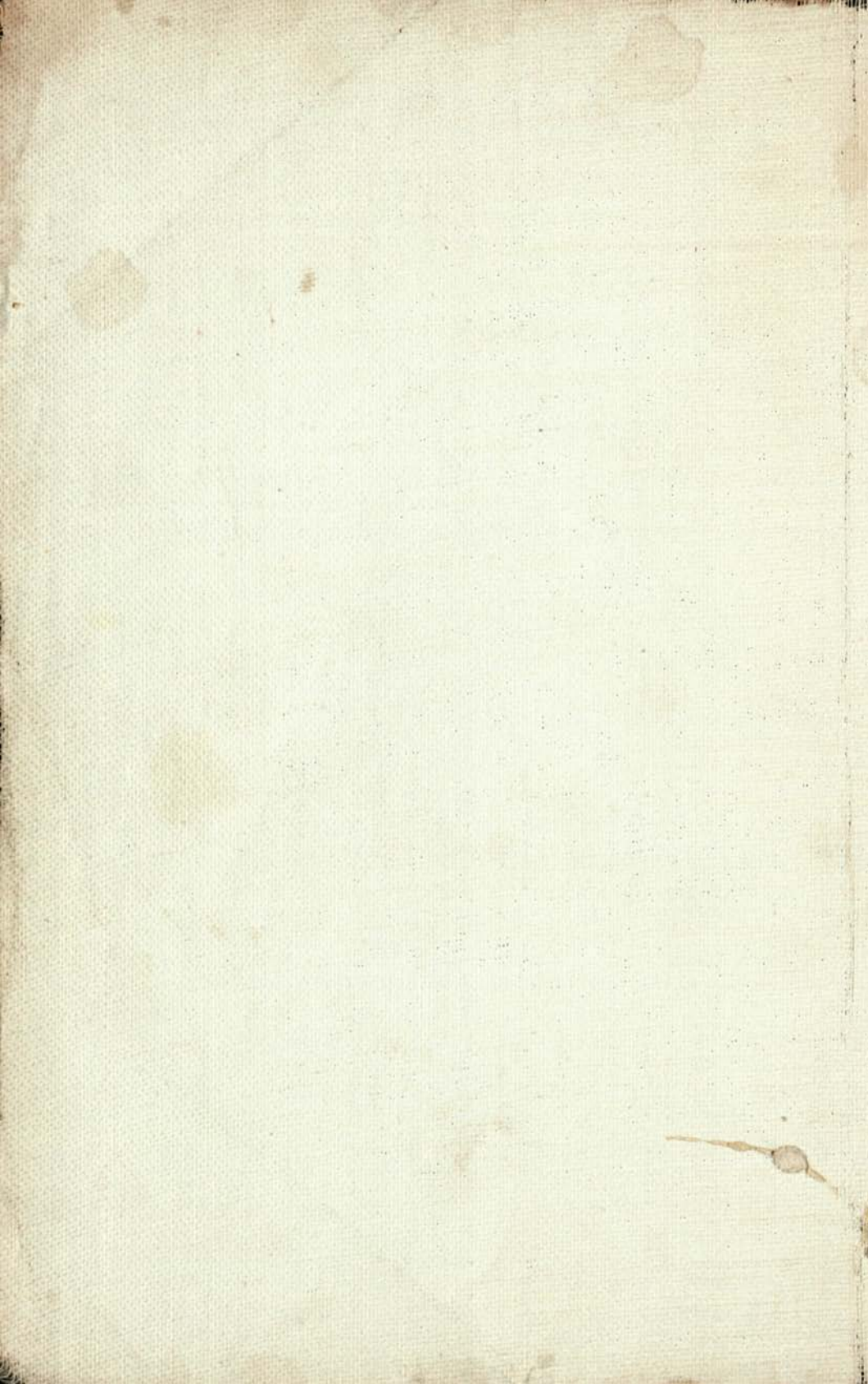


SOUTH CONGREGATIONAL  
CHURCH

COOK BOOK

AND MANUAL OF  
PRACTICAL HOUSEKEEPING



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SOUTH CHURCH MEMORIAL CHURCH

Book 1

Record of the Church of the South

1850-1851

Record of the Church of the South

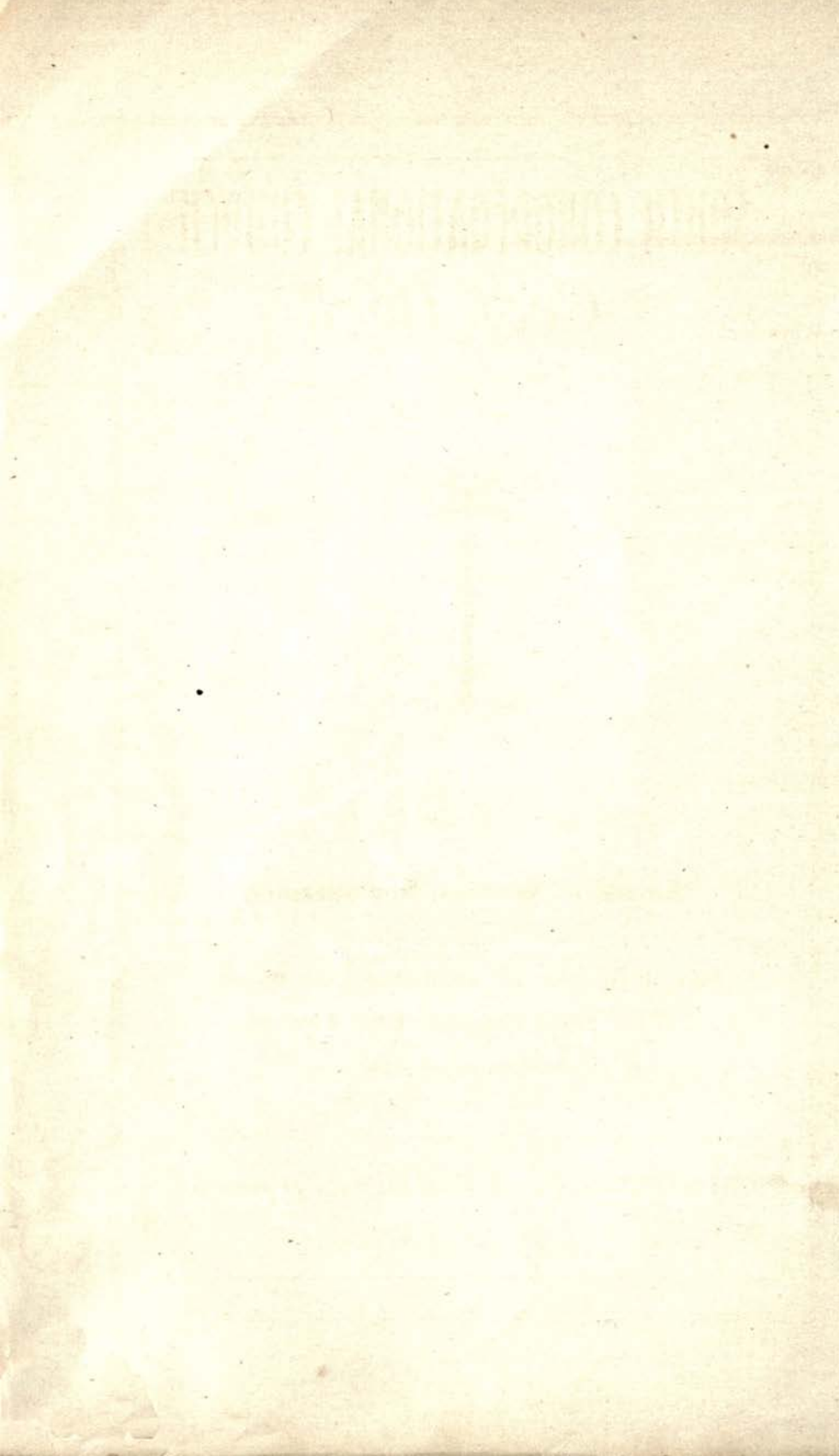
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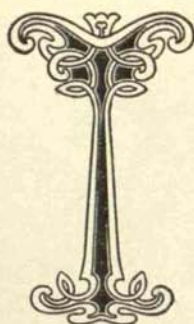






# SOUTH CONGREGATIONAL CHURCH

## *Cook Book*



1907

### Manual of Practical Housekeeping

Compiled and Published by the

Second Division of the Ladies' Aid Society  
of the South Congregational Church

Grand Rapids, Michigan

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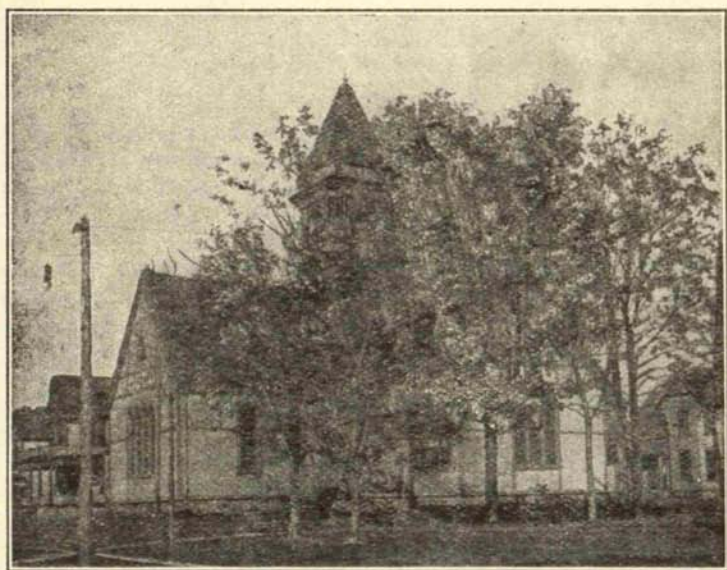
BOOK



Journal of the

South Congregational Church  
in the town of

South Congregational Church  
in the town of



South Congregational Church, Grand Rapids, Mich.





HENSEN PRINTING CO.



## TO OUR PATRONS.

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### A SOUVENIR

as well as a household necessity. Many of the recipes are original and appear here for the first time, but have been proven experiently successful by those who are capable of ministering to the

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¶ In one department may be found instructions, “how to make” and “how to use a Fireless Cook Stove.” This knowledge is valuable, inasmuch as the possession of it, if put in practice, will prove a fuel saver, and therefore save many times the cost of this book to each purchaser; also promote health and happiness in the home.

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## BREAD

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### DAYLIGHT BREAD.

Bread, the Staff of Life.

One-half pint of milk with one-half pint of boiling water poured into it. Mix one teaspoon of salt in the flour. Take one compressed yeast cake dissolved in two tablespoons of warm water and mix with the water and milk. Add sufficient flour to make a soft dough, turn it out and knead it until it kneads free from the board. Butter the bowl, put the dough in and stand it in a warm place three hours, then knead again and bake in small, long loaves.

### WHEAT BREAD.

Take three pints of flour to one pint of wetting; the wetting may be either milk or water or half of each, and it must be warmed. If milk is used, scald it and let it cool to luke warm. The flour should not be so cold as to cool the wetting below blood heat. To test the oven throw a little flour in the oven; if it browns quickly the oven is all right; if the flour burns, the oven is too hot. An ordinary sized loaf requires forty-five minutes for baking.

Kneading bread at bed-time, using luke-warm water in winter, and cold in summer, enables one to get it baked by 8 or 9 o'clock the next morning. When it is baked, turn it on its side on a clean table or in mixing pan; do not cover until

it is cold. The crust will remain soft; put it away in a tin or earthen bread jar, when it is thoroughly cold, and cover with a clean cloth. By keeping an apple in the jar the bread will not mold.

### BROWN BREAD.

One cup sour milk, one cup sweet milk, one-half cup corn meal, two cups graham flour, two-thirds cup of molasses, and fill cup with sugar; two level teaspoonfuls of soda, one-half cup of raisins. Mix and fill two tomato cans and one baking powder can; steam three hours and bake in slow oven 15 minutes.—*Mrs. Franc Hodges.*

### SALT RISING BREAD.

In the evening make up a mush as follows: Two tablespoonfuls of corn meal, a pinch of salt and one of sugar, with enough milk to make a mushy consistency; cover this lightly and set in a warm place till morning; then scald a teaspoonful of sugar, one of salt and one-third as much soda, with a pint of boiling water; then add cold water till lukewarm, and thicken to a thick batter with flour. Now add the mush made the night before and stir lively for a couple of minutes; and then put in a close vessel, which must be set in a kettle of warm water (not too hot) until light. Now mix stiff, add a little shortening and mold into loaves. It will soon rise if set in a warm place, and thirty minutes in a good oven will bake it done.

### WHOLE WHEAT BREAD.

Two tablespoonfuls of sugar, one and a half teaspoonfuls of salt, two even tablespoonfuls of shortening, one and a half tablespoonfuls of New Orleans molasses, one quart of water, three-quarters of a cupful of yellow corn meal, one cake of compressed yeast, one part white flour and the same quantity of whole wheat, or three parts of whole wheat and one-quarter white. The larger proportion of the dark flour takes longer to raise and makes darker bread than when equal quantities are used.

Dissolve the shortening, molasses, sugar and salt in a little hot water, add the required quantity of water, or half milk, half water. If milk is used it should first be scalded, then cooled. Dissolve the yeast in a little lukewarm (sweetened)



water. When the yeast foams stir into the liquid mixture, then into the flours, which have been sifted together four times. As soon as the dough is fairly mixed, knead it and set it to rise. When it has doubled in bulk knead again lightly on the board and form into loaves. Let them again double their original size, and bake in a steady oven. It will take longer than bread made entirely of bolted wheat flour.

### MILK BISCUIT.

Put into a bowl one quart of flour, rub into it one heaping tablespoon of shortening; add one teaspoon of salt, two teaspoons of baking powder and mix thoroughly with the flour; add one cup of milk, dust the board lightly with flour, turn the dough out, roll out carefully to about one-half inch thickness, cut the shapes, put in pan not near enough to touch; brush the tops lightly with milk and put at once in the oven, cooking them about 20 minutes.

### POP OVERS.

Grease gem pans or small earthen cups and put them in the oven to get very hot. Beat three eggs without separating until very light, and add them to two cups of milk and one-half teaspoon of salt. Pour this gradually on two cups of flour, stirring all the time. Fill the cups or pans half full. When properly made and baked they will swell four times their bulk. They should be baked about 25 minutes.

### RICE MUFFINS.

Beat three eggs separately until light. Add the yolks to one pint of milk, then to sufficient flour to make a thin batter. Add one ounce of melted butter and one teaspoon of salt. Give the whole a vigorous beating. Beat in one cup of boiled rice, adding two heaping teaspoons of baking powder and the well beaten whites. Stir thoroughly until well mixed and bake in muffin rings or on the griddle.

### CRUMPETS.

Scald one pint of milk, let it stand till lukewarm, then add one teaspoon of salt and about three cups of flour. Beat vigorously, then add four ounces of butter melted, and half a cake of compressed yeast; beat again, cover and stand in a warm place until very light. Grease the muffin rings and place them on a hot griddle. Fill each ring half full of the batter; bake until brown on one side, then turn and brown on the other.



## WHOLE WHEAT MUFFINS.

Mix thoroughly two cupfuls sifted whole-wheat flour, one-half a level teaspoonful of salt, one rounded tablespoonful of sugar and two level teaspoonfuls of baking powder. Stir in one cupful of milk, one well beaten egg and one tablespoonful of melted butter. Beat vigorously, and if the batter seems stiff add one-fourth of a cupful more of milk. Bake in hot, well greased muffin pans for 20 minutes.

## STEAMED BROWN BREAD.

Three-fourths cup corn meal, three-fourths graham flour, one-half cup wheat flour, one-half cup molasses, one cup sweet milk and one-half cup sour milk, one teaspoonful soda and a pinch of salt. Steam two hours.—*Mrs. E. O. Phillips.*

## GRAHAM BREAD.

One and one-half cups sour milk, one-quarter cup molasses, one egg, one-half teaspoonful salt, one cup white flour, two cups graham flour, two teaspoonfuls soda, sifted with white flour. Steam one and one-half hours and bake 5 minutes.

—*Mrs. E. P. Galer.*

## BROWN BREAD.

One egg, one and one-half cups sour milk, one and one-half teaspoonfuls soda, salt, one-half cup molasses or sugar, one cup corn meal and graham to make batter as stiff as loaf cake.

—*Mrs. E. J. Bates.*

## WHITE BREAD.

When potatoes are boiled for dinner, drain the water off into a quart of flour, two tablespoonfuls of sugar, one tablespoonful of shortening, and a little salt. If not enough water, add more and stir well. Put one yeast cake soaking, and when the mixture is cool, add it, stirring well. In the morning mix into the flour with warm water, mix soft. When light, roll into loaves. Do not make them large. Let it rise again till very light before putting into quick oven.—*Anon.*

## GRAHAM BREAD.

Three large cups graham flour, two cups wheat flour, butter size of egg, one-half cup molasses, two teaspoonfuls soda, two and one-half cups sour milk, salt; bake one and one-half hours, two loaves.—*Anon.*

### STEAM BROWN BREAD.

Three cups sour milk, two teaspoonfuls soda, two-thirds cup of molasses, one-quarter cup light brown sugar, one cup of seeded raisins, one cup corn meal, one cup white flour, thicken with graham flour, put in tin cans, steam three hours and bake 15 minutes.—*Carrie Royse.*

### BREAD CAKE.

Cream, one cup sugar and one-half cup butter. Add two eggs, one cup chopped raisins, two cups bread dough, nutmeg, citron if preferred, 1 teaspoonful soda dissolved in little hot water, small glass wine. Let this stand an hour before baking.

—*Mrs. A. Otte.*

### COFFEE CAKE.

On baking day take one cup of light sponge, one cup water, one or two eggs, one-half cup butter, one-half cup sugar, one cup of currants or raisins, spices if wanted. One teaspoonful salt, mold into loaves one inch thick. Sprinkle with sugar and cinnamon over the top. Let rise. When very light, bake.

—*Mrs. Rowerdink.*

### GRAHAM BREAD.

One egg, one-half cup sugar, one pint butter or sour milk, one teaspoonful soda, one-half teaspoonful salt. Stir quite stiff with graham flour, makes one loaf.—*Mrs. Lockly.*

### CORN BREAD.

One egg, one level teaspoon salt, one heaping tablespoonful of lard, one cup of water, three-quarters cup of flour, one-half teaspoon of soda, one teaspoon cream tartar. Meal to make a medium stiff batter, bake in small dripping pan or gem pans.

—*Mrs. Anna Rowerdink.*

### FRUIT BREAD.

Three cups sour milk, three level teaspoonfuls of soda, one heaping teaspoonful of salt, three-fourths cup of brown sugar, one cup of raisins, graham flour. Put the milk in a mixing bowl, add soda and stir well, then add sugar and salt, stir well again, then enough graham flour to make a stiff batter; cut the raisins in half (but do not chop them), stir them into the dough until well mixed through the dough. This quantity



will fill four one-pound baking powder cans about two-thirds full. Put cans in steamer and steam one hour, then bake half an hour. Be sure the cans are well greased and remove the bread at once when done. Do not cover the cans.

—*Mrs. A. Broome.*

### STEAMED CORN MEAL BREAD.

Three cups corn meal, two cups flour, two cups sweet milk, one cup sour. If you want to make it sweet and real good to eat, one-half cup molasses, or sugar, makes it light. Tablespoon salt, not too much, for the average man, or such. And to cook it well, I now must tell that three hours steam doth always seem—to do if in one loaf you wish it done, if in pound cans, then a half and one.—*Mrs. A. L. Knowles.*

### JOHNNY CAKE.

One lump of butter size of egg, melt, one-half cup white sugar, one egg, one cup sour milk, one cup corn meal, one cup of flour, pinch salt, one teaspoon soda dissolved in little boiling water.—*Mrs. M. W. Bates, Duluth, Minn.*

### FRENCH ROLLS.

One pint milk, one and one-half rounded tablespoon butter, one and one-half rounded tablespoon of sugar, one cake of yeast (Fleishman's), one-quarter teaspoon salt and flour, sufficient to make a dough just stiff enough to handle, heat the milk good before you dissolve the yeast and to it add the sugar, butter, salt and lastly the flour. Let it raise double its bulk, then shape; let it get light and bake. These are very fine.

—*Mrs. Fry.*

Biscuits should be made with soft dough; the baking soda should be thoroughly sifted with the flour. Lard will whiten, and butter will color the biscuit, yellow.

### BUNS.

One pound of light bread dough, two-thirds cup butter, small half cup sugar, one egg, work the butter, sugar and egg well into the dough; roll out one-half inch thick. Cut with a large, round cutter. Let rise very light, bake in a quick oven. When done, rub the top over with butter. Will make delicious sandwiches.—*Mrs. Anna Rowerdink.*



## BOSTON BROWN BREAD.

One pint of corn meal, three-quarters pint of graham flour, two-thirds cup of molasses, one pint sour milk, one teaspoon salt, one teaspoon soda. Steam for three hours.

—*Mrs. Warren N. Fuller.*

## GRAHAM BREAD.

One egg, one cup sour milk, one-half cup sugar, two tablespoons melted lard, two level teaspoons soda, one-half teaspoon salt, one cup white flour; balance graham to make batter consistency of cake batter. Bake in loaf; hot fire. For two loaves, double all, except egg.—*Nellie Fisher.*

## CURRANT BREAD.

One quart milk and water, set same as white bread; two cups currants, one or two eggs, one-half cup shortening, a little nutmeg, one cup sugar, a little salt, beat well, stiffen and put in tins, raise and bake.—*Mrs. Dobblaar.*

## NUT BREAD.

Sift together four cups flour, four teaspoonfuls of baking powder, one teaspoonful salt, one cup of sugar, and add one cupful of chopped hickory nut meats, not very fine; stir, then add one cup of milk and one well beaten egg. Pour into two buttered bread tins and let stand 20 minutes; then bake half an hour. This is a delicious bread and very easily made.

—*Mrs. George Corbin.*

## PARKER HOUSE ROLLS.

Sift into a basin three cups of flour, add one teaspoonful of salt; put into a saucepan half a pint of milk, two tablespoonfuls of butter, and allow to come to boiling point, then pour over one dessertspoonful of sugar and let it cool. Dissolve one yeast cake in a little lukewarm water, add to the milk, beat up one egg, pour these among the dry ingredients, mix thoroughly. Let it rise in a warm place till light. Turn out on a floured board, knead it a little, then put it back into basin, which has been buttered; let rise again. Turn out and then roll it out half an inch thick. Take a round cutter and cut out the rolls. Brush each piece with butter, fold over, and press the edges together and place them on a warm greased tin, one inch apart; let them rise again until very light; brush over with beaten eggs; bake in a hot oven fifteen minutes.—*Anon.*

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### BOSTON BROWN BREAD.

Three cups graham flour, one cup corn meal, two cups sweet milk, one cup sour milk, one cup molasses, one cup seeded raisins, two teaspoons soda, one teaspoon salt. Flour the raisins and add last thing. Steam three hours in five one-pound cans. Fill cans half full of dough.—*Mrs. Crabb.*

### WHOLE WHEAT FLOUR BREAD.

Three cups of flour, sift and add one teaspoon of salt, two tablespoons of baking powder and enough water to moisten. Take it out of the bowl, put it into shape and put it right into the baking pan, leaving the dough as soft as it can be handled. Make a groove down the center of the loaf, using the back of a spoon, and bake one hour.

### ROLLS AND BREAD STICKS.

Rolls and bread sticks are made by using the Daylight bread dough, rolling it into long strips between the hands and baking a pretty brown in a quick oven.

### LEMON FRITTERS.

Beat three eggs without frothing them, sweeten and flavor them with lemon rind and add a tablespoonful of brandy. Cut some stale bread (of which the crust has previously been taken) into slices one-third of an inch thick. Stamp them into small fancy shapes with a cutter, dip into the mixture and then soak till they have absorbed as much of the egg as possible. Lift the fritters out carefully with a slice and fry in the same manner as pancakes. Place them on a hot dish and sprinkle thickly with powdered white sugar. Serve very hot. Few people guess the composition of this dish at first, and it will be found both simple and tasty. It may be varied by using rose or orange flower or other water to flavor instead of the lemon rind and by using slices of cake with currants and raisins instead of bread. If liked, the bread may first be soaked in milk and afterward dipped in the beaten egg. These fritters should take about five minutes to fry.

### RAISED GRAHAM BISCUIT.

One pint of graham flour, one pint of wheat flour, teaspoonful of salt, teaspoonful of sugar, pint of warm milk, one-quarter of a yeast cake. Raise over night; in the morn-



ing, drop into gem pans and raise the same as biscuit before putting into the oven. Bake in a hot oven.

### BAKING POWDER BISCUIT.

Sift one quart of flour, one teaspoonful of salt and two teaspoonfuls of baking powder into a mixing bowl; add a piece of butter size of an egg, rub lightly into the flour, add sufficient sweet milk to make as soft dough as you can handle conveniently; see that the oven is quite hot, roll out very carefully; cut with small sharp cutter, do not place too close together in the pans; bake quickly; when done remove from the oven, cover with a perfectly clean towel for about three minutes, then serve with good sweet butter.

NOTE—Many use too much baking powder, while others use too much shortening. If too light they will not spread easily; if too much shortening has been used, after eating they will lie like so much lead in the stomach.

### GRAHAM GEMS.

One cup of sweet milk, one-half cup of sugar, one tablespoonful of melted butter, one egg, two teaspoonfuls of baking powder; mix to thick batter with graham flour; fill the pans a little more than half full. They will bake in fifteen minutes in a quick oven.—*Esther*, Detroit, Mich.

### POTATO TURNOVERS.

Add one beaten egg to a pint of hot mashed potatoes, season to taste with salt and pepper. Roll in a little flour, then make into balls; press or roll these out rather thin; place a tablespoonful of finely minced and seasoned meat on the potato cake, covering only one-half; fold over and press the edges together; place in a buttered baking pan in the oven until a nice brown. Serve with brown or tomato sauce.

### FRITTERS.

For plain fritters take one pint of milk, three eggs, one spoonful melted butter, one teaspoonful cream tartar, half a teaspoonful of soda, flour to make a stiff batter. To be fried, dipped by the spoonful into boiling lard. By adding coarsely-chopped tart apples to the above in even quantity, a nice apple-fritter is made, or by paring and slicing pineapples, or bananas, and dipping in the batter, and frying, a delicious fritter for an entree is made.

## WHOLE WHEAT BREAD.

Two cups of milk or water, two level tablespoonfuls of sugar, one level teaspoonful of salt, four and one-half cups of whole wheat flour, one yeast cake dissolved in a little warm water, scald milk, add sugar and salt, when lukewarm, add yeast and flour. Beat well, cover and let rise to double its bulk, then beat it again, turn into greased pans, let raise and bake.—*Mrs. H. H. Frain.*

## SPIRIT YEAST.

Cook and mash three good sized potatoes, add one pint of hot water, three tablespoonfuls of sugar, one tablespoonful of salt. Soak one cake of yeast foam and when lukewarm, add to the mixture. Keep in a warm place till light.

—*Mrs. W. K. Sterns.*

## WHITE BREAD.

Cook and mash three good sized potatoes, pour over three pints of hot water, three tablespoonfuls of sugar, one tablespoonful of salt. When lukewarm add one pint of the spirit yeast, stir all together, then take out one pint, and keep in a warm place till light, then keep in a cool place till used again. Sift one pint of flour over the remainder, let stand over night, then mix in hard loaf; let stand till light, then mix in three loaves; then when light, bake in a moderate oven.

—*Mrs. Sterns.*

## VIENNA BREAD.

One pint sweet milk, one pint hot water, one teaspoonful salt and two cakes compressed yeast, soaked in cold water, flour. Pour the milk and water into a mixing bowl and add the salt. Then sift in flour to make a batter and stir until it is smooth and velvety. Then add the yeast which must be stirred until dissolved. Put in more flour and beat hard fifteen minutes. Then add flour to make stiff enough to knead thoroughly. Let rise in a warm place for three hours. Mold into loaves, let rise again and bake in steady oven 45 minutes.

—*Mrs. J. M. Peter.*

## WHITE BREAD.

Moisten nearly a cup of sugar with warm water and place two cakes of compressed yeast on this. Boil four good sized potatoes until soft. Mash them fine and place in a mixing



bowl. Take potato water and add enough water to make a quart of liquid, add the mashed potatoes, two tablespoonfuls of lard and the yeast and sugar. Add flour to make a stiff batter. Keep warm and let rise until light. Then add two tablespoonfuls salt and flour enough to knead stiff, and knead twenty minutes. Let rise again until double its bulk; mold into loaves, let rise half an hour and bake in steady oven about twenty or twenty-five minutes. This will make four medium sized loaves. If kept warm this bread can be started at 8 o'clock, and finished by 12 o'clock, noon.—*Mrs. H. Baker.*

#### SALT RISING BREAD.

The leaven is made the day before wanted for use by stirring into a cup half full of hot water (not boiling), enough corn meal with a pinch of soda, to make a thin batter; keep warm. In a few hours this should be light and cracked on the top. Set this away in a cool place and in the morning put all or a part of this into a bowl half full of warm water, stirring in flour to form a thick batter, keep warm, being careful not to scald. When this has risen to the top of bowl have flour ready (warm in cold weather), with a little salt, and for one medium sized loaf, take one pint of warm water or milk (or both), and make a sponge, stirring in the emptyings. Then knead it at once into loaves, mixing well, but keeping it as soft as possible. Put into tins, let it get light and bake.

—*Mrs. Tubbs.*

#### BROWN BREAD.

Two cups (level full) corn meal, two cups (heaped) wheat flour, three cups sour milk, one-half cup molasses, two heaping teaspoonfuls soda, one heaping teaspoon salt, one tablespoon cream or butter. Fill fruit cans half full, bake slow.

—*Mrs. L. N. Fisher.*

#### BROWN BREAD.

One tablespoon melted lard, one teaspoon salt, one-half cup brown sugar, scant half cup molasses, one teaspoon soda, two cups buttermilk, one cup flour and graham enough to make stiff. Bake.—*Mrs. E. E. Geeck.*

#### BROWN BREAD.

One-half cup sour milk, one-half cup molasses, one-half teaspoon soda, one egg, one-half cup raisins, one and one-half cup graham flour. Steam one and one-half hours.—*Mrs. Vyn.*



### BOSTON BROWN BREAD.

This bread is of much benefit to dyspeptics. Sift together two cupsful of graham flour, one-half cupful of white flour, two-thirds cupful corn meal, one and one-half teaspoon of soda, one teaspoon salt. Now add two cupsful of buttermilk, two-thirds cupful molasses, butter the pan, which should hold three or four quarts. Steam three hours. If liked, a two-thirds cup of raisins.—*Mrs. J. L. S.*

### STEAMED GRAHAM LOAF.

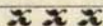
One pint graham, one pint corn meal, one-half pint molasses, one pint sour milk, two teaspoonfuls soda, salt; steam three hours.—*Ina D. Kelly.*

### ENTIRE OR WHOLE WHEAT BREAD.

Take a portion of the sponge made for white bread, add one cup of sugar and knead in whole wheat flour from Franklin Mills, until the dough is elastic, then fill 1 pound coffee cans half full, or use large tomato cans, with top melted off. Let stand until dough reaches the top, then bake in a moderate oven.—*Mrs. F. H. Turner.*

### CHEESE STRAWS.

One pound cheese (grated), one egg, well beaten, one-half cup melted butter, one cup flour, mix well; roll out and cut in narrow strips three or four inches long. This amount makes over 125 straws.



## TOASTS.

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### TONGUE ON TOAST.

Chop one cup of cold boiled tongue very fine. Beat the yolk of two eggs until light, then add them to the tongue and season with a quarter or a teaspoon of mustard and a dash of cayenne pepper. Add a small piece of butter and stir over the fire until the eggs are cooked. Serve immediately on buttered toast.

### ASPARAGUS TOAST WITH EGGS.

Wash the asparagus very thoroughly, trim off the tough ends; let lie in cold water for a few minutes; then tie in small bundles; cover with boiling water and boil until tender. When done drain off the water and save it to moisten the toast. Arrange nicely toasted slices of stale bread on a heated dish, moisten the toast slightly with a little asparagus water, untie the asparagus bundles and lay the stalks on the slices of toast. Break an egg over each bundle and set the dish in the oven until the whites of the eggs are set.

### DUTCH TOAST.

Crumble the bread and place in a frying pan with a slice of butter; add salt, pepper and sage, if liked. It should be seasoned well; pour in a little boiling water, cover closely, so the steam will soften the bread; stir while cooking, as it burns easily; serve quite hot.

### FRENCH TOAST.

Beat one or two eggs and a pinch of salt, add milk to thin. Have hot lard ready, dip slices of bread in mixture, then fry a delicate brown. Very nice jam, jelly or syrup may be spread on by those who like it.

### TOAST SERVED WITH ASPARAGUS.

Tie nice green, tender asparagus into small bunches, placing heads one way; lay in cold water for awhile. Then place in a roomy stew-pan and cook in boiling salted water until tender. Toast bread, lay on a large platter, drain asparagus and lay a bunch on each piece of toast, and pour over it a drawn butter sauce; serve hot.

### TOAST SERVED WITH TOMATOES.

Cook tomatoes, season with salt and pepper and tablespoon of butter; just before removing from stove, thicken with flour and cream or milk. Let this cook through, but not boil. Stir all the time; pour over nicely browned and buttered toast.

### TOAST WITH OYSTERS.

Toast and butter bread, spread with oysters and a little of the liquor, season with pepper, salt and butter; place in oven; are done when rim of oysters are curled; serve very hot.



### POACHED EGGS WITH CREAMED TOAST.

Place a pint of cream, a large tablespoonful of butter, pinch of salt on back of stove; while it is heating, toast bread and poach eggs; lay bread on warm platter, pour cream over it and on each slice, place an egg. A very nourishing and inviting dish.

— x x x —

## CHEESE DISHES.

### CAVIAR CANAPES.

Mix three tablespoonfuls of caviar paste with one tablespoonful of lemon juice and quarter of a tablespoonful of paprika. Rub two tablespoonfuls of sweet, fresh butter to a cream and add the paste. Spread on small oval or oblong slices of toast which have been buttered and browned slightly in the oven. Garnish with watercress chopped fine.

### MACARONI WITH CHEESE AND TOMATOES.

Break half a pound of best macaroni into two-inch pieces; cover well with boiling water, add a tablespoonful of salt and boil for fifteen minutes; skim out of salted water; plunge into a pan of very cold water and let stand until cool; pour off the cold water and drain well. Have cooked in a saucepan one pint of tomatoes. Cut in small pieces one-fourth of a pound of full cream cheese; butter a pudding pan; put in a layer of tomatoes, then macaroni, and a layer of cheese, until you have used all of each; sprinkle with one-half teaspoonful of paprika; add lastly one cupful of milk and bake until the cheese on top is melted and a biscuit brown color; bake slowly in moderate oven; too rapid baking spoils this dish.

### WELSH RAREBIT.

Fill the lamp in the chafing with good alcohol; place in the well beneath the blazer pan, into which put one tablespoonful of butter; light lamp; when butter is melted add one pound of full cream cheese cut in small bits; as it melts, stir with a wooden paddle made for this express purpose; when melted add one-half teaspoonful of paprika; one-half teaspoon-



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ful of salt and one-half teaspoonful of dry mustard; to this add slowly one cupful of sweet cream; stir constantly until smooth; turn a little boiling water into the hot water pan; set into this the blazer with contents and lastly stir in two well beaten eggs. Have ready squares of fresh toasted bread or hot crisp crackers; dip over each piece a sufficient quantity of the rarebit and serve immediately; small pickles are nice served with this.

### CHEESE ROUNDS.

Cut baker's bread into round slices. Spread melted butter on one side and toast. Beat the white of one egg, add as much grated cheese as it will absorb, season with salt and cayenne, spread over the untoasted side of the rounds, and set in the oven until the cheese melts. Serve warm with salad.—*Anna W. Miller.*

### CHEESE STRAWS.

Roll paste one-quarter inch thick, sprinkle one-half with grated cheese, to which has been added a few grains of salt and cayenne; fold, press edges together, fold again and roll out one-quarter inch thick; sprinkle with cheese and proceed as before. Repeat twice. Cut in strips five inches long and one-quarter inch wide. Bake eight minutes in hot oven.

### HOMINY AND CHEESE.

Purchase a quart can of cooked hominy, turn off the water, rinse with cold water and drain for twenty minutes in a bowl sieve. Make a sauce of one pint of sweet milk, a quarter teaspoonful of paprika and thicken with two tablespoonfuls of flour mixed to a smooth paste with a little cold milk. Then add one cupful of full cream cheese grated, cook in the thickened milk until the cheese has melted, then stir in the drained hominy and let stand in the hot water bath of the double boiler until thoroughly heated through. Serve with baked potatoes in place of meat.

### CHEESE SOUFFLE.

For Chafing Dish.—Melt a piece of butter in the blazer pan, so as to cover the bottom well; have ready one and one-half cupfuls of grated cheese; turn into the hot butter; stir with the wooden paddle for half a minute; add one cupful of sweet cream; the beaten yolks of three eggs; season with one-half teaspoonful of salt and one-half teaspoonful of



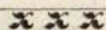
paprika; stir all until well blended; then fold in the beaten white of eggs; let cook until the albumen is well set; set over the hot water pail with enough boiling water to keep the contents hot until all served from the blazer; serve on large square crackers or rounds of fresh crisp toast.

### MACARONI AND TOMATOES.

Boil quarter of a pound of macaroni in salted water, blanch and arrange it on a hot platter. Mince half a pound of raw ham and brown in a little of its own fat; spread this over the macaroni; pour over the whole a pint of thick, stewed tomato pulp, garnish with dry bread crumbs browned in butter and parsley.

### MUFFINS.

One-half cup butter and lard mixed, melted and poured into one pint sweet milk, one egg beaten, three teaspoons baking powder, flour to make stiff batter, beat it hard and bake in gem tins.—*Mrs. C. U. Clark.*



## BREAKFAST DISHES.

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### JOHNNY CAKE.

Two cups corn meal, one cup white flour, two cups sour milk, one-half cup brown sugar, one egg, one teaspoon each soda and salt.—*Mrs. L. N. Fisher.*

### POTATO PANCAKES.

Grate raw potatoes to amount needed, add a little salt, soda and flour, and fry brown in butter and serve hot.

—*Mrs. A. E. Fisher.*

### GRIDDLE CAKES.

Loppered milk, a little salt and one teaspoon soda dissolved in hot water; stir in flour to make a rather stiff batter. (Plain, but good.)—*Mrs. A. E. Fisher.*

### SOUR MILK PANCAKE.

One cup sour milk, one egg, one teaspoon soda, flour to make soft batter; beat yolk of egg to froth, add sour milk



with soda dissolved, then add flour and beaten white of egg just before putting on griddle.—*Nellie Fisher.*

### GRAHAM GEMS.

One cup milk, one cup flour (graham), one egg, one teaspoon baking powder, one teaspoon butter, pinch salt.

—*Mrs. L. N. Fisher.*

### BREAKFAST MUFFINS.

One tablespoon soft butter, two tablespoons sugar, rub to a cream two beaten eggs, a pinch of salt, one cup sweet milk two heaping teaspoons baking powder; add flour enough to make the consistency of cake batter. Bake in buttered muffin rings.—*Mrs. C. J. Matthews.*

### GRAHAM GEMS.

One egg, one level teaspoon salt, three teaspoons sugar, heaping tablespoon of lard, half cup of currants, two-thirds cup of flour, half teaspoon soda, one teaspoon cream tartar, one cup water; graham flour to make a stiff batter to drop from spoon, not pour. Bake in gem pans.

—*Mrs. Anna Rowerdink.*

### GRIDDLE CAKES.

Sift three cups of flour, two heaping teaspoonsful of baking powder, one rounding teaspoonful of salt, one heaping tablespoonful of sugar, into a mixing bowl. Beat one egg very light and add to one quart of sweet milk or milk and water; pour this gradually on to the dry ingredients, stirring constantly to keep free from lumps. Bake immediately on hot griddle. Syrup for Cakes.—Take two cups of light brown sugar and one cup of water; boil five minutes, strain and add one teaspoonful of vanilla. A good substitute for maple syrup.—*Mrs. J. M. Peter.*

### SOUR MILK BISCUITS.

One and a half cups of sour milk, one level teaspoonful of soda, dissolved in milk; lard size of an egg, little salt, flour enough to make stiff batter and two teaspoonsful of baking powder sifted in flour; roll and bake in quick oven.

—*Mrs. W. K. Sterns.*

## BREAKFAST PUFFS.

One cup of sweet milk, one and a half teaspoonsful butter, one teaspoonful sugar, one teaspoonful salt, one-half cup of flour.—*Emma S. McCrath.*

## GREEN CORN FRITTERS.

Grate and scrape twelve ears of fresh picked corn, add yolks of two eggs, one tablespoonful of flour, butter size of walnut, salt and pepper to taste. Cook in very hot butter, and serve.—*Mrs. Margaret Lane.*

## JOHNNY CAKE.

One pint sour milk, one teaspoonful soda, one or two eggs, one tablespoonful melted butter, two tablespoonsful sugar, two cups corn meal, one cup flour with teaspoonful of baking powder, one teaspoonful salt. Makes two small cakes.

—*Mrs. G. K. Failing.*

## JOHNNY CAKE.

Two cups corn meal, one cup flour, two eggs, two cups sour milk, three tablespoons sugar, one teaspoon soda, one teaspoon salt.—*Ellen Evarts.*

## WHEAT CAKES.

One cup sour milk, one cup sweet milk, one-half teaspoon soda, two eggs. (The whites beaten separately and added last.) This recipe will serve four persons.

## MUFFINS.

One-half cup sugar, one-half cup milk, two eggs, two tablespoons butter, two heaping teaspoons baking powder, flour enough to make thick as sponge cake.

—*Louise E. Wright.*

## BUTTERMILK SCONES.

Sift together one quart of sifted flour and one teaspoonful each of salt and soda; rub in three tablespoonfuls of lard and butter (mixed), then mix to a soft dough with buttermilk; roll out about an inch thick, brush with milk, cut, and bake in a quick oven.

## GRAHAM GEMS.

Sift together one cupful each of white and graham flour,



one and one-half teaspoonfuls of baking powder, one teaspoonful of salt, and a quarter of a cupful of sugar; then add one egg and one cupful of sweet milk; rye or oatmeal may be substituted for the graham flour.

### CRUMPETS.

Mix into a stiff batter, one egg, one-half teaspoonful each of salt and sugar, one pint of milk, and one and one-half pints of flour, with which two teaspoonfuls of baking powder have been sifted, and bake on top of range in greased muffin rings on a hot, greased griddle.

### CORN MEAL POP-OVERS.

Sift four teaspoonfuls of baking powder with one pint of flour, and mix thoroughly with one pint of corn meal; beat four eggs very light, add two tablespoonfuls of lard, one cupful of sweet milk, one teaspoonful of salt, and (alternately) the flour and meal; also sufficient milk to make a smooth batter, and pour into very hot gem tins.

### BUTTERMILK BISCUITS.

Sift two teaspoonfuls of baking powder and one teaspoonful of salt with one quart of flour; work in two level tablespoonfuls of lard, and mix to a soft dough with one generous pint of thick buttermilk in which half a teaspoonful of soda has been dissolved; roll half an inch thick, cut in small rounds, handling as little as possible, and bake in a hot oven.

### HOE CAKE.

Take a very stiff batter of water and corn meal, adding a pinch of salt; grease a thick, iron griddle very sparingly, and when hot put the batter on in a large cake about an inch thick, smooth and cook slowly; when cooked on one side for about ten minutes, turn carefully, and cook on the other side. Serve whole, letting each one break off a portion.

### WINDT BENTEL—(German).

Melt one tablespoon of butter in one cup boiling water and stir in one cup flour; rub smooth and leave on stove until thoroughly cooked; when cool, stir in four eggs (one at a time), without beating; drop a scant teaspoonful at a time in hot lard and fry to a light brown; roll in powdered sugar before serving. Delicious and dainty.—*Leota Wheeler Keil.*

## GRAHAM MUFFINS.

One egg, one cup sour milk, one tablespoon butter, one tablespoon sugar, one teaspoon salt and soda; graham flour to make stiff batter.—*Mrs. C. Otte.*

## RAISED WAFFLES.

One pint milk, scalded and cooled, one-quarter yeast cake dissolved in one-third cup of water, one pint of flour sifted, one-half teaspoonful salt, two eggs, yolks and whites beaten separately, one tablespoonful butter softened. Mix at night the milk, yeast and flour. In the morning add the salt, eggs and butter. Bake in hot waffle iron.

## MUFFINS.

One egg, one tablespoon melted butter, two tablespoons sugar, one cup sweet milk, two cups flour, three teaspoons baking powder. Bake in a quick oven.

## BUCKWHEAT CAKES.

To one pint of buckwheat flour add about one gill of wheat flour, two tablespoonfuls molasses, two heaping teaspoonfuls baking powder. Mix with cold water and bake quickly on a hot griddle.

## JOHNNY CAKE.

One cup sour milk, one teaspoon soda, one egg, one-quarter cup sugar, one cup flour, one cup corn meal, one teaspoon baking powder, piece of lard size of an egg, salt; you can put lard in tin you bake it in and let it melt before putting in the cake, which will grease your tin at same time.

—*Mrs. David Scotts.*

## NUT BISCUIT.

Sift together two cups flour, one-half teaspoon of salt, one heaping teaspoon of baking powder; rub in heaping tablespoon butter, add one cup ground or chopped nuts (any kind), and two tablespoonfuls sugar. Mix to a soft dough, with milk; mold with the hands into small balls, place well apart on greased pans, brush each with milk, put a pinch of chopped nuts on top, and bake in a hot oven.—*Mrs. W. J. Breen.*

## JOHNNY CAKE.

Two eggs, one-half cup of sugar, one cup of sour milk, one teaspoon of soda, dissolved in the milk, one-half teaspoon-



ful of salt, one large spoonful of butter, one cup of corn meal, one cup of flour. Bake in shallow pan.—*Mrs. Jennie Sinclair.*

### WAFFLES.

One quart of milk, one quart of flour, four eggs, beaten separately, three tablespoonfuls of butter, one teaspoonful of baking powder. Bake in waffle irons.—*Mrs. Dr. Woodworth.*

### CORN BREAD No. 1.

One cup of sour milk, one egg, one-half cup of yellow sugar, one large spoonful melted butter, one cup flour, one-half cup of corn meal, one-half teaspoonful of soda. Quick oven and it is delicious.—*Mrs. F. H. Turner.*

### CORN BREAD No. 2.

Two cups of sifted corn meal, one-half cup flour, two cups of sweet milk, two well beaten eggs, one-half cup of molasses or sugar, teaspoonful of salt, two tablespoons of melted butter; mix the butter, molasses, salt and beaten eggs, then the milk, and lastly, the flour and meal, blended together, with baking powder, two level teaspoons sifted in; beat thoroughly, bake nearly an hour in well buttered tins, not very shallow.

### DIAMONDS.

Prepare rich biscuit dough, roll out one-half inch thick; cut in strips two inches wide, then cut strips into diamonds; place on greased pans, one inch apart, brush with milk, and bake in very hot oven.

### OAT MEAL MUFFINS.

One cup oat meal, one and one-half pints of flour, two teaspoons baking powder, sift all together; rub in one tablespoon of lard, add two beaten eggs, one teaspoon salt, and one pint of milk. Mix smoothly into batter, a little thinner than cup cake. Bake in muffin pans, in hot oven, 15 minutes.

### POTATO PUFFS.

Take masked potatoes and make them into a paste with one or two eggs; roll it out with a dust of flour and cut round with a saucer; have ready some cold cooked meat of any kind, free from gristle and chopped fine, and season with salt, pepper, thyme or pickles cut up fine; place them on the potato and fold

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it over like a puff, pinch it neatly around and bake for a few minutes.

### APPETIZING RUSK.

Boil and mash one good sized potato; take one pint rich milk, one-half yeast cake, dissolved, and flour to make a stiff batter; mix at noon. In the evening, when light, rub together one-quarter pound sugar, one-eighth pound butter and one-quarter of a grated nutmeg. Mold up soft, put in a warm place, and when quite light break off pieces the size of an egg, form into small cakes laid closely together in the pans; when very puffy wash over the tops with some sweetened milk and a little sugar if desired.

### BREAKFAST MUFFINS.

Take one pint milk, three gills of wheat flour, three eggs and a pinch of salt; beat the eggs very light, add the milk, and lastly the flour. Bake in rings or small pans, and in a quick oven. They are very light and of excellent quality.

### PARKER HOUSE BREAKFAST ROLLS.

Sifted flour one quart; sugar, butter and yeast, of each one-quarter cup. Mix with new milk until the consistency of light bread dough. If for breakfast, let stand in a moderately cool place over night; if for tea, set in a warm place about four hours. When light, take off enough for one roll, and roll it out to size desired. Spread on one-half the piece a little melted butter and lap over the other half. Place in a pan to rise, and when light bake in a quick oven.

### BUCKWHEAT CAKES.

Take one pint buttermilk and one-quarter pint sweet milk; add a teaspoonful of salt, and stir in one pint of buckwheat flour; add one teaspoonful of soda and bake immediately, after beating well for a few minutes.

### CORN MEAL GRIDDLE CAKES.

To one quart corn meal add one-half pint wheat flour, some salt and one tablespoonful soda; stir in sour milk enough to make a thin batter; have the griddles hot and well greased and bake slowly. Bake on one side until blubbers come on top, then turn and bake on the other side to a nice brown.

## CORN BREAD No. 1.

Beat two eggs well; add one pint water and stir well; put in one teaspoonful of salt, same of yeast powders and add corn meal enough to make a batter that will pour out of the pan. Now put a tablespoonful of lard into the baking-pan and set it in the oven till hot; then pour the batter into it and bake to a nice brown.

## CORN BREAD No. 2.

Two pint cups Indian meal, one pint cup wheat flour, two pint cups sweet milk, one pint cup sour milk, one-half pint cup sugar, one teaspoonful of salt and same of soda. Mix and bake slowly for one and one-half hours.

## OAT MEAL GRIDDLE CAKES.

Take one cup of cooked oat meal, and after mashing it up fine with a fork, add one and one-half cups of sweet milk and one egg, beaten lightly. When ready to bake the cakes add one cup of graham flour, in which one heaping teaspoonful of baking powder has been mixed.

## GRAHAM PANCAKES.

Take one quart of buttermilk, two heaping teaspoonfuls of soda, one heaping teaspoonful of salt, one egg and three teacupfuls of graham flour. Beat very thoroughly for at least five minutes before baking.

