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The
Calumet Cook Book

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no 1.

CANDIES

I submit the following with the caution that damp or sultry weather will often affect the making of candies. Sometimes a failure due to these weather conditions will discourage the amateur candymaker. Select, therefore, a bright day for your first attempt. After you have made certain candies once or twice you will have gained the necessary judgment to gauge the syrups.

I do not give the directions for use of a thermometer, as the home candymakers are very seldom provided with one.

Fondant is the basis for chocolate creams, mint, sassafras and wintergreen tablets and many other candies.

After it is made it is better to let it stand twenty-four hours before using. Set aside in a bowl and cover with a piece of muslin.

FONDANT FOR CANDIES

MATERIALS:

2 cupfuls granulated sugar $\frac{1}{2}$ cupful water
Some confectioners sugar

PREPARATION:

Boil the granulated sugar and water until the syrup will spin a heavy thread when dropped into ice water.

Carefully pour the syrup out on large platter. When cool enough to bear the finger in it, stir the mixture until white and creamy. Dust the bread board or the platter with the confectioners sugar, turn the mixture onto it and knead as you would bread dough until it is smooth. It is much improved by standing 24 hours. To do this place in a bowl, cover and keep in cool place.

CHOCOLATE CREAMS

To make the chocolate creams, shape the fondant into required shapes and sizes, let stand half a day, then dip them into melted unsweetened chocolate.

PULLED MOLASSES CANDY

MATERIALS:

$\frac{1}{2}$ pint molasses	3 tablespoons vinegar
1 pound brown sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ pint water	$\frac{1}{2}$ teaspoon cream of tartar

PREPARATION:

Put molasses, sugar, water and vinegar in a saucepan and stir the ingredients until they reach the boiling point, add the cream of tartar and boil until it is very brittle when dropped into ice water. Stir occasionally and watch carefully to prevent scorching. Now add the butter and soda. Pour on a greased marble slab or into a pan and when sufficiently cool to handle pull until light in color.

Cut in desired shapes.

BUTTER CUPS

The recipe for molasses candy may be made into Butter Cups. Roll the candy into long thin strips, fill the center with nut cheese and place two strips together and cut with a sharp knife or shears into the Butter Cups.

NUT CHEESE

MATERIALS:

$\frac{1}{4}$ pound Brazil nuts	$\frac{1}{2}$ pound figs
$\frac{1}{4}$ pound almonds	$\frac{1}{2}$ pound seeded raisins
$\frac{1}{2}$ pound pecans	$\frac{1}{2}$ pound dates

PREPARATION:

Stone the dates, blanch the almonds and Brazil nuts. Put all through the food grinder, making a soft paste.

GLORIA FUDGE

MATERIALS:

$\frac{1}{2}$ cup Karo or corn syrup	Water enough to barely dis-
2 cups granulated sugar	solve sugar
Whites of 2 eggs	$\frac{1}{2}$ level teaspoon Calumet
	Baking Powder

PREPARATION:

Boil the syrup, sugar and water until a few drops will crack in ice water. Be very sure that it reaches this stage before removing from fire.

Have ready a well-chilled crock or bowl with the whites of two eggs stiffly beaten with the Calumet Baking Powder. Pour over the syrup in a thin stream, beating all the time. Beat until a spoonful of the mixture dropped back into the bowl will retain its shape on the surface of the mixture. Then pour quickly into well greased shallow pan and mark off in sections. When set, cut into pieces an inch square.

Chopped pecans or pistachio nuts may be added at the last minute before turning the mixture into the pan. When properly made, it has a porous consistency and the surface will be dry, but not tough, and it is one of the most delicious of homemade candies.

STUFFED PRUNES

(A delicious Confection)

Select from a saucepan of well cooked prunes as many perfect unbroken ones as desired. Drain them and rinse quickly and drain again. Place them in a warm oven to dry off. Remove the stones and fill with the following mixture:

Place in a saucepan one cup of sugar and water to dissolve. Cook till the syrup will form soft ball in ice water. Remove from the fire and beat into it a heaping tablespoon of preserved or crystallized ginger which has been put through a food chopper. Add enough chopped

pecans to fill the mixture. Stuff the prunes with this and roll them in sugar.

Fondant, of course, is better to use for the stuffing if a supply is convenient. But as it takes more time to prepare, the quickly prepared sugar will be found more convenient.

STUFFED DATES

Prepare the dates by washing dates and removing the pits. Then proceed as with Stuffed Prunes.

CANDIED GRAPE FRUIT PEEL

Cut the peel in quarter sections. Then carefully peel from the fruit. Let stand over night in cold water, to which salt is added, a teaspoon to a quart. Weigh the peel. Cook it in water to cover until tender. Then drain.

Make a syrup of sugar equal in weight to the peel and a half cup of water to each cup of sugar. Skim and put in the peel. Let simmer until the syrup is reduced. Then cook, and very gently stir until the peel is well coated with the syrup. Spread the peel on plates to dry.

ORANGE STRAWS (A Confection)

The skins of thick-skinned oranges are, of course, the best for this purpose.

Remove the orange skin in quarters, cutting from stem to blossom end. Cut these pieces in strips about three-eighths of an inch in the center and tapering at the ends, following out the original shape of the section. Throw these strips into salted water and boil till tender. The proportion of salt is one level tablespoonful to one quart of water. This is the critical point. They must not be soft or they will be ruined. They must be thoroughly cooked, and yet must be firm enough to retain their shape. A piece when held up in the hand

should retain its shape and not fall limp. The salt in the water removes any bitter taste from the inner peel.

Skim from the water into a colander. Rinse them in cold water, drain and spread on a towel to dry. The drier the better.

Make a thick rich syrup of granulated sugar and water as thick as you can without candying. Into this drop the peel, only cooking as much at a time as can be taken care of. When the peel looks clear and as though well saturated with the syrup, remove with a skimmer and drain thoroughly.

Roll each piece in powdered sugar and set on a platter to dry. In an hour it should be perfectly firm and hard. It will be necessary to add sugar to the syrup, as the moisture from the peel will cook out into it.

These are delicious to serve with the after-dinner coffee or as a bonbon.

CANDY FAIRIES

MATERIALS:

2 cups granulated sugar	1 cup water
1 cup chopped nuts	2 egg whites

PREPARATION:

Boil the sugar and water until the syrup forms a heavy thread. Beat the egg whites very stiff. Pour the syrup over the eggs, beating all the time until a beater full will retain its shape on the surface of the mass. Then add the nuts and drop in spoonfuls on an oiled paper or platter.

ICE CREAM CANDY

MATERIALS:

2 cups granulated sugar	$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup vinegar	1 or 2 drops of flavoring
2 teaspoons glycerine	

PREPARATION:

Boil the water, sugar, vinegar and glycerine together until some dropped in ice water will crack. Take from the fire and when ceased bubbling add flavoring.

Pour into a buttered plate and when cool enough for the hands pull until white.

MAPLE FAIRY HASH

MATERIALS:

$\frac{1}{2}$ pound maple sugar	$\frac{1}{2}$ pound brown sugar
1 cup pecans	$\frac{1}{2}$ cup chopped citron
$\frac{1}{2}$ cup chopped figs	$\frac{1}{2}$ cup seeded raisins
$\frac{1}{2}$ cup water	2 egg whites

PREPARATION:

Put the sugar and water in a saucepan and cook till the syrup will crack in ice water.

Beat the egg whites very stiff and pour the syrup over them beating continually, until when dropped it will hold its shape.

Have the fruit and nuts prepared beforehand and add them to the mixture.

Drop by spoonfuls onto a buttered tin or paper and allow to stand until the outside is dry enough to handle. This is a very easily made and satisfactory confection.

PEANUT SQUARES

MATERIALS:

2 cups granulated sugar	1 cup crushed peanuts
1 teaspoonful salt	

PREPARATION:

Heat an iron frying pan, put in sugar, stir constantly until melted. Have peanuts thoroughly warmed in oven, sprinkle with salt, and add to the melted sugar. Pour into buttered pan. When cooled cut into squares.

Other nut meats may be used instead of peanuts.

TURKISH NOUGATINE

MATERIALS:

1 package gelatine	1 cup mixed chopped nuts
3 cups granulated sugar	Vanilla flavor
1 cup cold water	

PREPARATION:

Dissolve gelatine in cold water. Heat slowly on your gas range. Add sugar and beat to white cream.

THE CALUMET COOK BOOK

Add nuts and vanilla and mix thoroughly. Turn into wet pan to cool. When cold cut into squares.

COCOANUT KISSES

MATERIALS:

3 cups granulated sugar	$\frac{1}{2}$ pound fondant
$\frac{1}{4}$ pound shredded cocoanut	1 cup cold water Vanilla flavor

PREPARATION:

Place sugar and water in vessel on your gas range, stir constantly until syrup begins to boil. Add cocoanut and continue stirring. Test by taking a little syrup between thumb and finger. When it strings it is cooked sufficiently. Remove from fire and add fondant; stir until stiff and creamy. Flavor while creaming. Drop from spoon on waxed paper.

CARAMELS

MATERIALS:

2 cups granulated sugar	Paraffine the size of a
$\frac{3}{4}$ pound glucose	hickory nut
1 pint cream	

PREPARATION:

Place sugar, glucose and one-half pint cream in vessel. Put on to cook and stir constantly while boiling until soft ball forms in cold water, then add balance of cream and the paraffine. Boil as before until a firm ball results when tested in cold water. Remove from fire and stir into it a teaspoonful of vanilla, pour out on greased platter or pan.

To make chocolate caramels add grated chocolate to syrup to give desired color when batch is finishing. For strawberry caramels use strawberry flavor and coloring after removing from fire. Add nuts if desired just before pouring out on pan.

AFTER DINNER MINTS

MATERIALS:

3 cups granulated sugar 1 cup cold water
¼ teaspoon cream of tartar XXXX sugar

PREPARATION:

Place sugar, water and cream of tartar in vessel to boil. After syrup comes to a boil let it cook briskly for twelve minutes or to 275 degrees. Pour out on greased platter, handle as little and as carefully as possible while cooling. When cool, pull and flavor to taste. Pull into narrow, thin strips, cut into small cubes. Dust with XXXX sugar and leave spread out one hour. Place in air-tight jar and let season ten days.

