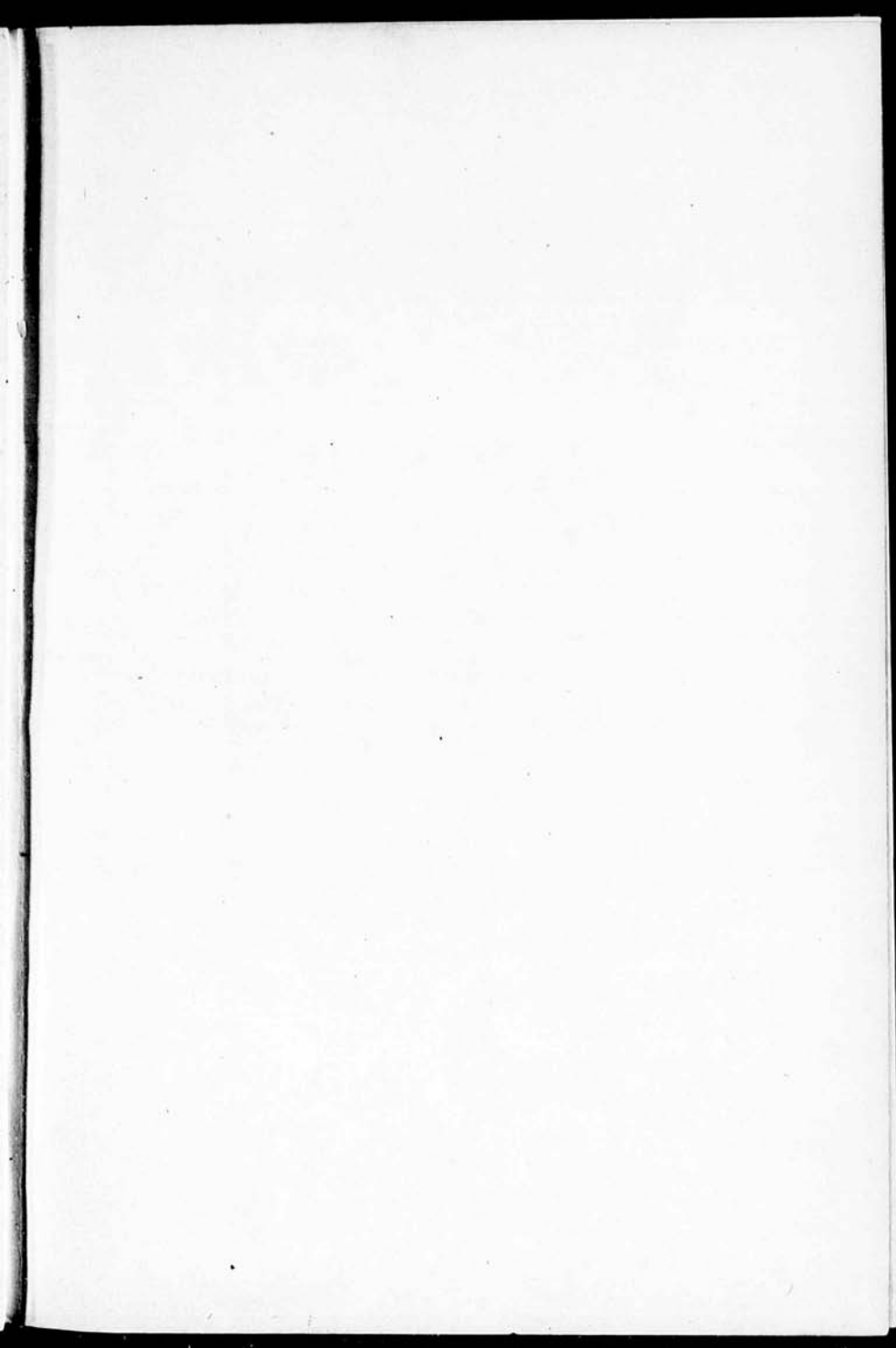


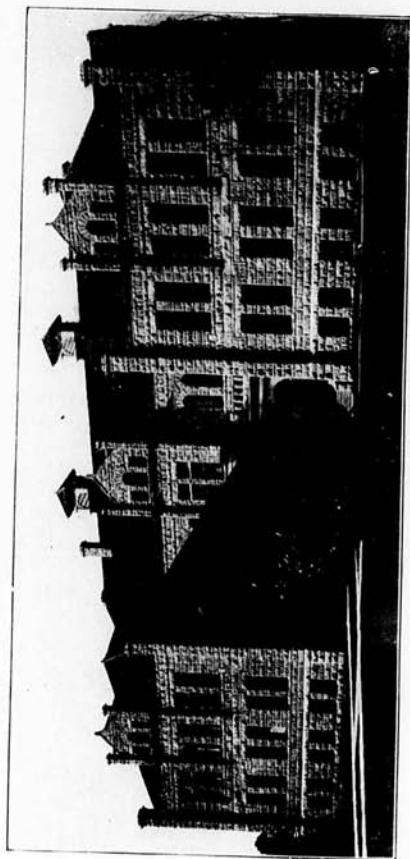


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Domestic Science and Art Hall, Kansas State Agricultural College

# PRACTICAL COOKERY

A COMPILATION OF  
PRINCIPLES OF COOKERY AND RECIPES



DEPARTMENT OF DOMESTIC SCIENCE  
KANSAS STATE AGRICULTURAL COLLEGE



THIRD EDITION

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PRACICAL COOKERY

THE LONDON SCHOOL OF COOKERY

By  
W. S. de F.



THE LONDON SCHOOL OF COOKERY  
10, BUCKINGHAM GATE, LONDON, W. 1

TO THE TEACHERS OF THE DOMESTIC  
SCIENCE DEPARTMENT OF THE KANSAS  
STATE AGRICULTURAL COLLEGE WHO  
HAVE GONE FROM THE DEPARTMENT  
INTO THE LARGER FIELD OF HOME MAK-  
ING, THIS BOOK IS DEDICATED.

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## STRUCTURE AND MANAGEMENT OF STOVES

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The first importance of good cooking is efficient management of the application of heat. An understanding of the structure of the modern apparatus for this purpose is necessary to its skillful management.

A coal stove or range is an iron box arranged to confine fire, and the heat from it, to make it more effective and economical for cooking.

The fire box usually extends across one end of the range and is about twelve inches deep. The lining on the sides and ends, which is of fire brick or cast iron, is made to withstand the high temperature of direct contact with the fire. When hot water connections are desired, one side lining is replaced by a hollow iron box called a water front or a water back, depending on position (see illustration). The bottom is a grate, perforated for circulation of air, and movable to allow the easy removal of waste. In general, this consists of two triangular bars, perforated on one side with holes, and on another with slots. These turn on a cog managed from the front of the range, so that as they turn an opening is made between them, through which the clinkers slip down into the ash pan. The round holes are turned uppermost to form the bottom of the fire box when wood is the fuel used. When coal is used, more draft is necessary and the slots should form the bottom.

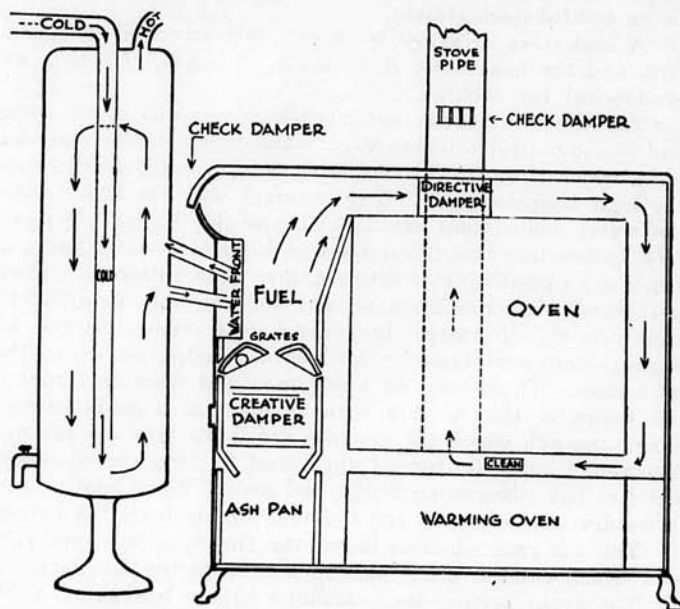
The ash pan, which is below the fire box, is a removable pan which collects ashes and cinders from the fire box.

The ovens occupy the remainder of the box part of the range and are heated by currents of hot air passing around and above them.

The dampers on a range control the amount of heat and its application. These are of three kinds: creative and check to regulate draft and directive to direct the currents of air. The creative dampers are found below the fire box and are primarily to feed the fire with air. Opened—air enters easily.



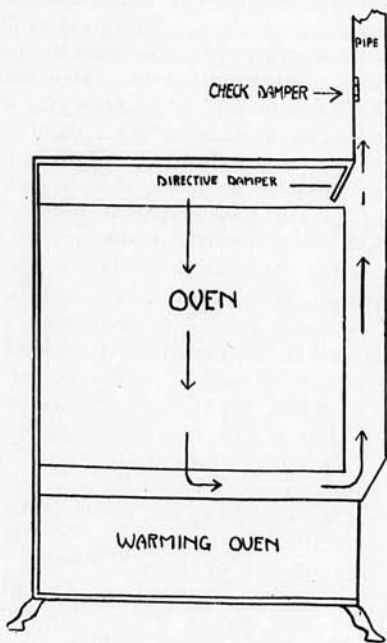
Closed—air must be drawn in through closed spaces that are not air-tight. The check dampers are always above the fire box. Opened—air from the room enters and, mixing with that heated by the fire, the rate of rising is decreased and the supply decreased proportionately. Closed—they are negative in their action. The directive damper is located at the place where the stove pipe connects with the stove and can be seen by removing the lid directly in front of the stove pipe.



Front view of a range showing the arrangement of its parts. The arrows indicate the direction of the air currents with the directive damper closed. At the left is shown the method of heating water with a hot-water front.

Opened—the heated air can rise rapidly directly up the chimney. Closed—this air must travel across the top of the stove, down the end and across the bottom of the oven, and up the

projection of the stove pipe which extends down the back of the range and connects with the space below the oven. In this way the oven and the entire top of the range are heated, and the rate of combustion is slightly decreased. This prevents waste of fuel by utilizing the heat as long as possible before it escapes.



End view of a range showing the projection of the pipe down the back of the range to connect with the bottom of the oven. The arrows show the direction of the air-currents with the directive damper closed. With the directive damper open the heated air would rise directly up the pipe.

Combustion, or burning, is the combination of the fuel with oxygen, accompanied by light and heat. Each substance that burns has its definite kindling point, or the temperature to which it must be heated to maintain combustion. Those

which have a low kindling point, as paper or soft wood sticks, are more easily lighted than those which have a high kindling point as hard wood or coal. A free supply of air is necessary to furnish the oxygen for combustion.

To build a fire, therefore, the grate must be free from ashes and clinkers. The fuel must be placed with that of the lowest kindling point at the bottom, and arranged so that the air has access to a large surface. The creative dampers and the directive damper must be open. As soon as the fire is well started the directive damper should be closed and remain so except when it is desired to rapidly increase the rate of combustion. Too much heat around the oven should be remedied by decreasing the rate of combustion. This is accomplished by first closing the creative dampers, then opening the check damper in front of the fire box, and then the check damper in the pipe. As a last resort (which should not be necessary if fuel is carefully added) the oven door may be opened slightly.

**A gas stove or range** is comparatively simple in its management to the coal or wood stove. It saves time and labor in starting a fire and can be extinguished as soon as the cooking is done, thus saving fuel, as well as production of unnecessary heat in summer. With gas, the flame is applied directly to the part to be heated, thus saving the management of directing currents of air. This direct application, however, does not give as uniform an oven heat as where there is only the heated air in contact. Gas is supplied to the range from a main pipe which divides to feed the several burners. The supply is controlled by gas cocks located near each burner. The burner contains numerous openings arranged to spread the flame over a larger surface, and usually has a valve which regulates the supply of air. The flame should be blue. A yellow flame indicates incomplete combustion, and the unburned carbon will be deposited on cooking utensils or on parts of the range. To remedy this, increase the supply of oxygen by opening the air valve on the burner. When the contents of kettle or saucepan begins to boil, turn the gas as low as possible without checking the boiling. Light the oven burners before putting in the food—five minutes for broiling or toasting, ten to

fifteen minutes before baking. To reduce the heat of the oven, turn down both burners as low as possible without danger of their being extinguished, or turn out the back burner. All gas cocks should be kept closed when not in use.

**Gasoline and kerosene stoves** are similar in principle and management to gas stoves. In these the liquid fuel is supplied, but is converted into gas by heated metal in the gasoline stove, and by evaporation from a wick in the kerosene stove. The generation of this gas produces deposits of unburned carbon which interfere with efficient burning. Extreme care, therefore, is required to keep all parts brushed free from soot.

**Alcohol stoves**, which may be either the kerosene or gasoline type of a stove, are much cleaner and require less time and effort for efficiency.

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## THE FIRELESS COOKER

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The fireless cooker is an apparatus for conserving the heat of cooking foods, thus economizing fuel. It also saves the time and energy of the housewife and unnecessary heat in the kitchen.

It consists of one or more cooking compartments fitted with utensils and insulated to retain the heat of foods introduced, thus finishing their cooking in their own heat. At first only foods cooked in boiling liquid could be prepared. Later, by the introduction into the compartment of heated disks of metal or soapstone, oven conditions sufficiently hot for the browning of foods were produced.

The management of a fireless cooker is very simple, since foods do not spoil with over cooking with a constantly lowering temperature, and if food is underdone it may be reheated and put back. There is no evaporation of water from food cooked in a fireless cooker, therefore less water should be used than with direct heat. In baking with hot disks it is necessary to avoid overheating the disks, as enough heat may be confined in a compartment to burn the food. It facilitates the browning of very moist foods if the cooker is opened after five minutes' baking, to allow part of the steam to escape.

## METHODS OF COOKERY

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**Boiling** is cooking in moist heat with a boiling liquid as the surrounding medium. A liquid is boiling when bubbles are breaking on the surface. In a slowly boiling liquid the bubbles are small; in a rapidly boiling liquid, large. There is no increase in temperature, but more steam is formed in a rapidly boiling liquid. The temperature of boiling water at sea level is 212° F. or 100° C. This temperature is lessened by rise above sea level and increased by solution of solids in the water.

**Simmering** is cooking in moist heat with a simmering liquid as a surrounding medium. A liquid is simmering when bubbles are breaking just below the surface. The temperature of simmering water is 185° F. or 85° C. This temperature is affected by the same conditions which change the boiling temperature.

**Stewing** is the name applied to simmering in a small amount of water.

**Steaming** is cooking in moist heat with steam as the surrounding medium. The steam may be applied directly to the food, as in a steamer, or to the vessel, as in a double boiler. The temperature of steam is 212° F. or 100° C., but owing to rapid condensation the temperature at which the food is cooked is a little less.

**Steeping** is a process of extracting flavors of foods by adding boiling water and allowing it to stand. The temperature is always below the boiling point, decreasing gradually.

**Toasting** is drying and browning the surface of food by direct contact with heat. The drying precedes the browning.

**Broiling** is cooking by direct contact with heat and is usually applied to meats. The surface is first seared and the cooking then continued at a lower temperature. Searing consists of rapidly exposing every part of the surface to heat intense enough to form a waterproof coating. Broiling is direct

application of heat, while in pan-broiling the heat is applied by means of heated metal.

**Baking** is cooking in the heat of an oven. The temperature varies from 200°-600° F., different oven heats being used for different foods.

**Roasting** is the name applied to baking meats.

**Frying** is cooking by immersion in smoking hot fat. The temperature varies from 375°-420° F., different temperatures being used for different foods.

**Sauteing** is cooking in a small quantity of hot fat. The temperatures are the same as those for frying.

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## METHODS OF COMBINING FOOD MATERIALS

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**Stirring** is a circular movement used to combine the wet and the dry ingredients of a recipe and to keep food from sticking and burning during cooking.

**Beating** is an over and over motion used to smooth the mixture and to introduce air.

**Cutting** is a horizontal motion with knives used for combining shortening and dry food without blending.

**Cutting and folding** is a combination of two motions—cutting vertically through the mixture and turning over and over by sliding the spoon across the bottom of the mixing bowl each turn.

## MEASUREMENTS

Level measurements make exact recipes possible because the quantity measured is uniform, the same table may be used for solids and liquids, and measures can be easily divided.

A spoonful is a spoon level full. Use a straight-edged knife like the spatula to obtain a level surface. Half a spoonful is a spoonful divided lengthwise. One fourth of a spoonful is a half spoonful divided crosswise, the division line a little nearer the handle end of the bowl.

A cupful is a cup level full. Fill the cup and level the top with a spatula knife.

Do not shake or press down dry material, as flour or sugar. Measure flour after sifting once. To measure a fat, as butter, by the cupful, pack solidly and level. To measure less than one half cupful, use a tablespoon. Pack solidly into the spoon and level.

A speck is what may be held on the tip of a vegetable knife.

### TABLE OF EQUIVALENTS AND ABBREVIATIONS

3 tsp. = 1 tbsp.	c. = cupful
16 tbsp. = 1 c.	tbsp. = tablespoonful
2 c. = 1 pt.	tsp. = teaspoonful
2 pts. = 1 qt.	spk. = speck
4 qts. = 1 gal.	lb. = pound
2 gal. = 1 pk.	qt. = quart
*2 c. sugar = 1 lb.	pt. = pint
*4 c. flour = 1 lb.	gal. = gallon
2 c. butter = 1 lb.	pk. = peck

One medium sized lemon contains from four to four and one-half tablespoonfuls of juice.

One medium sized orange contains from five to eight tablespoonfuls of juice.

One egg contains about three tablespoonfuls unbeaten yolk and white.

\*Approximately.

## BEVERAGES

A beverage is any drink. Water is the natural beverage, and forms the greater portion of all others.

A beverage may be prepared by one of three methods:

**By infusion**, which is made by pouring boiling water over the material used, covering and allowing to stand until the flavor is extracted. Freshly boiled water must be used in making an infusion, for long boiling renders the water flat and insipid.

**By decoction**, which is made by placing the material in cold water and bringing to the boiling point. Freshly boiled water is then added.

**By a mixture**, or combination of materials.

Syrup is used in sweetening cold beverages, because sugar is not readily soluble in cold liquids.

### BOILED COFFEE WITH EGG

1 c. coffee, finely ground                      8 c. cold water  
1 egg or 3 egg shells\*

Mix coffee, egg, and 2 cupfuls of cold water. Add remainder of water and allow to come gradually to boiling point. Boil 3 minutes. Draw to back of range and keep hot 5 minutes. Add  $\frac{1}{2}$  cupful of cold water and let stand 1 minute to settle. Strain into heated coffee pot.

### FILTERED COFFEE

$\frac{1}{2}$  c. finely ground coffee                      1 qt. boiling water

Put coffee in strainer of pot. Gradually pour in water a half cupful at a time, keeping the pot covered between times. The coffee may be poured through a second time if desired.

### AFTER DINNER COFFEE

Coffee made double strength and served clear.

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\*The particles of coffee adhere to the coagulated albumen of the egg, or that portion which adheres to the shell, and the decoction is cleared.



## TEA

4 tsp. tea

4 c. water

Scald the utensil, put in the tea leaves, and pour over them fresh water just brought to the boiling point. Cover and steep 3 minutes. Strain and serve at once. This may be served with cream and sugar or with lemon.

## CHOCOLATE

1½ sq. chocolate

6 tbsp. sugar

1½ c. boiling water

4½ c. scalded milk

Spk. salt

Melt chocolate over hot water. Add sugar and salt. Add water gradually, stirring constantly. Boil until smooth and glossy. Pour into milk, reheat, and beat with Dover beater just before serving.

## COCOA

4 tbsp. cocoa or grated

chocolate

3 tbsp. sugar

3 c. milk

1 c. water

Spk. salt

¼ tsp. vanilla

Mix cocoa, sugar, and salt. Add boiling water and boil until smooth and glossy. Add milk and heat to scalding. Beat with Dover beater and add vanilla just before serving. Garnish with whipped cream or marshmallows.

## BREAKFAST COCOA WITH EGG

1½ tsp. cocoa

1½ tsp. sugar

2 tbsp. boiling water

¾ c. milk

Spk. salt

1 egg

Mix cocoa, sugar, and salt, and add water gradually while stirring constantly. Bring to the boiling point and let boil 1 minute. Turn into scalded milk and beat 1 minute. Break egg, beat until light and frothy. Add cocoa gradually, beating constantly.

## KOUMISS

¼ cake compressed yeast

1 tbsp. water

1 qt. milk

½ tbsp. sugar

Make a thin syrup of sugar and water, cooking 1 minute. Soak yeast cake in 2 tablespoonfuls of milk 70°-90° F. Heat remainder of the milk to 90° F. Add other ingredients and mix well. Put in sterile jars and seal. Place in upright position for 12 hours at 70° F. After 24 hours, serve cold.

## EGGNOG

1 egg  
 $\frac{3}{4}$  tbsp. sugar  
 $\frac{3}{8}$  c. milk

Spk. salt  
 Flavoring

Beat egg slightly, add sugar, salt, and flavoring. Add milk gradually. Strain and serve.

## COFFEE EGGNOG

1 egg  
 1 tsp. sugar

Spk. salt  
 $\frac{3}{8}$  c. liquid coffee

Beat egg slightly, add sugar, salt, and coffee gradually while stirring constantly; then set in a pan of hot water and continue stirring until hot enough to be pleasant to the taste, care being taken to keep the mixture below the point at which albumen coagulates ( $70^{\circ}$  C.). The egg may be beaten until light if a frothy mixture is preferred.

## FRUIT SOUP

2 tbsp. lemon juice  
 2 tbsp. orange juice  
 3 tbsp. shredded pineapple  
 $\frac{1}{4}$  c. sugar

2 tbsp. water  
 $\frac{1}{2}$  c. cold water  
 $\frac{1}{4}$  c. shaved ice

Cook sugar and water to the soft-ball stage. Add fruit juices and cold water. Strain, add shaved ice, and serve.

## FOUNDATION PUNCH

8 oranges  
 4 lemons

2 c. sugar  
 Water to make 1 gal.

Squeeze the juice from the fruit and strain. Make the sugar into a syrup. Combine sugar and fruit juice, and add water. Pour a small quantity into the punch bowl, add a block of ice, and pour remainder of punch over the ice. Variations may be made by adding other fruit juices to it. The juices should be sweetened to taste.

## GRAPE PUNCH

1 part foundation punch

1 part grape juice

## STRAWBERRY PUNCH

1 part foundation punch

3 parts strawberry juice

## PRACTICAL COOKERY

## RASPBERRY PUNCH

1 part foundation punch                      3 parts raspberry juice

## MINT PUNCH

1 gal. foundation punch                      1 doz. fresh mint sprigs

Pour hot syrup over chopped mint, let stand 5 minutes, and strain before adding to the fruit juice. A few sprigs of fresh mint may be added for garnish.

## TEA PUNCH

1 part foundation punch                      3 parts Russian tea

## CRANBERRY PUNCH

3 parts foundation punch                      1 part cranberry juice

## PINEAPPLE PUNCH

3 parts foundation punch                      1 part pineapple juice

## CHERRY PUNCH

3 parts foundation punch                      1 part cherry juice

## GRAPE NECTAR

1 c. grape juice                                      1 lemon  
1 c. water    4 tbsp. sugar  
1 orange

Combine sugar, orange, lemon, and water as for foundation punch. Add grape juice and chill. This may be served as a first course or as grape punch.

## RUSSIAN TEA

1 pt. lemonade                                      1 pt. tea

Combine, ice, and serve.

## LEMONADE

1 qt. water    ¾ c. sugar  
3 lemons

Make a syrup by boiling the sugar, ¼ cupful of water, and a slice of lemon. Cool. Add lemon juice and remainder of water. Ice and serve, garnished with a thin slice of lemon, a candied cherry, or a sprig of mint.

## IRISH MOSS LEMONADE

¼ c. Irish moss  
4 tbsp. lemon juice

2 c. boiling water  
Sugar to taste

Pick over and wash moss and soak ½ hour. Pour off water, add boiling water, cook below boiling point until syrupy. Strain and add lemon juice and sugar. Serve hot.

## APPLE WATER

1 large sour apple  
½ c. boiling water

Lemon juice  
Sugar

Wipe and core apple. Fill the cavity with sugar. Bake in small dish with enough water to prevent burning. When soft, mash, add boiling water, and let stand 20 minutes. Strain through cheesecloth and add lemon juice to taste.

## CINNAMON WATER

1 oz. stick cinnamon

1 pt. boiling water

Boil together 15 minutes. Strain. Serve hot or cold.

## TOAST WATER

2 slices of stale bread

1 c. boiling water

Cut stale bread in ⅓-inch slices and remove crusts. Put in a pan and bake in slow oven until thoroughly dried and well browned. Break in small pieces. Add water, cover, and let stand 1 hour. Squeeze through cheesecloth. Season with salt and serve hot or cold.

## RICE WATER

2 tbsp. rice  
3 c. cold water

Spk. salt

Wash rice. Soak 30 minutes in cold water, heat gradually to boiling point, let boil until rice is soft. Strain, reheat, season with salt, and if too thick, dilute with boiling water.

## HOT SPICED MILK

½ c. milk  
Spices as desired

Raisins (if allowed)  
Sugar to taste

Scald the milk in a double boiler; add small amount of nutmeg, cinnamon, cloves, or mace; and sugar to taste. Strain carefully before serving.

## PRACTICAL COOKERY

## ALBUMEN WATER

1 egg white

 $\frac{1}{2}$  c. ice water

Cut white of egg to set free albumen, that it may easily dissolve as water is added gradually. Strain and serve. A few grains of salt may be added if desired.

## JUNKET OR RENNET WHEY

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

1 tsp. cold water

 $\frac{1}{4}$  junket tablet or

1 tsp. liquid rennet

Heat milk until lukewarm, add junket tablet or rennet dissolved in cold water. Let stand in warm place until set—about 15-20 minutes; then stir until thoroughly separated. Strain through a double thickness of cheesecloth.

## BOTTLED BEEF JUICE

Cut round steak into small particles or put through a meat grinder. Place in a glass jar, add small portion of salt, and set jar in cold water. Allow to stand  $\frac{1}{2}$  hour, then gradually heat. Keep below boiling point to avoid coagulation of protein. Squeeze out juice and serve either hot or cold. One fourth pound of beef will make about 2 tablespoonfuls of juice.

## BEEF JUICE

Panbroil pieces of thick round steak. Cut in pieces of convenient size and gash on both sides. Put into meat press or lemon squeezer and express the juice. Turn juice into cup set in saucepan of hot water. Season with salt and serve at once. Care must be taken that the cup does not become sufficiently hot to coagulate the albuminous juices.

## FRUIT

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A fruit is a pulpy substance enclosing the seeds of plants. Fruits are edible in the raw state, but may be cooked to change their flavor; to soften the frame work; or to add to their keeping quality.

Before cooking, some preparation is necessary. After the fruit is thoroughly washed the skin may or may not be removed, as desired. Some fruits can be peeled or the skin may be removed without any of the pulp; other fruits must be pared, or the skin and a portion of the pulp removed with a knife. A silver knife should be used to prevent discoloration. Many fruits, after paring, discolor when exposed to the air; this can be prevented by dropping the pieces into cold water.

Gentle boiling, in which enough water is added to the fruit to prevent its burning, is the most common method of cooking fruit. If, in cooking, the desire is to soften the fruit, still keeping its original shape, simmering or steaming are used, or boiling in a syrup. Baking is also used. By this method the fruit is kept whole and cooked in a small quantity of syrup. Besides the softening, the browning of the surface adds to the flavor. Frying and sauteing are other methods of cooking fruits.

Dried fruits may be cooked in similar ways, but they should always be soaked for at least twelve hours to let them absorb water to replace that which has been previously extracted. They must be washed thoroughly before soaking, for they should be cooked in the water in which they were soaked. Sugar causes the fruit to burn more easily, so it is usually not added until just before removing from the fire.

### BREAKFAST ORANGE

Wipe orange and cut in halves crosswise. Loosen the sections with a small sharp-pointed knife. Sprinkle with powdered sugar. Place on a small fruit plate or in a glass fruit bowl.

If the latter is used, shaved ice may be placed around the orange.

#### ORANGE SECTIONS

Peel an orange. Remove the white portion. With a sharp-pointed knife separate the sections. Serve on a fruit plate with the sections arranged around powdered sugar.

#### CURLED ORANGE

Wipe orange. With a sharp knife cut the skin in lengthwise sections. Begin at the blossom end and cut to within an inch of stem end. Loosen skin and turn in end of each section. Remove tough, white portion from pulp. Serve on fruit plate.

#### PICNIC ORANGE

Wipe orange. Equal distance from stem and blossom ends cut a band  $\frac{1}{2}$  inch wide. Remove all skin and tough, white portion except band. Cut the band between two sections and separate the sections, leaving them attached to the band. Arrange on fruit plate.

#### GRAPE FRUIT

Wipe grape fruit and cut in halves crosswise. With a grape fruit knife or sharp-pointed knife remove the seeds. Cut pulp from skin, starting in each section at white core and cutting to the outer edge, across the end, and back to the center. With scissors snip each piece of white section close to center white core, then cut out core close to bottom. Fill hole with sugar and let stand over night.

#### FRUIT SALPICON

Combinations of the following fruits may be used: Equal amounts of oranges, pineapple, grape fruit, and white cherries. The proportion of banana and white grape, one-third of other fruits. Dice, chill, and serve in stemmed sherbet cups, or orange baskets or shells, placed on a fruit plate.

## APPLE SAUCE

1 apple  
2 tbsp. sugar  
 $\frac{1}{4}$  c. water

Thin shaving of lemon  
rind or few drops of  
lemon juice

Wipe, pare, quarter and core apple. Make a syrup by boiling sugar and water with lemon. Add apple and enough water to barely cover apple. Watch carefully during cooking and remove as soon as tender. Cook syrup longer, if necessary to thicken it, and pour over the apples. A few whole cloves may be used instead of lemon, if preferred.

## APPLE BALLS

1 large apple  
 $\frac{1}{4}$  c. water

2 tbsp. sugar  
Few drops lemon juice

Wipe and pare apple. With a vegetable cutter, cut out as many balls as possible. Cook until tender in a syrup made from the sugar, water and lemon juice; drain and dip in melted currant jelly. Cook the trimmings of the apples in a small quantity of water; pass through a sieve and simmer in the syrup until quite thick. Arrange the marmalade thus made about the balls and sprinkle with chopped nuts.

## BLUSHING APPLES

1 tsp. orange juice  
1 red apple

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

Wash and core the apple. Place in small kettle, add sugar and water and boil until tender, turning as often as is necessary. When done, remove from water and carefully skin. Scrape off red portion of pulp from skin and apply to apple. Reduce water in which apple was boiled to a syrup. Remove from fire, add orange juice, and pour over apple. Serve cold with whipped cream.

## BAKED APPLES

Wipe, pare and core sour apples. Put in baking dish, fill cavities with sugar, and allow 6 drops of lemon juice to each apple. Cover bottom of dish with water. Bake in a hot oven until soft, basting every 8 minutes with syrup in the dish. Serve hot or cold, with or without sugar and cream.



## PRACTICAL COOKERY

## PEERLESS BAKED APPLES

1 apple  
1 tsp. jelly

2 tsp. sugar  
1 tsp. butter

Wash and pare apple. Remove core, being careful not to cut through the blossom end. Place in a baking dish. Fill the cavity with jelly, sugar, and butter. Cover bottom of dish with water. Bake in hot oven, basting frequently with liquid in dish.

## SAUTED APPLES

6 apples  
2 tbsp. butter

Salt to taste  
Sugar to taste

Wash apples, cut in  $\frac{1}{2}$ -inch slices. Melt butter in frying pan and when hot put in the apples. Cook until tender. Add salt and sugar.

## CRANBERRY SAUCE

1 c. cranberries  
 $\frac{1}{2}$  c. boiling water

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

Pick over and wash cranberries. Put into a saucepan and add water. Cover, and boil 10 minutes. Add sugar and boil up once. Care must be taken that they do not boil over. Skim and cool.

## BAKED RHUBARB

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

3 tbsp. sugar

Wash rhubarb, cut into  $\frac{1}{2}$ -inch pieces without removing outer skin. Put into baking dish and sprinkle with sugar. Cover closely and bake in slow oven until tender.

## BAKED BANANAS

Remove skin, place in buttered baking dish. Sprinkle with sugar and bits of butter, and if desired a few drops of lemon juice. Cover bottom of dish with water and bake until slightly brown.

## FRIED BANANAS

Remove from skin. Cut in halves crosswise. Roll in egg, crumbs, egg, and crumbs. Fry to golden brown.

## STEWED PRUNES

8 prunes  
1 whole clove

$\frac{1}{2}$  in. stick cinnamon  
 $\frac{1}{2}$  tbsp. sugar

Put prunes to soak in cold water. Let stand 30 minutes and then wash thoroughly. Cover with cold water and soak 24 hours. Put on to cook in water in which they were soaked. Add spices; cover, and simmer until tender. Add sugar and cook 5 minutes. Take out prunes, and if necessary boil syrup to thicken. A little lemon juice may be used for flavoring.

## STEWED APRICOTS

8 large apricots

2 tbsp. sugar

Put dried apricots to soak in cold water. Let stand 30 minutes and then wash thoroughly. Cover with cold water and soak 24 hours. Put on to cook in water in which they were soaked. Cover and cook until tender. Add sugar and cook 5 minutes. Take out fruit, if necessary to boil syrup to thicken.

## STEWED FIGS

8 figs

1 tbsp. sugar

Wash figs thoroughly. Cover with cold water and soak 24 hours. Cook, in water in which they were soaked, until tender. Add sugar and cook until clear.

## CRANBERRIES AND RAISINS

$\frac{1}{2}$  c. cranberries  
 $\frac{1}{4}$  c. raisins

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

Cook as for cranberry sauce.

## THE EFFECT OF HEAT ON SUGAR

Success in candy making is dependent upon an understanding of the effects of certain conditions on the boiling of sugar and the effect of certain ingredients on boiling sugar.

