

Caloric

Book of Recipes

PUBLISHED BY
THE CALORIC COMPANY
JANESVILLE, WIS.

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CALORIC BOOK OF RECIPES

A COMPILATION OF

MORE THAN THREE HUNDRED SUPERIOR
RECIPES, INCLUDING SOUPS, FISH, MEATS,
VEGETABLES, CEREALS, SAUCES, BREAD,
SALADS, PIES, PUDDINGS, CAKE, FRUITS
AND PRESERVES

ESPECIALLY ADAPTED
TO THE IMPROVED
CALORIC COOKSTOVE

TENTH EDITION

PUBLISHED BY
THE CALORIC COMPANY
JANESVILLE, WISCONSIN

PRICE 50 CENTS

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By The Caloric Company
Janesville, Wisconsin

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INTRODUCTION

THE recipes, explanations and directions, together with a number of useful hints and suggestions pertaining to the culinary art, contained in this volume have been prepared, primarily, for the benefit of users of the Caloric Fireless Cookstove. It should, perhaps, be explained here that the word "fireless" is a misnomer. The proper word is "recalorator," which literally means conserver of heat, just as "refrigerator" means conserver of cold. In both instances, the initial calor (heat) and frigor (cold) must be provided.

In the "hay-box," the predecessor of the Caloric Cookstove, the initial heat was supplied by a large body of water or liquid in which the food to be cooked was placed and brought to the boiling point. The insulation of the hay kept the heat from dissipating into the surrounding atmosphere, just as the charcoal and air chamber insulation of the refrigerator keep the surrounding warmer air from rapidly melting the ice. For boiling, steaming (to a certain extent) and stewing, the boiling liquid or water was adequate to complete the cooking. But, of course, the temperature could not be raised above two hundred and twelve degrees Fahrenheit. Inasmuch as there are certain foods which cannot be cooked properly by boiling or stewing in a liquid, the primitive "hay-box" and its commercial successor, the original Caloric Fireless Cookstove, were not real cookstoves—they could neither bake or roast. To supply this deficiency comes the modern Caloric, which with its genuine steatite radiators, furnishes sufficient stored heat to raise

the temperature in the Caloric insulated oven to over four hundred degrees Fahrenheit. Inasmuch as the baking heat is only between three hundred and twenty-five and three hundred and fifty degrees, it will be readily appreciated that the modern Caloric really does BAKE and ROAST, as well as boil, steam and stew—literally cooking practically everything for the table. That this method of cooking is superior in results, from every standpoint, we need not explain—it is too well understood.

The first requisite is to acquaint one's self thoroughly with the modern Caloric. Therefore, we request all housewives to study carefully the directions for its use.

Although the time and ingredients required for cooking are stated, nevertheless, a little experience will demonstrate that these may be regulated according to the tastes of the individual. It will take a little time for the thoughtful housewife to master all the advantages of the Caloric. There are countless possibilities, not mentioned in this book, which time and practice will reveal.

Pains have been taken to make the book international in its scope and, in so far as possible, to please the varied tastes. It should be understood at the beginning, however, that any recipe may be used in preparing food to be cooked in the Caloric. After some practice and by following the instructions in this book, any woman will be able to prepare whatsoever viands she may desire. It is the purpose of this book to set forth, principally, the method of preparing food. Formerly many ingredients were added to the food while cooking, but all the details may now be attended to before the food is placed in the Caloric.

THE CALORIC COMPANY

EXCLUSIVE CALORIC FEATURES

It Will Bake and Roast as well as steam, stew and boil. No preheating of foods necessary,—no basting,—no waste of food stuffs. Never burns, never fails.

Caloric Cases. In keeping with every modern kitchen convenience, the "Caloric is substantially constructed of *selected* oak, the paneled case making it indestructible, giving it an *up-to-date* air which every housekeeper appreciates and enjoys.

Caloric Insulation. The acknowledged superior efficiency of the Caloric is in a great measure due to the use of our patented insulating materials—for retaining the heat in the cooking department.

Caloric Ventilating Valve regulates the moist or dry heat in the cooking compartment of the Caloric Fireless Cookstove. This is a *distinguishing* feature of the Caloric, *Insist* on a ventilating valve when you buy a fireless cookstove. For *Roasting* and *Baking*, to insure dry heat, slightly raise the cap from the top of the valve, allowing free escape of all steam.. For steaming, Stewing or Boiling, the valve is *self-regulating*.

Caloric Radiators from the soap stone ledges of Virginia absorb and radiate *more heat* than any other mineral or composition known to *science*. They cost several times as much as iron or steel but *they are efficient*.

Easy and Simple to Operate. The radiators supplying the necessary heat for "Caloric" cooking are heated for a few minutes over an ordinary flame (same as a flat iron), then placed in the oven—the aluminum utensils containing the foods are placed on top of the radiators. Close and latch the cover—the "Caloric" will do the rest.
Simple, isn't it?

Caloric Cabinets. Substantially constructed of selected solid oak finished to match the Caloric Cookstove provides a convenient place for the storage of all cooking utensils and raises the stove to a proper height.

Caloric Stove Bases. An inexpensive, strong and well constructed base for use in connection with Caloric Fireless Cookstoves raising the stove to a proper height and casted so that it can be conveniently moved from place to place.

The CALORIC Cabinets and Stove Bases are made in various sizes to fit any past or present model CALORIC Fireless Cookstove.

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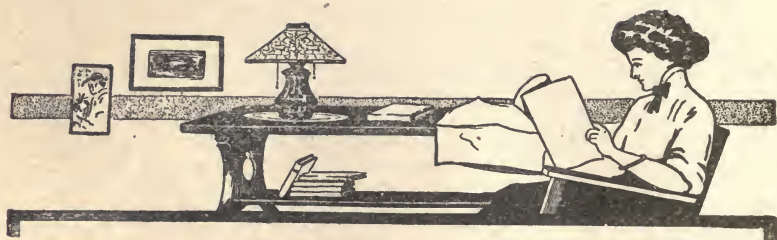
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PART I.

Directions for using the Caloric.



While the Meal Is Cooking **UNATTENDED** in the Caloric

PART I

DIRECTIONS FOR USING THE CALORIC

The principle of fireless cooking, as exemplified by the Caloric Cookstove, is that of recalculation, or the retention, through insulation, of heat previously generated. In cooking, ordinarily, food is heated to a certain temperature; then it is left over the fire, not to get hotter—that would be *impossible*—but to keep it at that degree of heat. The dissipation of heat in the surrounding air makes it necessary to keep on supplying heat in order that the cooking food may continue at the cooking temperature. A method was long sought, for hygienic as well as economic reasons, by which, the heat energy once generated, might be conserved without having to add constantly thereto. Such a method is hygienic, because it is admitted that food cooked in a comparatively even temperature is not only more nutritious, but also more palatable than that cooked fiercely over, on or in the hottest possible temperature. The Caloric was the *first* to utilize practically this principle in the making of a commercial fireless cookstove. Now, the Caloric has made another great stride forward, in the evolution of the new Caloric, which has literally perfected the art of fireless cooking, not alone in the boiling, steaming and stewing features, but it has also rendered possible baking and roasting as well. Of course, for baking and roasting, some heat must first be placed in the cabinet, and this is done by means of steatite

radiators. With this heat the new Caloric economically and satisfactorily accomplishes practically everything which is possible on a range or any other stove.

IMPORTANT DONT'S

Don't expect the impossible of the Caloric—that is, absolute success every time it is used. Failures have occurred in using a costly range when the wind was in the wrong direction and the drafts would not work well, or when something was overlooked; but these failures did not cause discouragement or the condemnation of the range. Please give the Caloric an equal chance.

Don't leave the radiators in the oven after the cooking is finished.

Don't fail to dry them thoroughly before reheating.

Don't try to cook small portions in a large oven, except as directed under "Important Things To Do."

Don't use too much water in Caloric cooking. Not much is needed. A tablespoonful is often sufficient.

Don't blame the Caloric if directions are not followed.

Don't blame the Caloric if the radiators are not heated enough. Some things naturally require more heat than others.

Don't scrape the aluminum utensils with a knife, wire cleaner, or other sharp instrument.

Don't use lye, ashes, or any washing powder or soap containing alkali.

IMPORTANT THINGS TO DO

Keep the stove open when not in use.

Keep the radiators dry by placing them on a hot air register, a steam radiator, or in a place where the sun will strike them.

Radiators will absorb cold as well as heat and in the winter time, when they become thoroughly chilled, they should be heated slowly at first or they will be liable to crack.

If the radiators become moist in long processes of cooking as in the case of cooking cereals, etc., they should be thoroughly dried before reheating them for further use.

The linings of the compartments must be kept dry. When cooking is finished, wipe and dry thoroughly. Use scalding water for washing and wipe them off occasionally with a cloth moistened with olive oil.

In cooking a small portion of food, the *smallest* utensil should be used. If there is considerable space left in the compartment, fill another utensil with hot water and place it in the oven at the same time, thereby leaving less air to be heated. In an instance of this kind, it is of *great advantage* to have a set of triple or double utensils. One or two may be used for cooking foods and the others filled with hot water.

THE METAL PARTS

The Caloric Cookstove may have been standing closed for a considerable length of time before its receipt by a purchaser and for this reason, the linings should be thoroughly washed

with clean water and soap, or scalded with boiling water. They should then be **wiped perfectly dry** and the covers allowed to stand open for several hours, in order that the compartments may be thoroughly aired. After each use of the Caloric, it should be washed clean and **wiped dry**. The covers should be allowed to **stand open** when the cookstove is not in use. If they are tightly closed when the Caloric is not in use, the lack of air may cause the cookstove to give off a musty odor and this odor may sometimes be imparted to delicate foods. It is well understood that a room or a house when closed up tightly becomes musty and the same is true of the Caloric in a greater degree because the metal compartments are practically air tight. A good housekeeper does not put away cooking utensils with the covers on them as they would not keep sweet under such conditions.

When convenient the cookstove should have a thorough airing out of doors at least once a week. If it is not convenient to do this, the stove should be placed in front of a window, where the sun may shine in the ovens.

When cooking, the utensil covers and the steatite radiators must be properly in place before any attempt is made to shut the covers of the stove. Otherwise, the metal may be dented.

It should be remembered that the action of heat and steam in the Caloric stoves is very severe. Therefore, the metal lining cannot be expected to **remain bright**. The heat from the radiators will darken it. The chemical action of acids in some foods will discolor any metal, no matter what it is. This discoloration in no way affects the cleanliness of the stove, hence **no attempt** should be made to keep the lining bright by scouring it with gritty soaps or powders. Such

a proceeding will scratch the surface of the metal and may, eventually, start rust or corrosion. The oven in an ordinary range does not remain perfectly bright and the Caloric oven should not be expected to do so. Water or moisture should never be allowed to stand in the metal compartments.

THE HEATING OF RADIATORS

The steatite radiators may be heated on gas, gasoline, denatured alcohol, oil, electric, coal or wood stoves or ranges. Care should be taken that the radiators are not allowed to become **red hot**.

The time required to give the radiators the necessary temperature is from ten to twenty minutes, depending, of course, on the size and intensity of the blaze used and the amount of heat required. Much less heat is needed for baking a cake than for roasting a large piece of meat. Judgment must be used. The radiators should be tested as one would test a sad-iron. For boiling and steaming, only moderate heat is required, while for roasting meat it is necessary to have the radiators **very hot**.

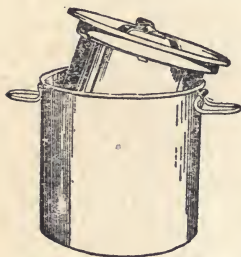
With very little trouble, considerable fuel and time may be saved by keeping the radiators moderately warm. In the summer time they may be placed out of doors in the sun, if convenient. They will then require only a few minutes' heating over a flame. In the winter they may be placed in a window where the sun will strike them; or better still, on the back of a range or a heater. If an asbestos plate, such as is used with an ordinary gas stove, is placed over the radiators, they will heat more quickly.

Caloric steatite radiators are as good an absorbent of cold as they are of heat. When a radiator is cold it should be heated gradually until thoroughly warm and then it may be subjected to the most intense heat.

Steatite is a natural product and contains seams which may open up when the radiators are heated. The radiators may also chip or flake. This does not affect their utility in any way whatsoever. On the contrary, a seam or crack will cause a radiator to heat up more readily, thereby lessening the expenditure for fuel. The Caloric guarantee does not cover the chipping or cracking of radiators.

If they become greasy or soiled, they may easily be made as good as new by the use of sand paper or any scouring soap.

CARE OF CALORIC UTENSILS



Double Boiler Made
in Two Sizes

The Caloric utensils are made of pure aluminum and, as is well known, this material will discolor under certain conditions. As a rule, hot water and pure soap will keep utensils in perfect condition, but if these are not sufficient, the vessels may easily be cleaned with some good scouring soap. Water or food containing alkali or iron will discolor the inside of aluminum utensils. Among the foods which contain alkali are potatoes, from which the skins have not been removed; corn on the cob, etc., and these are quite sure to discolor the aluminum utensils.

This discoloration is **harmless** and will have no effect upon the food. It does, however, mar the appearance of the aluminum and every good housekeeper likes to have her utensils bright and clean. If food or grease adheres to the aluminum surface it may easily be soaked loose by allowing hot water to stand in the vessel for several hours and scraping with a wooden spoon; or if necessary, with very fine sand or powdered emery.

BOILING, STEAMING AND STEWING

Use of Ventilating Valve

Steaming is the cooking of food over boiling water or in molds placed in a kettle of boiling water.

Stewing is the cooking of food for a considerable time in water just below the boiling point. For stewing, the radiators need not be quite as hot as for boiling.

The Caloric ventilating valve is self-regulating for steaming, stewing and boiling.

For boiling, steaming or stewing, only one radiator is used. This should be heated and placed in the bottom of the compartment. The food, when prepared, should be placed, with the proper amount of boiling water, in one of the Caloric utensils and the cover clamped down. The cover to the Caloric compartment should then be quickly closed and fastened.

The length of time food will keep hot in the Caloric depends largely on the bulk. When a kettle is two-thirds or more full the contents will often keep hot eighteen or twenty hours. Food will retain the heat at least ten hours. It is not absolutely necessary to use a radiator in boiling, steaming or stewing, but it is preferable, as better results are ob-

tained. If a radiator is not used, the food should be simply brought to the boiling point over a flame stove, the aluminum cover clamped down, the vessel removed directly to the Caloric and the lid closed and fastened.

As there is practically no evaporation of water by escaping steam, care should be taken not to add too much water to foods which absorb water, like lima beans, rice, macaroni, etc. In boiling meats, allow only as much water as will be needed for the gravy. For green peas, add one tablespoonful of water to one pint of peas. With spinach, no water is needed except what clings to the leaves after rinsing. Onions and dried beans should be placed in cold water and brought to the boiling point on a flame stove or range; then drained, and enough fresh water added to cover them. When hot, place in the Caloric.

If a radiator is hot enough to sharply hiss when touched with a wet finger, it is hot enough for boiling.

ROASTING



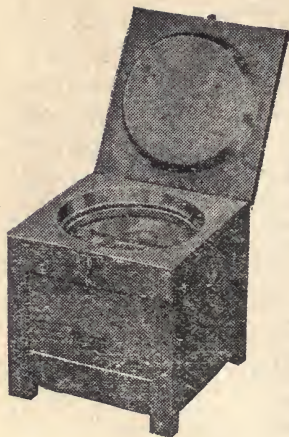
Showing the Use of
Caloric Steatite
Radiator.

Two steatite radiators are used for baking and roasting, one at the bottom of the oven, and one suspended in a rack in place of the regular cover of the large utensil. As liquids evaporate but little in the Caloric, none need be added to the roast. For this reason, no basting is required. The top radiator supplies the necessary heat for browning roasts.

It requires only a little more time to roast in the Caloric than in an ordinary oven. For instance, a veal roast that would require three-quarters of an hour in an ordinary oven will be roasted most satisfactorily in the Caloric in one hour. It does not injure the roast, however, if it is permitted to remain longer in the Caloric. It will **not** burn or become dry or tasteless if left for twice or three times the period actually required for cooking.

Season meat as desired and place, without heating or adding any water, in the Caloric kettle. If potatoes or other vegetables are desired with the meat, place them around it. When roasting, raised the cap of the ventilating valve slightly, allowing free escapement of steam. Radiators for roasting meat must be **very** hot. Test them by placing a small piece of paper on them; if the paper browns, they are sufficiently heated.

BAKING



Baking naturally requires more careful attention than roasting, but the results are most satisfactory and surprising. Practically everything can be baked in the Caloric—cakes, pastry, biscuits, bread, puddings, beans, potatoes, apples and all kinds of fruit. A little attention at first, some practice, and success is assured.

Two radiators are used in baking and these may be heated while preparing the food for the oven. With two radiators sizzling hot it requires only about the same time to bake as would be necessary in an ordinary range oven with a moderate baking heat. A little

experience will determine just the necessary time. One radiator is placed at the bottom and the other on top of the baking rack. Potatoes, or squash in the shell, may be put directly into the utensil, but pies, puddings, cakes, etc., should be placed in the ordinary baking tins and slipped into the racks. Anything too large for the baking racks may be put into the regular Caloric utensil as directed for meat-roasting. For baking bread or cake the test for the radiators is to be able to count not more than thirty-five as rapidly as possible while the hand is held two inches above a radiator. In fifteen minutes, bread should have begun to brown. Pies require hotter radiators than bread or cake. In order to give cake time to rise sufficiently before beginning to brown, it is well to leave the cover

of the compartment closed but not locked for the first ten minutes. The hook of the clasp may be slipped under the cover. For the remainder of the time, close the cookstove as usual. In baking Irish potatoes it is necessary to raise the cap of the ventilating valve to allow the steam to escape. Sweet potatoes contain less water than Irish potatoes and less steam is formed in baking.

