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DOMESTIC SCIENCE FOR RURAL SCHOOLS

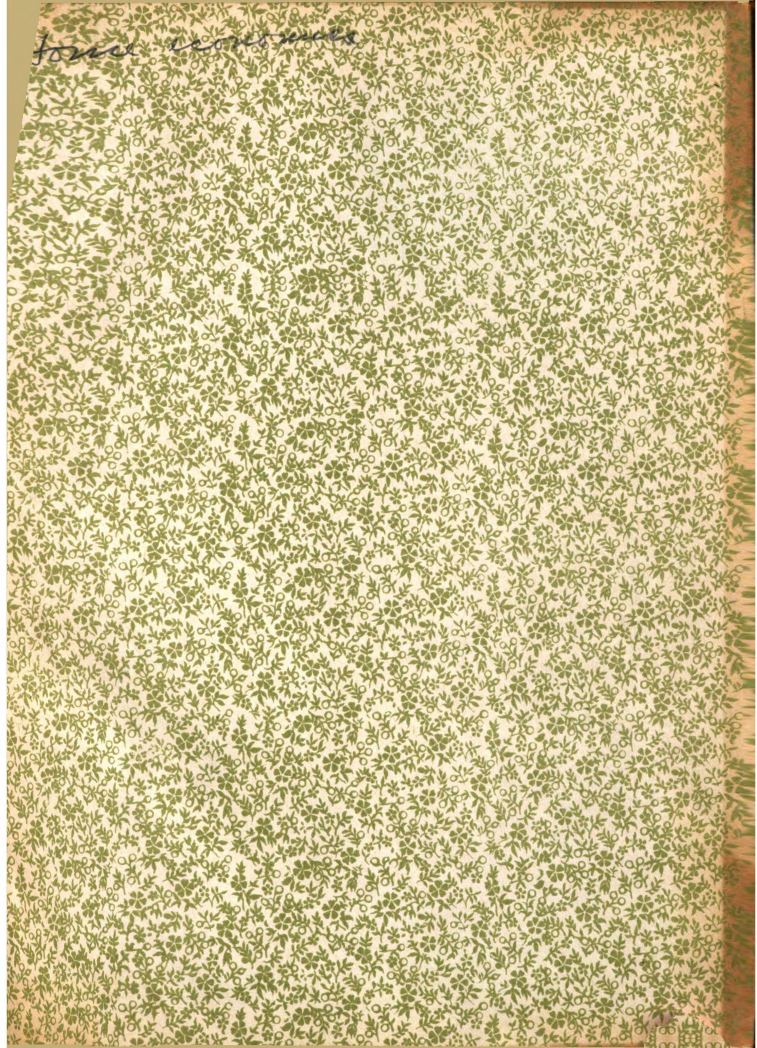
THESIS FOR DEGREE OF M. H. E.

CALLA L. KRETEL

1913

Corking

four corners



DOMESTIC SCIENCE FOR RURAL SCHOOLS.

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THESIS FOR DEGREE OF M. R. E.

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CALIA L. KRINTZ

1913

THESIS

INTRODUCTION.

The rural school should be one of the most vital factors in every rural community. Let the days of the 'three R's' in the country school pass from our sight. In their place, or added to their 'three R's', let us find such subjects that will closely link the pupil with the affairs of the home, farm, and social life of the community. When such a curriculum is established, the child will leave the little school house well enough informed in the subjects of Agriculture, Domestic Science, Prevention of Diseases, Sanitation, and Good Citizenship, to be able to aid in the direction and arrangement of affairs.

When this status is reached in the country school, the teacher, pupil, parent, and farmer will be in hearty cooperation, observing, remedying, and improving conditions in their district.

A highly efficient teacher will be demanded; her wages will be in proportion to her training, and skill,--for where is there a prosperous rural community that does not respond readily to the wishes and requests of a good teacher?

The pupil will no longer enter the building with a dread in his heart, but will go gladly, knowing he is receiving something which is and will be all important to him. He will wish his school-days could last longer, instead of looking forward to the first possible chance of leaving.

The parents will listen to the stories of the work done at school, their interest will grow, and eventually they will be drawn to the school as the educational center, and social center, where their children are receiving instructions that fit them to help their parents, not flying far above them in ideals, so often falsely imbedded in a child's mind.

The farmer will be glad to know there is a material and developing aid in that building 'at the corners', and not a growing spirit which says: "I'm too good for the farm." He will do all in his power to aid the efforts of the teacher, and there will be no better champion in the community.

I firmly believe these conditions will be realized in every rural district.

DOMESTIC SCIENCE FOR RURAL SCHOOLS.

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It is my purpose to plan a course of study for Domestic Science in the rural schools; to present the study of the elements of food and cookery in such a way that the methods may be applied in the rural home.

The study of materials and their cost, which will tend to lessen the high cost of living, will be pursued. Simple standards whereby the best foods in correct proportions may be prepared for different members of the family, in their different occupations, will be taken up.

This subject may be directed in the school room, applied at home by the pupil, results and samples brought to school, and discussion follow, or, the classes may be taught in the building once in two or three weeks if the building will accommodate necessary equipment. These lessons could be demonstrations, the first few given by the teacher, then the remaining lessons by groups of two or more girls.

Equipment.

As I have already intimated, a few notes could be given by the teacher, the recipes and directions dictated in full, and the dishes prepared at home, reporting results, and bringing samples (if convenient) at a stated time. An exhibit could be held, and general criticisms and discussion follow. In this manner the parent would observe the results and sustain the efforts of the pupil and teacher.

If equipment is available, but no special room for a kitchen, I should suggest partitioning off one part of the hall, or corner of the room, if it is large, with a wainscoting six or seven feet high, and installing this equipment:-

1 stove	{	wood
	{	or
	{	gasoline
	{	or
	{	oil

1 cupboard for dishes and supplies.

1 table--preferably a kitchen cabinet, giving room for provisions, etc.

1 salt shaker	\$	.05
1 pepper shaker		.05
6 steel knives		.50
6 steel forks		.50
2 paring knives		.20
1 spatula, 7 inch		.23
1 wooden spoon, 20 inch		.08
6 tin tablespoons		.25
6 tin teaspoons		.25
1 Dover egg-beater		.10
1 wire beater		.04
1 cup and saucer		.12
2 white bowls		.30
1 custard cup		.10
1 sauce pan, 1 pint, granite, and cover,		.15
1 double boiler, 8 qt., granite		.45
1 vegetable pan, granite		.15
1 frying pan, small		.05
1 sauce pan, granite		.25
1 strainer, wire		.05
1 cake pan, 5 inch diameter		.03

1 pie pan, 6 inch diameter	\$.03
1 asbestos mat	.05
1 tin plate	.10
1 dishpan, alternating with rinsing pan	.50
1 vegetable brush, alternating with scrubbing brush	.05
1 mixing board	.50
1 glass measuring cup	.10
1 tin measuring cup	.05
1 bread tin, Russia iron	.20
1 biscuit cutter	.05
1 soap dish	.05
1 rolling pin	.10
1 wire potato masher	.05
2 6-quart granite kettles	.70
1 ice-cream freezer, 1-gal.	1.25
1 glass lemon squeezer	.05
1 roasting pan, Russia iron	1.00
1 collander	.15
1 bread-knife	.25
1 can opener	.10
1 corkscrew	.10
1 muffin tin	.10
1 sink strainer	.10
Jelly glasses for spices	
1 teakettle	.90
1 funnel	.08
1 teapot, 1 quart	.40
1 coffepot, quart	.70
1 steamer	.35

Articles for Setting Table and Serving.

Silence cloth	1.25
Dining table and chairs, oak	25.00
1 tablecloth, linen	1.50
1 dozen napkins	2.50
1 tray cloth	.50
$\frac{1}{2}$ doz cups and saucers, tea,	.50
$\frac{1}{2}$ dozen dinner plates	1.25
$\frac{1}{2}$ dozen soup plates	1.00
$\frac{1}{2}$ dozen tea plates	1.00
1 bread plate	.35
2 covered vegetable dishes, medium	1.50
1 platter, medium	.75
$\frac{1}{2}$ dozen sauce dishes, medium	.70
1 cream pitcher, medium	.25
1 sugar bowl, medium	.50
1 fruit dish, glass	.25
2 salt shakers	.10
2 pepper shakers	.10
1 dozen teaspoons, silver plated,	1.50
$\frac{1}{2}$ dozen dessert spoons, silver plated	1.50
$\frac{1}{2}$ dozen knives, silver plated	1.50
$\frac{1}{2}$ dozen forks, silver plated	1.50
$\frac{1}{2}$ dozen tumblers	.75

The choice of a stove may be left with the teacher, or may depend on the locality. A coal stove, in which coal and wood may be burned, is best. The heat is steady, and such a stove is safe. The gasoline stove is rapid, but it is a constant source of worry when the stove is not in use. It is not well to store either gasoline or kerosene, so I would not recommend either.

The other articles are very necessary. The dishes and silver for serving can be brought in when serving lessons are conducted, if this is regarded as needless expenditure. The dining table and chairs are needless; a common kitchen table, or extension table and chairs could be used.

If the Board cannot supply all the equipment, I would suggest that entertainments, baked goods sales, and socials be given to defray any expense. The residents of the community would readily respond, I am sure.

Supplies.

1 lb. coffee
½ lb. tea
5 lbs. granulated sugar.
5 lbs. brown sugar
25 lbs. flour
1 sack salt
½ lb. pepper
1 c paprika
¼ lb. ground cloves
¼ lb. ground cinnamon
¼ lb. ground allspice
¼ lb. ground nutmeg
¼ lb. whole cloves
¼ lb. bay leaves
¼ lb. mustard
¼ lb. ginger
½ lb. can Royal Baking Powder
½ lb. package baking soda
Ivory soap
Sapolio
Laundry or kitchen soap.

I would advise purchasing perishable supplies in quantities sufficient for one lesson only.

Housekeepers' Duties.

Daily Work, -

1. Dusting. Dust table, sideboard, chairs, window sills,
etc.
2. Care of Sink. Wash strainers during lesson. Scrub
draining board and wash sink at close of
lessons. Once a week scour faucets.
3. Care of Tea-kettle. Wash inside and outside once a
week. See that it is filled with boiling
water during lessons.
4. Care of Garbage Can. Wash with soda water.

Weekly Work, -

5. Care of Sideboard. Wash, arrange and place clean
paper in drawers if necessary.
6. Care of Refrigerator. Wash with soda water, rinse and
dry carefully inside of refrigerator. Place
shelves in sun for an hour if possible.
Wash pan underneath refrigerator. Clean
drain pipe with wire.
7. Care of Winter Refrigerator. Wash shelves and utensil
8. Care of Range. Polish iron or apply kerosene.
Polish nickel with whiting.
9. Care of Cupboard. Wash, arrange and place paper on
shelves if necessary.

FOODS IN THE BODY

ELEMENTS IN FOOD	PROTEID	CARBOHYDRATE	ALBUMINOID	FAT	MINERAL MATTER	WATER
USE	Tissue BUILDER	WORK HEAT	Heat Work	Heat Work	Stimulant Tissue Builders	Tissue Builder
EXAMPLES	MEAT EGGS	Starch Sugar	MEATS EGGS	Fat MEATS NUTS	Vegetables MEATS	All Food
ADAPTABILITY	MEAT:- Manual Labor EGGS:- Light Labor	Large amounts give Manual Labor	Small compared with Carbo- Light Labor	Manual Labor	In all Diets	In all Diets
AMT. NECESSARY IN DIET	MEAT:-1lb EGGS:-4-5	1-2 lbs.	Meats-1lb EGGS-4-5	1-2lbs	~~~~	1-2 qts.
DIGESTIBILITY	Readily	Difficult	Readily	Difficult	Readily	Readily

Foods perform three duties in the body,--build up tissue, produce heat and work or energy. They are classified very simply.

		(Examples)
	(Proteids	Meat, eggs
Tissue	{	
Builders	{ Mineral matters	Vegetables and meats
	{ Water	All food.

Foods

		(Examples)
	(Proteids	Meat
Work and	{	
Heat Pro-	{ Albuminoids	Meat and eggs
ducers	{ Carbohydrates	Starch and sugar
	{ Fats	Meats, nuts

Table of Weights and Measures.

3 teaspoonfuls	equal 1 tablespoonful
16 tablespoonfuls	" 1 cupful
8 ounces	" 1 cupful
16 ounces	" 1 lb.
2 cupfuls	" 1 pint
2 pints	" 1 quart
3½ to 4 lbs.	" 1 quart (dry)
8 quarts	" 1 peck
4 pecks	" 1 bushel
2 cupfuls butter	" 1 lb.
2 " sugar	" 1 lb.
4 " flour	" 1 lb.
3½ " confectioner's sugar	" 1 lb.
2-2/3 cupfuls brown sugar	" 1 lb.
2-2/3 " oatmeal	" 1 lb.
2-2/3 " cornmeal	" 1 lb.
4½ " graham flour	" 1 lb.
4-1/3 " coffee	" 1 lb.
8--9 eggs	" 1 lb.

Table of Abbreviations.

Tsp.	.teaspoon
Tbsp.	.tablespoon
Cup.	.cup
f. g.	.fewgrains
Spk.	.speck
Oz.	.ounce
Pt.	.pint
Qt.	.quart
Pk.	.peck
Bu.	.bushel
Lb.	.pound

Lesson Plan.

I. Notes on food and dishes to be prepared.

II. Recipes--

Large--sufficient for 4--6 persons.

The individual recipes for class work are obtained
by dividing the large rules by four or six.

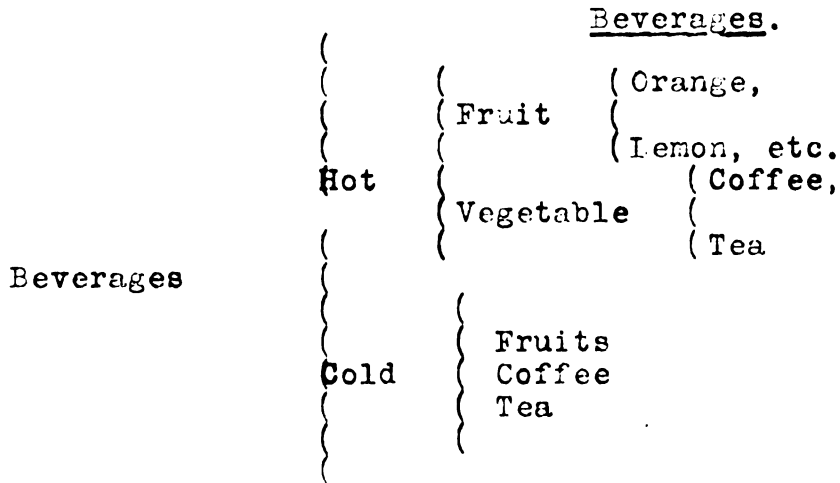
III. Directions for combining recipes, cooking and serving
the dish.

