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Practical Cookery

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Practical Cookery

AND

THE ETIQUETTE AND SERVICE OF THE TABLE

A COMPILATION OF
Principles of Cookery and Recipes
WITH
Suggestions for Etiquette for
Various Occasions

DEPARTMENT OF
FOOD ECONOMICS AND NUTRITION
SCHOOL OF HOME ECONOMICS
KANSAS STATE COLLEGE
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PRACTICAL COOKERY

GENERAL INFORMATION

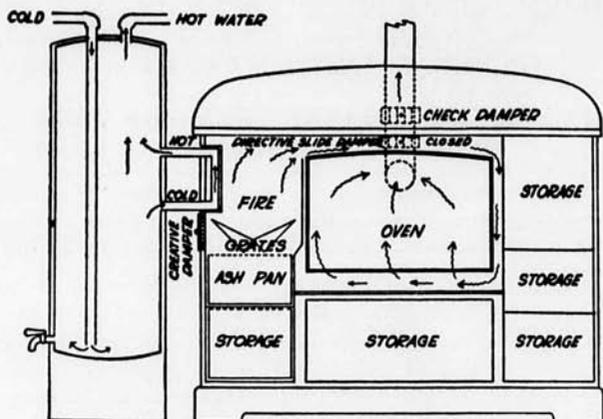
STRUCTURE AND MANAGEMENT OF COOK STOVES AND RANGES

Efficient management of the application of heat is of first importance in good cooking. An understanding of the structure of the modern stove or range is necessary for its skillful management.

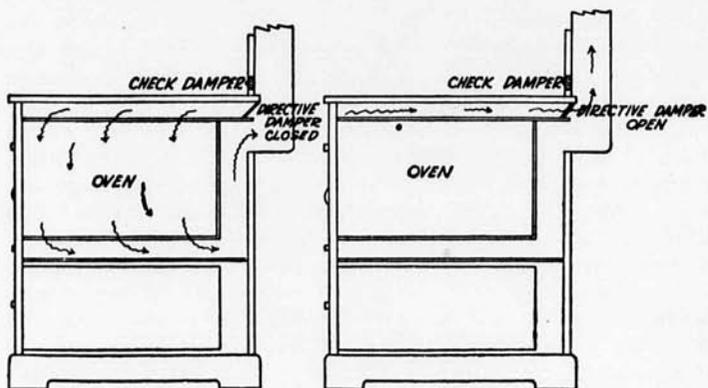
COAL STOVE OR RANGE

A coal stove or range is essentially a box composed of cast iron, steel, malleable cast iron, or other material not readily affected by great heat. A combination of cast iron and enameled steel is most often used. A range confines the fire and the heat from it and directs the heat to make it effective and economical for cooking. A pipe for carrying off smoke and unburned fuel gases is connected with an outside chimney. The air in the chimney is warmer than outside air. This creates a draft and enables stove to "draw". A range may have a base or legs or rest directly on the floor.

The fire box, about 12 inches deep, usually extends across one end of stove or range. On the sides and ends is the lining, made of cast iron, which is able to withstand high temperatures. When hot water connections are desired, part of this lining is replaced by a hollow, iron box called a water-front, or a water-back, or an L, depending upon its position (p. 8). In most cases, the best choice is a water-front. A water-back is least desirable as it is apt to decrease heat of oven. An L is desirable when a large amount of water must be heated but it clogs more easily and is difficult to clean. It is usually installed across the front and one side. The bottom of the fire box is a grate, perforated for circulation of air, and movable to allow easy disposal of ashes and clinkers. In general, this consists of two triangular bars, perforated on one side with round holes and on the other with larger slots. These turn on a cog managed from front of range so an opening may be made



Front view of a coal or wood range.



Side view of oven of a coal or wood range showing effect of check damper upon circulation of heated air.

between them through which ashes and clinkers may slip down into ash pan. Round holes admit less air, so are turned uppermost to form bottom of fire box when wood serves as fuel. As more draft is necessary when coal is burned, slots should then form bottom of fire box. Larger fire boxes are needed for wood than for coal.

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

The oven occupies most of the remainder of the box-part of stove or range. It varies in size but consists essentially of an inner box suspended in the outside, larger one. The oven is heated by passing currents of hot air through the space about it. Oven doors are frequently insulated to prevent burns and an insulated oven is desirable though not often found. Heat indicators in oven doors are helpful but not very accurate.

Dampers on a stove or range control amount and application of heat. They may be of three kinds: creative, check, and directive. The first two regulate the draft, the third directs the currents of hot air. The creative damper is found below the fire box and is primarily to feed the fire with air. When it is open, air enters easily and the fire burns readily. When closed, air does not enter easily and the fire burns less readily. Check dampers are found above the fire box and in the pipe. When they are open, cold air enters which acts as a check to fire. When closed, they have no effect. The directive damper is located where pipe connects with stove and can be seen by removing lid directly in front of pipe. It is operated by a lever from the outside and may be of trap or slide type. Opening this damper allows heated air to rise directly up the chimney, thus increasing rate of combustion. When directive damper is closed, heated air must travel across top of oven, down the end, under the bottom, and then up the stove pipe. In this way, oven and entire top of range are heated and rate of combustion is slightly decreased. This reduces waste of fuel by utilizing the heat as long as possible before it escapes.

Combustion or burning is the combination of fuel with oxygen. It is usually accompanied by light and heat. Each substance that burns has its own kindling point or temperature to which it must be heated before it will burn. As this varies, it is difficult to state kindling temperatures exactly. Fuels with low kindling point, as paper or sticks of soft wood, burn more

easily than those with high kindling point, as hard wood or coal. Free supply of air is necessary to furnish oxygen for combustion.

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

GAS RANGE

Advantages.—A gas range is simpler to use than a coal or wood stove. It saves time and labor in starting a fire and, as fire can be extinguished as soon as cooking is done, a gas stove saves fuel as well as production of unnecessary heat.

It is well to buy a gas range approved by the American Gas Association as their seal is a guarantee of compliance with basic national requirements for safety. High-quality gas ranges also may carry the "Certified Performance" seal which indicates that range meets all the American Gas Association requirements and 22 other specified ones in addition. Also it may meet 10 other suggested specifications which are not required. These ranges, popularly known as "C P ranges", are superior in quality and easy to operate but are somewhat expensive.

Structure: table top, console, and cooker are types of gas ranges now commonly found on the market. The table top stove fits into the modern kitchen plan providing desired continuity of surface and offering convenient working space as well as generous storage facilities. Many models have a cover which fits over burners when not in use and folds back to provide a "splasher" when burners are used. More cooking space

may be provided by placing two burners on each side of top of stove. This arrangement accommodates large utensils and gives easy access to all four burners when in use at the same time. Burners may also be "staggered" across stove surface.

A console range has the oven located at the side of stove with bottom approximately level with surface burners. If this type is chosen, oven should be placed so it will not obstruct the light. Right- or left-hand ovens are available for this reason. These ovens may be used without stooping but top burners may be difficult of access on side next the oven.

The cooker range is made for a small space, as an apartment kitchen. Oven and broiling oven are placed directly below surface burners in this type.

The top of a gas stove may be open, semi-enclosed, or solid. The open top is most used. It has a single or divided grate over the burners which supports cooking utensils. With the semi-enclosed top, burner is surrounded by a porcelain-enamel bowl covered by a separate grate. The closed top has a smooth surface with removable lids as in a coal range. This makes it possible to use all the top space for cooking, providing intense heat directly over burner, intermediate heat close to it, and gentle heat in further removed spaces.

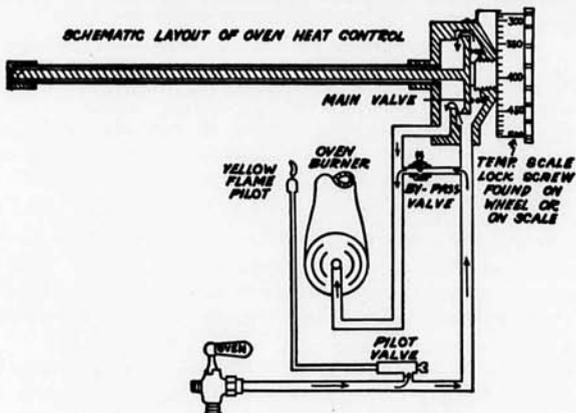
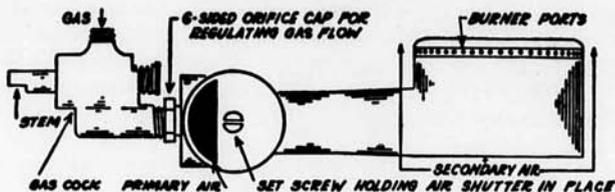
Many ranges have separate broilers, the oven and broiler being located side by side just beneath cooking top. This makes both oven and broiler easy to use without stooping. Other ranges have broiler beneath the oven. This arrangement is less convenient but the first cost of range is lower. Ranges are available in a wide variety of sizes with one or two ovens and broilers and with three to eight top burners.

Removable trays of easily cleaned material are placed below top burners to catch material falling through grates. With open-top ranges, this tray is raised above the mixing tubes to fit closely around burners. These trays have the added advantage that they limit the amount of cold air striking utensil thus preventing loss of heat.

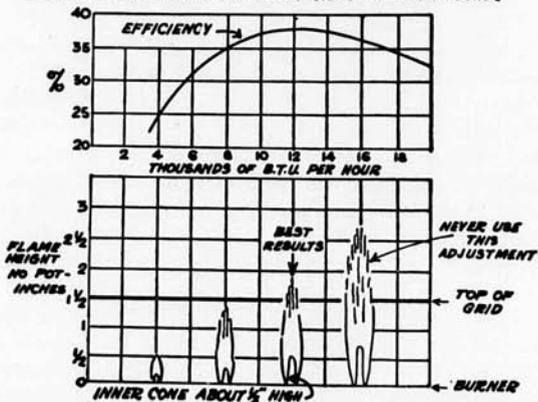
Burners, regardless of kind, all consist essentially of the same parts: mixer head, mixing tube, and burner head. The air shutter and gas orifice are part of the mixer head. Openings in the burner, called "ports", may be drilled vertically, horizontally, or at an angle of 45°. Vertical ports direct flame upward over an area the size of burner. They are seldom seen

PRACTICAL COOKERY

A GAS BURNER



EFFECT OF FLAME HEIGHT ON THE EFFICIENCY OF A GIANT BURNER



Courtesy of the American Gas Association, New York.

in the new models. Horizontal ones give a continuous thread of flame around burner head which projects outward 1-2 inches. Ports placed at an angle also distribute flame widely and rarely clog when food boils over. Round burner heads are usually small but have two sets of ports, more on the outer circle to direct heat outward over a wide area, and a smaller number on the inner circle to heat center of utensil.

Three sizes of burners are made: **giant**, for rapid heating; **medium-sized** or **standard**, for common usage; and **simmer**, for low heat. Generally the simmer burner is part of a large one which functions as such when the cock is partly closed. Another type called a "two-way" or dual burner, has two mixing tubes, one connected with the inner circle of ports and the other with the outer one. A turn of the cock one way lights both and a turn in the other direction lights only the simmer burner. "Three-way" burners, serving as giant, standard, or simmer are also available.

Insulated cookers or **deep-well cookers** are shown on some models. They consist of an insulated well into which a special metal pan provided with a tightly-fitted insulated cover is fitted. These serve as fireless cookers for, after heating to desired temperature, the heat may be turned off and cooking continued with the stored heat. Some are also equipped for frying and baking. Whole meals may be cooked in them at one time.

Gas operates more efficiently if turned on full, therefore a small burner turned to full speed is more economical than a large burner turned down. Giant burners use about 22 cubic feet of manufactured gas per hour; standard ones, 16 cubic feet; and simmer, 4 cubic feet. Less natural than manufactured gas is required to give the same amount of heat.

Gas is supplied to the range from a main pipe called a **manifold**, which is usually concealed under front of stove top. From this pipe the several burners are fed, gas entering the individual burner through a cock and issuing from orifice with a velocity of 100-160 cubic feet per second. This moving gas by means of suction carries air with it to mixing tube. It is necessary that a proper mixture of air and gas be secured to obtain a good flame. See p. 12.

Modern ranges are largely equipped with **automatic lighters** or "**pilot lights**" for surface burners and the newest models may have these for the oven also. The pilot light consists of

a small, centrally located gas flame which burns continuously and from which flash tubes run to burners. When cock is turned on, the mixture of air and gas flows into flash tube and ignites after which it flashes back to ignite burner. To light a burner with a match, light match, turn gas on full, wait one second, then apply match a short distance above ports.

Burners should be adjusted so inner cone of flame will not touch grates or bottom of cooking utensil. Flames should not curl around sides of utensil when gas cock is wide open. Air shutter should be open sufficiently to produce clearly defined cones about one-half inch long. Flame should be completely free from yellow tips as these indicate incomplete combustion and will smoke a cooking vessel and may produce carbon monoxide. Each burner port should have a definite distinct inner cone. No port should have a floating or disappearing flame. If flame blows away from burner, is noisy, or pops excessively when turned out, air shutter is open too wide.

Ovens.—Gas ovens are of three types: those with a burner under a **bottom** or **baffle plate** with no flues to direct circulation, known as **semi-direct**; the **circulatory** type with flues to direct gas and air currents and with an outlet near top or bottom of back wall; and the **fresh air** type which is heated by fresh air warmed before entering oven. Combustion products pass out through a **vent** at top of back of oven. This vent may be connected with a chimney or with a **flue director** to carry fumes and grease away from wall.

Ovens vary in size. One 18-19 inches deep, 16 inches wide, and 14 inches high is practical for the ordinary home. The lining is commonly made of porcelain enamel and steel, usually of mottled blue color. This is durable, does not discolor or stain easily, and withstands high temperatures.

Insulated ovens are highly desirable as they retain heat in the oven making the latter more effective and the kitchen cooler. Rock or glass wool and spun glass are desirable for insulation which should be at least $1\frac{1}{4}$ inches thick. An insulated oven requires a longer preheating period than an un-insulated one but, once heated, less gas is required to hold desired temperature and gas may be turned off before baking is completed, cooking being finished by stored heat.

The oven burner is similar to the surface burner in con-

struction. The new oven burners are smaller than the old ones but ports are larger.

A **heat regulator or thermostat** is used on the better gas ovens. This device keeps oven within about five degrees on either side of desired temperature. By turning a wheel or adjusting a handle outside oven, regulator is set at desired temperature as indicated on dial. Thermostats consist of some material sensitive to heat which may be a rod or metal strip, a liquid, or vapor. The **rod type** consists of a carbon or porcelain rod enclosed within a copper tube or sheath which extends into oven. The two materials must have different expansion coefficients. As temperature of oven rises, the copper thermostat case expands, becoming longer. The porcelain rod expands more slowly but moves with the metal. When a certain degree of expansion is reached a valve is partially closed in the outside mechanism by releasing pressure against a spring which shuts down supply of gas going to oven, by depressing diameter of opening. As it cools, contraction occurs and more gas is automatically turned on.

Thermostats using liquid or vapor instead of a rod work on the same principle and are commonly used now. A metal bulb containing a volatile liquid is placed in oven. As temperature of oven rises this volatile liquid boils and passes through a small tube to a bellows in body of oven heat control. This causes bellows to expand, closing the gas valve, which reduces supply of gas going to oven. When oven cools, pressure of the volatile liquid decreases allowing gas valve to open (p. 12).

The flame is never completely extinguished when a thermostat is used. The pilot serves as an added safety device as it is fed from the main supply pipe so is not affected by regulator.

Some modern gas stoves have **time regulators** which are clock devices which shut off gas automatically at a given time and turn it on at any moment desired.

Use of Oven.—As a safety measure to permit escape of any enclosed gas, open oven doors before lighting oven. Prevent condensation of moisture in oven, if it tends to occur, by leaving doors open a short time after burners are lit. This is particularly necessary with a well-insulated oven.

As a rule, preheat oven before putting in food. **Time**

necessary for preheating varies with range and temperature used. When no regulator is available, reduce heat of oven by turning burner down or, if there are two oven burners as some older models have, turn back one out completely.

Most foods are successfully baked on a grate placed near center of oven. They are never placed on floor of oven. It is desirable to allow free circulation of the heated air. For this reason, such foods as cakes or cookies should not be placed directly over each other in oven. They should be in alternating positions with at least an inch of space between pans and sides of oven. If one large pan is placed directly over another, the sheet on lower grate will prevent heat from circulating properly to top shelf. Food will then not brown well and more gas will be used.

Care.—Keep all porcelain enamel parts clean by frequent washing and careful drying. Always cool porcelain before washing to prevent chipping. Keep ports of gas burners open. The new types of burners are so built that there is little tendency to clog. With old burners, brush as necessary, and clear, if clogged, with gentle use of an ice pick. Clean old-style iron burners occasionally by removing from stove and boiling in a solution of 1 tablespoon sal soda to 3 quarts water. Then wash, wipe carefully, and dry in a slightly warm oven.

Broilers.—Broilers are a special feature on new gas range models. They may be of the drawer type which can be pulled out when desired. When broiler is a separate oven, the pan may be attached to the door allowing it to swing out when door is opened. Some ranges permit broiler pan to be raised or lowered by merely turning a handle on the panel. Broiling pans in these models have a perfected rack which will permit drippings to be carried away from flame so they will not catch fire. With old types of broiling pans, it is desirable to place a small amount of water in bottom of pan to reduce smoking and to lessen danger of burning fat. The door is usually left open with this type when in use, as an added safety measure. After broiling, wipe pan with absorbent paper before washing. Scour off burned fat with steel wool.

"BOTTLED" OR "L P-GAS" RANGE

"L P-Gas" (liquefied petroleum or "bottled" gas) is a by-product from manufacture of gasoline or from production of

natural gas. It is supplied in portable cylinders or by means of special underground tanks, and makes gas available in communities lacking any other supply. These cylinders or tanks are located outside the house and gas is piped to stove in the usual manner.

Stoves resembling the gas range have been developed to burn bottled gas to best advantage. Be sure that range is made for use of bottled gas and not for natural or manufactured gas as the latter will not function properly with bottled gas. Operation and care of bottled gas ranges are approximately the same as for natural and manufactured gas ranges.

ELECTRIC RANGE

Modern electric stoves are chiefly of **table top type**. They may be built in the form of a cabinet or be set on legs. The **cabinet range** is built to the floor being recessed at the bottom for toe space. It usually provides more warming and storage drawers than the **leg type** of stove.

Electric ranges come in **small** or **apartment house** and **standard** sizes. The **apartment house model** has 3 or 4 surface units with an oven of standard size directly under. It is less expensive than the standard range and more compact but omits some special features of the latter. **Standard ranges** commonly have 4 surface units and one oven though units may vary from 3 to 7 in number and some models have two ovens. Surface units may be grouped at one side or in the center or divided with two on either side. Occasionally they are spaced over the entire top. Ovens may be on the side or in the center though at present most of them are located on the right side.

Construction.—The body of the frame is now commonly made of one piece of heavy steel reinforced to give rigidity. These usually have a porcelain enamel finish which may be acid-resisting to prevent spotting with usage. Synthetic enamel may be found on cheaper ranges. Stainless steel or similar material is used for tops on the more expensive ranges.

Electric stoves differ as to type of **surface heating unit** though all involve wire coils or ribbon strips heated by passing an electric current through them. These coils or strips may be **open** or **enclosed** and units are classified accordingly. These units vary ordinarily from 1000-2000 watts capacity. High speed units are usually larger in diameter and more expensive.

They are also expensive to operate. High power is desirable to bring food quickly to the boiling point, but after that point is reached, little heat is needed.

Open Type Unit.—This consists of a resistance wire or wires wound into a long coil or coils and inserted into one or two concentric labyrinth grooves in a round plate of unglazed pottery. This plate is usually set in a metal or vitreous enameled pan which reflects heat to cooking utensil. The "double spiral" type with two grooves and coils may have heat going through only one coil or both as desired, but distributed in each case over all the unit. With one spiral groove, one coil is laid in the central part of unit and the other in the outside portion permitting heat to go all over, or only in the center, according to position of switch.

Advantages of the open unit are that it heats rapidly by radiation and also by convection. It has high thermal mass so holds heat well. It is affected considerably by material and finish of pan used on it. The life of the coil is short but it may be replaced at small cost. This unit is also difficult to clean, it may discolor with usage, and can be damaged by careless handling. Food spilled on coils should be allowed to burn off. Then unit may be cleaned with a soft brush. Certain foods burned on the coils may cause a short circuit which will burn out element. Because of these disadvantages it is less used than the closed type in spite of its lower cost.

Closed Type Unit.—Closed units may be of the enclosed-labyrinth or encased type. The enclosed-labyrinth unit is similar to the open-labyrinth except that it is covered by a metal plate which protects it completely and makes it correspondingly durable. This unit heats by conduction only and depends entirely upon contact of vessel with surface. Unless unit is perfectly smooth and utensil absolutely flat on the bottom and fitted to size of burner, it will not heat efficiently. In the encased unit the wire coils may be enclosed in a metal tube (tubular type) or held between two thin metal discs (ring type). Encased units have low thermal mass so most of the heat produced is applied to utensil. They do not hold heat as well as those with high thermal mass. With the tubular type, the coil, made of nickel-chromium wire, is insulated from the metal tube by packing firmly in magnesium oxide powder. This wire is highly durable and uniform in performance. The unit

consists of two tubes bent into spirals and supported by metal strips radiating from the center. A bright metal reflector below, which may be removed for cleaning, tends to direct the heat upward. The metal tubes are flattened on the upper surface to provide good contact with utensil. Heat is transferred chiefly by radiation and conduction. The tubular unit is less affected by finish of utensil bottom than the open one.

With the **ring type** of encased unit, the heating element is imbedded in insulating material held between two thin metal discs forming a ring. Two or three concentric rings make up the unit. The rings are mounted in a larger metal ring with a metal base which serves as a reflector. This unit heats largely by conduction.

Standard range units may be wired to have 3, 5, 7, and, in the newest models, a larger number of heating speeds. Their diameters have not been standardized but most units offer cooking areas of different diameters so use of pans of different sizes is possible.

Oven.—The efficiency of an electric oven is largely determined by the insulation, door construction, ventilation, heating elements, and inside finish. Insulation should be heavy. Rock or glass wool or spun glass are most used. The oven door should be particularly well-insulated and fit tightly. The heating elements are placed directly inside oven. There may be one or two of them. Most electric ovens have two. The bottom unit is then used for baking and the top for broiling. With one-unit ovens the element may be placed sufficiently high in bottom of oven to enable broiling to be done below it. A few ranges provide a separate broiling oven. Oven units may be of **open-coil** or **encased tubular type**. These should be easy to remove for cleaning and repairing. Heat is transferred by radiation and convection. A metal plate known as a **baffle** or **distributor** placed over bottom unit is the usual means of directing the convection currents and spreading the radiant heat. Top units are seldom baffled unless used in baking.

Shelves or grates should slide easily and lock to prevent tipping when drawn out. The oven-door latch is concealed. The door should be so balanced that it will remain open in any position. A **vent** which should be adjustable, preferably by hand, is provided to carry off steam and vapors. It should be so located as to direct these away from walls to prevent dis-

coloration. Broiling is done in most stoves with the door open 2-3 inches in order to provide circulation of air.

The thermostat insures automatic oven temperature regulation. All designs depend upon expansion and contraction of some material used in their construction. Liquid in a copper tube is commonly used. The bulb containing the liquid is placed in the oven and as it expands with heat it presses against a diaphragm which causes a switch to open. With cooling, this contracts and the switch closes (see p. 15 for further description). Automatic electric timers permit cooking to start and stop at any desired time by merely setting the clock. Another timing device is the minute minder which rings to remind operator when product is cooked.

Range switches should be marked plainly for "off", "high", etc., and should be conveniently located. Ovens may be provided with one or two switches but at present the tendency is to use only one. Convenience outlets are usually provided which permit use of small appliances thus increasing cooking capacity.

Insulated or deep-well cookers (p. 13) may replace one of the top units. They are useful and save fuel, often an important item with an electric stove.

Cost of operation varies with type of stove and utensils used. Local rates, methods of cookery used, amount of food prepared, and skill in handling equipment all affect cost of operation. Vessels with flat bottoms and straight sides which fit exactly or are only slightly larger than unit are desirable. Material chosen should be a good conductor of heat and have ability to absorb radiated heat readily. Enamel or black-bottomed aluminum pans with polished sides are regarded as best for use on surface units. Surface cooking is usually less efficient than oven cooking if both are used to capacity. Dark-colored baking sheets absorb heat so easily that food baked on them is apt to burn. Pans on different levels in oven should be "staggered" to allow for good circulation of heat and efficient baking. Cost of operation may be lowered if heat is turned low soon after food begins to cook. With both oven and surface units, heat should be turned off sufficiently early to permit use of stored heat of unit.

ELECTRIC ROASTER

The electric roaster may be used for roasting, baking, stewing, steaming, and boiling. With grill attachment, additional uses are broiling, toasting, and frying. The roaster may be used for single cooking operations, for an entire meal, and if thermostat is set low, for keeping food warm. It must be preheated for baking, but roasting and meal cookery may be started in a cold roaster.

The roaster, either oval or rectangular in shape, is made of welded steel and finished on the outside in baked enamel. The large inset pan is of porcelain enamel; the smaller dishes are of aluminum, enamelware, heat-resistant ovenware, or glass, which may also be used for refrigerator storage.

The body of the roaster is insulated with rock or glass wool or spun glass. The heat is thermostatically controlled with a range corresponding to that of the oven.

Body of roaster and grill unit should not be immersed in water.

ELECTRIC MIXER

The electric mixer is convenient for mixing batters, doughs, and beverages, whipping eggs, mashing potatoes, and may have attachments for extracting fruit juices, grinding meats, freezing desserts, and other processes. Mixer should contain a motor powerful enough for the work expected of it. The blades are usually double but may be triple. Shape of blades of beater varies. A shape which permits most efficient mixing of ingredients is preferred. Work with electric mixers indicates the most common difficulty encountered in their use in the home is over-mixing. A mixer may have up to 12 or 15 different speeds. As a rule, slow to moderate speeds are better to use, especially in mixing batters and doughs, and in whipping eggs and cream. However, when using a mixer for the first time, it is well to consult directions sent with it.

KEROSENE STOVE

Modern kerosene cook stoves resemble other ranges in appearance, most of them being either of table top or console type. Tanks are usually concealed and burners enclosed. This improves appearance and lessens drafts which increases burner efficiency. Kerosene stoves differ fundamentally in construc-

tion of the burner. They may all be put into three groups: **long-chimney wick type**, **short-chimney wick type**, and **short-chimney asbestos-ring or wickless type**. With any of these, the burner is devised to vaporize kerosene converting it into a gas which is burned. Heat is carried by convection currents.

In the **long-chimney burner** the essential parts are a double-walled wick tube, feed pipe, flame spreader, collar on which chimney rests, and the chimney itself. The inner part of the brass wick tube is slightly shorter than the outer one to give a chisel-shaped edge to wick. The wick tube is connected with the feed pipe and the wick carrier is moved up or down by turning a ratchet wheel. The flame spreader is perforated with holes varying in size. It directs the air currents and the angle of the flame. There is no wick stop and care must be used to prevent turning wick up to point where it touches spreader. A spreader lift may be provided to raise spreader above wick and make lighting easier. The chimney of porcelain enamel with mica window has holes at the bottom to admit air which absorbs heat and lessens heat loss. The chimney conducts the heat to cooking surface, the draft being greater with a long chimney than with a short one.

Two types of flames may be secured, a blue one and a blue one with white tips 1-1½ inches above blue part. The latter is hotter and is used when maximum heat is desired. If stove is clean and well regulated there is little tendency to form soot and little odor.

In the long-chimney type of stove, oil is drawn upward by the wick which divides it into particles so small that heat from a lighted match is sufficient to vaporize it to point where it will burn. Burning is aided by air currents passing through. Long-chimney burners heat rapidly but are less hot than short-chimney ones.

Short-chimney wick burners differ from long ones chiefly in chimney construction. The short chamber has within it two combustion chambers, an inner and an outer one, each with perforated walls. These are surrounded by an outer chimney of porcelain enamel. The wick carrier in wick tube is raised or lowered with a ratchet wheel. An automatic wick stop prevents wick being turned too high and permits desirable circulation of air. The inner tubes have been inclined to warp or burn out with usage but heat-resisting stainless steel, now used

by some manufacturers, is proving to be durable and hence desirable for this purpose. Combustion tubes are sloped at the bottom to prevent boiled-over food touching wick.

A clear blue flame is secured with this burner and the short chimney conducts it close to utensil resulting in high heat. Short chimneys are easily affected by drafts, drops of water, or contact with cold cooking utensils. A yellow flame will form soot. These stoves are slightly more difficult to clean than long-chimney ones.

The short-chimney asbestos-ring burner also has an inner and outer combustion tube connected with a short outer chimney but an asbestos lighting-ring or collar supported in a metal frame replaces wick. The oil feeds into a shallow bowl or trough which surrounds the collar. Height of flame is determined by amount of oil in trough. The flame rises as in the short-chimney wick type. This model heats rapidly and is somewhat cheaper to operate than the others. It is, however, more likely to smoke and deposit soot on utensils than other kinds and there may be some odor when in use.

Use of Kerosene Stoves.—Kerosene stoves must be kept clean if they are to give good service. Frequent brushing of burners and perforated portions and occasional boiling with a solution of washing soda (if metal used in construction permits) will keep them in good condition. Oil pipes should be drained about every three months or oftener if kerosene contains water. They should then be rinsed with clean kerosene. Any obstructions may be removed with a stiff wire. Oil tanks should be kept filled. Wicks will char and odor is bad if oil runs out while stove is in use.

A special wick cleaner with directions for use may come with wick stoves; otherwise, wicks should be cleaned by rubbing with a cloth. They should never be cut with scissors. When wicks have burned down to carrier, they should be replaced. After lighting, burners should not be turned to maximum height until burner is heated. Automatic wick stops, if present, will prevent turning flame too high. With short-chimney wick burners, chimney should be raised when not in use to prevent seepage of oil.

Wicks should be turned down when stove is not in operation to prevent oil from rising in burner and to lessen odor. With asbestos rings, too much oil must be prevented from run-

ning into trough before burner is lighted, or flame will flare and soot will be formed. Kerosene is not volatile at room temperature so is considered a fairly safe fuel if ordinary precautions are taken. To prevent smoking of utensils, avoid placing over burner until chimney is lowered.

Stoves should be placed so they are level, otherwise the low side will be flooded and the high side too dry. The stove should also be set away from drafts.

Choosing Stove.—A useful stove has three or four burners, preferably one giant and the rest of standard size. Stove should be sufficiently high to prevent stooping when using. New models are of proper height. Built-in ovens, preferably insulated, are convenient but well-made portable ones will give good results. These need to be burned off before using if they have been oiled by manufacturer. A warming shelf may be provided with some makes. A removable tray under burners is desirable. Oil tanks should be readily accessible and large enough to hold an adequate supply of oil.

Finish should be durable and easy to clean. Porcelain enamel is now commonly used. Stove should always be adapted to conditions under which it is to be used. It is well to be sure that service is readily obtainable for model chosen.

GASOLINE RANGE

The present-day gasoline range is a table-top model finished in porcelain enamel with an insulated oven, a broiler, and utensil cabinet. Gasoline tanks and generator tubes are rust-proof. One make has an automatic safety drain which carries off excess gasoline that may have collected in manifold.

The type of gasoline stove most commonly used is a **gas pressure model**. The gasoline, which serves as fuel, is converted into gas for burning. Air pressure is secured from a pump located in fuel tank. The pressure forces gasoline through a vaporizing tube which is heated by burning gasoline in a preheater cup beneath tube or by the "master" burner which is lighted first and is always one of the burners used. The gasoline is heated with air excluded to such a temperature that vapor forms rapidly and under slight pressure. This vaporized gas passes through a small orifice at end of tube into mixing chamber of burner where it combines with air in proper proportion to make it burn with a blue flame. It may then be

used in the same way as gas. Gasoline burns with an extremely hot, clean, blue flame. The greater the pressure, the hotter the flame. Such stoves produce a slight noise when in operation due to air pressure.

When properly adjusted, the modern gasoline stove is satisfactory and easy to use. To insure good service, keep all parts of stove clean and thoroughly preheat generator before turning on gasoline. High grade gasoline is necessary for efficiency of operation and insures longer service for stove. Good gasoline is clean, odorless, colorless or water-white, has no offensive odor, and evaporates quickly. It should be free from chemicals used in "anti-knock" gasoline. A simple test for gasoline quality is made by placing 8-10 drops on a piece of white paper. If it evaporates quickly, has little odor, and leaves little or no stain, it is good for use in a gas pressure stove.

ALCOHOL STOVE

Alcohol stoves are little used at the present time. They generally consist of but one burner and are designed for use where no other type of cooking stove is available. Alcohol stoves are cleaner and require less time and effort to secure efficiency than other stoves using liquid fuels. Alcohol burns with a hot flame.

FIRELESS COOKER

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

Structure.—The fireless cooker consists of one or more well-insulated cooking compartments equipped with utensils with tight-fitting covers. This equipment permits of such simple cooking processes as stewing and steaming. If fireless cooker is supplied also with plates made of soap-stone, iron, or similar material, for placing above and below food to be cooked, it is possible also to roast, bake, and boil successfully. The lining of compartments is preferably made of a non-absorbent substance that may be easily cleaned. It is desirable

at all times, but only essential if hot plates are used, to have entire cooker of non-inflammable material.

Use.—A fireless cooker is simple to use, but at the same time requires care. If cooker is not equipped with plates, its use should be limited to cookery of cereals and dried fruits. Protein foods may be cooked successfully only when hot plates are used and even then are apt to spoil if left too long, as over night, in moist air at a constantly lowering temperature. If such food is not cooked in a few hours, it is well to reheat it and the plates and put it back for further cooking. There is little evaporation of water from food cooked in a fireless cooker, therefore, less water should be used than for cooking with direct heat. A reduction of one-sixth to one-fourth is usually made in the liquid in recipes which are adapted to use in a fireless cooker. Moist foods will brown better if cooker is opened after 5 minutes of baking to allow part of steam to escape.

The fireless cooker is especially well adapted to cooking cereals, less tender meats, dried fruits and vegetables, and steamed breads and puddings.

Heat of discs may be tested by a thermometer. If this is not available, temperature may be indicated by a drop of water, which will sizzle and dance if disc is hot enough for most cooking processes. Another simple test is to place a little flour or a strip of white paper on plate. Either of these will turn a light brown color in 5 minutes if temperature is correct. In baking with hot discs, it is necessary to avoid over-heating them, as enough heat may be confined in a compartment to burn food.

Care.—Kettles and cookers should be washed clean after using, dried carefully, and aired well to keep them free from odor and rust. They should never be tightly closed except when in use.

Economy.—Fuel is saved, when plates are used, only if plates are heated with fuel that is being used for other purposes. If heated specially by gas or electricity, little fuel is saved.

TABLE FOR COOKING FOODS IN THE FIRELESS COOKER

Food	Amount		Preparation	Stones		Time
	Food	Water		No.	Temperature	
Cereals	Cup	Cup		Degrees F.	C.	
Corn meal	1	5	Put cereal in kettle, add water and salt. Heat slowly to boiling point.**	450	233	8 hours or over night
Cream of wheat	1	5	Have water boiling and salted. Stir in cereal and boil 1 minute.**	450	232	8 hours or over night
Rice	1	2	Have water boiling and salted. Stir in cereal and bring to boiling point.	450	232	4 hours or over night
Rolled oats	1	1½	Same as for rice.	450	233	6 hours or over night
Dried fruits						
Apples	1	2-3	Soak over night. Then heat to boiling point, and boil 5 minutes.	0		4 hours or less
Apricots	1	3	Soak over night, then boil 1 minute.	0		4 hours or less
Peaches	1	2	Same as for Apricots.	0		4 hours or less
Prunes	1	2	Same as for Apricots.	0		4 hours or less
Dried vegetables, lima and navy beans	1	3	Soak over night. Heat to boiling point.	450	233	4-8 hours (No longer)
Meats						
Pot roast	As desired	To supply liquid desired	Brown in a hot pan. Add liquid. Heat to boiling, simmer 5 minutes.*	450	232	4 hours (No longer)
—rump	As desired	Almost to cover	Boil water, add meat, simmer 5 minutes.	450	232	4 hours (No longer)
Beef neck	1 fowl	Enough to cover	Cut into pieces, brown. Add water, simmer 5 minutes.	450	232	4 hours or less according to age
—boiled						
Chicken	2 pounds	Enough to cover	Cut meat into 1-inch cubes. Season, roll in flour, brown in hot fat. Add water, simmer 5 minutes.	450	233	3-4 hours (No longer)
Beef stew						

**See Cereals, Method II (p. 62).

***Proportion of water to food is only suggestive and may be varied to suit individual tastes.

PRESSURE COOKER

Structure.—The steam pressure cooker is a kettle of strong metal, usually cast aluminum, fitted with a cover which can be fastened securely by clamps to make a steam-tight joint. The cover is equipped with devices for regulating steam pressure; viz., a petcock which controls escape of steam, an automatic safety device which provides an outlet for steam if pressure should run too high, and a steam gauge which registers amount of pressure obtained. When petcock is closed, steam is not allowed to escape. This produces a pressure which increases temperature correspondingly, and shortens cooking period accordingly.

Use.—To use the pressure cooker, see that safety control is working. Place a rack in bottom of kettle and add water to depth of top of rack. As steam does not escape in any quantity during the cooking, this should provide sufficient moisture. Place food in desired position, and adjust cover by turning around several times to make sure of good contact. In some makes its final position is indicated by arrows. Fasten clamps loosely in place, then tighten each one gradually and alternately so pressure will be uniform. This prevents leaking of steam. Leave petcock open 7 minutes after steam begins to escape, then close.

It has been found if petcock is closed before air has all escaped that the pressure registered on gauge indicates a higher temperature than actually exists in cooker. It is therefore recommended that air be as completely removed as possible before vent is closed. Experiments indicate that if steam is allowed to escape 7 minutes before closing petcock, a maximum temperature is secured which will be only about 4 per cent below that registered on gauge. Count cooking period from time desired pressure is obtained. Pressure should not be allowed to fluctuate. When cooking is completed, pressure should be reduced before removing cover. This may be done by allowing cooker to cool slowly until gauge stands at zero or by opening petcock gradually to permit escape of steam. The former is preferable in canning and other processes where liquid should be retained as much as possible. With this method, petcock should be opened as soon as pressure is reduced to avoid forming a vacuum; then cover should be removed.

In cooking cereals and other foods where water is ab-

sorbed, the liquid in recipe may be decreased safely $\frac{1}{4}$ - $\frac{1}{2}$. Granular cereals give a smoother product if boiled 1 minute before putting into pressure cooker. Amount of pressure to be used varies. More than 20 pounds is seldom desirable and 10-15 pounds is best for most cooking processes.

The following table indicates temperature secured with different degrees of pressure:

Pressure Pounds per square inch	Temperature	
	Degrees C.	Degrees F.
5	110.0	230
10	115.5	240
15	118.3	245
20	124.0	255

Foods containing a leavening agent should be cooked with petcock open until well risen and set; then petcock may be closed and cooking completed under low pressure although this is not necessary.

The pressure cooker is particularly recommended for canning, for cooking dried vegetables, as legumes; tough, fibrous vegetables; and whole and cracked cereals. Less-tender cuts of meat may be cooked by pressure but the texture is less desirable than when a low temperature is used for a long time. A cooker of 10-quart capacity is probably the size best adapted to general family use, if canning is to be done, as it can be handled with a fair degree of ease and holds 5 pint- or 3 quart-jars at one time. Larger ones will hold more jars but are heavy and awkward to handle.

Care.—After using a pressure cooker, the kettle portion should be washed and dried thoroughly. The cover should not be put into water as it injures the steam gauge. It should be wiped carefully and stored separately to keep free from odors. Directions supplied by the manufacturer should be followed for care of safety valve. It should always be kept clean and for some makes it is well to remove completely when not in use.

Pressure sauce pans in 1- to 4-quart sizes have recently been placed on the market. These are designed for ordinary cookery rather than canning. The cover snaps or slides into position in such a manner that steam is retained and a pressure of 5, 10 or 15 pounds is developed in pan. These cookers can be cooled quickly without injury by placing in cold water. When using cooker for first time follow directions sent with it.

TABLE FOR COOKING FOODS IN THE PRESSURE COOKER OR PRESSURE SAUCE PAN

Food	Preparation	Time in minutes	Pounds pressure
Cereals			
Whole and cracked grain, except rice.	Add water and salt, boil 1 minute.	25-60	15
Flaked, granular, and rice.	Add water and salt. If finely ground, boil 1 minute stirring often to avoid lumping.	5-25	15
Fruits, dried	Soak several hours, or cook without soaking.	5-10	5
Meat			
Beef stew	Cut into pieces.	15-30	15
Beef—4 lb. roast	Leave whole.	45-60	15
Rare		8-10 per lb.	15
Well-done		10-15 per lb.	15
Ham, 6-8 pounds	Leave whole.	80	15
Tongue	Leave whole.	45-55	15
Pork, 3-4 pounds	Leave whole.	50-60	15
Poultry			
Young, 3-4 lbs.	Leave whole, or cut up.	15-20	15
Young, 5-7 lbs.	Leave whole, or cut up.	25-30	15
Old	Leave whole, or cut up.	35-45	15
Steamed breads and puddings, containing a leavening agent.	Leave petcock open 10-60 minutes or until pudding is risen and set; the average time is about 15 minutes. Petcock is then closed.	15-30	5
Vegetables			
Beans, navy	Soak 1½ hours.	30-45	15
Beets, new	Leave whole retaining roots and 2 inches of stem.	5-20	15
Carrots	Cut into strips, slices, or cubes.	2-4	10-15
Irish potatoes	Leave whole.	8-15	15
Sweet potatoes	Leave whole.	8-15	15

WATERLESS COOKER

Structure.—The waterless cooker is usually made of heavy cast or sheet aluminum and is fitted with a tight cover which, in some models, may be clamped on. In one make at least, the cover has a vent to provide ventilation when cooking strong-flavored foods. Some cookers have a separate steel plate which is placed in the bottom to prevent scorching and spread the heat. Still others are made of light aluminum but are placed on a specially-made heavy base when used. An extra-heavy tightly-covered aluminum pan, part of the regular equipment in most kitchens, is often used as a waterless cooker with good success. A waterless cooker is designed to cook foods in their own juices but the name "waterless cookery" is a misnomer as a small amount of water is usually added or the food is naturally moist when cooking is begun.

Use.—A waterless cooker is satisfactory for preparing less tender cuts of meat and poultry. It is also recommended for cooking fruits, vegetables, cereals, and desserts that are usually steamed or baked. Fairly large quantities cook better than small ones. Watery vegetables and fruits should be cooked in only the water that clings to them after washing. For drier ones, addition of 2-3 tablespoons of water is recommended to prevent burning. Any liquid left may be served with the food thus conserving minerals and vitamins. **Green vegetables** are not recommended for waterless cooking as acids formed in cooking cannot volatilize in a tight vessel so tend to destroy the green color and spoil the flavor. However, if a little more water is used and cooker is left uncovered for first 3 minutes of boiling, the waterless cooker may be used for green vegetables if desired. By this method the volatile acids will escape, for the most part, in the time food is cooked uncovered. **Strong-flavored vegetables**, as turnips, are not suited to waterless cooking as they should be cooked uncovered to allow the strong flavors to escape. Meats should be seared before reducing heat in order to secure a good color and flavor. In other cases, as soon as kettle is hot, heat should be reduced.

Advantages of waterless cooking are saving of fuel and food value as no nutrients are thrown away. Flavor is also well retained. It is possible to prepare a whole meal in cooker without undue mixing of flavors. Little attention is required after heat is regulated.

COOKING PROCESSES

Baking is cooking by dry heat. It is now usually done in an oven but formerly under coals or on heated stones or metals. The temperature ranges ordinarily from 250°-500° F.

Blanching is a term used in several ways in cooking. Such foods as rice and Italian pastes are blanched by pouring boiling water over them, then draining and rinsing in cold water. Nuts are blanched by plunging into boiling water until skins slip, then draining and rinsing with cold water. In canning, and some other processes it involves precooking in boiling water or steam.

Boiling is cooking in moist heat with boiling liquid as a surrounding medium. It is sometimes incorrectly applied to foods cooked in moist heat below the boiling point, as so-called "boiled beef." A liquid is boiling when bubbles are breaking on the surface and steam is given off. In a slowly boiling liquid, bubbles are small; in a rapidly boiling liquid, large. There is no increase in temperature but more steam is formed in rapidly boiling liquid. Temperature of boiling water at sea level is usually stated at 212° F. or 100° C., but this varies with the air pressure. It is lessened by rise above sea level, approximately 1 degree C., for every 1,000 feet elevation. The boiling point of water is increased by solution of solids in the water.

Braising usually combines browning of meat or vegetables in a small amount of fat then cooking slowly in a covered dish with a small amount of liquid which may be meat juices, water, milk, cream, or stock.

Broiling, also called **grilling**, is cooking by direct heat.

Fricasséeing is cooking by braising. The term is usually applied to fowl, rabbit, or veal cut into pieces.

Frizzling is cooking in fat to produce a brown, crisp product with curled edges. Often applied to dried beef.

Frying is cooking in hot fat. It was formerly applied to cooking in deep fat but it is now recommended that the term include cooking in a small amount of fat (*sautéing*).

Grilling—see *Broiling*.

Pan-broiling is similar to broiling except the heat is applied by means of hot metal. This may be oiled just enough

to prevent sticking. Excess fat accumulating while cooking should be poured off.

Pan-frying is cooking in a small amount of fat and has same meaning as sautéing.

Panning is the cooking of certain vegetables cut into small pieces in little or no added water with a small amount of fat and other seasonings. A heavy tightly-covered pan and low heat are desirable.

Parboiling is boiling a food until it is partially cooked. Foods with a strong or salt flavor are often parboiled as are also tough foods that are to be roasted or cooked in hot fat.

Planking is cooking or serving on a plank made especially for the purpose.

Poaching is cooking a food by slipping it into hot liquid. Temperature varies with material which is to be poached.

Roasting is the term now commonly applied to baking meats. In its original sense, it was similar to broiling, as it meant cooking before an open fire.

Sautéing is cooking in a small amount of fat. It is now recommended that term be dropped and frying be used instead.

Searing is a term applied chiefly to meat cookery. The surface is browned by subjecting it to a high temperature for a short time. The aim is to develop color and flavor and to improve appearance.

Simmering is cooking in liquid at temperatures ranging from 185° F. or 85° C., to a few degrees below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface. Simmering is affected by the same conditions as those which affect boiling temperatures.

Steaming is cooking in moist heat with steam as the surrounding medium. Steam may be applied directly to the food, as in a steamer, or to the vessel, as in a double boiler. Pressure may or may not be used. Temperature of steam at atmospheric pressure is the same as that of boiling water, but owing to rapid condensation, the temperature at which food is cooked is lower, so a longer time is required for steaming than for boiling.

Steeping is a process of extracting flavors of food by adding boiling water and allowing mixture to stand. The temperature is always below the boiling point.

Stewing is boiling or simmering in a small amount of water.

METHODS USED IN PREPARING FOODS

Beating is an over-and-over motion used to smooth a mixture and to introduce air.

Creaming is working one or more foods until soft and creamy. The hands, a spoon, or other implement may be used for the purpose.

Cutting is a horizontal motion with knives used for combining fat with dry ingredients with the least possible amount of blending. It is also used to divide food materials with knife or scissors.

Cutting and Folding is a combination of two motions—cutting vertically through mixture and turning over and over by sliding implement across bottom of mixing bowl at each turn.

Egging and Crumbing is coating a food with bread crumbs, then with diluted, slightly-beaten egg, and again with crumbs. It may be used when frying as it forms a coating which browns easily and tends to prevent soaking of food with fat.

Kneading is a process of mixing consisting of a pressing motion accompanied by folding and stretching. In this way flour may be added to doughs that are too stiff to stir or beat.

Larding is the inserting of lardoons—small strips of salt pork—into dry, uncooked meat or fish either by placing in gashes cut into the food or by running them in with a larding needle. It is also applied to placing strips of fat on top of meat before cooking.

Milling is a beating process. It is best done with a rotary egg beater. Milk dishes, as cocoa, are milled to remove scum formed with standing.

Stirring is a circular motion used for blending food materials or for securing a uniform consistency, as in cooking sauces.

OVEN TEMPERATURES

Oven temperatures are variously designated. A convenient classification is slow, moderate, hot or quick, and very hot. The temperatures may be indicated as follows:

	Temperature
Slow	250°—350° F.
	121°—177° C.
Moderate	350°—400° F.
	177°—204° C.
Hot or quick	400°—450° F.
	204°—232° C.
Very hot	450°—500° F.
	232°—260° C.

The temperatures given above are for a gas oven. They may be reduced somewhat for a coal range.

MEASUREMENTS

All measurements should be level. This makes exact recipes possible because quantity measured is more uniform, it is the same for solids and liquids, and measures can be easily divided. The straight edge of a knife or spatula is used to smooth surface of dry materials. **Liquids**, including oils, are filled as full as container will hold without danger of spilling contents when carefully handled. **Dry materials**, as flour and sugar, should be measured lightly, and never shaken or pressed down. Flour is measured after sifting once. **Solid fats** are packed solidly, or measured by placing cold water in a measuring cup leaving space equal to amount of fat desired. Add fat until water rises to top of cup, then drain off water.

A spoonful of dry material is measured by filling to overflowing, then leveling. Fractions of spoonfuls may be obtained most easily by use of a set of graduated measuring spoons. If these are not available satisfactory results may be secured by use of the following directions. **Half a spoonful** is a spoonful divided lengthwise with one-half taken away. **One-fourth a spoonful** is a half-spoonful divided crosswise with division line a little nearer handle end of bowl. One-half is then taken away. **Cups** are filled and leveled in the same way. A tablespoon may often be used to advantage to measure less than one-half cupful. A speck is amount that may be held on tip of a sharp-pointed knife.

Table of Abbreviations and Equivalents*

Abbreviations	Equivalents
ss. = saltspoonful	4 ss. = 1 t.
c. = cupful	3 t. = 1 T.
T. = tablespoonful	16 T. = 1 c.
t. = teaspoonful	$\frac{1}{2}$ c. = 1 g.
spk. = speck	2 c. = 1 pt.
oz. = ounce	2 pt. = 1 qt.
lb. = pound	4 qt. = 1 gal.
g. = gill	2 gal. = 1 pk.
qt. = quart	4 pk. = 1 bu.
pt. = pint	16 oz. = 1 lb.
gal. = gallon	28.35 gm. = 1 oz.
pk. = peck	453.6 gm. = 1 lb.
bu. = bushel	2.2 lb. = 1 kg.
gr. = grain	5 gm. = 1 t.
gm. = gram	5 cc. = 1 t.
kg. = kilogram	20 drops = 1 cc.
cc. = cubic centimeter	

*The equivalents are the same for both solids and liquids.

Approximate Measure of a Given Unit of Some Common Food Materials

Food	Unit	Approximate Measure
Bread, loaf, white.....	20 ounces	21 slices*
Bread, loaf, sandwich.....	30-34 ounces	32 slices*
Bread, loaf, whole wheat.	18 ounces	20 slices*
Cheese, Philadelphia	3-ounce package	$\frac{1}{2}$ cup
Egg, whole, unbeaten.....		3 tablespoons
Egg white, unbeaten.....		2 tablespoons
Egg yolk, unbeaten.....		1 tablespoon
Milk, condensed	15-ounce can	$1\frac{1}{3}$ cups
Milk, evaporated	tall can, $14\frac{1}{2}$ ounces..	$1\frac{3}{4}$ cups
	small can, 6 ounces.....	$\frac{3}{4}$ cup
Olives, small.....	quart	116-140
Olives, mammoth.....	quart	65-75
Oysters	pint	20 large or 30 small

*Without end slices.

APPROXIMATE MEASURE AND NUMBER OF SERVINGS PER POUND OF SOME COMMON FOOD MATERIALS

Food	Approximate	
	Measure	Number servings
Almonds in shell.....	1 1/3 cups or 5 ounces, shelled.....	
Almonds, blanched.....	3 1/2-4 cups.....	
Apples, A. P.*.....	2 1/2-3, medium.....	
Apricots, dried.....	3-3 1/2 cups, 50 halves.....	9-10
Apricots, fresh.....	8 medium.....	
Artichokes, globe or French.....	2 medium.....	2
Artichokes, Jerusalem.....	4.....	4
Asparagus, fresh.....	20 stalks, medium.....	4
	2 cups, 1-inch pieces.....	4
Avocado.....	2 medium.....	
Bacon, uncooked.....	15-25 full slices.....	
Bananas.....	3 medium.....	3
Beans, kidney.....	2 1/2 cups uncooked, 7 cups cooked.....	11
Beans, lima, small.....	2 1/2 cups uncooked, 6 cups cooked.....	10
Beans, navy.....	2 1/2 cups uncooked, 6 cups cooked.....	10
Beans, soy.....	2 1/2 cups uncooked, 6 1/2-7 cups cooked.....	11-12
Beans, string, A. P.*.....	3/4-1 quart.....	5-6
Beef, dried, packed.....	4 cups.....	
Beef, ground, raw.....	2 cups.....	4
Beets, young, A. P.*.....	6 small (1 bunch).....	3-4
Beets, mature, A. P.*.....	3-4, medium.....	3-4
Beet greens.....	2 quarts.....	3
Blackberries, fresh.....	1 1/3 cups.....	3
Bran, all.....	6 cups.....	16-20
Bran flakes.....	12 cups.....	20-24
Bread, crumbs, soft.....	9 cups.....	
Bread, crumbs, dry.....	5 1/3 cups.....	
Broccoli.....	2-4 heads.....	3-4
Brussels sprouts.....	30 medium heads.....	5-6
Butter.....	2 cups.....	
Cabbage, Chinese.....	1/2 medium stalk or 2 cups cooked.....	4-6
Cabbage, white or red.....	1/2 small head.....	3-4
Cabbage, white, shredded, raw.....	4-5 cups.....	10-12

*As purchased.

(Continued on next page)

**Approximate Measure and Number of Servings per Pound of
Some Common Food Materials (Continued)**

Food	Approximate	
	Measure	Number servings
Cabbage, white, shredded, cooked.....	2½ cups.....	5
Cantaloupe.....	1 small.....	2
Carrots, young.....	6-8 small.....	3-4
Carrots, mature.....	4 medium.....	4
Cauliflower.....	1 small head.....	3-4
Celery.....	1 medium stalk 2 cups, half-inch pieces...	4
Cheese, American, grated.....	4 cups.....	
Cheese, cottage.....	2¼ cups.....	5
Cherries, candied.....	160 cherries; 7 oz. = 1 cup.	
Chicken, cooked, diced.....	3 cups.....	
Chicken, fresh.....		2
Chocolate.....	16 squares.....	
Cocoa.....	4½ cups.....	
Cocconut, dry, shredded.....	6-7 cups.....	
moist, canned.....	5½ cups.....	
Coffee, coarsely ground.....	5-5½ cups.....	50
Coffee, finely ground...	5 cups.....	50
Collards.....		2
Corn.....	2 medium ears.....	2
Cornmeal.....	3 cups uncooked, 12 cups cooked.....	16-24 12-16
Corn flakes.....	16 cups.....	
Cornstarch.....	3-3¼ cups.....	
Corn syrup.....	1½ cups.....	
Crackers, Graham.....	50-80.....	
Crackers, white, 2" x 2".....	108.....	
Cranberries, un- cooked.....	4 cups.....	16
Cream of wheat, uncooked.....	2½ cups or 11 cups cooked.....	16-20
Cucumbers.....	2, 6 inches long.....	6
Currants, dried.....	3 cups.....	
Dandelion greens.....		3-4
Dates, unpitted.....	2½ cups (60 dates).....	

(Continued on next page)

**Approximate Measure and Number of Servings per Pound of
Some Common Food Materials (Continued)**

Food	Approximate	
	Measure	Number servings
Eggplant	1 medium.....	3-4
Eggs, whole	8-10 in shell.....	8
Egg yolks	2 cups (24-28 yolks).....	
Egg whites	2 cups (16 whites).....	
Endive, curly	1 head	4-6
English walnuts, unshelled	2/5 pound, or 1 1/5 cups, shelled.....	
English walnuts, shelled	3 cups broken, 4 cups halves.....	
Farina, uncooked	3 cups or 15 cups cooked.....	15-20
Figs, dry, small.....	2 3/4 cups (44 figs).....	
Flour, whole wheat.....	3 2/3 cups	
Flour, white, bread, unsifted	3 1/2 cups, scant	
Flour, white, bread, sifted once	4 cups	
Flour, cake, unsifted	3 3/4 cups, scant	
Flour, cake, sifted once	4 cups	
Gelatin, granulated.....	64 tablespoons	
Gelatin, prepared.....	2 1/3 cups	
Grapefruit, size 64.....	1 grapefruit	12-16
Grapenuts	4 cups	
Green peppers	4-5 medium	
Ham, A. P.*	1 cup cooked	16
Hominy grits	3 cups uncooked or 13 cups cooked.....	
Honey	1 1/2 cups.....	
Kale		3
Kohlrabi	4 medium	4
Krumbles	11 cups	15-20
Lard	2 cups	
Lemons, size 300.....	4 lemons, medium.....	
Lemon juice	2 cups, 8-10 lemons.....	
Lentils, dried	2 cups uncooked or 4 cups cooked	8-10
Lettuce, head	2 medium	4-6
Lettuce, leaf	24-48 leaves	4-6

*As purchased.

(Continued on next page)

Approximate Measure and Number of Servings per Pound of
Some Common Food Materials (Continued)

Food	Approximate	
	Measure	Number servings
Macaroni, 1-inch pieces.....	4 ½ cups uncooked or 9 cups cooked.....	18
Marshmallows.....	80.....	
Mayonnaise.....	2 cups.....	16
Meat, chopped, cooked or raw.....	2 cups.....	3-4
Milk, powdered skim..	4 cups.....	
Mincemeat.....	2 cups.....	
Molasses.....	1 ½ cups.....	
Mushrooms.....	30-40 medium caps.....	5-6
Mushrooms, fresh, sliced, with stems....	5-6 cups.....	
Mushrooms, canned....	2 cups.....	
Mustard greens.....	2 quarts.....	4
Noodles, uncooked, dry.....	6-8 ½ cups or 14 cups cooked.....	
Nuts, chopped.....	4 cups; 1 cup = 4 oz.....	18
Oats, rolled, un- cooked.....	4 ¾ cups or 9 cups cooked.....	12-15
Oil, salad.....	2 ½ cups.....	
Okra.....	24 medium pods or 3 cups, sliced.....	5-6
Onions, small, fresh....	24 small.....	6
Onions, large, mature..	4.....	4
Oranges, size 150.....	2.....	2
Orange juice.....	2 cups.....	3-4
Parsnips.....	4 medium.....	4
Peaches, dried.....	3 cups.....	
Peaches, fresh.....	3-4 medium.....	
Peanuts.....	2 quarts, unshelled or 2 cups shelled.....	
Peanut butter.....	1 ¾ cups.....	
Pears, fresh, A. P.*.....	3-4 medium.....	3-4
Peas, A. P.*.....	1 quart or 50 pods or 1 cup shelled peas.....	2-3
Pettijohns.....	4 ½ cups or 12 cups cooked.....	18-24
Pickles, 3 inches long..	3 cups, 36 halves.....	36
Pimientos, chopped.....	2 ½ cups.....	
Pineapple slices, canned.....	8-12 slices.....	8-12
Pineapple tidbits, canned.....	2 cups.....	

*As purchased.

(Continued on next page)

**Approximate Measure and Number of Servings per Pound of
Some Common Food Materials (Continued)**

Food	Approximate	
	Measure	Number servings
Potato chips.....	5 quarts.....	15-20
Potatoes, white.....	3-4 medium.....	3-4
Potatoes, sweet.....	3 medium.....	3-4
Prunes, dried, A. P.*..	2 cups, size 30-40.....	7-8
Pumpkin, uncooked.....	2 ½ cups or 1 cup cooked.....	
Radishes.....	20-30 small.....	10
Ralston's.....	3 cups or 12-15 cups cooked.....	20-25
Raisins, seedless.....	3 cups.....	
Raisins, seeded.....	2 ½ cups.....	
Raspberries.....	3 ¾ cups.....	4-5
Rhubarb.....	4-8 stalks or 4 cups, 1-inch pieces.....	3-4
Rice.....	2 cups or 8 cups cooked.....	12-16
Rice flakes.....	13 cups.....	20-25
Rice, puffed.....	27 cups.....	25-35
Rutabaga.....	1-2 rutabagas.....	3
Salsify.....	8 or 1-2 bunches.....	4
Sauerkraut.....	3 cups, packed.....	
Sausage, small link.....	14-16 links.....	4
Soybeans, green.....	1 quart or 50 medium pods..	2-3
Spaghetti.....	4 ½ cups or 9 cups cooked.....	15
Spinach, raw.....	2 quarts, unchopped.....	3-4, cooked
Squash, acorn.....	1 medium.....	2
Squash, summer, A. P.*.	½ squash, 5 inches in diameter.....	4
Squash, winter.....	2 ½ cups or 1 cup cooked..	2-3
Strawberries.....	2 ¼ cups.....	3-4
Sugar, brown.....	3 cups, lightly packed.....	
	2 ½ cups, packed.....	
Sugar, granulated.....	2 cups.....	
Sugar, loaf, ½-inch cubes.....	96-116.....	58
Sugar, loaf, domino.....	90 dominoes.....	45
Sugar, powdered, sifted.....	3 ½ cups.....	
Swiss chard.....	2 quarts.....	3-4
Tapioca, minute.....	3 cups.....	

*As purchased.

(Concluded on next page)

**Approximate Measure and Number of Servings per Pound of
Some Common Food Materials (Concluded)**

Food	Approximate	
	Measure	Number servings
Tapioca, pearl	2 $\frac{3}{4}$ cups	
Tea	6 cups	300
Tomatoes, fresh	3-4 medium	3-4
Turnips	2-4	3-4
Turnip greens		3
Vanilla	32 tablespoons	
Water cress	5 small bunches	
Watermelon	1 inch slice, 6 inches in diameter	1
Wheat, cracked	3 cups uncooked or 12 cups cooked	12-16
Wheat, puffed	32 cups	25-30
Wheat, shredded	16 biscuits	16
Wheatstarch	3 $\frac{1}{2}$ cups or 16 cups cooked	25-32
Whole wheat biscuit....	15	15
Whole wheat flakes....	16 cups	25-30
Yeast	32 cakes	

**Approximate Amounts of Meat, Fish and Poultry to
Allow per Person when Buying**

Food	Amount
Meats	
Chops	1-2 according to size
Roasts	$\frac{3}{4}$ - $\frac{1}{2}$ pound
Loin steaks	$\frac{3}{4}$ - $\frac{1}{2}$ pound
Round steak	$\frac{3}{4}$ - $\frac{1}{2}$ pound
Boned or ground meat, liver, sausage ..	$\frac{3}{4}$ pound
Chickens, dressed, undrawn	
Stewing (4-5 pounds)	$\frac{1}{2}$ pound
Roasting (3-5 pounds)	$\frac{3}{4}$ pound
Frying (2 $\frac{1}{2}$ -3 $\frac{1}{2}$ pounds)	$\frac{3}{4}$ pound
Broiling ($\frac{3}{4}$ -2 $\frac{1}{2}$ pounds)	$\frac{1}{4}$ -1 chicken accord- ing to size
Fish	
Halibut, salmon, fillets (little waste) ..	$\frac{1}{4}$ pound
Mackerel, trout (skin and bone waste) ..	$\frac{1}{2}$ pound

Approximate Equivalent of Some Common Food Materials

Food	Measure	Approximate Equivalent
Butter	1 cup	$\frac{7}{8}$ -1 cup hydrogenated fat $\frac{7}{8}$ cup oil $\frac{7}{8}$ cup lard $\frac{7}{8}$ cup clarified chicken fat 1 cup oleomargarine (generous if of vegetable origin)
Chocolate	1 ounce or square	3 tablespoons cocoa and $\frac{1}{2}$ tablespoon fat
Cream, thin (18-20% fat)	1 cup	$\frac{4}{5}$ cup milk and $\frac{1}{5}$ cup fat
Cream, heavy (36-40% fat)	1 cup	$\frac{3}{4}$ cup milk and $\frac{1}{4}$ cup fat
Egg, dried, whole	2 tablespoons, packed + $2\frac{1}{2}$ tablespoons water	1 whole egg
Egg, dried yolk	$1\frac{1}{2}$ tablespoons + 1 tablespoon water	1 egg yolk
Egg, dried white	1 tablespoon + 2 tablespoons water	1 egg white
Flour (thickening)	1 tablespoon	$\frac{2}{3}$ tablespoon cornstarch 1 tablespoon minute tapioca 1 whole egg, 2 egg whites, or 2 egg yolks
Flour, cake	1 cup	$\frac{7}{8}$ cup all-purpose flour or $\frac{1}{2}$ cup all-purpose flour plus $\frac{1}{8}$ cup cornstarch
Sugar	1 cup	$1\frac{1}{2}$ cups brown sugar, lightly packed $1\frac{1}{2}$ cups confectioner's sugar 1 cup honey less $\frac{1}{4}$ - $\frac{1}{2}$ cup liquid $1\frac{1}{2}$ cups molasses less $\frac{1}{2}$ cup liquid $1\frac{1}{4}$ - $1\frac{1}{2}$ cups corn syrup less $\frac{1}{4}$ - $\frac{1}{2}$ cup liquid
Tapioca, minute	1 tablespoon	2 tablespoons pearl tapioca

Milk Equivalents

1 quart of any of the following may be used as equal to 1 quart of fluid whole milk:

- 1 pint (2 cups) evaporated milk + 1 pint (2 cups) water
- 1½ cups (5 ounces) dried whole milk + 1 quart (4 cups) water
- 1 quart liquid skim milk + 1½ ounces (3 tablespoons) butter
- 1 cup (4 ounces) dried skim milk + 1 quart (4 cups) water + 1½ ounces (3 tablespoons) butter

To replace 1 cup fluid milk in recipe, use 1 cup water and 4 tablespoons powdered skim milk or 4½ tablespoons powdered whole milk. When dried milk is used in baked products, sift powdered milk with dry ingredients. For beverages and similar dishes, reconstruct to make liquid milk. To do this, put water in mixing bowl of suitable size, sift milk on surface of water and beat with rotary beater until blended. It may be shaken in a bottle if preferred. Using dried skim milk up to double strength increases palatability and nutritive value and is especially recommended for beverages and cream soups.

WEIGHT AND MEASURE OF STANDARD SIZES OF CANNED GOODS

It is difficult to state weight and measure of standard sizes of cans exactly as these vary with different types of foods and with packs in different canneries. It is well to remember that jams, marmalades and preserves have somewhat greater weight for a given size of can and fish and some other foods will be lighter. Fruits and vegetables tend to be more or less uniform in weight.

Glass jars are now used to some extent to replace tin cans. Two sizes in common use are:

Jar	Net weight	Content-cups	Chief uses
No. 303.....	1 lb. to 1 lb. 1 oz...	1¾ to 2.....	Vegetables
No. 2½.....	1 lb. 12 oz. to 1 lb. 14 oz.	3½	Fruits, pumpkin, sauerkraut

GENERAL INFORMATION

WEIGHT AND MEASURE OF STANDARD SIZES OF CANNED GOODS

Name of can	Diameter inches	Height inches	Approximate net weight	Approximate measure in cups	Some uses
202 BF	2 1/8	2 7/8	4 1/2-5 1/4 oz.	1/2	Baby foods
8 Z, tall	2 11/16	3 1/4	8 1/2 oz.	1	Meat and fish products, specialties
No. 1 East (picnic)	2 11/16	4	10 1/2 oz.	1 1/4	Some fruits, juices, soups, vegetables, meat, and fish products, specialties
No. 2 Vacuum	3 7/16	3 6/16	12 oz.	1 1/2-1 3/4	Whole grain corn
No. 300	3	4 7/16	14 1/2 oz.	1 3/4	Same as No. 1 Eastern
No. 1, tall	3 1/16	4 11/16	16 oz.	2	Fruits, juices, fish products, some vegetables
No. 2	3 7/16	4 9/16	1 lb. 4 oz.	2 1/4-2 1/2	Fruits, juices, vegetables
No. 2 1/2	4 1/16	4 11/16	1 lb. 13 oz.	3 1/4-3 1/2	Fruits, some vegetables
No. 3, cylinder	4 1/4	7	2 lb. 14 oz.	5 3/4	Juices
No. 10	6 3/16	7	6 lb. 10 oz.	12	Vegetables, fruits, juices, soups, meat and fish products

Adapted from Handbook of Food Preparation. American Home Economics Association.

TESTS FOR STAGES OF SUGAR COOKERY

These tests are made with a thermometer or by dropping a small portion of syrup into cold water. Each stage corresponds to a range of temperature as indicated by a thermometer. Temperatures, however, vary with altitude and with ingredients used, so should be determined for each individual recipe in a given locality. Temperatures listed here are correct for sea level with a mixture of sugar and water but are still subject to variation if other ingredients are used.

Stage	Housewife's Test	Temperature Test	
		Degrees F.	Degrees C.
Thread	Mixture spins 2-inch thread when dropped from fork or spoon	230-236	110-113
Soft ball	Mixture forms soft ball when dropped into cold water but loses shape when removed from water	235-240	113-116
Firm ball	Mixture forms firm ball in cold water and holds shape when removed from water	246-250	119-121
Hard ball	Mixture forms hard ball in cold water	250-265	121-129
Soft crack	Mixture will separate into threads when it strikes cold water and will crack or break when crushed with fingers	270-290	132-143
Hard crack	Mixture is very brittle when dropped into cold water and will not stick to teeth	300-310	149-154
Caramel	Mixture passes hard crack stage and begins to brown	320-348	160-177

Caramel is also made by stirring dry sugar slowly over direct heat until it forms a golden-brown syrup. It begins to melt at about 320° F. or 160° C. forming "barley sugar." This soon begins to brown and at about 348° F. or 177° C. characteristic caramel color and flavor are obtained.

GENERAL DIRECTIONS FOR CREAMED DISHES

Cook food to be used. Leave whole, or cut into pieces as desired. Make Medium White Sauce (p. 148). Combine with food mixing lightly with a fork and taking care that no pieces are broken. Allow $\frac{1}{2}$ -1 cup sauce for each cup food.

GENERAL DIRECTIONS FOR SCALLOPED DISHES

Prepare sauce and food materials as for Creamed Dishes. Combine by either of the following methods:

Method I.—Combine sauce and prepared food material. Pour into oiled baking dish. Cover top with Buttered Crumbs (p. 106). Bake until sauce bubbles and crumbs are brown. (400° F.)

Method II.—Arrange food and sauce in alternate layers in oiled baking dish making last layer of sauce. Cover with Buttered Crumbs (p. 106) and bake as for Method I.

Method III.—(au gratin)—Prepare as for Method II sprinkling each layer of sauce with grated cheese.

GENERAL DIRECTIONS FOR SOUFFLES WITH WHITE SAUCE FOUNDATION

Make a Thick White Sauce (p. 148). Prepare food material according to kind. For example, cheese should be grated, meats cooked and ground, vegetables cooked and put through a sieve. Allow $\frac{1}{2}$ -1 cup prepared food and 3 eggs to 1 cup sauce. Add food material to sauce. Cool slightly. Then add egg yolks beaten until thick and lemon-colored and lastly fold in stiffly beaten egg whites.

Pour into oiled baking dish filling not more than $\frac{3}{4}$ full. Set in pan of hot water and bake in moderate oven (350° F.) until firm and a sharp-pointed knife comes out clean, about 45-60 minutes. Serve at once from baking dish.

GENERAL DIRECTIONS FOR CROQUETTES

Make a very Thick White Sauce (p. 148). Prepare food material according to kind. It should be finely divided. Add sauce to prepared food material allowing 1-3 cups of the latter to 1 cup sauce. Mixture should be as soft as can be handled.

Cool, shape, egg and crumb, fry in deep fat (p. 205), and drain.

To shape.—Allow $\frac{1}{4}$ cup mixture for each croquette. Roll into a ball, then on a board to form a cylinder 2-3 inches long and 1 inch in diameter. Flatten ends with spatula. Croquettes should be neat and uniform in shape in order to be attractive.

Other shapes, as cones and balls, are often used.

To egg and crumb.—Beat egg slightly. Mix with equal amount of cold water. Put prepared bread crumbs (p. 106) on a shallow plate and egg mixture on another. Roll food in crumbs, dip into egg, and again roll in crumbs. Care should be taken to have all parts completely covered. It may be necessary to repeat process to get good results.

To Use a Pastry Bag and Tube

Fit tube in place. Turn upper part of bag to the outside to prevent smearing while filling. Fill bag not more than half full and twist top tightly above mixture. Hold in left hand in such a manner that sufficient pressure can be exerted at top of bag to force out contents. Guide with right hand while pressing with left. Separate tube from mixture by pressing it down slightly and raising quickly. Rinse bag with cold water after using.

A metal syringe may be used instead of a cloth bag.

To Use a French Vegetable Cutter

Place edge of cutter against prepared surface of food to be cut. Potatoes are peeled, melons are cut open, etc. Roll alternately from right to left and left to right so food is cut first on one side and then on other. Continue until food may be seen through hole in back of cutter. Still retaining pressure on cutter, lift handle until at right angles with food, then turn handle completely around in hand and lift out ball.

To Chop Foods

To chop sticky foods, as dates or raisins, cut with wet knife or scissors. To chop ice, place in heavy burlap or canvas bag and pound with a wooden mallet. To chop nuts, break with fingers or cut with long, sharp knife on cutting board or in chopping bowl, unless special nut chopping device is available. To mince parsley, form stalks into a tight bunch as for a bouquet. Hold tightly with left hand next to point of cutting, cut with scissors or sharp knife on board. To mince onions, cut into thin slices, then into coarse pieces. Chop with knife on cutting board. Special boards are desirable for cutting onions as they are apt to impart a flavor to wood.

"Minute" Mixes

Housewives often find dough and batter mixes a great help in busy times. These may be made when convenient in any desired quantity and stored in tight containers, preferably of screw-top variety. Whether or not they require refrigeration will depend chiefly upon type of fat used.

Foods most suitable for mixes are biscuits, gingerbread, pastry and plain cake. To prepare these, use desired multiple of regular recipes. Carry to stage indicated below:

Biscuits—ready for milk

Gingerbread—ready for molasses, eggs, and milk

Plain pastry—ready for water

Plain cake—ready for sirup, if used, eggs, milk, and flavoring (muffin type of mix)

BEVERAGES

The term "beverage" is applied to any drink. Water is the natural beverage and forms the greater portion of all others. The nutritive properties of beverages vary considerably. A few are valued only for their flavors or stimulating qualities, others are quite nutritious, and some combine these properties.

Beverages may be prepared in various ways. They may require merely a mixing together of the ingredients or their preparation may involve some special process. Some of the terms used in preparation of beverages with an explanation of their meaning are:

Infusion.—Boiling water is poured over material used. Mixture is then covered and allowed to stand in a warm place until flavor is extracted. Example: steeped tea.

Decoction.—Material is placed in cold water and heated slowly to boiling point. It may then be held at this temperature until desired flavor and color are obtained. Example: boiled coffee.

Filtration.—Hot or boiling water is poured slowly over material enclosed in some kind of sieve. Pouring may be repeated if a stronger beverage is desired but is not recommended as it favors loss of flavoring materials and results in poorer quality. Example: drip or filtered coffee.

Percolation.—Hot water is allowed to percolate through material held in a strainer until desired flavor is obtained. Example: percolated coffee.

COFFEE

General Suggestions.—Finely ground coffee makes a stronger and richer beverage than that which is coarsely ground. It should be used when method of making does not allow long contact of water with coffee, as in drip coffee.

Glass or enamel pots are best to use as they do not affect flavor appreciably.

Soft water is desirable for making coffee as hard or alkaline waters have an unfavorable effect upon flavor and color.

The water should be freshly boiled, as long boiling makes it flat and insipid and affects flavor of beverage.

Proportions.—Proportions of coffee suggested for 1 cup water vary with strength desired. They are approximately as follows:

Weak	1	tablespoon
Medium	2	tablespoons
Strong	3	tablespoons
After-dinner	4	tablespoons

Service.—One cup of coffee will serve 2 coffee cups of regular size or 4 after-dinner coffee cups. Coffee may be served black, with sugar and cream, or with hot milk (café au lait). Plain cream, or a garnish of whipped cream or ice cream may be used with iced coffee.

"BOILED" COFFEE (STEEPED)

1 cup medium-ground coffee	1 cup cold water
Few grains salt	7 cups boiling water

Mix coffee, salt, and cold water. Add boiling water. Heat to just below boiling point. Let settle 5 minutes in warm place. Strain into heated coffee pot.

Boiling extracts tannin in large amounts and increases loss of caffeol so is avoided in making coffee.

To clear:

Method I.—Add a little cold water at beginning of settling process to aid in carrying heavy coffee particles to bottom.

Method II.—Add a slightly beaten egg with the crushed shell, or a slightly beaten egg white, or several crushed shells, to coffee and cold water at beginning of process. The particles of coffee adhere to egg as it coagulates and settling is more easily accomplished. 12 servings, $\frac{1}{2}$ cup each.

Variation

Cold Water Coffee.—Mix as for "Boiled" Coffee using cold instead of boiling water. Heat mixture to just below boiling point. Settle, adding cold water if egg has not been used.

FILTERED COFFEE (DRIP COFFEE)

1 cup finely-ground coffee	8 cups boiling water
Few grains salt	

Put coffee and salt in strainer of pot. Pour water through slowly. Coffee may be poured through a second time if a strong-

er beverage is desired but volatile oil will be lost and flavor will be affected. A special drip coffee pot is used. If it employs a cloth or filter, coffee should be pulverized. 12 servings, $\frac{1}{2}$ cup each.

PERCOLATED COFFEE

1 cup medium-ground coffee 8 cups water
Few grains salt

Place coffee and salt in strainer of pot with water below. Heat. Let water percolate slowly through coffee until of desired strength as determined by color and flavor. This will require about 5 minutes. Avoid boiling of beverage in pot. 12 servings, $\frac{1}{2}$ cup each.

AFTER-DINNER COFFEE

Make strong coffee, using 3-4 tablespoons to 1 cup water. Serve black in after-dinner coffee cups. 1 cup: 4 servings, $\frac{1}{4}$ cup each.

CAFÉ AU LAIT

Make coffee of medium strength, using 2 tablespoons coffee to 1 cup water. Serve with an equal quantity of hot milk. 1 cup coffee and 1 cup milk: 4 servings, $\frac{1}{2}$ cup each.

ICED COFFEE

Partially fill tall glasses with cracked ice or ice cubes. Add cream if used. Fill with strong, freshly-made hot coffee. Add sugar to taste. Garnish with whipped cream or ice cream if desired.

TEA

General Suggestions.—China, glass, earthenware, or enamel pots are best for making tea. Metal is apt to affect flavor. Pots equipped with strainers are desirable. If they are not available, two pots are needed so tea may be poured off leaves as soon as sufficiently steeped. Strainers, tea balls, or muslin bags should not be filled more than half full in order to leave room for leaves to swell and to give off their flavor.

Water should be freshly boiled. Pot should be scalded to freshen and heat it.

Proportions.—Proportion of tea to water cannot be stated definitely as it depends largely upon kind of tea and personal taste. A common rule allows $\frac{1}{2}$ -1 teaspoon tea to 1 cup water.

Service.—Tea may be served with cream, sugar, thinly sliced orange or lemon, candied cherries, ginger, orange peel, mint leaves, or similar accompaniments.

TEA

2-4 teaspoons tea

4 cups boiling water

Scald pot, put in tea, pour boiling water over it. Cover, steep in warm place 1-3 minutes. Do not boil. Strain, serve at once. Strength may be regulated to suit each individual by combining with freshly boiled water at the table. 6 servings, $\frac{1}{2}$ cup each.

Variations

Spiced Tea.—Make as for Tea using 4 teaspoons tea. Simmer $\frac{1}{2}$ teaspoon each of whole allspice and cloves, one small stick cinnamon, $\frac{1}{2}$ lemon rind and 1 orange rind with water 20 minutes. Add tea. Strain out tea leaves and spices. Add 4 tablespoons orange juice, 3 tablespoons lemon juice, and sugar or Sugar Syrup (p. 56) to taste. Serve hot or cold. 4 servings, 1 cup each.

Iced Tea.—Partially fill iced tea glasses with crushed ice or ice cubes. Fill with hot, strong, freshly-made tea. This brings out flavor to best advantage. If cooled first some flavor is lost. Serve with sliced lemon or orange, or with a pitcher of lemon juice. A sprig of mint is an attractive garnish.

If a mechanical refrigerator is available, variety may be secured by varying the ice cubes. Lemon cubes made by freezing lemonade, plain or colored ice cubes containing slices of lemon, orange, whole cherries, or sprigs of mint may be used.

Some infusions become cloudy when cold. No satisfactory explanation has been offered for this change.

CHOCOLATE AND COCOA

CHOCOLATE

1 square chocolate

2-4 tablespoons sugar

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

$3\frac{1}{2}$ cups scalded milk

Few grains salt

Mix chocolate, sugar, and salt. Add water, preferably hot. Boil until smooth and glossy, stirring as needed. Add milk, reheat, beat with rotary egg beater just before serving. Flavor is improved if mixture is allowed to stand one-half hour or

more over hot water. A few drops of vanilla may be added just before serving. Garnish with whipped cream if desired or with marshmallows, cut into small pieces and placed in bottom of cup before beverage is poured.

Water may be substituted for half the milk if a less nutritious beverage is desired. 8 servings, $\frac{1}{2}$ cup each.

CHOCOLATE SYRUP (FOR HOT OR ICED CHOCOLATE)

1 square chocolate, melted	$\frac{1}{16}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
$\frac{3}{4}$ cup hot water	

Add sugar, salt, and water to chocolate; mix well. Boil gently 5 minutes, stirring as needed. Cool and flavor. Bottle and keep in cool place. Allow $1\frac{1}{2}$ tablespoons syrup to 1 cup hot or cold milk. 1 cup syrup, scant.

COCOA

2-4 tablespoons cocoa	$3\frac{1}{2}$ cups scalded milk
2-4 tablespoons sugar	Few grains salt
$\frac{1}{2}$ cup water	

Mix cocoa, sugar, and salt. Add water. Complete and serve as for Chocolate. 8 servings, $\frac{1}{2}$ cup each.

Variations

Creamy Cocoa.—Prepare as for Cocoa, mixing 1 tablespoon flour or $\frac{1}{2}$ tablespoon cornstarch with sugar, salt, and cocoa. This makes a thicker beverage which does not separate readily.

Cocoa with Egg.—Prepare as for Cocoa, allowing $\frac{1}{2}$ egg for each serving. Beat egg until light and frothy. Add hot cocoa mixture gradually, beating constantly. Serve at once.

Cocoa with Dried Milk.—Prepare as for cocoa, using $1\frac{1}{2}$ cups dried skim milk and $3\frac{1}{2}$ cups water in place of milk. This gives a highly desirable beverage containing approximately twice the milk solids of standard cocoa.

CHOCOLATE MALTED MILK

3 tablespoons malted milk	2 tablespoons Chocolate
$\frac{1}{2}$ cup water or milk	Syrup

Mix malted milk with a little of the liquid. When smooth add syrup and remainder of liquid while stirring. Serve hot or cold. 1 serving.

FRENCH CHOCOLATE

Place a generous spoonful of Chocolate Sauce (p. 55) in serving cup. Add hot milk to fill cup. Stir until mixed. 1 serving.

CHOCOLATE SAUCE

2½ squares bitter chocolate ¼-¾ cup sugar
 ½ cup water 1 cup cream, whipped

Cook chocolate with water until thick stirring as necessary to prevent sticking. Add sugar. Let boil up once. Remove from fire. Cool. Fold in whipped cream. Use for French Chocolate or as sauce for ice cream. 2½ cups.

CHOCOLATE MILK

Flavor milk to taste with Chocolate Syrup (p. 54).

CHOCOLATE MILK SHAKE

Make Chocolate Milk. Shake in beverage mixer or beat with egg beater until foamy. One egg or ¼ cup ice cream for each cup milk may be added before beating. Serve ice cold.

OTHER MILK BEVERAGES**MOLASSES-MILK DRINK**

4 cups cold milk Few grains nutmeg
 2-3 tablespoons molasses

Mix well. Evaporated milk diluted with an equal amount of water combines well with molasses flavor. 6 servings, ⅔ cup each.

TOMATO-MILK DRINK

1½ cups evaporated milk 1¼ cups tomato juice
 1½ cups cold water ½ teaspoon salt

Chill milk, water, and tomato juice. Add water to milk. Stir in tomato juice gradually. Add salt. Celery salt or onion juice may be added if desired. 7 servings, ⅔ cup each.

FRUIT-MILK DRINK

2-2½ cups fruit juice, as ¼ teaspoon lemon juice if
 grape or berry desired
 1½ cups evaporated milk Sugar, as necessary
 1½ cups cold water

Chill ingredients. Add fruit juice to milk gradually. Stir vigorously adding sugar if desired. 7-8 servings, ⅔ cup each.

FRUIT BEVERAGES

General Suggestions.—Carbonated water or ginger ale may be substituted for part of water in fruit beverages to give them zest. Sugar syrup may be used to advantage for sweeten-

Tea Punch.—Allow 3 parts Foundation Punch or Lemonade to 2 parts tea.

Cranberry Punch.—Allow 3 parts Foundation Punch to 1 part cranberry juice.

Pineapple Punch.—Allow 3 parts Foundation Punch to 1-2 parts pineapple juice.

Cherry Punch.—Allow 3 parts Foundation Punch to 1-2 parts cherry juice.

Strawberry Punch.—Allow 1 part Foundation Punch to 1 part fresh strawberry juice. If canned strawberry juice is used a larger proportion may be necessary. If over-sweet, add more lemon juice.

Mint Punch.—Allow 1 gallon Foundation Punch to 1 dozen small sprigs fresh mint.

Pour hot syrup used in making Foundation Punch over mint. Let stand 5 minutes. Strain and cool before adding to fruit juice. A garnish of fresh mint is particularly good.

Ginger Ale Punch.—Use Foundation Punch substituting 1 bottle ginger ale for an equal amount of water.

SPICED GRAPE JUICE

4 cups grape juice	4 pieces orange rind,
1½ teaspoons whole cloves	1 inch square
4 1-inch sticks cinnamon	

Mix all ingredients. Simmer 10 minutes. Strain. Serve hot. Whole spices are used to insure a clear beverage. 8 servings, ½ cup each.

ORIENTAL PUNCH (HOT SPICED FRUIT PUNCH)

1 cup sugar	½ cup lemon juice
1 cup water	1½ cups orange juice
6 cloves	Sprig mint
1 inch stick cinnamon	Green coloring, if desired
½ tablespoon chopped Canton ginger	

Boil sugar, water, cloves, cinnamon, ginger, and mint slowly together 10 minutes. Add fruit juices, heat to simmering. Strain, color if desired. Serve hot. 6 servings, ½ cup each.

INVALID BEVERAGES

LACTOSE LEMONADE

4 tablespoons lactose	2 tablespoons lemon juice
$\frac{1}{2}$ cup hot water	Crushed ice

Dissolve lactose in hot water. Cool. Add lemon juice. Strain into a glass one-fourth full of crushed ice. 1 serving, 1 cup.

EGG-NOG

1 egg, well beaten	Few grains salt
$\frac{3}{4}$ tablespoon sugar	Flavoring, as extracts or
$\frac{3}{8}$ cup milk	spices

Add sugar, salt, and flavoring to egg. Mix well. Add milk gradually. Strain, chill, and serve.

Egg white may be beaten separately if desired and folded in at the last.

Egg-nog may be prepared in a shaker containing a small amount of cracked ice. A glass jar may be used when a shaker is not available. 1 serving, 1 cup.

Variations

Malted Milk Egg-nog.—Add 1 tablespoon malted milk to Egg-nog, mixing it with sugar and egg yolk. Substitute 1 tablespoon cream for equal amount of milk.

Coffee Egg-nog.—Use Egg-nog recipe, substituting strong coffee for half the milk. Cream may be used instead of milk.

Orange, Grape Juice, or Pineapple Egg-nog.—Make as for Egg-nog, substituting respective fruit juices for half the milk. One tablespoon or more of cream may be added if a more nourishing beverage is desired. A few grains of nutmeg or cinnamon may be sprinkled over Orange Egg-nog before serving. Increase sugar in Grape Juice Egg-nog to 1 tablespoon. Omit sugar in Pineapple Egg-nog if sweetened canned juice is used.

RICE WATER

2 tablespoons rice	3 cups cold water
Few grains 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. Dilute to desired consistency with boiling water or hot milk. 6 servings, $\frac{1}{2}$ cup each.

GRAPE YOLK

1 egg	Few grains salt
1 tablespoon sugar	2 tablespoons grape juice

Separate egg. Beat yolk, add sugar and salt. Beat egg white stiff. Add grape juice to yolk. Pour into egg white, blending carefully. Serve cold. 1 serving.

KOUMISS

$\frac{1}{4}$ cake compressed yeast	$\frac{1}{2}$ tablespoon sugar
1 tablespoon water	1 quart milk

Mix sugar and water. Boil 1 minute. Heat milk to 70°-90° F., or 21°-32° C. Dissolve yeast in 2 tablespoons of this milk. Combine all ingredients mixing well. Put into sterile jars, allowing space for fermentation. Cover. Keep at 70° F. or 21° C. 24 hours. Chill and serve. 6 servings, $\frac{2}{3}$ cup each.

CINNAMON WATER

$\frac{1}{4}$ ounce stick cinnamon	1 pint boiling water
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Boil slowly together 15 minutes. Strain. Add water to restore original volume. Serve hot or cold. 3 servings, $\frac{2}{3}$ cup each.

CEREALS

Breakfast cereals which require cooking are usually either unbroken, cracked, flaked or rolled, or granular. Familiar examples of each are:

Unbroken	Cracked	Flaked or Rolled	Granular
Wheat	Wheat	Rolled oats	Cornmeal
Barley	Oats	Rolled wheat	Cream of wheat
Rice	Hominy grits	Flaked hominy	Cream of rye
Hominy			Cream of barley

Breakfast cereals may also be classified as long-cooking or quick-cooking according to method of manufacture used. The present tendency is to use quick-cooking cereals which are prepared largely in the factory. In some cases, as with oats, the texture is different and many prefer the flavor of the regular products.

General Directions for Cooking

Cereals may be boiled or steamed. Boiling for more than a few minutes is recommended only for rice or granular products because some stirring is required which tends to spoil appearance of flakes and whole grains. Cereals are usually steamed in a double boiler or pressure cooker. Long cooking is thought to improve flavor. However, experiments show that it has little effect upon completeness of digestion, so now it is seldom recommended to extend the cooking period for cereals beyond the time necessary to soften them and develop flavor. Coarsely ground and whole cereals require longer cooking because of the large amount of fiber present. The insulated cooking wells found in many modern ranges may be used satisfactorily for cereals needing long cooking. Other foods may be cooked in well at the same time so fuel will not be wasted.

The amount of water used will vary. It determines largely the volume of finished product, as cereal swells to the extent of the water used until the limit of the grain is reached. Individual tastes differ as to consistency desired. Starchy cereals, as a rule, absorb more water.

Specific Directions for Preparing Cereals Which Require Long Cooking

Method I.—Boil salted water in upper part of double boiler. Add cereal slowly, while boiling rapidly. Stir granular varieties vigorously with a spoon and whole or flaked ones as little as possible using a fork to prevent breaking of grains. Cook slowly over direct heat as long as possible without sticking, usually 3-10 minutes, stirring as necessary. Then place over boiling water, cover, and cook desired time.

Method II.—(Use for cornmeal, and other granular cereals.) Put cereal in upper part of double boiler, add cold water and salt. Heat very gradually to boiling point over direct heat. Do not stir. Then place over hot water, cover, and cook required time.

Method III.—If cereal is to be cooked in an insulated or pressure cooker, reduce amount of water used as recommended in each individual case. Cook as directed in tables (pp. 27, 30).

Method IV.—Prepare according to Method I or II. Continue cooking over direct heat instead of in a double boiler. For a good product a low temperature is essential, and considerable watching and stirring may be necessary.

The time required for cooking varies greatly. Cereals entirely uncooked or only partially cooked in their manufacture require a longer time. They may be cooked the day before and reheated when ready to serve. An insulated cooking well or a double boiler is convenient to use for cereals requiring long cooking and, in the latter case, cereal may be stored and reheated in same utensil. If 2-3 tablespoons cold water are poured over top of cereal after cooking and cooling and pan is covered tightly, cereal will not harden upon standing.

Specific Directions for Preparing Quick-Cooking Cereals

Directions on package are usually adequate for preparation of quick-cooking cereals. These average about 5 minutes of slow boiling over direct heat after thickening has occurred.

Variations

Any cooked cereal may be made more nutritious by cooking in all or part milk. It is then better to cook in a double

boiler as milk scorches easily. Fruit may be combined with cereals to give variety. Raisins and coarsely-chopped figs, prunes, or dates are good to use. Allow $\frac{1}{4}$ cup raisins, 2 figs or prunes, or 4 seeded dates to 1 cup cereal. Add raisins at beginning of cooking, dates at end. Figs and prunes may be cooked separately and served over cereal. Other fruit sauces as well as sliced bananas and fresh berries may be used in this way.

Left-over Cereals.—Left-over cereals may be molded* and served cold, or sliced and browned in a small amount of fat; they may also be used in muffins and griddle cakes or in soups.

The proportions given below are only suggestive and may be varied according to individual tastes.

PROPORTIONS AND COOKING TIMES FOR OTHER THAN QUICK-COOKING CEREALS**

	Method of Cooking			
	Double Boiler		Direct Heat	
	Water to one cup cereal	Time of cooking	Water to one cup cereal	Time of cooking
	cups	hrs. min.	cups	hrs. min.
Unbroken or whole				
Wheat	4	2 30	4	1 15
Rice	4	1 0	$1\frac{1}{4}$ -3	0 30
Cracked				
Cracked wheat	4	2 0	4	0 45
Hominy grits	4	1-2 0	6	1 0
Flaked or rolled				
Rolled oats	$1\frac{3}{4}$ -2	0 45-60	2	0 20
Granular				
Corn meal	5-6	0 45-60	6	0 30-45
Cream of wheat	5-6	0 45	6	0 20-30
Germ stock	$1\frac{3}{4}$ -2	0 20-30	2	0 20-30

**For directions for cooking cereals in pressure and insulated or fireless cookers, see tables (pp. 30, 27).

Allow $\frac{1}{4}$ teaspoon salt for each cup water used.

CEREAL WATER

1-2 tablespoons flour

2 cups boiling water

Cold water

Mix flour to smooth paste with cold water. Combine with boiling water stirring constantly. Heat to boiling while stir-

*To mold, pour into a loaf pan which has been rinsed with cold water.

ring, then place in double boiler and cook at least one-half hour. This may be boiled if preferred. If water cooks away, add boiling water to bring mixture back to volume. No salt should be used for a baby under 6 months of age. No straining should be necessary, but if lumpy run through a fine sieve.

Other cereals, as rolled oats, barley, and rice may be used. They may be added directly to boiling water without first mixing with cold water. Time of cooking is determined by kind of cereal, whole grain products requiring longer cooking. Such mixtures should be strained. 2 cups.

CEREAL GRUEL

2-4 tablespoons cereal (rolled oats, wheat, barley flour, farina, or cornmeal)	2 cups boiling water
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Prepare as for Cereal Water. Strain if used for babies under 1 year of age. Salt slightly.

Milk or cream may replace part of the water in gruels to give higher food value. They are added after gruel is cooked. 2 cups.

CEREAL JELLY

Make a thick Cereal Gruel which will set into a jelly when cold. The amount of cereal required varies with kind.

BOILED RICE

1 cup rice	12 cups or more boiling
1 tablespoon salt	water

Pick over rice. Wash till water is clear. Add slowly to rapidly boiling, salted water taking care not to stop boiling. Boil rapidly, uncovered, about 25 minutes or until tender. There should be sufficient water to keep rice in constant motion and it should cook fast enough that grains never settle to bottom. Drain on a sieve, pour hot water over until each grain is distinct. Reheat in oven. Serve plain, as a vegetable, or use for any other purpose. 8 servings, $\frac{1}{2}$ cup each.

STEAMED RICE (CHINESE METHOD)

1 cup rice	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{4}$ - $1\frac{1}{2}$ cups cold water	

Pick over and wash rice. Place with water and salt in pan with tight-fitting cover. Heat to boiling, then open cover slightly and reduce heat to prevent boiling over. Cook slowly until

water is nearly all evaporated, then cover tightly and reduce heat sufficiently to prevent burning. Cook 20 minutes longer. Then turn off heat entirely, but do not open cover for 5 minutes. Then remove cover, stir gently with fork. Each grain of rice should be dry and unbroken. Amount of water to be used is determined by rice as some varieties are drier than others; also, some persons prefer a drier product. **Do not stir rice during cooking process.** 6 servings, $\frac{1}{2}$ cup each.

BOILED MACARONI

Break macaroni into 1-inch lengths. Cook as for Boiled Rice (p. 64). Other Italian pastes are cooked in same way. Serve Buttered, Creamed, or Scalloped (pp. 128, 47). Add cheese if desired.

FRIED MUSH (SAUTÉD)

Pack hot mush into molds rinsed with cold water. Cool. Cover or brush surface with a small amount of fat to prevent formation of crust. Remove from mold, cut into $\frac{1}{8}$ -inch slices. Brown in a small amount of hot fat. If slices are dipped in flour, cornmeal, or egged and crumbed (p. 48) before cooking, mush will be drier and fat is less apt to spatter. Very thick mushes are successfully cooked in this way.

SCRAPPLE

Make Corn Meal Mush (p. 63) using stock for liquid and reducing amount to 4 cups. Add 2 cups finely ground cooked pork. Season with salt and pepper. If desired, add a small amount of sage. Mold. Cook as for Fried Mush (p. 65).

HOMINY

Hominy or samp may be purchased as the whole grain, cracked, or ground. The latter is known as **grits**. Hominy is used as cereal or as a starchy vegetable.

Whole Hominy:—Heat canned hominy in its own liquid. Add butter or substitute and salt to taste. Serve instead of potatoes with sauce or gravy. Chicken gravy is especially good.

Hominy Grits:—Cook according to General Directions (p. 63). Grits may be molded, sliced, and fried.

EGGS

Selection.—Fresh, clean eggs are always desirable for food purposes. A fresh egg is heavy in proportion to size and shell possesses a characteristic "bloom" unless treated to seal pores. Stale eggs may be given an artificial "bloom" so test is not reliable. Fresh eggs sink when placed in cold water. When broken, odor and flavor are good, yolk is firm, and white is more or less viscous. It is composed of a thin outer part next the shell and a thick inner portion.

A stale egg is light in proportion to size, the shell is often shiny, and egg will rise off the bottom of a vessel when placed in cold water. If very stale it will stand on end or even float. It will also rattle in shell if shaken gently. When broken, the white is often thin and watery and yolk swollen and easily broken. Odor and flavor may not be pleasant.

Only strictly fresh eggs are suitable for cooking in the shell and poaching.

Care.—Eggs should be kept in a cool place away from strong-flavored foods as they absorb odors readily and bacteria may enter through pores of shell. If stored without washing they will retain their freshness better as the outside mucilaginous coating prevents entrance of microorganisms and evaporation of water. However, eggs should be washed before using.

Egg yolks, if unbroken, may be preserved by covering with cold water and keeping in a cool place. If broken, they may be beaten together and covered tightly without addition of water. Egg whites, if covered and chilled, will keep some time.

Use.—Eggs may be added to foods for thickening purposes, binding, or to give lightness, as well as for food value. One egg is considered approximately equivalent to 1 tablespoon flour in thickening power. When used for this purpose the texture of mixture is better if egg is beaten only enough to mix. Eggs are sometimes used for binding or holding food materials together, as in noodles, stuffing, or meat loaf. When eggs are well beaten, they incorporate considerable air which expands when heated. Thus eggs may serve as a leavening agent. A maximum amount of leavening power is secured if whites and yolks are beaten separately, whites until stiff and yolks until thick and lemon-colored. One egg, thus beaten, may be re-

garded as the approximate equivalent of $\frac{1}{2}$ teaspoon baking powder in leavening power.

Beating.—Egg whites whip more quickly and volume is larger if they are brought to room temperature before beating. Some workers believe thin egg whites give larger volumes when beaten than thick ones. Egg whites to be beaten should be entirely free from bits of yolk as the fat of the latter tends to reduce ability to hold air. A pinch of salt added before beating is believed to add stiffening quality.

Whip or rotary egg beaters give equally light products and fineness of grain is determined by fineness of wire or blade used in construction of beater.

Egg whites should not be beaten until ready to use as they separate upon standing and cannot be beaten so light again. Too much beating makes egg whites dry, probably due to coagulation of the protein. Finished products made with them will also be dry. Egg whites are sufficiently beaten for most purposes when they hold their shape and bowl may be inverted without spilling egg. Addition of sugar or acid, as lemon juice, in limited amounts increases ability of egg white to hold air. Sugar may be added before or after egg is beaten as desired but texture is finer if added first. In common practice, however, sugar is generally added last.

Cookery.—A low cooking temperature, considerably below the boiling point of water, is desirable for eggs. High temperatures make them tough and leathery. The egg is still quite completely digested after application of high temperatures but the quality is not pleasing.

Egg white, consisting largely of the protein albumin, begins to coagulate at about 140° F. or 60° C. and will change to a tender, jelly-like substance at this temperature. At higher temperatures it is firmer, eventually becoming solid and white. **Egg yolk** coagulates at a slightly higher temperature beginning at about 149° F. or 65° C. The whole egg coagulates at approximately the same temperature as egg yolk. Eggs and foods containing eggs are therefore cooked at as low temperatures as possible. Egg dishes cooked in the oven should be set in a pan of hot water which is not allowed to boil. When practicable, to avoid overcooking, eggs are added at end of cooking process, as in starchy fillings.

Garnishing and Serving.—Eggs are suitably garnished with toast, slices of crisp bacon, and parsley. Sauces or purées are often served with poached eggs or omelets.