## SWEET POTATO PANCAKES.

One pint mashed sweet potatoes, one pint graham flour, one pint sour milk, two eggs, one teaspoonful soda, one teaspoonful salt. Beat all together ten minutes and bake on a griddle.

## SPANISH FRITTER PUFFS.

Powdered sugar one tablespoonful, butter two tablespoonfuls, salt one tablespoonful, water one cup, yolks of eggs four, flour; put the water into a sauce-pan, add the sugar, salt and butter, and, while it is boiling, stir in flour enough to have it leave the pan, then stir in, one by one, the yolks of the eggs; now drop a teaspoonful at a time into the boiling lard and fry to a light brown. They will be very puffy if nicely done.



## PHILADELPHIA CREAM PUFFS.

Butter, two cups; ten eggs, three cups flour, water, one pint; soda, one teaspoonful. Boil the water, melt the butter in it, stir in the flour dry while the water is boiling; when cool add the soda and the well beaten eggs; drop the mixture with a spoon on buttered tins and bake twenty minutes. Be careful not to open the oven door more than twice while they are baking.

## SWEDISH TIMBLE CASES.

Beat the yolk of two eggs, add one cup of cold water, then stir in one cup of flour, add one-half teaspoonful of salt, and beat until smooth; add one tablespoon of olive oil, beat again; then stir in the whites of two eggs, beaten to a stiff froth; stand away for two hours before using, heat your timble iron in the hot fat for ten minutes, then drain a second, dip in the batter until well roasted, then bake again in the smoking fat and cook until light, yellow and crisp.—*Mrs. Fry.*

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SOUPS.

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“Now good digestion wait on appetite, and health on both.”

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## STOCKS FOR SOUPS.

Six pounds of shin of beef or six pounds of knuckle of veal, any bones, trimmings of poultry or fresh meat, one-quarter pound of lean bacon or ham, two ounces of butter, two large onions, each stuck with cloves, one turnip, three carrots, one head of celery, two ounces of salt, one-half pound of whole pepper, one large blade of mace, one bunch of savory herbs (except sage), four quarts and one-half pint of cold water. Cut up the meat and bacon, or ham, into pieces of three inches square, break the bones into small pieces, rub the butter on the bottom of the stew-pan, put in one-half pint of water, the broken bones, then meat and all other ingredients. Cover the stew-pan and place it on a sharp fire, occasionally stirring its contents; when the bottom of the pan becomes covered with

a pale jelly like substance, add the four quarts of cold water, and simmer very gently for five or six hours. Do not let it boil quickly. When nearly cooked, throw in a tablespoonful of salt to assist the scum to rise. Remove every particle of scum and strain through a fine hair seive. When cool, remove all grease, keep in small jars in a cool place. It will form into a jelly.

Stock is the basis of all soup. Good soups of various kinds are made from this stock at short notice; slice off a portion of the jelly, add water and vegetables if you wish, also thickening. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup. Season and boil a few minutes and serve. This stock makes a good gravy for meats, one table spoonful of it is sufficient to impart a fine flavor to a dish of macaroni or hash, and various other dishes.—*Mrs. H. A. Turner.*

#### TO CLARIFY STOCK.

Put in a sauce-pan, over a brisk fire. When boiling, add the white of one egg to each quart of stock and proceed as follows: Beat the egg up well in a little water, then add a little hot stock, beat to a froth, and pour gradually into the pot, then beat the white hard and long, allow it to boil up once and immediately remove and strain through a thin flannel cloth. This makes white stock.—*Mrs. H. A. Turner.*

#### TOMATO BISQUE—SOUP.

Melt two tablespoonfuls butter in a sauce-pan, add one and one-half tablespoonfuls flour and rub together until smooth; add gradually one quart milk, and cook until thickened. In another dish cook one-half can tomatoes, one-half cup water, one bay leaf, add two cloves; cook five minutes; strain; add while hot to the thickened milk, one teaspoon sugar, salt and pepper to taste. Serve hot.—*Ada E. Crips.*

#### TOMATO SOUP.

A few potatoes sliced thin, two tomatoes sliced, a little rice, one onion sliced. Cook all together, adding enough water to make the broth. When done, add a pint of milk, salt and pepper and butter. Serve hot.—*Mrs. Tubbs.*

#### CLAM BOUILLON.

These are preferred to all others. The clam bouillon is best made from the prepared, bottled clam juice, as so many



cooks do not cook the fresh clams properly and the bouillon has a bitter, unpleasant flavor. Add two pints of water or milk to one pint of the clam bouillon; season with salt, paprika and butter. Let come to boiling point and serve in small cups. This may also be seasoned with a little celery seed and blade of mace.

For the oyster bouillon, chop one pint of oysters fine; steam in their own liquor for five minutes. Then add a pint of water and some seasoning as for the clam bouillon; let come to boiling point and then strain through several thicknesses of cheesecloth. Serve in bouillon cups with a little butter or whipped cream on top.

### CHICKEN BOUILLON.

To one pint of perfectly clear chicken stock, highly seasoned, add two tablespoonfuls of sherry and half a tablespoonful of prepared bouillon stock.

### POTATO SOUP.

Pare four medium sized potatoes, slice thin and boil in about three pints of water until thoroughly cooked. Brown four tablespoonfuls of flour a light brown in a spider, stirring constantly, then add to the potatoes salt, pepper, a lump of butter size of an egg, and the browned flour with a cup of cream or a pint of milk. Boil three minutes and serve.

—*Mrs. E. B. Tubbs.*

### MIXED SOUP THAT MAKES A MEAL.

Equal parts potatoes, carrots, celery and apples chopped into half inch pieces. Season with salt pepper and parsley, and for each quart of this mixture, add two and one-half quarts of good beef stock, and boil 45 minutes.

—*Mrs. A. E. Fisher.*

### BEEF STOCK.

One shin of beef, boil in plenty of water until tender; season with salt and pepper to taste. There should be three quarts of stock when done; let stand until cold, take off all tallow and the stock is ready for use.—*Mrs. A. E. Fisher.*

### GERMAN NOODLES.

Four eggs, one-half teaspoon salt, flour to make dough stiff as can be rolled out very thin; rub over with flour so

won't stick; roll up together and cut very thin. Shake apart and boil 15 minutes in beef stock.

### POTATO SOUP.

Four good sized potatoes, pared and cut in dice, small; two and a half quarts beef stock; salt, pepper and parsley to suit taste. Boil 40 minutes. Serve hot.

### DUMPLINGS.

One-half teacup milk, one egg, two teaspoons baking powder, salt, flour.—*E. M. G.*

### CREAM OF CORN SOUP.

Into the top of the double boiler turn one quart of sweet milk, two sprigs of parsley, and enough onion to make about one tablespoonful if chopped. If parsley and onions are put in the milk in large pieces they can be lifted out after the milk comes to the boiling point without straining, as they are only added to season the milk. Rub through a sieve one can of Palace Car brand cream corn; add to the hot milk; cook ten minutes; thicken with one tablespoonful of pastry flour stirred in a smooth paste with a little cold milk; add to the thickening one teaspoonful of salt, a little pepper and one tablespoonful of butter. Cook three minutes and serve. This can be used for a 6 o'clock dinner when the meat is not too plentiful, as it is a very hearty soup.

### CREAM OF LETTUCE SOUP.

Separate and wash four heads of lettuce and drop them into a kettle of boiling water. Boil, uncovered, for ten minutes, then throw into cold water. Let stand a few minutes, then drain, chop fine and rub through a sieve. Scald one pint of milk in a double boiler, rub two level tablespoonfuls of flour to a smooth paste; pour enough of the hot milk over the paste to dissolve it to a liquid, then pour into the milk in the boiler and stir until it thickens like cream. Now pour a little of the thickened milk over the lettuce pulp, blend well, return to boiler, season to taste with salt and pepper, simmer a few minutes and serve.

### CREAM OF SPINACH SOUP.

Wash and pick over carefully two quarts of spinach. Put into a kettle with three half pints of boiling water and cook twenty minutes. Then drain, chop fine and rub through a



sieve. Heat one quart of white stock and pour over the spinach, bring to a boiling point, season with salt and pepper to taste and thicken with four level tablespoonfuls of flour and two level tablespoonfuls of butter rubbed to a smooth paste. Add a cup of green cooked pears and two tablespoonfuls of lemon juice. When serving, garnish with whipped cream.

### BROWN SOUP-STOCK.

Get a hock or shin-bone of beef and three pounds extra soup meat; saw the bone off inside the joints and split it to get the marrow. Cut up the meat into small pieces, slice an onion and fry it with the cut beef, in the marrow to a nice brown. Now put the fried meat and onion with the hock into two gallons of cold water and let simmer for six or eight hours and strain through a cloth into a perfectly clean earthen crock; let stand over night and then skim off all the grease. This is for brown soups or gravies. For white stock make same as above, only omit the frying. In a cool place this stock will keep a week or more in ordinary weather.

### TOMATO SOUP.

Take four good-sized ripe tomatoes, or one pint canned ones; if fresh tomatoes are used, peel and slice them; add to the tomatoes one quart boiling water and boil till soft; then add one teaspoonful of cooking soda, and stir well; as soon as the foaming stops, add one pint of sweet milk, and one tablespoonful of butter, and salt and pepper to taste. When it comes to a boil again roll fine a dozen common, round crackers, or their equivalent, and serve hot. You will not be disappointed with the result.

### ONION SOUP.

A delicious and very healthy soup is made as follows: Slice six medium-sized onions and brown them slightly with a tablespoonful of butter; add three medium-sized potatoes, also sliced, and a little salt and pepper; put all in cold water and let simmer slowly for an hour or two. Now add one pint of stock, season to taste and serve hot.



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## MEATS

### BEEF TO SELECT.

The meat should be of fine grain, a clear red color, with a yellowish-white, firm fat. It is divided into fore and hind quarters. The hind quarter is divided into leg, loin and flank. The sirloin runs from the rib to the hip or pin bone; the rump extends from this to the socket bone. The skirt steak is in the flank. The fore-quarter is divided into ribs, shoulders, plate, brisket, chuck ribs and shin. The standing ribs are six in number. The seventh and eighth ribs are called the first chuck, the ninth and tenth, the second chuck; the eleventh and twelfth, the third chuck; the thirteenth, the fourth chuck. The bolar piece is the fleshy part of the shoulder. The plate is the top of the ribs, then comes the brisket.

### ROAST BEEF.

The best pieces for roasting are the ribs, sirloin and pin bone. Place the meat in the bottom of a baking pan, or covered roaster, dredge lightly with pepper; add one teaspoonful of salt to one cupful of water and pour it in the pan. Place in a very hot oven; baste every ten minutes, lest it should burn. Turn it two or three times, and bake fifteen minutes to every pound if wanted rare; twenty if wanted well done. If you have a covered roaster, it will not be necessary to baste so often. For the gravy, allow two tablespoonfuls of the dripping to remain in the pan; add to it one tablespoonful of flour; mix until smooth; add a half pint of cold water, stir continually over the fire until it boils; then add salt and pepper to taste, and serve in a sauce-boat.

### POT ROAST.

For this, a thick piece from the shoulder or rump is best. Place the meat in a kettle with closed cover, and pour over just enough boiling water to nearly cover the beef. Add an onion, turnip, and carrot, sliced; also one bay leaf, and three cloves. Place over a slow fire and let cook very slowly until tender. It will take three or four hours to cook a piece weighing from four to six pounds. When the meat is half done, add one teaspoonful salt and some pepper. When the water has all evaporated, let the meat brown in the fat, turning so

it will be nicely browned on both sides. When done, place on platter and keep warm while you make the gravy. Pour all the fat out of kettle, except two tablespoonfuls, then add one-half pint of hot water and thicken with a tablespoonful of flour mixed with a little water. Stir until it boils, season with salt and pepper to taste, and strain into a sauce-boat.

### BROILED STEAK.

Trim the steak free from all suet; put the meat platter to heat; rub the broiler bars with a bit of suet and let it heat five minutes. Put steak on broiler and cook on one side seven minutes, if it is one inch thick, and liked well done, five minutes if liked rare; turn and cook the other side the same. Season both sides with salt and pepper; place on hot platter, dot with bits of butter, pour over the gravy in broiler pan and serve at once. This is for broiling on gas range.

### TOAD IN A HOLE.

One pint of cold cooked meat, one egg, one pint of milk, one-half teaspoonful of salt, six large tablespoonfuls of flour. Cut the meat in pieces one inch square, put them in a greased baking dish. Beat the egg very light, add it to the milk, and pour it gradually into the flour, beating all the while. Strain through a fine sieve; add salt and pepper, and pour it over the meat. Bake in a moderate oven one hour; when done, serve it quickly in the dish in which it was baked.

### FRIZZLED BEEF.

Take half a pound of chipped beef and soak in lukewarm water for ten minutes. Put a large tablespoonful of butter in a frying pan and melt. Drain the meat and fry in the butter, stirring until it curls; dredge in a tablespoonful of flour, stir again, then add a generous half pint of milk and a little pepper, stir until it boils, and serve immediately. Very nice, poured over toast for breakfast.

### MEATS.

All meats, poultry and fish should be boiled slowly, to boil them fast hardens the outside before the inside is warm and discolors the meat. When you boil mutton or beef, dredge them well with flour before putting them into cold water. Keep covered and take off all scum as it rises. Boil pork, veal or lamb longer than other meats. When you roast any



kind of meat, put a little salt and water in your pan, baste meat with it and let it dry. Then dredge well with flour and baste with butter. This process makes the meat a better color.

For corned beef, the round is the best. The nicest mutton roast is the leg, the bone taken out and the cavity stuffed with dressing.

Two and one-half or three pounds of porterhouse steak makes a nice roast for a family of three. A rump roast is nice. Porterhouse is cheaper than sirloin, having less bone.

### TO COOK STEAK.

Slash the steak with a sharp knife on both sides. Rub flour over it. Have dish or broiler piping hot. After taking out, season with butter, salt and pepper.

### PRESSED VEAL OR CHICKEN.

Cook four pounds of veal until it drops off the bone; chop the meat, let liquor boil down to a cupful; add to this a cup of butter, tablespoonful of pepper, little allspice and a beaten egg; stir this through the meat. Slice a hard boiled egg and lay in your mold; press in the meat. Serve cold garnished with celery or parsley.

### VEAL CUTLETS.

Beat an egg, roll the cutlet in it, then in cracker crumbs. Have plenty of grease in the pan, butter and lard mixed, when hot put in meat, fry slowly; turn, when brown on both sides, cover and cook till tender. Take out, thicken fat with flour add sweet milk and pour gravy in boat. Garnish with parsley and lemon.

### VEAL CUTLETS OR STEAK BROILED.

Pound and broil over hot coals or in gas stove broiler or over a full flame, basting occasionally with butter, and turning often. Serve with tomato sauce.

### VEAL CROQUETTES.

Mince very fine, mix one-half cup of milk with one teaspoonful of flour and piece of butter size of an egg; cook until it thickens; stir into the meat, roll into balls, dip in egg and milk, roll in bread crumbs; set in a cool place for two or three hours; fry in hot lard.

## BOILED VEAL.

A fillet or shoulder of veal is very nice boiled; prepare the same as to roast. Boil three hours, and serve with celery or oyster sauce.

## ROAST VEAL.

Make a stuffing same as for turkey, fill the "flat" and secure it firmly to the loin, rub meat with salt and pepper, butter and flour. While roasting, baste frequently; cook until thoroughly done, allowing two hours for a roast of six or seven pounds. Remove threads and thicken gravy with flour; add milk to flavor.

## POT ROAST OF VEAL.

Put into the pot a layer of slices of salt pork; on this lay the veal fastened with skewers; first seasoning and stuffing cavity. Pour over it a pint of good stock, cover closely and let it cook slowly two or three hours; then take off cover and brown.

## VEAL LOAF.

Three pounds of veal, one-quarter pound of fat, salt or fresh pork chopped fine, three eggs, salt and pepper, one cup of bread crumbs; mix well, pack in a snug loaf and bake one-half hour. To be eaten cold. Any nice meat can be used instead of veal.—*O. A. A.*

## VEAL LOAF.

Three pounds of raw veal, chopped very fine; butter the size of an egg, three eggs, three tablespoonfuls of cream or milk (if milk use a small piece of butter); mix the eggs and cream together. Mix with the veal four pounded crackers, one teaspoonful of black pepper, one large tablespoonful of salt, one large tablespoonful of sage. Mix all well together, and form into a loaf. Bake two and one-half hours, basting with water and butter while baking. Serve cut in thin slices.—*Miss Christine Brock.*

## VEAL LOAF, TOMATO SAUCE.

Two and one-half pounds of veal, five soda crackers, six ounces salt pork, one egg, two and one-half teaspoons salt, five-sixths teaspoon pepper, two tablespoons cream, two table-



spoons lemon juice, one-third teaspoon mace, five mushrooms, sauted in butter. Mix well and form into compact loaf. Baste every few minutes with juice as it roasts out.

One can tomatoes cook five minutes with a bit of onion and bay leaf, strain. Melt one tablespoonful butter, mix in tablespoonful flour, one-half teaspoonful salt, fine ground pepper, and stir in slowly; strain tomatoes, serve hot on cold loaf.

### BOILED HAM.

A ham should be put in cold water enough to cover, then cover it and boil gently. A ham weighing 15 pounds, requires five hours boiling.

### MOCK DUCK.

Take a round of beefsteak, at least two inches thick, lay it flat on meat board, add a good amount of rich bread dressing, fold together, sew it up, roll in flour, salt a little and lay on two thin slices of pork. Bake 45 minutes to one hour, basting often.—*Mrs. O. A. Keil.*

### SPARE RIBS (German Fashion).

Pare, core and cut small, enough apples to make a quart, add one-third box raisins and one-third loaf of bread with crust removed and soaked with water. Rub these together. Now season the ribs on the meaty side with salt and pepper, and lay seasoned side down in dripping pan; spread the dressing over and cover with more ribs, meaty side up. Season the top; add very little water and roast. Very good.

—*Leota Wheeler Keil.*

### CANNELON OF BEEF.

Mix together well the following: One pound chopped beef, two ounces of butter, one-half teaspoon salt, one-quarter teaspoon white pepper, yolk of egg, ten drops of onion juice, one teaspoon chopped parsley and the grated rind of half a lemon; form into a roll and bake in pie crust. Serve with brown gravy. Excellent.—*Ada E. Crips.*

### BRESLAU OF BEEF.

One pint of finely chopped meats, yolks of three eggs, one-half cup stock, one cup milk, one-half cup bread crumbs, two teaspoons butter, one teaspoon salt, one-quarter teaspoon pepper. Put in greased molds, and put these into a baking pan,

partly filled with hot water, and bake for half an hour. Serve with brown or tomato sauce.—*Mrs. J. F. Miller.*

#### MEAT LOAF.

One pound beef, one pound veal, one pound pork; chop fine, mix with two eggs, one-half cup bread crumbs, season with salt and pepper. Roast one and one-half hours.

—*Mrs. W. H. McMillan.*

#### BEEF LOAF.

One and a half pounds of hamburger steak, one-quarter pound of fresh pork, chopped, two eggs, beaten, eight crackers rolled fine, one-half cup of sweet milk, pepper and salt. Mix altogether and bake in moderate oven one hour.

—*Mrs. E. M. Farrand.*

#### BEEF LOAF.

Four pounds beef, two cups crushed crackers, one-half cup butter, two eggs, pepper and salt to taste; one-half pound salt pork, chopped; make a loaf and bake in bread pan.

—*Mrs. T. H.*

#### BEEF LOAF.

Grind two and one-half pounds round steak, one pint rolled crackers, salt and pepper to suit taste. Add water to mix to the consistency of hash; pack in a deep basin and cover with water one inch, and bake with medium fire, one and one-half hours.—*Mrs. Holden Joslin.*

#### BLIND PIGEONS.

Get tender round steak, cut very thin, and fat bacon sliced very thin; trim the steak and cut into small strips three inches long and one inch wide. Put in this small piece of fat bacon, one inch square; wrap up and stick toothpicks through. Place these in kettle with a little water in; cook gently with a small quantity of water, occasionally letting them brown down. Season and cook two and a half or three hours, until tender. Make good gravy to cover.—*Mrs. Hester.*

#### BEEF STEW.

Take two pounds of beef from the shoulder and cut into two inch pieces; put to cook in nearly three quarts of boiling water with one medium sized onion peeled and sliced,



and one large potato peeled and sliced; let cook slowly for two hours, then add a teaspoonful of salt and a dash or two of pepper. Cook an hour longer and add dumplings and cook twenty minutes. It is then ready to serve. To make the dumplings, sift one cup and a half of flour with two rounded teaspoonfuls of baking powder and one-half teaspoonful of salt. Beat one egg thoroughly in a cup, fill the cup with sweet milk and stir into the flour. It will make a thick batter; drop it by teaspoonfuls into the stew immediately; put the cover on and do not lift it for twenty minutes; even the tiniest peep may spoil the dumplings. Be sure the fire is not too hot, as it burns and boils very easily.—*Mrs. J. M. Peter.*

### VEAL CROQUETTES.

Chop cold veal fine; season highly with salt, celery salt and pepper, lemon juice and parsley; moisten one and one-half cups veal with one cup thick cream sauce. Spread out the mixtures in a plate and allow it to become perfectly cold; shape into cylinders or pear shape, roll in fat-proof coating and fry in deep fat. Drain and serve hot.

### VEAL AND PEAS.

Boil one and one-half pounds veal; pick to pieces and season with salt and pepper; add one-half cup butter and one can of peas. Make a cream sauce of milk and three table-spoons of flour; heat, add one pint cream and put in a baking dish. Sprinkle with cracker crumbs. Bake about half an hour.—*Mrs. John T. Miller.*

### BEEF PATTIES.

Chop cold meat of any kind together with a small piece of onion, one egg, one tablespoonful of flour, a little cold gravy, or milk, to moisten and season with salt and pepper. Form into little cakes and fry. A good way to use left-over meat scraps.—*Mrs. W. H. McMillan.*

### SCALLOPED BEEF.

One pint chopped roast beef, one cup brown gravy, one can corn. Season to taste with salt and pepper; sprinkle with bread crumbs, and bake.—*Mrs. E. P. Galer.*

### CORNED BEEF HASH.

Take one pint of chopped beef, one pint of cooked pota-

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toes, one tablespoonful of butter, one-half cupful of milk or water, and salt and pepper. Chop the potatoes and meat separately, seasoning each when chopped. Mix beef and potatoes together. Pour the milk in a frying pan with half of the butter, when warm turn in the hash, spreading it evenly, and place the rest of the butter, cut into pieces, on top. Cover the pan and place it where the hash will cook slowly for half an hour. Then there should be a rich, thick crust on the bottom. Do not stir the hash. Fold it the same as an omlet and place it on a warm platter. This slow process of heating the hash gives it a flavor that cannot be obtained by hurried cooking.

#### BEEF LOAF.

Two pounds chopped beef, one-quarter pound chopped salt pork, two eggs, one-half cup rolled crackers, one-half cup sweet milk, butter size of egg, pepper, salt and allspice; mix together and bake in loaf. Paste with meat stock.

—*Mrs. L. U. Fisher.*

#### BOILED TONGUE.

Wash thoroughly, boil in plenty of water until very tender. Season rather strong with pepper and salt, while cooking; let cool in liquor, then peel and slice thin as wanted.

—*Mrs. L. U. Fisher.*

#### SANDERS.

Mince cold mutton with seasoning and enough gravy to moisten; put in patty-pans; cover with mashed potatoes and brown.—*Mrs. Margaret Lane.*

#### TO CUT UP A FOWL.

Singe, remove pin-feathers; cut off legs close to body, then separate first and second joints. Cut off wings; cut down from end of breast-bone to back-bone; bend back, and cut off. Then cut through ribs to wing joint; bend back and cut off. Wash pieces of chicken and giblets.

#### CHICKEN FRICASSEE.

Sprinkle pieces of chicken with salt and pepper, dredge with flour, brown with salt pork fat. Add two tablespoons flour and let brown, stirring constantly; pour on one pint of boiling water, or enough to cover; let cook till tender, adding seasoning if needed.

### CHICKEN PIE.

Dress, clean and cut up two chickens. Put in stew-pan with half onion, sprig of parsley and bit of bay leaf. Cook one-half hour, add one-half tablespoonful salt and cook until tender. Remove chicken and strain stock, skim off fat; thicken stock with one-third cup flour, diluted with cold water; place small cup in bake dish and arrange chicken around, removing larger bones. Pour over gravy and cool. Cover with pastry or biscuit dough, in which several incisions have been made. Bake in moderate oven until the crust is well-risen, and brown.

### ROAST CHICKEN.

Pick out pin-feathers and singe chicken. Cut off the head and remove crop and wind-pipe; remove the entrals. Clean the gizzard, liver, and heart, which may be boiled and used in the gravy. Remove the oil-bag and the lights. The latter lie in the hollow under the back-bone. Wash the fowl, but do not let it soak. Stuff and sew up incisions. Rub all over with salt and flour. Tie in shape. Place in a dripping-pan with strips of salt pork over and around it. Place in a quick oven and when the flour begins to brown baste with boiling water. Reduce the heat of the oven and baste every ten minutes. Cook till the breast meat is tender. A four-pound chicken will require about one and one-half hours.

### STUFFING.

Two cups bread crumbs, two tablespoons butter, melted in one-quarter cup boiling water, salt, pepper and summer savory to taste.

### GRAVY

Pour off all but about four tablespoonfuls fat from the pan in which the chicken was roasted. Add two tablespoons flour; when brown, add slowly two cups water in which the giblets were boiled; cook until thick and smooth. Season with salt and pepper and add the giblets chopped fine.

### STUFFING FOR FOWLS.

One quart of baker's bread, one cup of ground beef suet, two tablespoons of onion, chopped, one-half teaspoon salt and pepper, two eggs; season with one teaspoon sage. For fish, use parsley instead of sage. Must be served hot.

—Mrs. I. S. W.



Even in these days of cooking schools and scientific kitchen lore there are many facts unknown to those who sway the rod of empire in the realm of cooking which detracts much from the family comfort. No one can deny that food overdone or underdone, or a mixture of both, is a trial that many households almost constantly endure from the fact that the cook does not know that she can not put things on haphazard to cook without reference to the time required for different articles of food. The consequence is that some are done too soon and have to get cold or mashed or soggy waiting for others, or are sent to the table half done.

Much depends on the age and condition of the vegetables, and also the manner in which they are cooked, fresh young vegetables requiring, of course, much less time. A table can give you only the approximate length of time. Use judgment and common sense and when the vegetables are tender do not cook them longer.

### BAKING MEATS.

Beef Sirloin, Rare—Eight minutes for each pound.

Beef Sirloin, Well Done—Ten to fifteen minutes for each pound.

Beef Rib or Rump—Ten to fifteen minutes for each pound.

Beef Fillet—Twenty to twenty-five minutes.

Lamb, Well Done—Fifteen minutes for each pound.

Mutton, Rare—Ten to twelve minutes for each pound.

Mutton, Well Done—Fifteen to eighteen minutes for each pound.

Pork, Well Done—Twenty-five to thirty minutes for each pound.

Veal, Well Done—Eighteen to twenty minutes for each pound.

Braised Meat—Three and one-half to four hours.

Chickens—Weighing from three to five pounds, one to one and one-half hours.

Turkey—Weighing from nine to twelve pounds, three to three and one-half hours.

Fish—Of average thickness, weighing from six to eight pounds, one hour.

### CROQUETTES.

One pint of beef, veal, lamb or chicken, chopped very fine; cook until thick, one-half pint milk, one tablespoonful flour, two tablespoonfuls butter, then stir in the meat and add

tablespoonful chopped parsley; one teaspoonful salt and a little pepper; mix well and let cool; when cool, form in little balls, fry in hot fat. Just before frying, dip in beaten egg, then in cracker or bread crumbs. Serve at once. Garnish with peas if desired.—*Mrs. J. S. Extrom.*

### VEAL CROQUETS.

Boil one pound of veal, stew and let stand in its jelly 24 hours. Grind fine and moisten with gravy, made of butter, flour and milk; add bread crumbs, pepper, salt, juice of half a lemon, and season with grated onion. Roll into balls, dip in egg; roll in bread crumbs and fry in deep lard. Serve with parsley.—*Mrs. W. F. Easton.*

### VEAL LOAF.

Three pounds veal, one pound salt pork, chopped fine, one cup cracker crumbs, three eggs, one teaspoon salt, one-half teaspoon pepper, one cup milk, one teaspoon powdered sage. Mix thoroughly and steam three hours.—*Mrs. Crabb.*

### CHICKEN PUDDING.

Cut up a chicken as for fricassee and stew in just enough water to keep from burning. Season each piece with salt and pepper and lay in a large pudding or baking dish. Beat two eggs until light, add to one pint of milk one quart of canned or grated corn, season with pepper and salt; pour over the chicken; cover with a layer of fine bread crumbs and dot here and there with bits of butter. Bake in a quick oven.

### VEAL CUTLETS.

Have a pound cutlet cut half an inch thick; roll it in two tablespoonfuls of flour seasoned with half a teaspoonful of salt and a saltspoonful of pepper; fry rather slowly in very hot lard, keeping covered as much as possible. When the cutlet is brown and tender remove to a hot dish and place where it will keep warm.

### FRITTERS.

Sift together one pint of flour, a half-teaspoonful of salt and one teaspoonful of baking powder; rub in one tablespoonful of lard, stir in the beaten white of one egg and mix to a soft dough with half a cup of milk; roll out one-half inch thick and cut with a small round cutter. As soon as the cut-



let is removed from the fire, add a tablespoonful of lard to the grease in the skillet, and when this is hot, fry the fritters a crisp brown on both sides. When done, place them around the cutlet.

### CREAM GRAVY.

Add a teaspoonful of butter to the grease left from frying the fritters; when melted dredge in a level tablespoonful of flour and stir until a golden brown, then slowly add one cup of sweet, rich milk or thin cream, and continue stirring until it comes to a boil; season with half a teaspoonful of salt and a saltspoonful of pepper, pour over the meat and fritters, and garnish with parsley.

### CHICKEN CREAM.

Take equal parts of raw lean veal and the white flesh of a chicken, pound it well, and rub it through a sieve and weigh the pulp. Prepare a rich Bechamel sauce, and to a gill of this add half a pound of the pulp which has been mixed with the yolks of two eggs. Season to taste with salt, pepper, lemon juice and add a third of a pint of cream lightly whipped. Well butter some molds and three-quarters fill with this mixture and stand them on a baking tin, lay a buttered paper over the molds and fill the baking tin about three-quarters full of boiling water, steam for about fifteen minutes till the cream feels firm. Turn the creams out carefully, and decorate either with a rich Bechamel sauce round them and minced truffle, parsley and pepper sprinkled on the top of each mold, and the tops decorated with stars, etc., of cooked tongue or the chopped hard-boiled yolk of an egg.

### STUFFED BRISKET OF BEEF.

Secure a brisket weighing about two pounds; lay out flat, spread over it one pound of chopped veal and beef, seasoned as for hamburger; roll up tightly, tie with twine; place in smothering pan, season with salt, pepper, one tablespoonful of sage and one onion sliced thin; place two strips of bacon in bottom of pan before putting in the roll of meat; cook slowly for one hour and a quarter; at the end of forty minutes open the pan and if the water is entirely evaporated add one-half cupful and return to the oven.

### SMOTHERED BEEF STEAK WITH OYSTERS.

Into a smothering pan or chafing dish put a slice of round steak, cut an inch and a quarter thick; put on the cover and

place the smothering pan in the oven for ten minutes. Then take the pan from the oven, add one pint of oysters that have been thoroughly drained, spread them over the top of the steak, season with salt and pepper and a little butter; place on the cover, return to the oven and bake about seven minutes longer or until the edges of the oysters curls; remove to a hot platter and serve immediately. The gravy can be thickened or not, as one likes; serve with scalloped potatoes.

#### SHOULDER OF VEAL—(SMOTHERED).

Procure a shoulder of veal weighing about three and one-half pounds; have the butcher remove the blade; stuff with bread crumbs, seasoned with salt, pepper and sage. To each cupful of bread crumbs add a tablespoonful of chopped beef suet; fill the cavity full; pin the edges together with steel skewers; select four medium bay leaves, pin each on the top of the meat with a whole clove; season with salt and pepper; turn over all one and one-half cupfuls of water; pare and slice six small sweet turnips, lay these in the bottom of the pan. Bake in a nine-inch oven, one and one-half hours. Veal must be thoroughly done. Serve a nice relish with this meat.

#### MEAT FRITTERS.

For a small family, take one pint of beef or veal, chopped fine; half pint milk and two teaspoonfuls of baking powder; salt to season, and flour enough to make a stiff batter. Fry in hot lard.

#### GERMAN SAGE ROAST.

Take half pound of fresh pork and one pound of beef, chopped fine; four onions, chopped fine, and bread crumbs to mix well together; season with salt and pepper. Over the top spread bread crumbs and about three small teaspoonfuls of butter. Put enough water in the pan to baste well and keep from burning.—*Miss Miller.*

#### BEEFSTEAK PIE.

Cut a small steak and a small slice of ham into small cubes; dredge with flour. Chop one medium sized onion rather fine and brown in a very little butter or vegetable oil. Add the meat and cook 15 minutes; then add a pint of solid tomato meat, a pint of stock, salt and pepper. Simmer gently for twenty minutes. Line a buttered baking dish with plain boiled macaroni cooked without breaking the sticks. Pour



in the meat and tomato, cover the top with cross-bars of the macaroni, brush with a little melted butter, sprinkle with grated cheese and place in a moderately hot oven until well browned.

### LEFT-OVER TURKEY.

Turkey is often better the second day than when piping hot and fresh it is brought on to the table. There is not a daintier morsel for luncheon than thinly sliced turkey. It is always appetizing also for the midnight supper.

But for those housewives who like hot dishes, here are a couple of savory ways of serving the odds and ends of the national bird:

Cut the cold turkey into small, dainty slices. Into a saucepan put one cup of stock, one stalk of chopped celery. Thicken with butter and flour rubbed smooth. When the sauce is like cream, add the turkey and cook five minutes.

Here is a way to use up the drumsticks, which nobody seems to care for in their original form: Cut the meat off in small pieces. Make a sauce of one pint of shelled chestnuts and a pint of white stock soup. Season with white pepper, nutmeg, one-half teaspoonful of sugar and a small piece of butter. Cover and cook slowly for half an hour. Press through a sieve and pour over the meat.

A particularly delicious form in which the turkey may make his second appearance is to take a stale loaf of bread and cut as many thick slices as you have persons to serve. Cut them into heart-shaped pieces. Make a raw custard with a cupful of milk, one-quarter teaspoonful of salt, a dash of pepper and one egg. Lay the pieces of bread on a platter and dip the custard over them until they are well soaked. Then with a broad-bladed knife, so as not to break them, immerse them in smoking fat until they are golden brown. Drain on unglazed paper. For one pint of turkey meat make double the quantity of either sauce in previous recipes, adding two tablespoonfuls of the liquor from a can of mushrooms, ten mushrooms and two truffles chopped fine. Add the cooked chopped meat. Season with salt and pepper, simmer for ten minutes, take from the fire, and add the yolk of one egg well beaten. Put a spoonful of this on each bread crouton and serve.

### LAMB STEW.

One and one-half pounds breast of lamb, one pint boiling water, four medium sized potatoes, quartered, and parboiled,

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one sliced onion, one cup tomato strained, or two tablespoons of tomato ketchup, two tablespoons of rice, salt and pepper. Brown onion in a little fat; put meat cut in cubes one and one-half inches thick with this, sprinkle with salt and pepper, cover with boiling water and cook directly over heat for two hours, or until meat is tender. Add rice after one hour of cooking. About half an hour before serving, add potatoes, when potatoes are done, remove fat and bones, stir in tomato or ketchup; add salt and pepper if needed. Serve hot.

—*Austina Fisher.*

### CHICKEN PATTIES.

Mince up fine cold chicken, either roasted or boiled. Season it with salt and pepper and a little minced parsley and onion. Moisten it with chicken gravy or cream sauce, fill scalloped shells that are lined with pastry, with the mixture and sprinkle bread crumbs over the tops. Put two or three tiny pieces of butter over each and bake in a hot oven till brown.

—*Mrs. Crabb.*

### VEAL LOAF.

Take two and a half pounds veal, one-half pound of pork, get your butcher to grind it fine for you, beat up an egg with a cupful of cracker crumbs; mix all well together, season with salt and pepper. Mold into a loaf; bake one hour.

—*Mrs. Noblett*

### VEAL LOAF.

Three pounds veal chopped fine, three-quarters salt pork chopped fine, two well beaten eggs, one and one-half cups bread or cracker crumbs, two level teaspoons salt, a little sage, one-half cup hot water. When in the pan turn over one cup hot water and bake two hours.—*Mrs. F. Lathrop.*

—*Mrs. W. H. McMillan.*

### MODERN CHICKEN PIE.

Select a tender chicken weighing about three pounds. Singe and draw, wash well in cold water, joint same as for fricassee. Put over the fire in a stew-pan with three pints of water, one teaspoonful of salt and one tablespoonful of rice. Bring quickly to the boiling point, then place over the simmer burner and cook at least two hours. While the chicken is cooking prepare the following: With a little potato ball cutter, scoop out enough balls from raw potatoes to make nearly one quart; boil in salted water until just done, turn off

the water and set aside until wanted. Make a cream sauce of one pint of milk, one pint of cream, a tablespoonful of butter, one teaspoonful of salt, one tablespoonful of grated onion; put in top of double boiler. When hot, thicken with two tablespoonfuls of pastry flour stirred up with a little cold milk, season with white pepper, drain and wash one can of buillon mushrooms. Boil six eggs for fifteen minutes, remove the shells, peel off the white and chop fine; leave the yolks whole. When chicken is done, take from the bones and cut into inch pieces, put into the bottom of a four-quart pudding pan, then add the mushrooms and egg yolks, then the potato balls; two tablespoonfuls of finely chopped parsley; then the chopped egg, and lastly, the thickened cream, which should be hot. Make a quart of Perfection pastry flour into small biscuit and place close together on top of the pie, bake in a moderate oven until biscuit are done, about twenty minutes. Put a large napkin around the pan and send to the table.

As you have meat, potatoes, mushrooms, eggs and cream sauce, besides the biscuit all combined in this pie, it is not necessary to serve any other vegetable at the meal. A simple accompaniment would be pickles, good bread and butter and coffee. Then a simple salad course with olives, following this with a light dessert, and you can feel that you have dined or lunched well.

#### BAKING POWDER BISCUIT (FOR MEAT PIE).

Sift together one quart of Perfection pastry flour with two heaping teaspoonfuls of baking powder and one teaspoonful of salt. Rub in a piece of butter as large as a good sized egg. Then moisten with plenty of sweet milk, make the dough as soft as you can possibly handle, roll out, about a half inch thick, cut with a small cutter, place close together on top of meat-pie, bake in the oven until done. Placing a fork under one and lifting it up will soon show whether they are done or not.

#### HAM PUFFS.

Stir a pint of flour into a pint of boiling water; beat it well; take from fire and beat in four eggs, one at a time; add about one cup of ham, chopped fine; two-thirds teaspoon of curry powder. Into a pan of deep lard, drop dessert spoon of batter, fry a golden brown and decorate with parsley.

—*Mrs. Margaret Lane.*

#### HARICOT OF MUTTON.

The breast or shoulder of mutton is generally used for



haricot. Put your meat with a lump of butter in a roasting pan, put in oven and roast to a nice brown; transfer to a sauce-pan; cover with stock and let boil; cut a carrot or turnip into regular shaped pieces and let them boil with the mutton, also cut potatoes the same shape, and put in stew; season with salt; pepper and Worcestershire sauce. This stew should have a nice brown color. If too thin thicken with a little flour.

### REED BIRDS.

Pick, clean and wipe, inside and out, with a damp cloth. Split down the back, rub all over with butter, sprinkle with salt and pepper, and broil over a bed of clear coals.

—F. H. K.

### THE ART OF FRYING.

Frying is a process of cooking by immersion in smoking hot fat. Immersion presupposes the use of a large quantity of fat "which," adds the inexperienced housekeeper, "must be both expensive and wasteful." No, my dear madame, it is not; for if proper care is given to it, this same fat may be used over and over again for frying all sorts of food.

Fish balls, for instance, are usually fried in a few spoonfuls of fat in a frying pan. I say fried, for that is the term generally used, but it is an improper one—the correct word is saute, from a French word which we translate as cooking in a small quantity of fat. This fat is entirely absorbed in the process of cooking, and when more is to be cooked, fresh fat must be taken. In true frying, a portion of the larger quantity is bound to be absorbed, but it is much less than in the other method. Another and still more weighty consideration is the fact that articles fried by immersion in fat are not as difficult of digestion as those which have been sauted in a little fat.

When frying in a deep fat, a deep kettle of some sort is needed. The utensil preferred by many is a round-bottomed iron kettle, called a Scotch bowl, but many chefs prefer a flat-bottomed one, with a long, straight handle and a removable crane or tail hook attached, on which to hang the basket when draining its cooked contents. For home use, any deep sauce-pan may be taken; when the family is a very small one, a heavy tin or enamel sauce-pan, holding a pint and a half is large enough. A wire basket fitting into the sauce-pan is a convenience, but for occasional use a bent Surprise egg-beater

—which is really a flat wire spoon—will answer admirably.

In many houses lard is the usual frying medium. Its one fault is that it contains too little stearine, but this is easily remedied by adding to it one-third of its bulk of rendered beef suet. Such mixtures as cottolene, vegetole, etc., are excellent if one does not object to the clinging odor of heated cottonseed oil which they contain—a quality common to all vegetable oils.

Having a fat in sufficient quantity in the kettle or sauce-pan, it should be heated until a thin blue smoke arises from circumference to center. Should the fat contain any water, it will bubble and splutter, but long before it has reached the desired heat the water will have evaporated and the fat become still, for the temperature required for frying varies from 350 to 400 degrees F., according to the article which is to be fried. To test the heat, drop in a small piece of white bread; if it turned golden-brown in half a minute the fat is hot enough for frying such small articles as croquettes. For uncooked articles, such as breaded chops, smelts or raw potatoes, the bread tester should turn a deep brown within the half minute.

Too many croquettes or other articles should not be cooked at once, or the temperature will be lowered and they may become fat-soaked. Three or four croquettes or oysters would be sufficient to cook at once in a small sauce-pan. When they are taken out, a moment or two should be allowed to elapse before cooking more, that the fat may have time to regain its first temperature. Croquettes and other cooked articles are done as soon as browned, which usually takes about a minute; while raw articles, which must be cooked, as well as browned, need about five minutes, and when they begin to color must be drawn to one side, that the heat may penetrate and cook the interior without burning the surface.

In most cases articles which are to be fried are encased in a covering containing egg in some form, as dipping in raw egg, then rolling in crumbs, or the use of an egg and flour batter. This is partly for the sake of appearance, but largely because the intense heat instantly cooks the egg and forms a casing around the food, which preserves the juices in raw foods and prevents cooked ones from absorbing the fat. For this reason care should always be taken that in dipping into either egg or batter every portion of the surface of the article to be fried should be properly coated.



If fish or any article which might taint the fat has been fried in it, add, when the frying is completed, a pared raw potato cut in thin slices, and draw to one side, where it will slowly cook to chips, then take from the fire. As soon as its intense heat has passed away, strain the fat through cheese cloth laid in a sieve. If crumbs, bits of flour or dough are left in it, they settle to the bottom when the fat is reheated, and so burn and discolor it that it cannot be used as often as otherwise; it must then be put aside for soap-making. To the strained fat, so long as it is light colored, more can be added from time to time.

When fried articles are taken from the hot fat they should be held over it for an instant to drip; they are then laid on unglazed paper—clean grocer's paper will do—spread on a shallow pan. Any melted fat remaining on them is absorbed by the paper, and they may be served, if desired, on napkins laid on hot dishes. Do not let the articles touch or overlies each other, or they will lose their crispness.

In this day of gas stoves, a possible danger to be guarded against is that of the fat catching fire from an open flame. Every housewife should remember that water dashed on burning fat scatters it, and so increases the fire. Use ashes liberally, or, if they are not handy, flour; either will smother the flames.

### CROQUETTES.

In a sauce-pan put two tablespoonfuls of butter, three tablespoonfuls of flour, one-half of a teaspoonful of salt and one-quarter of a teaspoonful of pepper. Heat, and when mixed, add gradually one-half pint of liquid—milk, stock, water, strained tomatoes, etc. Stir until the mixture is very thick, draw to one side and cook for five minutes. Have ready one pint of finely chopped cold cooked meat or fish (vegetables may also be used if not too moist), seasoned to taste with salt, pepper, onion or lemon juice, etc. Add to the cooked sauce, mix thoroughly, spread on a greased dish and set away until cold and firm. Break an egg in a saucer, add a tablespoonful of hot water and beat enough to break the stringiness; it must not be frothy. Have ready a quantity of fine dry crumbs—bread is best, as crackers contain shortening and give a crust which quickly softens. Mold the mixture into any desired shape, dip each into the egg, then roll in the crumbs. Fry as directed.

### FRITTER BATTER.

Separate the whites and yolks of two eggs; beat the yolks, add one-half of a teaspoonful of salt and a half cupful of cold water. Stir this into one cupful of sifted flour, add a tablespoonful of melted butter and beat hard. Add the whites, beaten stiff; mix lightly and set aside for several hours. If for fish or vegetables, add a dash of pepper; if for fruit, a half teaspoonful of powdered sugar. Into this dip the desired articles, so that each piece receives a thorough but thin coating, then drop into the hot fat. As a desert, use with sliced bananas, or halved peaches and serve with a sauce.

### FRIED CREAM.

Scald one pint of milk in a double boiler with an inch stick of cinnamon. Mix together one tablespoonful of flour, two tablespoonfuls of corn starch, a half cupful of sugar, a pinch of salt and two eggs. Add the milk—removing the cinnamon—return to the double boiler and stir and cook until it is very thick, then cover and cook for fifteen minutes. Stir in a teaspoonful of vanilla and one teaspoonful of butter and turn into buttered shallow pan. When firm, cut in pieces, egg and crumb as for croquettes, fry brown and serve with powdered sugar or a sauce.

### BOILED LEG OF MUTTON.

Wash the mutton and rub it with salt; immerse it in a large kettle with boiling water. Let it cook until tender, and if the water is not all boiled out, turn some of it into an earthen bowl. Now let the remainder of the water or broth simmer away until the mutton is nicely browned. Turn it often and season with salt and pepper, then remove to a hot platter. Mix some flour smooth with water and stir into the fat, having added the bowl of liquor; serve on hot plates.

### BROILED MUTTON CHOPS.

Select good fat chops, cut quite thick, broil over a brisk charcoal fire upon a wire gridiron, turning frequently until both sides are done. Serve on a hot platter, sprinkle with salt and pepper and spread with a little butter.

### BOILED TONGUE WITH TOMATO SAUCE.

Boil pickled tongue until very tender, skin carefully and place on hot platter; pour over hot sauce made as follows: One can tomatoes, strained, one tablespoon flour, one tablespoon grated onion, one tablespoon vinegar, one tablespoon



sugar, one-half teaspoon salt, dash red pepper, two or three pieces crushed celery. Heat the tomatoes, add onion, celery and seasoning, and a small piece of butter; thicken with flour; add salt to taste; remove celery and serve.

—*Anna Hensen Michaelson.*



## SALADS.

“Here Are Lettuces for Every Man’s Lips.”

### SPRING SALADS.

In the springtime the heart of man longs by natural instinct for the pure delights of tender herbs and succulent leaves. Though he who dwells in cities may now obtain green peas in January and strawberries and lettuce at Christmas, they lack that delicious flavor and dainty crispness imparted by the warmer sunshine and pure, fresh air. We long for those “herbs that have on them cold dew o’ the night.” And the first crisp bunch of “real garden greens” is hailed with delight, as the harbinger of a long, delightful train of fresh fruits and vegetables.

The name “salad” may be a misnomer, and certainly is when applied to the conglomerations of most indigestible materials frequently served under this delusive title.

Many entertain an idea that salads are only appropriate for special occasions, a dish that custom has decreed must not be omitted from a ceremonious dinner or luncheon, and as a natural sequence, a luxury not to be indulged in for every-day by people of moderate means. In truth, a salad should be served at least once a day, and is appropriate at all times. Better to sacrifice the dessert and, frequently to advantage, meat and other vegetables than those combined in the salad, than to neglect the serving of this dish in some form every day. The simpler salads are, of course, to be preferred for general serving, and the only true salads are those that consist of fresh green leaves, herbs, and the plain French dressing of oil and lemon juice or vinegar seasoned with salt and cayenne.

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### THE FOOD VALUE.

Salads are especially useful during the season of transition from the cold, bracing temperature of winter to the more relaxing and enervating heat of the warmer season. The plants and vegetables commonly used for salads contain few properties of food value aside from mineral herbs and water; for this very reason they are most valuable for the purpose designed when served with the dinner; they do not add an excess of nitrogenous elements. The potash salts contained in the salad greens render them of great use in keeping the blood in good, healthy condition, and cooling the system. Therefore they should be considered from a medical standpoint at least, though it would seem that the combination of beauty and wholesomeness would need no further recommendation to the housewife. The crispness and color of the salad plants and vegetables make them specially inviting; nature seemingly having designed them to tempt man into paying more regard to the natural requirements of his system, in view of the excessive amount of heat-producing food eaten. These succulent vegetables contain large quantities of water in the purest form, and this helps to replace the amount constantly eliminated from the system.

### MATERIALS REQUIRED.

While the supply of materials is most generous, the requirements are small. Never attempt too much at first. While in salad-making much depends on the delicate and suitable blending of materials and the artistic taste in garnishing; a good salad cannot be made out of poor materials. One of the first and most important of the materials is the oil; this must be sweet and fresh. The vegetables or fruits used in the salad must be young and fresh, with a crispness that puts a keen edge to the appetite. It requires but very little skill under proper conditions to produce a delectable salad.

### SALAD OIL.

People do not use enough vegetable oil to keep them in good health. One reason is, perhaps, that Americans have partaken of inferior preparations when first introduced to a salad, and formed a natural though unreasonable prejudice against one of our most valuable foods.

Well-digested fats are the salvation of those who have consumptive tendencies. The fixed oils of animal fats are hard to digest, but vegetable oils are the most digestible of all

fatty foods, and introducing it into salads is a pleasant way to take it. It heals, soothes and rests the digestive organs, fulfilling a requirement of the complicated piece of human mechanism as a lubricator in a most beneficial manner.