IV. List of utensils used.

V. Market list and cost for lesson.

This should be the order of the work kept in the
notebook also.

Lesson I.



Beverages are composed of water, fruit juices, mineral matter, extractives, with the addition of sugar, or sugar and cream, or milk. They supply the desired quantity of _____ to the body, with varying amounts of stimulating properties.

Fruit beverages or drinks, served hot or cold, are beneficial.

Coffee, tea, and cocoa are stimulating, only good for the water they contain. They must be made with great care, for the poisonous properties, ~~caffein~~ caffeine and tannin, are liberated on prolonged boiling.

The use of both milk and sugar in tea and coffee yields a compound hard to digest.

If the fruit beverages are served hot, have hot, not warm. Fill glass to within one inch of top, serve on dainty plate with cake or wafer. If cold, have cold, but not with ice in the glass.

General Rules.

1 qt.--4c. 16 tbsp.--1c. 3 tsp.---1 tbsp.

Use 2-3 Java and 1-3 Mocha coffee.

Heat the coffee before using.

Scald the coffee or tea pot before using; also the coffee bag.

If the coffee bag is used, it should be washed with cold water and dried in the fresh air.. The bag should be renewed frequently.

Use freshly boiling water for tea or coffee.

Wash eggs before breaking.

If milk is used in coffee, it should be heated.

Coffee cups should be heated.

Boiled Coffee.

1 c. coarsely ground coffee 1-3 white of egg and 1 egg
shell (crushed)

$\frac{1}{2}$ c cold water 5 c boiling water

Mix the coffee with $\frac{1}{2}$ c. cold water, white of egg, and shell; add boiling water. Boil 8 min.; remove to the back of the stove; pour out 1 c of coffee and return it to the coffee pot. Add $\frac{1}{2}$ c cold water and settle 5 min.

Black Coffee.

1 c. finely ground coffee 5 c. boiling water.

Put the coffee into the upper part of a filter coffee pot and pour the boiling water slowly through it. The coffee pot must be kept hot while the coffee is being made. Filtered coffee may be made using but $\frac{1}{2}$ c. coffee.

Tea.

1 tsp. Ceylon or 2 tsp. Oolong tea 2 c. boiling water

Put the tea in the teapot and pour boiling water over it. Steep 5 min. Strain and serve hot or iced.

Lemonade or Orangeade.

3 lemons

3 oranges, 1 lemon

1-3 c. sugar

Or 1-3 c. sugar

5 c. cold water

5 c. cold water

Lesson II.

Cereals.

Cereals are grains used in the entire kernel for food.

Table for Cooking.

	<u>Grain</u>	<u>Water</u>	
1 c.	(Rolled oats	2 c.	Cook at least 1 hour. Oatmeal 6 hrs. Rice rapidly for 20 min
	(Cornmeal	6 c.	
	(Hominy	4 c.	
	(Cream of wheat	2 c.	
	(Rice	6 c.	

General Rules.

Remove foreign substances from the cereal. A double boiler is the best utensil for cooking cereals. Fill the lower part one-third full of boiling water; it must be kept rapidly boiling while the cereal is cooking. If more water is needed before the cooking is completed, boiling water must be used.

Boil the water; add the salt and the cereal slowly; place directly over the heat and cook from 10 to 15 min., stirring to prevent burning; place over the boiling water and steam until cooked.

Mush may be poured into a bread pan which has been wet with cold water. When cold, cut in 1-3 in. slices, dip in flour and fry in small amount of fat.

Any cold mush may be thinned with cream, milk or water, and served as gruel.

All cereal preparations, grains or flours may be used for gruels; also plain crackers, powdered.

Gruels made with meal are made by pouring the meal into the boiling water. They should be cooked for 3 hours over boiling water. When gruels are made from flour, the flour must be first mixed to a smooth, thin paste with 1-8 c. cold water or milk, then stirred into hot liquid. They should be cooked at least 1 hr.

If gruels are too thick, add liquid to make them the right consistency.

A double boiler must be used for gruels made with milk.

Sugar, stick cinnamon, whole cloves, nutmeg, raisins lemon rind, fruit juice or meat extracts may be used to flavor gruels.

Cereals.

Rolled Oats or Wheat.

3 c. boiling water 1 tsp. salt. 1 c. meal.

Boil 10 min., stirring constantly, and cook over boiling water at least 1½ hrs. longer; a better flavor is developed by longer cooking.

Cornmeal Mush.

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

Boil 10 min. stirring constantly, and 3 hrs. or longer over boiling water.

Cornmeal Mush for Frying.

1 c. corn meal 1 tsp. salt 1 pt. boiling water
1 tbsp. flour 1 c. cold water

Mix the dry ingredients; add the cold water. Stir this mixture gradually into the boiling water. Cook 10 minutes, stirring constantly. Place it over boiling water and cook several hours. A better flavor is developed by long cooking. Turn into wet bread-pan, and when cool cut into 1-3 in. slices. Dip the slices in flour and brown in a little hot fat. A slice of fat salt pork may be used.

Steamed Rice.

2 c. boiling water. 1 tsp. salt. 1 c. rice.

Rice must be carefully picked over and washed thoroughly. Put rice, water and salt into a bowl; place it in a steamer over rapidly boiling water. Cook until the rice is soft, from $\frac{3}{4}$ to 1 hr.

Boiled Rice.

3 qts. boiling water 2 tsp. salt 1 c. rice.

Rice must be carefully picked over and washed thoroughly. Add it gradually to the boiling water, so that the water will not stop boiling. Partly cover, and cook 20 min., or until the grains are soft; turn them into a colander to drain; then allow the rice to dry for 5 min. in the oven with door open.

Lesson III.

Vegetables.

Vegetables	(	Water, 80--90%
	{	Protein-Nitrogen
	{	Fat-Oils
	{	Carbohydrates-starch-sugar
	{	Mineral Matter-Potash Salts

Time Table for Cooking Vegetables in Water.

Potatoes	25-30 min.
Carrots	35-45 "
Turnips	45 "
Beets (young)	45 "
Tomatoes	1-3 hrs.
Beets (old)	3-4 "
Cabbage	45-60 min.
Cauliflower	20-30 "
Asparagus	20-30 "
Spinach	30-45 "
Parsnips	30-45 "
Celery	20-30 "
Green Peas	30-45 "
String Beans	1-3 Hrs.
Lima Beans	1 hr. or more
Green Corn	12-20 min.
Macaroni	45-60 "
Rice	20-45 "

General Rules.

Wash thoroughly; pare or scrape, if skins must be removed. Stand in cold water until ready to cook, to keep them crisp and to prevent their being discolored. Cook in boiling water; the water must be kept at the boiling point. Use 2 tsp. salt with 2 qts. water; put the salt into the water when the vegetables are partially cooked. The water in

which vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered, in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper, and serve hot, with butter or sauce.

The color may be kept in green vegetables, as spinach, by pouring cold water through them after draining.

Cold vegetables may be used for salads, or may be placed in a baking dish with one-half the quantity of sauce (2 a. vegetable and 1 c. sauce), covered with buttered crumbs, and browned in hot oven.

Baked Potatoes.

Bake on the grate in a hot oven 45 to 60 min.
Serve uncovered.

Boiled Potatoes.

Cook in boiling water. When tender, drain, shake gently, and dry on the back of the stove with the saucepan uncovered, or with a cloth folded over the top to absorb the moisture. They may be put through a ricer.

Mashed Potatoes.

Drain dry and mash 6 boiled potatoes in the saucepan in which they were cooked, with a wire potato masher. Beat until light and creamy. Add 1-3 c. hot milk and 1 tbsp. butter; season with 1 tsp. salt and beat again.

Mashed turnips are prepared in the same way, without milk.

Scalloped Potatoes.

4 c. diced cooked potatoes 2 c. white sauce
1 c. buttered crumbs.

(See note in General Rules for Vegetables).

Potatoes with Cheese.

6 medium potatoes $1\frac{1}{2}$ c. thin white sauce
 $1\frac{1}{2}$ c. crumbs $\frac{3}{4}$ c. grated cheese
1 tbsp. butter Cayenne.

Cut boiled potatoes into dice, not too small. Melt cheese in white sauce; pour mixture over potatoes. Place in a buttered baking dish; cover with buttered crumbs and bake until brown.

Thin White Sauce.

1 tsp. butter $\frac{3}{4}$ c. milk
1 tsp. salt $\frac{1}{4}$ c. water
1 tbsp. flour

Potato Balls.

Cut potatoes into balls like marbles with a cutter. Cook slowly in boiling water 10 min. or until tender. Drain and shake carefully until dry. Pour over them 1 tbsp. melted butter for each cup of potatoes and roll until all are buttered. Sprinkle with salt, pepper and minced parsley.

Duchess Potatoes.

2 c. hot riced potatoes	Yolks of 2 eggs
2 tbsp. butter	1 tsp. salt
	Cayenne.

Mix ingredients in the order given and beat thoroughly. Drop from tablespoon on buttered baking sheet. Brown slightly in the oven. Serve as a garnish for fish and meat.

Potato Puff.

4 c. hot mashed potato	1 tsp. salt	2 tbsp. butter
4 tbsp. milk	2 eggs	$\frac{1}{4}$ tsp. pepper.

Cook, drain and dry potatoes. Add seasoning, milk and butter. Separate eggs. Add well beaten yolks to mixture and beat well. Then add the whites beaten stiff. Turn into a buttered dish and bake in a quick oven until brown.

Sweet Potatoes (Southern Style)

$\frac{1}{4}$ c. butter	Salt and pepper	2 c. water
2 tbsp. sugar	10 small sweet potatoes.	

Put butter and sugar in flat-bottomed saucepan. When hot, add a layer of sweet potatoes, cut in halves lengthwise. Season with salt and pepper; then add the remainder of the potatoes. Pour on boiling water to half cover lower layer. Cover saucepan tightly and cook on back of range. When lower layer is browned, remove to top, allowing top layer to brown; when both layers are done, nearly all the water should have evaporated, leaving small amount of sauce to pour over potatoes. This dish may be cooked in a casserole in the oven.

Stuffed Peppers.

6 green peppers	3 tbsp. flour
2 c. cooked veal or chicken (chopped)	Onion juice
3 tbsp. butter	$\frac{1}{2}$ tsp. salt
	$1\frac{1}{2}$ c. cream.

Cut the tops from the peppers and keep them for lids. Remove the seeds. Make a white sauce of the butter, flour, onion juice , salt and cream. Add the veal and fill the peppers with the mixture. Replace the lids and fasten them with small wooden skewers. Place the peppers in a baking pan and cover the bottom of the pan with boiling water. Bake in a moderate oven $\frac{1}{2}$ hour.

Fried Tomatoes.

Wash, peel and slice 6 tomatoes. Sprinkle with salt and pepper. Dip in egg and batter twice, saute in drippings--2 tbsp. of drippings for first pan of tomatoes. More fat may be added. Serve with a sauce as follows:

2 tbsp. butter	2 c. milk, stock or water
2 tbsp. flour	Salt and pepper.

Brown butter, and make in the usual way. Garnish tomatoes with parsley.

Stuffed Tomato Salad.

8 medium tomatoes	1 c. mayonnaise dressing.
2 c. celery, cut in small pieces, or	Lettuce
2 c. cucumber cut in cubes	

Scald and peel tomatoes, slice off their tops. Scrape out the seeds and a little of the pulp, and fill the cavities with celery and cucumber mixed with mayonnaise dressing. Make on a platter or on separate plates nests of tender lettuce leaves and put tomato in each nest.

Lesson IV.

Fruits.

Fruits	{	Water
		Mineral matter-flavor
		Carbohydrates-sugar

Fruits are a very important article of food.

Fruit should be eaten before, not after, a hearty meal, or with a light meal.

Apples.

Apple Meringue.

6 apples 6 tbsp. water $\frac{1}{4}$ c. sugar

Wash, wipe and remove the core from the apples and put into a granite or earthen dish. Put 2 tbsp. sugar in each cavity and the water in the dish. Bake from 20 to 30 min. or until soft but not broken.

Soft Custard.

2 c. milk 6 tbsp. sugar $\frac{1}{2}$ tsp. flavoring
3 eggs, yolks Salt

Scald the milk; beat the yolks of eggs slightly; add sugar and salt; mix well; add part of the scalded milk. Return to the double boiler and cook until it thickens and spoon is coated. When cool, add $\frac{1}{2}$ tsp. flavoring. Serve on baked apples.

Apple Or Peach Cake.

2 c. flour	1 egg
3 tsp. baking powder	2 tbsp. butter
$\frac{1}{2}$ tsp. salt	1 pt. sliced apples or peaches
$\frac{3}{4}$ to 1 c. milk	$\frac{1}{2}$ c. sugar

Mix as for baking powder mixture. Cut fruit in slices,, put them in a granite pan, and sprinkle with the sugar, pour in the batter and bake in a hot oven about 25 min. If canned peaches are used, prepare a sauce with the juice.

Bananas.

Baked Bananas. (Three recipes)

Choose sound, ripe bananas; cut about $\frac{3}{4}$ inch off of each end and bake in an earthen or enameled ware baking dish for 30 min. Slit open the skin and eat the banana, which should be sweet and juicy, with a fork or spoon. Or,

Remove bananas from skins; lay in a baking dish; sprinkle with granulated sugar and pour a little cold water in to the dish. Bake in a hot oven until tender. Serve for breakfast or with lemon sayce for dessert. Or,

6 bananas	$\frac{1}{2}$ c/ sugar
2 tbsp. melted butter	2 tbsp, lemon juice

Remove skins from bananas and cut in halves lengthwise. Put in a shallow granite pan or on an old platter. Mix butter, sugar and lemon juice and baste with one half of the mixture. Bake 20 min. in a slow oven, basting during baking with remaining mixture.

Banana Salad.

Remove one section of skin from each of four bananas. Take out fruit, scrape and cut fruit from 1 banana in thin slices, fruit from other 3 bananas in $\frac{1}{2}$ inch cubes. Marinate cubes with French dressing. Refill skins and garnish each with slices of banana. Place on lettuce leaves.

Cranberry Jelly.

4 c. Cranberries 1 or 2 c. water 1 c. sugar.

Pick over and wash the cranberries; cook them in the water until they burst from their skins; press through a colander; add the sugar and stir until sugar is dissolved. Stop stirring and boil 8 or 10 min., or until it jells; pour into molds or glasses which have been wet in cold water, and set away to cool.

Baked Apples.

