

RECIPES

FOR INSTRUCTION IN
DOMESTIC SCIENCE



DETROIT PUBLIC SCHOOLS



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FOR INSTRUCTION IN
DOMESTIC SCIENCE



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DETROIT PUBLIC SCHOOLS

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TABLE OF CONTENTS

Preface	-	-	-	-	-	-	-	4
Introduction	-	-	-	-	-	-	-	5
Rules for Measuring	-	-	-	-	-	-	-	7
Beverages	-	-	-	-	-	-	-	13
Carbohydrates	-	-	-	-	-	-	-	16
Vegetables	-	-	-	-	-	-	-	18
Sauces	-	-	-	-	-	-	-	27
Cereals	-	-	-	-	-	-	-	30
Fruits	-	-	-	-	-	-	-	35
Preserving	-	-	-	-	-	-	-	37
Making Jelly	-	-	-	-	-	-	-	39
Candy	-	-	-	-	-	-	-	41
Proteins	-	-	-	-	-	-	-	46
Milk	-	-	-	-	-	-	-	46
Cheese	-	-	-	-	-	-	-	49
Eggs	-	-	-	-	-	-	-	51
Combinations of Milk and Eggs	-	-	-	-	-	-	-	55
Meat	-	-	-	-	-	-	-	57
Fish	-	-	-	-	-	-	-	63
Gelatine	-	-	-	-	-	-	-	67
Fats and Oils	-	-	-	-	-	-	-	71
Frying	-	-	-	-	-	-	-	72
Pastry	-	-	-	-	-	-	-	75
Salads	-	-	-	-	-	-	-	77
Sandwiches	-	-	-	-	-	-	-	80
Flour Mixtures	-	-	-	-	-	-	-	82
Batters	-	-	-	-	-	-	-	87
Cakes	-	-	-	-	-	-	-	90
Frostings	-	-	-	-	-	-	-	93
Doughs	-	-	-	-	-	-	-	94
Bread	-	-	-	-	-	-	-	97
Deserts	-	-	-	-	-	-	-	102
Freezing	-	-	-	-	-	-	-	106
Invalid Cooking	-	-	-	-	-	-	-	107
Table Service	-	-	-	-	-	-	-	110

"Good cookery means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and sweet in fields and graves, and savory in meats. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. It means the economy of your great grandmothers and the science of modern chemists. It means much tasting and no wasting. It means English thoroughness, French art, and Arabian hospitality. It means, in fine, that you are to be perfectly and always ladies (loaf-givers).

—RUSKIN.

INTRODUCTION

Definition of Domestic Science.

Domestic Science is a systematic knowledge of things pertaining to the house. It treats of the house and its industries in their relation to the welfare of the household.

Definition of Food.

Food is anything which, when taken into the body, builds and repairs tissue and gives heat and strength.

Reasons for Cooking Foods.

1. To kill germs.
2. To develop flavor.
3. To make more attractive.
4. To make more digestible.

METHODS OF COOKING

- | | |
|---|---------------------------------------|
| 1. Broiling: Cooking over a glowing fire. | } Direct application of heat. |
| 2. Roasting: Cooking before a glowing fire. | |
| 3. Baking: Cooking in an oven. | } Application by means of heated air. |
| 4. Boiling: Cooking in boiling water. | |
| 5. Stewing: Cooking for a long time in water below the boiling point. | } Heat applied by means of water. |

- .6. Steaming: $\left\{ \begin{array}{l} \text{a. Moist: Cooking in a} \\ \text{steamer.} \end{array} \right\} \text{By contact with steam.}$
- $\left\{ \begin{array}{l} \text{b. Dry: Cooking in a} \\ \text{double boiler.} \end{array} \right\} \text{By the heat of steam surrounding vessel.}$
7. Frying: Cooking in hot fat, deep enough to cover article to be cooked. $\left. \vphantom{\begin{array}{l} \text{Cooking in hot fat, deep} \\ \text{enough to cover article} \\ \text{to be cooked.} \end{array}} \right\} \text{Heat applied by means of heated fat.}$
8. Sautéing: Cooking in a small quantity of hot fat. $\left. \vphantom{\begin{array}{l} \text{Cooking in a small quan-} \\ \text{tity of hot fat.} \end{array}} \right\}$
9. Pan-boiling: $\left\{ \begin{array}{l} \text{Cooking in a frying-} \\ \text{pan or on a griddle} \end{array} \right\} \text{Heat applied by means of heated metal.}$
 Pan-baking: $\left\{ \begin{array}{l} \text{with little or no fat.} \end{array} \right\}$
10. Braising: A combination of stewing and baking.
11. Fricasseeing: A combination of frying and stewing.

RULES FOR MEASURING

Accurate measurements are necessary to success in cooking.
All measurements are level.

I. Dry Ingredients

Flour, meal, powdered sugar and confectioner's sugar should be sifted before measuring. Baking powder should be stirred to lighten before measuring; lumps in salt should be broken.

All measurements are level. Put dry material into cup with scoop or spoon. To measure a tablespoonful of dry material take a rounding spoonful and level it off with the broad edge of a caseknife. For a half spoonful, divide a level spoonful lengthwise through the center.

A cupful is one even full with the top. Do not shake dry materials when measuring them.

II. Liquid Ingredients

A cupful or spoonful of liquid is all the cup or spoon will hold and cannot be carried.

III. To Measure Butter or Any Solid Fat

To measure any solid fat, pack firmly into cup or spoon and level with a knife.

Table of Measures and Weights

2c		equal	1 pint
3	teaspoons.....	"	1 tablespoon
/ 6	tablespoons, dry ingredients...	"	1 cup
2	" butter	"	1 ounce
4	" flour	"	1 "
2	cups butter.....	"	1 pound
4	" pastry flour.....	"	1 "
2	" granulated sugar.....	"	1 "
2 $\frac{3}{4}$	" powdered sugar.....	"	1 "
3 $\frac{1}{2}$	" confectioner's sugar.....	"	1 "
2 $\frac{3}{4}$	" oatmeal	"	1 "
4 $\frac{3}{4}$	" rolled oats.....	"	1 "
2 $\frac{3}{4}$	" corn meal.....	"	1 "
4 $\frac{1}{3}$	" rye meal.....	"	1 "
1 $\frac{7}{8}$	" rice	"	1 "
4 $\frac{1}{2}$	" graham flour.....	"	1 "
3 $\frac{7}{8}$	" entire wheat flour.....	"	1 "
4 $\frac{1}{3}$	" coffee	"	1 "
2	" finely chopped meat.....	"	1 "
9	large eggs.....	"	1 "
1	well-beaten egg.....	"	4 tablespoon

Table of Abbreviations

c.	— cup.
tb.	— tablespoon.
t.	— teaspoon.
pt.	— pint.
qt.	— quart.
oz.	— ounce.
lb.	— pound.

HOW TO COMBINE INGREDIENTS

Next to measuring comes care in combining. Three ways are considered: (1) stirring; (2) beating; and (3) cutting and folding.

To stir, mix by using circular motion, widening the circles until all is blended. Stirring is the motion ordinarily employed in all cookery, alone or in combination with beating.

To beat, turn ingredient or ingredients over and over, continually bringing the under part to the surface, thus allowing the utensil used for beating to be constantly brought in contact with the bottom of the dish and throughout the mixture.

To cut and fold, introduce one ingredient into another ingredient or mixture by two motions; with a spoon, a repeated vertical downward motion, known as **cutting**; and a turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, is called **folding**. These two motions are alternated until ingredients are thoroughly mixed.

By **stirring**, ingredients are mixed; by **beating**, a large amount of air is inclosed; by **cutting and folding**, air already enclosed is prevented from escaping.

PERSONAL CLEANLINESS

1. When cooking, or doing other housework, wear a washable gown short enough to clear the floor by at least two inches.
2. When in the kitchen, pin or tie your hair back so that no hairs may fall into the food. When sweeping, cover it with a cap or kerchief to protect it from dust.
3. Wear no rings or bracelets in the kitchen.
4. Before touching or preparing any food, wash your hands thoroughly with soap and water, scrub the nails with a nail brush and clean them with a wooden toothpick.
5. Keep a damp towel at hand on which to wipe your fingers if they become soiled or sticky. Always wipe them after touching your hair or pocket handkerchief, or after handling anything not quite clean. Never wipe them on your apron, your handkerchief, or on a dish towel.
6. Never dry dishes with a hand towel.
7. The best way to taste of what you are cooking is to take a little of the food up with the mixing spoon, put it in a teaspoon, and taste from the teaspoon.

DISH WASHING.

Soaking Dishes.—Dishes which have had starch, milk or eggs in them should be soaked in cold water. Dishes which have had syrup or fat in them should be soaked in hot water.

1. Collect all dishes, scraping and rinsing them well. Pile like dishes together near the dishpan.
2. Wipe the table to have a place to put clean dishes.
3. Greasy pans and knives should be wiped with paper before they are put into the dishpan.
4. Wooden handles should not be soaked.
5. Do not put the cogs or handle of Dover egg beaters in water.
6. Fill dishpan two-thirds full of hot soapy water.
7. Do not leave soap in the water.

Order of Dish Washing.

- | | |
|---------------------|------------------------------|
| a Glassware. | d Remaining China. |
| b Silver. | e Tins and Cooking Utensils. |
| c Cups and Saucers. | |

Scour knives and pans with Sapolio.

8. Table should be scrubbed with clean warm water and soap or powder, and rinsed and dried thoroughly.

9. Towels should be washed in clean water and soap. Rinse in clear water.

10. Wash and dry dishpans.

CARE OF SINK.

Neglect of the sink causes bad odors, attracts water-bugs and roaches, and very often causes disease.

Keep free from scraps.

Scrub with a brush and any good powder.

Rinse thoroughly with plenty of hot water. Thoroughly scald sink, drain once a week with a solution of sal soda and hot water, and wash it down with plenty of hot water.

Polish brass faucets with vinegar and salt.

SWEEPING AND DUSTING.

Cover all food before sweeping.

Sweep with short, firm strokes, holding the broom close to the floor, raising as little dust as possible.

Dust woodwork, furniture, movable articles with soft cotton cloth. When finished, wash cloth and hang to dry.

CARE OF GAS RANGE.

If anything is spilled on stove, wipe off immediately with paper.

Clean stove with a little kerosene on a cloth. Clean zinc under burners with soap and water and wipe dry.

FOOD PRINCIPLES

Class I

Inorganic— { Water.
Salt and other minerals.

Class II

Organic— { Protein { Albumen found in eggs.
(Muscle-building, strength-giving) { Casein found in milk, cheese.
Fibrin found in meat.
Gelatine found in lean meat, bones, fish.
Gluten found in wheat.

{ Carbohydrates { Starch found in fruits, vegetables
(Heat-producing) { and cereals.
Sugar.

{ Fats and Oils
(Heat-producing)

BEVERAGES

A beverage is any drink. Water is the beverage provided by Nature for man. Water is an essential to life. All beverages contain a large percentage of water, and their uses to the body are:

1. To quench thirst.
2. To introduce water into the circulation.
3. To assist in carrying off waste.
4. To nourish.

BEVERAGES.

Boiled Coffee.

$\frac{3}{4}$ c. coffee.

1 c. cold water.

1 egg.

6 c. boiling water.

Scald a granite-ware coffee pot. Wash egg, break and beat slightly with a spoon. Add one-half of the cold water, the crushed shell and coffee. Mix well, and put into coffee pot. Pour on the boiling water and stir thoroughly. Boil from three to five minutes. Pour the remainder of the cold water down the spout and stuff spout with paper to prevent aroma from escaping. Place coffee pot on the stove, where it will keep warm, but not boil. Let stand ten minutes that grounds may thoroughly settle. Serve with sugar and cream, or scalded milk. The egg may be omitted in above recipe, putting dry coffee in scalded coffee pot and adding $6\frac{1}{2}$ c. boiling water. Boil three to five minutes. Place coffee pot on stove where it will not boil, and pour $\frac{1}{2}$ c. cold water down spout. Let stand ten minutes to settle.

Filtered Coffee.

1 c. coffee (very finely ground). 6c. boiling water.

Put coffee into the filter of a scalded coffee pot. Pour on the water, gradually, and cover coffee pot between additions of

water. When the last of the water has dripped through the filter, the coffee is ready to serve. Filtered coffee should never be boiled.

Because of the stimulant in coffee called caffeine, much use of it leads to nervousness, sleeplessness and palpitation of the heart. A similar stimulant called theine is found in tea. Both contain tannin, a bitter substance used in tanning leather. In the body it interferes with digestion, and tends, if taken in large quantities, to toughen the lining of the stomach.

Tea.

2 t. tea.

2 c. boiling water.

Scald a granite or earthenware tea pot. Put in tea, and add boiling water. Place on stove, where it will not boil, and let stand five minutes. Serve at once.

Russian Tea.

Follow recipe for making tea. Serve hot or cold, with a thin slice of lemon, from which seeds have been removed, or a small amount of lemon juice and sugar, in each cup. A candied cherry is sometimes used as a garnish in each cup. Milk or cream should never be served with Russian tea.

Iced Tea.

4 t. tea.

2 c. boiling water.

Follow recipe for making tea. Strain into glasses one-third filled with finely cracked ice. Sweeten to taste.

General Rules.

1. Keep the tea and coffee in closely covered jars. It is better to buy coffee unground.
2. Do not use tin tea or coffee pots.
3. Scald tea and coffee pots before using.
4. Use freshly boiled water in making tea and coffee.

Boiling tea or letting tea or coffee stand longer than five minutes on the leaves or grounds will extract the tannin.

Cocoa.

3 tb. cocoa.	2 c. boiling water.
3 tb. sugar.	2 c. milk (scalded).

Few grains salt.

Mix dry ingredients together in a saucepan. Add boiling water slowly, mixing thoroughly. Boil five minutes, then stir into the scalded milk and cook in the double boiler from twenty minutes to one-half hour. Beat thoroughly with a Dover Egg beater for two minutes and serve.

Chocolate.

1½ squares Baker's chocolate.	4 tb. sugar.
Few grains salt.	3 c. scalded milk.
	1 c. boiling water.

Grate chocolate, add sugar and salt, and mix well; pour the water on gradually and boil one minute. Add mixture to milk and beat with Dover egg beater two minutes.

FRUIT BEVERAGES.

Lemonade (One Glass).

Mix the juice of half a lemon and two or three teaspoonfuls of sugar (sugar-syrup is better if at hand); mix until the sugar is dissolved, then fill with cold water and shaved ice.

Lemonade.

1 c. sugar.	1-3 c. lemon juice.
	1 pt. water.

Make syrup by boiling sugar and water twelve minutes; add fruit juice, cool, and dilute with ice water to suit individual tastes. Lemon syrup may be bottled and kept on hand to use as needed.

Pineapple Lemonade.

1 pt. water.	1 qt. ice water.
1 c. sugar.	1 can grated pineapple.
	Juice 3 lemons.

Make syrup by boiling water and sugar ten minutes; add pineapple and lemon juice, cool, strain, and add ice water.

CARBOHYDRATES

Vegetables.

"The secret of the cooking of vegetables is the judicious production of flavor."—E. H. Richards.

We eat as vegetables the fruits or seeds vessels of some plants; of others the root, the leaves or some other part. Vegetables, like fruits, contain salt important to health. There are two classes of vegetables—those growing under ground, such as potatoes, carrots and parsnips, and those growing above ground, or green vegetables, such as lettuce and spinach.

Vegetables are economical food when used in season, and are a very necessary part of the diet. In cooking those rich in mineral, such as spinach, peas, oyster plant, a small amount of water should be used, so that the minerals may not be lost by dissolving in the water.

The woody part of vegetables is called cellulose. This is not digestible but is important and is suitable to combine with such concentrated foods as eggs and milk. If possible, at least two vegetables should be found in every dinner, and vegetables should form a large part of our diet in spring and summer.

Rules for Cooking Vegetables.

1. Use vegetables which are in season, and select medium sized or rather small vegetables.
2. Wash thoroughly in cold water, and if wilted allow to soak until freshened.
3. Green, above ground, vegetables should be cooked in boiling salted water, covered.
4. Underground vegetables, cook in boiling salted water, uncovered.
5. Strongly flavored vegetables, such as cabbage and onions, should be cooked uncovered. Change the water over onions every ten or fifteen minutes while cooking.

6. Vegetables should be cooked only until tender and served plain, with salt, pepper, butter or milk, or creamed with a white sauce.

7. Use the cooking water if palatable in sauces, soup-stock, cream of vegetable soup, etc.

8. The time required to cook any given vegetable depends upon its size, age and freshness. Dried or wilted vegetables cook more quickly if first soaked in cold water.

How to Buy.

1. Root vegetables should be uniform in size, sound, the skins firm.

2. Head vegetables should be solid with but few waste leaves on the outside.

3. Vegetables with hard rinds should be sound and firm.

4. Asparagus should be even in size, the stalks not bitten by insects.

5. Cauliflower should be firm and white, free from blemishes, fine in texture.

6. Peas should have crisp pods well filled but not too full.

7. String beans should be crisp and snap easily.

All leaf vegetables should be crisp, not wilted.

Summer vegetables should be cooked as soon after gathering as possible. Wilted vegetables may be freshened by allowing to stand in cold water.

In using canned goods, empty the contents of the can as soon as opened, otherwise the acid in the vegetables may act upon the tin and form poisonous compounds.

Vegetables should be washed in cold water and the larger varieties scrubbed with a small brush kept for this purpose.

The parts of vegetables used for foods are seeds, roots, leaves, stalks, fruit shoots, tubers, bulbs, flowers.

Seeds: Peas, beans, corn.

Roots: Carrots, parsnips, beets, turnips.

Leaves: Spinach, lettuce, cabbage.

Stalks: Celery, rhubarb.

Fruits: Tomatoes, eggplant, pumpkin, cucumber.

Shoots: Asparagus.

Tubers: Potatoes, sweet potatoes.

Bulbs: Onions.

Flowers: Cauliflowers.

Baked Potatoes

Select medium sized potatoes. Wash them, lay them in a shallow pan. Bake forty-five minutes in a hot oven, turning them occasionally, in order that they may cook evenly. Before serving, break skins slightly in order that the steam may escape.

Boiled Potatoes.

Put water to boil. Wash, pare 5 medium sized potatoes. Cook in boiling salted water twenty-five minutes or until soft. Do not let water boil rapidly, as the outside of potato will break before the center is cooked. Drain quickly. Shake over stove to let steam escape. Serve in an uncovered vegetable dish.

Mashed Potatoes.

6 boiled potatoes.	2 tb. butter.
$\frac{1}{2}$ c. hot milk.	$\frac{1}{2}$ t. salt.
	$\frac{1}{4}$ t. pepper.

Mashed potatoes in kettle in which they were cooked. Add seasoning and hot milk. Beat with a fork quickly until light and creamy. Turn lightly into a dish. Do not press down or smooth them over.