Frozen Eggs.—Eggs may be frozen whole, whites and yolks beaten together, or separated and frozen as whites and yolks. Yolks and sometimes whole eggs have a small percentage of salt, sugar, or other substance added to prevent a pasty consistency. In either instance the eggs are beaten to completely mix. The eggs are thawed and used the same way as fresh ones. Frozen eggs and egg whites beat quickly and to a good volume.

Dried Eggs.—Although differing considerably from fresh eggs, dried eggs may be substituted for fresh ones in many recipes. (P. 43) Eggs are usually separated before drying. Directions on package should be followed when using dried eggs.

EGGS COOKED IN SHELL

Soft-cooked or Coddled Eggs.—Allow 1 pint water to first egg and 1 cup for each additional egg. Heat water to boiling in deep sauce pan. Remove from heat. Put eggs gently into water one at a time from a tablespoon. Cover, let stand in warm place 4-10 minutes according to consistency desired. 1 serving, 1 egg.

Hard-cooked Eggs.—Prepare as for Coddled Eggs. Let stand 30-45 minutes. 1 serving, 1 egg.

Variations of Hard-cooked Eggs

Method I.—Cook in double boiler. Place boiling water in both top and bottom. Let stand 20-30 minutes.

Method II.—Cover eggs with cold water, heat slowly to boiling point. Reduce heat till water no longer boils. Let stand 20-30 minutes.

POACHED EGGS

Fill oiled frying pan with water to depth sufficient to cover eggs completely, about 1½ inches. Salt or vinegar may be added if desired (1½ teaspoons salt or 1 teaspoon vinegar to 1 quart water). Heat water to boiling. Break an egg carefully into a shallow cup; slide gently into water. Repeat until all are in. Water may be stirred before first egg is added. The swirl of water, if egg is added at the right moment, will tend to keep it in compact form. Reduce heat to below boiling point and cook until white is jelly-like and a film forms over yolk. Remove eggs individually with a perforated skimmer. Slip onto

slices of hot, buttered toast. Season with butter, salt, and pepper. It is easier to secure an even shape if eggs are cooked in oiled muffin rings or in a special egg poacher suspended over hot water. 1 serving, 1 egg.

Variations

Prepare Poached Eggs. Serve on a slice of boiled ham, as a garnish with corned beef hash, or on a layer of hashed meat in bottom of a box made from bread.

BAKED EGGS

2 tablespoons soft bread crumbs	1 tablespoon thin cream
1 egg	Salt to taste
	Pepper to taste

Cover bottom of individual oiled baking dish with half of crumbs. Break egg, slip onto crumbs. Season, cover with remaining crumbs, add cream. Set in dish of hot water. Bake in moderate oven (350° F.) until white is barely set.

Crumbs may be omitted and $\frac{1}{2}$ teaspoon butter substituted for cream. 1 serving, 1 egg.

Variations

Baked Eggs with Bacon.—Put slice of bacon cooked until crisp in bottom of baking dish. Proceed as for Baked Eggs.

Baked Eggs with Tomato Sauce.—Put 2 tablespoons Tomato Sauce (p. 150) in bottom of baking dish. Proceed as for Baked Eggs. Grated cheese may be sprinkled over top. Chopped onion and green pepper are desirable additions.

Egg in a Nest.—Separate yolk from white of egg. Beat white with a few grains salt until stiff. Pile on circular piece of toast first dipped into boiling, salted water. Make depression in center of white, drop in yolk. Bake in moderate oven (350° F.) until white is delicately browned.

STEAMED EGGS

Prepare as for Baked Eggs, omitting bread crumbs and adding $\frac{1}{2}$ teaspoon butter. Set in pan of hot water, cover, and cook slowly on top of stove. 1 serving, 1 egg.

FRIED EGGS (SAUTÉD)

Heat frying pan. Add 1 tablespoon or more of fat. Slip in eggs, one at a time, and cook very slowly until white is firm. Lift fat with spoon and pour over egg until a film forms over yolk or turn egg once while cooking. Add more fat if needed.

Season to taste. Fat should not be hot enough to brown egg or it will be tough. 1 serving, 1 egg.

Variation

Prepare as for Fried Eggs, using less fat. When eggs are cooked on bottom, add a small amount of hot water, cover closely, and cook slowly to desired consistency. This gives a delicate product.

SCRAMBLED EGGS

1 egg, slightly beaten	½ tablespoon fat
1-2 tablespoons milk or cream	Salt to taste
	Pepper to taste

Add milk and seasonings to eggs. Heat frying pan, add fat. When warm, add egg mixture. Cook slowly until of creamy consistency, stirring constantly from bottom of pan.

A creamier product is secured by cooking over hot water. Milk may be omitted if desired. 1 serving, 1 egg.

Variations

Scrambled Eggs with Bacon.—Allow ½ slice bacon for each egg used. Cut bacon into small pieces. Cook slowly in hot frying pan until crisp and brown, stirring frequently. If less bacon fat is desired, part of it may be poured off at this time. Add eggs, and cook as for Scrambled Eggs.

Scrambled Eggs with Dried Beef.—Frizzle shredded dried beef in hot fat in frying pan. Add scrambled egg mixture and cook as for Scrambled Eggs.

Scrambled Eggs with Asparagus.—Add cooked asparagus, cut into ½-inch lengths, to warm fat in frying pan. When asparagus is warm proceed as for Scrambled Eggs. This makes a good luncheon or supper dish.

EGGS A LA GOLDENROD

3-4 hard-cooked eggs	5 slices toast
1½ cups Medium White Sauce (p. 148)	Salt to taste
	Pinch paprika

Chop egg whites fine, add to sauce, season to taste. Arrange 4 slices of toast on serving dish, pour egg mixture over them. Sprinkle with egg yolks which have been run through sieve. Garnish with parsley and Toast Points (p. 107) made from remaining slice of toast. 4 servings.

SCALLOPED EGGS

6 hard-cooked eggs
 1½ cups Medium White Sauce (p. 148)

Salt to taste
 Buttered crumbs (p. 106)

Put alternate layers of salted sliced eggs and white sauce into oiled baking dish. Cover with crumbs. Bake in moderate oven (375° F.) until sauce bubbles and crumbs brown. 4 servings, ½ cup each.

DEVEILED EGGS

4 cold, hard-cooked eggs
 Salt to taste

Salad dressing

Remove shells, cut lengthwise or crosswise through eggs, and remove yolks. Mash yolks, mix with salt, and add salad dressing as needed to form a smooth paste. Fill egg whites lightly with mixture. 4 servings, 1 egg each.

Variations

Mix mashed egg yolks with salt, pepper, melted butter, and a little mustard and vinegar. Omit salad dressing. Greater variety may be secured by addition of minced cooked ham or liver, chopped olives, and similar foods.

EGG SOUFFLÉ

1 cup Thick White Sauce (p. 148)

3 eggs

Follow directions for Soufflés (p. 47) using only eggs and White Sauce. 4 servings, ½ cup each.

EGG CROQUETTES

6 hard-cooked eggs, cut into small pieces

1 cup Very Thick White Sauce (p. 148)

Mix eggs with sauce. Chill and mold. Egg and crumb (p. 48). Fry (p. 205). Serve with Creamed Peas (p. 149). 6 croquettes.

OMELETS

General Suggestions for Making.—It is not wise to make too large an omelet. Two small ones are more apt to be successful than one very large one. From 4-6 eggs are as many as should be used in one omelet.

Proportions.—Allow 1 tablespoon liquid, ⅓ teaspoon salt, and a speck of pepper to each egg used. Liquid may be water, milk, fruit or tomato juice, or cream. Amount of fat required

will vary with size of pan. There should be enough to oil it well on sides and bottom.

To Fold and Turn an Omelet.—Hold omelet pan by handle. Loosen omelet in pan, then place spatula under that part nearest handle, tip pan to a nearly vertical position, fold one-half of omelet over the other, and roll into a hot serving dish. If omelet is very puffy, it may be necessary to make two 1-inch incisions opposite each other and at right angles to handle in order to make it fold well.

FRENCH OMELET

1 egg	Speck pepper
1 tablespoon liquid	1 teaspoon fat, approxi-
$\frac{1}{8}$ teaspoon salt	mately

Beat egg just enough to mix, add liquid and seasonings. Melt fat in omelet pan, run it over bottom of pan, and pour in egg mixture. Cook slowly, pricking mixture with a fork as it cooks on the bottom so uncooked portion on top may run down next the pan and be cooked. Avoid a scrambled appearance. When whole mixture is of creamy consistency, brown lightly on bottom, then fold, and turn onto hot platter. 1 serving, 1 egg.

PUFFY OMELET

1 egg	Speck pepper
1 tablespoon liquid	Fat
$\frac{1}{8}$ teaspoon salt	

Method I.—Separate egg. Beat yolk slightly, add liquid and seasonings; then beat until thick and lemon-colored. Fold in stiffly beaten egg white. Heat frying pan, add fat enough to oil sides and bottom of pan. Turn in omelet mixture. Spread evenly over pan and cook slowly. When well cooked and delicately browned underneath, put in moderate oven (350° F.) and cook until top is dry and firm but not brown. Loosen omelet with spatula, fold, and turn onto a hot platter. **If desired, instead of cooking on top of stove, place in oven for entire cooking period.** 1 serving, 1 egg.

Method II.—Make as for Puffy Omelet using water or fruit juice for liquid. Add to egg white before beating. Continue as for Method I.

Variations

Bread Omelet.—Make Puffy Omelet doubling quantities of liquid and salt used, and omitting pepper. Add 2 tablespoons

soft bread crumbs. Soak crumbs in liquid until it is absorbed. Add beaten egg yolk and seasonings and complete as for Puffy Omelet. Spread with jelly before folding and sprinkle top with sugar.

Cheese Omelet.—Sprinkle grated cheese over Puffy Omelet before placing in oven. Serve with Cheese Sauce (p. 149).

Fish Omelet I.—Spread chopped, cooked fish over Puffy Omelet before folding.

Fish Omelet II.—Add chopped, cooked fish to Puffy Omelet mixture before cooking.

Meat Omelet.—Make as for Fish Omelet substituting meat for fish. Ham is particularly good.

Omelet Soubise.—Serve French or Puffy Omelet with Sauce Soubise (p. 150).

Jelly Omelet.—Make Puffy Omelet omitting pepper. Before folding, spread thickly with jelly beaten until soft.

Orange Omelet.—Make Puffy Omelet, using orange juice for liquid and omitting pepper. Garnish with sections of orange and sprinkle with powdered sugar. Whipped cream may also be used. Other fruits may be substituted for oranges.

EGG YOLK OMELET

10 egg yolks
10 tablespoons liquid
½ teaspoon salt

Speck pepper
1 teaspoon baking powder

Beat egg yolks slightly, add liquid gradually, and beat until thick and lemon-colored. Add other ingredients. Beat until smooth. Cook as for Puffy or French Omelet. 4 servings.

EGGS AS GARNISHES

Hard-cooked eggs make excellent garnishes for many foods. They may be sliced for use on vegetables and salads. Slices should be uniform to be attractive. More elaborate garnishes are made by cutting egg whites into fancy shapes and arranging in designs. Floral designs are popular. Hard-cooked eggs are particularly good with cooked greens or on lettuce salad. Cooked egg yolks, run through a sieve, may be sprinkled over cream soups, creamed vegetables, and certain salads with good results. A single poached egg yolk is often served as a garnish for a dish of soup; e. g., Consommé Colbert. Fancy shapes cut from a very thick custard (6-8 eggs to 1 cup milk) are used occasionally in bouillon and other clear soups.

Beaten egg white, sweetened, flavored, and poached, is often used to garnish soft custards. Possibilities of meringues for pastries and puddings are numerous and well known.

PRESERVATION

Water-glass Method

1 pint water-glass solution	9 dozen fresh, clean, in-
11 pints water, boiled and cooled	fertile eggs

Mix water-glass and water. Pour over eggs which have been packed in stone jars. They should be covered at least 2 inches with liquid. Close jars and keep in a cool place.

Dry Ice Method

CAUTION. Dry ice can cause burns or explosions. Handle with tongs or paper.

Place rubber jar rings on 2-quart fruit jars. Place 2 pieces of ice (size of walnuts) in jar. Fill jars with eggs. Seal when fuming stops and jars are filled with vapor. Store in a cool place. Use promptly after opening.

Dry ice gives off carbon dioxide gas as it "melts." This inert gas is a desirable medium in which to preserve eggs.

Mineral Oil Method

Use the lightest grade of mineral oil. Warm to thin but have it no hotter than is comfortable to touch. Place eggs in wire basket, dip in oil, drain, pack in clean baskets, crates, or cases. Store in a cool place. Eggs should be packed the day they are laid but should be at least 4 hours old.

FRUIT

Most ripe fruits are edible in the raw state but may be cooked to change flavor, to soften fiber, or to sterilize product.

Preparation of Fresh Fruit

All fruit should be thoroughly washed before using to remove dirt, microorganisms, and occasionally, spray residues. Soft fruits, as berries, are washed by placing in a sieve and running cold water gently over them. In this way undue amounts of water are not absorbed. These soft fruits should be washed just before serving as they spoil readily when wet. Such fruits as apples and pears should be wiped dry before serving.

Many fruits, as apples, darken after being cut, if exposed to air, due to action of oxidizing enzymes on tannins and other substances present in the fruit. Darkening can be prevented to a great extent by preparing fruit immediately before serving, protecting from air, by sprinkling generously with acid fruit juice, as lemon or pineapple or by treating with ascorbic acid. Addition of sugar to sliced peaches will prevent oxidation for a time. Knives of silver, glass, or stainless steel are desirable to use for paring such fruits for the same reason. Commercial preparations to prevent oxidation have recently become available.

Uncooked fruits, when served cold, should be thoroughly chilled. They should always be arranged attractively. The choicest fruits are used in this way and a bowl or basket of them is a tempting addition to any meal. Fruit knives, scissors, plates, and paper napkins or finger bowls should be provided as necessary for eating raw fruit.

Cooked fruits, as a rule, should retain color, shape, and flavor as much as possible. Method of cooking used will affect these qualities. Rapid cooking causes some fruits to go to pieces, so if original shape of fruit is to be retained, slow cooking is desirable. It may be simmered, steamed, or baked, preferably in syrup. Flavor will be more delicate and natural, however, if sugar is added at end of cooking period and fruit will be more tender as sugar tends to toughen it if added at beginning of cooking.

HALVES OF GRAPEFRUIT

Method I.—Wash and wipe grapefruit, trim off skin on ends if necessary to provide two level bases. Cut in halves crosswise. Remove seeds if present. With a grapefruit knife or other sharp-pointed knife, cut around edge to separate pulp from skin. Then loosen pulp in each section by cutting close to membrane and drawing latter to center. Avoid puncturing skin with knife. When all sections have been so treated gather membranes together and snip with scissors. Core is removed at the same time. Replace any disarranged sections, wipe off outside, and place grapefruit on serving plate. If desired, fill center with sugar. Chill. Grapefruit may stand some time before serving. 2 servings, $\frac{1}{2}$ grapefruit each.

Method II.—Wash, wipe, trim as for Method I. Cut in halves crosswise. Remove seeds. Remove center core with scissors. Cut around pulp in each section. 2 servings, $\frac{1}{2}$ grapefruit each.

Variations

Halves of skinned and seeded white grapes, cherries, or pineapple may be used to fill center. Grapefruit may be served on bed of shaved ice or otherwise garnished as desired.

GRAPEFRUIT SECTIONS

Choose seedless grapefruit. Wash, wipe, pare as for an apple, removing white portion with skin so pulp is exposed (p. 78). A very sharp knife is necessary. Hold grapefruit over plate while working to collect juice. Remove sections by cutting close to membrane on both sides. Serve on fruit plate with sections radiating from center of powdered sugar. 2 servings, $\frac{1}{2}$ grapefruit each.

BROILED GRAPEFRUIT

Prepare halves of grapefruit. Sprinkle each half lightly with 1 tablespoon shredded pineapple, 2 teaspoons brown sugar, and a few grains of nutmeg. If desired, 1 teaspoon butter may be added. Broil 15 minutes with low heat. Serve while slightly warm with neat or as dessert.

HALVES OF ORANGE

Method I.—Choose large seedless oranges. Wash, wipe, and cut in halves crosswise. Cut around pulp in each section. Chill and serve. 1 orange, 2 servings.

Method II.—Use small seedless oranges. Prepare as for Method I except instead of cutting around sections, cut across orange several times dividing it into wedge-shaped pieces convenient for eating. Lastly cut around edge. 1 serving, 1 orange.

ORANGE SECTIONS

Prepare as for Grapefruit Sections using seedless oranges.

CURLED ORANGES

Wash and wipe seedless oranges. Cut skin into lengthwise sections, usually 8, beginning at blossom end and cutting nearly to stem end. Loosen skin and roll point of each section toward inside (p. 78). Remove remaining tough white portion from pulp. 1 serving, 1 orange.

PICNIC ORANGES

Wash and wipe seedless oranges. Cut band $\frac{1}{2}$ -inch wide equi-distant from stem and blossom ends. Remove all skin except band. Cut latter between two sections and separate parts, leaving them attached to band (p. 78). Arrange on fruit plate. 1 serving, 1 orange.

FRUIT SALPICON (FRUIT CUP OR FRUIT COCKTAIL)

Suggested Combinations.—Oranges, pineapple, and grapefruit; pineapple, oranges, strawberries, and bananas; orange and cocoanut; white cherries, bananas, and white grapes; melons alone or in combination. Canned fruits may be used.

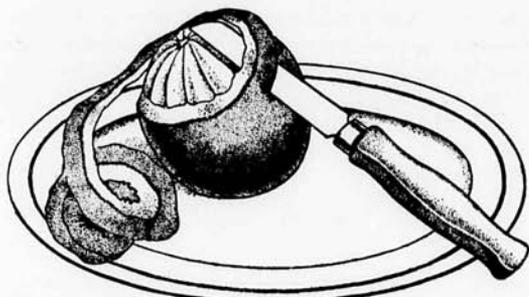
Choose desired combination. Free citrus fruits from membrane; dice peaches, pineapple, and similar fruits; cut melons into small balls with a French vegetable cutter (p. 48). Mix; chill at least 1 hour before using. Serve in sherbet glasses or orange or grapefruit shells. 1 serving, $\frac{1}{2}$ cup.

APPLE SAUCE

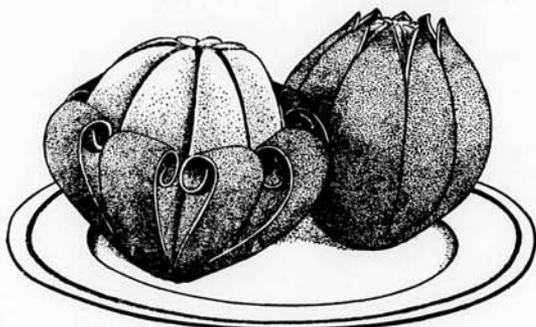
Apples	Water
Sugar to taste	Few grains salt

Wash, pare, quarter, core, and slice apples. Cook in only enough water to prevent scorching. When soft, stir until smooth or run through a sieve. Add sugar, usually $\frac{1}{2}$ -1 table-spoon to 1 medium-sized apple. Stir until sugar dissolves.

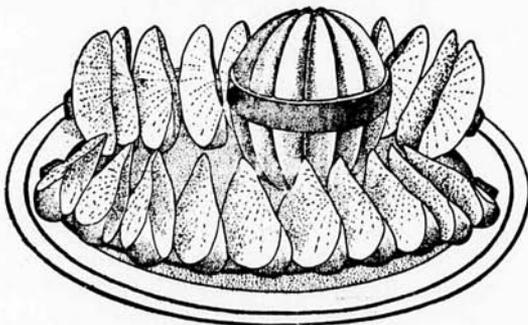
If apples are a variety which retains shape in cooking, they may be cut into uniform slices. These will retain shape



Peeling orange or grapefruit to remove white membrane as necessary for preparation of Orange or Grapefruit Sections.



Curled Oranges.



Picnic Oranges.

better if cooked in syrup made of water and sugar. 1 serving, $\frac{1}{2}$ cup.

Variations

Add thin slices of lemon, a few drops lemon juice, or spices, as cinnamon and nutmeg.

JELLIED APPLES

Use apples which retain shape in cooking. Wash, pare if desired, core, and place in pan in which they are to be cooked. Fill centers generously with sugar. Add water to half the depth of apples. Cook slowly, either boiling or baking, turning occasionally until apples are clear and tender and syrup is thick and jelly-like. It will require about an hour. Remove apples to serving dish. Pour syrup over them.

Whipped cream, chopped nuts, cubes of jelly, or candied orange peel make suitable garnishes. 1 serving, 1 apple.

Variations

Lemon or orange juice, with or without some grated rind, may be added to syrup. Nuts, raisins, candied orange peel, or dates may be used to fill cavity in apple when a more elaborate dish is desired. Sugar and water may be made into syrup before apples are added.

Blushing Apples.—Cook red, unpared apples until tender. Remove skin carefully, leaving as much red pulp on apples as possible. A similar effect is obtained more easily by adding a little red coloring to syrup in which pared apples are cooked.

Spiced Apples.—Add "red-hot" candies to syrup in which apples are cooked. Allow 1-2 tablespoons red-hots for 1 large apple. Red coloring and a bit of stick cinnamon may be substituted for candy.

Apple Balls.—Cut balls from pared apples with a French vegetable cutter (p. 48). Cook in gently boiling syrup.

BAKED APPLES

Wash, pare if desired, and core medium-sized apples. Put into baking dish, fill cavities with sugar, add about 6 drops lemon juice for each apple. Add water to depth of 1 inch. Bake in moderate oven (375° F.) until soft, basting every 10 minutes with syrup in pan. Serve hot or cold, with or without sugar and cream. A lemon garnish is pleasing. 1 serving, 1 apple.

PEERLESS BAKED APPLES

Prepare as for Baked Apples leaving skins on. Do not cut through blossom end when removing core. Fill cavity with jelly, sugar, and butter allowing 1 tablespoon sugar, 1 teaspoon butter, and 1 teaspoon jelly for apple of medium size. 1 serving, 1 apple.

FRIED APPLES (SAUTÉD)

6 medium-sized apples	Salt to taste
2 tablespoons fat	Sugar, if desired
6 tablespoons water, if desired	

Wash apples, core, and cut into $\frac{1}{2}$ -inch slices. Put in pan with fat, water if used, salt, and a small amount of sugar, if desired. Cover. Cook slowly until water is absorbed and apples are tender turning occasionally. 6 servings, 1 apple each.

POACHED APRICOTS

3 cups canned apricots, including syrup	$1\frac{1}{2}$ cups sugar, or enough to make a thick syrup
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Drain apricots. Add sugar to juice. Boil to a thick syrup. Add fruit, cook until transparent. Remove fruit, continue cooking syrup until very thick. Add few drops vanilla. Pour over fruit. Serve with tarts, ice cream, and similar dishes.

BAKED BANANAS

Method I.—Wash bananas, remove from skins. Place in oiled baking dish. Sprinkle with sugar, bits of butter, and if desired, a few drops lemon juice. Cover bottom of dish with water. Bake in slow oven (325° F.) until tender, basting as necessary. 1 serving, $\frac{1}{2}$ banana.

Method II.—Wash bananas, place in covered baking dish leaving skins on. Bake as above until tender. Remove from skins. Serve hot, sprinkled with sugar and lemon juice if desired. 1 serving, $\frac{1}{2}$ banana.

FRIED BANANAS

Wash bananas. Remove skins. Cut in halves crosswise. Egg and crumb (p. 48). Fry (p. 205) to golden-brown color. 1 serving, $\frac{1}{2}$ banana.

CRANBERRY SAUCE

4 cups cranberries	1 cup water
2 cups sugar	

Pick over and wash cranberries. Add water and sugar. Cover. Boil gently 10 minutes or until skins burst. Skim.

Cool. Long cooking is to be avoided as it makes cranberries bitter. When cooking small quantities, a larger proportion of water may be needed. Mold as desired. 1 pound cranberries, 6-8 servings.

Variations

Cranberry Jelly.—Prepare as for Cranberry Sauce using 2 cups water. Cook cranberries until soft. Rub through sieve. Add sugar. Boil until dissolved. Pour into wet molds or sterilized glasses.

Cranberry Sauce with Raisins.—Use 4 cups cranberries. Substitute 1 cup raisins for $\frac{1}{2}$ cup sugar and make as for Cranberry Sauce. Soak raisins in cold water before using. Add more water if necessary during cooking. 12 servings, $\frac{1}{2}$ cup each.

UNCOOKED CRANBERRY SAUCE

2 cups cranberries $\frac{3}{4}$ cup sugar
1 large orange

Wash cranberries and oranges. Grind fairly fine. Add sugar. Mix well. Cover tightly. Keep in cool place 24 hours before using. 1 pint.

RHUBARB SAUCE

2 cups rhubarb $\frac{3}{4}$ -1 cup sugar

Wash rhubarb, cut into $\frac{1}{2}$ -inch lengths retaining skin. Add sugar. Cook very slowly without water until juice forms, then more rapidly until tender. A small amount of water may be added if thinner sauce is desired. It will require from 3-5 minutes to cook young rhubarb after juice is formed. A small amount is preferably cooked in double boiler. 2 servings, $\frac{1}{2}$ cup each.

BAKED RHUBARB

Prepare as for Rhubarb Sauce, baking in slow oven (300° F.) instead of stewing. Cover while baking to prevent drying. Product will have a rich, red color.

Fruit Plates

Fruit plates are combinations of different fruits served together on a plate. They may be used on various occasions but are most often served as a main course for luncheon or supper. Small fruit plates make pleasing desserts or refreshments for afternoon bridge or high tea.

The plate chosen should be adapted to the occasion so may be of dinner, luncheon, or dessert size. Sometimes a serving of cheese is placed on plate with fruit, or a cheese tray may be passed allowing guest to choose variety he likes best. The fruits may be arranged on nests of lettuce and a sprig of watercress or curly endive gives a pleasing finish and a desirable contrast in color, flavor, and texture.

Cinnamon toast or sweet sandwiches are suitable accompaniments. A beverage and a dessert will complete meal.

Suggestions for combinations.—Wedge of fresh pineapple, wedge of honey dew melon, orange sections, strawberries with stems, stuffed prunes, section of banana, pecan halves, cottage cheese, and watercress.

One entire crosswise slice of honey dew melon, watermelon balls, ripe olives, grapefruit sections, one-half peach, cream cheese, and curly endive.

Wedge of cantaloupe, wedge of honey dew melon, $\frac{1}{2}$ banana cut in halves lengthwise, stuffed dates, pineapple fingers, fresh red raspberries, green olives, and watercress. Serve with a cheese tray.

One-half pear, one-fourth Japanese persimmon, a pickled peach, a wedge of red apple with peeling, cherry olives with stems, dates, lettuce hearts, and white grapes with cream cheese sandwiches.

One-half peach, one-half cooked fresh or dried pear with or without skin, section of banana, avocado rings, grapefruit sections, leaf lettuce, a cooked prune, and cubes of pineapple. Garnish with pomegranate seeds. Serve with nut bread and butter sandwiches.

Banana slices, grapefruit sections, cubes of avocado, thin wedges of red apple, melon balls, strawberries, lettuce hearts, and watercress.

Pineapple fingers, watermelon balls, honey dew balls, orange sections, rhubarb curls, lettuce hearts, cream cheese, and pickled crab apples.

Preparation of Dried Fruit for the Table

Dried fruits which have not been washed and pasteurized before packaging should be washed thoroughly before using. They may or may not be soaked in cold water before cooking.

Soaking has been much practiced in the past since it has been thought to shorten cooking period, restore original shape and size of fruit readily, and give rich juice.

The present tendency seems to be toward cooking without soaking. Such products are more quickly available for use but require longer cooking and are less apt to regain original size and shape. The flavor is good though the juice may be less rich than when fruit is soaked.

Time required for soaking varies from a few hours to overnight according to kind of fruit. Allow from 2-4 times as much water as fruit, according to kind. If fruit is soaked, cook in same water. Whatever method is used, dried fruit is at its best when cooked very slowly. A perfect product is free from wrinkles.

STEWED APRICOTS

1 pound dried apricots—
about 3 cups

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

Wash apricots, soak if desired. Simmer until tender. Add sugar. Cook until dissolved. If syrup is too thin, remove fruit and boil juice until it thickens. 12 servings, $\frac{1}{2}$ cup each.

STEWED FIGS

1 pound dried figs
Water

4 tablespoons sugar, if de-
sired

Wash figs, soak if desired. Simmer until tender. Add sugar, if used, and cook until clear. Add few drops vanilla. Serve cold. 12 servings, $\frac{1}{3}$ cup each.

STEWED PRUNES

1 pound prunes
Water

4 tablespoons sugar, if de-
sired

Wash prunes, soak if desired. Simmer until tender. Add sugar, if used. Cook until dissolved. A little lemon juice, sliced or grated lemon rind, or stick cinnamon and cloves may be added for flavor. 8 servings, $\frac{1}{2}$ cup each.

Frozen Fruits

Frozen fruits may be used in the same ways as fresh fruits. Usually they are thawed or partially thawed in refrigerator before using. Berries and other soft fruits to be used raw may be served when still partially frozen.

FLOUR MIXTURES

Flour mixtures are combinations of liquid and flour. These are usually leavened to increase digestibility and improve appearance and taste. They are classified as **batters** and **doughs**. This classification is based upon proportion of flour to liquid.

A **batter** is a flour mixture which can be beaten with a spoon. There are two kinds of batters, **pour** and **drop**.

A **dough** is a flour mixture which is too stiff to stir and must be kneaded or cut. Doughs may be either **soft** or **stiff**.

BATTERS AND DOUGHS

Classes	Proportions		Consistency	Examples
	Liquid	Flour		
Batters				
Pour	1 part	1 part (more or less)	Pours in steady stream	Popovers, griddle cakes
Drop	1 part	2 parts (more or less)	Breaks into drops when poured	Muffins, fritters
Doughs				
Soft	1 part	3 parts (more or less)	Sticky to touch	Biscuits, some cookies
Stiff	1 part	4 parts (more or less)	Firm to touch	Bread, noodles

LEAVENING AGENTS

Flour mixtures may be leavened in various ways. Agents most frequently used are steam, air, and carbon dioxide gas.

Steam is formed from water by heat. Thin batters, as popovers, are often leavened in this way.

Air is commonly introduced by beating mixture, adding eggs to mixture and then beating, or adding beaten eggs.

Carbon dioxide gas is most often produced by use of yeast, baking powder, or soda with an acid, as sour milk, molasses, or cream of tartar.

General Proportions for Use of Baking Powder and Soda

Baking Powder.—Allow 1-1½ teaspoons S. A. S.*-phosphate or 1½-2 teaspoons tartrate or phosphate baking powder

*Sodium aluminum sulfate.

to 1 cup flour in mixtures without eggs. Use smaller amounts for cakes where eggs will supply some leavening. The larger quantities may be preferred for quick breads. If beaten eggs are used, less baking powder is required. However, a satisfactory rule for decreasing it when using eggs is not available. Some make no reduction when less than 3 eggs are used. Others decrease $\frac{1}{2}$ teaspoon for one egg beaten separately until half the baking powder has been substituted. More baking powder may be used in recipes calling for heavy materials, as graham flour. When food must stand for a time before baking, a slow-acting powder, as S. A. S.*-phosphate, is recommended.

Soda.—Amount of soda required varies with acid used. There should be just enough to neutralize it. The following rules may serve as a guide but are only approximate. Allow from $\frac{1}{4}$ - $\frac{3}{4}$ teaspoon soda to 1 cup sour milk or molasses, and 1 teaspoon soda to 2 teaspoons cream of tartar. The amount of acid in milk and molasses varies so greatly that no more definite statements as to proportion of soda can be made. The average for 1 cup thick, sour milk is about $\frac{1}{2}$ teaspoon and unless milk is very sour, this amount should not be exceeded. Soda should be mixed with the flour rather than with the liquid.

When but small amounts of soda are used there may not be enough gas produced to leaven mixture. In that case, add baking powder or egg for further leavening. To determine whether this is necessary proceed as in changing sweet milk to sour as described below.

Adapting Recipes to Sweet and Sour Milk

Sweet Milk to Sour.—Substitute sour milk for sweet, increasing amount slightly. Add soda as necessary to neutralize acid. Multiply amount of soda used by 4 to determine equivalent in a quick-acting baking powder. If this does not equal amount in sweet milk recipe, add baking powder to make up difference.

Sour Milk to Sweet.—Substitute sweet milk for sour, decreasing amount slightly. Allow 1-2 teaspoons baking powder to each cup flour according to kind of baking powder and whether or not eggs are used.

*Sodium aluminum sulfate.

QUICK BREADS

Quick breads are bread or bread-like mixtures. They are made with a leavening agent which acts quickly, enabling them to be baked at once. In all recipes using baking powder, the proportions are for quick-acting powders (tartrate or phosphate). If slow-acting powders are used, follow suggestions on page 84.

With a chemical leavening agent the amount of beating should be limited, particularly with quick-acting powder. Long beating tends to give a peaked, heavy, tunneled product.

POUR BATTERS

POPOVERS

1 cup flour
½ teaspoon salt
2 eggs, well beaten

1 cup milk
2 teaspoons melted fat

Sift salt and flour together. Mix eggs, milk, and fat. Temperature of milk should be such that it will not solidify fat. Combine mixtures, beating until free from lumps. Fill well-oiled deep muffin or other suitable pans $\frac{1}{3}$ - $\frac{1}{2}$ full. Avoid excess fat in pans as it reduces volume and gives misshapen products. Bake in hot oven (425° F.) until well risen and brown, about 30 minutes. Then reduce heat to 350° F. Bake about 15 minutes longer to dry shell and to increase rigidity. Popovers should be firm to the touch when removed from oven, otherwise they will collapse. Serve promptly. Whole wheat or graham flour may be substituted for half the white flour. 8 large or 16 small popovers.

SOUR MILK GRIDDLE CAKES

1 cup flour
½ teaspoon salt
⅓ teaspoon soda (more or less according to acidity of milk)

¾ cup thick, sour milk
1 well-beaten egg
1 tablespoon melted fat

Sift dry ingredients together. Add sour milk, egg, and fat. Combine. Drop by spoonfuls on a hot griddle which may or may not be oiled according to kind. When risen, full of bubbles, and cooked on edges, turn and cook other side. Serve at once. If a less bready mixture is desired, thin batter with

milk. Thin batters should be mixed less than thick ones. Omit egg for a more economical product. Cakes will brown better if 1 tablespoon sugar is added to batter. 12 griddle cakes, 4 inches in diameter.

Variations

Sweet Milk Griddle Cakes.—Substitute $\frac{2}{3}$ cup sweet for $\frac{3}{4}$ cup sour milk and $1\frac{1}{2}$ teaspoons baking powder for soda in Sour Milk Griddle Cakes.

Cornmeal Griddle Cakes.—Substitute cornmeal for $\frac{2}{3}$ of flour in Sour Milk Griddle Cakes.

BUCKWHEAT CAKES I

$\frac{1}{2}$ cake yeast	$1\frac{1}{4}$ teaspoons salt
2 quarts boiled water, cooled until lukewarm (95° F. or 35° C.)	$\frac{3}{4}$ teaspoon soda dissolved in a little water
Buckwheat flour	1 teaspoon melted fat 1 tablespoon molasses

Dissolve yeast in $\frac{1}{2}$ cup of the lukewarm water. Add remaining water, then salt and enough buckwheat flour to make smooth pour batter. Beat well. Let rise overnight in warm place. Next morning after reserving 1 pint mixture for next baking, add remaining ingredients. Mix lightly. Bake as for Griddle Cakes (p. 86).

Add any left-over batter to that reserved as a starter. The night before using, add 1 pint lukewarm water, $\frac{1}{4}$ teaspoon salt, and flour to make pour batter. Proceed as above. Batter may be saved to start next baking for a week or more if kept cool. 98 buckwheat cakes, 4 inches in diameter.

Variation

Buckwheat Cakes II.—Substitute white flour for $\frac{1}{2}$ of buckwheat flour in Buckwheat Cakes I.

WAFFLES

$1\frac{1}{4}$ cups flour	1 cup milk
2 teaspoons baking powder	2 egg yolks, beaten thick
$\frac{3}{4}$ teaspoon salt	3-5 tablespoons melted fat
1 tablespoon sugar, if desired	2 egg whites, beaten stiff

Sift dry ingredients together. Mix milk and fat with egg yolks. Temperature of milk should be such that it will not solidify fat. Combine mixtures. Stir only until blended. Fold in egg whites. Cook on hot waffle iron which may or may not be oiled according to kind. For a crisp waffle, use larger

amount of fat and cook longer. Thin batters need longer cooking than thick ones. Whole eggs may be beaten together but product is usually less light. Serve with melted butter and honey or syrup. 4 waffles.

Variations

Bacon Waffles.—Sprinkle small bits of bacon, cooked or uncooked, over waffle batter after filling iron. Allow 1 slice bacon for each waffle.

Cheese Waffles.—Use 3 tablespoons fat. Add $\frac{1}{2}$ cup grated cheese to waffle batter.

Chocolate Waffles.—Sift $\frac{1}{4}$ cup each of sugar and cocoa with dry ingredients for waffles. Add $\frac{1}{4}$ teaspoon vanilla.

Chocolate Chip Waffles.—Mix $\frac{1}{2}$ cup coarsely grated semi-sweet chocolate with waffle batter.

Corn Waffles.—Reduce milk in waffles to $\frac{3}{4}$ cup. Add 2 cups canned cream style corn and 1-2 tablespoons sugar. Bake until thoroughly dry.

Ham Waffles.—Add 1 cup finely chopped cooked ham to waffle batter.

Nut Waffles.—Sprinkle halves of English walnuts or pecans over waffle batter after filling iron.

To Use a Non-electric Waffle Iron.—Heat on one side, turn, and heat on other side. Then oil thoroughly before filling if iron requires such treatment. To fill, pour enough mixture into each compartment to cover $\frac{2}{3}$ of surface. When cover is put down, mixture should spread enough to fill iron. When cooked on one side, turn iron and cook other side. Heat iron a moment between bakings.

To Use an Electric Waffle Iron.—How a new waffle iron should be treated before using depends upon kind. Some manufacturers recommend that entire surface of grids be thinly coated with salad oil, then iron heated slowly until brown. No further oiling is ever needed. Most models now have pre-treated non-stick grids and require nothing more than to heat iron, then cook one waffle slowly until very brown. This waffle is discarded as it serves to clean iron. If batter contains ample fat, waffles will not stick.

To Cook Waffles.—Preheat iron 7-10 minutes unless it is an automatic model. These may heat faster and have signal lights telling when iron is ready to use and when waffle is done

to any one of several shades of brownness. If waffle iron has no indicator, place piece of white paper between grids or a drop of water on lower one. When paper is light brown in color or water boils rapidly, iron is of right temperature to use. Pour in enough batter to cover $\frac{3}{8}$ of bottom grid. Close iron and cook until "done" signal appears or steaming stops and grids can be separated. This requires about 4 minutes. Do not open iron during cooking process or waffle will break and stick.

To Care for Waffle Iron.—Leave open until cold. Clean grids with soft brush. Wipe exterior with soft cloth. Never wash iron as water injures heating elements of electric irons and is apt to cause them to stick.

BOSTON BROWN BREAD

1 cup cornmeal	1½ teaspoons soda
1 cup white or rye flour	$\frac{3}{4}$ cup molasses
1 cup graham flour	2 cups sour milk
1 teaspoon salt	

Sift dry ingredients together. Mix milk and molasses. Add to dry ingredients. Turn into well-oiled molds filling not more than $\frac{3}{8}$ full. Cover tightly. Steam molds the size of a 1-pound baking powder can 3 hours. Then remove covers and dry in oven 15 minutes. Remove from molds. If served hot, slice with a string. Raisins may be added for variety. Bread may be baked as a loaf instead of steamed. In that case, add 1 tablespoon melted fat. Bake 1 hour in moderate oven (375° F.). 2 loaves, 3" in diameter, 5" long.

SOUTHERN BATTER BREAD (SPOON BREAD I)

1 cup white cornmeal	1½ teaspoons baking powder
2 cups boiling water	
2 cups milk	1-2 well-beaten eggs
1 teaspoon salt	1 tablespoon melted fat

Scald meal with water; add milk, salt, and egg. Beat well, add fat and baking powder. Pour into oiled baking dish. Set in pan of hot water. Bake in moderate oven (350° F.) about 1 hour. Serve from baking dish with a spoon. Eat with butter using a fork. 6 servings, $\frac{1}{2}$ cup each.

SPOON BREAD II

4 cups milk	$\frac{1}{2}$ cup fat, melted
1 rounded cup yellow cornmeal	5 egg yolks, beaten slightly
1½ teaspoons salt	5 egg whites, beaten stiff

Heat 3 cups of milk in double boiler. Add cornmeal while stirring. Cook slightly. Add remainder of milk to egg yolks.

Add to hot mush while stirring. Add fat and salt. Fold in egg whites. Bake in shallow oiled pan in moderate oven (350° F.) about 30 minutes. 10-12 servings.

DROP BATTERS

MUFFINS I

$\frac{1}{2}$ 2 cups flour	$\frac{1}{2}$ 1 well-beaten egg
$\frac{1}{2}$ 3 teaspoons baking powder	$\frac{1}{2}$ $\frac{1}{4}$ cups milk
$\frac{1}{2}$ 2 tablespoons sugar	$\frac{1}{3}$ 2-3 tablespoons melted fat
$\frac{1}{2}$ 1 teaspoon salt	

Sift dry ingredients together. Add milk to egg and fat. Temperature of milk should be such that it will not solidify fat. Combine mixtures. Stir only enough to mix ingredients slightly. Batter will still be lumpy. Long beating makes muffins more compact and inclined to form tunnels. Put batter into oiled muffin pans filling about $\frac{2}{3}$ full. Bake in hot oven (425° F.) 15-20 minutes. Remove from pans at once. 10 large or 20 small muffins.

Variations

Muffins II.—Double amount of fat in Muffins I.

Fruit Muffins.—Add $\frac{1}{2}$ cup currants or finely cut raisins or dates to Muffins I. Fresh berries may also be used. In that case, double the amount of sugar. Blueberries are particularly good in muffins.

Graham Muffins.—Substitute graham flour for half the white flour in Muffins I. Molasses may be used instead of sugar.

Cornmeal Muffins.—Substitute $\frac{2}{3}$ cup cornmeal for 1 cup flour in Muffins I. Cornmeal makes a drier mixture than flour so a smaller proportion is used. Cornmeal may be substituted for a larger proportion of flour if desired.

BRAN MUFFINS

1 cup bran, regular or pre- pared	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup flour	$\frac{3}{4}$ cup sour milk
$\frac{3}{4}$ teaspoon salt	1 well-beaten egg, if de- sired
2 tablespoons sugar or $1\frac{1}{2}$ tablespoons molasses	2 tablespoons fat, melted

Mix and bake as for Muffins I. 7 large or 14 small muffins.

SALLY LUNN

2 cups flour	2 well-beaten egg yolks
2 tablespoons sugar	1 cup milk
1 teaspoon salt	$\frac{1}{2}$ cup fat
2 teaspoons baking powder	2 stiffly beaten egg whites

Mix as for Muffins I folding in egg whites last. Bake in a loaf in an oiled pan in a moderate oven (400° F.). Muffin pans may be used. Serve hot. 10 large or 20 small servings.

CORN BREAD

2 cups cornmeal	2 cups thick, sour milk or buttermilk
1 teaspoon salt	1-2 well-beaten eggs
1 teaspoon soda	2-4 tablespoons melted fat

Mix as for Muffins I. Pour into a shallow, oiled pan. Bake in a hot oven (425° F.) about 25 minutes. If a sweet product is desired, add $\frac{1}{4}$ cup sugar. Use half flour if preferred. 10 servings, 3" x 3" x 1".

JOHNNY CAKE

1 $\frac{1}{4}$ cups sifted flour	1 cup cornmeal
$\frac{3}{4}$ teaspoon soda	2 eggs, well beaten
2 teaspoons baking powder	$\frac{1}{4}$ cups sour milk or buttermilk
1 teaspoon salt	3 tablespoons melted fat
2 tablespoons sugar	

Sift dry ingredients together. Combine eggs, milk, and fat. Mix well. Pour into shallow, oiled pan. Bake in hot oven (425° F.) 40 minutes or until done. 1 sheet, 8" x 8" x 1".

BRAN BREAD

1 cup bran, regular or prepared	$\frac{1}{4}$ cup sugar
1 cup graham flour	1 well-beaten egg
1 cup white flour	1 cup milk
3 teaspoons baking powder	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup molasses
1 teaspoon salt	$\frac{1}{2}$ cup raisins

Mix dry ingredients. Combine liquids, add gradually to dry ingredients. Bake as a loaf in oiled pan 1 hour in moderate oven (375° F.). 1 loaf, 3" x 4 $\frac{1}{2}$ " x 10":

NUT BREAD

2 cups unsifted graham flour	1 cup chopped nuts
2 cups white flour	1 $\frac{1}{2}$ cups sugar
2 teaspoons salt	2 well-beaten eggs
2 tablespoons baking powder	2 cups milk

Sift white flour, salt, and baking powder together. Mix with graham flour and nuts. Add sugar to eggs. Beat well. Add milk alternately with flour mixture to egg mixture. Pour

into oiled bread pans. Let stand 25 minutes, then bake 1 hour in moderate oven (375° F.). 2 small loaves.

GRAHAM BREAD

4 cups graham flour	1½ teaspoons baking powder
1 cup white flour	1 cup molasses
1½ teaspoons soda	2 cups sour milk
2 teaspoons salt	

Sift soda, salt, and baking powder with white flour. Mix with graham flour. Combine milk and molasses. Add gradually to dry ingredients. Pour into oiled bread pans. Bake 1 hour in moderate oven (375° F.). 2 medium-sized loaves.

BANANA BREAD

½ cup fat	1 tablespoon sour milk or water
1 cup sugar	2 cups flour
3 bananas, crushed	1 teaspoon soda
3 eggs, well beaten	½ teaspoon salt

Mix as for Butter Cake (p. 257). Bake 1 hour in oiled loaf pan in moderate oven (350° F.). 1 loaf, medium size.

DATE NUT BREAD

4 cups dates, chopped	½ cup fat
4 teaspoons soda	1 cup sugar
2 cups boiling water	2 eggs, beaten
4 cups flour	1 teaspoon vanilla
1 teaspoon baking powder	1½ cups pecans, chopped
½ teaspoon salt	

Sprinkle dates with soda, add boiling water. Cover. Cool. Sift flour, baking powder, and salt together. Cream fat, add sugar, and cream again. Add eggs, vanilla, and date mixture; then flour mixture gradually, and finally, the nuts. Bake in oiled loaf pans in moderate oven (350° F.), 1-1½ hours. 2 loaves, medium size.

ORANGE NUT BREAD

Juice and peel of 1 large orange	1 egg, beaten
Boiling water	2 cups flour
Ground dates	1 teaspoon soda
1 teaspoon vanilla	1 teaspoon baking powder
1 cup sugar	¼ teaspoon salt
2 tablespoons fat, melted	½ cup chopped nuts

Squeeze orange juice into measuring cup, add boiling water to fill cup. Grind orange peel. Add ground dates to make 1 cup. Sift flour, soda, baking powder, and salt together. Place orange-date mixture in mixing bowl. Add orange juice and water. Stir in vanilla, sugar, and fat. Add egg, then flour mix-

ture. Stir in nuts. Pour into oiled loaf pan. Bake 1 hour in moderate oven (350° F.). 1 loaf, medium size.

SOFT DOUGHS

BAKING POWDER BISCUITS

2 cups flour
3-4 teaspoons baking
powder

1 teaspoon salt
5 tablespoons fat
 $\frac{3}{4}$ -1 cup milk

Sift dry ingredients together twice. Work in fat with fingers, a fork, pastry cutter, or cut in with two knives held back to back while working. Add milk, all at once, mixing until product cleaves from sides of bowl. Dough should be as soft as can be handled. Turn onto lightly floured board, knead about 20 seconds (20 times) or until dough is just smooth. Shape into a ball. Pat or roll lightly into a sheet $\frac{1}{2}$ - $\frac{3}{4}$ inch in thickness. Shape with floured cutter. Place fairly close together on baking sheet. If crusty sides are desired, place farther apart. Bake in hot oven (425° F.) 12-15 minutes. 15 biscuits, $1\frac{1}{4}$ " high, 2" in diameter.

Variations

Drop Biscuits.—Make as for Baking Powder Biscuits, using enough milk to make thick drop batter. Drop by spoonfuls $\frac{1}{2}$ inch apart on oiled baking sheet or in oiled muffin pans. Bake as for Biscuits.

Date Biscuits.—Make Baking Powder Biscuits. Add $\frac{1}{2}$ cup chopped dates to sifted flour mixture before adding milk.

Orange Rolls.—Make Baking Powder Biscuits adding 2 tablespoons sugar to flour mixture. Reduce milk to $\frac{1}{2}$ cup, adding 1 beaten egg. Roll dough $\frac{1}{4}$ -inch thick. Brush with melted butter or substitute. Sprinkle with Orange Sugar (grated rind of 1 large orange to 1 cup sugar). Roll as for Jelly Roll. Cut into $\frac{3}{4}$ " slices. Place cut-side down in oiled muffin pans. Bake 20 minutes in hot oven (425° F.). 16 small rolls.

Pecan Rolls.—Make Orange Rolls substituting brown for Orange Sugar and sprinkling with pecans. Put melted butter, sugar, and pecans in bottoms of pans before rolls are added.

Dumplings for Stews.—Make as for Drop Biscuits, omitting fat. Add one egg if desired. Drop by spoonfuls on top of

stew, cover tightly, and boil 12 minutes without lifting cover. Remove and serve at once arranging as a border around stew. These may also be cooked in a steamer or dropped on top of a roast and baked. They may be made as for Biscuits and cut into rounds if preferred.

BUTTER BALLS

Scald special butter paddles. Chill in ice water. Allow $\frac{1}{2}$ -1 tablespoon butter for each ball. Unless very firm chill butter in cold water also. Roll each piece between smooth sides of paddles until round. This may be done more successfully if only one paddle is rotated. When shaped, roll between grooved sides to give markings. Drop into ice water until ready to serve.

If butter sticks to paddles, scald and chill them again. Butter also needs further chilling when this occurs.

BUTTER CURLS

Butter curls are made with a special device known as a butter curler. Essentially this is a knife with a curved blade and notched edge. To make butter curls, start with an unbroken 1-pound or $\frac{1}{4}$ -pound print of butter of room temperature (68°-71° F. or 20°-22° C.). Dip curler into hot water, then cool slightly. If too hot, butter will melt when it comes in contact with the metal. With a light stroke draw curler, held almost horizontally, lengthwise across surface of butter. Strip of butter so separated rolls into a curl with corrugated markings. Place finished curls in ice water to harden.

YEAST BREADS

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

INGREDIENTS

Liquids.—A variety of liquids may be used. Fresh milk and buttermilk should be scalded before using to stop enzyme action. Water breads rise quickly producing a fairly large, dark-colored loaf which dries out rapidly. Potato water supplies excellent yeast food and hastens fermentation. The loaf is large in volume, inclined to be dark in color, and is moist in texture. Sweet milk gives a white crumb, a brown crust, a good flavor, and adds nutritive value. The volume of the milk loaf is smaller and the bread rises more slowly. Sour milk, whey, and similar materials add nutritive value but are apt to affect flavor. Growth of yeast in these media is fairly rapid.

Yeast.—Yeast is a microscopic plant which grows best between 77°-95° F. or 25°-35° C. An optimal temperature for growth is 86° F. or 30° C. Other essentials are food, air, and moisture. Dry cake yeast is slow in action and will keep indefinitely at room temperature. Liquid, compressed, and the new dry yeasts grow rapidly so are suited to quick-process bread making. Dry and compressed yeasts may be substituted for each other in equal amounts and 1 cup liquid yeast approximates 1 yeast cake in leavening power. Liquid yeast is, however, not standardized as to yeast content so is less reliable than other kinds. It will keep about 2 weeks at temperatures slightly below that of an ordinary room. Compressed yeast, when fresh, is creamy-gray in color, moist, practically odorless, and should crumble easily when broken. If stale it may be dark or streaked in color, dry, and possess an unpleasant odor. It will keep several days in a cool place. Granular yeast will remain active for several weeks at room temperature.

Flour.—A bread flour is desirable. However, all-purpose flour gives good results and is extensively used, especially for yeast rolls. Good bread flour is creamy in color, granular to the touch, and will not hold its shape when pressed between the fingers. It should be clean and contain a good quality of gluten.

Salt.—Salt improves flavor of bread and tends to prevent undesirable fermentation. Too much salt hinders growth of yeast.

Fat.—Fat, if fresh and of good quality, improves the flavor and food value of bread and adds tenderness. It is not an essential ingredient.

Sugar.—Sugar adds flavor and food value to bread. It also aids browning, and hastens fermentation.

Common Faults in Bread

	Defect	Cause
Appearance	Uneven shape	Improper molding. Failure to turn loaf during first of baking.
Lightness	Heavy	Low-grade flour. Under-light when put in oven. Unfavorable conditions of almost any kind during making.
Crust	Crackled	Too rapid cooling in a draft.
	Bulges and cracks	Too stiff dough. Uneven heat in baking.
	Thick	Too slow baking.
	Tough	Under-light when put in oven. Too much salt. Low-grade flour. Too much handling of light dough.
Crumb	Pale	Too slow an oven. Too much salt. Dough has dried during rising.
	Dark	Kind of liquid or flour used. Unfavorable conditions, as over-light when put in oven, wrong temperature, etc.
	Streaked	Addition of flour at molding stage. Drying of dough on top before shaping.
	Crumbly	Weak flour. Wheat flour substitutes. Over-light when put in oven.
	Coarse	Over-light when put in oven. Wrong temperature and other unfavorable conditions.
Flavor	Sour	Poor yeast or flour. Rising too long. Too high a temperature while rising.

A 1-pound loaf of bread contains approximately 9 ounces of flour and represents about 18 ounces of the original dough.

BREAD STANDARDS

The ideal loaf of bread as now made meets certain accepted standards. These are incorporated in the score card below:

Score Card for Yeast Bread

	Explanation	Points	
		Perfect Score	Actual Score
General appearance	Size. —Such that center of loaf can be thoroughly baked. Shape. —Regular, evenly rounded, and without bulges.	5	
Lightness	Lightness. —Relatively large for weight and feathery in appearance when cut.	15	
Crust	Color. (3 points).—Even golden-brown over entire loaf. Smoothness. (3 points).—Smooth and free from wrinkles or cracks with a shredded appearance on sides. A crack on side above top of pan shows crust was formed too soon. Quality. (4 points).—Thin, even, crisp, and tender crust over entire loaf.	10	
Crumb	Color. (5 points).—Creamy-white with satiny luster or sheen, as one looks across loaf. Uniform in color without streaks. Grain. (15 points).—Fine and even. Many small, oval cells with thin walls rather than fewer large, uneven, or round cells with thick walls. Texture. (15 points).—Elastic, moist, tender, soft, and velvety. Not harsh, horny, or crumbly. Loaf should spring back into original shape after pressing firmly between hands. Cut surface of loaf should show no impression after pressing with fingers.	35	
Flavor	Taste. —Fresh, nutty, and free from acidity and other undesirable qualities. Odor. —Should agree with taste.	35	
Total		100	

METHODS OF MAKING

Bread may be made by the sponge or by the straight dough method.

The sponge method involves at least 4 steps: sponge, dough, loaf, and baking. To make a sponge, add only enough flour at first to make a drop batter. Allow this mixture to rise before adding remainder of flour to make dough. This method is better suited to use of dry yeast and a long process.

With the straight dough method, mixture is made directly into a dough omitting sponge step. Compressed, granular, or liquid yeasts are suited to this method and a shorter process results.

LIQUID YEAST (POTATO YEAST OR STARTER)

4 medium-sized potatoes	1 cake dry yeast soaked in
1 quart boiling water	¼ cup lukewarm water
¼ cup sugar	(98° F. or 37° C.)
1 tablespoon salt	

Pare potatoes and grate, grind, or chop fine. Add to water and boil until starch is cooked, stirring constantly. Add sugar and salt. Cool until lukewarm (98° F. or 37° C.), then add yeast. Put into a sterile jar. Allow to ferment at room temperature 24 hours; then set in cool, dark place. This will keep about 2 weeks and last cup may be used instead of dry yeast in making a new supply. 4 cups yeast.

BREADS

WHITE BREAD (1 LOAF)

(Standard Loaf, Sponge Method)

1 cup liquid, scalded	¼ cup liquid yeast or
1 tablespoon sugar	¼-2 cakes yeast softened in
0-1 tablespoon fat	¼ cup lukewarm water
1¼ teaspoons salt	(98° F. or 37° C.)
	Flour to make a firm
	dough, 3½-4 cups

Sponge.—Pour hot liquid over sugar, salt, and fat, if used. Cool until lukewarm (98° F. or 37° C.). Add yeast, then beat in sufficient flour to make a thick drop batter. Cover. Let rise in warm place (80° F. or 27° C.) until light and foamy. This will vary from a short time to overnight according to amount of yeast used and other conditions.

Dough.—Add flour to make a dough which can be lifted in a mass on the spoon leaving bowl free from dough. Turn onto a floured board. Knead lightly, keeping a small amount of flour on board until loaf is smooth, elastic to the touch, and stiff enough that it will not stick to a clean board when kneading. To knead bread properly, fold dough from the back toward center with finger tips, then press down and away from kneader with palms of hands. Do this twice, then give dough a quarter turn on board and repeat process. Always turn in same direction. Do not use more flour than necessary. Put in an oiled bowl or one rinsed with cold water. Oil top or cover lightly to prevent formation of crust. Let rise in warm place until doubled in bulk. It will then feel tender and a touch of the finger will leave an impression. If desired work bread down and let rise a second time until doubled in bulk. This step may be omitted.

Loaf.—Knead light dough on unfloured board (to prevent streaks) just enough to distribute gas bubbles evenly. Shape into a ball. It may be covered and allowed to stand 10-15 minutes or shaped at once. In shaping loaf, make into a roll longer than pan, handling as lightly and quickly as possible. Flatten, fold ends to center, roll as for cinnamon roll. Seal edges by pinching together. Place in oiled pan, smooth side up with sealed edge on bottom of pan. Pan should not be more than half full. Let rise in a warm place until doubled in bulk.

Baking.—Start baking in a moderate oven (400° F.) if heating with electricity or gas. Allow more heat if many loaves are to be baked at one time. Use less heat, about 350° F., for coal or wood stoves as they retain heat a longer time than quick-heating ones. Allow 50-60 minutes for baking an average loaf in an individual pan of regulation size (9 1/2" x 4 1/2" x 3 1/2"). This allows time to cook the starch and destroy yeast and other organisms. During first 15 minutes of baking, loaf should be turned often to insure an even shape and crust should set and begin to brown. Temperature should then be reduced to 350° F. Otherwise crust will be too thick and brown.

Care After Baking.—Remove from pan as soon as baked. Cool on wire rack so air may pass completely around loaf. If a soft crust is desired, oil top. A crisp crust is secured by cooling uncovered without oiling. Do not let wind blow directly

upon loaf or crust will crack. Do not wrap bread in a cloth while cooling or storing as flavor will be less good. When thoroughly cool, place in ventilated bread box.

Variations

White Bread (Straight Dough Method).—Make as for White Bread, Sponge Method, omitting first rising, and adding flour all at once.

Graham or Entire Wheat Bread.—Make as for White Bread using either method preferred but substituting graham or entire wheat for half the white flour. If flavor is liked, use $1\frac{1}{2}$ tablespoons molasses instead of sugar. Rolled oats or other grains may be used in the same way, but, as a rule, should not replace more than $\frac{1}{3}$ of white flour.

All Whole Wheat Bread.—Make as for Graham or Entire Wheat Bread using all whole wheat flour. Loaf will be heavy and small but nutritious and of good flavor.

Raisin Bread.—Add $\frac{1}{2}$ cup floured, chopped raisins to any recipe for 1 loaf of bread.

Zwieback.—Make as for White Bread increasing sugar and fat each to 2 tablespoons. Add 2 well-beaten eggs to mixture when at batter stage. Dough may be made directly into a loaf if desired. When baked, cool. Cut into $\frac{1}{2}$ -inch slices. Dry in slow oven (250° F.) until delicately browned.

TWO-HOUR BREAD

$1\frac{1}{2}$ cups buttermilk or sour milk	2-3 tablespoons sugar
1 egg yolk or	$1\frac{1}{2}$ ounces compressed yeast or 4 cakes
1 whole egg, well beaten	1 tablespoon melted fat
$2\frac{1}{2}$ cups warm water or sweet milk	12 cups flour—approx- imately
4 teaspoons salt	

Scald buttermilk stirring to prevent formation of large curds. Cool until lukewarm (98° F. or 37° C.). Add egg, water, sugar, salt, and fat. Dissolve crumbled yeast in this mixture. Add flour to make dough as soft as can be handled. Knead until smooth, divide immediately into 4 parts. Cover with cloth to prevent drying. Let stand 10 minutes. Mold into loaves. Put in oiled pans. Let rise until doubled in bulk (60-80 minutes). Bake as for White Bread (50-60 minutes). 4 loaves, $9\frac{1}{2}$ " x $4\frac{1}{2}$ " x $3\frac{1}{2}$ ".

ROLLS

Rolls, as a rule, are sweeter and richer than bread. The dough is usually softer and they are lighter when baked. They are baked in a hotter oven (about 425° F.) as they dry out if baked too slowly. Rolls are often glazed before, during, or after baking.

PARKER HOUSE ROLLS

1 cup milk, scalded	$\frac{1}{2}$ -1 cake yeast softened in
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
2 tablespoons fat	(98° F. or 37° C.)
1 teaspoon salt	3-4 cups flour

Make as for Bread adding flour gradually and beating thoroughly until no more can be worked in with a spoon. Cover tightly, let rise to 3 times original bulk. Turn onto lightly floured board, knead slightly, and roll $\frac{3}{4}$ -inch thick. Lift dough from board to allow it to shrink before cutting rolls. Shape with round or oval floured cutter. Crease in middle with floured edge of a dull knife. Brush half of each circle with melted fat. Fold, bringing edges together. Place 1 inch apart in oiled pan. Brush tops with melted fat to give a glaze and keep them soft. Let rise until more than doubled in volume, then bake in hot oven (425° F.) 15-20 minutes. 12-14 rolls, medium size.

Variations

Salad or Dinner Rolls.—Use light Parker House Rolls mixture. Roll $\frac{1}{2}$ inch thick, cut into small biscuits. Place in rows on floured board, cover with cloth, and let rise until very light. With floured handle of wooden spoon, make deep crease in middle of each roll. Brush with melted fat. Fold as for Parker House Rolls. Place close together in oiled pan. Cover, let rise, and bake 12-15 minutes in hot oven (425° F.).

Crescents.—Use light Parker House Rolls mixture. Roll $\frac{1}{8}$ -inch thick. Cut into 4-inch squares. Cut these into two triangles each. Brush tops with melted fat. Commencing at base, roll each triangle keeping point in middle of roll and bringing ends toward each other to form crescent. Place on oiled baking sheet some distance apart. When light, bake 15-20 minutes in hot oven (425° F.).

Clover Leaves or Shamrocks.—Shape small bits of light Parker House Rolls mixture into small balls. Fit into oiled

muffin pan allowing 3-4 balls for each roll. When light, bake in hot oven (425° F.).

Braids.—Roll light Parker House Rolls mixture $\frac{1}{4}$ -inch thick. Cut into $\frac{1}{2}$ -inch strips, then braid using 3-4 strands. Have braids wider in center than at ends. When light, bake in hot oven (425° F.).

Bread Sticks.—Fold a beaten egg white into Parker House Rolls mixture before adding flour. When light, form into small balls, then roll on unfloured board with hands to make uniform sticks of size and shape of lead pencil. Place in oiled bread stick pan or on baking sheet some distance apart. When light, bake in hot oven (425° F.). Reduce heat at last of baking that sticks may be crisp and dry.

Salad Sticks.—Use Bread Sticks mixture adding more salt. Make as for Bread Sticks. Sprinkle with salt before baking.

Cinnamon Rolls.—Use light Parker House Rolls mixture. Roll $\frac{1}{2}$ -inch thick. Spread with melted fat. Sprinkle liberally with mixture of 6-8 parts sugar to 1 of ground cinnamon. Raisins or currants also may be used. Roll as for Jelly Roll (p. 271). Cut into $\frac{3}{4}$ -inch slices. Put into oiled pan, cut side up. Let mixture rise until light then bake in moderate oven (400° F.) about 35 minutes.

Swedish Tea Ring.—Use recipe for Parker House Rolls, adding a well-beaten egg when mixture is at batter stage. When dough is light, roll on unfloured board, forming rectangle $\frac{1}{2}$ - $\frac{3}{4}$ -inch thick. Spread with melted fat, sprinkle with blanched, chopped almonds or other nuts, or cinnamon and sugar. Currants may be used instead of nuts. Roll as for Jelly Roll (p. 271). Cut a small piece from each end to aid joining. Unite cut ends to form ring. Place on oiled baking sheet. Cut gashes with scissors 1-2 inches apart beginning at outside and extending almost to center of roll. Turn each piece, cut side up, to give flower-like effect. When light, bake in moderate oven (425° F.).

Butter Horns.—Roll ball of dough into circular piece $\frac{1}{4}$ -inch thick and 8 inches in diameter. Cut into pie-shaped wedges. Brush with melted fat. Roll up beginning at wide end.

Fan Tans.—Roll dough into very thin rectangular sheet. Brush with melted fat. Cut in strips 1-inch wide. Pile 6-7

strips together. Cut into 1½-inch pieces. Place cut side down in oiled muffin pans.

GLAZES FOR ROLLS

Glaze I.—Brush rolls before baking with melted fat or mixture of 1 tablespoon sugar and ¼ cup milk.

Glaze II.—Brush rolls when taken from oven with slightly beaten egg yolk, egg white, or whole egg diluted with 1 tablespoon water or milk. Return to oven for a few minutes to glaze.

Glaze III. (Frosting).—Brush baked, nearly cool rolls with confectioner's sugar moistened with boiling water or milk and flavored.

REFRIGERATOR ROLLS (ICE BOX ROLLS)

1 cake yeast softened in	1 cup hot, mashed potatoes
1 cup lukewarm water	1 cup potato water
(98° F. or 37° C.)	2 teaspoons salt
½ cup fat	1 egg beaten
½ cup sugar	Flour (6-6½ cups)

Mix fat, sugar, potatoes, and potato water. Cool till lukewarm (98° F. or 37° C.). Add dissolved yeast. Cover. Let stand in warm place until light, about 2 hours. Add salt, egg, and flour to make stiff dough. Cover. Store in refrigerator. Let stand 24 hours before using. When ready to use, shape as desired. Let rise until more than doubled in volume before baking. Bake in hot oven (425° F.) 15-20 minutes.

Mixture may be kept in refrigerator several days and baked as needed. Milk may be used for liquid but it appears to shorten keeping period of dough. If used, it is well to add ½ teaspoon soda to aid in neutralizing acid as it forms. 24-30 rolls, medium-size.

REHEATING ROLLS

It is desirable to serve rolls hot. To reheat, put in paper bag or other tight container, then place in a moderate oven (350° F.) until rolls are heated through, about 10 minutes.

MISCELLANEOUS YEAST MIXTURES

HOLLAND BRIOCHE CAKES

1 cup scalded milk cooled	3 cups flour
to lukewarm (98° F. or	2 eggs, well beaten
37° C.)	½ teaspoon salt
½ cup sugar	Grated rind ½ lemon
½-1 cake yeast broken into	Juice ½ lemon
pieces	½ cup melted fat

Add sugar and yeast to milk. When dissolved, add half

of flour to make a sponge. Beat well, cover, let rise until bubbly and foamy. Add remaining ingredients mixing well. Cover. Let rise until doubled in bulk. Turn onto slightly floured board, pat, and roll into a rectangle $\frac{1}{4}$ -inch thick. Spread with soft fat and fold from sides to center to make 3 layers. Cut across into $\frac{3}{4}$ -inch strips. Cover. Let rise until light to touch. Twist ends of each strip in opposite directions, coil, and bring ends together at top. Put into oiled pans, let rise until nearly doubled in bulk. Bake 20 minutes in moderate oven (400° F.). Cool, then cover with Glaze III. 15 cakes.

COFFEE CAKE

1 cup scalded milk	Flour
1 cup strong coffee	$\frac{1}{2}$ cup sugar
1 teaspoon salt	$\frac{1}{4}$ - $\frac{1}{2}$ cup melted fat
1 cake yeast softened in	1 egg, well beaten
$\frac{1}{4}$ cup lukewarm water	1 cup cleaned currants
(98° F. or 37° C.)	Cinnamon

Scald milk, add to coffee. When lukewarm add salt, yeast, and flour to make drop batter. When light, add sugar, egg, fat, currants, and enough flour to make dough. Knead until smooth and elastic. When light, work down, and fit into shallow, oiled pan making layer 1-inch thick. When light, sprinkle generously with sugar and cinnamon. Bake in moderate oven (400° F.). All milk may be used for liquid instead of half coffee. In that case, flavor with grated lemon rind, omit cinnamon, and sprinkle with chopped, blanched almonds. 2 loaves, 8" x 8" x 2".

HOT CROSS BUNS

1 cup scalded milk	1 egg, well beaten
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ teaspoon cinnamon
2 tablespoons fat	3 cups flour or more
1 teaspoon salt	$\frac{1}{4}$ cup raisins
$\frac{1}{4}$ -1 cake yeast softened in	$\frac{1}{4}$ cup currants
$\frac{1}{4}$ cup lukewarm water	
(98° F. or 37° C.)	

Make as for White Bread, Straight Dough Method (p. 100) adding eggs and fruit at batter stage. Cover, allow to rise, then shape into balls. Place on oiled baking sheet 2 inches apart. When light, score tops with sharp knife to form cross. Brush with beaten egg diluted with milk. Bake in moderate oven (400° F.). When cool, fill cross with Glaze III or other frosting. 10-12 buns, medium-size.

NUT BREAD

1 cup scalded milk	$\frac{1}{4}$ -1 cake yeast softened in
1 teaspoon salt	$\frac{1}{4}$ cup lukewarm water
1 tablespoon fat	98° F. or 37° C.)
2 tablespoons molasses	$\frac{1}{2}$ cup whole wheat flour
1 cup chopped nuts	White flour to make a soft dough

Add salt, fat, and molasses to milk. Cool until lukewarm. Add yeast, nuts, and flour. Beat well. Put into oiled bread pan. Cover, let rise until light, then bake in moderate oven (400° F.) about 40 minutes. 1 loaf, medium-size.

DUTCH APPLE CAKE

$\frac{1}{2}$ cup milk	$\frac{1}{2}$ -1 egg or 1 egg yolk,
$\frac{1}{2}$ teaspoon salt	well beaten
2 tablespoons fat	Flour
2 tablespoons sugar	2-3 tart apples, pared and
$\frac{1}{4}$ -1 cake yeast softened in	sliced
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{2}$ cup sugar mixed with
(98° F. or 37° C.)	$1\frac{1}{2}$ -2 teaspoons cinnamon

Make as for White Bread (p. 98) adding flour to make batter that can be beaten. When light, beat well, then put into oiled pan making layer $\frac{1}{2}$ -inch thick. Brush top with melted fat. Arrange in parallel rows on top pressing sharp edges of slices into batter. Sprinkle with sugar-cinnamon mixture. Cover. When light, bake in moderate oven (375° F.) about 40 minutes or until apples are soft. 1 cake, $1\frac{1}{2}$ " x 9" x 9".

RAISED DOUGHNUTS

Parker House Rolls mixture	1 beaten egg
2 tablespoons melted fat	Cinnamon
$\frac{1}{2}$ cup sugar	Nutmeg

Mix ingredients together thoroughly. Let rise until doubled in bulk. Roll into $\frac{3}{4}$ -inch sheet. Cut into rings. Let rise until again doubled in bulk, then fry (p. 205) putting raised side down into fat. Drain. Roll in sugar, if desired. 22 doughnuts, medium-size.

POTATO BISCUITS

1 cup scalded milk	$\frac{1}{2}$ cake yeast softened in
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
3 tablespoons fat	(98° F. or 37° C.)
1 teaspoon salt	1 egg white, stiffly beaten
$\frac{1}{2}$ cup mashed potatoes	3 cups or more flour
1 egg yolk, well beaten	

Add milk to sugar, salt, and fat. Add potatoes, egg, and enough flour to make thin batter. Cool until mixture is lukewarm, then add yeast. When light, add more flour to make a

smooth dough. Knead well. Let rise again until double in bulk. Roll $\frac{1}{4}$ -inch thick. Cut into biscuits, oil tops, and fit together in pairs. When light, bake in hot oven (425° F.) about 15 minutes. 30 biscuits, $2\frac{1}{2}$ "-3" in diameter.

USES FOR STALE BREAD

All pieces of bread should be saved and utilized. Keep stale bread in ventilated container. If not too stale, it may be heated in closely covered pan to use as fresh bread. Large pieces are good for toast. Small pieces may be used for bread crumbs.

BREAD CRUMBS*

Remove brown crusts from crisp, dry bread. Roll, grate, or run through food chopper until reduced to crumbs. Sift. These may be prepared in quantity and kept some time. Scraps of bread may be used in this way. Dried bread crumbs are used for egging and crumbing food to be fried, for covering scalloped dishes, and for thickenings, as in puddings.

BUTTERED BREAD CRUMBS

1 cup dry bread crumbs $\frac{1}{4}$ - $\frac{1}{4}$ cup butter or substitute

Melt butter, add crumbs, and stir until each is coated. Use as desired. 1 cup crumbs.

CROUSTADES OF BREAD (BREAD BOXES)

Cut slices of bread 2-inches thick. Remove crusts. Cut slices in halves either diagonally or crosswise or cut into rounds. Cut out inside portion carefully with small, pointed knife, leaving sides and bottom $\frac{1}{4}$ -inch thick. Fry or dip lightly into melted fat and brown in hot oven (450° F.). Use as cases for creamed vegetables, fish, or meat. If very hard they should be dipped quickly into boiling, salted water before filling. To garnish, dip top lightly into unbeaten egg white, then into finely-chopped parsley.

DRY TOAST

Cut bread into $\frac{1}{3}$ - $\frac{1}{2}$ -inch slices. Remove crusts if desired. Place in broiling oven of gas stove or in electric toaster. Turn bread often enough to prevent warping and to insure even browning. Toast to a golden-brown color. Bread may

*Variation:—Tear slices of day-old bread into bits. Use for scalloped dishes. Lay slices of bacon on top. Bake until crumbs are brown and bacon is crisp.

also be toasted by placing on fork or in wire toaster and putting over a clear coal or wood fire to dry. Hold some distance from coals. When dry on one side, turn and dry other side. Then hold nearer coals and toast to a golden-brown color on both sides. For buttered toast, spread while hot with warm butter. Serve at once.

TOAST POINTS

Cut bread as for toast removing crusts. Toast. While hot, cut diagonally across each way to form 4 small triangles. Use as garnish.

MILK TOAST I

Cover buttered toast generously with hot milk or cream. Season with salt and pepper.

MILK TOAST II

2 cups Thin White Sauce 6 slices dry toast
(p. 148)

Dip toast into white sauce, then place on serving dishes. Pour remaining sauce over toast. Cream may be substituted for milk in sauce and butter omitted. 6 servings, 1 slice each.

FRIED OR FRENCH TOAST

2 slightly-beaten eggs ½ teaspoon salt
1 cup milk 6 slices bread

Add milk and salt to egg. Mix well. Dip bread quickly into mixture. Brown in a small amount of hot fat. Serve plain, sprinkled with powdered sugar, or with syrup or marmalade. 6 servings, 1 slice each.

MELBA TOAST

Use stale bread cut into ⅛-inch slices. Crusts may or may not be removed. Cut into triangles or rectangles as preferred. Bake 30 minutes or longer in slow oven (275° F.) until crisp and even golden-brown in color. Serve for breakfast or luncheon with soup, or tea.

CINNAMON TOAST

Use bread sliced ¼-½-inch thick. Remove crusts or not as desired. Toast lightly and quickly. Dip in melted butter and sprinkle with a 1:8 mixture of cinnamon and sugar. Return to broiling oven until sugar forms a glaze. Serve hot with tea or chocolate.

SANDWICHES AND CANAPES

SANDWICHES

Sandwiches may be conveniently classified as **savory** and **sweet**. Savory sandwiches include salad, nut, cheese, meat, and similar types and, when served, are usually followed by a sweet course. Sweet sandwiches may be made of bread or of small cakes with a sweet filling. They are often served with chocolate or tea. Crackers or wafers may be substituted for bread in some types of sandwiches.

Equipment.—A sharp knife is essential. One especially designed for cutting bread is useful when making sandwiches. A bread board on which cutting may be done protects the table. Special cutters permit the making of a variety of shapes. Waxed paper is desirable for wrapping sandwiches to prevent drying.

Bread.—Choose bread of any desired kind. Graham, whole-wheat, nut, rolled oats, brown, or raisin bread, or combinations of these, are good choices. Special sandwich loaves are often desirable. For most sandwiches the bread, in order to cut well, should be about 24 hours old. Rolled sandwiches, however, should be made from fresh bread, as this does not break easily when handled. For a dainty party sandwich, cut $\frac{1}{8}$ -inch slices of bread and remove crusts. If sandwiches are to be cut into fancy shapes, it is more economical to cut slices lengthwise of loaf. Cut bread thicker and retain crusts for sandwiches for picnics, lunches, and everyday use. Bread may be toasted for variety. Toast is especially good for cheese, bacon, and tomato sandwiches. Information concerning amounts of bread needed for a certain number of sandwiches is found on p. 36.

Butter and Fillings.—Cream butter until soft and pliable before using, allowing $\frac{3}{4}$ teaspoon to 1 slice bread. Mustard, chopped parsley, cress, chives, or horseradish are often creamed with butter when their flavor is desired. Apply a thin, even coat of butter to each slice of bread or to only one as preferred. If filling is moist, both slices should be buttered to prevent soaking. Butter should extend to, but not over, edges of bread. If crusts are to be removed and bread cut into fancy shapes, this should be done before spreading. Always fit pieces to-

gether before buttering so butter will not be wasted in trimming. Very thin slices may be spread before cutting from loaf.

The filling should be easy to eat. As a rule it is more satisfactory if ingredients are chopped. Spread filling evenly, in desired thickness, on one slice of buttered bread. Use more filling for thick than for thin sandwiches. If sliced meat is to be used, cut it very thin and into rather small pieces. Use several of these in each sandwich. Spread mayonnaise, if used, on one side of the buttered bread. A lettuce leaf is usually placed on this. Only crisp lettuce leaves should be used so they need not be broken.

Keeping.—Freshly made sandwiches are preferable, especially if filling is soft. If it is necessary to make sandwiches some time before serving, wrap them in cloth wrung as dry as possible from hot water. Waxed paper is often used for the same purpose, particularly if sandwiches are to be packed. Keep in cool place until ready to serve.

Garnishing and Serving.—Garnish savory sandwiches with cress, parsley, or celery leaves; sweet sandwiches, with leaves or blossoms. Serve either type on a doily from a sandwich basket or plate.

SANDWICH FILLINGS

Fillings should be adapted to type of sandwich desired. Lunch or picnic sandwiches are filled generously. Party ones are made with extremely small amounts of filling and are dainty in effect. Variety in sandwiches to be served at one time is best secured by contrasts of color, flavor, and texture, as a salad and a sweet sandwich, not two sweet or two salad ones.

Either cooked or mayonnaise dressing is indicated in suggestions below when no kind is specified. Salad dressing is usually added in quantities sufficient to moisten. Lettuce improves almost any savory sandwich. Cheese is mashed or grated; nuts and dates are chopped; meats are chopped, minced, or ground; eggs are hard-cooked and chopped unless otherwise stated. Seasonings are added to taste in all cases.

Suggested Combinations

Chopped green pepper, onion, celery, and cabbage with Thousand Island Dressing (p. 210).

Grated raw carrots, nuts, and salad dressing with graham bread.

Cucumbers, sliced very thin, marinated with French Dressing (p. 209), with or without lettuce. Brown bread is good.

Lettuce with salad dressing.

Thinly sliced tomatoes with lettuce and mayonnaise.

Watercress, cut into small pieces, marinated with French Dressing (p. 209).

Cooked chicken, chopped and moistened with salad dressing or rich chicken stock. Chopped parsley, celery salt, or onion juice may be used for seasoning. Chopped celery is a good addition.

Boiled ham with salad dressing or prepared mustard.

Boiled ham as above with extra seasoning of catsup, Worcestershire, or Tabasco Sauce.

Boiled ham with chopped, sweet pickles and salad dressing. Allow 1 cup ham to 4 medium-sized pickles.

Boiled ham, hard-cooked eggs, and salad dressing or prepared mustard to taste.

Tuna fish, mayonnaise, and lettuce.

Hard-cooked eggs, mayonnaise, and lettuce.

Hard-cooked eggs and lettuce. Season eggs and mix with creamed butter. Add vinegar to taste.

Sliced, hard-cooked eggs; chopped, stuffed olives; mayonnaise; and lettuce.

Hard-cooked eggs, tomato catsup, and lettuce.

Cottage cheese with equal amount of chopped Spanish onion. Add mayonnaise if desired.

Cottage cheese with jelly, jam, marmalade, or finely-chopped candied ginger.

Cottage cheese with chopped pickles, olives, nuts, or pimientos.

Cream or American cheese; chopped, stuffed olives or pimientos; and salad dressing.

Cream cheese, shredded pineapple, salad dressing, with or without lettuce.

Cream cheese and nuts.

Cream cheese, nuts, raisins, and mayonnaise.

Peanut butter, apple butter, dates, or other fruits.

Nuts with creamed butter.

Nuts or nut butter and chopped, stuffed, or ripe olives in equal quantities. Add salad dressing if desired.

Nut bread with orange marmalade.

Ripe olives, nuts, salad dressing, and lettuce.

Chopped raisins, alone, or with nuts and cream cheese.

Chopped raisins, dates, and nuts with lemon juice to season. Mix with cream or mayonnaise.

Whipped cream, sweetened and flavored, spread between thin slices of cake. Add nuts, candied cherries, or other variations according to taste.

BREAD AND BUTTER SANDWICHES

Cut thin slices of brown or white bread into any desired shape. Spread with butter. Press together in pairs.

RIBBON SANDWICHES

Cut 2 slices each of white and whole-wheat bread $\frac{3}{4}$ -inch thick. Butter one of each liberally on one side and one of each on both sides. Press together alternately using unbuttered sides on top and bottom. Place under a weight and chill until butter sets. Cut into $\frac{1}{4}$ - $\frac{1}{2}$ -inch slices.

CHECKERBOARD SANDWICHES

Butter four Ribbon Sandwiches liberally, two on both sides and two on one side. Press together as for Ribbon Sandwiches so end shows a whole-wheat strip directly over a white one. Place under a weight. Chill until butter sets. Cut into $\frac{1}{4}$ - $\frac{1}{2}$ -inch slices.

ROLLED SANDWICHES

Wrap bread, hot from oven, closely in towel wrung from cold water. Cover with several thicknesses of dry cloth. Let stand 4 hours. Cut off crusts. Slice loaf as thin as possible. Spread slices with butter. Roll tightly.

RUSSIAN SANDWICHES

Spread thin slices of buttered bread with cream cheese. Spread an equal number of slices with fine-chopped olives and pimentos mixed with Mayonnaise Dressing (p. 210). Press together in pairs with crisp heart leaf of head lettuce between.

CLUB SANDWICHES

Arrange lettuce, crisp bacon, sliced tomato, and Mayonnaise (p. 210) on slice of buttered toast. Cover with another slice of toast. Make second layer of lettuce, sliced chicken, cucumber, and mayonnaise. Cover with third piece of toast. Garnish with parsley and olives or pickles. Serve while toast and bacon are hot. Bread may be toasted on one side only, if desired. Toasted side is then placed uppermost.

Such a sandwich is suitable only as a main dish for luncheon or supper. It requires a fork, and possibly a knife, for satisfactory service.

CHEESE, TOMATO, AND BACON SANDWICHES

6 slices bread	6 large slices tomato
2 tablespoons butter or substitute	6 thin slices cheese
	6 slices bacon

Toast bread lightly. Butter. Place slice of tomato on each slice of bread, place cheese on tomato, and add slice of bacon cut in two. Toast in broiling oven until cheese is melted and bacon crisp.

DEVILED TOMATO SANDWICHES

6 medium-sized tomatoes	1 cup ground, cooked ham
6 tablespoons bread crumbs	1 tablespoon prepared mustard
4 slices bacon, partially cooked and cut into small pieces	6 slices bread
4 tablespoons butter	Salt
1 tablespoon chives, minced	Parsley

Cut stem end from each tomato, leaving a small cup. Add salt, chives, bits of bacon, and bread crumbs. Bake in moderate oven until tomatoes are hot and crumbs brown. Serve on slices of hot, buttered toast spread with ground ham mixed with mustard. Garnish with parsley.

SARDINE SANDWICHES

6 small sardines, boned	3 tablespoons butter or substitute
6 hard-cooked egg yolks, mashed	Lemon juice
6 hard-cooked egg whites, chopped	Salt
	Paprika

Cream sardines with egg yolks and fat. Add egg whites, lemon juice, salt, and paprika to taste. Spread between thin slices of buttered bread. Hollandaise Sauce (p. 151) may be substituted for fat and lemon juice. 1 cup filling.

NASTURTIUM SANDWICHES

Butter thin slices of bread. Lay crisp, tender nasturtium

leaf on one side. Spread with thick salad dressing, cover with a lettuce leaf, then with another slice of bread.

CHOCOLATE SANDWICHES

Melt sweetened or unsweetened chocolate; mix with sugar to taste. Add small amount water; cook until smooth and glossy. Add chopped nuts if desired. Spread on thin slices of buttered bread. Cover each of these with another slice of bread. Lady fingers or other suitable cakes may be used instead of bread.

RAW BEEF SANDWICHES

Scrape beef as for Beef Balls (p. 175). Season with salt. Spread between thin slices of bread.

OPEN FACE SANDWICHES

Open face sandwiches are served at afternoon teas and receptions. They consist of a single $\frac{3}{8}$ -inch slice of bread cut into any desired shape. Stars, hearts, diamonds, crescents, and squares are popular. These are spread with creamed butter, then with filling, and decorated. Most suitable materials for these are white or brown bread, cream cheese, jam, olives, chopped parsley and pimentos, and hard-cooked eggs. Borders of chopped pimento or similar materials, are pleasing. A center garnish may be used if desired.

CHEESE LOAF (A ONE-DISH MEAL)

$\frac{3}{4}$ Pullman loaf of bread	1 pint cottage or Philadelphia cream cheese
$\frac{1}{2}$ cup butter or substitute, creamed	Thin cream
Fillings as suggested	

Filling I.—2 cups coarsely chopped carrots or other mild, colorful vegetable.

Filling II.— $\frac{1}{2}$ cup peanut butter with mayonnaise to moisten; 2 bananas, cut into thick slices.

Filling III.—1 small orange with rind, run through food chopper, 1 cup raisins.

Remove crusts from bread. Cut loaf lengthwise into 4 slices, parallel with bottom of loaf. Spread bread with butter on both sides except bottom and top slices which are spread only on one side. Spread bottom layer with vegetable mixture. Cover second layer thickly with peanut butter, then with slices of banana. Spread top layer with fruit mixture. Cover entire

loaf with the cheese which has been mixed with cream as necessary to make a smooth paste. Decorate top with bits of pimento. Garnish serving plate with lettuce or parsley. 6 slices, 2" wide.

Variations

Fillings may be varied according to materials available. Chopped pickles may be added as desired. Other combinations for fillings are:

Chopped dates, English walnuts or pecans with mayonnaise.

Chopped meat or chicken with celery and mayonnaise.

Lettuce or tomatoes with mayonnaise.

Green beans and lettuce with mayonnaise.

Sliced cucumbers, alone, or with pineapple and mayonnaise.

CANAPES

Canapés are individual appetizers which may be served hot or cold. They are generally used as the first course of a meal as an *hors d'oeuvre* and are eaten with the fingers unless accompanied by a sauce or otherwise made impossible to eat in this way. A paper doily is often placed under a canapé.

Preparation.—Use a $\frac{1}{4}$ -inch slice of stale bread for a foundation. Cut into any desired shape. Rounds, diamonds, and crescents are popular. A fluted edge is attractive. Toast on one side only, avoiding too much drying. Spread untoasted side of bread with a uniform layer of highly seasoned savory paste. Garnish in an all-over design or with a border and central decoration, as desired.

Large, crisp potato chips or assorted crackers may be used instead of bread. Sometimes a slice of tomato or cooked beet, or an artichoke bottom is marinated and used as a foundation. Then the canapé is eaten with a fork. Raw carrot slices spread with peanut butter are appetizing. Slices of raw apple or pear are delicious spread with cream cheese.

Pastes.—Combinations for pastes are largely a matter of taste. Some suggestions are:

Anchovy or sardine paste, hard-cooked eggs, and mayonnaise to moisten.

Caviar, lemon juice, and cayenne.

Cream cheese, butter, cayenne, and salt to taste.

Cheese and pimentos.

Chopped ham, chicken or crab meat, creamed butter highly seasoned with curry powder, chutney, and the like.

Equal amounts of chopped lobster and sifted hard-cooked egg yolks moistened with melted butter or heavy cream. Season to taste, garnish with lobster coral and rings of egg white.

Garnishes.—Suitable garnishes are:

Hard-cooked eggs, cut into wedges or chopped. White and yolk may be separated and used to make a pattern.

Olives, sliced or chopped fine. Stuffed olives are particularly good.

Green pepper or cooked beets cut into fancy shapes or minced.

Cucumbers sliced thin or chopped.

Pickles and pimientos minced or cut into fancy shapes.

Truffles cut into fancy shapes.

SOUPS

Soups may be divided into two classes, those always made with stock and those made sometimes with and sometimes without stock.

STOCK

Stock is the liquid obtained by cooking meat, fish, or vegetables in water with any desired seasonings. It may be brown, white, or indefinite in color according to the meats and method of preparation used. Fish stock is seldom used except for chowders and bisques.

Brown stock is made from lean beef with some fat and bone. Part of meat is browned and stock is highly seasoned with vegetables, herbs, and spices.

White stock is made from fowl or veal, or both, and is lightly seasoned.

Preparation of Meat Stock

Choose a less tender cut of meat, as shank, containing some bone and fat as well as lean. Wipe meat, cut into 1-inch cubes to permit juice to escape. If brown stock is desired, brown from $\frac{1}{4}$ - $\frac{1}{2}$ of meat in a little hot fat. This also adds flavor. Saw bone into small pieces. Allow 1 pint or more cold water to each pound meat and bone. Soak 1 hour or longer. Then heat gradually to simmering point (185°-200° F. or 85°-93° C.). Cook at this temperature 4-6 hours. Add vegetables, if used, and seasonings, during last of cooking period. Time for adding vegetables will vary according to kinds used and individual tastes. The tendency is toward shorter cooking periods for vegetables. Strain and cool quickly if soup is not to be used at once. Keep in cold place. Do not remove fat until ready to use. The coating of fat makes soup keep better.

Removal of Fat from Stock

If stock is cold, remove fat as a solid cake. If soup is jellied, remove small bits of fat left on top and edge by wiping with cloth wrung from hot water. If soup is liquid, particles

may be removed by running sheets of soft, absorbent paper over surface.

If stock is warm, skim as much fat from top as possible. Then pass small pieces of tissue, blotting, or other absorbent paper over top to remove remainder or dip small piece of ice wrapped in cloth into stock and run it around just below surface. Fat will adhere to cloth.

Clearing Stock

Remove fat. If jellied, heat stock only enough to liquefy. Season to taste as addition of seasoning after clearing will make stock cloudy. Allow 1 slightly beaten egg white and 1 crushed egg shell to 1 quart soup. Add egg and shell to stock mixing thoroughly. Stir constantly until liquid boils. Boil vigorously 5 minutes. Add $\frac{1}{2}$ cup cold water, or more if quantity of stock is large. Put in warm place to settle. Strain through 2 thicknesses of cheesecloth placed over a fine sieve.

Stock is cleared in same way as coffee. The egg albumin coagulates with heating and meat particles are caught in coagulum.

SOUPS MADE WITH STOCK

Standard broth is made from any meat or meats, seasoned and strained. No special recipe is required.

Bouillon is made from lean beef, seasoned delicately. It is usually cleared.

Consommé is made from two or three kinds of meat including fowl. It is highly seasoned and always cleared.

Miscellaneous Soups are made from vegetables and meat stock with or without meat.

BROWN SOUP STOCK

6 pounds shin of beef	$\frac{1}{3}$ cup diced carrots
3 quarts cold water	$\frac{1}{3}$ cup diced turnips, if
$\frac{1}{4}$ teaspoon pepper corns	desired
4 cloves	$\frac{1}{3}$ cup diced celery
$\frac{1}{4}$ bay leaf	$\frac{1}{3}$ cup diced onions
2 sprigs parsley	Salt

Follow directions for Preparation of Soup Stock (p. 116), browning $\frac{1}{3}$ of meat. Cook 6 hours. Add water as needed to replace losses by evaporation. 3 quarts.

WHITE SOUP STOCK

4 pounds knuckle of veal	1 onion, sliced
2 quarts cold water	$\frac{1}{4}$ cup diced celery
1 tablespoon salt	1 lemon, sliced
$\frac{1}{4}$ teaspoon pepper corns	Blade mace or $\frac{1}{4}$ bay leaf

Follow directions for Preparation of Soup Stock (p. 116). Omit browning of meat. Add seasonings at beginning of cooking. Cook 4-5 hours. Add water as needed to replace losses by evaporation. 2 quarts.

BOUILLON

Make as for Brown Soup Stock (p. 116) using 4 pounds lean beef and 2 pounds marrow bone. Decrease cloves to 2 and diced vegetables to $\frac{1}{4}$ cup each. Omit bay leaf. 3 quarts.

Variations

Egg Bouillon.—Allow 1 slightly beaten egg to 1 cup cleared, hot bouillon. Pour bouillon gradually upon egg. Stir constantly while adding to avoid overcooking egg.

Chicken Broth with Egg.—Make as for Egg Bouillon substituting chicken broth for bouillon. Other stocks may be used in same way.

Tomato Bouillon.—Add 1 cup tomato juice and any desired seasonings to 1 quart unclarified bouillon. Clear and serve.

Noodle Soup.—Add 1 cup cooked noodles to 1 quart bouillon. Season to taste. Boiled macaroni, spaghetti, or rice may be substituted for noodles.

CONSOMMÉ

3 pounds beef from lower round	8 pepper corns
1 pound marrow bone	$\frac{1}{3}$ cup diced onions
3 pounds knuckle of veal	$\frac{1}{3}$ cup diced carrots
2 pounds chicken	$\frac{1}{3}$ cup diced celery
5 quarts cold water	$\frac{1}{3}$ cup diced turnips, if desired
1 tablespoon salt	2 small sprigs parsley

Follow directions for Preparation of Soup Stock (p. 116), browning half the beef. Simmer 6 hours adding fowl for last half of cooking. Add water as needed to replace losses by evaporation. 5 quarts.

Variations

Consommé à la Royale.—Serve $\frac{1}{2}$ -inch cubes of Custard Royale (p. 124) in each cup consommé.

Vegetable Consommé.—Serve consommé with cooked,

mixed vegetables cut into small cubes or fancy shapes. Allow $\frac{1}{2}$ cup vegetables to 1 quart consommé.

Consommé Julienne.—Make as for Vegetable Consommé cutting vegetables into small strips.

SOUPS MADE WITH OR WITHOUT STOCK

Cream Soups are mixtures of Thin White Sauce (p. 148) with cooked, mashed, or strained vegetables, meat, or fish. Some stock may be used in sauce.

Bisques are generally made from diced shell fish, broth, milk, and seasonings. They are usually thickened.

Purées are thick soups made by pressing cooked vegetables or fish through a sieve into their own stock. Those made with milk are similar to cream soups but much thicker.

Chowders are unstrained stews made of meat, fish, or vegetables with milk, salt pork, and various seasonings. Crackers are generally added just before serving.

CREAM SOUPS

Proportions.—1 cup Thin or Very Thin White Sauce (p. 148). The thinner sauce is used with starchy foods.

$\frac{1}{4}$ -1 cup cooked, strained vegetable, meat or fish pulp ($\frac{1}{2}$ cup is most often used).

Preparation.—Add prepared food material to white sauce, mixing well. Season to taste. Beat slightly with rotary egg beater just before serving, to remove any scum formed while mixture stands. Addition of a little onion gives a pleasing flavor to most cream soups. Vegetables particularly good for cream soups are potatoes, spinach, tomatoes, peas, asparagus, lettuce, and celery.

Garnishes.—Chopped parsley, a small amount of whipped cream, a dash of paprika, riced, hard-cooked egg yolk or grated cheese, or croutons are suitable garnishes.

CREAM OF TOMATO SOUP

1 cup canned or cooked tomatoes	1 slice onion
1 teaspoon sugar, if desired	2 cups Thin White Sauce (p. 148)
$\frac{1}{2}$ teaspoon soda, if desired	

Simmer tomatoes 5 minutes with onion and sugar, if used.

Rub through sieve. Add soda, if used. A good product can be made without soda, and flavor and food value are better. Pour tomato mixture slowly into white sauce stirring vigorously. To avoid curdling of milk, do not combine the two mixtures until ready to serve. More tomatoes may be used if desired. 3 servings, $\frac{3}{4}$ cup each.

CHOWDERS

CORN CHOWDER

1-inch cube fat, salt pork, minced	2 cups or more boiling water as needed to cover
$\frac{1}{2}$ medium-sized onion, sliced	1 cup cooked or canned corn
2 cups diced or sliced potatoes	3 cups milk
Salt and pepper	Crackers

Brown pork lightly. Add onion, cook slowly 5 minutes, stirring to prevent burning. Add potatoes, water, and corn. Cook slowly until vegetables are tender. Add milk and seasonings. Reheat. Pour over crackers for serving. If desired, bits of fat and onion may be strained out before remaining ingredients are added. 4 servings, $1\frac{1}{2}$ cups each.

FISH CHOWDER

1-inch cube fat, salt pork, minced	3 cups potatoes, sliced
1 medium-sized onion, sliced	1 cup fresh fish, diced
3 cups boiling water or fish stock	2 cups milk or cream
	Salt
	Pepper
	Crackers

Make as for Corn Chowder using fish instead of corn. 5 servings, $1\frac{1}{2}$ cups each.

CLAM CHOWDER

1-2 cups clams	$\frac{1}{2}$ tablespoon flour
1-inch cube fat, salt pork, minced	1 cup boiling water
$\frac{1}{2}$ medium-sized onion, sliced	$\frac{1}{2}$ tablespoon salt
1 tablespoon chopped celery	$\frac{1}{16}$ teaspoon pepper
$\frac{1}{2}$ tablespoon chopped green pepper, if desired	2 cups potatoes cut into $\frac{1}{2}$ -inch cubes
	2 cups milk, scalded
	4 crackers

Clean and pick over clams. Heat in their own liquor to boiling point. Chop. Strain liquor. Brown pork lightly. Add onion, celery, and green pepper, if used. Cook until light brown, stirring as needed. Stir in flour, cook till bubbly, add boiling water, salt, pepper, and potatoes. When potatoes are nearly done, add clams and liquor. Continue cooking until

potatoes are tender. Add milk and crackers. Serve very hot. 4 servings, 1 ½ cups each.

MISCELLANEOUS SOUPS

OYSTER SOUP (OYSTER STEW)

1 cup oysters	Salt
2 cups milk, scalded	Pepper
2 tablespoons fat	

Clean oysters. To do this, drain on sieve and strain liquor through double thickness of cheesecloth to take out sand and particles of shell. Then scald and skim. Pick over each oyster, removing any bits of shell. Add to liquor with water as needed to cover. Simmer **only until edges of oysters curl**. Skim as needed. Add milk, fat, salt, and pepper. Reheat and serve at once as oyster stew is apt to curdle upon standing. 4 servings, ¾ cup each.

VEGETABLE SOUP

½ cup carrots, diced	5 tablespoons butter or substitute (part beef fat may be used)
½ cup turnips, diced	½ tablespoon finely chopped parsley
½ cup celery, diced	Salt
1½ cups potatoes, diced	Pepper
½ medium-sized onion, sliced	
1 quart water	

Cook vegetables, except potatoes, slowly 10 minutes in 4 tablespoons of the fat. Stir constantly. Add potatoes, cover, cook 2 minutes longer. Add water. Boil gently until vegetables are soft. More water may be necessary to maintain volume. Add remaining butter and parsley. Season. Vegetables may be varied to suit taste. 8 servings, ¾ cup each.

NEAPOLITAN SOUP

2 cups milk	1 teaspoon flour
½ rind lemon	½ teaspoon salt
½ small onion, sliced	¼ cup cooked macaroni (p. 65)
1 well-beaten egg	

Make as for White Sauce (Method I, p. 147). Scald lemon and onion with milk. Pour slowly over egg while stirring. Add macaroni. Reheat carefully, stirring to prevent curdling of egg. Sprinkle with chopped parsley before serving. 3 servings, ¾ cup each.

BEAN AND TOMATO SOUP

1 cup cooked, dried beans	½ cup thin cream
1 cup stewed tomatoes	¼ cup cooked rice (p. 64)
1½ teaspoons salt	

Press beans and tomatoes through sieve. Add salt, cream,

and rice. Thin with boiling water to cream soup consistency. 3 servings, $\frac{3}{4}$ cup each.

CHICKEN GUMBO

1 onion, finely chopped	1 cup cooked okra
4 tablespoons fat	2 teaspoons salt
1 quart chicken stock or	$\frac{1}{2}$ teaspoon pepper
3 cups chicken stock and	$\frac{1}{2}$ small, green pepper,
1 cup tomatoes	finely chopped

Cook onion with fat 5 minutes stirring constantly. Add remaining ingredients. Bring gradually to boiling point. Simmer 40 minutes. Add water if needed to maintain volume. 5 servings, $\frac{3}{4}$ cup each.

