water	

Wash rice and boil in the 4 cups of water with the salt until it is tender. When soft and thick remove it from fire and place in molds, first dipping molds in cold water. Serve with the following custard dressing :

DESSERTS AND PUDDINGS

CUSTARD DRESSING.

1 egg	1 tablespoon cornstarch
1 ½ cups sweet milk	½ teaspoon vanilla or nutmeg
½ cup sugar	½ tablespoon butter
Few grains of salt	

Beat egg light to which add sweet milk. Mix sugar, salt and cornstarch and add. Pour mixture in double boiler and cook till thick, stirring constantly. When it thickens remove from fire and add vanilla and butter. Serve hot over rice molds.

CHOCOLATE ECLAIRS.

Make dough mixture as for cream puffs. Instead of dropping dough to form round puffs, arrange the dough in an oblong shape on the tin. Better results will follow if lady finger tins are used in which to bake the dough. When puffs are done, take a sharp knife and open the eclair, making opening large enough to fill with any desired filling, chocolate cream filling being the best. Cover each eclair on top with chocolate frosting, or each eclair may be dipped in melted dipping chocolate.

STUFFED PRUNES.

1 lb. large prunes	1 cup nut meats
1 cup confectioner's sugar	2 tablespoons orange juice

Soak prunes until seeds are easily removed, usually 5 or 6 hours. Mix sugar, nuts and orange juice together. Remove the seeds and lay each prune out flat and place a portion of the filling on, then bring the prune edges together as neatly as possible. The prunes should be dried with a cloth after soaking and before stuffing. The filling should be handled in as dry condition as possible, because the moisture in the prune softens it. Dust prunes with confectioner's sugar when stuffed.

STUFFED AND CANDIED DATES.

Select good firm dates and remove seeds. Place one-half of a pecan in each seed cavity. Mix together one cup confectioner's sugar, two tablespoonfuls cream and a few drops of vanilla. Dip each stuffed date in this sugar mixture and lay on plates to dry. After dipping in sugar, dates may also be rolled in finely chopped pecans, or almond meal.

VASSAR TARTS.

8 egg yolks	Whipping cream
¾ cup butter	Extract
1 ½ cups sugar (softened)	

Beat egg yolks, butter and sugar for 15 minutes hard. Have muffin tins or tart shells lined with unbaked pastry and fill the shells only

two-thirds full of mixture. Bake in hot oven for 8 or 10 minutes, then decrease heat and bake more slowly until tarts are done. Forty-five minutes for baking. Remove from oven, chill and serve with seasoned or plain whipped cream. The tarts will settle when taken from oven, hence the reason for filling with whipped cream.

PEACH FLUFF.

1 cup crushed cling-stone
peaches

1 unbeaten large egg white

Place peaches and egg white in large bowl or crock and beat with a Dover egg beater until mixture stands up high and frothy. Chill and serve with cake or with puddings. The lemon cling peach of the canned variety is best for this. Where fresh peaches are crushed and used, sugar must be added to suit taste. Other fruit, such as sweetened crushed pineapple, may be used instead of peach.

BLANC MANGE WITH FRUIT SAUCE.

2 cups sweet milk
5 tablespoons corn starch
 $\frac{1}{3}$ cup sugar

2 egg whites
 $\frac{1}{2}$ teaspoon vanilla
Few grains of salt

Place milk in double boiler and add to it the cornstarch and sugar in blended form. Stir and cook till mixture thickens, then remove from fire and add the vanilla, salt and stiffly beaten egg whites. Use the folding in method for eggs. Pour the mixture in water rinsed molds and serve with crushed fruit or custard sauce.

CHARLOTTE RUSSE.

$\frac{1}{4}$ cup cold water
1 $\frac{1}{2}$ tablespoons unflavored
gelatine
 $\frac{1}{4}$ cup boiling water
1 cup sugar
2 cups whipping cream
10 candied cherries, chopped

$\frac{3}{4}$ cup blanched and sliced
almonds
1 teaspoon vanilla
9 marshmallows cut in small
pieces
6 almond macaroons in fine
crumb form

Soak the gelatine in the $\frac{1}{4}$ cup of cold water until dissolved, then add the boiling water and sugar. Allow this to get cold, then add the 2 cups of whipping cream in whipped form. Next add the cherries, almonds, vanilla, marshmallows and macaroons. Have a spring form pan in readiness with single or double lady fingers standing up all around the inside of outer edge. Pour this mixture into the pan, place in the ice box and chill for an hour or so. Cut in slices and serve with whipped cream. A good-sized sponge loaf cake may be made and the insides all dug out, leaving only an outer and under crust about $\frac{1}{2}$ inch or an inch in thickness. This makes a better container for the filling.

CHAPTER X

Pudding Sauces

CARAMEL SAUCE

$\frac{1}{2}$ cup milk	$\frac{1}{8}$ teaspoon nutmeg
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon vanilla
1 cup medium brown sugar	2 tablespoons butter
1 $\frac{1}{2}$ tablespoons flour	

Place milk and water in saucepan. Mix sugar, flour and nutmeg together and add. Cook till thick, stirring constantly. When boiled about 5 minutes, remove from fire, add vanilla and butter and serve hot.

RICH SAUCE.

$\frac{3}{4}$ cup butter	3 eggs
1 cup confectioners' sugar	1 teaspoon nutmeg

Cream butter and sugar thoroughly together. Add first the well beaten egg yolks, then fold in the stiffly beaten egg whites and nutmeg.

PLUM OR SUET PUDDING SAUCE.

1 cup butter	3 eggs
1 cup confectioner's or 6x sugar	1 teaspoon nutmeg
	1 teaspoon lemon juice

Cream butter and sugar well together. Beat eggs separately, having yolks light and whites very stiff. Combine the butter and sugar mixture with the yolks, nutmeg and lemon juice. Beat hard for 1 minute. Next fold in stiff egg whites and serve on pudding; 1 tablespoonful of boiling water may be added to soften it.

COTTAGE SAUCE.

$\frac{1}{2}$ cup milk	1 tablespoon flour
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	2 tablespoons butter

Place milk and water in saucepan. Blend sugar, flour and nutmeg together and add to liquid mixture. Cook until thick. Remove from fire and add butter. Serve hot. Instead of nutmeg 1 teaspoonful of vanilla may be added.

LEMON SAUCE.

1 cup sugar	2 tablespoons butter
2 tablespoons flour	2 tablespoons lemon juice
1 cup boiling water	Pinch of salt

Mix sugar, flour and salt together to which add boiling water. Place in double boiler and cook until thick. Remove from fire and add lemon juice and butter. For mild flavor use only 1 tablespoonful of lemon juice.

HARD SAUCE, NO. 1.

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon extract
1 cup confectioners' or 6x sugar	

Cream butter and sugar thoroughly, then add extract and serve.

HARD SAUCE, No. 2.

1 cup confectioners' or 6x sugar	$\frac{1}{2}$ cup butter
	2 egg whites

Cream butter thoroughly, to which add sugar and cream again. Last fold in stiffly-beaten egg whites. Set on ice till ready to serve. Flavor if desired.

CREAM SAUCE.

1 egg	$\frac{1}{3}$ cup sugar
1 cup thick cream (whipped or plain)	$\frac{1}{2}$ teaspoon vanilla

Beat egg light. Add the cream, sugar and vanilla and serve.

FRUIT SAUCE.

$\frac{1}{2}$ cup dates	2 tablespoons butter
$\frac{1}{2}$ cup figs	Few grains of salt
$\frac{1}{2}$ cup corn syrup	Sweet cream or top milk
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup sugar

Place dates, figs, corn syrup and water on stove to simmer. When fruit is soft remove from fire and run through a colander. Add melted butter, salt and sugar. Add enough sweet top milk or cream to make the sauce the desired thickness. Serve on any kind of pudding where sauce is needed.

VICTORY SAUCE.

1 cup corn syrup	2 tablespoons butter
$\frac{1}{2}$ cup sweet milk	1 tablespoon flour
3 tablespoons brown sugar	$\frac{1}{4}$ teaspoon nutmeg

Place syrup and milk in sauce pan on stove. Mix sugar, butter, flour and nutmeg together and add. Boil all together two minutes. Serve hot.

PUDDING SAUCES

NUTMEG SAUCE.

1 cup sugar	1 teaspoon grated nutmeg
2½ tablespoons flour	2 tablespoons butter
2 cups water	

Mix sugar and flour together and place in sauce pan. Pour the water in gradually to keep mixture free from lumps, then add nutmeg and cook in double boiler 15 minutes. Remove from fire, add butter and serve hot.

ORANGE SAUCE.

1 cup sugar	⅔ cup water
1½ tablespoons flour	2 tablespoons butter
Few grains of salt	⅓ cup orange juice

Mix sugar, flour and salt together, to which add water. Pour mixture in a saucepan and cook till thick. Remove from fire and add butter. Cool mixture, then add orange juice and serve.

MARSHMALLOW SAUCE.

¾ cup sugar	½ lb. marshmallows
¼ cup sweet milk	2 tablespoons water

Boil sugar and milk together until it threads. Remove from fire and cool until lukewarm, then beat until thick. Set this mixture in a pan of hot water and stir until it is soft enough to pour. Place marshmallows and water in double boiler to melt. When melted add the sugar and milk mixture. Keep all mixed together in double boiler until ready to serve. Keep it only warm, not hot.

GOLD SAUCE.

1 cup sugar	Few grains of salt
⅓ cup water	1 teaspoon extract
1 egg	1 tablespoon cream

Boil sugar and water until it threads; usually 1 minute boiling is sufficient. Have the egg well beaten and pour the hot syrup into egg very slowly, whipping briskly. If syrup is poured out into egg too quickly it cooks the egg. Add the grains of salt and extract and whip only until it is smooth. Add 1 tablespoonful of cream, mix and serve warm or cold.

BROWN SUGAR HARD SAUCE.

½ cup butter	1 teaspoon vanilla
1 cup light brown sugar	⅛ teaspoon nutmeg

Cream butter and sugar thoroughly together, to which add vanilla and nutmeg and serve, or 1 tablespoonful of rich cream may be added.

SUNSHINE SAUCE.

2 eggs	$\frac{1}{2}$ cup sugar
1 tablespoon lemon juice	$\frac{1}{4}$ cup cold water
Grated rind of $\frac{1}{4}$ lemon	$\frac{1}{4}$ teaspoon gelatine

Place egg yolks, lemon juice, rind and $\frac{1}{4}$ cup of the sugar in a rounded bottom enamel bowl and set the bowl in boiling water. Keep the water boiling and beat the yolk mixture till it becomes very thick. Beat the whites stiff and combine with the remaining $\frac{1}{4}$ cup of sugar, then fold this into the yolks. Last add the $\frac{1}{4}$ cup cold water and gelatine in dissolved form. Serve on any kind of pudding or dessert.

COCOA PUDDING SAUCE.

1 $\frac{1}{2}$ cups milk	Pinch of salt
$\frac{1}{3}$ cup cocoa	2 tablespoons butter
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon cornstarch	

Place the milk in saucepan. Blend the cocoa, sugar, cornstarch and salt together and add. Cook in double boiler until it thickens, stirring constantly. When cooked, remove from fire and add butter and vanilla. Serve on puddings, hot or cold.

CUSTARD SAUCE.

Beat the egg yolks until light and combine with 1 cup of milk. Pour this mixture in a double boiler and add to it $\frac{1}{3}$ cup of sugar blended with $\frac{1}{2}$ tablespoon cornstarch. Stir till it thickens, then remove from fire and add $\frac{1}{2}$ teaspoon extract. Serve hot or cold. This recipe serves 6 persons generously or 8 in proper amount.

BURNT SUGAR SYRUP.

1 $\frac{1}{2}$ cups granulated sugar	$\frac{3}{4}$ teaspoon cloves
$\frac{3}{4}$ teaspoon cinnamon	3 cups boiling water
$\frac{3}{4}$ teaspoon nutmeg	

Place sugar, cinnamon, nutmeg and cloves in skillet and melt very slowly, then stir constantly and allow it to brown to a very dark color. When brown enough, add the boiling water, allowing it to boil until all particles are dissolved, which usually requires only a minute or two. Place in fruit jar, keep cool, and use for cakes and flavoring.

MOCK WHIPPED CREAM.

3 egg whites	1 tablespoon melted butter
Few grains of salt	10 drops of vanilla
3 tablespoons sugar	

Place egg whites in bowl and set bowl in pan with cracked ice and salt while eggs are being whipped, adding a few grains of salt to eggs

PUDDING SAUCES

at beginning of whipping period. When eggs are light and stiff add sugar and continue to whip a few minutes longer, then add melted butter and vanilla. Keep the mixture standing in the ice water until ready to serve.

SUBSTITUTE FOR WHIPPED CREAM.

Peel one large ripe banana and mash thoroughly in a bowl. Beat 1 egg white stiff and add to banana. Continue to beat until very light.

BUTTER SCOTCH SYRUP FOR DESSERTS AND ICE CREAM.

1 ½ cups medium brown sugar	1 cup white or dark corn syrup
½ teaspoon cornstarch	1 cup cream
Few grains of salt	1 ½ tablespoons butter

Blend the sugar, starch and salt, then combine with the syrup and cream. Cook in double boiler directly over the fire until it boils up (stirring constantly during this period), then set in the lower compartment of double boiler and allow it to cook (not stirring) for 30 minutes. Remove from fire, add the butter and salt, and cool. This may be served hot on desserts, but always cold for ice cream.

RICH CHOCOLATE SYRUP FOR DESSERTS OR ICE CREAM.

1 cup grated bitter chocolate	1 cup rich milk
1 ½ cups granulated sugar	2 tablespoons butter
½ cup white or dark corn syrup	Few grains of salt

Place grated chocolate in double boiler and melt. When melted add gradually the sugar first, then the syrup and milk, stirring constantly. When it reaches a smooth consistency discontinue stirring, but allow it to continue cooking in double boiler for 45 minutes. Remove from fire, add butter and salt, then cool for serving. This recipe makes about 2½ cups of chocolate syrup in finished form.

CHAPTER XI

Pies

SUGGESTIONS ON PIE BAKING.

Ingredients for pastry should be of high quality. To be assured of success, accurate measurements must be strictly adhered to. The shortening to be used should be very cold and the water iced. The hollow glass rolling pin, filled with cracked ice, is beneficial and claims an important part in the making of perfect pastry.

Avoid kneading pie crust. Ingredients should be placed in a cold bowl and a spatula used for the cutting in method. When the shortening and flour are evenly mixed, the ice water should be added and the cutting method still employed. The dough at this time should be in kernels or crumbs and the mixture is then poured out onto a cold, floured board and squeezed into a ball without kneading. Roll dough only on one side. With each stroke of the roller the starting point must be in the center of the dough, then rolling outward, keeping the movements circular and the dough rounded. If all materials used in pastry are as cold as it is possible to have them, pie crust should be baked at once. Allowing pastry to remain a few hours on ice is especially beneficial only when materials have not been cold in the beginning. It is sometimes more convenient to prepare the pastry a day in advance, which is satisfactory if kept on ice.

Do not grease a pie pan before lining with pastry. See that the pan is clean and perfectly dry. To dust the pan first, with a little flour, is a sure way of having it dry.

To prepare a shell for cooked filling, roll the pastry to desired thickness and in shape to fit the pan. Dust pan with flour, lay pastry in pan and see that it is well fitted, by pressing the dough down around the bend or rim of the pan. Bring the dough up in fence form at the outer edge of the rim, pinching it firmly and allowing enough dough for a shrinkage in baking. Prick holes in the pastry in bottom of pan and place in quick oven. Only in shells should holes be made. This prevents dough from rising in pan while baking.

Shells are more satisfactory made on inside of pan. If pastry is fitted to back of pie pan, the shell sometimes breaks when it is removed and placed on another plate and filled. Especially is this true where pastry is tender and flaky. Fillings prepared in double boiler may be placed in baked shell while hot, or they may be allowed to cool

first. If placed in shell hot, the filling will set for the first time in the pie, making a smoother filling. If a teaspoonful of flour is sprinkled in the bottom of baked shell and gently rubbed in, before filling is poured in, the undercrust will still retain its crisp condition. This is a good rule to follow at all times.

A covered pie, especially of the juicy variety, must be carefully arranged in the pan. The under crust is rolled and fitted securely to the pan, as for a shell, allowing a generous amount of dough to stand up in fence form around the edge. A tablespoonful of flour must be sprinkled in the bottom of pastry and gently rubbed in, closing the pores and forming a coating to prevent juice from soaking in undercrust. The flour treatment is better than the brushing over with egg white, and much less expensive.

Fruit, flour and sugar should always be well mixed together before placing in pie. Mix these ingredients thoroughly before placing in shell and there is less danger of pie oozing out. Butter should be placed in dots over the top of the fruit mixture and then pressed well down into the fruit, so that the butter does not come in contact with upper crust while baking. The pastry for upper crust should be rolled a little thinner than for under crust. Roll in rounded shape, make slits in crust and lay it over the top of pie, after the outer edge has been moistened with water, stretching it over in such a way that it does not interfere with the pastry in fence form at edge. Cut or press off surplus pastry around the edge and then pinch the two thicknesses of pastry together.

Make 4 small incisions in pie cover about an inch from outer edge and at equal spaces. Insert 4 pieces of macaroni in these holes. This allows the steam to escape and prevents juice from oozing out.

Another safe method to keep juice from boiling out is to prepare the undercrust in the same manner with well built up outer fence, then cut the upper crust in rounded shape, just large enough to fit the top, inside of the fence at outer edge. This leaves an outlet for the steam at outer edge all the way around, and the result is the steam is not so apt to boil out at any one place.

Trouble results from placing fruit in pie first, sugar on top of fruit and then probably a few sprinkles of flour on top of it all.

All pies should be placed in a hot oven for first ten minutes, then decrease the heat to moderate. They should never be allowed to simmer for the first part of baking period. Pies removed from pie pan and placed on paper plates keep crisp longer. Flour used for thickening makes a better flavored pie than corn starch, but more flour is required for thickening than corn starch.

Pate shells may be made from plain flake pastry or they may be made from puff paste. Have muffin pans thoroughly cleaned on backs. Roll dough, as for pie crust, and fit dough neatly over each compartment, as muffin tins are turned upside down. Prick a few holes in pastry to keep pastry from bubbling or rising while baking.

Pies should be baked long enough to be well done; crust should

be browned lightly. Pies vary in the length of time they should be baked. Some pies require 20 minutes' baking, while others may require 45 or 50 minutes. Do not allow pies to burn on top. If pie becomes brown enough and the fruit within the pie is yet in uncooked condition, turn another pie pan of same size over pie, thus preventing further browning and keeping the heat and steam within the two pans. This hastens the cooking of fruit inside. Pies should be placed on grate in center of oven to bake.

A little milk brushed over the top of a two-crust pie gives the pie a glossy look when baked. It also browns quicker with this addition. If the oven does not bake articles well on the bottom it is sometimes advisable to partially bake the shell before the filling is placed in.

Pie pans are of all kinds and sizes. Granite or enamel pie pans are not as satisfactory for pie baking as glass, aluminum or tin. Nine-inch pans are supposed to be of regulation size, meaning 9 inches from tip to tip and 1 inch in depth. Most of the pies in this book were compiled for the use of 9-inch pans. However, in instances where a "large pie" is specified, a 10 or 11 inch pan should be used.

FLAKE PIE CRUST.

1 ¼ cups flour
¼ teaspoon salt

6 ½ tablespoons shortening
3 tablespoons ice cold water

Sift flour and salt together in bowl. Add shortening and with a spatula, or two table knives, cut the shortening into the flour, being careful to have the flour and shortening blended until they have reached the crumb stage. Add the cold water next and continue to mix by chopping all ingredients together. At this time the mixture should be in crumbs or kernels. Flour the board well and pour crumbs out on board. Flour hands and with two or three strokes bring crumbs together in a pyramid form, squeezing them firmly together. With a floured rolling pin, roll the dough to the desired thickness, always rolling the dough from the center out and being careful to keep the dough on one side all the time. Do not at any time turn dough over and roll on one side and then on the other. With a little practice dough may be handled in this manner and the result will be a flake crust, usually requiring about five minutes for the process. Pie dough should be handled as little as possible. The undercrusts should be a little thicker than the upper crusts. Bake in quick oven.

ECONOMY PIE CRUST.

1 ¼ cups flour
¼ teaspoon salt
½ teaspoon baking powder

4 ½ tablespoons shortening
5 tablespoons cold water

Sift flour, salt and baking powder together. Cut shortening in with spatula, keeping mixture in crumb form. Add next the cold water and continue to cut with spatula. Dredge board with flour, pour

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crumbs on board, squeezing them up in ball, then roll dough to desired thickness, being careful to roll it only on one side. This means starting the rolling pin in center of dough and rolling out in different turns, keeping dough in rounded shape. Make any kind of pie from this pastry.

PUFF PASTE.

1 egg yolk	1 $\frac{3}{4}$ cups flour
6 tablespoons ice water	1 teaspoon salt
$\frac{1}{2}$ tablespoon lemon juice	$\frac{1}{2}$ lb. butter

Beat egg yolk light, to which add water and lemon juice. Gradually add the flour to liquid until dough is mixed smooth and firm, then roll dough in an oblong shape. Wash butter through three different waters, at the last washing pressing all water from butter. Form butter in a flat sheet, half as large as the sheet of dough, and lay it on dough. Bring the other half of dough over butter and press edges well together. Roll dough and butter into a flat sheet; now fold again by making a third lap. Lay folded dough and butter on ice to chill. When cold roll flat and again fold over on three folds and chill. Repeat this process until dough has been folded and rolled 7 times. Puff paste may be used for pies, patties, vol-au-vents, rissoles, cheese straws, tarts and turnovers.

CRUMB PUFF PASTRY.

1 cup flour	5 tablespoons butter
$\frac{1}{8}$ teaspoon baking powder	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{8}$ teaspoon soda	2 tablespoons water
$\frac{1}{8}$ teaspoon salt	

Sift flour, baking powder, soda and salt together. Have the butter as cold as possible and cut it into the flour mixture until crumbs are formed. Next add lemon juice and water and mix by same cutting in method. Pour the dough out onto floured board and handle as little as possible before rolling to desired thickness. This pastry may be used for regular pie shells or for small pate shells. This amount of dough is sufficient for one large size pie shell or it will make 6 large pate shells or 8 smaller ones. One egg yolk may be beaten and added if tinted shells are wanted.

PLAIN PIE CRUST FOR ONE SHELL.

$\frac{3}{4}$ cup flour	4 tablespoons cold shortening
$\frac{1}{8}$ teaspoon salt	2 tablespoons cold water

Sift flour and salt together, then add the shortening and cut it into flour with spatula or fork. Next add water and continue to mix by the cutting in method. Pour dough out onto floured board and handle as little as possible before rolling. Roll dough carefully by starting the rolling pin in center of dough each time and rolling out-

ward. Do not turn dough over and do not make rolling pin roll back and forth. Fit dough to pie pan and bake for shell or use it for one crust filled pie.

LEMON PIE NO. 1.

3 eggs	Pinch of salt (few grains)
1½ cups cold water	1½ tablespoons butter
1 cup sugar	Juice of 1 large lemon
7 tablespoons flour	Grated rind of ½ lemon

Beat egg yolks light, to which add the water. Mix the sugar, flour and salt together and add. Place mixture in double boiler and cook till thick, stirring constantly. When thick remove from fire, add the butter, cool until lukewarm, then add the lemon juice and rind. Make a meringue from the 3 egg whites and spread over pie and return to oven to brown lightly, usually 12 minutes in a moderate oven being required. Be careful and grate only the outer oil cells in grating the lemon rind. Adding the lemon juice and rind in uncooked form gives the pie a milder flavor and eliminates any bitter taste. Cook the mixture in double boiler until a teaspoonful of the mixture dipped out and poured back into the bulk will stand on top.

LEMON PIE NO. 2.

1¼ cups water	1 tablespoon butter
2 eggs	Juice of 1 lemon
1 cup sugar	Rind of ½ lemon
1 cup bread crumbs	Pinch of salt

Beat the egg yolks light, to which add water and sugar. Squeeze the juice of lemon and add also the grated rind. Add the crumbs and butter. Allow this mixture to stand and soften a few minutes before placing a double boiler to cook, stirring constantly 'til it thickens. Have shell previously baked. Add this cooked mixture to the shell and cover with a meringue made from the two egg whites. In all recipes where one lemon is to be used, this means an average sized lemon, juicy and fresh. If lemons are dried out and undersized it may be necessary to use more than one lemon.

NOVELTY LEMON PIE.

4 eggs	Grated rind of ½ lemon
1 cup sugar	½ teaspoon lemon extract
3 tablespoons lemon juice	Few grains of salt

Beat the 4 egg yolks light, to which add the lemon juice first and mix well, then add the sugar and grated rind. Place this mixture in a rounded bottom enamel bowl and set the bowl in another pan of boiling water. Keep the water boiling and with a wire egg beater whip briskly until the mixture is very thick and creamy, then take the pan of boiling water from the fire, but let the bowl with egg mixture in it stand in the hot water until the whites are prepared. Beat the

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egg whites to a stiff, dry consistency, and fold the remaining $\frac{1}{2}$ cup of sugar into the whites. Divide the egg white mixture into two parts; one-half is to be folded carefully into the cooked mixture and then poured into a baked pie shell. To the remaining half egg white mixture add the lemon extract and spread over the top of pie for meringue. Now set the pie in oven to brown lightly, requiring about 12 minutes. If the egg yolk mixture is cooked long enough the pie sets perfectly.

FRESH STRAWBERRY PIE NO. 1.

3 cups ripe strawberries
1 cup confectioners' sugar

$\frac{2}{3}$ cup whipping cream

Have a baked pie shell ready. Mix strawberries and sugar together, being careful not to mash berries. Place the strawberries and sugar in shell. Whip the $\frac{2}{3}$ cup of cream to a stiff consistency and spread over the berries. At regular intervals on top of pie place ripe strawberries. Serve soon after pie is prepared.

FRESH STRAWBERRY PIE NO. 2.

$2\frac{1}{2}$ cups ripe strawberries
 $\frac{3}{4}$ cup sugar

3 tablespoons flour
3 teaspoons butter

Line a pie pan with flake pastry, being careful to give the bottom the flour treatment. Place berries, sugar and flour in a bowl and mix thoroughly together, then place in the lined pie pan. Place the butter on top of berries in dots, then push dots of butter down into berries. Either cover pie with full upper crust or lay narrow strips of pastry both ways over pie, forming a lattice work. Bake in hot oven for first ten minutes, then decrease the heat to moderate for remaining baking period. Dredge pie with pulverized sugar before serving.

FRESH BLACKBERRY PIE.

$2\frac{1}{2}$ cups fresh blackberries
 $\frac{3}{4}$ cup sugar

3 tablespoons flour
2 teaspoons butter

Line a pie pan with flake pie crust, being particular to give the bottom the flour treatment. Mix the blackberries, sugar and flour together and place in the lined pan with the butter on top of berries in dots. Either make a full cover for the pie or cut strips of pastry and lay over pie, running both ways, forming a lattice work. Bake in a hot oven for first 10 minutes, then decrease the heat and allow it to bake slowly the remainder of baking period. Where strips are used on top of pie, whipped cream makes a delicious addition. Place a generous spoonful on top of each piece of pie before serving.

FRESH RASPBERRY PIE.

$2\frac{1}{2}$ cups raspberries
 $\frac{3}{4}$ cup sugar

2 tablespoons flour
2 teaspoons butter

Have a pie pan lined with flake pie crust. Place raspberries, sugar and flour in bowl and mix well together. Place the fruit in the

shell, after giving the crust the flour treatment. Place the butter on in dots over fruit and press down into the fruit. Make an upper crust by placing narrow strips of pastry both ways on pie, forming a lattice work. Bake pie in hot oven for first 8 or 10 minutes, then decrease the heat and bake more slowly for remaining baking period. A generous spoonful of whipped cream should be served on each piece of pie. If juicy pie is not wanted, add 3 tablespoonfuls of flour to fruit instead of 2 tablespoonfuls.

RASPBERRY CREAM PIE.

$\frac{3}{4}$ cup sugar	1 cup rich milk (half cream and half milk)
4 tablespoons flour	
1 $\frac{1}{2}$ cups raspberries	

Blend sugar and flour together and mix with berries. Add the milk to this and pour in pie pan lined with flake crust, first giving bottom of crust the flour treatment. Bake in quick oven for first 8 minutes, then decrease heat and allow pie to bake slowly the remainder of baking period. When the filling sets and thickens like a custard pie it is done. Cool before serving.

FRESH GOOSEBERRY PIE.

2 $\frac{1}{2}$ cups gooseberries	3 tablespoons flour
1 $\frac{1}{2}$ cups sugar	4 teaspoons butter

Have pie pan lined with flake pie crust, being particular to give the bottom of the crust the flour treatment. Place the gooseberries, sugar and flour in a bowl and mix, then place mixture in the lined pie pan with the butter over the top of berries in dots, then push the dots of butter down into the berries. Make a top crust for pie and place in hot oven for first 10 minutes, then decrease heat to moderate for remaining time pie is in oven. See that pie simmers long enough for berries to become perfectly tender if fresh berries are used. If sweetened canned gooseberries are used, make the pie the same, only use less sugar.

MOCK CHERRY PIE.

1 cup cranberries	1 tablespoon butter
$\frac{1}{2}$ cup seeded raisins	1 teaspoon lemon juice
1 cup sugar	Few grains of salt
2 tablespoons flour	$\frac{1}{8}$ teaspoon soda

Place cranberries and raisins on to cook with 1 cup of water. Allow them to simmer until tender. Remove from fire, add enough water to raisins and cranberries to make 2 cups in all. Mix sugar and flour together and add, then return mixture to fire to boil one minute. Remove from fire, add butter, lemon juice, soda and salt. Line a pie

pan with pastry, give bottom the flour treatment, place mixture in, cover with top cover of pastry in regular pie order and bake.

CHERRY PIE.

<p>2½ cups fresh seeded or canned cherries 1½ cups sugar</p>	<p>3 tablespoons flour 3 teaspoons butter</p>
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Have pie pan lined with flake crust, giving the bottom the flour treatment. Mix the cherries, sugar and flour together and place in lined pan, and over the mixture place the butter in small dots at even spaces. Push the butter down into the fruit. Make a top cover in the usual way. Place in hot oven for first 10 minutes, then decrease the heat to moderate for remaining baking period.

ELDERBERRY AND APPLE PIE.

<p>1½ cups fresh ripe elder- berries ½ cup tart sieved apple sauce ¾ cup sugar</p>	<p>1½ tablespoons flour 2 eggs 2 teaspoons butter</p>
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Place the elderberries and apples in a mixing bowl, to which add the sugar and flour in blended form. Next add the well beaten egg yolks and place the mixture in an unbaked pie shell. Place the butter on in dots and bake till it cooks through and sets. Make a meringue from the remaining 2 whites and spread over the pie. Return to oven for the setting and browning of meringue, which requires about 12 minutes.

FRESH PEACH PIE.

<p>2½ cups sliced fresh peaches ¾ cup sugar 3 or 4 tablespoons flour</p>	<p>3 or 4 sprinkles of nutmeg 1 teaspoon lemon juice 2 teaspoons melted butter</p>
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Line a pie pan with flake pie crust. Give the bottom the flour treatment. Blend the flour and sugar together and mix with peaches, then add lemon juice and butter and mix well and place in shell. Place upper cover on and bake for 35 minutes or longer, if necessary.

MINCED APPLE PIE.

<p>3 cups chopped apples ½ cup brown sugar ½ cup granulated sugar</p>	<p>¼ teaspoon nutmeg ½ teaspoon cinnamon 3 teaspoons butter</p>
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Have pie pan lined with flake pastry. Sprinkle 1 level tablespoonful of flour in bottom of pan and gently rub it in. Mix apples, sugar, nutmeg, and cinnamon together and place in shell. Place butter on in dots over apple mixture. Bake long enough to have apples cooked tender. When apples are tender remove from oven and sprinkle 2 table-

spoonfuls of chopped pecans over top and make an egg covering in following manner and spread over all. Beat 1 egg white and yolk separately. To the egg white add 3 tablespoons of sugar; beat the egg yolk light and add to this, together with $\frac{1}{2}$ teaspoonful of vanilla and 1 tablespoonful of sweet milk. Spread over top of the pie and bake in moderate oven for about 15 minutes.

FANCY APPLE PIE.

3 cups chopped peeled apples	$\frac{1}{4}$ teaspoon cinnamon
1 cup sugar	3 teaspoons butter
$\frac{1}{2}$ teaspoon nutmeg	

Line a pie pan with flake pastry. Mix apples, sugar, nutmeg, and cinnamon all together in a bowl, then place in shell after 1 tablespoonful of flour has been sprinkled in bottom of pie shell and gently rubbed in. Place the 3 teaspoonfuls of butter over the chopped apples in dots, then press butter down into apples. Roll pie crust very thin and cut in narrow strips and place over the top, strips running in opposite directions, forming a lattice work over pie. Place pie in oven and bake until done. Remove from oven and add meringue, placing it only around edge of pie and in center, leaving a circle of lattice work showing on pie top. Over the lattice top where there is no meringue sprinkle shredded cocoanut. Place pie in oven to set and brown lightly, usually about 12 minutes being required for this process. Any other fruit may be used instead of apples. Use 10-inch pan for this pie.

FRIED APPLE PIE.

3 cups chopped apples	1 tablespoon butter
$\frac{1}{2}$ cup corn syrup	1 tablespoon lard
$\frac{1}{8}$ cup sugar	A sprinkle of cinnamon

Select red apples, wash, core and chop fine, leaving the peelings on. Place apples, syrup, sugar, butter and lard in skillet and cook until apples are mushy, tender and thick. Have a pie shell baked. Spread apple mixture in shell, sprinkle with cinnamon and cover the pie over with a covering as follows:

FLOUR FLUFF COVERING.

4 tablespoons flour	4 tablespoons milk
3 tablespoons sugar	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ teaspoon vanilla

Mix ingredients in order given, spread over top of pie and place pie in moderate oven to bake for about 15 minutes. The apples may be peeled if desired.

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FRESH RHUBARB PIE.

2½ cups tender rhubarb (cut in ½-inch lengths)	2 tablespoons flour
1¼ cups sugar	3 teaspoons butter

Line a pie pan with flake pie crust, giving the bottom the flour treatment. Place rhubarb, sugar and flour in bowl and mix together before placing it in shell. Place the butter in dots on top of rhubarb, then force it down into the rhubarb mixture. Make a top covering and bake in hot oven for first 10 minutes, then decrease the heat to moderate for remainder of baking period. Three tablespoonfuls of flour may be used instead of two if juicy pie is not wanted. When rhubarb is old and beginning to be a little tough, ¼ teaspoonful of soda may be mixed with rhubarb. When pie is baked, serve on plates dredged with confectioners' sugar.

PINEAPPLE RAISIN PIE.

1 cup diced canned pineapple	Few grains of salt
½ cup seeded raisins	1½ tablespoons flour
½ cup water	1 egg
⅔ cup sugar	1 tablespoon butter

Place pineapple, raisins and water on stove in saucepan and boil for 3 minutes. Remove from fire and add the sugar, salt and flour in blended form and allow mixture to set until half cooled, then add well beaten egg and butter. Place mixture in a lined and flour-treated pie shell and cover with top crust, the same as for other pies. Bake for about 25 minutes until pie is well browned over. A teaspoonful of lemon juice or vinegar may be added to pie if desired.

PLAIN PINEAPPLE PIE.

1½ cups diced canned pineapple	2 tablespoons flour
¾ cup sugar	Few grains of salt
	3 teaspoons butter

Line a shallow 9 or 10 inch pan with flake pastry. Mix pineapple in a bowl with the sugar, flour and salt. Place 1 tablespoonful of flour in the bottom of lined pie pan and gently rub it into the pastry to close the pores, then place the pineapple mixture in with the butter on top at regular spaces. Make an upper crust by either method as given in "Pie Instructions." Bake about 25 minutes or until well browned.

ORANGE PIE.

2 eggs (whites for meringue)	Few grains of salt
1 cup water	1 tablespoon butter
½ cup sugar	Rind of ½ orange
7½ tablespoons flour	½ cup orange juice

Beat egg yolks light, to which add the water. Mix sugar, flour and salt together and add next. Place mixture in double boiler and

cook until thick, stirring constantly during cooking period. Remove from fire and add butter as soon as taken from fire. Cool until lukewarm, then add the grated orange rind and orange juice. Mix well and spread in baked pie shell. Make a meringue out of the 2 egg whites and spread over top of pie. Place pie in hot oven to brown over quickly. This pie should not be heated through when browning the meringue—brown the meringue quickly and remove from oven. Grate only the outer oil cells of orange rind for flavoring.

PEACH CREAM PIE.

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| 1 cup crushed canned peaches | 2 tablespoons flour |
| 3 tablespoons sugar (more or less) | Few grains of salt |
| | 1 tablespoon butter |

Crush peaches, then add sugar, flour and salt and cook until thick, usually about 2 minutes being necessary. Remove from fire and add butter. Have a pie shell baked and in readiness. Place a teaspoonful of flour in bottom of pie shell and gently rub it in before pouring in the peach mixture. On top of this spread a layer of cream filling made in the following way:

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| 1 egg | 3 tablespoons flour |
| 1 cup milk | ½ teaspoon vanilla |
| ¼ cup sugar | ½ tablespoon butter |

Beat egg yolk, to which add milk. Mix sugar and flour together and add. Place mixture in double boiler and cook until thick, stirring constantly. When thick remove from fire, add butter and vanilla. While yet hot spread over the peach mixture in pie. Make a meringue from the 1 egg white and spread over top, then return pie to oven to remain for about 12 minutes.

BANANA-NUT CREAM PIE.

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| 2 eggs (whites for meringue) | 1 tablespoon butter |
| 2 cups cold sweet milk | ½ teaspoon vanilla |
| ½ cup sugar | 1 large banana |
| 6 tablespoons flour | ¼ cup chopped pecans |
| Few grains of salt | |

Beat egg yolks light, to which add milk. Mix sugar, flour and salt together and add. Place mixture in double boiler and cook until thick, stirring constantly. When thick remove from fire and add butter and vanilla. Place a teaspoonful of flour in a baked pie shell and gently rub it in with finger tips, then place a layer of sliced bananas in bottom of shell. Cool the cooked mixture and pour over the bananas and on top sprinkle the nuts. Make a meringue from the 2 egg whites and spread over this. Place pie in oven and allow meringue to set and brown lightly, usually about 12 minutes being required. See "Ice Water Meringue."

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SOUR CREAM PIE.

2 eggs	$\frac{1}{2}$ teaspoon nutmeg
1 cup sour cream	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup raisins	1 tablespoon flour
1 pinch of salt	1 cup sugar
$\frac{1}{8}$ teaspoon soda	

Beat eggs light, to which add sour cream and raisins. Mix the sugar, flour, cinnamon, nutmeg and salt together and add last. Pour mixture in an uncooked pie shell. Take a part of the pie dough and roll very thin. Cut in narrow strips and lay over the top of pie—one way only. The strips will not sink in the mixture if placed on carefully, and after it is baked the result is pleasing.

MARSHMALLOW CREAM NUT PIE.

COOKED FILLING.

1 egg	$3\frac{1}{2}$ tablespoons flour
$1\frac{1}{4}$ cups sweet milk	Few grains of salt
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla

Covering.

