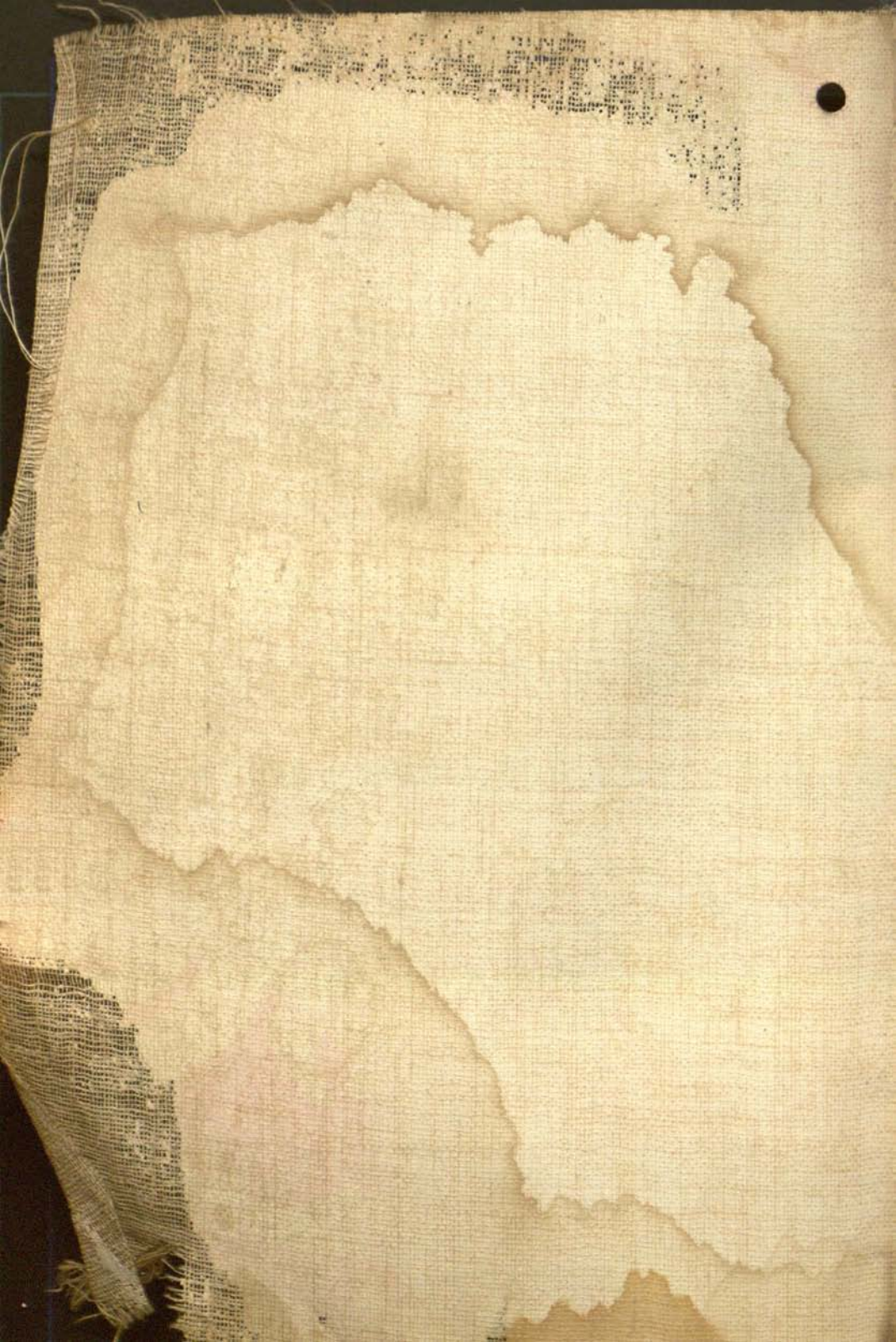


# PILGRIM COOK & BOOK No. 2



Published by the Ladies' Society of  
**Pilgrim Congregational Church**  
Lansing, Mich.



#8  
P. 25  
This Book Belongs  
to Pat Barrett

LANSING,

1901

25 ov

# The Pilgrim

## Cook Book

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SECOND EDITION

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Compiled by the Ladies of  
**Pilgrim Congregational Church**

Rev. Ernest Bourner Allen, Minister

Lansing, Michigan

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1901

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"No home can be what it ought to be unless  
there is a good cook in the establishment."

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## GREETING.

To all women who live to learn and would learn to live, these pages are offered by the compilers, in the hope that they may prove crumbs of comfort in many perplexing hours. We desire to thank all kind contributors and all who have added anything to the success of our undertaking. Careful attention to details, we believe, will prove every recipe offered to be valuable. We especially invite attention to the "Diet for the Sick," prepared by one of national fame for this little book.—From the "Greeting" of the first edition.

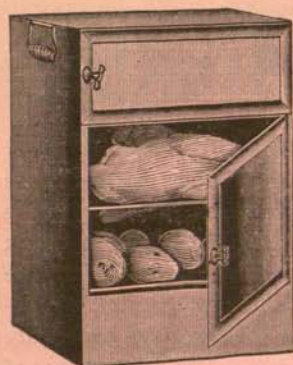
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## PREFACE TO THE SECOND EDITION.

The modest "Greeting" extended by the Editors in the first edition of Pilgrim Cook Book, has been generously reciprocated by the hundreds who have read and used its pages. The compilers of the second edition, which is now enlarged two-fold, trust that like its predecessor it may be sought by many and useful to all. With the prestige established by its forerunner it fears no ill.

Acknowledgment is here gratefully made to the scores of friends who have contributed to make the book useful by giving their choicest, tried, home recipes. Many have been written especially and solely for us and they appear in no other Cook Book. If copied they should be duly credited to the Pilgrim Cook Book. We are also indebted to other Cook Books for suggestive and helpful material. We call attention to our advertisers and shall be glad if in ordering from them you let it be known where you saw their advertisement.

The Pilgrim Cook Book will be mailed anywhere in the United States or Canada for thirty cents in stamps. The regular price is twenty-five cents when not sent by mail. Special rates are made when two dozen or more are ordered. All funds secured by the sale of the Book are used in our Church work. You can aid our work by purchasing and calling the attention of friends to the Book. Address all orders to the Pilgrim Cook Book, Lansing, Michigan, care Pilgrim Congregational Church.



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### MILESTONES.

Sunday School organized	-	-	-	-	-	-	Sept. 4, 1887
Church organized	-	-	-	-	-	-	March 12, 1893
Ground broken for new church	-	-	-	-	-	-	April 16, 1898
First corner-stone laid	-	-	-	-	-	-	June 16, 1898
Farewell services, old church	-	-	-	-	-	-	Jan. 8, 1899
First new church burned	-	-	-	-	-	-	Jan. 9, 1899
Second corner-stone laid	-	-	-	-	-	-	May 2, 1899
First prayer meeting, new church	-	-	-	-	-	-	Dec. 7, 1899
First Sabbath service, in Sunday School rooms	-	-	-	-	-	-	Dec. 10, 1899
Opening Sunday, auditorium	-	-	-	-	-	-	Jan. 21, 1900
Dedication Sunday	-	-	-	-	-	-	Jan. 28, 1900

REV. ERNEST BOURNER ALLEN, Minister,  
 May 8, 1895—Oct. 8, 1901.

GOLD MEDAL, PARIS, 1900.

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## TABLES OF WEIGHTS AND MEASURES.

1 quart of flour.....	1 pound.
1 heaping tablespoonful sugar.....	1 ounce.
2 cups of granulated sugar.....	1 pound.
2 heaping cups powdered sugar.....	1 pound.
1 pint of finely chopped meat packed solidly.....	1 pound.
2 cups of solid butter.....	1 pound.
1 round tablespoonful of butter.....	1 ounce.
1 heaping tablespoonful of butter.....	2 oz. or $\frac{1}{4}$ cup.
Butter the size of an egg.....	2 oz. or $\frac{1}{4}$ cup.
2 round tablespoonfuls of coffee.....	1 ounce.
4 teaspoonfuls of liquid.....	1 tablespoonful.
1 generous pint liquid.....	1 pound.

A tablespoonful melted butter is measured after melting. A tablespoonful of butter melted is measured before melting. A speck of cayenne pepper is what can be taken up on a quarter inch square surface. A pinch of salt or spice is about a saltspoonful. The cup used is the common measuring cup holding  $\frac{1}{2}$  pint.

Two saltspoons make one coffespoon.

Two coffespoons make one teaspoon.

Four teaspoons (liquid) make one tablespoon.

Three teaspoons (dry) make one tablespoon.

Four tablespoons (liquid) make one wineglass.

Two wineglasses make one gill.

Two gills ( $\frac{1}{2}$  pint) make one cup.

Two cups make one pint.

Four cups make one quart.

One cup butter (solid) makes one-half pound.

One cup granulated sugar makes one-half pound.

One round tablespoon butter makes one ounce.

A dash of pepper is quarter of a saltspoon.

## COOKING TERMS.

To "scald milk" is to bring it nearly to a boil. To "parboil" is to half cook in boiling water. To "bind" a mixture is to make it moist with milk or egg so it will hold together and not crumble. To "core" an apple or pear is to remove the heart. To "break flour" is to pour gradually into it cold liquid, until it

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is as smooth as paste. To "burst" rice is to put it on to boil in cold water; when boiling, the grains of starch burst. To "wash" pearl barley, etc., is to pour cold water over it several times, until the last water is clear. To "shred" suet is to slice it so finely with a sharp knife that the shreds curl. To "brown" meal is to place it in a frying or sauce-pan with a small quantity of fat, not turning until it is brown.

"To grease a dish" is to rub fat or butter over it, which should be done with a piece of paper. "To grease paper" apply grease with a knife. "To scald vegetables" is to pour boiling water over them for two minutes and then strain. "To clean currants" is to rub them with flour, to loosen stalks and then wash them in warm water and dry on a sieve in the oven.

Entremets are savory or sweet dishes usually served as a second course, or may follow the roast. A sauce-pan is a sheet-iron pan used for omelets and for potatoes hashed and browned. Usually in this country it is called a frying-pan. Au gratin means a meat, or fish, or vegetables mixed in cream sauce, baked in the oven and served in the dish in which it is cooked. Marinade, or marinate, means to put the articles in a sort of pickle; for instance, as for a sour salad, the meat is marinated for an hour, which means covering it with vinegar. Aspic is a savory meat jelly. White aspic is a savory milk jelly used to cover cold meats. Red aspic is a savory tomato jelly used alone as a salad or as a garnish to cold beef or mutton. Lardoons are strips of salt pork used in a larding needle for "larding" meats, as fillet or capon.

The term "browning." Plain burned sugar (caramel) may be used to color soups and sauces, thus saving the trouble of browning the flour or butter. It is also used as a flavoring for sweets. Put 1 cup of sugar, dry, into an iron sauce-pan. Stand it over a hot fire and stir continually until it is reduced to a dark brown liquid. When it begins to burn and smoke, add hastily a cup of boiling water, stir and cook until a thin syrup-like mixture is formed. It must not be too thick. Bottle, and it is ready for use, and will keep any length of time.

The best results in cooking come from accuracy in measurements and by the use of the half-pint cup. In every kitchen there should be three or four of these cups marked in quarters and one divided in thirds. The best cook books are written now with this cup as a standard. To insure further accuracy teaspoonfuls are measured level by a stroke of a knife so that a cup or spoon in a recipe means all that it will hold when leveled, and no more.

Flour should be measured after sifting. To prove this try measuring a cup right out of the barrel or bag, then sift it and measure again. Pack butter solidly in a cup, not drop in a three-cornered piece and guess that is about a quarter of a cup.

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get it directly out of each other, one out of the other,  
but if we both act, and act together, we'll get along  
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## SERVING AND CARVING.

"Eat at your own table as you would eat at the table of the King."

### SERVING.

1. Before setting the table, consider what dishes are to be needed. Make a list if necessary. 2. Cold food should be served on cold dishes. Hot food should be served on hot dishes. 3. Dishes which admit of choice should be passed at the left; all others should be placed before the person from the right. Plates must be removed from the right, when possible. 4. Soiled dishes should be first removed, then food, then clean dishes, the crumbs, carving cloth, salts, etc. 5. Everything relating to one course only, must be removed at the end of the course. 6. For a family meal, pass all food and dishes on a waiter. 7. When removing soiled dishes, do not pile them up in front of the person but take each plate separately.

The table should be in the center of the room; table-cloth is laid straight and smooth over a heavy flannel cloth. Have folds in cloth parallel with edge of table. The centerpiece, if used, must be exactly in the center of the table; flowers and fruit in the center. Carving cloth or tea-cloth exactly in the center of the end of the table. Napkins should be simply folded and laid at the left of the plate.

Doilies should be placed under finger-bowls, on dessert plates, a spoon at the right, and a fork at the left of the bowl. Or put a fruit knife on the plate at the right of the bowl and fruit spoon at the left. Fill finger-bowls one-third full. Doilies should be placed on trays. If a bare table is used have a doily under each plate or hot dish to preserve the polish of the table. The doily should have a flannel lining sewed to it. A napkin should be carefully folded around a hot baking dish. Baked potatoes, or boiled corn should be served in a napkin. Hot biscuits, crackers, or cheese are served in a napkin or doily. Knives should be placed with the sharp edge toward the plate, at the right, in order used. Spoons always at the right, with the bowl turned up, in the order used. When the fork is to be used alone, as for oysters, fish or salad, it may be placed at the right, otherwise put at the left. The carving knife or fork should be placed on the side table till needed, then the knife should be laid at the right of the carver, and the fork at the left; large gravy spoon at the right, and sharpener

(if used) at the left; it should be removed as soon as used. Have the carving knife sharpened before it is brought to the table if possible.

Glasses should be placed at the upper right hand side. Fill three-quarters just before the meal is announced; watch and refill when needed between courses. They should be filled, when possible, without lifting from the table. Do not use ice in glasses; fill carafes or water pitchers three-quarters and keep them filled during the meal. Put all cups, glasses and plates on the table right side up.

For a centerpiece of fruit, select a golden-colored, medium-sized, well-shaped pumpkin. With a sharp knife fashion it into the form of a basket with an old-fashioned tub handle on each side. Carefully scoop out the seeds and pulp, leaving a thin shell. Polish the rind and fill the basket with apples, pears and grapes of various tints.

Among the latest novelties for finger-bowls are the Japanese water flowers. These should be thrown in the water as the bowls are placed in front of the guests. The bits of painted wood of no apparent form or shape gradually unfold and expand into flowers or other quaint conceits.

### CARVING.

The chair for a carver should be high enough to allow the work to be done comfortably without standing. The platter must be large enough to hold the entire joint or bird, without any piece falling on the tablecloth. The platter must be hot for hot meat. See that no string or skewer is left on the meat. Silver skewers, however, are left. The platter must be near enough to the carver to be comfortable. Have very sharp knives and keep them safe so as not to spoil the edges.

To carve chicken, turkey, duck. Put bird on platter, with neck at left of carver. Plunge the fork securely in the breast bone at highest point, let it stay there, and use another fork if one is needed, to serve the meat. 1. Remove the wing, cutting from outside through to joint, close to body, then cut around and press wing away from body. 2. Cut leg at outside, then on inside, press away from body, and cut ligaments. 3. Cut thin slices from the breast, beginning close to place from which the wing was removed.

If only one-half the turkey or bird is used, do not remove any more parts. But if more is to be used, remove wing and leg of side away from carver, then remove wishbone, paps, nose and side bone. This latter part is often not done at the table, as the carcass may be used for soup. The wing should be jointed, the leg

divided into first and second joints, and a slice cut from the leg if it is large. The dressing and gravy should be placed carefully on the plate. The dressing should be removed from the lower ventral side of the fowl. Broiled chicken, if small, may be cut through the breast into halves, and each half cut in two. If large, remove legs and wings, and cut into smaller pieces.

To carve beefsteak, the carver should know at a glance which is the tenderloin, and cut it into several pieces, first removing it from the bone. The sirloin muscle should also be removed from the bone and cut into small pieces and each person should be served with a piece of the tenderloin and a piece of the sirloin muscle. Serve fat also to those who wish it.

For rib roast of beef, the roast should be on the platter, with ribs next to platter, and backbone at left of carver. The carver should cut meat loose from backbone and then cut down in slices. *Always cut across the grain of meat.*

For rump or round roast, cut in slices right across the meat.

For leg of mutton or lamb, the meat should be on platter with fat side up, and large end at left. Insert fork firmly and begin to cut in middle of leg. Work toward both ends as desired, cut meat in even slices. For ham, cut in same way, only begin nearer small end and use this end first. The thick end of ham is the best and it may be used first if desired. A rib roast of veal or mutton must be cut at right angles to length of piece, that is, it is cut into ribs.

Fish. Use only silver to serve fish, as steel imparts a disagreeable odor to cooked fish. Small fish are served whole. Fish such as mackerel, lake trout, carp, salmon trout, shad, are cut through body, bone and all, and served in thick slices; or may be served first one side, and then the other, after bone is removed.

## SOUPS.

"We may live without friends, we may live without books,  
But civilized man cannot live without cooks;  
We may live without love,—what is passion but pining,  
But where is the man who can live without dining."

Soup as an article of diet ranks second only to bread, and is entitled to a prominent place in the science of cookery. There are enough scraps of meat, trimmings of roasts, and chops in every house to keep the table supplied with nutritious soup. The best dinner can be preceded with advantage by a light soup of some kind, while to a cold or "picked up" dinner it is an invaluable adjunct and can be prepared in a few minutes where the value of a stock pot is recognized. An ordinary pot may be used for preparing stock but a "digester" or stock pot can be purchased at any

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hardware store. Stock is the base of soups and may be made from scraps of meat and bones, cooked or uncooked, or of fresh meat. All soups are variations of a few kinds of stock. To remove fat from soup, pour the soup through a cloth that has been saturated in cold water. All the fat will remain in the cloth and the soup will be as free from it as if it had been removed when cold. The fat can be taken from the cloth, melted down, and clarified for use.

All bones, such as the carcasses of chickens, turkeys, or ducks, with the bones from roasts and steaks, and the liquors in which meats are boiled, should be carefully saved for stock. It is not a good plan to have a continuous stock pot, but twice a week, say on Tuesdays and Saturdays, the bones which have accumulated may be covered with cold water, simmered gently for three hours, strained, and put aside for future use. This stock may be used for all the ordinary soups, and for the liquid portion of all meat sauces as well.

**BEEF OR BROWN STOCK.**—6 lbs. shin of beef, 6 quarts cold water, 1 medium sized carrot, 1 medium sized turnip, 1 onion, 1 stick celery, a little parsley, 10 pepper-corns, 4 cloves, 1 tablespoonful salt.

Wash well the shin of beef which has been well broken, cut off  $\frac{1}{2}$  lb. of the lean meat, put the rest in the pot with the cold water and salt and bring slowly to the boiling point. Skim carefully. (A little cold water poured into the pot the moment it boils will hasten the rising of the scum).

Place the vegetables which have been washed, scraped and cut in small pieces, in a sauce-pan and brown in a little dripping. Skim out vegetables and brown in the same pan the lean meat, which has been cut fine. Add all to the boiling water, place the pot where it will simmer only and let it cook five or six hours.

When the soup is done strain through a cloth into an earthen bowl and let it cool without covering. When perfectly cold remove the grease from the top and the stock is ready for use. The meat and vegetables may be put into the kettle without browning if desired and the color given by a tablespoon of caramel.

**VEGETABLE SOUP No. 1.**—Place beef on stove in cold water, let it come slowly to a boil. Skim. 1 carrot, 1 medium or 2 small onions, 1 small piece of cabbage, small handful dried celery leaves tied together; let it simmer 5 hours. If you wish, strain 1 pint tomato juice to 1 quart of the soup. Use maccaroni or rice if preferred.

**VEGETABLE SOUP No. 2.**—Place on fire 1 pint of stock, 1 teaspoonful extract of beef, 1 cupful onions, carrots, potatoes and celery, minced very fine, wet 1 teaspoonful corn starch in a little water. Stir into soup and season to taste.



# THE KITCHEN

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**MUSHROOM SOUP.**—Prepare a cream tomato soup, and while the milk is boiling, simmer for 15 minutes, in a heaping tablespoonful of butter, 1 quart fresh mushrooms, chopped. When the soup is ready to be taken from the stove, add the mushrooms and their liquor. This soup may also be made with canned mushrooms.

**TOMATO SOUP No. 1.**—Take a pint of stock, place in a stew-pan on the fire, add a teaspoonful of beef extract. Chop fine 1 tablespoonful of onion, and  $\frac{1}{2}$  cup of potato. Take 1 pint canned tomatoes, cook them till tender, and strain through a wire sieve. Then put vegetables and tomatoes into hot stock. Have either some macaroni, tapioca, or spaghetti soaking and stewing slowly. Salt well and when cooked, put 1 cupful into the tureen, then pour in the soup and add dash of cayenne. Serve hot with bread sticks.

**TOMATO SOUP No. 2.**—Boil a can of tomatoes 20 minutes, put through sieve and place again on the stove. Put 1 quart of milk in a double boiler, let it come to a boil and season with pepper, salt and butter; thicken with 2 even tablespoons of flour mixed with a little water. Just before use add 1 small teaspoonful of soda to the tomatoes. Put all together and strain into tureen.

**TOMATO SOUP No. 3.**—1 quart tomatoes, 1 onion, 2 ounces flour, 4 ounces butter, 2 tablespoons sugar, 2 tablespoons salt, a dash of cayenne pepper, 3 pints of water,  $\frac{1}{2}$  pint milk or cream. Boil tomatoes and onions in 3 pints of water three-quarters of an hour, strain this through wire sieve. Add salt, pepper, sugar, butter and flour, rubbed smoothly together like thin cream. Boil ten minutes. Boil milk or cream separately. When both are boiling, pour milk into the tomatoes to prevent curdling. Serve with croutons.

**CREAM OF CHEESE SOUP.**—1 quart milk, 1 slice of carrot, 1 slice of onion, 1 blade of mace, 3 tablespoons of butter, 2 tablespoons of flour, 2 heaping tablespoons of grated Parmesan or any rich cream cheese, yolks of 2 eggs, salt and pepper. Put the milk on to boil in farina boiler with the carrot, onion and mace. Rub the butter and flour together; take the vegetables from the milk, add the butter and flour and stir constantly until it thickens, then put in the cheese and stir three minutes. Now take it from the fire, add the beaten yolks of the eggs, salt and pepper. Serve at once. The carrot and onion may be omitted if desired.

**CORN SOUP.**—Make either of fresh or canned corn. When fresh, cut from cob, and scrape all that is sweet that remains on cob. To 1 quart of corn add 1 quart hot water. Boil 1 hour or longer, and put through a colander. Put into a sauce-pan butter the size of an egg, and when melted, sprinkle in a heaping tablespoon of flour. Cook a moment, stirring constantly, and add corn pulp gradually.

Season with cayenne pepper and salt, and when done add scant pint of boiled milk and a cup of cream.

**GREEN CORN SOUP.**—Twelve ears tender corn cut from cobs; boil the cobs twenty minutes in 2 quarts of water, remove cobs, boil the corn twenty minutes, add one quart of milk, season with pepper, salt and butter to taste, then turn into a tureen in which the yolks of three eggs have been beaten.

**ASPARAGUS SOUP No. 1.**—Wash 2 large bunches of asparagus, put in a sauce-pan, cover with boiling water and let boil  $\frac{1}{2}$  an hour. Take from the water, cut off the tops, and set to keep warm. Put 3 pints of milk on to boil. Press the asparagus stalks through a sieve and add to the milk with the water in which they were boiled. Rub 2 ounces of butter with 3 teaspoonfuls of corn-starch, add to the boiling milk, and stir until thick. Put in the asparagus tops, season with salt and pepper and serve.

**ASPARAGUS SOUP No. 2.**—Use the tough ends of the asparagus and save the water in which the asparagus has been boiled. Put the ends into the asparagus water and cook for  $\frac{1}{2}$  an hour. Press through a colander. To each pint of this mixture add a pint of milk. Then add a tablespoonful of butter and 2 of flour that have been rubbed together. Add a level teaspoonful of salt, a dash of pepper, and serve.

**CREAM OF CELERY SOUP No. 1.**—1 pint of milk, a tablespoonful of flour, 1 of butter, a head of celery, a large slice of onion, and a small piece of mace. Boil celery, after cutting into inch pieces or smaller, from 30 to 40 minutes; boil mace, onion and milk together. Mix flour with 2 tablespoonfuls of cold milk and add to boiling milk. Cook 10 minutes. Mash celery in the water in which it has been cooked and stir into boiling milk. Add butter, season with salt and pepper to taste. Strain and serve immediately.

**CREAM OF CELERY SOUP No. 2.**—Take 5 heads of celery, cover with 2 quarts water, boil 2 hours, with a very little juice of onion and 3 leaves whole mace. Strain and cool, then add 1 quart milk to 1 quart of above. 1 heaping tablespoon of butter and 1 of flour mixed together until smooth, a little salt and red pepper. Boil all together 15 minutes, and serve with whipped cream.

**BEAN SOUP.**—1 pint of beans washed and cooked until partly done; add  $\frac{1}{4}$  teaspoonful of soda and stir thoroughly through the beans. Drain off this water and add more boiling water, cook until perfectly done. Rub through colander and season with salt, pepper and butter. Thin with milk and heat again before serving.

**BLACK BEAN SOUP.**—1 pint black beans, boiled soft and put

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through a sieve, being careful not to let any of the skins through. Add this to about 1 quart beef stock and season well. Add either catsup or chilli sauce, and serve with sliced lemon.

CONSOMME.—Try out 2 thin slices of bacon, and brown 1 sliced onion in the dripping. Take 2 pounds of lean beef and 2 pounds of veal, cut in small pieces, add the onion, and brown slightly. Cover with 4 quarts of cold water and simmer for 4 hours. Add 2 sprigs of parsley, 1 stalk of celery,  $\frac{1}{2}$  of a small carrot and a small piece of lemon peel. Simmer 1 hour longer, strain through a sieve, and stand away to cool. When cold remove the fat from the surface, clarify, and when ready to use color with caramel.

POTATO SOUP.—6 boiled potatoes, 1 quart of milk, a little mace, 1 small onion, pepper and salt to taste. Heat the milk, strain the potatoes through a colander, chop the onion, and cook all together 15 minutes. Must be served immediately.

CROUTONS.—Cut thick slices of bread, remove crust and cut into small squares. Pour melted butter over them and brown quickly in hot oven. Sprinkle with salt and serve with soup. These bread squares may be fried in deep fat. When kept in closed cans will remain fresh for a week or so.

SERVING CRACKERS.—To serve crackers with soup place them on folded napkin on a dainty dish about the size of a dinner plate; it may be either round or square. It is, however, much more elegant to serve bread with soup. Oyster crackers are usually served with raw oysters.

## FISH.

"Be careful, clean and punctual. Make use of everything good and waste nothing, however little it may be. Have no prejudices."

Fish must be perfectly fresh and should be kept near ice until cooked. The flesh of good, fresh fish is firm and hard. Cleanse the fish with a cloth wet in salted water and scrape if necessary.

FISH COOKED IN WATER.—Boiling salted water must be used. 1 tablespoonful of vinegar may be added to the water. Place fish in a wire basket or sew it into a muslin bag. Put it into the boiling water, which will harden the albumen, then push the kettle to the back of the range and cook it at a lower temperature. It is cooked when the fish separates from the bone. Serve with a sauce.

TO BROIL FISH.—Whitefish, trout, small blue fish, mackerel, etc.—First clean, then wash with a cloth wet in salt water, and dry on a clean towel used for no other purpose. The fish should be split down the back and the head and tail may be left on or cut off

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as preferred. Oily fish need only salt and pepper. But dry whitefish should be spread with butter or olive oil before broiling. A double wire broiler well greased with salt pork rind should be used, or some prefer to broil it inside a hot oven. Broil the flesh side first and cook until it is brown. The time must vary with the thickness of the fish, 5 to 10 minutes for a small fish and 15 to 20 for large or thick ones. Turn and cook the other side just enough to crisp the skin. For broiling over coals the fire must be clear and hot; and if the fish is very thick, hold it farther from the fire. When ready to serve, loosen the fish from each side of the broiler, open, and leaving the flesh side uppermost, slide it off without breaking. Spread with butter, salt and pepper; chopped parsley may be added. Garnish with slices of lemon and parsley.

**TO FRY GRAYLING.**—As soon as these delicious fish come to the cook they should be looked over, wiped and salted both inside and out, and placed on a plate near the ice. When time to cook, take nice fat bacon, fry it out well but do not burn it, and remove the scraps from the pan. Roll the fish in flour that has been salted and peppered well, then place them in the hot fat, and stand over them with a fish ladle to turn with. Do not neglect them a moment. Let them cook for 25 minutes. Have the individual platter, with a nice crisp leaf of lettuce waiting, on which to serve them.

**FISH TURBOT.**—Take 1 whitefish, steam until tender, remove bones, and sprinkle with pepper and salt. Dressing. Heat a pint of milk, thicken with corn-starch or flour, when cold add 2 eggs and  $\frac{1}{4}$  pound butter, season with  $\frac{1}{4}$  of an onion cut very fine, and parsley. Put in a baking dish 1 layer of fish and a layer of dressing until all is used. Bake  $\frac{1}{2}$  hour.

**BAKED FISH.**—Rub the fish with salt, fill it with stuffing and sew the edges together. Cut gashes on each side across the fish and put strips of salt pork into them. Grease the fish sheet and place the fish on it; put the fish into a baking pan with pieces of pork fat. Baste it often. It is cooked when the fish separates from the bone. Serve with a sauce.

**STUFFING FOR FISH.**—1 cup bread crumbs,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful white pepper, cayenne, 1 teaspoonful onion juice, 1 teaspoonful chopped parsley, 1 teaspoonful capers or pickles,  $\frac{1}{4}$  cup melted butter. Moisten with cold water, butter, or an egg, if moist stuffing is desired.

**SAUCE FOR FISH.**—1 pint hot water,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  cup butter, 2 tablespoonfuls flour, lemon juice or vinegar, cayenne. Prepare in the same manner as white sauce. Hard cooked eggs may be chopped or sliced and added to the sauce.

**BAKED WHITEFISH.**—Split a small fish as if for broiling. Rub with salt, then spread with dressing made as follows: Moisten  $1\frac{1}{2}$  cups bread crumbs with  $\frac{1}{2}$  cup butter, melted, season well with salt and pepper, add  $\frac{1}{2}$  a small onion which has been chopped fine and browned in butter. Bake 30 minutes in a hot oven.

**STUFFING FOR BAKED FISH.**—1 cup dry crumbs, 1 tablespoonful chopped onion,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper, 1 tablespoonful butter. Other things vary to taste. 1 tablespoonful chopped capers, 1 of celery and 1 of parsley. Mix all dry things together and stir in melted butter. If fish is dry, lay slices of bacon on top. A cheese-cloth in the bottom of the pan will keep it from sticking. Serve with brown sauce.

**STUFFED HADDOCK.**—Fill a dressed haddock with bread stuffing; pass the tail through the eye sockets, holding it in place with a skewer run through the tail close to the head. Bake until the flesh will separate from the bone, basting with broth or sauce every 10 minutes. When nearly done baste and sprinkle with buttered crumbs. Brown, and serve with tomato or other fish sauce.

**BAKED HADDOCK WITH FRIED OYSTERS.**—Stuff a haddock with a cupful of bread crumbs mixed with melted butter, a teaspoonful, each, of chopped onion and cucumber pickles, and the yolk of an egg. Season with salt and pepper. Truss the fish in the shape of an S. Dredge with flour, cover with slices of salt pork and bake until brown. Garnish with fried oysters and lemon. Serve with tomato sauce.

**BAKED SALT MACKEREL IN CREAM.**—Freshen a bloater mackerel 24 hours, then put in a baking-pan, flat, with the skin side down. Put over it 1 pint sweet cream. Bake in a moderately hot oven about  $\frac{1}{2}$  hour until it is nicely browned. Five minutes before serving, add another cup of cream. Serve as soon as the cream is thoroughly heated, pouring the cream over the mackerel after it is on the platter. Milk may be used instead of cream.

**SALMON TURBOT.**—1 can salmon, 3 eggs beaten light, 4 table-spoons melted butter,  $\frac{1}{2}$  cup fine bread crumbs; season with salt, pepper and parsley. Beat fish and butter together until smooth. Beat bread crumbs and eggs together, then put all together. Put in buttered mould and steam one hour. **SAUCE FOR TURBOT.**—1 cup milk heated to boiling, thickened with 1 tablespoon corn-starch, the juice from the salmon, 1 large spoonful of butter, 1 teaspoon catsup, a little parsley and pepper, and 1 egg beaten and put in last. Then very carefully let all just come to boiling. Serve on hot platter and pour sauce over the turbot just before sending to the table.

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**SCALLOPED SALMON No. 1.**—Take 1 can of best salmon steak, remove bones and shred fine. Butter the dish well, both sides and bottom, then put in a layer of finely rolled crackers or cold chopped potatoes, cover with salmon, season with pepper, salt and bits of butter, and moisten with cream or milk. So continue until the dish is full, having the top layer of cracker crumbs or potatoes; dot thickly with bits of butter, and pour over 1 cup sweet cream. Put in a hot oven, cover for 20 minutes, then remove cover and bake a light brown. Any fish may be used instead of salmon.

**SCALLOPED SALMON No. 2.**—1 can salmon, 3 cups chopped boiled potatoes. Remove bones from salmon and pick in pieces with a fork. Pour a little melted butter over potatoes; toss with a fork until well mixed. Add salt and pepper and dredge lightly with flour. Put alternate layers of potatoes and salmon in buttered baking dish. Sprinkle top with fine bread crumbs and dot with bits of butter. Pour over this 1 cup rich milk or cream and bake in hot oven 20 minutes. Any cold fish may be used in place of salmon but more seasoning must be added to fish.

**SCALLOPED SALMON No. 3.**—Break up the meat from a large can of salmon into pieces perhaps an inch long, first having drained it of the oil and removed all the skin and bones. Put into a shallow baking-pan a layer of this flaked fish, cover with soft bread crumbs, and cover the crumbs with a generous quantity of white sauce. Repeat these layers, finishing with a layer of bread crumbs moistened in melted butter. Bake to a rich brown. The white sauce for the above make as follows: Melt one tablespoonful of butter in a spider, blend in 2 tablespoonfuls of flour, then add 1 pint of mixed milk and cream,  $\frac{1}{2}$  saltspoonful of pepper, a dash of mace and one teaspoonful of parsley minced very fine.

**SALMON.**—Take 1 cup of salmon, pour off the oil, put on a warm platter, and take out the bones. Set in a hot oven for a few minutes. Take out and cover with drawn butter. Serve while hot.

**CREAMED SALMON.**—Flake the fish as above, put in a white sauce like that used in croquettes and cook for 3 minutes. Serve when hot.

**CHARTREUSE OF SALMON.**—Parboil a cup of rice 5 minutes; drain, and steam until tender in about 3 cupfuls of milk or stock, seasoned with salt and 2 tablespoonfuls of curry powder. Line a buttered mold with rice. Fill the center with a pound of cooked salmon, flaked, seasoned with salt, pepper and lemon juice; cover with rice. Steam half an hour. Serve with egg sauce.

**SALMON LOAF.**—1 can salmon, 3 eggs well beaten, 2 tablespoonfuls melted butter,  $\frac{1}{2}$  cup bread crumbs, season with pepper, salt

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and minced parsley. Rub the fish with butter until it is a fine paste. Heat 1 cup of milk and add it to the bread crumbs; when cool add the eggs and mix all together with the salmon. Put in a mold and steam 2 hours. Use tomato sauce around loaf.

**BAKED CODFISH.**—Take 2 bowls of nicely mashed potatoes to 1 of nicely picked codfish which has been previously freshened. Add a little butter and cream, pepper if desired. Bake in buttered pie dish. Lay thin slices of pork over the top and bake a nice brown.

**CODFISH BALLS.**—1 teacupful of codfish picked fine, 1 teacupful mashed potatoes, 1 egg, 1 small piece of butter, salt if needed and pepper. Stir well together with a spoon, beating as light as possible, shape into balls and roll into a batter of beaten egg and bread or cracker crumbs, and fry in hot lard until of a light brown.

**CODFISH BALLS No. 2.**—1 bowlful of codfish, picked fine, 2 bowls potato cut into pieces and boiled with the fish. Drain dry, mash, and add 1 egg, beaten light, small piece of butter, and 1 tablespoonful of flour. Drop from spoon into hot lard and fry.

**CODFISH CUTLETS.**—Select good solid codfish. Pick apart one pound, throw into cold water, wash thoroughly, change the water 3 or 4 times, then put it into fresh water and over the fire until it just reaches the boiling point. Drain and press free from moisture. Mix with this an equal quantity of mashed potatoes; add a salt-spoonful of pepper, the yolk of an egg and a tablespoonful of butter. Mix thoroughly; form into cutlets, dip in egg and bread crumbs and fry in smoking-hot fat. Pour the tomato sauce in the dish, arrange the cutlets and send to the table.

**SALT FISH BALLS.**—4 medium sized potatoes, 1 cup salt fish, 2 tablespoonfuls butter, 1 egg,  $\frac{1}{8}$  teaspoonful pepper. Wash the fish and shred it into  $\frac{1}{2}$  inch pieces; pare and quarter the potatoes. Put them both into a sauce-pan, cover with boiling water and cook 20 minutes, or until the potatoes are soft. Drain very dry, mash fine, add butter, seasoning and beaten egg; beat well; shape on a tablespoon or roll into balls and cook in deep fat until brown. The same mixture may be cooked as hash. Cold cooked fish, with the bones removed and separated into fine flakes, may be used instead of salt fish; or shredded fish soaked in cold water 10 minutes to draw out the salt and pressed well in a fine strainer to dry it, may also be used. The advantage of the shredded fish is that it does not need to be cooked.

**SCALLOPED FISH No. 1.**—Pick any cold fresh fish, or salt codfish, left from the dinner, into fine bits, carefully removing all bones.

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EAST SIDE HARDWARE

Take a pint of milk in a suitable dish, and place it in a sauce-pan of boiling water; put into it a few slices of onion, cut very fine, a sprig of parsley, minced fine, add a piece of butter as large as an egg, a pinch of salt, a sprinkle of white pepper; then stir in two tablespoonfuls of corn starch, or flour rubbed in a little cold milk. Let all boil up and remove from the fire. Take a dish you wish to serve it in, butter the sides and bottom. Put first a layer of the minced fish, then a layer of the cream, then sprinkle over that some cracker or bread crumbs, then a layer of fish again, and so on, until the dish is full. Spread cracker or bread crumbs last on top, to prevent the milk from scorching. Nice breakfast or side dish at dinner.

**SCALLOPED FISH No. 2.**—Take any whitefish, chop or shred it, season with salt, and cover with milk sauce. Sprinkle crumbs (stale bread) over a shallow baking dish; add the fish and sauce and cover the top with crumbs, which have been added to melted butter.  $\frac{1}{2}$  cup crumbs for bottom of dish, 2 cups fish,  $1\frac{1}{2}$  cups sauce, 1 cup crumbs and 1 tablespoonful of butter for the top.

**COOKING SALT FISH.**—After freshening put on the stove in cold water, when it comes to a boil remove the skin and bones, drain and pour cream over it and bake until brown. Take up the fish, add flour, butter and milk for a gravy.

**TO PICKLE AND CAN SHAD ROE.**—Wash the roe, throw them into boiling water; add a teaspoonful of salt, a slice of onion and two bay leaves. Cook gently for half an hour, drain and dry, arranging them neatly in large glass jars. Heat sufficient white wine vinegar to cover. To each quart add 1 ounce of grated horseradish, a tablespoonful of whole mustard seed and half a dozen cloves. Pour this over the shad roe and seal the jars while hot.

**TARTARE SAUCE.**—To 1 cupful of mayonnaise dressing add 1 tablespoonful of capers, 1 tablespoonful of chopped parsley, 1 tablespoonful of chopped cucumber pickles and 1 teaspoonful of onion juice.

**TO CHOOSE LOBSTERS.**—When choosing lobsters, be careful to select those that have their tails curled up tightly to their bodies, as this shows that they are fresh and not cooked after death.

**BOILING A LOBSTER AND PREPARING IT.**—To boil a lobster fill a large kettle with warm water; grasp the live lobster by the back, plunge it into the kettle upside down, and head first. Add a tablespoonful of salt and a dash of cayenne; cover the kettle, and simmer gently for at least  $\frac{3}{4}$  of an hour; remove at once from the water; when cold twist off the claws, separate the tail from the body, take out carefully the green, fatty portion and the "coral."

Draw the body from the shell, remove the stomach, which is found in the head, immediately underneath the eyes, and throw it away; split the body, and pick the meat from the cells. Cut the tail shell on the under side and remove the meat in one piece. Split this meat and remove the "vein" or intestine which runs the entire length. The soft, spongy fingers between the body and the shell should also be thrown away. Crack the claws, and take out the meat in one piece and prepare it with a silver knife.

**SERVING CLAMS, EITHER COOKED OR RAW.**—Of all the mollusks, clams are the most difficult of digestion. The little soft clams or mussels, such as one gets along the New England coasts, are better simply steamed or baked. The large hard-shell clams that are supplied to the greater part of the United States are better chopped fine and made into bouillon or chowder. The hard or muscular part of both oysters and clams is more indigestible than the softer portion. For serving raw, and on the shell, select cherrystone, the little neck, or sand clam.

## OYSTERS.

**TO PREPARE OYSTERS FOR COOKING.**—Take up each oyster separately in the fingers and remove all bits of shell or seaweed. Strain the liquor through a fine strainer, so that it may be used if desired.

**CREAM OF OYSTER SOUP.**—1 quart oysters,  $1\frac{1}{2}$  tablespoonfuls butter, 1 tablespoonful flour, 1 pint cream, salt and cayenne,  $\frac{1}{2}$  cup cream. Heat the oysters in their own juice. When the edges curl pour them into a fine sieve placed over a bowl. Chop the oysters fine. Heat the butter, add the flour and gradually the oyster juice, then the chopped oysters and the pint of cream. Press through a sieve, season and heat again in a double boiler. Add the  $\frac{1}{2}$  cup of cream and beat with an egg beater. Pour into a heated soup tureen and serve with small pieces of dried toast sprinkled over the top.

**SCALLOPED OYSTERS.**—The oysters may be prepared by wiping them, or pouring cold water over them in a colander. The juice may be strained through a cloth. The oysters are in layers, with seasoned crumbs between each layer. 30 oysters, 3 tablespoonfuls butter, 2 cups crumbs, salt and pepper. Oyster juice or milk. Prepare the melted butter and crumbs. Use half of them in layers between the oysters and reserve the other half for the top of the dish. Add oyster juice or milk if desired. Cayenne is a good seasoning used with black pepper.

**OYSTER BISQUE.**—Put 1 quart of oysters and liquor in a porcelain kettle over the fire. When they are just about to boil, pour into a colander over a bowl, leaving the oysters in the colander. Chop oysters as fine as possible, and pound well in a mortar or thick wooden bowl. Put in a sauce-pan butter size of an egg and when it bubbles throw in 2 tablespoons of flour, stir well to work flour without allowing it to color, pour in liquor, and when well mixed, add pounded oyster pulp and 1 pint of good cream. Pass all through a fine sieve and season carefully with salt and cayenne pepper. Return to fire and heat without allowing to boil, and as it is about to be served add  $\frac{1}{2}$  cup of whipped cream and a very small piece of butter. Whisk it well with egg-beater for 1 minute, keeping it hot without boiling, and serve immediately.

**PANNED OYSTERS SERVED ON TOAST.**—Drain and wash the oysters. Have ready, smoking hot, a large iron spider or sheet-iron pan. Throw the oysters into the hot pan, shake quickly, and add to each 25 oysters a tablespoonful of butter, half a teaspoonful of salt, a dash of cayenne pepper, and not more than 10 drops of onion juice. When they reach the boiling point, dish on neat squares of toasted bread, and serve.

Use Northrop, Robertson & Carrier's Pepper, Sage and Savory.

**FRICASSEED OYSTERS.**—Put 1 tablespoonful of butter in a covered sauce-pan with  $\frac{1}{2}$  saltspoonful of white pepper, 1 teaspoonful of salt and a few grains of cayenne. When hot add 1 pint of oysters carefully prepared. Cover closely, and shake the pan occasionally to keep the oysters from sticking; cook 2 or 3 minutes or until plump. Drain and keep the oysters hot, and add enough cream to the oyster liquor to make 1 cupful. Cook 1 tablespoonful of flour in 1 tablespoonful of hot butter. Add slowly the cream and oyster liquor. Season with 1 teaspoonful of lemon juice, salt and pepper to taste. Add 1 well beaten egg gradually, stirring all the time. Add the oysters and cook 1 minute. Serve on toast.

