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BOOK OF RECIPES
FOR THE
COOKING SCHOOL

CARRIE ALBERTA LYFORD

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A BOOK OF RECIPES

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COOKING SCHOOL

BY

CARRIE ALBERTA LYFORD

DIRECTOR OF THE HOME ECONOMICS SCHOOL
AT
THE HAMPTON NORMAL AND AGRICULTURAL INSTITUTE

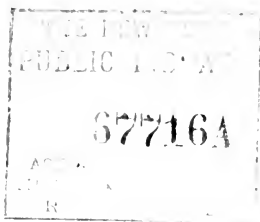
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INTRODUCTION

A BOOK OF RECIPES FOR THE COOKING SCHOOL

This book of recipes is prepared for the use of the many teachers and students of cooking who feel the need of standard recipes for the every-day dishes with directions simply and concisely stated.

The book represents a compilation of recipes that have been in use in cooking schools of the country for many years. It is not designed for the use of experienced cooks who are seeking a wider variety and a greater elaboration of recipes but for the young cook who desires to prepare simple dishes well. Each recipe has been carefully tested and every care has been taken to state the directions definitely. In every class which has used the recipes and with every teacher with whom the compiler has worked, suggestions, criticisms, and improvements have been made, so that the book represents the combined labors of many students of cooking. The chapter on Food Preservation contains the material used in a Hampton leaflet prepared with the aid of Miss Alma Kruse whose faithful labors made its completion possible.

To all who have thus aided in the preparation of the recipes sincerest gratitude is hereby expressed, and the compiler hopes that this publication will be the means of extending to young teachers the benefits of practices that have proved of value in many schools of cooking.

COOKING

Cooking is the preparation of food for the table by dressing it or by the application of heat in some manner.

The processes of cooking include the preparation, selection, and changing of natural food products with the aid of the various kinds of heat or with the assistance of the various processes of fermentation or through the agency of different admixtures.

The reasons for cooking foods stated briefly are as follows:

- 1 To make the food attractive. Example—meats.
- 2 To make the food palatable. Example—eggs.
- 3 To make the food digestible and nourishing. Example—potatoes, cereals, breads.
- 4 To destroy parasites and germs. Example—in water, milk, pork, oysters.
- 5 To introduce heat into the body and stimulate the digestive organs. Example—soups and beverages.

The methods of cooking may be summarized as follows:

- 1 In a medium of dry heat.
 - a Cooking by direct application of intense heat—broiling and toasting.
 - b Cooking by indirect application of intense heat—roasting and baking.
- 2 In a medium of moist heat.
 - a Cooking by direct application of hot water—boiling and stewing.
 - b Cooking by direct application of steam—steaming.
 - c Cooking by indirect contact with boiling water—double boiler.
- 3 In a medium of hot fat.

Cooking by direct contact with hot fat.

- a Frying, in a large amount of fat.
- b Sauteing, in a small amount of fat.
- 4 By direct contact with heated metal—Pan-broiling.
- 5 Cooking by means of a combination of moist air and dry air. (Stewing and baking.)
 - a Braizing and pot-roasting in a kettle.
 - b Casserole cookery in a covered casserole in oven.
- 6 Cooking by means of a combination of hot fat and hot water (frying and stewing)—Fricasseeing.

The results of cooking foods are:

- 1 Physical. Examples—softening of cellulose, liquefaction of gelatine.
- 2 Chemical. Examples—changes in starch, splitting up of fats, action of baking powder.
- 3 Bacteriological. Examples—destruction of germs in meats, milk, and fruits, or cultivation of germ life as in preparation of bread, cheese and butter.

Success in cooking depends upon intelligent handling of materials and control of the cooking medium. It is as essential to know how to buy and how to prepare the food as it is to know how to cook it. Absolute cleanliness must be exercised in handling food and this can best be secured by orderly procedure in carrying on the work. Accuracy of measurement is the only means of securing uniform results. A complete knowledge of the stove and how to regulate it, is essential if the cook is to find joy in her work.

Good food materials must be used to secure good results. This does not mean that the foods of highest price must always be purchased but that everything used must be in good condition. Cheaper fats can often be substituted for butter when cooking. So long as such fats are fresh and of delicate flavor the resulting cooked dishes will be satisfactory. Though butter is very generally named as the fat to be used in the recipes,

it is hoped that the housewife will often substitute cheaper fats that give satisfaction. Oleomargarine has long proved its usefulness as a fat to be relied upon in cooking and can well be substituted for butter in batters of all sorts. Lard and beef drippings can serve to replace butter in many bread and pastry recipes. It may be found necessary to alter the amount of fat used as the kind is varied.

The fireless cooker can advantageously be used for many of the longer processes of cooking. After the food has been well heated through and the cooking process has begun, the dishes may be placed in the fireless cooker to complete the cooking. For cereals and stews that require very long cooking the fireless cooker is a great aid to the housewife relieving her of the necessity of watching the cooking and at the same time economizing the amount of fuel used.

GENERAL RULES TO FOLLOW IN USING RECIPES

Accuracy of measurement is absolutely necessary in order to secure uniform results. Although greater accuracy can be secured by making all measurements by weight, the average housekeeper is not provided with scales that are sufficiently accurate to make the weighing of small quantities feasible; therefore, the recipes are given with quantities indicated by cup and spoon measurements.

Use a standard measuring cup that holds one half pint.

Make all cup and spoon measurements level.

Measure a fraction of a cupful or of a spoonful carefully.

Sift dry ingredients before measuring and measure them lightly.

Pack butter and lard when measuring in a cup or spoon.

Measure all dry ingredients first, before measuring but-

ter or liquids, in order to economize in the number of utensils necessary.

Table of Measurements

1 measuring cup	=	$\frac{1}{2}$ pint
16 tablespoonsful	=	1 cup
3 teaspoonsful	=	1 tablespoon.

BEVERAGES

COFFEE

When possible it is desirable that coffee be roasted shortly before it is to be prepared and ground at the time of making, as the flavor is quickly lost after roasting, particularly if the coffee be ground. Therefore unless purchased in small quantities, it is best kept unroasted. Roasted coffee must be kept in well covered containers.

The purpose in cooking coffee is to extract the essential oil and caffeine and at the same time draw out as little of the tannic acid as possible.

Coffee is prepared by filtration, percolation, and boiling. The first two methods extract the essential oil and caffeine with but little of the tannic acid. If boiled coffee is carefully made the amount of tannic acid drawn out is small. Coffee should not be boiled for more than eight minutes.

When coffee is to be reheated, it should **not** be left on the grounds as added cooking tends to draw out the tannic acid.

Two level tablespoons of coffee are allowed for each cup to be served.

Coffee is at its best served "black" or clear. Hot milk and cream are served in coffee. When milk or cream and sugar are added the food value of the coffee is increased, as is also the work of digestion.

Boiled Coffee

1 cup coarsely ground coffee	5 cups boiling water
$\frac{1}{2}$ cup cold water	(freshly boiling)
$\frac{1}{3}$ white of egg and egg shell (crushed)	$\frac{1}{2}$ cup cold water.

Mix the coffee with $\frac{1}{2}$ cup cold water, the white of egg and shell and add boiling water. Boil 8 minutes, pour out 1 cup of coffee, and return to the coffee pot; add $\frac{1}{2}$ cup cold water and let settle 5 minutes. A rich coffee, excellent for after-dinner coffee. Serves 8 to 10 cups.

The egg may be omitted and the coffee grounds tied in a small piece of cheesecloth and removed from the coffee pot after the coffee has been boiled 8 minutes.

Filtered Coffee

1 cup very finely ground coffee
5 cups boiling water (freshly boiling)
Scald a filter coffee pot. Put the coffee into the upper part of the coffee pot and pour the boiling water slowly through it. The coffee pot must be kept hot while the coffee is being made. Serves 8.

Percolated Coffee

$\frac{1}{2}$ cup finely ground coffee 3 cups water
Put the coffee in the upper part of the percolator and the water in the lower part. Heat the water and allow it to percolate through the coffee for 20 minutes. Serves 6.

Cereal Coffee

1 cup cereal coffee. 5 cups boiling water (freshly boiling)
 $\frac{1}{2}$ cup cold water
Mix the coffee with cold water, add the boiling water; boil 20 minutes, let settle 5 minutes, and serve hot. Serves 8.

TEA

There is a great variety of good teas on the market, both black and green. The choice of tea is largely a matter of individual preference.

Tea should always be kept in a tightly covered can or jar to protect it from the air and moisture, because of the volatile oil present.

In the preparation of the beverage the purpose is to draw out the volatile oil and caffeine from the leaf into the water. Boiling water must be poured over the leaves to obtain these results and if the water is then allowed to stand on the leaves without boiling for only three or four minutes, the best results are obtained. A longer infusion draws out the bitter and harmful tannic acid, making the beverage not only unpleasant to the taste but also harmful to the body.

As tannic acid acts on some metals, it is not desirable to use a metal tea pot. China and earthen ware are best; earthen ware is especially desirable, because it holds the heat.

The tea pot should be scalded out and heated before the tea is put in. The water used should be freshly boiling and the tea pot tightly covered during the infusion.

A tea strainer or tea ball may be used to prepare one cup of tea at a time. The tea cup must be scalded and boiling water poured over the tea leaves.

One cannot economize in the preparation of tea by allowing a longer time for steeping for that ruins the beverage. When a stronger tea is desired, more leaves must be used.

Tea is at its best served clear; lemon is often added (Russian tea); cloves and candied orange peel give a pleasing variety; cream and sugar are much used, and increase the food value of the beverage.

Tea

1 teaspoon green tea *or* 2 cups boiling water
 2 teaspoons black tea (freshly boiling)

Scald the teapot, put the tea in the teapot and pour boiling water over it. Cover closely but do not boil. Steep 3 minutes, strain, and serve, adding hot water if desired. Serves 4.

Iced Tea

Follow recipe for tea using double the quantity of tea called for. Strain and set aside to cool. Chill and serve with chipped ice and sliced lemon. Black tea is more desirable for iced tea.

CHOCOLATE

An unsweetened chocolate gives the best results for cooking purposes.

Chocolate may become rancid if kept too long because of the large amount of fat present. Moisture and heat must be excluded from both chocolate and cocoa in order to keep them in good condition. It is well to keep chocolate in a tightly covered tin box.

The purpose of cooking chocolate and cocoa is to develop flavor, to cook the starch, and to combine with other food materials as a flavor. For cooking purposes unsweetened chocolate gives the best results. When cakes rich in chocolate are baked some soda is required because of the presence of fatty acids in the chocolate.

Heat readily reduces chocolate to a smooth paste which burns easily; therefore chocolate should be cooked at a moderate temperature.

Both chocolate and cocoa should be combined with sugar and a small amount of the liquid and cooked to a smooth paste before adding the full quantity of liquid.

Chocolate should be cooked only a short time in order to avoid the separation of the fat.

Cocoa should be cooked half an hour in order to cook the starch thoroughly and to develop flavor.

Water can always be substituted for milk in the recipes and the result will still be good though the beverage will not be so rich. For a richer beverage cream may be added.

Both condensed and evaporated milk give excellent results with chocolate and cocoa and may entirely replace sweet milk. If the condensed milk is used, sugar need not be added.

The process of "milling" or whipping is necessary after cooking chocolate or cocoa in order to avoid formation of the albuminous skin over the beverage.

Chocolate and cocoa are served plain or with cream. The cream may be plain or whipped and the whipped cream may be sweetened or unsweetened. Sometimes the well-beaten white of an egg is added to the whipped cream to increase its volume.

Chocolate

1 qt. milk *or* 2 oz. chocolate.
1 qt. milk and water. $\frac{1}{3}$ cup sugar

Melt the chocolate over hot water, add the sugar and then, the hot liquid slowly; boil 5 minutes directly over the heat, beat well and serve. A richer beverage may be made by using 3 ounces of chocolate. Serves 8 to 10.

Cocoa

$\frac{1}{4}$ cup cocoa 1 cup water
 $\frac{1}{4}$ cup sugar 3 cups milk

Mix the cocoa and sugar with the water and boil 10 minutes; stir into the hot milk and then cook in double boiler $\frac{1}{2}$ hour. Serves 8 to 10.

FRUIT BEVERAGES

Beverages prepared from fresh fruits and served cold are welcome and refreshing in hot weather and are frequently useful during sickness.

The citrus fruits usually form the basis of such fruit beverages and can be used alone or in combination with other fruits.

The recipes can be varied as different fruits are in season and as use is made of the various canned fruit juices.

Sugar should be used with discretion in fruit beverages and water should be added as necessary. The quantities of sugar and water used in the recipes will have to be varied according to the acidity and strength of the fruit juices.

Strawberries, cherries, diced pineapple and sliced bananas are used as garnish in fruit drinks.

Lemonade

$\frac{1}{2}$ cup lemon juice	1 quart water
1 cup sugar	

Add sugar to lemon juice and stir until sugar is dissolved. Add cold water, stir well, strain and add more water if desired. Serve very cold.

The juice of one lemon equals 3 tablespoons. Allow $1\frac{1}{2}$ tablespoons juice to each glass. Serves 6.

Orangeade

6 oranges	1 cup sugar
2 lemons, juice	1 quart water

Add the sugar to the juice of the oranges and lemons and stir until the sugar is dissolved. If desired add grated rind of one half lemon and one half orange. Add cold water, strain, and serve cold. Serves 6 to 8.

Strawberryade

1 cup strawberry juice	4 cups water
2 lemons, juice	$\frac{1}{2}$ cup pineapple juice
$\frac{1}{2}$ cup sugar	or shredded pineapple

Add lemon juice and sugar to strawberry juice, then add cold water and pineapple. Serve very cold. Serves 6 to 8.

Grape Fruit Juice

2 grape fruit, juice	$\frac{2}{3}$ cup sugar
2 lemons, juice	1 quart water

Add the lemon juice and sugar to the grape fruit juice. Stir until the sugar is dissolved, then add cold water and strain. Serve very cold. Serves 6 to 8.

Fruit Drink

2 oranges	1 quart water
2 lemons	1 cup sugar
1 grape fruit	1 cup shredded pineapple

Add the grated rind of one orange to the sugar and water and boil for a few minutes. Cool and add to the juice of the lemons, oranges, and grape fruit. Strain, add the shredded pineapple and serve very cold. Serves 6 to 8.

Fruit Punch

1 cup water	2 teaspoons tea
1½ quarts water	4 lemons
2 cloves	2 oranges
1 stick cinnamon	½ cup shredded pineapple

Add one quart of water to the sugar. Add cinnamon, cloves and grated rind of one lemon. Boil 5 min. Steep the tea with one pint boiling water for 3 min. Strain and add to the syrup. Add the lemon and orange juice strained and the shredded pineapple. Serve very cold. Serves 6 to 8.

Grape Juice Punch

1 pint grape juice	$\frac{1}{4}$ cup sugar
2 lemons	1 quart water

Add the juice of the lemons and the sugar to the grape juice and stir until the sugar is dissolved. Add the water, strain and serve very cold. The strength of the grape juice will vary, hence more grape juice and more sugar may be required. Serves 6 to 8.

VEGETABLES

Vegetables should be used when they are in season, as they are always cheapest and at their best then. One should select those that are fresh and of good quality. Those of medium size are usually best. They should be kept in a cold, dark, dry place until ready to use.

Cooking of Vegetables

Vegetables are cooked to soften the cellulose, to cook the starch, and to develop the flavor. Methods of cooking commonly employed for vegetables are boiling, steaming, baking and frying.

Prepare vegetables by washing thoroughly, with a small scrub brush, and paring or scraping, if the skins are to be removed. They are always better if the skin is not removed before cooking and if they are kept as nearly whole as possible. After paring put all vegetables into cold water until ready to cook, to keep them crisp and to prevent their being discolored. If withered let them stand in cold water for some time.

Cellulose forms the basis for the framework of all vegetables. In old or exceedingly large vegetables this cellulose may be very tough, hence longer cooking may be required. In most vegetables the cellulose is more coarse in one part of the vegetable than in the others. Cabbage has a coarse mid-rib of cellulose. Celery has strings of cellulose down the stalk. Carrots have a tough center of cellulose which becomes very hard in the old vegetable. Turnips have a heavy layer of cellulose on the outside.

General Directions for Cooking Vegetables in Water

Strong flavored vegetables (as turnips, onions, cabbage, and cauliflower) may be cooked uncovered in rapidly boiling water in order to drive off some of the odor and flavor.

Delicately-flavored vegetables (as spinach, asparagus, and green peas) are best if cooked uncovered, slowly, in a small amount of boiling water until the vegetable is tender and the water boils away.

Starchy vegetables (as potatoes, carrots and parsnips) should be cooked in a sufficiently large amount of boiling water to cover them. The water should boil gently and the kettle be kept covered.

Water should be kept boiling continuously while vegetables are cooking. If it is necessary to replenish water, boiling water should be added. When vegetables are partially cooked, add 1 teaspoonful salt to each quart of water. Cook until vegetable can be easily pierced with a fork.

All boiled vegetables should be drained well as soon as tender if an excess of water has been used. After cooking season with salt and pepper and serve hot with butter or white sauce.

When practicable it is better to steam than to boil vegetables, because there is less loss of food value. Put the vegetables on a plate in the steamer, cover closely, set over boiling water, and keep the water boiling steadily until the vegetables are tender.

Proportions for seasoning 1 cup vegetables are $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ tablespoon butter. Proportions for medium white sauce are 2 tablespoons butter, 2 tablespoons flour, 1 cup liquid, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper—sufficient for 2 cups cooked vegetables.

All dried vegetables should be soaked in cold water before cooking. Because of the large amount of tough skin on dried peas and beans both soaking and cooking may require several hours. If water contains much lime it does not soften them readily, hence it is sometimes desirable to add a little soda to the water to precipitate the lime.

Time Table for Cooking Vegetables in Water

Asparagus20-30 min.	Mustard Greens	..30-45 min.
Beans, lima1-1½ hrs.	Okra20 min.
Beans, string1-3 hrs.	Onions45-60 min.
Beets, old3-4 hrs.	Parsnips30-45 min.
Beets, young¾-1 hr.	Peas, green20-45 min.
Cabbage20 min.	Potatoes, sweet20-30 min.
Carrots½-1 hr.	Potatoes, white	. 20-30 min.
Cauliflower20-30 min.	Salsify or oyster	
Celery20-30 min.	plant45-60 min.
Collards20-30 min.	Spinach15-45 min.
Corn, green10-20 min.	Squash20-30 min.
Egg plant30 min.	Swiss Chará30-40 min.
Kale25-45 min.	Tomatoes½-1 hr.
Kohl Rabi30-50 min.	Turnips30-40 min.

ASPARAGUS

Asparagus should be used while young and fresh, and should be carefully cooked in order to preserve the delicate flavor. Its food value is not high, but it is always a welcome addition to the diet and is of value because of the mineral matter it contains. It can be served cold in salads as well as hot with meat and potatoes.

Boiled Asparagus

Wash, trim, remove the woody part of the stems, and tie asparagus in bundles, or cut in 1-inch lengths. Put in salted water and boil slowly in an uncovered saucepan until stalks are tender. Season with butter, salt, and pepper, or with a white sauce. Serve on hot toast if desired.

BEANS

Beans are a valuable vegetable for the table, either served green in the pod or matured and removed from the shell.

Green String or Wax Beans

Green beans do not have high nutritive value but they supply valuable minerals and needed bulk. They may be boiled, seasoned, and served as an accompaniment to the meat course. Cream or white sauce may be added before serving. Salt pork may be cooked with the beans to give additional flavor. Cold cooked beans may be used in salads.

Dried Beans

Mature beans provide a good meat substitute and may be cooked in a variety of ways. Baked beans and bean soup are probably the most popular methods of using dried beans.

Boston Baked Beans

1 quart navy beans	2 tablespoons molasses
1 tablespoon salt	1 cup boiling water
$\frac{1}{2}$ tablespoon mustard	$\frac{1}{2}$ pound fat salt pork
3 tablespoons sugar	Boiling water to cover.

Pick beans over and soak in cold water over night.

In the morning drain, cover with fresh water, and heat slowly until the skins burst, but do not let the beans become broken.

Scald $\frac{1}{2}$ pound fat salt pork; scrape it; put a slice in the bottom of the bean pot. Cut the remaining pork across top in strips just through the rind, and bury the pork in the beans, leaving the rind exposed.

Add 1 cup boiling water to seasonings and pour over the beans. Cover with boiling water. Bake slowly, adding more water as necessary. Bake from 6 to 8 hours; uncover at the last so that the water will evaporate and beans brown on top. Serves 12.

Green Lima Beans or Butter Beans

Cover 1 quart of the shelled beans with boiling water. Boil up quickly at first, then boil slowly until done (45 to 60

minutes), allowing water to boil away at the last. When tender pour off a part of the water if too much remains. Season the beans with a teaspoonful of salt and 3 tablespoonfuls of butter, or serve with a white sauce.

BEETS

The whole of the young beet plant, including the root, may be pulled and used while fresh for "greens." It is valuable for the organic acids and minerals it provides. When more nearly mature the beet is boiled without the tops. The mature beet may be stored and kept through the winter and if boiled till tender is excellent as a source of sugar and starch, thus providing heat and energy to the body and giving a welcome variation in the vegetable foods. Care must be taken in handling and cooking beets not to break the skin or injure the beet, for the soluble sugar and attractive coloring are easily lost. Beets are sometimes pickled and used as a relish, and are an attractive addition to vegetable salads.

Boiled Beets

Wash the beets, leaving 2 or 3 inches of the top on until cooked, and cook whole until tender. Young beets will cook in 1 hour, old beets require a longer time. Put in cold water, pare, slice and reheat with butter, salt, and pepper. The butter may be omitted and vinegar used or the beets may be cut in small cubes and served in a white sauce.

BRUSSELS SPROUTS

Brussels sprouts are of the same class as the cabbage and are prepared, cooked and seasoned in the same way, but because of their small size, it is possible to leave them whole.

CABBAGE

Cabbage can be used in many ways, both uncooked and cooked. Prolonged cooking renders cabbage somewhat difficult of digestion; therefore care should be taken to cook cabbage only long enough to soften the cellulose.

Boiled Cabbage

Cut cabbage in quarters and soak $\frac{1}{2}$ hour in cold salt water to draw out any insects. Cut in large pieces or chop evenly. Cook till tender in a large amount of boiling salted water about 20 minutes. Leave kettle uncovered. Drain and serve with butter, salt, and pepper or with a drawn butter sauce flavored with vinegar.

Creamed Cabbage

1 pint boiled cabbage 1 recipe white sauce

White Sauce

2 tablespoons butter or other fat	$\frac{1}{8}$ teaspoon white pepper
2 tablespoons flour	1 cup milk, heated
1 teaspoon salt	

Heat the butter. When it bubbles add flour and seasonings, add hot milk gradually, stirring constantly and allowing the mixture to thicken and bubble each time before adding another portion of the milk. Boil up once and sauce is ready to serve.

Pour the white sauce over the boiled cabbage, heat till bubbling, and serve hot. Serves 6 or 8.

Scalloped Cabbage

3 cups chopped cabbage	1 $\frac{1}{2}$ cups milk
2 tablespoons butter or other fat	1 cup bread crumbs, to which
3 tablespoons flour	1 tablespoon butter or other fat is added
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon white pepper	

Boil cabbage until tender, drain well, put into a well-greased baking dish, and pour over it a white sauce made of the butter, flour, salt, pepper, and milk. Cover with the buttered crumbs. Bake in a moderate oven until the crumbs are a golden brown, about 15 minutes. Serves 6 or 8.

The same recipe may be used to prepare scalloped potatoes, scalloped corn, scalloped asparagus, scalloped cauliflower, scalloped onions, and scalloped carrots. (See scalloped dishes).

Cabbage Boiled with Pork or Corned Beef

If cabbage is to be cooked with boiled salt pork or corned beef, add to it the boiled meat one-half hour before it is to be served and boil vigorously until tender, leaving the kettle uncovered.

Sauer Kraut

See directions for making sauer kraut.

When ready to use sauer kraut, drain it and boil till tender in hot water or cook in hot fat. Season to taste.

Sauer Kraut with Fresh Pork

Cover sauer kraut with boiling water, add fresh pork and boil until the meat is very tender and falls from the bones. Remove bones. Season to taste.

CARROTS

Delicate young carrots procured from the garden during the summer and fall are an acceptable addition to the daily menu. They may be cooked alone or combined with meat dishes, soups, and salads to give added flavor. Older carrots may be kept for use through the winter if stored in a cool, dry place. They are used in the same ways that young carrots are used but are more tough in texture and stronger in flavor than young carrots. The outside skin of the carrot may be removed by scraping after it has been thoroughly scrubbed. Carrots have considerable

nutritive value because of the sugar, starch, and mineral matter which they contain. They provide needed bulk to the diet and may be used with meats or fish when some more juicy vegetable is served at the same meal.

Creamed Carrots

1 pint carrots.

1 recipe medium white sauce (see creamed cabbage)

Scrape the carrot slightly; then cut into large dice or slices. Young carrots may be cooked whole. If the heart of old carrots is hard and woody, remove it before cooking. Put into a stewpan with boiling salted water to cover, allowing a teaspoonful of salt for a quart of water, and boil until tender. Young carrots will cook in 30 minutes and the water should be allowed to boil away. Old carrots require 45 minutes boiling. Drain well and add to the white sauce. Serves 6 to 8.

CAULIFLOWER

Soak cauliflower in cold salt water to draw out insects. Tie in cheese cloth to prevent falling to pieces, put into a large amount of boiling water and boil rapidly until tender (20-30 min.) leaving kettle uncovered.

Cauliflower au Gratin

1 head cauliflower	1 cup milk or cream
2 tablespoons butter or other fat.	1 teaspoon onion juice
2 tablespoons flour	2 tablespoons grated cheese
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup bread crumbs
Dash of pepper	1 tablespoon butter

Boil the cauliflower in salted water till tender, about 30 minutes. Prepare a white sauce with 2 tablespoons butter, flour, salt, pepper, and milk. Add onion juice and cheese. Break cauliflower up in pieces, put in baking dish, cover with white sauce and sprinkle with buttered crumbs. Place in a

hot oven until the crumbs are a golden brown, about 20 minutes. Serves 6 to 8. (See scalloped dishes).

CELERY

Separate the pieces of celery from the root and wash each piece thoroughly. Remove any discolored portions with a knife. Cut off the leaves and keep them for garnishing or for soup. Reserve coarse or broken pieces, leaves, and roots for cooking. Serve all the delicate, crisp pieces uncooked with salt or use them in salads.

Creamed Celery

3 stalks celery 1 recipe medium white sauce

Wash and scrape the celery, cut in $\frac{1}{2}$ inch pieces, cover with boiling water, and cook until tender (20-30 minutes), drain and serve with a white sauce, using the water in which the celery has been cooked as stock in the sauce. Serves 6.

COLLARDS

In those parts of the country where collards grow readily they are among the most valuable greens and give a much needed variety to the diet. They belong to the cabbage family and are valuable for their bulk and for the mineral matter they contain.

After washing collards thoroughly, add to a large amount of rapidly boiling water, and boil for 15 or 20 minutes or until perfectly tender. Season with salt, pepper, and butter or serve with white sauce.

CORN

Green corn is a valuable table vegetable, both fresh and canned, because of its agreeable flavor and the cellulose which provides necessary bulk to the diet.

Fresh corn should be used on the table or for canning as

early after gathering as possible. It should be kept in a cold, dry place until used because it contains fermentable juices and hence sours quickly.

When it is to be used the husks and all the silky fibers should be carefully removed. The corn may be cooked on the cob or trimmed off with a sharp knife. If the corn is old, the kernels may be cut through with a sharp knife, then the pulp may be pressed out with the back of the knife and most of the hull left on the cob.

Corn on the Cob

After removing the husks and silk, trim the cobs if they have been unevenly developed or are imperfect in any way. Put into boiling salted water and after the water has come to a boil continue the boiling from 10 to 20 minutes. The corn is done as soon as the milk in the kernels has thickened. This can be tested by trying one kernel. If boiled for a long time the corn becomes hard and its flavor is impaired. Serve hot.

Corn Pudding

1 doz. ears fresh corn <i>or</i>	1 teaspoon sugar
1 can corn	$\frac{1}{2}$ teaspoon salt
3 eggs	2 tablespoons flour
2 cups rich milk	1 tablespoon softened butter

Mix the dry ingredients, add to the well-beaten yolks of the eggs, corn and milk. Cut and fold in well-beaten whites of eggs and the butter. Bake in a buttered dish in a moderate oven $\frac{1}{2}$ hour or till firm. Serves 6 to 8.

Stewed Corn

Cut the fresh corn from the cob, scraping as much pulp from the cob as possible. Season with salt and pepper, add a little milk and butter, and simmer a few minutes on top of the stove or in the oven.

Scalloped Corn

1 quart fresh corn <i>or</i>	$\frac{1}{8}$ teaspoon pepper
1 can of corn	3 tablespoons butter or
$\frac{2}{3}$ cup milk	other fat
$1\frac{1}{4}$ teaspoons salt.	2 cups stale bread crumbs

After removing corn from the cob mix with milk, add seasonings and 1 tablespoon butter.

Melt 2 tablespoons butter, add crumbs and line the bottom of a buttered baking dish with one-fourth of the amount. Then add one-half the corn mixture and one-fourth more of the crumbs. Add remainder of the corn and cover with buttered crumbs.

Bake in a moderate oven 20 to 30 minutes to brown nicely on top. Serves 6 to 8. (See scalloped dishes).

COWPEAS

Cowpeas should be cooked soon after gathering, in order to preserve their fine flavor. Cook the green cowpeas (in pod or shelled) in boiling salted water until tender. Season and serve. Dried cowpeas should be soaked over night (7 or 8 hours), then boiled until tender. By absorbing water dried cowpeas increase in size until each cup makes nearly $2\frac{1}{2}$ cups of cooked peas.

CUCUMBERS

Cucumbers are valued for their fresh, cool crispness, and are generally eaten raw. They are served with salt, pepper, vinegar and oil, or with salad dressing, alone or combined with other vegetables.

To Prepare Cucumbers

Wash, pare, and cut thick slices from ends. Taste the cucumber to be sure it is not bitter. Keep very cold and slice thin just before using. The cucumber will be more crisp if

soaked in salt water. Serve as the salad accompanying meat or fish, and with potatoes or other starchy vegetables.

EGGPLANT

Eggplant has an agreeable flavor and adds to the variety of the diet, though its food value is not high. It should be served with meat and potatoes or with one of the more nutritious vegetables, such as beans.

Scalloped Eggplant

1 eggplant	1 cup bread crumbs
$\frac{1}{2}$ small onion	3 tablespoons butter or
$\frac{1}{2}$ teaspoon salt	other fat
Pepper	

Cut the eggplant in halves and cook in boiling salted water until tender. Drain carefully, remove the pulp from the shell and chop the pulp fine. Chop the onion and fry it in 2 tablespoons of the fat. Add onion and seasonings to the eggplant. Put into a well-greased dish and cover with buttered crumbs. Bake in a hot oven from 15 to 20 minutes until well browned on top.

Boiled Eggplant

Prepare as for scalloped eggplant, heat well after combining with the seasoning, omit the buttered crumbs and serve without baking.

Fried Eggplant

Cut the eggplant in slices about $\frac{1}{4}$ inch thick, and pare. Sprinkle the slices with salt and pile them one upon the other, then put a plate with a weight on top of the slices. Let them stand an hour, then remove weight and plate. Add 1 tablespoonful of water, half a tablespoonful salt, and one-fourth a teaspoonful pepper to an egg. Beat well. Dip the slices of eggplant into the egg, then into dried bread crumbs. Fry till brown. Drain on absorbent paper.

KALE

Kale is used chiefly as greens, being boiled and seasoned much the same as cabbage.

Kale Boiled with Pork

Boil half a pound of salt pork gently for 3 or 4 hours. Pick kale over carefully, wash thoroughly, drain well, and put on to boil with the pork. Boil rapidly for 25 to 45 minutes. Serve the pork with the kale. Add more salt if necessary.

Smoked bacon or ham may be substituted for the pork. Kale may also be cooked in water in which corned beef was boiled.

Minced Kale

Remove all the old or tough leaves. Wash the kale thoroughly and drain, then put on to cook in a kettle of boiling water, to which has been added salt in the proportion of 1 tablespoon to 4 quarts of water. Boil rapidly, with the cover off the kettle, until the vegetable is tender. Pour off the water and chop the kale rather fine; then put back into the kettle and add 1 tablespoon of butter and 2 tablespoons of meat broth or water for each pint of the minced vegetable. Add more salt if required. Cook for 10 minutes and serve at once. The time required for cooking kale varies from 30 to 50 minutes. If young and fresh from the garden it will cook in 30 minutes.

KOHL-RABI

Kohl-rabi should be used when young and tender, while the leaves are not more than 2 or 3 inches in diameter. The leaves are used as greens, but the root is the better part.

Boiled Kohl-Rabi

Wash and pare the kohlrabi, then cut in thin slices. Put into salted, boiling water and boil, with the cover partially off the saucepan, until the vegetable is tender. This will take

from 30 to 50 minutes. Pour off the water and season with butter, salt and pepper.

Kohl-rabi may be boiled with pork in the same way as kale. The cold boiled vegetable may be served as a salad.

LETTUCE

Keep lettuce in a cold place until needed. Sometime before using the lettuce stand the stalks in cold water to freshen. If leaves seem badly withered lay them in cold water for half an hour or more before using. Do not let leaves remain long in water for they will become darkened.

Look the leaves over carefully and wash them thoroughly in several changes of water. Use a large quantity of water and lift leaves from one pan to the other so that the dirt will settle in bottom of the pan. Wash till the last water is clear.

Dry the leaves by shaking and patting on a towel, wrap them in a dry towel, and place them on ice until time to serve.

Lettuce should be served very cold and dressed with salt, pepper and vinegar, or with French Dressing.

MUSTARD GREENS

Follow the rule for cooking spinach, but add boiling water when the greens are put to cook, and drain well after cooking.

OKRA

Okra is much valued in the Southern States as a vegetable and especially for use in soups. Combined with chicken, okra forms the basis of the popular gumbo soup. It contains some carbohydrate and mineral matter but its food value is not high, for it contains a very large proportion of water.

Boiled Okra

Boil the young pods of okra in salted water until tender

(about 20 minutes), drain and season with butter, salt, and pepper. Add cream if desired.

ONIONS

The onion is of value because of its agreeable flavor, its laxative properties, and because it contains antiscorbutic substances. It can be used raw, alone, and in salads and sandwiches, as well as cooked in a variety of ways. As a seasoning for other cooked dishes the onion is invaluable.

Stewed Onions

1 quart onions	2 tablespoons butter
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ teaspoon salt
White pepper	

Peel onions under cold water. Cook until tender in boiling water (45 to 60 minutes), changing the water at the end of 5 minutes, and again in 10 minutes. Drain, add milk, butter, and pepper, cook 15 minutes, and just before serving add salt. Serves 6.

Fried Onions

Remove the outer skin from the onions and slice them evenly or chop fine. Fry in hot fat until slightly browned; stir carefully for they will brown unevenly.

Scalloped Onions

8 onions	$\frac{1}{4}$ teaspoon white pepper
2 tablespoons butter	$1\frac{1}{2}$ cup milk
3 tablespoons flour	1 cup bread crumbs
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter

Boil the onions till tender, changing water after 10 minutes, and again after second 10 minutes. When tender cut in slices, put into a buttered baking dish and pour over them a white sauce made of the butter, flour, salt, pepper, and milk. Cover with the buttered crumbs. Bake in a moderate oven until the crumbs are a golden brown, about 15 minutes. Serves 6 to 8. (See scalloped dishes).

Stuffed Onions

6 large Bermuda onions	Pepper
6 tablespoons cooked meat (chopped)	$\frac{3}{4}$ cup buttered bread crumbs
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter

Parboil onions till tender, changing water once or twice. Be careful to keep them from breaking. Remove water and cut out circular piece from top of each. Scoop out inside to form a cup. Chop one-half of the onion thus removed, add chopped meat, $\frac{1}{2}$ cup soft bread crumbs, and seasonings. Fill onion cups with this mixture. Put in a baking pan and cover bottom of pan with boiling water. Bake 15 minutes, basting once or twice. Then cover tops with $\frac{1}{4}$ cup buttered crumbs and return to oven to brown. Serve on circular pieces of toast. Serves 6.

Pecans or other nuts may be substituted for the meat in stuffed onions.

PARSNIPS

Parsnips are among the most nutritious roots and can be kept for use throughout the winter and into the late spring until they begin to sprout. They are rich in sugar and contain a good proportion of mineral matter. They should be used with some food which supplies protein and with one of the fresh green vegetables.

Boiled Parsnips

Scrub parsnips thoroughly, boil till tender, plunge into cold water and remove the skins. Season with butter, salt, and pepper. Reheat and serve.

Browned Parsnips

Slice the cooked parsnips after skinning, brown in hot fat, sprinkle with salt, and pepper.

Mashed Parsnips

Mash the cooked parsnips after skinning, season with butter, salt, and pepper. Reheat and serve.

Parsnip Fritters

Mash the cooked parsnips after skinning, season with butter, salt, and pepper; shape in small, flat, round cakes, roll in flour, and brown in hot fat.

PEAS

The mature pea is one of the most valuable and nutritious vegetables. To prepare fresh peas, shell and cook slowly with a small amount of boiling water, leaving the kettle uncovered so that the water will boil away at the last. Season with salt, pepper, and butter, add milk or cream if desired, or serve with a white sauce.

Dried Peas, Boiled

1 quart dried peas $\frac{1}{4}$ lb. fat salt pork

Pick dried peas over carefully, wash, and soak over night in cold water. In the morning bring to the boiling point and add salt pork cut in small pieces. Boil till peas are very tender 4 to 7 hours. Let water boil away at the last. Season with salt and pepper.

Hopping John

1 cup cow peas	1 cup rice
$\frac{1}{4}$ lb. bacon	$\frac{1}{2}$ teaspoon salt
1 large onion	$\frac{1}{8}$ teaspoon pepper

If dried peas are used soak the peas until softened. Then add boiling water, bacon, and onion and cook till tender and dry. Boil the rice separately, drain, and add to the cow peas. Season with salt and pepper. Serve hot. Serves 8 to 10.

GREEN PEPPERS

Sweet green peppers are prepared for the table by stuffing

and baking, or are used as a foundation for salad or as a seasoning in meat preparations, salads, soups, and sauces.

When peppers are to be used they should be well washed, tops removed, and all seeds and inner membrane discarded. Eaten uncooked they frequently cause acute attacks of indigestion, and their use in salads is not recommended.

Stuffed Peppers

6 to 10 green peppers	$\frac{1}{2}$ teaspoon salt
2 cups cooked veal or Chicken, chopped ($\frac{1}{2}$ lb.)	$1\frac{1}{2}$ cups cream
3 tablespoons butter	$1\frac{1}{2}$ cups bread crumbs
3 tablespoons flour	$1\frac{1}{2}$ tablespoons butter (for crumbs)
Onion juice	

Cut the tops from the peppers. Remove the seeds. Make a white sauce of the butter, flour, onion juice, salt, and cream. Add the meat and fill the peppers with the mixture. Cover with buttered crumbs. Place peppers in a baking pan and cover the bottom of the pan with boiling water. Bake in a moderate oven $\frac{1}{2}$ hour. Serve with tops for lids. Serves 6 to 10.

POTATOES

If potatoes are kept in a cold, dark, dry place they last for months. Sprouts which come from the eyes of the potatoes should be picked off. Potatoes should be protected from freezing.

Before using, potatoes should be well scrubbed. They are always better if cooked with their jackets on; if pared, the paring should be very thin. Scraping is sufficient for new potatoes.

Potatoes must be cooked to soften the cellulose and to cook the starch. They are best boiled, baked, and steamed. Cold, left-over portions of potatoes may be made into attractive and palatable dishes.

Potatoes should be served very hot, left uncovered to allow

the steam to escape, or covered with a napkin to absorb the steam.

They may be garnished with parsley, or chopped pepper, or served with drawn butter sauce, white sauce, hot milk, gravy, or hollandaise sauce.

Potatoes should be accompanied with meat, fish, eggs, cheese, or other meat substitute when served.

Baked Potatoes

Scrub potatoes carefully and place in a baking pan.

Bake in a hot oven 45 to 60 minutes. When soft, break the skin and let steam escape. Serve in an uncovered dish.

Boiled Potatoes

Wash and pare potatoes. Cover with boiling water. Add salt. Boil slowly until tender (20 to 30 minutes), drain, shake gently, and dry at the back of the stove, leaving the saucepan uncovered, or lay a cloth folded over the top to absorb the moisture.

If potatoes are to be boiled with their jackets on, follow the same directions for cooking omitting salt. Before serving, remove the skins carefully from the hot potatoes.

Creamed Potatoes

2 cups cold boiled potato 1 recipe medium white sauce

Parsley

Cut cold boiled potatoes into dice and cover with medium white sauce, heat, garnish with chopped parsley. Serves 6.

Creamed Potatoes, Baked

3 cups cold boiled potatoes	1 teaspoon salt
(finely diced)	$\frac{1}{4}$ teaspoon white pepper
cup thin cream or milk	1 teaspoon chopped parsley
1 tablespoon butter	

Put diced potatoes into a buttered baking dish, cover with cream and seasonings and bake slowly until cream is all ab-

sorbed and potatoes are brown on top, about $\frac{1}{2}$ hour. Serves 8 to 10.

Franconia Potatoes

Wash, scrub, and pare potatoes of uniform size. Parboil 10 min., then put in the oven in dripping pan with meat or on a rack in a baking pan. Baste with fat every ten minutes. Allow about 40 min. for baking the potatoes.

French Fried Potatoes

Wash and pare small potatoes. Cut into eighths lengthwise. Soak 1 hour in cold water. Take from water, dry between towels. Fry in deep fat till golden brown. Drain on absorbent paper. Sprinkle with salt. (See directions for frying in deep fat)

Hollandaise Potatoes

3 cups potatoes	$\frac{1}{2}$ teaspoon salt
2 quarts water or meat stock	Cayenne
$\frac{2}{3}$ cup butter or other fat	2 tablespoons finely chopped parsley
1 tablespoon lemon juice	

Cut the potatoes in one-half inch cubes, or cut in balls with a French vegetable cutter. Cover with boiling water and cook until tender. Drain. Add seasonings to potatoes and sprinkle with parsley, cook in the hot fat a few minutes. Serves 6 to 8.

Mashed Potatoes

6 potatoes	1 tablespoon butter or other fat
$\frac{1}{2}$ cup hot milk or cream	
	1 teaspoon salt

Wash and pare potatoes, boil in salted water, drain, dry, and mash (with a potato masher) in the saucepan in which they were cooked. Beat them until very light and creamy, add hot milk, butter, and salt and beat again, reheat, and serve. Serves 6 to 8.

Potato Cakes

Shape cold mashed potatoes into small round cakes, dip in flour, and brown in hot fat—beef drippings, bacon fat, or other cooking fat. Egg yolk added to the mashed potato will add to the food value, enrich the flavor, and help to keep the potato cakes in shape and to brown better.

Potatoes au Gratin

6 medium sized potatoes (3 cups diced)	1½ cup thin white sauce
¾ cup or ¼ lb grated cheese	1½ cups bread crumbs
	1 tablespoon butter or other fat

THIN WHITE SAUCE

1 tablespoon butter or other fat	1½ cup milk
2 tablespoons flour	½ teaspoon salt Cayenne

Boil potatoes, skin, and cut in dice. Put into buttered baking dish.

Prepare thin white sauce, add cheese and pour over potatoes. Cover with buttered crumbs. Bake in a moderate oven until golden brown, about 20 minutes. Serves 8 to 10.

Cabbage, cauliflower, macaroni, mushrooms, noodles, onions, and spaghetti may be prepared in the same way. (See scalloped dishes).

Potatoes Baked in Half Shell

6 potatoes	⅛ teaspoon white pepper
2 tablespoons butter	3 tablespoons hot milk
1 teaspoon salt	2 egg whites

Select potatoes of medium size, scrub and bake. Remove from the oven, cut in half and scoop out potato without breaking the skin. Mash, add butter, salt, pepper, and milk. Beat well, then add egg whites well-beaten. Refill skins and bake in a very hot oven until slightly browned, about 8 min. Serves 6.

Potato Croquettes

2 cups hot riced potatoes (8 potatoes)	Cayenne Few drops onion juice
2 tablespoons butter	1 to 3 egg yolks
1 teaspoon salt	

Dry potatoes well when boiled. Rice the potatoes and add the other ingredients in the order given. Beat thoroughly. Shape in balls, then in cylindrical rolls. Roll in flour, egg, and crumbs, mark in three places on top of each with a knife blade to represent a small French loaf. Fry in deep fat, until golden brown. Drain on absorbent paper. Serve hot. Use white of the egg for dipping. Serves 6 to 8. (See directions for cooking in deep fat).

Potato Croquettes with Cheese

2 cups hot riced potatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup grated cheese	Few gratings of nutmeg
2 tablespoons butter	2 tablespoons milk
Cayenne	2 egg yolks

Mix the potatoes, cheese, and butter. Beat until smooth. Add the seasonings, milk, and eggs. Shape as small apples, roll in flour, egg, and crumbs; make a dent for stem and blossom end of apple. Fry in deep fat. Drain. Garnish blossom end with a clove. Serve hot. Serves 6 to 8. (See directions for cooking in deep fat).

Potato Roses for Garnishing

6 large potatoes <i>or</i>	3 egg yolks
2 cups cooked potatoes	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	

Boil the potatoes till tender, drain, dry well. Mash or press through a potato ricer, add butter, salt, and yolks of eggs slightly beaten. Beat well. Put the mixture into a pastry bag in which a star tube has been inserted and press out in the desired shape on a buttered pan. Brown in the oven. Remove with a spatula or broad-bladed knife, and use as a garnish for

meat or fish. The roses may be made directly on a heavy serving dish that can be slipped into the oven. When used for garnishing the fish plank, they can be made directly on the plank. Serves 8 to 10.

Potatoes O'Brien

6 to 8 potatoes	2 tablespoons butter or butter substitute
$\frac{1}{2}$ can pimentoes, chopped	
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup cream or milk
$\frac{1}{2}$ teaspoon salt	1 cup buttered crumbs (1 tablespoon butter)

Parboil potatoes. Then cut in rather thin slices and put in a buttered baking dish in alternate layers with the pimentoes. Sprinkle each layer with flour and salt and cover with bits of butter. Pour liquid from the can of pimentoes and the cream over the potatoes, then cover with buttered crumbs and bake in a hot oven 20 to 30 min. Serves 6 to 8.

Potato Puff

3 cups mashed potato	2 tablespoons butter
$\frac{1}{4}$ - $\frac{3}{4}$ cup milk	1 teaspoon salt
3 eggs	$\frac{1}{4}$ teaspoon white pepper

To mashed potatoes add well-beaten yolks of egg, milk, butter, salt and pepper. The amount of milk will vary according to the dryness of the potatoes. Beat over heat until potatoes are hot and all is well-mixed.

Cut and fold in stiffly beaten whites of eggs.

Turn into a buttered baking dish and bake until puffed and brown in a hot oven about 20 minutes. Serves 8 to 10.

Riced Potatoes

After boiled pared potatoes have been well-drained, put them through a potato ricer or vegetable press. Serve in a hot dish and season with salt, pepper and butter.

Saratoga Chips

Wash and pare potatoes. Slice thinly with vegetable cutter into a bowl of cold water. Let stand 2 hours. Take from water, dry between towels. Fry in deep fat till light brown. Keep potatoes in motion while frying. Drain on absorbent paper. Sprinkle with salt. (See directions for frying in deep fat.)

Scalloped Potatoes

8 potatoes	1 teaspoon salt
1 quart milk	Pepper
$\frac{1}{3}$ cup butter or oleo	

Pare potatoes and cut into thin slices. Place in a well-greased baking dish, cover with scalded milk, butter, salt, and pepper, and bake from $1\frac{1}{2}$ to 2 hours until the milk is absorbed. Stir frequently while cooking, browning the potatoes well over the top during the last fifteen minutes. Serves 6 to 8. (See scalloped dishes).

Scalloped Potatoes with White Sauce

Prepare creamed potatoes with a thin white sauce. Put into a buttered baking dish and cover with a cup of buttered crumbs. Bake 20 to 30 minutes until nicely browned.

Scalloped Potatoes with Eggs

2 cups cold boiled potatoes	1 cup buttered bread crumbs
4 hard cooked eggs	(2 tablespoons butter)
$1\frac{1}{2}$ cups thin white sauce	

Slice the potatoes and eggs, arrange in alternate layers in a buttered baking dish, cover with white sauce. Sprinkle the buttered crumbs on top. Bake 20 to 30 minutes to brown the crumbs. Serves 6 to 8.

Baked Sweet Potatoes

Scrub potatoes carefully and place in a baking pan. Bake in a hot oven 45 minutes to 1 hour. When soft, break skin to let the steam escape. Serve in an uncovered dish.

Boiled Sweet Potatoes

When sweet potatoes are boiled it is best to leave the jackets on. The skin may be readily removed after boiling. The cellulose of sweet potatoes is easily softened. Twenty minutes boiling may be sufficient.

Fried Sweet Potatoes

Cut cold boiled sweet potatoes in quarters or slices, season with salt and pepper; put in a hot, well-greased frying pan, brown on one side, turn and brown on the other side.

Glazed Sweet Potatoes

6 sweet potatoes	1 tablespoon butter or
$\frac{1}{2}$ cup sugar	butter substitute
4 tablespoons boiling water	

Scrub, pare and boil potatoes 10 minutes in salted water; drain, cut in halves lengthwise, and put into a buttered baking pan. Make a syrup of sugar and water, boil 3 minutes, add butter. Baste potatoes with syrup, put in hot oven and cook 15 minutes, or until browned, basting every 5 minutes. Serves 8 to 10.

Mashed Sweet Potatoes

6 sweet potatoes	4 tablespoons butter
6 tablespoons brown sugar	

Boil the potatoes; when soft, remove the skin, mash, and add 3 tablespoons brown sugar and 3 tablespoons butter; pile in a baking dish; sprinkle 3 tablespoons sugar over the top, dot with remaining butter and bake in a moderate oven until a brown crust is formed. Serve hot. Serves 6 to 8.

Sweet Potato Croquettes

2 cups cooked sweet potatoes	1 teaspoon parsley
2 tablespoons butter	2 eggs
1 teaspoon salt	$\frac{1}{4}$ cup milk or more
Cayenne	

Mash the potatoes well, add the butter, seasonings, yolks

of eggs, and enough milk so that the mixture can be easily moulded into balls. Make smooth balls of even size, roll them in flour, then in the egg whites which have been slightly beaten with 2 tablespoons of water, then in sifted bread crumbs. Fry in deep fat until golden brown. Drain on absorbent paper. Serves 6 to 8. (See directions for cooking in deep fat.)

RADISHES

Wash radishes, cut off tops. Serve cold and crisp. If desired pare or mark with lengthwise cuts and loosen paring from stem end to middle so that it curls back; or cut in thin slices, without paring, and use in salads.

SALSIFY, OYSTER PLANT, OR VEGETABLE OYSTER

Salsify is one of the vegetables of value throughout the winter. Its food value is not high, but it contains some protein, carbohydrate, and mineral matter. Because of its delicate flavor it makes a pleasing addition to the diet. It can be used with meats and starchy vegetables.

Boiled Salsify

Wash, scrub, and scrape the oyster plant, putting it directly into cold water to which a little vinegar has been added to prevent turning dark. Cut in small pieces, cook in boiling, salted water until tender (45 to 60 minutes). Drain. Season with salt, pepper, and butter.

Salsify Fritters

Mash the boiled salsify, season with butter, salt, and pepper. Shape in small flat cakes, roll in flour and brown in hot fat.

Creamed Salsify

Prepare boiled salsify, cut in small pieces, and add to white sauce.

Spinach

½ peck spinach
2 tablespoons butter or
other fat

½ teaspoon salt
⅛ teaspoon pepper

Pick leaves from the stems and wash carefully to remove the sand. Cook uncovered without water until tender (about 30 minutes) stirring frequently at first, then chop fine or press through a colander; reheat with butter and seasonings or add one recipe brown sauce. Serve garnished with 2 hard-cooked eggs if desired. Old spinach should be cooked in boiling water 45 minutes. Serves 6 to 8.