SUGGESTIONS

If dinner is to be served at night all the preliminary cooking may be done at noon, and the food placed in the Caloric and left until evening.

Dried apples or prunes may be cooked in the Caloric over night. Previous to cooking they should be soaked in cold water several hours. Use the water in which they were soaked for the cooking.

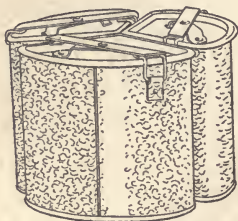
Sauerkraut will be more tender and better flavored if it is placed in the Caloric the day before it is intended to be eaten.

Meats and poultry which are somewhat tough may be made tender by leaving them in the Caloric a greater length of time than would ordinarily be required.

The Caloric is an excellent thing for a family whose members cannot all have meals at the same time. Part of the food may be taken out at the first meal-time and the remainder left in the cookstoves, where it will **keep hot for hours.**

The Caloric may also be used for keeping food cold. Ice cream can be kept from melting by placing it in the cook-stove.

The Caloric makes possible great economy in the use of seasoning. Half, and indeed, sometimes a third or fourth part of what one would ordinarily use will be sufficient. In using the Caloric there is practically no evaporation—all the delicious and delicate flavors remain in the food. Therefore, care should be exercised in the use of seasoning.



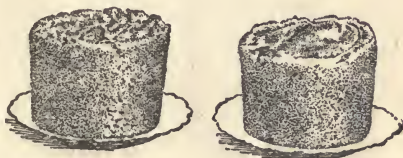
Triple Utensils

There is one Caloric kettle for each compartment of the stove, but it is often convenient to cook more than one thing at a time in a compartment. For this purpose the Caloric Company manufactures triple-sided nesting utensils, three of which fit perfectly, side by side, in an eight or twelve-

quart compartment of any of the Caloric stoves. By the use of these utensils **three** varieties of food may be cooked in one compartment at the same time. The company also makes double utensils, **two** of these fitting into one compartment. These special utensils are not supplied with the regular equipment of the stove but cost a slight amount extra.

CAUTION.

Usually, in boiling, steaming or stewing it is unnecessary to raise the oven or compartment cover until the food is cooked. If, however, the cover is opened during the boiling process, which process causes some steam pressure, care should be taken to avoid being scalded. This is not necessary if you use the ventilating valve according to directions.



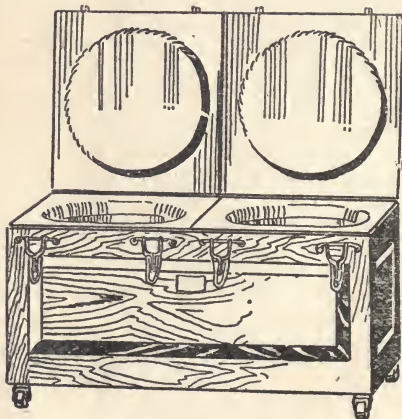
Brown Bread Baked in the Caloric



Pleased and Satisfied with a Caloric

PART II.

Recipes.



Model No. 41

PART II.

SOUPS.

The foundation of all soups is the juice or extract of meat, poultry, game, fish or vegetables. The bones of meat are especially rich in nutriment that goes to make up a wholesome and palatable soup. The materials for soup cost but little and, by using the Caloric, the real expense of the dish—the long cooking over the fire—is done away with and it becomes one of the most economical as well as one of the most nutritious of foods. Meat should not be washed. Wipe it well with a piece of cheese-cloth wrung from cold water. Meat for soup should always be put on to cook in cold water, heated slowly, and not allowed to boil.

Place soups in the Caloric to keep hot for a second helping or for late arrivals.

Stock—Cut six pounds of the shin of beef in small pieces. Add three quarts of cold water, six whole cloves, six peppercorns and one bay leaf. Heat slowly and remove to the Caloric for six or eight hours, using one radiator. Strain through cheesecloth. When cold, remove every particle of fat. The stock will form a jelly and will keep for days in a cool place. By adding strained tomatoes or cooked vegetables, an excellent soup may be prepared on short notice. For a clear soup or bouillon, use equal quantities of stock and water, seasoning to taste.

Asparagus Soup—Clean one pound of asparagus and cut in half-finger-long pieces. Melt one to one and one-half tablespoonfuls of butter. When it commences to bubble, add two tablespoonfuls of flour. Stir and add one and one-half quarts

of stock. Into this put the asparagus and remove to the Caloric. When the soup is done, stir in the yolk of an egg. Serve with croutons.

Bean Soup—One cupful of navy beans soaked in water over night. Drain, add one quart of boiling water, an even tablespoonful each of salt and sugar and one pound of pork loin. Place in the Caloric and cook three hours or longer, using one radiator. When done, press the beans through a colander, cut the meat in small pieces and brown in one tablespoonful of butter, to which one small onion has been added. Add one quart of milk and one-quarter of a teaspoonful of pepper. Mix all together and serve hot.

Bouillon—Cut three pounds of lean beef into cubes. Add two quarts of cold water, half of a small onion, a bay leaf and a little celery. Cook in the Caloric five or six hours, using one radiator. When cold, remove the fat. Before using, drop in a little bag of cinnamon and cloves. Season with salt and pepper and color with a tablespoonful of caramel. Heat and serve.

Chicken Soup—Save the liquor in which a chicken has been boiled. The following day, break the bones in pieces and place in a kettle with the liquor and any gravy, dressing or trimmings that may have been left. Add four tablespoonfuls of rice and heat slowly to the boiling point. Place in the Caloric and cook four hours or more, using one radiator. Strain, season with salt and pepper and serve.

Cream Chicken Soup—To two quarts of chicken stock add one cupful of chopped mushrooms and one tablespoonful of chopped parsley. Boil slowly fifteen minutes. Thicken with a little flour, season with salt, pepper and paprika, and, just before serving, add slowly one cupful of rich cream.

Chicken Jelly or Broth—Clean a small chicken, disjoint and cut in small pieces. Remove the superfluous fat. Break the bones. Dip the feet into boiling water and scald them until the skin and nails drop off. The feet contain gelatine and when well cleaned may be used for the jelly. Cover the meat, feet and bones with cold water. When the boiling point is reached, remove to the Caloric and cook six hours, using one radiator. When cool, remove the fat. Season with salt, pepper and lemon juice. Add the shell and white of an egg. Put the broth over the fire and stir well until it reaches the boiling point. Skim and strain through a fine napkin. Pour into small cups and cool, if intended for jelly. Serve hot, if intended for broth.

Corn Soup—Chop or grind one can of corn and put it into a kettle with one quart of milk. Cook in the Caloric one hour, using one radiator. Fry one tablespoonful of chopped onion in three tablespoonfuls of butter. Add two tablespoonfuls of flour and cook until smooth. Strain, and use to thicken the soup. Season with salt, pepper and paprika. Put in a double boiler to keep hot and, just before serving, add the yolks of two eggs well beaten.

Cream of Celery Soup—Cut three or four heads of celery into small pieces and cover with cold water. Heat to the boiling point and cook in the Caloric two hours, using one radiator. Take from the kettle and drain. Blend two tablespoonfuls of butter and four tablespoonfuls of flour. Add three-fourths of a quart of cold milk and heat until it thickens, stirring constantly. Then add the celery water and, if a stronger flavor is desired, press the cooked celery through a sieve and add it to the soup. Season with salt and pepper.

Green Pea Soup—Barely cover with boiling water two cupfuls of fresh shelled peas; add two cupfuls of boiling milk and one tablespoonful of butter, blended with one of flour. Add salt and pepper. Cover and heat to the boiling point. Place in the Caloric, using one radiator and cook two hours or more. Then add two cupfuls of boiling milk. Strain through a sieve, add one cupful of cream and serve.

Mutton Broth—Select the neck for broth. Cut in pieces and put into a kettle with two quarts of water. Place the kettle on the radiator while it is heating. When both are hot, add to the soup an onion, some turnip, celery, carrot, bay leaf and pepper. Place in the Caloric, tightly covered, and cook for four hours or more, using one radiator. Strain and season with salt and pepper. Barley or rice may be served with this soup by adding four tablespoonfuls of either, after first removing the scum.

Puree du Barry—Chop six almonds fine. Add to them a pint of potatoes cut into small cubes, two tablespoonfuls of chopped onion, two tablespoonfuls of mashed rice, one tablespoonful of parsley and one teaspoonful of grated nutmeg. Place the mixture in a Caloric kettle. Thicken with one tablespoonful of flour. When well mixed, add three quarts of stock. Boil five minutes. Clamp down the cover and cook in the Caloric two hours, using one radiator. Rub through a sieve. Reheat, add one teaspoonful of salt and two cupfuls of hot milk.

Rice Soup—Heat to the boiling point two quarts of stock. Wash well one-half cupful of rice. Pour boiling water over it, drain and add to the stock. Cook in a covered kettle in the Caloric one hour, using one radiator.

Rice Soup with Green Peas—Cut a piece of bacon into small cubes and fry them in butter until light yellow. Add some chopped parsley and onion and cook for a few minutes. Then add one-half cupful of fresh green peas, one-half cupful of washed rice and one and one-half quarts of stock. Cook in a covered kettle in a Caloric one hour, using one (1) radiator.

Rice Soup With Tomatoes—Stew six tomatoes with one sliced onion, in a very little water. Rub through a colander. Heat slightly two tablespoonfuls of butter and add the tomatoes and one-half cupful of washed rice, stirring all the time. Then add one and one-half quarts of hot stock. Cook one hour in a covered kettle in the Caloric, using one radiator.

Soup of Rice and Milk—Heat to the boiling point one and one-fourth quarts of milk. Add one-half cupful of rice, a piece of cinnamon bark, sugar to taste and a pinch of salt. Cook in a covered kettle in the Caloric one hour, using one radiator. If the soup is thick add a little more milk before serving.

Spanish Soup—Melt one tablespoonful of butter. Add two pieces of bacon cut in cubes and fry until yellow. Add a few pinches of paprika and salt, one chopped onion, a little chopped parsley, one cupful of tomatoes (from which the skins and seeds have been removed), and some celery. Stir well and cook five minutes. Add one-half pound each of raw mutton and beef, cut into cubes. Half a chicken, cut in small pieces, may also be added. Add two quarts of hot water, stirring constantly. Cook in covered kettle in the Caloric two hours, using one radiator.

Tomato Soup—To one can of tomatoes and a quart of beef stock add one-half cupful of rice. Season to taste with salt,

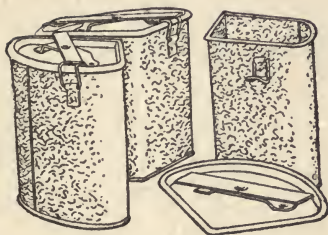
pepper and sugar. Remove to the Caloric and cook one hour, using one radiator.

Tomato Soup With Milk—One quart of tomatoes; one cupful of water. Cook until tender and strain through a colander. Add one-fourth of a level teaspoonful of soda and stir well. Pour in one quart of hot milk and season with butter, pepper and salt. Heat to the boiling point and serve.

Turtle Soup—Thoroughly clean the turtle. Put it into a kettle and cover with cold water. Heat to the boiling point and skim. Into a small bag, put one tablespoonful of thyme, marjoram and sweet basil. Add this to the soup. Remove the kettle to the Caloric and cook five or six hours, using one radiator. When done, remove the meat from the bones and, when cold, cut in dice and return to the stock. Season with salt and pepper. Brown some flour in the oven, blend with butter and thicken the soup to the consistency of cream.

Vegetable Soup—One cupful of chopped cabbage; two cupfuls of tomatoes; three potatoes diced; two or three stalks of celery; one onion and one cupful of canned corn. Add one quart of stock and one pint of water, salt and pepper to taste and one level teaspoonful of sugar. Boil five minutes and remove to the Caloric for two hours, using one radiator. If stock has not been prepared beforehand, two pounds of soup-meat may be cooked directly with the vegetables. Skim off the fat before serving.

Vegetable Oyster Soup—This should be prepared the same as asparagus soup.



Caloric Triple Utensils

FISH

Fish is a food that may easily be cooked over a blaze but it is most convenient, when one wishes to go out and find the meal ready on arriving home, to cook it in the Caloric. Fish does not become soft, or fall to pieces by standing a considerable length of time in the Caloric.

Baked Fish—Thoroughly clean the fish and wipe it dry. Season with salt and pepper, dip in beaten egg and then in cracker crumbs. Melt one tablespoonful of butter in a baking pan. Put in the fish with bits of butter on the top. Place in the utensil and bake in the Caloric forty-five minutes using two radiators.

Boiled Fish—Roll the fish in cheese-cloth and tie the ends. Lower in a Caloric kettle of boiling water, to which has been added the juice of half a lemon and a little salt. Cook in the Caloric one-half hour, using one radiator. Drain and unroll from the cloth onto a platter. Garnish with parsley and slices of lemon, and serve with drawn butter sauce.

Codfish Balls—Shred one cupful of codfish. Pare and cut into cubes three cupfuls of potatoes. Put the potatoes and codfish into a kettle, cover with boiling water and remove to the Caloric. Cook one-half hour. Drain well, mash and beat until very light. Add two teaspoonfuls of butter, one egg well beaten, one-fourth of a saltspoonful of pepper and salt if needed. Drop by tablespoonfuls into hot fat.

Escalloped Oysters—Use crushed cracker crumbs, not too fine. Drain the liquor from one quart of oysters. Butter a deep dish and cover the bottom with crackers. Put in a layer

of oysters, seasoned with butter, pepper and salt; then a layer of crackers, then oysters; season as before and so on until the dish is full. Finish with crackers covered with bits of butter. Pour over all three cupfuls of hot milk. Bake in the Caloric utensil one-half hour, using two radiators.

Escalloped Oysters and Rice—One cupful of rice and one pint of oysters. Use the liquor from the oysters and add enough boiling water to make four cupfuls. Add the rice and boil one minute, then remove to the Caloric and cook three-quarters of an hour, using one radiator. To the cooked rice, add two well beaten eggs and a large tablespoonful of butter. Into a buttered pan put a layer of rice, a few small pieces of butter, a little salt and a dash of pepper. Then add a layer of the raw oysters and so on, until the dish is full. Cover with cracker crumbs, with small pieces of butter on the top and lastly, pour over the whole one cupful of hot milk. Bake one-half hour, using two radiators.

Escalloped Salmon No. 1—One can of salmon; one-half pound of coarsely-rolled crackers. Put into a well buttered basin first, a layer of cracker crumbs, then a thin layer of flaked salmon. Season with salt, pepper and small pieces of butter and continue until all is used, having cracker crumbs on the top. Pour over all one pint of hot milk and bake in the Caloric thirty minutes, using two radiators.

Escalloped Salmon No. 2—Thicken one pint of milk with two tablespoonfuls of flour. Season with salt, pepper and butter. Put into a baking pan alternate layers of the fish and dressing. Sprinkle toasted bread crumbs on top and bake in the Caloric one-half hour, using two radiators.

Salmon Loaf—One large can of salmon. Pour off the oil, remove bones and skin and flake the fish fine. Add two tablespoonfuls of melted butter, two eggs well beaten and one-half cupful of bread crumbs. Mix all together and season with salt and pepper. Put in a well buttered tin and steam in the Caloric one hour. When done, turn the loaf out on a platter and pour over it a sauce made as follows: One teaspoonful each of flour and butter blended; the oil from the salmon; one cupful of milk and one egg well beaten. Season with salt and pepper and heat to the boiling point.

MEATS

Meat, although one of the most important foods—and certainly the most expensive—is too frequently ruined in the cooking. Often, all the rich, juicy nutriment is cooked out of it leaving the hard, leathery fiber. It should be borne in mind that the most expensive meats are not necessarily the most nutritious. If the right way of preparing the cheaper kinds is thoroughly understood and if the Caloric Cookstove is used, it is possible to have a tender and juicy piece of meat at a comparatively small cost. In boiling meat or vegetables for stews, etc., it should be remembered that in the Caloric the water does not boil away as it does on a range, and if too much water is used the dish will not be rich enough. Use little water and one or both radiators. The secret of making tough meats tender is the slow cooking, especially by braising, boiling and stewing. The toughest fowl may be reduced to toothsome tenderness if steamed in a closed utensil for several hours. The Caloric is especially adapted to the cooking of meat in these various ways. All meats cooked in the Caloric will be found superior in every way to those cooked entirely on a flame stove. Meats should not be washed, but wiped with a piece of cheesecloth wrung from cold water.

In roasting meat do not add water. The steam from the cooking meat will be sufficient. When roasting, the cover of the utensil is not put on, as the top stone, resting on the rack, makes a cover.