**OYSTER RAREBIT.**—1 cup oysters, 2 tablespoons butter,  $\frac{1}{2}$  pound cheese, cut fine,  $\frac{1}{4}$  teaspoon salt, few grains cayenne, 2 eggs, 6 slices of toast. Parboil the oysters and remove the tough muscle. Drain and reserve the liquor. Melt the butter, add the cheese, salt and cayenne. Beat the eggs, add the oyster liquor and add gradually to the melted cheese. Add oysters and serve on toast.

**FRIED OYSTERS.**—Take selected oysters, wipe them dry, dip them into beaten eggs, and roll in cracker crumbs seasoned with salt and pepper. Drop into boiling lard. Fry as you would doughnuts, and lift with a skimmer.

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Ask your grocer for Lawrence's Home Baked Bread.

**LITTLE PIGS IN BLANKETS.**—18 large oysters, bacon and toast. Wrap each oyster in a slice of thin bacon, and fasten with wooden toothpicks. Put the little pigs in a pan, turn constantly until they are brown, and serve on toast.

Northrop, Robertson & Carrier's spices are pure.

**OYSTER TOAST.**—1 cup cream, 1 can oysters, 1 tablespoon flour rubbed in butter and put in boiling cream. Take the oysters from the juice and put them in the boiling mixture. When they just boil pour over buttered toast.

**OYSTER ROLLS.**—1½ pints oysters, chopped, 1½ pounds cooked veal, chopped, 2 tablespoonfuls butter, 9 tablespoonfuls cracker crumbs, yolks of 3 eggs, salt and pepper. Make into balls, then roll in cracker crumbs and fry in hot lard. (Rolls more delicate if all oysters instead of part veal.)

**INDIVIDUAL BAKED OYSTERS.**—Drain the liquor from a quart of oysters into a porcelain kettle and when it boils put in the oysters. Have a tablespoonful of flour rubbed well into 2 tablespoonfuls of butter. When the oysters swell stir in the butter and flour. Cook until the oysters are white and plump; then add ½ cup cream, pepper and salt. Put into oyster shells, sprinkle with cracker crumbs and little butter. Bake a nice brown and serve in the shells.

Use Northrop, Robertson & Carrier's spices for pickling.

**OYSTER PIE.**—Make a crust the same as for chicken pie, and after lining a dish with it, put in a layer of oysters. Butter, pepper and salt these, then put in another layer of oysters and do likewise. Thicken a little of the strained oyster liquor with flour and pour over the top. Cover with crust and bake until a nice brown.

**BROILED OYSTERS.**—Drain select oysters in a colander; dip them, one by one, in melted butter, to prevent their sticking to the grid-iron; have the iron hot before placing them upon it; broil over a clear fire. When nicely brown on both sides season with salt, pepper and butter, and lay them on hot, buttered toast.

**OYSTER STUFFING.**—To make oyster stuffing for turkey, mix 25 oysters with a quart of bread crumbs; add a tablespoonful of salt, a dash of pepper, just a suspicion of onion juice and a little butter.

**OYSTER COCKTAILS.**—Put into a small punch-glass a teaspoonful of Worcestershire sauce, the same of tomato ketchup, a couple of drops of tobasco, a tablespoonful of lemon juice, just a dash of salt and ½ dozen small oysters.

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## POULTRY, MEATS, GAME.

The excellence of a cook is as apparent in the economy exercised in the purchase of supplies as in the appetizing character of the dishes served.

**GENERAL RULES.**—Meat must not be used until some time after it is killed, as it becomes tender by being kept. It should be kept in a cool place. Meat must be cleansed with a damp cloth; washing extracts the juices. Meat for broiling must be tender and the fire clear. Meat for roasting must be tender and the oven very hot. When the outside of the meat is seared the temperature may be lowered; in broiling by raising the broiler from the fire, in roasting or baking by lowering the temperature of the oven. Meat having tough fibre should be cooked in water. Boiling water hardens the albumen on the outside of the meat and keeps in the juices. Meat may be cooked in boiling water for 10 or 15 minutes, then removed to the back of the stove and simmered until tender. In boiling, broiling and roasting, the albumen on the outside of the meat is hardened and the meat is cooked in its own juices. A scant teaspoon of sugar added to meat gravy gives a delicious flavor.

In roasting meat or tame fowl place dry in the pan, do not season or put water in the dripper for 30 minutes after placing in a very hot oven, then season well, add hot water, and bake slowly, basting often. Meats baked in this manner retain all the juices instead of their being drawn out by steam and salt. It is a prevalent idea that meat will burn in roasting, if not basted or wet with drippings. The fact is meat will bear all the heat necessary to roast it in the most perfect manner, and not burn. Resting dry upon the bottom of the pan, upper and under sides brown evenly at the same time; and not only is the process of roasting shortened, but nearly all the trouble of changing the positions of the meat in the oven is avoided.

Northrop, Robertson & Carrier's spices are pure.

**PROPER MEAT SAUCES.**—Roast beef—grated horseradish. Roast mutton—currant jelly. Boiled mutton—caper sauce. Roast pork—apple sauce. Roast lamb—mint sauce. Venison or wild duck—black currant jelly. Roast turkey—oyster sauce. Roast goose—apple sauce. Roast chicken—bread sauce. Compote of pigeons—mushroom sauce. Broiled fresh mackerel—sauce of stewed gooseberries. Broiled bluefish—white cream sauce. Broiled shad—rice and no sauce. Fresh salmon—green peas with cream sauce.

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Poultry, Meats and Packed Goods, Trager Bros.

**SEASONS FOR MEAT.**—Beef is considered in season every month in the year. It is, however, best in the winter months. This rule also applies to mutton. Lamb and veal are seasonable only during the spring months, February, March, April and May; pork only during very cold weather. Young chickens are in season in the early spring. This applies to all barnyard poultry. Game of all kinds is in season in the fall and winter months. Oysters are in season from September until May, clams from May until September. Lobsters, crabs, crawfish and shrimps begin to come in good condition in March, and continue to be good throughout the summer.

**DRESSING FOR FOWL.**—3 slices of bread laid in a basin, over which pour 1 teacup of sweet milk; after soaking a few minutes, add 1 large onion sliced very fine, 2 eggs, salt and pepper to taste; then put in a stew-pan butter the size of an egg; when melted, add the above, stir constantly until cooked.

Use only Northrop's Extracts to secure best results.

**ROAST GOOSE.**—The goose should not be more than eight months old and the fatter, the more tender and juicy the meat. A "green" goose (four months old) is the choicest. Kill at least 24 hours before cooking; cut the neck close to the back; beat the breast bone flat with the rolling pin, tie the wings and legs securely and stuff with the following mixture: 3 pints of bread crumbs, 6 ounces of butter or part butter and part salt pork, 2 chopped onions, 1 teaspoonful each of sage, black pepper and salt. Do not stuff very full and stitch opening firmly together to keep flavor in and fat out. If the goose is not fat, lard it with salt pork or tie a slice on the breast. Place in baking-pan with a little water and baste frequently with salt and water (some add onion, and some vinegar), turning often, so that the sides and back may all be nicely browned. When nearly done, baste with butter and a little flour. Bake 2 hours or more if old; when done take from the pan, pour off the fat and to the brown gravy left add the chopped giblets which have previously been stewed until tender, together with the water they were boiled in; thicken with a little flour and butter rubbed together, bring to a boil and serve with currant jelly. Apple sauce and onion sauce are proper accompaniments to roast goose.

**ROAST TURKEY.**—Prepare by thoroughly washing and drying. It is a good plan to use a little soda in the water in which you wash your turkey to sweeten and purify the inner surface. Rinse well after. For a 10 pound turkey take 2 pints of bread crumbs,  $\frac{1}{2}$  cup butter (cut into bits, not melted) 1 teaspoonful powdered thyme or summer savory, pepper and salt, then fill first with a spoonful

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of crumbs, then a few well drained oysters, using  $\frac{1}{2}$  can for a turkey. Strain the oyster liquor and use to baste the turkey. Cook the giblets and chop fine for the gravy. A fowl of this size will require baking 3 hours in a moderate oven.

**ROAST DUCK.**—Prepare duck for roasting and use the following for stuffing: Take some bread crumbs and turn on just enough hot water or milk to soften them. Put in a piece of butter (not melted) the size of an egg and a spoonful of pulverized sage, a teaspoonful of salt,  $\frac{1}{2}$  teaspoonful pepper, add chopped onion if desired. Mix well together and stuff the duck.

**BAKED SPRING CHICKEN.**—Split half grown spring chickens down the back and press flat, put in a dripping pan without water, lay bits of butter over and set in the hot oven. When half done season with salt and pepper, baste with butter, and return to the oven until brown. Boil the livers and gizzards, chop and add to the gravy with a tablespoonful of butter and grated cracker to thicken.

**OLD VIRGINIA CHICKEN STEW.**—Take 2 young chickens, cut up, put in a sauce-pan with water to cover and a little salt, let stew until tender, add a tablespoonful of minced parsley and a teaspoonful of minced onion. Soak 2 pods of red pepper in water, strain the juice into the stew, add a tablespoonful of butter rolled in flour. Fill a vegetable dish with boiled rice, lay the chicken on top, and pour the gravy over.

Use Northrop, Robertson & Carrier's Pepper Sage and Savory.

**CHICKEN FRICASSEE.**—Dress, clean, and cut up a fowl; put in kettle, with enough boiling water to cover, cook slowly until tender; when about done add 1 level teaspoonful of salt. Remove from water, sprinkle with salt and pepper, dredge with flour, and saute in butter. Arrange on pieces of dry toast on hot platter, and pour around it sauce made as follows: Melt 3 level tablespoonfuls of butter, add 5 level tablespoonfuls of flour, stir until smooth, and add 1 pint of hot stock and  $\frac{1}{2}$  cup of cream or milk. Season with celery salt and white pepper.

**CREAMED CHICKEN.**—Boil until tender a good sized chicken, remove all bones, pick or cut in pieces. Make a gravy of the liquor in which it was boiled, thicken with flour, add 1 pint of cream and piece of butter the size of a walnut, or part milk may be used with the cream, and more butter. Chop very fine some parsley and onions, stir about a tablespoonful of each in the dressing, season with pepper and salt, taking care not to scorch the gravy; then cover the bottom of a buttered dish with bread or cracker crumbs, put next a layer of chicken, then a layer of dressing, then

crumbs again, alternating until the dish is full, and covering top with crumbs. Bake 20 minutes.

**PRESSED CHICKEN.**—Boil 2 chickens until they drop to pieces, pick meat off bone, and season with salt and pepper. Take  $\frac{1}{4}$  box of gelatine dissolved in a little warm water, add to liquor left in kettle, pour it over the chicken, put in deep tin or mold and set away to cool. Cut in slices for table.

Use Northrop, Robertson & Carrier's spices for pickling.

**BAKED CHICKEN PIE.**—Stew chicken until tender, take out the bones, season and make a rich gravy (a cup of cream makes it much nicer), line a deep earthen dish with a rich baking powder or soda biscuit, dough  $\frac{1}{4}$  of an inch thick, put in chicken and gravy. Cover dish with crust, leaving an opening on top for escape of steam.

**A PLAIN POT PIE.**—Cut veal, chicken, or beef into pieces; put them with strips of pork into boiling water and cook until tender; season with salt, pepper and butter. There should be enough liquid to make a generous amount of gravy. When the stew is ready, cook the dumplings and place them on the same dish around the stew. If suet dumplings are used they must be placed in the pot as soon as it boils in order to cook them a sufficient length of time. It is better to cook either kind of dumplings in a separate pot with plenty of water and not remove them until the stew is dished and ready for the table.

**DUMPLINGS WITH BAKING POWDER.**—2 cupfuls of flour,  $\frac{1}{2}$  teaspoonful salt, 2 teaspoonfuls baking powder, 1 cupful of milk. Sift flour, salt and baking powder together and stir the milk in quickly. Have the dough quite soft. Drop the batter from a spoon into the stew or boiling water; or if preferred, make the dough just stiff enough to roll, and cut into squares. The stew must not be allowed to stop simmering after the dumplings are in, and they must be served immediately after being taken from the pot or they will fall. It will take 10 minutes to cook them.

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**SUET DUMPLINGS.**—1 cupful of chopped suet, 2 scant cupfuls of flour, 1 teaspoonful of salt,  $\frac{1}{2}$  cupful of cold water. Mix together lightly the flour, suet and salt, then with a knife stir in quickly the water. The dough must be soft, but not sticky. Put on a board and roll it lightly to 1 inch thickness and place it on the boiling stew in one cake. The stew must not stop boiling for a moment or the dumplings will fall. Cook 1 hour. The dough may be rolled in balls if preferred. When the dumpling is put in, draw the pot

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forward where it will not arrest the boiling. When thoroughly hot, place it where it will simmer continually during the cooking. If this rule is observed, it will be light and spongy. These dumplings may be cooked in clear water if preferred.

**RUMFORD DROP DUMPLINGS.**—2 scant cups flour, 2 teaspoonfuls Rumford baking powder, 1 teaspoonful sugar, 1 teaspoonful salt, milk to mix stiff, cook in 10 minutes.

**POT-ROAST OF BEEF.**—Have your kettle hot, into it put your beef, turning until seared over the outside; then pour in a pint of boiling water and boil rapidly for ten minutes, salt, cover closely and set back where it will simmer gently for 4 hours. Before serving, draw forward, remove the cover to let the water evaporate, and brown slightly.

**BEEF STEW.**—3 pounds of beef and a calf's foot. (Have your butcher chop the foot in small pieces.) Take 1 tablespoonful of butter, 2 of flour, and place in a dripper or shallow pan on top of the stove, stirring it until a light brown; to this add 1 pint of boiling water. Then wash the beef and put in pan, placing the calf's foot around it. Add 1 onion, with 2 cloves, 1 carrot, 1 teaspoon of salt and  $\frac{1}{2}$  teaspoon of pepper. Cover the pan so that no steam escapes and let it simmer for 5 hours. The expense of this dish is 25 cents, and it is delicious.

Use Northrop, Robertson & Carrier's Pepper, Sage and Savory.

**MOCK DUCK.**—Have a round beef steak cut an inch thick. Lay on the meat board, remove the bone and sew up the open places. Make a dressing of bread crumbs, well seasoned with pepper and salt, and two small chopped onions. Pack the dressing thick in the middle of the steak, roll up and sew together, put into a kettle on the top of the range, with just enough water to keep from burning, adding more as it boils away. Cook slowly 3 hours, turning often that it may brown nicely on all sides. Remove the steak to platter, thicken with gravy and pour part over the meat, serving the rest in gravy dish.

**BEEFSTEAK SMOTHERED IN ONIONS.**—Grease a hot spider with butter, or the suet from the meat and fry the steak until half done, then cover very thickly with sliced onions, season very well with butter, pepper and salt and put a little water in the spider to prevent burning. Cover closely and set where they will cook more moderately. If not cooking fast enough, turn the meat so the onions will come to the bottom. Serve hot with the onions on top of the steak.

**FRIZZLED BEEF.**—Cut dried beef very thin. Make a white sauce and pour over it. Another method is to pour boiling water over

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the slices of beef, drain and heat it in 1 tablespoonful hot butter to curl or frizzle it, and then add 1 cup cream or milk and serve. When a white sauce is used it is much nicer if the sauce is poured over a well beaten egg before it is added to the beef.

**VEAL FRICASSEE.**—Cut 2 pounds of meat (ribs, breast, or neck may be used) in small pieces, and remove all the fine crumbly bones. Dredge the veal with flour and brown in hot drippings or pork fat. Cover the meat and larger bones with boiling water, skim as it begins to boil, add 2 small onions cut in slices, 1 teaspoonful of salt and speck of pepper. Simmer until very tender. Remove the larger bones, add both thickening and seasoning, if necessary. Cook 10 minutes, add  $\frac{1}{2}$  cup milk and 1 tablespoonful butter.

**VEAL CUTLETS No. 1.**—A slice of veal from the leg. Wipe and remove the bone, skin and tough membranes. Cut into pieces for serving. Small pieces may be put together by using wooden tooth-picks for skewers. Season the veal with salt and pepper. Roll in fine bread crumbs, dip in beaten egg, then in crumbs again. Melt 1 tablespoonful of dripping or butter in a French pan, and brown the cutlets in the hot fat. When browned, put the cutlets into a stew-pan. While the cutlets are being prepared the bone and tough pieces may be cooking, at a low temperature, covered with water. This water may be used for the sauce.

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**SAUCE FOR CUTLETS.**—1 tablespoonful dripping, 2 tablespoonfuls flour, 1 pint of stock or water, or water and stock, 1 teaspoonful or more of Worcestershire sauce, 1 tablespoonful chopped parsley, salt and pepper. Prepare this as a brown sauce. Caramel or soy may be used to color it. Pour this sauce over the cutlets and cook at a temperature of about 180° Fahr. for 1 hour.

**VEAL CUTLETS No. 2.**—Beat the veal until it is almost broken to shreds. Have eggs (as many as necessary) beaten; have some crackers rolled and seasoned with salt and pepper; dip the veal first into the egg, then into the crackers. Have your lard very hot and drop your cutlet into it. The hot lard draws the meat together again, and when done it will be as tender as chicken.

**VEAL LOAF No. 1.**—4 pounds raw veal chopped fine, 4 eggs well beaten, 20 soda crackers crushed fine, 1 cup butter, 2 cups sweet milk or water, 2 tablespoonfuls salt, 1 tablespoonful pepper. Roast in slow oven 2 hours, basting often.

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**VEAL OR BEEF LOAF.**—2 pounds veal chopped fine, 1 cup rolled crackers, butter size of an egg, 2 eggs, 1 tablespoon salt, 1 teaspoon pepper, one cup milk. Bake 2 hours.

**FRIED MUTTON CHOPS.**—Prepare by trimming off all extra fat and skin, season with salt and pepper; dip each chop in beaten egg, then in rolled cracker or bread crumbs; dip again in the egg and crumbs, and so on until they are well coated with crumbs. Have ready a deep spider containing a pound or more of lard, hot enough to fry crullers. Drop into this hot lard the chops, frying only a few at one time, as too many cool the fat. Fry them brown, and serve up hot and dry on a warm platter.

**BAKED HEART.**—1 tablespoonful dried bread crumbs,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful powdered sage, 1 teaspoonful chopped onion,  $\frac{1}{8}$  teaspoonful pepper, water or milk to moisten. Buy a calf's heart. Wash it thoroughly in cold water and cut out the tough veins and arteries. Mix the crumbs, sage, salt and pepper; scald the onion to soften it and remove some of the strong taste, add it to the crumbs and moisten the stuffing with milk, melted butter or water. Stuff the heart, sew the edges and tie a string around it to keep it in shape. Brown the heart in some hot fat placed in the dripping-pan and placed in a hot oven, turning it until browned all over, and place in a baking dish and half cover with boiling water. Bake on the grate of the oven 1 hour, basting every 10 minutes. When done strain the gravy, put it in a saucepan to boil, stir into it about 1 teaspoonful flour blended in a little cold water and boil five minutes. Serve the gravy in a separate dish from the heart.

A steak is often baked in the same manner. Take one of uniform thickness, spread over it twice as much stuffing as is used for baked heart, roll it up, sew the ends together and proceed exactly as for baked heart.

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**BAKED CALF'S HEART.**—Wash off the blood, stuff with a stuffing as for turkey. Tie a buttered paper over the mouth of the heart to keep the stuffing in place. Put it in a small baking pan with a little hot water, pepper and salt. Bake nearly 2 hours, basting it very frequently. When done, thicken the gravy with flour and serve. It is really nice to be sliced and eaten cold.

**TO COOK LIVER.**—Slice not too thin and pour boiling water over it. Remove and roll in flour and place in frying pan where a couple of slices of bacon are frying, being careful not to burn it. Fry until brown and thoroughly done.

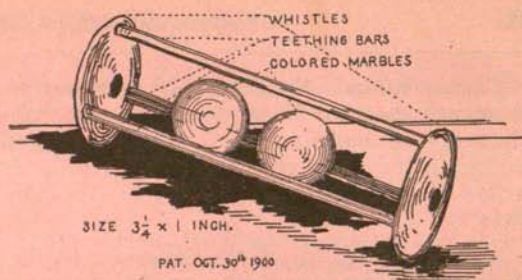
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**CALF'S LIVER.**—Soak in salt and water calf's liver for a few moments, then lard with bacon or pork, place chopped onion over the top, and cook 1 hour in a hot oven. Baste twice with water and butter, afterwards with its own juice. Add browned flour to the gravy to thicken and pour this over the liver. Garnish with parsley.

**TONGUE.**—The tip of the tongue may be fastened by a skewer. A fresh tongue is put into boiling water and cooked in the same manner as the mutton. It takes several hours to cook it. When cooked, throw it into cold water to remove the skin. A salted tongue may be put into cold water and heated slowly, and then cooked at a low temperature until tender.

**ENGLISH PICKLE FOR TONGUE.**—For 2 tongues, make a brine of 2 ounces of saltpetre,  $\frac{1}{2}$  pound brown sugar, 1 pint barrel-salt, 1 cupful molasses, water enough to cover them. Let them stand in a crock, well kept under the brine for 10 days. This brine can be used as long as it will keep sweet.

**PICKLED TONGUE.**—Boil and put into a liquor prepared of 2 quarts of vinegar, 3 slices onion,  $\frac{1}{2}$  ounce of allspice and a little sweet herb.

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**BAKED HAM.**—Soak a 10-pound ham over night in plenty of cold water. In the morning scrape clean and wipe dry. To 5 pounds of flour add enough cold water to make a stiff dough. Roll this out about 1 inch thick and cover the ham with it. Place it in a baking pan with the fat side up, and bake steadily for 5 hours. Should the crust slip off, leaving parts of the ham exposed, mend with flour and water. When the ham is cooked, break off the crust, skin the ham, sprinkle with brown sugar, and brown in a quick oven.

**BOILED HAM.**—Scrub a mild-cured ham and remove all blemishes; cover with cold water. Place over the fire and heat to the boiling point, then skim carefully and cook at such a temperature that the water simply quivers slightly at one side of the vessel. Let cool in liquid. Remove the skin. Cut in very thin slices. Garnish with nasturtiums and serve with prepared mustard. Remember fast boiled is quite spoiled. If ham is very salt freshen by placing in cold water 1 hour before cooking. Never use tepid or hot water as it toughens the meat.

**TO CURE HAM.**—100 pounds meat, 6 ounces saltpetre, 2 quarts molasses and 2 quarts of salt. Add sufficient water to cover meat. Boil and skim. Pack meat as close as possible and add pickle when cold.

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**SAUSAGE.**—For 10 pounds meat, 5 ounces of salt,  $\frac{1}{2}$  ounce of black pepper, 4 tablespoonfuls sage,  $\frac{1}{2}$  teacup of brown sugar.

**HEAD CHEESE.**—Take a pig's head and boil until the bones drop out. Put in a sieve and drain. Season with salt, pepper and sage. When cold it is very nice.

**BEEF BRINE.**—For 20 pounds beef, 1 pint salt, 1 teaspoonful saltpetre,  $\frac{1}{4}$  pound brown sugar. Pulverize the saltpetre, and mix thoroughly with salt and sugar. Rub each piece of beef, put a little in the jar between each two pieces and on top. Cover with water and weight. Tie a cloth over the top and sprinkle well with black pepper.

**FRIED PORK WITH CREAM GRAVY.**—Wash  $\frac{1}{2}$  a pound of salt pork, trim off the rind, and, with a sharp knife, cut in thin slices, spread in a large spider and place at the side of the fire until the fat is well tried out; then draw gradually forward until the slices begin to color. Transfer them to a heated platter and keep warm. Pour off most of the fat, leaving about 2 tablespoonfuls in the pan; stir into this one cupful of cream, and, when it comes to the boiling point, thicken slightly with a heaping spoonful of flour, blended with a little cold milk. Season with pepper, boil up once and pour over the pork. Pork or bacon will fry more crisply if kept in a very cold place, or nearly frozen, until ready to use.

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**BREAD SAUCE FOR GAME.**—2 cups of milk, 1 of dried crumbs,  $\frac{1}{4}$  of an onion, 2 tablespoons butter, and salt and pepper. Dry the bread in a warm oven, and roll into rather coarse crumbs. Sift, and put the fine crumbs which come through and which make about  $\frac{1}{3}$  of a cupful on to boil with the milk and onions. Boil 10 or 15 minutes and add a tablespoonful of butter and seasoning. Skim out the onions. Fry the coarse crumbs a light brown in the remaining butter, which must be very hot before they are put in. Stir over a hot fire 2 minutes, being watchful not to burn. Cover the breasts of the roasted birds with these, and serve the sauce poured round the birds or in a gravy dish.

**WILD DUCKS.**—Pluck the feathers without scalding. These birds should never be skinned as there is a heavy layer of fat under the skin which pulls off with it, and when denuded of this fat the meat of a wild duck is dry and unpalatable. Singe very carefully with alcohol flame or burning paper. Then take out the entrails and wash in cold water. After standing for a time to drain, wipe dry inside and out, and keep several days in a cool place if the birds are freshly killed—in very cold weather a week or 10 days. Ducks are best, roasted, and stuffed with a dressing made of dry bread

crumbs, with a large quantity of finely-chopped onion added. It should be further seasoned with salt, black pepper and melted butter. It must be remembered that connoisseurs like game cooked very rare. In view of this, when birds are prepared for such people, 20 minutes in the oven will be sufficient. We find, however, that most people like game well done, and a good sized duck should be roasted 1 hour. Experience assures us that all game, poultry and meats are best roasted in a covered baker. Before putting the ducks in the oven rub inside and out with a little red pepper and plenty of salt. A little water in the pan as you begin roasting is desirable. The giblets can be boiled, chopped very fine, and added to the gravy, which should be thickened with flour stirred smooth in water. Currant jelly, if desired, can be added to the gravy immediately before serving.

**ROAST PARTRIDGE.**—Clean and wash the birds, draw into position and tie firmly with twine. Salt and rub the breast and legs with soft butter, dredge thickly with flour, put into a quick oven and bake 40 minutes. If liked rare, 25 minutes will suffice. When done place on a hot dish on which has been placed bread crumbs. Garnish with parsley and serve with a bread sauce.

Use Northrop, Robertson & Carrier's spices for pickling.

**PARTRIDGE AND QUAIL.**—Skin the birds and split down the back. Unless the birds have hung for some time they should be kept in a cool place several days before cooking. Cover the breasts with slices of salt pork and roast in the oven from 20 to 30 minutes. Quail should always be served on crisp toast. Both partridge and quail can have a cream sauce for gravy if desired. Currant jelly should be served with all roasted game.

**ROAST QUAIL.**—Rinse well and steam over boiling water until tender, then dredge with flour and smother in butter; season with salt and pepper and roast inside the stove; thicken the gravy; serve with green grape jelly and garnish with parsley.

**VENISON No. 1.**—Take a haunch of venison, put in a large kettle, cover with water, and boil until tender; drain off the water, put  $\frac{1}{2}$  pound of butter with salt and pepper in the kettle, set over a moderate fire, and let brown, first on one side and then on the other. Venison cooked in this way retains its natural flavor, and will be found delicious.

**SADDLE OF VENISON.**—Venison should be soaked in weak vinegar over night, highly seasoned with salt and red pepper. Before cooking, lard very thoroughly with salt pork. I will explain for the benefit of young housekeepers that this is done by cutting slits in the meat in which you insert the salt pork. Larding needles

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are sold for this purpose, but are not necessary. After taking out of the vinegar rub with salt and a little red pepper. Venison should be roasted and well done. Currant jelly can be added to the gravy.

**BROILED VENISON STEAK.**—Venison steak should be broiled over a clear fire, turning often. It requires more cooking than beef. When sufficiently done, season with salt and pepper, pour over two tablespoonfuls of currant jelly, melted with a piece of butter. Serve hot on hot plates.

**RABBITS.**—Rabbits, which are in the best condition in mid-winter, may be fricasseed like chicken in white or brown sauce. To make a pie, first stew until tender, and make like chicken pie. To roast, stuff with a dressing made of bread crumbs, chopped salt pork, thyme, onion and pepper and salt. Sew up, rub over with a little butter or pin on it a few slices of salt pork, add a little water in a pan and baste often. Serve with mashed potatoes and currant jelly.

Northrop, Robertson & Carrier's spices are pure.

## EGGS.

**GENERAL HINTS.**—Eggs should be washed as soon as brought from the market. They are fresh if they sink to the bottom of a pan of water; a stale egg rises in the water. They should be kept in a cool place. The yolk of an egg may be kept from hardening by covering it with cold water. The water in which eggs are cooked must be kept at boiling point, from 160 to 180 degrees. While they are cooking the water must cover the eggs.

**CODDLED EGGS.**— $\frac{1}{4}$  cup hot milk, 1 egg, 1 teaspoonful butter,  $\frac{1}{8}$  teaspoonful salt, pepper. Beat the eggs slightly, add the butter, salt and pepper; add the hot milk gradually, pour into a double boiler and stir until light and creamy. Serve on a slice of toast with toast points.

**SCRAMBLED EGGS No. 1.**—1 egg, 1 tablespoonful butter, dash of pepper,  $\frac{1}{4}$  cup of milk,  $\frac{1}{4}$  teaspoonful salt. Beat the eggs, add salt, pepper and milk. Heat a frying pan, put in the butter and when it bubbles pour in the mixture. Stir with a knife until it becomes thick.

**SCRAMBLED EGGS No. 2.**—Heat 1 cup of sweet milk, then rub a tablespoonful of butter with a teaspoonful of flour and stir into the boiling milk. Into this put 6 beaten eggs.

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**CREAMED EGGS No. 1.**—6 eggs boiled  $\frac{1}{2}$  an hour, lay in cold water until quite cold. 6 slices of toast on a hot platter,  $\frac{1}{2}$  pint cream sauce. Put a layer of sauce on each slice of toast, part of the white of the eggs cut in rings; rub part of the yolks through a sieve over it. Repeat. Finish with a third layer of sauce, and place in the oven a few moments. Garnish with parsley.

**CREAMED EGGS No. 2.**—1 level tablespoonful butter,  $\frac{3}{4}$  cup cream, 4 eggs, 3 level tablespoonfuls grated cheese,  $\frac{1}{4}$  level teaspoonful salt,  $\frac{1}{8}$  level teaspoonful paprika. Melt butter, add cream, and when hot add eggs carefully, one at a time. When nearly cooked add cheese, to which has been added salt and pepper. Serve on toast.

**A DAINY WAY FOR PREPARING EGGS.**—Take as many eggs as you wish to cook; separate whites from yolks, leaving yolks whole, beat whites very stiff and arrange in the form of little nests on a greased platter (or individual dishes), place one yolk in each nest, put into hot oven and brown. Serve immediately and season on table.

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**POACHED EGGS WITH CREAMED CELERY.**—Arrange carefully poached eggs neatly on rounds of hot buttered toast; fill in the center of the dish with a pint of celery cut into inch lengths and cooked in boiling water until tender, then stirred into a cupful of cream sauce; serve very hot. This is a light and nourishing breakfast dish.

**EGGS SHIRRED IN TOMATOES.**—Cut out circular pieces from the stem ends of several tomatoes and remove part of the pulp; season with salt and pepper, also with onion juice and chopped parsley, if agreeable; break an egg into each tomato and cook in a slow oven until the egg is set; serve on rounds of hot buttered toast.

**POACHED EGGS WITH CREAMED SALMON.**—Stamp out four rounds of bread an inch thick; remove the centers, leaving a case with a narrow rim; brush over the outside of the cases with melted butter and brown them in the oven; fill with canned salmon, flaked and heated in a cupful of cream sauce; dispose a poached egg above the salmon; serve garnished with parsley and slices of lemon.

**BAKED EGGS WITH CRUMBS.**—Butter individual baking dishes and for each person at the table mix together 2 tablespoonfuls each of rich thick cream and bread crumbs,  $\frac{1}{2}$  a teaspoonful of finely chopped parsley, a few drops of onion juice, and salt and pepper to season; put  $\frac{1}{2}$  of the allowance for each person in each baking dish, into which break an egg, cover with the remainder of the mixture and bake until the eggs are set.

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A pinch of powdered sugar and another of corn-starch beaten in with the yolks of eggs will keep an omelet from collapsing. Beat the whites stiff and then cut them into the yolks.

OMELET No. 1.—4 eggs, 4 tablespoonfuls cold water,  $\frac{1}{4}$  level teaspoon salt,  $\frac{1}{8}$  level teaspoon pepper, 2 level tablespoonfuls butter; put butter in pan and let melt, but not brown; separate eggs, to yolks add water and seasoning, beat until thick and lemon colored; beat whites until stiff, add to first mixture and cut and fold in very carefully; pour into pan and cook slowly until golden-brown underneath and firm around the edges; place pan in oven long enough to finish cooking the top; fold and turn into warm platter and serve with white sauce, made as follows: Melt 2 level tablespoonfuls butter, add 2 level tablespoonfuls flour,  $\frac{1}{4}$  level teaspoonful salt and  $\frac{1}{8}$  level teaspoonful pepper; stir until smooth, then add slowly 1 cup of milk, stirring constantly.

OMELET No. 2.—1 cup of bread crumbs soaked, 1 cup of sweet, milk, 5 eggs, whites and yolks beaten separately, salt and pepper; bake in hot spider.

OMELET No. 3.—4 eggs, yolks and whites beaten separately;  $\frac{1}{2}$  cup sweet milk, 1 small tablespoon flour, a little salt; add whites the last thing, not stirring them very thoroughly through the mixture; cook slowly in spider for about 20 minutes; cover for the first 5 minutes, then lift from the center lightly and carefully with a fork to prevent sticking; repeat this 3 or 4 times until cooked.

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ARGENTINE OMELET.—Break 6 eggs into a bowl; beat them lightly; season with a saltspoonful of white pepper; strain through a sieve into another bowl; add half an ounce of butter cut into bits; put a tablespoonful of butter in the omelet-pan; when hot turn in the eggs, shake lightly and dust with salt; as soon as they begin to thicken pull forward the pan and lift the edge, so that the soft portion will run underneath; fill the center of the omelet with blocks of eggplant that have been boiled in salted water for 15 minutes or fried quickly in batter; close over the omelet by a single fold and turn on a heated dish; pour around it Argentine sauce, made by mixing 2 tablespoonfuls of olive oil with 1 tablespoonful of chopped onion, the same of finely shredded pepper, a mashed clove of garlic and a tablespoonful of parsley; shake over the fire until the vegetables are carefully cooked, then add 1 gill of drained tomatoes and half a cupful of good, strong stock; boil the whole for a moment; strain, and it will be ready to use.

SPANISH OMELET.—Put a tablespoonful of butter into an omelet-pan; when melted add 1 sliced onion and cook until the onion

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is soft but not brown; beat 4 eggs until they are well mixed; add 4 tablespoonfuls of water and a dash of cayenne; pour this into the pan with the butter and onion; shake; lift one side, drain the soft portion underneath; dust with salt; fold and serve on a hot plate.

**DANISH OMELET.**—Cut 2 slices of salt pork  $\frac{1}{3}$  of an inch thick and each slice into 4 pieces; fry the pork in an omelet-pan until rather crisp then take out; pour the clear fat off and wipe the pan free from salt; return the fat to the pan and it is ready for the eggs; soak 1 cup of bread crumbs in milk until soft and drain off all the milk that is not absorbed; beat 4 eggs until light, stir in the bread crumbs and beat again, seasoning with pepper; pour the eggs on to the hot fat and cook the omelet slowly, lifting the edges occasionally with a fork to allow the uncooked egg to run under; when nearly done place in oven until the egg in the center is set; now turn on to a hot platter in round form or fold over once. This omelet cannot be rolled on account of the pieces of pork which would cause it to break. Garnish with parsley. The pork fat gives a fine brown color and crispness to the omelet. This is a favorite way with Danish housekeepers of making an omelet.

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## VEGETABLES.

"If you attempt the boiling to hurry, the wood only is wasted; But in attempting the baking to hurry, the food as well isn't fit to be tasted."

**TIME TABLE.**—Giving the approximate length of time required for cooking different vegetables. 30 minutes—aspargus, corn, macaroni, mushrooms, peas, boiled potatoes, tomatoes. 45 minutes—young beets, parsnips, turnips, baked potatoes, rice. 1 hour—new cabbage, string beans, cauliflower, greens, salsify, new onions, winter squash. 2 hours—carrots, parsnips, turnips and onions. A few bread crumbs tied in a bag and thrown into a kettle of boiling cabbage will effectually destroy the unpleasant odor. The disagreeable smell from the cooking of turnips may be greatly lessened by slicing them into cold water 2 or 3 hours before cooking. Sliced thin, they become crisp and lose much of the strong flavor, besides requiring much less time in cooking, scarcely longer than it takes to boil potatoes.

**BAKED CREAMED POTATOES.**—1 quart cold boiled potatoes chopped coarsely; pour over them  $\frac{1}{4}$  cup melted butter, toss lightly with a fork, season well with salt and pepper and dredge lightly with flour; put in buttered baking dish, add 1 cup of milk, dot with bits of butter and bake  $\frac{1}{2}$  an hour.

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**HASHED BROWN POTATOES.**—Prepare potatoes as above, using a little less milk; mix in chopping bowl. In a spider put 1 large tablespoonful butter and drippings mixed, when hot turn in the potatoes and press together closely; let them stand in a moderately hot place without stirring until a crust is formed on the bottom; fold  $\frac{1}{2}$  over the other and serve on small platter.

**POTATO CUSTARDS.**—Stir 2 cups cold mashed potatoes with 4 teaspoonfuls milk over the fire until they are warm and light; take from fire and add 3 eggs beaten light with 4 tablespoonfuls sugar and a tablespoonful of vanilla; stir in carefully  $1\frac{1}{2}$  pints of milk; put this mixture into greased custard cups; stand in a baking pan of boiling water and bake in moderate oven until set, about 20 or 30 minutes. Where a little cooked meat and at the same time mashed potatoes are left over, the meat may be seasoned with a savory sauce, the mashed potatoes slightly thinned with hot milk and then slightly thickened with flour and used as a crust. This makes what is called a potato pie. 4 tablespoonfuls of milk and 4 of flour would be a good allowance to each cupful of mashed potatoes.

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**CREAMED POTATOES No. 1.**—Cut cold boiled potatoes that are a little underdone, into dice or into slices  $\frac{1}{8}$  of an inch thick; put them into a sauce-pan with milk enough to cover them, and cook until the potatoes have absorbed nearly all the milk, then to every 2 cupfuls of potatoes add 1 tablespoonful of butter,  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper, and just before serving a teaspoonful of parsley chopped fine, or a white sauce may be made, using cream if convenient, and the potatoes placed just long enough to heat them, or a cream sauce may be poured over hot boiled potatoes; then sprinkled with parsley.

**CREAMED POTATOES No. 2.**—Bake the potatoes and when cold chop or cut them the size of dice; have cream boiling with a little butter and salt; put in the potato and let simmer for 15 minutes, then place in fresh dish and bake 15 minutes.

**POTATO DUMPLINGS.**—Take any pieces of cold cooked meat chopped fine, season with salt, pepper and chopped parsley; to each pint allow 2 tablespoonfuls of melted butter; for the crust take hot mashed potatoes with a little butter and milk beaten until very light; line a butter dish to the depth of an inch with the rolled out potato; put the meat in the center, making it a little moist with gravy; cover the top smoothly with mashed potatoes; brush the top with milk; bake in a moderate oven until well brown.

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**FLAKED POTATOES.**—Get potatoes as perfect as possible, large, white and free from blemish; boil in their skins in salt water until nearly done; drain and dry and then peel; rub them through a coarse sieve on to a hot dish before the fire; do not touch them after this or the flakes will flatten out; serve hot.

**SCALLOPED POTATOES.**—Cut cold boiled potatoes into dice, to each pint allow a  $\frac{1}{2}$  pint of cream sauce; put a layer of the sauce in the bottom of a baking dish, put in the potatoes, season with salt and pepper, cover with another layer of cream sauce, dust the top with bread crumbs, dot here and there with little bits of butter and bake in a moderate oven until a golden brown.

**WARMED OVER POTATOES.**—2 cups cold mashed potatoes, 1 cup hot milk, 2 eggs, 1 tablespoonful butter,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful pepper; beat the yolks of the eggs, add seasoning; add the butter to the milk, mix it into the potatoes and beat in the well-beaten yolks; beat the whites until stiff and fold into the potatoes; bake in a moderate oven until brown and puffed up, about 20 minutes.

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**SARATOGA POTATOES.**—Pare potatoes, and slice as thin as wafers; lay in cold water for at least 2 hours before using; dry the potatoes thoroughly in a towel, and cook in hot fat until a golden brown; drain on brown paper, and dry for a few minutes in the oven, salting them slightly. A quantity may be made at once and heated before using.

**LYONNAISE POTATOES No. 1.**—Take 8 or 10 good-sized cold boiled potatoes, slice them endwise, then crosswise, making them like dice in small squares; when you are ready to cook them, heat some butter or good drippings in a frying pan; fry in it one small onion (chopped fine) until it begins to change color and look yellow; now put in your potatoes, sprinkle well with salt and pepper, stir well and cook about five minutes, taking care that you do not break them; they must not brown; just before taking up, stir in a tablespoonful of minced parsley; drain dry by shaking in a heated colander; serve very hot.

**LYONNAISE POTATOES No. 2.**—Put  $\frac{1}{2}$  tablespoonful of butter in a frying pan; when melted add a scant tablespoonful of chopped onion; let it slightly color, then add 2 cupfuls of boiled potatoes, cut into dice; stir until the potato has absorbed all the butter and become slightly browned; then sprinkle with salt, pepper and a tablespoonful of chopped parsley; mix well and serve very hot.

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**POTATO SOUFFLE.**—To 2 cupfuls of smooth, well-seasoned and quite moist mashed potatoes add the yolks of 2 eggs; when a little cooled stir in lightly the whites of 2 eggs beaten very stiff; put the whole into a pudding dish and brown in a quick oven. Cold mashed potatoes may be used.

**MASHED POTATOES.**—To 1 pint of hot boiled potatoes add 1 tablespoonful of butter,  $\frac{1}{2}$  teaspoonful salt, and  $\frac{1}{2}$  saltspoonful pepper and hot cream or milk to moisten; beat with a fork until light and creamy and turn out lightly on a dish; never smooth the top as that makes the potato heavy.

**FRENCH FRIED POTATOES.**—Cut potatoes in small pieces shape of orange quarters; soak in cold water 1 hour; do not have fat so hot that they will brown too quickly or before they cook through; drain on paper and sprinkle lightly with salt.

**BROILED POTATOES.**—Peel and cut the potatoes lengthwise into slices  $\frac{1}{4}$  of an inch thick; broil them on both sides over moderate heat until tender; spread each slice with butter and sprinkle with salt and pepper; serve very hot, or use cold boiled potatoes; dip each slice in melted butter, sprinkle with salt and pepper and broil 3 minutes on each side.

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**POTATO DUMPLINGS.**—Take any pieces of cold cooked meat, chop fine, season carefully with salt and pepper and chopped parsley or celery; to each pint allow 2 tablespoonfuls melted butter; for the crust you may use left-over cold mashed potato; if so, add a little milk and stir them over the fire until smooth and hot; if potatoes are boiled for the purpose, add salt, butter and milk and beat them until light; line to the depth of an inch a baking-dish, put the meat in the center, cover the top with mashed potatoes, smooth, brush with milk and bake in a moderate oven  $\frac{1}{2}$  an hour.

**BAKED POTATOES No. 1.**—Irish or sweet potatoes are nice peeled and baked with roast beef or pork.

**BAKED POTATOES No. 2.**—Bake 3 smooth potatoes, cut in halves lengthwise and without breaking the skin, scoop out potato into hot bowl, mash and add 1 tablespoonful butter, 1 of milk, salt and pepper; beat whites of 2 eggs stiff and mix with potato, fill skins with mixture heaping it lightly; return to oven and brown slightly.

**POTATOES AU GRATIN.**—Chop cold boiled potatoes rather fine; mix them with an equal quantity of cream sauce; turn them into a baking dish, cover the top with cheese and bake in a moderate oven until a golden brown.

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**POTATO GARNISH FOR COLD MEATS.**—For a garnish or to serve with cold meat add to 3 cups of mashed and seasoned potato the white of 2 eggs beaten stiff; press the potato into small scalloped tins or any small mold and turn out on a pan, brush over with the yolk of the eggs beaten and set in the oven to brown; arrange the meat on a platter with the potato shells and garnish with parsley. In serving cold roast or boiled meat it is an essential point not to crowd the dish. Cut thin, trim unsightly edges and arrange uniformly. The potato may be pressed into a large mold, brushed with the egg and browned like the shells, but in this way it is not available as a garnish and is not as attractively served as the individual shells.