Potatoes on the Half Shell.

Cut baked potatoes in halves lengthwise. Remove centers carefully. Mash, season to taste with salt, pepper and butter. Moisten with hot milk. Pile potatoes back lightly in the shell. Put in oven to reheat, and brown slightly.

Mashed Potato Cake.

Shape cold mashed potatoes into small, round cakes. Put in a tin pan, brush with milk and bake until a golden brown, or roll in flour and sauté in a very hot fat.

Creamed Potatoes.

Reheat two cups cold boiled potatoes, cut in neat pieces, with $\frac{1}{4}$ c. White Sauce.

Potatoes Au gratin.

Put creamed potatoes in a buttered baking dish, cover with buttered crumbs, and bake on top grate of oven until crumbs are browned. If desired, add $\frac{3}{4}$ c. grated cheese to white sauce in which potatoes are creamed.

To Butter Crumbs.

Allow 1 tb. of butter for each cup of crumbs. Melt butter and stir crumbs into it lightly with a fork.

Stewed Potatoes.

1 pt. cold boiled potatoes.	$\frac{1}{2}$ t. salt.
$\frac{1}{2}$ c. milk.	Pepper.
2 tb. butter.	1 t. minced parsley.

Cut the potatoes in cubes; heat the milk, add the potatoes, butter and seasoning, and cook slowly until the milk is almost absorbed. Add parsley and serve hot.

Browned Potatoes.

Pare the potatoes and parboil ten minutes; drain and put on the rack in a pan in which meat is roasting. Baste when the meat is basted.

Raw Scalloped Potatoes.

Butter a baking dish. Slice raw potatoes, put in the baking dish, dotting between the layers with butter and sprinkling with salt, pepper and minced parsley. A few drops of onion juice may be added. Add milk to level of potatoes and bake in a moderate oven until tender, about $1\frac{1}{4}$ hours.

Lyonnaise Potatoes.

2 tb. butter or drippings melted in pan; 1 small onion sliced thin, browned in butter; four cold boiled potatoes cut in one-fourth inch slices sprinkled with salt and pepper. Stir until heated. Let stand until potatoes are browned underneath, turn and brown on other side. Sprinkle with 1 t. finely chopped parsley.

To Chop Parsley.

Remove leaves from stems of parsley. Dry on a towel. Gather closely between thumb and finger and cut through and through with a knife, holding point of knife on the board, and with a circular motion cut parsley fine.

To Mince Onion.

Remove covering from onion about one-half way down. Score across top about $\frac{1}{8}$ inch apart, score again in opposite direction, then slice across the onion.

Boiled Onions.

Put onions in cold water; remove skins while under water. Drain, boil five minutes in boiling salted water; drain, add fresh boiling water. Cook one hour or until soft. Drain, add small quantity of milk, butter, pepper, salt to season.

Scalloped Onions.

Cut boiled onions in quarters. Put in baking dish. Mix with one cup white sauce. Cover top with buttered crumbs. Put in oven to reheat and brown crumbs.

Mashed Turnips.

Wash, remove thick paring from turnips. Cut in slices or quarters. Cook in boiling salted water until soft, drain, mash, season with salt, pepper and butter.

Boiled Cabbage.

Have ready a saucepan two-thirds full of boiling salted water. Separate leaves of cabbage and put them into the boiling water one at a time, letting the water come to a boil between the addition of leaves. Cook until tender, drain, and season as you wish.

Scalloped Cabbage.

Chop a medium sized boiled cabbage in small pieces. Put it into a baking dish, mix with one cup white sauce. Over top sprinkle lightly one-half cup buttered crumbs. Put in oven to reheat and brown crumbs.

Cauliflower with Cream Sauce.

Soak cauliflower, blossom end down, in cold salt water. Break apart and cut off the leaves and hard stalk. Put into a large quantity of boiling salted water and cook twenty minutes or till tender. Drain, and cover with white sauce, using 1 pt. sauce.

Cold cooked cauliflower may be scalloped, adding a little cheese to the sauce.

Creamed Carrots.

Wash and scarpe six medium sized carrots. Cut in one-fourth inch cubes, one-fourth inch slices or fine strips. Cook in boiling salted water twenty-five minutes or until tender, drain. Mix with one cup white sauce. Vegetable oysters, turnips and parsnips may be used in the same way.

Creamed Peas.

Drain, rinse 1 can of peas. Cook five minutes in boiling water or until soft. Drain. Mix carefully with 1 c. hot White Sauce.

Succotash.

1 pt. lima or kidney beans.	1 c. milk or cream.
1pt. corn cut from cob.	2 tb. butter.

Salt and pepper to taste.

Cook beans in boiling water twenty-five minutes, add $\frac{1}{8}$ t. soda, boil one minute and drain. Add corn, milk, and cook five minutes, add salt and cook three minutes longer. This may also be made from canned corn and beans.

Beets in Sour Sauce.

1 pt. sliced, cooked beets.	1 tb. corn starch.
1 c. vinegar—not too strong.	1½ tb. butter.
2 tb. sugar.	¼ t. salt.

Pepper.

Boil vinegar and sugar two minutes. Wet corn starch in a little cold water and add slowly to boiling vinegar. Cook fifteen minutes, add butter and seasoning. Add beets and cook until heated through. Serve hot.

Glazed Sweet Potatoes.

6 medium sized potatoes.	4 tb. water.
½ c. sugar.	1 tb. butter.

Wash and pare potatoes, and cook in boiling salted water for ten minutes. Drain, cut in halves lengthwise, and place in buttered pan. Make a syrup by boiling the sugar and water for ten minutes, then add butter. Brush potatoes with syrup and bake fifteen minutes, basting twice with the syrup.

Green Corn Fritters.

1 c. corn pulp.	¼ c. flour.
1 egg.	1 t. butter.
½ t. salt.	⅛ t. pepper.

Remove husks and silky fibres from corn. Hold corn cobs on a board ends downwards, and with sharp knife cut through kernels. Press out the pulp with the back of the knife, being careful not to work so closely as to remove hulls. Mix corn, well-beaten egg and dry ingredients together, and lastly add butter which has been melted and slightly cooled. Beat batter well, and drop by spoonfuls on a well-greased griddle. When air bubbles are seen and fritters have a dry appearance on surface, turn them and cook on the other side until brown.

To Butter Crumbs.

Allow two tablespoons melted butter to each cup of crumbs. Stir with a fork lightly to coat the crumbs evenly.

String Beans.

String and cut beans into one-inch pieces crosswise. Wash. Cook in boiling salted water until tender—from twenty-five minutes to one hour. Drain, season with salt and pepper and butter or mix with 1. c. of white sauce.

Asparagus.

Wash the asparagus, remove scales and break into inch pieces as far down on the stalk as it will break easily. If it does not snap off quickly, the stalk is too tough to be used. Cook in boiling salted water for fifteen minutes or until tender. The tips of the asparagus should not be added until after the stalks have cooked ten minutes. Drain, spread with butter, season with salt and pepper or mix lightly with a white sauce and serve on toast. 1. c. sauce is generally allowed to one bunch of asparagus.

Asparagus in Shells.

Remove centers from small rolls and fry shells in deep fat. Drain, and fill with asparagus in white sauce.

Stewed Tomatoes.

Wipe tomatoes, put in a bowl and pour boiling water over them to loosen skins. Peel, remove green, hard stems and slice them into granite saucepan. Cook from fifteen to twenty minutes, removing yellow scum that appears on surface. Add to four medium-sized tomatoes, 1 tb. butter, 1 t. salt, $\frac{1}{8}$ t. pepper and if the tomatoes are very acid 1 tb. sugar, if liked. $\frac{3}{4}$ c. of fine bread crumbs may be added just before taking from stove. Tomatoes should never be cooked in a tin or iron utensil, as by so doing, they acquire a metallic flavor.

Scalloped Tomatoes.

1 can tomatoes.	$\frac{1}{4}$ c. sugar.
1 t. salt.	$\frac{1}{8}$ t. pepper.
1½ c. buttered crumbs.	

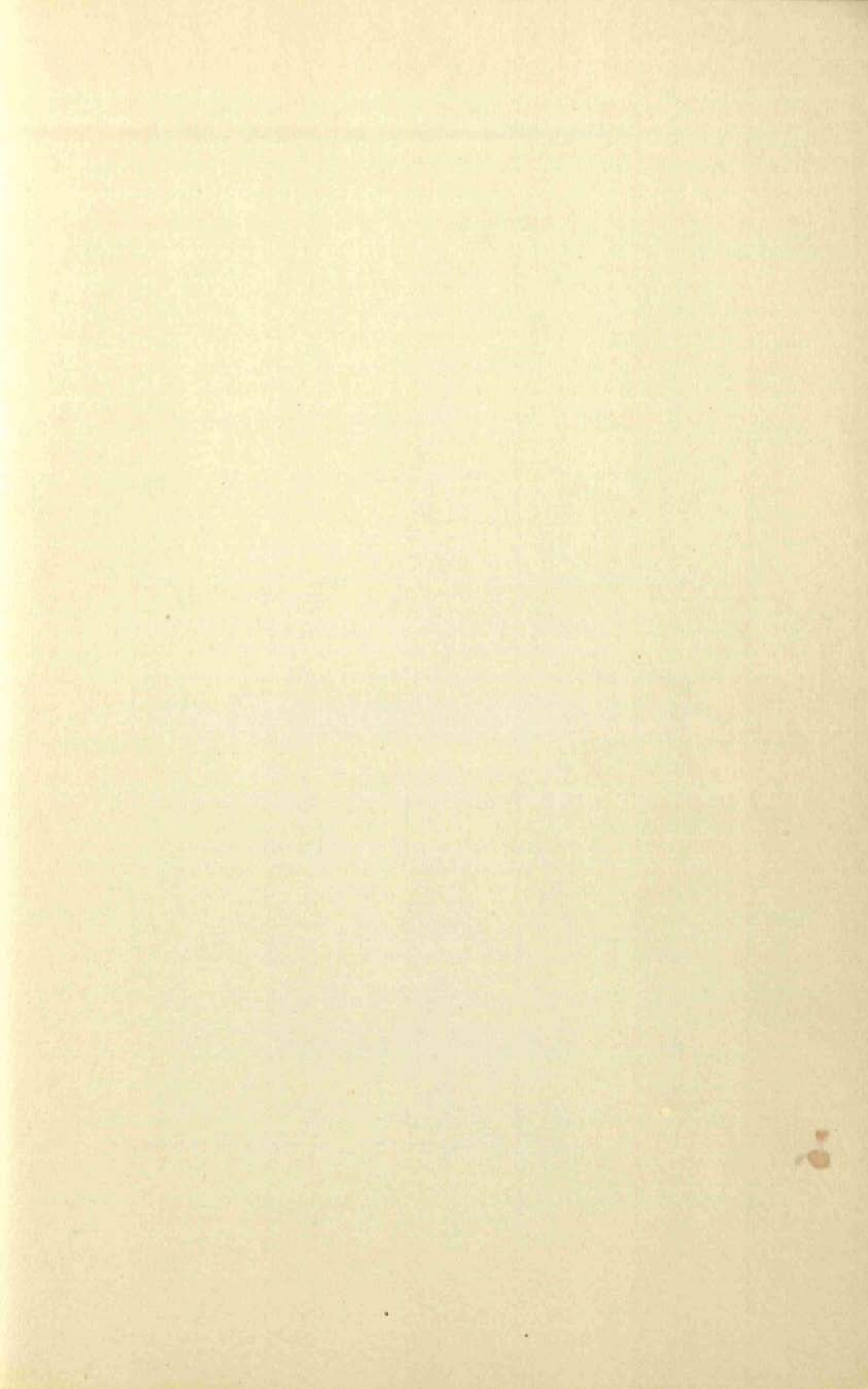
Butter a granite or porcelain-lined baking dish. Sprinkle with $\frac{1}{2}$ c. of crumbs. Stir tomatoes, salt, sugar and pepper together and pour them into dish. Cover with remaining crumbs and place in hot oven on top grate to heat mixture through and brown crumbs.

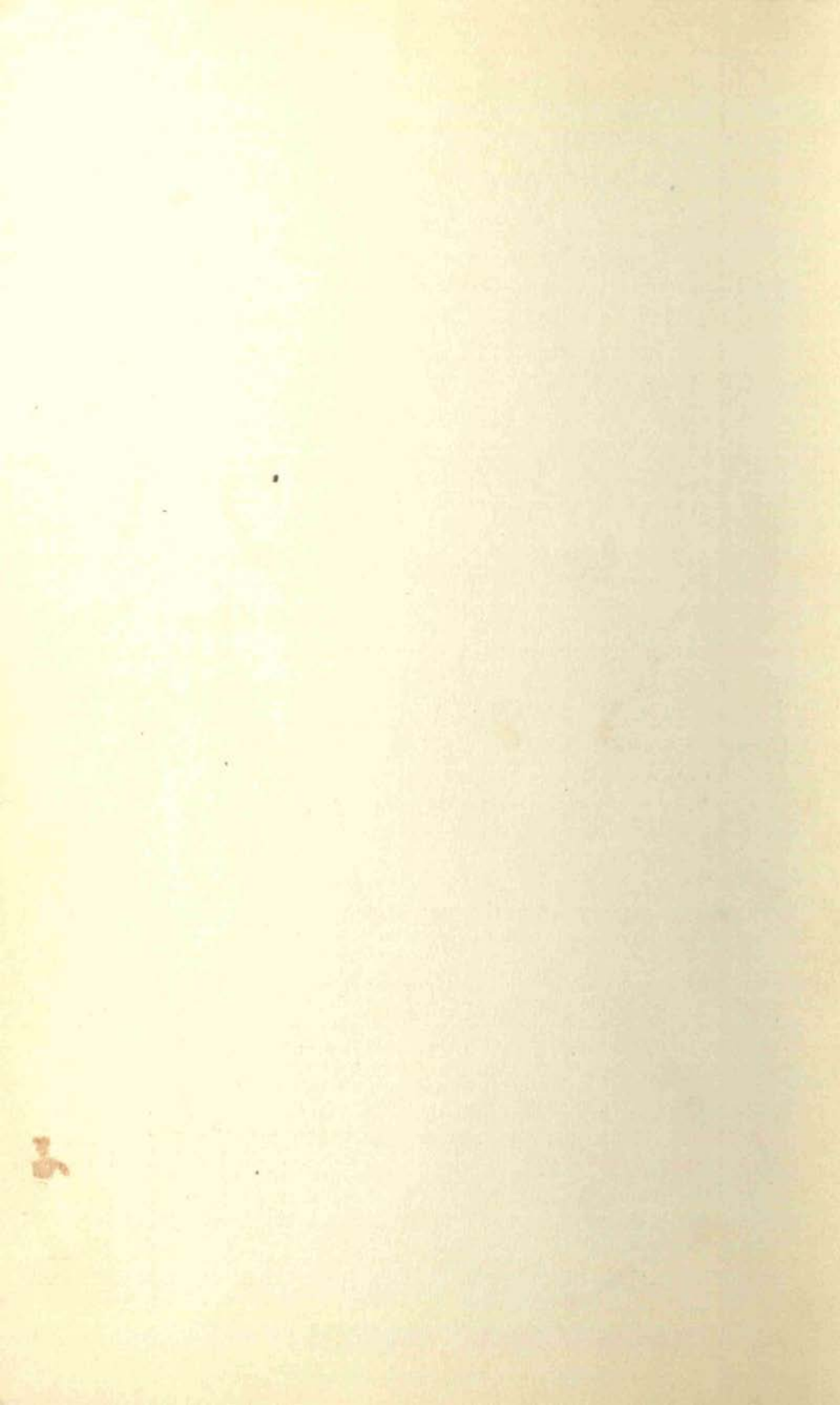
Creamed Spinach.

Pick over carefully one-half peck of spinach. Remove wilted leaves and trim off roots. Wash thoroughly, lifting spinach from one pan of water into another, that sand may be left in the water. Wash until water is clear. Put spinach in a large saucepan, and if it is fresh and tender do not add any water, but cook it in its own juice about twenty-five minutes, or until tender. If the spinach is old, cook it in two quarts of boiling salted water, uncovered, that it may retain its green color better. Drain off water and chop very fine. Melt 3 tb. butter in a frying pan, add spinach and cook three minutes. Mix with white sauce. Pour on slices of toast, garnish with slices of hard-boiled eggs and toast points.

Creamed Peas in Turnip Cups.

Wash, pare six medium-sized purple top turnips. Remove slice from both ends, scoop out center with teaspoon, forming a hollow cup. Cook twenty minutes in boiling salted water until tender. Drain. Fill with creamed peas. Serve hot.





SAUCES

White Sauce. I.

2 tb. butter. 1 c. milk.
2 tb. flour. $\frac{1}{4}$ t. salt.
Few grains pepper.

Melt butter, add flour and seasoning. Mix smoothly, add milk slowly, stirring until smooth and glossy. Cook five minutes.

White Sauce. II.

1 c. milk. 1 tb. flour.
 $\frac{1}{4}$ t. salt. 1 tb. butter.

Rub butter and flour together until creamy. Scald milk and add gradually to butter and flour. Return to double boiler, add seasoning and cook five minutes.

Tomato Sauce.

2 c. strained tomatoes. 1 t. salt.
4 tb. butter. $\frac{1}{8}$ t. pepper.
4 tb. flour. 1 t. onion juice.

Prepare the same as white sauce.

Brown Gravy.

Pour off all the fat from the dripping-pan in which beef has been roasted, with the exception of 3 tb. Add 3 tb. flour and stir till brown. Add gradually $1\frac{1}{2}$ c. hot water. Cook five minutes, or till thick and smooth. Season with salt and pepper. Strain if necessary.

Drawn Butter Sauce.

1½ c. hot water. ⅛ t. pepper.
½ t. salt. 3 tb. flour.
⅓ c. butter.

Melt one-half the butter. Mix flour and seasonings, add to butter, mix thoroughly, then add hot water gradually. Boil five minutes and add remaining butter cut in small pieces.

Egg Sauce.

Add two hard-boiled eggs cut in one-fourth inch slices to drawn butter sauce.

Parsley Butter.

2 tb. finely chopped parsley. ½ t. salt.
¼ c. butter. ⅛ t. pepper.
2 tb. lemon juice.

Cream butter, add salt, pepper, parsley and then lemon juice very slowly.

Hard Sauce.

2 tb. butter. ½ c. powdered sugar.
½ t. flavoring.

Cream the butter, add sugar and flavoring. Beat till very light and put on ice till hard. Light brown sugar may be used instead of powdered sugar.

Lemon Sauce.

2 c. boiling water. Grated rind and juice of 1
1 c. sugar. lemon.
2 tb. corn starch. 2 tb. butter.

Mix corn starch and sugar, add boiling water, and boil until clear. Remove from fire and add flavoring and butter.

Vanilla Sauce.

