TWENTIETH CENTURY
COOK BOOK



An Up-to-Date and Skillful
Preparation on the Art
of Cooking

AND

Modern Candy Making Simplified

ALSO

The Process of Drying Fruits and Vegetables,
and
Butchering Time Recipes

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INTRODUCTION

For some years past, the American Housewife has been confronted by foreign recipes which did not meet the tastes of her family. Sectional recipes from New England and Southern cooking, while meritorious, did not exactly meet with entire approval. While the sectional idea predominated, the pure American style of cooking was slighted.

It remained for the leading women authorities on cooking from every state in the Union to gather from all sources the very best recipes for cooking, Americanize them and give them a thorough trial. The results have been gratifying and have met with the hearty approval of His Majesty, the American Citizen, probably the best judge of the good things of life in the way of cooking.

Within the covers of this volume will be found recipes for plain as well as fancy culinary indulgences, but throughout runs the American style of cooking so necessary to the vigorous, intelligent race within our shores.

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ARRANGING THE DINNER TABLE

The first requisite for a well-ordered table is snowy, fine, damask linen. The napkins and table cloth should be of good size and the dishes should shine with brightness. Underneath the cloth, padding should be laid. A table, when properly set, is a picture of loveliness —cut glass, silver, dainty dishes, with a background of white, appeal to the eye of the artist, and why not to the guest, giving zest to the viands that are spread?

As to the manner of "setting" the table, there are some differences of opinion and greater differences of customs. At the strictest of houses, there are as many knives, forks and spoons placed at the different places as there are courses to be served. The knives lie on the right of the plate, and a row of forks on the left; the oyster fork on the outside. There are usually four forks and three knives; a steel knife for meat being one of them. The soup spoon lies next to the napkin. The napkin (which, by the way, should never be starched) is placed directly in front of each guest. Individual salt and pepper bottles are at hand, and if butter is needed, individual butter plates are called into use. A goblet is set at every plate.

A certain scheme of color is chosen, and everything on the table harmonizes with it. The flowers adorning the table are delicately scented and pleasant to all. There are many who dislike the heavily scented tube roses and syringas, but roses, lilies, carnations and lilacs are always agreeable. The dining room is carpeted, or if the floor is hardwood, large rugs are used to deaden the footsteps.

In lighting the table a large single candelabrum or individual electric stands are the most common method of illumination. Wax candles are sometimes in favor, as they afford good opportunity for decorative effects and make pretty shadows. The shades to the candles match in color the other decorations.

ARRANGING THE LUNCHEON TABLE

A modern luncheon is a very convenient meal, permitting of an irregular number, and a great variety of displays. It can be made expensive or not, as occasion demands. Many luncheons, like many dinners, are apt to be over-sumptuous. The ideal luncheon is quite a simple affair.

Roasts and joints are never served but entrees and cold dishes instead. Table cloths are still frequently used, but the newer idea is the use of highly polished tables. These, when decorated with doilies and flowers, give a peculiarly antique effect, far surpassing in charm even the richest damask. At the embroidery shops many centerpieces and doilies for these occasions are being shown. A pretty set, intended for "the salad" course, consists of a round mat for the bowl, with smaller ones for the plates. The patterns are mostly wreaths of brier roses and vines.

A pleasant innovation in summer, and one especially adapted to spacious homes, is to serve the luncheon on the piazzas or in shaded spots around the yard. This agreeable change brings about a sociability that delights the reserved and pleases even the most fastidious.

COURSES FOR A FORMAL DINNER

First course: Oysters, as a rule, should be served at the beginning of a dinner, though they are used only in those months of the year in which the letter "r" occurs. The balance of the year little neck clams are used.

The second course consists of a soup, the clear soup being preferred, accompanied by crackers or bread. Celery may be served also.

The third course consists of fish, boiled or fried, and should be accompanied by small boiled potatoes; if broiled or cooked in any fancy manner, serve radishes.

Fourth course: An entrée is next in order if desired; it should be made in a fancy way, so as to avoid carving; bread should be the accompaniment. Relishes, such as olives, salted almonds, etc., are served with this course.

The fifth course consists of roasts. These may be composed of beef, veal, mutton, lamb, venison, turkey, duck, goose, or capon, accompanied by one or two vegetables.

Sixth course: Punch or sherbet may be dispensed with or not, as fancy dictates.

The seventh course consists of snipe, prairie-chicken, squabs, etc., but poultry, such as spring-chickens, or duck, may be served instead.

Eighth course: Any appetizing salad with cheese wafers.

Ninth course: Hot and cold sweet dishes, consisting of puddings, ice creams, cakes, etc.

Tenth course: Fresh fruits and bonbons.

Last course: Turkish or black coffee served demi-tasse.

The above makes a pleasant menu, but it can be made simpler or more elaborate as one chooses.

Before serving the dessert all the dishes should be removed, save the drinking glasses, and all crumbs should be lifted from the cloth by means of the crumb knife and tray. A dessert plate and dessert spoon and knife, provided they are needed, should then be placed in front of each guest. Coffee (made after the manner of after-dinner coffee) should be passed last, demi-tasse, and served clear. Sugar and cream should follow, in order that those who prefer either or both, may help themselves as they please.

TABLE ETIQUETTE

A host or hostess should never allude to the quality of the dishes or contents—either is in poor taste. The guests will discover their excellence without assistance.

If a guest does not care for a certain article do not press it upon him.

Do not, in serving, overload the plates.

Do not finger knife, fork, dishes or anything on the table.

Do not overload the fork.

Do not leave the knife and fork crossed on the plate when you have finished, but leave them parallel on the plate, the tines of fork down, the knife to the right and the sharp edge next to the fork.

Do not, under any circumstances, put the knife in the mouth.

Do not drink from the saucer.

Do not rise from the chair to reach anything.

Do not tip the soup-plate, or put the end of the soup-spoon in the mouth, except when eating oyster-soup.

Soup should be eaten from the side of the spoon and taken from the further side of the plate by moving the spoon from you.

Close the mouth when chewing.

Never make a hissing sound when eating soup.

Never cut bread, but break it, buttering each piece as it is eaten.

Never reach across others.

Bread should be buttered on the edge of the plate, never in mid-air.

Olives should be taken with the fingers.

The fork should be used for croquettes, patties and most made dishes, and must be used equally well in either hand. Never eat anything with a spoon that can be eaten with a fork.

Do not hesitate to take the last piece.

Do not move the chair, but seat yourself quietly.

Look into, not over, the cup or glass when drinking.

Never quite fill the spoon, it is bad form.

A lady, if in a restaurant or hotel, rises when another stops to speak to her, even though she is seated at the table.

A gentleman half unfolds his napkin and places it over the left knee.

Do not mop the face with the napkin.

Napkins should be unfolded below the level of the table and as unobtrusively as possible.

Never tuck the napkin under the chin or in the waistcoat.

Soft cheese may be put on the cracker with a knife. Hard cheese is taken in the fingers.

If the host is carving, at a family table, it is not necessary to wait until all are served before beginning to eat.

The spoon is used for berries and cream, stewed fruit, peaches and cream and soft desserts.

Crackers or bread should not be broken into the soup, but eaten from the fingers.

Strawberries served with the stem, are eaten with the fingers.

The fork should be raised laterally and not in such a fashion as to bring it at right angles to the mouth.

The smaller knife, of two at the plate, should be used for fish. Never use a steel knife for fish.

Side dishes of vegetables should be placed at the left and eaten with a fork.

Never smear the meat with mustard or sauce of any kind; place it at the side.

TABLE ETIQUETTE

Never transfer the fork from one hand to the other.

Never drink with the spoon in the cup.

Do not leave the spoon in the cup after stirring coffee or tea, but place it in the saucer.

Do not rest the elbow on the table.

The knife should be taken by the handle only, resting the forefinger on the upper part of the blade.

The fork should be used for mashing and eating potatoes. Never touch potato with a knife, except to butter it.

Ice cream may be eaten with either a spoon or ice-cream fork.

Pass anything which you see is desired, even to a stranger.

When through dinner the napkin should be left unfolded, unless at home.

Ladies should always be served before gentlemen.

Never place toothpicks on the table and never use a toothpick at the table.

Never talk with the mouth full.

Never take a piece of bread with a fork.

Never put glasses on the table with the stems up.

Never blow on soup or coffee to cool it.

Never smack the lips.

Never leave the table with food in the mouth.

Never put salt on the table-cloth.

Always eat slowly.

Gentlemen should seat ladies first.

Do not bend over the plate for each mouthful.

Carry food to the mouth with an inward, not an outward, curve of the fork or spoon.

Do not spread the elbows in cutting meat.

Knives, forks and spoons should be placed on the table for all the courses except the dessert.

Finger-bowls are filled one-third full of tepid water, and are placed on the table only when fruit is eaten, and after a meal. The finger-tips only should be dipped in the finger-bowl.

The handles of the knife and fork should rest in the palms of the hands.

Do not tip up the glass or cup too much when drinking, but keep it at a slight angle.

Do not ask any one whether he wishes more potato, etc., but some potato.

Do not reach after a knife, fork or spoon that is dropped but ask for another.

Do not oblige the carver to make a selection for you when asked what part of the fowl you prefer, but answer promptly, giving your preference.

Do not eat onions or garlic unless intending to remain alone.

Do not eat after passing a plate for another to the carver, until the plate has been returned.

Do not twist the feet around the legs of the chair.

A crumb knife or fresh napkin should be used in brushing crumbs from the table.

Never shove dishes on the table; always pass them.

Never shove yourself from the table.

Never touch the face or head at the table or fuss with the hands.

Never suck an orange.

Never spit seeds of fruit on the plate, but take them out of the mouth with a spoon and lay them on the plate.

Never take a larger mouthful than will allow you to speak with ease.

Never hold the spoon so that the handle rests in the palm of the hand.

Never loll back in your chair or lean against the table, but sit upright.

Never make introductions after the guests are seated.

Never lift a glass by the rim; take goblets by the stem and tumblers near the bottom.

Never ask whether any one will have some meat, but whether he will have roast beef, beefsteak, or whatever kind of meat is served.

When asking for anything at the table mention the party's name when you speak.

Do not give any one at the table the trouble of waiting upon you if there be a servant in the room.

Do not, when at a private table, leave until all have finished.

Gentlemen remaining for cigars, rise when the ladies do, and remain standing until they have left the room.

Gentlemen allow the ladies to pass out first en masse, if all leave the dining-room.

Wear evening dress at a formal dinner party. Wear gloves and do not take them off until seated at the table.

COMMON WAYS OF COOKING FOOD

Baking is cooking in confined heat in the oven. Examples: **Bread**, cake, meat. This method when applied to meat is commonly called roasting. Before baking, see that the oven is clean and heated to the desired temperature.

Boiling is cooking by immersion in water at 212° F. Examples: Potatoes, cabbage, macaroni.

Braising is a combination of stewing on the top of the range, and baking in the oven, with or without vegetables. Examples: Tough meats, fowl, whole liver.

Broiling or Grilling is cooking over or under direct heat, as over glowing coals or under a gas flame. Examples: Steak, chops.

Fricasseeing is commonly a combination of stewing and sautéing. Examples: Fowl, forequarter of lamb or veal.

Frying is cooking by immersion in hot deep fat. Examples: Doughnuts, croquettes.

Pan-baking or Pan-broiling is cooking in a lightly greased or ungreased hot frying pan or griddle. Examples: Steak, English muffins, griddle cakes.

Pot Roasting is cooking in an iron kettle or earthen pot in a small amount of water, after meat has been quickly browned in a small amount of fat in the frying pan or kettle. Cook slowly until very tender, with or without vegetables.

Roasting is cooking before an open fire. This method is seldom used in small households, although the baking of meats is commonly called roasting.

Sautéing is cooking in a small amount of fat in a shallow pan on top of range. Examples: Sliced fish, meat, potatoes, eggs.

Simmering is cooking in liquid at 185° F. The bubbles should always be below the surface. Examples: Ham, corned beef, soups.

Steaming. Dry Steaming is cooking by heat or steam, as in double boiler or tin, over or surrounded by boiling water. Examples: Rice, brown bread.

Moist Steaming is cooking by direct contact with steam, as in a steamer or colander, over boiling water, closely covered. Examples: Fowl, puddings, dumplings.

Stewing is cooking slowly in a small amount of water (about 160° F.) until food is very tender. Examples: Beef, lamb, vegetables.

CONTENTS

	Page
Arranging the Dinner Table	III
Arranging the Luncheon Table	III
Courses for a Formal Dinner	IV
Table Etiquette	IV
Common Ways of Cooking Food	VIII
Appetizers and Relishes	1
Beverages	4
Soups Without Meat	6
Soups and Stews with Meat or Fish	9
Chowders	13
Fish	15
Salt and Smoked Fish	16
Meats	18
Warmed-Over Meats	26
Vegetables	28
Sauces and Stuffings for Fish and Meats	35
Poultry	39
Eggs	43
Cheese and Nuts	47
Cereals—Macaroni and Rice	49
Croquettes and Fritters	52
Salads and Salad Dressings	56
Yeast Breads—Muffins and Rolls	62
Baking Powder Breads, Muffins and Biscuits	65
Popovers and Puffs Without Baking Powder or Yeast	71
Shortcakes and Roulettes	72
Sandwiches and Toasts	73
Griddle Cakes, Waffles and Sirups	77
Cakes and Cookies	79
Icings and Fillings	84
Hot Desserts	87
Cold Desserts	90
Frozen Desserts	93
Sauces for Desserts	96
Pastries	98
Fruits—Cooked and Uncooked	105
Candies	109
Candies With Cooked Fondant, Chocolates, Nuts, Fruits	110
Candies With Cooked Fondant—Miscellaneous Sweetmeats	113
Bonbons, Confections and Dipped Candies	116
Homemade Cough Candies	119
Unpulled Candies: Butterscotch and Caramels	121
Unpulled Candies: Cocoanut, Cream, and Maple Candies	124
Unpulled Candies: Fudges and Simple Nut Candies	127
Unpulled Candies: Taffy, Pop Corn and Candy Drops	131
Unpulled Candies: Nut and Fruit Candies and Marshmallows	133
Pulled Candies: Molasses, Sugar and Cream Candies	136
Candies: Miscellaneous	140
Drying Fruits and Vegetables	142
Butchering Time Recipes	146
Table of Weights and Measures	161
Time Table for Cooking—Baking, Boiling, Broiling, Frying	162
Temperature Table	164
Index	165

SPECIAL NOTICE

All ingredients in these recipes should be measured level, and the standard teaspoon, tablespoon, and half-pint measuring cup should be used.

Unless otherwise stated, one apple, onion, orange, etc., means one of medium size.

Sift flour before measuring, and fill cup lightly. Use pastry flour, unless otherwise directed, for thickening soups and sauces, and in all recipes where baking powder is used; use bread flour in all recipes where yeast is used.

The majority of these recipes are planned to serve four persons; those for chowders and other dishes which form the substantial part of the meal are sufficient for second helpings; those for cakes, muffins, and other breads are large enough to be served more than once.

APPETIZERS AND RELISHES

Cocktail Sauce

Ingredients—¼ cup tomato ketchup, ½ teaspoon salt, 1 tablespoon bottled horseradish, 1 teaspoon Worcestershire sauce, 2 tablespoons vinegar and dash of cayenne.

Preparation—Mix, and serve in four small glasses or lemon shells, with six small clams or oysters in each. Shrimps, prawns, or lobster may be used instead of clams or oysters.

Asheville Canapés

Peel and cut small tomatoes in quarter-inch slices; cut thin rounds of bread the same size as tomatoes; toast bread, spread with Mustard Butter, or salad dressing, and cover with a slice of tomato; season lightly with salt and pepper, and cover with thin slices of cooked chicken livers. Garnish with parsley.

Club Canapés

Mix devilled ham with a little grated cheese; spread on thin rounds of brown bread, and mark into quarters with finely chopped pickle. Chop fine the white of a hard-cooked egg, and cover two opposite quarters; press the yolk through a sieve, and cover the remaining quarters.

Crab Meat Canapés

Ingredients—1 cup crab meat, 1 teaspoon Worcestershire sauce, ¼ teaspoon paprika, ½ teaspoon salt, 1 tablespoon lemon juice, ¼ teaspoon mustard, ½ teaspoon horseradish.

Preparation—Chop crab meat, mix well with seasonings, and spread on thin rounds of untoasted brown bread. Garnish with small cube of lemon.

Mock Crab Canapés

Ingredients—1 cup canned corn, ⅓ teaspoon paprika, ¼ teaspoon salt, 1 teaspoon anchovy paste, 2 tablespoons grated cheese.

Preparation—Use one cup of corn which has been drained from its juice; put through food chopper, using the finest cutter; add seasonings and cheese, and spread on small rounds of toast. Garnish with small pickles sliced lengthwise.

Gloucester Canapés

Cook a small haddock roe in boiling salted water for fifteen minutes, remove skin, mash, add a tablespoon of butter, half a teaspoon of anchovy paste, one-fourth teaspoon of paprika, and enough cream to moisten; add salt if necessary. Mound on small rounds of toast, and garnish with sliced pickles and parsley.

Tuna Canapés

Ingredients—1 cup tuna fish, 1 tablespoon lemon juice, 1 tablespoon tomato ketchup, ½ tablespoon olive oil, ½ teaspoon salt, ¼ teaspoon paprika.

Preparation—Chop fish, add seasonings, and spread on small rounds of lightly toasted bread. Garnish with sliced pimolas.

Celery Relish

Cut large white stalks of celery in two-inch lengths, fill with cream cheese which has been seasoned with salt, pepper, and Worcestershire sauce. Garnish with a small piece of celery top.

Cheese and Apple Rings

Ingredients—1 large tart apple, 1 teaspoon Worcestershire sauce, ½ cup soft cheese cut fine, dash of cayenne, ⅛ teaspoon salt, 2 tablespoons cream.

Preparation—Pare and core apples, and cut in one-third-inch slices; mix cheese with seasonings and cream, beat to a paste, and spread or force through a rose tube on apple rings. Dust with paprika.

Spanish Cheese

Cook together one and a half cups of soft or grated cheese with one-fourth cup of chili sauce until the cheese is melted. Serve immediately on toasted crackers or rounds of toast, as an appetizer or savory.

Cantaloupe Cocktail

Ingredients—2 cups cantaloupe, juice of ½ lemon, ⅓ cup preserved ginger, 2 tablespoons powdered sugar.

Preparation—Cut melon in small cubes, or in balls (using a potato cutter). Add chopped ginger, lemon juice, and sugar, and serve very cold.

Fruit Cocktail

Ingredients—2 tart apples, 2 oranges, 1 large banana, 1 teaspoon lemon juice, 4 tablespoons powdered sugar.

Preparation—Cut apples and bananas in small cubes; remove pith and seeds from oranges, cut pulp in small pieces, and add with juice to apples and bananas; add lemon juice and sugar, place in a shallow dish, and put directly on ice for ten minutes to chill; serve in glasses and garnish with a Preserved Cranberry, or a spoonful of Mock Barle-Duc. Peeled Tokay or Malaga grapes and a little grated pineapple may be added to advantage.

Winter Chili Sauce

Ingredients—1 can tomatoes, 1 teaspoon paprika, 2 onions finely chopped, ⅛ teaspoon cayenne, ⅓ cup brown sugar, ½ teaspoon cinnamon, 1½ teaspoons salt, ¼ teaspoon clove, ⅓ cup vinegar.

Preparation—Mix, and simmer about half an hour or until thick.

Piccalilli

Ingredients—3 quarts green tomatoes, 1 quart sugar, 3 quarts ripe tomatoes, 1 teaspoon cinnamon, 2 red peppers, ½ teaspoon clove, 3 onions, 4 tablespoons white mustard seed, ½ cup salt, 2 quarts vinegar.

Preparation—Put vegetables through the food chopper, using coarse cutter; sprinkle with salt, let stand over night, and drain; add other ingredients, and cook about forty-five minutes.

Table Sauce

Ingredients—12 ripe tomatoes, 1 teaspoon paprika, 1 onion, ¼ teaspoon pepper, 3 green peppers, 1 cup vinegar, 2 tablespoons sugar, 1 teaspoon ground clove, 1½ tablespoons salt, 1 teaspoon ground cinnamon, 2 teaspoons mustard.

Preparation—Wipe tomatoes, cut in halves, and put in a clean, smooth preserving kettle; add onion and peppers sliced, and seasonings; simmer two hours, and press through a sieve; return to kettle, simmer one hour, and seal in jars or bottles; when cool, dip tops in paraffin. This may be used in place of ready-made sauce.

Tomato Ketchup

Ingredients—1 peck ripe tomatoes, ½ cup whole mixed spices, 3 onions, 1 clove of garlic, ½ cup salt, ⅓ cup dry mustard, 2 teaspoons cayenne, 1 quart vinegar, 2 tablespoons paprika, 1 cup brown sugar.

Preparation—Wipe tomatoes, cut in halves, and put in a smooth, clean preserving kettle; add onions sliced, cook slowly for one hour, and press through a sieve; add salt, cayenne, and paprika; tie mixed spices, garlic, and mustard in double cheesecloth, add to tomatoes, and cook rapidly until mixture begins to thicken; boil vinegar and sugar together while tomatoes are cooking; add them to strained tomato; cook until ketchup is thick, or until water will not separate from it when tried on a plate. Remove spice bag, seal in sterilized jars or bottles, and when cool dip tops in melted paraffin.

Small Cucumber Pickles (Gherkins)

Wash thoroughly, count, and for every hundred cucumbers allow one cup of salt. Cover with boiling water. Let stand twenty-four hours; then drain. Fill quart preserve jars with cucumbers, then add two tablespoons of mixed whole spices, a piece of alum the size of a pea, and boiling vinegar to fill the jar. Seal, and let stand a week before using. The boiling water should be measured, as an equal amount of vinegar will be needed.

Pepper Hash

Ingredients—6 green peppers, 1 quart vinegar, 6 red peppers, 1 cup brown sugar, 6 onions, 2 tablespoons salt, 1 small white cabbage, 2 tablespoons mustard seed.

Preparation—Remove seeds from peppers and chop fine with the onion and cabbage. Put in cheesecloth, scald with boiling water, and squeeze dry; heat vinegar, sugar, salt, and mustard seed, add vegetables, and bring to the boiling point. When cool, put in a stone crock or small jars.

Pickled Nasturtium Seeds

Into one quart of cider vinegar put three tablespoons salt and five or six slices of horseradish root. Pour into a jar and cover closely. Add the seeds as they ripen. Use in salads, sauces, or for garnishing as a substitute for capers.

BEVERAGES

Coffee, Egg, and Milk

Ingredients—2 eggs, 1½ teaspoons instantaneous coffee, 2½ tablespoons sugar, few grains salt, 3 cups milk.

Preparation—Beat the eggs until light; add the other ingredients, and strain into glasses. Serve very cold. (This recipe fills four tumblers.)

Grape Juice (Unfermented)

Pick over and wash grapes, barely cover with water, and cook until soft and white; drain through cheesecloth, and to each quart of juice add one cup each of water and sugar; bring to boiling point, skim, bottle, and cork tightly. When cold, dip corks into melted paraffin.

Grape Eggnog

Ingredients—1 egg, 1 teaspoon powdered sugar, ⅓ cup grape juice, ¼ cup milk, nutmeg.

Preparation—Beat egg until very light, add grape juice and sugar, and beat again, add milk, beat well, pour into a glass, and dust with nutmeg.

Ginger Punch

Ingredients—1¼ cups sugar, 2 teaspoons Jamaica ginger, 1 quart boiling water, ½ cup orange juice, grated rind 1 lemon, ⅓ cup lemon juice.

Preparation—Boil sugar and water with the lemon rind for ten minutes; when cool, add ginger and fruit juice, and strain over cracked ice.

Ginger Ale Punch

Ingredients—½ cup mint leaves, 1 cup boiling water, 1¼ cups sugar, 2 pints ginger ale, juice of 3 lemons, 1 pint grape juice.

Preparation—Pour boiling water over mint leaves, sugar, and grated rind of one lemon, and let stand until cool; strain into a punch bowl containing ice, add ginger ale, grape juice, and strained lemon juice; garnish with sprigs of mint.

Mint Julep (Ginger Ale)

Ingredients—¾ cup sugar, juice of 3 lemons, 1 cup water, 4 sprigs mint, 1 pint ginger ale.

Preparation—Boil sugar and water ten minutes, and cool; add strained lemon juice, mint leaves bruised, and ginger ale; half fill glasses with crushed ice, and julep, and garnish with a sprig of mint.

Mint Lemonade

Ingredients—1 cup sugar, 1 cup mint leaves, 6 cups water, juice of 3 lemons.

Preparation—Boil sugar and water twenty minutes; add mint, and let stand until cold; add lemon juice, and strain into glasses half filled with cracked ice. Garnish with sprigs of mint.

Tea

Tea should be made from freshly drawn, freshly boiled water, poured over the dry tea, which has been put into a clean, scalded teapot. Cover with a cozy or stand on back of range for three or four minutes. Allow from a half to a full teaspoon of tea to each cup, according to the variety used. The finer varieties made from the first pickings require less than the coarser kinds. Be sure that tea does not boil. Serve with sugar, cream, lemon, cloves, mints, ginger, or bits of candied fruit.

Iced Tea

Fill a large glass two-thirds full with cracked ice, add two thin slices of lemon with seeds removed, two teaspoons of powdered sugar, and fill with freshly-made hot tea. One or two mint leaves may be added.

Filtered Coffee

Ingredients—½ cup pulverized coffee, 4 cups boiling water.

Preparation—Put coffee into bag or filter, add boiling water gradually; pour through a second time, or even a third time if liked strong. Do not boil. Serve with hot milk and cream. Wash coffee pot and bag thoroughly, and dry in the sun if possible; renew bag often.

After-Dinner Coffee

Ingredients—½ cup pulverized coffee, 2 cups boiling water.

Preparation—Put coffee into a filter coffee pot, add boiling water, and filter three times. Serve very hot.

Café Au Lait

To recipe for After-dinner Coffee add one and a half cups of hot milk.

Cocoa

Ingredients—4 teaspoons cocoa, ⅛ teaspoon salt, 2 tablespoons sugar, 2 cups boiling water, 2 cups hot milk.

Preparation—Mix cocoa, sugar, salt, and boiling water, and boil five minutes; add hot milk, and beat with egg beater until frothy.

Chocolate

Ingredients—1½ squares chocolate, ⅛ teaspoon salt, ¼ cup sugar, 2 cups boiling water, 2 cups hot milk.

Preparation—Melt chocolate in a saucepan over hot water; add sugar, salt, and boiling water; stir well, and boil five minutes; add hot milk, and beat with egg beater until frothy. Evaporated milk makes excellent chocolate or cocoa. For marshmallow chocolate put two marshmallows in each cup and pour hot chocolate over them.

Punch

Ingredients—Juice 6 lemons, 6 oranges, 1 pt. grape juice, 1 pt. Maraschino cherries, 2 lbs. sugar, 6 qts. water. Ice to cool. Stir well. Any fruit juices may be substituted for grape juice.

SOUPS WITHOUT MEAT

Asparagus Soup

When fresh asparagus is served as a vegetable, cook the tough ends in the same water, which should be lightly salted. Press through a sieve, add the water, and for each three cups add one-half teaspoon of onion juice and one cup of hot milk. Thicken with one tablespoon of butter and two tablespoons of flour blended together. Add pepper, and salt if necessary.

Purée of Black Beans

Ingredients—1 cup black beans, ½ teaspoon paprika, 1 quart cold water, ¼ teaspoon mustard, 1 slice bacon, 1 tablespoon bacon fat, ½ onion, 1 tablespoon flour, 1 teaspoon salt, 1 hard-cooked egg, lemon slices.

Preparation—Soak beans over night in cold water; drain; add one quart of water, bacon and onion, and cook three hours or until beans are soft, replacing water which cooks away; press through a sieve; add seasonings, and thicken with bacon fat and flour blended together. Serve with a thin slice of egg and lemon in each plate. Corned beef stock is an excellent substitute for water, but if it is used, salt should be omitted.

Baked Bean Soup

Ingredients—2 cups cold baked beans, 1 tablespoon butter, 1½ cups tomatoes, 2 tablespoons flour, 2 slices onion, ½ teaspoon salt, 4 cups cold water, ⅛ teaspoon fat, ½ bay leaf, 2 tablespoons flour.

Preparation—Simmer beans, tomatoes, onion, and water for half an hour, and press through a sieve; thicken with butter and flour blended together; add seasonings, and serve with fried croutons.

Purée of Red Kidney Beans

Follow recipe for Purée of Black Beans, using red kidney beans in place of black beans.

Dried Lima Bean Soup

Ingredients—1 cup lima beans, 1 cup milk, 6 cups cold water, 1 teaspoon salt, ½ onion sliced, 1 teaspoon Worcestershire sauce, ½ carrot sliced, 1 tablespoon bacon fat, 2 tablespoons flour.

Preparation—Soak beans over night; drain; add cold water, onion, carrot, and bay leaf, and simmer an hour and a half or until beans are soft; press through a sieve, add milk and seasonings, and thicken with bacon fat and flour blended together. Serve with croutons.

Cauliflower Soup

To three cups of the water in which cauliflower has been cooked add one-half teaspoon of onion juice and one cup of hot milk. Thicken with one tablespoon of butter and two tablespoons of flour blended together. Season with cayenne, and salt if necessary. Add a few left-over bits of cauliflower, and serve with croutons or crisp crackers.

Cream of Celery Soup

Ingredients—1 cup celery tops, 1½ teaspoons salt, ½ cup chopped celery, ⅛ teaspoon pepper, 2 slices onion, 3½ cups boiling water, ¼ cup rice, 1½ cups hot milk, ½ tablespoon butter.

Preparation—Cook celery, onion, rice, seasonings, and boiling water for half an hour; press through a sieve; add hot milk and butter, and serve with crisp crackers.

Cream of Corn Soup

Ingredients—1 can corn, 1 teaspoon salt, ½ onion, ¼ teaspoon paprika, 2 cups boiling water, 1 tablespoon butter, 2 cups hot milk, 2 tablespoons flour.

Preparation—Chop corn and onion, add water, and simmer twenty minutes; press through a sieve, forcing through all the corn possible; add milk and seasonings, and thicken with butter and flour blended together.

Cheese Soup

Ingredients—2 cups milk, 2 tablespoons flour, 2 cups boiling water, ½ cup grated cheese, 1 onion sliced, 1 egg well beaten, ½ bay leaf, 1 teaspoon salt, 1 tablespoon butter, dash of cayenne.

Preparation—Scald milk, water, onion, and bay leaf twenty minutes; skim out onion and bay leaf, thicken milk with butter and flour cooked together; add cheese, egg, and seasonings, and stir until cheese melts.

Fruit Soup

Ingredients—3 pears, juice of ½ lemon, 3 apples, ⅛ teaspoon cinnamon, 4 cups boiling water, 3 tablespoons honey or sugar, 1 tablespoon granulated tapioca.

Preparation—Chop fruit, add water, cook until tender, and press through a sieve; add tapioca, and cook until clear; add lemon juice, cinnamon, and honey. Serve hot or cold with toast sticks.

Oatmeal Soup

Ingredients—¾ cup cooked oatmeal, 2 cups hot milk, ½ onion sliced, 1 teaspoon salt, 2 cloves, ⅛ teaspoon celery salt, ½ bay leaf, ⅛ teaspoon pepper, 2 cups boiling water, ½ tablespoon butter.

Preparation—Cook oatmeal, onion, cloves, and bay leaf in boiling water for twenty minutes, and press through a sieve; add milk, seasonings, and butter, and serve with croutons.

Cream of Pea Soup

Ingredients—1 can peas, 1¼ teaspoons salt, 1 slice onion, ⅛ teaspoon pepper, bit of bay leaf, 2 cups boiling water, sprig of parsley, 2 cups hot milk 1 teaspoon sugar, 1 tablespoon butter, 2 tablespoons flour.

Preparation—Rinse the peas with cold water, and reserve one-fourth cup; simmer the remainder with seasonings and hot water for twenty minutes, and press through a sieve; thicken the milk with butter and flour blended together, and add to peas. Add the whole peas just before serving.

Purée of Split Peas

Ingredients—½ cup split peas, 1 cup hot milk, 4 cups water or ham stock, ⅛ teaspoon pepper, 2 slices onion, 1 tablespoon bacon fat, 1 tablespoon flour.

Preparation—Soak peas over night in cold water, and drain; add water or stock, and onion, and simmer about three hours or until peas are soft; press through a sieve; add milk and pepper, and thicken with bacon fat and flour blended together. Serve with croutons. If water is used in place of stock, add two slices of bacon and one and a quarter teaspoons of salt.

Rice and Tomato Soup

Ingredients—1 can tomatoes, 1 tablespoon sugar, ½ onion, 2 cups boiling water, ½ bay leaf, ⅛ teaspoon soda, 3 cloves, 2 tablespoons bacon fat, 1 teaspoon salt, 2 tablespoons flour, ¼ teaspoon paprika, ½ cup cooked rice.

Preparation—Simmer tomatoes, seasonings, and water half an hour; press through a sieve, and add soda; melt bacon fat, and cook with flour until brown; add to soup, and stir until smooth; add rice, and serve.

Tomato Bisque

Ingredients—2 cups tomatoes, 1 teaspoon sugar, 1 slice onion, 1½ teaspoons salt, bit of bay leaf, ⅛ teaspoon pepper, 2 cloves, 3 cups hot milk, 1 cup boiling water, 2 tablespoons butter, ¼ teaspoon soda, 3 tablespoons flour.

Preparation—Simmer tomatoes, onion, bay leaf, cloves, and water for twenty minutes, and press through a sieve; add soda, sugar, salt, and pepper; thicken milk with butter and flour blended together, and add to tomato just before serving. Serve with croutons.

Windsor Soup

Ingredients—2 potatoes, 1½ cups hot milk, 1 white turnip, 1 tablespoon butter, ¼ cup celery tops, 2 tablespoons flour, 2 slices onion, 1½ teaspoons salt, 2½ cups boiling water, ⅛ teaspoon pepper, 2 tablespoons tomato ketchup.

Preparation—Pare and slice potatoes and turnip, add celery tops, onion, and boiling water, cook half an hour, and press through a sieve; add hot milk, thicken with butter and flour blended together, season, and serve with croutons.

Vegetable Soup

Ingredients—½ cup leeks, 3 cups boiling water, ½ cup carrots, 1 cup half-inch potato cubes, 1 cup cabbage, 1 cup hot milk, 2 tablespoons beef drippings, 1 teaspoon salt, ¼ teaspoon pepper, 1 tablespoon chopped parsley.

Preparation—Cut leeks into slices, carrots and cabbage into small pieces, or put through the food chopper, and cook in beef drippings for ten minutes, stirring often; add boiling water and potatoes, and cook twenty minutes, or until vegetables are tender; add milk and seasonings, and serve with croutons.

Tomato Bouillon

Ingredients—1 can tomatoes, 6 cloves, 2 cups water, ½ bay leaf, ½ cup onion, 1½ teaspoons salt, ½ cup carrot, dash of cayenne, 1 cup celery tops, 1 teaspoon sugar, 2 tablespoons tomato ketchup.

Preparation—Simmer all ingredients except tomato ketchup for half an hour, strain through double cheesecloth, add ketchup, and serve either very hot or very cold. The tomato pulp should be pressed through a sieve and used for flavoring other soups or sauces.

Potato Soup

Ingredients—3 potatoes sliced, 1¼ teaspoons salt, ¼ cup celery tops, ¼ teaspoon pepper, ½ onion, 2 cups hot milk, 2 cups boiling water, 1 tablespoon butter, 2 tablespoons flour.

Preparation—Cook potatoes, celery, onion, and water twenty minutes; press through a sieve; add seasonings and hot milk, and thicken with butter and flour blended together.

Tomato and Peanut Soup

Ingredients—1½ cups stewed and strained tomatoes, ¾ teaspoon salt, ½ cup peanut butter, ¼ teaspoon paprika, 2½ cups boiling water.

Preparation—Add tomatoes gradually to peanut butter, and when smooth add seasonings and water; simmer ten minutes, and serve with croutons. Well seasoned soup stock may be substituted for the water; if so, use less salt.

Tomato and Oatmeal Soup

Ingredients—½ can tomatoes, ½ cup rolled oats, 3 cups hot water, 1 teaspoon salt, 2 slices onion, 1 teaspoon sugar, ¼ bay leaf, ⅛ teaspoon soda, 3 cloves, ⅛ teaspoon pepper, 1 teaspoon butter.

Preparation—Heat tomatoes, water, onion, bay leaf, and cloves to boiling point; add oatmeal gradually, and cook for forty-five minutes; press through a sieve; add seasonings and butter, and serve with croutons.

SOUPS AND STEWS WITH MEAT OR FISH

Mock Turtle Soup

Ingredients—2 pounds knuckle of veal, 2 teaspoons salt, ½ pound liver, ⅛ teaspoon pepper, 1 onion, 2 tablespoons beef drippings, 1 carrot, 4 tablespoons flour, ½ bay leaf, 1 teaspoon sugar, ½ cup celery tops, 1 tablespoon vinegar, 2 quarts water, ¼ teaspoon kitchen bouquet, 1 hard-cooked egg.

Preparation—Wash meat, add vegetables cut fine, and boiling water, and cook slowly for four hours; remove meat, strain stock, remove fat, and add salt and pepper; cook drippings, flour, and sugar together until brown; add to stock, and stir until smooth; add vinegar, kitchen bouquet, and one-half cup each of liver and veal cut in small pieces. Serve a slice of egg in each plate. The left-over meat may be used for hash, croquettes, etc.

Chicken and Okra Soup

Ingredients—1 quart chicken stock, ½ green pepper chopped, 1 tablespoon grated onion, 1 cup tomatoes, ⅛ teaspoon celery salt, ½ can okra, 2 tablespoons rice.

Preparation—Heat stock to boiling point, add other ingredients, and simmer half an hour or until rice is tender. Add salt if necessary. Ham stock in place of chicken stock makes an excellent soup.

Clam Bisque

Ingredients—1 pint clams, 1 teaspoon salt, 1 cup water, ⅛ teaspoon pepper, 1 slice onion, 2 cups hot milk, ⅛ teaspoon soda, 1 tablespoon butter, ¼ teaspoon celery salt, 2 tablespoons flour, 1 teaspoon chopped parsley.

Preparation—Remove necks and gills from clams and chop fine; simmer with the soft part of clams, water, and onion for fifteen minutes; add soda and seasonings; thicken the milk with the butter and flour cooked together; add to clams, sprinkle with parsley, and serve at once.

Clam Bouillon

Ingredients—1 pint clams, ¾ teaspoon salt, 2 cups cold water, ¼ teaspoon celery salt, dash of cayenne.

Preparation—Chop clams, add cold water, and simmer fifteen minutes; add seasonings, and strain through double cheesecloth. Serve in cups with or without whipped cream; or pour over the stiffly beaten white of one egg.

Clear Soup

Ingredients—¼ cup chopped carrot, 1 quart boiling water, ¼ cup chopped onion, 1 teaspoon beef extract, ¼ chopped turnip, 1 teaspoon salt, 2 cloves, dash of cayenne, small bit bay leaf, few drops kitchen bouquet.

Preparation—Cook vegetables, cloves, bay leaf, and water for half an hour, and strain through double cheesecloth. Add extract, salt, cayenne, and kitchen bouquet. Four bouillon cubes may be used in place of extract, and the salt, cayenne, and bouquet omitted.

Julienne Soup (Bouillon Cubes)

Ingredients—2 tablespoons onion, ¼ teaspoon salt, 2 tablespoons carrot, 4 cups boiling water, 2 tablespoons white turnip, 3 bouillon cubes.

Preparation—Cut vegetables into fine shreds an inch long, add salt and boiling water, and cook until tender; add bouillon cubes, and salt if necessary. Two tablespoons of tomato ketchup may be added.

Cream of Chicken Soup

Ingredients—3 cups chicken stock, salt, 1 slice onion, ⅛ teaspoon pepper, ¼ cup celery tops, 2 tablespoons chicken fat or butter, 1 cup hot milk, 3 tablespoons flour.

Preparation—Cook stock, onion, and celery for fifteen minutes, and strain; add hot milk and seasonings, and thicken with chicken fat and flour blended together. The amount of salt will depend upon the quantity in the stock. Celery salt may be used in place of celery tops.

Mushroom Soup

Ingredients—¼ pound mushrooms, ⅛ teaspoon pepper, 3 cups stock, salt, 1 slice onion, 2 tablespoons butter, 1 cup hot milk, 4 tablespoons flour.

Preparation—Wash mushrooms, chop stems, simmer with stock and onion for twenty minutes, and press through a sieve, reserving two or three whole caps; add milk, pepper, and salt if necessary; thicken with butter and flour blended together. Cut mushroom caps into bits, and add to soup.

Onion Soup

Ingredients—1 slice bacon, 2 cups hot milk, 3 onions sliced, 1 teaspoon salt, ½ green pepper chopped fine, dash of cayenne, 1 sprig parsley, 1 tablespoon bacon fat, 1 clove, 2 tablespoons flour, 2 cups boiling water, 2 tablespoons grated cheese.

Preparation—Cut bacon in small pieces and cook with onions and green pepper five minutes; add parsley, clove, and boiling water; simmer half an hour, and press through a sieve; add milk and seasonings, and thicken with bacon fat and flour blended together; add cheese just before serving.

Oyster Stew

Ingredients—1 quart oysters, 1½ teaspoons salt, 1 quart milk, ¼ teaspoon paprika, 2 tablespoons butter.

Preparation—Pick over oysters to remove bits of shell, and cook in their own liquor until plump, skimming when necessary; scald milk, add seasonings and butter, and mix with oysters. Serve with oyster crackers.

Oyster and Celery Bouillon

Ingredients—1 cup chopped celery tops, 1 pint small oysters, 1 slice onion, 1 teaspoon salt, ½ bay leaf, ¼ teaspoon paprika, 3 cups boiling water, white of 1 egg.

Preparation—Simmer celery, onion, bay leaf, and water for fifteen minutes; add oysters finely chopped, and simmer ten minutes; strain through double cheesecloth; season with salt and paprika, and pour over the stiffly beaten white of egg. Serve in cups. Or serve without the egg, put a spoonful of whipped cream in each cup, and sprinkle with paprika.

Salmon Bisque

Ingredients—1 small can salmon, 2 cups hot milk, 2 cups water, 1 tablespoon butter, 1 slice onion, 2 tablespoons flour, bit of bay leaf, 1 teaspoon salt, ⅛ teaspoon pepper.

Preparation—Separate salmon into flakes, add water, onion, and bay leaf; simmer for fifteen minutes, and remove onion and bay leaf; scald milk, thicken with butter and flour blended together; add seasonings, and mix with salmon. Serve with oyster crackers.

Soup Stock

Use the liquid in which any meat has been cooked. Season well with vegetables; if brown stock is wanted, add a small amount of kitchen bouquet or caramel, and a little beef or vegetable extract. (See suggestions for the Stock Pot, page 4.)

Tomato Tapioca Soup

Ingredients—2 cups tomato, 1¼ teaspoons salt, 3 cups hot water, ¼ teaspoon pepper, 1 slice onion, 1 teaspoon sugar, ½ bay leaf, 2 cubes beef extract, 4 cloves, 2 tablespoons granulated tapioca.

Preparation—Mix the tomato and seasonings with the hot water; simmer for fifteen minutes, and rub through a sieve; add beef extract and tapioca, and cook fifteen minutes. Serve with croutons.

Tuna Fish Soup

Ingredients—2 tablespoons grated carrot, ¼ teaspoon paprika, 1 tablespoon grated onion, 1 teaspoon chopped parsley, 2 cups boiling water, ½ teaspoon Worcestershire sauce, 2 cups hot milk, 1 cup tuna fish, ¼ cup sifted crumbs, ½ tablespoon butter, 1 teaspoon salt.

Preparation—Cook vegetables, water, and milk in double boiler for twenty minutes; add crumbs, seasonings, tuna fish separated into flakes, and butter; cook five minutes.

Beef Stew

Ingredients—2 pounds shoulder trimmings, 1 white turnip, 2 quarts boiling water, 3 potatoes sliced, 1 onion, 1 cup tomatoes, 1 carrot, 2½ teaspoons salt, ⅛ teaspoon pepper, ⅓ cup flour.

Preparation—Cut beef in pieces for serving, add water, and simmer two hours; put onion, carrot, and turnip through the food chopper, using coarse cutter, and add to meat; add potatoes, tomatoes, and seasonings, and cook forty-five minutes; thicken with flour mixed to a paste with cold water. Serve with dumplings.

Irish Stew With Dumplings

Ingredients—2 pounds forequarter lamb, 1 onion, 2 quarts boiling water, 1 carrot, 2 teaspoons salt, 1 small white turnip, ⅛ teaspoon pepper, 4 potatoes, 4 tablespoons flour.

Preparation—Cut meat in small pieces, and trim off most of fat; cover with boiling water, and simmer for one hour; add salt and pepper, onion, carrot, and turnip cut in small cubes, and cook one hour; pare and slice potatoes, add to stew, and cook twenty minutes; thicken with flour mixed to a paste with cold water; add dumplings, cover, and cook twelve minutes.

Dumplings

Ingredients—1 cup flour, 2 teaspoons baking powder, ¼ teaspoon salt, ½ cup milk or water.

Preparation—Sift flour, salt, and baking powder, and mix to a soft dough with milk; drop by spoonfuls upon boiling stew; cover closely, and cook twelve minutes.

Lamb Broth With Spaghetti

Ingredients—1 quart lamb stock, 1 tablespoon chopped carrot, ½ cup tomato, ⅛ teaspoon pepper, 1 tablespoon chopped onion, ⅓ cup spaghetti, 1 cup bits of lamb.

Preparation—Remove fat from stock; add vegetables, pepper, and (if necessary) salt; heat to boiling point, add spaghetti, and cook half an hour. Add meat just before serving.

Scotch Broth

Ingredients—2 pounds neck of mutton, 2 white turnips, 2½ quarts cold water, 2 carrots, ¼ cup pearl barley, 2 teaspoons salt, 2 onions, ¼ teaspoon pepper.

Preparation—Wash mutton, cover with cold water, heat to boiling point, and simmer slowly for two hours; let stand over night. Soak barley in cold water over night. In the morning, remove fat from stock, remove meat from bones, and strain stock; if water has evaporated, add enough to make two and a half quarts; heat stock to boiling point, add seasonings, barley, and vegetables, which have been pared and cut into small cubes. Cook for one hour, add meat, and cook slowly one hour longer.

CHOWDERS

Clam Chowder

Ingredients—⅓ cup half-inch cubes salt pork, 1 quart clams, 1 onion sliced, 1½ teaspoons salt, 2 cups boiling water, ⅛ teaspoon pepper, 4 cups potatoes cut in half-inch cubes, 3 cups hot milk, ¼ cup sifted crumbs.

Preparation—Cook salt pork and onion slowly for ten minutes; add boiling water and strain into chowder kettle; add potatoes, and cook twenty minutes; remove necks of clams, chop fine, add with the soft part of the potatoes, and cook ten minutes; add seasonings, hot milk, and crumbs, and serve with pilot crackers. The salt pork and onion may be served in the chowder if preferred.

Corn Chowder

Ingredients—⅓ cup half-inch cubes salt pork, ¼ teaspoon celery salt, 1 onion sliced, 1½ teaspoons salt, 3 cups boiling water, ¼ teaspoon paprika, 3 cups thinly sliced potatoes, 1 can corn chopped, 2 cups hot milk, 6 common crackers split.

Preparation—Cook salt pork and onion together slowly for ten minutes; add boiling water, and strain into chowder kettle; add potatoes and seasonings, and cook about fifteen minutes or until potatoes are tender; put corn into a strainer, drain the juice into the kettle, and chop the corn, using finest cutter; add to chowder; add hot milk and crackers and cook five minutes. The bits of pork and onion may be left in the chowder if desired.

Corn and Tomato Chowder

Ingredients—¼ pound salt pork chopped fine, 2 teaspoons salt, 1 onion chopped fine, ¼ teaspoon pepper, 1 green pepper shredded, ½ can corn, 3 cups boiling water, 2 cups hot milk, ½ can tomatoes, 1 tablespoon butter, 3 potatoes sliced, 2 tablespoons flour, 6 common crackers split.

Preparation—Cook pork, onion and pepper slowly for ten minutes; add water, tomatoes, potatoes, salt and pepper and cook until potatoes are tender; add corn and milk and thicken with butter and flour blended together. Add crackers (which have been moistened in cold water) and simmer for five minutes.

Fish Chowder

Ingredients—3 pounds haddock, 2 teaspoons salt, ½ cup half-inch cubes salt pork, ⅛ teaspoon pepper, 1 onion sliced, 1 tablespoon butter, 1 quart cold water, 3 tablespoons flour, 4 cups thinly sliced potatoes, 2 cups hot milk, 6 common crackers split.

Preparation—Order skin and bones removed from fish at market and have them delivered with fish and head; cook salt pork and onion together slowly for ten minutes; add fish head, skin and bones, cover with cold water; cook for twenty minutes and strain into chowder kettle; add the fish (cut into two-inch pieces), potatoes, salt and pepper and cook twenty minutes; thicken milk with butter and flour blended together and mix with chowder; add crackers (which have been moistened in cold water), and cover for five minutes. Cod, hake, white fish, or any firm fish may be used instead of haddock.

Oyster Chowder

Ingredients—3 potatoes cut in half-inch cubes, 3 cups boiling water, 1 onion chopped fine, 1 pint small oysters, ¼ cup celery chopped fine, 1½ teaspoons salt, 2 tablespoons bacon fat, ⅛ teaspoon pepper, 2 cups hot milk, ¼ cup sifted crumbs.

Preparation—Cook potatoes, onion, celery and bacon fat in boiling water for fifteen minutes; add oysters, salt and pepper, and cook five minutes; skim, add hot milk and crumbs and serve with pilot crackers.

Potato Chowder

Follow recipe for corn chowder, cooking one-half cup of finely chopped carrot with the potatoes, and leaving out the corn.

Salmon Chowder

Ingredients—⅓ cup half-inch cubes salt pork, ⅓ cup flour, 1 onion sliced, 3 cups hot milk, 3 cups boiling water, 1 can salmon, 4 potatoes cut in half-inch cubes, 2 tablespoons sifted crumbs, 1 beaten egg, ¼ teaspoon paprika, ½ teaspoon salt, ⅛ teaspoon pepper, ¼ teaspoon onion juice.

Preparation—Cook salt pork and onion slowly for ten minutes; add boiling water and strain into chowder kettle; add potatoes and seasonings and cook twenty minutes; mix flour to a smooth paste with cold water; add to milk, cook five minutes and add to potatoes. Chop the salmon, add crumbs, egg, salt, pepper and onion juice and mix well; shape into balls about an inch in diameter, add to chowder and cook ten minutes. Serve with pilot crackers.

Salt Fish Chowder

Follow recipe for Corn Chowder, using one cup flaked salt fish in place of corn. The fish should be soaked in cold water for one hour, drained and simmered in the chowder five minutes.

Vegetable Chowder

Ingredients—⅓ cup half-inch cubes salt pork, ½ cup carrot chopped, 1 onion finely chopped, ½ cup white turnip chopped, 1½ cups half-inch potato cubes, 1 quart boiling water, 1 cup half-inch parsnip cubes, 3 cups hot milk, 2 teaspoons salt, ¼ teaspoon pepper, ¼ cup dried bread crumbs, 1 teaspoon chopped parsley.

Preparation—Cook pork and onion five minutes; add vegetables and water and cook about twenty minutes or until vegetables are tender; add milk, seasonings, crumbs and parsley. Four common crackers, split, may be used in place of bread crumbs.

FISH

Baked Cod Steaks

Wash and dry four slices of cod steak, season with salt and pepper, put in baking pan and pour around them one-half cup of water and one tablespoon of shortening; bake twenty-five minutes, basting often. Remove skin and bone, and pour over fish either Cheese Sauce or Egg Sauce. Sliced halibut may be baked in the same way.

Baked Stuffed Haddock

Wash and dry a three-pound fish, fill with Fish Stuffing and sew together. Place on a rack in a dripping pan, season with salt and pepper, dredge with flour and cover with thin slices of salt pork; bake in a hot oven forty-five minutes, basting often. Until pork begins to try out, baste with two tablespoons of drippings melted in a quarter of a cup of boiling water. Serve with Egg Sauce and French Fried Potatoes.

Boiled Halibut

Order two pounds of halibut cut near the tail; wash, cover with boiling water, add one tablespoon each of salt and vinegar and boil about twenty-five minutes, skimming when necessary; drain, remove skin and serve with Egg Sauce or Cheese Sauce.

Fried Fillets of Flounder

Have skin and bone removed from two medium-sized flounders; divide each piece of fish lengthwise, making eight fillets; wash and dry, brush with melted butter and season with salt and pepper; roll, fasten with skewers, roll in flour, dip in egg, roll in crumbs, and fry in deep fat from five to seven minutes. Serve with sauce Tartare.

Fish Sautéed With Salt Pork

Cut one-quarter pound of salt pork in thin slices, try out in frying pan, and remove scraps to platter. Cut cod, haddock, white fish or any similar fish into one-inch slices; wash, season with salt and pepper, dip in corn meal, and saute on each side in pork fat about seven minutes, or until brown.

Broiled Oysters

Select large oysters, season lightly with salt and pepper, dip in melted butter and then in cracker crumbs. Place on a well-greased oyster broiler, and broil about three or four minutes, turning often. Serve very hot with lemon butter.

Creamed Oyster Pie

Bake a shell pie, fill with Creamed Oysters and cover with a meringue made of the stiffly beaten whites of two eggs, one teaspoon sugar, one-eighth teaspoon salt, two small sour pickles and one canned sweet pepper (pickles and pepper wiped dry and chopped fine). Bake in a moderate oven about ten minutes, or until meringue is well risen and brown.

Creamed Oysters

Ingredients—1 pint small oysters, milk, 2½ tablespoons butter, ¾ teaspoon salt, 5 tablespoons flour, ¼ teaspoon paprika, ⅛ teaspoon celery salt.

Preparation—Cook oysters in their own liquor until plump; drain and measure the liquor; melt butter, add flour, and blend well; add oyster liquor, and enough milk to make two cups; stir until smooth, add seasonings and oysters, and serve on toast. Garnish with toast points and sliced pickles.

Oysters With Brown Sauce

Ingredients—1 pint oysters, ½ teaspoon salt, 3 tablespoons bacon fat, ⅛ teaspoon celery salt, 5 tablespoons flour, ⅛ teaspoon pepper, stock or milk, ¼ teaspoon kitchen bouquet, 1 teaspoon Worcestershire sauce.

Preparation—Cook oysters until edges ruffle; drain and save the liquor; melt bacon fat, add flour, and stir until brown; to the oyster liquor add enough milk or stock to make two cups; add to flour and fat and stir until smooth; add seasoning and oysters, stir until hot and serve on toast or in Croustades or Patty Shells.

Oysters and Macaroni

Arrange two cups of cooked macaroni and one pint of small oysters in layers in a buttered baking dish; season each layer with salt and pepper, and dredge with flour; cover with buttered crumbs and bake in a hot oven twenty minutes. One-fourth cup of grated cheese may be added.

Oyster Shortcake

Follow recipe for Shortcake; fill, and cover top with Creamed Oysters. Garnish with parsley and thin slices of lemon.

Panned Oysters

Heat and butter individual egg shirrers, or other fireproof dishes which can be sent to the table; put in a piece of buttered toast, cover with oysters, season lightly with salt and pepper, and bake in a hot oven about ten minutes, or until the edges ruffle. Garnish with toast points and lemon and serve very hot.

SALT AND SMOKED FISH

Finnan Haddie Baked in Milk

Wash fish, and soak in lukewarm water for half an hour; put in baking pan, add one-half cup each of milk and water, and bake about twenty-five minutes, basting often. Remove to platter, spread with butter, and strain liquid in the pan over fish.

Baked Herring

Arrange smoked, boned herring on pieces of entire wheat bread; place on platter and pour hot milk over them, allowing three-quarters of a cup for six slices of bread. Brown in a hot oven.

Baked Salt Mackerel (Spiced)

Soak mackerel in cold water for twelve hours; drain and rinse with cold water. Place in a granite baking pan, sprinkle with one-fourth teaspoon of clove, allspice, cinnamon and pepper; add one-half cup each of vinegar and water; bake in a moderate oven one hour, basting frequently.

Salt Fish Baked With Crackers

Ingredients—1 cup flaked fish, 1 egg slightly beaten, 4 butter crackers, 2 cups milk, cold water, 1 tablespoon butter, a few grains pepper.

Preparation—Split crackers, put with fish in a baking dish, cover with cold water, and soak over night or for several hours; drain, press out water, add other ingredients, and bake about twenty-five minutes in a moderate oven.

Broiled Finnan Haddie

Wash well, and soak in lukewarm water half an hour; dry, brush with melted butter, and broil for fifteen minutes, turning often; spread with butter, sprinkle with lemon juice and serve very hot.

Broiled Salt Codfish

Select thick pieces of fish, and soak over night in cold water; drain dry, brush with melted butter, and broil over a moderate fire ten minutes, turning often. Spread with soft butter.

Broiled Smoked Herring

Soak herring in cold water half an hour; drain, pour boiling water over skin side, and soak for ten minutes; remove skin, place on a greased broiler, and cook over a clear fire about eight minutes, turning frequently; spread with a little Mustard Butter and sprinkle with lemon juice.

Broiled Smoked Salmon

Soak salmon in cold water for twenty-four hours, changing the water once; drain, dry, place on a greased broiler, and broil over a moderate fireabout five minutes on each side, turningoften. Spread with soft butter and sprinkle with lemon juice.

Creamed Codfish

Ingredients—1½ cups hot milk, ⅛ teaspoon pepper, 3 tablespoons flour, 1 cup salt codfish flaked, ½ tablespoon butter.

Preparation—Thicken milk with flour which has been mixed to a paste with cold water, add pepper, and cook fifteen minutes; soak codfish for two hours in lukewarm water, separate into small flakes, add to sauce, and simmer five minutes; add butter just before serving. One beaten egg or one hard-cooked egg chopped may be added. Serve with baked potatoes.

Fish Balls

Follow recipe for Fish Cakes, but shape slightly with a teaspoon, and cook in deep fat one minute.

Fish Cakes With Pork Scraps

Ingredients—1 package shredded codfish, ⅛ teaspoon pepper, 2 cups hot mashed potato, 1 egg well beaten, 2 tablespoons milk, ¼ pound salt pork.

Preparation—Soak fish in lukewarm water fifteen minutes; drain and squeeze in cheesecloth; add potato, pepper, egg, milk, and salt if necessary; beat well, shape into small flat cakes and roll in flour; cut pork in thin slices, and try out in frying pan; when crisp, but not burnt, remove to platter; cook fish cakes in fat in pan until brown, and serve with a piece of pork on each.

Fish Hash

Follow recipe for Fish Cakes, but omit the egg and add double the quantity of milk. Try out pork and remove scraps to platter; spread hash in frying pan with the fat and stir well; cook slowly until well browned. Fold double, and serve with pork scraps.

Salt Codfish Souffle

Ingredients—1 cup shredded codfish, yolks of 2 eggs, 2 cups mashed potato (hot or cold), 2 tablespoons butter, dash of pepper, whites of 2 eggs.

Preparation—Soak the fish in lukewarm water for ten minutes; drain and dry thoroughly; mix with the potato; add egg yolks, which have been beaten very light, and the butter and pepper. Beat well, and fold in the whites of the eggs, which have been beaten stiff and dry. Put in greased baking dish, and bake about twenty minutes in a moderate oven. Half of a green pepper and a slice of onion may be chopped and cooked in the butter, and added to the potato and fish.

Spanish Codfish

Ingredients—1 onion, 1½ cups tomatoes, 1 green pepper, ¾ cup salt codfish, 2 tablespoons bacon fat, ¼ teaspoon salt.

Preparation—Chop onion and pepper, and cook in the bacon fat about five minutes; add the tomatoes and simmer ten minutes; add codfish, which has been flaked and freshened in lukewarm water, and salt if necessary. Simmer two minutes and serve with border of boiled rice.