BEEF

Austrian Filet—Cut off all the fat and skin from a piece of filet and pound it flat. After it has been rubbed with salt on both sides spread it out on a meat-board. Chop one-fourth pound of fat bacon and three or four boned sardines and mix with pepper, a pinch of ginger and several tablespoonfuls of bread crumbs. Spread this dressing evenly on the meat; roll it up and tie it. Heat a piece of butter or some drippings in a kettle, put in the meat and brown it on all sides. Add five or six tablespoonfuls of thick, sour cream and keep it a few minutes longer over the fire. Cook in the Caloric, using two radiators. When done, pull out the strings, slice the meat and pour the strained gravy over it.

Baked Hash—Two cupfuls of chopped corned beef and three cupfuls of potatoes. Melt one tablespoonful of butter in a baking pan, put in the hash, season with pepper and pour over it one cupful of sweet cream. Bake in the Caloric utensil thirty minutes, using two radiators.

Beef a la Mode—Four to six pounds from the under part of the round, cut thick. Wipe and trim off the rough edges. Put the meat in a deep, earthen dish and pour over it spiced vinegar, made by boiling for five minutes one cupful of vinegar, one onion chopped fine, three teaspoonfuls of salt and one-half teaspoonful each of mustard, pepper, cloves and allspice. Let the meat stand several hours, turning it often. Then lard it with ten or twelve strips of salt pork, cut one-third of an inch wide. Remove from the spice and brown in hot fat in which one onion and half of a carrot have been fried. Remove the beef to a Caloric kettle and add to the fat enough boiling water

to nearly cover the meat. Put in a small bag of mixed herbs and cook in the Caloric five or six hours, using one radiator. When ready to serve, add more seasoning and thicken the gravy with flour. Boil the gravy five minutes, strain it over the meat and garnish with potato balls and small onions.

Beef a la Venison—Rub lightly two and one-fourth pounds of the lower part of the round or loin with salt and put it into vinegar for three or four days. Take it out and drain it a little. Cut very fat bacon in thin threads about a finger long and, with a large needle, sew several rows through the meat. Prepare the following ingredients: Two large, sliced onions; one small, yellow carrot; a piece of lemon peel; one bay leaf; twelve to fifteen peppercorns; a large pinch of sugar and several cloves. Heat a piece of butter in a kettle, put in the meat and brown it slightly. Then add a part of the vinegar in which the meat was put and the seasoning. Let the whole boil for fifteen minutes. Dissolve two or three tablespoonfuls of flour in cold water and add this to the meat. Boil again for a moment. Place the kettle, tightly covered, in the Caloric and cook for two hours, using one radiator.

Beef Loaf—Three pounds of beef; one-half pound of salt pork, chopped fine; three slices of stale bread, rolled fine; three eggs; salt and pepper to taste; one small onion; one cupful of milk. Mix well and bake three hours in the Caloric, using two radiators.

Beef Roulard—Cut one and one-half pounds of lean beef in five or six equally thick slices. Add salt, put one slice on top of another and let them stand for one-half hour. Make the following dressing: Chop one-fourth pound of bacon with two small onions and add a large pinch of white pepper. Divide

it into five or six equal parts and spread each part on a slice of the meat. Roll up the slices and wind with thread. Turn the meat-rolls in flour until they are white all over. Put them into a kettle with hot butter and fry until they are yellow. Then add three tablespoonfuls of sour cream, the juice of half a lemon, a pinch of sugar and one-half cupful of stock. Let them smother in a covered kettle for ten minutes, after which, cook in the Caloric one and one-half hours, using one radiator.

Beef Stew—Cold bits may be used for this or the round or any of the cheap cuts of beef. Cut all the fat from the meat and cut the lean into small pieces. Fry the fat in a kettle gently for ten or fifteen minutes. Then brown the meat, which has been seasoned well with salt and pepper. Cut a slice or two of onion, turnip or carrot and three or four potatoes into small pieces and add to the stew. Cook in the Caloric three hours or more, using one radiator. Remove from the Caloric to the fire and thicken the stew with one tablespoonful of flour rubbed to a paste in a little milk.

Beef Tea—Remove all the fat from one pound of round steak. Cut in one-half inch cubes and put in glass fruit jars. Set in a Caloric kettle of cold water and heat gradually. When the water reaches the boiling point remove to the Caloric for five hours without using a radiator. Strain, heat over hot water and add a little salt.

Boiled Beef—The brisket or a piece of the round is good for boiling. Put the suet and trimmings of the meat in a kettle and try out the fat. Then put in the meat and sear it quickly on all sides. Remove the cracklings from the fat and cover the meat with boiling water. Cover tightly and cook in the Caloric

three hours or more, using one radiator. Then remove to a hot platter, salt well, and garnish with cress or boiled cabbage. The liquor should be saved for stock or sauce.

Boiled Tongue—Wash a fresh tongue weighing about three pounds and place it in a kettle or salted, boiling water. Remove to the Caloric and cook six or eight hours, using one radiator. Prepare it before retiring and let it remain in the Caloric over night. In the morning, remove from the liquor, peel off the skin, press between plates and serve in slices. If the tongue is corned, it should be well soaked for several hours in cold water before boiling.

Brown Beef Stew—Cut two pounds of beef into cubes of one inch. Roll them in two tablespoonfuls of flour. Put two tablespoonfuls of suet into a saucepan and shake it over the fire until it is well melted. Remove the cracklings and put in the meat. Shake until it is slightly brown. Draw the meat to one side of the pan and add two tablespoonfuls of flour to the fat. When smooth, add one quart of stock, one teaspoonful of salt, one onion, one bay leaf, one small carrot, one saltspoonful of pepper and one teaspoonful of kitchen bouquet. Put all together into a kettle and cook in the Caloric three hours, using two radiators.

Corned Beef—For cold corned beef the plate piece is the best; while, for a hot dish, the brisket is to be preferred. Always have a good layer of fat around it. Place in cold water and heat slowly to the boiling point; then drain the water off. Cover with fresh water and heat again to the boiling point. Clamp the cover down and cook in the Caloric six or eight hours, using one radiator. Cool in the stock; press between plates and serve in thin slices.

Filet Roast—Season a piece of filet with salt and pepper and let it stand for one hour. Heat some butter in a Caloric kettle and brown the meat in it on all sides. Remove to the cabinet for two hours, using two radiators.

Goulash Stew—Cut a two-pound flank steak in small dice. Chop one onion and fry it in two tablespoonfuls of butter. Brown the steak in the butter and cover it with cold water or stock. Season with salt, pepper or paprika and thicken with flour. Boil three minutes. Place, tightly covered, in the Caloric and cook three or four hours, using one radiator.

Invalid's Broth—Remove the fat from one pound of the best part of round steak. Cut into dice and place in an aluminum or porcelain-lined kettle. Cover with cold water and add one level teaspoonful of salt. Let it stand a few hours or over night. Put a radiator on the fire to heat and set the kettle containing the meat on this so that it will heat very slowly. Do not allow it to boil. When the radiator will faintly hiss when touched with a wet finger, it is hot enough. Cook in the Caloric two or three hours.

Panned Steak—Two pounds of steak, cut thick. Place it in a deep, round pan. Pare eight small potatoes and arrange around the edge of the pan. To season, use three small, sliced carrots and two onions sliced thin, with salt and pepper to taste. Pour over this brown butter sauce enough to cover. Put the pan into the baking rack and cook in the Caloric at least one and one-half hours.

Round steak cooked in this manner in the Caloric is just as delicious as the finest piece of sirloin steak cooked in the ordinary way.

Picklesteiner Meat from Beef Tenderloin—Cut two and one-fourth pounds of beef tenderloin in medium-sized cubes. Chop one-fifth of a pound of bacon, add a piece of butter cut into little pieces, ten or twelve pared, raw potatoes cut in cubes and prepare the following vegetables: A handful of parsley, a piece of garlic, one onion and two or three carrots. Cut all the vegetables fine. Melt a piece of butter in a kettle. Put in a layer of the potatoes, a layer of the mixed vegetables and a layer of meat. Sprinkle salt and paprika sparingly between the layers. Put bacon and butter on top of the potatoes. Continue in this way until all is used. At last, add one cupful of water or stock. Put the kettle over a blaze and heat for five minutes. Close the kettle and cook in the Caloric forty-five minutes, using one radiator.

Pot Roast—Rub two and one-half pounds of beef from the under part of the round with salt and sprinkle with pepper. Let it stand for thirty minutes to one hour. Melt one tablespoonful of butter in a Caloric kettle, put in the meat with some sliced carrot and a piece of bay leaf. Cook for ten or twelve minutes, occasionally turning the meat and adding a tablespoonful of water. Have ready one or two tablespoonfuls of flour dissolved in the necessary quantity of water. Add this to the meat and heat the whole to the boiling point. Put the cover on the kettle and cook in the Caloric three hours, using one radiator.

Pot Roast With Potatoes—Sear a three-pound pot roast on all sides in a hot skillet. Sprinkle it with salt and pepper and put it into a Caloric utensil. Try out a piece of suet and while it is sizzling, pour in a large cupful of hot water. When it boils, pour it over the meat and remove the kettle at once to the Caloric, cooking two and one-half or three hours, using two

radiators. One hour before serving, boil the potatoes on the stove for five minutes or long enough to heat them through. Lift the Caloric lid and slip the potatoes, drained of the boiling water, into the broth at the side of the meat, allowing as little heat to escape as possible. A small onion may be added if desired.

Ragout of Beef a la Creole—Cut two pounds of lean, coarse beef into dice, and fry five minutes in hot drippings. Take up the meat and keep it hot while frying in the same fat, two minced onions, six small green peppers which have been parboiled and cooled before being minced, a teaspoonful of minced chives, three large potatoes, peeled and sliced, six chopped olives and a teaspoonful of minced, sweet herbs. Season with pepper and when the mixture has cooked five minutes add a teaspoonful of vinegar. Remove with the meat to the Caloric for two hours. The meat should be in shreds.

Rare Roast Beef—Melt a little butter in a Caloric kettle and sear the meat on all sides. Season to taste and remove to the Caloric using two radiators sizzling hot. Allow about seventeen minutes for each pound of meat.

A dressing made of bread crumbs mixed with two beaten eggs, a teaspoonful of sage, a lump of butter and salt and pepper to taste, makes an appetizing addition to a roast of beef. Moisten with water and place in the form of a loaf by the side of the beef. After removing the meat and dressing, thicken the gravy with a large tablespoonful of flour rubbed smooth in water and boil slightly.

Rolled Beefsteak—Use a steak, cut from the round, one-half inch thick. Remove the center bone and the surplus fat.

Over the steak spread a dressing made of one cupful of soft bread crumbs, one rounding tablespoonful of butter, melted, one level teaspoonful of poultry seasoning or sweet herbs, one-half teaspoonful of salt and one-half teaspoonful of pepper. Press this down firmly on the steak, then roll compactly and tie securely with twine. Into a cast-iron skillet put one-fourth of a cupful of beef drippings or butter and place over the fire. When hot, put in the beef-roll. Turn it until it is a delicate brown. Remove to a Caloric kettle. Add to the fat remaining in the skillet one-fourth cupful of flour. When thoroughly blended, add one pint of boiling water. Season with salt and pepper. Put the kettle into the Caloric and cook for two or three hours, using two radiators. When done, remove the strings and serve. Add a little onion juice to the gravy and pour it over the roll.

Steamed Filet Roast—Rub the meat with salt, sprinkle with pepper and let it stand for at least one hour. Heat some butter in a kettle and put in the meat and brown it. In turning the meat be careful not to prick it with a fork lest some juice escape. Add one small onion, sliced, and one teaspoonful of capers. Dissolve one tablespoonful of flour in three tablespoonfuls of water. Pour it into the kettle and boil for a moment. Put the cover on the kettle and cook in the Caloric three hours, using one radiator.

Steamed Rib Roast—Cut a roast in such pieces that a rib is attached to each piece. Rub all sides with salt and sprinkle with pepper. Heat two tablespoonfuls of butter or drippings in a kettle. Put the meat in, adding one large, thinly sliced onion. Brown the meat and the onion. In order to keep the onion soft, add one tablespoonful of water to which has been

added a little beef extract. When the meat is brown, put the cover on the kettle and cook in the Caloric two hours, using one radiator.

Stewed Beef with Ham—Season three pounds of beef (the filet is best) with salt and pepper. Let it stand for one-half hour. Melt and heat in a kettle two tablespoonfuls of butter. Put the meat in it and add one-fourth of a pound of smoked ham cut in small slices, one large, sliced onion, a carrot, two or three cloves and one bay leaf. Turn the meat several times. Then add one-half cupful of stock and heat to the boiling point. Dissolve two tablespoonfuls of flour in water or stock to thicken. Cook in the Caloric two hours, using one radiator.

Swedish Steak—Cut one and one-half pounds of round steak into serving pieces. Season with salt and pepper and pound in as much flour as possible, using the edge of a plate. Fry brown on both sides in butter; then cover with boiling water. Remove to the Caloric for three hours, using one radiator.

VEAL

Breaded Veal Chops—One and one-half pounds of veal chops rolled in cracker or bread crumbs and beaten egg and seasoned with salt and pepper. Melt one tablespoonful of butter in a shallow pan and put in the chops with small pieces of butter on each. Bake in the Caloric utensil forty-five minutes, using two radiators.

Curry of Mutton or Veal—Fry one large onion, cut fine, in one heaping tablespoonful of butter. Mix one tablespoonful of curry, one teaspoonful of salt and one tablespoonful of flour and stir into the butter and onion. Add, gradually, one pint of hot water or stock. Cut two pounds of lean mutton into small pieces and brown them in hot fat. Add them to the sauce. Cook in the Caloric four or five hours, using one radiator. Place the meat on a hot platter and arrange about it a border of boiled rice.

Jellied Veal—Put a shank of veal into one quart of boiling water and cook in the Caloric three hours, using one radiator. When done, remove the bones and season the meat with salt, paprika and celery salt. Place over a flame and stir with a fork until the water is nearly absorbed. Turn into a dish and, when cold, cut into slices.

Knuckle of Veal with Rice—Place a knuckle of veal in a Caloric kettle with four or five cupfuls of hot water. Cook in the Caloric three hours, using one radiator. About three-quarters of an hour before serving, add one cupful of well-washed two radiators.

Larded Liver—Soak a calf's liver in warm, salted water for ten minutes. Then put it into a pan and sprinkle it with

one teaspoonful of salt. Cut thin slices of bacon and lay them on the liver. Add one cupful of boiling water and cook in the Caloric two or three hours, using two radiators.

Roast Leg of Veal—Rub the veal with salt, sprinkle with pepper and let it stand for half an hour. Heat in a kettle two tablespoonfuls of butter, into which put the meat. Cook in the Caloric two or three hours, using two radiators.

Steamed Calf's Breast—Season two and one-half to three and one-fourth pounds of veal with salt and pepper and let it stand for half an hour. Roll it thickly in flour. Sear it in hot butter, in a kettle, until light yellow. Add one-half cupful of hot water. Place the kettle in the Caloric and cook two hours, using two radiators.

Veal Birds—Cut one and one-half pounds of veal steak one-half inch thick in pieces four inches square. Spread with dressing made as follows: One cupful of bread crumbs; one slice of salt pork, chopped fine; salt, pepper, sage and a little chopped onion; one egg and two tablespoonfuls of milk. Mix and spread on the meat. Roll up and pin together with tooth-picks. Roll the birds in flour and brown them in butter. Place in a baking dish and fill the dish two-thirds full of rich milk. Bake in the Caloric utensil two hours, using two radiators.

Veal Croquettes—Cook three hours in the Caloric, two pounds of veal in enough boiling water to cover it. Use one radiator. Chop the veal fine and season highly with salt, pepper, celery salt, paprika and lemon juice. Use one and one-half cupfuls of veal to one cupful of thick cream dressing. Shape in cylinders. When cool, roll in egg and bread crumbs and fry in hot lard.

Veal Glace—Cook two pounds of veal in one pint of water after seasoning well with salt and pepper. Leave it in the Caloric two hours, using one radiator. When done, remove the veal from the bones and put it through a meat grinder. Add to the stock one grated onion and boil a few minutes on a flame stove. Strain. Soak one-half box of gelatine in one cupful of cold water. Pour the stock over the softened gelatine and add the juice of one lemon. When it begins to “jell,” stir in the chopped veal. Place in a mold and set away to cool.

Veal Goulash—Cut two and one-fourth pounds of veal in cubes and salt them. Heat some butter in a kettle, to which add two large, sliced onions. Cook these for a few minutes without browning them. Add the meat with one teaspoonful of paprika and stir well. Cook five minutes. Sprinkle a little flour over the meat and add several tablespoonfuls of water. Cook in a closed kettle in the Caloric forty-five minutes, using one radiator.

Veal in Caper Gravy and Cream—Season two and one-half to three and one-fourth pounds of veal (shoulder piece or leg) with salt and pepper. Add one tablespoonful of capers. Dissolve one tablespoonful of flour in one half cupful of thick sour cream and pour this on the meat. Set the kettle in the Caloric and cook two to three hours, using one radiator.

Veal in Highly Seasoned Gravy—Divide two and one-fourth to three and one-fourth pounds of veal into four or five parts and season them with salt and pepper. Heat in a kettle one to one and one-half tablespoonfuls of butter or drippings in which sear the meat until it becomes yellow. Add several tablespoonfuls of sour or sweet cream, three finely chopped sardines; three tablespoonfuls of French mustard, one-half tea-

spoonful of sugar and, if desired, a piece of lemon rind. Cover the kettle and cook ten minutes. Transfer to the Caloric for two hours, using one radiator. Serve with macaroni.