$\frac{1}{4}$ c. butter.	1 slightly rounding tb. of corn
$\frac{1}{2}$ c. sugar.	starch.
$\frac{1}{2}$ t. vanilla.	1 c. boiling water.

Cream butter, add sugar gradually, beat well, add a very little cold water to the corn starch, pour the boiling water over it, and stir over the fire until clear and bubbles. Pour this hot mixture over the butter and sugar just before serving. Flavor with vanilla.

Hot Chocolate Sauce.

$\frac{1}{2}$ c. sugar.	2 oz. Baker's chocolate.
$\frac{1}{2}$ c. water.	1 t. vanilla.

Boil sugar and water together five minutes, add chocolate, cook till smooth. Add vanilla. Serve with pudding or ice cream.

Sugar Syrup.

1 c. sugar.	$\frac{3}{4}$ c. water.
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Boil together slowly for ten minutes and serve with hot cakes. 1 tb. lemon juice may be added.

Caramel Sauce.

$\frac{1}{2}$ c. sugar.	$\frac{1}{2}$ c. boiling water.
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Melt sugar to a caramel, add water and boil 10 minutes.

CEREALS

Cereals are grains or grasses, the seeds of which are used for food.

Kinds of cereals—wheat, oats, Indian corn or maize, rye, barley, rice; from these are prepared the various breakfast foods.

Composition—Starch, cellulose, protein, mineral salts, fat and water.

Starch—Starch is a fine, white, glistening powder, insoluble in cold water, but partly soluble in hot water, with which it forms a jelly-like paste.

Principles of Cooking.

1. Softening of the fibre by long continued low temperature, with a supply of water present.
2. Complete opening of starch granules by the boiling temperature of water.

TABLE FOR COOKING CEREALS

KIND.	Teaspoons of Salt for 1 Cup Cereal.	Cupfuls of Water for 1 Cup Cereal.	Method of Cooking.	Time of Cooking in Hours.
Oatmeal, Rolled Oats, etc...	1	2	Steam	1 hour or more
Rice	3	8 or more	Boil	$\frac{1}{2}$ hour or more
Rice	1	3	Steam	1 hour
Indian meal	1	6	Boil	if soaked, 3 hours if not, 6 hours.
Hominy	1	4	Steam	if soaked, 3 hours if not, 6 hours.
Farina and other fine wheat productions	1	4	Steam	1 to 3 hours

RULES FOR COOKING CEREALS

Stir cereal slowly into boiling salted water; cook directly over the fire five minutes, then cook over boiling water twenty-five minutes.

Quaker Oats.

1 c. Quaker Oats.
¾ t. salt.

3 c. boiling water.

Cream of Wheat.

1 c. Cream of Wheat. 6 c. boiling water.
1½ t. salt.

Corn Meal Mush.

1 c. corn meal. 4 c. boiling water.
1 t. salt.

Cook corn meal in boiling salted water for three hours. Pour into greased baking powder cans. Cover. When cool remove from can, cut in thin slices, roll in crumbs, then in egg slightly beaten with 1 tb. cold water, and again in crumbs; sauté in hot, lightly greased pan. Serve with syrup.

Macaroni and Cheese.

Break macaroni in one-inch pieces. Put 2 c. macaroni in 2 qts. boiling water and boil until soft. Drain and rinse in cold water. Make 2 c. thin white sauce and add $\frac{3}{4}$ c. grated cheese. Stir until cheese is melted. Put macaroni into a buttered baking-dish and pour over it the sauce. Sprinkle with buttered crumbs and put into oven to reheat and brown crumbs.

Spaghetti and Tomato Sauce.

Boil spaghetti in salted water forty-five minutes or till very tender. Drain and reheat in tomato sauce.

If liked, sprinkle with grated cheese.

Or. cover spaghetti with tomato sauce, sprinkle with buttered crumbs and bake till brown.

Boiled Rice.

1 c. rice.

2 qts. boiling water.

1 tb. salt.

Put water and salt in saucepan to boil. Pick over rice, put in a strainer and let cold water run over it. Rub between the hands to remove dust, emptying water in bowl until it becomes clear, when rice is clean. Cook rapidly thirty minutes, or until a kernel may be easily crushed between thumb and finger, adding water as it boils away. Drain in a strainer, return to saucepan and shake on stove. Stir with a fork to prevent kernels from getting crushed.

Rice and Cheese.

2 c. boiled rice.

$\frac{1}{2}$ c. chopped cheese.

1 c. buttered crumbs.

1 tb. butter.

Few grains cayenne.

Milk.

Cover bottom of a buttered baking dish with rice. Sprinkle with a few grains cayenne and cheese; and dot with butter. Repeat and add milk to half the depth of dish. Cover with crumbs and bake to heat mixture and brown crumbs.

Rice and Tomatoes.

$\frac{1}{2}$ c. rice.

1 c. boiling water.

1 tb. butter.

2 c. hot stewed tomatoes.

1 t. salt.

$\frac{1}{8}$ t. pepper.

Pick over rice, place in a strainer over a bowl and wash well, rubbing between the hands. Use several waters for washing rice. Melt butter in a frying pan, add rice, drained from water, and cook until it becomes a light brown, stirring constantly. Put the boiling water in top of double boiler, add rice and steam until rice has absorbed water. Add tomatoes and seasoning and cook until rice is soft. Serve as a vegetable.

Steamed Rice.

1 c. rice.

2¾ c. to 3¾c boiling water

1 t. salt.

(according to age of rice).

Put salt and water in top of double boiler, place on range and add gradually the well-washed rice, stirring with a fork to prevent the kernels from adhering to the boiler. Boil five minutes, cover, place over under part of double boiler, and steam about forty-five minutes, or until the kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use one-half quantity of water given in recipe, and steam until rice has absorbed water; then add scalded milk for the remaining liquid.

FRUITS

The chief foodstuffs in fruits are carbohydrates and mineral matter.

Fresh fruits contain from 75% to 95% water; carbohydrates in the form of sugar are easily digested, but fruit is especially valuable for mineral matter.

Principles of Preparation.

1. Thorough cleansing in cold water.
2. Cleanliness, in avoiding use of fingers.
3. Making convenient for eating, sometimes by paring, cutting, or expressing the juices.

Apple Sauce.

Wipe, quarter, pare and core eight sour apples. Make a syrup by boiling $\frac{1}{2}$ c. sugar and 1 c. water for 7 minutes. Add enough apples to cover bottom of sauce pan; watch carefully during cooking and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over all.

Baked Apples.

Wipe and core eight sour apples. Place on granite baking dish. Fill cavities with $\frac{1}{2}$ c. sugar mixed with $\frac{1}{4}$ t. nutmeg or cinnamon. Cover bottom of dish with boiling water and bake in a hot oven until soft, basting with syrup in pan. Serve hot or cold with wheat or oatmeal.

Scalloped Apples.

$\frac{1}{4}$ c. sugar.
 $\frac{1}{4}$ t. cinnamon.
 $\frac{1}{4}$ lemon-rind grated.

3 c. sliced apples.
 $\frac{1}{4}$ c. butter.
1 c. soft bread crumbs.

Mix sugar, cinnamon and lemon rind. Melt butter and stir it into crumbs. Butter a baking dish, put in $\frac{1}{4}$ of crumbs, $\frac{1}{2}$ of apple, and sprinkle with $\frac{1}{2}$ sugar. Then put in another layer of crumbs, apple and sugar and remaining half of crumbs on top. If apples are not very tart add lemon juice to each layer. Add $\frac{1}{2}$ c. cold water. Bake slowly, covered at first. When apples are soft remove cover and brown crumbs. Serve with cream. Ripe berries may be used in place of apples sometimes.

Rhubarb Sauce.

Peel and cut rhubarb into inch pieces. Add 1 c. sugar for every pint of fruit and a very little water. Cook in a double boiler till soft. Do not stir it. The pieces of rhubarb should be unbroken. If covered with boiling water and allowed to stand 5 minutes, then drained, less sugar will be required.

Stewed Prunes.

Wash the prunes through several cold waters, cover them with fresh cold water, and soak over night. Next day, turn them with the water into a porcelain-lined kettle; sweeten to taste, and let them simmer very gently until tender. When done remove them carefully with a skimmer, and boil the syrup rapidly for 10 minutes. Then pour it over the prunes and stand away to cool. A slice of lemon may be added to the syrup while simmering, if liked.

Dried peaches may be stewed in the same way.

Baked Bananas.

6 bananas.

$\frac{1}{3}$ c. sugar.

2 tb. melted butter.

2 tb. lemon juice.

Remove the skins from bananas and cut in halves lengthwise. Place in a shallow granite pan and baste with the butter, sugar and lemon juice mixed together, using half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

PRESERVING

Under ordinary conditions foods can not be kept for any length of time in a good, wholesome condition. Bacteria will find their way to the food, and it will mould, decay and "spoil," for the spoiling of food is simply the result of its consumption by tiny living beings, called bacteria. In order to prevent this, we use various methods of preserving.

The methods generally used are cold storage, drying, salting, pickling, smoking, canning, by the use of oil and also by the use of antiseptics such as borax and salicylic acid.

Preserving in the ordinary sense means the cooking of fruits in a thick syrup made of equal or nearly equal weights of sugar and fruit, little or no water being used, according to the fruit.

By this method the water is drawn out and the sugar takes its place. Preserving includes the making of jellies, jams and marmalades.

Canning is preserving sterilized foods in sterilized, air-tight cans or jars. Meats, fish, vegetables and fruits are thus preserved. In canning, fruits are rendered sterile or free from germ life by boiling.

Sterilizing.—Put jars and covers into a dish pan, cover with cold water and bring to the boiling point. Always dip the spoon, strainer, rubbers, etc., into the boiling water before using.

To fill jars.—Remove jars from the boiling water, and stand them on a cloth wet in boiling water; fill the jar with fruit a little at a time, then fill the jars to overflowing with syrup. Before putting on the cover, with the handle of a silver spoon press down inside the edge of jar to allow confined air to escape, fill again, and seal at once. Always use new rubbers, old rubbers become porous, and let in air.

Canned Peaches.

Pare the peaches, dropping them into cold water to prevent discoloring. Make a syrup, allowing 1 c. of water to 1 c. of sugar. Boil it 15 minutes; put in peaches a few at a time and cook until soft.

Canned Pears.

Wipe and pare fruit. Cook whole with stems left on, or cut in halves and core. Follow directions for canning peaches. A small piece of ginger root or lemon rind may be cooked with syrup.

Tomatoes Canned for Stewing or Soup.

Wipe the tomatoes, cover with boiling water, and let stand until skins may be easily removed. Cut in pieces and boil fifteen or twenty minutes; skim often during cooking. Fill jars to overflowing and seal.

Sweet Pickled Peaches.

$\frac{1}{2}$ pk. peaches.	1 pt. vinegar.
1 oz. stick cinnamon.	2 lbs. brown sugar.

Cloves.

Boil sugar, vinegar and cinnamon twenty minutes. Peel the peaches and stick four cloves in each peach. Put them into the syrup and cook until easily pierced with a fork. Put in jars and fill jars with syrup.

METHOD OF MAKING JELLY

I. Jelly should be clear and sparkling and retain the flavor of the fresh fruit.

Use only perfect fruit and be sure it is not too ripe.

II. Except in case of currants and grapes, the fruit should be cut in small pieces and cooked with little or no water; use a wooden spoon to stir while cooking. Strain juice through a pointed bag; for first-grade jelly do not squeeze the bag.

Measure juice in glass cups and allow 1 lb. sugar to every pint of juice. Bring the juice slowly to the boiling point, using a granite pan. Meanwhile have the sugar in the oven to heat so the boiling can go on, and when the juice has boiled slightly add the heated sugar, boil slightly and skim carefully, being particular not to stir it; boil five minutes, then try on a cold plate; if a thin scum forms quickly, pour at once into sterilized jars. Fill glasses full as it shrinks in cooling.

III. Before using the jelly bag sterilize it by dipping it in boiling water.

IV. Methods of excluding air from jam or jellies. 1. Cover with paper, the underside of which has been coated with white of egg. 2. Cover with melted paraffine. Melt in saucepan and pour over the cold jelly to the depth of about $\frac{1}{8}$ inch.

Crab Apple Jelly.

Cut apples in quarters, without removing skins or cores. Cover with cold water and boil gently until soft. Proceed as in methods of making jellies.

Cranberry Jelly.

Cook 1 quart cranberries in 1 c. boiling water over a hot fire, about 5 minutes, or until the berries burst. With a wooden spoon press the pulp through a coarse sieve, add 1 pt. of sugar, and stir over the fire until the sugar is dissolved and the mixture begins to simmer, then skim, and pour into cup to cool.

Grape Jam.

Remove grapes from the stem, wash in cold water, squeeze pulp from skins, then boil the pulp until the seeds will separate easily; press through a sieve, add one-half the skins to the pulp and measure. Allow 1 c. sugar to 2 c. grapes. Boil gently for 15 minutes, or longer, if necessary. Jam should be quite thick. Pour into jars or glasses, cool and cover with prepared paper or melted paraffine.

CANDY

Sugar is a sweet crystalline substance and, like starch, is a carbohydrate.

It differs from starch in being soluble in cold water and in its sweet taste.

Sugar is obtained from sugar cane, sugar beets, sorghum, and sugar maple.

Sugar ranks high as an energy-giving food. It passes quickly into circulation, so it produces energy in a very short time. It forms part of the rations of the soldiers of this and other countries.

Sugar is a great preservative, hence its use in preserving fruits and milk.

Eaten at proper times, candy is a useful article of food. It should not be eaten to excess nor before meals. If too much is eaten at a time it is likely to ferment in the stomach.

In cooking sugar for candy use an agate or an iron pan, as it is less liable to burn than in tin.

Butter pans for candy before it is cooked.

Have ready some cold water in which to test the candy. Water should be changed for each test.

When the candy is poured into the pan, do not scrape the saucepan over it, nor allow any of the scrapings to fall into it.

Scraping or stirring the candy while cooling, after it has been poured into the pan will cause it to become sugary.

Acid substances, like vinegar or cream of tartar, added to the candy while cooking will prevent it graining.

Chocolate Fudge.

2 c. sugar.	1 scant c. milk.
2 sq. of Baker's chocolate.	½ t. vanilla.
1 tb. butter.	

Cook sugar, chocolate, milk and butter together until it forms a soft ball when tried in cold water. Remove from fire, beat until creamy and the sugar begins to harden around edge of pan. Pour into well-buttered mold when slightly cool, mark into squares.

Ice Cream Candy.

2 c. sugar.	1 tb. vinegar.
$\frac{1}{2}$ c. water.	$\frac{1}{8}$ t. cream of tartar.

Boil all together without stirring, until it will harden in cold water. Pour on a well greased plate to cool. As edges cool, fold towards center. When nearly cold pour $\frac{1}{4}$ t. vanilla over the top. Pull until white and glossy. Cut in pieces for serving.

Sea Foam.

2 c. granulated sugar.	$\frac{1}{2}$ c. water.
$\frac{1}{2}$ c. corn syrup.	1 c. nut meats.
2 egg whites.	

Cook sugar, water and syrup together until it will harden in cold water. Take from the fire, stir in the nut meats which have been broken in small pieces and add gradually, stirring constantly, to the beaten whites. Beat until of creamy consistency and turn into a buttered mould; cool and cut into squares.

Peanut Candy.

2 c. sugar	1 qt. peanuts.	$\frac{1}{4}$ t. salt.
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Shell, remove skins and finely chop peanuts. Sprinkle with the salt. Put sugar into a perfectly smooth pan, place on the stove and stir until sugar is melted, taking care to keep the sugar from the sides. Add the nut meat and pour at once into a buttered pan.

Pinoche.

2 c. light brown sugar.	4 tb. butter.
$\frac{1}{2}$ c. milk.	1 c. nut meats.
$\frac{1}{2}$ t. vanilla.	

Boil the first three ingredients until a soft ball can be formed in cold water. Remove from fire, cool, add nut meats and vanilla and beat until creamy. Pour into buttered pans. When cool cut into squares.

Cocoanut Cream Candy.

1½ c. sugar.

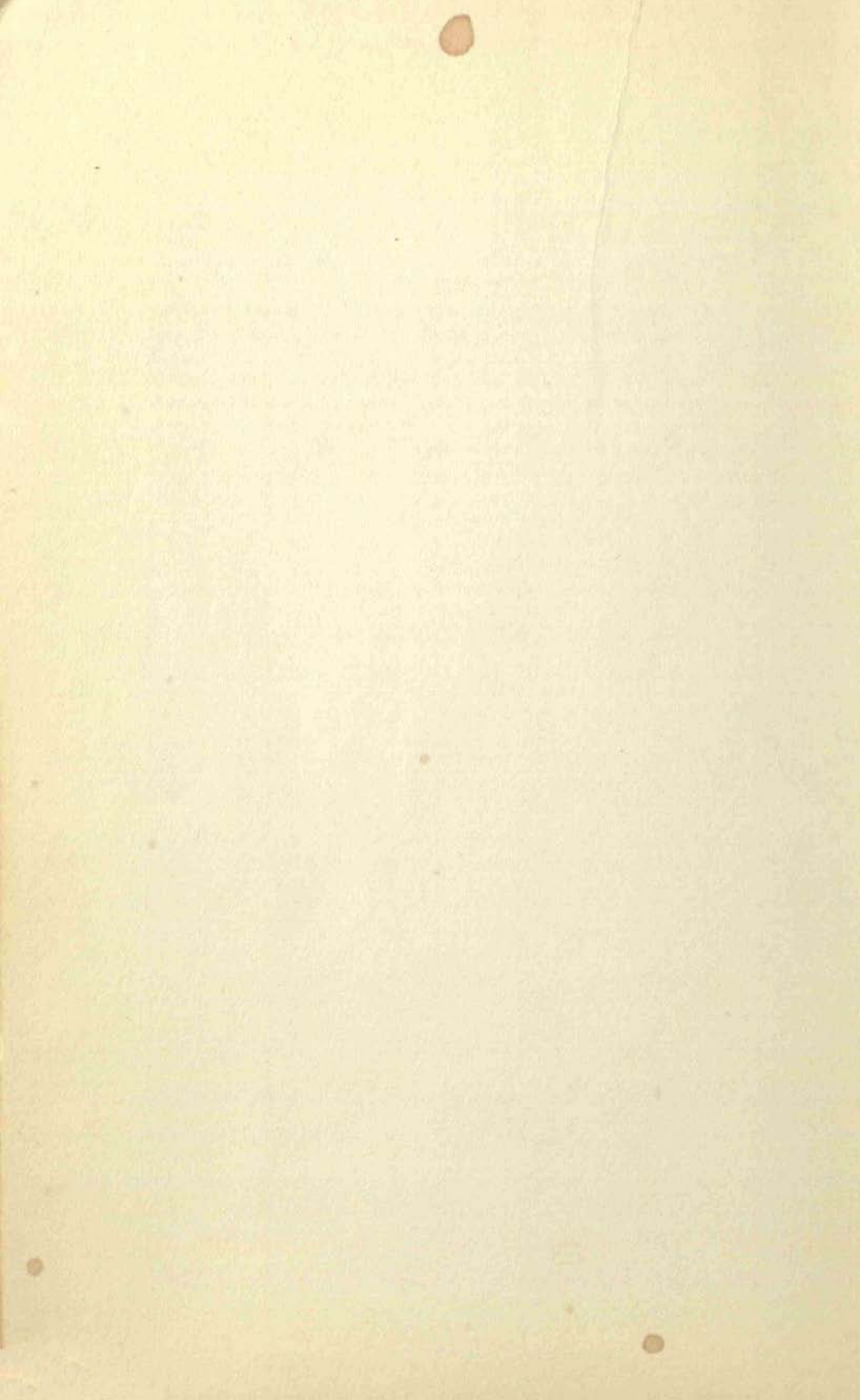
2 t. butter.