MEATS

Pressed Beef

Wash a four-pound piece of beef flank or any other of the cheaper cuts. Cover with boiling water, bring to boiling point, and skin; slice and add two carrots, two onions and one white turnip; cook slowly for four hours or until meat is very tender; add two teaspoons of salt when half cooked; pack meat solidly into a deep bread pan, putting the grain of the meat lengthwise; place pan in a shallow pan to catch the overflow, put an empty bread pan on top of meat, and press with two heavy flatirons; let stand in a cool place over night. Strain the stock, and use for soups or sauces.

Pressed Corned Beef

Select a four-pound piece of shoulder or lean end of brisket lightly corned; wash well; cover with boiling water, and cook slowly for four hours; pack and press as for Pressed Beef. The heat should not be above the simmering point (185° F.); if the water boils the meat will be tough.

Roast Beef

The most economical cuts of beef for roasting are the shoulder, the face of the rump and the chuck ribs; they are all of good flavor and fairly tender. When ordering a shoulder roast, have an inch slice cut off to broil. The chuck roast should be ordered boned and rolled, and the bones sent with it. Wipe beef with cheesecloth, place skin side down on a rack in a roasting pan suitable for the size of the roast; dust with salt and pepper, dredge with flour and cook in a hot oven, basting every ten minutes. When half roasted, turn over, dredge with flour, and finish cooking. For a medium cooked roast allow seventeen minutes for each pound of meat. The oven should be very hot for the first fifteen minutes, after which the heat should be reduced.

Pot Roast of Beef

A small aitchbone or a solid piece from the shoulder weighing about five pounds makes an economical roast. Wash, dry, season with salt and pepper, dredge with flour, and brown quickly in a hot frying pan or Scotch kettle; place in kettle, half cover with water, cover closely and cook slowly four hours; when half cooked, season with salt and pepper; add four small onions, two carrots and one white turnip cut in quarters; when cooked place meat on platter with vegetables around it; remove fat from gravy and thicken with flour mixed to a paste with cold water, allowing one-fourth cup of flour to two cups of gravy. Color with a few drops of kitchen bouquet if necessary.

Shin of Beef With Creole Sauce

Ingredients—4 pounds shin of beef, ¼ teaspoon celery salt, ½ onion sliced, ¼ teaspoon paprika, ½ carrot sliced, ½ teaspoon salt, 2 cups tomato, 4 tablespoons dried bread crumbs, 1 green pepper chopped, ½ onion chopped.

Preparation—Wash meat, sprinkle with salt and pepper; put into an iron kettle or earthen crock; add onion and carrot; cover closely, and bake in a slow oven four hours. Remove meat from the bone; skim fat from stock. Cook tomatoes, pepper, onion and seasonings twenty minutes; add stock, crumbs and meat. The meat cooks in its own juice and will be very tender.

Stuffed Shin of Beef

Ingredients—4 pounds shin of beef, 1 small white turnip, 1 onion, ½ teaspoon salt, 1 carrot, 1 quart boiling water.

Preparation—Have the bone removed and cracked; finely chop vegetables and stuff into beef; place on a trivet in kettle with the bone; add boiling water and cook slowly for four hours. Skim when necessary. Remove meat, and thicken gravy with flour mixed into a paste with cold water, allowing one-fourth cup flour to two cups gravy. Color with a few drops of kitchen bouquet.

To Broil Steak

Wipe steak, trim off superfluous fat, place on a greased broiler with fat towards the handle, and broil over a clear fire or under a gas flame. Turn four or five times during the first minute and then occasionally. For steak an inch and a half thick, medium cooked, allow twelve minutes to broil. Season with salt and pepper and spread with soft butter. A slice from the shoulder is a good and inexpensive cut.

Broiled Flank Steak

Follow directions for broiling steak, but, as flank steak is thinner, broil only seven or eight minutes. Season with salt and pepper, spread with one tablespoon of soft butter and one tablespoon of tomato ketchup.

Steak Country Style

Ingredients—1½ pounds flank steak, ⅓ teaspoon salt, 4 onions, ⅛ teaspoon pepper, 1 tablespoon flour, ¼ cup boiling water.

Preparation—Pound the steak with a meat pounder or a wooden potato masher to break the tough fibers. Sear quickly on each side in a very hot frying pan; peel and chop onions, dredge with flour and put in pan with the steak; add salt and pepper; cover closely and cook slowly an hour and a half. Put steak on platter, add boiling water to onions, and pour around steak. Serve with hashed brown potatoes.

Broiled Chopped Beef

Put one pound and a half of any of the cheaper cuts of beef through the meat chopper; season with pepper and salt and pat lightly into a flat cake an inch thick; place carefully on a greased broiler, and broil about eight minutes for a medium-cooked steak. Spread with soft butter.

Hamburg Meat Cakes

Ingredients—1 pound beef, 1 teaspoon salt, 1 thin slice salt pork, ⅛ teaspoon pepper, ¼ cup dried crumbs, ½ cup milk.

Preparation—Use any of the cheaper cuts of beef; put through the meat chopper with the salt pork, add crumbs, seasoning, and milk; mix well, shape into small flat cakes, roll in flour, and saute slowly in beef drippings until brown, allowing ten minutes for each side. Remove meat to platter; add two tablespoons of flour to the fat in the pan, and stir until brown; add one-fourth teaspoon each of mustard, salt and paprika, and one cup of boiling water. Stir until smooth and pour around meat cakes. One teaspoon of grated onion may be added to meat.

Casserole of Beef

Ingredients—1 pound of shoulder trimmings, 1 onion, 1 tablespoon flour, 1 tablespoon pearl tapioca, 1¼ teaspoons salt, 2 potatoes, ¼ teaspoon paprika, 1 carrot, 1 tablespoon tomato ketchup, cold water.

Preparation—Cut beef into inch pieces, sear quickly in hot frying pan, dredge with flour and put into casserole; cut potatoes into cubes or balls; put carrot and onion through meat chopper; mix vegetables, and add to meat; add tapioca and seasonings, cover with cold water (a little of the water should be put into the frying pan to obtain all the flavor of the meat and then added to the rest). Cover and bake slowly two and a half hours. Any of the other cheaper cuts of meat may be used. Serve with spinach or cold slaw.

American Chop Suey

Ingredients—2 tablespoons bacon fat, 1 can condensed tomato soup, 1 onion finely chopped, 1 cup cooked spaghetti, ¼ pound flank beef chopped fine, ½ teaspoon salt, ⅛ teaspoon pepper.

Preparation—Cook onion and beef in fat until brown; add tomato, spaghetti and seasonings and simmer ten minutes.

Beef and Bacon Cakes

Ingredients—1 pound flank of beef, ½ cup water, 3 slices bacon, ¼ teaspoon salt, ¼ cup dried bread crumbs, dash of cayenne.

Preparation—Put meat and bacon through chopper; add crumbs, water and seasonings; mix well, form into small flat cakes and saute in bacon fat.

Creamed Dried Beef With Cheese

Ingredients—¼ pound dried beef, 1 cup milk, 1½ tablespoons butter, 2 tablespoons grated cheese, 2 tablespoons flour, 2 tablespoons ketchup.

Preparation—Cut beef in small pieces cover with boiling water, let stand five minutes and drain; melt butter, add beef and stir until hot; add flour and milk and stir until smooth; add cheese and ketchup, and stir until cheese is melted. Serve with baked potatoes.

Beef Loaf

Ingredients—2 pounds shoulder trimmings chopped, ½ teaspoon pepper, ¼ pound salt pork chopped, 1½ teaspoons salt, 3 common crackers rolled fine, 1 cup milk.

Preparation—Mix in order given and bake in a deep pan about two hours in a slow oven. Serve hot with Tomato Sauce or Creole Sauce, or serve cold, sliced. One teaspoon of poultry seasoning may be added if desired.

Brown Fricassee of Lamb

Ingredients—2 pounds forequarter lamb, 2 onions, 2 quarts boiling water, 2 white turnips, 1½ teaspoons salt, 2 carrots, 5 tablespoons flour, ¼ teaspoon kitchen bouquet.

Preparation—Cut lamb in pieces the size of a chop, trim off nearly all fat, add boiling water, heat to boiling point and skim; add salt and vegetables (left whole), and simmer for two hours; remove meat, season with salt and pepper, dredge with flour, and saute with two tablespoons of fat in a hot frying pan until brown; to the fat in the pan add the flour and stir until brown, add two cups of stock and stir until smooth; color with kitchen bouquet, add pepper, and salt if necessary. Slice vegetables, and serve with meat. Use left-over stock for soups or sauces.

Lamb Cutlets

Have a small forequarter of lamb cut in pieces for serving; select the best pieces, trim and skewer into shape. Season lightly with salt and pepper, dip in egg and crumbs and fry in deep fat about seven minutes; or dip in flour and saute on each side about ten minutes; or broil on each side about five minutes. The rest of the forequarter can be used for fricassee, Scotch broth, croquettes and many other dishes.

Lamb Chops

Chops from the forequarter are much cheaper than loin or kidney chops. They contain more bone, but are tender and of good flavor, if well cooked. Cook the same as Lamb Cutlets. The time of cooking may vary slightly according to the thickness of the meat.

Casserole of Lamb

Ingredients—1½ pounds forequarter lamb, 1 cup tomato, ½ cup each white turnip, carrot and onion finely chopped, 2 tablespoons rolled oats, ¼ teaspoon pepper, 1½ teaspoons salt, 3 cups hot water.

Preparation—Remove fat and cut meat into inch pieces; put into a casserole with vegetables, oats, seasonings and water, and cook in a moderate oven two hours.

Rolled Roast of Lamb

Order a small forequarter of lamb boned and rolled; have the bones sent with the meat; wash bones and meat; put bones in kettle, put meat on top; add one sliced onion, one sliced carrot, one bay leaf and a sprig of thyme. Cover with two quarts of boiling water and simmer for two hours, skimming when necessary; add two teaspoons of salt after meat has cooked one hour. Remove meat to a roasting pan, sprinkle with salt and pepper, dredge with flour and roast in a hot oven about half an hour. To the drippings in the pan add four tablespoons of flour and stir until brown; add one and a half cups of stock which has been strained and had fat removed; stir until smooth and serve with meat. The left-over stock should be used for soups and sauces. The forequarter of lamb, although quite fat, is tender and of good flavor, and costs much less than a leg of lamb.

Country Club Rabbit

Cut a young rabbit in pieces for serving; sprinkle with salt and pepper; dip in flour, then in egg and coat thickly with crumbs; put into a well-greased baking pan and bake in a hot oven about half an hour, basting often with bacon fat. Arrange rabbit on serving dish and make a brown sauce in the pan, using three tablespoons each of bacon fat and flour, one teaspoon of grated onion and one and one-half cups of stock, milk or boiling water. Season with one-half teaspoon of salt, one-fourth teaspoon paprika and two tablespoons tomato ketchup.

Casserole of Rabbit and Okra

Ingredients—3 slices bacon, 1¼ teaspoons salt, 1 rabbit, ¼ teaspoon pepper, 1 onion finely chopped, 2 cups boiling water, 3 tablespoons flour, 1 cup tomatoes, 1 pint okra sliced.

Preparation—Cut bacon into one-inch pieces and cook in frying pan until brown; remove bacon; cut rabbit in pieces for serving and soak half an hour in cold salted water; drain, dredge with flour, brown in bacon fat, and put with cooked bacon in a casserole dish; cook onions in bacon fat until brown; add flour, salt, pepper and boiling water; stir until smooth and pour over rabbit; add tomato and okra, sprinkle with salt; cover and bake in a moderate oven one hour and a half.

Roast Pork

Have the bone removed from a six-pound fresh shoulder of pork; wash dry, and stuff with Bread Stuffing or Peanut Stuffing; season with salt and pepper, dredge with flour, and roast in a moderate oven about two and three-quarters hours. Bast often, and be sure oven is not too hot, as pork must cook slowly. This is an excellent cut, and less expense than the loin or fresh leg. Strain the fat and add it to the frying fat, or use in place of lard. Have the bones sent and use for stock. Serve with Dark Red Apple Sauce.

Pork Chops Baked with Potatoes

Pare potatoes, and cut in thin slices; wash, drain, season with salt and pepper, and put into a baking dish; cover with small pork chops from which part of the fat has been removed; dust with salt, pepper, and flour; add half a cup of boiling water, and bake in a hot oven about forty minutes. Turn chops when half cooked.

Sausage Cakes

Ingredients—½ pound sausage meat, ¼ teaspoon salt, 1 teaspoon grated onion, ⅓ cup hot water, ⅓ cup sifted crumbs.

Preparation—Mix well, shape into small flat cakes, roll in crumbs, and bake in a hot oven about twenty minutes, or until brown.

Sausage Cakes Baked with Apple

Ingredients—1 pound sausage meat, 4 apples.

Preparation—Shape meat into small flat cakes, and put in the center of a dripping pan; core apples, cut into half-inch slices, and put around sausage. Bake in a hot oven until brown, basting frequently with the fat from the sausage.

Sausages with Oyster and Eggs

Ingredients—4 small sausages, 1 cup small oysters, 1 teaspoon grated onion, 2 eggs slightly beaten, ¼ teaspoon salt.

Preparation—Cut sausages into half-inch bias slices, and cook with onion in a hot frying pan until brown; add oysters, and cook until edges ruffle; add eggs and salt, and scramble until firm.

Potted Head

Ingredients—1 calf's head, 1¾ teaspoons salt, 1 pound lean fresh pork, ½ teaspoon paprika, 6 cups boiling water, 1 teaspoon onion juice, 1 teaspoon poultry seasoning.

Preparation—Have head split and dressed at the market; singe, wash well, put in kettle with pork and boiling water, cover, and simmer three hours. Remove bones, and put meat through chopper; reduce stock to one and one-half cups, strain, and add, with seasonings, to the meat. Press into a bread pan and put in a cold place. Serve sliced cold, or dip slices in egg and crumbs, and fry in deep fat.

Ham Loaf

Ingredients—1 pound raw ham, 2 beaten eggs, 1 cup dried crumbs, ¼ teaspoon mustard, 1 cup boiling water, ¼ teaspoon salt.

Preparation—Put ham, including the fat, through meat chopper; add crumbs, water, eggs, and seasoning; mix well, and bake in a small bread pan, in a slow oven, an hour and a half; or cook in steamer two hours.

Baked Sliced Ham

Order a small slice of ham cut an inch and a half thick; cover with warm water, and place on the back of the range for an hour. Drain ham, cover with a mixture of two tablespoons of flour, two tablespoons of brown sugar, one-half teaspoon of mustard, and a dash of cayenne. Put a few small bits of the fat on top, and bake twenty-five minutes in a moderate oven. Place ham on platter, pour off fat in the pan, add one-fourth cup of cider or weak vinegar; bring to boiling point, and pour around ham.

Broiled Ham

Ham for broiling should be cut in very thin slices. Trim off superfluous fat, cover ham with lukewarm water, and stand on back of range for fifteen minutes; dry, and broil over clear fire until fat is brown.

Breakfast Bacon

Lay slices of bacon close together on a fine wire broiler, place broiler over a dripping pan, and bake in a hot oven about ten minutes or until bacon is brown and crisp. Avoid burning. Save fat for cooking.

Roast Breast of Veal Stuffed

Have a pocket cut in veal, wash, dry, and stuff with Crust Stuffing; skewer neatly into shape, dredge with flour, season with salt and pepper, and cover with two thin slices of fat salt pork; place on rack in dripping pan, and roast in a moderate oven two hours, basting often. Serve with gravy made from drippings in the pan, three tablespoons of flour, and one and one-half cups of water. Season with salt and pepper, and strain.

Veal with Vegetables

Ingredients—3 pounds knuckle of veal, ¼ cup pearl barley, ½ cup each of finely chopped onion, carrot, turnip, and celery, 2 cups hot water, 1¼ teaspoons salt, ¼ teaspoon paprika.

Preparation—Order veal cut in three-inch lengths; remove meat from bone, and put in a casserole dish; add vegetables, barley (which has been soaked for an hour in cold water), hot water, and seasonings; place the pieces of bone, cut edge down, on top; cover closely, and bake in a moderate oven two and a half hours. Remove the bones before serving.

Veal Loaf (Baked)

Ingredients—2½ pounds raw veal, 2 teaspoons salt, ¼ pound salt pork, 1 cup dried and sifted crumbs, ½ teaspoon pepper, ½ cup boiling water, ½ cup milk.

Preparation—Put veal and pork through the meat chopper; add pepper, salt, crumbs, water, and milk. Mix well, press into a deep pan, cover with paper and bake slowly for two hours. Serve hot or cold. A teaspoon each of poultry seasoning and grated onion may be added.

Veal Loaf (Boiled)

Ingredients—4 pounds knuckle of veal, 4 cups hot water, 1 onion, ½ package gelatine, 1 bay leaf, ¼ cup cold water, juice of one lemon, 2½ teaspoons salt, 1 hard-boiled egg, ½ teaspoon pepper, 2 gherkins.

Preparation—Cook veal with seasonings in hot water until meat is very tender; strain, remove fat and bone, and chop meat; soak gelatine in cold water, add to strained stock in which meat was cooked, add meat and lemon juice, cool, and turn into deep pan which has been garnished with slices of hard-boiled egg and pickles sliced lengthwise. Put in the ice-box for several hours before serving.

Braised Liver

Ingredients—3 pounds liver, ⅓ cup carrots finely chopped, 1½-inch cube salt pork, ½ teaspoon salt, ⅓ cup onion finely chopped, ⅛ teaspoon pepper, 2 cups boiling water, ⅓ cup celery finely chopped, ¼ cup flour.

Preparation—Soak liver in cold salted water for half an hour, scald, remove skin, and dredge with flour; cut pork in thin slices, and try out in frying pan; brown liver in pork fat, and place in an earthen dish or kettle, add vegetables, seasonings, and water which has first been put in the frying pan; cover closely, and bake three hours in a slow oven, adding water if necessary; remove liver, and thicken gravy and vegetables with one-fourth cup of flour mixed to a paste with cold water.

Brown Fricassee of Liver

Ingredients—1 pound liver, 4 tablespoons flour, 2 cups boiling water, ¾ teaspoon salt, 2 tablespoons bacon fat, ¼ teaspoon paprika, 1 tablespoon grated onion, 6 slices of toast.

Preparation—Cut liver into half-inch cubes, and soak in cold salted water fifteen minutes; drain; cover with the boiling water, and simmer six minutes; cook bacon fat, onion, and flour until brown; add seasonings, and stock in which liver was cooked; stir until smooth; add liver, and pour over toast or small, thin baking powder biscuit.

Chicken Livers and Bacon

Cook chicken livers in boiling salted water fifteen minutes; put each liver on half a slice of bacon, fold other half over liver, and bake in a hot oven until bacon is crisp; moisten slices of toast with the stock in which livers were cooked, and serve two pieces of bacon and livers on toast for each person.

Fried Lamb's Liver and Bacon

Cut liver in one-third-inch slices; soak in cold water for half an hour; drain, dry, and cook in hot deep fat, with six slices of bacon, until brown.

Lambs' Kidneys in Brown Sauce

Ingredients—6 lambs' kidneys, ¼ teaspoon paprika, 1½ cups boiling water, ½ teaspoon onion juice, 1½ tablespoons butter, 1 teaspoon Worcestershire sauce, ½ teaspoon salt, few drops kitchen bouquet, 6 slices of toast.

Preparation—Split kidneys and soak in cold water half an hour; drain; cover with boiling water, and simmer five minutes; skim out of water, and cut in small dice, brown the butter, add the flour, and brown well; add the water in which the kidneys were cooked, and stir until smooth; add kidneys and seasonings, and serve on toast.

Spanish Tripe

Ingredients—1 pound fresh boiled tripe, ½ cup chopped white cabbage, ½ can tomatoes, ¾ teaspoon salt, ½ onion chopped, few grains cayenne, ½ green pepper chopped, 2 slices bacon.

Preparation—Cut tripe in small pieces for serving and put in greased casserole dish; scald tomatoes, add onion, pepper, cabbage, and seasonings; pour over tripe; cut bacon into bits, put on top, and bake in a moderate oven one hour.

Devilled Kidneys

Ingredients—6 lambs' kidneys, split, 1 cup water or stock, 3 tablespoons drippings, 1 tablespoon Worcestershire sauce, 1 tablespoon chopped onion, 1 teaspoon mustard, 3 tablespoons flour, ¼ teaspoon salt, dash of cayenne.

Preparation—Scald, skin, and split kidneys; cook with fat and onion five minutes, and remove from the pan. To the fat in the pan add flour, and stir until brown; add liquid, and stir until smooth; add seasonings and kidneys. Serve on toast or with mashed potato border.

Tripe Fried in Batter

Ingredients—1 pound fresh boiled tripe, 1 cup flour, 1 slice onion, 1½ teaspoons baking powder, 2 cloves, ¼ teaspoon salt, ½ bay leaf, 1 egg well beaten, 1 tablespoon vinegar, ⅓ cup water.

Preparation—Cut tripe in pieces the size of a large oyster, cover with boiling water, add seasonings, simmer fifteen minutes, and drain. Make a batter of flour, baking powder, salt, egg, and water. Dry each piece of tripe, dip in batter, and fry in deep fat for one minute. Serve with Sauce Tartare or Russian Dressing.

Tripe Fried in Crumbs

Prepare tripe as for Tripe Fried in Batter; dip each piece of tripe first in tomato ketchup, then in crumbs, then in beaten egg, and then in crumbs again. Fry in deep fat for one minute, and drain on soft paper.

WARMED-OVER MEATS

Savory Beef

Ingredients—1½ cups tomatoes, ⅛ teaspoon pepper, ⅓ cup beef gravy, 1½ cups cold roast beef, ½ onion, 2 cups cooked spaghetti, 4 cloves ½ cup bread crumbs, 1 teaspoon salt, 2 tablespoons beef drippings, 1 tablespoon butter.

Preparation—Simmer tomatoes, gravy, and seasonings for fifteen minutes, and press through a sieve; add beef cut in small pieces, and spaghetti, and pour into a greased baking dish; cover with crumbs which have been mixed with the drippings and butter melted together. Bake in a moderate oven about fifteen minutes. A can of condensed tomato soup may be used in place of the tomato sauce. Any meat may be used.

Baked Ham and Potato

Ingredients—3 cups well-seasoned mashed potato, ½ teaspoon mustard, 6 pimolas chopped, 1 cup chopped cooked ham, ½ cup hot milk, 1 teaspoon grated onion, ¼ cup crumbs, 1 teaspoon chopped parsley, 1 tablespoon bacon fat.

Preparation—Mix potato, ham, seasonings, and milk, put into a greased baking dish, cover with crumbs which have been mixed with melted bacon fat, and bake in a hot oven until brown; or prepare half of mixture, spread in egg shirrers, make a depression with the back of a spoon, and into it carefully break an egg; cover with crumbs, and bake until egg is set.

Scalloped Corned Beef

Ingredients—2 tablespoons beef drippings, ¼ teaspoon celery salt, 1 cup corned beef stock, 5 tablespoons flour, ¾ cup hot milk, 1 teaspoon grated onion, 1½ cups corned beef cut in half-inch cubes, ¼ teaspoon paprika, ½ cup buttered crumbs.

Preparation—Melt drippings, add flour, onion, and seasonings, and cook two minutes; add stock and milk, and stir until smooth; add meat, and put into a greased baking dish; cover with crumbs, and bake until crumbs are brown.

Ham Mousse

Ingredients—1½ cups chopped cooked ham, 1 cup hot milk, 1 teaspoon mixed mustard, ½ cup soft bread crumbs, ¼ teaspoon paprika, 1 tablespoon gelatine, whites of 2 eggs.

Preparation—Mix ham with bread crumbs; dissolve the gelatine in the hot milk, and add to crumbs with mustard and paprika; beat the whites of eggs very stiff and fold lightly into mixture. Put into a deep pan or mold, and place on ice until firm. A little salt may be needed.

Corned Beef Hash with Beets

Ingredients—1½ cups corned beef, ¾ teaspoon salt, 2 cups cooked potatoes, 1 teaspoon Worcestershire sauce, ½ cup cooked beets, 1 teaspoon grated onion, ¼ cup stock or water, 2 tablespoons beef drippings.

Preparation—Have meat, potatoes, and beets coarsely chopped; add seasonings and stock; melt fat in frying pan, and, when very hot, add hash; cook slowly until a rich brown crust is formed; fold, and serve on a hot platter. If meat is very fat, use less fat in frying pan.

Savory Hash (Baked)

Ingredients—1 cup cold meat cut fine, 1 cup tomatoes, 2 cups cold cooked potatoes, ¾ teaspoon salt, ⅛ teaspoon pepper, ½ onion finely chopped, 2 tablespoons melted bacon fat or beef drippings, 2 stalks celery chopped, or ¼ teaspoon celery salt.

Preparation—Mix, and bake in casserole in moderate oven forty-five minutes.

Southern Hash

Ingredients—4 raw potatoes, ¾ cup stock or water, 2 green peppers, 1½ cups cold chopped beef, 2 tomatoes, salt and pepper, 1 onion, toast points.

Preparation—Put vegetables through the meat chopper, using coarse cutter; cook in the stock, covered, until tender; add beef, salt, and pepper, and when hot turn on a platter and garnish with toast points. If corned beef and stock are used, use salt with care.

Meat Shortcake

Ingredients—1½ cups cooked meat, chopped; ¼ teaspoon salt, ½ cup celery tops, chopped; ¼ teaspoon paprika, ½ teaspoon dry mustard, 1 teaspoon grated onion, 1 cup meat gravy or thickened stock.

Preparation—Mix ingredients, simmer for fifteen minutes, and put between layers of Shortcake.

Meat and Tomato Pie

Ingredients—2 cups cooked meat cut in inch pieces, ½ teaspoon onion juice, 1 teaspoon Worcestershire sauce, 1 can tomatoes drained, salt and pepper, quick drop biscuit, ¼ cup fine crumbs, ½ cup gravy or stock.

Preparation—In a deep dish arrange in alternate layers meat and tomatoes cut in pieces; season each layer with salt and pepper, and sprinkle with crumbs; add onion and Worcestershire sauce to gravy, and pour over all; bake twenty minutes in a hot oven; remove from oven, and drop biscuit mixture by spoonfuls on top; bake about fifteen minutes longer. Use tomato juice for soup or sauce.

Meat Soufflé

Ingredients—½ cup dry bread crumbs, ½ onion chopped fine, 1½ cups hot stock or milk, 1½ teaspoons salt, 1 tablespoon butter, ½ teaspoon paprika, 1½ cups chopped meat, yolks of 2 eggs, 1 cup celery or white cabbage chopped fine, whites of 2 eggs.

Preparation—Mix in the order given, beating the yolks until thick and light, and the whites until very stiff. Bake in a moderate oven about half an hour. Any left-over meat may be used.

Liver Patties

Ingredients—2 cups chopped cooked liver, 2 tablespoons finely chopped pickles, 2 cups mashed potato, salt and pepper, coarse stale bread crumbs.

Preparation—Mix liver, potato, and pickles, and season with salt and pepper. Grease patty pans or cups; sprinkle with crumbs, and fill with mixture. Bake fifteen minutes in a hot oven, turn out on serving dish, and serve with Brown Sauce or Tomato Sauce.

VEGETABLES

Boston Baked Beans

Ingredients—1 quart pea beans ¼ teaspoon soda, 1 tablespoon salt, ¼ cup molasses, 1 teaspoon dry mustard, ½ pound fat salt pork.

Preparation—Soak beans in cold water over night; drain, cover with cold water, heat to boiling point, and simmer until beans are very tender but not broken; place in an earthen bean pot, add seasonings and pork (which has been scalded, scraped, and scored in half-inch squares); fill pot with boiling water, cover, and bake slowly for eight hours. Uncover for the last hour. Replenish water as needed.

Thick Purée of Black Beans

Ingredients—2 cups beans, ¼ teaspoon mustard, 1 onion, ½ teaspoon salt, 1 carrot, ⅛ teaspoon pepper, ½ bay leaf, 3 tablespoons bacon fat, 1 quart boiling water.

Preparation—Soak beans over night in cold water; drain, add seasonings, bacon fat, and water, and simmer two hours; remove onion, carrot, and bay leaf, and press through a sieve. Beat well, and serve with lamb or mutton.

Lima Bean Loaf

Ingredients—1 cup dried Lima beans, ½ teaspoon paprika, 1 onion, 1 egg slightly beaten, 1 carrot, 2 tablespoons sausage fat or butter, 1 cup dried sifted crumbs, ½ cup boiling water, 1 teaspoon salt, 6 pimolas, ¼ teaspoon mustard.

Preparation—Soak beans over night in cold water, and drain; cover with boiling water, add onion and carrot, and cook until beans are tender; drain, and put through the food chopper with carrot and onion; add crumbs, seasonings, egg, and sausage fat melted in boiling water; add pimolas cut in small pieces, mix well, pack in a greased bread pan, and bake in a moderate oven half an hour. Serve with Tomato Sauce.

Baked Cabbage

Cut a small white cabbage in inch pieces, soak in cold water half an hour, and drain; parboil ten minutes, place in greased baking dish, cover with one cup of White Sauce, and one-half cup of Buttered Crumbs; bake in a moderate oven half an hour.

Cabbage Cooked in Milk

Put a small white cabbage through the food chopper, using the coarse cutter; soak in cold water half an hour, drain, cover with equal parts of milk and water, and cook uncovered about twenty-five minutes, or until cabbage is tender. Season with salt and pepper.

Cucumbers Sautéed

Peel two cucumbers, cut in halves crosswise, slice in one-third-inch slices lengthwise, and soak in salted water for one hour; drain, dry, dip in flour seasoned with salt and pepper, and sauté in hot fat until brown. Serve on toast.

Carrots Sautéed

Select very small carrots; wash, scrape, and cook until tender in boiling salted water. Drain, dredge with flour, and sauté in fat until brown.

Creamed Celery Root (Celeriac) with Cheese

Peel celery root, cut in half-inch cubes, and cook until tender in boiling salted water, to which a tablespoon of vinegar has been added. To three cups of root add one and one-half cups of White Sauce; put into a baking dish, sprinkle with a third of a cup of grated cheese, and place in a hot oven until cheese melts. Celery may be used in place of celery root.

Southern Corn Pudding

Ingredients—1 tablespoon bacon fat, 1 egg well beaten, ½ green pepper chopped, 1 cup milk, 1 slice onion chopped, ½ teaspoon salt, 1 can corn chopped, ¼ teaspoon paprika, 2 tablespoons dried bread crumbs, 2 slices bacon chopped fine.

Preparation—Cook pepper and onion in bacon fat five minutes; add corn, crumbs, egg, milk, and seasonings; pour into a greased baking dish, sprinkle with the chopped bacon, and bake in a slow oven until firm, or about twenty-five minutes.

Braised Celery

Ingredients—1 quart celery cut in 2-inch lengths, 1 tablespoon grated onion, 2 tablespoons bacon fat, 2 tablespoons flour, 2 cups stock.

Preparation—Cook celery, bacon fat, and onion in the frying pan for ten minutes; dredge with flour, put in baking dish, add stock (first rinsing frying pan with a little of it), cover, and bake in a moderate oven an hour and a half. Serve on toast. Add salt to stock if necessary.

Stuffed Green Peppers

Ingredients—6 green peppers, 1 cup cooked rice, 2 tablespoons bacon fat, ½ cup tomatoes, 1 teaspoon grated onion, ½ teaspoon salt, ¼ cup buttered crumbs.

Preparation—Cut off one inch of the tops of peppers, and chop the tops; remove seeds and veins from peppers, scald with boiling water, and drain; cook chopped pepper with onion in the bacon fat for five minutes; add rice, tomatoes, and salt; fill peppers, cover with crumbs, place in a baking dish or in individual ramekins, and bake in a moderate oven half an hour.

Baked Egg Plant

Ingredients—1 small egg plant, 1 teaspoon salt, 1 onion finely chopped, ¼ teaspoon paprika, 1 cup soft stale bread crumbs, ½ cup boiling water, 2 tablespoons butter.

Preparation—Pare and slice egg plant, cut into half-inch cubes, soak in cold salted water half an hour, and drain; mix with onion, crumbs, and seasonings, and put into a greased baking dish; add boiling water, dot over with butter, and bake one hour in a moderate oven.

Fried Egg Plant

Cut a small egg plant in one-third-inch slices; pare; cut each slice in quarters; soak in cold salted water for half an hour; drain; season with pepper and salt, dip in crumbs, then in egg, and then in crumbs again; and fry in deep fat about three minutes. Or dip in flour and sauté in butter.

Egg Plant Julienne

Cut egg plant in two-inch slices, and pare; cut into quarter-inch vertical slices, and cut slices into quarter-inch strips; soak in cold salted water for half an hour; drain; dry, and fry in deep fat about three minutes.

Onions in Potato Nests

Ingredients—1 quart small white onions, ⅛ teaspoon pepper, 1 tablespoon butter, ¼ cup hot milk, 6 potatoes, 1 tablespoon chopped parsley, ⅛ teaspoon salt.

Preparation—Peel onions and cook in boiling salted water about one hour, or until tender; drain, and add butter. Pare, boil, and mash potatoes, season with pepper and salt, add butter and hot milk, and beat until light; shape potato into small nests with a spoon, or force through a bag and a rose tube. Fill with onions and sprinkle with parsley.

Creamed Leeks

Cut off tops of two bunches of leeks, and soak in cold water ten minutes; drain, and cook in boiling salted water about twenty minutes, or until tender; drain, and serve with White Sauce. The tops may be used for flavoring soups.

Green Peas (Canned)

Remove from can and rinse with cold water; put in saucepan, cover with cold water, bring to boiling point, and drain. Season with one-half teaspoon salt, one-fourth teaspoon pepper, 1 tablespoon butter, and two tablespoons of milk.

Peas and Lettuce

Ingredients—1 head lettuce, 1 teaspoon sugar, ½ cup stock or water, 1 tablespoon butter, ¾ teaspoon salt, 1 tablespoon flour, ⅛ teaspoon pepper, 1 can peas, 1 sprig mint.

Preparation—Wash lettuce, drain, and chop; add stock and salt, and simmer half an hour; add pepper and sugar, and thicken with butter and flour blended together; add peas drained from their liquor, and mint, and simmer ten minutes. Remove mint before serving.

Carrots Vinaigrette

Ingredients—4 cups carrots cut in half-inch cubes, ½ cup vinegar, ¾ cup brown sugar, 1 tablespoon shortening.

Preparation—Cook carrots in boiling salted water until tender, and drain; heat vinegar, sugar, and shortening to the boiling point, add carrots, and cook slowly half an hour, stirring occasionally.

Boiled Potatoes

Wash potatoes, pare as thin as possible, remove the eyes, and soak in cold water from fifteen minutes to one hour, according to the age of the potato; cook in boiling salted water about half an hour, or until tender, allowing one tablespoon of salt to two quarts of boiling water. Drain, and dry on the back of the range or in the front of the oven with the door open. Serve very hot in an uncovered dish.

Baked Potatoes

Select medium-sized potatoes, scrub well, place in tin pan, and bake in a hot oven for about forty minutes.

Creamed Potatoes

Ingredients—2 cups raw potato balls or half-inch cubes, 1 cup White Sauce, 1 slice onion, 1 teaspoon finely chopped parsley.

Preparation—Cook potatoes with the onion in boiling salted water until tender; drain; remove the onion, mix with sauce, and sprinkle with parsley. If potato balls are used, cover unused potato with water and save for soup.

Potato Croutons

Cut potatoes in one-third-inch cubes, rinse with cold water, dry in a towel, and fry about two minutes in deep fat.

French Fried Potatoes

Wash and pare medium-sized potatoes, cut in eighths lengthwise, and soak in cold water for half an hour; drain, dry, and fry in deep fat about seven minutes; drain on soft paper, and sprinkle with salt. Cook only one layer in the basket at a time.

Hashed Brown Potatoes

Melt in the frying pan four tablespoons sausage fat, beef drippings, or other fat; add two cups chopped boiled potatoes, season, and cook slowly twenty minutes, or until well browned; fold double, and garnish with parsley.

Lyonnaise Potatoes

Ingredients—4 boiled potatoes, ⅛ teaspoon pepper, ½ teaspoon salt, 2 tablespoons sausage fat, 2 slices onion finely chopped.

Preparation—Cut potatoes in half-inch cubes, and season with salt and pepper; put fat in frying pan, add onions, and cook slowly for ten minutes; add potatoes, stir well, and cook for ten minutes without browning.

Pan-Roasted Potatoes (Franconia)

Prepare potatoes as for boiling, boil ten minutes, drain, and cook in roasting pan with meat about forty minutes; baste often with fat in pan.

Stuffed Potatoes with Nuts and Cheese

Ingredients—4 hot baked potatoes, ½ tablespoon butter, ¼ cup nuts chopped fine, ½ teaspoon salt, ¼ cup grated cheese, ¼ teaspoon pepper, ¼ cup milk, butter and paprika.

Preparation—Cut potatoes in halves lengthwise, remove potato, and mash; add nuts, cheese, milk, butter, and seasonings, and beat until very light; refill shells, heaping mixture in the center, make a slight depression with spoon, put in a small bit of butter, sprinkle with paprika, and brown in a hot oven.

Scalloped Potatoes with Peppers and Cheese

Ingredients—1 quart half-inch potato cubes, 2 cups hot milk, ½ teaspoon salt, 1 onion chopped, ½ teaspoon paprika, 2 tablespoons bacon fat, 2 canned red peppers, 4 tablespoons flour, ½ cup grated cheese, ½ cup buttered crumbs.

Preparation—Cook potatoes and onion in boiling salted water twenty minutes, and drain; melt bacon fat, add flour, and blend well; add milk and stir until smooth; add salt, paprika, peppers chopped, and cheese; mix with potatoes; turn into a greased baking dish, cover with buttered crumbs and bake fifteen minutes, or until brown.

Stuffed Potatoes with Cheese and Bacon

Ingredients—4 large potatoes, ¾ teaspoon salt, 4 tablespoons grated cheese, ¼ teaspoon paprika, ¼ cup hot milk, 4 slices bacon.

Preparation—Wash potatoes and bake in a hot oven forty-five minutes; cut in halves lengthwise, remove potato, and force through potato ricer; add cheese, seasonings, and hot milk; beat vigorously, and refill potato skins; place half a slice of bacon on top of each, and put on the upper grate of a hot oven until bacon is crisp.

Scalloped Potatoes with Cheese

Wash and pare four potatoes, cut in very thin slices, put half of them in a greased baking dish; dredge with flour, sprinkle with salt, pepper, and two tablespoons grated cheese; repeat; cover with hot milk, and bake in a moderate oven one hour, or until potatoes are tender. Very old potatoes should not be used in this way.

French Fried Sweet Potatoes

Cut cold boiled sweet potatoes into eighths lengthwise, fry in deep fat until brown, drain on soft paper, and sprinkle with salt.

Glazed Sweet Potatoes

Cut cooked sweet potatoes in one-third-inch slices lengthwise, put in a greased dripping pan, brush with melted butter or drippings, sprinkle thickly with brown sugar, and bake in a hot oven until glazed with melted sugar.

Sweet Potato Custard

Ingredients—3 cooked sweet potatoes, ¼ nutmeg grated, 2 eggs, ¼ cup brown sugar, ½ teaspoon salt, 1 quart milk.

Preparation—Force potatoes through a ricer; beat the eggs and mix with potato; add other ingredients, pour into buttered baking dish or cups, and bake in a slow oven until firm.

Stuffed Sweet Potatoes

Ingredients—3 medium-sized baked sweet potatoes, ⅛ teaspoon pepper, 1 tablespoon butter, ½ teaspoon salt, ¼ cup milk, powdered sugar.

Preparation—Cut baked potatoes in halves lengthwise; mash potatoes, add salt, pepper, butter, and milk, and beat well; fill potato shells lightly, sprinkle thickly with sugar, and bake in a hot oven until brown. Sliced marshmallows may be used instead of sugar.

Creamed White Turnips

Cook two cups of half-inch cubes of white turnip in boiling salted water half an hour, or until tender; drain, and mix with one cup of White Sauce.

Spinach

Pick over spinach, and wash well in several waters; put in kettle without water, cover,and cook about half an hour, or until tender; chop fine and season with salt, pepper, and butter. A thin slice of fat salt pork or a tablespoon of bacon fat may be cooked with spinach if preferred. In that case, omit butter. Or cook in ham or corned beef stock, drain, and season only with pepper. Garnish with thin slices of hard-cooked egg, or sprinkle with the yolk of egg pressed through a sieve.

Baked Winter Squash

Cut half a small squash into four pieces, scrape out seeds and stringy part, put in a pan, shell side up, and bake in a hot oven about forty minutes. Remove from shell with a spoon, press through a sieve, season with salt, pepper, and butter, and serve. Or put in a greased baking dish, cover with buttered crumbs and bake until crumbs are brown.

Creamed Salsify (Oyster Plant)

Cut off the tops of a bunch of salsify; scrape, cut in quarter-inch slices, and keep white by putting in cold water with a tablespoon of vinegar in it until ready to cook; drain; cook in boiling salted water about twenty-five minutes, or until tender; drain, and mix with one cup of White Sauce.

Vegetable Hash

Ingredients—2 cups cooked cabbage, 1 tablespoon grated onion, 1 cup cooked potatoes, ⅛ teaspoon pepper, 1 cup cooked turnips, 1 teaspoon salt, 1 cup cooked beets, 2 tablespoons beef drippings, ⅓ cup stock or water.

Preparation—Mix vegetables and seasonings; melt fat in frying pan, add vegetables and stock; cook slowly half an hour. Fold, and serve on a hot dish. If vegetables are left from a boiled dinner, omit salt.

Baked Tomatoes

Cut four tomatoes in halves crosswise, sprinkle with salt and pepper, and cover with buttered crumbs; bake in a hot oven about twenty minutes, and serve with Mustard Pickle Sauce, or cooked salad dressing.

Tomato Custard

Ingredients—1 can tomatoes, 4 cloves, 1 cup water, ½ bay leaf, 1¼ teaspoons salt, 2 tablespoons sugar, ¼ teaspoon pepper, ¼ cup cracker dust, 2 slices onion, 2 eggs.

Preparation—Simmer tomatoes, water, and seasonings for fifteen minutes, and press through a sieve; add crumbs and slightly beaten eggs, and bake in greased custard cups about twenty minutes, or until firm; turn out on platter and pour Cheese Sauce around them.

Fried Green Tomatoes

Wipe tomatoes, cut in thick slices, season with salt and pepper, dip first in flour, then in egg, then in crumbs, and fry in deep fat until brown. Or season, dip in flour only, and sauté in butter.

Stewed Tomatoes

Ingredients—1 can tomatoes, or 6 ripe tomatoes, ¼ teaspoon pepper, ¼ teaspoon soda, 1 teaspoon salt, 1 tablespoon butter, 1 teaspoon sugar, ½ cup bread crust crumbs.

Preparation—Put tomatoes in a stew pan; if fresh tomatoes are used, scald, peel, and cut in pieces. Add seasonings, except pepper, and cook slowly for thirty minutes; add butter and crumbs just before serving.

Stuffed Tomatoes

Select six medium-sized tomatoes; cut a thin slice from the top of each, and remove the pulp; rub slices through a sieve, and add to pulp; add one cup soft stale bread crumbs, one teaspoon salt, one teaspoon Worcestershire sauce, and one tablespoon tomato ketchup; mix well, fill tomatoes, cover with buttered crumbs and bake in a moderate oven half an hour.

Plymouth Succotash

Ingredients—½ cup dried Lima beans, ⅛ teaspoon pepper, corned beef stock, ¾ cup corned beef cut in small pieces, ½ can corn.

Preparation—Soak beans over night, drain, cover with cold water, and cook one hour; drain, cover with stock and cook until tender; add corn, pepper, and meat, and simmer ten minutes. Add salt if necessary. Any stock or left-over bits of meat may be used.

Corn on Cob

Use fresh green corn. Strip off husks and remove silk. Place in boiling water for 20 minutes. Use no salt. Add teaspoon sugar. Serve hot.

SAUCES AND STUFFINGS FOR FISH AND MEATS

Anchovy Sauce

Add to Drawn Butter one and one-half teaspoons of anchovy paste and one tablespoon of lemon juice.

Banana Sauce

Ingredients—2 bananas, few grains cayenne, 1 tablespoon butter, few grains salt, 1 teaspoon sugar, 2 teaspoons Worcestershire sauce, juice of ½ lemon, 1 teaspoon horseradish.

Preparation—Peel and scrape bananas, and force through coarse sieve; melt butter, add sugar, lemon juice, seasonings, and bananas; stir until hot, and serve with cold roast beef.

Bechamel Sauce

Ingredients—1 cup white stock, 1 tablespoon shortening, 1 slice onion, 2½ tablespoons flour, 1 slice carrot, ½ teaspoon salt, sprig parsley, few grains cayenne, 1 teaspoon butter.

Preparation—Simmer stock, onion, carrot, and parsley fifteen minutes, and strain; melt shortening, add flour, and blend well; add stock and seasoning, and stir until smooth; add butter just before serving.

Black Butter

Ingredients—⅓ cup butter, ¼ teaspoon Worcestershire or Brand's A1 sauce, 2 tablespoons vinegar, ¼ teaspoon onion juice.

Preparation—Cook butter until brown, but do not burn; simmer vinegar, onion juice, and sauce five minutes, and add to butter. Serve with cauliflower, celery, fried eggs, or fish. A tablespoon of chopped capers or parsley may be added.

Brown Sauce

Ingredients—1 cup brown stock, 2 cloves, 1 slice onion chopped, ¼ teaspoon salt, 1 slice carrot chopped, ⅛ teaspoon pepper, 1 sprig parsley, 1½ tablespoons butter, 2½ tablespoons flour.

Preparation—Simmer stock, vegetables, and seasonings for fifteen minutes, and strain; brown the butter, add flour, and brown; add stock, and beat until smooth. Any stock may be colored with a few drops of kitchen bouquet, and used; or beef cubes or extract may be used with water instead of stock, but in that case less salt and pepper should be used.

Bread Sauce

Ingredients—1½ cups milk, sprig of parsley, ½ onion, ¼ teaspoon paprika, 2 cloves, ½ teaspoon salt, bit of bay leaf, ⅛ cup soft bread crumbs.

Preparation—Scald milk and seasonings, except salt, in double boiler half an hour, strain, add salt and soft crumbs, and simmer ten minutes.

Caper Sauce

To recipe for Drawn Butter add one-fourth cup of capers.

Celery Sauce

Ingredients—1 cup celery chopped, ⅛ teaspoon pepper, 1 teaspoon grated onion, ½ cup milk, 1 cup boiling water, 1 tablespoon butter, ¼ teaspoon salt, 2 tablespoons flour.

Preparation—Simmer celery, onion, water, and salt for half an hour; add pepper and milk, and thicken with butter and flour creamed together.

Cheese Sauce

Ingredients—1 tablespoon butter, ⅓ cup cheese cut fine, 1½ tablespoons flour, ½ teaspoon salt, 1 cup milk, ¼ teaspoon mustard, ¼ teaspoon paprika.

Preparation—Melt butter, add flour, and blend well; add milk and stir until smooth; add cheese and seasonings, and stir until cheese is melted.

Cheese Sauce with Chives

Follow directions for Cheese Sauce, and just before serving add one tablespoon of finely chopped chives. Serve with any white fish or with plain omelet.

Croquette Sauce

Ingredients—3 tablespoons shortening, 1 cup milk, ⅛ cup bread flour, ¼ teaspoon salt, ⅛ teaspoon pepper.

Preparation—Proceed as for White Sauce. Stock may be used in place of milk, and the seasonings may be varied according to the croquette material, using a few drops of onion juice, a dash of nutmeg, cayenne, paprika, or a small quantity of table sauce or ketchup.

Creole Sauce

Ingredients—½ can tomatoes, 1 green pepper, 2 tablespoons bacon fat, 1 tablespoon flour, ½ onion, ¼ teaspoon salt, 1 teaspoon Worcestershire sauce.

Preparattion—Cook tomatoes until reduced to one cup; peel and finely chop onion; remove seeds and veins from pepper, chop and cook with onion in bacon fat for ten minutes; add flour, salt, and Worcestershire sauce, and stir well; add tomato, and simmer five minutes.

Cucumber Sauce

Pare and grate two small cucumbers, drain, and season with salt, pepper, and vinegar. Serve with fish.

Cider Sauce

Ingredients—2 tablespoons bacon fat, ¼ teaspoon paprika, 2 tablespoons flour, ⅛ teaspoon salt, 1 cup cider, ⅛ teaspoon mustard.

Preparation—Blend bacon fat and flour, add cider, and stir until boiling point is reached; add seasonings and simmer one-half hour. Serve with roast pork or ham.

Drawn Butter

Ingredients—2 tablespoons butter, ¼ teaspoon salt, 2 tablespoons flour, ⅛ teaspoon pepper, 1 cup hot water, 1 teaspoon butter.

Preparation—Cook butter until it bubbles, stir in flour, add hot water, salt, and pepper, and beat until smooth; add butter in small pieces just before serving.

Egg Sauce

Add to Drawn Butter or White Sauce one hard-cooked egg coarsely chopped.

Hollandaise Sauce

Ingredients—¼ cup butter, few grains cayenne, 1 tablespoon flour, ½ cup hot water, ½ teaspoon salt, 1 egg yolk, 1 tablespoon lemon juice.

Preparation—Cream half of butter with flour, salt, and cayenne; add hot water, and cook over hot water for ten minutes, stirring constantly until thickened; add egg yolk slightly beaten, lemon juice, and remainder of butter; cook about two minutes, or until thick; beat well, and serve at once.

Horseradish Sauce

To recipe for Bread Sauce add one-third cup grated horseradish and the juice of half a lemon.

Mint Sauce

Ingredients—1 bunch mint, 2 tablespoons sugar, ¼ cup boiling water, ¼ teaspoon salt, ¼ cup vinegar, few grains cayenne.

Preparation—Wash and dry mint, pick leaves, and chop very fine, add other ingredients, put on back of range, and keep warm for half an hour.

Mushroom Sauce

Wash six mushroom caps, cut in small pieces, and simmer with one teaspoon of butter for ten minutes. Add to recipe for Brown Sauce, or to recipe for White Sauce. If the mushrooms are fresh and tender the stems may be used also.

Mustard Pickle Sauce

To Drawn Butter add two tablespoons of mixed mustard pickles chopped.

Orange Mint Sauce

Ingredients—¼ cup vinegar, ¼ teaspoon orange rind, ¼ cup orange juice, 1 tablespoon sugar, ¼ cup mint leaves chopped.

Preparation—Let stand on back of range for half an hour, and serve cold.

Soubise Sauce

Follow recipe for White Sauce, and add one-fourth cup of stock, and three onions which have been cooked until tender in boiling salted water and then drained and chopped.

White Sauce

Ingredients—2 tablespoons shortening, 1 cup milk, 2 tablespoons flour, ¼ teaspoon salt, ½ teaspoon pepper.

Preparation—Melt shortening, add flour, and stir until well blended; add milk and seasonings, and beat with wire whisk until smooth. For a thin sauce, use one and one-half tablespoons flour.

Bread Stuffing

Ingredients—¼ cup beef drippings or bacon fat, ½ teaspoon salt, 1 teaspoon grated onion, ¼ teaspoon pepper, 2 cups soft stale bread crumbs, 2 teaspoons poultry seasoning, ½ cup boiling water.

Preparation—Melt fat in the frying pan, add onion and crumbs, and stir until crumbs begin to brown; add seasonings and boiling water; cool slightly before using.

Sharp Sauce

Ingredients—1½ cups vinegar, ½ teaspoon paprika, 1 tart apple chopped fine, 1½ teaspoons Worcestershire sauce, 1 onion chopped fine; 1½ cups brown sugar, ¼ teaspoon salt, 1½ teaspoons cornstarch.

Preparation—Heat vinegar, add apple, onion, and seasonings; when boiling stir in the sugar and cornstarch mixed together; cook fifteen minutes. Serve cold with ham or pork.

Crust Stuffing

Ingredients—3 cups bread crusts broken and dried in oven, 1 cup boiling water, ½ teaspoon salt, 1 tablespoon grated onion, ¼ cup sausage fat, ¼ teaspoon pepper, 1 tablespoon poultry seasoning.

Preparation—Put crusts in a bowl, add salt, sausage fat, and boiling water; let stand ten minutes; mix well, and add seasonings.

Fish Stuffing (Bread)

Ingredients—2 tablespoons shortening, ⅛ teaspoon pepper, 1 cup soft stale bread crumbs, 1 teaspoon grated onion, ¼ teaspoon salt, 1 teaspoon chopped parsley, 1 tablespoon chopped pickles, ¼ cup boiling water.

Preparation—Melt shortening, add crumbs, and stir until crumbs are golden brown, then add seasonings and water. The pickles may be omitted, or capers may be used in place of them.

Peanut Stuffing

Ingredients—1 cup dried bread crumbs, ¾ cup shelled peanuts, ⅔ cup boiling water, ½ teaspoon salt, 2 tablespoons bacon fat, ¼ teaspoon paprika, 1 teaspoon grated onion.

Preparation—Mix bread crumbs with boiling water and bacon fat, add peanuts finely chopped, and seasonings.

Sauce Tartare

To one cup Mayonnaise Dressing add three tablespoons finely chopped mixed pickles and one tablespoon finely chopped parsley.

Tomato Sauce

Ingredients—1½ cups tomatoes, 1 teaspoon sugar, ½ cup hot water, ½ teaspoon salt, 1 slice onion, ¼ teaspoon paprika, 1 clove, 2 tablespoons bacon fat, 4 tablespoons flour.

Preparation—Simmer tomatoes, water, and seasoning for fifteen minutes, and press through a sieve; thicken with bacon fat and flour blended together, and cook five minutes. If tomatoes are very acid, add pinch of soda.

Sauce for Roast Pork or Goose

Pour off most of fat in the pan, leaving two tablespoons; add three tablespoons of flour and one and a half cups of boiling water, and stir until smooth. Season with one-third teaspoon salt and one teaspoon each of mixed mustard, vinegar and Brand's A1 sauce.

POULTRY

For market, dry picking is the best way—that is, pulling out the feathers immediately after killing, while the poultry is still warm, but for home consumption, the scalding method is quicker and easier. After killing dip in scalding hot water and move above for a few minutes, then pick as quickly as possible. Ducks should be scalded a little longer and then wrapped in canvas or any close cloth, to steam about 5 to 10 minutes, after which the feathers can be easily pulled. The hairs should be singed off by holding and turning the poultry in the flames of a lighted twist of paper, or some burning alcohol. Wash thoroughly and dry, and then lay on several folds of paper, and clean at once. The quicker poultry is cleaned, the better, but it is best not to cook it until 24 hours after killing.

After singeing, and before drawing, pull out all pin feathers, then cut off the head, and next cut through the skin around each leg, about 1½ inches below the first leg joint, being careful not to cut tendons. Place the leg with the cut over the edge of a table, press downward to snap the bone, then take the foot in the right hand, holding the bird firmly in the left hand, and pull off the foot, and with it the tendons. Make a lengthwise cut through the skin just below the breast bone, large enough to admit the hand, and remove the entrails entire, by first carefuly loosening them all around, and then bringing the hand forward, grasping the entrails firmly, and with one pull drawing them out. The lungs and kidneys, on either side of the backbone, should next be removed, and then the wind-pipe and crop, close to the skin of the breast, by inserting two fingers under the neck skin. Draw down the skin and cut the neck off close to the body, leaving on enough skin to close up the opening after the crop is partly filled with a little dressing. The giblets (gizzard, heart and liver) should next be carefuly separated from the entrails, being careful not to break the gall bag attached to the liver, the bile from which would impart an extremely bitter flavor to any parts it came in contact with. Then wash the bird thoroughly in and outside, rub with salt, and let hang in a cool place over night.

Steamed Fowl

Dress a 5 or 6 lb. chicken, wash and dry thoroughly, and rub with salt and pepper, in and outside. Place an onion and a bay leaf inside, and put the fowl into shape the same as for roasting. Sprinkle a clean towel with flour, wrap it about the fowl, pinning closely, and then place it, back down, in a steamer, and steam continuously 2 or 3 hours, according to its age and size. Serve with currant or cranberry jelly.

Fried Chicken

Dress a young chicken, cut off the legs, wings and neck, and then cut down the back bone, and press the body open, breaking the breast bone by pounding lightly. Boil the legs, wings, and giblets in water enough to cover, and when tender add salt and pepper to taste, and 1 tablesp flour mixed with 1 tablesp butter. This will answer as a dressing for the fried chicken. Dip the body of the chicken in corn meal and fry brown in hot drippings.

Pickled Chicken

This is a nice way to prepare old and tough chicken. Clean and joint and soak in cold salted water several hours, then put on with fresh water and salt, 2 or 3 sliced onions, 2 or 3 bay leaves, ½ doz whole allspice, and when nearly done add enough vinegar to make it quite sour to taste. Let boil until done, then pour into a crock. There should be enough liquid to cover the fowl. Let stand over night. When cold the liquid will be jellied.

Scalloped Chicken

Dress and joint the chicken, sprinkle with pepper and salt and place in a pan with butter size of an egg, and milk to cover. Bake until tender. If the milk boils away add more milk, or hot water. Thicken the milk gravy with a little flour just before serving.

Smothered Chicken

Dress and joint a young chicken, sprinkle with salt and pepper, roll in flour or corn meal, place the pieces closely in a bread pan, half cover with cold water or milk, and if the chicken is not very fat add lumps of butter or some thick slices of fat bacon. Bake until done. When one side is brown, turn to brown on the other side, and when nearly done put a 2-inch square of biscuit dough on top of each piece of chicken, return to the oven, and bake until a nice brown. When done, remove the chicken with crust to a hot platter, add 1 cup rich cream to the liquor in the pan, thicken with a little flour, let boil up, and serve with the chicken.

Pressed or Potted Chicken

Dress and joint a chicken, and boil in water enough to cover, until the meat slips from the bones. Drain off the liquor, remove the bones, and cut the meat in small pieces, but do not chop fine, and season with salt and pepper. Boil the broth down to 1 pt, put a layer of meat in a mold with some slices of hard-boiled eggs, then more chicken and eggs, seasoning to taste, then pour in the broth, and set away to get cold. Another way instead of boiling down the broth, is to thicken it with bread crumbs, or 1 tablesp clear gelatine dissolved in a little hot water.

Chicken Fricassee

Dress and joint a chicken, and let it simmer slowly, closely covered, in 1 qt hot water, with 2 stalks celery, 1 bay leaf, 1 slice of onion, salt and pepper to taste, and a pinch of curry. When the chicken is tender, remove from the liquid and place on a hot platter. Stir into the liquid 1 beaten egg, ½ cup cream, or 1 tablesp butter, and 1 tablesp flour, and let boil up, then pour over the chicken and serve hot. The platter may be garnished with a border of hot mashed potatoes, and edged with parsley.

Chicken Soup with Dumplings

Dress and cup up a chicken, and put on to boil in plenty of cold water, adding salt to taste. Let boil long and slowly, and about one hour before serving add 1 pt carrots, peeled and sliced fine, and ½ hour later 1 qt potatoes, peeled and sliced also, an onion, if liked, and ¼ hour later dumplings made as follows. Put ½ cup butter in a frying pan and when hot add ½ cup flour, and let cook about 10 minutes, stirring vigorously, but do not let it brown. Then add some of the chicken broth, a little at a time, to convert the mass into a smooth ball which will free entirely from the pan. Remove from the fire, and when cool add 1 to 2 beaten eggs, and mix well. Drop into the boiling soup by spoonsful and boil steadily about 15 or 20 minutes.