Wipe and core sour apples; put on a plate in a steamer and cook each center with sugar and 1 tsp. lemon juice; measure 1 tbsp. water for each apple and pour it around them, not over them. Bake until the apples are soft, from 20 to 45 min., basting them every 10 min.; place them in a dish and pour the juice over them. When cold they may be served with plain or whipped cream.

Steamed Apples.

Wipe, core and pare sour apples; put on a plate in a steamer and cook until the apples are tender. The juice may be strained and made into a syrup, using $\frac{1}{4}$ c. sugar to $\frac{1}{2}$ c juice; boil 5 min., add 1 tsp. lemon juice and strain over the apples.

Apple Sauce.

10 apples 1 tbsp. lemon juice or
 $\frac{3}{4}$ c. water 1-8 tsp. nutmeg or cinnamon
 $\frac{1}{2}$ c. sugar

Wipe, quarter, core and pare sour apples; add the water and cook until the apples begin to grow soft; add the sugar and flavoring and cook until the apples are thoroughly soft; press through a strainer and beat well.

Stewed Apples.

Same ingredients as apple sauce. Cook water and sugar together until they boil. Wash, quarter, ~~pare~~ and core the apples. Cut each quarter into quarters lengthwise. Cook apples very slowly in syrup until perfectly tender. Add lemon juice. May be served hot or cold.

Stewed Prunes.

Wash $\frac{1}{2}$ lb. prunes; then soak them in 1 qt. cold water for several hours; cook slowly until tender in the water in which they were soaked; add $\frac{1}{2}$ c. sugar and 1 tbsp. lemon juice for each 2 ~~a.~~ prunes, and stir until dissolved. Serve cold.

Stewed Apricots.

$\frac{1}{2}$ lb. apricots $\frac{1}{4}$ lb. sugar

Sort and wash fruit. Cover with cold water and soak over night or several hours. Cook slowly in same water, adding more if necessary to cover. When soft add sugar, stir until dissolved. Serve cold.

Lesson V.

Bread Puddings.

This solves the problem of dry bread, and makes a most appetizing dish when well made and served with a rich milk, cream or sauce.

Plain Bread Pudding.

2 c. milk	$\frac{1}{2}$ tsp. cinnamon
1 c. stale bread crumbs	1 egg
2 tsbp. sugar	1 tbsp. butter
3 tsbp. cooked currants	

Scald the milk; pour it over the bread crumbs; add sugar, cinnamon, butter, currants and well beaten egg. Pour mixture into a buttered baking dish. Bake 20 min. in a hot oven, covering the first 15 min. It must be golden brown and firm when done.

Bread and Butter Pudding.

1 small stale baker's loaf	$\frac{1}{2}$ c. sugar
Butter	$\frac{1}{4}$ tsp. salt
3 eggs	1 qt. milk

Remove end crusts from bread; cut loaf into $\frac{1}{2}$ in. slices. Spread each slice generously with butter; arrange in a buttered pudding dish, buttered side down. Beat eggs slightly; add sugar, salt and milk. Strain and pour over bread, let stand 30 min. Bake 1 hr. in slow oven, covering the first half hour of baking. The top of the pudding should be well browned. Serve with hard or creamy sauce; $\frac{3}{4}$ c. raisin parboiled in boiling water to cover and seeded may be sprinkle between layers of bread.

Queen of Pudding.

1 pt. bread crumbs.	1 c. sugar
2 tbsp. butter	1 qt. hot milk
4 eggs	1 lemon, juice and rind.

Butter crumbs, then soak in hot milk. Beat yolks of eggs and add sugar; then add to crumbs and milk. Mix and add lemon. Pour into buttered pudding dish and bake $\frac{3}{4}$ hr. Beat whites of eggs until stiff, then add 4 tbsp. powdered sugar and continue beating. When pudding is done put over the top a layer of fruit jelly or jam, and then the meringue. Put in the oven a moment to brown.

Lesson VI.

Puddings.

Puddings form a very good dessert after a rather hearty meal. Great care must be taken in serving, or half their appetizing qualities are lost.

Raisins.

Prepare raisins for puddings by pouring boiling water over them; drain and stone them. They may be chopped or torn into quarters. If used for cake, they should be washed in cold water and dried on a towel, stoned and torn into pieces.

Currants.

Clean currants by placing them in a colander and shaking flour over them, and rub carefully in the flour. Put the colander into a pan of cold water and rinse them, changing it until clear, showing the currants are clean. Dry them in a very cool oven or in the sun. They may be prepared several days before using.

Fruit Pudding.

1 pt. flour	$\frac{1}{2}$ c. beef suet (finely chopped)
4 tsp. baking powder	$\frac{1}{4}$ c. sugar or molasses
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. milk, if molasses is used or
$\frac{1}{2}$ tsp. nutmeg	$\frac{3}{4}$ c. milk if sugar is used.
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ c. currants.
$\frac{1}{2}$ c. raisins	

Sift dry ingredients thoroughly. Add other ingredients in order given. Pour into buttered molds and steam $2\frac{1}{2}$ h

Apple Dumplings.

Use the recipes for baking powder biscuits. Roll $\frac{1}{4}$ in. thick and cut in squares. Place an apple, cored and pared, in the center of each. Fold the dough over the apples and steam $\frac{1}{2}$ hr., or until apples are soft. This quantity makes 6 small dumplings. They may be browned in the oven after steaming. Appledumplings may be made with pastry if preferred.

Cottage Pudding.

$\frac{1}{4}$ c. butter	1 c. milk	4 tsp. baking powder
2-3 c. sugar	$2\frac{1}{4}$ c. flour	$\frac{1}{2}$ tsp. salt.
1 egg		

Mix as plain cake. Bake in a cake pan or in muffin tins. Serve with vanilla, lemon or hard sauce.

Chocolate Pudding.

1 c. sugar	2 tbsp. butter	1 tsp. vanilla
1 egg	$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. water
2 oz. chocolate	2 tsp. baking powd.	$\frac{1}{2}$ tsp. salt.

Cream sugar and egg together; melt chocolate and butter together and add to sugar and egg. Add water; stir and then add dry ingredients and lastly vanilla. Serve with vanilla sauce or whipped cream.

Orange Puffs.

1-3 c. butter	$\frac{1}{2}$ c. milk	
1 c. sugar	$1\frac{3}{4}$ c. clour	
2 eggs	3 tsp. baking powder	sauce.

Mix as plain cake, bake in muffin tins, serve with orange

Orange Sauce.

1 c. sugar	1 orange (rind and juice)
2 tbsp. flour	1 tsp. lemon juice
2 c. boiling water	2 tbsp. butter

Mix and cook as lemon sauce.

Ginger Pudding.

1-3 c. butter	2 $\frac{1}{4}$ c. flour	2 tsp. ginger
$\frac{1}{2}$ c. sugar	3 1-3 tsp. baking powder	1 c. milk
1 egg	$\frac{1}{4}$ tsp. salt	

Mix as cake. Turn into buttered mold; cover and steam for 2 hrs. Or bake in muffin tins. Serve with vanilla or lemon sauce.

Lesson VII.

Muffins and Pop-Overs.

Pastry flour should be used if possible. Flour must be sifted before it is measured; then mix and sift dry ingredients.

Six tsp. of baking powder will raise 1 qt. flour.

The eggs are beaten whole and the milk added to them, then added to the dry ingredients. When fat is used it is usually melted and added last, but may be worked into flour with tips of fingers or cut in with a knife.

The pans or muffin rings should be greased before mixture is prepared. Iron gem pans must be heated.

The oven must be ready for baking before mixture is prepared; they must be put into the oven as soon as prepared. Bake on the floor of the oven; they may be raised to the shelf to brown.

Plain Muffins.

2 c. flour	1 c. milk
4 tsp. baking powder	2 tbsp. melted butter
$\frac{1}{2}$ tsp. salt	1 egg
1 tbsp. sugar	

Mix according to rule Bake in gem pans or muffin tins 25 to 30 min.

Corn Muffins.

1 c. flour	1 tbsp. sugar	1 c. milk
$\frac{3}{4}$ c. corn meal	$\frac{1}{2}$ tsp. salt	2 tbsp. butter
4 tsp. baking powd.	1 egg	

Mix according to rule. Bake 25 to 30 min.

Whole-Wheat Muffins.

$1\frac{1}{2}$ c. whole wheat flour	$\frac{1}{2}$ tsp. salt	1 c. milk
$\frac{1}{2}$ c. flour	$\frac{1}{4}$ c sugar	2 tbsp. butter
3 tsp. baking powder	1 egg	

Mix according to rule. Bake 25 to 30 min.

Twin Mountain Muffins.

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

Mix as cake. Bake in buttered muffin tins about 20 min.

Pop- Overs

1 c. flour	7-8 c. milk	$\frac{1}{2}$ tsp. melted butter
$\frac{1}{4}$ tsp. salt	2 eggs	

Mix salt and flour; add milk gradually; in order to obtain a smooth batter. Add egg, beaten until light, and butter; beat 2 min., using a Dover egg-beater; turn into hissing hot, buttered iron gem pans and bake 30 to 35 min. in hot oven. They may be baked in buttered earthen cups which have been heated, when the bottom will have a glazed appearance. Small, round iron gem pans are best for pop-overs. Serve hot with syrup or honey.

Lesson VIII.

Biscuits and Rolls.

Baking Powder Mixtures.

Baking Powder	{	Cream of Tartar 2 tsp.
		Soda 1 tsp
		Corn starch 1 tsp.

Pastry flour should be used if possible. Flour must be sifted before it is measured; then mix and sift dry ingredients.

6 tsp. of baking powder will raise 1 qt. of flour.

Fat is worked into the flour with the tips of the fingers or cut in with a knife.

The oven must be ready for baking before the mixtures are prepared; they must be put into the oven as soon as prepared and baked from 12 to 20 min. Bake on the floor of the oven; they may be raised to the shelf to brown.

Biscuits.

2 c. flour	$\frac{3}{4}$ to 1 c. milk or water
4 tsp. baking powder	2 tbsp. fat
$\frac{1}{2}$ tsp. salt	

Mix according to the rule, working the fat into the flour; toss and roll gently on a slightly floured board and cut into small biscuits. The top may be moistened with a little milk. Bake until brown, from 12 to 15 min. Whole wheat flour may be used for biscuits.

Emergency Rolls.

1 2-3 c. flour	1 1-3 tbsp. butter
2 2-3 tsp. baking powder	2-3 c. milk
$\frac{1}{2}$ tsp. salt	

Sift dry ingredients twice and cut in butter. Drop mixture into greased muffin tins. Brush over with milk and bake in hot oven.

Steamed Biscuits.

Use same recipe as for baking powder biscuits. Place biscuits on a plate in a steamer; put cloth over them to absorb moisture. When done, they should be light and dry, as baked biscuits. Cook 25 min. These biscuits have no hard crust, and are used to serve with stews, put around the border.

Fruit Rolls.

2 c. flour	2 tsp. butter	2 tbsp. sugar
4 tsp. baking powder	2-3 c. milk	1-3 tsp. cinnamon
$\frac{1}{2}$ tsp. salt	1 tbsp. butter	

Mix as baking powder biscuits. Roll $\frac{1}{4}$ in. thick; brush over with melted butter, and sprinkle with fruit, sugar and cinnamon. Roll as jelly roll; cut into pieces $\frac{3}{4}$ in. thick, and place on buttered tins. Bake in hot oven 15 to 20 min.

Lesson IX.

Bread.

General Rules.

Use flour containing a large per cent. of gluten, or a flour called entire or whole wheat.

Flour should be kept in a dry place. It makes better bread if warmed just before using.

If milk is used, heat it to prevent souring.

Milk and water are both used lukewarm.

The yeast must be fresh.

$\frac{1}{2}$ cake of yeast should be used with 1 qt. liquid, if the bread is set at night.

1 cake of yeast should be used with 1 qt. liquid if set in the morning.

Dissolve 1 yeast cake in 1 c. lukewarm water.

Loaves of bread should be baked 1 hr. or more in a hot oven.

Place on the grate 10 min., then remove to the floor of the oven.

The heat of the oven should increase slightly during first 20 min., and should be kept even for 20 min., and should be decreased during the last 20 min. When baked, the loaves should be cooled, uncovered on a wire rack.

Biscuits require more heat than loaves of bread.

Bread should be kept in a clean, tin box, and not exposed to moisture.

Bread.

2 c. milk or water	$\frac{1}{2}$ cake compressed yeast
2 tsp. salt	$\frac{1}{2}$ c. water
2 tsp. sugar	Flour
1 tbsp. lard or butter	

Put the water or milk, salt, sugar and fat into a bowl; add the dissolved yeast, then the flour gradually. When stiff enough to handle, turn the dough out on a floured board and knead until soft and elastic. Put it back into the bowl, moisten, cover and let it rise in a warm place until double its bulk; then divide it into loaves, or shape into biscuits. Cover them, and let them rise in the pan in which they are to be baked until double in bulk, then bake.

Buns.

1 c. milk	1 egg	$\frac{1}{4}$ yeast cake	2 c. flour
3-3 c. sugar	$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ c. water	

Make a sponge. Beat thoroughly, and when light, add flour to make a stiff dough. Knead this and let rise until former bulk, then add:

$\frac{1}{4}$ c. butter (softened)	$\frac{1}{2}$ c. currants.
1 tsp. cinnamon or nutmeg	

Let it rise until light; then shape into small, round cakes, and place them in muffin pans; when light, bake in moderate oven 40 min. When the cakes have baked for 15 min., glaze them with a mixture of milk and sugar (1 tbsp. sugar, 2 tbsp. milk), and repeat this every 5 min.

Cinnamon Buns.

Use the bun dough, and roll $\frac{1}{4}$ in. thick. Spread it with:

$\frac{1}{2}$ c. butter (softened)	2 tbsp. cinnamon
1 c. currants	1 c. brown sugar

Roll the dough as in making jelly roll, and cut into slices 1 in. thick. Place in well greased muffin pans, with cut surface up and down. When very light, bake in a moderate oven 45 min.

Soft Graham Bread.

3 c. Graham flour	4 tbsp. molasses , or
1 c. white flour	4 tbsp. brown sugar and
1 tsp. salt	2 tbsp. molasses
$\frac{3}{4}$ yeast cake dissolved in	2 tbsp. butter or lard
$\frac{3}{4}$ c. warm water	

Mix the ingredients in the order given, and add sufficient lukewarm water to make a soft dough. When the dough is light, beat it and pour it into the bread pans, filling them half full. When light, bake in a moderate oven.

Lesson X.

Cakes.

Any of these recipes may be used for one lesson. Two or more lessons on cakes can be given profitably.

General Rules.

The oven must be ready for baking, the pans thoroughly greased with the same kind of fat used in the mixture.