FRUIT GUM DROPS

MATERIALS:

2½ cups granulated sugar 1½ cups fruit pulp
1⅔ cups cold water Flavoring
1 package gelatine

PREPARATION:

Place sugar and two-thirds cup of water in vessel and bring to boil. Let boil five minutes. Add fruit pulp, let simmer until thick like marmalade. Add gelatine previously dissolved in one cup of cold water, and boil up thoroughly. Take from fire and let cool and add flavoring. Drop from spoon on waxed paper. Let stand two hours. Roll in granulated sugar, let stand one hour, and roll in granulated sugar a second time. Let season two days.

Apricots, plums, apples, grapes, figs or prunes may be used in these drops.

SANDWICHES

SANDWICH HINTS

Very little ingenuity is required to provide a variety of sandwiches. It was one housewife's boast that she could serve a salad every day of the year and have no two just alike, and the same may be claimed of the sandwich.

Supplying, as they do, both nourishment and appetizer, the housewife should perfect herself in the making of dainty, nutritious sandwiches. Standing at the head in the list of foods, bread is called the "staff of life," but it is falling away from its proper place in the dietary.

How few children now are satisfied with a piece of bread and butter, neglecting it at the table and refusing it as a lunch between meals. But when daintily arranged, converted into sandwiches, it appeals to all and is truly the "staff of life."

Sandwiches may be made with such a variety of fillings. Meats, nuts, vegetables, fruits, eggs and cheese form the basis for much variation. Through the hot summer months meats are not as much used as eggs and cheese.

Appearance may demand the trimming off of the crusts from the bread slices, but it is a wasteful practice, as the crust is the best part of the bread.

Perhaps the following recipes will give a hint for variety.

SANDWICHES FOR OUTINGS AND CHILDREN'S LUNCHES

In making up sandwiches to be carried to picnics or outings, wrap each in thin waxed paper. This can

be obtained at the department stores and is prepared expressly for this purpose. Pack them closely together and lay some of the large lettuce leaves between to furnish moisture for them. Then cover all with a napkin.

PIMENTO AND EGG SANDWICH

Make a paste of the yolks of hard boiled eggs and three times the quantity of cream cheese, soften with mayonnaise dressing, and add the finely chopped whites. Spread upon rounds of bread, sliced three-quarters of an inch thick. Place in the center of each stuffed olives and around these minced pimentos. Serve on crisp lettuce leaves.

CAVIAR SANDWICH

Have some thin slices of rye bread spread sparingly with butter, spread with caviar. Serve on individual plates, with a tablespoon of minced onion (mince the onion with a knife) and a quarter of lemon on each plate. A knife should accompany each plate.

ROSE SANDWICHES

Use thin-sliced bread. Spread with a very little butter (or none) adding a thin layer of cream cheese, then stiff raspberry jam. Cut the bread from each corner (diagonally) across, twice, forming triangles, or with cutters in rounds.

CHERRY SANDWICHES

Mix equal parts of candied or Maraschino cherries, and chestnuts which have been boiled, blanched, and simmered in a little syrup (letting stand in this until cold). Spread long narrow saltines or thin bread and butter with the mixture; placing two together and, if

bread is used, cutting diagonally to form triangular sandwiches. A sprinkling of cress will add piquancy to the flavor.

WATERCRESS SANDWICH

Prepare slices of fresh white bread by spreading with soft butter. Mince some crisp watercress, sprinkle it with salt and pepper, then with olive or peanut oil and then with vinegar.

Toss with two forks until all of the leaves are seasoned, spread the cress evenly over the slices of bread and sprinkle with Parmesan cheese. Cut each slice in halves.

LETTUCE SANDWICH

Thin oblong slices of buttered bread with a filling of lettuce leaves dipped in a mayonnaise dressing and sprinkled with Parmesan or grated cream cheese.

LETTUCE SALAD SANDWICH

Shred with the shears some nice crisp leaves of head lettuce. Chop fine some chives or the green tops of onions. Toss the two together. Sprinkle with salt and pepper and a very little powdered sugar.

Pour over the greens some olive oil, enough to coat them well. Then sprinkle with vinegar, just a very little.

Butter slices of fresh whole wheat bread and place each two together with the lettuce filling between. Press closely together, cut in three strips.

These sandwiches cannot be kept fresh long and should be eaten at once to be appetizing. The bread also should be not over a day old.

OLIVE AND NUT SANDWICH

Cut and butter very lightly thin slices of rye bread. Chop fine some pecan or walnut meats and some stuffed olives. Have twice as many olives as nut meats. Combine with a little mayonnaise dressing. Spread the bread with the mixture. Press two slices together, having the mixture between and on the top. Serve on a plate lined with rounds of lettuce leaves.

RIBBON SANDWICH

Take three square thin slices of white bread and two corresponding slices of entire wheat bread. Butter them and place between each two slices, the white bread being on the outside, a filling made of egg paste.

Take a sharp knife and cut crosswise into thin slices, each five, three white, two entire wheat, slices of bread cut into six sandwiches. Egg paste is prepared by creaming the yolks of three hard-boiled eggs and adding two tablespoons of salad dressing with pepper and salt to taste.

CLUB SANDWICH

Three slices of bread, toasted and buttered are the basis of a club sandwich. Remove the crusts. Place a lettuce leaf on the lower slice and on its top place slices of chicken breast, and minced green pepper. Then put another slice of toast on top of that with another leaf of lettuce followed by thin slices of broiled breakfast bacon topped with the third slice of toasted bread. Finish the sandwich with thin slices (lengthwise) of small pickles on top of the last slice of toast. The toasted bread and the bacon should be hot.

A small dill pickle sliced in five thin strips almost to the stem and the strips spread out is another accompaniment for a club sandwich.

SALAD SANDWICH

Mix a small quantity of mayonnaise dressing with a quantity of finely minced chicken or any preferred meat. Lay the salad between crisp lettuce leaves and cover with thin slices of white bread.

NUT AND FRUIT CHEESE

(Sandwiches)

The fruit and nut cheese makes a sandwich filling that is rich in nutrition, is most palatable and just the thing for the picnic basket.

MATERIALS:

$\frac{1}{2}$ pound figs	1 pound pecans
$\frac{1}{2}$ pound raisins	1 pound almonds
$\frac{1}{2}$ pound dates	$\frac{1}{4}$ pound Brazil nuts

Fruit juice of oranges and lemons or grape juice to make a mixture to spread easily.

PREPARATION:

Wash the figs and dates and stone the latter. Blanch the almonds. Put all the fruit and nuts through the food chopper. Mix with the fruit juice until easily spread.

Butter thin slices of bread very sparingly. Spread the cheese between two slices. Press together and cut in strips.

CHEESE SANDWICH

With a firm knife combine a rich cream cheese or fromage de Brie with one-third as much butter. When well creamed spread on thin slices of rye bread. Sprinkle minced green pepper over the cheese, or stuffed olives in slices. Press another slice to this, trim the edges, cut once through the center.

CHEESE AND NUT SANDWICH

Chop pecan or hickory nuts, mix with an equal quantity of Neufchatel cheese, add a dash of paprika, spread between thin slices of whole wheat bread. A heart leaf of head lettuce dipped in French dressing is a palatable addition placed between the slices.

EGG MAYONNAISE SANDWICH

Hard boil sufficient eggs, drop immediately into cold water and remove the shells. Separate the yolks from the whites. Put the whites through the food chopper first, then the yolks. Mix with enough mayonnaise dressing to hold together.

Butter thin slices of bread, spread with the egg mixture, place a crisp leaf of head lettuce on it and then another slice of bread.

These are particularly dainty if, after putting together, they are cut out with a large biscuit cutter.

GOLDEN RULE SPECIAL

MATERIALS:

Thin slices white bread cut from a large loaf.	Finely shredded lettuce or green pepper.
Plain Mayonnaise or some Thousand Island Dressing.	Sliced radishes
	Sliced tomatoes

PREPARATION:

Cut the slices of bread in two. On every other half spread the dressing. If plain Mayonnaise is used add a little tomato sauce. Place the half slices of tomato in the dressing, sprinkle with the shredded lettuce and cover with the other half slice of bread.

Trim the edges neatly. Cut slices of radishes in two, place diagonally across each sandwich, alternating the position.

Serve with curled or chilled celery hearts.

PRESERVING

STERILIZATION

This means the proper heat applied to all vessels, covers and rubber rings to prevent contamination of the contents of the jars or cans.

This is imperative in the preservation of fruits or vegetables, when the first named preservatives are absent, or are present in only small quantities, viz: cinnamon, sugar, salt and vinegar.

No cooking, partial cooking, and thorough cooking, represent the methods of preserving fruits.

STERILIZATION IN CANNING VEGETABLES

Sterilization is the secret of successful canning. Vegetables differ from fruits in the sterilization process as the form of bacteria which are peculiar to vegetables are not entirely destroyed in one process. Long continued cooking may destroy this form of bacteria, but in the longer cooking the flavor of the vegetable may be destroyed. This applies particularly to tomatoes.

The market supplies canning outfits with adequate directions. For the needs of the small family, covered kettles, fireless cookers or the range ovens may be used. The wash boiler is as good as anything for this purpose, its only fault being its awkward depth.

If only one pint cans are used, the simplest method is to make use of the covered roaster and the range oven.

Two processes are recommended in sterilizing. The first process and the most reliable is to boil the filled glass jars three successive days. The succeeding days boil one hour, bringing to the boiling point gradually so as to avoid breakage of containers.

For canning of vegetables the glass jars with glass covers and patent clamps are most efficient.

THE CALUMET COOK BOOK

The reason for the repeated cooking process is due to the presence of spores from which the bacteria develop. Spores may not be killed or their growth arrested. It is claimed that only when they have developed into bacteria, and the bacteria killed, that they are entirely eliminated. The spores germinate over night and the second boiling kills this crop before they develop resistant spores. The third day cooking is to make assurance doubly sure.

A second method of canning has lately sprung into notice, which involves a more complicated and less sure method. The principle rests upon eliminating the danger of spores by sudden plunge from extreme heat to extreme cold, and for exact manipulation would require the patented apparatus.

PRESERVING HINTS

Acid of vinegar is a preservative.

Some fruits have an acid similar in this property to vinegar.

Pieplant and cranberries may be put up in sterilized jars and preserved without cooking. The water should be sterilized and then cooled.

Sugar and salt are preservatives if enough of either is used.

Among spices true cinnamon leads in preservative property.

Avoid the use of special preserving compounds, as they are sometimes unsafe and always unnecessary.

Nothing is so easy and effective as perfect sterilization.