Veal Loaf—Three pounds of veal, chopped fine. Add one cupful of rolled crackers, butter the size of an egg, three eggs, one cupful of milk, one large teaspoonful of salt, one-half teaspoonful of pepper and one teaspoonful of sage. Mix all together and form into a loaf. Bake three hours in the Caloric, using two radiators. This is good either hot or cold.

This recipe may be varied by adding one-fourth pound of pork, chopped fine, or one and one-half pounds of raw ham, chopped.

Veal Roast Larded—Rub the veal with salt, sprinkle with pepper and let it stand for half an hour. Then lard the meat with thin strips of fat bacon. Heat a piece of butter in a kettle, into which put the meat. Brown it on all sides. Dissolve a little flour in water. Add this to the meat and boil five minutes. Cook in the Caloric three hours, using two radiators.

Veal Pie—Boil in the Caloric two hours, using a little water, one and one-half pounds of veal seasoned with salt, pepper and celery salt. Blend two tablespoonfuls of butter and two of flour. Add the liquor from the meat and one and one-half cupfuls of milk. Let it boil, cut up the meat, put all in a deep pan and cover with a rich biscuit dough. Place in the Caloric utensil and bake for one hour, using two radiators.

Veal Roast—Season the back or breast of veal with salt and pepper. Let it stand for one hour. Cook in the Caloric one and one-half to two hours, using two radiators.

Veal Roast with Sweet Cream Gravy—Rub a piece of veal with salt and season it with pepper. Heat a piece of butter in a kettle and fry in it several large slices of bacon. Lay the veal on top of these and cook it from eight to ten minutes, without turning, until the bacon becomes light yellow. Dissolve one tablespoonful of cornstarch in one cupful of sweet cream. Add this to the meat and cook five minutes. Place the kettle in the Caloric for one and one half to two hours, using two radiators.

Veal Rolls—Use about a pound and a half of veal steak cut from the leg. It should be less than one-half inch thick and cut in pieces four inches square. Season with salt and pepper. Cut a sufficient quantity of salt pork in strips about the size of a little finger and wrap the veal around them. Fasten with a toothpick, roll in flour, and brown in butter. Add to the butter left in the pan, flour enough to thicken and about one pint of milk. Let it boil a moment and then pour it over the rolls, which have already been placed in one of the Caloric kettles. Cook in the Caloric for about two hours, using one radiator. Mushrooms may be added to the gravy when ready to serve.

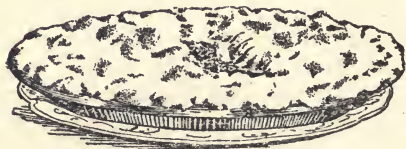
Veal with Parsley—Season the veal with salt and pepper. Melt a piece of butter in a kettle. Put the meat into it and turn it several times. Add one cupful of stock or boiling water containing meat extract. Then add one teaspoonful of chopped parsley and one-half tablespoonful of flour dissolved in hot water. Boil a moment and cook in the Caloric one to one and one-half hours, using two radiators.

Veal with Rice—Boil one-half cupful of rice in salted water until soft. This may be done the day before it is to be used. Cut one and one-fourth to three and one-fourth pounds of veal in cubes. Heat, in a kettle, two tablespoonfuls of butter. To

this add the meat and a sliced onion. Cook until the meat is yellow. Add the rice thinned with six tablespoonfuls of water to which meat extract has been added. A little grated Parmesan cheese may be added. Cook in a closed kettle in the Caloric forty-five minutes, using one radiator.

Veal with Spaghetti—Cut in small pieces two pounds of veal and brown them in a little butter to which a sliced onion has been added. Add a tablespoonful each of salt and sugar, a teaspoonful each of paprika and celery salt, one can of tomatoes, two quarts of hot water and a one-pound package of spaghetti. Cook in the Caloric three hours, using one radiator.

Veal with Tomatoes—Cut about three pounds of veal in several pieces and rub them with salt. Heat one or two tablespoonfuls of butter or drippings in a kettle. Put in the meat and turn it once. Add one onion, three or four tomatoes, one carrot and a piece of celery root, cut in dice. Also add three or four tablespoonfuls of sour cream and a little vinegar and cook five minutes. Place the closed kettle in the Caloric and cook one hour, using one radiator. Before serving, add one tablespoonful of flour dissolved in sour cream.



Pie Baked in the Caloric

LAMB AND MUTTON.

Baked Lamb Chops—Season the chops with salt and pepper. Heat two tablespoonfuls of butter and into this put the chops with bits of butter on top. Bake in the Caloric utensil fifteen or twenty minutes, using two radiators.

Boiled Lambs' Tongues—Place six tongues in salted, hot water and add the juice of a lemon. Cook in the Caloric six or eight hours, using one radiator. Serve cold with tartar sauce.

Boiled Leg of Lamb—Put the lamb into a kettle and cover it with boiling, salted water. Place in the Caloric, tightly covered, and cook three hours, using one radiator. Mint or caper sauce should be served with the lamb.

Braised Mutton Chops—Heat two tablespoonfuls of drippings in a frying pan and fry a slice or two of onion, celery, or carrot. Brown the chops quickly on both sides. Add two cupfuls of boiling water and cook in the Caloric one and one-half hours or more, using one radiator. Garnish with parsley.

Braised Sheep's Tongues—Wash the tongues, dredge with flour and salt and brown in pork fat in which one or two minced onions have been fried. Put the tongues into a pan and cover them with water or stock. Add one sprig of parsley and a little salt and pepper. Cook in the Caloric four hours, using one radiator. Remove the skins and trim neatly at the roots. Arrange the tongues around a mound of spinach alternating with diamonds of fried bread

Irish Stew—Cut one and one-half pounds of mutton in small pieces and brown them in two tablespoonfuls of butter into which two onions have been sliced. Add to the meat one carrot, eight small potatoes, one stalk of celery and salt to taste. Cover with boiling water and cook in the Caloric four hours, using one radiator.

Lamb Goulash—Cut two pounds of meat from the leg into cubes, season with salt and let them stand fifteen minutes. Sprinkle two tablespoonfuls of flour over the meat and shake it well. Cook two large, thinly sliced onions in one tablespoonful of butter until they are yellow. Add the meat with a half teaspoonful of paprika and a little white pepper and cook a few minutes. Remove, in a tightly covered kettle, to the Caloric for one hour, using one radiator. Serve with mashed potatoes.

Lamb in Light Gravy—Cut in pieces two pounds of lamb from the back and season with salt and pepper. Melt one tablespoonful of butter, add the meat and turn it once. Add one cupful of broth made of water and meat extract. Mix two tablespoonfuls of flour with four tablespoonfuls of sour cream and add this slowly to the meat. It should boil a second. Cook in the Caloric, in a tightly closed kettle, one and one-fourth hours, using one radiator.

Lamb with Dressing—Use the forequarter. Make a dressing as for veal or fowl. Part the meaty skin from the ribs, fill the space with dressing and sew up the opening. Before stuffing rub with salt and season with pepper. Brown the meat in butter, being careful not to burst open the side which contains the dressing. Cook in the Caloric three hours, using two radiators.

Leg of Lamb a la Venison—Cut off all the fat from a leg of lamb and season it with salt and pepper. Put it in vinegar to which has been added the following: Some pepper corns and cloves; two sliced onions; one carrot; one bay leaf; several slices of lemon and a little sugar. Leave the meat in this liquor for four or five days. When ready to use, drain the meat well, lard it thickly with bacon and brown it in butter. Add a small portion of the spiced vinegar, two large onions and a few juniper berries and capers. Cook the meat over a blaze for fifteen minutes adding, one at a time, five or six tablespoonfuls of sour cream. Dissolve two tablespoonfuls of flour in some of the spiced vinegar and pour this slowly on the meat. Add a little more sugar, if desired. Cook in a tightly covered kettle in the Caloric two to four hours, using one radiator.

Roast Leg of Lamb—Select the hindquarter and have the butcher remove the bone to the knuckle joint and skewer back the flesh. This makes the roast look better when served and allows it to fit into the Caloric kettle. Season the lamb with salt and pepper and brown it in butter or drippings. Lay the meat in a Caloric kettle; pare a few potatoes, sprinkle them with salt and lay them around the meat. Three hours is required for a five pound roast, unless it is very young and tender. Use two radiators.

PORK

Breaded Pork Chops—One and one-half pounds of pork chops rolled in beaten egg and cracker crumbs and seasoned with salt and pepper. Melt two tablespoonfuls of butter in a pan and put in the chops with pieces of butter on the top. Bake in the Caloric utensil forty-five minutes, using two radiators.

Ham with Cream Gravy—Remove all the skin and fat from a piece of ham. Season it with salt and pepper and let it stand in vinegar for twenty-four hours. Then brown it lightly in one and one-half tablespoonfuls of butter. Add a part of the vinegar, a large, sliced onion, ten or twelve peppercorns, a carrot, a teaspoonful of capers, a little sugar and two and three-fourths tablespoonfuls of sour cream. Cook in the Caloric two hours, using two radiators. Thicken the gravy with one tablespoonful of sour cream.

Pig's Feet—Singe the hocks and scrape and wash them thoroughly. Cover with cold water and heat to the boiling point. Cook in the Caloric four hours, using one radiator. Boil fifteen minutes one-half pint of vinegar, one small onion, one bay leaf and a few whole cloves. Add to the pig's feet when they are done and heat all together.

Pork Roast—Season the meat with salt and pepper and place in a Caloric kettle without water. Cook from one and one-half to three hours, using two radiators.

Pork Tenderloin Roast—Slit the tenderloin through the center lengthwise leaving both ends closed; fill with oysters, season with butter, pepper and salt, sew up and bake in the Caloric one and one-half hours, using two radiators.

CHICKEN

In roasting stuffed chicken, it is not necessary to heat or brown the chicken before placing it in the Caloric as the radiators brown it perfectly.

Boiled Chicken—Wipe the chicken, singe and cut it for serving. Place it in a kettle with one cupful of salted, boiling water. Add a handful of rice and a cupful of milk and more salt if needed. Cook in the Caloric, in a tightly covered kettle, two hours, if the chicken is young; three or four hours, if older. Use one radiator. Serve with a gravy made from the liquor seasoned with chopped parsley, celery or thyme. Garnish with hard boiled eggs.

Chicken Curry—Clean, singe and cut a three-pound chicken for serving. Put one-third cupful of butter in a hot frying pan. Add the chicken and let it brown. Chop the giblets and two small onions, add two teaspoonfuls of salt, one teaspoonful of vinegar and one tablespoonful of curry powder. Add two cupfuls of boiling water. Cook in the Caloric four hours, using one radiator. When ready to serve, remove the chicken and thicken the liquid with flour. Strain and pour over the chicken. Garnish with a border of rice.

Chicken Pie—Pour over a chicken one cupful of boiling water and cook in the Caloric five or six hours. When done, remove the bones and cut the meat into small pieces. Add to the gravy one pint of milk and thicken with two tablespoonfuls of butter blended with the same quantity of flour. Season with salt and paprika. Cover with a rich biscuit crust and bake in the Caloric, using two radiators, hissing hot.

Chicken, Southern Style—Clean and singe two young chickens and cut them in pieces for serving. Season with salt and pepper and fry in butter. Remove the seeds from eight red peppers. Cover them with boiling water and cook them until soft. Mash and rub through a sieve. Add one teaspoonful of salt, one onion and two cloves of garlic, finely chopped. Add this to the chicken with three cupfuls of boiling water. Cook in the Caloric two hours or more, using one radiator. When ready to serve, remove the chicken and thicken the liquor with three tablespoonfuls each of butter and flour rubbed together.

Creamed Chicken—One six-pound chicken and four sweetbreads. Cover them with boiling water and cook in the Caloric three hours, using one radiator. If the chicken is not young, leave it longer. Remove the meat from the bones and the skin from the sweetbreads. Cut into small cubes. Heat one quart of cream in a double boiler. In a small saucepan blend four tablespoonfuls of melted butter and four tablespoonfuls of flour. Add this to the cream and when it thickens, season with salt, pepper, paprika and a little onion juice. Salt and pepper the meat and add it to the cream together with one can of mushrooms. Turn into a baking dish, cover with bread crumbs and bits of butter and bake in the Caloric half an hour, using two radiators.

Cream Chicken Stew—Singe, clean and cut up a three-pound chicken. Add one cupful of boiling water. Cook in the Caloric two or three hours. Remove the chicken and add to the liquor one cupful of sweet cream. Season with salt, pepper and paprika and thicken with a little flour. Return the chicken to the gravy and cook in the Caloric one hour, using one radiator. When ready to serve, add a little chopped parsley.

Escalloped Chicken—One chicken boiled in the Caloric with very little water. When done, remove the bones and skin and flake the meat fine. Butter a deep baking pan, put in a layer of coarse cracker crumbs, then a layer of chicken with bits of butter and a little pepper and salt; then add cracker crumbs and so on until the dish is full, having crumbs for the top layer. Pour over the whole, one cupful of hot milk and add the liquor from the chicken. Bake in the Caloric utensil forty-five minutes, using two radiators.

Fricasseed Chicken—Dress, clean and cut a chicken for serving. Roll the pieces in flour and salt. Cover with boiling water and cook three hours in the Caloric, in a tightly covered kettle. Make a gravy of the liquor by adding one tablespoonful of flour rubbed smooth in one-half cupful of milk. Season with salt and pepper to taste and serve with hot biscuit.

Fried Fowl—Singe and cut a fowl in small pieces. Place it in a kettle with one cupful of boiling water and a little salt. Remove to the Caloric and cook four or five hours or over night, using one radiator. Leave the fowl in the liquor until ready to serve, then brown it in butter and season it with salt and pepper. Serve with mushroom sauce.

Hungarian Chicken Goulach—Boil a chicken in the Caloric. When done, remove the bones and cut the meat into small bits or cubes. Put the chicken back into the liquor, add six tomatoes, six onions, salt, pepper, a little sugar and a tablespoonful of butter. Cook all in the Caloric one hour, using one radiator. Pour over buttered toast.

Pickled Chicken—Boil two chickens in the Caloric until tender enough to fall from the bones. Put the meat into a stone jar and pour over it one and one-half pints of cider vinegar which has been mixed with half of the water in which the chickens were boiled. Add a few whole spices, if desired. This will be ready in two days and is good for luncheon or supper.

Pressed Chicken—Cut up two chickens and cook them in a Caloric kettle, with very little water, until the meat drops from the bones. Remove the bones and skin and chop the meat coarsely. Return it to the liquor and season with salt and pepper. Heat to the boiling point and turn into an oblong bread pan. When cold, this will turn out as jelly and may be sliced.

Roast Chicken—Rub the inside and outside of the chicken with butter and salt and let it stand one-half hour to an hour. Fill with dressing and cook in the Caloric from one to three hours (depending upon the age of the chicken), using two radiators.

TURKEY

An eight-pound turkey may be roasted in a twelve-quart Caloric utensil.

Fricasseed Turkey—Cut the remains of cold roast turkey into slices. Place the bones and trimmings in a Caloric kettle with a bunch of savory herbs, an onion, a little lemon peel, pepper and salt and one pint of water. Cook in the Caloric two hours, using one radiator. Strain the liquor and lay the slices of turkey into it. When warmed through, heat the yolk of an egg and add two tablespoonfuls of cream. Add this slowly to the gravy and when it thickens the dish is ready to serve.

Chestnut Dressing for Turkey—Boil a quart of chestnuts in the shells. Remove from the shells and blanch them. Mash them thoroughly and season with salt, pepper and melted butter. Fill the turkey and sew it up.

Roast Turkey—Rub the turkey thoroughly with butter and salt and let it stand two hours. Fill with dressing and fasten the legs and wings to the body. Place strips of salt pork in the bottom of the roasting pan, lay the turkey on these and place more strips of pork across the breast. Roast in the Caloric two to three hours, according to the age of the turkey, using two radiators.

GOOSE

An eight-pound goose may be cooked in a twelve-quart Caloric utensil.

Roast Goose—In dressing the goose remove the fat from the inside of the lower body. Parboil thirty minutes, remove from the kettle and stuff with moistened bread crumbs mixed with one egg, a little powdered sage, onion, pepper and salt. Roast in a Caloric kettle, without water, four hours, using two radiators. Serve with apple sauce.

GAME

Fricasseed Venison—Melt and brown in a saucepan one tablespoonful of butter. Slowly add one tablespoonful of flour and stir until perfectly smooth. Add to this one tablespoonful each of chopped celery, onion and tomato and one pint of stock. Put in one pound of venison steak cut in narrow strips. Cook in a tightly covered Caloric kettle five or six hours, using one radiator. When ready to serve, season with salt, pepper, paprika and Worcestershire sauce.

Partridge—Dress and wash the partridge; rub it with salt and sprinkle it with pepper. Cook in the Caloric three-fourths of an hour, if young; otherwise, one and one-half hours, using two radiators.

Pigeons a la Venison—Rub the pigeons with salt and soak them for twenty-four hours in equal quantities of vinegar and water. Drain and tie slices of bacon around them. Then add a little of the vinegar and water in which they were soaked, one large, sliced onion and some carrot, bay leaf, lemon peel, peppercorns and a pinch of sugar. Blend some flour and sour cream and stir slowly into the boiling gravy. Cook in a tightly covered Caloric kettle one hour, using one radiator.