Sift flour before measuring; pastry flour should be used. The flour and baking powder must be mixed and sifted several times, and if spices are used, they should be sifted with the flour. Powdered or fine granulated sugar may be used.

Cream the butter; add the sugar gradually. The yolks and whites of the eggs should be beaten separately, and the yolks added to the butter and sugar. The bowl in which they were beaten should be rinsed with the milk. The milk and flour are added alternately; then the flavoring and the whites of the eggs. When fruit is used, save a little flour to cover it, and add just before the whites of the eggs.

Bake cake from 20 to 40 min., or until it shrinks from the sides of the pan. When taken from oven allow it to remain in the pan about 3 min.

Lard or other fat may be used in ginger bread.

Plain Cake.

$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. milk
1 c. sugar	2 tsp. baking powder
2 eggs	$1\frac{1}{2}$ c. flour
1 tsp. spice or $\frac{1}{2}$ tsp. flavoring	

Two oz. of melted chocolate may be used; add after the yolks of eggs.

Cream Almond Cake.

$\frac{1}{2}$ c. butter	4 tsp. baking powder
1 c. sugar	$\frac{1}{2}$ c. milk
2 c. flour	Whites 4 eggs
$\frac{1}{2}$ tsp. almond flavoring	

Sugar Cookies.

$\frac{1}{2}$ c. butter	1 egg (not separated)
1 c. sugar	1 tsp. baking powder
$\frac{1}{4}$ c. milk	Flour to make stiff enough.
Flavoring	

Chill dough, then roll, using a small piece. Cut out. Bake about 10 min. The cookies may be flavored with 1 tsp. vanilla or lemon, or 1 tsp. cinnamon.

Gingerbread.

$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. milk (sour if possible)
$\frac{1}{2}$ c. sugar	$1\frac{3}{4}$ c. flour
1 egg (not separated)	2 tsp. ginger
$\frac{1}{2}$ c. molasses	1 tsp. cinnamon
$\frac{1}{2}$ tsp. soda or	Salt
2 tsp. baking powder	

Bake in moderate oven.

Boiled Frosting.

1 c. sugar	1-3 c. boiling water
1 tsp. vinegar	1 tsp. flavoring
White of 1 egg.	

Boil sugar, vinegar and water together until syrup threads. Cool slightly and pour gradually on the beaten white. Beat until cold, then spread on cake. Cooked frostings may be spread on hot or cold cakes, and uncooked frostings on cakes slightly warm. Uncooked frostings made with boiling water should be used on cold cakes.

Jumbles.

$\frac{1}{2}$ lb. butter	2 eggs	$\frac{1}{2}$ lb. flour
$\frac{1}{2}$ lb. sugar	1-8 nutmeg	

Sift the spice with the flour. Cream the butter, add the sugar gradually. Add the eggs unbeaten and stir until light. Add the flour slowly and mix well. Place the dough on a smooth baking sheet,--use 1 tsp. for each jumble. Flour the bottom of a tin cup and flatten the dough into little cakes. Bake in hot oven until delicate brown around the edges. Remove from the sheet as soon as they are taken from oven.

Lesson XI.

Pastry.

General Rules.

All of the materials must be cool as possible.

Pastry flour should be used.

The following fats may be used alone or in combinations of two: butter, butterine, lard, cottolene, beef drippings. The fat should not be cut very fine if a flaky crust is desired. Baking powder is sometimes used.

The dough should be mixed with a knife and not touched with the hands. It should be rolled in one direction only, and on one side, using but little flour. The dough is rolled thin and baked until brown.

All pies made with fresh fruit should be made without an under crust and cooked in a deep earthenware plate. Fill the plate very full. If sugar is used with fruit pies, they should also be made without the under-crust. The crust should be cut in several places to allow the steam to escape.

If an under crust is used, this crust should be baked on the outside of a tin plate, then filled. In this case, the crust must be pricked all over with a fork so that it may keep its shape.

If two crusts are used, the lower one should be moistened around the edge with cold water, then a half-inch strip of paste should be placed around the edge of the under crust. The strip should also be moistened and the upper crust placed over the pie, and pressed slightly around the edges.

The paste may be made the day before using, then

covered, and placed on ice. It rolls more easily if placed on ice after mixing.

Plain Pastry.

1 $\frac{1}{4}$ c. pastry flour	$\frac{1}{4}$ tsp. salt
1 tsp. baking powder (if used)	1-3 or 1-2 c. fat
Ice water	

Mix in the order given.

Apple Pie.

Wipe and cut tart apples into eighths; remove the cores and skins. Vary the amount of sugar according to the acidity of the apples, using 2 tbsp. or more for an apple. If the apples are not juicy, add from $\frac{1}{2}$ tbsp. to 1 tbsp. water according to the size of the apple.

The apples may be flavored with lemon juice, cinnamon, or nutmeg, and should be covered with bits of butter.

Bake until the apples are soft and the crust is brown.

Apple sauce may be used on a baked crust.

Mock Mince Pie.

4 common crackers	1 c. raisins, seeded and chopped
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. butter
1 c. molasses	2 eggs, well beaten
1-3 lemon juice or vinegar	Spice

Mix ingredients in order given. Add spices to taste and bake between crusts. This quantity will make two pies.

Pumpkin or Squash Pie.

2 eggs	$\frac{1}{4}$ c. sugar	Cloves
1 c. squash or pumpkin	$\frac{1}{4}$ tsp. ginger	Nutmeg
1 c. milk	$\frac{1}{4}$ tsp. cinnamon	3 drops Vanilla
1-3 tsp. salt		

Mix sugar, salt and spice; add squash or pumpkin, egg, (slightly beaten), and milk. Bake in one crust over which the white of an egg has been spread.

Chocolate Pie.

1 $\frac{1}{2}$ c. milk	1 tsp. butter	$\frac{3}{4}$ square chocolate
1 c. sugar	2 tbsp. flour	Vanilla
2 eggs		

Mix flour and sugar thoroughly; then add gradually hot milk and cook in double boiler for 15 min. Then add beaten eggs, yolks, melted chocolate and butter. Cook until slightly thickened, as for custard. Remove from fire and add vanilla. Pour into a baked crust. Spread over filling white of egg, beaten stiff. Brown in oven.

Lemon Pie.

$\frac{1}{2}$ c. flour	4 tsp. butter
1 c. sugar	4 tbsp. powdered sugar
1 c. boiling water	2 eggs
Juice and rind of 1 lemon	

Beat the yolks of eggs until light. Mix the sugar and flour together; add the boiling water slowly. Cook 20 min stirring frequently; add the mixture to the egg; add butter and lemon and cook until the egg thickens. When mixture is cold, place it in a baked crust. Cover with meringue and bake until a delicate brown.

Lesson XII.

Custards.

General Rules.

Vessels used for milk must be thoroughly cleansed; tins should be rinsed in lukewarm water and washed thoroughly with hot water and soap and rinsed. Fill with cold water, and boil for 20 min., then sun 2 or 3 hours, if possible. Cover milk with muslin, and keep in a cool place. Milk may be Pasteurized to destroy disease germs.

Rules for Custards.

The eggs should be thoroughly mixed, but not beaten light, the sugar and salt added to these, and the hot milk added slowly. Custards must be cooked over moderate heat; if a custard curdles, put it in a pan of cold water and beat until smooth. Custards should always be strained.

Steamed Custards.

1 qt. milk	$\frac{1}{4}$ tsp. salt
4 eggs	2 tbsp. caramel or
$\frac{1}{2}$ c. sugar	1-8 tsp. nutmeg.

Prepare according to rule; strain into cups, and steam until firm over water which is boiling gently. 1 oz. Baker's chocolate may be melted and mixed with the milk for chocolate custards. For chocolate, add $\frac{1}{2}$ tsp. vanilla.

Soft Custards.

1 pt. milk	$\frac{1}{4}$ c. sugar
2 eggs (yolks)	1-16 tsp. salt.
$\frac{1}{2}$ tsp. vanilla extract	

Prepare according to the rule and cook in a double boiler, stirring constantly until it thickens; strain, and when cool, flavor.

For floating island, use 4 yolks of eggs and cook in the same manner; the whites should be beaten light and $\frac{1}{4}$ c. powdered sugar added to them for a meringue; drop in large spoonfuls on the custard when cool; $\frac{1}{2}$ oz. chocolate may be added for chocolate custards.

Custard Pudding

$\frac{1}{4}$ rice or pearl tapioca	1-3 c. sugar
2 c. milk	1-8 tsp. salt
2 eggs (yolks)	2 eggs (whites)
$\frac{1}{2}$ tsp. vanilla	

Soak the tapioca in enough hot water to cover it, until it absorbs the water; add the milk and cook until the tapioca is soft and transparent. Add the yolks of eggs, sugar and salt; cook 3 min.; remove from fire; add the beaten whites and flavoring, and when cold serve. Rice must be cooked until soft in boiling water.

Caramel Custard.

1-3 c. sugar 1 pt. milk 3 eggs (yolks) Salt 1 tsp. vanilla

Meringue.

3 eggs (whites) 6 tbsp. powd. sugar.

Put sugar in an omelet pan, **stir** constantly over a hot fire until melted to a syrup of a light brown color. Add gradually milk in the top of a double boiler. When the sugar is dissolved in the milk, pour over the yolks of eggs slightly beaten, to which has been added a little salt. Cook as for a custard, and strain into glass dish or sherbet glasses. Beat whites of eggs stiff, add sugar, and continue beating. Add vanilla to custard, then drop meringue by the spoonfuls on custard. Serve cold.

Lesson XIII.

Eggs.

General Rules.

Wash the eggs as soon as brought from the store. They are fresh if they sink to the bottom of a pan of water; a stale egg rises in the water.

They should be kept in a cool place.

The yolk of an egg may be kept from hardening by covering it with cold water, if unbroken, or with paraffin paper.

Soft-Cooked Eggs.

Place the eggs in boiling water; remove from fire; cover and allow them to stand from 5 to 8 min.

Hard-Cooked Eggs.

Place the eggs in cold water and when the water boils remove from the fire and allow them to stand 20 min. on the back of the range; then put into cold water.

Poached Eggs.

Break the eggs into a saucer; slip the eggs into boiling water; cover; remove to the cooler part of the fire and cook 5 min., or until the white is firm and a film has covered the yolk. Take up with skimmer; drain; trim off the rough edges and serve on slices of toast. Season.

Baked Eggs.

Butter slightly a saucer or a small shallow dish; slip into this one or two eggs, being careful not to break the yolk. Place the dish in a pan of boiling water, and cook in the oven until the white is set; season with salt, and serve.

A shirred egg is prepared in the same way, and cooked on top of the range instead of in the oven.

Omelet.

2 eggs	2 tbsp. milk
1-3 tsp. salt	1 tbsp. butter.
Cayenne or white pepper	

Beat the yolks of the eggs until light and creamy; add the seasoning and milk; beat the whites until stiff, but not dry; cut them into the yolks; heat an omelet pan; rub it all over evenly on the pan. When the omelet is set, put into a hot oven for a few minutes to dry slightly on top; fold and serve immediately.

Orange Omelet.

Rind of 2-3 orange	2 tbsp. orange juice
2 eggs	4 tsp. powdered sugar

Beat the yolks of the eggs and add the orange rind and juice. Fold in the beaten whites and cook as a plain omelet. Fold the omelet. Sprinkle thickly with powdered sugar. Score with a clean, red hot poker.

Lesson XIV.

Poultry.

To Dress and Clean Poultry.

Singe by holding the chicken over a flame of gas, alcohol or burning paper.

Cut off the head; turn back the skin and cut the neck off quite close; take out windpipe and crop, cutting off close to the body. Cut through the skin around the leg 1 in. below leg joint; take out the ~~tendons~~ and break the leg at the joint; in old birds each tendon must be removed separately by using a skewer.

Remove the pin feathers with the point of a knife. Remove oilbag from tail.

The internal organs are not always removed before the chicken is sold. If they have not been removed, make an opening under one of the legs, or at the vent, leaving a strip of skin above the vent, and remove them carefully. The intestines, gizzard, heart and liver should all be removed, together. Care must be taken ~~that~~ the gall bladder, which lies under the liver be not broken; it must be carefully cut away from the liver. The lungs and kidneys, lying in the hollow of the back bone, must be carefully removed. Press the heart to extract the blood. Take off outer coat of gizzard; this, with the heart and liver constitute the giblets, to be used for making gravy. Wash the giblets; put into cold water; heat quickly and cook until tender. The liver

requires only a short time for cooking.

Cleanse the chicken by wiping thoroughly inside and out with a damp cloth. Stuff and truss for roasting or cut into pieces for stew or fricassee.

To Cut a Chicken into Pieces.

Cut off the leg and separate at the joint into drumstick and second joint. Cut off the wing and remove the tip. Separate wing at middle point. Remove leg and wing from other side. Separate the wish bone, with the meat which is on it, from the breast; cut through the ribs on either side and separate the breast from the back; cut the breast in half lengthwise and the back through the middle crosswise. The side bones may be cut apart lengthwise with a cleaver. There should be 12 pieces. The neck and tips of the wings may be cooked with the giblets and used for making gravy.

If the chicken is to be stewed, cover the pieces with boiling water and cook at that temperature for 15 min. Then add 1 tbsp. salt and cook at a low temperature until tender. Serve with a sauce.

Sauce for Chicken.

2 tbsp. butter	1 pt. stock	2 tbsp. chopped parsley
$\frac{1}{4}$ c. flour	Yolks of 2 eggs	
1 tsp. salt		1-8 tsp. pepper.

Prepare the sauce in the usual manner and pour it over the well beaten yolks of the eggs.

Lesson XV.

Fish.

Fish must be perfectly fresh and should be kept in a cold place until cooked. Do not put in refrigerator on account of odor. The flesh should be firm and the eyes bright.

The inside and outside of the fish should be thoroughly cleansed with a cloth wet with salted water. The head and tail may be removed. Dry fish need butter rubbed over them before broiling.

When fish is cooked the flesh separates from the bones. It should be served hot, with a sauce or garnished with lemon, hard cooked eggs or parsley.

Cold cooked fish may be used in various ways, as creamed, scalloped, etc.

Broiled Fish.

Sear the flesh side first; then turn every 10 sec. The length of time for cooking depends on the thickness of the fish. Season with butter, salt and pepper, and garnish.

Baked Fish.

Sprinkle the fish with salt and fill with stuffing; sew or skewer the edges together. Cut gashes on each side across the fish and put strips of salt pork into them. Grease the baking sheet and place the fish on it; dredge with flour, salt and pepper ; put the baking sheet into a baking pan with pieces of pork fat. Baste every 10 min. Serve with a sauce.

Fish Cooked in Water.