CANNING VEGETABLES

One general rule must be observed in putting up almost all vegetables, viz: Subjecting them to the

THE CALUMET COOK BOOK

sterilization process at least twice after the first process, allowing twenty-four hours to elapse between processes.

This is made necessary by the later developments of the spores of some bacteria.

Bacteria may be destroyed in the first process but the spores may not and consequently must be given time to develop and then subjected to sterilization.

CHICAGO HOT

A delicious relish requiring no cooking.

MATERIALS:

1 peck ripe tomatoes, chopped and drained	1 cup mustard seed
3 cups chopped celery	2 cups sugar
2 cups chopped onions	$\frac{1}{2}$ cup salt
3 red peppers, chopped	6 cups cider vinegar
2 green peppers, chopped	2 tablespoons mixed spices

PREPARATION:

Put the materials together and bottle without heating.

HARVARD CHUTNEY—(Lucas)

MATERIALS:

12 large, firm, ripe tomatoes	1 teaspoon celery seed
2 medium sized onions	$\frac{1}{4}$ teaspoon ground mace
1 chili pepper	$\frac{1}{4}$ teaspoon ground cloves
12 stalks celery	1 teaspoon cinnamon
2 tablespoons salt	1 cup vinegar
2 tablespoons white mustard seed	1 cup sugar

PREPARATION:

Chop the vegetables, mix with ingredients and cook two hours.

Bottle while hot and seal.

MUSTARD PICKLES—(Lucas)

MATERIALS:

2 quarts small cucumbers	2 cups brown sugar
2 quarts small onions	$\frac{1}{2}$ cup flour
2 quarts cauliflower	$\frac{1}{4}$ pound mustard
1 gallon cider vinegar	1 tablespoon ground ginger

PREPARATION:

Soak the cucumbers, onions and cauliflower in weak brine over night.

Boil the other materials and add one-half ounce tumeric powder, three teaspoons curry powder, one ounce celery seed, three green peppers and one chili pepper. Drain the brine from the other materials and mix all together.

Will make about eight quarts.

CORN RELISH

MATERIALS:

1 dozen ears of fresh, tender corn	2 tablespoons cloves
3 red peppers	2 tablespoons salt
1 cabbage	$1\frac{1}{4}$ cups sugar
4 tablespoons mustard seed	Vinegar to cover

PREPARATION:

Cut the corn from the cob, being careful not to cut so close as to have pieces of the cob.

Chop the cabbage and peppers. Cover with vinegar and boil one-half hour. Bottle and seal.

GREEN TOMATO SWEET PICKLES—(Lucas)

MATERIALS:

1 peck tomatoes (green)	Ginger root, whole mace,
1 cup salt	cloves, allspice and pep-
1 cup cinnamon bark	pers as desired
3 quarts cider vinegar	Tomatoes should be about an
2 pounds brown sugar	inch and a half in diam-
3 red pepper pods (in strips)	eter
1 tablespoon white mus- tard seed	

THE CALUMET COOK BOOK

PREPARATION:

Remove a thin slice from the blossom end of the tomatoes and the tough parts around the stem end. Slice and sprinkle with the salt and set aside over night. In the morning drain and cover with boiling water. Stand for a few moments, then drain again.

Cook the other materials for 10 minutes, putting the spices in a piece of muslin. Add the tomatoes and simmer gently one hour. Remove the spice bag before putting away.

This makes about four and one-half quarts.

SHIRLEY SAUCE

MATERIALS:

½ peck ripe tomatoes	2	tablespoons salt
5 medium onions	3	cups vinegar
1 large green pepper	1½	cups sugar

PREPARATION:

Stew and strain the tomatoes. Chop the onions and green peppers. Put the materials all together, and cook until of the required consistency, then bottle.

PINEAPPLE VINEGAR

Pineapple parings should never be thrown away as there is no finer vinegar in the world in flavor and color than that made from pineapples. The fruit parings (fruit may also be added) should be placed in crocks and covered with water, sugar or syrup being added in quantity according to the condition of the fruit, and allowed to ferment thoroughly. When this has been accomplished—watched and skimmed meantime—the vinegar must be strained from the fruit and placed in jars or bottles.

CIDER VINEGAR

As apples are used in the kitchen, boil the skins and cores in as little water as possible, sweeten with a little molasses, and let ferment.

Apples which are not keeping well may be boiled and the liquor strained off, a little molasses added, and let ferment. With crab apples reduce the pressed juice one-third, then treat as above.

APPLE VINEGAR

To one gallon apple peelings and cores, add two pails boiled rain water. When soured, drain and to each gallon of this liquor add one cup molasses and a piece of brown paper and two dry beans or two kernels of corn, when these sprout, the fermentation begins.

In making vinegar it is a mistake to add the "mother" until after fermentation is over as the "mother" will prevent fermentation.

VINEGAR

Vinegar (*Vin aigre*) as its name implies was made originally from sour wine in which the alcoholic fermentation had been changed to produce acetic acid.

This can be done by introducing "mother" of vinegar. The true wine vinegars and the malt vinegars are the safest vinegars to buy. Cider vinegar is popular on account of its milder fruity flavor, but if not made in the home is apt to be made from materials that are distressingly unclean.

In France and Germany pure vinegar is understood to be made from wine, while in England vinegar means malt vinegar.

Tarragon vinegar is white wine vinegar flavored with the leaves of tarragon. It is used most frequently for seasoning sour sauces and for salad. Either the green or dried leaves may be used.

PICKLING IN BRINE

An old time method of preserving some of the vegetables for pickling holds very good now, where

THE CALUMET COOK BOOK

large families or numbers have to be provided for, and also when pressed for time in the season when these varieties are being marketed.

In the former case there is quite a saving of vinegar and seasonings and in the latter it provides a method of preservation until more time can be devoted to pickling.

Among the vegetables that can be so treated are: cucumbers, green tomatoes, green peppers and string beans.

Select small cucumbers, small tomatoes and young string beans.

Put a layer of salt in the bottom of a large jar or wooden keg and then the vegetables that you wish to keep.

The salt should be about a quarter of an inch thick. Lay in layers alternately with salt on top.

Place a board on top of the vegetable and pour around some water to dissolve the salt—about one quart.

A small piece of alum will assist in crisping cucumbers, but has no preserving quality. Horseradish will prevent mold.

Place a cloth and then the fitted cover of the vessel.

When wanted for use take out what is required and replace covers carefully.

Soak in water twenty-four hours and then use vinegar and spices as desired.

Another method is to prepare a brine strong enough to hold up an egg, pouring it over the vegetables after the vessel has been filled.

CUCUMBERS, STRING BEANS, GREEN AND RED PEPPERS, PICKLED IN BRINE

Make a brine of boiling water and coarse salt strong enough to float a fresh egg. Place the vegetables to be

kept in stone jars or half gallon mason jars, cover with the cold brine. When using stone jars it will be found necessary to place a plate inverted over the vegetables to hold them under the brine. Cover the jars but sealing is not necessary.

OLIVE OIL PICKLES—(Lucas)

MATERIALS:

Enough small cucumbers	$\frac{1}{2}$ ounce black mustard seed
cut cross-wise into	$\frac{1}{2}$ ounce white mustard seed
half inch slices to fill	$\frac{1}{2}$ ounce celery seed
half-gallon jar	2 onions chopped fine, cold
$\frac{1}{2}$ cup salt	vinegar
1 cup olive oil	

PREPARATION:

Sprinkle the salt over the cucumbers and let stand three hours. Drain carefully.

Put the materials into two half-gallon mason jars in layers, alternating with the cucumbers, spices and onions.

Pour over the remaining oil and fill with cold vinegar.

INDIA RELISH

MATERIALS:

24 green tomatoes	4 tablespoons salt
3 red peppers	4 tablespoons whole mustard seed
4 green peppers	2 tablespoons whole celery seed
8 large onions	
8 cups vinegar	
4 cups sugar	

PREPARATION:

Chop and drain the tomatoes. Chop also the red peppers, green peppers and onions.

Mix, cook and bottle.

GREEN PEPPER MANGOES

Cut green peppers in halves lengthwise and remove seeds and core. Lay halves together and put in strong brine for thirty-six hours.

Take from the brine and rinse, fill each half with raw, chopped, spiced cabbage. Place the halves together and tie with twine.

Place in a jar close together and cover with a hot spiced vinegar. Pour off every other day for three days without disturbing the peppers, and heat and return to the jar.

PICKLED WALNUTS (Old English Recipe)

The walnuts must be gathered while they are tender enough to run the darning needle through them—thick green outer rind and all.

Place them in stone jars and cover with a brine made in the proportion of one cup of salt to one quart of water. Change the brine every day for three days. Take them out, rub with a coarse towel. Lay in the sun until they are black, if so desired, if not, place them in cold water for one-half day. Then wipe dry and fill jars three-quarters full. To each quart of vinegar allow one cup of brown sugar, a dozen each of cloves, pepper corns, whole allspice and a small stick of cinnamon.

Boil the spices in the vinegar, ten minutes, then strain out the spices and pour boiling hot over the nuts.

Drain off each day for three days, scald and return. Cover closely and allow to stand a month to acquire ripeness of flavor.

FRUITS

The use of fruit in the diet is necessary for many reasons, chief among them is the dietetic balance by reason of the acids; citric, derived from citrus fruits as lemons, oranges, limes; the malic from apples, etc.

It is commonly conceded that fruits are laxative, due in large measure to the salts in solution, and to the ballast supplied by the cellulose which is irritating in character, being crude fibre.

The pineapple has a marked effect on digestion when eaten raw. Its quality is such that the juice from fresh pineapple will prevent gelatine from jelling. It digests the gelatine. This quality is destroyed by cooking.

Small, imperfect or over-ripe fruit should be dropped into a kettle by itself and either used for jams or for fruit syrup. If for the latter mash through a strainer or ricer, then cook with sugar.

Very seldom in jelly making is it necessary to use fruit juice and sugar in equal parts.

A safe rule is six cups of juice to five cups of sugar.

Cook the juice twenty minutes before adding the warmed sugar, and then boil about five minutes after the sugar has been added.

Too long cooking of sugar with acid juice converts the sugar into levulose, from which it never will "jell."

At no time do fruits require the care in canning that is necessary for vegetables. The bacteria peculiar to fruits is such that the boiling point reached in one process will entirely eliminate it. Some fruits, as cranberries and pieplant, require nothing but cooled, boiled water and sterilized cans to preserve them.