The primary object to be attained is to prevent crystallization of the syrup. This may be accomplished by using glucose instead of cane or beet sugar (Glucose is a simple sugar and does not readily crystallize.); or by the addition of a little acid or cream of tartar to the cane or beet sugar. Sugar when boiled in the presence of acid is changed into simple sugars. The presence of a single crystal or agitation of the boiling syrup will oftentimes start a chain of crystals which will granulate the whole mass.

### GENERAL SUGGESTIONS

The following suggestions are in accord with these facts and will prove helpful if followed: Use the best quality of sugar. Use a thick saucepan in which to boil sugar. Never stir the syrup after the sugar is dissolved; the only object in stirring is to prevent the sugar from settling and burning when first placed over the fire. Never allow crystals to remain on the side of the pan; keep them wiped off with a clean, wet cloth. Never shake or move the kettle while the syrup is boiling. Never when pouring out the syrup allow any of the scrapings to fall into it. Add a little acid or cream of tartar to prevent granulation. If candy grains, add water to soften it and reboil.

### TO TEST THE STAGES OF SUGAR COOKERY

These tests are made by dropping a small portion of the syrup into cold water. Each stage or test corresponds to a definite temperature as indicated by a thermometer.

**Soft ball.**—When mixture will make up into a soft ball, 236° F, or 113° C.

**Hard ball.**—When mixture forms a firm or rather hard ball, 254° F. or 123° C.

**Soft crack.**—When mixture becomes crisp and too hard to form a ball, 260° F. or 127° C.

**Hard crack.**—When mixture will crack or break when crushed between fingers, 290° F. or 143° C.

**Caramel.**—A fifth stage in sugar cookery is known as the caramel stage. This may be reached by boiling the syrup beyond the hard-crack stage or by melting dry sugar over direct heat. The test for this stage is a golden brown color, 348° F. or 176° C.

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## CANDY

### SYRUP

1 c. and 1 tbsp. sugar                      ½ c. water

Boil rapidly 5 minutes. Cool and bottle for use. Makes 1 cup syrup.

### CARAMEL SYRUP

1 c. sugar, caramelized                      1 c. boiling water

Carefully add water to sugar by pouring water slowly into hot sugar, and boil to a thick syrup.

### PEANUT BRITTLE

2 c. sugar    1 c. shelled peanuts or  
1 pt. unshelled peanuts

Shell and chop peanuts. Put sugar in a smooth frying pan and stir constantly with the bottom of the bowl of a spoon until melted to a golden brown syrup. Remove immediately from the fire, stir in the nuts, and pour onto the bottom of a tin; press into shape with buttered knives and mark into squares.

### HOARHOUND CANDY

2 tsp. pressed hoarhound                      1 c. sugar  
1 c. boiling water

Pour water on hoarhound. Let stand 1 minute. Strain through fine cloth. Add sugar to strained hoarhound water. Boil to the caramel stage. Pour out and cut in squares before it hardens.

## PRACTICAL COOKERY

## VINEGAR TAFFY

2 c. sugar  
 ½ c. vinegar

2 tbsp. butter

Put butter in kettle. When melted add sugar and vinegar. Stir until sugar is dissolved. Boil to the soft-crack or hard-crack stage when tested in cold water.\* Turn onto a buttered platter to cool. When cool enough to handle, pull until porous and white. Cut in small pieces with scissors. Place on buttered plates to cool.

## PUFFED RICE BALLS

¼ c. molasses  
 2 tbsp. sugar

1 c. puffed rice

Boil sugar and molasses to hard ball. Mix with puffed rice which has been crisped in oven. Form into balls or squares.

## PEANUT CANDY

3 ½ c. sugar  
 1 ½ c. water  
 ½ c. corn syrup  
 4 tsp. soda

3 c. shelled peanuts  
 4 tbsp. butter  
 2 tsp. vanilla

Mix sugar, glucose and water and stir until it boils. Wash down sides of kettle, cover, and cook 3 minutes. Remove cover, add butter, and cook to the caramel stage; add peanuts, vanilla, and soda. Take from the fire, pour onto oiled platter, and when cool cut in bars or pour onto back of oiled tin and shape in bars with knife.

## BUTTER SCOTCH

1 c. sugar  
 ¼ c. molasses  
 1 tbsp. vinegar

2 tbsp. boiling water  
 ½ c. butter

Boil ingredients together, without stirring, to the hard-crack stage. Turn into a buttered tin. When slightly cool, mark into squares. A small piece of vanilla bean cooked in mixture will improve it.

\*Chewing taffy should be cooked to the soft-crack stage and hard taffy to the hard-crack stage.

## PENNUCCI

1 c. brown sugar	$\frac{1}{2}$ c. walnut meats
$\frac{1}{4}$ c. water	10 drops vanilla
2 tbsp. butter	

Boil sugar, water and butter together, without stirring, to the soft-ball stage. Remove from fire, add vanilla, and beat until creamy. Add walnut meats and pour quickly into buttered tin.

## CHOCOLATE FUDGE

1 c. sugar	1 tbsp. butter
$\frac{1}{2}$ c. milk	1 tsp. vanilla
$\frac{1}{2}$ sq. chocolate	

Mix sugar, milk and chocolate and stir until chocolate is melted. Boil to the soft-ball stage. Add butter, remove from fire. When cool, add vanilla, beat until thick and creamy, and pour into buttered tins. Cut in squares while soft.

## MARSHMALLOW FUDGE

2 c. sugar	2 sq. chocolate
1 c. cream or milk	1 tbsp. butter

Cook sugar, milk and chocolate to soft-ball stage. Just before taking from fire, add butter. Add  $\frac{1}{2}$  pound marshmallows cut in small pieces; stir until it is thick and creamy. Pour into buttered tins and cut in cubes.

## CHOCOLATE CARAMELS

1 c. brown sugar	$\frac{1}{4}$ c. butter
2 sq. chocolate	$\frac{1}{4}$ c. corn syrup
$\frac{1}{4}$ c. milk or cream	$\frac{1}{2}$ tsp. vanilla

Cook all the ingredients together except vanilla, having heat moderate after boiling point is reached and stirring occasionally to prevent scorching. Boil to the soft-crack stage. Remove from fire, add vanilla, pour into a buttered tin, and when cool cut in  $\frac{3}{4}$ -inch squares. Wrap in paraffin paper.

## FONDANT

1 c. sugar	$\frac{1}{8}$ tsp. cream of tartar
$\frac{1}{2}$ c. water	

Mix ingredients, stir, and heat gradually to boiling point. Boil without stirring to the soft-ball stage. Wash off sugar from sides of pan with fork wrapped in a cloth and dipped in hot water. Pour onto plate wet with cold water. Sprinkle

with cold water. Let cool, then beat with wooden spoon until white and creamy. Knead with hands until perfectly smooth. Place in a bowl, cover with a cloth which has been wrung out of water, but do not let cloth touch the fondant. Cover with heavy paper. Fondant may be kept indefinitely in this way if the cloth covering is occasionally dampened.

#### UNCOOKED FONDANT

1 egg white	$\frac{3}{4}$ tsp. flavoring
$\frac{1}{2}$ tbsp. cold water	1 lb. powdered sugar

Put egg, water, and flavoring into a bowl. Beat with Dover beater. Add sugar gradually until stiff enough to knead. Shape for dipping.

#### QUICK FONDANT

$2\frac{1}{2}$ c. sugar	4 tsp. glycerin
$1\frac{1}{4}$ c. water	1 egg white
4 or 5 drops acetic acid	

Dissolve sugar in water. Bring to a boil, add acetic acid and glycerin. Cover tightly and cook 10 minutes. Uncover and cook to the soft-ball stage. Pour onto wet platter and cool. Beat into this the well-beaten egg white and continue beating until stiff. Mold and dip at once.

#### CREAM CHERRIES, NUTS, AND FIGS

Cut the top of a candied cherry in points with scissors. Make a ball of fondant and press into the center of the cherry. Roll in fine granulated sugar. These are also called "Cherry Roses." For cream nuts, make a ball of fondant and press it between 2 halves of nuts. This fondant may be flavored with chocolate or coffee, or colored delicately. For cream figs, fill the center of a pulled fig solidly with fondant, cut in thin slices, and roll in sugar.

#### STUFFED DATES

Cut open the dates on one side, and remove the seeds. Fill with uncooked or cooked fondant made into a ball, and then into oval shape. Bits of blanched almonds, English walnuts, or candied cherries may be used instead of fondant, or chopped and mixed with fondant. Press the dates in shape, and roll in powdered or granulated sugar.

**COCOANUT BAR**

Beat into melted fondant an equal quantity of shredded cocoanut, pour into an oiled tin, and when cool cut in bars. The mixture may also be dropped from a spoon onto oiled paper.

**CREAM MINTS**

Melt fondant in a double boiler, flavor with a few drops of oil of peppermint, winter green, clove, cinnamon, or orange, and color delicately if desired. Drop from the tip of a spoon onto oiled paper. Mints may be dipped in chocolate when cold.

**CREAM LOAF**

Soften a cup of fondant over hot water. To one third add a few drops of vanilla, color another third a delicate pink, and to the rest add 2 tablespoonfuls of melted chocolate. Pour this in layers into a shallow box lined with oiled paper, and allow it to stand until firm, but not hard. Then break away the sides of the box, and cut the loaf into slices or small pieces, and roll each piece in fine granulated sugar.

Many different combinations may be made. The chocolate may be omitted, and chopped citron, pineapple, nuts, figs, or cherries may be substituted. Two layers instead of three may be made, or the fondant left from the dipping of bonbons may have nuts or fruits stirred into it and be poured into tins.

**BONBONS**

**Centers.**—Prepare centers for the bonbons by adding to the fondant chopped nuts, candied fruit, or any coloring or flavoring desired, and forming this into balls. Nuts, candied cherries, or white grapes may also be used as centers.

**To dip bonbons in fondant** melt the fondant in a double boiler. Color and flavor as desired. (In coloring fondant, dip a toothpick in the coloring, take up a small quantity, and dip the toothpick in the fondant. If care is not taken, the color is apt to be too intense.) Add a few drops of hot water if necessary. For dipping, use a fork or a confectioner's bonbon dipper. Drop the centers in the fondant one at a time, stir until covered, remove from the fondant, place on oiled



paper, and bring the end of the dipper over the top of the bonbon, thus leaving a tail-piece which shows that the bonbons have been hand-dipped. A second dipping may be necessary to give the proper shape and size. Stir the fondant between dippings to prevent a crust from forming. Decorate at once such bonbons as are to be ornamented with pieces of fruits or nuts.

**To dip in chocolate** melt the chocolate in a double boiler, beat until sufficiently thick to coat the centers. Avoid overcooking the chocolate. Dip the centers, and place on oiled paper.\*

#### DIPPED TOKAY GRAPES

Remove selected grapes from stem. Wash, dry thoroughly. Dip in melted fondant, following directions for dipping bonbons.

#### ORANGE AND LEMON CREAMS

Use plain fondant of any kind. Add candied orange peel ground in fine pieces and orange flavoring. Mold in shape desired.

For lemon cream use lemon flavoring and a small amount of grated rind. These flavorings are best worked into the fondant by degrees.

#### CHOCOLATE DIPPED NUTS

Melt chocolate over hot water, dip halves of walnuts as bonbon centers are dipped. Cool on oiled paper. Halves of pecans or almonds may be dipped.

#### GLAZED NUTS AND FRUIT

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

Spk. cream of tartar or  
1 tbsp. vinegar

Prepare the materials and the utensils, oiling a platter and a fork. Put the ingredients into a saucepan, stir, place over the fire, and heat to the boiling point. Boil, without stirring, to the hard-crack stage. Wash off the sugar which adheres to the sides of the saucepan, as in making fondant. Remove the saucepan from the fire and place in a pan of cold water to

\*Dipping chocolate is preferable, but Baker's chocolate may be used.

instantly stop the boiling. Remove from the cold water and place in a pan of hot water during dipping. Take the nuts or the fruit separately on a fork, or hatpin, dip into the syrup to cover, remove from the syrup, drain, and place on an oiled platter or paper. Reheat when the syrup becomes too thick. Work carefully but quickly. Avoid discoloring the syrup by too much reheating. Remove the glazed nuts or fruit from the platter as soon as hard, and keep in a cool place. Nuts, seeded raisins, candied cherries, pineapple, figs, cut in small pieces, and dates, are most suitable for glazing. White grapes and orange sections are delicious, but must be used immediately.

#### GRILLED NUTS

Make as glazed nuts. Roll in sugar.

#### MARSHMALLOWS

2 c. sugar  
 $\frac{1}{2}$  c. hot water  
 1 tsp. vanilla

2 tbsp. gelatin  
 $\frac{1}{2}$  c. cold water

Soak gelatin in cold water. Cook sugar and hot water nearly to the soft-ball stage. Add gelatin, pour into large bowl, and beat until stiff. Add vanilla, beat again, and pour into a tin. Let stand until stiff. Cut in strips, pull out of tin, cut in squares, and roll in powdered sugar.

#### NOUGAT

5 c. granulated sugar  
 1 c. glucose or corn syrup

1 c. boiling water  
 3 egg whites

Boil sugar, glucose and water to the soft-ball stage. Take out a cupful and pour onto beaten whites of eggs. Beat until cold. Boil remainder to the hard-crack stage. Pour over first portion. Beat thoroughly. As it begins to get stiff put in chopped candied cherries and nuts. Pour into a box and cut in slices.

#### PARISIAN SWEETS

1 lb. figs  
 1 lb. dates

1 lb. English walnuts  
 Powdered sugar

Put figs, dates, and nuts alternately through a food chopper. Force the mixture through the chopper until it is fine

and uniform. Knead on a board, dusted with powdered sugar. Roll  $\frac{1}{8}$ -inch thick with a rolling pin and cut in fancy shapes.

#### DIVINITY

4 c. sugar	3 egg whites
1 c. water	2 c. English walnuts
1 c. maple syrup	1 tsp. vanilla
1 tsp. lemon juice	

Boil sugar, water and maple syrup to the soft-ball stage. Have egg whites beaten stiff and gradually pour over them the syrup, beating all the while. When it begins to cool and stiffen, add the chopped nuts and flavoring. Pour into buttered tins. Cool and slice. Candied fruits and almonds may be used.

#### CANDIED ORANGE PEEL

4 thin skinned oranges	$\frac{1}{2}$ c. water
1 c. sugar	

Remove peel. Cover with cold water, bring to boiling point, and cook until tender. Drain. Cut yellow portion in thin strips. Dissolve sugar in water, add orange strips to syrup and cook until syrup is absorbed. Drain, and coat with fine granulated sugar.

#### CRYSTAL CUPS

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

Mix ingredients and boil without stirring until syrup begins to slightly discolor. Care should be taken not to let sugar adhere to sides of kettle. Remove saucepan from fire and place in larger pan of cold water to instantly stop boiling; then remove from cold water and place in saucepan of hot water. Brush sides and bottom of timbale-iron with olive oil, lower iron into hot syrup to  $\frac{3}{4}$  its depth, remove from syrup, drain and invert; then keep in motion until cool enough for cup to be removed from iron. Cool iron again before dipping in syrup. It is well to have two irons if many cups are to be made. When sugar is no longer useful for cups it may be stretched and used for candy baskets or handles of baskets where macaroon drops are held together by cooked syrup in shape of a basket.

## SPUN SUGAR

2 lbs. sugar  
 $\frac{1}{4}$  tsp. cream of tartar

2 c. boiling water

Boil ingredients without stirring until syrup begins to discolor. Wash off sugar which adheres to sides of saucepan, as in making fondant. Remove saucepan from fire, and place in a larger pan of cold water to instantly stop boiling. Remove from cold water, and place in a saucepan of hot water. Place two broomsticks over backs of chairs, and spread paper on the floor under them. When syrup is slightly cooled, put dipper in syrup, remove from syrup, and shake quickly back and forth over broomsticks. Carefully take off spun sugar as soon as formed, and shape in nests, or pile lightly on a cold dish. Syrup may be colored if desired. Spun sugar is served around bricks or molds of frozen creams and ices.

Dippers for spinning sugar can be made by tying several forks together.

## THE EFFECT OF HEAT ON STARCH

Since many of our foods owe their value largely to starch, an understanding of the effect of heat upon the starch grains is necessary. The correct application of dry or moist heat to foods which contain starch results in a partial disintegration of the starch grains, changing their nature, so that the food is more palatable and more digestible.

The shape and size of the starch grain vary according to the source, each plant having its characteristic grain; however, the general structure is the same. Starch grains are builded around a nucleus in different layers—first a layer of true starch, then a layer of starch cellulose or protective covering. Starch grains are insoluble in cold water; therefore it is necessary to apply either dry or moist heat to produce a more digestible substance.

Dry heat applied to starch grains produces a chemical change. At a temperature of 127° F. starch begins to form a soluble substance, brown in color, and having a sweet taste, known as dextrin. This is illustrated by the browning of flour for sauces, or the formation of the crust on bread.

Hot liquid causes starch grains to swell, bursting the rings of starch cellulose and forming a gelatinous mass, thus thickening the liquid. However, if the starch grains are close together they tend to adhere, enclosing dry starch, thus forming lumps. Therefore it is necessary to first separate the starch grains before applying moist heat; hence the use of cold liquid, fat or sugar before adding to the hot liquid.

## SAUCES

To make good sauces is to be master of an art. It requires great care, and attention to the smallest details. A sauce is intended as an accompaniment to the meat, fish, vegetable or dessert with which it is served, and should be in perfect harmony with it. It should never be so prominent in flavoring as to overbalance the flavor of the food. Certain sauces are associated with certain particular foods, as mint sauce with lamb, caper sauce with mutton, cranberry sauce with turkey, or Hollandaise sauce with fish. Color adds to the attractiveness of a sauce and may be obtained by the addition of browned flour, caramel, or fruit or vegetable juices.

### GENERAL RULES FOR MIXING

The thickening material must be separated by mixing with either fat, cold liquid or sugar before heat is applied. Use an equal amount of fat; double amount of liquid; double amount of sugar. Either the thickening material is cold and the liquid is hot or the thickening material is hot and the liquid cold when the two parts of the sauce are mixed. The sauce must be stirred until it thickens. Mix the salt with the flour.

### METHODS OF MIXING

**I. Hygienic.**—Mix the thickening material with the cold liquid, stir into the heated liquid. Stir until the starch is cooked—3-5 minutes over direct heat, 15-20 minutes in a double boiler when milk is used. Add butter just before serving.

**II. American.**—Mix thickening material with fat. Heat liquid and stir into it the thickening material. Cook as the first method.

**III. French.**—Heat the fat and stir into it the thickening material. Add the cold liquid and cook 3-5 minutes over direct heat.

## STARCHY SAUCES

Ingredients.	Liquid.	Thickening material.	Seasoning.	Flavoring.	Use.
	1 c. milk	1 tbsp. flour	$\frac{1}{2}$ tsp. salt	1 tbsp. butter	cream soups
Proportions..	1 c. milk	2 tbsp. flour	$\frac{1}{2}$ tsp. salt	1 $\frac{1}{2}$ tbsp. butter	creamed or scalloped dishes or gravies
	1 c. milk	3 tbsp. flour	$\frac{1}{2}$ tsp. salt	2 tbsp. butter	souffles
	1 c. milk	4 tbsp. flour	$\frac{1}{2}$ tsp. salt	2 $\frac{1}{2}$ tbsp. butter	croquettes
	1 c. water 1 c. veg. stock 1 c. meat stock 1 c. milk 1 c. cream 1 c. vinegar	1 tbsp. flour or 1 $\frac{1}{2}$ tbsp. browned flour for light brown, or 2 tbsp. browned flour for dark brown	salt pepper sugar bay leaf cloves mustard celery salt onion salt	butter or meat fat	with meat, vegetables, or cheese
Kinds.....	1 c. water 1 c. fruit juice 1 c. milk 1 c. cream	1 tbsp. flour or $\frac{3}{4}$ tbsp. corn- starch	cinnamon cloves nutmeg	butter sugar extracts	with puddings

**Cream Soups.**—Use equal portions of sauce and stock with pulp of cooked food. This is obtained by pressing through a sieve. Combine and reheat.

**Creamed Dishes.**—Use equal portions of sauce and food to be creamed. Pour the sauce over the food and reheat, if necessary, in a double boiler.

**Scalloped Dishes.**—Use equal portions of sauce and food. Place alternate layers in a buttered baking dish. Cover with buttered crumbs. Reheat and brown in the oven.

**Souffles.**—Use equal portions of sauce and food with 3 eggs to each cupful of sauce. Add the egg yolks to the sauce. Mix with the food. Fold in the egg whites and bake in a buttered baking dish set in a pan of hot water.

**Croquettes.**—Use equal portions of sauce and food. Mix and cool. Shape, roll in crumbs, egg, and crumbs. Fry and drain. Beat egg for rolling slightly and add 1 tablespoonful of water or milk.

#### BROWN SAUCE

Make a sauce for creamed dishes by the third or French method, browning the flour in the fat. This may be flavored with tomato juice, or mushrooms added.

#### PAN GRAVY

Make a brown sauce with fat from pan in which meat is cooked. Flavor with tomato juice.

#### GIBLET GRAVY

Make a brown sauce with giblet stock and drippings from roasting pan. Chop the giblets and add to sauce.

#### BECHAMEL SAUCE

Make a white sauce, using equal parts of chicken stock and milk or cream.

#### PARSLEY BUTTER

6 tbsp. butter  
6 tsp. lemon juice

6 tsp. chopped parsley  
 $\frac{3}{4}$  tsp. salt

Cream the butter, add parsley and salt. Add lemon juice slowly. Place on food and allow heat of food to melt the butter.



**DRAWN BUTTER SAUCE**

Use water, or meat or fish broth instead of milk in a white sauce for creamed dishes. Add another equal portion of butter, cut into bits, just before serving.

**EGG SAUCE**

Add to a white sauce for creamed dishes, or to drawn butter sauce, 1 or 2 hard-cooked eggs, sliced or chopped.

**HOLLANDAISE SAUCE**

$\frac{1}{4}$  c. butter  
1 egg yolk  
 $\frac{1}{8}$  tsp. salt

Spk. cayenne  
 $\frac{1}{4}$  c. boiling water  
1 tbsp. lemon juice

Cream the butter, add the yolk gradually, then salt, cayenne, and water. Cook in double boiler, stirring constantly until sauce thickens, then add lemon juice.

**MOUSSELINE SAUCE**

3 egg yolks  
 $\frac{1}{2}$  c. cream  
 $\frac{1}{2}$  c. butter

$\frac{1}{2}$  tbsp. lemon juice  
Salt and pepper to taste  
1 tbsp. sugar

Beat egg yolks until thick and lemon colored. Add cream and butter. Cook over hot water, stirring constantly until mixture thickens. Add lemon juice, sugar, salt, and pepper.

**HARD SAUCE**

6 tbsp. butter  
 $1\frac{1}{8}$  c. powdered sugar

Flavoring  
1 tbsp. thin cream

Cream butter, and add sugar gradually, then add flavoring and cream. If fruit juice is used for flavoring, the proportion of sugar to butter should be doubled. Chopped nuts or shredded coconut may be added.

**VANILLA SAUCE**

1 c. boiling water  
1 tbsp. cornstarch  
2 tbsp. butter

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

Combine ingredients as for a white sauce.

**LEMON SAUCE I**

$1\frac{1}{2}$  c. hot water  
 $1\frac{1}{2}$  tbsp. cornstarch  
3 tbsp. lemon juice

$\frac{3}{4}$  c. sugar  
 $1\frac{1}{2}$  tbsp. butter  
Grated rind of  $\frac{1}{2}$  lemon

Combine ingredients as for a white sauce.

**LEMON SAUCE II**

1 c. sugar  
Juice of 1 lemon

Grated rind of  $\frac{1}{2}$  lemon

Mix together and let stand 2 or 3 hours. Then add 1 cupful of 20 per cent cream. Beat well and serve.

**STERLING SAUCE**

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

4 tbsp. cream  
Flavoring

Cream the butter and sugar. Add cream gradually. Add flavoring to taste. Heat slightly and beat well before serving.

**CARAMEL SAUCE**

Make as vanilla sauce. Flavor with caramel syrup.

**FOAMY EGG SAUCE**

1 egg  
 $\frac{1}{2}$  c. powdered sugar  
 $\frac{1}{2}$  tsp. vanilla

$\frac{1}{2}$  c. whipped cream or  
1  $\frac{1}{2}$  tbsp. milk

Beat egg white until stiff. Beat in gradually the powdered sugar. When smooth and light add vanilla and well-beaten yolk. Then stir in cream or milk. Serve at once.

**CHOCOLATE SAUCE**

1  $\frac{1}{2}$  sq. chocolate  
1 c. sugar  
 $\frac{1}{2}$  c. water

Spk. cream of tartar  
 $\frac{1}{4}$  tsp. vanilla

Boil sugar, water and cream of tartar until of the consistency of thin syrup, and pour over the melted chocolate. Cool slightly and add vanilla.

**WHIPPED CREAM**

1 c. cream  
1 tbsp. sugar

Flavoring to taste

Chill cream in a deep bowl. Chill whip, and beat until frothy. Add sugar and flavoring and beat again until stiff.

Cream to whip should be at least 36 hours old; 30-40 per cent cream whips best; 20 per cent cream must be packed in ice, and at times ice and salt, to whip.

## VEGETABLES

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Methods of cookery applied to vegetables are similar to those used for other foods, but must be adapted to the composition and condition of the particular specimen. It is impossible to give exact method as regards preparation or time for the cooking of any variety of vegetable, since the method is dependent upon the size, age and freshness of the vegetable.

The primary object to be attained in the cookery of vegetables is to soften the cellulose. It is impossible to wholly separate the cell wall from the nutritive material, but it can be softened by cooking and made more palatable and digestible.

Soft water is preferable for cooking vegetables, because the salts of the hard water, if present in any quantity, tend to harden the cellulose. The addition of table salt will have the same effect, but it also develops flavor, and unless the water is very hard the effect upon the cellulose can be disregarded.

All vegetables should be crisp and firm when put on to cook. If wilted they may be freshened by soaking in cold water or by wrapping in a damp cloth and placing in the refrigerator for an hour or more. During the cooking of vegetables gases are formed which, if retained, give a strong flavor and odor. If vegetables are cooked uncovered these gases will pass off with the steam. The natural color of the vegetable is also retained if cooked in an uncovered utensil. Strongly flavored vegetables are made more palatable by cooking in a large quantity of water or by changing the water during the cooking process. Since vegetables are not valued particularly for their nutrients the loss occasioned by the liberal use of water may be disregarded. Young vegetables should be cooked in a small quantity of water, or by steaming or baking, so that all the flavor will be retained. Dried vegetables must be soaked to absorb an amount of water equal to that lost in the drying process.

White sauce is a useful addition to vegetables, since it increases their nutritive value, modifies strong flavors, and furnishes variety to the diet. Inferior specimens of vegetables may be made into palatable soups.

#### GENERAL DIRECTIONS FOR BOILING VEGETABLES

Wash, pare, peel or scrape the vegetables. Cut into pieces of convenient size. Cover with boiling salted water, using 1 teaspoonful of salt to 1 pint of water. Cook until tender, drain, and dry.

#### LEGUMES

Legumes contain a large per cent of vegetable protein in addition to the nutrients of other vegetables. The object to be obtained in the process of cookery is, therefore, to soften the cellulose and to thoroughly cook the starch without coagulating the protein to an objectionable degree. This is accomplished by long, slow cooking with moist heat. If legumes are gathered while unripe, to be cooked in the pods, the seeds are small and the pod tender because the cellulose has not yet become tough. Green legumes are prepared like other green vegetables.

#### NUTS

Because of the large per cent of fat in nuts they should be ground and mixed with other food materials. They also contain protein, and must be cooked at a moderate temperature. Prepared in this way they are a valuable addition to the dietary.

#### POTATO BALLS

Wash, pare and cut balls from potatoes with a vegetable cutter. Cook in boiling salted water. Serve with parsley butter.

#### RICED POTATOES

Force boiled potatoes through a ricer into a hot serving dish.

**MASHED POTATOES**

3 c. hot boiled potatoes	Salt
2 tbsp. butter	Pepper
4 tbsp. hot cream or milk	

Mash potatoes and add butter, cream, and salt. Beat with fork until light and creamy. Pile lightly in hot dish and serve immediately.

**DUCHESS POTATOES**

3 c. hot mashed potatoes	3 tbsp. butter
3 egg yolks	6 tbsp. milk or cream
3 egg whites	¼ tsp. pepper
1½ tsp. salt	

Mix thoroughly all the ingredients except the egg whites. Beat the egg white and fold in carefully. Put the mixture into a buttered baking dish set in a pan of hot water. Bake in a moderate oven until firm. Serve at once.

**POTATO ROSES**

Force Duchess potato mixture through a pastry tube. Set in a moderate oven and brown slightly.

**POTATO CAKES**

2 c. hot mashed potatoes	1 tsp. finely chopped parsley
2 tbsp. butter	Spk. cayenne
½ tsp. salt	1 egg yolk

Mix ingredients and beat thoroughly. Shape into balls, dip in crumbs, egg, and crumbs again. Fry and drain.

**FRENCH FRIED POTATOES**

Wash and pare small potatoes, cut in eighths lengthwise, and soak 1 hour in ice water. Take from water, dry between towels, and fry. Drain and sprinkle with salt.

**BAKED POTATOES**

Scrub potatoes thoroughly. Place in hot oven. Bake 45 to 60 minutes. When done, roll in clean napkin and twist until skin is broken. Serve immediately.

**STUFFED POTATOES**

Bake potatoes. Upon removing from oven cut in halves crosswise or cut slice from one end. Scoop out inside. Mash.

Season with salt, pepper, butter and hot milk. Pile lightly into shells, set in baking tin and return to oven. Bake until delicately browned. Small bits of pimento, stuffed olive or grated cheese may be added to the potatoes or sprinkled over the top.

#### POTATO CHIPS

Wash and pare potatoes. Slice thinly into a bowl of ice water. Let stand at least 30 minutes. Drain and dry between towels. Fry a small quantity at a time until light brown. Drain, and sprinkle with salt.

#### POTATO QUIRLS

Wash and pare long potatoes. Shape with potato quirler. Soak in ice water  $\frac{1}{2}$  hour. Drain, dry between towels, fry, drain, and sprinkle with salt. May be used as a garnish for meats or fish.

#### FRANCONIA POTATOES

Wash and pare potatoes. Parboil 10 minutes, drain. Place in pan in which meat is roasting. Bake until soft, basting with fat in pan. Time required for baking, about 40 minutes.

#### SMOTHERED POTATOES

1 potato  
6 tbsp. milk.  
2 tbsp. butter  
Salt  
Onion juice

1 tsp. parsley, chopped  
Flour  
Pepper  
Buttered crumbs

Cut potato in very thin slices. Put layer of potato in buttered baking dish. Sprinkle with salt, pepper, onion juice, parsley, butter, flour. Add milk and cover with buttered crumbs. Bake in a moderate oven until potato is tender.

#### GLAZED SWEET POTATOES

1 sweet potato  
1 tbsp. butter

2 tbsp. sugar

Wash, pare and rinse the sweet potato. Cut in halves lengthwise and cook in boiling salted water until tender. Drain and dry. Melt butter, add sugar. Place potatoes in baking tin. Spread with butter and sugar mixture, add a little water, and brown in a moderate oven.

**BAKED SWEET POTATOES**

Prepare and bake as Irish potatoes.

**BAKED SQUASH**

Wash and cut in 1-inch slices. Remove seeds and stringy portion. Sprinkle with sugar and bake on baking sheet. When tender, scrape from shell, force through ricer, season with salt, butter, and pepper; or serve in the shell, sprinkled with salt and pepper.

**STEAMED SQUASH**

Wash and cut in 1-inch slices. Steam until tender, scrape from the shell, force through ricer, season with salt, pepper, and butter. This may also be served in the shell, seasoned with salt, pepper, and butter.

**MASHED TURNIPS**

Boil turnips. Force through ricer, season with salt, pepper, and butter, and serve.

**STUFFED TURNIPS**

Wash and pare medium-sized turnips. Boil whole. Cut a thin slice off the top of turnip. Then make a hole in turnip below slice. Fill opening with stuffing prepared like stuffing for chicken. This may be mixed with nuts or chopped meats. Cover opening with slice removed from top and bake, basting with melted butter.

**PREPARATION OF CAULIFLOWER FOR BOILING**

Place cauliflower, flowerlets down, in cold salted water for 20 minutes. Remove from cold water and break into flowerlets.

**SAUTED PARSNIPS**

Wash and scrape parsnips. Cut into quarters lengthwise and remove woody center. Boil and saute.

**PREPARATION OF CANNED PEAS**

Drain and rinse the peas. Heat in boiling salted water.

**SPLIT PEAS OR LENTILS**

$\frac{3}{4}$ c. split peas or lentils	$1\frac{1}{2}$ in. cube salt pork
$\frac{1}{4}$ onion	1 tbsp. salt

Pick over and wash peas or lentils. Soak over night in cold water. Drain, add cold water to cover, sliced pork, onion, and salt, and cook slowly until tender. Drain and serve.

**BOILED BEETS**

Cut tops from beets, leaving  $1\frac{1}{2}$  inch of stem. Wash, boil, and drain. Remove skin. These may be served buttered or with a sauce.

**BEETS IN VINEGAR SAUCE**

Make a vinegar sauce with half vinegar and half water. Use cornstarch for thickening. To each cupful of sauce add 2 tablespoonfuls of sugar. Reheat boiled beets in sauce.

**PICKLED BEETS**

12 medium-sized beets	$\frac{3}{4}$ c. sugar
3 c. vinegar	

Heat vinegar to boiling point, add sugar, and pour over the boiled beets. Let stand until ready to serve.

**ONIONS STUFFED WITH PECAN NUTS**

8 Spanish onions	1 c. nuts
1 c. dry bread crumbs	$\frac{1}{3}$ c. butter
$\frac{1}{2}$ tsp. salt	Spk. pepper
1 tbsp. chopped parsley	1 beaten egg or 2 egg yolks
1 c. white stock sauce	

Peel onions. Boil whole. When cooled cut out center of onion from root end, leaving shell of onion. Chop the onion removed from the center. Chop the nuts. Mix all the ingredients, and stuff the onion shell. Bake in a moderate oven until brown.