Steam fish over gently boiling water¹/₂ or place it in a piece of muslin, sew or tie the edges together, and put the fish into boiling water; boil 5 min. Then add 1 tbsp. salt and cook at a lower temperature until done. Serve with a sauce.

Fish Cooked in Fat.

Season with salt and pepper and cover with equal amounts of corn meal and flour or crumbs and egg. Cook in deep fat or saute. Drain on paper.

Stuffing for Fish.

2 c. bread crumbs	1 tsp. onion juice
¹ / ₂ tsp. salt	1 tsp. chopped parsley
1-8 tsp. white pepper	1 tsp. caper or chopped pickle
Cayenne	¹ / ₄ c. melted butter

Mix in order given.

Royal Scallop.

3 hard cooked eggs	2 c. crumbs
1 can salmon	2 c. white sauce.

Crumbs.

2 c. crumbs	1-8 tsp. white pepper
¹ / ₄ tsp. salt	2 tbsp. butter

White Sauce.

4 tbsp. butter	$\frac{1}{2}$ tsp. salt	Piece mace
2 tbsp. flour	1-8 tsp. cayenne	2 c. hot milk.

Add mace to milk; heat in double boiler. Make sauce in usual manner.

Mash eggs fine with a fork. Butter baking dish and arrange materials in layers--crumbs, fish, egg, sauce. Repeat, finishing with crumbs on top. Bake until brown. Any cold meat or fish may be used in place of salmon. Ham is very nice.

Salmon Timbale or Loaf.

1 c. Salmon	1-16 tsp. pepper
1 c. crumbs	2 eggs
$1\frac{1}{2}$ tsp. chopped parsley	1 tsp. lemon juice
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ to $\frac{1}{2}$ c. milk

Mix thoroughly, adding milk enough to moisten. Pour into buttered timbale molds or into one bowl. Place molds in hot water in moderate oven or on back of stove and cook until food is heated through. Turn out, and serve with white sauce to which chopped parsley has been added. Other fish may be used instead of salmon.

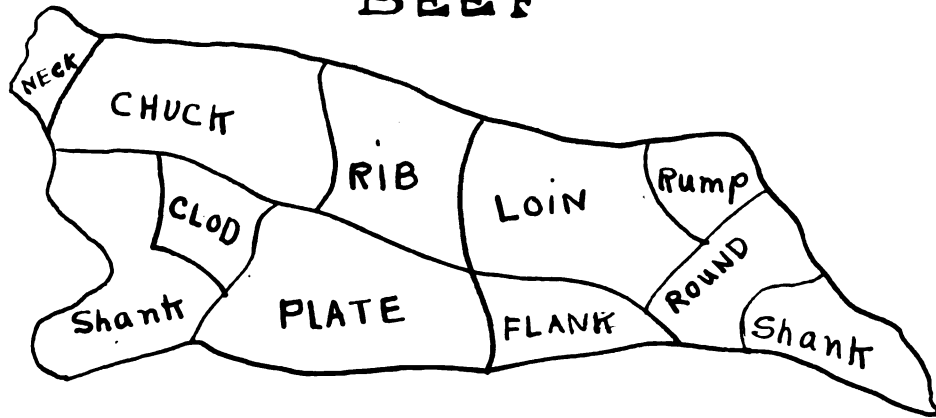
Creamed Codfish.

$\frac{1}{2}$ lb. codfish	1 pt. milk
3 tbsp. butter	1 egg
2 tbsp. flour	

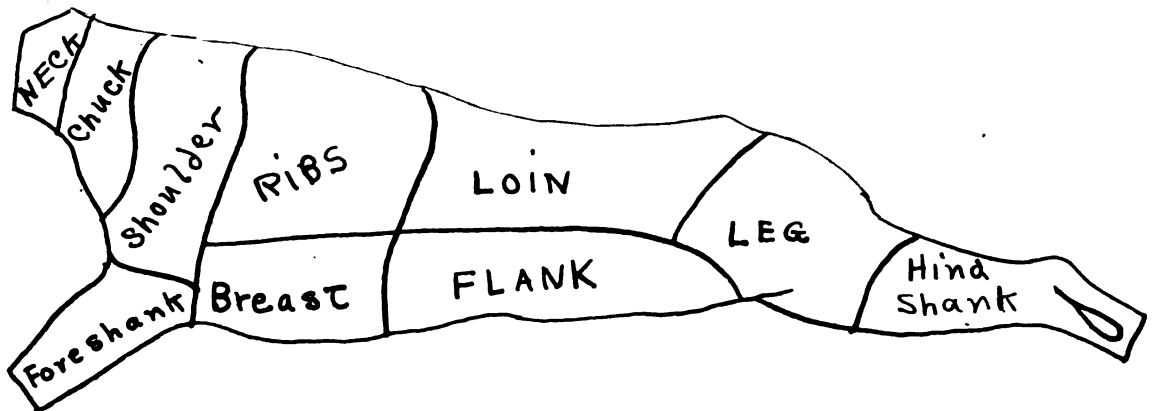
Soak fish at least 1 hr. if very salty. Drain and shred. Brown fish in 2 tbsp. butter. Remove fish; add remainder of butter; flour; then milk, very slowly. The mixture may be placed in a buttered baking dish, covered with crumbs and browned in oven.

CUTS OF MEAT

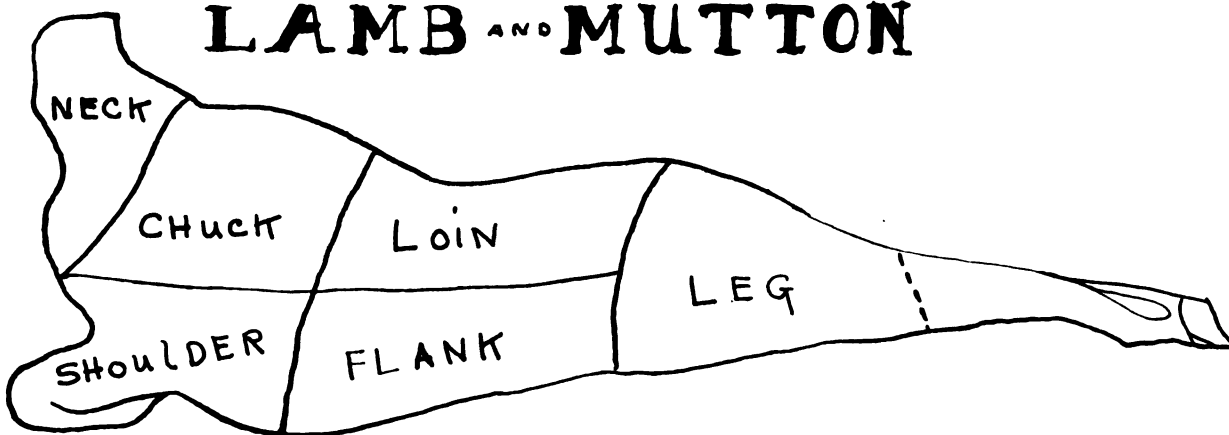
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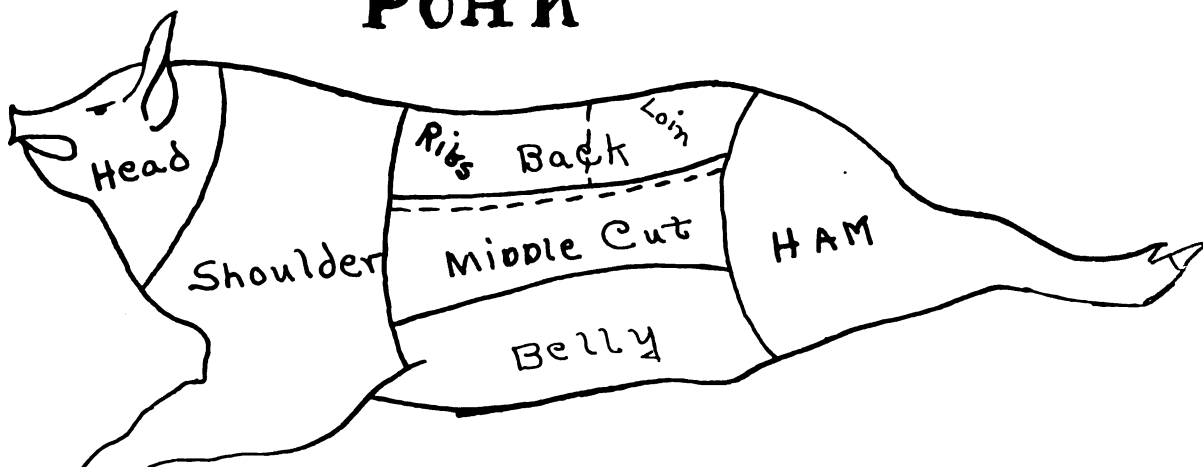
VEAL



LAMB AND MUTTON



PORK



Lesson XVI.

Meats.

This topic should be divided in to three lessons, at least:

- a. Meats cooked in water.
- b. Roasting and baking.
- c. Frying.

General Rules.

Meat must be weighed, trimmed, and wiped with a damp cloth.

Meat should be removed from the paper in which it was wrapped and kept in a cold place.

Only tender cuts of meat should be broiled, pan-broiled or roasted. When meat is to be cooked by any of these methods, it is first seared, then the temperature slightly lowered; by searing, the albumen on the outside of the meat is hardened and the meat is cooked in its own juice.

Tough meat should be cooked in water; boiling water hardens the albumen on the outside of the meat, and keeps in the juice. Meat should be put in boiling water, and the water allowed to boil 10 or 15 min.; then cooked at a low temperature until tender. If the water bubbles, it is too hot. All tough meat may become tender if cooked in this way. The time for roasting or cooking meat in water varies with the weight and quality.

For roasts weighing less than 8 lbs. allow 10 min. to the lb. and 10 min. extra; from 8 to 12 lbs. allow 12 min. to lb. and 12 min. extra; over 12 lbs. allow 15 min.

to lb. and 15 min. extra. For meat weighing less than 10 lbs. to be cooked in water, allow 20 min. to lb. and 20 min. extra.

Time for broiling meat varies with the thickness.

Stock and broth are prepared by long soaking in cold water and cooking at a low temperature for several hours. Then cool, uncovered.

The meat which remains after straining may be used in any place where cooked meat is used, with the addition of a little fresh meat to give it flavor.

The fat must not be removed from stock or broth, as it excludes the air and prevents decomposition. It must be entirely removed before using stock or broth, and may be used in place of drippings. The trimmings of fat from meat should be clarified.

Small globules of fat may be removed from the cold broth with a cold cloth which has been dipped in boiling water, then wrung dry. Fat may be removed from hot broth by using tissue paper or a piece of bread.

Cooking of Tender Meats.

Roasting.

Skewer meat into shape. Lay it on a rack in a meat pan, and place pieces of fat from meat in the bottom of pan. Place it in a hot oven on the grate for 10 min. to sear the meat. It may be seasoned with salt and pepper if desired. Remove to the floor of the oven, and baste every 10 min. until done.

Broiling.

Remove extra fat from meat. Grease the broiler with some of the fat. Broil over a clear fire; sear and then turn every 10 sec. Chops 1 in. thick should be cooked 5 min. A steak 2 in. thick should be cooked 10 min. Season and serve on a hot platter.

Pan-Broiling.

Remove all the fat from the meat. Heat a frying pan very hot, without any fat. Sear the meat on both sides, then cook more slowly until done. Stand chops upon edge to brown. Keep the pan free from fat. The time for pan-broiling is the same as for broiling.

Meats Cooked in Water.

Beef Stew.

2 lbs. beef from leg	4 potatoes cut in $\frac{1}{2}$ in. slices
1 onion cut in slices	1 tsp. salt
$\frac{1}{2}$ c. turnip cut in dice	$\frac{1}{4}$ tsp. pepper
$\frac{3}{4}$ c. carrot cut in dice	$\frac{1}{2}$ c. flour
1 qt. water	

Remove fat and cut the meat into 1 in. pieces; put aside $\frac{1}{2}$ c. of best meat; put the rest and the bone into cold water and soak 1 hr. Then heat until it bubbles. Season the $\frac{1}{2}$ c. meat and roll it in the flour; melt the fat in a frying pan; remove the scraps; brown the sliced onion and then the floured meat in hot fat; add both to the stew and cook for 2 hrs. at a low temperature. Add the vegetables and flour which

have been mixed with $\frac{1}{2}$ c/ cold water, and cook for 1 hr. or until the meat and vegetables are tender. Remove the bone; season and serve.

Pot Roast.

3 lbs. beef from round without bone	4 whole cloves
2 thin slices fat salt pork	Salt and Pepper
9 peppercorns	$\frac{1}{2}$ c. each of diced carrot, turnip, onion and celery
$\frac{1}{2}$ bay leaf	Flour

Try out pork and remove scraps. Wipe meat, dredge with flour and brown entire surface in pork fat. Place on rack in pot. Surround with vegetables and spices. Add 3 c. boiling water. Season with salt and pepper. Cover closely and simmer for 4 hrs. Turn after 2d hr. Strain liquid in pot, and use as a sauce.

Hamburg Steak.

1 lb. chuck steak	1 tsp. salt
1 onion	1-8 tsp. pepper

Chop meat and onion together; season; make into firm balls; sear in butter; reduce temperature; turn balls often, and serve rare.

Salisbury Steak.

1 lb. chopped chuck	1 tbsp. lemon juice
1 tsp. salt	2 tbsp. minced parsley

Make into firm balls; sear in hot butter; cook at a lower temperature, turning often, serve rare.

Meat Balls with Horseradish Sauce.

1 lb. chopped chuck 1t sp. salt 1-8 tsp. pepper

Cook according to directions for Salisbury steak.

Serve with sauce.

Sauce.

$\frac{1}{2}$ c. horseradish 1-16 tsp. pepper $\frac{1}{4}$ c. vinegar
 $\frac{1}{2}$ c. cracker dust $\frac{1}{2}$ c. cream 2 tsp. powdered sugar
1 tsp. salt 1 tsp. mustard

Mix salt, pepper, cracker and horseradish. Make paste of mustard and cream in a spoon; add it with cream to mixture. Add full amount of vinegar, if horseradish is fresh, and beat the materials over water. Serve hot.

German Horseradish Sauce.

$\frac{1}{2}$ c. horseradish 1 sour apple, grated
Vinegar to cover 1 tsp. sugar
1 tsp. salt
Serve cold.

Cannelon of Beef.

1 lb. uncooked meat, chopped fine 1 tbsp. chopped parsley
1 tbsp. butter $\frac{1}{2}$ tsp. salt
1 egg yolk Pepper
2 tbsp. bread crumbs Nutmeg

Mix all ingredients together; then form into a roll about 6 in. long and 4 in. in diameter. Wrap in a greased paper, put in a baking pan, and bake in a quick oven 30 min., basting twice with butter and water--2 tbsp. butter and $\frac{1}{2}$ c. boiling water. When done remove paper, place the roll in the center of a hot dish and pour over it a brown sauce.