All other fruits require simple packing of sterilizing cans with the fruit and then filling to brim with either hot water or hot syrup. The tops are put in place without clamping. The cans are placed in a kettle or boiler with a rack covering the bottom. Water should cover two-thirds of the cans or jars. Time of cooking depends upon variety of fruit.

SUGAR CRYSTALS IN JELLY

The sugar crystals in jelly are formed sometimes when over-ripe fruit is used. The trouble often arises with grape jelly.

PECTOSE

Pectose is the property of some fruit that makes it possible to manufacture jelly.

Pectose is found in larger percentage in ripening fruit than in the over-ripe fruit, hence the desirability of nearly ripe fruit for jelly. In the process of ripening the pectose is changed to pectines.

The heat in cooking changes the pectose into pectin.

The absence of pectose in some fruits and berries may be supplied by use of apples, which contain a large percent of pectose.

SUGAR FOR JELLY

The writer has not observed that there is any appreciable difference between cane and beet sugar in the making of jelly. It is conceded that the actual difference in saccharine or sweetening property is two per cent. The action in making jelly is the same, as they belong to the same group, or true sugar.

FRUIT JELLY

The jelling of any juice depends upon the pectose contained in the fruit. Pieplant is deficient, hence the difficulty in making it jell.

But let me put you on to a trade secret. Do you notice the labels on the store jelly read something like this: "The contents of this package are pure juice of strawberries and apples and cane sugar"? Which, being interpreted, means that the package labeled "Strawberry Jelly," in compliance with the Pure Food law, which demands that the ingredients be printed on the label, is not pure strawberry jelly. Strawberries are deficient also in that property of fruit known as pectose, and apples, which are generously supplied with that property, are levied upon to supply this want.

Apples, no matter how tasteless the variety, can always be relied upon to help out the housekeeper and manufacturer alike in this respect. And for this purpose use the insipid apples so that there may be no conflict of flavor. Fruit that is not quite ripe is richer in pectose than entirely ripened fruit, as the pectose in the ripening process is changed to pectin and has lost some of the jellying property. In the absence of fresh apples a young woman has advised me that she used evaporated apples.

But remember this, first, last and all the time, that the fruit juices must be well cooked, say about twenty minutes or more before adding the sugar, which should first be warmed in the oven. After adding sugar and juice has returned to the boiling point, five minutes boiling is all that is necessary in most cases.

The piquant delicacy of the fruit flavor is destroyed by cooking too long with the sugar, and with a very acid juice the jellying property is destroyed by the turning of the sugar in long cooking with an acid into what is technically known as levulose. The sugar once turned to levulose is deadly sweet, but syrupy in its consistency.

RED CURRANT JELLY

Pick the fruit on a dry day before the currants are quite ripe. Stem them and scald over boiling water (in an inner vessel), then let the currants remain an hour over a moderate fire. Crush and pour into a jelly bag and let drip over night. Place juice in preserving kettle and let boil ten minutes. Skin, and when just at a boil stir in the sugar, having measured the cold juice and allowing for each full pint one pound sugar (heated). This should jell by the time sugar is dissolved, requiring never more than five minutes active boiling.

Place jelly glasses on a folded wet towel to fill them.

Another precaution against breaking is to place a

silver spoon in the glass as the hot syrup is poured in.

The richness of this jelly may be reduced and a more delicately flavored article result by adding strained juice of cooked apples or apple scraps to the juice of the currants.

GOOSEBERRY JELLY

Use no water. Heat berries through and press to extract all juice. Strain and measure. To every six cups of juice measure five cups of sugar, putting the sugar in the oven to warm. When the juice has boiled five minutes add the sugar and cook about three minutes more.

PIEPLANT JELLY

For about every two pounds of pieplant provide three apples. Stew the apples with the skins on, after trimming away the bad spots. Cut up the pieplant with a large pair of shears, after having cleaned it well with a vegetable brush, without stripping off the outside.

The pieplant cooks soft in a very few moments. Strain first through a fine sieve. Then put the juice in a jelly bag and drain without attempting to squeeze. The pulp left in the sieve can be used for pies, as there yet remains plenty of flavor, and may be canned hot for future use or made into marmalade.

Work the apples after stewing tender, through the sieve and put the pulp into a jelly bag. As this takes much longer than the pieplant to prepare, this may be made ready some time before. Combine the juices of the apples and pieplant and boil steadily for about twenty minutes. Having measured the juice, add an equal amount of heated sugar, boil for about five minutes. Test as usual and when ready to jell pour into jelly glasses, set upon a wet towel. Do not cover and seal until cooled.

BAR-LE-DUC CURRANTS

(Imitation of the imported)

Use either the red or white currants, selecting only the large, perfect fruit.

With a fine invisible, new hairpin remove the seeds. If there is no desire to take that trouble, prick each one with a darning needle.

Heat, mash and strain all of the small, inferior fruit, add it to the sugar. Make a syrup of sugar, water and strained fruit that will jell.

Put in a small quantity of the seeded fruit into a like measure of the hot syrup, allow to boil up. Lift carefully into glasses, the individual glasses being preferable. Allow to stand two or three days in the can. Then seal.

SPICED CURRANTS

Make a jam of two quarts of stemmed, cleaned currants, six cups sugar, two cups vinegar, one level tablespoon each of cloves and cinnamon, one level teaspoon each salt, mace and ginger.

Simmer until currants are shriveled and jam is thick.

Bottle or can.

CITRON—(Berry)

Citron in its natural state is almost useless. To preserve for home use or market it must be dried and this should be done just before the fruit reaches maturity: while still green yet well filled out. Quarter it and place in fresh water a day and night. Drain and replace water several times, then boil for forty minutes with a little alum and handful of citron leaves. Drain from this and boil in a mild syrup forty minutes longer. At the end of this time add sugar, pound for pound (with weight of citron). Let this boil for five or six minutes, then remove fruit and cook syrup until thicker. Dip the fruit in it again and boil as before, and once

more repeat the process before placing the citron in the sun to dry. Fill the hollow sides with sugar and let fruit remain in the hottest sunshine for as many days as required to dry thoroughly, filling the hollows every few days with sugar.

CITRON PRESERVES

Make a heavy syrup in the proportion of three parts sugar and one part water. To each pound of sugar allow two thinly sliced lemons.

Cut the citron in large cubes and cook in the syrup till clear. Remove to glass jars. Boil the syrup about five minutes longer and pour over the citron.

This makes an exceedingly rich, delicately flavored preserve.

PRESERVED GOOSEBERRIES

Make a strong syrup, two pounds of sugar to a pint of water. Pierce gooseberries in several places, and put them in the syrup, then take them from the range and let the gooseberries remain in the syrup all night. Repeat twice, reheat, stopping just short of boiling point, again letting berries stand over night in syrup.

While still cold place them in glass jars and pour the syrup over them. Place glass jars in water. Should the berries seem to be cracking before the water boils, remove the jars at once and seal, otherwise let stand until water is at boiling point.

APPLE JELLY

Wash the apples carefully as the skins and cores free from bad spots are as important as the pulp of the apple.

Peel and core the apple, putting all that is good of the scraps into a separate preserving kettle. Add enough water to each kettle to half cover the contents.

Cook until tender. Strain the juice from the peelings and cores into the apple. Put the apple pulp

through a sieve or fruit press and then into a jelly bag. Allow to hang and drain over night. Do not squeeze too dry as the remaining pulp makes excellent stock for apple pies and sauces or can be made into apple butter.

To every six cupfuls of juice measure five cupfuls of granulated sugar. Place sugar where it will heat through without melting.

Put the juice in a wide open kettle and boil rapidly about twenty minutes. Add the heated sugar and when the syrup has again come to the boiling point allow to cook about five minutes.

Take a spoonful or so and drop onto a chilled saucer to try. When ready to jell place your jelly glasses on folded wet towels. To further safeguard the glasses it is well to place a silver spoon in the glass before pouring in the hot jelly.

Another precaution is to pour only a few spoonfuls in each glass at first.

Do not cover until cooled, when the glasses may be covered with parafine or with the glass covers.

CRAB APPLE JELLY

Crab apples may be made into jelly, the process being the same as with apple jelly.

APPLE BUTTER

Take the pulp remaining from the apple jelly, add two-thirds as much sugar as pulp and plenty of spices if desired. Add sufficient water to thin to consistency of sauce. Cook until thick, which requires several hours over a slow fire. Care must be exercised to avoid scorching. The apple butter may be turned into pint economy jars and sealed as usual.

TO PRESERVE APPLES AND APPLE PULP (Unsweetened)

Add sufficient water to apples or apple pulp to resemble apple sauce. Cook until thoroughly well

Close the peach with tooth-picks and stock two or three heated through.

Sterilize and heat pint Mason jars by standing in a deep pan of water over the fire. It is well to have a rack in bottom of the pan to prevent the glass from breaking.

Put the rubbers in place, fill the jars with the boiling hot fruit. If the pulp has cooked quite thick it may be necessary to put a tablespoonful of boiling water on the top to insure no open spaces between the contents and the cover. Put on the sterilized covers, not screwing them down completely. Cover over all and allow to boil rapidly for half an hour. Then fasten down the covers and remove from pan.

This is an economical method of taking care of the pulp or of apples for pies. The flavor is much better for pie or sauce making, when canned with sugar.

PRESERVED QUINCES

Quinces may be preserved whole, halved, quartered, or sliced across in rings. Cook the fruit till tender in water acidulated with citric acid, then place in a syrup made with one part of water to three of sugar. When at boiling point let remain one minute if cut; if whole, for five or six minutes, then fill jars and seal at once. This may be varied with apples, or by other fruits as with Quince Marmalade.

PEARS PRESERVED WITH GINGER OR LEMON

Peel and quarter pears, weigh and allow a quarter pound of green ginger (scraped) to each pound of fruit. Have a syrup prepared as for preserves and in this lay the pears and ginger, proceeding as with preserves. Lemon peel may be used instead of ginger.

BAKED PRESERVED PEARS

Any small, hard pears may be baked for preserving with the best results. Place in layers in a crock with some lemon peel; cover with water and molasses, half and half; set on the back of the stove all night and bake all next day in a slow oven. Longer cooking will not impair but improve if done slowly enough. The fruit will become dark red in color. Cook down the syrup; pour over the pears when done and the fruit has been placed in heated jars.