**BEEF GARNISHED WITH MASHED POTATOES.**—Cut into dice sufficient cold beef to make 1 quart; strain 1 pint of stewed tomatoes; add a tablespoonful of butter and stew carefully for 20 minutes; then add a tablespoonful of onion juice, a level teaspoonful of celery salt, or a little chopped celery top, or  $\frac{1}{4}$  of a teaspoonful of celery seed, and the beef; heat on the back part of the stove for 10 minutes; have ready a dish neatly garnished with mashed potatoes, put the mixture in the center, and send immediately to the table.

**BAKED SWEET POTATOES WITH SUGAR.**—Throw the sweet potatoes into boiling water; boil for 20 minutes; take them out of the water,

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remove the skins and cut them into slices; put a layer of potatoes and then a sprinkling of 2 or 3 tablespoonfuls of sugar into the baking dish, and continue until the dish is full, making the last layer sugar; then put over the potatoes  $\frac{1}{2}$  cupful of water and bake in the oven until they are transparent. Another way is to boil the potatoes until they are nearly done; then pare and cut them into thick slices; put them into a baking pan with a tiny bit of butter and at least a teaspoonful of granulated sugar on each piece; bake in the oven until they are brown and glazed.

**SPANISH SWEET POTATOES.**—Boil sweet potatoes until they are just tender; remove the skins and cut the potatoes into halves; put a tablespoonful of butter and 2 tablespoonfuls of chopped onion into a sauce-pan; cook until the onion is tender, not brown; then add a tablespoonful of chopped green pepper and chopped red pepper; shake over the fire for 10 minutes; add a tablespoonful of tomato ketchup; pour this over the hot potatoes and serve.

**BAKED SWEET POTATOES IN THE HALF SHELL.**—Select shapely sweet potatoes of even size, wash and scrub with care; bake and cut into halves lengthwise; remove the pulp from the skins and pass it through a ricer; season with salt, butter and cream; beat until smooth, then refill the skins with the mixture; reheat before serving; if desired, dust the tops with powdered sugar.

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**MARYLAND SWEET POTATOES.**—Bake the potatoes and when cold cut them into  $\frac{1}{4}$  inch slices and lay them in an earthen dish; spread each layer with butter, sprinkle slightly with sugar, add a little salt, bake until hot and delicately brown. Southern housekeepers think that sweet potatoes are much richer when twice cooked.

**SWEET POTATOES.**—Scrape thoroughly after soaking an hour in cold water; roll in flour and sugar and dip in melted butter; bake slowly in a pan with melted butter, turning frequently.

**FRENCH PEAS.**—Drain and wash peas, add scant  $\frac{1}{2}$  cup of stock, heaping teaspoonful sugar, butter size of walnut, salt and pepper; boil fast for 10 minutes.

**ASPARAGUS.**—There are several nice ways of cooking asparagus. That in common use is to throw the asparagus, after it has been cleaned and tied into bundles, into a kettle of boiling water; add a teaspoonful of salt to each quart of water; boil slowly for  $\frac{3}{4}$  of an hour; dish the asparagus and pour over it a sauce made by adding a tablespoonful of butter and 1 of flour, rubbed together, to  $\frac{1}{2}$  a pint of the water in which the asparagus was boiled, adding, if you like, the yolk of an egg and 2 tablespoonfuls of lemon juice.

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**TO STEW ASPARAGUS.**—Cut it into lengths of about  $\frac{1}{2}$  an inch and cover with boiling water; add a teaspoonful of salt; cook slowly for  $\frac{3}{4}$  of an hour; drain the asparagus; pour over it sufficient milk to just come to the top; bring to a boil; add a tablespoonful of butter,  $\frac{1}{2}$  a teaspoonful of salt and a dash of pepper.

**ASPARAGUS IN AMBUSH.**—Cut a slice of bread 1 inch thick from a square loaf; trim off the crusts and then scoop pieces out of the center; brush these lightly with butter, and toast them in the oven until a golden brown; cut a bundle of asparagus into  $\frac{1}{2}$  inch lengths. cover with boiling water, add a teaspoonful of salt, and simmer gently for  $\frac{3}{4}$  of an hour; drain the asparagus; save  $\frac{1}{2}$  a pint of the water in which it was cooked, bring this to the boiling point again and pour it while hot into the yolks of 5 eggs well-beaten; stir over hot water until thick and jelly-like; take from the fire and add carefully 2 tablespoonfuls of butter that has been cut into bits—1 bit at a time; add  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper, and then add slowly 1 tablespoonful of tarragon vinegar; add to this the cooked asparagus; fill into the bread boxes and serve at once.

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**CREAM OF ASPARAGUS.**—Wash 1 bunch of asparagus and cut off about 2 inches of the tip end and lay this aside; cut the remainder into inch pieces and put them into a kettle with 1 quart of cold water, add 1 teaspoon of salt and let it cook until the asparagus is very tender; skim out the asparagus into a strainer and let the water in which it was cooked settle; carefully pour it off from the sediment into a clean kettle, and rub the pulp through the strainer into the liquid; add 1 cup of cream; cook 1 slice of onion and 1 sprig of parsley in 2 tablespoons of hot butter until yellow; skim them out and stir in 1 rounded tablespoon of corn starch; when well mixed add gradually one cup of the hot liquid and when it has thickened stir into the soup; season with 1 level teaspoon of salt and  $\frac{1}{8}$  teaspoon of paprika, and just before serving stir in 1 egg which has been beaten light and mixed with  $\frac{1}{2}$  a cup of the hot soup; stir quickly and turn at once into the tureen; serve with toasted croutons.

**TOMATOES AU GRATIN.**—This simple and delicious dish is made by cutting some ripe tomatoes in half, putting them in a buttered dish with bread crumbs, butter, pepper and salt, and baking till slightly browned on top.

**STUFFED TOMATOES.**—Choose large tomatoes, do not skin them but scoop out a small place at the top which fill with a stuffing made of bread crumbs, minced onion, cayenne and salt; first fry the onions in a little butter, add the bread crumbs, moisten with a

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little water or stock and season with a very little cayenne pepper and enough salt; fry them a moment, then fill the cavities, allow the stuffing to project  $\frac{1}{2}$  an inch above the tomatoes; smooth it over the top and bake.

**TOMATO SCALLOP.**—Peel the tomatoes, cut them into halves and press out the seeds; cut the flesh of the tomato into good sized pieces; place a layer of broken bread in the bottom of scallop dish, then a layer of tomato, a dusting of salt and pepper and just a suspicion of onion; then another layer of bread, and so continue until you have the desired quantity, having the last layer of the bread; dot this with about a tablespoonful of butter cut into tiny pieces, and bake in a quick oven for 30 minutes.

**STUFFED PEPPERS.**—Use green sweet peppers of uniform size; cut a piece off the stem end or cut them in two lengthwise and remove the seeds and partitions; put them into boiling water for 5 minutes to parboil; fill each one with stuffing made of equal parts of softened bread crumbs and minced meat well seasoned with salt, butter and a few drops of onion juice; place them in a baking dish with water, or better stock,  $\frac{1}{2}$  an inch deep and bake in a moderate oven for  $\frac{1}{2}$  an hour; serve in the same dish or remove carefully to another dish.

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**PLUFF.**—1 cup rice, boiled in  $2\frac{1}{2}$  cups water; just before serving mix with rice 1 cup well-cooked tomatoes, season with butter, pepper and salt; serve with fish or roast meats.

**STUFFED CABBAGE.**—Cut out the stalk end of a head of cabbage, leaving a hollow shell; chop 2 pounds of uncooked beef with a slice of bacon and onion; add 1 cupful of bread crumbs soaked and wrung dry, 1 beaten egg, salt, pepper and mace; shape into balls, arrange in the cabbage, add strips of sweet pepper, and steam until the cabbage is tender; serve with tomato sauce.

**FARMERS' CABBAGE.**—Cut into halves 1 hard head of cabbage; throw it into cold water for an hour; then shake it and chop rather fine; throw it into a kettle of boiling salted water, and stand it where it will not boil, but will be almost at boiling point, for 20 minutes; drain and press dry; have ready any cold meat chopped fine; put into a baking-pan a layer of cabbage, then a layer of chopped meat; take from a can of tomatoes the hard part, and put a layer over the top of the meat; dust with salt and pepper and continue this until the dish is full, having the last layer of tomatoes; sprinkle over this a few dry bread crumbs; bake in a moderate oven for 1 hour. Any cold cabbage left over may be used in this way.

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**LADIES' CABBAGE.**—Boil a firm white cabbage 15 minutes, changing the water then for more from the teakettle; when tender drain and set aside until perfectly cold; chop fine and add 2 beaten eggs, a tablespoonful of butter, pepper, salt, three tablespoonfuls of rich milk or cream; stir all well together, and bake in a buttered pudding dish until brown; serve very hot. This dish is digestible and palatable, resembling cauliflower.

**HOT SLAW.**—Take a small head of cabbage and slice it; put 3 tablespoonfuls of lard in a frying pan, when melted put in the cabbage, 1 teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of pepper, and let it cook 10 minutes; put in 1 pint of beef broth and let it cook 20 minutes; take 2 tablespoonfuls of flour, stir it smooth with  $\frac{1}{2}$  cup of vinegar; add this to the cabbage; let it cook a few minutes and then serve.

**BAKED BEANS.**—Put 1 quart pea beans in cold water and soak over night; in the morning pour off this water, cover the beans with fresh cold water and simmer until soft enough to pierce with a pin; then turn them into a colander, pour cold water through them and put them into the bean pot. A genuine New England bean pot is best, with narrow mouth and bulging sides. Take  $\frac{1}{4}$  pound salt pork, part fat and part lean; pour boiling water over it, scrape the rind until white, cut it in  $\frac{1}{4}$  inch strips and bury it in the beans; mix in a cup 1 teaspoonful salt, 1 teaspoonful mustard and 2 tablespoonfuls molasses; fill the cup with boiling water; pour the mixture over the beans, and add enough more water to cover them; bake 9 hours in a moderate oven; keep covered with water until the last hour, then raise the pork to the surface just enough to crisp the rind. Yellow-eyed beans and cranberry beans are also excellent when baked.

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**BOSTON BAKED BEANS.**—Soak 1 pint of beans over night; in the morning set on stove, with 2 quarts of water and scald until the skin of beans will crack open; change the water 3 or 4 times; then drain beans and put them into the bean pot with  $\frac{1}{4}$  pound of salt pork; add 2 tablespoonfuls of molasses, 1 teaspoonful of salt,  $\frac{1}{2}$  teaspoonful soda, and water enough to cover; bake slowly about 10 hours, adding water as it evaporates. When done the beans will have a creamy appearance.

**DRIED LIMA BEANS.**—They should be put to soak over night; let them stand until 3 hours before dinner; drain and add more water; put them over to boil; keep them well covered with water until nearly tender; season with salt, and when quite soft add butter, pepper, milk or cream.

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**DRAWN BUTTER SAUCE.**—1 pint of hot water, fish stock or milk, 2 tablespoonfuls flour, 4 tablespoonfuls butter,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful white pepper; melt  $\frac{1}{2}$  the butter in a sauce-pan; stir in the flour, then the liquid a little at a time and cook 5 minutes; add the remainder of the butter in small pieces, the salt and pepper and serve. When carefully made this sauce should be free from lumps, but if not smooth strain it before serving.

**CREAM SAUCE.**—1 pint of milk or cream, 1 heaping tablespoonful of flour, salt and pepper to suit; let the cream come to a boil, and stir in the butter and flour rubbed to a cream; boil up once. If milk is used a large tablespoonful of butter should be used.

**ENGLISH DRAWN BUTTER SAUCE.**—1 tablespoonful of butter, a tablespoonful of flour and  $\frac{1}{2}$  pint of water; water should be boiling and add it gradually to the butter and flour, stirring rapidly; as soon as it reaches boiling point take from fire and add carefully another tablespoonful of butter.

**MILK SAUCE.**—1 tablespoonful of butter, 1 teaspoonful salt, 2 tablespoonfuls flour, 1 pint hot milk,  $\frac{1}{8}$  teaspoonful white pepper; heat butter until it bubbles; add flour and salt and gradually the hot milk. If used for vegetables, add pepper. If it lumps cook until it thickens, then beat until it is smooth. A brown sauce may be made by browning the flour.

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**SPINACH.**—Pick the spinach leaves from the stems and wash them several times. The leaves may be placed in a colander, and must be carefully washed to remove the sand. Put the spinach into boiling salted water and push it under the water. If young and tender it will cook in about 10 minutes. Drain in a colander and pour cold water over it to keep the color. Press it through a colander with a wooden potato masher. If too much water remains, pour off some of it. Heat it in a pan which has 1 tablespoonful of butter melted in it. Add salt and pepper. Cream may be used instead of butter.

**EGGPLANT.**—Eggplant need not always be fried. It is exceedingly good when boiled whole for 10 minutes and then cut lengthwise into halves. Take out the flesh, chop it rather fine, season it with  $\frac{1}{2}$  a teaspoonful of salt, a dash of pepper, a tablespoonful of chopped onion or a tablespoonful of onion juice; add an equal quantity of finely chopped chicken, tongue, beef or mutton; put the mixture back into the shells, sprinkle over a few bread crumbs, dot with butter, and bake in a moderate oven for 1 hour, basting frequently.

**BAKED EGGPLANT No. 1.**—Cut 2 large eggplants in halves, scoop out the centers and chop fine, then mix with it 3 tomatoes that

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have been peeled and chopped, 1 cup of bread crumbs, butter the size of an egg, and pepper and salt to taste. Put all these ingredients into the shells of the eggplants; sprinkle a few bread crumbs over the top and put a small lump of butter on each; bake in a moderate oven  $\frac{3}{4}$  of an hour. This quantity will serve  $\frac{1}{2}$  a dozen persons.

**BAKED EGGPLANT No. 2.**—Cut a slice from the top of a medium sized eggplant, leaving the stem; remove the inside of the larger portion, being careful not break the shell; chop fine 1 medium sized onion; brown in a little butter; add this, with 1 cup of canned tomatoes or 4 or 5 whole ones chopped, to the eggplant; season highly and cook for 10 minutes in sauce-pan; fill the shell, sprinkle bread crumbs over the top and bake for  $\frac{1}{2}$  an hour in a hot oven; cover with the top slice which has been heated. Serve on low dish garnished with parsley.

**EGGPLANT.**—Pare and cut the plant into thin slices; put it in salt and cold water over night; then make a thin batter of flour, milk and soda; dip the slices in and then fry them.

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**EGGPLANT FOR VEGETARIANS.**—May be thrown into water and boiled for 10 minutes; cut into halves lengthwise, scoop out the center, chop fine, and mix with an equal quantity of bread crumbs; add 4 tablespoonfuls of nut butter, a level teaspoonful of salt and a dash of pepper; put this back into the shells, cover with bread crumbs and bake in a moderate oven for an hour.

**BAKED CORN.**—Cut the corn carefully from as many ears as desired, and with the back of the knife scrape the pulp; put into a baking dish; season to taste, and add enough milk or part cream to barely cover the corn. If no cream may be had, bits of butter may take its place. Bake in a hot oven 25 or 30 minutes.

**GREEN CORN ON\*THE COB.**—Take off the outside leaves and the silk, letting the innermost leaves remain on until after the corn is boiled, which renders the corn much sweeter; boil for  $\frac{1}{2}$  an hour in plenty of water; drain, and after removing the leaves serve.

**CELERY.**—1 bunch celery, 1 pint sauce; wash and scrape the celery; cut and keep under water until ready to cook; put into boiling salted water, and when tender drain and serve with the sauce.

**CELERY SAUCE.**—1 cup hot milk, 2 tablespoonfuls butter, 1 cup water in which celery was cooked, 2 tablespoonfuls of flour, salt and pepper.

**CAULIFLOWER.**—Cut up in small pieces and soak in cold water an hour before putting on to cook, then put on stove and cook in

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milk and water until tender or about  $\frac{1}{2}$  an hour; dress with drawn butter sauce.

**BAKED CUCUMBERS.**—Peel good-sized green cucumbers, cut them into halves and scoop out the seeds; to each 6 allow 1 pint of finely chopped meat, to which add a tablespoonful of onion juice, a teaspoonful of salt, and a saltspoonful of pepper; fill this into the spaces from which you have taken the seeds; put the cucumbers together and tie or fasten them with a wooden skewer; stand them in a baking pan; put into the pan a teaspoonful of salt, 1 chopped onion, 2 peeled and chopped tomatoes, and  $\frac{1}{2}$  a cupful of water or stock; bake for 1 hour, basting every 10 minutes; when done dish the cucumbers, strain the sauce in the pan over them and serve at once. The ordinary crooked-neck squash may be stuffed and baked in the same manner.

**FILLETS OF FLOUNDER WITH GREEN PEAS.**—Dip fillets of flounder in melted butter, sprinkle with salt, pepper, and lemon juice, fold in the center, half cover with hot fish stock and cook in the oven about 10 minutes; arrange the fillets in a circle, one overlapping another, with green peas in the center; garnish with yolks of egg; thicken the stock with flour and butter.

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**STEWED CARROTS.**—Prepare young and tender carrots, drop into boiling water, and cook for 15 or 20 minutes; drain, slice, and put into a stew pan with rich milk or cream nearly to cover; simmer gently until tender; season with salt and a little chopped parsley.

**BOILED ONIONS.**—Pour boiling water over the onions and remove the skins; then put them in boiling salted water; boil 5 minutes and change the water; change again after 15 minutes and boil until tender; drain off the water, add milk enough to cover and boil 10 minutes longer; season with butter, pepper and salt, or omit the seasoning and use white sauce.

**STRING BEANS.**—String, break and wash, boil in plenty of water about 15 minutes, drain off and put in about 2 quarts of boiling water; boil  $1\frac{1}{2}$  hours, add salt and pepper; just before serving add a lump of butter and  $\frac{1}{2}$  pint of milk or cream, or boil a piece of salt pork 1 hour, then add beans and boil  $1\frac{1}{2}$  hours.

**TURNIPS A LA POULETTE.**—Cut the turnips in dice and put in a sauce-pan, when boiled tender turn them into a colander; put a little butter and flour in a sauce-pan and stir; add a gill of milk and stir, then the turnips, and salt and pepper to taste.

**STEAMED SQUASH SERVED IN THE SHELL.**—Saw off the top of a Hubbard squash and steam the rest until tender; scoop out the

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pulp, mash the rest of the soft portion and pass through a vegetable sieve; season with salt, pepper and butter; reheat, return to the shell, and score the dome-shaped surface with a knife; serve the squash upon a doily placed on a serving dish. This is a most attractive vegetable.

**PARSNIP FRITTERS.**—Boil the parsnips, plunge into cold water that the skin may slip off easily, mash and season well with butter, salt and pepper; flour the hands and shape the parsnips into small flat cakes; roll them in flour and fry in butter until a delicate brown.

**GREEN CORN FRITTERS.**—2 cups of grated corn, 2 eggs, 1 cup of milk, a pinch of soda or baking powder, salt, 1 teaspoon of melted butter, flour for thin batter; stir and fry same as griddle cakes.

**TO KEEP GREEN CUCUMBERS.**—Take large green cucumbers, pare and slice as for table; take a jar and sprinkle 2 inches of coarse salt in bottom, 2 inches of cucumbers and then again 2 inches of salt, alternately; to prepare for use, take out of salt, rinse in cold water, then put cold water on them and let stand in a cool place for 6 hours; take out and put vinegar and pepper on them and they are ready to serve.

## BREAD.

"One little simple song we sing,  
To brides but newly wed,  
Just make the best of everything,  
Especially of bread."

**GENERAL RULES.**—Use flour containing a large amount of gluten. Flour should be kept in a dry place and it makes better bread if heated just before using it. The yeast must be fresh; compressed yeast is fresh when it is dry and crumbly. If milk is used, heat it to prevent the bread's souring, then cool again. Milk and water are both used lukewarm. Bread should be thoroughly cooked. Set a dish filled with water in the oven with baking bread or cake and it will seldom scorch. Bread should never be covered with a cloth when taken from the oven, but laid on the side and allowed to become perfectly cold; then keep in a closely covered tin box without any wrappings.

**BREAD.**—3 pints of new milk, 3 teaspoonfuls salt, 2 compressed yeast cakes, best spring wheat flour. Part water may be used, but all milk is preferable. Dissolve the yeast cakes in a little milk; add this to the milk, and flour enough to make a stiff batter; beat this

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mixture 15 minutes, then add flour to mold into a loaf, not too stiff. The flour should be added very slowly. Mold 15 minutes, or until it does not stick to the board; let this rise (not too quickly), and place in pans without molding again, only just enough to put in shape; let it rise again, double its size (not more), and bake. The less flour is used the better the bread will be. This will make 4 loaves. If you prefer, after beating the sponge, let it rise, then mold it into loaves. When bread is taken from the oven, turn it out of the pans and support the loaves in such a way that the air will reach all sides. If the loaves stand flat, the bottom crust will become moist. If wrapped in cloth it will do the same.

**ROLLS.**—Take as much sponge as you would use for 1 loaf of bread, add 2 tablespoonfuls melted lard, 1 teaspoonful sugar; work this 10 or 15 minutes to give it a fine grain; cut into pieces half the size of an egg; mold each one separately a little and place in pans or roll tins, some distance apart. If enough space is given, each roll will be covered with crust. Let them rise to more than double their size and bake in a quick oven.

**YEAST BREAD.**—Boil 14 medium sized potatoes in enough water to have a quart when the potatoes are done. Have ready in a stone jar 1 cup of flour,  $\frac{1}{2}$  cup sugar and 1 tablespoonful of salt; pour over these the quart of boiling hot potato water, and placing a colander over the jar, mash the potatoes through it; add 1 quart of cold water and 1 quart of boiling water, then another quart of cold water; break into it  $1\frac{1}{2}$  cakes yeast, beating it occasionally until the cakes are dissolved and thoroughly mixed in; put yeast away until next day. This yeast will keep a week or more in cold weather. Hollow out the center of a large pan of sifted flour; pour into it 1 cup of yeast for each loaf of bread, and stir the flour into it until very thick; take out on the board; knead 15 minutes; mold into loaves; let rise and then bake.

**BREAD WITH COMPRESSED YEAST.**—Scald 1 quart of milk, or even parts of milk and water; when tepid add 1 teaspoonful of salt, 1 tablespoonful of melted butter, and a compressed yeast cake that

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has been dissolved in a little lukewarm water; sift the flour in gradually, stirring with a wooden spoon; when thick enough knead in flour, a little at a time until of proper consistency for baking; butter an earthen bowl, slightly warmed, put in the dough and set in a warm place to rise. It will be light in about 3 hours. Divide into 4 loaves; pull each loaf into long thin strips; roll up and put in tins, being careful not to add flour when making into loaves; put a little melted butter on loaves; let them rise again for about 30 minutes, and bake in a hot oven. Water alone may be used.

WITCH YEAST.—Cook 4 potatoes, put in colander, sprinkle over 2 tablespoons sugar, 1 teaspoon salt, run through colander, steep a small handful of hops in a pint of water, strain and add the liquid; add 2 quarts of lukewarm water, dissolve 1 yeast cake in lukewarm water, drain off the water and add, let stand until light, then take out 1 pint and set in a cool place for future use; take the remainder, stir in flour enough for stiff batter, let rise, then knead, put back to rise again, then shape in loaves, let rise and bake. For 4 loaves of bread, take 2 medium sized potatoes, 2 tablespoons of sugar, 1 teaspoon salt, press through colander, add 1 quart lukewarm water, add the yeast that you have saved for future use, let stand until morning, then take out 1 pint for future use; stir in flour enough to make a stiff batter, let rise, then knead, and put back to rise, shape in loaves, let rise and bake.

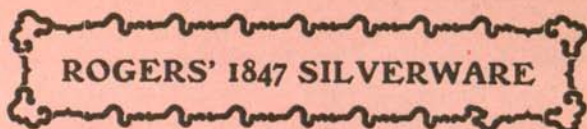
SALT RISING BREAD.—For early baking, in winter beginning in the morning, in summer at noon, take  $\frac{1}{2}$  cup corn-meal (fresh preferred),  $\frac{1}{4}$  teaspoonful soda, mix quite thin with scalded milk, let rise until next morning, keeping quite warm; scald as much flour as 2 teacups boiling water or milk will wet; add enough cold water to cool and thin; stir in the sponge, keep real warm; when not too light, mold into soft loaves.

WHOLE WHEAT BREAD.—Pour 1 pint of boiling water into 1 pint of milk; when lukewarm, add 1 compressed yeast cake ( $\frac{1}{2}$  ounce) dissolved in 2 tablespoonfuls of warm water, and 1 teaspoonful of salt; mix and stir in sufficient flour, 3 cups, to make a batter that will drop from a spoon; beat well; cover and stand in a warm place (75 Fahr.) for three hours until very light, then stir in more flour ( $1\frac{1}{2}$  cups), enough to make a soft dough; knead lightly until the greater part of the stickiness is lost. This whole wheat bread cannot be made dry like the ordinary white bread, so must be handled quickly and lightly on the board. Now mold it into 4 or 6 loaves, according to the size of your pans; place in greased pans; cover and stand aside again in a warm place for one hour; bake in a moderately quick oven 35 or 40 minutes.

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ENTIRE WHEAT BREAD.—2 cups milk, 1 level teaspoonful salt,  $4\frac{1}{3}$  cups whole wheat flour, 2 level teaspoonfuls sugar, 1 yeast cake dissolved in  $\frac{1}{4}$  cup lukewarm 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 it into greased bread pans; let rise and bake. This mixture may be baked in gem pans.

GRAHAM BREAD.—2 cups graham flour, 2 cups white flour, 2 teaspoonfuls baking powder,  $\frac{2}{3}$  cup molasses or sugar, 2 cups sweet

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milk, 1 teaspoonful soda, 1 teaspoonful salt; mix well and steam 1 hour; dry in oven about 15 minutes.

CORN BREAD.—3 cups yellow Indian meal,  $1\frac{1}{2}$  cups of rye meal, 3 cups sour milk,  $\frac{1}{2}$  cup molasses, 1 teaspoonful saleratus; steam 3 hours, then bake 3 hours slowly.

GLUTEN BREAD.—Pour a pint of boiling water into a pint of milk; add a teaspoonful of butter and a teaspoonful of salt; let it stand until it is lukewarm; add a well-beaten egg, a  $\frac{1}{4}$  of a yeast cake dissolved and enough gluten to make a soft batter; cover and stand in a warm place to rise; then add enough gluten to make a soft dough and knead well; pour it into 4 loaves and let it rise again; bake 1 hour.

SOUTHERN RICE BREAD.—Separate 2 eggs, beat the yolks until light and add 1 cup ( $\frac{1}{2}$  pint) of milk; add a teaspoonful of melted butter, a  $\frac{1}{2}$  teaspoonful of salt, and  $1\frac{1}{2}$  cups of corn meal; beat thoroughly and stir in one cup of cold boiled rice; add a teaspoonful of baking powder; beat for 2 or 3 minutes; stir in the well-beaten whites of the eggs and bake in a thin sheet in an ordinary baking pan.

NEW ENGLAND BROWN BREAD.—1 pint sour milk, 1 cup molasses, 2 teaspoonfuls soda, 1 teaspoonful salt, 1 pint rye meal, 1 cup corn-meal, 1 cup wheat flour, 1 cup of raisins stoned and halved; stir 1 teaspoonful soda into the molasses, the other into the milk, and put together into the mixing bowl; then add salt, rye meal, corn meal and flour, mixing all thoroughly, and lastly the raisins; put in deep buttered tin; cover and steam  $2\frac{1}{2}$  hours; uncover and put in quick oven for 20 minutes.

BROWN BREAD.—1 quart sour milk, 2 teaspoonfuls soda, 1 cup molasses, 1 cup corn-meal,  $\frac{1}{2}$  cup white flour, 1 teaspoonful salt, graham flour enough to make stiff batter; steam 3 hours in 5 1-pound baking powder cans.

STEAMED BROWN BREAD.—2 cups rye flour, 2 cups corn-meal, 1 cup molasses, 3 cups sour milk, 1 tablespoonful salt, 1 teaspoonful soda dissolved in a little hot water; mix all thoroughly; steam 3 hours, then dry off, and brown slightly in the oven.

INDIAN LOAF.—2 cups sour milk,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup of sugar, 1 egg, 2 tablespoonfuls shortening, 2 level teaspoonfuls soda, equal quantities of white flour and meal to make a stiff batter; steam 2 hours.

BREAD STICKS.—1 cup of milk, scalded,  $\frac{1}{4}$  cup butter, 1 tablespoonful sugar,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  cup compressed yeast, white of 1 egg (beaten), about 4 cups flour; mix as for white bread; knead until smooth and fine grained; let rise until light; shape into rolls

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about 10 inches long; let them rise slowly, and bake in a moderate oven, that they may be dried through before browning.

**PINWHEEL ROLLS.**—Scald a pint of milk; while hot add 2 ounces of butter and  $\frac{1}{2}$  a teaspoonful of salt; when cool add 1 compressed yeast cake dissolved in 2 tablespoonfuls of water; stir in sufficient bread flour slowly to make a batter; beat 5 minutes, then continue adding flour until you have a soft dough; knead until elastic; put back into the bowl; cover and stand in a warm place for 3 hours; then turn out carefully on a board, cut off a small piece and roll it out into a long roll under your hand; it should be about 14 inches long and as thick as your little finger; roll one end around, pinwheel fashion, then the other in the opposite direction until they meet; place in a greased pan; cover and stand in a warm place until very light; brush with white of egg and water, and bake in quick oven for 15 minutes.

**CINNAMON ROLLS.**—Add to a soft white dough  $\frac{1}{4}$  cup butter, 1 egg and  $\frac{1}{2}$  cup sugar; roll out  $\frac{1}{4}$  inch thick; spread with butter, cinnamon and brown sugar; roll and cut like jelly cake; put in pans; when risen put butter, cinnamon and sugar on them and bake in a hot oven.

**TEA ROLLS.**—Take enough bread dough for 1 small loaf; work into it the white of an egg, 1 tablespoonful of sugar, 1 tablespoonful of butter and flour enough to make a firm dough; let it stand 4 or 5 hours; roll out an inch thick; cut out with a small biscuit cutter; fold over and place in pan about an inch apart; when light bake in a very hot oven.

**PARKER HOUSE ROLLS.**—2 quarts of flour,  $\frac{1}{2}$  cup yeast, 1 pint milk boiled then cooled to milkwarm, 1 tablespoonful shortening, 1 of sugar; lay a sponge, leaving out enough flour to mix in when rolling out. If for tea mix in the morning; bake as soon as ready.

**LUNCHEON AND TEA-ROLLS.**—2 quarts of flour, 3 cups of boiled milk, 3 tablespoonfuls sugar, 1 teaspoonful salt,  $\frac{1}{2}$  cup of butter, whites of 2 eggs,  $\frac{1}{2}$  yeast cake or 1 compressed yeast cake; boil the milk, dissolve in it the sugar and salt and add the butter to melt it. When this mixture becomes tepid add the beaten whites of the eggs and the yeast dissolved in 2 tablespoonfuls of water; cover it well and put it aside in a warm place free from drafts to rise over night. If to use for breakfast, mold the rolls to any shape desired; let them rise to more than double their size and bake 30 minutes. If they are to be used for luncheon, cut down with a knife the raised dough in the morning and keep it in a cool place until an hour and a half before time for serving, then mold, raise and bake them. If they are for tea, do not set the dough until morning. In summer allow  $4\frac{1}{2}$  hours for the whole work.

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**PULLED BREAD.**—Bread to pull nicely, and to be wholesome, must be not over 24 hours old, and not under 10 to 12 hours. Pulled bread prepared from fresh bread is robbed of all its delicacy, is never palatable and certainly not sightly. French bread is preferable if you can obtain it; those living near large cities can do so. You can pull it with the hand, providing you know how, or, better, use two forks. Observation teaches one not to handle bread while it is hot, as it is easily packed and made into a dense mass. Home-made bread makes the poorest of all pulled bread, and requires much more care in the manipulation.

### BREAKFAST AND TEA CAKES.

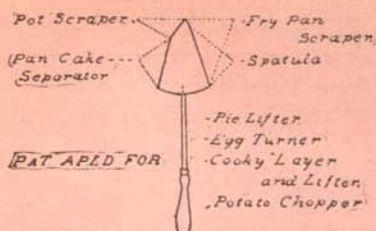
**GRIDDLE CAKES.**—1 cup flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, 1 teaspoonful butter, 1 cup milk (scant), 1 egg; sift the dry ingredients together; separate the egg, beat the white stiff and the yolk creamy; pour the milk into the yolk and add the mixture gradually to the dry ingredients, stirring to make a smooth batter; put in the butter; beat well, and lastly fold in the white; place an iron or soapstone griddle over the fire, grease it by rubbing a slice of pork over it, or a little dripping tied in a cloth, and when the fat begins to smoke pour on the cakes. Do not leave little pools of fat on the edge to burn and smoke the cakes. Dip out 1 tablespoonful of the batter to form each cake. When the cakes are full of bubbles turn them with a cake turner or a broad knife. By using  $\frac{1}{2}$  cup corn-meal, rye or graham flour, or  $\frac{1}{2}$  cup soft bread crumbs, instead of the  $\frac{1}{2}$  cup of flour in this recipe, varieties of griddle cakes can be made. By adding to this recipe  $\frac{1}{2}$  cup cold boiled rice, hominy, wheatena, oatmeal or corn, still further varieties may be developed.

**ENTIRE WHEAT GRIDDLE CAKES.**— $\frac{1}{2}$  cup entire wheat flour, 1 egg, 1 cup flour,  $1\frac{1}{4}$  cups milk, 3 teaspoons baking powder, 1 tablespoon melted butter,  $\frac{1}{2}$  teaspoon salt; sift together thoroughly the flour, baking powder and salt; beat egg, add milk and pour slowly on first mixture; beat thoroughly and add butter; drop by spoonfuls on a greased hot griddle; cook on one side; when puffed, full of bubbles and cooked on edges, turn and cook the other side; serve with butter and maple syrup.

**GRIDDLE CAKES.**—1 pint sour milk, 1 egg,  $\frac{1}{2}$  teaspoonful salt, 1 teaspoonful soda; add flour until it is right consistency. Corn-meal or graham may be used.

**BREAD CAKES.**—Take stale bread and soak over night in sour milk. In the morning rub through a colander, and to 1 quart add

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the yolks of 2 eggs, 1 teaspoonful of salt, 1 teaspoonful of soda, 1 teaspoonful of sugar, and flour enough to make a batter a little thicker than for buckwheat cakes; add last the well-beaten whites of the eggs and bake.

**RICE GRIDDLE CAKES.**—Take 1 cup warm boiled rice, boiled until very soft, or if the rice is left over from the previous meal and is cold, heat it with a little milk in the double boiler until soft; stir into it 1 cup of sweet milk,  $\frac{1}{2}$  teaspoonful of salt, 1 tablespoonful of melted butter or 2 of cream and the yolks and whites of 2 eggs, beaten separately until stiff; mix thoroughly, then add enough flour to hold the rice together in a thin batter; bake carefully on a hot griddle, slightly but uniformly greased with hot fat. Some prefer them cooked in a quantity of hot fat in a spider, dropping the batter in by the spoonful and cooking until the edges are crisp.

**ECONOMY IN CEREALS.**—Cold boiled rice left over may be mixed with a small quantity of meat and used for stuffing tomatoes or egg-plant, or it may be reheated or made into pudding or added to the muffins for lunch, or added to the corn bread. A cup of oatmeal or cracked wheat or wheatlet may also be added to the muffins or ordinary yeast or corn breads. These little additions increase the food value, make the mixture lighter and save waste.

**MUFFINS No. 1.**— $\frac{1}{4}$  cup butter,  $\frac{1}{4}$  cup sugar, 1 egg well-beaten,  $\frac{3}{4}$  cup milk, 2 cups flour, 2 teaspoons baking powder; cream the butter, add gradually the sugar, then the egg; sift the flour and baking powder together thoroughly and add to the first mixture alternately with the milk, bake in hot buttered gem pans 25 minutes.

**MUFFINS No. 2.**— $1\frac{1}{2}$  cups of milk, 2 cups of flour, 1 egg, a piece of butter the size of a small egg, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon salt, 2 full teaspoons baking powder; stir the flour into the milk; beat the egg until very light and to it add the melted butter, sugar and salt; mix with the batter, then add the baking powder and beat thoroughly.

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**GRAHAM MUFFINS.**—1 cup graham flour, 1 cup flour,  $\frac{1}{4}$  cup sugar, 2 teaspoons baking powder, 1 teaspoon salt, 1 cup milk, 1 egg well beaten, 1 tablespoon melted butter; sift together thoroughly the flour, sugar, baking powder and salt; add gradually the milk, egg and butter; bake in hot buttered gem pans 25 minutes.

**CORN MUFFINS.**—1 cup of Indian meal, 2 cups of flour, 2 cups of sweet milk, 2 eggs, a little salt, 2 teaspoonfuls soda, 4 of cream tartar; have the irons quite hot before putting in the batter.

**WHOLE WHEAT MUFFINS.**— $1\frac{1}{2}$  cups whole wheat flour,  $\frac{1}{2}$  cup common flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  cup sugar, 1 cup milk, 1 egg, 1 tablespoonful butter; mix according to rule; bake in gem pans for about 20 minutes.

**CORN MUFFINS.**—Separate 2 eggs; add to the yolks  $\frac{1}{2}$  a pint of milk and a tablespoonful of soft butter; add 1 cupful of corn-meal and  $\frac{1}{2}$  a cupful of flour, with which has been sifted a teaspoonful of baking powder; beat thoroughly; fold in the well-beaten whites and bake in twelve greased gem pans in a quick oven for 25 minutes.

**BERRY MUFFINS.**— $\frac{1}{4}$  cup butter,  $\frac{2}{3}$  cup sugar, 1 egg well-beaten,  $2\frac{2}{3}$  cups flour,  $2\frac{1}{2}$  teaspoons baking powder, 1 cup milk, 1 cup berries; cream the butter; add gradually the sugar and the egg; sift the flour and baking powder together thoroughly; add alternately with the milk to the first mixture, reserving  $\frac{1}{4}$  cup to be mixed with the berries, which should be added last; bake in hot buttered gem pans 25 minutes.

**POTATO GEMS.**—To 1 cupful of hot mashed potato add 1 tablespoonful of butter, 1 teaspoonful of salt; beat the yolks of 3 eggs; add to them 1 cup of milk; pour this upon  $1\frac{1}{2}$  cups of sifted flour and the mashed potato; add the beaten whites of the three eggs and 2 level teaspoonfuls of baking powder; fill buttered gem pans  $\frac{2}{3}$  full and bake in a quick oven 20 minutes.

**WHEAT GEMS.**—1 egg, a pinch of salt, 1 cup sweet milk,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder, 1 tablespoon melted butter.

**GRAHAM GEMS.**—1 tablespoonful of butter, 2 of sugar, 1 teaspoonful of soda dissolved in hot water; cream all together, then add 2 cupfuls of sour milk and 2 of graham flour; bake in a hot oven.

**GRANOLA GEMS.**—Into  $\frac{3}{4}$  of a cup of rich milk stir 1 cup of Granola, add a pinch of salt and a few bits of chopped dates; drop into heated irons and bake 20 or 30 minutes.

**HUCKLEBERRY GEMS.**—1 cup of sweet milk, 2 cups of flour, 1 egg, 1 tablespoon of sugar, 1 tablespoon of butter, 2 teaspoons of baking powder; mix 1 small teacup of huckleberries with  $\frac{1}{3}$  of a cup

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of flour and stir into batter; bake in gem pans in quick oven 15 to 20 minutes. Nice for tea.

BUNS.—3 cups sweet milk, 3 eggs, 1 cup butter, 1 cup sugar, 1 cup yeast; make a batter and let it rise until very light; add flour and mold; let rise until very light; knead; cut into biscuits; let rise again; bake.

SPANISH BUNS.—4 eggs; save the whites of 3 for frosting; 2 cups of sugar,  $\frac{3}{4}$  cup of butter, 1 cup sweet milk, 2 teaspoons cinnamon, 2 of cloves, 2 teaspoons baking powder,  $2\frac{1}{2}$  cups of flour; bake in dripping pan.

ICING FOR BUNS.—Whites of 3 eggs,  $1\frac{1}{2}$  cups sugar.

BREAKFAST PUFFS.—1 cup of flour, 1 cup of sweet milk, 1 tablespoonful of melted butter, 1 egg and a pinch of salt; fill muffin cups about  $\frac{1}{2}$  full and bake in a quick oven.

TEA PUFFS.—1 cup of flour, 1 cup of sweet milk or cream,  $\frac{1}{4}$  teaspoonful salt, 1 egg well-beaten, mix thoroughly; put in gem pans and bake 20 minutes in a moderate oven; serve at once.

BUTTERMILK BISCUITS.— $2\frac{1}{2}$  full cups of flour measured before sifting, 2 tablespoonfuls baking powder in flour, 1 tablespoonful larder cottolene mixed well in the flour,  $\frac{1}{4}$  teaspoonful salt, 1 cup butter, milk in which a pinch of soda about the size of a large bean has been dissolved; mix soft and use as little flour as possible to roll out; bake in a quick oven. This makes 12 good-sized biscuits.

Queen Flake Baking Powder makes the best biscuits.

**SOUTHERN BEATEN BISCUIT.**—1 quart of flour, 1 tablespoonful of lard,  $\frac{3}{4}$  cup of milk and water mixed, or just enough to make a very stiff dough, 1 teaspoonful salt; mix into dough so stiff that it can scarcely be managed; then beat half an hour or until perfectly smooth and bake in a moderately quick oven 20 or 25 minutes. The biscuits should be a delicate brown when done.

**WAFFLES.**—2 cups flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, 3 eggs,  $1\frac{1}{2}$  cup milk, 1 tablespoonful of butter, melted; mix exactly like griddle cakes and fry on a greased waffle iron.

**CORN FRITTERS.**—1 cup flour,  $\frac{1}{2}$  cup milk, 1 level teaspoonful baking powder, 1 teaspoonful sugar, a little salt, 6 ears uncooked corn grated.

**POPOVERS.**—1 cup flour,  $\frac{1}{4}$  teaspoonful salt, 1 cup milk, 1 egg; sift the flour and salt together; beat the egg; add the milk to it and stir gradually into the flour to make a smooth batter; beat with an egg beater until full of air bubbles; fill hot greased gem pans  $\frac{2}{3}$  full and bake in a hot oven from 20 to 30 minutes until brown, and popped over; serve hot as a breakfast muffin with butter, or serve with hot pudding sauce as a dessert; they are then called German puffs. When they puff up a hollow space is usually left in the center; this may be filled with thickened custard and they will make very good cream puffs.

**CREAM FILLING.**—1 cup milk (scalded), 2 tablespoonfuls sugar, 1 tablespoonful corn starch, 1 egg, a pinch of salt,  $\frac{1}{2}$  teaspoonful vanilla; beat the egg, add the sugar and salt and pour on the hot milk; blend the corn starch in a little cold water, add it to the other ingredients and cook the mixture in a double boiler about 10 minutes, stirring constantly; when cold, make an opening in the puff and put in the cream.

**GRAHAM DROP CAKES.**— $1\frac{1}{2}$  teacups molasses, 1 rounded teaspoonful soda,  $\frac{3}{4}$  cup sour milk, 1 teaspoonful salt,  $1\frac{1}{4}$  cups flour,  $1\frac{1}{4}$  cups graham; beat molasses and soda well together and let stand 10 minutes; add remaining ingredients in the order given; drop in tablespoonfuls on hot greased pans and bake in hot oven.

**JOHNNY CAKE.**— $\frac{1}{2}$  cup sugar, 1 egg, 4 tablespoonfuls meat drippings, or 5 of butter, 1 cup sour milk, 1 level teaspoonful soda, 1 cup white flour, 1 cup of corn-meal.

**CORN CAKE.**—2 cups of corn-meal, 1 cup of flour, 1 large tablespoonful of butter, 2 teaspoonfuls sugar, 3 teaspoonfuls baking powder, 2 eggs; mix with milk, and salt to taste.

**CORN-MEAL MUSH.**—1 pint boiling water,  $\frac{1}{2}$  tablespoonful flour, 1 cup corn-meal, 1 cup cold milk,  $\frac{1}{2}$  teaspoonful salt; put the water

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on to boil; mix the corn meal, salt and flour, add the milk gradually to make a smooth paste; pour the boiling water over this mixture and cook 30 or 40 minutes, stirring often; serve hot with milk or cream. This mixture is delicious if cooked 2 or 3 hours in a double boiler. What is left may be packed in a square or oblong pan and used as fried mush; when ready to fry cut in  $\frac{1}{2}$  inch slices and brown in hot fat.