CHEESE SOUP

4 cups milk	1 blade mace
1 tablespoon chopped onion	1 small pepper pod
2 tablespoons flour	1 cup grated cheese
1 tablespoon fat	1 teaspoon salt

Scald milk with onion, mace, and pepper pod. Strain. Make White Sauce (Method III, p. 147) of fat, flour, salt, and milk. When sauce is slightly thickened, add cheese, and stir until melted. Serve at once. 5 servings, $\frac{3}{4}$ cup each.

PEANUT BUTTER SOUP

2 cups scalded milk	Salt
4 tablespoons peanut butter	Pepper

Add peanut butter to milk. Season to taste. 3 servings, $\frac{3}{4}$ cup each.

CORN SOUP

2 cups Thin White Sauce (p. 148)	2 teaspoons chopped onion
1 cup canned corn	2 egg yolks, well beaten

Cook onion in fat before making sauce. Add corn to sauce. Pour over egg yolks. Stir while adding to avoid over-cooking eggs. Season to taste. Egg yolks may be omitted. 4 servings, $\frac{3}{4}$ cup each.

CHILI

2 tablespoons fat	1 teaspoon salt
2 small onions, chopped	1 pound stick chili
1 pound hamburger steak (ground beef)	2 $\frac{1}{2}$ cups canned tomatoes
	5 cups kidney beans, canned

Heat fat, add onion, hamburger, and salt. Cook slowly until browned. Put chili, tomatoes, and beans in kettle. Add water as desired, about 2 quarts. Add meat mixture. Cook slowly 1 hour. 4 quarts, 12 servings.

SOUP ACCOMPANIMENTS**NOODLES**

1 egg or 2 egg yolks,
slightly beaten
 $\frac{1}{2}$ teaspoon salt

Flour to make a very stiff
dough

Add salt to egg. Stir in flour. Knead until smooth. Roll thin as possible. It should be like thin paper. Cover with clean towel. Let stand $\frac{1}{2}$ hour to dry. Roll. Cut into $\frac{1}{8}$ -inch slices. Shake out rolls into strips. Cut into desired lengths. Cook as for Boiled Macaroni (p. 65). Noodle paste may be cut into fancy shapes instead of strips if preferred. Noodles may be dried and kept for some time before using. 1 cup, uncooked.

CROUTONS

Slices of bread cut
 $\frac{1}{2}$ -inch thick

Butter or substitute

Trim crusts from bread. Spread slices lightly with butter. Cut into $\frac{1}{2}$ -inch strips. Cut strips in opposite direction to form $\frac{1}{2}$ -inch cubes. Brown in oven. Serve on top of cream soups or as an accompaniment to other soups.

TOAST STRIPS

Prepare as for Croûtons making long strips instead of cubes. Serve with any soup. If desired, sprinkle with grated cheese and paprika before toasting.

MOCK ALMONDS

Prepare bread as for Croûtons but cut with special cutter in shape of almonds.

IMPERIAL STICKS IN RINGS

Prepare bread as for Toast Strips making slices $\frac{1}{2}$ -inch thick. Cut $\frac{1}{2}$ as many rings as strips making one ring from an ordinary-sized slice of bread. Brown. Arrange 3 sticks in each ring for a service.

CRISP CRACKERS

Spread crackers lightly with butter or substitute allowing $\frac{1}{4}$ teaspoon to each cracker. Bake until delicately brown. These burn easily so must be watched carefully while baking.

CUSTARD ROYALE

2 egg yolks, slightly beaten	$\frac{1}{2}$ cup stock or milk
1 whole egg, slightly beaten	Salt Cayenne pepper

Mix and cook as for Baked Custard (p. 234) making layer only $\frac{1}{2}$ -inch thick. Cool. Cut into fancy shapes with vegetable cutter. Handle carefully to avoid breakage. Add to clear soup just before serving.

SOUP GARNISHES

A suitable garnish adds much to the attractiveness of a soup. Some suggestions are as follows:

Cream Soups

Almonds, shredded, toasted
Cheese balls
Cheese, grated
Chives, minced
Croûtons
Hard-cooked egg white,
finely chopped
Hard-cooked egg yolk,
riced
Paprika
Parsley, finely chopped
Pimiento, riced in whipped
cream

Stock Soups

Cheese balls
Cheese, grated
Eggs, poached
Italian pastes
Lemon, thin slices
Parsley, finely chopped
Vegetables, diced, cut into
strips, or other shapes

VEGETABLES

Selection and Preparation

Selection.—Good vegetables are fresh, crisp, firm but not hard, and of medium size. Peas and corn particularly should be obtained freshly picked as they are less sweet after standing. Fresh vegetables have a bright color and show no signs of spoilage. Such vegetables as cauliflower, cabbage, and lettuce should be heavy in proportion to size and solid to the touch. Dirty or sandy vegetables are not a good buy as they are difficult to clean properly. Vegetables may be of better quality and less expensive when in season but this is less of a factor in buying now than it used to be. Improved shipping facilities permit fresh vegetables to be supplied in almost any market at almost any time. As a result, many vegetables vary little in price during the year. Home-grown vegetables may be no better or cheaper than those shipped in.

Preparation.—Wash vegetables thoroughly before cooking, scrubbing if necessary. If wilted, they should be freshened by soaking in cold water. Nutrients are better retained if skins are not removed before cooking, but in spite of this fact, skins are usually removed. Roots and tubers may be pared, peeled, or scraped, according to kind. Tomatoes to be peeled may be scalded or otherwise heated until skins crack, then chilled by dropping into cold water for a moment or placing in refrigerator before peeling. Cauliflower, cabbage, broccoli, and Brussels sprouts should be soaked, head down, in cold, salt water (1 teaspoon salt to 1 quart water) $\frac{1}{2}$ hour before cooking to draw out any insects.

Inferior vegetables and the water in which vegetables have been cooked may be utilized in soups; thus, valuable ash and other nutrients will be saved. Left-over vegetables may be used in making scalloped dishes, stews, and sauces.

General Directions for Cooking

Primary objects in cookery of vegetables are to soften the cellulose or fiber; to cook the starch; and, in many cases, to increase palatability. Boiling, steaming, and baking are methods of cooking commonly used. The last two are often

preferable, particularly for young vegetables, as they conserve more nutrients.

Vegetables should be cooked as quickly as possible to insure best flavor, texture, and appearance.

Soft water is desirable for boiling legumes as certain minerals of hard water, if present in any quantity, tend to form insoluble compounds which prevent legumes from softening during cooking. Vegetables to be boiled should be started to cook in boiling, salted water. Allow 1 teaspoon salt to 1 quart water. Avoid excess salt. A pinch of soda is sometimes added because it softens fiber, enhances green color, and hastens cooking but its use is not recommended as it destroys vitamins and causes greater loss of nutrients in cooking water. It is also apt, unless carefully used, to affect flavor.

Strong-flavored Vegetables.—Volatile substances, as hydrogen sulphide, may be formed in cooking strong-flavored vegetables due to decomposition of certain compounds by heat. If these materials are retained in cooking, they give a strong odor and taste to the vegetable. To permit escape of this volatile material, cook strong-flavored vegetables, as cabbage, onions, and turnips, uncovered. They should also be cooked quickly to prevent undesirable flavor changes. The amount of water to use is a debatable point. A large amount is often recommended but this lowers food value. Experiments indicate that good products are obtainable with careful cooking in a small amount of water.

Mild-flavored Vegetables.—Cook mild-flavored vegetables, as carrots and corn, in a small amount of water and as quickly as possible. Unless vegetables are green, vessel should be covered.

Green Vegetables.—It is desirable to retain the color of green vegetables in cooking. Anything which shortens the cooking time has this effect. Chlorophyll of green vegetables is readily destroyed by acid. The volatile acids formed by the vegetable in cooking, unless diluted or neutralized, are often sufficient to cause this color change. The water in many localities may contain enough alkali to neutralize the acids liberated from the vegetables in cooking and thus helps retain color. Formerly, addition of a pinch of soda, which neutralizes these acids, was recommended to preserve the green color but this is no longer advocated for reasons stated above. Green vege-

tables should be cooked quickly to preserve color and, as a rule, are uncovered to allow acids to volatilize. However, these acids usually pass off early in the cooking process so the cover may be used after first few minutes of cooking thereby shortening cooking time. Such green leafy vegetables, as spinach, which are cooked in only the water which clings to leaves after washing will cook better if covered. The effect on the chlorophyll of decrease in cooking time as a result of covering may compensate for retention of acids by using a cover so color of finished product will be about the same. The amount of water to use for green vegetables is variously stated. Large amounts have been recommended but if vegetables cook quickly small quantities may be more satisfactory because of greater retention of nutrients.

Green vegetables, as a rule, lose color if cooked in a steamer or pressure cooker. However, there is excellent retention of green color when the pressure sauce pan is properly used.

Yellow Vegetables.—The yellow pigments of vegetable matter are very stable and are not injured by any ordinary method of cooking. These pigments are practically insoluble in water so are not lost in boiling.

Red Vegetables.—As a rule, red vegetables retain their color best in an acid medium. For example, red cabbage requires addition of acid to cooking water to retain a red color. If vinegar is used, allow 4 tablespoons to 1 quart water. Beets ordinarily have enough acid of their own to protect their color in cooking.

White Vegetables.—White vegetables should be cooked only until tender as they darken when over-cooked. The exact chemical change that occurs in darkening is not well understood.

Dried Vegetables.—The old idea has been that dried vegetables are improved if a period of soaking precedes cooking. This process has been thought to shorten time of cooking and restore better the original shape and size of vegetables. The time recommended for soaking varies with kind of vegetable and method of drying. Amount of water cannot be stated definitely but a common rule is 3-4 cups water to 1 cup dried vegetable. Soaking water should be used for cooking to retain nutrients. It should then be served with the vegetable or in soup. Newer work suggests that preliminary soaking is not

necessary to secure a good product. If vegetables are not soaked, a long, slow cooking period is desired.

TIME TABLE FOR COOKING VEGETABLES

Vegetables	Time for Cooking in Minutes		
	Boiling	Steaming	Pressure saucepan
Asparagus tips	5-15	7-15	1*
Asparagus butts	10-25	12-30	1-3*
Beans, green and wax, whole or 1-inch pieces	15-35	20-40	2½*
Beans, lima, small	20-30	25-40	1-2
Beet greens	15-20		
Beets, whole, young	30-50	40-60	7-12
Broccoli	8-20	15-20	1½-3*
Brussels sprouts	6-15		1*
Cabbage, green, shredded	3-8	8-12	½-1*
Cabbage, white	10-15	12-18	1½-2*
Cabbage, Chinese	8-10		
Carrots, young, whole or halves	15-25	20-30	4*
Carrots, mature, diced	15-20	20-25	1-2
Cauliflower, flowerets	8-10	10-15	1½*
Cauliflower, whole, medium	20-25	25-30	3½*
Celery, ½-inch pieces	15-20	25-30	2
Chard, Swiss	10-20	15-25	1½-3*
Corn on cob	6-10	10-15	1½-3*
Cucumbers	5-6		
Eggplant, diced	8-12	10	
Kohlrabi	20-30	30	
Onions, whole	20-35		
Parsnips, quartered	15-20	20-30	5-8*
Peas	10-25		6
Peppers, green, whole	10-15		0-1*
Potatoes, white, medium	25-40	30-45	8-11
Potatoes, sweet, medium	20-35	25-35	5-8
Pumpkin, diced	20-30	25-35	5-8
Rutabaga, diced	20-30		5-8
Salsify, sliced	15-20	20	
Spinach	3-10		0-1*
Squash, summer, sliced	5-15	10-20	2
Squash, winter, diced	25-30	30-40	8-10
Tomatoes, whole	5-10	10	
Turnips, diced	10-20	20-25	1-2*

*Set pressure sauce pans which can be cooled quickly in cold water.

Special Methods of Cooking

Browned Vegetables.—Allow 1 tablespoon fat to 1 cup cooked vegetable. Heat fat in frying pan. Add vegetable. Cook slowly until brown, stirring occasionally.

Buttered Vegetables.—Allow 1 tablespoon fat to 1 cup cooked vegetable. Melt fat, add vegetable, and mix lightly taking care not to break pieces. Season to taste. Serve very

hot. Garnish with chopped parsley, paprika, or other desired material.

Glazed Vegetables.—Vegetables containing considerable natural sugar may be glazed. Allow 2 parts sugar to 1 part fat and a very little water. Add to cooked vegetables and heat over a low flame or in a slow oven (325° F.) until brown, turning as necessary.

Scalloped or Creamed Vegetables.—(p. 47.)

Vegetable Soufflés.—(p. 47.)

BOILED POTATOES

Scrub potatoes of uniform size, peel if desired. Boil gently in salted water until tender. Drain at once and dry by shaking pan gently over fire. Serve in an open dish to prevent sogginess due to condensation of steam. If served with "jackets" on, skin should be broken immediately after cooking to allow steam to escape.

POTATO BALLS

Scrub, pare, and cut balls from potatoes with a French vegetable cutter (p. 48). Cook as for Boiled Potatoes. Serve with Parsley Butter (p. 151).

RICED POTATOES

Force boiled potatoes through ricer into hot serving dish. Sprinkle with salt and pepper. Dot with bits of butter.

MASHED POTATOES

3 cups hot, mashed or riced potatoes, unseasoned (4-5 medium-sized potatoes)	4-6 tablespoons hot milk or cream
3 tablespoons butter or substitute	1½ teaspoons salt
	½ teaspoon pepper

Add butter, milk or cream, and salt to mashed potatoes. Beat until light and creamy. Pile lightly into a hot dish, sprinkle with pepper, dot with bits of butter, and serve immediately from uncovered dish. 6 servings, ½ cup each.

DUCHESS POTATOES

3 cups hot, mashed or riced potatoes, unseasoned	1½ teaspoons salt
3 tablespoons butter or substitute	3 egg yolks, slightly beaten
6 tablespoons milk or cream	3 egg whites, beaten stiff
	½ teaspoon pepper

Mix thoroughly all ingredients except egg whites. Fold latter in carefully. Pile mixture lightly into oiled baking dish.

Set in pan of hot water. Bake in moderate oven (400° F.) until set. Serve at once. 6 servings, $\frac{3}{8}$ cup each.

POTATO ROSES

Force Duchess Potatoes through pastry tube (p. 48) forming fancy shapes. Set in moderate oven (400° F.). Brown slightly. These make a suitable garnish for Planked Steak (p. 174).

POTATO CAKES

Prepare Mashed Potatoes, omitting milk and adding 1 beaten egg yolk and 1 teaspoon finely chopped parsley. Left-over mashed potatoes may be used. Shape into balls, egg and crumb (p. 48), fry (p. 205), and drain. If preferred, these may be shaped into flat cakes, then rolled in flour, and browned in a small amount of fat.

LYONNAISE POTATOES

2 cups diced, boiled potatoes	1 tablespoon chopped parsley
1 tablespoon minced onion	Salt
2-3 tablespoons fat	Pepper

Cook onion slowly in fat 5 minutes without browning. Add seasoned potatoes. Cook until fat is absorbed. Shake pan occasionally, but do not stir, to avoid breaking potato cubes. Add parsley and serve. 4 servings, $\frac{1}{2}$ cup each.

FRANCONIA POTATOES

Scrub potatoes, pare, and place in pan in which meat is roasting. Bake until tender, basting with fat in pan. Potatoes may be parboiled 10 minutes before putting in with meat. They will be less crusty if so treated.

BAKED POTATOES

Scrub potatoes of uniform size. Bake in hot oven (450° F.) until tender. Allow about 60 minutes for potatoes of medium size. When done, place in clean napkin and roll and twist until skin is broken. Serve immediately. To make a tender, glossy skin, oil potatoes before baking.

Variations

Baked Potatoes, Hotel Style.—Cut a small cross in skin of a baked potato. Then press in clean napkin until contents are mealy. Insert butter and seasoning. Garnish with parsley.

Stuffed Potatoes (Potatoes in the Half Shell).—Cut hot, baked potatoes into halves lengthwise, or if potatoes are small, cut slice from one side. Scoop out contents. Mash; season with salt, pepper, butter, and hot milk. Pile lightly into shells leaving tops rough. Bake until tops are delicately browned. Small bits of pimento, stuffed olive, or grated cheese may be added to potato or sprinkled over top. Garnish with parsley.

FRIED POTATOES

Wash and pare potatoes. Cut into desired shape. Balls may be cut with a French vegetable cutter (p. 48). Potato chips and lattice potatoes are most successfully cut with special vegetable slicers. A knife is satisfactory for cutting French fried potatoes.

Prepared potatoes may be wiped dry with a clean towel and fried at once or they may be first soaked in cold water for an hour. This last process is thought to add crispness, but some food value is necessarily lost in water. Fry, following general directions (p. 205), cooking only a small quantity at a time. Drain from fat on soft, crumpled paper. Sprinkle with salt. Serve at once. These are often served with steak.

Variations

French Fried.—Cut pared potatoes into eighths lengthwise. Proceed as for Fried Potatoes.

Saratoga Chips.—Cut pared potatoes into very thin slices. Proceed as for Fried Potatoes.

Lattice or Waffle Potatoes.—Cut pared potatoes into lattice shapes with special fluted cutter. Proceed as for Fried Potatoes.

Potato Quirls.—Cut pared potatoes with a quirler. Proceed as for Fried Potatoes.

Shoestring Potatoes.—Cut pared potatoes into $\frac{1}{8}$ -inch strips, lengthwise. Proceed as for Fried Potatoes. Serve with broiled steak.

Fried Potato Balls.—Cut pared potatoes into balls with a French vegetable cutter (p. 48). Proceed as for Fried Potatoes.

OLD-FASHIONED SCALLOPED POTATOES

Potatoes	Pepper
Milk	Chopped onion or onion
Butter or substitute	juice, if desired
Flour	Chopped parsley, if desired
Salt	

Cut pared potatoes into thin slices. Arrange in layers in oiled baking dish. Sprinkle each layer with salt, pepper, onion, parsley, and flour. Dot with bits of fat. Add milk to cover. Baking dish should be no more than $\frac{3}{4}$ -full. Bake uncovered in moderate oven (375° F.) until potatoes are tender.

SCALLOPED POTATOES

2 cups diced, boiled potatoes	Buttered crumbs (p. 106)
1½ cups Medium White Sauce (p. 148)	Grated cheese, if desired

Mix potatoes with white sauce and cheese, if used. Pour into oiled baking dish. If preferred, arrange potatoes, white sauce, and cheese in alternate layers. Cover with buttered crumbs. Bake in moderate oven (375° F.) until sauce bubbles and crumbs brown. 4 servings, $\frac{2}{3}$ cup each.

BOILED SWEET POTATOES

Prepare as for Boiled Potatoes. Sweet potatoes are usually boiled with skins on.

GLAZED SWEET POTATOES

1 sweet potato, boiled	1 tablespoon fat, melted
2 tablespoons sugar, brown or white	

Cut peeled potato into halves lengthwise. Put into baking dish. Spread with sugar and fat which have been mixed together. Add a little water and glaze in a moderate oven (375° F.) or in a broiling oven. These may be cooked slowly on top of stove. 1 serving.

SOUTHERN SWEET POTATOES

4 sweet potatoes, medium size, pared	Few grains salt
4 tablespoons brown sugar	Speck cinnamon
4 tablespoons butter or substitute	$\frac{1}{4}$ - $\frac{1}{2}$ cup water
	Marshmallows, if desired

Cut sweet potatoes into pieces lengthwise. Arrange in layers in oiled baking dish. Sprinkle each layer with sugar, salt, and cinnamon, and dot with fat. Add water. Cover top layer with marshmallows, if used. Cover. Cook 2 hours or more in moderate oven (350° F.) basting with liquid in pan

while baking. Serve with chicken or pork. Yellow sweet potatoes are preferable. Cubes of pineapple or sweet apple may be added. 4 servings, 1 potato each.

BAKED SWEET POTATOES

Prepare as for Baked Potatoes (p. 130).

BAKED SQUASH

Wash squash, cut into pieces of suitable size for serving. Remove seeds and stringy portion. Bake until tender, usually 1 hour. Season with salt, pepper, and butter. Serve in shell.

Variations

Sprinkle with sugar before baking if sweeter product is desired.

Scrape baked squash from shell, run through vegetable ricer, and season as for Baked Squash. Reheat and serve.

STEAMED SQUASH

Prepare as for Baked Squash steaming instead of baking.

FRIED SQUASH

Cut squash into thin slices. Season with salt and pepper, egg, and crumb (p. 48), then fry in deep fat (p. 205) until brown.

BOILED TURNIPS

Wash and pare turnips. Leave whole or dice as desired. Cook uncovered until tender in a moderately large amount of boiling, salted water. Avoid **over-cooking**. Drain. Use as desired.

Variations

Buttered Turnips.—Prepare Boiled Turnips. Follow General Directions for Buttered Vegetables (p. 128).

Creamed Turnips.—Prepare Boiled Turnips. Follow General Directions for Creamed Dishes (p. 47).

MASHED TURNIPS

Wash, pare, and boil turnips. Force through vegetable ricer. Season with salt, pepper, and butter.

STUFFED TURNIPS

Wash, pare, and boil medium-sized turnips, leaving them whole. When tender, drain, and cut a thin slice off top of each

turnip. Scoop out contents making a shell. Fill with stuffing (p. 195) to which chopped nuts or ground meat may be added. Cover opening with slice removed from top and bake in moderate oven (375° F.) about $\frac{1}{2}$ hour. Baste with melted fat as needed.

Variation

Turnip Cups.—Prepare shells as for Stuffed Turnips. Use as containers for creamed or buttered vegetables, as peas. Creamed meats may also be served in them. Cups are sometimes more successful if shaped before boiling.

BOILED PARSNIPS

Scrub and scrape parsnips. Cut into quarters lengthwise removing woody centers. In young parsnips this should not be necessary. Boil until tender. Drain. Use as desired.

Variations

Fried Parsnips (Sautéd).—Brown Boiled Parsnips in a small amount of fat.

Creamed Parsnips.—Follow General Directions for Creamed Dishes (p. 47), using boiled parsnips.

BOILED CARROTS

Select small, new carrots. Wash and scrape. Leave whole or slice, dice, or cut into strips as desired. Simmer in a small amount of salted water until tender. Water should be practically evaporated when carrots are cooked. Use as desired.

Variations

Buttered Carrots I.—Boil carrots. Season as for Buttered Vegetables (p. 128). Add $\frac{1}{2}$ teaspoon finely chopped parsley or $\frac{1}{2}$ teaspoon finely chopped onion, or both, as desired.

Buttered Carrots II.—Boil carrots. Allow 1 tablespoon green pepper, finely chopped or cut into strips, for each cup carrots. Add during last few minutes of cooking. Complete as for Buttered Carrots I omitting parsley.

Creamed Carrots.—Follow General Directions for Creamed Dishes (p. 47), using boiled carrots.

GLAZED CARROTS

12 carrots
3 tablespoons fat
6 tablespoons sugar, brown
or white
Stock or water

Wash and scrape carrots of uniform size, preferably small, new ones. Simmer until almost tender. Melt fat, add carrots, sprinkle with sugar, and cook until they begin to brown. Add a small amount of stock or water. Cook until well glazed, turning as necessary. Bake in moderate oven (375° F.) if preferred. 4 servings, 3 carrots each.

CARROTS A LA KING

3 cups diced, cooked carrots
1½ cups Medium White Sauce (p. 148)
½ teaspoon onion, grated
½ tablespoon celery, diced
½ tablespoon parsley, minced
½ tablespoon green pepper or pimiento, minced

Mix ingredients. Heat. Serve. 6 servings, ½ cup each.

BOILED BEETS

Cut tops from beets leaving 1½-inch stems. Retain roots.* Wash. Cook in boiling water to cover. Drain. Rub off skins, stems, and roots under cold water. Use as desired.

Variations

Buttered Beets.—Serve Boiled Beets with melted butter or substitute, salt, and pepper (p. 128).

Beets in Vinegar Sauce (Harvard Beets).—Reheat Boiled Beets in Vinegar Sauce.

VINEGAR SAUCE

½ cup vinegar, diluted if necessary
½ cup water
4 teaspoons cornstarch
2 tablespoons sugar
Few grains salt

Make as for Starchy Sauces (Method IV, p. 147). 4 servings, ¼ cup each.

PICKLED BEETS

12 medium-sized boiled beets
3 cups mild vinegar
½ cup sugar

Heat vinegar to boiling point. Add sugar. Pour over beets. Let stand until ready to serve. 12 servings.

BOILED ONIONS

Peel onions working under cold water to protect eyes. Cook as for strong-flavored vegetables (p. 126), boiling until

*Beets may be pared before cooking. The tendency to "bleed" is increased by this method. A little vinegar added to cooking water helps to prevent fading of color.

onions are tender but not until they fall apart. They may be quartered if very large. Drain. Use as desired.

Variations

Buttered Onions.—Boil onions. Follow General Directions for Buttered Vegetables (p. 128).

Creamed Onions.—Boil onions. Follow General Directions for Creamed Dishes (p. 47).

Scalloped Onions.—Boil onions. Follow General Directions for Scalloped Dishes (p. 47).

ONIONS STUFFED WITH NUTS

8 Spanish onions, boiled	1 cup Thin White Sauce—
1 cup dry bread crumbs	white stock may be used
½ teaspoon salt	for liquid if desired
Speck pepper	(p. 148)
1 tablespoon chopped pars-	¼ cup fat, melted
ley	1 egg or 2 egg yolks, beaten
1 cup chopped nuts	

Scoop center from root-end of onions leaving a shell. Chop onion removed from center. Mix with remaining ingredients. Stuff onion shells with mixture. Cover top with buttered crumbs (p. 106). Bake in moderate oven (375° F.) until brown. 8 servings, 1 onion each.

BOILED CAULIFLOWER

Remove leaves, soak according to General Directions (p. 125) and cook as for strong-flavored vegetables (p. 126). Leave whole or break into flowerets. Take care that flowerets are not broken in cooking. Use as desired.

Variations

Buttered Cauliflower.—Prepare Boiled Cauliflower. Follow General Directions for Buttered Vegetables (p. 128).

Creamed Cauliflower.—Prepare Boiled Cauliflower. Follow General Directions for Creamed Dishes (p. 47).

Scalloped Cauliflower.—Prepare Boiled Cauliflower. Follow General Directions for Scalloped Dishes (p. 47).

Cauliflower with white sauce, cheese, sliced, hard-cooked eggs, and buttered crumbs makes a good combination.

Cauliflower à la Hollandaise.—Serve Boiled Cauliflower with Hollandaise Sauce (p. 151).

FRIED CAULIFLOWER

Boil cauliflower, separate into flowerets, dip in Thick

White Sauce (p. 148), roll in grated cheese, then egg and crumb (p. 48). Fry in deep fat (p. 205). Drain and serve.

Cheese and white sauce may be omitted.

BOILED CABBAGE

Remove coarse, outside leaves; shred or cut into eighths. Remove tough stalk. Cook as for strong-flavored vegetables (p. 126) allowing 3-15 minutes. Cook just until tender to insure a delicate flavor and color. Drain. Use as desired.

Variations

Buttered Cabbage.—Prepare Boiled Cabbage. Follow General Directions for Buttered Vegetables (p. 128).

Creamed Cabbage.—Prepare Boiled Cabbage. Follow General Directions for Creamed Dishes (p. 47).

Scalloped Cabbage.—Prepare shredded Boiled Cabbage. Follow General Directions for Scalloped Dishes (p. 47). Add cheese, if desired.

STUFFED CELERY

Choose deep-grooved stalks of celery. Cut into 2-inch lengths. Fill grooves with cheese, as cream, grated American, or Roquefort. Add chopped pimentos, olives, nuts, or similar materials to cheese as desired. If stalks are small they need not be cut.

CELERY CURLS

Gash ends of stalks of celery several times, then soak in cold water until curled. Short lengths are more attractive. A double amount of curls may be secured by cutting through pieces horizontally to depth of desired fringe before making vertical gashes.

CELERY STRIPS

Cut celery into 3-inch lengths, then cut into $\frac{1}{8}$ -inch strips. Place in cold water until curled.

BOILED CELERY

Hard outside stalks may be used. Cook until tender, as for mild-flavored vegetables (p. 126). Use as desired.

Variations

Creamed Celery.—Follow General Directions for Creamed Dishes (p. 47), using Boiled Celery.

Scalloped Celery.—Follow General Directions for Scalloped Dishes (p. 47), using Boiled Celery.

BOILED SPINACH

Remove roots, wilted leaves, and coarse stems; wash in several waters until free from sand, lifting from water each time rather than draining. If young and tender, cook without addition of other water than that clinging to leaves. Cover to hasten cooking. Heat gradually and boil until tender. Time required varies with age. If spinach is old, it is better to add water for boiling allowing 2 quarts for 1 peck spinach. Drain. Serve as desired. If over-cooked, shrinkage is greater and flavor, color, and texture are less desirable. 1½ pounds, as purchased, yields approximately 1 pound edible material, or 1 pint cooked.

Variation

Buttered Spinach.—Season Boiled Spinach with salt, pepper, and butter. Heap into serving dish. Garnish with slices of hard-cooked eggs and Toast Points (p. 107).

SPINACH A LA CRÈME

3 cups cooked spinach, chopped	4 tablespoons flour
1 cup thin cream	Salt
6 tablespoons butter or substitute	Pepper

Cook fat and flour together until smooth and frothy. Add spinach, cook 2 minutes stirring constantly. Add cream and salt and pepper to taste. Cook 3 minutes. Serve on toast. 6 servings, ½ cup each.

SPINACH TIMBALES

2 cups cooked spinach, chopped	¼ teaspoon grated nut- meg, if desired
½ teaspoon salt	3 egg yolks, slightly beaten
½ teaspoon sugar	1 hard-cooked egg, sliced
¼ teaspoon white pepper	

Combine ingredients. Heat slowly, stirring until eggs are cooked. Avoid overcooking. Oil timbale molds. Place slice of hard-cooked egg in bottom of each. Fill with spinach mixture. Set molds in pan of hot water. Bake in moderate oven (375° F.) about 10 minutes or until set. Serve with Medium Brown or White Sauce (p. 148). 6 servings, ½ cup each.

STUFFED TOMATOES

6 medium-sized tomatoes	1 tablespoon fat
$\frac{1}{2}$ cup soft bread crumbs	$\frac{1}{4}$ cup buttered crumbs
$\frac{1}{2}$ cup chopped nuts, cooked meat, or mushrooms	Salt
	Pepper

Wash tomatoes. Cut a thin slice from stem end. Remove pulp. Mix with nuts, meat, or mushrooms, soft bread crumbs, melted fat, and seasonings. Fill tomato shells with mixture. Cover tops with buttered crumbs (p. 106). Bake in moderate oven (375° F.) until tender. 6 servings, 1 tomato each.

FRIED TOMATOES (SAUTÉD)

6 medium-sized ripe or green tomatoes	Pepper
Salt	1 cup Medium White Sauce (p. 148)

Wash tomatoes. Cut out hard part of stem end. Cut into $\frac{1}{2}$ -inch slices. Sprinkle with salt and pepper. Egg and crumb (p. 48) or dredge with flour or bread crumbs. Brown in small amount of fat. Place on hot platter. Pour white sauce over them. 6 servings, 1 tomato each.

RAMEKIN TOMATOES

6 small tomatoes	1 small onion, grated or finely chopped
1 cup Medium White Sauce (p. 148)	1 tablespoon chopped pars- ley

Peel tomatoes. Put a tablespoon of sauce into bottom of oiled ramekin. Place tomato on this and pour remaining sauce on top. Sprinkle top with parsley and onion. Set ramekins on baking sheet. Bake in moderate oven (375° F.) about $\frac{1}{2}$ hour. 6 servings, 1 tomato each.

BAKED TOMATOES

Wash tomatoes of medium size. Remove hard part of stem end. Cut into halves crosswise. Place in oiled baking dish, cut side up. Sprinkle with salt, pepper, and grated cheese. Cover with buttered crumbs (p. 106). Bake in moderate oven (375° F.) until tender. 1 serving, 1 tomato.

STEWED TOMATOES

6 medium-sized tomatoes	Salt
2 tablespoons butter or substitute	Pepper
	Soft bread crumbs

Peel tomatoes and cut into pieces. Cook in their own juice until tender. Add fat, salt, pepper, and enough pieces of bread or crumbs to thicken. Bread may be omitted if preferred.

Chopped green pepper and onion may be cooked with tomatoes. Canned tomatoes may be used. 6 servings, $\frac{1}{2}$ cup each.

SCALLOPED TOMATOES

6 medium-sized tomatoes	Salt
3 tablespoons butter or substitute	Pepper
	Soft bread crumbs

Peel tomatoes. Cut into pieces. Place layer of tomatoes in oiled baking dish. Add fat, salt, pepper, and bread crumbs. Repeat until dish is filled making last layer of crumbs. Dot with bits of fat. Bake in moderate oven (375° F.) about 30 minutes. Serve from baking dish. Canned tomatoes may be used. 6 servings, $\frac{1}{2}$ cup each.

TOMATO JUICE COCKTAIL I

2 cups tomato juice	$\frac{1}{2}$ teaspoon Worcestershire Sauce
$\frac{1}{2}$ teaspoon celery salt	3 drops Tabasco Sauce
$1\frac{1}{2}$ teaspoons lemon juice or vinegar	

Mix ingredients in order given. Chill. Serve. 6 servings, $\frac{1}{3}$ cup each.

TOMATO JUICE COCKTAIL II

2 cups tomato juice	Few drops onion juice, if desired
Grated horseradish to taste	

Mix ingredients. Chill. 6 servings, $\frac{1}{3}$ cup each.

BOILED ASPARAGUS

Break off lower stalks at point at which they will snap. Wash well. Tie about 12 stalks of uniform length together. Cook in boiling salted water until soft, about 15 minutes, leaving tips out of water first 10 minutes. Drain, remove string. Serve as desired.

Asparagus may be broken into 1-inch lengths for cooking. In that case tips are added after stalks have cooked for a time.

Variations

Buttered Asparagus.—Follow General Directions for Buttered Vegetables (p. 128) using Boiled Asparagus.

Creamed Asparagus.—Serve Boiled Asparagus with Medium White Sauce (p. 148). Grated cheese may be added.

Asparagus à la Hollandaise.—Serve Boiled Asparagus with Hollandaise Sauce (p. 151).

Fried Asparagus.—Prepare as for Fried Cauliflower (p. 136) using stalks of Boiled Asparagus.

STUFFED PEPPERS

6 green peppers	¼ cup milk
2 cups cooked meat, ground	1 tablespoon chopped parsley
1 small onion, finely chopped	1 teaspoon salt
1 tablespoon fat	½ cup bread crumbs
1 egg, slightly beaten	1 cup hot water or stock

Cut cap from stem end of each pepper. Remove seeds. Parboil peppers 10 minutes. Chop cap. Cook with onion in fat 3 minutes. Add remaining ingredients except water or stock. Fill peppers with mixture, stand them in pan, and pour liquid around them. Bake in moderate oven (375° F.) about ½ hour basting often. Tops may be covered with buttered crumbs (p. 106). 6 servings, 1 pepper each.

STUFFED PEPPER SUPREME

Substitute canned corn for meat, and cubes of dry bread for crumbs. Brown bread cubes in a small amount of butter or substitute. Finish as for Stuffed Peppers. 6 servings, 1 pepper each.

FRIED EGG PLANT (SAUTÉD)

Pare egg plant. Cut in ½-inch slices. Sprinkle with salt, then egg and crumb (p. 48) or coat with flour. Cook slowly in small amount of fat until crisp and brown. Serve plain or with Tomato Sauce (p. 150).

STUFFED EGG PLANT

1 medium-sized egg plant	1 tablespoon chopped parsley
1 cup buttered crumbs	1 egg, well beaten
½ cup chopped nuts	Salt
2 tablespoons fat	Pepper
1 tablespoon chopped onion	

Boil egg plant in a large amount of salted water 15 minutes. Drain. Cut into halves crosswise or remove slice from top. Remove pulp, leaving shell ½-inch thick. Cook onion 3 minutes in fat without browning. Add chopped pulp. Cook 1 minute. Add remaining ingredients except egg. When mixture is heated, remove from fire. Add egg. Fill shells. Cover with buttered crumbs (p. 106). Place in oiled pan. Bake in moderate oven (375° F.) 30 minutes or longer basting occasionally with fat. 6 servings.

BOSTON BAKED BEANS

2 cups navy beans	1 teaspoon mustard
¼-½ pound salt pork	1 tablespoon molasses
1 teaspoon salt	1 tablespoon sugar

Pick over and wash beans. Soak over night. Drain. Cover with cold water, bring to boiling point. Cook slowly till skins wrinkle when struck by draft of air. Drain. Fill bean pot half-full, lay in pork, rind of which has been scalded and scored. Put remaining beans into pot, pour over them mustard, salt, and molasses dissolved in hot water. Add enough more hot water to cover beans. Put cover on bean pot, bake 8 or more hours in slow oven (275° F.). Replace water as needed. Draw pork to surface during last hour of baking. Remove cover to brown beans and pork. 6 servings, $\frac{2}{3}$ cup each.

BUTTERED LIMA BEANS

1 cup dry lima beans	Salt
3 tablespoons butter or substitute	Pepper

Pick over and wash beans. Soak over night. Drain. Add cold water to cover. Boil slowly until tender, salting toward end of cooking. Drain, add fat, and serve. 4 servings, $\frac{1}{2}$ cup each.

SPLIT PEAS OR LENTILS

1 cup dry split peas or lentils	1 $\frac{1}{2}$ -inch cube salt pork, sliced
$\frac{1}{4}$ medium-sized onion, sliced	Salt

Prepare as for Buttered Lima Beans. Cook with pork and onion, adding salt toward end of cooking process. Tomatoes are a desirable addition. Bacon may be substituted for salt pork. 4 servings, $\frac{1}{2}$ cup each.

BEAN LOAF

2 cups soft bread crumbs	Salt
1 cup cooked pork and beans	1 egg, well beaten
$\frac{1}{4}$ small onion	$\frac{1}{4}$ cup nuts

Run pork and beans, onion, and nuts through food chopper. Mix with other ingredients. Shape into loaf. Bake about 45 minutes in a slow oven (325° F.). Serve with Tomato Sauce (p. 150). Other legumes may be used in this way. 6 servings.

GREEN SOYBEANS

Use while still green and succulent. Shell or cook in pods as desired. If cooked in pods, scrub thoroughly, and cook until tender following directions for green vegetables. Eat from fingers, dipping in melted butter. Soy sauce may be added to

butter if desired. The cooked green beans may also be creamed, scalloped, used in salads or in other ways desired. Tomatoes add pleasing variety.

DRY SOYBEANS

Always soak several hours before cooking. Prepare and serve as for other dry legumes. Table varieties require shorter cooking time as a rule than field varieties. Use of a pressure cooker will shorten cooking time. Dry beans should be cooked partially tender before baking.

CORN CUSTARD

2 cups canned corn, chopped	1 teaspoon salt
3 tablespoons butter or substitute	2-3 eggs, slightly beaten
	2 cups milk
	1 tablespoon chopped green pepper and/or pimiento

Combine corn, eggs, and milk. Add melted fat and salt. Pour into oiled baking dish. Bake as for Custard (p. 234). 6 servings, $\frac{1}{2}$ cup each.

SCALLOPED MACARONI WITH TOMATO SAUCE

2 cups boiled macaroni (p. 65)	2 cups Medium Tomato Sauce (p. 150)
	Buttered crumbs (p. 106)

Add macaroni to sauce. Put into oiled baking dish. Cover with buttered crumbs. Bake in moderate oven (375° F.) until sauce bubbles and crumbs brown. 6 servings, $\frac{1}{2}$ cup each.

ITALIAN MACARONI

2 cups cooked macaroni (p. 65)	$\frac{1}{2}$ pound grated cheese
2 cups Thin Tomato Sauce (p. 150)	$\frac{1}{2}$ pound raw, chopped smoked ham
1 green pepper, chopped	1 $\frac{1}{2}$ teaspoons salt
1 small onion, chopped	$\frac{1}{8}$ teaspoon black pepper
	Speck cayenne

Combine ingredients. Place in oiled casserole. Bake slowly (300° F.) 1 hour. 6 servings, $\frac{1}{2}$ cup each.

VEGETABLE SOUFFLE

Use any cooked vegetable, mashed or cut into small pieces. Follow directions for Soufflés (p. 47).

FROZEN VEGETABLES

Almost every vegetable to be cooked before serving is available frozen. Frozen vegetables are commonly cooked by boiling or steaming. Those frozen dry are cooked by adding

them while hard frozen to a small amount of boiling, salted water, and cooking until tender. Those frozen in brine may or may not be partially thawed and then cooked in brine in which frozen. Frozen vegetables may be cooked in a covered utensil regardless of color. They require approximately one-half as long a cooking time as do fresh vegetables.

MUSHROOMS

Preparation.—Mushrooms should be washed quickly and carefully, and earthy end of stalk trimmed off. Remainder of stalk may be used unless tough. Caps should be drained with gill-side down. Soaking in salt water is often desirable. Peeling is not necessary for small, tender mushrooms. If mushrooms are of a variety that darkens after peeling, they should be prepared immediately before using if possible. Otherwise, add a little acid to prevent discoloration.

Use.—Mushrooms are best if cooked and seasoned simply. As a rule, they may be served in the same ways as oysters. They may be left whole or sliced according to size. Broiling, frying, creaming, and scalloping are particularly good methods to use. Mushrooms add variety and flavor to such dishes as creamed chicken, sweetbreads, and sauces. Mushrooms broiled with steak are good. Tender varieties will cook in 5-10 minutes and will be toughened if cooked longer. Tough varieties may need to be cooked 30-40 minutes.

STEWED MUSHROOMS

Follow general directions for preparing mushrooms. Cook in a small amount of fat 2 minutes. Then season with salt and pepper and dredge with flour. Cover with hot water, tomato juice, cream, or stock. Simmer 5 minutes.

PANNED VEGETABLES

Shredded cabbage, snap beans and kale; spinach; sliced summer squash, cucumbers, and okra; and peas may be panned. Nutritive value is well retained by this method.

Put a small amount of fat in pan or fry bits of salt pork until crisp. Drippings are especially good. Add vegetable, salt, and other seasonings and a very little water if necessary. Cover tightly. Use low heat and retain steam. Cook just until done. It will take a little longer than boiling. Watch closely to prevent burning.

SAUCES

A sauce serves as an accompaniment to the meat, fish, vegetable, or dessert with which it is served, and should be in harmony with it. The flavor should never be so prominent as to obscure that of the dish itself. Color adds to the attractiveness of a sauce. Use of browned flour in starchy sauces, or caramel in sweet ones are common ways of improving color. Certain sauces are associated with particular foods. The following combinations are suggested:

Sauce	Suitable to serve with:
Brown	Beef and other meats
Béchamel	Fish, meat, game, poultry
Caper	Mutton
Chocolate Sauce I	Puddings
Chocolate Sauce II	Ice creams
Cranberry	Turkey and other meats
Drawn Butter	Fish, meat, game, poultry
Egg	Fish, meat, game, poultry
Foamy Egg	Steamed puddings and similar desserts
Hard	Steamed puddings and similar desserts
Hollandaise	Fish, cauliflower, asparagus
Horseradish	Cold meats
Maitre d'Hôtel	Fish, meat, game, poultry
Mint	Lamb, mutton
Mousseline	Asparagus, cauliflower, and similar vegetables
Parsley Butter	Broiled steak, fish, some vegetables
Sauce Tartare	Fish
Sauce Soubise	Broiled fish, mutton, omelets
Sterling	Puddings
Tomato	Meat, fish, omelets, boiled rice, macaroni

STARCHY SAUCES

STARCH

Origin and structure.—Starch is of plant origin. It occurs in the form of microscopic grains which vary in size, shape, and other properties according to source. The general structure is, however, the same for all.

Effect of heat upon.—Correct application of moist or dry heat to foods containing starch results in a more or less complete breaking up of the starch grains and changing of starch into simpler substances, as dextrins. These are slightly sweet, of brownish color, and soluble in water. Dextrinizing starch increases palatability and may, to some extent, aid digestion.

Ordinary starch is insoluble in cold water. However, moist heat causes starch grains to swell making a viscous mixture of the liquid known as starch paste. Large granules, as potato starch, appear to gelatinize at lower temperatures than small ones, as corn. Starchy mixtures should be heated sufficiently to insure maximum swelling. Gelation does not appear to improve at temperatures above 194° F. or 90° C. but flavor does, so fairly long cooking periods at temperatures of 203° F. or 95° C. or above are recommended for most starchy foods. Prolonged boiling may cause starch paste to become thin, due to conversion of some of the starch to simpler substances, as dextrins. In presence of acid, as lemon juice or vinegar, conversion is more rapid.

Dry heat applied to starch also produces chemical changes. At 127° F. or 53° C. starch begins to dextrinize. This occurs when flour is browned for sauces, when bread is toasted, or when brown crust is formed on bread and cake during baking.

When thickening liquids with starch, it is desirable to separate the starch grains before heating by mixing with cold liquid, creamed or melted fat, or sugar. Otherwise, lumps are formed enclosing uncooked starch.

METHODS OF MAKING STARCHY SAUCES

I. Mixed with cold liquid.—Mix starchy material gradually with twice its volume of cold liquid forming a smooth paste. Add slowly to heated liquid while stirring. Cook with continued stirring until sauce is thickened and starch is clear. This takes approximately 3-5 minutes over direct heat or 15-20

minutes in double boiler. Add fat and seasonings just before serving.

II. Mixed with melted fat.—Melt fat, add starchy material and cook while stirring until smooth but not brown. Add cold liquid. Cook as for Method I.

III. Mixed with creamed fat.—Heat liquid. Cream fat, add starchy material and cream again until thoroughly mixed. Add a little liquid, mix well, then add gradually to remaining liquid, stirring while adding. Cook as for Method I.

IV. Mixed with sugar.—(Used for sweet sauces).—Mix starchy material with sugar. Add to boiling liquid. Cook as for Method I. Flavor.

General Suggestions

Thickening.—Different starchy materials have different thickening powers.

Approximate Equivalents in Thickening Power

Starch	Tablespoons
White flour	1
Cornstarch	$\frac{2}{3}$
Light brown flour	2
Dark brown flour	4

When water or stock is used instead of milk, more thickening is needed to give same consistency. This is also true in sauces which include some acid, as vinegar in cooked salad dressing. The acid tends to convert starch into dextrin with consequent loss of thickening power. For this reason acids are usually added toward end of cooking period, as in filling for lemon pie.

Cooking.—Long cooking improves the flavor of most starchy sauces. Many flavorings, as vanilla, are volatile so should be added after cooking.

If sauce contains milk, care must be taken to prevent curdling. This is less apt to occur if salt is added just before serving.

Variations.—Other liquids, as water or stock, may be substituted for part of milk. Such seasonings, as celery salt, chopped onion, pimento, or parsley, may be used. Grated cheese is a pleasing addition. A sprinkling of paprika gives a dash of color.

Starchy Sauces

KINDS	PROPORTIONS FOR MAKING					USES	PROPORTIONS FOR USE
	Liquid	Thicken- ing agent	Fat*	Seasoning or flavoring			
White sauce Very thin	1 cup milk	$\frac{1}{2}$ table- spoon flour	1 tablespoon	$\frac{1}{2}$ teaspoon salt		Cream soups made from starchy foods	Allow $\frac{1}{4}$ -1 cup cooked, strained veg- etable or other pulp to 1 cup sauce. The average amount is $\frac{1}{2}$ cup.
Thin	1 cup milk	1 tablespoon flour	1 tablespoon	$\frac{1}{2}$ teaspoon salt		Cream soups made from non-starchy foods	Allow 1-2 cups veg- etable, meat, or fish —cut into suitable pieces—to 1 cup sauce for creamed or scal- loped dishes.
Medium	1 cup milk	2 table- spoons flour	2 table- spoons	$\frac{1}{2}$ teaspoon salt		Creamed dishes Scalloped dishes Gravies	Allow 3 eggs, and from $\frac{3}{4}$ -1 cup other food material to 1 cup sauce.
Thick	1 cup milk	3-4 table- spoons flour	2 table- spoons	$\frac{1}{2}$ teaspoon salt		Soufflés	Allow 1-3 cups finely divided food material to 1 cup sauce.
Very thick	1 cup milk	4-5 table- spoons flour	2 $\frac{1}{4}$ table- spoons	$\frac{1}{2}$ teaspoon salt		Croquettes	
Brown sauce	1 cup liquid, as: water, meat stock, vegetable stock, milk	1 $\frac{1}{2}$ table- spoons light brown flour or 3 table- spoons dark brown flour	2 table- spoons (meat fats much used)	$\frac{1}{2}$ teaspoon salt Pepper Bay leaf Cloves		Meat sauces Gravies	According to taste.
Sweet sauce	1 cup liquid, as: water, fruit juice, milk, cream	1-2 table- spoons flour or $\frac{1}{2}$ -1 $\frac{1}{2}$ tablespoons cornstarch	Varies	Few grains salt Sugar Extracts		Pudding sauces	According to taste.

*Butter or substitute is preferable for many sauces.

Almost all starchy sauces are some variation of the ones suggested in table.

CHEESE SAUCE NO. I

1 cup Thin or Medium
White Sauce (p. 148)

$\frac{1}{2}$ -1 cup cheese, cut or
grated

Add cheese to White Sauce. Cook over hot water stirring until cheese melts and sauce is smooth. $1\frac{1}{4}$ - $1\frac{1}{2}$ cups.

WHITE SAUCES

White sauces are the most important starchy sauces. They are used as the foundation of many foods.

Cream soups are mixtures of Very Thin or Thin White Sauce (p. 148) with cooked, mashed, or strained vegetables, meat or fish.

Creamed dishes are mixtures of Medium White Sauce (p. 148) and cooked meat, fish, vegetable, or similar foods.

Scalloped or au gratin dishes are mixtures of Medium White Sauce (p. 148) and meat, fish, or vegetable put into oiled baking dish, covered with Buttered Crumbs (p. 106), and baked until crumbs are brown. The term au gratin may be applied to scalloped dishes containing cheese.

Soufflés may be mixtures of Thick White Sauce (p. 148) and beaten egg to which flavoring or other food material is added.

Croquettes are mixtures of Very Thick White Sauce (p. 148) and some other food material. These are shaped, egged and crumbed (p. 48) then fried (p. 205).

BROWNE D FLOUR (DEXTRIN)

Spread flour in thin layer on flat surface. Bake in hot oven (400°-450° F.) stirring often until evenly browned throughout. This may be made in quantity and used as needed for Brown Sauce (p. 148). The color may be light or dark as preferred. Thickening power will vary accordingly, being greater for light-colored dextrins.

PAN GRAVY

Make Brown Sauce (p. 148) using fat from pan in which meat has been cooked and white flour instead of brown. Cook flour in fat until brown, stirring constantly. Milk is preferred

liquid for most gravies and bay leaf and cloves are omitted. Tomatoes may be substituted for part of liquid when water or stock is used.

GIBLET GRAVY

Cook giblets slowly in small amount of water until tender. Chop. Make Pan Gravy (p. 149) using drippings from bird for fat and giblet stock for liquid. Add giblets.

BÉCHAMEL SAUCE

Make Medium White Sauce (p. 148) using for liquid equal parts chicken or White Soup Stock (p. 118) and milk or cream. Carrot, onion, bay leaf, and parsley may be cooked in stock for flavor.

TOMATO SAUCE I

4 tablespoons fat	Sprig parsley
4 tablespoons flour	2 cups tomato juice or pulp
1 slice onion	Salt
Slice carrot, if desired	Pepper

Simmer other vegetables in tomatoes about 20 minutes. Strain. Add water to make up volume. Make as for Brown Sauce (p. 148). 8 servings, $\frac{1}{4}$ cup each.

TOMATO SAUCE II

1 tablespoon fat	1 teaspoon sugar
1 slice onion or shallot	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon flour	Few pepper corns
$1\frac{1}{2}$ cups canned tomatoes	Sprig parsley
1 clove	Bit chopped celery or celery
Bit bay leaf	salt or seed

Brown onion in fat. Add flour, cook until smooth, add tomatoes and other seasonings. Simmer until reduced to 1 cup. 4 servings, $\frac{1}{4}$ cup each.

SAUCE SOUBISE

1 cup Thick White Sauce (p. 148)	$\frac{1}{2}$ cup finely chopped Spanish onion
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Make white sauce by Method II (p. 147) cooking onion in fat 3 minutes without browning. 4 servings, $\frac{1}{4}$ cup each.

DRAWN BUTTER SAUCE

Substitute water or stock for milk in Medium White Sauce (p. 148). Add a second measure of butter, cut into bits, just before serving.

MAITRE D'HOTEL SAUCE

$\frac{1}{2}$ tablespoon lemon juice	1 egg yolk, well beaten
$\frac{1}{2}$ tablespoon chopped parsley	1 cup Drawn Butter Sauce

Add lemon juice and parsley to sauce. Cool slightly, pour on egg yolk stirring to prevent curdling. Reheat. Season to taste. Do not boil after egg is added. 4 servings, $\frac{1}{4}$ cup each.

PARSLEY SAUCE

Add 2 teaspoons finely chopped parsley to 1 cup Medium White Sauce (p. 148). Serve with boiled potatoes, salmon, and similar dishes. 4 servings, $\frac{1}{4}$ cup each.

EGG SAUCE

Add a sliced or chopped hard-cooked egg (p. 68) to 1 cup Medium White Sauce (p. 148). Drawn Butter Sauce (p. 150) may be used instead, if desired. 4 servings, $\frac{1}{4}$ cup each.

VANILLA SAUCE

1 cup boiling water	$\frac{1}{2}$ cup sugar
1 tablespoon cornstarch	1 teaspoon vanilla
2 tablespoons butter	Few grains salt

Combine as for Starchy Sauces using Method IV (p. 148). 4 servings, $\frac{1}{4}$ cup each.

Variations

Caramel Sauce.—Add sufficient Caramel Syrup (p. 153) to color and flavor Vanilla Sauce. Decrease vanilla if desired.

Lemon Sauce I.—Make as for Vanilla Sauce, decreasing butter to 1 tablespoon, omitting vanilla, and flavoring with 4 tablespoons lemon juice and a little grated lemon rind.

Chocolate Sauce I.—Make as for Vanilla Sauce decreasing cornstarch to 2 teaspoons and adding 1 square chocolate at beginning of cooking process. Omit butter if plainer sauce is desired.

Butterscotch Sauce I.—Make as for Vanilla Sauce substituting brown sugar for half or more of white sugar. Flour ($1\frac{1}{2}$ tablespoons) may be preferred as thickening agent.

NON-STARCHY SAUCES**PARSLEY BUTTER**

6 tablespoons butter	6 teaspoons chopped parsley
6 teaspoons lemon juice	$\frac{3}{4}$ teaspoon salt

Cream butter, add parsley and salt, then lemon juice slowly. Spread on steak, chops, or fish. Heat of food should

melt sauce. Lemon juice may be omitted. 6 servings, 1 tablespoon each.

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter or substitute	1 tablespoon lemon juice
divided into thirds	$\frac{1}{8}$ teaspoon salt
2 egg yolks	Speck cayenne

Place egg yolks in top of double boiler. Add lemon juice and $\frac{1}{8}$ of butter. Cook over hot, **not boiling**, water stirring constantly until thickening begins. Add second piece of butter. Allow mixture to thicken again. Then add third piece of butter and seasonings. Serve as soon as thickened. If sauce separates, cream may be beaten into it.

It is more economical to add $\frac{1}{2}$ cup hot water gradually to creamed eggs and fat. Mixture is then cooked until thickened, observing above precautions to prevent curdling. Without water, 4 servings, 2 tablespoons each; with water, 8 servings.

NEVER-FAIL HOLLANDAISE SAUCE

$\frac{3}{4}$ cup boiling water	2 egg yolks, beaten slightly
Juice of 1 lemon	1 tablespoon cornstarch
$\frac{1}{4}$ cup butter or substitute	

Put water, lemon juice, and butter in top of double boiler. Mix cornstarch with eggs. Add hot mixture to egg mixture, stirring constantly. Return to double boiler. Cook until thickened, stirring constantly. 6 servings, 2 tablespoons each.

MOUSSELINE SAUCE

3 egg yolks, beaten thick	1 tablespoon sugar
$\frac{1}{2}$ cup thin cream	Speck cayenne
$\frac{1}{2}$ cup butter or substitute	Few grains salt
$\frac{1}{2}$ tablespoon lemon juice	

Add cream and butter to egg yolks. Cook over hot, **not boiling**, water, stirring constantly until mixture thickens. Then remove from fire at once to avoid curdling. Add lemon juice, sugar, salt, and cayenne. 8 servings, 2 tablespoons each.

SAUCE TARTARE

1 cup Mayonnaise Dressing (p. 210)	$\frac{1}{2}$ tablespoon finely chopped onion
$\frac{1}{2}$ tablespoon finely chopped capers	$\frac{1}{2}$ tablespoon finely chopped parsley
$\frac{1}{2}$ tablespoon finely chopped pickle	

Mix ingredients lightly. Chill. 8 servings, 2 tablespoons each.

LEMON SAUCE II

1 cup sugar
Juice 1 lemon

Grated rind, $\frac{1}{4}$ lemon
1 cup heavy cream, beaten

Mix sugar and lemon together. Allow to stand 2-3 hours, then add cream, mixing lightly. Serve at once. 12 servings.

CHOCOLATE SAUCE II

Make as for Chocolate Syrup (p. 54).

HOT CHOCOLATE SAUCE

$\frac{1}{2}$ cup butter or substitute
melted
 $5\frac{1}{2}$ cups powdered sugar

$1\frac{1}{4}$ cups evaporated milk
8 squares chocolate, cut
fine

Mix butter and sugar in upper part of double boiler. Add milk and chocolate. Mix well. Cook 30 minutes in double boiler stirring occasionally. $2\frac{1}{2}$ cups.

Sauce keeps indefinitely. Reheat in double boiler before using. Serve on vanilla or peppermint ice cream.

BUTTERSCOTCH SAUCE II

$1\frac{1}{2}$ cups granulated sugar
4 tablespoons white corn-
syrup
 $\frac{3}{4}$ cup boiling water

6 tablespoons boiling water
 $1\frac{1}{4}$ tablespoons butter or
substitute
 $\frac{3}{4}$ teaspoon vanilla

Combine the sugar, syrup and $\frac{3}{4}$ cup water. Boil to Soft Crack Stage (p. 46, 270° F. or 132° C.). Remove from heat. Beat in remaining ingredients. Color light yellow with vegetable coloring if desired. Serve hot. $1\frac{1}{2}$ cups.

WHIPPED CREAM

1 cup heavy cream
1 tablespoon sugar

Flavoring to taste

Chill cream in deep bowl. Whip until stiff as desired. Add sugar and flavoring. To whip easily, cream should be thick, cold, and at least 24 hours old. Cream containing 30-40 per cent fat is best to whip. Volume obtained will vary according to fat content of cream decreasing slightly as fat increases. Addition of $\frac{1}{3}$ - $\frac{1}{2}$ teaspoon Viscogen to 1 cup thin cream may aid its whipping qualities to some extent. Approximately 2 cups.

VISCOGEN**Part I**

1 part quicklime (calcium
oxide)
3 parts water

Part II

$1\frac{1}{2}$ parts sugar
3 parts water

Make milk of lime by slaking lime in 3 parts water, then

running through sieve. Add to sugar which has been dissolved in another 3 parts water. Mix well. Allow to stand, stirring frequently, 2-3 hours, then undisturbed until liquid has separated. Decant into bottles. Viscogen may be kept indefinitely.

WHIPPING EVAPORATED MILK

Chill undiluted evaporated milk to 40° F. or 5° C. Pour milk into cold bowl and whip with cold beater. If milk fails to whip it is not cold enough. Scalding milk before chilling causes it to whip more readily and gives a somewhat stiffer whip, but is not essential to whipping. To scald milk, cover unopened cans with cold water, bring to a boil and continue boiling 5 minutes; or pour milk into double boiler to scald.

Lemon juice may be added for a stiffer and more permanent whip when lemon flavor is suited to food with which whipped milk is to be combined. When lemon juice is used, whip milk stiff, then add 2 tablespoons lemon juice for each cup milk. Continue whipping long enough to blend.

HORSERADISH SAUCE

½ cup heavy cream, sweet or sour	Soft bread crumbs as needed
¼ cup prepared horse- radish	

Whip cream. Fold in horseradish with sufficient bread crumbs to give it body. Serve at once. This is particularly good for cold meats.

Substitute thick apple sauce for bread crumbs for occasional variety. Serve with ham. 6 servings, 2½ tablespoons each.

HONEY BUTTER

½ cup butter	1 cup honey
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Have butter and honey at room temperature. Cream butter, add honey gradually beating until light. Store in tight container in ice box and use as needed. Serve with hot biscuits, waffles, cinnamon toast and like foods.

CHEESE SAUCE NO. II

Melt in a double boiler 8 ounces (1 package) of one of the specially prepared easily melted cheeses. Thin to desired consistency with milk or broth. Serve with spinach or other vegetables.

CHEESE

Food Value and Use.—Cheese is a valuable protein food and when made from whole milk or cream is rich in fat and vitamin A. Its riboflavin, calcium, and phosphorus content are good although calcium is decreased when milk is soured before cheese is made. Because of its composition, cheese may be substituted frequently for meat and other protein-rich foods. It is not well to eat it with such foods as it makes excess protein in the diet. Cheese is a very concentrated food. For that reason it should be served with bulky materials, as fruits and vegetables, which counteract this quality. It digests slowly but quite completely. It will digest more easily if taken in a finely divided form. This is best secured by grating, cutting, or combining with other foods. Anything that is crisp in quality, as toast, offers a pleasing contrast in texture and so is desirable to serve with cheese. A crisp, green salad is a good addition.

Cookery.—Cook cheese at a low temperature, considerably below the boiling point of water, or protect it from heat by layers of other materials, as slices of bread or crumbs. High temperatures toughen cheese and make it less desirable. **To mix with other ingredients**, cheese is usually melted, grated, sifted, ground, or cut fine. **To melt**, cut fine and heat slowly over hot water, preferably in a sauce or other material which mixes through it. Only hard cheeses **grate** successfully. Soft cheeses may be forced through a wire sieve. **Grinding** in a food chopper is convenient when large quantities are to be prepared.

Storage.—Cover cheese tightly keeping in original package or wrapping in waxed paper. Store in refrigerator or other dry, cold place. Keep strong cheeses away from other foods likely to absorb odors. Surface mold should be cut away before cheese is eaten. Soft cheeses will keep only a short time; hard cheeses, if cared for properly, may be kept for months.

Suggestions for Selecting Cheese for Various Purposes*

To cook in foods.

On top of soups—dry, grated American or Parmesan.

*Adapted from Heseltine and Dow, Good Cooking, 1936. Courtesy, Houghton Mifflin Co., New York.

Welsh rarebits, etc.—mild, soft American.

Soufflés, Macaroni and Cheese, etc.—sharp American.

To stuff celery—American cream, Roquefort, or other soft cheese.

To serve with pie—sharp American, Edam, Brick.

For sandwiches—American, Swiss, Cream, cheese spreads.

For cheese plates—mild, soft cheese, as cream and cottage; strong, soft cheese, as Camembert; firm and mild, as Edam and Swiss; firm and strong, as Roquefort.

Suggestions for Serving Cheese

See General Directions for Serving Cheese (p. 427). The following combinations are pleasing.

1. Heap cheese balls in center of a paper doily on a decorative plate. Arrange border of small crackers about them. Garnish with sprigs of parsley.

2. Pipe cream cheese with pastry bag onto small round, crisp crackers forming rosettes. Garnish with watercress.

3. Serve assortment of cheese wedges or small unwrapped packages of cheese, as Gruyère, Roquefort, and Camembert on bed of crisp, glossy leaves, arranged on an attractive serving plate. Alternate cheese with stuffed prunes, dates, and assorted crystallized fruits, as pears and apricots. Preserved figs, barle-duc, strawberry jam, or similar sweets may be served with cheese. These make attractive individual services arranging fruit and two or three kinds of cheese on a paper doily on a small plate with wafer-thin crackers.

4. Serve with choice fresh pears, grapes, or apples.

COTTAGE CHEESE

3 quarts sour milk

Salt

Pepper

2 tablespoons melted butter, if desired
Sweet or sour cream

Heat milk carefully to 98° F. or 37° C. until curd is completely separated from whey. Drain in cheesecloth bag. Break up curd with fork. Mix with butter, if used, salt, and pepper. Add cream as needed to moisten. Sweet milk may be coagulated with rennin and used instead of sour milk. Allow $\frac{1}{4}$ rennin tablet to 3 quarts sweet milk. 3 servings, $\frac{1}{2}$ cup each.

SCALLOPED MACARONI AND CHEESE

2 cups cooked macaroni

(p. 65)

$1\frac{1}{2}$ -2 cups Medium White

Sauce (p. 148)

1 cup grated cheese

Buttered Crumbs (p. 106)

Place alternate layers of macaroni, cheese, and White Sauce in oiled baking dish. If preferred, before combining, cheese may be added to hot white sauce and stirred until melted. This gives a smoother mixture. Cover top with buttered crumbs. Bake in moderate oven (375° F.) until sauce bubbles and crumbs brown. 6 servings, $\frac{1}{2}$ cup each.

CHEESE SOUFFLÉ

1 cup Thick White Sauce (p. 148)	3 egg yolks
1 cup grated cheese	3 egg whites

Add cheese to white sauce, stir until melted. Finish according to directions for Soufflés (p. 47). 6 servings, $\frac{1}{2}$ cup each.

CHEESE FONDUE

1 cup scalded milk	$\frac{1}{2}$ teaspoon salt
1 cup soft stale bread crumbs	Speck cayenne
1 cup mild cheese cut into small pieces	3 egg yolks, beaten thick
1 tablespoon melted butter or substitute	3 egg whites, beaten stiff

Mix milk, crumbs, cheese, fat, salt, and cayenne. Add egg yolks. Cut and fold in egg whites. Pour into oiled baking dish. Set in pan of hot water. Bake in moderate oven (350° F.) until firm and a sharp-pointed knife comes out clean, about 45 minutes. 6 servings, $\frac{1}{2}$ cup each.

SPICED CHEESE PUDDING

2 slices stale bread, cut into small cubes	1 cup cottage cheese
2 egg yolks, well beaten	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon mace
$\frac{1}{4}$ teaspoon soda	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup seeded raisins
1 cup milk	2 egg whites, beaten stiff

Place bread cubes in oiled baking dish. Mix egg yolks, salt, soda, sugar, spices, cheese, and milk. Add raisins and fold in egg whites. Pour over bread. Bake as for Custard (p. 234).

If more elaborate product is desired, cover top of pudding shortly before it is done with meringue made of 1 egg white and 2 tablespoons sugar. 6 servings.

CHEESE PUDDING

8 thin slices buttered bread	2 cups milk
$1\frac{1}{2}$ cups grated cheese	$\frac{1}{2}$ teaspoon salt
4 eggs, slightly beaten	Pepper

Fit part of bread into bottom of oiled baking dish. Add cheese, cover with remainder of bread. Mix eggs, salt, pepper, and milk. Pour over contents of dish. Set in pan of hot water and bake in moderate oven (375° F.) until firm. 8 servings, $\frac{1}{2}$ cup each.

CHEESE BALLS

3 cups grated cheese	Speck cayenne
2 tablespoons flour	4 egg whites, beaten stiff
$\frac{1}{2}$ teaspoon salt	Cracker crumbs

Mix cheese, flour, and seasonings. Fold in egg whites. Shape into balls from 1-1 $\frac{1}{4}$ inches in diameter. Roll in cracker crumbs. Fry (p. 205) until golden brown. Serve with soup or salad. 18-24 balls.

CHEESE THINS

Cut circular pieces from $\frac{1}{4}$ -inch slices of bread. Butter lightly. Toast to a golden brown. Cover with thick layer of grated cheese seasoned with salt and cayenne. Bake in moderate oven (350°-375° F.) until cheese melts. Serve at once with soup or salad. Crackers may be used instead of toast for a foundation.

WELSH RAREBIT I

1 tablespoon butter or substitute	$\frac{1}{8}$ teaspoon salt
1 tablespoon flour	$\frac{1}{8}$ teaspoon dry mustard
1 cup milk	Speck cayenne
1 cup or more of cheese, grated or cut into small pieces	Crackers or buttered toast

Make White Sauce (p. 148) of fat, flour, and milk. Add cheese and seasonings. Cook over hot, not boiling, water stirring until cheese melts. Pour over crackers or toast for serving. A slightly beaten egg may be added just before serving if desired. Stir rapidly while combining to prevent curdling. Tomato juice may be used instead of milk. 4 servings, $\frac{1}{2}$ cup each.

WELSH RAREBIT II

1 tablespoon butter or substitute	$\frac{1}{4}$ teaspoon soda
1-2 cups grated cheese	Salt
1 egg, slightly beaten	Paprika
	$\frac{1}{2}$ cup milk or cream

Melt fat, add cheese, cook over hot water stirring until cheese melts. Add seasonings and soda to egg, then liquid. Add to cheese mixture. Cook and stir until smooth and creamy. It must be watched carefully as it is apt to curdle. Serve as for Welsh Rarebit I. 4 servings, 3 tablespoons each.

TOMATO RAREBIT

1 No. 1 can tomato soup Saltines or toast
 2 cups cheese, grated or cut
 into small pieces

Heat soup, add cheese, cook over hot water stirring until melted. Serve on toast or saltines. 10 servings, 3 tablespoons each.

SPANISH RICE NO. I

1/2 cup raw rice	1 cup cheese or more, cut into small pieces
2 cups canned tomatoes	2 tablespoons fat
1 cup hot water	2 teaspoons salt
3 tablespoons chopped onion	Speck cayenne
1 tablespoon chopped, green pepper	

Mix all ingredients in oiled baking dish. Bake slowly (325° F.) uncovered about 1 hour or until rice is soft. Stir occasionally as needed. Chopped celery may be added if desired. 6 servings, 1/2 cup each.

SPANISH RICE NO. II

6 strips bacon, cut fine	2 cups cooked rice (p. 64)
1 medium onion	2 cups canned tomatoes
Salt to taste	

Cook bacon in frying pan until it begins to brown stirring as necessary. Drain. Slice onion, add to bacon. Cook over low flame until onion is tender stirring as necessary. Add rice and tomatoes. Mix. Season to taste. Put into oiled casserole and bake in slow oven (325° F.) 30 minutes. 8 servings, 1/2 cup each.

TOASTED CHEESE SANDWICHES

Spread thin slices of bread lightly with butter. Remove crusts. Put slices together as for sandwiches, with layer of grated cheese sprinkled with salt and cayenne between them. Toast on both sides. Cut while hot into uniform strips, the length of the slices of bread and 1 inch wide. Serve at once.

GRILLED CHEESE SANDWICHES

2 slices bread, medium thick	Slice cheese, 1/8-inch thick
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Butter bread, place cheese between slices of bread. Pre-heat a heavy iron or aluminum skillet and, after buttering outside of sandwich, place in skillet and cover. Cook 5 minutes on each side or until sandwich is golden brown and cheese is melted. 2 sandwiches.

FISH

FRESH FISH

Cookery.—Fish may be cooked in many ways but some methods are more suitable for certain varieties than for others. Fat fish, as salmon, bluefish, and mackerel, are better if cooked without addition of fat. White fish, as cod, haddock, and halibut, contain but little fat and are best cooked by methods which supply this substance. If cooked in water, lean fish are apt to lack flavor so should be served with rich sauces. If baked, they should be larded and basted often.

Fish is always cooked until well done but it requires less time than meat because the connective tissue holding fibers together softens more readily.

Service.—Fish is usually served in place of meat. Because of its soft texture and tendency to lack flavor and color, fish should be combined with crisp, colorful foods as fresh, green lettuce or red tomatoes and served with more or less highly seasoned or acid sauces. A sour sauce is usually preferred. Hollandaise Sauce, Sauce Tartare, Horseradish Sauce, and Parsley Butter are frequently used. Parsley Sauce is suitable to serve with boiled or steamed fish having a pronounced flavor, as boiled salmon.

Garnishes.—Arrange fish neatly on serving dish. Garnish with sprigs of parsley, water cress, or small cup-shaped lettuce leaves. Capers, parsley, cress, or sliced or minced hard-cooked egg are a suitable garnish for boiled or creamed fish. Broiled, baked, or fried fish are most commonly garnished with lemon cut into quarters, wedges, or slices. These may be dipped into finely minced parsley if desired. Small cucumber pickles or large ones cut into slices or fan-shapes may be used. Stuffed or sliced olives, slices of pickled beets, and cucumbers or tomatoes are common accompaniments.

Cleaning and Dressing

Clean skin of fish thoroughly. Non-scaly fish, as catfish, are scraped. Scaly fish must have scales removed. To scale a fish, draw a blunt knife, inclined toward worker, over fish working from tail to head. Wipe fish and knife occasionally to remove loosened scales.

Remove head unless fish is to be served whole. Open fish on ventral side and remove internal organs. Wash very quickly inside and out, drain, and wipe dry.

Fish are better if cleaned and dressed immediately on being taken from water. They should then be placed on ice until ready to use. Even if cleaned at market they will need additional cleaning at home.

Skinning

Remove fins. Cut off a narrow strip of skin down full length of back. Cut skin around gills, loosen, and draw it off from one side of fish. To do this, pull gently with one hand and push with back of knife held in the other hand. Avoid tearing flesh. Repeat process on other side of fish.

Boning

Large fish, as cod, haddock, halibut, and white fish, are easily boned. Bony fish are not suitable to use. To bone a fish, first dress it. Head may be left on if desired. Run a sharp knife close to back bone, beginning at tail and continuing entire length of fish. Remove flesh carefully from bones with knife and fingers. Repeat on other side. Fish, so boned, are usually stuffed and baked. Boned fish yield fillets and turbans. A fillet is a large or small piece of fish or other meat freed from skin and bones. A turban is a rolled fillet.

Trussing

Fish served whole are usually trussed in an upright position which most frequently takes the form of a letter S. This gives a large base and makes it easy to keep fish in place. To truss, run double twine through head, middle of body, and then the tail. Draw to desired shape and tie. A simpler way to truss fish is to hold in position by means of skewers.

"BOILED" FISH

Choose a fat fish. Leave small fish whole, cut large ones into thick pieces. Place in kettle. A special fish kettle with a rack on which to lay fish while cooking is useful but rather expensive. A large kettle with a frying basket in which fish may be boiled may be substituted. When a basket is not avail-

able, fish may be tied in a piece of cheesecloth. This is often desirable even when a rack is used as it prevents scum settling on fish. Add warm water to cover fish. Add 1 teaspoon salt and 1 tablespoon vinegar or lemon juice to 2 quarts water. These give flavor and keep flesh white and firm. Bring quickly to boiling point, then reduce temperature, and simmer until flesh separates readily from bones. Allow 5-8 minutes per pound according to thickness of fish. Avoid over-cooking or product will be tasteless. Stock may be reserved for soup. Serve with a rich sauce, as Hollandaise (p. 151).

STEAMED FISH

Prepare as for "Boiled" Fish. Steam, instead of boil, allowing a slightly longer time for cooking. Less nutrients are lost by this method.

BROILED FISH

Split small, cleaned, fat fish down back and wipe as dry as possible. Sprinkle with salt and pepper; place skin side down, in well-oiled, pre-heated broiler until nicely browned, about 10 minutes. Turn skin side up long enough to make brown and crisp. Serve spread with melted butter and chopped parsley or Parsley Butter (p. 151).

Large fish should be sliced and surface brushed with melted butter before broiling.

FRIED FISH (SAUTÉD)

Leave small fish whole. Cut large ones into individual servings. Sprinkle with salt and pepper; roll in flour, cornmeal, or fine bread crumbs. Cook in a small amount of fat.

FRIED FISH (DEEP FAT)

Prepare as for Fried Fish (Sautéd). Sprinkle with salt and pepper. Egg and crumb (p. 48). Fry in deep fat (p. 205).

PLANKED FISH

Select any white fish (white fish or shad are preferable). Clean, wipe dry, and bone. Season with salt and pepper. Fold one side over other bringing two halves together. Place on hot, oiled plank previously soaked in water. Lay strips of bacon or thin slices of salt pork over top of fish. Bake fish of medium size about 30 minutes in moderate oven (400° F.). Serve on plank garnished with lemon, parsley, or Duchess Po-

tatoes (p. 129). The latter should be added before fish is quite done so they will brown as fish finishes cooking. Sections of tomatoes and slices of cucumber marinated with French Dressing (p. 209) make attractive additions. The bacon or salt pork may be omitted and fish basted with melted fat while baking.

BAKED FILLET OF FISH WITH OYSTER STUFFING

1 fresh fish, 3-4 pounds	1 egg, well beaten mixed
1 pint oysters	with
Salt	1 tablespoon milk
Pepper	1 cup dry crumbs
Lemon juice	

Clean, skin, and bone fish. Season fillets thus obtained with salt and pepper, then brush with lemon juice and egg diluted with milk. Lay one fillet on well-oiled fish sheet. Cover with oysters which have been seasoned and rolled in crumbs. Lay other fillet on these. Brush with egg mixture. Cover thickly with Buttered Crumbs (p. 106). Bake in moderate oven (375° F.) until tender, about 1 hour. Serve with Hollandaise Sauce (p. 151). 6-8 servings.

BAKED FISH

Clean fish, bone, stuff, sew up opening, and truss. Scatter minced salt pork on bottom of baking dish. Place fish on it. An oven dish in which fish may be served without moving is ideal for baking fish. If not available, place fish on piece of cheesecloth for baking so it may be moved without breaking. Dredge with salt, pepper, and flour. If fish is lean make 3 slanting gashes in back. Insert thin slices of bacon or salt pork. Bake in moderate oven (400° F.) allowing 10-15 minutes per pound. Baste frequently. A little water may be added if needed.

FISH TURBANS

Roll fillets of fish into circles. Skewer with toothpicks. Lay thin slice of bacon on each. Place on oiled rack in shallow baking dish. Bake in moderate oven (400° F.) about 20 minutes. Remove toothpicks. Serve with Hollandaise Sauce (p. 151).

CREAMED FISH

Follow Directions for Creamed Dishes (p. 47). Use cooked fish, either shredded or flaked.

SCALLOPED FISH

Follow Directions for Scalloped Dishes (p. 47). Use cooked fish, either shredded or flaked.

FISH SOUFFLÉ

Follow Directions for Soufflés with White Sauce Foundation (p. 47). Use cooked fish, either shredded or flaked.

SALMON LOAF I

1 cup soft bread crumbs	2 tablespoons lemon juice
2 cups salmon	¼ teaspoon salt
2 cups Very Thick White Sauce (p. 148)	Speck cayenne
	2 eggs, slightly beaten

Mix ingredients. Pour into individual oiled molds. Steam 1 hour. Serve with Parsley Sauce (p. 150) or any acid fish sauce. 8 servings.

SALMON LOAF II

2 cups canned salmon	½ teaspoon pepper
2-3 egg yolks, well beaten	1 tablespoon chopped parsley
½ cup soft bread crumbs	2-3 egg whites, beaten stiff
1 tablespoon melted fat	
½ teaspoon salt	

Combine ingredients, lastly folding in egg whites. Put into oiled loaf pan. Set in pan of hot water. Bake until firm in moderate oven (375° F.). 6 servings.

CASSEROLE OF RICE AND SALMON

Prepare as Casserole of Rice and Meat (p. 178) substituting canned or cooked salmon for meat. 6 servings.

CASSEROLE OF TUNA AND NOODLES

1 7-oz. can tuna (¾ cup drained and packed)	2 cups Medium Cheese Sauce (p. 149)
2 cups cooked egg noodles	½ cup small or sliced mushrooms
3 hard-cooked eggs, sliced	Salt
½ cup chopped, ripe olives	Pepper
2 pimientos, chopped	Buttered crumbs (p. 106)

Combine ingredients. Season rather highly. Pour into oiled casserole. Cover with buttered crumbs. Bake in moderate oven (375° F.) until sauce bubbles and crumbs are brown. 10 servings.

SALT FISH

Salt fish, as a rule, must be freshened before using. To freshen, place flesh side down in a large volume of cold water for a few minutes to as long as 48 hours, according to taste,

size, thickness, and amount of salt in fish. Change water as needed. Fish that is to be cooked in water needs less freshening.

Uses.—Salt fish may be baked, broiled, or steamed. It may also be creamed or scalloped and used in most ways that fresh fish is used. When sufficiently freshened, proceed as for fresh fish (pp. 162-165).

CODFISH BALLS

1 cup salt codfish	1 well-beaten egg
2 cups raw potatoes, cut into small pieces	½ tablespoon fat

Shred codfish, removing any bones. Cook until tender. Boil and rice potatoes; add codfish, fat, and egg. Beat until very light. Form into balls 1½ inches in diameter. Fry (p. 205). If codfish is salty some soaking may be needed. 5 servings, 2 balls each.

BAKED SALT MACKEREL

Place fish in shallow oven-ware serving dish. Cover with water. Let stand 20-30 minutes in warm place. Drain. Add milk to cover bottom of pan. Bake in moderate oven (375° F.) 30 minutes.

FROZEN FISH

Frozen fish may be started to cook while frozen or after thawing. If thawed prior to cooking, it should be cooked immediately after thawing is completed as frozen foods spoil rapidly after thawing. A longer time is required for cooking if fish are not thawed first. Cook as for fresh fish.

SHELL FISH

Cleaning Oysters

Drain oysters on a sieve reserving liquid for stew or sauces. Examine each oyster for bits of shell. Use as desired.

OYSTER COCKTAIL

Use 36 small oysters. Clean, place in cocktail glasses set on cracked ice. Add Cocktail Sauce just before serving. 1 serving, 6 oysters.

COCKTAIL SAUCE

6 tablespoons tomato catsup	2 tablespoons chopped celery
1-3 tablespoons lemon juice or vinegar	½ teaspoon salt
12 drops Tabasco Sauce	1 tablespoon minced onion, if desired
1 tablespoon Worcestershire Sauce	1½ teaspoons minced green pepper, if desired
2 tablespoons grated horseradish	

Mix ingredients, chill. Use for various types of shell fish cocktail. 6 servings.

LOBSTER, CRAB, OR SHRIMP COCKTAIL

Use 2 cups shredded fresh-cooked or canned lobster, crab, or shrimp. Arrange in cocktail glasses. Set on cracked ice. Top with Cocktail Sauce. Garnish with minced parsley or green pepper, if desired. 6 servings, ½ cup each.

OYSTERS ON THE HALF SHELL

Use deeper half of shells. Place a single raw, cleaned oyster in each. Arrange, radiating from center, on bed of cracked ice on a deep plate. Garnish with ¼ lemon. Serve with horseradish or Tabasco Sauce and small crackers or thin slices of buttered graham or brown bread. **Hard-shell clams** may be served in same way. 1 serving, 5 oysters.

FRIED OYSTERS

Clean and dry oysters. Season with salt and pepper, Egg and crumb (p. 48), and fry in deep fat (p. 205). Serve with Tomato Sauce (p. 150). 1 serving, 4 oysters.

FRIED OYSTERS (SAUTÉD)

Prepare as for Fried Oysters. Cook in small amount of fat. 1 serving, 4 oysters.

CREAMED OYSTERS

Follow Directions for Creamed Dishes (p. 47). Add cleaned oysters to sauce. Cook only until edges curl. Serve at once, preferably on toast. Some of oyster liquor, which has been scalded and strained, may be substituted for part of milk in sauce. 1 serving, ½ cup.

SCALLOPED OYSTERS

Clean and drain oysters. Put a layer in an oiled baking dish. Season with salt and pepper. Add layer of cracker crumbs

and dot with bits of butter or substitute. Repeat until all are used making last layer crumbs. Add milk to moisten well. Bake in hot oven (425° F.) about 20-30 minutes. 1 serving, $\frac{1}{2}$ cup.

PIGS IN BLANKETS

Clean and dry large, fresh oysters. Season with salt and pepper. Roll thin strips of fat bacon around each. Skewer with toothpick. Panbroil long enough to crisp bacon. Remove skewers. Serve on small pieces of toast garnished with parsley. 1 serving, 2-3 oysters.

LOBSTER A LA NEWBURG

4 tablespoons butter or substitute	Speck pepper
1 tablespoon flour	Few grains cayenne
2 cups fresh or canned lobster meat, diced	$\frac{1}{2}$ cup thin cream
$\frac{1}{2}$ teaspoon salt	2 egg yolks, beaten
	$\frac{1}{2}$ cup milk
	$\frac{3}{4}$ teaspoon lemon juice

Melt fat, add flour, stir until smooth. Add lobster, salt, pepper, and cream. When smooth and thickened add gradually the egg yolks which have been combined with the milk. Stir constantly. Add lemon juice. Serve on toast or crackers. 6 servings.

Variations

Crab à la Newburg.—Substitute crab for lobster in Lobster à la Newburg.

Shrimp à la Newburg.—Substitute shrimp for lobster in Lobster à la Newburg.

LOBSTER A LA KING

$1\frac{1}{2}$ cups Medium White Sauce (p. 148)	2 teaspoons minced green pepper
$1\frac{1}{2}$ cups fresh or canned lobster meat	2 teaspoons minced pimiento
	1 minced hard-cooked egg

Add lobster, pepper, pimiento, and egg to White Sauce. Mix gently, reheat, and serve on toast or in Croustades of Bread (p. 106). 6 servings.

SCALLOPED EGGS AND SHRIMPS

4 hard-cooked eggs, sliced (p. 68)	1 tablespoon chopped parsley
1 cup cooked or canned shrimps	2 cups Medium White Sauce (p. 148)
$\frac{1}{2}$ cup buttered crumbs (p. 106)	

Combine eggs, shrimps, parsley, and White Sauce. Pour

into oiled casserole. Cover top with buttered crumbs. Bake in hot oven (400° F.) until crumbs are brown, about 15 minutes. 6 servings.

OYSTER SOUP

See Oyster Stew (p. 121).

MEAT

Care.—Fresh meat should be unwrapped and wiped clean with a damp cloth as soon as received. It should then be placed in a shallow, uncovered container in one of the coldest parts of the refrigerator. A piece of waxed paper may be placed loosely over the top but some circulation of air is desirable. **Cooked meat** should be cooled quickly, then covered to prevent drying before placing in refrigerator. **Cured meat**, as bacon and ham, should be stored in a cold, dark place.

Structure.—A knowledge of the structure of meat is essential to understanding the effect of heat upon it. Muscle tissue is made up of bundles of fibers which can be subdivided into minute, single fibers or tubes. These fibers, themselves composed of connective tissue—elastin—are held together by a network of another kind of connective tissue—collagen. Fat is stored between the fibers in varying quantities. These muscle tubes are filled with liquid called **meat juice** in which protein, salts, and nitrogenous extractives are dissolved.

Effect of Heat Upon.—The amount of connective tissue in meat largely determines the method of cooking to be used. Dry heat hardens connective tissue. Therefore only **tender cuts** which contain but little of this substance can be cooked successfully in this way. Even with these cuts, dry heat cannot be applied too long or they become hard and tasteless. **Less tender cuts** containing much connective tissue should be cooked slowly in moist heat at a low temperature. Simmering temperatures (185° F. or 85° C.) are used if water is the cooking medium or about 300° F. if cooking is done in an oven. Collagen softens and dissolves under these conditions. Applying these principles, successful cooking of less tender cuts requires a comparatively long time in moist heat at low temperature.

Cooking.—When cooking steaks and roasts it is desirable to retain the juices in the fibers. Two methods of cooking these cuts are used, the **constant temperature** and the **searing** method. The present tendency is to cook both roasts and steaks at a constant low temperature. For roasting beef, veal, and lamb, 300° F. is commonly used and, for pork, 350° F. Searing was formerly thought to aid in retention of juices but

this theory has been disproved. However some still prefer the color, aroma, and flavor that go with searing.

If a roast is cooked at a high temperature, time of cooking is decreased but dripping and evaporation losses are greater and meat is less evenly cooked. Degree of "doneness" also affects losses, rare meat showing less loss than medium or well-done.

Boned roasts require a longer cooking time than similar unboned ones as bone permits heat to penetrate more quickly. A meat thermometer is desirable for determining the degree to which meat is cooked. It should be inserted so bulb rests in center of cut, but is not in contact with bone.

Beef may be cooked rare, medium, or well-done. Lamb, pork, and veal should always be cooked well-done.

Meat should be roasted in an uncovered pan without addition of water. It should be placed with fat side up to prevent drying and to permit self-basting. No other basting will then be necessary. Salt may be added before or after cooking as desired as it penetrates only a negligible distance into meat with cooking.

A **pressure cooker** may be used to save time when cooking less tender cuts of meat. The inside of the meat does not reach an excessively high temperature and will be tender and juicy unless over-cooked. Care should be taken not to cook meat in a pressure cooker any longer than necessary or it may become hard, dry, and flavorless because of the high temperature.

When making **soups** the aim is to extract as much juice as possible. This is probably best accomplished by cutting meat into small pieces, adding cold water in amounts desired, bringing gradually to simmering point (185° F. or 85° C.) and holding at that temperature until flavor is extracted. The old method of soaking in cold salt water before cooking does not appear to make sufficient difference to warrant its use. **Stews** and similar dishes are also cooked in water but in small amounts. Tight-fitting covers are desirable for pans used for stews. Vegetables may or may not be cooked with stew.

Time Table for Roasting Meats

MEAT kind	Cooking degree	Approximate time per lb. minutes	Desired interior temperature		
			degrees F.	degrees C.	
Beef*	rare	18-30	140°	60°	
	medium	22-40	160°	71°	
	well-done	27-50	170°-176°	77°-80°	
Veal	well-done	25-35	170°	77°	
Lamb	well-done	30-35	175°-180°	79°-82°	
Pork	fresh	30-50	185°	85°	
	cured,				
	regular	well-done	25	170°	77°
	cured, tenderized	well-done	15-20	160°	71°

*If roasts are rolled, add 10 minutes to approximate time per pound.

Times given in table may be used for both constant temperature and searing methods of roasting. They cannot be regarded as anything more than suggestive as time for cooking varies with size, shape, amount of bone or skewers in roast, and oven temperature used. A thermometer, properly inserted, is the only reliable method to determine when meat is cooked.

Foods Suitable to Serve with Meats

Pungent sauces, as horseradish, and pungent condiments, as mustard, should accompany only the heartier meats, as beef, pork, and corned beef. Acid sauces, as Vinaigrette, may be served with fat meats, as pork. Pickles may be used with strong-flavored meats, as beef and pork. Starchy vegetables may be served with any meat. The following combinations are suggestive:

Beef Steak.—Fried onions, French Fried Potatoes, mushrooms, string beans, and carrots.

Roast Beef.—Yorkshire Pudding; Tomato, Horseradish, or Cranberry Sauce; vegetables in season.

Corned Beef.—Cabbage, greens, parsnips, turnips, and potatoes.

Boiled Beef or Other Meat.—Horseradish, Tomato, or Brown Sauce; mashed turnips; root vegetables; greens of any kind.

Boiled Tongue.—Tomato, Raisin, or Horseradish Sauce; boiled rice, carrots, potato salad, and cucumbers.

Roast Veal.—Tomato, Cranberry, Mushroom, or Onion Sauce; spinach or any other fresh vegetables; rice balls.

Roast Pork or Goose.—Apple Sauce, Mustard, Cranberry Sauce, pineapple, root vegetables, greens, and squash.

Baked Ham.—Cider or other acid sauce, sour jelly, pineapple, sweet potatoes, squash, spinach, and corn.

Roast Mutton.—Currant jelly, Capers or Mint Sauce, turnips, parsnips, cauliflower, cabbage, boiled rice.

Boiled Mutton.—Capers or Onion Sauce; vegetables as for Roast Mutton.

Lamb Chops.—Tomato Sauce, creamed potatoes, and peas.

Roast Lamb.—Mint or Sorrel Sauce, asparagus, cucumbers, green peas, lettuce, or any other delicate vegetable.

BROILED STEAK

Choose tender steak from 1-2½ inches thick. Loin cuts as club, porterhouse and sirloin are best. Wipe meat with clean damp cloth. Slash fat edges to prevent curling. Insert thermometer, if used, in horizontal position with bulb in center of meat. It should be so placed that it is easy to read. Turn oven regulator to "broil." Broiler may be preheated or not, as desired. Place meat on rack of broiler pan, 2 or 3 inches from heat. Steaks or chops 1½ to 2 inches thick should be at least 3 inches from the heat; those 1 inch or less in thickness, about 2 inches. Broil until top side is brown. The meat should be approximately half done by the time it is browned on top. Season. Turn and cook other side, inserting fork in fat when turning to avoid puncturing lean or use tongs in turning. Brown on the other side, cooking to degree of doneness desired. Very rare beef will register 135° F. or 57° C. and well done, 170° F. or 77° C. Allow 15-20 minutes for a 1-inch, 25-30 minutes for a 1½-inch, and 35-45 minutes for a 2-inch steak according to whether it is to be rare or medium-well done. Remove to hot serving dish, spread with butter, and season with salt and pepper.

PAN-BROILED STEAK

Prepare as for Broiled Steak. Rub a bit of fat over bottom of hot frying pan. A heavy pan is desirable to retain heat. Place steak in pan. Cook on one side until about half done.

Turn and cook the other side. Pour off fat as it accumulates in pan. Serve as for Broiled Steak.

PLANKED STEAK

Use tender steak, as porterhouse, cut 1¾ inches thick. Wipe, remove superfluous fat, and broil or panbroil until about half done. Oil plank which has been well soaked in cold water and then warmed. Arrange steak on plank. Make nests, a border, or both, of Duchess Potatoes (p. 129) using pastry bag and tube if available. Place in moderate oven (350° F.) until steak is completely cooked and potatoes are browned. Spread steak with Parsley Butter (p. 151). Serve garnished with parsley. A great variety of vegetables may be cooked or served with planked steak. They may be arranged in potato nests or about steak inside border. Buttered peas or carrots, or both, and stuffed onions, peppers, or tomatoes, or creamed vegetables may be used to advantage. Plank should be enough larger than steak to permit such additions yet be completely covered when steak is served.

FLANK STEAK EN CASSEROLE

1 flank steak, well scored	Salt
Bread Stuffing (p. 195)	Pepper

Wipe steak, season with salt and pepper, spread with stuffing. Roll steak with grain of meat. Skewer or tie. Brown in a little hot fat. Place in casserole, add water or stock to one-fourth its depth in pan. Cover, bake slowly (350° F.) about 2 hours or until tender. Remove to serving dish, thicken stock, and pour over meat. If desired, tomatoes may be used for part of liquid and diced carrots, turnips, and celery added for last half-hour of cooking.

SWISS STEAK

2 pounds steak cut 2 inches thick from round, chuck, or other less tender cuts	Boiling water or other liquid; ½ cup, more or less
½ cup flour	2 teaspoons salt
Suet or other fat	Pepper

Rub salt and pepper into meat. Pound in flour using edge of a heavy plate if no tendering device is available. Brown meat in hot fat, place on rack in heavy kettle or frying pan. Add liquid. Cover closely. Cook either in slow oven (300° F.) or on top of stove. Simmer 1 hour or longer as necessary to produce a tender product. Add more liquid if needed. Chopped green pepper, onion, and tomatoes may be added. 6 servings.

SCRAPED BEEF BALLS

Wipe small piece of steak cut from top of round. Lay on meat board. Scrape with grain of meat. Work first on one side and then on the other to remove soft part of meat. Leave nothing but connective tissue. Shape scraped meat into small balls or flat, round cakes about $\frac{1}{2}$ -inch thick. Handle as little as possible. Broil 2 minutes. Season with salt and pepper if used. Seasonings are often prohibited in diets where scraped beef is used. Serve on rounds of buttered toast.

HAMBURG STEAK

1 pound or 2 cups ground beef	1 teaspoon salt
$\frac{1}{4}$ cup ground suet	Speck pepper
1 egg, if desired, slightly beaten	$\frac{1}{2}$ teaspoon onion juice
	or minced onion, if desired

Mix ingredients lightly. Shape into small, flat cakes. Pan-broil. 8 small cakes.

Variations

Broiled Hamburg on Onion Rings.—Place $\frac{1}{2}$ -inch slices of onion in shallow, oiled baking dish. Pour over them 2 tablespoons melted fat. Sprinkle with salt and pepper. Add 1 tablespoon water, cover, bake in moderate oven (350° F.) 15-20 minutes or until almost tender.

Shape Hamburg Steak mixture into small flat cakes, skewer a slice of bacon around edge of each. Place on onion bed. Broil 5 minutes on each side, basting occasionally with drippings in pan. Serve from baking dish. These may be baked instead of broiled, if desired.

Baked Hamburg.—Make Hamburg Steak shaping into a loaf. Place on rack in roasting pan. Add a little fat or mixture of tomatoes, onions, and fat. Roast in moderate oven (350° F.), basting occasionally, 30-40 minutes.

Meat Cakes.—Make Hamburg Steak omitting egg and onion. Roll in flour, or egg and crumb (p. 48). Cook in small amount of fat.

MEAT LOAF

1 pound lean beef round or chuck, ground	$\frac{1}{2}$ cup milk or tomato juice
$\frac{1}{2}$ pound salt pork or $\frac{1}{4}$ pound ham, ground	$\frac{1}{4}$ small onion, chopped
1 egg, slightly beaten	1 teaspoon salt
$\frac{1}{2}$ cup bread crumbs, dry cereal, or wheatgerm	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{16}$ teaspoon sage

Mix ingredients lightly. Shape into a loaf handling as

little as possible. Place on rack in pan. Dredge with flour or bread crumbs. Bake in moderate oven (350° F.) $\frac{3}{4}$ -1 hour, basting as needed with fat from meat. 8 servings.

OVEN ROAST OF BEEF

For an oven roast a tender cut, as ribs or loin of beef, is best. Wipe, form into a neat shape tying or skewering as necessary. Place on rack in shallow, uncovered roasting pan with fat side uppermost. Sprinkle with salt and pepper if desired to add seasoning before cooking. Roast in slow oven (300° F.). A thermometer with bulb inserted in center of cut will register 140° F. or 60° C. for rare, 160° F. or 71° C. for medium, and 170° F. or 77° C. for well-done roasts. If a thermometer is not available, allow 18 to 30 minutes per pound for rare, 22-40 minutes for medium, and 27-50 minutes for well-done beef. With these cuts no water or fat need be added as meat will cook in its own juices and fat. Serve on hot platter surrounded by Browned Potatoes or Yorkshire Pudding.

YORKSHIRE PUDDING

1 cup milk	$\frac{1}{2}$ cup flour
2 eggs	$\frac{1}{2}$ teaspoon salt

Put ingredients into bowl. Beat well with rotary egg beater. Pour into hot roasting pan containing $\frac{1}{4}$ cup beef drippings. Bake 20 minutes in hot oven (425° F.). Then reduce heat to 350° F. and bake 20 minutes longer. Cut in squares. Serve at once with Roast Beef. 6 servings.

POT ROAST OF BEEF

Good cuts for pot roast are round, rump, cross-arm, or chuck. Wipe, trim if necessary, tie, or skewer into compact shape. Dredge with salt, pepper, and flour, rubbing mixture well into cut surfaces. Brown in some of the meat fat in kettle in which meat is to be cooked. Place on rack. It is not necessary to add water if meat is cooked very slowly. However, a small amount of hot water may be added if preferred. Cover tightly; simmer slowly until desired temperature is reached or until tender. The time cannot be stated definitely. It will probably require at least 3 hours for a 4-pound roast. No turning should be necessary if rack is used. When done, remove meat, thicken liquid for gravy allowing 2 tablespoons flour for 1 cup broth.

Sliced carrots, onions, celery, or other desired vegetables as small whole potatoes and onions, halves of young carrots, and strips of celery may be added during last half-hour of cooking.

BRAISED BEEF

3 pounds meat—chuck, brisket, or lower round	¼ cup each diced carrots, turnips, celery, and other vegetables as desired
2 small, thin slices fat salt pork (drippings may be used)	¼ cup chopped onion
1 cup boiling water or other liquid, more or less	3 teaspoons salt Pepper to taste Flour

Heat pork to extract fat. Strain if desired. Wipe meat, rub with salt and pepper, dredge with flour, brown in hot fat. Place in a casserole. Add water, cover, and bake slowly (350° F.) until tender—about 2 hours. Add vegetables for last half hour of cooking. 8 servings.

BROWN MEAT STEW WITH DUMPLINGS

2½ pounds shoulder of beef or other less tender cut including some fat and bone	Salt Pepper
2 cups diced potatoes	½ cup carrots cut in ½-inch cubes
Flour	½ cup sliced onions

Wipe meat, remove lean, and cut into 1½-inch cubes. Season with salt and pepper, dredge with flour. Brown in hot fat. Put into kettle, rinse frying pan with boiling water and add to meat so no flavor is lost. Add fat and bone. Cover with water. Simmer 1½ to 2½ hours or until tender. Add vegetables for last 20 minutes of cooking. It may be necessary to add more water during cooking. When done, remove bone and large pieces of fat. Thicken liquid with flour and season to taste. Serve with Dumplings (p. 93).

Other meats may be used and vegetables varied as desired. 10 servings.

BARBECUED SPARE RIBS

Wipe 2 pounds of spare ribs with damp cloth. Trim as needed. Add small amount of water. Simmer until done. Lift meat out of broth. Place in baking pan large enough to permit each piece to lie flat in pan. Sprinkle 1 tablespoon flour over meat. Baste with Barbecue Sauce. Add another tablespoon flour. Again baste with sauce. Bake in moderate oven (375° F.) until brown. Ribs may be basted while baking if desired.

BARBECUE SAUCE

3 tablespoons meat stock	1½ teaspoons salt
3 tablespoons chili sauce	¼ teaspoon pepper (red or black as desired)
3 tablespoons catsup	½ small onion, minced
1 teaspoon Worcestershire sauce	1 tablespoon brown sugar, or more to taste
2 tablespoons vinegar	

Mix ingredients.

MEAT PIE

1 quart 1-inch cubes cold, cooked meat	Flour
1 medium-sized onion, sliced	Salt
Boiling water to cover	Pepper
	1-2 cups potatoes cut into ½-inch cubes

Simmer meat with onion in water to cover about ½ hour or until tender. Add potatoes for last 8 minutes of cooking. Thicken liquid with flour, allowing 1½ tablespoons to 1 cup liquid. Season to taste. Put into oiled baking dish. Cover with small Baking Powder Biscuits (p. 93) or a perforated crust of same mixture. Bake in hot oven (450° F.) until biscuits are done, about 15 minutes.