PEAR CHIPS

Wipe and stem hard pears. To four pounds allow three pounds of sugar, and an eighth pound green ginger root grated. Slice thin in bits and let stand twelve hours, then cook with juice and rind of two lemons, letting come slowly to a boil and cooking perhaps three hours, till clear and thick.

PICKLED PEACHES

For sufficient for two-gallon jar use twenty-five pounds of peaches and twelve pounds of sugar. (Rub the fuzz from the peaches with crash). In the preserving kettle place two and one half quarts of vinegar with a handful of stick cinnamon, gradually adding the sugar until all is dissolved and boiling. Place the peaches, a few at a time, in this and when they are done skim them out and place in a stone jar. Boil down the syrup a little longer, then pour over the peaches and place a weight on them. In three days pour off the syrup and boil down till quite thick. The peaches will by this time have shrunk so that they will easily go into a two-gallon jar. Pour the thick syrup over them; place plate on top and tie down with heavy paper. Cloves may be used instead of cinnamon or a mixture of spices as liked.

PEACH MANGO

MATERIALS:

5 $\frac{1}{2}$ dozen free stone peaches	1 ounce cassia buds
1 ounce coriander seed (slightly broken)	Cloves and stick cinnamon
1 ounce celery seed	2 $\frac{1}{2}$ quarts vinegar (strong)
1 ounce white mustard seed	$\frac{1}{2}$ quart water
$\frac{1}{2}$ ounce black mustard seed	2 $\frac{1}{2}$ quarts sugar
	$\frac{1}{2}$ pound crystallized ginger (or preserved)

PREPARATION:

Rub the peaches with coarse towel or brush. To remove the stones make a small incision in stem end and with a small, slim tweezers pull out the stone. If tweezers or a berry huller are not convenient, make an incision from end to end on one side of the peach and draw out the stone. Fill the cavity with the mixed seeds, putting in each peach two or three cassia buds and cloves. Fill the opening in the top of the peaches with a chunk of the ginger. A cheap tin teaspoon with both sides bent up makes a convenient scoop with which to fill them. As the peaches are filled pack closely, without jamming, in large jars.

Make a rich syrup of the sugar, vinegar and water, adding the cinnamon and un-used seeds.

Pour this syrup boiling hot over the peaches, turn inverted small plate over the peaches, cover the jar.

Pour off and re-heat the syrup three successive days.

You will find after the first day that the peaches have shrunk considerably, leaving an over abundance of syrup, which may be utilized in pickling green tomatoes, crab apples, or other fruits.

FRUITS PRESERVED IN GRAPE JUICE

(Miss Parloa)

No sugar is needed when fruits are put up in grape juice. Heat grape juice till reduced one-third (six quarts reduced to four quarts), then place in it the prepared fruit (as for other preserves). Have it well covered with juice and slowly boil till the fruit is translucent and tender, when place at once in heated jars and seal.

PEACH BUTTER

Pare, stone and crush very ripe peaches, and simmer in boiled cider which has been reduced to the thickness of molasses. To each gallon of the cider (after boiling) should be added a pound of sugar. To three quarts of the peach pulp allow a pint of the thick cider and sugar. This may be spiced if liked.

PRESERVED PLUMS

With the common wild or blue plums they may be steamed or dropped for a minute or two in boiling water to loosen the skin, which may then be easily removed. After this proceed as with other preserves.

With small plums prick the skins in several places with a large needle to keep them from bursting, then place in layers in preserving kettle, allowing same amount of sugar. Let all come to a boil slowly; take out plums with skimmer; drain, and spread on plates in sun. Cook down the syrup slowly for half an hour, skimming often; place plums in this for ten minutes (boiling them). Drain and dry as before and when quite cold place in jars, heated, pouring the boiling syrup over the fruit and sealing at once.

BLACKBERRY AND CURRANT JAM—No. 1

Take equal weight of blackberries and currants, adding pound for pound of sugar (and fruit); no water;

cooking slowly together till sugar is dissolved, when boil fast for thirty minutes.

BLACKBERRY JAM—No. 2

If blackberries alone are used take but three-fourths pound of sugar to each pound of fruit and proceed as above.

THE PINEAPPLE

A great mistake is often made in peeling this fruit whole by attempting to remove the eyes with the peel. The pineapple should first be sliced across, rind and all, according to the thickness desired, then each slice taken in turn, in the left hand, held with the rind toward one and pared with the right hand by means of a slim, sharp knife, inserting point and peeling downward, close to the rind. The eyes may now be easily and quickly removed with none of the usual awkward hacking and loss of juice attendant upon the ordinary method.

PRESERVED PINEAPPLE (Sliced and Cooked)

Cut in slices, then pare the fruit, placing alternate layers of pineapple and sugar (pound for pound) in preserving kettle. To each pound of fruit add one-half cup of water, pouring this in after fruit is placed with sugar. Heat to boiling point, then take out the slices and spread in the sun on dishes. Meantime gently boil the syrup for forty minutes. At the end of this time place pineapple again in kettle and cook all together for twenty minutes. Then remove the fruit, placing it in jars and pouring on it the boiling syrup; seal at once.

PRESERVED PINEAPPLE (Uncooked and Grated)

In the northern climate, which is less trying to preserved fruits than the extreme south, pineapple may be grated and preserved uncooked for culinary or medic-

THE CALUMET COOK BOOK

inal use. Use one pound of sugar to each pound of grated fruit and let stand twelve hours in covered jar in a cold place, if possible, on ice. Then place in jars which have been thoroughly sterilized. As an additional safeguard the tops may be dipped in sealing wax or paraffin.

CANNED PINEAPPLE (Without Sugar)

Slice, pare, and heat thoroughly the ripe pineapples to be canned. When boiling remove and place immediately in sealed jars.

CANNED PINEAPPLE (With Sugar)

Use three-fourths pound of sugar to each pound of shredded fruit and to each pint of sugar one teacup of water. Heat through and when boiling, can.

BLACKBERRY CATSUP

(Delicious with Game)

Cook berries, strain through fine sieve. Do not use a bag. Measure the pulp and to every four cups add one-half teaspoon each mace, white mustard and pepper and one level tablespoon of cinnamon. Add vinegar to taste, and cook until of right consistency. Bottle and seal.

CURRANT CATSUP

Wash and stem the currants, retaining all fruit whether very ripe or green and undeveloped. To every half gallon of fruit, measure one quart of sugar and one pint of malt vinegar. Cook until reduced to thick syrup. Strain through a sieve and add one level tablespoon each of cloves, cinnamon and salt; and one level teaspoon

THE CALUMET COOK BOOK

each of mace and pepper. Boil ten minutes. Bottle and seal.

ORANGE MARMALADE (Not bitter)

One dozen oranges and four lemons. Shave very thin, using all except the center pith and seeds. Weigh the fruit, and to each pound add three pints of cold water. Set aside for twenty-four hours. Then put on the fire, and boil gently until the rind is tender. Pour off and set aside till the next day. Weigh and to each pound of material add one full pound of sugar. Cook until it thickens, then pour into glasses. One dozen oranges make about sixteen pints of marmalade and require about twelve pounds of sugar.

PINEAPPLE MARMALADE

Remove the skin and eyes from the pineapple. Then grate the pulp from the hard center. Weigh the pulp with the juice. Allow the juice of one lemon, three-quarters of a pound of sugar to each pound of the pineapple. Let the pineapple simmer over the fire until well scalded. Then add the lemon juice. Have the sugar heated in the oven, add it to the fruit and cook until no watery liquid separates from the mass when tested in a cold saucer.

Store as jelly.

GENUINE SCOTCH MARMALADE—(Copied)

Take an equal number of bitter and sweet oranges and to each dozen allow three lemons. Cut the fruit as thin as possible, a mere shaving. Save the seeds, and let them stand twenty-four hours in a cup of water.

To every pint of fruit add one pint of water. Let this stand forty-eight hours. Then boil quickly one

hour. Allow it to stand another day. Then to every pound of fruit add one and one-fourth pounds of granulated sugar. Add the water from the seeds. Boil slowly for two hours. Put away in glass jars.

TOMATO MARMALADE

MATERIALS:

4 quarts ripe tomatoes	1 cup raisins (seeded)
6 lemons	4 pints granulated sugar

PREPARATION:

Peel and slice tomatoes. Slice lemons very thin. Put the materials into a kettle in alternating layers, cook one hour and then simmer slowly balance of time, till right consistency.

Put up like jelly. This recipe makes about two and one-half quarts.

BEVERAGES

COFFEE

Explanatory:—Coffee heads the list of desirable beverages, being the most extensively used of any food beverage of the world.

Green Coffee improves with age under proper conditions.

Roasted Coffee on the contrary deteriorates.

Roasted and Ground Coffees, like most of our food products, were for years badly adulterated, but that condition has been largely changed with the advent of our food laws. Our greatest protection is in a sealed package with the manufacturers name on the label.

COFFEE CHAFF

Coffee processes in the last decade have disclosed the means of eliminating the undesirable chaff to which was laid the only real objection to coffee effects, as the chaff contains the tannin, the effect of which, in coffee, has been considered injurious.

The ordinary grinding process of a decade ago has undergone a revolution to the vast improvement of coffee. The better grades are now steel cut into uniform size instead of crushed into large and small particles and dust. This process has been the means of standardizing coffee.

Price in a measure determines the quality.

COFFEE ECONOMY

It is economy to use pulverized coffee of high grade rather than cheap grade coffee coarsely or indifferently ground.

GROUND CHICORY

is an improvement to cheap or inferior coffee so long as the housewife mixes it with the coffee herself. Not everyone can afford to purchase high priced foods. Therefore, we advise that ground chicory root (which resembles ground coffee) can be purchased of tea and coffee merchants.

METHOD:—Add six level tablespoons of ground chicory root to each pound of ground coffee, mixing well. Make coffee in the usual way.

COFFEE PERCOLATORS

These standardize the coffee to be served, as they compel accurate measurement.

LEFT-OVER COFFEE

Good coffee may be kept hot for some time provided the grounds are removed; properly made coffee may be reheated if poured off the grounds before setting it away. There is no reason why a housewife who would carefully put away a thimbleful of butter left on a plate should throw away two or three cups of left-over coffee.

METHOD:—Pour the coffee from the grounds and set away. When coffee is prepared for the following meal, make the measure less by the amount of left-over coffee. Make coffee in usual way. Reheat but do not boil the cold coffee and when the regular coffee is ready for the table add the reheated coffee to it.