$\frac{3}{8}$ cup whipping cream	$\frac{1}{4}$ cup confectioners' sugar
15 marshmallows quartered	$\frac{1}{4}$ cup chopped pecans

Beat egg light, to which add sweet milk. Mix sugar, flour and salt together and add. Place mixture in double boiler and cook till thick, stirring constantly. When thick, remove from fire and add vanilla. Have in readiness a baked pie shell. Sprinkle a teaspoon of flour in bottom of baked shell and gently rub it in before pouring hot mixture into shell. Let pie set till perfectly cold, then sprinkle the pecans on top. Next take the cold cream and whip till stiff. Add to it the quartered marshmallows and sifted confectioners' sugar. Spread over top of pie and serve soon after pie is made.

CHOCOLATE CREAM PIE.

Have a baked pie shell in readiness for the chocolate cream mixtures prepared in two parts as follows:

CREAM FILLING.

1 egg (white for meringue)	$3\frac{1}{2}$ tablespoons flour
1 cup sweet milk	Few grains of salt
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla

Beat yolk light, to which add milk. Blend sugar, flour and salt and add. Pour into double boiler and cook till thick, stirring constantly. Remove from fire, add vanilla and after sprinkling a teaspoonful of flour in bottom of baked shell and rubbing it in, pour in the mixture.

CHOCOLATE FILLING.

1 egg (white for meringue)	$\frac{1}{4}$ cup grated bitter chocolate
1 cup water	Few grains of salt
$\frac{1}{4}$ cup sugar	1 tablespoon butter
$3\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ teaspoon vanilla

Beat egg yolk light, to which add water. Mix sugar, flour, chocolate and salt together and add. Pour mixture into double boiler and cook till thick, stirring constantly. When thick, remove from fire and add butter and vanilla. Spread chocolate filling over the cream filling in the pie. Make a meringue from the two egg whites and place on top. Place pie in oven to remain about 12 minutes after meringue is on.

CREAM PIE.

2 eggs (whites for meringue)	Few grains of salt
2 cups sweet milk	1 tablespoon butter
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
6 tablespoons flour	

Beat egg yolks light, to which add sweet milk. Mix sugar, flour and salt together and add. Place mixture in double boiler and cook till thick, stirring constantly. When thick, remove from fire and add butter and vanilla. Have baked and in readiness a pie shell. Place 1 level teaspoonful of flour in shell and gently rub it in before placing in the hot mixture. Make a meringue from the 2 egg whites and place over the cream mixture. Place pie in moderate oven and allow it to remain for about 12 minutes. Do not allow meringue to brown over too quickly. See recipe for meringue.

JAM CREAM PIE.

1 cup whipping cream	1 cup jam or preserves
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Have pie shell baked and cold. Spread the jam in bottom of shell and on top of this spread the cream after it has been whipped stiff. Keep cool until time to serve. A part of jam may be placed on in dots over the whipped cream.

COCOANUT CREAM PIE.

2 eggs (whites for meringue)	Few grains of salt
2 cups sweet milk	1 tablespoon butter
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
6 tablespoons flour	$\frac{1}{2}$ cup shredded cocoanut

Beat egg yolks light, to which add milk. Mix sugar, flour and salt together and add. Place in double boiler and cook until thick, stirring constantly. Remove from fire, add butter, vanilla and shredded cocoanut. Have in readiness a baked pie shell. Place 1 level teaspoonful flour in bottom of shell and gently rub it in before placing

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cooked cream mixture in shell. Make a meringue from the 2 egg whites and place on top. Sprinkle cocoanut on top of meringue and place pie in oven and let remain for about 12 minutes, a moderate oven being required for the baking of meringue.

ELIZABETH'S ICE CREAM PIE.

2 cups thick cream	Few grains of salt
½ cup granulated sugar	1½ teaspoons vanilla
1 tablespoon flour	3 egg whites

Blend sugar, flour and salt and add to cream. Stir until sugar is dissolved, then fold in the stiffly beaten egg whites. Pour into an unbaked pie shell and bake for about 50 minutes, or until firmly set.

GERALDINE'S BOSTON CREAM PIE.

3 eggs	2 teaspoons baking powder
1 cup sugar	3 tablespoons rich milk
1 cup flour (scant a little)	½ teaspoon vanilla

Beat the egg yolks light, to which add 1 tablespoonful of the milk and the 1 cup of sugar, and beat hard for 5 minutes. Sift the flour and baking powder together and add, together with the remaining 2 tablespoons of milk, and beat another 2 minutes. Last fold in the egg whites and vanilla, but do not beat after this addition. Bake in layer cake pan and serve with the following filling. When cake is cold split and place the filling between and on top.

Cook in double boiler 2 cups sweet milk, 1 cup sugar, ½ cup flour. 2 eggs, 1 tablespoon butter and 1 teaspoon vanilla. Beat the eggs light before combining with other ingredients.

BANANA WHIPPED CREAM PIE.

1 cup whipping cream	1 teaspoon vanilla
½ cup confecioners' sugar	2 firm ripe bananas

Have pie shell baked and cold. Slice 1 banana thin and place in bottom of baked shell. Whip the cup of cream stiff and into this fold sugar and vanilla. Spread this mixture over the layer of bananas. Take the remaining banana and slice in thin slices and place in circle all around the edge of pie on top of cream. Serve soon after making.

PINEAPPLE CREAM PIE.

1 cup grated pineapple	1 tablespoon butter
2 tablespoons sugar	Few grains of salt
2 tablespoons flour	

Place pineapple in small saucepan, to which add the blended flour and sugar. Place on stove and boil until it thickens, then remove from fire and add the butter and few grains of salt.

CREAM FILLING.

1 egg (white for meringue)	Few grains of salt
1 cup sweet milk	3½ tablespoons flour
¼ cup sugar	¼ teaspoon vanilla

Beat egg light, to which add milk. Mix sugar, flour and salt and add next. Cook mixture in double boiler till thick, stirring constantly. When thick, remove from fire and add vanilla. Have pie shell baked. Sprinkle a teaspoonful of flour in bottom of shell and rub it in. First spread the pineapple mixture in the shell and over this spread the cream mixture. Make a meringue with the 1 egg white and spread on top of cream filling. Place pie in oven and allow it to set for about 12 minutes. Meringue should be browned lightly.

LEMON SPONGE CREAM PIE.

1 cup sugar	Grated rind of ½ lemon
2 tablespoons butter	6½ tablespoons flour
3 eggs	1½ cups rich sweet milk
4 or 5 tablespoons lemon juice	Few grains of salt

Blend ½ cup of the sugar with the butter, to which add the egg yolks, lemon juice and rind. Beat until creamy. Mix the remaining ½ cup of sugar with the flour and add, beating again until smooth. Next add the milk and salt and stir well. Beat the 3 egg whites very stiff and fold them in carefully, then pour all the mixture into an unbaked shell and bake for about 40 or 50 minutes. The pie browns very soon and must be watched carefully. Bake until it feels firm and well set when the pan is shaken.

PINEAPPLE SPONGE CREAM PIE.

Use the same recipe and process as for "Lemon Sponge Cream Pie," only use 5 tablespoons of water instead of lemon juice, and use 1 teaspoon high-grade pineapple extract instead of grated lemon rind.

COCOANUT CUSTARD PIE.

3 eggs	½ teaspoon vanilla
1½ cups milk (scalded and cooled)	¼ cup sugar
	½ cup shredded cocoanut

Separate 2 egg whites from the 3 eggs and place in bowl. Take the remaining whole egg and 2 yolks and beat until mixed, to which add the milk, vanilla, sugar and cocoanut. Pour mixture in lined pie pan, first giving the bottom the flour treatment. Bake in hot oven for first 8 or 10 minutes, then decrease heat and bake in moderate oven until custard is set and firm. Remove from oven and spread over the top a meringue made from the 2 egg whites. Set back in oven to set and brown lightly, ordinarily about 12 minutes being necessary in slow oven.

2-EGG CUSTARD PIE.

2 eggs	$\frac{1}{3}$ cup sugar
1 $\frac{1}{2}$ cups milk (scalded and cooled)	$\frac{1}{4}$ teaspoon nutmeg
	$\frac{1}{4}$ teaspoon vanilla

Beat eggs only until mixed, to which add milk, sugar, vanilla and nutmeg. Pour mixture in lined pie pan, giving the bottom the flour treatment first. Place in hot oven for first 8 or 10 minutes, decrease the heat and allow pie to bake until custard has set. Do not allow it to remain in oven after the custard seems firm.

CUSTARD NUT PIE.

3 eggs	$\frac{1}{4}$ level teaspoon nutmeg
1 pint milk, scalded and cooled	1 pinch of salt
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup chopped pecans

Beat eggs until mixed, to which add milk, nutmeg, sugar, salt and nuts. Pour in unbaked sheet and bake in hot oven for first 8 minutes, then decrease heat, allowing pie to bake slowly until custard sets. When pie is removed from oven use either whipped cream or meringue on top. Pie crust and filling all baked together for this pie.

IDEAL CUSTARD PIE.

3 eggs	$\frac{1}{4}$ teaspoon nutmeg
2 cups sweet milk, scalded and cooled	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	Few grains of salt

Beat eggs long enough to have them only well mixed, to which add the milk and vanilla. Mix the sugar, nutmeg and salt together and add next. Have pie pan lined with flake pastry, give the bottom of crust the flour treatment, i. e., place 1 teaspoonful of flour in bottom and gently rub it in with finger tips. Pour the custard mixture in and place pie in hot oven for eight minutes, then decrease the heat and allow pie to bake very slowly until the custard is set. Test with a silver knife.

APPLE CUSTARD PIE.

2 eggs	1 $\frac{1}{4}$ cups stewed apples
1 $\frac{1}{2}$ cups milk (scalded and cooled)	$\frac{1}{2}$ cup sugar
	$\frac{1}{4}$ teaspoon nutmeg

Quarter apples and cook until half tender, having them sweetened to taste. Line a pie pan with flake pastry, giving the bottom the flour treatment. Cut the cooked apples in small pieces and place in bottom of lined pie pan. Beat eggs only until mixed, then combine with milk, sugar and nutmeg and pour over the apples in the pie shell. Place pie in hot oven for first ten minutes, then decrease heat to moderate for remainder of time. When custard is set, pie is done.

CHERRY CUSTARD PIE.

1½ cups canned or fresh seeded cherries	4 tablespoons flour
⅔ cup sugar	1 tablespoon butter

Mix cherries, sugar and flour together and boil 1 minute. Remove from fire and add butter. For the custard use

2 eggs	⅓ scant cup sugar
1½ cups scalded and cooled milk	1 teaspoon vanilla
	Few grains of salt

Beat eggs until mixed, to which add milk, sugar, vanilla and salt. Have pie pan lined with flake pastry, giving the bottom the flour treatment. First place the cooked cherry mixture in pie shell, then add custard, spreading it over by spoonfuls. Place in hot oven for first 8 minutes, then decrease the heat and allow pie to bake slowly until the custard is set. Serve cold. Crust and filling all cooked together for this pie. Bake pie in large sized pan.

RHUBARB CUSTARD PIE.

1½ cups cold or hot water	2 tablespoons butter
1¼ cups sugar	1½ cups tender, unpeeled rhu- barb cut in ½-inch lengths
5½ tablespoons flour or 4 tablespoons cornstarch	3 eggs

Place the water and 1 cup of the sugar in a saucepan, and when it comes to a boil add the cornstarch, butter and remaining ¼ cup of sugar in blended form, stirring until it thickens and is free from lumps. Now drop the rhubarb in and set mixture on an asbestos mat and do not stir but very little until rhubarb is tender but not mushy. When done take from the fire and cool to lukewarm by setting in cold water. Beat 2 egg yolks with 1 whole egg very light, and gradually fold it into the cooked mixture. Pour this mixture into a baked pie shell and set in a medium hot oven while a meringue is being made, which usually means about 10 or 15 minutes. Follow the "Ice Water Meringue" recipe (as given in this book) and make a meringue from the remaining 2 egg whites, spread on top of the pie and return to moderate oven for 12 or 15 minutes.

EGGLESS CHOCOLATE PIE.

¾ cup sugar	⅓ teaspoon salt
6 tablespoons flour	1½ cups sweet milk
⅓ cup grated bitter chocolate or cocoa	1 tablespoon butter
	1 teaspoon vanilla

Mix sugar, flour, chocolate or cocoa and salt together, to which add the milk. Pour in double boiler and cook till thick, stirring constantly. When thick remove from fire and add butter and vanilla. Have a pie shell baked. Place a teaspoonful of flour in bottom of baked shell and rub it in, then pour the cooked mixture in shell.

FLOUR FLUFF COVERING.

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| 4 tablespoons flour | 4 tablespoons sweet milk |
| 3 tablespoons sugar | 1 tablespoon melted butter |
| ½ teaspoon baking powder | |

Mix these ingredients together in the order given and spread over top of pie. Place pie in oven and bake for about 15 minutes, or until covering is set and browned lightly.

CHOCOLATE PIE.

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| 2 eggs (whites for meringue) | ½ cup grated bitter chocolate
or cocoa |
| 1½ cups water | ⅛ teaspoon salt |
| ¾ cup sugar | 1 tablespoon butter |
| 5 tablespoons flour | 1 teaspoon vanilla |

Beat egg yolks light, to which add water. Mix sugar, flour, chocolate or cocoa and salt together and add to liquid mixture. Place in double boiler and cook until thick, stirring constantly. Remove from fire, add vanilla and butter. Sprinkle a teaspoonful of flour in a previously baked shell and gently rub it in before pouring the hot chocolate mixture in shell. Make a meringue from the 2 egg whites and spread on top. Return pie to oven and allow meringue to bake for 12 minutes in a very moderate oven.

If chocolate nut pie is wanted, sprinkle ¼ cup of finely chopped pecans over chocolate mixture before covering with meringue. Then sprinkle a few nuts over top of meringue if extra rich pie is wanted.

THANKSGIVING SQUASH PIE.

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| 3 eggs, well beaten | ½ teaspoon nutmeg |
| 2 cups stewed and sieved Hubbard squash | ¼ teaspoon ginger |
| ⅔ cup sugar | ⅓ teaspoon cloves |
| ⅔ cup rich milk | ⅓ teaspoon salt |
| 1 teaspoon cinnamon | 1 cup whipping cream |

Combine all ingredients but whipping cream. Pour in a large pie pan lined with pastry. Bake till set and firm. Whip cream and spread over top when pie is cold.

SQUASH PIE.

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| 1 cup stewed and sieved squash | 1 teaspoon cinnamon |
| 1 cup sweet scalded milk | ½ teaspoon nutmeg |
| 2 eggs | ¼ teaspoon ginger |
| ½ cup sugar | 1 tablespoon flour |
| | Few grains of salt |

Place squash in bowl and add to it the milk and well beaten eggs. Mix sugar, cinnamon, nutmeg, ginger, flour and salt together and add.

Line a pie pan with flake pastry, give the bottom the flour treatment, and pour mixture into shell. Place pie in hot oven for first 10 minutes, then decrease the heat to moderate for remaining baking period. Bake until squash seems well set. Two-thirds cup of sugar may be added if sweet pie is wanted.

VINEGAR PIE.

2 eggs	6½ tablespoons flour
½ cup vinegar	Few grains of salt
¾ cup water	2 tablespoons butter
1 cup sugar	

Beat egg yolks light to which add vinegar and water. Blend sugar, flour and salt and add. Place mixture in double boiler and cook till it thickens, stirring constantly. When thick, remove from fire, add salt and butter, then pour it into a baked shell. Make a meringue with the 2 egg whites and spread on pie. See "Ice Water Meringue" recipe.

PLAIN RAISIN PIE.

2 cups seeded raisins	2 teaspoons lemon juice or vinegar
1 cup cold water	2 teaspoons butter
⅔ cup sugar (scant)	Few grains of salt
½ tablespoon cornstarch	

Place the raisins and water in a saucepan and bring to a boil. After they come to a boil stir well, then dip the raisins out into another dish with a strainer spoon. This leaves the liquid in which they were cooked in first saucepan with the sand from the raisins in the bottom. Now carefully tip the pan in such a way to permit the liquid being drained off onto the raisins again, allowing the sediment to remain in pan No. 1. This process followed, none of the sweetness of raisin is lost, and yet all sand is removed. Now add the sugar and cornstarch to the raisin mixture in blended form and boil for 1 minute. Take from fire, add the lemon juice, butter and salt, and place in pie and bake with two crusts.

PLAIN CURRANT PIE.

Make the same as "Plain Raisin Pie," only use currants instead of raisins, and see that currants are washed thoroughly before beginning the process as for raisin pie.

RAISIN NUT PIE.

⅔ cup raisins	1 pinch of salt
2 cups water	1 tablespoon butter
½ cup sugar	⅓ cup chopped pecans
5 tablespoons flour	

Boil raisins and water for 3 minutes. With a strainer spoon, dip the raisins from this liquid, leaving the sand settled in the bottom of

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pan. Strain liquid or drain off into another bowl and leave the sand all in bottom of first bowl. Now return liquid and raisins to fire, and to this add the well blended sugar, flour and salt. Stir until thick, remove from fire and add the butter and nuts. Have pie pan lined with flake pastry, giving the bottom flour treatment. Pour mixture in and place a top crust on in same manner as for apple pie. Bake in hot oven for first 10 minutes, then decrease the heat to moderate for remaining baking period.

MOLASSES PIE.

2 eggs	½ teaspoon cinnamon
1 cup mild sorghum molasses	¼ teaspoon nutmeg or mace
1 cup water	2 tablespoons butter
2 tablespoons flour	Pinch of salt

Beat eggs light, to which add sorghum and water. Mix flour, cinnamon, nutmeg and salt together and add. Add melted butter and beat all together. Line a pie pan with flaky crust, give the bottom the flour treatment, then pour this mixture in shell. Bake the same as a custard pie, allowing mixture to set firmly. A hot oven for first 8 or 10 minutes, then decreasing heat for remainder of baking period.

PUMPKIN PIE NO. 1.

2 eggs (for extra fine, 3 eggs)	½ teaspoon nutmeg or mace
1 cup stewed pumpkin	½ teaspoon ginger
1 cup scalded sweet milk	½ teaspoon cinnamon
½ cup sugar	1 tablespoon flour
⅛ teaspoon cloves	Pinch of salt

Beat eggs light, to which add pumpkin and milk. Mix sugar, spices, flour and salt together and add. Have pie pan lined with flake pastry, give the bottom the flour treatment, and then add pumpkin mixture. Place in hot oven for first 8 or 10 minutes, then decrease heat and bake slowly until pie is set and firm. Bake pumpkin pies long enough to be well done. To be extra good, serve with whipped cream or ice cream on top. If the milk is yet warm when mixed with other ingredients, the pie will bake quicker.

PUMPKIN PIE NO. 2.

2 eggs	½ teaspoon nutmeg
2 cups stewed pumpkin	½ teaspoon ginger
⅔ cup sweet milk (scalded)	⅔ teaspoon cinnamon
¾ cup sugar	2 tablespoons flour
⅛ teaspoon cloves (scant)	⅛ teaspoon salt

Beat eggs light, to which add the pumpkin and milk. Blend sugar, cloves, nutmeg, ginger, cinnamon, flour and salt together and add, mixing well. Have a pie pan lined with flake pastry (uncooked)

and into the pan pour this mixture. Cook until done. Pumpkin pies require a long baking period. The best way to determine whether pie is done is to watch the center of pie. When the center of pie has the dry appearance that the outer edge of pie has, remove from oven. When milk is scalded first and combined with other ingredients in lukewarm condition, the texture of pie will be better and pie will bake in little less time.

CHEESE PIE.

2 tablespoons butter	3 eggs (whites for meringue)
4 tablespoons flour	1½ cups cottage cheese
⅔ cup sugar	½ teaspoon cinnamon
1 cup sweet milk	¼ teaspoon nutmeg or mace
Pinch of salt	

Mix butter, flour, salt and sugar together and add to milk. Place in double boiler and cook until thick. Remove from fire, cool to lukewarm and add the well beaten egg yolks and cottage cheese mixed together. Add the cinnamon and nutmeg or mace and mix with mixture. Pour this in a lined pie pan and bake as a custard pie is baked. Make a meringue with the 3 egg whites and spread on pie after it is baked. Return pie to oven to allow meringue to bake for about 12 minutes. Where meringue is not used on this pie, only use the 2 whole eggs in the cheese mixture. Smooth cheese is necessary for this recipe. Cheese made from heated milk causes curd to become too hard in pie after baking.

DIVINITY PIE NO 1.

½ pint whipping cream	⅓ cup chopped pecans
24 marshmallows	⅓ cup candied cherries
½ ring of candied pineapple or	½ cup confectioners' sugar
1 ring of canned pineapple	1 teaspoon vanilla

Have a pie shell baked and in readiness. Quarter the marshmallows, chop the pecans, cherries and candied pineapple. Place all these ingredients in bottom of baked shell. Whip the one-half pint of cream, to which fold in the confectioners' sugar and vanilla. Spread this over the mixture in the pie and allow pie to stand until ready for serving. Some of the marshmallows and fruit may be held back for decorating the top in attractive manner.

DIVINITY PIE NO. 2.

1¾ cups evaporated milk	½ cup shredded cocoanut or
½ cup granulated sugar	⅓ cup sliced and blanched
1 tablespoon flour	almonds
2 teaspoons vanilla	3 egg whites
Few grains of salt	

Blend sugar and flour and add to milk. Next add vanilla, salt and cocoanut or almonds. Stir until sugar is all dissolved, then fold

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in the stiffly beaten egg whites. Pour mixture into an unbaked pie shell and bake for about 50 minutes, or until it has risen high or is well browned and feels firm when shaken. A deep 10-inch pan should be used for this pie.

AFFINITY PIE.

2 cups sweet milk	Few grains of salt
$\frac{1}{2}$ cup sugar	2 egg whites
5 tablespoons cornstarch	1 cup whipping cream
1 teaspoon vanilla	

Place milk in double boiler, to which add sugar and cornstarch in blended form. Cook and stir till it thickens, stirring constantly. When thick, remove from fire, add vanilla, salt and stiffly beaten egg whites. Be careful not to fold the whites in until mixture seems in well blended form. Place this cream filling in a baked pie shell and allow it to get perfectly cold. When cold whip the cream to stiff consistency and spread evenly over top. This should be made in a 10 inch pan.

SWEET POTATO PIE.

2 eggs	$\frac{1}{8}$ teaspoon cloves
$\frac{1}{3}$ cup syrup	$\frac{1}{2}$ teaspoon nutmeg or mace
1 cup sweet milk	$\frac{1}{4}$ teaspoon ginger
1 cup mashed and sieved sweet potatoes	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ cup sugar	Pinch of salt

Beat eggs light, to which add syrup, milk and sweet potatoes. Mix sugar, cloves, nutmeg or mace, ginger, cinnamon and salt together and add to first mixture. Have pie pan lined with flaky pastry and pour this mixture in pan. Bake until the pie is firm and done, a long baking period in moderate oven being necessary. The first 8 or 10 minutes the oven should be hot, then decrease the heat to moderate for remainder of time.

CARAMEL CURRANT PIE.

$\frac{2}{3}$ cup brown sugar	$\frac{1}{4}$ teaspoon nutmeg
3 tablespoons butter	1 cup currants
1 tablespoon flour	2 tablespoons milk
3 eggs	Few grains of salt
2 teaspoons lemon juice	

Cream sugar, butter and flour together until light. Separate the two whites from the 3 eggs and set aside for meringue. Add remaining whole egg and 2 yolks to creamed mixture and beat until light. Next add lemon juice, nutmeg, currants, milk and salt. Stir well and pour into a pie pan that has been lined with pastry. Bake all together until currant mixture is set and crust browned lightly. Take

from oven, make a meringue from the 2 egg whites (follow ice water meringue recipe), and place over top. Place the pie again in a moderate oven for meringue to cook the required 10 or 12 minutes. This fills a 9-inch pie pan.

BUTTER SCOTCH PIE.

1 cup brown sugar	1 cup sweet milk
6 tablespoons flour	$\frac{1}{8}$ teaspoon salt
2 tablespoons butter	Yolks of 2 eggs (whites for meringue)
$\frac{1}{2}$ cup hot water	

Mix butter, sugar and flour together and add to the hot water. Next add milk, salt and well beaten egg yolks. Place mixture in double boiler and cook until thick, stirring constantly. When thick, remove from fire, stir well and pour into previously baked pie shell. Always sprinkle a teaspoonful of flour in bottom of pie shell and with finger tips gently rub it in before adding the hot mixture. This keeps the crust from becoming moist. Make a meringue with the two egg whites and spread on top of pie. Place pie in oven for meringue to bake, which usually requires about 12 minutes. See "Ice Water Meringue" recipe.

DATE PIE.

$\frac{1}{2}$ lb. dates	Few grains of salt
1 $\frac{1}{2}$ cups sweet milk	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{3}$ cup sugar	1 egg
2 tablespoons flour	

Remove seeds from dates and cut in small pieces. Add the milk to dates. Mix sugar, flour, nutmeg and salt together, and combine with well beaten egg. Line a pie pan with flake crust, sprinkle a tablespoonful of flour in bottom of shell and rub it in before placing the liquid mixture in shell. Place pie in hot oven for first 10 minutes, then decrease heat to moderate and bake until filling is set.

SUNNY SILVER PIE.

$\frac{1}{3}$ cup cold water	Grated rind of $\frac{1}{2}$ lemon
$\frac{1}{2}$ tablespoon gelatine	1 cup sugar
4 eggs	Few grains of salt
2 or 3 tablespoons lemon juice	1 cup whipping cream

Set the gelatine to soak in the $\frac{1}{3}$ cup of water. Place the 4 egg yolks, lemon juice, lemon rind and $\frac{1}{2}$ cup of the sugar in a rounded bottom enamel bowl. Set the bowl in a larger pan of boiling water. While the water in the larger pan is kept boiling, whip the egg yolk mixture until it becomes quite firm and creamy. When it reaches this stage turn the heat down and fold in the gelatine. Beat the egg whites very stiff and combine with the remaining $\frac{1}{2}$ cup of sugar, then fold

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this into the yolk mixture. Pour the filling in a large baked pie shell and set in the refrigerator for 2 hours. Whip the cream and spread on pie just before serving.

PRUNE PIE.

1½ cups stewed, seeded and chopped prunes	½ teaspoon nutmeg
1 cup water	1 tablespoon butter
½ cup sugar	Pinch of salt
4 tablespoons flour	¾ cup whipping cream

Place properly prepared prunes and water in bowl. Mix flour, sugar, salt, butter and nutmeg together and add to this, then cook until it thickens, remove from fire and add butter. This usually requires about 3 minutes. Have a baked shell in readiness. Spread this cooked mixture in shell and allow it to get perfectly cold before spreading a generous coating of whipped cream over top. A meringue may be used made from the whites of two eggs, but the pie is much more delicious made with whipped cream. Before placing cooked mixture in prepared shell, always sprinkle about 1 teaspoonful flour in bottom of shell and gently rub in with finger tips. This is to be made in large pie pan.

DRIED APRICOT PIE.

2 cups stewed apricots	3 teaspoons butter
¾ cup sugar	

Stew apricots until perfectly tender, then run them through either a sieve or colander. Boil with enough water to keep apricots juicy and not too dry when done. After apricots are taken through sieve or colander measure two cups, add the sugar and mix both together. Line pie pan with pastry, give the bottom the flour treatment necessary, add the apricots and butter. Roll crust very thin for top covering, bake in quick oven for first ten minutes, then bake more slowly for the remainder of the time. Sugar may be spread over top crust of pie before placing in oven, making a crispy sugar crusted top. Bake about 25 minutes.

STEWART PIE.

1 cup medium brown sugar	2 eggs
¼ cup granulated sugar	1 teaspoon vanilla or
1 tablespoon melted butter	½ teaspoon nutmeg
3 tablespoons flour	Few grains of salt
1 cup sweet milk	

Mix sugar, melted butter, flour, milk, beaten eggs, extract and salt. Have a pie pan lined with pastry; give the bottom the flour treatment and pour the mixture into the shell. Place in hot oven for first 10 minutes, then decrease the heat and bake slowly until mixture thickens and sets in the pie.

TIMBALE SHELLS.

2 eggs	½ teaspoon salt
½ cup sweet milk	1 teaspoon sugar
About ¾ cup of flour	1 tablespoon olive oil

Beat eggs to well mixed consistency, but not light. Add the milk to the eggs. Sift the flour, salt and sugar together. Combine all ingredients by pouring liquid mixture into dry ingredients, pouring and stirring slowly so that the mixture is kept from lumping. Add olive oil last. Dip timbale iron in hot fat, then in batter, allowing the iron to remain in fat long enough for shell to brown lightly and cook. Repeat the process until all batter has been made into shells. When dipping the iron in the batter do not dip it in too deep or difficulty will be experienced when slipping the shell from the mold.

2-EGG WHITE MERINGUE.

Have 2 eggs cold, add a pinch of salt and whip to stiff froth, then add 2 slight pinches of cream of tartar and continue to whip until eggs are stiff. Add 2 tablespoonfuls of granulated or powdered sugar and whip again until eggs seem very light and dry in looks. Spread on pie and place in oven, allowing meringue to remain long enough to cook through, which usually requires about 12 minutes. If meringue is allowed to remain in oven only long enough to brown over, quickly it usually falls or settles, if pie is kept any length of time. When pie is to be served at once the quick browning process is all right, the meringue usually being a little more tender when browning quickly. Extract may be added to meringue if desired. Four tablespoonfuls of sugar may be added for 2 egg whites if sweeter meringue is wanted. The amount of cream of tartar to be used for each egg white is the amount that can be held between two finger tips.

ICE WATER MERINGUE.

2 egg whites	2 or 3 tablespoons fine granulated sugar
Few grains of salt	Flavoring to suit
½ teaspoon lemon juice	
1 tablespoon ice water	

Have egg whites very cold. Add the grains of salt and half of the tablespoonful of ice water, and beat until white and fluffy; then add lemon juice and remaining ice water and beat one minute longer. Last add sugar and continue beating until mixture is very stiff. Spread on any kind of pie and bake in oven about 12 minutes—a moderate oven always for good meringues. The lemon juice is added to hold the eggs up and not as flavoring. Instead of using 1 tablespoonful of ice water, try putting a piece of ice the size of a hickory nut in the egg whites while beating. A common mistake in the making of a meringue is that eggs are whipped a short time before sugar is added and a long time after the addition. The proper method is, have whites very stiff before sugar is added and little beating afterwards. By using ice water or ice with egg whites, we have more meringue in finished product and of a more tender variety.

CHAPTER XII

Fritters and Fried Cakes

SUGGESTIONS.

When cooking fried cakes, or fritters, much better results will follow if the frying basket is used. By this method all fried cakes and fritters may be lifted at once from the grease, in this way preventing any of them remaining in the grease too long and becoming too brown. Much might be said regarding the kind of receptacle in which to fry them, but I have found this to be true, that the average housewife will use the most convenient receptacle she has on hand regardless of advice given. Less heat is required when an iron skillet is used, but a more even temperature may be had by using aluminum or granite pans large in circumference.

Use a wire egg beater for the turning of fried cakes and fritters. A fork or sharp pointed article pricks holes in the fried cakes and allows the grease to soak in.

Use only a high grade quality of grease for frying purposes, lard or any known brand of vegetable compound, or oil. Butter should not be used for deep frying. Better results will be obtained if fresh grease is used at each frying, but fat used once should be clarified and either used again for fritters and fried cakes or should be used for frying potatoes and croquettes.

To prevent the grease from tasting in the articles fried, add 1 teaspoonful of vinegar to each 2 pounds of fat. Combine the 2 while both are cold. Do not attempt to pour vinegar into heated grease. Grease should be watched very carefully while heating. Test by dropping a small piece of dough, or a bread crumb into the fat; if it comes to the surface immediately and shows a light tint of brown, it is hot enough, or if it browns lightly in the time it takes to count 40.

Fried cakes and fritters should be turned over very soon after they are dropped into the hot fat. Keep them rolling. This keeps a fried cake or fritter free from cracks. If cracks form on the fried cake or fritters, they absorb the grease quickly. Do not crowd fried cakes or fritters in the frying pan. Dough for fried cakes should be handled in as soft condition as is possible to handle it. Watch recipes carefully and avoid using too much shortening in any article that is to be fried in deep fat.

Fried cakes and fritters should be removed from hot grease and placed on dry, unglazed paper. This allows them to drain properly. When they are perfectly cold, dredge with either granulated or pul-

verized sugar, pulverized sugar being preferable. Place a half cupful of sifted sugar in a paper sack. Into this drop 4 or 5 fried cakes at one time. Twist the top of sack and shake. In this way fried cakes or fritters are evenly sugared with no waste of sugar. Repeat this process until all fried cakes are sugared, replenishing the sugar in sack when necessary.

APPLE FRITTERS.

2 eggs	2 teaspoons baking powder
1 cup candied apples, cut in pieces	$\frac{1}{4}$ teaspoon salt
1 cup flour	$\frac{1}{4}$ teaspoon nutmeg

Have apples cooked down in heavy syrup until almost candied. Beat eggs light and add to candied apples. Sift flour, baking powder, salt and nutmeg together and fold in with apple and egg mixture. Fry in deep fat, dropping by small spoonfuls. Fry to a golden brown and dredge with pulverized sugar.

BANANA FRITTERS.

1 egg	2 tablespoons pulverized sugar
$\frac{1}{4}$ cup sweet milk	Pinch of salt
$\frac{2}{3}$ cup flour	2 small bananas
2 teaspoons baking powder	Few drops of lemon juice

Beat egg light, to which add milk. Sift flour, baking powder, sugar and salt together and add to egg and sweet milk. Crush bananas and add, together with the few drops of lemon juice. Fry in deep fat to a golden brown. Dredge fritters with powdered sugar before serving.

RICE FRITTERS.

1 tablespoon butter	$\frac{1}{4}$ cup sweet milk
3 tablespoons sugar	1 cup flour
1 egg	3 teaspoons baking powder
1 cup boiled rice	$\frac{1}{2}$ teaspoon salt

Blend butter and sugar, to which add egg, and cream all together until mixture is light. Then add the rice and sweet milk. Sift flour, baking powder and salt together and add. Mix well and drop into deep hot fat by spoonfuls. Fry to a golden brown. Serve hot, either plain or dusted with sugar.

CORN FRITTERS.

2 eggs	2 teaspoons baking powder
1 cup corn as taken from can	$\frac{1}{2}$ teaspoon salt
1 cup flour	Dash of cayenne pepper
2 tablespoons sugar	

Beat eggs light, to which add the corn. Sift flour, sugar, baking powder, salt and cayenne pepper together and add. Mix well and

FRITTERS AND FRIED CAKES

drop by spoonfuls in hot fat and fry until a golden brown. Turn fritters soon after dropping in fat. Keep them turned often. This recipe may be changed by beating yolks and whites separately and adding stiffly beaten whites at last. See instructions on adding vinegar to fat. If the corn is of a solid packed quality and does not contain much milk, use $\frac{3}{4}$ cupful of flour instead of 1 cup.

PINEAPPLE FRITTERS.

2 eggs	3 tablespoons sugar
1 cup shredded pineapple	2½ teaspoons baking powder
1¼ cups flour	Few grains of salt

Beat the eggs light, to which add the shredded pineapple. Sift flour, sugar and baking powder together and add to the mixture. Drop by spoonfuls in deep fat and fry to golden brown. Serve plain or dredged with powdered sugar. If pineapple is thin and juicy, either drain off a little of the juice or it may be necessary to add 1¼ cups of flour instead of 1.

CHOCOLATE FRITTERS.

½ cup grated bitter chocolate	2¼ cups flour
½ cup milk	4 teaspoons baking powder
⅔ cup sugar	¼ teaspoon salt
1 tablespoon butter	1 teaspoon vanilla

Place chocolate, milk, sugar and butter in saucepan and boil until smooth, stirring constantly. Usually 2 minutes boiling. Remove from fire and cool. Sift flour, baking powder and salt together and add. Last add vanilla and beat hard. Drop by teaspoonfuls in deep hot fat, as for doughnuts. Remove from fire and serve plain or dredged with powdered sugar. Dough must be very stiff for these fritters.

FRIED CAKES.

1 cup sugar	6 teaspoons baking powder
2 teaspoons butter	½ teaspoon salt
2 eggs	¼ teaspoon nutmeg
1 cup sweet milk	1 teaspoon vanilla
3⅔ cups flour	

Mix sugar and butter, having the butter evenly mixed through the sugar. Add eggs next and beat hard. Sift flour, baking powder, salt and nutmeg together and add together with milk and vanilla. Mix well, then take 1 spoonful of dough out on floured board and knead lightly, using an additional amount of flour, if necessary, to handle. Roll to thickness of $\frac{1}{4}$ inch, cut and fry in deep hot fat. After you have made one cutting, add another spoonful of dough to rolled over dough, knead together and roll and cut. Each time add fresh dough to rolled over dough until all dough has been used. Fried cakes should be turned with wire egg beater if frying basket is not used, and should be kept rolling in the hot fat, not allowing them to remain on one side any length of time. Turn soon after dropping into hot fat. This

dough should be as soft as possible for best results. Where fried cakes are not to be dusted with sugar, it is better then to use $1\frac{1}{4}$ cupfuls of sugar in the dough instead of 1 cupful. Let fried cakes get cold before dusting with sugar. Shake the fried cakes in a paper sack to prevent waste of sugar. See instructions preceding this chapter regarding adding vinegar to fat.

SOUR MILK FRIED CAKES.

Use the same recipe as given for "Fried Cakes," only use 1 cup of sour milk instead of sweet milk. Use 5 teaspoons of baking powder and a full $\frac{1}{4}$ of a teaspoon of soda.

CURRANT FRIED CAKES.

Make the fried cakes same as recipe for plain "Fried Cakes," only add $\frac{1}{2}$ cup of currants to the dough when mixing. Raisins may also be added to dough instead of currants.

CARAMEL FRIED CAKES.

Use recipe as for plain "Fried Cakes." Cut fried cakes with cutter that has good sized hole in center and have fried cakes good size. When done and cold, make "Ideal Caramel Icing" and place on one side of each fried cake. These are excellent for all purposes.

CHOCOLATE FRIED CAKES.

Make the same recipe "Fried Cakes" and cover with any desired chocolate icing.

COCOANUT COVERED FRIED CAKES.

When fried cakes are cold make "Jiffy Icing" and spread on side of fried cakes, then dip in shredded cocoanut.

POTATO FRIED CAKES.

1 cup sieved and mashed potatoes	$2\frac{1}{3}$ cups flour
$1\frac{1}{4}$ cups sugar	4 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup rich sweet cream	Scant teaspoon of salt

Mash the potatoes, then run through a sieve to insure against lumps. Combine the mashed potatoes, unbeaten eggs and sugar, and with a wire egg beater whip until light and creamy. Sift flour, baking powder, nutmeg and salt together and add to creamed mixture alternately with the sweet cream. Mix thoroughly, then take out onto floured board and roll to the thickness of about $\frac{1}{4}$ inch before cutting and frying in deep fat. This recipe makes 3 dozen full-sized fried cakes. Potatoes should be cooked till tender, then pressed through a sieve and mashed thoroughly, but free from milk or butter.

CHAPTER XIII

Soup

CREAM OF PEA SOUP.

2 cups canned peas	1 tablespoon flour
3 cups rich milk	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon white pepper
$\frac{1}{2}$ teaspoon sugar	

Press the peas through a sieve into a saucepan. Add to the pea pulp the milk. Blend butter, flour, sugar, salt and pepper and add next. Cook until mixture thickens some, usually about 5 minutes. Stir constantly while cooking. If soup seems too stiff, add extra milk to suit.

CREAM OF CHICKEN SOUP.

$\frac{1}{3}$ cup barley	$\frac{1}{2}$ tablespoon flour
$\frac{1}{3}$ cup rice	1 tablespoon butter
1 tender stalk of celery	1 teaspoon salt
1 small onion, size of walnut	$\frac{1}{8}$ teaspoon white pepper
6 cups stock, in which fowl has been boiled	

Boil barley, rice, celery and onion together until all the mixture is massed together in soft form. Run through a sieve into a saucepan. Add to this the chicken stock. Mix together the flour, butter, salt and pepper, add and cook until thickened. Serve hot.