Hot Tamales

Boil a chicken until very tender, remove bones and chop meat fine. To each lb meat add 1 medium sized tomato and onion chopped fine, salt and red pepper to taste, and moisten to the consistency of mush with the chicken broth. Heat the remainder of the liquor to boiling, stir in cornmeal to make a little stiffer than ordinary mush, and cook thoroughly. Take nice, fresh corn husks and soak in warm water until soft. Then spread a half-inch layer of mush on each husk, and put a good spoonful of the meat mixture on that, and roll up so that the meat is covered by the mush and the whole is nicely wrapped in the husks. Turn in the ends and tie tightly with twine, and steam ½ hour. Serve in the husks. Nice tamales can be made in the same way with either fresh beef or fresh pork. The neck of beef is best, as it has the right proportion of fat and lean, and the shoulder of pork is good, adding a little more fat to it.

Roast Turkey

Having properly dressed and stuffed the turkey, rub entire surface with salt, spread breast, wings and legs with butter, rubbed until creamy and mixed with flour, and dredge bottom of pan with flour. Place in hot oven, and when flour on turkey begins to brown, reduce heat, baste with fat in pan, and add 2 cups boiling water. Continue basting every 15 minutes until turkey is cooked, which will require about 3 hours for a 10-lb. turkey. For basting, use ½ cup butter melted in ½ cup boiling water in which the giblets were cooked, and after this is used baste with fat in pan. During cooking, turn turkey frequently, that it may brown evenly. To prepare gravy: As soon as turkey is removed from pan pour off liquid, from which skim 6 tablesp fat, return fat to pan, brown with 1 or 2 tablesp flour, and pour on gradually the remaining liquor, to which the giblets, finely chopped, have been added, and cook 5 minutes. Remove string and skewers from turkey, and garnish with parsley or celery tips before serving.

Chicken Pie

Use the remnants of cold roast or fricasseed fowl. If roast fowl is used, make stock by covering bones and left-over gravy with cold water and simmering an hour or more; to three cups of stock add one-half onion chopped, two potatoes cut in half-inch cubes, one teaspoon salt, and one-eighth teaspoon pepper, and boil fifteen minutes; thicken with one-half cup of flour mixed to a paste with cold water; put chicken in a baking dish, add stock and potato, and cover with small biscuit made by Baking Powder Biscuit or Shortcake Recipes. Bake in a hot oven about twenty minutes or until biscuit are done. If the amount of chicken is scant add one or two hard-cocked eggs sliced.

Boiled or Roasted Duck

A delicious flavor is imparted to boiled duck by boiling with it 1 large onion, 1 tablesp vinegar, and about ½ teasp sage, besides salt and pepper. When tender, remove the duck, boil down the liquor, skim off the fat, thicken with a little flour browned in a pan with some butter, return the duck to the gravy, and let simmer a few minutes. To roast, if the duck is very fat or old, parboil it first, with a pinch of baking soda, then stuff with any preferred dressing, (the English use raisins, prunes or apples in the dressing), pin a few thin slices of salt pork across the breast with wooden toothpicks, and baste often. Onion, sage and salt pork combine very nicely with the duck flavor. Another nice way is to joint, season with salt, pepper and sage, roll in flour, and put in layers in a small pan, with minced onion and bits of butter between, ending with a layer of onions, bread crumbs and butter. Then fill the pan half full with water or milk, cover closely, and bake about 2 hours, removing the upper pan during the last ½ hour, to brown nicely.

Roast Fowl

Clean and singe a five-pound fowl; stuff with Bread Stuffing, truss, place on a trivet in a pan suited to the size of the fowl, dredge with flour, cover with thin slices of fat salt pork and bake in a slow oven three hours, basting every fifteen minutes. Put into the pan the chicken fat (which was removed when cleaning) and use for basting. Dredge with flour twice while cooking. Cook the giblets in boiling water one hour and chop fine; make a gravy in the pan, allowing four tablespoons each of fat and flour and the water in which giblets were cooked, with enough boiling water added to make two cups; season with salt and pepper and add the giblets. If cooked slowly and basted often, a fowl will be as tender as a chicken.

Brown Fricassee of Fowl

Clean, singe and cut up a four-pound fowl, place in a kettle, cover with boiling water, add one whole onion and one carrot cut in halves, and cook slowly for three hours, or until tender; add two teaspoons of salt when half cooked; remove fowl, season with salt and pepper, dredge with flour and brown in one-quarter of a pound of fat salt pork tried out in the frying pan. Remove fowl to platter and make a sauce in the pan with four tablespoons of fat, five tablespoons of flour browned together and two cups of stock. Pour over the fowl and garnish with toast points or small, thin baking powder biscuit. The remander of the stock may be used for soup or sauce, or for Celery Toast.

Roast Goose

Dress and wash thoroughly, and half fill with a dressing prepared as follows: Boil and chop fine 1 doz onions and mix well with an equal quantity of bread crumbs; add 1 tasp sage, salt, and 1 level tasp pepper. Bake in a hot oven, basting frequently. When done skim the fat from the gravy in the pan, add the liquid from the boiled giblets, and also the giblets chopped fine, thicken with a little flour, and season to taste. Serve goose with apple sauce. A very nice dressing for goose is boiled sauerkraut, seasoned with pepper.

Fried Guinea-Hen

Select a nice, fat guinea-hen weighing about 3 lbs., clean and wash thoroughly in cold water, and put in a kettle over the fire with scarcely enough cold water to cover, adding 1 teasp salt and 1 tablesp vinegar, after the hen has boiled 1 hour. When tender joint and cut in pieces of convenient size, and fry brown on both sides in butter. Remove from the frying pan and platter, add 1 cup thick sweet cream to the gravy in the pan, season to taste, let boil up, and serve.

Potted Pigeons

Ingredients—4 pigeons, 1 cup celery tops, Bread Stuffing, ½ teaspoon salt, 4 tablespoons bacon fat, ⅛ teaspoon pepper, ½ onion sliced, 2 cups boiling water, ½ carrot sliced, 3 tablespoons flour, 4 tablespoons cold water.

Preparation—Clean pigeons, wipe dry, stuff, and truss neatly into shape. Brown in hot bacon fat in the frying pan and place in a casserole dish or bean pot; add vegetables, seasonings and boiling water. Cover and bake in a slow oven three hours. Remove pigeons to serving dish, thicken the stock with the flour mixed to a paste with cold water; cook ten minutes, strain and pour over pigeons. The giblets may be cooked in boiling salted water about ten minutes, chopped and added to the sauce.

EGGS

Boiled Eggs

For a soft-boiled egg, place egg in rapidly boiling water and boil from three to five minutes. For hard-boiled eggs, place in rapidly boiling water and boil twenty minutes, or cover with boiling water and cook in the double boiler one hour. For a soft-cooked egg, not boiled, place egg in a small saucepan of boiling water, cover, and let stand on back of range from six to eight minutes, when the albumen should be evenly coagulated throughout. The time for cooking in this way will depend upon the number of eggs to be cooked, the size of the saucepan, and the amount of boiling water. For uniform results, use medium-sized eggs, cook in the same pan, and measure the quantity of water each time. Thus you can find the exact time required to cook the eggs as desired.

Shirred Eggs with Potato and Ham

See recipe for Baked Ham and Potato.

Creamy Eggs on Toast

Ingredients—4 eggs, 2 cups hot milk, ⅔ teaspoon salt, 1 teaspoon butter, ⅛ teaspoon pepper, 4 slices toast.

Preparation—Beat eggs slightly, add salt and pepper, and stir into the hot milk; cook over hot water, stirring constantly until mixture is thick and creamy. Add butter, and serve on toast.

Creole Eggs

Ingredients—1 tablespoon butter, 2 cups tomato, 1 tablespoon chopped onion, 1 teaspoon salt, 1 tablespoon chopped green pepper, 1 teaspoon Worcestershire sauce, 3 eggs, 2 tablespoons cheese.

Preparation—Cook onion and pepper in butter for five minutes; add tomato and seasonings, and when thoroughly heated add the eggs unbeaten; pick up with a fork until eggs are nearly cooked; add cheese, and cook about one minute. Serve on toast, or with a border of boiled rice.

Eggs with Cheese and Spaghetti

Ingredients—2½ tablespoons butter, 1 teaspoon Worcestershire sauce, 4 tablespoons flour, ½ teaspoon onion juice, 2 cups hot milk, ½ cup cheese cut fine, ¼ teaspoon paprika, 1 cup cooked spaghetti, ½ teaspoon salt, 3 hard-cooked eggs sliced.

Preparation—Melt butter, add flour; when well blended add milk gradually and stir until smooth; add seasonings and cheese, and stir until cheese melts; add spaghetti and eggs, cook two minutes, and serve on toast or crackers.

Eggs with Ham and Tomato

Ingredients—½ can tomatoes, ½ cup chopped cooked ham, 1 slice onion, 3 beaten eggs, 4 cloves, ⅛ teaspoon pepper, ½ teaspoon salt.

Preparation—Cook tomatoes, onion, and cloves fifteen minutes, and rub through a sieve; add ham, eggs, and seasonings, and cook three or four minutes, stirring all the time. Serve on toast or crackers.

Bread Omelet

Ingredients—2 tablespoons bacon fat, ¾ cup hot milk, ¾ cup soft stale bread crumbs, ½ teaspoon salt, ¼ teaspoon paprika, 3 eggs.

Preparation—Melt fat in frying pan, add bread crumbs, and stir until crumbs begin to brown; add hot milk, and let stand five minutes; add salt and paprika, and the yolks beaten until thick and light; fold in the stiffly beaten whites, pour into a hot greased omelet pan, and cook the same as Light Omelet.

Ham Omelet

Ingredients—½ cup stale bread crumbs, ½ teaspoon salt, ½ cup hot milk, ⅛ teaspoon pepper, 1 tablespoon butter, 3 eggs, ½ cup cooked ham finely chopped.

Preparation—Mix crumbs, milk, butter, and seasonings, and let stand five minutes; add egg yolks beaten until thick and light; add the meat, and fold in the whites of eggs beaten stiff; pour into a hot greased omelet pan and cook slowly until firm; fold, and serve at once. A white sauce or tomato sauce may be served around it. A few pieces of cooked bacon chopped fine may be used instead of ham.

French Omelet

Ingredients—1 tablespoon butter or bacon fat, ½ teaspoon salt, 4 eggs, ⅛ teaspoon pepper, ⅓ cup hot water.

Preparation—Heat fat in the omelet pan; beat the eggs until yolks and whites are well mixed, but not light; add seasonings and hot water, pour into hot pan and cook slowly; pick up with fork while cooking, letting the uncooked mixture run into the place of the cooked; when firm and lightly browned, fold double, and serve plain on a hot platter; or spread before folding with left-over bits of meat chopped, such as ham, bacon, or sausage, or with grated cheese or jelly.

French Cheese Omelet

Ingredients—4 eggs slightly beaten, ⅛ teaspoon pepper, ½ teaspoon salt, ½ cup hot water, ½ cup grated cheese.

Preparation—Mix in order given, pour into a hot greased omelet pan; as mixture thickens, pick up with a fork, letting the uncooked part take the place of the cooked; when firm, fold and serve on a hot platter.

Creamy Omelet

Ingredients—3 eggs, ⅛ teaspoon salt, 1 cup White Sauce, ⅛ teaspoon pepper.

Preparation—Beat yolks until thick and light; add to sauce and mix well; add salt and pepper to whites of eggs, beat until stiff and dry, and fold into sauce; pour into a hot greased omelet pan, and cook slowly until well risen and firm; put on oven grate for a minute or two to dry the top; fold, and turn on a hot platter.

Light Omelet

Ingredients—1 tablespoon bacon fat, ⅛ teaspoon pepper, yolks of 4 eggs, ⅓ cup hot water, ½ teaspoon salt, whites of 4 eggs.

Preparation—Put fat in omelet pan; beat yolks until light and thick, add seasonings and hot water; fold in the stiffly beaten whites, and pour into hot omelet pan; cook slowly until well risen and firm, or about twelve minutes, placing the pan on the upper grate in the oven for the last two minutes. When firm in the center, fold double, turn on a hot platter, and serve at once, either plain or with sauce. The omelet must be cooked slowly so that it will be firm throughout and not fall.

White Sauce, either plain or with bits of cold meat, oysters, peas, or other left-over vegetables, or Brown Sauce with a few mushrooms or chopped kidneys, or almost any savory sauce, improves an omelet, and also makes it go further.

Salmon Omelet

Ingredients—1 tablespoon butter, 2 tablespoons flour, ½ cup milk, ½ teaspoon salt, ½ can salmon, 2 eggs.

Preparation—Melt butter, stir in flour, add milk, and stir until smooth; add salt; rinse salmon with hot water; flake, and add to sauce; beat yolks of eggs until light and thick, and add to sauce; fold in whites of eggs beaten very stiff. Pour into a hot greased omelet pan, and cook slowly until well risen and firm; finish cooking on top grate of oven for a minute or two; fold, and served on a hot platter.

Scalloped Eggs with Cheese

Ingredients—4 hard-cooked eggs, 2 cups White Sauce, ½ cup cheese cut fine, ½ cup buttered crumbs.

Preparation—Cut eggs in eighths lengthwise; put half of them into a greased baking dish, cover with half of sauce, and sprinkle with half of cheese; repeat; cover with crumbs, and bake about fifteen minutes, or until crumbs are brown. Bacon or sausage fat may be used in making the white sauce.

Scrambled Eggs with Sausages

Ingredients—4 small sausages, 3 eggs, ¼ teaspoon salt, ⅓ cup water.

Preparation—Cut sausages in half-inch bias pieces, and cook in a frying pan until brown; beat eggs until light, add salt and water, pour over sausages, and scramble until firm. Garnish with toast points and parsley.

Scrambled Eggs with Tomato

Ingredients—½ can condensed tomato soup, ⅛ teaspoon soda, 4 eggs slightly beaten, 6 slices buttered toast.

Preparation—Heat soup in an omelet pan; add soda, and stir while foaming; add eggs, scramble slowly with a fork until firm, and serve on toast. Garnish with toast point.

Shirred Eggs

Grease individual egg shirrers or a platter which can be put in oven; cover bottom of dish with white sauce or left-over gravy, sprinkle with left-over vegetables or bits of meat chopped; carefully break an egg into dish for each person, dust with salt and pepper; sprinkle with buttered crumbs, and bake in a moderate oven until egg is set.

Shirred Eggs with Ham

Ingredients—1 cup finely chopped cooked ham, 1 cup soft bread crumbs, ½ cup milk, ½ cup buttered crumbs, 4 eggs. Salt and pepper.

Preparation—Mix ham, soft crumbs, and milk, and spread in four buttered egg shirrers; make a hollow in the middle, break an egg into it, season lightly with salt and pepper, cover with buttered crumbs, and bake until egg is set.

Soufflĕd Egg with Ham Toast

For each person cut a round of bread three inches in diameter; spread with finely chopped ham moistened with milk, stock, or gravy; add a few grains of salt to the white of an egg, and beat very stiff; mound on ham, make a depression in the center, put in the yolk, dust lightly with salt and pepper, and bake in a moderate oven until egg is firm. When several pieces of toast are to be made, keep the yolks in separate dishes until needed, but beat the whites together.

CHEESE AND NUTS

Cheese Croustades

Ingredients—1½ cups cheese cut fine, ¼ teaspoon paprika, ¼ teaspoon salt, 1 teaspoon Brand's A1 sauce, ¼ teaspoon mustard, 3 tablespoons milk or cream.

Preparation—Mix in order given; fill Croustades, and put in a hot oven until cheese melts. Serve immediately, before cheese toughens.

Cheese Custard

Ingredients—1 cup soft bread crumbs, ¼ teaspoon salt, 1 cup cheese cut fine, ⅛ teaspoon soda, ¼ teaspoon mustard, 1 egg slightly beaten, ½ teaspoon paprika, 1 cup hot milk.

Preparation—Mix in order given, turn into a greased baking dish, and bake in a slow oven twenty-five minutes.

Cheese Fondue

Ingredients—½ cup dried bread crumbs, ⅓ teaspoon paprika, ¾ cup boiling water, 1 teaspoon mustard, 1 tablespoon butter, ½ cup milk, 1 cup cheese cut fine, yolks of two eggs, ⅓ teaspoon salt, whites of two eggs.

Preparation—Mix in the order given, beating the yolks until thick and light, and the whites until very stiff; pour into a greased baking dish, bake twenty-five minutes in a slow oven, and serve at once.

Cottage Cheese

Ingredients—1 quart thick sour milk, ½ tablespoon soft butter, 1 quart boiling water, ⅓ teaspoon salt.

Preparation—Put milk in a large bowl, add boiling water, and let stand five minutes; pour into cheesecloth bag, and drain over night or for several hours. Mix cheese with butter and salt, press into a small bowl, and chill. A sweet red pepper (canned) may be pressed through a sieve and mixed with cheese.

Baked Rice with Cheese

Ingredients—2 cups cooked rice, ⅓ teaspoon salt, ¾ cup grated cheese, ⅛ teaspoon pepper, ¾ cup hot milk.

Preparation—Arrange rice and cheese in layers in a greased baking dish; sprinkle with salt and pepper, cover with milk, and bake in a moderate oven about fifteen minutes.

Cheese Paste

Ingredients—½ pound American cheese, 2 teaspoons Worcestershire sauce, 1 cake cream cheese; ¼ teaspoon salt, 2 pimientos, ¼ cup cream.

Preparation—Chop American cheese and pimientos, using the finest cutter in the food chopper; add cream cheese and seasonings, and blend with cream until smooth.

Crackers and Cheese Baked in Milk

Split butter crackers, spread with butter and grated cheese, sprinkle with salt and pepper, put in a buttered baking dish, cover with milk, and bake about twenty minutes in a moderate oven.

Scalloped Toast and Cheese

Ingredients—4 slices of toast, 1 egg beaten, 1 cup cheese cut fine, ¼ teaspoon salt, 1½ cups milk, ¼ teaspoon mustard.

Preparation—Butter toast, cut each slice into four pieces, and arrange in a baking dish in layers sprinkled with cheese; mix milk, egg, and seasonings, pour over toast, and let stand fifteen minutes. Bake in a moderate oven about twenty minutes.

Tomato Rarebit

Ingredients—1 can condensed tomato soup, ½ cup soft bread crumbs, ½ pound cheese cut fine, ¼ teaspoon mustard.

Preparation—Heat soup, add bread crumbs, cheese, and mustard; stir until cheese melts, and serve on toast or crackers.

Welsh Rarebit

Ingredients—1 tablespoon butter, ¼ teaspoon paprika, 1 tablespoon flour, ¼ teaspoon salt, 1 cup hot milk, ⅛ teaspoon soda, ½ pound cheese cut fine, dash of cayenne, ½ teaspoon mustard, 1 beaten egg.

Preparation—Melt butter, add flour, and when well mixed add milk, and stir until smooth; add cheese and seasonings, and cook until cheese is melted; add egg, cook two or three minutes, and serve on hot toast or crisp pilot crackers. The egg may be omitted.

Salted Almonds

Ingredients—1 cup almonds (shelled), 1 tablespoon butter, 1 teaspoon salt.

Preparation—Cover almonds with boiling water and let stand on back of range for ten minutes; slip off the skins, and dry for several hours, or over night; melt butter, add almonds and salt, and mix well; spread in a dripping pan, and bake in a slow oven fifteen or twenty minutes, stirring occasionally. When prepared in this way nuts will keep crisp.

Celery, Nut, and Potato Loaf

Ingredients—2 cups celery cut in half-inch pieces, 2 tablespoons butter, ½ cup chopped nut meats, 1 egg slightly beaten, 2 cups hot mashed potato, 1 teaspoon salt, ½ teaspoon paprika, 1 teaspoon grated onion.

Preparation—Cook celery in boiling salted water about half an hour, or until tender, and drain; add other ingredients in order given; mix well; pack in deep greased pan, and bake in a moderate oven about half an hour. Turn out on platter, and serve with Creole Sauce or Tomato Sauce.

To Shell Chestnuts

Cover with boiling water, boil ten minutes, drain, and cover with cold water. Remove the shell with a knife, beginning at top of nut. The inner skin will come off with the shell.

Peanut Butter

Ingredients—2 quarts lightly roasted peanuts, 1 teaspoon salt, cream or melted butter.

Preparation—Remove shells and skins of peanuts, and put through the food chopper twice, using first a coarse cutter, and then the finest cutter; add salt, and enough cream or melted butter to make a smooth paste.

Baked Chestnuts

Ingredients—1 pint chestnuts, 1 tablespoon butter, 1½ cups hot ham stock, ⅛ teaspoon pepper.

Preparation—Shell chestnuts, put in baking dish with stock, butter, and pepper; cover, and bake in hot oven about half an hour, or until soft; remove cover, and brown. If stock is very salty, dilute with water or milk.

Nut Loaf

Ingredients—2 cups soft stale bread crumbs, ½ teaspoon poultry seasoning, 1 cup nut meats finely chopped, ¼ teaspoon paprika, 1 teaspoon salt, 1 egg slightly beaten, 3 tablespoons sausage fat or butter, ½ cup boiling water.

Preparation—Mix in order given; pack in a deep greased pan, and bake in a moderate oven half an hour. Turn out on platter, and serve with Cheese Sauce.

CEREALS, MACARONI AND RICE

Corn Meal Mush

Ingredients—3½ cups boiling water, 1 teaspoon salt, 1 cup fine corn meal.

Preparation—Add meal to boiling salted water by sifting it slowly through the fingers, while stirring rapidly with the other hand. Boil for ten minutes, and cook over hot water for two hours. Serve hot as a cereal. Or pour into one-pound baking powder boxes to cool; slice, dip in flour, and sauté in butter; or dip in egg and crumbs, and fry in deep fat. Serve either for breakfast, or as an accompaniment to roast pork, or, with syrup, for dessert.

Noodle Balls (for Soup)

Roll Noodle Paste very thin, fold double, and cut with small round vegetable cutter, or end of pastry tube; fry in deep fat until puffed into balls. Drain on soft paper.

Scotch Oatmeal

Ingredients—4 cups boiling water, 1 teaspoon salt, 1 cup oatmeal.

Preparation—Put water and salt in top of double boiler, place in direct contact with range, sift in oatmeal slowly, and boil for five minutes, stirring often; cover, and cook over hot water four hours, or cook on back of range over night.

Steamed Hominy

Ingredients—4 cups boiling water, 1 teaspoon salt, 1 cup fine hominy.

Preparation—Put salt and boiling water in top of double boiler, place in direct contact with range, sift in hominy slowly, and boil for ten minutes, stirring often; cover, and cook over hot water two hours.

Scalloped Macaroni and Cheese

Ingredients—1½ cups elbow macaroni, ½ cup cheese cut fine, 1 onion, ¼ teaspoon mustard, 1 cup White Sauce, ⅓ cup buttered crumbs.

Preparation—Cook macaroni and onion in boiling salted water until tender, and drain; remove onion, add cheese and mustard to sauce and mix with macaroni; turn into a greased baking dish, cover with crumbs, and bake in a moderate oven until crumbs are brown.

Noodle Paste

Ingredients—1 egg, ¼ teaspoon salt, 1 tablespoon water, bread flour.

Preparation—Beat egg slightly, add water, salt, and flour enough to make a very stiff dough; knead well for three minutes, adding flour if necessary. Roll out as thin as possible; cut in fancy shapes with small vegetable cutter; or roll like a jelly roll and cut thin slices from the end. Cook in soup, or boiling salted water. If served as a vegetable, season with butter, salt, and pepper, or serve with White Sauce.

Polenta with Cheese

Ingredients—2 cups boiling water, 1 cup corn meal, 2 cups milk, 1 cup cheese grated, or soft cheese cut fine, 1 teaspoon salt.

Preparation—Heat water and milk to the boiling point, add salt, and sift in corn meal very slowly. Cook over hot water two hours, or put into a fireless cooker for three hours. When cooked, add cheese, pour into a shallow pan until half an inch thick. When cold, cut into two-inch squares, dip in crumbs, then in egg, and then again in crumbs and fry in deep fat. Or roll in flour and sauté in butter. Mustard, cayenne, Worcestershire sauce, etc., may be added if desired.

Polenta with Dates

Prepare recipe for Polenta with Cheese, using in place of the cheese one and a half cups of dates, which have been washed, stoned and cut in pieces. Serve hot as a cereal or dessert, or in any way in which mush is served. Cooked dried peaches, apricots, prunes, or figs may be substituted for dates.

Spanish Polenta

Ingredients—4 cups boiling water, 1 green pepper, 1 teaspoon salt, 1 cup corn meal, 1 onion, 1 cup cheese cut fine.

Preparation—Add salt to boiling water; add onion and pepper chopped fine; sift in corn meal very slowly, stirring all the time. Cook over hot water for two hours; add cheese, and serve hot with Tomato Sauce.

French Fried Polenta

Prepare recipe for Polenta with Cheese; pour into a shallow pan until two-thirds of an inch thick; cool; cut into strips about three inches long; dip first in crumbs, then in egg, and then again in crumbs; and fry in deep fat.

Baked Rice and Ham

Ingredients—½ cup rice, 1 tablespoon onion finely chopped, 2½ cups stock or water, 2 cups milk, 2 tablespoons carrot finely chopped, ½ cup cooked ham finely chopped.

Preparation—Wash rice, place in greased baking dish; add liquid, ham, vegetables, and salt if necessary. Bake slowly for three hours, stirring occasionally during the first hour. Ham stock or corned beef stock may be used, and any cooked meat substituted for ham. Serve with boiled spinach or dressed lettuce.

Baked Spaghetti and Ham

Ingredients—2 cups cooked spaghetti, 1½ cups White Sauce, ¾ cup cooked ham finely chopped, 2 tablespoons tomato ketchup, 1 hard-cooked egg, chopped, ½ cup buttered crumbs.

Preparation—Put half of spaghetti into a greased baking dish; mix ham and egg, and add half of it to spaghetti; mix sauce and ketchup, and pour half of it over ham; repeat; cover with crumbs, and bake in a hot oven about fifteen minutes.

Rice and Cocoanut Loaf

Ingredients—2 cups cooked rice, 1 egg slightly beaten, 1 cup stewed and strained tomatoes, ¼ teaspoon paprika, ¼ teaspoon mustard, 1 tablespoon grated onion, 1 can grated cocoanut, 2 teaspoons salt, 2 tablespoons melted bacon fat.

Preparation—Mix all ingredients except the bacon fat; put into a deep greased pan, cover with bacon fat, and bake in a slow oven one hour.

Risotto

Ingredients—½ cup rice, 1 onion chopped, 1 cup boiling water, 1 green pepper chopped, 1 teaspoon salt, ½ can tomatoes, 3 tablespoons bacon fat, ¼ teaspoon paprika.

Preparation—Cook rice with boiling water and salt in top of double boiler twelve minutes, cook onion and pepper in bacon fat ten minutes, stirring often; add tomatoes and paprika, mix with rice, and cook forty-five minutes.

Corn Meal and Beef Scrapple

Ingredients—3½ cups corned beef stock, 1 cup corned beef cut in small pieces, 1 cup corn meal.

Preparation—Cook meal in stock as directed in Corn Meal Mush, add meat, and pour into a deep bread pan; when cold, either slice and serve cold, or dip in flour and sauté in butter, or dip in crumbs, then in egg, and then again in crumbs, and fry in deep fat. If stock is very salt, dilute with water or milk. Any kind of stock or meat may be used in place of corned beef.

Steamed Samp

Ingredients—½ cup samp, 2½ cups boiling water, ¾ teaspoon salt.

Preparation—Wash samp, soak over night in cold water, and drain; put boiling water and salt in top of double boiler, and place directly on the range; add samp slowly and boil five minutes; place over hot water and cook for four hours.

Wheat and Sausage Scrapple

Ingredients—3¾ cups boiling water, 1 cup Cream of Wheat, 1 teaspoon salt, ½ pound link sausage.

Preparation—Stir wheat slowly into boiling salted water, cook five minutes, place over hot water, and cook half an hour. Cook sausages in frying pan until brown, cut into half-inch pieces, add to mush, and pour into deep pan to cool. Serve sliced cold, sautéed, or fried.

Boiled Rice

Wash one cup rice, and add slowly to two quarts of boiling salted water, allowing one tablespoon of salt; cook until tender, pour into strainer, rinse with boiling water, and put in oven or on back of range for a few minutes, until the grains separate. Very old rice is improved by soaking in cold water for an hour or two before cooking. Corned beef or ham stock may be used in place of salted water.

Creole Spaghetti

Ingredients—2 cups spaghetti broken in 2-inch pieces, 3 tablespoons bacon fat, 1 cup tomatoes, 1 onion chopped fine, ½ teaspoon salt, 1 green pepper chopped fine, ½ teaspoon paprika.

Preparation—Cook spaghetti in boiling salted water until tender, and drain; cook onion and pepper in bacon fat for ten minutes, stirring often; add tomatoes and seasonings, put in top of double boiler, add spaghetti, and cook half an hour. Macaroni may be used in place of spaghetti.

Italian Spaghetti

Ingredients—2 cups spaghetti broken in 2-inch pieces, 4 cloves, ½ bay leaf, ½ onion, 1 can condensed tomato soup, ¼ cup grated cheese.

Preparation—Cook spaghetti in boiling salted water with the onion, cloves and bay leaf until tender; drain, remove onion, cloves and bay leaf; add soup and cheese and heat to boiling point. One-half can tomatoes seasoned, stewed until thick and pressed through a sieve, may be used in place of soup. Macaroni may be used in place of spaghetti.

See temperature for frying page.

CROQUETTES AND FRITTERS

To Clarify Fat

Melt fat, add one pared and sliced raw potato, a pinch of soda, and a tablespoon of water; heat slowly, and cook until fat stops bubbling; strain through double cheesecloth.

To Try Out Fat

Cut any surplus fat into pieces, put into double boiler, cover, cook slowly until fat is extracted, and strain through double cheesecloth.

Crumbs for Fried Food

Dry left-over bits of bread in a slow oven, put through food chopper, using finest cutter, and sift through a coarse sieve. Keep in covered jars.

Egg for Dipping Fried Food

Break egg into a soup plate or similar shallow dish, beat enough to mix yolk and white, and add one-fourth cup of cold water or one-third cup of milk. Coat food thoroughly to prevent soaking fat.

Cheese Balls

Ingredients—1½ cups cheese cut fine, ¼ teaspoon mustard, 1 tablespoon flour, ¼ teaspoon paprika, ¼ teaspoon salt, whites of 2 eggs beaten stiff.

Preparation—Mix in order given, shape in balls about one inch in diameter, roll in sifted crumbs, and fry in deep fat until brown. Drain on soft paper, and serve hot. Serve with the salad course or as a savory.

Cheese Croquettes

Ingredients—3 tablespoons shortening, ¼ teaspoon paprika, ⅛ cup bread flour, ¼ teaspoon mustard, 1 cup hot milk, few grains cayenne, ¼ teaspoon salt, 1 cup cheese cut fine.

Preparation—Melt shortening, add flour; add hot milk, and stir until smooth and thick; add seasonings and cheese, and pour into a shallow dish to cool. Shape into small pyramids, roll in sifted crumbs, dip in egg, and again in crumbs, and fry in deep fat until brown. Serve immediately.

Fish Croquettes

Ingredients—2 cups cold flaked fish, few drops onion juice, 1 tablespoon lemon juice, salt and cayenne, 1 cup Croquette Sauce.

Preparation—Use remnants of baked or boiled fish, sprinkle with lemon and onion juice, dust lightly with salt and cayenne, and mix with sauce. When cold, shape into small croquettes or cutlets, dip in crumbs, egg, and again in crumbs, and fry in hot deep fat one minute.

Meat Croquettes

To two cups of cooked meat cut in small pieces add one teaspoon of Worcestershire sauce and a few drops of onion juice; mix with one cup of Croquette Sauce and put on ice until cold. Shape into small croquettes or cutlets, roll in crumbs, dip in egg, and again in crumbs, and fry in hot deep fat. Any left-over meat may be used.

Rice Croquettes

Ingredients—1 egg slightly beaten, 1 teaspoon Worcestershire sauce, ¼ teaspoon salt, ¼ teaspoon onion juice, 2 tablespoons cold water, 1 tablespoon tomato ketchup, 2 cups cooked rice.

Preparation—Mix in order given; shape into small pyramids, dip in crumbs, egg, and again in crumbs, and fry in hot deep fat.

Rice and Raisin Croquettes

Ingredients—½ cup rice, 1 cup hot milk, 1 cup boiling water, 1 tablespoon butter, 1 teaspoon salt, 2 tablespoons sultana raisins.

Preparation—Wash rice, stir into boiling salted water, and boil five minutes, add milk, butter and raisins, and cook over hot water about twenty-five minutes, or until rice is tender. Shape into small pyramids, dip in egg and crumbs, and fry in hot deep fat. Serve with Currant Jelly Sauce or Lemon Sauce.

Potato and Bean Croquettes

Ingredients—2 cups cold baked beans, 1 tablespoon Worcestershire or Brand's A 1 sauce, 1 cup mashed potato, ¼ teaspoon paprika, salt if needed.

Preparation—Press beans through a sieve, add potato and seasonings, mix well, and shape into small pyramids. Roll in crumbs, dip in egg, roll in crumbs again, and fry in hot deep fat. Drain on soft paper, and serve with Tomato Sauce.

Salmon and Potato Croquettes

Rinse a can of salmon with boiling water, and separate into flakes; mix with two cups of hot, well-seasoned mashed potatoes, and a tablespoon of finely chopped mixed pickles. Shape into small croquettes, dip in crumbs, egg, and then in crumbs again, and fry in hot deep fat one minute.

Sliced Apple Fritters

Ingredients—1 cup flour, 1 egg well beaten, ¼ teaspoon salt, ½ cup cold water, 1 tablespoon sugar, 3 tart apples.

Preparation—Mix and sift flour, salt, and sugar; add egg and water, and beat well; pare, core, and cut apples into half-inch slices; dip in batter until well coated, and fry in hot deep fat; drain on soft paper, and dust with powdered sugar. Serve with roast pork or sausage, or serve with a liquid sauce as an entrée or a dessert.

Banana Fritters

Ingredients—1 cup flour, 1 tablespoon powdered sugar, 1½ teaspoons baking powder, 1 egg well beaten, ¼ cup cold water, ¼ teaspoon salt, 2 bananas.

Preparation—Mix and sift dry ingredients, add egg and water, and beat well; press bananas through a sieve, add to batter, and drop from a tablespoon into hot deep fat; drain on soft paper, dust with powdered sugar, and serve with Currant Jelly Sauce or Lemon Sauce, either as an entrée or as a dessert.

Corn Fritters

Ingredients—1 can corn, ½ cup milk, ½ cup dried and sifted crumbs, 1 teaspoon salt, 1 teaspoon baking powder, 1 egg well beaten, 1 tablespoon flour.

Preparation—Chop the corn, and add other ingredients in order given. Drop from a tablespoon into hot deep fat and fry until brown. Or sauté in a hot greased frying pan.

Cranberry Fritters

Ingredients—1 egg well beaten, ¼ cup water, ¼ teaspoon salt, 1 cup flour, 2 tablespoons sugar, 1½ teaspoons baking powder, ½ cup chopped cranberries.

Preparation—Mix in order given; drop from a tablespoon into hot deep fat, cook about three minutes, drain on soft paper, and dredge with powdered sugar.

Rice and Currant Fritters

Ingredients—1 cup flour, ¼ teaspoon nutmeg, 1½ teaspoons baking powder, 1 egg well beaten, ⅓ cup cold water, ⅓ teaspoon salt, 1 cup cooked rice, 2 tablespoons sugar, 2 tablespoons washed currants.

Preparation—Mix and sift dry ingredients; add egg and water, and beat well; add rice and currants, and drop from a tablespoon into hot deep fat; drain on soft paper, and serve with Currant Jelly Sauce, Orange Marmalade Sauce, or Lemon Sauce.

Salmon Fritters

Ingredients—1⅓ cups flour, ⅔ cup water, ¼ teaspoon salt, ¼ teaspoon paprika, 2 teaspoons baking powder, ¼ teaspoon onion juice, 1 egg well beaten, ½ can salmon chopped fine.

Preparation—Sift flour, salt, and baking powder; add egg, water, and seasonings, and beat well; add salmon, and drop from a tablespoon into hot deep fat; cook until brown, drain on soft paper, and serve with Sauce Tartare or Tomato Sauce.

Doughnuts

Ingredients—2 cups flour, ½ teaspoon nutmeg, 2½ teaspoons baking powder, ½ cup sugar, ¾ teaspoon salt, 1 egg well beaten, ½ cup milk, 1 tablespoon melted shortening.

Preparation—Mix and sift dry ingredients; add egg, milk, and shortening, and mix well; chill, and roll out on a floured board until half an inch thick; cut, and fry in hot deep fat. A little more flour may be necessary, but the dough should be as soft as can be handled easily.

Small Tea Doughnuts

Follow recipe for Doughnuts, roll mixture very thin, cut with a two-inch doughnut cutter, fry, and dust with powdered sugar. Or fry the cut-out centers of large doughnuts, and roll in powdered sugar.

Fried Jam Cakes

Roll doughnut mixture very thin, and cut with a three-inch cookie cutter; put a teaspoon of jam on one-half, moisten the edges with water, fold double, press edges firmly together, and fry in hot deep fat. Dust with powdered sugar.

SALADS AND SALAD DRESSINGS

Cooked Salad Dressing

Ingredients—1½ cups hot milk, 2 tablespoons sugar, 2 beaten eggs, 2 teaspoons mustard, 1 tablespoon salt, dash of cayenne, 3 tablespoons flour, ½ cup hot vinegar.

Preparation—Mix dry ingredients, add to egg, and stir into the hot milk; add vinegar slowly, and cook over hot water for ten minutes, stirring constantly at first. Cool, put into a preserve jar, cover and keep in a cool place. Whipped cream may be added, if desired, before using. Allow one cup for the whole recipe. Two tablespoons of melted butter or salad oil may be added, but recipe is very good without either.

Cooked Salad Dressing (Evaporated Milk)

Ingredients—½ teaspoon salt, 1 beaten egg, 1 teaspoon mustard, 1 tablespoon melted butter, 1½ teaspoons sugar, ⅓ cup evaporated milk, 1½ teaspoons flour, ⅔ cup hot water, few grains cayenne, ¼ cup vinegar.

Preparation—Mix in order given, and cook over hot water for ten minutes, stirring constantly at first.

Currant Jelly Dressing

Ingredients—¼ cup currant or any other tart jelly, 4 tablespoons oil, 2 tablespoons candied ginger chopped, juice of ½ lemon, dash of cayenne.

Preparation—Melt the jelly, add ginger, cool slightly; add oil, lemon juice and cayenne.

Devilled Ham Dressing

Ingredients—1 egg, ¼ teaspoon salt, 1 small can devilled ham, ⅛ teaspoon pepper, ½ cup vinegar, ¼ teaspoon mustard, ¼ cup water, ¼ teaspoon cornstarch.

Preparation—Beat egg, add ham, vinegar, and water; mix salt, pepper, mustard and cornstarch; add to ham mixture; and cook over hot water ten minutes.

Mayonnaise Dressing

Ingredients—Yolk of 1 egg, 1 teaspoon mustard, 1 teaspoon salt, ½ teaspoon paprika, ½ teaspoon powdered sugar, 1 cup salad oil, 2 tablespoons vinegar, 1 tablespoon lemon juice.

Preparation—Beat the egg yolk; add the seasonings; add oil, a few drops at a time, until mixture thickens; mix vinegar and lemon juice, and add in small quantities, alternating with the oil; as the oil thickens the dressing, dilute with the acid, leaving the finished dressing thick. It is important to have ingredients and utensils cold.

Potato Mayonnaise

Ingredients—½ cup mashed potatoes, ½ teaspoon Worcestershire sauce, 2 tablespoons oil, ¼ teaspoon salt, 3 tablespoons vinegar, ¼ teaspoon mustard, 1 teaspoon horseradish, ¼ teaspoon sugar.

Preparation—Mix in order given and serve with vegetable salad or cold meat.

French Dressing

Ingredients—⅔ cup oil, ½ teaspoon pepper, ⅓ cup vinegar, ¼ teaspoon mustard, 1¼ teaspoons salt, 1 teaspoon powdered sugar.

Preparation—Put the ingredients in a pint preserve jar; fasten the cover, chill and shake well before using. Keep in the ice-box and use as needed. For use with fruit salad, omit mustard. Curry, Brand's A1 sauce, Worcestershire sauce, tomato ketchup, or similar condiments may be added in small amounts to vary the flavor.

Russian Dressing

To Mayonnaise Dressing add one-third cup of thick chili sauce. Cooked salad dressing may be used in place of mayonnaise.

Sour Cream Dressing

Ingredients—½ cup sour cream, 1 teaspoon powdered sugar, ¼ teaspoon salt, 3 tablespoons chili sauce.

Preparation—Beat cream until stiff; add salt, sugar, and chili sauce.

Quick Mayonnaise

Ingredients—3 tablespoons butter, ½ teaspoon sugar, ½ teaspoon salt, 3 tablespoons oil, ½ teaspoon mustard, 1 tablespoon vinegar, ¼ teaspoon paprika, 1 egg.

Preparation—Cream butter, add seasonings, and when well mixed add oil all at once; mix well, add vinegar; mix well, add the well-beaten egg yolk, and fold in the stiffly beaten white of egg. Do not chill.

Uncooked Salad Dressing (Condensed Milk)

Ingredients—2 eggs beaten, 1 can condensed milk, ¼ cup melted butter, 1 cup vinegar, 1½ teaspoons salt, 1½ teaspoons mustard, dash cayenne.

Chicken Salad

Ingredients—2 cups cold cooked chicken, 2 cups celery cut fine, salad dressing, lettuce, 1 hard-cooked egg.

Preparation—Cut remnants of chicken in small pieces and mix with celery and salad dressing; arrange on lettuce leaves and garnish with dressing and egg thinly sliced. Cabbage and a little celery salt may be used in place of celery.

Coronado Salad

Ingredients—1 can tuna fish, 2 cups shredded cabbage, 1 green pepper cooked and shredded, Cooked Dressing, 2 tablespoons tomato ketchup.

Preparation—Flake fish; shred cabbage very fine; cut pepper in halves, remove seeds, cook in boiling water ten minutes, and shred in inch lengths; mix, arrange on lettuce, and dress with boiled dressing, to which the ketchup has been added. Garnish with parsley or pimiento.

Leek Salad

Cut leeks in half-inch slices and cook in boiling salted water until tender; drain, chill, and serve on lettuce with French Dressing; sprinkle with chopped parsley and paprika.

Meat and Potato Salad

Ingredients—1½ cups cooked meat cut fine, 1½ cups cooked potato cut fine, ½ cup celery cut fine, ½ teaspoon salt, 2 tablespoons finely chopped pickle, salad dressing.

Preparation—Mix in order given, cover with dressing, and garnish with sliced pickles and celery tops. White cabbage may be used in place of celery.

Salmon Salad

Ingredients—1 can salmon, 1 cup cooked potato cubes, 1 cup shredded lettuce, 2 finely chopped pickles, Cooked Dressing, lettuce.

Preparation—Rinse salmon with boiling water, and separate into flakes; mix with potato, lettuce, and pickles, arrange on lettuce, and cover with dressing. Garnish with sliced hard-cooked egg and parsley.

Shrimp Salad

Ingredients—1 pint cooked shrimps, 1 cup chopped white cabbage, 2 tablespoons capers, ¾ cup salad dressing, 1 head lettuce.

Preparation—Clean shrimps and break in pieces, reserving a few of the largest; mix with cabbage, capers, and dressing, and serve in lettuce nests. Garnish with whole shrimps. Canned shrimps may be used.

Tuna Fish Salad

Ingredients—1 can tuna fish, 2 cups cooked potato cubes, ½ cup cooked beets, salad dressing, lettuce.

Preparation—Flake tuna fish, mix with potatoes cut into fine cubes, and the beet cut into inch shreds; arrange on lettuce or any crisp salad green; and dress with Cooked Dressing or Mayonnaise.

Baked Bean Salad

Ingredients—2 cups cold baked beans, 1 cup cooked potato cubes, ½ cup chopped cooked beets, 1 cup Cooked Dressing, 2 tablespoons tomato ketchup, 2 tablespoons chopped pickle.

Preparation—Mix beans, potato, and beets; add ketchup and pickle to dressing, mix with vegetables, and serve on lettuce or any crisp salad green. Garnish with radishes.

Bermuda Onion Salad

Ingredients—6 Bermuda onions, 2 quarts boiling water, 1 dozen pepper corns, 4 cloves, ½ teaspoon salt, ½ bay leaf, small piece lemon peel, lettuce, French Dressing.

Preparation—Peel and quarter onions, and cook in boiling water with seasonings until tender; drain, cool, arrange on lettuce, and cover with dressing. Garnish with red radishes.

Cabbage and Beet Salad

Ingredients—2 cups shredded cabbage, 3 beets finely chopped, ¼ teaspoon salt, 2 tablespoons vinegar, ¼ teaspoon white mustard seed, Cooked Dressing.

Preparation—Mix cabbage, beets, salt, vinegar, and mustard seed; arrange on small white cabbage leaves, and dress with cooked dressing. Garnish with parsley.

Cabbage and Cranberry Salad

Ingredients—3 cups finely shredded white cabbage, ½ cup finely shredded celery, ½ cup chopped cranberries.

Preparation—Mix with Cooked Dressing, and garnish with celery tops and whole cranberries.

Celery Root Salad

Ingredients—2 cups Creamed Celery Root, 1 cup chopped apple, 1 cup shredded white cabbage.

Preparation—Mix, and serve on lettuce with Cooked Dressing or Mayonnaise Dressing.

Dutch Potato Salad

Ingredients—6 boiled potatoes, ½ onion finely chopped, 1 teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon celery seed, ¼ teaspoon white mustard seed, ¼ cup bacon fat, ½ cup hot vinegar.

Preparation—Cut potatoes into half-inch cubes; add onion, salt, pepper, celery, and mustard seed; heat bacon fat, add vinegar, and pour over potatoes; let stand until cold, and serve on any crisp salad green. Garnish with pickled beet.

Pepper and Cabbage Salad

Ingredients—½ small white cabbage, 1 green pepper, 1 red pepper, salad dressing.

Preparation—Shred cabbage into fine inch shreds; remove seeds and veins from peppers, and cut into fine shreds. Mix with dressing and arrange on small inner cabbage leaves. Garnish with parsley and strips of red pepper.

Potato Salad

Ingredients—6 potatoes, 1 onion, ½ teaspoon celery seed, ¼ teaspoon mustard seed, ½ teaspoon salt, ½ teaspoon paprika, salad dressing.

Preparation—Pare potatoes, cut in halves, and cook in boiling salted water with the onion until tender; cool, cut in half-inch cubes, add seasonings, and mix with dressing. Cover with dressing, and garnish with parsley, red beets, or cooked carrot. Devilled Ham Dressing is excellent with potato salad.

Banana and Apple Salad

Peel and scrape bananas, cut crosswise into three pieces, roll in finely chopped apples and cover with Currant Jelly Dressing.

Banana and Peanut Salad

Peel and scrape bananas, cut crosswise into three pieces, roll in finely chopped peanuts and serve on lettuce with French Dressing.

Samoset Salad

Arrange lettuce in salad bowl, cover with slices of pickled beets, and sprinkle thickly with cottage cheese. Cover with dressing made of three tablespoons each of best vinegar and oil, one-fourth teaspoon salt, and one-eighth teaspoon pepper.

Sweet Potato Salad

Ingredients—3 cups of cooked sweet potato cubes, 1 cup white cabbage or celery finely chopped, 2 tablespoons vinegar, 4 tablespoons oil, 1 tablespoon Worcestershire sauce, ½ teaspoon salt.

Preparation—Mix and serve on heart cabbage leaves, and garnish with parsley and pickles.

Spanish Salad

Ingredients—1 head of lettuce, 2 cups of half-inch cubes of bread, 1 Spanish onion chopped fine, 1 cucumber sliced, 3 tomatoes quartered, French Dressing, 2 sliced pickles.

Preparation—Shred the coarser leaves of the lettuce and arrange in salad bowl on heart leaves; cover with bread cubes, sprinkle with onion, add cucumber and tomatoes, and pour French dressing over all. Garnish with pickles.

Spanish Onion and Tomato Salad

Ingredients—1 head lettuce, 4 mild onions, 2 ripe tomatoes, 1 green pepper, French Dressing.

Preparation—Wash and dry lettuce, and arrange in salad bowl; peel onions, cut in very thin slices, and put on lettuce; peel and slice tomatoes and place on onions; cut pepper in thin slices, remove seeds and veins and place on tomatoes; cover with French Dressing and serve very cold with brown bread sandwiches.

Tomato Jelly Salad

Ingredients—1 can tomatoes, ½ onion, 4 cloves, 1 teaspoon salt, 1 teaspoon sugar, ⅛ teaspoon soda, dash of cayenne, ½ bay leaf, ½ box gelatine, ½ cup cold water.

Preparation—Cook tomatoes and seasonings for twenty minutes; soak gelatine in cold water for a few minutes; add to tomato, and stir until dissolved; press through a sieve, and fill individual molds, which have been garnished with a slice of hard-cooked egg. Serve on lettuce with any dressing preferred. A small amount of clear jelly may be made by allowing mixture to drip through a jelly bag. Put into very small molds, and use as a garnish for cold meat or salads. The pulp left in the bag will make excellent soup.

Vegetable Salad (Cooked)

Ingredients—1½ cups potatoes, 1 cup beets, ¾ cup white turnip, ½ cup peas, French Dressing, ¼ teaspoon onion juice, 1 bouillon cube.

Preparation—Cut potatoes, beets and turnips into half-inch cubes, and mix with peas; dissolve bouillon cube in one tablespoon of boiling water, and add with onion juice to dressing. Arrange vegetables on any crisp salad green, and pour dressing over them.

Frozen Cream Cheese

Mash a cream cheese, season with paprika and salt, moisten with cream and beat until smooth; pack into individual paper cases, put into a tightly covered tin, and pack in equal parts of salt and ice for three hours. Serve on lettuce with French Dressing and garnish with bits of currant jelly or Mock Bar-le-Duc Currants.

Bellevue Salad

Ingredients—1 cup cottage cheese, ½ cup peanut butter, ½ teaspoon salt, 1¼ cup French Dressing, 1 large red apple, lettuce leaves.

Preparation—Mix cheese, butter, salt, and dressing until well blended; core apples, cut in one-third-inch slices and cover each slice with cheese mixture forced through a rose tube; arrange on lettuce and serve with French Dressing.

Cream Cheese Salad

Force cream cheese through potato ricer, arrange lightly on lettuce leaves and dress with a French Dressing, to which two tablespoons of chili sauce have been added.

Jellied Waldorf Salad

Ingredients—½ package gelatine, ½ cup cold water, 1 cup boiling water, ¼ cup sugar, ¼ cup lemon juice, 2 cups apple chopped, 1 cup celery shredded, ½ cup nut meats chopped, lettuce, 6 pimolas sliced, mayonnaise.

Preparation—Soak gelatine in cold water five minutes, add boiling water, sugar, and lemon juice; chill until it begins to stiffen; add apples, celery, and nuts; turn into individual molds, and chill. Serve on lettuce, and garnish with pimolas and mayonnaise.

Orange and Cress Salad

Ingredients—1 bunch water cress, 1 head romaine, 4 seedless oranges, French Dressing.

Preparation—Pick over, wash and dry cress; wash and dry romaine and arrange in salad bowl; peel and cut oranges in thin slices and arrange over romaine; put cress around edge of bowl and cover all with French Dressing made with lemon juice instead of vinegar.

Pear Salad

Ingredients—5 pears, lettuce, 4 tablespoons oil, 2 tablespoons lemon juice, 1 teaspoon Jamaica ginger, 1 teaspoon powdered sugar, ½ teaspoon paprika.

Preparation—Pare, quarter, and core fruit; wash and dry lettuce; shred finely the outer leaves and arrange on the heart leaves; cut quarters of pears lengthwise, place on lettuce and cover with dressing made of oil, lemon juice and seasonings. The pears should not be too ripe.

Pineapple and Date Cheese Salad

For each person allow two lettuce leaves, one slice of pineapple and three dates stuffed with cream cheese. Cut the pineapple in cubes and place on the lettuce; cut dates in halves lengthwise, remove stones, stuff with cream cheese and arrange on pineapple; sprinkle cheese with paprika and dress all with French Dressing.

Pineapple and Cottage Cheese Salad

Arrange slices of pineapple on crisp lettuce; in the center of each slice place a cottage cheese ball rolled in chopped nut meats; dress with French Dressing.

YEAST BREADS, MUFFINS AND ROLLS

White Bread

Ingredients—1 cup scalded milk, 1 cup boiling water, 1 tablespoon sugar, 2 tablespoons shortening, 2½ teaspoons salt, ½ yeast cake, ¼ cup lukewarm water, 6 to 7 cups flour.

Preparation—Put liquid, sugar, shortening and salt in the mixing bowl; when lukewarm, add the yeast cake (which has been dissolved in lukewarm water); add flour and knead well. The exact amount of flour will depend upon the quality; but enough should be used to make a smooth, soft dough which after kneading is not sticky. Cover and let rise in a warm room until double in bulk; cut down, knead well and shape into loaves; cover, let rise until double in bulk and bake in a hot oven about fifty minutes. To hurry the rising of the bread, increase the quantity of yeast. Bread mixed with two yeast cakes may be made and baked in about three hours.

Bran Bread (Yeast)

Ingredients—½ cup boiling water, ½ cup scalded milk, 2 tablespoons shortening, 2 tablespoon molasses, 1½ teaspoons salt, ½ yeast cake, ¼ cup lukewarm water, 1 cup entire wheat flour, 1 cup white flour, 2 cups bran.

Preparation—Mix water, milk, shortening, molasses and salt; when lukewarm add yeast cake dissolved in lukewarm water, add flour sifted, and bran, and mix with liquid to a soft dough; let rise until light, cut down and knead into small loaves, using more bran if necessary to prevent sticking; let rise until nearly double, and bake in hot oven about fifty minutes.

Entire Wheat Bread

Follow recipe for White Bread, using four cups of entire wheat flour and two or more cups of white flour. Molasses may be used in place of sugar.

Date Bread (Not Kneaded)

Ingredients—1 cup scalded milk, 1 cup boiling water, ¼ cup molasses, 2 tablespoons shortening, 2 tablespoons salt, ½ yeast cake, ¼ cup lukewarm water, 4 cups entire wheat flour, 1¼ cups white flour, 1 cup dates cut in pieces.

Preparation—Mix milk, water, molasses, shortening and salt; when lukewarm, add yeast, dissolved in lukewarm water, and flour; mix, and beat well; let rise until double in bulk; add dates, beat well, turn into two greased bread pans, let rise until light and bake one hour. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

Irish Bread

Ingredients—1 quart bread dough, ⅓ cup shortening, ¼ cup sugar, 1 cup raisins seeded and chopped.

Preparation—Knead shortening, sugar, and raisins into dough; shape into two round loaves, let rise, brush with milk, and bake in hot oven about forty minutes.

Fried Bread

Cut raised bread dough into pieces the size of a small egg, flatten with the rolling pin, cover, let rise until light, and fry in deep fat about three minutes.

Graham and Corn Bread

Ingredients—1 cup corn meal, 1 cup boiling water, 1 cup scalded milk, 2 tablespoons shortening, 2½ teaspoons salt, ¼ cup molasses, ½ yeast cake, ¼ cup lukewarm water, 4 cups Graham flour.

Preparation—Pour boiling water over corn meal; mix well; add milk and shortening; when lukewarm add salt, molasses, and yeast dissolved in lukewarm water; add flour, beat well, and let rise until double in bulk; beat again, pour into two greased bread pans, let rise until light, and bake about fifty minutes. The oven should be hot for the first fifteen minutes, and then the heat reduced.

Oatmeal Bread

Ingredients—1 cup rolled oats, ½ cup corn meal, 1½ tablespoons shortening, 2 cups boiling water, ½ yeast cake, ¼ cup lukewarm water, ½ cup molasses, 4 cups flour.

Preparation—Mix oats, corn meal, salt, and shortening; add boiling water, and let stand one hour; add yeast dissolved in lukewarm water, molasses and flour. Mix well, cover, and let rise until double in bulk; beat well, turn into two greased pans, let rise, and bake in a hot oven about fifty minutes.

Rye Bread

Ingredients—1 cup scalded milk, 1 cup boiling water, 2 tablespoons shortening, 3 tablespoons molasses, 2 teaspoons salt, ½ yeast cake, ¼ cup lukewarm water, 3 cups rye flour, 3 to 4 cups white flour.

Preparation—Mix; let rise and bake the same as White Bread.

Shredded Wheat Bread

Ingredients—2 shredded wheat biscuit, 1 cup hot milk, 1 cup hot water, ½ cup molasses, 1 tablespoon salt, 1 tablespoon shortening, ½ yeast cake, ¼ cup lukewarm water, 6 cups entire wheat flour.

Preparation—Crumble the biscuit; add milk, water, molasses, salt, and shortening; when lukewarm add yeast cake dissolved in lukewarm water, and sifted flour; knead well, cover and let rise until double in bulk; cut down, shape into loaves or biscuit, put into greased pans, let rise until light, and bake in a hot oven about fifty minutes for loaves, and twenty-five minutes for biscuit. This makes one loaf and one pan of biscuit. A little more or less flour may be needed.

Crescents

Use Parker House Roll mixture, or any bread dough into which more shortening has been kneaded; roll out half an inch thick, cut into four-inch squares, and cut squares in halves diagonally; brush with melted shortening, and roll firmly, beginning with the diagonal edge. Curve into crescent shape, place on greased baking sheet, let rise until light, and bake in a hot oven about fifteen minutes.

Buns

Ingredients—1 cup scalded milk, ⅓ cup shortening, ¼ cup sugar, 1 teaspoon salt, ½ yeast cake, ¼ cup lukewarm water, ½ cup currants, 3½ cups flour.

Preparation—Mix milk, shortening, sugar and salt; when lukewarm, add yeast dissolved in lukewarm water; add currants, and flour enough to knead (a little more or less than the three and one-half cups may be required); let rise until double in bulk; knead, and shape into small round buns; place in a greased baking pan two inches apart, and let rise until light; brush with milk, dust with powdered sugar, and bake in a hot oven about twenty minutes.

Parker House Rolls

Ingredients—2 cups milk, ⅓ cup shortening, 1 teaspoon salt, 2 tablespoons sugar, 1 yeast cake, ¼ cup lukewarm water, 6 to 7 cups flour.

Preparation—Scald milk; add shortening, salt and sugar; when cool add yeast dissolved in water; stir in two cups of flour, cover, and let rise until double in bulk; add enough flour to form a soft dough; knead well, and let rise again; cut down with a knife; roll out on lightly floured bread board until about half an inch thick; cut with small round cutter, brush with butter, and fold double; put on baking sheet, cover, and let rise until light, brush with milk, and bake in hot oven about twelve minutes.

Shamrock Rolls

To one quart of bread dough add one-fourth cup of melted shortening and two tablespoons of sugar. Knead well, and shape into small balls about the size of a pecan nut; grease muffin tins, put three balls in each, let rise until light, and bake in a hot oven about fifteen minutes.

Swedish Coffee Rolls

Ingredients—1 cup scalded milk, ⅓ cup shortening, 1 teaspoon salt, ¼ cup sugar, 1 egg well beaten, ½ yeast cake, ¼ cup lukewarm water, 3½ cups flour, 1 teaspoon cinnamon, 2 tablespoons sugar.

Preparation—Scald milk, add shortening, salt, and sugar; when lukewarm add egg, yeast dissolved in water, and flour, of which a little more or less may be required; knead well, cover and let rise until double in bulk; knead again; roll on a floured board until about one-fourth of an inch thick, brush with melted shortening, and sprinkle with cinnamon mixed with sugar; fold dough into three layers, cut in strips three-quarters of an inch thick; twist each strip, and shape like a figure eight, pressing the ends firmly in place; put on a greased baking sheet, let rise until light, and bake in a hot oven twenty minutes. Spread with a thin coating of plain icing.

Raised Date Muffins

Follow recipe for Date Bread; half fill greased muffin tins, let rise until light, and bake in a hot oven twenty-five minutes. Figs cut in small pieces may be use instead of dates.

Raised Muffins

Ingredients—½ cup boiling water, ½ cup scalded milk, 1 teaspoon salt, 2 tablespoons sugar, 2 tablespoons shortening, 1 egg, ¼ yeast cake, ¼ cup lukewarm water, 2½ cups flour.