PERFECT COFFEE

Select a good quality of coffee, not necessarily the highest priced. Have the coffee ground fine and uniform, steel cut preferred. Supply yourself with a granite coffee pot with a white lining or one of aluminum, always keeping it as sweet and clean as your dinner plates.

THE CALUMET COOK BOOK

For six persons place six rounding tablespoons of coffee in the coffee pot. Pour over the coffee three pints (six cups) of boiled water. Place over a gentle flame and simmer five minutes after reaching the boiling point. Then mix about two teaspoons of egg in one-half cup of cold water and pour into the coffee to clear.

To secure the perfect beverage it is absolutely necessary to immerse the coffee and simmer in order that the essential oil and flavor of the berry be extracted. Some particular persons heat the ground coffee slightly before adding the water.

Coffee made in a metal vessel and permitted to stand forms tannate of iron, or ink, so to speak.

CAFE NOIR

(After Dinner Coffee)

After dinner coffee is stronger and richer than that made for the breakfast table, and is served clear, although cream may be passed with the sugar.

When Cognac or Petit Brule is served with the after dinner coffee, cream is entirely out of place.

When Cognac is served with the black coffee, the loaf or domino sugar is placed in the spoon over the cup of coffee, and the Cognac is poured over the sugar and a lighted match touched to it. When burned away, the spoon and contents are dipped into the cup. This caramelizes the sugar and when added to the coffee imparts to it a special flavor that is very appropriate after a heavy dinner.

CREOLE COFFEE

A popular method of serving coffee has come to us from the South.

A very rich black coffee is prepared.

The tray is brought to the table holding the coffee urn with another urn of boiling milk. With these are the cut loaf or domino sugar and a pitcher of cream.

The boiling milk is first poured into the cup and then the steaming black coffee. The proportion is usually one part boiling milk to two parts coffee, or about half as much milk as coffee. Then the cream is added last. Sugar also is taken if desired.

This gives a delicious coffee almost the consistency of cream.

PETIT BRULE

Select tough skinned oranges. Cut them in halves crosswise. Loosen the pulp from the skin without breaking the skin, turning the skin inside out.

The top may be notched in small Van-dyke points, but it is not necessary.

The orange shell thus formed is placed inside out on a small plate. A small stick of cinnamon and two or three cloves are placed in it with two lumps of sugar and placed before each diner when the black coffee is brought to the table.

Cognac is passed and enough to saturate, but not drown the sugar, is poured over the sugar. A lighted match is then touched to the sugar.

When all the alcohol is burned away from the brandy, the contents of the orange cup are turned into the black coffee.

The little ceremony of preparing the Petit Brule is a charming finish to a social dinner.

TEA

Scald the pot. Remove the water, and put in a level teaspoon of good tea to each cup of water. Take the water at its first boil. Cover the pot with a cozy and stand it away from the fire for five minutes. Stir the tea and pour at once.

The ordinary English tea cozy, a sort of padded cap, is to be recommended.

CAUTION:—Tea must not be made over the fire, nor should it be made in a metal pot. The tannic acid acts on the metal, destroys the flavor of the tea and makes the infusion unwholesome.

LEMON WITH BLACK TEA serves a certain dietetic purpose. "This is not a mere fad or 'foreign fashion,' there is a scientific reason beneath the surface. The citric acid of the fruit offsets the tannic acid of the tea, rendering it refreshing and wholesome. It is needless to add that black tea be used, not the green or mixed."—R. M. Fletcher Berry.

CHOCOLATE

"To make one quart of chocolate, put into a saucepan four rounding teaspoons of grated chocolate. Add a half pint of boiling water, stirring all the while, until the mixture reaches boiling point. Boil just a moment.

Add one and one-half pints of milk, and three rounding tablespoons of sugar, and stir constantly until the milk is very hot. Take from the fire, turn into a heated chocolate pot and serve with whipped cream.

In the absence of whipped cream, which is not always available, a marshmallow is placed in each cup and the chocolate poured around it.

Plain cream is passed in a pitcher.

The chocolate is very often made with water omitting the milk entirely."—R. M. Fletcher Berry.

COCOA—No. 1

Cocoa and chocolate contain starch. Both should be boiled.

Allow two round teaspoons of cocoa to each pint of liquid. To make one quart put four round teaspoons of cocoa in a double boiler, and add one pint of hot water. Stir until the cocoa is melted and hot. Then add one

pint of boiling water. Beat and stir rapidly until the water in the under boiler again reaches the boiling point.

Turn into a chocolate pot and serve with whipped cream.

In the absence of whipped cream, which is not always available, place a marshmallow in each cup. Pour the chocolate around it. Pass plain cream in a pitcher.

COCOA—No. 2

To make one quart of cocoa put into a saucepan four rounding teaspoons of cocoa. Add a half pint of boiling water, stirring all the while, until the mixture reaches boiling point. Boil just a moment.

Add one and one-half pints of milk, and three rounding tablespoons of sugar, and stir constantly until the milk is very hot. Take from the fire, turn into a heated chocolate pot and serve with whipped cream, or pour over a marshmallow in each cup.

Both chocolate and cocoa may be flavored with vanilla if desired.

BEEF TEA (To Serve)

Beef tea or beef extract, when ready to serve, may be served warm or iced and may have the addition of port wine or diluted with cream or hot water and seasoned to suit the taste.

Properly prepared it must not reach over 110 degrees Fahr. or the juice, being like the white of an egg, will coagulate and harden or curdle. This is undesirable as it is harder to digest although losing none of its nutriment.

Select the round of beef as the meat from the round contains more nutritive juices.

BEEF TEA—No. 1

MATERIALS:

1 pound round steak Salt to taste

PREPARATION:

Trim off all the fat, cut into small pieces, place in fruit jar and place in kettle of cold water.

Bring to very near the boiling point and hold at that heat for three or four hours.

Strain and salt to taste.

BEEF TEA—No. 2

Lean of round of beef cut into small pieces or put through the food chopper. Barely cover with cold water and allow to stand one-half hour.

Place on the back of range or in warm place where the juice will be slowly drawn out. Put into a ricer and squeeze thoroughly. Place the juice in a cup in warm water until it loses its bright red color.

Keep the water below boiling point.

BEEF TEA—No. 3

Place one round of thick round steak on the broiler for ten minutes, turning every ten seconds to prevent the juice escaping. Remove to a warm platter and cut into small pieces.

Put into fruit press or ricer and extract all of the juice. Then put the juice or extract into a cup and this cup into a dish of warm water until it is the right color. Season to taste.

BEEF TEA FRAPPE

Ordinary beef tea becomes so monotonous to the invalid through the hot summer days, when even the appetites of the well are jaded, this frappe will be found very grateful.

To one cup of beef tea add the stiffly beaten white of one egg, put into freezer until it becomes the con-

sistency of wet snow. This should be made in the glass freezer if possible.

LEMONS IN DRINKS

“When one is forty miles from a lemon, one may still have ‘lemonade’ by using citric acid in crystals or pulverized, with or without a pure lemon tincture as flavoring. No ill effects can accrue from using this acid in such trifling quantity as required to make tart a drink or pudding sauce. It cannot completely take the place of the fruit juice, but as it is the acid found in, and taken from the fruits of the citrus family, it can be substituted, therefore, if necessary, in moderation without harm.”—R. M. Fletcher Berry.

NECTAR

To one pint of unfermented grape juice add the juice of two lemons and two oranges, one cup of sugar and one quart of water. When mixed add a sprig or two of mint.

EGG PUNCH (Invalid Punch)

Into an iced glass put one-quarter cup of grape juice with an equal quantity of shaved ice. To this add the beaten white of an egg and whip in. Sprinkle with powdered sugar.

EGG LEMONADE WITH SHERRY

MATERIALS:

4 lemons	2 eggs
2 cups sugar	Pinch salt
1 cup sherry	

PREPARATION:

Slice the lemons very thin into a pitcher with the sugar. Pour over three pints of boiling water. Stand one hour. Strain and add the sherry. Whip up the

eggs, separating whites from the yolks, adding the pinch of salt. Whip altogether into the other mixture. Place in refrigerator until chilled.

CIDER EGG NOG

To one egg whipped, then slightly sweetened with sugar, allow one glass of cider. Sprinkle with grated nutmeg and serve with shaved ice. Or serve hot.

APPLE WATER

“A cooling drink in fevers”

Pare and core three large juicy pippins and slice them into a pitcher or crock with the grated rind of lemon. On this pour one pint of boiling water, then cover close and let stand for hours. Strain and sweeten with loaf sugar.

GENERAL DIRECTIONS FOR ICED FRUIT BEVERAGES

For the making of punches, lemonades, cold or frapped sweetened beverages, it is much more satisfactory to boil the sugar either with the fruit juice or with water to form a syrup. Less sugar is required and a better flavor is secured.

For picnics or traveling make a syrup of the juice of lemons and sugar. This can be carried in a bottle and is always ready for instant use.

FRUIT MINT JULEP—No. 1

Boil together for ten minutes three pints of water and one pound and a half of granulated sugar. Add to this one packed cup of chopped mint leaves. Cover and let stand for ten minutes, then strain and cool. Add to this the strained juice of one dozen lemons, one cup and

a half of strained orange and strawberry juice and let all stand an hour. Pour into a punch bowl containing a large piece of ice, add a bottle of Apollinaris and garnish with cherries and sprigs of mint.

MINT JULEP—No. 2

To the juice of three oranges add twelve sprigs of mint which have been chopped and bruised to a pulp, add powdered sugar or syrup of granulated sugar sufficient to sweeten. Allow to stand for a few minutes, then strain.

Throw in some twisted chips of lemon and orange peel and add three cups of plain or effervescent water.

If this is to be served in glasses with chipped ice, use less water and place a twisted chip of lemon and orange peel in each glass instead of in the pitcher.

ORANGE PUNCH

MATERIALS:

4 oranges
1 lemon

1 pound sugar
Apollinaris

PREPARATION:

Grate the yellow rind from two oranges, add the gratings to the sugar, and a pint of water. Stir until the sugar is dissolved. Boil five minutes after it reaches the boiling point. Take from the fire, and when cold add the juice of the lemon and oranges. When ready to serve turn into a punch bowl, add cracked ice and sufficient Apollinaris or clear water to make palatable, about one quart.