### HOW TO SERVE A SALAD.

A salad may be served at a morning meal in spring or summer, and acts as an appetizer. If this is the design, serve it in as simple a form as possible, and use only the crispest, most tender green leaves of salad plants and sub-acid fruit, with the plain French dressing.

This rule applies to a dinner salad as well. A salad may figure as the principal dish of a midday lunch. In this case it should be composed of heavier and more nourishing materials, usually meat, fish, or a combination of meat and vegetables, or fruit and nuts. Give the idea of lightness and delicacy by garnishing with the dainty, tender greens. A fruit salad is very often served at dinner instead of a dessert, and this custom is to be commended when the children eat with their elders.

### LETTUCE SALAD.

This is the simplest form of salad, and the one particularly dear to the heart of the salad lover. See that your lettuce is fresh, tender and crisp. It may be kept in this condition for days after gathering if sprinkled lightly with cold water and kept in a cool place, from the light and air. Wash it very thoroughly, being careful not to bruise the leaves; shake out all the water and drain in a wire basket or colander. No water must be allowed to remain on the leaves when ready to dress the salad, or you will not only spoil your dressing, but the flavor of your salad as well. Arrange your lettuce in a suitable bowl or dish, and keep it cool until the very last. In a small sauce plate place half a teaspoonful of salt, a dash of cayenne and two tablespoonfuls of salad oil; beat rapidly into this a tablespoonful of lemon juice, tarragon or good cider vinegar. Continue beating until the dressing is thick and light colored.

Just before serving sprinkle this lightly over the lettuce leaves. The proportion of oil given above is for those who prefer an acid dressing. Others delight in the nutty flavor of the oil, and use a larger proportion to the same amount of acid.



### SPINACH SALAD.

Pick over a peck of spinach and wash in several waters until free from grit. Cook tender, drain thoroughly and chop fine; season with salt and pepper and marinate with a little French dressing. Press into little individual molds or cups and set where it will get perfectly cold. Turn out on crisp leaves of lettuce. Press a slice of hard boiled egg on top of each mold, or a button radish turned to resemble a tulip, and heap a little mayonnaise at the base.

### OYSTER SALAD.

Scald a pint of large oysters in their own liquor until they plump. Drain and chill. Make a French dressing with four tablespoonfuls of oil, two tablespoonfuls of vinegar, a teaspoonful of salt and a dash of paprika. Pour this over the oysters and let stand ten minutes. Arrange crisp, tender lettuce leaves in individual cup shapes on small servers, fill with the oysters, garnish with mayonnaise and pimolas.

### HOW TO MAKE CRAB SALAD.

Two small or one large crab, two lettuces, one bunch water cress, one beet (boiled), two tablespoonfuls of vinegar, one raw egg, one tablespoonful of thick cream.

Pick all the meat from the body and legs of the crab, reserving the claws; remove the mother and stomach. Lay the meat lightly in a heap in the center of a dish, in which it is to be served.

Take care that the salad is picked, washed and dried thoroughly and ready before commencing to prepare the crab. Leave the meat in the claws, but crack them well before placing upon the dish, so that the meat can be easily taken out at table.

Break the egg and put the yolk into a cup without the white. Beat it and then season with salt, made mustard and sugar to taste. Mix and stir into this two tablespoonfuls of oil until the whole is of a thick consistency. Pour in about two tablespoonfuls of vinegar, and lastly carefully add the tablespoonful of cream just before bringing to table.

Pick the lettuces leaf by leaf and place around the meat of the crab. The water cress may be arranged next. Cut the beet into star shaped pieces and scatter here and there. Whip the white of the egg until it resembles snow. Drop from the spoon in tiny hillocks upon the pieces of beet. Just

before serving pour mayonnaise over all except the water cress.

A plate of brown bread and butter may be served with the crab salad.

#### HAM SALAD.

Cut into small cubes cold boiled ham; to each cupful add one cupful of celery cut into small pieces, and half a cupful of English walnut meats broken in small pieces, toss all together lightly; pour over sufficient Perfection Salad Dressing to cover each piece well; serve on lettuce leaves very cold. Pronounced by those in attendance as delicious. The general idea has been that ham would not make a good salad.

#### POTATO SALAD.

With a sharp knife cut cold boiled or steamed potatoes into small pieces, but do not chop them. To each quart of potatoes use one fresh cucumber cut into quarters lengthwise and then sliced thin; have ready one tablespoonful of grated onion and two medium sized cucumber pickles, cut into thin slices and well drained. Wash and cut a dozen button radishes so as to resemble flowers, place them in ice water until wanted for garnish; have ready one pint of Perfection Salad Dressing and a dozen leaves of well washed lettuce. Have all these ingredients in the refrigerator so they will be perfectly cold when wanted, salad bowl and dishes as well at serving time. Line the salad bowl with the crisp lettuce leaves, reserving three or four cut into small pieces to distribute throughout the potatoes, etc. Mix the onion juice with the dressing, mix the potatoes, cucumbers, sliced pickle and dressing together in a bowl, sprinkle over this the chipped lettuce, toss lightly with a fork, turn on to the lettuce leaves in the salad bowl, garnish with the button radishes, and serve with cheese sandwiches or crackers covered with grated cheese and toasted.

#### CHICKEN SALAD.

One chicken cooked thoroughly done and tender; chop very fine, laying aside the skin and gristle. Chop fine an equal amount of cabbage and six hard boiled eggs; add one cupful of strong vinegar and one teaspoonful each of celery seed and mustard. If the chicken is fat, add also the chicken fat; if not fat, use one-half cupful of butter. Salt and pepper to taste.

#### CABBAGE SALAD.

Three pints finely chopped white cabbage, one teaspoonful of salt, chopped in with the cabbage; one-third teaspoonful



of black pepper, a dash of cayenne, two teaspoonfuls of sugar, one teaspoonful of mustard, one-half pint of milk and one and one-half pints of vinegar. Mix the sugar, etc., dry. Add milk and vinegar alternately, a little at a time; stir on the stove till it creams. Pour over the cabbage; mix well and set away to become very cold.

#### SALMON SALAD.

One can of salmon, the yolks of two hard boiled eggs, one-half cupful of melted butter, two-thirds cupful of sharp vinegar, half dozen medium sized cucumber pickles, a small teaspoonful each of salt and pepper. Put the salmon in a bowl and remove the bones. Add the eggs rubbed smooth, then the salt, pepper, butter, pickles and vinegar.

#### CUCUMBER SALAD.

Slice three cucumbers very fine, and salt well; lay on a weight and press for about three hours, or until all the poison is out; cut one onion fine, and add to the cucumbers; mix all together; add pepper and plenty of vinegar and sweeten to taste. Very appetizing and wholesome, and safe always.

#### TOMATO AND CUCUMBER SALAD.

Six fresh tomatoes, two cucumbers, one onion, three hard boiled eggs; slice thin and place in layers in a bowl. Add a pinch of cayenne and salt and vinegar to taste.

#### LETTUCE SALAD.

Wash and pick four or five heads of lettuce; cut fine and place in a dish. Add the yolks of four hard boiled eggs, powdered fine; half a teaspoonful of black pepper, same of mustard and a little salt. Heat a cupful of vinegar, with a small lump of butter in it, and pour over the lettuce. Mix all and garnish the dish with the whites of the eggs.

#### OYSTER SALAD.

Take two cans of oysters and drain off the liquid. Mash smooth the yolks of six hard boiled eggs; add to this one teaspoonful of melted butter and three teaspoonfuls of strong vinegar, with pepper and salt to taste. Mix this well with the oysters. Place in salad-bowl and garnish with celery tops.

#### POTATO SALAD.

Boil two common sized potatoes till tender, with salt to taste; then chop fine; take one good sized onion, chop fine and

mix with the potatoes; take the yolks of four hard boiled eggs and mash fine; season with one teaspoonful of pepper, two teaspoonfuls of mustard, same of sugar, one tablespoonful of butter, and one pint of vinegar. Mix well and pour over the potatoes and serve.

#### POTATO SALAD.

Slice fine cold boiled potatoes; when dish is about full, a layer of fine sliced onion. Next a layer of hard boiled eggs; take three or four slices of bacon, cut in dice, and fry a nice brown. While hot pour in two-thirds cup of vinegar; pour over potatoes and serve.—*Mrs. Anna Rowerdink.*

#### SALAD DRESSING.

One egg beaten thoroughly, one level teaspoon salt, one level teaspoon sugar, one teaspoon butter, one tablespoon prepared mustard, half cup of vinegar. Mix in a bowl, set in a kettle of hot water, stir constantly till it thickens, pour while hot over one small head of chopped cabbage. Mix thoroughly.—*Mrs. Anna Rowerdink.*

#### SALAD DRESSING—FRENCH DRESSING.

Six tablespoons vinegar, one teaspoon of salt, one tablespoon sugar, dash of pepper. Two eggs well beaten, butter size of walnut. Put vinegar into a double boiler, add sugar, pepper and salt and egg yolks, well beaten butter; cook until thick, stirring constantly. When cool, add one cup whipped cream and serve at once. Fine for fruit salads.

—*Mrs. T. J. Tubbs.*

#### COCOANUT SALAD.

One cocoanut, one and one-half cup of celéry, four large apples, three teaspoonfuls of onions, three tablespoonfuls of sweet pickle. Chop all these ingredients, and make a French dressing. Thin with whipped cream.—*Mrs. L. E. VanHoesen.*

#### SALAD DRESSING.

Yolks of six eggs, two tablespoons sugar, one tablespoon salt, six tablespoons melted butter, one tablespoon mustard, one cup vinegar, mix well; cook until thick. When ready for use, thin with cream.—*Mrs. Helen Wetherby.*

#### POTATO SALAD.

Chop fine one small onion and one head of celery; slice twelve good sized potatoes and one large or two small fresh



cucumbers; lay in a dish in alternate layers, and cover with mayonnaise dressing; garnish with slices of hard boiled eggs. If you like, add radishes cut in small pieces.

—*Mrs. F. H. Turner.*

#### POTATO SALAD DRESSING.

Mix one tablespoonful butter and one level tablespoonful flour together, and stir in half cup of milk; beat three eggs in a bowl and add two big teaspoons sugar and one level teaspoon salt. Mix one-half teaspoonful mustard and one-half cup vinegar, and pour into eggs. Add this to the milk, and boil in double boiler. If it curdles, turn in more milk. When cold, thin with milk.—*Mrs. F. McElwain.*

#### CHICKEN SALAD.

Boil a three-pound chicken until meat falls from bones, season well with pepper, salt, cut to pieces with pair shears (do not chop). Add half as much finely cut celery as the chicken meat, moisten a little with the broth, then add one cup whipped cream, enough of the salad dressing to moisten the mixed chicken and celery to a consistency required.

—*Mrs. A. Fiske.*

#### BEAN SALAD.

A nice plain salad that I tried last summer, and all pronounced O. K. One pint or more of butter beans; cut into pieces about two inches long, boil in salted water until just tender. Drain off the water, slice an onion small, and mix with beans, and when cold slice very thin the tiny radishes and mix through lightly; with a very good salad dressing, put into pretty salad dish and garnish with a border of the little radishes. Occasionally one with stem and green end left. This is a relish if made right.—*Mrs. Robbins.*

#### WALDORF SALAD.

Two cups sour apples and one cup celery cut into dice, and one half cup chopped English walnuts, mixed with mayonnaise dressing.—*Mrs. James McMillan.*

#### BOILED SALAD DRESSING.

Beat two eggs thoroughly, add one cup and a half sweet milk, one tablespoonful of sugar, one teaspoonful of salt, one teaspoonful of mustard, mixed to a paste with a little milk and a tiny speck of cayenne pepper. Cook in a double boiler

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until thick. Remove from fire and add lump of butter size of a hickory nut, and vinegar to suit the taste, about six tablespoonfuls. Strain and let cool, serve very cold with any kind of salad.—*Mrs. J. M. Peter.*

#### SALAD DRESSING.

Two eggs, one cup vinegar, with little water, one-half teaspoon mustard, one-quarter teaspoon salt, one tablespoon flour, two tablespoons sugar, one tablespoon butter, pinch cayenne pepper. Boil until thick. Add cream to thin, when ready to use.—*Mrs. M. H. Lewis.*

#### SALAD DRESSING.

Eight eggs, one cup of butter, one-half cup sugar, one cup of cider vinegar, two tablespoonfuls of mustard, one tablespoonful of salt, beat well together; put into double boiler with cold water; cook until it thickens; stir while cooking. Thin with vinegar or cream as you use it.—*Mrs. Tubbs.*

#### VEAL SALAD.

Three pounds of cold hashed veal, two-thirds of a cup of broken English walnut meats, two small bunches of celery. mix together and moisten with liquor of veal, with pinch of cayenne pepper, and serve with mayonnaise dressing.

—*Mrs. E. I. Bates.*

#### STRAWBERRY SALAD.

Choose the heart leaves of head lettuce; heap a few strawberries in each, dust with powdered sugar; lay a teaspoonful of mayonnaise on each portion; serve with cut lemons. Delicious for lunch.—*Mrs. Margaret Lane.*

#### NUT SALAD.

Equal parts of chopped nuts and celery, and twice the amount of chopped apples, mixed with mayonnaise dressing.

—*Mrs. S. C. Eggleston.*

#### POTATO SALAD.

Chop a small dish of cold boiled potatoes, then take one onion and put in a layer of potatoes and one of onion till the dish is full. Dressing—One teaspoon of salt, one of mustard, one-quarter of pepper, three tablespoonfuls of sugar and one cup of vinegar, put on the stove and let boil together a few minutes, then take one-half cup of sour cream and the yolk

of one egg, and gradually stir in hot vinegar, then have the white of the egg beaten to a stiff froth and pour all the mixture over the white of the egg, stirring all the time, then when all stirred together, pour over the chopped potatoes. Ready to serve immediately. This is very nice for supper.

—*Mrs. Gertie Blachly.*

#### MALAGA GRAPE SALAD.

One pound of Malaga grapes cut open and seeded, one apple cut in small dice, one small stalk of celery cut up, one-quarter pound English walnut meats. Mix together one-half pint of cream, whipped very stiff, one tablespoonful mayonnaise dressing, and one-quarter cup sugar. Mix lightly with fruit when ready to serve, and serve on lettuce leaf.

—*Mrs. Church.*

#### BEAN SALAD.

Take two pints cold baked or boiled beans, one onion cut in very thin slices, three tablespoons butter, one cup vinegar, pepper and salt to taste. Heat vinegar and butter and pour over beans. Garnish with parsley.

#### MAYONNIASE DRESSING.

Beat yolk of small egg, add drop by drop, stirring all the time, four tablespoonfuls of olive oil. Then add one tablespoonful of lemon juice, a dash of pepper and half a teaspoonful of salt. Keep cold.—*Mrs. E. I. Bates.*

#### CABBAGE SALAD.

Chop fine one head of cabbage, then season with salt and pepper. Dressing—One-half cup of sugar, one egg, butter size of an egg, beat the sugar and egg together, then add the butter; then one cup of vinegar, not too strong, stir all together, then put on the stove to boil, stirring till it thickens; then remove and let it stand till cold. Pour over the chopped cabbage. Very nice.—*Mrs. Gertie Blachly.*

#### FRUIT SALAD.

Slice nine oranges and bananas, let juice strain through colander and pour over juice of three lemons, two cups nut meats, mayonnaise dressing.—*Mrs. Dobbleer.*

#### EGG SALAD.

Boil hard the number of eggs desired. When cool, slice off the end and stand in a lettuce leaf; scoop out the other end



and fill with a stuffed olive and cover with French salad dressing—Given under the head of salad dressing.

—*Mrs. Tubbs.*

### TWO-QUART SALAD.

One teaspoon mustard, one teaspoon salt, pinch cayenne pepper, one tablespoon cornstarch; mix all together, dissolve in a little cream. Yolks of four eggs, one-half cup vinegar, put into double boiler, stir carefully after done, piece butter size of a walnut; stir till smooth. Then with one-half pint whipped cream, when ready for use.—*Mrs. G. Barstow.*

### SALAD DRESSING.

One tablespoon flour, one tablespoon mustard, one tablespoon sugar, one teaspoon salt, one-eighth teaspoon red pepper, dampen with water and blend well. Beat four eggs well, stir into the above. Place on the stove, one cup of vinegar and one-half cup of butter, let come to a boil, then pour over the mixture, stirring constantly, set on stove in pan of boiling water to thicken; thin with cream when wanted to use.

—*Mrs. M. E. Howe.*

### WALDORF SALAD.

This is much nicer made with moderately sour apples, but do not use a mealy apple; use equal quantities of sliced apple and cold, crisp celery. To each pint add one cupful of chopped, English walnut meats, and then pour over it mayonnaise dressing with mustard and pepper omitted. Serve on a lettuce leaf. Can be made two hours before it is to be served. Must be kept cold till used.

### SALAD DRESSING.

Two eggs, one teaspoon of pepper, one heaping teaspoon of mustard, two teaspoons of salt, one small cup of sugar, a lump of butter size of an egg, or one-half cup of olive oil, one teaspoon of flour, beat all together until smooth; then add one cup of strong vinegar. Cook, stirring constantly. It should be thick as custard. Cool before using.

—*Mrs. Fred Gill.*

### POTATO SALAD.

One dozen potatoes, six hard boiled eggs, a small bunch of radishes, one cucumber, three small onions, a bunch of lettuce. All have to be chopped separately. Dressing—One

teacup of vinegar, two tablespoons of sugar, one-half tablespoon flour, one egg, one-half teacup cream, put in after it is cold.—*Mrs. Fred Gill.*

### CABBAGE SALAD.

Shred the cabbage fine, then chop it, season with salt and pepper, a small onion chopped up with it preferred. For dressing, use a piece of butter size of an egg, two eggs, a small half cup of vinegar, one teaspoon of mustard, two tablespoons of sugar, a little salt and pepper. Cook until it thickens, some cream may be added, and use less vinegar, which improves it.

—*Mrs. H. J. Daverman.*

### BANANA SALAD.

Boil one-half cup each sugar and water five or six minutes, then add juice of half a lemon, boil two or three minutes, cool. Select small, ripe bananas; peel, roll in cool syrup, then in chopped walnut meats, covering them completely; dispose on leaves of lettuce, put a little salad dressing (previously mixed with whipped cream), on each, sprinkle with candied cherries.

—*Mrs. Ward H. Ellis.*

### CHERRY SALAD.

Remove the stones from large red cherries, and insert in their place pieces of English walnuts. Serve on lettuce leaves, with cream dressing. This does nicely for both salad and dessert at luncheons.

### CREAM CHEESE SALAD.

Form cottage cheese into small balls the size of a walnut, roll lightly (in chopped parsley if you like it, it is good without), place on lettuce leaves and cover with mayonnaise dressing. This salad is improved by ricing hard boiled eggs and place cheese balls on them and mayonnaise dressing mixed with whipped cream beside these.

### FRENCH DRESSING.

Three tablespoons taregon vinegar, one tablespoon water, twelve tablespoons olive oil (pure Italian), one teaspoon salt, one-half teaspoon white pepper, one-half onion. Place in fruit jar and shake well together before using; place a layer of lettuce in salad bowl, then a layer of sliced cucumbers, then a layer of onions; cover with dressing and mix well with two forks.—*Mary O'Conner.*



### SALAD DRESSING.

One egg, one-half teaspoon salt, one teaspoon sugar, one teaspoon flour, one teaspoon dry mustard, three teaspoons milk, three teaspoons vinegar, one tablespoon butter. Beat all well, and in this order, and especially when the milk is added, beat it before the vinegar is added; while cooking stir constantly. Add cream before using.—*Julia Clark DeLano.*

### MAYONNAISE.

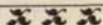
Four tablespoons vinegar, yolks of four eggs, piece of butter size of walnut, one small teaspoon dry mustard, one-quarter teaspoon red pepper, one teaspoon salt. Cook in double boiler until thick, when cold add one pint of whipping cream, two tablespoons sugar, juice of two lemons; for fruit salad, omit mustard and red pepper and sweeten to taste.

—*Mary O'Conner.*

### ASTOR HOUSE SALAD.

Put four hard boiled eggs through a ricer; shred lettuce fine and place on individual salad dishes, pour over sufficient mayonnaise, place riced eggs on top of lettuce; make small balls out of cottage cheese and place on top of riced eggs.

—*M. B. W.*



## FLOWER SALADS.

### DAISY SALAD.

Boil hard as many eggs as there are to be guests at the table. When cold remove the shells and cut in halves. Mash and season yolks. Take a spoonful of this mixture and form a circle in the center of a lettuce leaf; the whites, which have already been divided into halves, cut lengthwise into divisions resembling as nearly as possible the petals of a daisy. Arrange these around your yellow center.

### TULIP SALAD.

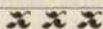
Select brilliantly colored apples of nearly the same size. Remove cores without paring. With a spoon or knife hollow out the centers still more. With a sharp instrument shape the sides into petals. Place a small olive in the center and add mayonnaise dressing. Place on lettuce leaf.

### BROWN BETTY SALAD.

Remove the yellow rind from as many oranges as desired. Divide each orange into as many divisions as possible without breaking the skin. Cut each division into halves. Place a brown peppermint drop in the center of a lettuce leaf, place the divisions of orange around it, add a teaspoonful of mayonnaise dressing and serve.

### ROSE SALAD.

Boil a number of beets about the same size. When cold remove skins, hollow out the centers. With a small, sharp knife shape the hollowed beets into as many petals as possible, cutting down about two-thirds of the way. In the centers drop a spoonful of mayonnaise dressing and around this arrange the kernels of nuts. Place on lettuce leaf.



## FISH, EGGS and OMELETS

In selecting fish, choose those only in which the eye is full and prominent, the flesh thick and firm, the scales bright, and fins stiff. Thoroughly clean and wash them. The usual modes of cooking fish are, boiled, baked, broiled, fried and stewed. Steaming is superior to boiling. Small fish, or pan fish are served without the heads, except brook trout and smelts. Bake slowly, basting often with butter and water. Salmon is considered the most nutritious of all fish; when boiling fish add a little vinegar and salt to the water, this prevents the nutriment from being drawn out. To boil fish, first fill it with nicely prepared stuffing, bread or cracker crumbs, butter, pepper, salt, sage or other herbs, and moisten with egg and milk, sew up the fish, wrap in a well flowered cloth tied closely with twine, and boil or steam a quarter of an hour to the pound. When done, unwrap with care, and lay upon a hot dish, taking care not to break it. Have ready a large cupful of drawn butter, very rich, in which has been stewed a tablespoonful of minced parsley, and the juice of a lemon. Pour half upon the fish and serve the rest in a gravy boat. Garnish with parsley, sliced hard boiled eggs or sliced pickled beets or lemon. To boil fish, put it in cold water at first and if more water is needed pour in boiling water at side of the dish; if poured on the fish it will break the skin.



### BAKED FISH.

Is prepared as for boiling, only omit the cloth. Place fish in baker with enough hot water to prevent scorching; sift flour over it, and bake slowly.

### TO FRY FISH.

Dip in corn meal or wheat flour or in beaten egg and cracker crumbs. Have the lard or lard and butter hot, so the fish will be seared at once, to seal up the rich pieces; then decrease the heat until done. To keep the fish whole when turning or removing from pan, invert the pan on the plate and they will be unbroken; slip back in pan to finish cooking if not done, and invert the pan on the platter when done, and serve; garnish with lemon sliced.

### SALT FISH.

Before cooking, soak in cold water over night, or if in a hurry, let stand under a faucet of running water, then par-boil, changing water several times. Season to suit taste, covering with butter.

### FISH PATTIES.

Cut cold cooked fish into dice; heat about a pint of the dice in a pint of cream. Season to taste with cayenne pepper and salt. Flush the shells and serve. Use any good fish sauce.

### SCALLOPED FISH.

A pint of milk, place in a sauce-pan of boiling water, put in the milk a few bits of onion, a sprig of parsley minced, piece of butter, pinch of salt, a dash of pepper, tablespoon of flour, wet in cold milk, when cream is thick place in bake dish a layer of left-over fish, then a layer of cream, then a layer of cracker or bread crumbs, then another layer of fish, cream and bread crumbs until dish is full; have crumbs on top to prevent cream from scorching. Bake in moderate oven.

### OYSTERS.

Must be fresh and fat to be good, and are in season from September to May, or every month that contains an "R." The small oysters are good for pies, fritters or stews.

### STEWED OYSTERS.

Drain the liquor, add to it a pint of hot water, add salt

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and pepper, and when it boils up once, put in the oysters (a quart), let them come to a boil, and when they "ruffle" add two tablespoons of butter, soon as it is melted, add pint of hot milk and two tablespoons of cracker crumbs. Serve at once.

#### CREAMED LOBSTER—(For Chafing Dish).

One pound can lobster, one large tablespoon of butter, heaping tablespoon of flour, one teaspoon of mustard, pinch of red pepper, salt and pepper. Cream butter and flour, add one pint milk; when smooth, add lobster. Cover for a moment to cook. Serve with salted wafers.

—*Mrs. J. W. Lynde.*

#### OYSTER COCKTAILS.

Select small oysters, drain well and cover with shaved ice. Place in a bowl sieve and set over deep bowl to drain in the refrigerator. For the sauce, to one pint of red tomato catsup, add the juice of four lemons, one teaspoonful of salt and a quarter teaspoonful of paprika; shake well. At serving time, put five oysters in each glass and cover with the sauce, placing on top a lemon point and sprig of parsley.

—*Leota Wheeler Keil.*

#### CREAMED SALMON.

From one can salmon, remove skin, bones and fluid, and mince fine. Take a white sauce of one pint milk boiled and thickened with two tablespoons corn starch, add two tablespoons butter, salt and pepper. Prepare one pint of fine bread or cracker crumbs. Fill pudding dish with alternate layers of crumbs, salmon and white sauce, having crumbs for bottom and top layers. Bake until brown on top.

—*Mrs. L. W. Keil.*

#### BROILED WHITE FISH.

Bone fish, removing head and tail, wipe dry and sprinkle with salt and pepper, place in a greased broiler and broil the flesh side first, then turn and broil the skin side, until a light brown and crisp; loosen the fish from both sides of the broiler and slip on a hot platter. Season with salt and pepper and butter. Garnish with lemon and parsley.—*Mrs. B. J. Dart.*

#### BAKED FISH.

Clean, wipe and dry the fish; rub with salt inside and out; stuff and sew with soft darning cotton; leave a large knot

at one end that you can find after the fish is baked, rub all over with soft butter, salt and pepper; dredge with flour, and put into a hot oven, without water; baste with hot water and butter as soon as it begins to brown, and repeat every ten minutes afterwards; remove it carefully from the pan and place on a hot platter. Draw out the string; garnish with parsley or water cress. They should be basted often, and a stiffening also serves to keep the fish moist, as well as season it.—*Mrs. D. C. Hunter.*

### SMOTHERED FISH.

Take boiled or baked fish, remove bones and shred it; put one tablespoonful of butter in sauce-pan; when melted, add two tablespoons of flour, and one-half cup cream or milk. Cook, stirring to prevent browning. When done, pour it over three well-beaten eggs; put a layer of fish in a dish, sprinkle with salt and pepper; cover with a layer of sauce and so on alternately; cover with bread crumbs, moisten with butter, and bake 20 minutes.—*Mrs. Margaret Lane.*

### BAKED WHITE FISH.

Put one quart sweet milk in dripping pan, season with butter, pepper and salt; lay the fish in milk; bake for one hour, or until milk is browned down in the dish, basting often.

—*Mrs. C. J. Clark.*

### DRAWN BUTTER SAUCE.

One-half cup butter, two tablespoons of flour, mix thoroughly together, then stir in a pint of boiling water, little salt, parsley if wished.

### BAKED FISH.

One cup stale bread crumbs, one teaspoonful of melted butter, one teaspoonful of salt, little pepper, few drops of onion sauce, one tablespoon chopped parsley. Mix in order given. Fill cavity of fish, sew up with strong thread, bake 45 to 60 minutes, basting often with one cup boiling water and one tablespoonful of butter.—*Mrs. H. A. Turner.*

### DRAWN BUTTER SAUCE.

Three tablespoonsful of butter, three tablespoons flour, one and one-half cups of water, one-half teaspoonful of salt. Mix and stir over the fire until the sauce boils; serve over baked fish.



## SALMON TURBET.

Slice one onion in one and one-half pints of milk, let come to a boil, then skim out the onion. Season to taste with pepper and salt; cream together four tablespoonfuls of butter, two of flour and with this, thicken the milk; place in bake dish, alternate layers of cream and salmon until dish is filled; cover with cracker crumbs; bake until brown. Serve hot.

—Mrs. F. H. Turner.

## SALMON LOAF.

Pick one can of salmon into small pieces and remove the bones; add two tablespoons of melted butter, one beaten egg, one cup of dry bread crumbs, one and one-half cups of milk, salt and pepper to taste. Bake for one hour; turn loaf out on platter and pour over it the following cream sauce: Heat one pint of milk, add two tablespoonfuls of flour and one tablespoonful of butter, salt and pepper before removing from the fire, add one beaten egg.—Mrs. E. T. Proctor.

## BAKED FISH.

Soak bread in warm water, and squeeze water out; two onions, grated, one tablespoon butter, one egg and some parsley; salt to taste; wash fish with water, soda and salt. Cut open on back and fill with dressing.—Mrs. Fred Gill.

## FRIED SALMON.

Cut fresh salmon into slices one-half inch thick; dip in beaten bread crumbs and fry in butter; cornmeal can be used instead of crumbs.—Mrs. F. H. T.

## FISH TURBET.

Secure a three-pound white fish; clean well; plunge into a kettle with plenty of water; add one tablespoonful of salt; and four bay leaves; boil twenty minutes; take out carefully with a skimmer; drain in a colander until cold; remove all skin and bones; separate the flakes with a fork; make a cream of one quart of milk, piece of butter size of an egg; set over pot of water to cool; thicken with two tablespoonfuls of corn starch which has been stirred up with a little sweet milk; season well with salt and white pepper; mince fine two tablespoonfuls of parsley and one tablespoonful of grated onion or one teaspoonful of onion extract; add to the cream, then add the fish flakes; stir all together; beat the whites of three eggs to a stiff froth.

## ESCALLOPED FISH.

Boil a three-pound fish in salted water fifteen minutes, to which has been added two bay leaves; remove from the water; let cool; with a fork pick apart the flesh in flakes. While the fish is cooling make the following sauce to use in the escallope. Mix together one pint sweet milk, two tablespoonfuls of butter and two tablespoonfuls of flour; place in double boiler; season highly with salt and paprica, the grated rind of half a lemon, and a tablespoonful of grated onion; cook until thick like cream; have ready dry rolled bread crumbs; place a layer of sauce in a well-oiled baking pan, then a layer of fish flakes, then one of bread crumbs; another of sauce, then fish and bread crumbs; place small bits of butter on top and bake in the oven until the crumbs are nice and brown, or about fifteen minutes.

## CREAMED CODFISH.

(A much abused dish, but very nourishing when properly cooked.)—For six people pick apart the flakes of good white salted cod, that that is about an inch thick is best. Place in plenty of cold water, let stand ten minutes, pour off the water and if very salt add more cold water, let stand five minutes longer, drain in a bowl sieve while you make the following sauce: Three cupfuls of sweet milk placed in sauce-pan with piece of butter half as large as an egg. When milk is boiling, thicken with sufficient moistened flour to make quite a thick gravy. Now add the drained cod, stir well, as soon as simmering, draw back on the range, season with a little salt and pepper and beat in one whole egg. The hot sauce will cook the cod and egg sufficiently; try it, it is good. Bringing the fish to boiling point in water or parboiling to extract the salt only toughens the flakes and makes it undesirable.

## COD-FISH OMELET.

To one cup shredded cod-fish, add one cup milk, one egg and pepper. Take two tablespoonfuls butter, one of flour, one cup of milk, boil together and add to the fish, and bake half an hour.—*Mrs. Margaret Lane.*

## BEATEN OMELET.

Beat the yolks of two eggs until light colored and thick; add two tablespoons milk, one teaspoon salt, one-half teaspoon of pepper. Beat the whites very stiff and fold them into



the yolks; pour into a hot buttered iron pan; let get brown on one side slightly, then set pan in oven and let the omelet dry out on top; fold the half nearest the handle over the other half; turn out on a warm platter; serve at once.—*Nellie Fisher.*

### PLAIN OMELET.

Four eggs; four tablespoons of water; one tablespoon of butter; salt and pepper to taste. Put the butter in frying pan, melt and use one-half in butter. Beat the eggs and water together only enough that they do not separate, add the melted butter and salt and pepper, stir all together; turn butter into your hot frying pan and keep constantly shifting over the fire about four minutes (or until the omelet becomes solid. Keep the omelet loose from the pan by the use of a knife. A little chopped meat can also be added before removing from fire if desired.—*Mrs. A. Broome.*

### EGGS.

Hard boiled eggs should be simmered at least twenty minutes; this gives mealy yolks, which digest more readily than sodden ones. Before boiling eggs, prick large end with a pin.

### POACHED EGGS.

Toast small slice of bread for each egg; trim and lay on hot platter; have frying pan partly filled with salted water when simmering, carefully break in one egg at a time; baste with the water until white is firm, and slip on toast.

### SOFT AND HARD-BOILED EGGS.

For soft-boiled, drop into boiling water and boil three and one-half minutes. A better way is to have water boiling in a sauce-pan. Take from fire, add eggs quickly, cover and let stand off fire away from drafts from eight to ten minutes, according to freshness of eggs.

### EGG PATTIES.

Separate as many eggs as required, being careful not to break yolks. Add a pinch of salt to the whites and beat them to a froth, then line little custard cups with the beaten whites, leaving just room for the yolk in each one, drop it in, and with a spoon rough up the white over it until nearly covered. Set the cups in a pan of hot water and set in the oven and

steam just long enough to heat the yolk through, then serve immediately with a bit of butter and dust of salt and pepper on top of each egg.

#### GRIDDLED EGGS.

Heat griddle hot as for baking cakes; butter and arrange small muffin rings on it; drop an egg in each, and turn as soon as lightly browned. They are far more delicate than fried eggs.—*Mrs. Margaret Lane.*

#### CODDLED EGGS.

Bring water in a sauce-pan to a rapid boil. Remove from the fire, place in it the eggs and cover closely. In about five minutes the eggs will be soft boiled. The cooking in this method is more even than by the ordinary way.

#### CREAMED EGGS.

Boil a dozen eggs hard by placing them in warm water, bringing slowly to the simmering point and keeping them at that temperature thirty minutes without permitting the water to outwardly boil. At the end of that time drop them into cold water to remove the shell. Now arrange ten of the eggs in a shallow dish, pour over them the cream sauce, then sprinkle over the top the yolks of the remaining ten eggs mashed fine and mixed with an equal quantity of bread crumbs. Pour a little melted butter over the top, garnish with triangles of bread dipped in melted butter and put in the oven. When colored a light brown, serve.

#### RICED EGGS.

Boil five eggs for at least twenty minutes. Prepare a cream sauce as follows: Heat two level tablespoonfuls of butter in a sauce-pan; stir in two level tablespoonfuls of flour and when smooth and bubbling add half a pint of milk, half a teaspoonful of salt and a dash of white pepper; stir and cook until it thickens. When eggs are done separate yolks and whites, put the latter through a vegetable press or coarse sieve and add to the sauce. Cover a heated platter with slices of nicely toasted bread, slightly moistened by dipping quickly into hot water. Pour the white sauce over the toast, covering completely. Press the yolks of the eggs through sieve or vegetable press, in a mound in center of white sauce, leaving a margin of the sauce showing; sprinkle a little salt and cayenne over the yolks, slip the dish in a hot oven a few minutes, then garnish with one or two sprays of parsley and serve.



### MAITRE d' HOTEL BUTTER.

(Served With Fried Fish or Broiled Steak.)

Cream two tablespoons of butter, add gradually one-half teaspoon of salt, one-eighth teaspoon of white pepper, one tablespoon each of lemon juice, and chopped parsley. Keep very cold.

### BROWN SAUCE.

In sauce-pan, brown one tablespoon of butter until dark, but not burned; add one tablespoon of flour, stir and brown again; add gradually one cup of good stock (beef is best), or hot water, and stir until smooth and thick. Season with salt and pepper to taste. Simmer five minutes.

### TOMATO SAUCE.

One pint of canned tomatoes; one tablespoon of butter, one tablespoon of flour, four cloves, one-half small slice of onion. Cook the tomatoes, onion and cloves ten minutes. Heat the butter in a small frying pan and add the flour. Stir over the fire till smooth and brown, and then stir into tomatoes. Season to taste with salt and pepper, and pour through a strainer fine enough to keep the seeds back.

—*Mrs. J. S. Miller.*

### DRESSING FOR MEAT.

One cup of bread crumbs, pepper, salt, sage or sweet marjoram or summer savoy, to taste. Mix with an egg, increase amount to suit cavity to be filled.

### CELERY SAUCE.

Chop fine a head of celery, put into a sauce-pan, with a pint of water, a little salt and a few pepper-corns. Boil it well; braid a tablespoon of flour with two ounces of butter; stir it in with half a cup of cream or milk; add the seasoning, and boil again.

### HARD SAUCE.

Cream together one cup of pulverized sugar and a quarter of a cup of butter. Add the white of one egg and a teaspoon of vanilla, beat until light and creamy. Pile on a pretty China or glass plate, grate a little nutmeg over the top and set in the ice box or other cool place until ready to serve. Will keep for a couple of days.

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### SARATOGA SAUCE.

Six pounds raisins, six pounds currants, six pounds brown sugar, one dozen oranges. Chop the fruit and make a syrup of the sugar, and pour the chopped fruit with syrup and let boil up. Remove from stove and can.—*Mrs. Van Keuren.*

### FISH SAUCE.

One-half pint milk and cream, mixed; two beaten eggs, salt, pepper and juice of one-half a lemon; put over fire and stir constantly until it begins to thicken.—*Mrs. Nicholas.*

### CAPER SAUCE.

To three gills of good drawn butter, add a gill of capers, or nasturtiums, pickled; give it one boil; be sure and stir all the time for fear of oiling.

### HORSERADISH SAUCE.

Cream two tablespoons of butter, add two tablespoons of fresh grated horseradish, one tablespoon of very thick cream, one-half teaspoonful lemon juice; keep very cool.

### BREAD SAUCE FOR PARTRIDGES, ETC.

Very small cup of chopped onion boiled in water until quite soft; strain off the water; boil one pint of milk, pour it over a cup of bread crumbs, two ounces of butter, a little salt, pepper, and mace; stir in the onion; boil up once, and serve hot.

### EGG SAUCE.

Boil four eggs, ten minutes; drop them into cold water; shell and chop fine; stir into drawn butter; give it one boil.

### SHRIMP SAUCE.

Cut up in small pieces a dozen shrimps, add one-half pint of drawn butter, a little pepper and salt, and a tablespoon of vinegar; give it one boil; served with any kind of boiled fish.



## VEGETABLES.

Hints necessary to success:—First, only fresh, sound vegetables will do; second, look over carefully and cut out poor spots; third, after peeling, lay in cold water half an hour; fourth, put in boiling water and keep boiling till done.

In the spring the potatoes turn dark. If you will peel your potatoes the day before you want them and change water several times, you will find they will taste like new ones. It is the starch that makes them dark and the water draws it out.

Unless you can have your vegetables fresh from the garden you will find peas, corn, beets, squash, turnips, pumpkin and tomatoes are improved by adding just enough sugar to restore their natural sweetness; about a teaspoonful to a quart. Tomatoes are usually improved by the adding of a little sugar to correct the acidity, as they partake more of the nature of a fruit than a vegetable and are, in some seasons, quite tart.

A very simple, yet effective way to destroy the odor from cooking onions or cabbage, is to keep a small quantity of vinegar simmering on the stove near the vessel containing the vegetables. This does not spoil the flavor of the vegetables as some other remedies do. Add salt to peas and beans when they are partly done.

### POTATOES AU GRATIN.

Put a layer of cheese into a buttered baking dish. Then a layer of boiled chopped potatoes, season with pepper and salt, then a layer of white sauce, then a layer of grated cheese. Repeat the layers, having the last layer of sauce merely covered with cheese. Bake in oven till very hot, and the cheese melted.

—*Mrs. Schravessande.*

### WHITE SAUCE.

Melt two tablespoons butter; stir into butter two tablespoons flour; as soon as it bubbles all over the surface, add one pint of milk or cream, stir briskly until smooth, on a slow fire; let boil up once and set over hot water till wanted, then add salt and pepper.—*Mrs. Schravessande.*

### POTATO PUFFS.

To one cupful of warmed mashed potatoes add two tablespoonfuls of butter, one teaspoonful of salt, the beaten yolks



of two eggs; one cup of milk, then beat into this one and one-half cupfuls of flour, beat thoroughly. Then add the beaten whites of the two eggs and two level teaspoonfuls of baking powder. Pour into buttered gem pans about two-thirds full. Bake in a moderate oven twenty minutes.

### TURNIPS.

Cut into half inch cubes, boil in plenty of salted water and serve in a rich white sauce.—*Mrs. Margaret Lane.*

### SUCCOTASH.

Ten ears of green corn and one pint of lima beans. Cut the corn from the cob and stew gently with the beans until tender. Use as little water as possible; season with butter, pepper and salt. Milk if you choose.

When peas are tender they should not be cooked more than twenty minutes. Put them in salted boiling water and do not cover the sauce-pan. Drain off the water and season with pepper, salt and butter. Mix in the seasoning carefully with a fork so as not to break the peas. A little sugar most always improves them. In cooking them use plenty of boiling water. Do not let them cook too long. This is as bad a fault as having them underdone.

### PUREE OF PEAS.

Boil the peas until very tender; mash and press them through a sieve. Place them again in the sauce-pan and stir into them enough hot milk, pepper and salt to moisten. Season them and add a little butter and a very little sugar. Peas cooked in this way are usually used as a garnish for chops and other broiled meats.

### GREEN PEAS FRANCAISE.

Boil green peas until tender, and drain thoroughly. For every quart put in a saucepan two tablespoonfuls of butter, one of flour and a half teaspoonful of sugar. Stir until all are thoroughly mixed. Add the peas and stir over the fire for five minutes. Add one cupful of white stock or cream and simmer ten minutes.

Pea soup can be made after the directions given for asparagus, peas being substituted for the asparagus. Green pea timbale is often added to clear soups. Mix one-half cupful of mashed green peas, with one tablespoonful of soup stock, and the white of three eggs. Season with salt and

pepper. Beat well together and place in a small mold. Set the mold in hot water and place in a slow oven until the mixture is set. When it is firm, unmold, cut in small cubes and add them to the soup just before serving.

### GREEN PEA FRITTERS.

One pint of boiled green peas, mashed while hot, with pepper, butter and salt; two eggs well beaten, one cup of milk, a scant half-cupful of well sifted flour. Beat eggs, milk and mashed peas smooth and add the flour and fry upon a griddle, the same as breakfast cakes. This is an excellent vegetable for luncheon.

### TO BOIL RICE.

(To use as a vegetable.)—Wash one cupful of whole rice; have ready four quarts of boiling water; add one tablespoonful of salt; when water is boiling furiously, sift in the rice carefully; let boil for nearly twenty minutes or until the kernel is soft; do not cover while boiling; skim out carefully into a colander; set in the oven to dry out for about three minutes.

### CABBAGE.

Chop and boil in a little water until done, add one-half cup sweet cream, salt, pepper and one tablespoon butter.

—Mrs. L. N. Fisher.

### BUTTERED PARSNIPS.

Boil until tender, slice thin, lengthwise, melt a little butter in a sauce-pan, add pepper and salt, and put in parsnips.

—Mrs. L. N. Fisher.

### SPINACH.

When cooking spinach, substitute a little piece of bacon for the salt pork usually cooked with it, to season it. The nicest way to serve it is to put a piece of bacon in each dish. Hard boiled eggs, sliced when cold, are also liked with the greens.

### ESCALLOPED ONIONS.

Boil the onions until tender in salted water to which has been added a little milk. Drain and put the onions in a baking dish with alternate layers of bread crumbs, salt, pepper, and a dash of powdered sage. Dot each layer of bread crumbs with pieces of butter. Pour over the whole a half cup of milk.



Cover the top with bread crumbs and small pieces of butter. Bake it a light brown and serve hot.

### CREAMED POTATOES WITH PEAS.

Cut six or eight medium sized potatoes in dice. Boil until nearly soft; drain, cover with milk, add salt, pepper, butter and one can peas (drained). Thicken with flour.

—*Mrs. A. W. Kreuter.*

### ONIONS AU GRATIN.

Boil three or four onions for one hour in two quarts of salted water. Pour off the water and then cut up the onions. Put them in a baking dish and pour over them half a pint of cream sauce and half a cup of grated bread crumbs dotted with bits of butter. Place in a quick oven and bake for twenty minutes.

### BUTTERED SPANISH ONIONS.

Peel large Spanish onions carefully so as to remove only the outer skin. With a sharp knife cut off the top; make a hole in the middle of each onion and fill with the following stuffing: Cut into squares some veal kidney and good bacon. Chop separately a little parsley and suet and mix all together, adding salt and pepper to taste. When the onions are filled, the tops are replaced and secured with a string. Place them in a buttered pan and bake slowly, basting with melted butter. When perfectly done, remove the string and serve on thick slices of toast.

### FRIED APPLES AND ONIONS.

Use twice as many rather sour apples as onions. Slice the apples without paring them, and also slice the onions fine, and fry them together in butter, being careful to keep the pan covered to hold the steam, which will prevent burning. While cooking sprinkle slightly with sugar to give added flavor.

### COOKED CABBAGE.

Slice fine one head of cabbage and boil till tender, add salt and pepper; pour over it one-half cup of meat fryings, four tablespoons of vinegar; let it boil a few minutes, remove from the stove; beat one egg and add one-half cup of sour cream, stir the egg and cream together and pour over the boiled cabbage; stir all together and serve at once. Very good.—*Mrs. Gertrude Blachly.*

## TOMATOES.

Pare and slice ripe tomatoes; to one quart tomatoes, add one-half cup butter, one tablespoon flour, mixed and stirred in, season with salt and pepper. Cook for a minute and serve.

—Mrs. L. N. Fisher.

## BOILED ASPARAGUS.

Cut up to one-half inch pieces; boil until tender, season with pepper and salt and butter, and add a little sweet cream; serve hot.—Mrs. L. N. Fisher.

## POTATO HASH.

One part cold meat, two parts cold boiled potatoes, chopped fine to each quart; add one cup soup stock, and season to taste.—Mrs. A. E. Fisher.

## POTATO CROQUETTES.

One pint hot mashed potatoes, one tablespoon butter, one half teaspoonful salt, pepper to taste, one-half teaspoon celery salt, one-half tablespoon minced onion, one tablespoon minced pastry, yolk of one egg or two, mix all together, butter egg, and beat until very light, when cool, add beaten egg, shape into balls, roll in fat proof coating, and fry in deep fat; drain.

—Mrs. C. S. Hester.

## THICK CREAM SAUCE.

One tablespoon butter, two tablespoons of flour, one cup milk, seasoning. Make as white sauce.—Mrs. C. S. Hester.

## STRING BEANS, ENGLISH STYLE.

Break the tops and bottoms from young, tender beans, carefully remove the strings, wash well in cold water, then drain, cover them with boiling salted water and cook until tender, but no longer; drain well, put them into a hot dish, pour a little melted butter over them, sprinkle a little chopped parsley on top, and serve very hot.

## YOUNG CARROTS, STEWED.

Scrape some young carrots, let them lie in cold water for a little time, then shred them into strips about two inches in length; cover with good beef broth, season with salt, pepper, a little sweet marjoram and parsley and stew until tender. When done, turn into a heated dish. Measure the broth, and



to each cupful, add two level tablespoonfuls of butter and two level tablespoonfuls of flour mixed together to a smooth paste; add a little beef extract. Stir the sauce until it boils and then pour it over the carrots.

#### FAT PROOF COATING.

Roll the article to be fried in fine bread crumbs, then dip in egg slightly beaten, with one tablespoon of water, roll again in crumbs. If not perfectly coated the article may crack.—*Mrs. C. S. Hester.*

#### PEAS IN BOXES.

Cut stale bread in two-inch cubes and make boxes of them. Brush inside and outside with melted butter and brown in oven. Drain one can peas and put in a sauce-pan, add one cup of milk and tablespoon of butter and one of flour together, add peas, stirring across, not around. Add one teaspoon salt, fill boxes and serve.—*Mrs. J. T. Miller.*

#### BAKED BEANS.

Two cups of navy brand beans, wash, parboil, salt to suit taste; when done drain, beat one egg, one teaspoonful flour, one tablespoon molasses, one cup of water, stir this mixture into one cup of boiling water, when it thickens remove from fire, have the beans in a baking dish, pour over and mix with a layer of thin slices of bacon over the top. Bake in oven, brown.—*Mrs. Rowerdink.*

#### SCALLOPED ONIONS.

Boil small onions in salted water; when tender, turn off the water and place the onions in a baking dish, season with salt and pepper and pour a white sauce over them. Cover with buttered bread or crumbs and brown in the oven.

—*Anna W. Miller.*

#### BAKED POTATOES.

Wash clean even sized, smooth potatoes. Bake about 45 minutes or till soft. Take out and prick with a fork to let out the steam; serve hot, with the shells.—*Mrs. A. E. Fisher.*

#### CREAMED POTATOES.

Cold boiled potatoes, cut into dice. Make white sauce of two tablespoons butter, two of flour, one-half teaspoon salt, and one-fourth of pepper, one-half pint milk. Melt

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the butter in sauce-pan, take from fire and add flour, mix smooth and add the milk, cook until creamy and add salt and pepper. To each pint dice, put one cup of this sauce, and heat.

—*Mrs. A. E. Fisher.*

### CORN CHOWDER.

Put a can of corn through food chopper. Pare and slice enough potatoes to make one quart; parboil for few minutes, and strain; chop fine, fat salt pork to make two heaping table-spoons, put it in, strain pan with one finely chopped onion, and cook slowly until the onion is a pale yellow. Add corn, potatoes and one quart boiling water; two table-spoons butter, and boil slowly until the potatoes are tender. Make separately a white sauce, with two table-spoons flour, one scant teaspoon salt, one-half teaspoon white pepper, and one pint milk. Add this sauce to chowder, with more seasoning if needed. Cook for a few minutes, and serve.—*Mrs. Hester.*

### BAKED BEANS.

One quart beans, wash and boil until almost done, season to taste. Put in three one-pint-tins, and add one table-spoon best New Orleans molasses to each tin. Press into each, five or six small pieces of lean, smoked bacon and several slices of onion, and bake slowly till it is nice and brown.