Preparation—Pour water and milk over salt, sugar, and shortening; when cool add beaten egg, yeast dissolved in water, and flour; beat well and let rise over night; beat again; fill greased muffin pans two-thirds full, let rise, and bake in a hot oven thirty minutes. Or place greased muffin rings on a hot greased griddle, fill two-thirds full, and cook on top of range about twenty minutes, turning when half cooked.

Raised Corn Muffins

Ingredients—1 cup scalded milk, 4 tablespoons shortening, 4 tablespoons sugar, 1 teaspoon salt, ¼ yeast cake, ¼ cup lukewarm water, 1 cup corn meal, 1½ cups flour.

Preparation—Add shortening, sugar, and salt to milk; when lukewarm add yeast dissolved in water, corn meal, and flour; beat well, let rise over night; beat well, half fill greased muffin rings, let rise until nearly double, and bake in hot oven half an hour.

Raised Oatmeal Muffins (Uncooked Oats)

Ingredients—1 cup rolled oats, 1 cup scalded milk, 2 tablespoons shortening, 1 teaspoon salt, ¼ cup molasses, 1 egg, ¼ yeast cake, ¼ cup lukewarm water, 2½ cups flour.

Preparation—Pour hot milk over oats, add shortening; when lukewarm add salt, molasses, egg well beaten, and yeast cake dissolved in lukewarm water; beat well, and add flour; beat well, and let rise over night; beat again, and half fill greased muffin pans; let rise until nearly double, and bake in a hot oven half an hour.

Raised Roulettes

Roll out to one-half inch thickness any roll or soft raised bread mixture; brush with melted butter, and spread with cinnamon and sugar, fruit, or any of the fillings used for Baking Powder Roulettes. Roll like a jelly roll until dough is about two and one-half inches in diameter, cut in half-inch slices with a sharp knife, place on greased sheet two inches apart, let rise until light, and bake in a hot oven twenty minutes.

BAKING POWDER BREADS, MUFFINS AND BISCUITS

Barley Bread

Ingredients—2 cups barley meal, 1 cup Graham flour, 1 cup white flour, 2 tablespoons sugar, 1 teaspoon salt, 6 teaspoons baking powder, 2 cups milk.

Preparation—Sift dry ingredients together, and mix well with milk; turn into a greased bread tin, let stand fifteen minutes, and bake in a moderate oven fifty minutes. Raisins, dates, figs, or nuts may be added.

Steamed Indian Date Bread

Ingredients—1½ cups corn meal, 1 cup rye meal, ½ cup flour, 1½ teaspoons soda, 1 teaspoon salt, ⅔ cup molasses, 1 cup water, 1 cup milk, 1 cup dates.

Preparation—Mix and sift dry ingredients, add molasses, liquid, and dates which have been stoned and cut in pieces. Pour into greased one-pound baking powder boxes, and steam steadily for one and three-quarters hours. Or pour into a large greased mold and steam for three hours.

Bran Bread

Ingredients—2 cups bran, 2 cups entire wheat flour, 1 teaspoon salt, ½ teaspoon soda, 5 teaspoons baking powder, ½ cup molasses, ¾ cup water, ¾ cup milk.

Preparation—Sift flour, salt, soda, and baking powder, and add to bran; add molasses and liquid, and beat well; turn into a greased bread pan; let stand fifteen minutes, and bake in a moderate oven one hour.

Date Bread

Ingredients—1 cup corn meal, 1 cup entire wheat flour, 1 cup white flour, 1½ teaspoons salt, ¼ teaspoon soda, 5 teaspoons baking powder, ¼ cup molasses, 1 cup dates stoned and cut in pieces, ½ cup nut meats chopped, 1 egg well beaten, 1¼ cups milk.

Preparation—Mix and sift dry ingredients; add other ingredients in order given; mix well, turn into a greased bread pan, cover with a cloth, let stand fifteen minutes.

Dark Nut Bread

Ingredients—¼ cup sugar, ¾ cup hot water, ½ cup molasses, ¾ cup milk, 2 cups entire wheat flour, 1 cup bread flour, 5 teaspoons baking powder, 1½ teaspoons salt, ½ teaspoon soda, ¾ cup nut meats finely chopped.

Preparation—Mix in order given, sifting dry materials together before adding. Turn into a greased bread pan, let stand fifteen minutes, and bake in a moderate oven one hour.

Quick Raisin Bread

Ingredients—2½ cups entire wheat flour, ½ cup fine corn meal, 6 teaspoons baking powder, 1 teaspoon salt, ¼ cup sugar, 1 beaten egg, 1¼ cups milk, 1 cup seeded raisins cut in halves.

Preparation—Mix and sift dry ingredients; add egg, milk, and raisins, and mix well; put into a greased bread pan, cover, and let stand fifteen minutes; bake in a moderate oven about fifty minutes. One cup of finely chopped nuts may be added.

Bread Crumb Brown Bread

Ingredients—1½ cups dried sifted crumbs, 1 cup boiling water, ½ cup molasses, 1 cup milk, ½ cup corn meal, 1 cup Graham flour, ¾ teaspoon salt, 1½ teaspoon soda.

Preparation—Put crumbs in mixing dish, add boiling water, and let stand ten minutes; add molasses, milk, and the dry ingredients sifted together. Steam the same as Steamed Indian Date Bread.

Baking Powder

Ingredients—1 pound, 2 ounces pure cream of tartar, ½ pound cooking soda, ¼ pound cornstarch.

Preparation—Mix and sift thoroughly four times, and store in closely covered jars.

Corn Bread (Without Eggs)

Ingredients—¾ cup corn meal, ¾ cup flour, 2 tablespoons sugar, ½ teaspoon salt, ¾ teaspoon soda, 1½ cups buttermilk or sour milk.

Preparation—Mix and sift dry ingredients, add buttermilk gradually, and beat well; pour into well-greased shallow pan, and bake in hot oven twenty minutes.

Country Corn Bread

Ingredients—¾ cup corn meal, ¾ cup flour, 3 teaspoons baking powder, 1 tablespoon sugar, ½ teaspoon salt, 1 beaten egg, ¾ cup milk and water mixed, 2 tablespoons melted bacon fat.

Preparation—Mix in order given, beat well, and bake in a well-greased shallow pan in a hot oven about twenty minutes. Half of the egg will make a very good corn bread. Left-over pieces may be split, lightly buttered, and browned in the oven.

Corn Muffins

Ingredients—1 cup corn meal, 1 cup flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 1 beaten egg, 1 cup milk and water mixed, 4 tablespoons melted shortening.

Preparation—Mix in order given, beat well, and bake in greased gem pans in hot oven twenty minutes.

Corn and Rice Muffins

Ingredients—1 cup cooked rice, ⅔ cup hot milk, ½ cup corn meal, 2 tablespoons bacon fat, ½ teaspoon salt, 1 tablespoon sugar, 1 egg, ½ cup flour, 3 teaspoons baking powder.

Preparation—Pour hot milk over rice, and work with a fork to separate grains; add corn meal, bacon fat, salt, and sugar; when cool add egg well beaten, flour, and baking powder; beat well; bake in well-greased muffin pans in hot oven twenty minutes.

Custard Corn Cake

Ingredients—½ cup corn meal, ½ cup flour, 2 tablespoons sugar, ½ teaspoon salt, ½ teaspoon soda, 1 cup sour milk, 1 egg, 2 tablespoons melted shortening, ½ cup sweet milk.

Preparation—Mix and sift dry ingredients; add sour milk and egg well beaten and beat thoroughly; melt shortening in an earthen baking dish, pour in batter, pour the sweet milk over it, and bake in a hot oven twenty-five minutes. Cut in wedge-shaped pieces for serving.

Blueberry Muffins

Follow recipe for Cambridge Muffins; add one cup of blueberries just before putting into the pans. If canned blueberries are used, drain, and dredge with flour before adding to batter.

Baking Powder Biscuit

Ingredients—2 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons shortening, ¾ cup milk.

Preparation—Mix and sift dry ingredients, rub in shortening until fine and crumbly, and add milk to form a soft dough; a little more or less may be required, according to the brand of flour used. Roll out on a slightly floured board until three-fourths of an inch thick, cut with small cutter, place on greased pan an inch apart, and bake in hot oven twelve minutes. For soft biscuit with little crust, place close together in the pan, and bake five minutes longer. Left-over biscuit may be split, lightly buttered, and browned in the oven.

Rhode Island Corn Cake

Ingredients—1 cup white corn meal, 1 cup flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 1 egg, ¼ cup melted shortening, 1 cup milk.

Preparation—Mix and sift dry ingredients; add egg yolk well beaten, shortening, and milk; beat well; fold in stiffly beaten white of egg, and bake in a greased shallow pan in hot oven about twenty minutes.

Bran Muffins

Ingredients—2 cups bran, 1 cup flour, ½ teaspoon salt, 1 teaspoon soda, ½ cup molasses, 1¾ cups milk, 1 tablespoon melted shortening.

Preparation—Mix in order given; beat well, and bake in moderate oven about twenty-five minutes. These muffins are moist, keep well, and may be reheated successfully in a covered pan, either over steam or in the oven.

Cambridge Muffins

Ingredients—¼ cup shortening, ¼ cup sugar, 1 egg, ¾ cup milk, 2 cups flour, 4 teaspoons baking powder, ¼ teaspoon salt.

Preparation—Cream the shortening; add the sugar and egg well beaten; beat well, add the milk, flour, baking powder, and salt, which have been sifted together; beat again, and bake in hot greased muffin pans twenty minutes in a moderate oven.

Cheese Muffins

Use recipe for Plain Muffins or any muffin recipe, omitting the sugar; cut cheese in half-inch cubes, and place three or four pieces on top of each muffin before baking.

Cranberry Muffins

Follow recipe for Cambridge Muffins, and add one cup of cranberries coarsely chopped.

Crumb Muffins

Ingredients—1 cup dried and sifted bread crumbs, 1 tablespoon shortening, 1 tablespoon sugar, ½ teaspoon salt, ½ cup boiling water, 1 egg, ½ cup milk, ¾ cup flour, 3 teaspoons baking powder.

Preparation—Mix crumbs, shortening, sugar, salt, and boiling water; when cool add the egg well beaten, the milk, and baking powder; beat well and bake in greased muffin pans twenty minutes in a moderate oven.

Date Muffins

To recipe for Plain Muffins or Cambridge Muffins add one cup dates, stoned and cut in small pieces.

Plain Muffins

Ingredients—2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 1 egg, 1 cup milk, 2 tablespoons melted shortening.

Preparation—Mix and sift dry ingredients; add egg well beaten, milk and shortening; beat well, and bake in greased muffin pans in moderate oven twenty minutes. For fruit muffins add one cup of figs, dates, or cooked prunes cut in pieces.

Rye Muffins

Ingredients—1 cup rye flour, 1 cup white flour, ½ teaspoon salt, 4 teaspoons baking powder, 2 tablespoons molasses, 1 egg, 2 tablespoons melted shortening, 1 cup milk.

Preparation—Mix and sift dry ingredients, add molasses, egg well beaten, shortening, and milk; beat well, half fill greased muffin tins, and bake in moderate oven twenty minutes.

Sour Milk Muffins

Ingredients—1½ cups flour, 1 tablespoon sugar, ½ teaspoon soda, ½ teaspoon salt, 1 egg, 1 cup thick sour milk, 2 tablespoons melted shortening.

Preparation—Mix and sift dry ingredients; add egg well beaten, sour milk, and shortening; beat quickly, and bake in greased muffin pans in moderate oven twenty minutes.

Buttermilk Muffins

Follow recipe for Sour Milk Muffins, using buttermilk instead of sour milk.

Sally Lunn

Ingredients—2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 2 eggs, 1 cup milk, ¼ cup melted shortening.

Preparation—Mix and sift dry ingredients; add eggs well beaten, milk, and shortening; beat thoroughly, pour into shallow greased pan, and bake in a moderate oven twenty minutes.

Molasses Corn Bread

Ingredients—1 cup corn meal, 1 cup flour, 4 teaspoons baking powder, ½ teaspoon salt, 1 egg, ¼ cup molasses, 1 cup water, 2 tablespoons melted bacon fat.

Preparation—Mix and sift dry ingredients; add egg well beaten, molasses, water, and bacon fat; beat well, pour into a well-greased shallow pan, and bake about twenty minutes in a hot oven.

Bacon Sandwich Rolls

Follow recipe for Corn Meal Rolls, putting a piece of cooked bacon on half of roll before folding.

Corn Meal Rolls

Ingredients—1 cup corn meal, 1 cup flour, 4 teaspoons baking powder, ½ teaspoon salt, 3 tablespoons bacon fat, ¾ cup milk.

Preparation—Mix and sift dry ingredients; rub in shortening with finger tips; add milk and mix thoroughly; roll lightly, on a floured board to a thickness of one-half inch; cut with biscuit cutter, brush with milk or water, and fold double. Bake in hot oven fifteen minutes.

Date Rolls

Use recipe for Baking Powder Biscuit, roll out one-half inch thick, and cut in rounds with three-inch cutter; spread with soft butter, sprinkle with cinnamon and sugar, and put a date, split lengthwise and stoned, on half of each roll; fold over, press edges firmly together, brush with milk, and bake in hot oven fifteen minutes. Allow one-half teaspoon cinnamon to two tablespoons sugar. Cooked and stoned prunes or chopped figs may be used instead of dates.

Quick Coffee Cake

Ingredients—¼ cup shortening, ¼ cup sugar, 1 egg, 1 cup milk and water mixed, ½ cup seedless raisins, 2½ cups flour, 5 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 1 teaspoon cinnamon.

Preparation—Cream the shortening and sugar; add egg well beaten, milk, raisins, flour, baking powder, and salt; spread in a greased shallow pan, brush with melted butter, and sprinkle with cinnamon and sugar; bake in hot oven fifteen to twenty minutes.

Quick Drop Biscuit

Use recipe for Baking Powder Biscuit, increasing the milk to one cupful; drop from a tablespoon on a greased pan two inches apart, and bake in a hot oven ten minutes; or half fill greased muffin tins, and bake twelve minutes.

Entire Wheat Biscuit

Follow recipe for Oatmeal Waffles, using one cup of corn meal mush in place of white flour, and adding one tablespoon of molasses.

Fruit Tea Biscuit

To recipe for Quick Drop Biscuit add one chopped apple, one-half cup of seeded and chopped raisins, two tablespoons of washed currants, and two tablespoons of sugar. Put into hot greased muffin pans, and bake in a hot oven fifteen minutes. Serve for tea, or with a hot liquid sauce for dessert.

Graham Biscuit

Ingredients—1 cup graham flour, ½ cup corn meal, ½ cup bran, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons shortening, 1 tablespoon molasses, ¾ cup milk.

Mix dry ingredients without sifting; rub in shortening with finger tips; add molasses and milk; mix well; roll, cut, and bake as directed for Baking Powder Biscuit.

Jam Rolls

Ingredients—2 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 2 tablespoons shortening, 1 egg, ⅔ cup milk.

Preparation—Sift together flour, baking powder, salt, and sugar; rub in shortening with finger tips until mealy; add beaten egg and milk, and mix with a knife to a soft dough; roll out one-third of an inch thick, and cut with a round cutter; put a teaspoon of jam on each, moisten the edges with water, fold over, and press firmly together; make two cuts on top so that jam will show, brush with milk, and bake in hot oven fifteen minutes.

Potato Scones

Ingredients—2 cups flour, ½ teaspoon salt, 4 tablespoons baking powder, 1 cup mashed potato, 2 tablespoons shortening, ¾ cup milk.

Preparation—Sift flour, salt, and baking powder; add potato and shortening, and work in with finger tips; add milk, and mix to a soft dough with a knife; roll out three-quarters of an inch thick on floured board, cut with biscuit cutter, and cook on hot greased griddle about twenty minutes, turning over when half cooked. Split, butter, and serve hot.

Scotch Scones

Ingredients—1 cup fine oatmeal, ¾ cup scalded milk, 2 tablespoons shortening, 1 cup flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons sugar.

Preparation—Pour hot milk over oatmeal, mix well, add shortening, and let stand until cold; mix and sift flour, baking powder, salt, and sugar; add to oatmeal, and mix well; roll out three-fourths of an inch thick, cut in rounds, and cook on a greased griddle about twenty minutes, turning when half cooked.

WITHOUT BAKING POWDER OR YEAST

Popovers

Ingredients—1 cup flour, ¼ teaspoon salt, 1 egg, 1 cup milk, 1 teaspoon melted butter.

Preparation—Sift flour and salt; beat egg very light, and mix with milk; mix gradually with flour; add melted butter, and beat two minutes with a strong egg beater; pour into hot greased popover cups or pans, and bake in a hot oven twenty to thirty minutes, according to size of pans. The mixture should be very cold, and the pans and oven very hot.

Entire Wheat Popovers

Ingredients—¾ cup entire wheat flour, ¼ cup corn meal, ¼ teaspoon salt, 1 cup milk, 1 egg, 1 teaspoon melted butter.

Preparation—Follow directions for mixing and baking Popovers.

Graham Popovers

Follow recipe for Entire Wheat Popover, except that Graham flour should be used in place of entire wheat.

Breakfast Puffs

Ingredients—1 cup entire wheat flour, ¼ teaspoon salt, 1 cup ice water.

Preparation—Sift flour and salt, add ice water gradually, and beat three minutes with strong egg beater; bake in hot iron pans in very hot oven twenty minutes.

Maryland Beaten Biscuit

Ingredients—2 cups flour, ½ teaspoon salt, 2 tablespoons shortenings, cold water.

Preparation—Sift flour and salt, rub in shortening with tips of fingers, and add enough cold water to make a stiff dough; knead until smooth, and beat with the rolling pin fifteen minutes, or until dough blisters; roll out about one-third of an inch thick, cut with a small round cutter, prick with a fork, place on a greased baking pan, and chill in the ice-box for half an hour; bake about twenty-five minutes, having the oven very hot for the first ten minutes. A biscuit break may be used instead of rolling-pin.

SHORT CAKES AND ROULETTES

Shortcake

Ingredients—1½ cups flour, 3 teaspoons baking powder, ½ teaspoon salt, 3 tablespoons shortening, ⅔ cup milk.

Preparation—Mix and sift flour, baking powder, and salt; rub in shortening with finger tips; add milk, and mix well with a knife. Spread in two greased layer-cake pans, patting with the back of a tablespoon until pans are evenly filled. Bake in a hot oven twelve minutes. If individual shortcakes are preferred, roll, cut with a biscuit cutter, and bake quickly about fifteen minutes; split, and put filling between and on top.

Apple and Cranberry Shortcake

Ingredients—4 apples, ½ cup cranberries, ½ cup water, ½ cup sugar, 2 teaspoons cornstarch, 2 tablespoons sultana raisins, a few gratings of orange peel.

Preparation—Core and slice apples, add cranberries and water; cook ten minutes, and press through a sieve; mix sugar and cornstarch, stir into fruit; add raisins and grated rind, and simmer ten minutes; spread between and on top of shortcake, and garnish with a few raisins.

Strawberry Shortcake

Prepare Shortcake; hull one box of berries, and save out a few of the largest; mash the remainder, and add about one-half cup of sugar; pour half of berries over hot shortcake, put on second layer, and cover with remaining berries; garnish with large whole berries, and serve with or without plain cream. Blackberry, Raspberry, Currant, or Blueberry Shortcake may be made in the same way, the amount of sugar necessary depending upon the acidity of the fruit.

Date and Apple Shortcake

Ingredients—½ pound dates, 4 tart apples, ½ cup water, ⅓ cup sugar, ¼ teaspoon nutmeg.

Preparation—Wash and stone dates, and cut in pieces; pare, core, and slice apples; simmer with dates, water, sugar, and nutmeg until thick enough to spread. Spread between and on top of Shortcake.

Banana Shortcake

Prepare Shortcake, slice two small bananas over layer of hot shortcake, and sprinkle with lemon juice and powdered sugar; put on upper layer, cover with two more sliced bananas, sprinkle with lemon juice and sugar and garnish with bits of jelly.

Prune and Apple Shortcake

Ingredients—1½ cups prunes, 2 apples pared and chopped, ⅓ cup sugar, 2 teaspoons cornstarch, grated rind of ½ lemon.

Preparation—Wash prunes and soak over night in cold water to cover; cook in same water until tender; remove stones and return to water in which they were cooked; add apple, and heat to boiling point; add sugar mixed with cornstarch, and grated rind; cook about ten minutes, or until thick. Prepare recipe for Shortcake, and put sauce between and on top.

Roulettes

Use recipe for Baking Powder Biscuit, turn on floured board, roll out one-half inch thick, brush with soft butter, and spread with any of the following mixture; then roll firmly like a jelly roll until dough is about two and one-half inches in diameter; cut in one-half-inch slices with a sharp knife, place on a greased sheet two inches apart, and bake in a hot oven twelve minutes.

Cheese Roulettes: Spread with four tablespoons of grated cheese seasoned with salt and cayenne.

Devilled Ham Roulettes: Spread lightly with devilled ham, or any finely chopped and well-seasoned meat.

Marmalade Roulettes: Spread lightly with any marmalade or jam.

Peanut Butter Roulettes: Spread with peanut butter and dust lightly with salt; sprinkle with salt before baking.

Raisin and Nut Roulettes: Spread with mixture of one-half cup of seeded and chopped raisins and one-fourth cup finely chopped nut meats.

Fruit Roulettes: Spread with currants, chopped citron, figs, dates, prunes, or candied ginger.

SANDWICHES AND TOASTS

Baked Bean and Lettuce Sandwiches

Press cold baked beans through a sieve; spread bread with butter, cover with a lettuce leaf, cover lettuce with beans, and sprinkle beans with chopped mustard pickle. Cover with a second piece of buttered bread. Brown bread or any dark bread may be used.

Celery and Egg

Ingredients—1 cup chopped celery, 1 hard-cooked egg, ¼ cup mayonnaise.

Preparation—Put celery and egg through the food chopper, using finest cutter; add mayonnaise, and salt if necessary; spread between thin slices of buttered brown bread.

Cheese and Nut Sandwiches

Mix equal parts of grated American cheese and chopped nut meats; season with salt and cayenne, moisten with cream, and spread between thin buttered slices of bread.

Cheese Club Sandwiches

Cut bread in half-inch slices, remove crusts, spread with Mustard Butter, cover with a lettuce leaf, spread with salad dressing, cover with cheese cut in thin slices, sprinkle with chopped mixed pickles, and cover with a second slice of bread spread with mustard butter. Cut in quarters diagonally.

Chicken Sandwiches (Open)

Ingredients—1 cup finely chopped chicken, dash of cayenne, dash of celery salt, ½ teaspoon salt, ¼ cup salad dressing.

Preparation—Season with chicken, add the dressing, and beat well. Butter circles of white bread, and spread with the chicken, mounding it in the center. Garnish with slices of pimolas.

Giblet Sandwiches

Cook giblets until tender, put through food chopper, and mix with salad dressing. Spread between thin slices of buttered bread. A lettuce leaf may be added.

Ham and Cheese Sandwiches (Hot)

Spread thin buttered slices of stale bread with finely chopped ham; cover with thin slices of American cheese; cover with another slice of bread with ham, and sauté in a little butter until brown. These sandwiches may be toasted if preferred.

Marshmallow Sandwiches

Toast marshmallows and press while hot between ginger snaps, vanilla wafers, or butter thins.

Mock Crab Sandwiches

Ingredients—1 cup young American cheese cut fine, 3 tablespoons milk, 1 teaspoon anchovy paste, ½ teaspoon paprika.

Preparation—Mix cheese to a paste with milk, anchovy, and paprika; spread between thin buttered slices of brown bread.

Raisin Bread and Cheese Sandwiches

Cut raisin bread in thin slices, and spread with Cottage Cheese mixed to a paste with a little fruit juice or cream. Trim neatly and cut in triangles.

Peanut Sandwich Filling

Put freshly roasted peanuts through the food chopper, using the finest cutter, season with salt, and mix to a smooth paste with cream; or dilute peanut butter with a little milk until of consistency to spread easily.

Mustard Butter

Ingredients—¼ cup butter, 1 teaspoon dry English mustard, a few drops of vinegar or lemon juice, a few grains of cayenne.

Preparation—Cream the butter, add the mustard and seasonings, and beat well.

Brewis

Ingredients—1 cup brown bread crumbled, 1 cup white bread crumbled, 1 cup milk, ⅛ teaspoon salt, 1 tablespoon butter.

Preparation—Put crumbled bread in a shallow pan in a slow oven until browned; put in a saucepan with milk, salt, and butter, and cook about ten minutes, beating well. Serve as cereal or dessert. Left-over corn bread or muffins may be used.

Brown Bread Toast with Cheese and Bacon

Toast brown bread, or crisp in the oven, dip quickly into hot salted water, and arrange on serving dish. Make a Sauce for Cream Toast, add to it one-half cup of cheese cut fine, pour over toast, and put a piece of crisp bacon on each piece.

Celery Toast

Ingredients—2 cups celery cut in half-inch pieces, ⅛ teaspoon pepper, ⅛ cup flour, 3 cups hot stock or water, ¼ cup milk, salt, 3 slices toast.

Preparation—Cook celery in stock or water about half an hour, or until tender; add salt (if necessary), pepper and flour mixed to a paste with the milk; stir until thickened, and simmer fifteen minutes; pour over toast, and garnish with toast points and celery tips. Use the coarser unbleached pieces of celery for cooking.

Cinnamon Toast

Cut stale bread into thin slices, remove crusts, and cut in halves; toast evenly, and spread first with butter, then with honey, and dust with cinnamon. Serve very hot.

Sauce for Cream Toast

Ingredients—2 cups milk, ¼ cup cold water, 3 tablespoons flour, ½ teaspoon salt, 1 tablespoon butter.

Preparation—Scald the milk; mix the flour to a smooth paste with water, add to milk and stir until thickened; cook over hot water fifteen minutes, stirring occasionally; add salt and butter, and pour over toast.

Cheese Toast

To recipe for Cream Toast add one-half cup of either soft cheese cut fine or grated cheese.

Cream Toast

Cut six slices of bread in halves, toast slowly, or put into a moderate oven until light brown and crisp, dip each piece into Sauce for Cream Toast, and put into a covered serving dish; pour over remaining sauce, and cover for two or three minutes before serving.

French Toast

Ingredients—1 egg slightly beaten, 1 tablespoon sugar, ¼ teaspoon salt, ¾ cup milk or coffee, 4 slices bread.

Preparation—Mix egg, salt, sugar, and liquid in a shallow dish; soak bread in mixture, and cook on a hot, greased griddle until brown, turning when half cooked. Serve plain or spread with jam.

Goldenrod Ham Toast

Follow recipe for Cream Toast; to the sauce add one-half cup finely chopped ham and the finely chopped white of two hard-cooked eggs. When toast is in the serving dish, sprinkle with the hard-cooked yolks rubbed through a sieve.

Sunday Toast

Cut whole wheat bread into four one-inch slices, remove crusts, butter, and cut bread into three strips; mix one-third cup of brown sugar, one teaspoon of cinnamon, two tablespoons of seeded and chopped raisins, and a tablespoon of milk; spread paste on bread, and bake in a hot oven until brown. Serve hot.

Tomato Cream Toast with Egg

Ingredients—½ can tomato, ⅓ cup cold water, ⅓ teaspoon salt, ⅔ cup hot milk, ⅓ teaspoon soda, 1 tablespoon butter, 1 teaspoon sugar, 2 hard-cooked eggs, 4 tablespoons flour, 6 slices toast.

Preparation—Simmer tomato for fifteen minutes and press through a sieve; add salt, soda, and sugar; heat to a boiling point, and thicken with flour mixed to a smooth paste with cold water; cook five minutes, and add hot milk and butter. Dip toast in sauce, place on platter, cover with remaining sauce, and garnish with egg cut into eighths lengthwise.

To Freshen Stale Loaf Bread, Rolls, Muffins, or Doughnuts

Dip quickly into cold water, put in a paper bag, fold top of bag firmly, and place in a hot oven until heated through.

Buttered Crumbs

Melt two tablespoons of butter, stir in one-half cup of coarse, dried bread crumbs until butter is absorbed.

Croustades

Cut stale bread in slices about an inch and a half thick, remove crusts, and cut in rounds, squares, triangles, or any shape desired; remove the centers, using a small, sharp knife, and leaving a wall one-third of an inch thick; brush with melted butter, and brown in oven; or fry, inverted, in hot, deep fat.

Croutons

Cut stale bread in one-third-inch slices, cut slices into cubes, and brown in the oven or fry in deep fat. Cold toast may be used instead of bread.

Crisp Sticks

Cut stale bread in half-inch slices, remove crusts, spread lightly with butter, cut in half-inch sticks, and put in slow oven until light brown and crisp.

GRIDDLE CAKES, WAFFLES AND SIRUPS

Plain Griddle Cakes

Ingredients—1½ cups flour, 1 tablespoon sugar, 3 teaspoons baking powder, 1 egg well beaten, 1 tablespoon melted shortening, ½ teaspoon salt, ½ cup milk, ¾ cup water.

Preparation—Mix and sift dry ingredients; add egg well beaten, shortening, and liquid; beat well, and cook on a hot griddle. The cakes should be small and should be served very hot with butter and sirup.

Sour Milk Griddle Cakes

Ingredients—2 cups flour, 2 teaspoons sugar, ½ teaspoon salt, 2 cups thick sour milk, 1 teaspoon soda, 1 egg well beaten.

Preparation—Mix and sift dry ingredients, add milk and egg, and beat well; cook the same as Plain Griddle Cakes.

Corn Meal Griddle Cakes

Ingredients—1½ cups corn meal, 1 tablespoon molasses, ½ cup flour, 1 egg well beaten, 4 teaspoons baking powder, ¾ cup milk, ¾ cup water, ¾ teaspoon salt, 1 tablespoon melted shortening.

Preparation—Mix in order given, beat well, and cook on a hot, greased griddle. If all of the batter is not needed at once, cover what is left, and keep in a cold place; add one-half teaspoon of baking powder, and beat vigorously before using; or half of the recipe may be used and the extra half egg used in some other way.

Dried Crumb Griddle Cakes

Ingredients—1 cup dried and sifted bread crumbs, 4 teaspoons baking powder, 2 tablespoons sugar, 1 cup flour, 1 egg, ½ teaspoon salt, 1¼ cups milk.

Preparation—Mix and cook according to directions for Plain Griddle Cakes. Half milk and half water may be used.

Waffles

Ingredients—1½ cups flour, 1 teaspoon sugar, ½ teaspoon salt, 1 egg well beaten, 3 teaspoons baking powder, 1 cup milk, 3 tablespoons melted shortening.

Preparation—Mix and sift dry ingredients; add egg, milk, and shortening, and beat well; cook in a hot, well-greased waffle iron.

Rice Griddle Cakes

Ingredients—1 cup cooked rice, 2 teaspoons baking powder, 1 egg well beaten, 1 tablespoon sugar, 1 cup milk, ½ teaspoon salt, 1 cup flour, few gratings nutmeg.

Preparation—Mix rice and egg thoroughly with a fork, add milk, and dry ingredients mixed and sifted together; beat well, and cook the same as Plain Griddle Cakes.

Raised Buckwheat Cakes

Ingredients—1 cup boiling water, ¼ cup lukewarm water, ½ teaspoon salt, 1 cup buckwheat flour, 1 tablespoon molasses, ¼ cup white flour, ½ yeast cake, ½ teaspoon soda.

Preparation—Mix boiling water, salt, and molasses, and when lukewarm add yeast dissolved in lukewarm water; add gradually to flour, and beat well; let rise over night, add soda, beat well, and cook the same as Plain Griddle Cakes.

Corn Meal Waffles

Follow directions for Baking Powder Biscuit, using entire wheat flour in place of oatmeal.

Oatmeal Waffles

Ingredients—1 cup cooked oatmeal, 1 cup entire wheat flour, yolks of 2 eggs, 2 teaspoons baking powder, 1 cup milk, ½ teaspoon salt, 2 tablespoons melted shortening, 1 tablespoon sugar, whites of two eggs.

Preparation—Mix oatmeal and yolks of eggs (which have been beaten very light) until there are no lumps in the mixture; add milk, shortening, and dry ingredients sifted together; beat well, and fold in the stiffly beaten whites of eggs. Cook in a hot, well-greased waffle iron.

Rice Waffles

To recipe for Waffles add one-half cup of cooked rice, mixing the rice thoroughly with the beaten egg before adding.

Brown Sugar Sirup

Boil one cup of brown sugar and one-half cup of water until the consistency of thick maple sirup. Serve hot or cold.

Cider Sirup

Ingredients—1½ cups cider, 1 cup sugar.

Preparation—Heat cider, add sugar, and boil until a thick sirup is formed, skimming when necessary. Serve hot or cold.

Lemon Sirup

Boil one cup of sugar, one-half cup of water, and one tablespoon of lemon juice until the consistency of thick maple sirup; add one teaspoon of butter, and serve hot.

Orange Sirup

Ingredients—¾ cup orange juice, 1 cup sugar, grated rind ½ orange.

Preparation—Boil orange juice and sugar until mixture has the consistency of thick maple sirup, add rind, and serve hot or cold.

CAKES AND COOKIES

Petit Duc

Ingredients are: Whites of 5 eggs, 5 oz. sugar, 3 oz. flour, 2 oz. soft butter, 3 oz. crushed almonds.

The directions are: Mix the flour and sugar and add the butter. Stir ten minutes, then add almonds. Add whites of eggs beaten very stiff. The paste must be very smooth and the work done quickly.

This is poured into a buttered cake pan to a depth of half an inch. Place in a low-heated oven. After fifteen minutes sprinkle one ounce crushed almonds over cake. Bake for one-half hour more at slightly higher temperature. Turn the cake out when entirely cool.

Apple Sauce Cake (Without Butter, Eggs or Milk)

Ingredients—1 cup unsweetened apple sauce, 2 cups flour, ½ cup melted shortening, ¼ teaspoon salt, 1 cup sugar, 1 teaspoon cinnamon, 1 teaspoon soda, ½ teaspoon nutmeg, 1 cup raisins seeded and chopped, ¼ teaspoon clove.

Preparation—Mix in order given, sifting dry ingredients together, beat well, pour into a deep pan, and bake about one hour in a slow oven.

Canada War Cake (Without Butter, Eggs or Milk)

Ingredients—1 cup brown sugar, 1 teaspoon cinnamon, ¼ cup shortening, ½ teaspoon mace, 1 cup boiling water, ¼ teaspoon clove, 2 cups seeded raisins, 1 teaspoon soda, ½ teaspoon salt, 2 cups flour.

Preparation—Mix sugar, shortening, water, raisins, and salt; boil five minutes; cool, and add spices, soda, and flour sifted together, beat well; pour into a greased, paper-lined pan, and bake in a slow oven one hour.

(The amount of soda in these recipes is based upon the use of old-fashioned jug molasses; canned molasses varies greatly in acidity and, especially when freshly opened, requires little or no soda. If canned molasses is used, therefore, baking powder should wholly or partly take the place of soda.)

Date Cake

Ingredients—⅓ cup melted shortening, 1¾ cups flour, 1¼ cups brown sugar, 3½ teaspoons baking powder, 1 egg unbeaten, ½ teaspoon mace, ½ cup milk, 1 cup dates stoned and chopped.

Preparation—Mix in order given, and beat vigorously for three or four minutes; bake in two layer-cake pans in a moderate oven for twenty-five minutes; when partly cool spread with tart jelly, and sprinkle top layer with powdered sugar.

One-Egg Cake

Ingredients—2 tablespoons butter, ½ cup milk, ½ cup sugar, 1½ cups flour, 1 egg, 2½ teaspoons baking powder, grated rind of 1 lemon.

Preparation—Cream the butter, add the sugar and the well-beaten egg; beat thoroughly, add the other ingredients in the order given, and bake in a moderate oven about half an hour.

Old-fashioned Pork Cake

Ingredients—½ pound fat salt pork, ¼ pound citron shredded, 1 cup boiling water, 1 nutmeg grated, 1 cup molasses, 2 teaspoons cinnamon, 1 cup sugar, ½ teaspoon cloves, 2 eggs beaten, ½ teaspoon allspice, ½ pound raisins, 1 teaspoon soda, ½ pound currants, 4 cups flour.

Preparation—Put pork through meat chopper, using finest cutter; add boiling water and let stand fifteen minutes; add molasses, sugar, eggs, and fruit, and mix well; add dry ingredients, which have been sifted together; beat well; pour into two deep greased and paper-lined pans; and bake in a slow oven two hours. This cake keeps well if stored in a covered stone crock. It may be reheated in the top of double boiler, and served hot with pudding sauce.

Fudge Cake

Ingredients—¼ cup shortening, ½ cup milk, 1 cup brown sugar, 1½ cups flour, 1 square chocolate, 3 teaspoons baking powder, 1 egg well beaten, ¼ teaspoon salt.

Preparation—Cream shortening, add sugar, and beat well; add chocolate melted and egg; beat again; add milk; add flour, baking powder, and salt sifted together; beat for two minutes. Pour into two greased layer-cake pans and bake in a moderate oven about eighteen minutes. Fill, and spread top with Fudge Filling.

Orange Cake

Ingredients—¼ cup shortening, ½ cup milk, 1 cup sugar, 1½ cups flour, 1 egg, 2½ teaspoons baking powder, grated rind ½ orange.

Preparation—Cream the shortening, add sugar and egg well beaten; add milk, flour, baking powder, and rind; beat well, and bake in two layer pans about twenty minutes in moderate oven. Fill and cover top with Orange Icing.

Plain Cake

Ingredients—⅓ cup shortening, 1⅔ cups flour, 1 cup sugar, 3 teaspoons baking powder, 2 eggs, few grains salt, ½ cup milk, ½ teaspoon lemon extract.

Preparation—Beat shortening and sugar until light and creamy; add eggs well beaten, flour, baking powder, salt, and extract; beat well, pour into a greased and papered cake pan, and bake about half an hour in a moderate oven, or in two layer-cake pans about twenty minutes. This is an excellent foundation cake for use with various flavorings, icings, and fillings.

Spice Cake (Without Egg)

Ingredients—⅓ cup shortening, ¾ teaspoon nutmeg, 1 cup sugar, ¼ teaspoon cloves, 1 cup sour milk, ¼ teaspoon salt, 2 cups flour, 1 cup raisins seeded and chopped, 1 teaspoon soda, 1½ teaspoons cinnamon.

Preparation—Cream shortening and sugar, add sour milk; add dry ingredients sifted together; beat well; add raisins, pour into a greased shallow pan, and bake half an hour in a moderate oven. Dust with confectioners' sugar or cover with plain icing.

White Cake

Ingredients—Whites of 2 eggs, 1½ cups flour, melted butter, 3 teaspoons baking powder, milk, ⅞ cup sugar, ½ teaspoon almond extract.

Preparation—Break the whites of eggs into a measuring cup; add melted butter to half fill cup; add milk to fill cup. Mix and sift flour, baking powder, and sugar; combine mixtures, add flavoring, and beat for five minutes. Bake in a shallow cake pan half an hour, or in muffin tins about twenty minutes, in a moderate oven.

Sponge Cake (Hot water)

Ingredients—Yolks of 2 eggs, whites of 2 eggs, ¼ cup hot water, 1 cup flour, ⅞ cup sugar, 2 teaspoons baking powder, grated rind 1 lemon, ¼ teaspoon salt.

Preparation—Beat the yolks of eggs until thick and light, add the water and sugar, and beat three minutes with the egg beater; add the lemon rind and the whites stiffly beaten; sift flour, baking powder, and salt, and fold in carefully. Pour into a shallow pan, and bake in a moderate oven twenty-five minutes.

Velvet Sponge Cake

Ingredients—2 eggs, ½ cup pastry flour, 1 cup sugar, 2 teaspoons baking powder, ⅛ teaspoon salt, grated rind 1 lemon, ¼ cup potato flour, ⅓ cup hot milk.

Preparation—Beat eggs until very light, add sugar gradually, and continue beating with the egg beater; mix and sift salt, flour, and baking powder; add half to the eggs and sugar, and beat well; add rest of flour, and beat again; add rind and milk, and beat hard; poor into a deep pan, and bake forty minutes in a slow oven.

Cream Pie

Follow rule for Jelly Roll Cake; bake in two layers, and fill with Cream Filling.

Cake for Jelly Roll or Charlotte Russe

Ingredients—2 eggs, 1 cup flour, 1 cup powdered sugar, 1½ teaspoons baking powder, ⅓ cup hot water, ¼ teaspoon salt.

Preparation—Beat the eggs very light, add sugar gradually, and continue beating; add water, flour, baking powder, and salt. Pour into a greased, paper-lined dripping pan and bake in a moderate oven about fifteen minutes. The cake should be about half an inch thick when baked. Trim off the edges, spread with jam or jelly, and roll firmly; wrap in a paper napkin to keep in shape. For Charlotte Russe cut cake into pieces to fit paper cases, and fill with Charlotte Russe Mixture.

Ginger Gems

Ingredients—½ cup molasses, 1½ cups flour, ¼ cup brown sugar, 1 teaspoon soda, ¼ cup shortening, 1 teaspoon ginger, ½ cup boiling water, ½ teaspoon cinnamon, 1 beaten egg, ¼ teaspoon salt.

Preparation—Mix in order given, sifting the dry ingredients together; beat well, pour into greased muffin tins, and bake in a moderate oven twenty minutes.

Chocolate Marshmallow Roll

To recipe for Jelly Roll add two squares of melted chocolate. Bake as for jelly roll, trim edges, spread with Marshmallow Filling, and roll the same as jelly roll.

Hot Water Gingerbread (without Egg)

Ingredients—¼ cup shortening, 1 teaspoon soda, 1 cup dark molasses, ½ teaspoon salt, ½ cup boiling water, 1½ teaspoons ginger, 2 cups bread flour, ½ teaspoon cinnamon.

Preparation—Mix shortening, molasses, and water; add dry ingredients sifted together, and beat well. Pour into greased muffin pans and bake in a moderate oven twenty minutes; or pour into a greased shallow pan and bake twenty-five minutes.

Hot Water Gingerbread (with Egg)

Ingredients—⅓ cup beef drippings, 2¾ cups flour, ⅔ cup boiling water, 1 teaspoon soda, 1 cup dark molasses, ½ teaspoon salt, 1 egg well beaten, 1½ teaspoons ginger.

Preparation—Pour boiling water over shortening, add molasses and egg; mix and sift dry ingredients, add to first mixture, and beat well. Pour into a shallow, greased cake pan, and bake in a moderate oven twenty-five minutes.

Sour Milk Gingerbread

Ingredients—2 cups flour, ¼ teaspoon salt, 1½ teaspoon soda, 1 cup molasses, 1 teaspoon ginger, 1 cup thick sour milk, 1 egg well beaten.

Preparation—Mix and sift dry ingredients, add molasses, milk, and egg, and beat well; pour into a greased pan, and bake in a moderate oven twenty-five minutes.

Ginger Apple Cake

Follow any recipe for gingerbread, bake in two layers, and put Apple Filling between layers and on top.

Bran Drop Cookies

Ingredients—1 cup bran, ¼ teaspoon clove, ½ cup flour, ¼ cup molasses, ¼ teaspoon salt, ¼ cup sugar, ¼ teaspoon soda, ¼ cup melted shortening, ½ teaspoon cinnamon, ¼ cup milk.

Preparation—Mix in order given, drop from tablespoon, two inches apart, on greased pan, and bake in a hot oven twelve minutes.

Cheese Drops

Ingredients—2 tablespoons butter, ¼ teaspoon salt, ¼ cup grated cheese, ⅛ teaspoon paprika, ¼ cup dried and sifted crumbs, ⅛ teaspoon mustard, few grains cayenne, whites of 2 eggs.

Preparation—Cream butter and cheese together; mix crumbs with seasonings and add to cheese; fold in the stiffly beaten whites of eggs. Drop from a teaspoon on a greased baking sheet about two inches apart, and bake in a moderate oven about twelve minutes. Serve with soup or salad.

Cheese Wafers

Ingredients—1 cup flour, 1 tablespoon shortening, ¼ teaspoon salt, ½ cup grated cheese, ½ teaspoon paprika, ¼ cup cold water.

Preparation—Mix and sift flour, salt, and paprika; rub in shortening with finger tips; add cheese and mix to a stiff paste with cold water; roll out very thin, cut with a small round cutter, place on a greased baking sheet, and bake in a moderate oven five or six minutes. Serve with salad or soup.

Chocolate Cookies

Ingredients—2 squares chocolate, ¼ cup milk, ½ cup shortening, 2 cups flour, 1 cup brown sugar, 2½ teaspoons baking powder, 1 egg well beaten, ½ teaspoon salt, ½ teaspoon cinnamon.

Preparation—Put chocolate with shortening in mixing bowl and place over hot water until melted: add other ingredients in order given. Chill, roll thin, and cut with fancy cutter. Bake in a moderate oven about ten minutes.

Ginger Wafers

Ingredients—½ cup shortening, ½ teaspoon soda, 1 cup brown sugar, ¼ teaspoon salt, 2¼ cups bread flour, 1¼ teaspoon ginger, ½ cup milk.

Preparation—Cream shortening and sugar; sift soda, salt, and ginger with flour, and add alternately with milk; chill; roll thin on baking sheet; mark in squares, and bake in a moderate oven eight or ten minutes. Remove from pan while warm.

Marshmallow Wafers

Arrange thin crackers or wafers on a baking sheet, place a marshmallow on each one, and bake in a moderate oven for a few minutes until marshmallows melt; into each one press half a nut meat, raisin, cherry, or a bit of candied fruit.

Molasses Brownies

Ingredients—⅓ cup shortening, 1 beaten egg, ⅓ cup sugar, ½ teaspoon baking powder, ⅓ cup molasses, 1 cup flour, 2 squares melted chocolate, ¾ cup chopped nut meats.

Preparation—Cream the shortening, add other ingredients in order given, drop from spoon on greased pan, and bake about twelve minutes in a moderate oven.

Raisin Drop Cookies

Ingredients—3 tablespoons shortening, 2 teaspoons baking powder, ½ cup brown sugar, 1 teaspoon cinnamon, 1 egg well beaten, ½ cup raisins seeded and chopped, 2 tablespoons milk, 1 cup flour.

Preparation—Cream the shortening and sugar; add egg and milk, and beat well; add flour, baking powder, and cinnamon sifted together; add raisins; beat well, drop from a teaspoon two inches apart on a greased baking sheet, and bake in a moderate oven about twelve minutes.

Peanut Macaroons

Ingredients—White of 1 egg, 1 cup powdered sugar, ⅛ teaspoon salt, 1 cup finely chopped peanuts.

Preparation—Add salt to the egg, and beat until stiff; add sugar and nuts, and mix well; drop from a teaspoon on a greased baking sheet two inches apart, and bake in a slow oven fifteen minutes.

Oatmeal Macaroons

Ingredients—1 egg, 1 cup rolled oats, ½ cup sugar, ⅓ cup shredded cocoanut, 1 tablespoon melted butter, ½ teaspoon salt.

Preparation—Beat egg until light, add other ingredients in order given, beat well, and drop from spoon on greased pan; bake about fifteen minutes in a moderate oven.

Walnut Wafers

Ingredients—2 eggs, ¼ teaspoon cinnamon, 1 cup brown sugar, ¼ teaspoon salt, ½ cup flour, ½ teaspoon baking powder, ¾ cup chopped nut meats.

Preparation—Beat eggs until light; add sugar, and beat well; add dry ingredients sifted together, beat well, add nuts, pour into a greased dripping pan, and bake in a moderate oven about ten minutes. Cut in squares while hot. Mixture may be baked in tiny scalloped tins if preferred.

ICINGS AND FILLINGS

Boiled Icings*

Ingredients—⅓ cup boiling water, ⅛ teaspoon cream of tartar, 1 cup sugar, white of 1 egg, 1 teaspoon vanilla.

Preparation—Boil water and sugar to 240° F., or until the sirup forms soft ball when tried in cold water; add cream of tartar and vanilla, and pour slowly upon the stiffly beaten white of egg, beating constantly until thick enough to spread without running. For caramel flavor melt one-third of the sugar first.

Caramel Icing

Ingredients—1 cup brown sugar, 1 teaspoon butter, ⅓ cup milk, few grains salt.

Preparation—Put ingredients in saucepan, and boil to 240° F., or until a soft ball can be formed when tested in cold water. Beat until creamy, and spread while warm. Chopped nut meats may be added.

Coffee Icing

Follow directions for Boiled Icing, using strong coffee in place of water. Or to recipe for Quick Icing or Cream Icing add one teaspoon of instantaneous coffee.

*The sirup should be boiled in a small saucepan; otherwise the bulb of the thermometer will not be covered.

Chocolate Icing

Ingredients—2 squares chocolate, confectioners' sugar, ¼ cup boiling water, ½ teaspoon vanilla.

Preparation—Melt chocolate, add boiling water, and mix well; add confectioners' sugar until of right consistency to spread; add vanilla and beat well. Coffee may be used in place of water.

Cocoa Icing

Ingredients—1 tablespoon butter, 2 tablespoons cocoa, 2 tablespoons milk, confectioners' sugar.

Preparation—Heat butter and milk in a saucepan, remove from fire, add cocoa, and enough confectioners' sugar to thicken. About one cup of sugar will be required.

Cream Icing

Ingredients—1¼ cups confectioners' sugar, heavy cream, ¼ teaspoon vanilla.

Preparation—Sift sugar and add cream until the right consistency to spread (about two tablespoons) add flavoring, and beat well.

Orange Icing

Ingredients—Juice of ½ orange, grated rind of ¼ orange, confectioners' sugar.

Preparation—Mix sugar with orange juice and rind until icing is firm enough to spread.

Quick Icing

Ingredients—1 tablespoon butter, confectioners' sugar, 2 tablespoons boiling water, ¼ teaspoon flavoring.

Preparation—Pour boiling water over butter; stir in sugar enough to thicken; add extract, and beat well before spreading. (A little more than one cup of sugar will usually be required.)

Apple Filling

Ingredients—3 baked apples, white of 1 egg, 1 cup confectioners' sugar.

Preparation—Press apples through a sieve; beat white of egg until stiff; add half of sugar, and beat well; add apple and remaining sugar gradually, and beat until very light. Spread between layers and on top of cake. Two tablespoons of tart jelly may be beaten with the apple.

Coffee Cream Filling

Follow recipe for Cream Filling, but use one-half cup strong coffee in place of one-half cup of milk. Or add one teaspoon of instantaneous coffee to the recipe.

Prune Filling

To recipe for Boiled Icing add two-thirds of a cup of cooked prunes which have been stoned and cut in small pieces, add the chopped meats from six of the prune stones. Spread between layers of cake.

Cream Filling

Ingredients—1½ cups milk, ⅛ teaspoon salt, 1 cup sugar, 1 egg slightly beaten, ¼ cup cornstarch, 1 teaspoon flavoring.

Preparation—Scald milk, mix sugar, cornstarch, salt, and egg; add to milk, and cook over hot water, stirring constantly until mixture thickens; cook fifteen minutes, stirring occasionally. Cool and flavor before spreading.

Date and Fig Filling

Ingredients—1 cup figs, ½ cup sugar, 1 cup dates, ½ cup boiling water, juice ½ lemon.

Preparation—Wash, dry, and chop figs; wash, dry, stone, and chop dates; mix fruit with sugar, water, and lemon juice, and cook over hot water until thick enough to spread.

Fudge Filling

Ingredients—1½ cups brown sugar, ⅓ cup milk, 1 tablespoon butter, few grains salt, 1 square chocolate, ½ cup nut meats chopped.

Preparation—Put sugar, butter, chocolate, milk, and salt in a saucepan; heat slowly to boiling point, and boil to 240° F., or until a soft ball can be formed when tested in cold water; remove from fire, add nuts, and beat until smooth and creamy.

Marshmallow Filling

Ingredients—1 cup sugar, ½ pound marshmallows, ⅓ cup boiling water, 1 teaspoon vanilla.

Preparation—Boil sugar and water to 240° F., or until a soft ball can be formed when tested in cold water; soften marshmallows over hot water, add sirup, and when partly cooled add vanilla and beat until stiff enough to spread. Chopped nuts, dates, figs, raisins, or candied fruits may be added.

Mocha Filling

Ingredients—2 tablespoons hot black coffee, 2 tablespoons cocoa, 1 tablespoon butter, ½ teaspoon vanilla, 1 cup confectioners' sugar.

Preparation—Mix coffee, butter, cocoa, and vanilla, and add sugar enough for mixture to spread without running.

Orange Filling

Ingredients—½ cup sugar, ½ cup orange juice, 2 tablespoons flour, 1 beaten egg, grated rind ½ orange, 1 teaspoon butter.

Preparation—Mix sugar, flour, and rind in the top of double boiler, add orange juice, egg, and butter, and cook over hot water for twelve minutes, stirring often.

HOT DESSERTS

Apple Roulettes

Use recipe for Baking Powder Biscuit; roll dough very thin, brush with melted butter, and spread with one cup of chopped apple, mixed with one-fourth cup of sugar, and one teaspoon of cinnamon; roll firmly like a jelly roll, cut in three-fourths-inch slices, place in buttered pan, and bake in a hot oven fifteen minutes. Serve with hot liquid sauce.

Dutch Apple Cake

Ingredients—1½ cups flour, 1 egg, 3 tablespoons baking powder, ½ cup milk, ½ teaspoon salt, 2 tablespoons melted shortening, 3 tablespoons sugar, 3 apples, 2 tablespoons sugar, ¼ teaspoon cinnamon.

Preparation—Sift together flour, baking powder, salt, and sugar; add egg well beaten, milk, and shortening; beat well, and spread in a greased pan, having mixture about an inch deep; core, pare, and quarter apples, cut in thick slices, and arrange in rows on top of cake; sprinkle with sugar and cinnamon, and bake in hot oven half an hour. and serve with apples on top. Serve with Soft Sauce.

Steamed Apple Pudding

Ingredients—6 apples, 3 teaspoons baking powder, ½ cup sugar, ½ teaspoon shortening, 1 cup cream or milk, and 1½ cup flour.

Preparation—Pare, core, and slice apples; place in a greased pudding dish, and sprinkle with sugar and nutmeg mixed. Sift flour, baking powder, and salt; rub in shortening with finger tips, and mix with milk; spread over apples, and steam for one hour. Turn out of dish, and serve with apples on top. Serve with Soft Sauce.

Banana Toast

Mash and sweeten bananas, heap on rounds of buttered toast, and heat in oven. Serve hot with cream or rich milk. Garnish with split cherries, nuts, or bits of jelly.

Blackberry Pudding

Add one cup of blackberries to recipe for Cottage Pudding and serve with Blackberry Sauce.

Blueberry Pudding

To recipe for Cottage Pudding add one cup of blueberries.

Brown Betty

Ingredients—2 cups soft bread crumbs, ¼ teaspoon clove, 4 tablespoons butter, ¼ teaspoon nutmeg, 4 apples, 2 tablespoons molasses, ⅓ cup brown sugar, 2 tablespoons hot water, ½ teaspoon cinnamon, ¼ teaspoon salt.

Preparation—Mix crumbs with melted butter; pare, core, and slice apples; mix sugar and spices; arrange crumbs and apple in layers in a greased baking dish, sprinkle each layer with sugar; mix molasses, water, and salt, and pour over all. Bake slowly for an hour and a half.

Baked Cranberry Pudding

Ingredients—2 cups soft bread crumbs, 1 cup sugar, ¼ cup butter, ½ cup sultana raisins, 1 cup chopped cranberries, ¼ cup boiling water.

Preparation—Mix crumbs with melted butter; add cranberries, sugar, and raisins, and put into a greased baking dish; add water, and bake in a slow oven one hour. Serve with Soft Sauce.

Baked Indian Pudding

Ingredients—2 cups boiling water, 3 cups hot milk, 1 teaspoon salt, ¼ cup molasses, 5 tablespoons fine corn meal, ½ teaspoon ginger.

Preparation—Add salt to boiling water, sift in corn meal very slowly, and boil ten minutes, stirring often; add milk, molasses, and ginger, pour into a greased earthen dish, and bake slowly for three hours. Serve with rich milk, cream, or Ginger Sauce.

Caramel Toast Pudding

Ingredients—¾ cup sugar, 1 tablespoon butter, 2 slices toast, ¼ teaspoon salt, 2 cups hot milk, ½ teaspoon nutmeg, 1 egg.

Preparation—Caramelize sugar; cut each slice of toast in quarters, dip in caramel, and arrange in baking dish; add milk to caramel remaining in pan, and stir until dissolved; add butter, salt, nutmeg, and egg slightly beaten; pour over toast, and bake in slow oven about half an hour. Serve with cream, rich milk, or liquid sauce.

Steamed Chocolate Pudding

Ingredients—½ cup sugar, ⅛ teaspoon salt, 1 tablespoon melted butter, 1 cup flour, 1 beaten egg, 1½ teaspoons baking powder, ½ cup milk, ½ teaspoon cinnamon, 1 square melted chocolate.

Preparation—Mix in order given, put in pudding mold, cover closely, and steam one hour. Serve with cream or Soft Sauce.

Cottage Pudding

Ingredients—¼ cup shortening, ¾ cup milk, ½ cup sugar, 2 cups flour, 1 egg, 4 teaspoons baking powder, ¼ teaspoon salt.

Preparation—Cream the butter; add the sugar and the well beaten egg, and beat well; add the milk and then the flour, baking powder, and salt, which have been sifted together, beat again, and bake in hot oven in pudding dish about half an hour, or in individual tins about twenty minutes. Serve with hot liquid sauce.

Steamed Fruit Pudding

Ingredients—1 egg well beaten, ½ teaspoon salt, 1 cup molasses, 1 teaspoon cinnamon, ½ cup water, ¼ teaspoon clove, 2 tablespoons melted shortening, ½ teaspoon mace, ¾ cup raisins, seeded and chopped, 1½ cups flour, ¼ cup currants, ½ teaspoon soda.

Preparation—Mix egg, molasses, water, and shortening; add dry ingredients sifted together; add fruit; mix well, pour into greased one-pound baking powder boxes, and steam and hour and three-quarters. Serve with a tart sauce. One cup of dates, stoned and cut in pieces, may be used instead of raisins and currants.

Steamed Fig Pudding

Ingredients—½ cup shortening, 5 teaspoons baking powder, ½ cup sugar, 1 teaspoon cinnamon, 1 egg well beaten, ½ teaspoon nutmeg, 1 cup milk, ½ teaspoon salt, ½ cup molasses, 1 pound figs chopped, 2½ cups flour, ¼ cup currants, ½ cup flour.

Preparation—Mix shortening and sugar, and beat until creamy; add egg, milk, and molasses, add two and a half cups of flour sifted with baking powder, spices, and salt; beat well; add figs and currants mixed with one-half cup of flour. Pour into a greased mold, and steam three hours, or pour into greased one-pound baking powder boxes, and steam an hour and three-quarters. Serve with Cranberry Sauce or Currant Jelly Sauce. This pudding keeps well and can be reheated in the top of the double boiler.

Mock Indian Pudding

Ingredients—2 slices bread, ⅓ cup sugar, 2 cups milk, ¼ teaspoon cinnamon, ½ cup molasses, ¼ teaspoon salt.

Preparation—Butter two slices bread cut three-quarters of an inch thick, put into buttered baking dish, and pour over the bread the rest of the ingredients mixed together. Bake one and a half hours in a slow oven.

Indian Tapioca Pudding

Ingredients—⅓ cup pearl tapioca, ½ cup molasses, 2 cups boiling water, 1 tablespoon butter, 1½ teaspoons salt, ¼ teaspoon cinnamon, ¼ cup corn meal, 3 cups hot milk.

Preparation—Soak tapioca in cold water for one hour and drain; add salt to boiling water, sift in corn meal, and boil ten minutes, stirring often; add tapioca and other ingredients, pour into a greased earthen dish, and bake slowly for two hours.

Peach Dumplings

Cover halves of preserved peaches with Shortcake Dough, rolled thin; bake in hot oven, and serve with hot peach sirup and hard sauce.