½ c. milk.

⅓ c. shredded cocoanut.

½ t. vanilla.

Put butter into saucepan, when melted add sugar and milk and stir until sugar is dissolved. Heat to boiling point and boil 12 minutes. Remove from fire, add cocoanut and vanilla and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool and cut into squares. ½ c. nut meats, broken in pieces, may be used in place of cocoanut.



PROTEINS—(Tissue Builders)

Milk.

Composition of milk—Water, mineral matter, fat, sugar, protein (albumen and casein).

How Milk Should Look.

1. Milk should have a yellowish white color and a sweet, pure taste.
2. Milk should have no sediment.
3. Milk should not look blue around the edges.
4. When poured from a tumbler milk should cling to the glass a little.

Care of Milk.

1. Milk should be kept in a cool place.
2. Milk should be kept covered to keep dust and germs from falling into it.
3. Milk should not be kept near foods that have a strong odor, as it will easily absorb.
4. Milk should always be heated over hot water so that it will not boil, as boiled milk is indigestible.

Rennet Custard.

1 qt. milk.

1 t. vanilla.

$\frac{1}{4}$ c. sugar.

1 tb. liquid rennet.

Heat the milk in a double boiler until it is lukewarm. Add sugar and stir until it is dissolved. Stir in the vanilla and rennet and pour into a glass dish. Let it stand in a warm room until it begins to thicken, then set in a cool place, and leave it until it is firm. Sprinkle with $\frac{1}{8}$ t. cinnamon or nutmeg and serve with cream (or milk) and sugar.

Albumenized Milk.

White of 1 egg.

1 c. milk.

Place egg and milk in a covered glass jar. Shake till they are thoroughly blended. It may be sweetened and flavored. Serve immediately.

Potato Soup.

3 potatoes (small).

$\frac{1}{4}$ t. celery salt.

1 pt. milk.

1 stalk celery.

1 t. chopped onion.

1 t. chopped parsley.

$\frac{1}{2}$ t. salt.

1 tb. flour.

$\frac{1}{8}$ t. pepper.

2 tb. butter.

Boil and mash potatoes. Meanwhile cook onion and celery in the milk in the double boiler; when scalded add this to the mashed potatoes. Rub all through a strainer and put on to cook again in the double boiler. Rub butter and flour together, thin, and add to hot milk mixture. Season, let cook five minutes, add parsley and serve. If too thick add hot milk. If richer soup is desired use one quart milk and add two beaten eggs after taking from the fire.

Mock Bisque or Cream Tomato Soup.

1 can tomatoes.

$\frac{1}{8}$ t. pepper.

1 qt. milk.

$\frac{1}{4}$ t. soda.

1 t. salt.

$2\frac{1}{2}$ tb. butter.

2 tb. corn starch.

Stew the tomatoes till soft, strain and add soda. Heat the milk in a double boiler. Rub the butter and corn starch together, adding slowly enough hot milk to make it pour easily. Stir slowly into the scalding milk and cook fifteen minutes. Add seasoning and strained tomatoes. Serve at once. The soda prevents the acid in the tomatoes from curdling the milk.

Croutons.

Cut stale bread in one-half inch slices. Remove the crusts and cut the bread into half-inch cubes. Brown in a hot oven, or fry in deep fat. Serve with soup.

Baked Bean Soup.

Cover cold baked beans with water, simmer till soft. Add half the quantity of tomatoes. Strain. Measure and thicken in proportion of two tablespoons flour, four tablespoons butter, one-half teaspoon salt, one-fourth teaspoon mustard, pepper, to each pint of liquid. Cook five minutes and serve hot.

Salmon Soup or Puree.

Remove the oil, bones and skin from $\frac{1}{2}$ can salmon, flake salmon very fine. Scald 1 qt. milk with a slice of onion. Thicken with 2 tb. butter, 4 tb. flour rubbed together. Season with $\frac{1}{2}$ t. salt and pepper. Cook five minutes, remove onion, add salmon and when heated, serve. One pound of any fish may be substituted for the salmon.

Pea Soup.

1 can peas.	1 slice onion.
2 t. sugar.	2 tb. butter.
2 c. cold water.	2 tb. flour.
2 c. milk.	1 t. salt.

$\frac{1}{8}$ t. pepper.

Drain peas from their liquor, add sugar and cold water, and simmer twenty minutes. Rub through a sieve, reheat and thicken with butter and flour cooked together. Scald milk with onion, remove onion and add milk to pea mixture; season with salt and pepper. Peas too old to be served as a vegetable may be utilized for soup.

Butter.

Good butter is firm, not crumbly, yields little water when pressed, and foams when heated.

Experiments to Illustrate Butter-Making.

Put $\frac{1}{2}$ pint of thick cream into a small bowl and beat it with a Dover egg beater until it separates into specks of butter and buttermilk. Gather the butter into a lump, and after pressing out as much of the buttermilk as you can, wash the butter under a stream of cold water. Work with a wooden spoon to remove the water, and add a little salt.

Welsh Rarebit.

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|---|---------------------------|
| 1 tb. butter. | $\frac{1}{4}$ t. salt. |
| 1 t. cornstarch. | $\frac{1}{4}$ t. mustard. |
| $\frac{1}{2}$ c. milk. | Few grains cayenne. |
| $\frac{1}{2}$ lb. mild soft cheese,
cut in small pieces. | Toast or wafers. |

Melt butter, add dry ingredients, stir until well mixed, then add milk slowly and cook ten minutes. Add cheese, and stir until cheese is melted. Serve on slices of toast or wafers.

Cheese Fondue.

- | | |
|--------------------------------|------------------------|
| 1 c. scalded milk. | $\frac{1}{2}$ t. salt. |
| 1 c. soft, stale bread crumbs. | Dash of cayenne. |
| 1 tb. butter. | 1 c. grated cheese. |
- Yolks 3 eggs, white 3 eggs.

Mix well. bread crumbs, butter, salt, cayenne and cheese together, then add yolks of eggs beaten until lemon colored. Cut and fold in the whites beaten until stiff. Pour into a buttered baking-dish and bake twenty minutes in a moderate oven. Serve at once.

Cheese Souffle.

- | | |
|------------------------|------------------------|
| 2 tb. butter. | Few grains cayenne. |
| 2 tb. flour. | $\frac{1}{2}$ c. milk. |
| $\frac{1}{2}$ t. salt. | 3 eggs. |

1 c. grated cheese.

Make white sauce of butter, flour, salt, pepper and milk; add cheese and cook until melted. Remove from fire and add beaten yolks. Cool mixture slightly, cut and fold in whites beaten stiff and dry. Pour into baking-dish, set in a pan of hot water and bake in a moderate oven twenty minutes. Should be slightly brown on top when done. May use one cup chopped meat instead of cheese, and cover top with seasoned crumbs.

EGGS

Composition of eggs—

White	{ Albumen Water Mineral matter	Yolk	{ Albumen Fat Mineral matter Coloring	{ Sulphur Iron
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Test for Freshness of Eggs.

1. A fresh egg will sink to the bottom of a pan of water.
2. When held to the light the fresh egg will look clear.

How to Preserve Eggs.

1. Eggs may be kept for a long time by packing them, small end down, in bran, salt, sawdust, etc. These substances will exclude the air.
2. Liquid-glass as a preservative—Put eggs in crocks and cover with one part liquid glass to nine parts water. Cover and keep in a cool place.

How to Break an Egg.

1. Hold egg in right hand.
2. Break shell near center by striking it sharply with a knife or by knocking on dull surface.
3. Put thumbs together at crack.
4. Gently break shell apart.

How to Separate an Egg.

Slip the yolk from one piece of shell to the other several times. Slip the white onto a plate and drop the yolk into a bowl.

If using several eggs, break each one separately in a cup.

Beating Eggs.

1. Slightly beaten—When a full spoonful can be taken up.
2. Well-beaten yolks—Light, thick and lemon-colored.
- 3.—White beaten dry—Mass does not slip from dish turned upside down.

Baked Eggs.

Separate the white and yolk; beat white stiff. Lay a slice of buttered toast in a dish and put the white upon it; drop yolk in centre of white and bake until white is a golden brown.

Plain Omelet.

- | | |
|-------------|--------------------------|
| 4 eggs. | 1 tb. butter. |
| 4 tb. milk. | $\frac{1}{2}$ t. salt. |
| | $\frac{1}{8}$ t. pepper. |

Beat egg, add milk and seasonings, stir, and pour into buttered omelet pan. As it cooks lift it occasionally with a broad knife until it is of creamy consistency. When it is firm on the bottom, set in the oven for two or three minutes that it may brown. Fold and turn on a hot platter.

Soft Cooked Eggs.

Place the eggs in a saucepan containing boiling water. Cover and let stand without boiling from 6 to 8 minutes.

Hard Cooked Eggs.

Place eggs in a saucepan containing boiling water. Cover and let stand on back of stove 45 minutes.

Eggs may be cooked hard in a double boiler in from fifteen to eighteen minutes.

Egg Toast.

- | | |
|------------------------|-------------------------------|
| 4 eggs. | 1 c. milk. |
| $\frac{1}{4}$ t. salt. | 4 to 6 slices of stale bread. |

Beat the egg slightly, add milk and salt. Soak the bread in the mixture till soft. Cook on a hot greased griddle, browning on both sides. Serve with butter or syrup, or with sauce for a dessert.

Egg Vermicelli.

3 hard cooked eggs.
1 c. white sauce.

4 slices toast.
Parsley.

Separate yolks and whites of eggs. Chop whites very fine, and stir into white sauce. Cut three slices of toast in halves crosswise, and place on a platter. Pour over them the sauce. Rub yolks through a strainer over surface. Garnish with parsley and remaining slices of toast, cut into points.

Poached Eggs.

Fill pan two-thirds full of salted water, allowing $\frac{1}{2}$ tb. salt to 1 qt. water. Break eggs carefully into a saucer, one at a time. When water boils, slip eggs in carefully. Turn down fire and allow eggs to remain in water without boiling until white is firm and a film has formed on yolk; remove with a buttered skimmer and place on toast.

Scrambled Eggs.

5 eggs.
 $\frac{1}{2}$ c. milk.

$\frac{1}{2}$ t. salt.
 $\frac{1}{8}$ t. pepper.
2 tb. butter.

Beat eggs slightly, add salt, pepper and milk. Heat a frying pan, put in butter and when melted, pour in mixture. Stir and scrape from bottom of pan until of creamy consistency. Serve on toast or hot minced ham or veal. Garnish with parsley.

Stuffed Eggs.

Cut hard-boiled eggs into halves lengthwise. Remove yolks carefully and mash them, seasoning to taste with salt, pepper, onion juice, mustard and melted butter or vinegar to moisten. Place back in the whites.

Puffy Omelet.

4 eggs.
 $\frac{1}{2}$ t. salt.
Few grains pepper.

4 tb. milk or cold water.
1 tb. butter.
 $1\frac{1}{2}$ c. thin white sauce.

Separate yolks from whites of eggs, beat yolks until thick, add salt, pepper and liquid. Beat whites until stiff and dry. Cut and fold them into first mixture; heat omelet pan, put in butter and tip pan until sides and surface are evenly greased. Pour in mixture, spread lightly, and cook until mixture is slightly browned underneath. Place pan on top grate of oven to finish cooking. The omelet is cooked if it is firm to the touch when pressed by the finger. Make an incision at opposite sides and fold over like a half circle. Put on platter and pour sauce around it. All omelets should be served as soon as cooked, as they become tough upon standing.

Scalloped Eggs.

3 hard cooked eggs.

$\frac{3}{4}$ c. chopped cold meat.

2 c. white sauce.

$\frac{3}{4}$ c. buttered cracker crumbs.

Chop egg finely. Cover bottom of buttered baking-dish with crumbs, cover with one-half eggs, egg with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven and bake until crumbs are brown. Chicken, veal, ham or fish may be used.

COMBINATIONS OF MILK AND EGGS

Soft Custard.

2 c. scalded milk.	$\frac{1}{4}$ c. sugar.
Yolks 3 eggs.	$\frac{1}{8}$ t. salt.
	$\frac{1}{2}$ t. vanilla.

To the slightly beaten eggs add sugar and salt, add hot milk gradually. Cook over hot water, stirring constantly, until it thickens and a coating is formed on the spoon. Remove from fire immediately, strain, chill and flavor. If the custard should curdle, set upper part of double boiler into cold water and beat until smooth with a Dover egg-beater.

Tapioca Cream.

4 tb. pearl tapioca or	Whites of 2 eggs.
$1\frac{1}{2}$ tb. minute tapioca.	$\frac{1}{3}$ c. sugar.
1 pt. milk.	$\frac{1}{8}$ t. salt.
Yolks of 2 eggs.	$\frac{1}{2}$ t. vanilla.

Soak the tapioca in hot water enough to cover, in the top of the double boiler. When the water is absorbed add the milk and cook till the tapioca is transparent and soft. Add the sugar and salt to the beaten yolks. Pour the hot milk mixture slowly on them, return to the double boiler and cook two minutes or till it thickens slightly. Remove from the fire; when cool, add the vanilla and whites beaten to a foam. Serve cold.

Baked Custard.

1 pt. milk.	3 tb. sugar.
3 eggs.	$\frac{1}{8}$ t. salt.

Scald the milk. Add the sugar and salt to the beaten eggs and pour the scalding milk over them. Put in a baking-dish, grate nutmeg over the top. Set the dish in a pan of hot water, and bake till a knife, when inserted, will come out clean. If baked too long the custard will separate and be watery. When done, take out of the water and set away to cool. Serve very cold.

Caramel Custard.

4 c. scalded milk.

$\frac{1}{2}$ c. sugar.

5 eggs.

$\frac{1}{2}$ t. salt.

1 t. vanilla.

Put sugar in omelet pan, stir constantly over heat until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in the milk, add mixture gradually to eggs slightly beaten, add salt and flavoring, then strain into a buttered mold.

Bake as custard. Chill and serve with caramel sauce.

MEAT

Definition—Meat is the flesh of animals used as food.

Kinds of Meat.

Beef is the meat of the steer, ox or cow.

Veal is the meat of a six or eight-weeks'-old calf.

Mutton is the meat of the sheep.

Lamb is the meat of lambs.

Pork is the meat of the pig or hog.

Poultry includes chicken, duck, geese, turkey, etc.

Game is the wild fowl and wild animals, as venison, quail, pigeons, etc.

How to Judge Good Meat.

Beef: Good beef should be firm, of fine grained texture, bright red in color and well coated with fat. The fat should be firm and of a yellowish color. The suet should be dry and crumble easily.

Mutton or Lamb: Good mutton should be fine grained and of a bright pink color; the fat hard, white and flaky. The outside skin should come off easily.

Veal: Good veal should have pinkish colored flesh and white fat. When flesh lacks color it has been taken from a creature which was too young for food.

Pork: Good pork should have a bright pinkish colored flesh and white fat. Never use pork that has any dark spots on it.

Care of Meat.

Meat should be kept in a cool place.

Meat should be cleaned with a damp cloth.

Meat should be removed from the paper as soon as it comes from the market.

We cook meat for three reasons:

1. To draw out the juices as in soups, broths and beef tea.
2. To keep in the juices as in broiling, roasting, boiling and frying.
3. To keep in part of the juices and to draw out part of the juices, as in stewing and braising.

Cuts of Beef.

1. NeckSoups and stews.
2. ChuckBraising, pot roasting, stewing.
3. RibsRoasting, broiling.
4. ShoulderStewing, boiling.
5. Fore shank.....Soups.
6. BrisketCorning, boiling.
7. Cross ribs.....Pot roast or inferior steak.
8. PlateCorning, boiling.
9. NavelCorning, boiling.
10. LoinRoasting, broiling.
11. FlankStewing, braising.
12. RumpRoasting, stewing, pot roast.
13. RoundBraising, broiling, roasting, beef tea,
beef juice.
14. Second cut of round...Stewing, soups.
15. Hind shank.....Soups.
16. TailSoups.

Stewing—Cooking in a small quantity of water, below the boiling point, for a long time.

Beef or Mutton Stew.

- | | |
|--|---|
| 2 to 3 lbs. beef or mutton. | $\frac{1}{2}$ small onion, cut in slices. |
| $\frac{1}{2}$ c. carrots (cut in cubes). | 4 c. potatoes, cut in cubes. |
| $\frac{1}{2}$ c. turnips (cut in cubes). | 2 tb. flour. |
| 1 t. salt. | 4 c. water or enough to cover. |
| | $\frac{1}{4}$ t. pepper. |

Wipe the meat and cut into one and one-half inch pieces; put part of the meat into the cold water and bring to boiling point. Roll the rest of the meat in flour slightly seasoned with salt and pepper. Melt fat in a frying pan and brown the sliced onion and meat. Add to the stew with carrots and turnips.

Cook for two or three hours at simmering point. Parboil and potatoes for about five minutes before adding to stew. Thicken the gravy with flour mixed in cold water. Pour on a large platter and surround with dumplings.

Lamb Stew.

Cut cold mutton or lamb into inch pieces. Brown 2 tb. butter and add to it 2 tb. flour. Add gradually 1 c. stock or water, stir till it thickens. Add 1 t. Worcestershire sauce. Now add 1 pt. mutton, and stand it over boiling water for fifteen minutes or till thoroughly heated. Season with salt and pepper. Add 1 tb. currant jelly and when melted, serve very hot.

Broiling.

Def.—Cooking directly over the fire.

1. Broiling over Coal Fire.—Have a clear, red fire. Wipe off meat with a wet cloth and remove superfluous fat. Grease a broiler and put meat on. Hold close to the coals, turning every ten seconds for one minute in order to sear both sides, and thus imprison the juices; then cook more slowly till done. Put on a hot platter and spread with butter, season with salt and pepper. Garnish with parsley and lemon slices.