—*Mrs. A. E. Fisher.*

### GREEN STRING BEANS.

Pick off the ends, wash and boil until tender. Then fry in butter, salt and serve hot.—*Mrs. A. E. Fisher.*

### BOILED CARROTS.

Boil the carrots until very tender, and drain, season with butter, pepper and salt. Add one-half pint milk, bring to a boil and thicken with flour.—*Mrs. A. E. Fisher.*

### FRIED BEAN BALLS.

Two cups mashed, boiled potatoes, one cup mashed, baked, or boiled beans, season highly; mix well, form into cakes and fry brown.—*Mrs. A. E. Fisher.*

### FRIED EGG PLANT.

Pare, cut one-half in slices, salt and let stand half hour; rinse and dry with a towel, dip in a mixture of egg, rolled crackers; fry to nice brown.—*Mrs. A. E. Fisher.*

## ESCALLOPED POTATOES.

Two quarts boiled potatoes, sliced thin. Put a layer in a deep dish and sprinkle with pepper, salt, butter and rolled crackers; then more layers till full; then cover with rich milk, and bake slowly one hour.—*Mrs. A. E. Fisher.*

## BOILED CABBAGE.

Cook in a little water till done, then add one-half cup sweet cream, salt and pepper, one tablespoon butter.

—*Mrs. A. E. Fisher.*

## BAKED BEANS WITH APPLES.

Parboil the beans in the usual way. When ready for the oven, put in salt pork, a little mustard and sugar, and two small or one large chopped apple.—*Mrs. James McMillan.*

## WELSH RAREBIT.

Welsh rarebit is a very tempting thing at this season, and a good one can be made with a half pound of grated or crumbed cheese, half a teacupful of cream, two well beaten eggs, a tablespoonful of butter, a tablespoonful of mustard, half a teaspoonful of salt, a pinch of cayenne. Put the cheese in a dish over boiling water and stir until it melts, then add the other ingredients, keeping all very smooth. Spread the mixture over slices of nicely browned toast, and serve.

## CELERY.

(Varied Recipes for Preparing This Fine Esculent..)

Celery is fast taking a prominent place among our vegetables, but even yet does not receive the attention that its merits demand. As an article of food for those who suffer from rheumatism, nervousness and some forms of dyspepsia it is invaluable. It is one of our finest esculents, and, once its merits are fully known, it will become a staple instead of a luxury upon our tables. No part of the plant need be wasted.

## CELERY CREAM SOUP.

Boil one cup of rice in two pints of sweet milk and one pint of cream. Rub it through a sieve. Grate the blanched parts of three heads of celery and add to the rice and milk. Add one quart of white stock and boil it until the celery is tender. Season with salt and red pepper, and serve hot.



### CELERY CATSUP.

Bruise one ounce celery seed, one teaspoonful white pepper, one tablespoonful salt, one-half dozen oysters in a mortar. Rub through a sieve, add one quart of best white vinegar and bottle for use.

### CELERY GREENS.

Wash the blanched and unblanched leaves of celery and boil in salted water until tender. Drain, press and chop lightly. Season with butter, pepper and salt, and send to table hot.

### STEWED CELERY.

Cut blanched or unblanched celery into inch pieces; boil in salted water until tender. Thicken with a little flour, rubbed smooth in cold water, season with butter, pepper and salt, if needed, and serve hot.

### CELERY TOAST.

Cut the celery in small bits and boil until tender. Drain off the water and mash the celery. Put it in the sauce-pan with two tablespoonfuls of butter, heated; season with pepper and salt. Put a spoonful on each square of toast and send to table hot, with thickened milk in separate dish.

### CELERY PICKLES.

Two quarts chopped celery, two quarts chopped cabbage, one-half ounce crushed ginger root, one-half ounce turmeric, one-quarter pound white mustard seed, two tablespoonfuls salt, five tablespoonfuls white sugar, three quarts of vinegar; put all in a porcelain kettle and cook slowly until cabbage and celery are tender. Keep in an earthenware jar, closely covered.

### CELERY SALAD.

One hard-boiled egg, one raw egg, one tablespoonful olive oil or butter, one teaspoonful white sugar, one-half teaspoonful pepper, four tablespoonfuls vinegar, one teaspoonful made mustard, four bunches celery. Rub the yolk of the cooked egg to a paste and blend the other ingredients into a smooth, cream-like mixture, as in all salad dressings. Chop the white of the egg and add it to the celery, which should be chopped or shredded. Pour the dressing over it and serve at once.

## CELERY MAYONNAISE.

Cut the celery into inch bits and these into strips. Put in a salad bowl and pour over it a plain salad dressing of vinegar and oil. Drain this off and cover the celery with mayonnaise sauce, as follows: Two eggs, one-half teaspoonful raw mustard mixed with vinegar; mix in oil drop by drop until the mixture is thick. Add the yolks of two eggs well beaten and the juice of one lemon and one-half teaspoonful of salt. Keep on ice until ready to serve, then pour it over the celery and send it to the table at once.

## CELERY SALAD.

Slice boiled beets, chop celery and add a little finely-minced onion. Sprinkle with salt and pour over it a dressing of oil and vinegar. Serve at once. Celery should lie in cold water three or four hours before using, to crisp it. It should be served with bread and butter, and with cut cheese, in a small dish, garnished, if desired, with parsley. It is said that the odor of onions may be removed from the breath by partaking of raw celery; and from the hands by rubbing them with the leaves or stalks.

## BAKED TOMATOES.

Select large, firm tomatoes; cut off the top and carefully remove the pulp; salt shells; then break into the shells, an egg; salt and pepper, and then fill shells with pulp and a small piece of butter; put on the top, and place in shallow pans and bake in a moderate oven until egg is done; serve hot on a lettuce leaf.—*Frances Russell*.

## CORN CHOWDER.

Place two tablespoons bacon, chopped fine, in a pan; fry until crisp; add two tablespoons onion, chopped, fry until done; add two cups boiling water and three-fourth cup raw potato, chopped, and stew until tender; then add one cup corn; when hot add one pint milk, and serve hot.

—*Mrs. W. J. Russell*.

## BAKED TOMATOES.

Cut in slices, good fresh tomatoes, not too ripe. Put a layer of them in a dish, suitable for baking; then a layer of bread crumbs over them, salt and pepper; then another layer of tomatoes and so on until the dish is full. Bake one hour.



## STUFFED TOMATOES.

Choose one dozen large round tomatoes. Cut them off smooth at the stem end, take out the seeds and pulp. Take a pound of lean steak and two slices of bacon, chop them fine, with the inside of the tomatoes, season with a finely chopped onion, fried and a dessert spoon full of salt, one-half teaspoonful white pepper and as much cayenne pepper as you can take on the end of a knife, and a tablespoonful of finely chopped parsley, add four rolled crackers, and if it is too stiff, thin with stock, water or cold gravy. Fill the tomatoes with this force meat, packing tight; sift cracker crumbs over the top and bake for an hour in a moderate oven.

## MACARONI.

Take one pint of macaroni, break in inch pieces, boil 20 minutes in water containing salt; drain in colander, put in a pudding dish a layer of macaroni, grated cheese, a little salt, and continue until the dish is full; fill the dish with sweet milk, and bake about 20 minutes, serve hot.—*E. M. Gheck.*

## MACARONI—(Italian Style).

Three medium sized onions, fried until tender; add one can tomatoes; boil fifteen minutes; pour over one package of macaroni, cooked tender in salted water; sprinkle over two table spoonfuls of grated cheese.—*Mrs. S. C. Eggleston.*

## MACARONI AND TOMATOES.

Take pint of macaroni and cook twenty minutes in salt and water; drain, then put layer of macaroni and layer of tomatoes, either fresh or canned, until dish is filled; salt, pepper, little pieces of butter and small bits of onions on top; bake about twenty minutes.—*Mrs. Tubbs.*

## PEAS.

Select tender sweet peas. Fill cans with peas, then fill to the rim with hot, slightly salted water, steam fifteen minutes and seal. Or cook slightly just until heated through; put in hot cans and seal.

## ASPARAGUS.

After washing the asparagus and making sure that the stalks are not too long to stand upright in the glass jars, tie together with a soft cord or strip of muslin and boil in salted

water until tender, but not broken. The steam arising will cook the tips sufficiently. Then with a broad paddle or perforated spoon slip the asparagus into cans, fill with hot water and seal. If preferred, asparagus can be cut into small pieces instead of being canned in stalks.

### TOMATOES.

Select firm, small ripe tomatoes, dip into boiling water that skins will remove easily. Place in hot cans and steam fifteen minutes, then fill with boiling water and seal. Instead of putting in steamer one can place the skinned tomatoes in boiling water until heated through, but not boiled, then slip gently into the heated cans and fill with hot water as above. If not boiled they taste almost like fresh tomatoes. It is an easy matter to can the stewed tomatoes, which can be used for soups or scallops. For salads or stuffed or baked tomatoes in winter, they must be canned whole.

### BEETS.

Get the early beets that are small and sweet. Boil until done, put in cold water, when the skins slip off easily. Fill hot cans with the beets and fill to overflowing with boiling water to which a little salt has been added and seal. When opened in winter these beets taste like new ones. Some can then be put in vinegar for pickle or used in salad and for garnishing. To serve as a vegetable in winter, heat them and serve with drawn butter.

### CORN.

Corn is the most treacherous of all vegetables to can, as it ferments easily. This recipe is never-failing: Shave corn from the cob. Fill the cans, press down and fill again, until they are packed full. Seal air tight and boil three hours.

### CANNED BUTTER BEANS.

One peck butter beans, one-half cup vinegar, one-half cup salt, one-half cup sugar; enough water to cook the beans. Break the beans into small pieces, then put on to cook in water to which has been added the salt, sugar and vinegar. Boil till not quite done, can and seal while hot. When wanted for the table, drain off the liquor, add water, cook and season as you would fresh beans.—*May L. Macey.*

### KIDNEY BEAN STEW.

One can kidney beans, two cups of cold water, one onion,



one cup tomatoes, one-half cup celery (cut in pieces), or one fourth teaspoon celery salt, one teaspoon salt and pepper; two medium sized potatoes, parsley, three level tablespoons butter. Add cold water to canned beans, then onion, tomato, celery or celery salt, salt, pepper and parsley. Let simmer in covered vessel two hours or more. One-half hour before serving, add potatoes cut into small cubes. When potatoes are tender, add butter, and serve.

#### WHAT TO SERVE.

(These Are the Meats and Vegetables That go Together.)

Some housewives know by natural instinct what vegetables to serve with certain meats. Some learn by experience. Some never learn, but continue to blunder to the end of their housekeeping days. The list given below is a carefully selected one, and many housewives will find it useful:

Roast Beef—White potatoes, sweet potatoes, parsnips, beets, tomatoes, macaroni, onions, asparagus, peppers, squash, corn, cauliflower and mushrooms.

Stewed or Braised Beef—Mashed potatoes, sweet potatoes, creamed carrots, tomatoes, etc.

Beefsteak—Eggplant, oyster plant, baked tomatoes, mushrooms and nearly all the above vegetables.

Corned Beef—White potatoes, beets, carrots, turnips, young cabbage, kohirabi, beet greens, Brussels sprouts, and kale sprouts.

Boiled Mutton—White potatoes, carrots, okra, rice, turnips, peas, cauliflower, young creamed cabbage, stuffed peppers, broiled mushrooms, Brussels sprouts, onions, spinach, and any variety of green beans like string beans, etc.

Roast Mutton—Potatoes, rice, string beans, corn, spinach, salsify, onions, turnips, etc.

Young Lamb—Mashed white potatoes, new potatoes with cream, peas, young beans, butter beans, etc., asparagus, spinach, macaroni, delicate young carrots, and very young turnips may often be appropriately served with lamb. Stuffed pepper, tomatoes, and spaghetti are good with lamb chops.

Veal—Spinach, tomatoes, peas, oyster plant, asparagus, fresh beans, succotash, potatoes, okra, lettuce, and dandelions; also the very tenderest of young carrots, cabbage, and beets may be sometimes used. These last vegetables are delicate when very young.

# Big Fruit on Top

may sell a box of berries, but a wise housewife always goes to the bottom of the box.

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Pork—Sweet and white potatoes, onions, squash, stewed celery, parsnips, tomatoes, okra, spinach, cauliflower, rice, hominy, Brussels sprouts, and succotash.

Baked or Roasted and Boiled Ham—Sweet or white potatoes, spinach, corn, fried turnips, canned peas, beans, tomatoes, broccoli, or any of the cabbage family.

Chicken—Rice, peas, artichokes, Brussels sprouts, asparagus, onions, celery, and macaroni. Baked tomatoes are good with roast chicken, and stuffed tomatoes with fried chicken.

Turkey—White or sweet potatoes, onions, cauliflower, macaroni, stewed celery, and stuffed tomatoes.

Game of all Kinds—Sweet potatoes, boiled or glazed cauliflower au gratin, creamed spinach, green peas, French beans, white potatoes, croquettes, and tomatoes.

Venison is delicious with currant jelly, sweet potatoes, young creamed carrots, onions and cucumbers. Stuffed tomatoes are good with venison steak. Fried hominy is appropriate with ducks and grouse. Onions, potatoes, and apple sauce are generally served with roast goose. Celery served in almost any way is excellent with game. In a mayonnaise it is especially appropriate. Olives are popular served with duck.

Fish is so delicate in flavor that a strong vegetable should never be served with it. Potatoes, tomatoes, cucumbers, and green peas are appropriate with almost any fish. Macaroni may also be used. If the fish has a cream sauce, fried potatoes should not be served. If the fish is served with a curry sauce, it should have an accompaniment of rice. If onions are to be served with fish they should be boiled in plenty of water, which is exchanged for fresh several times and then carefully drained.

It will be seen that a coarse vegetable should never be served with a delicate meat. Beets, turnips and similar coarse vegetables are appropriate with beef. Delicate vegetables, like green peas, are served with young lamb. A rich fried vegetable of the eggplant variety should, of course, not be served with a rich, greasy meat, nor yet with a very delicate meat. Corn, lima beans, cucumbers, and tomatoes are appropriate with a great many meats. Corn should never accompany roast poultry or game. An acid dish of some kind should be served with most meats, for instance, apple sauce with pork; cranberries with chicken and turkey, spiced currants with beef and mutton, black currant jelly with venison, and currant or grape jelly with roast duck or other game.

## SANDWICHES.

### ACHOVY SANDWICHES.

Make anchovy butter as follows: Two tablespoonfuls of fresh butter, four anchovies boned and skinned, or two tablespoonfuls of anchovy paste. One teaspoonful of lemon juice, quarter of a teaspoonful of mustard and same of paprika; mix thoroughly. Stone six olives and chop very fine and add to butter. Cut white, brown or entire wheat bread very thin; spread with the butter and the paste. Cut into small fancy shapes. Wrap in waxed paper until ready to serve.

### INDIAN SANDWICHES.

Chop cold, cooked chicken and veal very fine; mix with finely minced tongue. Rub well together and add a tablespoonful of stock or a teaspoonful of anchovy essence and a little lemon juice. Slice the bread thin, cut into rounds with biscuit cutter. Butter each slice and toast a golden brown. Spread while hot with a thin layer of the mixture and press slices together.

### MOCK CRAB SANDWICHES.

Cream two tablespoonfuls of butter; add a quarter of a cup of grated cheese, quarter of a teaspoonful salt, same of paprika and mustard, a tablespoonful of vinegar, a tablespoonful of anchovy paste and one tablespoonful of chopped olives or gherkins. Mix well together; spread on slices of wheat bread cut into triangular pieces.

### FRUIT SALAD WITH WHIPPED CREAM.

For six.—Slice and cut in medium sized pieces three navel oranges; cut in small strips four slices of pineapple; remove the stones from one-fourth pound of dates; cut dates into quarters; also cut one-fourth pound of pressed figs into small pieces; keep all separate until serving time, then toss together lightly; place in salad bowl or plate a few curled lettuce leaves; lay on the fruits; cover with one cupful of sweet cream that has been whipped to a froth; sweeten with one tablespoonful of confectioner's sugar; color the cream with either violet, blush rose, or leaf green color paste; very delicate salad to serve for an afternoon, with dainty wafers. Do not add any sugar to the fruit, and keep free from juices if possible. The whipped cream is sufficient dressing.



### ANCHOVY SANDWICHES.

Spread thin slices of bread with a very little butter. Cover this with a thin layer of anchovy paste. Mince finely some olives and use for a filling.

### TONGUE AND HAM SANDWICHES.

Mix a cupful of finely chopped tongue with half as much minced boiled ham, beat in three tablespoonfuls of melted butter, half a teaspoonful of made mustard and a quarter of a teaspoonful of red pepper. When the mixture is smooth and light set in a sauce-pan of boiling water over the fire and cook until it is thoroughly heated. Beat in the yolk of a whipped egg, take from the fire and set by until perfectly cold. Spread between thin slices of bread.

### WALDORF SANDWICHES.

Toast slices of bread to a nice brown; while hot spread with butter and put between the slices a lettuce leaf, some cold chicken cut in thin slices, a few chopped olives and pickles, some slices of hot, crisp bacon, a layer of salad dressing, another lettuce leaf and the other side of the toast.

### PEANUT SANDWICHES.

Shell and skin freshly roasted peanuts and roll them to fine crumbs on a pastry board. Add salt to taste, and mix the powdered nuts with enough fresh cream cheese to make a paste that can be easily spread on unbuttered bread. Keep in a cold, damp place until wanted.

### FRUIT SANDWICHES.

One cupful stoned raisins, one cupful English walnuts; run this through food chopper and add two teaspoonfuls of orange extract and sufficient mayonnaise dressing to spread between sliced bread. Nice to serve with salad.

—*Mrs. W. H. McMillan.*

### NUT SANDWICHES.

Chop nuts very fine, mix with whipped cream or mayonnaise dressing and spread between thin slices of buttered bread.

### CHEESE.

Cream cheese sprinkled with chopped walnuts is fine for sandwiches.

## CHEESE SANDWICHES.

Run some fresh cheese through food chopper, add mayonnaise dressing, and spread between sliced bread.

—Mrs. W. H. McMillan.

## LETTUCE.

Wash thoroughly, crisp lettuce leaves, drain until dry, put a leaf covered with mayonnaise between thin slices of buttered bread. Chopped nuts always improve the mayonnaise.

## NASTURTIUM.

Between thin slices buttered bread, place the tender nasturtium leaves (thoroughly washed and drained), cover leaves with mayonnaise; serve at once. Nice served with meat.

## ONION SANDWICH.

Run onions through meat chopper and add mayonnaise dressing enough to spread between bread. Especially good for picnic lunch.



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CAKES.

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Fancy cake makers prefer to use pastry flour for cakes and pastry, as bread flour contains too much gluten and is, therefore, coarser, while the pastry flour is finer and whiter. Pastry flour packs easily and for this reason must be sifted thoroughly.

## TO MIX CAKE CONTAINING NO BUTTER.

Beat the egg yolks until very light and thick; add the sugar gradually, beating till very light and spongy; add the flavoring and liquid, if used. Have the whites of eggs whipped to a stiff froth; add then alternately with the sifted flour (mixed with baking powder, and cut both in very lightly and quickly. No more beating required.

## TO MIX CAKES CONTAINING BUTTER.

Cream the butter till light; gradually add the sugar. Beating till light and creamy; add the yolks of eggs, beaten till



light, then the flavoring. Beat in alternately the liquid and flour, the latter mixed with salt and baking powder. Lastly, add the beaten whites and fruit, if any used. Beat thoroughly.

### TO BAKE CAKES.

Thin cakes need a hotter oven than loaf cakes. Cakes without butter (sponge cakes), should have a more moderate, longer baking than cakes of same size containing butter.

### POTATO CAKE—(German).

Pass through a ricer or sieve enough cold boiled potatoes to make two cupsful. Chop fine enough blanched almonds to make one cupful. Sift together three times. Two cups flour; two level teaspoons baking powder, one scant teaspoon salt, one teaspoon cinnamon, one-half teaspoon cloves. Cream one cup butter and gradually beat in two cups of sugar and one cup of sweet chocolate, grated. Then add the beaten yolks of four eggs, three quarters of a cup of milk, the potatoes, flour and almonds, and lastly, the beaten whites of the four eggs. Bake in tube cake pan, in moderate oven, one hour. When cold, cover with chocolate icing. Chocolate Icing:—Two cups sugar, one cup milk, two sections Baker's chocolate; boil until soft ball stage; add teaspoon butter and stir until thick as heavy cream.—*Leota Wheeler Keil*.

### WHITE CAKE—RAISIN FILLING.

This rule makes a large cake, and much too large if there are only two in the family, when it would be wise to take half the amounts given. Bake it in two layers, in long, shallow tins, and cut in three squares across or in slices cut in halves. Cream one-half cup of butter, add two cups of fine granulated sugar, and when this is smooth add one cup of milk gradually. Stir in three cups of sifted pastry flour, beat, and then sprinkle over the batter four level teaspoons of baking powder, beat, and fold in the stiffly beaten whites of four eggs. Bake in pans that have been buttered, sprinkled with flour, and rapped to shake out the flour that does not cling to the butter.

Before adding the baking powder, beat the whites of the eggs until stiff and dry, and they will not have a chance to liquefy while the baking powder is beaten in; but if the leavening power is added, and the dough waits for the eggs to be beaten, much of the lightness will be lost.

Make a boiled frosting from two cups of sugar and two-thirds cup of boiling water cooked together without stirring for ten or fifteen minutes, or until it threads when dropped from a fork. Pour the syrup slowly onto the beaten whites of two eggs, and when it is white and stiff enough to spread, flavor with lemon or vanilla. Take out three-quarters of a cup and add to it three-quarters of a cup of chopped seeded raisins and use for a filling. Frost the top and sides of the cake.—*Alice E. Whitaker.*

#### SPONGE CAKE.

Weigh twelve eggs, and measure out their weight in powdered sugar and half their weight in flour. Beat the whites and yolks separately; stir the sugar, the juice and grated peel of a lemon into the yolks, add the stiffened whites, and stir in the flour lightly and quickly. Bake in a loaf tin in a steady oven.

#### CHOCOLATE LOAF CAKE.

Cream a cup of butter with two cups of sugar, add the beaten yolks of five eggs, stir in gradually a teacupful of cold water, then add three cups of flour sifted twice with two teaspoonfuls of baking powder. Beat in five tablespoonfuls of grated chocolate wet to a paste with a little milk, a teaspoonful of vanilla, and, lastly, fold in the whites of the eggs beaten stiff enough to stand alone. Bake in a steady oven in a loaf tin.

#### PINEAPPLE CAKES.

Three eggs, their weight in butter, sugar and flour. Beat the yolks of eggs and sugar for five minutes, add the butter, slightly warmed, then sift in the flour, also warmed, and lastly add the beaten whites of eggs; spread half of this mixture on a well-buttered tin, then put a layer of pineapple jam. Spread the other half of the mixture and cover with chopped almonds, and bake in a hot oven until the almonds are nicely brown.

#### LOUISE CAKE.

Three ounces of flour, three ounces of corn starch, quarter of a pound of butter, quarter of a pound of sugar, three eggs, a little flavoring. Cream the butter and sugar, then add the two flours (sifted), mix well, and stir in the flavoring and the yolks of the eggs well beaten; then add the three



whites whisked to a stiff froth; stir well and carefully till quite smooth, then put a little of the mixture in small well-greased tins, and bake a light brown.

### SMALL ORANGE CAKES.

Two ounces of butter, two ounces of sugar, the beaten yolks of two eggs, one ounce of ground almonds, two ounces of corn starch, the juice and grated rind of one large (or two small) oranges. Beat together the butter and sugar, when this is a smooth cream add the beaten yolks and the almonds, cornstarch, and the juice and rind of the orange. Mix well, and then stir in lightly the two whites of the eggs whisked to a stiff froth. Butter ten or twelve small tins and half fill with the mixture, and bake in a quick oven for ten minutes. When cool ice with orange icing made thus: Quarter of a pound of icing sugar, grate into it the rind of an orange, and squeeze into it enough juice to make it thick; set the cakes in a cool place to get firm.

### SOUR MILK LAYER CAKE.

Scant half cup butter, one full cup sugar, two eggs, two-thirds cup sour milk, one teaspoon soda, two cups flour, one teaspoon baking powder, vanilla. Take one-third batter, add one tablespoon molasses, one-quarter teaspoon cinnamon and nutmeg. Filling:—One tablespoon flour, three tablespoons sugar, one egg, three-quarter cup milk, little piece of butter, one-half cup raisins; let it come to boil, and thicken; when cool, put between layers and sprinkle powdered sugar on top, or frost it.—*Mrs. Myrtle Rose Clark.*

### EGGLESS CAKE.

Two and one-half cups of brown sugar, one cup of butter, beaten to a cream, two teaspoons of soda, dissolved in a little hot water, one pint of buttermilk, one pound of raisins, chopped fine, one and one-half teaspoon cinnamon, one teaspoon cloves and allspice, one-half cup of English walnuts, chopped, four and one-half cups of flour. Makes two cakes.  
—*Mrs. D. C. Hunter.*

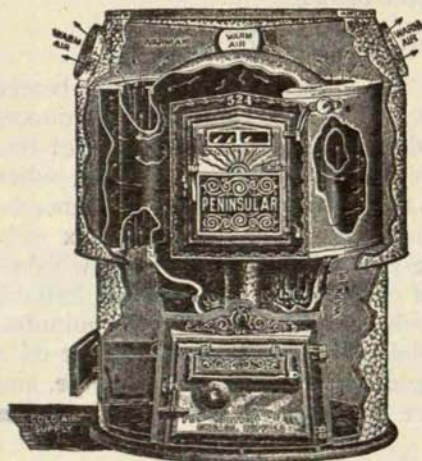
### FIG CAKE.

Stir together one cupful of sugar, small one-half cup butter, two and one-quarter cupfuls of flour, whites of four eggs, beaten stiff, two teaspoonfuls of baking powder; flavor with part lemon and vanilla.

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### FIG DRESSING.

Chop one-half pound of figs, adding a little water, and tablespoon of sugar, cook for a few minutes, stirring constantly, and spread between cake.

### PLAIN WHITE CAKE.

Put whites of two eggs in a measuring cup; add melted butter to half filled cup; then fill with milk. To this, add one cup sugar, one teaspoon baking powder in one and one-half cups flour, and pinch of salt. Bake 25 minutes.

—*Mrs. A. W. Kreuster.*

### CAKE WITHOUT EGGS.

One cup raisins, one cup sugar, one-half cup butter, one cup sour milk, one teaspoonful soda in milk, salt, two cups flour, season.—*Mrs. W. E. Hulbert, 948 Griggs Ave.*

### FOR THE LUNCH BASKET.

Try this for the children's lunch basket. They appreciate a change: Take a pint of molasses, half a pound of butter, a pound of brown sugar, a pint of milk, quarter pound of ground ginger, three eggs and a pound of flour mixed and sifted with two teaspoonfuls of good baking powder. Mix the molasses and butter well together, then add and stir in the sugar and spice, then add the eggs beaten to a cream. Now add and beat in the flour and the milk in portions alternately. When all is in, continue to beat for a few minutes longer, then put in buttered pans, bake in a good oven, and you will have delicious soft gingerbread.

### LAYER CAKE.

Two eggs, one cup sugar, three tablespoons melted butter, one-half cup milk, one and one-half cups flour, two teaspoons baking powder, flavor with any extract.

### ONE EGG CAKE.

One egg, butter size of egg, one cup sugar, one cup milk, two cups flour, two teaspoons baking powder, extracts desired.—*Mrs. Blake.*

### APPLE-SAUCE CAKE.

Cream one cup sugar with one-half cup butter; one-half teaspoon cloves, one teaspoon cinnamon, a little grated nut-

meg, one cup chopped raisins, one cup cleaned currants, one cup apple-sauce, one even teaspoon soda, dissolved in a little hot water. Pour over apple-sauce, then mix all together; beat well and add two cups of flour; beat for five minutes and bake in a very moderate oven, 45 minutes.—*Mrs. F. H. Turner.*

#### DROP CAKE.

One cup sugar, one cup molasses (scant), one-half cup lard, one-half cup cold water, one egg, one teaspoon soda, one teaspoon salt, and one teaspoon of cinnamon, four cups flour, measured before sifting.—*Mrs. E. M. Farrend.*

#### SPONGE CAKE.

Four fresh eggs (the whites of two reserved for frosting), beaten until light, two cupsful pulverized sugar, twice sifted, beaten with the eggs, two teaspoons baking powder, with two cups flour, sifted four times, and added to the eggs and sugar, a little at a time, stirring well. Lastly, add a cup of boiling water, stirring in a little at a time. Bake in a loaf from 20 to 30 minutes. Frost with the reserved whites.  
—*Mrs. F. H. Turner.*

#### RASPBERRY JAM CAKE.

One cup sugar, one-half cup butter, one and one-half cups flour, one cup jam, three eggs, three tablespoons sour milk, one teaspoon soda, nutmeg, cinnamon, and allspice.  
—*Miss Custard.*

#### MOLASSES CAKE.

Mix together, butter the size of walnut, three tablespoons brown sugar, three-quarters cup molasses, yolks of two eggs, well beaten, one teaspoon soda, dissolved in three-quarters cup boiling water.—*Mrs. Helen Wetherby.*

#### LAYER CAKE.

One cup sugar, one-half cup butter (creamed), three eggs, well beaten, one-half cup sweet milk, two cups flour, two heaping teaspoons baking powder; flavor to taste.  
—*Mrs. M. E. Howe.*

#### WHITE CAKE.

One cup granulated sugar, small one-half cup butter, two-thirds cup sweet milk, two cups flour, measure flour after sifting; whites of four eggs, one teaspoon vanilla, two tea-



spoons baking powder. Cream sugar and butter, add milk, then flour, with baking powder sifted in, lastly, add the whites of eggs, well beaten; bake in moderate oven.

—*Mary O'Conner.*

#### WHITE CAKE.

Two cups sugar, one-half cup flour, one-half cup sweet milk, whites of six eggs, one-half teaspoon soda, one teaspoon cream of tartar or two teaspoons baking powder.

—*Mrs. A. Broome.*

#### HEART CAKE.

Work one-half pound butter to a cream with the hands, put into it yolks of four eggs and two whites, well beaten, one-half pound of sifted sugar, one-half pound of dried flour, two teaspoons of orange flour water, one-half pound of currants, one ounce of candied orange and citron. Beat till the cakes go into the oven. This quantity will fill 18 tins.

#### SPICE CAKE.

Two cups granulated sugar, two-thirds cup butter and lard, three eggs, one cup sour milk, one teaspoon soda, one teaspoon nutmeg, cinnamon and cloves, one cup chopped raisins, two cups flour. This fruit may be added: Five cents worth of citron or three-quarters cup of walnuts. This makes one loaf cake and six Madelines.

—*Mrs. Stonehouse.*

#### CREAM PUFFS.

One cup hot water, one-half cup butter, boil; one cup of flour stirred until cooked. Take from stove and stir to a cool paste. Stir in three eggs, unbeaten, drop on buttered tins and bake 25 minutes.—*Mrs. E. M. Farrand.*

#### FILLING.

One cup milk, one cup sugar, one egg, three tablespoons flour. Cook to a custard and flavor.

#### ORANGE CAKE.

Three eggs, one tablespoon butter, one and one-half cup sugar, two cups flour, two teaspoons baking powder, sifted with the flour; one-half cup rich milk, and a little salt; orange juice or some extract of lemon. Bake on jelly tins.

—*Mrs. E. M. Farrand.*

## JELLY FOR THIS CAKE.

Grate the whole of two good oranges and a part of the rind of one. Remove the seeds and add one cup sugar, two tablespoons of water, scald; set in kettle of hot water, take one tablespoon of corn starch, mix smooth with cold water, and stir into the orange. Cook enough to cook the starch. When quite cold, beat the whites of two eggs, add powdered sugar for frosting. Leave out some of this for top of cake if desired, and stir the rest with the orange.

## SPONGE CAKE.

Four eggs, one cup flour, one cup sugar, juice and rind of lemon. Beat eggs and sugar together, add the juice and grated rind of the lemon, then the flour. Beat well and bake in a moderate oven about twenty minutes. You can make jelly roll of this by baking in a thin sheet, spreading with jelly, and rolling while warm. Pin a clean tea-towel around it to keep in shape.—*Mrs. J. M. Peter.*

## GINGER BREAD.

One-half cup sugar, one cup molasses, one-half cup butter, two teaspoons soda in cup of boiling water, one teaspoon cloves, one teaspoon cinnamon, one of ginger, two and one-half cups flour, two well beaten eggs.

—*Mrs. Warren N. Fuller*

## PORK CAKE.

One pound pork, one pound raisins, two cups brown sugar, one cup molasses, one pint boiling water, one tablespoon soda, one teaspoon cinnamon, one whole nutmeg, two eggs beaten well. Dissolve the soda in hot water and pour over the meat after it has been chopped fine.—*Mrs. M. E. Howe.*

## CHOCOLATE MARBLE CAKE.

One cup of butter, two cups of sugar, one cup of sweet milk, four eggs, three even teaspoons of baking powder, three cups flour; cream the butter and sugar together, add the yolk of the eggs well beaten, and lastly, the white of the eggs beaten to a stiff froth. Take out a large cup of the batter and stir in a heaping tablespoon of grated chocolate, dissolved in two tablespoons of milk. Have your loaf tin greased and lined with paper. Put in the batter in alternate spoonfuls, so it will be nicely marbled. Bake 45 minutes, in a moderate oven.—*Mrs. J. M. Peter.*



### SCOTCH LOAF CAKE.

One cup of sugar, one cup of butter, two cups of flour, seven tablespoons of sweet milk, two teaspoons of baking powder, three eggs, beaten separately, flour enough for a rather stiff batter.—*Mrs. M. E. Howe.*

### RAILROAD CAKE.

Three eggs, one cup sugar, one cup sifted flour, butter size of an egg, two tablespoons sweet milk, one teaspoon powdered sugar, one teaspoon vanilla.—*Mrs. A. Vanderveld.*

### PORK CAKE.

Two-thirds teacup fat pork, chopped, two-thirds teacup sugar, one cup New Orleans molasses, one egg, two-thirds cup boiling water poured on the pork, teaspoon of salt, soda, cinnamon, nutmeg and cloves; two cups flour, cup raisins, currants and a little citron. Bake in slow oven.

—*Mrs. Mary E. Keyes.*

### GINGER CAKE.

One-half cup of sugar, one cup of molasses, one-half cup of butter, one teaspoonful each of cinnamon, ginger and cloves, two teaspoons of soda in a cup of water, boiling, two and one-half cups of flour, add two well beaten eggs the last thing before baking. Bake in a slow oven in a dripping pan.

—*Mrs. J. T. Miller.*

### DARK CAKE.

One-half cup of sugar, fill the cup with molasses, one cup of shortening, fill cup with hot water, two eggs, one teaspoon cinnamon, two cups flour, one teaspoon soda, one-half teaspoon of baking powder. Bake in three layers.

—*Mrs. F. H. Turner.*

### FILLING.

One cup of stoned raisins, chopped, white of one egg, one and one-half tablespoon of sugar. This recipe may be used without the filling, by putting in ginger and making in a larger pan.

### QUICK MADE CAKE.

Sift one and one-half cups of flour, one cup sugar, two teaspoons baking powder, into mixing bowl; break two eggs into a cup and fill up with milk, put this into bowl together

with four tablespoons of melted butter; stir well, and add any flavor desired. Good for either layer or loaf cakes.

—*Mrs. James McMillan.*

### MRS. HENSEN'S HARD TIMES CAKE.

One cup molasses, one cup brown sugar, one-quarter cup butter, one cup strong (cold) coffee, one cup currants, one teaspoonful each of cinnamon, cloves and nutmeg, three cups flour, one teaspoonful soda.

### LEMON LAYER CAKE.

One-half cup of sugar, one cup butter, four eggs, one-half teaspoon soda; one-half cup sour milk, three cups of flour; flavor with lemon. Beat sugar and eggs together. Dissolve soda in milk. Add butter and sifted flour and bake in layers.—*Mrs. Herbert Baker.*

### LEMON JELLY FOR THIS CAKE.

The grated rind and juice of one lemon, one cup of granulated sugar, and one egg. Beat all together thoroughly and cook in double boiler until thick. Spread when cold and frost with white frosting.

With these two recipes for layer cake a great variety may be made, by using different frostings or placing chopped fruits between the layers.

A nice chocolate frosting is quickly made by beating two whites of eggs up stiff and stirring in pulverized sugar until it thickens enough to spread, then add four tablespoons of cocoa and a teaspoon of extract of vanilla.

### SOFT GINGERBREAD.

One cup molasses, one-third cup melted butter, one egg, one cup sour milk, one teaspoon soda, one teaspoon ginger, two and one-half cups flour.—*Mrs. G. A. Swift.*

### SPONGE CAKE.

One cup sugar, two eggs, one-half cup hot water, one teaspoon baking powder, one and one-half cups flour.

—*Mrs. G. A. Swift.*

### ROLLED JELLY CAKE.

Three eggs, one teacup granulated sugar, one teacup flour. Beat the yolks until light, then add the sugar, then two tablespoons water, and a pinch of salt. Lastly beat in the flour,



in which there should be a heaping teaspoon baking powder. Add the flour gradually. Bake in long shallow tin, well greased. Turn out on a damp towel, cover top with jelly, and roll while warm.—*Mrs. Dobbler.*

#### EGGLESS SPICE CAKE.

One cup sugar, one-half cup butter, one cup sour milk, one teaspoon soda in milk, one teaspoon cinnamon, one-half teaspoon cloves, one-half teaspoon nutmeg, one cup chopped raisins, two cups sifted flour.—*Mrs. E. A. Swift.*

#### PASTE FOR CREAM PUFFS.

Dissolve one-half cup of butter in one cup of hot water and stir in one cup of flour. When cool, stir in three eggs, well beaten. Bake in gem tins from 20 to 30 minutes. When done, open from the side and fill with cream.—*Mrs. Turner.*

#### CREAM FOR PUFFS OR FOR CAKE.

Pour in top of oatmeal cooker, one pint of milk, one cup of sugar. Beat two eggs, dissolve one tablespoonful of corn starch in a little cold milk, to this add the beaten eggs and one large spoon of butter. When milk is near boiling, add other ingredients and cook till thick; add lemon or vanilla, teaspoonful; when cool it is ready for use.

#### CHOCOLATE CAKE.

One-half cup sugar, one tablespoon butter (creamed), one egg, one square of chocolate (melted), one-half cup of milk, two teaspoons baking powder, one cup of flour. Bake in two layers.—*Mrs. J. Hensen.*

#### FILLING.

Cream one-half cup butter and one cup confectioner's sugar; add the white of one egg, beaten stiff, and one-half teaspoon vanilla.

#### CHOCOLATE CAKE.

Beat well together, three-fourths cup molasses, one-half cup sugar, and one-half cup butter. Add to this one-quarter cake Baker's chocolate, two eggs well beaten, one and three-fourths cups flour. Stir mixture well and add one teaspoonful soda in a cup of boiling water. Flavor with vanilla and bake either as loaf or layer cake.—*Mrs. Warren N. Fuller.*

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## CHOCOLATE CAKE.

One cup brown sugar, one-half cup butter, one-half cup sweet milk, two eggs, one teaspoon vanilla, two cups flour, one teaspoon soda dissolved in hot water. Boil together; one cup bitter chocolate (grated), one cup brown sugar, one cup sweet milk. When this is cool, stir in cake part. Bake slow one hour; cover with frosting.—*Mrs. L. N. Fisher.*

## FRUIT CAKE.

One cup sugar, one cup shortening, one cup molasses, one cup strong coffee in which one teaspoon soda is dissolved, one egg, one teaspoon cloves, one teaspoon cinnamon, one teaspoon vanilla, four scant cups flour, with one teaspoon baking powder. Lastly, stir in one pound of raisins, one pound currants, one-quarter pound citron.—*Mrs. A. E. Atwood.*

## TWO LAYER CAKE.

One-quarter cup butter, yolk of one egg, one and two-thirds cup flour, three-fourths cup sugar, one-half cup milk two level teaspoons baking powder. Cream butter and sugar, add milk, flour and baking powder, sifted together.

—*Mrs. E. M. Farrend.*

## DARK LAYER CAKE.

One-half cup granulated sugar, one-half cup butter, one-half cup molasses, one-half cup cold water, two eggs, two cups flour, small teaspoon soda, little baking powder and one teaspoon vanilla. Put together with white frosting.

## CHOCOLATE LOAF CAKE.

Mix to a cream one-half cup butter and one and one-half cup sugar, one teaspoonful vanilla, two ounces chocolate, grated and dissolved in four tablespoons hot water; add one-half cup milk, four well beaten eggs, and lastly, two cups flour sifted with two teaspoons baking powder.—*Mrs. Fry.*

## SOFT GINGERBREAD.

One cup molasses, one teaspoon soda, one egg, beaten five minutes; add three tablespoons water and three of sweet milk; stir and add one cup flour, then add three tablespoons melted butter, and one cup more of flour.—*Mrs. James Foot.*

Huckleberry cake is one of the old-time dishes that will never be improved by "new fangled" methods. By New

England housewives it is considered as much a component part of the breakfast during the season of the fruit as are beans on Saturday night.

To make it, pick over one and one-quarter cups of huckle berries, wash, dry and dredge them with flour. Cream together one-quarter cupful of butter and one-half cupful of sugar. Add to it the beaten yolk of one egg and one cupful of milk. Stir into it a mixture of two cupfuls of flour, one-half teaspoonful of salt and two even teaspoonfuls of baking powder. Fold in the stiffly beaten white of the egg and add the berries last, being careful not to break them. Bake in muffin tins or a shallow pan for half an hour, and serve hot.

#### WHITE CAKE.

One cup sugar, one small cup butter, whites of three eggs, half beaten, two cups flour sifted twice, two even teaspoons baking powder, and one-half cup milk.

#### FILLING.

Yolks of three eggs beaten stiff, one tablespoon corn starch, two tablespoons sugar, one cup sweet milk. Cook until thick enough, and let cool.

#### SOFT GINGERBREAD.

Two and one-half cups of flour, one-half cup of butter or lard, one cup molasses, one-half cup of granulated sugar, one teaspoon soda in a cup of boiling water, two teaspoons ginger, two well beaten eggs, put in last.—*Mrs. L. N. Fisher.*

#### COFFEE CAKE.

One-half cup of butter, one cup of sugar, cream this and add two eggs and beat well. Then add one-half cup of molasses, and one-half cup of cold black coffee with a level teaspoon of soda, dissolved in it. Now add two cups of flour and one teaspoon each of ground cloves, mace and cinnamon. Bake in moderate oven about 45 minutes.—*Mrs. J. M. Peter.*

#### GINGER DROP CAKE.

Three eggs, one cup lard, one cup baking molasses, one cup brown sugar, one large tablespoon ginger, one large tablespoon soda, dissolved in a cup of boiling water, five cups unsifted flour. Drop a tablespoon of this mixture into a slightly greased dripping pan, about five inches apart.

—*Mrs. F. H. Turner.*



## BROWN CAKE.

One cup white sugar, one-half cup butter (scant), two eggs, one-half cup sour milk, one-half cup molasses, one and one-third cup flour, one teaspoon soda, two tablespoons grated chocolate, one teaspoon cinnamon, one-half teaspoon cloves, Bake in two layers and put together with boiled icing, with one cup chopped raisins.—*Mrs. H. H. Frain.*

## COFFEE CAKE.

One-half cup sugar, two-thirds cup of butter, two eggs, beaten well together, one cup molasses, two-thirds cup cold coffee, one-quarter teaspoon cinnamon, cloves and allspice or ginger, one teaspoon baking powder, two and one-third cups flour sifted before measuring.—*Mrs. F. H. Turner.*

## SOFT GINGER CAKE.

One cup sugar, one cup sour milk, one cup molasses, three cups flour, two eggs, one-half cup butter, or part lard, one teaspoon soda, spices to suit the taste.—*Mrs. E. M. Farrand.*

## FILLING.

One cup brown sugar, milk enough to wet it up, butter the size of hickorynut. Cook until it will hair.

## BROWN STONE FRONT CAKE.

One-half cup butter, one-half cup sugar, two-thirds cup sweet milk, two cups flour, two eggs, two teaspoons baking powder. Divide the cake in half. Take two squares chocolate, one-half cup sugar (brown), two tablespoons milk. Heat the milk, sugar and chocolate together until melted, and when cold, put with one-half the cake, adding a little more flour. Flavor with vanilla. These are to be baked in separate tins and put together with frosting, or the jelly cake may be frosted with caramel icing.—*Mrs. L. B. Kimmerly.*

## BLACKBERRY JAM CAKE.

Two cups sugar, one and one-half cup butter, six eggs, one nutmeg, one teaspoon cinnamon, one teaspoon cloves, two level teaspoons soda, three cups flour, six tablespoons sour cream, one cup blackberry jam put through a sieve, one cup preserved cherries. Cream butter and sugar; separate the eggs and add well beaten yolks, then add the cream with soda dissolved in it; add the spices and the flour, and lastly

the whites of the eggs after the fruit. Any other jam may be used instead of blackberry.—*Mrs. F. B. Kimmerly.*

### WHITE CAKE.

Cream together one-half cup butter and one and one-half cup sugar. Add one teaspoon vanilla and three-quarters cup milk. Sift together two cups flour and two teaspoons baking powder, and add last, the whites of four eggs, well beaten. Bake in loaf or layers.—*Mrs. Fry.*

### FRUIT CAKE.

One cup butter, two cups sugar, three and one-half cups of flour, one cup molasses, one cup cream, four eggs, one pound raisins, citron and currants, one teaspoon soda, spices to taste. Warranted to keep one year.—*Mrs. E. M. Farrand.*

### SOFT GINGER CAKE WITH RAISIN FILLING OR PLAIN WHITE FROSTING.

One-half cup sugar, one cup butter, one cup molasses, one cup boiling water or coffee, two teaspoons soda, one egg, spice or ginger to taste, three cups sifted flour. Bake in layers in moderately hot oven.—*Mrs. P. B. Cchransande.*

### RAISIN FILLING.

One cup sugar, one cup raisins, one egg, three tablespoons water, butter size of egg. Cook until it strings from spoon.

### SUNSHINE CAKE.

Five eggs, separate, add pinch of salt to whites; when half beaten, add one level teaspoon cream tartar, beat until smooth and glossy; sift one cup granulated sugar four times, add to whites, place orange or lemon extract on top of sugar, beat again. Beat yolks until lemon color blend with whites; sift one cupful winter wheat flour four times, with one teaspoon corn starch; fold flour in; do not beat after flour is added; bake twenty-five minutes. Tube pan is best; invert when done; do not grease pan; moderate oven.

—*Mrs. I. S. Walker.*

### OLD MAID'S CAKE.

One cup sugar, one tablespoon of soft butter, two eggs, put butter and eggs in cup and fill up with sweet milk; one and one-half cups of sifted flour, two teaspoons of baking



powder, one-half teaspoon of lemon and vanilla. Put all together before stirring, then beat well. Nice for layer cake.

—*Lottie Sanford.*

### SPONGE CAKE.

Three tablespoons of hot water, three eggs, one cup sugar, one cup flour, one teaspoon baking powder, pinch salt.

—*Mrs. M. W. Bates.*

### SCRIPTURE CAKE.

One cup butter.....Judges, 5-25  
 Four and one-half cups of flour.....I Kings, 44-22  
 Three cups of sugar.....Jeremiah, 6-20  
 Two cups of raisins.....I Sam., 30-12  
 Two cups of figs.....I Sam., 30-12  
 One cup of almonds.....Gen., 43-11  
 Six eggs.....Isaiah, 10-14  
 One cup of milk.....Judges, 5-25  
 One teaspoon honey.....Ex., 16-21  
 Pinch of salt.....Lev., 11-13  
 Spice to taste.....I Kings, 10-10  
 Two teaspoons cream of tartar, one of soda.....Ex., 12-15  
 Beat sugar and butter to a cream. Beat the whites and yolks of the eggs separately. Reserve one-half cup of flour to mix with the fruit.

No. 2 cake is made according to the same directions, leaving out the fruits, nuts and allspice, and is baked in layers with filling..

### FILLING.

One pound of figs.....I Sam., 30-12  
 One pound of sugar.....Jer., 66-20  
 One-half cup of water.....Gen., 24-17  
 Juice of one lemon. Chop the figs fine and cook soft in water, then add sugar. Cook until thick.

It is suggested that the references be looked up before making the cake, as in the oven there is a strong possibility that the most applicable scriptural references will be about the thing that burn, and for those there are a plenty.

### WHITE CAKE.

One and one-half cup of sugar, one-half cup of butter, one cup of milk, whites of three eggs, two teaspoons baking powder, one and one-half cups of flour and flavoring.

—*Mrs. M. E. Howe.*

## BOILED RAISIN CAKE.

Cover one and one-half cups of raisins with boiling water and let simmer twenty minutes. Cream three-quarters of a cup of sugar, one-quarter of a cup of butter; add one and one-half cups of flour, one-half cup of raisin-water, and one egg, beaten light, but not separated; one teaspoon of soda should be sifted with the flour. Season with a teaspoon each of nutmeg and cinnamon and add the raisins well dredged with flour and bake one-half hour.—*Mrs. Lockley.*

## ROLL JELLY CAKE.

Four eggs, one cup sugar, four tablespoons of boiling water, one-half teaspoon soda, one teaspoon cream tartar, and one and one-half cup flour.—*Mrs. E. M. Farrand.*

## A QUICK LAYER CAKE.

One heaping cup and one tablespoon of flour, two teaspoons baking powder, three-quarters of a cup of sugar; sift all together three or four times, put two eggs in a cup and add four tablespoons of melted butter and then fill the cup up with milk. Mix with the dry ingredients, and bake.

—*Mrs. M. R. Van Frank.*

## DELICIOUS CAKE.

Cream together one cup sugar, and one-half cup butter or other shortening; add one teaspoon salt, one teaspoon cinnamon, one-half teaspoon cloves, a little warm water, then stir in it one cup of sour apple-sauce, letting it foam over the ingredients in the bowl. Beat them together thoroughly and add one and three-quarters cup of flour, sifted three times. Bake in a loaf tin, 45 minutes. Very rich, moist, delicious and inexpensive.—*Mrs. Elliott.*

## SPICE CAKE.

One and one-half cups brown sugar, one-half cup butter, (melted), one cup sour milk, one cup chopped raisins, one teaspoon soda, three cups sifted flour, cinnamon, cloves and a pinch of salt.—*Mrs. I. L. Waite.*

## DELICIOUS LUNCH CAKE.

One cup granulated sugar, one-half cup butter, one egg, one cup sour milk, one teaspoon soda, one cup chopped raisins and nuts if desired, two cups flour, two teaspoons spice.