CREAM OF POTATO SOUP.

3 medium sized potatoes	1 teaspoon salt
3 $\frac{1}{2}$ cups rich milk	$\frac{1}{8}$ teaspoon white pepper
1 tablespoon flour	Dash of cayenne pepper
3 tablespoons butter	2 tablespoons finely chopped celery hearts
2 tablespoons grated or scraped onion	

Boil potatoes until tender and run through a ricer or sieve into a saucepan. Add milk to potatoes. Mix flour, butter, grated onion, salt, pepper and celery together and add. Place over fire and cook slowly until mixture thickens, stirring constantly. Serve hot. Onion may

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be peeled, cut in two and with a spoon scraped in mush form. Celery must be very tender and chopped very fine.

CREAM OF KIDNEY BEAN SOUP.

1 can kidney beans	1 teaspoon salt
3 cups sweet milk	$\frac{1}{8}$ teaspoon white pepper
1 tablespoon flour	Dash of cayenne pepper
3 tablespoons butter	

Press beans through sieve into saucepan. Add milk to bean pulp. Mix flour, butter, salt and pepper and add to mixture. Place over fire and cook until thickened, usually about 5 minutes' boiling. Serve hot.

KIDNEY BEAN SOUP NO. 2.

If kidney beans are used for salad there is left on hand nearly a cupful of the liquid that is usually drained off and cast aside. Make into a cream bean soup by placing it into a saucepan and adding 1 cup of milk first, then 2 tablespoons of butter, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon sugar after they have been blended. Add pepper to taste and cook till it thickens. Serve hot.

CREAM OF VEGETABLE SOUP.

1 small bunch of celery	$\frac{1}{4}$ cup barley
2 medium sized potatoes	$\frac{1}{4}$ cup rice
1 medium sized onion	2 cups tomatoes
2 small carrots	1 shank soup bone 9 inches long
1 large turnip	1 tablespoon salt
$\frac{1}{4}$ of a small head of cabbage	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{2}$ cup navy beans	Dash of cayenne pepper

Wash and chop all vegetables. Wash soup bone. Place vegetables, soup bone, salt and pepper on to cook, in enough cold water to keep all well covered. Simmer three hours. When done remove meat. Take remaining mixture in pot and run it through a sieve. When all vegetables have been pressed through sieve add enough water to make thickness desired. Serve hot.

CREAM OF CELERY SOUP.

1 small onion	2 $\frac{1}{2}$ tablespoons flour
2 cups cut celery	1 teaspoon salt
1 quart water	$\frac{1}{8}$ teaspoon white pepper
3 cups rich sweet milk	Dash of cayenne pepper
3 tablespoons butter	

Cook onion and celery in the 1 quart of water until celery is tender. Strain all through a sieve, having the mixture smooth. Add

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to this the three cups of milk. Place in double boiler and add butter, flour, salt and pepper all creamed together. Allow the mixture to cook 10 minutes, then serve hot. Before serving, $\frac{1}{2}$ cup of finely chopped tender uncooked celery may be added. This adds much flavor to the soup, but celery for this purpose must be very tender and finely chopped.

CREAM OF TOMATO SOUP.

2 cups sieved tomatoes	$\frac{1}{4}$ teaspoon celery salt
$\frac{3}{8}$ cup water	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ teaspoon salt	2 teaspoons sugar
Dash of cayenne pepper	2 tablespoons butter
1 onion size of hickory nut	2 cups white sauce

Strain tomatoes through a sieve and place in bowl, to which add water, salt, cayenne pepper, grated onion, celery salt, soda and sugar. Boil all together 3 minutes. Remove from fire and add butter. Have white sauce prepared and add to tomato mixture. Serve hot.

CREAM OF CORN SOUP.

2 cups canned or fresh corn	3 tablespoons butter
1 small onion	2 tablespoons flour
2 cups water	1 teaspoon sugar
1 quart milk	Dash of cayenne pepper

Place the corn and onion in a chopping bowl and chop until mushy, then place on to cook in a covered kettle. Boil slowly until the water is nearly cooked away, then add the milk. Next blend the butter, flour, sugar and pepper and add. Stir until it boils and thickens a little and it is ready to serve hot.

CREAM OF CARROT SOUP.

1 cup carrot purée	1 teaspoon salt
3 cups sweet milk	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter	2 $\frac{1}{2}$ tablespoons flour

Cook carrots till tender and run through a sieve. Combine carrot purée milk. Blend butter, salt, pepper and flour and add. Cook and stir till it boils.

CREAM OF ASPARAGUS SOUP.

2 cups asparagus, cut in inch length pieces	2 tablespoons butter
4 cups cold water	$\frac{3}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups milk	Pepper to taste
	1 $\frac{1}{2}$ tablespoons flour

Place the asparagus and water in saucepan and cook slowly until asparagus is tender and water nearly boiled away. Pour the asparagus and whatever water is still on asparagus into a sieve and press as

much through as can be forced. Add to this pulp the milk first, then blend the butter, salt, pepper and flour together and add. After all ingredients are combined boil two minutes and serve hot.

CREAM OF MUSHROOM SOUP.

- | | |
|--------------------------------------|-----------------------------|
| 1 cup mushrooms, cut in small pieces | 2 tablespoons flour |
| 3 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons water | Dash of white pepper |
| 2 cups sweet milk | Dash of cayenne pepper |

One-fourth pound of fresh mushrooms should make 1 cup in peeled and cut form. Place the mushrooms and 1 tablespoonful of butter in a small skillet or pan with the 2 tablespoons of water, then keep covered and simmer very slowly until mushrooms are tender, usually about 30 minutes being required. Place the milk on to cook in another saucepan and allow it to come to a scalding point, then add the remaining 2 tablespoons of butter blended with the flour, salt and pepper. Stir well when adding this, and when it boils up pour the simmered mushroom mixture in to it and serve hot with toasted bread cubes or crackers. This serves 4 persons sparingly.

VITALITY SOUP.

- | | |
|-------------------------------|--------------------------|
| 1 large potato | 2 tablespoons rice |
| 2 carrots | 3 tablespoons barley |
| 1 onion | 1 can peas |
| 1 celery heart or equal to it | 2 cups rich milk |
| 1 cup cabbage | 2 tablespoons butter |
| 1 large turnip | Salt and pepper to taste |

Boil all the ingredients together but the milk and butter until mushy, keeping just enough water on them to keep from burning. When cooked down thick strain through a colander, and combine with the milk and butter. Return to stove to boil for 3 minutes, then serve hot.

CHILDREN'S SWEET EGG NOODLE SOUP.

- | | |
|-----------------------------|-------------------------|
| 1 large egg | $\frac{3}{8}$ cup flour |
| $\frac{1}{4}$ teaspoon salt | 3 tablespoons sugar |

Beat egg light, to which add salt and flour. Mix, knead and roll very thin on floured board. Cut in very small squares or strips and drop them into a pint of boiling water. The kettle must be large enough to prevent boiling over. At last of cooking period, when the water is nearly boiled away, put in 3 tablespoons of butter and 1 quart of milk. When this comes to a boil it is ready to serve.

CHAPTER XIV

Steaks

BROILED STEAK.

Select a steak from 1 inch to 2 inches thick. Remove surplus fat (too much fat will fill the pan with grease and cause fire and smoke if not watched carefully). Light the broiler about 5 or 10 minutes before placing steak on rack, time for lighting burner to be gauged by the strength of heat. For the first 10 minutes place the steak as close to flame as possible without burning, searing it quickly on both sides by turning several times within the first 10 minutes. The frequent turning at first sears it over and has a tendency towards keeping juice within the steak. After the first 10 minutes of quick broiling turn heat down, remove steak farther from burner and allow steak to remain on one side and broil slowly for 10 minutes, then turn on other side and cook another 10 minutes. Usually about 30 to 35 minutes is required for the broiling of a 2-inch steak. When steak is done, remove from broiler, place on heated platter, spread a small amount of butter over steak and sprinkle with salt and pepper. Serve with the gravy as taken from pan. Round steaks are not good for broiling, sirloin, club steak or porterhouse being preferable. Garnish with parsley.

SPANISH STEAK.

Select a good sirloin or round steak at least 1½ inches in thickness. Lay on chopping board and with a semi-sharp knife hack the steak two ways on both sides of the steak. This is called scoring. Spread soft butter on both sides of steak, working it down into crevices. Roll steak in flour and place in covered baking dish or casserole and set in moderate oven, allowing it to remain until half tender, usually requiring from 20 to 30 minutes. Take from oven, add a little water if necessary, and place a thick layer of finely chopped onions and celery over steak, using half as much celery as onion. Return to oven and simmer until onions are tender. Take from the oven again, salt and pepper to taste, and spread over this a mixture of tomatoes, a little flour and cayenne pepper mixed together. Return steak to oven once more and bake until tomatoes are thick and browned lightly. Serve hot on chop plate garnished with parsley.

SWISS STEAK.

Take one thick cut of sirloin steak and bone it, or if round steak is of a tender cut, round makes a delicious steak prepared in this manner. Lay steak on a plank or chopping board and with a semi-sharp knife evenly hack it two ways of the grain on both sides, so that when done the fiber is cut to a thickness of almost half way to center of steak. Spread soft butter on both sides of steak, working the butter down into crevices. After the butter is spread, roll the steak in flour, having it generously floured on both sides. Chop white onions and spread over the steak an inch thick. Place steak in casserole or covered pan in oven to simmer slowly for from 1½ to 2 hours, time being gauged according to the thickness of steak. When done remove from oven, sprinkle with salt and pepper, place on chop plate and garnish with parsley. Serve the juice from the steak as it comes from the pan or it may be thickened.

STUFFED STEAK.

1 thick round steak	1 teaspoon paprika
2 cups boiled rice	1 tablespoon salt
1 green pepper	1 dash of cayenne pepper
1 small onion	

Lay steak on chopping board and with a semi-sharp knife hack it gently both ways of the grain on one side. Spread melted butter over the hacked side. Now mix rice, chopped pepper, chopped onion, paprika, salt and cayenne pepper together and spread evenly on steak on hacked side. Roll the steak now in as firm a roll as possible, tying it around so roll holds its shape. Place in covered bake pan and bake until tender, adding only a small amount of water. Remove cover at last of baking period, allowing roll to brown. Thicken gravy in pan, adding to it 1 cup of milk.

ONE MEAL STEAK.

Select a good steak about 1½ inches in thickness. Bone and trim off any surplus fat. Lay steak on a plank board and with a semi-sharp knife hack the steak both ways of the grain until the fiber is cut to the depth of about an eighth of an inch on both sides. Spread butter on both sides of the steak and then roll in flour. Place steak in skillet or dutch oven large enough to hold the steak shaped into a rounded form. Place over the steak the following chopped vegetables: 1 green pepper, 1 celery heart, 1 onion and 1 large sized potato. Do not salt or pepper the steak at this time, but cover the baking dish or skillet tightly and set in oven to simmer and cook for about 45 to 60 minutes, or until vegetables are tender. Remove from oven, salt and pepper the steak and make a mixture of 1 pint tomatoes, 5 table-spoonfuls flour, dash of cayenne pepper and ½ cup of bread crumbs and spread over the top of steak and return to oven to cook and brown,

STEAKS

usually about 15 or 20 minutes being necessary for this process. When done, lift the steak out on a chop plate in whole form. Have in readiness French fried potatoes in narrow strips and place all around the steak, allowing the potato strips to lie slanting from the steak to edge of platter. At regular intervals, or between each potato strip, small sprigs of parsley may be placed. The gravy in skillet or baking dish may either be served plain or thickened. If a small steak is to be prepared in this way, vegetables must be used accordingly. The vegetables as given here are for a steak large enough to serve 6 persons generously or a steak weighing about 3 pounds. When the steak is taken from oven to have the tomato mixture placed on top, additional hot water may be added at this time if the steak seems dry.

MEXICAN STEAK.

Select a round steak about one inch thick or thicker. Place steak on board and hack it two ways on both sides of steak. Spread soft butter on both sides of steak and then roll it in flour. Place 3 tablespoonfuls of grease in skillet and allow grease to get very hot. Drop steak into skillet, brown on one side quickly and then on the other, salt and pepper both sides slightly. Chop one medium sized onion and green pepper fine and mix with 1 cup of tomatoes, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful white pepper, dash of cayenne pepper and spread over the steak. Pour $\frac{1}{2}$ cup of water in skillet and place in oven to bake slowly for about 45 minutes. Mix $\frac{1}{2}$ cup of grated cheese with 1 riced hard cooked egg and spread over the mixture at the end of 45 minutes' slow baking, and return steak to oven and brown. When done place on hot chop plate and garnish with parsley.

STEAK EN CASSEROLE.

Cut round steak in serving size pieces; salt and pepper, dip in flour and drop in piping hot fat to brown on both sides as quickly as possible. When well browned fit the pieces in baking dish or casserole. Put water or milk in the dish and a little butter to season. Cover the baking dish and bake slowly for 1 hour. If moisture bakes out add an additional amount during baking period.

SKILLET BROILED STEAK.

Secure a thick sirloin steak or one equally as tender and juicy. Do nothing to the steak more than remove any discolored edges or outer skin. Without scoring, pounding or hacking, simply drop the steak into a smoking hot skillet and allow it to cook just long enough to sear over quickly, then turn to the other side and sear. This seals the pores and helps to keep the juice within the steak. Now allow the steak to remain on each side long enough to cook half through, meaning it has about 4 turnings. When done remove to a very hot platter, salt and pepper the steak to taste, place a generous amount of butter over the top and serve. Garnish with parsley always.

PLANKED STEAK.

Secure 2 good thick sirloin steaks. Trim off surplus fat, cut out bone and discard outer skin and tough edges. Place the steaks on rack or in broiling pan, pressing the steaks together in oblong shape, making them appear as one steak. Broil in the usual manner (see broiled steak). The plank should be hot and in waiting, so also should the following articles :

**1 small head of cauliflower,
steamed with butter**

**Green stringless beans, sea-
soned or plain**

**Tender young carrots, steamed
with butter**

Drained French peas

Tender asparagus tips

**Seasoned and whipped mashed
potatoes**

Place the hot steak over on hot plank, salt and pepper to taste, then arrange vegetables in following manner :

Place potatoes in a pastry bag with fancy molding funnel tip. Squeeze the potatoes in an overloop circle all around the outer edge of plank. In each loop of potatoes place peas. Arrange carrots at even spaces, having the carrot extend from outer edge toward steak. Asparagus tips may be placed between the carrot spaces, then stand cauliflower branches all around evenly next to steak. Arrange beans in vacant spaces. When this is done, brush beaten egg over the potatoes and set the plank in oven to heat and brown lightly before serving. The steak is better broiled on the plank, but many object to the oven's treatment of the plank.

HOW TO MAKE A TOUGH STEAK TENDER.

Refrain from eating fried meats as much as possible. Fried meats are had on the digestive organs and have a tendency toward wearing out the human machinery. Broiled steaks are far more delicious, more tasty, easier digested, therefore more satisfying. Tough steaks cannot be broiled, hence the necessity for these instructions :

Secure a thick round steak and trim off the outer skin and cut the outer edge of the steak at regular intervals so that the steak will lie flat in the skillet. Now take a semi-sharp knife and cut the steak two ways (which is called scoring) on both sides. In the cutting the knife should sink into the flesh to a depth of about $\frac{1}{8}$ inch. When this is done take softened butter or drippings and rub into the steak on both sides. Sprinkle flour on a chopping board and spin the steak in the flour on both sides. Place fat in a skillet and have it just barely heated, then lay the steak in and cover it as tight as it is possible to cover, if necessary placing a weight on top of the lid. Now allow the steak to simmer very slowly for 15 minutes, then remove the lid, allow it to cook a little faster for a minute or so to brown before turning to opposite side. This means the steak is turned only once. Remove the steak to a hot platter, salt and pepper to taste, and pour the gravy from the skillet over it, or thicken it as desired. Serve hot and the result will be a delicious, tender steak.

CHAPTER XV

Meat Dishes and Dressings

CHICKEN A LA KING.

2 cups chicken	1 teaspoon salt
½ lb. fresh mushrooms, or 1 cup canned mushrooms	1 cup sweet milk
1 medium sized green pepper	1 pimento
3 tablespoons butter	2 hard cooked eggs
2 tablespoons flour	Dash of white pepper
	1 cup thick sweet cream

Have chicken cooked tender, skinned and cut crosswise of the grain in small pieces. Do not shred. Use both light and dark meat. Cut green pepper in shreds, cut mushrooms in half and allow pepper and mushrooms to simmer in a skillet with the 3 tablespoonfuls of butter. Keep the skillet covered until pepper and mushrooms are tender. Mix the flour, salt and cup of sweet milk together, having it smooth and free from lumps. Place this mixture in double boiler and cook for about 10 minutes. When done add first the diced chicken, then the simmered mixture and chopped pimento. Dice the eggs and add, together with pepper and thick cream. Place all on stove in double boiler and bring to a boil. Serve hot. This amount will serve 10 persons generously. Where canned mushrooms are used, add mushrooms as they come from the can, or they may be cut in halves or quarters. It is then necessary to simmer the green pepper in one-half of the butter and add the remaining half to the cooked cream mixture as it comes from the fire and before adding other ingredients.

VEAL A LA KING.

Use same recipe as for "Chicken a la King," only substitute cold diced veal in either boiled or baked form.

LAMB A LA KING.

Use cold diced leg o' lamb meat in place of chicken.

SWEET BREAD A LA KING.

Use cold boiled or broiled sweetbreads in place of chicken.

PRESSED CHICKEN.

Cook hen until meat falls from bones, placing hen on to cook in cold water. Season with salt and pepper. When done, separate the meat from bones and chop. Place the meat in bowl or crock and strain the broth from the chicken over into the meat. A very little broth should be in pot. Press the meat down by placing something heavy on top. No liquor should be covering the weight. When in mold and cold, slice and serve, or slices may be dipped in egg and cracker crumbs and fried in butter. If hen is too fat, skim off some fat.

CHICKEN PIE.

Cook a young hen until tender. Remove bones and skin from hen. Cut the light and dark meat in small pieces, crosswise of the grain. Place the chicken in baking dish and over the chicken pour a mixture made in the following way: Place 2 tablespoonfuls of butter, 2 tablespoonfuls flour in saucepan. Stir until smooth and browned lightly, then add 3 cupfuls of liquor in which chicken was boiled. Season with salt and pepper to taste. Cut the liver, gizzard and heart in small pieces. Cut 2 hard cooked eggs in pieces. First, pour the gravy over the chicken in pan, and over the top of this place the giblets and eggs. Prepare a crust for the top as follows:

2 cups flour	3½ tablespoons butter
½ teaspoon salt	¾ cup sweet milk or water
3 teaspoons baking powder	

Mix this all together like biscuit dough. Roll thin and spread over chicken mixture, cutting slits in top of dough to allow steam to escape. Bake in quick oven at first, then decrease heat to moderate. If hen is fat, skim off fat after boiling.

CHICKEN-RICE IN CASSEROLE.

2 cups boiled rice	4 tablespoons butter
2 cups shredded cooked chicken	3 tablespoons flour
	Salt and pepper to taste
1½ cups chicken broth or top milk	

Butter a casserole dish and line dish with the rice, retaining some for top. Melt butter in saucepan and add flour, allowing butter and flour to brown lightly. Stir into this the chicken broth or top milk, then add the chicken. Allow mixture to boil, seasoning with salt and pepper. Pour all in rice lined casserole, placing rice on top. Cook in hot oven for 15 minutes. Serve hot.

BAKED HEN FRICASSEE.

Have one hen dressed and cut into pieces as for frying. Roll each piece of chicken in flour, then drop into piping hot fat and allow the

pieces to brown on both sides quickly. When all pieces are a golden brown, fit into a casserole or baking pan just large enough to hold the pieces close together. Salt and pepper the chicken to taste and pour enough milk or water over it all to nearly cover. Place in the oven in covered form and bake until the pieces may be pierced with a fork and meat shows signs of leaving the bone. Serve hot. The time for baking is determined by the age of fowl. One hour and a half, slow oven, for two-year-old hen. If hen is not very fat, butter should be added when placing in pan for baking.

CHICKEN TAMALES.

$\frac{1}{2}$ cup finely ground chicken	1 teaspoon salt
1 cup white corn meal	$\frac{1}{8}$ teaspoon cayenne pepper
1 well beaten egg	

Mix the chicken, meal, beaten egg, salt and cayenne pepper together. Have in readiness large sized corn shucks (free from splits) of either green or dry variety, the dry ones being preferable. Now place about a tablespoonful of the chicken mixture on the shuck and squeeze it into a shape about $2\frac{1}{2}$ to 3 inches long, then bring the lengthwise edges of the shucks over and fold evenly. Turn down the ends, thus forming a secure looking oblong package. Tie these together in bunches of 6, placing a string around both ends of the bunch. This recipe will make about 18 tamales. Place the tamales in a stew kettle, add the following ingredients and boil slowly 1 hour:

7 cups boiling water	$\frac{1}{4}$ teaspoon white pepper
2 tablespoons butter	Generous dash of cayenne pepper
$\frac{2}{3}$ teaspoon paprika	

Lean cold pork, ground, may be used instead of chicken. For large tamales use more mixture and two shucks, then tie each tamale at both ends with a string.

CHICKEN POTATO PUFFS.

1 cup mashed potatoes	1 egg
4 tablespoons flour	$\frac{1}{2}$ cup chopped chicken
$\frac{1}{2}$ teaspoon baking powder	

Mixed mashed potatoes, flour, baking powder and well beaten egg together. Take mixture up in hands and form little pats. Roll pats, then drop in hot fat. Cook till a golden brown. Any other kind of

CHICKEN OMELET.

4 eggs	Pepper to taste
4 tablespoons water	1 cup finely ground seasoned chicken
$\frac{1}{2}$ teaspoon salt	

Beat the egg yolks until very light, to which add the water, salt and pepper. Beat again 1 minute after this combination. Next beat

the whites to a very stiff consistency and fold them carefully into the yolks until well blended. Have skillet hot and buttered. Pour egg mixture in skillet and allow it to bubble and begin to set at outer edges, then place in broiler, if possible, and allow it to cook slightly over the top. When the omelet seems to be set, sprinkle the ground chicken evenly over the top and fold once in sandwich form or roll two or more times. Serve with tart jelly.

left-over meat may be used instead of chicken. The potatoes and chicken should be seasoned to taste before combining with other ingredients.

ONE MEAL BOSTON BAKE.

(Leftover Dish.)

6 cups chicken broth	1 pimento (shredded)
1 cup cooked diced chicken	2 hard cooked eggs (diced)
1 cup noodles	1 cup cold boiled diced potatoes
1 cup peas	Salt and pepper to taste
1 onion size of walnut (finely minced)	

Place the chicken broth in kettle on fire and when it comes to a boil add the noodles. Cook until noodles are tender, then remove from fire and add the chicken, peas, onion, pimento, eggs, potatoes, salt and pepper. Mix all well together, then pour it out into a flat baking dish. Make biscuits by either the sweet or sour milk recipe and place over the top of this mixture as close as they can be placed. Set the baking dish in oven and bake until the biscuits are well cooked through and browned on top. It usually requires about 25 minutes for the baking period. Veal broth and veal may be used instead of chicken, or shank soup bone broth and the meat from this may be used.

STUFFING OR DRESSING FOR CHICKEN.

1 lb. stale bread or 8 cups	1 medium sized onion
3½ cups liquid or stock	2 tablespoons butter
2 hard cooked eggs	Giblets
1 tablespoon ground sage	Salt and pepper to taste
(more or less may be used)	

Take stale bread and cut in small pieces. Prepare 8 cups. Take 3½ cups of milk, water or veal shank soup bone stock and pour over bread, stirring but not mashing the bread too much. Next add the hard cooked eggs in chopped form. Take the 2 tablespoons of butter and place in skillet. Cut the onion and giblets in small pieces and simmer, cooking until half tender, if necessary adding a few spoonfuls of hot water to same while simmering. When half tender, add this to bread mixture. Next add sage, and salt and pepper to taste. If veal shank soup bone stock is not used, more butter may be added for richness. If fowl is tough, it is well to steam or simmer and cook the fowl until partly tender before preparation is made for baking. If this is

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done the water in which the fowl is simmered should be used instead of the other liquid as before mentioned. In this case the giblets are cooked with the fowl and the onion is simmered or fried alone in the butter before it is added to dressing. Stuff the fowl and draw a few stitches through opening where filled, or place remaining dressing over the top of fowl. Always turn a fowl with the breast down in the roaster, so that the juice may run through the breast and give it a better flavor. This also causes it to be more moist. It is always well to elevate the fowl a little from bottom of roaster so that it does not brown on bottom. A small wire rack may be used for the purpose.

BAKED SQUABS.

4 good sized squabs	Salt and pepper to taste
4 tablespoons butter	3 cups diced potatoes
3 tablespoons flour	1 heart of celery, chopped

Have the squabs dressed with wings clinched and drumsticks tied down. Place the potatoes and celery in casserole or baking dish and lay the squabs, breasts down, on top of the mixture, cover and bake one hour. Blend the butter and flour and spread evenly over the tops of squabs, then salt and pepper. If further browning is necessary remove cover at last. At this time additional liquid may be added.

OYSTER AND CELERY DRESSING FOR FOWL.

2 cups meat stock or liquor from fowl	1 cup oysters
3½ cups bread cubes or crumbs	1½ teaspoons salt
1 cup chopped tender celery	Dash of cayenne pepper
	White pepper to taste
	1 well beaten egg

Mix all ingredients in order given and stuff the fowl with mixture and bake all together, or bake dressing separately.

RAISIN AND CHESTNUT STUFFING.

2 cups cooked and cut chestnuts	1 well beaten egg
2½ cups bread crumbs	1½ teaspoons salt
½ cup seedless raisins	¼ teaspoon white pepper
4 tablespoons melted butter	Enough milk to moisten

Select good chestnuts and make a hole in each chestnut with an ice pick. Boil them until tender, then cool, peel and chop. Combine all other ingredients with chestnuts and stuff hen, turkey or guinea hen.

HOW TO ROAST A GOOSE.

Select a young goose and bake in following manner:

Free the fowl from all pin feathers, singe, wash, draw, wash again and then clinch wings and fasten legs down. Place the goose in an

uncovered roasting pan to cook long enough for quite a little of the grease to ooze out. Take it from the oven, drain off the grease and roll or dredge the goose in flour, salt and pepper, and return to oven to roast in covered form until the meat seems tender. If necessary baste with the liquor in the pan during this period. When the meat seems tender, remove the cover and brown the goose more if necessary. Serve hot or cold.

SMOKED HAM ROAST.

1 slice of ham 1½ inches thick	1 cup top milk
1 tablespoon dry mustard	1 green pepper
1 tablespoon sugar	White pepper to taste

Select a slice of ham from center cut about 1½ inches thick. Soak ham in hot water 30 minutes. (Do not boil.) Remove ham from water and lay in baking dish. Mix sugar and mustard together and rub it into both sides of ham. Chop pepper very fine and sprinkle over the top of ham after it is placed in baking dish. Season with white pepper and pour the milk in baking dish. Bake ham slowly for about one hour and a half, keeping it covered most of time. When done, serve hot with natural gravy, or it may thickened with flour and more milk added. If ham bakes dry add more water or milk.

CIDER BAKED HAM.

Soak one chosen sized ham over night in cold water, enough to cover it. In morning wash, place in kettle and cover with cold water. Add 1 cup of brown sugar and a quart of sweet cider. Cover kettle and cook slowly (simmering), allowing 15 minutes' time for each pound of ham. When done, take from kettle, remove skin and place in baking pan, fat side up. Make a heavy paste of flour and water and spread over upper side of ham. Place another pint of cider in baking pan together with 1 cupful of water and bake in moderate oven 2 hours. Cloves may be stuck into dough over ham, and while it is baking it should be basted frequently.

HAM AU GRATIN.

¾ lb. ground boiled ham	2 eggs
1½ cups bread crumbs	2 cups milk
⅛ teaspoon white pepper	1 tablespoon butter

Place ham and crumbs in alternate layers in baking dish, seasoning with pepper with the mixing. Beat eggs light and add to the milk. Pour liquid over the ham and crumbs. Place butter on in dots over top and bake one-half hour in quick oven.

BAKED HAM WITH RICED EGGS.

Soak an inch thick slice of ham in warm water for 15 minutes. Remove from water, place in baking dish with enough milk to cover.

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Cover baking dish and bake slowly for about 50 minutes. Remove ham from liquor and place on chop plate. Rice 4 hard boiled eggs over ham and season with pepper. Make gravy from the liquor in the baking dish and pour over this. Garnish with parsley. Select a good cut of ham with fat edge.

BROILED SWEETBREADS WITH MUSHROOMS.

2 sweetbreads	1/8 teaspoon white pepper
2 tablespoons butter	Dash of cayenne pepper
1/2 teaspoon salt	A little lemon juice

Allow sweetbreads to remain in cold water for at least 30 minutes. Remove from water and drop into boiling water, into which lemon juice has been added (about 1 tablespoonful). Cook slowly for 25 minutes, remove from boiling water and dash into very cold water. Remove from cold water, wipe and split. Place on broiler with 1 tablespoonful of butter spread over the top. Broil slowly until cooked on one side. Turn and spread the other tablespoonful of butter. Cook until done on this side. Place on platter, seasoning with the salt and pepper. Have 1 cup of canned button mushrooms simmered in butter and spread over, or 1/4 pound of fresh mushrooms simmered in butter may be used in same way.

SAGE PORK LOAF.

1 1/2 lbs. finely ground lean boneless pork	1 cup bread crumbs
2 eggs beaten light	1 tablespoon ground sage
1 cup water	3/4 tablespoon salt
	1/2 teaspoon pepper

Mix the pork, beaten eggs, water and bread crumbs together. Mix the sage, salt and pepper and add, stirring all well together. Mold into loaf, place in greased pan and bake in moderate oven at first, then allowing it to brown over well at last of baking period. Leave a space between loaf and sides of pan, so if necessary a little water may be kept in bottom of pan for basting. Serve hot or cold.

BEEF LOAF.

1 1/2 lbs. lean beef, ground fine	1 medium sized onion, chopped fine
1/4 lb. lean pork, ground fine	
1 1/2 cups tomatoes, mashed	3/4 tablespoon salt
1 cup bread or cracker crumbs	1/2 teaspoon white pepper
1 large green pepper, chopped fine	2 well beaten eggs

Mix all ingredients together in the order in which they are given. Grease a baking pan and form mixture in a loaf in the center, leaving a space between loaf and pan so loaf will not crust at sides. Water may be kept in bottom of pan and loaf basted several times, but it is better to bake with as little water as possible. Bake uncovered.

LIVER LOAF.

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| 2 lbs. calf's liver | 1 tablespoon salt |
| ¼ lb. salt pork | 1 cup cracker crumbs |
| 1 medium sized onion | ¼ teaspoon pepper |
| 4 eggs | |

Wash liver and place on to boil with the salt pork in whole piece and onion peeled and whole. Boil all together in enough water to keep simmering slowly, boiling down at last to about ¾ cup of liquor. Take liver, salt pork and onion and run through a food chopper. Return this chopped mixture to the ¾ cupful of liquor. Have 2 eggs cooked hard and add to mixture in diced form. Beat the 2 remaining eggs light and add, together with the cracker crumbs, salt and pepper. Mold in loaf and place in greased pan, pressing additional cracker crumbs in on outside of loaf. Place pan in oven and bake. It may be necessary to add a few tablespoonfuls of hot water occasionally while baking. In molding the loaf place it in the pan so there is a space between loaf and pan. This keeps loaf from burning at outer sides. Slice and serve hot or cold.

VEAL CRUMB LOAF.

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|---|-------------------------------|
| 1 lb. veal, ground fine | ½ teaspoon paprika |
| ¼ lb. lean streaked salt pork,
ground fine | 1 egg beaten light |
| 1 cup cracker crumbs | ½ cup water or milk |
| 1 onion, size of walnut,
chopped fine | 1 small green pepper, chopped |
| | 1 teaspoon salt |
| | ¼ teaspoon white pepper |

Mix all ingredients together and place in well greased pan. Place in oven and keep covered for 15 minutes, then uncover and bake until loaf is done. Cool in the pan, then remove to platter and garnish with parsley.

VEAL FRICASSEE.

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|-------------------------|------------------------------|
| 1½ lbs. tender veal | Dash of white pepper |
| 3 tablespoons butter | Dash of cayenne pepper |
| 1 onion, size of walnut | 1 teaspoon (or more) of salt |
| 3 tablespoons flour | 1 cup canned mushrooms |
| 1 teaspoon lemon juice | ½ cup or 1 full cup cream |

Cut veal in pieces the size of a hickory nut and place in uncovered skillet with butter to simmer and brown. When brown add the chopped onion and cover with 1½ cups of boiling water. Place a cover over the skillet and allow this to simmer slowly until onion is tender. Brown the flour and mix to a smooth paste with 2/3 cups of hot water and add to veal mixture. Next add the lemon juice, pepper and salt. Boil all one minute, then add mushrooms and cream. Rich top milk may be used in place of cream. It is according to thickness desired

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whether $\frac{1}{2}$ cup or 1 cup of cream is to be used. To brown flour properly place the desired amount in a small skillet or kettle and place it directly over low heat. Stir until flour is light brown. Fresh mushrooms may be cooked and added instead of canned mushrooms.

QUENELLES.

2 cups ground cooked veal	Dash of white pepper
$\frac{1}{2}$ teaspoon salt	1 egg well beaten
Dash of cayenne pepper	

Mix veal, salt, pepper and egg together. Mold into oval shapes by pressing mixture in palm of hand. Place molds in a greased baking dish and place in oven. Keep baking dish covered for 15 minutes; uncover dish, brush quenelles over with melted butter and continue to bake uncovered until they are evenly browned. Serve hot.

CALVES BRAINS WITH EGGS.

Soak a pair of brains in slightly salted water for 10 minutes, then trim off the connecting membranes and drop into scalding water and let stand 5 minutes. Remove from hot water and cut in small pieces. Place 3 tablespoons of butter in hot skillet and sauté the brains until whitened, then add 4 beaten eggs, salt and pepper to taste. Turn the eggs and brains carefully until eggs are just set. Place on platter garnished with a few sprigs of parsley and a dash of paprika.

BAKED VEAL HEARTS WITH STUFFING.

4 veal hearts	2 eggs
5 cups bread cubes or crumbs	$\frac{3}{4}$ tablespoon ground sage
$3\frac{1}{2}$ cups water	3 tablespoons melted butter
2 large onions	Salt and pepper to taste

Wash hearts thoroughly and place in baking dish to be covered. Mix all ingredients together and fill the heart cavities full, and remaining stuffing place on top of hearts. Cover the baking dish and allow all to bake slowly until hearts can be pierced through with a fork. Bake uncovered for last of baking period. During the baking, if necessary, baste with a little hot water.

BAKED HEART FRICASSEE.

$1\frac{1}{2}$ lbs. small veal hearts	1 tablespoon salt
3 tablespoons butter	$\frac{1}{6}$ teaspoon white pepper
$\frac{1}{4}$ cup diced salt pork	Dash of cayenne pepper
1 onion (size of walnut)	$1\frac{1}{2}$ cups chopped raw potatoes
4 cups boiling water	
2 tablespoons of flour	

Soak hearts in mild salted cold water until all blood is drawn from them, then cut them in pieces the size of hickory nuts, removing

any tough parts. Place hearts, butter and diced salt pork in skillet and allow all to simmer and brown, keeping skillet uncovered during this process. When brown add the chopped onion and 2 cups of the boiling water, cover and allow this to simmer until onion is tender. Now mix flour, salt and pepper together and add to the mixtures, keeping it from lumping, also adding the remaining 2 cups of boiling water. Pour all in a baking dish and over the top spread the potatoes. Bake until potatoes are tender. Serve hot.

TAMALE NOODLE ROLL.

½ cup finely ground cooked veal, pork or chicken	Dash of black or white pepper
½ cup corn meal	Generous dash cayenne pepper
1 teaspoon salt	2 well beaten eggs

Mix all the ingredients well together and spread on a very thin rolled dough made from "Noodle Recipe No. 1" When the dough is rolled very thin and mixture evenly spread over, then begin to roll the dough in a firm, tight roll, pinching the edges firmly together at close. Lay or coil this around in a baking dish and almost cover with water, chicken broth or meat broth. Bake in covered form for about an hour. Serve in slices with gravy made from the stock in pan. Where water is used in the baking, then butter must be added for richness. If roll bakes dry, add more water during baking period.

HAMBURGER PATS.

1½ lbs. ground beef	1 teaspoon Tabasco sauce, or dash of cayenne pepper
1 cup tomatoes, canned or fresh	1 tablespoon salt
1 large sized onion, finely chopped	2 tablespoons flour
	1 green pepper (if on hand)

Have beef ground fine. Chop onion and pepper very fine and combine all ingredients as given. Make into oblong or round pats and fry in drippings, lard or butter. Cook long enough to have onion and pepper well cooked through.

CREAMED DRIED BEEF ON TOAST WITH RICED EGG.

1 cup dried beef cut in small pieces	2 tablespoons flour
1½ cups hot water	3 tablespoons butter
1 cup sweet milk	White pepper to taste
	2 hard cooked eggs

Place the dried beef in saucepan with the 1¼ cups of hot water and allow it to simmer slowly (in covered form) until the water is almost boiled away, then add the cup of milk. Next combine the flour, butter and pepper, and add. Stir the mixture until it boils and thickens. Place one slice of toast on a plate and pour over it a spoon-

MEAT DISHES AND DRESSINGS

ful of creamed beef. Over this place another slice of toast and more creamed beef. Over the top of all sprinkle enough of the riced hard-cooked egg to give it a good look.

HUNGARIAN GOULASH.

1 lb. beef or mutton	1 cup rich milk
1 medium sized onion	½ teaspoon paprika
1 small green pepper	2 teaspoons salt
¼ cup bacon grease	Dash of cayenne pepper
1 cup boiling water	⅓ teaspoon white pepper
3 large sized potatoes	

Remove tough portions of meat and cut in cubes the size of walnuts. Place bacon grease, chopped onion and pepper in skillet and simmer for 10 minutes, keeping the skillet covered. Add the meat to onion and pepper mixture and simmer and brown in skillet for at least 15 minutes, leaving skillet uncovered. When brown add the cup of boiling water and diced potatoes. Cover the skillet and let cook till potatoes are tender, but not too soft. Last, add the milk, salt, paprika and pepper. Serve hot.

ONE MEAL STEW.

1½ lbs. boneless lean beef	1 pint of tomatoes
3 tablespoons bacon grease	6 large sized potatoes
1 onion, size of door knob or more	¼ cup barley
4 medium sized carrots	2 tablespoons rice
1 large green pepper	¾ tablespoons salt
	Dash of cayenne pepper

Cut meat in pieces the size of a walnut. Place meat and bacon grease in skillet for meat to simmer and brown, keeping skillet uncovered. When brown remove the mixture from skillet and place in stew kettle with the barley, carrots and rice. Pour in enough water to have mixture well covered. Set kettle back on stove and simmer slowly for one hour, keeping kettle covered at this time. At the end of hour cut the onion in small pieces, chop the green pepper, mash the tomatoes and cut potatoes in medium sized pieces and add all to the meat mixture. Return the kettle to fire and cook until vegetables are tender, if necessary adding additional water as needed. Serve hot. When using fireless cooker prepare meat in the same manner as given above. Place all ingredients together and let cook in fireless cooker for 3 hours. Add only enough water to mixture as it goes to cooker to keep vegetables partially covered.