2. Broiling Under Gas Flame.—Have broiling oven very hot, prepare meat and place in greased double broiler or on rack in pan. Sear one side of the meat and then the other. Cook more slowly, by turning down gas. Season and serve.

Time Table for Broiling.

Steak, 1 -inch thick.....	5 to 8 minutes
Steak, 1½-inch thick.....	7 to 12 minutes

To Broil Steak.

Wipe meat and trim off superfluous fat. Rub the broiler with a little of the fat, place the meat upon it and cook over hot fire, turning every ten seconds for the first minute, then occasionally until well cooked on both sides.

3. Pan Broiling—Have frying pan hissing hot. Prepare meat and put in pan. Sear both sides, then allow to cook more slowly until done. Season and serve. Drain off the fat as it cooks out of the meat and use for brown gravy.

Pan Broiled Chops.

Heat a frying-pan very hot. Wipe the chops, remove fat. Put into frying-pan and sear both sides. Turn often during cooking. Cook from six to eight minutes.

Sautéing—Cooking in a small amount of fat.

Breaded Chops.

6 or 8 chops.

Dry bread or cracker crumbs.

1 egg.

2 tb. cold water.

2 tb. fat.

Wipe chops and sprinkle with salt and pepper. Beat egg slightly and add cold water. Dip chops in crumbs, in egg and crumbs again. Sauté about twenty-five minutes, turning carefully.

Hamburg Steak.

1 lb. round steak.

1 egg.

1 tb. onion juice or grated

1½ t salt.

onion.

Dash of pepper.

Chop steak very fine and mix thoroughly with the other ingredients; the egg may be used or not, it helps hold the meat together during cooking. With hands or knife and spoon wet in cold water, shape the mixture into small, flat cakes, having the edges of the same thickness as the center. Broil or sauté first one side and then the other in hot drippings of fat salt pork. Serve with tomato sauce.

Roasting—Meats cooked in an oven, though really baked, are said to be roasted.

Time for Roasting—Ten or twelve minutes to the pound. The smaller the roast, the shorter the time per pound and the hotter the oven should be.

Roast Beef.

Wipe meat, place on a rack in a dripping pan. Dredge meat and pan with flour, put salt and pepper in pan. Place in a hot oven that surface may be quickly seared and the juices imprisoned. When the flour in the pan is browned, lessen the heat, and baste with fat in the bottom of the pan, to which a little hot water has been added. If meat is lean, put trimmings of fat in pan. Baste the meat about every ten minutes.

Veal or Beef Loaf.

Two pounds of raw beef, mutton or veal or two kinds together chopped fine with $\frac{1}{4}$ lb. of fat salt pork. Season with 2 t. salt and $\frac{1}{4}$ t. pepper. Mix with 1 c. cracker crumbs or dry bread crumbs, two beaten eggs and milk enough to moisten. Onion may be used for seasoning. Shape into a loaf and bake in oven for about one hour, basting often.

Boiling—Cooking in boiling water.

Boiled Mutton.

The leg and shoulder are the pieces usually boiled. Wipe the meat with a damp cloth. Remove the pink skin and a portion of the fat. Put into kettle and barely cover with boiling water. Boil five minutes. Reduce heat and simmer until tender. Season with salt when half cooked. Serve with drawn butter or mint sauce. Garnish with parsley.

USES OF LEFT OVER MEATS.

Minced Meat on Toast.

Chop cooked meat fine. Put 1 c. meat in a pan with $\frac{3}{4}$ c. cold water or stock, and let it simmer. Thicken with $\frac{1}{2}$ tb. butter and 1 tb. flour rubbed together. Season with salt and pepper and $\frac{1}{2}$ t. minced onion. Serve on toast. Garnish with parsley.

Cottage Pie.

Chop cold meat fine. To every cupful add $\frac{3}{4}$ c. gravy or stock, season highly with salt and pepper and $\frac{1}{8}$ t. summer savory. Put into a baking-dish and cover with a crust of mashed potatoes. Bake twenty minutes or until brown. Serve in the dish in which it was baked.

Casserole of Rice and Meat.

- | | |
|---|---|
| 1 c. rice. | Few grains cayenne. |
| 2 c. cold chopped meat; if mutton, veal or chicken is used, 1 t. lemon juice improves the flavor. | $\frac{1}{4}$ t. celery salt. |
| $\frac{1}{2}$ t. salt. | 1 t. chopped onion or few drops juice. |
| $\frac{1}{4}$ t. pepper. | $\frac{1}{4}$ c. cracker or bread crumbs. |
| | 1 egg. |
| | Little hot water or stock. |

Cook rice until tender. Chop meat very fine, add seasoning, the crumbs and egg beaten slightly, add enough water or stock to moisten the mixture. Line the mould about one inch thick with rice, fill in with the meat and cover the meat with rice. If the mould has no cover, use a greased paper and steam forty-five minutes. Serve with tomato sauce. Garnish with parsley.

Hash,

Mix equal quantities of chopped cooked meat and chopped boiled potatoes, or mashed potatoes. Season highly with salt and pepper, adding onion if desired. For each pint of hash allow 1 tb. butter or drippings and a scant cup of water or stock; put into frying-pan and add hash, spread on bottom and let cook unstirred until well browned on the bottom; fold like an omelet. Serve on a hot platter. Garnish with parsley.

Creamed Beef.

Cook $\frac{1}{2}$ lb. dried beef in 1 tb. hot butter till it curls up. Pour over it 1 pt. milk. Thicken with 2 tb. flour, wet in a little cold water. Serve on toast. If beef is very salt, soak in cold water a few minutes, and drain before cooking.

FISH

The animal food next in importance to that of meat is fish. Fish should be eaten fresh and in season.

Classification of Fish.

- I. Those with scales (salt and fresh water).
 1. White-fleshed fish have their oil secreted in the liver. Examples—Whitefish, cod, perch, pickerel, sunfish, haddock, etc.
 2. Red-fleshed fish have their oil throughout the body. Examples—Salmon, herring, lake trout, etc.
- II. Those with shells (salt and fresh water).
Examples—Oysters, clams, shrimps.
- III. Those with a hard covering (crustaceous).
Examples—Lobsters (salt water).

How to Judge a Fresh Fish.

The flesh should be firm, the eyes and gills should be bright and scales should be shiny.

Creamed Codfish.

Pick codfish fine, cover with cold water and bring slowly to boiling point; drain and add to thin white sauce. A slightly beaten egg may be added just before taking from the fire. Pour over buttered toast or serve on a platter garnished with hard-boiled eggs. If time permits, codfish may be soaked in cold water for several hours.

Codfish Balls.

- | | |
|--|--------------------------|
| ½ lb. salt codfish. | 1 egg. |
| 2 hp. c. potatoes in inch
thick pieces. | ½ tb. butter.
Pepper. |

Boil and mash the potatoes. Freshen codfish. Mix fish, potatoes, butter and eggs together and beat the mixture well. Shape into balls or cylinders and fry in deep fat or shape into flat cakes and sauté.

Baked Fish.

Wash and wipe the fish; head and tail may or may not be removed; if head is not removed the eyes should be taken out. Fill the cavity with dressing, allowing room for the dressing to swell slightly. Sew up the fish, using strong thread, skewer, and tie in the shape of the letter S. Butter and dredge with flour and place on a rack or fish sheet in a baking-pan. If the fish is very dry, cut gashes in it crosswise and insert strips of salt pork. When the fish is brown and the flesh may be pierced without the juice running out, remove the string and skewers, garnish with lemon and parsley and serve.

Dressing for Baked Fish.

1 c. stale bread crumbs.	2 tb. chopped pickle.
$\frac{1}{4}$ c. melted butter.	$\frac{1}{4}$ t. salt.
Few drops onion juice.	$\frac{1}{8}$ t. pepper.
1 tb. chopped parsley.	

Mix all together and add enough boiling water to bind the crumbs together.

Boiled Fish.

Tie fish in cloth, whole or cut in pieces, put in boiling water to which salt and lemon juice or vinegar have been added. Cook until the flesh leaves the bones. Take from cloth carefully. Serve with drawn butter sauce.

Salmon Loaf.

1 lb. can salmon.	1 t. lemon juice.
1 c. fine bread crumbs.	$\frac{1}{2}$ t. onion juice.
2 eggs.	1 tb. fine chopped parsley.
$\frac{1}{2}$ c. milk.	A dash of paprika.
$\frac{1}{2}$ t. salt.	

Remove skin, bones and liquid from fish and pick fine. Mix together thoroughly with other ingredients, and then turn into a buttered mould. Cook in a steamer, or in the oven in a dish of hot water about one-half hour, or until the center is firm. Serve hot with sauce. Garnish with parsley.

Sauce—Melt 2 tb. butter, add 2 tb. flour, salt, a few grains of mace, and cayenne, then add 1 c. milk and the strained salmon liquor. Cook until smooth.

Scalloped Salmon.

1 can salmon.

1 c. white sauce.

1 c. bread or cracker crumbs.

Take out all bones and skin and juice from the fish; butter a baking-dish, put in a layer of fish, then a layer of buttered and seasoned crumbs, then a layer of fish, then crumbs. Pour the white sauce over, cover the top with buttered crumbs and brown in the oven.

Oyster Soup.

1 c. oysters.

Pepper.

1 pt. milk.

2 tb. butter.

Salt.

1½ tb. flour (if liked).

Put milk on to scald while you are preparing the oysters. To prepare oysters, put them into a strainer, set in a bowl, and pour ½ c. cold water over every quart oysters. Take each oyster in the fingers to make sure no pieces of shell adhere to the tough muscle. Strain oyster liquor and put on the stove; as it boils, remove scum, and when clear, add to milk, to which has been added the butter and flour rubbed together. Cook five minutes. Season, add oysters, and let them simmer until plump and the edges curl. Serve at once. If the oysters are cooked too long, they become tough and indigestible.

Creamed Oysters.

1 pt. oysters.

2 tb. butter.

1 pt. milk.

2 tb. flour.

½ t. salt.

Pinch of cloves and nutmeg or celery salt if desired.

Make the sauce in the usual manner. Drain off the oyster juice and wash the oysters. Strain the juice and scald the oysters in it, then drain from the juice again, and put them in the sauce.

May serve creamed oysters on squares of buttered toast, or put them in a large dish, cover with buttered crumbs and brown in the oven; or serve in small dishes garnished with a sprig of parsley.

Scalloped Oysters.

1 qt. oysters.

$\frac{1}{2}$ c. melted butter.

2 c. stale bread crumbs or
cracker crumbs.

1 t. salt.

$\frac{1}{4}$ t. pepper.

5 or 6 tb. oyster liquor, or
oyster liquor and milk.

Mix the crumbs with the salt, pepper and butter; spread one-third of them on the bottom of a buttered baking-dish, put in half of the oysters drained and rinsed, another layer of crumbs, and the rest of the oysters; covering the top with crumbs, pour over the liquid. Bake twenty or thirty minutes in an oven hot enough to brown them.

Fried Oysters.

Wash and drain the oysters, and dry between two cloths. Roll in cracker crumbs, seasoned with salt and pepper. For 1 pt. of oysters, beat 2 eggs with 2 tb. of cold water until the whites and yolks are well mixed, dip the oysters, crumbed into the egg and roll again in the crumbs. Fry one minute in deep fat, smoking hot. Use a frying-basket and cook only five or six oysters at a time. Drain on soft paper and serve at once.

GELATINE

Gelatine is a substance obtained by cooking cleaned bones, skins and connective tissues of animals in boiling water for a long time. There are three kinds of gelatine, sheet, stick and powdered.

Gelatine softens and swells in cold water, is dissolved in boiling water and turns to a jelly when chilled.

Gelatine should not be boiled as it will not harden when cooled.

General Rules.

Jellies should be cooled as quickly as possible.

Jellies should always be strained.

Acid jellies should not be moulded in tin.

Moulds should be wet with cold water before using.

To unmould jellies dip quickly into hot water.

Lemon Jelly.

½ box gelatine or 2 tb. granulated gelatine.	2½ c. boiling water.
	1 c. sugar.
½ c. cold water.	½ c. lemon juice.

Soak gelatine in cold water, add boiling water, still until gelatine is dissolved, add sugar and lemon juice and strain. Turn into a mold wet in cold water and chill.

Snow Pudding.

¼ box gelatine or	1 c. boiling water.
1 tb. granulated gelatine.	1 c. sugar.
¼ c. cold water.	¼ c. lemon juice.

Whites 3 eggs.

Put gelatine to soak in cold water, add boiling water and stir until gelatine is dissolved, then add sugar and lemon juice. Strain and set aside to cool; stir mixture occasionally. When quite thick beat with a wire beater until frothy; add the egg whites beaten stiff and continue beating until stiff enough to hold its shape. Mold. Serve cold with a boiled custard.

Jellied Prunes.

$\frac{1}{2}$ lb. prunes.	$\frac{1}{2}$ box gelatine.
2 c. cold water—boiling water.	1 c. sugar.
$\frac{1}{2}$ c. cold water.	$\frac{1}{4}$ c. lemon juice.

Whites of 3 eggs.

Wash prunes and soak for several hours in the 2c. cold water, cook in same water till soft. Remove prunes, stone, and cut in quarters. To the prune water add enough boiling water to make 1 pt. Add gelatine that has been soaked in the $\frac{1}{2}$ c. cold water, stir till dissolved. Add lemon juice and sugar, pour over the prunes. Stir twice till stiffened.

Serve with sweetened cream or boiled custard.

FATS AND OILS

Sources of Fats and Oils.

I. Animal Kingdom.

From this source we obtain the hard, solid fats. They are found directly under the skin of animals and around the organs.

II. Vegetable Kingdom.

From this source come the liquid fats or oils. These are obtained from nuts, seeds, and some fruits.

Uses of Fats and Oils in the Household.

- 1—Cooking agent. 1—Sautéing. 2—Frying.
- 2—Shortening.
- 3—Flavoring.
- 4—Greasing tins.
- 5—Soap making.

FRYING

General Rules.

Frying is cooking by means of immersion in deep fat raised to the temperature of 350 to 450 degrees, or temperature reached when fat is quiet and there is a faint blue smoke.

Fats used for frying are olive oil, cottonseed oil, cottolene, crisco, beef drippings, lard, or a mixture of several fats.

Place the articles to be cooked in a bath of fat deep enough to float them.

Test for fat when frying:

Drop in an inch cube of bread, if it browns in 40 seconds the fat is ready for cooked articles. If the bread browns in 60 seconds the fat is ready for uncooked articles.

All articles fried must be drained on brown paper. When one set is taken from the fat it must be reheated and tested before adding a second set.

After using the fat each time strain through cheese cloth and set aside for future use.

Precautions.

1. Kettle should not be more than two-thirds full as there is danger of fat cooking over when the food is added.

2. Do not put too much into fat at one time as the temperature will be lowered.

3. Do not move the kettle while the fire is under it.

4. Lower food carefully into fat to prevent spattering.

To Fry Out Fat.

Take beef fat, beef suet, or pork fat. Remove the tough outside skin and all the lean parts; cut it into small pieces, put into a sauce pan and cover with cold water. Set it on the stove uncovered so that the steam may carry away any impurities. When the water has nearly all evaporated set the kettle back to keep the mixture from burning, and let the fat slowly fry out.

When the melted fat is still and the scraps of skin are shriveled at the bottom of the kettle, strain the fat through a cloth and set it away to cool. When it is white and hard it can be used to grease baking tins, to make pastry and to fry different foods, such as doughnuts and fish balls. The clarified beef fat is called drippings, and the clarified pork fat, lard.

To Clarify Fat.

Melt fat, add raw potato cut in quarter-inch pieces, and allow fat to heat gradually; when fat ceases to bubble, and potatoes are well browned, strain through double cheesecloth, placed over wire strainer, into a pan. The potato absorbs any odors or gases, and collects to itself some of the sediment, the remainder settling to bottom of kettle.

When small amount of fat is to be clarified, add to cold fat boiling water, stir vigorously, and set aside to cool. The fat will form a cake on top, which may be easily removed. A sediment will be found on the bottom of the cake, which may be scraped off with a knife.

Fried Potatoes.

Cut potatoes in the desired shape. For Saratoga Chips cut them in thin slices; for French Fried cut them in sections lengthwise. Soak them in salted ice water one-half to three-quarters of an hour. Dry thoroughly on a towel and drop into hot fat. When brown remove from the fat with a skimmer and drain on soft paper. Sprinkle with salt.

Potato Croquettes.

2 c. hot riced potatoes.

2 tb. butter.

$\frac{1}{2}$ t. salt.

$\frac{1}{8}$ t. pepper.

$\frac{1}{4}$ t. celery salt.

Few drops onion juice.

Yolk 1 egg.

1 t. finely chopped parsley.

Mix ingredients in order given, and beat thoroughly. Shape, roll in fine bread or cracker crumbs, in beaten egg, then in crumbs. Fry in smoking hot deep fat until golden brown. Drain on paper. The most common way to shape croquettes: Roll one rounding tb. of the mixture, lightly, in palms of hands to form a smooth ball. Then roll on a board, still using palm of hand, flatten at ends, thus giving a cylindrical shape. If mixture is rolled out very long croquettes are liable to break during frying.

Fried Fish.

Clean and wash the fish, wipe and bone it. Cut into pieces for serving. Roll each piece in sifted bread or cracker crumbs, seasoned with salt and pepper, then in egg slightly beaten with 1 tb. water, and again in crumbs. Fry in deep fat from two to five minutes. Drain on soft paper. Serve very hot, garnished with parsley and lemon.

Fried Oysters.

Wash and drain the oysters, and dry between two cloths. Roll in cracker crumbs seasoned with salt and pepper. For 1 pt. of oysters, beat 2 eggs with 2 tb. of cold water until the whites and yolks are well mixed, dip the oysters, crumbed into the egg and roll again in the crumbs. Fry one minute in deep fat, smoking hot. Use a frying basket and cook only five or six oysters at a time. Drain on soft paper and serve at once.

Doughnuts.

1 c. sugar.	4 t. baking powder.
2½ t. butter.	¼ t. cinnamon.
3 eggs.	¼ t. grated nutmeg.
1 c. milk.	1½ t. salt.

Flour to roll.

Cream the butter and add one-half the sugar. Beat egg until light, add remainder of sugar and add to the first mixture. Add milk and the rest of the dry ingredients alternately until stiff enough to handle. Turn onto a floured board, pat, and roll out to one-fourth inch thickness. Shape with a doughnut cutter and fry in deep fat. Doughnuts should come quickly to the top of fat, brown on one side, then be turned to brown on the other side; avoid turning more than once.

Apple Fritters.

1½ c. flour.	2 t. baking powder, ¼ t. salt.
¾ c. milk.	1 egg.
2 medium sized sour apples.	

Mix and sift dry ingredients. Stir in milk slowly, then add eggs well beaten. Mix well. Pare, core, cut apples into eighths, then across in small pieces. Stir well into the batter.