## CAKE.

"A good cook book, whereon to look,  
Is a faithful friend to the careful cook."

GENERAL RULES.—The oven must be ready for baking, the pans thoroughly greased and lined if desired. Cream the butter in a warm bowl, add the sugar gradually and mix well; fine granulated or powdered sugar should be used. The eggs should always be beaten separately; the yolks beaten until thick and creamy and the whites until stiff; the yolks should be added to the butter and sugar, and the bowl in which they were beaten rinsed with some of the milk used in the cake.

All the dry ingredients, except the sugar, should be mixed with the flour and the whole sifted several times. The milk and flour should be added alternately and the whites of the eggs the last thing unless fruit is used. Flavoring may be put in any time before the whites are added. If only the yolks are used the cake is richer; if only the whites it is lighter. Cakes should be baked from 20 minutes to several hours, according to their composition. Test with a straw and when it will come out clean they are done. Lift carefully from the pan and peel off the paper. Thin cakes require a hotter oven than those baked in thick loaves. Two apples kept in a cake box and renewed when shriveled will keep the cake moist.

Cakes crack in the center because the oven has been too hot at first. A crust forms, then the cake begins to swell and breaks the crust, usually in the softest part, where it finds less resistance—the center. By "folding in" the whites of eggs, means that they must be put in as lightly as possible without beating. After you have put in the whites down on top of the batter, just sort of fold under the whites, bringing the batter on top until the whole is well mixed.

To stone raisins, free the raisins from the stems and put them into a bowl; cover them with boiling water and let them stand for 2 minutes; pour off the water, open the raisins, and the seeds can be removed quickly and easily without the usual stickiness.

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# Rich Light Cake

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All recipes must be changed at a high altitude—less butter and less sugar. For instance, if a recipe calls for  $\frac{1}{2}$  a cupful of butter, a tablespoonful will be quite sufficient;  $\frac{1}{2}$  a cupful of sugar will answer for a cupful. In other words, a sweet cake is little more than bread dough at a high altitude. If sweetness is desired cake may be baked in layers and put together with soft icing.

“ANGEL’S FOOD.”—The “knack” in making angel’s food is to beat the eggs (with wire spoon) long and hard till they “stand alone,” then add vanilla, and having sifted flour, sugar, cream of tartar and a pinch of salt the required number of times together, add all at once, stirring very little, just enough to mix and hardly that; a pan with tube is much best, and the oven must be very “moderate.”

ANGEL CAKE.—Whites of 9 large fresh eggs or 10 small ones,  $1\frac{1}{4}$  cups sifted granulated sugar, 1 cup sifted flour, a pinch of salt,  $\frac{1}{2}$  teaspoon cream tartar; after sifting flour 4 or 5 times, measure and set aside 1 cup, then sift and measure  $1\frac{1}{4}$  cups granulated sugar, beat egg about  $\frac{1}{2}$ , add cream of tartar and beat very stiff, then flour lightly and flavor to taste; put in pan and in oven at once; moderate heat; will bake in 35 to 50 minutes.

GENIE’S WHITE LOAF.—Whites of 8 eggs, 2 cups powdered sugar or a little more than  $1\frac{1}{2}$  cups granulated,  $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup sweet milk, 3 cups flour, 2 teaspoons baking powder; cream butter and sugar thoroughly, then add milk, then beaten whites of eggs, then flour stirring hard; after this has been in a hot oven for about 5 minutes, open the door and leave it 2 or 3, then close, repeat this 3 times, then bake until done. This is so fine that most people think it angel cake. Keep out about  $\frac{1}{4}$  to be baked in patties.

WHITE CAKE.—1 cup sugar,  $\frac{1}{2}$  cup butter, mix and beat to a cream; add  $\frac{1}{2}$  cup sweet milk, whites of 4 eggs beaten to a froth,  $1\frac{2}{3}$  cups flour, 1 tablespoon baking powder; flavor to taste.

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**SILVER CAKE.**—Whites of 8 eggs, 2 cups sugar,  $\frac{2}{3}$  of a cup of butter,  $\frac{1}{2}$  cup sweet milk, 3 cups flour, 2 teaspoonfuls cream tartar,  $\frac{1}{2}$  teaspoon soda.

**WASHINGTON CAKE.**— $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup butter, 1 cup milk,  $2\frac{2}{3}$  cups of flour, whites of 3 eggs, 2 teaspoons baking powder. Very nice baked in a loaf cake or for any kind of layer cake.

**IMPROVED SUNSHINE CAKE.**—Whites of 7 small fresh eggs, yolks of 5, 1 cup granulated sugar,  $\frac{2}{3}$  cup flour,  $\frac{1}{3}$  teaspoon cream of tartar, and a pinch of salt; sift, measure and set aside flour and sugar as for angel cake; beat yolks of eggs thoroughly, then after washing beater, beat whites about  $\frac{1}{2}$ , add cream of tartar and beat until very, very stiff; stir in sugar lightly, then beat yolks thoroughly, then add flour and flavor and put in tube pan and put in the oven at once; will bake in 35 to 50 minutes.

**HIGH ART GOLD LOAF.**—Yolks of 8 eggs, 1 cup granulated sugar, scant  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder; cream butter and sugar thoroughly; beat yolks to a stiff froth and stir thoroughly through; put in milk, then flour, and stir hard; bake in tube pan; oven moderate.

**LOAF CAKE.**— $\frac{1}{2}$  cup butter, 2 cups sugar, 4 eggs, whites and yolks beaten separately,  $2\frac{2}{3}$  cups flour,  $2\frac{2}{3}$  teaspoonfuls baking powder; flavor with vanilla. Very good.

**PLAIN CAKE.**— $\frac{1}{4}$  cup butter, 1 cup sugar, 2 eggs, 1 teaspoonful baking powder,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, 1 teaspoonful spice or  $\frac{1}{2}$  teaspoonful flavoring.

**NEVER FAIL SPONGE CAKE.**—A good sponge cake should be yellow as gold, of velvety softness and tender as a marshmallow. If the rule given is strictly followed, such a cake will be the result. Separate the whites and yolks of 4 eggs, beat whites, to which a pinch of salt has been added, until you can turn dish upside down and they will remain in, adding  $\frac{1}{2}$  teaspoonful cream tartar when  $\frac{1}{2}$  beaten, then beat into them with beater  $\frac{1}{2}$  cup of sifted granulated sugar; beat the yolks, add to them  $\frac{1}{2}$  cup of sugar, beating 5 minutes by the clock, as the delicate texture of the cake depends upon it; add to the yolks the juice and grated rind of a lemon; now beat together the yolks and whites; at this stage beating is in order, but must be avoided after adding flour, of which take 1 cup 3 times sifted; the mixture should look like a puff ball; the flour should be tossed or stirred in with a spoon; bake 20 or 25 minutes in a moderate oven, first sprinkling the top with a tablespoonful of sugar to give crackley top crust.

**SPONGE CAKE.**—10 or any number of eggs, their weight in sugar,  $\frac{1}{2}$  their weight in flour, and 1 fresh lemon; beat the yolks

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thoroughly, add to the sugar and the grated rind and juice of the lemon, beat this until the sugar is well dissolved; add a pinch of salt to the whites and beat very stiff, add this to the above, then the flour which has been sifted 5 times; place in moderate oven and bake from 40 to 50 minutes according to size of loaf; this should have a thick crust and will keep several days.

**SPONGE CAKE.**—5 large fresh eggs,  $1\frac{1}{2}$  cups granulated sugar,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon cream tartar; handle precisely as Sunshine Cake; oven moderate.

**WHITE SPONGE CAKE.**—Whites of 3 eggs well beaten,  $1\frac{1}{2}$  cups sugar; beat eggs and sugar 5 minutes;  $1\frac{1}{3}$  cups flour,  $1\frac{1}{2}$  teaspoonfuls baking powder; beat 5 minutes, add  $\frac{1}{2}$  cup hot water last.

**CREAM CAKE No. 1.**—1 cup sweet cream, 1 cup sugar, 1 egg, 2 cups flour, salt, 1 teaspoonful baking powder, flavor to taste, or add fruit and spices and you have a cheap fruit cake, or  $\frac{1}{2}$  cup cocoanut makes a cocoanut cake, or 1 square grated chocolate makes a chocolate cake, or, best of all, add 1 cup chopped butternut meats.

**CREAM CAKE No. 2.**—2 eggs, 1 cup sugar, 1 cup cream, either sweet or sour, 2 cups flour, 1 teaspoonful soda, 1 teaspoonful cream of tartar, flavor as desired.

**SWEET CREAM CAKE.**—1 cup sugar, 2 eggs, 7 tablespoons sweet cream; beat cream and eggs together, add 1 cup flour, flavor to taste, and bake in a slow oven.

**BUTTERMILK CAKE.**—1 cup sugar (scant), lump of butter size of walnut, 2 egg yolks beaten well, mix well and add 1 cup buttermilk, whites of 1 or 2 eggs beaten stiff, flavoring, 1 teaspoonful soda and 1 teaspoonful baking powder sifted with  $1\frac{1}{2}$  cups of flour.

**CORN STARCH CAKE.**—1 cup of sugar,  $\frac{1}{2}$  cup butter (scant), beat to a cream; beat the whites of 3 eggs and add to the butter and sugar, add  $\frac{1}{2}$  cup of corn starch with  $\frac{1}{2}$  teaspoon baking powder in it,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups of flour sifted with one teaspoon baking powder.

**WAFFER CAKE.**—1 cup butter, 1 cup sugar, 3 eggs, flour to roll, season with vanilla.

**DROP CAKES.**— $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, 1 cup molasses, 1 teaspoonful each of cinnamon, ginger and cloves, 2 teaspoonfuls soda in a cup of boiling water,  $2\frac{1}{2}$  cups flour; add 2 well-beaten eggs the last thing before baking.

**ROLL JELLY CAKE.**—3 eggs beaten light, 1 scant cup sugar, 3 tablespoonfuls boiling water, 1 cup flour, 1 teaspoonful baking powder. This will make 2 rolls.

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EGGLESS CAKE.—2 cups buttermilk, 2 cups sugar, 2 cups chopped raisins, 1 cup butter, 4 cups flour, cinnamon, nutmeg, cloves and soda, each 1 tablespoonful. This makes 2 cakes.

PORK CAKE.—1 pound of fat pork chopped very fine, 1 pint boiling water, put on while boiling hot; when cold add a teaspoon of soda, 7 cups of flour, 2 cups sugar, 1 cup molasses, 2 pounds of raisins and other fruit if wanted, spice to taste.

SURPRISE CAKE.—1 egg, 1 cup sugar,  $\frac{1}{2}$  cup of butter, sweet milk 1 cup, soda 1 teaspoon, cream of tartar 2 teaspoons; flavor with lemon extract and use sufficient sifted patent flour to make the proper consistency, not too stiff.

NUT CAKE.— $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar, whites of 4 eggs,  $\frac{3}{4}$  cup milk, 2 cups of flour, 1 teaspoonful cream of tartar,  $\frac{1}{2}$  teaspoonful of soda, 1 heaping cup of chopped walnuts.

PECAN OR HICKORY NUT CAKE.—1 cup chopped meats,  $1\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, 2 cups flour,  $\frac{3}{4}$  cup sweet milk, 2 teaspoonfuls baking powder, whites of 4 eggs well beaten, add the meats last.

FIG CAKE No. 1.—2 cups sugar, 1 small cup butter, 1 cup sweet milk,  $3\frac{1}{2}$  cups of flour, whites of 8 eggs beaten stiff, 1 tablespoonful baking powder, 1 pound of figs, split, put in a layer of cake and one of figs till all is used.

FIG CAKE No. 2.— $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup cornstarch,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups sugar, 2 cups flour,  $1\frac{1}{2}$  teaspoonfuls baking powder, and whites of 6 eggs; flavor with vanilla and bake in layers.

FILLING.— $\frac{1}{2}$  pound of figs, 1 cup of seeded raisins chopped fine,  $\frac{2}{3}$  cup brown sugar, butter the size of an egg; cook over steam.

RAISIN CAKE.—Beat 2 eggs, without separating, and pour over  $\frac{1}{2}$  a pint of milk, scalding hot; add two tablespoonfuls of butter; when lukewarm add  $\frac{1}{2}$  a yeast cake dissolved in 2 tablespoonfuls of cold water; stir in sufficient flour to make a thick batter; stand aside for 2 hours until light, then add 1 cup raisins that have been seeded and well floured; turn into a Turk's-head, and when light bake in a moderate oven for 30 minutes.

RAISED CAKE.—3 cups of warm milk, 1 of yeast or 1 cake, 1 cup butter, 1 cup sugar at night, add flour to mix like bread; in the morning add 3 cups of sugar, 2 eggs, 1 tablespoonful of soda, raisins, cinnamon; let rise and bake; four loaves.

FRUIT ROLLS.—1 pint flour, 2 level teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt, 2 level teaspoonfuls sugar, 3 level tablespoonfuls butter, 1 egg,  $\frac{1}{2}$  cup milk,  $\frac{3}{4}$  cup currants, 1 level teaspoonful cinnamon, 2 tablespoonfuls finely chopped citron; sift flour, baking

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powder, salt and sugar and butter and mix well together; beat the egg until light; add the milk and pour over dry ingredients with a knife; stir quickly into dough and cut until firm and glossy, then turn out onto a well floured board; give a couple of turns with hands and cut about a  $\frac{1}{4}$  of an inch thick; spread with soft butter; sprinkle over 2 tablespoonfuls sugar, and then the cinnamon and fruit; roll into a light roll and cut with a knife into rolls  $\frac{3}{4}$  of an inch thick; place close together in baking pan, and bake 15 to 20 minutes in a hot oven.

FEATHER CAKE.—2 scant cups sifted flour, 2 tablespoons of baking powder, 1 tablespoon of butter, 1 cup of sugar, 1 cup of milk, 1 egg, 1 to 2 teaspoons vanilla; sift flour and baking powder together; cream butter; beat in sugar and add flavoring, then the milk and egg beaten to a foam; stir in the flour quickly and bake in a shallow pan in a quick oven; bake in layers.

BLACK CHOCOLATE CAKE.—1 cup sugar, 1 small tablespoonful butter, 1 cup milk, 2 cups flour, 2 eggs, whites beaten separately, 2 large tablespoonfuls baking powder; take  $\frac{1}{2}$  cake Baker's chocolate and a scant  $\frac{1}{2}$  cupful of milk; boil in a dish set in a basin of hot water until it is like a paste; then add 1 cup of powdered sugar and the yolk of 1 egg; let this cool somewhat; stir into the cake; bake in 4 layers or in a loaf. Boiled white frosting or a chocolate frosting can be used between the layers. For chocolate frosting take the whites of 2 eggs and beat to a froth, not stiff; sift and stir in 1 cup of powdered sugar; have ready  $\frac{1}{2}$  cake of Baker's chocolate dissolved in  $\frac{1}{2}$  cup of milk, and 1 cup of powdered sugar mixed to a paste; stir into the eggs, adding more sugar, if too thin.

CHOCOLATE NONGAT.— $1\frac{1}{2}$  cups granulated sugar,  $\frac{1}{2}$  cup butter, cream this;  $1\frac{3}{4}$  cups flour,  $\frac{1}{2}$  cup sweet milk, 3 eggs well beaten,  $\frac{1}{4}$  pound Baker's chocolate, grated, 2 teaspoonfuls baking powder in flour; add 5 tablespoonfuls sugar to the grated chocolate and 3 of boiling water; stir over the fire until smooth; add this to the butter and sugar; then add the eggs, then flour and milk alternately; mix thoroughly; bake in three layers; put together with frosting.

INEXPENSIVE CHOCOLATE CAKE.—1 square of Baker's chocolate,  $\frac{1}{2}$  cup milk, boil until thick; cream 4 tablespoonfuls butter; add 1 cup of sugar, yolks of 2 eggs,  $\frac{1}{2}$  cup sweet milk, 1 teaspoonful soda, and the chocolate mixture when cool, 2 cups flour,  $\frac{1}{2}$  teaspoonful vanilla. Can either be baked in loaf or in layers.

CHOCOLATE LOAF CAKE.— $\frac{1}{4}$  cup butter melted, 1 cup sugar, scant, 2 squares of chocolate, melt and mix with sugar and butter, 2 eggs beaten separately,  $\frac{1}{2}$  cup milk flavoring, 1 cup flour; bake slowly in deep tin.

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**CHOCOLATE CAKE PART 1.**—Yolks of 3 eggs, 1 cup light brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 cups flour, 1 teaspoonful soda. **PART 2.**—1 cup of light brown sugar;  $\frac{1}{2}$  cup sweet milk, 1 cup chocolate grated, let come to a boil, when cool stir with Part 1, bake in square pan in a slow oven.

**CHOCOLATE PECAN NUT-CAKE.**— $\frac{1}{2}$  cake ( $\frac{1}{4}$  pound) Baker's chocolate,  $\frac{1}{2}$  cup water, 1 cup sugar, yolk of 1 egg; cook until it thickens; while still hot, add 1 full cup of chopped meats; when cool, add the following batter: 1 cup sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 eggs, 2 cups of flour, 2 heaping teaspoonfuls baking powder, vanilla.

**CHOCOLATE MARBLE CAKE.**—Whites of 2 eggs, 1 cup of granulated sugar, 1 tablespoon of butter,  $\frac{1}{2}$  cup of milk, 2 cups of flour, 2 teaspoons of baking powder, 1 scant teaspoon of vanilla; cream sugar and butter by adding a little sugar at a time; after all is well mixed, beat hard 5 minutes, then take  $\frac{1}{2}$  of the batter out into another dish, add 2 tablespoons of grated Baker's chocolate, stir well and place alternate layers of white and dark in the baking tin.

**CREAM PUFFS.**—1 cupful sifted flour, 1 cupful water,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  teaspoon salt, 3 eggs, 2 tablespoons sugar; place the butter, sugar, salt and water on the fire in a rather large sauce-pan, and when the water begins to boil add the flour, dry, sifting it in gradually with the left hand, while constantly stirring with the right; stir vigorously until the mixture is perfectly smooth, about 3 minutes generally sufficing; remove the pan from the fire, turn the batter into a bowl and set it away to cool; when cool put in the eggs, unbeaten, adding but 1 at a time and beating vigorously after each addition; when the eggs are all in, beat the batter until it is soft and smooth; lightly butter a baking pan and drop the mixture into it from a tablespoon, using a spoonful for each puff and placing the puffs about an inch apart; bake in a moderate oven; remove from the oven, split them open and put in the cream, which is made as follows:  $\frac{1}{2}$  pint of milk, 1 egg (yolk only),  $1\frac{1}{2}$  tablespoonfuls sugar, 1 even tablespoonful corn starch,  $\frac{1}{2}$  teaspoonful salt, 2 teaspoonfuls of vanilla,  $\frac{1}{2}$  teaspoonful butter; put the yolk in a cup, beat it very light and add 2 tablespoonfuls of the cold milk; place the corn-starch in another cup, add to it the same quantity of milk and when the starch is well dissolved add the egg mixture; place the rest of the milk on the fire in a small double boiler and when it boils stir in the mixture of egg and corn-starch; let the whole boil 3 minutes; add the salt, sugar and butter; remove from the fire and when cool add the flavoring; pour a small spoonful of the cream into the hollow of each puff, replace the top of the puff and serve.

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**CREAM PUFFS.**—Put 1 cup water and  $\frac{1}{2}$  cup butter in a sauce-pan over the fire; when boiling add 1 cup flour and stir until you have a soft smooth dough; take from fire and when cool, break in 1 whole egg, beat until mixed, and so continue until 4 have been added; bake in round gem tins in moderate oven for 45 minutes.

**CUSTARD FOR PUFFS.**—1 cup sweet milk, 1 egg, 1 tablespoonful corn starch, 1 cup sugar, vanilla.

**HORSESHOE ECLAIRS.**—Stir a cupful of flour into  $\frac{1}{2}$  a cupful of butter and a cupful of water, boiling together; when the dough falls from the sides of the pan turn into a bowl and beat in, 1 at a time, 3 eggs; shape with pastry bag and tube; bake; when cold split and fill with custard; decorate with chocolate frosting and almonds.

**SPICE CAKE WITHOUT MOLASSES OR GINGER.**—2 cups light brown sugar, yolks of 4 eggs beaten light,  $\frac{3}{4}$  cup sour milk, with even teaspoonful soda dissolved, 1 teaspoonful cinnamon,  $\frac{1}{2}$  of cloves,  $\frac{1}{4}$  of allspice,  $\frac{1}{2}$  nutmeg grated, 2 cups sifted flour, whites of 4 eggs beaten stiff,  $\frac{1}{4}$  or  $\frac{1}{2}$  square of melted chocolate, large  $\frac{1}{2}$  cup melted butter and stirred in last lightly; beat all 15 minutes.

**SOFT GINGER CAKE.**— $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup of sugar,  $\frac{1}{2}$  cup of molasses,  $\frac{1}{2}$  cup of shortening (lard or drippings),  $1\frac{1}{2}$  cups of flour, 1 egg and a little salt if lard is used; ginger and spices to taste, one teaspoon soda; beat egg, sugar and shortening well together; put soda into the molasses and stir in with the flour and other ingredients; bake in a square tin  $\frac{1}{2}$  hour in a slow oven.

**GINGER CAKE.**— $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup of brown sugar, 1 cup New Orleans molasses, 2 cups unsifted flour, stir together thoroughly; put 1 teaspoon soda and one teaspoon ginger in a cup and fill with boiling water; pour this into the dough; beat 2 eggs light and put these in last; bake in a dripping pan or 2 bread tins. The batter will be quite thin but do not use any more flour.

**MOLASSES CAKE.**—1 cup molasses,  $\frac{1}{2}$  cup sugar,  $\frac{2}{3}$  cup meat drippings, 2 level teaspoonfuls soda in a cup; fill the cup with boiling water; 2 cups of flour, 2 eggs well beaten, and add just before putting in oven flavor to taste.

**FRUIT CAKE.**—1 pound flour, 1 pound sugar, 1 pound butter,  $\frac{1}{2}$  pound candied citron sliced, 4 pounds currants, 4 pounds raisins stoned and chopped, 9 eggs, 1 tablespoonful of cinnamon, 1 tablespoonful of mace, 1 tablespoonful or nutmeg, 3 gills rosewater; mix the fruit together and flour it; mix the spices with the sugar; cream the butter and sugar; add the beaten yolks, then the whipped whites and rosewater, then the flour, and lastly the fruit; bake in a moderate oven for 3 hours. 1 pound chopped almonds

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may be substituted for 1 pound of currants. This cake will keep any length of time.

**FARMER'S FRUIT CAKE.**—Soak 3 cups of dried apples over night in warm water; chop (slightly) in the morning, then simmer 2 hours in 2 cups molasses, add 2 eggs, 1 cup sugar, 1 cup sweet milk,  $\frac{3}{4}$  cup butter,  $1\frac{1}{2}$  teaspoons soda, patent flour to make thick batter, spice to suit the taste; bake in quick oven.

**SPICE FRUIT CAKE.**—2 cups brown sugar, 1 cup butter, 1 cup sour milk, 3 cups flour, 1 cup raisins (chop fine), 2 eggs, 1 teaspoon of soda; season with cloves and cinnamon.

**WHITE FRUIT CAKE.**—1 cup of butter, 2 cups of sugar,  $2\frac{1}{2}$  cups of flour,  $\frac{2}{3}$  of cup of sweet milk, whites of 6 eggs, 1 pound of blanched almonds chopped, 1 pound citron sliced thin, 1 pound seedless raisins,  $1\frac{1}{2}$  teaspoonfuls of baking powder. It will take 2 pounds of almonds before shelling.

### LAYER CAKE.

**RIBBON CAKE NO. 1.**— $\frac{1}{2}$  cup butter, 2 cups sugar, 4 eggs, 1 cup milk,  $3\frac{1}{2}$  cups flour, spices, 3 level teaspoons baking powder,  $\frac{1}{2}$  lb. figs, chopped fine,  $\frac{1}{2}$  cup raisins, stoned and cut in pieces, 1 tablespoon molasses; cream the butter, add gradually the sugar and well-beaten egg yolks, then the milk; sift the flour and baking powder together thoroughly and add then the egg whites beaten to a stiff froth; bake  $\frac{1}{2}$  of the mixture in a layer cake pan; to the remainder add the fruit, molasses and spices to taste; bake and put the layers together with White Mountain Cream.

**RIBBON CAKE MADE IN SQUARES.**—Ribbon cake is made by beating to a cream  $\frac{1}{4}$  of a pound of butter, adding gradually 1 pound of granulated sugar and the beaten yolks of 4 eggs; to this mixture add a teaspoonful of vanilla, half a cupful (one gill) of milk, and 3 cupfuls of pastry flour sifted with 2 teaspoonfuls of baking powder; beat the whites of the eggs to a stiff froth and carefully stir them in; take out  $\frac{1}{3}$  of this mixture, add to it a tablespoonful of cinnamon,  $\frac{1}{4}$  of a cupful of shredded citron, and also a cupful of cleaned currants; grease 3 sheet or shallow baking pans of the same size; put the fruit mixture into 1 and the remaining  $\frac{2}{3}$  into the other 2 pans; bake in a moderate oven for  $\frac{1}{2}$  an hour, and when done turn from the pans; Spread 1 of the white cakes with a thin layer of soft icing; place the dark cake on this, spread it with the icing, and then put the other sheet of light cake on top; cover the whole with a piece of paper, then place on 1 of the baking pans, over which place 2 light weights, say 1 pound each; let the cakes stand an hour; then remove the weights and cut into squares.

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**MAPLE SUGAR CAKE.**—1 cup butter, 2 of sugar, 3 of flour, 4 eggs, 1 cup milk; bake in layers, and use the following filling between two and over the top: Take 1 cup maple sugar, melt and boil until it hairs, beat the white of 1 egg to a stiff froth, add the sugar, a little at a time, and beat until cold.

**GOLD LAYER.**—Large  $\frac{1}{2}$  cup butter, large  $\frac{1}{2}$  cup sweet skimmed milk, 1 heaping cup of granulated sugar (all you can crowd on)  $2\frac{1}{2}$  cups flour, 6 yolks, 2 heaping teaspoons baking powder, stir very lightly; hot oven. This is nice to use up the eggs.

**SIMPLE LAYER CAKE.**—Beat  $\frac{1}{4}$  of a cupful of butter with the yolks of 2 eggs until light; add gradually  $1\frac{1}{2}$  cupfuls of granulated sugar; measure  $2\frac{1}{2}$  cupfuls of pastry flour and sift with 2 teaspoonfuls of baking powder; measure a cupful of water; beat the whites of the two eggs to a stiff froth, add the water and flour gradually until you have about  $\frac{1}{2}$  added, then begin to add the whites of the eggs, and continue with the flour and water; after the ingredients are all mixed beat thoroughly for about 5 minutes; bake in 3 layers.

**WHITE LAYER CAKE.**—1 cup white sugar,  $\frac{1}{3}$  cup butter well creamed,  $\frac{1}{2}$  cup of milk well stirred into sugar and butter,  $1\frac{3}{4}$  cups flour sifted with scant teaspoonful baking powder, add  $\frac{1}{2}$  the flour and then the beaten whites of 3 eggs, and the rest of the flour; flavor.

**MARSHMALLOW CAKE.**—2 cups sugar,  $\frac{1}{2}$  cup butter, 1 cup milk,  $2\frac{1}{2}$  cups flour, whites of 4 eggs, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon rose water.

**FROSTING.**—2 cups powdered sugar,  $\frac{1}{2}$  cup water; boil together until it strings from spoon, have ready whites of 2 eggs beaten,  $\frac{1}{2}$  pound marshmallows; split in half, spread between layers on top of frosting while cake is hot.

**ANOTHER LAYER CAKE.**— $1\frac{1}{4}$  cups granulated sugar, 3 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 cups flour, 2 teaspoons baking powder; cream butter and sugar thoroughly, beat yolks to a stiff froth and stir in, then add milk, then beaten whites, then flour, stir hard, flavor. This is also desirable baked in 2 square layer pans and iced heavily to be cut in squares; very fine.

**BROWN RAISIN LAYER CAKE.**— $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup butter, 2 cups flour, 2 eggs,  $\frac{1}{2}$  teaspoonful soda, a little salt, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves, nutmeg, 1 teaspoonful vanilla; bake in layers. **FILLING.**—Chop 1 cup seeded raisins and mix with frosting.

**ORANGE CAKE.**—2 cups flour, 2 cups sugar,  $\frac{1}{2}$  cup water,  $1\frac{1}{2}$  teaspoonfuls baking powder, a little salt, yolks of 5 eggs and whites

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of 3, juice and rind of 1 orange; bake in layers. **FILLING.**—Beat the whites of 2 eggs to a stiff froth, add enough sugar for not very stiff frosting, and the juice and grated rind of 1 orange; put between layers.

**ROCK CANDY ICING.**—Roll 6 ounces of rock candy and put it into an iron sauce-pan, melting it gradually; add 4 tablespoonfuls of water; pour this while hot into 2 well beaten eggs and beat until cool and stiff; use just as you would any other icing.

**MAPLE SUGAR FILLING.**—Scrape  $\frac{1}{2}$  a pound of maple sugar into an enameled sauce-pan; add  $\frac{1}{2}$  cupful of milk, and stir over the fire until it spins a thread; take it from the fire, and pour it while hot into the well beaten whites of 2 eggs; or you may stir it without the eggs until it begins to thicken; put quickly between the layers of cake.

**MILK ICING.**—2 tablespoonfuls milk or cream, beat in sifted powdered sugar till a stiff paste.

**ALMOND FILLING FOR CAKE.**—1 cup sour cream, 1 cup sugar,  $\frac{1}{4}$  cup almond meats chopped, the yolk of 1 egg; let this boil and turn over the white of 1 egg well beaten.

**CHOCOLATE FROSTING.**— $\frac{3}{4}$  cup sugar, 2 squares chocolate, 3 table-spoons milk, 1 egg yolk; melt the chocolate, add the sugar and the milk; cook in a double boiler until smooth; add the egg yolk and cook 1 minute; spread on the cake.

**CHOCOLATE FROSTING.**—1 square of melted chocolate, whites of 2 eggs well beaten, 9 table-spoons of pulverized sugar.

**CHOCOLATE FROSTING.**—1 cup granulated sugar,  $\frac{1}{2}$  cup of cream, 1 square of chocolate (grated), cook until thick, cool and add vanilla, spread on cake.

**CHOCOLATE FROSTING.**—1 cup sugar, 5 table-spoons of milk, boil 5 minutes, always boil 1 minute for every table-spoon of milk, then add from  $\frac{1}{2}$  to a whole square of bitter chocolate, then stir till cold. It will be fine-grained and creamy.

**WHITE MOUNTAIN CREAM.**—1 cup sugar,  $\frac{1}{3}$  cup water, 1 egg, white,  $\frac{1}{2}$  teaspoon vanilla, or flavoring to taste; boil the sugar and water together until it threads; pour the syrup slowly into the beaten egg white; beat until cool enough to spread, then add the flavoring. 1 square of melted chocolate may be added for a delicious chocolate frosting.

**BOILED FROSTING.**—1 cup sugar,  $\frac{1}{2}$  cup water, 2 egg whites, 1 teaspoon vanilla, or  $\frac{1}{2}$  table-spoon lemon juice. Make same as White Mountain cream. This frosting, on account of the larger quantity of egg, does not stiffen so quickly as White Mountain cream, therefore is more successfully made by the inexperienced.

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ORANGE FILLING.— $\frac{1}{2}$  cup sugar, 1 egg, 1 heaping tablespoon flour, 1 teaspoon butter, grated rind of  $\frac{1}{2}$  orange, juice of  $\frac{1}{2}$  orange,  $\frac{1}{2}$  tablespoon lemon juice; mix the ingredients in the order given; bring to a boil, stirring constantly; then cook in the top of a double boiler 10 minutes, so as to remove the raw taste of the flour.

OPERA CARAMEL FROSTING.— $1\frac{1}{2}$  cups brown sugar,  $\frac{3}{4}$  cup thin (either sweet or sour) cream,  $\frac{1}{2}$  tablespoon butter; cook until a ball is formed when the mixture is tried in cold water; beat until ready to spread.

CARAMEL FILLING FOR CAKE.—3 cups of good brown sugar, 1 cup butter, 1 cup cream; boil until as thick as candy and let cool before spreading on cake; make the icing about  $\frac{1}{2}$  inch thick and use with ordinary white layer cake.

COFFEE FILLING FOR CAKE.—To  $\frac{1}{2}$  cup of strong coffee add 2 cups of white sugar; boil 5 minutes; set in a pan of cold water and stir until creamy; spread on quickly. The cake must be cold before frosting is put on.

MARSHMALLOW PASTE.— $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup milk,  $\frac{1}{4}$  pound marshmallows, 2 tablespoons hot water,  $\frac{1}{2}$  teaspoon vanilla; boil the sugar and milk together 6 minutes; melt the marshmallows and add the water; combine the 2 mixtures; add the vanilla, and beat until stiff enough to spread.

MARSHMALLOW FILLING FOR CAKE.—Put 1 cupful of granulated sugar and a  $\frac{1}{4}$  of a cupful of water over the fire together; stir until the sugar is dissolved, then boil carefully until it forms a soft ball when dropped into cold water. While watching this, pull apart  $\frac{1}{2}$  a pound of marshmallows, put them in a double boiler with 2 tablespoonfuls of hot water and stir until melted; now pour the hot syrup gradually into this marshmallow mixture, beating all the while; add a teaspoonful of vanilla and beat until cold. This may be used for filling or icing.

## COOKIES.

CREAM COOKIES WITHOUT EGGS.— $2\frac{1}{2}$  cups sour cream, 2 cups sugar; salt and seasoning; 1 good teaspoonful soda sifted in flour.

SUGAR COOKIES.—1 cup thin sour cream, 1 very large cup sugar,  $\frac{1}{2}$  cup butter, 1 well beaten egg, 1 small teaspoonful cream of tartar, a larger one of soda, a little salt, flour to roll easily; bake in a rather quick oven.

MOLASSES COOKIES.—2 cups molasses, 1 of sugar, 1 of melted butter, 1 of sour cream,  $\frac{1}{2}$  cup hot water, 2 dessert spoons full each soda and ginger, flour to roll easily. Do not roll too thin; bake quickly.

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GERMAN CHRISTMAS COOKIES.—1 pint sour cream, 1 pint syrup (Silver Drip),  $\frac{1}{2}$  pound brown sugar,  $\frac{1}{2}$  pound of raisins,  $\frac{1}{2}$  pound English currants,  $\frac{1}{4}$  pound citron,  $\frac{1}{4}$  pound orange peel, 4 teaspoonfuls of soda put into cream, 1 teaspoonful allspice, 1 teaspoonful cloves, 1 of cinnamon and 1 of salt, flour enough to make a very stiff batter; make the mixture at night and bake in the morning; roll and cut with a knife so as to not mix over dough; dissolve sugar in hot water and spread over the cookies, also almond halves and seeded raisins placed on top before baking. These are improved by age.

MOLASSES DROP CAKES.—1 cup molasses,  $\frac{1}{2}$  cup melted butter, 1 cup sugar, 2 teaspoonfuls soda, 1 cup hot water, 1 egg, 2 teaspoonfuls ginger, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful salt, 4 cups flour; mix molasses, butter and sugar; add soda and beat thoroughly, then water, well beaten egg and dry materials; drop by spoonfuls on a buttered sheet; bake from 12 to 15 minutes in a hot oven.

FRUIT COOKIES.— $1\frac{1}{2}$  cups brown sugar, 1 cup butter, 3 eggs,  $\frac{1}{2}$  cup sour milk, 1 small teaspoonful soda, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves, 1 teaspoonful vanilla, a little nutmeg, 1 cup chopped raisins (part currants or dried cherries may be used), 3 scant cups flour; drop from spoon in pans and bake quickly.

DARK COOKIES.—1 cup white sugar, 1 cup lard or (better)  $\frac{2}{3}$  cup cottolene, 3 eggs (beaten), 1 heaping teaspoon soda, 1 cup New Orleans molasses,  $\frac{1}{4}$  cup water, 1 small teaspoon salt, 1 even teaspoon cinnamon, 1 heaping teaspoon ginger, flour enough to mix soft.

WAFERS.—Beat together 2 tablespoonfuls of butter and 2 of powdered sugar; stir in  $\frac{2}{3}$  of a cupful of pastry flour and add a teaspoonful of rose water. You will now have quite a thick batter, almost a dough; begin to add gradually  $\frac{1}{2}$  a cupful of milk, beating all the while. When you have reduced this to a thin batter, bake in little greased wafer irons.

## DOUGHNUTS.

RAISED DOUGHNUTS No. 1.—1 pint sweet milk, 1 cup lard in milk set on stove and warm (not scald), 1 cup sugar, 1 cup yeast, sponge as for bread at night; in the morning add 1 cup sugar and a little salt; mix into hard loaf as bread and let rise; when light roll thin and cut with fried cake cutter and place on floured board to rise; when light fry in hot lard. Can be baked for sweet biscuits. Very nice.

RAISED DOUGHNUTS No. 2.—Mix together thoroughly 3 cupfuls of bread dough ready for shaping into loaves,  $\frac{1}{4}$  of a cupful of butter,

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## HARD TO PLEASE

### Regarding the Morning Cup.

"Oh, how hard it was to part with coffee, but the continued trouble with constipation and belching was such that I finally brought myself to leave it off.

"Then the question was, what should we use for the morning drink? Tea was worse for us than coffee; chocolate and cocoa we soon tired of; milk was not liked very well, and hot water we could not endure.

"About two years ago we struck upon Postum Food Coffee, and have never been without it since. We have seven children. Our baby, now eighteen months old, would not take milk, so we tried Postum and found she liked it and it agreed with her perfectly. She is to-day, and has been, one of the healthiest babies in the State. I use about two-thirds Postum and one-third milk and a teaspoon of sugar, and put it into her bottle. If you could have seen her eyes sparkle and hear her say 'good' today when I gave it to her, you would believe me that she likes it.

"If I was matron of an infants' home, every child would be raised on Postum. Many of my friends say, 'You are looking so well!' I reply, 'I am well; I drink Postum Food Coffee. I have no more trouble with constipation, and know that I owe my good health to God and Postum Food Coffee.'

"I am writing this letter because I want to tell you how much good the Postum has done us, but if you knew how I shrink from publicity, you would not publish this letter,—at least not over my name."—Milford, O.

.. THE ..

## Food Cure

Put in the body what  
NATURE NEEDS.

Find that in

## GRAPE-NUTS

### HOW TO BUILD A BODY.

One of the most important discoveries of late is the application of the right kind of food to rebuild the lost substances of the body, thrown off by the active, nervous work of Americans.

Careful investigation by experts in food and diatetics, has brought out the fact that albumen, which is contained in various foods, is acted upon by phosphate of potash, not such as obtained in drug stores, but such as is found in certain parts of the field grains in most minute particles, arranged in Nature's laboratory, not man's.

The part of the grains containing phosphate of potash is used in the manufacture of Grape-Nuts Food, therefore the active, nervous, pushing brain worker can feed the body with food that goes directly to the rebuilding of the broken down gray matter in the brain, solar plexus and nerve centers all over the body, with the result that the individual who refreshes and rebuilds the body with proper material of this sort, obtains a definite result, which he can feel and know of and which is apparent to his friends.

A vigorous brain and nervous system is of the greatest importance to any business man or brain worker.

2 eggs, 1 cupful of sugar, and cinnamon or nutmeg as desired; let rise until doubled in bulk, then roll into a thin sheet and cut into rings; let stand until doubled in bulk, then fry in deep fat.

RAISED DOUGHNUTS No. 3.— $1\frac{1}{2}$  cups warm milk,  $\frac{1}{2}$  cup lard, salt,  $\frac{1}{2}$  cup yeast, make a sponge and let it rise, then add 1 cup sugar, 1 egg, nutmeg; when light, roll out and let rise again.

FRIED CAKES.—1 cup sugar, 1 cup milk, 3 eggs, 3 scant table-spoons melted butter, 3 teaspoons baking powder, nutmeg, pinch of salt; beat eggs well, add milk, sugar, butter, salt, nutmeg, baking powder and flour to make soft dough; do not mix with hands until ready to roll out; roll to thickness of a cracker and have lard almost smoking hot.

FRIED DROP CAKES.—2 eggs, 1 cup milk,  $\frac{2}{3}$  cup sugar, 2 cups flour, 2 teaspoonfuls baking powder, 1 teaspoonful salt; beat the eggs very thoroughly; sift the salt and baking powder into the flour, add the sugar to the eggs, then the milk and flour, stirring and beating well; drop from a teaspoon into smoking hot fat and fry a nice brown; if the eggs are unusually large use a trifle more flour.

SODA DOUGHNUTS No. 1.—1 cup sugar, 3 tablespoonfuls lard, melted, 2 eggs, well beaten,  $1\frac{1}{2}$  cups buttermilk, salt and seasoning, 1 teaspoonful soda sifted in, flour to roll soft.

DOUGHNUTS No. 2.—2 cups sugar, 2 eggs, 2 cups sour milk, 1 teaspoonful soda, 2 teaspoonfuls baking powder, 9 tablespoonfuls melted lard.

## DESSERTS.

### PUDDINGS.

GRAPE-NUTS COTTAGE PUDDING.—2 eggs,  $\frac{1}{4}$  cup melted butter,  $1\frac{1}{2}$  cups flour, 1 cup milk, 1 cup seeded raisins, 1 cup Grape-Nuts, 3 teaspoons baking powder; heat milk hot and pour on Grape-Nuts; add mixtures all together and bake  $\frac{1}{2}$  hour in pans, so when done it will be 2 inches thick; serve cold with sauce as follows:

FOAM PUDDING SAUCE.— $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup butter, 1 table-spoon of flour; cream all together and add enough boiling water to make it the consistency of cream; let boil a few minutes and flavor with vanilla.—*Adv.*

GRAPE-NUTS FRUIT PUDDING.— $\frac{1}{2}$  cup of Grape-Nuts, 1 egg,  $\frac{1}{2}$  cup of sugar,  $1\frac{1}{2}$  tablespoons corn-starch,  $\frac{1}{2}$  pint of milk, a little butter,  $\frac{1}{2}$  cup of raisins; soak the Grape-Nuts in milk; then add sugar, corn-starch, butter and the yolk of an egg; heat through and take from the fire; add white of egg (well beaten) and raisins; put into greased cups (will make four), steam  $1\frac{1}{2}$  hours; serve with whipped cream.—*Adv.*

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**POOR LO'S INDIAN PUDDING.**— $1\frac{1}{2}$  quarts of milk, 2 coffee cups Grape-Nuts, poured into milk while cool; let it come to a boil, stirring briskly 10 minutes; allow partially to cool, then add 1 coffee cup sugar, 1 egg, beaten light, 1 lump butter size of a hickory nut, 1 small spoon baking powder; bake 30 minutes in quick oven; serve with hard or soft sauce, or cream and sugar.—*Adv.*

**GRAPE-NUTS DESSERT.**—1 pint of milk, yolks of 2 eggs,  $\frac{1}{2}$  cup of Grape-Nuts, 1 teaspoon vanilla or lemon extract; bake 30 minutes; make frosting of whites of 2 eggs to 1 cup of sugar; flavor as before; brown in oven; serve hot with cream. This pudding is equally delicious when chilled and served with cream that has been whipped and slightly frozen.—*Adv.*

**SNOW PUDDING.**— $\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water, 1 cup boiling water, 1 cup sugar,  $\frac{1}{4}$  cup lemon juice, yolks of 3 eggs, 3 tablespoonfuls sugar,  $\frac{1}{4}$  teaspoonful salt, 2 cups hot water,  $\frac{1}{2}$  teaspoonful vanilla, whites of 3 eggs; soak the gelatine in the cold water 30 minutes, or until soft; add the boiling water, sugar and lemon juice and stir until the sugar is dissolved; strain into a large bowl and set in ice water to cool; stir occasionally; beat the whites of the eggs to a stiff froth, and when the gelatine begins to stiffen add the whites and beat all together until very light; when nearly stiff enough to drop, pour into a mold, or beat until stiff enough to hold its shape and pile lightly in a glass dish; if the whites of the eggs are added to the gelatine before it becomes cold, more time will be required for the beating, 15 minutes should be sufficient; the snow may be hardened in a shallow dish, and when ready to serve cut into blocks and piled like a pyramid; make a custard of the other ingredients and serve it with the snow.

**FRUIT CREAM.**— $\frac{1}{3}$  of a box of gelatine dissolved in  $\frac{1}{4}$  pint of water,  $\frac{3}{4}$  pint fruit juice, whites of 3 eggs,  $\frac{1}{2}$  pint of whipped cream, sugar according to kind of fruit; if juice is too sweet add lemon juice; place juice and sugar together and warm slightly, add dissolved gelatine (strained), set in a cold place until it begins to jelly, whip gelatine and juice until light, before adding eggs and cream; then add the whites of the eggs beaten with a little pulverized sugar and last of all, the whipped cream. Pile in a fruit dish, or place in molds. If pineapple is used, the fruit chopped fine and added last is very nice.