NAVY BEAN STEW WITH DUMPLINGS.

Select a shank soup bone (the small part of leg), about 7 inches long. Place this on to boil in cold water, adding 1 cupful of washed navy beans; salt and pepper to taste. Cook slowly until meat is tender

and beans are soft. The slow simmering process is the correct method. When meat is tender and beans are soft, make dumplings by "Drop Dumpling Recipe," and drop small spoonfuls of dough into bean mixture. Before dumplings are added it is best to remove the meat, allowing more space for dumplings. Plenty of soup mixture must be in kettle to swim the dumplings. If necessary, add boiling water enough to make desired amount.

MEAT STUFFED PEPPERS.

3 cups ground lean beef	1 tablespoon salt
1 cup sieved tomatoes	$\frac{1}{8}$ teaspoon white pepper
2 medium sized onions, chopped	$\frac{1}{2}$ cup bread or cracker crumbs
1 teaspoon tobasco sauce, or a dash of cayenne pepper	1 well beaten egg

Mix the ingredients all together and place in green peppers after the stem end has been cut off and seeds removed. The pepper end may then be placed on again and held in shape with toothpick. Bake in casserole or baking dish. They will bake quicker in covered form and also be more moist. This mixture will fill 8 large peppers or 12 smaller ones.

RICE CHILI CON CARNE.

1 lb. lean mutton	1 large chili pepper or chili powder to taste
$\frac{1}{4}$ cup drippings	1 cup cooked rice
1 medium sized onion	Additional seasoning of salt, pepper and garlic
1 cup sieved tomatoes	
$\frac{1}{2}$ cup water	

Remove tough portions of mutton and cut in cubes, size of a walnut. Roll mutton cubes in flour and simmer and brown in a skillet with the drippings and chopped onion. When meat and onions are browned lightly and tender, add the tomatoes, water, ground chili pepper or powder and rice. Other seasoning may be added to suit taste. Allow mixture to simmer and ripen on low heat for 15 minutes after all ingredients are mixed. Serve hot.

AMERICAN CHILI CON CARNE.

2 cups chili beans	$\frac{3}{4}$ tablespoon salt
1 lb. ground tender beef (meat should have some fat on)	$\frac{1}{4}$ teaspoon white pepper
1 large sized onion, chopped	Dash of cayenne pepper
6 tablespoons bacon grease	1 teaspoon chili powder
	$1\frac{1}{2}$ cups cream

Soak beans several hours in cold water, then boil until tender, draining off the liquid in which they were boiled. Keep beans from becoming mashed by cooking too long. Place the ground beef, chopped

MEAT DISHES AND DRESSINGS

onion and bacon grease in skillet and simmer until onion is tender and it turns brown, then brown mixture. When tender and brown, add salt, pepper, chili powder and cream. Let all ingredients reach the boiling point, and serve hot. If mixture is too thick, additional water, milk or cream may be added. If one teaspoonful of chili powder does not flavor to suit, add more.

MEXICAN CHILI CON CARNE.

2 cups kidney or chili beans	1 large sized onion, chopped fine
½ lb. lean beef, ground fine	
½ lb. lean fresh pork, ground fine	2 cups strained tomatoes
1 green pepper, chopped fine	1 or 2 teaspoons chili powder
6 tablespoons butter or drippings	¾ tablespoon salt
	⅛ teaspoon cayenne pepper
	¼ teaspoon white pepper
	½ teaspoon dry mustard

Soak beans for several hours in cold water, then boil until tender, draining off the liquid in which they were boiled. Do not cook beans long enough to become mushy. Place pork, beef, green pepper, butter or drippings and onion in skillet and simmer until tender, then brown. When cooked and brown add the strained tomatoes and stir all well together. Mix chili powder, salt, white pepper and mustard together and add last. Cook for 5 minutes after all ingredients are combined, then serve hot. More water may be added if mixture is too thick.

CORIANDER AND PEPPER BALL LOAF.

Grind enough cooked lean pork to make 2 cups. Soak 1 tablespoon gelatine in ¼ cup of cold water, then add to it ½ cup boiling water. Combine the pork and gelatine with 2 hard cooked eggs in chopped form. Add 1½ teaspoons salt, 1 tablespoon crushed coriander seed, ⅛ teaspoon white pepper, and ½ tablespoon crushed pepper balls. Place the mixture in a square pan and set on ice. Slice and serve cold.

BAKED HASH.

2 cups chopped or ground cold meat	1 medium sized onion, chopped
¾ cup gravy	1 teaspoon salt
¼ cup barley	Pepper to taste
3 medium sized raw potatoes, chopped	1 cup water or stock

Use any kind of cold, left-over meat in chopped or ground form. Combine with this the ¾ cup of cold, left-over gravy. Place the ¼ cup of barley in saucepan with 1 cup of cold water and cook till water is boiled away and barley soft. Now add the cooked barley to the meat and gravy mixture. Next add the potatoes and onion, salt, pep-

per and water or stock. Pour all in casserole or baking dish and cook for one hour. Bread crumbs may be sprinkled over top before placing in oven.

PIGS IN BLANKET.

(With Apple Stuffing.)

Secure lean slices of boneless pork, a slice for each person to be served. Make a dressing by mixing together $1\frac{1}{2}$ cups bread crumbs, 1 cup finely chopped apples, $\frac{1}{2}$ teaspoon salt, pepper to taste and enough milk to make crumbs stick together. Lay the pork slices out flat and place a heap of the dressing on top of each. Roll them as tight as possible, pinning edges down with toothpicks. Put rolls in casserole or baking dish and bake in uncovered form till done. When rolls are half done whole apples may be placed in around them and baked, first removing cores and filling cavities with sugar.

FISH STUFFING.

2 cups bread and cracker crumbs mixed	2 teaspoons minced onion
$\frac{1}{2}$ teaspoon salt	2 teaspoons finely chopped parsley
White pepper to taste	$\frac{1}{2}$ cup water
Dash of cayenne pepper	1 well beaten egg
1 teaspoon onion juice, or	

Mix all together. This makes a dry stuffing, as it should be. More liquid may be added if wanted. The stuffing may be made with egg omitted.

PLAIN OYSTER STUFFING.

1 cup cracker crumbs	White pepper to taste
$\frac{1}{2}$ cup bread crumbs	2 teaspoons lemon juice
3 tablespoons melted butter	1 cup drained oysters
1 teaspoon salt	Enough milk to moisten

Mix all together in order given. Stuff fowl.

SCALLOPED OYSTERS.

1 quart oysters	5 tablespoons butter
2 cups bread and cracker crumbs mixed	3 tender shoots of celery
Salt and pepper to taste	Sweet milk
	Paprika

Place crumbs and oysters in alternate layers in casserole or baking dish, mixing as you go a little of the fine minced celery and dotting the butter evenly through. Have crumbs always on the top. When the mixture is all in dish, then pour over enough sweet milk to moisten, but do not allow it to cover the crumbs. Bake for about 20 minutes in covered form, then set under broiling oven to brown lightly on top. Before serving sprinkle a little paprika over top. To economize, fewer oysters may be used.

BATTER FOR FRYING OYSTERS.

1 egg	½ cup milk
½ teaspoon salt	½ cup flour
White pepper to taste	⅛ teaspoon baking powder

Beat egg light to which add salt, pepper and milk. Next add flour and baking powder and beat till light.

ITALIAN RAVIOLA.

¾ lb. lean fresh pork	5 eggs
1 small slice calf's liver or	Dash of cinnamon
1 chicken liver and gizzard	Dash of cloves
½ cup cheese	½ teaspoon white or black pepper
8 medium sized spinach leaves	Dash of cayenne pepper
1 onion size of large walnut	1 tablespoon salt
1 small parsley sprig	¼ teaspoon ground mustard
½ cup chopped cabbage	
1 cup bread or cracker crumbs	

Boil the pork and liver until tender and liquid boiled away. Remove from fire, cool and run through a food chopper. Put cheese, spinach, onion, parsley and cabbage through food chopper also. Next beat the eggs light and combine all the ingredients given and mix thoroughly. Set this aside while a dough is prepared in the following manner:

Beat 4 large eggs very light and add enough flour gradually to make a very firm dough, usually about 2 1/3 cups of flour being required. Knead and roll the dough on floured board in large sheet form, rolling it thin. Spread the meat mixture over one-half of the dough, spreading it on thin and even. Now turn the other half of dough over in sandwich form and press the outer edges well together. Now take one finger and press lines in the dough about one inch apart across the form and then press lines in opposite direction, making squares. Run a sharp knife or pastry jagger down through these furrows, running both ways, which then gives you so many square sandwiches. Drop the sandwiches in a kettle of boiling salted water and allow them to cook slowly for 30 or 35 minutes. Remove to a hot serving dish and pour over them hot butter or a thin rich tomato sauce. Where they are served with butter, grated cheese should be sprinkled over all.

CHICKEN RAVIOLA.

Use 2 cups of finely ground white and dark meat of chicken. Run 4 tender celery shoots through the grinder, too, and then combine with this ½ cup bread or cracker crumbs, 3 well beaten eggs and salt and pepper to taste. Make the dough in same way, only make less. Spread chicken on in same way, cut and cook as in "Italian Raviola." These should always be served in hot butter sauce.

ONE MEAL MACARONI DISH.

- | | |
|-------------------------------|--------------------------------|
| 2 cups macaroni | Dash of cayenne pepper or |
| 2 cups sieved tomatoes | Tabasco sauce |
| 1 large green pepper, chopped | 5 tablespoons butter or bacon, |
| 1 large onion, chopped | or ham fryings |
| 1½ teaspoons salt | 2 hard cooked eggs, diced |
| ½ teaspoon white pepper | ½ cup cracker crumbs |

Place the macaroni in 2½ cups of boiling water and cook for 25 minutes. Remove from fire, drain and wash in cold water. Now place the macaroni in greased baking dish and add to it the tomatoes, green pepper, onion, salt, pepper, cayenne pepper, grease and hard cooked eggs. Stir well and over the top sprinkle the cracker crumbs. Bake in covered dish for 40 minutes, then remove the cover and bake until mixture is well cooked through and brown on top. This serves 6 or 8 persons.

ITALIAN SPAGHETTI.

- | | |
|-------------------------------|------------------------------|
| 2 cups spaghetti | 1 tablespoon salt |
| 3 cups boiling water | ½ teaspoon Tabasco sauce, or |
| 1½ cups cold or hot water | generous dash of cayenne |
| 1½ cups sieved tomatoes | pepper |
| 1 large sized onion, chopped | ½ teaspoon white pepper |
| very fine | ½ cup grated cheese |
| 5 tablespoons bacon grease or | |
| butter | |

Place the 2 cups of spaghetti in 3 cups of boiling water and allow same to boil until spaghetti swells and is about half tender, then drain in a colander, allowing cold water to run through it. Place the washed spaghetti back in kettle with the 1 1/3 cups of cold water, tomatoes, onion, bacon grease or butter, salt, tabasco sauce or cayenne pepper, and white pepper and boil slowly until mixture thickens and onion is tender. Stir frequently to prevent sticking. At last of cooking period, if spaghetti is set back on stove and allowed to remain for about 15 minutes at the slow simmering stage, it will have a better flavor. If cheese is to be added, it should be stirred in as spaghetti is being removed from kettle to serving dish. This amount will serve 6 persons. To make this extra fine add 1 cup canned button mushrooms.

HOLUBKI.

- | | |
|------------------------------|------------------------|
| 1 medium sized solid cabbage | 1 lb. lean ground beef |
| head | ½ lb. lean ground pork |
| 1 large sized onion, chopped | 2 teaspoons salt |
| 1 large green sweet pepper, | White pepper to taste |
| chopped | Dash of cayenne pepper |
| ½ cup uncooked rice | 2 tablespoons butter |
| ½ cup yellow corn meal | |

Trim off any imperfect leaves from the cabbage head and with a sharp knife cut out the heart, or partially do so at least. Place the

cabbage head on to cook in boiling water and cook for 10 minutes, or until cabbage begins to soften. Remove from fire, cool first, then remove each leaf in whole form. Now combine the onion, pepper, rice, cornmeal, beef, pork and seasoning. Place about a rounded tablespoonful of the meat mixture on each cabbage leaf and lap the edges of leaf over in firm package form. Use all meat mixture in this way and place the cabbage packages evenly and on top of one another in stew kettle. Pour enough boiling water over this to nearly cover it all. Place the butter in the water, cover and cook slowly for about one hour. If oven meal is being prepared, this may be cooked in oven or fireless cooker. About 15 minutes before removing from stove for serving 2 or 3 cups of sieved tomatoes may be poured into the mixture.

TO CLARIFY FAT.

Melt fat and add raw potatoes cut in slices. Allow the fat to heat gradually. When it ceases to bubble and potatoes are a golden brown, strain fat through a double cheesecloth. The potatoes will absorb any odors.

SAVE MEAT FRYINGS AND ALL FATS.

The economical housewife will have on hand three cans or bowls for grease. Fryings from bacon and ham should be kept in separate jar and should be used for vegetable-frying and seasoning. Fats from roasts, chops and fresh pork should be kept in another jar and if clarified and strained may be used for cookies and some kinds of pastry and cake making. Fats rendered from fowls are of more delicate flavor and may be used in place of butter in many articles. Delicious cakes are made from hen fat.

If grease is kept on hand until it becomes rancid, place grease in kettle with three times as much water as grease and boil 30 minutes, keeping kettle uncovered. Remove from fire, strain through a cheesecloth into crock and set in some cold place. When cold skim the hardened fat from surface and put in can. Throw the liquor away.

CHAPTER XVI

Croquettes and Dumplings

There are many different ways to make dumplings and numerous recipes to be used in their making, but the prevailing thought or question the average woman has in mind is, "Why do dumplings fall and become solid and heavy?" If the dumplings are of the rolled out and cut in biscuit shape variety, there is usually little cause for worry on the part of the maker. This is conclusive evidence that the fault, in the process of drop dumplings, lies in not getting the dough mixture stiff enough. Follow this one rule always and no difficulty will be experienced in the making of excellent dumplings.

After the dough mixture is prepared, take a clean, dry spoon and dip out a full spoonful of dough. Turn the spoon in position for the dough to drop. If the dough drops, the mixture is not stiff enough and the dumplings will probably fall. Add enough flour to the mixture so that this test can be made and the dough will cling to the spoon.

Dumplings may be cooked in covered or uncovered form, but the former method is preferable. If the kettle is covered, careful attention must be given so that the lid is not raised by intense steam pressure.

When dumplings are dropped into the stock watch and see that the heat is lowered to allow slow boiling, continuing this process for about 15 minutes before removing lid. If dumplings are to be cooked uncovered from start to finish (as they should be in such process) more heat may be allowed under the kettle.

The best dumplings are made with egg, sweet milk and baking powder. The stock is usually rich in fat substance, and when such is the case, no shortening is needed in the dough. If, however, dumplings are to be dropped in plain salted water to cook, then shortening may be used accordingly.

ROLLED OATS CROQUETTES.

1 cup cooked oats
½ cup flour

1 egg
1 tablespoon sugar

Mix all together, mold into oblong shapes, dip in egg, then roll in cracker crumbs and drop in hot fat, cook to a golden brown.

CROQUETTES AND DUMPLINGS

SALMON CROQUETTES.

1 cup salmon	Dash of white pepper
1 egg	Dash of cayenne pepper
1 cup cracker crumbs	1 small green pepper
1 teaspoon salt	Simmered in 1 tablespoon butter

Chop the green pepper in small pieces and simmer in 1 tablespoonful of butter until tender. Shred and remove bones from salmon. Beat egg light, then combine all ingredients, mixing well together. Dip in egg, roll in cracker crumbs and fry in deep fat. Mold mixture in little pyramid forms. It requires an additional egg and cracker crumbs for the rolling.

CURRANT CRUMB CROQUETTES.

1 cup boiling milk	2 tablespoons sugar
2 cups finely rolled bread or cracker crumbs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup currants	1 egg

Pour boiling milk over bread crumbs and allow mixture to stand till cold. Add currants to mixture, blend sugar and cinnamon together and add, together with well beaten egg. Mold into shape in hands and drop in deep fat. Cook to a golden brown. Remove from fat and serve hot or cold, rolled in powdered sugar.

BAKED CORN CROQUETTES.

2 cups mushy canned corn	2 tablespoons sugar
1 egg	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups bread or cracker crumbs	$\frac{1}{8}$ teaspoon white pepper

Beat egg light, to which add corn and crumbs. Mix sugar, salt and pepper with corn and crumbs and mold into oblong shapes in even sizes. Place molds in well greased pan and place in oven. Allow them to bake slowly for 15 minutes. Remove from oven, brush each mold over well with butter and return to oven to brown, usually 30 minutes being necessary for browning. Serve hot.

LOBSTER CROQUETTES.

1 can lobster	1 hard cooked egg
$\frac{3}{4}$ cup rich sweet milk	$\frac{1}{2}$ cup bread crumbs
1 tablespoon flour	1 teaspoon salt
1 tablespoon butter	Dash of cayenne pepper

Drain liquor from the lobster and cut in small pieces. Place milk in sauce pan and add to it the flour and butter creamed together. Cook till thick. Remove from fire and cool. When cold add the lobster, hard cooked egg in riced form, bread crumbs, salt and pepper. Mix

well and form into pyramid shape molds. Set molds in cold place to chill before cooking. Have fat hot; roll molds in beaten egg, then cracker crumbs, back into beaten egg again and to cracker crumbs and drop into fat. Fry to a golden brown.

POTATO CROQUETTES.

2 cups mashed or riced potatoes	Dash of cayenne pepper
2 tablespoons melted butter	Yolks of 2 eggs beaten
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup cracker crumbs
Dash of white pepper	

Mix potatoes, butter, salt, pepper, eggs and cracker crumbs together. Form into pyramid shaped molds, roll in egg and cracker crumbs and drop in deep fat. Fry to rich golden brown. Serve hot.

NOODLES NO. 1.

1 large egg	$\frac{2}{3}$ cup flour
$\frac{1}{8}$ teaspoon salt	

Beat egg light, to which add flour and salt. Knead into smooth, stiff dough, and roll on floured board as thin as it is possible to roll. Allow the dough to dry for a short time after rolled to almost paper thickness. Cut either in threadlike strips or very small squares. Cook in boiling stock or salted water seasoned to suit.

NOODLES NO. 2.

1 egg	$\frac{1}{2}$ teaspoon baking powder
1 tablespoon milk	$\frac{1}{2}$ teaspoon salt
1 cup flour	

Beat egg light, to which add milk. Sift flour, baking powder and salt together and add $\frac{2}{3}$ of the cup of flour. Stir into a stiff dough. Take remaining $\frac{1}{3}$ cup of flour and place on board. Roll dough as thin as dough can be handled and cut in strips as narrow as it is possible to cut them. Place strips on clean white paper in floured condition and dry over night. Drop into boiling stock. Noodles may be made and cooked at once, but drying over night makes a better noodle.

GOLD NOODLES NO. 3.

2 egg yolks	$\frac{1}{4}$ teaspoon salt
1 tablespoon water	$\frac{1}{8}$ teaspoon baking powder
$\frac{1}{2}$ cup flour	

Beat yolks light, to which add water and beat until bubbles form. Sift in flour, salt and baking powder. Roll on flour-dredged board as thin as possible to roll. Either cut in very narrow thread-like strips or in small squares. After dough is rolled on board to desired thickness, if it is allowed to stand a few minutes, or until partially dry,

CROQUETTES AND DUMPLINGS

cutting will be made easier. Additional flour may be needed in the rolling. The noodles may be cooked at once or they may be kept on hand several days.

DROP DUMPLINGS.

1 egg	3 teaspoons baking powder
$\frac{2}{3}$ cup sweet milk	$\frac{1}{2}$ teaspoon salt
$1\frac{2}{3}$ cups flour	

Beat egg light, to which add sweet milk. Sift flour, baking powder and salt together and add to liquid. Beat until mixture is smooth. Drop by spoonfuls in boiling stock or stew. Keep kettle tightly covered for about 20 minutes if dumplings are good size. Do not allow it to boil hard enough for the steam to force lid up. If steam escapes, dumplings may fall. Remove dumplings from kettle as soon as lid is removed.

RAW POTATO DUMPLINGS.

1 egg	1 teaspoon salt
2 large potatoes grated	$\frac{1}{2}$ cup rice or mashed cooked potatoes
1 tablespoon flour	
$\frac{1}{2}$ teaspoon baking powder	

Beat egg light, to which add the grated potato after it has been squeezed in cloth until all liquid is drained off. Mix egg and potato well together, then add flour, baking powder and salt. Last add the cooked potatoes. Mix all thoroughly and drop by spoonfuls in boiling stock or plain salted water. The mixture may be molded in oblong shapes in hands by using a little extra flour. Serve with fried onions.

DAINTY DUMPLINGS.

1 egg	$\frac{1}{2}$ teaspoon baking powder
1 tablespoon butter	1 tablespoon flour
Pinch of salt	Cracker crumbs

Beat egg light, to which add melted butter and salt. Mix baking powder and flour together and add. Add enough finely rolled cracker crumbs to this to make it so dough can be rolled in balls. Drop balls in soup and cook about 10 or 15 minutes, according to size of dumpling.

MEAT DUMPLINGS.

1 cup chopped cooked meat	3 teaspoons baking powder
1 egg well beaten	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sweet milk	Dash of white pepper
$1\frac{1}{2}$ cups flour	

Place chopped meat in bowl and add the other ingredients in order given. Beat mixture one minute, then drop by spoonfuls in boil-

ing stock, allow cover to remain on kettle for about 20 minutes, being careful not to allow steam to force lid up while cooking. If steam escapes and lid is lifted before the dumplings are cooked they are in danger of falling.

CHICKEN CROQUETTES.

1½ cups finely chopped cold
chicken
½ cup bread crumbs

1 well beaten egg
Salt and pepper to taste

Mix ingredients together and shape like cones. Fry in deep fat. If the mixture seems too dry, moisten with gravy or milk.

CHAPTER XVII

Fish

OYSTER COCKTAIL.

1 pint raw oysters	6 drops tabasco sauce, or more
6 tablespoons catsup	$\frac{1}{2}$ teaspoon salt
3 tablespoons lemon juice	Dash of white pepper
1 teaspoon prepared horseradish	$\frac{1}{4}$ cup finely chopped celery

Mix all together and serve.

BAKED OYSTERS.

Place alternate layers of large oysters and finely rolled cracker crumbs in baking dish. Between each layer add white pepper, dots of butter and salt. Pour in enough water to keep mixture moist, having crumbs as top layer. Bake for about 30 or 40 minutes.

FRIED OYSTERS.

Oysters may be fried in several ways, but the three following ways seem to be the most cared for:

Select large sized oysters, drain and dry. Have in readiness egg yolks, well beaten and seasoned to taste. Dip the oysters in the egg, then in very fine cracker crumbs and place in frying basket, then in deep fat.

Or they may be dipped in egg and cornmeal and fried in the same manner.

Or they may be dipped in a light egg, milk and baking powder batter and dropped into deep fat.

SALMON LOAF.

1 egg	1 green pepper
$\frac{1}{2}$ cup water	1 onion, size of walnut
1 can salmon, boned	1 teaspoon salt
$\frac{1}{2}$ cup bread crumbs	2 tablespoons butter

Beat egg light, to which add the water. Next add the salmon, bread crumbs, chopped pepper, chopped onion, salt and melted butter.

Mix all together and mold into loaf form and bake in greased pan. Serve plain or with tomato sauce.

RICE SALMON LOAF.

3 cups cooked rice	2 eggs
1 cup salmon	1 small green pepper
½ cup bread crumbs	¼ teaspoon white pepper
½ teaspoon salt	Dash of cayenne pepper

Butter a baking dish or pan generously and line the pan with cooked rice, holding some back for top covering. Mix all other ingredients together, having eggs beaten light and green pepper chopped fine. Place mixture in lined baking pan and place remaining rice over the top. Bake slowly for about 45 minutes. Remove from oven and allow it to cool in pan. When cold remove and place on platter, garnished with slices of hard cooked eggs and lemon. This loaf may also be served in slices with tomato sauce.

JELLIED SALMON LOAF.

1 tablespoon flour	1 egg
1 teaspoon dry mustard	1 tablespoon lemon juice
Dash of cayenne pepper	1 green pepper
1 teaspoon salt	1 can red salmon
¼ teaspoon white pepper	2 tablespoons gelatine
1 cup water	

Blend flour, mustard, pepper and salt and add to $\frac{3}{4}$ of the 1 cup of water. Add next the well-beaten egg. Pour into double boiler and cook till thick. Dissolve the gelatine in remaining $\frac{1}{4}$ cup of water, and when thoroughly dissolved add it to the hot mixture in double boiler. Remove from fire and cool, then add the chopped green pepper and the salmon in shredded form. Place in a mold and set directly on ice cake to become firm. When set, remove from mold, place on platter and garnish with lemon slices and parsley.

CREAMED SHRIMP IN PATE SHELLS.

3 tablespoons butter	1 teaspoon salt
1 tablespoon flour	1 egg
1 cup rich sweet milk	1 cup shrimps
Dash of cayenne pepper	

Place butter in saucepan, to which add the flour; stir and keep the mixture smooth. Next add milk and simmer 2 minutes. Remove from fire and add the pepper, salt, well beaten egg and shrimps. Return to fire for about 2 minutes, then serve hot in pate shells. If mixture is too thick, add an additional amount of milk.

CREAMED SHRIMPS WITH EGGS.

- | | |
|--|--|
| 1 cup shrimps | $\frac{3}{4}$ teaspoons salt |
| 3 hard cooked eggs | White pepper to taste |
| 2 tablespoons butter | 1 cup sweet milk |
| $1\frac{1}{2}$ tablespoons flour | |

Remove shrimps from can and wash. If shrimps are large they may be broken. Place shrimps in saucepan, together with hard cooked eggs which have been cut in slices or quarters. Cook eggs, by simmering, 20 minutes previous to cutting. Now make a white sauce by recipe given in this book and combine with this mixture. Serve hot.

CODFISH BALLS.

- | | |
|--------------------------------------|-------------------------------|
| 1 cup cooked shredded codfish | Dash of cayenne pepper |
| 1 cup mashed potatoes | Dash of white pepper |
| 1 egg | |

Take codfish, egg, potatoes and pepper and mix all together and form into balls or oblong molds. Roll balls in well-beaten egg, then in finely rolled bread or cracker crumbs and drop in hot fat. If the frying basket is not used, use an ordinary wire egg beater for the turning of balls. Allow them to remain in fat long enough to brown.

CREAMED CODFISH.

- | | |
|--|-------------------------------|
| 1 cup cooked shredded codfish | 2 hard cooked eggs |
| $1\frac{1}{2}$ cups milk | Dash of cayenne pepper |
| 1 tablespoon butter | Dash of white pepper |
| $1\frac{1}{2}$ tablespoons flour | Salt to taste |

Place codfish and milk in saucepan on stove. Blend butter and flour and add to mixture, allowing all to boil 2 or 3 minutes. Add pepper and remove from fire. Either add the hard cooked eggs in diced form, or rice through a ricer and add. This creamed mixture is delicious served on buttered toast. If eggs are riced they can be held back until mixture is poured over toast and then eggs riced over top of toast, making it look more appetizing. One additional spoonful of flour may be added if it is to be served plain and not on toast.

LOBSTER CUTLETS.

- | | |
|---|--|
| 2 cups cooked lobster meat,
minced | $\frac{1}{2}$ teaspoon Tabasco sauce |
| $\frac{1}{4}$ teaspoon salt | 1 cup thick white sauce |
| $\frac{1}{8}$ teaspoon white pepper | 1 egg, well beaten |
| | $\frac{1}{2}$ cup cracker crumbs |

Combine all the ingredients given and mix well. Take the mixture up in hands and mold into cutlet form, then place in the coldest part of ice box to chill. When cold, dip each cutlet in well beaten egg,

then in cracker crumbs and fry in skillet with a generous amount of butter. Fry only to a golden brown. Usually two eggs, well beaten, will be sufficient for dipping. Serve cutlets garnished with sprigs of parsley and lemon slices cut in halves or quarters.

CLAM CHOWDER.

$\frac{1}{3}$ cup diced salt pork	1 quart drained clams
1 onion size of walnut (minced)	3 cups sweet milk
2 cups diced potatoes (soaked and drained)	1 tablespoon butter
6 tablespoons flour	1 teaspoon salt
	$\frac{1}{2}$ teaspoon white pepper

Place the salt pork in a skillet and simmer until grease is out of the cubes, but not browned. Add to this the finely minced onion and potatoes. Put a lid over the skillet and cook by the simmering process until potatoes are tender. Do not brown. Next add the flour and half of the milk, alternately doing this so that no lumps will form. Stir well and keep in a hot condition while the clams are prepared. Have the clams drained and all shells removed, then drop them into the remaining half of the milk after it is brought to a boiling point. Allow the clams and milk to remain in this stage about 5 minutes, or until they scald, then combine with the skillet mixture. Last add the butter, salt and pepper, and serve hot.

CHAPTER XVIII

Eggs, Cheese, Vegetable and Breakfast Dishes

PLAIN OMELET.

4 eggs	2 tablespoons butter
4 tablespoons water	Dash of pepper
½ teaspoon salt	

Beat eggs slightly, to which add water, salt and pepper. Place the 2 tablespoonfuls of butter in omelet pan and turn in the egg mixture. Prick with a fork, fold and serve hot. Milk may be used in place of water, but omelet is always lighter with water.

PUFF OMELET WITH CHEESE.

4 eggs	Dash of pepper to taste
4 tablespoons water	1 tablespoon butter
Dash of salt to taste	½ cup grated cheese

Separate the eggs. To the well beaten yolks add water, pepper and salt. Whip the whites very stiff and fold into yolk mixture. Place the butter in skillet and heat. Pour mixture in skillet and cook till it is cooked at the edges, then remove to oven or broiler and cook until center is cooked. Sprinkle grated cheese over the top and with a spatula fold omelet in two folds. Remove to platter, sprinkle with parsley or paprika and serve hot.

EGGS A-LA GOLDEN ROD.

2 cups sweet milk	1 teaspoon salt
2 tablespoons butter	½ teaspoon white pepper
2 tablespoons flour	4 hard cooked eggs
1 cup grated cheese	Paprika

Simmer eggs slowly for 20 minutes, then chill in cold water. Place milk in saucepan on fire. Add to the milk the creamed butter and flour and allow all to cook in double boiler for about 12 minutes. Remove from fire, add diced hard cooked eggs, salt and pepper. Place mixture in large dish or on buttered toast and sprinkle over the top

the grated or riced cheese. If cheese is allowed to be mixed with the hot mixture it is not so good as grated over the top when ready to serve. Paprika should be sprinkled over top of all.

DEVILED EGGS.

6 eggs	2 tablespoons melted butter
Juice of 1 lemon	Dash of cayenne pepper
½ teaspoon salt	12 stuffed olives

Simmer eggs slowly for 20 minutes. Cool in cold water, peel and cut in halves lengthwise. Place the yolks in small bowl and mix with the lemon juice, salt, butter and cayenne pepper. Cream mixture well and place in egg halves. In center of each mold place a stuffed olive.

STUFFED EGGS.

Simmer 6 eggs slowly for 20 minutes. Cool in cold water, peel and cut in halves, lengthwise. Remove yolks and place in a bowl. To these yolks add 1 tablespoonful melted butter, ½ teaspoon salt and a dash of cayenne pepper. Mash into a smooth paste and place it in 6 of the egg white halves. Have finely minced ham to place in the other 6 egg halves. Place a ham half and a deviled half together, holding them together by placing 2 toothpicks through both egg halves. Roll the eggs first in beaten egg, then cracked crumbs, and drop into deep fat, frying to a golden brown. Serve in place of meat.

SCALLOPED EGGS, MACARONI AND CHEESE.

3 cups sweet milk	1 cup cold boiled macaroni
¼ cup butter	½ cup cracker crumbs
2½ tablespoons flour	¼ teaspoon white pepper
4 hard cooked eggs	2 teaspoons salt

Place milk in double boiler and add to it the butter and flour well creamed together. Cook till thick, then remove from fire and pour into a greased baking dish. Have eggs simmered slowly for 20 minutes and chilled in cold water. Slice the eggs in pudding dish with white sauce. Have macaroni tender and cut in pieces and add next. Add salt and pepper to mixture, then sprinkle cheese and cracker crumbs over the top and bake slowly at first, then brown.

POACHED EGGS.

Break eggs in individual sauce dishes or molds first, then set same in a pan of simmering boiling water that has been salted. A few drops of vinegar may also be added to the water. The eggs then may be lifted from the boiling water and served in the dish in which they were cooked. Where one is provided with an egg poacher,

this is not a necessary process to follow. Eggs are more nourishing and have a better flavor poached in milk. The milk may be used for the making of gravy and cream sauce after the poaching is over.

DELMONICO LUNCH.

Simmer 3 eggs slowly for 20 minutes, then cool in cold water. When cold, shell and cut in half lengthwise. Remove yolks and place in bowl, keeping the white halves back. Add to the yolks 1 tablespoonful butter, $\frac{1}{8}$ teaspoonful salt and a generous dash of cayenne pepper. Mix this together and return to egg halves. Make a white sauce by adding 2 cups of top milk to 3 tablespoons of flour gradually until all milk is added and the mixture is free from lumps. Place this on to cook in double boiler and cook 12 minutes. When done add 1 tablespoonful of butter, 1 teaspoon salt and 1 cup of canned button mushrooms cut in pieces. Slice thin slices of bread and with a round cutter cut until you have 12 round slices. Toast to a delicate brown and butter on one side of each slice. Place one slice on plate, buttered side up, and over this spread a spoonful of the mushroom mixture. Place the second slice, buttered side down, over this and on top of second slice place another spoonful of the creamed mixture. Place one-half of a deviled egg on top of each sandwich. Place 3 small sprays of parsley around the sandwich. Between each spray place a stuffed olive.

MUSH LOAF.

1 cup corn meal
2½ cups cold water
1 teaspoon salt

Place corn meal, cold water and salt in kettle over fire to cook. Stir constantly, while it boils, until thick. After it thickens set the kettle in a pan of boiling water and allow it to simmer and cook for about 30 minutes. Now add to the mush either $\frac{1}{2}$ cup ground dried beef or 1 cup grated cheese. Pour this mush mixture in square pans, being careful to dip the pan or pans in cold water first. When cold the mush is in molded form and may be sliced and fried plain, or dipped in egg and crumbs and fried. Delicious breakfast or luncheon dish. Omit meat or cheese for plain loaf.

CHEESE BARS.

1 cup grated cheese, or soft
nippy cheese
2 eggs
 $\frac{1}{2}$ cup cracker crumbs
 $\frac{1}{4}$ cup mashed potatoes
1 teaspoon salt
Dash of cayenne pepper
Black or white pepper to taste

Beat eggs light, to which add cheese. Add cracker crumbs, mashed potatoes, salt and pepper. Mold into bars about $2\frac{1}{2}$ inches long, roll in fine cracker crumbs and fry in deep fat.

CHEESE CRISPS.

Cut circles from thin slices of bread. Lay slices of cheese between two of these layers forming sandwiches. Brown lightly in butter and serve hot, either plain or with white sauce.

CHEESE BALLS.

2 eggs	Dash of cayenne pepper
1 cup grated cheese	$\frac{1}{2}$ cup fine cracker crumbs
$\frac{1}{2}$ teaspoon salt	

Beat egg light, to which add cheese, salt, pepper and crumbs. Make in balls and fry in deep fat to a golden brown. Served for light luncheons in place of meat.

CHEESE FONDUE

$\frac{3}{4}$ cup sweet hot milk	cheese
1 cup soft bread crumbs	$\frac{1}{2}$ teaspoon salt
1 cup grated or finely cut	3 eggs

Combine milk and bread crumbs, then add cheese, salt and beaten egg yolks. Mix well, then fold in the stiffly beaten egg whites. Pour in sparingly greased baking dish and bake covered for about 30 minutes. To brown on top remove cover at last of baking period. Serve as soon as done. It settles a little if allowed to stand.

CHEESE SOUFFLE.

2 tablespoons butter	3 eggs
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup milk	Dash of cayenne pepper
1 cup grated cheese	

Melt the butter in a saucepan, to which add the flour, and stir until smooth. Next add milk and salt. Take from fire and add cheese and well beaten egg yolks, then cool. When cold, fold in the stiffly beaten egg whites, pour into a greased dish and bake about 20 minutes. Serve at once or it will fall if allowed to stand when it comes from oven.

COTTAGE CHEESE NO. 1.

Take equal parts of thick, sour milk and boiling water and combine by pouring the water into sour milk, stirring constantly. (Be sure to have water bubbling and boiling.) Let stand 10 minutes and pour into a bag to drain, allowing it to drain slowly. Remove from bag and season to suit. This method prevents overheating the milk.

COTTAGE CHEESE NO. 2.

Place congealed sour milk on stove where there is little heat. Allow this to set until whey separates from curd, but not allowing it to boil because too much heat causes curd to become hard. Strain through a cloth and drain for a couple of hours. Remove from cloth, add melted butter, sweet cream, white pepper, a dash of cayenne pepper and salt, using these ingredients in accordance with the amount of curd on hand.

MACARONI AU GRATIN.

3 cups macaroni	1 teaspoon salt
2 cups strained tomatoes	½ cup bread crumbs
1 cup grated cheese	Dash of cayenne pepper
1 tablespoon chopped onion	4 tablespoons butter
1 tablespoon flour	

Boil the macaroni in 4 cups of water for 30 minutes, having the water boiling when the macaroni is added to water. Drain macaroni and wash in cold water. Mix cheese, onion, flour, salt, one-half of bread crumbs and cayenne pepper together and place them in greased baking dish in alternate layers with macaroni. Pour the tomatoes over all, shaking mixture down, then sprinkle remaining bread crumbs over top. Last add the butter in dots over top. Bake in moderate oven.

SCALLOPED LEFT-OVERS.

2 cups tomatoes	1 ½ cup bread crumbs
½ cup corn	1 tablespoon butter
¼ cup grated or finely cut cheese	½ teaspoon salt
1 onion, size of door knob	¼ teaspoon pepper
1 green pepper	Water

Have all vegetables and cheese in small pieces and place in baking dish, together with bread crumbs, salt, butter and pepper, and mix all together. Add enough water to come nearly to top of mixture. Place in oven and bake. It is always better to leave out enough crumbs to sprinkle on top.

SCALLOPED TOMATOES.

1 cup bread crumbs	Dash of cayenne pepper
2 cups tomatoes	2 tablespoons butter
2 tablespoons sugar	½ cup water

Take 1 cup of tomatoes and the cup of bread crumbs and place in alternate layers in a small baking dish. Use 1 tablespoon butter for spreading over the top of mixture, also ½ of the water. Place in moderate oven and bake for about 30 minutes. Run the

other cup of tomatoes through a sieve and place in small kettle on stove. Add to this the remaining water, butter, sugar and cayenne pepper, then boil for 1 minute, remove from fire and serve hot with the baked tomatoes after they have been removed from oven and placed on individual dishes.

SCALLOPED POTATOES.

4 large potatoes	Flour
Salt	Butter
Pepper	Sweet milk

Peel and chop potatoes, being careful to keep them in pieces the size of kidney beans. Butter a baking dish. First spread a layer of potatoes, sprinkle with salt, pepper, and a very small amount of flour. Over this place dots of butter. Make as many layers in same way as there are potatoes to use. Over this pour hot milk, allowing the milk to come nearly to top of potatoes. Bake until potatoes are perfectly tender and mixture is browned lightly over top.

BAKED CAULIFLOWER.