SQUASH

Summer squash should be used while fresh. Hubbard or winter squash is good through the winter months.

Summer squash, cushaw or crookneck squash, and cym-lings, should be washed, broken into pieces with a knife, and pared. Winter squash must be broken into pieces with a hatchet, and the shreds and seeds removed from the center.

Baked Squash

Wipe the outside shell of the squash, cut it in pieces for serving, remove seeds and stringy portion, place in a dripping pan, and bake in a slow oven until tender, about three-quarters of an hour. Serve at once.

Steamed Squash

Prepare squash as for baking, put in steamer over boiling water, and cook until soft about 30 minutes. Winter squash may require 40 minutes. Then scrape squash from shell, mash, and season with butter, salt, and pepper. If very watery it may be necessary to press out part of the juice by squeezing the pieces of squash between the colander and a plate.

SWISS CHARD

The green, tender leaves of Swiss chard are cooked as spinach is cooked. When the leaves are full grown the midribs may be cooked and served with white sauce.

TOMATOES

Ripe tomatoes must be kept in a cold, dry place and very carefully handled or they will spoil easily. They are best if eaten soon after being gathered. If tomatoes are gathered before they are quite ripe, they can be kept much longer. They should be handled carefully, kept perfectly dry, and placed in the sun to ripen just before being used. Because of their juicy, acid nature, tomatoes should be served with meat, fish or dried beans, and with a starchy vegetable such as potatoes.

Before serving, tomatoes should be washed carefully. They are nicest if the skins are removed. If tomatoes are well ripened the skin may be easily removed with the aid of a sharp paring knife. If the skins do not come off readily the tomatoes may be plunged for an instant in scalding hot water. All traces of core should be removed.

If tomatoes are to be served raw, they should be washed, skinned (preferably without scalding), carefully freed from the core, and chilled. They are attractive served whole, cut in quarters, or sliced. They are palatable served with salt; with salt and vinegar; with salt, vinegar, and salad oil; with cream and sugar; or with salad dressing. A few slices of cucumber may be served with the sliced tomatoes. The whole tomato may be slightly hollowed out and filled with salad dressing or with some salad preparation.

Fried Tomatoes

6 ripe tomatoes

2 cups dried bread crumbs

2 eggs

Fat for frying

Select ripe tomatoes of uniform size. Wash thoroughly,

cut in half-inch slices. Dip in dried crumbs, then in eggs, then in crumbs again. (Add 2 tablespoons water or tomato juice to the eggs and beat slightly.) Fry tomatoes until brown and tender. Serve hot with brown sauce. Serves 6 to 8.

BROWN SAUCE TO SERVE WITH FRIED TOMATOES

2 tablespoons fat	1 cup hot stock or water
2 tablespoons flour	1 teaspoon worcestershire
$\frac{1}{4}$ teaspoon salt	or other meat sauce
Pepper	

Melt fat, add flour and seasonings, and cook until brown. Add hot stock slowly. When mixture thickens remove from fire and add the worcestershire sauce. Serve hot. Serves 6 to 8.

Scalloped Tomatoes

1 can <i>or</i>	$\frac{1}{4}$ teaspoon pepper
1 quart tomatoes, sliced	2 tablespoons butter or
2 cups stale bread crumbs	other fat
1 tablespoon salt	

Melt the fat and add crumbs and seasonings.

Line the bottom of a well-greased baking dish with one-fourth the crumbs, then add half the tomatoes. Add another fourth of the crumbs and remainder of tomatoes. Cover with the remainder of the crumbs. Bake in a moderate oven 1 hour. Cover the first 30 minutes. Serves 6 or 8. (See scalloped dishes).

Stewed Tomatoes

1 pint tomatoes	1 teaspoon salt
1 onion	1 tablespoon butter, or
$\frac{1}{8}$ teaspoon pepper	other fat

Pour boiling water over tomatoes, drain and peel, cut into small pieces, add an onion and cook over moderate heat. A long, slow cooking improves the flavor. Just before removing from the stove add butter and seasoning (salt and pepper). Bread or cracker crumbs may be used for thickening, and sugar added if desired. Serves 6.

Stuffed Tomatoes

6 tomatoes	$\frac{1}{4}$ teaspoon pepper
$1\frac{1}{2}$ cups stale bread crumbs	1 tablespoon chopped parsley
3 tablespoons butter or other fat	$\frac{1}{2}$ teaspoon onion juice
$\frac{1}{2}$ teaspoon salt	

Wipe tomatoes and remove a thin slice from stem end. Take from the center the seeds and pulp and sprinkle the cavity with salt. Melt the fat, add to bread crumbs, then add tomato pulp, parsley, onion juice, and seasonings. Fill the tomatoes with the mixture, place them in a shallow dish and bake 15 minutes in a hot oven. Serves 6.

TURNIPS

The turnip is a winter vegetable valuable in furnishing variety to the table. It has a heavy outer covering, hence must be pared with a thick paring.

Creamed Turnips

Scrub turnips. Pare with a deep paring. Boil till tender. Cut in dice and cover with a medium white sauce.

Mashed Turnips

6 turnips	1 teaspoon salt
1 tablespoon butter	

Wash and pare turnips, boil, drain, dry thoroughly, and mash (with a potato masher) in the saucepan in which they were cooked. Beat them until very light, add butter, and salt and beat again, reheat and serve. Serves 6 to 8.

MUSHROOMS

Fresh mushrooms may be in season from the spring throughout the summer, but are most abundant in August. Those grown in the open air in meadows and shaded glens have the best flavor. They should not be used if they are over-ripe, if

they have been attacked by slugs, if they have a disagreeable smell and taste, if they have a tough consistency, if they have been grown in dirty places, or if they soften easily. They are gathered and packed loosely in boxes or baskets for market. They are sometimes dried for storing but more frequently they are preserved by canning. They should always be perfectly fresh for use. The price of mushrooms varies greatly with the season and variety.

Both the stem and the expanded top of the mushroom are used for food, but the stem is likely to be tough and is often only used for seasoning. Mushrooms are never eaten raw. They are cooked to soften them and to develop flavor. Before cooking they should be soaked in cold water to draw out the insects, then washed in cold water, the earthy stem cut off, and the skin peeled from the top of the cap. They may be broiled, sauted, baked, and boiled. They are used alone or as a seasoning for sauces, soups, and other dishes.

The best flavor is developed if the mushrooms are first cooked in butter. The baked mushrooms are especially nice if covered with a glass bell so that none of the steam and flavors are lost.

Mushrooms are usually served with a rich sauce and are generally accompanied by toast or some other carbohydrate food.

Mushrooms do not have a high food value but are prized for their flavor.

To Prepare Fresh Mushrooms for Cooking

Scrape the stems, cut off the ends. Peel the caps of the mushrooms. Wash them in salted water to remove the insects from the gills. Soak a few minutes in fresh cold water.

To Prepare Canned Mushrooms

Pour the liquid from the mushrooms and put them in boiling water. Boil 3 minutes and drain.

Stewed Mushrooms

$\frac{1}{2}$ pound mushrooms	$\frac{1}{4}$ teaspoon salt
3 tablespoons butter	Pepper
1 tablespoon flour	$\frac{1}{2}$ cup water or stock

Cook mushrooms in hot butter 2 minutes, sprinkle with the salt, pepper, and flour, and add $\frac{1}{2}$ cup hot water or stock. Cook slowly 5 minutes. Serve on toast. Serves 6.

Creamed Mushrooms

$\frac{1}{2}$ pound mushrooms	Pepper
2 tablespoons flour	$\frac{3}{4}$ cup cream
3 tablespoons butter	Nutmeg grating
$\frac{1}{4}$ teaspoon salt	

Prepare as stewed mushrooms. Serve on toast. Serves 6.

SAUCES FOR VEGETABLES AND MEATS

“Binding” or “Roux” is the flour and fat cooked together for the thickening of a sauce. For white sauce and other sauces light in color the roux is not browned. For brown sauce, tomato sauce, and gravies brown roux is prepared. In “Brown Roux” the fat and flour are both browned in cooking, hence a larger per cent of flour is required than in white sauce. “Wetting” is the liquid used in the sauce. “Stock” is the term applied to water in which vegetables, meat, or fish have cooked.

A few recipes for standard sauces are given. The recipe for Medium White Sauce can be regarded as a basis for developing other sauces. To increase the variety of sauces prepared, the fat, thickening, liquid, and seasonings may all be varied as indicated in the table below.

Table Showing Variations Possible in the Ingredients in Sauces

FAT	THICKENING	LIQUIDS
Butter	Flour	Milk
Beef drippings	Corn starch	Water
Chicken fat	Arrow root	Milk and water
Lard	Rice	Cream
Olive oil	Bread crumbs	Stock
Bacon fat	Cracker crumbs	Vegetable
Cream	Eggs	Meat
Commercial fats		Fish
		Tomato juice
	SEASONINGS	
	Salt	Pickles
	Pepper	Olives
	Mustard	Capers
	Sweet herbs	Green peppers
	Acids	Onion
	Lemon	Horse-radish
	Vinegar	Worcestershire
	Parsley	sauce
	Mint	

Medium White Sauce to be used for Creamed Dishes

2 tablespoons butter or butter substitute	$\frac{1}{2}$ teaspoon salt $\frac{1}{8}$ teaspoon white pepper
2 tablespoons flour	1 cup milk (heated)

Sufficient for 1 pint of vegetables.

First Method of Preparing Sauce

Heat the fat. When it bubbles add flour and seasonings, add hot milk gradually, stirring constantly, and allowing the mixture to thicken and bubble each time before adding another portion of milk. Boil up once and sauce is ready to serve, or place over hot water and cook slowly till thickened.

Second Method of Preparing Sauce

Scald milk; cream butter, add flour and stir until smooth, then add to hot milk, cook $\frac{1}{2}$ hour in double boiler, stirring occasionally; then add seasoning. Serve.

Third Method of Preparing Sauce

Scald one-half the milk; add remaining milk slowly to flour, stir this into hot milk and cook $\frac{1}{2}$ hour in double boiler, stirring occasionally; then add seasoning and butter and stir until butter is melted. Serve.

**Thin White Sauce to be used for Scalloped Dishes or Dishes
au gratin**

$1\frac{1}{2}$ tablespoons butter or butter substitute	White pepper $\frac{1}{2}$ cup milk (heated)
$1\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ cup stock (heated)
$\frac{1}{2}$ teaspoon salt	

Heat the butter, add flour and seasonings; add hot milk and stock gradually, stirring constantly and allowing the mixture to thicken and bubble each time before adding another portion of liquid, allow to boil up once and the sauce is ready to serve. Sufficient for 1 pint of vegetables

Thick White Sauce

(To be used for binding croquette mixtures)

2 tablespoons butter or butter substitute	$\frac{1}{8}$ teaspoon white pepper
4 tablespoons flour	1 cup milk, cream, or white stock (heated)
$\frac{1}{2}$ teaspoon salt	

Heat butter, add flour and seasoning; add hot milk or stock gradually, stirring constantly, and allow mixture to thicken and bubble each time before adding another portion of liquid. Allow to boil up once and sauce is ready to serve. Sufficient for 6 or 8 croquettes.

Brown Sauce

2 tablespoons fat	$\frac{1}{8}$ teaspoon pepper
3 tablespoons flour	1 cup brown stock or water
$\frac{1}{2}$ teaspoon salt	

Melt the fat, add the flour and seasonings, and stir until the flour begins to brown, then add the brown stock or water. If water is used a bouillon cube may be added to give the desired meat flavor. One tablespoon chopped onion browned in the fat will make a more savory sauce. It will be necessary to strain the sauce if the onion has been used. Sufficient to serve 8.

Caper Sauce for Boiled Mutton

$\frac{1}{3}$ cup butter or butter substitute	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup flour	1 pint water in which the mutton was cooked
$\frac{1}{2}$ teaspoon salt	

Prepare as white sauce, and add $\frac{1}{4}$ or $\frac{1}{3}$ cup of capers. Serves 12 to 16.

Drawn Butter for Vegetables

2 tablespoons butter	1 cup boiling water or vegetable stock
1 tablespoon flour	
$\frac{1}{2}$ teaspoon salt	

Prepare as white sauce. Serve with freshly cooked vegetables.

Drawn Butter Sauce for Fish

$\frac{1}{3}$ or $\frac{1}{2}$ cup butter	1 tablespoon lemon juice
$\frac{1}{4}$ cup flour	or vinegar
$\frac{1}{2}$ teaspoon salt	1 tablespoon chopped pars- ley
Cayenne	2 hard cooked eggs
1 pint boiling water	

Heat butter, add flour, salt and pepper, then add boiling water slowly. Add lemon juice and parsley. Just before serving add the hard cooked eggs, the white of which have been sliced, and the yolks run through a sieve.

If a larger amount of butter is used, reserve one-half of it, and stir in just before serving. Serves 12 to 16.

Hollandaise Sauce

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon salt
2 egg yolks	Cayenne
$1\frac{1}{2}$ tablespoon lemon juice	$\frac{1}{2}$ cup boiling water

Cream the butter, add the yolks one at a time, and beat well; then add the lemon juice, salt, and pepper. A short time before serving add the boiling water. Cook in double boiler, and stir until the mixture is of the consistency of custard. Serve immediately. Serves 10 to 12.

Mint Sauce for Lamb

1 cup fresh mint (chopped)	$\frac{1}{2}$ cup vinegar
$\frac{1}{3}$ cup sugar	

Use only the leaves and tender tips of the mint. Dissolve the sugar in the vinegar, boil till a thick syrup and add the mint. Let sauce stand 1 hour in a warm place. Serves 10 to 12.

Mustard for Ham and Other Meat

4 tablespoons mustard	2 tablespoons weak vinegar
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{2}$ teaspoon salad oil

Add the vinegar gradually to the mustard and sugar to make a smooth paste, then add the salad oil. Serves 6 or 8.

Parsley Butter

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ tablespoon finely chopped parsley
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{8}$ teaspoon pepper	$\frac{3}{4}$ tablespoon lemon juice

Cream the butter, add salt, pepper, parsley, and the lemon juice very slowly. Shape into balls and chill before serving or spread onto broiled beef or fish just before serving. Serves 8 to 10.

Tartare Sauce

1 cup mayonnaise dressing	4 olives, chopped fine
1 tablespoon chopped pickle	1 tablespoon capers

Add the olives, capers, and pickles to the dressing, and beat slowly. If desired, 1 tablespoon tarragon vinegar may be added. Serves 16 to 20.

Tomato Sauce

$\frac{1}{2}$ can <i>or</i>	2 tablespoons chopped onion
1 pint of tomatoes	
$1\frac{1}{2}$ cup water	2 tablespoons butter or other fat
2 cloves	
2 allspice berries	$\frac{1}{4}$ cup flour
2 peppercorns	$\frac{1}{2}$ teaspoon salt
1 bay leaf	$\frac{1}{8}$ teaspoon pepper
2 sprays parsley	

Put the tomatoes, water, spices, parsley, and herbs into an agate saucepan, and cook until the tomatoes are soft. Fry the onion in the butter until light brown, add the flour and seasonings, then the tomatoes gradually. Cook slowly until the sauce thickens, then strain; if too thick, add more water. Serves 12 to 16.

Tomato Puree

1 can tomatoes	$\frac{1}{2}$ bay leaf
1 tablespoon butter or other fat	1 stalk celery
	4 sprigs parsley
2 carrots, sliced	2 cloves
2 onions, sliced	$\frac{1}{8}$ teaspoon pepper
1 tablespoon salt	

Cook all together, uncovered, until thick and rather dark in color, about 1 hour. Strain, reheat, and serve as a sauce with meats, fish, or omelet. Serves 12 to 16.

FRUITS

The skins of fruit carry dirt and germs, therefore all fruits should be washed before using. Prepare fresh fruit just before cooking to preserve flavor and prevent discoloration. Use only silver knives when preparing fruit and silver or wooden spoons for stirring.

Cook fruit in porcelain-lined or granite-ware kettles, never in tin. Cover with a china plate or granite-ware cover. Use a small quantity of water in stewing fruit. Boiling sugar with an acid reduces its sweetness, hence when fruits are cooked sugar should not be added until cooking is nearly done.

Dried fruits need special preparation. Prunes, dried apricots, and dried peaches should be washed in several changes of water; dates and figs should be scalded; raisins and currants should be washed and carefully looked over; the skin of dried peaches should be removed after-soaking. After washing dried fruits, soak for several hours in enough cold water to cover, then cook slowly in the same water till tender.

Baked Apples

Wipe and core sour apples, score skin with a knife, place apples in an agate baking dish and fill each center with sugar and 1 teaspoon lemon juice. Cover bottom of dish with water $\frac{1}{4}$ inch deep, and bake until apples are soft (20 to 45 minutes), basting them every ten minutes. Place them in a serving dish and pour juice over them. Serve hot, or chill and serve cold with whipped cream.

Steamed Apples

Wipe, core, and pare sour apples. Put them on a plate in a steamer and cook slowly until the apples are tender. Strain juice and make into syrup by adding $\frac{1}{4}$ cup sugar to each $\frac{1}{2}$ cup juice, boiling 5 minutes, and then adding 1 teaspoon lemon juice. Pour syrup over the apples.

Apple Sauce

10 apples	1 tablespoon lemon juice,
$\frac{3}{4}$ cup water	or
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon nutmeg or cinnamon

Wipe, quarter, core, and pare sour apples; add the water and cook until apples begin to soften; add the sugar and flavoring and cook until apples are very soft. If apples do not hold their shape but break up unevenly it may be desirable to press them through a strainer and beat them well to make a smooth sauce. Serves 8 to 10.

Stewed Apples

10 apples	1 tablespoon lemon juice, or
$\frac{3}{4}$ cup water	$\frac{1}{8}$ teaspoon nutmeg or cinna- mon
$\frac{1}{2}$ cup sugar	

Cook sugar and water together until it boils.

Wash, pare, and cut apples into quarters, core, and slice quarters lengthwise into $\frac{1}{4}$ inch slices; put apple slices into boiling syrup and cook slowly until tender. Remove slices of apple. Add lemon juice to syrup, boil a few minutes and serve over apples. Sprinkle with nutmeg if desired. Serves 10 to 12.

Stewed Apricots

Follow the recipe for stewed prunes.

Baked Bananas

6 bananas	$\frac{1}{4}$ cup sugar
1 lemon	$\frac{1}{2}$ cup water

Peel the bananas, cut in halves lengthwise. Put in an earthen or granite baking pan. Sprinkle with lemon juice and sugar. Pour water in the bottom of the pan. Bake in a hot oven 20 to 30 minutes, basting occasionally. Serves 6 to 8.

Cranberry Jelly

4 cups cranberries
1 or 2 cups water

1 cup sugar

Pick over and wash the cranberries. Cook them in water until they burst from their skins, and press through a strainer. Add sugar to juice and stir until the sugar is dissolved, then, without stirring, boil 8 to 10 minutes, or until it jellies when dropped on a cold saucer, and pour into molds or glasses which have been wet with cold water, and set away to cool. Serves 6.

Cranberry Sauce

Use recipe for Cranberry Jelly, but do not strain berries. When they are tender, add sugar and cook carefully so that they will not be broken up.

Stewed Prunes

$\frac{1}{2}$ lb. prunes
1 quart cold water

$\frac{1}{2}$ cup sugar
1 tablespoon lemon juice

Wash prunes, soak them in cold water for several hours, then cook slowly until tender in the water in which they were soaked; add sugar and lemon juice and cook 5 minutes longer. Sugar may be omitted. Serves 6 to 8.

Baked Rhubarb

3 cups rhubarb
 $1\frac{1}{2}$ cups sugar

Prepare as stewed rhubarb, put into an earthen baking dish. Cover and bake slowly until very tender and deep red in color. Serves 6.

Rhubarb Sauce

3 cups rhubarb
 $\frac{3}{4}$ cup water

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

Remove leaves from rhubarb, wash stalk, peel the flat side of the stalk, and cut in $\frac{1}{2}$ inch lengths.

Put rhubarb in sauce pan, add water and stew slowly until tender, stirring often at first. Add sugar and cook until sugar is dissolved. Serves 6.

Steamed Rhubarb

3 cups rhubarb 1½ cup sugar

Prepare rhubarb as for sauce, put in top of double boiler. add sugar and cook until tender. Serves 6.

Fruit Cocktail

1 small can pineapple 1 lemon
2 grapefruit ¼ cup sugar
3 oranges Cherries to garnish

Remove the sections of the grape fruit and oranges from the membrane carefully in large pieces. Cut the pineapple in ½ inch dice. Combine the fruits. Sprinkle with lemon juice and powdered sugar. Sugar should be used sparingly for the cocktail should be slightly acid. Chill thoroughly. Arrange in cocktail glasses or sherbet cups, putting a small amount of cherry juice in each cup. Garnish each serving with a red cherry or a fresh strawberry or raspberry. Other combinations of fruits can be used.

Serve as an appetizer at the beginning of a meal. Serves 6 to 8.

NOTE—The juices of the fruit can be saved and utilized in flavoring fruit drinks or in making fruit ices or jellies.

FOOD PRESERVATION

The object of food preservation is to make fruits and vegetables of value for a longer time than through their ripening season. After ripening, fermentation and bacteriological changes take place so rapidly that the season for the usefulness of most fruits and of many vegetables is very limited unless some means is employed for their preservation.

Chilling, canning, drying, and pickling are the methods of preservation most commonly employed.

Chilling involves the keeping of foods at a very low temperature, a method which is only temporary but valuable and necessary both in the home and in the market. In cold, dry climates, chilling makes possible the keeping of many vegetables and some fruits throughout the winter without applying further means of preservation.

Drying is accomplished by exposure to the sun or to artificial heat. Drying is one of the oldest methods of food preservation and is valuable for many reasons. The dried food is light, compact, and easily handled; however, foods lose much in freshness and flavor when dried and become dark in appearance and small in size. Drying is unpopular because of the long soaking required before foods can be used, and because the commercially dried foods have often been treated with sulphur in order to preserve their color. Improved methods of commercial drying and dehydrating are today increasing the popularity of dried foods and offer a helpful solution to the ever-increasing problem of the high cost of living.

Canning is the method of preservation most generally employed for both fruits and vegetables. Canning of meat is also sometimes desirable on the farm when there are not means of keeping meat in hot weather, or when the feeding of poultry through the long winter season is not feasible. The thrifty

housekeeper should be familiar with the most effective methods of canning in order to provide a varied diet for her family during the long season when fresh foods are not available.

Principles of Canning

Canning involves the destruction of all germs and spores by boiling or steaming the product, and the exclusion of all germs from the jar by completely sealing it. The destruction of germs in the food, on the jar and on everything that comes in contact with the food must be complete in order to secure success. Air-tight sealing of jars can be effected by using good tops and good, new, pliable rubbers, fitting them tightly. The best success in canning is usually obtained if small quantities of food are handled at a time. Small jars are preferable if the family is not large.

Methods of Canning

There are two methods of canning, known as the open-kettle method and the can-cooked, or cold-pack, method. The open-kettle method is more simple, but the can-cooked or cold-pack method can be used effectively with a larger number of foods.

Open-Kettle Method of Canning

In the *open-kettle method* the foods are brought to the boiling point in a kettle, boiled until thoroughly sterilized and tender, sweetened or seasoned as necessary, and then poured into sterilized jars, which must be sealed at once. This method requires but little time and a simple equipment will serve. It can be used to advantage with most fruits because it gives opportunity for evaporation of the water from watery fruits, for long boiling of such hard fruits as pears and quinces, and for the preparation of jams, marmalades, and preserves. Because of the acids contained in fruits, they keep well when canned by this method. For this reason tomatoes can also be canned by the open-

kettle method, but other vegetables which do not contain so much acid will not keep.

Cold-Pack Method of Canning

In the *can-cooked*, or *cold-pack*, *method* the food is scalded or blanched in boiling water or steam, dipped into cold water, packed directly into the jars, and covered with boiling water, or with boiling syrup of the desired density, or with boiling fruit juice, usually sweetened. The covers are adjusted and the jars are placed on a rack in a large kettle and entirely surrounded by water, which should extend an inch over the top. The water should be quickly brought to the boiling point and boiled as long as is necessary to sterilize and cook the food which is contained in the jars. The can-cooked, or cold-pack, method can be used for fruits, vegetables, and meats. It offers little opportunity for spoilage because the jar and its contents are both thoroughly sterilized and the product canned retains its shape, color, and flavor well. The can-cooked, or cold-pack, method involves more labor and time on the part of the housewife and requires more fuel, but the excellent results that can be obtained when canning a considerable quantity of food are worth the additional labor and expense involved.

For those vegetables which contain spores that are especially resistant to the heat, an intermittent process of sterilization is considered necessary in some parts of the country. When this method is used the vegetable is cooked in the can one hour or longer in the water bath on three or four successive days. At the end of each period of sterilization the jars are removed from the water bath.

Processes in the Cold-Pack Method

The three main processes necessary to success in the cold-pack method are blanching, dipping, and the sterilization, or processing, of the food which is being canned.

Blanching—Blanching consists in dipping the food into boiling water or live steam and leaving it immersed for from two to eight minutes according to the nature and the maturity of the food. (See time-table). Live steam is best for greens. Boiling water is desirable for other products. Berries and some soft fruits need not be blanched. The purpose of blanching is (1) to prepare for the removal of the skin; (2) to remove the strong flavor; (3) to eliminate objectionable acids; (4) to bring out the color; (5) to shrink the product, making possible a fuller pack; and (6) to make the product more flexible.

Dipping—After blanching, the food should be cold-dipped: that is, it should be dipped quickly into water which is as cold as possible and it should be removed immediately. Fresh water should be used for each dipping. If possible, it is desirable to accomplish the dipping process by allowing the water to run through the food. The purpose of dipping is (1) to set or coagulate the coloring matter so that it does not dissolve so easily during the sterilization period; (2) to harden the pulp beneath the skin; and (3) to make the food easier to handle in packing.

Sterilization—Sterilization, or processing, consists in boiling the packed jars in a boiler or canner full of water, for a designated length of time. (See time-table.) The jars should be placed on a wooden rack in a covered boiler, which is used as the canner. The canner should be filled with sufficient water to come over the top of the jars for at least one inch, thus forming a hot-water bath. The water should be boiling when the jars are put into the boiler. The jars should be in the boiler and the water about them should be kept at the boiling point long enough to make tender and to thoroughly sterilize the contents. Sterilization, or processing, kills or renders ineffective the organisms within the jars which would cause the food to spoil.

GENERAL RULES FOR COLD-PACK CANNING

- 1 Can only fresh, sound products.
- 2 Sort, wash, and prepare the products.
- 3 Blanch all green vegetables in steam; blanch all other vegetables and the hard and citrus fruits in boiling water. Do not blanch berries and other soft fruits.
- 4 Dip the vegetables or fruits quickly into cold water and remove them immediately.
- 5 Pack at once in clean, hot jars.
- 6 Place scalded rubbers in position on the jars.
- 7 Add $\frac{1}{2}$ teaspoon of salt for each pint of vegetables.
- 8 Fill jars of vegetables with boiling water; fill jars of fruit with hot syrup of density desired. Paddle out any air bubbles with a flat whittled stick one and one-half inches in width.
- 9 Place cap in position.
- 10 Partially tighten the tops of the glass jars by adjusting only the larger bail of the glass top jar, or by screwing the top of the Mason jar on completely, then turning it back one-fourth of a turn to loosen it.
- 11 Place jars on the rack, lower them into the hot-water bath and boil 2 hours for greens; $1\frac{1}{2}$ hours for roots and tubers; 3 hours for beans; 5 hours for corn and peas; 16 minutes for berries and soft fruits; 20 minutes for hard fruits; and 30 minutes for fruits without sugar. Begin to count the time when the water begins to boil vigorously or jumps.
- 12 Be sure that the lid of canner is provided with a small hole to allow for escape of steam.
- 13 Remove the jars from the boiler at the end of the

sterilization, or processing, period and seal immediately.

- 14 Invert the jars to test the seal. If not sealed properly, determine the cause, remedy it, and re-sterilize in the hot-water bath for 10 minutes.
- 15 Cool as quickly as possible, avoiding drafts.
- 16 Label, wrap, and store jars in a cool, dark place. A uniform system of labelling will add to the attractiveness of canned goods. Use labels of one size for all jars. Print the name of food and year on each label. Place the labels 4 inches from bottom of quart jars, 2 inches from bottom of pint jars, and 1½ inches from bottom of jelly glasses. Put the labels on straight.

Cautions to be Observed when canning by the Cold-Pack Method

- 1 Do not use old or decayed products. They will probably spoil.
- 2 Use one set of directions only and follow the timetable exactly.
- 3 Can products as soon after gathering as possible, as fruits and vegetables deteriorate rapidly.
- 4 Test all jars, covers, wire bails, rubbers, etc., to see if in good condition, or much loss may occur.
- 5 Never use rubbers a second time. Jars, covers, etc., if in good condition, may be used from year to year.
- 6 If wire bail or clamp does not go into position with a snap, remove it from jar and bend it so that it will be tighter. This is necessary for good results.
- 7 Keep water as near the boiling point as possible during blanching and time accurately, then dip in and out of cold water quickly. Soaking may ruin good material.

- 8 If possible, have jars stand in hot water while packing, to prevent their breaking when put into boiling water to process. Place each jar immediately into the hot-water bath as soon as filled.
- 9 Have water in the boiler at the boiling point when the jars are immersed, and do not begin counting the time until after the last jar has been placed in the hot-water bath and the water has once more reached the boiling point. Over-cooking is less harmful than under-cooking.
- 10 If no provision has been made for the escape of steam from the canner there is danger of the lid blowing off while sterilization is in process.
- 11 Do not have jars or containers close together while cooking; they are apt to crack if they touch one another.
- 12 As soon as the product is sterilized, or processed, for the stated length of time, remove the jars from the water-bath and seal them immediately so as to exclude all air. Never open a jar to replenish water that has decreased through shrinkage of material. The fact that there has been an apparent loss of liquid during the sterilization period does not impair the keeping quality.
- 13 Do not place hot jars on cold metal, as they may break; place on a board some distance apart so they may cool as quickly as possible.
- 14 Do not tighten the lids further after the product has cooled as the seal will thereby be broken and air may enter the jar.
- 15 Examine the jars after they have cooled over night, and if any of them look suspicious open them, put into other containers, cover with fresh boiling

liquid, use new rubbers, and reprocess at once half as long as the original time.

- 16 After labeling, store the jars in a cool, dark place. Wrapping jars with paper prevents fading of foods.

Equipment Necessary for Cold-Pack Canning

- 1 wash-boiler or lard can with a cover which has been punctured to allow for escape of steam.
- 1 wooden rack or false bottom to fit in bottom of boiler or lard can and to raise the jars one inch from the bottom of the boiler and allow the water to circulate beneath. If possible the rack should be supplied with long wire handles so that it may be put in and lifted out with all the jars on it at once. There should be a rim around the edge of the rack so that the jars will not slip off when being immersed or lifted out.

Fruit jars with covers

Rubber to fit jars

1 jar-lifter if the rack is not provided with handles

1 wire basket or cheese cloth to use when blanching

1 colander in which to wash soft fruits and to drain fruits and vegetables which have been dipped

1 wide-mouthed funnel

1 flat wooden paddle $1\frac{1}{2}$ inches wide

Directions for Sterilizing Jars, Covers, and Rubbers

Wash jars to which good covers have been fitted in hot soapy water and then rinse in clear hot water. Place a rack in the bottom of a dishpan or large kettle. Put 1 inch of cold water into the pan. Stand jars on the rack and put an inch of cold water in each jar. Put the covers on the rack beside the jars. Cover with a second dishpan. Bring the water slowly to boiling point and boil for at least 10 minutes. Remove only

one jar at a time when ready to fill. Never dry out the jar. Recover the dishpan each time a jar is removed. Keep water at the boiling point until all the jars needed have been used. Rubbers should not be sterilized with the jars, but should be placed in hot water off the stove about five minutes before using and removed one at a time as needed.

CANNED VEGETABLES

General directions for canning by the cold-pack method have already been given. The general rules should be followed, the cautions carefully observed with every recipe, and the time given for each process strictly adhered to.

Time-Table for Canning Vegetables (Cold-Pack Method)

VEGETABLE	BLANCHING	STERILIZING OR PROCESSING
Asparagus	4 to 5 min.	2 hrs.
Beets	10 min.	1½ hrs.
Carrots	8 min.	1½ hrs.
Corn	3 min.	5 hrs.
Egg plant	5 min.	1½ hrs.
Greens (Steam)	15 to 20 min.	2 hrs.
Lima beans	5 to 8 min.	3 hrs.
Okra	10 min.	3 hrs.
Peas	2 to 5 min.	5 hrs.
Sauerkraut		30 min.
String beans	5 to 8 min.	3 hrs.
Sweet potatoes	8 min.	1½ hrs.
Tomatoes	1 min.	22 min.

Canned Asparagus (Cold-Pack Method)

Select only young, tender asparagus. Can immediately. Grade as to size and wash carefully, removing large scales. Tie into bundles and plunge for 3 to 4 minutes into boiling water. Because the tips are more tender than the stalks, place lower ends in boiling water first; allow them to stand 2 or 3 minutes; then immerse the whole bundle for 1 or 2 minutes

longer. Dip into cold water. Pack tips up, into jars which have been sterilized. Place rubbers in position. Fill jars with boiling brine (2 tablespoons salt to 1 quart of water). Put caps in position. Place in hot-water bath and sterilize 2 hours. Remove from bath, seal, invert to test, wrap, mark, and store for future use. *

Canned Beets (Cold-Pack Method)

Grade the beets for size, color and degree of ripeness. Remove tops, leaving at least one inch of stem on each beet. Wash thoroughly by using a vegetable brush, being careful not to break the skin, as that would cause loss of color. Cook in boiling water 10 minutes; plunge into cold water. Scrape to remove skin; pack whole, or in sections or cubes, into sterilized jars. Place rubbers in position. Add boiling water and 1 level teaspoon of salt to each quart. Place tops in position and sterilize in hot-water bath 1½ hours. Remove from canner and tighten tops. Invert to test, mark, wrap, and store for future use.

Canned Carrots (Cold-Pack Method)

Carrots used for canning should be young and tender and not more than 1½ inches in diameter. Wash and blanch in boiling water 8 minutes. Dip into cold water, remove skin. Cut into lengths, slices, dice, or leave whole. Pack into sterilized jars. Place rubbers in position. Cover with boiling water; add 1 teaspoon salt to each quart. Place covers in position. Put into hot-water bath and sterilize 1½ hours. Remove, seal tightly, and invert to test. Wrap in paper, mark, and store for future use.

The canning of carrots is not advised unless they cannot be stored successfully in their natural state.

Canned Corn (Cold-Pack Method)

Remove the husks and silk from sound ears of sweet corn that have been freshly gathered. Place in boiling water

for 3 minutes, then dip into cold water. Cut the corn from the cob and pack lightly to within an inch of the top of freshly washed and scalded jars. Place rubbers on jars. To each quart add 1 teaspoon salt and 1 teaspoon sugar. Fill the jars with boiling water, being careful to break up any air bubbles. Put caps in position. Arrange the jars on a rack and immerse in boiling water in a boiler or other large container. Cover the boiler and bring the water to the boiling point. Boil 5 hours. If necessary to replenish water in boiler, add boiling water. Remove the cans from the boiler, seal tightly, invert to test, and mark, then store for winter use.

Canned Corn (Intermittent Method)

Remove the husks and silk from sound ears of sweet corn that have been freshly gathered. Place in boiling water for 3 minutes, then dip into cold water for 1 minute. Cut the corn from the cob and pack lightly to within an inch of the top of freshly washed and scalded jars. To each quart add 1 teaspoon salt and 1 teaspoon sugar. Fill the jars with boiling water, being careful to break up any air bubbles. Put the rubber and lid in position, but do not tighten the lid. Arrange the jars on a rack in a washboiler or other large container, surround with water, cover the boiler tightly and bring the water to the boiling point. Boil 15 minutes, then tighten the lids. Boil 1½ hours the first day. On the second and third days bring again to the boiling point and boil one hour each day. Remove the cans from the boiler, wipe them off, invert a few hours in order to discover leakage, and then store for winter use.

Canned Eggplant

Wash, peel, and slice sound eggplant. Blanch in boiling water for 5 minutes. Plunge quickly into cold water and pack carefully into sterilized jars. Place rubbers in position. Fill jars with boiling water. Add 1 teaspoon salt to every quart jar.

Put cap in position and sterilize in hot-water bath $1\frac{1}{2}$ hours. Remove jars. Seal, invert to test, mark, and store for future use.

Canned eggplant may be made into an attractive scalloped dish.

Canned Greens (Cold-Pack Method)

If it is not possible to secure fresh greens for the table all the year around, it may be feasible to can greens when they are abundant. Collards, swiss chard, kale, spinach, and beet tops may be satisfactorily canned.

Can greens as soon after picking as possible. Sort and wash clean. Blanch by steaming in a steamer 15 to 20 minutes. Remove, plunge quickly into cold water; cut up slightly with a knife, and pack tightly into sterilized jars. Place rubbers and add 1 teaspoon salt to each quart of greens. Add boiling water to fill crevices. Break air bubbles with a wooden paddle. Place caps in position. Sterilize 2 hours in a hot-water bath. Remove from canner, tighten covers, invert to test, mark, wrap in paper to prevent bleaching. Store for future use.

Canned Lima Beans (Cold-Pack Method)

Follow the directions for canning peas, but allow 5 to 8 minutes for blanching and sterilize 3 hours.

Canned Okra (Cold-Pack Method)

Young, tender pods of okra should be selected for canning. After it has been picked over and washed, remove the stems and blanch the pods in boiling water for 10 minutes, then dip into cold water. Drain. Pack into sterilized jars and add 1 teaspoon salt to each quart. Place rubbers in position. Fill jars with boiling water. Place caps in position and arrange jars on a rack, immersing them in boiling water in a boiler. Cover and

boil for 3 hours. Remove jars from the boiler, seal, and invert to test. Mark and store.

Canned Peas (Cold-Pack Method)

Can peas within a few hours of picking. Cull, shell, and grade the peas. Put in cheese cloth and plunge into boiling water for 2 to 5 minutes according to size. Remove and plunge quickly into cold water. Fill sterilized jars. Place rubbers in position. Add a level teaspoon of salt to each quart. Fill the jar with boiling water; break up air bubbles with a wooden paddle. Place caps in position. Place in hot-water bath and sterilize 5 hours. Remove jars, tighten covers, and invert to test. Cool, mark, wrap jars in paper, and store for future use.

Sauerkraut

Select solid heads of cabbage, look over carefully, remove the outside leaves, and cut into quarters, removing the core. Cut cabbage into fine shreds with a sharp knife or slaw-cutter. Put a layer of cabbage 5 inches in depth into a five-gallon stone crock, and sprinkle with salt, using 2 pounds salt to 100 pounds cabbage (about 2 bushels). One bushel of cabbage will make between 3 and 4 gallons of kraut. Add another five-inch layer of cabbage and sprinkle with salt. Stamp each time until brine appears. When last portion of cabbage and salt has been added and stamped, and brine appears well over the top, cover the top with a clean cloth and a plate or board to fit tightly into the crock. Weight cabbage down by placing a heavy weight on the plate, being careful not to use sandstone or limestone, as acid is apt to attack them. A gallon jug filled with water makes a good weight. Leave cabbage in a temperature of from 60 to 70 degrees for about 2 weeks. Remove the white foam which daily rises to the top. Care must be taken that the cabbage is always covered with brine, adding more brine as necessary. When the brine has developed an acid taste it is

ready for use. If it cannot be successfully kept in the crock, it may be stored in sealed jars. Pack the kraut into sterilized jars; place rubbers in position; fill jars with boiling water, place caps in position, and process 30 minutes in a hot-water bath. Remove jars, seal, mark, and store.

If the kraut is to be made in a wooden keg instead of in a stone crock, the keg should be lined with clean, outside cabbage leaves to protect the kraut from the taste of the keg.

Canned String Beans (Cold-Pack Method)

Wash and string the green beans which have been freshly gathered. Plunge into boiling water 5 to 8 minutes according to size, and then plunge into cold water quickly. Drain. Pack into clean scalded jars and add 1 teaspoon salt to each quart jar. Place rubber in position and fill jar with boiling water, being careful to break any air bubbles. Place cap in position. Arrange the jars on a rack, immerse in boiling water in a wash-boiler, or other large container, cover the boiler, and bring the water to the boiling point. Boil 3 hours. Remove the jars from the boiler, tighten the tops, and invert to test. Mark, then store for winter use.

Canned String Beans or Peas (Intermittent Method)

Wash and string the green beans or shell the peas which have been freshly gathered. Plunge into boiling water for 10 or 15 minutes, and then dip in cold water for 3 minutes. Pack into clean scalded jars and add 1 teaspoon salt and 1 tablespoon of vinegar to each quart jar. Place the rubber and lid in position. Arrange the jars on a rack in a washboiler or other large container, surround with water, cover tightly, and bring the water to the boiling point. Boil 15 minutes and tighten the lids. Boil 1½ hours the first day. On the second, third and fourth days, bring to the boiling point and boil 1 hour each day. On the fourth day remove the jars from the boiler, wipe them off

and invert them a few hours in order to discover leakage. Then store for winter use.

Canned Sweet Potatoes (Cold Pack Method)

Follow the recipe for canned carrots.

The canning of sweet potatoes is not recommended unless they cannot be stored successfully in their natural state.

Canned Tomatoes (Cold-Pack Method)

Select ripe, sound tomatoes uniform in size. Can soon after being picked. Wash, put in a wire basket, and lower into boiling water for 1 minute. Remove at once to prevent softening. Plunge into cold water to make firmer. Peel immediately. Cut out cores with a pointed paring knife, being careful not to cut into the seeds. Pack tomatoes whole or in large pieces in sterilized jars; add 1 teaspoon each of sugar and salt to every quart of tomatoes. Place rubbers in position; fill jars with boiling water. Break up any air bubbles with a wooden paddle. Place caps in position. Immerse filled jars in a hot water bath and sterilize 22 minutes. Remove jars and seal. Invert to test, mark, wrap in paper, and store for future use.

Canned Tomatoes (Open-Kettle Method)

It is often desirable to can a few tomatoes at a time and for this purpose the housewife may desire to make use of the open-kettle method. Tomatoes may be satisfactorily canned in this way if all precautions concerning the sterilization of the cans and utensils used in the work are carefully observed.

Select sound, ripe tomatoes. Scald and peel the tomatoes, cut in pieces, and boil gently, adding little or no water. for thirty minutes. Add 1 teaspoon salt for every quart of tomatoes. Put a rubber on a sterilized jar. Pour the tomatoes into the jar, filling the jar full; place lid in position and immediately tighten the lid completely. Invert the jars to detect any leakage. When cool mark the jars, wrap, and store in a dark place.

PICKLES AND OTHER RELISHES

Bacteria do not grow in substances that contain a large amount of acid; hence there is little danger of those pickles spoiling that have been prepared with a large amount of vinegar. Cloves, cinnamon, mustard, and other spices also retard the growth of bacteria, hence they aid in the preservation of pickles and spiced foods. It is not necessary to process pickles.

A variety of recipes for pickles and relishes are given because of the great diversity of taste in the choice of pickles. A relish which one family enjoys may very seldom appear on the table in another home.

Apple Chutney (Open-Kettle Method)

12 sour apples	1 quart cider vinegar
1 medium-size onion	1 cup currant or plum jelly
2 green peppers	2 cups sugar
1 red pepper	1 tablespoon salt
1 cup raisins	1 tablespoon ground ginger
4 lemons (juice)	$\frac{1}{4}$ teaspoon cayenne pepper

Pare and core the apples. Peel the onion; remove seeds and stems from peppers; chop apples, onion, peppers, and raisins very fine. Add the juice of the lemons, 1 pint of the cider vinegar, and the currant or plum jelly. Let simmer very gently for 1 hour, stirring frequently. Then add remainder of vinegar, the sugar, salt, ginger, and pepper. Cook 1 hour more, stirring constantly. Put into sterilized jars and seal, mark, and store. Use for an accompaniment to cold meats or for salad on head lettuce.

Chili Sauce (Open-Kettle Method)

12 medium-sized ripe to- matoes	1 tablespoon salt
1 pepper, finely chopped	2 teaspoons ground cloves
1 onion, finely chopped	2 teaspoons ground cinna- mon
2 cups vinegar	2 teaspoons ground allspice
3 tablespoons sugar	2 teaspoons grated nutmeg

Scald, peel, and slice the tomatoes. Put into a kettle with remaining ingredients, bring gradually to the boiling point, and cook slowly 2½ hours. Put into sterilized bottles or jars. Seal. If corked bottles are used, dip necks into bottle wax or paraffin. Mark and store. Serve with meat and fish.

Chow Chow

½ bushel green tomatoes	2 tablespoons cinnamon
1 dozen onions	1 tablespoon allspice
1 dozen green peppers	1 tablespoon cloves
Vinegar	1 tablespoon peppercorns
Salt	½ cup ground mustard
2 pounds sugar	1 pint horseradish

Chop the vegetables fine, sprinkle with salt and let stand over night. In the morning drain well, then add vinegar to cover, and cook slowly 1 hour; drain again and pack closely in a jar.

Mix the sugar, cinnamon, allspice, cloves, peppercorns, ground mustard, and horse-radish with enough vinegar to cover well, then when boiling hot pour it over the mixture in the jar and cover tightly.

Cucumber Pickles (Open-Kettle Method)

500 midget cucumbers	1 pint water
1 cup salt	1 piece alum
1 quart small onions	2 cups sugar
3 pints vinegar	2 ounces mustard seed

Wash and wipe the cucumbers dry. Sprinkle with the salt and add cold water to cover. Let stand 24 hours. Put the vinegar, water, alum, and sugar into a kettle. Add the cucumbers and onions. Heat slowly until scalded, but do not boil. When finished the pickles should be crisp. Boiling will soften them, hence follow directions closely. Remove pickles at once, pack into jars, and discard the liquid. Make a fresh vinegar solution with the same quantities of vinegar, water, alum, and sugar, add

the mustard seed, and let come to the boiling point. Pour the boiling liquid over the pickles in the jars. Seal, mark, and store.

Dixie Relish (Cold-Pack Method)

1 quart chopped cabbage	5 tablespoons mustard seed
1 pint chopped white onion	2 tablespoons celery seed
1 pint chopped sweet red pepper	$\frac{3}{4}$ cup sugar
1 pint chopped green pepper	1 quart vinegar
	5 tablespoons salt

Wash peppers and soak them in brine (1 cup of salt to 1 gallon of water) for 24 hours. Freshen in clear, cold water for 1 to 2 hours. Drain well. Remove the seeds and the coarse white section. Chop separately and measure the chopped cabbage, onions, and peppers, before mixing. Add spices, sugar, and vinegar. Let stand over night in a covered crock or enamel dish. Use for filling stuffed peppers or pack into small, sterilized jars. Place rubber and cap in position. Sterilize 15 minutes in hot water bath. Seal, invert to test, mark, wrap, and store for future use.

Green-Tomato Pickles (Open-Kettle Method)

1 peck green tomatoes, sliced	1 cup salt
6 large onions, sliced	1 quart vinegar

Wash and slice the green tomatoes and onions and let them stand together over night. Next day boil them in 2 quarts of water and the vinegar for 15 minutes. Pour off this vinegar and then boil the vegetables in the following mixture

2 pounds light brown sugar	2 tablespoons mustard
2 quarts vinegar	1 tablespoon allspice
2 tablespoons cloves	2 tablespoons cinnamon

If a lighter product is desired, whole spices may be used, tied in a cheese-cloth bag. Four times the amount given above will be needed if whole spices are used. After the tomatoes have boiled 5 minutes, pack in sterilized jars. Seal, mark, and store.

Pickled Apples (Open-Kettle Method)

1 peck sweet apples	$\frac{1}{2}$ ounce cinnamon stick
3 pounds sugar	$\frac{1}{2}$ ounce cloves, whole
2 quarts vinegar	

Wash, quarter, and pare the apples. Make a syrup of the vinegar and sugar, and add the spices tied in a small piece of cheese-cloth. Boil the apples in the syrup until they can be pierced easily with a fork, but do not allow them to become broken. Put the apples into a sterilized jar and cover with the boiling syrup. Seal at once. Test, mark, and store.

Pickled Beets (Open-Kettle Method)

Wash beets well, leaving one inch of stem on each beet. Cook in boiling water until the beets are soft when pressed with a fork—about 2 hours (this is dependent upon the size of the beets). After beets have been boiled, dip into cold water, skin, and slice. Make a thin syrup, using $\frac{1}{2}$ gallon vinegar, 2 cups sugar, $2\frac{2}{3}$ tablespoons salt, and $\frac{1}{3}$ teaspoon pepper for each peck of beets. Put sliced beets into the boiling vinegar and cook 5 minutes. Put into sterilized jars, fill with hot liquid, and seal. Invert to test, mark, and store.

Pickled Onions (Open-Kettle Method)

1 peck small white onions	1 cup sugar
5 tablespoons salt	$1\frac{1}{2}$ tablespoons mustard seed
$\frac{1}{2}$ gallon water	1 tablespoon salt
4 or 5 small red peppers	1 tablespoon stick cinnamon
$\frac{1}{2}$ gallon vinegar	1 tablespoon cloves
$1\frac{1}{2}$ tablespoons celery seed	
$\frac{1}{2}$ cup grated horseradish	

Pick over, wash, and sort the onions. Peel and cover with water; let stand in a cool place for two days; change the water on the second day. On the third day wash the onions well, and put them into a brine made of salt and water, for four days, keeping as cool as possible. At the same time prepare a spiced

vinegar with the remaining ingredients. Tie the spices in a cheese-cloth bag, leaving them in the vinegar for four days. Change the brine on the onions on the second day. On the fourth day take onions out of the brine and put into boiling water; let stand 10 minutes; then put into cold water for 2 hours. Drain and pack the onions into small jars, adding the small red peppers or slices of red and green peppers. Fill the jars to overflowing with the spiced vinegar. This amount will make about 6 pints. Seal, mark and store.

Pickled Peaches

8 pounds peaches	4 pounds sugar
2 or 3 cloves in each	1 pint vinegar

Wash the peaches, but do not peel them. Remove the buds from the ends of the cloves and insert 2 or 3 cloves in each peach. Boil peaches in a syrup made of the sugar and vinegar until tender, drain off the syrup and put peaches on platters over night. Set the syrup aside to cool. The next day put the cold peaches into sterilized jars and pour the cold syrup over them. Seal, mark, and store.

Pickled Pears

Follow the recipe for pickled apples.

Sliced Cucumber Pickles (Open Kettle Method)

1 dozen cucumbers
1 dozen onions
$\frac{1}{8}$ cup salt

Cucumbers about 2 inches in diameter and 4 inches long are best to use. Slice the cucumbers and onions in $\frac{1}{3}$ inch pieces, add salt, and let stand two hours; drain. Boil the following ingredients:—

1 cup sugar	1 teaspoon mustard seed
1 cup vinegar	1 teaspoon cassia buds or
1 teaspoon celery seed	stick cinnamon

Add drained cucumbers and onions to this hot liquid and boil 15 minutes. Put into sterilized jars and seal. Mark and store.

Spiced Pears

7 pounds pears	8 whole cloves
3 pounds sugar	8 whole allspice
1 pint vinegar	2 sticks cinnamon
½ lemon rind	½ ounce ginger root

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

Spiced Prunes (Open-Kettle Method)

1 pound prunes	½ ounce whole cloves
1 pint vinegar	1 ounce stick cinnamon
2 cups sugar	

Wash the prunes well and soak in cold water 12 hours. pour the water off. Make a syrup of vinegar and sugar, and add

spices tied in a small piece of cheese-cloth. Add the prunes to syrup and simmer slowly until very tender. Pack in sterilized jars. Cover with boiling syrup. Seal, mark, and store.

Stuffed Peppers (Cold-Pack Method)

Soak sweet peppers in brine (1 cup salt to 1 gallon of water) for 24 hours. When ready to stuff, take them from the brine, rinse in fresh water, carefully cut a circle off the top of each pepper, and save to be placed on peppers after stuffing. Remove seeds and white sections and soak peppers in clear water 1 or 2 hours; drain carefully. Fill the peppers with Dixie Relish being careful not to press it in too tightly. Place the tops on the peppers and make each secure by one or two stitches of thread, or keep in place by fastening with two or three wooden tooth picks. Pack as many stuffed peppers as can be placed in a jar without crushing them. Fill jar with spiced vinegar. Process 15 minutes in hot-water bath. Remove, seal, invert to test, wrap, and store for future use.