**BOILED SPINACH**

Remove roots, carefully pick over (discarding wilted leaves), and wash in several waters to be sure that it is free from sand. When young and tender put into a stewpan, allow to heat gradually, and boil 25 minutes, or until tender, in its own juices, to which a little fat is added. Old spinach is better cooked in boiling salted water, allowing 2 quarts water to 1



peck spinach. Drain thoroughly, chop fine, reheat, and season with butter, salt, and pepper. Mound on a serving dish and garnish with slices of hard-cooked eggs and toast points. The green color of spinach is better retained by cooking in a large quantity of water in an uncovered vessel.

#### SPINACH A LA CREME

1 pk. spinach or 1 can	6 tbsp. butter
1 c. cream	4 tbsp. flour

Cook butter and flour together until smooth and frothy. Add boiled chopped spinach and cook for 5 minutes, stirring constantly. Add cream, salt, and pepper to taste. Cook 3 minutes and serve plain on toast.

#### STUFFED TOMATOES

6 medium-sized tomatoes	$\frac{1}{4}$ c. buttered crumbs
$\frac{1}{2}$ c. soft bread crumbs	Salt
$\frac{1}{2}$ c. chopped nuts	Pepper

Wipe tomatoes and remove thin slice from the stem end. Remove pulp. Mix with chopped nuts, soft bread crumbs, and seasoning. Refill tomato shells, sprinkle the top with buttered crumbs. Place in pan. Bake in hot oven until tomato is cooked. Finely chopped, cold, cooked chicken or veal may be used instead of nuts.

#### SAUTED TOMATOES

6 tomatoes	1 tbsp. butter
1 c. white sauce for creamed dishes	Salt
	Pepper

Wipe, peel, slice tomatoes, sprinkle with salt and pepper. Dredge with flour, saute in butter. Place on a hot platter and pour over them the white sauce.

#### RAMEKIN TOMATOES

6 tomatoes	1 c. cream or white sauce for creamed dishes
1 onion, small	

Scald and peel small tomatoes. Put a tablespoonful of the sauce into the bottom of each ramekin or custard cup. Add the tomato with the remaining sauce over the top. Sprinkle the whole with chopped parsley and the grated onion. Stand the dishes in a baking tin and bake in moderate oven  $\frac{1}{2}$  hour.

**BOILED ASPARAGUS**

Cut off lower parts of stalks as far down as they will snap, untie bunches, wash, remove scales, and retie. Cook in boiling salted water 15 minutes, or until soft, leaving tips out of water first 10 minutes. Drain, remove string, and spread with soft butter, allowing 1½ tablespoonfuls of butter to each bunch asparagus. Asparagus is often broken or cut in inch pieces for boiling, cooking tips a shorter time than stalks. Asparagus may be served with white or Hollandaise sauce, garnished with toast points.

**STEWED MUSHROOMS**

Wash mushrooms. Remove stems, scrape, and cut in pieces. Peel caps, and break in pieces. Cook in butter 2 minutes, sprinkle with salt and pepper, dredge with flour, and cover with hot water, tomato juice, cream, or stock. Cook slowly 5 minutes.

**STUFFED SWEET PEPPERS**

6 sweet peppers  
2 c. cooked meat  
1 onion  
1 tbsp. butter

1 tbsp. parsley  
1 tsp. salt  
¼ c. bread crumbs  
1 c. water or stock

Cut the peppers in halves, crosswise, remove the seeds and cut off the stem, or leave them whole save cutting off a cap. Chop the meat (This may be veal, chicken or lamb.) and the onion fine. Mix all the ingredients together except the stock or water, fill the peppers, stand them in a pan and pour the hot stock or water around them. Bake slowly ¾ of an hour, basting often. Corn may be substituted for the meat.

**STUFFED EGGPLANT**

1 eggplant  
1 c. stale bread crumbs  
½ c. English walnuts  
1 tbsp. butter  
1 tbsp. chopped onion

1 tbsp. chopped parsley  
Salt  
Pepper  
1 egg

Choose a full, dark-purple eggplant. Cook in plenty of boiling water 15 minutes. While boiling, shell and chop the nuts, grate the bread crumbs, and chop the onion. When the eggplant has boiled the required time, remove from the kettle

and cut crosswise in halves, and with a pointed knife cut out the pulp about  $\frac{1}{2}$  inch from the outside. With a spoon remove it from the shell. Chop this fine. Cook the onion in butter until it is yellow, but not brown. Add the eggplant and cook a minute, then the remaining ingredients, except the egg, mixing all well together. When thoroughly heated remove from the fire and add the well-beaten egg. Stand the eggplant shells in a buttered pan and refill with this mixture, heaping well on the top and sprinkling with bread crumbs. Baste with melted butter, and twice again while baking in a moderate oven  $\frac{3}{4}$  hour.

#### SAUTED EGGPLANT

Pare an eggplant and cut in very thin slices. Sprinkle with salt and pile on a plate. Cover with a weight to express the juice, and let stand  $1\frac{1}{2}$  hours. Dredge with flour and saute slowly in butter until crisp and brown.

#### BAKED BEANS

1 pt. beans	1 tsp. mustard
1 tsp. soda	1 tbsp. molasses
$\frac{1}{4}$ to $\frac{1}{2}$ lb. salt pork	1 tbsp. sugar
1 tsp. salt	

Pick over and wash beans. Soak over night. Drain. Put on in cold water, bring to boil, add soda and boil 1 minute. Pour off water, rinse and cover with water. Cook slowly until skins will wrinkle when struck by draft of air. Drain, fill bean pot half full, lay in pork, the rind of which has been scalded and scored. Fill remainder of beans into pot and pour over them the mustard, salt and molasses dissolved in hot water. Add enough hot water to cover beans. Put on bean pot lid and bake beans 8 or more hours in slow oven.

#### BUTTERED LIMA BEANS

2 tbsp. lima beans	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. water	Spk. soda
1 tsp. butter	

Pick over and wash beans. Soak over night. Drain. Put on in cold water, bring to a boil, add soda. Boil 1 minute. Pour off water, rinse, put on in  $\frac{1}{2}$  cupful of boiling water, to which the salt has been added. Cook until tender. Drain, add butter and seasoning to taste.

**CORN CUSTARD**

1 can corn	3 eggs
3 tbsp. butter	1 pt. milk
1 tsp. salt	

Chop the corn and add it to the eggs and milk, beaten together as for custard. Add the melted butter and salt. Pour into a buttered baking dish and cook as baked custard.

**SCALLOPED MACARONI WITH TOMATO SAUCE**

2 c. cooked macaroni	½ c. buttered crumbs
2 c. tomato sauce	

Add macaroni to tomato sauce. Put into buttered baking dish and cover with buttered crumbs. Bake until thoroughly heated and surface browned.

**VEGETABLE SOUFFLE**

Follow directions given under sauces. For food, use any cooked vegetable mashed or cut in small pieces.

**VEGETABLES THICKENED WITH EGG**

Make a sauce as for creamed dishes, using 1 egg instead of 1 tablespoonful of flour.

**NUT SOUFFLE**

Follow directions given under sauces. For food, use any chopped nuts.

**NUT CROQUETTES**

Follow directions given under sauces. For food, use any chopped nuts.

**NUT LOAF**

2 c. soft bread crumbs	¼ c. butter
1 c. nut meats	½ c. hot water or stock
1 tsp. salt	1 egg
¼ tsp. pepper	

Mix thoroughly crumbs, nuts, salt, and pepper. Melt butter in hot water or stock. Cool slightly and pour over beaten egg. Combine with dry ingredients. Bake in a buttered tin 45 minutes.

**SALTED PEANUTS**

1 lb. peanuts or	1 tsp. butter or olive oil
2 c. shelled peanuts	Salt

Put fat into heated frying pan. Shell and skin nuts. Pour in a few at a time and brown delicately. Drain and sprinkle with salt.

**BLANCHED ALMONDS**

Cover almonds with boiling water and let stand 2 minutes. Drain, put into cold water, and rub off the skins. Dry between towels.

**SALTED ALMONDS**

1 c. blanched almonds  
1 tbsp. olive oil or butter

1 tbsp. salt

Pour fat over nuts. Let stand for a few minutes, add salt. Place in a hot frying pan, stirring occasionally until delicately browned. Drain.

## CEREALS

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All cereals should be cooked in a double boiler; one can be improvised by setting a pail or pan into a kettle of water. Cereals for breakfast may be cooked the day before, but should not be stirred while reheating. A tablespoonful or two of cold water on top will prevent a hard skin from forming while standing. All prepared cereals are better if cooked for a longer time than the package directions indicate. It is hardly possible to cook any grain too long. The fireless cooker is especially valuable for cooking cereals, but a longer period of time must be allowed than for cooking in a double boiler.

### GENERAL DIRECTIONS

Kinds	Quantity to 1 c. Water	Time of Cooking
Whole or cracked	¼ c.	3-12 hrs. except rice
Flaked	½ c.	½-3 hrs.
Granular	3 tbsp.	1-4 hrs.

Use ½ teaspoonful of salt to each cupful of water. Have water boiling hot. Add cereal gradually. Let mixture cook directly over the flame 5 minutes. Place over boiling water or in fireless cooker to cook slowly for a long time, without stirring, and covered. Fruit may be cooked with the various cereals, raisins, figs, and dates being most acceptable. (Use 3 pressed figs, 6 dates, or ¼ cupful of raisins to 1 cupful of water.) For hot weather, cereals may be cooked the day before, molded, and served cold.

Gruels are prepared from flaked or granular cereals, using 1½ times the proportionate amount of water. Gruels, after cooking, should be strained and reheated.

## EXAMPLES OF CEREALS

Whole	Flaked	Granular
Cracked wheat Barley Rice Macaroni	Rolled oats Flaked wheat	Vitos Cream of wheat Corn-meal

**STEAMED RICE**

Cook rice as any whole cereal. The time required is 45 minutes, or until kernels are soft. Uncover, that steam may escape. When rice is steamed for a simple dessert, use  $\frac{1}{2}$  the quantity of water. Steam until rice has absorbed water, then add scalded milk for remaining liquid.

**BOILED RICE**

Pick over and wash rice. Add gradually to a large quantity of rapidly boiling salted water. Stir at first with a fork to prevent any grains from sticking to bottom of kettle. Let it boil rapidly for 20 minutes, or until tender. Drain in strainer, pour over it cold water to prevent pieces from adhering; reheat in oven. Serve plain, as a vegetable, or use for croquettes, etc. One cupful of rice when cooked will measure nearly 4 cupfuls.

**BOILED MACARONI**

Break macaroni in inch pieces and cook as boiled rice.

**SAUTED MUSH**

Pack hot corn-meal mush in wet molds. Cool, and cover to prevent crust forming. Remove from mold, cut in  $\frac{1}{4}$ -inch slices, and saute. If slices are dipped in flour or corn-meal the mush is dried and fat does not spatter. Mush used for sauteing should be made thicker, using 4 tablespoonfuls granular cereal to 1 cupful of water.

## THE EFFECT OF HEAT ON FATS

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Fats are, in most cases, more palatable hot than cold. Therefore a knowledge of the effect of heat upon them is important. Heat will produce certain changes in fat, that is, at certain temperatures the fat globules will be set free from the cell-wall which surrounds them. This temperature depends upon the melting point of the fat. Continued application of heat decomposes fat, giving off disagreeable odors and forming irritating compounds.

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### FRYING

Many persons like the flavor of foods cooked in fat. The following suggestions, if carefully followed, will prove helpful.

#### GENERAL DIRECTIONS

Frying requires the most careful attention, because fat is highly inflammable. Therefore, avoid placing kettle over direct flame, and guard constantly against accident. Burning fat may be extinguished by shutting off the air with a cover on the kettle or ashes on the stove. The following utensils should be used: A large, flat-bottomed iron kettle, a long fork or spoon, a basket for convenience in handling, and a draining tin containing absorbent paper. Have fat deep enough to entirely cover the food. Do not fill kettle more than three fourths full.

Foods must be dry on the surface, because water introduced with foods causes the fat to bubble (Fat never boils.). Uncooked food may be dried by placing between two towels; cooked foods by rolling in crumbs, beaten diluted egg, and again in crumbs. Do not cook too much material at one time. To brown evenly do not allow articles to touch one another. After the first foods are removed the fat must be reheated



before more articles are added, because cold material takes heat from the fat.

**The temperatures** should be 380°-400° F. or 194°-205° C.

**Cooked foods** require a temperature just high enough to brown them.

**Uncooked foods** require a temperature high enough to cook them before they brown.

#### TO TEST HEATED FAT

**For Cooked Foods.**—One-inch cube of bread should brown in 40 seconds (or counts).

**For Uncooked Foods.**—The same in 60 seconds (or counts).

### TO CLARIFY FAT

Fat, if it has not been subjected to intense heat, may be clarified and used repeatedly. When undesirable for frying, the fat may be used for making soap.

Burned particles and odors may be removed from a large amount of fat with raw potatoes; a small amount of fat with boiling water.

#### TO CLARIFY A LARGE AMOUNT OF FAT

Melt the fat and add a few slices of raw potato. Heat gradually. When the fat ceases to bubble and the potatoes are well browned, strain through a double thickness of cheesecloth, and set aside to cool. Repeat if necessary.

#### TO CLARIFY A SMALL AMOUNT OF FAT

Pour boiling water over cold fat and stir vigorously. Set aside to cool. Remove cake of fat formed on top and scrape burnt particles from the under part. Repeat if necessary to obtain a cake of clear, white fat.

### SAUTEING

Sauted foods, because they absorb more fat, are less wholesome than fried foods.

#### GENERAL DIRECTIONS

Heat the pan before adding the fat. Heat the fat until smoking hot. Have all foods free from water to avoid cooling the fat. Cook food first on one side, then on the other, being careful not to puncture with knife or fork. Add more fat, a little at a time, to prevent decomposition.

## PASTRY

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The term pastry, as usually defined, signifies a mixture of flour, shortening, and some liquid, mixed, rolled, sometimes folded, and baked for special purposes. There are three kinds of pastry:

**Plain Paste**, in which the shortening is worked into the flour by cutting or chopping.

**Puff Paste**, in which the shortening is worked into a paste of flour and water by folding and rolling.

**Flaky Paste**, in which the shortening is mixed into the flour by a combination of the first two methods.

The fats used may be butter, lard, cottolene, oleomargarine, suet alone or in combination with other fats, drippings or vegetable oils, as olive or cottonseed. The most commonly used are butter, lard, or cottolene, or a mixture of butter with one of the others. Lard or cottolene gives flakiness to the crust. Butter gives a desirable flavor.

Flour should be pastry flour, which contains a larger per cent of starch and a smaller per cent of gluten. It therefore makes more tender pastry than bread flour. Bread flour can be substituted by using two tablespoonfuls cornstarch in each cupful of flour. Liquid should be ice or very cold water. The amount varies with condition of fat, kind of flour, and temperature.

Utensils, room and hands should also be cold, as the flour makes a more tender paste if kept cold, and it is desirable to keep the temperature as much below the melting point of the fat as possible, especially for the inexperienced cook.

Much handling of the dough toughens it.

The general proportions are  $\frac{1}{3}$  cupful of shortening and 1 teaspoonful of salt to 1 cupful of flour.

In preparing pastry for pies use  $1\frac{1}{2}$  cupful of flour for a two-crust pie baked in an ordinary sized tin. Divide the

amount, rolling only enough for one crust at a time. Roll from  $\frac{1}{4}$ - $\frac{1}{2}$  inch thick. Roll as nearly circular as possible. Cut a little larger than the tin to allow for shrinkage during baking. Allow more paste for top than for under crust. Lay onto tin slowly from one side so as to leave no air bubbles between paste and tin. The top crust should have openings in it for the escape of steam. The two crusts should be pressed together with a floured fork. Trim, holding knife handle under pie tin to make the pie come as far over the edge as possible. This prevents shrinking down into the tin.

#### PLAIN PASTRY

$1\frac{1}{2}$  c. flour  
 $\frac{1}{2}$  c. shortening

$1\frac{1}{2}$  tsp. salt  
Ice water to moisten

Measure shortening and flour, and chill. Add salt to flour and cut shortening into flour with knives. Use just enough cold water to make the particles of the mixture adhere together. Turn onto a lightly floured board and push together with knives. Roll very thin, handling as little as possible.

#### PUFF PASTE

1 lb. butter  
1 tsp. salt

1 lb. pastry flour  
Ice water

Wash the butter in a pan of cold water until it is light and waxy. Shape all but 2 tablespoonfuls into a circular piece and pat between folds of a napkin to remove all water. Chill. Mix flour and salt and cut into it the 2 tablespoonfuls of butter. Add ice water to form a paste. Turn onto floured board and knead 1 minute. Chill. Roll paste  $\frac{1}{4}$  inch thick, keeping as nearly square as possible. Flour outside of chilled butter and place in center of lower half of paste. Fold upper half of paste over it and press edges firmly together, enclosing as much air as possible. Fold right side of paste over and left side of paste under enclosed butter. Chill. Pound and roll  $\frac{1}{4}$  inch thick, keeping paste square, then fold from ends to center, making three layers. Chill. Repeat twice, turning paste half way around each time and chilling in between. After fourth rolling fold from ends to center, and double, making 4 layers. Roll out and cut with cutter dipped in flour. Chill after shaping before baking. Place on tin covered with

heavy paper. Bake in hot oven, protecting top from heat until paste has finished rising, which will take from 10-15 minutes. It should finish baking in 25 minutes.

**APPLE PIE**

Wash, pare, and slice into thin slices tart, easily cooked apples. Cover pie tin with pastry, arrange sliced apple smoothly in tin, sprinkle liberally with sugar. Add seasonings (cinnamon, nutmeg, or lemon juice). Add small particles of butter. Cover and bake.

**BERRY PIE**

Line a pie tin with plain paste, fill with berries slightly dredged with flour, sprinkle with sugar, cover, and bake in a moderate oven.

**RHUBARB PIE**

Skin and cut stalks of rhubarb in half-inch pieces. Cover tin with plain pastry. Dredge rhubarb with flour, arrange in tin, and sprinkle liberally with sugar. Cover and bake. Many prefer to scald rhubarb before using for pies.

**CRANBERRY PIE**

Cover pie tin with plain pastry and trim edges. Fill with cranberry sauce. Roll pastry for upper crust. Cut in  $\frac{1}{4}$ -inch strips and lay across pie, leaving parallel uncovered spaces of  $\frac{1}{2}$  inch. Arrange a second layer of strips diagonally to first. Press ends of strips firmly to under crust and trim.

**PRUNE PIE**

18 prunes	4 $\frac{1}{2}$ tsp. butter
4 $\frac{1}{2}$ tbsp. sugar	3 tsp. lemon juice
Spk. salt	4 $\frac{1}{2}$ tsp. flour

Line a pie tin with plain pastry. Fill with prunes soaked in cold water and cooked with the sugar, lemon juice, and salt. Sprinkle with flour, cover and bake.

**CUSTARD PIE**

Line a deep pie tin with pastry and bake. Retain shape by pricking bottom. Fill with custard filling, same as recipe for baked custard, and bake custard.

**LEMON PIE**

Line deep pie tin with pastry and bake. Fill with lemon filling.

**LEMON FILLING**

2 tbsp. cornstarch	1 tbsp. butter
$\frac{3}{4}$ c. sugar	2 egg yolks
1 c. boiling water	Spk. salt
4 tbsp. lemon juice	Grated rind of $\frac{1}{2}$ lemon

Mix cornstarch and sugar in a saucepan and stir in the hot water. Cook, stirring constantly, until it thickens, and boil 5 minutes. Add butter, slightly beaten yolk, salt, lemon juice, and grated rind. Cook 1 minute longer. Pour into crust. Cover with meringue made from egg whites, and brown in oven.

**CREAM RAISIN PIE**

1 c. raisins	2 egg yolks
1 c. cream	1 tbsp. flour
1 c. sugar	2 egg whites

Stew the raisins until done. Drain, add the cream, sugar and flour mixed together. Cook 3-5 minutes, add egg yolks, and cook until it thickens. Put into baked pastry shell and cover top with meringue made from the egg whites.

**PUMPKIN PIE**

2 c. pumpkin, cooked and strained	1 c. sugar
2 c. milk	1 tsp. salt
3 eggs	1 tsp. ginger
	$\frac{1}{2}$ tsp. cinnamon

Cut the pumpkin, with or without paring, in cubes, put into the stewpan and cook with very little water over the fire; or, better still, cook in the steam cooker. When tender put through a colander, put back on the stove and cook until dry and rather dark in color. Line a pie tin with plain paste, fill with the pumpkin mixture and bake.

Whipped cream and pecan nuts arranged over the top of the pie give a new and attractive appearance, adding also to the taste. These may also be made in individual tins and garnished as above.

**MINCE PIE**

Line a pie tin with plain pastry. Fill with mince meat, cover, and bake.

MINCE MEAT

½ lb. meat	½ c. sugar
1 lb. apples	½ tbsp. cinnamon
½ lb. raisins	¼ tbsp. cloves
½ lb. currants	¼ tbsp. mace
½ lb. citron	½ tbsp. allspice
Water or fruit juice	½ tbsp. nutmeg
4 tbsp. butter	

Cook meat and have cold. Pare and core apples. Force through a meat cutter. Wash currants and raisins. Seed and cut raisins and citron with a knife in small pieces. Moisten with water. Cook all until apples are done.

DANBURY TARTS

Plain pastry (from 1 ½ c. flour)	1 tbsp. lemon juice
¼ c. raisins	¼ egg
¼ c. sugar	¼ cracker
	Grated rind of ¼ lemon

Seed raisins and chop. Add sugar, egg slightly beaten, crackers finely rolled, and lemon juice and rind. Roll pastry ⅛ inch thick and cut in pieces 3 ½ inches by 3 inches. Put 2 teaspoonfuls of the mixture on each piece. Moisten edge with cold water ½ way round, fold over, press edges together with fork first dipped in flour. Bake 20 minutes in slow oven.

ORANGE TARTLETS

Cover inverted tins with plain paste. Bake in quick oven. Fill with orange filling.

ORANGE FILLING

1 c. sugar	1 tbsp. lemon juice
¼ c. flour	2 eggs slightly beaten
Grated rind of 1 orange	2 tsp. butter
½ c. orange juice	

Mix in order given. Cook in double boiler 12 minutes, stirring constantly.

FRUIT BASKETS

Bake plain pastry over little gem tins. Take two narrow strips of pastry, twist, and lay over another tin to bake. Fill basket with fruit or jelly. Put whipped cream on top and carefully stick in handle.

**NUT PASTRY ROLL**

Roll plain pastry  $\frac{1}{8}$  inch thick and cut in pieces 5 inches by 3 inches. Spread with beaten jelly. Sprinkle with chopped pecan nut meats and roll. Sprinkle with fine granulated sugar. Place on tin sheet and bake in hot oven.

**CHEESE STRAWS I**

1 c. grated cheese

Plain Pastry (from 1  $\frac{1}{2}$  c. flour)

Sprinkle with cheese  $\frac{1}{2}$  of the rolled pastry. Fold over and roll. Repeat 3 times. Cut in strips  $\frac{1}{2}$  inch wide and 4 inches long. Bake 8 minutes in hot oven.

**CHEESE STRAWS II**

2 oz. cheese  
2 oz. flour  
1 oz. butter

Spk. cayenne  
 $\frac{1}{8}$  tsp. salt

Mix flour and butter. Add cheese and work until it forms a dough. Roll into sheet  $\frac{1}{2}$  inch thick. Cut in slices and bake 10 minutes.

**LEMON STICKS**

Cut puff or plain pastry rolled  $\frac{1}{8}$  inch thick in strips 5 inches long by 1 inch wide, and bake in hot oven. Put together in pairs and fill with lemon filling.

## MERINGUES

Meringues are used to add to the attractiveness of pies, puddings, and tarts. Usually the meringue is spread roughly over the top of the dish to be decorated and slightly browned in the oven. It may be applied in fancy shapes or designs by forcing the mixture through a pastry tube. For variation it may be folded into the pudding or pie filling.

The eggs for a meringue should be fresh and cold. The whites should not contain the slightest bit of yolk. The bowl and whisk should be cold and clean, as even a small amount of fat present interferes with the beating. A whisk or a fork is best for beating, as larger volume is obtained than with a Dover egg beater, and fineness of grain is not important.

The beating should be slow at first, gradually increasing in rapidity. A speck of salt added when the eggs begin to froth aids in stiffening.

The sugar should be fine grained, either confectioners or sifted granulated. This should be added a little at a time, beating in each lot before more is added. The larger the proportion of sugar the dryer the meringue. The baking is a process of drying slowly and then browning in a very slow oven.

### MERINGUE

2 egg whites	$\frac{1}{4}$ tsp. vanilla
2 tbsp. powdered sugar	Spk. salt
$\frac{1}{2}$ tbsp. lemon juice	

Beat whites until stiff. Add sugar gradually. Continue beating. Add vanilla and lemon juice. Spread on pies, puddings or desserts and bake 15 minutes in a slow oven.

### KISSES

4 egg whites	$\frac{1}{2}$ tsp. vanilla
1 c. granulated sugar	Spk. salt

Make as a meringue. Drop from spoon onto baking sheet covered with damp paper. Bake 30 minutes in a very slow oven. Remove from paper and put together in pairs.

Chopped nuts may be added to the mixture before baking.



## THE EFFECT OF HEAT ON PROTEIN

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Egg albumin or meat albumin serve as good examples to show the effect of heat on protein. If heat is applied a gradual process of hardening begins at the outer edge of the albumin, and continues toward the center in thin lines or fibrils until the transparent albumin becomes dense and leathery. This change is known as coagulation and is typical of the change in all protein foods as the result of the application of heat. A few simple experiments will show the effect of the different temperatures on protein. At 134° F. the fine fibrils of a semi-solid white substance appear in the liquid albumin. At 160° F. it changes to a tender jelly-like substance. At 180° F. it becomes dense and white. Boiling temperature changes it into a tough, leathery substance. Therefore, the higher the temperature the tougher and harder the protein; consequently all protein foods are best if cooked at as low a temperature as will render them palatable.

## EGGS

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### SOFT-COOKED EGGS

Pour boiling water over eggs, using 1 cupful of water to each egg. Draw to cool part of range and let stand from 8-10 minutes.

### HARD-COOKED EGGS

Prepare same as for soft-cooked. Let stand from 30-45 minutes.

### POACHED EGGS ON TOAST

Fill a buttered frying pan with boiling water to a depth of 1½ inches. Break an egg carefully into saucer and slide into the water. Do not let the water boil after the egg is placed in it. Cook until white of egg is jelly-like and film forms over yolk. Butter a slice of toast and when egg is cooked, lift onto toast and sprinkle with salt. Milk or cream may be used instead of water.

### POACHED EGGS IN BREAD BOXES

Place a layer of hashed meat in bottom of box made from bread. Poach egg. Place in box carefully.

### BAKED EGGS

2 tbsp. soft bread crumbs	Salt to taste
1 tbsp. cream, thin	Pepper to taste
1 egg	

Cover bottom of buttered individual baking dish with crumbs. Break the egg, slip onto the crumbs. Add salt and pepper, cover with remaining crumbs, add the cream and bake in a moderate oven until white is set.

### SAUTED EGGS

Heat a frying pan. Put in 1 tablespoonful of fat. Slip in an egg and cook until white is firm. Lift fat in spoon and pour over egg or turn egg once while cooking. Add more fat

as needed, just enough to keep the egg from sticking. Season to taste.

#### SCRAMBLED EGGS

4 eggs	Salt to taste
$\frac{1}{2}$ c. milk	Pepper to taste
2 tbsp. butter	

Heat frying pan, put in butter and milk. Slip eggs into milk. Add seasonings and cook until white is partially set, stirring and scraping from bottom of pan.

#### CODDLED EGGS

4 eggs	Salt
$1\frac{1}{2}$ c. milk	Pepper
4 tsp. butter	

Scald milk and add egg slightly beaten. Cook over hot water, stirring constantly until of a soft, creamy consistency, then add seasoning. Serve with toast points or on buttered toast.

#### EGGS A LA GOLDENROD

1 c. white sauce for creamed dishes	4 hard-cooked eggs 4 slices of toast
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Chop egg whites fine and add to sauce. Pour white sauce over toast cut in halves lengthwise or in triangles. Over this sprinkle the yolk which has been forced through a potato ricer or strainer. Garnish with parsley or toast points.

#### SCALLOPED EGGS

$1\frac{1}{2}$ c. white sauce for creamed dishes	1 c. buttered crumbs
6 cold, hard-cooked eggs	$\frac{1}{4}$ tsp. salt

Put alternate layers of sliced eggs and white sauce into a buttered baking dish. Sprinkle with salt. Cover with crumbs and bake until sauce bubbles.

#### EGG SOUFFLE

Follow directions given under sauces. Equal portion of other food is omitted.

#### PLAIN OMELET

1 egg	Spk. salt
1 tbsp. water	Spk. pepper

Separate egg, beat yolk slightly, add salt, pepper, and water. Beat white until stiff and dry and fold into it the yolk

mixture. Butter a frying pan, heat, turn into it the mixture, spread evenly over pan and cook slowly. When well puffed and delicately browned underneath put on top grate of oven until the omelet is firm. Run a knife or spatula under to loosen omelet, fold, and turn onto hot platter. Before folding, 1 tablespoonful of cooked, chopped meat, cheese or vegetable may be spread over half of omelet.

Vegetable or meat stock or milk may be used in place of water. These add to flavor and food value, but decrease tenderness.

#### BEEF JUICE OMELET

Make a plain omelet, using beef juice in place of water.

#### BREAD OMELET WITH JELLY

1 egg  
2 tbsp. milk  
¼ tsp. salt

2 tbsp. bread crumbs  
Spk. pepper  
Jelly

Soak crumbs in milk until milk is completely absorbed. Add beaten yolk and seasoning. Fold into white, stiffly beaten, and cook as a plain omelet. Spread, before folding, with jelly. Sprinkle with sugar.

#### ORANGE OMELET

Make a plain omelet, using orange juice in place of water. Serve garnished with sections of orange and sprinkled with powdered sugar.

#### OYSTER OMELET

½ c. white sauce for  
creamed dishes

½ c. oysters  
1 egg

Make a plain omelet. Parboil oysters in white sauce, season to taste, and pour around omelet.

#### DEVILED EGGS

4 cold, hard-cooked eggs  
4 tbsp. salad dressing

¾ tsp. salt

Remove shell, cut lengthwise or crosswise through eggs, and remove yolks. Mix yolks, salad dressing and salt to a smooth paste. Fill egg whites with mixture.

**EGG IN A NEST**

Break egg and separate yolk from white. Beat white until stiff, then add a few grains of salt. Pile on a circular piece of toasted bread, first dipped in boiling salted water. Make depression in center of white and drop in yolk. Bake in a moderate oven until delicately browned.

**EGG CROQUETTES**

6 hard-cooked eggs

1½ c. white sauce for  
croquettes

Cut eggs in small pieces. Mix with sauce; chill. Mould into desired shape. Roll in crumbs, egg, and crumbs. Fry in deep fat; drain. Serve with creamed peas.

## MEAT

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A knowledge of the structure of meat is essential in order to understand the effect of heat upon it. Muscular tissue is made up of bundles of fibres which can be divided and subdivided into minute single fibres or tubes. These fibres are held together by a network of connective tissue. Fat is also stored between them in varying quantities. The tenderness or toughness of meat depends upon the character of the walls of the muscle tubes, as well as the connective tissue.

The muscle tubes are filled with a liquid called muscle juice, in which are dissolved the protein, mineral salts, and extractives of meat. Heat, which causes the collagen in the connective tissue to swell, tends to force the juices out of the muscle fibres. To prevent this, the albumen on the surface of the meat should be coagulated by either plunging in boiling water or searing in a hot oven or in hot fat. When the albumen is coagulated, the heat must be reduced and the cooking continued at a moderate temperature.

Dry heat hardens the connective tissue; therefore tough meats should be cooked in moist heat to soften and dissolve the connective tissue. Because salt extracts the juices from the meat, it should not be added until after the surface is coagulated.

### OVEN ROAST

Choose a compact roasting piece. Wipe with a clean, damp cloth. Place on the rack in a roasting pan and put in a hot oven with roaster uncovered. When well seared, about 15 minutes, draw from the oven, sprinkle with salt and pepper, and put on cover. Finish cooking at lowered temperature, allowing 15 minutes for rare, 20 minutes for medium, and 25 minutes for well done, to each pound.

A dripping pan may be used in place of a roaster, using another pan of similar size for a cover. A rack may be made of a broiler, toaster, cake-rack, or tin pot lid. A little water

should be put in the roasting pan, and if the meat is very lean, additional fat, or drippings, may be used.

#### POT ROAST OF BEEF

Choose a compact piece of beef. Wipe with a damp cloth. Sear all surfaces in a hot, oiled frying pan. Plunge into boiling water, using a kettle to fit the roast to avoid excess of water. After 30 minutes' cooking add 1 teaspoonful of salt and speck of pepper for each pound of meat, draw to back of range, and cook slowly until done, allowing 20 minutes for rare, 25 minutes for medium, and 30 minutes for well done, to each pound. During the latter part of the cooking have the kettle uncovered until most of the water is evaporated.

#### PANBROILED STEAK

Wipe and trim steak. Rub a bit of fat over the bottom of a smoking hot frying pan. Place the steak in the pan and sear both sides. Reduce the heat, and turn occasionally, about every 2 minutes, until cooked, allowing 8 minutes for rare, 10 minutes for medium, and 12 minutes for well done, for a steak 1-inch thick. Avoid puncturing the steak with a fork while cooking. Just before removing from the fire, sprinkle with salt and pepper. Place on a hot platter and dot with bits of butter, or serve with parsley butter, or garnish with water cress and slices of lemon.

#### PLANKED STEAK

Wipe, remove superfluous fat, and panbroil 7 minutes a porterhouse steak cut  $1\frac{3}{4}$  inches thick. Butter a plank and arrange a border of Duchess potatoes close to edge, using a pastry bag and tube. Remove steak to plank, put into hot oven, and bake until potatoes are browned. Spread steak with parsley butter, sprinkle with salt and pepper, and serve on plank.

#### BEEF BALLS

Wipe a small piece of steak cut from top of round. Lay on board and scrape with the grain of the meat, first on one side and then on the other, to remove soft part of meat, leaving the connective tissue. Form into small balls, handling as

lightly as possible. Heat a frying pan, sprinkle with salt, shake constantly while adding balls, and continue shaking until the surface of balls is seared. Arrange on buttered toast and garnish with parsley.

#### HAMBURG STEAK

1 lb. beef  
1 egg

1 tsp. salt  
1 tsp. onion juice

Grind meat with food cutter. Beat egg slightly. Add egg, salt and onion juice to beef. Mix thoroughly and shape into small, flat cakes. Panbroil.