Boil 1 cauliflower slightly in plain water until tender. Take cauliflower from water and separate in small pieces. Make a layer of cauliflower in greased baking dish and on top of this spread a generous layer of cracker crumbs and grated cheese. Over this spread another layer of cauliflower. Season with salt and pepper to taste. Beat 1 egg light and add to 1 cup of sweet milk. Pour milk and egg mixture over all the ingredients and bake until cooked through and brown on top.

CREAMED CAULIFLOWER.

Separate cauliflower in branch sections. Wash and remove any discolored tips. Set cauliflower to cook in boiling salted water and cook till tender. When done, place 2 or 3 of the branches on individual warmed dishes and over this pour a rich hot white sauce. Cauliflower looks better and tastes better cooked and served in whole branch form.

HOLLANDAISE BAKED BEANS.

3 cups navy beans	½ lb. fat salt pork
2 tablespoons brown sugar	2 large onions
1 teaspoon salt	Boiling water
½ teaspoon dry mustard	4 tablespoons tomato sauce or
¼ teaspoon white pepper	catsup

Soak beans over night in cold water. In the morning drain water from beans and wash. Place beans on to boil in cold water with 1 teaspoonful of soda. Boil about 15 minutes, drain, wash and

again place on to boil in boiling water and cook till the beans can be pierced with a pin. Drain and place in baking dish. Chop onions as fine as it is possible to chop them and mix with beans, together with sugar, salt, mustard and pepper. Pour boiling water over salt pork, scrape and cut in strips. Lay strips over top of beans, pushing meat down in beans to depth of 1 inch. Add the tomato sauce or catsup and pour enough boiling water over to almost cover. Bake 6 or 7 hours in moderate oven.

BOSTON BAKED BEANS.

3 cups navy beans	¼ teaspoon white pepper
3 tablespoons brown sugar	½ lb. salt pork
6 tablespoons dark molasses	½ cup cream
1 teaspoon salt	Boiling water
1 teaspoon dry mustard	

Soak beans over night in cold water. In the morning drain water from beans and wash. Place beans on to boil in cold water with 1 teaspoonful of soda. Boil about 15 minutes, drain, wash and again put on to boil in boiling water and cook until beans may be pierced with a pin. Drain beans and place in baking dish. Mix sugar, molasses, salt, mustard and pepper together and stir mixture evenly through the beans. Pour boiling water over salt pork, scrape, cut in narrow strips and lay over beans at even spaces, pushing the pork down into the beans to a depth of 1 inch. Before placing beans in oven, sprinkle the cream over beans and enough boiling water to cover the whole mixture. Cover baking dish and bake slowly for about 7 or 8 hours. The old fashioned covered bean jar is best to use if possible to obtain. These jars resemble a jug with a covered opening at top.

BEAN LOAF.

2 cups cooked navy beans	1 green pepper or pimento
½ small sized onion	¼ cup sweet milk
2 eggs	1 teaspoon salt
1 cup bread crumbs	Dash of cayenne pepper
2 tablespoons drippings	

Mix all ingredients together, having eggs beaten light and onion and green pepper chopped fine. Mold into loaf form and bake in moderate oven. Serve hot and plain or with tomato sauce.

TWO WAYS OF COOKING RICE.

Rice is valuable as a starchy food and may be prepared to be served as a vegetable, or it may be prepared in dozens of ways to be served as a dessert.

Two kinds of rice may be had—the polished and unpolished rice. The unpolished rice is more economical and furnishes a quality

RICE STUFFED PEPPERS.

3 cups cooked rice	1 tablespoon salt
1 well beaten egg	Dash of cayenne pepper
½ lb. ground lean pork or beef	White pepper to taste
1 large onion, chopped fine	1 pint tomatoes sieved
½ cup cracker or bread crumbs	Thin slices of bacon

Mix rice, egg, pork, onion, crumbs, salt and pepper together and place in peppers after they are washed, ends removed and seeded. Place all in baking dish and then pour the strained tomatoes in dish. Over each pepper lay a thin slice of bacon. Bake covered for 15 minutes in hot oven, then remove the cover and bake slowly until well done through and browned. This amount will stuff 8 large peppers.

ENGLISH TOAST.

½ cup rolled uncooked oats	½ cup sugar
1 cup milk	½ teaspoon nutmeg
2 cups water	Few grains of salt

Place rolled oats, milk, water and sugar in double boiler. Have milk cold and water cold. Add nutmeg and salt. Cook 1 hour. Toast 6 slices of bread and spread butter on both sides. Place toast on plates and pour cooked mixture over slices. Serve hot.

TOMATO TOAST.

6 slices of toast	2 tablespoons butter
2 cups sieved tomatoes	¼ teaspoon salt
2 tablespoons flour	Dash of white pepper
2 tablespoons sugar	Dash of cayenne pepper

Have slices of bread toasted crisp, then butter each slice. Run the tomatoes through a sieve and place in saucepan. Blend flour, sugar, butter, salt and pepper, and add to tomatoes. Cook all together for 3 minutes, stirring constantly. Place toast on individual dishes and cover with tomato mixture.

FRENCH TOAST.

Beat 1 egg light and add to it 1 cup of sweet milk. Dip ½-inch slices of bread into the mixture and fry on greased griddle until golden brown. A sweet French toast is made by beating 2 eggs light and adding 1 cup of sweet milk and 3 tablespoons of sugar. Fry in the same way.

CHILDREN'S BREAKFAST TOASTIES.

Run dry bread scraps through a food chopper, using the coarse disc. Place these crumbs in a shallow pan and to each cup of crumbs

add 1 teaspoon of sugar. Place in the oven and toast to a light brown, stirring until all are of even color. Remove from oven, place in breakfast food box or cheese cloth bag and use as breakfast food. A dish of these crumbs, served with milk or cream, is relished by the child and at the same time teaches economy.

BREAKFAST PUDDING.

$\frac{1}{3}$ cup rice	$\frac{1}{2}$ cup raisins
$\frac{1}{3}$ cup pearly barley	Cold water
$\frac{1}{4}$ teaspoon salt	

Place rice, barley and salt on to cook in enough cold water to keep boiling slowly without burning. When rice and barley grains swell and begin to be tender, add raisins and place in double boiler to cook for an hour. Serve hot with cream and sugar. This may be made night before and warmed for breakfast. Especially fine for children.

COCOA FOR BREAKFAST OR LUNCHEON.

To make 4 cups of cocoa use the following method:

Scald $3\frac{1}{2}$ cups of sweet milk in double boiler. Mix 8 teaspoons cocoa and 4 tablespoons of sugar together and dissolve in $\frac{1}{2}$ cup boiling water. When water and cocoa are evenly mixed, combine with the scalded milk and boil for a minute or two, beating the mixture with a wire egg beater as it comes to a boil. Serve at once if possible. This is for breakfast. For luncheon a spoonful of whipped cream may be placed on top of each cup.

ROLLED OATS.

2 cups cold water	$\frac{1}{4}$ teaspoon salt (or more)
1 cup rolled oats	

Place the water and oats in the upper compartment of a double boiler and set it directly over the fire and allow the oats to boil for about 5 minutes, stirring almost constantly. Now place the compartment in the base kettle of double boiler, with boiling water in it, and cook very slowly for 30 minutes to an hour. Cook at night, allowing it to stand in double boiler, then warm it for breakfast.

GRAPE FRUIT.

Grape fruit may be served in various ways for the breakfast luncheon and dinner. It may be served as a relish or a salad. When people do not care for it, it is usually because the pectin or fibre is taken into the mouth with the fruit meat, thus giving it a bitter flavor. Then again, some individuals would not care for it were it not for the bitter flavor. If the center sections of the grape fruit are cut out, seeds removed and the outer edge left clinging to the

rind, it is easier to eat the fruit without getting any of the fibre. The grape fruit or orange spoon may be forced down between each section in such a way that the fruit is removed and fibre divisions left in positions. If the juice of one-half orange is squeezed over each grape fruit half it makes a more pleasing flavor for some. Grape fruit in plain form is better eaten with a slight sprinkling of salt instead of sugar.

CELERY LOAF.

2 cups rich meat or chicken broth	1 cup tender chopped celery
4 cups diced dry bread	Dash of cayenne pepper
1½ teaspoons salt	Dash of white pepper
	1 well beaten egg

Place the meat broth and all other ingredients in baking dish and stir only enough to have well mixed. If meat broth is rich, no butter is necessary, but if not, then 2 tablespoons of butter must be added to mixture in melted form. Bake this loaf until set and browned over top. Cut in slices and serve while hot.

STUFFED CELERY.

Select tender center stalks of celery and place soft tinfoil cheese in each stalk, filling the stalk and leveling it down with a knife. When all stalks are stuffed, sprinkle paprika very carefully on the cheese the full length of stalk. Place the stuffed celery in refrigerator and chill before serving.

BRUSSELS SPROUTS.

Secure brussels sprouts as fresh as possible. Remove the outer leaves and cut off discolored end. Boil in salted water for about 30 minutes, or until sprouts may be easily pierced with a fork. Have a piping hot white sauce in readiness and pour over the sprouts in bulk form, or 4 or 5 sprouts may be placed on each individual sauce dish and sauce poured over. Sprouts will become tender quicker by cooking them with a lid on, but they will be more delicate in flavor if cooked in plenty of water, uncovered and then lifted out.

NEW PEAS AND CARROTS.

1 cup new peas	1 tablespoon flour
1 cup sliced carrots	½ teaspoon salt
2 cups hot water	Pepper to taste
2 tablespoons butter	½ cup rich milk

Place the peas and carrots in saucepan with the hot water, cook by slow boiling until tender and water cooked away. Blend the butter, flour, salt and pepper and add to the carrots and peas and stir. Last add the milk. Allow it to come to a boil after the milk is added and the mixture is ready for serving.

NEW PEAS.

Cook young, tender peas in the pods, placing them on in just enough water to keep them boiling until tender. The pods will separate from the peas so it is easy to skim them off. Do not drain off the liquor in which they are cooked. Flavor and nourishment is to be found in this liquor, so add the seasoning desired to this and serve.

CREAMED OYSTER PLANT (OR SALSIFY).

Select the number of roots necessary for the number to be served. Wash and scrape, then boil slowly in unsalted water 'til tender. When done remove from hot water, cut into slices and drop into a hot white sauce and serve hot. Or the plant may be cooked until tender, sliced and placed in baking dish with cracker crumbs, milk, butter, salt and pepper. Prepared in this form it is then baked and may easily be served for scalloped oysters.

SUCCOTASH.

5 cups string beans	Pepper to taste
2 cups corn	Dash of cayenne pepper
4 cups water	1 teaspoon sugar
4 tablespoons butter or fryings	1 small onion (if desired)
$\frac{3}{4}$ tablespoon salt	

String the beans and break in short lengths. If some of the beans seem tough, remove the pod, just using the bean. Have 2 cups of corn cut from the cob. Place beans, corn, water, butter or fryings, salt, pepper, sugar and finely minced onion in kettle and cook by simmering process until it is in cooked down, thickened form. Serve hot. This amount serves 8 persons.

Canned string beans and canned corn may be used in place of fresh. More seasoning than the above given amount may be used if a highly seasoned succotash is desired.

If succotash is to be made in fireless cooker, use only 1 cup of water. Bring to a boil on stove and then place in cooker and cook for 2 hours, having one disc heated to the point of burning flour instantly when test is made. For richer succotash, add 1 can of kidney beans to mixture about 10 minutes before removing from fire.

LEFTOVER POTATOES WITH EGGS.

Take leftover mashed potatoes and place them in a buttered baking dish, the size of the pan being determined by the amount of potatoes to be used. Make nests in the potatoes and break an egg in each nest. Bake in a quick oven in covered form. Leftover scraps of any kind of meat or ham may be chopped or ground and added to the potatoes first.

POTATO BALLS.

Take leftover mashed potatoes and form them into little round pats in the palm of hand. Place on the pat a spoonful of seasoned peas, chopped leftover meat or grated cheese and round it up into ball form. Dip the balls into beaten egg, then into finely rolled cracker crumbs, back into egg again and then to crumbs the second time and they are then ready to drop into a deep fat and fry to a golden brown. The two dippings make a thick delicious crust on balls and they will hold their shape much better.

PUFFED POTATOES.

LEFTOVER DISH.

3 cups mashed potatoes	Pepper to taste
½ cup sweet milk	Leftover cheese, meat or chicken
2 eggs	

Combine milk and potatoes and beat. To this add the well-beaten egg yolks first, then add the stiffly beaten egg whites. Place this mixture in well greased baking dish and over the top sprinkle grated cheese or finely chopped leftover meat or chicken. Bake in hot oven until potatoes are light and well browned on top, usually about 25 minutes being required.

LYONNAISE POTATOES.

2½ cups cold boiled diced or sliced potatoes	1 onion the size of an egg
	5 tablespoons butter

Place the butter and finely minced onion in an iron skillet and stir constantly 'til the onion becomes tender but not brown. Remove the onion and set aside on a small hot dish. Heat the fat hot and drop the diced potatoes in and brown them all as evenly as possible. When browned, then mix the onions with the potatoes and serve piping hot, pressed into shape on the dish and garnished with finely minced parsley.

POTATOES O'BRIEN.

2 cups evenly cut potatoes (in small cubes)	1 green sweet pepper
2 pimentos	1 slice of onion
	Salt and pepper to taste

Drop the potatoes in hot fat and evenly brown them, stirring constantly. Shred the pimentos, chop the onion and pepper very fine and add these to the potatoes, mixing all ingredients well together. Set the potatoes back to simmer slowly for a few minutes, pressing the mixture all down in skillet firmly and adding the salt and pepper to taste. Serve them piping hot, removing the potatoes in sections so that they may be molded in shape on the plate and garnished with sprigs of parsley.

POTATO ROSETTES.

2 cups hot riced potatoes	1 well beaten egg
2 tablespoons butter	Dash of white pepper
½ teaspoon salt	4 tablespoons milk

Combine these ingredients and beat thoroughly. Place in pastry bag with fancy tube end and squeeze out in fancy shapes on buttered tin. Place in oven to brown lightly. Serve hot.

PLAIN BAKED POTATOES.

Select smooth, uniform sized potatoes and scrub thoroughly with a vegetable brush until free from every particle of dirt. Grease the surface of each potato and place in hot oven to bake quickly. When done, remove from oven and either break or cut the potato on one side. This allows steam to escape so that potato will be mealy. The potato peeling is also good to eat and is needed from the standpoint of roughness.

BAKED POTATO (MOUNTAIN STYLE).

Select smooth oval shaped potatoes of medium size. Scrub with a brush, dry thoroughly and grease all over the surface with drippings or butter. Place in hot oven and bake quickly. Remove from oven and cut each potato in half, lengthwise. Remove the inside of the potatoes to a hot bowl and season with salt, pepper, butter and cream. Mash and beat 'til light and replace this mixture in potato shells, heaping it up in mountain style. Paprika and grated cheese may be sprinkled over sparingly, then return potato to oven to brown lightly. Serve straight from oven to plate.

FRENCH FRIED POTATOES.

Select oval shaped potatoes. Peel and cut lengthwise in uniform narrow strips and place in ice cold water for about 3 hours if possible. Remove from water and dry with a cloth. Have fat heated to very hot stage and drop a few potatoes in at a time and let them cook until browned lightly, then take out and drain. When all potatoes are cooked to this half tender stage and taken from fat and drained, then begin to return the potatoes to the hot fat to finish cooking and brown to the desired color. When brown and well cooked, dip out and drain again. At this time they are ready for serving in piping hot stage. Salt potatoes before serving or allow individuals to do so. By dipping potatoes out at the half-cooked stage and returning again to fat, prevents potato from becoming soft or limber and insures a crisp condition.

BAKED ONE-MEAL POTATO.

Select large, oval shaped, smooth potatoes and scrub with a brush until clean, then dry thoroughly. Grease the potatoes all over with

drippings or butter and place in oven to bake quickly. When done, remove from oven and cut each potato in half, lengthwise. Remove the insides of potatoes to a hot bowl and season with salt, pepper, butter and cream. Mash and beat 'til light. Separate the potato mixture into two parts. To one part add finely minced chicken, veal, lamb or cold pork. Place this mixture in the shells first and on top of this place a layer of fresh cooked or canned peas. Over this place the remaining plain mashed potatoes and build it up in a heap on each potato half. With back of spoon bowl, make a deep impression in the top and into this place riced eggs. Sprinkle paprika sparingly over all and return to oven to brown lightly. Place each potato half on plate surrounded by 4 tender shoots of celery with 4 stuffed olives at each crossing.

SHOESTRING POTATOES.

Use same recipe as for "French Fried Potatoes," only cut the potatoes in very narrow strips and allow less time for cooking.

SARATOGA CHIPS.

Pare even sized potatoes and slice in slices as near like paper as possible. Let them stand in cold water for about 4 hours, changing the water once or twice. When ready for frying dry potatoes on cloth and drop a few in at a time in hot fat, it being almost necessary to use a frying basket. Fry to a light or golden brown. The same method may be used as in the frying of French fried potatoes. Allow the potatoes to remain in the hot fat long enough to brown very lightly, then remove from fat and return again for further browning. This method is not so necessary for Saratoga as for French fries. Salt the chips after they are drained and cooled.

POTATOES AU GRATIN NO. 1.

3½ cups cold boiled diced potatoes	White pepper to taste
3 tablespoons butter	1 cup sweet milk
1½ tablespoons flour	½ cup grated cheese
1 teaspoon salt	2 tablespoons bread or cracker crumbs

Boil potatoes in salted water with jackets on, being careful not to allow them to get too tender. Cool, peel and dice. Place them in a baking dish or casserole and over same pour a white sauce made as follows:

Place 3 tablespoons of butter in saucepan and melt, to which add flour, salt and pepper. Stir to smooth consistency, then add milk and cook 'til it thickens. When this has been poured over potatoes in baking dish, mix the cheese and crumbs together and sprinkle over top. Place in oven and bake until mixture is done through and well browned on top. Bake the potatoes uncovered if a brown top is wanted.

POTATOES AU GRATIN NO. 2.

2 tablespoons butter	White pepper to taste
1½ tablespoons flour	1 cup sweet milk
1 teaspoon salt	

Place the butter in a saucepan to melt and when melted add the flour, salt and pepper. Stir to a smooth paste but do not brown. When smooth, add the milk and cook until it thickens. Then set aside and prepare the potatoes in the following manner:

3½ cups peeled and diced potatoes	¼ cup grated cheese
3 tablespoons butter	2 tablespoons fine bread or cracker crumbs

Wash and drain potatoes and drop them into a skillet where the butter has been melted to hot stage. Stir the potatoes until evenly browned and yet half tender. When this is done, place in a casserole or baking dish and mix with them the prepared white sauce. Over all the mixture sprinkle the cheese and crumbs. Bake about 30 or 40 minutes in quick oven, covered or uncovered. The butter in skillet after browning potatoes is to be placed in with mixture to bake.

SWEET POTATOES (SOUTHERN STYLE).

7 medium sized sweet potatoes	2 tablespoons butter
5 tablespoons brown sugar	¼ teaspoon salt

Wash and pare the sweet potatoes and cut in halves, lengthwise. Place the butter and sugar in iron skillet and allow it to boil, then place the potatoes in the skillet. Pour enough boiling water over to cover and allow them to cook slowly until tender and almost dried out. Serve hot, using all the syrup in the skillet.

CANDIED SWEET POTATOES.

8 medium sized sweet potatoes	¼ teaspoon salt
2½ cups brown sugar	⅔ cup water
4 tablespoons butter	

Have the potatoes boiled with the jackets on and cook until half tender. Remove from water, peel and cut in halves lengthwise. Place the sugar, butter, salt and water in an iron skillet and boil for 2 or 3 minutes, then lay the potatoes evenly in the skillet and continue to cook. During the cooking period dip the syrup up over the potatoes frequently and turn the potatoes also. When syrup thickens set skillet aside until serving time. Place the potatoes on plates or a dish and place syrup on each potato.

BAKED TOMATOES.

Select tomatoes of uniform size and of two-thirds ripe variety. With a sharp knife cut the center heart out, leaving space for a

teaspoonful of butter to be placed in cavity of each. Place the tomatoes, with butter in center, in a well greased baking dish just large enough to hold the number of tomatoes prepared. Over all sprinkle salt, pepper and a small amount of flour. Bake in quick oven, uncovered. If baked in covered form the tomatoes will not retain their shape so well. Either serve as taken from oven or serve with tomato and cheese sauce. A clove may be placed in each tomato or garlic or onion may be used to season.

FRIED TOMATOES.

Select medium sized half ripe tomatoes and slice about one-half inch thick. Roll or dip slices in flour and fry in butter. Salt and pepper to taste during the frying. Turn with pancake turner or spatula so that each slice may be browned and yet retain its shape. Tomatoes hold their shape better if they are not peeled. A dainty way to serve fried tomatoes is to have in readiness very thin round slices of buttered toast, placing a tomato slice on each.

STEAMED CABBAGE IN WHITE SAUCE.

Cut a solid head of cabbage in eighths and steam in steamer until it can be easily pierced with toothpick, usually requiring about 35 minutes. When tender, remove from steamer to hot vegetable dish and pour over it a hot white sauce made from either recipe as given in this book. Serve hot.

FRIED CABBAGE.

Chop cabbage medium fine and place in skillet with enough boiling water to cover the cabbage. Cover tightly and allow this to simmer until water is nearly dried out, then add a generous amount of butter or fryings; salt and pepper to taste and continue to cook by frying process until tender. A few drops of tabasco sauce or a dash of cayenne pepper should be added also. Serve hot. A small amount of vinegar or lemon juice may be added for sour cabbage.

BOILED BEETS.

If beets are wilted and need reviving, allow them to remain in cold water for an hour. Cut tops off to within 2 inches of the beet. If cut down too close the beet will bleed and lose color and flavor in cooking. When thoroughly washed, set them to cook in plenty of boiling water. Cook 'til tender, using a toothpick to test the beet's tender condition. When tender, remove from fire and lift beets out into a pan of cold water and cool quickly or cool by natural process of standing. When cool, peel, slice and place in plain or spiced vinegar, or place slices in casserole or baking dish; season with butter, salt and pepper and bake in oven a few minutes. This last named process gives you the buttered beets so much desired by many.

TURNIPS.

Peel turnips and cut crosswise of the grain in slices to suit. Put turnips on to cook in unsalted boiling water and cook 'til tender, if possible allowing the water to cook out. Season with salt, pepper and a small amount of sugar, then mash like potatoes and serve hot.

Or turnips may be allowed to remain in slices and combined with a rich white sauce, or creamed by adding milk, butter and flour.

FRIED EGG PLANT.

Peel egg plant and slice in one-half inch slices. It may be allowed to stand in salted water for a few minutes. Drain and dip each slice in beaten egg then flour, back to egg again and then to flour. Have fat heated piping hot and drop the slices in and watch closely. Brown well on both sides and see that it is cooked tender. Avoid any extra turnings. One time over is usually sufficient.

CREAMED EGG PLANT.

Peel egg plant and cut in even shaped squares as nearly as possible. Set the egg plant to cook in boiling water and cook 'til tender and water almost dried out. When done, drain off any additional water and have ready a hot white sauce made by either recipe in this book. Combine the two and serve hot.

PARSNIPS.

Peel or scrape firm parsnips and set them to cook in unsalted boiling water. When tender, remove from boiling water and cut in halves lengthwise. The parsnips now may be placed in hot butter and fried brown, or they may be dipped into an egg and flour batter and fried in deep fat, or they may be combined with a rich white sauce and served. Salt the parsnips after they are taken from water and added to white sauce or fried.

STUFFED BAKED ONIONS.

6 large yellow or white onions	½ cup toasted bread crumbs
1 cup ground cold meat	⅛ teaspoon white pepper
1 teaspoon salt	1 large egg beaten light
2 tablespoons butter	Paprika

Cook the onions in water with a small amount of salt. When tender enough to be pierced through with a fork, remove from fire and slice off a thin slice from the top end and scoop out the center. Mix the scooped portion with the cold meat, salt, butter, crumbs, pepper and well beaten egg. Stuff each center with the mixture and place in casserole or baking dish. Sprinkle paprika over the top of all and also place a small amount of water in pan. Bake in hot oven for about 15 minutes. The top end means where the onion top once was. Don't cut off root end.

BAKED SQUASH IN THE SHELL.

Select a well matured hubbard squash, wash thoroughly and dry. In order to get the squash divided in even sized pieces it may be necessary to use a saw to accomplish this. Saw in generous sized pieces and place in oven on rack and bake till tender. When tender, remove from oven and dig out all yellow meat and put into a hot dish. Mash thoroughly and season with a generous amount of butter, salt and some pepper. Beat to a smooth consistency and spread back on shells and return to oven to become heated and browned over. Serve hot.

SPINACH.

Get spinach as fresh from the ground as possible. If wilted, revive by allowing same to stand in cold water for an hour. Discard all undesirable leaves and cut root end off into leaf far enough to free each leaf from the root. By this method no sand is left imbedded where leaves are joined. Wash by lifting spinach from one pan of water to another. By repeating this process several times all sand is removed. Put spinach on to cook in a small amount of salted boiling water and cook uncovered if deep green color is to be retained. Lift and turn spinach during cooking period and when the leaves are easily pierced and tender, drain in a colander over the kettle. Remove from colander to vegetable dish and season with hot melted butter to taste. Hard cooked eggs and lemon juice or vinegar may be added.

WELSH RAREBIT.

1 tablespoon butter	Dash of cayenne pepper
$\frac{1}{2}$ cup grated cheese	1 egg beaten with 1 tablespoon
$\frac{1}{4}$ cup cream	water
$\frac{1}{8}$ teaspoon dry mustard	1 teaspoon lemon juice
$\frac{1}{4}$ teaspoon celery salt	

Melt butter in double boiler, to which add cheese and cream. Mix mustard, celery salt and cayenne pepper together and add. When the cheese mixture begins to thicken stir in the beaten egg and lemon juice. Serve hot on buttered toast.

CHAPTER XIX

Savory Sauces

DRAWN BUTTER.

$\frac{1}{2}$ cup butter	Dash of white pepper
3 tablespoons flour	Dash of cayenne pepper
$\frac{1}{2}$ teaspoon salt	1 $\frac{1}{2}$ cups hot water

Place 3 tablespoonfuls of the butter in saucepan. When melted add the flour, salt and pepper. Mix to smooth paste, then gradually add the hot water, stirring while it boils and thickens, then add remaining butter. Cayenne pepper may be omitted.

TOMATO SAUCE.

1 pint can tomatoes	Dash of soda
$\frac{1}{2}$ teaspoon salt	1 tablespoon flour
Dash of cayenne pepper	2 tablespoons butter

Run tomatoes through sieve. Add salt, cayenne and soda. Place in saucepan on fire. When boiling add the flour and butter after the two have been well creamed together. Serve hot. If seasoned sauce is desired, add 1 onion and 1 green pepper, chopping and boiling them with the tomatoes.

MINT SAUCE.

$\frac{1}{2}$ cup finely chopped mint leaves	$\frac{1}{2}$ cup vinegar
	2 tablespoons sugar

Wash and dry mint leaves, removing stems, then chop as fine as possible. Dissolve sugar in vinegar and pour on mint, allowing mixture to stand 10 minutes. This may be allowed to stand on stove, a little below simmering point, for 25 minutes. More water may be added to the heated sauce, giving it a little different flavor.

BROWN SAUCE.

4 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ medium sized onion	2 cups broth or milk
3 tablespoons flour	1 hard cooked egg
1 teaspoon salt	

Place butter and onion in skillet to simmer and brown, having onion minced very fine. When onion is tender add flour and stir

SAVORY SAUCES

until mixture is golden brown. Add the pepper, salt and broth or milk. Have egg run through a ricer or a sieve and add last. Serve hot. Brown sauce takes the place of gravy where a meal is served without meat.

TARTAR SAUCE NO. 1.

- | | |
|------------------------------------|---|
| 1 cup mayonnaise dressing | 2 tablespoons onions |
| 2 tablespoons capers | 1 tablespoon minced parsley |
| 2 tablespoons ripe or green olives | Few drops of pepper sauce or a dash of cayenne pepper |
| 2 tablespoons sweet pickles | |

Use either olive oil mayonnaise dressing or any cooked salad dressing, but an olive oil dressing is preferable. Chop capers, olives, pickles, onions and parsley just as fine as it is possible to chop them and mix with the dressing. Last add the pepper sauce or dash of cayenne. This may be served with fish or any kind of meat.

TARTAR SAUCE NO. 2.

- | | |
|------------------------------------|---|
| 1 cup mayonnaise dressing | 1 teaspoon finely chopped chives or onion |
| 1 teaspoon prepared mustard | 1 teaspoon finely chopped capers |
| 1 teaspoon finely chopped parsley | |
| 1 tablespoon finely chopped pickle | |

Add all ingredients to mayonnaise dressing and mix well. Chill before serving. An uncooked oil mayonnaise dressing is better for this sauce.

WHITE SAUCE NO. 1.

- | | |
|----------------------|-------------------------------|
| 2 tablespoons butter | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons flour | 2 cups sweet milk |
| 1 teaspoon salt | |

Place butter in saucepan, melt and add flour, salt and pepper. When the mixture is evenly mixed, but not brown, gradually add the milk, being careful to keep mixture smooth. When cooking in saucepan directly over the fire, cook 3 or 4 minutes, stirring constantly. If cooked in double boiler, cook about 12 minutes.

WHITE SAUCE NO. 2.

- | | |
|-----------------------------------|----------------------|
| 2 tablespoons butter | Dash of white pepper |
| 1 $\frac{1}{2}$ tablespoons flour | 1 cup sweet milk |
| $\frac{1}{2}$ teaspoon salt | |

Place butter in saucepan and melt. When melted add flour gradually, stirring into a smooth paste. Do not brown. Add salt, pepper and milk. Continue to stir and cook for 3 minutes if kept directly over the fire. If cooked in double boiler, cook 12 minutes.

MUSHROOM SAUCE.

$\frac{1}{2}$ lb. fresh mushrooms	3 tablespoons flour
1 medium sized green pepper	1 teaspoon salt
4 tablespoons butter	$\frac{1}{8}$ teaspoon white pepper
2 cups sweet milk	

Dash mushrooms in boiling water for 2 minutes. Take from boiling water and blanch in cold water, removing outer skin. Cut mushrooms and green pepper in shreds and place both in skillet with 2 tablespoons of butter and simmer slowly until tender, keeping skillet covered during this process. Add a little milk at a time to the 3 tablespoonfuls of flour until a smooth batter is made, then add all the milk. Place this on in double boiler and cook 12 minutes. When done add the simmered mixture to the white sauce together with the salt, pepper and remaining butter. Serve hot. Canned mushrooms may be used in same way in place of fresh mushrooms.

HOLLANDAISE SAUCE.

2 egg yolks	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{8}$ teaspoon pepper
Juice from $\frac{1}{2}$ large lemon	$\frac{1}{2}$ cup boiling water (or more)

Beat egg yolks light, to which add melted butter. Place egg and butter in double boiler and add to it the lemon juice, salt, pepper and water. Stir constantly while cooking. Serve with meat, vegetables or fish.

VINAIGRETTE SAUCE.

$\frac{1}{2}$ cup vinegar	1 tablespoon finely chopped onion
1 teaspoon salt	Few drops of Tabasco sauce
$\frac{1}{4}$ teaspoon paprika	1 teaspoon sugar
1 tablespoon finely chopped pickle	$\frac{1}{4}$ teaspoon ground mustard
1 tablespoon finely chopped green pepper	

Combine all ingredients. Serve on cabbage or cold meats.

CREOLE SAUCE.

3 tablespoons butter	2 tablespoons flour
1 onion size of walnut	2 cups sieved tomatoes
$\frac{1}{2}$ teaspoon salt	1 green sweet pepper
White pepper to taste	1 small sweet pickle
Dash of cayenne pepper	

Place butter and finely minced onion in skillet to simmer slowly. When tender add the pepper and flour, stirring 'til smooth, but not brown. Next add tomatoes and allow it to boil 1 minute. Remove from fire, chill, then add the finely chopped pepper and pickle. This is particularly good served with fish.

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CHEESE AND TOMATO SAUCE.

2 tablespoons butter	½ cup grated tasty cheese
1½ tablespoons flour	Dash of cayenne pepper
1½ cups strained tomatoes	1 tablespoon minced green pepper
½ teaspoon salt	
¼ teaspoon white pepper	

Place creamed butter and flour in bowl, to which add the tomatoes. Allow this mixture to boil 2 minutes. Remove from fire and add salt, pepper, grated or riced cheese, cayenne and finely chopped green pepper. Serve hot with fish.

HORSERADISH CREAM SAUCE.

2 tablespoons butter	1 cup sweet milk
1½ tablespoons flour	⅓ cup fresh grated horseradish
½ teaspoon salt	
¼ teaspoon white pepper	1 well beaten egg

Place the butter in a saucepan and when melted, but not hot, add the flour. Stir until well mixed, then add salt and pepper and gradually add the milk. Stir and cook until it thickens. When thick add the horseradish and egg. Only let it heat through after horseradish and egg are added. Serve hot or cold on various kinds of meat.

MOCK HORSERADISH.

Grate firm sweet turnips, add white vinegar, white pepper, salt and a dash of cayenne pepper. If turnips are good and not pithy, this makes a mild substitute for horseradish.

HORSERADISH DRESSING.

4 tablespoons freshly grated horseradish	½ teaspoon dry mustard
2 teaspoons vinegar	½ teaspoon salt
½ tablespoon sugar	4 tablespoons thick cream

Mix horseradish and vinegar. Let stand for 15 minutes. Mix sugar, mustard and salt together and add to horseradish and vinegar. Last add the cream. Serve very cold.

ROQUEFORT CHEESE AND HORSERADISH DRESSING.

2 tablespoons cheese	2 tablespoons fresh grated horseradish
	1 cup salad dressing

Make a salad dressing from the "3-Egg Yolk Salad Dressing" recipe and allow it to chill. Mix the cheese and horseradish together and add. Additional vinegar or lemon juice may be added. Nippy or tasty cheese may be substituted for Roquefort cheese.

MUSTARD DRESSING.

3 tablespoons dry mustard	1 cup vinegar
1 tablespoon sugar	1 egg
½ teaspoon salt	2 tablespoons butter or olive oil

Mix mustard, sugar and salt together. Gradually add the vinegar and keep mixture from lumping. Last add the well-beaten egg. Cook in double boiler, stirring till it thickens. Remove from stove, add butter and set away to cool. This dressing should stand a day before using.

CUCUMBER DRESSING.

2 large cucumbers	½ teaspoon white pepper
1 medium white onion	¼ teaspoon paprika
2 tablespoons olive oil	¼ cup white vinegar
1 teaspoon salt	

Peel cucumbers and split lengthwise. Remove all seeds. Place cucumbers and onion in food chopper and grind them as coarse as possible. Add olive oil, salt, pepper, paprika and vinegar, chill before serving.

CHEESE SAUCE FOR FISH.

1 cup hot water	1 tablespoon lemon juice
1½ tablespoons flour	2 tablespoons grated tasty cheese
2 tablespoons butter	(Mild cheese does not give flavor)
½ teaspoon salt	
⅛ teaspoon white pepper	

Place hot water in saucepan. Blend flour, butter, salt and pepper and add to water and boil 2 minutes. Remove from fire, cool and add lemon juice and grated cheese.

LEMON SAUCE FOR FISH.

Juice of 1 large lemon	⅛ teaspoon white pepper
½ cup butter	Yolks of 2 eggs
½ teaspoon salt	

Place lemon juice and butter in saucepan and heat, stirring constantly. Remove from fire and add slowly the well-beaten egg yolks, salt and pepper. Beat until mixture stiffens, then serve on fish.

CHAPTER XX

Salads

SUGGESTIONS ON SALAD MAKING.

Salads are sometimes considered a luxury, or as an unnecessary addition to the dinner or luncheon, and by many persons looked upon as an indigestible mixture. Salads, properly prepared and ingredients carefully selected and combined, form an important course at all well appointed dinners. Salads served with a dinner, however, should be simple and light, the principal ingredients being vegetables, fruit and French dressing. Where a salad is to be the main part of a luncheon, the heavier foods, such as meat, fish and vegetables, combined with mayonnaise or salad dressings in cooked form should be served.

Much care should be given the preparation of good salads. Green vegetables should be fresh and crisp. Lettuce, endive, watercress and all vegetables, of green or crisp nature, should be thoroughly washed and clean. Allowing vegetables to remain in cold water for a short time improves them, but vegetables must be wiped dry before using. Do not at any time allow lettuce, celery or any green vegetable to remain a length of time in water to cause it to become water soaked. About 30 to 45 minutes is long enough where the water is cold. After vegetables are dried, if they are not to be used immediately, lay them in dry cloth on ice, or place them in paper sack and lay on ice. Vegetables may be prepared some time in advance if taken care of in this manner.

The ingredients composing salads should not be combined until just before serving, unless it is salad in molded form. All dishes in which salad is to be placed should be thoroughly chilled.

Care should be taken in the mixing of salads that the mixture does not become mashed. Meat for salads should be diced and cut crosswise of the grain. Fish should be separated with a fork but not shredded or mashed. Vegetables should be cut in even sized pieces. Hard cooked eggs should be sliced very carefully to prevent crumbling, especially the yolks. Marinating ingredients gives a better flavor, especially to vegetables. To marinate, pour French dressing over the ingredients chosen and allow them to stand in a cold place

until well seasoned by soaking. If a mayonnaise dressing is then to be used, pour off the French dressing.

There are many kinds of salad dressings commonly called mayonnaise. The mayonnaise dressing is a combination of olive oil, vinegar, paprika, salt and egg mixed in uncooked form, but the principal part of a mayonnaise is the olive oil.

There are many who do not care for the olive oil flavor and as the result many delicious dressings with olive oil as the foundation are not served. We now find various high grade salad oils on the market and there is no reason for the olive oil to be used only where there is a decided liking for it. In all mayonnaise or cooked dressings, where olive oil is mentioned, these salad oils may be used as a substitute with perfect success. All oils are valuable food and should be an important part of our regular diet.

The cottonseed oil has little flavor and some known brands are exceptionally clear and very desirable for salad mixtures and dressings.

Corn oil is a high grade product and contains much food value, as well as furnishing heat and energy to the body, if consumed regularly.

Peanut oils are not to be forgotten, and when such oil is of highly refined quality is a most valuable substitute for olive oil. None of these oils, however, give the flavor that is obtained through the use of the oil from the olives, so if that rich flavor is desired, the higher price is to be paid and this product used.

To those who abstain from the use of oil dressings, on account of flesh building properties, we would recommend the use of a high grade mineral oil. While the mineral oils are sold through the drug stores and act as a lubricant, yet they make a most excellent foundation for French dressings and various other oil dressings, and to the person who keeps close watch on the number of calories consumed daily this might prove to be a valuable suggestion.

Usually where a mayonnaise dressing can be used, a cooked salad dressing may be substituted, especially where olive oil is not liked. When making cooked salad dressings, especially, where a number of whole eggs or egg yolks are to be used, much attention should be given the bowl in which the mixture is to be cooked. Select a granite or porcelain bowl rounded at the bottom, so that in the brisk whipping of the mixture, during the cooking period, all the liquid may be kept in motion. Always set the bowl in a larger pan with enough water in the larger pan to keep the mixture from coming in direct contact with heat and scorching. A wire egg beater with wire coil around the edge of paddle is best for the making of salad dressings. The faster the mixture is whipped during cooking period the lighter the dressing will be. This is true only where eggs are used. Keep all salad dressings as cold as possible until served. In most dressings where recipe calls for vinegar the lemon juice may be substituted.

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CUCUMBER SALAD.