## MARSHMALLOW CAKE.

Whites of four eggs, one and one-half cups of butter, one-half cup of sweet milk, two cups of flour, two teaspoonfuls of baking powder with sifted flour; cream butter and sugar together. Add milk, then flour, and last, add the eggs beaten stiff. Flavor with vanilla.

## FILLING.

Boil one cup of sugar with half cup of water until it hairs. Add to it the beaten white of one egg; have ready one pound of marshmallow candy, cut quite fine (with the shears), add to the syrup and egg, and beat until ready to spread between the layers and on top of the cake.—*Mrs. C. E. Romig.*

## LOAF SPICE CAKE.

Two and one-half cups of sugar, three eggs beaten together, one cup of butter, two tablespoonfuls of molasses, one and one-half cups of buttermilk, one good teaspoonful of soda in the buttermilk, three teaspoonfuls of cinnamon, one-half teaspoonful of cloves, nutmeg, one-half teaspoonful of vanilla, flour to make a stiff batter. Bake in a moderate oven.—*Mrs. G. Blachly.*

## CREAM CAKE.

One cup of sugar, two cups of flour, one-quarter cup of butter, one-half cup of sweet milk, teaspoonful of baking powder; flavor with vanilla. Cream part:—One cup of milk, bring to a boil; yolks of two eggs, three tablespoonfuls sugar, one teaspoonful corn starch; flavor with vanilla, after taking from the stove.—*Mrs. Beebe, 356 Central Ave.*

## LAYER CAKE.

One and one-half cups flour, one cup sugar, two teaspoonful baking powder; sift all into a dish. Break two eggs into teacup and fill with sweet milk; five tablespoonfuls butter, melted. Flavor to taste. Mix all together.

—*Mrs. E. O. Phillips.*

## BLACKBERRY JAM CAKES.

Three eggs beaten separately, one cup sugar, one-half cup butter, one-half cup sour milk, two cups flour (sifted), one teaspoonful of soda in the milk, one teaspoonful cinnamon, one teaspoonful of cloves, one cup blackberry jam, added last. Bake slow.—*Mrs. C. E. Romig.*

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## SPONGE CAKE—(With Whipped Cream).

Separate the whites and yolks of five eggs, add to the yolks one cupful of granulated sugar, all you can crowd on. Stir, not beat, the sugar and egg yolks together until they are a delicate lemon color. Sift one and three-fourths cupfuls of Perfection pastry flour with one teaspoonful of baking powder three times, squeeze the juice of one lemon or measure four tablespoonfuls of lemon juice and add to the egg and sugar. Stir a moment, then add four tablespoonfuls of cold water, stir again. Next add the sifted flour, stirring thoroughly. Beat as quickly as possible the whites of the egg and just fold into the cake batter as quickly and lightly as possible. Have ready a cake pan with a center tube, turn in the batter and bake in a moderate oven until done, then invert the tin until the cake is cold. Serve with whipped cream and orange sections.

## PERFECTION CAKE.

Into a mixing bowl sift one and a half cups of granulated sugar, one-half teaspoonful of salt; add piece of butter size of an egg and the white and yolk of three eggs without separating and one teaspoonful vanilla; stir this all to a light cream; the longer it is stirred the whiter the batter; now add one cupful of sweet milk; stir again; sift together three times four cups of flour and two teaspoonfuls of baking powder; sift this into the above mixture; stir hard for three minutes to insure lightness and fine grain; then bake in two pans (about one inch deep) in a quick oven. Do not cut until cold. Ice any time with a soft icing.

## SANDWICH CAKE.

White Part.—Two cups sugar, three-fourths cup butter, one cup sweet milk, two and one-half cups sifted flour, three teaspoons baking powder and the whites of five eggs, beaten and put in last.

Dark Part.—To four tablespoonfuls of the white part, add one-half cup molasses, one-half cup flour, one teaspoon cloves, cinnamon, and nutmeg and one cup chopped raisins. Make two layers of white and one dark, and put together with frosting.—*Mrs. A. Hicks.*

## FRUIT MADELINE.

One cup sugar, one-half cup butter, three eggs, two cups flour, measured after sifting, one cup sweet milk, two tea-

spoons baking powder, one teaspoon vanilla. Filling—One-half pint whipping cream, one cup chopped nuts or candied cherries, two tablespoons of sugar, one-half teaspoon vanilla, take off top of madelines, scoop out center, fill and replace top, and frost.—*Mary O'Conner.*

### HICKORYNUT CAKE.

One cup of sugar, two eggs, one-third cup butter, two-thirds cup sweet milk, two teaspoonfuls of baking powder, two and one-half cups of flour; flavoring. Filling for Same.—One cup of chopped nutmeats, one cup of sugar, one cup of sour cream. Boil together slowly about ten minutes and spread on layers.—*Mrs. E. I. Bates.*

### MOLASSES CAKE.

One egg in a large cup, add four tablespoonfuls of melted butter, four tablespoonfuls of hot water, then fill the cup with molasses. Dissolve one-half teaspoonful of soda in a little hot water and stir all together; two cups flour. Bake in three layers or loaf.—*Mrs. W. E. Hulbert, 948 Griggs Ave.*

### BLACKBERRY JAM CAKE.

(Any Other Fruit Desired.)

Three eggs, two and one-half cups of flour, three-fourths cup of butter, one cup of sugar, one cup of jam, four tablespoonfuls of sour milk or cream, one teaspoonful of soda, one teaspoonful of cinnamon, one-half teaspoon of cloves. Bake in three layers and put together with boiled frosting.

—*Mrs. Ellen C. Elliott.*

### BROWN CAKE. *W.K.*

Two eggs, one cup of light brown sugar, one-half cup of lard and butter, two-thirds cup of molasses, one cup of boiling hot water, one cup of chopped raisins, one teaspoon of soda, dissolved in a little water, one teaspoon of salt, cinnamon, cloves and nutmeg, three cups of flour. Bake in a slow oven.

—*Mrs. Effie Brink.*

### ST. CECILIA CAKE.

(Loaf Cake.)

Two cups granulated sugar, one small cup butter, four eggs, beaten separately, one cup sour milk, four cups flour, one teaspoon soda, one teaspoon grated nutmeg, two tea-



spoons cinnamon, one pound raisins, chopped fine, one-half pound English walnuts, chopped fine.—*Mary O'Conner.*

### GINGERBREAD No. 1.

Six cups flour, three cups molasses, one-half cup butter, one teaspoonful ginger, three teaspoons of soda, one cup sour milk, beat well, bake quick.

### GINGERBREAD No. 2.

Three spoons water, three spoons sweet milk, three spoons shortening, one-half cup molasses, one-half cup sugar, one or two eggs, raisins or currants; mix, not too stiff; seasoning to taste.—*Mrs. H. A. Turner.*

### APPLE SAUCE CAKE.

Two and one-half cups cool sweetened apple sauce, two cups light brown sugar, one cup butter or shortening, one egg, four and one-half cups flour, three teaspoons soda, one small teaspoon cinnamon, one-half teaspoon cloves, allspice, one cup chopped raisins. Make a large cake in dripping pan.—*Mrs. Roland Clark.*

### TO MAKE LADY FINGERS.

One-half pound pulverized sugar and six yolks of eggs, well stirred; add one-quarter pound flour and the whites of six eggs, well beaten. Bake in lady-finger tins or squeeze through a paper bag, in strips about three inches long.

### EXCELLENT SPONGE CAKE.

Sugar, one cup; four eggs, three tablespoonfuls sweet milk, two cups flour, two teaspoonfuls baking powder, a pinch of salt, two teaspoonfuls lemon or other flavoring extract. Beat the eggs, then beat in the sugar, add the milk, the extract and salt; then mix the baking powder into the flour, and sift it into the mixture; then beat all together and bake in a quick oven.

### STRAWBERRY SHORTCAKE.

Sour cream, one cup; cream of tartar, one teaspoonful; soda, two-thirds teaspoonful; flour enough to make a suitable dough to roll out one-half inch thick, baked nicely; split open and spread each half with only the sweetest, fresh butter; then pour on one of the halves, two whole cups of perfectly

ripe, luscious strawberries; put on the other half for a cover, and pour over sweetened cream when eaten.

### MOLASSES CAKE.

Molasses, one pint; brown sugar, two cups; soda, two teaspoonfuls; flour, seven cups; cinnamon, or any other spice, or ginger, to suit the taste.

### DRIED APPLE CHORTCAKE.

Make the crust as above, but in place of strawberries, take some nice dried or evaporated apples, and cook them until tender; then rub them through a sieve or fine colander; add sugar and the grated rind and the juice of a lemon. Try this and you will be greatly pleased with it.

### One EGG CAKE.

One cup of sugar, one egg, three tablespoons melted butter, one-half cup of sweet milk, one and one-half cups of flour, one and one-half teaspoons of baking powder, flavor with lemon extract, one teaspoonful. Bake as solid cake, or it will make two layers.—*Mrs. H. A. Turner.*

### TWO EGG OR ECONOMY CAKE.

One cup of sugar, two tablespoons melted butter. Break two eggs into a cup, fill cup with milk, one and one-half cups of flour, three level teaspoons of baking powder. Flavor and beat ingredients. Bake in layer or solid cake.

—*Mrs. H. A. Turner.*

### NUT CAKE.

One cup of sugar, one-half cup of butter, two eggs, beaten, three-fourths cup of milk, two cups of flour with two teaspoons of baking powder, and a cupful of chopped walnuts.

—*Mrs. H. J. Daverman.*

### SUNSHINE CAKE.

One cup of sifted flour, one cup of sifted sugar, juice of half a lemon, five eggs, whites and yolks beaten separately, and very stiff. Fold sugar into whites, then put in the yolks and the lemon juice and fold in flour very lightly, and bake in greased, angel cake tins, one hour, in slow oven; if not browned turn up the fire. There is no baking powder used; the secret is in having the yolks thoroughly beaten.

—*Mrs. F. F. Matherson, Wilkes Barre, Pa.*



## SUNSHINE CAKE.

Six eggs, six tablespoons water, two small supc sugar, two cups flour measured after sifting, two teaspoons baking powder, two teaspoons vanilla. Beat sugar, yolks, and water until foamy; add flour and baking powder and flavoring; add whites beaten stiff; bake 35 or 40 minutes in moderate oven. Invert pan when done; do not grease pan.—*Mary O'Conner.*

## FRENCH CAKE.

Two cups of sugar, one-half cup of butter, one cup of sweet milk, three or four eggs, according to size, three cups of flour, two teaspoonfuls of best baking powder. This makes a nice plain loaf cake; a nice marble cake can be made by taking out one-third of the batter and grating in chocolate, putting in pan a layer of the white, then three or four spoonfuls of the dark, and then a layer of the white, till all batter is used. This recipe will make two layer cakes, two layers each. You can have one light and one dark if you wish, with cocoanut icing, or all light, with chocolate icing, using the following: Sift flour and baking powder four times, and beat all thoroughly.—*Mrs. F. H. Turner.*

## CHOCOLATE ICING No. 1.

Three cups of white or brown sugar, pour over it just enough water to moisten; let boil till clear. Beat the whites of three eggs very light and add to it three squares of Baker's chocolate; pour over this the boiling sugar, and beat till cold. This icing is much improved by adding three lumps of citric acid, dissolved in a teaspoonful of water, mixed with the sugar.—*Mrs. F. H. T.*

## CHOCALATE ICING No. 2.

Take XXXX sugar, and add grated chocolate or cocoa, one teaspoonful of vanilla, and moisten with cream, milk or water, just enough to make a paste and spread on cake. White icing is made the same way by leaving out chocolate. Add any flavoring desired.—*Mrs. F. H. T.*

## COFFEE CAKE.

Two eggs, one cup shortening, one cup sugar, one cup molasses, one cup hot coffee, three cups flour, one teaspoon soda in coffee, one teaspoon cinnamon, one teaspoon cloves, one cup raisins.—*Mrs. Blake.*

## MOLASSES CAKE.

Put two teaspoonfuls of melted butter in a cup, and fill up with molasses; one egg, one teaspoon soda in one-half cup cold water; two cups flour, cinnamon and cloves to taste; currants and raisins if desired.—*Mrs. J. Lauren Maltby.*

## MRS. BROWN'S PUFF CAKE.

Two cups sugar, one-half cup butter, cream well; three eggs, stir yolks in with butter and sugar; one cup milk, three and one-half cups flour, two heaping teaspoons baking powder, one teaspoon vanilla, one teaspoon lemon. Stir in beaten whites. (Double recipe.—*Jessie G. Lathrop.*

## DROP MOLASSES CAKE.

One cup molasses, one cup sugar, one heaping cup of shortening, one cup boiling water, two teaspoonfuls of soda, five cups of flour, three eggs; cloves, salt and cinnamon. Stir well and drop in tins and bake in hot oven. Put soda in boiling water.—*Mrs. E. I. Bates.*

## FRUIT CAKE.

One coffee cup sugar, one and one-half cups sour milk, soda to suit; one-half cup butter, cinnamon and cloves; one teaspoon each; one cup raisins, last of all.

—*Mary E. Tibbitts.*

## CHOCOLATE CAKE.

Cream one and one-half cups sugar and one-half cup butter; add beaten yolks of four eggs, and one-half cup milk. Dissolve one-half cup grated chocolate with five tablespoons boiling water; add the chocolate, two cups sifted flour, two teaspoons baking powder, two teaspoons vanilla. Beat this mixture well and then add the beaten white of four eggs.

—*Mrs. A. Otte.*

## MOLASSES DROP CAKE.

One cup molasses, one cup of sugar, one cup of hot water, four cups flour, one egg, two teaspoons ginger, one teaspoon soda, one-half teaspoon salt. Mix molasses, butter and flour; add soda and beat well; add beaten eggs, ginger and salt. Drop by spoonful on a buttered pan, one inch apart. Bake 12 or 15 minutes, in hot oven.—*Mrs. H. Hicks.*

To blanch almonds, shell nuts and pour boiling water



over them. Let them stand in the water a minutes and then throw them into cold water. Rub between the hands and the brown skin will peel off.

Raisins cut with scissors instead of being chopped will not stick together.

Lemon juice will whiten frosting; cranberry, strawberry or cherry juice will color it pink, and the grated rind of an orange strained through a cloth will color it yellow.

### CHOCOLATE CAKE. *QX.*

One-half cup butter, four eggs, two ounces chocolate, one and three-fourths cup of flour, four tablespoons hot water, one and one-half cup sugar, one teaspoon cinnamon, one-half cup milk, two teaspoons B. Powd., one teaspoon vanilla, cream the butter, add gradually, sugar, beaten yolks of eggs, chocolate, melted over hot water and mixed with four tablespoons hot water; add the milk alternately with the flour, sifted with baking powder and cinnamon; lastly, the flavoring and well beaten whites of eggs; bake 40 minutes in one cake. Moderate oven.—*Nellie Fisher.*

### LEMON LAYER CAKE.

Three tablespoonfuls butter, one cup sugar, yolk of two eggs, three-fourths cup milk, two cups flour, two teaspoonfuls baking powder, sifted with flour, whites of two eggs, beaten to a stiff froth.—*Mrs. W. E. Hulbert.*

### SUNSHINE CAKE.

Six eggs, one cup sugar, one cup sifted flour, one teaspoonful cream of tartar, one teaspoonful vanilla. First, sift the flour three times. Beat the yolks of the eggs well; add pinch of salt to whites and beat with wire spoon about half, then add the cream of tartar and beat until it will stand; add sugar to the whites, beat until glossy and thick; flavor; add the beaten yolks and flour, carefully fold in the yolks and flour. Bake thirty minutes.—*Mrs. E. T. Proctor.*

### ROCKS.

One cup butter, two cups brown sugar, three whole eggs, unbeaten, three tablespoons sherry wine, one cup chopped raisins, one cup chopped nuts, one-half cup chopped citron, very fine, one-half teaspoon cloves, one teaspoon cinnamon, one teaspoon soda, dissolved in one tablespoon of warm water, flour enough to make a stiff batter. Drop from a teaspoon

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on buttered tins, bake in moderate oven. Nice to serve at afternoon teas.—*Mary O'Conner.*

### LEMON BALLS.

Separate two eggs, beat yolks with one cup sugar; one tablespoon butter until light; add one-half cup cold water; sift one and one-half cups flour with two teaspoons baking powder, beat whites stiff, stir in lightly. Bake in gem pans. Sauce—Break one egg, one tablespoon cornstarch, one tablespoon butter, one cup sugar, juice and rind of one lemon, one pint boiling water; boil until thick.—*Gertrude Russell.*

### ANGEL FOOD.

Whites of six eggs, one-half cup of granulated sugar, one-half cup sifted flour, one-half teaspoon of cream of tartar; boil sugar until it hairs, then add it to the beaten whites; sift cream of tartar in flour and add to sugar and eggs. Bake in angel food pan 30 minutes, in a moderate oven.

—*Minnie Bates.*

### ANGEL FOOD.

Sift one cup of flour, measuring after once sifted, and one and one-quarter cups of sugar, four times. Take one cup of egg white and add to it a little salt. Beat the whites a little and then a good teaspoon of cream of tartar, beat, and add sugar, and either orange or lemon flavoring. Then fold in the flour and put it in an angel food tin. Bake about an hour in a moderate oven.—*Miss Helena Otte.*

### EIGHT-EGG ANGEL FOOD.

Add to the whites of eight eggs, one pinch of salt; whip on a platter until perfectly stiff, to these add two-thirds of a tumbler of granulated sugar, sifted three times, also two-thirds of a tumbler of flour, sifted five times, the last sifting, add two-thirds of a teaspoonful of cream of tartar. Whip sugar and eggs carefully; first add flour. Bake 30 minutes.

—*Mrs. Luther.*

### ANGEL FOOD.

Take a measuring cup even full of whites of eggs, add a pinch of salt; one and one-quarter cupfuls of granulated sugar, sift five times; measure one cupful of pastry flour and sift five times. The oven and cake pan should be ready, and one level teaspoon cream of tartar laid ready; beat whites of

eggs about one-half, sift in cream of tartar, then beat until it will make dog's ears, when you draw the beater up through. Sift in the sugar and on top of the sugar put in the extract so that the alcohol will not come in direct contact with the whites of the eggs. Beat the sugar in until the batter is smooth and glossy, then carefully sift in the flour and fold in, remembering that every stroke of the beater after the flour is in, toughens the batter. It is best to have eggs and dish cold; never grease the tin, and the oven must be moderate enough so that the cake will raise before it begins to bake, then increase the heat and let it bake. Bake thirty-five or forty minutes and when done, take from the oven and invert pan until cake is perfectly cold. So much depends on baking, I will give a few directions. Place oven on top of double burner on gas stove, turn on both burners a few minutes before needed, when cake is ready, turn out the large burner entirely and turn small burner down half; increase if necessary. Cake will sweat and drop out if not done.

—Mrs. I. S. Walker.

#### DEVIL FOOD.

One cake sweet chocolate, melt by pouring on it one-half cup boiling water; mix two cups brown sugar with one-half cup butter and two eggs; pour this mixture into the melted chocolate, add a level teaspoon of soda, dissolved in one-half cup sour milk, about three cups of flour. It is best to use the scant cups of flour, and then try a little in a patty pan, as the cake is not nice if made too stiff.—Anna Miller.

#### DEVIL'S CAKE.

One cup sugar, one tablespoon butter, one square Baker's chocolate, melted, two eggs, one cup milk, one teaspoon baking powder, one and one-half cups flour.—Mrs. E. A. Swift.

#### DEVIL'S FOOD.

One-half cup butter, two cups black sugar, two eggs, one-half cup Baker's chocolate, dissolved in one-half cup boiling water; stir this in butter and sugar; one-half cup sour milk, three cups flour, one teaspoonful soda.—Mrs. F. R. Turner.

#### FILLING.

Two cups brown sugar, six tablespoons butter, six tablespoons cream; boil until thickens.



## DEVIL'S FOOD.

Part One—One cup of grated chocolate, one cup sweet milk, one cup brown sugar, one-half cup butter. Set on stove until all is dissolved, but do not let boil; when cool stir in second part. Second Part—One cup of brown sugar, one-half cup sweet milk, two eggs, or yolks of three, two cups of flour, sifted five times, with one level teaspoon of soda; flavor with vanilla; bake in three layers.

## FILLING.

One cup sugar, five tablespoons of sweet milk, boil three and a half minutes; stir until cool.—*Mrs. L. O. Ogden.*

## SOME ODLY NAMED DISHES.

Directions for Snickerdoodles, Shingles, Jokers, Brambles, Etc.

Are you initiated? Do you know what "snickerdoodles," "shingles," "jokers," "brambles," "fadges," and a lot of other such names mean? Does it not seem strange that we christen things "good to eat" with such peculiar names? Perhaps, though, the very oddity of their names increase their value. Whatever the reason, we have them, and I will tell you how a few of them are made. We will commence with,

## SNICKERDOODLES.

Cream three-quarters of a cupful of butter with one of sugar, add two well-beaten eggs, three-quarters of a cupful of milk, in which dissolve one teaspoonful of soda; sift two teaspoonfuls of cream of tartar into two cupfuls of flour; mix all together and drop in spoonfuls on a buttered tin, sprinkle with sugar, and nutmeg, and bake in a quick oven.

## SHINGLES.

Cream one-half a cupful of butter with one and one-half cupfuls of sugar; add one-half a cupful of boiling water, in which dissolve one-half a teaspoonful of soda; flavor with lemon and add flour until stiff, and roll very thin. Cut in strips two inches wide and five inches long, and bake a light brown.

## JOKERS.

Two cupfuls of graham meal, one cupful of flour, a little salt, two eggs, well beaten, and add after flour and milk are mixed to a batter as thick as for pound cake. Drop in spoon-

fuls on a buttered tin, spreading the batter a little with the spoon that they may be of a uniform thickness, and bake in a quick oven.

#### BRAMBLES.

Cream one-quarter of a cupful of butter with three-quarters of a cupful of sugar, add the juice and grated rind of one lemon, one cupful of raisins seeded and chopped, one well-beaten egg, and two rolled crackers; mix well. Make a good pie crust, cut out in pieces the size of a small bowl, put a tablespoonful of the mixture on each, and fold like a turnover, prick over the top, and bake a golden brown. This should make twelve.

#### FADGES.

To one cupful of entire wheat flour add gradually one cupful of cold water. Beat with an egg beater until very light, and turn into hissing hot buttered gem pans and bake thirty or thirty-five minutes.

#### PINWHEEL BISCUITS

Mix and sift two cupfuls of flour, two teaspoonfuls of baking powder, and two teaspoonfuls of salt. Work in one-half of a tablespoonful each of butter and lard with the tips of the fingers. Add gradually a little more than half a cupful of equal parts of milk and water. Toss out on a floured board and pat and roll out to one-quarter of an inch in thickness, brush over with melted butter, cut in halves, and roll each piece like a jelly roll. Cut off pieces three-quarters of an inch in thickness, and place on buttered tins, freshly cut side up; sprinkle with sugar and cinnamon mixed, and bake in a hot oven fifteen minutes.

#### NUREMBURGS.

Beat the white of two eggs until stiff, and add slowly one-half cupful powdered sugar, and the yolks of the two eggs well beaten; sift three-quarters of a cupful of flour with one-quarter of a teaspoonful of salt, one-third of a teaspoonful of cinnamon, and one-sixth of a teaspoonful of clove. Stir mixtures together and add two-thirds of a cupful of roasted almonds, one tablespoonful finely cut candied orange peel, and the grated rind of one lemon. Drop on a baking sheet and sprinkle with shredded almonds and powdered sugar. Bake twelve minutes.

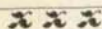


## BROWNIES

One-third of a cupful each of butter, sugar, and molasses, one egg well beaten, seven-eighths of cupful of flour, one even cupful of pecan meat cut in small pieces. Mix in the order given and bake in small, shallow fancy tins, garnishing the top of each cake with one-half pecan.

## SKELETONS.

Two eggs, three tablespoonfuls of sugar, and one tablespoonful of butter, flour to make very stiff. Roll very thin and cut in fancy shapes.—*Martha Taft Wentworth.*



## CAKE FILLINGS.

### MAPLE SUGAR FROSTING.

Boil one-half pound broken maple sugar with three table-spoons of water until dissolved and thick enough to rope, when dropped from fork. Pour gradually on the whipped whites of two eggs; beat till thick enough to spread.

### PRUNE AND NUT FILLING.

Soak one-half pound prunes over night; steam until soft; remove pits; when cold, add one-half cup chopped nut meats; stir into this beaten whites of three eggs, also one-half cup pulverized sugar.

### BOILED ICING.

Boil one cup granulated sugar and one-half cup water until it ropes when dropped from fork. Pour gradually over stiffly whipped whites of two eggs, beat hard; add any desired flavoring.

### WHITE ICING.

One cup granulated sugar, white of one egg, one-third cup water, one teaspoon cream of tartar; mix together, heat slowly and boil without stirring until the syrup will drop like a thread from spoon; Pour gradually on beaten white of egg, beating constantly, and continue beating until thick enough to spread; flavor with vanilla; if not beaten long enough it will run when spread.—*Nellie Fisher.*

## FRIED CAKES.

### FRIED CAKES.

One cup sour milk, two eggs, one cup sugar, one teaspoon soda in milk, one teaspoon baking powder in flour, three tablespoons melted lard, salt, flour to roll out. If you have sour cream, use one-half cup cream and fill cup with milk and leave out lard.—*Mrs. Roland Clark*

### DOUGHNUTS.

Three eggs, three tablespoons butter, one and one-half cups sugar, six teaspoons baking powder, nutmeg, one-half teaspoon salt, four cups flour, more as needed. Heat milk and sugar till sugar dissolves; cool, beat yolk of eggs; melt butter add butter to yolks, then beaten whites, milk and sugar and dry ingredients, mixed and sifted. Mix as soft as you can handle; roll quarter of an inch thick and fry.

—*Mrs. Ward H. Ellis.*

### DOUGHNUTS.

One and one-half cups light brown sugar, four tablespoons melted lard, two eggs, one cup sour milk, one-half teaspoon soda, one teaspoon baking powder, nutmeg and salt.

—*Mrs. E. A. Swift.*

### SOUR CREAM FRIED CAKES.

Sift together one cupful of granulated sugar, one teaspoonful of cream tartar, and one teaspoonful of salt, into a mixing bowl break two eggs; add the sugar, salt and cream tartar, one grated nutmeg. Sift one level teaspoonful of soda with two cupfuls of pastry flour, stir into the batter, then add enough more flour to make a dough that can be rolled easily without sticking, cut about a half inch thick, fry in part lard and suet.

### FRIED CAKES.

One-half cup of thick sweet cream, fill up with milk, one cup of sugar, two eggs, teaspoonful of salt, two rounding teaspoonfuls of baking powder.—*Mrs. M. E. Howe.*

### RAISED DOUGHNUTS.

One pint sweet milk, scalded, set sponge with yeast over night, in the morning add three eggs, one and one-half cups



of sugar, one-half cup butter and lard mixed, one teaspoon of nutmeg, stir real thick; put one teaspoon in center and form in shape of a ball, let stand half an hour and cook in hot lard; roll in pulverized sugar.—*Mrs. Green.*

### FRIED CAKES.

Seven tablespoonfuls sugar, three tablespoonfuls butter, three tablespoonfuls lard, melted, one egg, one cup and a quarter of sweet milk, two teaspoonfuls Royal baking powder, one-half nutmeg, one teaspoon extract vanilla, flour enough to mix soft; roll out and fry in hot lard.—*Mrs. G. H. Corbins.*

### UNSWEETENED FRIEDCAKES.

Two cups flour, one cup of milk, one teaspoon of salt, two teaspoons of baking powder, three tablespoons melted lard. Cut with a knife about the size of fingers. Fry.

—*Mrs. Ella Powers.*

### DOUGHNUTS.

One cup sugar, one cup buttermilk, one egg, one teaspoon soda, two tablespoonfuls melted lard, mix soft; fry in hot lard.—*Mrs. M. Laughlin.*

### CRULLERS.

Three-fourths cup sugar, two eggs, one and one-half rounded tablespoonful butter, a little flavoring and salt, mix together and stir in one cup of sweet milk; five cups flour, through which two teaspoons baking powder have been thoroughly sifted. Cut out and twist and fry in hot lard. Very nice and dainty.—*Mrs. Fry.*

### FRIED CAKES.

Beat together two eggs, one cup sugar, three teaspoons melted butter, three teaspoons melted lard, add one cup sweet milk, two teaspoons baking powder, flour enough to make stiff batter, beat all together good, then add flour enough to roll out soft, turn about four times while frying.

—*Mrs. L. Cloutier.*

### MAUDE'S FRIED CAKES.

One cup of sugar, one egg, one cup of sour milk, two teaspoons of soda, and one teaspoon of baking powder in flour; do not mix too stiff; fry in hot lard.

# *RECIPE:*

**For a day of perfect bliss  
The best recipe is this.**

---

Take the family every one,  
    Father, Mother, Daughter, Son,  
Take a generous lunch box too  
    Or the deficit you'll rue;  
Of mirth and jollity apart  
    Just enough to fill the heart  
To enjoy this day of bliss  
    A good place you cannot miss  
If you take one of the

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one of the famous resorts on Lake Michigan.  
    Spring Lake or Mona Lake.

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## TO FROST FRIED CAKES.

Make a thin paste with pulverized sugar, vanilla and water or milk, and dip fried cakes into it while warm.

## JUMBLES.

One cup of sugar, one cup of molasses, one cup of butter, one cup of boiling water; melt together, and when cool, add two even teaspoons of soda, one egg, spice to taste, four and one-half cups of flour; drop half tablespoonful at a time on buttered tins.

## DOUGHNUTS.

One cup sugar, one dessert spoonful melted lard, one cup milk, nutmeg, flour, two teaspoons baking powder, two eggs beaten light.—*Mrs. Buswell*, Grand Haven.

## DOUGHNUTS.

One egg, one cup sugar, one cup sweet milk, three spoonfuls melted lard, two spoonfuls baking powder, salt, nutmeg.  
—*Mrs. Ina D. Kelly*.

## FRIED CAKES.

Two eggs, one cup sugar, two tablespoonfuls melted butter, one cup sour milk, one teaspoonful soda in milk, one-half teaspoonful salt, nutmeg, flour to make a soft dough; roll thin.—*Mrs. W. E. Hulbert*.

## FRIED CAKES.

Three eggs, two cups sour milk, one and one-half cups sugar, four tablespoons melted lard, one teaspoonful soda, one-half teaspoon cream tartar.—*Mrs. E. M. Farrand*.

## FRIED CAKES.

One egg, one cup sugar, butter size of a small walnut, one-half teaspoon soda, one teaspoon cream tartar, spice to taste, flour to roll; fry in hot lard.—*Mrs. Rowerdink*.

## FRIED CAKES.

One cup white sugar, four tablespoons butter, three eggs, one cup sweet milg, one teaspoon soda, two teaspoons cream of tartar; season to taste; stir sugar and eggs to a cream and add melted butter; stir soda in milk; put cream tartar in flour; mix soft, roll half an inch thick and fry in hot lard.

—*Mrs. Herbert Baker*.

## POTATO FRIED CAKES.

One cup mashed potatoes, two eggs, one cup white sugar, two-thirds cup sweet milk, butter size hickorynut, two teaspoons baking powder, flour to mix; let stand half an hour and fry with top side down.—*Mrs. E. Geeck.*

## FRITTERS.

Three eggs, one cup sugar, one cup water, one-half teaspoon soda, one teaspoon cream tartar, flour to make a thin batter, drop in hot lard with a teaspoon.—*Mrs. Rowerdink.*

## FRIED CAKES.

One and one-half cups sugar, two eggs, one cup buttermilk, one tablespoonful melted butter, one heaping teaspoonful soda, two level teaspoonfuls baking powder, nutmeg, vanilla and flour.—*Mrs. E. Geeck.*

## FRIED CAKES.

Two cups sugar, two eggs, six tablespoonfuls melted lard, one cup milk, one cup water, one teaspoonful salt, two teaspoons baking powder, flour.—*Mrs. L. L. Waite.*



## COOKIES.

## FRUIT COOKIES.

Two eggs, one and one-half cups brown sugar, one-half cup butter, one-half cup lard, one cup buttermilk, one teaspoonful baking soda, one teaspoonful baking powder, sifted in flour, one cup raisins, one-half pound English walnuts; use flour enough to roll; sprinkle with sugar. Very good.

—*Mrs. J. E. Keegan.*

## EASY COOKIES.

One cup lard, two cups sugar, one egg, one cup sour milk, one teaspoon soda, caraway seed, a little salt; good.—*Mary S.*

## ECONOMICAL COOKIES.

One cup white sugar, one-half cup butter, one egg, two tablespoonfuls of sweet milk and two teaspoonfuls of baking



powder. Add sufficient flour to roll thin. Bake in a quick oven.

### ROACH CALIES.

Put into a mixing bowl two eggs, one cupful of granulated sugar, three-fourths cupful of butter; stir to a cream; turn into the chopping bowl one cupful of seeded raisins, one cupful of English walnuts and sprinkle with one cupful of Perfection pastry flour; chop quite fine, then stir into the creamed egg, sugar and butter; season with one-half teaspoonful each of almond, orange and vanilla extract. Dissolve one-half teaspoonful of soda in three tablespoonfuls of kitro, mix with the other ingredients, stir in sufficient flour so you can roll out the dough; when half an inch thick cut with small cutter, place two inches apart in well greased pans, bake in a moderate oven until a golden brown. Take out carefully, let cool on paper, then pack in boxes. These cakes improve with age.

### SUGAR COOKIES.

Two cups of brown sugar, two cups of good lard, one-half of a nutmeg, one cup of sweet milk, one teaspoonful of soda, one of salt; flour to roll, mix two cups of granulated sugar, and one-half cup of cinnamon, sprinkle over cookies when rolled, before cutting.—*Mrs. C. E. Slocum.*

### MARGUERITES.

Four eggs beaten stiff, one and one-half cups of pulverized sugar (if made on a damp day, add one teaspoonful of corn starch). Drop on crackers and brown in oven. One cup of nut meats or chopped raisins or chocolate added to above improves it.—*Mrs. J. M. Troutman.*

### WHITE COOKIES.

Two cups sugar, two eggs, one cup sour cream or milk, one teaspoon soda in milk, two teaspoons baking powder in flour, eight tablespoons melted butter.—*Mrs. E. A. Swift.*

### SOFT COOKIES.

A heaping cup butter, one and one-half cups sugar, two eggs, whites and yolks beaten separately, three tablespoons sour milk, one small teaspoonful soda, dissolved, and as little flour as will make them stiff enough to roll. Sprinkle with sugar and grated nutmeg; before baking, pass over roller. Bake light brown.—*Mrs. E. C. Elliott.*

## GINGER COOKIES.

Two cups molasses, four cups sugar, two cups lard, two cups boiling water, three teaspoons soda, one teaspoon ginger and cinnamon. Stir soda in the molasses and add the rest of the ingredients. Add enough flour to keep from sticking to the board. Roll out about half an inch thick and bake in a moderate oven. If a small quantity is required, use half of this recipe.—*Mrs. Herbert Baker.*

## WHITE COOKIES.

One and one-half cups sugar, one cup lard, one egg, one-half cup sweet milk, one-half teaspoon soda, one-half nutmeg. Stir eggs and sugar together; add lard. Stir soda and milk and nutmeg and salt. Roll out about half an inch thick and bake in hot oven.—*Mrs. Herbert Baker.*

## HERMITS.

One and one-half cups light brown sugar, one cup shortening, three eggs, dropped in one at a time, one cup sweet milk, one teaspoon soda, one teaspoon cinnamon, one-quarter teaspoon cloves, one cup raisins, one cup currants, one cup nut meats. Flower enough to stir stiff; spread thinly in a greased dripping pan; bake in slow oven; cut in bars.

—*Mrs. Gunn.*

## WHITE COOKIES.

One and one-half cups of sugar, one cup of lard, beaten to a cream with sugar, one cup of sweet milk, one-half teaspoonful of soda, dissolved in sweet milk, one egg beaten separately, flavor to taste; two teaspoonfuls of baking powder, sifted with five cups of flour; roll and cut as desired. Bake in a quick oven.—*Mrs. W. K. Sterns.*

## SOUR MILK COOKIES.

Two eggs, two cups sugar, one cup butter, one-half cup sour milk, one teaspoon soda, one nutmeg; flour to roll nicely. If half lard is used, salt must be used also.—*Mrs. A. Broome.*

## SUGAR COOKIES.

Four eggs, two cups sugar, one large cup butter, one-half cup sweet milk, one teaspoon soda; mix as soft as can be rolled out. Bake in hot oven. These are fine.

—*Mrs. McLaughlin.*



### OATMEAL TURNOVERS.

One cup brown sugar, one cup lard, two cups oatmeal, one cup sour milk, one egg, one teaspoon soda, salt, nutmeg, flour enough to roll out thin. Cut with round cookie cutter; put jam or jelly on one-half and turn other half over, pressing edge down with finger.—*Mrs. A. W. Kreuter.*

### GRAHAM CRACKERS.

Two pounds graham flour and one pound bran flour, mixed; take four cupfuls of this mixture, stir in one heaping teaspoon salt, stir in one teaspoon baking powder, one cupful butter; rub in as for pie crust. One cupful sweet milk, sprinkle graham flour on kneading board and bake in a quick oven.

—*Ellen Evarts.*

### FRUIT COOKIES.

Two cups white sugar, one cup cold butter, one cup currants, one cup seeded raisins, boiled in a little water until two spoons of juice is left; one teaspoon nutmeg, cinnamon, allspice or cloves, two tablespoons sour milk, one teaspoon soda, three eggs and flour.—*Mrs. E. Geeck.*

### FRUIT COOKIES.

One and one-half cups sugar, one cup butter, one teaspoon soda, dissolved in three tablespoons sweet milk, three eggs, one-half teaspoon cinnamon, one-half teaspoon cloves, one cup chopped walnuts, one cup chopped raisins and flour.

—*Mrs. Geo. Intosli.*

### SPICE COOKIES.

Two cups brown sugar, one cup butter and lard mixed, two eggs, four tablespoons sour milk, one tablespoon each of cinnamon, cloves and nutmeg, one cup chopped raisins, two level teaspoons soda, dissolved in the milk. Mix quite hard, roll thin and bake in hot oven.—*Mrs. C. J. Mathews.*

### COOKIES.

One and one-half cups sugar, one cup butter, three eggs, four tablespoons sweet milk, three teaspoons baking powder, flour enough to make soft dough. Extract to taste.

—*Louise E. Wright.*

One and one-half cup sugar, one cup shortening, one cup of sweet milk, one teaspoon of soda, two baking powder, three

cups of flour, two eggs, one cup of cocoanut, one teaspoon lemon. Salt, drop and bake in a hot oven.

—*Mrs. Effie Brink.*

#### MAUDE'S COOKIES.

One heaping cup of lard, two cups two-thirds full of sugar, three eggs, pinch of salt, one level teaspoon of soda dissolved in half cup of sweet milk, flavor with one teaspoon of vanilla and one lemon extract; three heaping teaspoons of baking powder, mix soft with flour. Fine.

#### GINGER COOKIES.

One cup of brown sugar, one cup of butter and lard, half of each, not quite one cup of molasses, one-half teaspoon of salt, one cup of hot water with teaspoon of soda, flour enough to roll them out as soft as possible.—*Mrs. M. J. Daverman.*

#### COOKIES.

Cream together one large cup of butter, use part lard, add gradually one and one-half cups sugar, three eggs, well beaten, one teaspoon soda, dissolved in one and one-half tablespoons of hot water, sift together three and one-fourths cups of flour, one-half teaspoon of salt, one teaspoon of cinnamon, add one-half of this to the mixture, then one cup chopped English walnut meats and one cup of chopped raisins; put in the rest of the flour and beat well, drop a small ball on buttered tins flat down with fingers; bake in moderate oven.

—*Mrs. R. L. McGrath.*

#### FRUIT COOKIES.

Two cups sugar, one cup butter, two eggs, two cups chopped raisins, or other fruit, two tablespoons of cream, two teaspoons cinnamon, one teaspoon nutmeg, one teaspoon soda, a little ginger, one-quarter cup molasses.

—*Mrs. E. S. McGrath.*

#### ENGLISH COOKIES.

Two cups brown sugar, two eggs, six tablespoons sour cream one teaspoon soda, one teaspoon cinnamon, one-half teaspoon cloves, one cup butter, one cup chopped raisins, salt, cream, butter, sugar, add eggs, beat well; add cream, cinnamon and cloves and flour enough to make soft dough.

—*Mrs. Geo. McIntosh.*



## EXCELLENT COOKIES. *OK.*

Three eggs, two cups sugar, one cup lard, one cup sweet milk, one teaspoon salt, one teaspoon vanilla, one teaspoon lemon, one-half teaspoon soda, three teaspoons baking powder, one quart flour. Try this recipe once, and you will again.

—*Mrs. Augusta Glass.*

## HERMITS.

One cup butter, one and one-half cups brown sugar, one cup raisins chopped, three eggs, one-half cup sour milk, one teaspoon soda, cloves and cinnamon, each one-third teaspoon, flour to make a soft dough. These are better if mixed at night, then in the morning, roll out and cut with cookie cutter.

—*Mrs. C. U. Clark*

## HERMITS.

One-third cup butter, two-thirds cup sugar, one egg, well beaten, two tablespoons milk, one and three-fourths cups flour, and one-half teaspoons baking powder, one-third cup raisins, cut fine, one-half teaspoon cinnamon, one-fourth teaspoon cloves, one-fourth teaspoon nutmeg. Cream the butter and sugar, add raisins, egg and milk; sift flour and baking powder, cinnamon, cloves and nutmeg, and add to the mixture. Roll them and bake in moderate oven.—*Mrs. T. J. Tubbs.*

## HERMITS.

One cup butter, one and one-half cups of raisins, two eggs, one cup of raisins and currants, chopped fine, three teaspoons of sour milk, one teaspoon even full of soda, one teaspoon each of cinnamon, cloves and allspice; one cup walnut or hickorynut meats, chopped fine, and halves placed on top. Mix quite stiff and roll out and cut in any desired shape and bake in moderate oven.—*Mrs. George Corbin.*

## FRUIT COOKIES.

Take two cups brown sugar, one and one-half cups of seeded raisins, one cup butter, three tablespoonfuls sour milk, quarter teaspoonful soda, one tablespoonful cinnamon, one small nutmeg grated, two eggs, three and one-half cups flour; drop by spoonful on a butter pan and bake in a moderate oven.

One and one-half cups sugar, one and one-half cups molasses, one and one-half cups water or some milk, one egg, one-fourth cup butter, two small teaspoons ginger, little nutmeg, one-half teaspoon soda, in one tablespoon vinegar. Put in

last thing, little salt; stir as thick as ordinary cake. Heat the oven moderately hot. If sour milk is used, the vinegar will not be needed.—*Mrs. J. Hensen.*

### CLEVELAND MACCAROONS.

Three large cups rolled oats; two eggs, one cup sugar, one tablespoon butter, two teaspoons baking powder, mixed with the oats, then stir eggs, butter and sugar together; add one teaspoon vanilla, then make into balls the size of hickorynuts, make them hard by pressing with your fingers, set into a pan two inches apart and bake until nicely browned, and cool in pan.—*Mrs. Emma T. McGrath.*

### CHRISTMAS COOKIES.

One cup each citron, figs, dates and raisins, chopped, three cups brown sugar, one cup New Orleans molasses, two cups butter, four eggs, one teaspoonful each cinnamon, cloves, and nutmegs, mix and add one teaspoonful soda in one-half cup sweet milk, two teaspoonfuls baking powder sifted in flour; mix to a soft dough, roll out one-half inch thick and bake. Will grow better with age.—*Ellen Evarts.*

### OATMEAL DROPS.

One cup of sugar, three-fourths cup butter and lard mixed, two eggs, one cup chopped raisins, one-half teaspoon soda, dissolved in hot water, two cups rolled oats, one cup sifted flour, teaspoonful ground cinnamon; drop from spoon into greased pan with space between; bake brown in moderate oven; nice with coffee or tea.—*Mrs. John S. Robbins.*

### COOKIES.

One cup light brown sugar, one-half butter, two eggs, one teaspoonful cloves, one teaspoonful cinnamon, one-half nutmeg, two teaspoonfuls brandy, one-half teaspoonful soda, one cup chopped nut meats, one-half pound raisins, chopped; drop from spoon.—*Mrs. Story.*

### MOLASSES COOKIES. *Q.R.*

One-half cup butter, one-half cup lard, one cup molasses, one-half cup white sugar, two-thirds cup sour milk, one egg, two teaspoons soda; flour enough to roll soft.

—*Mrs. Ford Hughes.*

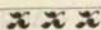
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### WHITE COOKIES.

One cup sugar, one-half cup lard, one-half cup sour milk, one egg, one teaspoon soda, one teaspoon lemon extract.

—*Mrs. D. Stonchouse.*



## Ice Cream, Ices and Drinks.

### ICE CREAM.

One quart cream, one pint milk, one and one-half cups sugar (pulverized), vanilla.

### PEACH MOUSSE.

One quart cream whipped, one quart of yellow peaches, mashed fine; two cups sugar, mixed peaches and cream and sugar. Pack in ice and freeze three hours.

### RED RASPBERRY ICE.

One quart water, one quart raspberry juice, two cups sugar, juice of two lemons. Pack, freeze like ice cream. Strawberries, cherries or any kind of fruit can be used.

—*Mary O'Conner.*

### PINEAPPLE ICE.

One can grated pineapple, juice of two lemons, one-half box Cox's gelatine, two pounds sugar, whites of two eggs. Pour on cold water enough to just cover sugar and boil to a thick syrup. Put one-half pint cold water on gelatine, let stand ten minutes, add one-half pint boiling water, when it and syrup are cold, put together add pineapple, then whites of eggs. Put in a gallon freezer and add cold water to fill freezer three-quarters full.—*Mrs. Tower.*

### PINEAPPLE ICE.

One pint grated or chopped pineapple, three cups water, two cups sugar, white of one egg. Mix the pineapple, water and sugar. Pour into the can of an ice-cream freezer. Pack the freezer with finely crushed ice and coarse rock salt, using one-third as much salt as ice. When partly frozen, add the

beaten white of the egg and continue freezing till the mixture is stiff. Remove the dasher, pack the cream, drain the water from the freezer, repack with salt and ice, using one-fourth as much salt as ice. Cover freezer with a piece of carpet, and let stand a couple of hours for the cream to ripen and harden.

—*Mrs. Herbert Baker.*

#### MAPLE PARFAIT.

Beat four eggs slightly, pour on slowly one cup hot maple syrup. Cook in double boiler until very thick, stirring constantly. Strain and cool, then add one pint cream, beaten stiff; mould, pack in salt and ice, equal parts, and let stand three hours.—*Elizabeth Otte.*

#### ICE CREAM.

One cupful sugar, one and one-half quarts sweet milk, one egg beaten well and put in last, a pinch of salt. Flavor liberally with vanilla, mix all together, put beaten egg in last and freeze thoroughly; pack in salted ice and let stand one hour before using.—*Mrs. L. N. Fisher.*

#### STRAWBERRY ICE CREAM.

Same as above, except for flavor, use one pint mashed strawberries.—*Mrs. L. N. Fisher.*

#### PUNCH FOR 200 PEOPLE.

Eight dozen lemons, six pounds sugar, two quarts grape juice, two quarts raspberry juice.

#### MAPLE MOUSSE.

Yolks of four eggs, one cupful maple syrup; boil five minutes, when cold add one pint of whipped cream, put in mold and pack in salt and ice for three hours; one pound baking powder cans can be used instead of mold. When ready to serve, dip quickly in hot water, wipe dry; open and cream will come out solid and can be cut in slices; chopped pecan nuts may be added to cream.—*Mrs. I. S. Walker.*

#### PRUNE MOUSSE.

Stew one-half pound prunes, add one cup sugar, remove pits, put through grinder or chop, add one pint of whipped cream, pack and freeze the same as maple cream; serve with whipped cream.—*Mrs. I. S. Walker.*



## LEMON ICE.

Juice of six lemons and one large sweet orange; one quart of water, two cups of sugar, stir until dissolved, then freeze.

—*Mrs. Turner.*

## GRAPE ICE.

(For One Gallon)—One quart of unfermented grape juice, three cupfuls of sugar dissolved in three pints of water, or bring water and sugar to a boil and cool before turning into grape juice; squeeze the juice from nine lemons, strain and add to the above ingredients. Stir one-half box of granulated gelatine in one pint of water, beat over hot water until dissolved; strain into the grape, lemon and sugar; pour all into the freezer can; pack with finely chipped ice and rock salt, using three measures of ice to one of salt; turn freezer handle quite fast until ice is well frozen; remove the dasher, turn off all the salt water, repack with coarse ice and a little less salt; let stand at least two hours before serving so all the flavors will be well blended.

## ORANGE ICE.

Wash thoroughly six lemons and nine large oranges. Cut in two, squeeze out the juice of the lemons and strain into two cupfuls of sugar. With a wooden squeezer turn out the juice and pith from the oranges, and add to the lemon juice and sugar. Dissolve one heaping tablespoonful of granulated gelatine in one pint of water, by setting it in the hot water jacket of a double boiler. Keep this warm until ready to freeze. Put the orange and lemon rinds in a six-quart granite pan, cover them with cold water and set them over the fire until the water is hot, then strain off the water, add to the lemon and orange juice, then turn in the gelatine. Pack immediately in finely chipped ice and salt, using three measures of ice to one of salt, turn the handle slowly at first, more rapidly at the last; remove the dasher after the ice is frozen. Repack with coarse ice and salt, using a smaller quantity of salt; let stand two hours to ripen.

Currants are very dainty served on a bed of green leaves at breakfast. Currant ice is refreshing. For every pint of juice from ripe red currants allow a pound of granulated sugar and a pint of water; when the sugar is thoroughly dissolved, put into the freezer; add the stiffly beaten whites of two eggs to the mixture when it is half frozen.

## FRUIT PUNCH.

(One Gallon)—One quart of red raspberry syrup, juice of twelve lemons; save the skins and cover with water, bring to the boiling point, pour off the water but do not squeeze the lemon rinds, as we do not wish to extract too much of the volatil oil. Cover three pounds of sugar with two quarts of water, let come to a boil. When cold add to the raspberry syrup and lemon juice, then strain the water from the lemon rinds into this mixture. Taste and if not tart enough add a few spoonfuls of cider vinegar. Will keep indefinitely if put in jug and placed on ice. Serve in punch bowl very cold.