#### BAKED HAMBURG

1 lb. beef  
1 egg  
1 tsp. salt

Pepper  
1 tsp. onion juice or  
chopped onion

Grind meat with food cutter. Beat egg slightly. Mix ingredients thoroughly and shape into a compact loaf. Bake as an oven roast.

#### FLANK STEAK EN CASSEROLE

1 flank steak  
1 c. buttered crumbs  
1 c. tomatoes  
1 tsp. onion juice  
1 pt. hot water or stock

1 tbsp. lemon juice  
1 ½ tsp. salt  
Spk. pepper  
Spk. nutmeg  
Spk. cloves

Score steak closely on both sides. Rub into it the seasonings. Mix bread crumbs and tomatoes and spread over one side of steak. Roll and skewer. Sear. Place in casserole. Pour in the water or stock. Cover closely and bake in a slow oven for 1 hour. Lift steak from casserole. Thicken stock and pour over the steak.

#### BROWN MEAT STEW WITH DUMPLINGS

2 ½ lbs. beef shoulder  
2 c. diced potatoes  
½ c. turnips cut in ½-in.  
cubes  
½ c. carrots cut in ½-in.  
cubes

¼ onion, chopped  
2 tbsp. flour  
Salt  
Pepper

Wipe the meat, remove from the bone and fat, cut in 1 ½-inch cubes. Sprinkle with salt and pepper, and dredge with flour. Brown meat in fat rendered from trimmings. Put into a kettle, and rinse the frying pan with boiling water, that



none of the juices may be lost. Add to the meat the remaining fat and the bone cut in pieces. Cover with boiling water and boil 5 minutes. Lower temperature and cook until meat is tender. Add the carrots, the turnips, the onions, the pepper and salt, during the last hour of cooking, and the potatoes 15 minutes before serving. Remove the bone and the large pieces of fat. Thicken with the flour. Serve with dumplings.

Such a stew may also be made from mutton, veal, pork, or chicken, using other vegetables as desired.

#### MEAT PIE

Cut remnants of cold beef in 1-inch cubes. Cover with boiling water, add  $\frac{1}{2}$  onion, and cook slowly 1 hour. Remove onion, thicken gravy with flour to thickness of sauce for creamed dishes, season with salt and pepper. Add potatoes cut in  $\frac{1}{4}$ -inch slices, which have been parboiled 8 minutes. Put into a buttered pudding dish, cover with baking powder biscuit mixture or plain paste. Bake in a hot oven.

#### BOUCHES OF MEAT

2 c. cold mashed potatoes  
1 egg yolk

$\frac{1}{4}$  c. milk or cream  
Creamed meat

Beat egg yolk slightly. Scald milk or cream. Pour over beaten egg, stirring constantly. Add to potato, beating thoroughly. Place large, rough spoonfuls on a buttered baking sheet and make a hollow in the center of each. Fill with creamed meat. Heat and brown slightly in the oven, transfer to platter, and serve.

#### JELLIED MEAT LOAF

2 c. cooked meat  
1 c. stock  
1 tbsp. gelatin  
1 tbsp. catsup  
1 bay leaf

2 cloves  
 $\frac{1}{2}$  tsp. celery salt  
Spk. salt  
Spk. pepper

Add seasonings to stock and bring to boiling point. Swell gelatin in cold water, and dissolve in hot stock. Strain, add meat, and mold. Serve garnished with hard-cooked egg.

**CASSEROLE OF RICE AND MEAT**

1 c. cooked rice	¼ c. crumbs
2 c. cooked meat	1 tsp. lemon juice
Spk. cayenne	1 egg
¼ tsp. celery salt	1 tsp. salt
Few drops onion juice	¼ tsp. pepper
1 tsp. chopped green peppers	¼ c. tomato juice

Chop the meat fine and add the other ingredients, except the rice, mixing well. Line a casserole with rice 1 inch thick, and fill the center with the meat mixture. Cover well with the rice. Bake 20 minutes. Serve hot with tomato sauce. This may be steamed in a mold 30-45 minutes and turned onto a platter to serve.

**BRAISED BEEF**

3 lbs. beef	¼ c. turnips
2 thin slices fat salt pork	¼ c. onions
½ tsp. peppercorns	¼ c. celery
3 c. boiling water	Pepper
¼ c. carrots	Salt

Try out the pork and remove the scraps. Wipe the meat, sprinkle with salt and pepper, dredge with flour, and brown in the pork fat. Place in casserole and cover with vegetables, peppercorns, and the boiling water. Cover closely, and bake 4 hours in very slow oven.

**MINCED MEAT ON TOAST**

1 c. diced cooked meat	1 c. brown sauce flavored
6 slices of toast	with tomato

Reheat meat in brown sauce and pour over toast.

**MEAT SOUFFLE**

Follow directions given under sauces. For food use any cooked ground meat.

**MEAT CROQUETTES**

Follow directions given under sauces. For food use any cooked ground meat.

**BRESLAU OF MEAT**

1 pt. chopped beef, veal or chicken	½ c. stock
2 tbsp. butter	½ c. fresh bread crumbs
½ pt. milk or cream	1 tbsp. chopped parsley
3 egg yolks	1 tsp. Worcestershire sauce
1 tsp. salt	Tomato sauce

Beat the yolks, mix the ingredients together. Press the mixture into buttered molds. Place in pan of hot water and bake in hot oven 30 minutes. When done, unmold onto platter, pour tomato sauce around the molds, and garnish with toast points.

#### BOILED TONGUE

1 tongue	1 tbsp. vinegar
4 cloves	1 tbsp. salt
4 peppercorns	½ tsp. pepper

Wipe the tongue and place in boiling water to which the seasoning has been added. Boil for 10 minutes, then draw to a cooler part of the range and simmer until tender (3-4 hours). Partially cool in the liquid, take the tongue from the water and remove the skin and the roots. If pickled tongue is used and is very salt, it should be soaked in cold water several hours, or over night, before cooking.

#### ASPIC JELLY

3 c. white or brown stock	Lemon juice
1 tbsp. gelatin	Salt
½ c. cold water	Pepper
Bay leaf	Celery salt
Worcestershire sauce	

(If the stock does not form a soft jelly itself when cold, use 1 ½ tablespoonfuls of gelatin.)

Soak gelatin in cold water and dissolve over boiling water. Put seasonings to taste into stock and heat together. Clarify, stir in dissolved gelatin, and strain. Mold, and decorate with meat or vegetables, as desired.

#### TONGUE IN ASPIC

1 c. diced tongue	1 hard-cooked egg and pi- mento or parsley for decoration
1 ½ c. liquid aspic jelly	

Prepare according to directions for decorating gelatin molds. Add tongue. Let stand until firm and unmold.

#### CREAMED SWEETBREADS

Let sweetbreads stand in cold water 1 hour. Drain and put into acidulated, boiling salt water. Let boil 20 minutes, then plunge into cold water to keep white and firm.

Cut parboiled sweetbreads into cubes and reheat in white

sauce. They may be served on toast or used as a filling for patty cases or Swedish timbales.

#### STUFFED HEART

Remove veins and arteries. Wash carefully. Simmer for 1 hour. Stuff. Sprinkle with salt and pepper (1 tablespoonful of salt to 1 pound; pepper to taste). Dredge with flour. Bake in a covered dish 1 hour, partly covered with liquid in which it was stewed. Thicken liquid with flour to the thickness of sauce for creamed dishes, and serve hot.

#### LIVER AND BACON

Cut the liver in slices  $\frac{1}{2}$  inch thick and cover with boiling water. Let stand 5 minutes to draw out the blood, drain, wipe, and remove outer skin and veins. Sprinkle with salt and pepper, dredge with flour, and saute in bacon fat. Serve with bacon.

#### PRESSED VEAL

3 lbs. lean veal	1 egg
2 slices salt pork	Salt
6 crackers (rolled)	Pepper
$\frac{1}{4}$ c. melted butter	Sage

Wipe veal and salt pork and force through meat chopper. Add crackers, butter, and egg slightly beaten. Season highly with salt, pepper, and sage. Mix well. Pack in a small bread tin and bake slowly 3 hours. Cool before turning from tin. Cut in thin slices for serving. May be served hot or cold.

#### BREADED VEAL CUTLETS

Use round of veal cut  $\frac{1}{2}$  inch thick. Wipe, remove the bone, and cut in pieces suitable for individual portions. Parboil. Sprinkle with salt and pepper, dip in flour, beaten egg, and crumbs. Saute or fry.

#### VEAL BIRDS

Use 3-inch squares of round of veal. Spread each piece with stuffing, keeping it away from the edges. Trimmings may be ground and mixed with stuffing. If stuffing is not used, sprinkle with flour, salt, and pepper. A slice of bacon may be substituted for the stuffing. Roll, skewer with toothpicks,

roll in flour, and saute. Half cover with milk or water and simmer for 1 hour. Remove to a hot platter, and make a sauce for creamed dishes, using the contents of the pan. Cover steak with sauce and serve. Veal birds may be baked instead of stewed.

#### ROAST VEAL

Roast as roast beef. Season highly to make it palatable. This is necessary because of the small per cent of extractives.

#### ROAST PORK

Roast as roast beef, cooking well done.

#### PANBROILED OR BAKED CHOPS

Chops are cut from either the rib or loin of lamb, mutton, or pork. Rib chops which have the bone shortened and scraped clean of meat nearly to the "eye" of lean meat are called French chops.

Wipe the chops, trim off extra fat. Panbroil. Season. In place of panbroiling, the chops may be baked. A spoonful of stuffing may be placed on each chop before baking.

#### CURRY OF MUTTON

1 lb. neck or breast of mutton	$\frac{1}{4}$ tsp. curry powder
2 tsp. salt	1 slice onion
Spk. pepper	Peppercorns
	Parsley

Wipe and cut mutton in 1-inch pieces. Parboil, drain, and return to kettle. Cover with 1 quart boiling water, add onion, peppercorns, and parsley. Simmer until meat is tender. Remove meat, strain liquor and use to make a sauce for creamed dishes. Flavor with curry. Add meats, reheat, and serve with a border of steamed rice or mashed potatoes.

#### POULTRY

##### TO DRESS AND CLEAN

Cut off the head and draw out the pin feathers. Remove hairs and down by holding the fowl over a flame (from gas, alcohol, or burning paper), constantly changing the position until all parts of the surface have been exposed to the flame.

If tendons are to be drawn, cut through the skin around the leg  $1\frac{1}{2}$  inches below the leg joint, care being taken not to cut the tendons. Place the leg at this cut over the edge of the table and press downward to snap the bone. Hold the drumstick firmly with left hand and, using a steel skewer, draw out the tendons one by one. Cut off the feet. Wash the fowl thoroughly, using a small brush, in water to which a little soda has been added. Rinse. Make a slit down the back of the neck. Remove crop and windpipe. Draw down the neck skin and cut off the neck close to the body, leaving the skin long enough to fasten under the back. Make a straight cut from  $\frac{1}{2}$  inch below tip of breastbone to vent. Cut around vent. Slip fingers in carefully and fully loosen entrails. Carefully draw out entrails. The lungs lying in the cavities under the breast, and the kidneys in the hollow near the end of the backbone, must be taken out separately. Remove the oil sack, and wash the fowl by allowing cold water to run through it.

#### TO CLEAN GIBLETS

The gizzard, the heart, and the liver are known as the "giblets." Separate the gall bladder from the liver, cutting off any portion of the liver that may have a greenish tinge. Remove the thin membrane, the arteries, the veins, and the clotted blood around the heart. Cut the fat and the membranes from the gizzard. Make a gash through the thickest part of the gizzard as far as the inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash carefully.

#### TO TRUSS

When the fowl is wiped, singed, and drawn as by directions given above, put in the stuffing if it is to be used; place a little in the opening at the neck, the rest in the body, and sew up the opening. Draw the skin of the neck smoothly down and under the back, press the wings close against the body, and fold the pinions under, crossing the back and holding down the skin of the neck. Press the legs close to the body and slip them under the skin as much as possible. Thread the trussing

needle with white twine, using it double. Press the needle through the wing by the middle joint, pass it through the skin of the neck and back, and out again at the middle joint of the other wing. Return the needle through the bend of the leg at the second joint, through the body, and out at the same point on the other side; draw the cord tight, and tie it with the end at the wing joint. Thread the needle again and run it through the legs and body at the thigh bone and back at the ends of the drumsticks. Draw the drumstick bones close together, covering the opening made for drawing the fowl, and tie the ends. Have both knots on the same side of the fowl. When cooked, cut the cord on the opposite side, and by the knots it can easily be drawn out.

#### TO BONE

Clean and carefully wash the chicken. Remove the neck by making an incision in the skin at the point on the back of the neck where it joins the body. Cut through the skin toward the head, following the center of the neck. Cut off the head. Loosen the skin. Loosen the crop and the gullet from the gizzard and remove. Pull out the windpipe. At the base of the neck cut the ligaments on both sides. Cut off the neck, being careful not to cut through the skin.

Place the chicken on its rump. Fold back the loose skin of the neck and scrape the wishbone bare. Pass the knife under the bones on both sides, thus loosening them from the shoulders. With the fingers, free the wishbone from the meat, at the same time working it out of the body.

Fold the loosened skin over the wing and hold it in place with the left hand. Turn the flesh inside out and work the bones loose with the fingers. The tip of the wing may be cut off or left unboned. Be careful not to cut through the skin. Free the flesh from the other shoulder and wing in the same way.

Lay the chicken on its rump and carefully cut the flesh from the ribs and back. Fold the loosened flesh back with the left hand, so that the knife can follow the bones closely. The skin lies very close over the ridge of the breastbone, and great care must be exercised to keep it whole. Use the fingers

rather than the knife. When the hip joint is reached, push the flesh from the second joint, then from the leg, pulling the flesh down over the ends of the legs just as one often turns a glove wrong side out. Free the bones on the other side in the same way.

Loosen the flesh from all of the bones surrounding the cavity. Cut a small hole around the vent. The back and keel containing the entrails may be slipped out through the neck opening.

#### TO CUT UP A FOWL

Cut off the head, draw out the pinfeathers, singe, remove the tendons, the feet, and the oil sack. Wash thoroughly and cut off the neck. Cut through the loose skin between the leg and the body close to the body, bend back the leg (thus breaking the ligaments), cut through the flesh, and separate at the joint. Separate the upper part of the leg, the second joint, from the lower part of the leg, the drumstick. Cut through the skin and the flesh on the under side where the wing joins the body, and disjoint the wing. Remove the leg and the wing from the other side. Separate the breast from the back by cutting through the skin just below the breastbone, and remove the internal organs. Bend the back portion until the backbone is broken, and divide the back by cutting through the middle lengthwise. Remove the wishbone with the adjoining meat and separate the breast meat into two parts by cutting through the flesh close to the bone. Wash the pieces carefully.

#### ROAST CHICKEN

Dress, clean, stuff and truss a fowl. Lay on back on rack in roasting pan. Lay strip of salt pork on breast. Place in hot oven until it begins to brown, then lower temperature and cook until very tender. Baste often with drippings in pan. From 3 to 4 hours will be required.

#### STUFFING

4 c. finely broken stale  
bread  
1 ½ tsp. salt  
½ tsp. pepper  
Hot milk or water to  
moisten

2 tsp. chopped parsley  
½ tsp. ground sage  
4 tbsp. butter  
2 tsp. baking powder



Mix the salt, the pepper, the sage, and the baking powder. Sprinkle over the bread, add the chopped parsley and the melted butter. Pour on the hot liquid gradually, and mix thoroughly, stirring lightly.

#### GIBLET SAUCE

Make a brown sauce for creamed dishes, using for the fat, the drippings in the roaster; for the liquid, the stock in which the giblets have been cooked, and additional water if necessary, and stir in the giblets, finely diced.

#### FRICASSEE OF CHICKEN

1 fowl  
1 c. cream  
3 egg yolks

Salt  
Pepper

Cut up a fowl. Stew until tender and remove from liquid. Reduce liquid to 2 cupfuls. Make a sauce for creamed dishes, using the cream and stock mixed for the liquid. Pour the hot sauce over the beaten yolks of eggs. Place chicken in center of platter, surround with steamed rice or mashed potatoes, and pour over it the sauce.

#### SAUTED CHICKEN

Cut up a young chicken. Season with salt and pepper and dredge with flour. Brown in a generous quantity of hot fat. Cover, and cook slowly 30 minutes.

#### MARYLAND CHICKEN

Dress, clean and cut up a fowl. Sprinkle with salt, pepper, and flour, egg and crumb. Place in a well-oiled roaster and bake until tender in a hot oven, basting after the first 5 minutes of cooking with melted fat, or pour over it  $\frac{1}{2}$  cupful of cream. Prepare brown sauce, using the drippings in the pan, and serve with the chicken.

#### CHICKEN LOAF WITH ASPARAGUS

1 chicken  
 $\frac{1}{2}$  c. fresh bread crumbs  
1 c. milk

1 tsp. salt  
 $\frac{1}{4}$  tsp. paprika  
3 eggs

Cut up a chicken, parboil and remove flesh from bone and force through a food chopper. Cook the bread crumbs in the milk to a thin paste, stirring frequently. Add the salt, paprika,

and the chopped meat. Add the well-beaten yolks of eggs and fold in the whites, beaten dry. Turn the chicken mixture into a buttered mold and shake, that it may settle evenly. Set in a pan of hot water and let cook slowly for  $\frac{3}{4}$  of an hour to 2 hours, according to the age of the chicken. Turn from the mold onto a hot platter, garnish with asparagus in toast rings, and serve with Bechamel sauce.

#### JELLIED CHICKEN

1 chicken cooked until tender	Olives or pickles
4 hard-cooked eggs	Celery or celery salt
2 tbsp. gelatin	Salt
	Pepper

Reduce the liquor in which the chicken was cooked to 1 pint. Add the diced or minced chicken, sliced eggs, the celery, salt and pepper, and pickles or olives. Add the gelatin soaked in  $\frac{1}{2}$  cupful of cold water, and dissolved over hot water. Put into wet molds and chill thoroughly. The jelly and the food may be added one layer at a time, arranging the food in a design if desired.

#### COLD SOUFFLE

$\frac{1}{2}$ c. liquid aspic	$\frac{1}{2}$ c. cream
$\frac{1}{4}$ c. tomato puree	$\frac{1}{2}$ c. chopped, cooked chicken
$\frac{1}{2}$ tbsp. vinegar	

Whip the cream until stiff. Add tomato puree and vinegar to the aspic. Add this to the whipped cream, keeping all chilled. Fold in the chopped cooked chicken. Place on ice until thoroughly cold, and serve.

#### CREAM OF CHICKEN GLACE

$\frac{1}{2}$ c. double cream	Salt
$\frac{1}{2}$ c. cooked chicken	Pepper
$\frac{1}{4}$ c. chicken aspic	Celery salt

Cut chicken into cubes. Beat cream until stiff. Pour the aspic over the cream, season, and blend together. Fold in the chicken. Chill thoroughly. Cut in dice or slices  $\frac{1}{2}$  inch thick, and serve on lettuce leaves. May be dressed with French dressing.

**CREAMED FILLETS OF CHICKEN WITH ONIONS**

1½ c. stock	½ c. cream
4 tbsp. flour	3 egg yolks
3 tbsp. butter	Salt
2 chickens	Pepper
4 bunches onions	Lemon juice

Remove breasts and second joints from chickens. Cook in small quantity of water with onions. Remove chicken to serving dish as soon as tender. Reduce stock. Drain onions from stock. Melt butter. Add flour and pour in gradually stock. As soon as boiling point is reached, add cream, egg yolks, salt, pepper, and lemon juice to taste. Add onions and pour over chicken.

**FISH**

Fish may be baked, broiled, fried, or sauted, according to individual fancy, but certain ways are more suitable for some varieties than for others. Oily fish, as salmon, bluefish, and mackerel, being rich and moist, should be cooked by other methods than sauteing and frying. White fish, as cod, haddock, and halibut, will bear cooking by these latter methods. When the white varieties are cooked in water they should be served with rich sauces, and when baked they should be larded and basted often. All fish must be thoroughly cooked.

**TO CLEAN**

Fish, either fresh or salt, is better if it is cleaned and drawn immediately on being taken from the water. Fish cleaned at the market will need additional cleaning. Remove the scales which have not been taken off. This is done by drawing a knife over the fish, beginning at the tail and working toward the head, occasionally wiping the knife, and the scales from the fish. Incline the knife slightly toward you to prevent the scales from flying. Wash quickly, inside and out, drain and dry.

**TO SKIN**

Cut off the fins along the back, and then a narrow strip of skin down the full length of the back; also cut the skin around the head. Loosen the skin below the head, then draw it off from one side of the fish by pulling gently with one hand and pushing with the back of a knife held in the other hand, so as

to keep the flesh whole. Repeat the process on the other side of the fish.

#### TO BONE

Beginning at the tail, run a sharp knife close to the backbone its entire length. With knife and fingers remove flesh carefully from bones. Repeat on the other side.

Cod, haddock, halibut and white fish are easily and frequently boned.

A **fillet** is a piece of fish, large or small, freed from skin and bones.

#### TO COOK IN WATER

Small fish are cooked whole; large fish are cut in thick pieces for boiling. Sufficient water to cover the fish is used, to which is added salt and lemon juice, or vinegar. Salt gives flavor; lemon juice, or vinegar, keeps the flesh white. A long fish kettle containing a rack on which to place the fish is useful, but rather expensive. In place of this, if the fish is not too large to be coiled in it, a frying basket may be used, placed in any kettle, or the fish may be tied in a piece of cheesecloth. Fish should be placed in warm water which is brought quickly to the boiling point, then simmered until the flesh separates readily from the bones. After simmering begins, the cooking will take from 5 to 8 minutes to the pound, according to the thickness.

#### BROILED FISH

Split the fish down the back. Clean and wipe as dry as possible. Sprinkle with salt and pepper, and place in a well-oiled wire broiler. Broil first on the flesh side, then turn and broil on the skin side just long enough to make the skin brown and crisp. Remove from broiler to a hot platter.

#### SAUTED FISH

Clean fish and cut in individual portions. Dip in flour, corn meal, or fine bread crumbs. Saute.

#### FRIED FISH

Clean fish and cut in individual portions. Sprinkle with salt. Crumb, egg and crumb fish. Fry, drain, and serve.

**PLANKED FISH**

Select any white fish (White fish or Shad preferred). Scale or skin fish, wash, and wipe dry. Bone and place on a hot plank, skin side down, folding one side over the other, thus bringing the two halves together. Sprinkle with salt and pepper and baste with butter (Fish may be larded with bacon strips.). Place on grate of oven and bake 30 minutes. Serve on plank garnished with lemon and parsley, or with mashed potatoes.

**BAKED FISH WITH OYSTER STUFFING**

1 fresh fish, 3 or 4 lbs.

1 pt. oysters

Salt

Pepper

Lemon juice

1 egg

1 tbsp. milk

1 c. crumbs

Clean, skin and bone fish. Season the fillets thus produced with salt and pepper and brush with lemon juice and beaten egg, diluted with the milk. Lay one of the seasoned fillets on a well-buttered fish sheet. Cover with oysters dipped in crumbs. Lay the other fillet over these. Brush with beaten egg. Cover thickly with buttered crumbs and bake about an hour. Serve with Hollandaise sauce.

**FISH TURBANS**

Cut fillet of fish. Roll into circle and skewer with toothpicks. Lay thin slice of bacon on each turban. Place on rack in baking pan and bake in moderate oven 20 minutes. Remove toothpicks and serve with Hollandaise sauce.

**SCALLOPED FISH**

Follow directions given under sauces. For food use cooked, shredded or flaked fish.

**FISH SOUFFLE**

Follow directions given under sauces. For food use cooked, shredded or flaked fish.

**FISH CROQUETTES**

Follow directions given under sauces. For food use cooked, shredded or flaked fish.

**CREAMED FISH**

Follow directions given under sauces. For food use cooked, shredded or flaked fish.

## FISH BALLS

- |                   |                            |
|-------------------|----------------------------|
| 1 c. salt codfish | 1 well-beaten egg          |
| 2 c. raw potatoes | $\frac{1}{2}$ tbsp. butter |

Shred codfish. Soak over night. Lift out of water and boil until tender. Boil and mash potatoes. Add codfish, butter, and egg. Beat with fork 2 minutes. Form in balls  $1\frac{1}{2}$  inches in diameter and fry, drain, and serve.

## SALMON LOAF

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 c. bread crumbs               | 2 tbsp. lemon juice               |
| 2 c. salmon                     | $\frac{1}{2}$ tsp. salt           |
| 2 c. white sauce for croquettes | $\frac{1}{4}$ tsp. cayenne pepper |
|                                 | 2 eggs                            |

Add seasoning to white sauce. Add bread crumbs and salmon. Add eggs slightly beaten. Put into buttered molds and steam 1 hour. Serve with tomato, brown or white sauce.

## CASSEROLE OF RICE AND SALMON

Prepare as casserole of rice and meat, using canned or cooked salmon.

## FRIED OYSTERS

Clean and dry oysters. Season with salt and pepper, crumb, egg and crumb. Fry and drain.

## SCALLOPED OYSTERS

Clean and drain oysters. Fill buttered baking dish with alternate layers of buttered bread or cracker crumbs, and oysters, having the last layer of crumbs. Season well with bits of butter, salt, and pepper. Pour enough milk into the dish to moisten thoroughly; bake in a quick oven 20 minutes. (The crumbs thicken the milk to make a sauce.)

## OYSTER COCKTAIL

- |   |  |
|---|--|
| 24 small raw oysters                        | $\frac{1}{4}$ tsp. salt                  |
| 3 tbsp. tomato catsup                       | 3 tsp. chopped celery                    |
| $1\frac{1}{2}$ tbsp. lemon juice or vinegar | $1\frac{1}{2}$ tsp. Worcestershire sauce |
| 6 drops Tobasco sauce                       | 3 tsp. grated horseradish                |

Mix all the ingredients except oysters and chili thoroughly. Place oysters on cracked ice in cocktail glasses, and just before serving add the sauce.

## CHEESE

Cheese is a very valuable food, rich in protein, and therefore may be substituted for meat and used much more commonly than it is. It is, however, a very concentrated food, difficult of digestion in its raw state, and should be diluted, in cooking, with milk or eggs. It should always be cooked at a moderate temperature, to be digestible, or protected from the high heat of the oven by layers of other materials, such as thin slices of bread or layers of crumbs.

### COTTAGE CHEESE

3 qts. sour milk	Salt
2 tbsp. butter	Pepper

Pour milk into a flat pan and let stand in a warm place (about 37° C. or 98° F.) until the curd is completely separated from the whey. Strain through a cloth and shake until dry. Stir in butter, salt, and pepper, and cool before serving.

### MACARONI AND CHEESE

2 c. cooked macaroni	1 c. grated cheese
2 c. white sauce for creamed dishes	½ c. buttered crumbs

Combine macaroni, cheese and sauce in layers in buttered baking dish and sprinkle crumbs over top. Bake in a moderate oven until browned.

### CHEESE SOUFFLE

1 c. white sauce for souffles	3 eggs
	1 c. grated cheese

Add cheese to white sauce and stir until melted. Proceed, following directions for souffles given under sauces.

### CHEESE PUDDING

8 thin slices of bread, buttered	2 c. milk
1½ c. grated cheese	½ tsp. salt
4 eggs	Pepper

Butter baking dish. Cut bread to fit bottom of dish. Place in dish, add cheese and cover with bread. Mix egg, milk and salt and pepper and pour over contents of dish. Set in a pan of hot water and bake in a moderate oven until firm.

## CHEESE FONDU

1 c. scalded milk	1 tbsp. butter
1 c. soft, stale bread crumbs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ lb. mild cheese, cut in small pieces	3 egg yolks
	3 egg whites

Mix milk, bread crumbs, cheese, melted butter, and salt. Add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour into a buttered baking dish and bake 20 minutes in a moderate oven.

## CHEESE BALLS

3 c. grated cheese	Spk. cayenne pepper
2 tbsp. flour	4 egg whites
$\frac{1}{2}$ tsp. salt	Cracker crumbs

Mix cheese, flour, and seasonings. Add stiffly beaten whites. Shape in small balls, roll in cracker crumbs, and fry until golden brown.

## CHEESE CANAPES

Toast circular pieces of bread, buttered thinly, sprinkle with thick layer of grated cheese seasoned with salt and cayenne. Place on a baking sheet and bake until cheese is melted. Serve at once.



## SOUPS

The following classification may serve as a guide to the proper understanding of the subject of soups.

### WITH STOCK

**Standard Broth** is made from any meat or meats seasoned and strained.

**Bouillon** is made from lean meat, delicately seasoned and usually cleared.

**Consomme** is usually made from two or three kinds of meat, highly seasoned and always served clear.

**Miscellaneous soups** are made from vegetables alone or with meats.

### MAY BE MADE WITHOUT STOCK

**Purees** are made from any meat or vegetable pressed through a sieve into its own stock. They include plain purees, cream soups, and bisques.

Plain purees are thick soups, in which the puree predominates and milk or cream is not used, as a rule.

Cream soups are made of vegetables or fish with white sauce.

Bisques are generally made from shell-fish, milk, and seasonings, and served with fish dice.

**Chowder** is made from a mixture of ingredients, one predominating. They are served unstrained, the thickness of stews.

### TO CLEAR STOCK

Remove the fat; if the stock has jellied, wring a cloth out of warm water and gently wipe over the surface. The cloth will take up any particles of fat remaining upon the jelly. If the stock is liquid, lay a piece of tissue paper upon it, press it lightly upon the liquid and the fat will adhere to it. If it is

desired to use the stock before it has become thoroughly cold and the fat set, with a spoon dip the fat from the top. Then put a piece of ice wrapped in a cloth into the stock, holding it near the top, and the remaining fat will cling to the cloth. To each quart of stock add the crushed shell and slightly beaten white of 1 egg. Mix together thoroughly and heat, stirring all the time until the liquid boils. As the liquid heats, the egg albumen coagulates. Any fine particles floating in the stock will adhere to the coagulated albumen. Some rise to the top and form scum, others are precipitated. Let boil vigorously 5 minutes, then add  $\frac{1}{2}$  cupful of cold water, and set the saucepan aside or on the cool part of the range for about 5 minutes. Skim carefully, then strain through a double thickness of cheesecloth placed over a fine strainer. Reheat and serve. If the stock to be cleared is not sufficiently seasoned, additional seasoning must be added as soon as the stock has lost its jelly-like consistency.

#### BROWN SOUP STOCK

6 lbs. shin of beef	2 sprigs parsley
3 qts. cold water	$\frac{1}{2}$ c. carrots, diced
$\frac{1}{2}$ tsp. peppercorns	$\frac{1}{2}$ c. turnips, diced
6 cloves	$\frac{1}{2}$ c. onions, diced
$\frac{1}{2}$ bay leaf	$\frac{1}{2}$ c. celery, diced

Wipe beef and cut the lean meat in inch cubes. Brown  $\frac{1}{2}$  of meat in hot frying pan in the marrow. Put remaining  $\frac{3}{2}$  with bone and fat in soup kettle, add water, and let stand for 30 minutes. Place on the cool part of the range, add browned meat, and heat gradually to boiling point. Cover and cook slowly 6 hours, keeping below boiling point. Add vegetables and seasonings, cook  $1\frac{1}{2}$  hours, and strain.

#### WHITE SOUP STOCK

4 lb. knuckle of veal	1 onion
2 qts. cold water	2 stalks celery
1 tbs. salt	Blade of mace or 1 bay leaf
$\frac{1}{2}$ tsp. peppercorns	1 lemon, sliced

Wipe the meat, remove from bone, and cut in small pieces. Put meat, bone, water, lemon and seasoning in kettle. Heat gradually to boiling point. Simmer 4 or 5 hours and strain.

**CHICKEN BROTH WITH EGG**

Beat 1 egg slightly and pour on gradually, while stirring constantly, 1 cupful of boiling chicken stock.

**EGG BOUILLON**

1 egg

1 c. brown stock

Beat egg slightly and pour the stock over it gradually, stirring constantly.

**JULIENNE SOUP**

1 qt. brown soup stock

 $\frac{1}{2}$  c. mixed cooked vegetables cut in strips, cubes, or fancy shapes

Heat stock to boiling and add the cut vegetables.

**GERMAN BROWN BROTH**

2 carrots

1 slice onion

1 tsp. salt

12 cheese balls

1 potato

4 tbsp. olive oil

1 bay leaf

1 qt. boiling water

Pepper

Scrape and dice the carrots. Pare and cut in same shape the potato. Slice the onion. Put olive oil into a saucepan. Add the vegetables and shake until a golden brown. Take them out with a skimmer and put them into a kettle. Add boiling water, bay leaf, salt, and pepper. Simmer 20 minutes. Press through a puree sieve, return to kettle. Serve with cheese balls.

**CREAM SOUP**

Follow directions given under sauces. For food use stock and pulp of any boiled vegetable.

**CREAM OF SALMON SOUP**

Make as for cream soups, using  $\frac{1}{2}$  the proportion of butter.

**CREAM OF TOMATO SOUP**1  $\frac{1}{2}$  c. white sauce

1 c. tomato juice and pulp

Spk. baking soda

2 cloves

1 bay leaf

Add cloves and bay leaf to tomatoes and bring to a boil. Let boil 1 minute, then add soda and strain. Pour the tomato

juice into the white sauce, stirring constantly, and reheat quickly. Avoid bringing to a boil. Whip with Dover beater and serve at once.

**EMERGENCY SOUP**

1½ c. tomatoes	Spk. pepper
¾ c. water	Spk. celery salt
2 tbsp. butter	¾ tsp. salt
1 tbsp. cornstarch	3 cloves

Mix all ingredients together and cook 15 minutes, stirring occasionally to prevent sticking. Strain and serve.

**NEAPOLITAN SOUP**

2 c. milk	1 tsp. flour
1 egg	¼ c. cooked macaroni
¼ rind of lemon	½ tsp. salt
⅓ small onion	

Heat 1¾ cupfuls of milk with lemon rind and onion to boiling point; simmer for a few minutes and strain. Make a paste with flour and the remainder of the milk and add to hot milk and stir until it boils. Beat egg with salt until light and pour onto it gradually ½ boiling milk, stirring all the time. Heat all together until very hot, but do not boil. Add macaroni cut in ¼-inch lengths. Sprinkle chopped parsley over and serve.