The diced potatoes may be omitted and mashed potatoes or boiled rice used on top instead of biscuits. 8 servings.

BOUCHÉES OF MEAT

2 cups cold, mashed potatoes	¼ cup milk or cream, scalded
1 egg yolk, slightly beaten	1 cup creamed meat (p. 179)

Pour hot milk over egg yolk stirring constantly. Add to potatoes, beat well, and season to taste. Line oiled casserole with potato mixture. Fill with creamed meat. Bake in moderate oven (400° F.) until slightly brown. Individual casseroles may be used. 4 servings, ¾ cup each.

CASSEROLE OF RICE AND MEAT

Cooked rice, according to size of dish	1 tablespoon chopped, green pepper
2 cups cooked meat, chopped	¼ cup soft bread crumbs
Speck cayenne	1 teaspoon lemon juice
¼ teaspoon celery salt	1 egg, slightly beaten
Few drops onion juice	1 teaspoon salt
	½ teaspoon pepper
	Tomatoes to moisten

Line oiled casserole with 1-inch layer of rice. Fill with meat which has been mixed with remaining ingredients. Cover with rice. Bake 20 minutes in moderate oven (375° F.). Serve hot from baking dish with Tomato Sauce (p. 150). This may be steamed in a mold 30-45 minutes. 6 servings.

MACARONI AND MEAT EN CASSEROLE

- | | |
|--|--|
| 1 cup cooked macaroni
(p. 65) | 3 cups cooked meat,
ground |
| 1 cup Medium Cheese
Sauce (p. 149) using $\frac{3}{4}$
cup grated cheese | $\frac{1}{2}$ cup buttered crumbs
(p. 106)
Seasonings as desired |

Place foods in alternate layers in oiled casserole adding macaroni first, then meat, and finally the sauce. Top with buttered crumbs. Bake in moderate oven (375° F.) until brown. 6-8 servings.

BRESLAU OF MEAT

- | | |
|-------------------------------|--------------------------------------|
| 2 cups ground, cooked
meat | $\frac{1}{2}$ cup soft bread crumbs |
| 2 tablespoons fat | 1 tablespoon chopped
parsley |
| $\frac{1}{2}$ cup stock | 1 teaspoon salt |
| 1 cup milk or cream | 1 teaspoon Worcester-
shire Sauce |
| 3 egg yolks, well beaten | |

Combine ingredients. Press into oiled, individual molds. Place in pan of hot water. Bake about 30 minutes in moderate oven (350° F.). When done, unmold onto platter. Serve with Tomato Sauce (p. 150) garnished with Toast Points (p. 107). 6 servings.

CREAMED MEAT ON TOAST

- | | |
|---|-------------------------|
| $1\frac{1}{2}$ cups diced, cooked
meat | 6 slices buttered toast |
| 1 cup Medium Brown Sauce
(p. 148) (part tomato
juice, if desired) | |

Reheat meat in sauce. Serve on toast. 6 servings.

MEAT SOUFFLE

Follow General Directions for Soufflés (p. 47) using any ground, cooked meat.

ITALIAN HAMBURG

- | | |
|--------------------------------|--|
| 2 cups ground uncooked
beef | 1 tablespoon finely
chopped parsley |
| 2 tablespoons chopped
suet | 2 cups cooked macaroni
or spaghetti (p. 65) |
| 1 small onion, sliced thin | $\frac{1}{4}$ cup broken mushrooms |
| 2 cups canned tomatoes | $\frac{1}{2}$ cup grated cheese |
| $1\frac{1}{2}$ teaspoons salt | |

Try out suet (p. 207). Brown meat in hot fat. While stirring, add tomatoes, onion, and macaroni. Season. Cook slowly until well blended. Add cheese and mushrooms. Continue cooking and stir until cheese is melted and mushrooms are hot. 6 servings.

MEAT CROQUETTES

Follow General Directions for Croquettes (p. 48) using any ground cooked meat.

CHOP SUEY

2 cups shredded, cooked meat (roast pork, heart, or chicken)	1 shredded green pepper
2 cups shredded onion	1 cup sliced mushrooms
2 cups shredded celery	4 tablespoons soy sauce
2 cups meat broth or thin gravy	2 tablespoons fat
2 cups sliced raw radishes or Jerusalem artichokes	1 tablespoon cold water
	1 tablespoon cornstarch
	Salt
	Salted almonds, peanuts, or Brazil nuts

Brown meat lightly in half the fat. Remove from skillet. Cook pepper and onion in remainder of fat a few minutes. Add celery, meat, mushrooms, salt, and broth or gravy. Cover. Simmer 5 minutes. Mix cornstarch with cold water, stir into mixture, and cook a few minutes longer. Remove from heat. Add sliced radishes and soy sauce to give desired flavor. Garnish with salted nuts. Serve with hot flaky rice or over Chow Mein Noodles. 8-10 servings.

JELLIED MEAT LOAF

2 cups cooked meat, diced or chopped	1 tablespoon catsup
1 cup stock	Bit of bay leaf
1 tablespoon gelatin soaked in	1 clove
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon celery salt
	Salt to taste
	Speck pepper

Add seasonings to stock. Bring to boiling point. Add gelatin. Stir until dissolved. Strain. Add meat and mold. Serve on bed of lettuce leaves or garnish with parsley. 6 servings.

BOILED TONGUE

1 tongue, fresh or smoked	1 tablespoon salt for fresh
4 cloves	tongue weighing 3 or 4
4 pepper corns	pounds
1 tablespoon vinegar	$\frac{1}{2}$ teaspoon pepper

Wipe tongue. Place in boiling water to cover. Add seasonings. Simmer until tender, 3-4 hours. A pressure cooker is excellent for cooking tongue. Partially cool in liquid, then remove tongue. Take off skin and roots, getting it into neat shape for serving. Chill and slice. Serve with Tomato Sauce (p. 150) or with slices of lemon and sprigs of parsley. $1\frac{1}{2}$ pound tongue, 6 servings.

Variations

Tongue in Aspic.—Add 2 cups diced, cooked tongue to Aspic Jelly (p. 183). Mold. Decorate with slices of hard-cooked egg and pimento or parsley. More gelatin should be used if much solid material is to be added.

Whole, hard-cooked eggs may be placed in center of loaf

or they may be sliced and put along edge. Other meats may be substituted for tongue. 4 servings.

Spiced Tongue.—Prepare Boiled Fresh Tongue. Leave whole. Let stand over night in dilute spiced vinegar, sweetened to taste. Slice and serve. Garnish with parsley.

TONGUE CREOLE

1 tablespoon fat	1 tablespoon chopped red pepper
1 slice onion, finely chopped	1 teaspoon paprika
1 chopped shallot, if desired	$\frac{1}{2}$ tablespoon flour
1 clove garlic, if desired	2 cups tomatoes
1 tablespoon chopped, green pepper	1 teaspoon salt
	1 teaspoon sugar
	1 boiled fresh tongue, small

Cook onion, garlic, shallot, peppers, and flour in fat 3-5 minutes. Add tomatoes, sugar, and seasonings. Mix well. Place tongue in casserole. Add sauce. Bake $\frac{1}{2}$ hour in moderate oven (375° F.). $1\frac{1}{2}$ pound tongue, 6 servings.

PARBOILED SWEETBREADS

Sweetbreads spoil quickly so should be cooked as soon as possible. Soak in cold water at least 1 hour before cooking. Drain. Simmer in acidulated, salted water 20 minutes, allowing 1 teaspoon salt and 1 tablespoon vinegar to 1 quart water. Drain again. Plunge into cold water to keep them white and firm. **Parboiling** is preliminary to using sweetbreads in any way.

CREAMED SWEETBREADS

2 cups parboiled sweetbreads, cut into dice	1 cup Medium White Sauce (p. 148)
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Add sweetbreads to sauce. Reheat. Serve on toast, in patty cases, or in Swedish Timbale Cases (p. 202). 6 servings.

SWEETBREAD CUTLETS

Parboil sweetbreads. Cut into halves. Shape into rounds or cutlets. Season. Egg and crumb (p. 48) and fry (p. 205). Serve with Tomato Sauce, Creamed Asparagus Tips, or other desired sauce. 1 sweetbread, 2 servings.

STUFFED HEART

Remove veins and arteries from a heart. Wash. Simmer 1 hour. Drain and stuff (p. 195). Rub with salt and pepper (1 teaspoon salt to 1 pound). Dredge with flour. Brown in small amount of fat. Place in baking dish. Add stock in which heart was cooked to half the depth of meat. Cover. Bake

slowly (350° F.) 2 hours or until tender. Vegetables may be added for last half hour of cooking if desired. Onions, carrots, and celery, are suitable to use. Remove heart. Thicken liquid to make a Medium Sauce (p. 148). Serve hot.

BREADED CALVES' BRAINS

2 pairs calves' brains	Salt
1 egg	Pepper
1 cup fine bread crumbs	Flour

Soak two pairs calves' brains in cold water one-half hour. Remove thick membranous covering. See that they are perfectly white and bloodless. Divide into pieces of desired size for serving. Simmer 15-20 minutes in water to cover. Drain. Plunge into cold water. When cool, drain, season generously with salt and pepper. Dip in flour, then in beaten egg also seasoned with salt and pepper, then into fine bread crumbs. Fry (p. 205) in deep fat (365° F. or 185° C.). 4 servings.

"BOILED" TRIPE

Simmer fresh tripe 10 minutes. Drain. Cut into pieces suitable for serving. Use as desired. Tripe may be either plain or honey-comb. The latter is considered best. Pickled tripe may be used when fresh is not obtainable. It is precooked so requires no preliminary cooking.

Variations

Broiled Tripe.—Dry "Boiled" Tripe by pressing between cloth or absorbent paper. Brush with melted butter. Roll in fine crumbs until well coated. Place on preheated, oiled broiling rack. Broil on each side until crumbs are brown.

Fried Tripe.—Egg and crumb (p. 48) "Boiled" Tripe. Cook in small amount of fat until well browned.

Tripe Fried in Batter.—Season pieces of "Boiled" Tripe. Dip in batter. Cook in small amount of fat until well browned. Make batter as follows:

1 egg, beaten	1 teaspoon baking powder
½ cup milk	½ teaspoon salt
1 teaspoon melted fat	1 teaspoon vinegar
1 cup flour	

Mix egg, milk, and fat. Sift dry ingredients together. Combine mixtures adding vinegar last.

ASPIC JELLY

3 cups white or brown stock	Bit of bay leaf
1 tablespoon gelatin (1½ tablespoons if stock does not jelly when cold)	Worcestershire Sauce
¼ cup cold water	Lemon juice
	Salt
	Pepper
	Celery salt

Soak gelatin in cold water. Dissolve over hot water. Season stock to taste. Heat, and clear (p. 117). Add dissolved gelatin. Strain. Use with meat or vegetables as desired. 3 cups.

LIVER

Directions for preparing liver for cooking vary. Some suggest that it be soaked 5-30 minutes or longer. Others recommend scalding. Tests indicate that neither of these is necessary.

Wipe liver. Remove large veins and outer skin if coarse or objectionable. Then slice, grind, or leave whole as desired.

LIVER AND BACON

Cut liver in ½-inch slices. Season with salt and pepper. Dredge with flour. Cook slowly in bacon fat. Serve with bacon cooked until crisp (p. 184).

LIVER LOAF

1½ pounds liver	1½ teaspoons salt
1½ cups stale bread crumbs soaked in 1 cup milk	½ teaspoon pepper
2 eggs, beaten	1 tablespoon parsley
½ cup stock	1 tablespoon onion
2 tablespoons fat	1 tablespoon celery
	½ green pepper, if desired

Run liver and vegetables through chopper. Combine with other ingredients. Mix well. Pour into oiled baking dish. Set in pan of hot water. Bake 1½ hours in slow oven (325° F.). If soft crust is desired, cover until last 15 minutes of baking. Serve hot or cold with Catsup, Chili, or Tomato Sauce. Ground beef may be substituted for half of liver if desired. 8 servings.

STUFFED LIVER

2 pounds liver	Salt pork
2 teaspoons salt	Flour
½ teaspoon pepper	Stuffing (p. 195)

Select thick portion of liver. Wipe. Make incision in thickest part. Fill with stuffing. Season liver with salt and pepper. Dredge with flour. Place in baking pan. Cover with strips of fat salt pork. Bake 1 hour in slow oven (350° F.), basting as necessary. 8 servings.

LIVER BUTTER (FOR SANDWICHES)

2 cups "boiled" liver, ground	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup butter, melted	$\frac{1}{2}$ teaspoon salt
2 tablespoons prepared mustard	

Combine ingredients mixing thoroughly. Use as sandwich spread.

KIDNEY CASSEROLE

3 beef kidneys	Bread crumbs
8 small carrots, cooked, sliced	3 teaspoons salt
3 tablespoons flour, lightly browned	$\frac{1}{4}$ teaspoon pepper
	4 tablespoons butter or substitute

Soak kidneys in salt water $\frac{1}{2}$ hour. Simmer in clear water 20 minutes. Then put in fresh water and cook until tender. Cut into small pieces. Save second water for stock to be used in brown sauce. Make brown sauce by creaming butter and flour together. Stir in $1\frac{1}{2}$ cups stock. Mix carrots, kidneys, and brown sauce. Place in oiled casserole. Cover top with bread crumbs. Dot with butter. Bake uncovered, in moderate oven (350° F.) until mixture is hot and crumbs are brown. 10-12 servings.

BACON

Pan-cooked.—Place bacon in cold frying pan. Slices should not overlap. Cook slowly turning often. Drain fat from pan as it accumulates. Cook until of desired degree of crispness.

Oven-cooked.—Place slices of bacon on rack in shallow pan. Bake (425° - 450° F.) until of desired degree of crispness. No turning or draining of fat is necessary.

Broiled.—Prepare as for Oven-cooked Bacon. Place under broiler. Turn when cooked on one side to cook other half.

CANADIAN BACON

Canadian bacon is loin of pork which has been boned and cured as for ham. Thin slices may be broiled or pan-broiled. Thick slices may be baked. "Boiled" Canadian bacon may be cooked as for "Boiled" commercially-cured ham (p. 185).

"BOILED" HAM (HOME-CURED)

Wash ham, scrape, soak over night in cold water to cover. Drain, place rind-side up on rack in large kettle. Add water to cover. Simmer, keeping well covered with water. If desired, add a bay leaf, several stalks of celery, a carrot, an onion and

$\frac{1}{2}$ cup vinegar. Cook until tender or until a thermometer placed in center of ham registers 170° F. It will require 25-30 minutes per pound. Cool in broth. Remove rind, sprinkle surface with brown sugar, stud with cloves, and brown in very hot oven (500° F.) or coat as for Baked Ham (Home-cured).

BAKED HAM (HOME-CURED)

Prepare as for "Boiled" Ham. After draining, wipe dry, place rind-side up on rack in open pan. Bake uncovered, without addition of water, in slow oven (260° F.) until tender or until center of meat reaches 170° F. The time allowed per pound varies from 25-30 minutes for a whole ham to 45-55 minutes for butts. Ham may be served at this stage but, if desired, when done, remove rind. Make paste of 2 cups brown sugar, 3 cups fine, soft bread crumbs, 1 teaspoon prepared mustard, and cider or vinegar to moisten. Spread paste over fat surface of ham. Stick long-stemmed cloves into surface $\frac{1}{2}$ -inch apart. Brown in hot oven (500° F.).

COMMERCIALY-CURED HAMS

High grade commercial hams do not require soaking. Recently developed "mild cures" give a mild flavor. Special treatment makes long cooking unnecessary, as a rule. Directions for method and time of cooking usually accompany hams and should be followed to avoid overcooking and to obtain a product of highest quality.

SMOTHERED HAM

1 sliced smoked ham 1-inch thick	1 teaspoon dry mustard
4 tablespoons brown sugar	2 cups milk more or less

Place ham slice in casserole. Mix sugar and mustard. Sprinkle over ham. Add milk. There should be enough to cover. Cover casserole. Bake in moderate oven (350° F.) 1 hour removing cover for last 15 minutes. Serve with liquid in casserole. 8 servings.

BAKED HAM WITH GLACED PINEAPPLE

1 slice smoked ham, 1 inch thick	$\frac{1}{2}$ cup brown sugar
Prepared mustard	6 cloves
1 cup pineapple syrup	Pineapple rings

Soak ham 1 hour in lukewarm (98° F. or 37° C.) water. Drain. Place in casserole, spread with mustard, pour pineapple

syrup over, sprinkle with sugar, and stick with cloves. Bake in moderate oven (350° F.) until tender. Arrange pineapple rings on ham. Bake until pineapple is delicately brown basting often with syrup in pan. 8 servings.

GLAZED HAM LOAF

2 cups ground smoked ham	2 eggs, slightly beaten
3 cups ground fresh pork	1 cup brown sugar
1 cup soft bread crumbs	½ teaspoon dry mustard
1 cup milk	½ cup dilute vinegar

Grind ham and fresh pork together. Combine with bread crumbs. Add milk and eggs. Shape into a loaf. Place in shallow pan. Mix sugar, mustard, and vinegar together. Pour over loaf. Bake in moderate oven (350° F.) about 1½ hours basting often with vinegar mixture. 1 cup crushed pineapple may be substituted for vinegar. 12 servings.

ROAST PORK

Prepare as for Roast Beef. Cook in moderate oven (350° F.) until well done (180° F., internal temperature).

PORK TENDERLOIN BIRDS

Split pork tenderloins or pound until a wide, flat piece is formed about ½-inch thick. Make poultry stuffing (p. 194). Put split pieces together with stuffing between. Spread flattened pieces with stuffing then fold one half over the other. Skewer. Roll in flour. Brown in a little fat. Add small amount of milk or water. Simmer until tender, about 2 hours. Remove to hot platter. Thicken liquid for a sauce. These are especially good if baked.

BAKED PORK TENDERLOIN WITH MUSHROOMS

Pork tenderloin, 1 pound	1 cup sliced mushrooms
Salt, 1 teaspoon	

Cut tenderloin in halves lengthwise leaving a small bit to hold the two pieces together. Season. Place mushrooms between the two halves. Skewer together. Place in roasting pan. Bake in moderate oven (350° F.) until well done. 4 servings.

ROAST VEAL

Suitable cuts for roasting are loin, leg, rack or ribs, shoulder, and breast. Prepare and cook as for Roast Beef (p. 176). Cook until well done (170° F., internal temperature).

VEAL BIRDS

Use 3-inch squares of round of veal cut $\frac{1}{8}$ -inch thick. Season. Spread each piece with poultry stuffing (p. 194), keeping it away from edges. Roll, skewer with toothpicks, and complete as for Pork Tenderloin Birds.

Veal birds may be baked instead of stewed. In that case a slice of bacon laid across top of each gives a good flavor. A slice of bacon may also be used instead of stuffing, if desired.

BREADED VEAL CUTLETS

Use round of veal cut $\frac{1}{2}$ -inch thick. Wipe, remove bone, and cut into cutlet shapes suitable for individual portions. Season with salt and pepper, roll in flour or egg and crumb (p. 48). Cook in large or small amount of fat.

Cutlets after browning may be cooked slowly in a Thin Brown Sauce (p. 148) for at least $\frac{3}{4}$ hour.

PRESSED VEAL

3 pounds lean veal	1 egg, slightly beaten
2 small slices salt pork	Salt
6 crackers, rolled	Pepper
$\frac{1}{4}$ cup melted fat	Sage

Wipe veal and salt pork. Run through food chopper. Add crumbs, fat, and egg. Season highly with salt, pepper, and sage. Mix well. Pack in loaf bread pan. Bake slowly (325° F.) about 3 hours. Cool before turning from pan. Serve hot or cold cut into thin slices. 12 servings.

CHOPS

Kinds.—Chops are cut from loin, rib, or shoulder of lamb, mutton, or pork. They are named accordingly, as loin, rib, or shoulder chops.

They are also variously designated as follows: **American Chops** are ordinary loin or rib chops. **French Chops** are rib chops in which bone has been shortened and scraped clean nearly to the "eye" of meat, permitting it to be decorated with a paper frill for serving. **English Chops** are loin chops cut from the unsplit lamb or mutton carcass. The term is also applied to rib chops cut 2 ribs in thickness. **Kidney Chops** are loin chops cut through the kidney including some adhering fat. **Saratoga Chops** are cut from the boned, rolled shoulder.

Methods of Cooking

Broiled Chops.—Wipe chops, trim if necessary to give a neat shape. Remove excess fat. Broil as for Steak (p. 173), decreasing time if necessary. Lamb chops are especially suitable for broiling but should be cooked well done.

Pan-broiled Chops.—Prepare as for Broiled Chops pan-broiling instead of broiling. Cuts suitable for broiling are also good for pan-broiling.

Baked Chops with Stuffing.—Place a spoonful of Stuffing (p. 194) on each chop. Bake in moderate oven (350° F.). Baste as needed with a little fat and hot water. Any chops may be used.

Breaded Chops.—Season chops, egg and crumb (p. 48). Cook in large or small amount of fat. Temperature should be low enough to allow sufficient time for cooking, especially in case of veal and pork. If cooked in a small amount of fat, reduce heat after browning, cover tightly, and cook slowly until well done. Addition of 1-2 tablespoons water may be desirable. Apples may be cooked with pork chops if a small amount of fat is used.

LAMB AND MUTTON

The "fell" is the thin, papery outer covering of the sheep carcass. Most recipes suggest its removal before cooking but recent work indicates that this is unnecessary as it is not believed to affect flavor. It is often removed, however, to increase attractiveness of cut. Lamb and mutton should be served very hot as lamb fat hardens at a comparatively high temperature becoming most unappetizing.

ROAST LAMB OR MUTTON

Prepare and cook as for Roast Beef (p. 176). Lamb should be cooked well done (175-180° F., internal temperature).

CURRY OF LAMB

1 pound lean meat from neck or breast of lamb	Pepper corns to taste
2 teaspoons salt	Parsley
Speck pepper	Flour
1 slice onion	Curry powder

Wipe lamb. Cut into 1-inch pieces. Add bone. Cover with boiling water. Add seasonings. Simmer until meat is tender. Remove meat, strain liquid, then thicken as for Medium White

Sauce (p. 148). Flavor with curry. Add meat, reheat, and serve with border of steamed rice or mashed potatoes. Garnish with parsley. Cooked left-over lamb or mutton may be used with stock, gravy, or milk for liquid. 3-4 servings.

FROZEN MEAT

Frozen meat may be prepared by the same methods used for fresh meat. It may or may not be thawed prior to cooking. The cooking losses appear to be less if thawed at refrigerator temperature. It may be thawed at room temperature but should never be placed in water. If cooking is started while meat is still frozen a longer cooking period is necessary, sometimes, as much as 2-3 times that required for unfrozen meat. The table on page 190 indicates difference in cooking time which may be necessary. After thawing, cook promptly.

MIXED GRILLS

A broiled meal, known as a "mixed grill," is growing in popularity for the main dish of a luncheon or dinner. It permits of cooking practically the entire meal in broiling oven thus eliminating time, fuel, and dishes. Some fruits and almost any preferred combination of meat and vegetables, except green ones, may be prepared in this way. Vegetables are usually pre-cooked or left-overs may be used. Those especially suitable are white and sweet potatoes, carrots, beets, turnips, summer squash, egg plant, tomatoes, and cucumbers. If brushed with melted fat they dry less and brown better in cooking. Mushrooms should be marinated with French dressing before grilling to prevent darkening. Place in broiling pan, cap-side up with a bit of butter in each. Place meat in such a position that it will be directly under flame, if gas is used. Some suitable combinations are suggested below. Details of preparation are given for 1. In general, the principles are the same for all but time for cooking will vary with particular foods used.

1.—For each person allow 1 lamb chop, 2 slices bacon, ½ tomato, ½ parboiled potato, 1 slice pineapple, and mushrooms as desired. Place chops, brushed with French Dressing, if desired, and potatoes on lightly oiled rack of broiler. Cook until half-done. Remove from oven, turn, add remaining foods except bacon. Return to broiling oven. Baste occasionally with liquid

Time Table for Cooking Thawed and Unthawed Cuts

Cut	Method of cooking	Thawed		Unthawed	
		Approximate minutes per pound	total time in minutes	Approximate minutes per pound	total time in minutes
Standing rib roast (4 pounds) (1) (2) Rare Medium Well-done	Roasting at 300° F.	18		43	
		22		47	
		30		55	
Rolled rib roast (4 pounds) (1) (2) Rare Medium Well-done		28		53	
		32		57	
		40		65	
Beef rump (3 pounds) (2)	Braising	30		50	
Porterhousesteak (2) 1 inch thick 1½ inches thick 2 inches thick	Broiling (rare to medium)	10-12		21-33	
		10-15		23-38	
		15-20		33-43	
Lamb chops ¾ inch thick 1½ inches thick	Panbroiling		10		15
			20		25
Boneless lamb shoulder	Roasting	40		50	
Leg of lamb	Roasting at 300° F.	30-35		40-45	
Pork chops ¾ inch thick	Braising		45		55
Pork loin (2) (3) Center cut Rib or loin end	Roasting at 350° F.	35-40		50-55	
		45-55		70-75	
Sausage patties ½ inch thick 1 inch thick	Panbroiling		10		15
			15		23

Thawing time: (1) At refrigerator temperature, 1½-2 days.
 (2) At room temperature, 2-2½ hours per lb.
 (3) At refrigerator temperature, 13-14 hours per lb.

in pan. Cook 10 minutes, then turn tomatoes. Cover them and pineapple with bacon. Cook 5 minutes longer. Serve at once on hot plates.

2.—Pork sausage, halves of potatoes, tomatoes, apple rings.

3.—Hamburg steak, bacon strips, quarters of potatoes, small onions, halves of apricots.

4.—Filet mignon (beef tenderloin), bacon strips, mushrooms, sweet potatoes, small tomatoes, summer squash, pineapple, and banana.

5.—Ham, sweet potatoes, tomatoes, pineapple, or apple.

6.—Oysters, clams or white fish, carrots, cucumbers, apricots.

7.—Oysters wrapped in bacon, sliced tomatoes, egg plant, pineapple.

8.—Sea food plate.—Oysters, smelts, scallops, sliced Irish potatoes, cucumbers.

9.—Liver, sliced onions, green pepper rings.

10.—Beef steak, sliced Irish potatoes, parsnips, halves of apricots.

11.—Hamburg cakes wrapped in bacon, halves or quarters of bananas, sliced Irish potatoes.

POULTRY

DRESSING AND CLEANING

Cut off head of bird. Draw out pinfeathers. Singe to remove hair and down by holding bird over burning gas, alcohol, or paper, turning constantly until all parts of body surface have been reached. Brush. If bird is old, tendons of leg should next be drawn. To do this make incision in back of shank, slip a nail or hook under a tendon, and pull it out. Repeat until all are drawn. (There are 7 tendons in each leg.) Cut off feet being careful to do this at joint.

DRAWING

Insert fingers under skin at neck and remove crop, gullet, and windpipe. These may also be removed through a slit in skin on back of neck, if preferred. Draw neck-skin down and cut off neck close to body. Leave enough skin to draw over neck bone and fasten in back.

Make incision around vent and wrap latter in paper. Then cut across abdomen half way between vent and end of breast bone. Opening should be just large enough to admit fingers. Slip fingers in carefully and loosen intestines, gizzard, heart, and liver. Draw these out, taking care not to break gall bladder. Remove lungs and kidneys and cut oil sac from base of tail. Wash bird thoroughly inside and out but do not allow to stand in water.

CLEANING GIBLETS

"Giblets" include the heart, liver, and gizzard. Remove gall bladder from liver and cut off any portions of the latter that may be colored green. Separate arteries, veins, and membranes from heart. Wash out clotted blood. Remove fat and membranes from gizzard. Cut through thickest part to, but not through, inner lining. Remove enclosed sac and discard. Wash giblets thoroughly.

STUFFING

After poultry is dressed and cleaned it is ready to stuff if desired. Wipe bird, rub inside with salt, place stuffing in cavity where crop was removed and inside body. Sew up or skewer

opening. Too much stuffing is undesirable as it swells in cooking, particularly if made of crackers, and tends to absorb juices. For this reason many prefer to cook stuffing separately.

TRUSSING

Draw skin of neck smoothly down and over back; press wings close against body and fold pinions under, crossing back and holding down skin of neck. Press legs close to body slipping ends under skin as much as possible. Thighs may be disjunct from drum stick before placing in position. This lessens muscle tension but appearance is not so good.

Thread trussing needle with clean white twine using it double. Press needle through wing by middle joint, pass it through skin of neck and back and out again at middle joint of other wing. Return needle through bend of leg at second joint on other side. Draw cord tight and tie to end at wing joint. Next run cord through legs and body at thigh bone and back at ends of drum sticks. Draw drum sticks close together covering opening made for drawing bird and tie ends. Both knots should be on same side of fowl. To remove, cut cord on opposite side and draw out by knots.

A similar effect can be obtained more easily by using skewers. It is also possible to truss a bird without use of a needle by slipping a loop of twine over end of skin of neck and drawing it tight. Pull neck skin over back, put wings in position over it then press thigh close to body and draw the two ends of strings up over them. Cross strings over legs and tie them down to tail.

A still simpler method is to place wings in position over the folded neck skin, then slip legs through slit made for drawing and out through vent opening.

CUTTING UP

Cut off head; remove pinfeathers; singe; remove tendons, feet, and oil sac. Wash. Cut off neck. Separate legs by cutting through skin close to body, bending leg back to separate joints, and then cutting through flesh. Separate thigh or second joint from leg or drum stick. Remove wings by cutting through skin and flesh on under side and separating joint.

Separate breast from back by cutting through skin just below breast bone and following up ribs to shoulder where it

is disjointed. Remove internal organs. Bend back portion to break back bone and separate back by cutting crosswise. The back should be broken to flatten it or it may be divided lengthwise. Remove wishbone with adjoining meat and separate remaining breast meat into two parts cutting through flesh close to bone. Wash all pieces thoroughly.

BONING

Clean and wash bird carefully; remove feet, head, and neck, but do not draw. Place bird on its rump, dislocate wings and legs, and scrape flesh from bones of body case. Then remove wing and leg bones. Wing tips may be cut off or left unboned. A small hole is cut around vent. As skin is loosened it is folded back. After bones are all removed, turn skin right side out. Then fill with stuffing or chopped, seasoned meat in order to give it a normal shape. Sew opening at neck to retain stuffing.

Take great care to avoid cutting skin. When skin lies near bone, to prevent punctures, it is well to use the fingers rather than a knife to loosen flesh.

FOODS SUITABLE TO SERVE WITH POULTRY

Roast Chicken.—Cranberry or apple sauce, currant jelly, white or sweet potatoes, squash, rice croquettes, peas, asparagus, mushrooms, celery, and cucumbers.

Roast Turkey.—Cranberry Sauce; currant, grape or apple jelly; chestnut, oyster, plain, or sausage stuffing; almost any vegetable.

Roast Goose.—Same as Roast Pork (p. 173).

Boiled Fowl.—Bread, White, or Drawn Butter Sauce; dumplings, noodles, rice, sweet potatoes, creamed onions, or any delicate vegetable.

Roast Chicken

Dress, clean, draw, stuff if desired, and truss a bird. Place, preferably breast down, on rack in roasting pan. If bird is lean, lay strip of salt pork or bits of other fat on back. Place in slow oven (325° F.) allowing 40-50 minutes per pound. Bird should be turned breast up during last of cooking to insure even browning. It may be basted occasionally during cooking with drippings in pan. A little water may be added

if necessary. If bird is young, cover pan to prevent drying. It is not necessary to cover pan when roasting large birds but it is often desirable to cover for last hour of cooking to give a tender skin. Serve with Giblet or Brown Sauce (p. 148) made with milk.

STUFFING OR DRESSING (POULTRY OR MEAT)

4 cups stale or toasted bread cut into ½-inch cubes	¼-½ teaspoon powdered sage
1-1½ cups boiling water, stock, or hot milk	¼ cup finely chopped celery, if desired
4 tablespoons fat, melted (more if water is used)	1 tablespoon finely chopped onion, if desired
1 teaspoon salt	1 tablespoon finely chopped parsley, if desired
Pepper to taste	1 egg, slightly beaten, if desired

Add seasonings to bread. Mix lightly with fork. Melt fat in stock and mix with bread taking care that latter does not become soggy. A beaten egg may be added if desired. Stuffing may be cooked apart from bird in an oiled pan. In that case baste frequently with stock from cooking bird. Addition of a small amount of baking powder gives a somewhat lighter product. Sufficient for 1 medium-sized bird.

GIBLET SAUCE

Simmer giblets until tender in water to cover. Make Pan Gravy (p. 149) using drippings from roast bird for fat and stock in which giblets were cooked for liquid. Add chopped or diced giblets. Liver may be omitted if desired.

ROAST TURKEY

Follow method for Roast Chicken (p. 194). Cook at 300° F., allowing 25-35 minutes per pound.

BROILED CHICKEN

Choose plump, young bird weighing ¾-2 pounds. Small sizes are split down back and served whole. Larger birds are split down both back and breast bone making two servings. Remove pinfeathers and singe chicken. Cut off head and feet. Split as desired, remove internal organs, and wash clean. Place on well-oiled broiler, and broil (not too hot a fire) until tender and brown, turning occasionally. Keep bony side uppermost most of time to prevent burning skin. Allow 30-45 minutes at 300-325° F. for a 2-pound bird (dressed weight). When done, sprinkle with salt and pepper, spread with butter or chicken fat, and serve on warm platter.

There is less danger of burning if chicken is partially baked in covered pan before broiling. This is also desirable if chickens are not very tender. 1-pound chicken, 2 servings.

WHITE FRICASSÉE OF CHICKEN

1 chicken	Flour
1 cup milk or cream	Salt
1-2 beaten egg yolks	Pepper

Dress and cut up chicken. Stew until tender. Remove from liquid. Boil liquid until reduced to 2 cups. Add milk or cream. Complete as for Medium White Sauce (p. 148). Pour sauce gradually over egg yolks beating while adding. Season to taste. Place chicken in center of platter, surround with steamed rice or mashed potatoes, and cover with sauce. 1 medium-sized chicken, 6 servings.

Variations

Brown Fricassée of Chicken.—Season pieces of chicken, roll in flour, and brown in hot fat. Complete as for White Fricassée of Chicken.

Stewed Chicken with Dumplings.—Substitute dumplings (p. 93) for rice or potatoes in White Fricassée of Chicken. It is better to steam them separately though they may be cooked on top of chicken. In that case more broth must be allowed.

FRIED CHICKEN (SAUTÉD)

Dress and cut up a young chicken. Season with salt and pepper. Roll in flour. Brown in generous quantity of hot fat turning as needed. Cover. Cook slowly until tender allowing 30-45 minutes. If chicken is a trifle old, it may be better to add a little water after it is browned. Serve with Brown Sauce (p. 148) made from fat in pan, using milk for liquid and seasoning only with salt and pepper. 1 medium-sized chicken, 4-5 servings.

CHICKEN A LA MARYLAND

Dress and cut up fowl. Season with salt and pepper. Roll in flour or egg and crumb (p. 48) as preferred. Place in well-oiled roaster. Bake until tender in moderate oven (350° F.). Baste after first few minutes of cooking with fat melted in a little hot water or pour over it $\frac{1}{2}$ cup thin cream. Serve with Brown Sauce (p. 148) made from drippings in pan. 1 medium-sized chicken, 6 servings.

CHICKEN RECHAUFFÉ

1½ cups chopped, cooked chicken	2 tablespoons lemon juice
3 egg yolks, well beaten	Salt
½ cup heavy cream	Cayenne or paprika
	3 egg whites, beaten stiff

Mix ingredients in order named folding egg whites in last. Pour into oiled border molds. Set in pan of hot water. Bake in moderate oven (350° F.) until firm. Serve with asparagus tips or mushroom caps browned in a small amount of fat. 6 servings.

CHICKEN SOUFFLÉ I

Follow Directions for Soufflés (p. 47) using cooked, ground chicken.

CHICKEN SOUFFLÉ II (CHICKEN LOAF)

1 cup milk or chicken stock	Pepper
½ cup soft bread crumbs	1 teaspoon lemon juice,
2 tablespoons fat	if desired
1½ cups chopped, cooked chicken	½ teaspoon paprika
1 teaspoon salt	4 egg yolks, well beaten
	4 egg whites, beaten stiff

Cook crumbs in milk with fat to form a thick paste. Add chicken, seasonings, and egg yolks. Cool. Fold in egg whites. Bake as for Soufflés (p. 47). Serve with Béchamel, White, or Mushroom Sauce. Asparagus tips, peas, and carrots are suitable accompaniments. 6-8 servings.

CHICKEN SOUFFLÉ III (COLD)

½ cup hot chicken stock	½ cup heavy cream,
1 tablespoon gelatin	whipped
soaked in	½ cup chopped, cooked
¼ cup cold water	chicken
¼ cup tomato purée	Salt
½ tablespoon vinegar	Pepper

Dissolve gelatin in stock. Add tomato purée and vinegar. Season. Add chicken. Cool. Fold in cream. Pour into wet molds. Chill. 4-6 servings.

Variation

Cream of Chicken Glacé.—Make as for Chicken Soufflé III omitting tomato purée and vinegar, and reducing stock to ¼ cup. Season to taste. Cut into small cubes or ½-inch slices. Serve on lettuce leaves with or without French Dressing. 4 servings.

JELLIED CHICKEN

2 cups diced, cooked chicken	¼ cup each olives and pickles, chopped
4 hard-cooked eggs, sliced	½ cup chopped celery
2 tablespoons gelatin soaked in	2 tablespoons chopped pimiento
½ cup cold water	Salt
	Pepper

Boil liquid in which chicken was cooked until reduced to 1 pint. Add chicken, eggs, celery, pickles, pimentos, olives, salt and pepper, then soaked gelatin which has been dissolved over hot water. Pour into wet molds. Chill.

Alternate layers of jelly and food may be used if desired. The food may be arranged in a design if preferred. 12 servings.

CREAMED FILLETS OF CHICKEN AND ONIONS

1½ cups stock	½ cup thin cream
4 tablespoons flour	3 egg yolks, slightly beaten
3 tablespoons fat	Salt
2 chickens—fillets (breasts) and second joints (thighs)	Pepper
12 small, young, boiled onions	Lemon juice

Remove breasts and second joints of chickens. Cook in small amount of water until tender. Remove chicken to serving dish. Cook stock until reduced to 1½ cups. Make sauce of fat, flour, and stock. When thickened, add cream. Pour slowly over egg yolks while stirring. Season. Reheat with onions. Pour over chicken. 10-12 servings.

CHICKEN A LA KING

2 cups cooked white meat of chicken cut into 1-inch pieces	1½ cups mushrooms
5 tablespoons fat	½ teaspoon salt
3 tablespoons chopped pimento	¾ cups liquid (stock, cream, milk or a combination of these)
6 tablespoons green pepper	3 tablespoons flour
Paprika	2 egg yolks, beaten slightly

Cook mushrooms 5 minutes in 3 tablespoons of fat. Add to chicken with pimento, pepper, salt, and paprika. Make White Sauce (p. 147) from remaining fat, flour, and cream. When cooked, pour slowly over egg yolks while stirring. Add chicken mixture. Reheat and serve on toast. 6-8 servings.

CASSEROLE OF CHICKEN AND RICE

1 cup rice, uncooked	4 cups cooked chicken
2 tablespoons fat	cut into 1-inch pieces
2 tablespoons flour	1 cup blanched almonds,
2 cups chicken broth or	coarsely chopped
milk	1 large pimiento, cut
Salt	medium fine
Pepper	1 cup canned mushrooms,
	sliced if large

Cook rice (p. 64). Make White Sauce (p. 147) of fat, flour, and broth or milk. Season to taste. Add chicken. Moisten rice with chicken broth. Oil casserole. Place layer of rice in bottom, then add chicken, mushrooms, almonds, and pimentos. Cover with thin layer of rice. Dot with bits of butter. Bake in moderate oven (350° F.) for 1 hour. 8 servings, 1 cup each.

FROZEN POULTRY

Frozen poultry is cooked by the same methods used for fresh poultry. If thawed prior to cooking, it is done preferably in a refrigerator but may be done at room temperature. A frozen bird should never be placed directly in water to hasten thawing as this extracts both flavor and nutrients. If not thawed before starting to cook, be sure to allow sufficient time for both thawing and cooking.

DRIED CORN STUFFING

4 tablespoons chopped onion	1 egg, beaten slightly
4 tablespoons chopped	$\frac{2}{3}$ cup thin cream, scalded
green pepper	1 teaspoon celery salt
6 tablespoons fat	$\frac{1}{2}$ teaspoon savory season-
4 cups cracker crumbs	ing
(25-30 crackers coarse-	$\frac{1}{2}$ teaspoon salt
ly crumbled)	$\frac{1}{8}$ teaspoon pepper
2 $\frac{1}{2}$ cups cooked dried corn	
or well-drained whole	
kernel canned corn	

Cook onion and pepper in fat slowly for 5 minutes. Add to cracker crumbs. Add corn. Beat cream slowly into egg. Add to crumb mixture. Season. Enough for a 10-12-pound turkey.

NUTS

Food Value.—Nuts are concentrated foods and, as a class, are exceedingly rich in fat and protein. Starchy nuts, as peanuts and chestnuts, should be roasted or otherwise cooked to develop flavor. If nuts are ground before use, they may be more easily digested as they can then be mixed with other foods and are thus less concentrated.

BLANCHED ALMONDS

Cover shelled almonds with boiling water. Let stand until skins will slip. Drain, put into cold water and rub off skins. Dry between towels. Other nuts may be blanched in the same way.

SALTED ALMONDS

Place blanched almonds, a few at a time, in a small mesh frying basket; fry (360°-370° F. or 182°-188° C.) to a delicate brown, keeping nuts in constant motion. Drain. Sprinkle with salt. Other nuts may be salted in same way. Nuts may also be browned in a small amount of fat in oven or on top of stove, but almost constant stirring is necessary. Frying gives a better product.

NUT LOAF

2 cups soft bread crumbs	½ cup fat
1 cup nutmeats, ground	½ cup hot water or stock
1 teaspoon salt	1 egg, slightly beaten
¼ teaspoon pepper	

Mix crumbs, nuts, salt, and pepper thoroughly. Melt fat in hot liquid. Cool slightly. Pour over egg. Combine with dry ingredients. Place in oiled pan. Set in a pan of hot water. Bake in slow oven (325° F.) about 45 minutes or until firm. Cooked rice or hominy may be used instead of bread crumbs. 6 servings.

NUT CROQUETTES

Follow Directions for Croquettes (p. 48) using any nuts, ground or chopped.

NUT SOUFFLÉ

Follow Directions for Soufflés (p. 47), using any nuts, ground or chopped.

SPICED NUTS

$\frac{1}{4}$ cup sugar	2 teaspoons unbeaten egg white
1 tablespoon cinnamon	
1 cup nut halves	

Combine sugar and cinnamon. Mix nuts with egg white. Coat with sugar mixture. Bake in slow oven (300° F.) 30 minutes.

ROASTED NUTS

Spread nut meats in a shallow pan in a thin layer. Heat in a slow oven (250° F.) stirring occasionally until light brown in color.

NUT BUTTER

(Peanuts, Almonds, Cashews)

2 cups blanched roasted nuts	1 tablespoon salad oil
	$\frac{1}{2}$ teaspoon salt

Grind nuts to degree of fineness desired—usually 2 or 3 times, using nut-butter plate. The tension should be great enough that grinder is hard to turn. Add oil and salt. Mix well. Pack in tightly closed containers. $\frac{1}{2}$ pound.

NUT PASTE

(Almonds or Fresh Coconut)

$1\frac{1}{2}$ cups ground, blanched unroasted almonds or coconut	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup water
	4 drops almond extract if desired

Combine ingredients. Cook 20 minutes in covered double boiler. Stir while cooling. Pack in covered jar. Store in refrigerator.

ENTREES

An "entrée" is usually a "made" dish served in individual portions as a separate course between the main courses of a formal meal. It generally precedes the roast. Occasionally two entrées are served in one meal. In that case, the first one will probably precede the fish course. They should be very different in character to avoid monotony. No distinct line is drawn between an entrée and a main course though the former should be lighter so as not to spoil the appetite for what is to follow. An entrée made of protein foods may be served as the main course in an informal meal taking the place of fish, game, or meat. In such cases these materials are generally used in it. Meat, in the form of a roast, never appears as an entrée.

An entrée may be rich or light in character, it is usually a small portion, and is always highly seasoned. It may be either hot or cold. Usually a hot entrée precedes the roast and a cold one follows it. An entrée should be so prepared that it may be eaten easily with a fork. Protein foods, as eggs, cheese, fish, oysters, or similar dishes, and vegetables, unusual in kind or in method of cooking, are most often used. A carefully chosen sauce always accompanies an entrée. It may be served as an accompaniment or as part of the dish itself.

Suggestions for Entrées

Hot

Creamed dishes in timbale cases, patty shells, bread boxes, or on toast
Individual scalloped dishes
Croquettes or fritters
Soufflés or timbales
Vegetables, as asparagus with Hollandaise Sauce
Choice portions of meat as sliced filets, chops, or sweetbreads

Cold

Meat, fish, eggs, or similar foods in aspic
Cold vegetables, as tomatoes stuffed with celery
Chaud-froids
Cold soufflés
Salads, in some cases

SWEDISH TIMBALE CASES

$\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar, if desired

1 egg, slightly beaten
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon oil or melted fat

Sift dry ingredients together. Add milk, egg, and oil. Beat until smooth. Let stand 1 hour to allow air to escape. Fry using a timbale iron. 12 timbales.

To Use a Timbale Iron.—Heat iron in kettle with fat. The latter should be deep enough to cover iron well. When fat is sufficiently hot for frying uncooked foods (360°-370° F. or 182°-188° C.), iron will be ready to use. Pour batter into a cup or similar utensil to give sufficient depth to dip iron without touching bottom. Drain fat from iron, touch bottom of iron lightly against soft paper to absorb surplus fat, then dip into batter to within ½-inch of top of iron. If lowered too far, case will spread over top when fried and be difficult to remove. Lift out carefully, drain, and lower into fat. Fry until crisp and brown. Lift iron from fat taking care that case does not slip off. Turn upside down to drain upon soft, crumpled paper. Return iron to batter without dipping into fat unless it needs reheating.

Precautions.—If mixture does not cling to iron when dipped into batter, the iron is too cold. If fat sizzles considerably and case spreads out and drops from iron in frying, it is too hot. If cases are soft and thick rather than crisp and thin, batter is too thick. It should then be thinned by adding milk. If air bubbles do not all escape in time batter stands, surface will not be smooth when timbales are fried and there may be holes when bubbles break.

ROSETTES

Make Swedish Timbale Batter and, using a rosette instead of a timbale iron, fry as for Timbale Cases. Serve, sprinkled with powdered sugar or heaped with fresh or preserved fruits. Garnish with whipped or ice cream.

FATS

Food fats are commonly classified as **solid** and **liquid**. The latter are often known as oils.

Butter and oleomargarine are best suited to table use and many prefer them for cakes and like-mixtures because of their flavor and texture. Poultry fat is excellent to use in all recipes where butter is commonly employed. Lamb fat is improved if combined with softer fat and flavored by addition of such herbs as summer savory and thyme. It is not a good fat to use in cakes or other delicate foods because of its texture and flavor. Beef suet has many of the same disadvantages as lamb fat but is easier to use successfully. Bacon fat is desirable for fried (sautéd) potatoes, eggs, and other foods where the flavor is pleasing. It may also be used in molasses cookies, gingerbread, and similar strong-flavored foods where taste is disguised.

The oils most used are corn, cottonseed, and peanut. These do not burn readily so are well adapted to frying purposes. Some oils are rather highly flavored, others are almost tasteless. The choice for salad dressing depends largely upon personal preference. Oils make a tender pastry but one which is less flaky than a similar product made with lard. Oils may also be used in cakes with fair success. However, a better product is usually secured with the muffin method of mixing rather than the conventional one.

Fats have different melting and burning or decomposition points. Those with higher burning points, as oils, are better for frying. Too much heat, indicated by smoke, decomposes fat, causing it to give off disagreeable odors and forming compounds irritating to the digestive tract.

Shortening Value.—Shortening value of fat appears to be dependent not only upon amount of fat it contains but also upon the kind of fatty acids that compose it. These also determine whether fat is solid or liquid.

Shortening power of cream is proportional to amount of butter fat it contains. Allowance should be made for the water in cream, decreasing liquid accordingly in such recipes as cake. In thin cream, there is approximately $\frac{3}{4}$ cup water and $\frac{1}{5}$ cup butter fat.

Approximate Equivalents in Shortening Values

Fat	Equivalent amount in cups
Butter or margarine*	1
Chicken fat	$\frac{7}{8}$
Oil	$\frac{7}{8}$
Lard	$\frac{7}{8}$
Hydrogenated fats	$\frac{7}{8}$ -1
Thin cream, 18% fat	$\frac{4}{8}$
Medium heavy cream, 30% fat	$\frac{3}{8}$
Heavy cream, 40% fat	$\frac{2}{8}$

*Measure of vegetable margarine should be generous as it has somewhat less shortening power than butter or animal margarine.

DEEP FAT FRYING

Caution! ! ! Fat is very inflammable so should be watched carefully when used to avoid accident. It is safer not to place kettle of fat over a direct flame for this reason. When an open gas burner is used, an asbestos mat, placed between kettle and flame, will serve as protection. Burning fat may be extinguished by shutting off air. This may be accomplished by placing a cover on kettle. Water should never be used to put out burning fat. It tends to spread fire as it is heavier than fat.

Use a large kettle for frying so there is no danger from splashing fat. Turn a protruding handle toward back of range so it cannot be struck by anyone passing by. Avoid placing a large amount of watery food in kettle at one time lest fat boil over.

Utensils for Deep Fat Frying

A deep, iron, bowl-shaped kettle is ideal for holding fat. It should have a sturdy base so it will not tip readily. Such a shape tends to make sediment sink into the curve away from the food. Neither does it require as much fat as a flat-bottomed kettle. A wire frying basket makes it easy to handle food. A long fork or spoon is helpful in removing products from basket. A pan filled with soft, crumpled, absorbent paper is desirable for draining fried food.

General Directions for Deep Fat Frying

Choose a fat with high smoking point, as hydrogenated fats, cottonseed, or corn oil. It should be either tasteless

or possessed of pleasing flavor. Use enough to cover food entirely but do not fill kettle more than $\frac{3}{4}$ full. Heat gradually to desired temperature. This will vary from 350°-400° F. or 177°-204° C. The temperature used should be below smoking point of fat. Cooked foods need only heating and browning while uncooked foods should cook before they brown. The former, therefore, require a higher temperature. Have foods to be fried dry on surface, as moisture causes fat to sputter.

Do not cook too much material at one time. Do not allow foods to touch each other when frying, or they will not brown evenly. When foods are sufficiently cooked, remove from fat, drain over kettle, then place on soft, crumpled paper. Reheat fat, if necessary, after each lot of food is removed. Strain fat through cheesecloth after using.

To Test Temperature of Fat for Deep Fat Frying

Cooked Foods.—Drop a 1-inch cube of soft bread cut from inside of loaf into fat. If sufficiently hot, bread will brown in 40 seconds. The temperature varies from 375°-400° F. or 190°-204° C.

Uncooked Foods.—Test as for Cooked Foods. Bread should brown in 60 seconds unless foods to be fried are very large. In that case, allow 75 seconds for bread to brown. The temperature varies from 350°-375° F. or 177°-190° C.

If fat is too cool, foods will soak; if too hot they either will be too brown or not thoroughly cooked. Overheating also decomposes fat.

To Clarify Fat

Melt fat, add slices of raw potato. Heat slowly. When fat ceases to bubble and potatoes are browned, strain through two thicknesses of cheesecloth. Cool.

If fat has not burned it may be clarified repeatedly. When no longer desirable for frying, use for making soap.

Small amounts of the harder fats may be clarified by pouring boiling water over them and stirring vigorously. After cooling, remove cake of fat formed on top and scrape burned particles from under part. Repeat, if necessary, to obtain clear, white fat.

To Render Fat (To Try Out)

Run fat through food chopper or chop fine. Allow $\frac{1}{2}$ cup milk for each pound fat. Mix together, cook over boiling water until fat melts. (Direct heat may be used but there is danger of scorching unless watched very carefully.) Strain through several thicknesses of cheesecloth.

The milk may be omitted but it improves flavor and texture of product. The "cracklings" (bits left after fat is rendered) may be used in cooking such foods as mush.

FRYING (SAUTEING OR PAN FRYING)

General Directions

Heat pan, add small amount of fat, and heat again. Add food. (It should be as free from water as possible to prevent spattering and cooling fat.) Brown first on one side, then on the other, being careful not to puncture food when turning. Add more fat, if necessary, to prevent burning.

SALAD DRESSINGS AND SALADS

SALAD DRESSINGS

Three classes of salad dressings are commonly recognized, cooked, French, and mayonnaise. A miscellaneous group may also be included. Salad dressings may be made in quantity and stored in refrigerator some time.

COOKED SALAD DRESSING I

$\frac{3}{4}$ teaspoon salt	2 egg yolks, slightly
1 teaspoon mustard	beaten or
$1\frac{1}{2}$ tablespoons sugar	1 whole egg
2 tablespoons flour	$\frac{3}{4}$ cup milk or water
Speck cayenne	$\frac{1}{4}$ cup mild vinegar
	2 tablespoons fat

Mix dry ingredients. Add to egg yolks, mixing well. Add milk gradually, then vinegar very slowly. Cook over hot water, stirring until mixture thickens. Add fat. Cool. Serve plain or fold in an equal volume of whipped cream just before using. $1\frac{1}{2}$ cups, without cream.

Variations

Cheese Salad Dressing.—Add $\frac{1}{2}$ cup grated cheese to Cooked Salad Dressing I as it begins to thicken. Decrease flour to 1 tablespoon. Serve with spinach, cauliflower, dates, or similar foods.

Peanut Butter Salad Dressing I.—Add peanut butter to taste to Cooked Salad Dressing I. Serve with carrot, banana, or any desired combination.

COOKED SALAD DRESSING II (WHIPPED CREAM DRESSING)

$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ cup boiling vinegar,
$\frac{1}{4}$ teaspoon salt	diluted if necessary
Speck cayenne	1 tablespoon fat
2 tablespoons sugar	$\frac{1}{2}$ cup heavy cream,
3 egg yolks, beaten thick	whipped

Make as for Cooked Salad Dressing I. Add cream just before using. $1\frac{1}{2}$ cups, with cream.

FRUIT SALAD DRESSING

2 beaten eggs	$\frac{1}{2}$ cup heavy cream,
$\frac{1}{2}$ cup sugar	whipped
Pinch salt	
$\frac{3}{4}$ cup hot fruit juice—	
equal parts orange,	
lemon, and pineapple	

Add sugar and salt to eggs, then fruit juice gradually.

Cook over hot water until mixture thickens, stirring to prevent lumping. Cool. Fold in cream just before serving. Other acid fruit juices may be used. $2\frac{1}{4}$ cups.

BACON FAT DRESSING

1-2 strips raw bacon, minced	1-2 tablespoons sugar
$\frac{1}{2}$ cup water	Pinch salt
$\frac{1}{8}$ - $\frac{1}{4}$ cup vinegar, ac- cording to strength	Speck cayenne

Cook bacon slowly until brown. Add remaining ingredients, heat to boiling point. Serve at once on leaf lettuce, shredded spinach, or cooked string beans. $\frac{5}{8}$ - $\frac{3}{4}$ cup.

PEANUT BUTTER SALAD DRESSING II

1 teaspoon cornstarch	$\frac{1}{2}$ cup peanut butter
$\frac{1}{2}$ teaspoon mustard	$\frac{2}{3}$ cup water
$\frac{1}{2}$ teaspoon salt	2 tablespoons lemon juice

Mix dry ingredients. Add peanut butter and water. Cook, stirring constantly, until mixture thickens. Add lemon juice. Cool. Serve on banana, orange, or mixed fruit salad. 1 cup.

FRENCH DRESSING

$\frac{1}{2}$ teaspoon salt	3 tablespoons salad oil
$\frac{1}{8}$ teaspoon white pepper	1 tablespoon vinegar or lemon juice
Speck cayenne	
Paprika, if desired	

Method I.—Mix dry ingredients. Add oil and vinegar or lemon juice alternately, beating until thick. Do this just before serving as emulsion is very temporary.

Method II.—Put all ingredients into a bottle or jar. Close tightly and shake vigorously just before using. A bottle marked for amounts of acid and oil simplifies measuring.

Vinegar is most commonly used for acid when dressing is to be served with meat or vegetables. Lemon juice is more suitable for use with fruits. Half vinegar and half lemon juice are often used. If a sweet dressing is desired, 1-4 tablespoons or more of sugar may be added. The larger amounts help to stabilize emulsion and impart a pleasing flavor. Mustard gives a zest that is often liked. Worcestershire sauce, onion juice or chopped onion, grated Roquefort cheese, chopped olives, pickles or pimentos, may be added for occasional variety. $\frac{1}{4}$ cup.

MARINADE

Make French dressing. Use as directed under General Suggestions for Combining Salads (p. 212).

TOMATO DRESSING

1½ cups salad oil	1 tablespoon Worcester- shire sauce
½ cup vinegar	½ small dry onion, minced
1 small can tomato soup (No. 1)	¼ clove garlic, minced
2 tablespoons sugar	¼ raw green pepper, minced
1 teaspoon dry mustard	
1 teaspoon salt	
1 teaspoon paprika	

Place all ingredients in bowl in order indicated. Beat with rotary egg beater until thoroughly blended. 3 cups.

FRUIT DRESSING

¾ cup sugar	1 teaspoon celery seed
1 teaspoon salt	½ cup vinegar
1 teaspoon mustard	1 teaspoon grated onion
1 teaspoon paprika	1 cup oil

Put all ingredients, except onion and oil, together in sauce pan. Cook very slowly until sugar is dissolved. Cool to room temperature. Add oil, a little at a time, beating with a silver fork. Add onion. 1½ cups.

MAYONNAISE DRESSING

1 egg yolk, beaten	¼ teaspoon mustard, if desired
½ teaspoon sugar, if desired	1 tablespoon lemon juice
Speck cayenne	1 tablespoon vinegar
½ teaspoon salt	1 cup salad oil

Mix dry ingredients. Add to egg yolk. Beat well. Add vinegar and lemon juice gradually while beating. Add oil, drop by drop at first, beating well between each addition. After about half of oil is in, remainder may be added more rapidly. Mixture should be thick and smooth when finished.

Should dressing curdle, start with another egg yolk or 1 tablespoon water or vinegar. Add curdled mixture a little at a time, beating well all the while. 1 cup.

Variations

Russian Dressing.—Just before serving, add 2 tablespoons chili sauce, 2 tablespoons whipped cream, and 1 tablespoon chopped, green pepper to ¼ cup Mayonnaise Dressing. Serve with crisp, green salad.

Thousand Island Dressing.—Just before serving, add 1 tablespoon chili sauce, ½ tablespoon tomato catsup, ½ teaspoon chopped, green pepper, 1 tablespoon chopped pimiento, ½ teaspoon chopped chives or mild onion, and ¼ teaspoon paprika to ¼ cup Mayonnaise Dressing. Serve with crisp, green salad.

Whipped Cream Mayonnaise.—Add equal amount of whipped cream to Mayonnaise Dressing just before serving. Use with fruit salads.

Cucumber Mayonnaise.—Add $\frac{1}{4}$ - $\frac{1}{2}$ cup fresh cucumbers cut into $\frac{1}{2}$ -inch cubes to 1 cup Mayonnaise Dressing just before serving. Serve with jellied salmon or other fish salads.

Bacon Mayonnaise.—Substitute bacon fat for oil in Mayonnaise Dressing. Keep at room temperature. Serve with lettuce or tomato salad.

MAYONNAISE DRESSING WITH STARCH FILLER

1 egg	$\frac{1}{8}$ teaspoon paprika
2 tablespoons sugar	$\frac{1}{4}$ cup vinegar
$\frac{1}{2}$ teaspoons salt	$\frac{3}{4}$ cup salad oil
2 teaspoons dry mustard	1 cup water
4 tablespoons cornstarch	

Put egg, sugar, seasoning, vinegar, and oil in mixing bowl but do not stir. Make paste by mixing cornstarch with $\frac{1}{2}$ cup of the water. Add remaining water. Cook, stirring constantly, over a slow fire until clear. Add hot mixture to ingredients in mixing bowl. Beat briskly with a rotary egg beater. Cool. Serve as desired. 2 cups.

CREAM SALAD DRESSING (FOR COLD-SLAW)

1-2 tablespoons sugar	$\frac{1}{2}$ teaspoon chopped, green pepper
$\frac{1}{4}$ teaspoon salt	3 tablespoons cream, sweet or sour
$\frac{1}{8}$ teaspoon pepper	1-2 tablespoons mild vinegar
$\frac{1}{4}$ teaspoon paprika	
Speck cayenne	
$\frac{1}{2}$ teaspoon chopped onion	

Mix dry ingredients, onion, and green pepper. Add cream, then vinegar gradually. Beat until thickened. Serve on shredded cabbage or leaf lettuce. $\frac{1}{3}$ cup.

CREAM SALAD DRESSING (FOR FRUIT SALAD)

1 cup whipped cream	$\frac{3}{4}$ teaspoon salt
2 tablespoons lemon juice	Paprika

Add lemon juice very slowly to cream. Season. Use at once. Sugar and mustard may be added to taste. If sour cream is used, decrease or omit lemon juice according to acidity desired.

SALADS

Salads usually consist of cold foods, cooked or uncooked, served with a dressing. They are made from meat, fish, poultry, vegetables, eggs, fruit, nuts, or any combinations of foods having harmonious flavors.

Salads may be served as a first course, with the main course, as a separate salad course following the main one, or as a dessert. The place in the meal largely determines the nature of the salad. It should be light and crisp when used as an accompaniment to a heavy meal, heavier and more substantial when intended as the main dish, and light and delicate if it takes the place of dessert. In the latter case it usually has a fruit foundation and is more or less sweet.

General Suggestions

Preparation.—Work for an attractive product using raw or cooked foods as desired. Canned foods can be used to advantage in salads. Have all fresh vegetables clean, cold, and crisp. Soak in cold water if necessary to secure this quality, then dry in a towel or shake in a wire basket before using. Cut main materials into neat pieces of uniform size suitable for serving. They should be large enough to be eaten comfortably and to establish identity of constituents, but small enough to be dainty. Free meat and similar foods from skin, bone, and gristle. Dice. To give flavor to such cooked foods as meat, fish, or vegetables, marinate for an hour or so before using. Marinate crisp vegetables just before using.

A **marinade** is well-seasoned French Dressing. To **marinate**, add a little marinade to food to be marinated and toss with two forks until every piece is coated. Marinate different kinds of food separately, combining them just before serving.

Mixing.—Have salad in bowl sufficiently large for mixing. Add dressing carefully, mixing lightly by tossing with two forks. Apply dressing immediately before serving except in such salads as potato, where it improves flavor to have it stand for a time. Use just enough dressing to flavor salad well.

Service.—Service varies according to type of salad chosen. As a rule, salads are served in a cup made of one or more leaves of head lettuce or on a bed of endive, cress, or leaf let-

tuce and should cover only about half of an ordinary salad plate. If lettuce is of poor quality, it may look better if shredded with scissors before placing on plate. Leaves should never present a flat, plastered appearance on a plate as may happen if they are too wet. Remove stem ends of lettuce. Some prefer to dress lettuce with French Dressing to insure a nicely flavored product when thick dressing is to be used on main part of salad.

For **fruit salad plates**, several cups of lettuce leaves are distributed attractively over entire surface of plate. Into these cups a different fruit, which may be marinated with French Dressing, is placed. Some form of cottage or cream cheese usually occupies one lettuce cup. Whipped Cream Mayonnaise (p. 211) goes well with this service.

Garnishes.—The garnish determines to a large extent the attractiveness of a salad. It should, as a rule, increase palatability as well. The best effects are produced by a few materials which contrast pleasantly in color or by two or three shades of the same color. As a rule, a garnish should be edible. Chopped parsley, chives, or like garnishes may be sprinkled over a green salad. Fine pieces, small strips, or fancy designs cut from pimento or green pepper add a bright touch to many salads.

Accompaniments.—When salad forms a separate course, serve it with plain or toasted crackers (grated cheese may be sprinkled over these before toasting), toasted strips of bread, cheese straws, bread sticks, small buttered rolls, or sandwiches. Cheese is often served with a green salad.

Preparation of Head Lettuce for Salad

Cut out core; remove coarse, outside leaves. Then hold head, cut part up, under cold, running water to open up leaves. This exposes the best of the lettuce for immediate use. Wash each leaf thoroughly and dry by pressing lightly in a towel or by whirling in a lettuce drier. Place in a moist cloth, paper bag, or tightly covered receptacle. Keep in cold place until ready to use. It may be kept several hours in this way.

Salad Combinations

The following combinations are suggestive. These may be varied according to taste and materials at hand. It is assumed that all will be served in a lettuce cup or on a bed of lettuce or other leaves. Whipped cream, French Dressing, or cooked dressing, goes well with fruit salad. Mayonnaise or French Dressing, as a rule, is best with meat or vegetable salad.

Cheese

Cream or cottage cheese balls with dash of paprika on top.

Cream or cottage cheese balls with chopped nuts, Spanish onions, olives, pickles, or pimiento.

Cream or cottage cheese molded in lemon jelly.

Cream or cottage cheese mixed with cream, chopped olives, pimientos, and nuts. Mold and slice.

Green pepper stuffed with cheese and cut into thin slices.

Edam or Roquefort cheese, broken coarsely, and scattered over lettuce.

Prunes or dates stuffed with cheese.

Cream cheese balls with sliced pineapple or halves of pears.

Eggs

Hard-cooked eggs cut into quarters lengthwise or into thin slices.

Hard-cooked eggs, stuffed.

Chopped, hard-cooked egg whites mixed with shredded lettuce or celery and salad dressing, garnished with hard-cooked egg yolks run through a sieve.

Fruit

Apples, diced, with celery and chopped English walnuts (**Waldorf Salad**). Apples need not be pared as skin is attractive in salads.

Apples, diced, with celery and halves of seeded white grapes or cherries.

Apples, diced, with chopped celery and dates.

Dates stuffed with nuts and cut crosswise into slices.

Lemon or other jelly with any combination of fruits preferred.

Halves of peaches, apricots, or pears with cherries stuffed with nuts.

Sections of orange, grape fruit, pineapple, or banana.

Nuts, oranges, grapes, and pineapple, served with Whipped Cream Dressing (p. 208).

Pineapple and nuts, with bits of candied ginger.

Meat and Fish

Tuna fish with celery, cabbage or cucumbers.

Salmon with celery and hard-cooked eggs.

Shrimp, crab, or lobster with celery or cabbage, pickles, and hard-cooked eggs.

Chicken with celery.

Sweetbreads with cucumbers.

Vegetable

Asparagus, alone, or with chopped pimienta or green pepper. Hard-cooked eggs may be added.

Asparagus stalks served in rings of pimienta or green pepper.

String beans, alone, or with carrots and peas.

Lima beans with green peppers.

Navy or kidney beans with chopped pickles.

Beets with peas.

Beets with celery, potatoes, and hard-cooked eggs.

Cabbage, alone, or with green pepper or celery, with or without stuffed olives or nuts.

Cabbage and pineapple, alone, or with blanched almonds and marshmallows.

Cabbage and kidney beans.

Carrots, ground, with onion juice and mayonnaise.

Carrots, ground, with cocoanut and chopped orange, molded in orange jelly.

Celery and nuts.

Cucumbers with lettuce.

Cucumber cups filled with any desired combination of vegetables.

Crisp leaf or head lettuce separated into leaves or cut into sections of size suitable to serve.

Peas, peanuts, and pickles.

Potatoes, with onion, pickle, hard-cooked egg, celery, or cucumber and cooked or mayonnaise dressing.

Radishes, alone, or as garnishes cut into slices, roses, and other fancy shapes.

Spinach, molded, and garnished with hard-cooked eggs.

Tomatoes, sliced or quartered, alone, or with pepper, hard-cooked eggs, and olives.

Tomatoes, sliced, with cheese balls.

Tomato cups filled with celery, cabbage, or chicken salad; cubes of cucumber mixed with tomato pulp; or apple and celery.

Watercress.

HEAD LETTUCE SALAD

I.—Wash lettuce, remove coarse outside leaves, cut lengthwise or crosswise into sections of size suitable to serve. Loosen leaves or cut to some extent for ease in eating. Serve with French, Russian, or Thousand Island Dressing (p. 210).

II.—Pile leaves of crisp lettuce lightly on salad plate. Serve with French Dressing (p. 209), plain or modified according to taste.

FROZEN TOMATO SALAD

2½ cups tomato juice	3 bay leaves
6 pepper corns	4 cloves
1½ teaspoons salt	

Add seasonings to tomato juice. Heat to boiling point. Boil 1 minute. Strain and freeze as for Ices (p. 243). Serve in lettuce cup with any dressing desired. 5 servings, ½ cup each.

FROZEN FRUIT SALAD

3 cups fruit, mixed and cut into pieces, (1 cup each of oranges, bananas, and shredded pineapple is a good mixture)	1 cup cream, whipped
	1 cup Mayonnaise (p. 210)
	2 teaspoons gelatin, soaked in
	3 tablespoons water

Dissolve soaked gelatin over hot water. Add to dressing. Mix dressing and cream with fruit. Pour mixture into refrigerator tray and freeze in mechanical refrigerator until body is firm but fruit is unfrozen (2 hours or longer). If refrigerator is not available pack mixture into a 2-quart ice cream mold, cover with oiled paper, and close tightly. Pack 4 hours or longer in a 3:1 ice-salt mixture. Remove from mold, slice, and serve on lettuce leaves with salad dressing. 12 servings.

FROZEN FRUIT AND CHEESE SALAD

- | | |
|--|--|
| 1 cup drained shredded
pineapple | 1 cup Mayonnaise (p. 210) |
| 1 tablespoon lemon juice | 1 cup cream, whipped |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup maraschino cher-
ries, cut into strips or
halves |
| $\frac{3}{8}$ cup cream cheese
(2 3-ounce packages) | |

Mix pineapple, lemon juice, and salt. Mash cheese with fork. Work in mayonnaise gradually. Fold in whipped cream. Combine with pineapple mixture. Add cherries. Pour into refrigerator tray. Freeze without stirring until body is firm. Do not allow fruit to freeze. 8 servings.

Variation

Omit fruit, add $\frac{1}{2}$ cup chopped pecans and $\frac{1}{4}$ cup chopped green pepper.

PERFECTION SALAD

- | | |
|------------------------------------|---|
| 2 tablespoons gelatin
soaked in | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup cold water | 2 cups celery cut into
$\frac{1}{4}$ -inch lengths |
| $\frac{1}{2}$ cup mild vinegar | 1 cup finely shredded
cabbage |
| 2 tablespoons lemon juice | 2 pimientos, cut fine |
| 2 cups boiling water | |
| 1 teaspoon salt | |

Add vinegar, lemon juice, boiling water, salt, and sugar to soaked gelatin. Strain and chill. When mixture begins to set, add remaining ingredients. Mold. Cut into squares or other shapes and serve on lettuce leaf with Mayonnaise (p. 210). Salad may be cut into cubes and served in pepper cases for variety. Any mixture of vegetables desired may be used. 12 servings.

JELLIED FRUIT SALAD

Make Lemon Jelly (p. 238) using $1\frac{1}{2}$ tablespoons gelatin. Pour small amount of mixture into bottom of mold. When nearly set, put in layer of fruit. It may be arranged in a design, if desired. Allow this to set firmly, then cover with jelly mixture. Repeat until all is used. Chill. Unmold when ready to serve. Cut into squares, diamonds, or slices according to mold used. Individual molds may be preferred.

Fruit juices may be substituted for part of liquid in Lemon Jelly.

Variations

Jellied Meat or Fish Salad.—Make Lemon Jelly, omitting sugar. Substitute cooked meat or fish for fruit. Add chopped celery or pickles as desired. Finish as for Jellied Fruit Salad.

Jellied Vegetable Salad.—Make as for Jellied Meat Salad, substituting any desired combination of vegetables for meat.

SPINACH SALAD

Wash and shred spinach. Add finely chopped onion and diced tomato. Serve with Bacon Fat Dressing (p. 209). Garnish with hard-cooked egg.

JELLIED TOMATO SALAD

2½ cups tomato juice	2 tablespoons sugar,
4 teaspoons gelatin	if desired
½ teaspoon salt	2 tablespoons mild
3 cloves	vinegar
Chopped parsley	

Soak gelatin in ½ cup tomato juice. Boil remainder of juice 1 minute with salt and cloves. Remove from fire, add gelatin. Stir until dissolved. Strain, add parsley, pour into molds. Chill. When firm, unmold on lettuce. Serve with Mayonnaise Dressing (p. 210). A sprig of parsley may be placed in each mold before filling if desired. 6-8 servings.

TO PEEL TOMATOES

Wash tomatoes. Put into boiling water a moment until skins crack. Chill in cold water. Drain and peel. Skins should slip off easily. It is often desirable to scald tomatoes in quantity, and after cooling, to place in refrigerator, peeling when ready to use. These scalded tomatoes may be kept several days.

POINSETTIA TOMATO SALAD

Peel and chill medium-sized tomatoes. Cut into eighths, almost but not quite through, so tomato will spread but not fall apart. Sprinkle with salt. Serve on lettuce leaf with spoonful of dressing in center of each. A mixture of cabbage and nuts mixed with salad dressing may be inserted in centers if desired. 1 serving, 1 tomato.

TOMATO CUPS

Peel medium-sized tomatoes. Remove thin slice from top of each. Take out seeds and most of pulp. Invert and chill. Fill with any desired salad mixture.

CUCUMBER AND PINEAPPLE SALAD

Add equal parts of diced cucumber and pineapple to Lemon Jelly (p. 238) in which pineapple juice has been substituted

for part of liquid. When partially set, fold in $\frac{1}{2}$ cup each of Mayonnaise (p. 210) and whipped cream. Chill. Cut into squares for serving. 8 servings.

CRANBERRY SALAD I

2 cups sugar	4 cups raw cranberries,
1 cup water	ground
2½ tablespoons gelatin	1 medium-sized orange
soaked in	with rind, ground
$\frac{1}{2}$ cup cold water	1 cup chopped celery
	1 cup chopped nuts

Cook sugar and water to make thin syrup. Add soaked gelatin. Stir until dissolved. Cool. Add remaining ingredients. Pour into mold. Chill. 16 servings.

CRANBERRY SALAD II

1 cup cranberries, ground	$\frac{1}{2}$ cup pecans, chopped
1 cup whole white seedless grapes	Sugar to taste
	Whipped cream to mix

Mix ingredients adding cream last. Serve at once on lettuce with or without Mayonnaise (p. 210). 6 servings.

SALAD BOWL

Green salads are particularly good for a salad bowl. Any convenient variety of coarsely shredded green vegetables, as head and leaf lettuce, spinach, chicory, endive, cabbage and water cress form the base of these salads. To these add any other vegetables available. Sliced raw carrots, radishes, and cucumbers, tomato wedges, and pepper and onion rings are desirable. Chopped chives and parsley may be added for flavor.

Chill vegetables. Pile lightly into bowl. Just before serving marinate with some variety of French Dressing (p. 209) tossing with two forks or a fork and spoon until each bit is coated.

China, wood, glass, or pottery make good salad bowls. Wooden ones should not be washed. They should be cleaned by wiping with a clean, dry cloth and then with a piece of bread to absorb the oil.

DESSERTS

Desserts, sometimes called "sweets," are served near the close of the meal and are usually sweet. The recipes given here do not cover all desserts. Others will be found in the chapters on Fruits, Cakes, and similar foods.

PUDDINGS

A pudding, properly named, has flour, cornstarch, bread, or some other grain product as a base. It may be boiled, steamed, or baked. The last two methods are most commonly used.

To boil a pudding.—Use a bag or cloth of strong muslin considerably larger than pudding. Wring cloth from boiling water and dredge with flour. Put pudding in center and tie tightly but leave space for mixture to swell. Place on a plate to prevent sticking and lower gently into a kettle of rapidly boiling water. When cooked, remove from water and dip quickly into cold water so cloth may be removed easily. For a simpler method place pudding in an oiled dish, cover with an oiled or floured cloth, and finish as above.

To steam a pudding.—Fill an oiled mold $\frac{2}{3}$ -full of pudding mixture and cover tightly with an oiled lid. Steam either in a regulation steamer or by placing on a rack in a tightly closed kettle surrounded by enough boiling water to cover molds to $\frac{2}{3}$ their depth. In the latter case, it is well to tie on lid unless it fits tightly.

To bake a pudding.—Pour into an oiled baking dish. Bake at desired temperature the required time. Such puddings are drier than either boiled or steamed ones.

BREAD PUDDING

1 cup dry bread crumbs	Pinch salt
2 cups scalded milk	2 tablespoons butter or substitute, melted
1-2 eggs, slightly beaten	$\frac{1}{2}$ teaspoon vanilla
6 tablespoons sugar	

Soak crumbs in milk 30 minutes. Mix sugar and salt with egg, then add milk mixture. Add fat and flavoring. Bake in oiled dish set in pan of hot water in moderate oven (350° F.) approximately 40 minutes.

If preferred, use 4 slices of stale bread, butter lightly and cut into half-inch cubes. Place in baking dish. Cover with custard mixture.

Serve with whipped cream or Hard Sauce (p. 153). 5 servings.

Variations

Chocolate Bread Pudding.—Make as for Bread Pudding, adding 1 square chocolate, melted, and, if liked, $\frac{1}{4}$ teaspoon cinnamon. Omit fat. More sugar may be desired.

Orange Bread Pudding.—Make as for Bread Pudding substituting orange juice for half of milk and grated rind of 2 oranges for vanilla.

Butterscotch Bread Pudding.—Make as for Bread Pudding substituting brown sugar for white. Cook sugar in fat until dark brown in color before adding to egg.

Fruit Bread Pudding.—Make as for Bread Pudding adding $\frac{1}{2}$ cup chopped raisins, dates, figs, or nuts. Instead of one of these, $\frac{1}{2}$ cup of orange marmalade may be folded into mixture.

Queen of Puddings.—Make as for Bread Pudding reserving egg whites. When baked, spread with a thick layer of jelly or jam and cover with meringue made from egg whites. Bake according to directions for Meringues for Pastries and Puddings (p. 305).

APPLE CRISP

$\frac{1}{2}$ cup butter or substitute	1-2 tablespoons water if
$\frac{3}{4}$ -1 cup sugar, white or brown	apples are dry
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon cinnamon or
$\frac{3}{4}$ cup flour	1 tablespoon lemon juice,
4 cups apples, pared and sliced	if desired

Work fat, sugar, salt, and flour together until crumbly. Place apples in oiled baking dish. Add water and cinnamon or lemon juice if used. Cover with flour mixture. Bake in moderate oven (375° F.) until apples are tender, about 1 hour. Serve with thin cream. 4 servings.

BROWN BETTY

2 cups soft bread crumbs	$\frac{1}{4}$ teaspoon cinnamon
4 tablespoons butter or substitute	$\frac{1}{2}$ teaspoon nutmeg, if desired
3 cups pared, sliced apples	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{2}$ cup sugar	Grated rind of 1 lemon
$\frac{1}{4}$ cup water	

Oil baking dish. Butter crumbs (p. 106). Place $\frac{1}{3}$ of

crumbs in bottom of dish. Add half of apples, sugar, spices, lemon juice and rind. Repeat. Cover top with remaining third of crumbs. Cover. Bake 30 minutes in a moderate oven (375° F.). Remove cover, bake 30 minutes longer or until apples are tender and crumbs are brown. Serve with thin cream. 4 servings.

INDIAN PUDDING

2 cups scalded milk	3-4 tablespoons sugar
2 tablespoons cornmeal	$\frac{1}{2}$ teaspoon salt
2-3 tablespoons molasses	$\frac{1}{2}$ teaspoon ginger

Pour milk slowly on cornmeal and cook in double boiler 20 minutes. Add remaining ingredients. Pour into oiled baking dish; bake in slow oven (300° F.) 2 hours or longer without stirring. Serve warm with Hard Sauce (p. 153). 3-4 servings.

RICE PUDDING

$\frac{1}{3}$ cup rice, uncooked	$\frac{1}{2}$ teaspoon salt
4 cups milk	Grated rind $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup sugar	

Wash rice, mix with remaining ingredients, and pour into an oiled baking dish. Bake in a very slow oven (250° F.) about 3 hours stirring occasionally during first hour of cooking. Raisins may be added. Then omit lemon rind and flavor with vanilla. 6-8 servings.

RICE CUSTARD PUDDING

1 cup steamed rice (p. 64)	1 slightly beaten egg
1 cup scalded milk	2 tablespoons sugar
$\frac{1}{2}$ tablespoon butter or substitute	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ cup seeded raisins

Mix sugar and salt with egg. Melt fat in hot milk. Add milk mixture slowly to egg mixture. Add rice and raisins mixing well. Pour into oiled baking dish. Bake as for Custards (p. 234). Serve with Hard Sauce (p. 153). 4 servings.

LINCOLN SNOWBALLS

4 cups steamed rice (p. 64)	5-6 small apples, pared and cored
1 teaspoon salt	

Wring from hot water as many pieces of cheesecloth (about 10 inches square) as there are apples. Lay piece of cheesecloth on a plate. Spread with $\frac{1}{8}$ -inch layer of rice. Place an apple in center, fill cavity with rice, and draw cloth around apple taking care to cover it with rice. Tie cloth securely. Steam until apples are soft. Serve with Soft Custard (p. 234)

or any desired pudding sauce. Apricots or peaches may be substituted for apples. 5-6 servings.

RICE SUPREME

1 cup fruit, diced	1 cup powdered sugar
1 cup cooked rice (p. 64)	1 cup cream, whipped

Use fresh or cooked, drained fruit. Shredded pineapple is a good choice. Mix with rice and sugar. Fold in whipped cream. Chill. 8 servings.

TAPIOCA

Tapioca is a kind of starch made from roots of the cassava plant. It is made in two forms, pearl and granulated, but the granulated is more convenient to use as it does not require soaking. Starch from native grains and potatoes is now used successfully in making a granular thickening agent which may be used in recipes calling for granulated tapioca.

TAPIOCA CREAM

1 cup hot milk	3 tablespoons sugar
1 tablespoon granulated tapioca	Pinch salt
1 egg yolk, slightly beaten	1 egg white, beaten stiff
	$\frac{1}{4}$ teaspoon vanilla

Cook tapioca with milk over hot water until clear. Add sugar and salt to egg yolk, then add tapioca mixture slowly while stirring. Continue cooking until thickened, stirring frequently. Cool slightly, flavor, and fold in egg white. Chill. Serve with plain or whipped cream. 3 servings.

Variations

Baked Tapioca Cream.—Make as for Tapioca Cream omitting egg white. When cooked, put into oiled baking dish and cover with meringue made from the egg white. Bake according to directions for Meringues for Pastries and Puddings (p. 305).

Chocolate Tapioca Cream.—Add $\frac{1}{2}$ square chocolate, melted, to Tapioca Cream mixture. More sugar may be desired.

Cocoonut Tapioca Cream.—Add $\frac{1}{3}$ cup dry, shredded cocoonut to Tapioca Cream mixture. Reduce sugar 1 tablespoon.

Nut Tapioca.—Add $\frac{1}{4}$ cup chopped nuts to Tapioca Cream mixture.

Fruit Tapioca.—Substitute water or fruit juice for milk and omit egg and vanilla in Tapioca Cream. Increase tapioca to 2 tablespoons. Pour mixture over sliced oranges, canned

peaches, rhubarb, apricots, or other desired cooked fruit. Or put slices of raw apples or similar fruit into oiled baking dish. Pour tapioca mixture over this and bake in moderate oven (375° F.) until fruit is cooked.

CORNSTARCH PUDDING (BLANC MANGE)

1 cup milk	Pinch salt
1½-2 tablespoons corn- starch	2 tablespoons sugar
	½ teaspoon vanilla

Scald $\frac{3}{4}$ cup of the milk. Mix cornstarch, salt, and sugar. (Use larger proportion of cornstarch when increasing recipe or combining with juicy fruit.) Mix with remaining $\frac{1}{4}$ cup cold milk. Add hot milk gradually and cook over hot water, stirring until thickened. Cook about 10 minutes longer, stirring occasionally. Cool slightly, flavor, and pour into molds rinsed with cold water. Chill and unmold. Serve with cream and sugar, Soft Custard (p. 234) or Whipped Cream (p. 154). 2 servings.

Variations

Chocolate Cornstarch Pudding (Blanc Mange).—Add $\frac{1}{2}$ square chocolate, melted, to above recipe and increase sugar to 3 tablespoons. Decrease vanilla to $\frac{1}{4}$ teaspoon.

Chocolate Cream Pudding.—Make Chocolate Cornstarch Pudding. Cool slightly then fold in a stiffly beaten egg white.

Cocoonut Cornstarch Pudding (Blanc Mange).—Make as for Cornstarch Pudding adding from $\frac{1}{4}$ - $\frac{1}{2}$ cup dry, shredded cocoonut.

Fruit Cornstarch Pudding (Blanc Mange).—Stir $\frac{1}{2}$ cup of any desired fruit into Cornstarch Pudding when it begins to set. Cherries, pineapple, or prunes are a good choice. If this pudding is to be molded increase cornstarch to 2½ tablespoons.

Rebecca Pudding.—Make as for Cornstarch Pudding, using 2 tablespoons cornstarch. Cool slightly. Fold in 1 stiffly beaten egg white. If pudding is to be molded, increase cornstarch to 2½ tablespoons.

JUNKET PUDDING

1 junket tablet dissolved in	$\frac{1}{4}$ - $\frac{1}{2}$ cup sugar accord-
1 tablespoon cold water	ing to taste
4 cups milk, heated to lukewarm (98° F. or 37° C.)	1 teaspoon vanilla

Dissolve sugar in milk. Add vanilla and dissolved junket.

Pour into glasses or cups suitable for serving. Keep in a warm place until set, then chill. Avoid jarring as it is apt to cause pudding to separate. Serve with whipped cream, jelly, nuts, or fruits. The milk must never be allowed to get too hot or pudding will not set. 8 servings, $\frac{1}{2}$ cup each.

Variations

Simple variations in flavor, as almond, orange, caramel, cinnamon, or grated chocolate, are good. Daintily colored junket puddings are attractive.

Chocolate Junket.—Add 1 square chocolate, melted, to recipe for Junket Pudding. If chocolate is boiled with a very little of the milk it will combine more smoothly in mixture. This, added to the milk, usually supplies all heat necessary. More sugar may be desired.

Macaroon Junket.—Soak $\frac{1}{4}$ cup macaroon crumbs in milk to be used in Junket Pudding. Garnish with some of the crushed macaroons. Coconut may be used in same way.

LEMON CREAM

4 slightly beaten egg yolks	6 tablespoons lemon juice
$\frac{3}{4}$ cup sugar	4 stiffly beaten egg whites
$\frac{1}{4}$ teaspoon salt	

Add sugar, salt, and lemon juice to egg yolks. Cook over hot water stirring constantly until slightly thickened. Cool partially. Fold in egg whites carefully. Turn into serving dish. Chill. Serve with Lady Fingers (p. 280). 4 servings.

Variations

Orange Cream.—Make as for Lemon Cream using only 1 teaspoon lemon juice and adding $2\frac{1}{2}$ tablespoons orange juice.

Lemon Soufflé.—Use proportions for Lemon Cream. Beat sugar and salt gradually into egg yolks. Add lemon juice. Fold in egg whites. Bake as for Soufflés (p. 47).

FRUIT SOUFFLE (WHIP, FLUFF, SNOW, OR SYLLABUB)

1 egg white, beaten stiff	$\frac{3}{4}$ - $\frac{1}{2}$ cup fruit pulp
Pinch salt	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{4}$ cup sugar—more or less as needed	

Method I.—Beat salt and sugar gradually into egg white, then add fruit in same way. Pile lightly onto a glass serving dish. Chill.

Method II.—Make as for Method I but bake in oiled dish set in hot water in a slow to moderate oven (325°-375° F.) until firm. Serve from baking dish with Soft Custard (p. 234).

Apricots, prunes, or peaches are a good choice of fruits. Orange juice ($\frac{1}{4}$ cup) may be substituted for fruit pulp. 2 servings.

CHOCOLATE SOUFFLÉ

Follow General Directions for Soufflés (p. 47). Use 1-2 squares chocolate, melted, and $\frac{1}{2}$ cup sugar to 1 cup milk. 6 servings.

LEMON SPONGE PUDDING

2 tablespoons butter or substitute	5 tablespoons lemon juice
1 cup sugar	Grated rind of 1 lemon
4 tablespoons flour	3 eggs
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups milk

Cream fat, sugar, and salt together, add gradually lemon juice, rind, and flour, then well-beaten egg yolks mixed with milk. Last of all fold in stiffly beaten egg whites. Turn into ungreased custard cups and bake about 45 minutes in moderate oven (350° F.) with cups set in pan of water. Serve in cups or unmold. 8 servings.

STEAMED PUDDINGS

PLUM PUDDING

5 ounces finely-chopped suet	2 teaspoons baking powder
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon nutmeg
$2\frac{3}{4}$ cups soft bread crumbs soaked in	$\frac{3}{4}$ teaspoon cinnamon
1 cup scalded milk	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup dark corn syrup	$\frac{1}{4}$ teaspoon mace
3 tablespoons fruit juice	2 cups seeded raisins, cut small
4 well-beaten eggs	$\frac{1}{4}$ pound citron, sliced
1 teaspoon salt	2 cups currants
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ cup blanched almonds cut into strips

Sift together flour, salt, baking powder, and spices. Cream sugar with suet. Add soaked crumbs, syrup, and eggs, then dry ingredients and last, the floured fruits and nuts. Mix well. Steam 6 hours in oiled molds. This amount fills two 1-pound coffee cans $\frac{2}{3}$ full. Figs or dates cut into strips, and chopped, candied orange peel may replace some of the other fruits. 12 servings.

ENGLISH PLUM PUDDING

3 cups raisins	2 teaspoons cinnamon
3 cups currants	1 teaspoon allspice
2 cups sliced citron	1 teaspoon nutmeg
3 cups brown sugar	12 eggs, well-beaten
1½ pounds suet, chopped fine	1 cup soft bread crumbs
4 cups flour	Milk to mix (about 3 cups)
1 teaspoon salt	

Mix fruits with a little of the flour. Cream sugar with suet. Sift remaining flour, salt, and spices together. Soak crumbs in 1 cup of milk. Add to eggs. Add egg mixture alternately with flour mixture to sugar mixture. Add fruit. Mix well. Place in 2 large, oiled molds. Steam 7 hours. 2 large puddings.

SUET PUDDING

3 cups flour	1 teaspoon cinnamon
1 teaspoon soda	1 cup finely chopped suet
1½ teaspoons salt	1 cup molasses
½ teaspoon ginger	1 cup sour milk
½ teaspoon cloves	1 cup raisins or currants or half and half
½ teaspoon nutmeg	

Sift dry ingredients together. Combine suet, molasses, and milk. Add dry ingredients, gradually stirring fruit into last of flour. Pour into oiled molds filling only $\frac{3}{4}$ full. Steam 3 hours. Serve hot with Hard Sauce (p. 153). 12 servings.

Variation

Steamed Fig or Date Pudding.—Make as for Suet Pudding substituting 2 cups chopped figs for raisins. Dates may be used instead of figs.

STEAMED CHOCOLATE PUDDING

1 tablespoon fat	1½ teaspoons baking powder
¼ cup sugar	¾ square chocolate, melted
1 well-beaten egg	½ teaspoon vanilla
½ cup milk	
¼ cup flour	
½ teaspoon salt	

Mix as for Butter Cake (p. 257). Steam in oiled mold 1 hour. Serve with Vanilla Sauce (p. 151). 6-8 servings.

STEAMED CHOCOLATE PUFFS

3 tablespoons fat	1½ teaspoons baking powder
6 tablespoons sugar	½ teaspoon cinnamon
1 well-beaten egg	1-1½ squares chocolate, melted
½ cup milk	
1 cup flour	
Pinch salt	

Mix as for Butter Cake (p. 257). Steam $\frac{1}{2}$ hour in individual oiled molds. Serve hot with any desired sauce. 6 servings.

STEAMED PUDDING

3 cups dry bread crumbs soaked in	$\frac{1}{2}$ cup chopped, blanched almonds
1-2 cups water or milk	1 teaspoon nutmeg
3 eggs, well beaten	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ cup chopped raisins	1 teaspoon salt
$\frac{1}{2}$ cup figs, cut into strips	1 teaspoon cinnamon
$\frac{1}{2}$ cup dates, cut into strips	$\frac{2}{3}$ cup sugar

Add enough liquid to crumbs to give a soft dough consistency. Amount required varies with dryness of crumbs. Sift remaining dry ingredients together and mix with fruits and nuts. Mix eggs with soaked crumbs and add other ingredients. Steam in oiled molds 3 hours. Serve with Vanilla Sauce (p. 151). 12 servings.

STEAMED FRUIT PUDDING

Make a Standard White Cake I mixture (p. 261), increasing fat to $\frac{1}{2}$ cup and egg whites to 4 if richer foundation is desired. Partly fill individual oiled molds with jelly, preserved, or canned fruit. Cover with batter. Steam $\frac{1}{2}$ hour. Serve with any desired pudding sauce. 16-20 servings.

Variation

Snow Balls.—Make as for Steamed Fruit Pudding omitting fruit. Serve with preserved fruit, marmalade, or a fruit sauce.

CARROT PUDDING

$\frac{1}{2}$ cup fat	1 teaspoon salt
1 cup brown sugar	1 teaspoon cinnamon
1 cup grated raw carrots	$\frac{1}{2}$ teaspoon allspice
1 cup chopped apple	$\frac{1}{2}$ teaspoon nutmeg
1 cup seeded raisins	2 teaspoons baking powder
$1\frac{1}{2}$ cups flour	

Cream fat and sugar. Add carrots, apples, and raisins. Sift remaining dry ingredients together. Add to fat mixture. Mix well. Pour into one large, well-oiled mold or individual molds filling $\frac{3}{4}$ full. Steam large mold 3 hours or individual molds $1\frac{1}{2}$ hours. 10-12 servings.

MISCELLANEOUS PUDDINGS**CHARLOTTE RUSSE**

I.—Line sherbet glass or other serving dish with halves of Lady Fingers (p. 280). Fill with sweetened and flavored whipped cream. Garnish with leaves and stems cut from angelica using a candied cherry for a flower, or with chopped nuts, grated chocolate, or other desired material. The cream

may be mixed with chopped nuts or fruits to secure further variety.

II.—Scoop out center of a sponge cake. Fill and garnish as for I. Top of cake may be cut off first if desired and used as top of charlotte, if suitably garnished.

III.—Stiffen whipped cream with gelatin. Thin cream may be used if first stiffened with gelatin and then beaten. Allow from $\frac{1}{4}$ -1 tablespoon gelatin to 1 cup cream according to thickness.

CALLAS

3 slightly beaten eggs	Pinch salt
1 cup sugar	1 teaspoon baking powder
2 tablespoons cold water	$\frac{1}{2}$ teaspoon vanilla
1 cup flour	

Add sugar to eggs. Sift remaining dry ingredients together. Add alternately with water to egg mixture. Bake in thin layers in moderate oven (350° - 375° F.) on oiled baking sheet until set. Cut quickly into 4-inch squares, remove from pan, and roll each square into a cornucopia shape by bringing diagonally opposite corners together. Hold in place until set. Serve filled with sweetened and flavored whipped cream. Moisten powdered sugar with a little water and color yellow. Use to represent a lily stamen. 12 callas.

PORCUPINE PUDDING

$\frac{1}{4}$ cup heavy cream	15 blanched almonds
8 drops vanilla	3 individual sponge cakes
2 teaspoons powdered sugar	

Whip, flavor, and sweeten cream. Brown almonds in a little fat or fry and drain. Pile cream onto cakes and garnish with almonds leaving pointed ends exposed. 3 servings.

DATE PUDDING I

5 egg whites, beaten stiff	1 cup chopped dates
1 cup sugar	2 cups chopped nuts
3 teaspoons baking powder	$\frac{1}{2}$ teaspoon vanilla

Sift baking powder with sugar. Beat gradually into egg whites, then fold in nuts and dates. Bake in a shallow, oiled pan for 30 minutes or longer in a moderate oven (350° F.). Cut into squares and serve with whipped cream. 8-10 servings.

DATE PUDDING II

3 eggs, well beaten	1/2 teaspoon salt
1 1/2 cups brown sugar	1 1/2 cups chopped dates
1/2 cup flour	1 cup chopped nuts
2 teaspoons baking powder	1 teaspoon vanilla

Add half of sugar gradually to eggs beating well. Sift flour, salt, and remaining sugar together. Add nuts and dates. Fold into egg mixture. Flavor. Bake and serve as for Date Pudding I. 8-10 servings.

DATE ROLL

1 pound graham crackers	1 cup chopped nuts
1 pound seeded dates	3/4 cup milk, approximately
1 pound marshmallows, cut into small pieces	

Run crackers and dates through food chopper. Add nuts and marshmallows. Mix well, adding milk to moisten. Shape into a roll. Wrap in waxed paper. Chill at least 24 hours before using. Cut into slices and serve with whipped cream. Roll will keep in cold place some time. 20-22 servings.

PINEAPPLE SKILLET CAKE (UPSIDE DOWN CAKE)

4 tablespoons butter or substitute	1 cup brown sugar
	6 slices pineapple
	Batter:
4 eggs, beaten very light	1 cup flour
1 cup sugar	1 teaspoon baking powder
2 tablespoons water	1/2 teaspoon salt
1/2 teaspoon vanilla	

Heat fat and brown sugar together in heavy skillet until sugar is melted. Cool. Arrange pineapple slices over surface of caramel mixture.

Beat sugar gradually into eggs. Add vanilla. Sift flour, baking powder, and salt together. Add water and flour mixture alternately to egg mixture. Pour batter over pineapple. Bake in moderate oven (350° F.) about 40 minutes or until set. While still hot turn out of skillet upside down on serving plate. Serve with whipped cream. Other fruits may be substituted for pineapple. 6 servings.

SHORT CAKE

Short cake consists of a rich, usually sweetened, biscuit mixture. Eggs may be added. It is served with sweetened fruit, either fresh or cooked.

STRAWBERRY SHORT CAKE

Use recipe for Baking Powder Biscuits (p. 93), increasing fat to 6 tablespoons and adding 1 tablespoon sugar if desired. A beaten egg may be added.

Divide dough into two equal parts. Pat and roll out one portion to fit a pie or cake pan making a layer $\frac{1}{4}$ -inch thick. Brush top lightly with melted fat. Shape second portion of dough in same way and place over first. Bake as for Biscuits (p. 93). When done, separate layers, spread with butter, sprinkle with sugar, put crushed and sweetened berries on one layer and place other over it. Spread this with fruit mixture. Serve at once, either plain or garnished with whipped cream.

Short cake may be baked as one large cake instead of in layers. It is then made twice as thick and split in halves when used. 8 servings.

Variations

Other fresh berries, bananas, or peaches or cooked fruits, fresh, canned, or dried, may be used instead of strawberries. Rhubarb, pineapple, and cranberries are much liked.

Individual Short Cakes.—Make as for Strawberry Short Cake shaping dough into individual cakes with a biscuit cutter.

Orange Short Cake.—Make as for Strawberry Short Cake using oranges instead of strawberries. Peel oranges and slice or remove pulp from membranes in whole sections. Sweeten to taste. Orange juice may be made into a sauce (Starchy Sauces, Method IV, p. 147) to serve with short cake.

OTHER DESSERTS WITH A BISCUIT FOUNDATION**DUTCH APPLE CAKE**

Prepare Short Cake mixture. Spread one-half-inch thick in a shallow, oiled baking pan. Cut pared and quartered sour apples into uniform slices. Place slices, sharp edges down, in parallel rows on top of mixture. Sprinkle with 2 tablespoons sugar mixed with $\frac{1}{2}$ teaspoon cinnamon. Bake in moderate oven (400° F.) 25-30 minutes or until apples are soft. Serve with Lemon Sauce I (p. 151) or plain or whipped cream. 8 servings.

DATE ROLLS

Roll Biscuit Dough (p. 93) into oblong shape $\frac{1}{2}$ -inch thick and spread with Date Paste (p. 276). Roll as for Jelly

Roll (p. 271). Cut into 1-inch slices. Place, cut side down, in oiled pan far enough apart to allow for rising while baking. Bake about 20 minutes at 400° F. Serve as hot bread or as pudding with any desired sauce. 8 servings.

Variations

Apple Rolls.—Make as for Date Rolls substituting for Date Paste chopped apples mixed with sugar and cinnamon to taste. Nutmeg may be used instead of cinnamon.

Apple Roly Poly.—Make as for Apple Roll but do not cut into slices. Steam or bake until apples are soft. If baked, baste occasionally with mixture of sugar, butter, and water.

BAKED FRUIT DUMPLINGS (APPLE OR PEACH)

Make Biscuit Dough (p. 93) increasing fat if desired and decreasing milk slightly to make stiffer mixture. Roll $\frac{1}{4}$ -inch thick. Cut into 4-inch squares or pieces large enough to cover fruit to be enclosed. Place fruit, pared, cored, sliced or whole, according to kind, in center of each piece. Add sugar as needed. Cinnamon, nutmeg, or lemon juice may be used with apples. Moisten edges of dough with cold water or milk and bring corners together on top of fruit. Press edges together gently. Place in oiled pan adding small amount of hot water, sugar, and butter or substitute. Bake (400° F.) until thoroughly cooked, basting as needed. Serve with cream or a sweet sauce. 8 servings.

Variation

Steamed Fruit Dumplings.—Steam Fruit Dumplings instead of bake.

FRITTERS

Fritters may consist of fairly large pieces of food material, as apple, dipped into a thin drop batter and fried. The food material may also be cut into smaller pieces to be stirred into batter which is then fried by spoonfuls. Fritters of meat, fish, and similar foods may be served as an entrée or as the main dish of a luncheon; vegetable fritters as a vegetable; and sweet fritters as a dessert. Fritter batters are made with or without baking powder but the former is generally preferable. Fat may be used but is often omitted.