Mulled Rice

Ingredients—½ cup rice, ¼ teaspoon salt, 2 cups hot milk, 1 egg, 1 tablespoon butter, ½ teaspoon nutmeg, 2 tablespoons sugar, 2 tablespoons grape juice.

Preparation—Wash rice, and cook with milk, butter, sugar, and salt in double boiler until tender; beat egg, add nutmeg and grape juice, stir into rice, and cook five minutes. Serve with cream or rich milk.

Baked Rice Pudding

Ingredients—½ cup rice, ½ teaspoon salt, 2 cups milk, ½ nutmeg grated, 2 cups boiling water, 1 cup raisins seeded and chopped, ¼ cup sugar.

Preparation—Wash rice, mix with other ingredients, pour into a greased baking dish, and bake slowly for three hours. Stir occasionally during the first hour of baking to prevent rice and fruit from settling. Serve with rich milk or cream.

Baked Rice Custard

Ingredients—1 cup cooked rice, pinch of salt, 2 eggs, 1½ cups milk, ⅓ cup sugar, ½ teaspoon lemon extract.

Preparation—Mix in order given and bake about twenty minutes in a moderate oven. Serve hot or cold with cream or rich milk.

COLD DESSERTS

Banana Royal

Ingredients—4 bananas, 4 slices of French Toast or stale sponge cake, ¼ cup currant jelly, ¼ cup powdered sugar.

Preparation—Force bananas and jelly through potato ricer or a sieve, add sugar, and heap on French toast or sponge cake. Or line individual glasses with lady fingers and fill with banana mixture.

Banana Whip

Ingredients—4 bananas, 4 tablespoons powdered sugar, 4 tablespoons grape juice or jelly, whites of 2 eggs.

Preparation—Peel and scrape bananas, force through a sieve; add grape juice, sugar and stiffly beaten whites of eggs; pile lightly in individual glass dishes, garnish with bits of jelly, and serve at once. All materials should be very cold.

Banana and Grape Juice Jelly

Ingredients—½ box gelatine, ¼ cup strained lemon juice, ½ cup grape juice, ¾ cup sugar, 2½ cups boiling water, 2 large bananas.

Preparation—Soak gelatine in grape juice five minutes; dissolve in boiling water, add lemon juice and sugar. When jelly begins to stiffen, beat with egg beater, and add the bananas pressed through a sieve.

Blackberry Mold

Ingredients—1 quart blackberries, ¼ teaspoon salt, ½ cup sugar, 2 cups water, ¾ cup farina.

Preparation—Heat berries, sugar, salt, and water, and when boiling add farina slowly. Cook over hot water half an hour, turn into a mold, and serve cold with cream. Blueberries, either fresh or canned, may be used in place of blackberries.

Soft Custard

Ingredients—2 cups milk, few grains salt, yolks of 2 eggs, 1 teaspoon cornstarch, ¼ cup sugar, ½ teaspoon vanilla.

Preparation—Scald the milk; mix sugar, salt, and cornstarch, add to beaten egg yolks, and stir into the hot milk; cook over hot water ten minutes, stirring constantly until thickened; beat with egg beater; strain, cool, and add vanilla. To vary the flavor, the sugar may be caramelized, or other extracts may be used. Serve in glasses with a meringue made of the whites of eggs beaten stiff and sweetened with two tablespoons of sugar. Garnish with dots of red jelly.

Charlotte Russe Filling

Ingredients—1½ cups thin cream, ¼ cup hot milk, 1½ teaspoons gelatine, 3 tablespoons powdered sugar, 2 tablespoons cold milk, ½ teaspoon vanilla.

Preparation—Whip the cream with a whip churn; skim off the froth as it rises and place in a fine sieve to drain; soak gelatine in cold milk, dissolve in hot milk, add sugar and flavoring. Stir occasionally until mixture begins to stiffen; then fold in the whip from the cream.

Chocolate Blancmange

Ingredients—2 cups hot milk, ¼ teaspoon cinnamon, 4 tablespoons cornstarch, ¼ cup sugar, ¼ teaspoon salt, 1½ squares chocolate melted, whites 2 eggs.

Preparation—Scald milk; mix cornstarch, salt, cinnamon, and sugar; add slowly to milk, and cook over hot water until thickened, stirring constantly; add chocolate and cook for fifteen minutes, stirring occasionally; fold in the stiffly beaten whites of eggs, and turn into individual molds to chill.

Cocoanut and Orange Jelly

Ingredients—½ box gelatine, ¼ cup orange marmalade, ½ cup cold water, ½ cup sugar, 1 cup hot milk, 1 can cocoanut, cold milk.

Preparation—Soak gelatine in cold water for five minutes; dissolve in hot milk; add marmalade and sugar; drain one can of cocoanut, and add to cocoanut milk enough cold milk to make one and a half cups; mix with jelly, add cocoanut, and pour into a mold to chill.

Coffee Caramel Custards

Ingredients—½ cup sugar, 1 cup strong coffee, 1 cup milk, 2 eggs, few grains salt.

Preparation—Put sugar in smooth saucepan, and stir over fire until a light colored caramel is formed. (Avoid burning.) Heat milk and coffee, add to caramel, and keep over hot water until caramel is dissolved; add eggs slightly beaten and salt; strain into cups, and bake in slow oven until firm.

Coffee Junket

Ingredients—2 cups lukewarm milk, few grains salt, ¼ cup sugar, ½ junket tablet, 1 teaspoon instantaneous coffee, 1 teaspoon cold water.

Preparation—Mix milk, sugar, coffee, and salt; stir until sugar is dissolved; dissolve junket tablet in cold water, add to milk, and pour into glasses. If milk is overheated junket will not be firm.

Coffee and Rice Jelly

Ingredients—½ box gelatine, 1 cup milk, ½ cup cold coffee, ¾ cup sugar, 2 cups hot strong coffee, 1 cup cooked rice.

Preparation—Soak gelatine in cold coffee five minutes; add hot coffee and stir until dissolved; add milk and sugar; chill, and, when beginning to stiffen, beat with egg beater, add rice, and turn into a mold.

Cranberry Whip

Follow recipe for Prune Whip, using one cup of strained cranberry sauce instead of prunes.

Fruit Cream

Ingredients—2 bananas, 1 tablespoon granulated gelatine, 1 orange, ½ lemon, ¼ cup boiling water, ⅓ cup powdered sugar, 1 cup cream whipped.

Preparation—Press bananas through a sieve; add juice and pulp of orange, juice of lemon, sugar, and gelatine which has been dissolved in hot water. Stir over ice water until mixture begins to stiffen, then fold in the cream. Put in mold and chill.

Spiced Fruit Jelly

Ingredients—6 apples, 1 tablespoon gelatine, ½ cup cranberries, ¼ cup cold water, ¾ cup boiling water, ½ teaspoon cinnamon, 1 cup sugar, ¼ teaspoon clove.

Preparation—Core and slice apples, and cook with cranberries and boiling water fifteen minutes; press through a sieve, add sugar, gelatine dissolved in cold water and spice. Stir until sugar is dissolved, pour into a mold, and put in a cool place until firm.

Fruit Whip (Uncooked)

Ingredients—4 tart apples grated, 8 dates stoned and chopped, 4 figs chopped, 2 tablespoons fruit jelly, whites of 2 eggs.

Preparation—Mix fruit; mash jelly with a fork; add to fruit, and fold in the stiffly beaten whites of eggs. Serve in glasses, and garnish with bits of jelly.

Pineapple Pudding

Follow recipe for Chocolate Blancmange, omitting chocolate and cinnamon, and adding one-half can of grated pineapple.

Prune Whip

Press cooked and stoned prunes through a sieve; to one cup of prune pulp add two tablespoons of sugar; beat the whites of two eggs very stiff; add prune mixture gradually, and beat well with a strong egg beater when light turn into a small greased baking dish or into four individual dishes, and bake in a slow oven about twenty minutes, or until firm. Serve plain or with a custard sauce made from the yolks of the eggs.

Jellied Prunes and Cranberries

Ingredients—1 cup prunes, 1 cup sugar, boiling water, ½ box gelatine, 1 cup cranberries chopped, ½ cup cold water.

Preparation—Wash prunes, and soak over night in water to cover; cook until soft in same water; drain, measure juice, and add enough boiling water to make three cups; put cranberries in a colander and rinse off the seeds with running water; drain, and add to water, add sugar, and cook ten minutes; add the gelatine soaked in cold water; stone the prunes, cut in quarters, and add to cranberries; turn into a mold, and chill.

Prune and Wheat Mold

Ingredients—1 cup prunes, ¼ teaspoon salt, boiling water, ½ cup Cream of Wheat.

Preparation—Wash prunes, soak over night; cook in same water until tender, and remove the stones; measure prunes and juice, and add boiling water to make one quart; add salt; slowly sift in wheat, and cook over hot water for half an hour, stirring often at first; turn into a mold to cool.

Rice Mold

Ingredients—1 cup rice, juice of 1 orange, 2 quarts boiling water, grated rind of ½ orange, 1 tablespoon salt, ¾ cup powdered sugar, 2 tablespoons grape juice.

Preparation—Cook rice in boiling salted water until tender; drain; mix with orange, sugar, and grape juice; press into a mold, and chill; turn out of mold, and serve with cream.

Sea Moss Blancmange

Ingredients—¼ cup sea moss, ¼ cup sugar, 1 quart milk, ¼ teaspoon salt, 1 teaspoon vanilla.

Preparation—Soak moss in lukewarm water for ten minutes; lift carefully from the water so as not to disturb any sand which have settled; rinse moss, drain well, add to hot milk, and cook in double boiler for half an hour. Strain through a fine sieve, add sugar, salt, and vanilla, and turn into a mold until firm. Serve with crushed berries, sliced bananas, or stewed fruit.

FROZEN DESSERTS

To Freeze Ices

Use one measure of freezing salt to three measures of finely cracked ice for ice cream, sherbet, and all mixtures which are to be churned. Freeze slowly, remove. To freeze mousse, bombe, and all unchurned mixtures, pack in equal parts of salt and ice, and let stand three hours.

Frozen Custard

Ingredients—1 quart milk, 2 teaspoons cornstarch, 2 eggs, 1 tablespoon vanilla, 1 cup sugar, few grains salt.

Preparation—scald milk; beat eggs slightly, add sugar mixed with cornstarch, and stir into milk; cook over hot water for twelve minutes, stirring constantly at first. Cool, add vanilla and salt, and freeze. Part cream may be used to advantage, or one can of evaporated milk with enough fresh milk added to make one quart.

Cocoa Ice Cream

Ingredients—1 pint milk, few grains salt, 2 inches stick cinnamon, 1 teaspoon cornstarch, 1 cup sugar, 1 egg beaten, ½ cup cocoa, 1 pint cream, 1 teaspoon vanilla.

egg, and cook with milk until slightly thickened; cool, remove cinnamon, add cream and vanilla, and freeze.

Chocolate Ice Cream

Follow recipe for Vanilla Ice Cream, adding two and a half squares of chocolate to the custard before cooking.

Coffee Ice Cream

Ingredients—1 can evaporated milk, 2 teaspoons instantaneous coffee, 1 cup boiling water, ½ cup sugar.

Preparation—Add boiling water to milk, and cool; add sugar and flavoring, and freeze. Serve in glasses and garnish with whipped cream.

Mint Ice Cream

Preparation—Put half of cream in double boiler with candy, and heat until candy is dissolved. Cool, add the remainder of cream whipped, and the white of egg beaten stiff; freeze; and serve in glasses garnished with small green mint candies.

Orange Velvet Cream

Ingredients—1 cup sugar, 1 cup orange juice, 1 cup water, juice of 1 lemon, whites of 2 eggs, 1 pint cream whipped.

Preparation—Boil sugar and water until it threads; cool slightly and add gradually to the stiffly beaten whites of eggs, beating steadily for three minutes; add fruit juice, and when cool fold in cream. Freeze, and serve in glasses garnished with candied orange peel and a few mint leaves.

Philadelphia Ice Cream

Ingredients—1 quart thin cream, few grains salt, ¾ cup sugar, 1 tablespoon flavoring.

Preparation—Mix and freeze.

Prune Ice Cream

Ingredients—1½ cups hot milk, ½ cup brown sugar, 2 eggs slightly beaten, 1 cup cream, 2 cups cooked prunes.

Preparation—Cook milk, eggs, and sugar over hot water until thickened, stirring constantly; when cool add cream, prunes stoned and pressed through a sieve, and freeze. Undiluted, unsweetened, evaporated milk may be used in place of cream.

Strawberry Ice Cream

Ingredients—1 quart strawberries, 1½ cups sugar, 1 quart thin cream.

Preparation—Mash strawberries, add sugar, let stand an hour, and press through a sieve; add cream, and freeze.

Vanilla Ice Cream

Ingredients—1 pint milk, few grains salt, 1 cup sugar, 1 pint cream, 2 eggs, 1 tablespoon vanilla.

Preparation—Scald milk, add sugar, salt, and eggs slightly beaten; cook over hot water until mixture coats spoon; cool; add cream and vanilla, and freeze.

Canton Ginger Sherbet

Ingredients—½ cup Canton ginger, juice of 1 orange, 1 cup sugar, juice of 1 orange, 1 cup sugar, juice of ½ lemon, 3½ cups boiling water, white of 1 egg.

Preparation—Put ginger through the fool chopper, using finest cutter, add sugar and water, and boil fifteen minutes; add fruit juice; cool, and freeze. When nearly frozen, add the stiffly beaten white of egg.

Cider Frappé

Ingredients—1 quart sweet cider, juice of 3 oranges, 1 cup sugar, juice of 1 lemon.

Preparation—Mix cider, sugar, and strained fruit juice; freeze to a mush, and serve in frappé glasses with the roast.

Cranberry and Raisin Sherbet

Ingredients—3 cups cranberries, 1½ cups sugar, 1 cup seeded raisins, white of 1 egg, 1½ cups water.

Preparation—Cook cranberries, raisins, and water ten minutes; press through a sieve, add sugar, and freeze; when nearly frozen add the stiffly beaten white of egg, and continue freezing until stiff and smooth.

Fruit Sherbet

Ingredients— 1 cup sugar, juice of 1 orange, 1 cup water, juice of 1 lemon, 1 teaspoon gelatine, ¾ cup grated pineapple, 2 tablespoons cold water, 1 banana peeled and mashed.

Preparation—Boil sugar and water five minutes, add gelatine soaked in cold water, and stir until dissolved; add fruit; cool, and freeze.

Grape Bombe

Line a mold with Grape Sherbet, fill with Charlotte Russe Filling to within one inch of top, cover with sherbet, and pack in salt and ice for three hours.

Grape Sherbet

Ingredients—1 cup sugar, 2 tablespoons water, 1 cup water, 1 cup grape juice, 1 teaspoon gelatine, juice of 1 lemon.

Preparation—Boil sugar and water five minutes; soak gelatine in cold water five minutes and add to sirup; add fruit juice, cool, and freeze. Serve in glasses with or without whipped cream garnish.

Jelly Sherbet

Ingredients—1 teaspoon gelatine, 2 glasses jelly, ½ cup cold water, 1½ cups boiling water, white of 1 egg.

Preparation—Put gelatine and cold water in the top of double boiler; let stand five minutes; add jelly and boiling water, and stir until jelly is dissolved; when cool, freeze; when nearly frozen add the stiffly beaten white of egg. This is economical if home made jelly can be used.

Pineapple Sherbet

Ingredients—⅔ cup sugar, ½ can grated pineapple, 2 cups boiling water, juice of 1 lemon, white of 1 egg.

Preparation—Boil sugar and water for fifteen minutes, add pineapple, and lemon juice; when cool, freeze; when nearly frozen add the stiffly beaten white of egg, and finish freezing.

Somerset Sherbet

Ingredients—1 banana, 1 orange, ½ can apricots, or 1½ cups stewed dried apricots, 1 cup sugar, 1 teaspoon gelatine, ¼ cup cold water, 1 lemon, 1 cup boiling water.

Preparation—Press banana and apricots, with their juice, through a sieve; add juice of lemon and orange, and sugar; soak gelatine in cold water, dissolve in boiling water, add to fruit, cool, and freeze.

Strawberry Sherbet

Ingredients—2 cups water, 1 box strawberries, 1 cup sugar, white of 1 egg.

Preparation—Boil sugar and water five minutes; mash berries, add to sirup, cool, and freeze; when nearly frozen add the stiffly beaten white of egg. If preferred, strain before freezing.

Frozen Watermelon

Scoop out the inside of a watermelon with a large spoon; put in the freezer without the dasher, sprinkle with powdered sugar and lemon juice, and pack in equal parts of salt and ice for three hours.

SAUCES FOR DESSERTS

Caramel Sauce

Melt one cup of sugar in a smooth, clean saucepan, add three-fourths cup of boiling water, and simmer fifteen minutes. Take care that sugar does not burn. Strong coffee may be used instead of water, and, if desired, one-half cup of chopped nut meats may be added.

Chocolate Sauce (Hot)

Ingredients—¾ cup sugar, 1 square chocolate, ⅓ cup boiling water, 2 teaspoons boiling water, ⅛ teaspoon salt, 1 teaspoon butter, ½ teaspoon vanilla.

Preparation—Cook sugar, one-third cup water, salt, and chocolate until sirup threads; remove from fire, add two teaspoons water, butter, and vanilla.

Cranberry Sauce

Ingredients—¼ cup butter, 2 tablespoons boiling water, 1 cup powdered sugar; ½ cup strained cranberry sauce.

Preparation—Cream butter, add sugar and water gradually and alternately; beat well, and add cranberry sauce. The stiffly beaten white of one egg may be added. Serve with cottage or steamed puddings.

Chocolate Marshmallow Sauce

Ingredients—1 square chocolate, ¼ cup sugar, ½ tablespoon butter, 1 cup boiling water, 1 tablespoon flour, 8 marshmallows cut in pieces, few grains salt, ½ teaspoon vanilla.

Preparation—Melt chocolate; add butter, flour, salt, sugar, and mix well; add water and boil two minutes; add marshmallows and beat well; add vanilla and serve hot. One tablespoon of shredded almonds may be added; or the marshmallows may be omitted and two tablespoons each of chopped nuts and raisins added.

Cinnamon Sauce

Use recipe for Lemon Sauce; but omit the lemon flavoring, and add one teaspoon cinnamon and one tablespoon of molasses.

Coffee Sauce (Evaporated Milk)

Ingredients—1 cup evaporated milk, 1 teaspoon soluble coffee, or 2 tablespoons clear black coffee, ¼ cup sugar.

Place milk on ice for a few hours; beat with a rotary egg beater until stiff, add sugar and flavoring.

Custard Sauce

Make the same as Soft Custard.

Currant Jelly Sauce (Pudding)

Ingredients—1 tablespoon cornstarch, 2 tablespoons currant jelly, ¼ cup sugar, 1 teaspoon butter, 1 cup boiling water, juice of ½ lemon.

Preparation—Mix cornstarch and sugar in a saucepan, add water gradually, when thickened add jelly, simmer ten minutes; add butter and lemon juice just before serving.

Date Sauce

To Lemon Sauce add eight dates, which have been washed, stoned, and cut in small pieces. Serve with Cottage Pudding.

Fruit Sauce

Heat one cup of sirup of preserved or canned fruit, thicken with one teaspoon of cornstarch moistened with one tablespoon of cold water, and cook ten minutes; add a few grains of salt, a teaspoon of butter, a few drops of red coloring, and serve hot.

Ginger Sauce

Ingredients—½ cup sugar, 2 tablespoons water, ¼ cup molasses, 2 tablespoons vinegar, 1 teaspoon butter, ½ tablespoon ginger.

Preparation—Mix in order given, boil for five minutes, and serve hot with Indian Pudding or Steamed Fruit Pudding.

Hard Sauce

Ingredients—¼ cup butter, 1 teaspoon milk, 1 cup powdered sugar, 1 teaspoon vanilla, or ¼ teaspoon nutmeg.

Preparation—Cream butter, add sugar and milk gradually, and beat until very light; add flavoring and chill before serving.

Lemon Sauce

Ingredients—¾ cup sugar, 1½ cups hot water, 2 teaspoons cornstarch, 1 teaspoon butter, ⅛ teaspoon salt, juice and rind of ½ lemon, or ½ teaspoon lemon extract.

Preparation—Mix sugar, cornstarch, and salt; add hot water, stir constantly until boiling point is reached, and simmer ten minutes; add butter and flavoring. One teaspoon of vanilla or one-half nutmeg grated may be used instead of lemon.

Marshmallow Sauce

Ingredients—1 cup sugar, 1 cup marshmallows, ½ cup boiling water, ½ teaspoon vanilla.

Preparation—Boil sugar and water five minutes, add marshmallows, beat until they are melted, and add vanilla. Beat well before serving. Serve hot or cold.

Mocha Sauce

Ingredients—¼ cup butter or Crisco, 1 teaspoon powdered soluble coffee, 1 cup powdered sugar, 2 tablespoons milk, 1 tablespoon cocoa.

Preparation—Cream shortening, add sugar and milk gradually, and beat until light; add coffee and cocoa, and blend well.

Orange Marmalade Sauce

Ingredients—½ cup orange marmalade, ½ tablespoon butter, ½ cup boiling water.

Preparation—Mix and serve hot with Cottage Pudding, steamed puddings, or griddle cakes.

Soft Sauce

To Hard Sauce add two tablespoons of hot milk, a few drops at a time; beat well and do not chill.

Strawberry Sauce

Ingredients—2 tablespoons butter, 2 tablespoons boiling water, ¾ cup powdered raspberries may be used instead of strawberries.

Preparation—Cream butter, add half of sugar gradually; add remaining half of sugar alternately with the water; beat well, and add strawberries, blackberries or sugar, 1 cup crushed strawberries.

PASTRIES

Plain Paste

Ingredients—1½ cups of flour, ¼ cup shortening, ¼ teaspoon salt, ⅓ cup ice water, ¼ teaspoon baking powder, ¼ cup butter.

Preparation—Sift flour, salt, and baking powder; rub in shortening with finger tips until mixture is like fine meal; add water gradually until a soft but not sticky dough is formed, mixing with a knife; when dough is mixed, the side of the bowl should be clean, neither sticky nor dry with flour. Slightly more or less water may be needed. Roll paste on a lightly floured board into an even rectangular shape;

divide butter into three parts; cover two-thirds of the paste, with dots of butter, using one part; fold first the unbuttered third, then the remaining third, so that there will be three layers of paste with butter between; roll out again, dot with butter as before, and fold; repeat for third time. Put paste on ice until thoroughly chilled. Any good shortening may be used in place of butter, but the butter flavor will be lacking. This is enough for one pie with two crusts; double the amount of paste can be made with the same amount of labor. It keeps well if wrapped in cheesecloth and put in a cool place.

Rich Paste

Ingredients—3 cups flour, 1¼ cups shortening, 1 teaspoon sugar, 1 tablespoon lemon juice, ½ teaspoon salt, ice water.

Preparation—Sift flour, sugar and salt; add shortening, and rub in with finger tips or chop with a knife in each hand until mixture is like fine meal; add lemon juice and enough water to form a stiff paste (about two-thirds of a cup); roll out into a thin sheet and fold in four layers; roll out and fold three times. Chill before using. This rule makes two pies. It is less expensive than puff paste, and yet is a very good substitute for it.

Patty Shells

Roll paste one-eighth of an inch thick, cover inverted tin patty pans or individual pie dishes, trim paste evenly, and press down the edge firmly; prick with a fork, place on a baking sheet, and bake in a hot oven about twelve minutes. Remove pans, and fill with any cooked fruit mixture, berries, or creamed meats or vegetables.

Pie Shell

Roll paste one-quarter inch thick, cover an inverted pie plate, trim, and press the edges firmly; prick with a fork, place on a baking sheet, and bake in a hot oven about fifteen minutes. Fill with cooked pie mixtures and cover with a meringue, or garnish with bits of pastry which have been cut in fancy shapes and baked.

Tart Shells

Roll Rich Paste one-third of an inch thick, cut into small rounds, moisten the edges of half of them with cold water, cut out the centers of the other half with a small cutter, place upon whole rounds, and press firmly together; chill, and bake in a hot oven about twenty minutes. Fill with jelly, jam, or fruit paste. When shells are to be filled with creamed meats, etc., cut with a larger cutter.

Mock Mince Meat (Uncooked)

Ingredients—1½ cups chopped apples, ¼ cup beef fat melted, ¼ cup raisins seeded and chopped, ½ teaspoon salt, ½ teaspoon cinnamon, ¼ cup cranberries chopped, ½ teaspoon mace, ¼ teaspoon clove, ¼ cup currants, ¾ cup brown sugar, 1 tablespoon citron shredded, ¼ cup vinegar, ½ cup coffee.

Preparation—Mix in order given and let stand a few hours before using. (Fills one large pie.)

Mince Meat

Ingredients—4 cups cooked beef chopped, 1 pound citron shredded, 2 cups chopped suet, 2 tablespoons salt, 8 cups chopped apples, 1 tablespoon cinnamon, 1 cup brown sugar, 1 tablespoon mace, 2 cups molasses, 1 teaspoon clove, 1 glass tart jelly, 1 teaspoon allspice, 1½ pounds seeded raisins, ½ teaspoon pepper, 1 pound washed currants, 1 quart boiled cider.

Preparation—Mix, and cook slowly about two hours, stirring frequently. One cup of chopped cranberries may be substituted for the jelly. Store in jars or in a stone crock. If mince meat grows dry by standing, moisten with a little coffee.

Green Tomato Mince Meat

Ingredients—1½ cups green tomatoes chopped, ¼ cup water, ¾ teaspoon cinnamon, 1½ cups apples chopped, ½ teaspoon mace, ¾ cup raisins seeded and chopped, ¼ teaspoon clove, ¾ teaspoon salt, 1 cup brown sugar, ½ cup jelly, fruit sirup, or grape juice, ¼ cup beef fat melted, 2 tablespoons vinegar.

Preparation—Mix and cook slowly for one hour. (Fills two pies.)

Meringue for Tarts and Pies

Ingredients—Whites of 2 eggs; ¼ cup granulated sugar.

Preparation—Beat the whites of eggs very stiff, add sugar gradually, spread over tarts or pies, mounding in the center; put in a slow oven, and bake about ten minutes for tarts and fifteen minutes for pies. If baked slowly, meringue will not settle.

One-egg Meringue

Ingredients—White of 1 egg, 1 teaspoon baking powder, ½ cup granulated sugar, ¼ teaspoon extract.

Preparation—Beat the egg until stiff, add gradually sugar mixed with baking powder, flavor, spread on tarts or pies, and bake in a moderate oven ten minutes.

Sliced Apple Pie

Ingredients—3½ cups pared and sliced apples, ⅛ teaspoon salt, ⅛ teaspoon nutmeg or cinnamon, ½ cup sugar.

Preparation—Line a plate with paste, fill with apples, mounding them in the center; mix sugar, salt, and seasoning, and cover apples; moisten edge of paste with water; roll out paste for top crust, cut one-half inch larger than plate, and cut a few small gashes in the center; cover pie, turn edge under the lower crust, and press firmly. Brush with milk, and bake about forty minutes. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

Blueberry Pie

Ingredients—2½ cups blackberries, 2½ tablespoons flour, ⅔ cup sugar, 1 teaspoon butter.

Preparation—Line a pie plate with paste; fill with berries, add sugar and flour mixed, and dot butter over top. Cover, and bake the same as Apple Pie.

Cherry Pie

Follow recipe for Blueberry Pie, using stoned cherries in place of blueberries and adding one-fourth cup more sugar.

Mock Cherry Pie

Ingredients—1½ cups cranberries chopped and rinsed, 2 tablespoons sifted crumbs, or flour, ½ cup raisins seeded and chopped, 1 cup sugar, ½ cup water.

Preparation—Mix, and bake in two crusts, the same as Apple Pie.

Cranberry Pie

Ingredients—2 cups cranberries, 2 tablespoons sifted crumbs, 1¼ cups sugar, ½ cup hot water.

Preparation—Chop cranberries, rinse, and mix with sugar, crumbs, and water. Roll paste one-quarter inch thick, cover a perforated tin plate, trim the edge evenly and moisten edge with water; fill with cranberries, cover with half-inch strips of paste placed half an inch apart to form a lattice top; trim the edges neatly, moisten and finish with a half-inch strip of paste around the edge. Bake about forty minutes. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

Open Cranberry Pie

Ingredients—1½ cups cranberries, ⅔ cup water, 1 cup sugar; 2 tablespoons sifted crumbs.

Preparation—Mix berries, sugar and water and cook for ten minutes, stirring frequently to break the berries; add crumbs, and when nearly cool pour into a baked pie shell. Garnish with bits of baked pastry.

Custard Pie (Cake Crumbs)

Ingredients—2 cups hot milk, 1 egg slightly beaten, ½ cup dry cake crumbs, ½ teaspoon salt, 2 tablespoons sugar, nutmeg.

Preparation—Mix crumbs and milk, let stand for five minutes, and press through a sieve; add sugar, egg and salt; line a deep plate with paste rolled thin; build up a firm edge of crust, fill with custard and dust with nutmeg. Bake about forty minutes. The oven should be hot for the first ten minutes, and then the heat should be reduced.

Gooseberry Pie

To recipe for Gooseberry Patties, add two tablespoons of dried and sifted crumbs. Prepare and bake the same as Cranberry Pie.

Lemon Pie

Ingredients—1 slice bread one inch thick, 1 cup sugar, yolks 2 eggs, 1 cup boiling water, ⅛ teaspoon salt, rind and juice 1 lemon.

Preparation—Remove crusts from bread; cover bread with boiling water, let stand a few minutes, and press through a sieve; add sugar, eggs yolks slightly beaten, salt, lemon rind, and lemon juice. Prepare paste, fill, and bake the same as Custard Pie. Make a Meringue of the whites of eggs.

Marlborough Pie

Ingredients—6 apples, grated rind and juice 1 lemon, ⅓ cup sugar, 1 teaspoon cinnamon, 2 macaroons rolled, ¼ teaspoon salt, 2 tablespoons butter, 2 eggs slightly beaten.

Preparation—Pare and slice apples, add one-quarter cup of water; cook until soft, and rub through a sieve; add other ingredients in order given. Line a deep plate or patty tins with rich paste, fill, and bake about forty minutes. Cake crumbs may be substituted for macaroons.

Mince Pie

Line a perforated tin plate with paste rolled one-fourth inch thick; fill with mince meat, moisten edges with water, and cover with an upper crust with a few small gashes cut in it; turn the edge under lower crust about half an inch, press firmly, and trim edges of paste with a knife, slanting toward the center; brush with milk, and bake in a hot oven about half an hour.

Orange Pie

Ingredients—1½ cups hot milk, grated rind of ½ orange, ½ cup cake crumbs, juice of 1 orange, ½ cup sugar, 1 egg slightly beaten, ⅛ teaspoon salt.

Preparation—Mix milk and crumbs, let stand five minutes, and press through a fine sieve; add other ingredients. Prepare paste, fill, and bake the same as Custard Pie.

Pineapple Pie

Ingredients—1 can grated pineapple, few grains salt, 1 cup sugar, 1 egg, 2½ tablespoons flour, ½ tablespoon butter.

Preparation—Mix sugar, flour and salt, add beaten egg, and mix with pineapple; pour into a deep pie plate lined with paste, add butter in small pieces, cover with strips of paste, and bake in a hot oven about forty minutes, reducing the heat during second half of baking.

Prune Pie

Ingredients—2 cups cooked prunes, 1 tablespoon flour, ½ cup sugar, grated rind of ½ orange.

Preparation—Stone prunes, cut in quarters, and put into a paste-lined plate; cover with sugar, flour, and rind mixed. Cover with upper crust, brush with milk, and bake in a hot oven half an hour, reducing the heat during second half of baking.

Pumpkin Pie

Ingredients—1½ cups baked pumpkin, ½ teaspoon ginger, 1 egg well beaten, 1 teaspoon cinnamon, ⅔ cup brown sugar, ½ teaspoon cornstarch, ½ teaspoon salt, 1½ cups milk.

Preparation—Cut pumpkin in pieces and bake in a hot oven; mash and strain, and to one and a half cups add the other ingredients in order given. Prepare paste and bake the same as custard pie.

Raisin Pie

Ingredients—½ cup raisins seeded and chopped, 1 cup brown sugar, 1½ cups hot water, ¼ cup vinegar, 2 tablespoons butter, ½ cup sifted crumbs.

Preparation—Mix, and cook for ten minutes; cool; and bake the same as Cranberry Pie.

Rhubarb Pie

Ingredients—2 cups rhubarb, ¼ cup sifted crumbs, 2 tablespoons sultana raisins, 1 cup sugar, grating of nutmeg, few grains salt.

Preparation—Cut rhubarb in half-inch pieces, place in a strainer, and scald with boiling water; drain, put into a paste-lined plate, cover with raisins, crumbs, sugar, and nutmeg and salt mixed; cover with an upper crust, and bake the same as Apple Pie.

Squash Pie

Ingredients—1½ cups cooked squash, ¼ teaspoon cinnamon, 1 cup sugar, ½ teaspoon nutmeg, ¾ teaspoon salt, 1 egg beaten, ¼ cup sifted crumbs, 1½ cups milk.

Preparation—Mix in order given. Prepare paste, fill, and bake the same as Custard Pie.

Banbury Tarts

Ingredients—1 cup raisins, juice and rind of 1 lemon, ¾ cup sugar, ¼ cup sifted crumbs.

Preparation—Seed and chop raisins, and mix with sugar, lemon, and crumbs. Roll paste one-eighth inch thick, and cut in three-inch rounds; put half a tablespoon of raisin mixture on half of each round, moisten edges with water, fold double, and press edges firmly together. Prick with a fork, and bake in a hot oven about fifteen minutes.

Gooseberry Patties

Remove tops and stems from one pint of gooseberries; wash, add one-half cup water, and cook about fifteen minutes, or until soft and well broken; add one cup of sugar, and cool; line patty pans with paste, fill with gooseberries, cover with narrow strips of paste to form a lattice. Bake in a hot oven twenty-five minutes.

Prune Patties

Line patty pans with paste; prepare filling as for Prune Pie; mix, and fill pans; cover with a lattice-work of narrow strips of paste, and finish with a narrow strip of paste around the outer edge. Bake in a hot oven about twenty-five minutes.

Individual Raspberry Pie

Roll paste one-eighth inch thick, cut into circles two and a half inches in diameter. Put a tablespoon of raspberry jam on half of them, and moisten the edges with water. With a small round cutter make three holes in each remaining circle, place on top of jam, press edges firmly together, and bake about fifteen minutes in a hot oven. Bake the small cut-out pieces of paste, and serve with soup.

Prune and Apple Tart Filling

Use recipe for Prune and Apple Shortcake, fill cooked paste shells, and garnish with bits of cooked paste.

Rhubarb Meringue Patties

Ingredients—2 cups rhubarb, 1 egg yolk beaten, ¼ cup water, 3 tablespoons sifted crumbs, 1 cup sugar, 1 teaspoon butter.

Preparation—Cut rhubarb in half-inch pieces and cook with water ten minutes; add sugar, egg yolk, crumbs, and butter, and cook five minutes; when cool, fill Patty Shells, cover with One-egg Meringue, and bake ten minutes in a moderate oven.

Squash Patties (Without Eggs)

Ingredients—2 cups cooked and sifted squash, ⅔ teaspoon salt, ½ cup sugar, 1 tablespoon dried and sifted crumbs, ½ teaspoon lemon extract.

Preparation—Mix in order given. Line patty pans with paste, fill with squash, and bake in a hot oven about twenty-five minutes.

Cheese Straws

Ingredients—½ cup flour, ⅛ teaspoon mustard, 1 tablespoon shortening, ¼ teaspoon paprika, ¼ cup grated cheese, ¼ teaspoon baking powder, ⅛ teaspoon salt, ice water.

Preparation—Rub shortening into flour with finger tips; add cheese, seasonings, and baking powder, and mix to a stiff dough with ice water. Roll out, fold in four layers, roll out again and fold as before; put on ice to chill; roll out one-third inch thick, and cut into four-inch straws. Bake in a hot oven about twelve minutes.

Cheese Straws (Left-over Paste)

Roll trimmings of pastry into a thin sheet, sprinkle with grated cheese and paprika; fold in four layers; repeat; chill, cut into straws, and bake in a hot oven about twelve minutes.

Cheese Wafers

Prepare paste as for Cheese Straws, roll out very thin, cut with a two-inch cutter, and bake in a hot oven about six minutes.

Cinnamon Hearts

Roll rich paste very thin in an even rectangular shape; sprinkle with powdered sugar mixed with a little cinnamon. The paste should be about 12 inches long. Fold each end toward the center 2 inches; fold each end again toward the center; fold double, and chill. Cut in one-third inch slices, place flat side down on a baking sheet two inches apart, and bake in a hot oven about eight minutes.

FRUITS, COOKED AND UNCOOKED

To Cook Dried Fruit

Wash thoroughly in two or three cold waters; put in granite kettle, cover with water, and soak 24 hours; cook very slowly two or three hours until tender; add sugar, and simmer half an hour.

Baked Apples with Dates

Wipe and core apples, and place in baking dish (not tin); in each cavity put a stoned date, a tablespoon of sugar, and two tablespoons of boiling water; bake in a moderate oven about half an hour, basting often. Apple jelly may be used in place of dates, or sugar may be mixed with a little cinnamon or nutmeg.

Grape and Apple Jelly

Ingredients—½ peck grapes, 3 tart apples, sugar.

Preparation—Pick over, stew, and mash grapes, put in kettle with apples, which have been coarsely chopped, but not pared or cored; heat to boiling point, mash and boil thirty minutes; strain through a jelly bag; measure juice, return to kettle and boil five minutes; add an equal amount of heated sugar, and boil three minutes. Skim well and pour into glasses.

Spiced Apple Jelly

Wash apples, cut in quarters, cover with equal parts of water and vinegar, and cook half an hour; drain; and to each quart of juice add one-third cup of mixed spices (tied in a bag), and boil twenty minutes. Remove spices. Add heated sugar, allowing one quart for each quart of juice. Boil ten minutes, and pour into glasses. When cold and firm cover with melted paraffin.

Grape Juice and Apple Sauce

Ingredients—1 cup grape juice, 4 apples, ½ cup sugar, 4 slices sponge cake or toast.

Preparation—Boil grape juice and sugar for five minutes; pare, core, and slice apples, and cook in grape juice until tender; cool, and serve on toast or cake. Two cups of grapes cooked with one-half cup of water and pressed through a sieve may be used in place of juice.

Dark Red Apple Sauce

Ingredients—8 tart apples, ½ teaspoon nutmeg, 1 cup sugar, ½ cup hot water.

Preparation—Pare and core apples, and cut into eighths; put into an earthen dish; add sugar, nutmeg and hot water; cover closely, and bake in a slow oven three hours.

Baked Bananas

Peel, scrape, and slice six bananas; put into a greased baking dish in layers, and sprinkle each layer with brown sugar; dot a tablespoon of butter over the top, and sprinkle with the juice of half a lemon. Bake in a moderate oven half an hour.

Bananas with Figs and Nuts

Ingredients—4 bananas, 2 tablespoons powdered sugar, 4 figs, ¼ cup chopped nut meats.

Preparation—Peel, scrape, and slice bananas; wash, dry, and chop figs; spread over bananas; sprinkle with sugar and nut meats, and serve with cream. Grape nuts may be used in place of nut meats.

Mock Bar-le-duc Currants

Ingredients—½ cup large, hard cranberries, 1 cup sugar, ½ cup boiling water.

Preparation—Cut cranberries in quarters, place in colander, and wash under running water to remove the seeds; heat sugar and water slowly to the boiling point, and boil seven minutes; add cranberries, and boil seven minutes. Seal in small glasses.

Red Currant Conserve

Ingredients—2 pounds red currants, 1 cup raisins, 2 oranges, 1½ pounds sugar.

Preparation—Wash currants; grate rind of oranges and remove pulp; seed raisins and cut in halves; put in preserving kettle with sugar, heat gradually to boiling point, and simmer until as thick as marmalade.

Cranberry Conserve

Ingredients—1 quart cranberries, 1 cup raisins seeded and chopped, 1 cup water, 2¼ cups sugar, grated rind 1 orange, ½ cup nut meats chopped, pulp and juice of 2 oranges.

Preparation—Wash cranberries and chop rather coarsely; put in colander and rinse with running water to remove seeds; add water, oranges, and raisins; cook fifteen minutes; add sugar and boil two minutes; add nut meats and pour into glasses.

Spiced Cranberries

Ingredients—1 quart cranberries, ¼ cup water, 2 cups brown sugar, 2 teaspoons cinnamon, ½ cup vinegar, ¼ teaspoon clove, ¼ teaspoon allspice.

Preparation—Mix in order given, heat slowly to the boiling point, and simmer half an hour. Serve with cold meats.

Preserved Cranberries

Ingredients—½ cup water, 1 cup sugar, 1 cup cranberries.

Preparation—Heat water and sugar to the boiling point, and cook five minutes; add berries, and simmer for fifteen minutes, skimming when necessary. The berries should be unbroken. (Useful for garnishing.)

Cranberry Sauce

Ingredients—1 pint cranberries, ½ cup water, 1 cup sugar.

Preparation—Pick over and wash berries, add the water, and cook until very soft. Mash with a wooden spoon, add the sugar, and cook until sugar is dissolved. For thick cranberry jelly, press through a sieve and pour into glasses.

Fig Paste (Laxative)

Ingredients—1 pound prunes, ½ pound figs, 1 ounce senna leaves, cold water.

Preparation—Soak prunes over night in cold water to cover, add the senna leaves tied in cheesecloth, and cook slowly until prunes are tender. Stone the prunes, and chop fine; add figs chopped fine, put in top of double boiler, remove senna, add prune juice, and cook until thick.

Candied Grape Fruit Peel

Cut grape fruit peel into thin strips, and soak twenty-four hours in salted water, allowing one teaspoon of salt to each quart of water; drain, cover with cold water, and boil about one hour or until tender, changing the water once; drain, weigh peel, and add an equal weight of sugar; heat slowly, and cook until sugar is almost absorbed. If put in air-tight jars it will keep indefinitely. Orange or lemon peel may be used in the same way.

Baked Pears

Ingredients—8 hard pears, ½ cup boiling water, ¾ cup sugar, 4 cloves.

Preparation—Wipe pears, remove stems, and put in an earthen dish; add sugar, water, and cloves; cover, and bake in a slow oven for four hours, basting occasionally. Serve cold.

Pear and Ginger Marmalade

Ingredients—8 pounds hard pears, juice of 4 lemons, grated rind 4 lemons, ¼ pound preserved ginger, 6 pounds sugar.

Preparation—Quarter and core pears, and put through food chopper; add lemon rind, juice, and ginger (chopped); mix fruit with sugar, heat gradually to boiling point, and cook slowly about two hours, or until thick.

Rhubarb and Fig Marmalade

Ingredients—3 pounds rhubarb, 1 lemon, 1 pound figs, 1 teaspoon ginger, 3 pounds sugar, ¼ teaspoon clove, ¼ teaspoon salt.

Preparation—Cut rhubarb, unpeeled, into inch pieces; wash figs and put through food chopper; put in preserving kettle with half of sugar and let stand over night; in the morning boil until clear, then add remaining sugar, juice and grated rind of lemon, and seasonings. Cook slowly until thickened.

Quince Honey

Ingredients—6 quinces, 3½ pounds sugar, 1 quart water.

Preparation—Pare, quarter, and core quinces; to the cores and parings add one pint of water, simmer half an hour, and press through a sieve. Chop quinces, using the finest cutter, add a pint of water, and simmer while cores are cooking; add pulp and juice from cores and boil ten minutes; add sugar and boil about five minutes, or until it jellies.

Spiced Prunes

Preparation—2 cups cooked prunes, 2 tablespoons sugar, ¼ cup chopped cranberries, juice of 1 orange, ½ cup prune juice, few gratings orange rind, ½ teaspoon cinnamon, ¼ teaspoon paprika.

Preparation—Stone prunes, cut in small pieces, add other ingredients, and simmer twenty minutes. Serve with cold meats.

Baked Rhubarb and Bananas

Ingredients—2 cups rhubarb, ¾ cup sugar, 3 bananas, 1 tablespoon butter.

Preparation—Wash rhubarb and cut, unpeeled, into one-inch pieces; peel and slice bananas, and arrange in a baking dish in alternate layers with the rhubarb; add sugar and butter, cover, and bake in a slow oven two hours. Serve hot or cold.

Three-in-one Marmalade

Cut in halves one grape fruit, one orange, and one lemon; remove pulp with a teaspoon, saving juice and discarding seeds; remove the membrane from peels, and put peel through the food chopper, using medium cutter; mix peel, pulp, and juice; measure, and to each cup add three cups of cold water; let stand over night; heat slowly to the boiling point, and cook one hour, or until peel is tender; measure, add an equal amount of sugar; boil about forty minutes, or until a little will "jell" when tried on a cold plate.

Red Tomato Jam

Ingredients—3 pounds ripe tomatoes, 2 lemons, 3 pounds sugar, 1 teaspoon ginger, ¼ teaspoon salt.

Preparation—Scald and peel tomatoes; cut in halves crosswise and discard seeds; put in preserving kettle with sugar, lemon juice and ginger; cook slowly about two hours, stirring often with a wooden spoon. Skim when necessary. This may be kept in a stone crock or sealed in glasses.

Sweet Pickled Watermelon Rind

Ingredients—Rind of ½ watermelon, 1½ tablespoons cinnamon, 3 pounds brown sugar, 1 tablespoon cloves, 1 quart vinegar, 1 tablespoon allspice.

Preparation—Pare melon rind, cut in inch squares, wash, and drain; put sugar and vinegar in a preserving kettle, add spices tied in a bag, and boil one hour; add melon rind, and cook about one hour, or until tender; put melon rind into a stone crock, boil sirup hard for fifteen minutes, and pour over melon.

CANDIES

Plain Fondant

Ingredients—4 cups granulated sugar, 1 cup boiling water, ⅛ teaspoon cream of tartar.

Preparation—Put sugar in a smooth, clean saucepan, add boiling water, and stir until dissolved; heat slowly to boiling point, add cream of tartar, and boil without stirring to 240° F., or until sirup will form a soft ball when tested in cold water. As sirup granulates around the sides of saucepan, wash down with a clean brush which has been dipped quickly into cold water; pour out upon a slightly oiled slab or large platter; as the edges begin to harden, turn them toward the center, and when the mixture is partly cooled work with a wooden spatula or butter paddle until creamy; when it begins to lump, knead with the hands until smooth. Let stand a few hours before using, or keep in a covered jar until needed.

Coffee Fondant

Follow recipe for plain fondant, using strong, clear coffee in place of water. Or, if only a small quantity is needed, melt plain fondant over hot water and add one teaspoon of instantaneous coffee to each cup. This may be used melted for mints, or for dipping, or, when cooled, for centers.

Bonbon Centers

Cut candied fruits or nuts into small pieces, and work with a bit of fondant into small balls; let stand a few hours before dipping. Keep centers small so that bonbons will not be too large when finished.

Fondant Bonbons

Melt fondant over hot water; flavor and color as desired; dip bonbon centers one at a time, and remove with a fork or confectioners' dipper; place on an oiled slab or platter until cold.

Chocolate Bonbons

Melt bitter chocolate in a cup over hot water, and dip centers the same as for Fondant Bonbons. Dot chocolate (sweetened) may be used if preferred. Confectioners' chocolate is best for dipping, but cooking chocolate is satisfactory if half a teaspoon of butter is melted with each four squares.

Fondant Mints

Put plain fondant in cups, melt over hot water, and flavor with a few drops of oil of spearmint, wintergreen, orange, lime, or any desired flavor; color lightly if desired, and drop from a teaspoon upon oiled slab or platter.

Quick Fondant

Break the white of an egg into a bowl, add a tablespoon of water and about two cups of confectioners' sugar, or enough to knead. Flavor with oil, extracts, or grated orange or lemon rind, and color as desired. Use for mints (rolled and cut), stuffing dates, prunes, cherries, or nuts, or for bonbon centers.

CANDIES WITH COOKED FONDANT: CHOCOLATES, NUTS, FRUITS

Chocolate Creams (No. 1)

Make your fondant into centers of the size you wish, either small balls or cones, and let them stand on waxed paper for several hours to harden. Melt unsweetened chocolate in a double boiler, and into this dip your balls, either by sticking a toothpick into each one and dipping and drawing out the ball by this means, or with the help of a perforated spoon or candy dipper. Do the work quickly, and as you take out each ball deposit it on waxed paper, leaving it to get hard before touching it. Dip but one ball at a time, and if the coating is not sufficiently thick repeat the process when the first coating has become cold and hard, melting again the unsweetened chocolate. You will do better work if the chocolate is in a shallow rather than in a deep vessel. The former is easier to use. If you wish vanilla flavoring for the fondant, work vanilla sugar into it before you make it into balls.

Chocolate Creams (No. 2)

Prepare your fondant as before directed, working into it vanilla sugar or any other flavoring you wish, recollecting not to soften it too much to handle it well. Let your balls or cones dry for several hours, ranged on waxed paper, before you begin to dip them. Melt unsweetened chocolate in a double boiler, and to this add an equal quantity of fondant, which you have melted by putting it in a cup set in a vessel of boiling water. Stir steadily until it is melted, and then blend with the chocolate. If the mixture is too thick, add a very little hot water, two or three drops at a time, taking pains not to thin it so that it cannot be used with success; have your perforated spoon or your candy dipper at hand, rubbed with a little melted butter, and as you drop your fondant ball or cone into the chocolate mixture with one hand be ready with the other to take it out the instant it has been immersed. Shake off into the chocolate any drops which may be dripping from the spoon and deposit the balls with their chocolate coating on the waxed paper. Bear in mind that the centers are made of sugar, and will melt if allowed to remain in the hot chocolate for more than an instant.

When the chocolate mixture hardens during the dipping, as it sometimes will even when standing in an outer vessel of hot water, set it back over the fire again and bring the water to a boil long enough to soften the chocolate to the required state.

Chocolate Cocoanut Creams

Into four tablespoons of fondant work two tablespoons of grated cocoanut, dried in the oven but not browned. If you cannot get the fresh cocoanut use the desiccated, but this, to my mind, lacks the excellence of the fresh. Flavor with vanilla sugar or, if the fondant seems too dry and hard, use a few drops of vanilla extract. Make the mixture into balls, and when they have hardened on waxed paper for a couple of hours, dip them into the melted fondant, which you have mixed with the melted, unsweetened chocolate.

Chocolate Butter Creams

Put a cup of granulated sugar over the fire with a tablespoon of good butter and two tablespoons of rich cream, and boil until it makes a soft ball in water. When cool, beat it as you would other fondant, until it is very white and of a doughy consistency, flavor by the addition of vanilla sugar or a few drops of vanilla, and make it into balls. Set these aside to cool. Make a chocolate mixture as directed in the preceding recipe, with unsweetened chocolate and an equal quantity of melted fondant, and dip the balls in this, using a perforated spoon, a candy dipper, or even a fork. Stand on waxed paper until firm and dry.

Chocolate Fruit Creams

Use for this any candied fruit you wish. Cherries may be left whole, plums and the like may be quartered, raisins seeded, citron, crystallized ginger, or candied pineapple cut into dice, and any of them may serve as centers for balls or cones of fondant. After these have stood several hours, and are firm, they may be dipped into the chocolate and fondant mixture like Nut Chocolate Creams. Only dried or crystallized fruits may be used for this purpose, as moisture from the fresh fruit would soften the fondant coating.

Chocolate Nut Balls

Blanch and chop fine almonds and pistachio nuts in the proportion of six of the almonds to one of the pistachio nuts. Or you may use chopped English walnuts or hickory nuts or pecans or Brazil nuts. Knead these into a tablespoon of the fondant, flavor with a few drops of bitter almond, and make into balls or cones. When they have stood two hours dip them into melted fondant, flavored and colored, or into the chocolate mixture already given.

Chocolate Nut Creams

Blanch almonds, split filberts, halve the kernels of larger nuts, and set them in the oven until entirely dry and slightly warm. Make a ball of a small quantity of fondant, using the nut as the center of this and seeing that the kernel is entirely enveloped in the sugar. Set aside to become cold and firm, then dip it into the unsweetened chocolate and melted fondant prepared as in recipe for Chocolate Creams (No. 2). Let them become entirely cold on waxed paper before handling them.

Cocoanut Cream Balls

Make as directed for centers of Chocolate Cocoanut Creams and dip them in fondant which you have melted and then flavored and tinted to suit your taste.

Creamed Figs

Soak pulled figs in sherry, first washing them in clear water and letting them become entirely dry before putting them into the wine. Leave them in this for a couple of hours, then take them out and lay them in a colander to drip for half and hour. Open them at the stem end, thrust in a flat cake of fondant about the size of a quarter and three times as thick, roll the figs in powdered sugar, and lay them in a box lined with waxed paper.

Creamed Almonds

Shell and blanch Jordan almonds, make small slightly flattened balls of the fondant, and on each side of these place an almond kernel, pressing them into the sugar until sure it will adhere firmly.

Creamed Crystallized Fruits

Cherries, plums, peaches, or any other candied fruit with stones or pits may have these removed and little rolls of the fondant made to fit into the vacant space.

Creamed Dates

Select large, fleshy dates, remove the stones, fill the dates with the fondant as directed in the preceding recipe, and then roll them in powdered sugar. Keep them in a box, that they may not dry out before using.

Creamed English Walnuts

With your fingers make a ball of the fondant, softening it over hot water if it is too hard to handle easily and moistening it with a few drops of any flavoring you wish, so that when it becomes firm it may not be too hard. Have ready the halved kernels of English walnuts, and lay the ball of fondant between them, pressing them into the fondant that they may hold fast to it. Lay them on a plate to dry and harden.

If you wish, you may roll them later in the white of an egg—unbeaten—and then in granulated sugar. This gives them an attractive sparkle.

Fruit Rolls

Chop fine candied fruits—pineapple, ginger, cherries—and put with them a few seeded raisins. Work these into the fondant, form into rolls, and dip as you do the Cocoanut Creams or Chocolate Cocoanut Creams. Or you may make them into balls or cones or small square blocks, the shape and size of caramels.

Spiced Squares

Take from the mass of fondant about a half cupful, flatten it out, work into it a coffee spoonful of Maraschino, sprinkle it with the same quantity of ground cinnamon and half as much cloves and nutmeg, and knead until the spice and the liquor are well worked into the fondant. Press it into a shallow mold with straight sides and cut it into square blocks. Wrap each of these in waxed paper and keep all in a box.

Tutti-Frutti Squares

Into four or five tablespoons of fondant knead a tablespoon of chopped citron, crystallized ginger and pineapple, blanched almonds, seeded raisins, and a few candied cherries. Flavor with lemon juice and a few drops of rum, taking pains not to make the fondant too soft to handle, press into a shallow mold with straight sides and cut into squares; wrap these in waxed paper.

Variegated Tutti-Frutti

Divide your fondant into four parts. Flavor one with vanilla, and leave it white; work a little grated lemon rind and a few drops of the juice into the second portion, making it a pale yellow; color the third with melted, unsweetened chocolate, kneading this into the fondant with a spoon; add to the fourth enough raspberry sirup to tint it pink and flavor it delicately. Each one of these should be made into a ball, then flattened with the hand and a broad-bladed knife, like an ice cream slicer, and trimmed into thin strips, about an inch wide and as long as the material in them will permit. Lay the strip of chocolate for a foundation on waxed paper; on this place the yellow, next to this the vanilla,—the white,—and last of all the pink. Press these closely together, so that they will adhere to one another without blending. Wrap in waxed paper and leave for half a day, then trim off the ragged or uneven edges with a sharp knife and cut the candy into blocks, each having all four flavors and colors in it.

CANDIES WITH COOKED FONDANT: MISCELLANEOUS SWEETMEATS

Candied Rose Leaves

Add to a cup of fondant three drops of lemon juice, and stir over hot water or in a vessel set in a pan of hot water until thoroughly melted. Have fine, perfect rose leaves, which you have spread out and allowed to become dry but not crisp. Dip each rose leaf in the fondant, take it out carefully with the point of a toothpick, and lay on an oiled board or a sheet of waxed paper to dry.

Candied Mint Leaves can be prepared in the same way.

Candied Violets

Follow recipe for Candied Rose Leaves, holding the violets by the stems to dip them and laying them on waxed paper or in an oiled colander to dry. When they have stood for several hours they should be ready to put away, but if they do not seem sufficiently sugared, repeat the dipping process. The work of candying flowers is not simple and is hardly worth the trouble it costs to do it at home, unless one has plenty of flowers, unlimited time, and boundless patience.

Chocolate Mints

Prepare peppermint creams from the fondant by adding to it a few drops of essence of peppermint and then dropping the softened fondant by the coffee spoonful on oiled paper, taking pains to put the mints far enough apart to keep them from running together. If you choose, you may color them pale green with spinach coloring or delicate pink with cochineal, or you may use the vegetable colorings, or even leave them white, as they are to be coated with chocolate. Let them become cold and hard before dipping them. Prepare the coating of equal parts of melted chocolate and fondant. Drop the mints into it one at a time with the left hand and remove with the candy dipper or perforated spoon or fork held in the right hand. If they are left in longer than the second needed for dipping them they are likely to melt. There is always danger of this with fondant, but especially so with the thin mint or wintergreen drops.

Chocolate Chestnuts

For this you must use the French chestnuts or marrons, either the candied or those conserved. If the latter, they must be drained from sirup and dried in a warm oven. Melt equal parts of unsweetened chocolate and fondant, flavor with a little vanilla, and into this dip the chestnuts, using a candy dipper or perforated spoon. Tap this against the side of the saucepan as you lift the nut from the fondant, then lay it on waxed paper. While dipping your nuts or fruit, always keep the fondant in a vessel set in another of boiling water.

Chocolate Wintergreens

Prepare as you do the peppermints, using a few drops of essence of wintergreen instead of the peppermint, allowing the drops to become cool and firm before dipping them, and after they are dipped laying them on waxed paper until the coating has hardened.

Cocoanut Strips

Grate cocoanut and allow a half cup of this to one cup of the fondant. Work the cocoanut into this, kneading it until it is soft and well mixed. The freshly grated cocoanut will soften the fondant a little, and if it seems to lack the right consistency add to it confectioners' sugar, putting it in cautiously a little at a time, until you have the right stiffness. Press the candy into a shallow pan with straight sides, making a layer about the thickness of a caramel, and cut it into long strips when entirely cold.

Creamed Strawberries

Heat half a cup of fondant in a saucepan set in an outer vessel of boiling water, softening it with a few drops of boiling water, adding this cautiously so as not to make the mixture too thin. Stir the fondant constantly. Have ready firm, ripe strawberries which should have been shaken and brushed clean of dust, if necessary, but not washed. Hold each one firmly by the hull, gathering this carefully between the thumb and fingers. Dip the berry into the fondant, hold it for a minute, that it may drip a little, put gently on waxed paper and set aside. Should the strawberry not be sufficiently coated by one dip, dip it again. No color of the strawberry should show through the fondant. These berries should be put in paper cases before serving, and will not keep more than a few hours. The juice in them softens the filling by the end of that time.

Cherries, fresh or brandied, Malaga grapes and sections of oranges or mandarins may be creamed in the same way.

Macaroon Chocolates

For this, purchase the almond paste of which macaroons are made, put a half cup of it with an equal quantity of fondant, and knead them together. If the mixture is hard and too crumbly to handle easily, add to it a few drops of bitter almond, and if this does not soften the candy sufficiently add a little hot water, using this with caution lest the candy become too soft. Make it into balls or cones and dip these in a mixture of melted, unsweetened chocolate and fondant heated together in a vessel set in boiling water. Put to dry on waxed paper.

Maple Fondant

Put one cup of crushed maple sugar, one cup of granulated sugar, and a half cup of boiling water together over the fire. Stir until dissolved, cook five minutes longer, add a quarter teaspoon of cream of tartar, and boil until it reaches the soft-ball stage. Proceed as directed with plain fondant in the instructions given for preparing this.