**PINEAPPLE CREAM.**—1 pint of cream whipped stiff, 1 cup of sugar; soak  $\frac{1}{2}$  box of gelatine in 1 cup of cream until thoroughly dissolved, 1 fresh pineapple (or 1 can of pineapple), added to the cream, when gelatine is cool add the cream, sugar and apple, pour into a mold and set away to stiffen. Cocoanut may be used in place of pineapple, using  $\frac{1}{2}$  cup of cocoanut.

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**PEACH CREAM.**—Take a can of peaches and cut the fruit into small pieces; dissolve  $\frac{1}{4}$  box of gelatine in hot water, having first soaked it in cold water; whip  $\frac{1}{2}$  pint of cream until it is solid, add the gelatine and sugar to taste; stir in the peaches and pour into molds to form. A very little salt put into the cream before whipping is an improvement.

**ORANGE CREAM.**— $\frac{1}{3}$  box of gelatine soaked in  $\frac{1}{2}$  cup of cold water,  $\frac{3}{4}$  pint of orange juice, whites of 3 eggs, 1 cup of cream whipped stiff; dissolve sugar in the pint of juice, add strained gelatine slowly; set in a cold place until it begins to harden; beat very lightly with Dover egg beater, add whites of eggs beaten stiff, with a little powdered sugar and last the whipped cream. Any fruit juice may be used. Chocolate cream can be made by substituting milk for the fruit juice (warmed slightly) and adding dissolved chocolate.

**CRUMB CREAM.**—Cover  $\frac{1}{4}$  box of gelatine with  $\frac{1}{4}$  cup cold water, soak 10 minutes, whip  $\frac{1}{2}$  pint cream and strain it into a basin, stand the basin over a pan of cracked ice; sprinkle over the cream  $\frac{1}{4}$  cup of confectioner's sugar, 1 teaspoonful vanilla, stir in carefully 1 cup finely sifted stale cake crumbs; add to the gelatine  $\frac{1}{4}$  cup cream and dissolve over hot water, strain carefully into the cream and stir until it begins to thicken; pour into a mold and set on ice to stiffen; turn out and serve with whipped cream.

**RICE CREAM.**—Beat into 1 pint of whipped cream 1 cup boiled rice, not quite cold, and a large tablespoonful of gelatine dissolved; put into a mold, and serve with sauce.

**SAUCE.**—Make a rich white sugar syrup, and add a glass of orange marmalade.

**RICE PUDDING WITHOUT EGGS.**—2 quarts milk,  $\frac{1}{2}$  cup rice, 1 cup sugar, butter size of a walnut, a pinch of salt; bake slowly 2 or 3 hours (it is spoiled if over-baked); stir 2 or 3 times the first hour of baking. If properly done, it is delicious.

**CREAM OF RICE PUDDING.**—2 tablespoonfuls rice, 2 tablespoonfuls sugar, 2 cups milk, 1 egg,  $\frac{1}{4}$  teaspoonful salt, nutmeg, 1 tablespoonful raisins; pick over and wash the rice and put in a shallow baking dish; beat the eggs, add the sugar and salt and stir in the milk; grate in the nutmeg and pour over the rice; stone and chop the raisins, add them to the other ingredients and bake slowly the first  $\frac{1}{2}$  hour, stirring often; then increase the heat and cook until the rice is tender and slightly brown.

**TAPIOCA SHERBET WITHOUT FREEZING.**—Cook in double boiler  $\frac{1}{2}$  cup of fine tapioca, with 1 cup of sugar and 1 pint of water until perfectly clear, stirring frequently. About 3 minutes before re-

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moving from fire add the juice of 3 oranges or any fruit juice desired; when perfectly cold and beginning to set, beat into it the whites of 2 eggs beaten to a stiff froth; set away to get very cold and serve with a soft boiled custard.

**CHOCOLATE PUDDING WITH BREAD CRUMBS.**—Rub sufficient stale bread to fill a dozen buttered cups; put a pint and a  $\frac{1}{2}$  of milk in a double boiler; add  $\frac{1}{2}$  a cupful of sugar and 3 ounces of grated chocolate; stir until the chocolate is dissolved and thoroughly cooked; take from the fire, and when cool pour into 4 eggs well beaten; baste this carefully over the crumbs in the cups; when well soaked up, stand in a pan of hot water; cover with greased paper, and bake in the oven for 15 or 20 minutes. These may be served with vanilla or chocolate sauce.

**CORN PUDDING.**—1 can of corn or 1 dozen ears of young corn, 1 pint of milk, 1 teaspoonful salt, 4 eggs,  $\frac{1}{4}$  teaspoonful black pepper; beat the yolks and whites separately; add the yolks to the corn; mix thoroughly, then add salt, pepper and milk, and stir in carefully the whites of the eggs; brush a pudding dish lightly with butter and pour in the mixture; bake slowly 1 hour.

**SNOW BALLS.**—1 cup sugar, 1 cup flour,  $1\frac{1}{2}$  teaspoonfuls baking powder, 3 eggs, 3 tablespoonfuls of water, the juice of 1 lemon; beat all the yolks very lightly, add sugar, beat again, then add grated rind of 1 lemon, 2 teaspoonfuls of juice and the cold water; beat again; measure 1 scant cup of flour and sift with baking powder; beat the whites to a stiff froth, add them to the flour alternately; put the batter in cups, filling them  $\frac{2}{3}$  full and steam  $\frac{1}{2}$  an hour; put 3 tablespoonfuls of sugar on a plate and roll the balls in it; serve with following recipe: Sprinkle 1 cupful of sugar over 1 quart of strawberries; let them stand 2 hours, then set on a stove until they just come to a boil.

**CRACKER PLUM PUDDING.**—6 common crackers, 1 quart milk, 1 cup raisins, 3 eggs,  $4\frac{1}{2}$  tablespoons butter,  $\frac{1}{3}$  cup sugar, 2 tablespoons milk,  $\frac{1}{4}$  teaspoon grated nutmeg,  $\frac{1}{2}$  teaspoon salt; split and butter the crackers, allowing  $\frac{3}{4}$  tablespoon of butter to each cracker; stone the raisins and place between the cracker halves, putting them together in their original shape; pour over the crackers the milk, scalded and cooled; let stand over night; in the morning add the eggs, beaten and diluted with the 2 tablespoons of milk, sugar, salt and nutmeg; bake 45 minutes.

**PLAIN BREAD PUDDING.**—1 small loaf stale bread, 1 quart milk,  $\frac{1}{3}$  cup sugar,  $\frac{1}{4}$  cup butter melted, 2 eggs well beaten,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla; remove the soft part from the loaf and put through a colander (there should be 2 cupfuls); scald the milk; pour over the crumbs; let stand until cool; add the eggs, sugar,

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butter, salt and vanilla; bake in a buttered pudding dish, in a slow oven, 1 hour; serve with vanilla sauce.

**VANILLA SAUCE.**—1 cup water,  $\frac{1}{2}$  cup sugar, 2 tablespoons corn-starch, 2 tablespoons butter, 1 teaspoon vanilla; mix the sugar and corn-starch, add the water and boil 5 minutes; remove from the fire and add the butter and vanilla.

**GENUINE ENGLISH PLUM PUDDING.**—Crumbs of a 1-pound loaf of bread, 1 quart of rich milk scalded and cooled, 1 pound washed and dried currants,  $\frac{1}{2}$  pound stoned raisins,  $\frac{3}{4}$  pound of beef suet, 2 grated nutmegs, 1 tablespoon of cinnamon, the grated peel of 2 oranges or lemons,  $\frac{1}{2}$  pound citron, 1 pound brown sugar. (The brandy and wine prescribed originally may be omitted.) Steam in a mold or floured bag 5 or 6 hours.

**PLAIN FRUIT PUDDING.**—1 cup sugar,  $\frac{1}{2}$  cup butter and 2 eggs beaten together; then add 1 cup sour milk, 1 teaspoonful of soda, 3 cups flour, 1 cup chopped raisins, and spice to taste; put in mold and steam 2 hours.

**CUP PUDDING.**—3 eggs,  $\frac{3}{4}$  cup sugar,  $\frac{3}{4}$  cup flour,  $\frac{3}{4}$  cup milk, about  $\frac{1}{2}$  cup of butter and  $1\frac{1}{2}$  teaspoonfuls baking powder; butter the cups, pour into each a small quantity of preserves, and half fill with batter; steam 20 minutes.

**CHEAP PUDDING.**—1 of the nicest cheap puddings is made by chopping fine  $\frac{1}{2}$  a pound of dates and 2 ounces of beef suet; mix with the suet  $\frac{1}{2}$  a cupful of brown sugar, 2 cupfuls of rolled oats, a teaspoonful of cinnamon, the juice and grated rind of 1 lemon; add  $\frac{1}{2}$  a teaspoonful of soda to 2 tablespoonfuls of warm water; stir this into half a cupful of molasses; add 3 well beaten eggs, and then the fruit well floured; put in a greased pudding mold and boil or steam continuously for 2 hours; serve hot with a liquid or hard pudding sauce.

**QUEEN PUDDING.**—Take 2 cups grated bread crumbs,  $\frac{1}{2}$  cup of sugar, yolk of an egg, 1 cup of milk and  $\frac{1}{2}$  of lemon rind grated; beat all together; bake to light brown; when done, spread over top a thin layer of currant jelly; beat the white of an egg, with a little sugar, to stiffen froth, and pour on top; put back in oven and bake again to light brown.

**APPLE PUDDING.**—1 loaf stale bread,  $\frac{1}{4}$  cup butter, 1 quart sliced apples,  $\frac{1}{4}$  cup sugar, grated rind and juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  teaspoon grated nutmeg; prepare the crumbs as for Plain Bread Pudding; melt the butter and add to the crumbs; put a layer in the bottom of a pudding dish, add the apples, and sprinkle with sugar, nutmeg and lemon, mixed together, then cover with the remaining crumbs; bake until the apple is tender, covering the first half hour; serve with sugar and cream, or Cream Sauce.

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**CREAM SAUCE No. 1.**— $\frac{1}{2}$  pint thick cream,  $\frac{1}{3}$  cup powdered sugar,  $\frac{1}{3}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla; mix the cream and milk, and beat until stiff with an egg beater; add the sugar and vanilla.

**FIG PUDDING.**— $\frac{2}{3}$  cup suet, 2 cups of soft bread crumbs, heaped, 2 eggs, well beaten,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  pound figs, chopped fine, 1 level teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt; chop the suet; add the figs, then the eggs, and milk to the bread crumbs, mixed with the salt and baking powder; combine the mixtures, turn into a buttered mold and steam 3 hours; serve with Yellow Sauce.

**YELLOW SAUCE.**—2 eggs, 1 cup sugar, 1 teaspoon vanilla; beat the eggs until very light, add gradually the sugar and beat again, then add the lemon.

**STEAMED PUDDING.**—1 pint bread crumbs, 1 cup boiling water, beat well, 1 cup molasses, 3 tablespoonfuls melted butter, 1 cup cherries and juice, 1 egg, 1 cup flour, 1 teaspoonful soda,  $\frac{1}{2}$  teaspoonful ginger,  $\frac{1}{2}$  teaspoonful cinnamon; steam 2 hours.

**SAUCE.**— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, 1 large tablespoonful flour, blend and add 1 cup cherry juice and cherries, 1 pint boiling water; boil until it thickens.

**CHERRY PUDDING.**—1 teacup sweet milk, 3 eggs,  $\frac{1}{2}$  cup butter,  $3\frac{1}{2}$  cups flour, 3 teaspoonfuls baking powder; drain the juice off cherries, add them and steam 2 hours; serve with cream sweetened with grated maple sugar and nutmeg.

**CREAM SAUCE No. 2.**—1 egg, 1 cup powdered sugar,  $\frac{1}{2}$  cup thick cream,  $\frac{1}{3}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla; beat the white of the egg until stiff, add the well beaten yolk, and beat in gradually the sugar; dilute the cream with the milk, beat until stiff; add the vanilla, and add to the first mixture.

**APPLE FRITTERS.**—4 apples (tart), powdered sugar, 2 tablespoonfuls lemon juice, cinnamon or nutmeg, batter; pare and core the apples, cut into  $\frac{1}{4}$  inch slices across the apple, leaving the hole in the center; spread on a plate and sprinkle with lemon juice, sugar and cinnamon or nutmeg; let the above stand while preparing the Fritter Batter.—1 cup flour, 2 eggs,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{2}$  cup milk, 1 tablespoonful melted butter or olive oil; sift the dry ingredients; beat the eggs separately; add the milk to the yolks and pour into the flour, making a smooth batter; then add the oil or butter and beat well; fold in the whites of the eggs. When the batter is used for meat or for fish, add 1 tablespoonful lemon juice or vinegar; if for fruit, use 1 teaspoonful sugar.

**FRIED APPLES.**—6 medium sized apples, 2 level tablespoonfuls butter, sugar; pare apples, cut in halves and remove cores; melt

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butter in frying pan, and put apples in, core side down, and keep covered throughout cooking; when they begin to brown, turn, and fill cavities with sugar; cook until tender and serve with Lemon Souffle Sauce.—1 cup milk, 1 level teaspoon flour, yolk of 1 egg,  $\frac{1}{2}$  cup sugar, grated rind and juice of 1 lemon, whites of 2 eggs; heat milk and add flour diluted with a little cold milk; cook 3 minutes; remove from fire and add to yolk of egg which has been beaten light with sugar; let cool; add grated rind and juice of lemon slowly, and before serving, beat in the whites of the eggs, beaten stiff. This sauce is good to serve with any kind of apple desserts.

APPLE RUSSE.—Fill a pudding dish with quartered apples; cover with bits of butter, 1 cupful sugar, and a little cinnamon; bake brown and serve with whipped cream.

GLAZED APPLES WITH CREAM.—For a dozen large apples use  $1\frac{1}{2}$  cupfuls of sugar, and  $1\frac{1}{2}$  cupfuls of water; put 1 cupful of sugar in a sauce-pan with the water and boil rapidly for 20 minutes; pare and core the apples, keeping them whole; put in a teaspoonful of sugar in the center of each apple; baste the outside of each apple with  $\frac{1}{2}$  teaspoonful of the hot syrup; place the pan in a moderately hot oven and bake the fruit until it is tender, basting frequently with the syrup; when the apples are done place them on a flat dish, and pour over them the juice from the pan in which they were baked; serve cold with a bowl of whipped cream.

APPLE DIP.—Take 3 large tart apples, pare, and slice very fine in your baking dish, add a small piece of butter and 2 tablespoons sugar; then take 1 egg, 2 tablespoons sugar,  $\frac{1}{2}$  cup sweet milk, 2 tablespoons butter, 1 cup flour, 1 teaspoon baking powder; beat this together and pour over apples and bake.

APPLE SNOW.—Pare, core and bring to boil in as little water as possible 6 tart apples, cool and strain, beat well and add the well whipped whites of 3 eggs, sweeten to taste and beat thoroughly until a dish of snow is the result; flavor with lemon or vanilla, or add the grated rind of a lemon; serve with sweetened cream; or make custard of yolks, sugar and a pint of milk; place in a dish and drop the froth on it in large flakes.

RASPBERRY BLANC MANGE.—Stew nice fresh raspberries, strain off the juice and sweeten it to taste, place over the fire, and when it boils stir in corn-starch wet in cold water, allowing 2 tablespoons of corn-starch for each pint of juice; continue stirring until sufficiently cooked; pour into molds wet in cold water and set away to cool; eat with cream and sugar. Other fruit can be used instead of raspberries.

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**INDIAN TAPIOCA PUDDING.**—Cook 2 tablespoons of Minute Tapioca in 1 quart of milk 10 minutes; while boiling stir in 3 even tablespoons of meal wet with a little milk,  $\frac{1}{2}$  cup molasses, a small piece of butter, salt, cinnamon and nutmeg to taste and 1 egg; pour into a dish, add 1 cup of cold milk and bake 2 hours.—*Adv.*

**PINEAPPLE TAPIOCA.**—Boil  $\frac{1}{2}$  cup of Minute Tapioca and  $\frac{1}{2}$  cup of sugar in 3 cups of water till clear; pour this over 1 pint of canned pineapple; when sufficiently cold decorate the top of pudding with currant jelly and serve with sweetened whipped cream.—*Adv.*

**CREAM TAPIOCA PUDDING.**—2 tablespoonfuls pearl tapioca, 1 pint milk, yolks of 2 eggs,  $\frac{1}{3}$  cup sugar,  $\frac{1}{8}$  teaspoonful salt, whites of 2 eggs,  $\frac{1}{2}$  teaspoonful vanilla; soak the tapioca in enough hot water to cover it, stirring until it absorbs some of the water, and allow it to stand until all is absorbed; add the milk and cook until the tapioca is soft and transparent; beat the yolks of the eggs; add the sugar and salt; pour the milk over them; cook 8 minutes, then add the whites of the eggs beaten to a stiff froth.

**PEACH TAPIOCA.**—1 can peaches,  $\frac{1}{4}$  cup powdered sugar, 1 cup tapioca, boiling water,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon salt; drain peaches, sprinkle with powdered sugar, and let stand 1 hour; soak tapioca 1 hour in cold water to cover; to peach syrup add enough boiling water to make 3 cups; heat to boiling point, add tapioca drained from cold water, sugar and salt; then cook in double boiler until transparent; line a mold or pudding dish with peaches cut in quarters; fill with tapioca, and bake in moderate oven 30 minutes; cool slightly, turn on a dish; serve with Cream Sauce No. 1.

**LOG CABIN.**—Split lady fingers into halves; spread the flat parts lightly with jelly; build these log-cabin fashion on a glass dish, and pour over then a soft custard made from the yolks of 4 eggs and a pint of milk; the custard must be cold; when ready to serve beat the whites of the eggs to a stiff froth and put them here and there around the "cabin"; or you may garnish the edge of the dish. The dish should be perfectly flat so that the lady fingers will stand above the custard sauce. To change this receipt you may sprinkle the whole with finely chopped almonds.

**PRUNE PUDDING.**—Beat the yolks of 2 eggs with  $\frac{1}{2}$  a cupful of sugar until light; add a tablespoonful of softened butter and a gill of milk; sift together 1 cupful of flour with a teaspoonful of baking powder, stir it in, then stir in the well beaten whites, and 1 cupful of prunes that have been soaked over night, drained, and the stones removed; chop them with a spoon; turn this into the pudding mold and steam continuously for 2 hours; allow room for swelling or the pudding will be heavy.

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**PRUNE WHIP.**—Soak and stew until soft 1 pound prunes; remove fruit from stones; crack stones and chop both fruit and meats, the latter very fine;  $\frac{1}{2}$  cup sugar, juice and grated rind of  $\frac{1}{2}$  lemon; add pinch of salt to whites of 4 eggs and beat until very stiff; mix all together and bake  $\frac{1}{2}$  hour in a moderate oven; serve with plain or whipped cream. This will serve 9 or 10 people.

**COFFEE JELLY.**—Soak 1 box of gelatine 2 hours in  $\frac{1}{2}$  pint of cold water, then pour on it  $1\frac{1}{2}$  pints of boiling water; when wholly dissolved, add 1 pint of sugar and 1 pint of strong coffee; strain the jelly and pour into a mold to harden; when served, put into a dish with whipped cream around it. The cream should be sweetened a very little.

**TO ADD TO A LEMON JELLY.**—Mold a plain lemon jelly in a shallow dish; when well set cut in squares, place in a low dish, scatter over it candied cherries or candied fruit of any kind or nuts; serve with whipped cream or a plain boiled custard.

**BANANA CHARLOTTE.**—Line the sides of a quart mold with lady fingers, and the bottom of mold with thin sliced bananas; fill with stiff whipped cream in which a teaspoon of gelatine, thoroughly dissolved, has been mixed; set on ice.

**ORANGE CHARLOTTE.**— $\frac{1}{3}$  box gelatine in  $\frac{1}{3}$  cup cold water, add  $\frac{1}{3}$  cup boiling water, 1 cup sugar, juice of 1 lemon, 1 cup orange juice and pulp, whites of 3 eggs; line bowl with sections of orange; when the gelatine with sugar, orange and water begins to stiffen, beat in the beaten whites and mold; serve with whipped cream.

**FRUIT GLACE.**—1 cupful granulated sugar, 1 cup water; boil together for  $\frac{1}{2}$  an hour; dip point of skewer in the syrup then in water, if the thread formed breaks off brittle the syrup is done; have orange, pared, divided into eighths and wiped free of moisture; pour part of the hot syrup into a small cup, which keep in boiling water; take the pieces of orange on point of skewer or large needle and dip them into the syrup; place them onto a dish that has been buttered lightly. Grapes, cherries, walnuts, etc., can be prepared in the same way.

**RASPBERRY JAM TARTLETS.**—Line tartlet mold (or gem molds will answer the purpose nicely) with thin puff paste; when cold fill with raspberry jam and heap whipped cream over them. Strawberries washed and hulled used in place of the jam is excellent.

**APPLE DUMPLINGS.**—Put  $1\frac{1}{2}$  cups sugar, 2 cups water and piece of butter in baking dish, and set on top of stove so it will boil; take  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder, tablespoon lard, mix together with milk so you can roll it out quite thin, cut in pieces and put as much of sliced sour apples as possible in each piece,

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put edges together and roll in flour, then put them in the hot syrup and bake.

**A SIMPLE PUDDING.**—A simple pudding is made of 2 slices of white bread toasted very brown and, when well buttered, placed in a deep dish and 1 cup of molasses and 1 quart of milk poured over; bake in a moderate oven about 3 hours. It is impossible to distinguish this from an old fashioned Indian pudding, and it is much more digestible.

**FRITTERS.**—3 eggs, 1 teaspoonful melted butter, 2 teaspoonfuls baking powder, 1 cup sweet milk, and a little salt; make a soft batter and have the lard very hot.

**TO SERVE PINEAPPLE.**—An effective way to serve pineapple is to take the fruit from the rind in a solid cone, leaving the stem attached to the rind; the pineapple is then sliced and piled in its natural form and the rind refitted; it is thus sent to the table and served.

**STUFFED PEARS WITH RICE.**—Cut the upper quarters from pears and remove the cores; cook in hot syrup until tender; fill the stems with rounds of angelica and candied cherries, and the spaces left by the cores with marmalade and bits of cherry; set upon a mound of cooked rice; flavor the syrup with lemon juice, reduce by cooking, and pour over the whole; serve hot or cold.

**BLACKBERRY SPONGE.**—Fill an earthen bowl closely with small cubes of bread, pouring over the bread as it is fitted into place, hot blackberry juice—blackberries cooked until soft, with sugar to taste, and passed through a sieve; use all the juice the bread will absorb; set the sponge aside in a cool place for some hours, then turn from the bowl; serve with blackberries, sugar and cream.

**CABINET PUDDING.**—Fill a quart mold, buttered and sugared, with alternate layers of sultana raisins, cherries, citron ( $\frac{1}{2}$  pound in all) and slices of stale sponge cake; beat 3 eggs; add salt,  $\frac{1}{2}$  cupful of sugar, and 1 pint of cold milk; strain into mold; bake about 1 hour standing in hot water; serve hot with a hot pudding sauce.

**BREAD AND BUTTER CUSTARD.**—Beat 4 eggs without separating until light; add  $\frac{1}{2}$  a cupful of sugar, a saltspoonful of grated nutmeg and 1 quart of milk; turn this mixture into a baking pan; cut slices of slightly buttered bread into squares of 1 inch; drop these squares, butter side up, all over the custard; bake in a moderate oven until the custard is "set" and the bread brown.

**MERINGUES.**—Beat the whites of 8 eggs to a stiff froth, then sift in carefully a pound of confectioner's sugar that has been twice sifted; drop quickly by spoonfuls on waxed paper on to rather a

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thick board; dust the meringues with sugar, let them stand for a moment, blow off the loose sugar and put them into a moderate oven where they will dry and slightly brown; lift them carefully; scoop out the centers and put back into the oven to dry; these may be put aside and filled with ice cream, whipped cream, or jelly, and used as a dessert.

**SHORTCAKE.**—For a family of 6, 1 pint pastry flour, 1 teaspoon salt, 2 rounding teaspoons of baking powder, sift this into a mixing bowl; to 1 egg add a tablespoon of sugar, 2 tablespoons soft butter, beat this to a cream, stir into the flour and add sufficient sweet milk to make a soft dough; roll in 1 large cake or cut out with a large cookie cutter; while they are baking cut 1 pint of strawberries in two, cover with sugar, let them stand until ready for use; split open the cakes, spread with plenty of butter, and place layer of berries between. If desired, place whole berries on the top; serve with or without whipped cream. Any fruit may be substituted for strawberries.

**PEACH SHORTCAKE.**—Make the crust from the above; roll in round sheets and bake; butter 1 sheet, cover with sliced canned peaches, place the other sheet on top and garnish the center with 4 halves of peaches filled with powdered sugar, and rows of preserved cherries around the outer edge if desired; heat the juice of the peaches and serve with the shortcake; freshly stewed rhubarb may be substituted for the peach; wash the rhubarb and cut in inch pieces; stew with a few slices of lemon and sweeten well. A cheap layer cake may be substituted for the crust.

**ORANGE SHORTCAKE.**—Beat together 1 teacup of sugar and 1 tablespoon of butter; beat 3 eggs very light and add; sift together 2 teacups of flour and a heaping teaspoon of baking powder with a little salt; add 1 cup milk; bake in deep tin plates; peel and slice 4 oranges and cover with sugar and let stand until ready to put together; split the cakes; put a layer of orange between and sweetened whipped cream on top.

**FROSTED STRAWBERRIES.**—Select large, perfect berries with long stems; whip the white of an egg to a soft froth; dip into it each berry; roll in powdered sugar, and lay on a platter; serve within an hour.

**STRAWBERRY CREAMS.**—Into a small sauce-pan put 1 cupful of granulated sugar; add  $\frac{1}{2}$  of a cupful of boiling water and stir over the fire until the sugar is dissolved, no longer; boil steadily until a little of the syrup dropped into a cup of very cold water can be rolled into a soft ball between the fingers; take quickly from the fire and pour into a slightly greased dish or platter; as soon as cold enough to bear the fingers begin to stir with a wooden or silver

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spoon, and continue stirring until too stiff to be longer stirred; take up quickly in the hands and knead and work until smooth and creamy; have ready a number of large unhulled berries which have not been washed; place the prepared cream in a clean sauce-pan and mash and stir over hot water until soft; dip in the berries 1 at a time, and as fast as coated with the cream lay them on a sheet of waxed paper; serve within 12 hours or the cream will melt.

GERMAN TRIFLE.—Put a layer of strawberries on the bottom of a dish; sugar the fruit; put a layer of macaroons, and pour over it, about 30 minutes before serving, a cold custard made of the yolks of 4 eggs, 3 tablespoonfuls sugar, 1 pint scalded milk and 1 teaspoonful vanilla.

STRAWBERRY SPONGE.—Cover  $\frac{1}{2}$  box gelatine with  $\frac{1}{2}$  cup cold water and soak for  $\frac{1}{2}$  an hour; pour over 1 pint of boiling water; add 1 cup sugar and stir until nearly dissolved; add 1 pint strawberry juice; when nearly cold stir in well beaten whites of 4 eggs.

STRAWBERRY DESSERT.—1 coffee cup of 4x sugar, 1 coffee cup of strawberries, whites of 5 eggs; beat the eggs very light, add the strawberries and sugar; beat slightly and bake in a rather shallow dish 20 minutes; serve with whipped cream. Fresh, preserved or canned berries may be used.

CHARLOTTE RUSSE.—Cover a  $\frac{1}{4}$  of a box of gelatine with a  $\frac{1}{4}$  of a cupful of water and put to soak for  $\frac{1}{2}$  an hour; whip to a stiff froth 1 pint of cream; turn the cream into a bowl, stand in another of ice water or cracked ice; sprinkle over the cream  $\frac{2}{3}$  of a cupful of powdered sugar and a teaspoonful of vanilla; add to the gelatine about  $\frac{1}{2}$  a cupful of milk or a small portion of the cream drained from that which has been whipped; stand it over hot water and stir carefully until dissolved; strain it into the cream and begin at once to stir, and stir continually until the mixture begins to thicken; then pour into a dish lined with sponge cake or lady fingers and stand aside to cool.

INDIVIDUAL STRAWBERRY CHARLOTTE RUSSE.—Dip the edge of macaroon drops into sugar cooked to the caramel stage and kept liquid over hot water; press the macaroons together to form a ring about a cup; remove from the cup to a plate and add other macaroons to form a basket; fill the basket with double cream; sweetened and beaten until solid, add fresh strawberries.

MONDAY PUDDING.—Cut bits of whole wheat bread into dice, use  $\frac{1}{2}$  cup of any fruit that may have been left over, prunes, raisins, chopped dates, or candied fruit; grease an ordinary melon mold; put a layer of the bread in the bottom, then a layer of the fruit and so continue until you have the mold filled; beat 3 eggs, without

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separating, with 4 tablespoonfuls of sugar, add a pint of milk, pour this carefully over the bread, let stand for 10 minutes, then put the lid on the mold and steam or boil continuously for 1 hour; serve with lemon or orange sauce.

**PUDDING SAUCE.**—2 eggs beaten separately, 1 teacup of powdered sugar, 4 tablespoonfuls of milk, 1 teaspoonful of vanilla; after beating the eggs put the yolks and whites together, add the sugar and vanilla, and beat thoroughly; just before serving add the milk. This is not to be cooked but serve cold.

**HARD SAUCE.**—Beat together  $\frac{1}{2}$  cup butter and 1 cupful of sugar until they are very light and white; flavor with vanilla. The success of this sauce depends upon its being beaten a long time. It may be varied by beating with it the yolk of an egg. Let it stand on ice to harden a little before serving. The whipped white of an egg and a cupful of strawberries, mashed to a pulp, or any fruit pulp may be added in the same way.

**HARD SAUCE.**— $\frac{1}{4}$  cup butter, 1 cup sifted powdered sugar,  $\frac{1}{3}$  teaspoon lemon extract,  $\frac{2}{3}$  teaspoon vanilla, white of 1 egg; cream butter, add sugar gradually, then add white of egg beaten stiff, and flavoring.

**CREAM PUDDING SAUCE.**—1 cup cream, 1 tablespoonful sugar, bring the cream to the boiling point and pour slowly over the well beaten whites of 2 or 3 eggs and flavor with vanilla; set into a basin of hot water until time for serving.

## PASTRY.

*"No soil upon earth is so dear to our eyes  
As the soil we first stirred in terrestrial pies."*

**GENERAL HINTS.**—Have everything very cold. Use pastry flour and mix with a knife. Roll only one way and handle as little as possible. Use tin plates, perforated are best; no greasing is required and the pies should be changed to earthen plates as soon as done. Pastry should always be baked in a hot oven from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour. In lemon pies, vinegar may be substituted for lemons, or 1 lemon used for flavoring and the remainder vinegar. To keep a little "left over" pie dough till the next baking, grease it all over with lard and set in a cool place.

**PUFF PASTRY.**—1 pound flour, 1 pound butter, 1 tumbler ice water, a pinch of salt; mix the flour and butter together thoroughly with a knife, then add the ice water and salt; sprinkle the molding board

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with flour, roll pastry 3 times, and place on ice 2 hours or more before using; when ready to take from the ice, place immediately in very hot oven. This pastry, if kept near the ice, will be good for 10 days.

**GOOD COMMON PASTE.**—1 coffee cup lard, 3 of sifted flour, and a little salt; in winter soften the lard a little (but not in summer), cut it well into the flour with a knife, then mix with cold water quickly into a moderately stiff dough, handling as little as possible; this makes 4 common sized covered pies; take a new slice of paste each time for top crust, using the trimmings, etc., for under crust.

**AUNTY PHELPS' PIE CRUST.**—To 1 pint of sifted flour, add 1 even teaspoonful baking powder and sweet cream enough to wet the flour, leaving crust a little stiff. This is enough for 2 pies.

**PASTE WITH SUET.**—Roll a pound of the best suet, with very little membrane running through it on a board for several minutes, removing all the skin and fibers that appear when rolling; the suet will be a pure and sweet shortening, looking like butter; rub this into the flour, salt, and mix it with ice water; roll out for plates, and put on a little butter in flakes, rolling it in as usual.

**PLAIN PIE CRUST.**—2 heaping cups sifted flour, 1 scant cup lard, 1 pinch of salt,  $\frac{1}{2}$  cup ice water; add salt to flour and chop lard into it with a large knife until it is thoroughly mixed; stir in the water with a knife, roll out, and line the tins with the paste.

**GRAHAM PASTE.**—Mix lightly  $\frac{1}{2}$  a pound graham flour,  $\frac{1}{2}$  a pint sweet cream,  $\frac{1}{2}$  a teaspoonful salt; roll and bake like other pastry.

**PASTRY.**—To prevent the juice of pies from soaking into the under crust, beat an egg well and with a bit of cloth, dip into the egg, rub over the crust before filling the pies; when using green currants, pieplant, gooseberries, or other fruits which require the juice to be thickened, fill the lower crust, sprinkle corn-starch evenly over, and put on the upper crust.

**APPLE PIE.**—Use about 4 large apples to 1 pie; core, pare, cut in quarters, and then in thin slices; put half of the apples on the lower crust and sprinkle on sugar and cinnamon, using about 1 tablespoonful of sugar to each apple; if they are very tart, use more sugar, and if dry add a little water; spread the remainder of the apples over the top of the sugar, cover with the upper crust, and bake until the crust is brown and the fruit is soft.

**SLICED APPLE PIE.**—Line pie tin with crust, sprinkle with sugar, fill with tart apples sliced very thin, sprinkle sugar and a very little cinnamon over them, and add a few small bits of butter, and

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a tablespoonful water; dredge in flour, cover with the top crust, and bake  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour; allow 4 or 5 tablespoonfuls of sugar to 1 pie; or, line tins with crust, fill with sliced apples, put on top crust and bake; take off top crust, put in sugar, bits of butter and seasoning, replace crust and serve warm. It is delicious with sweetened cream.

**APPLE MERINGUE PIE.**—Pare, slice, stew and sweeten, ripe, tart, and juicy apples, mash and season with nutmeg (or stew lemon peel with them for flavor), fill crust and bake till done; spread over the apple a thick meringue, made by whipping to froth whites of 3 eggs for each pie, sweetening with 3 tablespoonfuls powdered sugar; flavor with vanilla, beat until it will stand alone, and cover pie  $\frac{3}{4}$  of an inch thick, if too thin add a little corn-starch. Set back in a quick oven until well "set," and eat cold. In their season substitute peaches for apples.

**DRIED APPLE PIE.**—Put apples in warm water and soak over night; in the morning chop up, stew a few moments in a small amount of water, add a sliced lemon, and sugar to taste; cook  $\frac{1}{2}$  an hour, make into pies and bake.

**CRAB-APPLE PIE.**—Follow above recipe, and if made of "transcendents," the pies will fully equal those made of larger varieties of the apple.

**APPLE LEMON PIE.**—1 egg, 1 cup sugar, 1 large apple; grate rind from 1 lemon, chop inside with apple, bake with 2 crusts.

**DELICIOUS PEACH PIE.**—Line pie plate with rich pastry; mix together flour and sugar, of each 1 teaspoon, and sprinkle over crust, then fill with peaches peeled and halved. Sprinkle over  $\frac{1}{2}$  cup of sugar and 1 teaspoon flour, with a few bits of butter; serve with whipped cream.

**RHUBARB PIE.**—2 cups rhubarb and  $\frac{1}{3}$  cup raisins chopped fine,  $1\frac{1}{2}$  cups sugar, 2 tablespoonfuls flour, 3 tablespoonfuls water.

**TRANSPARENT PIE.**—3 eggs, 2 tablespoonfuls sugar, 1 cup cream, 3 tablespoonfuls jelly; flavor with lemon; bake with 1 crust. One pie.

**SQUASH PIE.**— $1\frac{1}{2}$  cups stewed and sifted squash, 1 cup hot milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful cinnamon, 1 egg; the squash should be dry and mealy; beat the egg slightly and mix in the order given; line a plate with paste, put on a rim, and fill with the mixture. Pumpkin pies are made in the same way.

**PUMPKIN PIE No. 1.**—4 eggs, 3 cups sugar, 3 pints milk, 1 quart pumpkin strained, 1 teaspoonful ginger, 4 teaspoonfuls cinnamon. Enough for 2 pies.

**Queen Flake Baking Powder** saves money and your temper.

**PUMPKIN PIE No. 2.**—1 cup prepared pumpkin, 1 egg,  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  cups milk,  $\frac{1}{2}$  teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful ginger, pinch of salt; bake with rich under crust.

**MOTHER'S CREAM PIE.**—Heat 1 coffee cup of sweet cream to boiling point in double boiler, then add 1 tablespoon of flour and  $\frac{1}{2}$  cup of sugar moistened with a little cold cream or milk; when thickened, set aside to cool. Have pie plate lined with rich paste, and when nearly baked fill with the mixture to which has been added the white of 1 egg well beaten, a pinch of salt and a little nutmeg; bake in a moderate oven until custard is set, no longer. Delicious. Much depends on careful baking.

**LEMON PIE No. 1.**—1 cup granulated sugar, 1 tablespoonful butter, 2 heaping teaspoonfuls corn-starch, yolk of 1 egg, juice and grated rind of 1 lemon, pinch of salt, stir all together thoroughly, then add 1 cup cold water; put on stove and stir constantly until quite thick; beat white of egg; add 2 tablespoonfuls sugar; put on pie; set in oven to brown.

**LEMON PIE No. 2.**—1 tablespoon corn-starch, moisten with a very little cold water, add 1 cup boiling water, 1 cup sugar, 1 well beaten egg, 1 tablespoon butter, juice and grated rind of 1 fresh lemon; bake between 2 crusts.

**CUSTARD PIE.**—2 eggs, 3 tablespoons sugar,  $\frac{1}{8}$  teaspoon salt,  $1\frac{1}{2}$  cups milk, few gratings nutmeg; bake in quick oven at first to set rim; decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature.

**MERINGUE PIE-PLANT PIE.**—1 cup of stewed pie-plant, 1 teaspoon corn-starch or flour, 1 cup sugar, 1 yolk of egg,  $\frac{1}{2}$  teaspoon of butter, small pinch of salt, flavor with extract of lemon, mix thoroughly and bake in one crust; beat the white of the egg to stiff froth with 1 tablespoon of sugar and spread over the pie when done; brown lightly in the oven. Equal to lemon pie. Try it.

**MINCE MEAT.**—1 quart of meat to 3 of apples, 2 pints sugar,  $\frac{1}{2}$  pint molasses,  $\frac{1}{2}$  pint boiled cider, 1 quart water,  $\frac{1}{2}$  cup butter, 1 tablespoonful allspice, 2 of cinnamon,  $\frac{1}{2}$  of clove and nutmeg; salt; alter to taste.

**MINCE PIE.**—3 bowls of meat, 6 bowls of apples, 1 bowl of molasses, 1 bowl of vinegar, 1 bowl of boiled cider, 1 bowl of suet or butter, 2 bowls of raisins, 5 bowls of sugar, 1 bowl of fruit juice or jelly, two teaspoons each of cinnamon, nutmeg and cloves; 1 teaspoon each of salt and black pepper; put together, boil until raisins are tender.

**GRAPE PIE.**—1 cup grapes pulped and seeded, 1 cup sugar, 1 egg, small piece of butter, 1 large tablespoonful flour.

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Northrop's Flavoring Extracts, strongest and best.

**CRANBERRY PIE.**—3 cups chopped cranberries, 3 cups sugar, tablespoon corn-starch wet in a teacup with a little cold water; fill cup with boiling water, mix all together and bake with 2 crusts.

**CARROT PIE.**—Boil, drain and rub the carrots through a colander. For each pie required use 2 large tablespoonfuls of carrot thus prepared, 2 eggs, 2 cups milk, a little salt if desired, 4 tablespoonfuls of sugar, and lemon or vanilla for flavoring; bake with under crust only.

## CREAMS AND ICES.

### "SUPREME ICE-OLATION."

**DIFFERENT ICES.**—The distinction between the chief characteristics of sherbet, ice and frappe is that a sherbet is a water mixture flavored and stirred constantly while freezing. It is white, light and frothy like ice cream. An ice may be the same mixture stirred occasionally while freezing, as the ordinary orange ice. A frappe is much like an ice, but more lightly frozen; is served in glasses, and is like wet snow. Frappe is served at afternoon or evening receptions. Ices may be served with ice cream. Sherbets are served either in sherbet tumblers or cups. Frappe is always served in lemonade or ordinary frappe glasses.

**CARAMEL ICE CREAM.**— $1\frac{1}{2}$  pints milk, 1 pint cream,  $\frac{2}{3}$  cup sugar, 3 eggs, caramel to flavor,  $\frac{2}{3}$  cup almonds, blanched and shaved; scald milk and sugar; pour slowly over beaten eggs; return to the fire and let it come to the boiling point; add caramel to flavor while hot; when cold add the cream; pack and partly freeze and add almonds prepared according to directions: Melt  $\frac{1}{2}$  cup sugar in sauce-pan, stirring constantly; when dissolved add shaved almonds; this will be perfectly hard when cold; pound fine and add to cream when partly frozen. **Caramel.**—Melt and slightly burn  $\frac{1}{2}$  cup sugar; add  $\frac{1}{2}$  cup hot water; if a strong flavor is desired, burn the sugar more. Macaroons may be used instead of almonds; pour boiling custard flavored as above over  $\frac{1}{2}$  pound crumbled macaroons, beat until smooth, add cream and freeze.

**RUSSIAN CREAM.**—Cover  $\frac{1}{2}$  box gelatine with  $\frac{1}{2}$  cupful of cold water to soak for  $\frac{1}{2}$  an hour; then add  $1\frac{1}{2}$  cupfuls of sugar, a pint of boiling water,  $\frac{1}{2}$  a cupful of orange juice and 2 tablespoonfuls of lemon juice; strain and stand aside until cool and partly congealed; then, with an egg beater, beat to a stiff froth; turn into a mold and stand away to harden; this may be separated into 3 parts—one part colored red, another left white, and a third colored buff—and then put in the mold in layers.

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Northrop's Extracts possess true and delicious flavor.

**PLAIN ICE CREAM.**—Let 1 pint milk come to a boiling point; then thicken with 1 tablespoonful flour; add  $1\frac{1}{2}$  cups of granulated sugar and let cook in double boiler 20 minutes; set aside to cool, then strain through a wire sieve; add 1 pint of rich cream and 2 eggs well beaten; flavor to suit and freeze.

**ICE CREAM.**—1 quart of cream, 1 pint of milk, 1 pint of powdered sugar, 1 tablespoonful vanilla, and whites of 4 eggs.

**ICE CREAM.**—3 pints sweet cream, quart new milk, pint powdered sugar, the whites of 2 eggs beaten light, a tablespoonful vanilla; put in freezer till thoroughly chilled through, and then freeze.

**BISQUE ICE CREAM.**—1 pint cream, 1 pint milk, 3 ounces macaroons, 1 ounce stale sponge cake,  $\frac{1}{2}$  pound sugar, 1 teaspoonful vanilla; heat milk and sugar; when cool, add cream, whipped; partly freeze, then add cake and macaroons pulverized.

**MAPLE ICE CREAM.**—This is simply ice cream sweetened with maple sugar. Scald a pint of cream; add to it 8 ounces of scraped maple sugar; stir until the sugar is dissolved; take from the fire; add a tablespoonful of caramel, a teaspoonful vanilla, and when very cold add another pint of uncooked cream, turn into the freezer, and when thoroughly cold freeze as ordinary ice cream.

**CARAMEL GLACE.**— $1\frac{1}{2}$  cups of brown sugar or maple sugar,  $\frac{1}{2}$  cup cream; boil until it bubbles, add a small lump of butter; beat until it thickens; pour over ice cream.

**CHOCOLATE GLACE.**— $1\frac{1}{2}$  cups granulated sugar, 2 squares grated chocolate mixed; add  $\frac{1}{2}$  cup cream, cook until it bubbles in the center; add a lump of butter the size of a hickory nut; take from the fire and beat until it thickens; keep warm enough to pour slowly over plain ice cream; add vanilla.

**FRUIT ICE CREAM No. 1.**—Berries, or any kind of larger fruit, cut into small pieces, may be added to any of the vanilla creams after they are frozen; remove the paddle of the freezer, mix the fruit in well, then mold and pack in ice and salt for 1 or 2 hours. The fruit will become too solid if packed for a long time.