APPLE FRITTERS

1½ cups flour	¾ cup milk
¼ teaspoon salt	1 egg, beaten
2 teaspoons baking powder	1 tablespoon melted fat
1 teaspoon sugar, if desired	1 cup sliced, sour apples

Mix above ingredients as for Muffins (p. 90), stirring apples into batter last. Fry by spoonfuls. Serve sprinkled with powdered sugar. If desired, egg may be beaten separately and white folded into batter just before frying fritters. 18 fritters.

Variations

Fruit Fritters.—Substitute any desired fruit for apples and make as for Apple Fritters. Pineapple, peaches, bananas, raspberries, or sections of oranges are often used.

Plain Fritters.—Make Apple Fritter batter omitting apple. Serve as suggested or with maple or other sauce.

Cheese Fritters.—Substitute ½-1 cup grated cheese for apples in Apple Fritter batter. Omit sugar.

Meat or Fish Fritters.—Substitute small pieces of cooked meat or fish for cheese and make as for Cheese Fritters.

Vegetable Fritters.—Substitute any desired cooked vegetable for cheese and make as for Cheese Fritters.

CUSTARDS

Custards are combinations of milk and eggs, sweetened, salted, and flavored. Some form of starch may be used to replace part of eggs but to the detriment of texture and flavor.

Custards are classified as **soft** and **firm**. **Soft custards** are usually steamed in a double boiler and are stirred while cooking. These are sometimes called "**boiled**." They are very delicate. **Firm custards** may be either steamed or baked. The degree of firmness is dependent upon amount of eggs used.

Proportions

Use a smaller proportion of eggs when a thin soft custard or a very delicate firm custard is desired. For most purposes 1 egg to 1 cup milk is a satisfactory proportion. To make a custard that will hold its shape when turned from individual molds, use 1½-2 eggs to 1 cup milk. These same proportions used in custard pie make it less likely to soak crust. Use larger amounts of eggs only in case of large custards which

are to be unmolded or in custards to be cut into fancy shapes.

Substitution of 2 egg yolks for 1 whole egg will make a smoother, finer-grained custard. Amount of sugar to be used varies according to taste. More flavoring is needed, as a rule, when it must be added before cooking.

Mixing

Scald milk. Beat egg just enough to mix. Too much beating makes a frothy top. Add salt and sugar. Pour milk gradually over egg mixture stirring to avoid over-cooking. Flavor firm custards before cooking. Soft custards are flavored after cooking to avoid all possible loss of flavor.

Cooking

Soft Custards.—Cook over hot—not boiling—water stirring constantly until thickened. As soon as done remove from hot water. Set in cold water to stop cooking. Cool slightly and flavor. If custard should curdle from over-cooking or insufficient stirring, it may be made smooth by beating with a rotary egg beater. Flavor will then be less distinct.

Baked Custards.—Set baking dish in pan of hot water. Bake in a moderate oven (350° F., the surrounding water should not boil) until custard is firm. Remove at once to avoid over-cooking.

Steamed Custards.—Set cups of custard in steamer. Cover tops with waxed paper to keep out moisture, and steam until firm. Remove at once.

Tests When Done

Soft Custard.—Foam disappears and mixture coats spoon.

Firm Custard.—Tip of a small, pointed knife comes out clean when inserted carefully in custard.

FOUNDATION CUSTARD

1 cup milk	1/16 teaspoon salt
2-4 tablespoons sugar	¼-½ teaspoon flavoring
1-4 eggs	

Follow general directions for mixing and cooking. 2 servings.

Variations

Brown Sugar Custard.—Substitute brown sugar for white

in Foundation Custard. Maple sugar may be used in same way.

Cake Custard.—Pour Soft Custard over Lady Fingers (p. 280) or slices of Sponge Cake (p. 268).

Caramel Custard I.—Add 1 tablespoon Caramel Syrup (p. 153) to Foundation Custard.

Cheese Custard.—Make as for Foundation Custard melting 1 cup grated cheese in milk. Omit sugar and flavoring. Season to taste.

Chocolate Custard.—Make as for Foundation Custard cooking $\frac{1}{2}$ -1 ounce chocolate with half the sugar and a little water until glossy. Combine with milk and proceed in usual way.

Cocoanut Custard.—Add $\frac{1}{4}$ - $\frac{1}{2}$ cup shredded cocoanut to Foundation Custard. Chopped nuts may be used in the same way.

Floating Island.—Make Soft Custard (p. 234) of egg yolks and a Meringue of egg whites (p. 305). Poach meringue by spoonfuls in hot water, turning once. Drain. Place meringue in serving dish and pour custard over it. Garnish with chopped nuts, cocoanut, cherry, cubes of jelly, or other desired material.

Fruit Custard.—Make Soft Custard (p. 234). Place any desired fruit in serving dish and pour custard over it. Garnish as desired. Sliced bananas or oranges, candied pineapple, peaches, and preserved quinces are good.

Rich Custard.—Use thin cream instead of milk in Foundation Custard.

CARAMEL CUSTARD II

Put 1 tablespoon or more of Caramel Syrup (p. 153) into individual baking dishes. Make Foundation Custard (p. 234) using $1\frac{1}{2}$ eggs to 1 cup milk. Hold a teaspoon in cup so tip just touches liquid. Pour custard down this to prevent mixing with syrup. Bake. When done, unmold. The caramel forms a pleasing color contrast as well as a sauce for custard.

EMERGENCY DESSERT

Place small cans of condensed milk on rack in kettle of water. Boil gently 3 hours. In this time a caramel color and flavor and a custard consistency develop. Prepare several cans at a time as this dessert keeps indefinitely in can. When ready

to use, chill. Then remove from can and slice. Serve with whipped cream. 1 can, 4 servings.

GELATIN DESSERTS

Gelatin may be obtained in powdered, or granulated, form. Granulated is most used. Gelatin swells in cold and disperses in hot water. Gelatin thus treated, if added in proper proportions to other liquids, causes them to solidify upon cooling. Boiling and over-cooking are to be avoided. One box of ordinary granulated gelatin usually contains 4 small envelopes, each holding 1 tablespoon gelatin.

Prepared gelatin desserts are available in a considerable variety of kinds. They are convenient and are used frequently but do not have the flavor of gelatin products made with natural fruit juices. Their flavor and nutritive value can be improved by substituting fruit juice for part of the water in recipe or by adding fruit before molding. Contents of 1 package measure $\frac{1}{2}$ cup.

Use of Gelatin

Proportions.—Amount of gelatin to be used for a given amount of liquid depends upon kind of jelly to be made. The usual rules are:

Gelatin dish	Liquid	Gelatin
	cups	tablespoons
Plain jellies	1	$\frac{1}{2}$
Fruit molded in plain jellies	1	$\frac{2}{3}$ - $\frac{3}{4}$ according to amount of fruit
Whips	1	$\frac{1}{2}$
Sponges	1	$\frac{2}{3}$ - $\frac{3}{4}$
Creams	1	1
Charlottes	1	$\frac{1}{4}$ - $\frac{1}{2}$ usually, but varies greatly

These amounts may need to be increased in warm weather or if time is limited. Excess gelatin is, however, apt to flavor and toughen product and therefore is to be avoided.

Directions for Making Gelatin Dishes.—Soak gelatin in cold water until swollen and soft. Allow about 4 tablespoons water to 1 tablespoon gelatin. Dissolve soaked gelatin by adding hot liquid or by placing over hot water, stirring as

necessary. Use minimum of heated liquid in order to hasten gelation. Stir as needed until gelatin dissolves. Then mix well with remaining ingredients. Complete according to product desired as suggested below:

Plain Jellies.—Pour into molds. Some prefer to first rinse them with cold water.

Fruit Jellies.—Chill until almost ready to set, then fold in fruit and pour into molds.

Whips.—Chill until mixture begins to set, then whip with an egg beater until light and frothy. Mold if desired.

Sponges.—Make as for Whips. When frothy, fold in stiffly beaten egg whites. Continue beating until mixture will hold its shape. Mold if desired.

Creams.—Chill. When mixture begins to set, fold in equal volume of whipped cream. Mold if desired.

General Suggestions

To unmold.—Run tip of sharp-pointed knife around edge of jelly. Dip mold for a moment into warm, not hot, water to depth of jelly. Then place serving plate on top and invert quickly. If this is not sufficient to remove jelly, repeat process. **Water must not be too warm or jelly will melt.**

To decorate.—Pour a thin layer of gelatin mixture into bottom of mold. Chill. When set, arrange materials to be used for decoration to form desired design, dipping them first into jelly mixture. Chill for a moment, then pour in a little more of gelatin mixture to set design. Chill. When firm, add remainder of jelly, a little at a time until danger of disarranging design is past.

To place a design on side of mold, dip pieces to be used in decorating in gelatin mixture and place against sides of chilled mold previously coated with a thin layer of jelly. When set, fill mold gradually to avoid disarrangement.

To double mold.—If a ring or border mold is not available, select two molds of similar shape, one at least an inch larger than the other. Chill larger mold. Pour a layer of gelatin 1-inch deep into it. Decorate if desired. When firm, place smaller mold filled with ice and water exactly in center. Pour remaining gelatin mixture, which should be almost ready to set, in space around small mold. When firm, remove ice water from small mold, fill with lukewarm water, and lift out quick-

ly. Fill open space with Sponge, Bavarian Cream, or similar material. When firm, cover if desired, with layer of plain gelatin.

PLAIN JELLIES

LEMON JELLY

1 tablespoon gelatin soaked in	$\frac{2}{3}$ cup cold water
4 tablespoons cold water	6 tablespoons lemon juice
$\frac{3}{4}$ cup boiling water	$\frac{1}{2}$ - $\frac{3}{4}$ cup sugar

Dissolve gelatin in boiling water. Add remaining ingredients and stir until sugar dissolves. Pour into molds and chill. 4 servings.

Variations

Fruit Jelly.—Make Lemon Jelly increasing gelatin to 1 $\frac{1}{2}$ tablespoons. When ready to set, fold in fruit and mold. Whole sections of orange freed from membranes, diced cooked pineapple, or slices of bananas are suitable to use.

Orange Jelly.—Make Lemon Jelly using $\frac{1}{2}$ cup sugar, decreasing lemon juice to $\frac{1}{4}$ cup, and substituting $\frac{3}{4}$ cup orange juice for the $\frac{3}{4}$ cup cold water.

Coffee Jelly.—Make as for Lemon Jelly substituting cold liquid coffee for the $\frac{3}{4}$ cup cold water and lemon juice. Decrease sugar to $\frac{1}{3}$ cup.

Ivory Jelly.—Make as for Lemon Jelly substituting milk for all liquid. Decrease sugar to $\frac{1}{4}$ cup. Flavor with vanilla.

UNCOOKED PLUM PUDDING

1 package orange-flavored gelatin	$\frac{3}{4}$ cup raisins
$\frac{3}{4}$ cup grapenuts	1 cup chopped dates
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup chopped nuts
2 cups boiling water	1 teaspoon cinnamon, scant
$\frac{1}{2}$ cup currants	$\frac{1}{4}$ teaspoon cloves

Mix gelatin, grapenuts, and sugar. Add water. Cool. Cook currants and raisins until soft in a very small amount of water. Drain if necessary. Cool. Combine with gelatin mixture. Mold. Serve with whipped cream. 12-16 servings.

WHIPS

Chill any plain jelly until it begins to set. Then whip until light and frothy. Mold if desired.

SPONGES

LEMON SPONGE (SNOW PUDDING)

1½ tablespoons gelatin soaked in	½ cup lemon juice
½ cup cold water	¾ cup sugar
½ cup boiling water	3 egg whites, beaten stiff
½ cup cold water	

Make as for Lemon Jelly (p. 238). Chill until it begins to thicken. Beat until frothy, then fold in egg whites. Continue beating until mixture will hold its shape. Pile lightly into glass serving dish or mold. Serve with Soft Custard (p. 234). 8 servings.

Variations

Orange Sponge.—Make as for Lemon Sponge adding ½ cup orange juice and reducing lemon juice and cold water each to ¼ cup.

Coffee Sponge.—Make as for Lemon Sponge substituting 1 cup strong coffee for lemon juice and the ½ cup cold water.

APRICOT SPONGE

1 tablespoon gelatin soaked in	½ cup sugar
¼ cup cold water	½-1 tablespoon lemon juice
½ cup boiling water	3 egg whites, beaten stiff
½ cup apricot pulp, fresh or canned	

Make as for Lemon Sponge. Garnish with whipped cream and halves of apricots. Bananas or peaches may be used in same way. 5-6 servings.

MARSHMALLOW PUDDING

1 tablespoon gelatin soaked in	1 cup sugar
¼ cup cold water	3 egg whites, beaten stiff
1 cup boiling water	1½ teaspoons vanilla

Make as for Lemon Sponge. Mold in a shallow pan. When firm, remove from pan and cut into 1-inch cubes. Roll in powdered sugar or powdered macaroons and serve with warm or cold Chocolate Sauce (p. 154). 6 servings.

CREAMS

STRAWBERRY BAVARIAN CREAM

2 tablespoons gelatin soaked in	1½ cups crushed straw- berries
½ cup cold water	1½ cups whipped cream or more if desired
¼ cup boiling water	
¾ cup sugar (less if sweetened frozen fruit is used)	

Make as for Lemon Jelly (p. 238), using crushed fruit as cold liquid. When it begins to stiffen, beat until light, then fold in whipped cream. Pile lightly into serving dish or mold. Serve garnished with whipped cream and whole strawberries. 8 servings.

Variations

Orange Bavarian Cream.—Make as for Strawberry Bavarian Cream substituting orange juice and pulp for strawberries. Garnish with sections of orange freed from membranes.

Pineapple Bavarian Cream.—Make as for Strawberry Bavarian Cream substituting canned shredded pineapple for strawberries. Fresh pineapple may be used, if heated enough to destroy an enzyme which would otherwise digest gelatin and destroy its thickening quality. Other fruits may be used in the same way but need not be heated. Cooked rice is a pleasing addition.

SPANISH CREAM

2 tablespoons gelatin	¼ teaspoon salt
soaked in	2½ cups scalded milk
½ cup cold milk	3 egg whites, beaten
3 egg yolks, slightly	stiff
beaten	1 teaspoon vanilla
½ cup sugar	¾ cup macaroon crumbs

Make a Soft Custard (p. 234) of egg yolks, sugar, salt, and milk. Dissolve soaked gelatin in it. Cool, flavor, and as it begins to thicken fold in egg whites and macaroon crumbs. Mold. Chill. 9 servings.

GINGER CREAM

1½ tablespoons gelatin	2 cups scalded milk
soaked in	¼ cup preserved ginger,
½ cup cold water	cut fine
4 eggs, slightly beaten	½ tablespoon ginger
½ cup sugar	syrup
½ teaspoon salt	2 cups whipped cream

Make as for Spanish Cream using whole eggs in custard. Substitute ginger and whipped cream for egg whites and macaroons. 9-10 servings.

IMPERIAL PUDDING

2 tablespoons gelatin	½ teaspoon salt
soaked in	2 cups cooked rice
½ cup cold water	2 cups whipped cream
¼ cup hot milk	Flavoring to taste
1 cup sugar	

Add gelatin to hot milk and dissolve over hot water. Strain, add salt and sugar. Add rice, preferably cooked in

milk, stirring lightly until mixture begins to thicken. Flavor and fold in cream. Mold. Serve with whipped cream which may be faintly colored to match any desired color scheme. 9-10 servings.

FROZEN DESSERTS

Frozen mixtures require more sugar and flavoring than the usual dessert as taste is less acute when mouth is chilled. Frozen desserts are crystalline in nature. Size of crystals is affected by ingredients used. Frozen desserts are improved in texture by addition of a binding agent called a **stabilizer**. In the making of unstirred desserts, one of the best of these stabilizers is cream, which can be whipped to incorporate air to give desired smooth texture. The fat is evenly distributed and becomes more solid at lower temperatures thus adding to smoothness of mixture. It is, however, expensive and too rich for frequent use. Consequently many recipes have been developed wherein evaporated milk, thin cream, or milk thickened with gelatin, flour, eggs, or marshmallows has been substituted for part or all the heavy cream. Use of these stabilizers gives a smooth and palatable product which is less rich. Other conditions being equal, the following tends to be true: rich mixtures give a smoother, finer product than plain ones; rapid freezing tends to give a coarser texture and a smaller volume to stirred desserts; and stirring during freezing tends to give finer texture.

Frozen desserts may be classified as follows:

I.—**Water ices, frappés, granites, sherbets, and sorbets.**
(Generally stirred while freezing.)

Water ice is a fruit juice, sweetened, diluted, and frozen while stirring.

Frappé is water ice frozen to a mushy consistency while stirring.

Granite is water ice frozen with little stirring. It is rough and icy in texture.

Punch is Frappé which originally was flavored with alcoholic beverages. A highly spiced fruit juice is now commonly substituted for alcohol.

Sherbet is water ice to which egg white or gelatin has been added. In milk or cream sherbet these materials are used for part of liquid.

Sorbet is a sherbet made of several kinds of fruit juices.

II.—Ice Creams. (Stirred while freezing.)

Plain or Philadelphia Ice Cream consists of thin cream, sweetened, flavored, and frozen.

Custard Ice Cream consists of a cooked custard with added cream, frozen.

French Ice Cream consists of a rich custard foundation containing many eggs. **American Ice Cream** is less rich and may have cornstarch or flour substituted for part of the eggs.

III.—Parfaits, Mousses, Frozen Fruits, Biscuits, and Bombs. (Frozen without stirring.)

Parfaits consist of eggs cooked by pouring hot syrup over them with addition of whipped cream, frozen.

Mousses consist of whipped cream, sweetened, flavored, molded, and frozen. Whip from thin cream may be used, folding it into a gelatin mixture.

Frozen fruits consist of fruits or fruit pulp mixed with sweetened juice, frozen.

Biscuits consist of parfaits, or similar mixtures which are usually partially frozen, packed into individual paper serving dishes, and placed in some container to complete the freezing.

Bombs consist of a combination of two or more frozen mixtures packed in a round or melon-shaped mold.

General Suggestions

Freezers.—Freezers are of two main types, those in which a dasher fitted into a can is turned by means of a crank and the freezing units provided by mechanical refrigerators. Mixtures frozen in the latter need only occasional stirring but require a longer time to freeze. It is more difficult to secure a smooth product with unstirred mixtures.

Before using an ice cream freezer of dasher type, scald can, cover, and dasher. Fit parts together to be sure they run smoothly before pouring in mix.

Suggestions for Mixtures Frozen with Salt and Ice

Salt.—Use ice cream salt as it works more effectively. Excess is apt to cause a granular texture and is wasteful, whereas too small an amount increases unduly the time required for freezing.

Ice.—Break ice into small, uniform pieces. A burlap or canvas bag and a wooden mallet are good for this purpose or a regular ice crusher may be used. The finer the ice, the quicker the freezing. Snow is satisfactory for this purpose if a little water is added and it is packed together before using.

Proportions of Ice to Salt.—The proportions of ice to salt commonly used are:

Mixtures frozen without stirring—2-3 parts ice to 1 of salt.

Granular products as frappés and granites—2-3 parts ice to 1 part salt.

Ordinary mixtures frozen with stirring, as ice cream—8 parts ice to 1 part salt. Recent experiments indicate that much smaller proportions of salt to ice, e. g., 1:12 may be used and but little more time is required to freeze such mixtures. This may be an advantage from the standpoint of economy and texture but is seldom used in actual practice.

Packing frozen mixtures—4 parts ice to 1 part salt.

Filling—If mixture is to be stirred while freezing, fill container only $\frac{2}{3}$ full. Space must be allowed for increase in bulk during freezing. If overcrowded, mixture will be coarse in texture.

Packing for freezing—Place filled can in position and adjust crank, if used, to see that it turns properly. Place layer of crushed ice in bottom of outer container. Sprinkle with salt. Add remaining ice and salt in alternate layers or mix the two together before packing. Ice mixture should extend a little higher than material to be frozen. Refill as it melts.

Freezing—Freezing is accomplished by melting ice absorbing heat from material to be frozen. Turn crank slowly and steadily to expose as much of mixture as possible to surface of can. Do not drain off salt water until mixture is frozen unless there is a possibility of it getting into can. Water causes ice to melt more rapidly, and thereby hastens freezing.

Packing for storage—Ice cream is ready for packing when frozen to a firm, smooth, velvety consistency. Draw off water. Remove dasher and pack mixture solidly. Replace cover and cork opening. Repack in ice and salt using a proportion of 4 parts ice to 1 of salt. Cover can with a layer of this mixture. Cover freezer with newspapers or a heavy burlap bag and put in cool place. Ice cream may be kept several hours without packing if placed in a container that will fit into a cooled fire-

less cooker or other insulated compartment. Most frozen mixtures improve in flavor or "ripen" during packing period. Ices are an exception.

Molding Frozen Mixtures.—Choose a mold with tight cover. Chill. It may be lined with paraffin paper. Fill to overflowing with mixture which should not be frozen too hard. Pack solidly to avoid air space. Cover and seal opening by wrapping with a strip of cloth dipped in melted fat, paraffin, or other material that hardens quickly. Pack mold in ice and salt in proportion of 4:1. Let stand 3 hours or longer.

Mousses and Similar Mixtures.—Proceed as for Molding Frozen Mixtures using a 1:1 or 1:2 proportion of salt to ice.

Double Molding.—Line mold with a generous layer of a frozen mixture. Fill center with another mixture that offers pleasing contrast. Pack as directed under Molding Frozen Mixtures.

Unmolding.—Remove mold from freezing mixture, rinse with cold water, and wipe. Remove cover, loosen mixture around edge with a knife, and invert on chilled serving dish. If it does not slip out easily cover mold, with cloth wrung dry from slightly warm water.

WATER ICES

FOUNDATION ICE RECIPE

2 cups sugar	$\frac{3}{4}$ -2 cups fruit juice or
2-4 cups water	fruit pulp

Proportion of water to fruit juice or pulp varies with strength or flavor of fruit used as is indicated below.

Method I.—Boil sugar and water rapidly together 5 minutes. Cool, add fruit juice, strain if desired, and freeze. Allow 1 part salt to 8 of ice.

Method II.—Mix ingredients stirring until sugar dissolves. Strain, if desired, and freeze as for Method I.

Variations

Lemon Ice.—Follow Foundation Ice Recipe using $\frac{3}{4}$ -1 cup lemon juice and 4 cups water. 12 servings, $\frac{1}{2}$ cup each.

Orange Ice.—Follow Foundation Ice Recipe using 3 cups water, 2 cups orange juice, and $\frac{1}{4}$ cup lemon juice. The grated rind of 2 oranges may be added. 12 servings, $\frac{1}{2}$ cup each.

Pineapple Ice.—Follow Foundation Ice Recipe using 2

cups water, 2 cups shredded pineapple, and $\frac{1}{2}$ cup lemon juice. 10 servings, $\frac{1}{2}$ cup each.

Grape Ice.—Follow Foundation Ice Recipe using 2 cups water, 2 cups grape juice, $\frac{1}{4}$ cup lemon juice, and $\frac{1}{2}$ cup orange juice. The latter may be omitted. 12 servings, $\frac{1}{2}$ cup each.

Peach Ice.—Follow Foundation Ice Recipe using 3 cups water, $1\frac{1}{2}$ cups peach pulp, and $\frac{1}{4}$ cup lemon juice. 10 servings, $\frac{1}{2}$ cup each.

FRAPPÉS

Frappés are frozen only to a mush so may be drunk as well as eaten with a spoon. They are stirred while freezing but the large proportion of salt used gives them a coarse, granular texture. Any recipe for Water Ice may be used but the ones suggested below are most popular.

GRAPE FRAPPÉ

Mix as for Grape Ice. Freeze using 2-3 parts ice to 1 part salt according to texture desired.

PINEAPPLE FRAPPÉ

Mix as for Pineapple Ice. Freeze as for Grape Frappé.

COFFEE FRAPPÉ

2 cups cold, strong coffee $\frac{1}{2}$ cup sugar

Mix and freeze as for Grape Frappé. 5-6 servings, $\frac{1}{2}$ cup each.

CIDER FRAPPÉ

$\frac{3}{4}$ cup sugar $\frac{1}{4}$ cup lemon juice
1 cup water 2 cups sweet cider
1 cup orange juice

Boil sugar and water 5 minutes. Cool. Add cider and fruit juices. Strain. Freeze as for Grape Frappé. 10 servings, $\frac{1}{2}$ cup each.

CRANBERRY FRAPPÉ

2 cups cranberries 1 cup sugar
1 cup water $\frac{1}{4}$ cup lemon juice

Cook cranberries with water until soft. Rub through a sieve. Add sugar and lemon juice. Cool. Freeze as for Grape Frappé. 5-6 servings, $\frac{1}{2}$ cup each.

RHUBARB FRAPPÉ

1 cup rhubarb pulp	1 cup water
1 cup sugar	2 tablespoons lemon juice

Choose young, pink rhubarb; cook with skin on to insure a pink color. Boil sugar and water 5 minutes. Cool. Combine mixtures and freeze as for Grape Frappé. Serve sprinkled with currants. 5-6 servings, $\frac{1}{2}$ cup each.

GRANITES

Use any recipe for ice or frappé. Freeze with little stirring.

SHERBETS OR SORBETS

Use any recipe for water ice making mix slightly sweeter and stronger in flavor. When partially frozen add 2 stiffly beaten egg whites for amount suggested in Foundation Recipe (p. 244), then complete freezing. Substitute 1 tablespoon gelatin for the 2 egg whites if preferred. Soak it in $\frac{1}{4}$ cup cold water, dissolve over hot water, and add to mixture before freezing.

Another variation is to pour syrup over beaten egg whites as for Boiled Frosting (p. 273). Then finish as above.

MILK AND CREAM SHERBETS

Substitute milk, cream, or half milk and half cream for the water in any recipe for water ice. Less fruit juice may be preferred. Egg whites or gelatin may be omitted. Orange, grape, and lemon are particularly good in milk or cream sherbets.

ORANGE CREAM SHERBET

2 cups milk	$\frac{1}{2}$ cup lemon juice
2 cups thin cream	$3\frac{1}{2}$ cups orange juice
3 cups sugar	2 egg whites, beaten stiff

Dissolve sugar in fruit juice. Add milk and cream gradually. Partially freeze. Add egg whites and complete freezing. 20 servings, $\frac{1}{2}$ cup each.

ICE CREAMS**PHILADELPHIA OR PLAIN ICE CREAM**

4 cups thin cream	$\frac{1}{2}$ tablespoon vanilla
$\frac{3}{4}$ cup sugar	Pinch salt

Mix ingredients, stirring to dissolve sugar. Texture and flavor are thought by some to be improved if cream is scalded

before mixing. Freeze while stirring using an 8:1 ice and salt mixture. 10 servings, $\frac{1}{2}$ cup each.

Variations

Add 1 stiffly beaten egg white to partially frozen Philadelphia Ice Cream. Complete freezing.

Substitute brown or maple sugar for white in Philadelphia Ice Cream.

Coffee Ice Cream.—Scald 6 tablespoons finely ground coffee with cream. Strain through wet cheesecloth. Complete as for Philadelphia Ice Cream.

Grapenut Ice Cream.—Soak 1 cup grapenuts in cream 15 minutes before mixing Philadelphia Ice Cream. Powdered macaroons may be used in same way.

Nut Ice Cream.—Add before freezing 1 cup finely chopped nuts to Philadelphia Ice Cream.

Peppermint Stick Ice Cream.—Substitute $\frac{1}{2}$ pound crushed peppermint stick candy for sugar and vanilla in Philadelphia Ice Cream. A little pink coloring may be added if desired.

Peanut Brittle Ice Cream.—Substitute $\frac{1}{2}$ pound crushed peanut brittle for sugar in Philadelphia Ice Cream.

Tutti Frutti Ice Cream.—Add finely chopped candied ginger, pineapple, orange peel, cherries, and nuts in any desired combinations and proportions to Philadelphia Ice Cream.

STRAWBERRY ICE CREAM

2 cups thin cream or	1 cup sugar
1 cup thin cream and	1-2 cups crushed straw-
1 cup milk	berries

Add sugar to berries, let stand 15-20 minutes. If sweetened frozen berries are used sugar should be decreased. Strain if desired. Add cream, and freeze as for Philadelphia Ice Cream. 10 servings, $\frac{1}{2}$ cup each.

Variations

Apricot Ice Cream.—Substitute fresh, canned, dried, or preserved apricot pulp for strawberries in Strawberry Ice Cream. Sweeten as needed.

Banana Ice Cream.—Substitute 1 cup banana pulp for strawberries in Strawberry Ice Cream. Decrease sugar to $\frac{3}{4}$ cup and add 1 tablespoon lemon juice.

CHOCOLATE ICE CREAM

1 square chocolate, melted	2 cups thin cream
$\frac{1}{2}$ cup boiling water	$\frac{2}{3}$ cup sugar
Pinch salt	$\frac{1}{2}$ teaspoon vanilla

Cook chocolate, sugar, water, and salt until smooth and glossy. Add cream and vanilla. Freeze as for Philadelphia Ice Cream. 6 servings, $\frac{1}{2}$ cup each.

AMERICAN ICE CREAM (CUSTARD FOUNDATION)

1 egg or 2 egg yolks, slightly beaten	1 cup milk, scalded
$\frac{1}{2}$ cup sugar	2 cups thin cream
Pinch salt	$1\frac{1}{2}$ teaspoons vanilla

Make a Soft Custard (p. 234) of egg, sugar, salt, and milk. Cool. Add cream and vanilla. Freeze as for Philadelphia Ice Cream. If desired, substitute 1 tablespoon flour for half of egg. 8 servings, $\frac{1}{2}$ cup each.

MACAROON ICE CREAM

Add $\frac{1}{2}$ pound powdered macaroons to either Philadelphia or American Ice Cream.

CARAMEL CUSTARD ICE CREAM

1 egg or 2 egg yolks, slightly beaten	$\frac{1}{4}$ cup sugar, caramelized (p. 153)
$\frac{1}{4}$ cup sugar	1 cup thin cream
Pinch salt	$1\frac{1}{2}$ teaspoons vanilla
1 cup milk, scalded	

Make a Soft Custard (p. 234) of egg, sugar, salt, and milk. Add caramel and cool. Add cream and flavoring. Freeze as for Philadelphia Ice Cream. 6 servings, $\frac{1}{2}$ cup each.

FRENCH ICE CREAM

Make as for American Ice Cream increasing egg yolks to 4 and using all cream. 8 servings, $\frac{1}{2}$ cup each.

PARFAITS

Parfaits contain eggs and a high concentration of sugar which make them freeze more slowly than most mixtures. They may be molded but are more commonly served in tall, slim, stem glasses known as **parfait glasses**. Parfaits are garnished with whipped cream, chopped nuts, or candied fruit.

ANGEL PARFAIT (WHITE PARFAIT)

1 cup sugar	2 cups heavy cream, whipped
$\frac{3}{4}$ cup water	1 teaspoon vanilla
3 egg whites, beaten stiff	

Boil sugar and water to Soft-ball Stage (p. 46). Pour

slowly onto egg whites and continue beating until cold. Add cream and vanilla. Put into molds. Pack in a 1:1 or a 2:1 ice and salt mixture. Let stand 3 hours. 10-12 servings, $\frac{1}{2}$ cup each.

Variations

Strawberry Parfait.—Add 2 cups crushed, fresh strawberries to Angel Parfait just before molding. Omit vanilla. Other fruits may be used in same way. If sweetened frozen fruits are used, sugar should be decreased.

Caramel Parfait.—Make as for Angel Parfait substituting 6 beaten egg yolks for egg whites. Caramelize half the sugar.

Chocolate Parfait.—Melt 2 squares chocolate in syrup for Angel Parfait.

COFFEE PARFAIT

1 cup strong, cold coffee	2 egg yolks, well beaten
$\frac{1}{2}$ cup sugar	2 cups heavy cream,
Pinch salt	whipped

Dissolve sugar and salt in coffee heating as necessary. Pour gradually over egg yolks and cook as for Soft Custard (p. 234). Cool. Add cream and complete as for Angel Parfait. 8-10 servings, $\frac{1}{2}$ cup each.

MAPLE PARFAIT

4 eggs, slightly beaten	2 cups heavy cream,
1 cup maple syrup	whipped

Add syrup to eggs. Cook as for Soft Custard (p. 234). Cool. Add cream. Complete as for Angel Parfait (p. 248). 8-10 servings, $\frac{1}{2}$ cup each.

MOUSSES

Mousses resemble parfaits in texture. They are made of whipped or thin cream stiffened with gelatin which gives a velvety texture.

FOUNDATION MOUSSE RECIPE

1 tablespoon gelatin	4 cups heavy cream,
soaked in	whipped
$\frac{1}{4}$ cup cold water	Flavoring to taste
1 cup sugar	

Dissolve soaked gelatin over hot water. Add sugar and flavoring. Stir occasionally until it begins to thicken, then add slowly to cream. Pour into mold and freeze without stirring, using a 1:1 or 2:1 ice and salt mixture. 16 servings, $\frac{1}{2}$ cup each.

Variations

Grape Mousse.—Use Foundation Mousse Recipe adding 1 cup grape juice and 2 tablespoons lemon juice. Add dissolved gelatin to these. When mixture begins to thicken proceed as above. 18 servings, $\frac{1}{2}$ cup each.

Strawberry Mousse.—Use Foundation Mousse Recipe. Add 4 cups crushed strawberries to mixture before molding. 24 servings, $\frac{1}{2}$ cup each.

Maple Mousse.—Use Foundation Mousse Recipe omitting sugar and adding 1 $\frac{1}{2}$ cups maple syrup heated to boiling point. 19 servings, $\frac{1}{2}$ cup each.

Chocolate Mousse.—Use Foundation Mousse Recipe adding 2 $\frac{1}{2}$ squares chocolate, $\frac{1}{2}$ cup powdered sugar (in addition to other sugar) and 1 cup milk. Melt chocolate, add powdered sugar and milk. Heat to boiling point and dissolve soaked gelatin in it. Flavor with vanilla. 18 servings, $\frac{1}{2}$ cup each.

BISCUITS**BISCUIT GLACE**

1 cup sugar	1 cup heavy cream,
$\frac{1}{2}$ cup boiling water	whipped
4 egg yolks, beaten light	$\frac{1}{2}$ teaspoon vanilla
	Powdered macaroons

Boil sugar and water to Soft-ball Stage (p. 46). Pour slowly onto egg yolks while beating. Cool. Fold in cream and vanilla. Pour into individual paper boxes. Sprinkle tops with macaroons. Pack boxes in a tight, covered container. Place in a 1:1 ice and salt mixture for 3 hours. Serve from paper dish. 6 servings, $\frac{1}{2}$ cup each.

FROZEN PUDDINGS

Frozen puddings consist of plain ice cream with addition of fruits, nuts, powdered macaroons, or cake crumbs.

FROZEN PUDDING

4 cups thin cream	1 cup cake crumbs
$\frac{3}{4}$ cup sugar	1 cup diced, mixed fruit

Mix cream, sugar, and crumbs. Freeze while stirring. Fill molds with alternate layers of frozen mixture and fruit. Pack in a 3:1 ice and salt mixture for 2 hours. 12 servings, $\frac{1}{2}$ cup each.

FROZEN FIG PUDDING

1 tablespoon gelatin soaked in	4 eggs, slightly beaten
$\frac{1}{4}$ cup cold water	1 cup chopped figs
4 cups thin cream, scalded	1 cup chopped nuts
1 cup sugar	1 cup chopped dates
	1 teaspoon vanilla

Make a Soft Custard (p. 234) of eggs, sugar, and cream. Dissolve soaked gelatin in this mixture. Cool. Add fruits and vanilla. Freeze with stirring using an 8:1 ice and salt mixture. Pack for 2 hours to ripen. Serve plain or with Lemon Ice (p. 244). 16 servings, $\frac{1}{2}$ cup each.

MAJESTIC PUDDING

1 cup canned or cooked apricots	1 cup cold, cooked rice (p. 65) sweetened to taste
Sugar to sweeten	1 cup heavy cream, whipped

Rub cooked apricots through sieve. Sweeten whipped cream to taste and fold into rice. Put apricot purée into bottom of a mold. Cover with cream mixture. Pack in a 1:1 ice and salt mixture 3 hours. 6 servings, $\frac{1}{2}$ cup each.

NESSELRODE PUDDING

2 egg yolks, slightly beaten	$\frac{1}{2}$ cup French chestnut purée (boiled chestnuts run through a sieve)
3 cups sugar	$\frac{1}{4}$ cup Sultana raisins
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup mixed candied fruits or crumbled macaroons
$1\frac{1}{2}$ cups milk, scalded	Boiled, shelled chestnuts broken into pieces
1 cup thin cream	
$1\frac{1}{2}$ tablespoons pineapple syrup or	
1 teaspoon vanilla	
$\frac{1}{2}$ cup chopped almonds	

Make a Soft Custard (p. 234) of eggs, sugar, salt, and milk. Cool. Add cream, flavoring, and nuts. Freeze as for Ice Cream (p. 243). Line a mold with half the frozen mixture (p. 244). Add fruits and chestnuts to remainder. Fill rest of mold with this mixture. Cover, pack in a 3:1 ice and salt mixture for 2 hours. Molding may be omitted. 8 servings, $\frac{1}{2}$ cup each.

STRAWBERRY ROLL

Strawberry Ice Cream	Italian Meringue
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Line a round mold with Strawberry Ice Cream (p. 247). Fill center with Italian Meringue (p. 252). Pack for 3 hours in a 3:1 ice and salt mixture. 12-15 servings, $\frac{1}{2}$ cup each.

ITALIAN MERINGUE

$\frac{1}{4}$ teaspoon gelatin soaked in	2 egg whites, beaten stiff
1 tablespoon cold water	$\frac{3}{4}$ cup heavy cream
$\frac{1}{4}$ cup sugar	1 teaspoon vanilla

Dissolve soaked gelatin over hot water. Add to cream in which sugar has been dissolved. When it begins to thicken, pour slowly onto egg whites while beating. Continue to beat until of consistency of whipped cream. Flavor.

MISCELLANEOUS**FROZEN FRUIT**

Place tin can containing fruit packed in extra heavy syrup in a 1:1 ice and salt mixture. Let stand 3 hours. Remove can and dip in warm water for a moment. Punch hole in bottom, then open by cutting around side just under top. Turn out in form of a cylinder. Slice and serve with whipped cream.

Suggestions for Mixtures Frozen in the Mechanical Refrigerator

Satisfactory frozen desserts may be made by freezing a suitable mixture in the trays of a mechanical refrigerator. A low temperature is desirable. The mixture is necessarily one that encloses a large amount of air in such a way that it is distributed evenly in very small bubbles. These bubbles separate the ice crystals preventing a coarse, crystalline texture. Fillers, as gelatin, marshmallows, eggs, or flour, act somewhat in same way, but less effectively. These are less essential when mixtures are stirred while freezing, as crystals are broken by knife-edge of dasher and stirring incorporates air. Anything that hastens formation of ice crystals is desirable. Mixtures not too sweet freeze more readily than very sweet ones. Thin cream may be substituted successfully for heavy cream if it is not too fresh and is very cold. Addition of lemon juice (2 teaspoons to 1 pint) aids whipping of thin cream and can be used if flavor is not objectionable.

Parfaits, mousses, biscuits, and frozen puddings can all be frozen successfully by mechanical refrigeration. Place mixtures in freezing trays and allow to stand required time with occasional stirring instead of packing in ice and salt as suggested in recipes.

Special recipes for ices, sherbets, and ice creams have been developed for use in mechanical refrigerators.

VANILLA ICE CREAM (MECHANICAL REFRIGERATOR)

$\frac{3}{4}$ cup sweetened evaporated milk or one small can	$\frac{3}{4}$ cup water
	$1\frac{1}{2}$ teaspoons vanilla
	1 cup heavy cream, whipped

Combine milk and water. Add vanilla. Fold in whipped cream. Pour into refrigerator tray. Stir occasionally from sides and bottom of tray. Allow 2-4 hours for freezing. 8 servings.

Variations

Fruit Ice Cream.—Prepare Vanilla Ice Cream omitting vanilla and adding 1 cup crushed fruit sweetened to taste.

Chocolate Ice Cream.—Prepare Vanilla Ice Cream adding 1-1½ squares of unsweetened melted chocolate.

ORANGE SHERBET

$\frac{3}{4}$ cup evaporated milk (1 small can)	1 cup orange juice
3 tablespoons lemon juice	$\frac{1}{2}$ cup sugar

Whip milk (p. 155). Add lemon juice and continue whipping until very stiff. Dissolve sugar in orange juice. Fold orange mixture slowly and thoroughly into whipped milk. Turn into freezing pan. Freeze until it hardens on sides of pan. Remove from refrigerator. Stir well. Return to refrigerator and continue freezing until firm. Allow 3-5 hours for freezing. 4 servings.

BUTTERMILK SHERBET

2 cups buttermilk	1 teaspoon vanilla
$\frac{3}{4}$ cup sugar	1 egg white
1 cup crushed pineapple	

Mix buttermilk, all but 2 tablespoons of sugar, pineapple, and vanilla; freeze to a mush. Beat egg white stiff, add the 2 tablespoons sugar. Transfer frozen mixture to cold mixing bowl, beat until fluffy, add egg white and return to freezing tray. Freeze quickly. Remove from tray about one hour before serving and beat again. Return to freezing tray until ready to serve. 8 servings.

LEMON ANGEL CREAM

2 eggs, well-beaten	$\frac{1}{8}$ cup lemon juice
$\frac{3}{4}$ cup sugar	Grated rind 1 lemon
1 cup milk	2 teaspoons gelatin
1 cup thin cream	soaked in
$\frac{3}{4}$ cup light corn syrup	2 tablespoons cold water

Beat sugar gradually into eggs. Add milk, cream, syrup, lemon juice, and rind. Blend. Add soaked gelatin which has been dissolved over hot water. Pour into tray. Stir occasionally from sides and bottom. Allow 3-5 hours to freeze. 8 servings.

BRAZIL MOCHA ICE CREAM

1½ cups milk	¼ teaspoon salt
2 tablespoons finely ground coffee	1½ cups heavy cream, whipped
1 cup sugar	1 cup chopped Brazil nuts
2 egg yolks, beaten	

Scald milk with coffee in double boiler. Strain through wet cheesecloth. Caramelize half of sugar to light brown syrup stage (p. 153). Stir in remaining sugar. Be sure it is dissolved. Add to milk then combine with egg yolks and salt. Cook as for Soft Custard (p. 234). Cool. Fold in cream and Brazil nuts. Pour into tray. Freeze until firm stirring as necessary. 10 servings.

OTHER REFRIGERATOR DESSERTS

ICE BOX PUDDING (ICE BOX CAKE)

1 cup heavy cream, whipped	Sugar to taste
1 cup fruit, drained from juice	12 lady fingers or strips stale sponge cake

Add fruit to cream. Sweeten as desired. Fold in crushed lady fingers or cake or arrange alternate layers of lady fingers or cake and cream mixture. Chill. Serve with whipped cream. Almost any combination of fruit and cake may be used. Chopped nuts may be added for variety. A custard foundation with or without chocolate makes a pleasing dessert. 6 servings.

CHOCOLATE ICE BOX PUDDING (CHOCOLATE ICE BOX CAKE)

2 squares (ounces) confectioner's sweet chocolate, melted	2 egg whites, beaten stiff
2 egg yolks, beaten	1 teaspoon vanilla
½ cup sugar	1 cup chopped nuts
½ cup milk	6 lady fingers or strips stale sponge cake

Add egg yolks, sugar, and milk to chocolate, mixing as for Custard (p. 234). Cook over hot water, stirring until thick. Add nuts. Cool partially. Fold in egg whites. Put a layer of lady fingers, split into halves, in bottom of mold. Add a layer of chocolate mixture. Add the second layer of split lady fingers, and cover with remaining chocolate mixture. Cover. Let stand

in refrigerator 12 hours. Unmold. Cut into slices. Serve with whipped cream or ice cream. 6 servings.

ORANGE REFRIGERATOR CAKE

1 tablespoon gelatin
soaked in
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup orange juice
12 marshmallows, cut
into pieces

$\frac{1}{2}$ cup orange sections
freed from membranes,
cut into thirds
1 cup heavy cream,
whipped
Lady fingers or slices of
stale sponge cake suffi-
cient to line pan

Add sugar and boiling water to soaked gelatin. Stir to dissolve. Add $\frac{3}{4}$ cup orange juice. Cool. Combine marshmallows and orange pieces. When gelatin mixture begins to stiffen, beat until fluffy. Fold in marshmallows, orange pieces, and whipped cream. Arrange lady fingers or sponge cake on bottom and sides of pan. Pour in filling. Top may be covered with sponge cake or lady fingers if desired. Chill over night. Unmold and garnish with whipped cream and orange slices. 8-10 servings.

FRUIT COBBLERS

Use any desired fruit, fresh, canned, or frozen. Prepare fresh fruit according to kind, paring, coring or pitting, and slicing as necessary. Canned and frozen fruits are ready to use. If too juicy, drain off part of juice. If too bland add a little lemon juice. Sweeten to taste. Fill shallow oiled baking dish $\frac{2}{3}$ full of fruit and juice. Dot with bits of butter or substitute.

Make Baking Powder Biscuits (p. 93) or Shortcake (p. 231) if a richer mixture is desired. Pat or roll to $\frac{1}{4}$ inch in thickness and of a size to fit pan. Cut slit in center as for pie to allow juice to bubble through. Place over fruit mixture, leaving edges free from sides of pan. Bake in hot oven (400° F.) 35 to 40 minutes.

Serve warm with plain or whipped cream.

CAKES

Cakes are classified as **butter cakes** and **sponge cakes**. Butter cakes contain fat while sponge cakes do not. Butter cakes are usually leavened with baking powder or soda and an acid. True sponge cakes are leavened chiefly by air incorporated in beaten eggs. Modified sponge cakes may have baking powder added. Butter cakes are most often baked as loaves, layers, sheets, or individual cup cakes; and sponge cakes, in tube pans or sheets.

Ingredients

The best of ingredients are essential. Fresh eggs, good butter or other fat, fine-grained sugar, fresh baking powder, and cake flour are desirable for good cake. Stale eggs and strong fat give objectionable flavors, coarse-grained sugar gives a coarse texture and a hard crust, and all-purpose flour makes a less tender cake. Cake flour is made from soft wheat which has been specially milled to give a fine product. The protein content is low and the granulation so uniform and fine that the flour feels satiny. If cake flour is not available, substitute 2 table-spoons cornstarch for an equal amount of all-purpose flour in each cup, or decrease slightly the amount of flour used (p. 43).

BUTTER CAKES

Characteristics of a Good Butter Cake

General Appearance.—Cake should be uniform in shape with flat or slightly rounded top free from cracks. Color will vary according to ingredients used. For all light-colored cakes, it should be a uniform golden brown on top, sides, and bottom. **Crust** should be thin and tender.

Crumb.—A good butter cake is light in proportion to size, tender, of fine and even grain, moist but not sticky, elastic, and velvety in quality. To attain the latter, it is necessary to have ingredients finely divided and well emulsified, yet able to retain the carbon dioxide gas produced by the baking powder. Color will vary according to ingredients used but should

be attractive. For example, white cake should be white not gray. Odor and taste should be pleasant.

Making and Baking of Butter Cakes

General Proportions.—Allow $\frac{1}{2}$ to $\frac{1}{2}$ as much fat as sugar, equal amounts of sugar and liquid (including fat), and half as much liquid or sugar as flour. Knowledge of these proportions is helpful in judging a recipe but increase of eggs may permit increase in sugar or fat, and vice versa. Sour milk makes a thicker batter than sweet milk. Fruit mixtures should be stiffer than plain ones to prevent fruit settling to bottom during baking.

Preparatory Steps.—Measure all ingredients, first the dry ones, then fat, and last the liquid. Sift flour, salt, baking powder or soda, and spices, if used, together. Separate eggs, if recipe calls for it. Bottoms of pans may be fitted with waxed paper or, if a smooth surface is desired, oil then flour bottoms of pans. Sides should not be oiled. Preheat oven so it will be at desired temperature when cake is mixed.

Conventional Method of Mixing.—Cream fat until soft. Add sugar gradually and cream with fat until fluffy. Add well-beaten whole egg, yolks, or unbeaten eggs according to recipe. Add melted chocolate, if used. Put flavoring into milk rinsing spoon in it so none is lost. Add liquid alternately with flour mixture to sugar mixture combining with a beating motion. Cakes made with quick-acting baking powders, as tartrate, should not be beaten more than 15 seconds after last of flour is added. Those made with calcium-phosphate powder may be beaten as long as 30 seconds while those made with double-acting baking powder, as S. A. S.*-phosphate, may be beaten 1 minute. If nuts or fruits are used, they should be floured to prevent settling to bottom of cake and may be added with last of flour. Then fold in stiffly beaten egg whites, if used.

Muffin Method of Mixing.—Mix as for muffins (p. 90). Take care that fat is not too hot. Eggs may be beaten separately. Mixtures made with quick-acting baking powders must not be beaten more than 40 seconds. Those with double-acting baking powder may be beaten 60 seconds.

*Sodium-aluminum-sulfate.

"Easy-mix" or "One-bowl" Method of Mixing.—Have all ingredients at room temperature. Sift flour, baking powder, salt and sugar (also soda, cocoa or spices) into mixing bowl. Add fat, part or all of milk and flavoring. Beat vigorously with a spoon for 2 minutes or mix with electric mixer on slow to medium speed for 2 minutes. Scrape bowl frequently. Add any remaining liquid and unbeaten eggs or whites or yolks. Continue beating 2 more minutes, scraping bowl frequently. This method gives best results with formulae developed for this method.

Dough-Batter Method of Mixing.—Sift flour, baking powder, (a slow-acting powder is best) and salt together. Add fat. Mix 5 minutes (low speed if mixer is used) making sure flour and fat are thoroughly blended. Add sugar which has been mixed with half of milk. Mix 5 minutes (low speed with mixer). Mix unbeaten eggs, flavoring, and remaining milk. Add half of this to dough mixture. Mix 1 minute. Add remainder of milk mixture. Mix 2 minutes or just until batter is smooth.

Use of Electric Mixer.—When the electric mixer is used for mixing cakes any of above methods may be used. Moderate or low speed will generally give best results. Care is necessary to prevent over-mixing.

Filling Pans.—Fill pans not more than $\frac{1}{2}$ - $\frac{3}{8}$ full. (Pans for cup cakes should be only half full.) Push mixture well to sides and corners of pan leaving a slight depression in center so cake may rise evenly. Tap pan sharply on table once or twice to expel air.

Baking.—Cup or layer cakes of average size should bake in a moderate oven (350°-375° F.) 20-30 minutes. Loaf cakes require a somewhat lower oven temperature. One of average size should bake about 40-45 minutes at 350° F. If oven is too slow, cake may rise too much. If oven is too hot, cake is inclined to crack on top.

For those ovens not equipped with thermometers or regulators, the baking period may be divided into quarters. The various stages of baking indicated below should be reached in about the time suggested if a well-balanced cake is to be secured.

First Quarter—Mixture should begin to rise.

Second Quarter—Mixture should continue to rise, reach its full height, and begin to brown.

Third Quarter—Browning should continue.

Fourth Quarter—Browning is completed and cake settles and shrinks from pan.

Do not move cake after it begins to rise until fully risen and slightly set. It may then be moved carefully if necessary. Results are usually better if cakes are baked alone in oven. Place pan as near center of oven as possible to insure even baking. The oven door may be carefully opened and closed without causing cake to fall.

Tests When Done.—Cake will break away from sides of pan and will spring back quickly when pressed lightly by finger. Another test is to insert a clean toothpick into center of cake. If it comes out clean, cake is done.

Care After Baking.—Remove from oven. Let stand 5 minutes, then loosen edges with spatula and invert cake on wire rack to cool. If there is any tendency to stick, turn pan on its sides successively and allow to stand in each position long enough for cake to loosen itself by its own weight.

Common Difficulties with Butter Cakes and Their Causes

Difficulty	Cause
Cracks on top	Too hot an oven at first of baking period Too stiff a batter Width of pan out of proportion to length
Peak in center	Too stiff a batter Too hot an oven at first of baking period Too much mixing
Hollow in center	Too much fat or sugar Too slow an oven Too much leavening Insufficient baking
Tough crust or crumb	Too little fat or sugar Too much flour Too much mixing
Sticky crust	Too much sugar Damp flour Insufficient baking

(Continued on following page)

Common Difficulties with Butter Cakes and Their Causes (Continued)

Difficulty	Cause
Sugary crust	Too much sugar Too much leavening Improper mixing
Sogginess	Steaming during cooling Wrong proportion of liquid to flour
Bitter flavor	Too much baking powder
Heaviness	Not enough leavening Too much mixing so leavening is lost Too much fat, sugar, or liquid Insufficient baking Incorrect temperature for baking
Over-light and crumbly	Too much leavening Too low an oven temperature
Coarse texture	Too much leavening Insufficient creaming of fat and sugar Use of liquid fat
Dryness	Not enough fat or liquid Egg whites beaten too much Over-baking Addition of chocolate with no increase in liquid
Grayish color in a white cake	Too low an oven temperature Low grade flour Use of metal spoon or bowl for mixing
Tunnels and occasional large holes	Too much beating of batter Unevenly distributed leavening agent Too hot an oven Failure to expel air from pan when batter is put in

STANDARD OR PLAIN CAKE

$\frac{1}{2}$ cup fat	$2\frac{1}{2}$ teaspoons baking powder*
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	1 teaspoon flavoring extract
$\frac{3}{4}$ cup milk	
$1\frac{3}{4}$ cups cake flour	

Mix as for Butter Cake (p. 257). Bake in a loaf, layers, or as cup cakes. 16 servings.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

Variations

Spice Cake I.—Add $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{4}$ teaspoon each of cloves and nutmeg to Standard Cake.

Chocolate Cake.—Add 1-2 ounces melted chocolate to Standard Cake. Decrease flour or increase liquid slightly as chocolate thickens mixture.

Marble Cake.—Add $\frac{1}{2}$ -1 ounce melted chocolate to half of recipe for Standard Cake. Add milk to thin as needed. Put mixtures into pan alternately to give marbled effect.

Nut Cake.—Add $\frac{1}{2}$ cup chopped nuts to Standard Cake.

Common Fruit Cake.—Add $\frac{1}{2}$ cup raisins or currants to Standard Cake. Sliced citron, dates, or other fruits may be used.

White Cake I.—Use 3 egg whites instead of whole eggs in Standard Cake.

Tea Cake.—Make as for Standard Cake. Put into shallow, oiled pan making layer of batter about 1-inch thick. Spread with melted butter and sprinkle with sugar and cinnamon to taste. Bake as for Butter Cake (p. 258).

EASY-MIX CAKE

$\frac{1}{2}$ cup fat	$2\frac{1}{4}$ cups flour
1 cup milk	3 teaspoons slow-acting
1 teaspoon vanilla	baking powder
2 eggs, unbeaten	$1\frac{1}{2}$ cups sugar
	1 teaspoon salt

Have all ingredients at room temperature. Sift dry ingredients together into mixing bowl. Add fat, $\frac{2}{3}$ cup milk and vanilla. Beat 2 minutes. Add remaining milk ($\frac{1}{2}$ cup) and unbeaten eggs. Beat 2 minutes. Bake in layers. Makes 2 round 8 or 9-inch layers. Bake 30 to 35 minutes at 350° F.

WHITE CAKE II

$\frac{1}{2}$ cup fat	3 teaspoons baking
$1\frac{1}{2}$ cups sugar	powder*
1 cup milk	1 teaspoon vanilla
$2\frac{1}{2}$ cups cake flour	5 egg whites
$\frac{1}{4}$ teaspoon salt	

Mix as for Butter Cake (p. 257). Bake in layers or a loaf. 20-24 servings.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

WHITE ALMOND CAKE

$\frac{1}{2}$ cup fat	$\frac{1}{4}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon almond
$\frac{3}{4}$ cup milk	extract
2 cups cake flour	4 egg whites
3 teaspoons baking powder*	

Mix as for Butter Cake (p. 257). Bake in layers or in a loaf. 20 servings.

GOLD CAKE

$\frac{1}{2}$ cup fat	2 $\frac{1}{2}$ cups cake flour
1 $\frac{1}{4}$ cups sugar	$\frac{1}{2}$ teaspoon mace
4 egg yolks	3 teaspoons baking powder*
1 whole egg	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	

Mix as for Butter Cake (p. 257). Bake in layers or loaf. 20 servings.

CARAMEL OR BURNT-SUGAR CAKE

$\frac{1}{4}$ cup fat	1 $\frac{1}{2}$ cups cake flour
$\frac{3}{4}$ cup sugar	2 teaspoons baking powder*
1 egg	$\frac{1}{4}$ teaspoon salt
1 tablespoon Caramel Syrup (p. 153)	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup water	

Dissolve syrup in water. Mix as for Butter Cake (p. 257). Bake in a loaf. Cover with Burnt-sugar Frosting (p. 273). 12 servings.

DEVIL'S FOOD CAKE

$\frac{1}{2}$ cup fat	$\frac{1}{4}$ teaspoon salt
2 cups sugar	$\frac{1}{2}$ teaspoon cinnamon
4 egg yolks	2 ounces melted chocolate
1 cup milk	1 teaspoon vanilla
2 $\frac{1}{2}$ cups cake flour	4 egg whites
3 teaspoons baking powder*	

Mix as for Butter Cake (p. 257) adding 1 cup of sugar to egg whites. (It is too much to cream with fat.) Bake in loaf or layers. Cover with Boiled or Marshmallow Frosting (pp. 273-4). 18 servings.

BOSTON FUDGE CAKE

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ cup water
2 cups brown sugar	2 $\frac{1}{2}$ cups cake flour
2 ounces chocolate, melted	1 teaspoon soda
2 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon vanilla

Mix as for Butter Cake (p. 257), creaming fat, sugar and eggs together from beginning. Bake in layers. Put together with Brown Sugar Frosting (p. 273). Cover with Chocolate Fudge Frosting (p. 275). 18 servings.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

ITALIAN CAKE

$\frac{1}{2}$ cup fat	$1\frac{3}{4}$ cups cake flour
1 cup sugar	$2\frac{1}{2}$ teaspoons baking powder*
2 eggs	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ cup cold, strong coffee	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{4}$ teaspoon salt	

Mix as for Butter Cake (p. 257). Bake in loaf. Cover with Mocha Frosting (p. 276). 16 servings.

MOCHA CAKE

1 cup fat	1 teaspoon cinnamon
2 cups sugar	1 teaspoon allspice
5 eggs	1 teaspoon cloves
1 cup black coffee	$\frac{1}{4}$ teaspoon salt
$3\frac{1}{2}$ cups cake flour	1 pound raisins
1 teaspoon soda	1 pound currants

Mix as for Butter Cake (p. 257). Bake in 2 loaves. 36 servings.

SPICE CAKE II

$\frac{1}{3}$ cup fat	$\frac{1}{4}$ teaspoon cloves
$\frac{3}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon allspice
2 egg yolks or 1 egg	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sour milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{4}$ cup currants

Mix as for Butter Cake (p. 257). Bake in loaf. 16 servings.

SPICE CAKE III

1 cup brown sugar	1 cup sour coffee cream, or
2 cups cake flour	1 cup sour milk and
1 teaspoon cinnamon	4 tablespoons fat
1 teaspoon nutmeg	1 egg, well-beaten
$\frac{1}{4}$ teaspoon cloves	$\frac{1}{2}$ cup sliced citron
1 teaspoon soda	1 cup raisins, chopped.
1 teaspoon salt	
1 teaspoon baking powder*	

Sift dry ingredients together. Combine egg and cream. Add to dry ingredients. Mix. Add fruit. Bake about 40 minutes. 16-20 servings.

WHITE CUP CAKES

$\frac{1}{4}$ cup fat	2 teaspoons baking powder*
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	2 egg whites
$\frac{1}{2}$ teaspoon vanilla	
$1\frac{1}{2}$ cups cake flour	

Mix as for Butter Cake (p. 257). Bake in muffin pans. 16 servings.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

CURRANT CUP CAKES

$\frac{1}{4}$ cup fat	$2\frac{1}{2}$ teaspoons baking powder*
$\frac{1}{2}$ cup light brown sugar, packed	$1\frac{1}{2}$ cups cake flour
1 egg	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup currants

Mix as for Butter Cake (p. 257). Bake in muffin pans. 16 servings.

JAM CAKES

1 cup fat	1 teaspoon baking powder*
1 cup sugar	$\frac{1}{2}$ teaspoon nutmeg
3 eggs	$\frac{1}{2}$ teaspoon cinnamon
1 cup jam or jelly	$\frac{1}{2}$ teaspoon cloves
$\frac{3}{8}$ cup sour milk	$\frac{1}{2}$ teaspoon allspice
2 cups flour (more with jelly)	$\frac{1}{4}$ teaspoon salt
1 teaspoon soda	

Mix as for Butter Cake (p. 257) adding eggs one at a time to creamed fat and sugar. Add jam after eggs. If apple sauce is used instead of jam, increase soda to $1\frac{1}{2}$ teaspoons. 16-18 servings.

APPLE SAUCE CAKE I

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ teaspoon cloves
1 cup sugar	1 cup raisins, finely cut and floured
1 egg, well beaten	1 cup currants or nuts, finely cut and floured
$1\frac{3}{4}$ cups flour	1 cup hot, thick, strained apple sauce
1 teaspoon soda	
$\frac{1}{4}$ teaspoon salt	
1 teaspoon cinnamon	

Mix as for Butter Cake (p. 257) adding flour which has been sifted with soda, salt, cinnamon, and cloves alternately with apple sauce, a small amount at a time. Lastly add raisins and currants. Bake in moderate oven (350° F.) 1 hour. 16 servings.

APPLE SAUCE CAKE II

$\frac{1}{2}$ cup fat	3 teaspoons baking powder*
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon soda
2 eggs	1 teaspoon cinnamon
1 cup water	1 teaspoon cloves
1 cup apple sauce	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ cup chopped nuts
$2\frac{1}{2}$ cups flour	

Mix as for Butter Cake (p. 257) flouring nuts and raisins to prevent settling to bottom. Add apple sauce with liquid. If preferred apples may be chopped. They should then be floured and added with raisins.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

WHITE FRUIT CAKE

1 cup fat	1 cup candied citron, sliced thin
1 cup sugar	1 cup Sultana raisins
2 egg yolks, well beaten	1 cup candied pineapple, cut fine
$\frac{1}{4}$ cup light-colored fruit juice, as pineapple	3 cups blanched almonds, chopped or cut into strips
1 tablespoon vanilla extract	1 cup candied cherries, cut fine
$\frac{1}{2}$ teaspoon almond extract	7 egg whites, beaten stiff
$\frac{3}{4}$ cups flour	
2 teaspoons baking powder*	
1 cup fresh, grated cocoanut	

Mix fruits and nuts with 1 cup of flour. Make as for Butter Cake (p. 257) adding fruit mixture just before folding in egg whites. Bake in very slow oven (250° F.) about 2 $\frac{1}{4}$ hours, then increase to 300° F. 15 minutes. If preferred, these may be steamed for 3 $\frac{1}{4}$ hours instead of baked. After steaming, they should be dried for 20 minutes in slow oven (275° F.) 72 servings.

DARK FRUIT CAKE

2 cups fat	1 teaspoon nutmeg
2 cups brown or white sugar	1 pound candied citron, sliced thin
12 egg yolks, well-beaten	$\frac{1}{2}$ pound candied lemon peel, sliced thin
1 cup fruit juice or sour milk	$\frac{1}{4}$ pound candied orange peel, sliced thin
$\frac{1}{4}$ cup molasses	4 cups chopped nuts
2 squares chocolate	3 pounds raisins, cut into pieces
4 cups flour	3 pounds currants
2 teaspoons cloves	3 cups chopped dates
2 teaspoons mace	12 stiffly beaten egg whites
2 teaspoons allspice	
2 teaspoons cinnamon	
1 teaspoon soda	
$\frac{1}{2}$ teaspoon salt	

Sift salt and spices with flour. Add fruit and nuts. Mix as for Butter Cake (p. 257). Put into bread pans lined with oiled paper smoothing tops with knife. Bake 3 hours in very slow (250° F.) oven. When cakes crack on top, they are almost done. These may be steamed for 4 hours instead of baked. They are usually more successful when so treated. After steaming they should be dried about 20 minutes in slow oven (275° F.). When cakes are cool, wrap in paraffin paper, pack in tight jar, and keep in cool place. Under these conditions they may be kept for months. 4 loaves, 100 servings.

*Quick-acting baking powder; use $\frac{1}{2}$ as much slow-acting powder.

SPONGE CAKES

Sponge cakes may be either white, as angel food, or yellow, sometimes called true sponge cake. White sponge cakes use only whites of eggs; yellow sponge, whole eggs beaten separately. Thin egg whites beaten at room temperature will give maximum cake volume. A large proportion of egg whites with adjustment made for cream of tartar will increase volume and tenderness. Substitution of water for one or two egg whites gives a moist tender product of decreased volume. Use of cream of tartar results in increased tenderness of cake, makes it whiter, and tends to prevent shrinkage.

Characteristics of Good Sponge Cake.—A good sponge cake has a golden-brown crust, fine texture, is moist and tender, and will "sing" when pressed. It is also light in weight for its size.

Preparatory Steps.—Assemble utensils and ingredients. Make necessary measurements. Separate whites from yolks of eggs. To beat well, eggs should not be too cold.

Method of mixing True Sponge Cake.—Sift flour with salt. Work indicates no increase in amount of air incorporated after first sifting. Sift sugar as necessary to insure fineness. Beat egg yolks until thick and lemon-colored. Beat egg whites until stiff but not dry. Add sugar, about 2 tablespoons at a time, beating in gradually. Add flavoring, which is usually lemon juice and grated rind, and beat in. Fold in egg yolks. Cut and fold in flour-salt mixture. Continue folding 2 minutes after last addition. Do not stir or beat after flour is added or cake will be tough. Work quickly so no air (leaven) will be lost.

Method for Using Electric Mixer.—The electric mixer is satisfactory for mixing sponge cakes. The time required for mixing is about the same as for hand-mixing. For **beating** eggs, use high speed. For **folding** in flour or flour-sugar mixture, use low speed.

Filling Pans.—Put in special ungreased pans used only for baking sponge cakes. Follow directions for Filling Pans for Butter Cake (p. 258).

Baking.—A temperature of 375° F. gives a tender, moist cake of good volume although some directions still suggest a lower temperature for a longer period of time. A pre-heated oven is recommended. Overbaking is to be avoided as it toughens cake. When it begins to pull away from sides of pan, cake is done.

Common Difficulties with Sponge Cakes and Their Causes

Difficulty	Cause
Thick, hard crust	Too hot an oven at first Too long baking
Sticky crust	Too much sugar Damp flour Insufficient baking
Cracked crust	Too stiff a mixture Over-beaten eggs Too hot an oven
Tough crumb	Too high a baking temperature Too much mixing
Coarse crumb	Under-beaten eggs Too little mixing Too hot an oven
Dark color	Inferior flour Wrong proportions
Dryness	Over-beaten egg whites Too much flour Too little sugar Over-baked Too slow a baking temperature
Heaviness	Loss of air in mixing Omitting cream of tartar
Shrinkage	Too low a baking temperature Too little cream of tartar Insufficient baking

Allow 25-30 minutes at 375° F. for a sponge cake of average size to bake. Divide time into quarters as for Butter Cake (p. 258). During last quarter of baking period, cake will settle somewhat in pan.

Tests When Done.—Cake will break away from sides of pan and will spring back quickly when pressed lightly by finger.

Care After Baking.—Invert pan on wire rack to cool to insure a light product. Remove from pan when cold with aid of a spatula.

Cutting.—Cut with two forks placed back to back, working gently. If preferred, cut with a very sharp knife dipped in hot water.

TRUE SPONGE CAKE

6 egg yolks	6 egg whites
1 cup sugar	1 cup cake flour
1 tablespoon lemon juice	$\frac{1}{4}$ teaspoon salt
Grated rind $\frac{1}{2}$ lemon	

Mix and bake as for Sponge Cake (p. 266). A slightly larger cake may be obtained by adding 2 tablespoons water which should be added gradually with lemon juice. 16 servings.

SUNSHINE CAKE

10 egg whites, beaten stiff	1 cup cake flour
$1\frac{1}{2}$ cups powdered sugar	1 teaspoon cream of tartar
6 egg yolks, beaten thick	$\frac{1}{4}$ teaspoon salt
1 teaspoon lemon extract	

Add sugar gradually to egg whites while beating. Fold in egg yolks and extract. Sift salt and cream of tartar with flour and fold into egg mixture. Finish as for Sponge Cake. If preferred, cream of tartar may be added to egg whites after they have been beaten to a froth. 16 servings.

YELLOW ANGEL FOOD (EGG YOLK SPONGE CAKE)

12 egg yolks	$1\frac{1}{2}$ teaspoons baking powder*
11 tablespoons boiling water	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon lemon extract
$1\frac{1}{4}$ cups sugar, sifted	1 tablespoon lemon juice
$1\frac{1}{4}$ cups cake flour	1 teaspoon grated lemon rind

Mix one-half cup sugar with 1 cup flour; sift 3 times. Add water and salt to egg yolks. Beat until very light, about 5 minutes. Add $\frac{3}{4}$ cup sugar to egg mixture, one tablespoon at a time, beating well while adding. Add flour-sugar mixture gradually folding in lightly. Sift baking powder with remaining $\frac{3}{4}$ cup flour. Fold into egg mixture gradually alternately with lemon juice and lemon rind. Add vanilla and lemon extract and continue folding 2 minutes. Bake in slow oven (312° F.) 60-65 minutes. Lower oven temperature to 300° F. Bake 10 minutes longer. An extra-size pan will be needed. 18-20 servings.

BOILED SPONGE CAKE

1 cup sugar	6 egg yolks, well beaten
$\frac{1}{2}$ cup water	1 cup flour
6 egg whites, beaten stiff	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ teaspoons lemon extract	

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

Boil sugar and water to Thread Stage (p. 46). Add gradually to egg whites beating while adding. Continue beating until cold. Flavor. Fold in egg yolks, then sifted flour and salt. Bake as for Sponge Cake (p. 266). 16 servings.

BAKING POWDER SPONGE CAKE

3 egg yolks, well beaten	1 cup flour
$\frac{1}{4}$ cup cold water	1 teaspoon baking powder*
1 cup sugar	$\frac{1}{4}$ teaspoon salt
Grated rind 1 lemon or 1 teaspoon lemon extract	3 egg whites, beaten stiff

Add water gradually to egg yolks while beating. Add sugar and flavoring in same way. Fold in flour, salt, and baking powder which have been sifted together. Then add egg whites. Bake as for Sponge Cake (p. 266). 12 servings.

ANGEL FOOD (WHITE SPONGE CAKE)

1 cup egg whites	$\frac{3}{4}$ teaspoon vanilla
1 teaspoon cream of tartar	$\frac{1}{4}$ teaspoon rose, almond or lemon extract, if desired
$1\frac{1}{4}$ cups sugar	
1 cup cake flour	
$\frac{1}{4}$ teaspoon salt	

Beat egg whites until foamy. Add cream of tartar. Continue beating until stiff. Add sugar, about 2 tablespoons at a time, beating in gradually. Fold in flavoring, then flour and salt sifted together. Bake as for Sponge Cake (p. 266).

It is possible to substitute 2 tablespoons cold water for 2 egg whites with good results though cake may be slightly smaller. Addition of 2 tablespoons cold water makes a moist cake. 12 to 16 servings.

Variations

Tutti Frutti Angel Food.—Make Angel Food mixture. Pour one-half into pan. Sprinkle with $\frac{1}{4}$ cup each quartered, candied or drained Maraschino cherries; chopped nuts; canned, fresh-grated cocoanut. Add remainder of batter, spreading evenly. Cut through mixture with a knife to mix. Bake as for Angel Food.

Chocolate Angel Food.—Increase egg whites to $1\frac{1}{4}$ cups and substitute $\frac{1}{4}$ cup cocoa for equal amount of flour in Angel Food. Sift cocoa with flour and salt. Proceed as for Angel Food.

THE SARA JANE REED ANGEL FOOD CAKE

$1\frac{1}{4}$ cups egg whites	$1\frac{1}{2}$ cups sugar
2 teaspoons cream of tartar	1 cup cake flour
$\frac{1}{4}$ teaspoon salt	1-1 $\frac{1}{2}$ teaspoons vanilla

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

Mix $\frac{1}{2}$ cup sugar with flour. Sift 3 times. Beat egg whites with rotary egg beater until frothy. Add salt and cream of tartar. Continue beating until eggs are just stiff enough to hold their shape. Add remaining sugar to eggs, 1 tablespoon at a time, beating it in with egg beater. Add vanilla and continue beating 2 minutes. Add flour-sugar mixture gradually, folding in lightly. Continue folding 2 minutes after last addition of mixture. Bake in hot oven (400° F.) 35 minutes. An extra-size pan will be needed. 16-20 servings.

MISCELLANEOUS CAKES

QUICK GINGERBREAD

1 cup boiling water	$\frac{3}{4}$ teaspoon salt
1 cup fat	$\frac{3}{4}$ teaspoon soda
1 cup molasses	$\frac{1}{2}$ teaspoon baking powder
1 cup sugar	1 teaspoon ginger
3 eggs, unbeaten	$\frac{1}{2}$ teaspoon cinnamon
3 cups flour	

Pour boiling water over fat in mixing bowl. When melted, add molasses, sugar, and eggs. Stir until sugar dissolves. Put remaining dry ingredients into sifter. Sift directly into mixture. Beat with rotary egg beater until smooth. Mixture will be quite thin. Pour into shallow, oiled pan dusted with flour. Bake in moderate oven (350° F.) 30-40 minutes. Remove from pan. Cut into squares. Serve warm with or without whipped cream. 12-16 servings.

GINGERBREAD

$\frac{1}{4}$ cup fat	$1\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda
1 well-beaten egg	2 teaspoons ginger
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ teaspoon salt

Mix as for Butter Cake (p. 257). Bake in sheet using moderate oven (350° F.). 6-8 servings.

SOUR MILK GINGERBREAD

1 cup molasses	1 teaspoon cinnamon
$\frac{3}{4}$ cup sour milk	2 teaspoons ginger
1 well-beaten egg	$\frac{1}{4}$ teaspoon salt
$2\frac{1}{2}$ cups all-purpose flour	$\frac{3}{8}$ cup brown sugar
1 teaspoon soda	$\frac{3}{8}$ cup fat, melted

Combine molasses, milk, and egg. Mix and sift dry ingredients. Add milk mixture gradually, then fat. Mix lightly.

Bake in sheet using moderate oven (350° F). Serve warm with whipped cream. 12 servings.

Variations

Raisin Gingerbread.—Add 1 cup chopped raisins to any Gingerbread recipe.

Cheese Gingerbread.—Substitute $\frac{1}{2}$ cup grated cheese for fat in Sour Milk Gingerbread. Reduce flour to 2 cups. Sugar may be omitted. Melt cheese in molasses which has been warmed. Avoid too much heat or cheese will toughen. Complete in usual way.

JELLY ROLL

$\frac{3}{4}$ teaspoon baking powder	$\frac{3}{4}$ cup sifted flour
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
4 eggs	1 cup jelly
$\frac{3}{4}$ cup sifted sugar	

Place baking powder, salt, and eggs in a bowl. Place over smaller bowl of warm water. Beat with rotary egg beater, adding sugar gradually and continuing beating until mixture is thick and lemon-colored. Remove bowl from warm water. Fold in flour and vanilla. Turn into shallow pan, 15" x 10", lined with greased paper. Bake in hot oven (400° F.) about 13 minutes. Cut crisp edges off cake quickly. Turn from pan at once onto cloth sprinkled with powdered sugar. Remove paper quickly. Spread with jelly. Roll while warm. Wrap in cloth and cool on rack. 15 servings, 1-inch thick.

Variations

Lemon Jelly Roll.—Substitute 1 teaspoon lemon juice and $\frac{1}{2}$ teaspoon grated rind for vanilla in Jelly Roll.

Orange Jelly Roll.—Substitute orange juice and rind for lemon juice and rind in Lemon Jelly Roll.

Spiced Jelly Roll.—Sift $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{16}$ teaspoon cloves, and $\frac{1}{16}$ teaspoon allspice with flour in Jelly Roll. Substitute 1 teaspoon orange juice and $\frac{1}{2}$ teaspoon grated rind for vanilla.

Chocolate Roll.—Substitute 6 tablespoons cocoa for 6 tablespoons flour in Jelly Roll. Use all-purpose flour as cake flour makes a too-tender mixture. Substitute any desired frosting for jelly.

Frosted Roll.—Substitute any desired frosting or cream filling, whipped cream, plain, or with addition of chopped, candied fruit, for jelly in Jelly Roll.

FROSTINGS AND FILLINGS

Frostings or icings of various kinds are used for decoration for cakes and other foods. They add to the attractiveness and palatability as well as to food value. The terms **icings** and **frostings** are used more or less interchangeably but at the present time frosting is preferred.

Fillings are distinguished from **frostings** by the fact they are used only on the inside of cake while **frostings** are used both between the layers and on the outside.

FROSTINGS

Frostings may be either **cooked** or **uncooked**. In any case they should be adapted to the cake or other food on which they are to be used. If the latter is rich, frosting should be less so and vice versa. **Sponge cakes** and very rich cakes are often served without frostings.

To Frost a Cake

Cake may be frosted either warm or cold but frosting must be thicker if applied when cake is warm. Trim cake, if necessary, to make it smooth and symmetrical. Remove all loose crumbs. Place cake on flat, smooth surface. Frost either top or bottom as desired. Have frosting so thick when put on that it will almost hold its shape. If too soft it will run off and tend to soak into cake. Place enough to cover top on center of cake and spread to edge with one stroke of spatula. A rough, glossy surface is generally preferred to a smooth one unless a design is to be applied with a pastry tube.

Small Cakes.—Frost small cakes either just on top or by dipping one by one into bowl containing frosting of sufficient depth to cover cakes. Those cut from a large sheet of cake are more difficult to frost all over than individual ones because of the cut edges. For general use it is better to frost only the top of such cakes and to do this while still in sheet form.

Layer Cake.—See that layers for cake fit together evenly. Cover top of bottom layer with frosting. Allow it to set slightly, then put on next layer. Repeat, finally covering top and sides. If layers show tendency to slip, fasten together with skewers.

Fancy Frosted Cakes.—First, cover cake smoothly with plain frosting of some kind. Let stand until firm. If an elaborate design is to be applied, trace it on frosting with skewer. Then apply decorative frosting with pastry bag and tube (p. 48). If nuts, small candies, sugar-coated caraway seeds, strips of angelica, or other candied fruit and similar materials are to be used, apply before frosting sets.

COOKED FROSTINGS

BOILED FROSTING I

1 cup sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{16}$ teaspoon cream of tartar

Few grains salt
 1 egg white, beaten stiff
 $\frac{1}{2}$ teaspoon flavoring

Cook sugar, salt, cream of tartar, and water to Thread Stage (p. 46) stirring only until sugar dissolves. Use precautions given under Fondant (p. 309) to prevent crystallization. Pour in fine stream on egg white beating constantly while adding to prevent cooking egg in lumps. Flavor. Beat until just thick enough to spread.

Cream of tartar may be omitted but frosting is more apt to be grainy. If desired, substitute $\frac{3}{8}$ tablespoon light corn syrup for cream of tartar.

Good boiled frosting is thick, has a glossy surface, and is creamy and fluffy inside.

Variations

Boiled Frosting II.—Use 2 egg whites in recipe for Boiled Frosting I. Cook syrup a little past Soft Ball Stage (p. 46).

Caramel or Burnt-Sugar Frosting.—Add 2 tablespoons Caramel Syrup (p. 153) to sugar and water in Boiled Frosting I.

Caramel Nut Frosting.—Add $\frac{1}{2}$ cup chopped nuts to Caramel Frosting just before spreading.

Brown Sugar Frosting I.—Use brown sugar instead of white in Boiled Frosting I.

Butter Frosting.—Add $\frac{1}{4}$ cup butter, small bits at a time, to hot Boiled Frosting. Beat well after each addition.

SEVEN MINUTE FROSTING

2 egg whites, unbeaten
 $1\frac{1}{2}$ cups sugar
 5 tablespoons cold water

$1\frac{1}{2}$ teaspoons light corn syrup
 1 teaspoon vanilla

Put all ingredients except vanilla in upper part of double

boiler. Mix well by beating with rotary egg beater. Cook 7 minutes over boiling water beating constantly with egg beater. Frosting is done when it stands in peaks. Remove from fire, flavor, beat until thick enough to spread.

Variations

Tutti Frutti Frosting.—Add to Seven Minute Frosting chopped nuts, currants, raisins, candied or Maraschino cherries, shredded cocoanut, or other desired materials to taste. Flavor with almond extract.

Marshmallow Frosting I.—Add 24 quartered marshmallows to Seven Minute Frosting when about half-cooked. Complete in usual way.

MARSHMALLOW FROSTING II

1½ cups sugar	1 egg white, beaten stiff
Few grains salt	1 tablespoon marshmal-
½ cup cold water	low cream or
1 tablespoon light corn	6 marshmallows, cut
syrup	into pieces

Boil sugar, salt, water, and syrup until it forms a thin syrup. Add marshmallows to egg white, then syrup, 1 tablespoon at a time, beating constantly with rotary egg beater. Allow syrup to continue to boil until all is used. This frosting may be kept several days. If it becomes too stiff, thin with water or cream.

"COMFORT" FROSTING

2½ cups sugar	Few grains salt
½ cup light corn syrup	2 egg whites, beaten stiff
½ cup water	1½ teaspoons vanilla

Cook sugar, salt, syrup, and water to Soft Ball Stage (p. 46) stirring only until sugar dissolves. Pour ½ of syrup slowly on egg whites while beating constantly. Cook remainder of syrup to Firm Ball Stage (p. 46). Beat gradually into egg mixture. Flavor. Continue beating until cool, when it should hold its shape. This frosting can be made in quantity and kept in tightly covered jar for a week. If it becomes too stiff, thin with water.

CARAMEL FUDGE FROSTING

1½ cups sugar	1 tablespoon butter or
Few grains salt	substitute
½ cup milk	1 teaspoon vanilla
¼ cup Caramel Syrup	
(p. 153)	

Cook sugar, salt, milk, and syrup to Soft Ball Stage (p.

46). Add fat and cool. Flavor. Beat until creamy and thick enough to spread.

Variations

Chocolate Fudge Frosting.—Substitute 1-2 squares chocolate for caramel in Caramel Fudge Frosting.

Brown Sugar Frosting II.—Substitute brown sugar for white and omit caramel in Caramel Fudge Frosting.

Milk Frosting.—Make as for Caramel Fudge Frosting omitting caramel.

BAKED FROSTING (TORTE)

1 egg white, beaten stiff ¼ cup chopped nuts
½ cup brown sugar

Make a Meringue (p. 305) of egg white and sugar. Spread on top of any desired cake batter. Spice cake is particularly good. Sprinkle nuts on top. Bake in moderate oven (350° F.) until cake is done. Enough for cake 8" square.

REFRIGERATOR FROSTING

2 squares bitter chocolate 2 eggs, well beaten
2 tablespoons hot water 1 cup confectioner's
½ cup butter or substitute sugar

Cut chocolate into pieces, melt in double boiler, add water, and blend. Add eggs and sugar. Remove from fire but allow to stand over hot water stirring constantly until thickened, about 3 minutes. Cool to lukewarm (98° F. or 37° C.). Add fat, 2 tablespoons at a time, stirring and blending after each addition. Cover tightly and store in refrigerator. It will keep for some time. It stiffens upon standing so when used, should be applied to warm cake to enable it to spread easily. 2 cups.

UNCOOKED FROSTINGS

POWDERED SUGAR FROSTING

2 cups powdered sugar, 2 tablespoons hot butter
sifted and packed slightly or substitute
¼ teaspoon baking powder Flavoring as desired
4 tablespoons fruit juice,
cream, or milk, prefer-
ably hot

Sift sugar with baking powder. Add liquid gradually and last the hot fat. Beat until soft and creamy. Flavor. Use at once. If desired, cook for a few minutes over hot water before flavoring to remove uncooked taste.

Variations

Mocha Frosting.—Use cold, strong coffee for liquid in Powdered Sugar Frosting. Mix 2 teaspoons cocoa with sugar. Mocha extract may be used instead of coffee. In that case, use 1 tablespoon extract and 3 tablespoons water.

Lemon Frosting.—Use 2 tablespoons cold water and 2 tablespoons lemon juice for liquid in Powdered Sugar Frosting. Add grated rind of 1 lemon.

Orange Frosting.—Make as for Powdered Sugar Frosting, using orange juice for liquid. Add grated rind of 1 orange.

Chocolate Frosting.—Use 2 tablespoons or more of melted chocolate and 2 tablespoons water for liquid in Powdered Sugar Frosting. Flavor with vanilla.

Plain Frosting.—Omit butter in Powdered Sugar Frosting adding more liquid as needed. Mix ingredients and beat until smooth and thick enough to spread. Cream may be used for liquid and mixture flavored as desired.

Cream Frosting.—Make as for Powdered Sugar Frosting using heavy cream for liquid. If cream is not available use milk and increase butter to 3 tablespoons.

Gold Frosting.—Use 2 tablespoons orange juice, 1 teaspoon lemon juice, and 1 egg yolk mixed with 1 tablespoon water for liquid in Powdered Sugar Frosting. Omit fat. Flavor with grated orange rind.

ORNAMENTAL FROSTING

1 egg white, beaten stiff	Powdered sugar, sifted
1 teaspoon lemon juice	

Add sugar gradually to egg beating well. As mixture thickens, add lemon juice, a little at a time. Continue addition of sugar until mixture is stiff enough to spread. This may be used in a pastry bag or metal syringe.

FILLINGS**DATE PASTE**

1 cup dates, cut into pieces	1 cup sugar
½ cup water	3 tablespoons milk
1 tablespoon lemon juice	Few grains salt

Mix ingredients and cook to a paste stirring as needed.

Variations

Fig Paste.—Make as for Date Paste substituting figs for dates.

Raisin Paste.—Substitute chopped raisins for dates. Make as for Date Paste.

CREAM FILLING

3 tablespoons flour	$\frac{1}{8}$ teaspoon salt
1 cup milk	1 teaspoon butter or
1 beaten egg or	substitute
2 egg yolks	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{4}$ cup sugar.	

Make as for Starchy Sauces, Method IV (p. 147). When cooked, add slowly to egg stirring to prevent overcooking. Add fat and flavoring. Use as desired.

Variations

Chocolate Cream Filling.—Add 1 square chocolate, melted, to Cream Filling.

Cocoonut Cream Filling.—Add $\frac{1}{2}$ cup dry, shredded or fresh grated cocoonut to Cream Filling.

COOKIES AND SMALL CAKES

COOKIES

Cookies may be classified as dropped, rolled, spread or sheet, sliced or ice box, and pressed. Drop cookies are usually of a softer consistency than the other types.

Proportions.—The following proportions are suggestive. Allow $\frac{1}{3}$ - $\frac{1}{2}$ as much fat as sugar and approximately $\frac{1}{3}$ - $\frac{1}{2}$ as much liquid as flour, counting fat as liquid. More flour will be necessary for stiffer mixtures.

DROP COOKIES

Drop cookies are made from medium-soft dough. Drop from a spoon in desired size and shape on an oiled pan. Leave $\frac{1}{2}$ inch or more of space between cookies as they spread when baked. Most drop cookies are baked in a moderate oven (350° - 375° F.) but occasionally a hot oven may be used (425° F.). Bake from 5-30 minutes according to kind.

CHOCOLATE DROP COOKIES

$\frac{1}{2}$ cup melted fat	1 teaspoon baking powder*
1 cup sugar	1 teaspoon soda
2 egg yolks, beaten thick	$\frac{1}{4}$ teaspoon salt
3 squares chocolate, melted	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup chopped nuts
1 teaspoon vanilla	2 egg whites, beaten stiff
$2\frac{1}{2}$ cups flour	

Mix as for Butter Cakes (p. 257). Drop from a spoon on oiled baking sheet. Bake in moderate oven (350° - 375° F.). 55 cookies, 2" in diameter.

RUSSIAN ROCKS

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	1 teaspoon soda
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon nutmeg
1 well-beaten egg	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon allspice
Flour to make a very thick batter, $3\frac{1}{2}$ cups or more	$\frac{3}{4}$ cup chopped raisins
	$\frac{3}{4}$ cup chopped nuts

Mix as for Butter Cakes (p. 257), adding molasses after sugar. Flour raisins and nuts and add last. Drop by spoonfuls on oiled pans. Bake in moderate oven (350° - 375° F.). 60 small cookies.

*Quick-acting baking powder; use $\frac{1}{4}$ as much slow-acting powder. [278]

GOLDEN GINGER DROPS

$\frac{1}{4}$ cup fat	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ teaspoon cinnamon
1 egg, well beaten	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{4}$ cup boiling water	1 tablespoon ginger
$1\frac{1}{2}$ cups flour	

Mix as for Butter Cakes (p. 257) adding molasses after sugar. Bake in oiled muffin pans. Cover with Chocolate or Boiled Frosting (p. 273). 36 small cookies.

ROLLED OATS DROP COOKIES

1 cup fat, melted	$\frac{1}{2}$ teaspoon soda
2 cups sugar	$\frac{1}{4}$ teaspoon salt
2 well-beaten egg yolks	1 teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	1 cup chopped raisins
3 cups rolled oats	1 cup chopped nuts
3 cups flour	2 egg whites, beaten stiff
3 teaspoons baking powder*	

Mix as for Butter Cakes (p. 257), combining rolled oats with sifted dry ingredients. Drop by spoonfuls onto oiled pan. Bake in moderate oven (350°-375° F.). 72 cookies, 2" in diameter.

PEANUT COOKIES

3 tablespoons fat	$\frac{1}{2}$ cup flour or more
4 tablespoons sugar	1 teaspoon baking powder*
1 egg, well beaten	$\frac{1}{2}$ cup finely chopped peanuts
2 tablespoons milk	
$\frac{1}{2}$ teaspoon lemon juice	
$\frac{1}{4}$ teaspoon salt	

Mix as for Butter Cakes (p. 257). Drop from teaspoon onto oiled baking sheet 2 inches apart. Place half a peanut on top of each. Bake in moderate oven (375°-400° F.) 18 small cookies.

PEANUT BUTTER COOKIES

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ cup peanut butter
$\frac{1}{2}$ cup granulated sugar	1 teaspoon soda
$\frac{1}{2}$ cup brown sugar	$1\frac{1}{2}$ cups flour
1 egg, unbeaten	

Mix as for Butter Cakes (p. 257) adding peanut butter after egg. Roll into balls not more than 1 inch in diameter. Place balls on unoiled baking sheet. Flatten with fork. Bake in hot oven (425° F.) 10-12 minutes. 30 small cookies.

PECAN NUT WAFERS

2 eggs, beaten very light	$\frac{1}{4}$ teaspoon salt
1 cup brown sugar, scant (light pack)	$\frac{1}{4}$ teaspoon baking powder*
1 teaspoon vanilla	1 cup chopped pecans
$\frac{3}{8}$ cup flour	

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

Add sugar gradually to eggs. Continue beating. Fold in vanilla and flour sifted with salt and baking powder. Lastly fold in nuts. Drop small teaspoonfuls of mixture on oiled baking sheet 2 inches apart. Bake in a fairly hot oven (400°-425° F.) about 5 minutes. Remove from pan while warm. If desired, garnish with a half nut before baking. 60 small wafers.

HERMITS

1/2 cup fat	1/4 teaspoon cloves
1 cup sugar, brown or white	1/2 teaspoon cinnamon
2 eggs	1/4 teaspoon salt
1/4 cup milk	1/2 cup seeded raisins
2 cups flour, approximately	1/2 cup chopped nuts
3 teaspoons baking powder*	

Mix as for Butter Cakes (p. 257). Drop onto oiled baking sheet 2 inches apart. Bake about 20 minutes in moderate oven (350° F.). 48 small cookies.

BATH BUNS

1/2 cup fat	3 teaspoons baking powder*
1 1/2 cups sugar	1/4 teaspoon salt
2 eggs	1/8 cup sliced, candied orange peel or citron
1 cup milk	
3 cups flour	

Mix as for Butter Cakes (p. 257). Put into oiled muffin pans filling about half full. Sprinkle tops lightly with granulated sugar. Bake 20-25 minutes in moderate oven (350°-375° F.). 32 small buns.

LADY FINGERS (SPONGE CAKE MIXTURE)

3 egg whites, beaten stiff	1/4 teaspoon vanilla
1/3 cup powdered sugar	1/2 cup cake flour
2 egg yolks, beaten thick	1/8 teaspoon salt

Add sugar gradually to egg whites beating constantly. Fold in egg yolks and vanilla, then sifted flour and salt. Shape fingers (4" x 1") with a teaspoon placing on baking sheet covered with ungreased paper. A pastry tube may be used if preferred or mixture may be put into special lady finger pans if available. Sprinkle tops lightly with powdered sugar.

Bake in moderate oven (375° F.) 12 minutes. Remove from paper while hot. Serve plain dusted with powdered sugar, frosted, or put together in pairs with jelly or frosting. Lady fingers are easily coated by dipping them into frosting. 30 fingers.

*Quick-acting baking powder; use 3/4 as much slow-acting powder.

SPONGE DROPS

Drop Lady Fingers mixture from teaspoon onto baking sheet covered with ungreased paper. Bake and serve as for Lady Fingers. 60 cookies.

FRUIT DROPS

1 cup fat	1 teaspoon cinnamon
2 cups brown sugar	1 teaspoon baking powder*
3 eggs	1 cup raisins
$\frac{1}{2}$ cup warm water	1 cup chopped nuts
$3\frac{1}{2}$ cups flour	
1 teaspoon soda	

Mix as for Butter Cakes (p. 257). Bake as for Drop Cookies. 72 cookies, 2" in diameter.

DATE DROP COOKIES

$\frac{1}{2}$ cup fat	2 cups flour
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ teaspoon soda
2 eggs	$\frac{1}{4}$ cup thin cream
Grated rind from one orange	1 cup chopped dates
1 teaspoon cinnamon	1 cup chopped nuts

Sift dry ingredients together. Add chopped dates and nuts. Mix as for Butter Cakes (p. 257). Drop by teaspoonfuls onto oiled baking sheet. Bake in moderate oven (350°-375° F.). 36 cookies, 2" in diameter.

LACY WAFERS

3 tablespoons butter or substitute	1 egg
1 cup brown sugar	1 tablespoon flour
1 cup pecan meats, ground	1 teaspoon vanilla

Cream fat. Add sugar gradually, creaming well after each addition. Add egg. Mix thoroughly. Add nuts, flour, and vanilla. Drop by half teaspoonfuls onto a well-oiled and floured cooky sheet. Leave a 3-inch space between cookies. Bake in moderate oven (350° F.) until brown. Cool slightly before removing from pan. 48 small cookies.

CHOCOLATE CHIP COOKIES

$\frac{1}{2}$ cup fat	$1\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda
1 beaten egg	1 7- or 8-ounce package of semi-sweet chocolate
1 tablespoon water	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ teaspoon vanilla	

Cream fat and sugars. Add egg, water, and vanilla. Beat well. Add flour sifted with salt and soda. Cut chocolate into coarse pieces, about 4-6 pieces to 1 ounce. Stir chocolate and

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

nuts into mixture. Drop from teaspoon, 2 inches apart, on oiled baking sheet. Bake in moderate oven (375° F.) 20 minutes. Serve while fresh as these cookies stale quickly. 36 cookies.

ROLLED COOKIES

General Directions.—Rolled cookies are made from a stiff dough. The aim is to work with as soft a mixture as can be handled, as excess flour makes cookies hard and dry. It is possible to handle cookies with less flour if, after mixing, dough is chilled 15-60 minutes or longer before rolling. Only a small amount of dough should be rolled at one time. It should be handled as lightly as possible working on a board floured only enough to prevent sticking. Cutters are floured as needed.

All trimmings are combined for last rolling as they make less desirable cookies because of extra flour in them. Rolled cookies may be placed close together on an oiled baking sheet as they do not spread when baked. If dough is shaped into a roll before chilling it may be sliced for baking instead of rolling and cutting.

Baking.—Bake in hot oven (425° F.) unless cookies contain chocolate, molasses, or a good deal of fruit. Bake such cookies in moderate oven (375° F.) as they burn easily. Allow 5-15 minutes for baking according to size.

PLAIN COOKIES

½ cup fat	Flour to make a soft
1 cup sugar	dough, about 3 cups
¼ cup milk	2 teaspoons baking
2 eggs, well beaten	powder*
1 teaspoon flavoring	¼ teaspoon salt

Mix as for Butter Cakes (p. 257) sifting baking powder and salt with first cup of flour added. Chill. Roll very thin, cut, and place on oiled baking sheet. Bake in hot oven (425° F.).

For variety add spices, chocolate, nuts or raisins, in quantities and combinations desired. If more elaborate cookies are preferred they may be frosted or put together with fruit filling. 24 large cookies.

Variation

Filled Cookies.—Make Plain Cookie mixture. Roll thin. Put half of cookies on baking sheet. Put a teaspoon of filling

*Quick-acting baking powder; use ¼ as much slow-acting powder.

[Raisin, Date, or Fig Paste (pp. 276-7) or mincemeat] on each. Place another cookie on top. Press edges together. Bake in moderate oven (400° F.). 20 cookies, medium size.

SOUR CREAM COOKIES

2 tablespoons fat	3 cups flour and enough
2 cups sugar	more to handle
1 egg, well beaten	$\frac{1}{2}$ teaspoon soda
1 cup heavy, sour cream	$\frac{1}{4}$ teaspoon salt
1 teaspoon lemon extract	

Mix as for Butter Cakes (p. 257). Roll to desired thickness. Cut. Sprinkle with sugar. Bake in hot oven (425° F.) 8-10 minutes. 36 cookies, medium size.

VANILLA WAFERS

$\frac{1}{4}$ cup fat	2 cups flour
1 cup sugar	2 teaspoons baking
1 egg, well beaten	powder*
2 teaspoons vanilla	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup milk	

Mix as for Butter Cakes (p. 257). Chill. Roll thin, cut, and bake in hot oven (425° F.) 5-8 minutes. 50 wafers.

JELLY JUMBLES

$\frac{1}{2}$ cup fat	$\frac{1}{4}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon soda
1 egg, well beaten	1 teaspoon nutmeg
$\frac{1}{2}$ cup sour milk	Flour to make a soft
$\frac{1}{2}$ teaspoon vanilla	dough, about 2 cups

Mix as for Butter Cakes (p. 257) sifting nutmeg, salt, and soda with first cup of flour. Chill. Roll $\frac{1}{8}$ -inch thick. Shape with round cutter. Spread half of rounds with currant or other desired jelly. Make 3 small openings in remaining pieces with a thimble. Fit on top of those spread with jelly. Press edges together slightly. Bake in rather hot oven (425° F.) so jumbles will retain shape. 12-15 jumbles.

COCOANUT JUMBLES

1 $\frac{1}{2}$ cups sugar	1 teaspoon salt
2 eggs, well beaten	3 cups cake flour
1 cup heavy sour cream	$\frac{1}{2}$ teaspoon soda
1 teaspoon vanilla	3 teaspoons baking
2 cups shredded cocoanut	powder*

Beat sugar gradually into eggs. Continue beating until light. Add cream, vanilla, and cocoanut. Sift remaining dry ingredients together. Combine mixtures. Beat until smooth. Drop by teaspoonfuls on oiled baking sheet at least 4 inches

*Quick-acting baking powder; use $\frac{1}{4}$ as much slow-acting powder.

apart as they spread while baking. Bake in moderate oven (400° F.) 12-15 minutes. 24 cookies, 3 ½" in diameter.

GINGERSNAPS

¾ cup molasses	4 cups flour
¼ cup hot water	1 teaspoon soda
¾ cup fat	1 teaspoon ginger
½ cup sugar	1 teaspoon salt

Heat molasses, add water, and pour over fat. When melted, add sifted, dry ingredients. Chill. Roll thin, cut, and bake in moderate oven (375° F.). 75 cookies, small.

MOLASSES COOKIES

3 tablespoons melted fat	½ teaspoon soda
¼ cup sugar	½ teaspoon salt
½ cup molasses	½ teaspoon cloves
1 tablespoon milk	½ teaspoon cinnamon
2 cups flour, approximately	½ teaspoon nutmeg

Cream fat and sugar together. Add molasses and milk, then sifted dry ingredients. Chill, roll, cut, and bake in moderate oven (375° F.). 48 small cookies.

ROLLED OATS COOKIES

½ cup fat	2 cups rolled oats
1 cup sugar	1 teaspoon cinnamon
1 beaten egg—may be omitted	mixed with
3 tablespoons sour cream	3 tablespoons sugar
½ teaspoon salt	¾ teaspoon soda
2 cups flour, approximately	1 cup chopped raisins

Mix as for Butter Cakes (p. 257). Roll thin. Cut into desired shapes. Sprinkle with sugar-cinnamon mixture. Bake in moderate oven (375°-400° F.). 60 small cookies.

SAND TARTS

2 cups cake flour	½ cup fat
1 ½ teaspoons baking powder*	1 cup sugar
½ teaspoon salt	1 egg, well-beaten

Mix as for Butter Cakes (p. 257). Chill. Roll ⅛-inch thick on slightly floured board. Cut into 2 ½-inch rounds. Brush lightly with slightly beaten egg white. Sprinkle with mixture of sugar and cinnamon (2 tablespoons sugar to ½ teaspoon cinnamon). If desired, decorate with halves of split almonds. Bake on unoled baking sheet in moderate oven (375° F.) about 10 minutes. 72 cookies, 2 ½" in diameter.

*Quick-acting baking powder; use ¾ as much slow-acting powder.

DATE CAKES

1 cup fat	2½ cups flour
1 cup brown sugar	½ teaspoon salt
¾ cup water	1 teaspoon soda
2½ cups rolled oats	

Mix as for Butter Cakes (p. 257). Divide into 2 parts. Roll one part thin. Place in pan. Mixture will be hard to handle. It may be patted into pan if it does not roll easily. Spread with Date Paste (p. 276). Cover with other half rolled or patted into shape. Cut into 4" x 1" strips. Bake in moderate oven (375° F.). 50 cookies.