**BEAN AND TOMATO SOUP**

1 c. boiled beans	½ c. thin cream
1 c. stewed tomatoes	¼ c. cooked rice
1½ tsp. salt	

Press beans and tomatoes through a sieve. Add salt, cream, and rice. Thin to cream soup consistency with boiling water.

**BAKED BEAN SOUP WITH TOMATO**

3 c. cold baked beans	2 tbsp. butter
3 pts. water	2 tbsp. flour
2 slices onion	1 tbsp. Chili sauce
2 stalks celery	Salt
1½ c. stewed and strained tomatoes	Pepper

Put beans, water, onion and celery into a kettle, bring to boiling point, and simmer 30 minutes. Rub through a sieve, add tomato, Chili sauce, and butter and flour rubbed together. Boil 3 minutes and season to taste with salt and pepper.

## PRACTICAL COOKERY

## CHICKEN SOUP

$\frac{1}{2}$ tsp. chopped onion	$\frac{1}{4}$ tsp. salt
1 tsp. chopped celery	Spk. pepper
1 tsp. butter	$\frac{1}{4}$ c. hot cream
$1\frac{1}{2}$ tsp. cornstarch	$\frac{1}{4}$ beaten egg
$\frac{1}{2}$ c. hot chicken stock	

Prepare and cut up chicken. Cover with cold water and simmer until tender. Add onion, celery and chicken to melted butter and simmer for 5 minutes. Add cornstarch and pour on gently the hot stock, and heat. Add cream, cook, and pour over the beaten egg. Serve with a tablespoonful of whipped cream on top as garnish. A little parsley may be added.

## CHEESE SOUP

1 qt. milk	1 blade mace
1 tbsp. onion	Pepper pod
2 tbsp. flour	$\frac{1}{2}$ c. grated cheese
2 tbsp. butter	2 egg yolks
1 c. milk	1 tsp. salt

Put onion, mace and pepper pod in milk and scald. Cream flour and butter, add cold milk, and slowly pour all into hot milk. When it boils, strain, add cheese, and stir until it is melted. Add salt, pour over beaten yolks, stirring all the time. Whip until frothy, and serve.

## PEANUT SOUP

2 c. milk	Salt
4 tbsp. peanut butter	Pepper

Scald milk, add peanut butter and seasonings to taste, and serve.

## ALMOND SOUP

$\frac{2}{3}$ c. almonds	3 tbsp. butter
6 bitter almonds	2 tbsp. flour
4 tbsp. cold water	1 c. scalded milk
$\frac{1}{2}$ tsp. salt	1 c. cream
3 c. stock	Salt
1 small onion	Pepper
3 stalks celery	

Blanch, chop, and force almonds through a meat cutter. Add gradually water and salt; then add stock, sliced onion, and celery. Let simmer 1 hour, and rub through a sieve. Melt butter, add flour, and pour on gradually the hot liquor; then add milk, cream, and salt and pepper to taste. Serve with mock almonds.

**OYSTER STEW**

1 c. oysters  
2 c. milk  
2 tbsp. butter

Salt  
Pepper

Clean and drain oysters. Add liquor to scalded milk. Add butter and seasoning to taste. Bring to the boiling point, add oysters, and serve.

**CORN CHOWDER**

1 c. corn  
 $\frac{1}{4}$  lb. salt pork, diced  
1 onion, sliced  
1 qt. boiling water  
1 qt. potatoes, sliced

1 c. cream or milk  
Salt  
Pepper  
8 crackers

Parboil potatoes. Drain. Try the fat from pork. Slice the onion and brown in the fat. Add the fat to boiling water, add potatoes and corn and cook until tender. Add the cream or milk and season to taste. Reheat and pour over the crackers.

**FISH CHOWDER**

1 c. fish, diced  
 $\frac{1}{4}$  lb. salt pork, diced  
1 onion, sliced  
1 qt. fish stock  
1 qt. potatoes, sliced

1 c. cream or milk  
Salt  
Pepper  
8 crackers

Clean, bone and dice fish. Make stock from diced fish and fish bones. Parboil potatoes. Drain. Try the fat from pork. Slice the onion and brown in the fat. Add the fat to boiling stock, add potatoes and fish and cook until tender. Add cream or milk, and seasoning to taste. Reheat and pour over crackers.

**CORN SOUP**

2 c. sauce for cream soups  
1 c. corn  
1 c. water

2 tsp. onion juice  
2 egg yolks

Brown onion in butter before making sauce. Cook corn in water till softened. Rub through coarse sieve. Add corn to sauce and pour over beaten egg.

## FLOUR MIXTURES

Flour mixtures are combinations of liquid and flour. These are leavened by the addition of some material which will lighten the mixture, thus increasing the digestibility and improving the appearance and taste.

Flour mixtures are classified as doughs and batters. The classification is based upon the proportion of flour to liquid.

There are two kinds of batters or mixtures which can be stirred with a spoon.

**A pour batter** contains one part of flour to one part of liquid.

**A drop batter** contains two parts of flour to one part of liquid.

There are two kinds of doughs or mixtures which can be rolled on a board or kneaded.

**A soft dough** contains three parts of flour to one part of liquid.

**A stiff dough** contains four parts of flour to one part of liquid.

These doughs and batters may be lightened by the expansion of water by heat; the expansion of air incorporated by the addition of beaten eggs; or by the generation of a gas. Gas is generated by the use of soda with heat and moisture; of soda with the acid of sour milk, molasses, or cream of tartar. Baking powder is also used to produce a gas. Yeast may be used to leaven, because during the process of its growth a gas is liberated.

The following general proportions are used in leavening flour mixtures: When baking powder is used, it requires two teaspoonfuls of baking powder to one cupful of flour. If eggs are used, less baking powder is required. One egg or two egg whites may be substituted for one teaspoonful of baking powder.

To neutralize the acid and to produce the required amount of gas, use: one teaspoonful of soda to one cupful of sour milk; one half teaspoonful of soda to one cupful of molasses; or one teaspoonful of soda to two teaspoonfuls of cream of tartar. Often a sufficient amount of gas is not produced by the amount of soda required to neutralize the acid, and baking powder or baking powder and egg may be added to leaven the mixture.

SWEDISH TIMBALE CASES

1 egg  
 $\frac{1}{2}$  c. milk  
 $\frac{1}{2}$  c. flour

$\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. olive oil

Beat the egg slightly. Add the milk, the flour, and the salt, beating constantly. When smooth add the olive oil, and set aside for 1 hour. Fry with timbale irons. A rosette iron may be used. If the cases lack in crispness and are thick and soft, more milk is needed; when right, the finished cases are very thin, delicate, and crisp.

TO USE SWEDISH TIMBALE IRONS

Put the iron into the kettle with the fat, having the fat deep enough to more than cover the iron. Heat the fat until hot enough to fry uncooked mixtures. Drain the iron and dip into the batter (held in a cup or small bowl). Hold the iron at an angle until the bottom is covered, then straighten and lower to  $\frac{1}{2}$  inch from top of iron. Hold straight and lower into the fat and hold there until the case is crisp and light brown. Take from the fat, remove the case from the iron, and turn upside down on soft paper to drain. Return iron to batter without dipping into the fat unless it needs reheating. If the iron is lowered too far into the batter, the case will spread over the top of the iron and be troublesome to remove. If, on dipping the iron into the batter, the mixture does not cling to it, the iron is not hot enough. If the fat sizzles considerably and the case spreads out and drops from the iron, it is too hot.

POPOVERS

$\frac{3}{8}$  c. flour  
 1 c. milk  
 2 eggs

$\frac{1}{4}$  tsp. salt  
 2 tsp. butter



Beat the egg thoroughly. Add gradually, while beating, the milk, melted butter, and the flour with which the salt has been sifted. Put  $\frac{1}{4}$  teaspoonful of butter into each hot muffin tin. Fill tins half full with batter and bake in a hot oven 30 to 40 minutes. Serve immediately. Half entire-wheat or graham flour may be used for variation.

#### WAFFLES

2 c. flour	2 c. sour milk
2 tsp. soda	2 egg yolks
$\frac{1}{2}$ tsp. salt	2 egg whites
2 tbsp. shortening	

Mix and sift the dry ingredients, add the milk gradually, the yolks of the eggs well beaten, the shortening melted, and the whites of the eggs beaten stiff. Cook on a hot, well-oiled waffle iron. A waffle iron should fit closely on the range, be well heated on one side, turned, heated on the other side, and thoroughly oiled before the iron is filled. In filling, put 2 tablespoonfuls of the mixture in each compartment near the center of the iron, cover, and the mixture will spread to just fill the iron. If sufficiently heated, it should be turned almost as soon as it is filled and covered. Two teaspoonfuls of baking powder and 1 cupful of sweet milk may be substituted for the soda and sour milk. This recipe will make 4 waffles.

#### SOUR MILK GRIDDLE CAKES

1 c. flour	1 c. sour milk
$\frac{1}{4}$ tsp. salt	1 tsp. soda
1 egg	1 tbsp. butter

Mix and sift flour, salt, and soda; add sour milk and egg well beaten. Drop by spoonfuls on an oiled hot griddle; cook on one side. When puffed, full of bubbles, and cooked on edges, turn and cook other side. Serve at once.

One cupful of sweet milk and 1 teaspoonful of baking powder may be substituted for the sour milk and soda.

#### BUCKWHEAT CAKES

$\frac{1}{2}$ cake compressed yeast	2 qts. water
1 tsp. salt	Buckwheat flour
1 tsp. melted butter	$\frac{1}{2}$ tsp. baking soda
1 tbsp. molasses	

Dissolve the yeast in  $\frac{1}{2}$  cupful of lukewarm water, pouring it into the pitcher with 2 quarts of water the same temperature.

Make a smooth pour batter with buckwheat flour. Add the salt. Beat well and let stand over night. In the morning take out a pint of the mixture and set aside. Put into the pitcher the remaining ingredients. Mix lightly all together and bake on a hot griddle.

If there is any batter left after baking, add the pint to it which has been set aside, and the night before using, pour in a pint of lukewarm water, add salt, and sufficient flour to make the batter as previously directed, and proceed as before, except now add  $\frac{1}{2}$  teaspoonful of baking soda dissolved in a little water and stirred in carefully just before baking. Always save out some batter the first thing in the morning for the next baking. If some white flour is desired, simply lessen the quantity of buckwheat. Making the batter in this way may be continued for a week if kept in a cool place, then if any is left it should be thrown out and a fresh start made.

**BOSTON BROWN BREAD**

1 c. corn meal	$\frac{3}{4}$ c. molasses
1 c. flour	1 tsp. salt
2 c. sour milk	$\frac{3}{4}$ tbs. soda

Mix the dry ingredients thoroughly. Mix the sour milk and molasses. Stir in the dry ingredients, beating thoroughly. Turn into well-buttered mold. Cover tightly and steam 2 to 3 hours, depending on size of mold. Remove cover and dry in oven 15 minutes. Take from can and slice with string.

**SOUTHERN BATTER BREAD**

$\frac{1}{2}$ c. corn meal	1 egg
$\frac{1}{4}$ tsp. salt	$1\frac{1}{2}$ c. milk
Spk. pepper	

Sift the dry ingredients. Add the milk and cook about 15 minutes in double boiler. Add egg. Put in buttered baking dish, set in a pan of hot water and bake in a moderate oven 45 minutes. Serve with a spoon, adding butter, salt, and pepper.

**MUFFINS**

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

Cream the butter, add the sugar and the egg well beaten. Sift the baking powder with the flour, and add to the first mixture, alternating with the milk. Bake in buttered muffin tins 25 minutes. One half cupful of dates or raisins, finely cut, or currants, may be added if desired.

#### GRAHAM MUFFINS

Make as muffins, using equal parts of graham or whole-wheat flour and white flour.

#### CORN MEAL MUFFINS

Make as muffins, using  $\frac{1}{3}$  corn meal and  $\frac{2}{3}$  flour.

#### SALLY LUNN

2 c. flour	$\frac{1}{2}$ c. shortening
$\frac{1}{2}$ tsp. salt	2 tsp. baking powder
2 eggs, beaten separately	1 c. milk

Sift the flour, the baking powder and the salt together. Beat the yolks, add the milk and the shortening. Mix with the flour mixture. Add the whites beaten stiff. Bake in a loaf and serve hot.

#### CORN BREAD

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

Sift soda with flour and mix dry ingredients. Beat egg well. Melt butter and add to egg. Mix sour milk and egg, beat this into dry ingredients. Pour mixture into oiled tin and bake in hot oven about 25 minutes.

#### BRAN BREAD

1 c. bran	1 egg
3 tbsp. molasses	1 tsp. salt
2 tsp. baking powder	$\frac{1}{2}$ flour to make a drop
1 c. milk	batter

Sift baking powder, salt and flour together. Beat the egg, add the molasses, mix well. Add milk, bran and flour alternately, beating well after each addition. Turn into well-oiled tin and bake from 30 to 45 minutes in a moderate oven.

NUT BREAD

$\frac{3}{4}$ c. white flour	$\frac{1}{2}$ tsp. soda
1 c. graham flour	$\frac{3}{4}$ c. sugar
1 tsp. baking powder	$\frac{1}{2}$ c. nuts
$\frac{1}{2}$ tsp. salt	1 c. milk

Sift the flour, the baking powder, the soda, the salt and the sugar together. Add the nuts, the milk, and the egg thoroughly beaten. Put into oiled tins. Bake in a moderate oven about 1 hour.

GINGERBREAD

$\frac{1}{4}$ c. butter	$1\frac{1}{4}$ c. flour
$\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ tsp. soda
1 egg	2 tsp. ginger
$\frac{1}{2}$ c. molasses	1 tsp. cinnamon
$\frac{1}{2}$ c. boiling water	$\frac{1}{4}$ tsp. salt

Sift flour, spice, salt and soda together. Cream butter and sugar, add egg and molasses. Add dry ingredients and liquid alternately. Bake in a moderate oven 30 minutes. To darken color add  $\frac{1}{4}$  teaspoonful of cocoa.

BAKED BROWN BREAD

2 c. sour milk	1 c. flour
$\frac{3}{4}$ c. mild molasses or	2 c. graham flour
2 tbsp. molasses, if	1 tsp. salt
strong, and $\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ tsp. soda
1 tbsp. melted lard	

Mix dry ingredients thoroughly. Mix sour milk, lard, and molasses. Stir in the dry ingredients, beating thoroughly. Turn into an oiled pan and bake 1 hour in a moderate oven.

BAKING POWDER BISCUITS

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

Sift the dry ingredients twice. Cut in the shortening, then add gradually the milk, mixing with a knife. The dough should be as soft as can be handled without sticking. Turn onto a lightly floured board, roll lightly  $\frac{3}{4}$  inch thick, and cut quickly with a floured cutter. Bake in a hot oven 12 to 15 minutes.

DROPPED BISCUITS

Add to the ingredients for biscuits enough more milk to make a thick drop batter (about 2 tablespoonfuls.) Mix as directed for biscuits and place by spoonfuls,  $\frac{1}{2}$  inch apart, in

a floured tin. The mixture should not be soft enough to spread. Bake in a hot oven 10 to 12 minutes.

#### DUMPLINGS FOR STEWS

Follow the directions for dropped biscuits. An egg may be added if desired, and water used instead of milk. When the stew is cooked remove the meat from the kettle, and place a rack in the bottom of the kettle, allowing the liquid to come up to the top of the rack. Drop the dough by spoonfuls on the rack, cover tightly, and boil 12 minutes **without lifting the cover**. These dumplings may also be cooked in a steamer, or dropped by spoonfuls upon a roast and baked in the oven. When used with a roast, they are sometimes made more like biscuit dough, and cut in the same way.

#### GRAHAM BREAD

$\frac{3}{4}$ c. sugar	1 tsp. soda
2 c. sour milk	1 tsp. baking powder
$3\frac{1}{2}$ c. graham flour	1 tsp. salt

Mix and sift dry ingredients. Beat in sour milk. Bake in slow oven  $1\frac{1}{2}$  hours.

## BREAD

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The art of bread making has developed until the light, spongy loaf of the housekeeper of today is scarcely comparable to the loaf made from the coarsely ground meal, mixed with water and baked in the ashes, that satisfied our ancestors.

The ideal loaf of today may be described from the score-card used for judging contest bread, page 100.

The color of the crust should be a golden brown; evenly colored on top, sides, and bottom. The surface should be smooth, without cracks on the sides or creases in the bottom. The loaf should be symmetrical, with straight edges and a slightly rounded top.

When the loaf is freshly cut it should show thoroughness of baking. This is tested by pressing the freshly cut loaf until crust touches crust. When released it should spring back into shape without injury to the crumb. The crumb should be creamy white, and should have a feathery appearance, with small, uniform openings. There should be an absence of all acidity, with a fresh, nutty flavor.

This ideal loaf can only be obtained with good materials and careful manipulation. The flour should be a creamy white and must contain a good quality of gluten. It should be free from contamination by bacteria or molds. The yeast should contain a large number of healthy yeast plants and should not contain any lactic acid bacteria. The liquid should be sterilized to free it from organisms. The shortening should be fresh and of good flavor.

In the manipulation of the dough extreme cleanliness is necessary. The dough should be a smooth, uniform, well-aerated mixture, which may be obtained by thorough beating and light, firm kneading. It should be kept at the temperature most favorable to the growth of the yeast plant (77°-95° F.; 25°-35° C.) until the gas produced by the yeast in its growth

has leavened the mixture to double its bulk. Kneading down occasionally will, by stretching the gluten, increase the feathery appearance of the crumb.

## Score-Card for Bread

Authorized by the Domestic Science Department,  
Kansas State Agricultural College

No. ....

Outside .....			20
Size .....		5	
Shape .....		5	
Crust .....		10	
Color .....	4		
Surface .....	3		
Depth .....	3		
Inside .....			80
Thoroughness of baking .....		20	
Appearance of crumb .....		25	
Texture .....	20		
Lightness .....	6		
Moisture .....	5		
Elasticity .....	3		
Fineness .....	3		
Evenness .....	3		
Color .....		5	
Flavor .....		35	
			100

The loaf should be carefully shaped to fit an individual loaf tin ( $9\frac{1}{2} \times 4\frac{1}{2} \times 3\frac{1}{2}$ ), and carefully pressed into the corners of the tin to insure straight edges. Before baking it should rise to double its bulk. The oven should be hot at first, until the crust is set, which should take the first 15 minutes. During this time the loaf should be turned frequently to insure even heat and even rising. At the end of this time the temperature should be gradually diminished to prevent too thick and too brown a crust before the baking is accomplished. This will take 50 to 60 minutes to cook the starch and destroy the yeast in the center of the loaf.

On taking from the oven the bread should be cooled in currents of air and then put away, without wrapping, in a closed tin or earthen jar.

## YEAST

4 medium-sized raw  
potatoes, pared  
1 qt. boiling water

$\frac{1}{4}$  c. sugar  
1 tbsp. salt  
1 cake dry yeast

Grate the potatoes into the rapidly boiling water. Boil until the starch is cooked, stirring constantly. Stir in the sugar and salt while it is hot, cool to lukewarm, then add the yeast cake which has been broken up and soaked in a little warm water. Put into a jar. Allow to ferment 24 hours, then set in a cool, dark place. This will keep about 2 weeks, and the last cupful may be used in place of a dry yeast cake in making a new supply.

## WHITE BREAD (STRAIGHT DOUGH METHOD)

1 c. milk, water, or whey  
1 tbsp. sugar  
1 tbsp. shortening  
1 tsp. salt

$\frac{1}{4}$  c. potato yeast or  
 $\frac{1}{4}$  yeast cake  
 $3\frac{1}{2}$  to 4 c. flour

Measure the salt, the sugar, and the shortening into a mixing bowl. Add the scalded milk and cool the mixture to lukewarm, stirring occasionally. Shake the yeast, measure, and add it to the milk mixture. (If dry or compressed yeast is used, soften it in lukewarm water, using  $\frac{1}{4}$  cupful to  $\frac{1}{4}$  cake of yeast.) Add the flour gradually, beating thoroughly after each addition, until the dough can be lifted in a mass on the spoon, leaving the bowl free from dough. Turn onto a



floured board and knead lightly, keeping a small amount of flour on the board until the loaf is smooth, elastic to the touch, and stiff enough so that it will not stick to a clean board in kneading. Put into a clean bowl, cover tightly (to prevent the formation of a crust), and let rise until double its bulk. Knead on an unfloured board just enough to distribute the gas bubbles thoroughly. Shape into a loaf and place in an oiled tin, pressing into the corners. Let rise again until double its bulk, and bake in a hot oven 50 to 60 minutes. The heat may be moderated after the first half of the baking. Remove the loaf from the tin and cool on a wire rack.

In using some flours an extra kneading and rising improves the quality of the bread.

#### WHITE BREAD (SPONGE METHOD)

Use the same ingredients as for the quick method. Add the scalded milk to the sugar, the salt, and the shortening in the mixing bowl, cool to lukewarm, and add the yeast. Beat in sufficient flour to make a drop batter, then cover and let rise 8 or 10 hours, or over night. In the morning, add the remainder of the flour, knead, as in the other method, and allow to rise until double its bulk. Complete according to directions for quick method. If a large amount of shortening is to be used, add it just before mixing into a dough.

#### GRAHAM OR ENTIRE-WHEAT BREAD

Use the same ingredients as for the white bread, substituting  $\frac{1}{2}$ , or more, graham or entire-wheat flour.

#### PARKER HOUSE ROLLS

$\frac{1}{2}$ c. milk	$\frac{1}{4}$ to $\frac{1}{2}$ cake compressed
1 tbsp. sugar	yeast
1 tbsp. butter	1 tbsp. lukewarm water
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ to 2 c. flour

Measure the sugar, butter and salt into a mixing bowl. Add the scalded milk and cool to lukewarm, stirring occasionally. Soften the yeast in the lukewarm water, and add it to the milk mixture. Add the flour gradually, beating thoroughly, until no more can be worked in with a spoon. Cover tightly and let rise until 3 times its bulk. Turn onto a

lightly floured board, knead slightly, and roll  $\frac{3}{4}$  inch thick. Cut with a round or oval floured cutter. Crease in the middle with a floured knife handle, rub  $\frac{1}{2}$  with melted butter, and fold over. Place 1 inch apart in an oiled tin and let rise until double in size. Bake in a hot oven 15 to 20 minutes.

#### TO GLAZE PARKER HOUSE ROLLS OR OTHER FANCY BREADS

Brush with melted butter, or milk and sugar (1 tablespoonful of sugar to  $\frac{1}{4}$  cupful of milk) before baking.

Brush with egg, slightly beaten and diluted with 1 tablespoonful of water or milk, when taken from oven, and return for a few minutes to glaze the top. The egg yolk or the egg white, diluted with water or milk, may be used instead of the whole egg, if desired.

When baked and nearly cool, brush over with confectioner's sugar, moistened with boiling water to spread, and flavored.

#### CINNAMON ROLLS

Roll Parker House roll mixture  $\frac{1}{2}$  inch thick. Spread with melted butter, and sprinkle liberally with mixture of 5 parts sugar to 1 part ground cinnamon. Roll as a jelly roll. Cut in  $\frac{3}{4}$ -inch slices. Put closely into buttered tin, cut side up. Let rise and bake in a moderate oven 35 minutes.

#### SWEDISH TEA RING

Use the recipe for Parker House rolls, with the addition of  $\frac{1}{2}$  egg. When light, put onto an unfloured board, and roll as thinly as possible in rectangular shape. Spread with melted butter and sprinkle with chopped blanched almonds, or cinnamon. Roll like a jelly roll, cut a small piece from each end, and join the ends to form a ring. Place on a buttered baking sheet, and make cuts 1 inch apart across the roll with scissors, extending almost to the inside. Turn each piece to have the cut side up. Let rise, and bake in a moderately hot oven.

#### SALAD OR DINNER ROLLS

Use the same ingredients as for Parker House rolls. Shape in small biscuits, place in rows on a floured board, cover with a cloth, and let rise until very light. Flour the handle of a

wooden spoon and make a deep crease in the middle of each roll, take up, and press the edges together. Place closely in a buttered tin, cover, let rise, and bake 12 to 15 minutes in a hot oven. From this same mixture, crescents, braids, twists, bowknots, clover leaves or shamrock, and other fancy shapes may be made.

**Crescents.**—When the dough is light, roll in a sheet  $\frac{1}{4}$  inch thick and cut in strips about 4 inches wide; cut these in sharp-pointed triangles, then, commencing at the base, roll them up, bringing the ends toward each other, keeping the point in the middle of the roll to give the shape of a crescent. Place them on baking tins some distance apart. When light, bake 15 to 20 minutes.

**Braids.**—When the dough is light, roll in a sheet  $\frac{1}{4}$  inch thick, cut in strips  $\frac{1}{2}$  inch wide, then braid them in 3 or 4 strands, having the braids wider in the center than at the ends. Let rise and bake.

**Clover Leaves or Shamrocks.**—Oil a muffin tin. Take small bits of dough, knead until smooth, shape in balls, and fit 3 into each tin. Let rise and bake.

#### BREAD STICKS

Use the same ingredients as for Parker House Rolls, with the addition of  $\frac{1}{2}$  egg white. When ready to shape, form in small balls, then roll on an unfloured board with the hands until strips are formed uniform in size and the shape of a thick lead pencil. Place on a baking sheet some distance apart, or in a tin designed for the purpose. Bake, when light, in a hot oven, reducing the heat that the sticks may be crisp and dry.

**For Salad Sticks.**—Additional salt may be added to the dough and the sticks sprinkled with salt before baking.

#### ZWIEBACH

Use the recipe for Parker House rolls, with the addition of 1 tablespoonful of sugar, 1 tablespoonful of butter, and 1 egg. Scald the milk, and when lukewarm add the yeast. As soon as the yeast is dissolved, add the salt and  $\frac{1}{2}$  cupful of flour. Cover and let rise until light, then add the sugar, the

butter, and the eggs unbeaten, with flour enough to handle. Knead, shape, and place in tin. Let rise, and bake in a hot oven about 30 to 40 minutes. When cold, cut in slices about  $\frac{1}{2}$  inch thick and dry in a slow oven until delicately browned.

## COFFEE BREAD I

$\frac{1}{2}$ yeast cake	2 tbsp. butter
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. liquid coffee	$\frac{1}{2}$ egg
Flour	$\frac{1}{4}$ c. currants
Cinnamon	Nutmeg

Make a drop batter of the yeast, milk, coffee, and flour. Let rise, then add all the other ingredients, knead, shape in a loaf, let rise, and bake in a moderate oven.

## COFFEE BREAD II

$\frac{1}{4}$ c. scalded milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. strong coffee	$\frac{1}{4}$ c. currants
2 tbsp. sugar	Cinnamon
2 tbsp. butter	Nutmeg
$\frac{1}{4}$ egg	$\frac{1}{4}$ yeast cake (compressed)
Flour	

Scald milk and add to coffee. When lukewarm, add yeast, salt, and flour enough to make a drop batter. Let rise, then add sugar, butter, egg, cinnamon, nutmeg, and currants, and enough flour to make a soft dough. Put into a buttered tin. Let rise, and bake in a hot oven.

## NUT BREAD

$\frac{1}{4}$ cake compressed yeast	1 c. chopped nut meats
$\frac{1}{4}$ c. lukewarm water	$\frac{1}{2}$ c. entire-wheat flour
1 c. scalded milk	White flour as needed for soft dough
1 tbsp. shortening	1 tsp. salt
2 tbsp. molasses	

Add shortening and molasses to the scalded milk. Cool. When lukewarm, add nut meats, yeast, and flour. Beat thoroughly. Put into a buttered tin. Let rise and bake in a moderate oven 40 minutes.

## POTATO BISCUITS

1 c. milk	6 tbsp. lard
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ c. mashed potato
1 egg	$\frac{1}{2}$ cake of compressed yeast
$\frac{1}{2}$ tsp. salt	About 3 c. flour

Scald the milk and pour it over the sugar and the lard. Put the potatoes into a bowl with a little flour. Add the scalded milk slowly, making a thin, smooth paste. Add the yolks of

the eggs and beat thoroughly, then add the whites beaten light, and last the yeast cake softened in  $\frac{1}{4}$  cupful of warm water. Set in a warm place until light, add the remaining flour. Mix into a soft, smooth dough and let rise again. Roll  $\frac{1}{4}$  inch thick, cut, and lay one biscuit on top of the other. Let rise until light, and bake in a moderate oven.

#### RAISED DOUGHNUTS

$\frac{3}{4}$ c. Parker House roll mixture	$\frac{1}{2}$ egg
1 tbsp. butter	Cinnamon
$\frac{1}{4}$ c. sugar	Nutmeg

Add all ingredients to Parker House roll mixture and mix thoroughly. Let rise until double in bulk, roll in thin sheet, and cut in rings. Let rise, fry and drain.

#### SALT-RISING BREAD

1 c. milk	1 tsp. salt
$\frac{1}{4}$ c. corn meal	1 c. warm water
2 tsp. sugar	Flour

Scald the milk, and mix it with the corn meal, sugar, and salt. Allow to stand for several hours, or over night, in a very warm place, when it should be light. Add the warm water and enough flour to make a drop batter. Keep at a very warm temperature (167° F.) until light, then add sufficient flour to make a dough, and shape in a loaf. Allow to rise until double its bulk, and bake. Care should be taken to keep the temperature higher than for ordinary bread. The milk should always be sterilized before mixing the batter, as more uniform results may be obtained and a product secured which does not have the unpleasant odor often associated with salt-rising bread.

#### USES FOR STALE BREAD

All pieces of bread should be saved and utilized. Keep pieces of stale bread by themselves in a jar or covered bowl. Stale bread, if heated in a closely covered pan, becomes somewhat like fresh bread. Large pieces are best for toast, which may be made and used in a variety of ways.

#### BREAD CRUMBS

Prepare by drying stale bread, crushing, and sifting. The crushing may be done by grinding in a food cutter or rolling

on a bread board. The sifting may be done with a puree strainer. The sifted crumbs may be used for preparing scalloped dishes, breading fried food, or for thickening.

#### BUTTERED CRUMBS

6 tbsp. stale soft crumbs                      2 tbsp. butter

Melt butter and stir in crumbs.

#### CROUTONS

1 slice of bread  $\frac{1}{8}$  inch  
thick    1 tsp. butter

Trim crusts from bread. Spread with butter. Cut in strips  $\frac{1}{2}$  inch wide. Cut strips in pieces, forming  $\frac{1}{8}$ -inch cubes. Brown in oven.

#### MOCK ALMONDS

Prepare slice of bread as for croutons. Cut in shape of almond and brown in oven.

#### CRISP CRACKERS

Spread crackers thinly with butter, allowing one-fourth teaspoon butter to each cracker; put into pan and bake until delicately browned.

#### IMPERIAL STICKS IN RINGS

Cut stale bread in  $\frac{1}{2}$ -inch slices, remove the crusts, spread thinly with butter, and cut the slices in  $\frac{1}{2}$ -inch strips and rings. Put into a tin and bake until delicately browned. Serve with soups, arranging 3 sticks in each ring.

#### CRUSTADES

Cut a loaf of bread in slices 2 inches thick. Remove the crusts, and cut the slices in two diagonally or crosswise. Cut out the inside portion carefully with a small pointed knife, leaving the sides and the bottom  $\frac{1}{4}$  inch thick. Fry, or butter the top and sides, inside and out, place on a tin and brown delicately in the oven. (The butter should be creamed before spreading.) One loaf of bread will make 8 medium-sized or 6 large crustades. These are used as cases in which to serve creamed vegetables, fish, or meats. These should be dipped quickly in boiling salted water before filling.

**DRY TOAST**

Cut stale bread in  $\frac{1}{8}$ - to  $\frac{1}{2}$ -inch slices. The crust may be removed if desired. Put the slices in a wire toaster and place over a clear fire to dry, holding some distance from the coals. Turn and dry the other side. Hold nearer the coals and color a golden brown on each side. Bread may be dried and browned in the oven or dried in the oven and toasted over the coals.

**MILK TOAST**

2 c. white sauce for cream  
soups

6 slices dry toast

Dip the slices of toast separately into the sauce, place on a serving dish, and pour the remaining sauce over all. The flour may be omitted, and the scalded milk to which the butter and the salt have been added poured over the dry toast. In either case, cream may be substituted for the milk and the butter omitted.

**FRENCH TOAST**

2 eggs  
1 c. milk

6 slices bread  
 $\frac{1}{2}$  tsp. salt

Beat the eggs slightly, add the milk and the salt. Dip the bread in and out of the mixture quickly. Saute.

## CAKES

There are two general classes of cakes, those containing butter and those that do not contain butter.

In cake making the best ingredients, accurately measured, are essential. Eggs must be fresh, butter sweet, sugar fine grained, and flour with a large starch content. Eggs and butter that are not fresh give objectionable flavors; coarse-grained sugar gives a coarse texture and a hard crust; and flour with a large gluten content makes a less tender cake.

### GENERAL RULES FOR MIXING

**For cakes with butter,** measure the ingredients, sifting the flour before measuring. Sift the leavening agent and the spices, if used, in one half cupful of the flour. Separate the white from the yolks of the eggs unless the recipe specifically directs otherwise. Cream the butter in a bowl, using a wooden spoon, add the sugar and mix thoroughly, partly dissolving the sugar. Add the beaten yolks of the eggs to the butter and sugar mixture. Add the liquid and the flour alternately, fold in the beaten whites of the eggs, and add flavoring. Fold in flour which contains leavening. If nuts or fruit are used, they should be floured to prevent settling to the bottom, and added before the egg whites.

**For cakes without butter,** separate the whites from the yolks of the eggs. Beat the yolks until thick and lemon colored and add the sugar gradually. Add the flavoring and the beaten whites, and lastly add the flour, cutting or folding it into the mixture.

### TO OIL AND FILL TINS

Cake tins should be oiled both bottom and sides with softened sweet butter. For fruit cakes, pound cakes, or other loaf cakes, it is well to line the tin with oiled paper. Fill the



tins about two thirds full of the cake mixture, spreading evenly toward the corners and edges.

#### TO BAKE

Loaf cakes require an oven hot enough to turn a little flour light brown in four minutes. Layer or small cakes should be baked in an oven that is a little hotter, while sponge or angel cakes require an oven that is not so hot, especially during the first part of the baking process.