DANDELION CORDIAL

MATERIALS:

4 quarts dandelion blossoms without the stems

4 quarts boiling water

4 pounds white sugar
3 oranges
2 lemons

1 cake compressed yeast

THE CALUMET COOK BOOK

PREPARATION:

Scald the blossoms with the boiling water; allow to stand three days, squeeze and strain.

Slice the oranges and lemons very thin, put all of the materials together in a stone jar, dissolving the yeast in a little water. Allow to stand three days. Strain and put into bottles or jugs to ferment.

Leave them uncorked and keep them full to the top so that the froth may be thrown off. To keep the bottles or jugs full add cold water from day to day. In about six weeks the cordial is ready to bottle. Drop two or three raisins in each bottle. Cork tightly.

DOMESTIC KIRSCHWASSER

Pour a gallon of brandy over a pound of garden or wild ripe cherries or plums, crushing well both fruit and kernels. Add two pounds of sugar and let stand five weeks, when strain and bottle.

PERRY

Perry bears the same relation to pears that cider does to apples, being the expressed juice of the fruit. Perry may be made from the ordinary pear, the better one of the windfalls or unsalable "nubbins," but there are certain varieties known in general as "perry" pears, grown especially for this purpose. These varieties lack in fragrance and edible qualities, being vigorously harsh, but they are much prized in Germany, France, and England, where numerous perry orchards are set out. The fermented perry is considerably superior to cider in richness and sweetness. It contains seven per cent of alcohol (Enc. Brit.) and will keep in casks for three years—when bottled, longer, but it does not bear shipment as well as might be desired.

RED CURRANT WINE

To a quart each of currant juice and sugar allow two quarts of water. Pour into stone jugs and allow to ferment, keeping the jug full so that the froth will continually bubble over until fermentation has ceased.

Strain and bottle.

GOOSEBERRY WINE

Use fully grown but not thoroughly ripened berries, removing blossoms and stems and bruising fruit without crushing seeds or skins. To twenty pounds of berries add two gallons rain water, stirring and mashing fruit until it is cleared from the skin. Let stand six hours then strain free of seeds and skins and bring resulting juice to a boil. Have dissolved fifteen pounds sugar and add this to juice as it heats. Meantime let seeds and skins be soaking in a gallon of water. When the sugar and first liquor are at boiling point add this second quantity, strained. Measure it all and add sufficient water to bring whole quantity up to five gallons. Let this ferment in cask, covering bung-hole with cheese cloth and allowing room for fermentation. When this has ceased, stop the bung and let wine stand six or seven months before using.

RASPBERRY CORDIAL

Fill stone jar with ripe berries; cover close and let stand where it will heat gently till fruit breaks itself. Squeeze juice through linen bag and to each quart allow one pound of sugar. Let all come to a boil and skim well till scum ceases to rise, when remove from stove and put again through linen bag, pouring into a crock with brandy in equal proportion to juice. Stir, and when cold place in demijohn and cork for two weeks, when, if not clear, filter, then bottle and seal.

UNFERMENTED GRAPE JUICE—No. 1

Heat the thoroughly ripe grapes slowly—in a double boiler or crock—on the back of the stove or in a slow oven. When the skins are tender strain through cheese cloth bag without squeezing. When juice has been replaced on stove and is at boiling point, add half as much sugar as juice. Let dissolve perfectly then seal while hot.

UNFERMENTED GRAPE JUICE—No. 2

Wash, crush, and heat the fruit, simmering for thirty minutes. Crush again, strain, and squeeze hard through a bag. Replace juice on stove, boil and skim, then add one-fourth pint of sugar to each pint of juice, and boil about six minutes. Fill heated bottles and seal at once.

UNFERMENTED GRAPE JUICE—No. 3

(Without Sugar)

Mash, heat, and press grapes. Have bottles ready on a false wooden bottom in a large boiler. Fill bottles with the cooled juice, pour cold water in the boiler up to the necks of the bottles, let the whole heat, and boil for ten minutes. As the juice may evaporate the bottles should be filled up from one special bottle. Cork and seal while hot.

UNFERMENTED GRAPE JUICE—No. 4

(Without Sugar)

A second method of preserving the juice without sugar is to mash the fresh grapes before heating them. Strain off the juice, then heat to boiling point as above.

RASPBERRY ROYAL

Use four quarts of best berries. Pour over them one quart cider vinegar and add one pound sugar, mashing all to a paste. Let stand in sun four hours, when strain off juice and add one pint brandy. Bottle and seal.

BLACKBERRY CORDIAL—No. 1

Crush and strain berries, allowing for each quart one-half pound sugar, a teaspoon each of cloves and cinnamon (powdered) and a grated nutmeg. Boil all together fifteen minutes; cool, and for each quart of syrup add one-half pint brandy. Bottle.

BLACKBERRY CORDIAL—No. 2

To three pounds uncooked berries allow one pound white sugar and let stand twelve hours. Then press and strain, adding one-third rum or brandy and allowing one teaspoon allspice (powdered) to each quart of cordial. It must be bottled some time before it is fit for use.

ORIENTAL PUNCH

MATERIALS:

1 ounce Ceylon or India tea	1 teaspoon of rose water
2 pounds sugar	1 teaspoon vanilla
6 lemons	3 ripe bananas
2 oranges	1 pint grape juice
1 pint grated pineapple	3 quarts Apollinaris
1 teaspoon bitter almond extract	

PREPARATION:

Put the tea into a pitcher, cover with a quart of boiling water, cover the pitcher for twenty minutes, then strain. Grate the yellow rind from half the lemons and oranges, add the gratings to the sugar. Put the sugar in a saucepan, add the tea infusion, stir until the sugar is dissolved, bring to boiling point.

Strain into a stone or glass jar and stand aside over night. Next morning add the juice of the lemons and oranges, and all the other materials, with the exception of the Apollinaris.

When ready to serve, turn this into a punch bowl over a good sized block of ice, add the Apollinaris water and serve.

This may be varied by adding a bottle of ginger ale instead of the grape juice.

CURRANT SHRUB

Strain currant juice and allow a pound of sugar for each pint of juice. Boil five minutes, then stir cool. Bottle in sterilized bottles and seal, or cork. Old-fashioned proportion is one tablespoon to each glass of water. Another shrub calls for a wineglass of brandy to each pint of syrup.

GINGER SHRUB

This is an old-time hot weather drink which has undergone as many changes as the seasons.

Tie a heaping tablespoon of Jamaica ground ginger in a piece of cheese cloth. Put this into a quart of cold water and bring to the boiling point. Add a cup of sugar and stir until dissolved. Add the juice of two lemons and place where it will chill. When ready to serve, fill punch glasses, in which have been placed a small chunk of ice, a bruised sprig of mint, a stoned cherry and the thin twisted chip of the yellow rind of lemons.

BAKED LEMON FOR COLDS

Bake a lemon whole till thoroughly tender and eat it hot with sugar just before retiring. It is best to do without the evening meal and to fast otherwise as far as possible. Also drink much water. This should be taken three nights in succession.

RHUBARB WINE

The rhubarb wine is one of the nicest of home-made wines and the material for it is not expensive.

Break up and run through food chopper eighteen pounds of rhubarb and place it in a large stone jar with three gallons of water. Cover it and let it stand in a cool place for one week, stirring once a day.

Strain it over twelve pounds of granulated sugar, put into open jugs or large bottles keeping full to overflowing, until fermentation ceases. Then strain, place in keg and bung tightly. Keep in keg for about nine months, then bottle.

TEA PUNCH

Iced tea beverages never lose their favor and, if anything, are growing in popularity. The tea punch is easily prepared and does not require freezing.

One way of preparing is to place one heaping tablespoon of a mixed tea, usually a combination of Oolong and Gunpowder, in a heated tea urn or pitcher. Pour over it one pint of boiling water. Let remain about five minutes, then strain and add sugar to sweeten while it is still hot. Then add the juice of one or two lemons. Chill and add a pint of plain or carbonated water.

Place shaved ice in each glass and pour over it the chilled beverage. A sprig of mint or a section of lemon may be served.

FLAXSEED LEMONADE

Another old-fashioned and generally effective remedy for colds is this laxative drink: Pour a quart of boiling water over a cup of flaxseed. Add juice of two lemons and sugar to taste. Let steep in covered jug several hours and drink hot just before retiring. (This may be thinned if preferred).

THE CALUMET COOK BOOK

LEMON FOR HEADACHE

The juice of a large lemon squeezed into a small cup of strong, black coffee (no sugar) will often prevent or cure a headache.

VEGETABLES

SPANISH RICE—No. 1

Put one-half cup of rice in a frying pan with two tablespoons of butter or cooking oil, and one small onion sliced thin. Let cook a short time, then add one-half can of tomatoes and one-half cup of grated cheese, season with salt and cayenne pepper. Cook slowly until done, adding hot water or soup stock if too dry.

SPANISH RICE—No. 2

Fry for a few seconds in two tablespoons of oil one-half cup of uncooked rice, add a small chopped onion and a clove of garlic, one cup of chopped cold veal, chicken or ham. Season with salt and pepper and a teaspoon of sugar. Cover with boiling water and cook slowly, without stirring. When rice is nearly done, remove cover.

SPANISH RICE—No. 3

Wash, drain and dry one-half cup of rice. Put two tablespoons of oil or butter into a saucepan and add the rice. Cook till browned. Then put into a double cooker, add one cup of water and cook till the water is absorbed. Then add one and one-half cups of hot stewed tomatoes and cook till rice is tender. Season well with salt and paprika.

RICE CURRY

Hard boil and chill six eggs. Cook in rapidly boiling, salted water one-half cup of rice to one quart of water. When cooked tender drain from a colander and allow boiling water to run through it for a moment.

Place in a warm oven to dry slightly. While the rice is cooking put two tablespoons of oil or butter into

THE CALUMET COOK BOOK

a saucepan with a medium minced onion and when browned add a teaspoon of curry powder. Then two level tablespoons of flour. Pour over enough of the water in which the rice was cooked to make a creamy sauce. Add more seasoning if necessary. Place the rice in a mound in a deep hot platter and arrange the hard boiled eggs in quarters, cut lengthways, around the rice. Pour over all the curry and sprinkle with minced parsley.

RICE CROQUETTES

MATERIALS:

2 cups cold boiled rice	1 heaping tablespoon flour
Salt to season	Bread crumbs
Cracker meal	Dried crushed parsley for garnish
Oil or drippings for frying	
2 eggs	

PREPARATION:

Beat the white of one egg until foamy and mix it with the rice, season with the salt if desired and add enough bread crumbs to bind the rice.