Drop by spoonfuls in hot fat. Drain on light brown paper. Sprinkle with ½ c. powdered sugar.

PASTRY

General Rules.

1. Pastry, if it is to be served at all, should be light, tender, and flaky, as it is more digestible.

2. All of the materials must be as cold as possible. Pastry flour should be used.

3. The following fats may be used alone or in combinations of two: butter, butterine, lard, cottoline, beef drippings.

Butter alone gives a very good color and flavor, but pastry is not so tender. Lard alone is so soft that it makes the crust crumble. Equal parts of lard and butter make the best crust.

4. The fat should not be cut very fine if a flaky crust is desired.

5. Use as little water as possible.

6. The dough should be mixed with a knife and not touched with the hands.

7. When a shell is to be made from the crust, it should be baked on the outside of plate, then filled. In this case the crust must be pricked all over with a fork so that it may keep its shape.

8. To line a plate with pastry, roll the pastry on a slightly floured board until it is one-eighth of an inch thick, keeping it as nearly round as possible, and roll it until it is one inch larger than the plate. Fit is smoothly on the plate, being careful not to stretch it. No greasing of tin is required.

9. If two crusts are used, moisten the edge of the lower crust with cold water, then fill and place the upper crust over the pie and press the edges together with the back of a fork, or fold the upper crust under the edges of the lower crust and press well together. The upper crust should also be one inch larger than the plate to allow for shrinkage and also folding it under the lower crust. Incisions should be made in it to allow the steam which forms to escape.

10. If no upper crust is to be used, the lower crust should be one inch larger than the plate and should be folded under to form a rim.

11. The oven for pastry should turn a piece of white paper dark brown in five minutes.

Paste for Pies.

1½ c. flour.
½ t. salt.

⅓ c. lard or equal parts of lard
and butter.

Cold water.

Mix salt and flour. Chop in shortening. Moisten to a very stiff dough with water.

Apple Pie.

4 or 5 sour apples.
⅓ c. sugar.
¼ t. grated nutmeg.
⅓ t. salt.

1 t. butter.
1 t. lemon juice.
2 tb. water.
Few gratings lemon rind.

Line pie plate with paste. Pare, core and cut apples into eighths, and cover plate evenly with them. Mix sugar, salt, lemon juice and rind and sprinkle over apples. Dot over with butter. Put on an upper crust. Bake forty to forty-five minutes in a moderate oven. If apples are well flavored, lemon juice and rind may be omitted. Evaporated apples may be used but should be soaked over night.

Pumpkin Pie.

1½ c. stewed and sifted
pumpkin.
1 c. scalded milk.

⅓ c. sugar.
¾ t. salt.
¾ t. cinnamon.

2 or 1 egg.

butter size of walnut
¾ teaspoon ginger
¾ " cloves

Beat egg slightly, then mix ingredients in the order given. Line a pie plate with pastry, put on a rim, and pour in the mixture. Bake until mixture is firm and pastry well browned.

Lemon Pie.

1 c. flour.
2 c. sugar.
2 c. boiling water.
4 tb. lemon juice.

Rind of 1 lemon.
2 tb. butter.
½ c. powdered sugar.
4 eggs.

Beat yolks of eggs until light. Mix sugar and flour together; add boiling water slowly. Cook 20 minutes, stirring frequently; add mixture to yolks, add butter and lemon and cook until egg thickens. Cool mixture thoroughly, and a short time before serving use it to fill a baked crust. Cover with a meringue and bake until light brown.

Meringue requires a cooler oven.

SALADS

A salad has three good qualities. It is healthful, economical, and attractive. It is healthful because of the fresh green vegetables and fruits so valuable for the mineral matter and water which they contain. It is economical because "left-overs" may be utilized in a most palatable and attractive manner.

Salads are made of cooked and raw vegetables, eggs, cheese, fish, meat, fruits, and nuts combined with a salad dressing.

Rules for Salad Making.

1. Have ingredients very cold and use fresh, crisp vegetables.
2. Wash thoroughly one leaf at a time and dry by pressing between dry, clean cloth.
3. Mix just before using.
4. Use a fork to mix salad ingredients.
5. Combine ingredients that will produce an agreeable flavor and appearance.
6. Always serve a salad that will harmonize with the other courses of the meal.
7. Meat, fish, potatoes, etc., which will absorb dressing should be marinated or mixed with a French dressing, chilled and drained before serving.
8. A meat, fish, or egg salad served with a cooked or mayonnaise dressing contains a great deal of nourishment and when served should be one of the chief foods of the meal. Serve a vegetable or fruit salad with a hearty meal.
9. Do not leave a metal fork or spoon in salad ingredients any length of time, as a poisonous compound may be formed.

French Dressing.

$\frac{1}{2}$ t. salt.
 $\frac{1}{4}$ t. pepper.

2 tb. vinegar or lemon juice.
6 tb. oil.

Add seasoning to acid and add slowly to oil, beating all the time. When slightly thickened and cloudy in appearance, dress salad. If a large quantity is to be prepared, put all ingredients into a bottle or fruit jar, cork tightly and shake hard until ingredients are well blended. The colder the material, the more quickly the emulsion will be formed.

Boiled Salad Dressing.

Beat the yolks of 4 eggs or 2 whole eggs very light. Pour over them 4 tb. boiling vinegar. Set the bowl over hot water and cook till thick and smooth, beating constantly. Add 4 tb. butter, and when cool, season and thin with cream.

Seasoning for Salad Dressings.

3 t. salt.

1 t. mustard.

$\frac{1}{3}$ t. cayenne.

Mix, and use of this to season salad dressings.

Cream Salad Dressing.

$\frac{1}{2}$ t. salt.

$\frac{1}{2}$ tb. flour.

1 t. mustard.

Yolks of 2 eggs.

$1\frac{1}{2}$ tb. sugar.

$1\frac{1}{2}$ tb. melted butter.

Few grains of cayenne.

$\frac{3}{4}$ c. milk or cream.

$\frac{1}{4}$ c. vinegar.

Mix dry ingredients. Add yolks of eggs, slightly beaten, butter and milk. Cook over boiling water until mixture thickens, then add vinegar slowly, stirring constantly. Strain and cool.

Egg Salad.

Cut hard cooked eggs in halves, put on lettuce leaves, with a spoonful of salad dressing on top. Garnish with parsley or watercress.

Cabbage Salad.

Select a round, firm cabbage. Hollow out the inside. Slice very fine, add salad dressing to moisten. Return to cabbage and garnish with shredded cabbage, hard cooked eggs, beets or parsley. 1 t. sugar may be put in the dressing for cabbage.

Potato Salad.

Cut cold boiled potatoes in cubes, sprinkle lightly with salt. If liked, add one-half the amount of celery, cut in cubes. Add 2 tb. minced onion to every pt. of potatoes. Moisten with salad dressing. Mix lightly and put on lettuce leaves, or put in a bowl and garnish with celery leaves.

Russian Salad.

- | | |
|----------------------------|--------------------------------|
| 1 c. cold cooked carrots. | 1 c. cold cooked peas. |
| 1 c. cold cooked potatoes. | 1 c. cold cooked string beans. |

Arrange vegetables in a mold and serve with a cooked or French dressing.

Chicken or Veal Salad.

Cut cold boiled chicken or veal in one-half inch dice. To two cups add one and one-half cups celery cut in small pieces. Mound on a salad dish and cover with a cream salad dressing.

Fruit Salad.

- | | |
|----------------------|-------------------------------|
| ½ lb. grapes, cubed. | 3 bananas, cubed. |
| 2 oranges, cubed | 4 slices of pineapple, cubed. |

12 walnuts.

Salad dressing to moisten.

Mix with whipped cream or fruit salad dressing.

SANDWICHES

Sandwiches are best when prepared just before serving, but for the lunch or picnic basket they may be kept wrapped in confectioners' or oiled paper. For large companies they may be kept wrapped in a damp cloth wrung as dry as possible, then surround with a dry cloth or covered with a large earthen bowl.

Rules for salads hold good at all times for sandwiches.

Any variety of bread 24 hours old may be used. Sometimes two varieties are combined in the same sandwich.

Let the bread, freed from crust, be cut into slices one-eighth inch thick.

Cream butter to insure its spreading smoothly and evenly. Avoid spreading either the butter or the filling over the edges.

When slices of meat are used, let them be cut as thin as wafers and use more than one in each sandwich.

Cold meats may be minced fine and a little salad dressing used with them.

Salted meats and fish give sandwiches a very pronounced flavor.

Acids in form of lemon juice, chopped pickles or capers are an improvement to these and all fish sandwich mixtures.

Sweet sandwiches are served with cocoa or tea. Head or lady fingers, yellow or white, may be used as a foundation for these; jams and marmalades are the usual fillings.

Sandwiches are daintier if made small.

Egg Sandwiches.

Chop hard cooked eggs fine, season with salt and pepper and moisten with salad dressing. Spread mixture between thin slices of buttered bread.

Lettuce Sandwiches.

Trim thin slices of bread into shape, spread with salad dressing, and put pieces of lettuce between the slices. Wrap each sandwich in oiled paper if for picnics or traveling.

Ham Sandwiches.

Chop cold boiled ham fine. To each half c. of chopped ham add $\frac{1}{4}$ t. mustard, a speck of paprika, and moisten with cream or salad dressing. Spread between thin slices of buttered bread.

Sautéd Cheese Sandwiches.

Mix grated cheese with salad dressing and spread between slices of buttered bread. Dip in white of egg slightly beaten with 1 tb. milk. Cook in hot fat until a delicate brown.

Brown Bread Sandwiches.

Brown bread to be used for sandwiches is best steamed in one-pound baking powder boxes. Spread and cut bread as for other sandwiches. Put between layers finely chopped peanuts seasoned with salt, or grated cheese mixed with chopped English walnut meats seasoned with salt.

Nut and Cheese Sandwiches.

Mix equal parts of grated cheese and chopped English walnut meats; then season with salt and cayenne. Prepare as other sandwiches.

Directions for Packing Lunch Boxes.

Cut pieces of cardboard, having a partition for each article. Wrap each sandwich, egg, etc., in oiled paper. Carry salad in glass. Fasten a fork and spoon to the cover of the box. Place napkins on top.

FLOUR MIXTURES

Flour.

Flour is made by milling the grains of different cereals, as wheat, rye, corn, rice and barley. Of these wheat is the most important as it grows in almost every climate and is the best suited for bread making. Wheat is called the "King of Cereals."

Wheat Flour.

The grain of wheat consists of three parts:

1. Germ—from which the young plant grows.
2. Kernel—center of the grain, composed largely of starch and gluten.
3. Brancoat—composed largely of woody fibre and mineral matter. This is divided into five distinct layers.

There are two kinds of wheat which yield different flour:

1. Winter or "soft"—Sown in the autumn; endures cold and dampness of winter; is soft and starchy; yields a fine flour called "pastry flour," used for cakes and pies.
2. Spring or "hard"—Sown in the spring; comes up quickly in the sunny weather; is hard and contains gluten, a protein substance necessary for the production of a light elastic dough. Bread is made from this wheat.

Classification of Wheat Flour.

1. Plain White Flour—Germ and bran coats discarded in milling.
 - a. Bread Flour.
 - b. Pastry Flour.
2. Graham Flour—Coarse and dark in color, the whole grain being used.
3. Whole Wheat Flour—Germ and outside bran coat discarded.

Corn.

With the exception of wheat, corn is grown more than any other grain in the United States. It contains a great deal of starch, and more fat than any other cereal. It, therefore, spoils easily and should be bought in small quantities.

A flour mixture must contain:

1. Flour to thicken.
2. Liquid to moisten.
3. Leaven to lighten.
4. Salt.

It may contain other things to improve flavor and increase food value.

A leaven is a harmless gas used in flour mixtures to make them light, porous, more digestible and better to taste.

That which produces the gas is called the leavening agent.

Classification of Leavens.

I. Natural.

1. Air—introduced into the mixtures.
 - (a) By beating the mixture.
 - (b) By sifting dry ingredients.
 - (c) By folding in beaten egg whites.
2. Steam—introduced into mixture.
 - (a) By moisture and heat.

II. Artificial.

1. Carbon dioxide—introduced into mixture.
 - (a) By any acid and soda.
 - (b) By baking powder and moisture.
 - (c) By yeast.

Experiments.

1. Soda + sour milk = gas (carbon dioxide).
2. Soda + vinegar = gas.
3. Soda + lemon juice = gas.
4. Soda + molasses = gas.
5. Soda + cream of tartar = gas.
6. Baking powder + moisture = gas.

Cream of tartar is an acid substance made from crystals deposited on the sides and bottom of casks containing grape wine.

Recipe for Baking Powder.

2 parts cream of tartar.

1 part soda.

$\frac{1}{2}$ part cornstarch.

Sift the soda; add cornstarch and sift five times; add cream of tartar and sift five or six times. Keep in tin or glass cans tightly covered.

Classes of Baking Powders.

1. Mineral Acid or Alum Powders—made from a kind of clay mixed with oil.

2. Bone Acid or Phosphate Powders—Acid manufactured from bones.

3. Cream of Tartar Powders—Acid from grapes.

Cream of tartar powders are the strongest, purest and best powders.

Classes of Flour Mixtures.

I. Batters. A batter is a mixture which can be beaten.

(a) Pour batter—equal parts of flour and liquid.

(b) Drop batter—twice as much flour as liquid.

II. Doughs. A dough is a mixture stiff enough to handle on a board.

(a) Soft dough—three times as much flour as liquid.

(b) Stiff dough—three and one-half or more times as much flour as liquid.

III. Sponge. A batter to which yeast is added.

Proportions of acids and alkalies to be used in flour mixtures:

2 t. baking powder for each cup flour.

1 t. soda to 1 pt. thick sour milk.

1 t. soda to 1 c. molasses for batters.

$\frac{1}{2}$ t. soda to 1 c. molasses for stiff doughs.

$\frac{1}{4}$ t. baking powder may be deducted for every egg after the first one.

Oven Tests.

1. Very hot oven. A piece of white unglazed paper placed on the grate on which the baking is to be done, turns a light brown in one and one-half minutes.

2. Hot oven. Paper turns light brown in two minutes.

3. Moderate oven. Paper turns light brown in 3 minutes.

4. Cool oven. Paper turns light brown in 4 minutes.

BATTERS

Pop Overs.

- | | |
|------------------------|------------|
| 1 c. flour. | 1 c. milk. |
| $\frac{1}{4}$ t. salt. | 1 egg. |

Sift the salt with the flour; add milk slowly to form a smooth paste, then add the rest of milk and beaten egg. Beat well with Dover egg beater, from three to five minutes. Cook in hot greased gem pans thirty minutes till brown and well popped over.

One-Egg Muffins.

- | | |
|---------------------------|----------------------|
| 2 c. flour. | 2 tb. sugar. |
| 4 level t. baking powder. | 1 c. milk. |
| $\frac{1}{2}$ t. salt. | 2 tb. melted butter. |
| 1 egg. | |

Mix and sift dry ingredients. Add milk, beaten egg and melted butter. Bake in hot greased gem pans twenty-five minutes.

Graham Muffins.

- | | |
|-------------------------|------------------------|
| 1 c. graham flour. | $\frac{1}{4}$ t. salt. |
| 1 c. white flour. | 1 c. milk. |
| $\frac{1}{8}$ c. sugar. | 1 egg. |
| 4 t. baking powder. | 2 tb. melted butter. |

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter. Bake in hot oven in greased gem pans twenty-five minutes. Rye flour may be substituted for graham flour.

Corn Meal Muffins.

- | | |
|------------------------|-------------------------|
| 1 c. flour. | $\frac{1}{4}$ c. sugar. |
| 1 c. corn meal. | 1 egg. |
| $\frac{1}{2}$ t. salt. | 1 c. milk, scant. |
| 4 t. baking powder. | 1 tb. melted butter. |
| 2 tb. boiling water. | |

Pour boiling water on corn meal to scald it. Mix and sift dry ingredients and add to corn meal. Add milk to beaten eggs, add to dry ingredients. Add butter and beat well. Bake in hot greased gem pans twenty minutes to half an hour. Serve hot.

Sweet Milk Griddle Cakes.

3 c. flour.	$\frac{1}{4}$ c. sugar.
$1\frac{1}{2}$ tb. baking powder.	2 c. milk.
1 t. salt.	1 egg.
2 tb. melted butter.	

Mix and sift dry ingredients; beat egg, add milk, and pour slowly onto first mixture. Beat well and add butter. Drop by spoonfuls on a hot, greased griddle. When puffed, full of bubbles, and cooked on edges, turn and cook the other side. Turn griddle cakes just once while cooking. Serve with butter and maple syrup.

Bread Griddle Cakes.

1 pt. stale (not dried) bread crumbs, 1 pt. scalded milk, 2 tb. butter. Pour hot milk over the crumbs and butter and soak till the crumbs are soft. Add 2 eggs beaten separately, 1 c. flour, $\frac{1}{2}$ t. salt, 2 t. baking powder and cold milk to thin if necessary. Bake slowly on a hot greased griddle.

Waffles.

1 pt. flour.	2 eggs.
$1\frac{1}{2}$ t. baking powder.	$1\frac{1}{2}$ c. milk.
$\frac{1}{2}$ t. salt.	2 tb. butter, melted.

Mix in order given, adding beaten yolks with milk, then the butter, and fold in the beaten whites last. Serve with butter and syrup.

Whole rule makes 4 large waffles.

Boiled Dumplings.

$1\frac{1}{2}$ 2 c. flour.	3 ^t 4 t. baking powder.
$\frac{1}{2}$ t. salt.	3 ⁴ 1 scant c. milk.

Sift dry ingredients, stir in the milk gradually, with a knife, to make a soft dough. Drop quickly by the spoonful into the boiling stew, letting them rest on the meat and potatoes. Cover closely to keep in the steam, and boil just ten minutes without lifting the cover. Serve at once.

Hot Water Gingerbread.

1 c. molasses.	1 t. soda.
$\frac{1}{2}$ c. boiling water.	$1\frac{1}{2}$ t. ginger.
$2\frac{1}{4}$ c. flour.	$\frac{1}{2}$ t. salt.
4 tb. melted shortening.	

Mix water and molasses. Mix and sift all dry ingredients, then add liquid gradually, add shortening, and beat vigorously. Pour into a buttered, shallow tin pan and bake twenty-five minutes in a moderate oven.

Cinnamon Cakes.

1 c. molasses.	1 c. shortening.
1 c. sugar.	1 c. hot water.

Mix in the order given. Let come to a boil. Cool and add 2 t. cinnamon, 2 t. soda, 1 egg, 5 c. flour. Drop in gem pans. Cook in a slow oven from fifteen to twenty minutes.

CAKES

Cakes are divided into two classes:

1. Butter or Pound Cakes—made with butter.
2. Sponge Cakes—made without butter.

Good cake depends upon the following things:

1. Best ingredients.
2. Accurate measurements.
3. Careful combining of ingredients.
4. Correct oven temperature.

Directions for Mixing Butter Cakes.