The time of the baking may be divided into quarters. During the first quarter, the cake should begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; and fourth quarter, finish baking and shrink from the tin. It may be moved during the first quarter or during the last quarter; never during the second or third quarters. Loaf cakes require from 45 to 60 minutes. Layer cakes require from 20 to 30 minutes.

#### GENERAL SUGGESTIONS

When done the cake will spring back lightly when touched with the finger and will shrink from the edge of the tin. Another test is to insert a toothpick into the center, and if it comes out clean the cake is done.

A cake should be baked alone in an oven and should be carefully watched. If the oven door is carefully opened and closed the cake will not fall. Place the cake as near the center of the oven as possible. If the oven is too slow the cake often rises too much, becoming coarse grained. Cracking on the top may be caused by putting the cake in too hot an oven at first or by having too stiff a mixture or too deep a pan.

#### TO REMOVE FROM TINS

Remove the cake from the tin, as soon as it is taken from the oven, by inverting the tin on a wire cake cooler.

#### STANDARD OR PLAIN CAKE

$\frac{1}{4}$  c. butter  
1 c. sugar  
2 eggs  
 $\frac{1}{2}$  c. milk

$1\frac{1}{4}$  c. flour  
 $1\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. flavoring  
Spk. salt

Mix as a butter cake. Bake in layers or in a loaf.

## WHITE CAKE

$\frac{1}{2}$ c. butter	5 egg whites
$1\frac{1}{2}$ c. sugar	$2\frac{1}{2}$ c. pastry flour
1 c. milk or water	4 tsp. baking powder
Spk. salt	1 tsp. vanilla

Mix as a butter cake. Bake in layers or in a loaf.

## WHITE ALMOND CAKE

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

Mix as a butter cake. Bake in layers or in a loaf.

## YELLOW CAKE

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

Mix as a butter cake. Bake in layers or in a loaf.

## GOLD CAKE

$\frac{1}{2}$ c. butter	$2\frac{1}{2}$ c. flour
$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. milk
4 egg yolks	$\frac{1}{2}$ tsp. mace
1 whole egg	2 tsp. baking powder

Mix as a butter cake. Bake in a loaf.

## CARAMEL OR BURNT-SUGAR CAKE

$\frac{3}{4}$ c. sugar	1 tbsp. caramelized sugar
$\frac{1}{4}$ c. butter	$1\frac{1}{2}$ c. flour
1 egg	$1\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. water	$\frac{1}{2}$ tsp. vanilla

Dissolve caramelized sugar in the water and mix as a butter cake. Bake in a loaf and ice with burnt-sugar icing.

## CHOCOLATE CAKE

$\frac{1}{4}$ c. butter	$1\frac{1}{4}$ c. flour
1 c. sugar	$\frac{1}{4}$ tsp. cinnamon
2 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. milk	1 sq. chocolate
2 tsp. baking powder	

Mix as a butter cake. Melt chocolate over hot water and add to creamed butter and sugar. Bake in a loaf or in layers.

## BOSTON FUDGE CAKE

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. sour milk
2 c. brown sugar	$\frac{1}{2}$ c. water
2 oz. chocolate	$2\frac{1}{2}$ c. flour
2 eggs	1 tsp. soda

Mix as chocolate cake and bake in layers. Put brown sugar filling between and chocolate icing on top and sides.

## ITALIAN CAKE

$\frac{1}{3}$ c. butter	$\frac{1}{2}$ tsp. salt
1 c. sugar	$1\frac{3}{4}$ c. flour
2 eggs	$\frac{1}{2}$ c. chopped raisins
$\frac{1}{2}$ c. cold, strong coffee	$\frac{1}{2}$ c. chopped walnuts
$\frac{1}{2}$ tsp. vanilla	$1\frac{3}{4}$ tsp. baking powder

Mix as a butter cake. Bake in a loaf. Ice with mocha icing.

## SPICE CAKE I

$\frac{1}{4}$ c. butter	$\frac{1}{2}$ tsp. soda
$\frac{3}{4}$ c. brown sugar	$\frac{1}{2}$ tsp. cinnamon
2 yolks or 1 egg	$\frac{1}{4}$ tsp. cloves
$\frac{1}{2}$ c. sour milk	$\frac{1}{4}$ tsp. allspice
$\frac{1}{2}$ c. raisins, chopped	$1\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. currants	

Mix as a butter cake. Bake in a loaf.

## SPICE CAKE II

1 c. brown sugar	1 tsp. cinnamon
1 c. raisins	1 tsp. nutmeg
1 c. sour cream or	$\frac{1}{4}$ tsp. cloves
1 c. sour milk and 4 tbsp.	1 tsp. soda
melted butter	1 tsp. baking powder
1 egg	1 tsp. salt
2 c. flour	Citron

Sift dry ingredients together. Add other ingredients. Beat well, and bake 40 minutes.

## COFFEE CAKE

1 c. butter	1 tsp. allspice
2 c. sugar	1 tsp. cloves
5 eggs	$3\frac{1}{2}$ c. flour
1 c. black coffee	1 lb. raisins
1 tsp. soda	1 lb. currants
1 tsp. cinnamon	

Mix as a butter cake. Bake in two loaves.

## WHITE CUP CAKES

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

Mix as a butter cake. Bake in muffin tins.

## CURRANT CUP CAKES

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

Mix as a butter cake. Bake in muffin tins.

## FRUIT CAKE

1 lb. butter	1 tsp. nutmeg
1 lb. sugar	1 tsp. allspice
1 lb. flour	$\frac{1}{2}$ tsp. cloves
10 eggs	1 tsp. cinnamon
$1\frac{1}{2}$ lbs. currants	$\frac{1}{2}$ tsp. mace
$1\frac{1}{2}$ lbs. raisins	1 orange, rind and juice
$\frac{3}{4}$ lbs. citron	1 lemon, rind and juice

Cream the butter; add sugar, and cream together; add beaten eggs. Sift all dry ingredients together and add to butter mixture. Beat thoroughly. Wash and dry currants and raisins. Cut raisins and citron in small pieces, then add them to batter. Lastly, add orange and lemon juice and rind. Pour into buttered cake tin and steam  $2\frac{1}{2}$  or 3 hours. Then bake 20 or 30 minutes. Remove from tin when cool and wrap in paraffin paper. Keep in stone crock.

## JAM CAKE

1 c. sugar	1 tsp. baking powder
1 c. butter	1 c. jam or jelly
2 c. flour (more with jelly)	$\frac{1}{2}$ tsp. nutmeg
3 eggs	$\frac{1}{2}$ tsp. cinnamon
$\frac{2}{3}$ c. sour milk	$\frac{1}{2}$ tsp. cloves
1 tsp. soda	$\frac{1}{2}$ tsp. spice

Cream sugar and butter. Add 1 egg at a time, then all the rest, and stir well. If apple sauce is used instead of jam, use  $1\frac{1}{2}$  teaspoonful of soda.

## SPONGE CAKE I

3 eggs	$\frac{3}{4}$ c. flour
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. flavoring
4 tsp. water	

Mix and bake as a cake without butter.

## SPONGE CAKE II

4 eggs	$\frac{2}{3}$ c. boiling water
2 c. granulated sugar	1 tsp. baking powder
Rind of 1 lemon	Spk. salt
2 c. flour	

Mix and bake as a cake without butter.

**WHITE SPONGE CAKE, OR ANGEL FOOD**

1 c. egg whites (8 to 10)	$\frac{1}{2}$ tsp. cream of tartar
1 c. sugar	$\frac{1}{2}$ tsp. vanilla
1 c. flour	Spk. salt

Beat egg whites to a froth, then add cream of tartar and continue beating until stiff. Sift sugar and flour each 4 times. Beat in sugar gradually. Fold in flour, salt, and vanilla. Bake in clean tin in a slow oven about 50 minutes.

## COOKIES AND SMALL CAKES

### COOKIES

$\frac{1}{2}$ c. butter	2 eggs
1 c. sugar	2 tsp. baking powder
$\frac{1}{4}$ c. milk	Flour to make a soft dough
$\frac{1}{4}$ tsp. flavoring	

Mix as a butter cake, sifting the baking powder with the first half cupful of flour added. Roll very thin, cut, place on buttered baking sheet and bake in hot oven.

### CREAM COOKIES

1 c. butter	1 tsp. soda
2 c. sugar	1 tsp. nutmeg
4 eggs	$\frac{1}{2}$ tsp. vanilla
1 c. sour cream	Flour to make a soft dough

Mix as a butter cake. Roll, cut, and bake.

### JELLY JUMBLES

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. sour milk
1 c. sugar	$\frac{1}{4}$ tsp. salt
1 egg	Flour
1 tsp. soda	Currant jelly

Mix as a butter cake. Roll and cut, using a round cutter. On the centers of half of the pieces put currant jelly. Make three small openings in remaining pieces, using a thimble, and put pieces together. Press edges, slightly, and bake in a rather hot oven, that jumbles may keep in good shape.

### MOLASSES COOKIES

$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ tsp. soda
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ tbsp. butter	$\frac{1}{2}$ tsp. cloves
$1\frac{1}{2}$ tbsp. lard	$\frac{1}{2}$ tsp. cinnamon
1 tbsp. milk	$\frac{1}{2}$ tsp. nutmeg
2 c. flour	

Cream the butter and sugar. Add melted shortening and the milk. Sift the dry ingredients together and stir into the first mixture. Roll, cut, and bake in a moderate oven.

## OATMEAL COOKIES

3 c. rolled oats	5 tbsp. milk
3 c. flour	1 tsp. cinnamon
2 c. sugar	1 c. raisins
2 tsp. soda	1 c. nuts
2 eggs	1 c. butter, melted

Dissolve soda in milk. Beat eggs separately, adding yolks to milk. Mix flour, oatmeal, and sugar. Drop by teaspoonfuls, or roll in small balls, and place far apart in tin. Bake in a moderate oven.

## PEANUT COOKIES

2 tbsp. butter	$\frac{1}{4}$ tsp. salt
4 tbsp. sugar	$\frac{1}{2}$ c. flour
1 egg	2 tbsp. milk
1 tsp. baking powder	$\frac{1}{2}$ c. finely chopped peanuts
$\frac{1}{2}$ tsp. lemon juice	

Mix as a butter cake. Add peanuts and lemon juice and mix well. Drop from teaspoon onto buttered baking sheet 2 inches apart and place  $\frac{1}{2}$  peanut on top of each. Bake in moderate oven.

## PECAN NUT WAFERS

2 eggs	$\frac{1}{4}$ tsp. salt
1 c. brown sugar	$\frac{1}{4}$ tsp. baking powder
1 tsp. vanilla	1 c. pecan nuts
8 tbsp. flour	

Mix as a butter cake. Add nuts, place in small teaspoonfuls on buttered sheet far apart. Bake in hot oven about 4 or 5 minutes. Remove from sheet immediately while still warm. May be garnished with whole nut.

## HERMITS

2 $\frac{1}{2}$ tbsp. butter	2 tsp. baking powder
$\frac{1}{2}$ c. sugar	1 c. flour
1 egg	2 tbsp. milk
$\frac{1}{2}$ tsp. cinnamon	4 English walnuts
$\frac{1}{8}$ tsp. cloves	$\frac{1}{4}$ c. seeded raisins

Mix as a butter cake. Drop from teaspoon onto buttered baking sheet 2 inches apart. Bake 20 minutes in moderate oven.

## BATH BUNS

$\frac{1}{2}$ c. butter	3 tsp. baking powder
1 $\frac{1}{2}$ c. sugar	$\frac{1}{3}$ c. candied lemon peel
2 eggs	3 c. flour
1 c. milk	

Mix as a butter cake. Put into hot muffin tins. Sprinkle top lightly with granulated sugar and bake 20 to 25 minutes. Raisins, nuts or citron may be used in place of lemon peel.

## GOLDEN GINGER DROPS

$\frac{1}{2}$ c. molasses	1 egg
$\frac{1}{4}$ c. brown sugar	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{4}$ c. butter	$\frac{1}{4}$ tsp. cloves
1 tsp. soda	1 tbsp. ginger
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. boiling water
$1\frac{1}{2}$ c. flour	

Mix as a butter cake. Bake in muffin tins and ice with chocolate or boiled icing.

## LADYFINGERS

3 egg whites	2 egg yolks
$\frac{1}{2}$ c. powdered sugar	$\frac{1}{2}$ c. flour
$\frac{1}{4}$ tsp. vanilla	$\frac{1}{8}$ tsp. salt

Beat yolks until thick and lemon colored. Beat whites until stiff and dry; add sugar to whites gradually, beating constantly. Combine yolks with whites. Fold in flour and salt sifted together, and add vanilla. Shape from spoon in strips  $\frac{3}{4}$  inch wide and 4 inches long, on unbuttered paper. Bake in a slow oven. Take from paper immediately after removal from oven.

## CREAM PUFFS

$\frac{1}{2}$ c. water	$\frac{1}{2}$ c. flour
$\frac{1}{4}$ c. butter	2 eggs

Put butter and water into saucepan and place over heat. As soon as boiling point is reached, add flour all at once and stir vigorously until the mixture cleaves from the pan. Remove from fire, cool slightly, and add unbeaten eggs, one at a time, beating thoroughly between each addition. Drop by spoonfuls onto a buttered sheet  $1\frac{1}{2}$  inches apart. Shape them as round as possible, having them piled slightly in the center. Bake until thoroughly set (about 30 minutes) in moderate oven. Make a cut in the top of each with a sharp knife and fill with cream filling. Sprinkle with powdered sugar.

## DATE CAKES

$2\frac{1}{2}$ c. oatmeal	1 tsp. soda
$2\frac{1}{2}$ c. white flour	1 c. butter
$\frac{1}{2}$ c. water	1 c. brown sugar



Cream butter and sugar. Add soda and water, then oatmeal and flour. Roll thin and spread with date paste. Cover with another layer and cut in strips (4 inches by 1 inch). Bake. (Once the recipe makes 88 cakes.)

#### MARGUERITES

1 c. sugar  
1 egg white  
 $\frac{1}{2}$  c. water

1 c. nuts or raisins, or  
raisins and nuts mixed  
30 saltines

Make a boiled icing and when nearly stiff add chopped nuts. Spread thickly on saltines. Place on baking sheets in slow oven and brown delicately. Shredded cocoanut or marshmallows may be substituted for all or a part of the nuts.

#### ALMOND MACAROONS

3 egg whites  
 $\frac{1}{2}$  lb. almond paste

$\frac{3}{8}$  lb. powdered sugar

Beat the eggs and mix with the almond paste. When smooth add sugar and beat thoroughly. Drop by teaspoonfuls onto slightly oiled paper; bake in a moderate oven 15 minutes. Take from oven and place the paper for a moment on a damp towel; then remove macaroons with a knife.

#### COCOANUT MACAROONS

5 egg whites  
 $\frac{1}{2}$  lb. powdered sugar

1  $\frac{1}{2}$  c. shredded cocoanut

Add sugar to beaten egg whites; add cocoanut, stirring as little as possible. Bake as almond macaroons.

#### CHOCOLATE MACAROONS

1 c. bread crumbs (soft)  
 $3\frac{1}{2}$  tbsp. chocolate  
 $\frac{3}{8}$  c. sugar

$\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. vanilla  
1 egg white

Beat egg white until stiff and dry. Add sugar and continue beating. Melt chocolate and mix with bread crumbs, cinnamon, and vanilla. Fold in egg white and drop from a teaspoon onto oiled baking sheet or paper. Bake in very slow oven until dry, 20 to 30 minutes.

#### GLUTEN WAFERS

$\frac{1}{2}$  c. cream  
 $\frac{1}{2}$  tsp. salt

Gluten flour to roll in a  
thin sheet

Add salt to cream and mix in flour gradually. Roll, cut in squares or oblongs. Prick with a fork as for crackers. Bake on a sheet until crisp and a delicate brown. Graham or whole-wheat flour can be substituted.

## DOUGHNUTS (SWEET MILK)

1 egg	1 tsp. salt
2 tbsp. melted butter	$\frac{1}{2}$ tsp. cinnamon
1 c. sugar	4 tsp. baking powder
Flour to make a soft dough	1 c. milk

Mix as a butter cake. Roll  $\frac{1}{2}$  inch thick and cut. Fry, drain, and when partly cool sprinkle with powdered sugar.

## DOUGHNUTS (SOUR MILK)

1 c. sugar	1 tsp. soda
$2\frac{1}{2}$ tbsp. butter	Salt
2 eggs	Cinnamon or nutmeg
1 c. sour milk	Flour to make a soft dough
1 tsp. baking powder	

Mix as a butter cake. Roll  $\frac{1}{2}$  inch thick, cut, fry, drain, and when partly cool sprinkle with powdered sugar.

## BOW KNOTS

2 eggs	$\frac{1}{4}$ tsp. mace
$\frac{1}{3}$ c. sugar	$\frac{1}{4}$ tsp. salt
1 tbsp. thick sweet cream	$\frac{3}{4}$ tsp. baking powder
1 tbsp. melted butter	Flour to make a stiff dough

Beat eggs, add sugar, cream, and butter. Add flour mixed with other ingredients. Roll and cut in strips and tie in bow knots, fry, drain, and sprinkle with powdered sugar.

## CRULLERS

6 eggs	6 tbsp. sugar
6 tbsp. melted butter	Flour to make a stiff dough

Beat eggs until very light. Add butter, sugar, and flour, and beat. Roll very thin and cut in pieces 3 inches long by 2 inches wide. Make four 1-inch parallel gashes crosswise at equal intervals. Take up by running handle of wooden spoon in and out of gashes. Lower into deep fat, fry, drain, and sprinkle with powdered sugar.

## FILLINGS AND ICINGS

Simple decorations of cakes add to attractiveness and palatability. Cakes are iced, or sugar mixed with a liquid is spread entirely over the surface. A filling is used between layers of cake. Small cakes are dipped in icing so that all surfaces are covered. Iced cakes may be decorated in designs by the use of a pastry bag and tube.

### GENERAL DIRECTIONS

Trim the cake, if necessary, to have it smooth and symmetrical. The cake may be inverted. Place on a board covered with paper. Pour the icing on the center of the cake. Spread rapidly on the top and on the sides. Turn the cake by turning the board. Let it stand in a warm place until the icing is dry. If the cake has been baked in layers, see that the layers fit evenly before spreading the filling between them. After all of the layers have been arranged the cake may be iced. Small cakes which are to be dipped may be glazed or brushed with white of egg mixed with a little sugar. Set aside to dry before dipping. Have the icing in a deep bowl. Dip the cakes one by one, being careful to have the entire surface evenly coated. Place the dipped cakes on a rack to dry.

### CREAM FILLING

1 c. milk	$\frac{1}{4}$ tsp. vanilla
1 $\frac{1}{2}$ tbsp. cornstarch	$\frac{1}{8}$ tsp. salt
1 egg or 2 egg yolks	2 tbsp. sugar
$\frac{1}{4}$ c. sugar	

Make a sauce with cornstarch and milk. Make a steamed custard with remaining ingredients, using the sauce as the liquid.

### BROWN SUGAR FILLING

2 c. brown sugar	2 tbsp. butter
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. nuts

Boil sugar, milk and butter to the soft-ball stage. Take from the fire and beat until creamy. Add chopped nuts and mix thoroughly.

#### CHOCOLATE FILLING

2 oz. or sq. chocolate	1 egg yolk
1 c. powdered sugar	$\frac{1}{2}$ tsp. vanilla
3 tbsp. milk	

Melt chocolate over hot water. Add the sugar and the milk. Add the beaten yolk and cook over hot water until thick and creamy, stirring constantly. Cool slightly and add vanilla just before spreading.

#### DATE PASTE

1 lb. dates	$\frac{1}{2}$ c. water
1 c. sugar	1 tbsp. lemon juice

Wash and stone dates and cut in pieces. Mix ingredients and cook to a paste.

#### FIG PASTE

Make as date paste, using figs in place of dates.

#### BOILED ICING

1 c. sugar	$\frac{1}{2}$ c. water
1 egg white	$\frac{1}{4}$ tsp. flavoring

Boil sugar and water to the soft-ball stage. Pour in a fine stream onto the edge of stiffly beaten egg whites, beating constantly to incorporate syrup with white of egg. Add flavoring. Beat until it is thick enough to spread.

#### BURNT-SUGAR ICING

Add 2 teaspoonfuls of caramel syrup to the sugar and water in boiled icing.

#### CARAMEL NUT ICING

Add  $\frac{1}{2}$  cupful of chopped nuts to burnt-sugar icing just before spreading.

#### CARAMEL ICING

$\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. sugar caramelized, or
$1\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. caramel syrup
1 tsp. vanilla	1 tbsp. butter

Cook milk and  $1\frac{1}{2}$  cupfuls of sugar together. When boiling rapidly add hot caramelized sugar. Cook mixture to

the soft-ball stage. Remove from heat, add butter and vanilla, cool and beat until creamy, and thick enough to spread.

#### CHOCOLATE ICING I

1 sq. chocolate	1 tbsp. butter
6 tbsp. sugar	1 tbsp. cream or milk

Cook chocolate and sugar in a double boiler until melted and add butter and milk or cream. Beat until thick enough to spread.

#### CHOCOLATE ICING II

1 sq. or oz. chocolate	5 tbsp. boiling water
Spk. salt	About 3 c. powdered sugar
1 tsp. vanilla	

Melt chocolate over hot water. Add water, salt, and vanilla, and when smooth add sugar and beat until very glossy. Add sugar until stiff enough to spread.

#### CREAM ICING

$\frac{1}{4}$ c. butter	2 tbsp. milk
1 c. powdered sugar	Flavoring

Cream butter, add sugar and milk gradually, and beat until soft and creamy. Add flavoring and sprinkle with chopped nuts, if desired.

#### MOCHA ICING

1 c. powdered sugar	1 tsp. cocoa
2 tbsp. butter	About 2 tbsp. cold, strong coffee

Cream the butter, add sugar and cocoa gradually, and beat in the coffee a little at a time until the mixture is smooth and creamy, and thick enough to spread.

#### QUICK ICING

1 c. powdered sugar	1 tbsp. lemon juice
1 tbsp. boiling water	

Mix ingredients and beat thoroughly until thick enough to spread.

#### POWDERED SUGAR ICING

2 tbsp. cold water and 1 tbsp. melted chocolate	1 tbsp. cold water and 1 tbsp. orange juice with grated orange rind
1 tbsp. cold water and 1 tbsp. lemon juice with grated lemon rind	2 tbsp. cold water, 1 tsp. cocoa, and $\frac{1}{4}$ tsp vanilla

One cupful of powdered sugar and 2 tablespoonfuls of butter creamed together forms the basis of this icing, with the addition of any of the following combinations added slowly, the whole being beaten to a smooth, creamy consistency.

**ORNAMENTAL ICING**

1 egg white  
1 tsp. acetic acid

7 to 11 tbsp. powdered  
sugar

Beat egg; add half of the sugar. Add acid gradually as mixture thickens. Continue adding sugar by spoonfuls and beating until icing is stiff enough to spread.

## SALADS

Salads are cold foods—cooked or uncooked—served with seasoned dressings. They are made from meat, fish, vegetables, fruits, eggs, or any combination of foods having harmonious flavors. The common dressings are French, mayonnaise, boiled, and whipped cream.

### GENERAL SUGGESTIONS

The attractiveness of appearance of a salad must be particularly kept in mind. All fresh vegetables used should be crisp and cold, and thoroughly washed. Canned or cold cooked vegetables may often be used. They should be firm, even-sized pieces. Meat for salad should be freed from skin, bone and gristle and should be cut in dice. Much of the attractiveness of the salad depends on the garnishing, and if this is artistically done it increases the palatability of the salad. The garnish should not detract from the main substance. The best effects are produced by a few materials, contrasting well in color, or by two or three shades of the same color. Ordinarily the material used for garnish should be edible, although occasionally the salad may be served in baskets made from the half skins of small grape fruit, oranges, or large lemons, or in apples or cooked beets, or in the boat-like shape of a half cucumber or banana peeling.

### TO WASH LETTUCE

Handle delicately. Remove leaf by leaf from stalk, examining for insects. Pass backwards and forwards through clean water until all sand is removed. Dry by pressing lightly between folds of linen or by whirling in a lettuce drier. Put into cold place until used.

## FRENCH DRESSING

$\frac{3}{4}$ tsp. sugar	5 tbsp. vinegar or lemon
1 tsp. salt	juice
$\frac{1}{2}$ tsp. paprika	10 tbsp. olive oil

Mix dry ingredients and add oil and vinegar alternately, beating constantly with a silver fork.

## COOKED SALAD DRESSING

$\frac{3}{4}$ tbsp. sugar	$\frac{1}{4}$ tbsp. flour
$\frac{1}{4}$ tbsp. butter	$\frac{1}{8}$ tsp. mustard
$\frac{1}{2}$ egg or 1 yolk	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. vinegar (if strong, $\frac{1}{2}$ vinegar and $\frac{1}{2}$ water)	Spk. of red pepper

Heat the vinegar in the upper part of a double boiler over direct heat. Sift the dry ingredients thoroughly, add to the slightly-beaten egg, and beat well together. Pour the boiling vinegar gradually upon the mixture, stirring constantly. Return to the upper part of the double boiler and cook over hot water until it thickens, stirring all the time. Add the butter and remove from the fire. Serve when cold, with or without the addition of cream, depending upon the kind of salad.

The following recipe is a more expensive cooked dressing:

## WHIPPED CREAM DRESSING

$\frac{1}{2}$ c. boiling vinegar	$\frac{1}{2}$ tsp. mustard
1 tsp. butter	Spk. salt
3 egg yolks or 1 $\frac{1}{2}$ eggs	Spk. cayenne
1 tbsp. sugar	$\frac{1}{2}$ c. heavy cream, whipped

Beat egg yolks until thick and lemon colored. Add sugar, salt, mustard, and cayenne mixed. Pour gradually onto the mixture the hot vinegar in which the butter has been melted. Cook in double boiler until thick, stirring constantly. Add cream just before serving.

## WHITE SALAD DRESSING

2 tbsp. butter	$\frac{1}{2}$ c. cream
2 tbsp. cornstarch	$\frac{1}{4}$ c. milk
1 tsp. sugar	$\frac{1}{4}$ tsp. salt
2 tsp. mustard	$\frac{1}{4}$ c. lemon juice
2 egg whites	$\frac{1}{2}$ c. whipped cream
Spk. cayenne or white pepper	

Put butter and cream into saucepan. Add gradually the cornstarch moistened with the milk. Cook until the starch



is cooked. Add sugar, salt, pepper or cayenne, mustard, and lemon juice. Mix thoroughly. Stir in stiffly beaten whites and cool. Add whipped cream just before serving.

#### MAYONNAISE

1 egg yolk	$\frac{1}{2}$ tsp. mustard
2 tbsp. lemon juice	$\frac{1}{8}$ tsp. salt
2 tsp. vinegar	Spk. cayenne
$\frac{3}{4}$ c. olive oil	

Have ingredients chilled. Place mixing bowl in crushed ice. Mix egg yolk and dry ingredients. Add a few drops of vinegar, then, drop by drop, 1 teaspoonful of oil. Add alternately with the oil the vinegar and lemon juice, drop by drop, until all the lemon juice and vinegar is used. The remainder of the oil may be added more rapidly. Constant beating is necessary throughout.

#### FRUIT SALAD

Combinations of different fruits, or fruits and nuts, served with French dressing or whipped cream dressing. The following are suggested combinations:

##### GRAPE FRUIT AND PIMENTO SALAD

2 grape fruit	1 pimento
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##### ORANGE AND PIMENTO SALAD

4 oranges	1 pimento
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##### COMBINATION FRUIT SALAD

3 oranges	$\frac{1}{2}$ c. white cherries or
2 slices canned pineapple	Malaga grapes

##### DATE SALAD

$\frac{1}{2}$ lb. dates	$\frac{1}{4}$ c. chopped walnuts or
2 slices canned pineapple	pecans

##### WHITE AND GOLD SALAD

Cut blanched stalks of celery in pieces 3 to 4 inches long, with a sharp knife. Feather the ends. Let remain  $\frac{1}{2}$  hour in acidulated water (2 tablespoonfuls of vinegar to 1 cupful of water). Peel orange and divide in sections, remove seeds and skin. Put all onto lettuce leaf and serve with mayonnaise dressing.

## FRUIT AND MARSHMALLOW SALAD

- |                            |                |
|----------------------------|----------------|
| 1 slice pineapple          | 2 marshmallows |
| 8 white grapes or cherries |                |

## BANANA SALAD

- |           |                               |
|-----------|-------------------------------|
| 3 bananas | $\frac{1}{2}$ c. chopped nuts |
|-----------|-------------------------------|

## APPLE AND CELERY SALAD

- |                    |   |
|--------------------|---|
| 1 c. celery        | $\frac{1}{4}$ c. chopped nuts or $\frac{1}{2}$ c. |
| 2 c. apples        | Malaga grapes                                     |
| 1 tsp. lemon juice |   |

## DRESSED WATERCRESS OR LETTUCE

Wash lettuce or watercress, drain, and chill thoroughly. Arrange lightly in salad bowl and serve with French dressing.

## POTATO SALAD

- |                           |                       |
|---------------------------|-----------------------|
| 3 c. cold boiled potatoes | Few drops onion juice |
| 2 hard-cooked eggs        |                       |

Cut potatoes in  $\frac{1}{2}$ -inch cubes. Chop whites of eggs. Mix, add onion, and mix lightly with salad dressing, using either mayonnaise or boiled dressing. Pile onto lettuce leaves and garnish with yolks pressed through a sieve.

## PEA AND POTATO BALL SALAD

- |                         |                               |
|-------------------------|-------------------------------|
| 8 medium-sized potatoes | $1\frac{1}{2}$ c. canned peas |
|-------------------------|-------------------------------|

Make potato balls from the potatoes with a vegetable cutter. Boil until tender, drain, and cool. Marinate peas and potato balls with French dressing. Pour off French dressing. Arrange on lettuce leaves and serve with mayonnaise.

## PEA AND PEANUT SALAD

- |           |              |
|-----------|--------------|
| 1 c. peas | 1 c. peanuts |
|-----------|--------------|

Mix peas with shelled and skinned peanuts. Serve with boiled salad dressing or mayonnaise.

## RED BEAN SALAD

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| $1\frac{1}{2}$ c. red kidney beans | $\frac{1}{8}$ tsp. Worcestershire |
| 9 sweet spiced pickles             | sauce                             |
| $\frac{1}{8}$ tsp. Tabasco sauce   | 3 tbsp. chopped celery            |

Mix and serve with boiled salad dressing. Garnish with parsley.

## LETTUCE, EGG, AND RADISH SALAD

3 hard-cooked eggs  
1 bunch radishes, about 12

1 bunch lettuce

Chop egg whites. Cut radishes in thin slices crosswise. Shred lettuce. Chop yolks. Mix whites and radishes with mayonnaise or boiled salad dressing, and mix lettuce and yolks with French dressing. Form a nest of lettuce mixture and serve radish mixture in center garnished with one whole radish cut as a rose.

## TOMATO SALAD

Peel medium-sized tomatoes and chill. Cut in eighths, cutting not quite through so that the tomato when set on a lettuce leaf will spread but not fall apart. Sprinkle with salt and garnish with a spoonful of mayonnaise or boiled salad dressing. Tomatoes may be sliced and used with salad dressing in a similar way.

## POINSETTA TOMATO SALAD

Wash tomato, cut out green core at stem end and with a sharp knife scrape skin, beginning at blossom end and continuing down half way. Cut through skin half way down, beginning at blossom end, making five divisions. Carefully turn back skin to end of cut, forming calyx leaves. Make similar cuts through fleshy part and carefully fold back sections. Serve with boiled or mayonnaise salad dressing. The seeds may be removed and tomato filled with a mixture of cabbage and nuts.

## STUFFED TOMATO SALAD

Peel medium-sized tomatoes. Remove thin slice from top of each, take out seeds and part of pulp. Sprinkle inside with salt. Fill tomatoes with pineapple, cut in small cubes or shredded, and nut meats, using  $\frac{2}{3}$  pineapple and  $\frac{1}{3}$  nut meats. Mix with mayonnaise dressing, garnish with mayonnaise, halves of nut meats, and slices cut from tops, cut square. Serve on a bed of lettuce leaves.

Any one of the following mixtures may be substituted for the pineapple and nuts:

Cubes of cucumber with tomato pulp mixed with boiled salad dressing or mayonnaise.

Apple and celery mixed with any salad dressing.

Shredded cabbage and nuts mixed with boiled salad dressing or mayonnaise.

Shredded cabbage and green pepper mixed with boiled salad dressing or mayonnaise.

#### FROZEN TOMATO SALAD

2½ c. tomato juice	3 bay leaves
8 peppercorns	6 cloves
½ tsp. salt	

Add spices to tomatoes, bring to a boil, and boil 1 minute. Press through a sieve and freeze as an ice. Serve with boiled salad dressing or mayonnaise.

#### TOMATO JELLY

2½ c. tomato juice	5 cloves
1¼ tbsp. gelatin	A few sprigs of parsley
½ tsp. salt	

Swell gelatin in ½ cupful of tomato juice. Boil remainder of tomato juice with cloves and salt 1 minute. Remove from heat, add swollen gelatin, and stir until dissolved. Put parsley into wet molds and strain tomato juice over it. Chill until firm. Unmold on lettuce leaf and serve with boiled salad dressing or mayonnaise.

#### ASPARAGUS SALAD I

1 bunch asparagus (cold, cooked)	1 hard-cooked egg
4 lettuce leaves	1 tbsp. finely chopped parsley
	1 tbsp. chopped pimento

Cut the lettuce leaves in halves, lengthwise. Arrange in 2 parallel rows overlapping one another on the plate. Place the asparagus in center and arrange a band of the remaining ingredients mixed together. Serve with French dressing.

#### ASPARAGUS SALAD II

Cut rings from a pepper or from a lemon ½ inch wide. Slip 3 or 4 stalks of cold boiled asparagus through each ring and arrange on crisp lettuce leaves. Serve with French dressing, to which has been added ½ tablespoonful of tomato

catsup. A few pieces of pimento give a dash of color to salad if lemon is used.

#### HOT SLAW

$\frac{1}{2}$ small cabbage, sliced	1 tbsp. butter
fine	$\frac{1}{4}$ c. vinegar
2 egg yolks	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. water	

Heat cabbage in a sauce made from the remainder of the ingredients.