Roast Pigeons—Rub three or four pigeons with salt. Tie a piece of bacon over the breast of each and cook in the Caloric one and one-half hours, using two radiators.

Stuffed Roast Pigeons—Rub pigeons inside and outside with salt and let them stand for half an hour. The following

filling is enough for two pigeons: Add one tablespoonful of butter to one egg. Season with salt, nutmeg and finely chopped parsley, adding lemon peel, if desired. Add three or four tablespoonfuls of cracker crumbs and milk enough to make a soft dressing. The giblets, chopped fine, may also be added. Fill the pigeons and sew them up with twine. Cook in the Caloric one and three-fourths hours, using two radiators.

CALORIC SPECIALTIES

Baked Onions—Melt two tablespoonfuls of butter and add two tablespoonfuls of flour, one-fourth teaspoonful of salt, one and one-fourth cupfuls of cream or chicken stock, four tablespoonfuls of soft bread crumbs and one tablespoonful of chopped parsley. Boil five minutes, add one well-beaten egg and twelve medium-sized onions which have been previously parboiled. Cool slightly and add the beaten whites of two eggs. Bake in the Caloric twenty-five minutes, using two radiators.

Boiled Calf's or Pig's Tongue—Put the thoroughly cleansed tongue into boiling water with salt and vegetables for seasoning. Cook in a tightly covered kettle in the Caloric one and one-half hours, using one radiator.

Boiled Dinner—Cover three pounds of corned beef or ham with cold water. Boil slowly for twenty minutes; then add a small head of cabbage, a few carrots, turnips and potatoes. Cook in the Caloric four hours or more, using one radiator.

Boiled Ham—Cover a ham with cold water and heat it to the boiling point. Add a wineglassful of sherry and cook in the Caloric four to six hours, according to the size of the ham, using one radiator. Take from the water, cut off to rind, press whole cloves into the fat and bake one-half hour. It may be served without baking.

Boiled Mutton with Potatoes—Two and one-half pounds of mutton from the shoulder or leg. Remove all bone slivers and add two pints of boiling, salted water, some chopped carrot, celery, onion, a pinch of pepper and eight or ten raw potatoes, sliced. Cook in the Caloric one and one-half to one and

three-fourths hours, using one radiator. Before serving, take out the meat and cut it into slices.

Chicken with Asparagus—Cut a young chicken into six or eight parts and season with salt and pepper. Melt one tablespoonful of butter and cook it until it commences to bubble. Drop the meat into this, turn the pieces once and add one-half cupful of stock. When it boils, add the tips of one pound of asparagus. Cover the kettle tightly and cook in the Caloric two hours, using one radiator. Before serving, add a little flour mixed with sweet milk. Set the kettle over a flame and heat to the boiling point.

Fowl with Vermicelli—Divide a fowl into three or four parts. Heat to the boiling point one and one-half quarts of water into which put the meat together with some salt, pepper, chopped onions, parsley and one-fourth pound of vermicelli. Cook in a Caloric kettle, tightly covered, three hours, using one radiator.

German Household Fare—Make a noodle dough of three eggs and the necessary flour. Divide it into three or four parts and roll out each part moderately thin. When the dough is dried off, cut it into strips a finger broad. Cut one pound of beef filet or one pound of lean, tender pork into cubes. Chop coarsely two or three parsley roots, a few yellow carrots and one medium-sized onion. Cut about two ounces of bacon into cubes and some butter into tiny pieces. Cook the noodles in boiling, salted water ten minutes. Drain off the water and let them cool. Grease a kettle with butter and put in a layer of meat, then a layer of vegetables, a layer of noodles, etc., until all is used. Sprinkle each layer with salt and paprika, and add a few cubes of bacon and pieces of butter to each. Pour one-

half cupful of water over the whole and boil five minutes. Cook in a covered kettle in the Caloric one and one-half hours, using one radiator. Before serving, stir carefully.

Meat Dumplings with Beans—Chop one-half pound each of beef and pork. Blend well together one tablespoonful of butter, one egg, a sliced onion, cooked soft in butter, salt and pepper and one cup of bread crumbs. Add the meat to this mixture. Cut one and one-half pounds of string beans into small pieces. Heat in a kettle two tablespoonfuls of butter and add the beans, together with a little salt and summer savory. Cook a few minutes, stirring constantly. Add some stock and a little vinegar. Sprinkle two or three tablespoonfuls of flour over the beans and push them into the center of the kettle. Form dumplings of the first mixture and lay them around the beans. Boil five minutes. Cook in the Caloric two hours, using one radiator. In serving, arrange the dumplings around the beans on a platter.

Mutton with Onions and Potatoes—Season three pounds of mutton chops with salt and pepper. Brown them in one and one-half tablespoonfuls of butter. Add one large onion, sliced, and cook until the onion is yellow. Cut into cubes eight or ten raw potatoes and add them to the meat. Mix well and, lastly, add two tablespoonfuls of water. Cook five minutes and remove to the Caloric for one and one-half hours, using two radiators.

Roast Chicken with Asparagus—Clean eight or ten stalks of asparagus and boil them in salted water fifteen minutes. Drain. Heat one tablespoonful of butter in a kettle and brown the chicken in it on all sides. Sprinkle a little water into the kettle from time to time to prevent the butter from burning. Lay the asparagus beside the chicken and bake in the Caloric two hours, using one radiator.

Stuffed Peppers—Cut the tops from eight or ten green peppers, remove the seeds, cover with boiling water and let them stand five minutes. Fill with tomato dressing, cover with bread crumbs and bake in the Caloric three-fourths of an hour, using two radiators.

Tomato Dressing—Mix one cupful of tomato pulp drained from the juice with one-half cupful of bread crumbs, one-half cupful of stock and two tablespoonfuls of butter. Season with salt, paprika and onion juice.

Veal Goulash with Potatoes—Use the recipe for veal goulash to be found on page 51 and add eight or ten raw potatoes cut up in small pieces. Stir well and cook in the Caloric one and one-fourth hours, using two radiators.

Veal with Green Peas and Dumplings—Mix one tablespoonful of butter, two eggs, a little salt, two tablespoonfuls of milk and bread crumbs enough to make a smooth paste. Season two pounds of veal with salt and pepper. Heat one tablespoonful of butter in a kettle, add the meat, turn it once, and pour on one cupful of stock. Stir three tablespoonfuls of flour smooth in water, add this slowly to the liquid and heat to the boiling point. Shape small, round dumplings of the paste and put them into the boiling liquid. Sprinkle one-half cupful of green peas over the dumplings and cook, in a covered kettle, in the Caloric one and one-fourth hours, using one radiator.

Veal with Noodles—Make a dough of one egg, a pinch of salt and the necessary flour. Roll it thin. After it is dry, cut it into strips as fine as possible. Season two or three pounds of veal with salt. Heat, in a kettle, one and one-half tablespoonfuls of butter. Fry the meat in this until yellow,

turning it several times. Add two or three tablespoonfuls of vinegar, one teaspoonful of capers and a pinch of pepper and sugar. Thicken with flour stirred into cold water. Place the noodles on top of the meat and cook, in a covered kettle, in the Caloric one and one-fourth hours, using one radiator.

Veal with Onions and Potatoes—Season with salt two pounds of veal from the leg. Heat two tablespoonfuls of butter in which cook two large, thinly sliced onions and one-half teaspoonful of paprika. The onions must remain light-colored and soft. Add two tablespoonfuls of thick, sweet cream, eight or ten raw potatoes cut into cubes and a little salt. Cook in the Caloric two hours, using two radiators.

Veal with Vegetable Oyster—Cook one pound of vegetable oysters in salted water and set them aside. Melt two tablespoonfuls of butter, add two pounds of veal and one cupful of water or stock thickened with two and one-half tablespoonfuls of flour. Then put in the vegetable oysters and cook in the Caloric two hours, using two radiators.



Chicken Roasted in a Caloric

SAUCES FOR MEAT AND FISH

Roast beef—Grated horse radish ; tomato catsup.

Boiled mutton—Caper sauce.

Roast mutton—Stewed gooseberry sauce.

Roast lamb—Mint sauce.

Roast pork—Apple sauce.

Roast turkey—Cranberry sauce ; celery sauce.

Roast chicken—Plum or grape sauce ; catsup ; celery sauce.

Boiled venison or duck—Black currant jelly.

Broiled steak—Mushrooms ; fried onions.

Roast goose—Stewed gooseberries ; apple sauce.

Broiled mackerel—Stewed gooseberries.

Fried salmon—Egg sauce ; stewed tomatoes.

Boiled or baked cod—Egg sauce ; tomato sauce.

Other fish, boiled or baked—White Sauce, Old Zealand sauce ; drawn butter sauce.

Caper Sauce—Two tablespoonfuls of butter ; three tablespoonfuls of flour ; one-fourth teaspoonful each of salt and paprika and one-half teaspoonful of onion juice. When these are blended, add one and one-half cupfuls of boiling water, one tablespoonful of butter cut into bits, one tablespoonful of parsley and four tablespoonfuls of capers.

Drawn Butter Sauce—Melt three tablespoonfuls of butter and blend with it three tablespoonfuls of flour ; add slowly one and one-half cupfuls of hot water and stir until it boils. Season with one-half teaspoonful of salt. Serve with fish or lobster.

Egg Sauce for Fish—Melt in a saucepan one heaping tablespoonful of butter. Blend with this one tablespoonful of flour. Then add, gradually, one cupful of boiling water. Cook, stir-

ring briskly until sufficiently thick. Add salt, pepper and paprika to taste. When ready to serve, cut into the sauce one hard boiled egg.

Mint Jelly—Mint jelly is often served with roast lamb in place of mint sauce.

Break enough leaves of tender mint to make one cupful when pressed down; cut or chop them and cover them with a pint of boiling water. Steep for one-half hour in the Caloric. Then strain, pressing hard. Soak a half package of gelatine in one-half cupful of cold water and dissolve it over hot water. Add to the mint-water one tablespoonful of powdered sugar and three tablespoonfuls of lemon juice or vinegar. Tint slightly with green coloring, pour into wet molds and place on ice until it is firm.

Mushroom Sauce—Melt two tablespoonfuls of butter and add two tablespoonfuls of flour. Stir in slowly three-fourths cupful of milk and one-fourth cupful of mushroom liquor. Season with salt, pepper and paprika and add one-fourth cupful of chopped mushrooms. Serve with steak.

Tomato Sauce—Cook fifteen minutes, one-half pint of stewed and strained tomatoes, one onion, one bay leaf and a little parsley. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and, when bubbling, add the tomatoes slowly. Season with one-half teaspoonful of salt, a speck of pepper, a little paprika and one teaspoonful of sugar. Cook until smooth.

White Sauce—Blend two tablespoonfuls of butter and two tablespoonfuls of flour. Pour on slowly, one pint of cold milk and stir vigorously until thick and perfectly smooth. Season with salt, pepper and paprika.

VEGETABLES

The Caloric is particularly adapted to the cooking of any and all kinds of vegetables. Much less water is required than when the cooking is done on an ordinary stove or range. Only one radiator should be used. A little experience will determine the exact time required for each vegetable. In baking vegetables such as potatoes, apples, etc., both radiators are necessary. Potatoes of ordinary size require from three-fourths of an hour to an hour in the Caloric. But, at first, until one has become thoroughly familiar with the use of the Caloric it is advisable to make the time longer rather than shorter. No matter how much longer they are left in the Caloric they will not be burned.

Wilted vegetables should be freshened in cold water before cooking.

Dried vegetables should be soaked in cold water several hours or over night, before cooking.

Starch is the chief component of most vegetables, though protein, sugar, fat, mineral matter and water (one or all) are combined with the starch. In some vegetables the starch is largely in the form of cellulose or woody tissue, but, in whatever form it may be found, the starch must be thoroughly cooked in order to be wholesome.

Vegetables like lettuce, endive, celery (the inner blanched stalks) tomatoes, cucumbers and small, quickly grown radishes contain but a slight trace of starch. They are composed largely of water and mineral salts, both of which will be lost during the cooking process unless they are gently simmered. When these vegetables are cooked, no more water should be added than can be served with them.

Green peas and asparagus contain so much starch that cooking is a necessity. To retain the sugar and other compounds, the cooking should be done in the Caloric where there is no violent boiling as on a flame stove.

Parsnips, salsify, carrots and turnips contain but little starch other than that found in their cellular structure. This fibre, like animal fibre, is hardened by intense heat and should not be cooked at a temperature higher than the boiling point of water. The cooking should be prolonged until the fibre is tender but no longer.

Potatoes, breakfast cereals, rice, samp, macaroni, noodles and other pastes used as vegetables are rich in starch. A good potato, properly cooked, will be mealy. A potato cooked in simmering water, will be water soaked and soggy. If potatoes are cooked in furiously boiling water the outside becomes softened and washed away while the inside remains hard.

Hard water has a tendency to harden cellulose or woody fibre and thus keeps the juices within the food. Soft water acts in the opposite way. Salt added to water makes it hard, raises the boiling point a little and intensifies the color of green vegetables. Soda softens water and causes green vegetables to assume a faded look. As the appearance of food has much to do with our taste for it, the use of salt in the cooking of green vegetables is advisable. As green vegetables contain little woody tissue but often sugar, which it is advisable to retain in the foods, the cooking of these in salted water is to be recommended. In general, salt should be added to the water in which all vegetables, except those containing much cellulose, are to be cooked. A teaspoonful of salt to each generous quart of water should be used. Soft water is preferable when the cellulose structure of dried peas, beans and lentils

is to be made tender. If such water is not available, one-half teaspoonful of bicarbonate of soda to each quart of water will accomplish the desired result.

Asparagus—Cut off the tough ends. Put the asparagus into a very little boiling water and add one teaspoonful of salt and one-half teaspoonful of sugar. Cook in the Caloric three-fourth of an hour. Drain off the water, cover with milk, season with butter, salt and pepper and reheat before serving.

Baked Beans—Wash and pick over one quart of white beans. Soak them over night. In the morning drain off the water, cover with boiling water and add a pinch of soda. Cook in the Caloric one hour, using one radiator. Remove and drain well. Put them into a baking pan with three-fourths of a pound of salt pork. Put three tablespoonfuls of molasses, two teaspoonfuls of salt and one teaspoonful of mustard into a cup. Fill cup with cold water and pour the mixture over the beans. Bake in the Caloric utensil from four to six hours, using two radiators.

Baked Hubbard Squash—Wash the squash thoroughly. Cut it in halves or quarters and rub the inside well with sugar. Place the pieces in a large kettle and bake two hours, using two radiators. Serve in the shell or scrape the squash out and fry it in butter.

Boiled Cauliflower—Remove the outer leaves and cut off the stem close to the head. Wash the cauliflower thoroughly in cold water. Then soak it in cold, salted water, top downward, for one hour, allowing one tablespoonful of salt to one gallon of water. Put the cauliflower into a kettle of boiling water, salt slightly, cover closely and cook in the Caloric. Serve with cream sauce.

Boiled Potatoes—Pare the potatoes, if they are large, cut them in quarters. Cover them with boiling water and allow them to stand for about five minutes. Then drain off every drop of the water and cook in the Caloric twenty-five to thirty five minutes.

Beets—Wash the beets but do not cut them. Cover with boiling water and cook in the Caloric two hours or more. Peel them or place them in cold water for a minute and slip the skins off. Cut in slices and serve plain or with a sauce made of two tablespoonfuls of butter, four tablespoonfuls of lemon juice or vinegar, one-half teaspoonful of salt and a little pepper. Heat the sauce to the boiling point and pour it on the beets just before serving.

Cabbage with Cream Dressing—Remove the outside leaves of a head of cabbage. Quarter the head and wash the sections. No more water is required in the cooking than that which remains on the leaves after washing. Cook in the Caloric one hour. Drain and serve with a sauce made by blending one tablespoonful of flour with one of butter and adding one cupful of sweet cream. Heat the sauce to the boiling point and season to taste.

Carrots—Scrape the carrots and cut them in small cubes. Allow one tablespoonful of water to one quart of carrots. Season with two tablespoonfuls of sugar and cook in the Caloric one-half hour. Serve with cream sauce.

Corn on the Cob—Select full, tender ears of sweetcorn. Remove the husks and the silk and cook in the Caloric in a very little boiling water to which has been added a tablespoonful

each of salt and sugar. Let the corn remain in the Caloric one-half hour.

Escalloped Potatoes, No. 1—Peel and slice one quart of raw potatoes. Place a layer of potatoes in a baking dish, add small pieces of butter, salt and pepper and a little onion. Repeat until the required quantity is prepared. Put a layer of bread crumbs, on the top and pour over all one pint of milk. Bake in the Caloric utensil two and one-half hours, using two radiators.

Escalloped Potatoes No. 2—Slice cold boiled potatoes into a basin, season well and pour over them a dressing made by thickening one pint of milk. Bake in the Caloric utensil one half hour, using two radiators.

Escalloped Tomatoes—Peel and slice six large tomatoes. Put a layer of bread crumbs in the bottom of a buttered dish; then a layer of tomatoes seasoned with salt, pepper, butter and a little sugar and continue thus until the dish is full, finishing with bread crumbs. Bake in the Caloric utensil forty-five minutes, using two radiators.

French Macaroni—Melt one tablespoonful of butter in a frying pan, add one cupful of macaroni, previously boiled in the Caloric, and one cupful of grated cheese. Cook until the cheese is melted, then add two well-beaten eggs and season with salt, pepper and paprika. When smooth, serve at once on hot toast.