1. Prepare pan and light the oven.
2. Make all measurements before beginning to combine.
3. Measure all dry ingredients first, then liquids. Flour should be sifted before measuring.
4. Cream the butter until almost liquid. Butter should never be melted, but the bowl may be slightly warmed before beginning to cream.
5. Add the sugar a little at a time and cream thoroughly.
6. Mix and sift all other dry ingredients.
7. Separate eggs and add beaten yolks to butter and sugar.
8. Add sifted dry ingredients and milk alternately to the first mixture, beginning with the dry ingredients.
9. Add flavoring and beat thoroughly.
10. Fold in the beaten whites.
11. Bake thirty or forty minutes in a moderate oven.

Note.

If bread flour is used in place of pastry flour, take 2 tb. less for each cup.

Directions for Mixing Sponge Cake.

1. Flour and sugar should each be sifted three times.
2. Beat yolks of eggs until very light and lemon colored.
3. Add sugar gradually and beat ten minutes.

4. Add flavoring and salt.
5. Fold in beaten whites.
6. Sift in flour and fold but do not stir.

A sponge cake beaten after the addition of flour will be stiff and tough.

7. Bake in an ungreased pan in a slow oven for nearly an hour.
8. Invert in cups and allow to cool before removing from the pan.

Methods of Preparing Pans.

1. Grease pan thoroughly and sprinkle lightly with flour.
2. Line bottom of pan with paper and grease paper and sides of pan.

Use an unsalted fat for greasing pans. If butter is used, melt and allow salt to settle. Salt in a fat will cause the mixture to stick to the pan.

If the mixture sticks in removing from the pan, place pan on a damp cloth and allow to steam for a few minutes.

Time for baking cake should be divided into quarters as follows:

First quarter, mixture should begin to rise.

Second quarter, continue rising and begin to brown.

Third quarter, continue browning.

Fourth quarter, finish baking and shrink from pan.

Test for oven:

The oven for butter cake should turn a piece of white paper light brown in five minutes.

The oven for sponge cake should turn a piece of white paper light yellow in five minutes.

BUTTER CAKES.

One Egg Cake.

- | | |
|---------------------------|---------------------|
| $\frac{1}{2}$ c. butter. | 2 c. flour. |
| 1 c. sugar. | 4 t. baking powder. |
| 1 egg, beaten separately. | 1 t. vanilla. |
| | 1 c. milk. |

Follow general directions for mixing butter cakes.

Spice Cake.

$\frac{1}{2}$ c. butter.	$1\frac{1}{2}$ c. flour.
1 c. sugar.	1 t. vanilla.
$\frac{1}{2}$ c. sour milk.	$\frac{1}{4}$ t. cloves.
$\frac{1}{2}$ t. soda.	1 t. cinnamon.
1 tb. molasses.	1 c. raisins.
2 eggs, beaten separately.	$\frac{1}{4}$ t. salt.

Follow directions for mixing butter cakes. Raisins should be sprinkled lightly with flour and added just before the whites of eggs.

SPONGE CAKES.

Sponge Cake.

5 eggs.	Grated rind and juice of $\frac{1}{2}$
1 c. fine granulated sugar.	lemon.
$\frac{1}{4}$ t. salt.	1 c. pastry flour.

Follow directions for mixing sponge cakes.

Smaller Sponge Cake.

3 eggs.	$\frac{1}{8}$ t. salt.
Juice and grated rind of $\frac{1}{2}$	$\frac{1}{2}$ c. sugar.
lemon.	$\frac{1}{2}$ c. flour.

Put together in same manner as the above cake.

Cup Cakes

1 egg - 1 cup sugar - 1 tablespoon
butter - $\frac{2}{3}$ cup milk - $1\frac{1}{2}$ cups flour
2 teaspoons baking powder - $\frac{1}{2}$ teaspoon
flavoring - a little salt.

Beat egg - add sugar gradually - add
butter and beat well - sift salt and
baking powder with flour - alternate milk
and the flour to mixture - then add flavoring

FROSTINGS

Chocolate Frosting.

2 squares chocolate.	3 tb. hot water.
1 t. butter.	Confectioners' sugar.
	$\frac{1}{4}$ t. vanilla.

Melt chocolate over boiling water, add butter and hot water. Cool and add sugar to make of right consistency to spread. Flavor with vanilla.

White Mountain Cream.

1 c. sugar.	1 t. vanilla or
$\frac{1}{3}$ c. boiling water.	$\frac{1}{2}$ tb. lemon juice.
	White of one egg.

Put sugar and water in saucepan and stir until sugar is dissolved. Heat gradually to boiling point and boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten white of egg, beating mixture constantly, and continue beating until of right consistency to spread. Add flavoring.

DOUGHS

Baking Powder Biscuits.

2 c. flour.	$\frac{1}{2}$ t. salt.
4 t. baking powder.	1 tb. butter.
$\frac{3}{4}$ c. milk.	1 tb. lard.

Mix and sift dry ingredients. Chop in shortening with two knives; add milk gradually to form a soft dough, mixing with a knife. Toss on a floured board, roll lightly to $\frac{3}{4}$ inch thickness. Cut in rounds, place on a floured pan so that biscuits do not touch each other, and bake in a very hot oven fifteen minutes.

Handle the dough as little as possible.

Strawberry Shortcake.

2 c. flour.	4 t. baking powder.
$\frac{1}{2}$ t. salt.	$\frac{1}{3}$ c. butter.
	$\frac{3}{4}$ c. milk.

Mix and sift dry ingredients. Chop in butter with two knives, stir in milk. Roll on a board very little or else divide mixture in half, smoothing it over 2 shallow buttered pans. Bake twelve minutes. Pick over, clean berries, save out some whole ones for top, crush rest slightly. Sweeten with sugar. Put berries between layers and on top.

Fruit Rolls or Pin Wheel Biscuit.

Make 1 pt. Baking Powder Biscuit dough. Roll one-fourth inch thick, brush with melted butter or water. Sprinkle with sugar, $\frac{1}{3}$ c. stoned raisins, finely chopped, 2 tb. chopped citron, $\frac{1}{2}$ t. cinamon. Roll like a jelly cake. Cut in $\frac{3}{4}$ -inch slices. Bake fifteen minutes in a quick oven. Currants may be substituted for raisins and citron.

Steamed Dumplings.

2 c. flour.	$\frac{1}{2}$ t. salt.
4 t. baking powder.	3 t. butter.
	$\frac{3}{4}$ c. milk.

*see page 88 for
Boiled dumplings*

Mix and sift dry ingredients. Chop in butter with a knife, add milk gradually, using the knife for mixing. Turn onto a floured board and pat lightly to one-half inch in thickness. Shape with a small biscuit cutter. Put in a buttered steamer, cover closely, place over a kettle of boiling water and steam for twelve minutes without uncovering. If too close together in steamer, dumplings will require longer cooking and are apt to be heavy.

Imperial Cookies.

conf. crisco
 $\frac{1}{2}$ c. butter.
 2 1 c. sugar.
 3 2 eggs.
 3 1 tb. milk.

3 c. flour.
 2 3 t. baking powder. *enough*
 $\frac{1}{2}$ t. lemon extract. *baking soda*
 $\frac{1}{2}$ t. grated nutmeg. *1 teaspoon salt*

Cream the butter. Add the sugar, milk and beaten egg. Add the sifted dry ingredients. Dip cutter in flour and flour the pan. Roll the dough lightly and cut. Bake till light brown, about ten minutes.

Hermits.

$\frac{1}{2}$ c. butter.
 $\frac{3}{4}$ c. sugar.
 1 egg.
 2 tb. milk.
 $1\frac{3}{4}$ c. flour.
 2 t. baking powder.

$\frac{1}{3}$ c. raisins, stoned and cut
 in small pieces.
 $\frac{3}{4}$ t. cinnamon.
 $\frac{1}{4}$ t. cloves.
 $\frac{1}{3}$ t. mace.
 $\frac{1}{3}$ t. nutmeg.

Cream butter, add sugar gradually, add raisins, well beaten egg and milk and mix thoroughly. Mix and sift flour, baking powder and spices and combine with first mixture. Drop by teaspoon on greased pan about one inch apart. Bake in a moderate oven.

Oatmeal Cookies.

1 egg.
 $\frac{1}{2}$ c. sugar.
 $\frac{3}{4}$ tb. melted butter.

1 c. rolled oats.
 $\frac{1}{3}$ t. salt.
 $\frac{1}{4}$ t. vanilla.

Beat egg until light, add sugar gradually and stir in remaining ingredients. Drop mixture by teaspoonfuls on well-greased baking sheet one inch apart. Spread into a circular shape with a caseknife first dipped in cold water. Bake in a moderate oven until delicately browned.

Peanut Cookies.

2 tb. butter.	1 egg, well beaten.
$\frac{1}{4}$ c. sugar.	$\frac{1}{2}$ c. flour.
1 t. baking powder.	$\frac{1}{2}$ tb. milk.
$\frac{1}{4}$ t. salt.	$\frac{3}{4}$ c. chopped peanuts.
$\frac{1}{2}$ t. lemon juice.	

Cream butter, add sugar gradually and egg well beaten. Mix and sift dry ingredients, add to first mixture. Add milk, peanuts and lemon juice. Drop from tip of spoon on unbuttered sheet one inch apart and place one-half peanut on top of each. Bake 12 to 15 minutes in slow oven.

*"Bread is the Staff of Life, but
Bread and Butter is a Gold-headed Cane."*

BREAD

Test flour for gluten.

Use Spring Wheat flour.

Bread dough is lightened by yeast.

Yeast.

Yeast is a microscopic plant which grows very rapidly under proper conditions by budding. Conditions necessary for its growth are:

1. Proper temperature—from 75° to 80° F
2. Proper food—gluten, or some nitrogenous food, and sugar.
3. Moisture.

Bread dough is the best soil for growing the yeast plant. The yeast changes the sugar into the gas carbon dioxide, and alcohol. The gas being lighter than the dough, rises, and in its effort to escape, puffs up the elastic, glutinous mass to two or three times the original size. The alcohol escapes in the oven.

Three kinds of yeast are used for bread-making:

1. Dry.
2. Liquid.
3. Compressed.

A good compressed yeast cake is known by its light even color. If fresh, it will have no dark spots. Liquid yeast is cultivated in a mixture of potatoes, sugar, water and hops.

Kneading.

We knead bread the first time to develop the gluten and make the dough elastic, and to thoroughly mix the ingredients. It should be continued until the dough will spring back into place when pressed with the finger.

We knead bread the second time to break up the bubbles of gas which have formed during the rising, which, if left in, would make large holes in the bread. This kneading should be continued until the bread stops squeaking.

Bread Is Baked:

1. To kill the yeast plants.
2. To drive off the alcohol.
3. To burst the starch cells.
4. To improve color and flavor.

Helpful Hints About Bread-Making.

1. To keep the dough from cooling, mix and knead it quickly. In cold weather, warm the flour, the mixing bowl and the board.
2. The longer the batter is beaten, the less kneading the dough will require. When the dough can be lifted in a mass on the spoon, it is ready to knead.

3. By using not less than one yeast-cake to one pint of liquid the following advantages are gained:

- (a) The bread can be made and baked within five hours.
- (b) It may be more easily kept clean and free from kitchen odors than if it stood longer.
- (c) It has not time to sour.

4. Make small loaves to insure the bread's being baked through; in large loaves the heat may fail to penetrate to the center and some yeast may remain alive.

5. The baking of bread should be divided into three equal periods.

First period—bread should rise and become slightly brown.

Second period—bread should not rise more, but continue to brown.

Third period—bread should be a golden brown and should shrink from the pan.

The oven should be hot for the first period, but heat should gradually decrease during the remainder of the baking.

6. When baked, remove loaves from pans and set on edge in such a way that the air may circulate freely around all parts. When cold put in a clean, sweet bread-box, without any wrapping, as a cloth may give it a musty flavor.

Milk and Water Bread.

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| 1 pt. milk. <i>cold water</i> | 3 t. salt. |
| 1 pt. boiling water. | 1 cake yeast. |
| 2 tb. sugar. | Dissolve in 1 c. lukewarm water. |
| 2 tb. lard or butter. | Flour to make soft dough. |

Put the salt, sugar, shortening and milk in a bowl and pour over them the boiling water. When lukewarm, add the yeast and enough flour to make a dough. Turn on a well floured board and knead twenty minutes, or until it will work clear of the board without any flour. Put into a greased bowl, grease the top to prevent a hard crust from forming. Cover closely and do not let draughts of cold air strike it. Let rise till it doubles the size; over night in winter, about 4 hours in summer. Knead lightly to work out the bubbles of gas. Shape into loaves or rolls. Let loaves rise in the pan until double in size and bake forty to sixty minutes, or till a rich brown, and the loaf emits a hollow sound when tapped on the bottom.

Rolls should rise in the pan until double in size, and bake in a hot oven twenty minutes.

Parker House Rolls.

Scald 1 pt. milk. Add 2 tb. butter, 2 tb. sugar and 1 t. salt. When lukewarm, add $\frac{1}{2}$ yeast cake dissolved in $\frac{1}{2}$ c. water. Add flour to make a soft dough. Knead 20 minutes. Let rise till it doubles in size, shape into rolls. Let rise 1 to $1\frac{1}{2}$ hours. Bake in a quick oven 20 minutes. Brush with milk or butter.

Graham Bread.

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| 1 pt. milk, scalded. | $\frac{1}{2}$ cake yeast. |
| $\frac{1}{3}$ c. molasses. | 2 c. white flour. |
| 1 t. salt. | 3 to $3\frac{1}{2}$ c. sifted graham flour. |

Add molasses and salt to milk. When lukewarm, add the yeast dissolved in $\frac{1}{2}$ c. water. Add more flour till a dough is formed a little softer than for white bread. Beat well. Let rise till it doubles in size. Stir down. Pour into greased baking-pans, let rise $\frac{3}{4}$ hour and bake a little longer in a more moderate oven than for white bread.

This recipe may be used for Whole Wheat Bread by substituting Entire Wheat flour for the graham flour.

German Coffee Bread.

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| 1 c. scalded milk. | 1 egg. |
| $\frac{1}{3}$ c. butter or butter and lard. | $\frac{1}{3}$ yeast cake dissolved in $\frac{1}{4}$ c. lukewarm water. |
| $\frac{1}{4}$ c. sugar. | $\frac{1}{2}$ c. raisins, stoned and cut in pieces. |
| $\frac{1}{2}$ t. salt. | |

Flour to make stiff batter. Add butter, sugar and salt to milk; let stand until lukewarm, add yeast, egg well beaten, flour and raisins; cover and let rise over night, in morning spread one-half inch thick in buttered dripping-pan. Cover and let rise again. Just before baking brush with beaten egg and cover with the following mixture: melt 3 tb. butter, add one-third c. sugar and 1 t. cinnamon; when sugar is partly melted add 3 tb. flour.

Baked Brown Bread.

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| 1 tb. butter, melted. | $\frac{1}{2}$ t. salt. |
| 1 c. New Orleans molasses, dark. | 3 c. sour milk. |
| | 2 t. soda. |

Sifted graham flour to make a very soft dough.

Mix in order given, bake in a slow oven forty-five minutes. Butter the crust after taking bread from the oven.

Boston Brown Bread.

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| 1 c. rye meal. | 2 c. sour milk or $1\frac{3}{4}$ c. sweet milk or water. |
| 1 c. granulated corn meal. | |
| 1 c. graham flour. | 1 t. salt. |
| 2 t. soda. | $\frac{3}{4}$ c. molasses. |

Mix and sift dry ingredients, add molasses and milk. Beat well. Pour into well buttered molds and steam $3\frac{1}{2}$ hours. The cover should be buttered. Never fill the mold more than two-thirds full. Baking powder cans or lard pails may be used for molds.

DESSERTS

Corn Starch Mould.

1 qt. milk, scalded.	$\frac{1}{4}$ t. salt.
$\frac{1}{2}$ c. corn starch.	$\frac{1}{2}$ c. cold milk or water.
$\frac{1}{4}$ c. sugar.	1 t. vanilla.

Mix with corn starch, sugar and salt, add cold milk or water and stir, then pour this in a fine stream, stirring constantly, into the hot milk; cool until thick in double boiler. Pour into moulds, which have been chilled in water; turn out and serve with a boiled custard.

Variations.

(1) **Chocolate.**—Use two squares Baker's bitter chocolate, melt over hot water and add 2 t. sugar, a little hot milk from original quantity. Cook until smooth, then add to the milk mixture.

(2) **With Strawberries or Raspberries.**—Rub the berries through a strainer, sweeten to taste, and add to the corn starch mixture until it seems about right color, to be added when corn starch is almost done. Mould in individual moulds, surround with fresh fruit, and serve with cream and sugar.

Little Chocolate Puddings.

Eight custard cups filled about $\frac{3}{4}$ full with fine, soft bread crumbs. Place in a double boiler, 1 pt. milk, when heated add 2 oz. (or squares) chocolate grated, and $\frac{1}{2}$ c. sugar mixed; stir until dissolved, remove from fire and allow to partly cool, then pour gradually over 3 beaten eggs, add a few drops of vanilla and pour this custard over the bread crumbs, stir custard lightly into crumbs, place cups in a pan containing hot water, and bake until puffed up in the center, about 20 minutes. Turn onto individual dishes. Serve with vanilla sauce.

Dutch Apple Cake.

2 c. flour.	4 tb. butter.
$\frac{1}{2}$ t. salt.	1 egg.
3 t. baking powder.	1 c. milk (scant).
2 sour apples.	

$\frac{1}{2}$ cup sugar

Mix dry ingredients, rub in the butter. Add milk and beaten egg. Spread on shallow pans. Pare and cut apples in eighths, lay them in parallel rows on top of dough, pressing them in lightly. Sprinkle top with 2 tb. sugar and $\frac{1}{4}$ t. cinnamon. Bake in a hot oven 20 to 30 minutes. Serve with lemon sauce.

Cottage Pudding.

1 egg.	1 c. milk.
$\frac{3}{4}$ c. sugar.	$\frac{1}{2}$ t. salt.
3 tb. melted butter.	3 t. baking powder.
$2\frac{1}{4}$ c. flour.	

Beat egg, add sugar, melted butter, milk, sifted dry ingredients. Bake in shallow pan about 25 or 30 minutes. Serve hot with sauce.

Apple Snow.

4 sour apples.	$\frac{1}{2}$ c. powdered sugar.
3 whites of eggs.	$\frac{1}{2}$ c. jelly.

Pare, quarter and core the apples. Steam until soft, and rub through strainer. Beat whites of eggs until stiff, add gradually to sweetened apples, and continue to beat until like snow. Pile lightly on glass dish. Garnish with jelly. Serve with boiled custard.

Bread Pudding.