GLUTEN WAFERS

½ teaspoon salt	1½ cups gluten flour,
½ cup thin cream	approximately

Mix salt with cream. Add gradually to flour. It should be stiff enough to roll very thin. Cut into squares or oblongs. Prick with fork as for crackers. Place on oiled baking sheet. Bake in hot oven (425° F.) until crisp and delicately brown. Use graham or entire wheat instead of gluten flour if desired. 36 wafers.

SPREAD OR SHEET COOKIES

Spread or sheet cookies are made from soft doughs and are spread in shallow, oiled pans to form a sheet. They are usually baked in a slow oven (300°-350° F.). Sheet cookies often cut better when warm rather than hot. If the cookies are cooled in the pan it is usually advisable to loosen while still warm.

BROWNIES

2 squares chocolate	½ cup flour
½ cup melted fat	½ teaspoon salt
1 cup sugar	½ cup chopped nuts
2 beaten eggs	

Melt chocolate with fat. Add remaining ingredients. Pour into oiled baking pan making layer ½-inch thick. Bake in slow oven (300°-325° F.) 20-25 minutes. While warm cut into strips, squares, or other desired shapes. Remove from pans when cool. These seem soft when removed from oven but harden with standing. 16-24 cookies.

DATE BARS

2 eggs, beaten thick	1 cup dates, cut into
1 cup sugar	small pieces
1 cup flour	¾ cup chopped nuts
¼ teaspoon salt	1 teaspoon vanilla
1 teaspoon baking powder	

Add sugar to eggs. Fold in flour, salt, and baking powder sifted together. Add dates, nuts, and vanilla. Spread in thin sheet on oiled pans. Bake in slow oven (300-325° F.). Cut into bars while warm. Roll in powdered sugar if desired. 24 bars.

Variation

Fruit Bars.—Add $\frac{1}{4}$ cup each candied orange peel, cherries, and pineapple to Date Bars. These will keep indefinitely in tight container.

GUM DROP COOKIES

2 cups flour	1 cup gum drops, chopped
$\frac{3}{4}$ teaspoon salt	2 cups brown sugar
1 teaspoon cinnamon	1 tablespoon orange juice
$\frac{1}{2}$ cup nuts, chopped	4 eggs, well-beaten

Sift flour, salt, and cinnamon. Dredge nuts and gum drops separately with some of flour mixture. Add sugar and orange juice to eggs. Beat well. Add dry ingredients and nuts. Put into shallow, oiled pan, placing gum drops on top. Bake 20-25 minutes in moderate oven (325° F.). Cut into squares while warm. Store in tight container. 30 cookies.

SLICED OR ICE BOX COOKIES

Ice box cookies are made from a stiff cookie dough. This may be packed firmly into molds or placed on waxed paper and shaped into neat rolls about 1 $\frac{1}{2}$ -2 inches in diameter. Dough may be hard to hold together and the paper permits it to be pressed into desired shape without difficulty. It also prevents drying during storage. Wrap paper tightly about dough and pat until roll is smooth and even. Chill dough as soon as shaped.

Ice box cookie dough will keep a week or longer. When cookies are desired, cut into $\frac{1}{8}$ -inch slices, using a sharp knife and a sawing motion. Place slices on unoiled baking sheet. Bake in hot oven (425° F.) 5-15 minutes, according to kind.

ICE BOX COOKIES I (BUTTERSCOTCH COOKIES)

$\frac{1}{2}$ cup fat	1 $\frac{1}{2}$ teaspoons baking powder*
1 cup brown sugar	$\frac{1}{4}$ teaspoon salt
1 egg, well-beaten	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ teaspoon vanilla	
2 cups flour	

Combine as for Butter Cakes (p. 257). Divide into por-

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

tions. Shape each portion, chill, and bake according to general directions for Ice Box Cookies. 80 cookies, $2\frac{1}{2}$ " in diameter.

Variations

Cocoanut Ice Box Cookies.—Substitute $\frac{3}{8}$ cup shredded cocoanut for nuts in Butterscotch Cookies.

Chocolate Ice Box Cookies.—Add 1 square melted chocolate to Butterscotch Cookies.

Date Ice Box Cookies.—Add $\frac{1}{2}$ cup finely cut dates to Butterscotch Cookies.

WHEAT NUT COOKIES (ICE BOX COOKIES II)

4 cups sifted whole wheat flour	$\frac{1}{2}$ cup brown sugar, firmly packed
3 teaspoons baking powder*	2 cups granulated sugar
$\frac{1}{4}$ teaspoon salt	2 eggs, well-beaten
1 cup fat	3 tablespoons milk
	2 teaspoons vanilla
	1 cup chopped nuts

Sift baking powder and salt with sifted whole wheat flour returning bran to mixture. Combine as for Butter Cakes (p. 257). Mix well. Shape into rolls, $1\frac{1}{2}$ inches in diameter. Roll in waxed paper. Chill until firm. Cut into $\frac{1}{8}$ -inch slices when ready to use. Bake on unoled pans in hot oven (425° F.) 5 minutes or until done. 72 cookies.

PRESSED COOKIES (TEA CAKES)

Pressed cookies are a popular form of tea cake. They are made by packing a chilled, rich cookie dough, usually of short-bread type, into a cookie press. The dough is then forced through any forming plate desired following directions for particular press used. Baking sheets need not be oiled because of large amount of fat in mixture. Pressed cookies are usually baked in a hot oven (400 - 425° F.).

TEA CAKES NO. I (CREOLE COOKIES)

1 cup butter or substitute	1 tablespoon cinnamon
$\frac{1}{4}$ cups brown sugar	Flour to make a soft dough
2 egg yolks, unbeaten	2 egg whites, beaten stiff
$\frac{1}{2}$ cup milk	
$\frac{1}{2}$ teaspoon salt	
1 tablespoon baking powder*	

Mix as for Butter Cakes (p. 257) sifting salt, baking powder, and cinnamon with first cup of flour. Chill. Form into cookies using cookie press. Bake in hot oven (425° F.). Yield varies with forming plate used.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

TEA CAKES NO. II (SPRITZ COOKIES)

1 cup butter or substitute	2½ cups flour
¾ cup sugar	½ teaspoon baking powder*
1 egg, unbeaten	½ teaspoon salt
1 teaspoon almond extract	

Mix as for Butter Cakes (p. 257). Dough should be quite stiff. Form into cookies with cookie press. Bake in moderate oven (400° F.) 10-12 minutes.

Cookies may be decorated with colored sugar, hard candies, preserved ginger, gum drops, nuts, or angelica. Yield varies with forming plate used.

Variation

Chocolate Spritz.—Make as for Spritz Cookies substituting vanilla for almond extract, adding 6 tablespoons cocoa, and reducing flour to 2¼ cups. Sift cocoa with flour mixture.

SMALL MISCELLANEOUS CAKES**COCOANUT PUFFS**

1 cup sugar	2 cups dry, shredded cocoonut
1 tablespoon cornstarch	1 teaspoon vanilla
3 egg whites, beaten stiff	

Mix sugar and cornstarch. Beat gradually into egg whites. Cook in double boiler until thick around edges. Remove from fire, add cocoonut and vanilla. Drop by small spoonfuls on oiled pan. Bake in slow oven (300° F.) until delicately brown. Remove from pan while hot. 30 puffs, 1½" in diameter; 65 puffs, ¾" in diameter.

Variation

Cocoonut Macaroons.—Make as for Cocoonut Puffs omitting cooking in double boiler.

ALMOND MACAROONS

3 egg whites, beaten stiff	1½ cups powdered sugar
½ pound almond paste	

Add sugar gradually to almond paste, then egg whites. Knead until smooth. Roll mixture in hands to form balls, the size of a nutmeg. Place 1 inch apart on oiled baking sheet covered with waxed paper. Bake in slow oven (300° F.) 20 minutes. 24 macaroons.

*Quick-acting baking powder; use ¾ as much slow-acting powder.

CHOCOLATE MACAROONS

1 egg white, beaten stiff	1 cup soft bread crumbs
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
$3\frac{1}{2}$ tablespoons grated chocolate, melted	$\frac{1}{2}$ teaspoon vanilla

Add sugar gradually to egg white, beating while adding. Mix crumbs, cinnamon, and vanilla with chocolate. Fold into egg white mixture. Drop from teaspoon onto oiled baking sheet. Bake in very slow oven (250-275° F.) until dry, about 30 minutes. 18 macaroons.

CHOCOLATE COCOANUT MACAROONS

$1\frac{1}{2}$ cups sweetened evapo- rated milk (condensed)	3 cups dry, shredded cocoanut
2 squares chocolate	

Melt chocolate, add milk and cocoanut. Drop by teaspoonfuls on oiled baking sheet. Bake in slow oven (300-325° F.) 20-30 minutes. These may seem hard at first but should become "chewy" when put in tight container. 40-50 small cakes.

Variation

Cocoanut Kisses.—Omit chocolate in Chocolate Cocoanut Macaroons. Fold one stiffly beaten egg white into milk and cocoanut mixture.

CORNFLAKE KISSES

2 egg whites, beaten stiff	1 cup dry, shredded cocoanut or
$\frac{3}{4}$ -1 cup sugar	$\frac{1}{2}$ cup cocoanut and
2 cups cornflakes	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ teaspoon vanilla	

Add sugar gradually to egg whites, beating while adding. Fold in remaining ingredients. Drop by teaspoonfuls on oiled pan. Bake in slow oven (300-325° F.) 12-15 minutes. 30 small kisses.

MARGUERITES

1 cup sugar	1 cup nuts or raisins
$\frac{1}{2}$ cup water	About 30 saltines
1 egg white, beaten stiff	

Make Boiled Frosting (p. 273) of sugar, water, and egg. When beaten until almost stiff, add nuts. Spread in thick layer on saltines. Brown delicately in slow oven (300° F.). Shredded cocoanut, marshmallows, or mixed fruits and nuts may be substituted for raisins. 30 marguerites.

MYSTERY COOKIES

1 cup butter or substitute	4 teaspoons sugar
2 cups pecans, finely chopped	2 cups flour
	1 teaspoon vanilla

Cream fat, add nuts, sugar, flour, and vanilla. Roll into small balls one inch in diameter. Bake on oiled sheet in slow oven (350° F.) 30-40 minutes. Roll in powdered sugar while warm. 50 cookies, 1½" in diameter.

CREAM PUFFS

½ cup water	½ cup flour
¾ cup fat	2 eggs
¼ teaspoon salt	

Heat fat and water to boiling point. Add flour all at once. Stir vigorously until mixture leaves sides of pan and clings to spoon. Remove from fire. Cool slightly. Then add unbeaten eggs, one at a time, beating thoroughly after each addition. Drop by spoonfuls into oiled gem pans or onto oiled baking sheet 1½ inches apart. In the latter case, shape into rounds about 2 inches in diameter and pile slightly in center. Bake in hot oven (425° F.) 30 minutes or until well risen and set. Then reduce heat to 325° F. Continue to bake until puffs are dry. A temperature of 425° F. for the entire baking period (about 40 minutes) is often preferred.

When ready to use, make cut in top of each with a sharp knife. Fill with cream filling, whipped cream, fruit, chicken salad, or other desired filling. Sprinkle with powdered sugar or frost if combination is suitable. They may also be split, filled with ice cream, and served with sauce as dessert. Very small cream puffs may be served with tea. In this case, cream cheese is a favorite filling. Cream puffs, filled as for patties, may also be used as an entrée. 8 puffs, medium size.

Variation

Éclairs.—Shape Cream Puff mixture with pastry bag into 4" x 1" strips, placing on oiled baking sheet 2 inches apart. Bake as for Cream Puffs about 35 minutes. When done, split lengthwise. Fill with Cream Filling (p. 277). Cover tops with any desired frosting. This is best done by dipping. 8 éclairs.

SWEET MILK DOUGHNUTS

2 tablespoons fat	3-4 cups flour or enough
1 cup sugar	to make a soft dough
1 well-beaten egg	1 teaspoon salt
1 cup milk	½ teaspoon cinnamon
4 teaspoons baking powder*	

Mix as for Butter Cakes (p. 257) adding cinnamon, salt, and baking powder with first cup of flour. Roll ⅓-½-inch

*Quick-acting baking powder; use ¾ as much slow-acting powder.

thick, according to size desired. Cut. Fry (p. 205), turning as soon as they rise to top and thereafter as needed to prevent cracking. If desired, coat with granulated sugar when partly cool or sprinkle with powdered sugar just before serving. 24 doughnuts, 2 1/2" in diameter.

SOUR MILK DOUGHNUTS

1 well-beaten egg	1 teaspoon salt
1 1/2 cups thick, sour milk	1/2 teaspoon cinnamon
4 cups flour or enough	1 cup sugar
to make a soft dough	4 tablespoons melted fat
1 teaspoon soda	

Mix milk with egg. Add to sifted, dry ingredients. Add fat. Mix well. Complete as for Sweet Milk Doughnuts (p. 290). 24 doughnuts, 2 1/2" in diameter.

CRULLERS

Make Doughnut mixture. Roll 1/2-inch thick. Cut into strips. Twist. Fry as for Doughnuts.

SUGARLESS BROWNIES

1/2 cup fat	1/4 teaspoon baking powder
1 cup white corn syrup	1/4 teaspoon salt
2 squares (oz.) unsweetened	2 eggs, well beaten
chocolate, melted	3/4 cup chopped nuts or
3/4 cup sifted cake flour	raisins

Cream fat until light and fluffy. Add corn syrup gradually. Continue creaming until light. Stir in melted chocolate. Sift together dry ingredients, and add 1/4, while beating mixture with spoon. Add well-beaten eggs, then remainder of dry ingredients and nuts. Turn into oiled 9" x 9" cake pan and bake in moderate oven (350° F.) for about 35 minutes or until done. Immediately cut into squares with sharp knife. 25 brownies.

PASTRY

Pastry, in its broadest sense, includes all fancy breads, cakes, and cake-like mixtures, as well as pies and tarts. As usually defined, however, it is a stiff dough composed of flour, salt, fat, and water and is used only for pies, tarts, patty shells, and the like.

Classes of Pastry

Plain Paste.—The fat is usually worked into the flour by cutting or chopping. It may also be combined with heated liquid in so-called hot water pastry. Plain paste is used largely for pies and tarts.

Puff Paste.—By a process of folding and rolling, the fat is worked into a stiff dough made of flour and water. Puff paste rises when baked so is used for top crusts of pies, for rims where extra height is desired, for tarts, patty shells, and various similar purposes.

Flaky Paste.—Fat is worked into flour by a combination of above methods. It is used for 2-crust pies.

Qualities of Good Pastry

Qualities of good pastry are tenderness, flakiness, and a golden-brown color around the edge. The center should be slightly less brown. Puff paste should possess lightness as well as tenderness and flakiness. Good pastry has a rough, blistered surface rather than a smooth, firm one. It should cut easily with a fork yet not crumble when served.

Tenderness depends largely upon kind of flour and amount of fat and water used. Excess fat increases tenderness to make crumbly pastry and excess water gives a tough product. Much handling, overmixing, or use of too much flour when rolling toughens pastry.

Flakiness is determined by kind of flour and fat used, the way fat is incorporated, amount of water used, and temperature of baking. Small pieces of fat in dough at time of rolling impart a flaky quality when baked due to melting of the fat. This provides space where steam can collect to form flakes and separate pastry into layers.

Lightness is generally obtained by enclosing large quantities of air by repeated folding, then chilling, and baking at a high temperature. This causes rapid expansion of the air and consequent rising of pastry. Baking powder may or may not be added. It has been thought to make a lighter product but its value has been disputed.

Ingredients Used in Pastry

Fat.—Almost any fat may be used. Butter, oleomargarine, lard, compound, chicken fat, and oils, both liquid and hydrogenated, may all give good results. If 100 per cent fats are used, as lard or oil, smaller quantities are needed. The usual reduction is $\frac{1}{2}$ - $\frac{1}{4}$ but this varies somewhat with the fat so cannot be stated definitely. Different methods of manipulation may be necessary for different amounts and kinds of fat. When a small proportion of fat is used it should be well blended with the flour, else excess water will be needed to form dough. Fats containing water, as butter, are poor pastry fats as the water in fat apparently develops gluten in the flour. As a rule, plastic fats, as lard, are regarded as superior to oils for pastry purposes.

Flour.—Either bread, all-purpose, or pastry or cake flour may be used. Bread flour is more desirable for flaky pastry. Bread flour pastry browns well but requires more fat than that made from pastry flour to give a tender product. Pastry or cake flours make a more tender, less flaky crust that is inclined to be hard to handle. However, it is probable that all-purpose flour is most used.

Water.—Pastry may be classified as cold-water or hot-water according to whether cold or hot water is used for mixing. A solid fat is best for cold-water pastry and ice water gives a flakier texture. The hot-water method may be preferable for use with oil and works well with most fats under warm conditions. Hot water melts fat and it becomes better incorporated so crumbliness results rather than flakiness. Amount of water required varies with kind of fat, flour, and temperature. Less is needed with soft fat, soft wheat flour, a warm temperature, or a mixture where fat and flour are well blended. More is needed when it is added slowly. There should never be more than just enough water to make mass stick together.

Proportions

General proportions for plain paste are $\frac{1}{4}$ - $\frac{1}{8}$ cup fat (lard, compounds, or hydrogenated fats) and $\frac{1}{2}$ teaspoon salt to 1 cup flour. Allow $1\frac{1}{2}$ cups flour for a large 2-crust pie, and 1 cup for a large 1-crust pie with rim. If baking powder is used, the usual rule is $\frac{1}{2}$ teaspoon to $1\frac{1}{2}$ cups flour. Allow equal weights of fat and flour for puff paste.

General Suggestions

Mixing.—Avoid overmixing. Sift flour and salt together. Add fat quickly coating fairly large particles of it with flour. Mix with fingers, a fork, by cutting with two knives placed back to back, or with a pastry blender. Add water carefully, distributing it evenly among fat-flour particles. Use just enough to make them stick together sprinkling a small portion over surface of mixture, then stirring lightly with a fork. Place portions that cling together to one side of bowl each time before more water is added. It is sufficiently wet when particles will just cling together when pressed lightly with fingers. Such a dough is easy to handle, being neither sticky nor crumbly. Exact quantities of water cannot be stated, as amount varies with temperature, fineness of division of ingredients, and rate at which water is added.

Preparing for Pan.—Roll only enough pastry for one crust at a time. Allow more for a bottom crust than for a top one. Sprinkle flour on board and toss paste lightly until surface is coated. Pat and roll out as lightly and as nearly circular as possible, making paste about $\frac{1}{8}$ -inch thick. Do not run rolling pin off onto board as it spoils edge of paste. When paste is a little larger than pan, fold one half over other and place carefully and loosely in pan. Lay it on slowly from one side to push out air between paste and pan.

Roll top crust in same way making it smaller and cutting openings in it to allow for escape of steam. Place filling in pie and lay top crust in position. If filling is juicy it is well to wet edge of lower crust with cold water before placing upper one. This makes the two crusts fit tightly together. Edges are then pressed firmly and trimmed. Knife handle should be held under pan while trimming to make paste come as far over edge as possible. This tends to prevent undue shrinkage.

If crust is to be baked before being filled it should be fitted into pan loosely. It may be well pricked all over with a fork to prevent loss of shape, and then trimmed. If so treated it will be fairly flat when baked. It will often be more satisfactory if baked on outside of pan, being first pricked as suggested above. Another method to secure a flat crust when baked is to place a pie pan identical in size and shape on top of fitted crust. This may be removed after crust is set to permit browning.

Baking

Pastry shells should be baked in a hot oven (450° F.) until firm, dry, and golden brown in color. Filled pies require varying temperatures and times for baking according to kind of filling used. In general they are baked in a hot oven (450° F.) about 10 minutes to prevent soaking of crust, then temperature reduced as necessary. Recent work suggests pastry may be baked successfully at constant temperatures as low as 375° F. when no problem of soaking crust is involved.

Lower crusts are very apt to become soggy during baking of fruit, custard, and similar pies. Suggested remedies are to bake at high temperature (450° F.) at first so crust may cook before it soaks, to bake crust partially, or to brush well with flour or egg white or both, before filling. Perforated pie pans may prove helpful.

PLAIN PASTRY

1½ cups flour
 ½ - ½ cup fat
 ¼ teaspoon salt

Cold water, about
 5-6 tablespoons

Follow general directions for mixing pastry (p. 294). 1 large 2-crust pie.

Variations

Add ½ teaspoon cinnamon to flour and salt mixture in Plain Pastry. Use for Apple Pie.

Mix ½ cup grated cheese with flour-fat mixture of Plain Pastry before water is added. Use for Apple or Pumpkin Pie.

Substitute whole wheat flour for all or part of the white flour in Plain Pastry. Use for Apple or Pumpkin Pie.

Substitute ¼ cup cornmeal for an equal amount of white flour in Plain Pastry. Decrease fat 1 tablespoon.

Add 2 teaspoons grated orange rind to dry ingredients for

Plain Paste. Substitute orange juice for water. Use for Cream, Banana, or Pineapple Pie.

HOT WATER PASTRY

Use proportions for Plain Pastry substituting $\frac{1}{3}$ cup boiling water for cold water. The minimum amount of fat is sufficient. Add fat to water. Beat until creamy and fluffy. Add to sifted dry ingredients mixing lightly. Addition of $\frac{1}{2}$ teaspoon baking powder may give a more porous product. If used, it should be sifted with other dry ingredients.

PUFF PASTE

1 pound butter or substitute	2 teaspoons salt
1 pound flour	Ice water

Wash butter in cold water until pliable and waxy. Reserve 2 tablespoons. Shape remainder into a flat, circular piece. Pat between folds of clean cloth until dry. Chill. Sift salt with flour, then cut the 2 tablespoons butter into it. Add ice water to form a stiff paste. Turn onto floured board. Knead 1 minute. Chill. Roll paste $\frac{1}{4}$ -inch thick, making 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. Press edges firmly together enclosing as much air as possible. Fold one side of paste over and other side under enclosed butter making 3 layers. Chill. Pound and roll $\frac{1}{4}$ -inch thick keeping paste square and flouring board and rolling pin as necessary. Fold from ends to center, again making 3 layers. Chill. Repeat twice, turning paste half way round each time and chilling whenever fat begins to soften. After fourth rolling, fold from ends to center, then double, making 4 layers. Roll to desired thickness. Shape with floured cutter. Place on pan covered with heavy paper. Chill. Bake in very hot oven (475° F.) protecting tops from heat with asbestos until paste is fully risen. Then reduce temperature and complete baking. Time will vary with thickness of paste.

PATTY SHELLS

Roll chilled Puff Paste into a sheet $\frac{1}{2}$ -inch thick. Cut into rounds. Then cut $\frac{3}{4}$ through these with smaller cutter. Chill. Bake as for Puff Paste, about 25 minutes. When done, remove centers and any uncooked portions of paste. Reserve centers for covers. Fill, replace tops, and serve.

Similar patty shells may be made by rolling paste $\frac{1}{4}$ -inch thick, cutting into rounds, and removing centers from half of rounds with smaller cutter. Edges of the whole pieces are brushed with cold water and the rings pressed upon them. They are then baked and used as above, caps being baked separately. 12-16 patties.

FRUIT TARTS

Roll Puff Paste trimmings into a sheet $\frac{1}{8}$ -inch thick. Cut into desired shapes. Score top of each piece with smaller cutter of similar shape, then prick with fork. Chill. Bake as for Puff Paste. When ready to serve, remove centers where scored, and fill with fruit sweetened to taste. Garnish with whipped cream.

FLAKY PASTRY

Use proportions and mix as for Plain Pastry (p. 295), reserving 2 tablespoons of the fat. Roll into thin sheet. Spread with half of reserved fat. Fold over several times and roll again. Spread with remaining fat. Repeat folding and rolling. Use as desired.

CRUMB PASTRY

- | | |
|---|---|
| 1 cup fine crumbs (bread,
graham crackers, vanilla
or chocolate wafers, etc.) | $\frac{1}{2}$ cup butter or sub-
stitute, melted
3 tablespoons sugar, if
desired |
|---|---|

Melt fat, add crumbs, flour, and sugar, if used. Mix well. Make $\frac{1}{8}$ -inch layer of crumb mixture on bottom and sides of pie pan pressing evenly and firmly. Chill. Use with cooked fillings as Cream (p. 300).

APPLE PIE

Choose tart, easily cooked apples. Wash, pare, and cut into moderately thin slices. Line pie pan with Plain Pastry (p. 295), dredge with flour, and fill with apples which have been mixed with sugar. Allow $\frac{2}{3}$ -1 cup sugar to a large pie. Cinnamon, nutmeg, or lemon juice may be added if desired. Dot with bits of butter. Dredge lightly with flour. Cover with top crust and bake in moderate oven (375° F.) until apples are tender, about 1 hour. Some apples will be improved by addition of a small amount of water. 6 servings.

BERRY PIE (UNCOOKED FRUIT)

- | | |
|---|--------------------------------------|
| 2-3 cups prepared berries | 1 tablespoon butter or
substitute |
| $\frac{1}{2}$ -1 cup sugar according
to acidity of fruit | Plain pastry |
| 2 tablespoons flour* | |

*Granulated tapioca may be substituted. Mix with fruit and sugar. Let stand 15 minutes before using.

Line pie pan with Plain Pastry (p. 295). Fill with berries mixed with sugar and flour. Dot with bits of butter. Place top crust. Bake in hot oven (450° F.) 10 minutes, then reduce to 375° F. to complete cooking. 6 servings.

BERRY PIE (COOKED FRUIT)

Make as for Berry Pie (uncooked fruit) increasing flour* as necessary to thicken juice. To prevent soaking of bottom crust follow directions for Baking (p. 295). 6 servings.

RHUBARB PIE

Wash rhubarb, cut into ½-inch pieces leaving skin on. Mix with sugar, allowing ⅓-½ as much sugar as rhubarb. Dredge thickly with flour using about 4 tablespoons.* Line pie pan with Plain Pastry (p. 295). Fill with rhubarb mixture. Place top crust. Bake in hot oven (450° F.) 10 minutes, then reduce to 375° F. to complete cooking. Raisins make a pleasing addition. 6 servings.

CRANBERRY PIE

Line pie pan with Plain Pastry (p. 295). Fill with Cranberry Sauce (p. 80). Roll pastry for upper crust. Cut into ½-inch strips arranging lattice fashion across top. Bake in hot oven (450° F.). 6 servings.

PRUNE PIE

1¼ cups cooked, pitted prunes	2 tablespoons butter or substitute
½ cup prune juice	1 tablespoon lemon juice
½ cup sugar	2 tablespoons flour*
	Few grains salt

Mix ingredients. Cook until slightly thickened. Line pie pan with Plain Paste. Fill with prune mixture. Place top crust. Bake in hot oven (450° F.). 6 servings.

MINCE PIE

Line pie pan with Plain Pastry (p. 295). Fill with mincemeat. Place top crust. Bake in hot oven (450° F.). 6 servings.

MINCEMEAT

1 pound lean beef	½ teaspoon cinnamon
¼ pound suet	¼ teaspoon cloves
2 pounds tart apples	½ teaspoon mace
1 pound chopped raisins	½ teaspoon nutmeg
1 pound currants	1 teaspoon salt
¼ pound citron, cut into small thin slices	2 cups sugar
¼ cup candied orange peel, chopped	Water, boiled cider, or fruit juice

*Granulated tapioca may be substituted. Mix with fruit and sugar. Let stand 15 minutes before using.

Cook beef and cool. Remove membrane from suet. Pare and core apples. Run all through food chopper. Mix all ingredients adding liquid to moisten well. Cook slowly until apples are tender. Pack into jars. Store in cool place. Approximately 3 quarts.

DEEP DISH PIES

Fill baking dish (deep pie plate or individual ramekin) with prepared fruit heaping slightly in center to hold crust. Moisten edge of plate with cold water so crust will stick. Roll top from Plain Pastry (p. 295) $\frac{1}{2}$ -inch larger than top of dish. Cut slits to allow steam to escape. Place on top of fruit. Press to edge of pan. Bake in hot oven (425° F.) until brown and filling is cooked, usually 35-45 minutes according to kind of filling.

Variations

Deep Dish Apple Pie.—Mix $\frac{3}{4}$ cup sugar and 1 tablespoon flour with $2\frac{1}{2}$ cups pared, sliced, tart apples. Put in baking dish with 1-2 tablespoons cold water unless apples are juicy. Dot with bits of butter. Lemon juice, cinnamon, or nutmeg may be mixed with fruit if it lacks flavor. Complete as for Deep Dish Pies.

Deep Dish Berry Pie.—Wash and pick over berries (raspberries, blackberries, blueberries). For $2\frac{1}{2}$ cups, use $\frac{1}{2}$ cup sugar, 2 tablespoons flour, and $\frac{1}{8}$ teaspoon salt. Mix. Complete as for Deep Dish Pies.

CUSTARD PIE*

Line deep pie pan with Plain Pastry (p. 295), taking care that no air is enclosed. Fill with Custard (p. 234) made by using 2-3 eggs to $1\frac{1}{2}$ cups milk. Bake in hot oven (450° F.) until crust begins to set, then reduce temperature and bake very slowly (300° F.) until custard is firm. Filling must not be allowed to boil at any time or pie will be watery. 6 servings.

Variations

To prevent soaked crust, bake custard filling and crust separately in pans of same size with sloping sides. Use 3 eggs to 1 cup milk for filling. Cook as for Baked Custard (p. 234). Cool until pan is just warm to touch. Run spatula around edge, tilt, shake, and slide custard from pan into crust. If edge is not perfectly smooth, shredded cocoanut may be sprinkled around outer edge of pie.

*These recipes should be increased one-half if large pie is desired.

Cocoanut Custard Pie.—Add 1 cup dry, shredded cocoanut to filling for Custard Pie.

SOUR CREAM PIE*

1 egg	1 cup sour cream
2 egg yolks, slightly beaten	1 tablespoon flour
1 cup sugar	$\frac{1}{4}$ teaspoon lemon extract
	$\frac{1}{4}$ teaspoon cinnamon

Mix dry ingredients. Add to egg yolks. Then add cream and lemon extract. Mix well. Bake as for Custard Pie (p. 299). When nearly firm cover with meringue made of 2 stiffly beaten egg whites and 3 tablespoons sugar. Return to oven. Bake slowly (375° F.) until meringue is set and brown.

Filling may be cooked separately as for Cream Filling and poured into baked shells if desired. Sweet cream may be substituted for sour. 6 servings.

Variation

Add 1 cup stewed raisins to filling for Sour Cream Pie.

PUMPKIN PIE*

1 cup cooked, strained pumpkin pulp	$\frac{1}{2}$ teaspoon salt
1 egg slightly beaten	$\frac{1}{4}$ teaspoon each, cinna- mon, nutmeg, and ginger
$\frac{1}{2}$ - $\frac{1}{2}$ cup sugar	1 cup milk or cream

Mix sugar, salt, and spices. Add to egg, then add pumpkin and cream. If milk is used, add 2 tablespoons melted butter or substitute. Pour into pan lined with Plain Pastry (p. 295). Bake as for Custard Pie (p. 299). Serve with or without whipped cream. If desired, add $\frac{1}{2}$ cup chopped nuts. 6 servings.

Variations

Squash Pie.—Make as for Pumpkin Pie substituting squash pulp for pumpkin.

Sweet Potato Pie.—Make as for Pumpkin Pie using sweet potato pulp for pumpkin. Decrease sugar according to taste.

CREAM PIE

Line deep pie pan with Plain Pastry (p. 295). Bake. Fill with Cream Filling. Cover with Meringue (p. 305) made from stiffly beaten egg whites. Brown in moderate oven (375° F.).

CREAM FILLING*

$\frac{1}{2}$ cup sugar	2 egg yolks, well beaten
4 tablespoons flour	1 tablespoon butter or substitute
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cups milk, scalded	

*These recipes should be increased one-half if large pie is desired.

Mix dry ingredients. Add milk slowly while stirring. Cook in double boiler stirring until well thickened. Pour over egg yolks stirring rapidly. Add fat. Cook further if necessary. Remove from heat and flavor. 6 servings.

Variations

Chocolate Cream Pie.*—Make as for Cream Pie using 3½ tablespoons flour and adding 1-1½ ounces melted chocolate. Continue cooking after egg yolks are added until of desired consistency.

Cocanut Cream Pie.*—Make as for Cream Pie adding 1 cup dry, shredded cocanut to Cream Filling.

Fruit Cream Pie.*—Make as for Cream Pie adding 1 cup chopped dates or 2 medium-sized bananas sliced, to Cream Filling.

BUTTERSCOTCH PIE

Line deep pie pan with Plain Pastry (p. 295). Bake. Fill with Butterscotch Filling. Cover with Meringue (p. 305). Brown in moderate oven (375° F.).

BUTTERSCOTCH FILLING*

2 tablespoons butter or substitute	1½ cups milk
1 cup brown sugar	2 egg yolks, slightly beaten
4 tablespoons flour	½ teaspoon vanilla
Pinch salt	

Melt fat in top of double boiler over direct heat. Mix sugar, salt, and flour; add to melted fat. Mix well. Add milk. Cook over hot water stirring until thick and smooth. Cook 15 minutes longer. Pour slowly over egg yolks stirring to prevent over-cooking eggs. Cook 2 minutes longer. Cool slightly. Pour into baked pie shell. 6 servings.

LEMON PIE

Line deep pie pan with Plain Pastry (p. 295). Bake. Fill with Lemon Filling. Cover with Meringue (p. 305). Brown in moderate oven (375° F.).

LEMON FILLING I*

½ cup flour or 3½ table- spoons cornstarch	1 tablespoon butter or substitute
¾ cup sugar	2 egg yolks, slightly beaten
Pinch salt	Grated rind 1 lemon
1¼ cups boiling water	
4 tablespoons lemon juice	

Mix flour, sugar, and salt, then add hot water gradually

*These recipes should be increased one-half if large pie is desired.

while stirring. Cook until thickened, stirring as needed to prevent lumping. Boil 5 minutes longer. Add fat, egg yolks, lemon juice, and rind. Cook 1 minute longer. A double boiler may be used if desired. In that case allow longer time for cooking. 6 servings.

LEMON FILLING II*

3½ tablespoons flour	3 egg yolks, beaten slightly
¼ teaspoon salt	¼ cup lemon juice
¾ cup sugar	1½ cups milk, scalded
1 whole egg, beaten slightly	1 egg white, beaten stiff

Mix flour, salt, and sugar. Add whole egg, egg yolks, lemon rind, lemon juice, and milk stirring to prevent lumping. Cook in double boiler about 15 minutes stirring constantly until thickened. Cover. Cook 5 minutes longer. Pour 4-5 tablespoons of hot mixture slowly upon egg white beating while adding. Continue to beat until well mixed. Add slowly to remainder of mixture while stirring. Cook 2 minutes longer or until mixture is sufficiently thickened. 6 servings.

LEMON FILLING III

4 egg yolks, beaten thick and lemon colored	Grated rind of 1 lemon
1 cup sugar	2 tablespoons butter or substitute
¼ teaspoon salt	4 egg whites, beaten stiff
¼ cup lemon juice	

Add salt, lemon juice, rind, and half of sugar to egg yolks. Cook in double boiler stirring until thickened. Add butter. Cool. Beat remaining sugar gradually into egg whites. Fold half of this meringue into yolk mixture. Pour into baked shell. Cover top with remaining meringue. Brown in moderate oven (375° F.). If desired all the meringue may be folded into yolk mixture. It is then baked as above until puffed and brown. 6 servings.

SUNNY SILVER PIE (LEMON CHIFFON)

1 tablespoon gelatin soaked in	1 cup sugar
¼ cup cold water	¼ teaspoon salt
4 egg yolks, beaten	4 egg whites, beaten stiff
½ cup lemon juice	1 cup heavy cream, whipped
½ lemon rind, grated	

Cook egg yolks, half of sugar, lemon juice, and salt in double boiler stirring until thick and creamy. Remove from fire, add gelatin and lemon rind. Cool. Beat remaining sugar gradually into beaten egg whites. Fold into gelatin mixture

*These recipes should be increased one-half if large pie is desired.

when it begins to thicken. Pour into baked pastry or Crumb (p. 297) shell. Chill 2-3 hours. Cover with whipped cream. Serve. 6 servings.

BANBURY TARTS

Plain pastry (1½ cups flour, p. 295)	1 tablespoon melted butter or substitute
1 cup raisins, chopped	1 egg, slightly beaten
1 cup sugar	3 tablespoons lemon juice
3 tablespoons cracker crumbs	Grated rind 1 lemon
	½ teaspoon salt

Roll pastry ⅛-inch thick. Cut into 3-inch squares. Mix remaining ingredients in order listed. Put 2 teaspoons mixture on each pastry square. Wet edges with cold water. Fold over to form triangle. Press edges together with a fork. Prick top several times. Bake in hot oven (425° F.). 8-10 tarts.

ORANGE TARTLETS

Cover inverted gem pans with Plain Pastry (p. 295). Bake. Fill with Orange Filling. If desired, cover top with Meringue (p. 305).

ORANGE FILLING

¾ cup sugar	1 tablespoon lemon juice
⅞ teaspoon salt	1 cup orange juice
4 tablespoons flour	Grated rind 1 orange
1 egg or 2 yolks, well beaten	2 tablespoons butter or substitute

Mix in order given, reserving fat. Cook in double boiler until thick, clear, and free from starchy taste. Stir as needed to prevent lumping. Add fat. Use as desired. 1 cup.

FRUIT BASKETS

Cover inverted gem pans with Plain Pastry (p. 295). Bake in hot oven (450° F.). Use 2 narrow strips of pastry for each handle. Twist. Lay over another pan to bake. Fill baskets with fruit, jelly, or any desired filling. Garnish tops with whipped cream. Place handles in upright position to form basket.

NUT PASTRY ROLL

Roll Plain Pastry (p. 295) ⅛-inch thick. Cut into 3" x 5" pieces. Spread with beaten jelly. Sprinkle with chopped nuts. Roll. Dust with fine, granulated sugar. Bake in moderate oven (375°-400° F.).

CHEESE STRAWS I

Plain pastry (1½ cups flour, p. 295)	1 cup grated cheese
	Cayenne pepper

Roll pastry ¼-inch thick. Sprinkle with cheese and lightly

with cayenne. Fold over. Roll again. Repeat 3 times. Cut into $\frac{1}{4}$ " x 5" strips. Bake in hot oven (450° F.). 50-60 straws.

CHEESE STRAWS II

1 tablespoon fat	$\frac{1}{4}$ teaspoon salt
$\frac{3}{8}$ cup flour	$\frac{1}{8}$ teaspoon white pepper
1 cup fresh bread crumbs	Cayenne pepper
1 cup grated cheese	2 tablespoons milk

Cream fat; add flour, crumbs, and cheese; then seasonings. Mix well. Add milk. Roll $\frac{1}{4}$ -inch thick. Cut into $\frac{1}{4}$ " x 5" strips. Bake until brown in moderate oven (400° F.). 25-30 straws.

LEMON STICKS

Roll Plain or Puff Pastry (pp. 295-6) $\frac{1}{8}$ -inch thick. Cut into $\frac{1}{2}$ " x 4" strips. Bake in hot oven (450° F.). Put together in pairs with Lemon Filling (p. 301).

CINNAMON STICKS

Roll Plain or Puff Pastry (pp. 295-6) $\frac{1}{8}$ -inch thick. Spread with soft butter or substitute. Sprinkle with a 6:1 mixture of sugar and cinnamon. Cut into 1" x 4" sticks or other desired shapes. Bake in hot oven (450° F.) 10 minutes or until brown.

NEVER-FAIL PASTRY

2 cups flour	$\frac{1}{4}$ cup water
1 teaspoon salt	$\frac{2}{3}$ cup fat

Sift flour and salt together. Remove $\frac{1}{3}$ cup and mix to a paste with water. Cut fat in remaining flour until particles are size of small peas. Stir flour paste into flour-fat mixture to make a dough. Form into a ball. Use as desired. 1 large 2-crust pie.

MERINGUES

Meringues are classified according to texture as **hard** or **soft**.

Ingredients.—Meringues are made of egg whites, sugar, and flavoring. **Hard meringues** contain more sugar (4-5 tablespoons to 1 egg white) than **soft ones** (usually 2 tablespoons to 1 egg white). Eggs should be separated carefully so no yolk clings to white. Whites should be beaten until stiff but not dry. A pinch of salt may be added before beating. The sugar should be very fine. Either sifted granulated or confectioner's sugar may be used. It is generally added gradually to egg whites beating in each addition before adding another. Too small an amount of sugar will give a tough meringue while too large a proportion produces a sugary one which sticks to knife when cut. Some prefer to add the sugar to egg whites before beating. In that case, the texture is finer and meringue holds up for a longer time but the volume is smaller.

Baking.—The process of baking meringues is one of drying and browning. A temperature of 250° F. is about right for hard meringues while a temperature of 375° F. is satisfactory for meringues for pies and puddings. If oven is too hot, meringues will shrink and toughen. If not hot enough, they dry and shrink.

Use.—**Soft meringues** are used to add to the attractiveness of pies, puddings, and tarts. When used for pies, or similar dishes, they are most often spread roughly over top of food to be decorated. They may be applied in fancy shapes or designs by forcing mixture through a pastry tube. They may also be folded into puddings or pie fillings for variation.

Hard meringues are baked separately and served with fruit or ice cream. They improve in texture if stored uncovered in refrigerator for a time.

MERINGUES FOR PASTRIES AND PUDDINGS

2 egg whites	¼ teaspoon vanilla
¼ teaspoon salt	¼ tablespoon lemon
2-4 tablespoons sugar	juice, if desired

Beat egg whites with salt. Add sugar gradually during last half of beating. Continue beating until stiff. Flavor. Spread on food to be decorated. Bake in moderate oven (375°

F.) until risen and delicately browned, about 10 minutes. Sufficient for 1 large pie or 2 small ones.

KISSES AND MERINGUES

4 egg whites ($\frac{1}{2}$ cup)	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	1 cup chopped nuts,
$\frac{1}{4}$ teaspoon cream of tartar	if desired
1 cup granulated sugar	

Make as Meringues for Pastries and Puddings (p. 305) adding cream of tartar to egg whites when beaten until frothy. If nuts are used, fold in last. Dust oiled baking sheet, or bread board covered with oiled paper, with cornstarch. Mark into circles of desired size with cup or dish. Kisses are usually 2 inches or less in diameter while meringues are often twice this size. Drop meringue mixture into this space shaping into flat circles with a spoon or pastry bag and tube. Bake 1 hour in slow oven (250° F.). Remove from pan or board while hot to avoid breaking. 16 meringues.

Serve meringues on a paper doily on a plate. Place ice cream on meringue, then whipped cream, and finally a sauce. To vary this service, place ice cream on doily, then fit meringue, slightly hollowed on bottom, over ice cream and garnish with whipped cream.

Variation

Angel Pie.—Hard meringues may be baked as a pie shell. Cool and fill with Bavarian Cream (p. 239), Gelatin Whip (p. 238), or Sponge (p. 239) of any flavor. If whipped cream is not used in filling, pie may be frosted with whipped cream.

Variations

Angel Pie or Schaum Torte.—Hard meringues may be baked as a pie shell. Cool and fill with Bavarian Cream (p. 239), Gelatin Whip (p. 238), Sponge (p. 239) of any flavor, ice cream, or fresh fruit. If whipped cream is not used in filling, pie may be frosted with whipped cream.

Nut Meringues.—Fold $1\frac{1}{2}$ cups finely chopped nuts or crushed Nut Brittle (p. 320) into meringue mixture before shaping.

Date Kisses.—Fold 1 cup finely chopped dates into meringue mixture. Shape into small mounds with a teaspoon.

CANDY AND OTHER SWEETS

Candies are classified as crystalline and non-crystalline. Crystalline candies, as fudge, fondant, and penoche, contain small sugar crystals which should be imperceptible to the tongue. Non-crystalline candies, as butterscotch and caramels, should be free from crystals and may be "chewy" in texture.

Fine crystals are desired in crystalline candy. The speed with which crystals form is an important factor in their size. Cooking temperature affects rate of crystallization and, if degree of supersaturation is high, crystals form more quickly. The temperature at which crystalline candies are beaten is also important. If beaten while hot, large crystals usually form and product is grainy. A temperature recommended for beating most mixtures to give a creamy candy is slightly higher than lukewarm (104° F. or 40° C.). It is desirable that beating be continued until crystallization is complete. This stage may be recognized by cooling and stiffening of mixture. Addition of certain ingredients, as cream of tartar or corn syrup, affects ease of crystallization, size of crystals, and increases time required for beating. Invert sugar, formed when acid is added, absorbs moisture from air due to its levulose or fructose content, and tends to prevent drying, a desirable point in storage. Butter, cream, chocolate, and beaten egg whites all tend to decrease size of crystals thus adding to creaminess of product. They also help to keep crystals small during storage. Products made with cream of tartar and egg white are whiter than those made with other agents.

Formation of crystals is avoided in non-crystalline candies by use of fairly large quantities of such substances, as corn syrup, acids, or fat.

General Suggestions for Candy Making

Utensils.—Pans chosen for candy making should be of suitable size, not too large but allowing space for "boiling up." One with a smooth surface and of material thick enough to prevent scorching is desirable.

Wooden spoons are preferable for stirring candy as they do not scratch pan and are easy to handle in hot candy. They also do not discolor product.

A marble slab provides a large, smooth surface which is advantageous for working candy but a baking sheet, large platter, or other smooth surface may be substituted.

A thermometer is desirable to use in making candy. It is necessary, however, to determine the temperature for each particular recipe as ingredients affect degree of heat to be used. Altitude and weather conditions are also factors. In high altitude, decrease temperatures according to recommendations for that region. On wet days cook to a temperature approximately 2° F. higher than usual. Temperatures, once established in a given locality, cannot be used indiscriminately in other places, as they vary with altitude.

Ingredients.—A fine quality of sugar is important. Cane and beet sugar are equally good provided they are of same grade. When brown sugar is used, a light color is preferable as flavor is more delicate. For the same reason, light-colored molasses is desirable.

The flavor of butter may be more pleasing than that of a substitute in delicately flavored candies and may be preferable if not too expensive. It is especially desirable when oiling pans to use a fat with no undesirable flavor.

Substitutions may be made as follows:

Ingredient	Amount	Substitution
Chocolate	1 ounce	3 tablespoons cocoa ½ tablespoon butter
Heavy cream (36-40% fat)	1 cup	1 cup thin cream (18-20% fat) 3 tablespoons butter
Thin cream (18-20% fat)	1 cup	1 cup whole milk 2½ tablespoons butter
Whole milk (4% fat)	1 cup	1 cup skimmed milk 2 teaspoons butter

For tests used in the following recipes see Table of Tests for Stages of Sugar Cookery (p. 46).

CRYSTALLINE CANDIES

Fondant and similar crystalline candies should not be stirred after sugar is dissolved. Neither should crystals be allowed to remain on sides of pan. They may be wiped off with a clean, wet cloth or more easily removed by covering vessel

fudge, fondant

closely for a few moments to allow steam to dissolve them. Kettle should not be shaken or moved while syrup is boiling. It is best to pour such candies from pan without scraping as this tends to start crystallization. Presence of a single crystal of sugar will often start a chain of crystals causing the whole mass to granulate. Crystallization is also hindered by addition of a little acid, as cream of tartar, vinegar, or lemon juice. Hard water may neutralize some of the acid. In that case, corn syrup is preferable. The following proportions of these materials are suggested for 1 cup sugar:

Approximate Equivalents in Candy Making

Ingredients	Amount
Cream of tartar.....	1/16 teaspoon
Vinegar	1/2 teaspoon
Lemon juice	1/2 teaspoon
Corn syrup	1 tablespoon
Glucose	1 tablespoon

FONDANT

1 cup sugar
 ½ cup water

1/16 teaspoon cream of
 tartar or
 1 tablespoon corn syrup

Mix ingredients, stir, and heat gradually to boiling point. Cook, without stirring, to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Wash crystals from sides of pan as they form or cover pan a few minutes while cooking to dissolve them. Pour onto a platter rinsed with cold water. Cool to 104° F. or 40° C. Work back and forth until white and creamy. Then knead until perfectly smooth. Place in bowl or jar. Cover with paraffin paper. Set away to ripen at least 24 hours before using. Fondant may be kept a long time if tightly covered. If it dries, a damp cloth may be used over it. If ½ teaspoon of glycerine is added to other ingredients when fondant begins to boil, a creamier product results suitable for centers of bonbons. It must be worked up at once, however, as it softens upon standing so is difficult to handle. If fondant should "sugar," add water and cook again. ⅓ cup.

Variations

Maple Fondant.—Make as for Fondant adding $\frac{1}{8}$ cup maple syrup and decreasing water to $\frac{1}{8}$ cup.

Caramel Fondant.—Make as for Maple Fondant substituting Caramel Syrup (p. 153) for maple syrup.

Coffee Fondant.—Make as for Fondant substituting strong, clear coffee for water.

Brown Sugar Fondant.—Make as for Fondant substituting brown sugar for half the white sugar.

Opera or Cream Fondant.—Make as for Fondant substituting heavy cream for water.

Chocolate Fondant.—Add 1-2 ounces melted chocolate to 1 cup finished fondant. Knead until well mixed.

Easy Fondant.—Make as for Fondant, cooling and working in pan in which it is cooked. Spread 1 egg white beaten stiff over cooled fondant before working. Flavor and make up at once, allowing it to ripen in finished product. This method saves time and effort and gives good results.

BONBONS

Centers.—Knead ripened fondant until soft and pliable. Color and flavor to taste. **Coloring must be added very carefully as it is easy to use too much.** This may be prevented by adding paste from a toothpick or liquid by drops from a teaspoon. Coarsely chopped nuts, candied fruits, or other ingredients may be added. Shape into small balls, cones, or other desired shapes dusting hands and board with cornstarch if necessary to prevent sticking. To secure pieces of same size, roll fondant into long, uniform strips and cut into pieces of equal lengths. Let stand until firm but not longer lest they become so dry they will not be creamy when finished. They are then ready to dip.

To dip bonbons in fondant.—Melt fondant in double boiler. Color and flavor as desired avoiding great intensity of either. Add a few drops water, if necessary to soften. Use a fork or a confectioner's candy dipper for dipping. Drop centers into fondant one at a time. Turn enough to insure covering. Remove from fondant, drain, place on oiled paper or table oil cloth, and bring end of dipper over top of bonbons leaving a "tail-piece." This indicates bonbons have been hand-

dipped. A second dipping may be necessary. Fondant will need to be stirred slightly between dippings to prevent formation of a crust. Apply decorations as soon as bonbons are dipped. Nuts and fruits are often used.

To dip bonbons in chocolate.—Use dipping chocolate of good quality. Unsweetened chocolate is better for bonbons and sweetened chocolate for nuts and fruits although a combination may be used. For this allow 2 ounces unsweetened to 1 pound sweet chocolate. Use at least 1 pound chocolate for dipping as a certain depth in pan is necessary and the larger amount makes it easier to keep an even temperature.

Melt chocolate in double boiler. Water should not be hotter than 120° F. or 49° C. or starch in chocolate will cook making mixture too thick and finished product gray. If this should happen, water should not be used to thin it. Remelt or add a little cocoa butter or paraffin to make chocolate soft again. These ingredients also may be used with any dipping mixture. Allow ½ ounce per 1 ½ pounds chocolate. Stir while melting and afterwards until of desired consistency for dipping. The hand is a most efficient tool for working chocolate and dipping centers. Melted chocolate is about right for dipping at 85° F. or 29° C. A center may be dipped to test it. If too thin, chocolate will run off and when dry will be streaked; if too thick, coating will be rough and uneven. When temperature is right, chocolate will harden quickly and is smooth and glossy. The room temperature must also be carefully controlled. About 60°-65° F. or 16°-18° C. is desirable. The finished chocolate should be cooled quickly, possibly in a refrigerator, to prevent appearance of white spots. All parts of bonbon should be well coated with chocolate. If there is a thin place, center oozes out upon standing.

Nuts, candied fruits, cleaned and stoned dates, raisins, cream candy, caramels, and fudge may be dipped in the same way as bonbons.

CREAM LOAF

Knead fondant until creamy, flavor, and add suitable fruits and nuts, coarsely chopped. Continue kneading only enough to mix, lest fondant become discolored. Mold into a loaf by placing in oiled bread pan. This loaf has good keeping qualities. Slice as needed.

Variations

Cream loaf may be made in layers, or marbled, by using fondant of different colors and flavors. Fruits and nuts may be added to it. Good combinations are: chopped citron, candied pineapple and nuts; candied cherries and orange peel with nuts; pistachio nuts and citron; cocoanut and candied apricots; candied orange peel with orange flavoring; grated lemon peel with lemon flavoring.

STUFFED DATES

Wipe dates with damp cloth, cut open on side, and remove seeds. Fill cavity with fondant, colored and flavored as desired. Press dates into shape. Roll in granulated sugar. Nuts or candied cherries may be used for stuffing instead of fondant, or chopped and mixed with it.

CREAM CHERRIES

Cut top of a candied cherry into points with scissors. Press a ball of fondant into center of cherry. Roll in granulated sugar.

Variations

Cream Nuts.—Press a ball of flavored fondant, colored if desired, between two halves of nuts.

Cream Figs.—Fill center of a pulled fig solidly with fondant. Cut into thin slices. Roll in granulated sugar.

Cream Peaches or Apricots.—Steam dried peaches or apricots until pliable unless "tenderized" product is used. Flatten. Spread with flavored fondant. Roll. Cut into ½-inch slices. Roll in granulated sugar.

CREAM MINTS

Heat fondant in double boiler only enough to melt using about 1 cup at a time. Larger amounts are apt to become sugary before all of mixture is used. Flavor with oil of peppermint, wintergreen, clove, cinnamon, or orange, and color delicately if desired. Stir as little as possible. It may be necessary to add a small amount of water if fondant does not melt readily. Drop from tip of spoon onto oiled paper. Mints may be dipped in chocolate when cold. Avoid great extremes of temperature lest white spots appear upon standing.

COCOANUT BAR

Knead an equal quantity of shredded cocoanut into pliable fondant. Fit into an oiled pan. Cut into bars when cold. Mixture, if melted, may also be dropped from a spoon onto oiled paper to form Cocoanut Drops.

UNCOOKED FONDANT

1 egg white, unbeaten	2½ cups powdered sugar,
½ tablespoon cold water	more or less according
¾ teaspoon flavoring	to size of egg

Put egg white, water, and flavoring into bowl. Beat well with rotary egg beater. Add sugar gradually until stiff enough to knead. Use at once. ⅞-1 cup.

BUTTER CREAMS

1 pound powdered sugar or	3 tablespoons boiling
3½ cups	water or
¼ cup butter or substitute	4 tablespoons fruit juice
Pinch salt	1 teaspoon vanilla, if
	desired

Make mound of sugar on board or marble slab. Put remaining ingredients in center of mound adding liquid as needed. Knead until very smooth. Mixture should not stick to fingers when kneaded. Shape as desired. Use as Fondant for Chocolate Creams. 1¾ cups.

CREAMY FONDANT

2 cups sugar	¼ teaspoon glycerine
1 cup water	1 egg white, beaten stiff
1 tablespoon white corn	1 teaspoon vanilla
syrup	

Cook sugar, water, and corn syrup to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46), adding glycerine when mixture begins to boil. Pour onto a platter rinsed with cold water. Cool as for Fondant. Spread egg white over cooled fondant. Work until fondant is smooth and creamy. Flavor. Shape at once into centers. Dip as soon as firm as this candy softens on standing. Such fondant is particularly adapted to centers for chocolate creams. Glycerine may be omitted although it gives a moist product. 1½ cups.

GENERAL SUGGESTIONS FOR FUDGE

A good fudge is smooth in texture (not grainy) and firm but creamy. Use of corn syrup is advised to secure these qualities. Allow 1-2 tablespoons corn syrup to 1 cup sugar. Evaporated milk substituted for fresh gives a smooth, creamy prod-

uct, due to the finely homogenized fat. Brown sugar may be substituted for part or all of the white sugar. Fudge may curdle at beginning of cooking process, particularly if made with brown sugar. This can usually be prevented by constant stirring at this time. Butter is best added at end of cooking process as cooking does not improve it.

When sufficiently cooked fudge should be cooled to slightly more than lukewarm (104° F. or 40° C.). It should then be beaten until it begins to hold its shape, after which it may be put quickly into an oiled pan, making a layer $\frac{3}{4}$ -1 inch thick. Some prefer to knead it at this stage as for Fondant (p. 309), afterwards pressing it into pan to mold it or shaping into a roll.

CHOCOLATE FUDGE

1 cup sugar	1 tablespoon corn syrup
$\frac{1}{2}$ cup fresh or	Few grains salt
$\frac{3}{8}$ cup evaporated milk	1 tablespoon butter or
and $\frac{1}{4}$ cup water	substitute
$\frac{1}{2}$ -1 square chocolate	$\frac{1}{2}$ teaspoon vanilla

Mix sugar, milk, corn syrup, salt, and chocolate. Stir frequently until sugar dissolves and chocolate melts. Cook to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Add butter. Remove from fire. Cool. Add vanilla. Beat until it is creamy and has lost its gloss, then pour quickly into oiled pans making a $\frac{3}{4}$ -1 inch layer. Cut into 1-inch squares when nearly cold. It may be kneaded and molded if preferred. 10-12 one-inch squares.

Variations

Nut Fudge.—Add $\frac{1}{4}$ - $\frac{1}{2}$ cup coarsely chopped nuts to Chocolate Fudge just before pouring into pan.

Marshmallow Fudge.—Add $\frac{1}{2}$ cup marshmallows, cut into small pieces, to Chocolate Fudge just before turning into pan. Marshmallows will melt and lose their identity if added while fudge is warm.

Fruit Fudge.—Add $\frac{1}{4}$ - $\frac{1}{2}$ cup Sultana raisins, or chopped dates or figs to Chocolate Fudge just before turning into pan. Candied cherries, orange peel, and citron may also be used.

Cocoanut Fudge.—Omit or retain chocolate in Chocolate Fudge as desired. Add $\frac{1}{2}$ cup dry, shredded cocoanut when ready to pour into pan.

Maple Fudge.—Omit chocolate and substitute maple sugar for half the sugar in Chocolate Fudge.

Brown Sugar Fudge.—Make as for Maple Fudge substituting brown sugar for maple.

CARAMEL FUDGE

1 cup sugar
 ½ cup milk

2 tablespoons butter or
 substitute
 Few grains salt

Caramelize ⅓ the sugar. Add 2 tablespoons hot water to form syrup. Add remaining sugar and milk. Finish as for Chocolate Fudge (p. 314). 8-10 one-inch squares.

PENOCHÉ

1 cup brown sugar
 ½ cup milk or thin cream
 ½ teaspoon vanilla

1 tablespoon butter or
 substitute
 ¼ - ½ cup chopped nuts

Boil sugar and milk, stirring as needed to prevent curdling and scorching. Cook to Soft Ball Stage (235°-240° F. or 113°-116° C.; p. 46). Remove from fire. Add butter, cool, then flavor. Beat until creamy. Add nuts. Pour quickly into oiled pan. 10-12 one-inch squares.

ALOHA PENOCHÉ

½ cup brown sugar
 ½ cup grated pineapple
 ½ cup nut meats, coarsely
 chopped

1 cup granulated sugar
 1 tablespoon butter or
 substitute
 ½ teaspoon vanilla

Cook sugars and pineapple to Soft Ball Stage (236° F. or 114° C., p. 46). Remove from fire. Add butter. Beat until thick and creamy. Add nuts and vanilla. Pour into a loaf pan lined with oiled paper. Cool. Slice when ready to serve. If preferred, pour into a shallow, oiled pan and cut into squares. 1 loaf, about 3" x 7" x 2".

NUT LOAF

2 cups sugar
 ½ pint heavy cream
 ½ cup white corn syrup

1 cup mixed chopped nut
 meats (almonds, wal-
 nuts, Brazil nuts)

Boil sugar, cream, and syrup to Firm Ball Stage (246° F. or 119° C., p. 46). Remove from fire. Add nuts. Beat as for Fudge (p. 314). Mold into loaf pan lined with oiled paper. Let stand several days, then slice as needed. 1 loaf, 4" x 3" x 2".

CARAMEL NUT LOAF

6 cups sugar
 2 cups white corn syrup
 1 teaspoon vanilla

3 cups undiluted evapo-
 rated milk
 3 cups mixed nuts,
 coarsely chopped

Mix syrup, sugar, and milk. Bring to a boil over low flame.

Increase heat and cook to Firm Ball Stage (244° F. or 118° C., p. 46). Cool (104° F. or 40° C.), add nuts and vanilla. Beat until stiff enough to knead. Form into rolls. 2 rolls, 16" x 2½".

DATE LOAF

2½ cups sugar	¾ cup chopped walnut meats
1 cup milk	
½ pound dates, seeded	

Cook sugar, milk, and dates to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Stir as needed to prevent burning. Remove from fire. Cool to 104° F. or 40° C. Beat until it begins to harden. Add nuts, and turn onto a damp cloth. Shape into a roll 2 inches in diameter. Let stand until firm. Cut into slices as needed. This candy will keep some time if tightly covered. 25-30 slices, ¼ inch thick.

NOUGAT

5 cups sugar	1 cup nut meats, chopped
1 cup white corn syrup	1 cup candied cherries, chopped
1 cup boiling water	
3 egg whites	

Boll sugar, syrup, and water to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Pour 1 cupful gradually upon stiffly beaten egg whites, beating while adding. Boil remainder to Hard Crack Stage (300°-310° F. or 149°-154° C., p. 46). Pour over first portion. Beat well. A wire whisk is excellent for this purpose. As mixture begins to stiffen, add cherries and nuts. Pour into a deep mold lined with oiled paper. This candy is improved by ripening if not exposed to air. Cut as needed.

Blanched almonds (roasted), pistachio nuts, citron, candied orange peel, or similar materials may be used instead of cherries and nuts. 125 pieces, 1¼" cubes.

PECAN ROLL

Make Nougat. Nuts and fruit may be omitted. Pour into a pan dusted with powdered sugar or cornstarch making a 1½-inch layer. Let stand 24 hours. Then cut into strips about 1" x 4" to be used for centers. Make Vanilla Caramels. Dip strips of Nougat singly into hot caramel mixture using a fork. Roll in pecan meats covering surface thickly. Shape into a roll, pressing firmly with hands. Slice as needed. 75 pieces, ½" thick.

DIVINITY I

Mixture I

3 cups sugar
 $\frac{3}{4}$ cup water
 1 cup corn syrup
 3 egg whites, beaten stiff

Mixture II

1 cup sugar
 $\frac{1}{2}$ cup water
 1 teaspoon vanilla
 1 cup nuts, coarsely
 chopped

Cook sugar, water, and corn syrup of Mixture I until it forms a fairly Hard Ball (250°-265° F. or 121°-129° C., p. 46) stirring only until sugar dissolves. Remove from fire. Pour slowly with constant beating over egg whites. At this time start Mixture II, cooking to a very Hard Ball (250°-265° F. or 121°-129° C., p. 46). Pour onto first mixture which has been beaten all the while. Continue beating until candy begins to hold its shape. Add vanilla and nuts. Pour into oiled pans. Cut into squares when cold.

Candy may be shaped into a loaf or formed into irregular pieces by dropping from tip of spoon onto oiled paper. 64 pieces, $1\frac{1}{4}$ " square.

DIVINITY II

3 cups sugar
 $\frac{3}{4}$ cup corn syrup
 $\frac{3}{4}$ cup water

3 egg whites, beaten stiff
 1 cup nut meats
 1 teaspoon vanilla

Cook sugar, syrup, and water to Hard Ball Stage (250°-265° F. or 121°-129° C., p. 46). Pour slowly with constant beating over egg whites. Finish as for Divinity I. 50 pieces, $1\frac{1}{4}$ " square.

If eggs are large or syrup is measured generously, cooking temperature should be increased accordingly.

NON-CRYSTALLINE CANDIES

CHOCOLATE CARAMELS

1 cup brown sugar
 $1\frac{1}{2}$ squares chocolate
 $\frac{1}{4}$ cup milk or cream

$\frac{1}{4}$ cup corn syrup
 $\frac{1}{2}$ cup butter or substitute
 $\frac{1}{2}$ teaspoon vanilla

Mix ingredients except butter and vanilla. Bring slowly to boiling point. Cook to Soft Crack Stage (270°-290° F. or 132°-143° C., p. 46), adding butter toward last of cooking. Stir as needed to prevent scorching. Remove from fire, add vanilla, and pour into oiled pan. When cool, remove from pan. Cut into $\frac{3}{4}$ -inch squares. Wrap in oiled paper. If desired, $\frac{1}{2}$ cup coarsely chopped nuts may be added before pouring into pan. 20-24 pieces, $\frac{3}{4}$ -inch square.

VANILLA CARAMELS

2 cups sugar	1 tablespoon butter or substitute
1 cup white corn syrup	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups whole milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup evaporated milk or thin cream	$\frac{1}{2}$ cup coarsely chopped nuts

Cook sugar, syrup, and 1 cup milk to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Stir constantly to prevent curdling and scorching. Stir in remaining $\frac{1}{2}$ cup milk slowly, so as not to check boiling. Cook again to Soft Ball Stage. Then add evaporated milk in same way. Add butter and salt. Cook until candy forms a Firm Ball (246°-250° F. or 119°-121° C., p. 46). Mixture burns easily, so requires constant stirring at end of cooking process. Remove from fire, add vanilla and nuts, and pour into oiled pan making a $\frac{3}{4}$ -inch layer. When cold, cut into $\frac{3}{4}$ -inch squares. If desired add 2-3 ounces melted chocolate with vanilla and nuts. Squares may be dipped in chocolate as for Bonbons (p. 311). 80 pieces, $\frac{3}{4}$ -inch square.

PLAIN CARAMELS

1 cup sugar	$\frac{1}{4}$ cup butter or substitute
1 cup corn syrup	$\frac{1}{2}$ teaspoon vanilla
1 cup thin cream or	
1 cup evaporated milk	

Mix ingredients. Cook to Firm Ball Stage (246°-250° F. or 119°-121° C., p. 46). Stir occasionally at beginning of cooking and constantly toward end of process. Flavor. Turn into oiled pan. Cool. Remove from pan. Cut into $\frac{3}{4}$ -inch squares. This is a soft, rich, chewy caramel. 40 pieces, $\frac{3}{4}$ -inch square.

Variations

Nut Caramels.—Add 1 cup chopped nuts to Plain Caramel mixture just before pouring into pan.

Fruit Caramels.—Add 1 cup coarsely chopped dried fruit, as dates or raisins, to Plain Caramel mixture just before pouring into pan.

Cocoanut Caramels.—Add 1 cup dry, shredded cocoanut to Plain Caramel mixture just before pouring into pan. Cocoanut may be toasted if desired.

BUTTERSCOTCH

2 cups sugar, brown or white	$\frac{1}{2}$ cup butter or substitute
1 cup corn syrup	$\frac{1}{4}$ teaspoon salt
1 cup water	$\frac{1}{4}$ teaspoon vanilla

Cook sugar, syrup, and water to Firm Ball Stage (246°-250° F. or 119°-121° C., p. 46). Stir as needed to prevent scorching. Add butter and salt. Continue cooking to Hard Ball Stage (250°-265° F. or 121°-125° C., p. 46). Add vanilla. Pour into oiled pan, making a $\frac{1}{4}$ -inch layer. Cool. Cut into squares. 60 pieces, 1" x 1" x $\frac{1}{4}$ ".

HOARHOUND CANDY

2 teaspoons hoarhound	$\frac{1}{4}$ cup white corn syrup
$\frac{3}{4}$ cup boiling water	1 cup sugar

Pour water over hoarhound. Let stand 10 minutes. Strain through fine cloth. Add hoarhound water to sugar and syrup. Cook to Caramel Stage (348° F. or 177° C., p. 46). Pour in a thin layer onto an oiled sheet. Cut into squares before it hardens. 30 pieces, $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{4}$ ".

MOLASSES TAFFY

2 cups sugar	$\frac{1}{2}$ teaspoon cream of tartar
1 cup molasses	$\frac{1}{2}$ cup butter or substitute
1 cup hot water	$\frac{1}{4}$ teaspoon soda
1 tablespoon vinegar	$\frac{1}{2}$ teaspoon vanilla

Put sugar, molasses, water, and vinegar to cook. When mixture boils, add cream of tartar. When candy is nearly done, add butter and soda. If chewing taffy is desired, cook to Soft Crack Stage (270°-290° F. or 132°-143° C., p. 46). Cook hard taffy to Hard Crack Stage (300°-310° F. or 149°-154° C., p. 46). Pour onto oiled plates. When cold enough to handle, flavor and pull. When light-colored and porous, stretch taffy into a rope. Cut off one piece about 1 inch long with scissors, turn rope half over and cut another piece. Continue turning after each cutting. Place on oiled plate to cool. If taffy is to be kept for a time wrap each piece in oiled paper. Place in tight container. 125 pieces, $\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{1}{2}$ ".

WHITE TAFFY I

2 cups sugar	$\frac{3}{8}$ cup water
$\frac{1}{2}$ cup white corn syrup	1 teaspoon vanilla

Cook sugar, syrup, and water to Hard Crack Stage (300° F. or 149° C., p. 46). Stir only until sugar dissolves. Finish as for Molasses Taffy. 70 pieces, $\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{1}{2}$ ".

WHITE TAFFY II

2 cups sugar	1 teaspoon vanilla
$1\frac{3}{4}$ cups white corn syrup	3 tablespoons cocoa if
1 tablespoon vinegar	desired

Make as for White Taffy I. 74 pieces, 1" long, $\frac{1}{2}$ " in diameter.

AFTER DINNER MINTS

2 cups sugar	2 tablespoons vinegar
$\frac{3}{4}$ cup water	10 drops oil of peppermint (strength varies)
4 tablespoons butter or substitute	

Mix sugar, water, butter, and vinegar together. Stir until sugar dissolves. Boil rapidly keeping sides of kettle free from crystals. Cook without stirring to Hard Ball Stage (261° F. or 127° C., p. 46). Pour onto oiled platter. When cool enough to handle, add peppermint, color as desired, and pull. When stiff, stretch candy on table into a rope and cut into 1-inch lengths. Wrap in oiled paper. Place in tight container to cream. 125 pieces, 1" x $\frac{3}{4}$ " x $\frac{1}{2}$ ".

PEANUT BRITTLE

1 cup sugar	1 teaspoon butter or substitute
$\frac{1}{2}$ cup corn syrup	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup water	1 teaspoon soda
1 cup raw peanuts (Spanish preferable)	

Cook sugar, syrup, and water to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Add unblanched peanuts. Continue cooking until syrup is light brown in color and gives Hard Crack Test (300°-310° F. or 149°-154° C., p. 46). Remove from fire. Add vanilla and soda. Mix ingredients well. Pour onto oiled sheet, spreading thin as possible. When nearly cool, wet hands in cold water and turn candy over stretching to desired thinness. Cut into squares or break into pieces. 48 pieces, 1" x 1" x $\frac{3}{16}$ ".

NUT BRITTLE

1 cup granulated sugar	Pinch soda
$\frac{1}{2}$ cup brown sugar	Few grains salt
$\frac{1}{4}$ cup white corn syrup	$\frac{3}{4}$ cup coarsely chopped nuts crisped in oven
$\frac{1}{2}$ cup water	
2 tablespoons butter or substitute	

Cook sugars, syrup, and water to Hard Crack Stage (300°-310° F. or 149°-154° C., p. 46). Remove from fire. Add salt, soda, and butter. Stir only enough to mix well (too much stirring may cause candy to sugar). Add nuts, turn at once onto oiled sheet, taking care not to scrape from pan. Finish as for Peanut Brittle. English walnuts, pecans, Brazil nuts, or fresh, grated coconut (toasted) make excellent brittles. 48 pieces, $1\frac{1}{4}$ " x $1\frac{1}{4}$ " x $\frac{3}{16}$ ".

BRAZIL NUT RICE CANDY

$\frac{3}{4}$ cup corn syrup	2 tablespoons vinegar
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup Brazil nuts,
$1\frac{1}{4}$ cups sugar	coarsely chopped
2 tablespoons butter or	4 cups puffed rice
substitute	$\frac{1}{2}$ teaspoon vanilla

Boll syrup, salt, and sugar to Firm Ball Stage (248° F. or 120° C., p. 46). Add vinegar and fat. Blend well. Remove from fire, add puffed rice, nuts, and vanilla. Pour into oiled pan 8 inches square. When nearly cold cut into squares or sticks. 16 generous servings.

POPCORN BALLS

1 cup granulated sugar	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	$\frac{1}{2}$ teaspoon vanilla if
$\frac{1}{2}$ cup water	desired
$\frac{1}{2}$ cup white corn syrup	Popped corn as required—
2 tablespoons butter or	about 3 quarts
substitute	

Cook sugar, syrup, and water to Soft Crack Stage (270°-290° F. or 132°-143° C., p. 46). Watch carefully and stir occasionally toward last of cooking to prevent burning. Add butter and flavoring. Stir only enough to mix. Pour slowly over popcorn which has been sprinkled with salt. Mix well, then form into balls with hands pressing as little as possible. Puffed rice may be substituted for popcorn. 10 balls, 3" in diameter.

LOLLYPOPS

2 cups sugar	Flavoring
$\frac{3}{4}$ cup white corn syrup	Coloring
1 cup hot water	

Cook sugar, syrup, and water to extreme Hard Crack Stage (310° F. or 154° C., p. 46). Stir only until sugar is dissolved. Remove any crystals that form on sides of pan. Cook slowly toward end of process that syrup may not scorch. Remove from fire, add coloring and flavoring stirring only enough to mix.

Drop from tip of a tablespoon onto a smooth, oiled surface taking care to make drops round. Press a toothpick or skewer into edge of each before it hardens. Any decorations are pressed on at same time. Candies should be loosened from slab before quite cold to prevent cracking.

Candied cherries; shredded, blanched almonds; and any small, fancy candies are suitable for decoration. Designs may be flowers, faces, or conventional patterns. 30 lollypops, 2" in diameter.

ENGLISH TOFFEE

1½ cups almonds, blanched	¼ teaspoon salt
¾ cup butter or substitute	5 tablespoons water
1 cup sugar	Milk chocolate, melted

Brown almonds lightly in oven. Put half through food chopper. Split remainder into halves. Melt butter. Add sugar, salt, and water. Stir until sugar dissolves. Cook to Hard Crack Stage (310° F. or 154° C., p. 46). Stir constantly. Add split almonds. Pour into oiled pan, 7¾" x 7¾" x ½". Spread chocolate over top, sprinkle generously with ground nuts. Cool. Turn upside down on waxed paper. Spread this side with chocolate and sprinkle with nuts. When cold break into pieces. 1 sheet, 7¾" x 7¾" x ½".

MARSHMALLOWS

2 cups sugar	2 tablespoons gelatin
½ cup hot water	soaked in
Few grains salt	¾ cup cold water
	1 teaspoon vanilla

Cook sugar, salt, and hot water to Soft Ball Stage (235°-240° F. or 113°-116° C., p. 46). Add soaked gelatin. Pour into large bowl. Beat until mixture holds its shape, adding vanilla towards last. Coloring may be added if desired. Pour into pans dusted with powdered sugar. When set, remove from pans, cut into squares and roll in powdered sugar or in grated coconut or finely chopped nuts. They may be dipped in chocolate if desired following Directions for Dipping Bonbons (p. 311). Nuts, chocolate, candied fruit, and similar material may be added. Fruit juice may be substituted for part of water. 36 pieces, 1" x 1" x 1½".

TURKISH PASTE

2 tablespoons gelatin	Grated rind and juice of
soaked in	1 lemon
½ cup cold water	Grated rind and juice of
2 cups sugar	1 orange
½ cup hot water	Coloring

Heat sugar and hot water to boiling. Add soaked gelatin. Boil slowly 20 minutes. Remove from fire. Add flavoring and coloring. Strain into pan rinsed with cold water, making layer ½-1-inch thick. When firm, turn onto a board, cut into squares, and roll in powdered sugar. If desired, ½ cup chopped nuts may be substituted for grated orange rind. 33 pieces, ¾" x ¾" x ¾".

APRICOT ROLL

3 cups sugar
1 cup milk

1 cup dried apricots,
soaked, drained, cut
into pieces

Cook sugar and milk to Firm Ball Stage (246°-250° F. or 119°-121° C., p. 46). Add apricots. Continue cooking till Firm Ball Stage is reached again. This test is hard to get. Cool. Beat until thick. Shape into a roll. Slice when ready to serve. 1 roll, 16" long, 2" in diameter.

GLACÉ NUTS AND FRUITS

1 cup sugar
½ cup white corn syrup

½ cup water

Cook sugar, syrup, and water to Hard Crack Stage (300°-310° F. or 149°-154° C., p. 46). Use small sauce pan and take all precautions to prevent crystallizing. Syrup has a faint straw color when sufficiently cooked. Remove from fire. Set pan in boiling water while dipping to prevent hardening.

Drop material to be glacé into syrup. Lift out with fork, drain, then push off with another fork onto an oiled surface. A good product will be entirely covered with glacé but will have little surplus to run off. Syrup should not be stirred during dipping lest it sugar. Reheat syrup when it becomes too thick but avoid browning. Nuts, seeded raisins, candied cherries, and pineapple, and figs and dates cut into small pieces, are most suitable for glacéing. Glacé products should be kept in a dry, cool place. Fresh, juicy fruits, as white grapes or strawberries, may be used but must be served at once. Stems should be left on these when possible.

MISCELLANEOUS CANDIES

CANDIED ORANGE PEEL

1½ cups sugar
¾ cup water

Peel from 4 medium-
sized oranges

Remove peel in quarters. Cover with cold water. Bring slowly to boiling. Boil until tender. Drain. Cut into narrow strips with scissors. Make syrup of sugar and water. Water in which peel has been cooked may be used in syrup if stronger flavor is desired. Add orange strips. Cook until syrup is nearly all absorbed. Lift out, drain, and roll each piece in granulated sugar. Grapefruit or lemon peel may be prepared in same way. 3½ cups.

PARISIAN SWEETS

1 pound figs
1 pound dates

1 pound English walnuts,
unshelled or 1 1/5 cups,
chopped
Powdered sugar

Prepare ingredients. Mix, then run through food chopper several times. Knead on board dusted with powdered sugar. Roll 1/8-inch thick and cut into fancy shapes or pat into pan and cut into squares as for Fudge (p. 314). Roll in sugar if desired. 110 pieces, 1 1/4" x 1 1/4" x 1/8" or 25 pieces, 1" x 1" x 1/2".

Suggestions for the Candy Box

The candy box should be attractive. Small, tin boxes of different colors and shapes can often be purchased and are particularly desirable. Plain pasteboard boxes tied with colored ribbon are satisfactory.

Line box with oiled paper. This should also be used between layers of candy and to cover top. Cellophane is effective for top covering. Lace paper doilies improve appearance of box. Large doilies can be cut to fit box if exact size and shape cannot be found. Paper lace may be pasted along upper edge of box. Candy may be packed more artistically if cardboard partitions are used. Cross partitions may be held in place by slashing each piece to half its depth before fitting together.

The bottom layer should be composed of the heavier and harder candies. The top layer may well display some of each kind of candy arranged artistically as to color and texture. Stuffed cherries, dates and figs, decorated bonbons, or candies wrapped in tinfoil, will all add interest when box is opened.

Many other suggestions for packing and decorating candy boxes may be secured by careful observation of high-grade commercial products.

PRESERVATION OF FOODS

Spoilage of foods is due principally to growth of yeast, molds, or bacteria. These are known collectively as **microorganisms** and may cause fermentation, molding, or putrefaction. Fruits and acid vegetables are likely to ferment and mold while protein foods are inclined to putrefy. Microorganisms may occur in the **vegetative** or **active** form or in the **resting** form known as **spores**. The latter are more difficult to destroy than the active forms and may be more of a problem in food preservation.

In addition to microorganisms, food may also be attacked by **enzymes**. These occur in all fresh fruits, vegetables, and meats. Their early effects may be helpful, as in ripening of fruits, but their later action hastens spoilage. They may affect color, flavor, and vitamin value. If fruits and vegetables stand too long before cooking, such action may occur. This is one reason why certain of these foods should be canned immediately after gathering. In a home-canned product, as peaches, occasional darkening may be noted which begins at top of jar and gradually spreads downward. This is attributed to enzyme action.

Since enzymes are abundant in foods and microorganisms occur in air, water, and on food, preservation depends upon checking enzyme action and destroying or retarding growth of microorganisms. This may be accomplished in various ways, particularly by use of high or low temperatures. Canning, drying, freezing, and similar processes are common methods of preserving foods.

CANNING

Canning is a modern art and may be defined as preservation of foods in hermetically sealed containers. For successful canning of foods, enzyme action must be checked and microorganisms must be destroyed or their growth prevented; then air must be excluded to prevent entrance of other microorganisms.

Fruits contain, among other things, more or less sugar, starch, and acids. Sugar and starch are foods for yeasts and molds which grow in presence of acid. Spoilage of canned fruits

and acid vegetables is largely due to these organisms. As both yeasts and molds are easily killed by moist heat, if fruits are thoroughly cooked and then properly sealed in sterilized containers, they usually keep.

Bacteria thrive on non-acid foods, as peas, beans, and meats. As bacteria are more difficult to destroy than yeasts and molds, such foods are harder to can successfully than fruits.

METHODS

Methods of canning commonly used are variously classified. A convenient classification divides them into two groups—**open-kettle** and **can-cooked**.

Open-kettle Canning.—Open-kettle canning consists of cooking prepared material in an open kettle, transferring it to a sterilized jar, and sealing jar tightly at once without further cooking. While cooling, the food shrinks and develops a vacuum which helps to maintain seal and prevent further enzyme action.

This method offers opportunity for contamination in transferring material from kettle to jar. It is only suited to canning acid fruits and vegetables where a boiling temperature will usually destroy organisms likely to grow in these foods. Products canned by this method do not, as a rule, retain shape, color, and flavor as well as with other methods.

Can-cooked Canning.—Can-cooking consists of packing prepared food, either raw, partially, or wholly cooked, into a jar. It is then sealed partially or entirely, and heated for a given period after which jar is completely sealed, if that has not been done previously. If properly done, this method gives no opportunity for contamination between cooking and sealing. It is the only method recommended for meats and non-acid vegetables. Can-cooked products retain quite well their natural flavor and shape. Color is not always good.

Can-cooked foods may be packed into jars either cold or hot. The processes are designated accordingly as **raw-pack** or **hot-pack canning**.

Raw-pack canning consists of packing raw, prepared material into jars, heating in hot water bath until contents of can have reached 170° F., adding hot water if needed to fill container, then partially or completely sealing according to type

of jars, processing or cooking, then sealing completely if not already done.

Hot-pack canning is now highly recommended for practically all foods. With this method, a short precooking period precedes packing hot food into jar. **Precooking** consists of a short cooking period in which material is heated in steam or in boiling water to shrink and wilt it. The precooked food is then packed boiling hot into hot jars and processed immediately. This method reduces air in jars to a minimum and shortens time required to reach desired temperature for processing.

Processing consists of heating food in can or jar to point where it will keep. It is generally done in a water bath or pressure canner although a steamer may be used for acid foods.

Pasteurizing is a variation of can-cooking which may be applied to preservation of fruit juices and similar products where a high temperature is undesirable because of its effect on flavor. The prepared material is put into containers and processed 30-40 minutes at 140°-180° F. or 60°-80° C.

TYPES OF CANNERS AND THEIR OPERATION

Can-cooked canning requires some device for holding containers while processing. This is known as the **canner**. Various kinds of canners are used. The water-bath, and pressure canner are the most common. Occasionally steam cookers or steamers are used for processing fruits and such acid vegetables as tomatoes.

Water-bath Canner.—The water-bath is the simplest and cheapest type of canner. It consists of three essential parts—a kettle, a rack, and a tight cover. The kettle should be deep enough to permit 1 to 2 inches of water over jars and a 1 to 2 inch space for brisk boiling. A wash boiler, a 5-gallon lard can, or any similar utensil may be used. It should be fitted with a perforated, false bottom or rack on which to place jars. Cake coolers and wooden racks may be used for this purpose. This permits water to circulate freely about jars. Count time from when water boils rapidly. Keep water boiling briskly throughout cooking period. Remove cans as soon as processing is completed and seal tightly if not already sealed.

Pressure Canner.—A pressure canner or cooker is essential for canning products difficult to keep under ordinary conditions.

It is recommended for all meats and all vegetables except tomatoes. For safe canning, meat and non-acid vegetables must be processed at a sufficiently high temperature and held there long enough to make sure of killing the bacteria that cause dangerous spoilage. The only practical way to get this high temperature is to use a steam-pressure canner or steam-cooker. By holding steam under pressure a temperature of 240° F. or more is readily obtained. Use of a pressure canner is unfavorable to the color of some products and unless great care is taken with its manipulation there may be considerable loss of liquid. Count time from when desired pressure is obtained. Avoid fluctuation in pressure as this is likely to cause loss of liquid. At end of processing period, remove from fire, allow pressure to return to zero. Do not hasten cooling by allowing hot cooker to come in contact with a cold surface or cold water. The sudden change in temperature might crack some cookers. Furthermore the processing times are based upon the rather slow cooling of the foods in the pressure canner. When cool, wait a minute or two but no longer, then open petcock gradually, otherwise liquid tends to be drawn out of the jars. Unfasten lid and tilt far side up, to keep steam away from face. Take out jars and complete seal of each jar if this has not already been done.

Processing times have been carefully worked out and successful canning of non-acid foods is dependent upon following the directions exactly as given. Gages should be checked periodically to make sure they are accurate. A weighted gage needs only to be thoroughly clean, it needs no adjustment. A dial gage should be checked before the canning season. The county home demonstration agent, dealer or manufacturer should be able to give information about checking. If the gage is "off" tie a tag on the canner indicating how far off it is. If it is from 1 to 4 pounds off this may be corrected by making allowance in the reading of the gage to obtain 10 pounds pressure. That is, if the gage reads 2 pounds high, process at 12 pounds, if it reads 1 pound low, process at 9 pounds. If the gage is 5 pounds or more off, it is best to get a new one. Directions are given for 10 pounds pressure or 240° F. For each 2,000 feet above sea level add 1 pound pressure to obtain the desired temperature.

Follow directions which manufacturer gives for canner being used. With any canner:

Have sufficient water in canner so it will not boil dry and be damaged during processing.

Place lid on straight and fasten securely on canner.

Let steam pour from open petcock or weighted gage opening for at least 10 minutes, then close petcock or put on weighted gage.

When pressure is at 10 pounds, adjust heat under canner to keep **pressure steady throughout processing period** regardless of whether dial or weighted gage is used.

Begin counting time when pressure registers 10 pounds.

When time is up, slide canner from heat.

Cool gradually to zero. After a minute or two open petcock slowly.

Remove lid.

Remove jars being careful to grasp jar by shoulders and not by lids. Complete seal if necessary.

Set jars to cool. Avoid draft. Do not cover with cloth or paper during cooling.

Pressure sauce pans are being recommended by the manufacturers for use in canning. Due to the rapid rate of heating and cooling, there is some question as to whether the processing time should be the same as for the steam pressure canner. At the present time insufficient data are available to permit the giving of directions for their use.

Steamer.—The steamer, like the water-bath canner, should be used only for canning acid fruits and tomatoes and is recommended only if a steady, strong current of steam is generated by use of an extremely hot fire. If circulation of steam is good throughout processing period, temperature surrounding cans should be that of boiling water and, theoretically, processing times for a steamer should be the same as for a water bath. In actual practice, longer processing periods are usually recommended because of uncertainty concerning amount of steam circulating. An increase in time of one-fifth to one-fourth has been suggested. The steamer is easy to manipulate as it is light to handle and there is no direct contact with water. Foods canned in it retain shape and color well.

Glass jars are most used in the home in certain sections of the country while in other areas tin cans are extensively used. Tin cans are excellent for large quantity canning. Several kinds of glass jars are on the market. A good one is preferably of colorless glass, has a wide mouth to permit ease in cleaning and packing and a cover that cleans easily, fits tightly to form an airtight seal, and allows no harmful material to come in contact with the food.

Types of Glass Jars and How to Use Them

Screw top or mason jars may have a zinc porcelain-lined cover with shoulder rubber ring; a glass lid with top-seal rubber ring, held in place by a metal screw band; or a flat metal lid edged with sealing compound held in place by a metal screw band.

When using the **zinc cap** for can-cooked canning, fit wet ring down on jar shoulder, but don't stretch more than needed. Fill jar. Wipe jar rim and rubber ring with clean, damp cloth. Screw cap down firmly then turn it back $\frac{1}{4}$ inch. As soon as jar is taken from canner, screw cap down tight to complete seal.

When using the **glass lid** for can-cooked canning, fill jar; wipe jar rim with clean, damp cloth. Fit wet rubber ring on glass lid. Put lid on jar with rubber side down. Screw metal band on tight then turn back almost a quarter turn, or so that band just holds lid on jar (if the band is screwed too tight the jar may break during processing). As soon as jar is taken from canner, screw band down tight. Next day, when jar has cooled, take off screw band if possible without forcing. If the band sticks, cover for a minute or two with a hot, damp cloth to loosen. Be sure not to loosen seal in removing band.

When using the **flat metal lid edged with sealing compound** for can-cooked canning, fill jar. Wipe jar rim with clean, damp cloth. Wipe lid with clean, damp cloth and dip into boiling water. Put lid on so sealing compound is next to glass. Screw metal band on firmly, but not so hard as to cut through the compound. When screwed down firmly this lid has enough "give" to permit air to escape during canning. When taken from the canner leave "as is." This is a self-sealer. Do not tighten further or the seal may be broken. Next day, when jar

has cooled, take off screw band if possible without forcing. If band sticks, cover for a minute or two with a hot, damp cloth to loosen. Be sure not to loosen seal in removing band.

Lightning seal jars have a glass top and rubber ring held in place by a wire bail.

When using the **lightning seal jars** for can-cooked canning, fit wet rubber ring on ledge at top of empty jar. Fill jar. Wipe jar rim and rubber ring with clean, damp cloth. Put on glass lid. Push long wire over top of lid so it fits into groove. Leave short wire up. As soon as jar is taken from canner, push short wire down to complete seal.

Testing Glass Jars

Check sealing edges of tops and jars. Make sure top edge of jar is smooth, level and free from minute cracks. This is especially important if a top sealing closure is to be used. Porcelain lining on zinc covers should be tight and free from cracks. All jars in which a rubber ring is used as a part of the closure may be tested before filled. To test, partially fill jar with warm water, adjust rubber and cover and seal. Invert jar and shake. If it leaks, change cover, rubber or otherwise adjust to make jar tight. Bails may be bent to give the right pressure and edges of metal caps straightened as needed. Lightning seal jars which cannot be adjusted by bending the bails should be discarded. Do not use matches, cardboard etc. to effect a seal. Discard jars, or lids with cracks, chips or dents—any defects preventing airtight seals.

RUBBER RINGS

Buy new rubbers each season. A good rubber is elastic but not brittle. Test each one before using by doubling the ring over on itself and pressing the fold with the fingers. A good ring will not crack and it will open and fall flat when released. Do not stretch rubber rings.

To use: Dip into boiling water before placing on jar. If the rubber rings have a tendency to flavor the food this may be prevented, at least in part, by scrubbing rings with a brush in hot soapy water, then boiling 10 minutes in water and baking soda (1 quart water, 1 tablespoon soda to each dozen rings). Rinse well. Use fresh soda and water for each lot.

Preparing and Filling the Jars

Wash jars in hot soapy water and rinse well; also lids unless manufacturer directs otherwise. Jars that have had spoiled food in them should be given special attention. They should be washed thoroughly, using a brush, hot water, strong soap and washing soda, then covered with water and boiled for 15 minutes. If desired, washing soda may be added to the water in which they are boiled at the rate of $\frac{1}{2}$ cup to a gallon of water.

Shortly before they are needed, place tested glass jars, glass lids and metal screw caps in water and heat to boiling.

Have jars hot. Have food the temperature indicated for method used. Work quickly. In general pack fairly loosely. Heat penetrates slowly to the center of a tight pack.

Leave space at the top for food to expand. This is called **head space**. The canning tables indicate how much to leave for each food. Cover with boiling liquid where this is indicated in the table.

Wipe the rubber ring, if on jar, and sealing edge with a clean, damp cloth. One seed or sticky bit may keep lid from making an airtight seal with jar. Adjust jar lid as indicated for type being used.

CANNING IN TIN

Tin Cans.—Tin cans are desirable for canning large quantities of food. They do not break, there is no loss of liquid, they are economical of space, generally require less time to process than glass, and may be cooled quickly by plunging into cold water. **Plain tin cans** may be used for most fruits, vegetables, and meats. **Enamel-lined cans** are used for foods that react with tin to darken food or corrode can. A deep gold color enamel lining with a bright finish known as **Sanitary, fruit, or R enamel** is used to keep red color from fading, as in beets or loganberries, and such foods, as pumpkin or squash, from corroding can. Enamel of a dull, light gold color, known as **C or corn enamel**, is used to prevent corn, lima beans, and some other foods from discoloring. Avoid use of C enamel with acid or fatty foods as they cause enamel to peel. The food then will be unsightly although harmless.

Cans, lids and gaskets should be in good condition. Discard badly bent, dented or rusty cans and lids with scratched or torn gaskets.

Sizes:

Three sizes of tin cans are commonly used:

No. 2 can—holds $2\frac{1}{2}$ cups (20 ounces)

No. $2\frac{1}{2}$ can—holds $3\frac{1}{2}$ cups (28 ounces)

No. 3 can—holds about 4 cups (33 ounces)

Sealer.—Tin cans require a sealer. Before starting to can in tin cans, be sure to have available a sealer in good working condition. This may be a privately owned one or one in a food preservation center.

To test a sealer for proper adjustment, put a little water into a can, seal it, then submerge the can in hot water for a few minutes. If air bubbles rise from around the lid of the can the seam is not tight, and the sealer needs further adjusting.

Use.—Tin cans should be washed, rinsed and drained before using. Lids may be wiped with a damp cloth but gaskets should be kept dry. Cans should be filled without packing. **Head space**, according to the size of can and food being packed should be provided. Most of the air should be removed before processing. This is called **exhausting**. Raw meats as well as other foods may be exhausted by placing the open cans filled with raw food in a large utensil with a good lid. Have the water about 2 inches below can tops. Cover utensil and heat at slow boil for varying lengths of time depending upon kind of food. After exhausting, add boiling water if needed. Non-acid vegetables, tomatoes and most fruits are precooked to drive air out of tissues, then packed while boiling hot. These require no additional exhausting. All are sealed immediately after exhausting while cans are hot to ensure a vacuum. Sealing is done with a special device and the instructions supplied by the manufacturer should be followed. After sealing follow directions for **processing**.

Cool tin cans immediately after processing in clean cold water, preferably running water, until cans are luke-warm. Before labeling wipe clean and examine for leaky seals. Store in a cool dry place.

Approximate Yield of Home-Canned Products from Raw Fruit and Vegetables¹

Product	Amount of fresh product needed to can 1 quart	No. pints or quarts of canned food to one bushel or crate	Approximate weight or measure of 1 bushel or crate
Apples	2½-3 pounds	16-20 quarts	48 pounds
Berries (not strawberries)	5-8 cups	12-18 quarts	1 crate or 24 quarts
Cherries, as picked	6-8 cups	22-32 quarts	56 pounds
Grapes	2½-3 pounds	16-20 quarts	48 pounds
Peaches	2-2½ pounds	18-24 quarts	48 pounds
Pears	2-2½ pounds	20-25 quarts	50 pounds
Pineapple ²	2 fruits	15 quarts	1 crate or 30 pineapples
Plums	2-2½ pounds	24-30 quarts	56 pounds
Strawberries	6-8 cups	12-16 quarts	1 crate or 24 quarts
Tomatoes	2½-3 pounds	15-20 quarts	53 pounds
Asparagus ³	3 pounds	16 pints	1 crate or 24 pounds
Beans, lima in pods	4-5 pounds	6-8 quarts	32 pounds
Beans, snap	1½-2 pounds	15-20 quarts	30 pounds
Beets, without tops	2½-3 pounds	17-20 quarts	52 pounds
Carrots, without tops	2½-3 pounds	16-20 quarts	50 pounds
Corn, sweet in husks	6-16 ears	8-9 quarts	35 pounds
Greens	2-3 pounds	6-9 quarts	18 pounds
Peas, green in pods	4-5 pounds	12-15 pints	30 pounds
Squash	2-2½ pounds	16-20 quarts	40 pounds
Sweetpotatoes fresh	2½-3 pounds	18-22 quarts	55 pounds

1. From Home Canning of Fruits and Vegetables. U. S. D. A. AWI-93.
2. Legal weight varies in different states. Average weights are given.
3. From Marion C. Pfund, Cornell Bulletin No. 583, New York State College of Agriculture, Ithaca, N. Y. (1943).

SELECTION OF FRUITS AND VEGETABLES FOR CANNING

Choose clean, fresh sound products. Vegetables, particularly, should pass immediately from garden to can. Discard fruits and vegetables with any sign of spoilage. Wash free from sand or dirt, through several waters if need be, before starting to peel or cut any food for canning.

GENERAL DIRECTIONS FOR OPEN-KETTLE CANNING

This method should be used only for fruits and acid vegetables and preferably only for preserves, pickles and other foods with enough sugar or vinegar to help preserve the foods.

Test jars. Sterilize jars, spoons and other implements used by covering with water and heating to boiling point.

Prepare fruits and acid vegetables as tomatoes, as for the table. Cook until tender with desired amount of water and sugar or salt.

Place hot, sterilized jars on a hot surface, as a plate. Have jar prepared for filling as indicated under general directions. Fill to over-flowing with cooked product. Wipe rim and rubber if on jar, with clean, damp cloth. Cover. Seal at once. Cool slowly, avoiding a draft.

GRAPE JUICE**(Combination of Open-Kettle and Can-Cooked)**

Select ripe, sound grapes. Wash, pick from stems, and crush. Add 1 pint water for each 5 pounds grapes. Heat to 175° F. or 79° C. stirring constantly. Drain in a jelly bag pressing lightly to free juice. Let settle 4-6 hours. Strain through 2 thicknesses of cheesecloth. Sweeten to taste. When sugar is dissolved strain through a flannel bag. Fill jars or bottles to within 1 inch of top. Seal partially and pasteurize until temperature reaches 180° F. or 82° C. Remove from canner. Seal tightly. Bottles fitted with corks may be used. After these are cooled, dip tops in melted paraffin.

CANNED APPLES (OPEN-KETTLE)

Choose apples which will hold shape in cooking. Wash, pare, quarter, and core. To avoid darkening, place in weak brine (1 tablespoon salt to 1 quart water) while preparing. When ready to use, drain, rinse in cold water. Allow 1 pound sugar and 2½ cups water to 3 pounds apples. Make sugar and

water into a syrup. Cook apples in syrup until tender. Can according to General Directions for Open-Kettle Canning.

CANNED PEACHES (OPEN-KETTLE)

Wash peaches. Pare or, if desired, dip into boiling water 30-60 seconds or until skins will slip. Then plunge quickly into cold water to stop cooking immediately. Peel. Cut into halves. Remove pits. Proceed as for Canned Apples doubling amount of sugar.

CANNED PEARS (OPEN-KETTLE)

Wash and pare fruit. Cut into halves and core or leave whole with stems on if pears are small. Proceed as for Canned Apples (p. 335). If pears are very hard, boil in water until almost tender before cooking in syrup.

CANNED BLACKBERRIES (OPEN-KETTLE)

Pick over and wash berries. Cook until soft in just enough water to cover. Add sugar, allowing $\frac{2}{3}$ cup to 1 quart fruit, measured before cooking. Can according to General Directions for Open-Kettle Canning (p. 335). Other berries may be canned in the same way, varying amount of water used according to amount in fruit.

CANNED STRAWBERRIES

(Combination of Open-Kettle and Can-Cooked)

Pick over, wash, and hull berries. Measure. Sprinkle with $\frac{1}{2}$ as much sugar as there are berries. Let stand in warm place to extract juice. Then heat slowly to boiling point, boil 5 minutes, and cool. Pack into sterilized jars. Process 10 minutes in a water-bath.

CANNED PLUMS (OPEN-KETTLE)

Pick over and wash plums. Prick several times with fork to prevent bursting skins. Cook in thick syrup (p. 337) until tender. Can according to General Directions for Open-Kettle Canning (p. 335).

CANNED RHUBARB

Method I.—Prepare as for Rhubarb Sauce (p. 81). Can according to General Directions for Open-Kettle Canning (p. 335).

Method II. (Without cooking).—Cut rhubarb into pieces of any desired length. Put into a tested, sterile jar. Cover with

cool, boiled water. Seal. Gooseberries or other acid fruits can be canned in this way.

GENERAL DIRECTIONS FOR CAN-COOKED CANNING OF FRUITS AND ACID VEGETABLES

Select and prepare containers as indicated under **containers** (p. 330). Choose sound, ripe, firm fruit. Work with only enough for one canner load at a time. Wash and prepare fruit according to its kind. Be careful not to bruise. Grade according to size. Add sugar or syrup as indicated for particular fruit being canned. If canning without sugar, cook fruit in its own juice or add just enough hot water to keep fruit from sticking to pan. Heat through but do not cook until soft. Pack hot fruit loosely in hot container. Work quickly. Leave $\frac{1}{2}$ inch head space. Cover fruit with boiling liquid leaving $\frac{1}{2}$ inch head space. Work out air bubbles by running a knife blade down sides of jar. Add more liquid if needed. Wipe jar rim and rubber ring, if on jar, with clean damp cloth. One sticky bit may keep jar from sealing airtight. Adjust cover as indicated under type of container being used (p. 330). Place in canner and process required time at given temperature. Remove and seal at once if this has not already been done. Cool, avoiding a draft.

Use of ascorbic acid is being recommended in canning certain fruits to prevent darkening. Peaches, pears and plums are said to be protected by addition of 125 mg. of ascorbic acid per pint of fruit. This may be added to prepared container of fruit before adjusting lid in preparation for processing.

Syrups for Can-Cooked Fruit

Kind	Proportions		Time of boiling in minutes	Approximate sugar content per cent
	Sugar	Water or fruit juice		
Very thin	1 cup	4 cups	1	20
Thin	1 cup	3 cups	1	25
Medium	1 cup	2 cups	1	30
Thick	1 cup	1 cup	1	50

Directions for Processing Fruits, Tomatoes and Pickled Vegetables

From United States Department of Agriculture, AWI—93; May, 1944

Times for processing in boiling-water bath apply only to altitudes of 1000 feet or less.