Maple Fondant Bonbons

Make the maple fondant as directed above, then form balls from it with the fingers, flattening them slightly on one side. On this press half a pecan, a walnut kernel, a blanched almond, or a small square of citron or other candied fruit of a flavor which will combine agreeably with the maple.

Maple-Nut Squares

Chop fine two tablespoons of nuts, either one kind or mixed, and work into a cup of the maple fondant, kneading it until they are thoroughly incorporated. Press the fondant into a shallow pan with straight sides, making a sheet about half an inch thick, and when this is cold cut it into squares.

Nut and Fruit Bonbons

Divide your fondant into several portions, giving each a different color and flavor. Shape balls about the size of a marble, flattening them slightly on one side, and press upon the plane surface a nut of any sort,—a pecan, a portion of the kernel of an English walnut, a blanched almond or a slice of a Brazil nut. Set aside to become hard and cool. In the same manner you may use, instead of the nut, a little piece of crystallized fruit, like a bit of ginger, angelica, pineapple, fig, or a seeded raisin. These bonbons may be served plain, or may be dipped in melted, unstirred fondant for a second and then rolled in granulated sugar, to give them a sparkling finish. As the fondant hardens rapidly it is better to work and soften only one tint or flavor at a time and make all the bonbons of this special variety at once instead of going from one to the others. In this connection I wish to repeat my counsel to have all ingredients and implements at hand before you start on your work, so that you may not be interrupted at a critical moment to go in search of something you need in a hurry.

Nut Rolls

Flavor half a pound of fondant with a few drops of vanilla and work into it chopped almonds, pecans, or walnuts. Two tablespoons of the nuts will be sufficient for this quantity of fondant. Divide the fondant into pieces about the size of an English walnut and with the palm of the hand, rubbed with confectioners' sugar, roll the piece on waxed paper until you have converted it into a long, slim roll. If this seems too large for your purpose, cut it in two across the length. Have ready two more tablespoons of chopped nuts, melt a little of the fondant in a shallow dish, then roll your pieces of fondant first in this, then in the chopped nuts, and last in granulated sugar; lay them on waxed paper to dry.

Maple Surprise Bonbons

Of the maple fondant make disks about the size of a quarter of a dollar and twice as thick, and press between two of these, while soft, the half kernel of an English walnut, pinching the edges together so that the nut is entirely encased. Melt white fondant, stirring it so that it may not go back to sirup, dip the maple bonbon in this, take it out with a candy dipper or perforated spoon, and lay it to dry on waxed paper.

You may vary these by dipping some of the bonbons in chocolate and by tinting the white fondant pink, green, or yellow.

Surprise Bonbons

Form disks of the fondant as directed in recipe for Maple Surprise Bonbons. Between these inclose slices of candied fruit or nuts, and dip these into maple fondant or chocolate and fondant mixture. Or you may make the inner bonbon of a different color and flavor from that used in the coating, selecting flavors which will heighten each other, as vanilla and raspberry, lemon or orange and vanilla, or chocolate and strawberry.

BONBONS, CONFECTIONS AND DIPPED CANDIES

Almonds, Creamed

Shell and blanch burnt almonds and lay them in the open oven to dry, but do not let them brown. Put one cup of granulated sugar over the fire with one tablespoon of water; stir until it is well dissolved and comes to a boil. Drop into this the blanched almonds a few at a time and take them out immediately with a perforated spoon or candy dipper, laying them on waxed paper until they harden, or upon buttered plates.

Fig Paste

In just enough water to cover them, boil a pound of pulled figs until soft (first washing the figs carefully). When soft, take them from the fire and drain. Putting the water to one side, chop the figs fine, then return them to the water in which they were stewed. There should be about one cup of this. If there is more, boil it down to the required quantity. Stir in three cups of sugar and cook slowly until it is a thick paste. Turn into a shallow, straight-sided pan, lined with buttered paper, and when cool cut into squares.

Fruit and Chocolate Confections

Prepare as in preceding recipe and work into the mixed fruits two tablespoons of grated chocolate. The unsweetened is best for this, as the fruits are so heavy with sugar that further sweetening would be rather cloying. Follow the same process of rolling out and cutting, etc., as for Fruit Confections.

Fruit and Nut Confections

To the ingredients given in the recipe for Fruit Confections add a half pound of English walnut kernels or of blanched almonds, grind, and mix with the fruit. Follow the same plan of mixing and finishing.

Fruit Confections

Put through a meat chopper a half pound each of figs and crystallized ginger and a quarter pound each of candied angelica and cherries; work together until all are blended; roll with a rolling pin or press with the hands into a sheet about the thickness of a caramel, sprinkling with a good layer of confectioners' sugar the board on which you do this. Cut into small shapes with a cake-cutter or with a sharp knife, roll the pieces in granulated sugar, and arrange in a box lined with waxed paper, placing waxed paper between the layers.

Fruit (Candied) Dipped or Glazed

Cut citron, crystallized ginger, pineapple, or any other fruit into small squares. Have ready in a saucepan a half pint of water and stir into this two cups of granulated sugar. This should be done over the fire. Do not stir the sugar after it is dissolved but boil, wiping the sugar crystals from the inside of the saucepan as they form there, and cook until a little of the sirup, dropped into cold water, becomes brittle at once. Watch carefully, that the sirup does not cook too long and change color. As soon as it is brittle remove from the fire, set it in a pan of boiling water, drop your fruit, a piece at a time, into the sirup, and take it out at once with a greased, perforated spoon, a fork, or a candy dipper. Have sheets of waxed paper at hand on which to lay the candy. If the sugar in which you are dipping your fruit hardens, it may be heated once or even twice, but not more than that, as after a second heating it becomes too hard to be used for this purpose. Be careful not to stir it at all.

Fruit (Fresh) Dipped or Glazed

Make the sugar for dipping by the preceding recipe or as follows: Stir until boiling two cups of sugar, one cup of water, and a tablespoon of corn sirup; after boiling begins do not stir at all, but wipe the sugar crystals from the sides of the saucepan as already directed. When the sirup reaches the brittle stage take it from the fire, stand the saucepan in a pan of boiling water, and dip into it quarters of oranges or of mandarins, Malaga or Tokay grapes, two at a time on a stem, ripe cherries, or other small fruits. To dip these you must either hold them by the stem or else with a pair of candy or sugar tongs. The old-fashioned kind, with two miniature spoons at the end, are better than the tongs with claws, since these are likely to pierce the fruit and the juice which escapes thins the sirup and may prevent its hardening as it should. Lay the dipped fruits on waxed paper. You should have the small paper cases in which to put them if you mean to serve them as bonbons, but the dipped fruits made in this way are an attractive garnish for cakes and desserts.

Oranges, Candied

Peel large, sweet oranges and divide carefully into lobes, removing the white inner skin. Boil together three cups of sugar and one of water, as directed for other candied fruits, and after the sirup reaches the brittle stage add to it the juice of a lemon. Dip the sections of orange into this and lay on waxed paper to dry.

Nuts Dipped or Glazed

These may be prepared by either recipe and are dipped as fruits would be. Blanch almonds, divide the kernels of English walnuts, hickory nuts, or pecans, peel chestnuts and roast them very lightly, and remove from Brazil nuts all the dark inner skin.

Peach Leather

Small peaches may be used for this, but they should be unspecked. Wash them carefully, rubbing all the fuzz from them, cut in half and remove the stones, and put the fruit over the fire to stew, allowing a quarter pound of sugar to every pound of the peaches. Cook until soft, stirring and mashing it as it simmers, and when it reaches the consistency when it can be spread out on a board in a thin sheet turn it out on platters or on a board well greased with butter, and set the "leather" in the hot sun to dry. Protect it from the flies and other insects by fine netting or by panes of glass. When dry it can be rolled up. Sprinkle it lightly with granulated sugar before rolling, then dip the rolls into sugar. Wrap in waxed paper and then in a cloth, and the sweetmeat will keep indefinitely.

Perhaps this might not have quite the flavor to others that it possesses for the Virginians who learned to love it in childhood, but I think that even the grown-ups who eat it for the first time will find the taste pleasing and with a reminiscence of the ripe peach aroma about it that cannot be found in more elaborate candies.

Stuffed Raisins

For this purpose buy the finest layer raisins. Pick them from the stem and lay them in cold water for several hours, so that they may plump and soften. Make a little incision with a small, sharp penknife or a pair of scissors and slip out the seeds. Prepare such a fruit mixture as directed for stuffed prunes, and insert tiny rolls of this in the raisins. Or you may use single fruits or nuts—a sliver of almond, a shred of citron or candied ginger, or anything else of the kind—and put them in. A good plan is to sort the raisins into two sizes, fill the smaller with such stuffing as I have described, and slip these into the larger raisins. In either case, roll the raisin —the outer one—in granulated sugar and lay in boxes lined with waxed paper.

Strawberry Sweetmeats

Hull fresh ripe strawberries and sprinkle them with granulated sugar in the proportion of a cup of this to every pound of fruit and let them stand in this for four hours. Drain the sirup from the berries at the end of this time and put it over the fire in a preserving kettle; bring to a boil, and drop the berries into it. Leave them in only until the sirup regains its boil, then take them out with a perforated skimmer and spread the berries on flat dishes. Place these in the sun and leave them out all day, protecting them by netting. At night bring them in, and the next morning turn the fruit over and give it another sunning. If one day more does not dry them sufficiently, supply a further sun treatment. Pack them in glass jars, alternating the layers of fruit with strewings of sugar. Peach Sweetmeats may be made in the same way.

Quince Leather

This may be made like the Peach Leather, but there must be added to it the rind and juice of a lemon for every three pounds of the fruit, or else a couple of ounces of green ginger in the same proportion. It is good, but not equal to the Peach Leather.

Stuffed Prunes

Select the large prunes for this and lay them in cold water for three hours. Then put them in the steamer and cook until the skins are tender. Slip out the stones. Have a mixture made of candied fruits—ginger, cherries, dates, fig, what you will—chopped fine with an equal quantity of English walnuts, pecans, or blanched almonds. Fill with this the spaces left vacant by the stones, restoring the prunes as nearly as you may to their natural shape, roll them in granulated sugar, and put them aside to become thoroughly dry and firm before eating them.

HOMEMADE COUGH CANDIES

Cough Candy (No. 1)

Break slippery-elm bark into small pieces, put into a half pint cup as much of the bark as it will hold, and pour in enough hot water to fill to the brim; let the bark soak in this for an hour. Fill another half-pint cup half full of whole flaxseed and brim this with hot water, leaving the seed to soak for an hour. At the end of that time put three cups of brown sugar in a saucepan, strain the water from the slippery elm and the flaxseed, and add to the sugar. Stirring constantly, cook until the sugar has boiled past the sirup stage and becomes sugary again; turn out into a buttered tin and when it is cold break into small pieces. This is better if flavored to taste with lemon juice.

Cough Candy (No. 2)

Measure a half cup of white flaxseed—the whole seed, not the meal—into a dish; pour over it a half pint of boiling water. Into another dish measure a cup of broken slippery-elm bark and pour over this just enough water to cover it and let both steep for two hours. Strain into a saucepan, pressing from the seed and bark all the water you can, that as much as possible of the value of these may be obtained. Add three pounds of granulated sugar and the juice of two lemons, and boil the mixture until it is brittle when dropped into cold water. Turn out into buttered pans or dishes and cut or break into pieces.

Cough Drops

Put a half cup of slippery-elm bark and the same quantity of white flaxseed—the whole seed,—into a saucepan or bowl, pour one cup of hot water over them and steep for an hour, stirring them occasionally. At the end of that time strain through a flannel or jelly bag. Put three cups of granulated sugar in this infusion, set the saucepan over the fire, and stir it for two minutes after the sugar melts. Drop the mixture from a teaspoon or candy dipper upon oiled or waxed paper and leave the cough drops on this until they are entirely cold. Moisten the paper on the under side and they will come off easily. If you wish, you may flavor with lemon juice, peppermint, or wintergreen when you mix the sugar and the infusion.

Hoarhound Candy

Steep a heaping tablespoon of hoarhound leaves in a half cup of boiling water and let them stand in this for an hour, strain off, squeezing the leaves to get all the value from them, put over the fire with two cups of brown sugar, stir until the sugar is dissolved, add a tablespoon of vinegar, and boil until a little of the candy is brittle when dropped into cold water. Turn out into a buttered pan, cut into squares when the candy begins to harden, and when cold break apart.

Hoarhound Drops

Prepare the infusion of leaves as directed in the preceding recipe and make the mixture of sugar and water. When the sugar is dissolved add a tablespoon of lemon juice, cook until the candy has reached the brittle stage, and then drop it from a teaspoon or a candy dipper upon buttered paper and let it become cold before removing from the paper. Either the candy or the drops may be made from the fresh hoarhound leaves as well as from the dried.

Irish Moss Cough Candy

Wash a cupful of Irish moss in cold water, pour a quart of boiling water upon it, put it over the fire, and simmer very gently for half an hour, then set it aside and let the moss become cold in the water. Take out the moss, return to the fire the water in which it was cooked, and let this boil down until you have only a pint of the liquid. Add to this four cups of granulated sugar. Stir until dissolved, then cook without stirring until the mixture is brittle when a little of it is dropped into cold water. Add a tablespoon of lemon juice, turn from the saucepan into buttered pans, mark into squares with a knife, and when cold break these apart.

Licorice Cough Candy

Break two ounces of licorice in a half cup of hot water, leave until it dissolves, and put it with a cup of gum arabic which has been dissolved in a cup of warm water and strained through a cloth. Heat these in a saucepan with two cups of confectioners' sugar, and stir until it has boiled to the stage where a little of it is hard and elastic when dropped into cold water. Pour into a shallow pan, well buttered, and stand this in a warm place to dry. When it is elastic without being brittle, remove to a cool place and leave until cold. Break into small pieces.

UNPULLED CANDIES: BUTTERSCOTCH AND CARAMELS

Butterscotch (No. 1)

Put two cups of sugar into a clean agate saucepan with a cup of cold water and two tablespoons of vinegar. Stir until well mixed; bring to a boil and cook for ten minutes. Add four tablespoons of butter to the sirup and boil until a little dropped from a spoon in cold water hardens at once. Have ready a large clean tin, greased with butter, pour the candy into this and set aside to cool. When it begins to form cut into squares with a buttered knife. Leave it in the pan until cold and brittle, and then put away in a jar or in a box lined with waxed paper. Keep the box in a cool, dry place.

Butterscotch (No. 2)

Boil together a cup of brown sugar, a half cup of water, and two cups of molasses until it reaches the soft-ball stage. Add then half a cup of butter, cook ten minutes longer, and pour into shallow pans to cool. Mark into squares with a greased knife and let it become perfectly cold before eating it. Should the molasses make it too stringy for your taste, use equal parts of this and the sugar.

Chocolate Caramels (No. 1)

Bring to a boil four cups of granulated sugar, half a pint of milk, quarter of a pound of butter, quarter of a pound of chocolate. Cook until a little hardens when dropped into cold water; flavor with two teaspoons extract of vanilla, take at once from the fire, turn into buttered tins; mark into squares with a knife as soon as the sirup cools, and leave in the pan until entirely cold.

Chocolate Caramels (No. 2)

Mix in a saucepan two cups of brown sugar, half a cup each of molasses (not sirup) and cream, half a cake of unsweetened chocolate, and four tablespoons of butter. Bring to a boil slowly, taking care the sugar does not scorch before it is entirely melted, cook steadily until a little of the candy is brittle if dropped in cold water, add two teaspoons vanilla, turn into a greased pan, and cut into squares as soon as it is cool.

Chocolate Caramels (No. 3)

Mix one cup of molasses with a quarter cup of water and a half cup of granulated sugar. Stir over the fire until the sugar is dissolved; put in two ounces of unsweetened chocolate and two tablespoons of butter, and cook until the chocolate melts; then cook without stirring for fifteen minutes. Test a little of the candy in a cup of cold water. If it forms a soft ball between the fingers it is ready to be taken from the fire; if not, continue the low, steady boil, watching carefully that the candy does not scorch, until the soft-ball stage is reached. Flavor with a teaspoon of vanilla and take from the fire. Pour into buttered pans and proceed as already directed in caramel recipes.

Chocolate Cream Caramels

Scrape unsweetened chocolate to the amount of two tablespoons; put with half a pint of boiling water in a saucepan, and bring to the boil again. Add one cup sugar and let the mixture boil for ten minutes. Weigh and grate three-quarters of a pound of unsweetened chocolate, and put this with the chocolate sirup; leave them over the fire until the chocolate is well melted, add two cups of cream and three cups of granulated sugar; and after the candy boils stir it constantly for ten minutes, adding a tablespoon of vanilla. By the end of that time you should have a large ball of the candy, and pour it out on a big buttered plater or into greased tins. It is still better to turn it on a marble slab if you have it, but if not the others will serve. So thick a mass will take a long time to cool even enough to be cut into squares and still more to become cold enough to eat. As may be seen from the ingredients, this is a rich and rather expensive candy and too much of it should not be eaten at a time.

Cocoanut Caramels

Put three cups of granulated sugar, one tablespoon of butter, and half a cup of milk over the fire, and stir until dissolved. Have ready grated half a cocoanut; add this to the sirup and cook until a little of it, dropped into water, will form a ball; add a teaspoon of flavoring, either vanilla or lemon as you may prefer, turn into buttered tins, and when cool mark into squares with a buttered knife.

Coffee Caramels

Slowly heat a cup of brown sugar and a cup of molasses and when the sugar is thoroughly dissolved bring the mixture to a slow boil. Cook until a little of it, dropped into cold water, forms a soft ball; then stir in two tablespoons of butter and three tablespoons of coffee. If you cannot buy the coffee extract at your grocer's make a substitute for it of very strong black coffee, made in the proportion of a tablespoon of finely ground coffee to an after-dinner cup of water, and drip this through six times. After the coffee and butter have gone into the sirup, cook it until a small quantity, dropped into iced water, is brittle and cracks between the fingers. Pour into a greased pan, and when cool cut into squares with a greased knife.

Maple Caramels (No. 1)

Crush two pounds of maple sugar into coarse fragments, put it over the fire in a quart of rich milk, and cook steadily, watching carefully that the milk does not scorch, until the candy hardens when dropped into cold water. Turn into greased pans; when cold, cut into squares with a buttered knife.

Maple Caramels (No. 2)

Crush a pound of maple sugar as fine as you can; have ready a pint of hot milk in a saucepan, and stir the sugar in this until melted. Bring to a hard boil and keep stirring until the sirup reaches the soft-ball stage; then put in a tablespoon of butter and cook a while longer. When a little, dropped in cold water, is brittle, pour the sugar into greased pans and mark into squares when cool.

Maple-Nut Caramels

Make maple caramels by either of the preceding recipes. Have ready a cup of nut meats of any kind, carefuly freed from bits of shell and broken into small pieces. Two minutes before taking the candy from the fire stir in the nut meats, and as soon as the candy returns to the boil pour it out into buttered pans and cut into squares when it begins to harden.

Nut Caramels

Follow the recipe for chocolate, coffee, or vanilla caramels and when almost done, just before adding the flavoring, put a cup of kernels into the sirup. Hickory and pecan nuts should be broken into quarters, English walnuts and black walnuts divided into even smaller pieces, filberts or hazel nuts, almonds and Brazil nuts sliced.

Opera Caramels

Put with two cups of granulated sugar enough milk to dissolve it and add a quarter teaspoon of cream of tartar; heat over a slow fire and stir constantly while it boils until it reaches the soft-ball stage. Turn it out then into a shallow greased pan and when cool enough to be almost formed stir it and work it with greased fingers until you have a mass of a consistency like dough. Lay it then on a pastry board, which you have sprinkled with sugar, roll it out with a rolling pin into a sheet half an inch thick, cut it into squares with a knife, and put these in a box lined with waxed paper.

Pineapple Caramels

Cook together three cups of granulated sugar, one tablespoon of butter, and half a cup of milk until they reach the soft-ball stage. Have ready a half cup of fresh pineapple juice, add this to the candy, cook until a little of it is brittle in cold water. Then proceed as with other caramels.

Vanilla Caramels (No. 1)

Melt two tablespoons of butter with one cup light brown sugar, one cup of molasses, and one cup of cream. If you have not the cream use an extra tablespoon of butter. Cook to the stage where the candy hardens in cold water, add two teaspoons of vanilla, and pour into greased pans. When cool, cut into squares with a buttered knife.

Vanilla Caramels (No. 2)

Stir together a quarter cup each of butter and molasses and two cups of granulated sugar; add to these, when well blended, a half cup of cream. Put over the fire and stir until the sugar is dissolved and the mixture begins to bubble, but do not stir at all after the boil is well under way. When a teaspoon of the mixture, dropped into cold water, forms a rather hard ball, flavor with two teaspoons of vanilla, take at once from the stove, and beat until the mixture becomes creamy, scraping the sugar from the side as you stir. While still soft enough to pour, turn the candy into buttered pans, making a sheet the usual caramel thickness, and cut into squares with a buttered knife.

Vanilla-Nut Caramels

Make as directed in either of the preceding recipes. Have ready your shelled nuts, cut into pieces,—and blanched, if you use almonds —put them into the candy just before you take it from the fire or pour them into the buttered pans, spreading them out evenly over the surface, and turn the candy upon them.

UNPULLED CANDIES: COCOANUT, CREAM, AND MAPLE CANDIES

Cocoanut Balls

Put together in a saucepan three cups of granulated sugar and two cups of cold water; boil until the sugar spins a thread from the tine of a fork or the point of a skewer dipped into it. Have ready a good-sized cocoanut, grated; stir this into the sirup, take at once from the fire, and when cool enough to handle form into balls with the fingers, dipping these into powdered sugar if the paste sticks to them. Set away on waxed paper to dry.

Cocoanut Bars

Put three cups of granulated sugar, half a cup of water, and a quarter teaspoon of cream of tartar in a saucepan over the fire and cook until a little of it is brittle when dropped into cold water. Remove the kettle from the fire and, as soon as the mixture begins to cool, stir and beat it hard, scraping the sugar from the sides of the saucepan. It will granulate a little and have a creamy appearance. Have ready half a good-sized cocoanut, grated, and while the candy is still soft enough to stir beat the cocoanut into it, mixing it thoroughly. Pour at once into your greased pans and cut into long, narrow strips. Wrap in waxed paper.

You may make chocolate bars by the same recipe, adding to the candy grated and melted chocolate in place of the cocoanut.

Cocoanut Taffy

Melt quarter of a pound (about four tablespoons) of butter in a saucepan; add two cups of brown sugar and boil until it is brittle in cold water. Have ready half a cocoanut, grated or shredded with a knife into fine shavings, and let these stand in a warm place, spread out in a pan, while the candy is cooking. When this reaches the stage of brittleness turn in the cocoanut and pour it into greased pans. It will be rather brittle when cold.

Cocoanut and Molasses Candy

Boil a quart of dark molasses—the New Orleans is the best—for half an hour, keeping it at a hard boil all the time. When it has cooked thirty minutes add a half teaspoon of baking soda. Try it in cold water until it breaks between the fingers. Turn into it then as much grated cocoanut as it will hold—a whole one is not too much —and when this is well mixed you may either pour the candy into greased tins and mark it into squares when it cools or drop it by the spoonful on waxed paper. In either form it is sticky and good!

Cocoanut Cream Candy

Put over the fire two cups of sugar with half a cup of milk, and cook for five minutes after it comes to the boil. Add then a quarter of a teaspoon of cream of tartar, cook to the soft-ball stage, and take from the fire. Stir into the sirup a half pound of grated cocoanut and a tablespoon of vanilla. Stir until the candy begins to harden a little, and then either turn it into greased pans and cut when cool into long bars, or drop the mixture by the large teaspoonful upon waxed paper and leave it to harden. Use the fresh cocoanut if you can get it, and when you make the candy into drops ornament each with a candied cherry on top, a small square of citron, or other crystallized fruit. Ginger is good for the purpose.

Creamed Pop Corn

Put together half a cup of water and two cups of granulated sugar and boil without stirring until a little of it is brittle when dropped into cold water. Have ready crisp, well-popped corn, and stir into the sirup as much corn as it will take up. The mixture should be very thick. Have ready sheets of buttered paper laid in pans or dishes, put the pop corn candy on this by the large tablespoonful, and when it begins to cool form each spoonful into a ball with the sugared fingers and roll them over in freshly-popped corn mixed with sugar, so that these will adhere to the sticky surface of the balls. As each one is done, wrap it in waxed paper.

Cream Candy (No. 1)

Put a cup and a half of granulated sugar and a cup and a half of light brown sugar together in a saucepan with two-thirds of a cup of cold water and half a cup of corn sirup, and bring to a boil. Cook until the sirup spins a thread from the tip of a fork dipped into it, take from the fire, and pour on the whites of two eggs beaten so stiff they will not drop from the bowl when this is turned over. Add to the mixture a cup of nut meats chopped coarsely. Turn into shallow greased pans; mark into squares with buttered knife when cold.

Cream Candy (No. 2)

Stir together two cups of granulated sugar, one cup of water, and half a cup of heavy cream or half a cup of milk and a tablespoon of butter; put over the fire and cook until it reaches the soft-ball stage. Add another tablespoon of butter, cook until the candy is brittle when a little is dropped in water, flavor with two teaspoons of vanilla, pour into shallow plates, and put aside to cool.

Cream Candy No. 3)

Put into a saucepan two cups of granulated sugar, one cup of water, half a teaspoon of cream of tartar; put over the fire and boil gently until a little of the candy is hard when dropped into cold water. Do not cook until it reaches the brittle stage. Turn out into greased pans to cool.

This candy may be flavored with vanilla, lemon, peppermint, wintergreen, rose, or anything else desired. Add the flavoring just before the saucepan is taken from the fire.

Cocoanut Drops

Grate a cocoanut very fine or put it through a meat chopper. Add to it half a pound of powdered sugar; whip the whites of two eggs to a stiff froth and beat the cocoanut and sugar into these. Have ready your pans lined with buttered paper, drop the candy mixture on this by the teaspoonful, and bake in a quick oven. Do not take from the papers until cold.

Maple Balls

Bring to a gentle boil two cups of crushed maple sugar and one cup of water. Do not stir after it is fairly melted. When it is hard when dropped into cold water put in a heaping tablespoon of butter; take from the fire, and as soon as the first heat is passed beat the candy vigorously. When it becomes cool enough to handle, make into balls with the fingers.

Maple-Nut Candy (No. 1)

Before removing from the fire the candy for which a recipe has just been given stir into it a cupful of chopped nut meats of any sort. Mix them in the boiling sirup, and when it regains its boil take from the stove.

Maple-Nut Candy (No. 2)

Cook together four cups of crushed maple sugar and a cup of water until a little of it is brittle when dropped into water. Have ready shallow greased pans spread with nut kernels—hickory nuts, black or white walnuts, almonds, pecans, filberts, butternuts—anything you choose, and pour the maple candy over them. This is especially good when made with black walnuts or butternuts.

Maple-Nut Candy (No. 3)

Put over the fire a pound of soft new maple sugar, broken into pieces, with a quarter cup of water and a half cup of cream or, if you cannot get this, half a cup of milk and a tablespoon of butter. Cook until it reaches the soft-ball stage, stir in a cup of broken nut meats, take from the fire, beat until creamy. Then turn into a buttered pan and when it cools mark into squares.

Maple Creams (No. 1)

Crush a pound of maple sugar and put it over the fire with a cup of heavy cream. Boil until a little of it, dropped into cold water, makes a soft ball; take from the fire and beat until it is of a creamy consistency, scraping it from the side of the saucepan as you work. A silver fork is the best implement, although a spoon may be used. Turn into buttered pans and let it cool.

Maple Creams (No. 2)

Break four cups of maple sugar into pieces, then crush with a rolling pin and put over the fire with a cup of water and a quarter teaspoon of cream of tartar. Boil until it reaches the soft-ball stage, and take from the fire. When almost cold begin to beat, and continue until the candy becomes creamy; then turn it into a shallow, buttered pan. Do not eat it until it is perfectly cold.

Maple Drops

Crush maple sugar very fine and put four ounces of it and a tablespoon of water in a granite saucepan. Set it on the fire, and when the sugar begins to melt stir with a spoon for a few minutes. Let it boil for about five minutes. Have ready sheets of buttered paper and drop the maple on this by the small teaspoonful, putting the drops far enough apart so that they will not run into one another. Let them cool on the paper before moving them.

This is a recipe it is impossible to give with entire accuracy, since much of the success in making the drops depends upon the experience that has taught the exact stage at which the sugar should be taken from the fire. When this is once mastered the candy is easily and quickly made.

UNPULLED CANDIES: FUDGES AND SIMPLE NUT CANDIES

Chocolate Fudge (No. 1)

Boil together two cups of granulated sugar, half a cup of unsweetened chocolate, broken or grated, two tablespoons of butter, and one cup of milk. Stir constantly while the mixture is boiling that it may not burn, and cook for twenty minutes. Then dip out a teaspoon of the candy and test it in cold water, and when it will form a ball between the fingers flavor the candy with two teaspoons of vanilla, stir hard for a few minutes, and turn into greased tins. Cut into squares while still warm.

Chocolate Fudge (No. 2)

Cook together a cup each of brown sugar and of grated chocolate, half a cup of milk, and a quarter cup of molasses. Boil, stirring frequently until the candy reaches the soft-ball stage; then flavor with a teaspoon of vanilla and turn into buttered pans, cutting it into squares with a greased knife as the candy begins to stiffen.

Chocolate Fudge (No. 3)

Put two cups of granulated sugar and two-thirds of a cup of milk in a saucepan and bring to the boil; add three tablespoons of grated, unsweetened chocolate, and stir until this is melted. After this cook for ten minutes, put in two large tablespoons of butter, cook ten minutes longer, flavor with two teaspoons of vanilla, take from the fire, and beat until the candy hardens and begins to granulate. Turn it out into buttered pans while the mixture is still soft enough to pour, and mark into squares with a knife.

Maple Fudge

Put together a cup and a half of maple sugar, crushed with a rolling pin, half a cup of granulated sugar, a cup of milk, and a tablespoon of butter. Boil until it hardens when a little of it is dropped in cold water (this will require from twenty to thirty minutes). Take from the fire, and proceed as with chocolate fudge.

"Divinity Fudge"

Bring to a boil one cup of maple sirup, two cups of granulated sugar, one cup of water, and one tablespoon of vinegar. Boil until a little of the candy hardens in cold water, flavor with a teaspoon of vanilla, and take from the fire. At the same time the ingredients for this are put on the stove there should be set to boil in another saucepan a cup of granulated sugar with a half cup of cold water, and this should be cooked, without stirring, until the sugar will spin a thread from the tip of skewer dipped into it. Take them from the fire, and beat it into the stiffly whipped whites of two eggs; add this to the first preparation when it has begun to cool a little. Beat the mixture hard. In a short time it will begin to stiffen; at this stage add two cups of chopped nut kernels. Pour into greased pans and cut into squares, triangles, strips or diamonds as you choose.

Marbled Fudge

Cook together a cup each of white and brown sugar, half a cup of milk, a small tablespoon of butter, and two heaping tablespoons of grated, unsweetened chocolate. After it begins to boil, stir constantly until it reaches the soft-ball stage, flavor with a teaspoon of vanilla, and take from the fire. At the same time this is boiling cook in another saucepan a cup each of white and brown sugar, half a cup of milk, and a small tablespoon of butter. When this also reaches the soft-ball stage take from the fire. Pour the brown fudge into a shallow, greased pan, making a sheet about the thickness of a caramel, and when this has stood for a minute pour the white fudge in on top of the other. Leave them to get entirely cold before you take them out, although you may mark them into squares with a greased knife while they are still warm.

Nut Fudge

Make a fudge by any of the recipes already given, and just after it comes from the fire add nut kernels chopped coarsely. Walnuts, hickory nuts, and black walnuts are especially good in fudge.

French Nut Nougat

Blanch a half pound of almonds and an equal quantity of pistachio nuts, dry the nuts in a soft cloth, and brown lightly in an open oven. Melt two cups of granulated sugar in an enameled saucepan, stirring it when heated. After it bubbles and begins to brown stir in the hot almonds gently. Have ready a shallow pan thoroughly oiled or buttered and warmed; oil is preferable, as the salt in the butter sometimes sticks. Pour in the nougat quickly and flatten it with a half lemon dipped in melted butter or oil. All this must be done swiftly or the nougat will harden before it is in shape. Mark in strips with a buttered or oiled knife while still warm.

Honey Nut Nougat

Prepare nuts as in the preceding recipe. To one and a half cups of granulated sugar put half a cup of strained honey and cook together until the mixture begins to brown. Proceed as with the French Nut Nougat.

Butternut or Black Walnut Candy

Cover the bottom of a shallow pan, which you have buttered well, with the kernels of butternuts or black walnuts that have been chopped coarsely. Over them pour a candy made by boiling together one cup of fresh maple sugar, one-third of a cup of water, and a heaping teaspoon of butter to the soft-ball stage. Mark it into squares while it is still soft.

Hickory Nut Candy (No. 1)

Boil together one cup of light brown sugar, a quarter cup of water, and a half tablespoon of butter until a little hardens when dropped in cold water. Take from the fire, stir in the nuts, and after a few minutes' beating turn into buttered pans.

Hickory Nut Candy (No. 2)

Beat to a stiff froth the whites of three eggs with two cups of powdered sugar and add a cup of hickory nut meats chopped very fine. Drop by the teaspoonful on buttered paper laid in a pan and bake until a delicate brown in a slow oven. Do not take from the paper on which they were cooked until perfectly cold. Pecan nuts may be used instead of hickory nuts.

Mexican Kisses or Penotchie (No. 1)

Cook together three cups of light brown sugar and a cup of milk to the soft-ball stage, add a teaspoon of butter, take from the fire, and stir in a teaspoon of vanilla and a cup of chopped kernels of English walnuts, pecans or hickory nuts. Turn out into buttered pans and mark into squares with a knife.

Mexican Kisses or Penotchie (No. 2)

Boil together two cups of light brown sugar, half a cup of cream or rich milk, and butter the size of an egg until it makes a soft ball when dropped into cold water. Add a teaspoon of vanilla just before removing from the fire, stir in one cup of chopped walnuts, and beat all together until the mixture begins to cream, but turn it into greased pans while it is still soft enough to pour. Cut it into squares with a knife while warm.

Sea-Foam Chocolate Fudge

Boil together a cup of light brown sugar, half a cup of water, and a third of a cup of grated, unsweetened chocolate until a little of it spins a thread from the tip of a skewer dipped into it. Have ready the white of an egg, whipped very stiff, and pour the candy mixture on this, beating all the while. When it begins to stiffen you can either pour the candy into greased pans and mark it into squares with a knife or drop it by the teaspoonful on waxed paper.

Peanut Brittle (No. 2)

Melt four cups of granulated sugar in a clean saucepan over a slow fire and cook it until it is a good brown, but not scorched. Have ready two cups of shelled and skinned peanuts. Stir them into the melted sugar and pour in a very thin sheet into buttered pans.

Sea-Foam Nut Fudge

Cook together three cups of light brown sugar, one cup of cold water, and a tablespoon of vinegar, gradually bringing them to the boil. After the mixture is well heated do not stir it, but boil steadily until a little dropped into cold water makes a hard ball. Have ready the stiffly whipped whites of two eggs, and as soon as the sirup has stopped bubbling, after you take it from the fire, pour it on the eggs, beating all the time until it is cool enough to show signs of stiffening. Flavor with a teaspoon of vanilla and stir into it a cupful of chopped hickory nuts or English walnuts. Pour into a greased pan and proceed as with ordinary fudge or drop by the teaspoonful on waxed paper.

Nut Bars

Cook together two cups of granulated sugar with half a cup of water and a saltspoon of cream of tartar until it hardens between the fingers in cold water. Take from the fire before it reaches the brittle stage. Have ready shallow buttered pans strewn with chopped nut kernels, pour the sirup on these, and mark into bars with a buttered knife. This will be better several days after making than at first. Hickory nuts, walnuts, and pecans may all be used in this, separately or mixed.

Peanut Brittle (No. 1)

Cook together a cup each of molasses and of brown sugar, two tablespoons of butter, and one tablespoon of vinegar until a little of the sirup is brittle if dropped in cold water. Have ready a cup of shelled peanuts from which all the inner skin has been removed, and after you take the candy from the fire stir into it the peanuts and a teaspoon of baking soda dissolved in a little cold water. Pour in thin sheets into greased pans and set aside to cool.

Peanut Candy

Boil together two and a half cups of granulated sugar and a half cup of water until it reaches the soft-ball stage. Do not stir. When it forms a ball between the fingers in cold water, add a tablespoon of butter and cook until the candy hardens in cold water. Add to it one cup of roasted, shelled, and skinned peanuts, turn the candy into a shallow buttered pan, and cut into bars before it is cold.

Walnut Molasses Candy

Boil four cups of molasses half an hour, add a quarter teaspoon of baking soda and cook until a little dropped in water becomes brittle. Stir in walnut kernels, cut in quarters, and turn into a buttered pan.

UNPULLED CANDIES: TAFFY, POP CORN, AND CANDY DROPS

Butter Taffy

Cook together in an agate saucepan two cups of brown sugar and three large tablespoons of butter. If the butter is rather salt, wash the salt from it before you put it with the sugar. Cook together, without stiring, until a little of the candy, dropped into cold water, is brittle enough to break between the fingers. Turn into greased pans in a thin sheet and mark into squares with a knife before the candy cools. When cold, keep it wrapped in waxed paper.

Lemon Taffy

Put a cup of brown sugar, a half cup of cold water, a tablespoon of vinegar, and a tablespoon of butter together in an agate saucepan and bring to a boil. Cook until the candy is brittle when dropped in cold water, take it from the fire, add to it the juice of a large lemon, and pour into a greased pan in a thin sheet. Set aside to cool. You may either mark this into shape with a knife or break it into irregular pieces after it is hard and crisp.

Maple Sugar Taffy

Put together three cups of crushed maple sugar, two cups of light brown sugar, and a cup and a half of water. Boil together until a little of it is hard in cold water, turn in a thin sheet into a buttered pan, and put aside to cool.

Molasses Taffy (No. 1)

Heat a cup of sugar, two tablespoons of water, and one tablespoon of butter, and when it reaches the boil put in half a cup of molasses. Boil until the candy is brittle in cold water, and pour into buttered tins in as thin a sheet as possible.

Molasses Taffy (No. 2)

Boil a cup of brown sugar, four cups of molasses, and a half cup of butter until it is brittle when dropped in cold water. Pour in a thin sheet into a buttered tin and put aside to become cold.

Molasses Nut Taffy

Make taffy by either of the preceding recipes and just before taking the saucepan from the fire stir into the candy shelled and broken nut kernels of any sort, gauging the quantity by your preference. Should you wish a very heavy mixture of nuts, allow more kernels; if you prefer to have the nuts sparsely sprinkled through the taffy, put in only a few of them.

Molasses Pop Corn Taffy

Cook three cups of molasses, two cups of sugar, and one cup of water together until it is brittle in water; stir into it two cups of freshly popped corn and pour out into well-buttered pans. You will have some difficulty in cutting this into accurate squares, and it is as well to wait until the candy is cold and then break it into irregular pieces.

Old Virginia Molasses Taffy

Put a pint of New Orleans molasses over the fire in a saucepan and boil for twenty minutes. Stir in a quarter teaspoon of baking soda and boil fifteen minutes longer, or until a little, dropped into cold water, becomes brittle. This candy must be stirred constantly while it is cooking or it will scorch. When it reaches the brittle stage, add a teaspoon of vinegar and a tablespoon of butter and pour into well-buttered pans. Mark into shape with a buttered knife after the candy begins to form and before it is really hard.

Sugar Taffy (No. 1)

Stir together over the fire two heaping cups of granulated sugar and a cup of cold water until the sugar is dissolved; add a saltspoon of cream of tartar dissolved in a tablespoon of cold water, and boil the candy until it hardens in cold water. Take it from the fire, flavor with a teaspoon of vanilla or an equal quantity of lemon juice, turn into a buttered pan in a thin sheet, and put aside to harden.

Sugar Taffy (No. 2)

Dissolve three cups of sugar in a cup of water in an agate saucepan over the fire and bring to the boil. When you ascertain by testing the candy in water that it can be made into a soft ball between the thumb and finger, add three tablespoons of butter and a teaspoon of lemon juice, and continue to boil until the candy is brittle when dropped into cold water. Flavor with two teaspoons of vanilla; turn into buttered pans, pouring the candy into a thin sheet, and set aside to cool. Do not stir this candy while cooking—only until the sugar is dissolved.

Pop Corn Balls

Boil together a cupful each of molasses and brown sugar, and a tablespoon of vinegar. When it has cooked for twenty minutes put in two tablespoons of butter. Then cook until the candy reaches the brittle stage, and stir in enough pop corn, freshly made, to form a mixture as stiff as can be stirred. When it is cool enough to handle, form it into balls with buttered hands and then roll the balls in popped corn until the outside of the balls is coated with all the corn that will adhere to them. Wrap each ball in waxed paper.

Cream Peppermint Drops

Put a half cup of cold water and two cups of granulated sugar into a clean saucepan and boil slowly, without stirring, until it spins a thread from the tip of a skewer dipped into it. Take from the stove, leave it untouched until it is about blood-warm, then stir steadily, always in one direction until the mixture begins to become creamy. Flavor to taste with essence of peppermint, adding this cautiously so as not to get the flavor too strong. Drop by the teaspoonful upon waxed paper, being careful not to put the drops so close together that they will run into each other. A candy dipper is even better for this purpose than a teaspoon.

Cream Wintergreen Drops

Make by the same process as the Cream Peppermint Drops, using Wintergreen instead of peppermint flavoring.

Lemon Drops

Squeeze the juice of three large lemons into a bowl, mix with it granulated sugar until you have a thick mixture—as much sugar as the juice will take up. Put this into a saucepan, bring to a boil, and cook for five minutes after this point is reached. Have ready sheets of waxed paper and drop the lemon mixture on the paper by the coffeespoonful. If you have a small candy dipper, such as comes for this purpose, so much the better. Set the sheets with the candy drops on them aside to dry, and when dry remove the candies from the paper and put in a box.

Peppermint Drops

Put together in a saucepan four even tablespoons of granulated sugar, one tablespoon of water, and three drops of essence of peppermint. Set the saucepan on the stove and stir the mixture for three minutes after it melts. Take from the fire and drop the candy on the waxed paper as directed in the preceding recipe.

Wintergreen Drops

Proceed as for peppermint drops, substituting three drops of essence of wintergreen for the peppermint. By the addition of a drop or two of vegetable coloring you may have these drops whatever tint you choose.

UNPULLED CANDIES: NUT AND FRUIT CANDIES AND MARSHMALLOWS

Almond Squares

Stir together in a saucepan two cups of granulated sugar and one cup of water until the sugar is dissolved; bring to a boil, and cook to the soft-ball stage. As the crystals of sugar gather on the sides of the saucepan wipe them off with a bit of wet sponge. Add a teaspoonful of lemon juice and cook until the sugar begins to brown delicately. Have ready a quarter pound of almonds, shelled, blanched, and browned to a very pale brown; drop these into the boiling sirup and pour the candy at once into a buttered, shallow tin. Do not stir after the nuts go in or the candy may granulate. Use half a lemon to flatten the candy, pressing the cut side down upon the surface. If you do not wish the added lemon flavor, dip the lemon in melted butter before pressing it on the candy. Should you wish a stronger taste of almond, add five or six drops of bitter almond flavoring at the time you put in the lemon juice. Cut the candy into squares with a buttered knife before it cools, and then leave it in the pan until entirely cold.

Creamed Almonds

Stir two cups of granulated sugar in a quarter of a cup of water until dissolved; put over the fire, and stir constantly while boiling. When it spins a thread drop in blanched almonds, one at a time, taking them out at once and laying them on buttered paper or on buttered plates to harden.

Candied Nuts

Boil together a cup of sugar and a quarter of a cup of water, without stirring, until the point is reached where the candy is brittle when dropped in cold water. It should be just short of the stage where the sirup begins to change color. Keep a piece of soft cloth or a small sponge at hand, and wipe off the crystals of sugar that are thrown up on the sides of the saucepan from the boiling sirup. Have ready kernels of English walnuts, pecans, Brazil nuts, or blanched almonds, which should have been dried and heated in an open oven. Drop these into the sugar, one at a time, and lift out with a pair of candy tongs. Lay on waxed paper. Work fast, for the sugar hardens quickly. It is well to keep it hot by placing the saucepan containing it in an outer vessel of boiling water. If too stiff, add a few drops of hot water.

Marshmallows

Put four ounces of powdered gum arabic into a teacup of cold water and leave it untouched for two hours; turn then into a double boiler, filling the outer vessel with cold water and bringing this slowly to a boil. Cook until the gum arabic in the inner vessel is entirely dissolved, strain it through a piece of coarse muslin and return to the double boiler with a full cup of powdered sugar. Stirring continually, cook until the sugar and gum arabic water are stiff and white, then remove from the stove and beat hard for a couple of minutes. Flavor to taste with vanilla, beat hard again, and turn the mixture into square tins which you have sprinkled thickly on the inside with cornstarch. When the candy is cold cut it into squares with a knife and roll the marshmallows in a mixture of three parts of cornstarch and one part of powdered sugar. Unless they are to be eaten the day they are made keep them in tin boxes. They dry out and harden very quickly.

Fruit Bars

Boil four cups of granulated sugar and a cup of water in an agate saucepan, stirring until the sugar is dissolved. Cook until the sugar begins to turn a delicate straw color; take it from the fire. Have ready greased pans, and a few minutes before the sugar is ready to be removed from the stove strew in the pans shredded figs, citron, cocoanut, and dates, seeded raisins, and, if you wish, candied lemon and orange peel. Pour the candy over this, taking pains to distribute it evenly. If this is difficult to achieve, press the candy flat with a half lemon, either plain or dipped in butter. Before the candy hardens, cut it into bars with a buttered knife and leave it in the pan until entirely cold.

Kisses

Whip the whites of two eggs stiff, beat into them gradually two cups of powdered sugar and two tablespoons of cornstarch. Flavor to taste with vanilla, lemon or bitter almond. Drop by the teaspoon on buttered paper, having a care not to put them near enough together to run into one another, lay the paper on flat pans or tin sheets, and bake in a very slow oven. They should take ten to fifteen minutes to cook, and must be allowed to become completely cold on the paper.

Candy Pudding

Moisten four cups of light brown sugar with two tablespoons of vinegar and a quarter cup of cold water; put over the fire and boil until it reaches the soft-ball stage; add a small tablespoon of butter, and cook five minutes longer. Have ready fruit and nuts—a half pound each of citron and figs, cut into strips; a half pound of raisins, stoned; a quarter pound of shelled almonds, blanched and cut in half; a quarter pound of English walnut kernels, broken into bits. Stir these into the boiling sugar, take from the fire, beat hard for two or three minutes, and then pour into a pudding cloth, wet in cold water. Roll the candy up in this, as you would a boiled pudding, twisting the ends of the cloth to hold the candy in shape, and let it get entirely cold before removing the cloth and cutting the candy into slices.

Marshmallows (Chocolate)

Follow the first stages given for making plain marshmallows up to the point where the strained gum arabic is returned to the boiler. Add to the sugar put with it then two tablespoons of grated chocolate. Let this cook for half an hour, or until the chocolate is well blended and the mixture is stiff, then proceed as with plain marshmallows.

Marshmallow Dainties

Arrange your freshly made soft marshmallows in square pans, which you have buttered well, placing the marshmallows a little distance from each other. Into the top of each press a candied cherry, pushing it down so that it will stay in place. Or, if you prefer, you may put there a square of citron or of pineapple, although the cherries are more ornamental than any other fruit. Make a fudge mixture, by cooking together two cups of granulated sugar, a half cup of milk, and a tablespoon of butter until they reach the brittle stage. Then pour the sirup around the marshmallows, using great care not to let the candy come up so high as to cover the cherry. Set aside to cool, and cut into squares, having a marshmallow with its cherry on top in the center of each square. These are far better if made the day they are to be eaten, as the marshmallows toughen very quickly.

Orange or Lemon Peel Candied

When peeling the fruit cut the rind into quarters, then into strips, lay them in a saucepan, cover them with cold water, and bring this to a boil. Drain, and to the peel of six oranges or of twelve lemons allow two cups of granulated sugar and one cup of cold water, put over the fire in a saucepan and bring to a hard boil. At this stage lay in the peel and continue boiling, watching carefuly that the peel does not scorch. Do not stir, but lift the peel with a fork from time to time, so that it does not stick to the bottom of the vessel. When the sirup has boiled away almost entirely, remove the saucepan from the stove, stir into the contents a cup of granulated sugar, and stir this about with a fork until the mixture is almost cold. Separate the strips of peel with the fork and the fingers, and spread out on a plate to dry. Keep in a tin box until it is to be used. It dries out quickly.

Maple Marshmallow Dainties

Proceed as in the foregoing recipe, but make the candy to surround the marshmallows by breaking a pound of maple sugar into small pieces, putting it over the fire with a cup of milk, adding a tablespoon of butter, and cooking until a little, dropped in cold water, becomes brittle. Pour this over and around the marshmallows as directed for Marshmallow Dainties. When you use the maple sugar you may put an almond or pecan kernel or other nut on top of each marshmallow instead of the cherry.

Orange Straws

For this confection it is well to select thick-skinned oranges. Remove the peel carefully, cutting it into long strips about a quarter of an inch in width. Lay the peel on the stove in a pan of boiling water, cook for five minutes, drain, cover with boiling water and boil for five minutes more, then pour off the water and once again cover with boiling water and cook five minutes longer. Drain thoroughly, and leave it in the colander while you make a sirup by boiling together a cup of sugar and three tablespoons of water. As soon as it reaches the boil lay in the peel and cook for about twenty minutes, or until the sirup is taken up by the peel, lifting this from time to time with a fork to make sure it does not scorch. Take from the fire, and roll each strip—or straw—in granulated sugar, spread out on paper. Line a pan with paper, lay the straws on this; when the bottom of the pan is covered, set in a warm oven until the straws are dry. Do not let it become too hot, or the sugar will melt. The work must be done quickly. A cup of sugar should serve to candy the peel of six medium sized oranges.

PULLED CANDIES: MOLASSES, SUGAR AND CREAM CANDIES

Molasses Candy (No. 1)

Put a quart of good dark molasses—New Orleans preferred—over the fire with a cup of brown sugar and a half cup of vinegar. Cook until a little of it hardens when dropped in cold water, then stir in a tablespoon of butter and a teaspoon of baking soda dissolved in cold water. Pour the sirup into buttered platters or large, shallow tins. The more surface it covers the sooner it will cool, but if turned into a deep dish or pan it will be a long time before it reaches the stage where it can be pulled. As soon as it arrives at the temperature where it can be handled without actually blistering the fingers, begin to pull it, taking only a small quantity at a time. Use the finger tips, buttering these well to begin with and working as quickly as possible. The longer the candy is pulled the whiter it gets, and in practiced hands it may be brought to a glistening whiteness and then braided into long or short sticks.

You will be aided in pulling your candy if you have secured to the door or window frame a strong hook over which you can throw your rope of candy and pull. There is great fun for a group of

young people if they pull in pairs, each holding one end of the candy rope, and in my childhood, when we had candy "stews" down in Virginia, no one ever thought of any other fashion of pulling the candy. But the hook is a modern improvement worth having, and saves labor and effort. Hold the candy firmly, even though with the tips of the fingers. If you let the candy rope slip through the hand it will make them sore, and in all probability raise blisters, as well.

You may either leave the candy with only the molasses flavoring or you may put in lemon juice to taste.

Molasses Candy (No. 2)

Boil four cups of New Orleans molasses, stirring constantly to keep the molasses from boiling over the top of the kettle. A large saucepan should be used or you will have an overflow. At the end of half an hour's steady boiling put in half a teaspoonful of bicarbonate of soda dissolved in a little cold water, and keep up the boiling. Test it from time to time in cold water, and as soon as it is brittle take it from the fire and proceed as directed in the recipe for Molasses Candy (No. 1).

Molasses Velvets

Put into a large kettle three cups of sugar, one cup of molasses, one cup of boiling water, and three tablespoons of vinegar, and bring to a boil. When this point is touched stir in a half teaspoon of cream of tartar and boil until a little of the candy is brittle when dropped in cold water. You must stir continually during the cooking. When the candy has reached the soft-ball stage add a quarter teaspoon of bicarbonate of soda dissolved in a little cold water, and half a cup of butter, then boil until the brittle period is attained. Move the kettle to the side of the stove, and as soon as the contents stop boiling add a teaspoon of vanilla or lemon extract or any other flavoring you wish, turn the candy out into buttered pans or dishes, and proceed as with ordinary molasses candy. When it has been pulled into sticks you may cut it into short lengths with a pair of old scissors.

Lemon Cream Candy

Put four cups of granulated sugar over the fire with one cup of cold water. Stir until dissolved, then let it cook steadily until it reaches the stage where a little hardens in cold water. Add the soda, take from the fire, flavor with a teaspoon of lemon juice, pour out into shallow buttered dishes or pans, and pull as soon as it is cool enough to handle. When pulled it will be brittle enough to break into pieces of any length desired.

Sugar Candy

Cook together, without stirring, three cups of granulated sugar and half a cup of vinegar and water mixed in equal parts until a little of it dropped from a spoon into cold water, becomes brittle. Dissolve a teaspoon of soda in hot water and add this and a tablespoon of butter to the candy, take it from the fire, pour into flat dishes and pull as you would molasses candy.

Vinegar Candy

Put into a saucepan one and a half cups of vinegar and three cups of granulated sugar, the sugar stirred with the vinegar until entirely dissolved. Bring to a boil slowly, and cook until it spins a thread from the tip of a skewer. Turn out into shallow buttered pans or dishes, and pull as you would molasses candy.

Orange Cream Candy

Make by preceding recipe, but instead of using the lemon juice in flavoring stir in the grated rind and the juice of an orange just before removing the saucepan from the fire.

Rose-Red Cream Candy

Put into a saucepan two cups of granulated sugar and one cup of water in which have been dissolved a teaspoon of powdered gum arabic and half a teaspoon of cream of tartar. Set over the fire and stir until the sugar is melted. Boil until the sirup is a little past the soft-ball stage but not brittle when dropped into cold water, wiping off with a sponge from the sides of the saucepan the sugar crystals that rise from the boiling sirup. Just before taking the candy from the fire stir into it enough prepared vegetable pink to bring the mixture to the color you wish. You may flavor this with rose or with raspberry. Pour the candy out on a large platter or on a tin that has been well buttered, and as soon as it is cool enough to handle, pull until crisp.

Virginia Crisps

Cook together two cups of molasses, one cup of brown sugar and half a cup of butter until brittle in cold water. Pull quickly into very slim sticks and break or cut into small pieces.

Variegated Cream Candy

Put into a large saucepan or preserving kettle four cups of granulated sugar, one cup of water, one tablespoon each of butter and of vinegar, and half a cup of cream into which you have stirred a bit of soda the size of a pea. Boil until it reaches the brittle stage. Meanwhile cook together in a double boiler another half cup of cream into which you have stirred three tablespoons of grated and melted chocolate. Let these simmer together until well blended. When this stage is reached, dip out a cupful of the boiling candy and stir it into the cream and chocolate mixture. Leave this at the side of the stove, where it will keep warm without cooking, while you flavor with a tablespoon of vanilla the sirup still in the kettle; turn the plain sirup out into broad platters, or into pans, well buttered. On it, here and there, put large spoonfuls of the chocolate mixture. As soon as the candy is cold enough to handle, pull it with the tips of the fingers. It will be prettily marbled after you have finished.

You may add still another color to this confection by putting with a portion of the sirup enough pink vegetable coloring, such as may be bought of any good grocer, to tint this a pale pink. In this case flavor the plain-colored sirup with lemon and the pink with vanilla, and dispose the latter on the plain-colored variety in such a way as to make a pretty combination with this and the chocolate.

Snow-White Cream Candy

Prepare exactly as in the preceding recipe, omitting the coloring matter and flavoring the candy with lemon or vanilla. You can gain a pretty effect by braiding the pink and white strands when they have been pulled to the point where they have not quite reached crispness. The untinted candy should be very white.

Vanilla Cream Candy

Cook together four cups of granulated sugar, one quarter cup of vinegar, three quarters cup of water, two tablespoons of butter, without stirring, until it is brittle when dropped into cold water. Take from the fire, add a tablespoon of vanilla, turn on a buttered shallow pan or a platter, and pull until white and crisp. Break into pieces of the length you wish.

Virginia Barley Sugar

Stir together two cups of granulated sugar and a half cup of water until the sugar is dissolved, wiping the sugar crystals from the side of the saucepan. Boil, without stirring, until the sample of sirup put into a cup of ice-cold water is brittle enough to snap as you touch it. Turn out of the saucepan on a large buttered platter and when cool enough to handle cut off small pieces with a buttered knife. Each piece should be about the size of an almond. These you can either pull into slender sticks or you may lay them on a buttered plate and roll them with the greased palm into thin sticks that you may braid or twist together. Break or cut into short lengths, working rapidly lest the sugar become too hard to manage before you have finished.

You may diversify these sticks by dividing the sirup before it is quite cooked, putting different portions into different vessels and then coloring or flavoring them so as to have a variety. If you mean to braid the separate tints you can hardly do the work without help, for before the work is done the sugar will harden too much to be handled. A pretty assortment may be secured by using the pink and the green vegetable colorings and mixing these with the white or light yellow of the untinted sirup. Rose, peppermint, wintergreen, almond, vanilla, lemon, or orange may be used to flavor the candies.

Quick Mints

Ingredients—1 cup sugar, ⅛ teaspoon cream of tartar, ½ cup boiling water, 3 drops oil of spearmint.

Preparation—Put sugar into a smooth, clean saucepan, add boiling water, and stir until dissolved; add cream of tartar, and boil to 234° F., or about five minutes; cool slightly, add flavoring, beat until creamy, and drop from a teaspoon on an oiled slab or platter. If mixture thickens before all is used, add a few drops of boiling water. Oil or essence of wintergreen, lime, orange, etc., may be used instead of spearmint, and mixture may be colored lightly to correspond with flavoring.

After-dinner Mints

Ingredients—2 cups sugar, ⅓ cup boiling water, ¼ cup molasses, 4 drops oil of spearmint.

Preparation—Put sugar and molasses into a smooth, clean saucepan, add boiling water, heat gradually to the boiling point, and boil to 258° F., or until candy becomes brittle when tested in cold water; add flavoring, pour on an oiled slab or platter and when cool enough to handle pull until nearly white; pull into long strips about half an inch in diameter, and cut in small pieces with scissors; roll in powdered sugar, and keep in a covered jar for several days before using.

Apricot Paste

Follow recipe for mint paste, omitting spearmint and coloring, and adding one cup of stewed and strained dried apricots (without juice); roll in confectioners' sugar, or dip in melted fondant or chocolate.

Mint Paste

Ingredients—1 box granulated gelatine, ¼ cup lemon juice, ⅔ cup cold water, grated rind 1 orange, 1 cup boiling water, 5 drops oil of spearmint, 2 cups sugar, green coloring.

Preparation—Soak gelatine in cold water five minutes; dissolve in boiling water; add sugar, and stir until dissolved; add lemon juice, and boil twenty minutes; add rind, flavoring, and coloring; pour into a small pan and let stand for several hours; cut into cubes and roll in confectioners' sugar. Oil of wintergreen, cloves, or cinnamon may be used in place of spearmint, and other coloring may be used.

Turkish Delight

Ingredients—1 box granulated gelatine, 2 cups sugar, ⅔ cup strained orange juice, 3 tablespoons lemon juice, 1 cup boiling water, grated rind 1 orange, ¼ cup nut meats cut fine, ½ cup candied fruit cut fine.

Preparation—Soak gelatine in orange juice five minutes; dissolve in boiling water, add sugar and lemon juice, and stir until sugar is dissolved; boil twenty minutes; add rind, and, when nearly cold, add nuts and fruit and pour into a small pan; let stand several hours, cut in cubes, and roll in confectioners' sugar. Paste may be colored pink by adding red gelatine to the orange juice.