Green Peas—Shell, add a very little salted water and cook in the Caloric one-half hour. One cupful of water is sufficient for three pints of shelled peas. Cover with a sauce made of cream or milk and butter slightly thickened with flour.

Hungarian Stewed Potatoes—Cut twelve to fifteen medium sized potatoes in small cubes. Heat two tablespoonfuls of butter and put the potatoes into it. Add salt, one-half teaspoonful of paprika and one large, finely cut onion. Stir and add enough stock to cover. Cook in a covered kettle in the Caloric one hour.

Macaroni with Cheese—Cook the same as for plain macaroni. Place a layer in a pudding dish, cover with a layer of white sauce and one of grated cheese. Repeat until the dish is filled. Put a layer of bread crumbs on the top, dot with bits of butter and bake in the Caloric two hours, using two radiators.

Macaroni with Tomatoes—Place a layer of sliced tomatoes in a buttered dish, then a layer of macaroni, previously cooked in the Caloric. Season with salt, pepper and butter and repeat until the required amount is prepared. Place a layer of cracker crumbs on the top, dot with bits of butter and bake in the Caloric, using two radiators. A large, green pepper, chopped, may be added to the tomatoes.

Mashed Potatoes with Apples—Pare and cut up equal parts of potatoes and cored apples. Put the apples and potatoes into boiling water for five minutes. Then drain them and cook them in the Caloric one-half hour, using one radiator. When done, mash the potatoes and apples and stir in a few tablespoonfuls of hot butter and one-half teaspoonful of salt. Put the kettle back into the Caloric to reheat. Serve with well spiced meats.

Minnesota Spaghetti with Tomato Sauce—Break half a package of Minnesota spaghetti into boiling water and cook

for thirty minutes or until it is tender. Strain and cover with cold water while the tomato sauce is being prepared. One can of tomatoes; ten whole allspice; six whole peppers and a pinch of baking soda. A few stalks of celery may also be added. Heat to the boiling point and cook in the Caloric. Strain through a cheese-cloth and thicken with a tablespoonful of flour dissolved in cold water. Add butter the size of an egg, season with salt and red pepper and boil five minutes longer. When the sauce is ready, brown some butter in a frying pan, add the spaghetti, pour on the tomato sauce and serve hot. Grated cheese may be sprinkled over it, if desired.

Onions—Cover the onions with boiling water and allow them to boil five minutes. Drain them, add fresh hot water and heat to the boiling point. Cook in the Caloric one hour. When ready to serve, drain and cover with hot milk seasoned with salt, pepper and butter.

Plain Macaroni—Boil in the Caloric, forty minutes, one-half pound of broken macaroni in water with one-half teaspoonful of salt. Drain. Thicken two cupfuls of milk with flour and season with butter, pepper, salt and paprika. Pour this over the macaroni and bake in the Caloric two and one-half hours, using two radiators.

Potatoes in Butter—Pare ten or twelve potatoes and cut them into dice or slices. Brown a piece of butter in a basin and put the potatoes into it. Add salt and cook the potatoes five minutes, turning them often. Place the basin in the Caloric rack and bake thirty minutes, using two radiators.

Potatoes with Fried Sausage—Pare and slice the potatoes and fry the sausages quickly. Heat some butter and put a layer

of potatoes into it. Then add some of the fried sausages and repeat, using potatoes on the top. Add butter to each layer and season each with salt and pepper. Cook in a covered kettle in the Caloric one and one-fourth to one and one-half hours. Serve with sauerkraut.

Potatoes with Ham—Prepare the potatoes as in the recipe for potatoes with parsley, using small pieces of smoked ham instead of fried sausage.

Potatoes with Parsley—Pare ten or twelve large potatoes. Slice them thickly and divide the slices into long, narrow pieces. Heat one and one-half tablespoonfuls of butter. Add the potatoes with salt and one tablespoonful of chopped-parsley. Stir the potatoes and cook them for a few minutes. Then remove, in a covered kettle, to the Caloric and cook forty-five minutes.

Potato Stew—Fry three slices of lean and fat salt pork in a kettle. Add a sliced onion and when it browns add one quart of potatoes thickly sliced and enough boiling water to cover them. Cook in the Caloric two hours. When ready to serve, season with butter, pepper, paprika and one cupful of cream. Set over a flame for a few minutes to reheat.

Sauerkraut—One quart of sauerkraut and two pounds of fresh pork. Cut the pork in slices and mix with the sauerkraut in a Caloric kettle. Cover with boiling water and boil ten minutes. Remove, in a covered kettle, to the Caloric for six or eight hours, using one radiator. A little salt should be added, before cooking, if needed. Drain, and serve on a hot platter.

Sliced Potatoes with Bacon—Pare the potatoes and cut them into slices. Fry a piece of bacon in a little lard until it is light yellow. Add the potatoes with a little salt and fry them for a few minutes, without turning them. Cook in a covered kettle in the Caloric one hour.

Stewed Pumpkin—Wash and cut up the pumpkin without paring it. Place it in a Caloric kettle without adding any water. Cook two hours, using two radiators. When done, press through a colander.

Stewed Tomatoes—Use an enameled vessel for tomatoes. To one quart of tomatoes add a piece of butter, one tablespoonful of sugar and pepper to taste. One-half cupful of croutons may be added. Cook in the Caloric three-fourths of an hour.

String Beans No. 1—Snap the beans into small pieces. Unless they are very fresh they should be soaked in ice water one hour before cooking. Cover the beans with hot water and when the boiling point is reached, pour off the water and add one cupful of freshly boiling water. Cover the kettle and cook in the Caloric. Drain off the water and add cream, or butter and milk and pepper.

String Beans No. 2—String and break fresh green beans. Add a little boiling water, enough salt pork or bacon to season them well and add salt, pepper and a bit of sugar. Cook in the Caloric one-half hour. When ready to serve, thicken slightly with flour rubbed smooth in cold water.

Stuffed Tomatoes—Cut circular pieces from the tops of large and firm tomatoes. Scrape out all the soft parts and mix with stale bread crumbs, onion, parsley, butter, pepper

and salt. Chop very fine and fill the tomatoes. Melt one tablespoonful of butter in a baking pan, put in the tomatoes and bake in the Caloric utensil forty-five minutes, using two radiators.

Succotash—Cut the corn from six ears, add one pint of green, lima beans, previously cooked in the Caloric, a large piece of butter and season with salt and pepper. Add one-half pint of hot, sweet milk. Cook in the Caloric thirty minutes.

Summer Squash—Cut the squash in small pieces and cover with boiling water. Let it stand five minutes and then pour off the water. Cook in the Caloric one-half hour. Drain, mash and season with butter, salt and pepper.

Sweet Potatoes, Southern Style—Cut cold boiled sweet potatoes into slices one-fourth of an inch thick. Place the slices in a well buttered baking pan, dot each slice with butter and sprinkle with sugar. Bake in the Caloric utensil thirty minutes, using two radiators.

Vegetable Oysters—Scrape clean two pounds of vegetable oysters and put them immediately into water, so that they will remain white. Melt two tablespoonfuls of butter and add three or four tablespoonfuls of flour. Add also a little stock and stir until smooth. Cut the vegetable oysters in finger-length pieces and add to the gravy with salt. Thin the gravy, if necessary, with a little stock. Cook in a covered kettle in the Caloric fifteen minutes to one hour according to the size of the vegetable oysters.

CEREALS

The value of cereals as foods is admitted from the standpoint of economy as well as from that of nutrition. Served with milk and sugar, they have the same food value as meat. Almost without exception, the directions accompanying packages of cereals give too short a time for the cooking. It requires several hours to cook most cereals, if they are to be made digestible. In this one particular the Caloric Cookstove is worth infinitely more than it costs. It thoroughly cooks every kernel, preserving each perfectly whole and rendering the cereal soft as jelly. It is preferable to cook cereals in a Caloric double boiler, which is an extra equipment at a small cost. When, however, a small quantity is desired, it may be cooked in a vessel placed in the eight or twelve-quart utensil, surrounded by boiling water.

The water into which cereals is stirred should be boiling. Cook in the Caloric, using one radiator.

Boiled Rice—Put one cupful of washed rice, two cupfuls of boiling water and one level teaspoonful of salt into the double boiler. Cook one-half hour, using one radiator. A handful of raisins is a good addition. The rice may be cooked directly over a radiator, without using a double boiler.

Old Fashioned Oatmeal—One cupful of oatmeal; three and one-half cupfuls of water; one and one-half teaspoonfuls of salt. Stir the cereal slowly into the water and place in the Caloric for four or five hours, using one radiator. If not sufficiently hot at serving time, place the boiler over the fire until the water boils and the cereal is steaming. Serve with cream and sugar.

Oatmeal Gruel—Add one-half cupful of coarse oatmeal and one-half teaspoonful of salt, to three cupfuls of boiling water. Cook in the Caloric six hours. Force through a strainer and dilute with milk and cream. Reheat and serve.

Oatmeal Mush—Into three cupfuls of boiling water, put one level teaspoonful of salt and two and one-half cupfuls of oatmeal. Cook in the Caloric over night, using one radiator.

Rice Cooked in Milk—Heat to the boiling point one quart of milk. Into this put one cupful of washed rice, a pinch of salt, a piece of cinnamon bark and sugar to taste. Before serving, sprinkle sugar and cinnamon or mace over the rice. Cook in the double boiler in the Caloric one hour, using one radiator.

Rice Cooked in Milk with Apples—Cook one cupful of rice in one quart of milk, without seasoning, as directed in the above recipe. When it is cool, add sugar, lemon peel, a pinch of salt and two eggs. Grease a basin with butter and put the rice into it. Remove the cores from eight apples. Fill the cavities with sugar, add bits of butter and dust with cinnamon. Put the rice and apples into the Caloric and cook for two hours, using two radiators.

Rolled Wheat—One cupful of wheat; two and one-half cupfuls of water; one teaspoonful of salt. Cook the same as Old Fashioned Oatmeal.

BREAD

Bread is a very important part of the family diet and care should be taken in selecting the flour. Do not expect to be able to make good bread of inferior flour or of that which is suitable only for pastry. Flour made from hard, spring wheat is considered the best for bread.

Baking Powder Biscuits—One quart of flour; one teaspoonful of salt; two heaping teaspoonfuls of baking powder; two heaping tablespoonfuls of lard. Wet with milk until it becomes a soft dough. Roll out one inch thick, cut into biscuits and bake in the Caloric rack twenty minutes, using two radiators.

Boston Brown Bread—One cupful of rye meal; one cupful of corn meal; one cupful of graham flour; two teaspoonfuls of soda; one teaspoonful of salt; two cupfuls of sour milk; three-fourth cupful of molasses. Mix thoroughly and bake two and one-half hours in the Caloric, using two radiators.

Bread No. 1—Heat to the boiling point, in a Caloric utensil, one and one-half cupfuls of fresh milk. Add the same quantity of cold water. Break into a cup one cake of compressed yeast and add to it a teaspoonful of sugar and a little water. Stir and when the yeast is dissolved, add it to the milk and water, which should be lukewarm. Beat in flour enough to make a thick batter and set the sponge into a Caloric compartment or on a warm radiator. Care must be taken that the sponge does not become hot, for in that case the yeast germs would be killed and the bread spoiled. When light and foamy,

add one tablespoonful each of sugar and lard and one or two teaspoonfuls of salt. Add more flour and knead into a loaf. Let it rise again and shape into loaves or rolls. When light bake in the Caloric, using two radiators. Loaves will bake in one hour and rolls in twenty to thirty minutes.

Bread No. 2—This bread is started the day before it is to be baked. If potatoes are cooked for the noon meal the yeast may be prepared then but it should not be done later than three o'clock. Use three medium-sized, boiled potatoes. Mash them fine and add a part of the water in which they were cooked. When the liquid is lukewarm add one cake of dry yeast which has been soaked until soft in one-half cupful of warm water. By evening the sponge should be foamy. Add to it one quart of warm water and flour enough to make a thick batter. Let it rise over night and in the morning add lard, sugar and salt and proceed as in the recipe for bread No. 1.

Breakfast Muffins—Beat one egg, add a tablespoonful of sugar, a piece of butter the size of an egg and stir thoroughly. Add one cupful of milk and sift in slowly two and one-half cupfuls of flour into which put three teaspoonfuls of baking powder and a generous pinch of salt. Bake in gem pans in the Caloric twenty minutes, using two radiators.

Brown Bread with Raisins—Two and one-half cupfuls of sour milk; two cupfuls of graham flour; one and one-half cupfuls of corn meal; one-half cupful of molasses; one teaspoonful of soda; one teaspoonful of baking powder; a piece of butter; one cupful of raisins and one teaspoonful of salt. Steam in the Caloric three hours, using the double boiler or

in a mold set into an ordinary utensil. One radiator should be used.

Brown Bread with Yeast—Two cupfuls of cornmeal; two cupfuls of flour; one teaspoonful of salt; one teaspoonful of soda; one pint of hot water; one cupful of molasses; one-half yeast cake; one-half cupful of lukewarm water. Scald the cornmeal with the hot water. Add the flour, molasses, salt and the yeast and soda each dissolved in one-fourth cupful of warm water. Pour the batter into greased molds, filling each a little over half full. Let it rise to the top and then bake in the Caloric three hours, using two radiators.

Cinnamon Rolls—Sift together two cupfuls of flour, two teaspoonfuls of baking powder and one teaspoonful of salt. Rub in two tablespoonfuls of butter and add enough milk to make a soft dough. Roll out in oblong shape, one-half inch thick, spread with melted butter and sprinkle thickly with sugar and cinnamon. Roll up the long way, like jelly roll, and cut in one-half inch pieces. Bake in a pan in the Caloric rack twenty-five minutes, using two radiators.

French Corn Bread—Cream two tablespoonfuls of sugar and one tablespoonful of butter and add one-half teaspoonful of salt. Add two well-beaten eggs and one cupful of milk. Stir into this three-fourths cupful of white cornmeal into which has been sifted three teaspoonfuls of baking powder. Add one-half cupful of flour. Bake in the Caloric rack one hour, using very hot radiators.

Light Rolls—Two cupfuls of milk, heated lukewarm; two tablespoonfuls of sugar; two tablespoonfuls of butter dis-

solved in the warm milk; one cake of compressed yeast. Beat in four cupfuls of flour and add one egg well beaten. Then add flour enough to make a soft dough. Sift in with the flour one teaspoonful of salt. Let the dough rise until light, form into rolls, let it rise again and bake twenty minutes in the Caloric, using two radiators.

Nut Bread—Two cupfuls of flour; two teaspoonfuls of baking powder; one even teaspoonful of salt; two tablespoonfuls of sugar. Sift all together and add one cupful of milk, one egg well beaten and one-half cupful of nut meats. Place the dough in a pan and let it rise one-half hour. Bake in the Caloric rack one hour, using two radiators.

Old Fashioned Strawberry Shortcake—One cupful of flour; one tablespoonful of butter; one teaspoonful of baking powder; one-half teaspoonful of salt; three-fourths cupful of milk; three-fourths cupful of granulated sugar. Bake in the Caloric rack one-half hour, using two radiators. Crush one box of strawberries and add sugar. When the cake is cold, split it and place the berries inside the cake and on the top.

Steamed Graham Bread—One and one-half cupfuls of sour milk; one-half cupful of molasses; one-half cupful of thick cream, or butter the size of an egg; one teaspoonful of soda; one cupful of white flour in which should be sifted one teaspoonful of baking powder; two cupfuls of graham flour; one cupful of raisins. Put in cans, set in a kettle with one quart of boiling water and steam two hours, using one radiator.

Strawberry Shortcake—Two cupfuls of flour; two teaspoonfuls of baking powder; one teaspoonful of salt. Work in two tablespoonfuls of butter and enough sweet milk to make a soft dough. Divide the dough into two parts, roll it out to fit a pie pan and spread butter between the layers and on top. Bake twenty-five minutes in the Caloric rack, using two radiators. To three pints of strawberries add one and one-half cupfuls of sugar and spread between and on top of the shortcake. Serve with whipped cream.



Strawberry Shortcake Baked in the Caloric

SALADS

Asparagus Salad No. 1—Cut up two pounds of asparagus. Add a very little boiling water, and a pinch of salt and sugar. Cook in a covered kettle in the Caloric forty-five minutes. When done, arrange the asparagus on a platter and, when cold, dress it with vinegar and oil.

Asparagus Salad No. 2—Line a border mold with aspic jelly and lay in it quarters of hard boiled eggs and asparagus tips. Fill the mold with more jelly. When set, turn out and fill the center with boiled asparagus tips. Pour over the whole mayonnaise dressing and arrange around the base, slices of tomatoes seasoned with a little olive oil, tarragon vinegar and cayenne pepper.

Baked Bean Salad—To one pint of Caloric baked beans add two or three cucumbers cut fine and one small onion chopped. Mix with mayonnaise and serve on lettuce leaves.

Beet Salad—Wash the beets, being careful not to break the skin. Put them into boiling water, without salt, and cook in the Caloric two hours. When done and still hot, peel them, slice them thin and put them into a crock. Pour over them vinegar to which has been added one teaspoonful of salt, one of pepper and one of sugar. They may be kept in a cool place for quite a while.

Celery Salad—Remove the small roots from two or three celery bulbs and wash the bulbs. Put them, with a little salt, into boiling water and cook in a covered kettle in the Caloric

one to one and one-half hours. When done, allow them to cool, scrape off the skins and slice them into a salad bowl. Pour over them vinegar and oil, season with sugar and pepper and mix carefully.