For all altitudes above 1000 feet, time should be increased. For each 1000 feet above sea level, add 1 minute to processing time in following table if time is 20 minutes or less. If time is more than 20 minutes, add 2 minutes for each 1000 feet.

Leave $\frac{1}{2}$ inch head space after contents of jars are covered with liquid to allow for expansion in heating.

Processing times are for hot-packed food. It should be as near boiling as possible when processing starts.

Kind of Food	HOW TO PREPARE		Time to process in boiling-water bath at 212° F.	
	Plants	Quarts	Minutes	Minutes
Apples			15	15
		Pare, core, cut in pieces. To keep from darkening, dip in a gallon of water containing 2 tablespoons of salt and 2 of vinegar. Steam or boil in thin sirup or water 5 minutes. Pack hot; cover with hot liquid. Adjust lids. Process for.....		
		Or make applesauce, sweetened or unsweetened. Pack hot. Adjust lids. Process for.....	10	10

PRESERVATION OF FOODS

Apricots	Same as peaches.	30	30
Beets, pickled	Cook beets until tender in water to cover. Remove skins; slice. Pack hot. Cover with boiling liquid (2 cups vinegar to 1 cup sugar). Add 1 teaspoon salt to each quart jar. Adjust lids. Process for	15	15
Berries (except strawberries)	Drain well after washing. For firm berries, add $\frac{1}{2}$ cup sugar to each quart fruit, cover pan, bring to boil, and shake pan to keep them from sticking. Pack hot; cover with hot liquid. Adjust lids. Process for	20	20
Cherries	For red raspberries and other soft berries, fill jars with raw fruit and shake down for a full pack. Cover with boiling sirup made with juice. Adjust lids. Process for..... For pitted cherries, follow directions for firm berries. For cherries with pits, follow directions for firm berries but add a little water to prevent sticking. Adjust lids. Process for.....	15	15

Directions for Processing Fruits, Tomatoes and Pickled Vegetables (continued)

Kind of Food	HOW TO PREPARE	Time to process in boiling-water bath at 212° F.	
		Pints	Quarts
Peaches	For easy peeling, put peaches in wire basket or cheesecloth and dip for a minute or two in boiling water, then quickly into cold. Slip off skins; take out pits. Slice or cut in halves. To keep from darkening, dip in a gallon of water containing 2 table-spoons of salt and 2 of vinegar; drain. If fruit is juicy, add ½ cup sugar to each quart of raw fruit. Heat to boiling. For less juicy fruit—drop into thin to medium sirup, boiling hot, and just heat through. Pack hot; cover with boiling liquid. Adjust lids. Process for.....	20	20
Pears	Peel, cut in halves, core. Same as less juicy peaches.		
Pimientos, ripe	Place in hot oven for 6 to 8 minutes. Dip into cold water. Remove skins, stems, and seed cores. Pack and add ½ teaspoon of salt to each pint. Do not add liquid. Adjust lids. Process for....	40	

PRESERVATION OF FOODS

Plums, prunes	To can whole, prick skin. Or cut in half. Heat to boiling in juice, or in thin to medium sirup. Pack hot; cover with boiling liquid. Adjust lids. Process for.....	15	15
Rhubarb	Cut into ½ inch lengths. Add ½ cup sugar to each quart rhubarb and let stand to draw out juice. Bring to boil. Pack hot; cover with hot juice. Adjust lids. Process for.....	10	10
Sauerkraut	Heat well fermented sauerkraut to simmering—do not boil. Pack into jars; cover with hot juice. Adjust lids. Process for....	25	30
Strawberries	Stem berries and add ½ cup sugar to each quart of fruit. Bring slowly to boil. Remove from stove. Let stand overnight. Bring quickly to boil. Pack hot; cover with hot juice. Adjust lids. Process for.....	15	15
Tomatoes	Use only perfect, ripe tomatoes. Scald, remove stem ends, peel, and quarter. Bring to rolling boil; stir as tomatoes heat. Pack hot; add 1 teaspoon salt to each quart. Adjust lids. Process for	10	10

Directions for Processing Fruits, Tomatoes and Pickled Vegetables (concluded)

Kind of Food	HOW TO PREPARE	Time to process in boiling-water bath at 212° F.	
		Pints	Quarts
		Minutes	Minutes
Tomato juice	Use soft but perfect tomatoes. Remove stem ends, cut into pieces. Simmer until softened. Put through a fine sieve. Add 1 teaspoon salt to each quart. Reheat at once just to boiling. Fill into hot jars or bottles at once. Leave $\frac{1}{4}$ inch head space in jars, $\frac{1}{2}$ inch in bottles. Adjust lids. Process for.....	15	15
Fruit juices	Berries, red cherries, plums, or blends of these—remove pits; crush the fruit. Heat to simmering. Strain through a cloth bag. Add sugar if desired—about $\frac{1}{2}$ to 1 cup sugar to 1 gallon of juice. Heat again to simmering. Fill into hot jars or bottles. Leave $\frac{1}{4}$ inch head space in jars, $\frac{1}{2}$ inch in bottles. Adjust lids. Process for.....	5	5
Fruit purées	Use soft, but sound fruit. Put cooked fruit through a fine sieve. Proceed as for fruit juices. Adjust lids. Process for.....	20	20

**GENERAL DIRECTIONS FOR CAN-COOKED CANNING OF
VEGETABLES**

Select and prepare containers as indicated under **containers** (p. 330). Choose young, tender vegetables and can them quickly while fresh. Wash thoroughly. Prepare as for cooking. Use particular care with vegetables from the ground as soil may carry bacteria that are hard to destroy.

Precook vegetables as indicated for specific vegetables in table below. This shrinks the vegetable, makes it easier to pack and may shorten processing time.

Pack **hot** vegetable loosely into **hot** container. Cover with liquid leaving head space as indicated for specific vegetable. Work quickly. Add 1 teaspoon salt to each quart. Work out air bubbles by running knife blade down sides of jar. Add more liquid if needed. Wipe jar rim and rubber ring, if on jar, with clean damp cloth. Adjust cover as indicated under type of container being used (p. 330). Place in pressure canner so jars won't touch. Follow directions for use of Pressure Canner (p. 327). Process required time as indicated in table below. At the end of processing, take jars out of canner by grasping the jar shoulder not the cover. Seal at once if this has not already been done. Cool jars on rack or folded cloth away from drafts.

If no pressure canner is available, vegetables may be preserved in other ways. Mature root crops, pumpkin or winter squash may be stored as such. Lima beans, okra and many other vegetables may be dried.

Processing Non-Acid Vegetables in Steam Pressure Canner

Adapted from United States Department of Agriculture, Mimeographed Release 62 (12-5-46)
Vegetables—tender, fresh, clean: Choose young, tender vegetables and can them quickly while fresh. Wash vegetables thoroughly.

Packing liquid: If hot cooking liquid is called for in packing a vegetable and the amount on hand is not sufficient, use boiling water.

Head Space: Leave head space as indicated in table. This space permits expansion of contents with heating without danger of breakage.

Salt: Add 1 teaspoon salt to each quart and No. 2½ tin can; ½ teaspoon to each pint and No. 2 can.

Exhausting tin cans: If food is sufficiently hot (160° F. or higher) when packed in tin cans, no further heating is needed before sealing the cans and processing in the steam pressure canner. If food in center of cans is below 160° F. or no thermometer is available, heat the open tin cans of precooked food in boiling water or steam for 10 minutes; then seal tin cans and process at once in the canner.

Altitude: For each 2,000 feet above sea level add 1 pound pressure. Process food at all altitudes for the time stated in the table below. Processing times are for hot packed food. It should be as near boiling as possible when processing is begun.

Success in canning these vegetables is dependent upon following directions exactly. Gages must register pressures accurately and processing periods must be carefully timed.

Follow general directions (p. 327) for operation of canner and removal of jars after processing.

Kind of Food	How to Prepare						Time to process in Pressure Canner at 10 lbs. (240° F.)				
	<th>Pints</th> <th>Quarts</th> <th>No. 2 Tin Cans</th> <th>No. 2½ Tin Cans</th>						Pints	Quarts	No. 2 Tin Cans	No. 2½ Tin Cans	
							Minutes	Minutes	Minutes	Minutes	
Asparagus	Wash; trim off scales and tough ends; wash again. Cut into 1-inch pieces. Cover with boiling water; boil 2 or 3 minutes. In glass jars: Pack hot to ½ inch of top; cover with hot cooking liquid leaving ½ inch head space. Add salt. Adjust lids. Process for 10 minutes. In tin cans: Pack hot to ¾ inch of top; fill to top with hot liquid. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....						25	55		20	20

Beans, Fresh Lima, Shelled	<p>Can only young, tender beans. Shell; wash. Cover beans with boiling water; bring to boil.</p> <p>In glass jars: Pack hot to 1 inch of top; cover with boiling water, leaving 1 inch head space. Add salt. Adjust lids. Process for.....</p> <p>In tin cans: Pack hot to 1/2 inch of top; fill to top with boiling water. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....</p>	60	40	40
Beans, Snap	<p>Wash; trim ends; cut into 1-inch pieces. Cover with boiling water; boil 5 minutes.</p> <p>In glass jars: Pack hot to 1/2 inch of top; cover with hot cooking liquid leaving 1/2 inch head space. Add salt. Adjust lids. Process for.....</p> <p>In tin cans: Pack hot to 1/4 inch of top; fill to top with hot cooking liquid. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....</p>	25	25	30
Beets	<p>Cut off tops, leaving taproot and 1 inch of stem. Wash. Cover with boiling water; boil until skins slip easily—15-25 minutes, according to size. Skin and trim. Can baby beets whole; medium or large beets cut in 1/2-inch slices; halved or quartered, if necessary.</p> <p>In glass jars: Pack hot to 1/2 inch of top, cover with boiling water, leaving 1/2 inch head space. Add salt. Adjust lids. Process for.....</p> <p>In tin cans: Pack hot to 1/4 inch of top; fill to top with boiling water. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....</p>	55	30	30
Beets, Pickled	<p>See Directions for Processing Fruits, Tomatoes and Pickled Vegetables (p. 338).</p>			
Carrots	<p>Wash; scrape. Slice or dice. Cover with boiling water; boil 5 minutes.</p> <p>In glass jars: Pack hot to 1/2 inch of top; cover with hot cooking liquid, leaving 1/2 inch head space. Add salt. Adjust lids. Process for.....</p> <p>In tin cans: Pack hot to 1/4 inch of top; fill to top with hot cooking liquid. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....</p>	25	20	25

Processing Non-Acid Vegetables in Steam Pressure Canner

Kind of Food	How to Prepare	Time to process in Pressure Canner at 10 lbs. (240° F.)			
		Pints	Quarts	No. 2 Tin Cans	No. 2½ Tin Cans
		Minutes	Minutes	Minutes	Minutes
Corn, Whole-grain	Shuck, silk; wash. Cut corn from cob to get most of kernel. To each quart of corn add 1 pint of boiling water. Heat to boiling. In glass jars: Pack hot to 1 inch of top, dividing hot cooking liquid among the jars. Leave 1 inch head space. Add salt. Adjust lids. Process for..... In tin cans: Pack hot to top, dividing hot cooking liquid among the cans. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	55	85	60	60
Corn, Cream Style	Shuck, silk; wash. Cut kernels so as to remove top portions and scrape cob. To each quart of corn add 1 pint of water. Heat to boiling. In glass jars: Pack hot to 1 inch of top of pint glass jars, dividing hot cooking liquid among the jars. Leave 1 inch head space. Add salt. Adjust lids. Process for..... In tin cans: Pack hot to top of No. 2 tin cans, dividing hot cooking liquid among cans. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	85	Do not use	105	Do not use
Okra	Can only tender pods. Wash; trim. Cook for 1 minute in boiling water. Cut into 1-inch pieces or leave pods whole, as desired. In glass jars: Pack hot to ½ inch of top; cover with boiling water, leaving ½ inch head space. Add salt. Adjust lids. Process for..... In tin cans: Pack hot to ¼ inch of top; fill to top with boiling water. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	25	40	25	35
Peas, Green	Shell; wash. Cover with boiling water; bring to boil. In glass jars: Pack hot to 1 inch of top; cover with boiling water, leaving 1 inch head space. Add salt. Adjust lids. Process for..... In tin cans: Pack hot to ¼ inch of top; fill to top with boiling water. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	40	40	30	30

Pimientos	See Directions for Processing Fruits, Tomatoes and Pickled Vegetables (p. 340).	55	90	50	75
Pumpkin, Cubed	Wash, peel; cut into 1-inch cubes. Add just enough water to cover; bring to boil. In glass jars: Pack hot to $\frac{1}{2}$ inch of top; cover with hot cooking liquid, leaving $\frac{1}{2}$ inch head space. Add salt. Adjust lids. Process for In tin cans: Pack hot to $\frac{1}{4}$ inch of top; fill to top with hot cooking liquid. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	60	80	75	90
Pumpkin, Mashed	Wash, peel; cut into 1-inch cubes. Steam until tender, about 25 minutes. Drain. Put cubes through a food mill or strainer. Simmer strained pumpkin until heated through. In glass jars: Pack hot to $\frac{1}{2}$ inch of top. Add no salt or liquid. Adjust lids. Process for..... In tin cans: Pack hot to $\frac{1}{4}$ inch of top. Add no salt or liquid. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	45	70	60	75
Spinach	Can only fresh pickled, tender spinach. Pick over; wash thoroughly. Cut out tough stems and midribs. Place about 2 $\frac{1}{2}$ pounds in a cheese cloth bag and steam about 10 minutes or until well wilted. In glass jars: Pack hot and loosely to $\frac{1}{2}$ inch of top; cover with boiling water, leaving $\frac{1}{2}$ inch head space. Add salt, using $\frac{1}{2}$ as much as for other vegetables. Adjust lids. Process for..... In tin cans: Pack hot and loosely to $\frac{1}{4}$ inch of top; fill to top with boiling water. Add salt, using only $\frac{1}{2}$ as much as for other vegetables. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	30	40	20	20
Sauerkraut	See Directions for Processing Fruits, Tomatoes and Pickled Vegetables (p. 341).				
Squash, Summer	Wash; do not peel. Trim ends and cut into $\frac{1}{2}$ -inch slices, halved or quartered to make pieces of uniform size. Add just enough water to cover; bring to boil. In glass jars: Pack hot to $\frac{1}{2}$ inch of top; cover with hot cooking liquid, leaving $\frac{1}{2}$ inch head space. Add salt. Adjust lids. Process for In tin cans: Pack hot to $\frac{1}{4}$ inch of top, fill to top with hot cooking liquid. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	30	40	20	20

Processing Non-Acid Vegetables in Steam Pressure Canner

Kind of Food	How to Prepare	Time to process in Pressure Canner at 10 lbs. (240° F.)			
		Pints	Quarts	No. 2 Tin Cans	No. 2½ Tin Cans
		Minutes	Minutes	Minutes	Minutes
Squash, Winter	Same as pumpkin.				
Sweet-potatoes, Wet Pack	Wash sweetpotatoes. Boil or steam until skin slips easily. Skin; cut into pieces. Pack hot to 1 inch of top; cover with boiling water, in glass jars. Pack hot to 1 inch of top; cover with boiling water, leaving 1 inch head space. Add salt. Adjust lids. Process for..... In tin cans: Pack hot to ¾ inch of top; fill to top with boiling water. Add salt. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	55	90		
Sweet-potatoes, Dry Pack	Prepare like wet pack sweetpotatoes. In glass jars: Pack hot and tightly to 1 inch of top. Add no salt or liquid. Adjust lids. Process for..... In tin cans: Pack hot and tightly to top of can. Add no salt or liquid. Exhaust if necessary (see note, Exhausting tin cans). Seal tin cans. Process for.....	65	95	75	90
				80	95

Home canning is not recommended for:

Cabbage (except as sauerkraut), cauliflower, celery, cucumbers, eggplant, lettuce, onions, parsnips, turnips. Flavor and texture of home-canned product is poor. Some of these vegetables are better stored.
Baked beans and foods of that kind. They are extremely difficult to process at home.
Vegetable mixtures. It takes special directions for each combination of foods. Under home conditions it is more satisfactory, and safer, to can foods separately and do combining later.

General Directions for Canning Meat¹

Choose any kind of fresh, clean meat from a healthy animal. Beef, veal, lamb, and pork are commonly canned. Variety meats as heart and tongue may also be canned. Only meat from healthy animals, slaughtered and handled in a strictly sanitary way should be canned. After slaughter the meat should be chilled at once and kept chilled until canning time. It may be canned as soon as the body heat has gone from it but chilled meat is easier to handle. Chilling requires refrigeration or weather which will keep the meat at 40° F. or lower. Meat held at temperatures near freezing may be canned at any convenient time within a few days after killing. Avoid freezing meat if possible. If meat does freeze, keep it frozen until canning time. Thawed meat is highly perishable. Cut or saw frozen meat into strips just before canning.

Clean meat by wiping with damp cloth. Cut meat from bones. Save bones for soup. Trim away excess fat without slashing lean. For larger pieces cut meat into strips which will slip easily into glass jars or tin cans with grain of meat running lengthwise. Smaller pieces or stew meat are handled and processed just like the larger ones. Salt does not help preserve meat in canning but may be added for flavor. Meat for canning may be **hot packed** or **raw packed**. Use glass jars or plain tin cans. Pint jars and No. 2 and No. 2½ cans are preferable to larger sizes as they require a shorter processing period.

Meat is usually precooked for canning but raw meat may also be used. Precooking shrinks meat and helps to insure thorough processing. Some like the flavor and color better.

Processing.—For safe canning meat must be processed in a pressure canner. If meat is not properly processed, it may spoil or even lead to serious food poisoning. If no pressure canner is available, preserve the meat some other way as by curing or freezing.

Follow general directions given for use of pressure canner (p. 327) for processing meat.

BEEF, VEAL, PORK, LAMB INCLUDING HEART AND TONGUE

Prepare meat using either large pieces which will just slip into the container easily or smaller pieces of stew meat.

1. Adapted from United States Department of Agriculture, AWI-110

Hot Pack.—Put meat in large shallow pan; add just enough water to keep from sticking. Cover pan and precook meat slowly until medium done, stirring occasionally, so meat will heat evenly. If salt is desired, put level measure into clean, empty containers: $\frac{1}{2}$ teaspoon in pint jars or No. 2 cans; $\frac{3}{4}$ teaspoon in No. 2 $\frac{1}{2}$ cans; 1 teaspoon in quart jars or No. 3 cans. Pack meat hot. Leave about 1 inch above meat for head space in glass jars; $\frac{1}{2}$ inch in tin cans. Cover with meat juice, adding hot broth or water if needed. Again leave 1 inch at top of glass jars for head space; fill tin cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have cans filled to top. Adjust lids on glass jars (p. 330); seal tin cans. Process at once in the pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
Quart jars.....	90 minutes	No. 2 $\frac{1}{2}$ and	
		No. 3 cans.....	90 minutes

Raw Pack.—If salt is desired, put level measure into clean, empty containers: $\frac{1}{2}$ teaspoon in pint jars or No. 2 cans; $\frac{3}{4}$ teaspoon in No. 2 $\frac{1}{2}$ cans; 1 teaspoon in quart jars or No. 3 cans. Pack containers with raw, lean meat. Leave about 1 inch above meat in glass jars; fill tin cans to top. Set open jars or cans in large vessel with warm water about 2 inches below rim of jar or can. Cover vessel and heat at slow boil until meat in all jars or cans is steaming hot and medium done, about 50 minutes in tin cans; about 75 minutes in glass jars. If a thermometer is available, meat is heated enough when center of jar or can registers 170° F. Press meat down into tin cans $\frac{1}{2}$ inch below rims and add boiling water, if needed, to fill to top. Adjust lids on glass jars; seal tin cans. Process at once in the pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
Quart jars.....	90 minutes	No. 2 $\frac{1}{2}$ and	
		No. 3 cans.....	90 minutes

GROUND MEAT

Use small pieces, or meat from the less tender cuts, but make sure the meat is **fresh and kept clean and cold**. Do not use pieces of fat. If desired add 1 teaspoon salt to each pound of ground meat, mixing well.

Hot Pack.—Form ground meat into fairly thin cakes that can be packed in glass jars or tin cans without breaking. Put meat cakes into cooking pan. Precook in oven until medium done or, when cut into, red color at center of cakes is almost gone. Pack cakes hot. Leave 1 inch above meat in glass jars for head space; $\frac{1}{2}$ inch in tin cans. Skim fat off drippings and do not use the fat in canning. Cover with meat juice, adding hot water if needed. Leave about 1 inch above meat in glass jars for head space; fill tin cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have cans filled to top. Adjust lids on glass jars; seal tin cans. Process at once in the steam pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
Quart jars.....	90 minutes	No. 2½ and	
		No. 3 cans.....	90 minutes

Raw Pack.—This method is suitable only for tin cans. It is difficult to get canned ground meat out of glass jars when packed this way. Without forming cakes, pack raw ground meat solidly into tin cans level with the top. Place open cans in large vessel with water about 2 inches below can rim. Cover vessel and heat at slow boil until meat in all cans is steaming hot and medium done, about 75 minutes. If a thermometer is available, meat is heated enough when center of can registers 170° F. Press meat down into cans about $\frac{1}{2}$ inch below rim. Seal tin cans. Process at once in the steam pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

No. 2 cans.....	100 minutes	No. 2½ and	
		No. 3 cans.....	135 minutes

SAUSAGE

Shape sausage meat into cakes. Precook, pack and process like ground meat, hot pack.

Season sausage with care. Sage is likely to give a bitter taste. Onion, garlic and some spices undergo flavor changes with processing and storing.

CORNED BEEF

Hot Pack.—Wash the corned beef, cut into pieces suited to packing. Cover meat with cold water and bring to boil. If broth tastes very salty, drain and cover meat with fresh water,

and parboil again. Pack hot meat. Leave about 1 inch above meat in glass jars for head space; $\frac{1}{2}$ inch in tin cans. Cover meat with hot broth or hot water, using about $\frac{1}{2}$ to $\frac{3}{4}$ cup for each quart container. Leave 1 inch head space in jars, and have cans filled to top. Adjust lids on glass jars; seal tin cans. Process at once in the steam pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
Quart jars.....	90 minutes	No. 2½ and	
		No. 3 cans.....	90 minutes

SOUP STOCK

Make fairly concentrated stock by covering bony pieces of chicken or other meat with lightly salted water and simmering until meat is tender. Don't cook too long, or soup will lose flavor. Skim off fat, remove all pieces of bone, but don't strain out meat and sediment. Pour hot stock into containers. Leave 1 inch at top of glass jars for head space; fill tin cans to top. Adjust lids on glass jars; seal tin cans. Process at once in pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	20 minutes	No. 2 cans.....	20 minutes
Quart jars.....	25 minutes	No. 2½ and	
		No. 3 cans.....	25 minutes

POULTRY

For best flavored canned chicken, select plump stewing hens. Young birds need the same processing yet often lack flavor and may cook to pieces.

Choose healthy, fresh-killed poultry. Bleed well. Dress as for cooking. Cut into pieces suitable for serving.

Hot Pack, with bone.—Bone the breast, saw drumsticks off short, if desired, but leave bone in other meaty pieces, such as second joints. Trim off large lumps of fat. Sort into meaty pieces and bony pieces. Set aside giblets to can separately. Broth or hot water will be needed as liquid. To make broth, use bony pieces: Cover them with cold water, simmer until meat is tender. Drain broth into bowl; skim off fat. Remaining meat stripped from bone may be canned as little pieces. Pour hot broth or hot water over raw meaty pieces in cooking pan to cover meat. Put on lid and precook until meat is medium done, or, when cut, shows almost no pink color at center

of pieces. Stir occasionally, so meat will heat evenly. If salt is desired, put level measure into clean, empty containers: $\frac{1}{2}$ teaspoon in pint jar or No. 2 can; $\frac{3}{4}$ teaspoon in No. 2 $\frac{1}{2}$ can; 1 teaspoon in quart jar or No. 3 can. Pack second joints and drumsticks. Have skin next to glass or tin. Fit breasts into center, smaller pieces where needed. Leave about 1 inch above meat in glass jars for head space; $\frac{1}{2}$ inch in tin cans. Cover meat with hot broth, using about $\frac{1}{2}$ to $\frac{3}{4}$ cup for each quart container. Leave 1 inch for head space in jars; fill cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars, and have tin cans filled to top. Adjust lids on glass jars; seal tin cans. Process at once in the steam pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	65 minutes	No. 2 cans.....	55 minutes
Quart jars.....	75 minutes	No. 2 $\frac{1}{2}$ and	
		No. 3 cans.....	75 minutes

Hot Pack, without bone.—Follow directions for hot-packed poultry with bone, with these exceptions: Remove bone—but not skin—from meaty pieces. Poultry may be boned either raw, or after precooking. Boned poultry must be processed in the steam pressure canner longer than poultry with bone. Process at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
Quart jars.....	90 minutes	No. 2 $\frac{1}{2}$ and	
		No. 3 cans.....	90 minutes

Raw Pack, with bone.—Bone the breast, saw drumsticks off short, if desired, but leave bone in other meaty pieces, such as second joints. Trim off large lumps of fat. Sort into meaty pieces and bony pieces. Set giblets aside to can separately. If salt is desired, put level measure into clean, empty containers: $\frac{1}{2}$ teaspoon in pint jar or No. 2 can; $\frac{3}{4}$ teaspoon in No. 2 $\frac{1}{2}$ can; 1 teaspoon in quart jar or No. 3 can. Pack second joints and drumsticks. Have skin next to glass or tin. Fit breasts into center, smaller pieces where needed. Pack glass jars to about 1 inch of top; pack tin cans to top. Set open jars or cans in large vessel with warm water about 2 inches below rim of jar or can. Cover vessel and heat at slow boil until meat in all containers is steaming hot and medium done, about 50 minutes in tin cans; 75 minutes in glass jars. If you have a thermom-

eter, meat is heated enough when center of jar registers 170° F. Adjust lids on glass jars; seal tin cans. Process at once in the steam pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	65 minutes	No. 2 cans.....	55 minutes
Quart jars.....	75 minutes	No. 2½ and	
		No. 3 cans.....	75 minutes

Raw Pack, without bone.—Follow directions for raw-packed poultry with bone, with these exceptions: Remove bone—but not skin—from meaty pieces before packing. Boned chicken must be processed longer in the steam pressure canner than chicken with bone. Process at 10 pounds (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
Quart jars.....	90 minutes	No. 2½ and	
		No. 3 cans.....	90 minutes

GIBLETS

Because of flavor, it is best to can livers alone. Gizzards and hearts may be canned together. Since these are ordinarily canned and used in small quantities, directions are given only for pint glass jars and No. 2 tin cans.

Hot Pack.—Put giblets in cooking pan. Cover with broth made from bony pieces, or hot water. Cover pan and precook giblets until medium done. Stir occasionally. If salt is desired, put level measure into clean, empty containers: ½ teaspoon in pint jar or No. 2 can. Pack giblets hot. Leave about 1 inch above meat in glass jars for head space; ½ inch in tin cans. Cover giblets with hot broth or hot water. Leave 1 inch for head space in jars; fill cans to top. Work out air bubbles with knife. Add more liquid, if needed, to cover meat. Be sure to leave 1 inch head space in jars and have cans filled to top. Adjust lids on glass jars; seal tin cans. Process at once in the steam pressure canner at 10 pounds pressure (240° F.). (See page 327 for directions for use of pressure canner.)

Pint jars.....	75 minutes	No. 2 cans.....	65 minutes
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RABBIT AND SMALL GAME

Prepare the meaty pieces, with or without bone, and pack and process as for chicken.

After the Food Is Canned

Examine the containers for leaks the day after canning when thoroughly cooled.

If any container has leaked, either use the food at once or can it over using another container. Heat the food through, then pack and process as for fresh food. This will tend to give a much overcooked product.

Label each container as to contents and date.

Store in a cool, dark, dry, clean place. Heat is bad both because any bacteria that have survived processing may grow and cause spoilage and because there is more rapid loss of quality in canned foods stored in a warm place. Light may fade canned foods so they are less attractive and the foods lose vitamins. Dampness is hard on tin cans and metal jar lids. Freezing does not spoil canned foods for use but it may crack a jar or break a seal so that spoilage may occur later.

Spoilage. Before opening any glass jar or tin can for use, inspect it well.

There should be no leaks.

A glass jar with bulging lid or rubber ring or with gas bubbles may mean that the food has spoiled.

A tin can with either end bulging should be viewed with suspicion.

When the container is opened spurting liquid and "off" odor or color are danger signals.

It is possible for foods to contain the toxin that causes botulism without showing it. Boiling will usually show up botulinus poison by a bad odor. Destroy spoiled foods by burning or by treating with lye then burying container, food and all.

Common Defects in Home Canned Products With Suggested Causes

Defect	Possible cause
Dark color	Over-cooked Too much spice Too much exposure to air in preparation
Dark at top of can	Air not all out of can Enzyme action Lack of liquid
Loss of liquid	Fluctuation in pressure of cooker Seal of jar not properly adjusted
Too much shrinkage	Too loose a pack Over-ripe fruit Over-processing Too little precooking
Floating product	Too little precooking Syrup too heavy Too little material packed
Cloudy	Crushed or over-ripe material Added liquid not clear Starchy food
Spoilage	Improper preparation and packing Inadequate processing Incomplete seal
Gas	Action of certain bacteria causes tin cans to bulge at ends and glass jars to leak or break. Others give sour or "cheesy" odor and taste.
Acids	Action of certain bacteria produces "flat sour" which gives acid flavor to products without formation of gas. Prevented by putting packed cans immediately into canner, by cooling canned foods quickly, and by storing in cool place. Corn, peas, and beans are subject to this type of spoilage.
Turbidity	Action of certain bacteria
Putrefaction	Action of putrefactive bacteria may cause gas, bad odor, and softening and darkening of food. Apt to attack non-acid foods, as meat and corn.
Toxins	Action of botulinus bacteria, spores of which may not be destroyed in canning. Apt to attack non-acid foods. Not always detected by odor and flavor. To insure safety, boil canned vegetables, excepting corn and spinach, 10 minutes before tasting. Boil corn, spinach and meat for 20 minutes.

FREEZING

Freezing, as a means of preserving food, is a comparatively recent development. For a number of years commercially frozen foods have been an acceptable commodity. The increase in freezer lockers has made freezing of foods an increasingly common practice. Successful preservation of foods by freezing is dependent upon preventing or retarding action of enzymes and microorganisms.

Poultry and other meats are more extensively preserved by home freezing than are other foods. Frozen poultry is highly desirable. Of the other meats, beef is probably most successfully stored in the frozen state, and pork develops rancidity most readily. An ever increasing amount of fruits, vegetables and, probably, eggs is being preserved by freezing. Fruits of various kinds are frozen although berries, especially strawberries, probably head the list. Peas are most popular of the vegetables but practically every vegetable cooked before serving, may be frozen more or less successfully.

Selecting the Food.—Not only the kind of fruit or vegetable to be frozen but also the variety should be considered. Not all varieties are equally desirable for freezing. Experiment stations all over the country are working on this problem and one in the area where the food is to be frozen can advise as to varieties best suited for freezing in that particular place.

Only foods of high quality should be preserved by freezing. There will be no improvement in quality with freezing.

Preparing the Food.—Beef and lamb may be hung in cooler for a week or ten days to ripen before freezing. Pork should be thoroughly cooled and should be frozen within a day or two of slaughtering. Poultry should be thoroughly chilled immediately after killing and dressing. Freezing as soon as possible after chilled is desirable. Fish are best frozen as soon as possible after catching. Beef, pork, and lamb should be cut into pieces of suitable size for cooking. Many cuts may well be boned to conserve space in locker.

Fruits and vegetables should be carefully and thoroughly cleaned and made ready for cooking or serving prior to freezing. Those of large size may be cut into small pieces and small fruits may be crushed if desired.

Vegetables must be scalded before freezing to destroy the enzymes. Heating in boiling water or steam should be sufficiently long to insure every part of vegetable reaching desired temperature. Heating should not be prolonged unnecessarily or destruction of vitamins will be excessive. If scalding is done in hot water, a sufficient amount should be used to prevent much drop in temperature when vegetables are added. Immediately after scalding, vegetables should be plunged into cold water to cool completely.

Scalding periods vary. Those given in the following table include times suggested by different workers.

Recommended Time for Scalding Vegetables in Boiling Water in Preparation for Freezing

Product	Time for scalding minutes
Asparagus.....	2-4½*
Broccoli.....	3-5*
Cauliflower.....	3-5*
Corn on cob.....	6-10**
Cut corn.....	1½***
Lima beans.....	1-3
Peas.....	1-3
Snap beans.....	2-4
Spinach.....	1-2½

*Some of variation is due to size of stalks.

**Some of variation is due to size of ears.

***Best to blanch before cutting.

Eggs may be broken into container, beaten to mix, and the whole eggs frozen; or they may be separated and frozen as whites and yolks. Whites need no special treatment. Yolks may have 2 per cent of their volume of salt or sugar added before beating.

Selecting Container.—Desirable containers are moisture-vapour-proof, are free of odor and flavor, are inexpensive, do not break readily, pack into locker to give maximum use of space, and are easily filled and emptied. Containers may be of tin, glass, waxed cardboard, cellophane, plastics, vegetable parchment paper, heavy wrapping paper, heavy waxed paper, or any one of many other specially prepared papers. Glass jars are sometimes used but they are subject to breakage and take up considerable space in the locker.

Packaging the Food.—Meats, including fish and poultry, should be packaged to exclude as much air as possible and to prevent any drying out. Usually meat is wrapped in paper or other selected material although in the case of cut-up chicken and some other meats, a bag or carton into which the meat may be tightly packed may be used. If poultry is wrapped to drive out all air and is carefully sealed the addition of water before freezing or glazing is not necessary.

Fruits may be packed dry, in sugar, or in syrup. Small fruits may be packed dry. This eliminates freezing and storing sugar or syrup but the fruits are more readily dehydrated, hence a constant low storage temperature is especially important. Addition of sugar is probably the most common practice. A common proportion is 1 pound sugar to 3 pounds fruit, although 2-4 pounds fruit may be used. Fruit and sugar should stand 2-3 hours after mixing or long enough for sugar to dissolve and syrup to penetrate fruit before freezing.

Fruits which discolor readily, as peaches, are packed in syrup. This tends to retard discoloration. Concentration of syrup varies from 2 cups sugar to 1 quart water for a 30 per cent syrup to 4 cups sugar to 1 quart water for a 50 per cent syrup. When syrup is used, fruit is placed in container, syrup is poured over it, and the whole allowed to stand in a cold place long enough for syrup to penetrate fruit before freezing. The use of an anti-oxidant to prevent darkening is being used more and more extensively. Two hundred milligrams of ascorbic acid per pound of packed fruit are recommended. This is added to the prepared syrup just before it is poured over the peaches or other fruit.

Vegetables may be packed "dry" or in brine. Commercially they have been packed dry almost exclusively and that is becoming the practice for home freezing also. The brine method may be preferred if temperature of locker fluctuates greatly. Brine tends to protect vegetable and retard dehydration with changes in temperature.

When brine or syrup is used, a head space of one inch must be left to take care of expansion during freezing. Eggs also need head space to allow for expansion. The filled containers are then tightly closed and should be carefully labeled as to

contents and date of preparation so there will be no difficulty in identifying food.

Freezing and Storing.—Fruits and vegetables should be prepared for freezing immediately after harvesting. All foods should be frozen as soon as prepared. If any delay is necessary, the prepared packages should be stored in a cold place. Rapid freezing is preferred. Small packages or freezing of food on trays, in brine, or in syrup previous to packaging are favorable to quick freezing as is also a sharp freezer or a room of low temperature (0° to -20° F.). If food must be frozen in locker, care should be taken that too much unfrozen food is not put in locker at one time and that there is room for circulation of air around packages. A uniform storage temperature of 0° F. is highly desirable and should be maintained.

Using frozen foods.—See section under food being considered.

PRESERVING

Preserving is cooking a fruit or vegetable, either whole or cut into uniform pieces, in heavy syrup until food is plump and clear and filled with syrup. A good preserve should be tender yet retain its shape. The large amount of sugar serves as a preservative.

Principle.—The aim is to incorporate syrup into fruit gradually to prevent collapse of cells. Since syrup and fruit are originally of different densities, they tend to diffuse until of equal concentration. If fruit is first cooked in thin syrup, diffusion occurs slowly without injury to cells and product remains plump. If too heavy a syrup is used at the beginning, juice is drawn out too rapidly to permit syrup to penetrate promptly. The result is a shriveled, toughened preserve. Further osmosis is limited because of the ruptured cells and thick outer coating of syrup.

GENERAL DIRECTIONS

Choose firm, ripe fruit. It should never be soft. Hard foods, as pears, quinces, and apples, should be cooked in water or steamed until partially tender before preserving. The liquid may be used for making the syrup if desired. The precooking softens product and allows syrup to penetrate more completely to the in-

side. Allow $\frac{3}{4}$ pound ($1\frac{1}{2}$ cups) sugar and $\frac{1}{4}$ cup water or juice to each pound material unless it is very sour. In that case, use equal weights of fruit and sugar. Dissolve sugar in water or other liquid and boil until desired richness is obtained. If fruit has been precooked, it will be more tender if added before syrup becomes too thick.

Cook food rapidly in syrup. It is sufficiently cooked when plump and clear. Syrup should be thick and fruit translucent. Preserves are usually cooked to 217° - 223° F. or 103° - 106° C. but temperatures vary with different conditions so are not always a reliable guide. If over-cooked, product is dark and dull in appearance. Do not cook too large a quantity at a time as this is apt to spoil shape and increase length of time preserves must be cooked. Skim syrup as necessary while cooking.

Cool by letting stand in syrup over night or longer. This method causes preserves to absorb more syrup and makes them plump. Boil down syrup if necessary to secure desired thickness.

Pack finished preserves while cold into sterilized glasses or jar. Cover with boiling syrup. Seal. They will be more sure to keep free from molds if processed 5-10 minutes in a water-bath after sealing.

SPECIAL DIRECTIONS FOR SPECIAL PRESERVES

Apple.—Choose apples which hold shape in cooking. Cook tender before preserving. Complete according to General Directions (p. 360).

Cherry.—Choose sour cherries. Use $\frac{3}{4}$ as much sugar by weight as fruit. Add sugar to cherries. Heat quickly to boiling point without addition of water. Complete according to General Directions (p. 360).

Peach or Apricot.—Select slightly under-ripe fruit. Prepare as for Canning (p. 336). Leave in halves or cut into quarters or eighths. Allow $\frac{3}{4}$ -pound sugar to each pound peaches. Put fruit in sauce pan in alternate layers with sugar. Let stand overnight. In morning, heat slowly to boiling. Complete according to General Directions (p. 360).

Pear.—Select firm pears, as Kieffer. Wash, pare, quarter, core. Complete as for Peach Preserves.

Ginger Pear.—Prepare as for Pear Preserves. Add 1 large piece ginger root and $\frac{1}{2}$ lemon, thinly sliced, to each pound pears before cooking.

Pineapple.—Wash, cut into $\frac{1}{2}$ -inch slices, core, and pare pineapple. Remove eyes and cut slices into small pieces. Cook until tender in a small amount of water. Drain. Allow half as much sugar as fruit by weight. Use water in which pineapple is cooked to make syrup. Complete according to General Directions (p. 360).

Quince.—Cook tender before preserving. Complete according to General Directions (p. 360).

Strawberry.—Choose firm, large berries. Pick over, wash, drain quickly, and hull. Weigh or measure as recipe directs.

Method I.—3 cups cleaned strawberries, 3 cups sugar. Put berries in kettle, pour sugar in cone-shaped pile in center of berries. Heat slowly until juice forms. Cook exactly 20 minutes from time berries begin to boil around edges of kettle. Remove from fire; let stand overnight. Pack into sterilized jars and seal.

Method II.—Allow 5 cups sugar to 4 cups hulled berries. Prepare as for Method I boiling only 5 minutes. Count time from when boiling is general over surface.

Method III.—**Sun-cooked or Sunshine.** Make syrup allowing 1 pound sugar and $\frac{1}{2}$ cup water or fruit juice for each pound fruit. Cook syrup until sugar is thoroughly dissolved. Add berries. Let stand overnight. Skim out berries. Spread on shallow dishes. Boil syrup until it spins a thread. Pour over berries. Cover with glass and place in sun until fruit is plump and syrup is thick. Time required will vary from a few hours to a few days according to conditions. Turn berries in syrup once a day. If weather is cloudy, put in very slow oven (250° F.) until of desired consistency. Pack according to General Directions for Preserves (p. 360).

If preferred, add sugar to berries. Let stand in warm place until juice is extracted. Heat to boiling. Proceed as above.

Cherries, and other berries, particularly raspberries, gooseberries, and currants, may be preserved by this method.

Tomato.—Use small, pear-shaped tomatoes, preferably yellow. Scald, dip into cold water, and peel. Allow $\frac{3}{4}$ pound sugar for each pound tomatoes. Cover tomatoes with sugar. Let stand over night. Drain. Boil juice until it spins a short thread. Add tomatoes and 1 thinly sliced lemon for each pound fruit. Cook until syrup is thick and tomatoes are clear. Pour into jars and seal.

Watermelon.—Cut rind into squares. Peel and remove any

pink portions. Weigh. Soak over night in lime water to cover (1 ounce calcium oxide to 2 quarts water). This step may be omitted, but it makes a crisper product. Drain, rinse, let stand 2 hours in cold water. Drain, add fresh water, and boil until tender. Then follow General Directions (p. 360) using 1 pound sugar, 1 ½ tablespoons lemon juice, and ½ thinly sliced lemon for each pound rind.

Citron.—Make as for Watermelon Preserves.

CANDIED FRUIT

The principle of making candied fruit is the same as that of any other preserve. However, much more sugar is incorporated and process is thereby lengthened.

Wash, peel, or otherwise prepare fruit according to kind. Weigh. Allow 1 pound sugar and 2 cups water to 1 pound fruit. Boil sugar and water until sugar dissolves. Cook fruit in boiling water until just tender. Time will vary according to kind and maturity of fruit. Drain. Add to cooled syrup. Let stand 1-2 days. Skim out fruit. Drain. Increase density of syrup by adding ¼ cup sugar to each cup liquid. Boil until sugar dissolves. Cool. Add fruit. Let stand as before.

Repeat latter part of process each 2 days until syrup is very thick. Fruit should become clear, plump, and glistening after 6 or more such treatments. Then drain from syrup and dry in sun or very slow oven (250° F.).

JAMS

Jam is a "spread" made from small fruits, usually berries, which have been crushed and cooked to a pulp with a large amount of sugar. Strawberry, blackberry, and raspberry jams are most popular.

GENERAL DIRECTIONS FOR MAKING

Make jam in small quantities in order to secure a delicate product. It is preferable to choose some ripe and some underripe fruit. The former gives a good flavor and the latter supplies pectin which enables mixtures to "jelly." Soft, broken fruit may be used. Prepare fruit according to kind. Mash. If fruit is sufficiently juicy no water need be added. Cook until soft adding wa-

ter as needed to keep jam from burning. Stir occasionally to prevent sticking and to aid in breaking fruit. Run through a sieve if a smoother product is desired but return all pulp to mixture.

Add sugar. Allow $\frac{1}{2}$ - $\frac{3}{4}$ pound for each pound fruit, the amount varying with acidity of the latter. After sugar is added, cook rapidly. Stir from bottom almost constantly toward the last to prevent burning. It should be finished in 20-30 minutes.

Tests when done.—Jam will break off in sheets from spoon or will thicken if a little is dropped on a cool dish. Temperature will vary from 219°-223° F. or 104°-106° C.

Care after cooking.—Pour into hot, sterilized jars and seal. If jars are processed in a water bath 10 minutes, jam is more sure to keep.

BERRY JAM

4 cups crushed berries 3 cups sugar

Prepare berries. Mash. Heat to boiling. Add sugar, stir until dissolved. Complete according to General Directions for Making (p. 363). 6 glasses.

FRUIT BUTTERS

Fruit butters consist of fruit pulp cooked in a comparatively small amount of sugar until thick and butter-like. They may be spiced if desired. Apple, peach, plum, and similar fruits are frequently used for this purpose.

GENERAL DIRECTIONS FOR MAKING

Choose ripe fruits. Broken and soft parts may be used. Prepare and weigh. Cook, stirring occasionally, in the least possible amount of water until soft. Run through sieve. Add $\frac{1}{3}$ - $\frac{1}{2}$ as much sugar by weight as fruit. Use larger amount for sour fruits. Cook until thick and clear. Stir almost constantly toward last of cooking to prevent burning. Pour into hot, sterilized jars or glasses. Seal. These may be processed in a water bath for 10 minutes to insure keeping.

APPLE AND QUINCE BUTTER

1 part quince, cut into fine pieces	Sugar
2 parts tart apple, cut into fine pieces	1 teaspoon grated lemon rind to each pint fruit

Cook quince until slightly tender in just enough water to prevent burning. Add apple. Cook until soft. Run through

sieve. Measure. Add $\frac{1}{2}$ as much sugar as fruit. Cook slowly with lemon rind stirring constantly until thick and clear. Pour into hot, sterilized jars. Seal.

FRUIT PASTES

Fruit pastes are a type of confection. Use any desired fruit pulp. That left after making jelly may be used. Different fruits may be combined to good advantage. Rub pulp through a sieve, measure, and add 1 pound powdered sugar for each pound fruit. Cook slowly until very thick, stirring as needed to prevent sticking. The last cooking may be done more safely over hot water. Add chopped nuts or orange peel if desired. Pour onto an oiled surface making a $\frac{1}{2}$ -inch layer. Protect with cheesecloth and place in a breeze 2-3 days until dry. Cut into 1-inch squares, roll in granulated sugar, and dry again for a few days. Pack in tin, glass, or paraffin containers with oiled paper between each layer.

MARMALADES

Marmalades consist of thin slices or small pieces of fruit suspended in a clear jelly or jelly-like syrup. Fruits with jelly-making properties are usually used, either entirely or in part. Cook until mixture forms a jelly when tested (about 222° F. or 106° C.). To prevent fruit rising from bottom of container, cool to 176° F. or 80° C. (3-5 minutes) before pouring into containers.

ORANGE MARMALADE

6 oranges
6 lemons

Water
Sugar

Wash fruit. Cut into very thin slices. Cut slices into quarters. If time is the object rather than appearance, run fruit through food chopper. Measure fruit including juice. Add 3 times its bulk in water. Let stand 24 hours. Boil 15 minutes. Let stand another 24 hours. Measure. Add equal volume or weight of sugar. Cook until mixture jellies. Cool as suggested above. Pour into hot, sterilized glasses. When cold, cover with hot, melted paraffin. 6 quarts (medium-sized fruit).

Variation

Citrus Marmalade.—Use 1 grapefruit, 1 orange, and 1 lemon. Make as for Orange Marmalade. 2 quarts (medium-sized fruit).

CONSERVES

Conserve are similar to marmalades but are often made of several fruits with addition of chopped nuts and raisins.

DRIED APRICOT CONSERVE (p. 383)

CRANBERRY CONSERVE

4 cups cranberries	1 cup chopped nuts
Cold water, about $\frac{3}{4}$ cup	1 thinly sliced orange (slices cut into quarters)
$\frac{3}{4}$ cup boiling water	3 cups sugar
1 cup chopped raisins	

Pick over cranberries. Wash. Add cold water to cover. Cook until skins burst. Run through sieve. Add remaining ingredients except nuts. Simmer until thick, about 20 minutes. Add nuts. Pour into hot, sterilized glasses. Cool. Cover with melted paraffin. Seal. 1 quart.

CHERRY CONSERVE

3 cups pitted, sour cherries	2 cups sugar
1 cup black raspberries	

Mix ingredients. Cook until thick and clear. Pour into hot, sterilized glasses. Cool. Cover with melted paraffin. Seal.

PINEAPPLE CONSERVE

4 cups canned or fresh pineapple juice and pulp	Juice 1 lemon
2 thinly sliced oranges (slices cut into quarters)	3 cups sugar

If fresh pineapple is used, pare and remove core and eyes. Run through food chopper. Cook in water as needed until tender. Add sugar, orange, and lemon. Cook until thick, stirring as necessary. Pour into hot, sterilized glasses. Cool. Cover with melted paraffin. Seal. 2 pints.

PLUM CONSERVE

3 pounds sliced Damson plums	1 pound seeded raisins
$1\frac{1}{2}$ pounds sugar	1 orange, sliced thin (slices cut into quarters)
1 lemon, sliced thin (slices cut into quarters)	1 cup chopped nuts

Cook plums, sugar, lemon, raisins, and orange with a little water until thick and clear. Add nuts. Pour into hot, sterilized glasses. Cool. Cover with melted paraffin. Seal. 4 pints.

RHUBARB CONSERVE

2 pounds rhubarb	2 lemons, sliced thin
$1\frac{1}{2}$ pounds sugar	1 cup chopped nuts

Cut young, tender rhubarb into $\frac{1}{2}$ -inch lengths without peeling. Place with sugar in kettle. Heat very slowly until juice is drawn out. Add lemon. Cook until thick and clear

adding nuts for last 5 minutes of cooking. Pour into hot, sterilized glasses. Cool. Cover with melted paraffin. Seal. 2 pints.

GRAPE CONSERVE

4 pounds Concord grapes	1 orange, cut into $\frac{1}{4}$ -inch
4 cups sugar	slices and chopped
$\frac{1}{4}$ teaspoon salt	1 cup nuts, chopped
1 cup seedless raisins	

Wash grapes, drain, stem, slip skins dropping pulp into saucepan. Cook pulp 10 minutes. Rub through sieve. Add sugar, salt, raisins, and orange to grape pulp. Stir until sugar dissolves. Cook rapidly until it begins to thicken stirring as needed. Add grape skins, continue cooking until thick. Add nuts. Pour into hot, sterilized glasses. Cool. Cover with melted paraffin. Seal. 8 glasses.

PICKLES

Pickling is preserving food by means of salt or acid. Sugar and spices are often added for taste rather than for preserving qualities. Pickles may be sour, sweet, spiced, or otherwise designated according to flavor. Both fruits and vegetables are commonly pickled. Such crisp vegetables as cucumbers, green tomatoes, onions, cabbage, cauliflower, and beets are most often used. Several of these may be combined for mixed pickles. Apples, cherries, crabapples, fresh figs, grapes, peaches, pears, watermelon rind, and other firm fruits are suitable for pickling.

Good pickles are fresh and crisp, of pleasing flavor, and uniform in size.

PREPARATION OF FOOD FOR PICKLING

Fruits.—Prepare as for Canning (p. 335). Leave whole, or cut into halves.

Vegetables.—Clean by washing and scrubbing well. Slice, shred, or leave whole according to kind. Pack juicy vegetables, as tomatoes, with alternate layers of salt ($\frac{1}{2}$ cup salt to 1 gallon tomatoes). Let stand overnight. Soak firm vegetables as cucumbers, in brine, overnight or longer. Use soft water for brine to avoid discoloration of pickles and, in case of a fermented variety, to favor bacterial action because of greater acidity. Allow $\frac{1}{4}$ - $\frac{1}{2}$ cup salt to 1 quart water. Salt draws water from vegetables and tends to make them firm and crisp. They are also better able to absorb pickling solutions after brining.

GENERAL SUGGESTIONS

Use enamel, porcelain-lined, or other kettles not attacked by the acid of vinegar. Wooden, enamel, or similar spoons should be used for same reason.

Avoid too much salt. It toughens and shrivels pickles or may retard fermentation unduly in fermented pickles.

Avoid too strong vinegar as it may bleach or shrivel pickles and has been thought to cause them to soften. Most vinegar will need dilution but occasionally it is too weak. Then pickles may not keep.

Store pickles in sterilized glass jars and seal, or place in crocks and cover tightly. The former method is preferable. Keep in cool place.

CAUSES OF DEFECTS IN PICKLES

Softening is caused by action of bacteria. It results from too dilute a brine or from exposure of pickles above brine.

Shriveling is due to use of too strong a solution of salt, sugar, or vinegar, especially at beginning of process. It is most apt to occur in sweet pickles.

Hollow pickles may be due to a poorly developed cucumber or allowing too much time between gathering and brining.

Scum consists of wild yeasts, bacteria, and molds. It should be removed since it will attack the food beneath it and weaken acidity of brine causing spoilage.

Temperature is an important factor in fermentation. A temperature of 86° F. or 30° C. is favorable for active lactic acid fermentation. Higher temperatures result in poor flavor and spoilage and lower ones retard fermentation.

SWEET PICKLED PEACHES

2 pounds prepared peaches	1 teaspoon whole cloves
1 pound sugar	¼ ounce stick cinnamon
1 cup vinegar	(about 1½ sticks broken
1 cup water	into ½-inch lengths)

Choose firm, slightly under-ripe peaches, preferably clingstones. Dip into hot water for a moment, then into cold water. Remove skins. Boil sugar, water, vinegar, and spices (tied in a cloth) 5 minutes. Add fruit. Cook until tender in syrup. Let stand overnight. In the morning, drain syrup and boil until of desired density. Pour over peaches again. Repeat for 3 consecutive mornings. Retain spices until desired flavor is

secured. Pack into sterilized jars. Seal. If a less highly spiced product is desired, use less spice and add at last scalding period. Peaches may be finished in one cooking by continuing process until peaches are clear and translucent. 6-8 peaches.

Variations

Apples.—Pare apples, core, and cut into halves. Proceed as for Sweet Pickled Peaches.

Crab Apples.—Wash and remove blossom ends of crab apples. Retain stems. Proceed as for Sweet Pickled Peaches.

Pears.—Remove skins and blossom ends from pears. Retain stems. Proceed as for Sweet Pickled Peaches.

Watermelon.—Cut away all pink portions and thin, green, outer rind. Cut into small, uniform pieces. Cook in water until tender. Add 1 teaspoon whole allspice, if desired. Proceed as for Sweet Pickled Peaches. If a richer pickle is preferred, use $\frac{3}{4}$ pound sugar to 1 pound rind. A thinly sliced lemon, used to replace some spice, may be cooked in syrup.

Citron.—Make as for Watermelon Pickles.

SPANISH PICKLES (SLICED GREEN TOMATO PICKLES)

1 peck or 2 gallons green tomatoes, sliced	2 tablespoons whole allspice
12 medium-sized white onions, sliced	1 tablespoon pepper corns
6 green peppers, chopped	$\frac{1}{2}$ cup mustard seed
1 cup salt	$2\frac{1}{2}$ cups brown sugar
2 tablespoons whole cloves	Vinegar

Pack tomatoes and onion in alternate layers with salt sprinkled between. Let stand overnight. Drain. Add green peppers, sugar, and spices with vinegar to cover. Heat gradually to boiling point. Boil slowly 30 minutes. Pour into sterilized jars. Seal. 2 quarts.

FRENCH PICKLE (CHOPPED GREEN TOMATO PICKLE, OR PICCALILLI, OR CHOW CHOW I)

$\frac{1}{2}$ peck or 1 gallon green tomatoes, chopped	3 red peppers, chopped
1 medium-sized head cabbage, chopped	$\frac{1}{2}$ cup salt
10 large, green cucumbers, chopped	3 quarts vinegar
15 small, white onions, chopped	$7\frac{1}{2}$ cups brown sugar
	$\frac{1}{4}$ cup turmeric
	$\frac{1}{4}$ cup mustard seed

Mix vegetables. Pack in alternate layers with salt. Let stand overnight. Drain. Heat remaining ingredients to boiling point. Pour over vegetables. Let stand again overnight. Drain

off liquid and reheat to boiling point. Pour over vegetables again. Repeat several times until desired flavor is secured. Can. Seal. 3 quarts.

Variation

Olive Oil Pickles I.—Mix 4 tablespoons ground mustard and 1 tablespoon curry powder with 1 cup olive oil. Add with 1 pint vinegar to cooled French Pickle. Can and seal.

MUSTARD PICKLES (CHOW CHOW II)

4 cups cucumbers, sliced	1 cup string beans, cut into 1½-inch lengths
2 cups green tomatoes, cut into quarters	1 cup brown sugar
2 cups cauliflower, cut into small sections	3 tablespoons ground mustard
1 cup celery, cut into ½-inch slices	½ cup flour
2 cups small, button onions	4 cups vinegar

Cover vegetables with boiling brine (½ cup salt to 1 quart water). Let stand 24 hours. Drain. Cover with fresh, boiling water. Let stand 30 minutes. Drain again, cover with a mixture of equal parts of vinegar and water. Let stand 1 hour. Then scald in this liquid. Drain. Cover with a sauce made of remaining ingredients combined as for Starchy Sauces, Method IV (p. 148). Heat to boiling point in sauce. Can and seal. 3 pints.

CABBAGE CHOW CHOW

8 cups chopped cabbage	2 tablespoons salt
1½ cups chopped onion	¼ cup black mustard seed
2 medium-sized green peppers seeded and chopped	¼ cup white mustard seed
1 teaspoon celery seed	1 quart vinegar, more or less
1 cup sugar	

Mix vegetables, add salt, let stand 1 hour. Drain 3 hours. Mix remaining ingredients, heat to boiling, pour over vegetables. Cover tightly. This may be made in winter if relishes are scarce. 2 quarts.

SOUR CUCUMBER PICKLES

2 quarts very small cucumbers	2 red peppers
Vinegar	Horseradish

Wash and wipe cucumbers. Cover with boiling brine (½ cup salt to 1 quart water). Let stand 24 hours. Drain. Cover with fresh cold water. Heat to boiling point. Drain again. Cover with vinegar of desired strength. Add peppers and a small piece of horseradish. Heat slowly to boiling point but do not boil or pickles will soften. Pack in jar. Cover with vinegar. Seal. Sugar and spices may be added to taste. 2 quarts.

Variation

Sweet Cucumber Pickles.—Add 2 cups sugar, 1 tablespoon stick cinnamon broken into pieces, 1 tablespoon white mustard seed, $\frac{1}{2}$ tablespoon celery seed, 1 teaspoon whole cloves, and 1 teaspoon whole allspice to each quart vinegar used in recipe for Sour Cucumber Pickles. Omit horseradish. Complete as for Sour Cucumber Pickles.

OLIVE OIL PICKLES II

2 quarts sliced cucumbers	1 tablespoon celery seed
6 small sliced onions	$\frac{1}{2}$ teaspoon pepper corns
$\frac{1}{4}$ cup whole mustard seed	3 cups vinegar
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup olive oil

Cover cucumbers and onions with weak brine ($\frac{1}{4}$ cup salt to 1 quart water). Let stand over night. Drain. Put into sterilized jars. Add spices, oil, and sugar to vinegar. Heat to boiling point. Pour over cucumbers. Seal. 2 quarts.

NINE-DAY PICKLES

9 pounds cucumbers, 3-4 inches long	Alum, size of walnut
Salt	12 cups sugar
Cold water	2 ounces stick cinnamon
12 cups vinegar	2 ounces whole allspice

Wash pickles, remove blossom ends. Soak 3 days in salt water to cover ($\frac{1}{2}$ cup to each quart water). Drain. Soak in fresh water 3 days, changing water daily. At end of sixth day, drain. Split pickles into halves or quarters lengthwise, according to size. Cover with weak mixture of vinegar and water. Add alum. Cover. Simmer 2 hours. **Do not boil.** Drain. Mix vinegar, sugar, and spices tied in a bag. Heat to boiling. Pour over pickles. Let stand 24 hours. Drain. Reheat vinegar mixture. Again pour over pickles. Let stand another 24 hours. On last day, pack drained pickles into sterilized jars. Heat syrup. Pour over pickles filling jars full. Seal. 7 quarts.

BREAD AND BUTTER PICKLES

12 cucumbers, medium size, cut into $\frac{1}{4}$ -inch slices	$\frac{1}{4}$ teaspoon powdered alum
8 small onions, sliced	$\frac{1}{4}$ teaspoon turmeric
1 quart vinegar	$\frac{1}{2}$ teaspoon pepper corns
1 tablespoon mustard seed	1-2 cups sugar as desired
1 tablespoon celery seed	

Soak cucumbers and onions overnight in brine (1 tablespoon salt to each quart water). In morning, drain. Heat vinegar to boiling. Add remaining ingredients. Mix well. Pour over cucumbers and onions. Heat thoroughly but do not boil. Put into sterilized jars while hot. Seal. 3 pints.

RED PEPPER RELISH

- | | |
|-------------------------------------|---------------------------------------|
| 6 sweet red peppers,
medium size | $\frac{1}{2}$ cup sugar |
| $1\frac{1}{2}$ onions, medium size | 2 teaspoons salt |
| 1 cup vinegar | 2 teaspoons mustard or
celery seed |

Grind peppers and onions using coarse blade. Combine, including juice, with other ingredients. Simmer 25 minutes. Pour into hot, sterilized jars. Seal. 1 pint.

Variation

Use equal parts green and red peppers and onions.

CHUTNEYS

Chutneys are highly seasoned, sweet pickles of Oriental origin. They are usually made from a variety of vegetables, fruits, or both. A chutney is served with cold meats, stews, or sausages.

APPLE CHUTNEY

- | | |
|----------------------------------|-----------------------------------|
| 12 medium-sized sour
apples | $\frac{1}{2}$ tablespoon turmeric |
| 1 large onion | 1 cup seeded raisins |
| 3 green, medium-sized
peppers | 2 cups sugar |
| 1 red pepper | $\frac{1}{2}$ cup lemon juice |
| 3 cups vinegar | 1 tablespoon brown
ginger root |
| | 1 tablespoon salt |

Chop apples, onion, and peppers. Add vinegar and raisins. Simmer 1 hour, stirring often. Add remaining ingredients. Cook until thick and clear, being careful to avoid burning. Pour into sterilized jars. Seal. 5 pints.

RELISHES, SAUCES, AND CATSUPS

Relishes are finely chopped pickle. Sauces and catsups are thick relishes made of cooked and strained chopped fruits or vegetables.

DIXIE RELISH

- | | |
|--------------------------------------|--------------------------------------|
| 4 cups chopped cabbage | 4 tablespoons salt |
| 2 cups chopped, white
onion | 4 tablespoons mustard
seed |
| 2 cups chopped, sweet,
red pepper | 2 tablespoons crushed
celery seed |
| 2 cups chopped, green
pepper | $\frac{3}{4}$ cup sugar |
| | 4 cups vinegar |

Soak whole peppers in brine to cover ($\frac{1}{4}$ cup salt to 1 quart water) 24 hours. Drain. Freshen in cold water 2 hours. Drain. Remove seeds and coarse white sections. Chop. Mix all

ingredients. Let stand overnight. Pack relish into sterilized jars taking care to work out all air. Make sure vinegar fills all spaces. Adjust rubbers and covers. Pasteurize 15 minutes (Grape Juice, p. 335). 3 quarts.

BEEF RELISH

4 cups minced cooked beets	$\frac{1}{2}$ teaspoon cayenne
4 cups minced cabbage	$\frac{1}{2}$ teaspoon pepper
1 cup grated horseradish	4 cups vinegar, more or less
2 cups sugar	
1 tablespoon salt	

Mix vegetables with salt. Let stand 24 hours. Drain thoroughly or relish will be watery. Mix with remaining ingredients using vinegar to cover. Pack into sterilized jars. Seal. 3 quarts.

CORN RELISH

8 cups blanched corn cut from cob	3 sweet, medium-sized green peppers, chopped
8 cups finely chopped cabbage	$\frac{1}{2}$ cup or more chopped onion
3 sweet medium-sized red peppers, chopped	1 cup sugar
4 cups vinegar or enough to cover	2 tablespoons ground mustard
	1 tablespoon salt

Combine ingredients. Cook 20-30 minutes or until vegetables are tender. Pour into sterilized jars. Seal. 5 pints.

CHILI SAUCE

4 quarts chopped, ripe tomatoes	3 tablespoons salt
1 cup chopped, white onion	1 tablespoon mustard
1 cup chopped, sweet, green pepper	$\frac{1}{2}$ teaspoon cayenne
$1\frac{1}{2}$ cups chopped, sweet, red pepper	1 tablespoon celery seed
$\frac{1}{2}$ -1 cup sugar	$\frac{1}{2}$ teaspoon cloves, if desired
1 quart vinegar, more or less	$\frac{1}{2}$ teaspoon allspice, if desired

Boil vegetables until soft or broken. Add vinegar, sugar, and spices. Simmer with frequent stirring until little free liquid remains. It will represent about half the original volume. Pour into hot, sterilized bottles or jars. Seal. 5 pints.

INDIAN SAUCE

6 large, ripe tomatoes, chopped	1 medium-sized pepper, chopped
6 medium-sized apples, chopped	3 medium-sized onions, chopped
2 quarts vinegar	2 tablespoons ground mustard
1 cup seeded raisins	1 tablespoon ground ginger
$\frac{1}{4}$ cup salt	
$2\frac{1}{2}$ cups brown sugar	

Mix all ingredients except spices. Boil slowly 1 hour. Run

through sieve. Add spices. Boil until thick, stirring as needed to prevent burning. Pour into sterilized jars and seal. 2 pints

APPLE-TOMATO RELISH

3 large tomatoes, chopped	$\frac{1}{2}$ - $\frac{3}{4}$ cup vinegar
3 large apples, chopped	1 teaspoon cinnamon
3 small onions, chopped	1 teaspoon cloves
1 cup sugar	$\frac{1}{2}$ teaspoon salt

Mix ingredients in order given. Cook until thick, stirring as needed to prevent burning. Pour into sterilized jars. Seal 1 pint.

TOMATO CATSUP

1 quart tomato pulp	$\frac{1}{2}$ teaspoon whole allspice
$\frac{1}{2}$ tablespoon salt	$\frac{1}{2}$ teaspoon whole cloves
1 tablespoon sugar	$\frac{1}{4}$ tablespoon stick cinnamon
$\frac{1}{4}$ tablespoon powdered mustard	$\frac{1}{4}$ tablespoon whole pepper
$\frac{1}{2}$ cup vinegar	$\frac{1}{4}$ tablespoon celery seed
$\frac{1}{2}$ small, red pepper, chopped (seeds removed)	

Make tomato pulp by cooking very ripe tomatoes until tender. Run through sieve. Add remaining ingredients. Cook as rapidly as possible until thick stirring as necessary. Tie whole spices loosely in a cloth while cooking. Remove spices before bottling to prevent darkening of product. Pour into hot, sterilized bottles. Process 30 minutes. Cork tightly. When cool, paraffin corks and tops. Approximately $1\frac{3}{4}$ cups.

GRAPE CATSUP

2 quarts ripe grapes	1 teaspoon ground cloves
Vinegar to cover	1 teaspoon ground allspice
1 cup sugar	
2 teaspoons ground cinnamon	

Cook grapes in vinegar until soft. Run through sieve. Add sugar and spices. Cook slowly until thick stirring as needed. Bottle as for Tomato Catsup. 1 pint.

JELLY

Jelly is made by combining certain fruit juices with sugar in correct proportions under proper conditions. Good jelly is clear, tender, and transparent. It holds its shape when unmolded or cut, yet is so delicate it quivers.

Essentials for jelly making are right proportions of pectin, acid, and sugar in a water medium. Pectin is a carbo-

hydrate-like substance possessing jellying power under certain conditions. It is the chief jelly-making substance but needs to be combined in right amounts with acid and sugar. Pectin does not occur in all fruits. It is frequently not found in juices of raw fruits yet appears in abundance in these same juices when extracted by cooking. Fruit should therefore be thoroughly cooked to insure a good extraction, but if over-cooked, pectin is weakened. Pectin is much more abundant in under-ripe than in ripe fruits so the former are preferable for jelly making. It is also much diluted in fruit after a rain.

Pectin is generally believed to occur in three forms. The parent substance, **protopectin** or **pectose**, is associated with the hardness of green fruit; **pectin** is formed from protopectin by ripening or boiling; and **pectic acid** is formed from pectin in over-ripe fruit.

If either pectin or acid is lacking or is present in insufficient amount it should be added, if a good jelly is to be made. It is therefore necessary to know what fruits are good sources of pectin and acid and it is desirable to make simple tests for presence of these substances.

Fruits rich in both pectin and acid:—crab apples, sour apples, cranberries, currants, green grapes, gooseberries, loganberries, oranges including skin, sour plums, etc.

Fruits rich in pectin but low in acid:—quinces, sweet apples, etc.

Fruits rich in acid but low in pectin:—strawberries, cherries, rhubarb, pineapple, raspberries, etc.

Fruits low in both acid and pectin:—peaches, over-ripe fruits, elderberries.

PECTIN TESTS

Alcohol.—Mix 1 tablespoon of fruit juice to be tested with 1 tablespoon grain, wood, or denatured alcohol. **Do not taste!! The last two are poison!!** Amount of pectin in juice will be indicated by amount of precipitate obtained. If a solid mass is formed, pectin is abundant. If absent, there will be no precipitate. If only small clumps appear, pectin is deficient. Precipitate tends to dissolve upon standing so test should be watched carefully.

Epsom salts.—When alcohol is not obtainable, use Epsom salts test. To make, add 1 teaspoon sugar and $\frac{1}{2}$ tablespoon

Epsom salts to 1 tablespoon fruit juice. Stir until salts dissolve. Let stand 20 minutes. A heavy precipitate indicates abundant pectin. Little or no precipitate indicates pectin should be added. This test is more or less successful with apple, crab apple, plum, quince, and cranberry juices. It is not good with grape juice.

A device, known as a jelmeter, measures viscosity of fruit juices and is designed to determine amount of sugar to be added. Juices containing much pectin are more viscous and consequently run through jelmeter more slowly. Amount of sugar needed is indicated by amount of juice that runs through in one minute. Juices too low in pectin to make jelly by themselves are also indicated.

ACID TEST

No scientific test is practical for home use. It is customary to judge by taste. If juice tastes as sour as a tart apple, it contains enough acid. If not sour, add acid in some form, preferably as an acid fruit.

GENERAL DIRECTIONS FOR JELLY MAKING

Selecting and preparing fruit.—Use equal parts ripe and green fruit. This proportion should give a good flavor and texture. Wash and look over fruit carefully. Remove blossom ends and decayed portions. Retain skins and cores, if present, as they yield pectin. Cut large fruits, as apples, into small pieces. Crush such juicy fruits as currants.

Extracting juice.—Boiling is necessary to extract pectin. Cook small fruits in a very small amount of water. Cook firm fruits in water to cover well. Use minimum amounts of water as excess means longer boiling which tends to destroy pectin, flavor, and color. More water may be needed when foods are grown under drought conditions. Cook fruit in a broad, flat-bottomed kettle. Stir as needed to prevent scorching. Crush soft fruits before cooking to start flow of juice. Cook fruits until soft, 5-10 minutes for soft ones and 20-25 minutes for hard ones. Allow 1 pound of such fruits as apples, grapes, or quinces for 1 cup juice. If fruit is deficient in acid, add 3 tablespoons lemon juice to each pound fruit before cooking. When tender, strain through double cheesecloth squeezing gently. Strain juice thus obtained through flannel bag wrung dry

from hot water. Allow to drip but do not squeeze. Juice thus obtained is known as the first extraction.

Make a second extraction of fruits rich in jelly-making properties as currants, crab apples, and grapes, by adding water to pulp left from first extraction. Cook slowly about 30 minutes. Strain as for first extraction. **Make a third extraction** when desired in same way using pulp from second extraction. These extracts will be weaker in all respects than the first one. If used alone they will need less sugar. Some prefer to combine these with the first extraction.

Combining juices.—Combinations of fruit juices and flavors may be used. Plums and crab apples; orange and rhubarb; apple and mint; apple, blueberry, and rhubarb; apple, quince, cranberry, elderberry, and grape, are good. Prepared fruit juices may be bottled and made into jelly as needed. Fresh jelly is more appetizing and this method also saves time during a busy season. Combination jellies are more readily made from bottled juices.

Testing juice.—Test fruit juice for pectin and acid. If either is lacking, supply it in some form. Pectin may be furnished in a commercial form, as home-made pectin extract from orange or apple, or more simply, by addition of fruit juice rich in this substance. Acid, as lemon juice, or commercial citric or tartaric acid in powdered form may be added to give desired acidity, or an acid fruit juice may be combined with a bland one. The latter method is more generally successful. When fruits, as cranberries, contain a very high proportion of acid, jelly is apt to show *syneresis* or "weeping" upon standing.

Adding sugar.—Use either cane or fine beet sugar. Allow $\frac{3}{4}$ as much sugar as juice for most fruits. A few very acid fruits also containing much pectin, as currants and green gooseberries, require equal amounts of sugar and juice. When acid and pectin are low, reduce sugar to correspond. Too little is better than too much. Too much sugar for pectin present gives a large volume of jelly that is soft and syrupy in proportion to excess of sugar. Too little sugar gives a tough, gummy product of proportionately small volume.

When to add sugar is important. If added at beginning of cooking process considerable inversion occurs. This is greater with very acid fruit. A certain amount of inversion is desirable as there is less tendency for crystals to form upon

standing. If sugar is added at end of cooking period, it may not dissolve thoroughly and product is apt to crystallize upon standing. The tendency now is to add sugar at beginning of cooking. Very dilute juice needs longer cooking and it may be desirable to do some of this before sugar is added. Heating sugar before using, though often recommended, apparently does not help other than to shorten cooking process slightly.

Cooking.—Do not make more than 8-10 glasses at a time. If cooked in large quantities, product is darker and less delicate. Use kettle with a capacity at least 4 times as large as amount of juice to be cooked. There should then be no loss from boiling over.

Measure juice to determine amount of sugar needed. Heat to boiling. Add sugar. Stir until dissolved. Boil rapidly. Mixture may be skimmed as necessary during cooking.

Tests When Done

Sheet test.—A small amount of mixture poured from a spoon will slide off in a sheet or flakes.

Plate test.—Pour a few drops on a cold plate. If it sets, jelly is done. An objection to this test is that product may over-cook while waiting for sample to cool.

Thermometer test.—A thermometer may be used but temperature varies with atmospheric pressure, fruits, and proportion of sugar, so it cannot always be uniform. Usual temperatures recommended are 219°-223° F. or 104°-105° C. at sea level. With increase in altitude, temperature is lowered. A common rule is to add 7°-11° F. to the boiling point of water in a given locality.

Filling and Sealing

Fill hot, sterilized glasses full of boiling jelly mixture. Cool. It will shrink during this process thus making space for paraffin.

Seal cold, firm jelly by pouring over top a layer of hot, melted paraffin. This kills any mold that may have gathered on surface and protects jelly from further contamination. Adjust covers. Label. Store in cool, clean, dry, and dark place.

APPLE PECTIN

Choose firm, sour, under-ripe apples. Culls may be used. Wash, remove stems, blossom ends, and imperfections. Cut

into thin slices, retaining skin and cores. Cover with water to avoid discoloration. Allow 4½ pints water to 4 pounds apples. Cover. Boil rapidly 20-25 minutes. Rapid boiling gives a better color and flavor and lessens danger of decomposing pectin. Strain without squeezing through 4 thicknesses cheesecloth wrung dry from hot water. Make a second extraction from pulp as described under General Directions for Jelly Making (p. 376). Mix two extracts. Boil rapidly in a shallow pan until reduced to 1 pint. This gives a strong pectin. Pour into hot, sterilized jars. Seal. Shake before using. Use in jellies where apple flavor and color are not unpleasant. 1 pint.

CITRUS PECTIN (ORANGE, LEMON, OR GRAPEFRUIT)

1 pound fresh, white peel
2 quarts water

3 tablespoons tartaric or
citric acid or
3 tablespoons lemon juice

Choose thick-skinned citrus fruits, oranges or lemons are best. Wash. Remove outer rind to prevent undesirable flavor. Next remove white peel. No pulp should cling to it. Grind white portion coarsely. Dissolve acid in water. It increases amount of pectin extracted. Add acidulated water to ground peel. Let stand 1-2 hours. Measure depth of liquid in pan. Then boil rapidly stirring constantly until reduced to slightly less than half its original volume. Strain as directed in Apple Pectin. Make a second and third extraction in same way using same proportions of acid and water. Omit soaking. Mix extractions together, making a thick, syrupy liquid containing a pale sediment. Can as for Apple Pectin. 2½ pints.

FRUIT JELLIES

As a rule, make according to General Directions for Jelly Making (p. 376). Special directions are given below for some less common jellies.

CRANBERRY JELLY

4 cups cranberries
2 cups boiling water

2 cups sugar

Pick over and wash cranberries. Add water. Boil until soft. Run through sieve. Add sugar. Boil until it gives a "sheet test," about 2-5 minutes.

GRAPE JELLY

Make according to General Directions for Jelly Making (p. 376). Grape jelly has a tendency to form cream of tartar

crystals upon standing. This may be prevented by allowing juice to stand over night or longer in a cool place, then decanting or straining. It may also be prevented by adding $\frac{1}{4}$ - $\frac{1}{2}$ as much tart apple juice as grape juice. This does not change flavor noticeably.

MINT JELLY

Part I

1 cup chopped mint
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup water

Part II

2 cups apple juice
 $1\frac{1}{2}$ cups sugar
 Green vegetable coloring
 1-2 tablespoons mint extract

Part I.—Mix mint, sugar, and water. Let stand over night. Heat slowly to boiling. Strain. Use as "mint extract."

Part II.—Make Apple Jelly or apple juice and sugar, following General Directions for Jelly Making (p. 376). When cooked, add coloring and mint extract to taste. Mold. $1\frac{1}{2}$ cups.

QUINCE JELLY

Quinces need long cooking to soften them and improve their color. Addition of acid helps the flavor. An equal amount of juice from tart apples or $\frac{1}{2}$ cup lemon juice to 1 quart quince juice may be used. Complete according to General Directions for Jelly Making (p. 376).

JAPANESE QUINCE JELLY

Make as for Quince Jelly omitting acid as the Japanese quince is very tart. Combine with apple juice to prevent syneresis or "weeping." Allow 1 part apple juice to 2 parts quince juice.

DRYING

Drying is preservation of food by extraction of water. Dried products are variously designated as "dried," "sun-dried," "evaporated," or "dehydrated." The term "dried" may be applied to any method of drying; "sun-dried" implies use of the natural heat of the sun; "evaporated" refers to drying by means of artificial heat circulated naturally; and "dehydrated" indicates use of artificial heat circulated by mechanical means.

When food is sufficiently dry, microorganisms will not grow in it and, if properly protected from contamination, it will keep for some time. Almost any fruit or vegetable can be dried, but some are more appetizing when so treated than others. Of the fruits, apples, peaches, apricots, berries, and cherries are among the best. Sweet corn is a particularly satisfactory vegetable to dry. Green peas and beans, spinach, string beans, and similar vegetables do not give uniformly good results and are apt to deteriorate upon standing. Mature root vegetables and cabbage are better stored fresh.

PREPARATION OF FRUITS AND VEGETABLES FOR DRYING

Fruits.—Select firm, ripe fruits. Wash well. Prepare according to kind of fruit; e. g., pare, core, and slice apples; pare, halve, and core pears; pit cherries, look over berries. Dip large fruits, as peaches, plums, and apricots, that are to be dried with the skins on in a lye solution (1 tablespoon lye to 1 quart water) until skins crack. Then wash several times in cold water to remove all traces of lye. Cut into halves and remove seeds. When so treated, skins are more tender. Place prepared fruit on trays to dry, cut side up, and in single layers. If metal trays are used, protect fruit from direct contact with metal by covering trays with cheesecloth before putting fruit on them.

Vegetables.—Choose young, fresh, and tender vegetables. Wash and clean thoroughly. Boil or steam until practically tender to improve texture. Steaming is preferable to boiling as a means of blanching, as less nutriment is lost. After blanching, peel or scrape vegetable if it requires such treatment. Skins may be removed before cooking but more flavor will be lost, particularly if vegetables are boiled. After peeling, cut into shreds, slices, or quarters as desired. Large pieces are more difficult to dry but retain flavor better in subsequent soaking and cooking processes. Place prepared vegetables in single layers on trays or platters to dry.

HOME METHODS OF DRYING

Drying is done in the home either by natural heat of the sun, by artificial heat, by blasts of air, or by a combination of these methods. Natural heat is slower and less dependable in

most climates. No matter how food is dried it usually needs occasional turning and must always be protected from dirt and insects. These last are great problems in outdoor drying.

Sun drying.—Set prepared food in the hot sun. Protect from dust by covering with cheesecloth. Put under cover in wet weather and at night. Continue until sufficiently dry, turning as needed.

Oven drying.—Set prepared food in very slow oven—not over 140°-150° F. or 60°-65° C. It is generally wiser to start with temperature around 110° F. or 43° C. as this prevents too rapid drying of surface. Ventilate by leaving door ajar. Continue until sufficiently dry turning as needed.

Hot water drying.—Special driers are generally used consisting of a shallow, covered pan large enough to fit top of stove. Place water in pan and heat to desired temperature. Place prepared food in a thin layer on cover. Turn food occasionally while drying.

Air drying.—Place prepared food where strong drafts of air will blow over it. Natural breezes are seldom sufficiently steady to be satisfactory for this purpose. Electric fans may be used with fair success.

TESTS FOR DRYNESS

Foods, properly dried, are pliable and leathery rather than hard and crisp. They should not snap and crackle when handled. It should be impossible to press any water out of ends of freshly cut pieces.

CARE AFTER DRYING

Remove food from drier. Put in box or similar container 3-4 days to distribute moisture evenly. This process is called "conditioning." Stir thoroughly once each day during this period. If, after conditioning, product seems moist it should be returned to drier. During conditioning, food should be protected from insects.

Store finished product in any tight container. Glass jars, tin cans, pasteboard boxes, paper bags, and paraffined paper cartons are all good. Keep in warm, dry, well-ventilated place away from insects and rodents.

Materials dried slowly are apt to be infected during process

by eggs of moths and other insects. To prevent these from developing, it is wise to heat such food in a thin layer to a temperature of 180° F. or 82° C. just before packing.

PREPARATION FOR COOKING (p. 82)

Wash dried foods well. If desired, soak for several hours in cold water to cover. Soaking may be omitted but it shortens cooking period. Cook in water in which soaked. Use as desired.

DRIED APRICOT CONSERVE

1 pound dried apricots	1 orange, ground
1 No. 2 can crushed pine- apple (2¼ cups)	Sugar—¾ cup to 1 cup mixture
1 lemon, seeded, ground	

Wash apricots. Soak over night in water to cover. Cook; strain; reserve juice. Run apricots through coarse sieve. Add juice, pineapple, sugar, lemon, and orange. Simmer until thick—about 15 minutes. Pour into hot, sterile jars. Seal. 3 pints.

CLEANSING AGENTS

HARD LAUNDRY SOAP

1 can lye (13 ounces)
3 pints cold water

5½ pounds clean fat, free
from salt, melted and
cooled to 120° F. or 49° C.

Add lye gradually to water, mixing in stone jar or other utensil that lye cannot corrode. Cool to 80° F. or 27° C. Add lye solution slowly to fat stirring until combined and thick as honey. It will require 3 minutes or longer according to fat used and the weather. If stirred too long, mixture will separate. Pour into molds made of wood or pasteboard boxes lined with brown paper. Let stand in warm place 24-48 hours or until firm. Remove from molds. Cut into cakes with string or wire. 9 pounds soap; 15 pieces, 3" x 2½" x 2".

JAVELLE WATER

(For removing stains and bleaching)

1 pound sal soda dis-
solved in
1 quart water

¼ pound chloride of lime
(calcium hypochlorite)
dissolved in
1 pint cold water

Cool sal soda mixture. Add dissolved chloride of lime. Let stand several hours to settle. Pour off clear liquid or filter through cloth. Bottle. Keep in dark, cool place.

To use on fabric.—Only white cotton or linen fabrics should be treated as Javelle Water is destructive to color and animal fibers. Mix Javelle Water with equal parts or more of water. Soak material to be treated in mixture for a very short time. Rinse well in several waters adding a little oxalic acid to one of them to neutralize alkali of Javelle Water. If necessary, repeat procedure.

To use on wood.—Place Javelle Water on wood, wetting it evenly. Allow to stand as needed to bleach. Then wash carefully and wipe dry.

CLEANING SILVER BY ELECTROLYSIS

1 teaspoon salt
1 teaspoon soda
1 quart water

Large, old aluminum pan
or granite pan and sheet
of aluminum

Mix ingredients. Put in pan. Lay pieces of silver to be cleaned separately on bottom of pan. Each piece should be covered with liquid and in contact with aluminum pan or sheet. Boil gently until tarnish is removed. Lift from pan, wash, rinse, wipe dry, and polish with a soft cloth.

Additional Recipes

EASY FRUIT CAKE

$\frac{1}{4}$ cup fat	$\frac{1}{4}$ teaspoon salt
1 cup brown sugar	$\frac{1}{4}$ teaspoon cinnamon
1 egg, unbeaten	$\frac{1}{4}$ teaspoon cloves
1 cup moist mincemeat	$\frac{1}{2}$ cup milk
2 cups flour	$\frac{1}{2}$ cup chopped nuts
3 teaspoons baking powder*	$\frac{1}{2}$ cup chopped candied fruit

Mix as for Butter Cake (p. 257) adding mincemeat after egg. Fold in fruit and nuts last. Bake in paper-lined loaf pan in moderate oven (350° F.) $1\frac{1}{2}$ -2 hours. 1 loaf.

Herbs in Food Preparation

Judicious use of culinary herbs may lend a touch to any meal that takes it out of the ordinary. Skillfully used, herbs, and sometimes spices, are often the secret of distinctive flavoring. They lend variety to an otherwise monotonous diet and are particularly useful in low cost meals.

Appetizers, soups, sauces, gravies, stuffings, meat, fish, poultry, egg dishes, and vegetables lend themselves particularly to herb usage. However beverages and even fruits and desserts may be varied by some intriguing herb or combination of herbs.

Chives, parsley, thyme, marjoram, sage, savory, mint, chervil and dill are some of many savory herbs in common use. These grow readily in home gardens and often are perennial so, once established, will continue indefinitely. Many are ornamental as well as useful plants.

Use of herbs calls for imagination and a spirit of adventure. Experiment with some of the following combinations. Others will suggest themselves.

Green salads—coarsely chopped chives, marjoram, sweet basil, parsley.

Tomatoes, fish—chives, sweet basil.

Egg dishes—chives, chervil, marjoram, summer savory, thyme.

Creamed meats—chopped dill leaves, parsley, chives.

Broiled meat—chopped parsley, chives, dill leaves.

*Quick-acting baking powder; use $\frac{3}{4}$ as much slow-acting powder.

SCORE CARD FOR MEAL

Hostess Meal

Host Date

Critic Possible score—168

A. Selection of food

1. Balance

Different foodstuffs represented.....

2. Texture

Contrasting

3. Flavor

Contrasting

Palatable

4. Color

Colorful

Harmonizing

5. Adaptation

Foods in season

Foods suitable to meal

B. Preparation of food

1. Cooking

Suitable method

Neither over-cooked nor under-cooked

2. Seasoning

Pleasing

3. Organization

Work well planned

4. Economy

No waste of time

No waste of food

C. Service of food - Hostess

1. Punctual

Ready at time set

2. Appearance

Table neat and attractive

Food inviting

3. Quietness

No rattling of silver and dishes

4. Correctness

According to standards set

5. Skill

Quickly and easily done

D. Service of food - Host

1. Correctness

According to standards set

2. Skill

Quickly and easily done

E. Handling of silver in serving and eating

1. Hostess handles silver correctly

2. Host handles silver correctly

F. Atmosphere

1. Hostess pleasing and at ease

2. Host pleasing and at ease

G. Conversation

1. Hostess guides talk pleasingly

2. Host participates

Total score

Use key (put in number which corresponds to quality)

1. Very poor

2. Poor

3. Fair

4. Satisfactory

5. Good

6. Superior

THE ETIQUETTE AND SERVICE OF THE TABLE

"Etiquette" is the name given to the rules of society, and society is a game which all men play. If you play it well, you win. If you play it ill, you lose. The prize is a certain sort of happiness, without which no human being is ever satisfied."

GOOD MANNERS—WHY?

For every age and every condition, good manners provide helpful equipment. A knowledge of correct usage gives self possession and charm. True courtesy is exhibited in simple, natural, sincere manners. Conventional rules are not arbitrary but have grown little by little during hundreds of years. These rules will change but it does not follow that we may underrate or ignore them as their underlying principle is consideration for others.

On proper table service much of the comfort and cheerfulness of the family depends. Lavishness and perfection in the preparation of food never compensate for poor arrangements and poor service in the dining room. The best order and yet the greatest freedom should exist. Table manners and table service are an excellent test of the refinement of a family and of a people.

While there are a few definite rules which are followed in practically all homes, comfort and convenience often dictate changes in accepted rules, and the personality of the homemaker should be felt in all the appointments of her table, both in the intimacy of her family and on more formal occasions.

TABLE ETIQUETTE

Invitations, Acceptances, and Regrets.—Dinner invitations may be either formal or informal according to the occasion. A formal invitation is preferably expressed in the third person and may be either written, printed, or engraved; no punctuation is used. Titles are always omitted in social correspondence. A satisfactory model for such an invitation is:

Mr. and Mrs. John Smith
request the pleasure of
Miss Mary Gray's
company at dinner
on Wednesday the fourth of March
at seven o'clock
Twelve Hundred Fifth Avenue

A **formal invitation** calls for a formal acceptance or regret. Whether indicated in the invitation or not, a reply is always necessary. Frequently "R.s.v.p." appears at the lower left-hand corner of an invitation. These letters are the abbreviation of the French expression, "Repondez s'il vous plait"—that is "Answer if you please." Only the "R" should be capitalized. R.s.v.p. is used less than formerly as the present tendency is to expect that a reply will be sent out of courtesy or to substitute the English expression, "The favor of a reply is requested." The reply is written by hand on small folded note-size paper or on small sheets that fit into the envelope without folding. It should be sent within twenty-four hours after the invitation has been received and the wording is similar to the invitation.

The day and hour are repeated in an **acceptance** so that any mistake may be corrected. Unless the dinner is given at a hotel, restaurant, or club, the address need not be repeated. In case the invitation is from Mr. and Mrs. John Smith, the envelope containing the reply is addressed to Mrs. John Smith.

A formal regret need not repeat the hour. It may be stated thus:

Miss Mary Gray
regrets that she is unable to accept
Mr. and Mrs. Smith's
kind invitation to dinner
on Wednesday the fourth of March

An informal invitation is expressed in the second person and is always written—usually in two paragraphs. For example:

Dear Mrs. Smith:

Will you and Mr. Smith dine with us on
Wednesday, the fourth of March, at seven o'clock?

We hope to have the pleasure of seeing you.

Most sincerely,

Mary Gray

An informal acceptance may read:

Dear Miss Gray:

It will give us great pleasure to dine with
you on Wednesday, the fourth, at seven o'clock.

We thank you for your kind thought of us.

Always sincerely,

Jane Smith

An informal regret may take this form:

Dear Miss Gray:

We are so sorry that we shall be unable to
dine with you next Wednesday on the seventh be-
cause of a previous engagement.

With many regrets,

Cordially yours,

Jane Smith

A form of invitation often used when there are two or more hostesses is:

Miss Smith

Mrs. Jones

Mrs. Brown

Miss King

Dinner and Bridge

Country Club

Wednesday, the tenth of March

six-thirty o'clock

R.s.v.p.

The acceptance is addressed to the hostess at whose home the party is to be given. In case the entertainment is at a club or other public place, the acceptance is customarily addressed to all the hostesses in the order in which their names appear on the invitation. However, it is permissible for a guest to send her acceptance to the hostess she knows best.

Visiting card invitations may be issued for an informal dance, musicale, picnic, tea, or similar party. Abbreviations may be used. For example:

Tues., Apr. 9
Bridge at 8 o'clock

Mrs. John Smith

1400 Poynty Ave.

To meet
Miss Mary Gray

Mrs. John Smith

Tues., April 9
Dancing at 10 o'clock

Answers to visiting card invitations should be formally worded in the third person as though the invitation were engraved. Personal stationery is used. Occasionally, but less correctly, the visiting card may convey acceptances or regrets. For example:

Happy to accept!

Mrs. John Smith

Tues., April 9
Bridge at 8 o'clock

When the invitation does not call for an acceptance, as for a tea, the guest sends her card at the time specified in case

she cannot attend. It is not necessary to write "Regrets" on the card.

A still less formal method is to invite the guests verbally or by telephone. Such invitations may be accepted or rejected in the same way.

Only extreme illness or great calamity justifies breaking a dinner engagement.

Arrival of Guests.—Dinner guests should be prompt. They are expected to arrive from five to ten minutes before the dinner hour set in the invitation. This permits them to greet the host and hostess and one another. The hostess need not wait more than fifteen minutes for a belated guest. If one is prevented by circumstances beyond control from being on time, he should take his place at the table quietly, with a word of apology to the hostess. If the guest is a woman, both host and hostess rise to greet her but, if a man, the hostess remains seated. The guest should ask to begin with the course that is being served.

Entering the Dining Room.—At a formal dinner, guests enter the dining room in an orderly manner. The hostess carefully arranges her guests so that her party may be a success, using place cards to indicate the seating arrangement unless the company is small. The gentleman may give his right arm to the lady whom he is to escort to the dining room, but on less formal occasions he does not do so. At a large party, he may be given a small envelope containing a card bearing the name of the lady he is to take in to dinner. This is handed to him in the hall or left on a table in the dressing room. When dinner is announced, he escorts his partner to her place at the table. At the less formal dinner, when place cards are used, the host and the lady whom he accompanies usually lead the way, the other guests follow with whom they may have been conversing and the hostess and her partner bring up the rear. On less formal occasions, the hostess may find it more convenient to enter the dining room first in order to direct the seating of the guests.

Seating Arrangements.—It is extremely difficult to lay down arbitrary rules for the seating of guests, as the matter is governed largely by the number to be served and by the degree of formality of the meal. The guest of honor, if a lady, is usually seated at the right of the host; if a gentleman, at the right of the hostess. The lady next in rank is seated at the left of the host. At a ladies' luncheon, the guest of honor sits at the right of her hostess. At banquets and public dinners, a lady is seated at the right of her partner. The same rule may be followed when a man and a woman eat in a restaurant, although frequently small tables are provided, permitting them to sit opposite each other.

In planning a formal dinner, it is well to keep in mind that only a certain number can be seated at the table without bringing two ladies or two gentlemen side by side. Only four, six, ten, fourteen, eighteen, and successive numbers obtained by addition of four can be seated with ladies and gentlemen alternating and maintaining a host and hostess for head and foot of the table, respectively.

Frequently, the guests at large parties are seated at small tables. However, see that those grouped together are congenial. It is well to mingle the guests so that those who come together, for example, husband and wife or relatives, will not be seated side by side at the table.

If the hostess comes into the dining room last, she is seated for convenience near the door by which she enters. She often prefers to sit facing the pantry or kitchen door so that she may better direct the service of the table. When there is no waitress and the hostess must perform these duties, she naturally sits at the end of the table nearest the kitchen.

The guests should stand beside or back of their chairs until the hostess starts to take her seat. This is the signal for the guests to be seated. The gentlemen should seat the ladies before taking their own places. Sit down and rise from the left side of the chair. Do not rise at the end of the meal until the hostess sets the example.

General Deportment.—Before beginning conversation at the table, wait until after grace is said or until you see that it is not to be said. Carry on table conversation in a low, well-modulated voice. Make a special effort to include your neighbors at the table in conversation which will be of interest to all. Avoid loud talking or a tendency to monopolize the conversation as these are indications of bad manners. Also avoid arguments and unpleasant topics. If these are accidentally introduced, change the conversation to more pleasant topics as soon as possible.

Sit erect at the table. Do not slide down in the chair, rest the arms on the table, crowd, or inconvenience your neighbor. It may be permissible to put one or both elbows on the table between courses in public dining rooms, especially when it is necessary to lean across the table in order to be heard. The practice is not to be recommended for the home.

Glance at the hostess and adopt her method whenever in doubt as to what to do.

Express regrets to the hostess if unfortunate enough to have an accident at the table. The hostess should courteously accept the apologies offered and promptly turn the conversation.

Eat slowly and quietly, never talking with food in the mouth. Take small bites.

Take care to finish a course at about the same time as the others at the table.

Put salt on the side of a dish, preferably the bread-and-butter plate. Do not put salt on the table cloth.

Place used silver on the dish to which it belongs. Keep the table cloth as clean as possible. Do not lay used silver on the table cloth.

Break bread into small pieces as needed, spreading each as eaten. Do not cut it. Do not lay bread on the table cloth. Lay it on the bread-and-butter plate or, if this is not provided, on the dinner plate. Place butter, jelly, celery, olives, and similar foods on the bread-and-butter plate if this is used.

Wait until all at the table are served before beginning to eat unless the group is large. For a large group, it is correct

to start to eat when plates are served if the hostess so indicates.

Do not use bread to obtain the last bit of gravy or sauce, rather ask to be served a second time.

Do not tip a dish to obtain the last of the food. Occasionally, when nearly empty, a soup plate may be tipped slightly away from one.

Do not break bread or crackers into soup. Croutons are dropped directly into the soup; oyster crackers are placed on the bread-and-butter plate and a few at a time added to the soup.

Do not blow on food to cool it or pour a hot drink from the cup into the saucer for that purpose.

Pass foods, as a general rule, to the right. Offer the food with the left hand with the handle, if there is one, turned toward the person receiving it, taking care that the fingers do not come over the edge of the dish. It is received with the right or left hand as is most convenient. Pitchers are received and held in the right hand for serving. If there is any serving silver to be used, place it on the dish at a convenient angle before the latter is passed. Do not help yourself first unless the hostess suggests it. The passing is usually done at her suggestion.

Express some preference for a food when you are consulted. It may be a trivial matter to you but it will aid the one who serves.

Do not refuse a course even if you do not care for it. Receive it and eat whatever part of it you desire, trying to eat some. If necessary, leave it untouched but do not give the impression of being neglected. A little more attention to conversation on your part may prevent those about you from noticing that you do not eat a certain course.

Take the last helping of any dish which may be passed to you if you desire. It is quite proper, and to refrain looks as if you doubted the supply.

Do not hesitate to accept a second helping of a dish if it is offered at an informal meal unless it would appear to delay the service. At a formal meal, a second helping is never offered and one never asks for it.

Do not reach in front of a person to obtain a desired article, rather ask to have it passed.

Speak quietly to the waitress when she is near if it is necessary to ask for anything during the meal.

Do not leave the table without being excused.

Dip only the finger tips, one hand at a time, in using the finger bowl. Dry the finger tips gently with the napkin.

Do not touch the hair while at the table.

Do not use toothpicks at the table. They, like tooth brushes, are used only in the privacy of one's room.

Avoid the use of a handkerchief at the table. When it must be used, do so as quietly as possible.

Cultivate tidiness of personal appearance. It is never at a higher premium than at the dining table. Soiled hands, negligee dress, and disheveled hair are inexcusable.

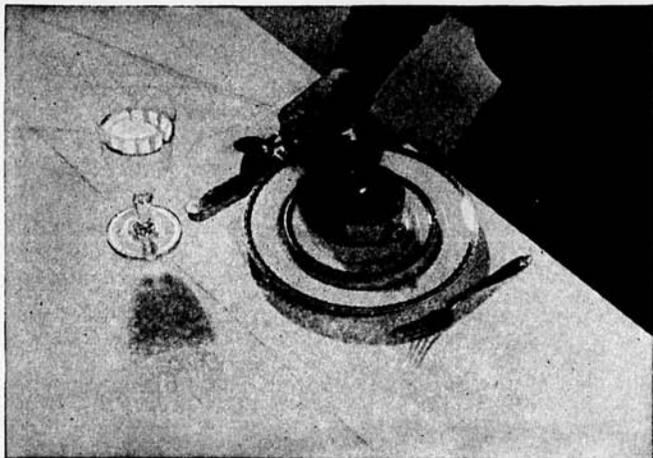
Do not criticise or ridicule local forms of etiquette. Elderly persons or people from different localities are likely to use customs different from the established ways of the day or the locality. Manners change several times even within a generation and older persons may be merely following the customs of their day.

The Use of the Napkin.—Spread the napkin, if large, half unfolded upon the knees with the open side toward you. This permits touching the lips with it without soiling the outside of the napkin. With the smaller sizes, it may be permissible to unfold completely. Leave napkin on the lap at the close of the meal until the hostess has disposed of hers.

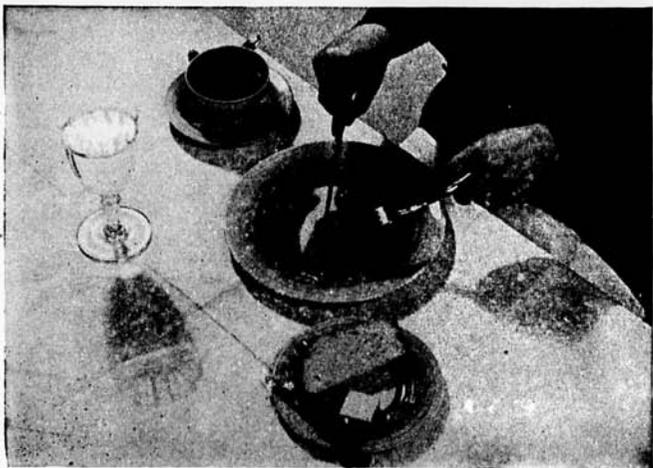
Touch the lips with the napkin before drinking from a glass and at other times as needed.

Do not fold napkin at the end of the meal but place it loosely at the left of the plate if you are a guest for but a single meal. If a guest for more than one meal, observe the hostess. Note what disposition she makes of her napkin and follow her example. Do not lift the napkin above the table while folding it.

Place the napkin loosely on the table at the left of the plate when called from the table, never place on the chair.



DIP THE SPOON AWAY FROM YOU WHEN EATING SOUP



HOW TO HOLD THE KNIFE AND FORK WHILE CUTTING

The Use of the Knife and Fork.—Hold the knife and the fork lightly, not allowing the fingers to extend on the blade of the knife or the tines of the fork.

Hold either the knife or the fork in the right hand when in use, except when cutting. Then the fork is held in the left hand. In the latter case, hold the fork with the tines down, otherwise always hold the tines up. These are American rules. The English carry the food to the mouth with the fork, tines down, in the left hand. Some Americans are adopting this fashion. Either may be considered correct.

Do not hold food on the fork while talking; having once picked the food up, eat it promptly.

Do not gesticulate with the knife or fork or hold them up-right on the table.