Brown Sauce.

1 tbsp. butter $\frac{1}{2}$ tsp. salt 1 c. stock or hot water
2 tbsp. flour Pepper 1 tsp. onion juice

Brown butter, then prepare in usual manner for a
sauce

Maitre d' Hotel Butter.

$\frac{1}{4}$ c. butter $\frac{1}{2}$ tbsp. finely chopped parsley
 $\frac{1}{2}$ tsp. salt 1 tbsp. lemon juice
1-8 tsp. pepper

Put butter in a bowl and with small wooden spoon
work until creamy.

Add salt, pepper and parsley; then lemon juice,
very slowly. Serve over broiled steak.

Lesson XVII.

Cooking in Deep Fat.

General Rules.

The fat used for cooking may be olive oil, cotton-seed oil, cottolene, beef drippings, lard or a mixture of several fats. The food must be covered with crumbs and egg or a batter, to keep it from absorbing fat.

Place the articles to be cooked in a bath of the fat deep enough to float them. The kettle should be of iron; a frying pan may be used.

Foods already cooked or needing little cooking require a higher temperature than batters. The temperature of the fat for oysters, croquettes, fish balls, etc., may be tested by browning a cube of bread while counting forty. Counting sixty while the bread browns gives the right temperature for all batters.

All the articles cooked must be drained on unglazed brown paper.

When one quantity of food has been taken from the fat, it must be reheated and tested before adding a second set.

In the absence of a fryingbasket, a wire spoon may be used to remove the food from the fat.

Fat which has been used for frying should be cooled and clarified by cooking a few slices of raw potato in it for 10 min., strain through muslin and, when cold, cover. Fat may be used several times for frying and then be made into soap.

Clarified Fat.

Remove the tough outside skin and lean parts from beef fat and cut it into small pieces. Put it into a saucepan, and cover it with cold water. Place it on the stove uncovered, so that the steam may carry off the impurities. When the water has nearly all evaporated, set the kettle back and let the fat slowly try out. When the fat is still and the scraps of skin are shrivelled at the bottom of the kettle, strain the fat through a cloth and set it away to cool.

Fried Oysters.

Select large oysters; wash and wipe them. Remove pieces of shell; season with salt and pepper; roll in fine bread crumbs which have been dried, sifted and seasoned; dip in beaten egg and again in crumbs. The egg should have 1 tbsp. of water or oyster juice added to it. Fry 1 min., drain, garnish and serve.

Fish Balls.

1 c. salt codfish	1 egg	1-8 tsp. pepper
2½ c. potatoes	½ tbsp. butter	

Wash the fish in cold water and break into small pieces; wash and pare potatoes and cut in pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft; drain and shake over the fire until dry; mash with a wire potato masher; add the beaten egg, butter and pepper; add more salt, if needed, and beat until light. Take up the mixture by spoonfuls and mold slightly and slip them into the fat. Fry 1 min. or until brown.

Rice Croquettes.

1 pt. cold cooked rice.	3 tbsp. butter	Cayenne
2 or 3 tbsp. milk	$\frac{1}{2}$ tsp. salt	2 tbsp. chopped parsley
1 egg	1-16 white pepper	

Warm the rice in a double boiler, with enough of the milk to soften it. Add the butter, seasoning and beaten egg, and cook until egg thickens. Spread the mixture on a shallow plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in beaten egg, and roll in crumbs again. Cook in deep fat until brown.

To make sweet rice croquettes, omit pepper, cayenne and parsley; add 2 tbsp. powdered sugar and grated rind of $\frac{1}{2}$ lemon. Shape in the form of nests. Roll in bread crumbs and egg as above. Fry, and place ^a cube of jelly in each nest.

Potato Croquettes.

1 pt. mashed potatoes	$\frac{1}{2}$ tsp. salt	1 t. p. chopped parsley
3 tbsp. butter	Celery salt	
Cayenne	Onion juice	Yolk 1 egg.

Mix well together. Shape into smooth, round balls; then into rolls. Roll in dried bread crumbs, egg and crumbs again. Fry in deep fat 1 min., or until brown.

Chicken Croquettes.

3½ c. chopped chicken 1 tbsp. parsley
Onion juice 2 tbsp. lemon juice

Make 1 pt. of very thick sauce--

1 pt. cream and milk ½ c. flour ½ tsp. white pepper
¼ c. butter 1½ tsp. salt 1 tsp. celery salt.

Chop the chicken very fine; add sauce to make it as soft as can be handled. Cool as in making rice croquettes, and shape; cook in the same way. Sometimes a beaten egg is added to the sauce before mixing it with meat.

Salmon Croquettes.

2 c. flaked salmon 1 tsp. lemon juice Cayenne
1 c. thick white sauce Salt.

Thick white sauce--

1 c. milk ½ c. flour
2 tbsp. butter Pepper

Add sauce to salmon; then the seasonings. Spread on a plate to cool. Shape, dip in seasoned bread crumbs; then in eggs; again in crumbs.

For salmon outlets, use equal parts cold flaked salmon and hot mashed potatoes. Season. Shape into outlets, dip as above, and fry.

Lesson XVIII.

Desserts.

Plum Pudding.

1 lb. raisins	$\frac{1}{4}$ lb. flour
1 lb. currants	$\frac{1}{2}$ lb. brown sugar
$\frac{1}{4}$ lb. candied orange peel	1 nutmeg, grated
$\frac{1}{4}$ lb. citron	1 tbsp. cinnamon
$\frac{1}{4}$ lb. chopped suet	$\frac{1}{4}$ tbsp. allspice
$\frac{1}{2}$ lb. stale bread crumbs	1 c. lemon juice and vanilla or fruit juice.
3 eggs	

Wash and dry currants. Cut citron and orange peel very fine. Stone raisins. Mix all dry ingredients together. Beat eggs, pour them over the dry ingredients, add fruit juice and mix thoroughly/ Pack into greased molds and boil six hours at time of making and 3 hrs. when wanted for use. Serve with sauce.

Sauce.

$\frac{1}{4}$ c. butter	2 tbsp. fruit juice	$\frac{1}{4}$ c. milk or cream
1 c. sugar	Yolks of 2 eggs	White of 2 eggs.

Cream butter, add sugar gradually; then fruit juice very slowly, well beaten yolks and milk or cream. Cook over water until it thickens as a custard; pour onto the whites which have been beaten.

Fruit Cake.

1 lb. butter	2 lbs. raisins
1 lb. sugar	2 lbs. currants
12 eggs.	1 lb. citron
1 lb. flour	1 lemon
3 tsp. cinnamon.	$\frac{1}{2}$ lb. lemon juice and lemon peel
1 tsp. mace	3 figs
2 tsp, each nutmeg and allspice	
$\frac{1}{2}$ tsp. cloves	1 c. preserved cherries.

Line pans with three thicknesses of paper. Butter top layer of paper. Prepare fruit ; mix all fruit except citron with enough flour to coat it thoroughly. Mix spices with sugar. Cream butter, add sugar, beaten yolks, beaten whites, lemon rind and juice, fruit juice, flour and fruit, except citron. Put a layer of dough $\frac{1}{2}$ in. thick in pan. Then spread evenly with citron. Add another layer of dough and citron; repeat until all materials are used, having dough for top layer. Bake in 3 pans 3 hrs. in a moderate oven, or in 1 pan 5 hours.

Snow Pudding.

1-8 box gelatin	$\frac{1}{4}$ c. lemon juice	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ c. cold water	Yolks 3 eggs	Whites 3 eggs
1 c. sugar	3-8 c. sugar	
1 c. boiling water	1-3 tsp. salt	

Prepare as for lemon jelly; strain into a large bowl and place in ice water to cool. Stir occasionally. Beat the whites of the eggs until light, and when the jelly begins to thicken, add them to it. Beat until smooth and nearly hard; then pour into a mould or glass dish.

Make a soft custard of the remaining ingredients, and when cold serve it with the pudding.

Apple Snow.

2 apples	2 tbsp. powdered sugar
White 1 egg	$\frac{1}{2}$ tbsp. lemon juice

Cut small apples into quarters and remove the cores. Cook them with a small amount of water until very soft. Drain and rub through a fine sieve. Beat the white of the egg; add the sugar gradually, and slowly beat in the strained apples. Serve with cream.

Cranberry Pie.

$1\frac{1}{2}$ c. cranberries	$\frac{1}{2}$ c. water	$\frac{3}{4}$ c. sugar
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Prepare filling as cranberry jelly. Line a deep pan with pastry and bake a short time, not browning. Add the filling. Moisten edge of crust and place strips across the top. Bake until strips are a nice brown.

Cranberry Pudding.

$\frac{1}{4}$ c. butter	$2\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. milk
1 c. sugar	2 tsp. baking powder	$1\frac{1}{2}$ c. cranberries
2 eggs		

Cream butter; add sugar gradually and eggs well beaten. Mix and sift flour and baking powder, and add alternately with milk. Stir in berries, which have been cut in two. Turn into buttered molds. Cover and steam 3 hrs. Serve with a sauce or with thin cream, sweetened and flavored with nutmeg.

Lesson XIX.

Salads.

Salads may be garnished with blossoms and leaves of nasturtiums, parsley, beets or hard cooked eggs cut in slices, or the hard cooked yolks may be put through a vegetable press and sprinkled over the salad.

Lettuce, celery or cress should stand in cold water to become crisp. Carefully look over and wash thoroughly, and dry on a towel. Tear the leaves apart; do not cut. Arrange them in a bowl, with the larger leaves on the outside. Put the center of the head in the middle of the bowl.

When celery is cut for celery salad, dry very thoroughly before mixing with the dressing.

Cut a hard head of cabbage into quarters with a sharp knife, and soak in cold water one hour before using. Then cut in thin slices with a sharp knife or a cabbage cutter.

French Dressing.

$\frac{1}{4}$ tsp. salt	1 tbsp. vinegar
1-8 tsp. pepper	3 tbsp. olive oil

Pour the ingredients into a bottle and shake well.

Mayonnaise Dressing.

1 tsp. mustard	Yolks 2 eggs
$\frac{1}{2}$ tsp. salt	1 c. olive oil
Cayenne	2 tbsp. vinegar or lemon juice

Mix mustard, salt, cayenne, until well blended.

Add the yolks, then add a few drops of oil, beating with an egg beater or wooden spoon.

When it begins to thicken, add a little vinegar, then, alternately, the remainder of the oil and the vinegar. It should be a thick dressing. If it curdles, take the yolk of an egg and add gradually the dressing to it, beating until all is used.

Potato Salad.

Cut cooked potatoes into cubes. Use French dressing in sufficient quantity to cover them. Small pieces of cucumber or onion may be used with it, or onion juice added to the dressing. Boiled dressing may be used over the potatoes.

Cold Slaw.

3 c. shaved cabbage	Cayenne	$\frac{1}{2}$ c. milk (heated)
1 tsp. salt	1 tsp. sugar	2 tsp. butter
$\frac{1}{2}$ tsp. mustard	1 egg	$\frac{1}{4}$ c. vinegar (heated)

Mix salt, mustard, cayenne, and sugar together, until well blended; add the egg, unbeaten; mix thoroughly and pour the hot milk over mixture. Add the butter and cook over hot water until it thickens, stirring constantly. Remove from the fire and stir in the heated vinegar. If it curdles, place the upper part of double boiler in a pan of cold water, and beat the mixture with an egg beater until it is smooth. Strain over the cabbage.

French Vegetable Salad.

1 cold cooked beet	$\frac{1}{2}$ c. cold green string beans
1 cold carrot	1 head lettuce
1 cold cooked potato	

Wash and crisp the lettuce. Cut the cold carrots, beets and potatoes into slices $\frac{1}{4}$ in. thick, then into $\frac{1}{4}$ in. cubes; cut part of the beans into $\frac{1}{4}$ in. pieces; put the vegetables on separate plates, and marinate with French dressing; set away to cool. When ready to serve, arrange the lettuce for individual serving. Mix the cubed vegetables and place an equal quantity on each set of leaves. Dress lightly with salad dressing, and garnish with the remaining whole string beans. Peas added to this salad improve it very much.

Waldorf Salad.

2 c. celery, cut fine	6 red apples, hollowed and cut
2 English walnut kernels	into cups.
1 c. sour apple, cut fine	

Season the celery, apple and nuts delicately with salt and lemon juice. Place in the apple cups. Rest on lettuce leaf, and serve with mayonnaise dressing.

Fruit and Nut Salad.

3 oranges	$\frac{1}{4}$ lb. English walnuts or almonds
3 bananas	$\frac{1}{4}$ lb. Sultana raisins
$\frac{1}{2}$ lb. white grapes	

Peel neatly 3 oranges and slice them lengthwise; also cut the bananas in thin slices. Seed $\frac{1}{2}$ lb. of white grapes and slice the meats of the nuts. Serve very cold, on lettuce

leaves, dressed with 4 tbsp. of oil, 2 tbsp. of lemon juice--less if the oranges are sour--and $\frac{1}{2}$ tsp. salt or cream dressing. Garnish with raisins.

Banana Salad.

4 bananas	6 English walnuts
1 head lettuce	2 tbsp. chopped parsley

Strip 1 section of the skin from the bananas; remove the fruit and cut into dice ($\frac{1}{4}$ in. cubes). Put the diced bananas in deep dish, turn over them French dressing, and let them stand in a cool place $\frac{1}{2}$ hr. Then fill the skins with the prepared fruit, and arrange on a bed of lettuce leaves that have been thoroughly washed and crisped. Garnish with finely minced parsley and halves of English walnuts.

Other Fruit Salads.

Fruits are sometimes mixed with mayonnaise and served as a salad. The following mixtures may be used. Pineapple; oranges and apples; grapefruit, oranges and canned pears. Garnish with lettuce leaves.

Lesson XX.

Ice Cream.

General Rules.

The can, cover and dasher of the freezer should be scalded and then chilled before the mixture which is to be frozen is placed in it. Adjust the can carefully in the bucket before packing; pour in the mixture; put in the dasher;; cover; adjust the crank and pack with finely chopped ice and rock salt; this must be higher around the can than the mixture is inside.

Use three times as much ice as salt for freezing; use four times as much ice as salt in packing.

In freezing ice cream, the crank should be turned slowly and steadily; in freezing sherbet, the crank should be turned rapidly and steadily; in freezing water ice or frozen fruit, turn the crank steadily 5 min.; allow it to stand 5 min.; turn again 5 min. and continue until freezing is completed.