Tomato Ketchup (Open-Kettle Method)

12 ripe tomatoes	2 tablespoons ginger
2 large onions	1 tablespoon cinnamon
4 green peppers	1 tablespoon mustard
2 tablespoons salt	1 nutmeg (grated)
4 tablespoons brown sugar	1 quart vinegar

Peel the tomatoes and onions. Chop the onions and peppers fine. Boil all the ingredients together slowly for 3 hours, or until very soft, stirring frequently. Strain and reheat. Pour into sterilized bottles, cork, and seal immediately with bottle wax or paraffin. Mark and store. Serve with meat and fish.

Tomato Relish (Uncooked)

1 peck ripe tomatoes	½ cup mustard seed
1 cup salt	2 cups sugar
2 cups chopped celery	1 teaspoon cinnamon
2 cups chopped onions	1 teaspoon cloves
6 red peppers, chopped fine	1 quart vinegar

Scald and skin the tomatoes and cut them in dice. Add the salt to the tomatoes and let them stand over night. Drain thoroughly. Add the remaining ingredients. Mix well. Put into sterilized jars and seal. Mark and store.

Watermelon-Rind Pickles

1 medium watermelon rind	$\frac{1}{8}$ cup cassia buds
3 pounds sugar	4 pieces ginger root
1 pint vinegar	

Cut the watermelon rind into strips three inches long and one inch wide. Peel and remove all pink part. Steam over boiling water till the watermelon can be pierced with a fork. Boil the sugar and vinegar to a heavy syrup. Add the cassia buds, ginger root, and watermelon. Cook slowly until the watermelon rind is transparent. Pack into small sterilized jars. This recipe will make 6 pints. Seal, mark, and store.

CANNED MEATS

Canned Beef or Pork (Cold-Pack Method)

Fresh meat may be kept indefinitely by canning according to the following directions:—

Cut meat into pieces about 3 or 4 inches square, removing all bones. Dust lightly with a mixture of salt and pepper. Pack tightly into sterilized jars and see that there are several fat pieces on top. Place rubbers on jars and put caps in place. Boil steadily in a hot-water bath for 4 hours. When done, remove from bath, tighten lids, and invert to test. When moderately cooled, dip tops into paraffin. The next day the meat may have settled to about three-fourths the jar content and it should have a thick coating of fat on top. Mark the jars, wrap in paper, and put in a dark place. When ready to use, set the jar in a pan of hot water, and the meat will come out more readily.

Canned Chicken (Cold-Pack Method)

Cook the chicken till tender in hot water, adding 1 table-spoon salt after the chicken has cooked 15 minutes. Remove the bones, pack meat into jars, and follow directions as for canned beef.

CANNED FRUITS

Almost all fruits give satisfactory results when canned, and the thrifty housewife will have a large number of jars of canned fruits on the pantry shelves. General directions for canning must be observed and can be applied to local fruits not named in the tables and recipes.

A fruit is preserved in more nearly its natural condition if the cold-pack method is followed, but the open-kettle method can be satisfactorily employed with most fruits.

The thickness of the syrup may be varied according to the acidity of the fruit—1 cup of sugar to 3 cups of water for a very sweet syrup, 1 cup of sugar to 5 cups of water for a thin syrup. When sugar is scarce the amount used may be reduced to 1 cup of sugar to 9 cups of water and the fruit will still be found sufficiently sweet to be palatable.

The sugar used in canning serves only to sweeten the fruit and to bring out its flavor. When used in proportions for canning, it does not form a sufficiently dense syrup to aid in the preservation of the fruit, as it does in preserves, jams, and marmalades. Therefore fruits can be canned without sugar and will keep indefinitely if the principles of sterilization are strictly observed. However, an additional amount of labor is involved when the sugar must be added at the time of serving the fruit, and most housekeepers prefer to have the fruit sweetened for serving when it is canned unless sugar is scarce or its price prohibitive.

Sugar Substitutes to be Used in Canning

Because of the increased price of sugar and the frequent shortage of supply, it is sometimes desirable to substitute other sweetening substances when canning fruits. Corn syrup, glucose, honey, maple syrup, molasses, and sorghum may be used in place of part or of all of the sugar in canning. With the exception of honey, the syrups are less sweet than sugar; therefore, more syrup will be required to secure the same degree of sweetness. However, it is not necessary to use so large an amount of sugar as many recipes give, and it would be well if a taste for foods that are less sweet should be acquired.

For canned fruits, syrups may be entirely substituted for sugar. For preserves and marmalades at least twenty-five per cent of sugar should be used in combination with the syrup. In jellies it is desirable to use at least fifty per cent of sugar with the syrup substituted.

Time-Table for Canning Fruits

(Cold-Pack Method)

MATERIALS	BLANCHING	STERILIZING OR PROCESSING
Apples	1 1/2 min.	20 minutes
Apricots	2 min.	16 minutes
Blackberries		16 minutes
Cherries		16 minutes
Dewberries		16 minutes
Gooseberries	1 min.	20 minutes
Peaches	2 min.	16 minutes
Pears		20 to 35 minutes
Plums		20 minutes
Raspberries		16 minutes
Strawberries		16 minutes

Canned Apples (Cold-Pack Method)

Wash, quarter, pare, and core sound apples. Blanch 1 1/2

minutes in boiling water. Plunge quickly into cold water. Pack in sterilized jars. Place rubbers in position. Fill crevices in jars with boiling syrup which has been prepared by using 1 cup of sugar to 5 cups of water. Break up any air-bubbles with a small wooden paddle. Place cap in position. Place filled jars in hot-water bath and sterilize 20 minutes. Remove from boiler, seal, invert to test, mark, wrap, and store.

Canned Apricots (Cold-Pack Method)

Follow the recipe for canned peaches.

Canned Cherries (Cold-Pack Method)

Wash, stem, and stone cherries. Pack in sterilized jars. Place rubbers in position. Fill jars with boiling syrup made by using 1 cup of sugar to 3 cups of water. Break up any air-bubbles with a small wooden paddle. Place cap in position. Place filled jars in hot-water bath and sterilize 16 minutes. Remove from boiler, seal, invert to test, mark, wrap, and store.

Cherries can also be successfully canned by the open-kettle method because they contain so large an amount of acid.

Canned Blackberries (Cold-Pack Method)

Follow the recipe for canned dewberries.

Canned Dewberries (Cold-Pack Method)

Rinse fruit by pouring water over it through a strainer. Remove stems and any dried berries. Pack immediately into clean, sterilized jars; place rubbers on jars; and fill with syrup made of 1 cup of sugar and 3 cups of water. Cook syrup slightly and fill jars. Place cap in position, partially tighten, and put into hot-water bath and sterilize 16 minutes. Remove the jar, seal, and invert to test. Mark, wrap, and store for future use.

Canned Gooseberries (Cold-Pack Method)

Pick over and remove stems and buds from gooseberries. Wash. Blanch 1 minute in boiling water. Dip into cold water.

Pack closely into sterilized jars. Put rubbers in position. Fill with boiling syrup, using 1 cup of sugar to 3 cups of water. Break up any air bubbles with a wooden paddle. Put cap in position. Sterilize in hot-water bath 20 minutes. Remove, seal, invert to test, mark, wrap, and store.

Canned Gooseberries (Cold Water)

Green gooseberries may be canned in cold water in the same way in which rhubarb is canned, because they also contain a large amount of acid.

Canned Peaches (Cold-Pack Method)

Immerse firm peaches in boiling water for 2 minutes. Dip quickly into cold water. Remove the skin, cut in halves, and pack neatly in sterilized jars. Place rubbers. Add boiling syrup made by cooking sugar and water in proportion of 1 cup of sugar to 3 cups of water. Break up any air bubbles with a wooden paddle. Place cap in position, sterilize filled jars in hot-water bath 16 minutes. Remove jars, secure caps tightly, invert to test, mark, wrap in paper, and store for future use.

Canned Peaches (Open-Kettle Method)

16 pounds prepared peaches	1 quart water
6 pounds sugar	

Select firm fruit. Peel the peaches or put them into a wire basket and plunge into a pan of boiling water. In two minutes take them out and remove the skins. Cut in halves. Make a syrup of the sugar and water, and when it boils add enough peaches to fill a jar. When soft, put them into sterilized jars. Cover with boiling syrup, add three nuts from the peach stones to each jar. Break up any air-bubbles with a sterilized paddle. Seal at once. Invert to test, mark, and store.

Canned Pears (Cold-Pack Method)

Follow directions for canned apples. It will be necessary to allow a longer time for sterilizing very hard pears, 30 to 35 minutes.

Canned Plums (Cold-Pack Method)

Pick over and wash the plums. Prick each plum with a needle to prevent the bursting of the skin when cooking. Pack closely into sterilized jars. Place rubbers in position. Fill jars with boiling syrup, using 2 cups of sugar to 3 cups of water. Place caps in position. Sterilize in hot-water bath 15 to 20 minutes according to size. Remove, seal, invert to test, mark, and store.

Canned Plums (Open-Kettle Method)

Pick over and wash the plums. Prick each plum with a needle to prevent the bursting of the skin when cooking. Prepare a syrup, using 2 cups of sugar to 3 cups of water if the plums are very sour. When syrup boils add the plums and cook till plums are soft but not broken up. Pour into sterilized jars after putting rubber in place. Place caps on jars and seal. Invert to test, mark, and store.

Canned Rhubarb (Cold Water)

Pare rhubarb and cut in 1-inch pieces. Pack into a sterilized jar. Put under cold-water faucet and let water run into the jar for 20 minutes. Then screw on cover.

Because of the large amount of strong acid in rhubarb, it will keep indefinitely when canned in cold water without the application of heat.

Canned Strawberries (Cold-Pack Method)

Follow the directions given for canning cherries by the cold-pack method, using a syrup made with 1 cup of sugar to 5 of water.

JELLY MAKING

The art of preparing jellies from the juice of fruits is one in which every housewife is eager to perfect herself. One can point with justifiable pride to the shelf of well-made jellies that are going to increase the attractiveness of the family table and add to the palatability of a diet which might otherwise be monotonously simple. A few fundamental principles must be borne in mind if one is to become expert in jelly making.

ESSENTIALS TO JELLY MAKING

Pectin, the jelly-making property of fruits—The substance in fruit juice that causes the juice to thicken and form a jelly after it has cooked is called pectin. This substance is present in different quantities in various fruits; hence some fruits can readily be made into a jelly, while a jelly cannot be successfully made from other fruits. The amount of pectin varies at different stages of ripeness of the fruit. Pectin is present in largest quantity in fruits that are slightly under ripe. Over-ripe fruits contain less pectin. Pectin is found near the skin or around the core of fruit; hence clean parings and sound cores should be cooked with the fruit when making jellies.

Acid necessary in making jelly—In addition to pectin, it is necessary that fruits contain acid or that acid be added to the fruit juice when jelly is being made. Most fruits which are good for jelly-making contain sufficient acid, but occasionally quinces and berries do not have sufficient acid present. If the juice of these fruits is then combined with the juice of apples or other tart fruit, they can be made into good jellies.

Sugar in jellies—While sugar is not necessary to the solidifying of fruit juice, it is necessary to add sugar to render the jelly palatable. The amount of sugar may be varied within certain limits according to the flavor of the fruit. The quantity

of sugar used will vary from one-half as much sugar as juice to equal parts of sugar and juice. More sugar than juice is apt to interfere with the formation of the jelly and a syrupy substance result.

Cooking the jelly—The juice is best extracted from the fruit by cooking. With soft fruits practically no water needs be added. With apples and quinces it is necessary to cover the fruit with water in order that the pectin may be drawn out. After the fruit has been cooked sufficiently to soften the pulp and draw out the juices, it should be strained through a flannel or muslin bag or a bag made of two thicknesses of cheese-cloth. Two or three hours will be sufficient time to allow for straining, then the juice should be reheated. If much water has been added when extracting the juice, or if the fruit contains much water, it should be boiled for fifteen or twenty minutes to evaporate excess of water before adding the sugar. After the sugar has been added, it should not be necessary to cook the juice more than eight or ten minutes before the jelling point is reached. The best jelly results when only a small amount of juice is cooked at one time (not more than 3 cups).

Test for jelly—The juice is ready to form a jelly when it begins to sheet from the spoon, that is, when the spoon is dipped into the jelly and raised above it two drops will come from the edge of the spoon at the same time. The jelly should then be quickly removed from the fire and poured into sterilized glasses.

Fruit best for jelly making—The fruits which make the best jellies are apples, crab-apples, quinces, green grapes, red currants, plums, gooseberries, and firm, hard berries such as blackberries, dewberries, and logan berries. These same fruits do not make a good jelly if they are not sour; therefore it is often necessary to combine one fruit with another fruit that contains more acid.

To Make Jelly

Pick the fruit over carefully and wash it thoroughly. Remove any decayed or imperfect portions, but do not discard the skins and sound cores because of the presence of pectin in those portions. Cut up large fruits and, if hard, add sufficient water to cover them. No water need be added to soft fruits. Cook the fruit until tender. Pour into a jelly bag and strain. Reheat the strained juice, boiling it long enough to evaporate any excess of water (15 to 20 minutes), then add the sugar, and cook from 8 to 10 minutes longer. Test (see test for jelly). Remove from the fire and pour into sterilized jelly glasses. When cold cover with a thin sheet of melted paraffin, then put the tin top over the jelly glass or draw a clean paper neatly over the top. Label the jelly glass neatly with the name of the fruit and the date. When jelly is used, paraffin may be washed and reserved for use another time.

Canned Fruit Juice for Jelly Making

When sugar is scarce or high in price, the juice of fruit may be extracted as for jelly and canned for winter use. Fill sterilized jars with the boiling juice. Place rubbers and caps in position. Sterilize in hot-water bath 15 minutes. Remove from boiler. Seal, invert to test, mark and store.

When ready to use as jelly, the jars can be opened, the juice reheated, sugar added, and jelly made in the usual manner. Many housewives prefer to prepare their jellies fresh in this way throughout the winter.

Apple Jelly

4 quarts apples	2 quarts water for fall apples
1 pound sugar to	or
1 quart juice	3 quarts water for winter apples

Cook the apples till soft but not mealy. Pour into flannel

bag. Press lightly, but not to make the pulp come through. Boil the juice 20 minutes. Stir in the sugar quickly, dissolve, strain the jelly again. Boil until two drops come from the spoon at the same time in two different places. Pour into sterilized glasses. When cool, cover with a thin layer of melted paraffin and a tin or paper cover. Label and store.

Blackberry Jelly

Follow the recipe for dewberry jelly.

Crab-Apple Jelly

Remove the blossoms and all decayed portions from the fruit; if large, cut into pieces, but do not pare or remove the seeds. Cover with cold water. Cook until the crab-apples are soft. Drain, first in a colander, then in a jelly bag. Use the juice only and do not press the bag except for a second-grade jelly. To 1 cup of juice, use $\frac{3}{4}$ cup sugar. Boil the juice slowly for 15 minutes; add the sugar and boil for 5 minutes, skimming as often as necessary. Test. Pour into jelly glasses and when hard cover with melted paraffin. Put a tin cover over the glass, mark, and store.

Currant Jelly

Follow recipe for grape jelly.

Dewberry Jelly

Wash berries by placing them in a strainer or colander and pouring water gently through them. Crush and let berries simmer 5 to 10 minutes to extract juice. Pour into a jelly bag and let drain into an open crock. Cook a small quantity at a time. When juice comes to the boiling point, add sugar, using $\frac{3}{4}$ cup sugar to every cup of juice. Cook until two drops come from a spoon in two different places at the same time. Remove from fire at once and pour into sterilized jelly glasses. Cool jelly in the sun if possible, as this gives a clearer product.

When cool, cover with a thin layer of paraffin and a tin cover or paper to protect jar from dust. Mark and store.

Grape Jelly

Pick grapes when under ripe. Remove from stems, picking them over carefully. Wash by placing in a strainer or colander, pouring water gently through them. Crush and simmer grapes 5 to 10 minutes to extract juice. Pour into a jelly bag and let drain into an open crock. Measure and use 1 cup of sugar to each cup of juice, adding the sugar after the juice has begun to boil. Cook rapidly until two drops come from the spoon in two different places at the same time. Remove from fire at once and pour into sterilized jelly glasses. When cool, cover with a thin layer of paraffin and a tin cover or paper to protect jar from dust. Mark and store.

Loganberry Jelly

Follow the recipe for dewberry jelly.

Plum Jelly

Pick over and wash the plums well, removing the stems. Put into a kettle and add just enough water to keep from burning, 1 inch of water to 5 inches of fruit. After the skins have burst and the plums are tender, strain through a jelly bag. Boil the juice with $\frac{2}{3}$ cup sugar for every cup of juice, adding the sugar after the juice has begun to boil. Cook rapidly until two drops come from the spoon in two different places at the same time. Remove from fire at once and pour into sterilized jelly glasses. When cool, cover with a thin layer of paraffin and a tin cover or paper to protect jar from dust. Mark and store.

Plum Preserves

After the first extraction of juice from the plums in making plum jelly, the pulp may be reserved for preserves. When it is cool enough to handle, remove the seeds, add an equal portion of

sugar, and cook to proper consistency for plum preserves. Pour into sterilized glasses. When cool, cover with a thin layer of melted paraffin. Cover to protect from dust. Mark and store.

Quince Jelly

Follow the recipe for apple jelly. If the quinces are not very sour, combine with tart apples when making jelly. Use equal quantities of quince and apple.

JAMS, MARMALADES, AND PRESERVES

Jams, marmalades, and preserves are canned by the open-kettle method, because it is necessary to cook them long and slowly with a large amount of sugar in order to evaporate the water and secure the density desired. Bacteria do not grow readily in a dense syrup, hence jams, marmalades, and preserves do not spoil readily, and it is not necessary to process them.

Apple Butter

A good apple butter may be made from the pulp that is left after extracting the juice from apples or crab apples when making jelly, if some juice remains in the pulp. Put the pulp through a colander to remove skins and seeds. Weigh pulp and use the following amounts of sugar and ground spices to every 5 pounds of apple pulp: 2 pounds sugar, $\frac{1}{2}$ tablespoon allspice, $\frac{1}{2}$ tablespoon cinnamon, 1 tablespoon cloves. Add sugar and spices to pulp and cook until of desired thickness. Stir frequently to prevent burning. Test on a cold saucer. The outside surface of the portion tested should show a slight sheen upon standing. Pour into sterilized jars or jelly glasses. When cool, cover with paraffin, mark, and store.

Apricot Marmalade

Pick over the apricots. Plunge them in hot water for 2 minutes, remove skins, cut the apricots in halves, and remove

the stones. Weigh the fruit and allow $\frac{2}{3}$ of the weight in sugar. Mix the fruit and sugar and let stand over night to dissolve the sugar. In the morning bring to the boiling point and boil 20 to 30 minutes. When the juice shows a jelly-like consistency and the fruit is transparent, pour into sterilized jelly glasses or jars. When cool, cover with a thin layer of paraffin and a tin or paper cover to exclude dust. Mark and store.

A small quantity of fresh pineapple combined with the apricots makes an especially palatable marmalade.

Carrot Marmalade

4 pounds carrots	2 lemons, grated rind
8 cups corn syrup	1 orange, juice and rind
3 cups sugar	$\frac{3}{4}$ pound raisins, chopped
10 lemons, juice	

Wash and scrape the carrots. Boil till tender and chop fine, using a chopping knife and bowl. Simmer the chopped carrots and syrup together 30 minutes; then add the other ingredients and cook until thick and jelly-like. Put into sterilized jelly glasses. Cover with a thin layer of paraffin. Mark and store.

Currant Conserve

5 oranges	5 pounds sugar
5 pounds currants or gooseberries	2 pounds raisins

Boil the rind of 3 oranges until tender, scrape out the bitter white portion, and slice the yellow rind. Combine the currants, sugar, orange pulp, chopped rind, and raisins, and boil all together 20 minutes. Turn into sterilized jars; seal at once.

Fig Preserves

3 pounds whole ripe figs	1 or 2 pieces ginger root
3 pounds sugar	1 lemon, juice and rind
1 pint water	1 orange, juice and rind

Put the figs into a boiling soda solution (1 cup soda to 6

quarts boiling water) and let stand for 5 minutes. Drain off the soda solution and wash figs thoroughly in two baths of cold water.

Boil the sugar and water, add the ginger root and cleaned figs, and cook the figs until very tender. Add orange and lemon juice and rind. Boil a few minutes longer, fill sterilized jars, and seal. Mark and store.

Grape Jam

1 basket ripe grapes Sugar

Remove the grapes from the stem. Wash them and press the pulp from the skins. Boil the pulp until it will separate from the seeds. Rub through a sieve. Add the skins to the pulp and boil with an equal weight of sugar for 15 minutes. Put into sterilized jars and seal at once. Mark and store.

Green-Tomato Mince Meat (Cold-Pack Method)

1 peck green tomatoes	2 tablespoons salt
1 pound beef suet	2 tablespoons ground
$\frac{1}{2}$ cup vinegar	cinnamon
2 cups chopped apples	1 teaspoon ground cloves
2 pounds raisins	2 teaspoons ground nutmeg
$2\frac{1}{2}$ pounds brown sugar	

Slice tomatoes very thin or put through a food chopper. Drain; cover with cold water; place over fire and boil 5 minutes. Drain well; add suet, vinegar, fruit, sugar, and seasonings. Return to fire and simmer 35 to 45 minutes. Pack hot into sterilized jars and cook in hot-water bath 15 minutes. Remove, seal, invert to test, mark, and store for future use.

Orange or Grape Fruit Marmalade

15 oranges or grapefruit Sugar
3 lemons

Wash, pare, and weigh the fruit, remove the peel in quarters, reserving it for use, cut or shred the fruit fine, keeping the

seeds separate. Add 1 quart water to 1 pound fruit, reserving from the entire quantity of water 1 pint for seeds. Let this stand 36 hours covered; stir occasionally. Strain the water from the seeds and add it to the fruit; boil this mixture down one-half. Cook the peel until soft in enough boiling water to cover; drain; remove the white part by scraping with a spoon. Cut the thin yellow rind in strips, using a pair of scissors. Add to the marmalade 1 hour before it has finished boiling. When the marmalade is cool enough, measure, and to every pint of fruit add 1 pound of sugar, slowly, stirring all the time. Boil steadily 20 to 30 minutes, or until the mixture jellies. Pour the marmalade into sterilized jars and seal. Mark and store.

Peach Jam

2 pounds peaches	1 inch ginger root
$\frac{1}{2}$ teaspoon allspice	1 sprig mace
2 teaspoons stick cinnamon	1 pound sugar
1 teaspoon cloves	

Wash, peel, and slice the peaches. Reserve and crack one stone. Tie the spices and peach seed in a cheese-cloth bag. Cook all materials together until sufficiently thickened (about 30 to 50 minutes). A good test is to place a small amount on a saucer and when pushed to one side with a spoon a wrinkled appearance should result. Pour into sterilized glasses. Cover with a thin layer of melted paraffin. Cover with a tin lid or paper cover. Mark and store.

Pineapple Marmalade

1 cup pineapple, shredded or cut in small pieces	1 lemon, juice and rind
6 cups rhubarb, sliced in $\frac{1}{2}$ inch pieces	7 cups sugar
	2 tablespoons blanched almonds, chopped

Boil the pineapple and rhubarb together 10 minutes, then add the lemon juice and rind, sugar, and almonds, and boil until thick, $\frac{1}{2}$ hour or more.

Pour the marmalade into sterilized jars and seal at once. Mark and store.

Pear Preserves

2 pounds pears	1 lemon
1½ pounds sugar	4 pieces ginger root
2 cups water	

Make a syrup of the sugar and water, adding the ginger root and the lemon rind cut in thin strips.

Pare and core the pears, cutting them into halves, quarters, or eighths. If the pears are hard, boil them first in clear water until they can be easily pierced with a fork.

Add the lemon and the pears to the syrup and cook until the pears are tender and clear. Pack into sterilized jars, cover with the syrup, seal, test, and mark.

Pineapple Preserves

1 pineapple	Sugar
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Select ripe pineapple, split with a wooden stick and remove little sections, or pare and shred with a silver fork. To each pound of fruit, add ½ pound sugar. Heat slowly and cook till tender and transparent. Put into jars and seal at once. Mark and store.

Plum Butter

Follow recipe for plum preserves, putting pulp through a sieve before adding sugar.

Plum Preserves

See recipe for plum jelly

Quince Preserves

6 pounds prepared quinces	1 quart water in which the
5 pounds sugar	quinces were cooked

Wipe, quarter, pare, and core the quinces and save the parings and cores for jelly. Cook the quinces in water until very tender. Drain carefully and use the water to make a

syrup with the sugar. Add the fruit to the syrup and cook slowly for 3 hours, or until the quinces are dark red. Put into sterilized jars and seal at once. Mark and store.

Spiced Gooseberries

2 pounds gooseberries	1 tablespoon whole cloves
1 cup vinegar	1 tablespoon stick cinnamon
1½ pounds sugar	

Cook all together steadily 40 minutes, or until reduced to a marmalade. Pour into sterilized bottles and seal.

Strawberry Jam

1 pound starwberries	1 pound sugar
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Wash and hull the berries. Cover with sugar and let stand over night. In the morning bring to the boiling point and cook 20 minutes. Pour into sterilized glasses. When cool, cover with a thin layer of paraffin. Mark and store.

Sun-Preserved Berries

Wash and weigh berries which have been freshly picked. Cover the berries with an equal amount of sugar and let them stand over night so that the sugar will all be dissolved. Let stand in cool place so as not to ferment. The next morning bring to boiling point and boil 10 minutes. Pour into platters or shallow porcelain or enamel dishes not more than 1 inch in depth. Cover with a piece of glass. Moisture will gather on the under side of the glass. This should be wiped off occasionally. The preserves should be placed in the sun until the thickness desired is obtained. This is dependent upon the time of the day and the intensity of the sun. The preserves should be brought in at night-fall and set out the next morning if not thick enough. Eight hours should finish the preserves. If weather becomes rainy, finish in a slightly-warmed oven. Do not remove the glass and expose to the air. Place in sterilized glasses and cover with paraffin. Mark and store.

Raspberries, dewberries, blackberries, cherries, strawberries, or a combination of currants and red raspberries, or a combination of rhubarb and red raspberries may be prepared in this way.

In order to protect the preserves from ants, the legs of the stand on which they are placed should be put into four saucetins of water.

Watermelon-Rind Preserves

1 pound melon rind	1 pound sugar
1 ounce lime	1 lemon
2 quarts water	

Cut rind in $\frac{1}{2}$ inch squares. Remove peel and all pink part, and weigh. Soak over night in lime water. The following morning allow rind to stand for 2 hours in clear water. Drain well, then drop into boiling water and cook rapidly for 10 minutes. Drain again and add gradually to syrup made of sugar and 1 quart of water. Add to this the juice of $\frac{1}{2}$ lemon and three extra slices of lemon, and cook until the rind is clear and transparent. Allow to stand covered with syrup until cool. Then arrange attractively in jars, garnishing with the slices of lemon. Seal, mark, and store.

Yellow-Tomato Preserves

1 pound ripe yellow tomatoes (weighed after skinning)	1 stick ginger root
1 pound granulated sugar	1 lemon, juice and rind

Scald, skin and weigh the tomatoes. Add sugar and ginger root and boil 2 hours, then add the lemon juice and rind; boil $\frac{1}{2}$ hour; pour into sterilized jars, seal at once, mark and store.

FRUIT JUICES

When some fruits which contain a large amount of juice are very abundant the juices may be extracted and bottled for use

in preparing refreshing beverages. These fruit juices may also be used for flavoring desserts, such as puddings, ice creams, and sherbets, and in making pudding sauces.

Grape Juice

Pick ripe Concord grapes from the stem. Wash the grapes, crush, and heat them, stirring them all the time. When broken, pour into a jelly bag and allow the juice to drip from the grapes. Measure it and add one-fourth the amount of sugar. Cook the juice and sugar until they reach the boiling point. Put into sterilized bottles, cork, and seal immediately with bottle wax or paraffin. Mark and store. Dilute for serving.

Raspberry Shrub

Select sound fruit. Pick it over carefully. Wash, measure, and pack in a stone jar. Use 1 quart mild vinegar to every 4 quarts berries. Tie cheese-cloth over jar. Stir the mixture each day for three or four days. Do not let it stand more than 3 days if the weather is very warm. Strain without squeezing, measure juice and put into a kettle, allowing 2 cups of sugar to every pint of liquid. Boil slowly 5 minutes. Put into sterilized bottles. Cork and dip into paraffin or bottle wax. Dilute with cold water for serving.

Strawberries, blackberries, and dewberries may be used in the same way.

BOTTLE WAX

To seal corked bottles

Mix together equal parts of warm shoemaker's wax and resin. When liquid, dip the corked bottles into it.

CANDIES

SUGAR

- (a) Sugar is used in cooking—
 - (1) To increase the carbohydrate in the diet.
 - (2) To add flavor to other foods.
 - (3) To aid in the preservation of other foods.
 - (4) To serve as the basis for candies and cake frostings.

- (b) Sugar substitutes.
 - (1) Maple syrup, molasses, sorghum, honey, commercial glucose and corn syrup may all be used as substitutes for sugar. However, the syrups are only from 75 per cent to 85 per cent as sweet as sugar and must be used in larger quantities than sugar if the same degree of sweetness is to be secured.
 - (2) Syrups can be substituted for sugar in frostings and in all candies that are not to be crystallized, such as molasses candy and pulled white candy. In candies that are to be crystallized, syrups can be substituted for sugar to only a limited extent with the exception of maple syrup which readily crystallizes when boiled down. One part of syrup to three parts of sugar can safely be substituted in all candies. When some syrups are used even a higher rate of substitution is possible.

- (c) Methods of cooking sugar.
 - (1) By dry heat, as in the preparation of caramel.
 - (2) By boiling with water—as in making syrups.
 - (3) By boiling with acids—whereby it is converted

into a substance which is only half as sweet as cane sugar and which does not crystallize. For this reason cream of tartar is used in making fondant, and vinegar is used in molasses candy.

(d) Time for cooking syrups.

The time for cooking syrups is regulated by the thickness of the syrups to be used. Thickness of syrups increases with boiling and evaporation. The temperature of syrup also rises, hence the time for cooking of syrup may be regulated by the thermometer. When cooking at home, syrup tests are generally made by dropping a few drops of the syrup into cold water to determine the thickness of the syrup when cold. The relation between the two tests is given below.

Syrup Tests

Soft Ball	238 degrees, used for boiled frosting and fondant.
Hard Ball	260 degrees, used for nougat.
Crack	310 degrees, used for molasses candy
Caramel	350 degrees, used for flavoring and for peanut brittle.
Dark Caramel	400 degrees, used for coloring gravies, soups, etc.

Butter Scotch

1 cup molasses	$\frac{1}{2}$ cup butter
1 cup brown sugar	1 tablespoon vinegar
$\frac{1}{4}$ cup water	

Mix all the ingredients thoroughly and boil them until the syrup is brittle when tried in cold water. Then pour into a buttered pan, cool, and mark in squares or break in pieces for serving. Serves 16 to 20.

Candied Orange Peel

1 orange peel $\frac{1}{2}$ cup sugar or syrup
 $\frac{1}{4}$ cup water in which orange was cooked

Wipe orange and remove peel in quarters. Cut in narrow strips and remove surplus white. Cook in boiling water until tender, changing water several times. Drain well.

Make syrup with $\frac{1}{4}$ cup of the last water used, and the sugar. If syrup is used, no water need be added. When the sugar is all dissolved add orange rind, and cook slowly until most of the water has evaporated. Drain the rind, and roll each piece in granulated sugar. Serves 12 to 16.

Caramels

2 cups sugar 1 pint cream
 $\frac{3}{4}$ cup glucose $\frac{1}{2}$ cup pecans
 $\frac{1}{2}$ cup butter 1 teaspoon vanilla

Combine sugar, glucose, butter, and 1 cup cream and heat until it boils thoroughly. Add remainder of cream gradually stirring it in not to stop boiling. Stir every three or four minutes, cooking till it reaches the temperature of 252 degrees, or a firm hard ball is formed in cold water. Add nuts and vanilla and turn into buttered pans to make a sheet $\frac{3}{4}$ inch thick. When cold cut in cubes, let dry 24 hours.

Caramel Fudge

2 cups sugar 1 tablespoon butter
1 cup milk $\frac{1}{2}$ cup nuts, broken up
cup caramelized sugar

Boil sugar and milk together, add caramelized sugar and butter, and boil to the soft ball stage. Take from fire and heat until the candy becomes creamy. Add nuts and turn into buttered pans; when cool cut into squares. Serves 16 to 20.

Caramel Syrup

1 cup granulated sugar 1 cup boiling water

Melt sugar in a smooth pan, stir over the fire until it becomes a deep, dark brown (400 degrees F.). Add the boiling water and cook slowly until the hardened sugar is dissolved. Cool, bottle, and keep tightly corked.

Uses for Caramel

Caramel (cooked sugar) may be used for candies, nut brittle, glace, etc.

Caramel may be made into syrup and used as a sauce, or it may be substituted for sugar (1½ cup caramel for 1 cup sugar) to sweeten and flavor sweet dishes (custards, puddings, frostings, ice cream, etc.)

Caramel which is very dark may be made into a syrup and used to color gravies, soups, and invalid dishes, i. e. cereals, corn starch puddings, etc., (1 tablespoon caramel to 1 pint).

Divinity

See Nougat.

Double Fudge

Prepare one recipe chocolate fudge, pour into a shallow pan to form a layer one-half inch thick. Over this pour a layer of freshly prepared pinoche of equal thickness. When firm cut in squares.

Fondant

2 cups sugar	⅛ teaspoon cream of tartar
½ cup boiling water	

Put ingredients into smooth sauce pan, stir and heat gradually to the boiling point, then boil without stirring until, when tried in cold water, a soft ball may be formed (at which time syrup will be 238 degrees F). Pour upon oiled marble slab or buttered plate and let stand a few minutes to cool, but not long enough to grow hard about the edges, (to from 90 degrees to 100 degrees) then work with wooden spoon until white and creamy. When fondant begins to form lumps, knead

quickly with the hands until perfectly creamy. Pack in bowl, cover with oiled paper, and let stand 24 hours, after which flavor, color, and shape as desired. During cooking sugar will adhere to side of saucepan, this should be washed off with fingers or cloth dipped in cold water. Serves 30.

Uses for Fondant

Fondant is used as a basis for many candies, to stuff dried fruits and to frost small cakes.

For candy the finished fondant is flavored, colored, and shaped as desired. Nuts are often put on top of each piece or two halves of the nuts may be used and one-half put on each side of the candy. The fondant may be worked up with chopped nuts or candied fruits and cut in cubes. Chocolate drops may be made by dipping the shaped fondant into melted chocolate.

Peppermint drops may be made by remelting the fondant after it has been flavored with peppermint and dropping it on to paraffin paper in the shapes desired.

Fondant may be used with stuffed dates, figs, or prunes. For stuffed dates, wash the dates, cut open lengthwise, remove stone and insert a small piece of fondant rolled to resemble the date stone. Chopped nuts or peanut butter may be added to the fondant. After stuffing, roll dates in granulated or powdered sugar.

To frost small cakes, remelt the fondant in a double boiler after it has been flavored and kneaded. When it is thoroughly melted, dip in the small cakes from the end of a fork so that the frosting will entirely cover the top and partially cover the sides. It will be necessary to work quickly and to stir the fondant occasionally for it will have a tendency to become too thick. The top of each cake may be decorated with a piece of blanched almond or candied fruit.

Fudge

2 cups sugar	2 squares chocolate
1 cup milk	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons butter	

Cook all the ingredients together slowly, stirring until sugar is all dissolved. Then boil without stirring to the soft ball stage, 238 degrees. Take from the fire, cool, and beat it until it begins to grow thick. Add vanilla. Turn into a well-buttered pan, and when cool cut into squares. Either granulated or brown sugar may be used. Serves 16 to 20.

Maple Fudge

Use recipe for caramel fudge substituting maple sugar for granulated sugar and omitting caramelized sugar.

Molasses Candy

2 cups molasses	1 tablespoon vinegar
$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ teaspoon soda
2 tablespoons butter	

Put molasses, sugar, and butter into a thick sauce pan or kettle, and stir until sugar is dissolved. Boil until mixture becomes brittle when tried in cold water. Stir constantly at the last to prevent burning.

Add vinegar and soda just before removing from fire.

Pour into a well-buttered pan and let stand until cool enough to handle. Then pull until light and porous, and cut in small pieces with scissors, arranging on buttered plates. Serves 16 to 20.

Nougat

2 cups sugar	$\frac{1}{2}$ cup cold water
$\frac{1}{3}$ cup corn syrup	2 egg whites
$\frac{3}{4}$ cup chopped nuts or candied fruits	

Cook sugar, syrup, and water together until it is crisp in cold water, 260 degrees. Then pour a drop at a time over

beaten whites of eggs, beating briskly until very thick. Add chopped nuts or candied fruits.

Pour into a well-buttered pan and cut into oblong squares. Serves 20 to 24.

For divinity candy omit the nuts and fruits and drop the beaten syrup from the spoon onto a buttered pan in individual pieces.

Peanut Brittle

1 cup sugar 1 cup peanuts (1 qt. with shells on)

Heat sugar until it melts and liquid becomes clear, remove immediately, add peanuts, chopped if desired, mixing them in thoroughly; quickly spread upon a smooth tin or iron sheet, press into shape with knife, and cut into bars or squares. Serves 10.

Peanut Brittle (With Molasses)

1 cup molasses	1 cup roasted peanuts
1 cup brown sugar	2 tablespoons butter
1 tablespoon vinegar	1 teaspoon soda

Boil the sugar, molasses, and vinegar together until a little dropped in cold water is brittle. Add the butter and the nuts, remove from the heat, beat in the soda, and pour into greased pans. Spread very thin. Break into even pieces when cold. Serves 16 to 20.

Peppermint Drops

1 cup sugar	A pinch of cream of tartar
¼ cup boiling water	3 drops oil of peppermint

Boil sugar, cream of tartar, and water together slowly until syrup threads from fork. Pour it into a bowl and add flavoring. Stir until it begins to thicken and look cloudy. Drop by the spoonful upon paraffin paper. Serves 12.

Pinoche

2 cups brown sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup cream, or $\frac{1}{2}$ cup milk	1 cup walnut meats
and 1 teaspoon butter	

Cook sugar and cream together until sugar is dissolved. Boil to the soft ball stage, 238 degrees. Take from fire, cool to 100 degrees, then beat until it begins to thicken, add vanilla and chopped nut meats and turn into a well-buttered pan. When cool cut in squares.

Pop-Corn Balls

6 to 12 ears pop-corn	$\frac{1}{2}$ cup sugar, brown or white
Salt	$\frac{1}{2}$ tablespoon vinegar
1 cup molasses	$\frac{1}{2}$ tablespoon butter

Pop enough corn to make 3 quarts. Salt the corn. Boil the molasses, sugar, vinegar and butter together until almost brittle when tried in cold water.

Put two thirds of the corn in a large bowl and pour the syrup quickly over it. Shape into large balls, using the dry corn to cover the outside so that the balls will not be sticky. Makes one dozen balls.

Puffed Rice Balls

1 package puffed rice.

Follow the recipe for pop-corn balls.

Salted Almonds

1 pt. water	2 tablespoons olive oil or
$\frac{1}{2}$ cup salt	butter
1 cup almonds	

Blanch almonds by covering with boiling water and removing skins. Heat salt and water and when boiling add nuts. Cook 8 minutes. Drain and place them in a baking pan with oil, or put butter over them in small pieces, then bake until a delicate brown, stirring frequently. All the fat should be

absorbed. Pour on absorbent paper and leave till cool. Serves 10 to 12.

Salted Peanuts

If unroasted peanuts are used, follow the recipe for salted almonds.

If the peanuts have already been roasted, shell them and rub off the dry skin. Place them in a baking pan with 2 table-spoons olive oil or butter for each 1 cup of peanuts, and cook in a moderate oven until the fat is absorbed and the peanuts are evenly browned. It will be necessary to stir them frequently. At the last sprinkle them well with salt and put them on absorbent paper to cool.

White Pulled Candy

2 cups sugar

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

1 tablespoon vinegar

1 teaspoon vanilla

Mix the sugar, vinegar, and water and boil until the syrup is brittle when tried in cold water. Pour onto a buttered platter and when cool enough to handle pull until white and glossy making it as light in texture as possible. Flavor while it is still soft. Cut in pieces on greased plates to chill. Serves 10 to 12.

CEREALS

Cereals should be kept in a dry place protected from the moisture of the air. As a rule they do not spoil readily unless warm and damp.

Before using, cereals should be carefully examined to make sure that they are in good condition.

The purpose of cooking cereals is:—(1) to soften the cellulose; (2) to cook the starch; (3) to add water; (4) to develop flavor.

The time for cooking cereals is dependent on the nature of the cellulose and the form in which the grain has been prepared. The shortest time is required for rice, then wheat, oats, corn, in order.

The term “mush” is applied to the cereal when cooked in the form of a rather thin pudding. “Porridge” is thinner than mush. “Gruels” are made thinner than mush by the addition of milk or water and are always strained.

General Directions for Cooking Cereals

Look grain over carefully.

Measure grain and liquid accurately. Amount of liquid may be varied according to consistency of mush desired.

Salt the water, using 1 teaspoon salt to 1 cup cereal.

Have the water boiling as cereal is added.

Add cereal so slowly that bubbling of water may not be stopped.

Boil rapidly 10 to 15 minutes, stirring constantly.

Then cover and cook in a double boiler or a fireless cooker without stirring for remainder of time. Increase time for cooking two or three hours if the cereal is put in the fireless cooker.

When it is necessary to replenish water in lower part of double boiler, boiling water should be used.

Cook continuously.

General directions will have to be varied somewhat in cooking rice and some of the special cereal preparations.

Cold cooked cereals can always be reheated in a double boiler with the addition of water, if necessary, and served as freshly cooked cereals.

Methods of cooking cereals are:—

- (1) Hot, with milk, cream, or butter—with or without sugar.
- (2) Cooled in molds and served with cream as a simple dessert.
- (3) Cooled in molds, sliced, dipped in flour browned in butter or other fat, served hot.
- (4) Cooled, shaped into balls, and fried in deep fat. Served with meat as a vegetable or with sweet sauce as dessert.
- (5) Served with uncooked fruit, such as bananas, berries, pineapple, dates, etc.; or cooked fruit, as apples, pears, etc.

Table of Proportions and Time for Cooking Cereals

CEREAL	AMOUNT	WATER	TIME
Corn meal	1 cup	4 cups	3 hrs. in double boiler
Cracked wheat	1 cup	4 cups	3-6 hrs in double boiler
Cream of wheat	1 cup	4-6 cups	40 min. in double boiler
Farina	1 cup	4-6 cups	40 min. in double boiler
Hominy grits	1 cup	4-5 cups	2-3 hrs in double boiler
Oat meal, coarse	1 cup	4 cups	3-4 hrs in double boiler
Oats, rolled	1 cup	3 or 4 cups	1½ hrs in double boiler
Rice, boiled	1 cup	3 qts.	20-30 min. in kettle
Rice, steamed	1 cup	2 cups	¾-1 hr. in steamer
Wheatena or Wheatlet	1 cup	4 cups	3 hrs. in double boiler

Cornmeal Mush

4 cups boiling water 1 cup cornmeal
1 teaspoon salt

Look the cornmeal over carefully and add slowly to boiling salted water.

Boil 10 minutes, stirring constantly, then cook 3 hours longer in double boiler. Serves 6 to 8.

Cornmeal Mush for Frying

1 cup corn meal 1 cup cold water
1 tablespoon flour 1½ pint boiling water
1 teaspoon salt

Look the corn meal over carefully. Mix the dry ingredients, add the cold water and stir this mixture gradually into the boiling water. Cook 10 minutes, stirring constantly, then place over boiling water in double boiler and cook for several hours (3 to 4 hrs.) The best flavor is developed by long cooking. Pour into a wet bread pan and when cool cut into ⅓ inch pieces. Dip slices in flour and brown in a little hot fat. Fat tried out from slices of pork may be used. Slices of mush may be dipped into milk before dipping into flour.

Other cold cooked cereals may be re-cooked in the same way. Serves 6 to 8.

Hominy Grits

1 cup hominy grits 4 cups water or more
1 teaspoon salt

Look the hominy over carefully and add slowly to boiling salted water. Boil ten minutes stirring constantly then put over hot water and cook 2 to 3 hours or put in fireless cooker for 5 or 6 hours. Serve as a breakfast dish or as a vegetable at dinner or lunch. Serves 8 to 10.

Baked Hominy Grits

1 cup hominy grits 1 pint milk
1½ teaspoon salt 2 eggs

Look the hominy over carefully, and add slowly to 1 quart boiling salted water. Boil for ten minutes, stirring constantly, then put over hot water and cook for 2 hours. Add 1 pint of scalded milk to the cooked hominy and cook in double boiler until milk has been absorbed. Beat the 2 eggs, add salt and then add the cooked hominy, slowly beating it well together. Turn into a buttered baking dish and bake thirty minutes in a moderately hot oven. Serve hot. Serves 8 to 10.

Coarse Oatmeal or Cracked Wheat

4 cups boiling water	1 cup coarse oatmeal or
1 teaspoon salt	cracked wheat

Look the cereal over carefully and add slowly to boiling salted water. Boil ten minutes, stirring constantly, and then cook 3 to 6 hours over boiling water. Serves 6.

Rolled Oats

3 cups boiling water	1 cup rolled oats
1 teaspoon salt	

Look the rolled oats over carefully and add slowly to boiling, salted water. Boil 10 minutes, stirring constantly, then cook in double boiler at least 1½ hours longer; the best flavor is developed by longer cooking. Serves 6.

Boiled Rice

3 qts. boiling water	1 cup rice
2 teaspoons salt	

Pick rice over carefully and wash thoroughly. Add it so gradually to the boiling salted water that the water will not stop boiling. Partly cover and cook 20 minutes, or until the grains are soft; turn into a colander and pour cold water through it; drain, dry, and reheat in hot oven with door open. Serve hot as a vegetable or as a simple dessert with cream and sugar. Serves 6 to 8.

Steamed Rice

2 cups boiling water	1 cup rice
1 teaspoon salt	

Pick rice over carefully and wash thoroughly. Put rice, water, and salt into a bowl and place it in a steamer over rapidly boiling water. Cook until rice is soft from $\frac{3}{4}$ to 1 hour. Serve hot as a vegetable or as a simple dessert with fruit or chocolate sauce. Serves 6 to 8.

Rice Pudding

2 cups cooked rice	$\frac{1}{2}$ teaspoon salt
2 cups milk	$\frac{1}{2}$ cup raisins
2 tablespoons sugar	

Put the ingredients into a buttered baking dish and bake in a slow oven from one to two hours stirring occasionally. When milk is nearly all absorbed brown over the top and serve either hot or cold with cream and sugar. Serves 6 to 8.

Savory Rice

2 cups rice	$\frac{1}{4}$ teaspoon pepper
4 tablespoons fat	$\frac{1}{2}$ teaspoon salt
2 slices onion	$\frac{1}{2}$ cup grated cheese
2 cups strained tomato	

Boil rice in salted water. Cook onion in fat until browned. Add cooked rice and brown slightly. Add tomato, seasonings, and cheese. Bake in a buttered dish until slightly brown on top. Serves 8 to 10.

Rice Croquettes

1 pint cold cooked rice ($\frac{2}{3}$ cup uncooked)	White pepper
2 or 3 tablespoons milk	Cayenne
2 tablespoons butter	2 tablespoons chopped parsley
$\frac{1}{2}$ teaspoon salt	1 egg

Warm the rice in a double boiler, with enough of the milk to soften it. Add the butter, seasonings, and beaten egg. Cook until the egg thickens. Spread the mixture on a shallow plate

to cool, then shape into balls. Roll in fine bread crumbs, which have been seasoned with salt and pepper; dip in beaten egg, and roll in crumbs again; cook in deep fat until brown. Drain on unglazed paper. Serve hot. Other cold cooked cereals may be made into croquettes in the same way. Serves 8 to 10.

Rice Croquettes with Syrup

Omit pepper, cayenne, and parsley from the recipe for savory croquettes. Serve hot, with hot syrup.

Scalloped Rice

Use $\frac{3}{4}$ cup milk in the recipe for Rice Croquettes, turn into a buttered baking dish, cover with 2 cups buttered bread crumbs (2 cups crumbs to 2 tablespoons butter). Bake $\frac{1}{2}$ hour in a moderate oven. Serves 8.

Rice Cream

See Custards.

Wheatlet, Wheatena, Farina, or Cream of Wheat

6 cups boiling water	1 cup meal
1 teaspoon salt	

Look the meal over carefully, then add it slowly to boiling salted water and boil 10 minutes, stirring constantly, then cook in double boiler $\frac{1}{2}$ hour.

$\frac{1}{2}$ cup dates may be washed, stoned, shredded and added 10 minutes before the cereal is served. Serves 6 to 8.

Cereal Pudding

1 cup fine cereal (wheatena, farina, or cream of wheat)
1 teaspoon salt

$\frac{1}{2}$ cup shredded dates or whole raisins or chopped figs

Cook the cereal well in 4 to 6 cups of salted water. Add the fruit just before cooking is completed. Turn into a dish to chill and serve cold with cream and sugar.

EGGS

To be of value in cooking, eggs should be fresh as the flavor becomes affected with age. Old eggs are not so satisfactory for use in cooking as fresh because in the old egg it is more difficult to separate the white and the yolk, and the white is less elastic and does not beat up so well.

Tests for a fresh egg:

- (1) There is a bloom on the shell, it does not show a shiny surface.
- (2) The contents of the shell look clear when held to the light, the yolk shows in the center.
- (3) The egg does not rattle when shaken.
- (4) The fresh egg sinks in water and does not float on the surface.

The price of eggs varies widely with the season. They are usually sold by the dozen, but they are also sold by the pound, as they vary so greatly in size and weight. One dozen eggs weighs from 17.5 oz. to 28 oz.

Care of Eggs

Eggs should be kept in a cool, dry place. If to be stored they may be packed, small end down, in bran, salt, sand, or sawdust; immersed in water glass, lime water, or coated with fat. Eggs can be kept fresh several weeks if each egg is wrapped separately in paper. Evaporation and canning of eggs are commercial methods of preservation.

Eggs should be handled carefully so that the membranes about yolk will not be broken.

They should be washed just before breaking for use.

Shells of eggs should be saved to clear coffee.

The left-over yolk of an egg, if unbroken, may be kept from hardening by being covered with cold water or with paraffin paper. The whites will keep a day or two if cold.

Cooking of Eggs

Eggs are cooked:—

- (1) To make them more palatable as flavor is developed.
- (2) To make them more attractive as albumen coagulates and becomes white.
- (3) To improve the texture and cause it to become jelly-like.
- (4) To break up the tissue of the egg(scrambled eggs and custards).
- (5) To make the egg light by the introduction of air (omelets).
- (6) To combine the egg with other food materials
 - a. In order to thicken or give them consistency (soups and sauces).
 - b. In order to make mixtures light(cakes, puddings, popovers).
 - c. To add flavor to other foods (puddings and cakes).
 - d. To add color to other foods (puddings, cakes, and sauces).
 - e. To increase the nutritive value of other foods (soups, puddings, and batters).

Methods of Cooking Eggs

- (1) In hot water.
 - a. In shell
 - Soft cooked
 - Hard cooked
 - b. Without shell
 - Poached
- (2) In double boiler, surrounded by water, combined with milk. Custards, scrambled or coddled.

- (3) In dry heat of oven
 - a. Baked or shirred (unbeaten)
 - b. Souffle (beaten)
- (4) In hot fat in frying pan.
 - a. Fried (unbeaten)
 - b. Omelets (beaten)

The protein present in eggs coagulates when heated, the white at 134 degrees, the yolk at 122 degrees.

The best cooking temperature is 160 to 180 degrees.