## PISTACHIO ICE CREAM.

(For One Gallon)—Scald and wipe the freezer can; turn into it one quart of sweet cream and three pints of sweet milk in which has been dissolved three cupfuls of granulated sugar; dissolve one tablespoonful of granulated gelatine in one pint of extra milk by putting milk and gelatine in the top of the double boiler and immersing this in hot water; chop very fine one cupful of pistachio nuts; have plenty of ice shaved fine and about two quarts or more of rock salt ready for use; at the last moment before packing the freezer, turn in the still warm milk and gelatine into the contents of the freezer can; season with two teaspoonfuls of vanilla and two teaspoonfuls of pistachio extract and ten drops of almond extract; pack the freezer with three measures of fine chopped ice to one of rock salt; turn the handle quite rapidly; when nearly frozen, add the chopped pistachio nuts; whip hard the last minute; remove the dasher; repack; let stand for two hours and serve.

## GOOD ICE CREAM.

Take two quarts of new milk, two cups of sugar, five eggs; make a custard. When cold, add one cup of cream, flavor to taste and freeze.

## FROZEN BANANAS.

Peel two dozen bananas, cut them in quarters lengthwise, then in slices crosswise. Squeeze the juice from four good sized lemons and strain over the bananas—there should be about one cupful—sprinkle over this two cupfuls of granulated sugar. Peel six navel oranges, chip in small pieces, cutting across the grain. Stir these in with the bananas, turn into the freezer can; leave out the dasher and use the packing



cover; pack in fine chipped ice and rock salt, using three measures of ice to one of salt. Let stand two hours or more before serving, so the fruit will be slightly frozen, but thoroughly chilled. Serve as a dessert or at an evening affair with plain cake or macaroons.

#### MINT PUNCH—(Very Fine).

Put into your punch bowl a cupful of granulated sugar; add the juice of six lemons, and stir until the sugar melts. Put in three peeled lemons, sliced very thin, and leave in the ice until you are ready to use it. Add, then, a dozen sprays of green mint and a quart, at least, of pounded ice. Stir well for a minute, and pour from a height into it, two or three bottles of imported ginger ale.

#### GRAPE JUICE PUNCH.

Procure from your druggist the unfermented grape juice, using two quarts; add one quart of lemon juice to intensify the flavor of the grape juice from one can of pure pineapple and one quart of Kitro or grape fruit tonic. Make a syrup of three pounds of sugar, add sufficient to sweeten the mixture; then add two quarts of cold water. Will keep two weeks in the ice chest if put in jugs. When wanted to serve place a piece of ice in the punch bowl and serve in glasses.

#### TEA PUNCH.

Pour a quart of boiling water upon four teaspoonfuls of good tea. Cover and leave it for five minutes. Strain off, and cool. Half-fill the punch bowl with cracked ice; add a cupful of granulated sugar and the strained juice of four lemons. Pour the tea over these, and, as it goes to table, add a pint bottle of Appollinaris water. Strew a handful of mint sprays on the surface and serve at once.

#### STRAWBERRY PUNCH.

Pour two cupfuls of strained fresh strawberry juice upon a cupful (heaping) of granulated sugar. Stir until the sugar is dissolved. Add the juice of a lemon, and four cupfuls of cold water. Let it get very cold upon the ice; stir well and put into a punch bowl. Just before serving, add a teaspoonful of maraschino and half a cupful of fine whole strawberries.

#### FRUIT PUNCH.

Boil one pint of sugar and two quarts of water for ten

minutes, set away to cool. To this syrup, when cool, add one-half pint lemon juice, one pint strawberry or raspberry juice and juice of a small pineapple or one-half pint of orange juice.—*Mrs. M. E. Howe.*

### PUNCH.

One and one-half dozen lemons, three pounds granulated sugar dissolved in one quart of water; heat in preserving kettle and strain when cold; add lemon juice to syrup; add grape juice or blend blackberries and cherries; add enough water to make one gallon; enough to serve forty persons. Cut marshmallows in small pieces to float on top; place generous piece of ice in the punch bowl.—*Mrs. I. S. Walker.*



## PASTRY.

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Winter wheat flour should always be used, as spring wheat flour makes a tough crust. Butter or lard may be used for shortening. Lard makes a tender crust, butter a very crisp brown crust. The ingredients should be very cold. The lightness of the pastry depends upon the air enclosed and the expansion of that air in baking. The flakiness depends upon the number of layers of shortening and flour, formed by rolling and folding. Handle all pastry as little and as lightly as possible.

### PLAIN PASTE.

One and one-half cups of flour, one-half teaspoonful of salt, one-fourth cup butter, one-fourth lard, ice water to make a dough. Sift salt and flour, add lard and cut with a knife into pieces about the size of a pea. Add the ice water gradually, lifting with a knife that portion that was moistened first and push to one side of the bowl. Wet another portion and continue to put by the moistened, using as little water as possible. Drench the board lightly with flour, turn out paste and roll lightly from you into a long strip. Put the butter, cut in pieces, over the top, sprinkle with a little flour, and fold towards the center. Roll out again, then roll as for



jelly cake. Cut from this enough for a single crust, roll to fit pan. The upper crust should be perforated to allow the steam to escape. The under crust should be brushed with cold water on the edge, before putting on the rim, and the rim should be slightly full, to prevent shrinking from the edge of the plate.

### PASTRY.

For three small or two large pies. Use three cupfuls of pastry flour (winter wheat), two teaspoonfuls of salt, and one cupful of lard. Sift the flour and salt together, with a pastry knife cut in the lard. Rubbing the flour and lard together has a tendency to melt the lard from handling with warm hands. The object in cutting the lard into small pieces is to keep the two separate and by leaving lumps of lard as large as a good sized pea, the crust, when baked, will be flakey. Moisten it with just sufficient cold water so as to crush the mass together, enough to roll out. If too much water is added then from necessity you will be obliged to add more flour, and not making allowance for this you have not enough lard to make the crust short or, in other words, if too much water is added, you have undone all you tried to have perfect at the start. Roll out just enough dough for one crust; as the roller passes over where the little lumps of lard are it will flatten them; then when the heat is applied from the oven the crust will be flakey and tender. The pastry should be kept as cold as possible until ready to put into the oven, which should be quite hot at first so as to raise the crust and in this way lighten it, as well as to have the upper and under crust partially baked before the filling is hot enough to soak through.

### SWEET CREAM PIE.

One pint thick sweet cream, one egg, three tablespoonfuls of pastry flour; flavor with vanilla. This can be cooked in a double boiler and poured into the pie shell, then meringue added; or the mixture can be baked in the fresh pastry shell. A most delicious pie.

### GOOD LEMON PIE.

One and one-half cups of water, into which throw the thinly pared rind of one lemon; when water is hot remove the rind; add three-fourths cup of granulated sugar; beat the yolks of three eggs and white of one, reserving the whites

of the remaining two eggs for the meringue; dissolve two tablespoonfuls of pastry flour or corn starch in a little water; add this to the mixture in the double boiler; cook until thick, stirring frequently to keep it smooth; add immediately to the cooked pie shell.

#### PIEPLANT AND STRAWBERRY PIE.

Line the pie plate with the dough, put in a goodly layer of pieplant cut into cubes, then a half cupful of fresh strawberries, or a half cupful of canned berries. Mix one cupful of sugar and one tablespoonful of flour together, turn over the fruit, roll out enough dough for a cover, first wetting the edges of the lower crust with water; press with the thumb firmly together, trim off the protruding edges with a sharp knife; place in a hot oven for ten minutes, then reduce the temperature and finish baking. Avoid boiling the contents of the pie. This is the reason many boil over or out at the side.

#### PINEAPPLE PIE—(Cream).

One cupful shredded pineapple, one pint sweet milk, pour into a double boiler; place on fire to heat, while you beat three eggs and three tablespoonfuls of sugar together and one tablespoonful of flour or corn starch; add a little of the hot milk from the double boiler; stir thoroughly, then add to the contents of the boiler; cook until the consistency of cream. Turn into the previously prepared and baked pie shells and add the following meringue:

Meringue For Cream Pie.—Whites of two eggs, a small pinch of salt, one tablespoonful XXXX confectioner's sugar; beat eggs about half, add sugar, beat thoroughly; place in spoonfuls on the top of the pie; place in the oven until a delicate brown.—*Mrs. Carrie Ives Saunders.*

#### CREAM PIE.

Two cups of milk, yolks of two eggs, butter size of a hickorynut, two tablespoons corn starch, one-half cup of sugar, flavor and make into a custard. Bake under crust; first use whites of eggs for frosting.—*E. M. G.*

#### LEMON MERINGUE PIE.

Grate the rind of two lemons in a bowl, add a cup and a half of white sugar, and two heaping tablespoonfuls of unsifted flour or one of corn starch. Stir these together, then



add the yolks of three beaten eggs. Beat thoroughly and add the juice of two lemons, two cups of water, and a piece of butter the size of a walnut. Set the bowl into a sauce-pan of boiling water and cook until it thickens and will drop from a spoon like cold honey. Remove from fire and when cool, pour into a pie tin lined with pastry (the pastry may be baked a little before it is poured in). When baked, have ready the whites of eggs beaten stiff, with three level tablespoonfuls of pulverized sugar. Spread over top and return to oven to set and color a golden brown.

—*Sadie Curley*, Cleveland, Ohio.

### RIPE CURRANT PIE.

Line a pie plate with a good crust and fill with this mixture: One cupful of ripe crushed currants, one cupful sugar, two tablespoonfuls water, one tablespoonful flour mixed smooth with the beaten yolks of two eggs; bake and frost with the whites of the eggs and two tablespoonfuls of powdered sugar. Brown in the oven.

### SQUASH PIE.

Two eggs, two-thirds cup of sugar, small teaspoon of salt, heaping cup of squash cooked, dry ginger to taste, also a little cinnamon. Beat eggs and add squash and milk just to thin. One crust.—*Mrs. Trowbridge*.

### PINEAPPLE PIE.

One pineapple grated, one cup of sugar, one cup of sweet cream, one-half cup of butter, five eggs. Beat the sugar, butter and yolks of eggs to a cream. When this is thoroughly done, add the beaten whites of the eggs, dipping the custard lightly over. One crust.—*Mrs. H. A. Turner*.

### BERRY PIE—(Any Kind of Berries).

Line a pie tin with good paste, bake, but not until brown. Have ready a quart of berries (fresh ones are best), sugared, put them in the paste and finish baking. Put in the beaten whites of two eggs on top and put back in oven and brown, or can be made with two crusts.—*Mary Tuttle*.

### MINCE MEAT THAT "IS."

Boil three pounds of very nice, tender beef and chop it very fine; when cold add to it the following: One pound chopped suet; two pounds stoned raisins; two pounds English

currants, two pounds citron cut in fine pieces, one-half teaspoonful powdered cloves, two teaspoonfuls cinnamon, one-half teaspoonful powdered mace, two pounds of sugar, one pint each of brandy and wine, or cider may take the place of wine; or one-half pint of pure alcohol will answer as well as the other liquors mentioned. Mix all the ingredients well, put in a stone jar and cover well. It will keep for a fortnight or more. When making the pies, chop tart apples very fine and to each pound of the prepared meat add one quart of the apple; more sugar may be added if desired, and a little sweet cider will add to the juiciness of the pies.

#### COCOANUT PIE.

One pint of cocoanut, one pint of milk; let cocoanut soak in part of the milk five or ten minutes. Three eggs, two table-spoons of sugar, and the whites of two eggs for frosting.

—*Gertrude Foster.*

#### BANANA PIE.

One and one-half cups of milk, two eggs, one and one-half cups of sugar, whites of eggs for frosting. Slice bananas and mix with the custard, one tablespoon of flour or corn starch.—*Mrs. C. Edwards.*

#### CREAM-JELL PIE.

Three eggs, two tablespoons of jelly, one cup of good cream, two tablespoons of sugar, flavor to taste, bake with lower crust.—*Miss M. Edwards.*

#### CREAM PIE.

One pint of cream, thick, but sweet, one-half cup of sugar, whites of three eggs. Beat stiff, add cream, beat, then add sugar and beat again.—*Cousin Maude.*

#### EMERGENCY PIE CRUST.

Lard, butter and water, each one cup. Flour, four cups. Mix and roll out in the usual manner.

#### LEMON CUSTARD PIE.

Sweet milk, one pint; three eggs, one lemon, two-thirds cup of sugar. Mix the beaten eggs, sugar and milk together; remove spots, stem and flower end from the lemon, and chop it perfectly fine, picking out the seeds; then stir it into the custard and bake at once.



## CREAM PIE.

Bake the crust first, prevent its blistering by pricking with a fork. For each pie take two eggs, one-half cup sugar, two tablespoonfuls corn starch (or half flour), milk one pint. Set the milk on to boil, beat the yolks of the eggs, stir the corn starch in a little water, smoothly; then add sugar and stir all into the boiling milk, and continue until the custard is set or thick; then put into the baked crust and bake twenty minutes. Beat the whites of the eggs, with a teaspoonful of cream or butter and two tablespoonfuls of sugar; spread on top and brown nicely.

## CRUST FOR MINCE PIES.

(Equally good for other pies.)

One quart of sifted flour; one egg, the juice of a lemon, one saltspoonful of salt and one pound of fresh butter. Make a hole in the flour and put in it the beaten egg, the lemon juice and the salt. Now mix with ice-water or very cold water, into a soft paste. Roll it out, put the butter on the paste and fold the edges over it. Now roll it out to the thickness of one-quarter inch; fold over one-third and roll, fold over the other third and roll, always rolling one way. Place it with the ends toward you and repeat the turns and the rollings, as before, twice. Flour a baking sheet, put the paste in it and set in a cold place (on ice if it's summer weather), half an hour. Now roll twice more as before, and chill again for a quarter of an hour; give it two more turns and rollings and it is ready for use.

NOTE.—The chillings is to keep the butter cold, so the dough will not absorb it; this crust will be flaky and very rich. To make it less rich, reduce amount of butter.

## RUSSET APPLE PIE.

Line a pie tin with quite a thick paste, pare, core and halve the apples; place near together, hollow side up on the paste, place a piece of butter and good dusting of sugar and a little water in each cavity of apple, flavor with cinnamon, dusting it over apples; some prefer allspice; bake in a slow oven.

—Mrs. F. H. Turner.

## LEMON PIE.

Line pie tin with a rich pie crust and bake it. Filling:—One cup of white sugar, two cups of water, just the yellow

part of the rind grated and juice of one lemon, yolks of two eggs, a piece of butter the size of a walnut; let it come to a boil (in a double boiler), stir in two tablespoonfuls of corn starch, dissolved in a little water, stirring briskly. When cool, put into crust; beat the whites of two eggs, adding two tablespoonfuls of powdered sugar; spread over top of pie, set in oven a few minutes to brown.—*Mrs. Tubbs.*

#### PIEPLANT PIE.

One cup pieplant chopped fine, one cup sugar, one cup cold water, three tablespoons flour, yolks of two eggs; use whites for on top; bake. One crust.—*Ellen Evarts.*

#### LEMON PIE.

One thick slice of stale bread, without crust, soaked in one cup of cold water, piece of butter size of egg, one cup of sugar, yolks of two eggs, grated rind and juice of one lemon; line pan with rich pie crust, fill and bake. Make meringue of whites and sugar beaten stiff, brown in oven.

#### CUSTARD RHUBARB PIE.

One cup stewed rhubarb, beaten fine, one cup sugar, three quarters cup sweet milk, yolks of two eggs, half tablespoon flour, one spoonful lemon extraet; when baked, beat the whites of two eggs, put on top and brown lightly.—*E. M. G.*

#### POTATO PIE.

One quart of finely mashed potatoes, two eggs, one-half cup of milk, one tablespoon of butter, two-thirds cup of sugar, (less if sweet potatoes are used), season with nutmeg. Under crust only.—*Irish Woman.*

#### PUMPKIN PIE.

One-half cup sugar, two tablespoons molasses, one beaten egg, two cups pumpkin, one cup milk, a little salt; season with one teaspoonful ginger and one teaspoonful of cinnamon. Bake in moderate oven.—*Mrs. E. G. Proctor.*

#### MINCE MEAT.

Two pounds of lean beef, one quart of apples measured after chopping, three cupfuls of raisins, half pound of citron quarter cupful candied orange peel, half cupful of molasses, grated rind of one lemon, two teaspoonfuls of salt, half tea-



spoonful cloves, half cup of brandy, one pound of suet, one cupful currants, quarter cupful candied fruit, quarter cupful candied lemon peel, one cupful of sugar, grated rind and juice of one orange, one teaspoonful of cinnamon, one-half teaspoonful allspice, half cupful sherry, one cupful cider.

### PUMPKIN PIE.

Prepare the pumpkin for stewing, taking care to remove only the seeds, but not the soft inner portion, and boil in only water enough to just soften it, and then mash it through a colander with a potato-masher. To each quart of mashed pumpkin, add two tablespoonfuls of melted butter, five eggs, a quart of milk, a cupful of sugar, a tablespoonful of mixed ground spice, and a teaspoonful of salt. Bake in deep pie plates lined with pastry.

### APPLE PIE.

Line a deep pie plate with plain paste. Pare and cut into very thin slices six sour apples. Take a cup of sugar and grate a quarter of a nutmeg into it. Fill the pie plate heaping full of the sliced apple, sprinkling the sugar between the apples. Wet the edges of the pie with cold water; lay on and press down the cover so well that no juice will escape. Bake three-quarters of an hour or until the apples are well done, but not over-done.—*Mrs. R. D. Sees.*

### GREEN TOMATO MINCE MEAT FOR PIE.

Chop one peck of green tomatoes very fine. One tablespoonful salt, five pounds brown sugar, one large cup vinegar, one tablespoonful each of cinnamon, cloves and allspice, two pounds raisins, one pound currants. Boil about two hours, when nearly done, add a pint of apple jelly and the chopped fruit. If this is put in cans, will keep all winter.

—*Mrs. J. S. Extrom.*

### MINCE MEAT.

Three bowls meat, six bowls apples (chopped), one bowl molasses, one bowl vinegar, one bowl boiled cider or water or sweet cider, one bowl suet, three bowls sugar, two pounds currants, two pounds raisins, one tablespoon cinnamon, one-half tablespoon cloves, one tablespoon salt, one teaspoon black pepper (small), and strain in the liquor the meat was boiled in.

—*Mrs. Van Keuren.*

## TARTS.

Roll paste three-eighths inch thick, cut round with biscuit cutter, and as many more with a doughnut cutter. Brush the circles with water and lay the rings on them. Chill thoroughly and bake fifteen minutes in hot oven. Cool and fill with jelly. (Placing three or four rings on tart shells may be made for cream oysters or chicken.)

## APPLE PIE.

Slice apples and fill the lower crust, heaping slightly in the center, put on them, one-half cup sugar and a little nutmeg and cinnamon, two tablespoonfuls of water, sprinkle with flour and dot with bits of butter. Put on the upper crust wet edges. Bake 35 to 40 minutes in moderate oven.

## CHERRY PIE.

One cup pitted cherries, one cup sugar, one tablespoon flour, two eggs. Beat together; bake with under crust. Spread meringue of whites of two eggs over the top. This is delicious.

—Mrs. Vyn.

## CHOCOLATE PIE.

A small piece of butter, one tablespoonful of flour, one cup sugar, scant, three heaping spoons of chocolate. Mix well together, beat yolks of three eggs and add to the above, also one cup of sweet milk; beat the white of eggs to stiff froth and spread on top of pie.—Mrs. L. B. Kimerly.

## MINCE MEAT.

Two pounds beef, one-half pound suet, one and one-half pound sugar, three pounds apples, two pounds currants, two pounds raisins, two ounces cinnamon, two nutmegs. Add jell, brandy or boiled cider to suit the taste. Boil one hour.

## BOILED CIDER PIE.

Two-thirds cup boiled cider, two cups water, one cup sugar, then take two good tablespoons flour, wet up with a little cold water, yolks of two eggs, beaten with flour. When the cider and water comes to scalding heat, then stir in your beaten eggs and flour, when custard is done add a piece of butter size of hickorynut, two good teaspoon of vanilla; have crust baked, pouring custard in, then beat the white of two eggs for the top and set in oven to brown, flavor with vanilla.

—Mrs. E. M. Farrend.



## CHOCOLATE PIE.

One and one-half cups of sugar, butter size of an egg, two tablespoonfuls of chocolate, three tablespoonfuls of corn starch; water enough for one pie, and cook till thick; have the crust baked, and when cool put in tin and frost with the whites of two eggs.

## LEMON CUSTARD PIE.

Beat the yolks of three eggs and one cup of sugar together. Add the juice and grated rind of one lemon. Place one tablespoonful of flour in a cup and fill the cup with sweet milk, pouring it slowly and stirring all the time. Strain into the lemon and sugar mixture, adding one-half cup more milk. Line a pie tin with good paste, pour the mixture in and bake half an hour in a moderate oven. When done, beat the whites of three eggs to a stiff froth, add two tablespoonfuls of sugar, spread on top of pie and return to the oven a few moments to brown slightly. Delicious.—*Mrs. J. M. Peter.*

## LEMON PIE WITH TWO CRUSTS.

Line a tin with crust, then cut the lemon in thin slices and spread over bottom. Add one cup sugar, one cup water, in which has been mixed one large spoon of flour; small piece of butter. Grate yellow in pie, but leave out the white. Bitter skin of lemon; omit seeds.—*Mary E. Tibbitts.*

## CREAM PIE.

One and one-half cups milk, one-half cup flour, one-half cup sugar; yolks of two eggs; stir flour, sugar and eggs, stir into milk with little piece of butter and cook; pour into baked crust; use whites of the two eggs for frosting; flavor with vanilla.

## PIE CRUST FOR TWO PIES.

Three cups of sifted flour, one cup of lard, teaspoonful of salt, chop with silver knife, moisten with water enough to hold together, not too moist. Roll the desired size to make the upper crust very flaky; roll butter in it.

—*Mrs. H. A. Turner.*

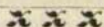
## PIEPLANT PIE.

Stew the pieplant, sweeten, add grated rind and juice of a lemon, beaten yolks of two eggs, bake with one crust. When

done, frost with the beaten whites of the eggs, add a little pulverized sugar, and set in oven to brown.—*Mrs. H. A. T.*

#### LEMON PIE—ONE CRUST.

One cup sugar, juice and rind of one lemon, one-half milk and one-half water, sufficient to fill a pie. Thicken with three tablespoons of corn starch (smooth with a little cold water). Pinch of salt, yolks of three eggs. Boil together until thick. Bake crust first, then fill pie; beat the whites of eggs with a little pulverized sugar; spread over pie and brown in oven.  
—*Mrs. Franc. Hodges.*



## PUDDINGS.

#### HOW TO USE ORANGES.

The simplest and surest way to test the fruit is to take it up in the hand and judge of its weight by lightly tossing or "hefting" it.

There are as many ways of serving and eating as there are varieties of the fruit.

The most common method and favorite way with Floridans is to cut the fruit in half, across the grain, forming two cups, the pulp and juice is then eaten with a spoon.

#### A FRENCH METHOD.

A dainty way to serve oranges for company breakfast is to cut with a sharp pointed knife the orange peel to resemble a basket. Carefully remove the pulp, seeds and white skin; add sugar and either some fruit juice or kirsch and put the pulp back into the baskets. Cut a slit in each handle and insert a small bunch of fragrant violets or a tiny rosebud.

#### RICE PUDDING.

One quart milk, one cup boiled rice, three eggs, two tablespoons sugar, one teaspoon of extract of vanilla or orange.

#### PEACH OR APPLE PUDDING.

Take five or six apples (or peaches), pared and quartered, and sprinkle with sugar, and let stand for about half an hour.



One tablespoon butter, one-half cup sugar, one-half cup milk, one egg, one heaping teaspoon baking powder, and flour to make a thick batter. Have the fruit in bottom of baking dish sprinkled with the sugar, pour over the batter and bake slowly.—*Mrs. J. Lauren Maltby.*

#### BELLEVIEW PUDDING.

One cup molasses, one-fourth cup butter, one cup milk (sour), three cups flour, one cup raisins, one teaspoon soda, one teaspoon each cloves and cinnamon; steam three hours.

#### SAUCE.

One cup powdered sugar, one-half cup butter, one egg, one teaspoon vanilla, one tablespoon boiling water.

—*Ellen Evarts.*

#### PRUNE PUDDING.

Stew one-half pound of prunes, pit and chop fine. Add whites of four eggs, well whipped. Bake until brown; serve with whipped cream, sweetened.

—*Mrs. G. Hadley, Logansport, Ind.*

#### STEAMED PUDDING.

One cup sugar, one-half cup butter, three eggs, one cup milk, three heaping teaspoons baking powder, three cups of flour. Steam one hour.

#### SUET PUDDING.

One small cup of suet, cut fine, one cup of molasses, one cup chopped raisins, one cup sour milk, one-half teaspoonful each, cloves, cinnamon and nutmeg, one teaspoonful of soda. Stir thick with flour, and put in pudding bag, leaving room to rise, and boil three hours.

#### RAISIN PUFFS.

Two eggs, one-half cup butter, three teaspoonsful baking powder, two tablespoonfuls sugar, two cups flour, one cup of milk, one of raisins, chopped fine. Steam one-half hour in small cups.

#### HUCKLEBERRY PUDDING.

One cup sugar, one-half cup butter, two cups milk, two cups berries, one teaspoonful of soda, two cream of tartar,

salt. Mix stiff as ginger bread, and boil two hours in a tin boiler; serve with sauce.

### COTTAGE PUDDING.

One cup milk, two flour, three teaspoonfuls baking powder, two tablespoonfuls melted butter, one egg, one cup sugar. Steam three-quarters or bake one hour. Serve with sauce.

### BAKED BANANAS.

Pare and bake large bananas about twenty minutes, or until a delicate brown, and serve hot with a syrup made of the juice of one lemon, about half a cup of sugar, and thin with a little water.

### MOONSHINE.

One pint of whipping cream, whipped with a little sugar and flavored with vanilla; whites of two eggs, beaten stiff, one-half cup currant jelly; one-half cup sugar; beat egg, sugar and jelly together and drop one tablespoon in center of whipped cream. Serve six.—*Mrs. G. K. Moshier.*

### DRIED APPLE PUDDING.

Two-thirds cup sugar, one-half cup molasses, one-fourth cup butter, two eggs, one teaspoon mixed spices, one teaspoon soda, one and one-half cups flour, one cup dried apples; cut up, not mashed; steam two hours and serve with a dip.

—*Mrs. Augusta Glass.*

### HARTFORD PUDDING.

One cupful molasses, one cupful boiling water, one tablespoonful melted butter, one small teaspoonful salt, one teaspoonful soda, four teaspoonfuls flour, with small teaspoonful baking powder, one teaspoonful each of cinnamon and nutmeg, one or two cupfuls of raisins, or raisins and currants. Steam two hours; serve with corn starch or other sauce.

—*Mrs. J. K. Failing.*

### STEAMED CHERRY PUDDING.

Three eggs, one cup sugar, one cup flour, one and one-half teaspoons baking powder, three tablespoons water; pour the batter into buttered cups, add a tablespoon of cherries to each cup; steam one-half hour, when done roll in powdered sugar and serve at once with hot sauce. Sauce:—One-half cup



sugar, one-fourth cup butter, rubbed to a cream, one cup cherry juice; one teaspoon corn starch. Float the dish in hot water until well heated.—*Mrs. E. E. Annison.*

### ORANGE PUDDING.

Three oranges, peel and seed, one large cup of sugar, put one-half over the oranges and let stand; beat yolks of eggs and one-half cup sugar, one pint of new milk, one tablespoon of corn starch. Cook in double boiler, and when partly cool pour over oranges; beat whites of eggs and two tablespoonfuls of pulverized sugar, and cover pudding; brown in oven.

—*Mrs. Wm. Osborn.*

### SALPICON OF FRUIT.

Peel tangerines or small oranges and separate the pulp into sections; slice two or three bananas; peel, seed and cut in halves a few malaga grapes and set away to chill. Make a syrup of two cups of sugar to one of water boiled together for five minutes. Cool and flavor with lemon juice. Arrange the fruit in champagne glasses and pour the syrup over. When in season, cherries, pineapple cut in small pieces, sliced peach or strawberries may be substituted. Fruit to be served in this way should never be green, but ripe, yet not soft.

A salpicon of fruit is appropriate for the first course at a luncheon. Instead of the graceful champagne glass, handsome sherbert cups or cups made from halves of oranges may be substituted.

Still another way to serve a salpicon of fruit is to make an ice from fruit juice and syrup and partly fill the cup covering the top with the mixed, chilled, fresh fruit. In this case it may come after the roast at dinner, and is not suitable for the first course. For the ice, boil together one and a half cups of sugar and three cups of water until one cup at least of the water has evaporated, then add one cup of fruit juice and freeze.

### ANGEL PARFAIT.

This dessert is novel, yet inexpensive and extremely simple to make. It makes a handsome company dish by the addition of whipped cream above the parfait, sprinkled with chopped pistachio nuts or with candied violets, crushed fine. Boil one cup of sugar and three-fourths of a cup of water until it spins a thread three inches in length. Then pour the sirup in a fine stream on the whites of three eggs, beaten dry. Beat

until the mixture is cold. Add a scant tablespoon of vanilla extract and fold in one pint of cream, beaten firm. Turn the mixture into a mold or the can of a freezer, cover securely to avoid salt water, surround with equal measures of salt and crushed ice. Let stand two hours or longer, renewing the salt and ice, if needed. When lightly and evenly frozen fill the glasses. (Should this dessert be considered expensive or too elaborate, hot apple pie may be substituted.)

—Mrs. Henry Martin.

### STEAM PUDDING.

Two cups of flour, one-half cup of sugar, one-half cup sweet milk, one tablespoon of butter, one egg, two teaspoons of baking powder, one cup of fresh or dried fruit. Steam two hours.—Mrs. C. E. Slocum.

### RHUBARB JELLY WITH WHIPPED CREAM.

Wash the stalks well, cut into small pieces, put into a preserving kettle with just enough water to keep from sticking. Cook until soft and then rub through a sieve. To each pound of rhubarb, allow a pound of sugar and to each quart of pulp, add two ounces of dissolved gelatine. Turn the jelly into a border mold and set on ice to stiffen. When firm, turn out and fill the center with whipped cream.

### STRAWBERRY CHARLOTTE.

Take a quart of strawberries, a dozen lady fingers, half a pint of double cream and a pound of sugar; split the lady fingers; moisten them in the juice of half a cup of the berries mashed to a pulp and line a glass dish; place a layer of the berries in the bottom of this dish; cover with a layer of sugar; whip the cream to a stiff, dry froth and add a layer of it and then more berries, sugar and cream; continue in this way until all materials are used, having top layer of cream garnished with berries. Place on ice to chill before serving.

### WALNUT CREAM.

One pint cream, one tablespoon gelatine, one-fourth cup cold water, one-half cup sugar, the meats from half pound English walnuts. Whip cream, add nuts (minced), and dissolved gelatine, set to cool at least one hour before used, serve with chocolate sauce. Dissolve two squares bitter chocolate, half cup sugar, add little water to form syrup.



## SUET PUDDING.

One cup molasses, one cup sweet milk, one cup chopped suet, one cup raisins, a small amount of chopped candied orange and lemon peel, one-half teaspoon soda, two and one-half cups flour, spice to suit taste. Mix well and steam two hours.

## WALNUT LOAF.

One cup walnut meats, chopped, one cup boiled rice, one cup tomatoes (solid part), two tablespoonfuls chopped celery, three eggs, salt and pepper, one spoon of oil or melted butter. Beat eggs, stir into rice, pour butter over, add tomatoes brought to boiling point, add celery, then meats, mould into loaf, place in baking dish well buttered, and bake 40 minutes. Relish, slice cold and eat with jelly made of juice of tomatoes and jelatine.—*Mrs. E. Benedict.*

## CARMEL CUSTARD.

One pint milk, three eggs, one-fourth cup sugar, one-half teaspoonful vanilla. Caramel—One-fourth cup boiling water, one-half cup granulated sugar; beat the eggs, add sugar, milk, and vanilla. Carmalize the sugar in a small sauce-pan; that is, put the sugar in the hot pan and stir until it melts and becomes brown. Add the boiling water, stir until all the lumps are out; pour into greased custard cups, sufficient to cover bottom; let stand a few minutes and pour in the custard. Set cups in pans of hot water, put in the oven and bake until set.  
—*Mrs. C. S. Hester.*

## CHARLOTTE RUSSE.

One ounce of gelatine dissolved in one pint boiling milk, whites of four eggs, beaten to a stiff froth, one and one-half cups powdered sugar, pint cream, whipped to a froth and flavored. Line a large mold with thin slices of sponge cake or lady fingers, mix gelatine, sugar, cream and flavoring together, add lightly whites of eggs, pour in mold and set on ice.—*Mrs. C. J. Matthews.*

## CHARLOTTE RUSSE.

Line a bowl with pieces of sponge cake, put three-fourths of envelope of Plymouth Rock granulated gelatine in little water and place in vessel of hot water to dissolve; whip one and one-half pints of whipping cream, and add one-half cup

sugar and vanilla; stir the gelatine which has been dissolved and cooled, into the cream, and then put it in the lined bowl. If the gelatine is not cooled before adding to the cream, it is likely to make the mixture lumpy. Keep in a cool place.

—*Miss Helen Otte.*

#### CHEAP PLUM PUDDING.

One cup brown sugar, one cup suet, one cup molasses, one cup milk, one cup raisins and currants, one egg, three teaspoons baking powder, spices, salt, flour. Steam three hours.

—*Mrs. M. H. Lewis.*

#### FOOD FOR THE GODS, OR WINTER PUDDING.

One cup of dates, one cup of figs, one cup of raisins, one cup of nuts, small glass of sour jelly. Mix with hands and make in a loaf; wrap in parafine paper and put away in pail; when served, slice and cover with whipped cream.

—*Myrtelle Turner Lawrence, Lincoln, Neb.*

#### APPLE FLOAT.

Grate one large or two small apples, to this add the white of one egg and one cup sugar; whip fifteen minutes; flavor to suit taste. Nice for dark cake or to serve with puddings.

—*Mrs. C. M. Quayle.*

#### GOLDEN GEMS.

One-half cup butter, one cup sugar, two eggs, two cups flour, one-half cup milk, two teaspoons baking powder, one teaspoon vanilla; bake in gem pans. Serve with lemon custard poured over the cake. Stale cake can be used.

#### LEMON CUSTARD.

Juice and grated rind of one lemon, add two and one-half cups of water, one cup of sugar, and heat. Rub two tablespoons corn starch smooth in water, beat yolks of two eggs, mix; add heated lemon-water gradually to corn starch and eggs, and place over fire to thicken, stirring carefully; remove; add beaten whites of eggs to custard.—*Mrs. I. S. Walker.*

#### SAILORS' DOFF.

One egg, one-half cup molasses, two tablespoons B. sugar, two tablespoons melted butter, one and one-half cups flour, one teaspoon soda, dissolved in one-half cup *boiling hot water*, added after rest is well beaten, put into empty corn can and



steam two hours. Serve with lemon sauce. One cup sugar, one-half cup butter, one egg. Juice and rind of one lemon, three tablespoons hot water, thicken over steam and serve over slices of pudding.—*Mesdames Lewis and Robbins.*

#### SUET PUDDING.

One-half cup suet chopped, one-half cup raisins, one-half cup currants, one-half cup molasses, one-half cup boiling water, pinch of salt, one-half teaspoon cinnamon, one-fourth teaspoon cloves. One level teaspoon soda, and steam two hours, or if you have an egg poacher, grease the patties and drop a tablespoonful of the above mixture in each and they will steam while your potatoes are cooking. Serve with some dip or vanilla sauce.—*Mrs. Vankeuren.*

#### SNOW PUDDING.

Pour one pint of boiling water over half box of gelatine, add two cups of sugar, and juice of two lemons. When nearly cold, strain, add the beaten whites of three eggs, pour into a dish and let get entirely cold. For custard, use the yolks of three eggs, one pint of milk, one large tablespoon of corn starch, one-half cup sugar, add little salt and vanilla, and cook till done, and let cool, then dish out the pudding and put custard around it.—*E. M. G.*

#### PLUM PUDDING.

One cup chopped suet, one cup raisins, one cup sour milk, one cup molasses, three cups flour, one teaspoon cloves, two teaspoons cinnamon, one teaspoon heaping soda. Steam three hours.—*E. M. G.*

#### BANANA DESSERT.

Peel good ripe bananas, as many as desired, lay one on pie plate and spread over top whipped cream, and sprinkle with chopped nut meats, then put on about three red cherries on top of banana or three bits of currant jelly will do if you have not the big red cherries.—*Mrs. J. A. Verkerke.*

#### CARAMEL PUDDING.

Scald one pint of milk in a double boiler; mix the beaten yolks of two eggs, two tablespoons of corn starch, stirred in a little cold milk; add this mixture to the milk and stir until it thickens. Melt three tablespoons of granulated sugar in a

sauce-pan; let it boil up smoking, add this to the custard; add vanilla and turn into a pudding dish; cover with a meringue made of the whites of two eggs and four tablespoons of sugar; brown slightly; serve cold with cream if desired.

—*Anna W. Miller.*

### PINEAPPLE PUDDING.

Two teaspoons gelatine, one-fourth cup cold water, one-fourth cup boiling water, two tablespoons sugar, one-half pint whipped cream, one-half cup or more grated pineapple. Dissolve gelatine in cold water, add boiling water and sweeten, add little coloring if desired. When it begins to stiffen, add it to the cream and pineapple, beating it well, and let stand to set.—*Mrs. Tubbs.*

### CHOCOLATE PUDDING.

One cup of bread crumbs, dried and rolled, one pint milk, one scant tablespoon butter, enough chocolate to make dark. Let crumbs come to a boil in the milk, beat very light, add two scant tablespoons sugar, add two eggs beaten light. Bake 20 minutes. To be eaten with hard sauce.—*Mrs. E. Benedict.*

### RICE APPLE DUMPLINGS.

• Boil half a pound of rice and season it with butter and salt. After removing it from the fire, stir in two well beaten eggs. Have ready squares of muslin, nine by nine inches is a good size; dip them one by one in hot water, sprinkle with flour and put in each two tablespoonfuls of the rice; spread the rice and in the center place a peeled and cored apple. In the cavity left by the core, put some sugar and cinnamon, draw the corners of the cloth together and fasten closely at the top with pins. Place in a kettle of cold water and boil thirty minutes, after the water begins to boil. Serve hot with hard sauce.—*Mrs. J. M. Peter.*

### PORCUPINE SPONGE CAKE.

Bake an ordinary sponge cake; put in a serving dish; make a boiled custard of three eggs, using the whites for a meringue. Turn the custard over the cake, placing the meringue on top. Put in the oven until the meringue is set; blanch some almonds and cut into shreds; stick these into the meringue, which makes it look like a porcupine.

—*Mrs. J. McMillan.*



### LEMON PUDDING.

Stir together one and one-half cups sugar, one-fourth cup butter, three eggs, one-fourth cup water, one small cup bread crumbs; slice and grated outside yellow rind of lemon. Bake in small pudding dish, about half an hour. Serve warm.

—*Mrs. Erdman.*

### SUET PUDDING.

Two eggs, one cup sweet milk, one-half cup molasses, one-half cup finely chopped suet, one teaspoon salt, two teaspoons baking powder, three scant cups flour, spices to taste, and one cup mixed chopped fruit—raisins, citron, currants or almonds. Steam two hours and serve with a soft sauce.

—*Mrs. A. E. Atwood.*

### CHARLOTTE RUSSE.

One-half pound lady fingers, one pint whipping cream, whip stiff, sweeten; put upon plate; place lady fingers in form of a cake. This will serve twelve people.—*Mrs. Powell.*

### PRUNE PUDDING.

Stew one-half pound prunes, pit and chop fine; add whites of four eggs, well beaten; bake until browned. Serve with whipped cream and sugar.—*Mrs. L. N. Fisher.*

### SUET PUDDING.

One cup chopped suet, one cup molasses, one cup raisins, one cup sour milk, three cups flour, one teaspoon soda, one teaspoon salt. Steam three hours.—*Mrs. D. F. Rice.*

### SUET PUDDING.

One cup suet, chopped fine, one cup molasses, one cup sweet milk, one cup currants, three cups of flour, one teaspoon each of salt and soda; boil or steam three hours. Sauce for same—One cup sugar, one-half cup butter, one tablespoon flour, one teaspoon vanilla, one pint boiling water.

—*Mrs. Waite.*

### HEAVENLY HASH.

Two oranges, one-fourth pound each dates, figs, grapes and cherries, one-fourth can of sliced pineapple, one pint cream, two tablespoons XXXX sugar; put in a dish, pour over it gelatine and cover with whipped cream.—*Mrs. Dobblecr.*

## SUET PUDDING.

Two-thirds cup of chopped suet, two-thirds cup of chopped raisins, two-thirds cup sour milk, one-half teaspoon soda, one egg, salt to taste, add flour to nearly consistency of cake batter. Steam one-half hour; serve with fluid sauce.

—*Mrs. J. T. Miller.*

## DELIGHT PUDDING.

One pint bread crumbs, one-half cup softened butter, yolks of two eggs, one cup milk, one-half cup molasses, one-third cup flour, one-half teaspoon soda, salt, mace and cloves, one teaspoon cinnamon, one cup seeded raisins (cut in halves); mix thoroughly raisins and buttered crumbs and add flour; then mix the whole to a dough with the liquid mixture. Steam in two quart mold, thoroughly buttered, serve with the following sauce: Sauce.—Cream one-half cup butter, gradually beat in one cup powdered sugar, whites of two eggs, beaten stiff, flavor with vanilla or mace.—*Mrs. C. Otte.*

## GENUINE PLUM PUDDING.

Stone one and one-half pounds of raisins, wash, pick and dry one-half pound of currants, mince fine three-quarters pound of suet, cut into thin slices one-half pound of orange and lemon peel—mixed—and grate fine three-quarters pound of bread crumbs, or stale bread, and when all these parts are prepared, stir them well together; then add to this mass eight well beaten eggs and one wine-glass of brandy; now see that all is thoroughly mixed by stirring vigorously and then press the pudding into a buttered mould and tie down tightly with a floured cloth; then boil for six hours. On festive occasions a sprig of holly may be placed in the middle of the pudding and a wine-glass of brandy poured around it, which, at the moment of serving is lighted and the pudding brought to the table encircled with flames.

## BAKED RICE MERINGUE.

Rice, one cup; milk, one quart; four eggs; two lemons; powdered sugar as below. Boil the rice fifteen minutes, in the milk, using a rice-kettle, and pour into a buttered pudding dish; grate in the yellow of the lemons; add the yolks of the beaten eggs, beaten slightly, with five tablespoonfuls of sugar, and bake in the oven about three-quarters of an hour. For the meringue, beat the whites of the eggs with seven table-



spoonfuls of sugar and the juice of one of the lemons. Just before serving place this upon the top of the pudding and let it brown nicely. Serve with cream sauce.

### COTTAGE PUDDING.

One cup each of sugar and milk, melted butter, three tablespoonfuls; one egg, flour, one pint; soda, one teaspoonful; cream tartar, two teaspoonfuls. Steam in suitable dish one and one-half hours. Serve with any desired sauce.

### TAPIOCA PUDDING.

Sweet milk, one quart; tapioca, one cup; two eggs, four tablespoonfuls sugar; lump of butter half the size of an egg; a pinch of salt; a little nutmeg. Note—The tapioca should soak in the milk one full hour; then beat the eggs and sugar together, mix the whole and bake.

### CHERRY PUDDING.

Two cups flour, one-half cup sugar, one cup milk, one egg, one teaspoonful baking powder, pinch salt, two tablespoons melted butter, one cup cherries. Beat sugar and egg, add milk, flour and baking powder, last salt and butter. Sauce—One cup brown sugar, one-half cup butter, two tablespoons of corn starch, one cup boiling water; boil five minutes.

—Mrs. C. I. Flynn, Baker City, Oregon.

### CHOCOLATE PUFFS.

Cream together one-half cup of butter, one tablespoon of lard and one cup of sugar; add one-half teaspoonful of salt, the same of cinnamon, one ounce of unsweetened chocolate melted, and one teaspoonful of vanilla; add alternately one-half cup of milk and a pint and a half of flour sifted with a heaping teaspoonful of baking powder. This makes a batter too stiff to drop; put lumps the size of a walnut two inches apart on a greased tin and bake in a quick oven about seven minutes.

### FLOATING ISLAND.

Make a boiled custard with three eggs and one pint of milk, three tablespoonfuls of sugar; beat eggs and sugar; add milk; put into the top of double boiler; when boiling stir as little as possible; turn out into a pretty glass fruit dish; season with vanilla; let get cold; then beat the whites of as many eggs

as necessary to a stiff froth; drop by spoonfuls into boiling salted water to which has been added one tablespoonful of vinegar; cook just long enough for the whites to set, about two and one-half minutes; drain carefully, place on the custard; when all are very cold, or at serving time, garnish with whole candied violets or two bunches of fresh violets. A beautiful Easter dish, as well as Lenten.

#### ALMOND CUSTARD.

Heat one quart of milk until boiling hot; beat to a cream four eggs and two cupfuls of sugar; add this slowly to the hot milk, stirring quickly all the time; then add one-half pound of almonds, blanched and pounded fine, and four teaspoonfuls of rosewater; stir over the fire until as thick as cream, then set in the oven until firm. Serve cold, and just before serving cover with whipped cream tinted delicately pink with strawberry syrup or red currant jelly.

#### BLACKBERRY PUDDING.

Make a crust by wetting two cups of wheat meal and one cup of fine corn meal, with boiled rice enough to make a paste that can be rolled out one-third of an inch thick. Mix about one quart of blackberries with half a cup of wheat meal and pour them into the rolled out crust, draw the latter over them and pinch together; then sew the whole in a cloth and steam for one hour and a half. Let it cool for a few minutes, then dish with a spoon, trim with sugar and serve warm.

#### APPLE PRESERVES, BAKED.

Pare, core and cut into slices enough tart apples to make two quarts. Put into a granite bean pot. Add one and one-half cupfuls of sugar and one cup of water; place on the cover, bake slowly in the oven for two hours, or until the apples are a dark red and have baked down fully half. Serve hot or cold; better than apple sauce and very rich.

#### BAKED PIEPLANT AND PRUNES.

Wash thoroughly one pound of prunes, cover with fresh water, using a granite stew pan; set over the fire until the water on the prunes is hot, not boiling, then set aside for twelve hours or more until the prunes are well puffed and soft enough to remove the pits. Then cut into inch pieces sufficient pieplant to make two pounds, put in alternate layers



in a covered granite bean pot; add one cup and a half of sugar and bake slowly for at least two hours. This is found to be a nice accompaniment with toast for breakfast, especially in the spring when we need a liver regulator.

### BAKED APPLE PUDDING.

Fill a pudding dish with apples, sweetened to taste; make a cream tartar dough crust; cover with a deep pie plate. Place on the back of the range, and bake for about an hour. Serve with sweet sauce.

### QUINCE DUMPLINGS.

Pare and core your quinces, put them in a sauce pan with very little water, and as soon as they begin to get tender take them out. Make a paste of six ounces of butter to a pound of flour, cover the fruit, tie them in dumpling cloths and boil them.

### DANISH PUDDING.

Put one quart of currant juice and one pint of water into a double boiler and let scald. Mix together four tablespoonfuls of corn starch, one-half pint of sugar and one-half teaspoonful of cinnamon; moisten with one-half cupful of water, and stir into the scalding juice. When thick and smooth pour into wet molds, chill and serve with whipped cream.

### CHERRY TAPIOCA.

Wash one cupful of tapioca, cover with cold water and let soak over night. In the morning, put it over the fire with two cupfuls of boiling water, and simmer slowly until the tapioca is perfectly clear; add one and one-half pound of stoned sour cherries and sweeten to taste. Serve with sugar and cream.

### MERINGUES.

Take one pound of powdered sugar, and add to it the beaten whites of eight eggs (slowly), until it forms a thick froth, fill a tablespoon with the paste, and smooth it over with another spoon to the desired shape, sift a little sugar over a sheet of paper, drop the meringues about two inches apart, dust a little sugar over them and bake in a quick oven with the door open part way, so they can be continually watched. When brown colored, take them out, remove them from the paper with a thin knife, scrape out of each a little

of the soft cream, rolled with ice cream. If whipped cream is used they would be improved, but the addition of a little bright jelly inside each meringue.—*Marguerite Baker.*

#### TWO-LAYER SHORT CAKE.

One-half cup of sugar, two tablespoons of butter (not melted), pinch of salt, one egg, one cup sweet milk, two cups flour, two teaspoons baking powder.—*Mrs. F. H. Turner.*

#### FILLING FOR ABOVE.

Fresh fruits, jellies, marmalades, custards, which ever suit the taste, may be used.

#### COLD RICE PUDDING.

One-half cup rice cooked in plenty of water, salt; when rice is done, drain well and add pint of milk; let come to a boil; then add the yolks of three eggs and one cup sugar; let it stand on stove until it thickens; flavor with vanilla; remove from fire and whip the beaten whites of the eggs gently in pudding until thoroughly mixed. Made on Saturday, makes easy dessert for Sunday.—*Mrs. Roland Clark.*

#### GRAHAM PUDDING.

One-half cup of molasses, one-fourth cup of butter, one-half cup of sour milk, one and one-half cups of graham flour, one egg and one teaspoonful of soda, one cup of raisins, spice to taste, and steam three hours.—*Mrs. C. A. Beebe.*

#### GRAHAM PUDDING.

One egg, one-fourth cup of melted butter, one-half cup of molasses, one cup sour milk, one teaspoonful of soda, one-half cup chopped raisins. Steam one hour.—*Iva D. Kelly.*

#### STRAWBERRY SHORTCAKE.

Rub into one quart of flour, five ounces of lard, pinch of salt and three tablespoonfuls of baking powder, add gradually enough milk to make a soft dough, divide into four parts. Roll one part out lightly, cover a straight sided cake tin with it. Roll out another part and lay it on top of the first. Proceed in the same manner with the other two parts, using another baking tin. Bake quickly; and when done, while hot, lift the upper part from each pan; butter the inner surface



and place between the two crusts a layer one inch thick of fresh berries, mashed and sweetened. Serve immediately with cream. (A raspberry shortcake may be made with the same pastry.)

### COCOANUT AND RICE PUDDING.

Boil one teacupful of rice in milk until soft and dry. Whilst it is still hot stir into it a quarter of a pound of butter. Then add the well-beaten yolks of six eggs, a pound of sugar, a grated cocoanut, and rose water or lemon peel to taste. Stir in the stiffly beaten whites of four eggs, and bake. When cool spread over the top the whites of two eggs, beaten to a stiff froth, with some sugar and the juice of a lemon. Color it a little in the oven, or with a salamander.