Cucumbers
Pimentos

Cream cheese
Melted butter

Select even sized cucumbers. Peel and cut in halves, lengthwise. Cream pimentos, cheese and melted butter into a paste and build up on half of cucumber to rounded shape, having cucumber nearly round when done. See that the paste is well fitted to cucumber. Place cucumber on ice to chill. Before serving take sharp knife and split each half lengthwise, making quarters. Lay quarters on lettuce leaves and pour highly seasoned French dressing over quarters. Slice stuffed olives very thin and lay along the side of cucumber quarters.

GRAPEFRUIT, CUCUMBER AND CHEESE SALAD.

Grapefruit
Small cucumbers
Tasty soft cheese

**French dressing or spiced
vinegar**

Peel grapefruit and separate parts, removing all fiber, seeds and cords. Cut grapefruit then in small pieces and place in bowl. Peel small sized cucumbers. Slice thin. Take the soft cheese and spread between two slices of cucumber until you have prepared as many as needed to serve. Heap the prepared grapefruit in a little pile on a crisp lettuce leaf and place these tiny cucumber sandwiches in a circle around the grapefruit. Now pour a generous amount of spiced vinegar or French dressing over all the mixture. Chill and serve.

GRAPE FRUIT SALAD.

Place grape fruit in diced pieces on tender lettuce leaves and serve cold with French dressing. Be sure and remove all tough skins, seeds and strings from the fruit.

ORANGE SALAD.

Make the same as "Grape Fruit Salad," only use oranges.

POTATO SALAD NO. 1.

4 cups cold diced potatoes
1 onion
6 red radishes, unpeeled
1 green sweet pepper
1 cucumber
1 teaspoon salt

**1 cup mayonnaise or cooked
salad dressing**
**½ cup thick sweet or sour
cream**
Dash of white pepper
Dash of cayenne pepper

Boil potatoes in salted water until tender, then cool and dice. Potatoes should not be boiled until they crumble. Chop onion and green pepper; slice radish and cucumber thin. Mix all together with the mayonnaise, sweet or sour cream, salt and pepper. If all mayon-

naise is used and no cream, use about 1 2/3 cups of mayonnaise. Place salad in dish and chill. A few sprinkles of paprika or finely minced parsley on top adds in looks. Celery may be substituted for cucumber in winter months.

POTATO SALAD NO. 2.

4 cups diced cold boiled potatoes	1 1/2 cups cooked salad dressing
1 onion	Dash of white pepper
2 pimentos (canned)	Dash of cayenne pepper
1 celery heart	3 hard cooked eggs

Boil potatoes in salted water until tender, then cool and dice. Chop onion fine and add to potatoes. With sharp knife cut pimentos in small pieces. Take only tender stalks of celery and cut with knife. Combine the salad dressing and vegetables, together with the two kinds of pepper. Separate the yolks from whites of hard cooked eggs. Dice the egg whites and add to potato mixture. Line a salad bowl with tender lettuce leaves, place salad in heap on lettuce leaves and over the top rice the egg yolks. If salad is to be served on individual plates, prepare each dish in same manner. Finely minced parsley may be sprinkled sparingly over top of riced egg.

RELISH OR SALAD.

12 small beets or 6 large ones	3 onions size of walnuts
1 medium sized cucumber	

Cook the beets until tender. Dice beets, cucumber and onions and allow them to soak in cold spiced vinegar before serving.

PEPPER AND ONION SALAD.

6 green sweet peppers	1 medium sized Bermuda onion
1 small red pepper	French dressing

Allow peppers to stand in ice water after the stems and seeds are removed. Place chilled peppers, red pepper and bermuda onion in bowl and chop fine. Mix with dressing and place on lettuce leaf. Serve very cold.

MEXICAN SALAD.

4 large green peppers	1 cup finely chopped cabbage
1 red pepper	Watercress
2 large tomatoes	3/4 cup mayonnaise dressing
1 medium sized white onion	Stuffed olives

Cut green peppers in half, lengthwise, then remove seeds and place in cold water. Take one small red pepper and chop very fine. Dice the tomato. Have cabbage chopped. Combine red pepper,

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tomato and cabbage and mix with 5 tablespoonfuls of the mayonnaise dressing. Remove peppers from the cold water, wipe dry and place on salad plates. Fill the peppers with this mixture, heaping it up. Lay watercress all around on salad plate with the stuffed olives cut in halves. Pour remaining mayonnaise dressing over top of each filled half pepper. If more vinegar is wanted, 1 teaspoonful of white vinegar may be poured over the pepper before remaining mayonnaise dressing is added.

BUFFET SALAD.

12 firm slices of peeled tomatoes	½ cup finely chopped celery hearts
¾ cup grated cream cheese	½ cup French peas
1 cup finely chopped white cabbage	Salad dressing

Chill firm tomatoes before peeling. After peeling, slice thick enough for slice to hold its shape. Place grated cheese between two slices of tomato and lay on salad plate. Have cabbage and celery chopped fine, chilled and mixed together. Place a circle of the chopped cabbage and celery all around the slices of tomato. Lay peas in a circle around on top of cabbage and celery. Have in readiness dressing in stiff form and heap a generous spoonful on top of tomato. The success of the salad is in having all the ingredients cold and the dressing stiff.

COMBINATION SALAD.

½ cup celery	½ cup radishes
½ cup cucumber	¼ cup small green onions
½ cup tomato (not too ripe)	¼ cup pecan halves
¼ cup green pepper	1 teaspoon salt

Have all these vegetables chopped and measured, being careful not to have them cut in too small pieces. If possible, keep pieces about the size of a dime. Mix all together with salt in a bowl. Line salad dishes with tender lettuce leaves, place mixture on lettuce leaves, with a few nut meats on top. Serve with French or mayonnaise dressing, French being the better.

SPINACH AND EGG SALAD.

Cooked spinach	French dressing
Hard cooked eggs	

Chop spinach and place on salad plate in following manner: Place one spoonful in center of plate, keeping spinach in round shape. Leave one-half inch bare circle around this and place another circle of spinach. Have hard cooked eggs riced and placed in this bare circle. In the center of the spoonful of spinach place one-half of a highly seasoned deviled egg. Set this on ice until time for serving, then pour French dressing over all.

CELERY AND TOMATO SALAD.

6 tomatoes
1 cup celery

French dressing
 $\frac{1}{2}$ teaspoon salt

Peel tomatoes, cutting a slice from stem end. Dig out center and mix with the cup of finely chopped celery and salt and refill tomatoes. Place tender white celery leaves on plate with tomato in center. Place on ice to chill. Before serving pour French dressing on each tomato.

QUICK SALAD.

1 can kidney beans
2 sour pickles
1 celery heart
1 onion

2 hard cooked eggs
1 large sized boiled potato
1 pimento
1 $\frac{1}{2}$ teaspoons salt

Drain liquor from kidney beans and place beans in bowl. Chop pickles, celery and onion together and add to beans. Cut eggs, potatoes and pimento in small sized pieces and add to mixture. Mix all together with salt, mayonnaise or cooked salad dressing and serve on lettuce leaf.

ASPARAGUS SALAD.

Take three tender asparagus shoots and lay on salad plate. Lay 2 narrow bands of pimento across asparagus in center. Pour a small amount of dressing over each serving.

DRESSING.

Mix 3 tablespoonfuls of olive oil with 1 tablespoonful of vinegar. To this add $\frac{1}{2}$ tablespoonful lemon juice, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{6}$ teaspoonful white pepper, 1 teaspoon grated onion, and 1 teaspoonful grated horseradish. Let this mixture stand one hour, then strain through sieve and serve on salad.

LETTUCE SALAD.

Lettuce heads

Thousand and One Island Dressing

Place chilled half lettuce heads on plates and serve with Russian, Ideal, Thousand Island, Mexican or Thousand and One Island Dressing.

LETTUCE AND ONION SALAD.

1 head of lettuce

1 Bermuda or Spanish onion

Select a small solid head of lettuce and remove enough leaves to use on salad plates. Use an onion the size of a teacup and place remaining lettuce and onion in chopping bowl and chop as fine as for slaw. Place a generous spoonful of the chopped mixture on lettuce

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leaf and over each pour a generous amount of roquefort cheese dressing, as made from "Roquefort Cheese Dressing No. 2." French dressing may be used instead. A stuffed olive may be placed in the center of mixture if desired. Also a sprinkle of paprika over each.

ONE MEAL SALAD.

1 can kidney beans, drained	1 cup cabbage
1 onion	1 cucumber
1 green pepper	3 hard cooked eggs
6 round red radishes	

Place pepper, cabbage and onion in bowl and chop fine. Dice the cucumber, radishes and egg and mix with the beans. Mix with the following dressing after it is cooked and cooled:

1 egg	Dash of cayenne pepper
$\frac{2}{3}$ cup vinegar	Black pepper to taste
2 tablespoons water	$\frac{1}{4}$ teaspoon paprika
4 tablespoons sugar	1 teaspoon salt
2 tablespoons flour	2 tablespoons olive oil or 3
$\frac{1}{4}$ teaspoon dry mustard	tablespoons butter

Beat the egg very light, to which add the vinegar and water. Mix the sugar, flour, mustard, pepper, paprika and salt together and add. Place in double boiler and cook till thick. When thick, remove from fire and add the olive oil or butter. When radishes are not in season, celery may be substituted.

CHEESE AND TOMATO SANDWICH SALAD.

Slices of tomatoes	Olives
Neufchatel cheese	

Select firm tomatoes, chill, peel and slice $\frac{1}{4}$ inch thick, using slices that will fit together. Place tender lettuce leaves on salad plates. Place a slice of tomato on lettuce leaf, then a thin layer of Neufchatel cheese. On top of this place another slice of tomato. Make a small mold of cheese for each top and in center of this mold place a stuffed olive. Chill, and pour French dressing over all before serving.

CANOE SALAD.

Select medium, even-sized, straight cucumbers. Wash and polish thoroughly. Cut a slice from the cucumber lengthwise to within an inch of the stem end. Dig out inside of cucumber with a spoon. Mix the cucumber that you have removed from the inside with finely chopped celery, green pepper and red radishes. Mix chopped vegetables with a mayonnaise or French dressing and fill cucumber shells with the mixture. Take a thick slice of cream cheese and place across center of cucumber to represent a seat. Select very small green onions and trim off some of the green tops. Fasten an onion to either

side of the boat to represent oars. A tiny flag should be stuck in front end of cucumber. Place the cucumbers on a dish or plate large enough to hold cracked ice. Peel round radishes and fix in tulip form and place in cracked ice around the cucumber boat.

POINSETTIA SALAD.

6 medium sized round red to- matoes	½ teaspoon celery seed
½ cup stiff salad dressing	Celery leaves and stalks or parsley

Peel tomatoes carefully, then cut in half, only cutting down to within an inch of stem end. Keep the tomatoes from coming apart. Now cut the halves in 3 parts, cutting down to an inch of stem end. Set the tomato on a salad plate, stem end down, and flatten the cut portions out on dish, forming petals. A little practice gives you a very good imitation. Now place one large dot of salad dressing in center of each tomato, fixed in this manner, and over the dressing sprinkle celery seed. Arrange either celery stalks and leaves on plate for stems and leaves, or parsley may be artistically arranged.

GREEN MOUNTAIN SALAD.

2 large cucumbers	French dressing
1 medium sized white onion	Cooked salad dressing
1 cup chopped cabbage	3 large green peppers

Peel, and cut lengthwise, the cucumbers, removing seeds. Place cucumbers and onion in chopping bowl and chop fine, then drain. Have cabbage chopped fine, chilled in ice water and drained. Combine the cucumbers, onion and cabbage and marinate with French dressing, allowing mixture to set in cold place 1 hour. Drain off French dressing, place mixture in heaps on salad plates, placing a circle of stiff cooked salad dressing around this heap. Chop peppers very fine and sprinkle over the top of each heap. Serve cold. Try "3-Egg Yolk Salad Dressing" for this, or "Velvet Salad Dressing" is excellent. Additional salt may be added to vegetables.

CAULIFLOWER SALAD.

1 large cauliflower	1 green pepper
2 medium sized cucumbers	1 cup mayonnaise dressing
1 large Spanish onion	

Cook cauliflower in salted water until tender. Remove from boiling water and place in cold water. Remove branches carefully, keeping them whole. Place the branches on salad plate in circle, having stem ends toward center of plate. Chop cucumbers, onion and green pepper fine and place a spoonful in center of cauliflower sprays, moulding and keeping salad in neat form on plates. Pour mayonnaise dressing over all and serve very cold. Other salad dressings may be used instead of mayonnaise.

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GREEN BEAN AND PIMENTO SALAD.

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|------------------------------|----------------------------|
| 1 can green stringless beans | 1 onion size of walnut, or |
| 3 canned pimentos | 2 teaspoons chives |

Select a good quality of green beans. Remove beans from the can, drain and cut in lengths of about 1 inch. Cut pimentos in pieces half that size. Chop the onion or chives as fine as can be chopped and then mix all together with mayonnaise or cooked salad dressing. Serve on lettuce leaves.

NASTURTIUM SALAD.

- | | |
|--|---|
| 2 cups chopped good flavored apples | $\frac{1}{4}$ cup finely chopped nasturtium stems |
| $\frac{1}{2}$ cup chopped tender celery hearts | 2 tablespoons lemon juice |
| $\frac{1}{3}$ cup sliced English walnut meats | $\frac{2}{3}$ cup thick cooked salad dressing |

(Use "3-Egg Yolk Salad Dressing" Recipe.)

Combine all these ingredients and serve soon after combining. Select perfect nasturtium leaves, wash and dry, then place leaves on salad plates in circle so that a generous little heap of the mixture may be placed on top. When making the 3-egg yolk salad dressing recipe for this, use 4 or 5 tablespoons of sugar.

LIMA BEAN SALAD.

- | | |
|---|---|
| 2 cups baby lima beans | Enough oil mayonnaise dressing to moisten |
| 1 canned pimento | |
| $\frac{1}{2}$ cup tender chopped celery | |

Select, if possible, the small baby lima or butter bean, either cooking the fresh ones until they are tender or use canned variety. Shred the pimento, then combine all with mayonnaise and serve on tender lettuce leaf.

CREAMED CABBAGE SALAD.

- | | |
|---|-------------------------------------|
| 3 cups finely shredded cabbage | 3 tablespoons sugar |
| 1 cup finely chopped celery | $\frac{1}{2}$ teaspoon salt |
| 2 hard cooked eggs, cut in small pieces | $\frac{1}{8}$ teaspoon white pepper |
| 1 medium sized onion, finely chopped | $\frac{1}{4}$ cup vinegar |
| | 1 cup thick sweet cream |

Combine cabbage, celery, eggs, onion, sugar, salt, pepper and vinegar. Stir well, then add cream at last. Serve on lettuce leaf. This serves 8 or 10 persons generously.

GERMAN POTATO SALAD.

Place $\frac{1}{3}$ cup diced bacon in a skillet and let it fry until grease is out but bacon not too hard. Mix 2 tablespoons flour, $\frac{1}{4}$ teaspoon dry

mustard, $\frac{1}{4}$ cup sugar, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon white pepper together and sprinkle it into the skillet. Do not have the grease too hot. When it thickens, add $\frac{3}{4}$ cup of vinegar and $\frac{1}{2}$ cup water. Stir and let it boil till thick. Pour this hot mixture over 3 cups cold boiled diced potatoes and 1 chopped onion. Stir mixture well, serving warm or cold. Finely minced parsley should be added or sprinkled on top.

WHITE SALAD.

2 cups finely shredded cabbage **1 cup diced pineapple**
1 cup quartered marshmallows **$\frac{1}{2}$ cup sliced blanched almonds**

Mix with a dressing made by using the following ingredients:

4 tablespoons lemon juice **1 tablespoon flour**
1 tablespoon white vinegar **1 egg white, stiffly beaten**
2 tablespoons sugar **1 cup whipping cream**

Combine the lemon juice and vinegar, to which add the sugar and flour in well blended form. Cook this in double boiler form, stirring constantly. When thick, remove from fire, add stiffly beaten egg white by folding process, and chill. When cold, add to it the whipped cream and it is ready to be mixed with first given ingredients. Ten persons may be served from this. Keeping this cold is secret to success.

PEA SALAD.

2 cups sifted canned peas **4 tablespoons lemon juice**
 $\frac{2}{3}$ cup diced cream cheese **Mayonnaise dressing**
 $\frac{1}{2}$ cup coarse cut unsalted peanuts

Select a good grade of peas. Cut cheese in small square pieces to correspond in size with peas. Shell fresh roasted peanuts and cut nuts in pieces to equal size of cheese cubes. Place all in bowl and mix with lemon juice and mayonnaise. Serve on lettuce leaf. This will serve 10 persons.

SEPTEMBER SALAD.

(For All Winter.)

12 medium sized carrots **2 tablespoons white mustard**
1 $3\frac{1}{2}$ lb. head of cabbage **seed**
3 large green peppers **1 tablespoon celery seed**
2 large red sweet peppers **1 tablespoon salt**
2 dwarf bunches of celery **$2\frac{1}{2}$ cups white vinegar**
 $\frac{1}{2}$ cup sugar **$1\frac{1}{2}$ cups carrot juice**

Cook the carrots until they are tender and yet firm. Then cool and cut in even sized small pieces. Shred the cabbage on shredder as fine as possible to make it. Take time and shred the green and red peppers so the shreds will correspond with cabbage. The celery is best cut in small pieces to correspond with carrots. Pack this cut

SALADS

vegetable mixture in pint mason jars and set in pan of boiling water while the sugar, mustard seed, salt, vinegar and carrot juice is boiled together for 3 minutes. After it has boiled, pour it into each jar of shredded mixture and seal airtight. This is to be served on lettuce leaf with mayonnaise dressing during winter months. The $1\frac{1}{2}$ cups of carrot juice is taken from the kettle in which carrots were boiled.

ONE MEAL ENDIVE SALAD.

2 crisp bunches of endive	$\frac{1}{2}$ cup vinegar
1 medium sized Bermuda onion	2 hard cooked eggs, diced
2 cups cold boiled diced potatoes	$\frac{1}{2}$ cup sweet or sour cream
1 cup diced bacon (partly lean)	1 teaspoon or more of salt
	$\frac{1}{4}$ teaspoon white pepper

Wash the endive and chop medium fine with the onion. Boil the potatoes with jackets on in salted water, and when tender peel and dice. When potatoes are cold combine endive, onion and potatoes. Place the diced bacon in skillet and fry to a golden brown, and when done, but yet hot, add the vinegar to the bacon and pour over the endive, onion and potato mixture. Next add the hard cooked eggs, sour cream, salt and pepper. Serve either warm or cold. If a sweet salad is wanted, add $\frac{1}{3}$ cup of sugar to the cream before adding.

COOKED CABBAGE SALAD.

Select a small, solid head of cabbage and cut in four pieces, removing the greater part of center heart. Place the cabbage in boiling salted water and cook exactly 30 minutes. Remove from kettle carefully so that portions will hold their shape. When cold place on lettuce leaf and over all pour French dressing. Other dressings may be used instead. If cabbage quarters are too large for one serving, they may be cut in two parts.

VEGETABLE SALAD IN MOLD.

1 tablespoon gelatine	Dash of cayenne pepper
$\frac{1}{4}$ cup water	1 cup shredded cabbage
1 cup boiling water	$\frac{1}{2}$ cup finely chopped celery
$\frac{1}{4}$ cup sugar	2 canned pimentos cut in small pieces
Juice of $\frac{1}{2}$ lemon	1 large red cooked beet cut in cubes
$\frac{1}{4}$ cup vinegar	
$\frac{1}{2}$ teaspoon salt	

Dissolve gelatine in the $\frac{1}{4}$ cup of cold water and allow it to stand 15 minutes. Mix boiling water, sugar, lemon juice, vinegar, salt and pepper and allow to heat again to the boiling point, then pour it into the gelatine. Strain through a cloth into bowl and set aside to cool. When mixture begins to set, add cabbage, celery, pimentos and beet. Pour out into individual molds, first dipping

molds into cold water. Chill, then turn out on to crisp lettuce leaves and over each mold place salad dressing.

MACEDOINE SALAD.

$\frac{2}{3}$ cup tomato	1 small sized cucumber
$\frac{1}{2}$ cup French peas	1 cooked beet
$\frac{1}{2}$ cup canned string beans	Mayonnaise dressing
$\frac{1}{2}$ cup tender celery	

Select a pink, firm tomato and cut in pieces the size of a thimble. Cut beans in 1 inch lengths. Cut celery in even sized pieces. Dice cucumber. Cut beet in pieces the size of beans. Place all vegetables in a bowl and marinate with French dressing, keeping mixture in cool place. Drain off French dressing, place vegetables on crisp lettuce leaves and serve with mayonnaise dressing.

DAINTY FRUIT SALAD.

2 cups diced oranges	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{2}$ cup diced pineapple	1 tablespoon lemon juice
4 large bananas	French dressing
$\frac{1}{2}$ cup confectioners' sugar	1 cup double cream, whipped
$\frac{1}{4}$ cup shredded cocoanut	

Place diced oranges, pineapple and 2 of the bananas diced in bowl and mix with sugar, cocoanut, lemon juice and nuts. Mix all together and place on salad plates in little heaps. Take remaining 2 bananas and slice thin and lay slices in circles all around the heap of fruit mixture, sprinkle with the French dressing, then whip cream stiff and either place in pastry bag and squeeze out in rose form on top of salad or with a spoon dip the cream out and place in heap on top of diced fruit.

FRUIT SALAD IN MOLD.

1 tablespoon gelatine	$\frac{1}{2}$ cup diced pineapple
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup diced orange
$\frac{1}{4}$ cup lemon juice	$\frac{1}{2}$ cup diced banana
4 tablespoons sugar	$\frac{1}{4}$ cup coarsely chopped pecans
$\frac{1}{4}$ teaspoon salt	Salad dressing
1 cup boiling water	

Dissolve gelatine in cold water, allowing it to stand about 10 minutes. Have the cup of water boiling and add to this, together with lemon juice, sugar and salt. Strain into bowl and cool. When mixture begins to thicken add the fruit and nuts. Dip molds in cold water, then pour mixture out in molds and set on ice until it sets. When ready to serve, place tender lettuce leaves on salad plates and on each leaf place a mold with a generous spoonful of salad dressing on top of mold. To make this especially good the 3 egg yolk salad

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dressing, with chopped marshmallows added to dressing when cold, is delicious. (See 3 egg yolk salad dressing.)

APPLE SALAD.

Red or green apples
Celery

Nuts (pecans)
Cooked salad dressing

Select medium sized smooth apples and polish. Cut off a thick slice at stem end. Dig out the inside of apple carefully so the bottom will not leak. Place the dug out portion of the apple in a bowl with the celery and nuts. Chop all together, keeping pieces about as large as navy beans. Add enough salad dressing to mixture to moisten, then pack the apple shell full. Place the slice of apple, cut from the top, back on apple. Set apple on salad plate. Plates may be garnished with nasturtium or geranium leaves. Excellent salad for Hallowe'en luncheon.

GUEST SALAD.

5 medium sized chopped apples
1 bunch dwarf celery (tender stalks only)
1 cup white seeded grapes
½ cup pecans

Whole pineapple ring
Mayonnaise
Whipped cream
Candied cherries

Chop apples and celery medium fine, having pieces about the size of navy beans. Nuts should also be of same size. Hold back enough half pecans for decorating. Halve and seed white grapes, leaving half of the grapes in half form and quarter the others and add to chopped celery and apples. Mix grapes, celery, apples and mayonnaise together. Place whole slices of pineapple on individual plates. Around the edge of pineapple, place at even intervals grape halves. On top of pineapple, make a pyramid of the prepared mixture. Over this pyramid place one tablespoonful whipped cream in stiff unsweetened form. In center of whipped cream place one candied cherry with three pecan halves.

BANANA SALAD.

Large, firm, plain, yellow
bananas
Marshmallows

Pineapple
French dressing
Whipped cream

Bananas must be large, firm and yellow. Place the banana on table and see which way it lies flat. Wash and wipe banana and with a sharp knife cut a slice lengthwise a third down from top. Dig out the inside of banana and use what has been cut off. Use equal parts banana, pineapple and chopped marshmallows. Fill the banana with this mixture, pour in a little French dressing and heap whipped cream on top all along the banana. Set on ice to chill. Mixture may be sweetened to taste.

BANANA, PINEAPPLE AND NUT SALAD.

- | | |
|--------------------------------|-----------------------------|
| 6 slices of pineapple | ½ cup cooked salad dressing |
| 3 large firm bananas | Lettuce leaves |
| ½ cup nut meats (coarsely cut) | |

Place the pineapple on lettuce leaves. Dice the bananas and mix with nuts and Mayonnaise. Place a generous heap on top of each slice of pineapple and serve very cold.

WALDORF SALAD.

- | | |
|---------------------------|---------------------------------|
| ½ cup diced apples | ½ cup pecans in halves |
| ½ cup diced celery hearts | 1 tablespoon lemon juice |
| 1 cup seeded white grapes | 1 cup thick mayonnaise dressing |
| ½ cup diced pineapple | |

Mix all ingredients together and serve on tender lettuce leaves.

PEAR SALAD.

- | | |
|----------------------|---------------------------|
| 6 canned pear halves | ½ cup grated cream cheese |
| 2 celery hearts | Mayonnaise dressing |
| ¼ cup chopped pecans | |

Have firm cooked pears for this purpose. Dice pears and chop celery and nuts. Mix all together with dressing and serve on lettuce leaf. Over the top of mayonnaise, sprinkle the cheese in riced or grated form. Four very narrow straw strips of cheese should be placed around salad.

PINEAPPLE AND PIMENTO SALAD.

- | | |
|-----------------------|-------------------------------|
| 6 slices of pineapple | Tender lettuce leaves |
| 3 pimentos | French or mayonnaise dressing |

Place tender, crisp lettuce leaves in circle on salad plate. Lay a slice of pineapple in center of each group of leaves. Cut pimentos in strips and form a star, from the strips in center of each slice of pineapple. Pour either French or mayonnaise dressing over all.

BRIDE'S ORANGE BASKET SALAD.

- | | |
|----------------------|--------------------------|
| Oranges | 1 tablespoon lemon juice |
| Bananas | French dressing |
| Pineapple | Cocoanut |
| Confectioners' sugar | |

Select even sized firm oranges. Cut orange lengthwise to about 1/3 of depth through orange, cutting to within ½ inch of center both ways. This allows for the handle on basket. As carefully as possible take out the inside of orange, leaving the plain basket.

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Remove tough skin from orange and dice. Dice equal portions of pineapple and banana. Add a few sprinkles of cocoanut, lemon juice, French dressing and enough sugar to please. Place mixture back in orange basket and set on salad plates. When this salad is served during nasturtium season, the plate may be decorated with leaves and blossoms.

SNOW SALAD.

8 pineapple rings	French dressing
1½ cups seeded and quartered white grapes	1 tablespoon sugar
⅓ cup chopped pecans	½ pint cream, whipped
	24 marshmallows

Place pineapple rings on plates. Mix chopped nuts, grapes, French dressing and sugar together and place in heap on center of pineapple rings. Cut marshmallows in small pieces and add to the ½ pint of cream after it is whipped in stiff form. Cover the nuts and grapes entirely over with the whipped cream and marshmallow mixture. A pleasing addition to this salad is the placing of a circle of halved grapes around pineapple ring and ½ of a marshmallow on top of salad. This serves eight persons generously. From the 1½ cups grapes enough may be saved out to place around in circle. Place a candied cherry on top of salad instead of marshmallow, if a little color is wanted.

CRANBERRY SALAD.

Cook 1 quart of cranberries with 1¼ cups of water until cranberries become mushy, which ordinarily requires about 5 minutes. Remove from fire, press through a sieve while hot and combine the pulp and the 1 2/3 cups of sugar. Mix well and pour out into a flat enamel pan or platter and let set until it is firm and jellied. Do not cook the mixture after sugar and cranberry pulp is combined.

This is the foundation for the following salads:

CIRCLE SALAD.

Take a cutter about the size of a thimble and cut small molds out of the jellied cranberries and place in a circle on a salad plate, about an inch and a half from outer edge. Place another layer of molds on top of these at irregular intervals in checkerboard style. Now combine 1 cup of chopped tender celery, ½ cup of chopped nut meats, 1½ cups of firm diced pears with enough salad dressing to make of desired consistency, and place the mixture down in the center of the cranberry circle. To make more attractive a tiny spray of parsley may be placed at regular intervals around outer edge of cranberry molds.

RAINBOW SALAD.

Take a small square cutter or cut small cubes from the jellied cranberries, figuring 8 cubes to the dish. Now cut large fresh marshmal-

lows in 4 squares, which should compare in size with the cranberry cubes, also allowing 8 to the plate. Mix the marshmallow and cranberry cubes with enough cream salad dressing to make the desired consistency and place in head lettuce leaves. A small heap of whipped cream should be placed over this and on top of cream a nut meat or maraschino cherry.

QUEEN SALAD.

- | | |
|--------------------------------------|---|
| 1 cup seeded and halved white grapes | $\frac{1}{3}$ cup nuts, cut in large pieces |
| 1 cup diced pineapple | $\frac{1}{3}$ cup cheese cut in small square pieces |
| 1 medium sized peeled apple, chopped | Mayonnaise or cooked salad dressing |

Place all ingredients in bowl and mix well together. This salad may be served on tender, crisp lettuce leaves, or it may be placed in a heap on salad plates. Around the heap place four tender shoots of celery. Select tender shoots of uniform size and do not remove the white leaves. The four shoots are placed in pen form around the salad and four stuffed olives placed at each cross section of celery. Do not combine ingredients until ready to serve.

CODFISH SALAD.

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|--|---------------------------|
| 1 cup cooked canned codfish | 1 celery heart |
| $\frac{1}{2}$ cup diced cold boiled potatoes | 3 tablespoons lemon juice |
| 1 small sized onion | 2 hard cooked eggs, diced |
| 3 small sweet pickles | 1 cup salad dressing |

Place shredded codfish in bowl and add the diced potatoes and finely chopped onion. Slice sweet pickle in thin slices and add. Next add fine chopped celery and lemon juice. Last add the diced eggs and salad dressing. Serve in chilled form on crisp lettuce leaves.

LOBSTER SALAD.

- | | |
|-----------------------------|--------------------|
| 1 cup cooked lobster | 3 hard cooked eggs |
| 1 cup finely chopped celery | |

Place lobster and finely chopped celery in a dish. After eggs have been simmered slowly for 20 minutes and chilled in cold water, then peel and separate the yolks from the whites. Cut the whites in small pieces and add to the lobster and celery mixture. Marinate this mixture in French dressing, allowing it to set in cool place for an hour. Drain the French dressing off and add enough salad dressing to make it the desired consistency. Place a spoonful of salad on a crisp lettuce leaf and over each dish prepared in this manner sprinkle some of the riced egg yolks. Serve cold.

SALMON SALAD.

- | | |
|------------------------------|---------------------------|
| 1 can pink salmon | 1 celery heart |
| 3 large cold boiled potatoes | 1 cup mayonnaise dressing |
| 6 small sweet pickles | |

Take salmon from can, drain, remove bones and skin. Dice the potatoes and add to salmon. Slice pickles very thin and add. Chop celery as fine as possible and mix with mayonnaise, then combine all ingredients. Serve on lettuce leaf.

COVE OYSTER SALAD.

- | | |
|--|-------------------------------------|
| 1 cup cove oysters | $\frac{2}{3}$ cup catsup |
| $\frac{1}{2}$ cup tender celery | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup cold boiled potatoes | $\frac{1}{8}$ teaspoon white pepper |
| 2 hard cooked eggs | |

Drain oysters and place in a bowl. Chop celery fine. Dice potatoes. Mix the oysters, celery and potatoes together. Add catsup, salt and pepper. Place on tender lettuce leaves and chill. Before serving run the eggs through a ricer and spread over the top of salad mixture. Eggs may be diced and added instead of ricing.

TUNA FISH SALAD NO. 1.

- | | |
|---|-------------------------------------|
| 1 can white tuna fish | 1 pimento |
| $\frac{1}{2}$ cup chopped celery hearts | Mayonnaise or cooked salad dressing |
| 6 small sweet pickles (gherkins) | |

Shred tuna fish, chop celery fine, slice the sweet pickles thin, cut pimento in small pieces, then mix all together, being careful not to mash the mixture. Add enough mayonnaise dressing to make it desired consistency. Serve on lettuce leaf. A French dressing may be used if desired. Will serve 6 people.

TUNA FISH SALAD NO. 2.

- | | |
|---------------------------------|------------------------------|
| 1 can white tuna fish, or 1 cup | $\frac{1}{4}$ cup nut meats |
| 6 tender stalks of celery | Juice of $\frac{1}{2}$ lemon |
| 1 pimento | Salad dressing |
| 1 hard cooked egg | |

Remove the tuna from can and cut in small sized pieces, always cutting crosswise of the grain. With a knife cut the celery in small pieces and shred the pimento. Cut the hard-cooked egg in pieces to correspond in size with the pieces of celery. Cut the nuts in large sized pieces, either using pecans or English walnuts. Now combine all the ingredients and add as much mayonnaise or cooked salad dressing as is desired to hold it to thick consistency. Place on tender head lettuce leaves and serve very cold.

SHRIMP SALAD NO. 1.

- | | |
|-----------------------------|----------------------------------|
| 1 can shrimps | 2 hard cooked eggs |
| ½ cup chopped tender celery | 1 cup salad dressing |
| 12 ripe or green olives | 2 tablespoons olive or salad oil |

Seed and cut into pieces the olives. Chop celery fine. Have shrimps whole or in halves. Mix olives, celery and shrimps together, to which add the salad dressing and oil. Dice the hard-cooked eggs and add last, folding them in carefully, keeping egg yolks from becoming mashed. Chill and serve on tender lettuce leaves.

SHRIMP SALAD NO. 2.

- | | |
|-----------------------------------|-----------------------------|
| 1 cup shrimps | 1 onion size of walnut |
| 4 hard cooked eggs | ½ cup tender chopped celery |
| 1 medium sized cold boiled potato | 1 cup salad dressing |

Allow shrimps to remain in cold water a short time; then drain. Have eggs simmered slowly for 20 minutes, then chilled in cold water, peeled and diced. Dice potato and chop onion and celery fine. Mix all together and marinate in French dressing for 1 hour in cold place. Arrange tender lettuce leaves on salad plates and place a spoonful of mixture on leaves. Over this place one spoonful salad dressing.

CRAB SALAD.

Remove crab meat from the can and cut in uniform sized pieces. Set on ice to get perfectly cold. Take from ice box, place on crisp lettuce leaves. Over the crab meat sprinkle finely chopped tender celery and riced hard-cooked egg. Place a generous spoonful of mayonnaise dressing over each prepared mixture on dish. Keep chilled till ready to serve. Chopped sour pickle may be added.

SWEETBREAD SALAD NO. 1.

- | | |
|---------------------------------|-------------------------------|
| 2 sweetbreads | ½ cup canned button mushrooms |
| 1 cup chopped tender celery | Mayonnaise dressing |
| ½ cup pecans (coarsely chopped) | |

Place sweetbreads in boiling water and allow them to stand 5 minutes. Remove and dash in ice water, then place in hot salt water and boil 15 minutes, having only enough water to keep breads from burning. Remove from water, cool and cut in pieces the size of the mushrooms to be used. Mix the sweetbreads, chopped celery, chopped pecans, mushrooms and mayonnaise together and chill. Serve very cold on tender lettuce leaves. If mushrooms are the large buttons,

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cut in 2 or 4 parts and then cut sweetbreads accordingly. Will serve 8 or 10 people.

SWEET BREAD SALAD NO. 2.

2 sweetbreads	1 pimento, shredded
½ cup chopped tender celery	Mayonnaise dressing
3 small sweet or sour pickles, sliced	

Dash the sweet breads, after they have been thoroughly washed, in boiling salted water and simmer slowly for 20 minutes. Remove from fire, take breads out and cool. When cool, remove tough portions and cut the breads in bite-sized pieces. Now combine the sweet bread meat with celery, pickles, pimento and dressing (oil dressing preferred) and chill. When cold, serve on lettuce leaf. This serves 6 or 8 persons.

IDEAL CHICKEN SALAD.

2 cups cold diced chicken	⅛ teaspoon white pepper
½ cup finely chopped celery	3 tablespoons olive oil
2 hard cooked eggs	½ teaspoon salt
1 pimento (canned)	½ cup mayonnaise or salad dressing
3 small sweet pickles	

Place diced chicken in bowl. Add chopped celery, diced eggs and chopped pimento. Slice sweet pickles in thin slices and add. Last add pepper, olive oil, salt and salad dressing. Serve on tender lettuce leaf. An oil dressing is better for this salad, but any kind may be used. Eight may be served from this amount.

MACARONI SALAD.

1 cup cooked macaroni	Oil mayonnaise dressing
1 green sweet pepper	2 tablespoons lemon juice
1 canned pimento	

Combine all and serve on head lettuce leaf.

COTTAGE CHEESE SALAD

2 cups cottage cheese	1 teaspoon salt
¼ cup cream	¼ teaspoon white pepper
12 stuffed olives	French dressing
2 pimentos	

Mix cheese and cream together, to which add 6 olives chopped fine. Next add the pimentos cut in pieces and the salt and pepper. Mix all together. Place on crisp lettuce leaves in heaps. Place 1 olive in center of each heap and over all pour French dressing. Chill before serving.

GREEN PEPPER AND COTTAGE CHEESE SALAD NO. 2.

- | | |
|--------------------------|-------------------------------------|
| 1 tablespoon gelatine | 1 teaspoon salt |
| 3 tablespoons cold water | $\frac{1}{4}$ teaspoon white pepper |
| 1 cup hot cream | 2 medium sized green peppers |
| 2 cups cottage cheese | French dressing |

Dissolve gelatine in the cold water and let stand 15 minutes. Heat cream to boiling point and add to gelatine. Next add cheese, salt, white pepper and finely chopped green peppers. Mix all together and place in individual water-rinsed molds. Set molds on ice cake to chill and set. Remove cheese molds and place on tender lettuce leaves. Pour French or mayonnaise dressing over and serve cold.

MARSHMALLOW NUT SALAD.

- | | |
|------------------------|----------------------------|
| 24 marshmallows | Salad dressing (3 egg yolk |
| $\frac{1}{2}$ cup nuts | salad dressing recipe) |

Quarter the marshmallows and cut the nuts in coarse pieces. Combine marshmallows, nuts and enough salad dressing to make the mixture into a firm yet creamy condition. Place a generous spoonful on a tender lettuce leaf and serve. Have dressing ice cold before combining with marshmallows. A cooked dressing is better for this than one made from the use of olive oil. For a more delicious salad, place the mixture on a slice of pineapple instead of lettuce leaf.

PRUNE SALAD.

Select large, choice prunes and prepare as many as there will be persons to serve, figuring 6 prunes to each plate. Soak prunes for at least 2 hours, then drain thoroughly and steam or cook until tender, and yet keep them in whole form. After they are tender, remove seeds and prepare chopped apples, celery and nuts and place in cavities. Place on tender lettuce leaves and pour salad or French dressing over and serve. Always keep in cold condition until ready to serve.

TOMATO JELLY SALAD.

- | | |
|---------------------------------------|------------------------------|
| 2 $\frac{1}{2}$ cups ripe tomatoes | 2 tablespoons gelatine |
| 1 slice of onion | $\frac{1}{4}$ cup cold water |
| $\frac{1}{2}$ teaspoon salt (or more) | Russian dressing |
| $\frac{1}{8}$ teaspoon pepper | |

Simmer the tomato, onion, salt and pepper until onion is tender, then strain through a fine sieve. Soak the gelatine in the cold water for 5 minutes, then add to the hot tomato mixture. Stir well and pour into oblong shaped mold and set on ice till set. Cut in slices, lay on

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lettuce leaves and serve with "Russian Dressing," or the mixture may be poured into individual moulds.