When mixture is frozen, remove ice and salt around the top of the can; wipe cover and top; uncover and remove dasher; scrape it; then beat frozen mixture thoroughly with wooden spoon or paddle; place paraffin paper or heavy paper over can; cover and put a cork in the hole. Drain off all the water which has collected during freezing and which should not be removed until freezing is completed; repack the freezer and put ice and salt over the top; cover with carpet, blanket, or newspaper and allow it to stand in a cold place several hours.

A tightly covered tin can and a wooden pail may be substituted for an ice cream freezer, using a wooden spoon or paddle to scrape the mixture from the sides and bottom of the can as it freezes.

In preparing frozen fruit or water ice, the sugar and water should be made into a syrup, which should be boiled 5 min., then strained; in preparing ice cream with fruit, the sugar and crushed fruit should stand 1 hr. in a cool place, or until the sugar is dissolved; then add cream, and freeze; in preparing ice creams without fruit, the cream should be scalded and the sugar dissolved; cool, add flavoring and freeze. Fruit juice is used for water ice; the fruit is pressed through a colander or cut into small pieces with a silver knife for frozen fruits; either juice or crushed fruit may be used for ice cream; it is preferable to use only the juice of very seedy fruits.

Vanilla Ice Cream.

1 qt. cream 1 c. sugar 1 tbsp. vanilla extract

Chocolate Ice Cream.

2 oz. chocolate $\frac{3}{4}$ c. sugar
1 qt. cream $\frac{1}{2}$ tsp. vanilla

Melt chocolate; add cream and sugar; boil 3 min.; when cool, add vanilla and freeze.

Caramel Ice Cream.

1 c. sugar 1 qt. cream
 $\frac{1}{4}$ c. boiling water $\frac{1}{2}$ c. sugar

Melt sugar in iron pan; when caramel stage is

reached, add boiling water gradually; mix with hot cream, and sugar; when cool, freeze.

Coffee Ice Cream.

1-3 c. finely ground coffee	1 qt. cream
1-3 c. boiling water	1 c. sugar

Make filtered coffee; mix with hot cream and sugar; when cool, freeze.

Fruit Ice Cream.

2 c. fruit juice or	1 qt. cream
3 c. crushed fruit	2 c. sugar

For frozen fruit or water ice, use water instead of cream, adding 2 tbsp. lemon juice.

Orange Water Ice.

1 qt. water	2 c. orange juice
2 c. sugar	$\frac{1}{4}$ c. lemon juice

Boil grated rind of 2 oranges in the syrup.

Milk Sherbet.

2-3 c. lemon juice	2 c. sugar	1 qt. milk
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Chill the milk; then add lemon juice and sugar, which have been mixed together. Continue freezing.

Lesson XXI.

Candy.

Fondant.

Large recipe:

3 c. water 6 c. sugar $\frac{3}{4}$ c. glucose

Note:-- 1-10 tsp. cream of tartar may be added to the water instead of glucose.

Small recipe:

3-8 c. water 1 c. sugar 1-3 c. glucose

1. Heat the water; add the sugar gradually, so that no crystals cling to the sides of the saucepan.
2. Add the glucose, or the glucose may be added to the cold water.
3. Cook until a hair-like thread will form when the fork is lifted from the syrup.
4. Butter the white plate. Pour the syrup on the plate to cool.
5. Set the plate on mat and place on window sill to cool
6. Let the syrup cool until the plate, when placed on the palm of the hand, does not burn the hand.
7. Stir until creamy and then work in the hands.
8. Wrap or tie in oiled paper and label.

Bonbons.

The centers of bonbons are made of fondant shaped in balls. Flavor only small portion of the fondant at time, and use coloring sparingly.

To Dip Bonbons.

Shape the centers as desired and allow them to dry. Put some of the fondant in a saucepan and melt over hot water; color and flavor as desired. In coloring fondant, dip a small wooden skewer in coloring paste, taking up only a small quantity, and dip skewer in fondant. If care is not taken, the coloring is apt to be too intense. During the dipping, keep the fondant over hot water. In dipping, use a two-tongued fork or a confectioner's bonbon dipper. Drop centers in fondant one at a time; put on oiled paper and bring end of dipper over top of bonbon, which shows they are hand made. Stir the fondant between the dippings to prevent a crust from forming.

Chocolate Creams.

Roll fondant flavored with vanilla into small balls; let them stand for a few hours to harden. Melt an ounce of unsweetened chocolate; add to it 2 tbsp. sugar, $\frac{1}{2}$ tsp. butter. Stir until smooth; drop the balls into it, and remove with a fork or candy wire. If chocolate becomes too stiff, add a few drops of syrup and heat again.

Parisian Sweets.

Chop equal parts of figs, dates and nuts together. Knead on a board dredged with confectioner's sugar until well blended. Roll to $\frac{1}{4}$ in. in thickness, cut into cubes or round, and roll in sugar.

Wintergreen and Peppermint Wafers.

1 oz. gum tragacanth Oil of wintergreen or peppermint.

1 c. cold water Confectioner's sugar.

Soak gum tragacanth in water for 25 hours and rub through a fine wire sieve. Add enough confectioner's sugar to knead. Flavor with a few drops of oil of wintergreen or peppermint. If liked pink, color the wintergreen mixture with red fruit coloring. Roll until very thin on a board dredged with sugar. Shape with a small round cutter, or cut in $\frac{3}{4}$ in. squares; cover and let stand until dry and brittle.

Pralines.

1--7-8 c. powdered sugar $\frac{1}{2}$ c. cream or milk

1 c. maple syrup 1 c. chopped nuts.

Boil first three ingredients to soft ball stage. Remove from the fire and beat until creamy. Add nuts, and drop from the tip of a spoon in rounds on a buttered paper.

Marshmallow Fudge.

2 c. brown sugar 1-16 tsp. cream tartar

2 oz. chocolate 1 c. powdered sugar

1 c. milk $\frac{1}{2}$ lb. marshmallows.

Cook all ingredients except marshmallows to a soft ball stage. Remove from fire; add marshmallows torn into pieces and beat until it stiffens. Pour into oiled pan; mark into squares when cool.

Chocolate Caramel.

1 lb. brown sugar $\frac{1}{2}$ c. butter 1 tsp. vanilla
 $\frac{1}{4}$ lb. chocolate $\frac{1}{2}$ c. molasses 1 c. chopped cream nuts.
 $\frac{1}{2}$ c. cream

Cook all ingredients except vanilla and nuts to hard ballstage. Remove from fire, add nuts and vanilla, and pour immediately into a shallow pan well buttered. If caramels are not too soft, but sugared, add a little cream or milk and cook again. If too soft, cook longer.

Cocoanut Bar.

4 c. sugar $\frac{1}{2}$ tsp. cream tartar
1 c. water $\frac{1}{4}$ lb. cocoanut.

Stir sugar, water and cream of tartar until sugar is dissolved. As soon as mixture bubbles, cook without stirring until it reaches the soft ball stage. Remove from fire; cool slightly, but do not put it in a cool place while so doing. Beat; when it begins to look cloudy add cocoanut and continue beating. When it becomes grainy, pour at once into buttered pans. Mark in bars when cool.

Ice Cream Taffy.

1 lb. sugar 1 tsp. vinegar $\frac{1}{2}$ c. water

Put ingredients over fire until they are dissolved. Wipe down sides of pan and boil to soft cracked stage. Turn mixture into an oiled pan, and when cool enough to handle, pull until white and glossy. Add vanilla or other flavoring now and then during pulling.

Chocolate Ice-Cream Taffy.

Add 2 oz. of chocolate to the above taffy just as it is ready to pull; that is, the chocolate is out in the center of the candy, fold over the edges, and then pull.

Peanut Candy.

1 qt. peanuts 1 lb. sugar

Caramelize the sugar, quickly stir into it chopped peanuts, and pour into pans.

Fudge.

2 c. sugar	1½ oz. chocolate	1-16 tsp. cream tartar
1 tbsp. butter	1 c. milk	1 tsp. vanilla

Cook all ingredients except vanilla to soft ball stage. Take from fire, add vanilla and beat until it begins to grain and turn lighter color. Pour into buttered pans and cut into squares when cold.

Nut Fudge.

Cook as above. After taking from fire, add 1 c. chopped walnuts, and then proceed as above.

Penuchie.

3 c. brown sugar	1-3 tsp. cream of tartar
2 tbsp. butter	$\frac{1}{2}$ c. hot milk

Put all ingredients together and boil to soft ball stage. Beat until it begins to harden, and then stir in 1 lb. chopped English walnuts. This prevents the slightly astringent taste often noticed in English walnuts when added to very hot mixtures. Pour into buttered pans and cut in squares.

Toffee.

1 lb. brown sugar	Juice of 1 lemon.
$\frac{1}{2}$ c. butter	English walnuts.

Mix sugar and lemon juice and butter to soft cracked stage. Pour this over the nuts, which have been placed on well buttered pans. It should harden in a few minutes, and be very brittle. If cooked too long, it will be tough. Mark into squares.

Lesson XXII.

Preserving and Canning.

Glass jars, both new and old, should be thoroughly washed, partly filled with water, and turned upside down on a table to determine that they do not leak. New rubbers should be used.

Canning.

Use one-third as much sugar as fruit. The fruit must be very hot. Strain the juice and allow it to overflow the jar before sealing.

Preserving.

Use three-fourths or equal amount of sugar with fruit.

Large fruit may be left whole or cut in halves.

Marmalades and Jams.

Use $\frac{3}{4}$ to 1 lb. sugar to 1 lb. fruit.

Jellies.

Use equal amount cooked fruit, juice and sugar.

Fruit should be underripe for most jellies. No water should be added to currants, grapes, raspberries, or blackberries and the fruit should be heated slowly. When very soft, remove from the fire and drain in a flannel bag. Heat the juice slowly, and boil gently the required time. The sugar should be heated before adding it to the juice.

Canned Cherries.

Wash, stone, and weigh the fruit. Use $\frac{1}{2}$ lb. sugar

to 1 lb. of fruit. Can in the same manner as peaches.

Canned Peaches No. 1.

16 lbs. prepared peaches. 6 lbs. sugar 1 qt. water

Select firm fruit. Pare the peaches or put them in a wire basket and plunge them into a can of boiling water. In 2 min. take them out and remove the skins. Make a syrup of sugar and water and when it boils, add enough peaches to fill a jar. When soft, put them in a sterilized jar. Seal at once.

Canned Peaches No. 2.

Prepare the peaches and pack closely in jars. Place the lids lightly over the jars. Steam 15 min.; then add to each 1 qt. jar $\frac{1}{2}$ c. sugar dissolved in 1 c. hot water. Steam 10 or 15 min. longer, or until the peaches are soft. Fill each jar to overflowing with boiling water. Seal quickly. If several tiers of jars are to be steamed at once, the syrup may be added before placing in the steamer.

Crabapple Jelly.

Remove the blossom and decayed portion from the fruit; if large, cut into pieces, but do not pare or remove the seeds. Nearly cover with cold water. Cook the fruit until soft. Drain, first in a colander then in a jelly bag. Use the juice only and do not press the bag except for a second grade jelly.

To 1 c. juice use 1 c. sugar.

Boil the juice slowly for 15 min. Add the sugar and boil for 5 min., skimming as often as necessary. Pour into jelly glasses and when hard cover with paper wet with brandy.

Grape Jam.

Remove the grapes from the stems. Wash them and press the pulp from the skins. Boil the pulp until it will separate from the seeds. Rub through a sieve. Add skins to the pulp and boil with an equal weight of sugar for 15 min. Put into jars or tumblers and when cool cover with paper wet with brandy.

Sliced Pears.

7 lbs. pears	$\frac{1}{2}$ oz. ginger root	Whole allspice
3 lbs. sugar	$\frac{1}{2}$ lemon (rind)	Stick cinnamon
1 pt. vinegar	Whole cloves	

Cut the pears in half; remove the seeds and pare. Put the vinegar and sugar on to boil. Into each piece of the pear stick three or four cloves. Divide the cinnamon, allspice and ginger into two parts; put into small pieces of cheesecloth; tie tightly and then throw them into the sugar and vinegar. When this mixture begins to simmer, add the pears and the lemon rind; bring all to a boiling point; take from the fire and turn carefully into a stone jar. Stand in a cool place over night. Next day drain all the syrup from the pears into a porcelain lined or agate kettle; cook over a moderate fire and when boiling, pour it back in the jar over the pears. Next day drain and heat again as before; do this for five consecutive days. (The last day boil the syrup down until there is just enough to cover the fruit.) Add the fruit to the hot syrup; bring the whole to a boil and put in stone or glass jars or tumblers. The pears may be finished in one day by taking out the fruit and cooking the syrup slowly down to the right amount; then the fruit is added

to reheat it and finish as above. The fruit is less rich if done in this way.

Tomato Ketchup.

12 ripe tomatoes	4 tbsp. brown sugar	1 tbsp. mustard
2 large onions	2 tbsp. ginger	1 nutmeg (grated)
4 green peppers	1 tbsp. cinnamon	1 qt. vinegar
2 tbsp. salt		

Peel the tomatoes and the onions. Chop the onions and peppers fine. Boil all the ingredients together for 3 hrs or until soft and broken. Stir frequently. Bottle and seal while hot.

Grape Juice.

Pick Concord grapes from the stem. Wash the grapes and heat them, stirring them all the time. When broken, pour into a jelly bag and allow the juice to drip from the grapes. Measure it, and add $\frac{1}{4}$ the amount of sugar. Cook the juice and sugar until they reach the boiling point.

Pour into hot bottles, cork and seal immediately. Less sugar may be used.

Bottle Wax.

Melt together equal parts of shoemakers' wax and resin. When liquid, dip the corked bottles into it.

Quince Preserves.

6 lbs. prepared quinces

5 lbs. sugar

1 qt. water in which the quinces were cooked

Wipe, quarter, pare and core the quinces and save the parings and cores for jelly. Cook the quinces in water until very tender. Drain carefully. Make a syrup of the sugar and water, when sugar is dissolved, add the fruit and cook slowly for 3 hrs., or until the quinces are dark red. Jar quickly.

Strawberry Preserves.

Pick over, wash, drain and hull strawberries; then weigh. Fill jars with berries. Make a syrup by boiling $\frac{3}{4}$ their weight in sugar and water, allowing 1 c. to each pound of sugar; cook 15 min. Add syrup to fruit to overflow jars; let stand 15 min. when fruit will have shrunk and more fruit must be added to fill jars. Screw on covers, put in kettle of cold water, heat water to boiling point and keep just below boiling point 1 hr.

Raspberries may be preserved in the same way.

Lesson XXIII.

Serving.