Economy in Using Eggs in Cooking

(1) If eggs are used as a thickening in sauce, soup, salad dressing, or pudding, they can be replaced by flour or corn starch. One whole egg can be replaced by 2 tablespoons flour; one egg yolk by 1 tablespoon flour.

(2) If eggs are used to make mixtures light, they can be replaced in part by baking powder. One teaspoon baking powder can be substituted for two eggs in a butter cake.

If one cup of flour is made light wholly by the use of eggs, six are necessary. If one cup of flour is made light wholly by the use of baking powder two teaspoons are sufficient.

(3) In frostings and confectionery, eggs can be replaced by water, milk, and cream.

Serving

Because eggs are altogether lacking in the carbohydrates they should always be combined or served with starchy food. Parsley and other pungent greens make attractive garnishes. Dry toast or wafers are appropriate accompaniments as they induce thorough mastication.

Soft Cooked Eggs

Put the eggs in boiling water sufficient to cover, cover the kettle, remove from the fire, but keep hot, and let stand from 5 to 8 minutes according to the consistency desired.

Hard Cooked Eggs

Put the eggs in cold water, cover, heat, and when the water boils, reduce heat and let them stand 20 minutes with water just below the boiling point, then put into cold water for a few minutes to loosen the shells.

Poached Eggs

Break each egg into a saucer carefully, slip the eggs into boiling water, decrease the heat, and cook 5 minutes or until the white is firm, and a film has formed over the yolk. Take up with a skimmer, drain, trim off rough edges and serve on slices of toast. Season.

Poached eggs are attractive covered with white sauce to which chopped parsley has been added.

Baked or Shirred Eggs

Line a buttered baking dish with buttered bread crumbs, break eggs into dish without separating, add 1 tablespoon milk or cream for each egg. Season with salt and pepper, and sprinkle with grated cheese, if desired; or bread crumbs may be omitted and dish lined with cold mashed potatoes. Bake in a moderate oven till eggs are set.

Creamed Eggs

3 hard cooked eggs 6 slices toast
1 cup medium white sauce

Prepare white sauce and add hard cooked eggs cut in halves, slices, or chopped, and when hot serve on toast.

Or separate white and yolks of hard cooked eggs, chop white fine, add to white sauce, and when hot serve on toast and garnish with yolks run through a sieve or ricer. Season with salt and pepper. Serves 4 to 6.

Scrambled or Coddled Eggs

4 eggs 2 tablespoons milk
1 teaspoon salt 1 teaspoon butter
Pepper

Beat the eggs slightly, adding the salt, pepper, and milk. Melt the butter in a sauce pan. Add the eggs and cook slowly until thickened. Stir frequently and remove from the heat as soon as finished. Scrambled or Coddled Eggs are best if cooked over hot water for then there is less danger of over cooking them. Serves 6.

OMELETS

There are two classes of omelets, the French or Creamy omelets in which the eggs are beaten all together and only slightly, and light omelet in which the eggs are separated and whites beaten stiff and cut and folded into the yolk mixture. The light omelets include the Foamy Omelet in which the egg is combined with water, milk or other liquid, and the Omelet Souffle, in which the liquid used is thickened with flour, cooked as in a white sauce, or in the form of softened bread crumbs.

The omelet recipes given are for an individual portion. To make a large omelet multiply the quantity of each ingredient by the number of eggs used. The best results will be obtained by making an omelet of not more than four eggs, as larger omelets are difficult to cook thoroughly and to handle well. A two-egg omelet will serve three people. A four-egg omelet will serve six people.

The omelet pan must be perfectly smooth. Care must be taken to cook the omelets slowly, at a low temperature so that the egg does not become tough and dry, and the bottom of the omelet must be carefully watched for the entire omelet will be spoiled if one portion burns.

Serve the omelet immediately when cooked, as steam escapes and an omelet falls when cold. Use a fork or spoon in serving; if an omelet is so tough that it requires a knife to cut it the time of cooking has been too long or the temperature too high. An omelet will be more tender if the number of yolks exceeds the number of whites.

Omelets are used for breakfast, luncheon, supper, or as simple desserts.

Variations of the Omelet

1. Serve with white sauce, tomato sauce, or oyster sauce.
2. Serve with a garnish of chopped parsley, olives, green peppers, cooked peas, green beans, or asparagus tips.
3. Use bacon fat in an omelet pan and serve omelet with a garnish of crisp bacon.
4. Before folding omelet, spread with chopped ham, tongue, mushrooms, grated cheese, broiled oysters, or cooked vegetables.
5. In place of milk or cold water use 1 tablespoon hot water to each egg, or 4 tablespoons white sauce, or 2 tablespoons bread crumbs softened in milk, or 4 tablespoons tomato sauce.
6. Add grated cheese, or chopped tongue, parsley, onions, or chopped asparagus to yolk mixture.
7. Turn the omelet into a buttered baking dish and bake in the oven, serve in dish.
8. Substitute sugar (1 tablespoon to each egg) for salt and pepper, fruit juice or caramel syrup for milk, and serve with jelly or a sweet sauce, grated pineapple, or sliced oranges, or cover with powdered sugar and score with a hot poker to caramelize sugar.
9. Souffles are a variation of the omelet.

Creamy Omelet

1 egg	1 tablespoon milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon butter
Pepper	

Beat the egg slightly, add the milk and seasonings; put butter in the hot omelet pan, when melted turn in the mixture; as it cooks draw the edges toward the center until the whole is of a creamy consistency; brown quickly underneath; fold and turn onto a hot platter. Serve at once. Serves 1.

To serve several people, multiply each ingredient by the number of eggs used. Also called French Omelet.

Foamy Omelet

1 egg	1 tablespoon milk or water
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon butter
Cayenne or white pepper	

Beat the yolk of the egg until creamy, add the seasonings and milk; beat the white until stiff, but not dry, cut and fold into the yolk carefully with the flat egg beater; heat an omelet pan, rub bottom and sides with the butter, turn in the omelet, spread it evenly on the pan. Cook gently over heat until the omelet is set and evenly browned underneath; put it into a hot oven for a few minutes to dry slightly on top; fold and serve immediately. Serves 1.

To serve several people multiply each ingredient by the number of eggs used.

Omelet Souffle

$\frac{1}{2}$ tablespoon butter	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ tablespoon flour	1 egg
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon butter
Pepper	

Make a white sauce; separate the yolk and white of the egg, and beat them until light; when white sauce is cool, add the yolk, and cut in the white with the flat egg beater. Cook in the same way as Foamy Omelet or follow directions for baked omelet. Serves 1.

Baked Omelet

Prepare the recipe for Omelet Souffle. Turn into a buttered baking dish, place the dish in a pan containing hot water and bake slowly 20 to 30 minutes in a moderate oven. If a heavy earthen baking dish is used it need not be placed in hot water.

Spanish Omelet

Follow the recipe for Creamy omelet using four eggs and serve with a well seasoned tomato sauce in the center and around the omelet.

Use half the recipe for tomato puree given in the book, and add one finely chopped green pepper. Do not strain. Just before serving, two tablespoons chopped pickles may be added to the sauce. Serves 6.

SOUFFLES

Souffles are preparations which are "puffed up" or made light by the presence of whites of eggs. They are much used as entrees and may be either savory or sweet in character. Souffles are a variation of the foamy omelet.

The foundation for a souffle is usually a white sauce to which is added the food material which is to give it special flavor, the egg yolks and finally the well-beaten whites.

Proportions. For each cup of thick white sauce (2 tablespoons butter, 4 tablespoons flour, 1 cup milk) or an equally thick paste of bread and milk, use from $\frac{1}{2}$ cup to 1 cup of cooked meat, poultry, fish, sweetbreads, mushrooms, or cheese, finely chopped and well-seasoned, and from 2 to 4 eggs. Add the well-beaten egg yolks to the sauce and meat, and when cool cut and fold in the well-beaten whites of eggs. Turn into well-buttered moulds (one large or individual) set in a pan of water and cook in a slow oven until puffed and firm.

Serve hot in the dish in which it is cooked, with or without a sauce.

Paper cases, scallop shells, or ramekins may be used for the individual dishes.

Vegetable and fruit souffles may be made without the sauce as they contain a large amount of juice.

Souffles of potatoes, parsnips, peas, etc., may require

moistening with a little cream or milk before folding in a well-beaten egg. See chicken, fish, and onion soufflé.

Cheese Soufflé

2 tablespoons butter	$\frac{3}{4}$ cup milk
3 tablespoons flour	3 eggs
$\frac{1}{2}$ teaspoon salt	1 cup or $\frac{1}{3}$ pound grated
Cayenne	cheese

Put the butter in a saucepan, when hot add the flour and seasonings, and stir until smooth; add the milk slowly and stir until it boils, remove from the fire, and add the well-beaten yolks and the cheese. Mix well and cool. When cold, cut and fold in whites of eggs well-beaten, then turn into a buttered dish, and bake from 20 to 25 minutes in a large dish, 15 minutes in individual dishes. Serve immediately. Serves 6 to 8.

Fish Soufflé

Follow the recipe for cheese soufflé, substituting 1 cup cold cooked fish finely flaked for the grated cheese.

Chicken Soufflé

Follow the recipe for cheese soufflé, substituting 1 cup cooked chicken finely chopped for the grated cheese.

Onion Soufflé

Follow the recipe for cheese soufflé, substituting 1 cup boiled onions finely chopped for the grated cheese.

MILK

Milk should be kept in a cool, clean place, free from odors, in a perfectly clean, covered vessel of suitable material—earthen, porcelain, glass or tin. The sanitary condition of milk is of the utmost importance as it easily becomes a medium for the distribution of disease germs, readily absorbs odors, flavors, and impurities, and undergoes fermentation.

To clean the vessels in which milk is kept, rinse out first with cold water, then wash with hot water and soap, adding a little borax or washing soda to the water. Scald well, rinse with clear water and let the bottles cool. To sterilize the vessels, fill with cold water and heat to the boiling point, boiling 20 minutes. Let vessels stand in the sun 2 to 3 hours when possible.

Because of the danger from disease germs in impure milk or of the development of lactic acid bacteria in milk, it is often necessary to apply heat to kill all bacteria in order to make it safe for use as food or to keep it for even a short time.

Pasteurization is the most desirable method of preserving milk, the disease germs are destroyed, the milk will keep sweet from one to four days and the digestibility of the milk is but little affected.

Sterilization is the most effective method of preserving milk, as both bacteria and their spores are destroyed but the taste of the milk is altered by sterilization, the emulsion of fat is destroyed, the lact-albumen is coagulated and the casein is rendered less easy of digestion.

Cream separates from the heavier liquid in the milk by the force of gravity when standing or by centrifugal force in the separator—this separation is more complete when the milk is a few days old. The older cream also whips more easily.

Acids cause the casein in the milk to curdle. This action

takes place when lactic acid is produced in sour milk or by the addition of vinegar, lemon juice, or tartaric acid to milk.

Milk is coagulated by the action of rennin, a ferment of the gastric juice, especially abundant in the infant's stomach. This action takes place if the milk has not been heated over 120 degrees. Rennet is rennin artificially prepared for commercial use from the fourth part of the stomach of a calf, in the form of tablets by the addition of milk sugar.

Milk is sometimes altered in order more nearly to resemble human milk. For this purpose the protein must be decreased, the carbohydrate increased, the milk given an alkaline reaction and the fat retained in relatively the same proportion. This is called "Modified" milk.

Cooking of Milk

When milk is heated the albumen becomes coagulated at 158 degrees and the caseinogen is changed. A scum consisting of coagulated lact-albumen, some dried casein, lime salts, and fat, forms on the bottom and sides of the kettle and over the top of the milk.

The taste of milk changes as it is heated and it is easily scorched, growing darker in color. Because of the danger of scorching milk and of the effect that too high a degree of heat has on the albumen, making it more difficult of digestion, milk should be heated in a perfectly smooth vessel and whenever possible it should be heated over hot water in a double boiler. When a skin forms on top with bubbles around the side, milk is said to be scalded and is hot enough for most purposes in cooking.

All utensils which have held milk should be rinsed in cold water before being put in hot. Salt should not be added to milk when it is to be heated for some time, for it may cause milk to curdle.

Reasons for Heating Milk

Milk is heated for the purpose of preservation; to introduce heat into the body; and to combine it with other foods. Milk forms the basis of many cooked dishes, for example cocoa, cream soups, white sauce, custards, and other puddings. Either whole milk or skimmed milk may be used for cooking. In many recipes water may be substituted for the milk, but one must then take into consideration the reduction in food value of the dish.

Sterilized Milk

When it is necessary to preserve milk in order that it may be kept for some time, the temperature should be raised to the boiling point and kept there 10 to 20 minutes. The milk should then be strained and quickly cooled. Milk sterilized in this way and put into clean utensils, carefully covered, can be kept for many days.

Pasteurized Milk

Fill sterile bottles or jars full of milk, cork them with cotton that has been baked in the oven and place on rings in a deep pan. Fill the pan with cold water so that the water may be as high outside the jars as the milk is inside, place the pan over the fire and heat until small bubbles appear around the top of the milk (158 degrees F), and keep at this temperature 20 to 30 minutes, then reduce temperature as quickly as possible.

Rennet or Junket

1 quart milk	1 tablespoon rennet or 1 tab-
2-tablespoons sugar	let (dissolved in $\frac{1}{4}$ cup
	lukewarm water)

Heat the milk until lukewarm, add sugar, and stir until sugar is dissolved. Add rennet, stir slightly, pour into glass dish,

and leave in a warm place until firm. Sprinkle with nutmeg and chill. Serve with sugar and cream. Do not jar. Rennet should be handled carefully, so as not to break mass, as curd and whey separate. Rennet may be improved by addition of such fresh fruits as strawberries, raspberries, etc. Serves 8.

CUSTARDS

A custard is a combination of eggs and milk, usually sweetened and flavored and either steamed or baked as cup custard, or cooked in a double boiler as soft custard. The whole egg may be used or the yolks alone. The yolks make a smoother, richer custard. One whole egg or two yolks of eggs will be sufficient for one quart of milk.

The egg must be thoroughly mixed, but not beaten light, the sugar and salt added and the milk scalded and stirred in slowly. The custard must be strained through a fine sieve and cooked at a moderate temperature. The cup custard should be strained before cooking, the soft custard may be strained after cooking.

A soft custard is cooked over water and is stirred constantly until done. When done the froth disappears from the surface, the custard is thickened and coats the spoon and sides of the pan, and there is no sign of curdling. If the custard is cooked too long it becomes curdled. If a custard becomes curdled, put it in a pan of cold water and beat until smooth.

A steamed or baked custard is done when it becomes set and when a silver knife will come out clean after cutting it.

Steamed Custards

1 quart milk (heated)	Salt.
4 eggs or 10 egg yolks	2 tablespoons caramel <i>or</i>
½ cup sugar	⅛ teaspoon nutmeg

Beat eggs sufficiently to mix them thoroughly; add sugar, salt, and hot milk slowly.

Strain into cups, flavor with caramel or sprinkle nutmeg on top, and steam until firm over gently boiling water, 20 to 30 minutes. Serves 6 to 8.

Baked Custards

Prepare as steamed custards, set in pan of hot water, and bake in a slow oven until firm; 20 to 40 minutes.

Chocolate Custards

Use recipe for steamed custards adding 1 oz. Baker's Chocolate (melted) to the hot milk. Steam or bake as desired.

Soft Custard

1 pint milk (heated)	Salt
4 egg yolks	$\frac{1}{2}$ teaspoon vanilla extract
4 tablespoons sugar	

Beat egg yolks sufficiently to mix them thoroughly, add sugar, salt, and hot milk slowly. Cook in double boiler over water that is boiling gently and stir constantly until the custard thickens. Strain. When cool, add flavor.

For soft chocolate custard add $\frac{1}{2}$ oz. Baker's Chocolate (melted) to the hot milk. Serves 6.

Floating Island

Use recipe for soft custard and when cold garnish the custard with a meringue made according to the following recipe:

Meringue

4 egg whites	$\frac{1}{4}$ cup powdered sugar
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Beat egg whites very light, add powdered sugar and continue beating. Drop in large spoonfuls on cold custard. Serves 8 to 10.

The meringue may be cooked, if desired, by slipping a spoonful at a time on top of the scalded milk and covering the double boiler carefully. When the meringue is set, it should be carefully removed to a plate until custard is made.

Tapioca Cream

$\frac{1}{2}$ cup pearl tapioca	$\frac{1}{3}$ cup sugar
1 cup cold water	$\frac{1}{8}$ teaspoon salt
2 cups milk	2 egg whites
2 egg yolks	$\frac{1}{2}$ teaspoon vanilla

Soak the tapioca several hours in cold water until it absorbs the water, add milk and cook until tapioca is soft and transparent, add yolk of egg, sugar, and salt; cook 3 minutes over water, stirring constantly; remove from fire; add the beaten whites and flavoring, and when cold serve. Serves 8.

Rice Cream

Use the recipe for tapioca cream, substituting 1 cup boiled rice ($\frac{1}{3}$ cup uncooked) for the soaked tapioca. Heat the rice in hot milk in a double boiler until soft.

CHEESE

Cheese should be kept in a cool, dry place in a ventilated tin box or covered with cheese cloth. Do not keep cheese in ice box or cupboard near other food. When cheese becomes hard and dry, grate and keep to use in cooked dishes. Soft cheese does not keep well, hence it must be purchased in small quantities, tightly wrapped and kept very cold. Soft cheeses usually come wrapped in paraffin paper and tin foil.

Cheese is cooked to change the flavor, to melt the cheese, and to combine it with other foods. Cheese is more easy of digestion when combined with other foods and it increases the food value of the dish to which it is added.

A high temperature and prolonged cooking toughen cheese. The best results in cooking cheese are always obtained if cheese is combined with other materials. A dry, crumbly cheese is most easily broken up and mixed with other food, and gives the best results in cooking.

Cottage Cheese

When milk has become sour enough to show a well-thickened curd, heat it slowly until the whey rises to the top, pour this off, put the curd in a bag and let it drip for several hours without squeezing. The separation of the curd may be more quickly effected by pouring boiling water into the sour milk. Put the curd into a bowl and break fine with a wooden spoon, season with salt, and mix into a paste with a little cream or butter. Mold into balls, if desired, and chill before serving. (It is best when fresh.)

Welsh Rarebit

1 cup or $\frac{1}{3}$ lb. cheese (grated)	Cayenne
$\frac{1}{4}$ cup cream or milk	1 egg
$\frac{1}{2}$ or 1 teaspoon mustard	2 teaspoons butter
$\frac{1}{2}$ teaspoon salt	Dry toast

Heat cheese with milk or cream in a double boiler. Mix the mustard, salt, and cayenne, add to the egg, and beat well. When the cheese is melted, add the mixture of dry ingredients with the egg, then the butter, and cook till thick, stirring constantly. Pour over the toast and serve immediately. Serves 6.

Cheese Straws

1 tablespoon butter or butter substitute	$\frac{1}{8}$ teaspoon white pepper Cayenne
$\frac{2}{3}$ cup flour	1 cup or $\frac{1}{3}$ lb grated cheese
1 cup fresh crumbs	2 tablespoons milk or more
$\frac{1}{4}$ teaspoon salt	

Cream the butter, add remaining ingredients in order given and mix thoroughly, using enough milk to make a stiff dough. Roll dough $\frac{1}{4}$ inch thick, cut $\frac{1}{4}$ inch wide and 6 inches long, and bake until brown in a moderately hot oven. Serves 24.

Macaroni and Cheese

1 cup macaroni <i>or</i>	1 cup cheese ($\frac{1}{3}$ lb.)
$1\frac{1}{2}$ cup spaghetti	2 cups buttered crumbs
$1\frac{1}{2}$ cup medium white sauce	

Break macaroni in one-inch pieces. Cook in a large amount of boiling salted water 30 to 45 minutes; when tender turn into a colander and pour cold water through it. Make white sauce, add cheese and macaroni to it, and pour into a buttered baking dish, cover with the crumbs and bake until brown. Spaghetti, vermicelli, and rice may be prepared in the same way. Serves 6 to 8.

Noodles and Cheese

Cook noodles in boiling salted water 20 minutes, or until tender; drain in a colander. Make a white sauce, add noodles and cheese. Turn into patty dishes and cover with buttered crumbs. Bake until crumbs are brown. Serves 6 to 8.

Cheese Fondue

1 cup milk	$\frac{1}{2}$ teaspoon salt
1 cup bread crumbs	Speck pepper
1 cup cheese grated or broken up	3 eggs
1 tablespoon butter	8 slices toast

Combine the milk, bread, cheese and seasonings. Beat the yolks of eggs and add to the milk mixture. Cook over hot water until thickened. Remove from the heat. Cut and fold in the well beaten whites of eggs and serve at once on toast. Serves 8 to 10.

For other recipes in which cheese is used, see cheese souffle, potatoes au gratin, and toasted crackers and cheese.

SOUPS

VEGETABLE SOUPS

Vegetable Soup Without Meat Stock

1 onion	1 quart tomatoes
1 carrot	1 bay leaf
1 turnip	2 cloves
1 piece celery	1 tablespoon salt
1 cabbage leaf	$\frac{1}{4}$ teaspoon pepper
1 pepper	2 tablespoons flour
1 sprig parsley	2 tablespoons fat
1 quart water	

Cut the onion, carrot, turnip, celery, cabbage leaf, pepper, and parsley into small even pieces, being careful to remove the seeds from the pepper. Add the water and boil until the vegetables are tender. Add the bay leaf and cloves to the tomatoes, boil till tomatoes are tender. Strain and thicken with the fat and flour to which the seasonings have been added. Add the cooked vegetables without straining them. Should be sufficient to serve 6 or 8.

Okra and Tomato Soup

1 pint sliced okra	1 green pepper, seeds removed and pepper cut fine
$1\frac{1}{2}$ pints tomatoes, pared and cut thin	2 teaspoons salt
2 quarts water	$\frac{1}{4}$ teaspoon pepper
3 tablespoons rice	2 tablespoons butter or other fat
3 tablespoons minced onion	

Put all the ingredients into the soup pot and cook gently for 2 hours, then add 2 tablespoons of butter or sweet drippings and serve. The bones from roast meat or broiled meat cooked with this soup add to the flavor. Serves 6 to 8.

Dried Pea Soup

1 cup dried peas	3 tablespoons flour
2½ quarts water	1½ teaspoons salt
2 tablespoons chopped onion	⅛ teaspoon pepper
3 tablespoons butter	1 pint milk

Wash the peas and soak them over night in cold water, drain, and rinse thoroughly, add 2½ quarts of cold water and the onion; cook slowly until soft, rub through a strainer and add the remainder of the liquid; melt butter, add flour and seasonings, then hot milk with the liquid from the peas, and cook until it is like thick cream. Cooking a ham bone with the peas improves the flavor. Serves 6 to 8.

Black Bean Soup

1 pint black beans	2 teaspoons salt
1 tablespoon chopped onion	¼ teaspoon pepper
4 tablespoons butter or ¼ lb. fat salt pork	Cayenne
2 stalks celery or ¼ teaspoon celery salt	¼ teaspoon mustard
2 quarts cold water	2 tablespoons flour
	1 large lemon
	2 hard cooked eggs

Wash the beans and soak them over night in cold water, drain, and rinse thoroughly. Fry the onions in one-half of the fat, put with beans, add the celery root and 2 quarts cold water. Cook slowly until beans are soft, adding more water as it boils away; rub through a strainer, add the seasonings, and heat. Heat the remaining fat in a saucepan, add flour, then the hot soup gradually. Cut the lemon and eggs into thin slices and serve with the soup as a garnish. Serves 8.

Dried Bean Soup

1 quart dried beans	2 quarts cold water
1 tablespoon chopped onion	2 teaspoons salt
¼ pound fat salt pork	¼ teaspoon Cayenne pepper
2 stalks celery, or ¼ teaspoon celery salt	¼ teaspoon mustard
	2 tablespoons flour

Wash the beans and soak them over night in cold water, drain, and rinse thoroughly. Fry the onions in one half the fat, put with beans, add the celery salt and 2 quarts of cold water. Cook slowly until the beans are soft, adding more water as it boils away; rub through a strainer, add the seasonings and re-heat. Heat the remaining fat in a saucepan, add flour, then add the hot soup gradually. Serves 6 to 8.

CREAM SOUPS

The strained pulp of cooked vegetables, greens, and cereals with an equal portion of thin white sauce is the basis of cream soups.

Thickening. A binding of butter and flour is used to prevent a separation of the thicker and thinner parts of soup; the butter should be heated until it bubbles, the flour and seasoning added, and then sufficient hot liquid to make a smooth sauce; this should be poured into the rest of the hot liquid just before the soup is to be served, and the soup should not be allowed to boil, after the vegetable pulp and milk have been combined, but kept over hot water.

Two tablespoons of flour or half that amount of corn starch to each quart of soup is a good proportion to observe for thickening all vegetable soups that are not of a starchy nature, half that amount will be sufficient for soup prepared from a very starchy vegetable.

Economy. Attractive cream soups can be prepared from left-over vegetables and a combination of flavors may give good results.

Cooking. The acid present in nearly all vegetables is very apt to produce a curdling in the milk if too high a temperature is maintained after they are combined. It is well not to combine the milk and the vegetable until just before serving.

Serving. Cream soups are served for luncheon and supper or with dinner if the other courses are not too rich.

Accompaniments. Crisp crackers, croutons, soup sticks, or bread sticks are served as accompaniments with cream soups and are valuable because they necessitate thorough mastication, hence induce the flow of saliva and aid in the digestion of the starchy ingredients of the soup.

Cream of Tomato Soup

1 quart tomatoes	$\frac{1}{3}$ cup flour
fresh or canned	2 teaspoons salt
$\frac{1}{4}$ teaspoon soda	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{4}$ or $\frac{1}{3}$ cup butter or butter substitute	1 quart milk (heated)

Cover and stew the tomatoes slowly one-half to one hour, rub through a strainer, and while hot add soda; make a tomato sauce with butter, flour, seasonings, and strained tomatoes, and add hot milk just before serving. Serves 8.

Cream of Celery Soup

2 cups celery	$\frac{1}{4}$ cup flour
1 quart water	$\frac{1}{2}$ teaspoon salt
2 cups milk (heated)	$\frac{1}{8}$ teaspoon white pepper
3 tablespoons butter	

Cook the celery in boiling water until very soft, strain. Make a white sauce with butter, flour, seasonings, and milk, and cook until the consistency of thick cream, add celery stock or liquid before serving.

Serve with 1 tablespoon whipped cream on each soup plate if desired. Serves 6.

Potato Soup

3 cups milk <i>or</i>	2 tablespoons flour
3 cups milk and water	1 teaspoon salt
1 tablespoon chopped onion	$\frac{1}{8}$ teaspoon white pepper
4 potatoes	Celery salt
2 tablespoons butter or butter substitute	2 teaspoons parsley

Heat the milk and onion in a double boiler. Cook the potatoes until soft, and drain. Mash potatoes with a wire potato masher, add the hot milk slowly, strain, and using this as liquid make white sauce of remaining ingredients. Cook 5 minutes, and add the chopped parsley just before serving. Serves 6.

Cream of Potato Soup

3 potatoes	1 teaspoon salt
3 cups milk	Pepper
$\frac{1}{2}$ cup cream	Celery salt
2 egg yolks	

Boil the potatoes until soft, drain, mash, add hot milk, and strain. Add beaten yolks, cream and seasonings. Cook in a double boiler a few minutes until egg thickens, stirring constantly. Serve immediately. Serves 6.

Cream of Corn Soup

1 can corn	$\frac{1}{4}$ cup flour
1 pint water	2 teaspoons salt
1 tablespoon chopped onion	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{4}$ cup butter or butter substitute	1 quart milk
	2 egg yolks

Cook corn with water 20 minutes; cook onion in butter until light brown, add flour, seasonings, and milk gradually, then add corn, strain, and reheat. Beat yolks of eggs, pour soup slowly over them, mix and serve immediately. Serves 8.

Corn Chowder

1 small onion	1 teaspoon salt
3 tablespoons butter or butter substitute	$\frac{1}{4}$ teaspoon pepper
4 medium potatoes	$\frac{3}{4}$ pint milk
1 can corn	$\frac{1}{4}$ can tomatoes <i>or</i>
1 quart water	4 fresh tomatoes
1 tablespoon flour	$\frac{1}{8}$ teaspoon soda

Cut onion very fine. Brown slightly in 2 tablespoons fat. Put alternate layers of sliced potato and corn in kettle. Add onion. Cover with water. Simmer till tender. Make a white sauce of 1 tablespoon fat, flour, seasonings, and milk. Add white sauce to chowder. Cook for 5 to 10 minutes.

Cook tomatoes, strain them, and just before serving add soda then add to chowder. Serves 8 to 10.

Cream of Onion Soup

3 large onions	1 teaspoon salt
$\frac{1}{3}$ cup butter or butter substitute	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{3}$ cup flour	$1\frac{1}{2}$ quart milk, stock, or water

Chop or slice onions, add to hot fat and fry to a red brown. Add flour and seasonings and cook until slightly brown. Add hot liquid to make of the consistency of thick cream. Strain. Reheat and serve. Serves 6 to 8.

Cream of Carrot Soup

1 pint carrots, sliced	$1\frac{1}{2}$ quarts hot hilk
2 tablespoons butter or butter substitute	2 teaspoons salt
4 tablespoons flour	$\frac{1}{4}$ teaspoon pepper

Cook carrots until very tender in enough boiling water to cover, then rub all through a strainer with a wooden spoon.

Heat fat, add flour and then the carrot mixture, and when it boils well add hot milk and seasonings. Serve at once. Serves 6.

Green Pea Soup

1 pint or 1 can of peas	2 tablespoons flour
1 quart water	$\frac{1}{2}$ teaspoon salt
1 pint milk or cream	White pepper
2 tablespoons butter or butter substitute	$\frac{1}{2}$ teaspoon sugar

Wash the peas and cook until soft in 1 quart of boiling

water. Mash them in the water in which they were cooked, strain, and add the milk or cream; melt the fat, add flour and seasoning, then the liquid, and cook until of creamy consistency. If the peas are fresh some of the pods may be cooked with them. Serves 8.

Peanut Soup

1 pint shelled peanuts	2 tablespoons butter
1 pint water	3 tablespoons flour
1 tablespoon chopped onion	1 teaspoon salt
1 quart milk	Pepper

Shell and chop the peanuts fine. Boil in the water five minutes if roasted peanuts are used, twenty minutes if unroasted peanuts are used. Scald milk with the onion, make into a white sauce with butter, flour and seasonings. Add boiled peanuts. Strain or not as desired. Serves 6.

MEAT SOUPS

Soup stock consists of the juices and soluble portions of meat or fish, bones and vegetables which have been extracted by long, slow cooking. The basis of stock may be beef, veal, mutton, fish, poultry, game, and vegetables. Proportions used should be $\frac{2}{3}$ meat, $\frac{1}{3}$ bone and 1 pint water to each 1 lb. meat.

All waste portions of meat and bone and bits of cold cooked meats that have not been charred in cooking can be utilized in making stock.

Vegetables and seasonings may be varied.

Soup vegetables include carrots, turnips, celery, onions, leeks, and parsley. For seasoning, the pot herbs (summer savory, thyme, and marjoram), the bay leaf, cloves, peppercorns, salt, and pepper are used in soup. Tomatoes can be combined with brown stock to add flavor.

Rules to be Remembered in Making Stock

- 1 Cut the meat up fine and put in cold water, for $\frac{1}{2}$ to 1 hour.
- 2 Heat to boiling point and then simmer slowly 5 to 7 hours.
- 3 Add no starchy substance if stock is to be kept for some time.
- 4 When cooked, strain and cool quickly, leaving stock uncovered until cold.
- 5 The fat should not be removed from stock or broths that are to be kept, as when cold it will form a thin covering over the stock excluding air and preventing decomposition. It should be entirely removed before reheating stock or broth, and should be reserved to be used in place of drippings. Small globules of fat may be removed from cold stock by skimming with a cloth, which has been dipped in boiling water, then wrung dry. Fat may be removed from hot broth by using tissue paper or a piece of bread.
- 6 The meat which remains after straining the stock may be used in any recipe which calls for cold cooked meat --such as minced meat, croquettes, etc.

Brown soup stock is prepared from beef, and the best results are obtained by browning a portion of the meat or by using cold cooked meat that is browned. It is usually seasoned with vegetables, spices, and herbs.

White Soup Stock is prepared from veal, turkey, chicken, or rabbit, delicately seasoned.

Soup stock which is prepared from mutton is used only in special recipes and should not be combined with that from other meats.

Bouillon is made from lean beef, delicately seasoned and clear.

Consomme is made from two or three kinds of meat—beef, veal, or fowl, and usually cleared.

Broth is uncleared soup stock.

Beef Stock or Brown Stock

4 lb. meat and bone 2 quarts cold water

Cut meat in small pieces, crack the bone and soak 1 hour in cold water, then cook at a low temperature for 5 hours. (Add vegetables if desired, then cook 2 hours longer.) Strain, chill quickly. Skim off fat before using. Serves 6.

The trimmings and bones of fresh meats or bones and pieces from roasts may be cut into small pieces and used for stock, but no smoked or charred pieces of meat or bone should be used. Stock may be used for soups, gravies, and sauces. Dark caramel may be added to give a rich color.

Beef stock is the foundation of all dark meat soups and is seasoned as desired with vegetables, cereals, or other flavors.

White Stock

1 knuckle of veal	Parsley
2 lbs. veal meat	$\frac{1}{2}$ teaspoon peppercorn
$\frac{1}{4}$ cup onion	2 teaspoons salt
$\frac{1}{4}$ cup carrot	4 quarts cold water
$\frac{1}{2}$ cup celery	

Cut meat in small pieces.

Soak knuckle and veal in cold water 1 hour. Heat slowly until it boils. Cook slowly 4 to 5 hours.

Add vegetables and cook 1 hour longer, strain, chill quickly. Skim before reheating. Add vegetables, cereals, or other flavorings as desired for serving. Serves 6 to 8.

To Clear Soup or Stock

To each quart of cool stock add white of one egg slightly beaten, and the crushed egg shell, heat until it boils, beating constantly. Boil 2 minutes without beating and cook gently 20

minutes. Then let settle a few minutes. Remove scum and strain through muslin.

Julienne or Vegetable Soup

1 quart clear soup stock $\frac{1}{2}$ pint vegetables
Carrots, turnips, celery, peas, beans, etc., may be used.

Cut the vegetables in threadlike pieces 2 inches long or in small cubes or fancy shapes, cook in boiling water until tender, and add to the cleared soup stock just before serving. Serves 4 to 6.

Bouillon

4 lbs. meat and bone	Pot herbs
3 quarts cold water	1 bay leaf
1 large onion	1 sprig parsley
$\frac{1}{4}$ cup carrot	1 piece celery root
$\frac{1}{2}$ cup turnip	6 cloves
10 peppercorns	

Cut the meat into small pieces, crack the bones, and soak in the cold water for one hour. Cook gently 6 or 7 hours; then add the vegetables finely chopped and the seasonings; cook 2 hours longer and strain. Several pieces of lemon rind may be heated with the stock if desired. If part of the meat and vegetables are browned before adding to the water it improves the color and flavor. Clear. Serves 6 to 8.

Cream of Rice with Stock

1 quart white stock	$1\frac{1}{2}$ cup milk
$\frac{2}{3}$ cup cooked rice	1 teaspoon salt
1 slice of onion	$\frac{1}{8}$ teaspoon pepper
1 sprig of parsley	$\frac{1}{2}$ cup cream
1 sprig of celery	

Add rice, onion, parsley, and celery to stock and boil $\frac{1}{2}$ hour. Press through a sieve. Scald milk and add to strained stock. Add seasonings and reheat.

Just before serving add cream. Serves 8.

Scotch Broth

3 lbs. neck of mutton	1 tablespoon butter
3 qts. water	2 tablespoons flour
$\frac{1}{2}$ cup pearl barley or rice	1 tablespoon salt
$\frac{1}{4}$ cup carrot	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup turnip	1 tablespoon chopped
$\frac{1}{4}$ cup celery	parsley
1 teaspoon chopped onion	

Remove the fat and bone and cut the meat into 1 inch pieces, soak in 2 quarts cold water 1 hour, then bring quickly to boiling point and skim. Drain the barley, which has been soaked in cold water over night, add this to the broth, and cook for 2 hours at low temperature. Soak the bones in the other quart of cold water 1 hour, then heat slowly and boil 2 hours, skim, strain, and add liquid to the broth from the meat. Add the vegetables to broth and cook until they are soft. Thicken with butter and flour cooked together, add seasoning, and just before serving add chopped parsley.

Gumbo Soup

1 chicken	1 quart okra pods
Flour for dredging	1 quart sliced tomatoes
Bacon or other fat	Salt and pepper
1 onion	$\frac{1}{3}$ cup rice

Cut up the chicken as for fricassee, and dredge it thoroughly with flour. Slice the onion and cook in the hot fat till golden brown, then brown the sliced okra pods.

Put the chicken, onion, okra, and sliced tomatoes into a kettle and simmer until chicken is tender. Remove the large bones and the fat, season, and add the boiled rice. Serves 8 to 10,

FISH SOUPS**Fish Chowder**

1 lb. fish	4 tablespoons flour
2 pints cold water	2 teaspoons salt
4 potatoes	$\frac{1}{2}$ teaspoon white pepper
4 tablespoons butter	1 quart milk
2 small onions, cut fine	

Remove fish from bone and cut in $\frac{1}{2}$ -inch pieces. Put bones in kettle, cover with 1 pint water, and cook. Pare and slice potatoes $\frac{1}{8}$ -inch thick. Soak in cold water $\frac{1}{2}$ hour. Par-boil 5 minutes. Pour off water.

Saute onion in half the butter; strain butter into soup kettle, add sliced potatoes and cover with 1 pint boiling water, and boil 10 minutes. Strain water from bones into the kettle. When all boils well, add fish and simmer 10 minutes.

Make a white sauce of 2 tablespoons of butter, flour, seasonings, and the hot milk and add to the fish in the kettle. Serve at once. Serves 8 to 10.

Oyster Stew(plain)

1 quart milk, scalded	1 teaspoon salt
1 pint or 30 oysters and their juice	Pepper
	1 tablespoon butter

Scald the milk. Strain the juice from the oysters, pick them over carefully to remove the shell and wash in cold water. When ready to serve cook the strained oyster juice, then add the oysters, and cook until the edges curl. Add the seasonings, butter and hot milk. Serve at once. Serves 6 to 8.

Oyster Stew(thickened)

1 pint oysters	2 tablespoons chopped parsley
$1\frac{1}{2}$ quarts milk	1 teaspoon salt
1 teaspoon chopped onion	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup butter	
$\frac{1}{4}$ cup flour	

Strain the juice from the oysters and heat it. Pick the oysters over carefully to remove bits of shell, washing them with cold water. A few minutes before serving add the oysters to the hot juice and simmer until the oysters look plump and the edges are curled.

Scald the milk with the chopped onion, melt the butter and flour, add the seasonings and hot milk. When ready to serve add the cooked oysters with their liquor and the chopped parsley. Serves 8 to 10.

Clam Puree

1 pint clams	Salt and pepper
$\frac{3}{4}$ cup clam juice	$\frac{1}{4}$ teaspoon Worcestershire
1 pint hot milk	sauce
1 tablespoon flour	

Cook the clams until the edges curl, remove the siphon, and chop them very fine. Melt the butter, add flour and seasonings, then the hot milk slowly. Add clams, and $\frac{3}{4}$ cup clam juice.

When hot strain and serve. Serves 4.

MEAT

The term "meats" applies to the flesh of animals which is used as food and includes Meats Proper, Poultry, and Game.

Specifically the term "meat" is applied to the flesh of domestic animals which is used as food—beef, veal; mutton, lamb and pork.

The parts of animals used for food include the muscular tissue with fat and bone; special organs as the heart, liver, kidney, tongue, etc.; and such glands as the sweetbreads, pancreas, brains, etc.

The quality of the meat is dependent upon the following points:

- 1 Breed of the animal.
- 2 Age of the animal—Beef, three to eight years.
Mutton, over one year.
Veal, six to ten weeks.
Lamb, under one year.
- 3 Size of the animal.
- 4 Manner of fattening—stall fed or grass fed.
- 5 Amount of exercise.
- 6 Length of time killed

In preparation for market, the animal is killed, bled, dressed, and hung in a room whose temperature is slightly above the freezing point. During hanging a process of ripening takes place which causes the meat to become more tender. The meat of young animals is allowed to ripen for a few days, beef for three weeks, and mutton for even a longer time.

When meat is sold it is divided into cuts, which are varied according to the animal, its size and the purpose for which the cut is to be used.

The cost of meat is dependent on the local conditions and market prices. In general the more tender cuts are the most

expensive but their nutritive value is no higher than that of the tough cuts.

Meat should be removed from the paper as soon as it comes from the market and kept in a cool place. It should never stand in the open air exposed to dust and flies but should be kept covered.

BEEF

Beef is the meat most commonly used. It is in season all the year, its food value is high, and it is easy of digestion when well cooked.

Tests for Good Beef

- 1 Color—bright red after standing.
- 2 Texture—fine-grained, firm.
- 3 Juicy—not dry.
- 4 Fat—straw-colored, abundant, distributed through the tissue of the meat.
- 5 Bone not large in proportion to meat.
- 6 Odor—slight but pleasant.
- 7 Connective tissue not abundant.
- 8 Cuts made across grain where possible.

Because of the large size of the beef animal (450 to 600 pounds for family use, 900 to 1000 pounds for hotel use) it is divided into many cuts that can be cooked in a great variety of ways. The housekeeper can secure variety for the table by making use of the various cuts.

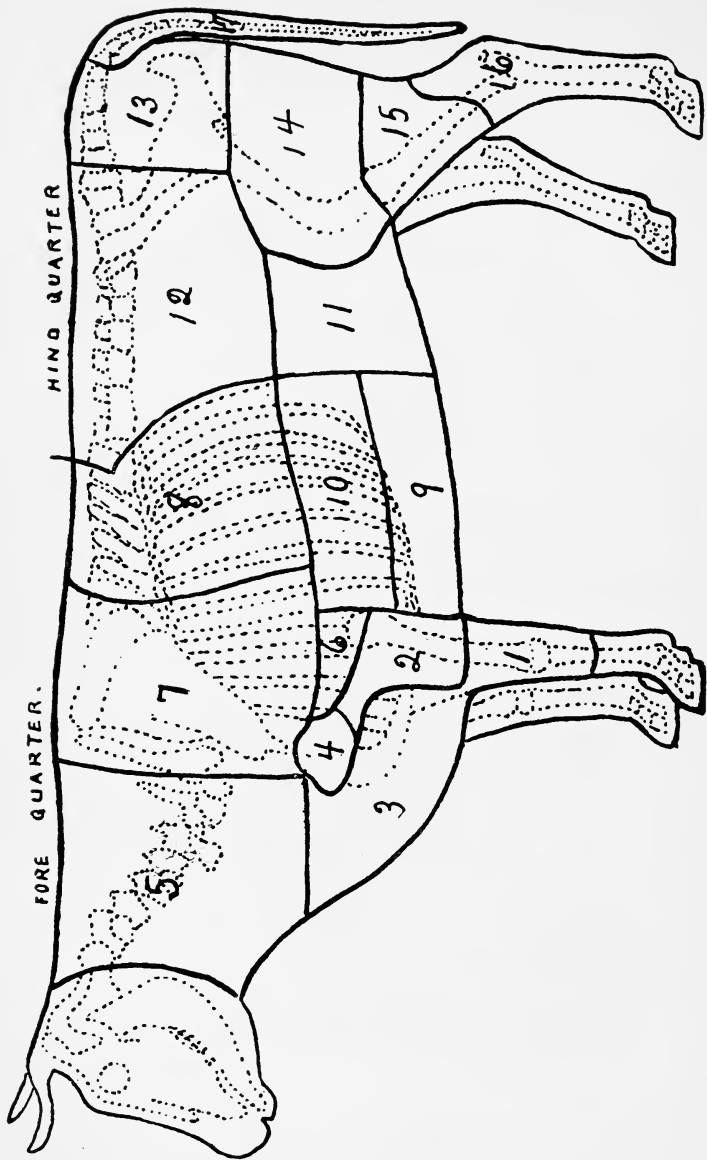


Diagram of Beef Animal Showing Principal Cuts

Principal Cuts Shown in Illustration on Opposite Page

1 Shank or leg	10 Plate
2 Shoulder	11 Flank
3 Brisket	12 Loin
4 Knee Bone	13 Rump
5 Neck	14 Round
6 Short Ribs or Cross Ribs	15 Horse Shoe Piece
7 Chuck Ribs	16 Soup Bone
8 Prime Ribs	17 Tail
9 Navel	

Cuts of Beef

The beef animal is divided down the middle of the back bone into two halves called sides, and each side is divided into two parts called quarters.

THE FORE QUARTER

The fore quarter is all that portion of the side lying in front of and including the last rib. In some markets the last rib is not included in the fore quarter.

The "Shank" or "Leg" is the first cut of the fore quarter. It is used for soup bone. The shank contains the "marrow bone" which is the middle portion of the shank bone. This is sometimes cooked and served on toast.

The "Shoulder Clod" or "Round Shoulder Piece" is the next cut; this is divided into two cuts, each about three inches thick. The second or upper cut is best. The "Shoulder Clod" is used for pot-roast.

The "Shoulder" contains two distinct layers of meat which are separated and boned, and used for cheap roasts, and pot-roasts. The inner portion of the shoulder from which the ribs are removed is the better.

The "Brisket" is the cut just in front of the shoulder. The ends of five ribs are included in the brisket. The ribs are taken

out and the meat is sold as rolled roast, or corned and sold as boneless brisket.

The "Knee Bone" just above the brisket is a round bone surrounded by much gelatin but contains little marrow. It is sold for soup.

The "Neck" is used for stews, soup, and mince-meat.

The diaphragm which lies inside the fore-quarter separating the lungs from the intestines is called "Skirt Steak." It is removed whole, stuffed, rolled and braized, or cooked as pot-roast.

The "Short Ribs" or "Cross Ribs" lie just above the brisket. They are divided into two narrow cuts which are used for roasting and are served with browned potatoes.

The "Chuck Ribs" include the first six ribs back of the neck. They are sometimes trimmed for steaks or roasts, but make poor roasts; hence they are usually boned and rolled, and used in braizing, pot roasting, and stewing.

The last seven ribs are called the "Prime Ribs" or "Short Ribs." They are used for choice roasts, the last five giving the best cuts. The sixth or seventh ribs contain some cartilage from the shoulder blade, and more connective tissue, hence are not so desirable.

The "Navel End" lies just back of the brisket and shoulder, and is used for soup meat, boiling, hash, or corning.

The "Plate" which lies just above the navel and includes the lower portion of the ribs is used in the same ways as the navel.

THE HIND QUARTER

The hind quarter of beef is all that portion of the side lying back of the last rib. In some markets the last rib is included in the hind quarter.

The "Flank Steak" is the first portion to be removed from

the hind quarter. It is a large flat muscle imbedded in fat. It is sold whole and is stuffed and rolled, or doubled up and braized.

The "Tip of Flank" is the thick portion lying just back of plate, and is cut up for beef stews.

Inside the hind quarter is the "Cod fat," a soft fat surrounding the muscles, used for beef drippings.

The "Suet" is a hard fat which lies about the kidneys, and is used for shortening, suet puddings, etc.

The "Kidneys" lie embedded in the suet under the loin. There is one kidney in each hind quarter. The kidneys are prepared as a stew.

The "Loin" which extends from the last rib to the rump is used for steaks and roasts.

The "Club Steaks," "Short Steaks," or "Delmonico Steaks" are the first cuts of the loin. If cut three inches thick there are just two club steaks.

The "Porterhouse Steaks" lie back of the club steaks. They contain more fat and tenderloin than any of the other steaks. There are four or five Porterhouse steaks.

The "Sirloin Steaks" lie back of the Porterhouse.

The sirloin cuts include two or three Pin-Bone Steaks, two Flat Bone Steaks (the most choice cuts of the Sirloin), and about three Round Bone Steaks.

The "Tenderloin" lies under the bones of the loin. It is a long tapering muscle beginning just back of the ribs, and extending to the rump. It is usually included in the loin steaks but is also removed separately and used for broiling or roasting. It is a very expensive cut.

The "Rump" lying just back of the loin is used for pot roasts and corned beef. The lower part of the rump towards the round contains poorer meat, and is sold for a lower price.

The "Round" which lies just under the rump, is used

principally for steaks. It may be divided into as many as twenty-five steaks. It is also excellent to use in the preparation of beef tea. The "Upper Round" is the inner portion which always lies uppermost on the block. The "Lower Round" is the outer portion and rests against the block.

The middle cut of the leg, called the "Horse Shoe Piece," is used for pot roasts and mince meat.

The "Shank," or "Soup Bone," is the lower portion of the hind leg.

The tail is used for soup.

The bones which are removed in boning and trimming meat are scrapped and the small pieces of lean and fat are all used in Hamburg steak.

As sold in the market the cuts are usually weighed before trimming.

The bones are sold to the bone man and ground up for chicken food; the waste fat is used for making soap.

VEAL

Veal is the name applied to the meat from the young calf of from 6 weeks to 9 months old. Meat from a younger animal is very unwholesome and its use is prohibited by law. "Bob-veal" is the name given to the flesh of a calf four weeks old—sometimes sold illegally.

Not only the flesh but also the heart, tongue, liver, kidneys, sweetbreads, and brains of the veal are used as food.

Veal is in season in the spring and early summer but can usually be obtained from the market throughout the year.

Veal is not improved by long hanging but should be eaten soon after killing and dressing. In general the flesh of the young animal does not keep so long as that of the mature animal.

The cuts of veal differ from those of beef, being fewer in

number. There are only six general cuts, the breast, shoulder, neck, leg, loin, and knuckles.

The chuck portion is usually included in the shoulder and neck.

The plate is included in the breast.

The rump is included in the loin or leg.

Chops are cut from the loin.

Cutlets, steaks, fillet, and fricandeau or cushion are taken from the thick part of the leg.

The rack includes all the ribs on both sides.

Good veal should have a fine grained, pinkish colored flesh; clear, firm, white fat; and hard, good-sized bones. The meat of an animal which is too young is white and lacks in flavor. The same is true of an animal which has been bled before killing. Veal which appears soft, flabby, gelatinous, blue, and watery is poor.

Veal from a milk fed calf is best; that from a grass fed is poorest.

Veal is never a cheap food because of the large amount of fuel required to cook it thoroughly and the comparatively small amount of nourishment it contains.

In composition veal is lacking in fats but is rich in protein and contains more gelatin than beef. It does not contain the valuable extractives present in beef.

Veal is very unwholesome unless thoroughly cooked.

Because it is lacking in fat, pork and other fats are frequently combined with it in cooking.

It is well to accompany veal with rich, well-seasoned dressings; such seasonings as bay leaf, peppercorn, parsley and worcestershire sauce are good additions.

Veal is seldom served plain boiled because of its lack of flavor, but it is often used in well-seasoned stews.

The general modes of cooking veal include:

Shoulder—Stew or roast.

Neck—Stew or soup.

Breast—Roast or stew.

Leg—Cutlets for frying.

Loin—Chops for broiling or roasts.

Knuckles—Soup (most valuable in soup because of large amount of gelatine).

Head—Soup.

Veal is very difficult of digestion because of the tenacity of its fibers which renders it difficult of mastication. Because it is immature it is lacking in salts and flavor, and the flow of gastric juice is not excited.

Veal ranks low among the heat producing foods because of lack of fat. Because of the difficulty of digesting it, it is not a valuable meat for food.

MUTTON

Mutton is the meat of sheep from three to five years old. The best English mutton is taken from a sheep six years old. Lamb is the meat of young sheep of from six weeks to three months old. When one year old, lamb is spoken of as yearling. Mutton is raised throughout the United States. Mutton is marketed throughout the year. Spring lamb is in season through the spring and summer beginning with February and March.

Mutton is hung from three to six weeks before using in order to ripen or develop flavor.

Lamb should not be kept long after killing.

Cuts of Mutton

The animal is first split down the backbone, then divided into fore and hind quarters.

There are usually six divisions of cuts of mutton—the neck, chuck, shoulder, flank, loin and leg, or, neck, shoulder, breast, rib chops, loin, and leg.