Fruit Wafers

Ingredients—½ pound prunes, ½ pound dates, ½ pound figs, juice and grated rind ½ lemon, confectioners' sugar.

Preparation—Soak prunes and figs in cold water over night, drain and wipe dry; cut prunes from stones, stone dates, and put all fruit through food chopper, using finest cutter; add lemon rind, juice, and sugar enough to knead to a firm paste; roll on a sugared board to one-fourth inch thickness, and cut in small rounds, square or diamonds. Or form paste into small balls, and roll in cocoanut or chopped nut meats. One-half cup of finely chopped nut meats may be added to the paste. This is an excellent filling for stuffed dates.

Spiced Raisins

Ingredients—2 cups large raisins seeded, 2 tablespoons water, ½ tablespoon butter, ½ teaspoon cinnamon, 2 tablespoons vinegar, ½ teaspoon mace, ¼ teaspoon clove.

Preparation—Cook very slowly until raisins are plump and liquid has evaporated. Cool, and roll in granulated sugar.

Stuffed Dates

Wash one pound large dates, dry and remove stones; stuff with plain fondant, or fondant mixed with candied fruits or nuts; or stuff with a seeded raisin, or a piece of date, fig, or pineapple. Roll in confectioners' sugar.

Stuffed Prunes

Ingredients—1 pound large prunes, ½ pound dried apricots, ½ cup confectioners' sugar.

Preparation—Wash fruit, soak over night, drain and dry; remove stones from prunes with a knife; put apricots through food chopper, mix with sugar, and fill prunes; roll in confectioners' sugar.

Marrons Glacés

Ingredients—2 cups sugar, 1 tablespoon corn sirup, 1½ cups water, 1 pint chestnuts.

Preparation—Shell one pint of chestnuts and simmer in a sirup made of sugar and water until chestnuts are tender but not broken. Drain from sirup; cook the sirup with the corn sirup to 310° F., or until sirup begins to discolor. Remove saucepan from fire, place in a saucepan of hot water, put chestnuts on a dipping needle or long pin, and dip in sirup until thoroughly coated; place on an oiled platter.

Nuts and Fruits Glacé

Ingredients—2 cups sugar, 1 cup water, ⅛ teaspoon cream of tartar.

Preparation—Boil sugar, water, and cream of tartar to 310° F. Follow directions for dipping Marrons Glacés. Cherries, strawberries, orange sections, grapes, or mint and rose leaves may be dipped in the same way.

Fundamentals of Drying

There is a considerable number of fruits and vegetables which it is not advisable to attempt to dry, either because they undergo changes in drying which render them unpalatable, or because they deteriorate rapidly after drying. Some fruits and vegetables are better canned; also, some are so readily kept for long periods in storage, either in outdoor pits or in the ordinary cellar, that it would be a waste of labor to either can or dry them.

Most failures in drying are due to the failure of the operator to understand the fundamental principles which must be kept clearly in mind, if the work is to be successful. Generally speaking, flavor and cooking quality are best preserved by rapid drying. However, to employ too high temperature with water-filled material is not advisable, as it causes the juice to run, or in the case of starchy material, causes scorching and charring. The best temperature for drying is, therefore, the highest which can be employed without danger of injury in either of these ways.

Since sun drying is only possible where climatic conditions are favorable, and since the majority of housewives have various climates to contend with, and since in addition to climatic objections, open air dryings has the disadvantage that the material is exposed to the visits of insects which deposit eggs, and to the dust borne on the air, sun drying is not to be recommended, except for exceptional cases.

Artificial Drying

Artificial drying has the advantage that the work is independent of weather conditions. However, it requires closer supervision in order that overheating may be avoided. But if the work is properly done, the products will retain their natural appearance and flavor to even a greater degree than is possible to secure in sun drying. There are various dehydrating contrivances on the market, both for home use and commercial purposes.

In many cases the housewife will find it possible to do without special apparatus and to dry material in the oven of the cook stove or in the kerosene stove portable oven. Trays can be made of close mesh wire or heavy cardboard and placed on the oven trays. The products to be dried should be spread thinly and evenly. The door of the oven should be left open, so that the water vapor may pass out, and the fire should be so regulated that the material may not be scorched. On the other hand, the heat must be sufficient to do the drying in a satisfactory manner. The best plan is to dry only a small amount of material at a time. If a little material is dried every day, or whenever a surplus happens to be on hand, there will be quite an accumulation at the end of the season.

A simple device can be easily constructed by any handy man or woman. Make a tray of handy size, using galvanized wire netting with about a one-fourth inch mesh, and nail this over a light wooden frame. Light laths will do for this purpose. Attach the tray by wires from the four corners to a hook in the ceiling, and suspend over the cook stove. A light pulley attached to the ceiling will furnish a convenient means of raising the drier out of the way when the top of the stove must be used in cooking. It is necessary to keep off insects and to guard against dust and soot. It is therefore well to keep the drier completely covered with mosquito netting. Also, it is necessary to guard against strong or distinctive cooking odors which the drying material will take up.

Apples, Pears, Quinces

The fruit or vegetable intended for drying should be of good quality and of the right stage of ripeness. It should in every case be carefully prepared and carefully handled during the process of drying. Hard fruits, such as apples, pears and quinces, may be pared and sliced, being sure to trim out all brown spots, core, etc. Darkening of these fruits can be prevented by dropping in a pail of salt water right after paring. Then, when ready to slice, dry on a clean towel, slice into the trays, have only a thin layer of the fruit in each tray, and dry immediatedly. These fruits are sufficiently dry when a handful of slices gripped firmly in the hand has an elastic, springy feel and separates promptly when the pressure is released, and leaves no visible moisture upon the hand. It should be removed when this condition is attained, and before the slices become crisp and hard.

Peaches, Apricots, Plums

These fruits must not be too ripe. Cut in halves, remove stones, and spread the halves in a single layer upon the tray with the cavity uppermost. The temperature should not be too high at first and may be gradually increased. Careful handling of these fruits is necessary. If jars are available for canning them, it would be better to use them. They may be canned without sugar, and sugar added when served.

Cherries and Currants

Cherries and currants make a very acceptable product when dried. The fruit should be carefully washed and drained, picked over, and then spread in a single layer on the trays. Do not pit the cherries, as this would cause the juices to run. Be sure the temperature is not too high, as cherries are easily injured by overheating. These are nice in fruit cakes.

Berries

Blackberries, raspberries, loganberries, dewberries, huckleberries, blueberries, gooseberries, etc., may be dried, but it is not advisable to dry strawberries. Care is necessary in handling berries. Use only the best sound fruit, fully ripe, not overripe. Be sure to pick over carefully. Spread in a single layer on the drying tray and do not have the temperature too high at the beginning. Increase gradually. The berries should be freshly picked in the early morning hours and not allowed to stand, but prepared immediately for drying.

While it is possible to dry the above named berries, it is not always advisable, for there is such a wide range of usefulness for these berries in the way of jellies, jams and preserves. The dried product is usually so effectively denatured as to retain little of the color or flavor of the fresh fruit.

Sweet Potatoes

Since sweet potatoes do not keep as well in storage as ordinary potatoes, there are occasions when the housewife may wish to conserve some for later use. Pare the potatoes and drop in a pail of salt water, then cut in slices or strips and pass them through the food chopper, using the coarse knife. Spread in a thin layer on the drying tray and dry until quite brittle. The sweet potatoes can also be dried in thin slices if wished. Fine for puddings.

Cauliflower

Pluck apart and remove diseased or discolored portions of the cauliflower. Wash in salt water and drain thoroughly, cut in small pieces, spread rather thinly on trays and dry, beginning with a medium temperature which may be increased as the drying progresses. Cauliflower undergoes a considerable darkening during drying, but the original color is more or less perfectly regained when the dried material is subsequently soaked and cooked.

Drying Greens

Drying vegetables is not a means of utilizing vegetables which are not good enough to can or use fresh. The drying does not improve the quality of the material. It is impossible to make good dried products from vegetables which have been overheated and wilted and which have consequently begun to undergo destructive chemical changes. For first-class products the material must come fresh and crisp from the field, must be carefully picked over for all diseased or overripe and decaying portions, and must be treated throughout its preparation with scrupulous care and cleanliness. Use your judgment about cutting up the product in pieces of desired sizes, and spread in a thin layer in the tray. Turn occasionally.

String Beans

String beans for drying are best when not yet full grown, but sufficiently developed for table use. If small, they may be left whole, or if larger, they may be broken or cut into pieces, each piece containing no more than two beans. The string beans should first be washed and strings removed. Put in a cheesecloth bag and dip into vigorously boiling water for 5 minutes if very young, for 7 or 8 minutes if older. To the boiling water, add 2 tablespoons baking soda to each gallon of water. This will preserve the bright green color of the beans. Drain thoroughly and spread no more than an inch deep on trays. Begin drying at a medium temperature, increasing the temperature gradually. Stir occasionally during the drying process. The drying is complete when no moisture can be extracted from freshly broken pieces.

Drying Soup Mixtures

Small lots of several dried vegetables, such as cabbage, carrots, turnips, onions, celery, parsley, peas, beans, etc., can be put together in proper proportion and will come in very handy for soups and stews during the winter. Dried soup vegetables find a ready market in cities where such material cannot be obtained fresh during the winter months. It is well to remember, however, that peas and beans absorb water much more slowly than greens, and must be cooked two or three times as long as greens. For this reason, it is best to keep them separate from the greens.

Sweet Corn

Properly dried sweet corn is a delicious food, fully equal, if not superior, to canned corn, and capable of use for just as wide a variety of purposes. Any of the varieties of sweet corn having qualities desirable for table use will make a good dried product. It should

be gathered when in the milk stage, before glazing and hardening have begun—just when it is in ideal condition for immediate table use. Do not prepare more than you can dry at one time. This is imperative, as no product deteriorates more rapidly on standing than does corn. Husk the ears and trim, place in a wire basket or cheesecloth bag and plunge into unsalted, rapidly boiling water for 8 or 10 minutes. The cooking is completed when the milk is "set.". Younger corn will require a longer period of cooking than the more mature ears. For this reason, it is well to divide them into separate lots and do the cooking separately. After cooking, allow the cobs to drain and cool sufficiently to be handled, then cut the corn from the cobs with a sharp thin knife. Do not cut to near the cob and do not attempt to scrape out any of the particles of kernels left on the cob for drying purposes. The scrapings from the cobs may be used in other ways. Spread the corn kernels on the drying trays to a depth of about ½ inch and start the drying at medium temperature. Stir around thoroughly several times during the drying, to separate any adhering masses and to equalize the drying. Properly dried corn is hard and semi-transparent.

Shell Beans, Lima Beans and Peas

These should be gathered when in an ideal condition for immediate table use, that is, when the seeds have attained full size and before the pods have begun to turn yellow and dry up. Shell, put in cheesecloth bags, boil in rapidly boiling water about 2 minutes, drain thoroughly and spread about ½ inch thick on the drying trays. Begin the drying at a medium temperature and gradually increase. Stir occasionally while drying. Properly dried peas and beans should be uniformly dry throughout, showing no moisture near the center.

Treatment of Products After Drying

Before storing away dried material let get cold and be very sure that every particle of the material to be stored is thoroughly and uniformly dried. If any portions contain too much moisture, it would endanger the safety of the balance. After removing from the drying tray, pile the material loosely on a clean sheet of paper in a dry place and allow it to remain there for several days, being careful, however, that no insects or dust can get at it. Stir up several times a day so that the entire mass may become uniform. When this stage has been obtained, it may be stored without danger of spoilage. If there is a suspicion that the material has been exposed to the visits of insects, or has absorbed dampness, it would be better measure to give it another quick drying before storing away.

If fruits or vegetables are packed in tight containers immediately upon being dried thoroughly, they will remain just as brittle as they were when taken from the drier. If, however, they are not dried thoroughly they will "sweat" and soon mold. To prevent this, the materal should be examined within 24 or 36 hours after packing, and if it appears moist it must be dried further.

Dried products may be stored in any convenient moisture-proof receptacle. Tin cans with tight covers are good. So are jars that may not be perfect enough to use for canning purposes. Even stout paper bags may be used if they are first treated to a coat of paraffin, and if they are thoroughly sealed. It is best to store away the dried

products in small lots, so that any possible damage or spoilage occurring through the deprecations of insects or moisture may be confined to only the particular small lot in that particular container.

The container should be stored in a warm and absolutely dry place. The ordinary pantry or storeroom communicating with the kitchen is not well suited to the purpose, since the cooking evaporations from the cook stove are apt to keep the air quite humid. An airy attic near the chimney makes a better storage place. If the house has a furnace, open shelves may be constructed near it, in order that the material may be kept dry and warm by the heat of the furnace. If there is no furnace in the cellar, it is not advisable to attempt to store dried material in the cellar.

It is well, once in a while, to open up a few packages and examine the contents, in case you have any suspicion as to how they may be keeping. If worms or bugs should get to work on your dried peas or beans, put them in a hot oven immediately, hot enough to kill the parasites, but not hot enough to scorch the material.

To Cook Dried Vegetables or Fruits

Since the process of dehydrating has simply removed the water from the dried product, all that is necessary to render it again fit for eating is to restore the proper proportion of water by soaking. Because the kind of vegetable or fruit varies so (old and tough or young and tender, large or small pieces), the housekeeper must use her best judgment about the length of time necessary for soaking and also about the preparation and cooking best suited for the product. Once soaked (in cold water), dried vegetables and fruits can be cooked in almost any of the ways in which fresh ones can be cooked.

BUTCHERING TIME RECIPES

How to Cut Up a Beef

When killing a beef it is very essential to properly quarter and cut

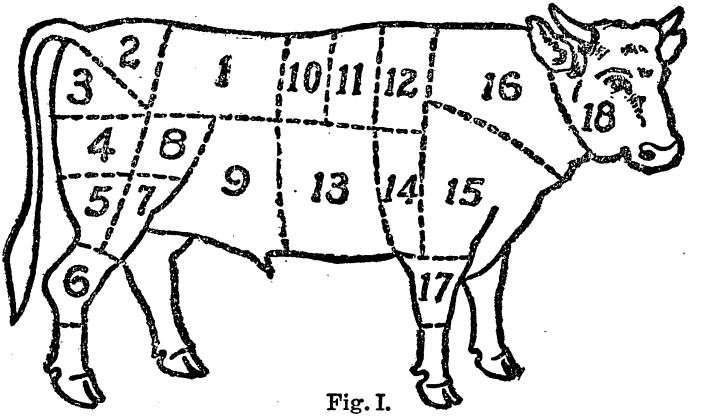


Fig. I.

the carcass, in order that the good cuts may be separated from the

poor. Figure I illustrates the ordinary method of cutting up a beef, now used by butchers. The following explanation of the various parts gives the names of these cuts and the common uses to which they are put:

The hind quarter is divided into nine cuts, as follows: No. 1, choice roasts, the porter and sirloin steaks; 2, rump, used for steaks, stews and corned beef; 3, aitch-bone, used for boiling pieces, stews and pot roasts; 4, bullock or round steak, for roasts or boiling pieces; 5, bottom round, for boiling and stewing; 6, shin or leg, for soups and hashes; 7, thick flank, for stews, corned beef and boiling pieces; 8, veiny piece, for corned or dried beef; 9, thin flank, for corned beef and boiling.

The fore quarter is divided into nine parts, as follows: No. 10, forerib, prime roasts and fine steaks; 11, middle ribs, prime roasts;

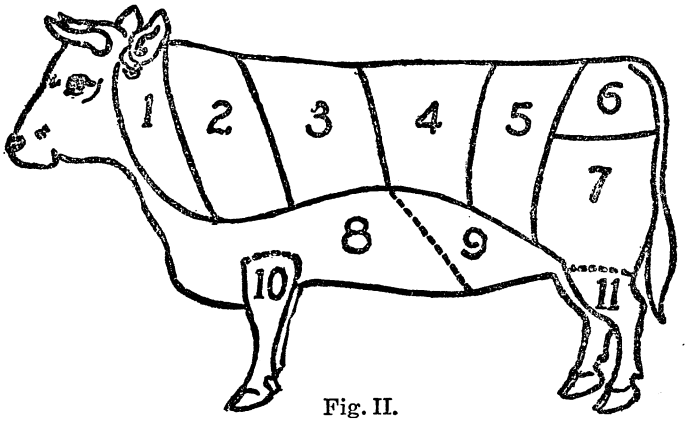


Fig. II.

12, chuck ribs, the second quality of roasts and steaks; 13, brisket, for corned beef, soups, etc.; 14, shoulder piece, for soups, mince meat, and hashes; 15-16 neck, for soup, mince meat, hash and bologna sausage; 17, shin or shank, for soups and stews; 18, cheek, for mince meat and sausage.

The Chicago retail meat dealers have a somewhat different method of cutting up the animal, as shown in Fig. II. The parts as numbered on the sketch are: 1, neck; 2, chuck; 3, prime rib; 4, porterhouse; 5, sirloin; 6, rump; 7, round; 8, plate; 9, flank; 10, shin; 11, shank. They cut a larger part of the animal in the portions 3, 4 and 5, which represent the higher priced cuts.

About Pork Making

Hog killing and pork making on the farm have become almost lost arts in these days of mammoth packing establishments which handle such enormous numbers of swine at all seasons of the year. Yet the progressive farmer of today should not only provide his own fresh and

cured pork for family use, but also should be able to supply at remunerative prices such persons in his neighborhood as appreciate the excellence and general merit or economy of homemade pork product. "Home Pork Making" is a complete guide for the farmer in all that pertains to hog slaughtering, curing, preserving and storing pork product, from scalding vat to kitchen table and dining room, including numerous prize recipes.

The general appearance of the most choice pork is from an animal, the carcass of which will not weigh less than 50 lbs. and not more than 120 lbs., according to "Market Assistant." The skin should present a semi-transparent appearance, approaching white in color; the fat on the back should not be less than half inch thick, white and firm, and the lean should be of a pale reddish color and juicy. The skin of the older animals is thicker and coarser, while the lean is of a darker color, but equally sweet, juicy and tender. By many, fresh pork is considered to be exceedingly unwholesome during the months of the year of high temperature. This, no doubt, to a great extent is true, the fatty, gross character of the flesh not being easily assimilated, when the animal economy of the human system requires less heating nourishment to the blood, and therefore requires less irritating food to the digestive organs.

The carcass of pork being intended for immediate use while in its first state, is hung by the foot of its right hind leg, then cut down through the skin of the center of the back from the tail to the neck, following with the splitting down of the back bone through the line of the incision, dividing it into halves or sides. These are again divided, after taking off the head, into quarters. The hind quarter is first divided by taking off the leg of pork and when intended for corning, should be kept in pickle 10 or 12 days before use. The loin of pork, if not too fat, is good for roasting and also furnishes fine pork chops and delicate pieces for corning. The forequarter of pork if small, is often roasted whole, after having the blade bone removed; if large, it is divided across the ribs, using the thin part or brisket of pork for corning, after taking off the hocks and feet.

Figure I, which shows the pork carcass lying on a block or table, furnishes a good diagram for cutting. First separate the head from

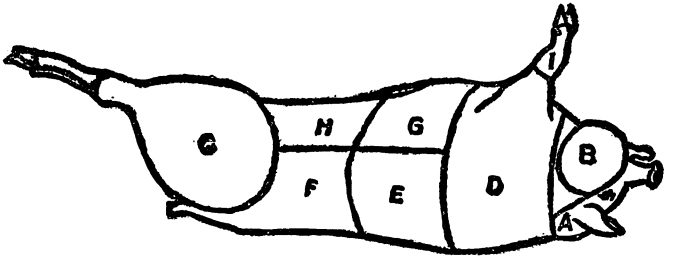


Fig. I.—Pork Carcass on a Block

the carcass, then split the carcass through the back bone with a chopper, then with a sharp knife loosen the leaf and kidney fat and tear it away toward the leg, the kidney, of course, being brought away with it. Each side is then divided into its fore and hind quar-

ters by leaving two ribs on each of the latter. The next cut loosens the tenderloin from where it is connected with the ham, when it is torn out upwards toward the ribs or head. The hams are then removed, beginning at the tail side and cutting circularly to the flank, after sawing the small bone about half way and chopping or sawing off the feet. Next cut off the brisket of pork, which is usually corned. The chine of pork, without the back fat, is much used for chops, steaks or roasting, while some prefer this part for sausage meat. The back fat, on the loin, is also taken off in the same manner, when the loin is prepared for either chops or roasting.

Figure II represents the mode of cutting pork carcass for barreling. The same mode of cutting is here adapted, by separating the head from the carcass, then splitting the carcass, cutting off the fresh hams and feet, tearing out the leaf and kidney fat, taking out the tenderloin—as previously shown. Then the head (10 and 3) is divided by cutting off the cheeks. Beginning from the corner of the mouth, following the line towards 9 (see also Fig. I, A B), and saw off the jawbone, which separates the cheeks from the plate; then crack the bone of the under jaw between the front teeth and the cheeks, held together to hang up by. Next take off the shoulder by cutting straight across the side, as shown in Fig. I (D); then trim off the spare ribs, by cutting under the breast-bone, and so follow the ribs as far as the chine-bone, when the knife is continued on directly to the end of the long bones in the back, which leaves the shoulder about one thickness, and the spare-ribs (not too spare), with meat enough left on them to make a roast. Then trim the shoulder round (see 2), and saw off the feet, which forms the shoulder similar to a ham. The brisket and flanks are next cut off, then the ribs (5) and loin pieces (4) are cut in suitable sizes, when all are ready to salt, except that the trimmings and some other pieces can be used for sausages. The leaf fat and pieces of fat are rendered into lard, and the pate, etc., is used for head cheese.

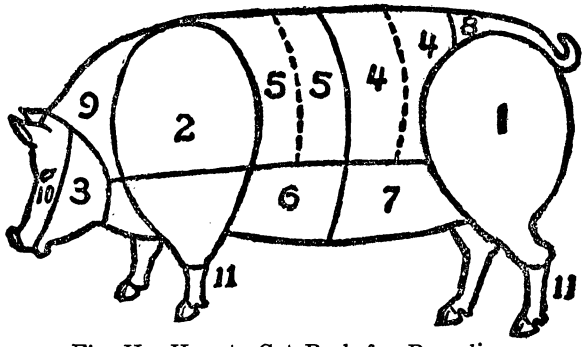


Fig. II.—How to Cut Pork for Barreling

1. Leg, or fresh ham.
2. Shoulder (after being trimmed).
3. Chops or cheeks.
4. Loin-pieces.
5. Rib, or chine-pieces.

6. Brisket.
7. Flank.
8. Tail-piece.
9. Neck-piece.
10. Pate or skull.
11. Feet.

The flesh of the hog, diseased when slaughtered, is exceedingly unwholesome, and is not fit to be used for any purpose. Certain diseases may be known by yellowish lumps or kernels distributed through the fat and lean, and the flesh having a heavy, dull appearance.

By Way of Preparation

The day before you butcher, sharpen the knives, prepare the table and set down the dipping barrel half of its depth into the ground, tilting it toward the table. Now fix a pulley directly above, which should be used when dipping, and also when hanging the pork to cool. If the weather is not very cold, butcher in the evening, so as to allow the pork to cool quickly, but in cold weather begin early in the morning and have plenty of boiling water and everything else in readiness.

Cleaning and Separating the Entrails

As soon as the entrails are removed from the carcass, carry them into the house, lay on a table, and go to work swiftly, before they have a chance to get cold. Have ready several sharp little knives, plenty of clean cloths, and some twine. The table should be long and narrow and tipped up slightly at one end, and the feet at the other end placed in a large tub, to catch the drip. Better still, is a flat wooden flue, of the correct width and length, with a 6-inch strip nailed along each side.

Carefully cut away all fat and throw into cold salt water, the leaf lard being put in a separate vessel. Put the heart, kidneys and liver in a separate vessel of salt water, being careful not to break the gall bag. If an ox, save the latter, as ox gall is good for many things. Clean the stomach and also put in salt water, and treat the casings the same. Waste can be fed to the chickens. If you should happen to cut into the intestines, quickly tie up with twine and clean away excrement. It is better for two people to go at this work, to finish before it gets cold.

When Beef Is Killed

When the weather gets cold, and after the beef is butchered, we let it hang for 2 or 3 days in a cool place, and then cut it up. We cut quite a number of nice lean pieces without any bone in them, and put them in brine for 2 or 3 weeks, then take them out and wipe dry, and put each one into a little cheesecloth sack, and hang over the cook stove to dry. This makes our dried beef. This is the way we hang them up: We take two pieces of rope about 2 feet long, and double them and fasten the ends to the ceiling about 5 feet apart, letting the loops hang down. Then we take a long, smooth stick, and fasten all the little cheesecloth sacks of beef on the stick, and put each end of the stick in the loops of rope.

We use some of the beef to make several large crocks of mince meat, as it will keep all winter in a cool place. The rest of the beef

we corn. Be most particular about the barrel—never use a barrel that has been used for other purposes, or if beef has ever soured in it. Get a new barrel (a good molasses barrel is best) and clean it well.

Cut all the large bone out of the meat and then pack the beef in the barrel tightly. Cover with a hardwood board that will fit down in the barrel, put a clean, heavy stone on it, and it is ready for the pickling brine, which we make as follows: To 2 gallons water add 3 pounds salt, 1 pound sugar, 1 ounce saltpeter, and 2 tablespoons baking soda. Make as many gallons as you need, adding the same ingredients to every 2 gallons water. Put in a boiler, boil, skim well, and pour boiling hot over the beef. Be sure the brine covers the beef well—yes, more than covers it—as it will soak in the beef some. If you should ever need to add more brine, do not put it on hot—that is only done the first time.

To Pack Pork in Salt

The pork should hang in a cool place over night. Be sure that all the animal heat is out of it. Cut the sides into strips crosswise. Cover the bottom of a perfectly clean barrel with clean, coarse salt, and then pack in the strips of pork closely, edgewise, with the rind next to the barrel. Then fill the crevices in between with salt, and cover the top of the layer with salt, and proceed in this way until the pork is all in, or the barrel is filled. Make a strong brine of salt and cold water, using so much salt that the water will not dissolve any more—it should be strong enough to float an egg. Boil and skim this brine and then pour it into the barrel over the pork, while boiling hot. Cover the pork with a round, hard piece of board, a little smaller than the barrel head, put a clean stone on it, heavy enough to keep it down under the brine, then cover the barrel and set away in a cool, dry place. If at any time the brine should froth or look red, it should be turned out, scalded and skimmed, and then poured over the meat again scalding hot. Never put cold brine on old pork. We have pickled our pork in this way for many years, and have never lost any. When wanted for use, freshen the pork by letting it stand in warm water on the back of the stove about half hour.

To Pack Frozen Meat in Hay-Box

Take a large, strong, tight, wooden dry goods box, line inside with several thicknesses of paper, pasting it in closely and overlapping the seams generously, then put a thick layer of hay or sawdust in the bottom of the box, and cover with paper. Freeze hams, spare ribs, shoulders or any pieces of fresh pork, beef, or poultry that you wish to keep fresh for future use, and be sure that the freezing is most thorough, so that each piece is frozen all the way through. Wrap each piece separately in several layers of clean, light brown paper, then pack a layer of these pieces in a box prepared as above, fill all the crevices between the pieces with fine hay, packing it in solidly, cover the layer of meat pieces with about 5 or 6 inches of hay, then pack in more meat as directed above, and so on until all the frozen meat is stored, or the box is full, being careful to have plenty of hay all around the sides, and on the top. Next put on a tight cover of wood, also lined with paper inside, and throw some thick covering over the box, such as an old comforter, blanket, fur robe, or a piece of

heavy carpet. The box, of course, should stand in a cold and dry place. Frozen meat packed in this way will remain frozen and sweet for months, and will even withstand quite a long thaw.

Canning Meat, Poultry and Sausages

Cut the meat or poultry in pieces of convenient size, trim carefully, and be sure they are sweet and clean. Boil until tender in enough water to cover, seasoning to taste, the same as for immediate use, and when all the meat is well done and tender, press a little at a time in hot glass fruit jars, then pour in a little of the hot gravy (which should first have been boiled down until it is almost ready to jelly when cold), until the gravy fills up all the vacant places around the meat, but not enough to cause the meat to float. Then press in another layer of meat and more gravy, and proceed in this way until the jar is filled up to within one inch of the top. Be very sure that there are no air spaces left in the cans. Then fill each can overflowing full with melted suet, and seal air tight, using new rubbers and observing all the usual canning precautions. Set the jars away in a permanent storage place, which should be cool, dark and dry, and do not move the cans after once setting away. The melted suet on top will harden, and moving the cans after the layer of suet has hardened is apt to break it. Sausages should be pricked and boiled in water until tender, and packed in jars the same as meat, with a layer of melted lard or suet on top. Everything wants to be boiling hot when canned, sealed air tight, and set away while hot. Great care must be taken to use only perfect, air-tight cans. This recipe for canning meat has been used successfully for many years.

Keeping Smoked Meat

If the meat can be kept away from flies, it will keep nicely in a cool, dry cellar, but if one fly can get at it, it must be otherwise protected. A good and easy way is to wrap in paper and then in muslin sacks, and bury in a grain bin, by this method keeping a uniform temperature and excluding insects. If this cannot be done, it will be absolutely safe if wrapped in paper and put in muslin sacks, and the sacks completely coated with either ordinary lime whitewash or "yellow wash," and hung up so they do not touch. The directions for "yellow wash" are: 3 pounds barites, 4 pounds flour, ⅛ pound chrome yellow, 1/6 pound glue. Make the day before using. Heat 1½ gallons water and add the flour, mixed to a smooth paste. Dissolve the chrome in 1 quart water and add it. Boil, stirring constantly, and adding barites slowly. Apply cold with a brush and stir often while using.

Smoking In a Box

Take a large, light box, place hooks inside the top to hang the meat on, and have a hole made on the side to fit a stovepipe. Then take an old discarded heater and fit the pipe to the box, with the stove outside the box. Have a lid or door on one side of the box, so you can look to the meat. Start a fire with a few dry cobs, fill partly with straw, and then with boughs of cedar. If kept up all day, the meat will be done by night. The meat should have been in brine for 2 or 3 weeks, then hung up to dry a little before smoking. When smoked, let hang in box until ready to put down. Wrap the pieces in cloths, put in a barrel, and cover with oats.

Smoking Meat

The smokehouse should be large enough and have enough ventilation to prevent the meat becoming overheated. It is best to have the fire outside, with a length of stovepipe to conduct the smoke into the house. Hardwood, such as maple or green hickory, smothered with sawdust of the same, are the best for smoking meat, and corncobs the next best. Wood with resin, as spruce or pine, gives a bad flavor to the meat. There is a low, prickly, evergreen shrub, bearing green berries, that grows in some localities, and where this can be had it is nicer than anything else, giving the meat a delicious flavor. Meat to be smoked should be well washed, or scrubbed with a hand brush in tepid water, to prevent a crust of salt forming on the outside, or if very salt, soaked over night. It should hang and dry out a day before being put into the smokehouse, and then hung so no two pieces touch each other. The fire should be slow at first, to heat up the meat gradually, and meat should never be frozen when put in the smokehouse. In cold weather it is best to keep the fire going steadily until finished, or the meat will not smoke evenly, owing to the inside being too cold for the smoke to penetrate, after cooling. Thirty-six hours will smoke meat nicely, if the fire is kept going steadily, or in warm weather a fire built every other day for two weeks cures it nicely, keeping the ventilator screened and the house dark, to exclude flies.

A Barrel Smoker

Screw 3 or 4 hooks in the inside of the bottom of a good clean, close and large barrel, and turn it over an iron vessel in which a few live coals have been placed, with corn cobs and hickory chips piled on top, to make a steady smoke. Hang the hams, shoulders or pieces on the hooks, but be careful not to crowd in too many, or the smoke cannot reach all parts. The smoking should be done slowly, evenly and steadily. A little ventilation is needed, or the fire will go out, but not enough to allow too much smoke to escape.

Smoked Barrel for Bacon and Hams

Put a few live coals in an iron kettle, cover with clean corn cobs, turn a clean barrel over this kettle, and smoke 2 hours at a time for 2 days. If smoked too long at a time, it would shrink the barrel. When thoroughly smoked, put a brine in the barrel made of 10 pounds salt, 8 ounces saltpeter and 2½ quarts molasses, for every 100 lbs. meat. Add water enough to cover the meat. Pack the meat in this brine and weight down. The smoked barrel will impart the smoked flavor to the meat.

To Dry Sugar Cure Meat

For 400 pounds meat allow 10 pounds salt, 1½ pounds each black pepper and brown sugar, and 4 ounces saltpeter. Mix well together and rub each piece of meat well with this mixture, using the hands, about 5 or 10 minutes. Do not pile up the pieces of meat, but lay them out on a board or table, skin side down, in a cool place, but not cold enough to freeze. Let them stay there 4 to 6 weeks, after which they will be ready to smoke. After smoking, wrap them in clean, sweet hay, then put them in muslin sacks and hang in a cool, dark place.

Treating Hams After Smoking

Have a boiler full of boiling water, dip the hams in, and let them remain 2 or 3 minutes, then remove, and cover them with a thick paste made of flour, water and cayenne pepper. The paste should be red with the pepper. Hang the covered hams in the sun until the paste covering is dry. Then put in stout paper sacks, tie closely, and hang in a dark and cool place.

To Keep Meat without Smoking

After the animal heat has gone out of the meat, pack the pieces away in dry salt 4 weeks, after which dip each piece in a very strong solution of boiling hot salt water, dry off and rub thoroughly with borax and black pepper.

Dry Cured Pork

For each 100 pounds pork use 5 pounds salt, 2 pounds sugar and 2 ounces saltpeter. Mix well and divide into three parts. Rub the meat thoroughly with a third of the mixture at intervals of 3 days, packing very closely in the barrel, and reversing the order of the pieces at each rubbing. If there is a good deal of meat, it is easier to have two barrels, putting the meat into one, as it is taken from the other, and pouring over the little liquid, if any forms. After the last rubbing, let it lie for 10 days in the barrel, when it will be cured and ready for smoking. While curing, the meat must be kept in a cool and moist place, and unless it can be, it is best to use the brine method.

Salt Cured Pork

Heat salt in a baking pan in the oven, until it is thoroughly hot, then rub it in the fleshy side of the meat with a large flat spoon, as it will be too hot to apply with the hand. Rub all on that will stick to the meat—for large hams two applications will be necessary. This does not harden the lean meat, as brine does. Be sure to keep the salt hot. I have cured meat in this way in hot weather, and never lost any—the salt strikes in so quickly that it cannot spoil.

The Barrel for Pickling or Curing

It is most important that the barrel for pickling meat should be absolutely clean. First scald and scrape the barrel thoroughly, then set into the barrel a vessel containing a small lump of quicklime, pour a pail of boiling hot water over the lime, cover the barrel, and let the fumes of the slacking lime sweeten it. After this wash the barrel again, then put in a generous armful of new sweet hay, pour over plenty boiling water, cover closely, and leave until cold. After this, thoroughly rinse the barrel again with fresh water, and if any bad odor remains, the case is hopeless and a new barrel an unavoidable necessity.

To Cure Hams

For 100 pounds meat allow 7 pounds salt, 2½ pounds brown sugar, 2 ounces saltpeter, and sufficient water to cover the meat, when closely packed in a barrel. Boil the salt, sugar, saltpeter and water, skim and then add 1 ounce cayenne pepper and 2 ounces each ground clove and black pepper. Cool, and when cold pour over the meat, weight down, cover, and set away in a cool place.

Preserving Meat Joints

For medium sized joints allow 2 tablespoons black pepper, 1 tablespoon red pepper, 3 tablespoons brown sugar, and 1 pint salt. Mix thoroughly and apply dry to each joint all that can be made to adhere. Take a square of muslin large enough to enclose the joint and lay it on the table. Then lay on the cloth two or three thicknesses of paper and sprinkle some of the mixture on it. Lay the joint on and thoroughly rub the remainder of the mixture on, rubbing and stuffing it well into the bone end. Wrap the paper closely around the meat, then fold the cloth around, sew fast, tie, and hang up in a cool place.

Dried Beef

The round makes the best dried beef. For every 20 pounds beef, use 1 pint salt, 1 teaspoon saltpeter and ¼ pound sugar. Mix well together, divide into three parts, and rub well into the meat for three successive days. Keep the beef in a jar and turn it over frequently in the liquid, which will form of itself. After it has soaked in this about a week, hang it up to dry, and after that smoke, if liked. When dry, sprinkle with pepper, tie up in paper bags, and hang up in a cool, dry place.

Corned Beef

Use only the poorer parts for corning, such as brisket, flanks, cross-ribs, and plate, and cut into pieces 6 inches square. Fifty pounds meat will require 50 pounds salt. Sprinkle a layer of salt in the keg or barrel, put in a layer of meat, packing very closely, then a layer of salt, then more meat and salt, until all is used, leaving just enough salt for a good layer over the top. Let stand over night, then dissolve 1 ounce baking soda, 2 pounds sugar, 2 ounces saltpeter in 2 gallons tepid water, and after it is cold pour it over the meat. Two gallons should cover the 50 pounds meat, if packed right. If not, use the same proportions in making more. Weight with a board and stone, and let stand from 30 to 40 days before using. If kept over in hot weather, watch the brine, and if it gets "ropy," pour it off, wash the meat, and cover with a new brine.

Beef Pickle I

To 1½ pounds salt, add ½ pound sugar, 1 teaspoon soda, ½ teaspoon saltpeter and 1 gallon water. This pickle can also be used for sausage. Be sure to weight down the meat or sausage, so as to keep well under the pickle.

Beef Pickle II

For 100 pounds beef, use ½ peck salt, ¼ pound each saltpeter and soda, and 1 quart molasses, or 2 pounds brown sugar. Dissolve the saltpeter, soda and salt in a little warm water. The meat will be ready to use in 10 days. For spiced beef, add mace, cloves and allspice to the above pickle.

Pickled Pig's Feet

Soak the feet over night in cold water, remove the toes and scrape clean, boil until very tender, and salt before they are done. Pack in a stone jar or keg and cover with hot, spiced vinegar, using whole cloves, allspice and pepper. Nice eaten just so, or heated up in boiling water, or split, rolled in flour and fried a nice brown on both sides in hot fat. Will keep indefinitely.

Brine for Pork

For 100 pounds pork allow 10 pounds salt, 3 pounds brown sugar, 2 ounces saltpeter, 1 ounce cayenne pepper, and 4½ or 5 gallons water. Let boil 5 minutes, skim well, let get perfectly cold, and then pour over meat packed in large jars or barrels. Put in a weight to keep the meat under the brine, cover the jar and set away in a cool place. Meat kept in this way is never rancid and flies do not get at it. In the spring, draw off the brine, boil it again, skim well, let get cold, and pour over the meat again.

Sweet Pickle for Pork

For 100 pounds of side meat or hams allow 8 pounds clean, coarse salt, 2 pounds brown sugar, or 1 quart molasses, 3 ounces soda, 2 ounces saltpeter and sufficient water to dissolve these ingredients. Put over fire and just before it boils, skim well, let it boil up once, skim again, and when perfectly cold pour it over the meat, packed in a jar or barrel. Weight down so that the meat will always be under the brine, cover, and set in a cool place. After 5 or 6 weeks lift the sides and hams out of this brine, let drain and smoke well with corn cob, hickory or maple chips. We have used this recipe for years, and I am sure that anyone who will try it will be very well pleased with it.

Pickle for Pork Sausage

For every gallon sausage in cases allow 1 cup salt and 1 cup brown sugar, thoroughly mixed. Place layers of sausage in jars and sprinkle the mixture between each layer. Put a stone on top, and if a brine does not form in 3 days, make a little cold brine and pour it over.

To Keep Roast Pork in Lard

Take pieces of the side meat or any other part without bones, salt and pepper to taste, place in a roasting pan in a hot oven, and roast till well done, but do not scorch. When well done pack the pieces in a stone jar and fill all the spaces between, and cover the top, with fresh melted lard. Tie heavy paper and a cloth over the jar, and set away in a cool, dry place. This will keep until warm weather comes. Fresh sausage cakes can be kept in the same way. After seasoning with salt, pepper and a little sage, mould the sausage meat into little cakes about 1 inch thick, fry until well done, and pack in a stone jar with melted lard, the same as directed above for the roasted meat.

To Keep Beefsteak—I

Mix together equal parts of salt and sugar and half the amount of saltpeter. Place a layer of steak in a jar, sprinkle with this mixture, and so continue until the jar is full, then weight down with an inverted plate and heavy stone. This will form a brine of its own, and the meat will keep sweet for a long time. Cover well and store in a cool, dark place.

To Keep Beefsteak—II

Fry beefsteak as for the table, only be sure it is not the least bit rare, then pack it closely in jars and cover well with melted lard. Store in a cool place.

Souse

Use the head of a hog and any other small parts of the animal that are not too fat. Clean the head thoroughly and do not spare yourself any pains during this process, to make sure that everything is as clean as you can possibly make it. Soak in salt water for several hours, then scrape and clean again, and then soak once more in salt water for several hours, after which put in a kettle, cover with cold water, add salt, and boil slowly until the meat will separate from the bones, and all the gristle is perfectly soft. Next remove from the fire, drain, remove all the bones and hard gristle from the meat and from the liquor. Put a layer of meat and fat, distributed evenly, in a stone jar, sprinkle well with salt and pepper, and then pour over a generous allowance of hot, boiled cider vinegar. Then put in another layer of meat, seasoning, and boiled cider vinegar and so on until the meat is all used, or the jar is full to within 3 or 4 inches of the top, topping off with salt, pepper and vinegar. Be careful to pack the meat firmly and closely together, and to have it covered with the vinegar. Boil down liquor in which the meat was cooked until there is only a little of it left, being careful not to let it burn. Season well with salt and pepper (it should be considerably more salt than palatable), and when the meat in the jar is thoroughly cold, pour this hot, boiled-down liquor over the meat, and when all has become cold, cover the jar well and store it in a cold place. When wanted for use, scrape away a little of the jelly at one side of the jar, cut out slices of the souse, and return the displaced jelly, spreading it over smoothly. The sliced souse can be fried in hot butter, but first drain off the liquid by allowing the souse to stand in the pan on the back of the stove a while. This will extract the vinegar, and after frying brown in butter, the souse will be deliciously crisp. Serve with hot, baked potatoes.

Pickled Tongue I

Use either beef or pork tongues. Scald, trim, scrape and boil until tender, in salted water. When cold, cut in ½-inch slices and cover with cold vinegar. Boiled pig's feet are also very nice when pickled in vinegar.

Pickled Tongue II

For the brine allow 1 gallon water, 3 pounds salt, 4 ounces sugar, and 2 ounces saltpeter. Boil and cool, then put in the trimmed and cleaned tongues, and weight to keep them under brine. Will keep any length of time. When wanted to use, soak over night in cold water, boil until tender, skim, remove skin, slice, and serve with mustard. Or, if liked pickled, slice and cover with spiced vinegar. Will keep after being pickled.

Smoked Pig Paunch

Thoroughly clean a pig paunch or stomach, and boil until well done. Take as much lean pork as it will require to fill the stomach, chop fine, and cook until partly done, then mix with scant ½ teaspoon saltpeter, and season with salt, ground pepper and cloves, and any other preferred spices to taste. Pack into stomach securely, sew up and then return to the liquor in which the stomach was boiled, and let boil slowly 1 hour. Remove from fire and let remain in this liquid over night, then drain and smoke 6 days. Hang in a cool, dark, airy place. When wanted, cut in thin slices and serve without cooking.

Pickled Tripe and Beef Tongue

Clean the tripe thoroughly, cut in pieces, and sprinkle lightly with unslacked lime. Roll up each piece separately, with the furrowed side inside, place the rolls in a tub and pour over enough cold water to cover. Let stand about 10 or 15 minutes, then lift out the pieces, lay them on a board, scrape them well and rinse them clean in cold water, after which put them in a tub and cover with a weak brine, allowing them to remain there about 12 hours. After removing from this brine, scald them with boiling water, scrape them again lightly, and again wash in cold water, after which they will be ready for pickling. Make a hot spiced vinegar by adding 1 teaspoon each of allspice, cloves and cinnamon to 1 quart vinegar and ½ cup sugar. If liked very spicy, ¼ teaspoon cayenne pepper or black pepper may be added. Beef tongue should be put in a brine or pickle, the same as that prepared for beef, and allowed to remain in there a week, after which drain, and either smoke or dry, or put in a prepared spiced vinegar, as directed above.

To Try Out Lard or Suet

Only clear, fat pieces of meat should be salted down in the pork barrel, and all the thin, streaky pieces of lean and fat should be put with the sausage meat. The soft fat should be cut in very small pieces and put in a separate kettle, with a little water, and set over the fire to try out. The leaf lard should be cut up fine and put in another kettle, with a little cold water, to try out. While the lard is trying out, stir it up often with a long handled spoon or skimmer, and be very careful that it does not burn or scorch. Stirring it often will make the lard try out more evenly. When the little pieces of lard have shrunk to very small dark brown scraps, strain lard through a fine wire sieve into a perfectly dry and clean tin pail. For the sake of convenience and to save burning my fingers, I hang the sieve through a piece of board cut out to fit the sieve. The board should be long enough to fit across the top of the pail, and project several inches on either side. This little board will not only save your temper, but will catch all the scraps that may fall from the top of the strainer, and that would otherwise fall into the pail of lard. The brown scraps should be turned into a cheese cloth bag and while still warm, squeezed between wooden squeezers to extract any of the lard that is still in them. These squeezers can be made of two flat pieces of board about 1½ feet long and 5 or 6 inches wide, joined together at one end with little pieces of leather, and the other end whittled for handle. The lard squeezed out this way should be put in a separate pail. When cold, cover the pails well and store in a cool, dry place. Suet is tried out the same way. After the suet is tried out, pour it into a pan of ice cold water, and when hard, wipe it dry, wrap in white paper, and then put in a linen or close cloth bag and hang in a cool, dry place. Excellent for pie crust.

Uses for Bladders

Wash, scrape and clean thoroughly, soak in salt water, rinse, and then inflate and tie them. When making preserves, cut off pieces large enough to cover the mouths of the jars, pour boiling water over the bladder pieces, then stretch them tightly over the jars and tie securely. These are equal to self-sealing, air-tight cans. Bladders are also useful to keep sausage meat. Stuff full of the sausage meat, tie securely and smoke.

Calf's or Hog's Head Cheese

Put a large kettle over the fire, almost filled with water, and let heat to boiling point. You will need a large kettle as the calf's head should be almost entirely under water. After the butchering, when the animal heat is well out of the head, lift it by one ear and hold it in the kettle of boiling water, nose down. It will scald in a few minutes, so that with a sharp knife you can easily scrape off the hair, leaving the head nice and white and clean. Wash thoroughly, then saw off the nose, just at the corners of the mouth, being careful not to saw through the tongue, or to saw on to the teeth. With a sharp, pointed knife, take the eyeballs out, first cutting the muscles around them, then cut off the ears and remove the ear drums, and then wash the head again thoroughly and rinse in cold water, after which put in a kettle or pail of cold water and let it soak over night. For this head cheese I also use the heart, liver and lungs or "lights," as the latter are called, also the legs, as far as the knee. Carefully trim and clean the heart, liver and lungs, and let these soak in cold water over night. The legs should be scalded, scraped cleaned and washed, and also put to soak in cold water over night. Next morning rinse all in clean cold water and then put over the fire in several kettles of cold water to cook, adding salt. Cook slowly until the meat drops from the bones, then drain, pick out all the bones, and chop or grind fine. The tongue should be removed whole, root end cut off and discarded, the rough skin or coating scraped off, and saved for a separate dainty, to be served cold, in slices. After chopping all the meat, add enough boiled-down liquid in which the meat was cooked, to make the meat very moist. The liquid will be jelly-like and will help to make the meat hold together, so that it can be easily sliced when cold. Add salt and pepper and a little sage to taste, and while hot turn into molds and set away to cool and harden. Cover with melted lard and store in a cold place. Hog's head cheese is prepared in the same manner, discarding most of the fat. If there seems to be too much fat on the liquid left after cooking the head and legs, skim the fat off and use the liquid underneath. Nice sliced, rolled in flour, and fried brown on both sides.

Hog's Head Pudding

Cut the meat from hog's head, discard the skin, and also use the heart, tongue and part of the liver. Wash all thoroughly and scald the tongues to remove the coating. Cook until tender, then grind or chop fine and season with salt and pepper, after which return to the liquor in which the meat was cooked, and when it begins to boil, thicken with buckwheat flour or cornmeal. Be sure to season just right, and have the pudding stiff enough, so it can be cut in slices when cold to fry, like mush.

Canned Suet

Trim and chop suet fine, add salt to taste, and 1 cup molasses for every cup suet. Can in air-tight jars. This is fine to put in cakes or puddings and no other shortening will be needed.

Potted Beef, Ham, Tongue or Liver

Boil either tongue or liver in salted water until very tender and put through the meat grinder. Boil down the liquid until there is just enough to moisten the meat nicely, being careful it is not too salty.

Mix well with the meat, heat, put in little jars, and pour melted suet, lard or butter over the top, when cold. Potted ham can be made in the same way.

To 1 lb. boiled lean ham add ½ lb. ham fat, or if preferred, butter, a little cayenne pepper and white pepper, mix all together, pound until smooth, press firmly into small jars, cover with melted butter or lard, seal, and store in a cool place.

Boil beef until it is tender and separate from the bones. Then mince the meat fine, season to taste, and pack down solidly in small close jars, topping off with melted suet. Cover and store in a cool place.

Sausage Casings

Casings can be made from the intestines of beef, hogs, or sheep, the sheep casings being used for small sausage, like wiener-wurst, and hog casings for link sausages, and beef for bologna sausage, ham sausage, and blood sausage. Empty as soon as possible, turn inside out and scrape and clean first the in and then the outside. The cleaning is easy where one has running water. Soak 24 hours in lime water or lye water, turn, scrape and rinse again, then salt down and use when needed. When one cannot clean the casings, good substitutes can be made by stitching up tubes of new unbleached muslin, 1½ or 2 feet long, and 2 or 3 inches in diameter, when filled. When ready to hang away, rub the outside well with melted lard, to exclude all air, and sprinkle with pepper.

Filling Sausage

Sausage meat should be finely ground, as it keeps and holds together better. Beef alone, or pork alone can be used, but better two-thirds fat and lean pork, and one-third beef. Vary the seasoning by using pepper, onions, sage, nutmeg or cloves—the latter two are not very common. For filling the skins a piece of bone 2 or 3 inches long is most serviceable, but a piece of tin, shaped into a funnel, smallest end a trifle smaller than skins, will do very nicely. Insert this funnel into one end, hold in left hand, and proceed to fill, using the thumb to force the meat down. Prick the casings often with a hatpin, to let out any air. To have a change make some with cooked barley and some with potato (raw), finely chopped or ground. Use the proportion of ¼ of barley or potatoes. This is fine.

Bologna Sausage I

Chop very fine 6 lbs. lean beef, 1 lb. salt pork, 3 lbs. lean fresh pork and 1 lb. beef suet. Mix well, then add 1 oz. ground white pepper, 1 teaspoonful ground mace, 3 oz. salt, ¼ teaspoonful cayenne pepper, and 1 large onion, chopped very fine. Mix well then fill into casings, or muslin bags. Make a strong brine that will float an egg, put the sausage in this, and let remain 2 weeks, turning and skimming every day. At the end of the first week, throw away old brine, and put the sausage in a new brine for the second week, then take out, drain and smoke for a week. After smoking, rub over the outside thoroughly with melted lard, and if you wish to keep the sausage for any length of time, sprinkle outside liberally with pepper, after rubbing with lard. Hang in a cool, dry and dark place.

Bologna Sausage—II

Chop or grind very fine 50 lbs. beef, add 3 lbs. sugar, 8 oz. pepper, 2½ oz. saltpeter and 2½ pts. salt. Mix the dry ingredients thoroughly, then mix thoroughly with the meat and fill into casings or thin muslin bags about 4 inches wide and 12 inches long. Do not put these sausages into brine, but smoke them until thoroughly dry.

Bologna Sausage—III

Use trimmings of fat and lean portions of pork, taking care to have twice as much lean as fat. After trimming and cutting, weigh the pork and add ¼ its weight of lean beef. Chop or grind fine and then season with 2½ lbs. salt and 10 oz. ground pepper for each 100 lbs. ground meat. A little sage or thyme may also be added, if liked. Mix thoroughly and let stand in a cool place about 24 hours, after which fill into casings and fry down in hot lard. Put into crocks and cover with hot lard, and store in a cool place.

Bologna Sausage—IV

Add 1 lb. fat pork or fat bacon to each 10 lbs. lean beef, and grind fine. Season with 1 oz. black pepper, ½ oz. fine salt, and a little ground coriander seed to each 6 lbs. meat. Stuff in beef casings, making 1 foot long for the large casing, or 15 inches for the small ones, tying the small ones together and letting the large ones hang straight. Smoke 12 hours, then boil until they float on the water. Lay on clean hay in the sun until dry, and then hang away in a cool place.

TABLE OF WEIGHTS AND MEASURES

1 teaspoon	= 60 drops
3 teaspoons	= 1 tablespoon
16 tablespoons	= 1 cup
1 cup	= ½ pint
2 pints	= 1 quart
Butter, 2 tablespoons solidly packed	= 1 ounce
Butter, 2 cups solidly packed	= 1 pound
Chocolate, 1 square	= 1 ounce
Coffee, 4⅓ cups	= 1 pound
Eggs, 9 in shells	= 1 pound
English Walnuts, chopped, 5 cups	= 1 pound
Flour, 4 tablespoons	= 1 ounce
Flour, Pastry, 4 cups	= 1 pound
Flour, Bread, 4 cups	= 1 pound
Flour, Entire Wheat, 3⅞ cups	= 1 pound
Flour, Graham, 4½ cups	= 1 pound
Meat, 2 cups finely chopped	= 1 pound
Oatmeal, 2⅔ cups	= 1 pound
Oats, Rolled, 5 cups	= 1 pound
Rice, 1⅞ cups	= 1 pound
Rye Meal, 4⅓ cups	= 1 pound
Sugar, Brown, 2⅔ cups	= 1 pound
Sugar, Confectioners, 3½ cups	= 1 pound
Sugar, Granulated, 2 cups	= 1 pound
Sugar, Powdered, 2⅔ cups	= 1 pound
Sugar, or Salt, 2 tablespoons	= 1 ounce

TIME TABLE FOR COOKING

BAKING

Beans, Boston Baked	8 hours
Biscuits, Baking Powder (according to size)	12-15 minutes
Raised (according to size)	12-20 minutes
Bread (ten-cent loaf)	50 minutes
Breads, Baking Powder Muffins (according to size)	18-30 minutes
Corn Bread (shallow pan)	15-20 minutes
Gingerbread (shallow pan)	25 minutes
Popovers (according to size	25-30 minutes
Yeast Muffins (according to size)	20-30 minutes
Cake, Fruit	1¼-2 hours
Layer	15-20 minutes
Loaf (shallow pan)	30 minutes
Sponge (deep pan)	40 minutes
Cookies and Wafers	6-15 minutes
Cup Custards	25 minutes
Fish, whole, 4 pounds	1 hour
Fillets, or whole, small	20-30 minutes
Meats, Fillet of Beef (medium)	45-60 minutes
Rump of Beef (medium) per pound	17 minutes
Sirloin or Rib of Beef (medium) per pound	15 minutes
Chicken, per pound	18 minutes
Duck, Domestic	1 to 1¼ hours
Duck, Wild	15-20 minutes
Goose, Domestic, per pound	20 minutes
Leg of Lamb, per pound	18 minutes
Pork Chops	30 minutes
Loin of Pork, per pound	22 minutes
Turkey, per pound	20 minutes
Loin of Veal, per pound	22 minutes
Pies	35-45 minutes
Rice or Tapioca Pudding, Cooked	45 minutes
Rice or Tapioca Pudding, Uncooked	2½-3½ hours

BOILING

Cereals	
Corn Meal	2 hours
Hominy	2-3 hours
Macaroni	20-30 minutes
Oatmeal	4 hours
Rice	20-30 minutes
Rolled Oats	½ hour
Spaghetti	20 minutes
Granulated or Rolled Wheat	½ hour
Eggs	
Soft-cooked	3-5 minutes
Hard-cooked	20 minutes
Fish	
Bass, per pound	12 minutes
Bluefish, per pound	12 minutes
Cod, per pound	6 minutes
Halibut, per pound	12 minutes

Lobster, whole	20 minutes
Salmon, per pound	12 minutes
Small fish	6-10 minutes
Meats	
Corned Beef	3-4 hours
Fresh Beef	3 hours
Fowl, per pound	30 minutes
Ham, per pound	25 minutes
Mutton (leg), per pound	25 minutes
Corned Tongue	3½ hours
Fresh Tongue	2½ hours
Vegetables	
Artichokes	30-45 minutes
Asparagus	20-30 minutes
Dried Beans	3-4 hours
Lima and other Shell Beans	1-1¼ hours
String Beans	1-2 hours
Beets, old	2-4 hours
Beets, young	45 minutes
Brussels Sprouts	20 minutes
Cabbage	20-30 minutes
Cauliflower	25 minutes
Green Corn	10 minutes
Onions	1-1½ hours
Oyster Plant (whole)	45 minutes
Parsnips	45-60 minutes
Peas, Fresh	20-60 minutes
Peas, Dried	3 hours
Potatoes, White	20-30 minutes
Potatoes, Sweet	20-25 minutes
Spinach	25-30 minutes
Tomatoes (stewed)	20-30 minutes
Turnips, Yellow	1½-2 hours
Turnips, White	1-1½ hours

BROILING

Bacon and Ham, silced thin	4 minutes
Chicken, Spring	20 minutes
Chops, Lamb or Mutton	6-10 minutes
Fish, slices, Cod, Halibut, Salmon, Swordfish	12-15 minutes
Fish, whole small, Smelt, Trout	8-10 minutes
Fish, whole split, Bluefish, Scrod, Shad, Whitefish	18-22 minutes
Oysters	8 minutes
Steak, 1 inch thick (medium)	10-12 minutes
Squab	6 minutes
Tripe and Liver	3-4 minutes

FRYING

Chops or Cutlets, Breaded	5-8 minutes
Croquettes and Fishballs	4 minutes
Doughnuts, Drop Cakes, Fritters, Muffins	3-5 minutes
Fish, rolled fillets and slices	5-7 minutes
Fish, whole small, Smelt, Trout, Whitebait	2-7 minutes
Potatoes, Straws, Chips	3-4 minutes
Potatoes, French Fried	6-8 minutes

TEMPERATURE TABLE

	Fahrenheit
Freezing point	32°
Lukewarm Water or Milk, not over	98°
Albumen begins to coagulate	134°
Milk, Pasteurized, keep for ½ hour at	145°
Simmering point	185°
Boiling point, Water (sea level)	212°
Boiling point, Milk (sea level)	214°
Milk, scalded in double boiler	196°
Baking, Apples	300°
Baking, Bananas	400°
Baking, Biscuit (yeast)	425°
Baking, Loaf Bread	400°
Baking, Muffins	380°
Baking, Popovers	450°
Baking, Cake: Cookies	400°
Baking, Cake: Gingerbread	375°
Baking, Cake: Fruit and Pound	300°
Baking, Cake: Layer	380°
Baking, Cake: Plain (shallow pan)	375°
Baking, Cake: Sponge (shallow pan)	350°
Baking, Meats, Beef and Mutton, for 15 minutes	450°
then reduce to	350°
Baking, Meats, Chicken and Turkey, for ½ hour	400°
then reduce to	300°
Baking, Meats, Goose and Lamb, for ½ hour	400°
then reduce to	300°
Baking, Meats, Pork and Veal, for ½ hour	350°
then reduce to	260°
Baking, Pastry: Tart or Patty Shells	450°
then reduce to	350°
Baking, Potatoes	450°
[1]Frying: Breaded Chops, Oysters	380°
[1]Frying: Croquettes, Fishballs	390°
[1]Frying: Doughnuts, Fritters	360°-370°
[1]Frying: Potatoes, French Fried	380°
[1]Frying: Potato Chips or Straws	400°
Fruit Jelly	222°
Sugar and Water Sirup, large thread	217°
Sugar and Water Sirup, feather	232°
Sugar and Water Sirup, soft ball	240°
Sugar and Water Sirup, hard ball	250°
Sugar and Water Sirup, for glaced fruits and nuts	310°
Sugar and Water Sirup, for spun sugar	300°
Sugar and Water Sirup, caramel	350°
A very hot oven	450°-550°
A hot oven	400°-450°
A moderate oven	350°-400°
A slow oven	250°-350°

[1]To test fat without a thermometer, drop a bit of white bread into hot fat; it should brown in

60 seconds for uncooked mixtures (Doughnuts, Fritters, etc.)
40 seconds for cooked mixtures (Croquettes, Fishballs, etc.)
20 seconds for Chops, French Fried Potatoes, etc.