### A RHYMED RECIPE FOR RICE PUDDING.

(This is from a grandmother's scrap book and highly recommended.)

One quart of milk to make it nice,  
Only nine teasp' of rice,  
Nine teasp' of sugar, too,  
Also a pinch of salt mixed through.  
Two teasp' of any flavor  
Of which you want the dish to savor;  
I, by my own idea possessed,  
Consider that lemon is the best.  
Baked for two hours—not fast, not slow,  
But in a moderate oven—so  
When it is done it ought to seem  
Thick as the richest kind of cream.

### SHRIMP PINK PUDDING.

(With Chocolate Sauce for Six.)—Into the top of the double boiler put three cupfuls of sweet milk, a pinch of salt, five tablespoonfuls of sugar and three eggs, beaten just enough to mix well. Place over hot water. Color the milk with a little of the damask rose color paste; when boiling, thicken with two tablespoonfuls of corn starch dissolved in a little sweet milk. Cook for three minutes, season with vanilla; pour into a well buttered mold, set in the refrigerator to cool and set. Serve very cold with following sauce poured over: Chocolate Sauce—One and one-half cupfuls of milk, one tablespoonful of cocoa, one-half cupful of sugar. When boiling

thicken with one tablespoonful of corn starch; add a little piece of butter. Cook three minutes; turn out the pudding in a chop plate. When sauce is nearly cold turn over one-half of the pudding only, as it looks much more appetizing. Sprinkle over the whole one cupful of chopped almond meats that have been blanched.

#### FOR FLOATING ISLAND.

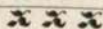
Take three eggs, three teacups of sweet milk, three tablespoonfuls of sugar, separate the whites of the eggs from the yolks; beat the yolks, add the milk, then the sugar; put on the stove to cook, stirring it constantly until it begins to thicken (do not let it boil or it will curdle); beat the whites to a stiff froth, and just before taking it off the stove slip the whites on the custard, and dip it up through to cook; flavor with lemon.

#### STEAMED CHERRY PUDDING.

Three eggs, one cup sugar, one cup flour, one and one-half teaspoons baking powder, three tablespoons water; pour the batter into buttered cups, add a tablespoon of cherries to each cup, steam one-half hour, when done, roll in powdered sugar, and serve at once, with hot sauce.

#### SAUCE.

One-half cup sugar, one-fourth cup butter rubbed to a cream; one cup cherry juice, one teaspoon corn starch; float the dishes in hot water until well heated.



## PUDDING SAUCES.

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#### CREAM SAUCE.

For this melt a piece of butter the size of a walnut and mix with one tablespoonful of flour. Then add one small chopped onion, half an ounce of lean, raw ham and a little pepper and salt. When beginning to color slightly, add half a pint of milk and stir all together until it boils. Let boil for two minutes, strain, and use as directed.



## VANILLA SAUCE.

One cup boiling milk; one cup sugar, one-third cup butter and one egg, creamed together and pour boiling milk with eggs and sugar, stirring all the time, then add vanilla. Use while hot.—*Mrs. Van Keuren.*

## LEMON SAUCE.

One cup sugar, one tablespoon corn starch, mixed with sugar; add lemon to taste; add boiling water until it thickens.

## WHITE OR CREAM SAUCE.

Put one tablespoon each of butter and flour in sauce-pan over fire. When mixed without browning, add one-half teaspoon salt, one-quarter teaspoon white pepper; then gradually, one cup hot milk. Stir until smoothly thickened and simmer for three minutes.

## A GOOD PLAIN SAUCE.

A good sauce to go with plain fruit pudding is made by mixing one cupful of brown sugar, one cupful of best molasses, one-half cup of butter, one large teaspoon of flour; add the juice and grated rind of one lemon, half a nutmeg grated, half teaspoon of cloves and cinnamon; stir all together; add a teacup of boiling water; stir it constantly; let it boil until clear, then strain.

## SAUCE FOR APPLE PUDDING.

Boil for ten minutes one cup molasses, one tablespoon of vinegar, one tablespoon of butter, pinch of salt. To golden this, add juice of rind of an orange.

## COLD CREAM PUDDING SAUCE.

Stir to a cream, one cupful of sugar, half cup of butter, then add a cupful of sweet, thick cold cream or white of egg beaten to a stiff froth. Flavor with lemon or vanilla.

## BRANDY OR WINE SAUCE.

Stir a heaping teaspoonful of corn starch (or tablespoonful of flour), in a little cold water to a paste, add a cupful of boiling water, one cup of sugar, a piece of butter size of an egg; boil all together ten minutes. Remove from the fire, and when cool, stir into it one-half cup of brandy or wine.

## LEMON SAUCE.

One cup sugar, one-half cup water, piece of butter size of an egg; boil all together until it is like syrup. Juice and grated rind of one lemon. Nice for cottage pudding.

## TO BROWN FLOUR.

Spread flour upon a tin pie plate, set it upon the stove or in a very hot oven, and stir constantly, after it begins to color, and until it is brown all through. Keep it always on hand, in glass jars, covered closely; it is excellent for coloring and thickening many dishes.

## PLAIN COLD HARD SAUCE.

Stir together one cupful of white sugar and one-half cupful of butter until it is creamy and light; add flavoring to taste. This is very nice flavored with the juice of raspberries or strawberries, or beat into it a cupful of ripe berries and the white of an egg beaten stiff.

## CANNED FRUIT SAUCE.

Take the syrup from any canned fruit, add sufficient sugar to sweeten and an equal quantity of boiling water; measure, and for one pint, thicken with one tablespoon of arrow root, blended in a little water; boil ten minutes; add one tablespoon of butter and stir till melted. Add a few raisins if you like.

## FOAM SAUCE.

One cup of sugar, two-thirds cup of butter, juice of one lemon; beat this to a cream, place over the fire and stir in quickly one gill of water.

## AMBROSIA.

One-half dozen oranges, one-half dozen bananas, one can pineapple. Peel and seed oranges, slice and cover with powdered sugar for an hour. Arrange in glass dish; layers of oranges, bananas and pineapple. Set on ice and serve with whipped cream. A nice summer dessert.

—Mrs. H. A. Turner.





## CANDY.

### TO MAKE TAFFY.

Three cupsful of granulated sugar, two-thirds cupful of water and one-third teaspoonful of cream tartar. Boil all together without stirring; when half done add a teaspoonful of butter. When it will snap it is done, and must then be poured into a buttered plate to cool. Be careful not to cook too much. Pull until smooth and white. While pulling flavor with peppermint or vanilla.

### CHOCOLATE CANDY.

Six cupsful of sugar and two of cream; one tablespoonful of butter; scrape half a cake of chocolate, and flavor with vanilla. Boil; pour into a square buttered pan; when cool, cut in squares.

### CHOCOLATE CARAMELS.

One pint of sugar and one pint of New Orleans molasses (or sorghum); one-quarter pound of grated chocolate; one-half cupful of sweet cream. Try often by dropping a little in cold water when it is boiling. When about done, add a teaspoonful of vanilla. Pour on greased tins about one-quarter inch thick.

### BUTTERSCOTCH.

One cupful of butter, two cupsful of sugar, two cupsful of New Orleans or sorghum molasses, one heaping teaspoonful cinnamon. Boil ten minutes; pour into a buttered pan, and when cold cut into squares.

### BROWN SUGAR CANDY.

Two cups brown sugar, one cupful of water and one-half cupful of strong vinegar. Boil half an hour; turn into a buttered dish, and when cool, pull until very light colored.

### HALLOWEEN FUDGE.

Two cups of granulated sugar, three quarters of a cup of milk, one-half a cup of grated chocolate, one teaspoon of butter and one teaspoon of vanilla are the ingredients of fudge. Put the milk and sugar in the pan and stir until the sugar is dissolved. After it begins to boil, cook for ten min-

utes, then add the chocolate and butter and cook exactly two minutes more. Stir all the while it is cooking, then beat it in the pan after taking from the stove. This is to make it creamy. Pour into a deep buttered tin and when it hardens a bit mark it off into squares. Be sure and not over-cook it for that makes the fudge grainy and crumbly.

#### PEPPERMINT DROPS.

Boil one cupful of sugar, crushed fine and just moistened with water, for five minutes. Take from the fire and add cream of tartar the size of a pea; mix well and add four or five drops of oil of peppermint. Beat briskly until the mixture whitens; then drop quickly upon white buttered paper. If it sugars before it is all dropped on the paper, add a little water, and boil a minute or two longer.

#### MARSHMALLOW CANDIES.

Soak four ounces of pulverized gum arabic in a teacupful of cold water for two hours; put into a double boiler with cold water in the outer vessel and bring gradually to the boil; when the gum is dissolved, strain through coarse muslin, return to the double boiler with a heaping cup of powdered sugar and stir long and steadily until the mixture is white and stiff. Remove from the fire, beat very hard for a minute, flavor with vanilla, then beat a minute longer, and pour into tins, the insides of which have been rubbed with corn starch. When the paste is cool, cut it into squares of uniform size and turn each of these over and over in a mixture made of three parts of cornstarch and one part powdered sugar.

#### POTATO CREAM CANDY.

Two pounds of pulverized sugar, one hot boiled potato the size of an orange; mix to a cream; flavor to taste; reserve one-half pound of the sugar to mix with nuts, or fruit may be used.—*Fannie Corbin.*

#### BOILED SUGAR CANDIES.

Sugar heated to different degrees gives different kinds of candy and alone will give all shades of color from pure white through different degrees to yellow, orange, reddish brown to dark brown and black. To these may be added flavorings, butter, fruit and nuts and we have a delicious variety of the clear and brittle candies.

Cane sugar melts when heated at 365 degrees Fah., a clear, colorless liquid, which when cast into molds forms a trans-



parent solid known as barley sugar. At 420 degrees Fah., the sugar is converted into a dark brown substance known as caramel brown. This is the darkest of the colorings used for candies. A solution of caramel is much used for coloring soups and sauces, for creams, etc. When cane sugar is too strongly heated, beyond the caramel degree, it is possible to remove the coloring by making it into a solution and mixing it with a little animal charcoal; the liquid is then filtered.

### UTENSILS FOR HOME CANDY MAKING.

The kitchen range, gas or even an oil stove that will give a good clear fire is all that is required in this line. For your outfit very smooth porcelain lined or enameled saucepans for boiling the sugar, a small lipped sauce-pan, shallow tin for setting such candies as toffee, caramels, etc., a marble slab or large, flat stoneware platters for cooling the fondant; clean, smooth wooden spoons and paddles, a wire candy dipper, one or two palette knives, a strong pair of shears, oiled paper, a small flat paint brush and a little salad oil. If possible to obtain one, a good thermometer will be convenient, but this is not absolutely necessary.

### BUTTER TAFFY.

Mix two cups light brown sugar, one-quarter cup molasses, two tablespoons vinegar, two tablespoons water and three-quarter tablespoon salt. Boil until, when tried in cold water, mixture becomes brittle when nearly done, add one-quarter cup butter and just before turning into pan add two teaspoons vanilla. Cool and mark in squares.

### MOLASSES CANDY.

Two cups New Orleans molasses, two-thirds cup brown sugar, four tablespoons butter, one tablespoon vinegar. An iron kettle with a rounding bottom (Scotch kettle) is best for candy making. A granite kettle may also be used. Put butter in kettle, place over fire; when melted add molasses and sugar. Stir until sugar is dissolved; during the first of the boiling, stirring is unnecessary, but when nearly cooked, it should be constantly stirred. Boil until, when tried in cold water mixture will become brittle. Add vinegar just before taking from fire. Pour onto well greased plates. When cool enough to handle, pull until light colored. Pull with tips of fingers and thumbs, do not squeeze in the hand. Cut in pieces with large shears. Arrange on greased plates to cool.

### WHITE TAFFY.

Four and one-half cups granulated sugar, three-quarters cup water, one-half teaspoon creamtartar, one tablespoon vinegar. Boil ingredients together without stirring, until, when tried in cold water, candy becomes brittle. Pour out on a buttered platter to cool. Pull until white and glossy and work in flavoring while pulling; cut in small pieces.

### NUT CARAMELS.

Four tablespoons butter, three cups molasses, one and one-half cups brown sugar, three-quarters cup milk, four squares chocolate, one-half pound shelled nuts, one and one-half teaspoons vanilla. Melt butter in kettle; add molasses, sugar and milk; stir until dissolved; when mixture boils, add grated chocolate, stirring until chocolate is dissolved. Boil until, when tried in cold water, a firm ball may be formed in the fingers. Add nuts and vanilla just before removing from fire. Pour into greased pan. When cool, mark in squares.

### MAPLE FUDGE.

Take half a cup of granulated sugar, and one and one-half cups of maple sugar and one cup of milk. Heat together, then add an ounce of grated chocolate and butter the size of an egg. Boil for about twenty minutes or until a little dropped in cold water will harden at once into a soft ball. Take from the fire and add a teaspoonful of vanilla and beat until it begins to thicken, then pour into greased tins and when cooling mark off into squares and let get cold. Keep the fudge in a box lined with oiled paper.

### MAPLE NUT TAFFY.

Two pints of maple sugar, and just enough water to dissolve the sugar. Boil until it will snap when dropped in cold water; add a tablespoonful of vinegar and pour over nut meats previously placed in buttered pans.

### MARSHMALLOW PASTE.

Soak one-half pound gum arabic in one pint of water and add gradually one pint of pulverized sugar and beat in white of two eggs. Place in a farina kettle and stir carefully until it boils. Then flavor with essence and pour in a shallow pan, which has been powdered with corn starch. After it is cool, cut and serve with confections. For chocolate creams, cut



the paste into small pieces. Take two squares of unsweetened chocolate, mix with three-quarters cup milk and three cups of pulverized sugar and set on the range until it boils, stirring constantly, adding a dessert spoonful of butter. After it is boiled until it is firm, not brittle, flavor and put into buttered pans.—*Mrs. F. H. Turner.*

### PEANUT BRITTLE.

Shell and crush a pint of peanuts and spread on buttered tins. Boil two cups of sugar to caramel and pour quickly over the meats, stirring until mixed. The layers should be quite thin.

### FUDGE.

One-half cake chocolate, one and one-half pound of sugar, quarter pound of butter, one cup of milk. Cut up the chocolate and mix together. Boil until brittle when dropped in cold water will harden, then take from the fire and beat until creamy. Add one-half cup of sweet milk. Beat well again and boil until of the same consistency. Then take from the fire and beat again. Add vanilla extract and pour in buttered pans. When cool, cut in squares. Chopped nuts may be added.

### PEANUT CRISP.

Four cups granulated sugar; ten cents worth of shelled peanuts, remove the brown hulls; put sugar in pan over fire with no water. As soon as dissolved, pour over peanuts.

—*Mrs. Edna Swanson.*

### CREAM CANDY.

Two pounds or four cups of soft, white or granulated sugar and enough hot water to moisten well. Cook until it will roll into a soft ball when dropped into cold water. Take from the fire and add your favorite flavoring, let it stand until luke-warm, then beat it until it is grainy. Knead it thoroughly, and while still warm mold into the shape desired or roll in cocoanut or add English walnut, dates or candied cherries.—*Mrs. F. H. Turner.*

### MOLASSES CANDY.

One cup of molasses, two cups of sugar, one tablespoon of vinegar, a little butter and vanilla. Boil ten minutes, then cool it enough to pull.—*Louise E. Wright.*

## CHOCOLATE CARAMELS.

Two cups of sugar, one cup of warm water, one-half cup of grated chocolate, three-fourths of a cup of butter. Let it boil, without stirring, until it snaps in water.

—*Louise E. Wright.*

## NUGGET.

Three cups sugar, almost cup full corn syrup, water enough to moisten, beat whites of three eggs, pour syrup in after cooked; beat; add vanilla and nuts.

—*Myrtle Turner Lawrence, Lincoln, Neb.*

## ENGLISH TAFFEY.

One-half cup butter, two cups sugar. Melt butter and sugar together over slow fire; when mixture is thoroughly dissolved, add one cup of chopped peanuts and pour out to cool.—*John Gordon.*

## TO CRYSTALIZE FRUIT.

Pick out the finest of any kind of fruit; leave in the stones. Beat the whites of three eggs to a stiff froth; lay the fruit in the beaten eggs with the stems upward; drain and beat the part that drips off again; take out one by one and dip into a cup of powdered sugar; cover bottom of pan with thin white paper. Place the fruit on it and set in a cool oven. When the icing becomes firm, pile them on a dish and set in a cold place.—*Mrs. F. H. S.*

## MARSHMALLOWS.

Six tablespoons of water, two teacups of white sugar, stir until it begins to boil, then boil until it will form a soft ball when dropped into cold water, soak two tablespoons of powdered gelatine in six tablespoons of cold water for twenty minutes and pour into the syrup and beat until thick, flavor with vanilla, pour into a dish well powdered with powdered sugar and set away to cool.—*E. S. McCrath.*

## PEPPERMINTS.

Two cups of sugar, one-half cup of milk, boil together exactly five minutes, add a few drops of peppermint or winter-green oil and fruit colloring, if latter is used, beat with an egg-beater until it begins to thicken, then with a spoon to get the air out, drop on oil paper.—*Mrs. H. Baker.*

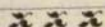


## BOSTON CARMELS.

One pint of grated chocolate, one quart of yellow sugar, one pint of New Orleans molasses, one-half cupful of milk, a piece of butter the size of a small egg, and vanilla flavoring; boil about twenty-five minutes, this should not be so brittle as other candies. Pour in buttered tins and mark deeply with a knife.—*Margurite Baker.*

## MAPLE WALNUTS.

Dates may be prepared in this way. Beat the white of one egg to a stiff froth; stir in enough powdered sugar to make it like hard frosting; dip the walnut meats (which you have taken care to remove from the shells without breaking), in a syrup made by boiling for two or three minutes, two tablespoonfuls of maple sugar in one of water, or in this proportion. Press some of the hard frosting between the two halves of the walnut, and let it harden.—*Mrs. H. Baker.*



## PICKLES and RELISHES

## SWEET CUCUMBER PICKLES.

To 500 small pickles, take three quarts of cider vinegar (if too strong add quart of water), two ounces each of whole cinnamon, allspice and cloves, three pounds of light brown sugar, a few small red peppers; let the pickles stand over night in salt and water; then put them in the cold vinegar and let boil two or three minutes. Put in jars and seal.

—*Mrs. F. H. Turner.*

## DILL PICKLES.

Place grape leaves in bottom of jar. Wash cucumbers and drain; put in layer of cucumbers and layer of grape leaves, then layer of dill. Cover with quite salty water.

## INDIAN RELISH.

Six onions chopped; one cabbage chopped; put into a stone jar with a little salt between each layer; next day rinse in cold water (to take out the brine taste), bring to a boil one

pint of vinegar in which add one cup brown sugar (or white will do), one-half teaspoon alum; two teaspoonfuls each of celery and mustard seed; one teaspoonful each of tumeric, cinnamon, one-half teaspoonful black pepper. When boiled, stir into the chopped cabbage and onions; set aside over night, in the morning, drain off vinegar and heat again and pour over the pickle. Repeat the heating again; next day turn all into agate kettle and boil five minutes. This will be ready for use and will keep in any tightly covered jar in cellar.

—*Mrs. P. M. Crips.*

### CHOW CHOW.

Two quarts of green tomatoes, one and one-half pints of chopped onions, one-half pint of green peppers, chopped, one cup mustard seed, two-thirds cup of salt; cover with cold vinegar, one teaspoonful of cloves, four teaspoonfuls of cinnamon; put in cans, seal cold.—*Mrs. Lewis.*

### PICKLES FOR LUNCHEON.

Every housewife knows the value of a jar of sweet pickles for the hasty luncheon. The dish is a delicious addition to the menu. As this is the season for fruit, now is the time to fill the pickle jar for next winter. No matter what the fruit may be, the process of pickling is the same. The only difference is in the first preparation.

One of the best syrups for pickling is to allow for eight pounds of fruit four pounds of brown sugar, one cup of mixed whole spices, stick cinnamon, cassia buds, allspice and cloves and one quart of vinegar. Tie the spices in a cheesecloth bag, add both them and the sugar to the vinegar and set over the fire to boil. Skim carefully and boil until clear, then add the fruit and scald until tender. Remove the fruit and pack into jars. Boil the syrup a few moments longer and pour over the fruit while hot. Let stand over night, and in the morning drain off the syrup; let boil for three or four minutes, and again pour over the fruit. Repeat this process for five mornings, then seal the jars and store in a cool place.

### SWEET PICKLE CANTELOUPE.

Few relishes are more tempting than home-made sweet pickles, and no fruit can be more successfully treated than the canteloupe. Pare and cut the ripe melons in thick slices. Then weigh, and for every eight pounds allow four pounds of the best brown sugar, one quart of vinegar and one cup of mixed



whole spices, stick cinnamon, cassia buds, allspices and cloves, using less cloves and more allspice. Tie the spices in a bag and boil with vinegar and sugar. Skim well, and when clear pour over the fruit. Cover and let stand over night, and in the morning pour off the syrup, boil for five minutes, and again pour over the fruit. Repeat this for three successive mornings, then pack in jars, seal and store.

#### SWEET PICKLE PEARS.

Select good fruit, ripe and firm; peel them, leaving them whole with the stems on. Drop into the syrup, cook until tender and then proceed as for other fruits.

#### SWEET PICKLE PEACHES.

Scald and remove the outer skin. If very ripe, merely, pour the boiling syrup over them for five consecutive mornings, but if in the least hard, cook until tender, as directed for other fruits.

#### SPICED GRAPES.

Grapes make a most tasty relish for cold meats and poultry. To get the best results, select good Concord fruit, and to each eight pounds allow four pounds of sugar, one pint of vinegar, two tablespoonfuls of ground cinnamon, one tablespoonful of ground cloves, one teaspoonful of salt and one of black pepper. Remove the skins from the grapes and put them in one kettle with just enough cold water to cover them, and the juice and pulp in another. Stand both over the fire. Let the skins boil slowly until tender. When the juice and pulp reach the boiling point remove them from the fire and press through a colander to extract the seeds. Return to the fire and add sugar, vinegar and spices. When the skins are tender add them and the water in which they were boiled to the juice, and cook slowly until it thickens well when cooled. Pack in jelly glasses and store away until wanted.

#### ONE-DAY CUCUMBER PICKLES.

100 pickles; wash and place in crock; heat enough water to cover them; one tablespoonful of coarse salt; let them stand in salt water 48 hours; take out, wipe, put in self-sealing jars; heat the vinegar (reduce if too strong), add one pound brown sugar, whole clove, stick cinnamon, small lump of alum, pour over pickles hot, and seal at once. A little horseradish root put on top helps keep them.—*Mrs. Mary E. Keyes.*

## MUSTARD PICKLES.

Three quarts white onions; two quarts small tomatoes, three quarts cucumbers, two large green peppers, two head cauliflower, scalded and cooked until tender in salt and water; three quarts vinegar, two cups sugar, one-half cup mustard, one teaspoon tumeric. Thicken with one-half cup flour.

—E. M. G.

## SPICED CURRANTS.

Five pounds of ripe currants, four pounds of brown sugar, two tablespoons of cloves and cinnamon, one pint vinegar. Cook down till thick as you like them.—*Mrs. Lockley.*

## CATSUP.

To one peck ripe tomatoes, cooked and run through a sieve, add three cups of sugar, one-fourth of salt, one tablespoon black pepper; one teaspoon ginger, one teaspoon cloves, one-eighth teaspoon red pepper, five pints vinegar. Cook about five onions with tomatoes chopped fine. Cook until done.—*Mrs. J. A. Verkerke.*

## CELERY SAUCE.

Chop together thirty ripe tomatoes, ten onions, six stalks celery and two red peppers; add four cups vinegar, three cups sugar and two tablespoonfuls of salt. Boil for two hours and bottle.—*Mrs. Warren N. Fuller.*

## PICKLED CHERRIES FOR COLD MEALS.

Cover pitted cherries with vinegar and let stand 24 hours, then drain well and put one pound granulated sugar with one pound of fruit in a stone jar and stir well each morning for ten days or until sugar is thoroughly dissolved, then put where cool. Can be sealed in glass cans without heating.

—*Mrs. J. J. Matherson.*

## VIRGINIA CHILI SAUCE.

Twelve ripe tomatoes, three red peppers (take out seeds), three cups vinegar, two cups sugar, two onions and two table-spoons salt. Cook three and one-half hours.—*Mrs. A. Hicks.*

## GRANGER PICKLES.

One large cabbage, one-half peck green tomatoes, three onions, three red peppers. Chop fine and drain, pour about



one quart cold vinegar and one small teacup of fine salt and let stand two days; drain and add one-fourth pound mustard seed, one-fourth pound whole allspice, two tablespoons of celery seed and cover with cold vinegar. It will be ready to use in about two weeks. Always keep the pickle under the liquid.—*Mrs. Albert Smith.*

### HORSERADISH PICKLES.

One gallon vinegar, one cup salt, scant cup sugar, one cup grated horseradish. Stir all together and pour cold over small cucumber pickles. This will cure about 500 pickles.

—*Mrs. C. U. Clark.*

### RELISH.

One large sweet pepper, six medium-sized dill pickles, chopped fine and drained; season with sugar and a little cold vinegar.

—*Mrs. A. J. Freer.*

### CUCUMBER PICKLES—(Put up Cold.)

One gallon pickles (washed), then mix together three-fourths gallon Heinze's pickling vinegar (no other), one cup ground mustard, one-half cup granulated sugar, one-half cup salt, one cup mixed spices; put in cans or jars, fill up with the mixture and cover and keep under brine. Will keep two years; ready to use in a week.—*Mrs. L. N. Fisher.*

### CHILI SAUCE.

Eight quarts ripe tomatoes, three cups of green peppers, two cups of onions, three cups of sugar, one cup of salt, one and one-half quarts of vinegar, three teaspoonfuls each of whole cloves and stick cinnamon, two teaspoonfuls each of ground ginger and grated nutmeg. Wash and cut the tomatoes, peppers and onions in small pieces before measuring. Boil all together two hours, then press through colander. Return to fire and boil until thick, watching closely to keep from burning. Bottle and seal.—*Mrs. J. M. Peter.*

### CHILI SAUCE.

Two large onions, four peppers, twelve large tomatoes. Pare and chop onions and tomatoes; remove seeds and stems of peppers and chop. Put all in stew pan and stew gently for an hour, then add two tablespoons of salt, six of brown sugar, two cups of vinegar, one tablespoon of cloves, two of

cinnamon, one of ginger, boil one hour longer and bottle. If you want to make a large amount, double the recipe.

—*Mrs. H. A. Turner.*

#### CORN SAUCE.

One large head cabbage, chopped fine, salt and let remain over night, and drain water off in the morning; boil one dozen ears of corn on cob about twenty minutes, cut off, add three large red and green peppers, each chopped fine; mix well, dissolve two tablespoons of mustard in vinegar, cover well with vinegar, add two tablespoons of salt, one pint of sugar. Boil one-half hour and seal while hot.—*Mrs. Fred Gill.*

#### CELERY SAUCE.

Twelve heads of celery, thirty ripe tomatoes, ten medium onions, four green tomatoes, twelve spoons of sugar, three spoons of salt, six cups of vinegar. Chop fine and cook one and one-half hours. Bottle for use.

#### CABBAGE RELISH.

Shred one pint of hard, crisp cabbages, using a sharp knife; place in a salad bowl a few leaves of lettuce cups; throw on these lightly the cabbage, over this sprinkle one-half teaspoonful of salt and one-quarter teaspoonful of paprika and two tablespoonfuls (level) of sugar; now pour over this one-half cupful good cider vinegar.—*Mrs. Carrie Ives Saunders.*

#### A DELICIOUS MEAT RELISH.

Chop together sufficient crisp white cabbage to make two cupfuls; add one medium size green pepper, two small onions and six sprigs of parsley; do not chop too fine; season with one teaspoonful of salt and one-half cupful of sugar; turn into a glass dish, add one cupful of vinegar, garnish with button radishes cut to represent flowers. This gives zest to the appetite and promotes digestion.

#### INDIA RELISH.

One peck of green tomatoes, ten onions, chopped together, one cup salt, let stand over night, in the morning, drain off, put on two quarts of vinegar, and one of water, boil fifteen minutes, then drain, put in a cloth to drain, take three pints vinegar, two pounds of brown sugar, one-fourth pound white mustard seed, one teaspoon small cayenne pepper, two green peppers, chopped, two tablespoons each of cloves, cinnamon



and ginger, one tablespoon of allspice, two tablespoons mustard seed. Boil twenty-five or thirty minutes, do not seal, but put in earthen jars, cover with parafine and tie with paper or cloth.—*Mrs. Haberkorn.*

#### CUCUMBER RELISH.

Two hundred No. 2 cucumbers or two dozen large ones, peeled and seeded. one-half peck onions, one dozen green peppers or part red peppers, remove seeds and chop skins and onions fine; two cups of salt. Mix all together and drain over night in a bag, then add two cups sugar, two ounces English mustard seed, whole, one ounce celery seed, three quarts best cider vinegar. Mix well and this will keep in a cool place indefinitely.—*Mrs. John S. Robbins.*

#### CUCUMBER CATSUP.

Take one-half bushel of full-grown cucumbers, peel and chop them; sprinkle them with salt; put in cloth and let drain over night; add two dozen onions, cup up small; add one-half pound white mustard seed, one-half pound black mustard seed; two ounces black pepper, ground. Mix well with best cider vinegar, making it the consistency of thick catsup, and fill your jars, tying up closely. It requires no cooking.

—*Mrs. F. H. Turner.*

#### PICKLED PEACHES.

One pint vinegar, three pounds sugar, seven pounds fruit; drop fruit in hot vinegar and cook till tender.

—*Mrs. F. McEwain.*

#### FRENCH PICKLES.

One peck of green tomatoes and six large onions, sliced; mix these, throw over them a teacupful of salt and let them stand over night. Next day drain thoroughly and boil fifteen minutes in one quart of vinegar mixed with two quarts of water. Mix together four quarts of vinegar, two pounds of brown sugar, half a pound of white mustard seed, two tablespoonfuls of ground allspice, the same of cinnamon, cloves, ginger, and ground mustard; put in the tomatoes and boil all together fifteen minutes.—*Marguerite Baker.*

#### MUSTARD PICKLES.

Take equal quantities of small cucumbers, cauliflower and the small button onions. Slice the large cucumbers, separate

the cauliflower, pick out the leaves and peel the onions, cover with strongly salted water for 24 hours; then scald the brine and dissolve in it a piece of alum size of a nutmeg. Pour the boiling brine over the pickles. When cold, drain thoroughly, and prepare as much vinegar as there were quarts of brine. To each quart of vinegar take one cupful of brown sugar, half a cupful of flour and one-fourth pounds of ground mustard. Boil the sugar and vinegar; mix the flour and mustard to a paste with water. Stir into the boiling vinegar. When thick and smooth, pour over the pickles. Very nice.

—*Mrs. J. M. Peter.*

### TOMATO RELISH.

One and a half dozen tomatoes, chopped fine, and drained, while draining, chop three onions, one bunch of celery, three red peppers, one and one-half cups sugar, one-half cup salt, one teaspoon cloves, two of cinnamon, two of pepper, one and one-half pints vinegar; stir all together and let come to a boil, and seal.—*Mrs. Hunter.*

### COLD RIPE TOMATO CATSUP.

Four quarts tomatoes, after being peeled and chopped; one cup of grated horseradish, one-half cup of salt, one cup of mustard seed, two teaspoons of black pepper, one teaspoon of ground cloves, two teaspoons of ground cinnamon, one teaspoon of ground mace, one cup of sugar, one cup of chopped onions, two bunches of celery, or one-half cup of celery seed, one quart of cider vinegar; mix thoroughly.

—*Mrs. H. H. Frain.*

### CHILI SAUCE.

One and one-half cups chopped peppers, one cup chopped onions, four cups sugar, three pints vinegar, three teaspoons cloves and cinnamon, two teaspoons of nutmeg and ginger, one tablespoon salt. Boil three hours.—*Mrs. L. A. Ogden.*

### PREPARED MUSTARD.

Two teaspoons mustard, two teaspoons flour, butter size of hickorynut, heaping teaspoon sugar and a pinch of salt. Turn over it enough boiling water to heat it well, and thin with vinegar.—*Mrs. James McMillan.*

### TOMATO RELISH.

One peck ripe tomatoes, peeled and chopped, and hung



up in a bag to drain over night; two cups of chopped celery, one-half cup of barrel salt, two cups of sugar, six onions, chopped, three pints of vinegar, three or four peppers, seeds of one, two ounces white mustard seeds, one ounce ground cinnamon. Mix and can; requires no cooking and keeps well.

—*Mrs. M. E. Howe.*

#### HALF-RIPE TOMATO PICKLES.

Prick each tomato and put in brine that will hold up an egg, for eight days. Then place layer of tomatoes, layer of sliced onions, ground cinnamon, cloves and an even tablespoon of mustard, and so on until your crock is filled, and pour over all cold vinegar.—*E. M. G.*

#### CHOW CHOW.

One peck green tomatoes, six onions, four green peppers, chopped fine; one cup salt, one quart vinegar, two quarts water. Boil fifteen minutes and drain. Boil twenty minutes in two quarts of vinegar, with one cup white mustard seed; one-half teaspoon cloves; one teaspoon cinnamon, one teaspoon black pepper, celery seed; two pounds sugar.

—*Mrs. F. M. Luther.*

#### SANDWICH PICKLES.

Slice one gallon of cucumbers and put in one-half cup of salt and let them stand over night. Drain well and cover with cider vinegar, add five cents worth of each white mustard seed, black mustard seed and celery seed; two ounces of best olive oil. Slice onions to suit the taste. Let these stand about 24 hours before canning, then can air-tight.—*Mrs. Elliott.*

#### PICKLED CHERRIES.

Take the largest and ripest red cherries, remove the stem and have ready a large glass jar. Fill it two-thirds full with cherries, and fill up to the top with the best vinegar. Keep it well covered, and no boiling or spices is necessary, as the cherry flavor will be retained, and the cherries will not shrivel.

#### PICKLED NASTURTIUM SEEDS.

After the flower has dried off, lay the green seed in salt and water two days; then drain and lay in fresh, cold water. Drain and pack in jars. Bring vinegar to the boiling point, and season it with mace and peppercorns and a little white sugar. Fill the jars to overflowing and seal.—*M. O. C.*

## CHILI SAUCE.

Thirty ripe tomatoes, ten small onions, six small green peppers, sixteen tablespoons sugar, five tablespoons salt, one pint vinegar. Boil one and a half hours.—*Mrs. E. A. Swift.*

## TOMATO RELISH.

One peck ripe tomatoes, peeled and chopped, drain over night in sack, and add two cups celery, chopped, one-half cup barrel salt, two pounds granulated sugar, six onions, chopped, three peppers, seeds of one, three pints vinegar, two ounces mustard seed, one ounce cinnamon; no cooking. Put in glass jars cold; seal tight.—*Mrs. W. J. Russell.*

## CABBAGE RELISH.

One pint chopped cabbage, three-fourths cup chopped onion, one teaspoon salt, one-half teaspoon sugar, one-fourth teaspoon pepper, one-half cup Hungarian peppers (sweet); cover with vinegar until you can it in the dish.—*Mrs. Russell.*

## OIL PICKLE.

One hundred cucumbers, medium size, one-eighth pound ground mustard, one teaspoon whole black peppers, one-fourth pound mustard seed, one quart of onions, one pint olive oil, one ounce celery seed, two quarts vinegar. Pare cucumbers and onions, slice very thin, put in a jar a layer of cucumbers, then layer of onions, then heavy sprinkling of salt, repeat. On top put heavy weight and let stand all night. In the morning drain off the liquor. Put tablespoon of powdered alum in sufficient cold vinegar to cover; dilute vinegar if pretty strong; let stand four hours, then drain and throw away the vinegar. Mix cucumbers and onions together in big pan; mix mustard peppers, celery seed, with oil and add vinegar, gradually, then pour over cucumbers and onions. Put into cans and pour a little oil on top before sealing.—*May L. Macey.*

## MUSTARD PICKLES.

One-half peck small cucumbers, one-half peck green tomatoes, one-half peck small onions, two heads cauliflower, ten cents worth of celery, one large green pepper. Dressing:—Two cups sugar, two cups mustard, two cups flour, one gallon vinegar; enough tumeric to give it the proper color (nearly one ounce); prepare your pickles, put each in separate brine 24 hours; then make your dressing, put pickles in, and heat through good. Then put in cans.—*Mrs. F. McElvain.*



## Canned Fruit, Preserves, Etc.

### CANNING FRUIT.

General Directions.—First, see that the cans and elastics are perfect, and that the screws fit properly. Second, have fruit boiling hot when sealed; have pan on stove in which each empty can is set to be filled after it is rolled in hot water; fill can to over-flowing, put on the top quickly, screw tightly; as contents cool, screw again and again, to keep tight. Third, use glass cans, and keep in a cool, dark, but dry place; light spoils them.

### CANNED PINEAPPLE.

Pare the fruit and be very particular to cut out the eyes; chop fine and weigh it; add to it the same weight of sugar; mix thoroughly in a large crock. Let stand for 24 hours, then put into cans, filling them full and seal tight. After leaving them two weeks, it is well to see if there are any signs of working; if so, pour into a kettle and heat through and replace in cans.

### CANNED PINEAPPLE No. 2.

Three-quarter pound sugar, to one pound of fruit, allowing one cup of water to one pound of sugar. Pick the pineapple to pieces with a silver fork, scald and can hot.

### CURRANT JELLY.

Gather fruit before too ripe, crush and strain, boil juice twenty minutes, add measure for measure of juice and sugar. Have sugar warm, but do not scorch; boil five minutes after sugar is added.—*Mrs. F. H. Turner.*

### HEAVENLY HASH.

Two quarts currants, one quart pitted cherries, one pound raisins, rind and pulp of four oranges, chopped fine. Boil all together half an hour; add five pounds sugar, cook ten minutes.—*Mrs. Holden Joslin.*

### QUINCE HONEY.

Nine or ten good-sized quinces, six pounds granulated sugar, one quart water, boiled with sugar into thick syrup. Grate the quince, turn into boiling syrup and cook twenty

minutes. Stir often, to prevent burning. Turn into jelly glasses, which will keep like jell, and is very nice in winter.

—*Mrs. Robbins.*

### SPICED GRAPE JELL.

One and one-half peck of grapes, one quart of vinegar, ten cents worth of cinnamon, five cents worth of cloves; cook together, and strain through jelly cloth. Measure of juice and the same amount of sugar. Boil till it jells; put in glasses. Excellent for meats.—*Miss Warren, (Nurse).*

If possible currant jelly should be made before the tenth of July. The currants must be ripe and freshly picked. Pick over the fruit carefully, leaving it on the stems. Put it into a preserving kettle and crush it with a ladle or potato masher; stand the kettle over the fire and when the currants have reached the boiling point squeeze or press them through a cheese-cloth bag, until you can press out no more juice. Measure the juice and return it to the preserving kettle; then weigh a pound of sugar to a pint of juice. Put the sugar in a pan in the oven with the door open and let it heat through, as hot as possible without scorching or discoloring. Stand the kettle with the currant juice over the fire and let it boil briskly five minutes, and while it is boiling, stir in the hot sugar, and when it has all boiled five minutes longer lift the kettle from the stove. Observe this time strictly. As the jelly cools a little pour it in glasses and seal it tightly. Stand in a cool, dry place.

### GRAPE CONSERVE.

Two quarts of grapes; slip the pulp out of the skins and cook separately, putting pulp through the strainer, then add skins and two quarts of sugar; the juice and rind of two oranges and one pound of English walnuts, chop the rind of the oranges and cook in a little sugar, also chop the nuts and mix the ingredients together and cook until thick.

—*S. E. Van Hoesen.*

### STRAWBERRY JAM.

Remove the stems and wash the fruit very thoroughly; take one pint of sugar to one quart of pulp; boil down very thick, as the fruit is very juicy; this will take three or four hours. Put into stone jars and set in a cool place. If thick enough it will keep without sealing. Raspberry jam can be made in the same way.



## GRAPE BUTTER.

Nine pounds of grapes, six pounds of sweet apples, four pounds of sugar. Cook the grapes in a little water until soft, then put them through a colander; cook the apples until soft, then put them with the grapes and cook two hours, being careful not to let it burn; very nice.—*Mrs. Geo. H. Corbin.*

## BLACKBERRY JELLY.

Look the berries over carefully; put them in a jar and mash thoroughly. Strain through a muslin bag first, pressing tight, then through a flannel jelly-bag. To each pint of juice add a half pint of granulated sugar. Put one quart at a time into a porcelain kettle, add the sugar and boil twenty minutes. Rinse the jelly glasses in cold water before jarring the jelly into them, and set them on a wet tea-towel.

## APPLE RASPBERRY JAM.

Stew fresh apples to a smooth pulp, using very little water in stewing them. To two cupfuls of the stewed apples, add one cupful of raspberries and one cupful of sugar. Boil up together, then seal in glass jars. This will be found a delicious jam, better than if made of the raspberries alone.

## PEACH MARMALADE.

Peel and remove the stones from one-half a bushel of free-stone peaches. Weigh them and make a syrup of two-thirds as much sugar by weight as there is fruit. After the syrup is thoroughly cooked and skimmed, pour it over the fruit, and let cook until the fruit begins to settle before stirring. Then stir constantly until thick.

## GREEN GRAPE MARMALADE.

Pick the fruit carefully from the stems, wash and put on to cook in a porcelain kettle, allowing one pint of water to each gallon of fruit. Cook until soft; when cool enough, rub through a wire sieve, allowing one pint of granulated sugar to one pint of pulp. Boil hard for twenty-five minutes, watching closely, as it burns easily; take off and pour into bowls or jars. Cover with paper when cool, same as jelly.

The gooseberry is somewhat neglected by the majority of housekeepers. It makes most delicious jelly and preserves, and is, besides that, good in some dessert dishes. For in-

stance, wash a quart of gooseberries, having removed all the stems. Make a syrup of one-half cup of water and two cups of sugar, and let it boil five minutes. At the end of that time add the gooseberries and let them cool till tender enough to mash. Crush them and set them aside. Put two cupfuls of milk on the stove to heat, and when the berries are thoroughly cold stir them in and let them simmer gently for five minutes. A little nutmeg grated over the top is an improvement. Finally remove from the fire and add the well-beaten yolks of two eggs. This is to be served very cold with cream and sugar.

Gooseberry sauce is fully as good as apple sauce as an accompaniment to roast pork in the winter time. It may be made by following the directions in the foregoing recipe up to the point where the berries are added to the syrup. Let them cook until they are clear and tender, then pour into glass jars and can at once.

A sort of jam that is an excellent and inexpensive filling for tarts when cold weather makes such things seem appetizing may be made from gooseberries. Put six pounds of ripe gooseberries over to cook with a cupful of currant juice. Let them boil rapidly and stir with a wooden spoon. When the berries begin to burst, add three pounds of sugar and just simmer till the fruit is reduced to a jam. It requires long cooking. Turn this jam into glass jars, and if, after three days the syrup and the fruit have separated, it must all be reboiled.

Gooseberries may be spiced and thus become a very good addition to the larder. Remove all the stems from the berries, put them in a colander and wash them. For six quarts of the berries have nine pounds of sugar. Let the berries cook with the sugar for an hour and one-half. At the end of that time add two cupfuls of vinegar and one tablespoonful each of cloves, cinnamon and allspice, and boil a few moments longer. The fruit should be thick like jam when cold.

#### GREEN GRAPE JELLY.

Take full grown grapes just before they change color. Pick them from the stems, wash and place in a porcelain kettle, with just enough water to cook them without burning. When all are cooked soft, turn into a flour sack, or any suitable cloth, and hang where the juice can drain into a jar. Weigh the clear juice and set on the fire in a porcelain kettle. After it boils ten minutes, add its weight in granulated sugar



and boil ten minutes more. Skim off the scum that rises. To make a nice red, add some red sugar-sand just before taking off the fire. Heat the glasses in hot water before putting the hot jelly in, and let stand till cold, then cover in usual way.

### RIPE GRAPE JELLY.

Take grapes fully ripe; remove the skins and scald, using the pulps only. Then strain, and to two measures of juice put three of sugar. Boil about five minutes. The smaller the quantity boiled at a time the nicer the jelly will be. Fill your glasses while the jelly is hot, and when cooled, cover over with paper the tops, using the unbeaten white of an egg for paste.

### PEAR JELLY.

Cook the fruit until soft in enough water to cover. Strain through a coarse cloth, and to every pint of juice use a half-pint of sugar. By using one-half the amount of sugar as fruit, it requires more boiling, but is nicer for common use. Still, if preferred sweeter you can use as much sugar as juice. Flavor with lemon.

### PLUM PRESERVES.

Five pounds plums, after peeled and pitted; five pounds sour apples, peeled and cored; eight pounds granulated sugar; stew until well done, and seal up in Mason jars.

—Mrs. L. N. Fisher.

### CITRON PRESERVES.

Peel and cut citron in strips, seeds out; to each pound of citron, use one pound granulated sugar; stew slowly, stir often, being careful not to burn, and when done, put in a sliced lemon; for each two gallons, let stew five minutes more, and can.—Mrs. L. N. Fisher.

### TUTTI FRUITTI.

One pound fruit, uncooked; one pound sugar, one pint best alcohol, one tablespoonful salicylic acid. Keep adding fruit all summer, from strawberries to late fruit.

—Myrtelle Turner Lawrence, Lincoln, Neb.

### JAM.

Five pounds currants, five pounds sugar, three pounds raisins, four oranges, one teaspoonful mace, one teaspoonful allspice. Cook to a jam.—Myrtelle Turner Lawrence.



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### CURRENT COVSEVE.

For Cold Meats.—Three quarts currants, three pounds of sugar, three-fourths pound seeded raisins, if you object to seeds, cook currants and strain before adding sugar and raisins. Then cook, and when ready to fill, add juice and pulp with chopped rind of two oranges, previously cooked, a short time in a little sugar; pour in jelly glasses, cover with parafine, and set away, ready for use.

—Mrs. T. H. Haberkorn.

### GRAPE CONSERVE.

Two quarts grapes, slip pulp out of skin and cook separately, putting pulp through strainer, then add skins and two quarts sugar; one pound of English walnuts, chopped. The juice and rind of two oranges prepared the same as currant converse. Add the nut meats last; place in jelly glasses, etc.

—Mrs. Haberkorn.

### PEAR CONSUMME.

Five pounds pear, chipped, five pounds sugar, one pound English walnuts, one pound seeded raisins, chopped, juice of three lemons and two oranges and rind of one orange chopped fine. Put sugar on pears, let stand over night, drain off liquor and boil until thick, then add pears, boil one-half hour, then add other ingredients, boil ten minutes.—Mrs. H. H. Frain.

### GINGER PEAR.

Eight pounds of pears, eight pounds of sugar, one-half pound of preserved ginger, four lemons. Chop pears and ginger, make syrup of sugar and one quart of water, add chopped pears and ginger, and boil one hour; boil lemons until tender; peel and chop pulp, add to pears and boil another hour; put in jelly glasses and cover with parafine wax.

—Mrs. J. T. Miller.

### QUINCE HONEY.

One quart water, six pounds granulated sugar, eight grated quinces. Boil the first two and add quinces as soon as grated and boil until thick like jelly. This makes three quarts.

—Mrs. H. H. Frain.

### HOW TO COOK AND PRESERVE HUSBANDS.

In selecting a husband, you should not be guided by the silvery appearance, as in buying a mackerel; nor by a golden

tint, as if you wanted a salmon. Be sure and select him yourself, for tastes differ. Do not go to the market for him. The best are always brought to your door. It is far better to have none unless you will patiently learn how to cook him. A preserving kettle of the finest porcelain is best; but if you have nothing but an earthenware pipkin, it will do. With care, see that the linen in which you wrap him is nicely washed. A good many husbands are utterly spoiled by mismanagement. Some women go about it as if their husbands were bladders—and blow them up. Others keep them constantly in hot water; others let them freeze by their carelessness and indifference; some keep them in a stew by irritating ways and words; others roast them; still others can keep them in a pickle all their lives. It cannot be supposed that any husband will be tender and good when managed in this way, but they are when properly treated and mended. With the required number of buttons tightly sewed on, tie him in the kettle by a strong silken cord, called comfort—as the one called duty is apt to be weak. Make a clear, steady fire out of love, neatness and cheerfulness. Set him as near this as seems to agree with him. If he sputters and fizzes, do not be anxious. Some husbands do this until they are quite done. Add a little sugar in the form of what the confectioners call kisses, but no vinegar or pepper on any account. A little spice improves him, but it must be used with judgment. Stir him gently, watching the while, lest he be too flat and close to the kettle. You cannot fail to know when he is done. If thus treated you will find him very reliable, agreeing nicely with you and the children, and he will keep as long as you want, unless you become careless and set him in too cool a place.



## BEVERAGES.

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(Coffee, Tea, Cocoa and Chocolate.)

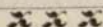
Boiling water is a very important point in making a good cup of coffee or tea. Not water that has boiled, but fresh water, just brought to the boiling point. Most of the natural qualities of water escape by evaporation, leaving a very insipid



liquid that ruins the aroma of the best coffee, and gives the tea a dark, dead look. Water left in the teakettle must not be used again.

### TO MAKE COFFEE.

Allow one tablespoonful of coffee for each person, and one for the pot; mix with egg (one to a cup of coffee), pour over this one cup of cold water; stir well, and put over a slow fire until it reaches the boiling point; then add the required amount of water, freshly boiled; let it boil for two minutes, then let it stand where it will keep hot, but not boil.



## Cookery for the Sick.

### HOW FOOD SHOULD BE PREPARED FOR THE SICK

A patient's food must be given as punctually as his medicine. It must not be ready too soon and spoiled by waiting or overcooking, or because it is ready, served to the patient too soon, nor delayed until the appetite is gone.

When very light nourishment, such as liquids are served, they are given at more frequent intervals than when the invalid reaches a normal diet. There must be sufficient time for rest, however, between the feedings. It requires a close study to gauge to a nicety in cases of extreme debility and exhaustion from ravages of disease just what amount of food will increase the strength of the patient while its assimilation does not overtax the weakened powers. The condition of the patient, nature of the disease, age, etc., should enable the physician and nurse to determine the nature and strength of the nourishment given, also frequency of feeding. And there should be no deviation from the rules laid down by the doctor or experiments made with dainties sent by kind but mistaken friends. If you have not sufficient confidence in your medical adviser to trust to his knowledge of how to feed your sick, better change your physician rather than risk your supposed knowledge.