1 qt. scalded milk.	2 eggs.
$\frac{1}{3}$ c. sugar.	$\frac{1}{2}$ t. salt.
2 c. stale bread crumbs.	1 t. vanilla or
$\frac{1}{4}$ c. melted butter.	$\frac{1}{4}$ t. spice.

Add bread crumbs to milk; when cool add sugar, eggs slightly beaten, salt, butter and flavoring; bake one hour in buttered pudding dish in a slow oven. Serve with Vanilla Sauce.

Rice Pudding.

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| $\frac{1}{2}$ c. rice. | $\frac{1}{2}$ t. salt. |
| $\frac{1}{2}$ c. sugar. | 1 qt. milk. |
| $\frac{1}{2}$ c. raisins, if liked. | |

Wash rice, mix ingredients, pour into a pudding dish. Cover at first, stirring occasionally. Bake from three to four hours in a slow oven, or until milk is absorbed. Serve hot or cold.

Prune Whip.

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|---------------------------|--------------------------------|
| $\frac{1}{3}$ lb. prunes. | $\frac{1}{2}$ c. sugar. |
| Whites of 5 eggs. | $\frac{1}{2}$ tb. lemon juice. |

Pick over and wash prunes, soak over night in cold water to cover. Cook in the same water in a saucepan until soft. Remove stones, rub prunes through a strainer and cook 5 minutes. Have egg whites stiffly beaten and add prune mixture slowly when cold, and the lemon juice. Pile lightly in a buttered pudding dish. Bake 20 minutes in a slow oven. Serve in a bowl surrounded by a cold boiled custard.

Suet Pudding.

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| $2\frac{1}{2}$ c. flour. | 1 c. molasses. |
| 1 t. soda. | 1 c. chopped suet. |
| $\frac{1}{2}$ t. salt. | 1 c. raisins or currants or half |
| $\frac{1}{4}$ t. cinnamon. | of each. |
| $\frac{1}{4}$ t. nutmeg. | 1 c. water or milk. |

Sift salt, soda and spice with the flour; add suet, raisins. Beat in the water and molasses. Steam in a buttered mold 3 hours or in cups 1 hour. If water be used, add $\frac{1}{4}$ c. more flour. Serve hot with sauce.

Graham Pudding.

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|---------------------------------|---------------------------------|
| 1 egg. | $\frac{1}{2}$ t. soda. |
| $\frac{1}{4}$ c. butter. | 1 t. salt. |
| $\frac{1}{2}$ c. molasses. | 1 c. raisins, seeded and cut in |
| $\frac{1}{2}$ c. milk. | pieces. |
| $1\frac{1}{2}$ c. graham flour. | |

Melt butter, add molasses and milk, the beaten egg, sifted dry ingredients, raisins. Turn into a buttered mold and steam $2\frac{1}{2}$ hours or in cups 1 hour. Serve with sauce.

To Prepare Raisins.

Pour boiling water over them and allow them to remain in it for a few minutes. Drain, cut open with pointed knife and remove stones. They may be left whole, cut in halves, quarters, or chopped.

To Clean Currants.

Look over carefully and remove all foreign substances. Rub thoroughly with flour, put currants in a colander, place in a pan of cold water and rinse, changing water until it is clear. Roll in a towel and dry in a moderately warm place.

To Prepare Suet.

Remove outside skin, cut in small pieces, flour sufficiently to prevent it sticking together, and chop very fine. Suet should always be prepared in a cool place.

FREEZING

General Rules.

I. Use rock salt. II. Pound ice fine. III. Scald can, dasher and cover. IV. Fit can into socket in pail. V. Fill the space between can and pail with alternate layers of ice and salt, using three measures of ice, then one of salt, letting it come a little above the height of liquid in can. VI. Turn the crank slowly and steadily until the cream is rather stiff, then more quickly. VII. Remove the dasher, scrape cream from the sides of the can and pack it down level, put a cork in the hole in the cover, draw off the water, repack with ice and salt, cover with an old blanket or piece of carpet and let stand at least one hour before using.

Lemon Milk Sherbet.

1 qt. milk, 1 c. sugar, grated rind of 2 lemons; half freeze; then add the juice of 2 lemons and the beaten whites of 2 eggs; vanilla may also be added; finish freezing.

Lemon Ice.

4 c. water, 2 c. sugar, $\frac{3}{4}$ c. lemon juice. Make a syrup by boiling water and sugar twenty minutes; add lemon juice; cool, strain and freeze.

Strawberry Ice.

4 c. water.

1 tb. lemon juice.

$1\frac{1}{2}$ c. sugar.

2 c. strawberry juice.

Make a syrup as for lemon ice, cool, add strawberries, mashed and squeezed through double cheese cloth, and lemon juice; strain and freeze.

Ice Cream.

1 qt. thin cream.

$\frac{3}{4}$ c. sugar.

$1\frac{1}{2}$ t. vanilla.

Scald $\frac{1}{2}$ the cream, add sugar and flavoring, when cool, add remaining cream and freeze.

INVALID COOKERY

In preparing food for an invalid, the following points should be observed:

The preparation and serving of food is of special importance in illness. Food for invalids should be perfectly cooked, attractively served and all utensils used should be scrupulously clean.

Food should be suited to the digestive powers of the patient, and should be served in small quantities, just enough to satisfy hunger or to furnish needed strength.

In a severe illness the doctor prescribes the kind and amount of food to be given. In long and protracted illness it is necessary to take nourishing food in small quantities at frequent intervals. In short spells of illness it is sometimes best to go without food for a day or more so as to give the system complete rest.

The following foods are easily digested and are given to invalids: milk, eggs (raw or slightly cooked), beef tea, gelatinous jellies, gruels, well-cooked cereals, raw oysters, juice of oranges, grapes and other fruits, frozen desserts.

Serving Food.

Use the daintiest dishes in the house. Place a clean napkin on a tray and, if possible, a fresh flower.

Serve everything in small quantities, as it is more tempting to a delicate appetite.

Try to surprise the patients by some unexpected food and in this way induce them to take nourishment.

Serve hot food hot and cold food cold.

Remove the tray as soon as food is eaten, as food should never stand in a sick room.

Toast.

Cut stale bread in $\frac{1}{4}$ -inch slices. Move gently over a fire in a toaster till dry, then hold it nearer till a golden brown. Or, dry it out in the oven and then brown it.

Water Toast.

Have a shallow pan with 1 pt. boiling water and $\frac{1}{2}$ t. salt. Dip each slice of dry toast quickly in the water, then spread with butter, and serve very hot.

Cream or Milk Toast.

1 c. milk, scalded.	1 tb. butter.
$\frac{1}{8}$ t. salt.	$\frac{3}{4}$ tb. flour.

Make a white sauce of above ingredients, pour this between the slices of toast and over the whole. Serve very hot.

Egg Nog.

Beat the yolk of one egg, add 1 tb. sugar and beat till creamy. Add $\frac{1}{2}$ c. milk. Beat the white till foamy and stir it in lightly, sprinkle the top with grated nutmeg.

Cracker Gruel.

4 tb. powdered crackers.	1 c. boiling water.
$\frac{1}{2}$ t. salt.	1 c. milk.

Mix the salt with cracker, add to the milk and water, cook for a few minutes, strain and add more salt if needed.

Oatmeal Gruel.

$\frac{1}{2}$ c. coarse oatmeal.	$\frac{1}{2}$ t. salt.
3 c. boiling water.	Milk.

Add oatmeal and salt to boiling water and cook three hours in a double boiler. Force through a strainer, dilute with milk and cream, reheat and serve.

Flaxseed Lemonade.

1 tb. whole flaxseed.	Lemon juice.
1 pt. boiling water.	Sugar.

Pick over and wash the flaxseed, add water and cook two hours, keeping just below the boiling point. Strain, add lemon and sugar to taste.

Lemon Cream.

2 eggs.

2 tb. sugar.

Juice and grated rind of $\frac{1}{2}$
lemon.

Beat the yolks, add sugar and when well mixed the lemon. Place in bowl in a pan of hot water and stir slowly till the mixture begins to thicken, then add the beaten whites and stir two minutes or till very thick like cream. Remove from fire, pour into a glass dish.

Rennet Custard.

1 qt. milk.

$\frac{1}{4}$ c. sugar.

1 t. vanilla.

1 tb. liquid rennet.

Heat the milk in a double boiler until it is lukewarm. Add sugar and stir until it is dissolved. Stir in the vanilla and rennet and pour into a glass dish. Let it stand in a warm room until it begins to thicken, then set it in a cool place, and leave it until it is firm. Sprinkle with $\frac{1}{8}$ t. cinnamon or nutmeg and serve with cream (or milk) and sugar.

The following recipes for invalid cookery may be found elsewhere in the book: baked custard, boiled custard, tapioca cream, cream soups, albuminized milk, prune whip, lemon jelly, snow pudding, apple snow, soft cooked eggs, cocoa, baked potatoes, sherbets and ice cream.

TABLE SERVICE

On the proper table service much of the comfort, cheerfulness and refinement of the family depend. No amount of lavishness and perfection in the preparation of the food will compensate for poor arrangement and service in the dining room. The most perfect order, and yet the greatest freedom, should exist.

No matter what the style of living may be—and this applies to the simplest as well as the most elaborate households—there should always be a care to make the table and food pleasing to the eye. Well-laundered table linen, table ware that has been properly washed and wiped and that is arranged in an orderly manner, are the strongest factors in making a table elegant and attractive. A few flowers loosely arranged, a bunch of ferns, or a small plant or fern will adorn and brighten a table more than any other one thing that can be used. Such decorations are in place on the humblest or the most sumptuous tables.

Directions for Laying the Table.

1. See that the dining room is in perfect order, that the air is fresh and sweet, warm in winter and cool as possible in summer.
2. Cover the table with a silence cloth of felt or Canton flannel. Over this spread a spotless tablecloth evenly, the middle fold upward, dividing the table exactly in half.
3. Place silver one inch in from edge of table, allowing width of largest plate between knife and fork.
4. Place knife at right of the plate with sharp edge of blade turned towards plate.
5. Place fork at left, with tines turned up.
6. Place spoons at right.
7. Place silver in order in which it is to be used, the article used first being farthest from the plate.
8. Place tumbler at tip of knife and bread and butter plate at tip of fork.
9. Place napkin, straight and square, at left of fork.
10. Place pepper and salt near corners or one of each between the places for two people.

11. Place carving knife at right and fork at left of host and the tablespoons beside the dishes to be served.
12. Place the coffee pot, sugar basin, cream pitcher, cups and saucers in a semicircle in front of hostess.
13. Arrange the chairs so far away that they need be pulled out only a little while the family are being seated.

General Directions for Serving.

1. Everything should be ready before the meal is announced.
2. Fill water glasses and cut the bread the last thing.
3. Cups, plates, and dishes for hot food should be warm. Dishes for cold foods should be cold.
4. Food is served from the table by host and hostess or from side table by waitress.
5. The host serves meat, fish, and game.
6. The hostess serves tea, coffee, chocolate, salad, desert.
7. Dishes are held in the palm of the left hand on folded napkin, or placed on a tray covered with a doily.
8. Pass everything to the left if the guest is to take a portion, holding the dish firmly and low, and near enough that it may be within easy reach.
9. Things that do not admit of choice place from the right.
10. Remove all dishes from the right, with the exception of bread and butter plates, taking serving dishes first and then the individual dishes.
11. Before serving dessert remove all dishes not necessary for next course, and brush crumbs from cloth.
12. Serve hostess first and host last, serving those at right of hostess, then those at left.
13. Keep glasses filled. To fill glasses do not remove from table. Never fill glasses more than three-fourths full. Handle the glass at the base.
14. Remove everything relating to one course before serving another.
15. In removing a course take large dishes or platters first, then the plates and knives and forks.
16. If there is no waitress, one of the family quietly removes the plates and prepares the table for the next course.

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Common Rules of Table Conduct.

1. Personal neatness and cleanliness.
2. Sit erect, with feet on the floor and elbows away from the table.
3. Eat slowly and quietly.
4. Do not play with the utensils on the table.
5. Talk only about cheerful and pleasant things.
6. Do not criticise the food.
7. Wipe lips frequently during the meal.
8. Spoons should be used only for liquid or semi-liquid foods. Use a fork for salads, vegetables and dessert when possible.
9. Drink quietly from the side of the spoon, never from the tip. In filling the spoon, whether eating or serving with it, move it away from you.
10. Do not tip soup plate for the last drop.
11. Spoons should not be left in cups when not being used.
12. Handle a drinking glass near the base.
13. Toothpicks, like all other toilet articles, should be used in private.

DIRECTIONS FOR COOKING

To be followed in all recipes on this page.

Empty the contents of a ten-cent package of Foulds' Macaroni, Spaghetti, Curly-Q (Elbow) Macaroni, Curly-Q (Elbow) Spaghetti or Egg Noodles into three quarts of rapidly boiling water to which has been added one tablespoonful of salt. (Some also add a little pepper.) Boil 12 to 15 minutes to suit taste, stirring occasionally with a fork to prevent sticking, then drain in colander and rinse thoroughly with hot water. Never start to cook in cold or merely warm water. Always be sure water is boiling rapidly. Never allow it to stop boiling. If necessary to add more water, have it boiling.

**Baked,
with Cheese**

- 2 cups grated cheese
(American)
1 teaspoonful salt
1/4 teaspoonful pepper
1 cup milk

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni as directed above. Put a layer of Macaroni or Spaghetti into greased baking dish, then a layer of grated cheese. Alternate layers until all food is used. Before adding top layer, which should be cheese, add milk and seasonings. Bake in moderate oven for 30 minutes.

**With
Asparagus**

- 2 cans green asparagus or 2 bunches fresh asparagus.
- Sauce { 2 cups milk 1/4 cup butter
3 tablespoonfuls flour
1/2 teaspoonful salt
1/2 teaspoonful curry powder
1/2 teaspoonful paprika

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni as directed above. To make sauce, melt butter, add flour, salt and paprika, and curry powder. Add cold milk and stir until sauce has thickened. Combine with macaroni. Pour into serving dish and over it place fresh asparagus cut into small pieces and cooked until tender or canned asparagus heated. Brown 1/4 cup butter and pour over asparagus.

With Tomato Soup

- 1 pint can of tomato soup 2 tablespoonfuls fat or 4 slices bacon
Few grains cayenne 2 cups grated cheese
1 teaspoonful salt

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni, as directed above. Add tomato soup to Macaroni or Spaghetti and seasonings and heat. Just before serving add cheese and bacon, chopped in small pieces.

With Chicken

- 2 cups cooked chicken cut in dice
2 cups chicken stock
1/4 cup flour
2 teaspoonfuls salt
Few grains pepper
1 cup milk

Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curly-Q (Elbow) Macaroni as directed above. Put a layer of Macaroni or Spaghetti into greased baking dish, then add a layer of diced chicken. Alternate layers until all food is used. Top layer should be Macaroni or Spaghetti. Pour sauce over all and bake in hot oven for 30 minutes. Sauce: Add 1/4 cup cold milk to flour. Pour into heated stock and remaining milk. Season and cook until thickened.

With Hamburger Steak

- 2 cups grated American cheese
1/4 cup fat
1 pound hamburger steak
4 cups tomatoes (canned)
1 green pepper, chopped
1 onion, minced
2 teaspoonfuls salt
Few grains cayenne

Put fat in frying pan; add hamburger steak and cook about 5 minutes, then simmer with tomatoes, onion and green pepper for one hour. Season with salt and cayenne. Add Foulds' Macaroni or Spaghetti which has been boiled and drained as directed above, and cook 15 minutes longer. Just before serving add grated cheese.



This is one of the sanitary waxed wrappers used in every 10c package. Write for "Foulds' Little Yellow Cook Book and Catalog of 'A Thousand and One Free Premiums.'" Both sent free and postpaid on request.

THE FOULDS MILLING COMPANY, PREMIUM DEPT., 50 FRANKLIN ST., NEW YORK

DIRECTIONS FOR COOKING

To be followed in all recipes on this page.

With Tomato Soup

1 pint can of tomato soup
4 slices bacon
2 cups grated cheese
Few grains cayenne
1 teaspoonful salt
Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curry-Q (Elbow) as directed above. Add tomato soup to Macaroni or Spaghetti and seasonings and heat. Just before serving add cheese and bacon, chopped in small pieces.

With Chicken

2 cups cooked chicken
cut in dice
2 cups chicken stock
1 cup flour
2 teaspoonful salt
Few grains pepper
1 cup milk
Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curry-Q (Elbow) as directed above. Put a layer of Macaroni or Spaghetti into greased baking dish, then add a layer of diced chicken. Alternate layers until all food is used. Top layer should be Macaroni or Spaghetti. Pour sauce over all and bake in hot oven for 30 minutes. Sauce: Add 1 cup cold milk to flour. Pour into heated stock and remaining milk. Season and cook until thickened.

With Hamburger Steak

2 cups grated American cheese
1 cup fat
1 pound hamburger steak
4 cups tomatoes (canned)
Put fat in frying pan; add hamburger steak and cook about 5 minutes, then simmer with tomatoes, onion and green pepper for one hour. Season with salt and cayenne. Add Foulds' Macaroni or Spaghetti which has been boiled and drained as directed above, and cook 15 minutes longer. Just before serving add grated cheese.

Empty the contents of a ten-cent package of Foulds' Macaroni, Spaghetti, Curry-Q (Elbow) Macaroni, Curry-Q (Elbow) Spaghetti or Egg Noodles into three quarts of rapidly boiling water to which has been added one tablespoonful of salt. (Some also add a little pepper.) Boil 12 to 15 minutes to suit taste, stirring occasionally with a fork to prevent sticking, then drain in colander and rinse thoroughly with hot water. Never start to cook in cold or merely warm water. Always be sure water is boiling rapidly. Never allow it to stop boiling. If necessary to add more water, have it boiling.

Baked with Cheese

2 cups grated cheese (American)
1 teaspoonful salt
1/2 teaspoonful pepper
1 cup milk
Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curry-Q (Elbow) Macaroni as directed above. Put a layer of Macaroni or Spaghetti into greased baking dish, then a layer of grated cheese. Alternate layers until all food is used. Before adding top layer, which should be cheese, add milk and seasonings. Bake in moderate oven for 30 minutes.

With Asparagus

2 cans green asparagus
2 cups milk
1/2 cup butter
3 tablespoonfuls flour
1 teaspoonful salt
1/2 teaspoonful curry powder
1/2 teaspoonful paprika
Boil and drain a 10c package of Foulds' Macaroni, Spaghetti or Curry-Q (Elbow) Macaroni as directed above. To make sauce melt butter, add flour, salt and paprika, and add cold milk and stir until curry powder. Combine with macaroni has thickened. Pour into serving dish and over it place fresh asparagus cut into small pieces and broiled until tender or canned asparagus. Heat Brown 1/2 cup butter and pour over asparagus.

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