The loin and leg together are sometimes known as the haunch.

The two loins, if not separated, form the saddle. The long saddle has the rump and tail left on; the short saddle consists only of the loins.

The ribs and loin together form the rack.

The small cuts from the ribs and loin are known as chops. Those from the last eight ribs nearest the loin are the best but all the rib chops have a large amount of waste and are very expensive cuts.

French chops are rib chops with the end of the bone trimmed off.

The leg is the most economical cut for a large family, as there is but little waste.

The flesh of sheep is fine grained with a shorter fiber than beef. The meat from the grain or grass-fattened mutton has the best flavor.

Good mutton should have a dull red or deep pink color; it should be firm to the touch but juicy. The fat should be abundant and be in little lines through the flesh. The fat is white, hard, and flaky containing a large per cent of stearin. There is usually a thick layer of fat on the back and legs. The bones should be small.

Good lamb will be a little less firm than mutton, more whitish in color, but the flesh should be clear, the fat white.

Lamb will be more fat than veal and mutton.

The bones in lamb chops are more pink and flexible than in mutton.

The bone at the leg joint in lamb is rough and serrated—in mutton it is smooth and round.

Lamb is more expensive than mutton and the cuts are smaller with more waste.

In chemical composition mutton closely resembles beef;

the per cent of fat in mutton may be higher than in beef.

Mutton requires more care in handling and cooking than beef.

Improper cooking and low grade mutton have developed a strong prejudice against mutton with many people.

If the thick, tough membrane just inside the outer skin enveloping the animal is left on, it gives a "wooly flavor" to the meat as the oil strikes through. This skin should be removed when the meat is prepared for cooking.

Mutton is not liable to disease and mutton chops may be served rare. Though lamb is delicate and tender, it must be well-cooked to be wholesome.

The meat of the fore-quarter or shoulder is boned and stuffed for roasting.

The neck, breast, and flank are used for stews, pot pies, and boiling.

The neck is also used for broth.

The portion above the hoof called "Sheep's Trotters" is used in Jellies, Pickling, and Sousing.

The ribs, loin, leg, and rump may be used for roasting. The ribs and loin are more frequently cut into chops for broiling.

The leg is one of the best roasts and is also excellent for boiling.

To counteract the effect of the large amount of fat in mutton it is served with acid sauces—mint, caper, tomato, highly seasoned curry, etc.

It is accompanied with peas, asparagus, new potatoes, etc.

Mutton ranks next to beef in food value and composition but is a little more difficult of digestion; if very fat, the mutton disagrees with some people.

PORK

Pork differs from other meats chiefly in the large amount of fat distributed through the muscular fiber. This renders

the meat difficult of digestion and makes it a particularly valuable food for cold weather and for those engaged in heavy muscular work. Pork must always be thoroughly cooked. Under no conditions should it be served rare. The fatty tissue of pork provides one of the most valuable fats for cooking purposes.

COOKING OF MEATS

When meat is to be used, it should be weighed, trimmed, and wiped with a cloth wrung out of cold water.

Meat is cooked to develop the extractives, to improve the appearance, to soften the connective tissue, and to destroy germs.

Methods of cooking include broiling, roasting or baking, braising or pot roasting, boiling or stewing, and soup making.

Time for cooking meats will vary with the kind of meat, the cut used, the method of cooking employed, and the condition of the fiber.

Dark meats may be served rare; light meats should always be well done.

To Cook Tender Cuts of Meat

Tender cuts of meat taken from the loin, ribs, or round are best cooked by dry heat because of the flavors developed.

Broiling, pan-broiling and roasting are all methods of cooking by dry heat.

When meat is to be cooked by any of these methods it is first seared by exposure to a high heat, then the temperature is slightly lowered and the meat is cooked at this temperature till done. By searing, the albumen on the outside of the meat is hardened forming a crust so that the juices of the meat cannot escape.

To Cook Tough Cuts of Meat

The tougher cuts of meat must be cooked by a moist heat for a long time slowly in order to soften and dissolve the connective tissue.

The methods of cooking by moist heat are known as:

Braising or Pot Roasting—a small amount of water is used and the kettle is closely covered so that the steam is all retained.

Boiling—a large quantity of boiling water is used so that the meat is entirely immersed.

Stewing—the meat is cut up and covered with water which is flavored and seasoned and served with the meat.

Soup-making—a large quantity of cold water is put over the meat, which is well cut up, the juices of the meat are extracted, and only the stock is served.

To Render or Try Out Fat

Remove tough outside skin and lean parts from any animal fat and then cut into small pieces. Put fat into a sauce pan, cover with cold water and cook uncovered so that steam may carry off impurities. When water has all evaporated simmer to let fat fry out slowly from membrane. When fat is still and scraps of skin are all shrivelled, strain through a cloth and cool.

To Clarify Fat

Add a few slices of raw potato to fat when it is rather cool and heat it gradually until potato is well-browned. Strain through muslin or a double thickness of cheesecloth placed in a wire strainer. Cool quickly and then cover.

To Wash Frying Kettle

Wipe kettle out with newspaper. Fill nearly full of water and add 1 tablespoon washing soda. Heat until water boils.

Put in all the utensils that have been used in the fat. Then wash them thoroughly.

Broiling

Remove extra fat from the meat and grease the broiler with some of the fat. Place meat on broiler and broil directly

over a clear fire, searing first on each side and then turning every 10 seconds. Cook until well-puffed and brown. Season with salt, pepper and butter, and serve on a hot platter. Time for broiling varies with thickness of the meat. Cook a 1-inch steak 8 to 10 minutes; 1½-inch steak, 10 to 15 minutes; 2-inch steak, 15 to 20 minutes.

Pan-Broiling

Remove fat from the meat. Heat a frying pan smoking hot without adding any fat. Sear the meat on both sides, decrease heat, then cook more slowly until done, turning every ten seconds. Stand chops on edge to brown. Keep the pan free from excess fat. The time for pan-broiling is the same as for broiling.

Roasting

Skewer meat in shape, lay it on a rack in a meat pan, season with salt and pepper, dredge with flour, and sear in a very hot oven. The oven should be hot enough to color a piece of unglazed white paper to golden brown in one minute. After ten minutes lower the heat of the oven and baste the meat every ten minutes with fat from the pan.

Time for Roasting

Rib Roast, Rare.....	10-12 min. per lb.
Rib Roast, Well done.....	18-20 min. per lb.
Rolled Roast, Rare.....	12-15 min. per lb.
Rolled Roast, Well done.....	20-22 min. per lb.

Brown Gravy to serve with Roasted or Broiled Meat

4 tablespoons fat	⅛ teaspoon pepper
4 tablespoons flour	1½ cup boiling water or
½ teaspoon salt	stock

Use fat from the dripping pan in which meat has been roasted or broiled, add flour and seasonings, and stir until

browned. Then add boiling liquid slowly and stir until smooth and bubbling.

Season with Worcestershire sauce if desired. Serves 12.

Boiled Meat

To boil meat place a compact piece of meat in boiling water and allow the water to boil for 10 to 15 minutes, then simmer until tender. All tough meat may be made tender if cooked in this way. Time for cooking meat in water varies with the weight and quality of meat; allow 20 minutes to the pound, and 20 minutes extra for a large piece.

Gravy for Boiled Meat

$\frac{1}{2}$ cup flour	1 cup cold water
1 teaspoon salt	1 quart boiling stock
Pepper	

Twenty minutes before the boiled meat is to be served, moisten the flour and seasonings for the gravy with cold water and stir until smooth. Add slowly to the boiling liquid in which the meat is cooking, stir vigorously, then cook slowly for the remaining twenty minutes.

Hamburg Steak

1 lb. lean beef (from round)	1 teaspoon onion juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon chopped parsley
$\frac{1}{8}$ teaspoon pepper	

Chop meat fine or run through a meat grinder. Season, shape in small flat cakes, and pan-broil, just rubbing frying pan with fat. Serves 6 to 8.

Beef Loaf or Veal Loaf

3 lbs. beef or veal chopped fine	$1\frac{1}{2}$ tablespoons butter or other fat
$\frac{1}{2}$ lb. salt pork chopped fine	3 eggs
1 cup cracker crumbs	Salt and pepper
2 tablespoons milk	

Mix and shape into a loaf. Place in a roasting pan and just before baking pour 1 cup hot water over loaf. Roast $1\frac{1}{2}$ hours, basting every 10 minutes. Loaf may be wrapped in heavy buttered paper before putting in pan. Serves 10 to 12.

Beef or Veal Stew

2 lbs. beef or veal from leg or shoulder	$\frac{3}{4}$ cup carrot cut in dice 4 potatoes cut in $\frac{1}{2}$ in. slices
1 quart water	
Salt, pepper, flour to dredge	$\frac{1}{4}$ teaspoon pepper 1 teaspoon salt
1 onion cut in slices	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup turnip cut in dice	$\frac{1}{2}$ cup cold water

Remove fat and cut the meat into 1-inch pieces. Reserve half of the best pieces of meat, put the rest of the meat and the bone into cold water, soak for 1 hour, then heat until it bubbles. Season half the raw meat and roll it in the flour; melt the fat in a frying pan, remove the scraps, brown the sliced onion, and then the floured meat in the hot fat, add both to the stew and cook for 2 hours at a low temperature. To this add the vegetables and cook $\frac{1}{2}$ hour, then the flour and seasonings which have been mixed with $\frac{1}{2}$ cup cold water, and cook for $\frac{1}{2}$ hour longer until the meat and vegetables are tender. Remove the bone from stew, and serve. Serves 6 to 8.

Pot Roast of Beef

3 lbs. beef round(a thick chunk)	4 cloves 3 cups boiling water
Flour	$\frac{1}{4}$ cup each diced carrots, onions, turnips, celery
2 slices fat salt pork	Pepper and salt
9 pepper corns	
$\frac{1}{2}$ bay leaf	

Try out pork and remove scraps. Wipe meat, skewer and tie in compact form, dredge with flour, and brown entire surface in pork fat. Place on rack in pot, surround with vegetables, spices and boiling water. Season with salt and pepper. Cover

closely. Simmer 4 hours. Turn every second hour. Renew water if necessary. Strain liquor in pot and serve as a sauce or gravy. Serves 6 to 8.

Stuffed Skirt, Flank, or Round Steak

2 lbs. beef round steak <i>or</i>	$\frac{1}{4}$ teaspoon pepper
1 skirt steak or 1 flank steak	2 tablespoons butter, melted
2 cups bread crumbs	2 tablespoons beef drippings
2 tablespoons chopped parsley	1 onion, diced
1 teaspoon onion juice	1 carrot, diced
2 teaspoons sweet marjoram	1 sprig parsley
1 teaspoon salt	1 bay leaf
	2 cloves
	2 cups boiling water

Add parsley, onion juice, marjoram, salt and pepper to bread crumbs and add all to melted butter.

Wipe and trim steak, and spread dressing over it evenly. Roll up tightly and tie with twine.

Sear the rolled steak in the hot beef drippings; place in a kettle or casserole; then surround with vegetables, seasonings, and water; cover closely and cook slowly 2 hours, or till meat is tender. Serves 6 to 8.

Roast Veal

5 lbs. shoulder of veal	$\frac{1}{2}$ teaspoon thyme
4 cups bread crumbs	$\frac{1}{2}$ teaspoon savory
2 teaspoons salt	$\frac{1}{2}$ teaspoon marjoram
$\frac{1}{4}$ teaspoon pepper	4 tablespoons butter

Bone the shoulder. Prepare stuffing by adding seasonings to bread crumbs, then add all to melted butter. Fill the cavity in shoulder and sew or skewer meat into shape. Season and dredge with flour.

Heat $\frac{1}{4}$ cup fat in a roasting pan, and brown the surface of the roast in it. Then place roast on a rack, and add 1 cup boiling water, and cook in a moderate oven. Allow $\frac{1}{2}$ hour to

the pound for veal. To protect crust from burning, cover with buttered paper. Serves 10 to 12.

Breaded Veal Cutlets

2½ lbs. veal cutlets from	1 egg
round	1 tablespoon water
Salt	4 tablespoons drippings
Pepper	1 recipe sauce for cutlets
Fine bread crumbs	

Wipe the meat and cut in pieces for individual serving, removing bone, skin, and tough membranes. Skewer small pieces of meat together with wooden tooth picks. Season with salt and pepper, roll in fine bread crumbs, dip in egg (which has been beaten with the 1 tablespoon water), then in crumbs again. Melt the fat in a frying pan and brown the cutlets on both sides or fry in deep fat. Transfer them to a sauce pan and cover with a sauce prepared according to the following recipe, then cook at a low temperature for one hour or until tender, turning occasionally. Serves 12 to 16.

Beef round may be utilized in the same way.

Sauce for Cutlets

2 tablespoons fat	1 teaspoon Worcestershire
¼ cup flour	sauce
½ teaspoon salt	2 tablespoons chopped
⅛ teaspoon pepper	parsley
1 pint stock or water	

Melt fat, add flour and seasonings, brown slightly then add hot stock slowly. Add Worcestershire sauce and chopped parsley and pour over cutlets. (NOTE—Stock can be prepared by covering the bone and trimmings of the meat with cold water, heating it, and cooking slowly 2 to 3 hours).

Meat Pie

To prepare a crust for meat pie follow the recipe for baking powder biscuits using one half the recipe with double the amount

of fat (two tablespoons). Roll $\frac{1}{2}$ inch thick and place over a meat stew (use one half the recipe) that has been cooked and seasoned and turned into a baking dish. Space should be left between the crust and the edge of the dish for the escape of steam. Bake 20 to 30 minutes browning nicely on top. Serves 6 to 8. See also pastry.

Ragout of Mutton

1½ lbs. neck mutton	2 cloves
2 tablespoons butter or drippings	1½ cup water or stock (boiling)
Flour to dredge	1 teaspoon salt
1 onion, chopped	$\frac{1}{4}$ teaspoon pepper
1 carrot, chopped	3 tablespoons flour
1 sprig parsley	$\frac{1}{2}$ cup cold water
1 bay leaf	

Wipe meat, cut in small pieces 1 inch square and dredge with flour.

Heat fat, brown chopped vegetables, then sear meat. Cover with boiling water, add seasonings, cover kettle, and cook slowly for 2 hours till meat is tender. Then add flour moistened with cold water, stir and cook 20 minutes longer. Serves 6.

Curry of Mutton

2 lbs. neck mutton	$\frac{1}{4}$ cup flour
3 onions, sliced	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon peppercorns	$\frac{1}{8}$ teaspoon pepper
1 sprig thyme	$\frac{1}{2}$ tablespoon curry
1 sprig parsley	2 tablespoons fat
1 quart boiling water	

Boil mutton with vegetables and spices till tender.

Make a sauce with butter, flour, salt, pepper, curry, and 1 pint liquor from meat. Add meat, reheat, and serve with boiled rice. Serves 6 to 8.

Boiled Mutton

Wipe meat, remove the pink skin and extra fat, and put into boiling water, boil 15 minutes, add 1 tablespoon salt and cook at a low temperature until tender, allowing 20 minutes for every pound.

Boiled Ham, Tongue, or Calf's Heart

After cleaning meat thoroughly put in cold water and heat gradually until the water bubbles, then cook at a low temperature until tender; remove from the fire and allow to stand in the water in which it was cooked for one hour; remove from the water and draw off the skin. A boiled ham may be covered with fine bread crumbs, and 2 tablespoons brown sugar, and then placed in the oven $\frac{1}{2}$ hour to brown. Baste with $\frac{1}{2}$ cup vinegar and 4 tablespoons brown sugar while in oven.

Corned Beef

Put corned beef in cold water; cook slowly for several hours till tender; let stand in stock 15 to 20 minutes. Then take out bone, and if to be served cold, press into shape by covering with a weight so that it will slice well.

Baked Heart

1 beef heart	2 teaspoons butter or
2 cups bread crumbs	other fat
1 teaspoon chopped parsley	1 egg
1 teaspoon summer savory	2 tablespoons beef
1 teaspoon salt	drippings
$\frac{1}{8}$ teaspoon pepper	

Add seasoning to bread crumbs, then add to melted butter, stir beaten egg in and mix thoroughly.

Wash heart thoroughly, removing veins, arteries, and clotted blood carefully. Stuff with dressing, and sew up. Saute in beef drippings. Partially cover with boiling water and cook

in covered kettle several hours till heart is perfectly tender. Then set in oven for a few minutes. Serves 10 to 12.

Braised Tongue

1 boiled tongue	$\frac{1}{3}$ cup carrots, diced
$\frac{1}{3}$ cup onion, diced	$\frac{1}{3}$ cup celery, diced
1 sprig parsley	3 cups water

Put tongue in baking dish, surround with vegetables and water. Cover dish closely and bake two hours. Serve with brown sauce, tomato, or mushroom sauce. Serves 12 to 16.

Brown Sauce for Braised Tongue

2 tablespoons fat	2 cups water from dish in which tongue is baked
4 tablespoons flour	1 teaspoon Worcestershire sauce
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{8}$ teaspoon pepper	

Melt fat, add flour and seasonings, and cook until a golden brown, then add hot water slowly. When it boils up and is thick, add Worcestershire sauce and serve.

Kidney Stew

1 calf kidney	$\frac{1}{2}$ teaspoon salt
1 small onion	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter	1 tablespoon chopped parsley
2 tablespoons flour	
1 pint boiling water	
2 tablespoons vinegar or 1 tablespoon Worcestershire sauce	

Soak kidney in cold water 1 hour. Peel and slice onion; cut kidney in small slices and brown quickly with onion and butter. Add flour and stir until brown, then pour in boiling water slowly. Add salt and pepper to season, and stew gently for 10 minutes. Add parsley, vinegar or sauce and serve. The entire operation should be finished in about twenty minutes, because kidney grows tough if cooked too long. Serves 6 to 8.

Creamed Chipped Beef

1½ lb. dried beef, chipped	3 tablespoons flour
2 tablespoons butter or other fat	Pepper
	1½ cup hot milk

Cover the beef with boiling water for 3 minutes, then drain all water off.

Heat 1 tablespoon butter and brown beef in it until it is curled.

Remove meat from pan, putting it in a dish to keep warm, and add remaining 1 tablespoon butter to frying pan. Make a sauce by adding flour, pepper, and milk; stir meat in; add salt if necessary. Serves 6 to 8.

LIVER

The livers of many animals are used for food. Those of the beef, calf, and lamb are most commonly used.

The liver is one of the cheap animal foods unless there is a great demand for it, then the price is higher.

Liver is solid and compact in form and contains but little connective tissue, though a tough skin covers it and the veins which pass through it have very tough walls.

In preparing liver it is necessary to wash and scald it thoroughly and to remove the outer skin and veins carefully. There is but little waste.

Liver is sauted, stewed, and baked. If cooked too long it toughens.

It is well to serve liver with an accompaniment of heat-producing foods—hence, it is usually accompanied by bacon and starchy food such as potato and flour gravy.

Liver is rather difficult of digestion because so compact in form.

Its nutritive value is high—rather higher than that of muscular tissue.

To Cook Liver

Cover slices of liver cut $\frac{1}{2}$ inch thick with boiling water, let stand 5 minutes, drain, wipe, and remove the thin outside skin and veins carefully with a knife. Sprinkle with salt and pepper, dredge with flour, and cook until brown in bacon fat.

BACON

Bacon is prepared from the flanks of pork, salted, dried, and smoked.

Bacon is an expensive form of food.

Sliced and packed in jars it is still more expensive and only desirable when bacon in the strips will not keep well.

Bacon consists largely of fat, though it contains some layers of lean or muscular tissue.

Before cooking bacon the rind should be removed, all exposed surfaces scraped with a knife and the bacon sliced in thin even slices for cooking.

Bacon is broiled, pan-broiled, and baked in the oven. It should be cooked until crisp so that it can be readily acted upon by the digestive juices.

Next to butter and cream bacon is the most easily digested of animal fats. It is easily assimilated and very nutritious.

To Cook Bacon

Place thin slices of bacon (from which the rind has been removed) in a hot frying pan and pour off the fat as fast as it comes out. When the bacon is crisp, drain on paper. Keep hot. Or lay bacon on a rack in a baking pan and bake in a hot oven until crisp.

SWEETBREADS

Sweetbread is the term applied to the thymus gland of the calf. This gland becomes so changed as not to be edible when

the animal grows older; in some animals it may eventually be absorbed.

The sweetbread is obtained in pairs because there are two parts of the thymus gland which are connected by tubing and membrane. That portion known as the heart sweetbread lies over the heart; it is short and thick. The throat sweetbread is long and narrow and runs up into the throat. It contains more membrane than the heart sweetbread and is not so desirable.

The pancreas, known as the stomach sweetbread, is often substituted for the true sweetbreads. It is more compact and not so delicate as true sweetbreads. Calves' brains are also often substituted for sweetbreads. Pork sweetbreads are sometimes substituted for calves sweetbreads but they are coarse, dark, and undesirable.

Sweetbreads are in season in the spring and summer when veal is most abundant. Though they can be obtained at other seasons they are usually not so good.

The sweetbreads are removed from the veal before it is cut up. If they are not to be used at once they are placed in cold storage.

Sweetbreads should be white, firm, and plump. Those from the milk-fed calf are best. If dark, flabby, and tough the sweetbreads have been taken from an improperly fed animal.

Sweetbreads are cheapest in the summer time. In some markets they are sold by the pair but they are frequently sold by the pound.

Sweetbreads are cellular organs, much more delicate than the muscle fiber. The connective tissue which surrounds them can be easily removed after they are parboiled and the sweetbread is readily divided into sections.

Sweetbreads should be parboiled as soon as they come from the market; they may then be kept from 30 to 40 hours if kept very cold.

Before cooking it is always necessary to soak sweetbreads one-half to one hour in cold water in order to draw out all the blood which may darken them when cooked. The pipes, fat, and all bruised portions must be cut away before cooking.

To parboil sweetbreads plunge them in boiling water and boil gently 15 to 20 minutes.

In order to blanch sweetbreads more perfectly a little lemon juice or vinegar is often added to the water in parboiling.

Onions and spices are sometimes added to the water in parboiling to improve the flavor.

After parboiling, the sweetbreads should be plunged in cold water to quickly cool so that they will be firm.

The methods of cooking sweetbreads are creaming, broiling, breading and frying, baking, and parboiling for use in salads.

Sometimes the sweetbreads are left in the breast and cooked with the roast of veal.

The delicate flavor of the sweetbreads must always be borne in mind in cooking and seasoning them.

Sweetbreads are among the most easily digested foods. Their digestion takes place very quickly because the connective tissue which they contain is readily dissolved in the stomach. As the gland itself contains some digestive ferment, sweetbreads may be said to be partly self-digesting.

While sweetbreads may be classed with meats among the protein foods they are not so stimulating as meats because they are lacking in extractives.

Because of the ease with which sweetbreads can be digested and because of their high nutritive value they are a valuable dish in the diet of a convalescent.

To Cook Sweetbreads

Remove sweetbreads from paper at once, soak in cold water 30 minutes and parboil 20 minutes. Add 1 teaspoon salt

5 minutes before they are done. Put them in cold water for 15 minutes, then remove the tough portions. Broil, fry, cream, or use the boiled sweetbreads in salads as desired.

Creamed Sweetbreads

- | | |
|----------------------------------------------------------------------------|---------------------|
| 1 pound or 1 pair of sweetbreads, boiled. | |
| 5 large mushrooms(half as many canned mushrooms as there are sweetbreads). | |
| 2 tablespoons butter | Cayenne |
| 2 tablespoons flour | White pepper |
| ¼ teaspoon salt | 1 cup cream or milk |

Cut the boiled sweetbreads into small pieces and chop the mushrooms fine. Make a white sauce of butter, flour, seasonings, and cream. Add the sweetbreads and the mushrooms and when hot serve in patty dishes or timbales or on toast. If desired, the mushrooms may be omitted and twice as many sweetbreads used. A few drops of onion juice improve the flavor. Serves 8 to 10.

Calf's Brains

- | | |
|----------------------------|------------------------|
| 1 pair calf's brains | 2 sprigs thyme |
| 2 cups water or meat stock | 2 tablespoons vinegar |
| 2 cloves | Salt |
| 2 peppercorns | 1 cup white sauce |
| | ½ teaspoon onion juice |

Soak brains in cold water one half hour. Add to boiling water or stock with cloves, peppercorns, thyme, vinegar and salt. Simmer gently one half hour. Drain and cool in cold water. When cold cut in dice and add to white sauce. Flavor with onion juice. Serve on toast. Serves 6 or 8.

RULES FOR COOKING OVER MEATS

Meat which is to be cooked over should be carefully treated in reheating to prevent it becoming too dry. Water or stock must be added to provide moisture. The meat must be well-seasoned and attractively garnished to make it appetizing.

If the meat is to be cut up, all fat, gristle, bone, and skin must be carefully removed and the meat evenly chopped or cut in uniform pieces of attractive size.

Cooked over meats should be accompanied by well-seasoned sauces. Many attractive entrees can be prepared with cold cooked meat as a basis.

All small pieces of cooked meat should be saved, and utilized in this way or added with the bone, skin, and gristle, to the stock pot. All fat should be utilized for drippings or for soap.

Browned Hash

1 cup cooked meat, chopped	4 tablespoons fat
2 cups mashed potato	Salt and pepper
$\frac{1}{3}$ cup boiling water	Chopped parsley
Onion juice	

Combine all the ingredients in the order given reserving one-half of the fat for the frying pan. Turn mixture into the hot well-greased frying pan, spread smooth, and cook over moderate heat so that it will brown slowly, and not burn. Cook $\frac{1}{2}$ hour without stirring, then fold like an omelet, slip from the pan and serve on a hot platter. The mixture may be made into small cakes $\frac{3}{4}$ inch thick and browned on both sides. Serves 6 to 8.

NOTE:—Cold boiled potatoes may be chopped and substituted for the mashed potatoes.

Scalloped Meat

2 cups bread crumbs	3 tablespoons flour
2 tablespoons butter or other fat	$1\frac{1}{2}$ teaspoon salt
2 cups cooked meat, chopped	$\frac{1}{8}$ teaspoon pepper
3 tablespoons fat	$1\frac{1}{2}$ cup hot milk or stock
	Onion juice or parsley

Prepare a sauce with fat, flour, seasonings, and milk or stock. Line a buttered baking dish with 1 cup buttered

crumbs, mix the meat and sauce, and pour the crumbs over this. Cover top with remainder of buttered crumbs and brown in a hot oven about 20 minutes. Serves 6 to 8.

Casserole of Rice and Meat

2 cups cooked meat	1 tablespoon chopped parsley
1 teaspoon salt	
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{4}$ cup fine crumbs
$\frac{1}{4}$ teaspoon onion juice	4 cups cooked rice (1 cup uncooked)
1 egg	

Season the meat and mix with the crumbs and beaten eggs, adding enough stock or water to make it pack easily. Line a mold or dish with 3 cups rice, fill with the meat, cover with the remainder of the rice, cover tightly and steam 45 minutes. Serve with tomato sauce. Serves 8 to 10.

Hash on Toast

2 tablespoons butter or other fat	$\frac{1}{4}$ teaspoon Worcestershire sauce
2 tablespoons flour	1 cup cooked potatoes cut in dice
$\frac{1}{2}$ teaspoon salt	2 cups meat, cut in dice
Pepper	6 slices toast
2 cups stock or water	Parsley

Make a brown sauce, heat meat and potatoes in it, and serve on toast. Garnish with toast points and parsley. Serves 6 to 8.

Ham Puff

$1\frac{1}{2}$ cups chopped ham	Salt
$1\frac{1}{2}$ cups mashed potatoes	Pepper
3 tablespoons milk	3 eggs

Moisten potatoes with enough milk to beat well, add chopped ham and yolks of eggs. Season to taste. Add well-beaten whites of eggs to mixture. Turn into a buttered baking

pan, and bake in a hot oven 20 minutes, till nicely puffed and brown. Serves 6 to 8.

POULTRY

Poultry is the term given to the domestic birds used as food and includes fowls and chickens, turkeys, tame ducks and geese. A chicken which is more than one year old is known as a fowl. A chicken which is not more than five months old is known as a "spring chicken."

Fowls are always in market but are cheapest through the winter when they are not laying eggs. Chickens (spring) are in market through the summer and fall.

A chicken is known by the soft feet, smooth skin, and soft cartilage at the end of the breast bone. An abundance of fine feathers indicates a young bird, while the presence of long hairs denotes age. In a fowl the feet have become hard and dry with coarse scales, and the cartilage at the end of the breast-bone is ossified.

In fowls which have been picked without scalding the skin is in much better condition.

The flesh of chickens, fowls, and turkeys has a short fiber and is not intermingled with fat. The fat is always found under the skin in layers or in masses surrounding the intestines. The breast meat in fowls and turkeys has a short, tender fiber, the meat on the legs is darker and has more flavor. The meat of fowls has more flavor than that of young chickens.

Poultry that is to be kept for some time should first be drawn and cleaned and kept very cold. After having been frozen the flesh loses flavor and spoils very rapidly when thawed.

Young chickens are broiled and fried; fowls are stewed, braized and roasted. Poultry is very nutritious and is easily digested if not too fat. The white meat is especially easy of digestion.

To Dress and Clean Poultry

Singe the fowl to remove long hairs by holding over a flame from gas, alcohol, or burning paper. Cut off the head, turn back the skin and cut the neck off quite close; take out the wind pipe and crop, cutting off close to the body. Cut through the skin around the leg $\frac{1}{2}$ inch below the leg joint, take out the tendons, and separate the leg at the joint; in old birds each tendon must be removed separately by using a skewer. Remove pin feathers with the point of a knife. Remove oil-bag from the tail. To remove the internal organs make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall bladder, which lies under the liver, be not broken; it must be carefully cut away from the liver. The lungs and the kidneys lying in the hollows of the backbone must be carefully removed. Press the heart to extract any blood. Take off the outer coat of the gizzard, and discard the sack within. The gizzard, heart, and liver constitute the giblets, and can be used for making gravy. Wash the giblets, put the heart and gizzard in cold water, heat quickly, and cook slowly 1 hour, then add the liver and cook until all are tender, about $\frac{1}{2}$ hour longer. Cleanse the fowl by wiping thoroughly inside and out with a damp cloth. Stuff and truss for roasting, or cut into pieces for stew or fricassee.

Roast Fowl

After a fowl has been dressed and cleaned fill with stuffing, truss securely in compact shape, and lay on its back on a rack in a roasting pan. Dredge with flour, salt, and pepper, dot with bits of butter and place in a hot oven. As soon as the flour is browned, begin to baste with a cup of hot water, and 2 tablespoons fat, and baste every 10 minutes.

Cook until breast is tender—1½ hours for a four-pound fowl. For a large fowl or an old fowl, the time must be increased.

Stuffing for Roast Fowl

4 cups bread crumbs	⅓ cup melted butter or other fat
2 teaspoons salt	
¼ teaspoon pepper	⅔ cup boiling water
1 teaspoon poultry seasoning	1 egg, (if desired)

Mix in the order given, combine thoroughly and use to stuff fowls and turkeys. If a dry, crumbly dressing is desired omit the boiling water. The addition of the egg makes a richer dressing.

To Carve a Fowl

The first requisite in successful carving of a fowl is that the carver have a knowledge of the location of all the bones and joints. A sharp carving knife is an absolute necessity.

It is desirable to have an extra plate and fork at the carver's place, the plate to hold the joints as they are removed, the fork to use in dividing the joints.

When sent to the table the fowl should be on its back on the platter with the legs at the right hand of the carver.

The first thing to be done is to put the carving fork in the breast, just a little below the point of the breast, pressing it down firmly so that the tines are on either side of the breast bone just above the wish-bone. The fork must be held there all through the carving and the fowl must not be moved.

There is a rule that the wings of a bird which flies must be removed first, the legs of a bird that walks. Remove both joints on one side first.

To Remove Leg—Holding the fork in the left hand, press back the leg on the nearer side of the body, then cut down through the skin and joint right across the joint so that some meat will be left on the hip bone.

To Remove Wing—Cut through the joint taking same white meat from the breast with the wing. Then if there are many persons to be served so that the greater part of the fowl will be needed, remove the leg and the wing on the farther side.

Carve the white meat on the breast, slicing it off carefully in thin cross slices; when down almost to the breast bone, disjoint and remove the wish-bone with the remaining white meat.

Turn the body to one side, cut off the dark meat left at the base of the leg joint, then cut out the oyster, a choice piece of dark meat on the lower side part of the back and close to either side of the backbone. With it remove the skin and meat from the shoulder blade.

Then at last remove the fork and separate the pieces which lie along the side of the breast bone where the fork has been held.

Open the front of the fowl so that the dressing can be removed with a spoon.

To Separate the Joints—Separate the second joint from the drum-stick. Notice the white mark where the fibers join at the joint (for they run in distinctly different directions) and cut through the mark right between the bones that meet at the joint.

Small pieces of meat may be removed from the side of the second joint. The second joint is considered the most juicy and best flavored cut in the fowl.

The meat may be carefully cut from the drum stick and it will then be more enjoyed. If the tendons have been removed, the meat on the drum stick is very good.

Serve the cuts as attractively as possible, particularly if the meat is served cold. Lay the pieces skin side up. In serving put pieces of both light and dark meat on each plate.

To Cut up a Fowl for Stew, Fricassee or Frying

After singeing the fowl and removing the head, feet, and oil sack, cut off the legs, and separate at the joint into drum

sticks and second joint. Cut off the wings and separate them at the middle joint. Separate the body by cutting carefully between the breast and the back through the ends of the ribs on either side. Disjoint the neck-piece from the breast. Separate the neck-piece from the end of the back and carefully lift out all the entrails lying in the back. Remove the kidneys from the back and the lungs from the neck-piece, and wash these two cuts thoroughly.

Separate the wish-bone, with the meat that is on it, from the breast. Cut the breast across in two pieces with the cleaver. This will give thirteen cuts. If the breast is large it may be further divided. The neck may be cooked with the giblets and used in making gravy.

Cuts of Fowl

2 drum sticks	1 end of neck
2 second joints of legs	2 cuts of breast
2 wings	1 wishbone piece
2 second joints of wings	1 gizzard
1 back	1 heart
1 neck piece	1 liver

Stewed Fowl

After cleaning and cutting up the fowl, cover pieces with boiling water, and cook rapidly 15 minutes. Then add 1 tablespoon salt, and cook at low temperature until tender, 1½ hours or more.

Fricasseed Chicken

1 stewed fowl	1 pint stock or more
2 tablespoons fat	2 egg yolks
¼ cup flour	2 tablespoons chopped parsley
1 teaspoon salt	
⅛ teaspoon pepper	

When fowl is tender remove fat and take stock from kettle. Heat fat, add flour and seasonings, then add hot stock slowly.

Cook until smooth and thickened, then pour on two well-beaten egg yolks, add chopped parsley, and pour over fowl which has been attractively arranged on a hot platter.

To arrange bird on platter lay neck, breast, and back in center in order. On the sides of the breast, lay cuts of wings, on the sides of the back lay drum sticks and second joints. Lay giblets between wings and second joints. Serves 6 to 10.

Chicken Croquettes

3½ cups chopped chicken	2 teaspoons lemon juice
½ teaspoon onion juice	1 recipe thick white sauce
1 tablespoon parsley	

Thick White Sauce

¼ cup butter	½ teaspoon white pepper
½ cup flour	1 teaspoon celery salt
1½ teaspoons salt	1 pint scalded milk or cream
Cayenne	

Chop the chicken very fine after picking it over carefully to remove all skin, fat, and gristle. Add seasonings.

Prepare the thick white sauce, then add the chopped and seasoned chicken. It should make the mixture of such a consistency that it can be handled. Spread on a shallow, buttered plate to cool, then shape into pyramids. Crumb, egg, and crumb. Cook in deep fat one minute to brown, and drain on unglazed paper. Serve hot with a garnish of parsley. See—Cooking in fats.

Croquettes may be prepared in the same manner with other meats. Serves 12 to 16.

Creamed Chicken

1½ cup cold cooked chicken diced	⅛ teaspoon celery salt
1 cup cream sauce	A few drops onion juice

Cream Sauce

2 tablespoons butter	White pepper
2 tablespoons flour	1 cup thin cream
$\frac{1}{4}$ teaspoon salt	

Add diced chicken and seasonings to cream sauce; when well heated, serve in timbale cases or patty shells or on toast. Serves 6.

Creamed Chicken, Baked

1 fowl ($4\frac{1}{2}$ -6 lbs.)	White pepper
4 sweetbreads	6 tablespoons flour
1 can mushrooms	1 quart cream, or rich milk
4 tablespoons butter	$\frac{1}{2}$ onion grated
1 teaspoon salt	2 cups buttered crumbs

Stew the fowl till very tender and pick meat over carefully, removing all skin, bone, and gristle. Cut in dice.

Boil sweetbreads, pick over carefully and cut in dice.

Quarter the mushrooms. Make a cream sauce with butter, flour, seasonings, and cream, add onions and chicken, mushrooms and sweetbreads.

Turn into buttered baking dish, cover with buttered crumbs, and bake in a hot oven 20 minutes, till a golden brown. Serves 16 to 20.

Roast Duck

Select a young, fat duck. The lower part of the legs and webbing of the feet should be soft. Singe and draw the duck in the same manner as a chicken. Wipe it inside and outside with a damp cloth. Weigh. Fill with potato or bread stuffing. Truss in the same way as a chicken. Place on a rack in a baking pan, cover the breast with slices of bacon, and put $\frac{1}{2}$ cup water and $\frac{1}{2}$ teaspoon salt in the pan. Bake in a hot oven, allowing 20 minutes for every pound and 20 minutes over. Serve with giblet sauce. Serves 6 to 8.

Roast Goose

Follow directions for roast duck.

Potato Stuffing for Roast Duck or Goose

4 cups hot mashed potato (10 potatoes)	2 tablespoons butter
2 teaspoons onion juice	2 egg yolks
2 teaspoons salt	$\frac{1}{4}$ cup cream
$\frac{1}{4}$ teaspoon pepper	1 tablespoon parsley

Mix the onion juice, pepper, salt, and butter with the potato. Add the cream to the beaten yolks and mix them with the potato. Add the parsley. Use to stuff duck or goose. Or turn into a buttered dish, bake until brown on top, and serve with roast duck or fowl.

Giblet Gravy for Roast Duck or Goose

2 tablespoons fat from bak- ing pan	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	Pepper
	1 cup giblet stock

Giblets

Put the heart and gizzard in sauce pan and cover with cold water. Cook slowly until nearly tender, then add liver and continue cooking. When tender, drain and chop fine. Make a brown sauce of the fat, flour, salt, pepper, and stock, add chopped giblets and when hot serve with duck or goose. Serves 6 to 8.

FISH

The flesh of fish is used for food; the caviar, which is the salted roe or spawn of the sturgeon, shad roe, and the coral or ovaries of lobsters are all considered delicacies.

The season for fish varies with different kinds. All fish are best before spawning, as during the spawning season the flesh grows poor and flabby. The season for catching fish is determined by law in order to avoid their extermination.

Fish is cheapest when in season and near the source of supply. It is sold by the pound or by the whole fish or in cutlets.

The flesh of fish is made up of little fine flakes with connective tissue bindings that gelatinize very easily, hence fall apart when cooked.

Preparation and Cooking—Fish should be perfectly fresh; flesh firm and elastic; eyes bright; and odor good.

Keep fish cold until used, in a covered pail near the ice covered. If fish is frozen, thaw, just before using, by placing in or with chopped ice, never with the other food unless tightly in cold water.

Cover board or table with newspaper before laying fish down. Remove scales by running a dull knife from tail to head, snapping scales off. Wet hands before touching fish, and odor will come off more easily. Dip hands in salt so that fish will not slip, and hold by the tail.

If inner organs have not been removed in market, make a short incision in belly, draw them out carefully so that the membrane which lines the cavity is not broken.

Remove head, if desired; if left on, cut out eyes.

Remove fins with scissors. Cleanse inside and out with cloth wet in salted water.

Sprinkle fish with salt if to be kept over night.

Handle fish carefully when cooking, as flesh falls apart

easily, and have all utensils well-greased, as skin sticks readily when heated.

When fish is cooked the flesh separates from the bone.

Cold cooked fish may be used in various ways as creamed, scalloped, souffled, etc. It must be carefully picked over, all skin and bone removed, and flaked with a silver fork.

Serving—The seasoning and garnishing of fish are important because fish is lacking in extractives and flavor and is of so alkaline a nature. Acid accompaniments, sauces, or stuffings are used with fish. A rich stuffing is desirable with dry fish. Potato in some form is usually served with fish.

Boiled fish is spread with butter and lemon juice, and served with a garnish of lemon slices, hard cooked eggs, parsley, and potatoes. Baked fish is served with tomato sauce or drawn butter sauce.

Baked fish is carved by running the knife down along the back bone, slicing pieces to the bone, and lifting the meat off.

Boiled or steamed fish is served with sliced lemon, sliced eggs, parsley sprays and chopped parsley and is accompanied by Hollandaise sauce or drawn butter sauce.

Broiled Fish

Clean the fish, cut in pieces, lay on a well-greased broiler. If the fish is dry, rub it with melted butter before placing it on the broiler. Sear the flesh side first, then turn every ten seconds. The length of time for cooking depends on thickness of the fish—20 to 30 minutes. Season with butter, salt, and pepper.

Baked Fish

Clean the fish, sprinkle with salt, and fill with stuffing, sew or skewer the edges together. Cut gashes on each side across the fish, and put strips of salt pork into them. Fold a piece of well-buttered paper about the tail. Grease the baking sheet and place the fish on it, dredge with flour, salt and pepper,

put the sheet into a baking pan with pieces of pork fat. Place in a hot oven. Baste every 10 minutes. Cook 15 minutes to the pound, and 15 minutes over. Add water to the pan if necessary.

Stuffing for Fish

2 cups stale bread crumbs	1 teaspoon chopped parsley
$\frac{1}{2}$ teaspoon salt	1 teaspoon capers or
$\frac{1}{8}$ teaspoon white pepper	chopped pickle
Cayenne	$\frac{1}{4}$ cup melted butter
1 teaspoon onion juice	
Mix in the order given.	

Steamed or Boiled Fish

Clean the fish, lay on a buttered plate in a steamer over gently-boiling water; or place it in a piece of muslin, sew or tie the edges together, and put the fish into boiling water, boil 5 minutes, then add 1 tablespoon salt and cook at a lower temperature until done. Boil or steam 20 minutes to the pound. Serve with sauce.

Fried Fish

Clean the fish, cut in fillets, season with salt and pepper, and cover with corn meal and flour (mixed in equal parts), or fine bread crumbs, and egg. Cook in deep fat or saute. Drain on paper. See Directions for Cooking in Deep Fat.

Planked Fish

Clean the fish well. Split down the back, removing the backbone. Wipe dry. Rub a fish plank well with salt and heat it very hot in the oven. Dredge the fish with salt and pepper. Spread the fish open, skin side down on the board. Overlap the thin flesh of the back. Nail the four ends to the board. Baste with melted butter. Put under the gas in the broiler. Have the burner turned on full; when the fish is a good brown lower the blaze and cook the fish slowly one-half hour. When

the fish is cooked spread with butter; garnish the board with a potato border. Brown the potatoes in the oven. Garnish with sliced lemon and parsley. Serve at once.

Fish Souffle

2 tablespoons butter	$\frac{3}{4}$ cup milk
or other fat	3 eggs
3 tablespoons flour	1 cup cold cooked fish,
$\frac{1}{2}$ teaspoon salt	flaked
Cayenne	

Heat the butter, add the flour and stir until smooth; add the milk and seasonings, cook 2 minutes, remove to the back of the stove, and add the well-beaten yolks and fish. Set away to cool, and when cold, add the whites of the eggs beaten to a stiff froth, then turn into a buttered dish and bake from 20 to 25 minutes. Serve immediately. Serves 6 to 8.

Scalloped Fish

2 cups flaked fish	$\frac{1}{2}$ teaspoon salt
2 cups buttered crumbs	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter	Onion juice or parsley
3 tablespoons flour	$1\frac{1}{2}$ cups hot milk

Put half the crumbs in a baking dish. Make a white sauce of the butter, flour, seasonings, and milk. Add the fish and onion juice or parsley, pour this into the dish, cover with the remainder of the crumbs, and brown in a hot oven about 20 minutes. Serves 8 to 10.

Creamed Codfish

2 tablespoons butter	3 tablespoons flour
$\frac{1}{2}$ pound fish (1 pint shredded)	1 pint milk
	1 egg

Soak the fish, if very salt, at least 1 hour. Drain and shred. Brown the fish in butter and add the flour and milk very slowly. Beat the egg, add a little hot liquid, then add

this to the fish. Cook 1 minute and serve. Or cover with buttered crumbs and bake in oven. Serves 6 to 8.

Codfish Balls

1 cup salt cod fish	$\frac{1}{2}$ tablespoon butter
$2\frac{1}{2}$ cups potatoes	$\frac{1}{8}$ teaspoon pepper
1 egg	

Wash the fish in cold water and pull into small pieces. Wash and pare the potatoes and cut in pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft, then drain and shake over the fire until dry; mash with a wire potato-masher, add the beaten egg, butter and pepper, and salt if needed, and beat until light. Take up the mixture in a spoon, mould slightly with a knife and slip into deep, hot fat. Fry until brown, about 1 minute. Drain on unglazed paper. See—Cooking in fats.

The mixture for cod-fish balls may be served hot, without frying, or turned into a buttered baking dish and browned in the oven and served as a baked dish. Serves 6 to 8.

Salmon Loaf

1 can salmon	4 tablespoons butter
4 eggs	$\frac{1}{2}$ cup bread crumbs
	Pepper and salt

Pick the salmon into small bits, add the eggs, well beaten, buttered crumbs and seasonings. Put into a buttered mould, cover and steam 1 hour. Serves 8.

Sauce

2 tablespoons butter	1 teaspoon catsup
2 tablespoons flour	Juice from fish
1 cup milk	Yolk of one egg
	2 tablespoons lemon juice

Melt the butter, add the flour, then the milk gradually. Add the catsup and just before serving beat into the yolk of egg.

Salmon Croquettes (or other Fish)

2 cups or 1 can salmon	Cayenne
1 cup milk, scalded	1 tablespoon parsley
3 tablespoons butter	1 teaspoon lemon juice
3 tablespoons flour	2 eggs for dipping
1 teaspoon salt	Dried bread crumbs

Make a white sauce with the butter, flour, seasonings, and hot milk. Add the parsley, lemon juice, and finely-flaked fish. Spread the mixture on a buttered platter to cool. Shape into croquettes. Crumb, egg, and crumb. Fry in deep fat. Drain on unglazed paper. Serve hot with sauce tartare.

Scalloped Salmon

2 cups bread crumbs	3 hard cooked eggs
2 tablespoons butter	2 cups white sauce
1 can salmon	

White Sauce

3 tablespoons butter	$\frac{1}{8}$ teaspoon cayenne
3 tablespoons flour	Sprinkle of mace
1 teaspoon salt	2 cups hot milk

Butter and season the bread crumbs. Break the salmon up with a fork. Line a buttered baking dish with $\frac{1}{4}$ the crumbs, then add a layer of salmon, eggs, and white sauce; add another fourth of the crumbs and another layer of the other food materials. Cover with crumbs and bake in a moderate oven until a golden brown, about 20 minutes. Serves 6 or 8.

Casserole of Rice and Salmon

Follow the recipe for Casserole of Rice and Meat, substituting 2 cups flaked salmon for the meat. Serve the salmon with tomato or white sauce. Serves 8 to 10.

OYSTERS

Oysters are in season from September to May—through the months containing "r." In the summer months the oysters are spawning and are not considered good.

Oysters are often "fattened" or "soaked" in fresh water before being sent to market. This involves a loss in nutritive value. Along the coast oysters are sold in the shell. For shipping some distance the shells are usually opened and the oysters packed in bulk, sealed and surrounded by ice for shipping. Some are packed in tin boxes. Oysters must always be kept very cold.

The oysters are always considered best if bought in the shell where it is possible to obtain them in that way. Blue points are a small oyster raised on Long Island, thought to have an especially fine flavor. Bulk oysters are good for stews, scallops, and creamed oysters. Select oysters, those large in size, are best for frying.

The oyster consists of a soft portion or body which is principally the liver (glycogen) and a tough portion, or muscle, and is surrounded by gills. The entire body is used for food.

After oysters have been removed from the shell, they should always be carefully picked over to remove any small pieces of shell and should be well-washed. If the juice is to be served, it should be strained through a cheese cloth.

Purpose of cooking oysters:

- 1 To make them more attractive.
- 2 To develop flavor.
- 3 To make them more wholesome.

Methods of cooking include broiling, pan-broiling, frying, stewing, creaming, scalloping.

Oysters should be cooked a very few minutes. Test—when the body looks plump and the edges curl. If oysters are cooked too long, the flavor is lost and the muscle becomes tough.

Appropriate garnishes for oysters are lemon, parsley, celery, and such relishes as catsup and horse-radish.

Fricasseed Oysters

2 tablespoons butter	Cayenne
1 teaspoon salt	1 pint or 30 oysters
1/8 teaspoon white pepper	

Place all the ingredients, except the oysters, in a chafing dish or covered sauce-pan. When hot add the oysters, cover and shake the pan occasionally. When the oysters are plump and edges curl, drain them and place them where they will keep hot. Add enough cream to the liquid in the pan to make 1 cup and use this for the sauce.

Sauce

2 tablespoons butter	1 cup cream and oyster liquid
3 tablespoons flour	
Salt and pepper	1 teaspoon lemon juice
	1 egg

Cook the ingredients, except the egg and lemon juice, as a white sauce. Beat the egg until light, and pour the hot sauce gradually over it. Add the oysters and lemon juice, and when hot serve on toast or in patty-dishes. Serves 6 to 8.

Broiled Oysters

30 oysters	1/2 cup cream or milk
1 1/2 tablespoons butter	1/4 cup oyster juice
1 1/2 tablespoons flour	Salt and pepper
	6 slices of toast

Wash, drain, and dry the oysters. Grease a griddle or oyster broiler with 1 teaspoon butter. When hot put in oysters and turn when the edges curl. Remove the oysters to a hot plate, melt remainder of butter, add flour and seasonings and then liquid. When well-cooked add oysters. Serve hot on toast.

Fried Oysters

Large Oysters	Dried bread crumbs(sifted and seasoned)
Egg	Fat for frying(lard and beef drippings)

Select large oysters, remove pieces of shell, wash, and wipe them dry, season with salt and pepper, roll in bread crumbs and flour, dip in egg (beaten with 1 tablespoon water or oyster juice), and again in crumbs. Fry in deep fat 1 minute, drain, garnish and serve.

Scalloped Oysters

1 pint or 30 oysters	Cayenne
3 cups bread crumbs	3 tablespoons butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup oyster juice

Wash the oysters with cold water in a colander, and remove pieces of shell with the fingers. Strain the juice, which is to be used, through a cheesecloth.

Melt the butter, add the crumbs and seasonings.

Line the bottom of a buttered baking dish with $\frac{1}{4}$ the crumbs and then add $\frac{1}{2}$ the oysters.

Add $\frac{1}{4}$ more crumbs and the remainder of the oysters and the oyster juice. Cover with the buttered crumbs. Bake in a moderate oven 30 to 40 minutes.

If baked in individual dishes, 4 cups crumbs and 4 teaspoons butter should be used and the oysters should be cut up. Bake 15 minutes. Serves 6 or 8.

COOKING IN FATS

Fats are considered a desirable medium for cooking some foods because they can be heated to so high a temperature and cook the food very quickly. When cooked in fats some foods develop special flavors and a peculiar palatability.

Methods of cooking in fats include sauteing—cooking in a small amount of fat; and frying—cooking by means of immersion in deep fat at a temperature of 350 to 400 degrees.

Salad oil, lard, and beef drippings are excellent fats for cooking, and there are many good cooking fats on the market that are made of a combination of vegetable and animal fats. Fats are an expensive food for cooking purposes, but there is a wide range in the prices for which they can be obtained. The housekeeper should know all the cooking fats obtainable and she should keep informed as to the local prices.

Necessary Utensils for Deep Fat Frying Include:—

1 An iron frying kettle of good depth so that fat will not easily bubble over. The kettle should never be filled within more than two inches of the top. A Scotch bowl is excellent because it can be easily handled and, because of its rounding base, so large an amount of fat is not required to fill it.