Plan menu for a dinner, four courses. Give several lessons in serving. Then serve a breakfast, luncheon, and dinner, Dividing labor among members of the class. Estimate cost per person.

Rules for Serving.

1. Cold food should be served on cold dishes. Hot food should be served on hot dishes.

2. Dishes which admit of choice should be passed at the left; dishes which do not admit of choice should be placed at the right. Plates must be removed from the right when possible.

3. Soiled dishes should be removed first, then food, the clean dishes, then crumbs, carving cloth, salt, etc.

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

Doilies should be placed under finger bowls on dessert plates; a knife at the right, and a fork and spoon at the left of the bowl. Fill finger bowls one-third full. Doilies should be placed on trays for serving. If bare table is used, have a doily under each plate or hot dish, to preserve the polish of the table. The doily should have a flannel lining sewed to it.

A napkin should be carefully folded around a hot baking dish. Baked potatoes or corn should be served in a napkin. Hot biscuits, crackers or cheese are served on a napkin. Knives must be placed with the sharp edges turned toward the plate, at the right, in order used; butter knife on bread and butter plates; spoons always at the right; with the bowl turned up, in the order used; forks at the left, with the tines turned up, in the order used. When a fork is to be used alone, as for oysters, fish or salad, it may be placed at the right.

The carving knife and fork should be placed on the side table till needed; then the knife should be laid at the right of the carver and the fork at the left; large gravy spoon at the right, and sharpener, if used, at the left. It should be removed as soon as used.

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

Cruets, jugs, sugar bowls, salts and peppers should be filled when taken from the table.

Pass two vegetables at once, with a napkin under each dish. Pass bread and butter together, butter on a tray; offer butter first, then bread. Pass crackers and cheese together, cheese on a tray.

Bread and butter plates should be placed at the upper left hand side; a butter ball may be placed on each

plate.

Place the water, milk, salts and peppers at the corners of the table.

The teakettle should be placed directly in front of the hostess, coffee pot, hot milk and cream to the right, sugar bowl, tray bowl, cups and saucers and spoons to the left, in the order given. These should form a semi-circle.

Fruit plates, extra silver, china and glass, milk and water, bread and butter, two napkins and a crumb tray should be placed on the side table; also anything else which may be needed during the meal.

Appearance of Waitress.

Should dress simply and neatly, stand quietly and step lightly. Regulation dress, clean cotton material during the day, or plain black for day and evening; turnover linen collars and cuffs, white apron and cap; shoes that do not creak; the hair and nails should be neat.

The hands should always be washed after dusting and sweeping; also the last thing before setting the table and waiting on the table. A sweeping cap that covers the hair entirely should be worn while sweeping; the cotton dress worn for sweeping should not touch the floor.

TABLE OF DISHES For General MENUS.

I.

PREPARED DISHES	THE MEAL	Course in the MEAL	FOOD ELEMENTS	Garnish
Beverages	All	Breakfast - 3rd Dinner - last Supper - last	Water + mineral matter	Cream Lemon-oring
Cereals	Breakfast	2nd	Carbohydrate	Fruits {fresh stewed
Vegetable	Dinner - Supper -	2nd 1st	Carbo min'l Matter Water	Parsley
Fruits	Breakfast - Dinner - Supper -	1st 4th 3rd or 2nd	Min'l Matter Carbo - Water	cream
Bread Puddings	Dinner -	4th	Carbo - Water	cream sauces
Puddings	DINNER -	4th	same as above	sauces
Muffins	Breakfast - Supper -	3rd 1st	Carbo -	Honey, Sirup
Biscuits, Rolls	Dinner - Supper -	2nd 1st	"	"
Bread	All	2d - 3rd	Carbo -	
Cakes	Dinner - Supper -	4th 3rd	Carbo -	
Pastry	Dinner - Supper -	4th 3rd	Carbo - Fat, min'l Matter	Cream
Custards	Dinner - Supper -	4th 3rd	Protein - Carbo - Water	Sauces.
Eggs	All	3rd, 2nd, 2nd.	Protein	Parsley
POULTRY	DINNER - Supper -	3rd 2nd	Protein	Vegetables Dumplings Parsley
Fish	All	2nd or 3rd	Protein, Albuminoid	Eggs Sauces Parsley Lemon

Table of Dishes For General MENUS _{II.}

PREPARED DISHES	THE MEAL	Course in the MEAL	FOOD ELEMENTS	Garnish
MEATS	Dinner-- Supper--	2nd 2nd	Protein Fat Water	Vegetables Sauces(gravy) Dumplings
Deep Fat Dishes	Breakfast-- Supper-- Dinner--	3rd 3rd 2nd	Carbo-- Protein	Syrup Parsley sauces.
Desserts	all	last	all	-----
Salads	Dinner-- Supper--	3rd 2nd	all or any " " "	Dressing Cream Vegetables
Ice Cream	Dinner-- Supper--	4th 3rd	Protein Carbo- Water	Fruits
Candy	directly after Meal	--- ---	Carbo	Nuts Fruit

Lesson XXIV.

General Rules for Housework.

Lamps.

Lamps should always have spotless chimneys and should have no oil on the outside of reservoirs. To prevent oil from oozing out of burner, turn wick down after light is out. Rub, but do not cut wicks. Wicks should be put in several hours before lamps are to be used, so that they may be thoroughly saturated with oil. Burn for a short time after adjusting, to see that it is in a good condition. Loose threads should be clipped off.

Use soft paper or a glove with unbroken fingers while caring for lamps. Do not allow bits of cleaned wick, flies or moths to lie in the lower part of burner, as there is danger of them igniting, and they also close the air space and prevent complete combustion. A clean, unbroken lamp or oil stove is not dangerous;

If the brass catches of the burner are too tight, chimney will break when it expands with the heat.

Alcohol lamps must be kept perfectly clean, and asbestos renewed if necessary.

Lamps should be filled daily, because--

1. The higher the flame is from the reservoir of oil, the less light is given off for equal volume of oil used.
2. The greater the air space over the oil in the reservoir, the greater is the danger of explosion.
3. Combustion is the more complete the nearer the maximum light is approached; hence the burner should not be turned low, since the only saving effect is in the amount

of heat given off. Just as much oil is used, but part of it escapes without being completely burned and makes the air of the room impure.

4. Complete combustion depends on sufficient access of air to the wick where the burning occurs.

Care of Dining Room.

Every morning open shutters and dust room before breakfast. Be sure that it is properly aired, heated and lighted. After breakfast, brush the hearth, brush rug, or sweep with carpet sweeper, and wipe polished border around with a dry cloth. Dust should be taken up with a cloth and shaken out of doors; a feather duster should not be used. See that silver and linen drawers are in order.

Once a week sweep room thoroughly; open shutters wide, remove all movable furniture, and ornaments, dusting thoroughly. Carry ornaments, when dusted, from the room on a large tray. Use heavy dusters for furniture; cheese cloth for ornaments, etc. Be careful to wipe all dust from framework of dining table; dust chairs, back and seat (underneath and above), rounds, and feet. Cover table and sideboard, pictures and chandeliers, wiping all dust from them with a dry cloth. If rug is to be taken up, roll tightly and remove; if not, sweep carefully, with nap, and roll tightly. Always take hold of the selvage in shaking a rug. Shake dust from the curtains and portieres and fold loosely in cover or bag. A gingham curtain may be hung across the doorway. It should fit tightly and be weighted. Take away sash curtains. Shut doors and put cloth outside of

doors. Sweep the floor with a long handled, soft brush, brushing with the grain of the wood; cover brush, and all woodwork in upper part of room; sweep carefully. Sweep in front of heavy pieces of furniture before moving them out, and behind a second time before replacing. Wipe doors, Venetian blinds, surbase, and all woodwork within reach. Open windows and, when the room has been thoroughly aired, remove dust covers, being careful not to shake dust around the room.

Wipe floor with a damp cloth and when dry polish border with kerosene or petroleum, applied with a soft cloth. Relay the rug and arrange the room in usual order. Polish mirrors and glass; wash globes of chandeliers and wash windows. Rub dining table with a special polish or a mixture of turpentine, olive oil and vinegar; applied with a flannel or with a soft cloth. If brass locks or knobs are to be cleaned, cut out pieces of heavy cardboard to fit around them, entirely covering the wood; rub brass with Putz or Electro-silicon,, moistened with water and lemon juice or olive oil; polish with a dry flannel; do not use Putz with veneered brass.

In early spring, use a cloth dipped in a mixture of turpentine and hot water to wipe carpet along surbase or to wipe woodwork. This will destroy moths.

In scrubbing or wiping painted doors, begin at bottom.

Care of Pantry.

Always keep dishes of one kind in order; glasses in one place, plates in another, cups and pitchers each in a special place. Be sure to place plates of one kind in one pile. Scrub or wipe the shelves each week.

Keep drawers for towels, cloths, soiled linen in order. Keep hand towels in separate drawer and cloths of each kind in their place; silver cleaning materials, knife cleaner and chamois, dust covers and dust cloths, in separate place; also keep a piece of cilcloth to stand pail on while washing windows or wiping floors.

Three soap dishes, one for hand soap, one for soap used for towels and one for Sapolio, are needed. A soap shaker may be used in washing dishes. A small shelf for bottles will be of use; on this place one bottle of ammonia, one bottle of alcohol and one bottle of strong solution of washing soda, a box of matches and a clock. Use a little ammonia in the water in which brushes are washed and occasionally in washing towels. Once a week pour soda water down the pipe, using boiling water with it. Lye may be used occasionally.

Towels should be washed after each meal; twice a week scalded, washed and ironed; they should be hung in the fresh air to dry.

Dust cloths should be soaked in cold water before washing.

Soak chamois in cold water and wash clean. During drying it should be pulled and rubbed, to keep it soft and elastic.

Have a board of hard wood and a sharp knife for

cutting bread, pans for lettuce, etc., wooden bowl and an ice chopper, and anything else that is ever needed. Keep a drawer for clean pieces of paper, a box for strings, neatly fastened; have a dish pan for washing dishes, a strainer to put over sink pipe, a granite pan to hold bits of food, and a deeper pan in which spoons and forks may be soaked.

Before washing dishes, put away all food and clean dishes; empty glasses, cups, bowls and pitchers and scrape dishes carefully, piling all of one sort together. After washing dishes, wash dish cloth, mop and towels; then scrub draining board, scour sink and dish pan and put the dish pan in the sun. Polish faucets.

It is a good plan to have a teakettle for your own use, filled with boiling water on a gas or oil stove.

Silver and cutlery drawers must be kept in order. Pieces of Canton flannel or white paper may be used in drawers which are not lined.

Wash brushes, but do not allow them to stand in hot water. If they are washed in very hot water, the bristles will fall out. Hang brushes so that they will not touch the floor.

Care of Bedroom.

Early Morning Work.

Open the windows wide. Remove the bedclothes one by one, shake each piece thoroughly, and hang it on some convenient object. Place the pillows near the window; raise the mattress to permit air to circulate freely under it; hang the nightclothes near window; then leave the room to air for at least one hour.

Later Morning Work.

(a) ARTICLES NECESSARY:

For washstand: Two pails, one covered, one filled with hot water; two cloths, one for washing and one for drying; cloth for covering stand while sweeping; soap, dipper and oilcloth. For room: Broom, dustpan, brush, dust sheet and dust cloth.

(b) CARE OF WASHSTAND:

Lay oilcloth on the floor in front of the stand and place on it the pails, soap, etc. Empty into the covered pail the water remaining in the pitchers,

Rinse the bowl and wash in it the pitchers, mug, tooth brush holder and soap dish. Then wash the bowl. Empty water in covered pail.

Empty jar, rinse, wash (using soap) and wipe perfectly dry.

Empty chamber, rinse, wash carefully, using plenty of soap and hot water, and wipe perfectly dry.

Cover articles on stand with cloth ready for sweeping. Put away articles on dresser. Hang in closet the clothes that are in the room.

Empty covered pail in the bath room, rinse and wash carefully.

Wash the cloths used in washing and wiping articles on stand and hang them up to dry.

(c) MAKING BED:

Wipe the springs and bedstead with the dust cloth. Turn the mattress. Put on the pad. Put on under sheet, right side up, wide hem at the head, tucking in neatly at the sides and at the foot, and at least a foot under the head of the mattress

Put on upper sheet, wrong side up, wide hem at the head, the edge of the hem touching the headboard, and tuck in well at the foot.

Put on blankets, not so near headboard as the sheet, and tuck in at the foot. Turn the upper sheet over the top of the blankets. Put on the spread. Put on the pillows, standing them up neatly. Cover all with a dust cloth, ready for sweeping.

(d) SWEEPING AND DUSTING:

In sweeping a polished floor, use a broom covered with a Canton flannel bag. In sweeping a carpet, be careful that the strokes of the broom are short, and that at the end of the strokes the broom is not raised from the floor. Begin sweeping at one corner or at the middle of a side. Frequently collect the dust on the dust pan. Make as little dust as possible.

Carefully dust every part of each piece of furniture with a soft dust cloth. Wipe the doors and window ledges. Remove the covers from the bed and the stand and shake out of doors. When everything is dusted, wash the dust cloth and hang it to dry.

Fill pitchers on the stand with fresh water and hang up clean towels.

Evening Work.

Early in the evening remove the spread from the bed, fold carefully, and lay aside. Turn down the bed clothes neatly and lay down the pillows. Lay out the night clothes. See that the pitchers contain plenty of fresh water.

Open the windows for a little while; then close them

and draw the shades. Leave the gas light turned low.

General Directions.

Mattresses.

(a) KINDS:

The materials mostly used for mattresses are hair, moss, cotton and excelsior. Of these, the long, curled hair makes the best mattresses. Of the four kinds named, the hair mattress, although it is the most expensive at first, is really the cheapest, because it lasts a life time. Never buy a mattress made of short, straight hair. A mattress made of excelsior, covered with cotton on all sides, makes a good mattress when new, but the cotton soon mats down and becomes lumpy. Never buy a rag filled mattress.

(b) CARE:

The mattress should be turned every day. It should be aired, beaten and brushed out of doors once a week. A mattress in constant use should be cleaned and steam renovated once in three years.

Pillows.

(a) KIND:

Pillows should be made either of the best down or live geese feathers, or of the best curled hair. A hair pillow is cool and considered very healthful.

(b) CARE:

Pillows should be well beaten and aired every day. Once a week they should be hung on the clothesline outdoors and thoroughly aired.

Great care must be taken of the pillows, as they absorb so much of the moisture from the body.

Bibliography.

The recipes and general directions for the cooking of foods were taken from the recipe cards formerly used in the Manual Training Normal of Kansas. These were compiled first by Miss Greer, later, revised by Miss Leah VanBlarcom and myself.

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Plate I. Chart of Meats.

Revised to show Western cuts of meat from
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