**FRUIT ICE CREAM No. 2.**—Crush any fruit or berries to a pulp; sweeten it to taste with a thick sugar syrup; freeze the same as any ice cream, and pack in ice and salt if molded.

**FRUIT ICE CREAM No. 3.**—Canned fruit may also be used; strain the liquor from the fruit; sweeten it if necessary, with sugar or with syrup; mix it with an equal quantity of cream and freeze; when it is partly frozen, add the drained fruit; mix it well together; mold and pack in ice and salt for 1 or 2 hours; the fruit will become hard if it is packed too long. Preserved strawberries are a particularly good fruit to use for ice cream.

**Queen Flake Baking Powder makes the best biscuits.**

ORANGE FRAPPE.—1 quart of water, 1 pint sugar, 1 pint orange juice, juice of 2 lemons; make a syrup by boiling the water and sugar 20 minutes; add the fruit juice, cool, strain, and freeze. For the freezing use equal parts of rock salt and finely crushed ice.

CAFE FRAPPE.—1 egg white,  $\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  cup ground coffee, 4 cups boiling water, 1 cup sugar; beat white of egg slightly, add cold water, and mix with coffee; turn into scalded coffee-pot, add boiling water, and boil 1 minute; place on back of range 10 minutes; strain, add sugar, cool and freeze to a mush, using equal parts ice and salt; serve in frappe glasses, with whipped cream, sweetened and flavored.

COFFEE FRAPPE.—1 pint cream whipped stiff, 1 cup sugar,  $\frac{1}{2}$  cup strong clear coffee, 1 teaspoonful vanilla.

PINEAPPLE FRAPPE.—Grate 1 pineapple; put 1 quart of water and a pound of sugar over the fire to boil; boil for 5 minutes; add the juice of 1 lemon and the grated pineapple; take from the fire, and when cool turn into a freezer and freeze, turning the dasher very slowly until the mass is like soft wet snow; serve in punch glasses.

CRANBERRY FRAPPE.—Boil 1 quart of cranberries in 1 pint of water for 5 or 6 minutes; strain through a coarse cheese-cloth, add 1 pint of sugar, and stir and boil until the sugar is dissolved; when cold add the strained juice of 2 lemons; freeze to a mush, using equal parts of ice and salt; serve in glass cups either with or just after roast turkey; place the cups upon a fancy plate covered with a doily.

VANILLA PARFAIT.— $\frac{3}{4}$  cup syrup, yolks of 3 or 4 eggs, vanilla. The syrup is boiled until it hairs as for frosting; pour while hot over well beaten yolks of the eggs; beat until very light with an egg-beater; when perfectly cold, add 1 pint of cream whipped stiff and pour into mold (a tin coffee can makes a good one); cover with butter or lard and over that stock paper cut in strips. In freezing use nearly as much salt as ice. It should stand 3 or 4 hours.

CHOCOLATE PARFAIT.— $1\frac{1}{2}$  or 2 cakes of chocolate dissolved and boiled with sugar and water until thick, 1 cup sugar, 4 tablespoonfuls water. This may be used without yolks of eggs but beaten thoroughly as before. Be sure that chocolate is perfectly smooth. It needs almost constant stirring. Flavor with vanilla.

MAPLE PARFAIT.—Same as vanilla aside from flavoring, using rich maple syrup in place of sugar syrup.

COFFEE PARFAIT.—Make syrup with very strong coffee.

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“Sodio” brand of Soda is pure and sure.

**MACAROON PARFAIT.**—Whip to a stiff froth 1 quart of cream; sprinkle over it and mix lightly  $\frac{1}{4}$  pound of almond macaroons grated and sifted, and 6 tablespoonfuls of powdered sugar; turn this mixture into the freezer; pack, and stand aside for  $1\frac{1}{2}$  hours; do not stir; serve in punch glasses or tumblers.

**FROZEN GLACE.**—Boil  $\frac{2}{3}$  cup sugar and  $\frac{1}{2}$  cup water to a thick syrup; beat 3 eggs, whites and yolks separately, and pour boiling syrup over eggs slowly; set in a sauce-pan of boiling water and cool 15 minutes; remove from fire and set in a pan of cold water and beat the mixture until cold; add 1 pint of whipped cream flavored with vanilla; stir well, then pour into a mold and pack in 6 quarts of ice to 2 quarts of salt; let it freeze 2 hours or more.

**STRAWBERRY CANNELON GLACE.**—Boil a quart of water and a pint of sugar for 15 minutes; add a teaspoonful of gelatine; when cold add a pint of strawberry pulp and juice of 2 lemons; line a cylindrical mold with the mixture; fill center with beaten white of egg, mixed with  $\frac{1}{3}$  of a cupful of sugar and a cupful of beaten cream; stand in ice and salt for an hour.

**STRAWBERRY CHARLOTTE GLACE.**—Half freeze a pint of cream and a pint of milk cooked with a teaspoonful of corn-starch and  $\frac{1}{4}$  of a cupful of sugar; add a box of strawberries passed through a sieve, mixed with a cupful of sugar and the juice of  $\frac{1}{2}$  a lemon; when frozen pack in a mold lined with lady-fingers; stand in a covered pail, packed in ice and salt, for an hour.

**APRICOT ICE No. 1.**—2 cans of apricots, 3 or 4 cups of sugar, juice of 2 lemons; press the fruit through a colander; strain syrup in can and juice of lemons through a cloth; add to fruit pulp with 3 or 4 cups of sugar; let the mixture stand for an hour, then freeze. The whites of 3 or 4 eggs may be added when the fruit is partly frozen, but the ice is very good without.

**APRICOT ICE No. 2.**—To the juice of 2 lemons allow 8 apricots or even 10 if small; remove the skins, blanch and pound to a paste a few of the kernels, then add  $\frac{1}{2}$  pint of water and 2 ounces of fine sugar; let this stand in an earthen jar or punch-bowl for an hour and a half, then strain; after it is strained stir in the whites of 3 eggs beaten to a stiff froth, with 4 ounces of powdered sugar, and then freeze. To serve with rich cake nothing is nicer for an "afternoon" or luncheon. Canned apricots will do.

**FRUIT ICE.**— $\frac{1}{2}$  can of apricots, 3 bananas, 3 oranges, 3 cups of sugar, 3 lemons, 3 cups water; put a sieve over a large bowl, turn in the apricots and rub all but the skins through; peel the bananas, remove seeds and dark portions and sift the pulp; pour the water in gradually to help the pulp go through the strainer; squeeze the

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oranges and lemons and strain through into the fruit pulp; add sugar, and when dissolved freeze.

LEMON ICE No. 1.—1 quart of water, 3 cupfuls sugar, 4 lemons; cut lemons up with sugar, bruise, strain and add a little vanilla; when nearly frozen add whites of 4 eggs, beaten stiff, and whip with knife until creamed.

LEMON ICE No. 2.—1 quart sweet milk, 1 tumblerful sugar; pour this into a freezer, and when it begins to freeze add the juice and pulp of 4 large lemons and freeze solid.

STRAWBERRY ICE.—2 quarts of strawberries mashed well; add 3 or 4 cups of sugar; mix well and let them stand for an hour or more; add the juice of 2 lemons and a quart of water; strain through a cloth, pressing out the juice; when  $\frac{1}{2}$  frozen, add the beaten whites of 3 eggs.

GINGER ICE.—Add 6 ounces of preserved ginger to 1 quart of lemonade; 4 ounces of the ginger should be pounded to a stiff paste and the other 2 cut into small thin slices; use 10 lemons in making the quart of lemonade, and sugar to taste; freeze the mixture.

MILK SHERBET No. 1.—Squeeze the juice of 6 lemons on 4 cups of sugar; put the skins with a pint of water on the fire and let simmer a few minutes; scald 2 quarts of milk with 2 tablespoonfuls of corn-starch and 1 cup of sugar; when cold put in the freezer, and when it begins to stiffen add the syrup of lemon juice and sugar, then freeze.

MILK SHERBET No. 2.—1 quart milk, 2 cups sugar, juice of 3 large or 5 small lemons; freeze the milk and sugar; add the juice of the lemons and freeze again; pack until needed.

LEMON SHERBET.— $2\frac{1}{2}$  cups sugar, 1 quart water, 5 lemons, white of 1 egg; boil the sugar and water 5 minutes, then cool; add the juice of the lemons, strain and freeze; add the beaten white of 1 egg, and pack.

CURRENT SHERBET.—1 pint of sugar, 1 quart of water, 1 pint of currant juice, the juice of a lemon; boil the water and sugar together  $\frac{1}{2}$  an hour; add the currant and lemon juice to the syrup; let this cool and freeze.

STRAWBERRY SHERBET.—1 quart of fruit, 1 pound sugar, 1 quart water, juice of 2 lemons.

MINT SHERBET.—Boil together 1 quart water and  $\frac{1}{2}$  pound sugar for 5 minutes; remove the leaves from 10 good sized stalks of mint; wash them carefully, chop them fine, then pound them to a pulp; work this gradually into the hot syrup, let stand until cool; strain,

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add the juice of 2 lemons; freeze and serve with the meat course. Especially nice with mutton.

**ORANGE SHERBET.**—Boil together for 5 minutes a quart of water and a pound of sugar with the grated yellow rind of 2 oranges; strain; when cool, add a pint of orange juice and the juice of 2 lemons; turn into the freezer; stir slowly at first, and then more rapidly after the mixture begins to freeze; when frozen, beat the white of 1 egg until light; add a tablespoonful of powdered sugar and beat again; remove the dasher of the freezer; stir in the meringue; repack, and stand aside for 1 or 2 hours to ripen.

**ORANGE SHERBET IN ORANGE CUPS.**—Make the cups by cutting a slice from the top of each orange and removing the pulp and juice to use in the sherbet; cut each cup into points and set away on ice; at serving time place the cups upon pretty plates, garnish with holly, and fill with orange sherbet, pressing, through pastry bag and tube, upon each one, a star of whipped cream.

**PINEAPPLE MOUSSE.**—Grate 1 good sized pineapple; add to it 1 pound of sugar and the juice of 1 lemon; stir constantly until the sugar is dissolved; cover  $\frac{1}{2}$  a box of gelatine with  $\frac{1}{2}$  a cup of water and stand aside to soak for 15 minutes; whip 1 quart of cream to a stiff froth; add  $\frac{1}{2}$  a cupful of hot water to the gelatine, strain it into the pineapple, and stir until it begins to thicken, then fold in carefully the whipped cream; turn this into a melon mold, put on the lid and bind the edge with a strip of muslin dipped in suet; pack the mold in sufficient salt and ice to thoroughly cover the same, as you would pack a mold of ice cream; cover the bucket and stand aside for 2 hours; when ready to serve, moisten the mold in a little warm water, and turn the mousse on to a serving dish. This should be when cut down in a mosslike condition.

**FROZEN PUDDING.**—Beat the yolks of 6 eggs until very light; boil together a pint of water and a pound of sugar for 5 minutes; add the yolks of the eggs; beat over the fire for just a moment; take from the fire, and beat continuously until the mixture is cold; it should be thick like sponge cake batter; add a quart of cream and a teaspoonful of vanilla; turn into a freezer, and freeze until it is the consistency of soft snow; have ready  $\frac{1}{2}$  a pint of chopped fruit which has been soaking for 1 or 2 hours in orange juice; add this fruit, and turn until the mixture is well frozen. This pudding may be served with or without sauce.

**STRAWBERRY MOUSSE.**—Mash 1 quart of strawberries and rub through a fine wire strainer; add 1 cup of sugar and  $\frac{1}{4}$  box of gelatine that has been dissolved in  $\frac{1}{4}$  cup of water; let this mixture stand until it begins to thicken, stirring all the time if it stands in

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ice water, or occasionally if allowed to cool more slowly; whip 1 quart of thin cream and fold into the gelatine and berries; fill a mold with cream, fastening on the cover securely; pack in equal parts of salt and ice and after 3 or 4 hours it will be ready to serve; it will be of a firm, yet frothy texture and of a beautiful pink color. Garnished with berries and a flower or two it is a most attractive dessert. To prevent salt water from entering the mold fill it to overflowing and the surplus cream will congeal and act as a seal. When using a whip churn, remove the froth to a bowl as fast as it is whipped and pour the liquid portion, which settles, back to the churn again. Any other berry or soft fruit may be used for a mousse, but none give so delicate a flavor or color as the strawberry.

**JELLIED FRUIT.**— $\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water, 1 cup boiling water,  $\frac{2}{3}$  cup sugar,  $\frac{1}{2}$  cup sauterne,  $1\frac{1}{2}$  oranges, juice of 1 orange, juice of  $\frac{1}{2}$  lemon, 4 figs, 2 bananas,  $\frac{1}{4}$  pound dates; soak the gelatine in cold and dissolve in boiling water; add the sugar, sauterne, orange and lemon juice; strain; cover the bottom of a mold with jelly, when firm, decorate with fruit in some design, add more jelly, when firm, another layer of fruit; so continue until all is used; the bananas should be cut in slices; the oranges lengthwise in slices; the figs in strips, and the dates in quarters; chill and serve with whipped cream.

**FROZEN STRAWBERRIES.**—Hull, wash and mash 1 quart of strawberries; add 1 tablespoonful of lemon juice and let stand for  $\frac{1}{2}$  an hour; boil together for 3 minutes 1 quart of water and 2 cupfuls of sugar, strain and set aside until cold; mix with the crushed berries, turn into a packed freezer and freeze until stiff; take out the dasher, pack down the ice in the freezer, repack with ice and salt and set aside for a couple of hours.

Ripe fruit sweetened and thoroughly chilled is an acceptable substitute for sherbet or ice cream, and in hot weather is very refreshing at the beginning of the morning meal. The prepared fruit is simply put in the freezer-can minus the beaters; the can is surrounded with ice and salt, and left without stirring until the fruit is chilled. It usually takes about an hour. Berries of all kinds should be hulled or stemmed, picked over, and sprinkled with fine sugar; bananas should be peeled, sliced thinly, and sprinkled with sugar and lemon juice. A speck of salt and cinnamon mixed with the sugar is a great improvement.

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## LUNCHEON DISHES.

"Saving is a more difficult art than earning."

## GENERAL DISHES.

**TIMBALES.**—Cook macaroni in hot salted water until soft enough to cut easily; drain and cut in pieces just long enough to stand in individual molds; butter the molds well, and line the sides with macaroni pipes; fill the center with the following mixture: Boil 1 cup rich milk, thicken with 2 tablespoons flour mixed well with 1 large tablespoon of butter; season with salt and pepper and cook to a smooth paste; add 1 well beaten egg and 2 cups chopped chicken or veal; put molds in steamer and cook 1 hour; turn out on a platter and pour around them a rich cream or tomato sauce; garnish with parsley. This is a very nice luncheon dish.

**SALTED ALMONDS.**— $\frac{1}{2}$  cup olive oil,  $\frac{1}{2}$  pound almonds, blanched, a little salt; to blanch almonds, cover with boiling water, when skins will easily slip off; dry nuts in a towel and add to hot oil; stir to prevent burning and when a golden brown, remove to brown paper, sprinkle lightly with salt and let cool.

**SARDINE CANAPES.**—Spread circular pieces of toasted bread with sardines (from which bones have been removed) rubbed to a paste, with a small quantity of creamed butter and seasoned with Worcestershire Sauce and a few grains cayenne; place in the center of each a stuffed olive, made by removing stone and filling cavity with sardine mixture; around each arrange a border of the finely chopped whites of hard boiled eggs.

**STUFFED POTATOES.**—A savory dish for luncheon or supper may be evolved from left-overs of meat of any kind; select potatoes of even size, pare and cut off about  $\frac{1}{3}$  from one end; hollow out the center with a small knife or with a pointed apple corer and fill with chopped, cooked or raw, beef, mutton or chicken and bake until done; when served add a spoonful of stock or gravy to each potato; garnish with sprigs of parsley. For a brown gravy, to add to these stuffed potatoes or to serve with them, fry 2 level tablespoons of chopped onion in 2 level tablespoons of butter until yellow, then stir in 2 level tablespoons of dry flour and finally add  $\frac{1}{2}$  pint of boiling water, gradually, and season with salt and pepper; beat until smooth, then after cooking 5 minutes strain through a wire strainer. The small strainers with a handle or those with a wire loop on each side to rest on the edges of a bowl are convenient

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for straining sauces and gravies, which should always be smooth and free from lumps. The sauce often makes or mars the dish.

**FROGS' LEGS.**—Wash the frogs' legs; cover them with boiling water; allow them to stand for 5 minutes; drain and dry; dust with salt and pepper; dip in egg, then in bread crumbs, and fry in smoking hot fat; serve with sauce tartare.

**REMNANTS** of boiled or baked fish, especially haddock, cod, or any white fish, are often thrown away; but they can be made into an acceptable dish for luncheon. Make a sauce from 1 cup of milk, 2 level tablespoons each of flour and butter, and season with salt and pepper; flake the cooked fish and mix with it enough sauce to moisten; butter scallop shells and fill with fish, then sprinkle with cracker or bread crumbs that have been moistened with butter; set the shells on a tin pan and place in a hot oven until the crumbs have browned; serve hot.

**BOUCHEES.**—These are little cases made from French fritter batter and fried on the outside of a bouchee iron; this iron also bears the name of timbale iron, pate cup iron, and is made from a fluted piece of iron fastened to a long handle. To make the batter beat the yolk of 1 egg; add  $\frac{1}{2}$  a cupful of cold water, a teaspoonful of olive or butter oil,  $\frac{2}{3}$  of a cupful of pastry flour (if bread flour is used,  $\frac{1}{2}$  a cupful will be sufficient); beat thoroughly and then fold in the well beaten white of the egg; put the iron into the kettle of hot fat; when hot lift it out, rub it quickly with a piece of paper, and dip it down into the fritter batter, being careful that the batter does not cover the top of the mold; return it to the hot fat and hold it there until the case is crisp and brown, then slip it off and turn it upside down; continue until you have the desired quantity. This recipe will make 24. They may be put aside and reheated at serving time, and may be filled with creamed chicken, sweetbreads, fish or lobster.

**MOCK CHICKEN.**—Cover 2 cupfuls of small hominy, usually called grits, with a quart of milk; soak it in a cold place over night; next morning cook until thick and tender; put through nut-grinder  $\frac{1}{2}$  a pound of blanched almonds, the same of pecan nuts and the same of pine nuts; add to them  $\frac{1}{2}$  a teaspoonful of salt, 2 hard boiled eggs, chopped fine, and a tablespoonful of chopped parsley; with your hominy form a sort of back of a chicken; put the nut mixture inside, and then cover over with hominy in the shape of a chicken; form the legs in the same way; fasten them to the sides; stick in a little piece of macaroni for the bone; brush this over with melted butter or beaten egg and bake it 1 hour in a hot oven, basting frequently; serve with cream sauce.

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**ASPARAGUS WITH EGGS.**—This is a luncheon dish and may be made of left-over asparagus from the previous day's dinner. Assuming that you have a dozen stalks of asparagus, cut the green portions into pieces about the size of peas; melt an ounce of butter in a sauce-pan; add a tablespoonful of cream, a tablespoonful of gravy, a little pepper and salt and 3 well beaten eggs; throw in the prepared asparagus, stir quickly over the fire until the eggs are set, and pour the mixture upon slices of bread that have been dipped in boiling hot water and then buttered.

**SWEETBREADS, GREEN MOUNTAIN STYLE.**—Parboil a pair of sweetbreads; split in halves, and lard with bacon, truffle or yellow rind of lemon; bake in well reduced stock with onion and carrot, basting often until well glazed; serve in nests of purée of peas surrounded by sliced mushrooms, sautéd and cooked in cream; add to the cream the stock in which the sweetbreads were glazed.

**SPINACH WITH SARDINES.**—Heat 1 cupful of grated bread crumbs in a  $\frac{1}{4}$  of a cupful of butter; add a peck of spinach leaves, cooked and chopped, and the flesh of a dozen or more sardines; mix and add broth if needed, also salt and pepper; when hot, form into an oblong; garnish with slices of eggs, and place sardines over the top; serve as a luncheon dish.

**RICE LOAF.**—Line a mold with cold boiled rice; fill with any good croquette mixture; steam 1 hour; turn out on a platter, and serve with tomato sauce.

## SANDWICHES.

**PLANNING FOR PICNIC LUNCHEES.**—Such articles as crush easily should be omitted. Bread should be 24 hours old at least for making sandwiches, and those made with minced cress and nasturtium leaves sprinkled over the buttered slices are very spicy and good. Wax or paraffine paper is par excellence to wrap things in. Sandwiches, cake, meat, pickles, etc. Prepare all things possible the day before. Meat can be cut with a sharp knife and placed in a napkin wrung out of water to keep it moist, and sandwiches the same, so they will not be dry and can be put in paper in the morning if an early start is necessary. Cake should be packed in a box by itself. Use the wooden butter shells and Japanese napkins and pasteboard boxes; they can all be left behind. Lemons should be squeezed and sugar added and put in a can sealed tight. Coffee and tea made double strength so they can be diluted.

**CHEESE AND WALNUT SANDWICHES.**— $\frac{1}{2}$  pound cheese,  $\frac{1}{4}$  pound English walnut meats,  $\frac{1}{4}$  teaspoon salt and a dash of red pepper; run through a perfection cutter; mix with a little mayonnaise dress-

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ing until soft enough to spread; put between thinly sliced bread, cut about  $1\frac{1}{2}$  inches wide; serve with salad for a luncheon.

RECEPTION SANDWICHES.—1 cup cold boiled beef tongue,  $\frac{3}{4}$  cup Brazil nut-meats or English walnuts, run through a Perfection cutter; mix with 1 tablespoonful Worcestershire sauce; a very little mayonnaise, and put between round or triangular slices of bread.

SANDWICH FILLING.—Mince watercress and equal quantities of finely chopped cold veal; add sufficient mayonnaise dressing to make the mixture spread easily.

NASTURTIUM SANDWICH.—Cut the bread in round slices with a biscuit or other cutter; spread with a little butter; press on a nasturtium leaf, leaving the edges to protude; cover this with a little mayonnaise dressing; place another slice of bread; press together.

PEANUT SANDWICH.—1 pint freshly roasted peanuts; remove the outer shells and inner red skins; grind in a meat grinder; add sufficient mayonnaise to enable you to spread the mixture on the loaf; cut in thin slices and press together.

NUT SANDWICHES.—Mix equal parts of grated Swiss cheese and chopped English walnut meats; season with salt and cayenne; spread between thin slices of bread, slightly buttered and cut in fancy shapes.

EGG SANDWICHES.—Chop finely the whites of hard boiled eggs; force the yolks through a strainer or potato ricer; mix yolks and whites, season with salt and pepper, and moisten with mayonnaise or cream salad dressing; remove end slice from bread; spread end of loaf sparingly and evenly with the mixture; cut off as thin a slice as possible; repeat until the number of slices required are prepared; remove crusts; put together in pairs, and cut in squares, oblongs, or triangles.

FIG SANDWICHES IN ROLLS.—Split a dozen figs, scrape out the soft portion, rejecting the skins; rub this to a paste; butter either white or brown bread, then cut the slices from the loaf as thin as possible; remove the crusts; spread over the paste; roll the bread carefully, press for a moment until there is no danger of the roll opening; then roll it in a piece of tissue paper, twisting the ends as you would an old fashioned motto, or it may be tied with narrow baby ribbon of any color.

SANDWICHES MADE FROM COTTAGE CHEESE.—Cut slices of brown bread about  $\frac{1}{2}$  an inch thick; do not remove the crusts; rub  $\frac{1}{2}$  a pint of cottage cheese to a smooth paste, then press it through a fine sieve; add slowly, beating all the while, 2 tablespoonfuls of

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melted butter,  $\frac{1}{2}$  a teaspoonful of salt, and 2 tablespoonfuls of thick cream; spread each slice of bread thickly with this cream mixture; put on top a very thin slice of white bread, and on top of this another thin layer of cheese; cover with a slice of brown bread and trim into shape.

**DELICIOUS CREAM CHICKEN SANDWICHES.**—Chop cold cooked chicken very fine; to each pint allow a teaspoonful of salt and a dash of red pepper; spread this in a thick layer over buttered bread, and, just at serving time, put in the center of the chicken a tablespoonful of nicely made cold cream sauce; put over another slice of bread; trim off the crusts; cut into triangles and serve at once.

**HAM AND TONGUE SANDWICHES.**— $\frac{1}{2}$  pound butter, 2 tablespoonfuls mixed mustard, 2 teaspoonfuls of salad oil, yolk of 1 egg, white pepper and salt to taste; beat all together to a smooth paste and place on ice to cool; chop tongue and ham very fine, using 2 parts of tongue to 1 of ham; spread the bread with the dressing, then with the meat.

**WATER CRESS SANDWICHES.**—Take thin slices of buttered bread and spread with mayonnaise dressing; then add a layer of water cresses and put slices together. They are very good served with raw oysters.

**SARDINE SANDWICHES.**—Remove skin and bones from 1 box of sardines; lay bits of the fish on well spread bread and butter; squeeze lemon on it, and put a slice of buttered bread on top.

**BAKED BEAN SANDWICHES.**—Mash cold baked beans to a paste, season with mustard, add some finely chopped celery leaves and spread between buttered bread, either brown or white.

**CHICKEN CROQUETTES.**—1 solid pint of finely chopped cooked chicken or other meat, 1 tablespoon of salt,  $\frac{1}{2}$  teaspoon of pepper, 1 cupful of cream or chicken stock, 1 tablespoon of flour, 4 eggs, 1 tablespoon of onion juice, 1 tablespoon of butter; put the cream or stock on to boil, mix flour and butter together and stir into cream, then add rest and boil 2 minutes, then add 2 of the eggs well beaten; when cool, shape and roll in cracker crumbs, and fry in hot lard.

### CROQUETTES.

**OYSTER CROQUETTES.**—25 oysters, or 1 can of oysters and their liquor, 1 gill of cream, 1 tablespoonful of butter, 2 tablespoonfuls of flour, 1 tablespoonful of chopped parsley, yolks of 2 eggs,  $\frac{1}{4}$  of nutmeg grated, salt and cayenne pepper to taste; put the oysters to boil in their own liquor, boil and stir constantly for five minutes, then take from the fire, drain and chop very fine; now put into a

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sauce-pan 1 gill of this liquor and cream; rub together the butter and the flour; add this and the oysters to the boiling liquor and cream and stir until it boils and thickens; now add the yolks of the eggs, stir over fire 1 minute; take off and add parsley, salt, cayenne and nutmeg; mix well and turn out to cool; when cold form into croquettes, roll first in beaten egg, then in bread crumbs and fry in boiling oil or fat.

RICE CROQUETTES No. 1.— $\frac{1}{2}$  cup rice, 1 pint milk, 2 tablespoonfuls sugar, 3 eggs, 1 tablespoonful melted butter, a little grated lemon peel, and salt; soak the rice in enough water to cover it for 1 or 2 hours, then drain almost dry, put in the milk and steam until very tender; beat the eggs to a stiff froth; add them to the mixture and cook all together about 5 minutes, then remove from the fire; add grated lemon peel, and turn it upon a well buttered dish; when cold, flour your hands and roll into balls; dip into beaten eggs and cracker crumbs, and fry in lard. They are delicious.

RICE CROQUETTES No. 2.—Boil  $\frac{1}{2}$  cup of milk and stir into it 1 cup of cold boiled rice, 1 tablespoonful of butter, and  $\frac{1}{2}$  teaspoonful of salt; when it boils add 1 egg, well beaten, and cook 2 minutes longer; when cold make into rolls or balls, dip in egg and cracker crumbs and fry.

POTATO CROQUETTES.—2 cups hot mashed potatoes, 1 tablespoon butter, salt to taste, 2 yolks of eggs beaten light, 1 teaspoon chopped parsley, dust of cayenne pepper, 2 tablespoons sweet cream, 1 teaspoon onion juice; stir this mixture over the fire until it will not stick to the pan (about 5 minutes). For wetting: whites of 1 egg, 1 tablespoon of hot water; stir just enough to mix; must not froth; dip into this then roll in cracker crumbs; fry in very hot lard; will cook in 1 minute. This will make 1 dozen.

SWEET POTATO CROQUETTES.—Boil or bake 6 large potatoes until tender, then remove the skins and mash the potatoes through a colander; add 1 tablespoonful of butter, 1 teaspoonful of salt, 1 of sugar and a dash of pepper; mix all thoroughly and form into croquettes; dip first in egg, then in bread crumbs, and fry in smoking hot lard.

### CHEESE.

To keep cheese from molding, rub the cut part with butter and cover with white paper. Above all, keep the cheese dry.

CHEESE STRAWS.—To 1 cup grated cheese add salt and pepper to taste, 2 tablespoonfuls of melted butter, 3 tablespoonfuls of cold water, and flour enough to make a soft dough; mix with a fork until stiff enough to cleave from the sides of the bowl; dust a

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molding-board with flour, roll gently until as thin as pie crust; cut in strips  $\frac{1}{4}$  inch wide, and bake about 10 minutes.

**CHEESE PUDDING.**—1 pint milk, 2 eggs, 1 pint bread crumbs,  $1\frac{1}{2}$  cup grated cheese; put the milk into a buttered pudding dish, add the beaten eggs, the crumbs and the grated cheese, which have been mixed; bake in a moderate oven until browned on top.

**CHEESE FONDU.**—Soak 1 cup of very dry bread crumbs in 2 scant cups of new milk; beat into this 3 eggs whipped very light, add 1 small teaspoon of melted butter, pepper and salt to taste, lastly 1 cup of dry old cheese, finely grated; butter a baking dish, pour the fondu into it; strew dry bread crumbs over the top and bake in a quick oven to a delicate brown; serve it immediately in the baking dish. Delicious.

**CHEESE OMELET.**—6 eggs, 1 teaspoonful salt, 2 tablespoonfuls of cream or milk; beat the eggs, add the salt and cream; have the pan very hot; put in a spoonful of butter and pour in the beaten eggs; shake vigorously on the hottest part of the stove until the egg begins to thicken, then add 4 tablespoonfuls grated cheese; let it stand a few seconds to brown; run a knife between the sides of the omelet and the pan, fold and turn on a hot dish; serve without delay.

**TOASTED CRACKERS AND CHEESE.**—Split the crackers and brown in the oven; prepare grated cheese, season with salt and pepper; cover each half with the mixture and return to the oven; when the cheese has melted they are ready to serve.

**WELSH RAREBIT.**—1 cup of grated cheese, 1 level teaspoonful flour,  $\frac{1}{2}$  level teaspoon salt,  $\frac{1}{4}$  level teaspoon mustard,  $\frac{1}{8}$  level teaspoon paprika, 1 cup hot milk; mix ingredients in order given and cook until the consistency of heavy cream; serve at once on bread toasted.

**CHEESE SAUCE.**—Put 1 tablespoonful of butter and 1 of flour into a sauce-pan and mix; add  $\frac{1}{2}$  pint of milk, stir until boiling; add 4 tablespoonfuls of soft cheese grated or 2 tablespoonfuls of parmesan; stir carefully until the cheese is melted, and it is ready for use.

**MACARONI.**—Take  $\frac{1}{2}$  pound macaroni, break into inch pieces, wash well and boil in cold water; when thoroughly filled out and tender strain, add salt to taste, and butter the size of a large egg; have ready from  $\frac{1}{4}$  to  $\frac{1}{2}$  pound of grated cheese, a tablespoonful of mustard mixed in a cup of cream and some grated bread crumbs; add the mustard and cream to the cheese and pour over the macaroni, mixing thoroughly; put in a baking dish, sprinkle bread

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crumbs over the top, with little pieces of butter; bake slowly until a beautiful golden brown.

**MOCK MACARONI.**—Take boiled rice instead of macaroni, place a layer in a baking dish, then a layer of grated cheese, butter, pepper and salt alternately, until dish is full; pour over all enough milk to cover well; bake about 30 minutes.

**CHEESE.**—The shells of Edam, or pineapple cheese after all the available cheese has been scooped out, will be used as a baking dish for stewed spaghetti or macaroni or rice; if care is taken, 1 shell may be used for 3 or 4 bakings; boil the macaroni in plain water until tender, then drain, cut it into small pieces and add it to cream sauce; pour this into the cheese shell; stand the shell on a piece of oiled paper in a baking pan and put into a moderate oven for 15 or 20 minutes; lift the shell carefully, put it on to a heated dish and send at once to table; after the macaroni has been taken out the shell will be cleaned and put aside in a cold place for the next baking. There is just enough cheese imparted by the toasting of this shell to give an agreeable flavor to the macaroni. Plain boiled rice may be heaped into the shells and steamed or baked in the oven for a few moments.

### CHAFING DISHES.

**FRICASSEED EGGS.**—2 tablespoonfuls of butter, 1 tablespoonful of flour, a sprig of parsley,  $\frac{1}{2}$  dozen minced mushrooms,  $\frac{1}{2}$  pint white stock (veal or chicken),  $\frac{1}{2}$  dozen hard boiled eggs (sliced); put the butter into the chafing dish, when melted add flour (stirring constantly), parsley (cut fine), mushrooms and stock; simmer 5 minutes and add eggs; boil up once and serve hot.

**EGGS A LA JARDINIÈRE.**—2 tablespoonfuls of butter, 1 tablespoonful of mushrooms (minced), pepper, salt, 5 eggs, toast; put the butter into the chafing dish; add mushrooms; season with pepper and salt; add beaten eggs; stir constantly until set, and serve hot on toast.

**SCRAMBLED EGGS.**—6 eggs, gill of cream, 1 tablespoonful of butter, salt and pepper; put the butter into the chafing dish; when hot add cream and eggs; season with salt and pepper; stir constantly for 2 or 3 minutes.

**FROGS' LEGS.**—Frogs' legs, gill of cream, 3 tablespoonfuls of butter, pepper, salt, 2 tablespoonfuls of flour; put the butter in the chafing dish and stir in the flour until smooth, then add the cream; season the frogs' legs with salt and pepper, put them in the chafing dish; cover and cook about 20 minutes. If necessary, add a little more cream.

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**MOCK OYSTER STEW.**—Salt cod, tablespoonful of flour, 2 tablespoonfuls of butter, dozen oyster crackers, 2 cups hot milk or cream, pepper; take a small piece of cod, which has been soaked over night, and cooked until soft, shredded fine and mix with it the dry flour; put it in a chafing dish with the butter and crackers (split); pour over the mixture the hot milk or cream; season with pepper and stir constantly 5 or 10 minutes.

**TOMATOES AND MUSHROOMS.**—A pint of cooked tomatoes,  $\frac{1}{2}$  a pint of mushrooms, a tablespoonful of bread crumbs, a tablespoonful of butter, pepper, salt, and buttered toast; put into the chafing dish; when mushrooms are cooked, serve on the buttered toast.

**OMELET.**—4 eggs, a teaspoonful of butter, 4 tablespoonfuls milk; put the butter into the chafing dish and when very hot pour in the eggs, which have been thoroughly whipped with the milk; when done, roll the edge quickly over until all rolled up.

**JELLY, HAM OR CHEESE OMELET.**—Follow same directions as for omelet; before folding, spread with jelly (currant or grape), ham finely chopped, or grated cheese.

**CELERIED OYSTERS.**—A dozen large oysters, cream, a tablespoonful of minced celery, a teaspoonful of butter, salt and pepper; put the butter into the chafing dish, and when melted add oysters and celery; season with salt and pepper; cook 3 minutes; add cream and cook 2 minutes; serve on toast.

**OYSTER PAN ROAST.**—A dozen large oysters, a tablespoonful of butter,  $\frac{1}{2}$  a pint of oyster juice, 2 slices of toast, salt and pepper; put butter into chafing dish; as it creams add oysters and juice, seasoned with salt and pepper; cover and cook 2 minutes; serve on hot toast moistened with juice.

**PETIT POIS.**—Can of French peas, pepper, salt, 2 tablespoonfuls of butter; put the butter into the chafing dish; when melted add the peas; season with pepper and salt; cook for 10 minutes.

**RECHAUFFE OF FISH.**—Cold boiled fish (any kind), 2 tablespoonfuls of butter, cup of bread crumbs, 2 eggs (beaten slightly), 2 tablespoonfuls of milk, a teaspoonful of anchovy paste, pepper and cayenne; put the fish, cut fine, into the chafing dish, with butter; when melted, add bread crumbs, eggs, milk, anchovy paste, pepper and cayenne, stirring constantly; let it simmer for 5 minutes.

**SHRIMPS.**— $\frac{1}{2}$  a pint of shrimps (fresh or canned), a tablespoonful of tomato sauce, 2 tablespoonfuls butter,  $\frac{1}{2}$  an onion (grated),  $\frac{1}{2}$  a cup of boiled rice, a gill of cream; put the butter into the chafing dish; when hot stir in the onion and rice, add cream, shrimp and tomato sauce; stir until it boils, then let it simmer for 5 minutes.

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**SWEETBREADS.**—Sweetbreads, tablespoonful butter, salt, salt pork (strips); sweetbreads should be well washed and dried; run the pork in with a needle; put the butter into the chafing dish, and when hot lay in the sweetbreads; salt and cook; turn often to crisp the pork.

**CHEESE FONDU.**—A tablespoonful of butter, a cup of fresh milk,  $\frac{1}{2}$  cup of bread crumbs, 2 cups grated cheese, saltspoonful of dry mustard, cayenne, 2 eggs; put the butter into the chafing dish; when melted, add milk, bread crumbs, cheese and mustard, season with cayenne; stir constantly and add, just before serving, the 2 eggs, beaten light.

### SALAD.

“To make it one must have a spark of genius.”

**GENERAL HINTS.**—To serve salad, smooth a block of ice with a hot iron, making a cave in the center; fill this with crisp lettuce hearts and tender celery cut in small pieces; add slices of winter radishes and small raw clams; season with salt, pepper, 1 teaspoonful dry mustard, 1 tablespoonful horseradish, and the juice of 2 lemons; place on several thicknesses of cloth on a deep platter, wreath with green foliage and serve at once. The blanched inner leaves of the dandelion and the tops of young onions are good in a spring salad, in fact the skillful salad maker sees possibilities in the smallest left-over, if it be in good condition, and will make an appetizing individual salad from even a spoonful or two of vegetables.

**MAYONNAISE.**—The yolk of 1 egg,  $\frac{1}{2}$  teaspoonful salt, a dash of cayenne, 1 cup salad oil, 2 teaspoonfuls lemon juice; the oil and egg should be thoroughly chilled; put yolk into a cold bowl and beat with egg beater; add oil very slowly, beating well after each addition; when a thick jelly is formed, alternate oil and lemon juice or vinegar until all is used; add salt and pepper and beat thoroughly; set in cold place until served. Success in salad making depends on having all ingredients cold and adding oil drop by drop at first; after the mixture is well thickened, the oil may be added in larger quantities; should the egg curdle, take a fresh yolk and begin again; add the first dressing a little at a time. Never add mayonnaise to a salad until just before serving as it will grow thin rapidly.

**FRENCH DRESSING.**— $\frac{1}{4}$  level teaspoonful salt,  $\frac{1}{4}$  level teaspoonful pepper, 2 tablespoonfuls vinegar, 4 tablespoonfuls olive oil; mix ingredients and stir until blended. Equal parts of lemon juice and vinegar may be used if preferred.

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**SALAD DRESSING.**—Well beaten yolks of 5 eggs, 5 tablespoons of very sour vinegar, 2 even teaspoons of mustard, 2 even teaspoons salt, 1 teaspoon sugar, 1 sprinkling red pepper; cook in a farina boiler, stirring all the while until moderately thick; remove from fire and add  $\frac{1}{2}$  cup of butter in a fine thread like stream, beating the mixture rapidly all the while; it should be very smooth; be careful and not cook too much or it will be too thick; if you want it extra fine, strain the mixture before cooking to get out all the little lumps; just before making salad add a cup of sweet cream to every cup of dressing.

**SALAD DRESSING WITHOUT OIL.**—1 slightly heaping tablespoonful of mustard mixed with a little hot water,  $\frac{1}{2}$  cupful vinegar, 3 eggs well beaten,  $\frac{1}{2}$  cupful butter, and a little salt; mix together in a bowl set in the top of a teakettle, and cook to consistency of mustard; strain through wire sieve and allow it to become perfectly cold before using; before pouring over the salad, thin with cream. This is good for chicken or any salad.

**DRESSING FOR PEANUT SALAD.**—Fine for sandwiches—2 tablespoonfuls butter and 1 tablespoonful flour melted together, 2 eggs in which are beaten 1 teaspoonful each of mustard and salt and a big pinch of red pepper, beat well with butter and flour mixture; add 1 cup water,  $\frac{3}{4}$  cup vinegar, boil until thickens; when cold add juice of  $\frac{1}{2}$  lemon, and stir in 1 pound of nuts chopped fine.

#### SALAD DRESSING.

Three tablespoons of butter cream,  
With equal sugar: then to egg yolks four,  
And whole one added from your store,  
One level teaspoonful of salt,  
One-half of mustard pure and fine,  
You'll beat together smooth and thin,  
And stir the buttered sugar in.  
Still stirring while you gently add  
Three tablespoons of water hot,  
Then quickly turn into a "cooker"  
Where vinegar two-thirds a cup  
Right hot, but never boiling quite  
Is waiting for your oversight.  
Now slowly stir till thick and smooth  
The mixture tries to bubble up.  
When it has cooled and you would sup  
Whip rich sweet cream a goodly cup  
Till stiff and smooth it standeth up.  
Then gently add the golden cream  
And one apple, celery, crackers four.  
With silver fork now toss and turn  
The salad's done. ["Tis thus a nickel now I earn.]\*

\* One of our ladies wrote up these admirable recipes in rhyme, selling them for the benefit of the Church, which will explain the line, "Tis thus a nickel now I earn."

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## APPLE SALAD.

Of large tart apples, red or green  
Pare four and chop without the core.  
Of cracker crumbs all nicely rolled  
One coffee cup what it will hold,  
Quite finely chop as much or more  
Of celery too,—choose crisp white stalks.  
But first have ready cool and nice  
Your salad dressing on the ice.  
If that you make by my receipt,  
This salad you will surely eat;  
But do not let chopped apples lie  
Too long and wait, or you will sigh  
“My salad looks not white and neat.”  
So may you find an easy knack,  
And in your salad see no lack.  
P. S. Sometimes when celery is scarce,  
One-half more apple and minced onion try,  
You'll hardly pass the salad by.

CHICKEN SALAD.—Boil 1 chicken and use the white meat only; cut in dice and add an equal amount of celery cut in the same way; cook chicken 6 or 8 hours before using; mix with the following dressing using a fork: Dressing—Beat the yolks of 2 eggs thoroughly and place in a double boiler; add to this  $\frac{1}{4}$  teaspoonful salt and a pinch of mustard dissolved in 1 scant tablespoonful vinegar; stir constantly and cook until it thickens; when thoroughly cold add  $\frac{1}{2}$  pint of pure olive oil 1 drop at a time; add a pinch of cayenne pepper, and thin with cream just before using.

POTATO SALAD.—Slice cold boiled potatoes and an onion, the latter thinner than the potatoes; the quantity of onion must be according to taste; salt slightly; pour over a little vinegar and set in a cool place for an hour or 2; then make a mayonnaise dressing; just before serving pour off what vinegar may be left in the dish of potatoes, add to these 3 or 4 hard boiled eggs sliced, and then over all pour the mayonnaise, lightly stirring or tossing together with a fork; never use a spoon; garnish with parsley or with slices of eggs. This may be varied in summer by adding a few thin slices of cucumbers or new beets.

VEGETABLE SALAD.—2 cups cold cooked vegetables cut into small cubes; left-over vegetables may be used, such as peas, string beans, potatoes, beets, carrots; keep vegetables separate and marinate each with French dressing; chill, then mix vegetables and arrange on lettuce leaves; dress lightly with mayonnaise; may be garnished with whole string beans.

MUSHROOM SALAD.—Chop the mushrooms into dice, and put them in a pan with a little oil and a slice or 2 of peeled lemon; let

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all this simmer for a little time, then set it aside to cool, and when quite cold lay it in a salad bowl with chopped parsley, chives, pepper or salt; toss it all in a mixture of oil and vinegar and serve.

**SHRIMP SALAD.**—Remove shrimp from can, chill thoroughly, remove intestinal vein, and break into small pieces; moisten with salad dressing; arrange on lettuce leaves and garnish with hard boiled eggs.

**LOBSTER SALAD.**—Lobster should be put into boiling salted water and cooked for 20 minutes; 3 tablespoonfuls of salt may be used with 4 quarts of water; cut the lobster into small pieces and season with a small amount of French dressing; serve in lettuce cups and put 1 teaspoonful mayonnaise on top of the lobster in each cup.