2 A frying basket to hold articles when placed in kettle so that they will not be broken up.

3 A long fork with which to handle basket. Or, a flat wire egg beater can be used in place of the basket and long fork.

4 Unglazed absorbent paper for draining.

Changes in Fat When Heated

When fat is heated it bubbles because of water present, which passes off as steam when it reaches a temperature of 212 degrees. The fat grows but little hotter until the water is all evaporated, then it becomes quiescent, temperature rises rapidly,

a faint blue smoke is given off of some fats, then heavy fumes arise and finally the fat boils at a temperature of about 600 degrees. The fat is hot enough for most cooking purposes when the faint blue smoke begins to rise, but for deep fat frying definite tests must be used. See "Tests for Temperature" given below.

In cooking, the boiling point of fats is never used. Most animal fats are broken up before the boiling point is reached and the substances associated with the fats, or cooked in them, would be burned at a temperature even lower than the boiling point.

Temperature for Frying

The fat must be hot enough to form a crust quickly on the articles to be fried so that the food will not absorb fat. This temperature must be varied for different substances in accordance with the length of time which it is necessary to cook them through.

Tests for Temperature

When water has all been evaporated from fat and bubbling has entirely ceased, watch carefully for a faint blue smoke. Then test by dropping in a small cube of bread or a little of the food material that is to be fried.

If one can count 60 seconds while the bread is browning the fat is hot enough for uncooked mixtures such as potatoes, doughnuts, fritters, etc.

If one can count 40 seconds while the bread is browning the fat is hot enough for all previously cooked mixtures, such as croquettes, fish balls, etc., that will be quickly cooked.

If one can count 20 seconds while the bread is browning the fat is hot enough for oysters and other foods that are to be cooked very quickly.

During the time of counting the bread should become a golden brown.

If a black smoke comes from the fat it is too hot.

Method of Frying

The articles to be fried should be warm and dry and only a few should be put in the fat at a time.

When the fat is at the proper temperature slip a few of the articles to be fried carefully into the kettle. Stir or turn if necessary and cook until the crust is a golden brown, and the mixture has had time to cook through to the center; then remove from the fat.

When cooked, drain the articles a few minutes directly over the kettle, then lay on unglazed paper, so that fat which adheres to the article will be absorbed by the paper. Reheat fat before adding another quantity of food to be fried.

Time Table for Frying

Breaded Chops	5 to 8 min.	Fritters	3 to 5 min.
Croquettes	1 min.	Oysters	1 min.
Doughnuts	3 to 5 min.	Potatoes, raw	4 to 8 min.
Fish Balls	1 min.		

Many kinds of food may be fried in the same fat. Each time after using clarify the fat, chill, and keep for future use. Use new fat for potatoes first, then flour mixtures and crumbed articles, and lastly for fish foods. When fat has grown so dark that it is no longer good for frying, it can be utilized in making soap.

Fat burns so readily that special precautions must be observed in handling it so that it does not come in contact with the flame.

If the fat bubbles over on the stove it should be quickly wiped off with newspaper.

If the fat should take fire, cover it quickly with ashes or sprinkle salt on it.

Egging and Crumbing

Many foods do not become covered with a crust when subjected to high heat in deep fat. Such foods must have some egg added to the mixture or be coated with a substance which forms a crust quickly. For this reason foods are dipped into bread crumbs and eggs, a method known as egging and crumbing.

Dried crumbs are prepared from crusts and from small pieces of hard bread dried in a very moderate oven until a light brown. Roll them on a pastry board, or put them through a meat grinder. Sift the crumbs. Keep dried crumbs in jars, tie pieces of muslin over jars and keep in a dry place. Use them to cover articles of food to be cooked in deep fat. For savory dishes it is well to season crumbs with salt and pepper.

Steps in egging and crumbing:

1 Dip article into seasoned dried bread crumbs, flour, or corn meal, covering it entirely with crumbs.

2 Dip into egg which has been slightly beaten with 1 tablespoon water, milk, or oyster juice (for fried oysters).

3 Dip again into seasoned bread crumbs.

Reasons for steps in egging and crumbing for deep fat frying:

The article is dipped into bread crumbs

- 1 To make the surface dry.
- 2 To cause the egg to adhere.

The article is dipped into egg

- 1 To cause a crust to form on the surface.
- 2 To prevent fat soaking in.

Water is added to the egg (1 tablespoon to each egg)

- 1 To prevent its becoming dry and stringy.
- 2 To prevent cracking of the crust.

The egg is beaten slightly

- 1 To mix it well and break up the membrane.

- 2 To avoid large bubbles in cooking, as they might crack and admit fat.

The article is dipped in crumbs the second time

- 1 To make the surface dry so that the fat will not bubble so vigorously.
- 2 To improve appearance and flavor of the crust.

Croquettes

Croquettes are an attractive form in which to serve leftovers. They are used for a luncheon dish or as an entree at dinner.

The ingredients used in croquettes are usually already cooked and are finely cut up. They are well-seasoned and are bound together with egg, softened bread crumbs, or a thick white sauce made of 2 tablespoons butter, 4 tablespoons flour, and 1 cup milk.

The materials which may serve as a foundation are:—

Meat—Chicken, Veal, Beef.

Fish—Salmon, Lobster, Cod, Oysters.

Vegetable—Macaroni, Potato, Squash, Parsnips.

Cereal—Rice, Farina.

Fruit—Banana, Apple.

Egg—Hard cooked, creamed, stuffed.

Cheese—With butter, with eggs, with white sauce.

The processes involved in making croquettes are mixing, seasoning and binding materials; chilling; shaping—round for cereals, cylindrical for potatoes, pyramid for meats; crumbing, egging and crumbing; frying and draining. See—Directions for cooking in deep fat.

Croquettes may be served with a garnish of parsley, peas, or with sauces—white sauce, tomato sauce, brown sauce, mushroom sauce, or with sweet sauce for fruit croquettes.

See recipes for croquettes.

BATTERS AND DOUGHS

Batters and doughs are mixtures of flour or meal and a liquid, with salt and sugar to give flavor, butter to make tender, and air or gas to make light. Doughs are thicker than batters.

Flour and water mixed and cooked make a hard mass. Air or gas can be introduced and the mixture quickly cooked before the bubbles break and the resulting cooked dish will be light and porous, because of the elastic nature of the flour and its tendency to become firm when exposed to high heat. The air and gas both expand when heated at the temperature of the oven to about three times their volume, and if properly baked the cooked dish is very light.

Methods of entangling air in a batter:

- 1 By beating the batter. Examples—Pop-overs, cream puffs, beaten biscuits.
- 2 By kneading the batter. Examples—Bread and rolls.
- 3 By adding well-beaten eggs. Examples—Pop-overs, muffins, cakes. (One or two eggs are sufficient to make one cup flour light in a thin batter, 6 eggs are necessary for 1 cup flour if no other liquid is used.)

Methods of Entangling Gas in a Batter:

- 1 By using an alkali with an acid.
 - a Soda with sour milk. (1 teaspoon soda to 1 pint sour milk.)
 - b Soda with molasses. (1 teaspoon soda to 1 cup molasses.)
 - c Soda with cream of tartar. (1 level teaspoon soda to 2 slightly rounding teaspoons cream of tartar.)
 - d Soda with dried fruits. (Raisins containing cream of tartar.)
 - e Soda with chocolate (fatty acids).

2 By the use of yeast.

The Thickness of Batters and Doughs

1 A thin or pour batter is of the consistency of thin cream and pours readily.

Proportion—1 measure flour to 1 measure liquid (scant).

Example—Pop-overs, griddle cakes, timbales, etc.

2 A thick cake, or drop batter is of the consistency of thick cream and breaks when poured.

Proportion—2 measures flour to 1 measure liquid. Example—Muffins, butter cakes, etc.

3 A soft or bread dough is stiff enough to be handled lightly.

Proportion—3 measures flour to 1 measure liquid. Example—Baking powder biscuits, bread, etc.

4 A stiff or pastry dough is stiff enough to be handled easily.

Proportion—4 measures flour to 1 measure liquid. Example—Pie crust, cheese straws, noodles, etc.

NOTE—Proportions will vary with the kind of flour and the liquid used.

Ways of Combining Ingredients

1 To stir, merely for the purpose of combining ingredients, means to mix by circular motion with a spoon.

2 To beat, for the purpose of enclosing air in the mixture, means turning the ingredients over and over, and drawing the spoon, fork or beater through from underneath to the surface.

3 To cut and fold, for the purpose of combining ingredients which have already been beaten in such a way as to prevent the entangled air from escaping, means cutting through and turning over the ingredients with a fork or beater until they are thoroughly blended.

General Directions for Mixing Batters

1 Have oven at proper temperature, and see that the fire is in good condition and well regulated. The oven temperature should be about 375 degrees, or test by putting in a piece of white paper or 2 teaspoons flour on a pan. This should become a golden brown in from 2 to 5 minutes.

2 Prepare pans before beginning to measure materials.

Grease pans with lard, butter, or beef drippings, using a soft brush or a piece of paper for that purpose. Heat iron gem pans or earthen cups before filling.

Pans are greased

- a To keep batter from sticking.
- b To add flavor to the crust.
- c To help cook the crust.

3 Have all materials measured and ready before beginning to combine the ingredients.

4 Mix and sift all dry ingredients together.

5 Mix milk and egg yolk.

6 Add liquids slowly to dry ingredients, stirring and beating them well to keep free from lumps.

7 When perfectly smooth, cut and fold in well-beaten whites.

8 Add melted butter last.

9 Fill muffin tins only one-third to two-thirds full.

10 Bake at once.

Pop-Overs

1 cup flour	$\frac{7}{8}$ cup milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon melted butter
1 or 2 eggs	

Mix and sift flour and salt. Add yolks of egg to milk and add gradually to the flour to obtain a smooth batter. Beat 3 minutes. Then add well-beaten whites carefully. Add melted butter last. Turn into hissing hot gem pans or earthen custard

cups. Bake 25 to 35 minutes in a hot oven. Serves 8 to 10.

Or pop-overs may be mixed without separating the eggs, beat up slightly, add milk, and then add the liquid gradually to flour and salt. Beat batter 3 minutes with dover egg beater.

Pop-overs are the simplest form of batter and are used as a muffin for breakfast, as an accompaniment to roast beef in the form of Yorkshire pudding, and as a simple dessert with lemon sauce.

Graham Pop-Overs

1 cup milk	$\frac{1}{2}$ tablespoon sugar
1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup Graham flour	$\frac{1}{2}$ tablespoon melted fat
$\frac{1}{2}$ cup white flour	

Beat the egg very light, add the milk and pour the liquid slowly onto the dry ingredients which have been mixed and sifted. Beat with an egg beater until bubbles appear on top. Add melted fat last. Bake in a moderately hot oven in hot well-greased iron gem pans 30 to 35 minutes. Makes 8 to 10.

Noodles

2 eggs	Flour
$\frac{1}{2}$ teaspoon salt	

Beat the eggs until light, add salt and sufficient flour to make a very stiff dough; knead until smooth, roll thin as paper and when partially dry cut in thin strips. Let dry in the air. When dry place in a jar covered with cheese-cloth. Noodles will keep for several weeks, and may be used in the same way as macaroni. Cook in boiling water 30 to 40 minutes before adding to the soup.

BAKING POWDER MIXTURES

To Prepare Baking Powder Mixtures.

Pastry flour is best for baking-powder mixtures, and should be sifted once before measuring.

Only standard baking-powders should be used. Use 2 teaspoons baking powder to 1 cup flour; $\frac{1}{2}$ teaspoon soda and 1 teaspoon cream of tartar can be substituted for 2 teaspoons baking powder.

In combining baking-powder mixtures follow general rule for mixing batters, being careful to work quickly after baking powder has been moistened.

Baking Powder Biscuits

2 cups flour	2 tablespoons fat
4 teaspoons baking powder	$\frac{3}{4}$ to 1 cup milk or water
1 teaspoon salt	

Mix the dry ingredients, chop fat into the flour with a knife, slowly add sufficient milk to make a dough not too soft to be handled. Use the knife while combining dough and when handling it on the board. Toss and roll dough gently on a slightly floured board, and cut into small biscuits. Moisten tops with a little milk. Handle dough quickly, lightly, and as little as possible. Place on a buttered sheet. Bake in a hot oven till brown, from 12 to 15 minutes. Either white or whole wheat flour may be used for biscuit. Serves 6 to 8. Oven test—oven should be hot enough to color a piece of unglazed white paper to golden brown in 1 minute.

Emergency Biscuits

2 cups flour	2 tablespoons butter or
4 teaspoons baking powder	other fat
1 teaspoon salt	$\frac{3}{4}$ cup milk or water

Sift dry ingredients twice, cut in fat, add milk gradually. Drop mixture into greased muffin tins, brush over with milk, and bake in a hot oven 12 minutes. Serves 6 to 8.

Dumplings

2 cups flour	2 tablespoons butter or other fat
4 teaspoons baking powder	
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk or water

Sift dry ingredients, cut in fat, and add milk gradually. Toss onto a floured board, roll out, cut with biscuit cutter, place on a buttered plate and put in steamer over boiling water. Put cheese cloth under cover of steamer to absorb moisture. Cook 12 minutes.

Dumplings may be cooked by laying them on top of meat in stew pan, cover kettle closely, keep stew boiling, and cook dumplings twelve minutes, without removing lid. Serves 6 to 8.

Soda Biscuits

1 pint flour	2 tablespoons shortening (lard or other fat)
$\frac{1}{3}$ teaspoon soda (level)	
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup sour milk

NOTE:—If the sour milk is not thick enough to clabber, it will not contain sufficient acid to neutralize the soda and the biscuits will be yellow and bitter. To avoid this, cream of tartar can be combined with the soda (1 teaspoon). If there is no cream of tartar at hand it will be wise to use the recipe for baking powder biscuits.

Mix and sift the flour, soda and salt. Chop in the fat with a knife, then add enough of the sour milk to make a soft dough. Toss onto a floured board and roll lightly. Cut out with a biscuit cutter and put in a greased pan. Bake 12 to 15 minutes in a hot oven. Serves 6 to 8.

Pin Wheel Biscuits

2 cups flour	$\frac{1}{2}$ cup sugar
4 teaspoons baking powder	$\frac{1}{2}$ teaspoon cinnamon
1 teaspoon salt	$\frac{1}{2}$ cup raisins or currants
1 tablespoon lard or oleo	2 tablespoons butter
$\frac{2}{3}$ cup milk or less	

Combine the first five ingredients as baking powder bis-

cuits. Roll $\frac{1}{4}$ inch in thickness, brush with creamed butter and sprinkle with $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{2}$ cup stoned and chopped raisins. Roll up like a jelly roll, cut off $\frac{3}{4}$ inches at a time and place in a greased pan cut ends up. Bake in a hot oven 15 minutes. Serves 6 to 8.

Hot Cross Buns with Baking Powder

2 cups flour	2 tablespoons butter
4 teaspoons baking powder	$\frac{3}{4}$ to 1 cup milk
$\frac{1}{2}$ teaspoon salt	1 egg
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup currants

Mix dry ingredients, chop fat into the flour with a knife, mix part of the milk with the egg, and slowly add sufficient of the liquid to make a dough not too soft to be handled. While adding the liquid mix in the currants also. Toss and roll dough gently on a slightly floured board, and cut in large rounds. Just before baking mark with a cross on top using a sharp knife; brush with beaten egg. Bake 12 to 15 minutes in a moderately hot oven. Serves 6 to 8.

Scones

2 cups flour	$\frac{1}{4}$ cup sugar
1 teaspoon cream of tartar	$\frac{2}{3}$ cup raisins or currants
$\frac{1}{2}$ teaspoon soda	$\frac{1}{4}$ cup sour milk
1 teaspoon salt	2 eggs
4 tablespoons butter	

Mix and sift the dry ingredients. Chop butter in. Add raisins, then egg slightly beaten, then enough sour milk to make a soft dough to roll out.

Divide in 2 pieces, pat each piece into the shape of a round ball, flatten into the size of a small tea plate, cut in eighths, lay on a buttered baking sheet, moisten top by brushing with a slightly beaten egg, or 2 tablespoons milk and 1 teaspoon sugar.

Bake quickly 10 to 15 minutes. Serves 16.

Muffins

3 cups flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	$1\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup corn meal	2 eggs
3 teaspoons baking powder	2 tablespoons butter
2 tablespoons sugar	

Mix and sift dry ingredients. Add egg yolks and milk beaten together. Cut and fold in well-beaten whites and add melted butter last. Bake 20 minutes in buttered gem pans, or muffin tins in a hot oven. Serves 16 to 20.

Corn Muffins

1 cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup corn meal	1 cup milk
3 teaspoons baking powder	1 egg
1 tablespoon sugar	2 tablespoons butter

Mix and sift dry ingredients. Add egg and milk beaten together. Add melted butter last. Bake in gem pans or muffin tins 25 to 30 minutes. Serves 12 to 16.

Whole Wheat Muffins

$1\frac{1}{2}$ cup whole wheat flour	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup wheat flour	1 egg
3 teaspoons baking powder	2 tablespoons butter or oleomargarine
$\frac{1}{2}$ teaspoon salt	

Mix and sift dry ingredients. Add egg and milk beaten together. Add melted butter last. Bake 25 to 30 minutes in greased gem pans or muffin tins. Serves 12 to 16.

Graham Gems

2 cups graham flour	1 cup milk
$\frac{1}{4}$ cup sugar	1 egg
$\frac{1}{4}$ teaspoon salt	1 tablespoon melted butter or oleomargarine
3 teaspoons baking powder	

Mix and sift dry ingredients. Add egg, well-beaten, and

melted butter last. Bake in hot, greased gem pans 20 minutes. Serves 12 to 16.

Date Graham Gems

Follow the recipe for Graham Gems. Just before putting into pans add 1 cup of dates that have been stoned and cut in pieces.

Bran Gems

2 cups bran	1 cup sour milk
1 cup flour	2 eggs
$\frac{1}{4}$ teaspoon salt	2 tablespoons butter or other fat
1 teaspoon soda	
$\frac{1}{2}$ cup molasses	

Mix dry ingredients, add molasses and sour milk. Then add well-beaten eggs and the melted fat. Bake in small greased gem pans 35 minutes in a moderate oven. Serves 8.

Rolled Oats Muffins

$\frac{1}{4}$ cup oleomargarine	$\frac{1}{2}$ teaspoon salt
2 tablespoons sugar	3 teaspoons baking powder
1 egg	Nutmeg
1 cup rolled oats	1 cup milk
$\frac{3}{4}$ cup flour	

Cream the fat, add sugar and well-beaten egg. Then add the rolled oats and other dry ingredients alternately with the milk. Bake in greased muffin tins in a hot oven 25 to 30 minutes. Serves 6 to 8.

Corn Bread

$1\frac{1}{2}$ cup corn meal	2 eggs
$1\frac{1}{2}$ cup flour	2 cups milk
$1\frac{1}{2}$ teaspoon salt	3 tablespoons butter or other fat
1 tablespoon sugar	
4 teaspoons baking powder	

If sour milk is used omit baking powder and use 1 teaspoon soda.

Mix and sift dry ingredients. Beat eggs well, add milk, and add gradually to dry ingredients. Beat well. Add melted butter. Turn into a well-buttered pan. Bake in hot oven 30 minutes. Serves 6 to 8.

Corn Bread Sticks

Prepare the batter for corn bread. Bake in well-greased bread stick pans 15 to 20 minutes until well browned. Serve hot. Makes 2 dozen.

Spoon Corn Bread

1 cup white corn meal	1 egg
1 teaspoon salt	1 pint sour milk
1 teaspoon soda	1 tablespoon fat

If sweet milk is used, omit the soda and add 2 level teaspoons baking powder.

Sift together the corn meal, salt, and soda, add the egg well-beaten, then the milk and melted fat. Beat thoroughly, put into a shallow, well-greased dish, preferably earthen, granite, or iron, and bake 30 to 35 minutes in a hot oven. Serves 6.

Corn Meal Rolls

1 $\frac{1}{4}$ cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup corn meal	4 tablespoons butter
4 teaspoons baking powder	1 egg
1 tablespoon sugar	$\frac{3}{4}$ cup milk

Mix and sift dry ingredients. Chop 2 tablespoons butter in with a knife.

Beat egg, add $\frac{1}{2}$ cup milk to egg, then add to dry ingredients slowly to make a soft dough. Toss on a floured board, roll out $\frac{1}{2}$ inch thick, cut with a round cutter, brush with melted butter, fold over so that edges are even, put in a buttered pan, brush

with milk and bake in a quick oven 12 to 15 minutes. Serves 10 to 12.

Corn Meal Dodgers

1 pint white Southern corn meal
 2 tablespoons shortening
 $\frac{1}{2}$ cup boiling water poured over to make meal moist,
 not soft
 Let stand $\frac{1}{2}$ hour
 1 egg, beaten without separating
 2 tablespoons milk

Add to meal, then drop by spoonfuls onto a hot, greased baking pan, shape like a meringue. Bake in a moderate oven for $\frac{1}{2}$ hour. Serve hot. Serves 6 to 8.

Steamed Brown Bread

4 cups rye meal	1 teaspoon salt
2 cups corn meal	1 cup molasses
1 tablespoon soda	4 cups sour milk

Mix the dry ingredients thoroughly, add the molasses; then the milk. Beat well. Put into a mould which has been greased. Cover tightly. Cook over steam 6 hours, then remove cover, and dry in the oven for a few minutes. Serves 20. See—Steamed mixtures.

Quick Graham Bread

1 cup graham flour	1 egg
$\frac{3}{4}$ cup wheat flour	2 tablespoons molasses
$\frac{1}{2}$ teaspoon salt	1 cup sour milk
$\frac{1}{2}$ teaspoon soda	

Mix and sift the dry ingredients. Add molasses to well-beaten egg and add to dry ingredients. Add sour milk slowly, and beat thoroughly. Turn into a well-greased pan and bake in a hot oven 30 minutes. Serves 6.

Nut Bread

4 cups flour	1 cup milk
1 cup sugar	1 cup chopped nut meats
6 teaspoons baking powder	Salt
1 egg	

Mix and sift the dry ingredients. Add egg and milk, making a soft dough as for baking powder-biscuits. Add nuts and turn into loaf pans which have been well-greased. Let stand 20 minutes. Bake in a moderately hot oven 30 to 45 minutes. Makes two loaves.

Quick Coffee Bread

2 tablespoons oleomargarine or other fat	1½ cups flour
¼ cup sugar	3 teaspoons baking powder
1 egg	¼ teaspoon salt
½ cup milk	

Cream the fat, add the sugar and the egg, well-beaten, then add the dry ingredients and the milk alternately to make a cake batter. Bake in a well-greased, round cake tin 25 to 30 minutes.

After the bread is well risen, sprinkle the top with

¼ cup brown sugar	2 tablespoons oleomargarine
1 teaspoon cinnamon	2 tablespoons flour

Continue baking until done.

Serves 6 to 8.

Raisin Bread

2 cups flour	1 egg
4 teaspoons baking powder	1 cup milk, or enough to make a soft dough
½ teaspoon salt	
½ cup sugar	½ cup currants
¼ teaspoon nutmeg grating	½ cup raisins
4 tablespoons butter	

Mix and sift the flour, baking powder, salt, sugar, and nutmeg twice, chop in fat till very fine. Add the beaten egg to

one-half cup milk and mix lightly with flour and fat, using just enough to form a soft dough. Add the raisins and currants which have been well washed, dried, and lightly floured. Bake in a buttered loaf pan 40 to 50 minutes in a moderate oven. Serves 8 to 10.

Griddle Cakes

Batter—Griddle cakes are prepared in the form of thin batters.

Sweet, sour, or butter milk may be used in griddle cakes.

Flour, stale bread, rice, corn meal or other cereals may form the foundation of griddle cake batters.

The Griddle—Griddle cakes are made round or long in shape.

Iron griddles hold an intense heat and give good results in baking. When black they heat best.

Aluminum griddles—which require little or no greasing—heat very easily, are easily cleaned and light to handle. The aluminum griddle is apt to warp and one of the heavy cast aluminum must be selected to avoid this danger.

Soapstone griddles—which must not be greased at all—give excellent results in baking but are very heavy.

Electric griddles of steel or aluminum are most satisfactory because of the even heat which can be secured and maintained.

Preparation of Griddle—Make sure the griddle is perfectly smooth. Rub an iron griddle well with salt to clean.

If it is to be greased, rub it with a piece of salt pork on the end of a fork, with suet, or with beef drippings or lard on a soft cloth. Butter is expensive and burns too easily to be desirable.

Wipe off with tissue paper before using to remove any black.

Scrape off any mixture that sticks.

Grease after each using.

For cake turners the regulation cake turners, plain or perforated, are made, or a broad-bladed spatula may be used, or a broad-bladed knife.

Baking—Pour batter carefully from spoon or pitcher so that it will take a round shape.

• Test griddle and batter first by baking one cake. When it bubbles on top evenly, turn and brown on under side. Turn only once while baking.

Serving—Always have a hot plate ready for serving cakes. Serve immediately when baked.

A perforated cover is good to put over the plate or a napkin may be folded over the cakes if they have to stand for a few minutes.

Granulated sugar, powdered sugar, and syrups are all used as accompaniments in serving griddle cakes.

Plain Griddle Cakes

1 quart flour	3 eggs
1 teaspoon salt	3 cups milk
4 teaspoons baking powder	$\frac{1}{4}$ cup butter

Mix and sift the dry ingredients. Separate the yolks and whites of the eggs and add milk to the yolks. Add this mixture to the dry ingredients and fold in the whites of the eggs. Add butter, melted, last. Cook at once on a hot griddle. The batter may be made quickly without separating the eggs. Serves 16 to 20.

Corn Meal Griddle Cakes

1 cup corn meal	4 teaspoons baking powder
1 cup hot milk	$\frac{1}{4}$ cup sugar
1 cup flour	2 eggs
1 teaspoon salt	

Pour the hot milk over the meal, stir thoroughly, and cook 5 minutes. Sift the remaining dry ingredients; when the meal

has cooled, mix all together and add the well-beaten eggs. Add cold milk if mixture is too thick. Bake at once. Serves 8 to 10.

Sour Milk Griddle Cakes

2 cups stale bread or bread crumbs	$\frac{1}{2}$ teaspoon salt
1 cup boiling water	$\frac{1}{4}$ cup sugar
2 cups flour	1 egg
$\frac{3}{4}$ teaspoon soda	$1\frac{1}{2}$ cup sour milk
	1 tablespoon melted butter

Break bread in pieces and pour boiling water over it. When soft pour off surplus water, if any, and beat until smooth. Add dry ingredients, mixed and sifted, then beaten egg, milk and butter. Beat thoroughly; bake on a hot, greased griddle. Serves 8 to 10.

Bread Griddle Cakes

$1\frac{1}{2}$ cups stale bread crumbs	$3\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups hot milk	$\frac{1}{2}$ teaspoon salt
2 eggs	2 tablespoons butter
$\frac{1}{2}$ cup flour	

(1 cup any cooked cereal may be used instead of bread crumbs)

Soften bread crumbs in hot milk; cool; add yolks of eggs, and add this liquid to dry ingredients, sifted together; cut and fold in whites of eggs and add melted butter last. Cook at once on a hot griddle. Serves 6 to 8.

Buckwheat Cakes

1 quart buckwheat flour	2 tablespoons molasses
$\frac{1}{4}$ cup corn meal	$\frac{1}{2}$ cake yeast
1 teaspoon salt	$\frac{1}{4}$ cup warm water

Soften yeast in $\frac{1}{4}$ cup warm water. Mix buckwheat, corn meal, and salt. Add molasses and sufficient warm water to make a thin batter. Add yeast and beat well. Set in warm place and let rise over night. In the morning beat up well, and bake on a hot griddle. Serves 16 to 20.

Waffles

The Batter—Waffles are prepared with a thin batter richer than that used for griddle cakes and made lighter by the use of more eggs.

The Waffle Iron—Waffles are baked in a corrugated waffle iron which must be well-buttered with a brush or soft cloth each time before cooking a waffle.

Baking—Both sides of a waffle iron must be heated before buttering and the waffle is baked largely by the heat of the iron. The first side of the waffle can be quickly turned, the second side will require longer cooking. Cook till both sides are well-browned.

Serving—Have hot plates ready for serving. Serve as soon as baked. Serve with bacon, syrup, or powdered sugar.

Waffles

1 pint flour	1½ cups milk
2 teaspoons baking powder	2 tablespoons melted
½ teaspoon salt	butter
3 eggs	

Mix and sift dry ingredients; add yolks of eggs well-beaten with milk; cut and fold in well-beaten whites of eggs carefully; add melted butter last. Bake on a hot, well-buttered waffle iron until well-browned and crisp. Serves 6.

FRITTERS

Fritters are batters or doughs which are fried in deep fat. Some vegetable or fruit is usually added to the batter or the fritter may be served with a sweet sauce or preserve.

Fritters are served as an entree or side dish with meat or are used as a dessert.

Fritter Batter

1 cup flour	⅓ cup milk
¼ teaspoon salt	2 tablespoons butter
1 teaspoon baking powder	(melted)
1 egg	

Sift the dry ingredients together. Beat the egg, add the milk, add the liquid to the dry ingredients, then add the melted butter. Use the batter with apples, bananas, oranges, pineapple, grated corn or cooked sweet corn, cold cooked cauliflower, celery that has been parboiled, oysters, or chopped clams. Serves 16 to 20.

Apple Fritters

Wash, quarter, pare, and core sour apples, cut quarters into halves, and stir into fritter batter. Drop by spoonfuls into deep fat, and fry until golden brown. Drain on absorbent paper, sprinkle with powdered sugar, and serve hot. See—Cooking in fats.

Queen Fritters

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup boiling water	2 eggs

Put the butter in a sauce pan, add the water, and when boiling turn in all the flour at once, stirring until it forms a ball. Add the eggs, unbeaten, one at a time, and beat well. Fry a small spoonful at a time in deep fat until well-puffed and brown. Drain on absorbent paper; split and put jam or marmalade inside of puff; sprinkle with powdered sugar. Serves 10 to 12. See—Cooking in fats.

TIMBALES

Timbales are entrees which are moulded and cooked in cases, or the term is applied to pastry preparations which are cooked in the shape of cases.

The moulded timbale preparations may be savory or sweet. They may be prepared from a mixture which resembles a custard, or a soufflé, or a croquette mixture.

To shape the timbale mixture a mould is well-buttered, then lined with sifted crumbs.

The timbale is steamed or baked in the mould or turned from the mould and egged, crumbed and fried as a croquette.

The timbale is always turned from the mould and usually served hot with a white, brown or tomato sauce, peas, mushrooms or other garnish, and an accompaniment of crisp bread.

Swedish Timbales—The timbales in the form of a pastry preparation most commonly used are the Swedish timbales. These are very thin batters which must be perfectly smooth and are cooked very quickly on hot irons until they are brown and crisp.

The timbale irons are round, long or heart-shaped, often with a fluted surface. They are very heavy and hold a great deal of heat. They have a long handle to prevent burning of the hand while cooking.

The irons should be kept perfectly smooth and clean and put away well-greased and wrapped in tissue paper.

Swedish Timbales

$\frac{3}{4}$ cup flour	1 egg
$\frac{1}{2}$ teaspoon salt	1 tablespoon olive oil or
1 teaspoon sugar	melted butter
$\frac{1}{2}$ cup milk	

Sift the dry ingredients. Add the milk gradually, then the slightly beaten egg, and the oil; stir well, but do not beat; strain the mixture into a cup. Heat the timbale iron in fat which is hot enough to brown a cube of bread in one minute. The fat should be deep enough to cover the iron. When hot, dip the iron three-fourths into the batter, and then into the hot fat. Cook the timbale until a delicate brown; remove from the iron, and drain on brown paper. See—Cooking in fats. Serves 30 to 40.

BREAD

Yeast bread or "light bread" is made by using yeast to produce the gas necessary for making the bread light.

YEAST

Yeast is a kind of plant without leaves, stems, or blossoms, microscopic in size but larger than bacteria. It consists of a single egg-shaped cell which splits in the center to form new plants or sends out little protuberances from the ends which break off as little buds to form new plants. The yeast plant multiplies very rapidly, many hundreds of cells being produced in a few minutes.

Yeast plants are present in the air and found in the form of "bloom" on the surface of grapes, plums, and other fruits.

Conditions for Growth

The yeast plant needs *m o i s t u r e* and heat for growth. The most favorable temperature is from 65 degrees to 90 degrees F. Above 139 degrees the activities of yeast become arrested and at 212 degrees the plant is killed. A low temperature renders yeast inactive and at 32 degrees it may become ruptured.

For food the yeast plant requires some nitrogenous and sugary material both of which it finds in the bread dough, for it acts together with the ferments in wheat in changing the starch to sugar.

Action of Yeast

As yeast grows it breaks sugar up into alcohol and carbon-dioxide, a process known as alcoholic fermentation. When yeast has grown in dough long enough to produce alcohol and carbon-dioxide in large quantities it is necessary to check this action by kneading the dough and finally by baking it as another form of fermentation is likely to set in and make the dough sour by the production of an acid. This is known as acetic fermentation and must not be allowed to begin in bread as it

changes the flavor. Lactic acid fermentation may take place in bread if the milk used is not first scalded.

Yeast produces a bread which is more wholesome and more porous than baking powder breads and which has a special flavor because some of the starch has been converted into sugar. In yeast breads there remain no harmful products because the alcohol and carbon-dioxide are both entirely given off during the baking.

Preparation of Yeast

Commercial yeast is grown in a mixture usually prepared of barley and water. The yeast plants are collected, thoroughly washed, combined with fine starch, and pressed into small cakes which are wrapped in tin foil. This is known as "compressed yeast." There is not enough moisture retained for the yeast to grow; if it is kept cold it can be kept fresh for several days. Compressed yeast should have a pleasant, alcoholic odor, be a light tan in color and not be marked by dark streaks or mould.

"Dry yeast" or "yeast foam" is combined with some starchy substance and is so free from moisture that it will keep in any temperature. It is cheaper than compressed yeast but longer time for rising is necessary if dry yeast is used.

Liquid yeasts are grown in a liquid solution prepared from flour, warm water, and hops. They are not usually handled commercially.

Leaven is a portion of dough kept to be used as a starter in the next rising. It must be kept cold. That is the old-fashioned method of starting bread.

Only yeast that is fresh and in good condition should be used in making bread. Use $\frac{1}{2}$ cake compressed yeast for 1 quart liquid if the bread is set at night; 2 cakes if set in the morning. Soften 1 yeast cake in $\frac{1}{4}$ cup lukewarm water. One cake of dry yeast is sufficient for one quart of liquid if it is to rise over night.

Liquid Yeast

2 ounces hops	2 teaspoons salt
2 quarts water	1 pound flour
½ pound brown sugar	3 pounds potatoes

Boil the hops and water 1 hour. Add the sugar, salt, and flour. Let stand for three days in a warm place. If it foams over the top of the jar stir it well. On the third day add the potatoes, boiled and mashed. On the fourth day strain, bottle, and keep in a cool place. Use one cup of yeast to one quart of liquid when starting bread.

Bread Flour

The best flours for yeast breads are those prepared from wheat and rye because these two cereals contain a large amount of gluten. Gluten is one of the principal proteins of wheat and is valuable in bread making because it is very tough and elastic, binding the particles of flour together and thus retaining the gas bubbles that are formed during the growth of the yeast.

Spring wheat or hard wheat flours are best for bread making when yeast is used because they contain a high per cent of gluten. Winter wheat or soft wheat flours are more desirable for all baking powder mixtures and are known as pastry flours.

A good pastry flour is much whiter in color and smoother and finer in texture than is bread flour, and it retains the impress of the fingers much more readily.

Tests for Good White Flour

A good bread flour should be creamy white in color and slightly granular to the touch. It should not show a tendency to lump or cake, nor readily hold the impress of the fingers if squeezed in the hand.

Flour should be kept in a cool, dry place. It should have no musty odor and should be looked over carefully before using to be sure that it is free from insects.

Whole Wheat Flour

Whole wheat flour may be used in all recipes in the same way that white flour is used. In whole wheat or entire wheat flour the outer covering has been removed and enough of the whole grain is retained to give the flour a dark color. The germ is usually retained in the whole wheat, hence the keeping qualities of whole wheat flour are not so good as those of white flour because of the larger per cent of fat present.

The bread made from whole wheat flour is not so light as that from white flour because the siliceous covering of the grain which is retained contains a ferment resembling diastase, called cerealine. While the dough is rising this ferment acts upon a good portion of the starch, forming viscid compounds of dextrin and sugar preventing carbon dioxide from puffing up the bread as much as it otherwise would.

Graham Flour

Graham flour was originally a coarse, unbolted flour made by grinding the whole wheat which is first washed and cleaned. At the present time much of the graham flour is prepared by more or less perfect bolting. The food value of graham flour is the same as that of the so-called whole wheat flour.

The graham flour is valued because it irritates the mucous membrane of the intestines, increases peristaltic action, thus giving the digestive tract needed exercise and acting as a laxative, and supplies bulk to the food. It is used in the same ways that white flour is used.

Salt is added to the bread dough for flavor.

Sugar is used in bread, not so much to give flavor as to feed the yeast plant.

Lard or *butter* is used for shortening but the presence of shortening retards, rather than favors, the growth of the yeast plants and so is used in small quantities except in fancy breads, then it is well to add it after the sponge has become well started.

Milk gives a whiter bread than water but both may be used either alone or in combination. The liquid used should always be scalded first to prevent the introduction of bacteria into the bread dough and to make sure that there is no danger of the milk souring during the time of rising.

Mashed potatoes and potato water are often used, especially with dry yeast, as they favor the growth of the yeast plant and produce a bread which retains its moisture well. Whey is sometimes used as the liquid.

MAKING BREAD

The processes in bread making consist of mixing, kneading, rising, and baking.

I *Mixing*—The method of mixing bread may be varied according to the kind of yeast used and the time allowed for rising. If dry yeast is to be used and if a long time is to be allowed for rising, a sponge is usually prepared first. When yeast has become active in the sponge enough flour is added to make a dough, which is then kneaded 20 minutes. When compressed yeast is used and time of rising is to be short the dough is usually prepared at once and thoroughly kneaded for 20 minutes. The dough should be put in a warm bowl, covered, and kept in a warm place free from drafts.

II *Kneading*—Kneading is done on a wooden board which is first floured, or a metal board which is slightly greased, or the board may be covered with a "magic cover" which requires no

flour or grease. Bread should be kept warm during the kneading.

The purpose of the first kneading is (1) to incorporate air; (2) to distribute yeast plants evenly; (3) to moisten each little starch granule; (4) to give a smooth, even surface; (5) to develop the gluten.

The purpose of the second kneading is (1) to check the fermentation; and (2) to make the grain of the bread finer by working the gas through in fine, even bubbles.

The time necessary for the first kneading is about 20 minutes. The dough should be kneaded until it does not stick to the hands or board and is smooth, spongy, and elastic, rising quickly when indented.

The time necessary for the second kneading is about 5 minutes, or until there are no longer large, uneven bubbles.

III *Rising*—The first rising will require from 2 to 8 hours according to the kind and amount of yeast used. The second rising will require from $\frac{1}{2}$ to 1 hour according to the temperature of the dough. Test for rising—the dough should be doubled in bulk and spring back lightly when touched.

If it is necessary to check rising quickly, the dough may be cut down with a knife, and the rising may be retarded by subjecting the dough to a low temperature.

IV *Baking*—Reasons for baking bread are (1) to check the fermentation and to kill the yeast; (2) to make the starch soluble; (3) to drive off the alcohol and carbon dioxide gas; (4) to make the bread light and porous; (5) to form a brown crust which will give a pleasant sweet flavor to the bread as the starch is dextrinized.

Bread requires a hot oven. The temperature should be about 375 degrees, sufficient to brown a piece of unglazed white paper or a tablespoonful of flour in 3 minutes. The heat of the oven should increase slightly during the first 20 minutes, be

kept even during the next twenty minutes, and decrease during the last 20 minutes. The time for baking bread should be divided into fourths, the bread continuing to rise during first fourth, browning slightly during the second, continuing to brown during the third and drying out during the last quarter. Biscuits require a hotter oven than bread because they can be baked more quickly.

When bread is thoroughly baked it does not cling to sides of pan, the crust is a golden brown, the sides will spring back when touched, and a hollow sound will be given forth if the crust is tapped.

When bread is baked, the loaves should be taken from the pans, put on a wire rack, and left uncovered until cooled. Bread should be kept in a clean, ventilated tin box in a cool, dry place.

Bread

2 cups milk or water (scalded)	$\frac{1}{4}$ cake compressed yeast (1 cake if set in morning)
2 teaspoons salt	$\frac{1}{4}$ cup water (lukewarm)
2 teaspoons sugar	Flour
1 tablespoon lard or butter	

Put the hot water or milk, salt, sugar, and fat into a bowl; when lukewarm add the yeast softened in the lukewarm water, then the flour gradually, and when stiff enough to handle, turn dough out on floured board and knead until soft and elastic (20 minutes). Return dough into the bowl, moisten, cover and let it rise in a warm place until double its bulk; then knead slightly, divide into loaves, or shape into biscuits, cover and let rise in the pan in which they are to be baked until double in bulk, and bake 50 to 60 minutes. (2 loaves).

Time required for making bread, if 1 yeast cake is used
—6 hours

Beaten Bread

Follow the bread recipe, but use only enough flour to make a very stiff batter that can be beaten. Beat mixture until flour is thoroughly mixed, let sponge rise till double in bulk; then add sufficient flour to make a stiff dough; beat well for five minutes. Place in pans, and when double its bulk, bake. (2 loaves).

Beaten bread will not be so fine in grain as kneaded bread, but may be more easily prepared.

Whole Wheat Bread

1 tablespoon butter or lard	2 cakes compressed yeast
2 teaspoons salt	$\frac{1}{2}$ cup lukewarm water
1 pint milk, scalded	Whole wheat flour to
1 pint boiling water	make a batter

Pour hot milk and water into bowl with salt and butter; when lukewarm add yeast cake which has been softened in lukewarm water, then add flour gradually beating it in with a wire whip until very light and spongy.

Set away to rise till double its bulk (about one hour), then add flour to make a stiff dough. Knead thoroughly, set away to rise a second time (about 1 hour), then knead slightly, and divide into loaves, and let rise in pans till double in bulk and bake 50 to 60 minutes. (4 loaves.)

Soft Graham Bread

$1\frac{1}{2}$ cups scalded water or milk	2 tablespoons butter or lard
2 teaspoons salt	$\frac{3}{4}$ cake compressed yeast
2 tablespoons molasses or	$\frac{3}{4}$ cup lukewarm water
4 tablespoons brown	$3\frac{1}{2}$ cups graham flour
sugar and 1 tablespoon molasses	$1\frac{1}{2}$ cups white flour

Mix ingredients in order given, and add sufficient white flour to make a thick batter or sponge. Beat well, let rise till

very light, beat again, and pour it into the greased bread pans, filling them half full. Let rise till very light, and bake in a moderate oven. (2 loaves.)

Rye Bread

Follow the recipe for bread, using from one to one and one half cups rye flour to every 3 cups of white flour.

Coffee Bread With Yeast

1 cup scalded milk	Flour to make a stiff
$\frac{1}{3}$ cup butter or other fat	batter
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon salt	3 tablespoons creamed
1 egg	butter
1 yeast cake	3 tablespoons flour
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{3}$ cup sugar
	1 teaspoon cinnamon

Add scalded milk to butter, sugar, and salt; when lukewarm add yeast, softened in $\frac{1}{4}$ cup lukewarm milk. Then add egg, well-beaten, flour, and raisins. Beat well. Cover, and let rise over night. In the morning, beat again, or knead, turn into two buttered round cake pans, making $\frac{1}{2}$ inch thick. Cover and let rise till light. Bake in a hot oven 45 to 50 minutes. When nearly browned spread with the creamed butter, flour, sugar, and cinnamon, which have been well-mixed together, and continue browning. Serves 12 to 16.

ROLLS AND BUNS

Parker House Rolls

1 pint milk (scalded)	$\frac{1}{4}$ yeast cake, if mixed at
2 tablespoons butter or	night
oleomargarine	1 cake, if mixed in the
2 tablespoons sugar	morning
1 teaspoon salt	$\frac{1}{4}$ cup water
	3 cups flour

Make a sponge, beat thoroughly, and put away to rise. When light, add flour to make a stiff dough, and knead until smooth. When double its bulk, knead again, and roll the dough $\frac{1}{2}$ inch thick. Lift it from the board, and let it shrink so that the rolls may be of uniform shape. Cut with a round or oval cutter. Place a bit of fat in the center of each round of the dough, then fold so that the edges are even. Press the roll on the straight side to prevent it from separating as it rises. Place the rolls in a greased pan, and when very light bake in a hot oven 20 to 25 minutes. The oven should be hot enough to color a piece of unglazed white paper to golden brown in $1\frac{1}{2}$ minutes. (4 dozen.)

Luncheon Rolls

Use recipe for Parker House Rolls. When light enough to to shape, knead down and cut off small pieces, shaping them in long narrow strips. Rub with fat and put close together in a narrow pan. Let rise till light. Bake in a quick oven 20 to 25 minutes.

Finger Rolls

Use recipe for Parker House Rolls. When light enough to shape, knead down and cut off small pieces. Shape them in slender, pointed rolls and place far enough apart so that they will not touch one another when they expand. Let rise till light. Brush with milk and bake in a quick oven 20 to 25 minutes.

English Muffins

2 cups scalded milk	$\frac{1}{4}$ yeast cake
1 cup hot water	$\frac{1}{4}$ cup lukewarm water
3 tablespoons shortening	Flour
1 tablespoon sugar	1 egg, if desired
1 teaspoon salt	

Scald milk. Heat water. Soften yeast cake in lukewarm water. Measure shortening, sugar and salt, and put in a large

bowl. Add scalded milk and hot water. When mixture is lukewarm add softened yeast. Add enough flour to make a stiff dough. Egg should be added after one-third flour has been added. Beat well. Let rise over night to double its bulk. When light divide into small balls and place in buttered gem pans. Let rise until very light. Bake in a moderate oven 20 to 30 minutes. Makes 18 to 24.

Bread Sticks

1 cup milk (scalded)	$\frac{1}{4}$ yeast cake
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup water
2 tablespoons sugar	1 egg white (beaten)
$\frac{1}{2}$ teaspoon salt	+ cups flour (about)

Make a stiff dough and knead until smooth. Let it rise until double its bulk. Knead again, then shape into sticks. Roll a small piece of dough into a ball, then into a stick which should be 6 inches long, and about $\frac{1}{4}$ inch in diameter. Place in greased bread-stick pans, or on sheets and let the sticks rise until light. Bake in a moderate oven 15 to 20 minutes. (4 dozen.)

Buns

1 cup milk (scalded)	$\frac{1}{4}$ yeast cake
$\frac{3}{8}$ cup sugar	$\frac{1}{4}$ cup water
1 egg	2 cups flour
$\frac{1}{4}$ teaspoon salt	

Make a sponge, beat thoroughly, and when light add—
 $\frac{1}{4}$ cup butter (softened) $\frac{1}{4}$ teaspoon cinnamon and
 $\frac{1}{2}$ cup currants nutmeg

Add flour to make a stiff dough. Knead this, and let rise until double its former bulk.

Then shape into small round cakes, and place them in greased muffin pans; when light, bake in a moderate oven 40 minutes. When the buns have baked for 15 minutes, glaze them with a mixture of milk and sugar (1 tablespoon sugar, $\frac{1}{4}$ cup milk), and repeat this every five minutes. (1 $\frac{1}{2}$ dozen.)

Rolled Cinnamon Buns

Use the sponge for buns, and when light add flour to make a stiff dough; knead well and let it rise until double its bulk; knead slightly then roll $\frac{1}{4}$ inch thick. Spread with—

$\frac{1}{3}$ cup softened butter	1 tablespoon cinnamon
$\frac{1}{2}$ cup currants	1 cup brown sugar

Roll up the dough as in making jelly roll, and cut in slices 1 inch thick. Place in well-greased pans, or muffin tins with cut surfaces up and down. When very light, bake in a moderate oven 45 minutes. Just before removing from oven, baste with molasses if desired. ($1\frac{1}{2}$ to 2 dozen.)

Date Buns

1 pint lukewarm water	$\frac{1}{4}$ cup molasses
$\frac{1}{4}$ cup sugar	3 cups flour or more
$\frac{1}{2}$ teaspoon salt	2 cups dates, chopped
$\frac{1}{2}$ yeast cake	$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup lukewarm water	

Put hot water, salt, and sugar into bowl, add the yeast which has been softened in $\frac{1}{4}$ cup lukewarm water, add molasses and flour gradually to make a soft dough, then add 1 cup chopped dates. Set aside to rise. When very light, knead and roll out until about $\frac{1}{4}$ inch thick. Spread with $\frac{1}{4}$ cup softened butter, and 1 cup chopped dates. Roll up the dough, as in making jelly roll, and cut in slices 1 inch thick. Place in well-greased pans, with cut surfaces up and down. When very light bake in a moderate oven 45 minutes. Makes 16 to 20.

Pulled Bread

Remove crusts from fresh bread, tear bread into small strips with two forks, and brown slowly in the oven so that bread is thoroughly dry and crisp.

Uses for Stale Bread

Stale bread, crumbed, is suitable for bread puddings, dress-

ings and fillings for scalloped dishes, omelets, griddle cakes, etc.

Small dried pieces of stale bread may be rolled or ground, sifted and used for crumbing croquettes, cutlets, etc.

Whole slices of stale bread may be used for toast, sippets, croutons, etc.

Croutons

Cut stale bread into $\frac{1}{2}$ inch cubes and brown in the oven.

Sippets

Cut bread into thin slices, then into strips 5 inches long and $1\frac{1}{2}$ inches wide and toast them.

Canapes

Cut bread into pieces 2 inches thick, cut in rounds or in rectangles $4\frac{1}{2}$ inches long by 3 inches wide. Remove part of the bread from the center, leaving $\frac{1}{2}$ inch wall, butter, and brown in the oven.

Soup Sticks

Cut stale bread into $\frac{1}{3}$ inch slices, remove crusts, then butter and cut in $\frac{1}{3}$ inch strips; brown in the oven.

Zwieback

Cut baker's bread or other light bread into 1 inch slices and brown slowly in a moderate oven.

Toast

Cut stale bread into slices $\frac{1}{4}$ inch thick, put on toaster or fork, move gently over the heat until dry, then brown by placing nearer the heat, turning constantly. Bread may be dried in the oven before toasting.

Milk Toast

1 pint milk	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter	8 slices toast

Scald the milk. Season with butter and salt. Pour over hot toast.

Cream Toast

$\frac{1}{4}$ cup butter	2 cups milk or cream
3 tablespoons flour	6 or 8 slices of toast
1 teaspoon salt	

Heat the butter. When it bubbles, add the flour and salt, add hot milk gradually, stirring constantly, and allowing the mixture to thicken and bubble each time before adding another portion of milk. The sauce is sufficiently cooked when it boils up after the last addition of milk. Pour this sauce over pieces of dry or moist toast. Moist toast is prepared by quickly dipping dry toast into hot, salted water or hot milk. A cheaper sauce may be made by using 2 tablespoons butter. Serves 6 to 8.

French Toast

1 or 2 eggs	1 cup milk
$\frac{1}{4}$ teaspoon salt	6 or 8 slices of stale bread
3 tablespoons butter or oleomargarine	

Beat the eggs slightly, add salt and milk, and dip bread in mixture. Heat the fat in a frying pan, brown the bread on one side, turn and brown on the other side. Serve hot. Serves 6 to 8.

Crisp Crackers

Split thick soda crackers, spread with butter, put on a baking sheet and place in the oven to brown. Serve with soup or salad.

Nut Wafers

12 salt wafers	$\frac{1}{4}$ cup chopped nuts
1 egg white	Salt

Brush each wafer with white of egg which has been slightly beaten with water (1 tablespoon to 1 egg white), dust with finely chopped nuts, and sprinkle with salt. Dry in the oven till crisp. Serve with salad.

Toasted Crackers and Cheese

12 salt wafers	Salt
$\frac{1}{4}$ cup cheese	Cayenne

Season grated cheese with salt and Cayenne pepper. Sprinkle on salt wafers, put in a slow oven, and heat until cheese has melted. Serve hot with salads.