### MILK FOOD.

Milk is frequently the only nourishment allowed a patient for weeks, especially in typhoid fever, when it should be the

only nourishment given for twenty-one days. In most cases the milk diet agrees nicely with the patient, but when it is found to disagree the addition of a little lime water will correct the difficulty if caused by acidity of the stomach.

Take the white meat of a boiled chicken. When the chicken is cut up for stewing take half of the breast and steam it in a little water with a stalk of celery and tiny piece of bay leaf. When done put the meat through a chopper if you have one, or pound very fine in a mortar or chopping bowl. Then press through a coarse sieve, moistening with a little of the chicken broth, freed from fat. Take a cup of chicken broth and half a cup of milk to half a cup of the chicken pulp. Put a level teaspoon of sweet, fresh butter in a sauce-pan and when it bubbles add a level tablespoonful of flour or wheat starch and stir smooth; then add the liquid and stir and cook until creamy; add the chicken, season with a little salt and tiny pinch of nutmeg or mace. Let get very hot and serve. Instead of butter use two tablespoons of cream and mix the flour in this and add to the hot broth.

#### BEEF TEA.

Take beef from the neck or round; chop or grind it fine; use one pound of beef, one pint cold water, one-half bay leaf, one small piece of celery, one sprig of parsley and two cloves. Pour water over the beef and herbs and let soak two hours, stirring occasionally. Then place over the fire and bring to the steaming point and steam just long enough to change the color. Strain through a fine strainer and season palatably with salt. If wanted very clear, take the white of one egg and the crushed shell to a quart of the tea. Beat the egg and half a cup of cold water together, bring the beef tea to the boiling point, add the egg, and water and boil three to five minutes. Strain through cheese cloth, and serve.—*Mrs. J. M. Peter.*

#### BEEF SANDWICHES—(For Invalids).

Take round steak and scrape with a silver knife, leaving all the indigestible fibers and strings. Spread one thin slice of bread thinly with the raw scraped beef, sprinkling lightly with salt and pepper, and place another slice on top.

#### SALSBURY STEAKS.

Season lightly with parsley, pepper and salt, some scraped beef. Mix carefully; form into flat ovals and broil or pan; have edges as thick as center.



### LEMON SPONGE—(For Invalids).

One-half ounce gelatine, two lemons, grated rind of one, six eggs, whites beaten separately, one-half pound of sugar; dissolve gelatine in juice and grated rind of lemon, over hot water. Beat the yolks and sugar to a cream, strain gelatine and add to yolks, beat well; then the stiffly beaten whites; place in molds; serve cold with whipped cream.

—*Anna L. Denny.*

### BARTHOW'S FOOD.

One cup of milk, one rounding tablespoonful of sago; mix together and let stand ten minutes; then place on the fire, let come to the boiling point and boil until the sago is clear; add one cup of beef tea, stir until it comes to the boil; remove from fire, add the beaten yolk of one egg, season lightly with salt and pepper and it is ready to serve.—*Mrs. J. M. Peter.*

### APPLE WATER.

Core three apples without peeling, steam until tender. Place in a bowl and pour over half pint of cold water. Let stand two hours, and strain.

### FROTHED EGGS.

Save the yolks in the half shell, being careful not to break them; beat each white separately until very stiff; place on a saucer or piece of toast. Make a slight depression in the top, and place one yolk in it. Bake two minutes in a hot oven, season lightly with salt and white pepper; serve at once.

### BREAD JELLY.

One roll, one lemon, one quart of water, sugar to taste; take the crumb of a penny roll (this is, use the center after cutting away crust), cut it in thin slices, and toast them to a pale brown on both sides. Put them into a quart of spring water; let it simmer over the fire till it has become a jelly; strain it through a thin cloth, and flavor it immediately with a little lemon juice and sugar.—*Mrs. A. Broome.*

### INVALID DISHES.

Panada, two slices of stale bread half an inch thick; cut off the crust, toast them a nice brown, cut them into squares of two inches in size, lay in a bowl, sprinkle a little salt over them, and pour on a pint of boiling water.

## BARLEY WATER.

(Time, Twenty Minutes.)

Two ounces of pearl barley; one lemon; sugar to taste.

## ARROW-ROOT JELLY.

One cup boiling water, two heaping teaspoonfuls of best Bermuda arrow-root, one teaspoonful lemon juice, and two teaspoonfuls white sugar; wet the arrow-root in a little cold water, and rub smooth; then stir into the hot water, which should be on the fire, and actually boiling at the time, with the sugar all ready melted into it; stir until clear, in cold water and pour in the jelly to form. Eat cold, with sugar and cream, flavoring with rosewater.

## SOUP FOR AN INVALID.

Cut in small pieces, one pound of beef or mutton, or a part of both; boil it gently in two quarts of water; take off the scum, and when reduced to a pint, strain it; season with salt.

## BEEF TEA.

Cut the fat from a pound of first beef, then cut the lean meat into small dice like pieces; add one pint of cold water to draw out the juices; simmer very slowly for an hour, then strain and salt to taste.

## ANOTHER—(Better For The Sick).

Put the cut beef, as prepared above, into a wide-mouthed bottle or can, cover tightly so that no water can enter; place in a kettle of cold water; prop it up so that it will stand firmly, and boil one hour; then set the kettle aside to cool; when cool, you can safely remove the bottle and you have the simple juice or essence of beef.

## MUTTON BROTH.

Two to four pounds of mutton (not lamb), neck piece preferred, in cold water enough to cover; simmer, not boil, nearly all day, or until the meat is in shreds; strain through colander; place liquid in ice box over night; next morning, remove the grease, which has risen, being careful not to let any remain on the jelly; keep on ice and when required for use, take one tablespoonful to one half cupful boiling water; salt to taste. Excellent in fever.—*Mrs. E. C. Elliott.*



## BEEF JELLY—(For Invalids).

Three small onions, three small or one and one-half large carrots, a few whole cloves and black pepper, one small teaspoonful of sugar, one slice of ham, two calfs feet, one and one-half pounds of beef; put in the onions and other ingredients in succession; place the ham on top, then the calf's feet, and lastly the beef; no water; put on the side of the range and let it stand until reduced to a soft mass; then add a quart of water and let it boil one hour; strain and let stand till sold; then take off the fat. Use by dissolving in a little hot water.

## LIME WATER.

Pour two quarts of hot water over unslacked lime size of walnut. Stir till slacked; let stand till clear and bottle; often ordered with milk to neutralize acidity of stomach.

—*Mrs. E. C. Elliott.*

## GRUEL.

Mix a tablespoonful of corn meal with a little cold water; add a small pinch of salt, and stir it smoothly into a pint of boiling water, and let it boil; being constantly stirred for six or eight minutes. If sugar is desired, put it in with cold meal and water, but add any flavor as nutmeg, or cinnamon, after removing it from the stove; gruel should be very smooth, and should not have the faintest suspicion of a scorch about it.

## EGG GRUEL.

Boil eggs from one to three hours until hard enough to grate, then boil new milk and thicken with the egg and add a little salt; excellent in case of nausea.

## BARLEY WATER.

First boil the barley in some water to extract the coloring throw that water away and put the barley into a jug; pour some boiling water over it (one and one-half pints), and let it stand for a short time. Cut a lemon very thin, pour one-half pint of boiling water over it, with a little sugar, and mix it with the barley water, adding the lemon juice.

## A STRONG BROTH.

One pound of veal; one pound of beef, one pound of the scrag-end of a neck of mutton; a little salt; three quarts of

water. Put the above quantities into three quarts of water, with a little salt, and a few whole peppers. Boil until reduced to one quart.

#### CHICKEN BROTH.

Take an old fowl; stew it to pieces with a couple of onions. Season lightly with pepper and salt; skim and strain it.

#### BEATEN EGG.

One egg; one wine glass of sherry or one cup of tea; sugar to taste. An egg beaten up in tea or wine will be found very strengthening for invalids. It is better to take the yolk only, as it is lighter.

#### CHICKEN PANDA.

Skin the chicken and cut it up into joints; take all the meat off the bones and cut it up into small pieces; put it into a jar with a little salt, tie it down and set it in a sauce pan of boiling water. It should boil from four to six hours; then pass it through a sieve with a little of the broth; it could be made in a hurry, in two hours, but it is better when longer time is allowed. Do not put the wings in the panda.

#### EGG CREAM.

Beat a raw egg to a stiff froth; add a tablespoonful of white sugar and half a glass of home-made blackberry or black cherry wine; beat well, add half a glass of cream; beat thoroughly and use at once; this is a full meal for an invalid, and is especially good where trouble of throat, mouth or stomach, prevents solid food being used.

A pan of sliced, raw onions placed in a room where there is diphtheria or any disease, will absorb the poison and prevent contagion. Each day there should be fresh ones and the old ones burned; wash the hands in mustard water to remove the odor of disagreeable substances.

One tablespoonful of turpentine and two quarts of water kept boiling in a room will moisten the atmosphere and relieve breathing when there is throat or bronchial trouble.

#### GRAPE CORDIAL.

To one quart of ripe grape juice, add one and one-half pound of white sugar and a tablespoonful of ground cinnamon. Simmer for half an hour; bottle and seal while hot;



will keep a year; when you wish to use it add twice the quantity of ice water and to a quart add the juice of two or three lemons. This is delicious, and refreshing for hot weather.

#### CUSTARDS FOR THE SICK.

Three-fourths quart of milk, three eggs, one-half cup sugar (scant), very little salt; add eggs, beaten well, to the milk, sugar and salt; place in double boiler, heat well, then pour into molds; grate nutmeg over top and place in pans of water. Bake in slow oven until set.—*Bertha A. Foote.*

#### GELATINE FOR THE SICK.

One tablespoon gelatine (heaping), three-fourths quart of water, one-half cup sugar, two lemons, grated rind of one; dissolve gelatine, place all together in pan, and let come to a boil; strain through a fine cloth and place in molds, and cool; may be served with cream.—*B. A. F.*

#### ARROW-ROOT.

One pint milk, one tablespoon arrow-root (heaping), dissolve in little milk; cook in double boiler twenty-five minutes; then add one cup cream; stir until thoroughly mixed; place in molds and cool.—*Bertha A. Foote.*

#### GERMAN CUSTARD CREAM.

Put one cup of milk and one cup of water in a double boiler and scald. Thicken with a little well dried flour or rice flour wet with cold milk add a pinch of salt and a very little of the thin yellow peel of lemon; sweeten slightly and cook well, then add the beaten yolk of an egg and cook a few minutes longer. Beat the white of the egg stiff with a flavoring of nutmeg or cinnamon and serve heaped on top of the soup.

#### UNLEAVENED WAFERS.

Chop a teaspoonful of butter into a pint of flour; salt slightly and make into a dough with a scant cupful of milk; the dough should be stiffer than for biscuit. Roll out thin, cut into round cakes and roll each of these as thin as paper. It should be as large as a teaplate. Prick with a fork in a dozen places and bake in a pan that has been floured—not buttered. Bake in a quick oven.

The wafers should be brittle and dry. They are appetizing and general favorites.

## WHEAT JELLY.

This is a most excellent dish for the sick. Add a scant quarter of a teaspoonful of salt to one and one-quarter cups of water and let it come to a boil, then add a quarter of a cup of entire wheat in some coarse granulated form. Cook in an earthen crock on back of range for an hour; then add as much hot milk as you had water and let it cook slowly for another hour. Stir often enough to prevent sticking; it will not burn unless you allow it to cook too fast. Do not stir too often. When done, stir and pour into small cups wet with cold water and set away to get cold and firm.

## JAPANESE SPONGE CAKE—(For the Sick).

One cup sugar, yolks of three eggs, beaten to a cream, add one-half cup milk (heated), then one cup flour sifted twice, and one heaping teaspoon baking powder, one-fourth teaspoon salt; mix well; fold in lastly the whites beaten stiff. Flavor with juice of one lemon.—*Bertha A. Foot.*

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Some Doubts.—Do not waken the invalids in order to feed them.

Do not ask them what they would like to have or even hint as to what you intend to give them.

Do not allow food to remain in the sick room.

Do not use coars, heavy china or cracked or nicked dishes or discolored silver.

Do not have flowers in the sick room that have rich, heavy odors, but place a dainty bud or blossom on the tray so that the eye of the invalid will be attracted and interest aroused by its freshness.

Do not let the odors of any cooking penetrate to the sick room.

Do not overload the tray with food, or overcrowd with dishes.

Do not cook more than is needed for one feeding, or re-heat any foods except broths and clear soups which must be made in considerable quantity; reheat these over boiling water; so as not to allow them to reach boiling point.



## SIMPLE REMEDIES.

### BATH FOR THE NERVES.

Take of sea salt, four ounces, spirit of ammonia, two ounces; spirits of camphor, two ounces; pure alcohol, eight ounces and sufficient hot water to make a full quart. Dissolve the salt in hot water, and let it cool. Pour into the alcohol the spirits of ammonia and camphor. Add the salt water, shake and bottle for use with a soft sponge; rub all over the body; rub until the skin glosses.

### MOST EXCELLENT LINAMENT.

Oil of wintergreen, 15 cents; oil of cedar, 10 cents; oil of peppermint, 10 cents; spirits of camphor, 10 cents; spirits of arnica, 10 cents; spirits of ammonia, 5 cents; one ounce of turpentine, one quart of vinegar, boil down to one-half, and when cold, mix thoroughly and apply externally.—Cured a sprained ankle in three days.—*John Fahringer.*

### COUGH CURE.

One-half pound rock candy, two ounces glycerine, one-half pint rye whiskey; boil until dissolved, and bottle for use. Dose, one teaspoonful four to six times per day. This is harmless, and cures where a cure is possible.

### TO MAKE DANDELION CORDIAL.

Four quarts of dandelion blossoms, four quarts of boiling water, four quarts granulated sugar, three tablespoonfuls compressed yeast, two lemons, grated fine, one orange, let the blossoms and water stand until lukewarm, mix sugar, lemon and yeast together, and add. Strain and put in a cool place for two days, then strain again, put in a keg and let it work without tight corking, until clear as water.

—*Mrs. Mary E. Keyes.*

### DRINK FOR THE SICK.

Put a quart of new milk into a large and thoroughly cleansed bottle drop in the whites of three fresh raw eggs; cork and shake hard, keep in cool place. Let patient drink all he wants.

## EGG LEMONADE.

White of one egg, one tablespoonful of pulverized sugar, juice of one lemon, one goblet of water. Beat together; very grateful in inflammation of lungs, stomach or bowels.

## JELLY WATER.

Jelly dissolved in cold water, not too sweet; give this to fever patients.

## RHUBARB SYRUP.

One ounce rhubarb, one ounce bicarbonate of soda, one-half ounce essence of peppermint, one pint simple syrup; dissolve the rhubarb and soda with a little cold water and add to syrup allowing it to boil well; and add peppermint after it is removed from the stove; to make the simple syrup, use granulated sugar and water, and make about as thick as maple syrup. This is especially for children who are either constipated or do not digest their food properly.

—*Mrs. Van Keuren.*

## OLD-FASHIONED COUGH SYRUP.

One-half cup molasses, two tablespoonfuls of dark brown sugar, one -half lemon, cut fine; let all boil over a slow fire until it begins to thicken. Remove from the fire, add one tablespoonful of glycerine, and vinegar enough to make it taste "sharp." Take a teaspoonful whenever you cough. The glycerine is used in place of butter, as it is more soothing, and healing (I have used this in my family and know it is good).—*Mrs. Corbin.*

## LINIMENT.

One-half pint best alcohol, five cents worth each gum camphor, carbonate of ammonia and nitrate of potash; two tablespoonfuls each of sweet oil and turpentine. Put all together in a strong pint bottle, and shake well. Will relieve rheumatism and neuralgia. Apply with little friction.

—*Mrs. J. M. Peter.*

## CURE FOR LOVE.

Into a pint of the water of oblivion, put of the essence of resignation, two grains; of prudence and patience, each three grains; and of sound judgment, one drachm; mix well, and after they have stood simetime, take off the scum of former



remembrance and sweeten with syrup of hope; pass it through the filter of common sense into a bottle of firm resolution, stopping it tightly with the cork of indifference. Take a drachm night and morning, oftener if the constitution will bear it, reducing the dose as the disease decreases. Endorsed by one who has tried it.



## Oyster Dishes--Additional

### OYSTER COCKTAIL.

For six glasses of cocktails, take two dozen small oysters, put four in each glass and cover with a teaspoonful of the following mixture: One tablespoonful of horseradish, freshly grated, one tablespoonful of vinegar, half a teaspoonful of tobasco sauce, two tablespoonfuls of lemon juice, one tablespoonful of chili sauce and half a teaspoonful of salt; a tablespoonful of Worcestershire sauce and a tablespoonful of tomato catsup may be used instead of the chili sauce. Mix and let stand on ice until ready to serve. The cocktail glass is similar in shape to the champagne glass. The cocktail may be served in grape fruit, lemon shell or tomato cups, using the pulp in the dressing.

### OYSTER COCKTAIL DRESSING.

Four tablespoons mild ketchup, three teaspoons horseradish, three teaspoons lemon juice, one teaspoon vinegar, one-half teaspoon salt, pinch of red pepper. This will serve six persons. Allow six oysters to a person; serve in stem glasses or ice cups, on small plates; pour sauce over oysters and serve very cold.—*Anna Hensen Michaelson.*

### ESCALLOPED OYSTERS.

Butter a baking dish; have at hand oysters that have been rinsed and juice that has been strained. Put a layer of oysters in the bottom of the dish. Cover with rolled crumbs, dot with bits of butter and season with salt and pepper. Continue in this way with alternate layers of oysters and crumbs until all are used. Turn over the dish enough oyster liquor or milk

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to moisten the mixture. Cover the top of the dish with buttered crumbs and bake until brown. It will take about twenty minutes. Serve in the baking dish. The escallop may also be baked in shells or individual casseroles or ramekins. If the small dishes are used, send each to the table on a folded napkin placed on an individual plate.

### OYSTER COCKTAILS.

Select small oysters about the size of blue points, counting five only for each person; drain them well and cover with shaved ice; place in a bowl sieve and set over a deep bowl to drain in the refrigerator. For the sauce, to one pint of red tomato catsup add the juice of four lemons, one teaspoonful of salt and a quarter teaspoonful of paprica; shake well. Place this on the ice also. At serving time put five of the oysters in each cocktail-glass, cover with the sauce. Place on the top a lemon point and a small sprig of parsley; set glass on neat bread and butter plates; serve with salted wafers, that have been crisped in the oven. Many object to the mixture of so many of the hot sauces for the cocktails, especially the ladies, so use your judgment when serving, as to please the most of your guests.

### LITTLE OYSTER PIES.

Line little individual dishes with plain paste, rolled quite thin. Wash and drain your oysters, season with salt and pepper and fill the dishes not more than two-thirds full with oysters; cover them first with a layer of cream sauce and then a thin cover of the paste. Brush the top with a little milk and place in a hot oven to bake.

### SALT CUTLETS.

Soak thin slices of salt pork in milk and water over night. Dry and roll each slice in flour and fry crisp and brown in bacon or ham fat. Drain and dip each slice in beaten egg and roll in bread crumbs and return for a few minutes to the hot fat to brown the crumbs.

### SCALLOPED HERRING.

Soak four or five Norway salt herring over night. Divide down the back; remove all skin and bones and cut into squares. Have ready a dozen good-sized potatoes, cold, boiled. Alternate layers of sliced potatoes and the fish, adding butter and a



good sprinkling of pepper to each generous layer of fish, beginning and ending with potatoes. Beat three eggs light and mix with three cups of milk and pour over the fish and potatoes. Mix half a cup of bread crumbs with a little cream or white sauce and spread over the top and bake in moderately hot oven about forty minutes. Serve from same dish.

### CLAM PATTIES.

Chop the clams from one can or one dozen fresh clams, add one beaten egg, half a cupful of cream, two tablespoonfuls of dry rolled bread crumbs. Season with salt and pepper. Butter small cups or molds, fill two-thirds full, sprinkle top with bread crumbs, dot with bits of butter, set in a pan of water in the oven and bake about fifteen minutes. Serve on slices of toast, moistened with hot milk or cream.

### STEAMED OYSTERS.

Large oysters are best for this dainty dish. Counting three for each person to be served. Place in a buttered dish, put into the steamer, steam three minutes, serve on slices of well browned hot toast. Season with salt, pepper and yolk of hard boiled egg, run through a vicer of potato press.

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### MEAT AND THEIR ACCOMPANIMENTS.

With Roast Beef—Tomato sauce, grated horseradish, mustard, cranberry sauce, pickles.

With Roast Pork—Apple sauce, cranberry sauce.

With Roast Veal—Tomato sauce, mushroom sauce, onion sauce, and cranberry sauce. Horseradish and lemons are good.

Roast Mutton—Currant jelly, caper sauce.

Boiled Mutton—Onion sauce, caper sauce.

Boiled Fowls—Bread sauce, onion sauce, lemon sauce, cranberry sauce, jellies and cream sauce.

Roast Lamb—Mint sauce.

Roast Turkey—Cranberry sauce, currant jelly.

Boiled Turkey—Oyster sauce.

Venison or Wild Duck—Cranberry sauce, currant jelly.

Roast Goose—Apple sauce, cranberry sauce, spiced grapes, jell or current jelly.

Boiled or Broiled Mackerel—Stewed goosberries.

Boiled Fish—White cream sauce, lemon sauce.

- Broiled Shad—Mushroom sauce, parsley or egg sauce.  
Fresh Salmon—Green peas, cream sauce.  
Pickles are good with all meats. Spinach is the proper vegetable to serve with veal, and green peas with lamb; lemon juice is a delightful and grateful addition to all the insipid members of the fish kingdom. Slices of lemon, cut into very small dice and stirred into drawn butter, and allowed to come to the boiling point, served with fowls, is a fine accompaniment.



## Bureau of Information.

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### MOULDINESS.

Fruit jellies may be preserved from mouldiness by covering surface one-fourth inch deep with finely pulverized loaf sugar. Thus protected, they will keep for years.

### TO TAKE OUT FRUIT STAINS.

Tie up cream of tartar in the spots and put the cloth in cold water to boil; if stains are much spread, stir cream of tartar in the water. If stains are still visible, boil the cloth in a mixture of subcarbonate of soda, a small tablespoonful to a pail of water.

### LOTION FOR HANDS.

Six ounces rose water, three ounces glycerine, one-half ounce tincture benzoin.—Y. G.

### TO STOP BLEEDING.

A handful of flour bound on the cut.

### TO RESTORE FROM STROKE OF LIGHTNING.

Shower with cold water for two hours; if the patient does not show signs of life, put salt in the water and continue to shower an hour longer.

### TO PREVENT COLD FINGERS.

When hanging out clothes in winter, place the clothes pins in a pan in the oven or on top of heating stove some



time before you need them so they will be thoroughly heated through. Be sure to keep tightly covered all the time until you need them.

#### TO CLARIFY DRIPPINGS.

Save all fat from beef and pork including ham and bacon fat. When you have a quantity, render it out carefully and strain. When cool, add a cup of cold water and a quarter teaspoonful of baking soda. Place over a very slow fire and cook until the water is all cooked away, and a scum forms on top. The fat should be very clear, skim carefully and strain into a stone jar or tin lard pail and you have a better article for use than lard. Can be used for anything that lard can. Shortening biscuits and pie crust and frying potatoes or in any way you would use any shortening agent.

#### TO DRIVE AWAY ANTS.

Sprigs of Arbor Vitar scattered around the shelves where food and sugar are kept will keep away black ants.

#### CURE FOR CARBOLIC ACID BURN.

Keep a bottle of alcohol near the carbolic acid bottle. In case of a burn, apply alcohol freely over the entire burned surface. This will stop pain immediately and also prevent blisters.

#### LIBRARY. PASTE.

Five cents worth of tragacanth, drop of oil of cloves make a pleasant and useful paste.

#### TO GET RID OF A DOUBLE CHIN.

A double chin seldom appears unless there is a general tendency to embonpoint and can only be reduced by dieting, exercise and massage. Eat as little flesh forming food as possible and plenty of fruit and vegetables. Bread and pastry should be left almost entirely out of the diet; also any food of an oily nature. Take plenty of long walks, avoid easy chairs and soft cushions and be as active and energetic as possible. Pat the chin with the backs of the fingers for about five or ten minutes each time after washing it, and you will find your weight gradually being reduced and your double chin disappearing. The process of reducing superfluous flesh should always be gradual; otherwise unsightly wrinkles will take the place of plumpness.

### TO REMOVE SPOTS FROM FURNITURE.

Paint or white spots occasioned by spilling medicine or setting something hot upon furniture can be removed by rubbing them with camphene.

Peppermint essence, also alcohol will remove white spots from varnished furniture, without dimming the polish.

Salt and lemon juice will remove rust from white clothes; let stand sometime, adding more if necessary; when rust disappears, rinse in clear water several times, then hang in the sun. Mild but effective mustard plasters are made by mixing the white of an egg with the mustard to a smooth paste, spread between two thin muslin cloths and apply to affected part; will not blister a babe's skin, but will make it red, and cure the pain very quickly.

### TO DRIVE OUT MOSQUITOES.

To clear the room of mosquitoes, take a piece of camphor gum about the size of a small hickory nut, and evaporate it by placing it in a tin vessel, and holding it over a lamp or candle, taking care that it does not ignite. The smoke will soon fill the room and expel the mosquitoes.

### PAINT WITHOUT OIL OR LEAD.

A good paint that looks and wears well, is made as follows: Whiting, five pounds; skimmed milk, two quarts; fresh slacked lime, two ounces. Put the lime in a stoneware vessel, pour on enough milk to make like cream; then add the balance of the milk, stir and then crumble the whiting on the surface, after which it must be well stirred in or ground as you would other paint. Use same as lead and oil paint. Above quantity will cover 57 yards.

### HOW TO IRON CLOTHES.

Iron the back of a shirt first, then the sleeves, next the collar and bosom and then the front. In ironing a frock, first do the waist, then the sleeves, then the skirt. The skirt should remain rolled while the other parts are being ironed and a chair should be set to hold the sleeves while ironing the skirt. Iron calicoes on the right side; this helps to keep them clean longer. Silk should be ironed on the wrong side, quite damp, the iron only moderately hot as a very hot iron is liable to change and fade light colors. To iron velvet, turn the face



of the iron up, dampen the wrong side of the velvet and holding it straight, draw it over the face of the iron; lace and needlework should always be ironed on the wrong side.

#### TO CLEAN PAINT.

There is a very simple and easy way to clean paint that has become soiled; try it and you will use no other. Get some good—best quality—whiting. Dip a piece of flannel in clean, warm water and squeeze nearly dry; then take as much of the whiting as will stick to the cloth, and apply to the painted surface; after this wash clean with water alone and wipe dry with a soft chamois. It does no injury and makes the paint look like new.

#### FOR ORDINARY CROUP.

Three tablespoons of molasses, one-half teaspoon of salaratus, stirred till a light froth; give one-half teaspoonful every ten minutes; quick relief, without nauseating.

—*Mrs. A. L. Knowles.*

#### TO CLEAN COLORED SILKS.

Colored silks, chintzes, moreens and colored cottons, may be cleaned without injury to their color with potato liquor. Grate raw potatoes to a fine pulp; add water in the proportion of one pint to the pound of potatoes; pass this liquid through a coarse sieve into a vessel, and allow it to remain till the fine, white starch settles to the bottom; then pour off the clear liquor, which is to be used for cleaning. Now spread the article to be cleaned upon a table on which has first been placed a linen cloth; dip a sponge in the liquor, and apply it until the dirt is removed. Then rinse the article in clean cold water several times.

#### CRUST IN TEA-KETTLES.

Can be prevented by keeping an oyster-shell in your tea-kettle. It attracts the earthy particles to itself and thus prevents the formation of a crust. Try it; it does the business.

#### FOR HANDS.

Five cents worth, or about four tablespoons of quince soaked in one pint of water over night; strain, then add two ounces of glycerine, one ounce of benzoin, five drops carbolic acid, two tablespoons rose water, and one tablespoon of alcohol.—*Miss Bessie H. Hassler, Fort Wayne, Ind.*

## TO IMPROVE TEA FLAVOR.

To give ordinary tea a fine flavor, place rose leaves in the tea-canister, or add one drop of the attar of roses on a piece of soft paper to every pound of tea and keep the canister closely covered.

## TO MEND RUBBERS.

Rub the patch and the shoe thoroughly with sand-paper. Smear both with liquid rubber five times, each time letting them dry. Do this once more and before they dry apply the patch, with pressure, and it's mended. If liquid rubber cannot be obtained, make it, by dissolving small pieces of pure rubber, (not vulcanized) in warm turpentine until it becomes of a syrupy thickness.

## TO TAKE AWAY WARTS.

Apply chromic acid to the wart with a splint, three times a day until gone; this is sure and harmless.—*Mrs A. E. Fisher.*

## TO TAKE INK OUT OF LINEN.

Dip the spotted part in pure tallow, melted, then wash out the tallow and the ink will disappear.

## QUICK EMETIC.

One large teaspoon mustard in one cup lukewarm water; stir and drink it all.

## CURE FOR A CUT.

(A Little Severe, But Never-Failing.)

Fill the cut immediately with clean wood ashes, bind it on with clean cloth. The ashes mingle with the blood and form a cement; if the wound is kept bound until the blood is thoroughly dry, it will soon heal.—*Mrs. H. A. Turner.*

## TO FREE HOUSE PLANTS OF INSECTS.

Dissolve a bar of laundry soap, shaved fine, in a quart of lukewarm water. Set over the fire and bring to a gentle boil. Keep this up for ten minutes. Take to the table, away from the stove and add two quarts of kerosene to the mixture, gradually beating all the while with a Dover or other egg-beater. It should be as thick as mayonnaise dressing when done. Keep in a cool place. In using, dilute one cupful with two gallons



of water. It will be almost milk white. Spray the plants infested by aphidae, red spiders or other greenhouse pests with this. The recipe was given me by a celebrated florist and may be depended upon.

#### PENNY-SAVING POINTERS.

In buying basting thread it is always well to remember that an inferior quality is really a better investment than the more expensive make, as it is usually finer and less liable to leave a mark on delicate fabrics.

Evening slippers, in pastel shades of kid or in silk or satin, may be readily cleaned with an erasure known as art gum that is used by illustrators. Of course, either naphtha or gasoline will clean these soiled slippers.

If sheets have been in use for some time, do not wait for them to begin to split, but cut through the center and turn the outer side to the center, neatly hem the edges and the sheets will last nearly as long as a new sheet. Bolster cases should be cut in two and made into pillowcases for ordinary wear.

The upper parts of worn-out shoes make excellent iron-holders. The leather needs only a thin covering so that it does not soil the hand, which it will protect from heat far better than would an ironholder made in the ordinary way.

Keep camphor in drawers and cupboards and their contents will be safe from the ravages of mice, for they detest the smell of this fragrant gum.

Always set a dishpan with the handles at the front and back, instead of at the sides, as you face it and you will have fewer nicked pieces of china.

#### TO REMOVE PUTTY FROM GLASS.

Dip a small brush in nitric or muriatic acid, and with it paint over the dry putty that adheres to the broken glasses and frames of the windows. After an hour's interval the putty will have become so soft as to be easily removed.

#### CREAM OF TARTAR BAKING POWDER.

One-half pound bicarbonate of soda, one pound cream of tartar, one-half pound of flour of starch, dry each ingredient thoroughly and in separate dishes, so as to drive out all moisture, then sift together five times so as to be sure they are thoroughly blended, put into tin boxes having tight covers.—*J. L. S.*

## ROUTING OUT ROACHES.

Borax, used alone, drives the pests to other parts of the house, but by mixing one-quarter of a pound of borax with one pound of corn starch, the pests eat the combination and die. Be careful about the proportions, and sift together carefully, for the roaches love starch, but detect the borax easily. I have used this freely in a house infested with the pests, and have succeeded in ridding it of them.—*Friendly*.

## TO REMOVE GRASS STAINS.

To remove machine and grass stain, first wash the goods with soap and cold water before putting into hot water and the stains will disappear immediately.

## HOW TO CLEAN OIL CLOTHS.

Wash oil cloths once a month with skim milk and water, half and half. Rub them once in three months with boiled linseed oil. Put on very little, and rub it in well with a rag; then polish with a piece of old silk. Cared for in this way oil cloths will last for years.

Rub white spots on oilcloth caused by heat from utensils with spirits of camphor.

## COSMETIC JELLY FOR CHAPPED HANDS.

Is made by soaking thirty grains of gum tragacanth in seven ounces of rose water for three days, straining forcibly through muslin, and adding one-half ounce of glycerine and one-half ounce alcohol, a few drops of oil of rose is an improvement if this is used freely whenever the hands are bathed your fingers will keep soft and smooth and white, the jelly is harmless and can be used with perfect safety on the chapped face of children.—*Mrs. Mary Stites*.

## TO REMOVE INK SPOTS.

If sweet milk is rubbed on ink spots while still moist they will disappear as by magic.—*Mrs. Mary Stites*.

## VIRTUES OF SALT.

Salt puts out a fire in the chimney. Salt in the oven baking tins will prevent scorching on the bottom; salt and vinegar will remove stains from discolored teacups; salt and soda are excellent for bee stings and spider bites; salt thrown on soot which has fallen on the carpet will remove the spot;



salt thrown on a coal fire which is low, will revive it; salt used in sweeping carpets keeps out moths; salt and lemon juice rubbed on rust stains and placed on grass in sun will remove rust; salt in warm water will relieve tired feet.

### ANTEDOTES FOR POISON.

Soda, salt, vinegar, chalk, raw eggs, mustard, sweet oil, soap and milk are powerful remedies for poison, and are in every house; send for a doctor, but do not wait for doctor or druggist, go to work. If the poison is an alkali, vinegar is a remedy. Freely drinking of new milk, continuing to drink, even when the stomach returns the milk, will destroy even arsenic poison. If sulphuric acid, or oxalic acid, swallow a quantity of chalk. The whites of raw eggs stirred up and swallowed, six or eight or more successively, as fast as possible, will destroy poison as corrosive sublimate. Mustard stirred in soft water freely drank will cause vomiting and destroy poison. Any kind of oil, as olive oil, linseed, or common lard oil will also destroy poison. Phosphorus, as when children suck matches, give a tablespoonful of magnesia, and then freely gum-arabic water, less magnesia when only a little phosphorus is taken. Opium as laudnum poison needs a strong emetic. A tablespoonful of mustard in a glass of warm water, or one-half teaspoonful of powdered alum in as little water or coffee as will carry it down and repeat the dose. Strychnine also demands a very quick emetic as above or a heavy dose of ipecac. Opium also needs friction, fanning, shaking cold water on the head and also efforts to arouse the patient. Ammonia, taken raw by accident; give new milk, olive oil in ice bits, bind ice on the throat. After all these remedies, empty the stomach by clear warm water emetic, and keep the patient in bed on a raw egg diet for 30 hours.

### TABLE OF WEIGHTS AND MEASURES.

One dash of pepper—One-eighth teaspoon or three good shakes.

Four tablespoonfuls—One-half gill or one-fourth cup.

One tablespoonful—One-half ounce.

Two tablespoonfuls of flour—One ounce.

One tablespoonful of butter—One ounce.

One cupful—Two gills.

Two cupfuls—One-half pint or one-fourth pound.

Two cups granulated sugar—One pound.

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## DENNIS BROTHERS

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HARDWOOD LUMBER,  
MAPLE AND BIRCH  
... FLOORING ...

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207 Michigan Trust Building.



Three cups meal—One pound.  
Two cups solid butter—One pound.  
Four cups flour—One pound.  
One-half pint meal—One pound.  
One pint granulated sugar—One pound.  
One pint brown sugar—Thirteen ounces.  
One pint flour—One-half pound.  
One pint solid chopped meat—One pound.  
Ten eggs—One pound.  
Four gills—One pint.  
Two pints—One quart  
Eight quarts—One peck.  
Four quarts—One gallon.

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The more crumbly a cheese is, the more easily will it be digested.

When you wash woolen cloths, don't wring; shake and hang out.

A bit of alum the size of a bean to a quart of jelly will cause it to thicken.

Before laying a carpet, rub the boards over with turpentine to safeguard against moths.

In cooking prunes, use one spoon of white vinegar to give tart taste or add dried blue plums.

If the kitchen walls are damp have them washed down with a strong solution of alum and water.

Never trim scorched cakes with knife, but instead, use grater and then frost which will cover the blemish.

When boiling a pudding in a cloth, put a plate beneath it to prevent any chance of its sticking to the saucepan.

In canning grapes, add apples to the fruit and stew. Put all through a colander, then add sugar and heat and can.

A good corn remedy consists of equal parts of sweet oil and iodine shaken together. Apply at night until relieved.

A pinch of salt dropped in the fruit cans when put away renders them sweet and ready for use.—*Mrs. A. L. Knowles.*

When hot grease has been spilled on the floor, dash cold water over it quickly to harden it and prevent its sinking into the boards.

Small paper bags should be saved to slip on the hands while blacking the stove, the brush can be handled without soiling the hands.

When yeast fails to rise, beat the white of an egg to a froth and stir in; let stand twenty or thirty minutes. You will be pleased with the result.

To prevent pie crust shell from crawling away from edges of tin, bake on bottom side of tin; in washing potatoes, put in a pinch of soda, to make creamy.

Leather chair seats may be brightened and revived by rubbing them with the white of an egg. Leather book bindings may be improved by the same method.

An excellent furniture polish is made by mixing together one-third of alcohol and two-thirds of sweet oil. Apply with one soft cloth and polish off with another.

Try stewing fruit in a jar in the oven for three or four hours, instead of in a sauce-pan for a shorter time. You will find a much more delicious flavor is acquired.

It is economical after using a bowl of cold starch to let it settle. Then pour off the water and ry the starch in the oven at night. It will be reduced to a cake and can be used again.

To remove unpleasant smell from iron vessels, saturate cloth with kerosene, drop in vessel; set it in the yard and put a lighted match in it. When burned out, scour with soda watr.

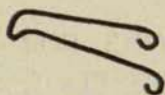
Stains on white silk can usually be removed by soaking the stain with gasoline and then rubbing in as much lump magnesia as the gasoline will absorb. Try keeping flies off the screen door by rubbing the frame work of the door over with kerosene occasionally. The odor seems to be offensive to flies. Salt will remove a fresh ink stain from a carpet.





## A Fireless Cook Stove.

A deep, tightly covered granite-iron kettle having perpendicular sides does the best work, although a kettle with a bail can be used. To make the cover fit tightly, which is absolutely necessary, bend a piece of 12-gauge spring wire as in cut. Place over the cover of the kettle, draw the hooked ends toward one another, thus—tightening the cover.



For the box, any ordinary board box will do, though one free from cracks and knot-holes is best. If the box has cracks, line it with card-board or heavy paper, making it as nearly air-tight as possible. To do the inside work, remove both top and bottom of box. You are now ready to make the cushion, and inside lining of box. For these the most satisfactory goods is a firm piece of dark colored canton flannel. Cut the cloth an inch longer on each side than the dimensions of the box, thus allowing room to tack to box. From the center, cut a circular piece large enough to allow the kettle to fit in. Make a pocket of a straight strip of cloth for the sides of kettle, and circular piece for the bottom, which will just fit the kettle. Sew the pocket when completed to the circular opening. Make a cushion for the top three inches thick, which will just fit the box.

For the filling of the cushion and box, the best thing is hay or fine excelsior. Pack the filling in the cushion as tight as you possibly can, taking care not to get it out of shape. Now draw a line around the inside of the box, three inches from the top edge, and tack the lining to this line, working from the under side and over the tacks and edge of the lining, tack one-half inch strips of card-board, thus securing the lining firmly to the box, and making a smooth finish. Fasten the cover to the box with hinges and close with a hook and staple. Fasten the cover in the kettle and put it in the pocket; press the cushion down on top, close down the cover and fasten.

Now turn the box upsidedown and pack in the filling from the bottom, stamping it solidly around the kettle with the

potato masher. Great care must be taken to leave no hollows or lumps. Pack evenly and solidly until you can get in no more. Screw the bottom on so that it may be removed to renew the filling when desired. Upon opening the box, you will find a perfect mold of your kettle which is the only way to make a satisfactory fireless cook-stove.

One may have as many compartments as desired, by selecting a box large enough to put partitions and completing each compartment as directed. But one must always remember that the box must be large enough so that each kettle does not come nearer than three inches to any part of the box.

#### GENERAL DIRECTIONS FOR COOKING WITH A FIRELESS COOK STOVE.

In cooking with the "Fireless Cook-Stove," of course the foods must first be brought to the boiling point over fire and cooked long enough to become thoroughly heated through, and to fill the kettle with boiling hot steam. Naturally some foods will require more time over the fire than others; meats taking more time to heat through than vegetables, etc. It will therefore be very necessary to follow closely the time given for each recipe. The time given with these recipes is always the minimum time, and if you cut it short, you will have nothing but disappointment, while on the other hand, no harm can come from leaving food in the cooker too long.

With meats or soups, a most satisfactory way is, if required for a noon dinner, to put them over at night. In the morning, open the pot, and if the meat is done, as it will be, unless it is a very tough cut, cover again and put back in cooker out of the way until noon, when it may be reheated. If, however, it is not tender, as will sometimes be the case, cover again and bring quickly to a boil; boil a minute or two and replace in cooker. Treated in this manner, the toughest fowl and cheapest cuts of beef, will come out the most toothsome morsels by noon. If, however, the dinner hour is six o'clock, put the meat over the first thing in the morning, and if at all fearful as to results, open the pot, and if not done, reheat and put back in cooker. It has been said that you can boil or stew in these cookers, but cannot roast. Strictly speaking, one can neither boil, stew or roast, as the food only started over the fire, or in the oven, and then the hot pots are deposited in the pockets prepared for them in the box, and the confined heat finishes the cooking. Now, if you quickly brown the meat all over



in a frying pan over the fire, then place it on a roasting rack in the pot to keep it above the water, fasten on cover and roast in hot oven for half an hour, transferring to cooker to finish roasting, you will get the same flavor as though it had been roasted entirely in the oven.

### LEG OF LAMB.

Remove all skin and fat; rub well with salt, pepper and dredge thoroughly with flour. Fry a half dozen slices of fat bacon until crisp. Remove bacon and brown the lamb in the fat. Now place lamb on roasting rack (1) in the pot, lay the slices of bacon on the roast and pour the hot fat and enough boiling water over the roast to come a little above the roasting rack. Fasten on the cover and boil hard twenty minutes or roast in oven half an hour, when it is ready for the cooker. Leave in cooker not less than five hours, as much longer as possible.

Note (1).—A wire tea stand will answer nicely for a roasting rack.

### MOCK HASEN PFEFFER.

Any of the cheap cuts of beef will do for this; cut the meat into small pieces, three or four inches square, and in the bottom of a stone crock, place a layer of beef. Season with salt, pepper, cloves and stick cinnamon, also a few bay leaves. Now slice a good-sized onion over, and then another layer of meat, spices and onion until the meat is all used. Cover well with good cider vinegar and let stand for two or three days. When ready to use, take out the meat, shaking off the onion and spices. Put in the pot with about three inches of hot water. Boil hard for fifteen minutes, and remove to cooker for three or four hours. Genuine Hasen Pfeffer is prepared in exactly the same manner with rabbits instead of beef.

### FRESH PORK ROAST.

Take a small leg of pork from which the bone has been removed, and fill the space with apple dressing or old-fashioned bread dressing. Close the openings with skewers. Rub all over with salt, pepper and the grated rind of a lemon, also squeezing the juice of the lemon over it. Dredge with flour and brown all over in hot drippings. Place on roasting rack, and fasten cover, boil twenty minutes or roast half an hour; leave in cooker six hours at least.

## APPLE DRESSING.

Take apples enough to make a pint after they are pared and sliced. Add small handful of raisins and one large slice of bread soaked in water. Rub all thoroughly together and use. This dressing is especially good for spare- ribs, duck or any meat or fowl that is very greasy.

## CHICKEN POT-PIE.

Put the chicken in pot with water enough to cover; season with salt, and fasten on cover. Boil twenty minutes and remove to cooker. If the chicken is young, three hours will be time enough; but if it is old, put it on the nightbefore, as suggested in general directions. A half hour before serving, place pot over fire and let come to a boil, thicken the gravy and stir in a tablespoonful of finely chopped parsley. Drop in dumplings, and put on cover. Boil fifteen minutes and serve.

Dumplings.—One pint flour, one teaspoon baking powder, and a little salt. Mix with milk to make stiff batter and drop with spoon.

## FRIED CHICKEN.

Of course you can not fry in the cooker, but you may get a similar result by rolling the pieces of chicken in flour and browning them nicely in frying pan. Then lay on the roasting rack with water in bottom of pot which has first been poured in the pan that the chicken was fried in. Cover and boil twenty minutes, and put in cooker same as for pot-pie.

## TURKEY.

If you don't mind cutting up the turkey before cooking, you will find it delicious, cooked by the recipe for fried chicken, allowing more time.

## OAT MEAL.

In cooking oat meal or cracked wheat, allow to each of cereal, two and a half cups of water and a teaspoon of salt. Have the water in the basin salted and boiling and stir in slowly the cereal. Let it boil about three minutes, when it is ready for the pot, which should be half full of boiling water. Fasten on cover, and boil hard ten minutes, when it is ready for the cooker. All cereals required for breakfast should be prepared just before retiring, and you will find a hot, well-cooked dish ready in the morning.



### ROAST DUCK.

Prepare the duck the same as for ordinary oven roasting, stuffing with apple dressing. Place duck on the roasting rack in cooking pot with boiling water a little more than covering the rack. Fasten on the cover and bake in a hot oven for half an hour. Remove to cooker for three or four hours if duck is young, but if doubtful as to its age, put over the night before. A half hour before serving time, remove the duck to a roasting pan and brown nicely in the hot oven while you are making a sauce with the liquor in the pot after skimming off the grease.

### BOILED TONGUE.

After thoroughly washing the tongue, place it in the pot and cover well with slightly salted water. Let it boil gently for a full half hour, skimming away the scum, then fasten on cover and let boil another half hour, when it is ready for the cooker, where it should remain all night. In the morning, remove tongue from liquor, press out water and pare off the skin. It can be served plain sliced or it is fine put in a spiced sour pickle, with a sliced onion added.

### CEREALS.

There is no way for cooking cereals which is so thoroughly satisfactory in every way, as with the fireless cook stove. In this, they are cooked slowly and a long time, which are the required conditions for making these foods palatable and digestible. All cereals should be cooked in a double boiler. A very satisfactory one can be made by getting a basin, the top of which is the exact size of the top of the top of the cooking pot, but with sloping sides, so that the steam can get all around it. You may have to make a separate fastener to fit over the double rim.

### SOUPS.

All kinds of food which require long, slow cooking are particularly suited to fireless cooking. Under this head come soups of all kinds. For the foundation of the soup, get a "soup-bone," beef, veal, lamb, or anything preferred, and after cracking the bone and gashing the meat, put it in the cook pot, two-thirds full of cold water. Set on stove and let come slowly to a boil, and allow it boil gently uncovered, for a half hour, skimming frequently; fasten on cover and boil

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fifteen minutes longer, when it is ready for the cooker, where it should stay eight or ten hours. A good way is to leave it in the cooker over night, and then in the morning, the stock may be used as foundation for any preferred kind of soup for luncheon.

### VEGETABLES.

For cooking such vegetables as squash, potatoes, pumpkins and the like, a steamer will be found necessary. A basin like the one used for the double boiler will answer nicely if it has some good-sized holes cut in its bottom for passage of steam.

### POTATOES.

Put the potatoes in the steamer and immerse them in a pan of boiling salted water. Let them boil hard three minutes, raise steamer out of water and place over the cooking pot, which should have just enough boiling water in it to miss the steamer. Cover tightly and let boil hard for two or three minutes, when it is ready for the cooker. Allow two hours to two and one-half for cooking.

Scalloped potatoes, tomatoes, onions, corn, oysters or indeed any scalloped dish may be successfully made by using the basin for the "scallop" and filling the pot with boiling water, covering tightly and boiling a half hour, when it should be removed to hot box and allowed to remain at least four hours. If desired, it can then be browned in the oven.

### BOSTON BAKED BEANS.

Soak one quart of beans over night, and in the morning, put on the stove and let come to a boil. When the boiling point is reached, stir in one teaspoonful of soda and boil until the skins begin to loosen. Pour off the water and rinse thoroughly in clear water. Put your beans in the bean-pot (1), and add a pound of salt pork, a little salt, a dash of paprika, one tablespoonful of prepared mustard and one-third cup of molasses. Now put in water enough to cover nicely and cover. Put in the oven and after it is thoroughly cooking, bake one hour. Remove to cooker and leave all night. In the morning, put in a half bottle of good catsup, and place on stove until boiling. Put again in cooker, until noon, when it is ready to serve.

Note (1).—If you have no bean-pot that will fit your pockets, one of your cooking pots will do, but an excellent

pot can be made from one of the covered stone jars that fine creamery butter is sold in.

Green peas, string beans or butter beans should be prepared the same as for ordinary cooking, and put into pot with enough boiling salt water to cover nicely. Cover tight and boil fifteen minutes. Put in cooker for four hours. Before serving, place on stove and season with cream, butter and a little pepper. If desired, a little thickening may be added.





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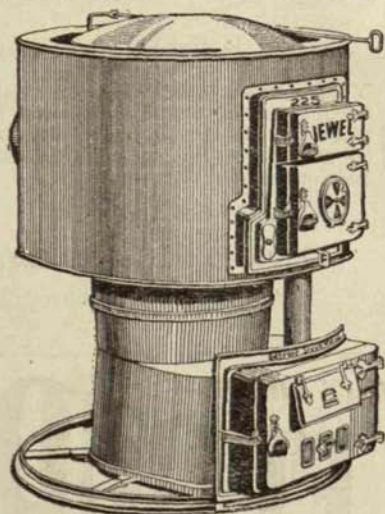


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Orange Marmalade,  
1st day. Slice the whole lemon  
thin; shave from 3 of the  
oranges the thin yellow rind.  
Run this through the food  
chopper; discard the white pith.  
Slice the pulp of the six oranges  
thin; to this add an equal  
amount of cold water & a  
little soda. Let this stand  
over night in covered.

2nd day. Boil the mixture, uncovered  
until tender, and water reduced  
to good deal, perhaps 3 hrs.  
Let stand over night uncovered.

3rd day. Take equal parts of  
the fruit & sugar, boil, until  
it gellies. Pour into glasses.