**OYSTER SALAD.**—Let 1 quart of oysters come to a boil in their own liquor, then take them out and cut or chop a little, but not fine; add 3 tablespoonfuls of vinegar, 1 of oil,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of pepper, and 2 tablespoonfuls of lemon juice; when perfectly cold, add  $1\frac{1}{2}$  pints of celery or nice white cabbage, 1 pint of rolled crackers and 1 small cup of mayonnaise dressing or Durkee's salad dressing, with 1 cup of whipped cream; use lettuce or celery leaves to garnish.

**TOMATO AND CHICKEN SALAD.**—Peel 6 round, smooth tomatoes by the hot water process and harden in ice water or in the ice box; cut a small piece from the stem end, remove the seeds and fill the space with chicken salad; place them in a bed of lettuce leaves on a platter and put a tablespoonful of mayonnaise on the top of each.

**TOMATO AND CUCUMBER SALAD.**—2 raw tomatoes, 1 cucumber,  $\frac{1}{2}$  box gelatine; soak gelatine; chop the vegetables and season with salt, pepper and vinegar; when the jelly hardens, turn out on fresh lettuce leaves and pour over a mayonnaise; the mold may be lined with thin slices of cucumber if desired.

**COLD-SLAW IN CABBAGE SHELL.**—Cut fine the center of a cabbage removed to leave a thin shell; chill and serve from the shell when mixed with the following cold dressing: Cook the yolks of 6 eggs, a teaspoonful of mixed mustard,  $\frac{1}{2}$  a teaspoonful of salt and a dash of pepper, in  $\frac{2}{3}$  of a cupful of vinegar and  $\frac{1}{2}$  a cupful of butter.

**CABBAGE SALAD.**—2 eggs,  $\frac{1}{2}$  cup vinegar, 4 tablespoonfuls sugar, butter the size of a hickory nut, small teaspoon flour, little salt; beat all together and boil; then set to cool; then add 1 cup sour cream and beat until light, then pour over the cabbage.

**FRUIT SALAD No. 1.**—2 pounds white grapes seeded, oranges, pineapple and banana cut fine, amount to suit the taste, 1 cup sweet cream,  $\frac{1}{2}$  cup vinegar, 2 tablespoonfuls sugar, 1 teaspoonful salt,

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dash of red pepper, yolks of 5 or 6 eggs; heat cream in double boiler, heat vinegar in separate dish; mix all dry ingredients in a cup; beat eggs until very, very light; pour hot vinegar over eggs; pour this mixture into boiling cream and stir all together until it thickens like a boiled custard; pour this over dry ingredients a little at a time until it is thoroughly mixed, then pour into a cold bowl and set away to cool; when ready to use, add to this dressing  $\frac{1}{2}$  cup cream whipped.

**FRUIT SALAD No. 2.**—A delicious salad with a sweet dressing is served as a last course at luncheon or as dessert at dinner, and is made of 4 bananas, 3 oranges, 1 small pineapple; peel and slice the bananas and oranges; peel and remove the eyes from the pineapple and pull it to pieces with a silver fork; arrange the fruit in layers and over each layer spread a dressing made of these ingredients: Yolks of 4 eggs, 1 cup powdered sugar,  $\frac{1}{2}$  teaspoonful of salt, 2 teaspoonfuls lemon juice; beat the yolks until light, add gradually the sugar and salt; when the sugar is dissolved, add lemon juice; keep cold after it is prepared; make ready at least an hour before serving. This is enough for six persons.

**FRUIT SALAD No. 3.**—Soak  $\frac{3}{4}$  box of gelatine in cold water 1 hour, add 2 cups of boiling water, juice of 4 lemons and 2 cups of sugar; strain and mix into it 6 bananas, 6 oranges cut fine, and add a few malaga grapes cut in half and candied cherries as desired; set in cold place, stir occasionally until it begins to harden. This makes about 3 pints.

**ORANGE AND ENGLISH WALNUT SALAD.**—Slice 4 peeled oranges lengthwise; dress with 3 or 4 tablespoonfuls of olive oil and 1 tablespoonful of lemon juice; arrange slices in a mound upon a layer of lettuce leaves; dress 1 cupful of sliced nut meats with 1 tablespoonful of oil, a dash of salt and  $\frac{1}{2}$  a tablespoonful of lemon juice, and dispose upon the center of the mound; toss together before serving.

**LETTUCE SALAD.**—Pick over and wash the lettuce without breaking; drain in a net; keep in a cool place until just before serving, then dry between 2 towels; arrange the leaves in a salad dish, the larger ones around the edge, and smaller ones in the center; then pour over either boiled or French dressing, and garnish with nasturtium blossoms.

**CORN SALAD.**—4 ears of green corn, 2 heads of celery, 4 hard boiled eggs; boil the corn, when cold cut from the cob, and scrape the cob; cut celery and eggs in dice; take 3 tablespoonfuls of cream whipped stiff, add to this 4 tablespoonfuls of mayonnaise dressing; pour over salad and mix thoroughly.

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A UNIQUE SALAD.—A pretty salad is composed of French peas and white turnips, with mayonnaise dressing; the inside is taken out of the turnips to form shallow cups, which are filled with the peas and dressing and placed upon lettuce leaves.

BEAN SALAD.—String young beans; break in  $\frac{1}{2}$  inch pieces or leave whole; wash and cook soft in salt water; drain well; add finely chopped onions, pepper, salt and vinegar; when cool add olive oil, melted butter or mayonnaise dressing if vinegar is left out.

APPLE AND CRESS SALAD.—Pare and cut 4 apples into short match shaped pieces; dress with oil, vinegar or lemon juice, salt and paprika; dress the leaves from a bunch of cress in the same manner; dispose the apple in a serving dish with the cress in a wreath around it. This salad will be found particularly appetizing to serve with game, domestic ducks, geese and roast pork.

BANANA SALAD.—4 bananas, French dressing, 1 head lettuce, chopped parsley; peel 1 section from each banana, remove fruit and cut into small pieces; marinate with French dressing; chill; refill skins and serve on lettuce leaves on individual plates.

NUT SALAD.—Allow 1 pound of walnuts to a head of lettuce; crack the nuts so as to keep the halves unbroken, turn boiling water over them, let stand 5 minutes and remove the skin; wipe dry, and when cold arrange them on the lettuce leaves, which have been washed and crisped in water; pour over them a mayonnaise dressing or a French one, if preferred.

EGG SALAD.—Take as many eggs as needed, boil them until perfectly hard, almost half an hour; take out the yolks carefully, chop the whites very fine; arrange lettuce leaves or cress on a dish, making nests of the whites of eggs, and put 1 yolk in each nest; add a dressing made as follows: 1 saltspoonful of salt,  $\frac{1}{2}$  saltspoonful of pepper, 3 tablespoonfuls of oil,  $\frac{1}{4}$  teaspoonful of lemon juice, 1 table-spoonful of vinegar; mix in the order given, adding oil slowly.

EASTER SALAD.—Cut potatoes into long, narrow strips, as for straws, boil in salted water until barely done, drain, and while still warm sprinkle with a little oil, lemon and onion juice and let stand until cold; arrange these straws into little nest shapes on crisp lettuce leaves; make little balls of cream cheese, roll them in grated yellow cheese and lay them in the nests; serve with mayonnaise for the potatoes.

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Use the genuine Queen Flake Baking Powder.

## COLD MEATS.

"The real science of cooking is to be able to cook a good meal or dish with but little out of which to make it."

### USES FOR COLD MEATS.

**GENERAL HINTS.**—Meat may be chopped very fine or cut into small pieces. It may be seasoned with pepper, salt, and a little cayenne; then use other seasoning as desired. Chopped parsley, onion juice, celery, salt, pickles, curry, mint, mustard, some acid, as vinegar or lemon juice, grated horseradish, tomatoes, herbs. Different sauces may be prepared to serve with meat. These sauces may be colored with caramel or soy, and flavored with Worcestershire, walnut, mushroom, or some other sauce. Liquids in which the meat has been prepared, stock, or hot water may be used for the sauces.

When frying an article without a basket take care not to pierce it with a fork and cause it to absorb fat. Perfect frying means searing immediately with a thin crisp surface, the interior being cooked by the inclosed heated moisture. If fish are fried or sauted in a small quantity of fat they will break open and become more or less soaked with fat and hence are less digestible than if immersed in fat. It is not an extravagance to use deep fat if it is cared for properly after being used.

**CASSEROLE OF RICE AND MEAT.**— $\frac{1}{2}$  pound of any cold meat,  $\frac{1}{2}$  teaspoonful salt, speck of pepper, speck of celery salt, 1 teaspoonful finely chopped onion, 1 teaspoonful chopped parsley, 1 egg, 2 tablespoonfuls fine cracker crumbs; chop the meat very fine, add the other ingredients, using enough hot water to moisten it that it may pack easily; butter a small mold; line the sides and bottom  $\frac{1}{2}$  inch deep with either hot or cold rice; pack in the meat; cover closely with rice and steam 45 minutes; loosen it around the edge of the mold, turn it out on a platter and pour tomato sauce around it.

**TOMATO SAUCE.**—Melt 1 tablespoonful butter in a sauce-pan, add 1 tablespoonful chopped onion; cook until yellow, then add 1 tablespoonful flour, and gradually 1 cup mutton liquor (hot water may be used), and  $\frac{1}{2}$  cup strained tomato; season with salt and pepper.

**RISSOLES.**—1 cup chopped meat, 2 tablespoonfuls butter, 4 teaspoonfuls flour,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper, 2 eggs

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(beaten), 2 tablespoonfuls gravy, 2 tablespoonfuls chopped parsley, 2 tablespoonfuls mashed potato, small piece of onion (chopped fine); mix all ingredients and shape into balls; roll in crumbs, then in beaten egg, and again in crumbs, and fry in a bath of fat; use 1 egg for the mixture and the other for preparing the balls for frying.

**MINCED BEEF ON TOAST.**—Take meat from between bones of a rib roast or any little bits that would not be serviceable in other dishes; chop them fine and to each pint allow 1 tablespoonful of butter, 1 of flour, and  $\frac{1}{2}$  a pint of tomatoes or stock; mix the butter and flour together then add the tomatoes strained or stock; when boiling add the meat and a palatable seasoning of salt and pepper; stand the mixture over hot water until smoking hot and serve on squares of toasted bread.

**BEEF STEAK OR HAM TOAST.**—Chop lean cooked ham into small pieces; put in a pan with a little pepper, a lump of butter and 2 eggs well beaten; when warm through spread on buttered toast.

**HAM PATTIES.**—1 pint cooked ham, chopped fine, mix with 2 parts bread crumbs wet with milk, a generous lump of butter and any other seasoning desired; put the batter in gem pans and break 1 egg over each; sprinkle the top thickly with cracker crumbs; bake until brown.

**CHICKEN PATTIES.**—Mince up fine cold chicken, either roasted or boiled; season it with pepper and salt 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 2 or 3 tiny pieces of butter over each, and bake brown in a hot oven.

**TWICE LAID.**—Cut up or chop cold chicken in small pieces, put these in a buttered baking dish, sprinkle with flour and season well; moisten with cream or milk, but if milk is used, add butter; any remnant of gravy or stock is an improvement; the chicken should be quite moist; take cold boiled rice, thin it with milk so that it can be spread easily over the meat, about an inch in thickness; put bits of butter over the top and bake for  $\frac{1}{2}$  an hour.

**CREAMED CHICKEN.**—1 chicken, if  $4\frac{1}{2}$  pounds, or 2 of 6 pounds, 4 sweetbreads, and 1 can of mushrooms; boil chicken and sweetbreads, and when cold cut up as for salad; in a sauce-pan put 4 coffee cups, or 1 quart of cream; in another put 4 large tablespoons butter and 5 even ones of flour; stir until melted; then pour in the hot cream, stirring until it thickens; flavor with a small  $\frac{1}{2}$  of grated onion and a very little grated nutmeg; season highly with black and red pepper; put chicken and ingredients together with sweetbreads and mushrooms (which if large should be cut in 4

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pieces) in a baking dish, cover with bread crumbs and pieces of butter, and bake 20 minutes; serves 16 persons.

**GARDEN PEPPERS STUFFED WITH MEAT.**—The sweet garden peppers form one of the nicest receptacles for the use of cold meats. Beef, mutton, chicken, turkey or duck, with cold boiled rice or bread crumbs, may be used. Chop the meat fine; mix with it an equal quantity of rice or bread crumbs; peel, cut into halves and press out the seeds from 4 good sized tomatoes; chop fine and mix with the meat and rice, adding 1 chopped onion and a teaspoonful of salt; remove the tops and seeds from the peppers, then scald and wash them; fill with the meat mixture and stand in a baking pan; add  $\frac{1}{2}$  a cupful of stock or water, 2 tablespoonfuls of butter, and bake in a slow oven for 1 hour, basting quite frequently.

While mutton belongs to the red meats, when carefully cooked, it may be used in many ways in which you would chicken or veal. Capers and tomato, with a slight flavoring of mint, are more agreeable with mutton than with any other meats.

**SCALLOPED MUTTON.**—Cut cold mutton into small pieces; put a layer of bread crumbs on the bottom of a shallow baking dish, then the mutton, and over that a sauce made in the following manner: 1 tablespoonful fat, 1 tablespoonful flour (brown it), 1 cup liquid in which the mutton was cooked; seasoning. It may be seasoned with salt, pepper, chopped parsley and onion juice or a tablespoonful Worcestershire sauce may be used. Cold beef or veal may be used instead of the mutton. Bake 20 or 30 minutes in a hot oven, or until the crumbs are brown.

**KLOPPS.**—Chop sufficient cold boiled mutton to make a pint, add to it  $\frac{1}{2}$  pint bread crumbs and sufficient white of an egg to bind the whole together; add 1 teaspoonful of salt and a dash of white pepper; form this into balls the size of English walnuts, drop into a kettle of boiling water, pull the kettle to one side of the fire where it cannot possibly boil and cook the klopps slowly for 5 or 6 minutes; when done they will float on the surface; lift, drain carefully, put on to a heated dish, pour over cream celery or cream oyster sauce, and serve with them peas or boiled rice.

**BREAST OF MUTTON AND GREEN PEAS.**—Cut off the fat from a breast of mutton, then cut mutton into pieces and dredge with flour, put some butter into a frying pan and brown the pieces, lift them into a stew pan, add 2 small onions, a pinch of thyme, barely cover with boiling water, cover and let simmer until tender, about  $1\frac{1}{2}$  hour; take off the fire and let cool, skim off the fat, then return to the stove and add 1 can of peas that have been standing an hour in cold water, cook a little while, add salt and pepper to taste, lift the meat

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to a hot platter with a skimmer, place the peas around the meat, thicken the gravy and pour over the dish.

**VEAL SCALLOP.**—Chop veal to a fine mince, put into a baking dish, alternate layers of veal and bread crumbs, sprinkling the meat with salt and pepper, the crumbs with bits of butter; over the top pour a white sauce made of 1 tablespoonful each of butter and flour and 1 cupful of milk; spread over it a layer of crumbs and put in the oven to brown. Rice may be used instead of the crumbs, and tomatoes instead of the white sauce.

**BANCROFT HOUSE HASH.**—Corn beef and boiled potatoes, cold when chopped and not chopped too fine; use 1 cup of meat, 3 cups of potatoes,  $\frac{1}{4}$  cup of butter,  $\frac{1}{2}$  cup of milk; stew in sauce-pan over a slow fire, and serve plain or browned in a frying pan, omelet shaped.

**DEVILED HAM.**—Take scraps of ham (boiled),  $\frac{2}{3}$  fat and  $\frac{1}{3}$  lean, chopped very fine, to 1 pint of ham; after being chopped, add 6 hard boiled eggs, chopped fine, 1 tablespoonful French mustard; mix all together and press fine in a can or mold. This will keep for weeks and is nice for sandwiches.

**CREAM HORSE RADISH SAUCE.**—Press from the vinegar 4 tablespoonfuls of horseradish, add  $\frac{1}{4}$  of a teaspoonful of salt, and work in the yolk of an egg; whip 6 tablespoonfuls of cream to a stiff froth, stir it gradually into the horseradish and dish at once. Most delightful sauce to be served with left over meats, especially beef.

**MINT SAUCE FOR LAMB.**—1 bunch of mint, 1 tablespoonful of sugar,  $\frac{3}{4}$  cupful of vinegar; rinse the mint in cold water, chop very fine; dissolve the sugar in the vinegar; add the mint and let it stand for an hour to infuse before using; if the vinegar is too strong, dilute it with cold water; if the sauce is wanted hot, heat the vinegar and sugar, and stir in the chopped mint just before using.

**CELERY SAUCE FOR BOILED FOWLS.**—Cut  $\frac{1}{2}$  cupful of celery into small pieces; boil it in salted water until tender; add the cooked celery to 1 cupful of white sauce.

**SAUCE SUPREME.**—Nicest of sauces, to be used with warmed over chicken, duck or turkey. Rub together a tablespoonful of butter and 1 of flour, then add gradually  $\frac{1}{2}$  pint of chicken stock, stir constantly until boiling; take from the fire; add the yolks of 2 eggs, strain through a fine sieve, add the seasoning and serve immediately. Sauces containing the yolks of uncooked eggs cannot be reboiled after the eggs are added.

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## BEVERAGES.

**GENERAL HINTS.**—How to make a perfect cup of coffee is an art. To make it good coffee and good blends are necessary in all cases where a good cup of coffee is expected. Take a granite coffee pot, free from any abrasion where the iron may be exposed to the coffee. The contact of these two is ruinous. This applies to tin pots, too; in fact, where any metal is used and it is exposed to the action of the coffee, or where the bottom of the pot or the surface edges are worn.

“Water in boiling loses the air or gases which give it a fresh taste and sparkling appearance, it becomes flat and tasteless, therefore it is very important in making tea and coffee to have it freshly boiled.”

**COFFEE.**—For 200 people take 5 pounds of coffee, 5 eggs, a little salt; mix in cold water, place in bags, put in the boiler and steep, not boil. Coffee for 50—2 quarts of coffee, 4 eggs, 2 quarts of cold water, mix well and add 10 quarts boiling water, boil 10 or 15 minutes, add 1 cup cold water. Very good.

**DRIP COFFEE.**—1 heaping tablespoonful of coffee to a  $\frac{1}{2}$  pint of water will make black coffee. Put the coffee, which has been ground to a fine powder, on a thick flannel laid on a strainer and pour the boiling water over it. If enough coffee is used to make it of much depth in the strainer, the water will pass through very slowly and the coffee will be cold, therefore have the pot hot before beginning, and stand it in a pan of hot water while it is dripping. Coffee will not be right unless the water is violently boiling when poured on the grounds. Serve the coffee at once.

**TEA MAKING.**—A veteran student of tea, a resident of Ceylon for many years, gives the following points as essential in making tea: The water should be fresh, pure, soft and boiled in a perfectly clean kettle. Have the teapot hot, pour into it the freshly boiled water, then strew the tea on top of the water and infuse for 5 minutes. In this way the tea leaves will not be scalded and the fragrance will be kept at its best. The infusion should be decanted into another teapot made hot for its reception.

**ICED TEA.**—Iced tea is a very refreshing drink in summer. It should be served in glasses, with plenty of cracked ice, and should not be too strong or it will become clouded when the ice is added. Iced tea is much improved by adding lemon juice.

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**RUSSIAN TEA.**—Scald the pot and immediately put into it the tea leaves, using 1 teaspoonful to a cup of water; add the required quantity of freshly boiled water and let it stand for 5 minutes. The so called Russian tea is made by adding sugar and a thin slice of lemon to each cup.

**CHOCOLATE.**—1 can condensed cream, 3 squares Baker's chocolate, 3 measures hot water, 2 tablespoons vanilla; shave chocolate; put in sauce-pan with a little water and sugar; dissolve over a hot fire, stirring until a perfectly smooth, rather thin, liquid; to 1 can of condensed cream take 3 measures of boiling water (using can as measure); add the dissolved chocolate and sugar to taste; when this boils, thicken with 1 teaspoonful of corn-starch dissolved in water; add 2 teaspoonfuls vanilla.

## COLD DRINKS.

"He only is safe who has health."

The word "sherbet" was originally applied to a drink used by the Mohammedans, composed of sweetened fruit, often flavored with spices and cooled with snow. The term is now used to designate both drinks and water ices, to which a little Italian meringue has been added.

**TEMPERANCE PUNCHES.**—For many years the term punch was applied to a mixture of frozen liquors. In these days, however, we have fruit punches, lemon punch, orange punch. There are some 25 different sorts of temperance punches. They need not be frozen.

**FRUIT PUNCH.**—2 cups sugar, 1 cup water, 1 cup tea, ice water, 1 quart bottle Apollinaris, 1 pint strawberry syrup, juice of 5 lemons, juice of 5 oranges, 1 can grated pineapple,  $\frac{1}{2}$  pint Marashino cherries; make a syrup by boiling the sugar and water for 10 minutes; add the tea, fruit juices, pineapple, add strawberry syrup; let stand 30 minutes; strain; add enough ice water to make  $1\frac{1}{2}$  gallons of liquid; turn into a large punch bowl over a piece of ice, and add the cherries and Apollinaris water. This amount will serve 50 people.

**CURRENT PUNCH.**—Boil for 5 minutes 2 pounds of sugar and a quart of water; skim; add the juice of 2 lemons and 1 orange; strain, and stir in a pint tumbler of currant jelly; stand this aside until very cold; when ready to serve, add chipped ice and a quart of water.

**ORANGE PUNCH.**—Boil together 1 pound of sugar and a pint of water until it spins a thread; take from the fire and add the grated

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yellow rind of 2 oranges; when cool, strain; add the strained juice of 2 dozen oranges, and stand aside over night; when ready to use dilute with plain water.

GRAPE JUICE PUNCH.—Boil together 1 pound of sugar and  $\frac{1}{2}$  a pint of water until it spins a thread; take from the fire and, when cool, add the juice of 6 lemons and a quart of unfermented grape juice; then stand aside over night; when ready to serve, this may be thinned with water.

PINEAPPLE PUNCH.—Boil together 2 pounds of sugar and a pint of water until you have a syrup that will spin a thread; take it from the fire; add the juice of 6 lemons and 2 grated pineapples; stand this aside over night; when ready to serve, turn this into a punch bowl; add a large block of ice and dilute the punch with water.

TEA PUNCH.—Put one tablespoonful of Ceylon or India tea into a large pitcher and pour over 1 quart of boiling water; cover the pitcher and stand it aside for 10 minutes; strain and add a pound of sugar, the juice of 6 lemons and 2 oranges; stand this aside until very cold; when ready to serve, add ice and water.

GINGER ALE.—A simple way of making plain ginger ale is to boil fresh ginger root in water, an ounce of the root to each gallon of water; just as you take it from the fire and after it is quite spicy, add the grated yellow rind of  $\frac{1}{2}$  a lemon; when cold, strain; add to each gallon a pound of sugar and the juice of 2 lemons; dissolve  $\frac{1}{2}$  a yeast cake, add it to the mixture, and let it ferment for about 3 hours; bottle, cork, and tie down the corks.

LEMONADE.—The juice of 1 lemon with 3 tablespoonfuls of sugar and  $\frac{1}{2}$  a pint of water may be used as lemonade. As a rule, however, lemonade is made by boiling sugar and water together, using a little of the rind; when the syrup is cool you make it palatable with the lemon juice.

LEMONADE.—The juice of 8 lemons and of 4 oranges, sweeten to taste and add 2 quarts of cold water and 2 well beaten fresh eggs, add shaved ice and mix all together.

PINEAPPLE LEMONADE.—1 pint water, 1 cup sugar, 1 quart ice water, 1 can grated pineapple, juice of 3 lemons; make a syrup by boiling the sugar and water 10 minutes; add the pineapple and lemon juice; cool, strain and add the ice water; serve in lemon glasses.

ORANGEADE.—To  $1\frac{1}{2}$  cupfuls of orange juice add the juice of 2 lemons and the grated rind of 1 orange; sweeten and add water to taste; strain and place it on the ice until ready to serve.

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GRAPE SHERBET.—1 quart water, 1 pint grape juice, juice of 2 lemons, 1 cup sugar; set on ice and chill; served with crushed ice in glasses.

STRAWBERRY SHERBET.—1 quart of berries washed and mashed to pulp, add 2 cups granulated sugar and let it stand  $\frac{1}{2}$  an hour or more; add juice of 1 lemon and 3 pints of water; strain through a coarse cloth, pressing out all juice; serve with crushed ice in glasses.

RASPBERRY SHRUB.—Place red raspberries in a stone jar, cover them with good cider vinegar, let stand over night, next morning strain and to 1 pint of juice add 1 pint of sugar, boil 10 minutes, bottle while hot.

CURRANT SHRUB.—To 3 pints of strained currant juice add 1 pound of white sugar, boil 15 minutes, skim it well, when cool bottle and cork; this is used with ice water as a drink.

GRAPE JUICE.—To be used for ice or sherbet. 10 pounds grapes, 2 quarts water; let simmer until soft enough to press out the juice; return to stove; add 2 cups sugar, boil, skim, and bottle hot.

ICED COFFEE.—Add enough cold black coffee to milk to give it the desired strength and flavor; sweeten to taste and let it stand on ice until ready to serve; serve in glasses instead of cups; any coffee left from breakfast prepared in this way makes a refreshing and acceptable drink for luncheon in summer.

SODA WATER.—3 pints water,  $2\frac{1}{2}$  pounds granulated sugar; dissolve the sugar in water and add the juice of 1 good sized lemon; boil 5 minutes; stir in  $\frac{1}{2}$  cup flour; when cold, stir in the whites of 3 eggs beaten to a froth; bottle tight and keep in a cool place; when used take 2 tablespoonfuls to a common sized glass and fill with cold water, then add  $\frac{1}{2}$  teaspoonful soda.

GRANDMOTHER'S HARVEST DRINK.—1 quart of water, tablespoonful sifted ginger, 3 heaping tablespoonfuls sugar,  $\frac{1}{2}$  pint vinegar.

## JELLIES.

GENERAL HINTS (HOW FRUIT JELLIES ARE MADE).—Many fruit juices do not contain sufficient pectose to easily form jelly. In fact, there are only a very few fruits that will make jelly without the use of sugar. There is no reason, however, why jellies should always be made a pound of sugar to a pound of fruit. Quinces and currants, as well as the ordinary crabapple, cranberry, and green grapes, are much better where only  $\frac{1}{2}$  a pound of sugar is allowed to a pint of juice. Blackberries just a little under ripe make jelly

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quickly and easily, allowing  $\frac{1}{2}$  a pint of sugar to each pint of juice. Small fruits, as blackberries, raspberries, and currants may simply be mashed and drained over night. Measure the syrup; bring to boiling point; skim; add the sugar and boil rapidly until it jellies; this will sometimes take 20 minutes, at other times only a few minutes. There is no "royal road" to jelly making, and the housewife must learn to test for the jelling point. After the mixture has boiled for 5 minutes, take a teaspoonful out and put it into a saucer; stand it to cool; and if, when you scrape it up from the saucer, it sort of wrinkles and forms a jelly, it is ready to put into tumblers. It will sometimes harden and drop as you hold the spoon in the air; when it drops with a short spring it is jelly; if you boil it beyond that point it will "rope" or spin a thread like syrup, and never again will go back to the jelling point; when jelly is syrupy it has been boiled too long.

**BEEF TEA JELLY (FOR INVALIDS).**—Put into a double boiler a pound of juicy round steak cut into small pieces and a pint of cold water; heat to the boiling point and let simmer 2 hours; strain through a wire sieve, and in the cup and a  $\frac{1}{2}$  of hot broth dissolve  $\frac{1}{2}$  a package of Minute Gelatine; season with salt to taste, and pour into small cups to harden.—*Adv.*

**PRUNE WHIP.**—Soak 1 cup of prunes in warm water, and stew until tender; rub through a sieve; to 1 cup of the sifted prunes add  $\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup of hot water, in which is dissolved 1 envelope of Minute Gelatine; whip into this the well beaten whites of 3 eggs; serve with a custard sauce.—*Adv.*

**STRAWBERRY JELLY.**—To make strawberry jelly, mash and strain the strawberries, which should be a little under ripe; measure the juice and allow 1 pound of sugar to each pint; boil the juice for 5 minutes; add the sugar and boil until it jellies; try it by putting a little in a saucer and standing in a cool place; if it forms a jelly, take it at once from the fire and turn it into the glasses.

**GREEN GRAPE JELLY.**—Pick the grapes from the stems and wash them; put them into a porcelain lined kettle with sufficient water to just cover; boil for 15 or 20 minutes, stirring occasionally; see that each grape is mashed; turn the mixture into a jelly bag and let it drain over night; next morning measure the juice and to each pint allow 1 pound of sugar; bring the juice to a boil and skim; add the sugar and boil 15 or 20 minutes, trying every few minutes by putting a teaspoonful into a saucer; when it becomes solid, quickly take it from the fire and turn into the glasses.

**BLACKBERRY JAM.**—Put the blackberries in a large porcelain kettle, adding a little water to prevent sticking; stir and stew for 20 minutes; press through a sieve; measure, and to each pint allow

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$\frac{1}{2}$  a pound of sugar; boil for 20 minutes; put away in tumblers or jars.

**CURRENT JELLY.**—For current jelly press the currants and drain them over night, or they may be heated, mashed and drained over night. The allowance is 1 pound of sugar to each pint of juice. The sugar may be heated in the oven, the juice boiled for 20 minutes, the hot sugar added, and then you may begin at once to test it by putting a little in a saucer and standing it on the ice; if, when you scrape it aside with a spoon, it is of a jellylike consistency, take the mixture from the fire and put it at once into tumblers. A syrupy condition comes from too much, not too little boiling.

**ORANGE MARMALADE.**—Wash fruit thoroughly and, for 6 oranges, use 3 lemons, remove skins, add a little water to moisten and chop fine in bowl; cut pulp fine with knife; add to chopped rind; cover well with water; let simmer on stove until all is soft; when this is done, if it seems not moist enough, add a little more water and for each cupful add 1 cup of sugar and boil until right consistency. To avoid bitter taste, soak peel in salt and water.

**CURRENT CONSERVE.**—6 quarts of red currants, the peelings of 2 oranges chopped very fine,  $\frac{3}{4}$  of a pound of seedless raisins, 1 pound sugar for each pound fruit, and boil until right consistency.

**QUINCE HONEY No. 1.**—2 cups grated quince, 2 cups water, 4 cups sugar; boil until thick.

**QUINCE HONEY No. 2.**—6 good sized quinces grated, 5 pounds sugar, 1 quart of water; cook 20 minutes and can.

**REFUSE FROM JELLY MAKING.**—Apples, after they have been drained for jelly, may be used for apple sauce, but other fruits are not worth the saving from an economic standpoint, as they contain the refuse from the fruit which is frequently indigestible and useless. Water and sugar may be added, however, the mixture allowed to stand where it will ferment, and then strained for vinegar. Any of these materials make excellent vinegar with a pleasant flavor.

## CANNING AND PICKLING.

Fruits are nature's natural disinfectants.

**GENERAL HINTS (CANNING PEACHES).**—If froth keeps coming to the top of the peaches while they are cooking, your sugar has not been of the best quality. The best way to can peaches is to dissolve the sugar in water, boiling and skimming it before adding the fruit.

**TO CAN VEGETABLES.**—Any housewife who will follow carefully the instructions given, understanding the air contaminations, may can corn, peas and beans better than those purchased, as the materials will probably be in a better condition to start with. All preserving powders are more or less injurious and should never be used by the ordinary housewife who does not understand the nature of the drug. Such things are dangerous. Powders sold under the name of preserving powders are, as a rule, salicylic acid. To be successful in canning, the cans must have either glass or metal tops without porcelain linings, the rubbers must be in good condition, the cans must be clean, and the vegetables must be picked perfectly fresh. Corn should be pressed or cut from the cob and packed at once into jars; adjust the rubbers; stand the jars in a boiler, the bottom of which is protected by either a rack or slats; lay the covers on top carelessly, do not fasten them; surround the jars half way up with cold water; cover the boiler; bring to boiling point, and boil continuously for 4 hours; lift 1 jar at a time and fasten on the lid without removing it; wipe the jars, and when cool put them in a dark, cool place. Peas may be canned in the same way, with the exception that each jar must be filled with water; corn, being compact, does not require this. String beans require cooking only  $1\frac{1}{2}$  hours but the jar manipulation is exactly the same. The lids must not be lifted and put on the table and then afterwards put on the jars, or the flying dust will fasten itself and frequently contaminate the vegetables. It makes very little difference whether or not the vegetables shrink; let them shrink. There is sufficient hot air in the can to make all materials sterile.

**ALL FRUITS MAY BE CANNED** without sugar after the following method: Fill the jars with fruit, then pour in as much water as they will hold; adjust the rubbers; lay the lids carefully on top without fastening them down; stand the jars in a wash boiler, the

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bottom of which has been protected with a rack; surround them with cold water; put the lid on the boiler; bring to boiling point, and boil strawberries, blackberries, raspberries, and currants for 20 minutes; cherries for  $\frac{3}{4}$  of an hour; pineapple for  $\frac{1}{2}$  an hour; peaches and pears for  $\frac{1}{2}$  an hour. Strawberries and raspberries are better without water. Fill the jars with fruit; bring them to boiling point, and when the fruit shrinks or settles you may fill 2 jars from a third; put them back in the boiler; cook for 5 or 10 minutes longer and then fasten on the lids; seal the jars; lift the jars one at a time and screw on the lids without lifting them; wipe the jars; put them into a cool place out of the draught; next morning give each lid a turn and put the jars in a dark, cool place for safe keeping.

**DRIED SWEET CORN.**—To prepare dried sweet corn for the table, soak it in a little cold water over night; next morning, 1 hour before serving time, bring it quickly to boiling point; cook slowly until the water is absorbed; add cream, butter, salt and pepper.

**CANNED GRAPES.**—Make a nice rich syrup; have boiling hot; have some boiling water; warm your can; pick off your grapes, wash them; drop the grapes in the can until full; then fill the can with boiling water; let stand 1 minute; drain off; fill the can with boiling syrup; put on top immediately.

**CANNED CURRANTS WITHOUT COOKING.**—Mash the currants, being sure to mash every one; add 1 pound sugar to every pound of fruit; let stand over night; in the morning can cold.

**TO COOK CRANBERRIES.**—Have 1 pint of water boiling in a porcelain or granite kettle; to this add 2 quarts of cranberries and cover closely; as soon as the fruit boils thoroughly add a small pinch of soda and stir lightly; cover and boil 5 minutes or until the berries are well broken; then add 2 cups of granulated sugar, more or less according to taste; simmer on top of stove for 5 or 10 minutes; turn into earthen dish to cool. Tin spoils both color and flavor. Always have water boiling, otherwise the fruit becomes tough and bitter.

**TO COOK RHUBARB.**—Peel, wash and cut into about an inch in length; put into an earthen or granite dish and steam until tender without stirring; add sugar to taste when cooled.

If rhubarb is thoroughly washed in pure water, cut into pieces; put into jars; covered with pure cold water, and screwed up and put aside in a cool, dark place, it will keep. The acid is so severe that there is no danger of either the yeast plant or bacteria interfering with it.

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PEARS WITH LEMON.—12 pounds fruit, 7 pounds sugar, 1 cup vinegar, juice of 3 lemons; boil 3 hours in a quart of water, with the squeezed lemons; when ready to can, take out the lemons.

SWEET PICKLE.—This receipt is good for pears, peaches, citron and ripe cucumbers. 7 pounds fruit, 3 pounds sugar, 1 quart vinegar, 4 tablespoonfuls each whole cloves and whole allspice and a few pieces of cinnamon bark; put vinegar, sugar and spices in a kettle, let come to a boil and pour on the fruit boiling hot. Pears—Cut out all imperfect spots, put the pears in a steamer over a kettle of hot water, let steam until tender, put them into a stone jar and pour the hot liquor over them. Peaches—Wipe thoroughly and treat the same as pears. Citron and ripe cucumbers—Cut in strips, remove skin and seeds, boil in clear water until the citron looks clear; drain a few moments before putting into jar. The cucumber will not look clear like the citron.

SWEET APPLE PICKLE.—1 peck sweet apples pared and boiled until tender in 4 pounds of sugar, 1 quart of vinegar, 2 teaspoonfuls cloves, 3 teaspoonfuls cinnamon.

PEACH PICKLES.—Brush the peaches with a stiff brush, this will remove all the fuzz; then stick in each peach 2 cassia buds and 2 cloves. To 1 bushel of peaches take 20 pounds of granulated sugar, 1 quart of vinegar; boil this until sugar is dissolved, watching carefully and stirring gently so that it will not burn; pick the peaches with silver fork and drop into syrup, few at a time, boil them, and then skim out and put into a colander; after draining put into cans and pour hot syrup over them and seal hot; do not crowd too many peaches into a can; lay the cans on their side all night.

TOMATO PICKLES.—1 peck green tomatoes, 8 peppers and 6 onions; chop fine together; sprinkle over them a cup of salt and let them stand over night; drain in the morning and add 1 cup of horse-radish grated, 1 tablespoonful each cloves, cinnamon and allspice; cover with vinegar and boil until soft.

OIL PICKLES.—30 medium sized cucumbers, 1 scant cup black mustard seed, 1 scant cup yellow mustard seed, 1 scant cup salad oil (Lucca oil), 1 quart of vinegar, scant cup salt; cut cucumbers in small pieces, pack in a jar, then turn on spices, oil and salt; last add the vinegar. Better not to open in 3 or 4 weeks. Tie a paper over the jar.

MUSTARD PICKLES.—10 small heads of cauliflower, 2 quarts of small onions, 11 large cucumbers sliced into pieces about an inch thick,  $\frac{1}{2}$  gallon small cucumbers,  $\frac{1}{2}$  dozen green peppers sliced (seeds taken out), 2 quarts green tomatoes; these are all to lie in salt water 24 hours, then drain, boil in vinegar until tender, then boil 2 gallons of vinegar, mix  $\frac{1}{2}$  pound ground mustard,  $\frac{1}{2}$  pound

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flour into a little of the cold vinegar, and when it begins to thicken add 1 tablespoon of turmeric and 1 pound brown sugar and pour over pickles. This is very nice, and if sealed in fruit cans will keep indefinitely.

**PICKLED CABBAGE.**—Slice cabbage as fine as possible. For 1 head take 1 cup sugar, 1 teaspoonful salt and 1 of pepper; mix this together thoroughly and pack in crock, over which pour scalding vinegar. This will keep all winter.

**PHILADELPHIA PICKLE.**— $\frac{1}{2}$  peck green tomatoes, 1 dozen large cucumbers, 2 large red peppers, 1 coffeecup of grated horseradish, 2 large onions, 2 small heads of cabbage, 2 ounces each of black and white mustard seed, 2 ounces of celery seed and  $\frac{1}{2}$  pint of salt; chop onions, cabbage, cucumbers, tomatoes and peppers, add salt and let stand 3 hours, then drain dry; add 1 pound of sugar; put all together, mix thoroughly and add cider vinegar enough to cover. Will keep any length of time. Needs no cooking.

**PICKLED RAISINS.**—Leave 2 pounds of raisins on the stems, add 1 pint vinegar and  $\frac{1}{2}$  pound of sugar; simmer  $\frac{1}{2}$  an hour.

**FRENCH PICKLES.**—1 peck green tomatoes sliced, 6 large onions, 1 teacup salt; mix these and let stand over night; drain thoroughly and boil in 1 quart of vinegar mixed with 2 quarts of water for 15 or 20 minutes, then drain; then take 3 quarts vinegar, 2 pounds brown sugar, 2 tablespoons of ground allspice, 2 tablespoons cinnamon, 2 tablespoons ginger, 2 tablespoons ground mustard; moisten the mustard, then throw all together and boil 15 minutes.

**PICCALILLI.**— $\frac{1}{2}$  peck green tomatoes,  $\frac{1}{2}$  this quantity cabbage; chop them fine; add 1 cup salt, and let stand over night; squeeze out the next morning; cover with vinegar and bring to a boil; press out and add 6 onions, 2 green peppers; put the vinegar in the kettle with 1 cup brown sugar, 2 tablespoonfuls cinnamon, 1 of mustard seed,  $\frac{1}{2}$  of cloves; heat and pour all over the tomatoes, cabbage, onions and peppers; cook a little while.

**COLD TOMATO CATSUP.**—1 peck ripe tomatoes, pare and chop fine; drain well to get all the water from them, then put 3 pints of good cider vinegar over them and let stand while preparing the following:  $1\frac{1}{2}$  cups chopped onions, 2 cups sugar, 1 cup grated horseradish,  $\frac{1}{2}$  pound white mustard seed, 2 teaspoonfuls black pepper, 4 even teaspoonfuls cinnamon, 1 teaspoon of cloves, 1 teaspoon of mace (if liked), 2 large red peppers, chopped, 2 cups of chopped celery, mix all with tomatoes and vinegar; put in fruit cans or seal in bottles.

**TOMATO CATSUP.**—1 gallon ripe tomatoes,  $\frac{1}{2}$  pint sugar,  $\frac{1}{2}$  pint vinegar, 1 tablespoonful salt, 1 teaspoonful each cloves, allspice,  $\frac{1}{4}$  teaspoonful pepper; boil down to 2 quarts.

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**GRAPE CATSUP.**—5 pounds grapes, water to cover; cook; put through sieve; boil for a short time; add 3 pounds sugar, 1 pint of vinegar, 1 teaspoonful each cloves, cinnamon, allspice and pepper; boil a few minutes; bottle while hot.

**CUCUMBER CATSUP.**—Take 2 quarts of green cucumbers chopped fine, let them drain 12 hours, then add a large cup of onions, also chopped fine,  $\frac{1}{2}$  cup salt,  $\frac{1}{2}$  cup molasses, 1 tablespoon of pepper, just enough vinegar to cover; put in bottles or small cans for future use.

**MUSTARD CATSUP.**—1 peck tomatoes, stew  $\frac{1}{2}$  an hour; then add  $\frac{1}{2}$  cup of salt, 2 teaspoons black pepper,  $\frac{1}{2}$  ounce mace flakes, 2 teacups of chopped onions, 1 cup of brown sugar; boil  $\frac{1}{2}$  an hour, then strain; then add  $\frac{1}{2}$  pound mustard mixed with 1 pint of vinegar; just let come to a boil and seal up in bottles.

**CHOWDER.**—1 gallon chopped green tomatoes, 1 gallon cabbage, chopped fine, 4 onions, 8 green peppers, chopped, 2 tablespoons of pepper, 2 tablespoons of cloves, 3 of cinnamon, 3 gills white mustard seed, 1 gill of salt, 1 pound of sugar, 3 quarts of vinegar, 3 tablespoons celery seed; boil all together for an hour; stir well while cooking.

**GINGERED PEARS.**—4 pounds pears chopped fine, 4 pounds sugar, 1 ounce green ginger root chopped fine, grated rind of 4 lemons; make syrup of 1 pint water and sugar; add fruit, ginger root, and lemon rind; cook until clear; put in tumblers or jars.

**MEAT SAUCE.**—1 dozen green tomatoes, 1 dozen ripe tomatoes, 6 onions, 4 large apples, 1 red pepper, 1 pound raisins, 1 pound sugar, 1 tablespoonful each of cloves, cinnamon and allspice; add 1 quart of vinegar.

**CHILI SAUCE.**—2 dozen large tomatoes, 3 onions, 1 green pepper, 3 teaspoons ground cinnamon, 1 of cloves, 1 of allspice,  $1\frac{1}{2}$  cup brown sugar, 2 cups vinegar; boil till quite thick; add the vinegar just before bottling.

**SPICED CHERRIES.**—2 quarts pitted cherries, 1 cup raisins (chopped), 2 lemons (juice and chopped rind), 3 pints sugar, 1 tablespoon cinnamon,  $\frac{1}{2}$  tablespoon cloves; boil all together 1 hour, or till thick.

**SPICED CURRANTS.**—5 pounds currants, 3 pounds sugar, 1 pint of vinegar, 3 heaping teaspoons of clove, cinnamon and nutmeg, if desired; these spices are to be put in a cheese-cloth bag; boil all together until the currants are cooked, then remove currants and boil the juice until it is the proper consistency; add the currants to reheat and then put in cans.

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**SPICED GRAPE.**—Put 4 pounds of ripe grapes on the fire in a granite kettle; mash them until all are broken; add 12 whole cloves, 12 allspice, 1 inch square of stick cinnamon, and  $\frac{1}{2}$  as much ginger root; cook until the grapes are perfectly soft, then rub through a sieve; add 1 pint of vinegar, and sugar to taste; put on to boil again, and simmer until thick.

**TOMATO BUTTER.**—7 pounds of ripe tomatoes (pared), 3 pounds of sugar, 1 ounce cinnamon (ground),  $\frac{1}{2}$  ounce cloves (ground), 1 pint good cider vinegar; boil 3 hours; will keep without sealing.