Butter Balls to Serve with Bread

Scrub butter paddles well with white soap and hot water, rinse in clean boiling water, and chill in ice water.

With a piece of paper over the blade of the knife, cut each round of butter into 16 pieces of equal size. Shake water from the paddles, hold one paddle firmly in the left hand, and roll a piece of butter on that with the paddle in the right hand until round.

SANDWICHES

I *The Bread*—Sandwiches may be prepared from white, brown, graham or entire wheat bread. Crackers, pastry, and sweet wafers are sometimes used for fancy sandwiches. A bread of fine grain cuts to the best advantage. It should be at least 24 hours old.

II *Slicing*—Bread should be cut in thin slices for making sandwiches. It may be handled to better advantage if the slice is spread with butter before being cut from the loaf.

III *The Shape of Sandwiches*—Care should be taken to cut the bread in regular pieces that match one another. If the loaf is large, these are usually divided into sections. A long narrow sandwich is most easily handled. Sandwiches may be trimmed into shape either before or after being spread. Except for a hearty sandwich the crust may be removed and the sandwich may usually be made more attractive by cutting in fancy shapes; for example, in squares, triangular pieces, narrow strips, rounds, or with a fancy cutter. The edges must always be perfectly smooth.

IV *Spreading the Sandwich*—The butter for spreading the sandwich should first be creamed as in making cakes. It will then spread more easily, and the bread will not be broken up. A spatula or soft knife is desirable for spreading the butter.

V *Keeping Sandwiches*—Sandwiches should be protected from drying by covering with a damp cloth as soon as they have been made. If they are to be kept for some time before being used, they should be put in a cold place in a stone jar, or well-wrapped. If they are to be packed, it may be desirable to wrap the sandwiches in paraffin paper.

VI *Serving of Sandwiches*—Sandwiches may be served piled neatly on a plate or each sandwich may be separately wrapped in paraffin paper. When served with afternoon tea, sandwiches are usually placed on a doily on a pretty plate. Hot sandwiches are sometimes prepared with a hot sauce and it is then necessary to serve them with a fork.

VII *Accompaniments to serve with Sandwiches*—Coffee is the beverage most appropriately served with sandwiches. Tea comes next. Cocoa and chocolate are good with a dainty sandwich of sweet variety. Fruit drinks are frequently served with sandwiches.

VIII *Economy in Making Sandwiches*—When making sandwiches one should plan to economize by utilizing the trimmings of the bread for scalloped dishes, poultry stuffings, and puddings, and the crusts for crumbing croquettes, fried cutlets, etc. Left-over portions of foods can frequently be utilized in sandwich fillings.

IX *Fillings for Sandwiches*—Fillings of various kinds may be spread between the slices of bread.

(1) *Meat that has been cooked until very tender may be cut in very thin slices across the grain or chopped and seasoned with salt and mustard, Worcestershire sauce, horseradish, Mayonnaise, etc.

(2) Fish may be flaked, chopped, or pounded, and flavored with onion juice, lemon, minced olives or pickles, Worcestershire sauce, tabasco, salad oil, vinegar, or mayonnaise.

(3) Hot sandwiches may be prepared with a filling of sliced meat or fish and covered with a hot gravy or white sauce; or crisp slices of freshly broiled bacon may be used between slices of bread.

(4) Eggs may be used, hard cooked and sliced or chopped and seasoned, or served with a salad dressing or lettuce.

(5) Vegetables may be used for sandwich fillings by adding mayonnaise dressing or salad oil.

(6) Cheese. Cream cheese may be softened with cream and delicately seasoned or combined with pimentoes and nuts, or hard cheese may be sliced or grated and seasoned with mustard, cayenne, and other seasonings for the preparation of sandwiches.

(7) Nuts may be finely chopped and salted or combined with salad dressing or cheese, or made into sweet fillings with finely-chopped raisins, dates, etc. Nut butters are also a valuable sandwich filling.

(8) Sweet fillings are frequently used in sandwiches. For these, jelly, jam, dates, raisins, preserved ginger, candied orange peel, or maraschino cherries, chopped and moistened with fruit juice may be used.

(9) Flavored butters. Plain butter may be creamed and various flavors added and beaten until smooth and thoroughly blended. The flavored butter may be packed in a jar and kept cold until it is needed. Flavors which may be added to the butter in this way are anchovy, caviar, sardines, cheese, curry powder, horseradish, olives, pickles, mint, water-cress, etc. The fancy butter makes an attractive filling, is less in evidence than other fillings, and makes the work of spreading the sandwiches simpler.

SCALLOPED DISHES

Scalloped dishes are made by combining foods with buttered crumbs and baking. If the vegetable or fruit contains a large amount of juice, buttered crumbs are used alone. If the food be a dry vegetable, meat, or fish it is first combined with a thin white sauce, then covered with buttered crumbs. Scalloped dishes are valuable because they hold the heat well, special flavors are developed by the intense heat of the oven, and the buttered crumbs and white sauce make the nutritive value of the dish higher, especially where fat is added.

Crumbs for scalloped dishes, dressings, etc., are prepared from the inside of stale bread, breaking it up with the fingers, grating or rubbing two pieces together. Measurements for bread crumbs refer to soft broken crumbs, not to dry rolled crumbs. If dry crumbs are used one half the amount is sufficient.

Crumbs for scalloped dishes are buttered by adding them to melted butter and mixing thoroughly. Use 1 tablespoon butter to 1 cup crumbs. For savory dishes the crumbs should be seasoned, using $\frac{1}{8}$ teaspoon salt and a sprinkling of white or Cayenne pepper to each 1 cup of crumbs.

Dishes prepared "au Gratin" are prepared as scalloped dishes with white sauce and the addition of grated cheese. The food value of the dish is thus decidedly increased.

Scalloped dishes and dishes "au Gratin" are prepared in large baking dishes or in individual ramekins. They are served hot in the dish. The dishes "au Gratin" may serve as a substitute for a meat dish.

NOTE:—See recipes for scalloped apples, cabbage, corn, egg plant, fish, meat, onions, oysters, potatoes, potatoes with eggs, potatoes with white sauce, rhubarb, rice, salmon, and tomatoes.

GARNISHINGS

Food is garnished (1) to please the eye; (2) to improve the flavor; (3) to increase the nutritive value; (4) to increase the bulk or sufficiency for service.

A garnish must meet the following requirements:

- 1 It must be edible.
- 2 It must be appropriate to the dish with which it is served.
- 3 It must be pleasing to the eye.
- 4 It must not interfere with the service of the dish.
- 5 It must be ready to put on so that the service of the meal is not delayed and the hot foods do not become cooled by standing.
- 6 It must not be used to cover up the lack of skill in cooking.

Materials use for garnishing include:—

- 1 Fresh green vegetables, washed and crisped. Parsley, lettuce, cress, etc.
- 2 Cooked vegetables cut in attractive shapes. Beets, carrots, etc.
- 3 Potatoes. French-fried, riced, potato roses.
- 4 Croquettes of vegetables and cereals.
- 5 Sauces of good consistency and color.
- 6 Small fish, oysters, mushrooms, strips of bacon, etc.
- 7 Celery curls, slices of tomato, pickles, olives, etc.
- 8 Toast, cut in fancy shapes.
- 9 Puff pastry cooked in attractive forms.
- 10 Jellies, lemons, cherries, etc.
- 11 Nuts, washed and blanched, whole or chopped.
- 12 Whipped cream and meringues.

Flowers, nasturtiums, and violets, are occasionally used as a garnish. Thus nasturtiums may be used with a salad. Candied violets sometimes garnish a cake. How-

ever, flowers are more frequently used to decorate the table or the dish than the food stuff. Thus a rose is sometimes laid on the plate beside the sherbet cup or on the invalid tray.

SALADS

Salads may be divided into classes according to the materials of which they are prepared.

Class I—Salads prepared from the green salad plants, used when green and tender, and prepared without cooking. Examples—Lettuce, endive, watercress, celery, nasturtium, dandelion, peppergrass, and mustard.

Class II.—Salads prepared from uncooked vegetables, fruits, and nuts. Examples—Tomato, cucumber, onion, cabbage, radish, sweet pepper, olive, apple, banana, orange, grape fruit, pineapple, pear, cherry, grape, almond, English walnut, pecan, hazel nut.

Class III—Salads prepared from cooked vegetables. Examples—Potato, beet, carrot, asparagus, spinach, peas, beans, cauliflower, artichokes, rice.

Class IV—Salads made from cooked meats, fish, eggs, and cheese. Examples—Chicken, sweetbreads, ham, veal, tongue, salmon, shrimp, lobster, sardine, oyster and crab.

Class V—Salads made from vegetable, meat or fish stock, and prepared in the form of a jelly. Examples—Pressed chicken, aspic jelly, sardines in lemon jelly, tomato, cucumber, and mint.

Salad dressings are made with oil as a foundation or with butter or cream as a foundation.

Oil salad dressings include:

(1) The French Dressing—prepared by combining oil, vinegar, and seasonings until thoroughly blended, used with all the fresh green salad plants, with vegetable and fruit salads,

and to marinate the cooked vegetables, meats and fish used for salads.

(2) *Mayonnaise Dressing*—prepared by combining oil, vinegar, and seasonings with egg-yolks and cream by cooking, used for vegetable, meat, fish, egg, and nut salads.

(3) *Cooked Mayonnaise Dressing*—prepared by combining oil, vinegar, and seasonings with egg-yolks and cream by cooking, used as a substitute for *Mayonnaise*.

Cream Salad Dressings are prepared by combining butter or cream with vinegar and seasonings, and sometimes with eggs and milk, usually by cooking. (*Mock Mayonnaise*).

Preparation of Salad Materials

All green materials used for salads should be fresh, clean, crisp, and cold.

All cooked materials should be carefully picked over, well-chilled, and cut in attractive forms.

Left-over portions of cooked vegetables, meat, fish, and eggs, may be utilized in salads if judiciously combined.

Flavors should be carefully combined.

Garnishes should be attractive and appropriate.

The salad should be combined just before being served, each part being well-chilled before combining.

To Marinate—Cover the salad materials with *French Dressing*, combine well, and chill for a time before serving so that dressing is absorbed.

Combinations for Salads—Great care must be taken to combine in a salad only flavors which will blend in an agreeable manner.

Delicately flavored materials must not be used with those of strong flavors.

There must be some distinctly pleasing flavor about the salad to render it appetizing.

Some fresh green salad plant should be used in every salad if possible to make it refreshing.

Salad Seasonings—Onion, leeks, chives, celery, celery seed, celery salt, green peppers, pimentoes, cayenne, paprica, pepper-corn, Tabasco, catsup, mustard seed, tarragon, olives, horse-radish, cloves, lemons, sugar, salt, etc., are seasonings used for salads.

Salad Garnishes—The garnish for salad should be something edible, attractive, and appropriate as an accompaniment to materials used in salad.

Lettuce, endive, parsley, water-cress, celery leaves, nasturtium leaves and flowers, pickles, olives, pimolas, nuts, lemons, green peppers, capers, beans, beets, radishes, hard cooked eggs, and whipped cream are materials used to garnish salads.

Serving Salads—Salads are served as a course at luncheon, dinner or supper, or as an accompaniment to the fish, meat or game course. When served as a separate course, the salad should follow the meat.

Salads also form an attractive dish for light refreshments.

Only vegetable or fruit salads or salads with French Dressing should be used for dinner salads; those with Mayonnaise or rich cream dressings should be used for luncheons, supper or refreshments.

French Dressing is often prepared and added to the salad by the host or hostess at the table.

Salad Accompaniments—Salads are accompanied by wafers, sandwiches of thin bread and butter (brown, white or graham), rolls, cheese straws and other cheese preparations.

Value of Salads.

1 Salads are healthful, adding to the diet fresh, green, uncooked vegetables and a mild acid which is stimulating and adds zest to the appetite.

2 Salads are nutritious, adding oil or fat in an easily digested form to food.

3 Salads are economical, because left-over portions can be combined and used advantageously.

4 Salads are attractive, adding much to the appearance of the table, through coloring and possibilities of arrangement, thus aiding the appetite of those who eat and awakening the interest and developing the artistic skill of the cook.

RECIPES FOR SALAD DRESSINGS

French Dressing

$\frac{1}{2}$ teaspoon salt	1 tablespoon vinegar
$\frac{1}{4}$ teaspoon pepper	3 tablespoons olive oil

Have oil and vinegar very cold. Put ingredients in a bowl and stir briskly until thoroughly emulsified, or pour ingredients into a bottle and shake well. Serve at once.

Sufficient for 1 pint vegetables or fruit.

Cream Salad Dressing

1 cup thick cream, sweet or sour	1 teaspoon salt
6 tablespoons vinegar	$\frac{1}{8}$ teaspoon white pepper
4 tablespoons sugar	Cayenne

Add vinegar and seasonings to cream and stir until sugar is dissolved. Serves 10.

(Good for cabbage and apple salads.)

Cooked Salad Dressing

1 teaspoon salt	2 eggs
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ cup milk (heated)
Cayenne	2 teaspoons butter
1 teaspoon sugar	$\frac{1}{4}$ cup vinegar (heated)

Mix the salt, mustard, cayenne, and sugar together until well-blended, add the eggs, mix thoroughly and add hot milk. Add the butter, and cook in a double boiler until it thickens,

stirring constantly. Remove from the fire, and stir in the heated vinegar. If it curdles, place upper part of the double boiler in cold water, and beat with an egg beater until smooth. Serves 10.

(Good for cole slaw and potato salad.)

Mock Mayonnaise Salad Dressing

¼ cup butter	1½ tablespoons sugar
1 tablespoon flour	Cayenne
¾ cup thin cream or milk	4 egg yolks or two whole
½ tablespoon mustard	eggs
2 teaspoons salt	¼ cup vinegar

Melt the butter, add the flour and salt, then add the cream and cook until it thickens. Beat eggs well. Mix the sugar, cayenne and mustard and add to the egg mixture. Add to white sauce; cook over hot water until thick, stirring constantly. Add vinegar slowly. Strain and chill. Serves 16 to 20.

Mayonnaise Dressing

1 teaspoon mustard	2 egg yolks
⅔ teaspoon salt	1 cup olive oil
1 teaspoon powdered sugar	1½ tablespoons vinegar or
Cayenne	lemon juice

Mix the mustard, salt, sugar, and cayenne until well-blended, add the egg yolks, then add the oil drop by drop, beating with an egg-beater or wooden spoon.

When it begins to thicken, add the vinegar drop by drop; then alternately the remainder of the oil and the vinegar. It should be a thick dressing. If it curdles, beat the yolk of an egg, and gradually add the dressing to it, beating until all is used. Serves 16 to 20.

Cooked Mayonnaise with Oil

1 tablespoon mustard	⅔ cup oil
1 teaspoon salt	½ cup vinegar
Cayenne	4 egg yolks
1 tablespoon sugar	

Mix the dry ingredients, add the oil and vinegar, and heat the mixture. Pour slowly on well-beaten egg yolks. Return to the double boiler. Stir until thick. Strain and chill. Serves 12 to 16.

RECIPES FOR SALADS

Cole Slaw

Pour cooked dressing(while hot) over shaved cabbage, mix well, chill, and serve. Serves 10 to 12.

3 cups shaved cabbage 1 recipe cooked salad dressing

Tomato Salad

Tomatoes French Dressing
Lettuce

Arrange slices of tomato on lettuce leaves and dress with French Dressing. Add a few slices of cucumber if desired.

Tomato and Celery Salad

6 tomatoes 1 head lettuce
1 stalk celery 1 recipe French Dressing

After skinning the tomatoes, scoop out a small portion of the center from the top and fill with finely cut celery. Arrange on a bed of lettuce for serving and dress with French or Mayonnaise Dressing. Serves 6.

Lettuce Salad

Lettuce French Dressing

Sprinkle crisp, dry lettuce leaves with French Dressing. Toss about so that they may become thoroughly combined. Serve very cold. Garnish with slices of red radishes if desired, or flavor with a few drops of grated onion.

Cucumber and Radish Salad

6 small cucumbers 1 head lettuce
6 red radishes 1 recipe French Dressing

Wash and pare cucumbers and remove ends. Slice nearly

across, but do not loosen slices. Slice a red radish (which has not been peeled) and put slices between the slices of cucumber and serve on a lettuce leaf. Dress with French Dressing. Serves 6.

Celery and Cabbage Salad

1 small cabbage	1 recipe cream salad dressing
1 stalk celery	Parsley

Remove outside leaves from a small, solid, white cabbage and cut off stalk close to leaves. Cut out the center without removing the large leaves, leaving them attached to form a large cup. Shred center leaves finely with a sharp knife. Mix with celery which has been washed, dried, and cut in small pieces.

Add cream salad dressing and refill head of cabbage. Serve on a large salad plate. Garnish with parsley. Serves 10 to 20.

Horseradish Salad

1 pint cooked beets, chopped	$\frac{1}{2}$ cup horseradish 2 tablespoons sugar
1 pint raw cabbage, chopped	$\frac{1}{2}$ tablespoon salt Vinegar to cover
$\frac{1}{4}$ teaspoon paprika	

Mix the ingredients well together. Cover with vinegar and let stand an hour before serving. Serve cold.

An excellent relish to serve with meat or fish. Will keep several days. Serves 25.

Relish

1 cup chopped cabbage	1 tablespoon salt
1 tablespoon chopped green peppers	$\frac{1}{4}$ teaspoon pepper 1 teaspoon celery seed
1 chopped onion	$\frac{1}{2}$ cup sugar
2 tablespoons chopped parsley	Vinegar to cover

Mix the ingredients together and let stand an hour before serving. Serve cold as a relish with meats. Serves 12.

Vegetable Salad

1 cooked beet	$\frac{1}{2}$ cup cooked green string
1 cooked carrot	beans
1 cooked potato	1 head lettuce
	1 recipe French Dressing
$\frac{1}{2}$ recipe Mock Mayonnaise or Mayonnaise dressing	

Wash and crisp the lettuce. Cut the beet, carrot, and potato into $\frac{1}{4}$ inch cubes. Marinate each vegetable separately with French dressing and chill. When ready to serve arrange lettuce on plates for individual serving. Then put diced vegetables in layers on each plate, dress lightly with salad dressing, and garnish with string beans. Serves 6 to 12.

Potato Salad

4 cold boiled potatoes	2 hard cooked eggs
1 small cucumber	2 cold boiled beets
1 stalk celery	French Dressing
1 bunch parsley	Mayonnaise dressing
$\frac{1}{2}$ teaspoon chopped parsley	.

Dice potatoes, cucumbers, and celery; marinate with French dressing, and chill. When ready to serve arrange on a chop plate in a mound, surround with a border of parsley, and garnish top with chopped parsley, chopped whites of eggs, riced yolks of eggs, finely chopped beets, and mayonnaise.

Half a can of chopped olives or pimolas makes an attractive addition to the salad.

A simpler potato salad may be made by seasoning the potatoes with the juice of one small onion, and dressing with the hot cooked salad dressing. Chill and serve on lettuce leaves. Serves 12 to 16.

Mexican Salad

- | | |
|----------------|---------------------------|
| 1 cucumber | 1 bunch parsley |
| 2 tomatoes | 1 onion |
| 1 stalk celery | 2 recipes French dressing |
| 1 Mango pepper | |

Slice, chill, and drain cucumber; slice tomatoes in quarters, chill, and drain. Slice celery in one-eighth inch pieces; chop Mangô pepper, parsley, and onion fine. Chill very thoroughly, dress with French dressing, and serve from salad bowl.

Mayonnaise or cream salad dressing may be used if desired. Serves 10 to 12.

Egg Salad

- | | |
|--------------------------------------|---------------------------------------------------|
| $\frac{1}{2}$ dozen hard cooked eggs | $\frac{3}{4}$ cup Mayonnaise or
cream dressing |
| 1 head lettuce | |

Wash and crisp the lettuce, cool eggs in cold water, slice whites in rings, and put the yolks through a potato ricer. Arrange lettuce leaves on plates for individual serving, lay rings of white on lettuce leaf, and fill each ring with yolks of egg. Put remaining yolk in center of plate, and dress all with salad dressing. Serves 8 to 10.

Stuffed Eggs

- | | |
|-----------------------|-------------------------|
| 12 hard cooked eggs | Cayenne |
| 2 teaspoons salt | 2 tablespoons olive oil |
| 2 tablespoons vinegar | Lettuce leaves |
| 1 teaspoon mustard | |

Cut the eggs in halves lengthwise or across; remove the yolks, mash fine; add the seasonings to yolk; mix well; refill the whites; serve on lettuce leaves with dressing, if desired add $\frac{1}{4}$ pound ham, finely chopped, to the yolks. Serves 12.

Cheese and Pimento Salad

- | | |
|-----------------------------------------|---------------------------|
| 1 cake cream cheese | 2 pimentos finely chopped |
| 1 cup mock mayonnaise
salad dressing | 1 head lettuce |

Cream the cheese until soft and then fold into it 1 cup of thick salad dressing. Add 2 pimientos, chopped very fine, and serve on crisp leaves of lettuce. Serves 8 to 10.

Chicken Salad

1 cold cooked chicken (2 cups)	1 head lettuce
1 bunch celery (2 cups)	½ cup French dressing
1 cup small tender peas, cooked	1 cup mayonnaise dressing

Carefully remove all skin, bone, and gristle from the meat of the chicken, and cut all the meat in fine even dice.

Wash and clean the celery, dry it, and slice it in small pieces. Have an equal quantity of chicken and celery.

Drain peas when cooked and chill thoroughly.

Combine diced chicken, celery, and peas, and marinate with French dressing. Set where it can become well-chilled, and let stand 1 hour or until ready to serve. Then add mayonnaise dressing, and arrange on lettuce leaves, which have been cleaned, and crisped. (One pair sweetbreads cooked and diced, or ½ can mushrooms may be substituted for the peas. One-fourth can of chopped pimientos or pickles also make an attractive addition to the salad.)

Mock Mayonnaise salad dressing may be thinned with whipped cream and substituted for French and Mayonnaise dressings. Serves 20 to 24.

Tomato Jelly Salad

2 tablespoons granulated gelatine	3 peppercorns
½ cup cold water	1 teaspoon sugar
1 can tomatoes	1 slice onion
1 piece bay leaf	3 cloves
	2 teaspoons salt

Soak the gelatine in cold water until soft. Cook the tomatoes and seasoning (except salt) for 20 minutes. Strain and add the salt. Pour the hot liquid over the softened gelatine; stir

until it is dissolved; then pour into custard cups which have been wet with cold water. Turn from mould and serve very cold on lettuce leaves with Mayonnaise dressing or Mock Mayonnaise dressing. Serves 10 to 12.

Cucumber Jelly Salad

3 cucumbers, medium sized	1½ teaspoons tarragon
2 tablespoons gelatine	vinegar
1 large or two small lemons, juice	Salt
	Pepper
	Paprika

Pare and grate the cucumbers; simmer 1 cup water 5 minutes. Soak the gelatine in half cup cold water, add ½ cup boiling water; strain the hot cucumber liquor into it; add lemon juice, vinegar, and seasonings. Pour into a ring mould and chill. Serve with sliced tomatoes, nuts, celery, pimientos, or radishes. Dress with Mayonnaise or Mock Mayonnaise dressing. Serves 10 to 12. Pieces of fish may be put in the jelly just before it becomes set.

Jellied Cabbage Salad

¼ cup cold water	½ cup sugar
2 cups boiling water	½ cup lemon juice
2 tablespoons gelatine	2 cups shredded cabbage
1 pimento, cut in strips	

Soften the gelatine in cold water, add the boiling water, and stir until the gelatine is thoroughly dissolved. Add the sugar and lemon juice. When the sugar is all dissolved, set aside to chill. When it begins to grow syrupy, stir in the shredded cabbage and sliced pimentos. Chill thoroughly and when stiff turn from mould. Serve garnished with white leaves of the cabbage or in individual small cabbage leaves.

Mint Jelly Salad

2 bunches mint	¼ cup cold water
1 pint boiling water	3 lemons, juice
2 tablespoons gelatine	¾ cup sugar

Pour boiling water over mint and crush well.

Soak gelatine in cold water. Add sugar and hot water in which mint has been crushed. Stir until sugar is dissolved, then add the lemon juice. Strain through a cheese cloth. Chill in moulds. Turn from moulds and serve as salad with lamb or mutton. Dress with Mayonnaise or Mock Mayonnaise dressing. Serves 12 to 16.

Fruit Salad

2 oranges	½ recipe Cream, Mayon-
2 bananas	naise, or Mock
12 English walnuts	Mayonnaise dressing
1 head lettuce	

Wash and crisp the lettuce. Peel oranges, cut in slices, remove seeds, then cut slices into small pieces. Peel bananas, and cut crosswise into thin slices; break half the nut-meats into small pieces. Arrange lettuce for individual serving, into each lettuce cup put a layer of oranges, nuts and bananas. Dress with mayonnaise, mock mayonnaise, or cream dressing. Garnish with whole nut meats. Serve at once. Serves 8 to 10.

Grape-fruit, grapes, canned pineapple, peaches, pears, or cherries may be combined for fruit salads.

Apple Salad

2 cups apple, cut in small	1 head lettuce
dice	1 cup Cream or Mayonnaise
1 cup celery	dressing
12 English walnuts	

Wash and crisp the lettuce. Wash and scrub the celery, dry thoroughly and cut into small pieces. Wash, quarter, core, and pare the apples, and cut into small pieces. Chop the nut meats fine. Combine the celery, apple, and nuts with enough salad dressing to moisten thoroughly, and arrange on a bed of lettuce. Serve at once. Serves 8 to 10.

Pineapple Salad

1 head lettuce	Salt
1 can sliced pineapple	Cayenne or red pepper
1 cake cream cheese	1 recipe French dressing
$\frac{1}{4}$ cup chopped nuts	

Wash and crisp the lettuce. Drain the slices of pineapple. Cream the cheese, add the nuts and salt, shape into balls. Arrange the pineapple on a bed of lettuce. In the center of each round put a ball of cream cheese. Sprinkle with red pepper and cover with French dressing, which has been made with lemon juice, or dress with mayonnaise. Serves 6 to 8.

Frozen Fruit Salad

Prepare a combination of cooked and citrus fruits as for fruit salad or fruit cocktail, sweeten slightly and add one tablespoon softened gelatine for every quart of the mixture. Pour into an ice cream freezer and surround with chopped ice and coarse salt, using one-half as much salt as ice. Let stand for two or three hours opening the can to stir the mixture once or twice during the period of freezing. When frozen stiff, serve on lettuce leaves with mayonnaise dressing.

The mixture may be varied by adding whipped cream or cooked salad dressing before freezing.

CAKES

There are two general classes of cakes—Sponge Cakes and Butter Cakes.

Sponge Cakes are made light wholly by the presence of eggs lightly beaten and are usually made without baking powder, butter, or liquid. Sponge cakes include:

Sponge Cake proper, made with the whole egg.

Sunshine Cakes, in which the whites and only a few of the yolks are used.

White Sponge Cakes or Angel Food, in which only the whites of eggs are used.

Mock Sponge Cakes contain some milk, water, or baking powder.

Butter Cakes are made with butter and resemble other batters, except that the butter, sugar, and eggs are usually larger in amount, and the texture of the baked batter is much finer and more tender than in muffins and quick breads.

Rules for Cakes

No. I *Pans*—For butter cakes, the pans may be thoroughly greased with the same kind of fat that is to be used in the mixture, or sprinkled with flour or lined with greased paper.

For sponge cakes the pans should be clean, smooth, and dry.

No. II *Materials*—Pastry flour should be used in all cakes. If bread flour must be used, make the measure scant.

Fine granulated sugar, good butter or other sweet fat, and fresh eggs should be used.

No. III *Utensils*—Use an earthen bowl, never a tin basin for mixing cakes. Stir with a wooden spoon or spatula, and use a dover egg beater or wire whip for beating.

No. IV *Method of Combining*—The method of mixing

cake will vary with the materials and the proportions in which they are used.

In general sponge cakes are combined by cutting and folding all the other ingredients into well-beaten egg whites; butter cakes are combined by adding all other ingredients to well-creamed fat.

No. V *Oven*—The oven should be hot enough to brown a small piece of white unglazed paper to golden brown or Manila color in—

2½ minutes for layer cake

3 minutes for chocolate cake and ginger bread.

3½ minutes for loaf cake.

4 minutes for sponge cake.

5 minutes for Angel Food Cake and Meringues.

No. VI *Baking*—The time for baking will vary with the size, shape, and kind of cake.

Sponge cake should cook from 40 minutes to 1 hour.

A butter cake should cook—

20-30 minutes in a shallow layer pan.

20-25 minutes in individual muffin pans.

40-60 minutes in a loaf pan.

Tests for baking—

1 The cake shrinks from the sides of the pan.

2 The crust springs back when touched with the finger.

3 The loud ticking sound ceases.

4 A needle will come out clean if the cake is pierced.

5 The cake is nicely browned.

No. VII *Care After Baking*—When a butter cake is removed from the oven, let it stand in the pan about 3 minutes, then loosen with a spatula, and turn it gently on to a wire cake cooler. Remove paper and leave until cool. Do not handle the cake while hot.

A sponge cake should be left in the pan until cold. Invert

the pan so that the air can pass around it. When cooled, loosen well with a spatula.

Keep in a clean, ventilated tin box in a cool, dry place.

Yellow Cake No. 1

$\frac{1}{2}$ cup butter or oleomargarine	2 teaspoons baking powder
1 cup sugar	$1\frac{1}{2}$ cups flour
2 eggs	$1\frac{1}{2}$ teaspoons flavoring or
$\frac{1}{2}$ cup milk	1 teaspoon spice

Cream the butter, add the sugar gradually, mix well. Add the well-beaten yolks of eggs, then the flour and baking powder alternately with the milk. Then add flavoring and cut and fold in whites of eggs, carefully. Turn into two buttered layer cake pans and bake at once in a moderately hot oven.

For chocolate cake 2 ounces of melted chocolate may be added after the yolks of eggs. Serves 16 to 20.

Yellow Cake No. 2

$\frac{1}{2}$ cup butter or oleomargarine	$\frac{2}{3}$ cup milk
$1\frac{1}{2}$ cups sugar	2 cups flour
4 eggs	2 teaspoons baking powder
	1 teaspoon flavoring

Cream the butter, add the sugar gradually, then add the eggs which have been well-beaten together without separating. Add the flour and baking powder (sifted together) alternately with the milk; then add the flavoring; beat well. Bake in two deep layer cake pans, or in a loaf pan, or in muffin tins, in a moderately hot oven. Serves 16 to 20.

White Cake No. 1

$\frac{1}{2}$ cup butter or oleomargarine	4 teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ cup milk
2 cups flour	4 egg whites
	$\frac{1}{2}$ teaspoon almond flavoring

Cream the butter, add the sugar gradually; add the flour

and baking powder alternately with the milk. Cut and fold in the whites of eggs. Add the flavoring. Turn into buttered pans and bake at once in a moderately hot oven. Serves 16 to 20.

White Cake No. 2

$\frac{1}{2}$ cup butter or oleo- margarine	$2\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cup sugar	3 teaspoons baking powder
$\frac{3}{4}$ cup milk	6 egg whites
	$\frac{1}{2}$ teaspoon flavoring

Cream the butter, add the sugar and beat well. Add the milk and flour alternately (having added the baking powder to the last cup of flour). Fold in well-beaten whites carefully. Bake in buttered loaf pans 45 to 50 minutes, or in three round tins 25 to 30 minutes. Frost with boiled icing. Serves 16 to 20.

White Cake Without Eggs

4 tablespoons butter	4 teaspoons baking powder
1 cup sugar	1 teaspoon vanilla or $\frac{1}{2}$
1 cup milk	teaspoon nutmeg
2 cups flour	

Cream the butter and add the sugar gradually. Then add the flour, which has been sifted with the baking powder, alternately with the milk. Add the vanilla or spice. Bake in small gem pans or in layer cake pans in a hot oven 15 to 20 minutes. Serves 12 to 16.

Spiced Eggless Cake No. 1

$\frac{1}{4}$ cup oleomargarine or other fat	$2\frac{1}{2}$ cups flour
1 cup sugar	4 teaspoons baking powder
1 cup milk	$\frac{1}{2}$ teaspoon grated nutmeg
	$\frac{2}{3}$ cup fruit

Cream the fat, add the sugar. Mix and sift the dry ingredients and add alternately with the milk. Add the fruit, to which a small portion of the flour has been added. Bake in a loaf pan in a moderately hot oven 40 to 50 minutes. Serves 20 to 25.

Spiced Eggless Cake No. 2

$\frac{1}{3}$ cup oleomargarine or other fat.	1 teaspoon cinnamon
1 cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
1 cup sour milk	$\frac{1}{4}$ teaspoon cloves
2 cups flour	$\frac{1}{3}$ teaspoon salt
1 teaspoon soda	1 cup raisins

Cream the fat, add the brown sugar and mix well. Mix and sift all the dry ingredients with the flour and add to the sugar and fat alternately with the sour milk. Bake 40 to 50 minutes in a loaf pan in a moderately hot oven. Serves 16 to 20.

Gold Cake

$\frac{2}{3}$ cup butter	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups sugar	1 teaspoon cream of tartar
8 egg yolks	$\frac{2}{3}$ cup milk
$2\frac{1}{2}$ cups flour	1 tablespoon vanilla

Mix the soda, flour, and cream of tartar and sift three times. Cream the butter and sugar. Beat the yolks until lemon color, add to the butter and sugar. Mix well. Add the milk and the flour alternately, add flavoring. Beat well. Bake in a loaf pan in a moderate oven 30 to 50 minutes, according to the thickness of the cake. Add $\frac{1}{2}$ cup of currants if desired. Serves 24.

Pound Cake

1 cup of eggs	1 cup butter
$1\frac{1}{2}$ cups granulated sugar	2 cups flour

Beat the eggs very light, add the sugar and continue beating. Cream the butter, add the flour and beat very thoroughly. When all has been well-beaten, combine and beat well together. Continued beating improves the texture. Bake in a medium oven about 1 hour. Serves 24.

Sponge Cake

6 egg yolks	6 egg whites
1 cup sugar	1 cup flour
1 tablespoon lemon juice	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ lemon rind, grated	

Beat the yolks until thick and lemon-colored, add the sugar gradually, beating meantime, then add the lemon juice and rind, and carefully fold in whites of egg (beaten until stiff and dry). When the whites are partially mixed with the yolks, lightly cut and fold in flour, mixed and sifted with the salt. Bake in an unbuttered pan, in a slow oven for 1 hour. Serves 16 to 20.

Water Sponge Cake (Mock Sponge Cake)

2 eggs	$\frac{1}{3}$ cup cold water
1 cup sugar	$1\frac{1}{3}$ cups flour
1 tablespoon lemon juice	2 teaspoons baking powder

Beat the yolks of the eggs very thoroughly. Add the sugar, lemon juice, and water, continuing beating. Then cut and fold in the flour and baking powder and the whites of eggs carefully. Bake in individual pans or in a loaf pan in a moderate oven. Serves 8 to 12.

Washington Pie

3 eggs	$\frac{1}{4}$ teaspoon salt
1 cup sugar	1 teaspoon baking powder
$1\frac{1}{2}$ tablespoons milk	$\frac{1}{2}$ pint whipped cream
1 cup flour	

Beat egg yolks well, add the sugar, then the milk. Fold in the sifted flour, salt and baking powder alternately with the well-beaten egg whites. Bake in a paper-lined, round, layer cake pan in a moderate oven 30 to 35 minutes. Just before serving cover with whipped cream. Serves 8 to 10.

Jelly Roll

3 eggs	1 teaspoon baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ tablespoon milk	1 cup flour
1 tablespoon melted butter	

Beat the egg yolks until thick and lemon-colored, adding the sugar gradually, beating meanwhile. Add the milk. Fold in the stiffly-beaten whites of eggs. When whites are partially mixed with yolks, lightly fold and cut in the flour mixed and sifted with the salt and baking powder. Add the butter last. Spread even and thin in a buttered pan and bake 12 minutes in a moderate oven. Take from oven, turn on to a paper which has been sprinkled with powdered sugar. Cut off dry crusts at sides and ends. then spread with jelly or jam and roll quickly while still warm. Wrap with paper to keep in shape. Serves 8 to 10.

White Sponge Cake or Angel Food

12 egg whites	$1\frac{1}{2}$ teaspoons cream of tartar
$1\frac{1}{2}$ cups sugar (measured after sifting)	1 teaspoon vanilla
1 cup and 1 tablespoon flour	

Sift the sugar 5 times and sift the flour and cream of tartar together 5 times. Beat the eggs to a foam, but not until stiff. Sift in the sugar, slowly beating all the time. Take care not to make the mixture stiff. Sift in the flour slowly, mixing it with a light, folding motion. Add the vanilla. All the work must be done quickly and lightly. Bake in an unbuttered Turk's-head pan, in a slow oven for 50 to 60 minutes. Test the oven carefully, for the oven door should not be opened for the first 20 minutes after the cake goes in. Remove the cake from the oven and place upside down on a cake cooler until cake is cold. Then loosen carefully with a spatula. Serves 20.

Sunshine Cake

11 egg whites	1 cup flour
1½ cups sugar	1 teaspoon cream of tartar
3 egg yolks	1 teaspoon vanilla

Beat the egg whites to a stiff froth, add sugar (which has been sifted three times) gradually and continue beating. Cut and fold in the well-beaten yolks carefully, add the flour (which has been sifted five times with cream of tartar) gradually, add flavoring, and when well-mixed turn into an ungreased Turk's-head pan and bake in a slow oven 50 to 60 minutes. Remove from oven and place pan upside down on a cake cooler until cake is cold, then loosen carefully with a spatula. Serves 20.

Spice Cake

1 cup butter or other fat	1 teaspoon cloves
3 cups brown sugar	1 teaspoon allspice
4 eggs	2 teaspoons cinnamon
1 cup sour milk	1 cup chopped raisins
3 cups flour	1 cup chopped nuts
1 teaspoon soda	

Cream the fat, add the brown sugar slowly, then add the well-beaten eggs. Sift the flour with the soda and spices, and add the flour alternately with the milk. Add floured raisins and nuts and pour into well-buttered loaf pans. Bake in a moderate oven 40 to 50 minutes. Serves 30 to 40.

Ginger Bread

¼ cup butter or other fat	1 teaspoon ginger
½ cup sugar	½ teaspoon cinnamon
1 egg	Salt
½ cup molasses	½ cup milk (sour if possible)
½ teaspoon soda	
1¾ cups flour	

Cream the butter, add the sugar gradually, then the well-beaten egg. Add the molasses. Sift all dry ingredients to-

gether, and add alternately with the milk. Bake in a buttered tin or in gem pans in a moderate oven 25 to 35 minutes. Serves 8 to 10.

Pecan Cake

$\frac{1}{2}$ cup butter or oleo- margarine	$1\frac{3}{4}$ cup flour
1 cup sugar	$2\frac{1}{2}$ teaspoons baking powder
3 eggs	$\frac{3}{4}$ cup milk
	$\frac{3}{4}$ cup pecan nut meats

Cream the fat, add the sugar gradually. Add the well-beaten egg yolks to the sugar and fat. Sift baking powder with flour and add alternately with the milk. Add the chopped nut meats. Lastly fold in the stiffly beaten egg whites and turn into two greased layer cake pans or into gem pans. Bake 25 to 35 minutes in a moderately hot oven. Serves 16 to 20.

Chocolate Cake

2 oz. chocolate	4 eggs
5 tablespoons boiling water	$\frac{1}{2}$ cup milk
$\frac{1}{3}$ cup butter	3 teaspoons baking powder
$1\frac{1}{2}$ cup sugar	2 cups flour
	1 teaspoon vanilla

Melt the chocolate over hot water and add boiling water. Cool. Cream the butter, add the sugar gradually, beating all the time. Separate the eggs, beat the yolks, and add them to the butter and sugar; add the melted chocolate, then add milk alternately with the flour which has been sifted with the baking powder. Add the vanilla. Give all a vigorous beating. Beat the whites of eggs to a stiff froth, and cut and fold them into the mixture quickly and lightly. Turn into two greased layer cake pans, and bake in a moderate oven 30 to 35 minutes. Combine with chocolate filling. Frost with boiled frosting. Serves 20 to 24.

Filling For Chocolate Cake

3½ tablespoons flour	1 egg yolk
1 cup milk	½ cup sugar
1 oz. chocolate	1 teaspoon vanilla

Mix the flour and ¼ cup sugar. Moisten with a little cold milk, and cook in the hot milk 20 minutes. Melt the chocolate over hot water; add 1 tablespoon hot water to chocolate, and heat until it is smooth. Beat yolk of the egg and add remaining sugar to it, add chocolate, then add gradually the hot milk and flour. Return to double boiler, and cook over hot water for 5 minutes, stirring constantly. Remove from the fire, and when cold add vanilla. Use egg white for boiled frosting.

SMALL CAKES AND COOKIES

Any cake batter may be baked in muffin tins to make small individual cakes to be served as tea cakes. These will require a hotter oven than loaf and layer cakes, and can be baked in a shorter time.

Batters for butter cakes may also be used for drop cakes or cookies by adding more flour to make the batter the consistency of a very soft dough, almost as soft as for baking powder biscuits. Cookies must be handled lightly and carefully and cooked quickly so that they will not dry out. They must be carefully watched to avoid burning any part. The time for baking will vary from 10 to 15 minutes according to the thickness of the cooky.

If a large amount of butter is used, the cooky will be crisp and tender. A smaller amount of butter and a greater amount of liquid give a softer cooky. Cookies become softer with keeping, especially if kept in a stone jar or if a piece of bread is kept with them. If cookies are hard and dry, too much flour has been used.

Cookies

1 cup butter or oleo-	3 cups flour
margarine	3 teaspoons baking powder
1 cup sugar	1 tablespoon cinnamon
2 eggs	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup milk	

Cream the butter, add the sugar, and the well-beaten eggs. Then add the milk alternately with the flour (sifted with the baking powder). Mix to the consistency of a soft dough, adding more milk if necessary. Roll lightly, cut in shapes, and dip in the $\frac{1}{2}$ cup sugar and cinnamon that have been sifted together. Place on buttered sheets, and bake in a hot oven about 10 minutes. Slip from the pan and lay on a cake cooler. To make a softer cookie, use only $\frac{1}{2}$ cup butter in the recipe. (3 dozen to 4 dozen.)

Peanut Cookies

2 tablespoons butter or	2 tablespoons milk
oleomargarine	$\frac{1}{2}$ cup finely chopped
$\frac{1}{4}$ cup sugar	peanuts
1 egg	$\frac{1}{2}$ teaspoon lemon juice
1 teaspoon baking powder	2 doz. whole peanuts,
$\frac{1}{8}$ teaspoon salt	shelled
$\frac{1}{2}$ cup flour	

Cream the butter, add the sugar, and egg well-beaten. Mix and sift the dry ingredients, add to the first mixture, then add the milk, peanuts, and lemon juice. Drop from a teaspoon onto an unbuttered sheet, an inch apart, and place $\frac{1}{2}$ peanut on top. Bake 12 to 15 minutes in a moderate oven. ($2\frac{1}{2}$ dozen to 3 dozen.)

Chocolate Cookies

2 egg whites	2 oz. grated chocolate
1 cup powdered sugar	1 cup baker's bread crumbs
1 teaspoon cinnamon	1 teaspoon vanilla

Beat egg whites to a stiff froth, add sugar gradually, and

continue beating. Mix grated chocolate, cinnamon, and bread crumbs together, add gradually to eggs and sugar, then add vanilla. Drop from a teaspoon on to thin wafers. Bake in a moderate oven 20 minutes. (1½ dozen to 2 dozen.)

Ideal Cookies

½ cup butter	½ cup milk
2 cups sugar	2 teaspoons baking powder
2 teaspoons cinnamon	Flour
½ nutmeg, grated	
2 egg	

Cream the butter, add the sugar with the cinnamon and nutmeg, then add the well-beaten eggs. Beat well, add milk and 1 cup flour sifted with baking powder, and enough more flour to make a dough that can be handled. Flour the hands and shape bits of dough in balls, roll each ball in granulated sugar, place on a well-greased pan some distance apart, and bake in a moderate oven. (3 dozen to 4 dozen.)

Bran Cookies

½ cup fat	1 cup white flour
1 cup brown sugar	½ teaspoon salt
2 eggs	4 teaspoons baking powder
¾ cup milk or more	1 teaspoon cinnamon
1 cup bran	1 cup raisins
1 cup oatmeal	

Cream the fat, add the sugar and well-beaten eggs. Then add the dry ingredients alternately with the milk. Keep the batter thick enough to retain a round shape on the pan when dropped from the spoon. Add raisins. Place on well-greased sheets and bake in a moderate oven 12 to 15 minutes. Makes 4 dozen.

Ginger Cookies

$\frac{1}{2}$ cup butter	$\frac{1}{3}$ teaspoon cinnamon
$\frac{1}{2}$ cup brown sugar	1 teaspoon soda
1 cup molasses	$2\frac{1}{3}$ cups powdered sugar
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup milk or water (heated)
1 quart flour	$\frac{1}{2}$ teaspoon vanilla
2 teaspoons ginger	

Cream the butter; add the sugar and molasses; sift the ginger, cinnamon and soda with the flour and add alternately with the water to the butter and sugar. Let stand over night. In the morning roll out about $\frac{3}{8}$ of an inch thick and spread on the bottom of large baking sheets. Bake in a moderately hot oven from 10 to 15 minutes. While the cookies are baking, make a frosting of the powdered sugar, hot milk and vanilla. Spread this on the cookies as soon as they come from the oven; then cut in 3 inch squares for serving. Makes 3 or 4 dozen.

Oatmeal Cookies

$\frac{3}{4}$ cup butter or oleo- margarine	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{3}{4}$ teaspoon soda
2 eggs	1 teaspoon cream of tartar
$\frac{1}{4}$ cup sour milk or more	2 cups flour
1 teaspoon cinnamon	$1\frac{3}{4}$ cups rolled oats
	1 cup chopped raisins

Cream the butter, add sugar, then add well-beaten eggs. Sift cinnamon, salt, soda and cream of tartar with flour, and add alternately with milk, beat well, then stir in rolled oats and raisins. The batter should be stiff enough to retain its shape. Put by the teaspoonful on to well-greased pans some distance apart, and bake in a moderate oven 12 to 15 minutes. ($2\frac{1}{2}$ dozen to 3 dozen.)

Fruit Cookies

1 cup butter or oleomargarine	$\frac{1}{2}$ teaspoon nutmeg
2 cups sugar	$\frac{1}{2}$ teaspoon soda
2 eggs	Flour
1 cup sour milk	1 cup chopped raisins
1 teaspoon cloves	1 cup chopped nuts
4 teaspoons cinnamon	

Cream the butter, add the sugar, and the well-beaten eggs. Sift spices and soda with 2 cups flour, and add alternately with the milk. Then add the raisins and nuts, and enough more flour to make a stiff batter. Put by the teaspoonful on well-greased baking pans some distance apart, and bake in a moderate oven 12 to 15 minutes. (3 dozen to 4 dozen.)

Ginger Drop Cakes

$\frac{1}{4}$ cup butter	1 cup molasses
$\frac{1}{2}$ cup sugar	1 teaspoon soda
1 teaspoon ground cloves	Salt
1 teaspoon cinnamon	$2\frac{1}{2}$ cups flour
1 tablespoon ginger	1 cup boiling water
2 eggs	

Cream the butter, add sugar mixed with spices, then add the well-beaten eggs. Add molasses, then flour (well-sifted with soda and salt) alternately with boiling water.

Pour in gem pans which have been greased and well-dusted with flour.

Bake 20 to 30 minutes in a hot oven. (2 dozen.)

If desired the mixture may be used for cookies. Then use only a small amount of water, keeping the batter stiff enough to retain its shape and put by the teaspoonful on to well-greased baking pans some distance apart and bake 12 to 15 minutes.

Lady Fingers

3 egg whites	$\frac{1}{3}$ cup flour
$\frac{1}{3}$ cup powdered sugar	Salt
2 egg yolks	$\frac{1}{4}$ teaspoon vanilla

Beat the whites of the eggs until stiff and dry, add the sugar gradually, and continue beating, add the yolks of eggs beaten until thick and lemon-colored, then the vanilla. Fold in the flour which has been sifted with the salt. Put the mixture into a pastry bag, and shape $4\frac{1}{2}$ inches long and 1 inch wide, on a tin sheet covered with unbuttered paper. Sprinkle with powdered sugar and bake 8 minutes in a moderate oven. Remove from the paper with a knife. Brush halves with an egg-white, slightly beaten, and fasten together. ($1\frac{1}{2}$ dozen)

The mixture may also be baked in the form of small round cookies.

Fondant Cakes

Cut pound or gold cake in small shapes—hearts, rounds, diamonds and crescents. Fasten cakes securely on a fork and dip tops into melted fondant flavored and colored as desired. Use trimmings of cake in Cabinet Pudding. (See uses for white fondant)

Marguerites

1 dozen wafers	2 oz. chopped nuts
2 egg whites	(4 tablespoons)
$\frac{3}{4}$ cup powdered sugar	$\frac{1}{4}$ cup chopped raisins

Beat the eggs until stiff, add $\frac{2}{3}$ of the sugar gradually, and continue beating until mixture holds its shape, then fold in remainder of sugar and nuts and raisins chopped together. Spread on salt wafers and bake till a delicate brown, in a moderate oven. Serves 12.

Meringues

4 egg whites
$1\frac{1}{2}$ cup powdered sugar or 1 cup fine granulated sugar
$\frac{1}{2}$ teaspoon vanilla

Beat the egg whites with a flat egg beater until stiff adding $\frac{2}{3}$ of the sugar gradually, continuing the beating until the

mixture will hold its shape. Then fold in the remaining sugar and add the flavoring. Shape in oval or round forms with a tablespoon or pastry bag on a wet board covered with buttered paper. Bake 30 minutes in a slow oven. Remove carefully from the paper. If to be used as cases in which to serve ice cream or other frozen dishes, scrape out the soft part with a spoon and return the case to the oven to dry out. Re-bake the soft portion to use as garnishing for desserts. 12 to 16 cases.

Boil sugar and water together until the syrup threads. Pour gradually on well-beaten white. Beat until it begins to thicken, then spread on cake. (1 cake.)

Chocolate Frosting

To the recipe for boiled frosting add 1 square chocolate which has been grated and melted.

Maple Frosting

1 pound soft maple sugar 2 egg whites
 $\frac{1}{2}$ cup boiling water

Add the water to the sugar and stir until the sugar is all dissolved. Boil slowly without stirring until the syrup will thread when dropped from the tip of a spoon. Pour slowly over the well-beaten egg-whites, and beat until thick; spread on cake. (1 large cake.)

Brown Sugar Frosting

2 cups brown sugar 2 tablespoons butter
 $\frac{1}{2}$ cup milk

Boil all together slowly to the soft ball stage. Remove from the fire and beat until creamy, spread quickly on cake. (1 cake.)

Caramel Frosting

2 cups sugar $\frac{1}{2}$ teaspoon butter
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ teaspoon vanilla

Melt $\frac{1}{2}$ cup sugar to a caramel. Boil remaining sugar with the milk, add caramel and butter and boil slowly to the soft ball stage. Beat until creamy, add vanilla, spread quickly on cake. (1 cake.)

PASTRY

There are three classes of Pastry: plain, flaky, and puff paste.

Plain and flaky paste are used for pies and tarts; puff paste is used for meat pies and patties.

Plain paste is prepared by chopping the fat into the flour; flaky and puff paste are prepared by adding most of the fat in layers between the layers of dough, and combining them by rolling and folding.

Ingredients Used in Pastry

Pastry Flour, which takes up but a small quantity of water and contains less gluten than bread flour, should be used for pastry, as it gives a more tender crust.

Fat or Shortening is used to make pastry tender. Butter gives the better flavor, lard makes a more tender crust and one of lighter color. Beef drippings, suet, and many prepared commercial fats may be used. In plain pastry from $\frac{1}{4}$ to $\frac{1}{3}$ as much fat as flour by measure, is used. Fat should be cold when used.

Baking Powder. Pastry is made light by the expansion of cold air. Baking powder may be added to increase this lightness and to make a cheaper paste as the per cent of fat can then be reduced. From $\frac{1}{4}$ to 1 teaspoon baking powder may be used to each cup of flour.