#### WHITE SALAD

$\frac{1}{2}$ c. chopped celery	4 tsp. gelatin
$\frac{1}{2}$ c. shredded cabbage	2 tsp. lemon juice
$\frac{1}{2}$ c. nut meats	2 tsp. sugar
2 slices pimento	$\frac{1}{2}$ tsp. salt
2 c. water	

Make a liquid lemon jelly. Add celery, cabbage, nuts, and pimentos. Mold and serve on white lettuce leaf with white salad dressing.

In absence of white lettuce, salad may be garnished with parsley, cabbage leaf, or celery leaves.

#### EGG SALAD I

Cut hard-cooked eggs in halves crosswise in such a way that edges of halves are left in small points. Remove yolks, rub through sieve, moisten with boiled dressing, and refill whites with mixture. Arrange on lettuce leaves, garnish with thin slices of radish overlapping each other and a radish cut to represent a tulip or rose.

#### EGG SALAD II

Separate yolks and whites of hard-cooked eggs. Finely chop whites and mix with twice as much shredded lettuce or chopped celery. Moisten with French or boiled dressing. Arrange on lettuce leaves and pile yolks, forced through a strainer, in the center.

#### EGG SALAD III

6 hard-cooked eggs	6 lettuce leaves
6 tbsp. salad dressing	2 c. shredded lettuce

Cut eggs lengthwise and remove yolks. Cut white in strips shaped as daisy petals. Shred lettuce and mix lettuce and

yolk each with a little salad dressing. Pile shredded lettuce on lettuce leaf, arrange over it the white cut in strips as daisy petals, and pile yolk in center.

#### SALMON SALAD

2 c. cold boiled or canned salmon  
 $\frac{1}{2}$  c. chopped celery  
 1 hard-cooked egg

Mix salmon, celery, and French or mayonnaise dressing. Arrange on lettuce leaves and garnish with hard-cooked egg.

#### SWEETBREAD AND CUCUMBER SALAD

2 c. cold, cooked sweet-breads  
 2 c. cucumber  
 Salt  
 Pepper  
 Salad dressing

Cut sweetbreads and cucumbers in  $\frac{1}{2}$ -inch cubes. Mix, season with salt and pepper, and moisten with dressing. Arrange in nests of lettuce leaves or in cucumber cups. Serve with boiled salad dressing or mayonnaise.

Diced chicken may be substituted for the sweetbreads.

To prepare cucumber cups, pare cucumbers, remove thick slices from each end, and cut in halves crosswise. Take out centers, put cups in cold water and let stand until crisp; drain and dry for refilling. Small cucumbers may be pared, cut in halves lengthwise, centers removed, and cut pointed at ends to represent a boat.

#### CHICKEN SALAD

$1\frac{1}{2}$  c. cold chicken  
 1 c. chopped celery  
 1 tbsp. capers

Mix ingredients lightly with mayonnaise or boiled salad dressing. Pile on lettuce leaves and garnish with capers and thin slices of pickle. Serve with salad dressing.

#### CREAM CHEESE SALAD

Philadelphia cream cheese  
 Lettuce  
 Bar le Duc currants

Press the cheese through a ricer onto the lettuce. Dot with the Bar le Duc currants and serve with French dressing.

**LETTUCE SALAD WITH CHEESE BALLS**

2 pkgs. Neufchatel cheese	2 tbsp. pecans, chopped
$\frac{1}{2}$ tsp. onion juice	$\frac{1}{4}$ tsp. salt
2 tbsp. lemon juice	$\frac{1}{4}$ tsp. paprika
1 tbsp. parsley	

Mix all the seasonings with the cheese. Make into small balls with butter paddles, and serve with head lettuce covered with French dressing. For variation do not put the parsley into the balls but chop more of it very fine and roll the balls in it very lightly.

## SANDWICHES

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The original meaning of the word sandwich was "two slices of bread with meat between." Sandwiches are classified according to the kind of material used for filling. Savory sandwiches are made of crackers, pastry, or any kind of bread. Sweet sandwiches are made of cake, lady fingers, macaroons, sweet wafers, crackers, pastry, or any kind of bread. The filling for a sandwich is made of any material that is appropriately eaten with the cover.

### GENERAL SUGGESTIONS

Bread for sandwiches cuts better when it is a day old. Fresh bread is better for rolled sandwiches. The slices should be cut as thinly as possible, and the crusts removed. Cream the butter and spread the bread evenly and smoothly. When the sandwiches are to be cut with fancy cutters, shape the bread before spreading. Carefully spread the filling on one slice of the bread. Lay the second slice on it. When meat is used alone for filling, the pieces should be shaved very thin. Use more than one piece in each sandwich. If it is necessary to make the sandwiches several hours before serving, they may be kept fresh and moist by wrapping in a cloth which has been wrung as dry as possible out of hot water. Paraffin paper is often used for the same purpose. Keep the wrapped sandwiches in a cool place until ready to serve.

### BREAD AND BUTTER SANDWICHES

Cut thin slices of brown or white bread in desired shapes. Spread with butter. Press together.

### RIBBON SANDWICHES

Cut two slices each of white and whole-wheat bread  $\frac{3}{4}$  inch thick. Butter liberally one of each on one side, and one of each on both sides. Press together alternately, leaving the



unbuttered sides on top and bottom. Chill until the butter is set. Then cut down through in slices  $\frac{3}{4}$  inch thick.

#### CHECKERBOARD SANDWICHES

Butter four ribbon sandwiches liberally, two on both sides and two on one side. Press together as ribbon sandwiches so that the end shows the whole-wheat strip directly over a white strip. Chill to harden butter, then cut  $\frac{3}{4}$ -inch slices from the ends.

#### SANDWICH ROLLS

Wrap bread as it is taken from the oven closely in a towel wrung out of cold water, cover with several thicknesses of dry cloth and set aside about 4 hours. Cut away the crust, and with a thin, sharp knife cut the loaf in slices as thin as possible. Spread with butter, and roll the slices very closely. Tie with ribbon if desired.

#### LETTUCE SANDWICHES

Butter thin slices of bread. Lay a crisp, tender lettuce leaf on one slice, spread with thick boiled salad dressing, cover with lettuce leaf, and press another slice of bread over it. A lettuce leaf is an appetizing addition to many varieties of sandwiches.

#### NASTURTIUM SANDWICHES

Butter thin slices of bread. Lay a crisp, tender nasturtium leaf on one slice, spread with thick boiled salad dressing. Cover with nasturtium leaf, and press another slice of bread over it. A nasturtium leaf is an appetizing addition to many varieties of sandwiches.

#### WATERCRESS SANDWICHES

Marinate watercress with French dressing. Place between thin, buttered slices of bread.

#### RAW BEEF SANDWICHES

Scrape beef as for beef balls. Season with salt. Spread between thin slices of bread.

## CHICKEN SANDWICHES

Force cold cooked chicken through a food cutter and moisten with mayonnaise or with boiled salad dressing, or season with salt and pepper and moisten with rich chicken stock. Chopped parsley, celery salt or onion juice may be used for seasoning. Spread between thin, buttered slices of bread.

## HAM OR TONGUE SANDWICHES

1 c. ground meat	1 pimento
4 sweet spiced pickles	

Trim fat from ham, grind all together, and spread between thin slices of buttered bread. Moisten with salad dressing if desired.

## GROUND HAM SANDWICHES

Trim fat from the ham, force it through a food cutter. Season with catsup, Worcestershire sauce, and Tabasco sauce. Mix with salad dressing. Spread between thin slices of buttered bread.

## HAM AND EGG SANDWICHES

$\frac{1}{2}$ c. lean ham	2 tbsp. boiled salad dressing
2 tbsp. fat ham	4 hard-cooked egg yolks
$\frac{1}{3}$ c. butter	$\frac{1}{2}$ tsp. prepared mustard
1 tsp. chopped capers	

Force the meat through a food cutter, add the seasoning and eggs, and mash all together to a smooth paste. Spread between thin slices of buttered bread.

## EGG SANDWICHES

Chop the whites of hard-cooked eggs. Force the yolks through a sieve. Season and moisten with salad dressing. Spread between thin slices of buttered bread.

## SARDINE SANDWICHES

6 sardines	Lemon juice
6 hard-cooked egg yolks	Paprika
3 tbsp. butter	Salt

Remove the bones from the sardines, mash fine with the yolks of eggs and the butter. Season to taste with the lemon juice, paprika, and salt. Hollandaise sauce may be substituted

for the butter and lemon juice. Spread between thin slices of buttered bread.

#### CHEESE AND OLIVE SANDWICHES

Cream cheese or grated American cheese may be used. Mix with chopped olives or chopped pimentos and sufficient boiled salad dressing to make it of the right consistency to spread. Additional seasoning may be used if needed. Spread between thin slices of buttered bread.

#### RUSSIAN SANDWICHES

Spread thin slices of buttered bread with any cream cheese. Spread an equal number of slices with fine-chopped olives and pimentos mixed with mayonnaise dressing. Press together in pairs with a crisp heart leaf of lettuce between each pair. Serve while the lettuce is fresh.

#### CLUB SANDWICHES

Arrange on slices of bread thin slices of cooked bacon, cover with slices of cold roast chicken, and cover chicken with mayonnaise dressing. Cover with slices of bread.

#### PEANUT SANDWICHES

Shell and finely grind peanuts. Mix with salt and salad dressing. Spread between thin slices of buttered bread.

#### RAISIN SANDWICHES

1 c. raisins  
¼ c. sugar

½ c. English walnuts

Chop the raisins and stew until soft; add the sugar and cook until the juice is well thickened. Add the nuts, chopped, and mix well. Spread between thin slices of buttered bread, either brown or white.

#### DATE, FIG OR PRESERVED GINGER SANDWICHES

½ c. dates, figs, or preserved  
ginger, chopped fine  
½ c. English walnut meats,  
chopped fine

½ c. cream  
1 tbs. lemon juice

Mix and spread between thin slices of buttered bread, either brown or white.

**CHOCOLATE SANDWICHES**

Sweetened or unsweetened chocolate may be used, the latter being sweetened to taste by the addition of sugar. Melt the chocolate. Add a small amount of water, and cook until smooth and glossy. Add chopped nuts if desired, and spread between thin slices of buttered bread. Lady fingers or other suitable cakes may be used instead of bread.

**WHIPPED-CREAM SANDWICHES**

Spread between thin slices of cake a filling made of whipped cream which has been sweetened and flavored.

Candied cherries and nuts or nuts alone may be chopped and added to the whipped cream.

## DESSERTS

### CHOCOLATE BREAD PUDDING

$\frac{1}{2}$ c. stale bread crumbs	1 egg
1 c. scalded milk	Spk. salt
$\frac{1}{2}$ sq. chocolate	Few drops vanilla
3 tbsp. sugar	$\frac{1}{8}$ tsp. cinnamon

Soak bread in milk. Melt chocolate, add sugar and enough milk taken from bread and milk to make of consistency to pour. Combine bread and milk, chocolate mixture, salt, vanilla, and egg, slightly beaten. Turn into buttered pudding dish and bake in moderate oven. Serve with hard or cream sauce.

### ORANGE BREAD PUDDING

$\frac{1}{2}$ c. stale bread crumbs	$\frac{1}{2}$ c. orange juice
$\frac{1}{4}$ c. milk	3 tbsp. sugar
Grated peel of 1 orange, if desired	1 egg

Soak bread in milk. Add orange juice, sugar, and egg yolk. Fold in stiffly beaten white. Bake in individual molds set in hot water. Serve with or without hard sauce.

### CHOCOLATE CORNSTARCH MOLD

1 c. milk	$1\frac{1}{2}$ tbsp. cornstarch
$\frac{1}{2}$ sq. chocolate	Spk. salt
3 tbsp. sugar	$\frac{1}{4}$ tsp. vanilla

Melt chocolate. Add to hot milk and complete as a sauce. Pour into wet molds. When cold, unmold and serve with cream and sugar or whipped cream.

### IRISH MOSS JELLY

$\frac{1}{2}$ c. Irish moss	4 tbsp. lemon or orange juice
4 figs	$\frac{1}{2}$ c. sugar
2 c. boiling water	

Soak, pick over and wash the moss. Cut figs in strips. Add moss and figs to boiling water. Simmer about 20 minutes, or until thick when dropped on a cold plate. Add lemon juice and sugar. Strain into cold, wet mold.

**IRISH MOSS BLANC MANGE**

$\frac{1}{4}$  c. Irish moss  
Spk. salt

1  $\frac{3}{4}$  c. milk  
 $\frac{1}{4}$  tsp. vanilla

Soak moss in cold water about 15 minutes. Put into double boiler with milk. Cook until it thickens when dropped onto a cold plate. Add salt, strain, and flavor.

**JUNKET PUDDING**

1 rennin tablet  
4 c. milk  
 $\frac{1}{2}$  c. sugar

1 tsp. water  
Vanilla

Dissolve rennin tablet in the water. Dissolve sugar in milk, add vanilla and heat to body temperature. Add rennin solution, turn into wet mold, and allow to remain undisturbed at room temperature until firm. Unmold and serve immediately with sugar and cream.

**LEMON SOUFFLE**

1 egg  
3 tbsp. sugar

1 tbsp. lemon juice

Beat yolk until thick and lemon colored and add sugar gradually. Add lemon juice. Fold in white of egg beaten stiff and dry. Pour into buttered baking dish and bake, set in pan of boiling water.

**CHOCOLATE SOUFFLE**

Follow directions given under sauces. For flavoring use 2 squares of chocolate and  $\frac{1}{2}$  cupful of sugar to 1 cupful of milk.

**LEMON CREAM**

1 egg  
1 tbsp. sugar

1  $\frac{1}{2}$  tbsp. lemon juice  
Spk. salt

Beat yolk of egg slightly, add sugar, lemon juice, and salt, then cook over hot water until mixture thickens slightly. Fold in stiffly beaten white of egg. Turn into a glass and chill. Serve with lady fingers.

**ORANGE CREAM**

1 egg  
3 tbsp. sugar  
2  $\frac{1}{2}$  tbsp. orange juice

1 tsp. lemon juice  
Spk. salt

Prepare as lemon cream.

## IMPERIAL PUDDING

## Part I

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

1 qt. boiling water

## Part II

$\frac{1}{2}$  c. cold water  
2 tbsp. gelatin  
 $\frac{1}{4}$  c. hot milk  
1 pt. whipped cream

$\frac{1}{2}$  tsp. salt  
1 c. sugar  
Flavoring

Part I. Wash the rice, cook in the boiling water until it boils hard; then drain off the water, add the milk, and cook 1 hour in a double boiler.

Part II. Swell gelatin in water. Add the hot milk, strain, add salt and sugar. Stir in the rice. Stir until the mixture thickens. Add flavoring and whipped cream. Pour into a buttered mold. When cold serve with plain whipped cream or cream colored with fruit juice.

## STEAMED TAPIOCA

2 tbsp. tapioca  
1 c. milk  
2 tbsp. sugar

1 egg  
Spk. salt  
10 drops vanilla

Put tapioca in cold milk, add sugar and salt and cook 1 hour in double boiler. Pour over beaten egg. Return to boiler and complete as a steamed custard.

## CREAM TAPIOCA PUDDING

1 egg  
3 tbsp. tapioca  
1 c. sugar

6 tbsp. coconut  
3 tbsp. powdered sugar

Soak tapioca over night. Cook  $\frac{1}{2}$  hour. Add egg yolks, slightly beaten, sugar, and half the coconut, and cook 10 minutes. Pour into dish. Beat egg whites stiff, add powdered sugar and pour over top. Sprinkle remainder of coconut over all and set in oven to brown.

## CHOCOLATE TAPIOCA

$1\frac{1}{2}$  c. milk  
5 tbsp. minute tapioca  
5 tbsp. sugar

Spk. salt  
 $\frac{3}{4}$  sq. chocolate  
10 drops vanilla

Melt chocolate in double boiler. Scald milk and add to chocolate. Add tapioca, sugar, and salt and cook until granules are clear and milk is absorbed. If more liquid is needed,

add by the tablespoonful. Add vanilla. Pour into wet molds. Chill, unmold, and serve with hard sauce.

## FRUIT TAPIOCA

2 tbsp. pearl tapioca	Spk. salt
2 c. water	2 c. cooked fruit
$\frac{3}{4}$ c. sugar	

Soak tapioca over night in 1 c. cold water. In the morning add the other cupful of cold water and the salt. Cook over direct heat 10 minutes. Put into a double boiler and cook until clear. Add sugar and fruit. Chill, and serve with whipped cream.

## INDIAN PUDDING

$\frac{1}{4}$ c. scalded milk	2 tbsp. molasses
1 tbsp. Indian meal	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ c. cold water	$\frac{1}{4}$ tsp. cinnamon
2 tbsp. sugar	$\frac{1}{8}$ tsp. ginger
$\frac{1}{2}$ egg	2 tbsp. milk

Mix Indian meal with cold water and add to scalded milk. Cook 20 minutes. Add other ingredients except cold milk. Pour into buttered baking dish and bake in moderate oven  $\frac{1}{2}$  hour. Pour on 2 tablespoonfuls of milk and bake 2 hours longer without stirring.

## LINCOLN SNOWBALLS

1 c. rice	5 or 6 small apples
1 tsp. salt	

Steam rice until soft. Core and pare the apples. Have ready 5 or 6 pieces of cheesecloth about 10 inches square. Dip into hot water and wring. Lay one at a time on a plate and spread with a layer of cooked rice about  $\frac{1}{8}$  inch thick. Place an apple in center, fill center with rice, and draw cloth around apple, being careful to cover it with the rice. Tie the cloth rather tight. Place in steamer and cook 20 or 30 minutes, or until apples are soft. The apples may be steamed 5 or 10 minutes before putting them into the rice. Apricots or peaches may be used. Serve with soft custard or pudding sauce.

## APPLE FRITTERS

$1\frac{1}{4}$ c. flour	2 medium-sized sour apples
1 tbsp. olive oil or melted butter	$\frac{3}{4}$ c. milk
$\frac{1}{4}$ tsp. salt	1 egg



Mix and sift dry ingredients, add milk gradually, and egg beaten slightly. Add olive oil or melted butter. Pare, core and cut apple in slices. Dip into batter. Fry, drain, and sprinkle with powdered sugar.

#### DUTCH APPLE CAKE

Make as directed for shortcake II. Spread the mixture  $\frac{1}{2}$  inch thick in a shallow baking tin. Wipe, quarter, core, and pare 4 sour apples. Cut each quarter into halves lengthwise, place them in parallel rows on the top of the mixture, the sharp edge down. Sprinkle the apples with 2 tablespoonfuls of sugar mixed with  $\frac{1}{2}$  teaspoonful of cinnamon. Bake in hot oven 25 to 30 minutes, or until the apples are soft. Serve with lemon sauce or whipped cream.

#### DATE ROLLS

Roll biscuit dough  $\frac{1}{2}$  inch thick and spread with date paste. Roll as a jelly roll, cut in slices 1 inch thick. Place cut side down in a buttered tin far enough apart to allow them to swell while baking, and bake in a hot oven. These may be served as a roll or with a sauce.

#### APPLE ROLL

Pare and chop the apples. Roll biscuit dough in an oblong about  $\frac{1}{2}$  inch thick, and spread with the apple. Sprinkle the apple with sugar and nutmeg. Roll as a jelly roll, cut in slices 1 inch thick and place cut side down in a buttered tin far enough apart to allow them to swell while baking. Bake in a hot oven and serve with a sauce.

#### BAKED FRUIT DUMPLINGS

Make a dough as directed for biscuits, using a little less milk, and a little more shortening if desired. Roll  $\frac{1}{4}$  inch thick. Cut in squares large enough to cover an apple or other fruit. (Large fruit left whole should be previously cooked 5 to 10 minutes.) Place the fruit in the middle of the dough, sprinkle with sugar and cinnamon or nutmeg. Moisten the edges of the dough with cold water or milk, and fold so that the corners will meet in the center. Press the edges together gently. Place in an oiled tin, adding a small amount of water,

and bake in a rather hot oven until the crust and fruit are cooked. Dumplings may also be cooked in a buttered steamer, when a longer time will be required. Serve with a sweet sauce.

#### SHORTCAKE I

Add to the ingredients for biscuits 1 to 3 tablespoonfuls of shortening and 1 tablespoonful of sugar. Mix as for biscuits. Divide the dough into 2 equal parts and shape one portion to fit a square or round tin. Brush the top lightly with melted butter. Shape the second portion of dough and place over the first. Bake in hot oven. After baking, separate the layers, put crushed and sweetened fruit on one layer, and place the other layer over it. More fruit may be placed on top if desired. Serve with plain or whipped cream, adding it just before serving. The two layers may be baked in separate tins. Any shortcake mixture may be prepared for individual service by shaping with a large biscuit cutter.

#### SHORTCAKE II

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

Sift salt, baking powder and flour together. Cut shortening into it. Add egg yolk to mixture. Add milk. Fold in stiffly beaten white of egg. Follow directions for baking shortcake I.

#### CHARLOTTE RUSSE

Line a sherbet glass with lady fingers. Fill with sweetened whipped cream and garnish with angelica made into stems and leaves, using candied cherry for flower; with nut meats chopped fine; or raisins.

Or, pin steamed sponge cake together with toothpicks and fill with whipped cream mixed with nut meats, and decorate top with strips of cake and candied cherry.

Thin cream may be used, stiffened with gelatin and beaten.

#### CALLAS

3 eggs	1 tsp. baking powder
1 c. sugar	2 tbsp. cold water
1 c. flour	

Beat eggs slightly, add sugar. Sift baking powder with flour and add to egg and sugar mixture. Add water. Bake in thin layers on a baking sheet. When done cut in 4-inch squares, remove from tin, and roll each square in the shape of a funnel by bringing the diagonal corners together. Hold in place until cool; fill with sweetened whipped cream; garnish the center of the cream with a bit of egg yolk and sugar, mixed together to represent a calla lily stamen.

#### ORANGE SNOW

1 egg white  
 $\frac{1}{4}$  c. orange juice

2 tbsps. crushed ice

Beat egg until stiff and dry, add orange juice slowly. Fold in crushed ice and serve at once.

#### APPLE SNOW

Wipe, pare, core and quarter 1 sour apple. Steam until soft and rub through a sieve. There should be  $\frac{1}{4}$  cupful of apple pulp. Beat white of 1 egg until stiff, using a silver fork. Sweeten apple pulp to taste and add gradually to beaten white of egg, continuing the beating. Pile lightly on glass serving dish, chill, and serve with cream or steamed custard.

#### PEACH SNOW

Wipe and remove skin from 1 peach. Force pulp through a sieve, and if there is much juice, drain. Beat the white of 1 egg until stiff, using a silver fork. Add peach pulp gradually while continuing the beating. Sweeten with powdered sugar, pile on glass dish, chill, and serve with steamed custard or cream.

#### SUET PUDDING I

$\frac{1}{2}$  c. suet  
 $\frac{1}{2}$  c. molasses  
 Spk. salt  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. cloves

$\frac{1}{2}$  c. sour milk  
 $\frac{1}{4}$  tsp. soda  
 1 c. flour  
 $\frac{1}{4}$  c. raisins  
 $\frac{1}{4}$  c. currants

Chop suet fine. Wash and dry currants and raisins. Cut raisins. Sprinkle suet, raisins and currants with flour. Mix milk and molasses. To it add fruit and suet. Mix and sift all dry ingredients and add to milk mixture. Pour into buttered mold and steam 3 hours. Serve hot with hard sauce.

## SUET PUDDING II

1 c. finely chopped suet	1 ½ tsp. salt
1 c. molasses	¼ tsp. ginger
1 c. milk	½ tsp. cloves
3 c. flour	½ tsp. nutmeg
1 tsp. soda	1 tsp. cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures. Turn into buttered mold, cover, and steam 3 hours. Serve with sterling sauce. Raisins and currants may be added.

## STEAMED CHOCOLATE PUDDING

1 tbsp. butter	¼ tsp. salt
¼ c. sugar	1 ½ tsp. baking powder
1 egg	¾ c. flour
½ c. milk	¾ sq. chocolate

Mix as a butter cake. Pour into small buttered molds and steam 1 hour. Serve with vanilla sauce.

## WASHINGTON PIE

¾ c. sugar	1 tsp. vanilla
½ c. butter	¼ c. milk
2 eggs	1 ½ c. flour
1 ½ tsp. baking powder	

Mix as a butter cake. Bake in 2 layers. Put cream filling between layers and sprinkle top with powdered sugar.

## PORCUPINE PUDDING

¼ c. heavy cream	1 tsp. powdered sugar
4 drops vanilla	8 almonds

Whip, sweeten and flavor cream. Blanch almonds, brown in butter and wipe each with soft paper. Pile cream on a dish and garnish with almonds, leaving pointed ends exposed.

## DATE PUDDING I

½ lb. dates	1 lb. nuts
5 egg whites	3 tsp. baking powder
1 c. sugar	

Beat eggs stiff and dry. Mix baking powder with sugar and fold into the egg whites. Stone and chop dates. Shell and chop nuts. Fold into sugar and egg. Bake in a buttered tin 20 to 30 minutes.

## DATE PUDDING II

9 tbsp. cracker crumbs	$\frac{1}{2}$ lb. dates
2 tbsp. baking powder	6 eggs
1 lb. unshelled English walnuts	1 $\frac{1}{2}$ c. sugar

Beat yolks until light and creamy. Add sugar, chopped nuts, dates, and cracker crumbs. Beat whites stiff and to them add the baking powder. Then carefully fold the whites into the other ingredients. Bake in a shallow buttered tin in a very slow oven from 30 to 45 minutes. When done, cut in inch cubes and serve with whipped cream in frappe glasses.

## STEAMED FIG PUDDING

1 c. dark molasses	1 tsp. soda
1 c. chopped suet	1 c. sour milk
2 c. chopped figs	2 eggs
1 tsp. cinnamon	2 $\frac{1}{2}$ c. flour
$\frac{1}{2}$ tsp. nutmeg	

Mix together molasses, suet, figs, and spices. Add soda and milk. Add eggs, well beaten, and flour gradually. Beat all thoroughly and fill a well-oiled mold three-fourths full. Steam two hours. Serve with sterling sauce garnished with whipped cream.

## STEAMED FRUIT PUDDING

$\frac{1}{4}$ c. butter	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. sugar	2 egg whites
$\frac{1}{4}$ c. milk	About 2 $\frac{1}{4}$ c. flour, or enough
2 tsp. baking powder	to make stiff drop batter

Mix as a butter cake. Partly fill buttered molds with jelly or preserved fruit. Pour batter on the fruit and steam  $\frac{1}{2}$  hour. Serve with a pudding sauce.

## CUSTARDS

Custards are combinations of milk and egg sweetened and flavored. Because of the protein present they should be cooked at a low temperature. This is accomplished by steaming or by baking in molds set in pans of water. Custards are classified according to the method of preparation. There are two kinds, steamed and baked.

To combine a steamed custard, scald the milk and pour it over the egg which has been beaten with the sugar and salt.

Return the mixture to the double boiler and steam, stirring constantly until done. Add the flavoring just before removing from the fire.

**To combine a baked custard**, beat the egg with the sugar and salt. Add the cold milk and flavoring. Pour into molds, set in pans of water and bake until done.

**To test a steamed custard**, lift the spoon from the mixture. If the spoon is coated the custard is done.

**To test a baked custard**, insert a knife. If it comes out clean the custard is done.

#### GENERAL SUGGESTIONS

The following suggestions will prove helpful in making a steamed custard. Do not mix much sugar with little egg, as it makes yellow threads through the liquid. Do not beat the eggs too light or a porous custard will be formed. Pour the milk over the beaten egg to avoid lumping. To keep a custard smooth and to avoid lumping, stir constantly. If a custard is cooked too long it will curdle. A curdled custard may be made smooth by beating with a Dover beater, or by pouring the mixture from one dish to another. When a custard is done, remove it from the heat at once to prevent overcooking. A custard should be stirred occasionally while cooling to prevent the formation of a coating. A custard is more delicate if flavored while hot, but more flavoring is required. In making custards the following substitutes may be used. Two egg yolks will thicken as much as one egg and will make a smoother custard. Two egg whites in place of one egg makes a white custard. Cornstarch may be substituted for egg, or flour and egg may be used instead of egg alone. Three-fourths tablespoonful of cornstarch or one tablespoonful of flour will thicken as much as one egg. To make a thicker custard increase the proportion of egg to milk. To make a custard which is to be used as a sauce decrease the proportion of egg to milk.

**STEAMED CUSTARD**

1 c. milk	Spk. salt
1 egg	10 drops vanilla
2 tbsp. sugar	

Follow general directions for a steamed custard.

**STEAMED CARAMEL CUSTARD**

1 c. milk	1 tbsp. sugar
1 egg	2 tbsp. sugar, caramelized,
Spk. salt	or 1 tbsp. caramel syrup
10 drops vanilla	

Dissolve caramelized sugar or caramel syrup in the milk. Complete as a steamed custard.

**STEAMED CHOCOLATE CUSTARD**

$\frac{1}{2}$ sq. or oz. chocolate	1 tbsp. water
1 c. hot milk	3 tbsp. sugar
1 egg	Spk. salt
Spk. salt	10 drops vanilla

Cook the chocolate with 1 tablespoonful of sugar in the water until glossy. Add the milk. When well mixed complete as a steamed custard.

**BAKED CUSTARD**

1 c. milk	Spk. salt
2 eggs	10 drops vanilla
2 tbsp. sugar	

Follow general directions for a baked custard.

**BAKED CARAMEL CUSTARD**

1 c. milk	1 tbsp. sugar
2 eggs	Spk. salt
2 tbsp. caramelized sugar	10 drops vanilla
or 1 tbsp. caramel syrup	

Dissolve caramelized sugar in the milk. If caramelized sugar is used the milk must be hot. Complete as a baked custard.

For variation, spread the caramelized sugar over the inner surface of the mold, and allow it to harden. Add custard mixture and bake. When unmolded the caramel will form a sauce.

**BAKED CHOCOLATE CUSTARD**

½ sq. or oz. chocolate	3 tbsp. sugar
1 c. hot milk	Spk. salt
2 eggs	10 drops vanilla

Cook the chocolate with 1 tablespoonful of sugar in the water until glossy. Add the chocolate to the milk. When thoroughly mixed cool and complete as a baked custard.

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**GELATIN**

Gelatin is a substance extracted from the bones and tendons of animals. It will swell in cold water and after swelling will dissolve with heat. This dissolved solution when added to liquids will solidify them upon cooling. Prolonged boiling destroys the gelatinizing property of gelatin. When heated to or near the boiling point a disagreeable odor and flavor is produced.

**GENERAL DIRECTIONS FOR THE USE OF GELATIN**

Swell the gelatin in cold water, then dissolve it either by adding it to the hot liquid, adding the hot liquid to it, or by placing over hot water. Stir the gelatin until all is dissolved. When partially set, air may be incorporated into a gelatin mixture by beating. This beaten gelatin is improved if the juice of one lemon is added for each quart of liquid. This is known as acidulated gelatin.

**To mold gelatin dishes,** dip the mold in cold water, pour the solution into the mold, and stand in a cold, level place until firm.

**To unmold gelatin,** run the point of a knife around the edge of the mold, dip in warm water, place inverted serving plate on top, turn both over, and lift the mold carefully.

**To decorate a mold,** prepare the gelatin solution. Bits of fruit, nuts, hard-cooked eggs, meat or vegetables can be used for decoration. Arrange these on a plate to form a design. Pour a thin layer of gelatin solution into a wet mold. When set, rearrange the design with inverted materials on the layer of gelatin, sticking each bit in place with a drop of the solution. Pour in a little more liquid to set the design. Be careful not



to float the design. When a design is to be placed on the sides of the mold, dip the pieces used in decorating in the solution before placing against the sides of the mold. First add a little solution to set the base of the design and then gradually fill the mold.

**For double molding in gelatin,** select two molds similar in shape, one an inch or more larger than the other. Set the larger mold in a pan of ice and water. Pour in the liquid gelatin until it is about one inch deep. Garnish with a design if desired. When firm, place the smaller mold filled with ice and water exactly in the center. Pour the remaining liquid gelatin around the small mold. When firm, dip the ice and water from the small mold, fill with lukewarm water, and lift it out quickly. Fill the open space with a sponge or bavarian. When firm, cover if desired with a layer of plain gelatin.

**General proportions used.**—One-half cupful of liquid is usually allowed each individual. Use  $\frac{1}{2}$  box, 1 ounce or 2 tablespoonfuls of granulated gelatin to 4 cupfuls of water. In hot weather or when fruit is to be used in the mold, more gelatin is required. Allow 2 tablespoonfuls of gelatin to 3 cupfuls of liquid. The larger the proportion of gelatin the sooner it sets. Too much gelatin gives the mixture a disagreeable taste and also makes it tough.

#### LEMON JELLY

$1\frac{1}{2}$  tbsp. gelatin  
 $\frac{1}{2}$  c. cold water  
 $1\frac{1}{4}$  c. boiling water

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

Swell gelatin with  $\frac{1}{2}$  cupful of cold water and dissolve sugar in lemon juice and remaining water. Combine mixtures. Strain into wet molds and chill until firm. Unmold and serve.

#### ORANGE JELLY

$1\frac{1}{2}$  tbsp. gelatin  
 $\frac{1}{2}$  c. cold water  
 $1\frac{1}{4}$  c. water

1 c. orange juice  
 $\frac{1}{4}$  c. lemon juice  
 $\frac{1}{8}$  c. sugar

Make as lemon jelly.

#### ORANGE BASKETS WITH JELLY

Cut 2 pieces from each orange, leaving what remains in the shape of a basket with a handle, and remove pulp from

basket and pieces. Cut edge of basket in points, using scissors, and keep baskets in ice water until ready to serve. Strain juice from pulp and follow recipe for orange jelly. Turn into a cold, wet, shallow dish, chill, cut in cubes, and fill baskets. Serve on a bed of crushed ice.

## COFFEE JELLY

1 1/2 tbsp. gelatin	1/4 c. sugar
1/4 c. cold water	2 c. liquid coffee
2/3 c. water	

Make as lemon jelly.

## IVORY JELLY I

1 1/2 tbsp. granulated gelatin	1/4 c. sugar
1/2 c. cold milk	1/4 tsp. salt
2 1/2 c. scalded milk	3/4 tsp. vanilla

Swell gelatin in cold milk and dissolve in scalded milk. Add sugar, salt, and vanilla. Strain into mold and chill.