CHEESE, CABBAGE AND PINEAPPLE SALAD.

3 cups finely shredded cabbage Grated tasty cheese
1 cup diced pineapple

Mix the cabbage and pineapple together and combine with it the "White Mayonnaise" dressing as given in salad dressings. Place a generous heap of the mixture on lettuce leaf and over the top of this sprinkle some grated or finely cut cheese.

CABBAGE SLAW.

½ medium sized cabbage head 1 teaspoon salt
1 small sized onion Dash of cayenne pepper
1 large green pepper or 1 White pepper to taste
 canned pimento ¾ cup thick sour cream
½ cup vinegar 2 tablespoons fresh bacon drip-
½ cup sugar ings melted

Chop cabbage and allow it to remain in cold water until crisp. Drain and mix with other ingredients, after onion and pepper have been chopped fine. Serve plain in dishes.

WILTED DANDELION—DUTCH STYLE.

3 packed-down cups of chopped ½ teaspoon salt
 dandelion White pepper to taste
⅔ cup diced bacon Dash of cayenne pepper
1½ tablespoons flour 2 hard cooked eggs
⅔ cup vinegar

Chop tender dandelion after it has been thoroughly washed. Do not chop too fine. Place the bacon in skillet and fry grease out, but do not allow bacon to get too crisp. Add to the bacon and grease the flour. Stir until the flour is very delicately browned, then add to it the vinegar, salt and pepper. When thickened, pour it over the dandelion. Last add the eggs in finely chopped or riced form. Stir well and serve warm. One small onion may be chopped and added if desired. A small amount of sugar may also be added.

WILTED ENDIVE—DUTCH STYLE.

Follow recipe for dandelion as given above, only use endive instead.

HOT DUTCH SLAW.

2 cups shredded or chopped cabbage	2 tablespoons sugar
1 cup finely chopped celery	1 tablespoon flour
1 medium sized onion, chopped fine	½ teaspoon salt
1 egg	⅛ teaspoon white pepper
¼ cup vinegar	¼ cup diced bacon
	¼ cup sweet or sour cream

Place cabbage, celery and onion in bowl. Beat egg light and combine with the vinegar. Next blend sugar, flour, salt and pepper and add to egg and vinegar. Fry the bacon cubes until the grease is nearly all fried out but yet not in a crisp condition. While the bacon and grease are hot, pour it over into egg mixture and stir well. Last add to it the sweet or sour cream and pour over the cabbage mixture. Place all the mixture on the stove and heat to piping hot before serving. This will serve six persons.

CHAPTER XXI

Salad Dressings

IDEAL OLIVE OIL MAYONNAISE.

2 egg yolks	1 tablespoon lemon juice
1 ½ cups olive oil	½ teaspoon salt
2 tablespoons white vinegar	¼ teaspoon ground mustard

Place the yolks in a chilled rounded bottom bowl or dish and set the dish or bowl in a pan of salted cracked ice. With a silver fork or tablespoon begin to whip, adding the olive oil a drop or two at a time, continuing to beat in this manner until about 2 tablespoons of oil have been added, then alternate the oil and vinegar, a teaspoonful at a time, until all vinegar and lemon juice are added. Continue to beat and add remainder of olive oil. The mixture should be very stiff at this time. Set it away in the coldest part of refrigerator. Keep cold for serving. If kept any length of time it sometimes separates. Chill and give it a few brisk whips to put it back into thickened condition again. Blend salt and mustard and whip in at the last.

WHITE MAYONNAISE.

4 tablespoons lemon juice	1 tablespoon flour
1 tablespoon white vinegar	1 egg white, stiffly beaten
2 tablespoons sugar	1 cup whipping cream

Combine the lemon juice and vinegar, to which add the sugar and flour in well blended form. Cook in double boiler form, stirring constantly. When thick remove from fire, add the stiffly beaten egg white by folding process and chill. When thoroughly chilled, add the cream in whipped form and it is ready to serve.

CELERY MAYONNAISE.

3 egg yolks	¼ teaspoon salt
½ cup cold vinegar	3 tablespoons sugar (more or less)
¼ cup cold water	1 tablespoon butter or oil
¼ teaspoon dry mustard	
2 teaspoons flour	

Beat the yolks very light, to which add the vinegar and water. Blend the mustard, flour, salt and sugar and add next. Place this mix-

ture in a rounded bottom enamel bowl and set bowl in boiling water. While the water boils rapidly whip the egg mixture with wire egg beater. The harder it is whipped the lighter and smoother it gets. When thick and smooth remove from fire and add the butter or oil, then chill. Have ready $\frac{1}{2}$ cup tender chopped celery and mix in when cold. A little additional whipped cream added makes it perfect.

GREEN SWEET PEPPER MAYONNAISE.

Make the same as for "Celery Mayonnaise," only use $\frac{1}{2}$ cup finely chopped sweet pepper.

PIMENTO MAYONNAISE.

Make the same as for "Celery Mayonnaise," only use $\frac{1}{2}$ cup finely cut canned pimento.

COOKED CREAM SALAD DRESSING.

2 tablespoons flour	2 tablespoons olive oil, butter or oil
1 $\frac{1}{2}$ teaspoons salt	2 eggs
3 tablespoons sugar	$\frac{1}{2}$ cup vinegar
1 teaspoon dry mustard	1 cup sweet milk
$\frac{1}{4}$ teaspoon white pepper	

Mix flour, salt, sugar, mustard and pepper together. Add olive oil and mix until smooth. Add eggs and with wire beater beat 2 minutes. Next add vinegar and stir well before adding the cup of milk. Cook in double boiler until thick, stirring constantly. This may be thinned with more vinegar or cream.

VELVET SALAD DRESSING.

11 egg yolks	1 teaspoon salt
$\frac{2}{3}$ cup vinegar	2 tablespoons flour
$\frac{2}{3}$ cup water	2 tablespoons butter
$\frac{1}{2}$ cup sugar	24 marshmallows, quartered (if desired)
1 teaspoon dry mustard	

Beat egg yolks very light, to which add the vinegar and water. Mix sugar, mustard, salt and flour together and add. Place in rounded bottom bowl, set this bowl in another pan of water to keep the mixture from coming in direct contact with heat. Whip mixture very hard until it thickens, using wire egg beater. Add butter after it is removed from fire. When marshmallows are added allow mixture to cool thoroughly before adding. Olive or salad oil may be used in place of butter.

SALAD DRESSINGS

FRENCH DRESSING.

½ .teaspoon salt	6 tablespoons olive or salad oil
¼ teaspoon paprika	5 tablespoons vinegar
Dash of cayenne pepper	

Mix the salt, paprika and cayenne pepper, then add the oil gradually, beating continually. Last add the vinegar.

COOKED OIL SALAD DRESSING.

2 tablespoons flour	¼ cup sugar
¾ cup cooking oil	1 teaspoon salt
Juice of 2 lemons	¼ teaspoon dry mustard
⅔ cup water	Dash of cayenne pepper
1 egg	

Mix the flour with 2 tablespoonfuls of the oil and mix it perfectly smooth. Add to this the juice of lemons and water. Place in a double boiler and cook until thick, stirring constantly. Remove from fire and combine with the well-beaten egg. Evenly blend the sugar, salt, mustard and pepper and add, together with the remaining oil. Beat all together. This is excellent on salads where vegetables are the principal ingredients.

SOUR CREAM SALAD DRESSING.

1 tablespoon flour	Dash of cayenne pepper
1 ½ tablespoons sugar	1 cup sour cream
¼ teaspoon dry mustard	1 egg
½ teaspoon salt	2 tablespoons vinegar
⅛ teaspoon pepper	

Blend flour, sugar, mustard, salt and pepper together and mix with sour cream. Next add well beaten egg and vinegar. Cook all in double boiler until thick, stirring constantly during cooking period. When mixture is cooked and cooled, 2 tablespoonfuls of oil may be added if richer dressing is wanted, or it may be made thinner by adding more vinegar or milk.

THREE EGG YOLK SALAD DRESSING.

3 egg yolks	2 teaspoons flour
¼ cup vinegar	1 tablespoon butter or oil
¼ cup water	¼ teaspoon salt
¼ teaspoon dry mustard	

If used for fruit salad use ¼ cup of sugar. If used for fish or meat salad use 1 tablespoonful sugar. If used for vegetable salad use 2 tablespoonfuls sugar. Beat egg yolk light, to which add vinegar

and water. Mix mustard, flour, sugar and salt together and add to liquid mixture. Cook in rounded bottom bowl, setting bowl in pan with enough water to keep mixture from coming in direct contact with the heat. With wire egg beater whip hard during cooking period. If butter is to be used, add butter when mixture comes from fire. If olive oil is to be used allow mixture to cool, then add oil. Chill and it is ready for use.

THOUSAND AND ONE ISLAND DRESSING

1 tablespoon flour	2 tablespoons water
2 or 3 tablespoons sugar	1 egg
¼ teaspoon dry mustard	3 tablespoons olive oil (more or less may be used)
1 teaspoon salt	
4 teaspoons vinegar	

Mix flour, sugar, mustard and salt together, having all well blended. To this add the vinegar, water and well-beaten egg. Place in bowl, set bowl in pan with enough water in pan to keep mixture from coming in direct contact with heat. Stir well during cooking period, and when thick remove from fire, allow to cool, then add olive oil. This mixture should be stiff and smooth. Prepare other ingredients as follows:

8 canned button mushrooms	1 or 2 teaspoons of chives or onion
½ of a cooked beet the size of small egg	1 hard cooked egg
12 ripe or green olives	Dash of cayenne pepper
1 canned pimento	1 cup whipping cream
½ of a large green sweet pepper	

Chop mushrooms, beet, olives, pimento, green pepper and chives or onion as fine as it is possible to chop. Combine the chopped mixture with the cooked paste. Run the egg through a ricer or sieve and add next, together with the cayenne pepper. Set directly on ice cake to chill while the 1 cup of cream is being whipped. When cream is firm, but not too stiff, fold it into the chilled mixture. This will serve 10 people.

IDEAL SALAD DRESSING.

1 egg	2 tablespoons butter
4 tablespoons vinegar	½ green pepper
1 tablespoon flour	1 onion (size of walnut)
2 tablespoons sugar	1 pimento (canned)
1 teaspoon salt	8 ripe olives (green may be substituted)
½ teaspoon dry mustard	½ cup thick sweet cream
1 teaspoon paprika	

Beat egg light, to which add vinegar. Mix flour, sugar, salt, mustard and paprika together and add. Place in double boiler and

SALAD DRESSINGS

cook until thick, stirring constantly. When thick, remove from fire and add butter. Allow this to get perfectly cold, then add the green pepper, onion, pimento and olives chopped as fine as possible to chop them. Last add the cream and serve. For additional richness and flavor, 2 tablespoonfuls of oil may be added. The cooked mixture gets very stiff, but it should be in this condition.

THOUSAND ISLAND DRESSING.

1 cup thick salad dressing	2 tablespoons lemon juice
1 canned pimento	1½ tablespoons sugar (more if desired)
1 onion size of walnut (chives are better)	½ teaspoon celery salt
½ medium sized green pepper	Dash of cayenne pepper
1 hard cooked egg	¼ teaspoon salt
2 tablespoons catsup or chili sauce	¼ teaspoon paprika

Either use a cooked salad dressing or an oil mayonnaise, or some high grade store variety. Chop the pimento, onion, green pepper and hard cooked egg as fine as they can be chopped. Now combine all ingredients as given, chill and serve.

ROQUEFORT CHEESE DRESSING NO. 1.

½ teaspoon salt	6 tablespoons olive or salad oil
¼ teaspoon paprika	5 tablespoons white vinegar
⅛ teaspoon white pepper	2 tablespoons Roquefort cheese

Mix salt, paprika and pepper together, to which add oil a little at a time, beating constantly until mixture thickens, then alternately add remaining oil and vinegar. When mixture is well blended add Roquefort cheese, stirring until the full amount of cheese is added and dressing is smooth.

ROQUEFORT CHEESE DRESSING NO. 2.

1 large egg	¼ teaspoon dry mustard
½ cup vinegar	1 tablespoon butter or oil
2 tablespoons sugar	Dash of white pepper
½ teaspoon salt	2 tablespoons Roquefort cheese

Beat egg until light, then combine with the vinegar. Blend the sugar, salt and mustard and add. Place mixture in rounded bottom granite bowl and set bowl in boiling water. Beat hard for a few minutes till mixture boils and thickens some, then remove from fire. When

cold, add the melted butter or oil, pepper and Roquefort cheese. Mix well, then chill before serving.

MEXICAN DRESSING.

1 cup salad dressing (made from 3 egg yolk dressing)	1 teaspoon paprika
6 tablespoons olive oil	$\frac{1}{4}$ teaspoon white pepper
2 tablespoons vinegar	Generous dash of cayenne pepper
$\frac{1}{2}$ cup chili sauce	1 tablespoon minced parsley
1 teaspoon salt	

Make the "3-Egg Yolk Salad Dressing" as given in this book, using 1 tablespoonful sugar in the mixing. When it is allowed to get perfectly cold, then add other ingredients as given in order, mixing all ingredients well together, chill and serve on head lettuce, or on any salad where a dressing of this kind is wanted.

RUSSIAN DRESSING.

1 cup thick mayonnaise dressing (The oil mayonnaise or any cooked salad dressing made with egg yolks may be used)	1 tablespoon sugar (more if desired)
$\frac{1}{4}$ cup olive oil or cooking oil	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{2}$ cup catsup	$\frac{1}{8}$ teaspoon ginger
3 tablespoons vinegar	$\frac{1}{2}$ teaspoon paprika
Generous dash of cayenne pepper	1 tablespoon finely minced onion or chives
$\frac{1}{2}$ teaspoon salt	2 hard cooked eggs, finely chopped or riced

Combine all these ingredients in the order given. Chill and serve on head lettuce or any chosen salad.

HOME PREPARED MUSTARD.

1 tablespoon sugar	1 cup water
4 tablespoons flour	2 tablespoons dry mustard
$\frac{1}{2}$ teaspoon salt	6 tablespoons vinegar
Dash of cayenne pepper	2 teaspoons olive or salad oil

Mix sugar, flour, salt and cayenne pepper together and add to water. Place on stove in double boiler and cook 10 minutes. Remove from fire and cool. Mix mustard, vinegar and oil together and add when mixture is cold. Place in glass jar and serve on cold meats. Allow this dressing to stand 24 hours before using.

SALAD DRESSINGS

SPICED VINEGAR.

1 cup vinegar

Dash of celery salt

$\frac{1}{8}$ teaspoon cinnamon

$\frac{1}{8}$ teaspoon cloves

$\frac{1}{8}$ teaspoon paprika

3 tablespoons sugar

$\frac{1}{8}$ teaspoon dry mustard

Dash of cayenne pepper

Boil all together for two minutes and strain through a double cloth. Double or triple this recipe and keep it cold in bottle for use when needed.

CHAPTER XXII

Sandwiches

SUGGESTIONS ON SANDWICH MAKING.

If sandwiches are to be made some time in advance of serving, wrap each sandwich separately in oil paper.

In summer, in order to have a perfectly moist sandwich, wrap each sandwich in oil paper, then pack in box and lay a damp cloth over the top of sandwiches in box. They will keep moist as long as you care to keep them in this manner.

The two layers of bread, with fillings between, make the best sandwich for picnic purposes, but very dainty sandwiches may be made in open form for afternoon teas and clubs. Two layers of bread may be used in same manner, but in order to have a more tasty sandwich, and more appetizing in looks, a mayonnaise dressing may be artistically placed in dots on top, and half nuts placed in center of dots of mayonnaise. The mayonnaise prepared for this purpose should be made thicker so that it does not run from the top. Unsweetened whipped cream, in very stiff form, placed on top of any kind of chicken sandwiches, or delicately flavored sandwiches, is delicious.

Sandwiches properly made should have the crust removed. Round loaves of bread, which have been baked in covered pans, make dainty sandwiches, especially where the crust has not been baked hard. We must not forget the old-fashioned bun sandwiches. There is no sandwich which pleases the child more than this kind. Many of the older class prefer such. Buns do not dry out like sliced bread, hence there is still a demand for such sandwiches.

If something out of the ordinary is desired for sandwiches, bake to order, large loaves of bread, so that when the slices are cut lengthwise of the loaf there is space. Slice these slices from the loaf in just as thin form as is possible to do and yet retain the shape. Spread slices with thin coating of butter and then sparingly with filling, having when completed two fillings and three slices of bread. When the three slices and two fillings are fitted together, lay them flat on the table and cut out with any desired shaped cutter, a small biscuit cutter being as good as anything. After this is done, place either a drop of

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that. After practicing on these sandwiches one can make them perfectly, and they will well repay you in looks and in taste. The pink bread recipe, as given on bread pages in this book, makes a very dainty looking sandwich, combined with a white chicken filling and whipped cream on top, or tinted with green lettuce or yellow cheese filling.

Fresh bread should not be used in sandwich making. It should be at least one day old.

Much time may be saved, as well as butter, by first creaming butter before spreading on bread.

When very thin slices of bread are to be used, it is a very good plan to butter the end of loaf each time, then slice with a saw knife. Meat run through a grinder makes the sandwich easier to eat, but if plain meat is to be placed between slices of bread it should always be cut crosswise of the grain.

MINCED SANDWICHES.

1 cup salmon	½ teaspoon salt
1 cup chopped ham	Dash of cayenne pepper
1 medium sized cucumber	Dash of black pepper
1 small tomato	2 tablespoons olive oil or
2 hard cooked eggs	melted butter
1 onion, size of walnut	

Have all ingredients chopped and mixed together. Spread on buttered bread with lettuce leaf between. The mixture is rich. A very little butter is needed on the bread.

SARDINE SANDWICHES.

1 small sized can of oil sardines	2 hard cooked eggs
Juice of 1 lemon	¼ teaspoon dry mustard
½ teaspoon salt	

Place sardines in bowl with all the oil in which they are canned. Remove all hair bones possible. Place hard cooked eggs in bowl with sardines and chop all together. Add mustard, salt and lemon juice, mix and spread on bread. Use lettuce leaves between slices of bread also.

DAINTY SHRIMP SANDWICHES.

1 cup shrimps	12 ripe olives (green olives may
2 hard cooked eggs	be used)
½ cup mayonnaise dressing	Salt and pepper to taste

Wash shrimps in cold water and place in bowl with hard cooked eggs. With a fork mash until eggs and shrimps are well mixed. Seed

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and cut in fine pieces the olives and add to mixture, together with the salt and pepper. Cut thin slices of bread from large loaf. With a round can cut out the center of the slices. Butter the slices very sparingly, then place a thick layer of shrimp mixture on one slice and press another slice down on this, having the sandwiches neat in appearance. Place sandwiches on individual plates and around the sandwich on the plate lay crisp, fresh watercress. Lay two tiny tender shoots of celery on top of each sandwich and across the celery lay two narrow strips of pimento.

PIMENTO AND CHEESE SANDWICH.

$\frac{1}{2}$ cup chopped cream cheese	Dash of red pepper
1 canned pimento	$\frac{1}{2}$ teaspoon salt
2 hard cooked eggs	1 tablespoon olive oil, salad oil or melted butter
$\frac{1}{3}$ green pepper	

Place the pimento with a tablespoonful of the liquor in which it has been canned in a chopping bowl, together with the eggs, cheese and green pepper. Chop all these together until fine, then add the butter or oil, salt and cayenne pepper and mash thoroughly. This is ready for spreading. When oil or butter is used in a mixture of this kind very little butter is needed on bread.

HASH GREEN SANDWICHES.

3 hard cooked eggs	$\frac{1}{4}$ teaspoon paprika
1 onion, size of walnut	1 teaspoon salt
1 green sweet pepper	1 tablespoon oil or melted butter
6 large lettuce leaves	Dash of cayenne pepper
$\frac{1}{4}$ teaspoon dry ground mustard	

Chop eggs, onion, lettuce and sweet pepper together, having all in minced form. Add mustard, paprika, salt and oil or butter. Mix well and spread between thin buttered slices of bread.

TASTY SANDWICHES.

$\frac{1}{2}$ cup tasty cheese	1 cucumber (medium size)
1 onion, size of walnut	2 hard cooked eggs
Dash of cayenne pepper	1 tablespoon melted or creamed butter
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon paprika	

Place onion and cucumber in chopping bowl and chop fine. Run eggs through ricer or sieve and add to the chopped mixture together with cheese, pepper, salt and paprika. Add the butter last and mix all

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together and spread. If the tasty cheese is used, which comes in tin foil, it is in soft form and creams well with other ingredients.

CUCUMBER, ONION AND CHEESE SANDWICHES.

1 pkg. Neufchatel cheese	¼ teaspoon paprika
1 cucumber (medium size)	2 tablespoons mayonnaise
1 onion, size of walnut	dressing
Dash of cayenne pepper	¼ teaspoon salt

Chop cucumber and onion together, to which add cheese and mix well together. Next add pepper, paprika, mayonnaise and salt. Spread on thin slices of rye or white buttered bread.

CUCUMBER AND CHEESE SANDWICHES.

2 medium sized cucumbers	2 hard cooked eggs
1 carton of snappy tinfoil cheese	Salt and pepper to taste

Grind the cucumbers and eggs together, then combine with the cheese, mixing until well creamed. Add salt and pepper, mix and spread on buttered bread. An onion may be ground with the mixture if desired, or a very few celery seed may be added.

BERMUDA ONION AND PORK SANDWICH.

1 cup finely minced cold boiled pork	¼ teaspoon white pepper
1 cup finely chopped Bermuda onion	1 teaspoon salt
	Lettuce leaves

Spread thin slices of bread with butter, then a thick layer of onion and pork mixture. Lay tender lettuce leaves between the two slices. Pork and onion may be run through food chopper instead of chopped or minced.

LELIA'S SANDWICH FILLING.

24 ripe olives	2 hard cooked eggs
2 canned pimentos	Mayonnaise dressing
1 cup nut meats	

Seed and slice olives in chopping bowl. Place the pimentos, nut meats and hard cooked eggs in bowl and chop all as fine as it is possible to chop. Add enough Mayonnaise dressing to make of thick paste consistency. Spread between thin slices of buttered bread. Ingredients may be ground instead of chopped if found more convenient.

SARDINE AND EGG SANDWICHES.

- | | |
|---------------------------|-------------------------|
| 1 small can oil sardines | ½ crisp head of lettuce |
| 4 hard cooked eggs | 1 teaspoon salt |
| 2 tablespoons horseradish | ¼ teaspoon white pepper |

Remove sardines from can and take all bones from fish. Place sardines and oil, in which they are canned, in bowl. Place hard cooked eggs in bowl, also horseradish and lettuce. Chop all together until fine enough to spread. Add salt and pepper and spread on thin slices of buttered bread.

MARSHMALLOW PECAN SANDWICHES.

- | | |
|--------------|-----------------|
| ½ cup pecans | 20 marshmallows |
|--------------|-----------------|

Chop pecans as fine as possible. Cut marshmallows and place in double boiler to melt. When soft add nuts and spread on thin slices of Boston brown bread, which is better baked in round loaves.

NIPPY SANDWICHES.

- | | |
|----------------------------------|---------------------|
| ½ cup grated cream cheese | Juice of 1 lemon |
| 2 hard cooked eggs | Dash of salt |
| 2 tablespoons grated horseradish | 2 tablespoons cream |

Mix all ingredients together and spread between buttered graham bread slices.

NIFTY SANDWICHES.

- | | |
|---------------------------|---------------------|
| ¼ pound cream cheese | ½ cup nut meats |
| 3 pimentos | Salt and pepper |
| 3 tender stalks of celery | Mayonnaise dressing |

Place the cheese, pimentos, celery and nut meats in a chopping bowl and chop all as fine as they can be chopped. Add the salt and pepper to suit taste. Last place in enough mayonnaise dressing to make it of thick, moist consistency. After all ingredients are combined, stir well and then spread on thin slices of rye or white bread. A lettuce leaf may also be used between the slices.

RAISIN NUT SANDWICHES.

- | | |
|-----------------|---------------------------|
| 1½ cups raisins | ½ teaspoon salt |
| 1 cup nut meats | 2 tablespoons thick cream |

Run raisins and nuts through food chopper. Mix salt and cream with mixture and spread between thin slices of bread.

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FRUIT AND NUT SANDWICHES.

- | | |
|----------------------|---------------------|
| 1 cup seeded raisins | 1 egg |
| 1 cup dates | 2 tablespoons sugar |
| ½ cup pecans | Juice of 1 lemon |

Run raisins, dates and pecans through food chopper. Beat egg light and mix well with this chopped mixture. Next add sugar and lemon juice. Spread between buttered slices of bread.

NUT, CHEESE AND PICKLE SANDWICHES.

- | | |
|---------------|-----------------|
| ½ cup almonds | 6 sweet pickles |
| 1 cup cheese | |

Blanch almonds and chop. Mix cheese and almonds and rub into a paste. Run sweet pickles through grinder, or chop as fine as possible, and mix with almonds and cheese. Spread on thin slices of bread.

CANNED CORNED BEEF SANDWICHES.

- | | |
|------------------------------|----------------------|
| 1 can corned beef | ⅔ cup salad dressing |
| 1 small onion, finely minced | |

Mix all together and spread on buttered bread with layers of lettuce.

DELICIOUS LIVER SANDWICHES.

- | | |
|----------------------------------|----------------------------|
| 1 cup ground cooked calf's liver | ¼ teaspoon white pepper |
| 3 hard cooked eggs | 1 teaspoon salt |
| ½ cup finely chopped onion | ½ cup thick salad dressing |

Have liver boiled and run through a chopper. Either run onion through chopper or cut fine. Mix all ingredients together and spread on thin slices of buttered bread, placing a crisp lettuce leaf between each two slices.

HAM SANDWICHES.

- | | |
|---------------------------------|------------------------|
| 1 cup ground boiled ham | ½ teaspoon salt |
| 4 stalks of tender heart celery | ¼ teaspoon dry mustard |
| 2 hard cooked eggs | Dash of cayenne pepper |
| 1 tablespoon melted butter | 2 tablespoons cream |

Have ham ground fine. Chop or run celery through grinder, being careful to save the juice. Run eggs through grinder. Mix all ingredients together and spread between buttered bread. Lettuce may be used between slices also.

IDEAL SANDWICH.

½ lb. boiled ham (ground fine)	4 tender stalks celery (chopped fine)
3 hard cooked eggs (riced)	White pepper to taste
½ cup nut meats (chopped fine)	Salt to taste
	Enough Mayonnaise to moisten

Mix all together and spread between slices of bread. Lettuce leaves or thin slices of pickle may be placed between slices, too.

CLUB SANDWICH.

Have in readiness the following articles, since a club sandwich must be made as quickly as possible in order to have the toast still warm when served.

Medium thin slices of bread with edges trimmed	Lettuce leaves
Slice cold chicken, white meat only	Riped or stuffed olives
Thin slices of tomatoes that are not too ripe	Olive oil mayonnaise dressing
	Thin slices of bacon

Toast the bread to a light brown. Lay one slice of bread down and spread a leaf of lettuce on first, then lay a full layer of chicken. Over this spread a little mayonnaise, 2 thin slices of tomato and 2 slices of bacon. Place another piece of toast over this, and on top of second piece of toast place lettuce, chicken, mayonnaise, bacon and tomato as on first layer. Now place another layer of toast over this. This makes 2 fillings and 3 layers of toast. With a sharp knife cut the bread from corner to corner, making a three-cornered sandwich. Place two of these on a plate and stick toothpicks through the sandwiches at both ends, fastening an olive on the top of each pick. Two tender shoots of celery should be placed on the plate also.

EGG AND CHEESE TOAST SANDWICHES.

Cut thin slices of bread and toast only lightly. Butter slices, then lay thin slices of cheese on bread and set back in oven until cheese melts. Poach eggs and season with salt and pepper. When cheese has melted, place a slice of toast on top of each cheese slice, pressing firmly together. Place sandwiches on plates and on top of each sandwich place a poached egg. Have on hand some hot milk, well seasoned with salt, pepper and butter. Over each egg and cheese sandwich pour a little of this hot liquid.

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PEANUT BUTTER AND CHEESE SANDWICHES.

Take equal parts of peanut butter and soft cheese and spread between thin slices of buttered bread. A lettuce leaf between layers adds to flavor.

BANANA SANDWICHES.

Spread crushed bananas mixed with pulverized sugar and peanut butter between graham slices of bread.

CHAPTER XXIII

Punch, Drinks and Appetizers

PUNCH APPETIZER.

1 cup rich cherry juice	Sugar to taste
3 cups water	20 marshmallows
Juice of 2 lemons	3 large bananas

Combine cherry juice, water and lemon juice, then add enough sugar to suit taste. Stir until sugar is thoroughly dissolved. Next cut marshmallows in 4 or 6 pieces each and dice the bananas and add. Serve in small glasses, preceding the dinner. The marshmallows and bananas rise to the top of liquid. A straw and spoon should be provided in serving this appetizer.

GRAPE JUICE PUNCH.

1 pint of grape juice	Juice of 2 oranges
1 cup sugar	1 cup pineapple juice
Juice of 3 lemons	

Pour all into punch bowl and add 1 cup of water and 1 quart of cracked ice. More sugar and water may be added.

CHERRY PUNCH.

4 cups strong cherry juice	2 cups water
4 cups strong tea	Sweeten to taste

Pour in a pitcher or punch bowl with cracked ice. Slice oranges to float on top.

PHOSPHATE PUNCH.

½ pint lemon juice	1 tablespoon acid phosphate
½ pint orange juice	1 lemon, sliced
½ pint strawberry juice, strained	1 orange, sliced
	1 cup sugar

Place all in punch bowl with 1 quart of cracked ice. If carbonated water is added to this, punch will be much better. A small amount may be purchased from druggist.

PUNCH.

Juice of 3 lemons	1 cup sugar
Juice of 1 orange	1 cup water
1 pint grape juice	1 cup pineapple juice

Mix all together, strain, place in punch bowl with large piece of ice to cool. A few nasturtium leaves may be allowed to float on top if leaves are thoroughly washed first.

FRUIT PUNCH.

Juice of 6 lemons	1 pint of rich peach syrup
1 cup pineapple juice	1 cup strawberry preserves
Juice of 4 oranges	1 cup sugar
1 pint of tea (as for ice tea)	2 quarts water

Mix all together and set on ice to chill. Before serving add cracked ice.

PINEAPPLE LEMONADE.

1 large pineapple	1 pint of sugar
4 lemons	

Peel and grate pineapple, to which add the juice of 4 lemons. Pour over this mixture 1 quart of water and allow it to stand $\frac{1}{2}$ hour, after which strain through a sieve, pressing all juice possible through. Add to this juice the sugar and enough cracked ice and water to make the desired flavor. Thin slices of lemon may be added to the liquid.

APRICOT AND LEMONADE.

1 cup rich apricot juice	1 quart of water
3 lemons	$\frac{1}{2}$ cup sugar

Cook apricots until tender, draining the juice to make 1 cup. Add the juice to one quart of water, together with the juice from 3 lemons. Use $\frac{1}{2}$ cup of sugar if apricots are cooked with sugar, but use more or to suit taste if not. When mixed and sugar is dissolved, add enough cracked ice to chill for serving.

ORANGEADE.

Boil 2 cups of water with 2 cups of sugar and the rind of 1 orange for 5 minutes. Remove from fire and cool. Remove the orange rind and add $\frac{3}{4}$ cup orange juice and juice of 1 lemon. Add enough water and cracked ice to suit taste.

GRAPE FRUIT COCKTAIL IN HALF SHELL.

Cut grape fruit in halves. Remove the meat and fiber, keeping the meat as firm as possible. To fill 6 half shells, allow one orange in

peeled and diced form, 1 large firm banana, 1 ring of pineapple cut in diced pieces, 12 marshmallows cut in quarters and the diced grape fruit meat taken from the 6 grape fruit halves. Mix all this together and place in even portions in the 6 shells. Sprinkle confectioners' sugar over each and serve cold.

GINGER QUENCH.

$\frac{1}{2}$ cup pineapple juice	$1\frac{1}{2}$ cups water
$\frac{3}{8}$ cup orange juice	$\frac{1}{4}$ teaspoon ground ginger
$\frac{1}{2}$ cup lemon juice	$1\frac{1}{2}$ cups sugar

Boil sugar and water 3 minutes, then cool and add all other ingredients. Fill glasses half full with cracked ice, then fill with mixture and drink.

BLANCHED ALMONDS.

Place shelled almonds in cold water and when they boil 2 minutes dash them into cold water. Squeeze each kernel through the fingers and remove tough skins. Dry kernels on a cloth and place into a bowl where a few drops of salad oil has been placed. Shake the kernels around in bowl until they seem to be slightly greased, then place on a sheet and brown lightly. Remove from oven, and while yet hot sprinkle with fine salt. Any nuts may be prepared in same manner.

CHAPTER XXIV

Jellies and Preserves

LEMON JELLY.

6 lemons
6 cups cold water

2½ cups sugar

Secure thin-skinned, juicy lemons so this recipe will prove up perfectly. Wash lemons and slice in thin slices. Place lemons and cold water in a granite kettle and boil until the rinds are tender, then squeeze through a cloth. When squeezed through there should be 3 cups of the juice. If lacking, add enough water to make 3 cups, and if more, boil down to 3 cups. Now combine the juice and sugar, and when sugar is dissolved strain through a cloth again, and either cook it in one cooking or divide and make two boilings. The smaller the quantity the clearer the jelly. Excellent for winter meals. Serve with wild game, lamb or pork. Save all small fancy jars and glasses for lemon jelly. This juice jellies quickly, so watch it carefully.

ELDERBERRY AND GRAPE JELLY.

4 cups ripe grapes
1 cup ripe elderberries

2 cups cold water

Cook all together until mushy, then strain through a cloth to drip. To each 2 cups of juice use 1½ cups sugar. Boil till it shows signs of setting, boiling a small quantity at a time. This jelly does not have crystallized particles in it and is delicious.

LUCILLE'S GOOSEBERRY AND PINEAPPLE PRESERVES.

2 quarts diced pineapple
2 quarts gooseberries

3½ quarts sugar

Boil all together until thick. Seal air-tight.

CRANBERRY JELLY.

4 cups of cranberries
1½ cups cold water

2 cups sugar

Cook the cranberries and water for about 5 minutes, or until they become mushy. Remove from fire while hot and press through a sieve. Combine the pulp with the 2 cups of sugar and stir well. Pour out into molding cups or into a shallow enamel pan or platter and let stand until it is jellied in firm form. If fancy shapes are wanted, cut with any fancy cutter and serve on a plate or side dish. Fancy cut shapes may be used for garnishing meats of a delicate nature.

PATTY'S THREE-MINUTE STRAWBERRY PRESERVES.

3 lbs. strawberries

3 lbs. sugar

Secure red, ripe, firm strawberries and allow the 3 pounds of berries and the 3 pounds of sugar to stand until a juice forms. When this has taken place, boil the mixture 3 minutes and seal in air-tight glass jars.

RHUBARB PRESERVES.

3 cups rhubarb

1½ cups granulated sugar

1 tablespoon lemon juice

Select young, tender, pink rhubarb, wash and cut in inch lengths, allowing the peeling to remain on. Place the rhubarb in a granite saucepan with the sugar and lemon juice and allow it to stand until a juice has formed, which requires about 3 hours. After juice is formed, place rhubarb on stove over an asbestos mat to simmer and cook. Cook it very slowly and do not stir, but watch carefully until it thickens to desired consistency. Now remove from pan and can in in pint fruit jars. This makes only a small amount. The recipe may be doubled. One-eighth teaspoon of cinnamon and ⅛ teaspoon nutmeg may be added if desired.

WATERMELON PRESERVES.

1 gallon watermelon rind

1 cup water

8 cups sugar

1 whole lemon

2 teaspoons cinnamon

1½ teaspoons ground nutmeg

¼ teaspoon cloves

¼ teaspoon ginger

Peel melon rind and free it from all red or pink. Cut in pieces about 1½ inches by 1 inch in size, and measure after it is peeled and cut to see that you have 1 gallon good measure. Place the rind in a granite kettle with 1 teaspoonful of salt and enough cold water to

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cover and allow this to boil until rind is half tender enough for use. Make test by piercing with toothpick. When this stage has been reached, place rinds in colander and allow to drain for at least 2 hours. When drained and dry, make a syrup by placing the 8 cups of sugar and 1 cup of water in kettle and boil until sugar is well dissolved, stirring constantly during this process. When well dissolved and in thick syrup form, add the lemon in thin slices (peeling left on), cinnamon, nutmeg, cloves and ginger. Now add to this the melon rinds and boil all together until rinds are tender and the juice heavy and thick. Seal in glass jars. This makes 6 pints.

ANNA'S BEST EVER PRESERVES.

2 cups red raspberries	2 cups ripe currants
2 cups gooseberries	6 cups cane sugar

Place all ingredients in enamel kettle and let stand an hour or until the sugar is dissolved and juice has formed. Now cook the mixture slowly, stirring almost constantly, for about 10 minutes, the time to be decided by the condition of the gooseberries. The gooseberries should seem tender. When done seal in small airtight jars. A half cup of water could be added at the beginning if the juice seems scant.

CLARA'S ONE-TWO-THREE CONSERVE.

1 cup fresh picked cherries (seeded)	2 cups strawberries 3 cups granulated sugar
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Cook all three together until cherries are tender. Make in small quantities to insure beautiful red color.

QUEEN PRESERVES.

1 gallon watermelon rind	½ cup shredded cocoanut
9 cups sugar	⅓ cup finely chopped citron
1 cup water	½ cup small seedless raisins
1 ring candied pineapple, or 1 ring of canned pineapple	1 teaspoon ginger
24 candied cherries (or mara- schino)	1½ teaspoons nutmeg
1 whole lemon	2 teaspoons cinnamon
	¼ teaspoon cloves

Peel and remove all red or pink meat, then cut rind in inch square pieces as nearly as possible. Place rind on to cook in enough cold water to cover, adding 1 teaspoon of salt to water. Cook until rind can be easily pierced with a toothpick, then drain in colander for at least 2 hours. When drained, prepare a syrup by taking the 9 cups

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of sugar, 1 cup of water and placing in granite kettle over fire. Stir this until sugar is all dissolved, then add the ring of pineapple, cut in small pieces, cut the cherries in 4 pieces each, the lemon unpeeled and in thin slices, the shredded cocoanut, chopped citron, raisins, ginger, nutmeg, cinnamon and cloves. Boil all together for 10 minutes, then add watermelon rind and boil until the mixture is cooked down to a rich consistency and stirs heavy. Careful attention should be given so that the mixture does not burn. Seal in airtight glass jars. A most excellent treat for midwinter. Five pints is the amount the recipe makes when carefully followed and mixture cooked down.

PINEAPPLE, CHERRY AND STRAWBERRY CONSERVE.

5 cups sugar	2 cups seeded cherries
½ cup water	2 cups strawberries
2 cups diced fresh or canned pineapple	1 cup halved blanched almonds

Place the sugar and water in kettle and allow it to come to a boil, then drop the pineapple and cherries in and boil slowly for 10 minutes, stirring to see that it does not burn. Now drop the strawberries in and boil another 5 minutes before adding the nut meats. After nut meats are added, boil another 5 minutes, making about 25 minutes' cooking. Seal in airtight fruit jars.

SPANISH PEACH CONSERVE.

3 quarts sliced peaches	Juice of 2 lemons
1 quart sliced apples	1 cup maraschino cherries and the juice in which they were canned
1 cup blanched and sliced almonds	4 lbs. sugar
2 cups seeded raisins	

Cook all slowly until it thickens, either allowing the Maraschino cherries to remain whole or halve them. Seal airtight.

DAMSON PLUM CONSERVE.