Lay the knife, the cutting edge toward the inside, and the fork, tines up, side by side when not in use across the upper side of the plate. They should present an orderly appearance. In case the plate is being passed for a second helping, this provides space to receive the food and minimizes the danger of slipping. Never prop the tips of knife or fork on the plate with the handles resting on the table cloth.

Cut only one or two bites at a time except in the case of children or invalids where the food must be cut for them.

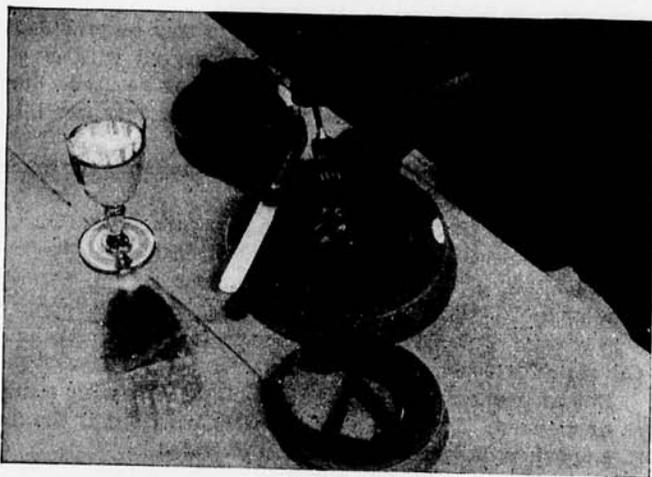
Cut salad with the fork, as a rule, using a piece of bread or cracker to assist if necessary. The use of a knife may be permitted when the fork is not sufficient. It is better to prepare the salad so this is unnecessary.

Use nothing but a small piece of bread or cracker in helping to put food upon the fork.

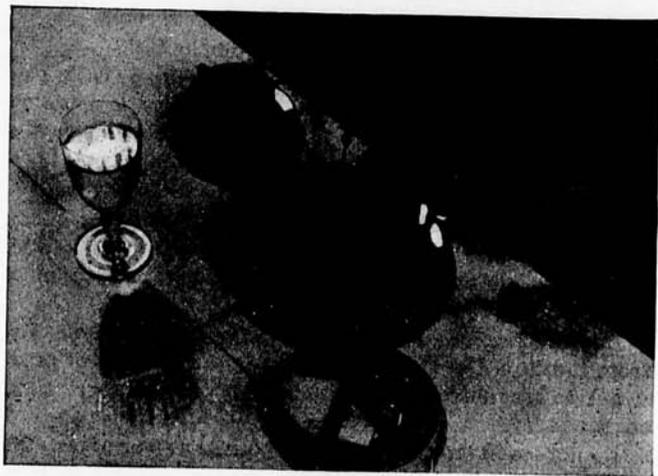
Use the fingers to convey fish bones, pieces of gristle, seeds, or other inedible substances from the mouth to the plate. Do this as unobtrusively as possible.

Use the fork to the exclusion of a knife or spoon when possible.

Use the fork alone for most "made dishes," vegetables, soft cheese, fruits, and puddings when not too soft. The harder varieties of cheese may be broken with the fork and placed on



HOW TO CARRY FOOD TO THE MOUTH WITH THE FORK,
AMERICAN STYLE



HOW TO CARRY FOOD TO THE MOUTH WITH THE FORK,
EUROPEAN STYLE

small pieces of bread or cracker. A knife may be provided for this purpose, especially where cheese is served with crackers at the end of a dinner. Butter spreaders may be used. Spread jelly, jam, and butter on bread with a knife, only one bite at a time.

Use a fork to eat jelly served as an accompaniment to meat. Do not mash foods with a fork.

Eat cake having soft frosting with a fork. Otherwise, eat it with the fingers. Cake should not be eaten with a spoon.

Use either a fork or a spoon with ice cream, according to the style of service, if special ice cream forks or spoons are not available. For brick ice cream the fork is preferable. A spoon is preferred for a frozen dessert served in a sherbet glass.

Eat an ice served with the dinner course with either a fork or a spoon. A fork is very properly used but if the ice is soft, a spoon is desirable and is often provided.

The Use of the Spoon.—Use a spoon only for food too soft to be conveniently handled with a fork.

Hold spoon firmly but gracefully when serving.

Do not fill spoon more than three-fourths full.

Dip the spoon away from you when serving or eating soup, and sip from the side of the spoon. An exception is made when the soup contains solids; then the spoon is dipped toward you and the food eaten from the end of the spoon.

Dip the spoon toward you when eating other foods.

Dip spoon toward you when serving most solid foods.

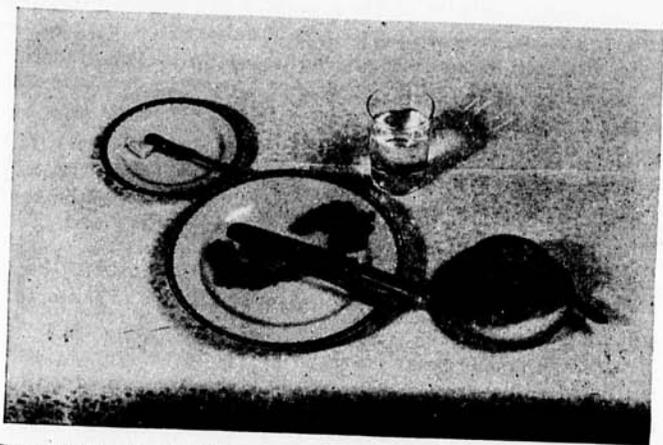
Dip spoon straight down when serving scalloped and similar dishes so all the layers of food may be included in each serving.

Do not sip tea or any other beverage from a spoon. Drink it from the cup. Use the spoon only for the purpose of stirring and not to test flavor and temperature. Avoid stirring more than necessary.

Do not leave the spoon standing in the cup or glass. When not in use, rest the spoon on the saucer or dessert plate that is provided for this purpose. When a dish is sufficiently large



BREAK BREAD INTO SMALL PIECES BEFORE SPREADING



POSITION OF SILVER WHEN MAIN COURSE IS FINISHED

to support the spoon without danger of accident, it may be left in the dish.

Place used iced tea spoons on the coaster if space permits; otherwise, place on the plate.

Foods Eaten from the Fingers.—Eat crackers, olives, pickles, potato chips, lattice and shoe string potatoes, crisp bacon, some canapés, most sandwiches, raw vegetables served as a relish, corn on the cob, most raw fruits, salted nuts, crystallized fruits, and bonbons from the fingers. Serve apples, pears, and peaches with a knife. Quarter, peel if desired, and cut into fairly small pieces. These pieces are then eaten from the fingers. Eat fresh cherries, plums, and grapes, one by one, removing the stones or seeds with the fingers and laying them on the plate. Unhulled strawberries are held by the stems while eating.

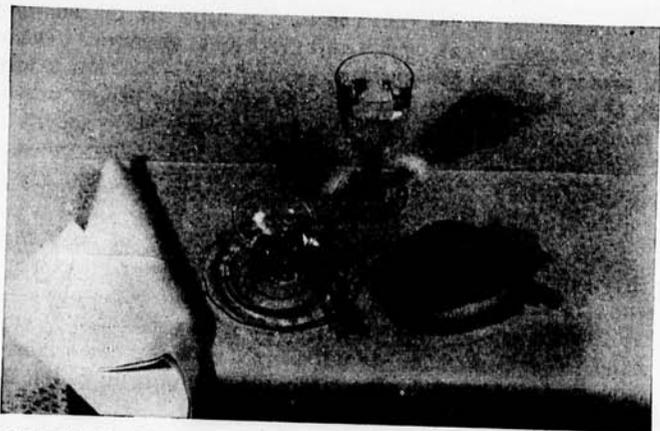
When handles are not provided, eat corn on the cob from one hand. The ears should be served as halves or thirds for convenience in eating. Corn on the cob is never served at a formal dinner.

Eat asparagus with either a fork or the fingers. In public places or at company dinners, it is usually eaten with a fork as it is difficult to manipulate the drooping stalks gracefully with the fingers.

Eat artichokes by breaking the leaves from the stem one at a time with the fingers. The fleshy edible end is then dipped into the sauce and the soft flesh scraped off between the teeth or bitten off if sufficiently tender. Eat the heart or "bottom" with a fork.

Suggestions for the Host.—Share with the hostess the responsibility for successful table conversation and entertainment of the guests.

Carve sufficient meat to serve everyone before beginning to fill plates. Planked steak and similar meats are exceptions to this rule. They are so surrounded with vegetables that it is necessary to remove some of those nearest the carver before he can get to the meat to cut it.



POSITION OF SILVER WHEN DESSERT COURSE IS FINISHED

Serve the plates with the meat and vegetables if the service demands it.

Do not, as a rule, lift the plate when serving. The platter and vegetable dishes should be placed close enough to the plates that food can be transferred without danger of spilling. The host may move the dishes as necessary for convenience and safety in serving. If this is not possible, then common sense suggests that the plate be lifted to prevent a catastrophe.

Apportion the food so that all may be equally well served.

Allow moderate-sized servings. Arrange the food on the plate neatly and attractively. Place the meat on the lower left side of the plate, one vegetable on the upper left, and the other on the right. Avoid filling the plate too full.

Serve some of the garnish with the food.

Either ask guests to express a preference for light or dark meat when serving fowl or serve some of both.

Serve the guests in the order desired by the hostess. Some prefer to serve the hostess first, next those on her right, then those on her left, finishing with the host. Such a practice per-

mits the hostess to see that the food is properly served. This pays no regard to rank or age and gives an easy service. Others will prefer to serve the guest of honor first. If there is a waitress, she lifts the plate and places it before the proper person. If there is no waitress, the host passes each plate specifying for whom it is intended.

When through serving, place all serving silver neatly on the dish to which it belongs.

Offer hostess and guests a second helping of such foods as they seem to need, first carving a few pieces of meat if it is served. Use some such phrase as, "May I help you——?" "May I serve you——?" or "Let me give you——," when offering to serve anyone. Avoid "May I give you some more?"

The hostess should accept a second helping in order that her guests may feel free to do so.

Suggestions for the Hostess.—Cultivate composure. Do not appear worried or hurried.

Plan a meal that will not require too much supervision at the time the guests are arriving. They should not be allowed to feel that they have made extra work.

Instruct the host in advance with regard to any special details.

Seat the guests unless place cards are used.

Assume the responsibility for the table conversation. Give each guest a chance to talk.

Accept any apology from a guest graciously and change the conversation to avoid undue embarrassment.

Make no apologies or excuses for food or service. It merely calls attention to that which you wish to avoid.

Take the initiative in everything. It puts the guests at ease since they know they are then doing the proper thing.

Serve the soup, salad, dessert, and beverage if it is desired to have these served at the table.

Departure of Guests.—Do not rush away immediately after dinner. A guest should stay for at least twenty minutes or

longer if it seems best. Upon withdrawing, take leave of the host and hostess and express appreciation of their hospitality. It is not necessary to take formal leave of other guests, a general farewell being sufficient. When there is a guest of honor, it is generally expected that he will be the first to leave but this custom need not always be observed.

Dinner Calls.—It is customary to call upon the hostess within two weeks after a formal dinner. The married man may send his card by his wife. If one is leaving town, a note may be written instead. However, friends may ignore this custom, many preferring to send flowers or an invitation to some future entertainment.

ARRANGEMENT OF THE TABLE

Table Care and Coverings

Table.—Dust the table before the cloth is laid. Round tables will seat an odd number of guests to better advantage than square or oblong ones.

Silence Cloth or Pad.—When a damask cloth is chosen, use the silence cloth or pad. This serves to prevent noise, protect the table, and improve the appearance of the table cloth.

The silence cloth may be of felt or of quilted or double faced cotton material made for this purpose. It should have a drop of about three inches. Fit it over the table tightly. The corners may be folded if the table is square and pinned or tied tightly beneath the table. The pads are usually made of asbestos to fit the top of the table.

Table Cloth.—Lay the table cloth, unfolding it carefully on the table to avoid creases. Place the cloth upon the table so that the center, lengthwise fold comes exactly in the middle of the table and the four corners are an equal distance from the floor. The cloth should extend over the table top at least a quarter of a yard at each end.

Table cloths should be ironed with as few folds as possible. An ideal way to iron a table cloth is to make one lengthwise fold down the center. Then open the table cloth and bring each side to the center fold. This makes three lengthwise creases, which are pressed, all going the same way. The table cloth may then be lightly rolled over a cardboard tube.

A simpler method is to make the center lengthwise fold as described above and then to fold lengthwise again bringing both edges to the center. The cloth may then be rolled or folded crosswise according to the facilities for storage.

Take care to refold the cloth in the same creases when clearing the table after meals, so it may be kept as fresh as possible. The table cannot be attractive unless the linen is immaculate.

Carving Cloth.—Place the carving cloth, if used, on the table cloth, about ten inches from the edge of the table and directly in front of the host. It serves as a protection to the table cloth during carving.

Table Covers, Runners, Centerpieces, and Doilies.—Lace covers and embroidered linen cloths are often used for formal luncheons or dinners. They should be placed on the bare, polished table without silence cloth or pad. White or colored table runners or a centerpiece and place doilies or mats are suitable for use for breakfasts, luncheons, suppers, or informal dinners. The popularity of these customs is due not only to the saving of laundry which results, but also to the attractive appearance they lend to the table. No articles should be placed directly upon the bare table. The newer, long doilies are sufficiently large that a single one will provide protection for the entire cover.

Table Protection.—Protect the table from hot dishes by the use of some such device as mats of felt or of asbestos. These may be decorative in themselves or fitted with linen covers. This protection is not necessary if the table finish is such that it is not injured by heat.

Decorations

Make a special effort to have some attractive decoration for the center of the table. This varies in elaborateness with the formality of the meal. It should never be so high that it will obstruct the view across the table. Low decorations are, as a rule, preferable.

Cut flowers, a potted plant, choice fresh fruits, vegetables, and/or nuts, colored leaves, candlesticks, candelabra, or attractive ornaments of silver, china, or glass are suitable types to use. Crepe paper decorations are appropriate only for Fourth of July, Hallowe'en, and similar occasions.

Avoid ribbon bows and similar decorations as they are out of place on a table.

The decorations should harmonize in color with the appointments of the table and room. Arrange flowers loosely with stems of varying lengths so as to retain the beauty of the individual flower. Use vases that are simple in form and of suitable size and color. Those of silver, glass, pewter, or pottery are generally best.

Place a center decoration exactly in the center of the table. The present tendency when a table cloth is used is to omit the linen centerpiece under the decoration. If used, however, the centerpiece should be arranged exactly in the center of the table with the threads of linen running in the same direction as the threads of the table cloth.

Candles.—The use of candles on the table at meal time during the day is permissible only when the lighting is inadequate or the day is dark. When used they should be the sole source of light. Do not mix candle and daylight or candle and electric light. At formal dinners, receptions, and afternoon teas, when the room is darkened, candles often form part of the decorations. They should always be placed symmetrically upon the table. Tall ones in low holders are popular at present. They should be high enough that the flame is above the level of the eyes of the guests. If the candles are thoroughly chilled in the ice box for several days before they are to be used, there will be little dripping and they will burn longer. White or ivory candles are most favored for formal occasions. Candle light is no longer regarded as suitable for luncheon service.

Candle light for home dinners imparts an atmosphere of leisure and hominess that is to be encouraged.

Cards

Place Cards.—Use place cards at formal meals for convenience in seating the guests. They are not necessary for a group of less than six. They are usually placed upon the napkin or above the cover. As a rule, these cards are in better taste when plain, small, and white, each bearing only the written or printed name of the guest for whom it is intended. Upon

social occasions, it is customary to drop any titles, using the simple prefix Mr., Mrs., or Miss attached to the last name, as "Mr. Jones." Occasionally, place cards are larger and more or less decorated. These more elaborate cards are generally placed above the cover and serve as part of the decoration being used only for special occasions, as Thanksgiving and Christmas.

Menu Cards.—Use menu cards only at public dinners. They are placed upon the napkin. The program for after-dinner speeches is often combined with the menu in attractively bound booklets which serve also as place cards.

Placing the Chairs

Place the chairs so that the front edge of each touches or is just below the edge of the table cloth. The chair should be so placed with relation to the table that it need not be moved when the guest is seated.

Laying the Cover

The plate, silver, glasses, and napkin to be used by each person are called a **cover**. Consider twenty inches of table space as the smallest permissible allowance for each cover. Twenty-five or thirty inches is better.

Arrange covers as symmetrically as possible.

Place all silver and dishes required for one cover as close together as possible without crowding, as the appearance of the table is much improved if the covers are compactly laid.

Silver.—Place the silver about one inch from and at right angles to the edge of the table. If the table is round, only the outside pieces can be thus arranged. Place knives, forks, and spoons in the order of their use, those first used on the outside with the exception of the dinner knife and fork which are placed immediately to the right and left of the plate, thus marking its position. Some prefer to place the salad or dessert

fork next to the plate as the menu dictates. This arrangement is becoming increasingly popular.

Place the knives at the right of the plate with the cutting edge turned inward. If the menu requires no knife, omit it from the table.

Substitute the fork for the knife where no knife is needed, placing it on the right side of the plate with the spoon beside it if one is used. If more than one spoon is needed, the balance is better if the fork is placed to the left of the plate. With two forks and a spoon, it also is probably better to place the forks in the usual position.

Place the spoons, bowls up, at the right of the knives.

Place the forks, tines up, at the left of the plate. The oyster and cocktail forks are exceptions to this rule. Place these at the extreme right of the cover beyond the spoons.

Lay the butter spreader across the top of the bread-and-butter plate, with the cutting edge toward the center of the plate. It may be placed straight across or on the right side of the plate parallel with the other silver of the cover. The butter spreader is sometimes placed with the other knives at the right of the plate beyond the spoons. This practice is followed chiefly in public eating places.

Do not place the dessert silver on the table when the cover is laid except when the meal is served without a maid or the amount of silver required for the entire meal is small. Never lay covers with more than three forks or a total of six pieces of silver. If a dinner is sufficiently elaborate to require too much silver to be put on at one time, place that needed for the later courses at the covers just before the course is served, or bring it in on the plate. If it is necessary to wash silver for use in the later courses, see that it is chilled before returning it to the table. Bring in the extra silver needed during the meal on a serving tray unless it is brought in with the course.

Place the serving silver, as a rule, on the table immediately before bringing in the dish to be served. An alternative is to bring it in with the dish of food. At an informal meal, serving

silver for the first course may be placed on the table when it is laid. With the family meal, all serving silver is frequently placed when the table is laid.

Service Plate.—Use a service plate only with a formal service. The service plate is supposedly very beautiful and is usually about ten inches in diameter. Place the service plate at each cover when the table is laid. It should be one inch from the edge of the table in line with the silver. Place the plates containing the early courses of the meal, such as fruit, oysters, or soup, on the service plate. Never place food directly upon it. Do not remove the service plate until it is exchanged for the heated plate upon which the first hot course after the soup is served. This custom of the use of the service plate has arisen because upon formal occasions, it is considered good form never to leave the guest without a plate before him until the table is cleared for dessert.

Place napkin on the service plate, if used. When it is necessary to place food for the first course before the guests are seated, place napkin at left of forks in line with the silver and with the open edges parallel with and next to the silver and the edge of the table. It should be so placed that it brings the embroidered initial or monogram, if there is one, into a legible position.

Napkins are folded in various ways. It has been the practice to fold dinner napkins into squares. This may be done by folding the napkin exactly in halves, then fold again in halves lengthwise. Next fold into halves crosswise and bring each end separately back to the center fold. Napkins may be folded into a rectangular shape. In this case, place with plain surface uppermost having the long dimension parallel with the silver. Fantastic arrangements of the napkin are never in good taste. Formerly, in formal service, a roll, bread-stick, or a piece of bread two or three inches long and one and one-half inches thick, was frequently slipped between the folds of the napkin but left in sight. This custom is no longer followed.

Glass.—Place the glass at the tip of the knife or slightly

to the right. Goblets or footed tumblers are often preferred for luncheon or dinner and should be used at a formal dinner.

Seldom are more than three glasses placed at a cover. When several are to be used, the goblet or glass for water retains its usual place; the other glasses are placed either in a slanted row to the right of the goblet or glass or grouped, two in a straight line and one beyond and between, thus: 

When only two glasses are used, it is preferable to place them in a horizontal line.

Salad.—Place at left of plate and napkin in line with the rest of the cover when served with the meat course. When no beverage is served at the same time, it may be placed at the right of the plate.

Bread-and-Butter Plate.—Place the bread-and-butter plate at the tip of the fork or slightly to the left. At formal dinners, bread-and-butter plates are usually omitted since butter is not served. Some hostesses, however, prefer to have them placed on the table as a convenient receptacle for bread, olives, celery, nuts, jelly, and similar foods.

Salt and Pepper.—Place individual salt and pepper dishes directly in front of each cover. They should be parallel with the edge of the table and in line with the glasses. Salt shakers are placed to the right. If individual salt and pepper sets are not available, allow, if possible, one set between each two covers. This provides salt and pepper for each guest so there is no necessity for passing them.

Nut or Bonbon Dishes.—Place individual nut or bonbon dishes directly in front of the cover. They may be replenished from the side during the meal though this is seldom done. Larger dishes for nuts or bonbons are placed symmetrically upon the table, usually allowing one dish for each four or six persons.

Finger Bowls.—Fill the finger bowls one-third full of tepid water. A few flower petals or a small flower may be added.

Place on a doily on a plate preferably matching the bowl. The doily may be omitted if desired. Bring in after the last course and place directly in front of the guest. An alternative is to arrange the bowl with a doily on a small plate, place upon the dessert plate, and set it directly in front of the guest. He removes the finger bowl with its plate to the position in front of the cover when the second plate is designed to be used for dessert. Omit the finger bowl plate if desired, setting the finger bowl with its doily directly upon the dessert plate.

When finger bowls are needed for the first course, they are placed in front of the cover when the table is laid. Though less used than formerly, finger bowls are still a necessity after a fresh fruit course and desirable after a formal dinner.

THE SERVING TABLE

Place the serving table, which is designed to save steps, in a position convenient to the dining table and intermediate between it and the kitchen. Cover this table with a linen runner or cloth. The following articles may be kept on it: water pitcher on a plate (to catch drips), cold dishes and silver used after the first course, the coffee service if desired, an extra piece of each kind of flat silver for emergencies, a small tray fitted with a doily, the service napkin, a napkin and plate for removing crumbs, and the finger bowls. Always leave sufficient space on the serving table for the placing of dishes temporarily while changing a course. Arrange the serving table in an orderly, attractive manner.

DUTIES OF A WAITRESS

The waitress should give her individual attention to making the service of meals as prompt, orderly, and unobtrusive as possible. She should move quietly, and be observant, prompt, and deft in her service. Cleanliness of person and tidiness of

dress and hair are absolute essentials. The appearance of a waitress is greatly improved if she stands erect and steps lightly and quickly. Furthermore, she should be careful to observe the following rules:

Close doors without noise.

Handle silver and dishes quietly.

Carry dishes without allowing them to touch her dress.

Never allow the thumb to extend over the edge of the plates or other dishes when handling them.

Have suitable dishes and silver in readiness for the service of each course.

Serve cold food cold.

Serve hot food hot. Never serve supposedly hot food in a lukewarm condition.

Serve vegetables in covered dishes to prevent cooling. Potatoes are an exception to this rule as they become soggy if covered.

Serve such foods as toast and baked potatoes covered with a napkin or doily to keep them warm.

Arrange food in a dish of suitable size and shape so that it is well-balanced but not heaped or crowded.

See that the carving knife is sharpened before it is placed in position. It should never be sharpened at the table.

See that the dining room is properly ventilated and comfortable as to temperature.

It is now customary to put ice in the glasses before the water is poured. Fill the water glasses three-fourths full of cold water immediately before the meal is served. Avoid filling glasses to the brim.

Place the butter, if served with the first course, on the upper left-hand corner of the bread-and-butter plates after filling the glasses.

Be absolutely sure that everything is in readiness before announcing a meal.

Announce the meal thus, addressing the hostess, "Dinner (luncheon, etc.) is served."

Use the right hand for removing and the left hand for

placing when removing and placing a dish at the same time. In all other cases, place and remove everything from the left with the left hand except dishes which belong on the right side, such as water glasses and coffee cups. These are placed and removed from the right with the right hand. Thus, the hand furthest removed from the guest is always used and crowding is prevented. It is essential that the guest be unconscious of the waitress' nearness.

Offer food from which a guest serves himself from the left. This permits him to use his right hand. Present the food on the left hand on a squarely folded napkin called the "**service napkin.**" The latter lies on the palm of the hand and serves for protection from heat and prevents undue contact of the hand with the food. The napkin is used only under dishes containing food to be served. It is not used when removing plates or dishes containing food from the table. Use the right hand to steady the offered dish at the angle most convenient for the person served. Have the serving silver conveniently placed. Present the food at a height and distance convenient for the person served.

Refill glasses as needed. Do so without lifting them from the table. If the service is crowded, draw the glasses to the edge of the table for convenience in refilling. Move by placing the hand near the bottom, never over the top. Catch the drip with the service napkin.

Replenish bread or rolls and butter as needed.

Place serving utensils for use in the first course either when laying the table or when the course is served. Have those needed for the later courses in readiness upon the serving table. Provide a liberal supply of serving implements. It is often much easier to serve a dish from the table or to help one's self to a dish passed by a waitress, if an extra fork or spoon is at hand to separate the food and to steady it in transferring to the plate.

Use a small serving tray for placing, passing, or removing two or more small articles such as a cream pitcher and sugar bowl, salts and peppers, and extra pieces of flat silver. Place

a linen doily of suitable size and shape on the tray to keep articles from slipping. Do not use a tray to bring large dishes to the table or to remove them. This is done only in public service as in hotels.

Place, pass, or remove food in the order of its importance in the course.

Place any side dishes that may be used at the left of the plate. This includes salad, if served with the main course, though many prefer to serve the salad at the right of the plate unless a beverage is also served.

Clear the table for another course in the following order: serving silver, used plates and silver, then any unused china and silver provided for the course. Bread-and-butter plates may be left upon the table until after the salad course. At an informal meal where the salad is served on individual plates with the meat course, plates should be removed as follows: first course plate (left hand, left side), transfer to right hand; salad plate (left hand, left side), place on plate in right hand; bread-and-butter plate (left hand, left side), place on plates in right hand. Carry to side table or kitchen. Continue until all are removed.

Remove all relishes, salts and peppers, and bread-and-butter plates, if not previously removed, then brush the crumbs, if necessary, before placing the dessert. Use a small, folded napkin, and a plate or tray for crumbing the table. Crumb each cover from the left side with the left hand, using the open edges of the napkin. Crumb the table in the order in which the guests are served. Make this service as unobtrusive as possible.

See descriptions of service for special occasions for further details.

When two maids are employed, the waitress is usually expected to perform the following duties in addition to serving the meal:

- Take proper care of the dining room and pantry.
- Wash the table dishes.

Care for table linen, silver, glasses, china, cutlery, and brass.

Prepare butter (butter squares, balls or curls may be used), salads, sandwiches, fruit, relishes, and beverages.

STYLES OF SERVICE

Four styles of table service are generally recognized—Russian, English, Compromise, and Family.

Russian.—Russian service is used only for formal meals. It should not be carried out in its entirety unless there is a waitress for each six or eight covers. It has no place in the average home service but it is frequently used for company meals when special waitresses are employed. With the Russian or formal service, all food is served by the attendants from the kitchen. The host and hostess do no serving of any kind. When the guests are seated, as a rule, nothing appears upon the table except the decorations, a few dishes of bonbons, salted nuts, or similar foods, and the articles composing the individual covers. The empty plates for each course are placed and the waitresses pass all the food which is attractively arranged on suitable dishes, from which each person helps himself; or individual portions of food may be served on the plates before they are placed before the guests. The former is the better style of this service. These are sometimes designated respectively as the **platter service** and the **individual plate service**.

English.—With the English service all the food for one course is placed upon the table at one time and is served by the host, hostess, or some other member of the family. The hostess, as a rule, serves the soup, beverage, salad, and dessert; the host carves and serves the meat or fish. The vegetables may be served by either the host or hostess, or by others at the table as desired. Except relishes, bread, butter, and such articles as pertain alike to all courses up to the dessert, only one course appears at a time upon the table.

English service is a desirable home service as it expresses hospitality rather than formality. It permits those sitting at the head and the foot of the table to give their personal attention to the needs of those about them. It is dignified and attractive when well done. A waitress is usually present. She

brings in the food placing it before the person who is to serve it. She then places the served plates before the guests.

Compromise.—The Compromise service is a combination of the Russian and English styles. It is very widely used for informal luncheons and small dinners in the home with limited or no maid service.

The soup is usually placed by the waitress. The meat or fish and the vegetables are generally served by the host after the English style. One or both vegetables may be served by other members of the family or the waitress may pass the vegetables if that plan is preferred. The salad and dessert may be served by the hostess at the table. However, they are more frequently arranged on individual plates and served in Russian style. When no waitress is used, the family pass the plates.

Family.—In many homes, busy families are forced to reduce to a minimum the time spent in preparation and serving of food. An attractive style of table service involving a limited expenditure of time and energy is desirable for this group. Under these conditions, it is often necessary to place all of the food on the table before the family is seated. Dishes of food may be passed but often the food is served by different members of the family.

FORMAL DINNERS

A formal dinner formerly consisted of at least ten courses. The tendency at the present time is toward a smaller dinner with greater simplicity and perfection of detail. Often only four or five courses are served. The dinner should never exceed eight courses and more than this is now considered bad form. The order of the courses is:

1. Hors d'oeuvre or appetizer
2. Soup
3. Fish
4. Entrée
5. Roast and vegetables
6. Salad
7. Dessert
8. Coffee, alone, or with cheese service

The hors d'oeuvres or appetizers, may consist of oysters or clams on the half shell, fruit or oyster cocktail, canapé, or fruit. At the present time the hors d'oeuvre or appetizer course, consisting of an attractive tray of tiny sandwiches, canapés, and assorted relishes to be eaten with the fingers, is often served in the living room with tomato juice or other cocktail. With these, small six-inch napkins called "cocktail napkins" are passed.

It is sometimes simpler to arrange this service on a small table in the living room allowing the guests to serve themselves. The entrée may be a timbale, a creamed dish, or any of the dishes described as entrées in cook books. A game course may be used as an entrée. A frozen punch or ice now often accompanies the roast where formerly it was generally served as a separate course. The meat for the main course is usually roasted or baked but may be prepared in any of a variety of ways.

The courses for a formal dinner may, when advisable, be diminished by omitting either the appetizer or the soup as well

as the fish and entrée. The menu then becomes:

1. Appetizer or soup
2. Roast and vegetables
3. Salad
4. Dessert
5. Coffee

Such a meal is desirable when time or service is limited. Formal meals demand more help and kitchen space than other kinds, so should not be attempted unless these are available.

LAYING THE TABLE

Follow General Directions for Laying the Cover (p. 409). Put nothing on the table except the decorations, bonbons or nuts, and the articles which compose the individual covers.

Service

Style.—Follow the Russian style of service.

Order.—At present there is considerable difference of opinion concerning the order of service at a formal meal. It has been a time-honored custom to serve the hostess first. This enables her to see that each dish has been properly provided with serving silver and allows the guests to observe how any unusual dish should be served. In this case, serve the guest of honor, if a lady, next after the hostess, then those on the right of the honor guest in their order around the table until all are served. This makes the host the last one to be served which is the usual arrangement.

Some prefer to serve those on the right of the hostess first, then those on her left ending with the host. Occasionally, at small parties, all the ladies are served before any gentlemen, but this is apt to be awkward. If the party is large and there are numerous waitresses, one may begin with the lady on the right of the host and serve to the right, while another may start with the hostess and also serve to the right, ending with the host.

Others prefer to serve the guest of honor first throughout the meal. The other guests are then served to the right in the order of their seating. Sometimes the order of service is varied so that no one guest will be served last all the time.

For a practical method, serve the guest of honor first and continue to the right around the table.

Detailed Directions

Use a waitress for all the service. Have service plates at each cover. Leave them on the table until exchanged for the first hot plate. Thus the guest is never left without a plate in front of him except when the table is cleared and crumbed before the dessert course.

Bring in and remove plates one at a time.

Carry dishes containing food to which guests are to help themselves on a folded napkin on the left hand. Offer from the left side. This napkin, which is known as the **service napkin**, is not used when exchanging plates or removing dishes containing food. See also Duties of a Waitress (p. 413).

Have two waitresses serve in succession if the food is to be passed to the guests and the latter number more than six. One passes one hot dish and the other follows directly after with another. This prevents undesirable delays for food. When two waitresses are not available, use the modification of this service where the plates are filled in the kitchen. The food, arranged on the individual plates, is then placed instead of being passed by the waitresses. Such a service is more rapid but less desirable.

Appetizer.—Place the appetizer on the service plate after the guests are seated. (Occasionally, if cold, it may be placed before the guests enter the dining room.) Remove (right hand, left side) leaving the service plate. This frees the left hand for placing the next course if it is to follow immediately. Otherwise remove (left hand, left side).

If the first course is **fruit**, and finger bowls are also provided, remove the two dishes together, the plate with the right

hand and the finger bowl with the left hand, both from the left side.

Canapés.—Canapés may be eaten either with the fingers or a fork. However, if sticky or odorous, a fork is preferable and, if dry or hard, fingers may be necessary.

Soup.—Place plates containing soup on service plates (left hand, left side). Pass accompanying dishes (napkin, left hand, left side).

Fish.—Remove soup and service plates together (right hand, left side) and place warm plate for fish (left hand, left side).

Pass fish and accompanying dishes in turn (napkin, left hand, left side).

Entrée.—Remove fish plate (right hand, left side) and place plate with entrée upon it (left hand, left side).

Roast.—Remove entrée plate (right hand, left side) and place warm dinner plate (left hand, left side).

Pass meat, vegetables, rolls, jelly, or other accompaniments in turn (napkin, left hand, left side).

Place ice, if served, arranged in serving dish on doily on small plate (right hand, right side). Bring spoon, if used, in on plate (right side).

Rolls.—Rolls, rather than bread, are usually served at formal dinners. Butter is not served as such although soft rolls may be buttered before serving.

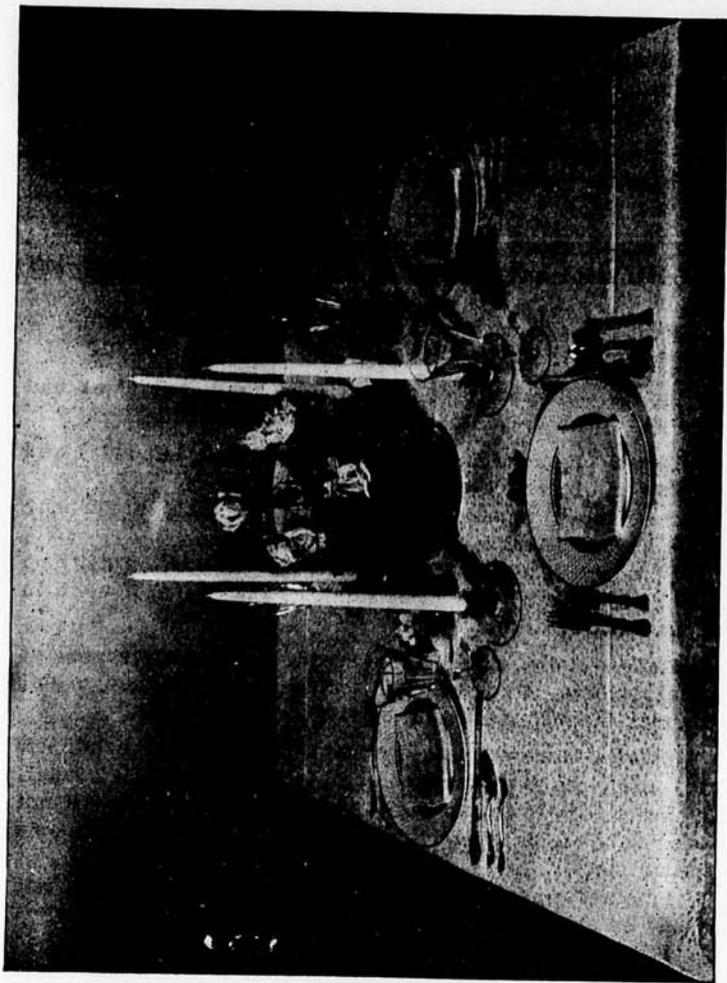
Salad.—Remove plate for meat course (right hand, left side) and place salad arranged on plate (left hand, left side).

Place fork for salad (tray, right hand, right side) if not placed on the table when laid, or brought in on right hand side of salad plate.

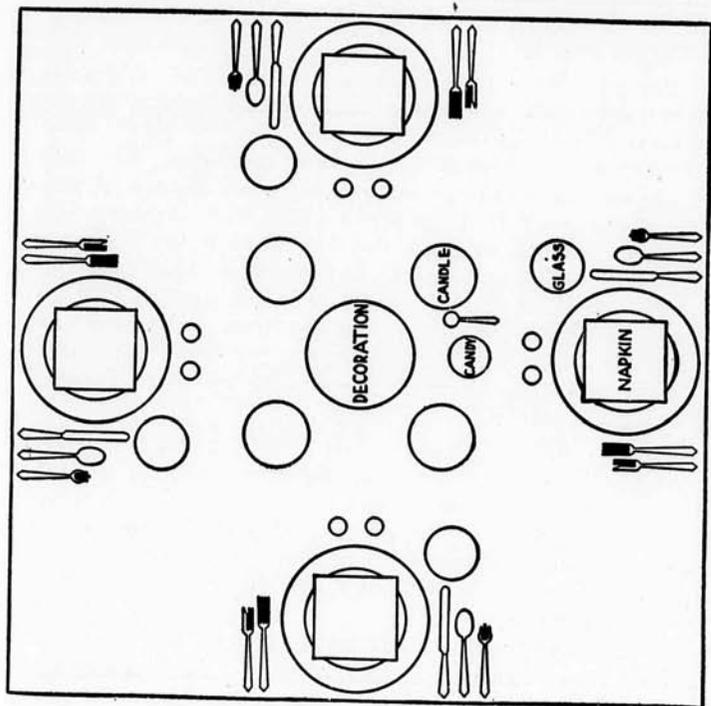
Pass accompaniments arranged on a suitable plate if not already on salad plate (napkin, left hand, left side).

Remove salad plate (left hand, left side).

Remove bread-and-butter plate, if used (left hand, left side).



FORMAL DINNER TABLE



FORMAL DINNER TABLE

Remove any unused silver (tray, right or left hand, right or left side, according to location).

Remove salts and peppers picking them up one at a time (tray, left hand).

Crumb the table using folded napkin and a small plate (left hand, left side). Do this unobtrusively and in the order in which the guests are served. It may be omitted when no crumbs are present.

Dessert.—Place silver for dessert (right hand, right side), unless it is brought in on right hand side of plate with the dessert or is already on the table.

Place dessert, arranged on a plate (left hand, left side). If the dessert chances to be a fresh fruit, place the dessert plate on which rests a fruit knife and a finger bowl arranged with a doily on a finger bowl plate. The bottom plate may be omitted if preferred. Each person then removes the finger bowl with its doily and plate, if there is a second one, and places them in front of the cover. Then pass the fruit which has been attractively arranged in a dish (napkin, left hand, left side).

Pass accompaniments if not already on plate (napkin, left hand, left side).

Coffee.—Remove dessert plate (right hand, left side), place after-dinner coffee cup (left hand, left side) directly in front of guest with handle of cup to the right and with after-dinner coffee spoon on saucer parallel with handle of cup. Place two lumps of sugar on the saucer if desired.

Pass sugar bowl with tongs if the sugar is not placed on saucer as suggested above (tray, left hand, left side). Cream is seldom offered as after-dinner coffee is generally black.

Pass bonbons (tray, left hand, left side). These are usually placed on the table as part of the decorations and may be passed instead by the hostess. They may also be placed at the individual covers. No passing is then necessary.

Remove coffee cup (right hand, right side) and place finger bowl set on a doily on a small plate, if not already on the table for a fruit dessert (left hand, left side). Leave the finger bowls on the table at the end of the meal.

After-dinner coffee may be served in the living room if desired, in which case pass the bonbons with the dessert. The hostess is seated at a coffee table or tea cart and pours the coffee just as she would in the dining room.

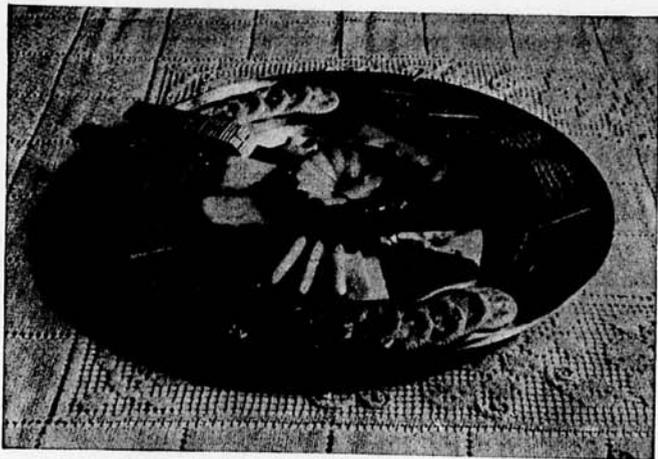
In another service, occasionally used, the waitress brings into the living room the filled cups on saucers on a tray, with spoons and sugar. The tray is passed and the guests serve themselves.

Cheese.—Crackers and cheese are often served with the coffee as the last course of a dinner. Fruits, either fresh or preserved, may accompany this course. Special varieties of cheese as Roquefort, Camembert, Edam, and Neufchâtel are used. It is always desirable to include at least one cheese of mild flavor when guests are present. Jam or jelly is a suitable accompaniment to a mild, soft cheese, as cottage or Neufchâtel.

Recently, wooden trays have come into favor for the cheese service although silver, glass, or china are all used. On these may be arranged, in attractive form, several different varieties of cheese cut into slices, cubes, or wedges, and accompanied by a cheese knife. In the center may be placed an Edam, Gouda or a pineapple cheese with the first slice removed. For this a cheese scoop or spoon must be provided for serving.

An assortment of crackers or wafers may be offered, as plain, crisp and simple unsweetened crackers, whole wheat wafers, and rye crisps. Small slices of buttered bread may be included. Crackers may be arranged in orderly fashion on the cheese tray or on a separate plate as desired.

When an individual cheese service is preferred, place pieces of cheese suitable for serving on a small plate. These should be accompanied by crackers and individual knife and a fork if desired. A butter spreader and/or a luncheon or salad fork may be used. Place (left hand, left side). As a further variation a whole cheese, as Edam, with the top slice removed may be placed on a folded napkin on a plate. The edge of the cheese may be cut in scallops or points if preferred. A cheese scoop is passed with this service by means of which the guest serves himself.



A CHEESE SERVICE

When any course is omitted at any time, omit the steps involved in its particular service, otherwise proceed as directed above.

FORMAL LUNCHEONS

The menu and service for formal luncheons resemble those for formal dinners so closely that it is unnecessary to give any detailed description. As a rule, the menu is simpler and is usually somewhat as follows:

1. Fruit, fruit or fish cocktail, or other suitable first course.
2. Soup—may be omitted or used as the first course.
3. Fish, poultry, or meat with vegetables.
4. Salad
5. Dessert
6. Coffee

The foods chosen for a luncheon are not as heavy and rich as those used in a dinner menu and special effort is made to have the food attractively arranged. A bare table with doilies is generally preferred. The napkins are small and may be folded in an oblong shape or left square as desired. The soup is served in bouillon cups, the meat is not in the form of a roast; steaks, fillets, chicken in patty shells, and similar dishes are commonly used instead. Black coffee is served, as a rule, in after-dinner coffee cups, either at the table or in the living room. If served at the table, the dessert plates may be exchanged for the finger bowl service and the coffee placed at the right of the plate. The guest removes the finger bowl with the doily and uses the plate for bonbons. The Russian style of service is followed throughout the meal and the order of service is the same as for the Formal Dinner.

INFORMAL DINNERS WITH A MAID

Informal dinners vary greatly in elaborateness of menu. From three to five courses are commonly served. A five-course menu usually consists of:

1. First course which may be soup, canapé, fruit, or cocktail. The salad, also, may be used for a first course.
2. Meat with vegetables
3. Salad, if not used as a first course.
4. Dessert
5. Coffee

A three-course menu includes the same foods but the salad is served with the meat course and the coffee is served either with the dessert or with both the meat course and dessert as preferred.

Service

Style.—Use either the English or Compromise style. The latter is generally preferred if there is a waitress. With several of the courses there is a choice as to whether they shall be

served upon the table (English style) or from the side (Russian style).

Order.—As a rule at a small dinner serve the lady guests in any order that courtesy suggests. A few hostesses insist that all guests should be served before the family; in other homes the custom of always serving the hostess first is followed. It is also proper to serve all the women guests, then the hostess (unless she is much older than her guests, when she takes precedence), then other ladies of the family in order of age. Gentlemen guests are then served in order of age or standing and finally the men members of the family. If children are present, serve them after the adults. Some prefer the simpler custom of serving in the order of seating. The host usually does the serving in this type of meal so it is convenient to fill his own plate last. Similarly the hostess will not serve herself ahead of others, or help herself first to any dish she wishes to pass unless it is offered to her by the one sitting next to her. The waitress should observe the accepted order in placing, passing, and removing the dishes.

General Directions

Follow the general directions for laying the table. See the Duties of a Waitress (p. 413). Use a service napkin as in formal service, or, if preferred, use it only for protecting the hand in bringing and passing dishes containing hot food.

Always serve soup in soup dishes. Do not use side dishes for vegetables at an informal dinner.

When the salad is served with the meat course there is a choice of position for it. Place (right hand) on the right side of the cover if the beverage is not being served at the same time. If the beverage is being served the salad must then be placed above the cup and saucer if kept on the right side. This is an awkward arrangement. For that reason many prefer to serve the salad at the left of the cover below the bread-and-butter plate, or, occasionally, in a crowded service, it is placed at the top of the cover.

Eat salad accompanying the meat course with a salad fork or with the dinner fork as desired. However, the present tendency is to omit the salad fork.

Choose less elaborate desserts for an informal dinner. These are often served in small dishes set on a doily on a dessert plate rather than directly on the plate, as is usual at formal dinners. The plate provides a place for cake or other accompaniment and the spoon when not in use.

Serve coffee, as a rule, in full-sized cups. It is generally poured at the table by the hostess. In that case, place the coffee service on a tray in front of the hostess or place the coffee pot on a tile at her right with the sugar and cream in front of her plate. Place the sugar to the right of the cream with tongs to the right of the sugar bowl. The cream and sugar are often placed when the table is laid. Group the cups, each in its own saucer, about the coffee pot. All handles should be turned in the same direction and toward the right. Do not pile cups if it can possibly be avoided. Rather put the extra ones on a tea cart at the left or right side of the hostess as is more convenient. The waitress may bring them as needed from a side table if preferred. If the spoons are not already at the covers, the hostess may place these across the top of the saucer, parallel with the handle of the cup. Both handles should extend in the same direction. The hostess should ask a guest his preference as to cream and sugar, which may be put in the cup before pouring the coffee. Some hostesses prefer to pass the cream and sugar after the cups of coffee are placed.

It should not be necessary to lift the cup for filling. If there is a waitress, she takes the coffee cups from the hostess and carries them to each plate placing them (right hand, right side) in line with the plates with the handles extending to the right.

Another style of coffee service is to bring in the filled cups on a tray. These are then placed (right hand, right side) following which the sugar and cream are passed (tray, left hand, left side).

Detailed Directions

Lay the table following General Directions (p. 409).

Fill water glasses three-fourths full. Refill as needed during the meal.

Place butter on the bread-and-butter plates before announcing the meal unless the room is very warm; in that case, pass it after the meat course is served (left hand, left side).

First Course.—Place first course, if cold, on the table. Announce the meal.

If the first course is soup or other hot dish, place after the guests are seated. Bring in two filled soup dishes on plates; place one on serving table (right hand) and place the other (left hand, left side).

Bring other soup service from serving table and place (left hand, left side).

Repeat until all are served.

Pass accompanying dishes (napkin, left hand, left side).

Remove soup dish and plate together (left hand, left side). Place on serving table. Return for another. Carry both out at same time.

Meat Course.—Bring serving silver on tray to the table from side table. It may be placed when the table is laid if no course precedes it.

Place the carving knife and then the spoon if used (right hand, right side) above the cover of the host, the knife closest to the serving dish with the sharp edge in and the spoon, bowl up, to the right of and in line with the knife.

Place carving fork, tines up (left hand, left side) in corresponding position on the other side.

Place other silver as needed for serving vegetables, sauces, and similar foods at the same time in the same way. When only one piece is provided it is generally placed at the right of the dish. Some prefer to place serving spoons and forks at the right of the silver at the host's plate. Provide two pieces of serving silver for foods that are apt to slide about on the dish.

Place heated dinner plates in front of the host (napkin, left hand, left side). Some support with the right hand may be needed.

Place main dish (napkin, left hand, left side) at top of cover of host. If served in a covered dish, remove cover, invert quickly over service napkin to catch any drip, and place, inverted, on the side table. Re-cover the dish when all are served.

Place potatoes or corresponding vegetables (napkin, right hand) on right side of host in a position convenient for him to serve.

Place second vegetable, or sauce, if desired (napkin, left hand) in similar position on left of host. Many prefer to have the waitress pass this dish after the plates are served. This avoids crowding.

Stand at left of host. Take served plate from pile in front of host (left hand) and place before the person to be served (napkin, left hand, left side). Continue until all are placed following the chosen order of service.

Pass gravy or sauce with ladle in dish (napkin, left hand, left side) if not served by host.

Pass second vegetable with serving silver in dish (napkin, left hand, left side) if not served by host.

Pass bread or rolls (left hand, left side).

Pass each of the foods offered in the chosen order of service. Observe this same order for placing and removing all courses.

Bring in coffee service, if to be served with this course. Place at right of hostess (right hand, right side). Stand at left of hostess, receive each cup as filled and place in turn at right of person served (right hand, right side), handle to the right. Or, if served in the kitchen, bring in filled coffee cups and place at right of each cover (right hand, right side). Then pass sugar and cream on a tray (left hand, left side). If preferred, serve the coffee with the dessert course.

If a second portion of food is desired, take the plate (left hand, left side) to the left of the host, hold at a convenient height and distance for him to refill, then replace before the

person served (left hand, left side). Pass vegetables and bread again in proper order if guest is in need of these.

Remove the dishes of food, then the individual dishes for the meat course. See Duties of a Waitress (p. 413).

Salad Course.—Place salad, if not already on the table, arranged on a plate (left hand, left side). Bring in salad plates two at a time. Leave on side table to be placed later as described in placing soup.

Pass accompaniment to salad, if used (left hand, left side). If preferred it may be placed on the salad plate when served.

Refill glasses and repass accompaniment, if needed.

Remove salad plate (left hand, left side), transfer to right hand, then remove bread-and-butter plate (left hand, left side).

Remove salt and pepper sets (tray, left hand).

Brush crumbs, if necessary, using a folded napkin and a small plate (left hand, left side).

Dessert Course.—Place dessert plates containing dessert with the silver, if not already on the table, on right side of plate. If preferred, place the silver at the right of each person (tray, right hand, right side), then place the filled dessert plates. If the English dessert service is desired, place the necessary serving silver, then place the empty dessert plates in front of the hostess (left hand, left side). Bring in dessert and place in front of plates, take filled plates with left hand and place before person to be served (left hand, left side), following the usual order of service.

Pass accompaniment to dessert, if used (left hand, left side).

Arrange the coffee service before the hostess as directed in the Meat Course if it has not already been served with preceding courses.

INFORMAL FAMILY DINNER WITHOUT A MAID

The menu for a family dinner should be simple since the housewife often has all the work of the house to do and must conserve her time and strength. It usually consists of two, or

possibly three courses. These may be:

1. Soup or other first course (often omitted)
2. Main course including the salad, if used.
3. Dessert.

or

1. Main course
2. Salad (often served with main course)
3. Dessert

Dishes which require very simple preparation of foods, such as fruits, which can be served uncooked should be used frequently. This greatly reduces the time and labor spent on cooking. Eggs and other meat substitutes may be used instead of meat. A few wholesome dishes, well cooked and served, are more desirable than numerous elaborate ones poorly prepared and served.

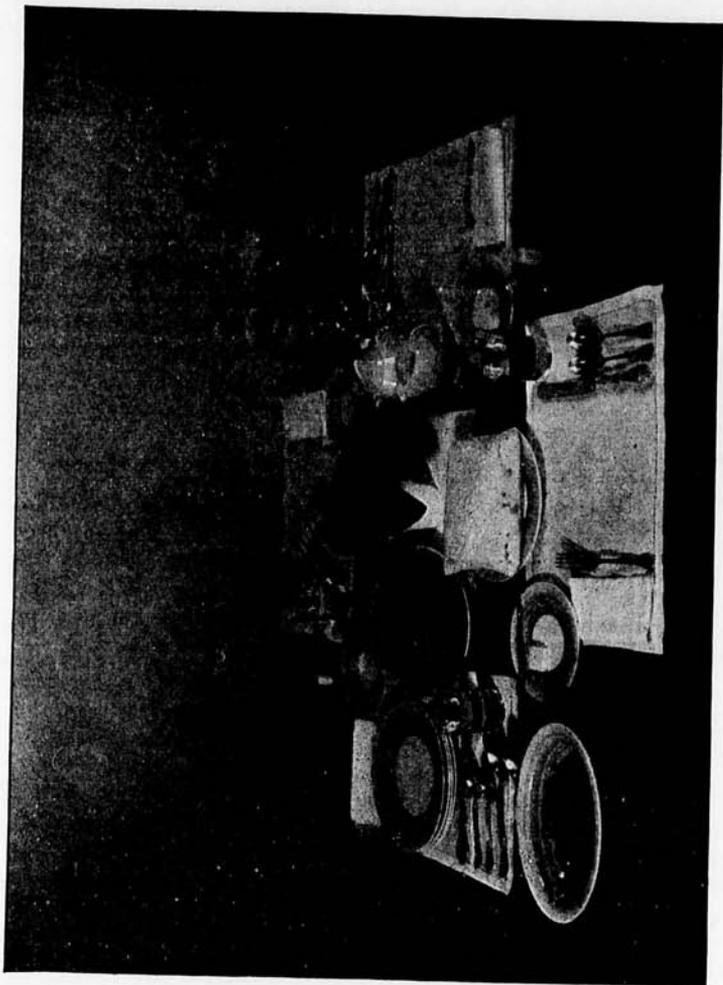
Service

Style.—Use the English or Compromise style of service.

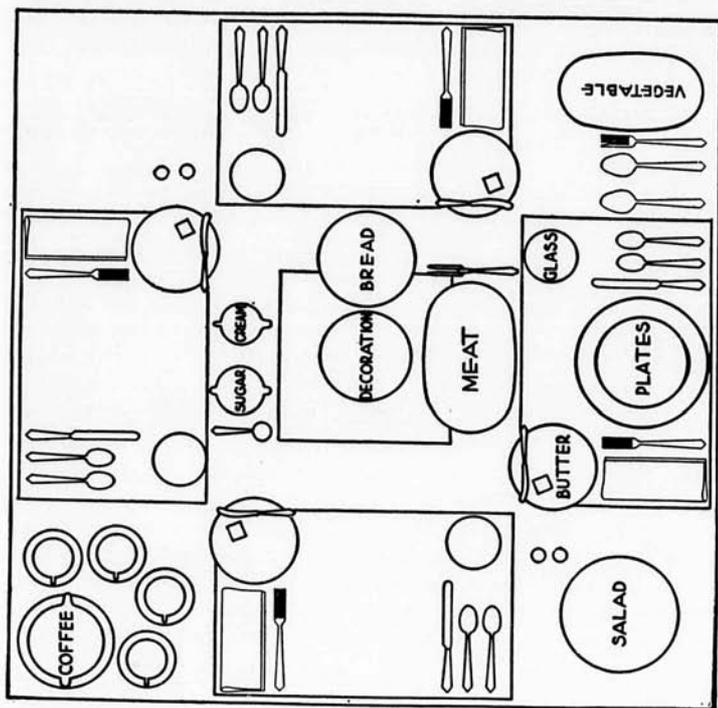
General Directions.—Endeavor to make the family table, no matter how plain as to food and service, clean and dainty in appearance. Clean linen is one of the first essentials. It will lessen the laundry problem and need not detract from the appearance of the table to use lunch cloths, table runners, or doilies. The smaller lunch napkins are also a wise choice.

Service from Tea Cart or Serving Table.—Place tea cart or a small serving table on casters at the left or right of the place occupied by the hostess as is more convenient. Cover this with a tray cloth or runner. Such a cart may be wheeled into the kitchen after the meal. A good-sized serving table or buffet may also be used to advantage to save steps. A large tray is very useful in arranging and clearing the table for, by means of it, many things may be carried at one time.

Follow the general directions for Laying the Cover (p. 409), placing all silver needed for the cover for the entire meal including that used for the dessert. Also place the dishes and serving silver, at least for the first course and possibly for the



INFORMAL LUNCHEON TABLE



INFORMAL LUNCHEON TABLE

entire meal, on the table. Place all other dishes and serving silver on the serving table until needed. Arrange these in a neat and orderly manner.

If a hot beverage is to be served throughout the meal, place the cups and saucers with the cream and sugar on the table by the cover of the hostess as shown in the diagram of the family table. Place each cup in its saucer with the handle to the right of the person pouring. If the family is large and the table is crowded, place at least part of the cups and saucers on the serving table until needed. Serve the beverage at the same time the plates are being served if it is to accompany the main course. The hostess usually pours. If the beverage is not served throughout the meal, place the cups and saucers with the cream and sugar on the serving table until ready to use them.

Place on the table all foods for the first course which do not need to be served hot or cold. If used later in the meal, place on the serving table. Place only the food for one course on the table at a time. Avoid serving too much food at any time as it detracts from the desired daintiness and is unappetizing.

Just before the meal is served place the butter, either in individual squares, balls, or curls, on the bread-and-butter plates. Place a small plate of extra butter with a butter pick beside it on the dining table or on the serving table as is more convenient. Place bread, neatly sliced and the slices cut into halves lengthwise on a plate. Place on table or serving table as desired. Fill the glasses and place the refilled pitcher on a plate on the serving table. It may be preferable to set it on the table near some member of the family whose duty it is to refill the glasses.

Place the soup served in individual dishes, just before the family is seated at the table. It may be served by the hostess at the table but this is seldom done now. Any other type of first course that may be chosen is served in much the same way. Endeavor to have everything in readiness before the family is seated so there will be little occasion for leaving the table.

Remove all the unused food and soiled dishes from one

course before bringing in another. The increased attractiveness of the table usually fully repays even a very busy housewife for the small amount of extra labor required. It is well to train the other members of the family to help with the serving. Children of responsible age should be taught to do this.

Dispense with service plates. Do not try to exchange the plates for one course for those required for the next course as is done in formal meals. Remove plates or other dishes two at a time. Use the service napkin only for assistance in bringing in hot dishes. Place the heated plates before the host, then the meat and such vegetables as he is to serve. He serves the plates and passes them to the other members of the family serving the hostess first if there are no guests. If guests are present either they or the hostess may be served first as desired. If the guest of honor is a lady seated at the right of the host, she is frequently served first. The next filled plate is passed to the left around the table to the person at the right of the guest of honor. This order is continued until all are served.

If the hostess is served first the host passes her plate to his right; and continues until all on this side of the table are served. He then passes a plate to the one at the left of the hostess and continues in regular order serving his own last. The host should indicate for whom each plate is intended thus avoiding uncertainty, on the part of the guests. The hostess or some other member of the family seated at the left of the host may serve the other vegetables or gravy which are to be placed on the dinner plate. In that case the plates continue around the table to the left serving the one to the right of the host first. Vegetables are no longer served in individual dishes.

In family service, foods are in general passed to the right. Usually the person sitting closest to the dish of food, as bread or cream and sugar, is asked to pass it. He may be asked to serve himself first, otherwise he will serve himself when the dish is returned.

At the end of the course remove the dishes of food to the kitchen. The hostess, seated in her chair, asks the various persons to pass her their used plates. She places these, piled only as necessary, on a lower shelf of her service table where they are out of sight. She then passes the next course keeping the same order of service throughout.

As a rule, the salad is arranged in individual portions and placed on the table before the family is seated. It is then eaten with the main course. It may, however, be served by the hostess but this plan is less used.

The dessert is passed, arranged on suitable serving dishes, after the dishes for the previous course are removed. It also may be served at the table by the hostess if preferred.

It is well to reheat the beverage while removing the main course and to offer a second cup while the dessert is being eaten.

Service from the Kitchen.—Follow the general directions for Service from Tea Cart or Serving Table (p. 435) with the following exceptions:

After removing the dishes of food, the hostess or another member of the family removes used dishes in the following order:

Remove plate (left hand, left side) and transfer to right hand.

Remove salad plate (left hand, left side) and place on plate in right hand.

Remove bread-and-butter plate (left hand, left side), place on plate in right hand.

Place on serving table.

Remove cover to the right in the same fashion and carry dishes from both covers to the kitchen. Repeat until all are removed.

If another member of the family is serving, the hostess' cover is removed first, then those to the right continuing around the table. If the hostess is serving, she removes the cover to her right first, and proceeds around the table, removing her own last.

The dessert is brought from the kitchen arranged on suitable serving dishes, two at a time. Place the one in left hand first (left hand, left side), transfer the other to left hand and place (left hand, left side), following the order of service used for removing cover.

THE INFORMAL LUNCHEON

The informal luncheon offers great freedom of choice as to its menu. It may be almost as heavy as the family dinner or as light as the appetite dictates. Serve according to the Directions for an Informal Dinner (p. 429) making such adaptations as the menu necessitates.

BREAKFAST

Breakfast is never formal. Even in households where the service is elaborate, this meal is comparatively simple. Special care should be taken to make it a cheerful occasion. Great freedom is given to the home maker in the choice of breakfast dishes. The food may vary from a light meal of toast and coffee to a substantial one of fruit, breakfast cereal, bacon and eggs, muffins, jam, and a beverage. Breakfast is usually served in English or Compromise Style following the General Rules for Table Setting and Service (p. 406).

FAMILY SERVICE WHEN TIME IS LIMITED

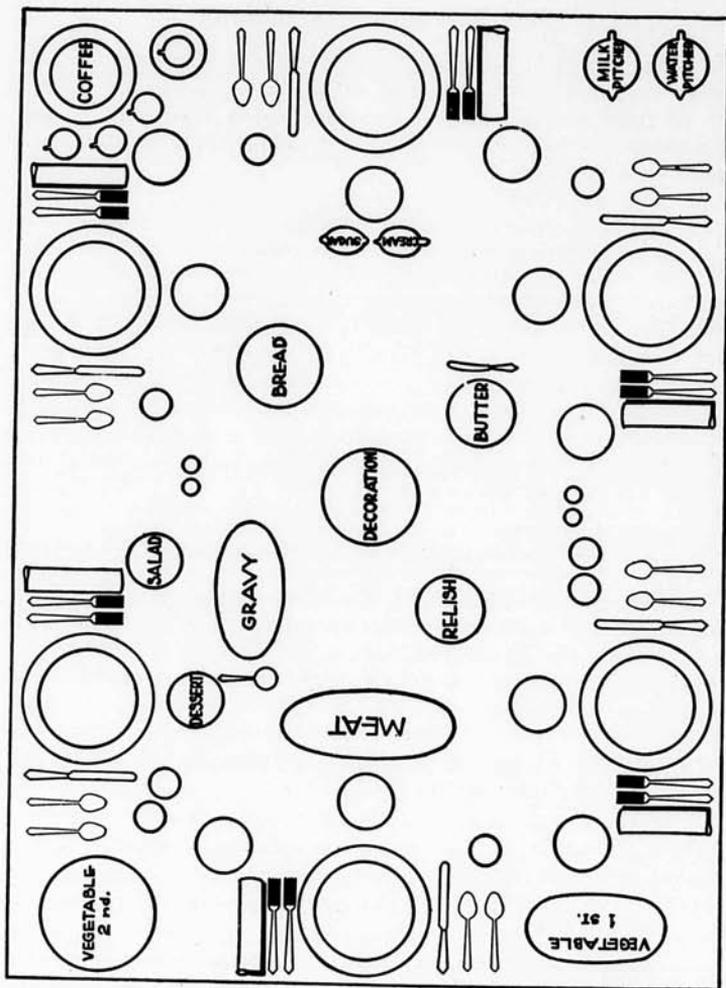
When time is limited it is possible to place the entire meal on the table at once and yet serve it attractively.

Follow the General Directions for Setting the Table (p. 406) selecting silver and dishes appropriate to the menu.

If a food is to precede the main part of a meal, as fruit or soup, it may be placed upon the plate at each cover. Place the breakfast cereal, served in individual dishes, at the top of the plate when it forms part of the menu.

Place the main part of the meal with the serving silver before the cover at the head of the table. Place the other dishes of food with the necessary silver in an orderly manner on the table where they may be conveniently reached and passed by members of the family.

Place the hot beverage with the necessary service to the right of the one seated at the foot of the table. This person pours the beverage which is then passed followed by the cream



FAMILY SERVICE WHEN TIME IS LIMITED

—From Table Service for Busy Families. Courtesy Kansas State Board for Vocational Education.

and sugar. If preferred, the filled cups may be placed at the right of each plate just before the family is seated but this is less desirable as a beverage cools quickly.

Cold beverages are usually poured just before the meal is served and replenished, as needed, from a pitcher placed near some member of the family who is responsible for refilling glasses.

Place bread, butter, relish or spread, before other members of the family who will see that they are passed. These should be started to the right.

Repass all foods as necessary, also to the right.

Serve the salad on individual plates which are placed just before the meal is announced or serve it from a salad bowl which is passed.

Serve the dessert in individual dishes at the top of the plate. When the main part of the meal is eaten, exchange the used plate for the dessert service.

Make any adaptations which may be necessary for the ages of the different members of the family.

Buffet Service

Buffet service, in which the guests serve themselves to a varying extent, may be **formal**, **semi-formal**, or **informal**. The style chosen is largely determined by the personal preference of the hostess, the number of guests to be served, and the amount of help available.

A buffet meal is well adapted to serving large groups of people or to a party in which the number to be fed is indefinite. It is also convenient for small Sunday night suppers at home. The guests may hold their filled plates on their laps during the meal but it is more convenient to provide small tables. If quartette tables are used these should be covered with lunch cloths and may be provided with decorations, napkins, and other articles, according to the service desired. Sometimes the silver and glasses are also placed on these tables.

The menu chosen may be simple or elaborate. It frequently carries out a color scheme. If tables are not provided for the guests the menu should be so chosen that only a minimum of

silver and dishes is necessary for these are difficult to hold on the lap. Two courses are usually served. These are:

1. Main course.
2. Dessert.

The main course generally consists of one or two hot dishes, sandwiches or hot bread—preferably buttered—a salad, and an appetizer. A substantial salad, as chicken, may replace one hot dish in the meal. A beverage may also be included with this course. Hot food should be very hot. A hot plate or electric casserole may be used to keep food warm. Planked foods are good to serve upon such occasions as they retain heat well.

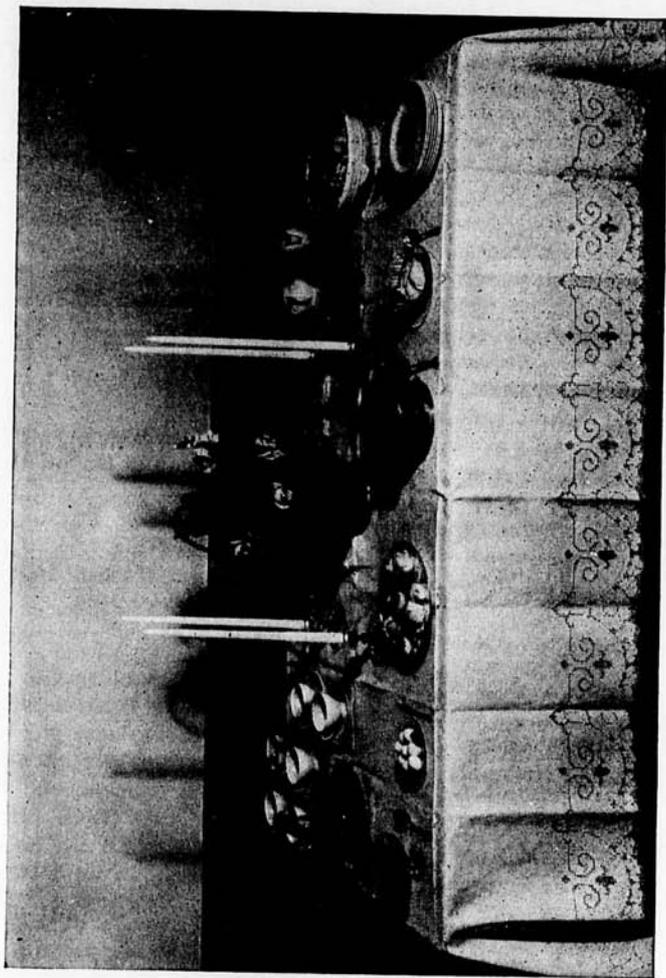
Plan the food so that it will go on the plate without crowding. Avoid very moist foods as they are apt to spoil the appearance of the plate.

Pastries, gelatin desserts, short cakes, and similar desserts are commonly used. Frozen desserts may be chosen but unless the service is very prompt they are apt to melt. Serve a beverage with this course. If it has already been served with the main course, refill the cups at this time. Candies or nuts, or both, are frequently used as part of the dessert course.

General Directions

Make the table as attractive as possible using fine linen or lace, china, and silver. Flowers and candles are the usual decorations but more elaborate ones may be used for formal affairs.

Formal Buffet Service.—Use this type of service for large numbers of guests. Place the table, attractively set, in a conspicuous place. Place napkins, silver, and similar articles on a serving table if necessary to avoid crowding. Otherwise they may be placed on the table. Seat the guests in the dining room or in adjoining rooms. Two friends of the hostess usually serve the plates at the table. One sits at either end and each serves half the plates. The served plates are then given to the seated guests, and may be passed by regular waitresses or by friends



BUFFET TABLE

of the hostess. The directions for those serving such a meal are as follows:

Place plates (left hand, left side) before the person serving.

Lift the filled plate (left hand, left side). Place a fork on the plate and a napkin under it. Carry to a guest taking care that the fork is conveniently placed for the person being served.

Continue to pass the filled plates until all guests are served.

Pass rolls, relish, and other articles. Repass these once during the meal. A small tray, covered with a doily, may be used for this purpose.

Pass small glasses of water (tray).

Remove used dishes of food from buffet table.

Arrange table for dessert.

Serve the dessert in the same way as the main course.

Remove the used main course plates (right hand, left side) and place the dessert (left hand, left side).

Pass a tray containing filled coffee cups, cream, sugar, and spoons. No saucer is needed since the cup is set on the plate. Repass water.

Pass nuts and candies. Repass once.

Serve the guests who were on duty at the table.

Remove all dishes of food and small doilies, if used. Leave only the lunch cloth or centerpiece and the decorations.

Relieve the guests of their dishes and napkins.

Semi-formal Buffet Service.—The semi-formal service is the one most often used. The table is set as for Formal Service but is usually less elaborate. A friend of the hostess sits at the head of the table and serves the main dish. Frequently another guest will pour the beverage at the opposite end of the table. The guests help themselves to the other foods. Such a service is easier for a guest as it is often difficult while holding a plate to help one's self to foods requiring an implement to serve them. For details of service follow Directions for Informal Buffet Service as given below.

Informal Buffet Service.—The informal buffet meal is often used for Sunday night suppers or small parties of intimate

friends. No maid service is needed as the guests wait on themselves entirely and the menu is simple and adapted to easy service.

Place the napkins, food, silver, and dishes for the first course on the table. Place materials for the second course, unless perishable, on a serving table near by.

Arrange the foods in a consistent manner so that the main food is put on the plate first and so on in the order of their importance. The beverage is usually taken last. Napkin and silver are secured after the food has all been served. The guests may return to their original seats to eat their food. The hostess asks the guests to serve themselves when second helpings are needed or she may pass the dishes of food.

Clear the food for the first course from the buffet table when the guests have finished with it.

Place the dessert on the buffet table with such silver and dishes as are necessary to serve it.

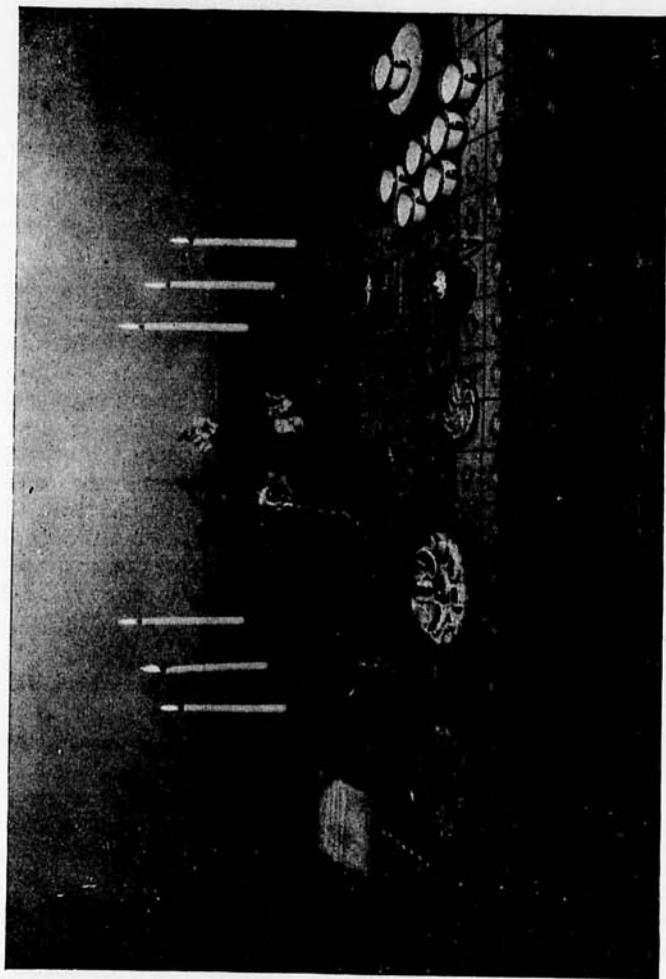
Ask the guests to place their used plates on the serving table and to help themselves to dessert. Sometimes the hostess may place the dessert on the plate herself in which case the guests come to the table to receive it. The dessert may be served in the kitchen if desired. It is then placed as suggested in General Directions for Formal Buffet Service (p. 444).

AFTERNOON TEA

A tea is less formal than a reception. It may be a very simple affair for a few guests or it may be very large. A tea now frequently replaces the more formal reception and provides a more friendly and informal atmosphere.

Teas are given to introduce a friend, a guest, or a person of prominence, or to extend hospitality to one's friends by an afternoon "at home." The usual hours are from three to five. Guests remain for only fifteen to thirty minutes unless some entertainment is provided. **High tea** is served later in the day and is more elaborate than afternoon tea.

Suitable clothing for a tea is a suit or afternoon dress with hat and gloves.



TEA TABLE

The hostess and the honor guest or guests, if any, stand near the door to welcome the callers. The guests, after greeting the hostess, move on to make way for others.

At small informal teas no entertainment is provided. At large ones, there may be quiet music during which guests visit and move about as they wish. Occasionally a set program is offered. In this case the guests arrive at the appointed hour, are seated, and remain until the close of the program refraining from conversation during the performance.

The tea table should be the center of interest. A lace or embroidered cloth makes a suitable covering. Flowers, attractively arranged, usually form the centerpiece. If the shades are drawn, lighted candles lend a pleasant atmosphere to the room. The table with its appointments of linen, silver, and china should present a harmonious, attractive, and artistic arrangement expressing the individuality of the hostess. Everything should be arranged for the convenience of those who pour.

The beverage service on a tray is placed directly in front of the one who pours; at the left is arranged a small stack of plates and conveniently near these is a corresponding number of cups with handles turned toward the left. It is preferable not to stack the cups but this may be necessary at times.

At small teas the hostess pours but at larger functions she should ask a friend to do this for her. It may even be necessary to have a larger tea table and ask two persons to pour.

The menu consists of a beverage and one or more accompaniments, all as light and dainty as possible. The beverage may be tea, coffee, chocolate, or a fruit drink, any of which may be served hot or cold. Occasionally a choice of beverages is offered. Small dainty sandwiches, tiny cakes or cookies, individual ices or sherbets, salted or spiced nuts, and small candies are frequently served. Thin slices of buttered bread, hot biscuit, cinnamon toast, and similar hot breads may be served instead of sandwiches. A preserve or marmalade may then be added.

The menu for a high tea is heavier and of the Sunday-night-supper type including salad, hot dish, hot bread, beverage,

relish, and dessert. Covers may be laid for a high tea or the food may be served as at an afternoon tea.

At very small affairs the guest, upon the invitation of the hostess, comes to the tea table and is served with a beverage. She then helps herself to the other foods, a napkin, and any necessary silver, after which she seats herself. Napkins are used at these small functions. When the guest has finished her tea, she places her used plate and napkin upon some convenient table, or they are removed by the hostess.

At large affairs friends of the hostess usually preside in the dining room. Two of these sit at the table to pour the beverage or assist with the serving.

The cup is lifted with the left hand and held over the tray in a convenient place while being filled, then placed on the plate and handed to the one who serves. She brings the plate holding the filled cup, a spoon, and small napkin to each guest as ushered into the dining room. (Napkins are always provided at such functions but if the numbers prohibit the use of linen ones, paper napkins may be used.) She then passes the accompaniments.

Those assisting the hostess should observe the arrangement of the table and maintain this order when replacing. This insures an attractive table at all times.

Do not offer a nearly empty dish.

After the guest has finished her tea she is relieved of her plate by the attendants. She then makes way for other guests.

RECEPTIONS

A reception is a large affair and more elaborate than a tea. It may be held in the afternoon or in the evening and is usually an occasion to present a distinguished guest to a large number of people. Upon arrival, the guest gives her name to the one first in the receiving line. She shakes hands, says a few words, and is presented to the next person and so on down the line.

She is then invited into the dining room for refreshments. Chairs are not always provided although there may be some in the dining room.

The menu and service are similar to those used for a formal tea. The guest may depart without taking leave of the hostess.

PARTY SERVICE*

"The food served at a party is usually called refreshments. These are generally simple, but there are occasions when elaborate ones are desired.

"Daintiness and attractiveness are the keynotes in party menus, and the unusual in food and service are often sought. Sometimes color schemes are carried out and delightful combinations both in appearance and flavor are arranged. A menu can also be planned in relation to a special date or event, as Hallowe'en, Washington's birthday, or St. Patrick's day.

"Menus for parties are classed as light, medium, or heavy. The following table indicates what may be included in each type. The choice will depend entirely upon the type of party and the group being entertained.

MENUS FOR PARTIES

LIGHT	MEDIUM	HEAVY
One course	One course	Two courses
1. Sandwiches or cake Beverage	1. Salad Sandwiches Beverage Nuts or candies	1. First course: Salad Sandwiches or wafers Relish Beverage
2. Frozen dessert Cake or wafers	2. Frozen dessert or equivalent Cake or other accompaniment Beverage Nuts or candies	Second course: Dessert Nuts or candies

"The service for party refreshments may be the plate, tray, buffet or table type. The method selected depends upon the preference of the hostess as well as the type of party and refreshments.

*From **Foods** by Justin, Rust, and Vall. Reprinted by courtesy of The Houghton Mifflin Company.

"Plate service is the simplest and easiest type. The guests may sit or stand, according to the nature of the party." But when the guests are seated they are always more comfortable and chairs should be provided whenever possible.

"Pass the napkins on a tray. The hostess or her assistants may do this. Napkins may be omitted at a large party where the guests stand and the refreshments are light.

"Pass the filled plates to each guest, serving first the guest of honor if there is one. The plates usually hold the beverage cup, without the saucer, and the silver as well as the food. If preferred, the beverage may be served from a tray after the plates are passed. Pass the sugar and cream, if the beverage requires it, on a tray with the accompanying silver. Take care that the handles are turned at convenient angles that allow each guest to help himself easily.

"When two courses are served bring in the second course, on a plate, and exchange for the first course plate. If preferred, the first course plate may be removed for all of the guests and then the second course served. After the guests have finished their food, the plates and napkins are removed.

"Tray service is exactly the same as the plate service except the tray provides space for the napkin, a glass of water and any other desired accompaniments. This makes less passing. The tray, often made of tin, should be covered before the plate is placed upon it. Paper doilies may be used to advantage.

"Buffet service for a party follows the same general plan as does buffet service for a meal.

"Table service is the type used for serving refreshments at bridge or other card parties. It is especially convenient for the guests but requires more effort on the part of the hostess. The food is served at the tables that were used for the games. These are usually of folding quartette type. When the hostess is ready to serve, the cards, score pads, and pencils are removed and the hostess and her assistants spread luncheon cloths on the tables. A small vase with a bud or flower or other decoration is placed in the center of each table. Napkins and silverware as will be

required and a glass of water for each cover are placed on each table in the proper location. The filled plates are then placed on the tables. If the beverage is not served on the plate it should be placed as in a regular meal, depending upon whether it is hot or cold.

"If two courses are served, the first course should be removed and the second one brought in and placed. The water glasses should be refilled. The plates may be removed after the guests have departed unless the refreshments have been served early in the evening and the party is to continue."

Dessert Parties.—Sometimes guests are invited for dessert only. On such an occasion, the refreshments are served soon after the arrival of the guests before the entertainment begins.

COMMUNITY MEALS

Often the community dinner is an established form of recreation and a means of raising money for various organizations. When properly managed, it is an enjoyable occasion for those participating in it, but unless it is carefully planned it is apt to result in a few tired workers and a conglomeration of foods which disregard all laws of dietetics and economics.

The following suggestions regarding the management of community dinners may be helpful:

Choose the leaders carefully, but change them with each dinner. This plan brings out any latent possibilities as to leadership and prevents the same person from carrying the responsibility every time.

Choose an executive committee with one person serving as a general chairman and each other member acting as chairman of a subcommittee. The general chairman should be manager in chief and should never assume responsibility for details lest her efficiency be lessened.

Group the duties, dividing them among the committee members. Allow each subcommittee chairman to choose her own

committee. Each committee should be responsible for its own portion of the work, but its chairman, in turn, is responsible to the general chairman.

Suggested committees are:

- Planning the menu
- Preparation of food
- Preparation of room and tables
- Serving the food
- Cleaning up afterwards

Use enough people to do the work easily and quickly.

Have one person responsible for handling the money if a price is to be charged for the meal.

Different forms of service are employed. A common one is a modification of a simple family dinner where the dishes of food are placed on the table and passed. Another method is to place the filled plates before the guests. This is more certain to serve the number of persons for which the food was planned.

Recently the cafeteria style of service has become popular. Each person passes down a line where the food is served and selects as he desires. This requires less work in service, and, as a rule, brings more financial returns, but many poorly balanced meals are apt to result.

Avoid unduly large servings of food and other forms of waste.

Often it is better to purchase supplies. Duplications are thus avoided and better balanced meals may be obtained. It also distributes the expense more equally among those participating. If the food is donated, careful planning is necessary in order to secure a desirable menu. This plan makes more money, but has many disadvantages.

PICNICS

Outdoor meals furnish a delightful means of giving one's family a treat or of entertaining one's friends. A favorite picnic ground, a park, or a hill top may be the chosen spot. A supper in

the garden or even on the porch will impart a new and delicious flavor to food.

The food for these picnics may be of two types; that which is prepared at home and is all ready to serve and that which is to be cooked at the picnic grounds. Utensils and equipment in either case should be reduced to a minimum. Simple but substantial menus are necessary to satisfy an outdoor appetite. The food should be palatable and attractive yet easy to pack, carry, and serve. Avoid juicy fruits, sticky foods, and anything difficult to handle. Foods that may be eaten from the fingers are popular although paper plates, cups, spoons, forks, and napkins simplify the serving problem. Picnic sandwiches are substantial in type. The crusts need not be removed. Suitable fillings are of meat, cheese, or eggs in such combinations as may be desired. A hot dish, as a pot of baked beans or a casserole of scalloped chicken, is a good choice. Assorted relishes are easy to carry and serve. A mixed vegetable or fruit salad is a good addition.

Individual cakes or small cookies are preferable to large cakes requiring cutting. Assorted fresh fruits make an ideal dessert. Hot or cold beverages may be carried in thermos jugs.

Sandwiches should be wrapped in waxed paper containers which are discarded at the end of the meal. Individual paper dishes for salads and desserts are sometimes used, thus eliminating dish washing.

Less preparation is required in advance when the foods are to be cooked at the picnic grounds, but just as careful planning is necessary in order to insure a successful meal.

Foods suitable for cooking at a picnic are tender steaks, chops, and bacon which may be broiled on a stick or cooked on a grill. Fish, eggs and bacon, and hamburgers may require a frying pan. Potatoes wrapped in wet paper, corn in the husks, and bananas in the skins are frequently baked in hot coals. No picnic meal is complete without coffee made over the open fire.

The foods should be prepared as much as possible in advance, i. e., potatoes scrubbed, steaks trimmed, and hamburgers shaped.

With either type of picnic, a family or buffet style of ser-

vice is used. A table cloth, often of paper or oil cloth, is usually provided.

WRITING MENUS

Use capitals for all words except prepositions and conjunctions.

Arrange food in order of service.

Write the main dish of each course across the center of the sheet. If only one accompaniment is served it appears on the line below at the right or, if preferred, in the center as seen in (a). If two accompaniments are served one appears at the right and the one at the left on the line below as seen in (b):

(a) Cream of Tomato Soup

Croutons

(b) Cream of Tomato Soup

Celery

Croutons

Balance other accompaniments, if served, on the sheet, thus:

Roast Beef

Browned Potatoes

Yorkshire Pudding

Buttered Asparagus

Creamed Cauliflower

Brown Gravy

Coffee

If the beverage is to be served all through the meal it may be written at the bottom of the menu or with the course with which it is first served.

In writing a menu, unless it is to be used by the maid or cook, the accompaniments, as cream and sugar, are not included. A complete menu may be written as follows:

Breaded Veal

Stuffed Baked Potato

Buttered Asparagus

Carrot and Pea Salad

Graham Bread

Butter

Cake

Apricot Sherbet

Coffee

RULES FOR MEAL PLANNING

Aim for simplicity and perfection of detail when planning meals. The larger the number of courses, the simpler each should be.

Consider the day as a unit rather than the single meal. It is even better to plan for the week or month. One is assured of more varied food and the purchasing can often be done more economically.

Plan meals which can be easily prepared with the help available.

Plan lighter and colder foods for warm weather.

Use foods which are in season. They are less expensive and of better quality.

Avoid foods which involve much time for preparation without adequate return in food value, e. g., too-fancy icing and three or four layers of different colors in a pudding.

Allow an interval to elapse before left-over foods are used. Then serve in a different way.

Plan a last course which will leave a pleasant aftertaste.

Avoid serving any food twice in a single meal. If it is to be served twice in the same day, vary the form in which it appears. Staple foods, as bread and butter, are exceptions.

Avoid foods similar in color, flavor, texture, and composition: as potatoes, rice, and macaroni; or sweet potatoes and carrots. One of these is enough for one meal.

Avoid clashes of color, e. g., beets, radishes, and tomatoes should not appear on the table at the same time.

Plan courses which contrast with one another. A bland one should be followed by a more highly flavored one, a hot by a cool one, a liquid by a solid one, a soft by a crisp one, and so on.

Avoid serving more than one strong-flavored food in one meal, as onions, salmon, and banana. If one of these is used, the rest of the food should be mild in flavor.

Allow two vegetables for a dinner. One of these should be green and may be served as a salad. This is desirable from both the aesthetic and nutritive standpoints.

Avoid two very concentrated foods in the same meal, as pork and plum pudding. They are too heavy to be used together.

Use highly seasoned foods sparingly. Seasonings should bring out the natural flavors of a food, not mask it.

Serve foods which stimulate a flow of digestive juices early in the meal. For example, soups are served at the beginning of a meal and meats are placed early in the menu. Both are more or less stimulating in nature.

Serve neutral foods or those which tend to retard a flow of digestive juices late in the meal since they are not stimulating. For example, ice cream or other sweets should be served at the end of the meal.

Include at least one hot dish in each meal.

Serve a light soup, salad, and dessert when the main course is heavy. When the main course is light, these foods may be heavier. Cream soups are too heavy for a dinner, but are suitable for lunch or supper.

Use simple desserts, as fruits or ices, as a general rule, rather than rich pies, pastries, and cakes.

Avoid too much variety in a single meal as it limits the choice for the next one. It also makes a less attractive table.

Provide balanced meals. To do this include one quart of milk for every child from one to sixteen years and a pint for every adult; allow one serving of meat and one of meat substitute, one leafy green or yellow vegetable, one serving of citrus fruit or tomatoes, one egg, and at least one whole-grain cereal each day for each person. As a rule, serve only one high-protein dish in each meal. If a vegetable protein is chosen it may be supplemented with milk or eggs, or both, to insure adequacy. Use the protein food as the keynote of the meal. Group the other foods around it so that a harmonious whole may be obtained.

THE GARNISHING OF FOOD

Dainty service of food has a usefulness beyond its aesthetic value. A feeble appetite is often tempted by a tastefully garnished dish while the same material, carelessly served, is un-

palatable. Many ordinary articles of food and "left-overs," if well-cooked and attractively garnished, may be as appetizing as more expensive foods. One of the chief reasons for garnishing food is this appeal to the eye. The more appetizing dishes stimulate a greater flow of digestive juices. Garnishes may also add food value to the dish.

The principal points to remember in garnishing a dish are:

Choose a simple garnish that is easy to make. Do not use a garnish requiring excessive labor or much handling. Avoid imitations of animals and unpleasant or freakish designs. They are not in good taste.

Choose an appropriate garnish. Sweet foods and savory foods require different types of garnish. Suitable ones for sweet foods are whipped cream, nuts, candied fruits, maraschino cherries, and occasionally leaves, flowers, or ferns. Garnishes for savory foods are many and variable. Paprika, parsley, watercress, lettuce, radishes, sliced cucumber, celery curls, and slices of lemon are commonly used.

Use an edible garnish whenever possible as it is more desirable for most foods.

Do not use a garnish to cover up a poorly prepared dish.

Do not over-garnish a food. At least a third and preferably more of the dish should be left ungarnished. Clumps of garnish are often more attractive than rows.

Do not place the garnish so that it interferes with the serving of the food. In placing, take care that all stems are hidden. The effect should be tidy.

Use a fresh and appetizing garnish. Unless it can be chopped, wilted parsley is worse than no parsley.

Paper frills in white or pastel colors are often placed on the ends of long bones, as drum sticks, crown rib roasts, and rib chops.

Doilies are used on the plate on which fancy breads and cakes are served. They are also used on the plates under finger bowls and sherbet glasses.

Paper doilies may be substituted if there is danger of staining linen or lace ones.

Avoid intense colors. They are less appetizing than more delicate ones. The colors that are natural to foods are always a good choice.

Get suggestions for garnishing special foods from cook books and advertising material.

CARVING

Carving is an art. It requires study and success is not attained without much practice.

One of the first requisites for successful carving is some knowledge of anatomy so one may locate the bones, joints, fat, and tender and less tender muscles. This can best be gained by practice.

Good carving sets are essential. These come in various shapes and sizes. An eight- or nine-inch blade is recommended for all large roasts and large fowls. The smaller game and steak sizes may be used for smaller cuts.

The handle of the carving knife should be easy to grasp and the blade should be long, thin, and sharp-pointed. The carving knife should be used for no other purpose than carving. It should be examined and sharpened if necessary before bringing to the table. This should never be done at the table.

The carving fork should be strong, with long tines, and a good guard. Keep the guard up while carving.

General Directions

Remain seated while carving unless it is more convenient to stand. If a high host's chair is provided one can carve with less difficulty.

Cultivate a firm, steady hand; a cool, collected manner; and confidence in one's ability to carve. Strength is not required so much as skill, neatness, and care.

Do not attempt to carve in a limited space. The platter should be large enough to hold the entire piece of meat when

carved, and to provide ample room so there will be no danger of soiling the cloth while carving. It is sometimes well to provide a plate on which the carver may put stuffing, trimmings, or bones that are not to be served.

Insert the carving fork in the meat in such a way that it will steady the piece while carving. Do not change its position during the process except when absolutely necessary.

Cut meat across the grain to keep it tender, making straight, thin, neat slices. Do not change the angle of the knife after the first cut is made or an uneven slice will result. Keep the meat in compact form while carving. After all are served the portion left on the platter should not be jagged and rough.

Carve enough meat for everyone before beginning to serve except when it may be necessary to remove some of it to make space for carving. This insures hotter food for the guests.

Place the carving implements neatly on the platter when through serving, the fork with the tines up.

Plan the pieces of meat so they will be uniform in size and ample in number to serve all the guests.

Carve a few extra portions of meat before asking a guest to take a second helping. Do not carve more than is necessary as cut meat dries out quickly.

Special Directions

Carving a Fowl.—Place the bird on its back on the platter with its neck to the left.

Insert the carving fork at the point of the breast bone just below the base of the wishbone. Hold firmly with the left hand, or grasp the end of the leg bone.

Cut off the leg. To do this cut through the skin separating the leg from the body. Pull back the leg with the knife or hand, and disjoint from the body.

Lay the disjointed leg on the platter and separate the drumstick from the thigh, cutting from the inside. In a large fowl the meat may be cut from the thigh bone if it is desired to make more pieces.

Cut off the wing. To do this cut down from the top to the joint that attaches it to the body. Then insert the knife under the wing and cut through the joint thus severing it from the body.

Carve the breast meat into thin slices. Begin where the wing was removed and cut downward from the keel bone. The breast bone may be removed when the chicken is dressed. In this case, the carving is easier.

Serve a piece of white and one of dark meat to each person unless a preference is expressed.

Serve dressing with each portion of fowl. Remove the dressing from the vent-end as it is more convenient.

Carving Porterhouse Steak.—Learn to recognize the three kinds of meat that make up a porterhouse steak—the tenderloin muscle, the other tender muscle, and the less tender flank-end. The latter is better removed before cooking, as it is toughened by the high temperature used for the tender portions of this steak.

Loosen the meat from the bone by cutting along its edges with the point of the carving knife.

Cut the meat into pieces one or more inches wide including some of both tender muscles in each service.

Serve some of any gravy on the platter and any edible garnish with each piece.

Carving Standing Rib Roast.—Place a standing rib roast on the platter with the protruding ribs to the left and the cut surface uppermost.

Insert the fork in the lean meat near the rib bone.

Cut several slices across the grain until the bone is encountered. Too thin a slice may make the service appear inadequate; too thick ones are unattractive.

Free the slices from the bone by cutting down beside the ribs.

To prevent breaking, lift the slices, supported by the fork, with the flat part of the knife blade and place on the platter.

Carving Rolled Rib Roast.—Place a rolled rib roast on the platter with the smaller cut side up. In order for the roast to retain its shape, the cords or stitches holding it together cannot be removed in advance. A cord is cut when it is reached in the slicing process and placed at one side on the platter.

Insert the fork at the extreme left side, one or two inches below the top of the roast. Remove fork from time to time inserting it lower down as the meat is sliced.

Make the cuts from right to left across the surface of the roast; the thickness of the cuts depends upon individual choice.

Carving Leg of Lamb.—Have the leg placed on the platter with the small end to the right.

Insert the fork at the left side.

Carve a few slices lengthwise from the side next the carver until a straight line is achieved which provides a flat surface upon which the meat may rest.

Twist the meat so that it stands on the narrow side. Make enough cuts to serve all the plates beginning at the shank end.

Cut vertically along the bone under the sliced meat beginning at the right end.

Lay the slices on the platter.

Table Etiquette for the Hotel

When a man and woman eat together at a hotel it is proper for the man to lead the way to the dining room in a strange place or, if it is familiar ground, for them to walk to the door together. There they wait until the head waiter or hostess directs or leads them to a table of suitable size. The woman follows the waiter or hostess and the man brings up the rear. The waiter pulls out the choice seat first and the woman takes this unless for some reason she prefers another. Her escort sees that she is comfortably seated and then seats himself, usually taking the opposite chair if the table is small and narrow. Otherwise he will probably sit at her left though it is quite proper to sit where one desires.

Menu cards are placed before the guests and the man gives or writes the order after consulting his companion as

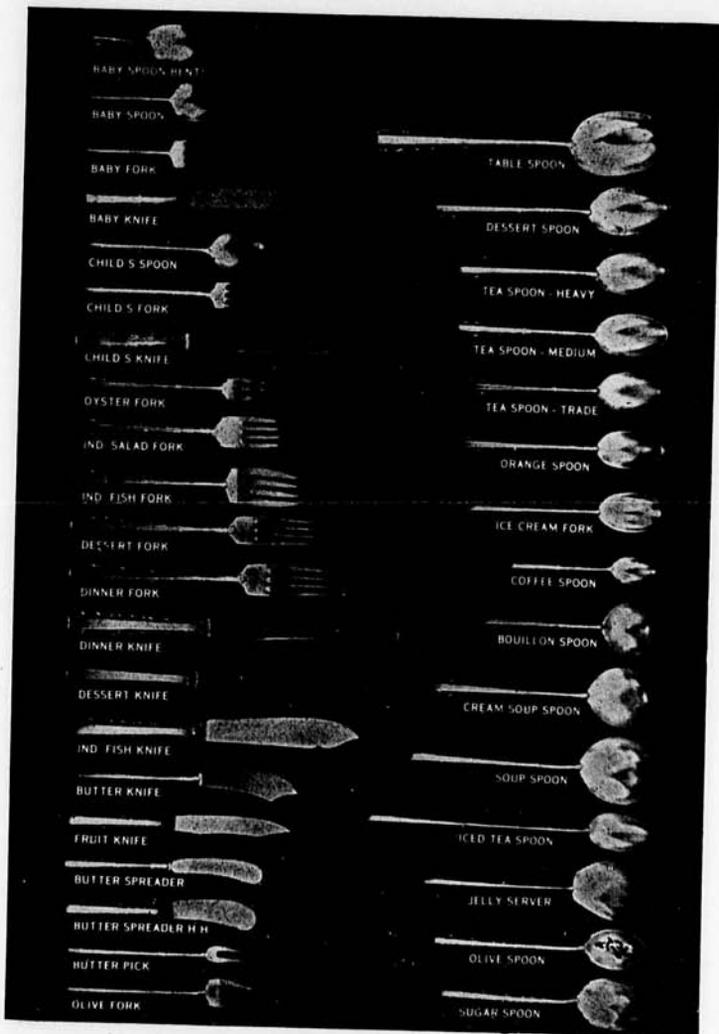
to her wishes. Often the waiter suggests foods which are particularly good. If the meal is à la carte, the woman should consider her escort's financial status and order accordingly. With table d' hôte service each person may prefer to order individually.

At the end of the meal the waiter brings the man the bill which he will pay either at the table or at the desk as he goes out according to the custom of the house. He leaves a suitable tip, usually a tenth of the bill, on the table. They rise, he helps her with her coat or other impedimenta and leads the way out of the dining room.

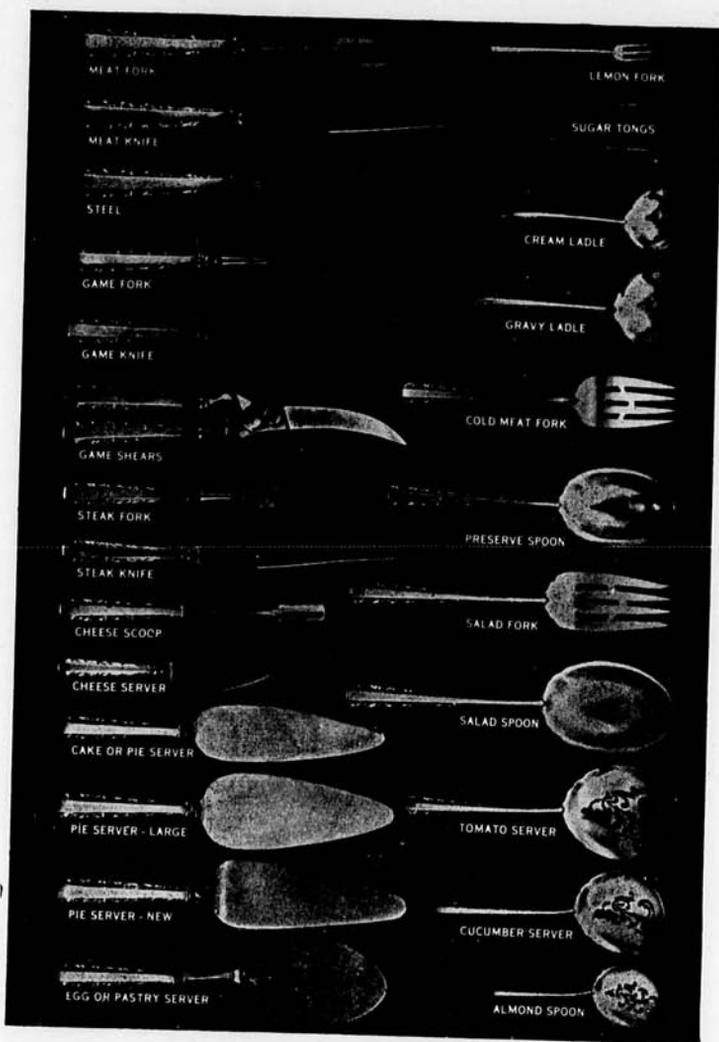
When a woman is eating with two men she would naturally be seated between them if space permits. With alcove service, the woman sits next the wall, one man sits beside her and the other opposite. If one is a relative, he should be the one to sit opposite.

A man eating with two women would seat himself between them unless one is his wife. In that case he would sit opposite her. With alcove service the two women would take the seats next the wall and the man sits beside the woman who is not related to him.

With a planned party of men and women made up of several couples, the host with the woman to be seated at his right will lead the way into the dining room. The guests, walking as couples, will follow, the hostess and her escort coming last. When all are assembled at the table, the host will start to seat the lady at his right which serves as a signal for the other men to do likewise.



SILVERWARE FOR THE TABLE
 Courtesy, Towle Manufacturing Co., Silversmiths,
 Newburyport, Mass.



SILVERWARE FOR THE TABLE
 Courtesy, Towle Manufacturing Co., Silversmiths,
 Newburyport, Mass.

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