## IVORY JELLY II

1 1/2 tbsp. granulated gelatin	1/4 c. sugar
1/2 c. cold water	1/4 tsp. salt
1 3/4 c. scalded milk	3/4 tsp. vanilla
3/4 c. heavy cream	

Swell gelatin in cold water and dissolve in scalded milk. Add sugar and salt, and when cool, heavy cream and vanilla. Stir occasionally until mixture thickens, and mold.

## LEMON SPONGE OR SNOW PUDDING

1 1/2 tbsp. granulated gelatin	1/2 c. lemon juice
1/4 c. cold water	3/4 c. sugar
1 1/4 c. boiling water	3 egg whites

Prepare as lemon jelly. Cool until it begins to thicken. Beat thoroughly, add stiffly beaten whites, and beat until it will hold its shape. Pile in dish or mold and serve cold with custard.

## ORANGE SPONGE

1 tbsp. granulated gelatin	1/4 c. lemon juice
1/4 c. cold water	1/2 c. sugar
1 c. boiling water	3 egg whites
1/2 c. orange juice	

Make as lemon sponge.

**COFFEE SPONGE**

1 tbsp. gelatin	2 tbsp. lemon juice
$\frac{1}{4}$ c. cold water	1 c. strong coffee
$\frac{3}{8}$ c. boiling water	3 egg whites
$\frac{1}{2}$ c. sugar	

Make as lemon sponge.

**COCOA CREAM**

1 tbsp. cocoa	1 tbsp. granulated gelatin
3 tbsp. sugar	$\frac{1}{4}$ c. cold water
$\frac{1}{8}$ tsp. salt	3 eggs
1 c. boiling water	$\frac{1}{2}$ tsp. vanilla
$1\frac{1}{2}$ c. milk	

Mix cocoa, sugar, and salt. Add gradually, while stirring constantly, boiling water. Let boil 1 minute, then add milk, and as soon as scalded add slowly to the yolks of eggs, slightly beaten. Cook over hot water until mixture thickens, stirring constantly. Swell gelatin in cold water, add hot mixture, and stir until dissolved. Strain, set in pan of ice water, stir occasionally, and when quite thick fold in the whites of the eggs, beaten stiff, and the vanilla. Mold, chill, and serve.

**STRAWBERRY BAVARIAN**

$1\frac{1}{2}$ c. heavy cream	$\frac{1}{2}$ c. cold water
$\frac{3}{4}$ c. sugar	12 whole strawberries for decorating
$1\frac{1}{2}$ c. crushed strawberries	
1 tbsp. gelatin	

Make as lemon sponge, using the whipped cream in place of the beaten egg whites.

**ORANGE BAVARIAN**

$1\frac{1}{2}$ c. heavy cream	$\frac{1}{2}$ c. cold water
$\frac{3}{4}$ c. sugar	A few sections of orange for decorating
$1\frac{1}{2}$ c. orange juice and pulp	
1 tbsp. gelatin	

Make as strawberry bavarian.

**GINGER CREAM**

$1\frac{1}{4}$ tbsp. granulated gelatin	1 pt. whipped cream
$\frac{1}{2}$ c. cold water	$\frac{1}{2}$ tsp. salt
1 pt. milk	$\frac{1}{2}$ tbsp. ginger syrup
4 eggs	$\frac{1}{4}$ c. stem ginger, cut fine
$\frac{1}{2}$ c. sugar	

Make a steamed custard of milk, eggs, sugar, and salt. Add ginger and complete as strawberry bavarian.

**MARSHMALLOW PUDDING**

1 tbsp. granulated gelatin	1 c. sugar
¼ c. cold water	3 egg whites
1 c. boiling water	1½ tsp. vanilla

Make as lemon sponge. Turn into a shallow pan and let stand until thoroughly chilled. Remove from pan and cut into inch cubes. Roll in powdered sugar or powdered macaroons and serve with hot or cold chocolate sauce.

**FROZEN DESSERTS**

Frozen desserts are to many the most acceptable of any that can be served. With suitable utensils that are easily obtained they may be made requiring no more time or effort than many other desserts. The term frozen desserts includes ices, ice creams, and frozen puddings.

**Water ice** is fruit juice sweetened, diluted with water, and frozen.

**Granite** is water ice frozen with little stirring. It is rough and icy.

**Frappe** is a water ice frozen to the consistency of a mush.

**Sherbet** is water ice to which has been added gelatin or beaten egg white. Milk is sometimes used.

**Plain ice cream** is a frozen product made from cream and sugar with or without flavoring. Fruits or nuts may be added to give variety.

**A parfait** is plain ice cream flavored as desired, into which whipped cream has been folded before packing.

**A mousse** is a whipped cream, to which sugar and flavoring has been added, frozen in a mold. The whip from thin cream may be used and folded into a gelatin mixture.

**A frozen pudding** is a product made from cream or milk with sugar, eggs, nuts and fruits highly flavored.

See page 25 for syrup proportions.

**GENERAL SUGGESTIONS**

To prepare the freezer, scald the can. Fit the parts together to be sure they are in running order.

To prepare the pack, break the ice in small, uniform pieces.

The finer the ice the quicker will be the freezing. Allow 1 part of salt to 3 parts of ice for freezing, 1 part of salt to 4 parts of ice for packing frozen mixtures, and equal parts of salt and ice for freezing in the mold. Mix the ice and salt thoroughly.

**To fill the can,** fill three-fourths full. Space must be allowed for increase in bulk during freezing. If the can is over-crowded the mixture will have a coarse grain when frozen.

**To freeze the mixture,** pack the freezer around the can three-fourths of the way up with ice and salt. Pour the mixture into the can. Place the cover and finish packing. Turn the crank slowly and steadily to expose as large an amount of the mixture as possible to the surface of the can. Never drain off the salt water until the mixture is frozen unless there is a possibility of its getting into the can. The salt water effects the freezing by causing the ice to melt more rapidly. The heat required to melt the ice is drawn from the contents of the can.

**To pack after freezing,** draw off the water. Remove the dasher and pack the mixture solidly with a spoon. Place the cover and cork the opening. Repack in ice and salt, using 1 part of salt to 4 parts of ice.

**To mold,** choose a mold with a close-fitting cover. Chill the mold. It may be lined with paraffin paper. Fill the mold to overflowing to avoid air spaces. Cover, and seal the opening with a strip of buttered cloth. Pack the mold in ice and salt, using 1 part of salt to 4 parts of ice. If the mixture is to be frozen in the mold, it is necessary to use equal parts of ice and salt.

**To unmold,** wipe the outside of the mold and wrap it for a few minutes in a cloth wrung out of cool water. Remove the cover and unmold. Turn onto a serving dish.

#### LEMON ICE

$\frac{3}{4}$  c. cold water  
 $\frac{1}{4}$  c. lemon juice

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

Mix, strain, and freeze.

## ORANGE ICE

$\frac{1}{2}$  c. orange juice  
 $\frac{1}{2}$  c. water

1 tbsp. lemon juice  
 $\frac{1}{2}$  c. syrup

Mix, strain, and freeze.

## PINEAPPLE ICE

1 c. shredded pineapple  
 $\frac{3}{4}$  c. cold water

$1\frac{1}{2}$  tbsp. lemon juice  
 $\frac{3}{4}$  c. syrup

Mix, and freeze.

If fresh pineapple is used, add  $\frac{1}{4}$  cupful of syrup to the pineapple and water.

## PEACH ICE

$1\frac{1}{2}$  c. canned peaches  
 $2\frac{1}{2}$  c. water

3 tbsp. lemon juice  
 $\frac{3}{4}$  c. syrup

Rub peaches through sieve and combine with syrup, lemon juice, and water. Freeze.

## GRAPE ICE

1 c. grape juice  
 1 c. water  
 $\frac{1}{4}$  c. orange

2 tbsp. lemon juice  
 $\frac{3}{4}$  c. syrup

Mix, strain, and freeze.

## GRAPE FRAPPE

1 c. syrup  
 1 c. water

$\frac{1}{2}$  c. orange juice  
 2 tbsp. lemon juice

Mix and freeze, using equal parts of ice and salt.

## PINEAPPLE FRAPPE

1 c. syrup  
 2 c. shredded pineapple

$\frac{1}{2}$  c. lemon juice  
 2 c. water

Make as grape frappe.

## COFFEE FRAPPE

2 c. cold, strong coffee

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

Make as grape frappe.

## LEMON SHERBET

1 c. cold water  
 $\frac{3}{4}$  c. syrup

$\frac{1}{2}$  c. lemon juice  
 2 egg whites

Mix water, syrup, and lemon juice; strain, and partially freeze. Beat egg whites stiff, add to partially frozen mixture, and finish freezing.

**ORANGE SHERBET**

1 c. orange juice		$\frac{3}{4}$ c. syrup
$1\frac{1}{2}$ tbsp. lemon juice		2 egg whites
1 c. cold water		

Make as lemon sherbet.

**GRAPE SHERBET**

1 c. water		$\frac{1}{4}$ c. orange juice
$\frac{3}{4}$ c. sugar		2 tbsp. lemon juice
1 c. grape juice		2 egg whites

Make as lemon sherbet.

**LEMON MILK SHERBET**

2 c. milk		$\frac{1}{2}$ c. lemon juice
$\frac{1}{2}$ c. syrup		

Combine lemon juice and syrup, and gradually add the milk. If added too rapidly, or without constant stirring, the mixture will have a curdled appearance. Freeze.

**ORANGE CREAM SHERBET**

2 c. milk		$\frac{1}{2}$ c. lemon juice
2 c. thin cream		$3\frac{1}{2}$ c. orange juice
3 c. sugar		2 egg whites

Make fruit juice and sugar into a syrup. Cool. Add milk and cream gradually. Partially freeze. Beat egg whites stiff, add to partially frozen mixture, and finish freezing.

**GRAPE MILK SHERBET**

2 c. milk		$\frac{3}{4}$ c. syrup
$\frac{1}{2}$ c. grape juice		3 tbsp. lemon juice

Make as lemon milk sherbet.

**PLAIN ICE CREAM**

$1\frac{1}{2}$ c. thin cream		$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ c. syrup		Spk. salt

Mix and freeze. This is improved by addition of 1 egg.

**STRAWBERRY ICE CREAM**

1 c. milk		1 c. syrup
1 c. thin cream		2 c. strawberries

Crush strawberries, add syrup, and allow to stand 15 to 20 minutes. Strain, add milk and cream, and freeze.

**CHOCOLATE ICE CREAM**

1 sq. chocolate	$\frac{2}{3}$ c. sugar
$\frac{1}{4}$ c. boiling water	2 c. thin cream
$\frac{1}{2}$ tsp. vanilla	Spk. salt

Melt chocolate, add sugar, and cook with hot water until smooth and glossy. Add cream slowly, salt, and vanilla, and freeze.

**PLAIN CUSTARD ICE CREAM**

1 c. milk	Spk. salt
1 egg	2 c. thin cream
$\frac{1}{2}$ c. sugar	1 tsp. vanilla

Make a steamed custard. Cool. Add the cream and vanilla, and freeze.

**CARAMEL CUSTARD ICE CREAM**

1 c. milk	$\frac{1}{4}$ c. sugar, caramelized
1 egg or 2 egg yolks	1 c. thin cream
$\frac{1}{4}$ c. sugar	

Make a caramel steamed custard, cool, add cream, and freeze.

**MACAROON ICE CREAM**

1 pt. milk	1 pt. cream
3 eggs	$\frac{1}{2}$ lb. macaroons
2 c. sugar	1 tsp. vanilla
Spk. salt	

Make a steamed custard, cool, add the cream, the macaroons crushed fine, and the vanilla. Beat well and freeze.

**MAPLE PARFAIT**

4 eggs	1 pt. heavy cream
1 c. maple syrup	

Beat eggs slightly and slowly. Add maple syrup. Cook over hot water until the mixture thickens. Cool. Add cream, beaten until stiff. Put into molds, pack with equal parts of salt and ice, and let stand 3 hours.

**ANGEL PARFAIT**

1 c. sugar	1 pt. heavy cream
$\frac{3}{4}$ c. water	1 tsp. vanilla
3 egg whites	

Boil sugar and water to the soft-ball stage. Pour slowly onto the stiffly beaten whites and continue beating until



mixture cools. Add cream, beaten until stiff, and vanilla. Put into molds and pack with equal parts of salt and ice. Let stand 3 hours.

#### COFFEE PARFAIT

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

1 c. strong, cold coffee  
 1 pt. thick cream

Make a syrup by boiling sugar and coffee together for 5 minutes. Pour over the beaten yolks and cook in double boiler until it thickens like custard. Cool and add the cream, beaten until stiff. Put into mold and pack with equal parts of salt and ice. Let stand 3 hours.

#### MAPLE MOUSSE

$\frac{1}{2}$  c. maple syrup  
 1 c. heavy cream

10 drops vanilla

Boil syrup to the soft-ball stage. Cool and add gradually to whipped cream. Add vanilla, mold, pack with equal parts of ice and salt, and allow to stand 3 hours.

#### GRAPE MOUSSE

$\frac{1}{2}$  tbsp. gelatin  
 2 tbsp. cold water  
 $\frac{1}{2}$  c. grape juice

1 tbsp. lemon juice  
 $\frac{1}{2}$  c. sugar  
 1 pt. heavy cream

Swell gelatin in cold water. Dissolve over hot water. Dissolve sugar in fruit juices and add gelatin. Let the mixture stand and stir it occasionally until it becomes the consistency of a thick syrup. Whip the cream. Pour fruit mixture slowly into the cream and mix thoroughly. Mold, pack in equal parts of ice and salt, and let stand 3 hours.

#### STRAWBERRY MOUSSE

$\frac{1}{2}$  tbsp. gelatin  
 1 tbsp. cold water  
 2 c. thin cream

2 c. strawberries  
 $\frac{1}{2}$  c. syrup

Make as grape mousse.

#### BISCUIT GLACE

1 egg  
 4 tbsp. sugar  
 3 macaroons

$\frac{1}{4}$  c. 40 per cent cream  
 Few drops vanilla

Beat egg yolk and sugar until light. Fold in the whipped cream, to which the vanilla has been added. Pour into square

paper boxes. Sprinkle tops with grated macaroons. Pack boxes in a tin mold. Cover with paraffin paper. Pack in salt and ice for three hours. Serve in the boxes.

#### FROZEN PUDDING

- |                        |                        |
|------------------------|------------------------|
| 1 qt. thin cream       | 1 c. cake crumbs       |
| $\frac{3}{4}$ c. syrup | 1 c. diced mixed fruit |

Mix cream, syrup, and cake crumbs, and freeze. Fill molds with alternate layers of frozen cream and diced fruit. Pack and let stand 2 hours.

#### MAJESTIC PUDDING

- |                               |                        |
|-------------------------------|------------------------|
| 1 c. cold, cooked rice        | Sugar to sweeten rice, |
| 1 c. canned or dried apricots | cream, and apricots    |
| 1 c. heavy cream              |                        |

Cook the apricots with sugar and run them through a sieve. Whip the cream, sweeten, and fold into the sweetened rice. Put apricots in bottom of mold. Cover with rice and cream mixture. Pack in equal parts of salt and ice and let stand 3 hours.

#### NESSELRODE PUDDING

- |                           |                                   |
|---------------------------|-----------------------------------|
| $\frac{1}{2}$ box gelatin | 2 tsp. vanilla                    |
| 1 c. cold water           | 1 c. raisins                      |
| 1 pt. sweet milk          | $\frac{1}{4}$ lb. chopped almonds |
| 5 eggs                    | $\frac{1}{4}$ lb. finely crumbed  |
| $\frac{2}{3}$ c. sugar    | macaroons                         |

Swell the gelatin in the cold water. Heat the milk in a double boiler. Stir into it the yolks of eggs beaten light with the sugar. Dissolve the gelatin in the milk mixture. Remove from fire and when partially cool fold in the stiffly beaten whites of eggs. Add vanilla, raisins, almonds, and macaroons. Freeze in molds.

#### STRAWBERRY ROLL

##### Part I.—Strawberry Ice-cream.

- |                   |                        |
|-------------------|------------------------|
| 2 c. cream        | $\frac{1}{2}$ c. sugar |
| 1 c. strawberries |                        |

Make strawberry ice cream.

##### Part II.—Italian Meringue.

- |                            |                        |
|----------------------------|------------------------|
| 6 tbsp. syrup              | 2 egg whites           |
| 1 tbsp. water              | $\frac{2}{3}$ c. cream |
| $\frac{1}{4}$ tsp. gelatin | 1 tsp. vanilla         |

Swell and dissolve gelatin. Add to cream and syrup. When it begins to thicken, pour slowly onto beaten whites of eggs and continue beating until of consistency of whipped cream. Add vanilla.

Line a round mold with Part I. Fill center with Part II. Pack. Let stand 3 hours.

#### FROZEN CHOCOLATE

Make chocolate as for beverage. Cool, freeze, and serve with whipped cream.

## PRESERVING OF FRUITS AND VEGETABLES

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The preservation of foods by canning, preserving, etc., depends upon sterilization and the exclusion of air. Sterilization means freeing from microscopic life. The air is filled with minute organisms—yeasts, bacteria, and molds—all of which cause fermentation and decay. If the food is freed from such forms of life, and kept so, indefinite keeping is assured. By sterilization the food is made germ free; by the exclusion of air the entrance of other organisms is prevented.

**Canning** is from all points of view the most desirable method of preserving food. In canning, any proportion of sugar may be used, or food may be canned without the addition of sugar. The amount of water required depends upon the amount of juice in the food.

The canning of vegetables is a little more difficult than the canning of fruits. It may be because there is in the vegetables themselves a better food for the bacteria which are destructive to such food, or it may be due to the fact that the bacteria destructive to vegetables produce spores which boiling temperature does not kill. It is therefore necessary to use intermittent sterilization or extreme heat when bacteria are present. This is a prolonged process: one hour of boiling on each of three successive days. The first day's boiling will kill yeasts, molds, and bacteria. During the time between, when the jars are cooling, the spores present develop into active organisms. The second day's boiling kills these organisms before they have time to develop spores. The third day's boiling, though not always necessary, is advisable to be sure of complete sterilization. If this process is used, the home canning of vegetables should be as successful as home canning of fruits. If proper care is exercised, there need be no failure except in rare cases, when a spore has developed within the can.

The selection of fruits and vegetables is one of the most important steps in successful canning. All fruits should be

freshly gathered and should be as nearly perfect as possible.

The preparation of the fruit or vegetable is the second important step. This work should be done in a clean, well-aired kitchen, preparing only as much of the material to be canned as can be cooked while it still retains its color and crispness. Pared fruit will retain its color for a longer period of time if dropped into a bowl of cold water made slightly acid with lemon juice (1 tablespoonful to 1 quart of water). Fruit pared with a silver knife is less likely to become discolored.

Since air and water, as well as foods, contain bacteria and yeasts, and may contain mold spores, all utensils used in the process of preserving are liable to be contaminated with these organisms. For this reason all utensils, as well as the food, must be sterilized. It is also important that the jars and covers be in perfect condition and completely sterilized.

There are several methods of canning; but the principle is the same in all methods: Stewing the fruit or vegetables before they are put into the jars; cooking the fruit or vegetables in the jars in boiling water; or cooking the fruit or vegetables in the jars in the oven.

**Preserving** is the preservation of fruits in a thick syrup. The density of the syrup prevents the growth of the organisms that cause fermentation. Molds often grow on the surface and spoil the flavor, but they rarely cause fermentation.

**Pickling** is the preservation of food in a salt or acid liquid. Spices are frequently added.

#### GENERAL DIRECTIONS

**To test jars.**—Before using a jar for canning it should be tested. This may be done by partly filling the jar with water, adjusting the cover and rubber, sealing, and inverting the jar. If the jar is imperfect it will leak.

**To sterilize jars,** wash can and tops. Put on a rack in a pan. Cover with cold water. Heat gradually and boil 15 minutes.

**To fill and seal jars,** drain water from the sterilized jar. Place on a hot plate. Dip rubber in boiling water and place

on jar. Fill to overflowing with cooked fruit. Insert the handle of a sterilized silver spoon down the inside of the jar to allow all the air bubbles to escape. Cover and seal at once. Invert the can and let it stand until cool. If screw covers are used it will be necessary to tighten them after the glass has cooled and contracted. Label carefully and put away in a dark place. Light has a chemical action on some foods and destroys color.

#### GRAPE JUICE I

Pick grapes off stems. Wash carefully. Mash or crush with wooden potato masher in granite dish. Put into a jelly bag and let drip into a crock. Wring out juice. Put juice into upper part of double boiler and cook 30 minutes after it begins to steam. Can in sterilized jars.

#### GRAPE JUICE II

Pick grapes off stems and wash. Crush enough to have juice run. Put on to cook and let boil until seeds separate from pulp. Place in jelly bag and hang over crock. Cook juice over direct heat or in double boiler.

#### CANNED APPLES

Wash, pare and core apples. Allow  $\frac{1}{3}$  their weight in sugar and  $2\frac{1}{2}$  cupfuls of water to each pound of sugar. Make a syrup. Cook apples in it until they are tender. Can according to directions.

#### CANNED PEACHES

Dip peaches in scalding water. Peel skin from peaches with silver knife. Cut in halves and stone. Follow directions for canning apples.

#### CANNED PEARS

Wipe and pare fruit. Cook whole with stems left on; or remove stems, cut in quarters, and core. Follow directions for canning apples.

**CANNED BLACKBERRIES**

Pick over and wash berries. Cook with small quantity of water until soft. Allow  $\frac{3}{8}$  cupful of sugar to 1 quart of fruit. Can according to directions.

All small fruits may be canned in a similar manner.

**CANNED RHUBARB**

Remove skin and cut in 1-inch pieces. Put into a sterile jar. Cover with water which has been boiled and cooled. Seal.

Gooseberries or other strongly acid fruits may be canned in a similar manner.

**STRAWBERRY PRESERVES**

Pick over, wash, drain and hull strawberries. Weigh. Make a syrup by boiling  $\frac{3}{4}$  their weight in sugar with water, allowing 1 cupful to each pound of sugar. Boil syrup 5 minutes. Add berries, bring to boiling point. Lift berries from syrup and fill jars. Boil syrup 10 minutes and pour over berries. Seal.

All small fruit may be preserved in the same manner.

**PRESERVED PINEAPPLE**

Remove skin and eyes, cut in  $\frac{1}{2}$ -inch slices and remove inside core. Cook with  $\frac{1}{2}$  the weight of sugar and a very small quantity of water, until the pineapple is transparent and the syrup is thick. Place the pineapple in jars and pour the syrup over it. Seal.

**ORANGE MARMALADE**

4 smooth-skinned oranges                      2 tbsp. lemon juice  
 $\frac{3}{4}$  weight of oranges in sugar

Remove peel in quarters. Cook until soft in sufficient boiling water to cover. When tender, drain and remove the white part by scraping with a spoon. Cut peel in strips with sharp knife or scissors. Remove seeds and tough membrane from pulp. Put into a granite kettle, add lemon juice, and heat to boiling point. Add sugar gradually and cook 1 hour. Add peel and cook 1 hour longer. Fill jelly glasses. Seal.

**RHUBARB MARMALADE**

2 lbs. rhubarb  
½ lb. English walnuts

½ lb. sugar  
2 lemons

Cut rhubarb in 1-inch slices. Boil with chopped nuts in 1 cupful of water until nuts are soft. Add sugar and thinly sliced lemons. Cook until syrup is thick. Fill jelly glasses. Seal.

**APPLE AND QUINCE MARMALADE**

2 large apples  
1 quince

Sugar  
1 lemon rind (grated)

Pare and core quinces. Cut in very small pieces, cook in just enough water to keep from burning. When the quince is nearly soft, pare, core, and cut apple in small pieces and add to quince. Cook until soft enough to force through strainer. Measure, then return to fire with lemon and equal amount of sugar. Boil gently, stirring constantly, until it will not spread when dropped on a saucer. Fill jelly glasses. Seal.

**CANNED TOMATOES**

1 qt. tomatoes

1 tsp. salt

Select tomatoes perfectly fresh, firm, and uniform in size. Dip in boiling water. Remove skins. Fill jars with tomatoes. Add salt and boiling water to overflowing. Cover and seal. Stand jars in a kettle of boiling water and allow them to stand in the water until cold.

Tomatoes may be cut in pieces and cooked until thoroughly scalded. Can according to directions.

**CANNED ASPARAGUS**

Wash, drain, and cut hard portions from fresh asparagus. Place asparagus with the heads up in jars. Add salt enough to season, and cover with water. Adjust rubbers and covers loosely on jars. Place jars on a rack in a pan filled ¼ full of water. Steam for 1 hour. Tighten covers. On the next day steam again for 1 hour. Repeat the steaming process on the third day.

**CANNED STRING BEANS**

Follow directions for canned asparagus.



**CANNED LIMA BEANS**

Select young beans. Remove from pod. Fill jars. Follow directions for canned asparagus.

**CANNED CORN**

Remove the husks and silk from perfectly fresh corn. Cut from the cob and pack into jars. Follow directions for canned asparagus.

**CANNED PEAS**

Select very young peas. Shell. Follow directions for canned asparagus.

**CANNED BEETS**

Select small, uniform-sized beets. Boil until skin is easily removed. Remove skin. Fill jars and follow directions for canned asparagus.

**SPICED APPLE PICKLES**

8 apples	1 large stick cinnamon
$\frac{3}{4}$ c. brown sugar	Whole cloves
$\frac{1}{2}$ c. vinegar	

Boil sugar, vinegar, and cinnamon, broken in small pieces, 5 minutes. Wash, pare, core, and cut apples in eighths. Pierce each piece with a clove. Put into syrup and simmer until soft. The slower and longer the cooking the better the color and flavor. Can according to directions.

**SWEET PICKLED PEACHES**

16 peaches	16 whole cloves
1 lb. brown sugar	$\frac{1}{2}$ oz. cinnamon
1 c. vinegar	

Dip peaches quickly in hot water. Rub with towel. Pierce each peach with a clove. Follow directions for spiced apples.

**SWEET PICKLED PEARS**

Follow directions for sweet pickled peaches, using pears in place of peaches.

**SPANISH PICKLES**

1 pk. green tomatoes	$\frac{1}{2}$ oz. peppercorns
4 onions	$\frac{1}{2}$ c. mustard seed
1 c. salt	1 lb. brown sugar
$\frac{1}{2}$ oz. whole cloves	4 green peppers
$\frac{1}{2}$ oz. whole allspice	Cider vinegar

Wash and slice tomatoes and onions. Sprinkle alternate layers of tomato and onion with salt. Let stand over night. Drain. Add chopped peppers, spices, and sugar. Cover with vinegar. Heat gradually to boiling point. Boil 30 minutes. Can according to directions.

#### MUSTARD PICKLES

Use equal quantities of cucumbers, green tomatoes, cauliflower, and small onions. Cover with boiling brine made from 1 cupful of salt to 1 quart of water. Let stand 24 hours. Drain. Cover with fresh, boiling water. Let stand 30 minutes. Drain. Cover with mustard sauce made from flour, ground mustard, brown sugar, and vinegar, using the following proportions: 1 cupful of brown sugar,  $\frac{1}{4}$  pound of mustard,  $\frac{1}{4}$  pound of flour, and 1 quart of vinegar. Can according to directions.

#### CUCUMBER PICKLES

2 qts. cucumbers  
2 qts. cider vinegar

2 red peppers

Wash and wipe small, unripe cucumbers. Put into a stone jar. Cover with boiling brine made from 1 cupful of salt to 1 quart of water. Let stand 24 hours. Heat to near boiling point. Drain. Wipe cucumbers and cover with fresh, cold water. Bring to boiling point. Drain. Cook cucumbers a few at a time for 10 minutes in vinegar boiled with the peppers. Can, following directions. Sugar and other spices may be added to the vinegar if desired.

#### OLIVE OIL PICKLES

2 qts. sliced cucumbers  
 $\frac{1}{4}$  c. whole mustard  
 $\frac{1}{4}$  c. sugar  
 $\frac{1}{4}$  tsp. celery seed

$\frac{1}{4}$  tsp. black pepper  
 $\frac{1}{4}$  c. olive oil  
3 c. cider vinegar

Wash, wipe and slice cucumbers. Cover with weak brine. Let stand over night. Drain. Fill the jars with cucumbers. Add spices and sugar to oil and vinegar. Bring to boiling point and pour over cucumbers. Seal.

## APPLE CHUTNEY

12 sour apples	½ c. currant or cranberry jelly
1 large onion	2 c. sugar
3 green peppers	½ c. lemon juice
1 red pepper	1 tbsp. brown ginger
1 c. chopped raisins	1 tbsp. salt
1 pt. vinegar	
¼ tbsp. cayenne	

Chop apples, onion and peppers fine, add vinegar and jelly and let simmer 1 hour. Stir often. Add other ingredients, then cook another hour. Can according to directions.

## INDIAN SAUCE

6 large ripe tomatoes	1 medium-sized pepper, chopped
6 apples	3 medium-sized onions, chopped
2 qts. cider vinegar	2 tbsp. mustard
½ lb. seeded raisins	1 tbsp. ground ginger
¼ c. salt	
1 lb. brown sugar	

Wipe tomatoes and apples. Cut in pieces. Add other ingredients except spices. Boil 1 hour. Force through a sieve. Add spices and boil until mixture is as thick as catsup. Can according to directions.

## TOMATO CATSUP

1 pk. ripe tomatoes	1 tbsp. celery seed
¼ c. salt	1 tbsp. ground cinnamon
½ lb. sugar	½ tbsp. ground cloves
1 tsp. cayenne	1 qt. cider vinegar
1 tsp. ground mace	

Cook tomatoes till tender. Force through sieve and cook till of right consistency. Can according to directions.

## GRAPE CATSUP

2 qts. ripe grapes	1 tbsp. cinnamon
Vinegar to cover	1 tbsp. cloves
1 c. sugar	1 tbsp. allspice

Cook grapes and vinegar until grapes are soft. Rub through a sieve. Add sugar and spices. Cook slowly until of right consistency. Can according to directions.

## JELLY

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The process of jelly making seems simple, and yet it is frequently attended by uncertain results because the underlying principles are not understood. There are several factors to be considered in the process, and it is the understanding or misunderstanding of these that leads to success or failure.

Fruit juice contains vegetable acids and a substance called pectin, both of which are essential to the jelly-making process. The amount of each varies in the different fruits, which accounts for the fact that some fruits make better jelly than others. The ideal fruit for jelly making should be rich in pectin and should be fairly acid. Another important consideration is the proportion of sugar to the juice. A given volume of juice contains a certain quantity of pectin in solution, and this quantity of pectin must bear a definite relation to the proportion of sugar. Up to this definite amount the texture of the jelly produced more nearly approaches the ideal, but beyond the definite proportion the jelly is increasingly syrupy, until it finally fails to hold together at all and a gummy mass is the result. Experience and exercise of judgment are necessary to determine the correct amount of sugar to be used. If fruits are gathered after a rain, or if much water is added, the amount of pectin will be proportionally less and the proportion of sugar must also be diminished. Experiments seem to indicate that the correct proportion of sugar to juice varies from three-fourths of a volume to one volume of sugar, to one volume of juice. It is better to use too little rather than too much sugar.

The time during the process when the sugar should be added to the juice is also important. Experiments seem to indicate that to add it near either the beginning or the end of the process is likely to result in crystallization of the sugar. If added at the beginning of the process, the sugar is changed by

the action of the acid into two simple sugars, one of which is apt to crystallize. If added near the end of the process, the original sugar may crystallize. If added midway in the process, the sugar is only partially changed and is less likely to crystallize.

Experiments show that there is no difference in the texture, taste or appearance of jelly made from cane or beet sugar if these are equally pure. There is a slight difference in volume of jelly made from a given amount of juice, the amount being slightly less when beet sugar is used. However, the difference is so small as to be almost negligible.

#### TO STERILIZE GLASSES

The process is the same as for sterilizing jars.

#### TO FILL AND TO SEAL

Fill the glasses. Pour a layer of melted paraffin over the top. Adjust the covers. Label and set away in a dry place.

#### APPLE JELLY

Wipe, quarter and core the apples. Cover with cold water. Heat slowly and simmer until the apples are reduced to a pulp. Drain through a double thickness of cheesecloth or a jelly bag. Measure and allow  $\frac{3}{4}$  amount of sugar. Boil juice 15 minutes. Add the sugar heated in the warming oven and continue boiling 10 minutes. Skim. Fill glasses. Seal.

#### CRAB APPLE JELLY

Follow directions for apple jelly.

#### SMALL FRUIT JELLY

Green or ripe grapes, currants, cranberries, raspberries, blackberries, etc., may be used.

Pick over, wash and drain fruit. Cook until juice is extracted from fruit. Follow directions for apple jelly.

**CRANBERRY AND RAISIN JELLY**

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

$1\frac{3}{4}$  c. cold water  
4 c. cranberries

Prepare fruit. Add water to raisins and cook slowly 10 minutes. Add cranberries. Boil 15 minutes, strain through sieve and fill jelly glasses. Seal.

**WHITE GRAPE AND QUINCE JELLY**

2 lbs. grapes  
 $\frac{1}{2}$  quince

$\frac{1}{2}$  apple  
Sugar

Pare, core and quarter the quince and apple. Cook in water until tender. Wash, stem and mash grapes. Cook until seeds separate from the pulp. Strain juice from grapes and add to the water in which the quinces were cooked. Follow directions for making apple jelly.

## CLEANSING AGENTS

### HARD SOAP

Empty the contents of a can of lye into a stone jar. Pour over it  $2\frac{1}{2}$  pints of cold water and stir until lye dissolves. Set aside until the temperature is not over  $80^{\circ}$  F. or  $26\frac{2}{3}^{\circ}$  C. Melt  $5\frac{1}{2}$  pounds of clean grease, tallow, or lard, and set aside until the temperature is  $120^{\circ}$  F. or  $49^{\circ}$  C. Slowly pour dissolved lye into the grease, stir until lye and grease are thoroughly combined and mixture drops from stirrer like honey. Stir slowly, but not too long, or you may separate the lye; from 5 to 15 minutes is enough, according to grease and weather. Pour into a mold, set away for a day or two, empty out, and cut up as desired.

### JAVELLE WATER

1 lb. sal soda dissolved in  
1 qt. boiling water

$\frac{1}{4}$  lb. chloride of lime  
1 pt. cold water

Mix thoroughly. Let stand for several hours. Pour off clear liquid. Bottle for use. Keep in dark, cool place. Used to take out stains or to bleach.

**ADDITIONAL RECIPES**

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