4 cups seeded damson plums	½ cup seeded raisins left whole
½ of a whole lemon, chopped fine	½ cup thoroughly cleaned currants
½ of a whole orange, chopped fine	3 cups granulated sugar
2½ cups cold water	½ cup whole pecan nut meats

Cut the meat from the plum seeds to make 4 cups. Place the lemon, orange and cold water in a kettle and boil slowly until the orange and lemon rind seems tender and the water is nearly boiled away. Now combine the boiled mixture, plums, raisins, currants and

sugar and place over the fire on an asbestos mat and cook slowly until mixture thickens and plums are tender. About 3 minutes before canning in airtight jars add the nut meats. If conserve seems thick additional water may be added to suit.

RHUBARB CONSERVE.

8 cups rhubarb cut in inch lengths	1½ cups seedless raisins
5 cups white sugar and 1 cup brown sugar	1 large orange
	1 lemon

Place the rhubarb, sugar and thoroughly washed raisins in a preserving kettle. Grate the oranges and lemons, grating about half way through to the juice, then squeeze the juice into the kettle. Let all this mixture stand in the kettle for about an hour, then cook slowly until proper consistency and seal airtight. One cup nut meats may be added if desired.

ORANGE MARMALADE.

Slice 3 large oranges and 3 small lemons, cutting the slices in pieces. Add 11 cups of cold water and let this stand over night, then boil slowly for 50 minutes. Take from fire, add 8 cups of sugar and allow this to stand over night again, then boil for about 15 minutes, or until signs are for thickening.

TO CAN GRAPE JUICE.

Place cleaned, ripe grapes in a kettle and crush with potato masher. Bring to a boil and then boil 5 minutes. Cool the grapes and strain through a strong sack, allowing only the juice that comes by dripping to go into the juice kettle. To each 4 cups of the juice add 1 cup of water and 1 cup of sugar. Place juice on stove and boil for 5 minutes, then seal in sterilized bottles, corked with sealing wax poured and pressed down on the corks. After they are sealed in this manner and cold, it is well to dip each cork end into hot parafine wax, dipping the cork end in to a depth of 1 inch. Corks must be sterilized before placing into bottles. Place them in a receptacle with tight cover and boil for 15 minutes. Grape juice looks nicer in bottles, is easier served and is an excellent way to utilize the good bottles on hand. When serving, this may be diluted.

GRAPE AND ELDERBERRY JUICE.

To each 4 cups of grape juice add 1 cupful of pure ripe elderberry juice, 1 cup of water and 1¼ cups sugar. Can the same way.

CHAPTER XXV

Fried Chicken and Roast Turkey

FRIED CHICKEN (AMERICAN STYLE).

To make all kinds of frying an easier task it is a suggestion, worthy of consideration, that each housewife secure a large sized deep iron skillet. The new iron skillets are about 3 inches in depth, thus allowing 2 layers of chicken to be fitted in without coming in contact with the lid. It is easier to regulate the heat for an iron or heavy skillet, and there is much less danger of wasting by burning. The price paid for this kind of a frying pan will be saved many times over from this standpoint alone.

Chickens may be fried at different ages and sizes, but the 1 lb. dressed fowls are better when cooked by broiling. The fowl weighing from $1\frac{3}{4}$ to $2\frac{1}{4}$ lbs. is an excellent size for the popular method of skillet frying.

First of all see that the fowl is picked and free from pin feathers. Singe over gas flame or burning paper to free it from hairs. If the skin of the fowl seems to have dirt deeply imbedded in the pores it is advisable to wash the chicken with a mild white soap. A generous amount of soda may be spread over the skin and washed off for quick cleansing results also. It is sometimes necessary to scrape the skin with a semi-sharp knife to remove discoloration and dirt. If the skin of a fowl is examined closely through a magnifying glass, one is thoroughly convinced that thorough cleansing is a necessity.

After the fowl is thoroughly cleaned, draw it carefully, saving the heart, liver and gizzard. Cut the chicken in pieces according to joints and sized pieces desired. When cut, wash through two cold waters, but do not allow it to stand in plain or salted water at this time. There is no more necessity for allowing chicken to be soaked in water than it is necessary to soak beef steak or pork chops. Simply chill the chicken after washing.

Chicken is better when fried in half butter and half lard, or lard substitute. We would suggest that enough fat be placed in the skillet to give the assurance that the chicken will be well oiled during the

FRIED CHICKEN AND ROAST TURKEY

frying period. Heat the fat to frying heat, but far below smoking. Flour the pieces generously and fit them carefully in the skillet, being sure that the liver is tucked away in the back to prevent the "popping" and burns that many persons have experienced. When all pieces are fitted in to the skillet, cover tightly and allow it to fry slowly until the pieces are browned lightly, then salt and pepper sparingly on the top side before turning. After turning salt and pepper the other side sparingly and either allow the chicken to continue frying in covered form until done or allow the cover to remain off after the first turning, the former method being the better. There are many different ways of frying a chicken, but the process just given is the popular every-day method.

Chicken may be fried by dipping the pieces in very fine cracker crumbs, dropped in very hot fat, browned quickly on both sides, then covered tightly and set in oven to simmer slowly until tender.

Another method is to have a kettle half full of piping hot fat in readiness and drop the well floured pieces in and allow them to cook quickly in the deep fat.

An ancient method was to place the chicken on to boil in a small amount of unsalted water. The chicken was allowed to cook until half tender and most of the water boiled away. The chicken was then dipped from the hot kettle, rolled in flour and placed in piping hot butter to brown over quickly on both sides. When browned, the liquid from the boiling kettle was poured into the skillet and the chicken covered and set back on the stove to simmer. This finished dish was called "Smothered Chicken."

ROASTING A YOUNG TURKEY.

(Without Stuffing.)

Use the same method for the dressing and cleaning of turkey as given for chicken. (See American Fried Chicken.) When the fowl is cleaned and trussed, lay it on a rack, set the rack under the broiler burner and allow the turkey to brown well over the entire surface. It is advisable to place a drip pan under the turkey at this time. This searing process alone usually requires from 30 to 40 minutes' careful watching. When one is deprived of the use of a broiling oven for this preliminary work, the baking oven may be heated very hot and used. Place the turkey on a rack, with a drip pan under it, and with high pressure heat allow the fowl to remain long enough to brown evenly over the surface. This means the frequent turning of the fowl.

When well seared and browned place the turkey on a rack, breast down, in baking pan. It is natural for the juice to drain through the fowl downward, hence the reason for turning the breast down. The

breast being the chosen part, it is necessary to watch this point. To keep the back of the turkey from becoming too brown, thin slices of soaked salt pork may be placed evenly over it, or a thick dough batter may be spread over and allowed to remain for the greater part of the baking period. If any liquid oozed out of the fowl during the searing, pour it into the roasting pan with the turkey and add a little additional hot water. Salt and pepper the turkey, sprinkle a little flour all over the surface, cover the roaster and set the fowl to bake on even medium heat. At regular intervals from this time on, till done, baste the turkey well, and at one other basting period an additional sprinkling of flour may be given. The fat or dough may be removed at the last quarter of baking period, to permit a final browning over the top. When the joints of the fowl seem loose it is a sure sign of the turkey being in a tender condition. About $3\frac{1}{2}$ hours' time is required for a 10 or 12 lb. turkey.

CHAPTER XXVI

Frozen Desserts

PINEAPPLE PARFAIT.

1 cup grated pineapple	2 egg whites
$\frac{1}{4}$ cup water	2 tablespoons lemon juice
1 cup sugar	2 cups whipping cream

Boil the pineapple, water and sugar 5 minutes, then add slowly to well beaten egg whites, whipping briskly at last. Next add lemon juice and chill. Whip cream stiff and combine with the chilled ingredients. Pack in ice and salt for 3 hours.

ANGEL PARFAIT.

$\frac{3}{4}$ cup sugar	2 cups rich cream
$\frac{1}{2}$ cup water	Few grains of salt
3 egg whites	
3 teaspoons of vanilla or less of other flavoring	

Boil the sugar and water until it threads (not hairs). When it reaches this stage set it aside to cool while the egg whites are being whipped very stiff. Now pour the syrup slowly into the eggs and whip briskly until smooth, then combine with the cream, add the salt and pour into the freezer. Freeze in the freezer by turning. A tablespoonful of gelatine dissolved in 2 tablespoons of cold water, then mixed with $\frac{1}{4}$ cup of boiling water may be added to make parfait a little firmer.

SUNSHINE PARFAIT.

Make the same as Angel Parfait, only add the well beaten egg yolks to the egg white and syrup after it has been whipped until smooth and creamy.

ANGEL PARFAIT IN MOLD.

Follow these instructions carefully for a delicious light parfait:
Soak 2 teaspoons of gelatine in 2 tablespoons of cold water for 5

FROZEN DESSERTS

minutes, then add 2 tablespoons of boiling water and set aside. Boil $\frac{1}{2}$ cup granulated sugar with $\frac{1}{2}$ cup water until a thread forms (not a hair). When it threads, remove it from fire and let stand while 2 egg whites are beaten very stiff, then pour the syrup slowly into the eggs and whip briskly until smooth. Now take the gelatine and strain through a cloth into the egg mixture and stir until well mixed, then set in cold place while 3 cups of whipping cream are whipped very stiff. When cream is stiff, fold the egg mixture into the cream, add 3 teaspoons of vanilla extract and it is ready for freezing. This may be frozen in one solid mold or placed in individual molds, but the mold or molds must be equipped with tight covers to prevent any of salt or ice water seeping in while freezing. Pack in salt and ice and let stand 3 or 4 hours before serving. Twelve or 14 servings may be made from this.

CHOCOLATE PARFAIT WITH NUTS.

$\frac{1}{2}$ cup sweet milk	3 cups whipping cream
$\frac{1}{2}$ cup grated bitter chocolate	1 teaspoon vanilla
1 cup sugar	$\frac{1}{2}$ cup chopped pecans

Heat milk in double boiler; add chocolate and stir until smooth, then add sugar. When mixture is smooth and sugar dissolved, remove from fire and cool. Whip cream stiff, add vanilla and nuts and fold in chocolate mixture. Pour into a mold and pack in ice and salt for 3 hours. If 4 parts ice and 1 part salt are used satisfactory results will follow.

MAPLE PARFAIT.

1 cup maple syrup	1 pint whipping cream
4 eggs	

Beat egg yolks light, to which add the maple syrup. Cook in double boiler until thick. Cool mixture, then add the well whipped egg whites and whipped cream. Stir all together, pack in mold and set in salt and ice for 2 hours.

ORANGE, LEMON AND BANANA ICE.

3 cups water	4 large yellow bananas
1 $\frac{1}{2}$ cups sugar	2 tablespoons lemon juice
1 cup strained orange juice	$\frac{1}{2}$ tablespoon gelatine

Place 2 cups of water in a saucepan with the sugar and boil 5 minutes. Cool the syrup and add to it the strained orange juice. Next run the bananas through a sieve or colander and add to first mixture together with the lemon juice. Take the remaining cup of water and divide in 2 parts. Into one-half dissolve the gelatine and bring the other half to hot point. After the gelatine has soaked 5 minutes in the

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cold water, then add the hot water to it and pour all over in fruit mixture. Either pour the mixture into freezer and freeze like this or take a few minutes more and run it all through a coarse cheese cloth and add to it enough yellow cake coloring to make it bright in color. If last suggestion is followed, ice will be beautiful and delicious.

This makes $1\frac{1}{2}$ quarts in frozen form.

BLACKBERRY OR RASPBERRY ICE.

3 cups water	$1\frac{1}{2}$ cups rich raspberry juice
$1\frac{1}{2}$ cups sugar	1 tablespoon gelatine

Take $\frac{1}{4}$ cup of the water and into this dissolve the gelatine. Place the remaining water and sugar on to boil for about 10 or 15 minutes. When boiled, remove from fire and combine with the raspberry juice and gelatine. Freeze hard and serve.

QUICK MACARON ICE CREAM.

1 quart rich cream	2 teapoons vanilla or
1 cup dry macaroon crumbs	1 teaspoon almond extract
$\frac{3}{4}$ cup sugar	

Combine all and freeze.

CHOCOLATE ICE CREAM.

$\frac{1}{2}$ cup grated bitter chocolate	1 large can evaporated milk
1 cup sugar	($1\frac{3}{4}$ cups)
2 cups milk	Few grains of salt

Place the chocolate in a double boiler and melt. When it becomes soft, add the sugar and milk alternately, stirring constantly to keep it smooth. When it boils up and is in even dark color, set it aside to cool. When cool add evaporated milk and salt, then freeze. Two teaspoons of vanilla may also be added.

CARAMEL ICE CREAM.

$1\frac{1}{2}$ cups sugar	3 eggs
$\frac{1}{4}$ cup boiling water	1 quart rich cream
2 cups sweet milk	2 teaspoons vanilla

Melt 1 cup of sugar in iron skillet and let it brown to golden brown color, then add to it the $\frac{1}{4}$ cup of boiling water. Beat the 3 eggs light and add to the sweet milk, together with the remaining $\frac{1}{2}$ cup of sugar. Cook in double boiler until it thickens, then remove from fire, add to first mixture and cool. Last add the rich cream and vanilla. Freeze.

VANILLA ICE CREAM.

2 cups thick cream	1 ¼ cups granulated sugar
1 quart rich milk	2 tablespoons vanilla
4 well beaten eggs	Few grains of salt

Freeze in freezer till stiff.

VANILLA CUSTARD ICE CREAM.

Beat 4 eggs till well mixed and combine with 1 quart of milk and 1 ¼ cups of sugar. Cook in double boiler till it sets and thickens some. Take from fire and add 1 tablespoonful of gelatine dissolved in 3 table-
spoons of cold water. Last add 2 cups thick cream and 2 tablespoons
vanilla. Freeze in freezer till stiff.

ORANGE ICE CREAM.

2 cups sugar	1 cup single cream
1 cup water	3 egg yolks
2 cups strained orange juice	1 cup whipping cream

Boil the sugar and water 5 minutes, then cool and add orange juice. Beat the egg yolks light and add to the single cream and cook in double boiler till it thickens, then remove from fire, cool and add to orange juice mixture. Last beat the whipping cream very stiff and add. Either freeze in freezer or pack in salt and ice and let stand 4 hours.

FROZEN FIG AND DATE PUDDING.

2 cups stewed figs	½ teaspoon nutmeg
1 tablespoon lemon juice	2 cups cream
⅓ cup sugar	½ cup halved dates

Have figs stewed until tender. Run them through a sieve, and add lemon juice, sugar, nutmeg and cream. Seed dates and cut in halves, adding them whole to the mixture. Freeze stiff and serve with stiff, unsweetened whipped cream, or it may be served plain.

FROZEN FRUIT PUDDING.

1 cup sugar	½ cup candied pineapple
⅓ cup water	¼ cup candied cherries
4 eggs	½ cup blanched almonds
1 quart cream	¼ cup Sultana raisins

Boil sugar and water together until it becomes a thick syrup. Beat yolks and whites together until very light. Pour the boiling thick

syrup into the eggs and when it is well mixed place in a double boiler and cook till it thickens, stirring constantly. Remove from fire and cool. When cold, add the cream, chopped pineapple, cherries and almonds. Next add washed and dried Sultana or yellow raisins. Freeze until very stiff. Serve with heavy pineapple syrup. Other sauces may be used instead of pineapple syrup.

PINEAPPLE SHERBET.

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water
2 egg whites

Few grains of salt
1 cup shredded pineapple

Boil the sugar and water till it threads. If thermometer is used to 236° F. When boiled pour it into the well beaten egg whites. Add the salt and beat till creamy, then cool and add the pineapple. Put mixture in a mold with tight cover and pack in salt and ice to set for 2 or 3 hours.

Home Made Soap

(Excellent.)

11 cups melted and strained fat
5 cups cold water
1 can high grade standard lye
 $\frac{1}{2}$ cup ammonia

$\frac{1}{2}$ cup powdered borax
 $\frac{1}{2}$ cup sugar
4 teaspoons oil of sassafras

Use any kind of old melted fat. Strain it through a cloth into a stone crock or enamel pan. Pour the 5 cups of cold water into another granite receptacle or stone crock, and into this dissolve the lye by pouring it in from the can and stirring. Add to the lye water the ammonia, powdered borax and sugar, stir again and cool to a luke-warm point. Now combine the lye mixture with the strained fat by pouring the lye mixture slowly into the fat, stirring constantly with a wooden stick. Add the sassafras and continue to stir until it becomes creamy, which means about 15 minutes' stirring. Set it away in some cool place and let it stand 36 hours before cutting or sawing into bars. If measurements and instructions are carefully followed there is no failure in following this recipe.

CHAPTER XXVII

Mincemeat, Pickles and Relish

QUICK MINCE MEAT.

8 cups chopped apples	4 cups light brown sugar
8 cups finely chopped or ground tender neck meat	1 teaspoon salt
1 lb. seeded raisins	1 teaspoon cloves
1 lb. currants	1 teaspoon nutmeg
2 glasses of tart jelly	1 tablespoon cinnamon

Mix all together and use soon after making. If to be kept any length of time, boil 2 minutes, then seal airtight.

ECONOMY MINCE MEAT.

1½ lbs. lean beef, cooked and ground fine	½ cup dark molasses
¾ lb. uncooked suet, ground fine	5 cups brown sugar
1 lb. seeded raisins	3½ cups vinegar
1 lb. thoroughly cleaned cur- rants	2 teaspoons nutmeg
¼ lb. citron, ground fine	1 teaspoon cloves
10 medium sized apples	3 teaspoons cinnamon
	1 teaspoon ginger
	1½ teaspoons salt

Mix all well together and keep in cold place in stone jar or bring to boiling point and boil 5 minutes, then seal airtight in fruit jars.

DILL PICKLES.

Dill pickles are made by washing 5 to 6 inch length pickles, then soaking them in cold water for 4 or 5 hours. Remove the pickles from water and prepare as follows:

Place a layer of grape or horseradish leaves in a stone jar. On top of leaves place pickles, then a few pieces of dill and a generous

MINCEMEAT, PICKLES AND RELISH

sprinkle of salt. Repeat the layers in same way until jar is filled, then on top of all place a layer of grape leaves and weight it all down with a plate and a sterilized rock.

BETH'S MUSTARD PICKLES.

12 cucumbers	2 cups salt
14 medium sized onions	5 tablespoons ground mustard
7 green peppers	1 cup flour
1 large cauliflower head	1 tablespoon turmeric
10 medium sized green tomatoes	3 cups sugar
2 bunches celery	6½ cups vinegar
1 gallon cold water	

Slice and cut into pieces all the vegetables and place them in a granite kettle with the cold water and salt and let stand over night. In the morning drain off a little of the liquid and put the rest of the mixture on to cook till it comes to a boil. When it comes to a boil mix the mustard, flour, turmeric and sugar together and add, together with the vinegar. Bring it all to a boil the second time, then seal in airtight glass jars.

MIXED SWEET PICKLES.

1 small head cauliflower	2 teaspoons nutmeg
36 tender carrots	2 teaspoons cinnamon
36 small white onions	20 whole cloves
36 very small pickles	3 teaspoons mustard seed
3 cups cider vinegar	½ teaspoon ginger
1½ cups water	1 tablespoon salad oil
2 cups sugar	

Cook cauliflower, carrots and onions until tender and yet firm, having the cauliflower separated. When tender, cut each carrot in about 5 slices. Place all these ingredients, including the washed uncooked pickles, in sterilized fruit jars. Next boil all remaining ingredients together 5 minutes and pour into jars and seal airtight.

WATERMELON PICKLES.

1 gallon watermelon rind	½ teaspoon cloves
6 cups vinegar	¼ teaspoon allspice
5 cups granulated and 1 cup brown sugar	¼ teaspoon ginger
1½ teaspoons nutmeg	2 sticks of cinnamon or 2 tea- spoons ground cinnamon

Peel watermelon rind and remove all red or pink meat. Cut in desired sized pieces and see that there is one gallon in cut form. Place rind in kettle with enough cold water to cover and add 1 teaspoon salt. Boil until rind can be easily pierced with a toothpick, then drain in

colander for at least two hours. When drained, place the vinegar, sugar, nutmeg, cloves, allspice, ginger and cinnamon in granite kettle and boil for 20 minutes before adding the rind. Now boil all together until rind looks transparent and juice has thickened. Seal in fruit jars airtight. One lemon may be washed, sliced and added if desired.

ELLA'S EASY METHOD PICKLES.

Select fresh crisp pickles, wash and wipe dry and pack in sterilized fruit jars. Take plain vinegar and bring to a boil and pour over the pickles in jar. To each jar add a few mustard seed, black pepper, any desired spice or flavoring. A tiny pinch of alum may be dropped into the jar before sealing airtight. If sweet pickles are wanted, add sugar to the boiling vinegar. Pickles prepared in this manner and sealed airtight keep perfectly.

GRACE'S MUSTARD PICKLES.

Pack clean dry medium sized pickles cut in halves in fruit jars. To each quart jar add 4 tablespoons sugar, 2 tablespoons salt and 2 tablespoons dry ground mustard. Fill jar with cold vinegar and seal airtight. If properly sealed these will keep indefinitely.

OIL PICKLES.

50 pickles, three inches long	2 tablespoons mustard seed
10 medium sized white onions	2 quarts cider vinegar
1 small head of cauliflower	½ cup salt
½ cup any kind of salad oil, olive oil being the best	

Slice pickles and onions. Separate cauliflower in small branch pieces, then mix all together with the salt. Pour into jar, weight down with plate and let stand about 4 hours. Drain, pack pickles in sterilized jars. Mix oil, mustard seed and vinegar together and pour into jars in cold condition. Seal airtight.

PICKLED PEACHES.

2½ cups vinegar	3 sticks cinnamon or 1½ tea- spoons ground cinnamon
3½ cups sugar	1 teaspoon ginger or 1 piece of ginger root
½ teaspoon ground cloves or 15 whole cloves	
1½ teaspoons nutmeg	

Place all ingredients in an enamel kettle and boil for 15 minutes. At end of 15 minutes drop in enough peeled clingstone peaches to take up the syrup. Boil until the peaches are easily pierced with toothpick.

Time must be determined by the ripeness of peaches. Do not cook till peaches lose their shape. Ordinarily 5 minutes' boiling is ample time.

SWEET PICKLED PEARS.

- | | |
|--------------------------------|----------------------------------|
| 1 peck medium sized firm pears | 1 piece of ginger root, or |
| 2 lbs. light brown sugar | 1 teaspoon ground ginger |
| 1 quart cider vinegar | About 2 tablespoons whole cloves |
| 5 medium sticks of cinnamon | |

Pare and halve the pears. Place the sugar, vinegar, cinnamon, ginger and cloves on to boil for 5 minutes. At the end of 5 minutes drop the pears in and cook just long enough for them to become about half tender. Place the pears in sterilized jars and fill with the boiling syrup. Seal airtight. If the jars lack syrup a little additional water or vinegar may be boiled and added.

WINTER RELISH.

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|--------------------------------|-------------------------------------|
| 3 large dill pickles | 2 tablespoons brown sugar |
| 6 medium sized sweet pickles | 2 tablespoons white sugar |
| 1 Bermuda onion size of orange | 1 teaspoon salt |
| 1 cup chopped cabbage | $\frac{1}{4}$ teaspoon white pepper |
| 3 pimentos | Dash of cayenne pepper |
| 1 large green pepper | $\frac{1}{2}$ cup vinegar |

Chop the pickles, onion, cabbage, pimentos and pepper fine. Combine with the other ingredients and boil 5 minutes; keep in glass jar and serve as wanted.

CORN RELISH.

- | | |
|---------------------------------------|--|
| 15 large ears of corn | 1 tablespoon chopped red pepper |
| 1 $\frac{1}{2}$ cups granulated sugar | or 36 small red peppers taken |
| 6 cups vinegar | from bottled pepper sauce |
| 1 medium sized solid head of | 1 $\frac{1}{2}$ tablespoons salt |
| cabbage, chopped fine | 2 tablespoons dry mustard |
| 3 large green peppers, chopped | $\frac{1}{2}$ teaspoon turmeric |
| fine | 1 teaspoon mustard seed |
| 1 large onion | $\frac{1}{2}$ teaspoon celery salt or $\frac{1}{4}$ tea- |
| | spoon celery seed |

Select corn of the small tender grain variety and cut from cob, being careful not to cut too deep. After cutting all that can be cut with knife, scrape the ears to secure the hearts, which usually are deep-seated in cob. Place the corn and vinegar in a granite kettle and cook for 10 minutes. At end of 10 minutes' cooking period, add the cabbage, peppers, onion, red peppers, salt, mustard, turmeric, mustard seed and celery salt. Now cook again all together for 20 minutes. Seal in glass jars while hot. This makes 6 pints.

COLD TOMATO RELISH.

1 peck ripe tomatoes	½ cup salt
6 medium sized onions	4 cups cider vinegar
4 large green peppers	3 cups sugar (or less)
Tender stalks from 2 bunches of celery	3 tablespoons mustard seed
2 red sweet peppers	½ tablespoon celery seed

Chop the tomatoes, onions, peppers and celery quite fine, to which add the ½ cup of salt and let stand several hours, or over night. Drain off the liquid and add the vinegar, sugar, mustard and celery seed and seal without cooking.

CUCUMBER RELISH.

25 large cucumbers	2 cups granulated sugar
10 large white onions	2 tablespoons celery seed
1 large red sweet pepper	2 tablespoons mustard seed
4 cups vinegar	1 tablespoon turmeric

Peel cucumbers and either slice or cut in large diced pieces. Peel and chop onion in small sized pieces. Chop the red sweet pepper very fine. Now place all ingredients in granite kettle and boil for 20 minutes. Seal airtight and put away for winter. This makes about 8 pints.

BEEF RELISH.

8 cups cooked and chopped beets	3 cups sugar
6 cups chopped cabbage	2 teaspoons salt
1 cup horseradish (bottle pre- pared or fresh grated)	1 teaspoon pepper
	2 teaspoons mustard seed

Mix all together and pack in fruit jars. Pour boiling vinegar in each jar and see that all spaces are filled. Now pour the vinegar off again by tipping the jar and draining. Place the vinegar on and bring to boiling point again and pour into the jars. Now seal airtight and it will keep indefinitely.

MAGENTA'S RELISH.

16 red sweet peppers	2 cups sugar (either granu- lated or brown)
16 green sweet peppers	4 tablespoons salt
4 green hot peppers	4 cups vinegar
4 red hot peppers	
16 medium sized white onions	

Wash peppers and remove seeds. Grind peppers and onions in food chopper, then place mixture in kettle and cover with boiling

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water. Cover pan and let stand 5 minutes. After it stands 5 minutes, drain and then add to it the sugar, salt and vinegar. Bring to boiling point and simmer for 20 minutes. Seal in airtight jars.

SWEET PICKLE RELISH.

5 cups green tomatoes, chopped and drained	4 cups vinegar
5 cups cabbage, chopped	1 cup brown sugar
3 large sweet peppers, chopped	1 cup white sugar
2 large red sweet peppers, chopped	1 tablespoon cinnamon
4 large onions, chopped	2 tablespoons nutmeg
2 tablespoons mustard seed	1 teaspoon ginger
1 teaspoon celery seed	2 tablespoons flour
6 small red peppers, chopped	1 tablespoon ground mustard
	1 tablespoon whole cloves

Mix all together, cook until tender, then seal airtight in fruit jars.

POLLY'S PEANUT RELISH.

2 tablespoons butter	1 teaspoon cinnamon
1 tablespoon flour	1 teaspoon cloves
1 cup water	1 teaspoon vanilla
1 tablespoon sweet cream	1 tablespoon vinegar
1 well beaten egg	1 lb. unsalted peanuts, ground fine
1 cup sugar	
1 teaspoon celery seed	

Place the butter in a skillet and melt. Add the flour and stir till brown like for gravy. Next add the water, sweet cream and well beaten egg in mixed form. Stir till smooth, then add all other ingredients and boil together 2 minutes. Serve cold.

DUTCH RELISH.

8 cups green tomatoes, chopped	½ cup salt
4 cups cabbage, chopped	2 quarts of vinegar
9 onions, chopped	3 cups white or brown sugar
6 large green peppers, chopped	1 cup flour
2 large red sweet peppers, chopped	½ cup dry mustard
	4 tablespoons turmeric

Place the tomatoes, cabbage, onion, green and red pepper and salt on to cook with 8 cups of cold water. Cook till tender, then drain and set aside. Place the vinegar in a large enamel bowl and add to it the sugar, flour, mustard and turmeric blended together. Boil this for 3 minutes, then add the chopped mixture, boil another 5 minutes and seal in airtight pint jars.

MENARD RELISH.

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|-----------------------------------|--------------------------------|
| 3 large dill or sour pickles | 2 teaspoons salt |
| 6 medium sized sweet pickles | ¼ teaspoon white ground pepper |
| 2 bermuda onions, size of oranges | 2 teaspoons mustard seed |
| 2 large red sweet peppers | 1 teaspoon dry mustard |
| 3 large green sweet peppers | ½ teaspoon celery seed |
| 3 cups cabbage | ¾ cup brown sugar |
| 2 cups vinegar | 1 tablespoon flour |

Slice pickles in thin slices and place in enamel bowl. Chop the onions, red and green peppers very fine and place in with pickles. Shred the cabbage and add. Next pour in the vinegar and add salt, pepper, mustard, mustard seed and celery seed. Last blend the sugar and flour and add. Stir all the ingredients and boil for 5 minutes. Seal in airtight glass jars.

REBA'S MUSTARD RELISH

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|--------------------------------------|-------------------------------------|
| 2 qts. sliced medium sized cucumbers | 4 medium sized heads of cauliflower |
| 1 qt. very small pickles | 6 green hot peppers, cut in pieces |
| 1 qt. small white onions | |
| 1 qt. small green tomatoes, sliced | |

Make a brine strong enough to float an egg. Place all these ingredients in the brine and let stand over night. In the morning simmer all in the same brine until cauliflower is tender, then drain. Make a paste with the following ingredients:

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|-------------------------|--------------|
| 1 gal. vinegar | mustard |
| 1 oz. turmeric | 3 cups sugar |
| ½ lb. high grade ground | 2 cups flour |

Place the vinegar in enamel kettle. Mix all other ingredients together and add. Cook and stir 'til thick, then add the vegetables, bring to a boil and seal.

GREEN TOMATO RELISH.

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|------------------------|------------------------------|
| 1 peck green tomatoes | 1 tablespoon ginger |
| 1 cup salt | 1 tablespoon mustard |
| 4 cups water | 1 tablespoon celery seed |
| 3 cups chopped raisins | 1 cup green peppers, chopped |
| 2 tablespoons cinnamon | 5 cups brown sugar |
| ½ tablespoon allspice | 2 quarts vinegar |

Chop the green tomatoes and let stand over night, mixed with the 1 cup of salt. Next morning drain well and place in granite kettle

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with the 4 cups of water and boil 20 minutes. Drain again at the end of 20 minutes, then combine with all the other ingredients and return to fire and boil 10 minutes, then seal airtight for winter use.

PICCALILLI.

½ bushel green tomatoes	1 medium sized head of cauliflower
1 peck of onions	4 tablespoons mustard seed
Tender stalks from 2 bunches of celery	1 teaspoon ground cloves
2 green peppers	2 teaspoons cinnamon
½ cup salt	1 teaspoon ground mustard
	6 dry red hot peppers

Slice the tomatoes, onions, celery and green peppers in a granite kettle to which add the salt and let stand over night. In the morning drain and add the cauliflower, separated in small branch pieces, the mustard seed, cloves, cinnamon, ground mustard and red peppers finely chopped. Add to this equal parts of strong vinegar and water, bringing the liquid almost to the top of the pickle. Now add enough light brown sugar to suit individual taste and boil until the vegetables are easily pierced with a toothpick, then seal in airtight jars. This makes nearly 2½ gallons.

SPICED TOMATO CATSUP.

30 large red tomatoes	1 teaspoon ginger
4 large onions	1 teaspoon ground mustard
12 peach tree leaves	2 teaspoons celery salt
½ cup sugar	1 teaspoon mustard seed
1½ teaspoons cinnamon	2 teaspoons salt
1 teaspoon cloves	2 teaspoons tabasco sauce, or
1 teaspoon nutmeg	¼ teaspoon cayenne pepper

Cook unpeeled tomatoes, onions and peach-tree leaves together until they are mushy, then run through a sieve into a granite kettle. Add the sugar to tomato mixture. Tie all the other ingredients up in a cheese cloth bag and cook with the mixture till of desired consistency, then bottle and seal airtight.

RED TOMATO CATSUP.

30 large red tomatoes	¼ scant teaspoon cayenne pepper
2 large onions	1 teaspoon dry mustard
3 cups vinegar	¼ teaspoon ginger
1½ cups sugar	1½ tablespoons salt
¼ teaspoon white pepper	

Select large red ripe tomatoes, wash, then place in kettle with the onions in chopped form. Boil until tender enough to run through

a sieve. Sieve must have fine enough mesh to remove all seeds. It takes some few minutes to run the mixture through a sieve, but if carefully done very little pulp will be wasted. Now pour this tomato and onion mixture in a granite kettle and into it pour the vinegar, sugar, white pepper, cayenne, dry mustard, ginger and salt. Cook all together, stirring frequently. Cook and stir until it passes the watery stage and is of the desired thickness. Best results will follow if the mixture is not allowed to boil too rapidly. This makes a real red catsup and should be canned in bottles, corked, sealed with sealing wax, then when cold the cork end of the bottle dipped in melted paraffine wax.

RIPE MANGO CHILI SAUCE.

20 large red tomatoes	2 teaspoons ground cinnamon
3 medium sized onions	2 teaspoons dry mustard
5 large red mango peppers	$\frac{1}{4}$ teaspoon cloves
2 $\frac{1}{2}$ cups vinegar	$\frac{1}{4}$ teaspoon allspice
1 cup water	$\frac{1}{2}$ teaspoon ginger
1 $\frac{1}{4}$ cups sugar	$\frac{1}{4}$ teaspoon cayenne pepper or
1 $\frac{1}{2}$ tablespoons salt	24 small peppers taken from
$\frac{1}{4}$ teaspoon white pepper	pepper sauce bottle

Scald and peel the tomatoes and cut out hard center cores. Chop the onions and red mangoes as fine as possible with chopper. Cut the tomatoes in small pieces with knife. Combine tomatoes, mangoes, onions and all other ingredients and cook in granite kettle until the mixture is thick or does not seem to be in a watery stage. A slow heat, constant stirring and watching is necessary. An hour to an hour and a half slow cooking is required.

This recipe will make about 10 bottles. If a sweeter sauce is desired, more sugar may be added. Seal in airtight glass jars or bottles.

CHILI SAUCE.

25 large red tomatoes	$\frac{1}{4}$ teaspoon cayenne pepper
6 medium sized onions	2 teaspoons ground cinnamon
3 cups vinegar	2 teaspoons dry mustard
1 $\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon ginger
1 $\frac{1}{2}$ tablespoons salt	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{4}$ teaspoon white pepper	$\frac{1}{2}$ teaspoon allspice

Scald and peel the tomatoes and see that the tough center core is removed. Chop the peeled onions as fine as can be chopped with chopper and add to tomatoes. Next add all other ingredients and cut tomatoes in small pieces and place in granite kettle. Cook all together, stirring frequently, until the sauce is thickened. This usually requires an hour or longer of slow cooking and careful watching. In a finished product the chili sauce is a bright, rich red and quite tasty. If one

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would care for a more highly seasoned product, a little more of each of the flavoring ingredients may be added.

This recipe makes 10 good sized bottles of chili sauce. Seal airtight.

IDEAL MINCE MEAT.

3 lbs. of lean beef, cooked and ground fine	½ cup candied orange peeling, ground fine
1 lb. of suet, uncooked and ground	2 cups rich preserves of any variety
1 lb. seeded raisins	1 cup dark molasses
1 lb. thoroughly washed currants	3 cups brown sugar
½ lb. citron, ground very fine	5 cups white sugar
12 medium sized apples, peeled and chopped	3 cups strong vinegar
1 lb. cooked apricots, chopped	3 cups cider
½ cup candied lemon peeling, ground fine	4 teaspoons nutmeg
	2 teaspoons cloves
	5 teaspoons cinnamon
	2 teaspoons ginger
	1 tablespoon salt

Cook the beef until it is so tender it falls into pieces, then run it through the chopper. Combine all ingredients and place on stove and cook for 5 minutes; seal in airtight jars for winter use. If the mince meat is made during cold weather it will keep in a stone jar unsealed if kept in cold place. Where it is not possible to use cider, all vinegar may be used instead, but in such case an additional cup of sugar must be added. This amount will make 7 quarts of mince meat and should be made at a cost not to exceed \$3.00.

VEGETABLE PASTE,

40 large ripe tomatoes	1 2-lb. head of cabbage
6 large sized carrots	6 large turnips
6 large sized onions	2 cups pearl barley
6 large green peppers	1 cup rice
4 large red sweet peppers	3 tablespoons salt
1 cup finely chopped parsley	1 teaspoon cayenne pepper
4 large bunches of celery	

Wash and cut the tomatoes in pieces, but do not peel. Wash and slice the carrots in unpeeled form. Peel the onion and slice. Wash, seed and chop the peppers. Chop the parsley very fine. Wash and chop celery, using white leaves and stalks. Chop the cabbage, then peel and slice turnips. Now combine all these ingredients, including barley, rice, salt and cayenne, and boil in one large kettle very slowly for two hours, stirring frequently so that the mixture does not stick. After 2 hours of slow boiling, remove from fire, cool and run through a colander. After it is pressed through a colander, return to stove

and allow mixture to simmer slowly and cook down to a very thick paste. During the last of the cooking period it must be well protected from burning and the paste should be the consistency of firm apple butter. Place in sterilized small sized jars and seal. Paste may be opened during winter months and used for all soups and flavoring. It keeps indefinitely after it is opened during winter months.

PEPPER HASH.

12 red sweet peppers	3 tablespoons salt
12 green peppers	2 cups white or dark sugar
12 white onions	2 cups vinegar
3 red hot peppers	

Grind peppers and onions fine and place in kettle. Pour boiling water over this and drain at once. Next add the salt, sugar and vinegar and boil for 15 minutes, then seal airtight.

GREEN TOMATO MINCE MEAT.

6 cups green tomatoes	2 lbs. raisins
6 cups apples	1 lb. currants
1½ cups sorghum molasses	1 piece of citron, size of egg
2 cups brown sugar	½ tablespoon allspice
2 cups white sugar	½ tablespoon cloves
1 lemon	2 tablespoons cinnamon
3 cups cider	3 tablespoons nutmeg or mace
1 lb. suet	

Run tomatoes through chopper, place in bag with a sprinkle of salt. Drain over night. Measure 6 cups after drained. Run raisins, citron, suet and whole lemon through grinder. Place all ingredients in granite vessel and cook until perfectly tender. Can in fruit jars. Remove seeds from the lemon before using.

VINEGAR.

A good vinegar may be made by boiling 3 gallons of rain water 3 minutes, then add 3 lbs. dark brown sugar and cool to lukewarm. Toast 3 slices of white or rye bread and spread a cake of compressed yeast on each slice. Pour the sugar water into jar or keg, and place the toast in the liquid, yeast side down. Tie 2 thicknesses of cheese cloth over top, tie down securely and set aside for 6 weeks in warm place. At the end of 6 weeks, strain and bottle. Place corks in bottle, but do not seal. This is good at end of year. Better the longer it stands. Don't cover too tight; the mixture needs oxygen during fermentation period.

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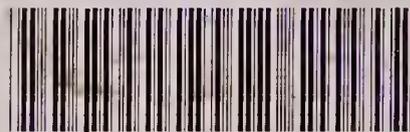
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