Chicken Salad—Use one or two chickens previously cooked in the Caloric until perfectly tender. Remove the skin, cut up the meat and season it. Add one-third as much celery, finely cut, and dress with mayonnaise. Garnish with cold boiled eggs, sliced.

Fruit Salad—One small pineapple, cut fine; one-half pound of white grapes, seeded; two oranges, cut up; one cupful of pecan meats. Add mayonnaise dressing and serve on lettuce leaves.

Potato Salad—Boil ten medium-sized potatoes in the Caloric. When cold, cut into dice and add one onion, cut fine, one-half can of shredded pimientos and three hard-boiled eggs sliced. Mix with mayonnaise dressing.

Potato Salad with Bacon—This is prepared as in the above recipe except that the onion is omitted. In place of that, cut some bacon into small cubes and fry them in a little butter until yellow. Add these, when lukewarm, to the potatoes.

Potato Salad with Cucumbers—Slice warm potatoes. Pare a fresh, green cucumber and cut it into very thin slices. Mix it carefully with the potatoes. Make a dressing with a finely cut onion, salt, pepper, vinegar and oil and three or four

tablespoonfuls of thick, sour cream. Mix this lightly with the potatoes and cucumber. Mayonnaise dressing may also be used.

String Bean Salad—Cut one pound of young, green string beans into small pieces. Put them, with a little salt and summer savory, into boiling water. Cook in a covered kettle in the Caloric one and one-half hours. When the beans have cooled, mix them with vinegar, oil, salt, pepper and a pinch of sugar.

Tomato Jelly Salad—One pint of strained tomatoes; one-half cupful of sugar; one-half cupful of vinegar; one chopped celery bulb; one can of pimentoes, cut fine; one-half teaspoonful of salt and one and one-half tablespoonfuls of gelatine soaked in one-half cupful of cold water. Heat the tomatoes, sugar and vinegar to the boiling point, add the gelatine, the celery and the pimentoes and turn into a shallow dish. Place on ice and when set cut in squares and serve in lettuce leaves with mayonnaise dressing.

Waldorf Salad—One cupful of diced, tart apples; one cupful of celery, cut into small cubes; a dozen or more English walnuts, broken into small pieces. Mix all together and add mayonnaise dressing. Serve on lettuce leaves.

SALAD DRESSING

Mayonnaise Dressing No. 1—The following recipe is that of a French chef. The dressing may be used for any kind of salad. It will keep for weeks in a cool place.

Beat the yolks of twelve eggs very light. Add one cupful of sugar, one quart of cream, one tablespoonful each of salt, pepper and ground mustard, a pinch of cayenne, one tablespoonful of flour rubbed smooth with a little of the cream, one-half cupful of butter and one quart of vinegar. Heat slowly until it reaches the boiling point, stirring constantly. Place in jars. The white of the eggs may be used for making an angel food cake.

Mayonnaise Dressing No. 2—One tablespoonful of sugar; one tablespoonful of flour; one-half tablespoonful of mustard; one-half teaspoonful of salt; two eggs, well beaten, and one teaspoonful of butter. Add one cupful of vinegar and heat until it thickens, stirring all the time. When used, thin with cream or vinegar.

PIES

Prepare the crust in the ordinary manner. The radiators should be hissing hot. This makes the crust more crisp. Use ordinary pie tins, slipping them into the wire rack.

Apple Pie—Line a plate with crust. On the bottom scatter one-fourth cupful of sugar mixed with one tablespoonful of flour. Fill the plate with apples, sprinkle them with sugar and add some small pieces of butter. Bake in the Caloric rack about three-fourths of an hour, using two radiators. Any fruit pie may be made according to this recipe.

Date Pie—Line a pan with rich paste. For the filling use one cupful of dates cut fine, one-cupful of milk, two thirds cupful of sugar, two eggs, one-half teaspoonful of cinnamon and a pinch of salt. Fill the crust and bake in the Caloric rack one hour, using two radiators. When cold, cover the top with whipped cream.

Lemon Pie—Add to one cupful of boiling water one tablespoonful of cornstarch stirred smooth in a little cold water. Stir until it thickens and boils; then remove from the stove and add a scant one-half cupful of butter and one cupful of sugar, which have been well stirred together. When cool, add one beaten egg and the juice and grated rind of one lemon. Pour into a baking pan which has been lined with crust and bake in the Caloric twenty minutes, using two radiators. When done, cover with a meringue and return the pie to the Caloric to brown, using two radiators.

PUDDINGS

For steamed puddings, rice and fruit puddings and all those that require long and slow cooking, the Caloric is invaluable. In no other way can the old-fashioned, creamy, rice pudding of our grandmothers be so delicately cooked. Puddings to be steamed should be poured into molds and securely placed in a Caloric kettle. The water should reach at least one-third the way up the mold. Cover the kettle and, when the water boils gently over a flame stove, remove the kettle to the Caloric and leave it several hours, using one radiator. Puddings to be baked should be prepared as for the ordinary range oven. The dish may be of earthenware, aluminum or enamelware and should be slipped into the wire rack. Puddings will bake in the same length of time that would be required in an ordinary oven. If, however, a pudding is left in the Caloric a longer time than is necessary for the baking, it will not burn. The Caloric is the nearest approach to the old brick oven of our ancestors that the modern world has ever seen. It gives just the right finishing touch to the old-time dishes, such as New England Indian pudding, Boston brown bread, Boston baked beans, etc.

Apple Roll—Make a crust of two cupfuls of flour, one-half cupful of milk, one teaspoonful of baking powder, a pinch of salt, one level teaspoonful of butter and one egg, well beaten. Roll out very thin and cover with thin slices of apple. Roll up and place in a pudding mold. Set the mold into boiling water in a Caloric kettle and steam two hours, using one radiator. Serve with sweetened cream.

Apple Tapioca Pudding—Wash three cupfuls of pearl tapioca and place it in the double boiler. Pour six cupfuls of cold water over it and let it stand over night. The next day cook it

in the Caloric one hour, using one radiator. Core and pare seven apples. Put them in a round dish and fill the cavities with sugar and lemon juice. Pour the tapioca over them and bake in the Caloric until the apples are soft. Serve cold with whipped cream and sugar.

Baked Apple Dumpling—One pint of flour; two teaspoonfuls of baking powder; one cupful of milk; one quart of ripe, tart apples cut into slices. Sift the flour and baking powder together. Rub in the butter and mix like biscuit dough. Roll out. Place the apples in a deep pie plate, put the crust on top and bake thirty minutes in the Caloric rack, using two radiators. When it is done, reverse and cover with sugar, bits of butter and cinnamon. Serve with cream and sugar.

Bread Pudding—One cupful of bread crumbs; one pint of milk; two eggs; one-half cupful of sugar; a piece of butter the size of an egg; one-half cupful of raisins; one-half teaspoonful each of salt and cinnamon. Bake in a buttered dish in the Caloric one hour, using two radiators.

Brown Betty—Mix two cupfuls of tart apples, peeled, cored and minced with one and one-half cupfuls of fine bread crumbs. Add one cupful of sugar, a tablespoonful of butter, three eggs, well beaten, and one-half teaspoonful each of mace and cinnamon. Turn into a buttered dish and bake in the Caloric three hours, using two radiators. Serve with liquid sauce.

Cabinet Pudding—Two cupfuls of stale cake crumbs; two eggs, beaten; two cupfuls of milk; two tablespoonfuls of sugar; one teaspoonful of vanilla and one saltspoonful of salt. Cleanse two tablespoonfuls of currants, add two tablespoon-

fuls of Sultana raisins and two tablespoonfuls of citron, cut into shreds. Grease a dish and fill with alternate layers of fruit and cake crumbs. Moisten each layer of crumbs with the milk and the beaten eggs. Add a little more milk, if necessary. Bake in the Caloric one hour, using two radiators.

Chocolate Bread Pudding—Soak two cupfuls of bread crumbs in four cupfuls of scalded milk half an hour. Melt two squares of chocolate over hot water. Add to the bread two-thirds cupful of sugar, the chocolate, one-fourth teaspoonful of salt, one teaspoonful of vanilla and two slightly beaten eggs. Turn into a buttered dish and bake in the Caloric three-fourths of an hour or more, using two radiators. Serve with whipped cream or hard sauce.

Cottage Pudding—One cupful of sugar; one-third cupful of butter; two eggs; one-half cupful of milk; one and one-half cupfuls of flour; two teaspoonfuls of baking powder. Bake in the Caloric one-half hour, using two radiators.

Cup Custard—Heat, without scalding, three cupfuls of rich milk. Add three small tablespoonfuls of brown sugar and a pinch of salt. Beat two eggs, add the hot milk, stir and pour into custard cups, grating a little nutmeg on top of each custard. Set the cups into boiling water and bake in the Caloric one-half hour, using two radiators. Then place on ice to set.

Date Pudding—Two cupfuls of bread crumbs; one and one-half cupfuls of suet; one-half cupful of sugar; one cupful of flour; two cupfuls of dates; two eggs; two teaspoonfuls of baking powder; one-half teaspoonful of salt; one-half cupful of milk. Steam in the Caloric double boiler three hours, using one radiator.

Fig Pudding—Mix together one cupful of molasses, one cupful of chopped suet, one pint of chopped figs, one teaspoonful of cinnamon and one-half teaspoonful of grated nutmeg. Add one teaspoonful of soda dissolved in a little hot water and one cupful of milk. Beat two eggs light and stir into the mixture. Add two and one-fourth cupfuls of flour. Beat thoroughly. Fill a buttered mold three-fourths full. Steam in the Caloric three hours, using one radiator. Serve with wine sauce.

Green Corn Pudding—To the beaten yolks of three eggs add four cupfuls of green corn, two cupfuls of milk, one-half cupful of butter and salt and pepper. Pour this into a buttered baking pan, add the beaten whites of three eggs and bake one hour, using two radiators, moderately hot.

Huckleberry Pudding—One teaspoonful of butter; three teaspoonfuls of brown sugar; one teaspoonful of baking powder; two eggs; flour enough for a batter and one pint of huckleberries stirred in last. Bake in the Caloric thirty minutes, using two radiators.

New England Indian Pudding—Pour two quarts of milk, scalding hot, over twenty-one even tablespoonfuls of cornmeal, moistened with two-thirds cupful of molasses. Let this cool one-half hour. Then add one pint of cold water and salt to taste. Bake in the Caloric four hours or until it is jellied and red, using two radiators.

Prune Pudding—Wash well one pound of prunes. Cover them with water and add one cupful of sugar. Cook in a Caloric kettle over night. Remove the stones and rub the prunes through a sieve. Add the stiffly beaten whites of four

eggs. Bake in a buttered pan in the Caloric forty-five minutes, using two radiators.

Rice Pudding—Two cupfuls of cooked rice; one quart of milk; three eggs; one cupful of sugar; one cupful of raisins; cinnamon and salt to taste and butter the size of an egg. Bake in a buttered dish in the Caloric one hour, using two radiators.

Steamed Fruit Pudding—One pint of flour; two teaspoonfuls of baking powder; a pinch of salt; one egg; two tablespoonfuls of butter and enough milk to make a dough that will drop from a spoon. Use any kind of fruit and steam in cups in the Caloric one hour, using one radiator.

Steamed Plum Pudding—To two cupfuls of fine bread crumbs add one cupful of sugar, one cupful of flour, one-half cupful of molasses, one cupful of milk, one cupful of suet, one cupful of seeded raisins, chopped; one cupful of currants, washed and dried; one-fourth pound of citron, sliced; one ounce of candied orange peel, minced; one-half teaspoonful each of mace and cinnamon and one small teaspoonful of soda dissolved in a little hot water. Add three eggs, well beaten. Dredge the fruit with flour before adding it to the other ingredients. Beat hard and pour into a buttered mold. Steam in the Caloric four hours. When ready to serve, turn it out on a platter, pour brandy over it and set fire to the brandy.

Suet Pudding—To one cupful of beef suet, chopped fine, add one cupful of molasses, one cupful of milk, one teaspoonful of soda, one cupful of chopped raisins, one cupful of currants and spices, as desired. Sift in two and one-half cupfuls of flour. Steam in cans two hours, using one radiator.

PUDDING SAUCES

Custard Sauce—Add one cupful of powdered sugar to two cupfuls of scalded milk and add the yolks of two eggs, beaten light. Season with nutmeg and cinnamon and stir until the sauce is slightly thick. Remove it from the fire and whip in the beaten whites of the eggs. Place over boiling water to keep warm, and, just before serving, add one teaspoonful of vanilla.

Hard Sauce—Cream one-fourth cupful of butter in a warm bowl. Add, gradually, one-half cupful of powdered sugar and the flavoring (either brandy, vanilla or lemon). Place in a small dish and grate nutmeg on the top.

Maple Sauce—A good sauce to serve with steamed pudding may be made by dissolving one-half pint of maple sugar in a cupful of water, adding one-half cupful of butter mixed with one tablespoonful of flour and flavoring to taste. Boil a few moments.

Sauce for Cottage Pudding—One cupful of sugar; one heaping tablespoonful of flour. Blend and add one pint of boiling water. Stir well, season with nutmeg, add a piece of butter the size of an egg and a little salt.

Vanilla Sauce—Cream one-half cupful of butter with one cupful of powdered sugar. Heat over boiling water while adding one-half cupful of rich milk or cream. Beat until smooth and creamy, remove from the fire and add one teaspoonful of vanilla.

Wine Sauce—Wet one tablespoonful of cornstarch in cold water and stir in one cupful of boiling water. Boil ten minutes. Rub one-fourth cupful of butter to a cream. Add gradually one cupful of powdered sugar, one egg, well beaten and one saltspoonful of grated nutmeg. Add to the cornstarch one-half cupful of wine and pour the two mixtures together. Stir well until blended.



Cake Baked in the Caloric

CAKE

The amount of heat required for baking cake varies according to the composition of the cake. Knowledge of the exact degree of heat required can be gained only by experience. A batter which contains butter needs more heat than one in which there is no butter. This fact must be considered in the heating of the radiators. A little practice is all that is necessary. Only a few recipes for cake are given, as all one's own favorite kinds may be baked in the Caloric. Ordinary cake pans should be used and slipped into the wire rack when the cake is ready for the oven.

Angel Cake—Whites of eleven eggs; one and three-fourths cupfuls granulated sugar; one cupful of flour; one teaspoonful of cream of tartar and a pinch of salt. Sift the flour four or five times before measuring. Sift the sugar also. Beat the whites of the eggs about half, add the cream of tartar and the salt and beat until very stiff. Stir in the sugar and the flour very lightly and flavor to taste. Bake in a tube pan in the Caloric rack forty-five to fifty-five minutes, using two moderately hot radiators.

Brown Sugar Layer Cake—Two cupfuls of dark brown sugar; one-half cupful of butter; one-half cupful of sour milk; two eggs (whites and yolks beaten separately); two and one-half cupfuls of flour; one-eighth cake of cooking chocolate dissolved in one-half cupful of boiling water; one level teaspoonful of soda and one teaspoonful of vanilla. Bake thirty minutes in the Caloric, using two radiators.

Filling—Two and one-half cupfuls of brown sugar; one-half cupful of cream or milk; butter the size of an egg. Boil until it makes a soft ball in water and add one cupful of chopped nuts and a teaspoonful of vanilla. Stir until it begins to thicken and spread between the layers and on top of the cake.

Cocoanut Loaf Cake—One-half cupful of butter; one cupful of sugar; one and one-half cupfuls of flour; two teaspoonfuls of baking powder; two eggs; one cupful of grated cocoanut and a pinch of salt. Cream the butter and sugar together, add the yolks of the eggs, then the flour, salt and baking powder sifted together, and lastly fold in the whites of the eggs. Bake in a tube pan in the Caloric basket forty minutes, using two radiators.

Devil's Food—Cook until thick, one egg, one-fourth cupful of grated chocolate and one-half cupful of milk. When the mixture is cool add one cupful of sugar, one cupful of milk, one-third cupful of butter, melted, one teaspoonful of soda, one teaspoonful of vanilla and one and one-third cupfuls of flour. Bake in the Caloric thirty minutes, using two radiators.

Eggless Cake—Cream one scant cupful of sugar and one-fourth cupful of butter. Add three-fourths of a cupful of milk, one and one-half cupfuls of flour sifted with one and one-half teaspoonfuls of baking powder. Add the flour and milk alternately. Pour into a greased pan and bake in the Caloric rack thirty-five minutes, using two radiators.

Fruit Cake—Cream one cupful of sugar with one-half cupful of butter. Add the yolks of six eggs, a little grated lemon rind, four ounces each of rasins and currants, one pound of flour and a scant one-half pint of milk. Fold in the beaten whites of six eggs, and, lastly, add two teaspoonfuls of baking powder. Bake in the Caloric one hour, using two radiators.

Gold Cake—Yolks of eight eggs; one scant cupful of granulated sugar; one-half cupful of butter; one-half cupful of milk; one and one-half cupfuls of flour and two teaspoonfuls of baking powder. Cream the butter and sugar thoroughly, add the eggs well beaten, and stir thoroughly. Add the milk and flour and beat hard. Bake in a tube pan in the Caloric rack, using two radiators

Hot Water Sponge Cake—One and one-half cupfuls of powdered sugar or one and one-fourth cupfuls of granulated sugar; four eggs; one and one-half cupfuls of sifted flour; two teaspoonfuls of baking powder; four tablespoonfuls of boiling water and a pinch of salt. Cream the egg yolks and the sugar thoroughly, add the beaten whites, sift in the flour and, after beating thoroughly, add the boiling water. Bake in a tube pan in the Caloric rack twenty-five minutes, using two radiators.