	Page
After-dinner Coffee	5
Almonds, Salted	48
Anchovy Sauce	35
Appetizers and Relishes—	
Asheville Canapés	1
Cantaloupe Cocktail	2
Celery Relish	2
Cheese and Apple Rings	2
Club Canapés	1
Cocktail Sauce	1
Crab Meat Canapés	1
Cucumber Pickles	3
Fruit Cocktail	2
Gloucester Canapés	1
Mock Crab Canapés	1
Pepper Hash	3
Piccalilli	2
Pickled Nasturtium Seeds	3
Spanish Cheese	2
Table Sauce	3
Tomato Ketchup	3
Tuna Canapés	1
Winter Chili Sauce	2
Apple and Cranberry Shortcake	72
Apple Cake, Dutch	87
Apple Cake, Ginger	82
Apple, Cheese and, Rings	2
Apple Filling	85
Apple Fritters	54
Apple Pudding, Steamed	87
Apple Roulettes	87
Apple Sauce Cake	79
Apples, Baked with Dates	105
Apricot Paste	140
Asheville Canapés	1
Asparagus Soup	6
Bacon and Chicken Livers	25
Bacon and Lamb's Liver, Fried	25
Bacon, Breakfast	24
Bacon, Sandwich Rolls	69
Baked Bean Soup	6
Baked Bean and Lettuce Sandwiches	73
Baked Bean Salad	58
Baked Beans	28
Baked Indian Pudding	88
Baked Pears	107
Baked Rhubarb and Bananas	108
Baked Rice Custard	90
Baked Rice Pudding	89

	Page
Baking defined	VIII
Baking Powder	67
Baking Powder Biscuit	68
Banana and Apple Salad	59
Banana and Grape Juice Jelly	90
Banana and Peanut Salad	59
Banana Fritters	54
Banana Royal	90
Banana Sauce	35
Banana Shortcake	73
Banana Toast	87
Banana Whip	90
Bananas, Baked	105
Bananas with Figs and Nuts	106
Bar-le-Duc Currants, Mock	106
Barley Bread	65
Beans, Black, Thick Purée of	28
Beans, Black, Purée of	6
Beans, Red Kidney, Purée of	6
Beaten Biscuit, Maryland	72
Bechamel Sauce	35
Beef, American Chop Suey	20
Beef and Bacon Cakes	21
Beef, Broiled Chopped	20
Beef, Broiled Flank Steak	20
Beef, Casserole of	20
Beef, Corned	18
Beef, Corned, Hash	27
Beef, Corned, Scalloped	27
Beef, Creamed Dried, with Cheese	21
Beef, Hamburg Meat Cakes	20
Beef, Loaf	21
Beef, Pot Roast	19
Beef, Pressed	18
Beef, Roast	19
Beef, Savory	26
Beef, Shin of, with Creole Sauce	19
Beef Steak, Country Style	20
Beef Stew	12
Beef, Stuffed Shin	19
Bellevue Salad	61
Beverages—	
Café au Lait	5
Chocolate	5
Cocoa	5
Coffee, After-dinner	5
Coffee, Egg, and Milk	4
Coffee, Filtered	5
Ginger Ale Punch	4
Ginger Punch	4
Grape Eggnog	4

	Page
Grape Juice	4
Mint Julep (Ginger Ale)	4
Mint Lemonade	4
Punch, Grape Juice	5
Tea, and Tea, Iced	5
Biscuit, Baking Powder	68
Biscuit, Beaten, Maryland	72
Biscuit, Entire Wheat	70
Biscuit, Fruit Tea	70
Biscuit, Graham	70
Biscuit, Quick Drop	70
Blackberry Mold	90
Blackberry Pudding	87
Black Butter	35
Blancmange, Chocolate	91
Blancmange, Sea Moss	93
Blueberry Muffins	67
Blueberry Pie	100
Blueberry Pudding	87
Boiled Eggs	43
Boiled Icing	84
Boiling Defined	VIII
Bonbon Centers	109
Bouillon Tomato	9
Braising defined	VIII
Bran Bread (Baking Powder)	66
Bran Bread (Yeast)	62
Bran Drop Cookies	82
Bran Muffins	68
Bread, Baking Powder—	
Barley	65
Bran	66
Brown, Bread Crumb	66
Corn	67
Corn Cake, Custard	67
Corn Cake, Rhode Island	68
Corn, Country	67
Dark Nut	66
Date	66
Indian Date, Steamed	66
Molasses Corn	69
Quick Raisin	66
Bread, Yeast—	
Bran	62
Buns	64
Crescents	63
Date	62
Entire Wheat	62
Fried	63
Graham and Corn	63
Irish	62
Oatmeal	63
Roulettes	65
Rye	63
Shredded Wheat	63
White	62
Bread Crumb Brown Bread	66
Bread Omelet	44
Bread Sauce	36
Bread, Stale to freshen	76
Bread Stuffing	38
Breakfast Puffs	72
Brewis	75
Broiling defined	VIII
Brown Betty	87
Brown Bread, Bread Crumb	66
Brown Bread, Toast	75
Brown Sauce	35
Brown Sugar Sirup	78
Buns	64
Buttered Crumbs	76
Buttermilk Muffins	69
Cabbage and Beet Salad	58
Cabbage and Cranberry	59
Cabbage Baked	29
Cabbage Cooked in Milk	29
Café au Lait	5
Cake—	
Apple Sauce	79
Canada War	79
Charlotte Russe	81
Chocolate Marshmallow Roll	82
Cream Pie	81
Date	79
Fudge	80
Ginger Apple	82
Gingerbread, with Egg	82
Gingerbread, without Egg	82
Gingerbread, Sour Milk	82
Ginger Gems	81
Jelly Roll	81
Old-Fashioned Pork	80
One-Egg	79
Orange	80
Petit Duc	79
Plain	80
Spice	80
Sponge	81
Velvet Sponge	81
White	81
Cambridge Muffins	68
Canada War Cake	79
Canapés, Asheville	1
Canapés, Club	1

Page

Canapés, Crab Meat..... 1
Canapés, Gloucester 1
Canapés, Mock Crab..... 1
Canapés, Tuna 1
Candied Grape Fruit Peel... 107
Candies—
Apricot Paste 140
Bonbon Centers 109
Chocolate Bonbons 109
Fondant Bonbons 109
Fondant, Coffee 109
Fondant Mint 109
Fondant, Plain 109
Fondant, Quick 109
Fruit Wafers 141
Marrons Glacés 141
Mint Paste 140
Mints, After-dinner 140
Mints, Quick 140
Nuts and Fruits Glacé.... 141
Spiced Raisins 141
Stuffed Dates 141
Stuffed Prunes 141
Turkish Delight 140
Candies with Cooked Fondant: Chocolates, Nuts, Fruits—
Chocolate Butter Creams.. 111
Chocolate Cocoanut Creams 110
Chocolate Creams (No. 1). 110
Chocolate Creams (No. 2). 110
Chocolate Fruit Creams... 111
Chocolate Nut Balls..... 111
Chocolate Nut Creams.... 111
Cocoanut Cream Balls..... 111
Creamed Almonds 112
Creamed Figs 111
Creamed Dates 112
Creamed English Walnuts. 112
Crystallized Fruits 112
Fruit Rolls 112
Spiced Squares 112
Tutti-Frutti Squares 112
Variegated Tutti-Frutti ... 113
Candies with Cooked Fondant: Miscellaneous Sweetmeats—
Candied Rose Leaves.....113
Candied Violets 113
Chocolate Chestnuts 114
Chocolate Mints 113
Chocolate Wintergreens... 114
Cocoanut Strips 114

Page

Creamed Strawberries ... 114
Macaroon Chocolates 114
Maple Fondant 115
Maple Fondant Bonbons... 115
Maple-Nut Squares 115
Maple Surprise Bonbons.. .116
Nut and Fruit Bonbons... 115
Nut Rolls 115
Surprise Bonbons 116
Bonbons, Confections and Dipped Candies—
Almonds, Creamed 116
Fig Paste 116
Fruit and Chocolate Confections 116
Fruit Confections 117
Fruit (Candied) Dipped or Glazed 117
Fruit (Fresh) Dipped or Glazed 117
Fruit and Nut Confections 116
Nuts, Dipped or Glazed... 118
Oranges, Candied 117
Peach Leather 118
Quince Leather 119
Strawberry Sweetmeats .. 118
Stuffed Prunes 119
Stuffed Raisins 118
Homemade Cough Candies—
Cough Candy (No. 1)..... 119
Cough Candy (No. 2)..... 119
Cough Drops 119
Hoarhound Candy 120
Hoarhound Drops 120
Irish Moss Cough Candy.. 120
Licorice Cough Candy..... 120
Unpulled Candies: Butterscotch and Caramels—
Butterscotch (No. 1)..... 121
Butterscotch (No. 2)..... 121
Chocolate Caramels (No. 1) 121
Chocolate Caramels (No. 2) 121
Chocolate Caramels (No. 3) 121
Chocolate Cream Caramels 122
Cocoanut Caramels 122
Coffee Caramels 122
Maple Caramels (No. 1)... 122
Maple Caramels (No. 2)... 122
Maple-Nut Caramels 123
Nut Caramels 123
Opera Caramels 123
Pineapple Caramels 123
Vanilla Caramels (No. 1).. 123

Page

Vanilla Caramels (No. 2).. 123
Vanilla-Nut Caramels 124
Unpulled Candies: Cocoanut, Cream and Maple Candies—
Cocoanut Balls 124
Cocoanut Bars 124
Cocoanut Cream Candy.... 125
Cocoanut Drops 126
Cocoanut and Molasses Candy 124
Cocoanut Taffy 124
Cream Candy (No. 1)..... 125
Cream Candy (No. 2)..... 125
Cream Candy (No. 3)..... 125
Creamed Pop Corn..... 125
Maple Balls 126
Maple Creams (No. 1).... 126
Maple Creams (No. 2).... 126
Maple Drops 127
Maple-Nut Candy (No. 1). 126
Maple-Nut Candy (No. 2). 126
Maple-Nut Candy (No. 3). 126
Unpulled Candies: Fudges and Simple Nut Candies—
Butternut or Black Walnut Candy 129
Chocolate Fudge (No. 1).. 127
Chocolate Fudge (No. 2).. 127
Chocolate Fudge (No. 3).. 127
"Divinity Fudge" 128
French Nut Nougat..... 128
Hickory Nut Candy (No. 1) 129
Hickory Nut Candy (No. 2) 129
Honey Nut Nougat..... 128
Maple Fudge 127
Marbled Fudge 128
Mexican Kisses or Penotchie (No. 1)..... 129
Mexican Kisses or Penotchie (No. 2)..... 129
Nut Bars 130
Nut Fudge 128
Peanut Brittle (No. 1).... 130
Peanut Brittle (No. 2).... 129
Peanut Candy 130
Sea-Foam Chocolate Fudge 129
Sea-Foam Nut Fudge..... 130
Walnut Molasses Candy... 130
Unpulled Candies: Taffy, Pop Corn and Candy Drops—

Page

Butter Taffy 131
Cream Peppermint Drops.. 132
Cream Wintergreen Drops. 132
Lemon Drops 133
Lemon Taffy 131
Maple Sugar Taffy.....131
Molasses Nut Taffy..... 131
Molasses Pop Corn Taffy.. 131
Molasses Taffy (No. 1).... 131
Molasses Taffy (No. 2).... 131
Old Virginia Molasses Taffy 132
Peppermint Drops 133
Pop Corn Balls..... 132
Sugar Taffy (No. 1)..... 132
Sugar Taffy (No. 2)..... 132
Wintergreen Drops 133
Unpulled Candies: Nut and Fruit Candies and Marshmallows—
Almond Squares 133
Candied Nuts 134
Candy Pudding 135
Creamed Almonds 133
Fruit Bars 134
Kisses 134
Maple Marshmallow Dainties 136
Marshmallows 134
Marshmallows (Chocolate) 135
Marshmallow Dainties 135
Orange or Lemon Peel Candied 135
Orange Straws 136
Pulled Candies: Molasses, Sugar and Cream Candies—
Lemon Cream Candy..... 137
Molasses Candy (No. 1)... 136
Molasses Candy (No. 2)... 137
Molasses Velvets 137
Orange Cream Candy..... 138
Rose-Red Cream Candy... 138
Snow-White Cream Candy. 139
Sugar Candy 137
Vanilla Cream Candy..... 139
Variegated Cream Candy.. 138
Vinegar Candy 138
Virginia Barley Sugar.... 139
Virginia Crisps 138
Cantaloupe Cocktail 2
Canton Ginger Sherbet..... 95
Caper Sauce 36
Caramel Icing 84

	Page
Caramel Sauce	96
Caramel Toast Pudding	88
Carrots Sautéed	29
Carrots Vinaigrette	31
Cauliflower Soup	6
Celery and Egg Sandwiches	74
Celery, Braised	30
Celery, Cream of	7
Celery, Nut, and Potato Loaf	48
Celery Relish	2
Celery Root, Creamed	29
Celery Root, Salad	59
Celery Sauce	36
Celery Toast	75
Cereals—	
Corn Meal and Beef Scrapple	51
Corn Meal Mush	49
Hominy, Steamed	50
Macaroni and Cheese, Scalloped	50
Noodle Balls (for Soup)	49
Noodle Paste	50
Oatmeal, Scotch	49
Polenta, French Fried	51
Polenta, Spanish	50
Polenta, with Cheese	50
Polenta, with Dates	50
Rice and Cocoanut Loaf	51
Rice and Ham, Baked	51
Rice, Boiled	52
Risotto	51
Samp, Steamed	52
Spaghetti and Ham, Baked	51
Spaghetti, Creole	52
Spaghetti, Italian	52
Wheat and Sausage Scrapple	52
Charlotte Russe, Cake for	81
Charlotte Russe, Filling	91
Cheese and Apple Rings	2
Cheese and Nut Sandwiches	74
Cheese, Baked Rice with	47
Cheese, Balls	53
Cheese Club Sandwiches	74
Cheese, Cottage	47
Cheese, Crackers and, Baked	48
Cheese Croquettes	53
Cheese Croustades	47
Cheese Custard	47
Cheese Drops	82
Cheese Fondue	47
Cheese Muffins	68
Cheese Paste	47
Cheese Sauce	36
Cheese Sauce, with Chives	36
Cheese, Scalloped, Toast and	45
Cheese Soup	7
Cheese, Spanish	2
Cheese Straws	104
Cheese Straws (Left-over Paste	104
Cheese Toast	75
Cheese Tomato Rarebit	48
Cheese Wafers	83
Cheese Wafers	104
Cheese Welsh Rarebit	48
Cherry Pie	101
Cherry Pie, Mock	101
Chestnuts, Baked	49
Chestnuts, to Shell	48
Chicken and Okra Soup	10
Chicken, Cream of	10
Chicken Livers and Bacon	25
Chicken Salad	57
Chicken Sandwiches	74
Chili Sauce, Winter	2
Chocolate	5
Chocolate Blancmange	91
Chocolate Bonbons	109
Chocolate Cookies	83
Chocolate Ice Cream	94
Chocolate Icing	85
Chocolate Marshmallow Roll	82
Chocolate Marshmallow, Sauce	97
Chocolate Sauce	96
Chowders—	
Clam	13
Corn	13
Corn and Tomato	13
Fish	14
Oyster	14
Potato	14
Salmon	14
Salt Fish	14
Vegetable	14
Cider Frappé	95
Cider Sauce	37
Cider Sirup	78
Cinnamon Hearts	104
Cinnamon Sauce	97
Cinnamon Toast	75
Clam Bisque	10
Clam Bouillon	10
Clam Chowder	13

	Page
Clear Soup	10
Club Canapés	1
Cocktail, Fruit	2
Cocktail, Cantaloupe	2
Cocktail Sauce	1
Cocoa	5
Cocoa Ice Cream	94
Cocoa Icing	
Cocoanut and Orange Jelly	91
Codfish, Creamed	17
Codfish, Spanish	18
Cod Steaks, Baked	15
Coffee, After-dinner	5
Coffee and Rice Jelly	91
Coffee Cake, Quick	70
Coffee Caramel Custards	91
Coffee Cream Filling	85
Coffee, Egg, and Milk	4
Coffee, Filtered	5
Coffee Ice Cream	94
Coffee Icing	84
Coffee Junket	91
Coffee Sauce	97
Cookies—	
Bran Drop	82
Cheese Drops	82
Cheese Wafers	83
Chocolate	83
Ginger Wafers	83
Macaroons, Oatmeal	84
Macaroons, Peanut	84
Marshmallow Wafers	83
Molasses Brownies	83
Raisin Drop	83
Walnut Wafers	84
Cooking, Kinds of, defined	VIII
Corn and Tomato Chowder	13
Corn Bread, Country	67
Corn Bread, Molasses	69
Corn Bread, without Eggs	67
Corn Cake, Custard	67
Corn Cake, Rhode Island	68
Corn Chowder	13
Corn, Cream of	7
Corn Fritters	54
Corn Meal and Beef Scrapple	51
Corn Meal Griddle Cakes	77
Corn Meal Mush	49
Corn Meal Rolls	70
Corn Meal Waffles	78
Corn Muffins	67
Corn Muffins, Raised	65
Corn Pudding	29

	Page
Corn and Rice Muffins	67
Corn on Cob	35
Coronado Salad	57
Cottage Cheese	47
Cottage Pudding	88
Crab Canapés, Mock	1
Crab Meat Canapés	1
Crackers and Cheese, Baked	48
Cranberry Conserve	106
Cranberry Fritters	55
Cranberry Muffins	68
Cranberry Pie (Open)	101
Cranberry Pudding, Baked	88
Cranberry Sauce	106
Cranberry Sauce (Pudding)	96
Cranberry Sherbet	95
Cranberry Whip	92
Cream Cheese Salad	61
Cream Cheese Salad, Frozen	60
Cream of Celery Soup	7
Cream of Chicken Soup	10
Cream of Corn Soup	7
Cream of Pea Soup	7
Cream Filling	86
Cream Icing	85
Cream Pie	81
Cream Toast	76
Cream Toast, Sauce for	75
Creamy Eggs on Toast	44
Creamy Omelet	45
Creole Eggs	44
Creole Sauce	36
Crescents	63
Crisp Sticks	77
Croquette Sauce	36
Cheese	53
Cheese Balls	53
Fish	53
Meat	53
Potato and Bean	54
Rice	53
Rice and Raisin	54
Salmon and Potato	54
Croustades	76
Croustades, Cheese	47
Croutons	77
Crumb Muffins	68
Crumbs, Buttered	76
Crumbs for Fried Food	53
Crust Stuffing	38
Cucumber Pickles	3
Cucumber Sauce	36
Cucumbers Sautéed	29

	Page
Currant Jelly Sauce	97
Custard, Baked Rice	90
Custard, Cheese	47
Custard, Coffee Caramel	91
Custard Pie	101
Custard Sauce	97
Dark Red Apple Sauce	105
Date and Apple Shortcake	73
Date and Fig Filling	86
Date Bread	62
Date Bread	66
Date Bread, Steamed	66
Date Cake	79
Date Muffins, Raised	64
Date Muffins	69
Date Rolls	70
Date Sauce	97
Desserts, Cold—	
Banana Royal	90
Banana Whip	90
Banana and Grape Juice Jelly	90
Blackberry Mold	90
Charlotte Russe Filling	91
Chocolate Blancmange	91
Cocoanut and Orange Jelly	91
Coffee and Rice Jelly	91
Coffee Caramel Custards	91
Coffee Junket	91
Cranberry Whip	92
Custard Soft	90
Fruit Cream	92
Fruit Jelly, Spiced	92
Fruit Whip	92
Pineapple Pudding	92
Prune and Wheat Mold	93
Prune Whip	92
Prunes and Cranberries, Jellied	92
Rice Mold	93
Sea Moss Blancmange	93
Desserts, Frozen—	
Ices, to Freeze	93
Canton Ginger Sherbet	95
Chocolate Ice Cream	94
Cider Frappé	95
Cocoa Ice Cream	93
Coffee Ice Cream	94
Cranberry and Raisin Sherbet	95
Frozen Custard	93
Frozen Watermelon	96
Fruit Sherbet	95
Grape Bombe	95
Grape Sherbet	95
Jelly Sherbet	95
Mint Ice Cream	94
Orange Velvet Cream	94
Philadelphia Ice Cream	94
Pineapple Sherbet	96
Prune Ice Cream	94
Somerset Sherbet	96
Strawberry Ice Cream	94
Strawberry Sherbet	96
Vanilla Ice Cream	94
Desserts, Hot—	
Apple Cake, Dutch	87
Apple Cake, Ginger	87
Apple Pudding, Steamed	87
Apple Roulettes	87
Banana Toast	87
Blackberry Pudding	87
Blueberry Pudding	87
Brown Betty	87
Caramel Toast Pudding	88
Chocolate Pudding, Steamed	88
Cottage Pudding	88
Cranberry Pudding, Baked	88
Fig Pudding, Steamed	89
Fruit Pudding, Steamed	88
Indian Pudding, Baked	88
Indian Tapioca Pudding	89
Mock Indian Pudding	89
Mulled Rice	89
Peach Dumplings	89
Rice Custard, Baked	90
Rice Pudding, Baked	89
Doughnuts	55
Doughnuts, Small Tea	55
Doughnuts, Stale, to Freshen	76
Drawn Butter	37
Dried Crumb Griddle Cakes	77
Dried Fruit to Cook	105
Dried Lima Bean Soup	6
Drop Biscuit, Quick	70
Dumplings	12
Dumplings, Peach	89
Dutch Potato Salad	59
Eggnog	40
Eggs, Boiled	43
Creamy, on Toast	44
Creole	44
Egg for Dipping Fried Food	53

	Page
Scalloped, with Cheese	46
Scrambled, with Sausages	46
Scrambled, with Tomatoes	46
Shirred	46
Shirred, with Ham	46
Shirred, with Potato and Ham	43
Soufflèed, with Ham Toast	46
with Cheese and Spaghetti	44
with Ham and Tomatoes	44
Egg Plant, Baked	30
Egg Plant, Fried	30
Egg Plant, Julienne	30
Egg Sauce	37
Entire Wheat Biscuit	70
Entire Wheat Bread	62
Entire Wheat Popovers	71
Fat, to Clarify	52
Fat, to Try Out	53
Fig Paste	107
Fillings—	
Apple	85
Coffee Cream	85
Cream	86
Date and Fig	86
Fudge	86
Marshmallow	86
Mocha	86
Orange	86
Prune	85
Filtered Coffee	5
Finnan Haddie Baked in Milk	16
Finnan Haddie, Broiled	17
Fish—	
Cod Steaks, Baked	15
Creamed Codfish	17
Finnan Haddie, Baked	16
Finnan Haddie, Broiled	17
Flounder, Fried Fillet	15
Haddock, Baked Stuffed	15
Halibut, Boiled	15
Herring, Baked	16
Herring, Broiled	17
Mackerel, Baked Salt, Spiced	17
Oyster Pie, Creamed	15
Oyster Shortcake	16
Oysters and Macaroni	16
Oysters, Broiled	15
Oysters, Creamed	16
Oysters, Panned	16
Oysters, with Brown Sauce	16
Salmon, Broiled Smoked	17
Salt Codfish Baked with Crackers	17
Salt Codfish, Broiled	17
Salt Codfish, Soufflé	18
Sautéed with Salt Pork	15
Spanish Codfish	18
Fish Balls	17
Fish Cakes with Pork Scraps	18
Fish Chowder	14
Fish Croquettes	53
Fish Hash	18
Fish Stuffing	38
Flavoring Extracts	
Flounder, Fried Fillet of	15
Fondant Bonbons	109
Fondant, Coffee	109
Fondant Mints	109
Fondant, Plain	109
Fondant, Quick	109
Fondue, Cheese	47
Fowl, Brown Fricassee	42
French Cheese Omelet	45
French Dressing	57
French Fried Potatoes	32
French Omelet	45
French Toast	76
Fried Bread	63
Fritters, Apple, Sliced	54
Fritters, Banana	54
Fritters, Corn	54
Fritters, Cranberry	55
Fritters, Rice and Currant	55
Fritters, Salmon	55
Frozen Custard	93
Fruit, Apple Sauce, Dark Red	105
Fruit, Baked Apples, with Dates	105
Fruit, Baked Bananas	105
Fruit, Pears	107
Fruit, Rhubarb and Bananas	108
Fruit, Bananas, with Figs and Nuts	106
Fruit, Bar-le-Duc Currants, Mock	106
Fruit, Candied Grape Fruit Peel	107
Fruit, Cranberry Conserve	106
Fruit, Cranberry Sauce	106
Fruit, Dried, to Cook	105
Fruit, Fig Paste, Laxative	107
Fruit, Grape and Apple Jelly	105
Fruit, Grape and Apple Sauce	105

	Page
Fruit, Jam, Red Tomato	108
Fruit, Marmalade, Pear and Ginger	107
Fruit, Marmalade, Rhubarb and Fig	107
Fruit, Marmalade, Three in One	108
Fruit, Preserved Cranberries	106
Fruit, Quince Honey	107
Fruit, Red Currant Conserve	106
Fruit, Spiced Apple Jelly	105
Fruit, Cranberries	106
Fruit, Prunes	108
Fruit, Watermelon Rind, Sweet Pickled	108
Fruit Cocktail	2
Fruit Cream	92
Fruit Sauce	97
Fruit Sherbet	95
Fruit Soup	7
Fruit Tea Biscuit	70
Fruit Wafers	141
Fruit Whip	92
Fudge Cake	80
Fudge Filling	86
Gherkins	3
Giblet Sandwiches	74
Ginger Ale Punch	4
Ginger Apple Cake	92
Ginger Gems	81
Ginger Punch	4
Ginger Sauce	97
Ginger Wafers	83
Gingerbread, Sour Milk	82
Gingerbread, with Egg	82
Gingerbread, without Egg	82
Gloucester Canapés	1
Goldenrod Ham Toast	76
Gooseberry Patties	103
Gooseberry Pie	101
Graham and Corn Bread	63
Graham Biscuit	70
Graham Popovers	71
Grape Bombe	95
Grape Eggnog	4
Grape Juice	4
Grape Juice and Apple Sauce	105
Grape Sherbet	95
Griddle Cakes, Corn Meal	77
Griddle Cakes, Dried Crumb	77
Griddle Cakes, Plain	77
Griddle Cakes, Raised Buckwheat	78
Griddle Cakes, Rice	78
Griddle Cakes, Sour Milk	77
Haddock, Baked Stuffed	15
Halibut, Boiled	15
Ham and Cheese Sandwiches	74
Ham and Potato, Baked	26
Ham, Baked Sliced	23
Ham, Broiled	24
Ham Mousse	27
Ham Omelet	44
Hamburg Meat Cakes	20
Hard Sauce	97
Hash, Corned Beef, with Beets	27
Hash, Fish	18
Hash, Pepper	3
Hash, Savory, Baked	27
Hash, Southern	27
Hash, Vegetable	34
Herring, Baked	16
Herring, Smoked Broiled	17
Hollandaise Sauce	37
Hominy, Steamed	50
Honey, Quince	107
Horseradish Sauce	37
Iced Tea	5
Icings, Boiled	84
Icings, Caramel	84
Icings, Chocolate	85
Icings, Cocoa	85
Icings, Coffee	84
Icings, Cream	85
Icings, Orange	85
Icings, Quick	85
Indian Tapioca Pudding	89
Irish Bread	62
Irish Stew with Dumplings	12
Jam, Red Tomato	108
Jam Cakes, Fried	55
Jam Rolls	71
Jellied Prunes and Cranberries	92
Jelly, Banana and Grape	90
Jelly, Cocoanut and Orange	91
Jelly, Coffee and Rice	91
Jelly, Grape and Apple	105
Jelly, Spiced Apple	105
Jelly, Spiced Fruit	92
Jelly Roll, Cake for	81

	Page
Jelly Sherbet	95
Julienne Soup	10
Ketchup Tomato	3
Kidneys, Devilled	26
Kidneys, in Brown Sauce	25
Lamb Broth with Spaghetti	12
Lamb, Brown Fricassee	21
Lamb, Casserole of	22
Lamb Chops	21
Lamb Cutlets	21
Lamb, Rolled Roast	22
Leek Salad	57
Leeks, Creamed	31
Lemon Pie	101
Lemon Sauce	98
Lemon Sirup	78
Lemonade, Mint	4
Light Omelet	45
Lima Bean Loaf	29
Lima Bean Soup, Dried	6
Liver, Lamb's and Bacon	25
Liver, Braised	25
Liver, Brown Fricassee	25
Liver Patties	28
Loaf, Beef	21
Loaf, Celery, Nut, and Potato	48
Loaf, Ham	25
Loaf, Lima Bean	29
Loaf, Nut	49
Loaf, Rice and Cocoanut	51
Loaf, Veal, Baked	24
Loaf, Veal, Boiled	24
Macaroni and Cheese, Scalloped	50
Macaroni, Oysters and	16
Macaroons, Oatmeal	84
Macaroons, Peanut	84
Mackerel, Baked Salt (Spiced)	17
Marlborough Pie	102
Marmalade, Pear and Ginger	107
Marmalade, Three in One	108
Marrons Glacés	141
Marshmallow Filling	86
Marshmallow Sandwiches	74
Marshmallow Sauce	98
Marshmallow Wafers	83
Mayonnaise Dressing	56
Meat and Potato Salad	58
Meat Croquettes	53
Meats, American Chop Suey	20
Meats, Baked Ham and Potato	26
Meats, Baked Sliced Ham	23
Meats, Beef and Bacon Cakes	21
Meats, Beef Loaf	21
Meats, Braised Liver	25
Meats, Breakfast Bacon	24
Meats, Broiled Chopped Beef	20
Meats, Broiled Flank Steak	20
Meats, Boiled Ham	24
Meats, Brown Fricassee of Fowl	42
Meats, Brown Fricassee of Lamb	21
Meats, Brown Fricassee of Liver	25
Meats, Casserole of Lamb	22
Meats, Casserole of Rabbit and Okra	22
Meats, Chicken Livers and Bacon	25
Meats, Chicken Pie	42
Meats, Corned Beef Hash with Beets	27
Meats, Country Club Rabbit	22
Meats, Creamed Dried Beef with Cheese	21
Meats, Devilled Kidneys	26
Meats, Fried Lamb's Liver and Bacon	25
Meats, Ham Loaf	23
Meats, Ham Mousse	27
Meats, Hamburg Meat Cakes	20
Meats, Lamb Chops	21
Meats, Lamb Cutlets	21
Meats, Lamb's Kidneys in Brown Sauce	25
Meats, Liver Patties	28
Meats, Meat Shortcake	27
Meats, Meat Soufflé	28
Meats, Meat and Tomato Pie	28
Meats, Pork Chops Baked with Potatoes	23
Meats, Pot Roast of Beef	19
Meats, Potted Head	23
Meats, Potted Pigeons	43
Meats, Pressed Beef	18
Meats, Pressed Corn Beef	18
Meats, Roast Beef	19
Meats, Roast Breast of Veal	24
Meats, Roast Fowl	42
Meats, Roast Pork	22
Meats, Rolled Roast of Lamb	22

	Page
Meats, Sausage Cakes	23
Meats, Sausage Cakes with Apple	23
Meats, Sausage with Oysters and Eggs	23
Meats, Savory Beef	26
Meats, Savory Hash (Baked)	27
Meats, Scalloped Corned Beef	27
Meats, Shin of Beef, Creole Sauce	19
Meats, Southern Hash	27
Meats, Spanish Tripe	25
Meats, Steak, to Broil	19
Meats, Steak, Country Style	20
Meats, Stuffed Shin of Beef	19
Meats, Tripe Fried in Batter	26
Meats, Tripe Fried in Crumbs	26
Meats, Veal Loaf, Baked	24
Meats, Veal Loaf, Boiled	24
Meats, Veal with Vegetables	24
Meringue for Tarts and Pies	100
Meringue, One-Egg	100
Milk, Coffee, Egg, and	4
Mince Meat	100
Mince Meat, Mock	99
Mince Meat, Green Tomato	100
Mince Pie	102
Mint Julep (Ginger Ale)	4
Mint Lemonade	4
Mint Ice Cream	94
Mint Paste	140
Mint Sauce	37
Mints, After-dinner	140
Mints, Quick	140
Mocha Filling	86
Mocha Sauce	98
Mock Bar-le-Duc Currants	106
Mock Cherry Pie	101
Mock Crab Canapés	1
Mock Crab Sandwiches	74
Mock Indian Pudding	89
Mock Turtle Soup	9
Molasses Brownies	83
Muffins, Baking Powder, Blueberry	67
Muffins, Baking Powder, Bran	68
Muffins, Baking Powder, Buttermilk	69
Muffins, Baking Powder, Cambridge	68
Muffins, Baking Powder, Cheese	68
Muffins, Baking Powder, Corn	67
Muffins, Baking Powder, Corn and Rice	67
Muffins, Baking Powder, Cranberry	68
Muffins, Baking Powder, Crumb	68
Muffins, Baking Powder, Date	69
Muffins, Baking Powder, Plain	69
Muffins, Baking Powder, Rye	69
Muffins, Baking Powder, Sally Lunn	69
Muffins, Baking Powder, Sour Milk	69
Muffins, Yeast, Raised	65
Muffins, Yeast, Raised Corn	65
Muffins, Yeast, Raised Date	64
Muffins, Yeast, Raised Oatmeal	65
Muffins, Stale, to Freshen	76
Mulled Rice	89
Mushroom Sauce	37
Mushroom Soup	11
Mustard Butter	75
Mustard Pickle Sauce	37
Nasturtium Seeds, Pickled	3
Noodle Balls (for Soup)	49
Noodle Paste	50
Nut Bread, Dark	66
Nuts, Almonds, Salted	48
Nuts, Celery, Nut, and Potato Loaf	43
Nuts, Chestnuts, Baked	49
Nuts, Chestnuts, to Shell	48
Nuts, Loaf	49
Nuts, Marrons Glacés	141
Nuts, Nuts and Fruits Glacé	141
Nuts, Peanut Butter	49
Oatmeal, Scotch	49
Oatmeal, Bread	63
Oatmeal, Macaroons	84
Oatmeal, Muffins, Raised	65
Oatmeal, Soup	7
Oatmeal, Waffles	78
Omelets, Bread	44
Omelets, Creamy	45
Omelets, French	45
Omelets, French Cheese	45
Omelets, Ham	44
Omelets, Light	45
Omelets, Salmon	45

	Page
One-Egg Cake	79
Onion Salad	58
Onion Soup	11
Onion, Spanish, and Tomato Salad	60
Onions in Potato Nests	30
Orange and Cress Salad	61
Orange Cake	80
Orange Filling	86
Orange Icing	85
Orange Marmalade Sauce	98
Orange Mint Sauce	37
Orange Pie	102
Orange Sirup	78
Orange Velvet Cream	94
Oyster Chowder	14
Oyster Pie, Creamed	15
Oyster Plant, Creamed	34
Oyster Shortcake	16
Oyster Stew	11
Oyster and Celery Bouillon	11
Oysters and Macaroni	16
Oysters, Broiled	15
Oysters, Creamed	16
Oysters with Brown Sauce	16
Oyster, Panned	16
Panned Oysters	16
Parker House Rolls	64
Pastry, Apple Pie, Sliced	100
Pastry, Banbury Tarts	103
Pastry, Blueberry Pie	100
Pastry, Cheese Straws	104
Pastry, Cheese Straws (Left-over Paste)	104
Pastry, Cheese Wafers	104
Pastry, Cherry Pie	101
Pastry, Cherry Pie, Mock	101
Pastry, Cinnamon Hearts	104
Pastry, Cranberry Pie	100
Pastry, Cranberry Pie (Open)	101
Pastry, Custard Pie	101
Pastry, Gooseberry Patties	103
Pastry, Gooseberry Pie	101
Pastry, Lemon Pie	101
Pastry, Marlborough Pie	102
Pastry, Mince Pie	102
Pastry, Orange Pie	102
Pastry, Patty Shells	99
Pastry, Pie Shell	99
Pastry, Pineapple Pie	102
Pastry, Plain Paste	98
Pastry, Prune and Apple Tart	104
Pastry, Prune Patties	103
Pastry, Prune Pie	102
Pastry, Pumpkin Pie	102
Pastry, Raisin Pie	103
Pastry, Raspberry Pie (Individual)	103
Pastry, Rhubarb Pie	103
Pastry, Rhubarb Meringue Patties	104
Pastry, Rich Paste	99
Pastry, Squash Patties	104
Pastry, Squash Pie	103
Pastry, Tart Shells	99
Pea Soup, Cream of	7
Peas, Purée of Split	8
Peach Dumplings	89
Peanut Butter	49
Peanut Macaroons	84
Peanut Sandwich Filling	75
Peanut Stuffing	38
Pear Salad	61
Peas and Lettuce	31
Peas, Green	31
Pepper and Cabbage Salad	59
Pepper Hash	3
Peppers, Stuffed Green	30
Philadelphia Ice Cream	94
Piccalilli	2
Pickled Nasturtium Seeds	3
Pickles, Cucumber	3
Pie, Chicken	42
Pie, Meat and Tomato	28
Pie, Oyster	15
Pie Shell	99
Pigeons, Potted	43
Pie, Meringue for	100
Pineapple and Cottage Cheese Salad	61
Pineapple Pie	102
Pineapple, Cheese, and Date Salad	61
Pineapple Pudding	92
Pineapple Sherbet	96
Plain Cake	80
Plain Muffins	69
Plain Paste	98
Polenta, French Fried	51
Polenta, Spanish	50
Polenta with Cheese	50
Polenta with Dates	50
Popovers	71
Popovers, Entire Wheat	71
Popovers, Graham	71
Pork Cake	80

	Page
Pork Chops	23
Pork, Roast	22
Potato and Bean Croquettes	54
Potato Chowder	14
Potato Croutons	31
Potato Salad	59
Potato Soup	9
Potato, Sweet, Custard	33
Potatoes, Baked	31
Potatoes, Boiled	31
Potatoes, Creamed	31
Potatoes, French Fried	32
Potatoes, Hashed Brown	32
Potatoes, Lyonnaise	32
Potatoes, Pan-Roasted	32
Potatoes, Scalloped, with Cheese	33
Potatoes, Scalloped, with Peppers and Cheese	32
Potatoes, Stuffed, with Cheese and Bacon	32
Potatoes, Stuffed, with Nuts and Cheese	32
Potatoes, Sweet, French Fried	33
Potatoes, Sweet, glazed	33
Potatoes, Sweet, stuffed	33
Potted Head	23
Poultry	39
Boiled or Roast of Duck	42
Brown Fricassee of Fowl	42
Chicken Fricassee	41
Chicken Pie	42
Chicken with Dumplings	41
Fried Chicken	40
Fried Guinea Hen	43
Hot Tomales	41
Pickled Chicken	40
Potted Pigeons	43
Pressed or Potted Chicken	40
Roast Fowl	42
Roast Goose	43
Roast Turkey	41
Scalloped Chicken	40
Smothered Chicken	40
Steamed Fowl	40
Preserved Cranberries	106
Prune and Apple Shortcake	73
Prune and Apple Tart	104
Prune and Wheat Mold	93
Prune Filling	85
Prune Ice Cream	94
Prune Patties	103
Prune Pie	102
Prune Whip	92
Pudding, Blackberry	87
Pudding, Blueberry	87
Pudding, Brown Betty	87
Pudding, Caramel Toast	88
Pudding, Chocolate, Steamed	88
Pudding, Cottage	88
Pudding, Cranberry, Baked	88
Pudding, Fig, Steamed	89
Pudding, Fruit, Steamed	88
Pudding, Indian, Baked	88
Pudding, Indian Tapioca	89
Pudding, Mock Indian	89
Pudding, Pinapple	92
Pudding, Rice, Baked	89
Puffs, Breakfast	72
Pumpkin Pie	102
Punch, Ginger Ale	4
Punch, Ginger	4
Punch, Grape Juice	5
Purée of Black Beans	6
Purée of Red Kidney Beans	6
Purée of Split Peas	8
Quick Icing	85
Quince Honey	107
Rabbit, Casserole of, and Okra	22
Rabbit, Country Club	22
Raised Buckwheat Cakes	78
Raised Corn Muffins	65
Raised Muffins	65
Raisin Bread	66
Raisin Bread and Cheese Sandwiches	74
Raisin Drop Cookies	83
Raisin Pie	103
Rarebit, Tomato	48
Rarebit, Welsh	48
Raspberry Pie, Individual	103
Red Current Conserve	106
Relish, Celery	2
Rhubarb and Fig Marmalade	107
Rhubarb Meringue Patties	104
Rhubarb Pie	103
Rice and Cocoanut Loaf	51
Rice and Currant Fritters	55
Rice and Ham, Baked	51
Rice and Raisin Croquettes	54
Rice and Tomato Soup	8
Rice, Baked, with Cheese	47

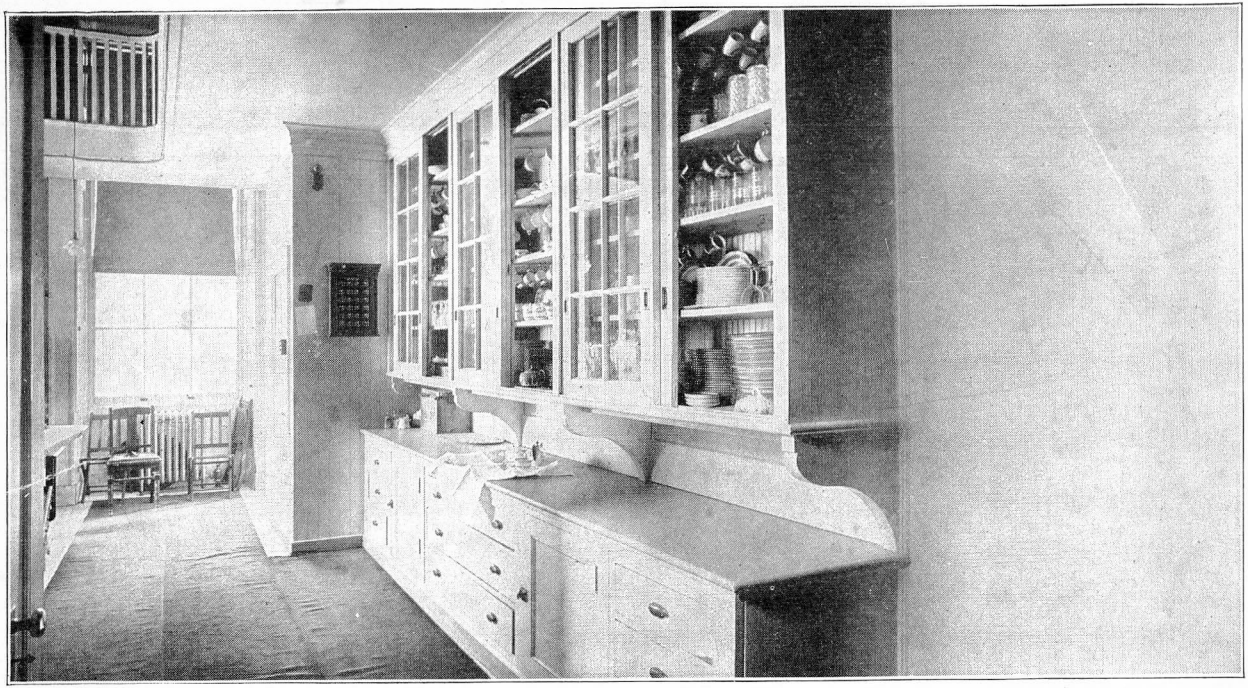
	Page
Rice, Boiled	52
Rice Croquettes	53
Rice Griddle Cakes	78
Rice Mold	93
Rice, Mulled	89
Rice Waffles	78
Rich Paste	99
Rings, Cheese and Apple	2
Risotto	51
Roast Goose, Sauce for	39
Roast Pork, Sauce for	39
Rolls, Bacon Sandwich	69
Rolls, Corn Meal	70
Rolls, Date	70
Rolls, Jam	71
Rolls, Yeast, Parker House	64
Rolls, Yeast, Shamrock	64
Rolls, Yeast, Stale, to Freshen	76
Rolls, Yeast, Swedish Coffee	64
Roulette, Apple	87
Roulette, Cheese	73
Roulette, Devilled Ham	73
Roulette, Fruit	73
Roulette, Marmalade	73
Roulette, Peanut Butter	73
Roulette, Raised	65
Roulette, Raisin and Nut	73
Russian Dressing	57
Rye Bread	63
Rye Muffins	69
Salad, Baked Bean	58
Salad, Banana and Apple	59
Salad, Banana and Peanut	59
Salad, Bellevue	61
Salad, Bermuda Onion	58
Salad, Cabbage and Beet	58
Salad, Cabbage and Cranberry	59
Salad, Celery Root	59
Salad, Chicken	57
Salad, Coronado	57
Salad, Cream Cheese	61
Salad, Cream Cheese, Frozen	60
Salad, Dutch Potato	59
Salad, Leek	57
Salad, Meat and Potato	58
Salad, Orange and Cress	61
Salad, Pear	61
Salad, Pepper and Cabbage	59
Salad, Pinapple, Cheese and Date	61
Salad, Pinapple and Cottage Cheese	61
Salad, Potato	59
Salad, Salmon	58
Salad, Samoset	59
Salad, Shrimp	58
Salad, Spanish	60
Salad, Spanish Onion and Tomato	60
Salad, Sweet Potato	60
Salad, Tomato Jelly	60
Salad, Tuna	58
Salad, Vegetable	60
Salad, Waldorf, Jellied	61
Salad Dressing, Cooked	56
Salad Dressing, Evaporated Milk	56
Salad Dressing, Current Jelly	56
Salad Dressing, Devilled Ham	56
Salad Dressing, French	57
Salad Dressing, Mayonnaise	56
Salad Dressing, Potato Mayonnaise	56
Salad Dressing, Quick Mayonnaise	57
Salad Dressing, Russian	57
Salad Dressing, Sour Cream	57
Salad Dressing, Uncooked, Condensed Milk	57
Sally Lunn	69
Salmon and Potato Croquettes	54
Salmon Bisque	11
Salmon Chowder	14
Salmon Fritters	55
Salmon Omelet	45
Salmon Salad	58
Salmon, Smoked, Broiled	17
Salsify, Creamed	34
Salt Codfish Baked with Crackers	17
Salt Fish, Broiled	17
Salt Fish, Chowder	14
Salt Fish, Souffle	18
Samoset Salad	59
Samp, Steamed	52
Sandwich, Baked Bean and Lettuce	73
Sandwich, Celery and Egg	74
Sandwich, Cheese and Nut	74
Sandwich, Cheese, Club	74

	Page
Sandwich, Chicken	74
Sandwich, Giblet	74
Sandwich, Ham and Cheese	74
Sandwich, Marshmallow	74
Sandwich, Mock Crab	74
Sandwich, Mustard Butter	75
Sandwich, Raisin Bread and Cheese	74
Sandwich Filling, Peanut	75
Sauce, Cocktail	1
Sauce for Desserts, Caramel	96
Sauce for Desserts, Chocolate	96
Sauce for Desserts, Chocolate Marshmallow	96
Sauce for Desserts, Cinnamon	97
Sauce for Desserts, Coffee	97
Sauce for Desserts, Cranberry	96
Sauce for Desserts, Currant Jelly	97
Sauce for Desserts, Custard	97
Sauce for Desserts, Date	97
Sauce for Desserts, Fruit	97
Sauce for Desserts, Ginger	97
Sauce for Desserts, Hard	97
Sauce for Desserts, Lemon	98
Sauce for Desserts, Marshmallow	98
Sauce for Desserts, Mocha	98
Sauce for Desserts, Orange Marmalade	98
Sauce for Desserts, Soft	98
Sauce for Desserts, Strawberry	98
Sauce for Fish and Meat, Anchovy	35
Sauce for Fish and Meat, Banana	35
Sauce for Fish and Meat, Bechamel	35
Sauce for Fish and Meat, Black Butter	35
Sauce for Fish and Meat, Bread	36
Sauce for Fish and Meat, Brown	35
Sauce for Fish and Meat, Caper	36
Sauce for Fish and Meat, Celery	36
Sauce for Fish and Meat, Cheese	36
Sauce for Fish and Meat, Cheese with Chives	36
Sauce for Fish and Meat, Cider	37
Sauce for Fish and Meat, Creole	36
Sauce for Fish and Meat, Croquette	36
Sauce for Fish and Meat, Cucumber	56
Sauce for Fish and Meat, Drawn Butter	37
Sauce for Fish and Meat, Egg	37
Sauce for Fish and Meat, Hollandaise	37
Sauce for Fish and Meat, Horseradish	37
Sauce for Fish and Meat, Mint	37
Sauce for Fish and Meat, Mushroom	37
Sauce for Fish and Meat, Mustard Pickle	37
Sauce for Fish and Meat, Orange Mint	37
Sauce for Roast Goose	39
Sauce for Roast Pork	39
Sauce for Fish and Meat, Sharp	38
Sauce for Fish and Meat, Soubise	38
Sauce for Fish and Meat, Table	3
Sauce for Fish and Meat, Tartare	39
Sauce for Fish and Meat, Tomato	39
Sauce for Fish and Meat, White	38
Sauce for Fish and Meat, Winter Chili	2
Sausage Cakes	23
Sausage Cakes Baked with Apple	23
Sausages with Oysters and Eggs	23
Scalloped Eggs with Cheese	46
Scalloped Toast and Cheese	48
Scones, Potato	71
Scones, Scotch	71

	Page
Scotch Oatmeal	49
Scotch Broth	13
Scrambled Eggs with Sausages	46
Scrambled Eggs with Tomato	46
Scrapple, Corn Meal and Beef	51
Scrapple, Wheat, and Sausage	52
Sea Moss Blancmange	93
Shirred Eggs	46
Shirred Eggs with Ham	46
Shirred Eggs with Potato and Ham	43
Shortcake	72
Apple and Cranberry	72
Banana	73
Date and Apple	73
Meat	27
Oyster	16
Prune and Apple	73
Strawberry	72
Shortening	52
Shredded Wheat Bread	63
Shrimp Salad	58
Sirups, Brown Sugar	78
Cider	78
Lemon	78
Orange	78
Sliced Apple Pie	100
Soft Custard	90
Soft Sauce	98
Somerset Sherbet	96
Soubise Sauce	38
Soufflé, Meat	28
Soufflèd Egg with Ham Toast	46
Soup without Meat, Asparagus	6
Baked Bean	6
Black Bean	6
Cauliflower	6
Cheese	7
Cream of Celery	7
Cream of Corn	7
Cream of Pea	7
Dried Lima Bean	6
Fruit	7
Oatmeal	7
Soup without Meat, Potato	9
Soup without Meat, Purée of Split Peas	8
Soup without Meat, Red Kidney Bean	6
Soup without Meat, Rice and Tomato	8
Soup without Meat, Tomato Bouillon	9
Soup without Meat, Tomato Bisque	8
Soup without Meat, Tomato and Oatmeal	9
Soup without Meat, Tomato and Peanut	9
Soup without Meat, Vegetable	8
Soup without Meat, Windsor	8
Soup and Stew with Meat or Fish, Beef Stew	12
Soup and Stew with Meat or Fish, Chicken and Okra	10
Soup and Stew with Meat or Fish, Clam Bisque	10
Soup and Stew with Meat or Fish, Clam Bouillon	10
Soup and Stew with Meat or Fish, Clear	10
Soup and Stew with Meat or Fish, Cream of Chicken	10
Soup and Stew with Meat or Fish, Irish Stew with Dumplings	12
Soup and Stew with Meat or Fish, Julienne	10
Soup and Stew with Meat or Fish, Lamb Broth with Spaghetti	12
Soup and Stew with Meat or Fish, Mock Turtle	9
Soup and Stew with Meat or Fish, Mushroom	11
Soup and Stew with Meat or Fish, Onion	11
Soup and Stew with Meat or Fish, Oysters and Celery Bouillon	11
Soup and Stew with Meat or Fish, Oyster Stew	11
Soup and Stew with Meat or Fish, Salmon Bisque	11
Soup and Stew with Meat or Fish, Scotch Broth	13
Soup and Stew with Meat or Fish, Soup Stock	11

	Page
Soup and Stew with Meat or Fish, Tomato Tapioca	12
Soup and Stew with Meat or Fish, Tuna	12
Sour Cream Dressing	57
Sour Milk Gingerbread	82
Sour Milk Griddle Cakes	77
Sour Milk Muffins	69
Southern Corn Pudding	29
Spaghetti and Ham, Baked	51
Spaghetti, Creole	52
Spaghetti, Italian	52
Spanish Cheese	2
Spanish Poleta	50
Spanish Salad	60
Spice Cake	80
Spiced Cranberries	106
Spiced Fruit Jelly	92
Spiced Prunes	108
Spiced Raisins	141
Spinach	33
Sponge Cake	81
Sponge Cake, Velvet	81
Squash, Baked Winter	33
Squash Patties	104
Squash Pie	103
Stale Bread, to Freshen	76
Steak, to Broil	19
Steamed Chocolate Pudding	88
Steamed Fig Pudding	89
Steamed Fruit Pudding	88
Strawberry Ice Cream	94
Strawberry Sauce	98
Strawberry Sherbet	96
Strawberry Shortcake	72
Stuffed Dates	141
Stuffed Prunes	141
Stuffing, Bread	38
Stuffing, Crust	38
Stuffing, Fish	38
Stuffing, Peanut	38
Succotash	35
Sunday Toast	76
Sweet Potato Salad	60
Table Sauce	3
Tartare Sauce	39
Tarts, Banbury	103
Tarts, Meringue for	100
Tarts, Shells	99
Tea	5
Tea, Iced	5
Toast, Brewis	75
Toast, Brown Bread	75
Toast, Celery	75
Toast, Cheese	75
Toast, Cinnamon	75
Toast, Cream	76
Toast, Cream, Sauce for	75
Toast, Crisp Sticks	77
Toast, Croustades	76
Toast, Croutons	77
Toast, French	76
Toast, Goldenrod Ham	76
Toast, Sunday	76
Toast, Tomato Cream, with Egg	76
Tomato and Oatmeal Soup	9
Tomato and Peanut Soup	9
Tomato Bisque	8
Tomato Bouillon	9
Tomato Cream Toast with Egg	76
Tomato Custard	34
Tomato Jelly Salad	60
Tomato Ketchup	3
Tomato, Rice and, Soup	8
Tomato Sauce	39
Tomato Tapioca Soup	12
Tomatoes, Baked	34
Tomatoes, Fried Green	34
Tomatoes, Stewed	34
Tomatoes, Stuffed	34
Tripe Fried in Batter	26
Tripe Fried in Crumbs	26
Tripe, Spanish	25
Tuna Canapés	1
Tuna Salad	58
Tuna Soup	12
Turkish Delight	140
Turnips, Creamed	33
Vanilla Ice Cream	94
Veal Loaf (Baked)	24
Veal Loaf (Boiled)	24
Veal, Roast Breast, Stuffed	24
Veal with Vegetables	24
Vegetable Chowder	14
Vegetable Salad	60
Vegetable Soup	8
Vegetables—	
Baked Beans	28
Baked Cabbage	29
Beans, Thick Purée of Black	28
Braised Celery	30

	Page
Cabbage Cooked in Milk	29
Carrots Sautéed	29
Carrots Vinaigrette	31
Corn Pudding	29
Corn on Cob	35
Creamed Celery, Root	29
Cucumbers Sautéed	29
Egg Plant, Baked or Fried	30
Egg Plant, Julienne	30
Hash	34
Leeks, Creamed	31
Lima Bean Loaf	29
Onions in Potato Nests	30
Oyster Plant, Creamed	34
Peas, Green	31
Peas and Lettuce	31
Peppers, Stuffed Green	30
Potatoes, Baked	31
Potatoes, Boiled	31
Potatoes, Creamed	31
Potatoes, French Fried	32
Potatoes, Hashed Brown	32
Potatoes, Lyonnaise	32
Potatoes, Pan-Roasted	32
Potatoes, Scalloped, with Cheese	33
Potatoes, Scalloped with Peppers and Cheese	32
Potatoes, Stuffed, with Cheese and Bacon	32
Potatoes, Stuffed, with Nuts and Cheese	32
Potatoes, Sweet, glazed	33
Potatoes, Sweet, French Fried	33
Potatoes, Sweet, Stuffed	33
Potato Croutons	31
Potato, Sweet, Custard	33
Salsify, Creamed	34
Spinach	33
Squash, Baked Winter	33
Succotash	35
Tomato Custard	34
Tomatoes, Baked	34
Tomatoes, Fried Green	34
Tomatoes, Stewed	34
Tomatoes, Stuffed	34
Turnips, Creamed	33
Waffles	77
Waffles, Corn Meal	78
Waffles, Oatmeal	78
Waffles, Rice	78
Waldorf Salad, Jellied	61
Walnut Wafers	84
Watermelon, Frozen	96
Watermelon, Rind, Sweet Pickled	108
Welsh Rarebit	48
Wheat and Sausage Scrapple	52
White Bread	62
White Cake	81
White Sauce	38
Windsor Soup	8
Winter Chili Sauce	2
Drying Fruits and Vegetables	142
Butchering Time Recipes	146
Table of Weights and Measures	161
Time Tables for Cooking	162
Temperature Tables	164



A Corner of the White House Kitchen.

Under the personal supervision of the First Lady of the Land the White House chef prepares the plain but substantial meals for the President's family and private gatherings. On other occasions, as state dinners, the chef has free reign to indulge in culinary flights to please and satisfy the epicurean connoisseur.



Preparing the Thanksgiving Turkey.

Modern cooking pans and automatic basters are not necessary to the entire enjoyment of a well cooked Thanksgiving turkey. Here we have a good old fashioned cook who uses common sense and follows the recipe on page 41.



Rosa Ponselle, American Opera Star.

Miss Ponselle celebrated her twenty-fourth birthday in her New York apartment by cooking the dinner and carving the roast fowl (see recipe on page 42) for her birthday party guests. All those fortunate enough to be guests at the dinner will testify that Miss Ponselle can cook as well as reach high "C."



Rosa Raisa, Opera Prima Donna, Preparing Italian Spaghetti.

(See recipe on page 52.)

One would think that the songbirds of the operatic stage would display something of temperament in the selection of a favorite dish, and engage a special chef to prepare it for them. Many of them do, but the majority of the famous divas enjoy nothing better than to prepare it themselves.



Miss Margaret Burns Holding a Generous Loaf of White Bread.

(See recipe on page 62.)

At Teachers' College, affiliated with Columbia University, Miss Burns was voted the best cook and best looking in the class. The 25-oz., well-browned, loaf has just been baked by Miss Burns.



Baking a Six Cent Loaf of Bran Bread.

(See recipe on page 62.)

Under the direction of the Bureau of Agriculture, Washington, D. C., this kitchen has been installed. The United States Government has gone into the baking business in order to instruct the public.



A Modern New England Kitchen.

Preparing the famous New England Mince Meat. See recipe on page 100. The meat must be mixed and cooked slowly. Pans must be scalded and heated before meat is poured into them. Follow the recipe closely and the results will be pleasing.



Florence MacBeth, American Coloratura Soprano Preparing Oatmeal and Peanut Macaroons.

(See recipes on page 84.)

Miss MacBeth is shown in her own kitchen preparing her "Tootsie Macaroons," a combination of the Oatmeal Macaroons with raisins and chopped nuts added.