Salt is added to give flavor to the paste.

Sugar is sometimes used if a sweet paste is desired.

Water used should be very cold and just enough to hold ingredients together, as the presence of very much water makes the pastry tough.

Utensils Used When Making Pastry

A smooth, perfectly clean bread board is essential. A marble or metal board is sometimes used because it can be kept very cold.

A smooth rolling pin that can be kept clean is desirable. Glass or china rolling pins are considered good because they can be kept very cold.

Pie tins should be kept in good condition. Granite or aluminum are best, especially for fruit pies. Perforated tins are considered good for baking under crust thoroughly.

Requisites in Making Pastry

Keep paste cold, as it is considered essential that fat does not begin to melt until baking begins, the cold air will cause the paste to expand more in baking, and cold paste is easier to handle.

Handle quickly and lightly so that the gluten is not developed in the flour.

Handle deftly so that there will be but little waste, and the board, the pin, and the person may be kept neat.

General Rules for Making Pastry

Sift all dry ingredients together. Chop in cold fat with a knife. Do not touch with hands. Do not chop fat very fine if a flaky crust is desired.

Add cold water very carefully, a few drops at a time, and only enough to hold the dough together.

Toss on a floured board with a knife so that the entire surface is slightly floured. Handle only the quantity that is to be used for one crust at a time.

Roll lightly and quickly, in one direction only, and on one side only.

Roll thin and as nearly the shape of the pan as possible.

Fold and lift the paste carefully to the pie plate, and trim one-fourth inch larger than plate.

Work scraps together lightly, keep them covered with a moist cloth, and very cold; they may be used another day. All pastry rolls more easily after chilling.

Left-over pastry may be used for cheese straws and tarts.

Plain paste for a one-crust pie may be baked on the outside of the pie tin, and carefully pierced with a fork before baking so that bubbles will not spoil the shape.

Meat, oyster pies, and pies made with fresh fruit are best made without an under crust. They should be baked in an earthen or granite dish.

The upper crust should always be perforated to allow the escape of steam.

If the upper crust is brushed with beaten egg before baking it will brown better, and have a shiny appearance.

If the pie is a juicy fruit pie it is well to brush the under crust with beaten white of egg to prevent the juice making the crust soft.

The lower crust should always be moistened around the edge with cold water, the upper crust placed over it, and the two pressed tightly together.

A half-inch strip of paste may be placed around the edge of the under crust in order to hold the two more firmly together. This must be moistened with cold water before the upper crust is added. A strip of muslin wet in cold water may be placed around the edge of the fruit pie if the fruit is very juicy.

Baking

Pastry should be cooked in a hot oven 35 to 50 minutes. After pastry has been in the oven a few minutes, the heat

After pastry has been in the oven a few minutes, the heat should be decreased.

During the first five minutes in the oven pastry should rise and after it has risen it should begin to brown.

If the oven is not hot enough at first the fat may be melted, the pastry will not begin to cook, and the texture will be spoiled.

Good pastry should be light, tender, flaky and thoroughly baked.

Plain Paste

1 $\frac{1}{4}$ cups pastry flour	$\frac{1}{4}$ teaspoon salt
1 teaspoon baking powder (if used)	$\frac{1}{3}$ cup lard or other fat Cold water

Enough for one crust. Double for a two-crust pie.

Sift the flour, baking powder, and salt together. Chop the cold fat in with a knife. Add enough cold water to make a stiff dough. Roll out lightly and quickly. Follow general rules for making pastry.

Flaky Paste

1 pound flour	$\frac{3}{4}$ pound butter or butter and lard
$\frac{1}{2}$ teaspoon salt	1 cup cold water

Sift the flour and salt, add $\frac{1}{8}$ of the butter, and chop it in well. Add just enough of the water to make a stiff dough, and knead until smooth.

Divide the remaining fat in three portions. Roll the paste half an inch thick. Spread one portion of the butter on it, dredge lightly with flour, fold in three layers, roll out, fold and roll again. Spread on another portion of the butter, fold, and continue until all the butter is used, rolling and folding six times in all. Bake in a hot oven. (4 crusts.)

Apple Pie

1 double recipe plain paste	1 tablespoon lemon juice
4 or 5 sour apples	1 tablespoon butter
$\frac{1}{3}$ cup sugar	1 tablespoon water (if apples are not juicy)
$\frac{1}{4}$ teaspoon grated nutmeg	

Wipe, quarter, pare, and core apples, and cut into eighths.

Line a pie tin with plain paste, fill with apples, heaping them with sugar, nutmeg, and lemon juice, and dot with bits of butter, add water, cover with an upper crust, and bake in a hot oven until apples are soft and crust is brown. Serves 6 to 8.

Peach Pie

Prepare as apple pie, using fresh or canned peaches.

Rhubarb Pie

Prepare as apple pie using 1 pint rhubarb, 1 cup sugar.

Lemon Pie

1 recipe plain paste	1½ lemons, juice and rind
¾ cup flour	2 tablespoons butter
1½ cups sugar	4 tablespoons powdered sugar
1½ cups boiling water	
2 eggs	

Mix the sugar and flour together. Add the boiling water slowly. Cook 20 minutes, stirring frequently. Separate the eggs. Beat the yolks of eggs until light. Add the cooked mixture to the egg, add butter, and lemon juice and rind, and cook until the egg thickens over hot water. When mixture is cool, turn into a baked crust. Cover with a meringue (made by beating the whites of eggs very light and adding the powdered sugar slowly), and bake until a delicate brown. Serves 6 to 8.

Cream Pie

1 recipe plain paste	½ cup sugar
½ cup flour	1 teaspoon vanilla
2 cups milk	1½ teaspoons butter
3 eggs	6 tablespoons powdered sugar
⅛ teaspoon salt	

Moisten the flour with a little cold milk, and add this to the remainder of the milk which has been scalded. Cook 15 minutes in a double boiler. Separate the eggs, beat the yolks, sugar and salt together. Add to them the hot liquid, and

butter, return to the double boiler, and cook until thickened, stirring constantly. Remove from the fire, add the flavoring, and turn into a baked crust. Cover with a meringue made of the egg whites and powdered sugar. Place in a hot oven a few minutes to brown. Serves 6 to 8.

Banana Pie

Follow the recipe for cream pie and line the baked crust with one or two sliced bananas before putting in the cream filling. Serves 6 to 8.

Custard Pie

1 recipe plain paste	$\frac{1}{8}$ teaspoon salt
3 eggs	$1\frac{1}{2}$ cups milk
4 tablespoons sugar	Few gratings nutmeg

Beat the eggs slightly, add the sugar, salt, and milk. Line a pan with plain paste, build up a fluted rim. Strain in the mixture and sprinkle with nutmeg.

Bake in a quick oven at first, decrease heat and cook 30 minutes. Serves 6 to 8.

Butter Scotch Pie

1 recipe plain paste	2 eggs
6 tablespoons flour	4 tablespoons butter
$\frac{3}{4}$ cup brown sugar	4 tablespoons powdered sugar
$\frac{1}{2}$ teaspoon salt	
2 cups milk	

Mix the flour, salt and $\frac{1}{2}$ cup sugar. Add the milk which has been scalded, and cook in a double boiler 15 minutes. Caramelize $\frac{1}{4}$ cup brown sugar and add to it $\frac{1}{4}$ cup water. Boil till the caramel is dissolved. Separate the eggs, beat the yolks, and add the cooked flour mixture. Add the butter and caramel. Return to the double boiler and cook till the eggs are thickened, stirring constantly. Then turn into a baked crust, cover with a meringue made of the egg whites and powdered sugar. Place in a hot oven a few minutes to brown. Serves 6 to 8.

Chocolate Pie

1 recipe plain paste	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup flour	3 eggs
2 cups milk	1 tablespoon vanilla
4 tablespoons grated chocolate	Speck of cinnamon
$\frac{3}{4}$ cup sugar	6 tablespoons powdered sugar

Mix the flour with one cup of cold milk, add slowly to the remainder of the milk, which has been scalded, and cook 20 minutes. Melt the chocolate, add half the sugar, and add to the flour and milk. Add remaining sugar and salt to the well-beaten egg yolks. Then pour the cooked mixture over the eggs, return to the double boiler and cook a few minutes.

Pour into a baked crust. Cover with a meringue made of the egg whites and powdered sugar, and brown in the oven. Serve cold. Serves 6 to 8.

Pumpkin or Squash Pie

1 recipe plain paste	$\frac{1}{4}$ teaspoon cinnamon
$1\frac{1}{4}$ cups steamed and strained pumpkin or squash	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon ginger	2 eggs
	$1\frac{1}{4}$ cup milk

Line a pie plate with plain paste.

Combine the other ingredients in the order given, add the eggs well beaten. Pour into the lined pie plate and bake in a slow oven 35 to 40 minutes. Serves 6 to 8.

Sweet Potato Pie

1 recipe plain paste	1 teaspoon cinnamon
2 cups sweet potatoes	1 teaspoon nutmeg
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	1 lemon, juice
1 cup sugar	2 eggs or more

Scald the milk, add to the mashed potatoes. Add the

butter, sugar, spices, and well-beaten eggs. Cook as a soft custard until slightly thickened. Then pour into a baked crust and bake in a moderate oven till firm. Serves 6 to 8.

Rhubarb and Raisin Pie

1 double recipe plain paste	1 lemon, juice and rind
1 cup raisins	1 egg
1 cup fresh rhubarb	1 tablespoon butter
1 cup sugar	

Stone the raisins and chop raisins and rhubarb till very fine. Add sugar, lemon juice, and rind, then well-beaten egg, and butter.

Bake in two crusts in a moderate oven 45 minutes. Serves 6 to 8.

Cranberry and Raisin Pie

Substitute $1\frac{1}{2}$ cups fresh cranberries and $\frac{1}{4}$ cup water for rhubarb in the recipe for rhubarb and raisin pie.

Meat Pie

Fill a baking dish with any meat which has been prepared as a well-seasoned stew, cover with gravy, and over the top put a covering of plain or flaky pastry in which several incisions have been made. Around the edge fit a rim, scallop neatly, and bake in a moderate oven 35 to 40 minutes, till crust is well-puffed, and brown. Meat pie may also be made with biscuit crust.

Tarts

Prepare plain or flaky pastry using from 2 to 3 cups flour. Line muffin tins with pastry. Bake in a moderate oven 30 minutes. Fill with gooseberry jam, currant jelly or other preserve.

Hickory Nut Tarts

2 or 3 recipes plain paste	1 cup hickory nut meats,
3 eggs	chopped
1 cup sugar	1 cup stoned raisins, chopped
2 tablespoons cream	4 tablespoons powdered sugar
1 tablespoon lemon extract	

Separate the eggs, beat yolks with one white, add the other ingredients in order given. Line muffin tins with pastry, partially fill with hickory nut preparation, and bake half an hour. Then cover with a meringue made of 2 egg whites and the powdered sugar. Return to the oven to brown the meringue. Serves 20 to 24.

Cream Puffs

1 cup hot water	1½ cups pastry flour
½ cup butter	5 eggs

Heat the butter and water until the water boils. Add the flour all at once and mix thoroughly. Cook until it forms a ball, and when cool add the eggs unbeaten and one at a time. Beat until thoroughly mixed. Drop by tablespoonful on buttered baking sheets, and bake in a hot oven 25 to 30 minutes. When cold make an opening with a round pastry tube, and fill with cream. Serves 16 to 20.

Cream Filling

⅓ cup flour	⅛ teaspoon salt
2 cups milk	1 teaspoon vanilla
3 eggs	1½ teaspoon butter
½ cup sugar	

Moisten the flour with a little cold milk, scald the remainder of the milk, and add the flour mixture slowly. Cook 15 minutes in a double boiler, beat the eggs, sugar and salt together. Add to them the hot liquid and butter, return to the double boiler, and cook until the egg thickens, stirring constantly. Remove from the fire; when cool add flavoring.

Chocolate Eclairs

Prepare cream puff recipe, shape in long narrow puffs. Bake in a hot oven 25 to 30 minutes then glaze with chocolate frosting. Serves 12 to 18.

Chocolate Frosting for Eclairs

$\frac{1}{2}$ square chocolate	$\frac{1}{2}$ teaspoon butter
$\frac{1}{2}$ cup cream or milk	Confectioner's sugar
Salt	$\frac{1}{2}$ teaspoon vanilla
1 egg yolk	

Melt the chocolate over hot water; add the cream or milk gradually; beat the egg and salt; add the hot milk and butter gradually. Cook till thickened, then remove from the fire, and add sugar until of consistency to spread; then add the flavoring.

Doughnuts

1 pint flour	1 egg
4 teaspoons baking powder	$\frac{1}{4}$ to $\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 teaspoon butter
$\frac{1}{2}$ cup sugar	

Mix and sift the dry ingredients. Add $\frac{1}{4}$ cup milk to the well-beaten egg, then add to the dry ingredients, adding enough more milk to make the dough just soft enough to handle; add the melted butter. Take a small portion at a time, knead until smooth, then roll out $\frac{1}{3}$ inch thick. Cut with a ring cutter; put scraps with another portion, and roll again. When all are rolled fry in deep fat; turn when brown; when done drain on paper. Serves 20 to 24. (See directions for cooking in deep fat).

Raised Doughnuts

1 cup milk	$\frac{1}{3}$ cup butter and lard
$\frac{1}{4}$ to 1 cake yeast	1 cup brown sugar
$\frac{1}{4}$ cup lukewarm water	2 eggs
1 teaspoon salt	$\frac{1}{2}$ grated nutmeg

Flour

Scald the milk. Cool, and when lukewarm add the yeast

cake, softened in the lukewarm water. Add the salt and flour to make a stiff batter. Let rise over night. In the morning add the softened butter, the sugar, eggs, and nutmeg; add enough flour to make a stiff dough. Knead well. Let rise again, then turn onto a board, roll three-fourths inch thick, cut with a biscuit cutter and shape with hands until round. Leave on board to rise; fry in deep fat and drain on brown paper. Serves 20 to 24. (See directions for cooking in deep fat.)

DESSERTS

Corn Starch Pudding

$\frac{1}{4}$ cup sugar
5 tablespoons corn starch

4 cups milk
1 teaspoon vanilla

Add sugar to the corn starch and mix with 1 cup milk. Scald the remainder of the milk, add the corn starch mixture and stir until thickened, then cook for 20 minutes over hot water. Remove from the fire, strain, cool, and add the vanilla. One or two well-beaten eggs may be added just before the pudding has finished cooking. Chill before serving. Serves 8 to 10.

Chocolate Corn Starch Pudding

$\frac{1}{2}$ cup sugar
5 tablespoons corn starch

1 quart milk
2 squares Baker's chocolate

Add the sugar to the corn starch. Mix with 1 cup cold milk. Scald the remainder of the milk and add the corn starch mixture. Stir until thickened. Then cook 20 minutes over hot water. Melt the chocolate, add to the thickened milk. Pour into a pudding dish. Chill. Serves 8 to 10.

Caramel Corn Starch Pudding

2 cups brown sugar
1 boiling water
5 tablespoons corn starch

3 cups milk
1 egg

Heat the sugar until it becomes a light brown liquid. Add one cup boiling water slowly and stir until sugar is all dissolved. Add one cup cold milk slowly to the corn starch and stir until smooth. Heat remainder of the milk, add corn starch, and stir until it begins to thicken. Add prepared caramel and continue cooking over hot water 20 minutes.

Beat egg well, add hot pudding, strain, and cool.

Serve cold in glasses with plain or whipped cream. Serves 8 to 10.

NOTE—One-quarter pound almonds, blanched and chopped, and added just before serving, make the pudding more attractive.

Velvet Pudding

1½ cups milk, scalded	½ cup cold milk
½ cup flour	1 egg
½ teaspoon salt	½ teaspoon vanilla
¼ cup sugar	

Mix the salt, sugar, and flour with the cold milk. Pour the mixture slowly into the hot milk and stir 3 or 4 minutes. Then cover and cook over hot water 20 minutes. Pour over the well-beaten yolk of egg, cook a few minutes longer, then add well-beaten white of egg and vanilla. Cool before serving. Serve with cream. Serves 6 or 8.

Orange Pudding

Prepare velvet pudding, using 2 eggs. Reserve the whites of the eggs for a meringue, adding four tablespoons of powdered sugar to them. Slice three or four oranges into a pudding dish, sprinkle with powdered sugar and cover with the cooked pudding. Put the meringue on top. Serves 8 to 10.

Scalloped Apples

3 cups chopped apples	2 cups stale bread crumbs
½ cup sugar	2 tablespoons butter, melted
¼ teaspoon cinnamon	½ lemon, juice and rind
¼ teaspoon nutmeg	¼ cup water

Add sugar, cinnamon, nutmeg, and lemon rind to chopped apple. Add crumbs to melted butter.

Line the bottom of a buttered baking dish with ¼ the crumbs, then add ½ the apples. Add ¼ more crumbs and

the remainder of the apples, lemon juice, and water. Cover with buttered crumbs.

Bake in a moderate oven $1\frac{1}{2}$ hours. Cover first hour. Serves 6 to 8.

Scalloped Rhubarb

Follow the recipe for scalloped apple substituting 3 cups sliced rhubarb for the apple and adding $\frac{1}{2}$ cup more sugar.

Chocolate Bread Pudding

2 cups stale bread crumbs	$\frac{1}{4}$ teaspoon salt
4 cups scalded milk	1 teaspoon vanilla
2 squares Baker's chocolate	6 tablespoons powdered sugar
$\frac{2}{3}$ cup granulated sugar	
3 eggs	

Soak the bread crumbs in hot milk 30 minutes; melt the chocolate in a saucepan placed over hot water. Add one-half of the sugar and enough milk to make of consistency to pour. Add the mixture to the remaining sugar, salt, vanilla, and yolks of eggs, slightly beaten; turn into buttered pudding dish, and bake $\frac{1}{2}$ hour in moderate oven.

Remove from the oven fifteen minutes before serving and cover with a meringue made by beating the whites of the eggs very light and adding the powdered sugar. Return to the oven to brown slowly. The meringue may be omitted and only two eggs used. These should be beaten without separating and combined with the mixture before cooking. Serves 8 to 10.

Bread Pudding

Use the recipe for chocolate bread pudding omitting chocolate, and using only $\frac{1}{4}$ cup sugar. Add nutmeg or cinnamon, or $\frac{2}{3}$ cup seeded raisins, or currants, if desired.

Queen of Puddings

Use the recipe for chocolate bread pudding, omitting the chocolate, and adding grated rind of 1 lemon and $1\frac{1}{2}$ table-

spoons lemon juice. Spread with jam or jelly just before putting on the meringue.

Cabinet Pudding

1 quart broken stale cake or bread	$\frac{1}{3}$ cup raisins
3 whole eggs or 6 yolks	Sugar
$\frac{1}{4}$ teaspoon salt	1 pint milk
	1 teaspoon vanilla

Beat the egg and salt till very light, add the milk and 2 teaspoonfuls sugar if cake is used, $\frac{1}{2}$ cup sugar if bread is used; add the vanilla. Grease a pudding mould, sprinkle the bottom with raisins, then add a layer of cake or bread, and repeat in layers until all are used.

Pour the milk and egg over it. Let stand 15 minutes.

Steam $1\frac{1}{2}$ hours or bake in a slow oven one hour. Serve with cream or a hot sauce. Serves 10 to 12.

Prune Soufflé

$\frac{1}{2}$ pound prunes	1 cup sugar
6 egg whites	$\frac{1}{2}$ tablespoon lemon juice

Pick over and wash the prunes. Soak several hours in cold water to cover. Cook slowly in same water till tender. Remove stones and chop prunes very fine.

Beat the egg whites stiff, add the sugar, then add the chopped prunes, and lemon juice carefully. Pile lightly in a buttered baking dish. Bake in a moderate oven 20 to 30 minutes. Serve hot with cream, sweetened and flavored with a little vanilla, or serve cold with whipped cream.

Stewed apricots, peaches, rhubarb, strawberries, or other fruit may be substituted for prunes. Serves 6 to 8.

Apple Snow

2 apples	1 tablespoon powdered sugar
$\frac{1}{2}$ tablespoon lemon juice	
1 egg white	

Cut 2 small apples into quarters and remove the cores, cook with a small amount of water until very soft, then drain and run through a fine sieve. Beat the white of the egg, add the sugar gradually, and slowly beat in the strained apple. Serve with cream. Serves 4 to 6.

Banana Snow

3 bananas	1 egg white
1 teaspoon lemon juice	$\frac{1}{2}$ cup whipping cream
$\frac{1}{2}$ cup powdered sugar	

Peel bananas, scrape surface carefully to remove cellulose, and cut in small pieces; add lemon juice and powdered sugar. Let stand $\frac{1}{2}$ hour in a cool place and then mash with a wooden spoon. Add white of egg unbeaten and beat until light and fluffy. Fold in the whipped cream. Serve cold. Serves 6 to 8.

Apricot Whip

1 cup stewed apricots	2 egg whites
$\frac{3}{4}$ cup sugar	

Beat egg whites very light, add sugar gradually, then add the apricots which have been stewed until very tender. Beat thoroughly, then chill for serving. Serves 8 to 10.

Puff Pudding

2 tablespoons butter	4 eggs
3 tablespoons flour	4 tablespoons sugar
1 cup milk	$\frac{1}{2}$ teaspoon salt

Prepare a white sauce with the butter, flour, and milk. Separate the eggs, beat the yolks well, add the sugar, salt and hot white sauce. When cool, cut and fold in the well-beaten whites, turn into a buttered baking dish, and bake slowly 25 to 30 minutes in a moderate oven. Serve with a fruit sauce. Serves 6.

Prune Tapioca

$\frac{1}{2}$ pound stewed prunes ($1\frac{1}{2}$ cups)	3 cups boiling water
1 cup tapioca	$\frac{1}{2}$ teaspoon salt
3 cups cold water	$\frac{1}{2}$ cup sugar
	1 lemon, juice

Soak the tapioca in cold water 1 hour. Drain. Add the boiling water, salt, and sugar, and cook in double boiler till tapioca is transparent. Add the lemon juice.

Stone the prunes and cut in halves, arrange on a buttered baking dish, pour the tapioca over them, and bake in a moderate oven 30 minutes. Serve hot or cold with cream or custard sauce. Serves 8 to 10.

Apricot Tapioca

Substitute stewed dried apricots for prunes in the recipe for prune tapioca.

Apple Tapioca

Substitute 3 cups sliced apple for prunes in the recipe for prune tapioca.

Lemon Tapioca

Omit prunes from the recipe for prune tapioca and use juice of 3 lemons, and 1 cup sugar. Stir until sugar is dissolved. Chill.

Pineapple Tapioca

Substitute $1\frac{1}{2}$ cups shredded pineapple for prunes in the recipe for prune tapioca. Stir until well combined. Chill.

Tapioca and Corn Meal Pudding

1 quart boiling water	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ cup raisins
1 cup cold milk	1 teaspoon salt
4 tablespoons tapioca	1 teaspoon ginger
1 cup cold water	1 teaspoon cinnamon
$\frac{1}{4}$ cup butter	2 eggs
$\frac{1}{2}$ cup sugar	

Mix cold milk with the corn meal, add the boiling water, put in a double boiler and cook $\frac{1}{2}$ hour. Then add the tapioca which has been softened in the cold water, the butter, sugar, molasses, raisins, salt, and spices. Beat eggs well, add the corn meal mixture, and pour into a buttered baking dish. Bake in a moderate oven one to one and one-half hours. Serve with hard sauce or vanilla. Serves 10 to 12.

Tapioca Cream

See custards.

Strawberry Short Cake

2 cups flour	$\frac{1}{2}$ cup milk
4 teaspoons baking powder	1 egg
$\frac{1}{4}$ teaspoon salt	1 cup whipped cream
1 tablespoon sugar	2 quarts sweetened straw-
4 tablespoons butter or other fat	berries

Mix and sift all the dry ingredients and chop butter in well. Add $\frac{1}{4}$ cup milk to the well-beaten egg and pour slowly into the first mixture, using as much more milk as is required to make a soft dough. Roll out on a board that is slightly floured. Cut in individual rounds, brush with milk and bake in a quick oven 12 to 15 minutes. Split, butter, fill, and cover with the sweetened crushed berries. Garnish the top with whole berries and whipped cream. Serves 8 to 10.

Fruit Short Cake

Other fresh or canned fruits may be substituted for strawberries in recipe for strawberry shortcake.

Baked Apple Pudding

4 or 5 large apples	1 teaspoon salt
$\frac{1}{2}$ cup sugar	2 tablespoons butter
1 cup flour	$\frac{3}{8}$ cup milk
2 teaspoons baking powder	

Fill a granite pie dish with apples pared and sliced.

sprinkle with the sugar and bake them 20 minutes.

Mix and sift the dry ingredients, chop the butter in finely, and add the milk gradually to make a soft dough. Cover the baked apples with the dough rolled $\frac{3}{8}$ inch thick and bake 20 minutes longer. Serve with hard sauce, creamy sauce, or cream. Serves 6.

Apple Dumplings

Use the recipe for baking-powder biscuits, roll $\frac{1}{2}$ inch thick and cut in squares. Place an apple, cored and pared, in the center of each square. Fold the dough over the apples, and steam $\frac{1}{2}$ hour or until the apples are soft. Brown in the oven after steaming if desired. This quantity makes 6 small dumplings. Serves 6.

Cottage Pudding

$\frac{1}{4}$ cup butter or other fat	$2\frac{1}{4}$ cups flour
$\frac{2}{3}$ cup sugar	4 teaspoons baking powder
1 egg	$1\frac{1}{2}$ teaspoons salt
1 cup milk	

Cream the butter, add sugar gradually, then add well-beaten egg. Add milk and flour (with which baking powder and salt have been sifted) alternately; turn into a buttered cake pan and bake 35 minutes.

Serve with orange, vanilla, or lemon sauce. Serves 6 to 8.

Cottage Fruit Pudding

2 cups fresh fruit	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$1\frac{3}{4}$ cup flour
1 cup sugar	2 teaspoons baking powder
1 egg	
$\frac{1}{2}$ cup milk	

Cover the bottom of a baking pan with fresh fruit, sweetened. Cover with the other ingredients prepared as a cake batter. Bake in a hot oven $\frac{1}{2}$ hour. Serve with a hard sauce mixed with mashed fruit. Serves 8 to 10.

Indian Pudding

1 cup corn meal	$\frac{1}{2}$ cup raisins
1 cup cold milk or water	1 teaspoon salt
1 quart boiling water	1 teaspoon ginger
$\frac{1}{4}$ cup butter	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	2 eggs
$\frac{1}{2}$ cup molasses	

Mix the cold milk with the corn meal, add boiling water, and cook in a double boiler $\frac{1}{2}$ hour. Then add butter, sugar, molasses, raisins, salt and spices. Beat eggs well, add the corn meal mixture and pour into a buttered baking dish. Bake in a moderate oven one to $1\frac{1}{2}$ hours. Serve with hard sauce or vanilla sauce. Serves 10 to 12.

Date Pudding

1 cup chopped dates	2 tablespoons flour
1 cup chopped nuts	1 teaspoon baking powder
1 cup sugar	2 whole eggs

Mix the nuts and dates. Add the sugar, flour, and baking powder that have been well mixed together. Add slowly to the well-beaten eggs. Bake $\frac{1}{2}$ Hour in an earthen dish set in a pan of hot water. Serve with cream. Serves 6 to 8.

Steamed Mixtures

Use a mould or tightly-covered tin to hold mixtures for steaming. The mould should be well-greased; if without a cover a piece of greased brown paper may be tied over the top. The mixture should be poured into the mould, covered, and put into a steamer over boiling water, or on a rack in a kettle of boiling water. Keep the water boiling all the time the mixture is cooking. The time for cooking will vary with the size of the mould and the nature of the mixture (1 to 6 hours.)

To Prepare Raisins

Prepare raisins for puddings by pouring boiling water over

them; then drain, dry, and stone them. If used for cake, they should be washed in cold water and dried on a towel, stoned and chopped or torn into pieces. Seedless or stoned raisins should be washed in cold water, picked over carefully, and dried on a towel.

To Prepare Dried Currants

Clean currants by placing them in a colander and shaking flour over them, then rub them carefully in the flour, put the colander into a pan of cold water and rinse them, changing water until it is clear, showing that the fruit is clean. Then dry the fruit in a very cool oven or in the sun.

To Prepare Suet for Batters

Pick suet over carefully, removing membranes. Sprinkle with flour and chop fine.

Steamed Fruit Pudding(With Suet)

1 pint flour	$\frac{3}{4}$ cup milk, if sugar is used
4 teaspoons baking powder	$\frac{1}{2}$ cup milk, if molasses is used
$\frac{1}{4}$ teaspoon salt	
$\frac{1}{2}$ teaspoon nutmeg	$\frac{1}{2}$ cup currants
$\frac{1}{4}$ cup sugar or molasses	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup beef suet (finely chopped)	

Mix and sift the dry ingredients, add the others in the order given. Put into a greased mould, and cover. Steam $1\frac{1}{2}$ hours if in small moulds, $2\frac{1}{2}$ hours if in large mould. Serves 8.

Steamed Fruit Pudding(With Pork)

2 cups flour	$\frac{1}{2}$ cup salt pork (chopped fine)
$1\frac{1}{2}$ teaspoons soda	
$\frac{1}{2}$ teaspoon cinnamon	1 cup molasses
$\frac{1}{2}$ teaspoon ginger	1 cup sour milk
	1 cup raisins

Mix and sift the dry ingredients. Add the remaining ingredients in the order given. Pour into a well-greased mould.

Cover and steam 3 to 4 hours. Serve with a hard sauce or creamy sauce. Serves 8 to 10.

Graham Pudding

2 cups graham flour	1 cup molasses
2 teaspoons cinnamon	1 cup milk
$\frac{1}{2}$ a nutmeg	1 tablespoon butter (melted)
1 teaspoon soda	1 cup raisins, stoned

Mix and sift the dry ingredients. Add the remaining ingredients in the order given. Pour into a buttered mould. Cover and steam 3 hours. Serve with egg sauce. Serves 8.

Snow Balls

3 eggs	1 cup sifted flour
1 cup sugar	$1\frac{1}{2}$ teaspoons baking powder
3 tablespoons water	3 tablespoons powdered sugar
2 tablespoons lemon juice	
Grated rind 1 lemon	

Beat the egg yolks until very light, add the sugar, water, lemon rind and juice. Then add the well-beaten whites of eggs and the flour and baking powder sifted together. Fold together carefully until well combined, then pour into well-buttered earthen cups and steam $\frac{1}{2}$ hour.

Sift the powdered sugar onto a plate. Roll the steamed puddings in the sugar and serve hot with a hot lemon sauce. Serves 8 to 10.

Blackberry Pudding

$\frac{1}{3}$ cup butter	4 teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 teaspoon salt
2 eggs	1 cup cold water
2 cups flour	1 cup blackberries

Combine as butter cake.

Add the berries as it is turned into a buttered mould.

Steam in a covered mould $1\frac{1}{2}$ hours or bake 25 minutes. Serve with hard sauce made by adding $\frac{1}{2}$ cup crushed fruit to

the recipe for hard sauce($\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup crushed and sifted berries). Serves 8 to 10.

Steamed Cranberry Pudding

$\frac{1}{4}$ cup butter	$1\frac{1}{2}$ teaspoons baking powder
$\frac{2}{3}$ cup sugar	$\frac{2}{3}$ cup milk
2 eggs	$1\frac{1}{2}$ cups cranberries
2 cups flour	

Cream the butter, add the sugar gradually, then add the well-beaten eggs. Mix and sift flour and baking powder and add alternately with the milk. Stir in berries (which have been washed), turn into a buttered mould, cover and steam 3 hours. Serve with cream. Serves 8 to 10.

DESSERTS PREPARED WITH GELATINE

Use $1\frac{1}{2}$ tablespoons gelatine to 2 cups of liquid for a delicate jelly.

Use 2 tablespoons gelatine to 2 cups of liquid for a stiff, moulded jelly.

Soak gelatine in cold water until it softens; add boiling water to dissolve it. Strain liquid through a cheese cloth which has been wet in hot water.

If jellies are to be moulded, the moulds should be wet with cold water.

Jellies should be placed near the ice to harden, or may be hardened quickly by surrounding with ice water.

Lemon Jelly

$1\frac{1}{2}$ tablespoons granulated gelatine	2 cups boiling water
$\frac{1}{4}$ cup cold water	1 cup sugar
	$\frac{1}{2}$ cup lemon juice

Soak gelatine in cold water; add the boiling water, when gelatine is softened, add sugar and juice; strain; chill; serve cold in glass dish or turn from mould. Accompany with

plain or whipped cream. Vary by adding sliced fruits. Serves 6 to 8.

Orange Jelly

1½ tablespoons granulated gelatine	1 cup sugar
¼ cup cold water	3 tablespoons lemon juice
½ cup boiling water	1½ cup orange juice

Soak the gelatine in cold water, add the boiling water; when gelatine is dissolved, add sugar and juice; strain; chill. Serve with plain or whipped cream. 1½ cups of any other fruit juice may be used. Serves 6 to 8.

Coffee Jelly

1½ tablespoons granulated gelatine	2½ cups coffee (boiled or filtered)
¼ cup cold water	½ cup sugar

Soak the gelatine in cold water; add the boiling coffee and sugar; dissolve gelatine and strain; chill. Serve with plain or whipped cream. Serves 6 to 8.

Fruit Jelly

2 tablespoons granulated gelatine	½ cup lemon juice
¼ cup cold water	2 oranges
2 cups boiling water	2 bananas
1 cup sugar	½ cup canned fruit

Prepare as lemon jelly, when beginning to stiffen stir in the fruit and let stand till firm. Serve with cream. Serves 8 to 10.

Snow Pudding

1½ tablespoons granulated gelatine	1 cup sugar
¼ cup cold water	¼ cup lemon juice
1 cup boiling water	3 egg whites

Soak the gelatine in cold water, add boiling water, and

when dissolved, add sugar and juice. Strain into a large bowl and place in ice water to cool, stirring occasionally. Beat whites of eggs until light. When the jelly begins to thicken beat it well and add the egg whites. Beat mixture until smooth and nearly hard, then pour into a mould or glass dish. Chill; serve cold with custard sauce or whipped cream. Serves 8.

Other fruit flavors may be substituted for the lemon juice in snow pudding.

Custard Sauce

3 egg yolks	1 pint hot milk
$\frac{3}{8}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	

Beat the yolks of eggs, add sugar, salt, and hot milk gradually. Cook over hot water until thickened, stirring constantly. Strain, flavor, chill, and serve with snow pudding.

Pineapple Snow Pudding

Follow recipe for Snow Pudding, using 2 tablespoons gelatine in place of $1\frac{1}{2}$ tablespoons gelatine, and add 1 cup grated pineapple just before beating. 2 tablespoons lemon juice will be sufficient.

Coffee Cream

$1\frac{1}{2}$ tablespoons granulated gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ cup whipped or plain cream or milk
$\frac{1}{2}$ cup strong coffee	

Soak gelatine in cold water, add boiling coffee and sugar, stir till gelatine and sugar are dissolved, strain into an earthen or agate-ware dish, and place in ice water to cool, stirring occasionally. When the liquid acquires the consistency of syrup, beat well, add whipped cream, beat until it becomes thick, but not hard; then pour into a glass dish. If milk or plain cream is used it may be added as soon as the jelly is strained. Chill. Serves 6 to 8.

Marshmallow Fancy

1 cup sugar	$\frac{1}{4}$ cup cold water
1 cup boiling water	4 egg whites
$1\frac{1}{2}$ tablespoons gelatine	$\frac{1}{2}$ teaspoon vanilla

Almond flavoring

Boil sugar in water to form a thin syrup. Add gelatine which has been softened in the cold water. Heat until the gelatine is dissolved. Strain and chill until it begins to grow syrupy. Beat well and add well-beaten whites of eggs gradually. Flavor with vanilla and a few drops of almond flavoring. Beat until thoroughly cold and stiff. Then pile into a dish. Serve with whipped cream. Serves 8 to 10.

Prune Whip with Gelatine

4 tablespoons granulated gelatine	1 cup hot prune juice
$\frac{1}{2}$ cup cold water	1 cup prunes, stoned
1 cup boiling water	1 lemon, juice and grated rind
1 cup sugar	

Soften the gelatine with the cold water, add the hot water and hot prune juice. Stir until the gelatine is all dissolved. Add the sugar, prunes and lemon. Chill. When it begins to stiffen, beat until light. $\frac{1}{2}$ cup whipped cream may be added if desired. Serves 8 to 10.

Dried apricots, stewed plums, strawberries, raspberries, or other fruit may be used in the same way. If apricots or plums are used the lemon juice may be omitted.

Orange Bavarian

1 tablespoon granulated gelatine	1 small lemon(juice)
2 tablespoons cold water	1 cup sugar
1 cup orange juice(2 to 3 oranges)	4 eggs
	6 sponge or lady fingers

Cover gelatine with cold water. Let stand to soften. Squeeze juice from oranges and lemon. Heat orange and lemon

juice with $\frac{1}{2}$ cup sugar. Beat yolks of eggs and add $\frac{1}{2}$ cup sugar to them. Add hot juice slowly and then stir over hot water until the mixture thickens. Add softened gelatine, stir till all is dissolved, strain, cool till it begins to thicken, beat well. Add whites of eggs beaten stiff. Set in a pan of ice water and beat till thick enough to hold in shape. Turn into a mould lined with lady fingers and chill. Serves 8 to 10.

Charlotte Russe

1 tablespoon granulated gelatine	$\frac{1}{3}$ cup powdered sugar
$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ cup hot water	1 pt. cream, whipped
	6 lady fingers

Soak the gelatine in the cold water until soft. Add the hot water and sugar. Strain. Place the bowl in a pan of ice water and stir constantly. Add flavoring. When it forms a thick syrup beat thoroughly. Then add the whip from the cream one-third at a time. Arrange the sponge fingers one-half inch apart around the sides of a mould turning the crust out. Fill with the cream. When thoroughly chilled, turn out and serve. Serves 8 to 10.

Caramel Charlotte

1 tablespoon gelatine	1 cup cream
$\frac{1}{4}$ cup cold water	1 teaspoon vanilla
1 cup sugar	5 egg whites
$\frac{1}{2}$ cup boiling water	

Soak the gelatine in cold water. Scald cream. Caramelize the sugar, add boiling water. Pour syrup over gelatine, stir until dissolved, add cream, strain into bowl, and place the bowl in ice water. Stir occasionally. When of the consistency of thick syrup, add vanilla, and beat well. Then add well-beaten egg whites and beat well together until ready to set, then pour into a wet mould. Chill. Serves 8 to 10.

PUDDING SAUCES

Hard Sauce

$\frac{1}{3}$ cup butter $\frac{1}{2}$ teaspoon flavoring or
1 cup powdered sugar $\frac{1}{4}$ teaspoon nutmeg

Cream the butter, add sugar gradually and beat until light and creamy. Add flavoring and beat again, chill. Serves 6 to 8.

Lemon Sauce

1 cup sugar 1 lemon (rind and juice)
2 tablespoons flour 2 tablespoons butter
2 cups boiling water

Mix the sugar and flour thoroughly, then add boiling water slowly, and cook 15 minutes, stirring constantly. Add the lemon rind and juice, then the butter, and stir until the butter is melted; serve at once. If the sauce is too thick, add hot water. Serves 8.

Vanilla Sauce

$\frac{1}{4}$ cup sugar 4 tablespoons butter
2 tablespoons flour 1 teaspoon vanilla
2 cups boiling water

Mix sugar and flour thoroughly, add boiling water slowly, and cook for 15 minutes, stirring constantly. Add butter, stir till melted, and add vanilla just before serving. Serves 8.

Cream Sauce

2 eggs 1 lemon (rind and juice)
1 cup sugar 1 cup grated apple

Beat the yolks and sugar, add rind and juice of lemon, then the beaten whites, and the apple gradually. Cook 3 minutes over boiling water, stirring constantly. Serves 8.

Fruit Sauce

2 tablespoons butter 2 egg whites
1 cup powdered sugar 1 pint berries or $\frac{1}{4}$ cup jam

Cream the butter, add the sugar, and cream well together, then add the egg whites and beat thoroughly. Crush the berries

and beat in just before serving or beat in the jam well. Serves 6 to 8.

Chocolate Sauce

2 cups sugar	$\frac{1}{2}$ cup milk
2 ounces chocolate	1 teaspoon vanilla
2 tablespoons butter	

Melt the chocolate over hot water. Add the sugar, butter, and milk. Cook directly over the fire until it will form a soft ball when dropped into cold water. Remove from the fire, add the vanilla and serve hot on ice cream or on hot puddings. Serves 6 to 8.

Fruit Sauce Thickened with Flour

2 tablespoons flour	2 cups fruit juice(heated)
$\frac{1}{4}$ cup sugar	1 tablespoon butter

Mix the flour and sugar thoroughly, add the fruit juice slowly, and cook 15 minutes. $\frac{1}{4}$ cup candied or preserved fruit, cut in small pieces, may be added. Add the butter just before serving. Serves 8.

Egg Sauce

3 egg yolks	1 or two egg whites
$\frac{1}{2}$ cup sugar	

Beat the yolks and sugar together. Heat over hot water, stirring until thickened. Beat in the whites(which have been beaten to a froth)just before serving. Serves 8.

Orange Sauce

$\frac{1}{2}$ cup sugar	1 tablespoon butter
$2\frac{1}{2}$ tablespoons flour	$1\frac{1}{2}$ tablespoons lemon juice
1 cup orange juice	$\frac{1}{2}$ orange rind

Mix the sugar and flour, add the orange juice gradually, stirring constantly; boil 5 minutes, remove from the fire, add the butter, lemon juice, and orange rind. Serves 8.

Creamy Sauce

1 cup sugar	$\frac{1}{2}$ tablespoon vanilla
$\frac{1}{4}$ cup water	2 eggs
$\frac{1}{2}$ tablespoon butter	

Boil the sugar and water to a syrup. Add the butter and vanilla. Just before serving add the eggs which have been beaten very thoroughly. Serves 12.

Molasses Sauce

1 cup molasses	$\frac{1}{8}$ teaspoon salt
2 tablespoons vinegar	2 tablespoons butter

Boil all together and serve hot with steamed or baked puddings. Serves 6 to 8.

Nut Sauce

1 cup brown sugar	1 tablespoon butter
$\frac{3}{4}$ cup water	$\frac{1}{2}$ cup chopped nuts

Boil the sugar and water together for 15 or 20 minutes until the syrup begins to thicken. Add the butter and nuts. Serve hot with ice cream or hot puddings. Serves 6 to 8.

FROZEN DISHES

Purposes of Freezing

The purpose of freezing is the extraction of heat from food in order to prepare an appetizing and cooling dish that will be refreshing to the body.

The degree of heat at which food is served has much to do with making the food palatable, and when the temperature of the food is reduced to the freezing point there is a decided change in flavor. The proportion of sugar and flavoring used in a dish which is to be prepared by freezing must be about double that used in other desserts, as the organs of taste are less sensitive when chilled.

Principles of Freezing

The principle of freezing is extraction of heat through the melting of ice and the subsequent melting of salt—a double action.

Salt has a strong affinity for water—thus salt is used with the ice, causing it to melt; but heat is necessary to change the ice from a solid to a liquid, and heat is drawn from the nearest substance, hence the mixture to be frozen is packed in a vessel made of some substance which is a good conductor (a metal pail) and the ice is surrounded by a non-conducting material (a wooden pail) so that the heat will not be drawn from the surrounding air.

Value of Frozen Dishes

Frozen dishes are refreshing to the body but retard digestion by lowering the temperature of the stomach. They are less harmful if used between meals because then they do not interfere with the digestion of other foods. They are often valuable in sickness in helping to cool the temperature of the body.

Ice creams are all rich and nourishing. but fruit ices are merely refreshing to the body.

Frozen dishes are used as appetizers, as a relish with meat or game, or as a dessert.

Utensils necessary for preparing frozen dishes are:—an ice pick, burlap bag and mallet or ice chopper, patent freezer, cup or dipper to handle the ice, burlap and newspaper to cover the freezer.

Methods of Preparing Frozen Dishes

Ices are made from sweetened fruit juice. They are made more smooth by cooking the water and sugar together to a thin syrup. If too much sugar is used the mixture is hard to freeze; if too little, it is coarse and rough. (1½ cups sugar to a quart of water, boil 5 minutes and strain.) Frozen fruit is prepared from fruits pressed through a colander, or cut in small pieces with a silver knife, or whole fruits cooked in syrup before adding as they freeze too hard if uncooked.

Ice creams are made with sweetened and flavored creams. Scalded cream gives a smoother, more velvety ice cream but swells less than raw cream in freezing. Scald cream, dissolve sugar in it, cool, add flavoring, and freeze. Either fruit juice or crushed fruit may be used for ice cream; it is preferable to use only the juice of very seedy fruits. When preparing ice cream with fruit the sugar and crushed fruit should stand one hour in a cool place, or until the sugar is dissolved, then it is added to the cream and frozen.

General Rules for Freezing

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

higher around the can than the mixture is inside. A freezer should never be filled more than three-fourths full, to allow for expansion in freezing.

Use four times as much ice as salt for freezing; use five times as much ice as salt in packing. The larger the quantity of salt used the more quickly the freezing takes place and the coarser the grain. Coarse rock salt gives the best results in freezing. A heavy bag of burlap, canvas, or carpet, and a wooden mallet are excellent for pounding the ice.

The rate of turning the freezer also affects the grain of the frozen dish. If the freezer is turned slowly and steadily the mixture is fine grained and velvety. This is desirable for ice cream. If the freezer is turned quickly and the mixture freezes rapidly it becomes granular. This is desirable for sherbet. A mixture which is frozen quickly and stirred only intermittently is full of crystals. Use for water ice and frozen fruit.

After cream is frozen it is much improved if repacked for 2 or 3 hours to "ripen." Ripening develops a rich flavor and delicious "grain."

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

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

To mould an ice after freezing, pack solidly in a mould, cover with paraffin paper and bury in ice and salt, using six parts ice to one of salt.

Danger from Eating Frozen Mixtures

Cans for freezers should be made of a good quality of tin. If an acid mixture is allowed to stand in tin for a long time when not chilled it may act on the tin, forming poisonous compounds.

Danger from ptomaine poisoning comes from allowing old cream to stand for a long time. Ptomaine poisoning is a form of decomposition which develops slowly in organic matter. There is seldom much danger of it occurring except in very hot weather and where foods are carelessly handled.

Digestive disturbances are apt to occur if frozen dishes are eaten hurriedly or in large quantities.

Kinds of Frozen Mixtures

I *Without Cream*

- 1 Water Ice—Fruit juice, sugar, and water frozen.
- 2 Sherbet—Water ice plus white of egg, gelatine or milk.
- 3 Punch—Fruit water ice partially frozen.
- 4 Frappe—Coarsely frozen water ice, granulated or broken up in appearance. Equal parts of ice and salt used in the freezing.
- 5 Granite—Fruits frozen in fruit juice, sugar, and water, having a rough, icy structure. Twice as much ice as salt used in the freezing.
- 6 Sorbet—Smooth, half frozen sherbet.

II *Ice Cream*

1 Philadelphia Ice Cream—Plain cream, sweetened and flavored with extracts, fruit or chocolate, frozen.

2 Neapolitan, New York, or Delmonico Ice Cream—A frozen custard, prepared of cream or milk combined with eggs, flavoring and sometimes flour and salt, cooked.

3 Frozen Pudding—Philadelphia or Neapolitan Ice Cream plus nuts or fruits or both.

4 Mousse or Parfait—Whipped cream, drained, flavored, frozen without stirring; beaten eggs are sometimes added. One half as much salt as ice is used in freezing.

Vanilla Ice Cream

1 quart cream	2 tablespoons vanilla extract
1 cup sugar	

Scald the cream, add sugar, stir until dissolved, cool, add flavoring, and freeze. Serves 8 to 12.

Chocolate Ice Cream

2 ounces chocolate	1 cup sugar
1 quart cream	1 teaspoon vanilla

Scald cream, melt chocolate, add sugar, then add hot cream gradually, heat till smooth; when cool, add vanilla, and freeze. Serves 8 to 12.

Caramel Ice Cream

1 cup sugar	1 quart cream
$\frac{1}{4}$ cup boiling water	$\frac{1}{2}$ cup sugar

Melt sugar in a frying pan; when caramel stage is reached, add boiling water gradually; mix with the hot cream and sugar; when cool, freeze. Serves 8 to 12.

Coffee Ice Cream

$\frac{1}{3}$ cup finely ground coffee	1 quart cream
$\frac{1}{3}$ cup boiling water	1 cup sugar

Make filtered coffee, mix with the hot cream, and the sugar; when cool, freeze. Serves 8 to 12.

Fruit Water Ice or Frozen Fruit

2 cups fruit juice or	2 cups sugar
3 cups crushed fruit	2 tablespoons lemon juice
1 quart water	

Boil the sugar and water to a syrup, cool, add the fruit juice, strain, chill, and freeze. Serves 8 to 12.

Fruit Ice Cream

2 cups fruit juice or	2 cups sugar
3 cups crushed fruit	1 quart cream

Add the sugar to the fruit; let stand to dissolve the sugar; add the cream and freeze. Serves 12 to 16.

Orange Ice

1 quart water	2 cups orange juice
2 cups sugar	$\frac{1}{4}$ cup lemon juice

Boil the sugar, water, and grated rind of 1 orange to a syrup, cool; add fruit juice and strain; cool, freeze. Serves 8 to 12.

Mixed Fruit Ice

3 oranges	$\frac{1}{2}$ can apricots
3 lemons	3 cups water
2 bananas	3 cups sugar

Squeeze oranges and lemons, and put apricots and bananas through a sieve. Boil sugar and water to a thin syrup. When cold add the fruit pulp and juice. Chill thoroughly before freezing. From 1 cup to 1 pint of cream may be added, if desired, before freezing. Serves 24.

Milk Sherbet

1 quart milk	3 large lemons(juice)
2 cups sugar	

Freeze the milk and sugar slightly, add the juice of the lemons, and freeze again. Pack until needed. Serves 8 to 12.

Peach Ice or Frozen Peaches

$\frac{1}{4}$ can peaches Water to make 4 cups
 $1\frac{1}{2}$ cups sugar

Drain the peaches, put through a ricer or fruit press. Cook the water and sugar 5 minutes. Strain; add peaches; cool and freeze. Serves 6 to 8.

Grape Frappe

$1\frac{1}{4}$ cups sugar 3 cups grape juice
 1 quart water 2 lemons (juice)

Boil the water and sugar together for 10 minutes. Strain through a cheese cloth into the can of the freezer. When cold, add the fruit juice. Pack with ice and salt, using equal proportions. When the mixture is half frozen, remove the dasher and pack until ready to serve. Scrape the frozen mixture from the side of the can and beat well before serving. Serves 12 to 16.

Lemon Sherbet

1 quart water 1 cup lemon juice
 2 cups sugar 1 egg white

Boil the sugar and water together to a syrup; cool; add lemon juice and strain; chill, freeze, and when partly frozen add egg white well-beaten. Other fruit juices may be substituted for or combined with the lemon juice. Serves 8 to 12.

Rhubarb Sherbet

$2\frac{1}{2}$ quarts rhubarb (2 lbs.) 1 lemon, juice and rind
 1 quart water 1 egg white
 1 cup sugar

Stew rhubarb and water until perfectly tender. Strain, add the sugar and rind of lemon, and boil till the sugar is dissolved.* Add lemon juice, strain, chill, and freeze. When partly frozen, add egg white well-beaten, and freeze until firm. Serves 12 to 16.

Cranberry Sherbet

1 pint cranberry juice	2 lemons, juice
1 pint water	2 egg whites
2 cups sugar	

Stew the cranberries in water until they burst from their skins, strain, and add sugar. Heat until the sugar is dissolved. Cool, add the lemon juice, chill, and freeze. When partly frozen, add stiffly-beaten whites of eggs, and freeze until firm. Serves 8 to 12.

White Grape Sherbet

1 pint water	2 cups white grape juice
1 cup sugar	1 egg white
1 lemon (juice)	

Make a thin syrup of the sugar and water. Cool, add fruit juice, strain, and freeze. When partly frozen add the egg white well-beaten and freeze till firm. Serves 8 to 12.

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