## CONFECTIONERY.

**TO BOIL SUGAR TO CREAM.**—1 pound white sugar, 1 small cup water, 1 tablespoonful vinegar; put in thick sauce-pan; stir until the sugar is moistened; do not stir again; when it has boiled about 15 minutes try in ice water, if it can be taken out with the finger and made into a soft ball, it is done; if the candy becomes too crisp add a little water and try again; add flavoring, also coloring, or pounded nuts if you wish; remove from the fire quickly and set the sauce-pan on snow or ice; when candy is cool enough to bear your hand in it, begin to beat it, at first with a spoon, then as it stiffens, with your hands, working it as you would knead dough; when smooth and shining it is ready for use; when chocolate is used to color, it must be scraped fine and put in with the sugar.

**CREAM CANDY.**—2 cups white sugar, 1 cup light brown sugar,  $\frac{1}{2}$  cup vinegar, filled with water; boil briskly and constantly 20 minutes; a few minutes before taking off stove add a teaspoonful baking powder; flavor with vanilla; cool and pull.

**PEPPERMINT CREAMS.**—2 teacups granulated sugar,  $\frac{1}{2}$  teacup water, 1 tablespoonful glucose; boil just 3 minutes after it begins to bubble; remove from fire and add 6 or 8 drops of oil of peppermint and beat until creamy; drop on buttered dishes from teaspoon. Oil of wintergreen, cloves or cinnamon may be used. To color wintergreen creams, add 6 or 8 drops of fruit coloring. The foundation for peppermint creams may be used for nut cream. Chop almonds or walnuts very fine; drop in syrup, flavor with vanilla or a drop of almond extract, stir until stiff enough to be shaped into small rolls or balls.

**FRENCH CREAM.**—Whites of 2 eggs and half as much water; add flavoring and stir them together well, but do not beat; then mix in 2 pounds confectioner's sugar.

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**PEPPERMINT CANDY.**—2 cups white sugar,  $\frac{1}{2}$  cup water; boil  $2\frac{1}{2}$  minutes, then add 11 drops of oil; beat until stiff enough to drop.

**NUT CREAMS.**—Chop almonds, butternuts, hickory nuts or English walnuts quite fine; make “French Cream” and before adding all the sugar, while cream is soft, stir in nuts; form into balls, bars or cubes.

**MAPLE SUGAR CANDY.**—1 cup sweet cream, 2 cups maple sugar, broken up fine; let it boil slowly and do not stir more than necessary; when it thickens in cold water, pour in buttered tins and cut in squares.

**CREAM MAPLE CANDY.**—Melt the maple sugar and boil slowly until it forms a soft ball; then turn it into a vessel and when quite cool beat rapidly until it is soft and creamy; making into balls or blocks. Another very nice candy is made by melting maple sugar, adding a tablespoonful of butter,  $\frac{1}{2}$  a cup of milk or cream and a tablespoonful of lemon juice; boil until it slightly hardens when dropped into ice water, then turn into a pan and when cool cut into caramels.

**COCOANUT CANDY.**—Put on to boil 1 cup granulated sugar with 4 tablespoonfuls of hot water; cook until it hairs; then pour this mixture slowly into the white of an egg that has been beaten stiff;

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when this has cooled a little, stir in enough cocoanut to make it stiff and then make it into little balls.

**WALNUT GLACE.**—1 cup granulated sugar,  $\frac{1}{4}$  cup water,  $\frac{1}{2}$  teaspoonful vinegar; boil until quite hard when dropped into cold water; dip the walnuts, which have been previously broken into halves, into the syrup, one at a time, and place on a dish.

**ALMOND CANDY.**—2 cups granulated sugar placed in a sauce-pan over a hot fire; stir constantly until sugar is perfectly dissolved; have ready in shallow pans 1 cup of almonds blanched and sliced; pour over them the hot syrup and set in cool place. Peanuts or English walnuts may be substituted for almonds.

**CHOCOLATE NUT CARAMELS.**—3 cups granulated sugar mixed with  $\frac{1}{2}$  cup grated chocolate, 1 cup water, 3 tablespoonfuls vinegar, butter size of a walnut; boil until the syrup hardens in water; add 1 teaspoonful vanilla before taking from the stove; cover buttered plates with chopped nuts and pour on them the caramel.

**NUT BLOCKS.**—Chop fine  $\frac{1}{2}$  a cupful of blanched almonds, the same quantity of pine nuts, pecan and Brazilian nuts; pack them into a square mold; chop fine  $\frac{1}{2}$  a pound of raisins, stoned, an equal quantity of dates and figs; mix them together and pack them also into a mold; cut thin slices of the nut cheese; and thin slices of the fruit cheese; put 1 slice of fruit cheese between 2 slices of nut cheese; press them together and cut into blocks.

**PRALINES.**—2 cups light brown sugar, 1 cup water, 1 scant tablespoonful butter, 1 cup filberts and pecans mixed; cook sugar, water and butter until it forms a soft ball after dropping in water; then remove from the fire and stir until it begins to grain; now mix the nuts with the candy and after it hardens, break into small pieces.

**BUTTER-SCOTCH.**—1 cup molasses, 1 cup white sugar,  $\frac{1}{2}$  cup butter; boil until it cracks in water, before taking from the fire.

**NUT BUTTER-SCOTCH.**—1 cup sugar, 2 tablespoonfuls butter, 3 tablespoonfuls molasses, 4 tablespoonfuls water; test this by dropping in cold water, and when it snaps pour into a buttered tin, the bottom of which is covered with pecan nuts.

**BURNT ALMONDS.**—Put a cup of browned sugar in a sauce-pan with a very little water, stir until the sugar is dissolved; let it boil a minute, then throw in  $\frac{1}{2}$  cup almonds and stir over the fire until the sugar granulates and is a little burned; when the nuts are well coated, turn them out before they form in a mass and separate any that may have stuck together.

**NUT WAFERS.**—1 cup brown sugar, 1 cup of nuts, 2 eggs, a scant cupful of flour and a pinch of salt; drop in small heaps on a well greased paper and bake quickly.

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**CHOCOLATE KISSES.**—Whites of 5 eggs beaten stiff; mix in gently 18 ounces of powdered sugar and 3 ounces of grated chocolate; slide down a tube into a pastry bag; wet a board and cover with brown paper and press the preparation over the paper in small bits the shape of a 25 cent piece at the bottom and tapering at the top; sprinkle with grated chocolate; place the board in a moderate oven for 20 minutes; when finished, if desired, put a little jelly on the top of each.

**POP-CORN STICKS.**—Chop 2 quarts of popped corn; take 1 coffee-cup molasses, 1 tablespoonful vinegar, and butter size of hickory nut; boil all together until it hardens when dropped in water; pour over corn, then put in tins until cold, when it may be cut into sticks.

**POP-CORN BALLS.**—1 teacup coffee C sugar, 1 teaspoonful butter; moisten with water and boil until syrup hardens when dropped in water; pour over corn, stir until thoroughly mixed; press into balls.

**VASSAR GIRL'S FUDGE.**—2 cups sugar, 1 cup milk or cream, 1½ ounces Baker's bitter chocolate; let the sugar and milk come to a boil, and then add slowly the chocolate broken in small pieces; cook until it forms a soft ball when dropped in water; then remove from the fire and stir until it creams; pour this out on buttered tins, and when nearly cold cut in squares. Vanilla may be added if desired.

**KISSES.**—Beat the whites of 4 eggs 15 minutes; add 1 cup sugar and ½ teaspoonful vanilla, and beat all together 15 minutes more; bake in a very slow oven ¾ of an hour.

**STUFFED CHERRIES.**—½ pound filberts, 1 pound candied cherries; blanch the filberts; insert 1 filbert in each candied cherry and roll in granulated sugar.

**CHOCOLATE ALMONDS.**—Dip dark almonds in sweetened chocolate and dry on paraffine paper.

**BLANCHED ALMONDS** are both brain and muscle food, and the man who can include them in his daily bill-of-fare will, to quite an extent, keep up his mental force and clearness. Juicy fruits also develop more or less of the higher nerve or brain; but, unfortunately, they do not agree with everyone.

**RAISINS AS FOOD.**—Raisins have considerable food value but they should be well cooked and thoroughly masticated. Soak them in cold water over night; next morning bring them to boiling point; serve them as any other stewed fruit, without sugar.

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## DIET FOR THE SICK.

BY HELEN CAMPBELL, PROFESSOR OF HOUSEHOLD ECONOMICS, MADISON UNIVERSITY.

The doctors of even a generation ago had but dim comprehension of the place of food in accomplishing a cure, but each year sees more and more stress laid upon it. Within the past year or two the students of the New York Medical College have been required to take a course of sick cookery, such as is given to trained nurses, and soon every graduating medical student will be made to think it as essential a part of his work as his anatomy or chemistry. Treatises on food are increasing in number and on all sides the bearing of food on health is receiving an attention never given before.

For the ordinary reader there are two which cover the necessary ground very thoroughly: "Sick Cookery," by Miss Mary Boland, a trained nurse of wide experience, and "Diet for the Sick," by Mrs. Mary F. Henderson, who prepared the manual under the careful supervision of two physicians. Diets for different diseases are given, a series of bills of fare for convalescents, and every form of food allowed in sickness. Drinks and broths have large space, and the book is a necessity in every family, since sickness is something all must deal with at one time or another.

In the space at our command only a few dishes can be given, with the addition of 2 or 3 bills of fare, these being intended for convalescents requiring simple but very nutritious food. In preparing and serving food for any invalid, the most delicate cleanliness is necessary. Spotless napkins, shining glass and silver, and care to prevent slopping over as one carries the tray, are the right of every invalid, and appetite will often be absolutely destroyed where they are lacking. The best broth or gruel in a thick stone china cup or plate will perhaps be rejected when a poorer thing served in delicate china will be eaten with enjoyment. Careful service is a large factor in quick recovery, and it is now part of a nurse's business to study the most perfect method both of preparation and serving.

Prepare only a small amount of anything, and never discuss it beforehand. A surprise will often arouse a flagging appetite. Remember that chemistry has proven that gelatine is not nourishing, and do not be satisfied to feed a patient on jellies. Bread from any brown flour will be more nourishing than the ordinary wheat flour. Cornmeal is especially valuable for thin, chilly invalids, as it contains so much heat. A wooden tray, with legs six or seven inches high, is very convenient for serving meals.

**BREAKFAST.**—A mould of cracked wheat or germea made in a cup and turned out with cream about it. Sippets of thin, lightly-buttered toast. A cup of boiling hot water with sugar and cream. Better than tea or coffee. **Dinner.**—A slice of rare roast beef, or piece of broiled beefsteak, a baked potato, apple sauce, a chocolate custard. **Supper.**—A rice cone with hot sauce, graham bread and a glass of grape juice.

**BREAKFAST.**—A slice of Boston brown bread hot with cream, poached egg on thin toast, hot water and cream. **Dinner.**—Fricassee chicken and mashed potato, a little lettuce or endive dressed with the gravy of the fricassee and a few drops of lemon juice, whole wheat flour pudding, hot sauce. **Supper.**—A small

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dish of spaghetti and tomato sauce, stewed peaches, dry toast thin, and hot water and cream.

**BREAKFAST.**—Oatmeal porridge, oysters on toast, a cup of cocoa or chocolate. **Dinner.**—A lamb or mutton chop with baked potato, spinach on toast, a baked custard. **Supper.**—Corn meal mush and milk.

**BREAKFAST.**—A sweetbread with rice and cream sauce, a cup of Alkethrepta and dry toast. **Dinner.**—Broiled chicken and stewed corn, farina pudding. **Supper.**—Hard whole wheat rolls and grape juice.

**BREAKFAST.**—Boiled eggs, baked apple and cream, corn bread. **Dinner.**—A breast of prairie chicken or game, mashed potatoes, stewed tomatoes, corn flour cottage pudding. **Supper.**—Wheat germ porridge and cream.

**BREAKFAST.**—Raw egg whipped, thin, buttered toast, sweet oranges sliced. **Dinner.**—Cup of clear soup, stewed chicken with rice, cauliflower with cream sauce, lemon jelly. **Supper.**—Granulated wheat pudding, stewed prunes with cream, a cup of cocoa.

**BEEF TEA.**—The old method of making beef tea by boiling the minced beef, as was often done, putting it in a bottle and so extracting the juice, gave as a result simply a stimulant, only that property of the meat remaining. Unless eggs, oatmeal or some such addition is made, there is absolutely no nourishment in beef tea, and doctors no longer prescribe it as such. Beef extract is prepared as follows: Half a pound of finely minced beef, 1 pint of pure water, 4 drops of muriatic acid, half a saltspoonful of salt. Dilute the acid in three-quarters of a pint of the water, mixing well; add the salt and mix all with the meat. Let stand an hour, strain through a hair sieve and rinse the residue with the extra quarter of a pint of water. If the patient objects to the red color it can be given in a red wine glass.

**BEEF TEA FOR CONVALESCENTS.**—Cut a pound of lean beef into small bits and soak for an hour in a pint of pure soft water, then cover closely and boil for 10 minutes or put in the oven and let it remain for an hour. Pour off the juice, season with a saltspoonful of salt, and use, with thin toast or wafers.

### BROTHS AND OTHER MEATS.

The meat should be cleaned with a damp cloth.

Remove all extra fat and cut the meat into small pieces. It may also be scraped. Bones must be separated and if large broken.

The meat is soaked in cold water before cooking. The temperature in cooking must not exceed 170° Fahr.

A coarse sieve is used in straining.

Fat may be removed from hot broth by using tissue paper.

A weak broth may be made more nutritious by adding 1 or more eggs just before serving. The eggs should be slightly beaten and the hot broth poured very gently over them and thoroughly blended.

The cover of fat which is over a cold broth must not be removed until the broth is used. It prevents decomposition.

Every particle of fat must be removed before a broth is served.

The same amount of meat, bone and water may be used for beef, mutton, veal or chicken.

One pint of water to 1 pound solid meat makes a very strong broth.

One pint water may be used with 1 pound half meat and half bone,  $\frac{1}{2}$  teaspoonful salt to 1 quart water.

**BEEF, TAPIOCA AND EGG BROTH.**—One pound of lean beef prepared as for beef tea and soaked for an hour in a quart of cold water. Boil slowly for two hours.

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Strain it. Add a  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{2}$  a cupful of tapioca which has been washed and soaked an hour in warm water. Boil slowly for half an hour. Serve in a shallow bowl in which a poached egg is put at the last, or stir a well-beaten egg into a large cupful of the boiling soup and serve at once with wafers or crackers.

**CHICKEN BROTH.**—The bones and a pound of meat from a chicken put on in 3 pints of cold water. Skim thoroughly when it comes to a boil, add a teaspoonful of salt and simmer slowly three hours. Strain and serve. A tablespoonful of soaked rice or tapioca may be added after the broth is strained in which case it must be returned to the fire to simmer half an hour longer.

**DR. GAUNT'S RICE JELLY.**—Take 4 tablespoonfuls of rice and boil hard for 20 minutes in 3 pints of water; then let it simmer for two hours. Force through a fine hair strainer, and allow it to cool. Place in an ice chest over night. To use dissolve two tablespoonfuls of it in half a pint of milk. Very useful in intestinal troubles.

**INDIAN OR CORN MEAL GRUEL.**—One quart of boiling water; 1 teaspoonful of salt. Mix 3 tablespoonfuls of corn meal with a little cold water and stir in slowly. Boil one hour; strain and serve; a cupful at once.

**RALSTON GRUEL.**—One pint water, 1 cup milk, 3 level tablespoonfuls Ralston Breakfast Food. When water is boiling add Ralston and cook 15 minutes. Then add milk. Heat and season to taste. May be strained if preferred.

**ARROWROOT JELLY.**—To make arrowroot jelly, moisten 3 heaping tablespoonfuls of the best Bermuda arrowroot with a little cold water and turn into a large cup of water that is boiling over the fire and in which 2 teaspoonfuls of granulated sugar have been dissolved. Stir until clear and add 1 tablespoonful of brandy or 3 of wine. Wet in cold water individual molds or small cups and pour in the liquid jelly, and put in a cold place to harden. Serve with whipped cream. When wine cannot be used, in place of it take 1 teaspoonful of lemon juice.

**TAPIOCA JELLY.**—Tapioca jelly is excellent. To prepare it soak 1 cup of tapioca in 3 cups of cold water over night. In the morning put it in a double boiler with a cup of hot water and let it simmer until perfectly clear, stirring often. Sweeten to taste and flavor with the juice of half a lemon and 2 tablespoonfuls of wine. Pour into cups and set away until perfectly cold. Whipped cream and sugar may be served with this jelly.

If preferred, a blanc mange may be made with tapioca and milk by soaking a cup of tapioca in 2 cups of water over night. Place over the fire in a double boiler the soaked tapioca and stir into it 2 generous cups of boiling milk, 3 tablespoonfuls of sugar, and a pinch of salt. Let it cook slowly 15 minutes, stirring several times. Remove from the fire and flavor with wine or vanilla. Pour into individual molds and set away to harden.

**SCOTCH PANADA.**—To make Scotch panada use six Boston crackers and scatter a little granulated sugar and a grain of salt over each cracker. Put them in a bowl and just cover with boiling water. Grate a little nutmeg over them and add 2 tablespoonfuls of wine. Cover the dish and let it stand in a warm place until the crackers are soaked, but not broken. Serve in the bowl.

**BOILED RICE WITH EGG.**—Boiled rice with egg is excellent and generally liked. Wash thoroughly half a cup of rice and put it into a double boiler with just enough water to cover it. When the rice is nearly done, if any water remains, pour it off and add 1 cup of milk and a little salt. Let the rice cook slowly until done. Beat an egg thoroughly, and the last thing before taking the rice from the fire stir the egg into it as lightly as possible and serve hot with sugar and cream.

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Queen Flake Baking Powder is always the best.

**CREAM AND MILK SOUPS.**—Cream soups are a pleasing change after plain broths or teas. Sago, pearl tapioca, barley or rice may be used. Take any white stock that is rich and well seasoned. Put into a sauce-pan a half pint of the stock and the same quantity of cream. When it comes to a boil add 1 tablespoonful of flour thoroughly moistened with cold milk, and let it boil up once. Have the tapioca or whatever you wish to use in the soup cooked and add it to the soup and serve. Barley requires 2 hours to cook, rice 1 hour; sago and pearl tapioca must be soaked in cold water half an hour and cooked the same length of time.

**CHICKEN JELLY.**—Chicken jelly may be used in a variety of ways. To make the jelly, take a fowl weighing about 3 pounds. Clean and remove the skin and fat. Cut it into pieces and put them into a saucepan with two generous quarts of water, a bay leaf, and some pieces of celery. Cover and heat slowly up to the boiling point. Let it simmer for 4 hours, then season with salt and strain into glasses and set away to cool. When cold remove the fat. This jelly may be used cold or heated, and served like soup. Heat a glass of the jelly and add a gill of sherry or Madeira wine, 1 teaspoonful of dissolved gelatine, some sugar and the juice of half a lemon. Pour the liquid jelly into small cups and set away to harden. This makes a very nourishing wine jelly.

**ORANGE JELLY.**—Orange jelly will often tempt, and looks inviting. To make it, soak half a package of Cox gelatine in a teacup of cold water for an hour. Select perfect oranges and cut them through the center and remove the inside, keeping the divided orange skins whole. Take a generous half-pint of orange juice, beat the white of an egg to a stiff froth and add to the juice with a teacup of granulated sugar, a scant pint of hot water, and the soaked gelatine. Set the dish containing the mixture over a fire in a pan of boiling water and stir until it is thoroughly heated. Strain and fill the orange cups, and put in a cold place to harden.

#### HOW TO PREPARE AN ORANGE FOR AN INVALID.

Take a firm, juicy orange, and with a sharp knife take off a thick paring, cutting through the pulp. Cut out each section of the pulp, being careful not to take any of the membranes, remove the seeds, and lay in sections on a pretty plate. Sprinkle fine sugar over them and small pieces of ice.

**JELLIES FOR INVALIDS.**—Do not give fruit jellies to invalids. Jelly and bread and butter is an exceedingly bad food for a person with intestinal indigestion, or what you call "liver trouble."

A fever patient can be made cool and comfortable by frequent sponging with water in which a little soda has been dissolved.

The odor of the sweet pea is so offensive to flies that it will drive them out of a sickroom, and is generally most agreeable to the patient besides.

Consumptive night sweats may be arrested by sponging the body, before retiring to rest, with salt and water.

#### ADDITIONAL.

BY MARIE ARRUDA, GRADUATE NURSE-TRAINING SCHOOL.

**GRAHAM GRUEL OR OATMEAL.**—1 tablespoon cream,  $\frac{1}{2}$  cup boiling water, pinch of salt, 1 teaspoon sugar, 1 tablespoon graham flour stirred in slowly. Boil slowly  $\frac{1}{2}$  hour. Strain through a fine strainer. Add 2 tablespoons cream. Beat well.

**TOAST COFFEE.**—Toast 3 slices of bread, over which pour 1 pint boiling water, pour off water and add  $\frac{1}{3}$  cup of cream.

Take no Baking Powder "just as good" as QUEEN FLAKE.

**TO PREPARE STEAK FOR THE SICK.**—Scrape the meat and broil. Add a little salt and butter.

**BARLEY WATER FOR THE SICK.**—To  $\frac{1}{2}$  a cup of well-washed barley add 2 quarts of water. Boil  $\frac{1}{2}$  an hour. When cool, add equal quantity of milk. Sweeten to taste.

**A DRINK FOR THE SICK.**—Strain the beef tea carefully and keep ice around it. Just as it is taken put a small piece of ice in it. A patient will often drink freely of this when hot beef tea would be rejected. Do not call it beef tea in this case, but broth or drink.

**BEEF TEA.**—Chop fine a pound of lean beef, put it in a wide-mouthed jar, stand it in a sauce pan of water and boil slowly until the juice of the meat is extracted; skim and strain, if greasy, and give cold or hot.

Slightly broil a pound of lean beef. The steak from the haunch or round is best. Cut it into strips and squeeze out the juice with a lemon squeezer. Give it cold with a little salt and celery essence. A tablespoonful of claret wine may be added. A pound of meat makes about 3 tablespoons of juice. This is very easily assimilated and is much to be preferred to beef tea.

Put a quart of milk into a large, perfectly clean bottle, drop in the whites of 3 raw eggs, cork it and shake hard. Give the patient as much as he will take.

Milk may in almost all cases be given with safety, and will be kept down when all other things produce nausea. In such case add to 1 pint of milk 4 tablespoons of limewater, or more if ordered, and give 2 wineglassfuls at a time at short intervals. Brandy can be added to this if ordered and if the patient can retain it.

To 1 pint of milk slightly warmed, stir in a large dessertspoon of liquid rennet and set it aside to cool. This makes a soft blanc mange very easily swallowed.

Reading aloud, or in the presence of the patient, is never admissible unless asked for, and should never be long continued. If reading aloud is agreeable to the patient, or is permitted, read in an even, rather low voice, without much emphasis and without gesture. Do not make little pauses to pick out scraps for your own reading while the patient waits, and do not fold and refold a newspaper, or rattle the leaves of a book as you turn them. Be quiet and self-possessed at all times.

**HOW DOSES OF IPECAC SHOULD BE GIVEN.**—It is better to give small doses and repeat them if necessary. For this purpose about  $\frac{1}{2}$  a teaspoonful of syrup of ipecacuanha may be given to a child under a year old, and repeated in 20 minutes if no vomiting occurs. When free vomiting has been produced,  $\frac{1}{2}$  the quantity can be given at the same interval, so as to keep the child slightly nauseated. A child between 1 and 2 may have a  $\frac{1}{2}$  larger dose.

A moist atmosphere tends to relieve the breathing. This can be secured by keeping water boiling in the room, 1 tablespoon turpentine to 2 quarts of water.

A child subject to croup should be guarded from the changes of the weather with unusual care.

## POISONS AND THEIR ANTIDOTES.

**BLUE VITRIOL.**—Same as cupri sulph. and copper.

**CARBOLIC ACID.**—Castor or olive oil.

**CAUSTIC POTASH.**—Same as potash.

**CAUSTIC SODA.**—Same as potash.

**COPPER.**—Milk and whites of eggs, large quantities, then strong tea. Do not give vinegar.

**COPPERAS.**—Emetics, mucilaginous drinks.

**Best value for your money, Queen Flake Baking Powder.**

**IODINE.**—Emetics; starch or flour in water, barley water or other demulcent drinks.

**IVY POISONING.**—Apply soft soap freely to affected parts; or bathe the poisoned skin frequently with weak tincture of belladonna.

**LAUDANUM.**—Same as opium.

**LEAD.**—2 ounces of Epsom salts in a pint of water; wineglassful every 10 minutes until it operates freely. Afterward milk.

**LYE.**—Same as potash.

**MORPHIA.**—Same as opium.

**MURIATIC ACID.**—Same as acids, mineral.

**NITRIC ACID.**—Same as acids, mineral.

**OIL OF VITRIOL.**—Same as acids, mineral.

**OPIMUM.**—Emetics (10 grains of sulphate of copper if possible); after vomiting, which must be induced quickly, give plenty of strong coffee with brandy, put mustard plasters around calves of legs; keep patient aroused by walking around, dashing cold water in face, heating soles of feet, or whipping body with towels wrung out in cold water. If the patient is allowed to go to sleep before the effect of the opium has passed off, death will result.

**OXALIC ACID.**—Same as acids, mineral.

**PAREGORIC.**—Same as opium.

**PARIS GREEN.**—Same as arsenic.

**POTASH.**—Vinegar and water, oranges, lemons, sour beer, cider or sour fruit; then give oil—linseed or olive.

Immediately on discovering that poison has been swallowed, send for a physician with all possible haste. Until his arrival the treatment should either be with a view to removing the poison by an emetic, or neutralizing its effect by an antidote.

**EMETIC.**—Ground mustard, a tablespoonful in a tumbler of warm water, is an emetic usually quickly procured. Give the patient one-fourth of it at once, and follow with a cup of warm water. Repeat the dose every minute or two until vomiting takes place. Give tepid water freely. Mustard has a special value in most cases where an emetic is needed, as it is also stimulating in its effects.

Common salt is also used as an emetic, a teacup of water, with as much salt as the water will dissolve, being given every few moments until vomiting occurs. A teaspoonful of salt to a teacup of hot water will also act as an emetic.

Tickling in the throat with a feather, or with the finger, is a valuable aid to the action of an emetic. After vomiting takes place, the whites of eggs in warm water, warm milk, gum arabic water, or flour and water, may be given to further cleanse the stomach, and to soothe the irritated mucous membrane.

The following table gives the common poisons and suggestions as to the treatment for each, and together with the above may be of assistance until the arrival of a physician.

**ACIDS**—Mineral.—Chalk, magnesia (plaster off wall), solution of cooking soda or saleratus; then barley water, linseed tea, or olive oil.

**ACONITE.**—Emetics, stimulants external and internal.

**ARSENIC.**—Give milk in large quantities or the whites of eggs, or flour and water. Follow with stimulants.

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Use the genuine Queen Flake Baking Powder.

## GENERAL HINTS.

FACTS FOR HOUSEKEEPERS.—1. Wipe cutlery dry and wrap in coarse brown paper and it will not rust.

2. Saturate pails and tubs with glycerine and they will not shrink.

FRUIT STAINS.—May be removed from linen by carefully brushing with dilute oxalic acid, and plunging the linen at once into water to which has been added a few drops of ammonia.

TEA STAINS.—On your napkins and tablecloths may be removed by plunging them into fairly strong ammonia water.

WHY IRON RUST COMES ON CLOTHES.—If the water used in laundering contains iron the clothing is liable to become iron-rusted. A common source of rust is the bluing. Much of the liquid bluing contains iron. When the clothing is not rinsed free of soap, the iron in the bluing combines with the soap and causes the rust stain. The remedy is to have the clothing rinsed free of suds, or to use ball bluing.

To remove ink-stains from white table linen or other white goods, rub the stain with a solution of oxalic acid in the proportion of a teaspoonful to a cup of hot water. Sometimes a reddish stain remains on the fabric after the oxalic acid. In this case apply a weak solution of chloride of lime.

To remove freshly spilt ink from cloth or carpet, take up as much as possible with a spoon. Then pour some milk on it and take it up in the same way. Continue this until the milk is slightly colored with the ink. Sponge with cold water and dry with a cloth.

STAINS AND THEIR REMOVAL.—For the removal of stains and spots from colored materials and carpets, ammonia takes the first place. Almost any mark, new or old, will yield to its persevering use, and if dabbed on (not rubbed) it will itself leave no trace of its use. It can be applied to woollens, cottons and silk. It will remove ink spots from marble, paper and wood; and when diluted with water, spots caused by orange or lemon juice are removed by it from the most delicate materials. From carpets and curtains and suits of clothing it will remove almost every stain, including that caused by whitewash. Benzine will remove paint from delicate fabrics; if it fails, turpentine must be used, and the mark which it leaves effaced by alcohol. If in the process of removing stains the color departs from the material, it can generally be restored by dabbing with chloroform.

Fruit and vegetable stains may usually be removed from the hands by the use of an acid. Fresh lemon, vinegar, sour milk, alcohol, etc., are all good. Keep a piece of lemon near the soap dish and use it whenever the hands become stained from paring fruit or vegetables. It must be remembered that soap sets all such stains, therefore the acid must be used before the hands are put in soapy water. It is a great protection to the hands to wash the vegetables before paring them, and also to keep the hands in water while the vegetables are being pared.

TO REMOVE FRUIT STAINS FROM LINEN.—If applied at once, powdered starch will take out any kind of fruit stains on linen. It must be left on the stained spots for a few hours, so that all the discoloration is absorbed by the starch.

To remove stains of flower pots from windows sills, rub with fine wood ashes and rinse with clear water.

TO REMOVE IRON RUST.—Mix fine salt and cream of tartar or lemon juice; moisten with water, lay on stain, and expose to the sun. Repeat application if necessary.

**Queen Flake Baking Powder saves money and your temper.**

Grease marks on wall paper may be removed by dabbing a paste of fullers' earth or pipe-clay and water on the paper and when dry brushing it off. If one application does not remove the stains, try another.

**TO REMOVE GLASS.**—Panels of glass may be easily removed by the application of soft soap for a few hours. However hard the putty may be, this recipe rarely fails.

Glass should be washed in cold water, which gives it a brighter and clearer look than when cleaned with warm water.

A simple and very efficient disinfectant to pour down a sink is a small quantity of charcoal, mixed with clean water. A little charcoal put into the water containing cut flowers will keep the water fresh for some time.

**PASTE FOR SCRAP-BOOK.**—The best article we know of for this purpose is corn-starch. It should be dissolved and well mixed in cold water, and then thoroughly cooked, care being taken not to get it too thick. It should be thin enough when cold to spread well with a brush. This paste will not color the paper.

Onions absorb poison more quickly than any other kind of food. It is unsafe therefore to use onions which have been kept for any length of time, especially after they are cut.

Never place a range or cooking stove opposite a door or window if it can be avoided, as any draft will prevent the oven from baking well.

Before using lemons always roll them awhile with your hand on a table and they will yield a large quantity of juice.

A spoonful of vinegar put into the water in which meats or fowls are boiled makes them tender.

If any food be spilled upon the stove while cooking, immediately throw salt upon it and there will be no disagreeable smell arising from it.

To rid a room of mosquitos burn a piece of gum camphor about the size of a walnut on a plate. To prevent their bites, bathe hands and face in water in which you have dissolved enough salt to make it taste slightly salty.

To make a linseed poultice, thoroughly heat a basin and pour into it sufficient boiling water for the poultice. Shake a handful of meal gradually into the water, stirring briskly with a knife meanwhile. Add more meal until the poultice is thick enough without being heavy. Take it out and spread it onto the muslin. Cover it over and turn the edges. Apply immediately. If the poultice is not made in the patient's room, it should be carried there between two hot plates.

Mix a mustard plaster with the white of an egg instead of water and it will be found to draw well without blistering the skin.

To purify water, add powdered alum to the water in the proportion of a teaspoonful to every 4 gallons. Stir this briskly round and round and it will have the effect of precipitating any impurities to the bottom of the water and leave the rest pure and clean.

**CURE FOR THE HURT FROM A RUSTY NAIL.**—Apply to the parts a bran mash made with weak lye and change often.

Try lime water for chilblains,  $\frac{1}{2}$  pound of stone lime to 1 pint of water, let settle and strain. Apply at bed time.

**CLEANING FLUID.**— $\frac{1}{4}$  pound white castile soap in 1 quart hot soft water. When cold, add 1 ounce aqua ammonia, 1 ounce sulphuric ether, 1 ounce alcohol, and  $3\frac{1}{2}$  quarts cold soft water. Bottle in pint quantities. Excellent for cleaning boys' suits, and all heavy worsted goods, and especially good for carpets.

**TO REMOVE A CINDER FROM THE EYE.**—Twist a piece of surgical cotton tightly around a small wooden toothpick; lift up the eyelid, and pass it over the eyeball carefully, when the cinder will doubtless adhere to it. If not, send for the doctor.

**TO DRIVE AWAY MICE.**—Put camphor into places which they frequent. It will completely drive them away.

**Northrop's Flavoring Extracts, strongest and best.**

Tar on the hands may be removed by rubbing on fresh lemon or orange peel and drying them immediately.

Matting should be wiped with a cloth wrung out of salt water and afterwards dried in the sun.

When cooking mushrooms, use a silver spoon for it. If any impure qualities be present, the spoon will be blackened and the mushrooms should be thrown away.

At the first indication of diphtheria in throat make the room close, then take a tin cup and pour into it an equal quantity of tar and turpentine, then hold the cup over the fire so as to fill the room with fumes. The patient on inhaling the fumes, will cough out the membranous matter and diphtheria will pass off. The fumes of the tar and turpentine loosen the throat and thus afford the relief that has baffled the skill of physicians.

Ashes, when left in the grate or on the hearth, absorb a great deal of heat; and it will be found that a small fire in a clear grate and a clean hearth, will give out more heat than a large fire cumbered with ashes.

To remove soot when it falls upon the carpet or rug, never attempt to sweep it up at once, for the result is sure to be a disfiguring work. Cover it thickly with well-dried salt, which will enable it to be swept up cleanly, so that not the slightest stain or smear will be left.

Stoves when not in use may be kept from rusting by rubbing them over with a rag dipped in kerosene.

To remove old paint from woodwork. There are several methods of accomplishing this. Make a strong solution of washing soda and apply it to the paint with a brush, being careful that it does not get on your hands or clothing. After a short time wash off with a mop, being careful, as before, not to let the liquid touch the flesh or clothing. Ammonia is a good agent also. Use dilute household ammonia and proceed as with washing soda. Begin to wash off as soon as the fumes pass off. Both chemicals darken the wood. The paint may be scraped or burned off, but this is a difficult thing for an amateur to do.

**SOAP FOR CLEANING CARPETS.**—Dissolve 5 pounds of soap in 3 quarts of water. Take from the fire and add a  $\frac{1}{2}$  pint of ox gall, 2 ounces each of turpentine and benzine, and 1 gill of household ammonia; stir frequently until cool, then pour into glass jars and cover tightly. When ready to clean carpets or other fabrics dissolve some of the soap in warm water and proceed as with the fullers' earth mixture used for cleaning carpets. Of course, it is understood that the carpet or fabric must be brushed free from dust before the cleaning begins.

It is not generally known that potatoes possess great cleaning properties. Cold potatoes when used instead of soap clean the hands well and keep the skin soft. The water in which potatoes have been boiled is excellent to get the dirt out of silk.

Rub hinges with a feather dipped in oil and they will not creak.

**TO KEEP FLIES FROM HORSES.**—Take 2 or 3 small handfuls of green walnut leaves, upon which pour 2 or 3 quarts of soft, cold water; let it stand one night, and pour the whole next morning into a kettle, and let it boil for 15 minutes. When cold, it will be fit for use. No more is required than to wet a sponge and before a horse goes out of the stable, let those parts, which are most irritated, be smeared over with the liquid.

**TO PRESERVE EGGS.**—To each pail of water add 1 quart of fresh slacked lime and 1 pint of common salt. Mix well. Fill your barrel  $\frac{1}{2}$  full of this fluid, put your eggs in it any time after June and they will keep many months.

The best remedy for nose bleeding consists in a vigorous motion of the jaws, as in the act of mastication.

Blowing forcibly into the ear gives great assistance in coughing up anything which a person has imperfectly swallowed and which threatens to choke him.

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Queen Flake Baking Powder never disappoints you.

**FACE WASH.**—For black heads and blotches, 1 pint warm rain water, add 2 ounces of flake white and let come to a boil, then add  $\frac{1}{2}$  ounce glycerine and stir well and let cool, then add 2 ounces of bay-rum, bottle for use, apply with a soft sponge and wipe on soft linen cloth.

**COUGH SYRUP.**—2 ounces iceland moss, 2 ounces licorice root, 2 ounces root of squills, 1 pound sugar; put 2 quarts hot water on the moss and roots, simmer  $1\frac{1}{2}$  hours then strain and add the sugar. Boil down to a syrup then add 2 ounces glycerine.

**COUGH SYRUP.**—Recommended as a constitutional remedy where there is low vitality and an obstinate cough, especially good in cases of cough following la grippe. One ounce each of skunk cabbage root, wild turnip root, sarsaparilla root, golden seal and white root,  $\frac{1}{2}$  ounce blood root,  $\frac{1}{4}$  ounce mandrake root, 3 ounces white resin. Put all except the last in a thin muslin bag and boil in 1 quart of water until reduced to 1 pint. Then remove the bag of roots, squeeze dry as possible, and add resin pulverized, and 1 pound of loaf sugar. Simmer  $\frac{1}{2}$  an hour. When nearly cold add 2 tablespoonfuls of alcohol and bottle. Dose for adult, 1 teaspoonful 3 times a day.

**FOR A COUGH.**— $\frac{1}{2}$  cup of flax seed, 2 quarts of water, boil 1 hour, strain through a thin cloth and add  $\frac{1}{2}$  a teacup of sugar and the juice of 3 lemons.

**HOP BITTERS.**—2 ounces hops,  $\frac{1}{2}$  ounce buchu,  $\frac{1}{2}$  ounce extract of dandelion,  $\frac{1}{2}$  pint of alcohol,  $\frac{1}{2}$  pound of sugar, 20 drops of mandrake. Boil the hops and buchu together 1 hour, then add the rest of the ingredients. This is a splendid tonic for the spring of the year.

**VOMITING.**—Excessive vomiting, or nausea, can be relieved by a little cayenne pepper, about what will go on a 10-cent piece, in half a glass of milk. Drink nothing cold.

### USES OF TURPENTINE.

A small quantity of turpentine added to the water when bricks, etc., are scrubbed, does much to purify the crevices and promote a healthy tone in a house. A little sprinkled on clothes or put about cupboards will drive away moths, or if placed where cockroaches congregate it will destroy them at once. This useful spirits will take out inkspots from white muslin and a tablespoonful added to a boiler of clothes will whiten them very much.

Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or hard it may be. Saturate the spot 2 or 3 times and then wash out in soap suds.

To clean gilt frames sponge them with spirits of wine or oil of turpentine, only wetting the sponge sufficiently to take off the dirt and fly marks. The frames should not be wiped but left to dry.

Boil 3 or 4 onions in a pint of water and apply with a soft brush to gilt frames and flies will keep off them.

Put a piece of camphor in a linen bag, or some aromatic herbs in the drawers, among linen or woolen clothes, and neither moth nor worm will come near them.

### LAUNDRY HINTS.

In mixing starch for clothes, first make a smooth paste with a little cold water, then remove the boiling water from the stove and pour upon the paste. This insures smoothness.

To stiffen gingham, muslins and the like, dissolve a piece of alum the size of a hickory nut and stir into a pint of starch.

**Northrop's Extracts possess true and delicious flavor.**

To stiffen linen after ironing, place it near the fire or in the sun until perfectly dry, as the garments will be much stiffer than if left to dry slowly. This hint is especially useful with collars, cuffs and petticoats.

Linen cuffs and collars may be stiffened by adding a small piece of white wax and 1 teaspoon brandy to a pint of fine starch. If the iron sticks in ironing, soap the bottom of it.

Vinegar will "set" doubtful green or blue colors in gingham.

**TO LAUNDER COLORED FABRICS.**—If housekeepers would make a fair trial of starch as a cleaning agent there would be much less complaint of faded or changed colors when it is necessary to wash dark or delicate colored cotton goods. Flour starch answers well for black or any dark goods, but where the ground is white it is better to use laundry starch. The gluten in the flour gives a yellow tinge to white goods. If soap has been used and has changed the colors the shade may sometimes be restored by the use of a mild acid. It is always well to wash a piece of the goods in soap and water, then dry it, and finally rinse it in water made slightly acid with acetic acid, vinegar, or even lemon juice, if other acids are not convenient. In this manner you will be able to judge of the amount of acid required to restore the shade.

**CLEANING DELICATE LACE.**—Spread the lace out carefully on fine white paper and cover with calcined magnesia; place another paper over it and lay away under a heavy weight for 2 or 3 days; then all it will need is a skillful gentle shake to remove the powder, and your lace will look fresh as new.

**"PAPERING UP" SILK GOODS.**—Silk goods should not be folded in white paper, as the chloride of lime used in bleaching the paper will impair the color of the silk. Brown or blue paper is better, yellow India paper is better still. Silk intended for dress should not be kept in the house long, as lying in folds causes it to crack or split. White satin dresses should be pinned up in blue paper, with coarse brown paper on the outside, sewed together at the edges.

**TO DRY CLEAN WHITE KID.**—Belts, shoes, gloves, etc., of white kid may be cleaned in the following manner: Mix together equal quantities of finely powdered alum and pipe clay or fullers' earth. Dip a piece of flannel in the dry powder and rub the soiled kid with it. When thoroughly cleaned brush with a piece of clean flannel, and then rub the kid with bran to remove all the earth and alum. Wipe with a soft, clean cloth.

Scorch marks in linen may be removed with lemon juice and salt rubbed gently on the place and set in the sun.

**TO LAUNDER BROWN LINEN.**—Wash the linen carefully in warm soapsuds, rinse through several cool waters, starch in the ordinary brown rice flour starch, hang out in the sun to dry. Fold carefully, making it very damp; roll firmly. In ironing, iron on the right side with a rather heavy and not too hot an iron; this will produce the desired gloss.

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"Sodio" brand of Soda is pure and sure.

**SCALLOPED KORNLET.**—One can Kornlet, two tablespoons butter, two-thirds cup milk, one teaspoon salt, two cups bread crumbs, one-fourth teaspoon pepper. Mix Kornlet and milk, season with salt and pepper, and put into a baking dish. Cut one tablespoon butter into small pieces, and place it in the dish. The remaining butter is to be melted, and the crumbs added to it for the top. Brown in a hot oven twenty or thirty minutes.

**KORNLET PUDDING.**—One can Kornlet, add to this the yolks of three eggs, one tablespoon melted butter, one-half tablespoon sugar, a little salt; beat well, then stir in half pint milk, and lastly the whites of three eggs beaten light. Bake one hour covered; remove cover and brown. Serve hot.

**KORNLET OYSTERS.**—One can Kornlet, two tablespoons milk, two eggs, salt and pepper, flour enough for good batter. Put a tablespoon butter into a fry-pan and drop the mixture into the hot butter, a spoonful in a place; brown on both sides. Serve hot for breakfast, or as a side dish for dinner.

**KORNLET SOUP.**—One can Kornlet, heat to boiling point one quart of rich milk, add Kornlet, season with salt and pepper and a little butter, thicken with one tablespoon cornstarch wet in a little cold milk, let it come to boil. Beat one egg light, and mix gradually with the soup.

**KORNLET GEMS.**—One can Kornlet, one pint flour, one teaspoon salt, same of sugar, two large teaspoons baking powder, one pint milk; mix into a firm batter, fill well-greased gem pans two-thirds, and bake in a hot oven.

**KORNLET GRIDDLE CAKES.**—One can Kornlet, two eggs, one pint milk, one pint flour, one tablespoon butter, a little salt.

**KORNLET FRITTERS.**—One can Kornlet, two eggs, one cup milk, flour for thin batter, a pinch of soda, salt, one tablespoonful melted butter; mix and fry in hot lard.

**BAKED KORNLET.**—One can Kornlet, one cup milk, small piece butter; salt and bake in pudding dish one hour.

**KORNLET PABULEM.**—To one can Kornlet add three well beaten eggs, two tablespoons milk, one tablespoon melted butter, one teaspoon salt, and one-third cup flour, mixed and sifted with one teaspoon baking powder. Drop by spoonfuls and fry in deep fat.

**KORNLET SAUCE** (to serve with meats).—To one-half small head cabbage, two green peppers, and one red pepper, all finely chopped, add one can Kornlet, one cup sugar, three cups vinegar, three tablespoons mustard, one tablespoon celery seed, and salt to taste. Bring to boiling point, and let simmer twenty minutes.

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