Marble Cake—For the light part, use one cupful of sugar, one-half cupful of butter, one cupful of milk, one and one-fourth cupfuls of flour, one teaspoonful of baking powder, one teaspoonful of lemon extract and the whites of four eggs. For

the dark part, use one cupful of sugar, one-half cupful of butter, one-half cupful of syrup, one-half cupful of jelly, the yolks of four eggs, one-half cupful of sour milk, one teaspoonful of soda, two cupfuls of flour, one teaspoonful of cloves, nutmeg and cinnamon and one-half cupful each of currants and raisins. This will make two cakes. Bake forty minutes in the Caloric, using two radiators.

Molasses Cake—One cupful of molasses; one-half cupful of sugar; one-half cupful of butter; two cupfuls of flour; one egg; one teaspoonful of soda; salt and spice to taste. Lastly, add one cupful of boiling water. Bake in the Caloric forty minutes, using two radiators.

Raisin Cake—One egg; one tablespoonful of butter; one-half cupful of milk; two teaspoonfuls of baking powder; one cupful of seeded raisins; two and one-half cupfuls of flour. Flavor with vanilla. Dredge the raisins with a little flour. Bake one hour in the Caloric, using two radiators.

Sour Milk Cake—Two eggs, beaten separately; one cupful of sugar; one cupful of sour cream; one teaspoonful of soda; one and one-half cupfuls of flour; one teaspoonful of baking powder. Flavor with vanilla. Bake in the Caloric forty-five minutes, using two radiators.

Spice Cake—One cupful of brown sugar; one-half cupful of butter; one-half cupful of sour milk; two even teaspoonfuls of soda; three eggs, cinnamon, cloves and nutmeg; one cupful of nut meats; one cupful of raisins; two cupfuls of flour. Beat well. Bake in the Caloric forty minutes, using two radiators.

Sponge Cake—Three eggs, well beaten; one cupful of sugar; one cupful of flour; one teaspoonful of baking powder; one-half cupful of hot milk. Mix thoroughly and bake in the Caloric twenty-five minutes, using two radiators.

Sunshine Cake—One and one-half cupfuls of sifted flour; one cupful of sugar; one teaspoonful of cream of tartar; whites of ten eggs; yolks of six eggs. Beat the whites until they are stiff and cream in half the sugar. Beat the yolks very light and add the remainder of the sugar. Flavor with grated orange peel. Bake in an angel food tin in the Caloric rack one hour, using two radiators.

Washington Cake—One pound of butter; one pound of brown sugar; one pound of flour; one pound of raisins; one-half pound of citron; a little nutmeg; four eggs; one cupful of milk; two wineglassfuls of brandy; two even teaspoonfuls of soda; one cupful of nut meats. Bake in a tube pan one hour, using two radiators. This makes two cakes which will keep for a long time.

ICING

Tutti Frutti Icing—Two-thirds cupfuls of granulated sugar; one-half cupful of water. Boil five minutes. Add one cupful of chopped English walnuts, one cupful of raisins, one-half pound of figs, one-half cupful of maple syrup and the white of one egg. Stir and allow it to cool.

SOUFFLES

Souffles may be made in a shallow basin or dish that will fit in the large Caloric vessel. They must be served in the dish in which they were baked. The following hint may serve as a pleasant variation:

Put only half of the souffle material into the baking dish. Cut a piece of baking wafer the exact size of the dish and place it on top of the souffle already in the dish. Place canned fruit (without juice), preserves, or freshly stewed fruit (also without juice) on top of the baking wafer. Put another wafer on top of the fruit and then add the other half of the souffle. The baking wafer will soften and blend with the souffle and the fruit so that it cannot be detected after baking.

The dish in which a souffle is baked should be well greased with butter.

Almond Souffle—Chop five and one-half ounces of almonds. Beat together the yolks of six eggs and three-fourths cupful of sugar. Add the chopped almonds, two tablespoonfuls of bread crumbs, some grated lemon rind and a pinch of cinnamon. Mix well and fold in the beaten whites of the six eggs. Bake in the Caloric one and three-fourths hours, using two radiators.

Apple Souffle—Soak half an hour four or five stale milk rolls in milk. Then press out most of the milk. Cream two tablespoonfuls of butter with a little sugar and add the yolks of four eggs, the soaked milk rolls and five or six finely cut cooking apples. A little vanilla or grated lemon rind may also

be added. Fold in the beaten whites of the four eggs and turn into a baking dish. Bake in the Caloric two hours, using two radiators.

Bread Crumb Souffle—Beat well together four tablespoonfuls of sugar and four eggs until foamy. Add four tablespoonfuls of bread crumbs, a pinch of cinnamon, allspice or cloves and one-half teaspoonful of baking powder. Bake in the Caloric one and one-half hours, using two radiators.

Cherry Souffle—This is prepared the same as apple souffle, using one pound of large cherries instead of apples.

Lemon Souffle—Beat the yolks of four eggs together with three tablespoonfuls of sugar until they are foamy. Add a little lemon juice, some grated lemon rind, four tablespoonfuls of flour, a little baking powder and fold in the beaten whites of the four eggs. Bake in the Caloric one and one-half hours, using two radiators.

STEWED AND BAKED FRUITS

By means of the Caloric Fireless Cookstove fruit which should remain whole may be cooked more satisfactorily than in any other way. No burning is possible, so no stirring is necessary and the fruit is thus left whole. If care is exercised in removing it from the utensil in which it was cooked, it should appear on the table in its original shape.

Baked Apples—Core medium-sized apples but do not pare them. Fill the cavities with sugar and bits of butter, or with raisins and English walnuts. Cover well with sugar and pour a cupful of water around them. Sprinkle with nutmeg before serving. Bake in the Caloric, using two radiators.

Stewed Apples—Pare apples and remove the cores. Boil some water in a Caloric utensil. There should not be more than an inch of water in the vessel. Place the apples in the water and sprinkle sugar over them. Cover the kettle and cook in the Caloric one hour, using one radiator.

This recipe may be varied by filling the apples with chopped nuts and raisins.

Stewed Apricots—Apricots should not be too ripe. Pare them and remove the stones. Heat to the boiling point a few tablespoonfuls of water. Put the apricots into this and sprinkle them with sugar. Cook in a covered kettle in the Caloric one-half hour, using two radiators.

Stewed Pears—Pare the pears without removing the stems. Put them into cold water immediately so that they will not discolor. Cook them in water as directed in the recipe for stewed apples.

Stewed Peaches or Plums—Put the fruit into a kettle. Sprinkle sugar over it and add a little water. Follow the recipe for stewed apples.

Stewed Quinces—Pare ripe quinces, cut them into thin slices and put them into cold water. Heat a little water to the boiling point and add the quinces with sugar and a little lemon juice, white wine or vinegar. Cook in a covered kettle in the Caloric one and one-half hours, using one radiator.

FRUIT SAUCES

Apple Sauce—Wash and core, but do not pare the apples. Put them into a kettle with just enough water to cover them. Cook in the Caloric two hours, using one radiator. When done, add sugar to taste and strain through a sieve. Cool and serve.

Cranberry Sauce—Wash one quart of cranberries and add two cupfuls of sugar and one-fourth cupful of water. Cook in a covered kettle in the Caloric one hour, using one radiator.

Dried Apricots, Apples, Peaches or Pears—Soak the fruit over night in cold water enough to cover it. Sweeten to taste and cook in the Caloric two hours, using one radiator. Boil the liquid down to a syrup and serve the fruit in it.

Jellied Prunes—Wash one-third of a pound of prunes. Soak for several hours in two cupfuls of cold water. Heat to the boiling point on a flame stove and place the kettle in the Caloric for three hours, using one radiator. When done, stone and quarter the prunes. Soak one-half box of gelatine in one-half cupful of cold water and add it to the prune juice. Add one cupful of sugar and one-fourth cupful of lemon juice. Strain, add the prunes and pour into molds. When cold, serve with whipped cream and sugar.

Rhubarb Sauce—Wash and cut the rhubarb into one-inch pieces, but do not peel it. Put it into a kettle with sugar but no water. Cook in the Caloric one hour or more, using one radiator.

Stewed Prunes—Wash one pound of prunes, cover them with cold water and add one cupful of sugar. Cook in the Caloric four hours or over night, using one radiator.

Stuffed Peaches—Cut large, ripe peaches in two, remove the stones and fill the cavities with chopped nuts and stoned raisins. Pour over them one-half cupful of water and sprinkle them with sugar. Bake in the Caloric one-half hour, using two radiators.

COFFEE

Coffee—Allow one tablespoonful of coffee to each cupful of water. Mix the coffee with egg and cold water and place in a Caloric kettle. Set the kettle on the radiator while it is heating. When both are moderately hot, remove to Caloric. It will be ready in from three to five hours. It should **never** boil.

CANNING AND PRESERVING

Before starting to can fruits or vegetables see that the jars are perfectly clean, that the rubbers are new and that the jar tops are in good condition. Always select the best fruit for canning.

In canning berries, fill the jars as full as possible. Make a heavy syrup and pour it over the berries in the jar until the jar is full. Seal immediately and place in a kettle half filled with boiling water. Remove to the Caloric for six hours or longer, using one radiator. Berries will retain their shape and the juice will be clear.

In preserving peaches or pears, pare and core the fruit, pack it in jars and proceed as for berries.

Canned Green Corn—Cut the corn from the cob and pack it tightly in glass jars. Put the rubbers on the jars and seal them. Set the jars into a kettle with enough boiling water to reach the top. Place in the Caloric, using one radiator and leave until the water is cool.

String Beans—Cut up fresh string beans into one-inch lengths and pack them tightly in glass jars. Pour over them salted, boiling water and proceed as in the recipe for corn.

To Render Lard—Wash and cut up leaf lard in small pieces, place in a large kettle and set the kettle on a radiator while it is heating. When both are hot, remove to the Caloric and leave over night. Next morning, strain, and the lard will be fine and white.

PART III.

Measures, Proportions, Household Hints.



Biscuit Deliciously Baked the Caloric Way

PART III.

TABLE OF MEASURES

Sixty drops equal one teaspoonful.

Three teaspoonfuls equal one tablespoonful.

Four tablespoonfuls equal one-quarter cup or one-half gill.

Eight rounded tablespoonfuls of dry material equal one cupful.

Sixteen tablespoonfuls of liquid equal one cupful.

One cupful of liquid equals two gills or one-half pint.

One heaping tablespoonful of sugar equals one ounce.

One heaping tablespoonful of butter equals two ounces.

Two rounded tablespoonfuls of flour equal one ounce.

Two rounded tablespoonfuls of ground spice equal one ounce.

One cupful of butter or sugar equals one-half pound.

Two cupfuls of flour equal one-half pound.

Five medium-sized nutmegs equal one ounce.

One quart of sifted pastry flour equals one pound.

One pint of granulated sugar equals one pound.

One pint of butter equals one pound.

One pint of ordinary liquid equals one pound.

One solid pint of chopped meat equals one pound.

One cupful of rice equals one-half pound.

One cupful of Indian meal equals six ounces.

One cupful of stemmed raisins equals six ounces.

TABLE OF PROPORTIONS

One level teaspoonful of baking powder to one level cupful of flour.

One teaspoonful of cream of tartar to one cupful of flour.

One-half teaspoonful of soda to one cupful of flour.

One teaspoonful of soda to one cupful of molasses.

Two heaping tablespoonfuls of cornstarch to one quart of milk.

A little over an ounce of gelatine to one quart of liquid.

HOUSEHOLD HINTS

Try ground caraway seed as flavoring for a simple cake. Many prefer the ground spice to the seeds.

A pinch of salt added to the whites of eggs will make them whip better.

If a pinch of vinegar is put into doughnuts they will not absorb the fat in which they are fried.

If potatoes are pared and laid in cold water before boiling they will remain white.

Dry celery stalks and use them for seasoning.

Never put strawberries in tinware.

A hot cloth wrapped around jelly or ices will cause them to come out of the molds without sticking.

A little boiling water added to an omelet will keep it from being tough.

A little butter added to cake frosting greatly improves it.

Dredge cake tins with flour and the cake will not stick to the tins.

Wooden spoons are best to use in cakemaking.

If raisins and currants are rolled in flour before being put into cake they will not sink to the bottom.

When cutting fresh bread dip the knife in hot water.

Keep an apple in the cake-box. It will keep the cake fresh for a long time.

If grease is spilled on the kitchen floor cold water should be poured on it immediately. The water will harden the grease and prevent it from soaking into the floor. It may then be scraped up with a knife.

When using valuable vases for table decoration fill them one-fourth full of sand to prevent them from being tipped over.

Scatter a few drops of lavender in bookcases in the summer and no mold will be found.

To preserve maps brush each with a solution of gutta percha which is quite transparent. It may be applied to both sides.

Moisten grease spots with cold water and soda before scrubbing.

Soak new brooms in hot, salted water before using them. The salt toughens the bristles and the brooms will last longer.

Try cucumber peelings to exterminate cockroaches. The cucumber acts as poison to the roaches.

Stains on knives, however obstinate, will disappear if rubbed with a piece of raw potato.

Try soft tissue paper for cleaning or polishing a mirror.

Never use soap and water on varnished woodwork.

To prevent flies from entering a house brush the screen doors with kerosene.

If a drawer sticks, rub a little fresh lard on it.

Sprinkle the cellar often with chloride of lime and it will be kept free from rats.

To clean straw mattings wash them with soft water, changing the water often.

Add a little kerosene to the water in which windows are washed.

Burn orange peel on the stove instead of coffee for disagreeable odors—the effect is more pleasant.

A few drops of oil of lavender poured in a glass of hot water makes a pleasant odor in a sick room.

Scour copper kettles with salt and vinegar.

Keep an oyster shell in the teakettle to prevent the forming of a crust.

Straw mattings will last longer if given a coat of varnish.

A piece of camphor kept with silver will prevent the silver from tarnishing.

Crushed eggshells or shot will clean a water bottle or vinegar cruet.

Use lemon juice to remove mildew stains.

Put a pinch of salt into water in which cut flowers are placed and they will last longer.

To clean a clogged drain pipe, pour down some kerosene and follow it immediately with boiling water.

Polish a dining table with melted beeswax, rubbed on with a soft cloth.

When planting sweet peas have the rows run north and south. The plants will blossom better.

When laundering lace curtains, if a creamy shade is desired, add clear, strong coffee to the starch.

Wash challies in rice water made by cooking one pound of rice in five quarts of water. Strain and cool.

Add a little turpentine to water in which clothes are boiled; it will whiten them.

Clean flatirons with emery paper.

A few drops of kerosene added to starch will make ironing easier.

When laundering Battenberg pièces put a teaspoonful of borax into the rinsing water and there will be no need of starch.

Soak hair brushes in ammoniated water to harden the bristles and prevent them from falling out.

If a gown has become stained with lemon juice, ammonia applied to the spot will restore the cloth to its natural color.

To remove ink stains from clothing soak the spot in sour milk.

A faded dress may be made perfectly white by boiling it in water to which cream of tartar has been added.

A gold chain may be made to look very bright by dipping it in a cup containing one part of ammonia and three parts of water.

A teaspoonful of flour or sulphur, dissolved in hot milk and slowly sipped, is said to be helpful in case of sore throat.

Apply common mud to a bee sting and the pain will cease. Scrape raw potatoes and apply the pulp to a burn. It will give immediate relief.

The whites of eggs beaten, with salt, to the consistency of frosting and applied to a sprain will give great relief. Renew the application as the egg becomes dry.

Celery, eaten abundantly, is said to be good for neuralgia.

Lay thin slices of potato across the forehead in case of headache.

A gargle of salt and water is a good remedy for sore throat.

Boiled flaxseed juice flavored with lemon is excellent for a cough.

To cure hiccoughs, take a long breath and hold it.

Salt and sugar mixed together will sometimes stop a cough.

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Manufactured under the following Canadian and
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Canadian	Patent No. 114890.	Issued Nov.	3, 1908
Canadian	Patent No. 114524.	Issued Oct.	13, 1908
United States	Patent No. 898527.	Issued Sept.	5, 1908
United States	Patent No. 899084.	Issued Sept.	22, 1908
United States	Patent No. 919494.	Issued April	27, 1909
United States	Patent No. 975690.	Issued Nov.	15, 1910
United States	Patent No. 484888.	Issued March	22, 1909
United States	Patent No. 610308.	Issued Feb.	23, 1911
United States	Patent No. 1018414.	Issued Feb.	27, 1912

Other Patents Pending

Trade Mark Registered Nov. 27th, 1906. No. 57698

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The Caloric Company

Note This: Professor Charles Barnard, the highest authority in America, who has charge of the Housekeeping Experiment Station at Darien, Conn., has used a Caloric three years and he recommends the Caloric Cookstove—see Bulletin No. 14, issued February, 1912, entitled “Housekeeping Efficiency.”

Note This: An authority in a recent issue of Century Magazine says: “The three great scientific inventions of this century are Wireless Telegraphy, Aviation and the Fireless *Cookstove* (not cooker).”

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