Mix the flour with the cracker meal and if the croquettes are not to be served as a sweet, add a dash of pepper and salt to the cracker meal.

Beat the yolks of the two eggs and remaining white till broken. Take the rice mixture by tablespoons, roll in the cracker meal to shape them and then in the beaten egg, then back again in the cracker meal. If frying them on a pancake griddle, flatten them but if in deep oil or fat, shape them round like a sausage. A fry basket is a very necessary adjunct to the fry kettle.

When cooked a delicate brown, drop on paper to absorb any excess of oil. Sprinkle with parsley.

RICE LOAF WITH SAUCE CREOLE

Put alternate layers of cold cooked rice, minced ham and bread crumbs in a ramekin or baking dish. Beat one egg slightly and stir into it enough milk to

moisten the contents of the dish. Set it in a dish of shallow water and bake about one-half hour in a hot oven.

Put two tablespoons of drippings or oil into a saucepan. Put into it a large onion and two green peppers sliced. Saute and add two cups of tomatoes and cook till reduced. Season highly with paprika. If the baking dish can be brought to the table pour the sauce over the rice, but if not, turn it out onto a deep platter and surround with the sauce creole.

DEVEILED POTATOES

MATERIALS:

2 dozen small new potatoes	$\frac{1}{4}$ teaspoon pepper
1 teaspoon mustard	1 teaspoon salt
2 heaping tablespoons butter	2 tablespoons vinegar
1 cup drippings or oil	2 egg yolks

PREPARATION:

Boil the potatoes until nearly done. Peel. Heat the drippings in a frying pan and fry the potatoes until they are a nice golden brown color. Melt the butter in a saucepan and add the pepper, salt, mustard and vinegar. Now place the potatoes in the saucepan and let them simmer three minutes. Remove to a hot dish. Add the eggs to the sauce. Pour it over the potatoes and serve.

RICED POTATOES

Boil the potatoes as for mashed potatoes. Ten minutes before taking from the fire add sufficient salt to the water.

When cooked, drain, put into a heated ricer and press directly into a hot tureen. Sprinkle with pepper and minced parsley. Dot with butter. Keep hot until time to serve.

Riced potatoes are nice served in hot ramekins.

MASHED POTATOES

Put medium sized potatoes over to boil in hot water. When cooked drain thoroughly. Add salt and butter to season, mash and add as much hot milk, a little at a time, as the potatoes will take up.

Dish into a hot tureen, sprinkle with pepper and dot with butter. Cover and send to the table.

SAVORY POTATOES

To one pint of mashed potatoes add one-half cup of sweet milk and salt to season. Mix in three level table-spoons of grated cheese, place in buttered baking dish. Sprinkle with grated cheese, dot with butter and bake brown.

STUFFED POTATOES

Select medium potatoes. Let stand in warm water a few moments and then scrub well with a vegetable brush and bake.

When baked cut a slice from the top of each, scoop out the inside, mash, adding butter, pepper, salt to season, and as much hot milk as they will stand.

To six potatoes add the stiffly beaten whites of two eggs. Refill the shells with the potatoes, dot with butter and return to the oven ten minutes.

CARAMELIZED SWEET POTATOES

MATERIALS:

Cold boiled sweet potatoes	Salt and cinnamon to season
$\frac{1}{2}$ cup brown sugar	2 tablespoons butter
$\frac{1}{4}$ cup hot water	

PREPARATION:

Melt the butter in a shallow pudding dish or casserole. Cut the potatoes in quarters lengthwise. Distribute them over the dish. Mix hot water and sugar and pour over the potatoes, dot with butter and

sprinkle with a very little salt and generous sprinkle of cinnamon. Place in hot oven twenty minutes.

Maple or Karo syrup may take the place of sugar and water.

ASPARAGUS PIQUANTE

After trimming the asparagus of the coarse ends, cut the stalks in two and tie together in bunches easy to handle. Cook until tender in salted water. Drain and remove to a very hot dish.

Have prepared some time before a dressing made in the following way. Into a French dressing bottle put one level teaspoon each of salt and sugar, a generous portion of chili powder, one-quarter of level teaspoon of pepper, the yolk of one egg, four tablespoons of olive oil and two tablespoons of vinegar. Shake well for three minutes, and pour over the hot asparagus. To be just right the asparagus must be piping hot.

Served as a luncheon or supper dish, with cold boiled tongue and thin slices of buttered bread, it makes a dainty and tempting combination.

ASPARAGUS IN A BREAD BOAT

MATERIALS:

1 pint of milk	Yolks of 4 eggs
1 tablespoon butter	Salt and pepper to season
1 stale Vienna loaf	

PREPARATION:

Cleanse the asparagus carefully and cut into inch pieces, using only the tender portion of the stalks. Reserve the butts and the water in which the tips are cooked for soup, or, if preferred, cook the stalks whole tied in bundles and, after cooking tender (one-half hour) in salted water, drain and cut off the tender part

THE CALUMET COOK BOOK

of the stalks into inch pieces, rubbing the coarser ends through a colander into the water and setting it away for future use, to be made into a cream of asparagus.

Hollow out the center of the loaf to form a boat sufficiently large to hold the asparagus. Brush it over with butter and brown quickly in a hot oven.

Put the milk into a double boiler, beat the yolks of the eggs, add to them slowly the hot milk, return to the boiler and cook till creamy. Take from the fire, season with salt and pepper and add the butter. Put the asparagus into the bread boat and pour over it the sauce. Arrange on a long narrow platter and send to the table hot. To serve, cut through the boat, helping a slice with the asparagus.

ASPARAGUS A LA HOLLANDAISE

Cleanse thoroughly the asparagus, tie into bundles, boil in salted water and drain, put on a platter and set aside to cool. Serve very cold with a hot sauce Hollandaise. To eat, lift each piece by the butt with the fingers, dip in the sauce and lift to the mouth. Eat only the tender portion.

SAUCE HOLLANDAISE

MATERIALS:

2 tablespoons butter	1 tablespoon chopped onion
1 tablespoon flour	$\frac{1}{2}$ pint boiling water
2 tablespoons tarragon vinegar	Yolks of 2 eggs
	Salt and pepper to season

PREPARATION:

Put the onion and vinegar over the fire and bring to the boiling point and cool. Rub the flour and butter together, add gradually the boiling water, strain the vinegar and add. Take from the fire and stir in gradually the yolks of the eggs. Heat very gently for a moment, add seasoning of salt and pepper and strain into a sauce boat.

BAKED BEANS IN TOMATO SAUCE

Soak over night in cold water one pint of beans with a pinch of soda. In the morning drain, rinse and put into the kettle with half a pound of bacon. Cook for about one hour or until the skin of the bean is ready to break, which test can be made by taking up two or three and pressing off the skin with the fork, or blowing upon them when, if they are sufficiently cooked, the skin will crack and curl back. They must not be soft.

If you have not the regulation bean pot or casserole, a common butter jar or milk crock will answer the purpose fully as well. By the time the beans are ready to remove from the kettle, the water should be just sufficient to cover them. Remove from the kettle with a skimmer ladle and put into the bean pot or jar. Score the rind of the pork and bury in the beans until only the rind is visible.

While the beans are cooking put over the fire the contents of one can of tomatoes, or its equivalent in fresh ones, with a minced onion, one bay leaf and a seasoning of chili powder. Cook twenty minutes and strain through a coarse sieve. Add one level tablespoon of sugar if desired. Put this with the liquor from which the beans were taken, season with salt if necessary and pour over the beans in the jar. Sprinkle with a dash of pepper and bake slowly from four to six hours.

If you use gas or gasoline for cooking take a tip from my kitchen economy. In the absence of a small oven, place a brick over the low flame of the gasoline stove or the simmering burner of the gas range. On this place an asbestos mat and the jar of beans. Over this turn a large gallon jar or iron kettle. This arrangement makes an ideal baker at small expense. Do not attempt to finish the baked beans in a fireless food cooker without the supplementary heated arrangement

THE CALUMET COOK BOOK

of bricks or other heat retainers. If you have a good quality of tomato or cocktail sauce a little of this may be put into the beans before baking instead of making a special sauce.

CAMELIZED CARROTS

Scrape carrots cut in sections about two inches long, then into strips about as thick as a lead pencil. Boil until tender. Drain and place in a shallow saucepan, cover with one cup of vinegar, three-quarters cup of brown sugar, dash of salt, one tablespoon of butter, simmer to a syrup. Serve hot.

CARROTS PIQUANTE

MATERIALS:

1 pint carrots	1/2 cup vinegar
1 quart water	3/4 cup sugar
1 teaspoon salt	1 tablespoon butter

PREPARATION:

Scrape the carrots and cut them in sections one and one-half inches long. Then slice them lengthwise one-fourth or an inch thick and then in strips of the same thickness. Add the water and salt and boil until tender. Drain off the water, add the vinegar, sugar and butter and cook until the carrots have a clear appearance. Serve.

MACARONI WITH TOMATO SAUCE

To prepare macaroni, spaghetti or vermicelli for any dish it is necessary to first drop it into salted boiling water and cook at a rapid boiling point from twenty-five to thirty minutes. Then turn into colander or sieve and pour cold water through it. This blanches it.

BAKED TOMATO HASH

Put one-half green pepper and one small onion through the food chopper. Then put the cold meat through it. Have ready some grated bread. Mix the meat, onion and pepper, salt and season to taste. Put a layer of the meat mixture, then a layer of canned tomatoes or fresh ones sliced in buttered baking dish. Then follow with a generous sprinkle of bread crumbs. Season and add the balance of the meat mixture and some more tomatoes, bread crumbs and seasoning. Have two layers of each and about two cups of lightly packed meat and one cup of tomatoes. Dot the top with pieces of butter or a generous sprinkle of cheese. Bake about one-half hour.

TOMATO FRITTERS

Season one pint of stewed and strained tomatoes with half a teaspoon of sugar and salt and pepper to taste. Bring to the boiling point, add one tablespoon of butter creamed with equal quantity of flour. Stir until thickened. Remove the crusts and cut in two, slices of stale bread. Let them soak for a moment in the mixture covering both sides. Fry in deep fat or oil. Drain on paper and serve hot with a sprinkle of powdered sugar.

TOMATO SAUCE

Simmer twenty minutes one can of tomatoes with one bay leaf, half a dozen cloves and allspice, a clove of garlic, a small onion, sliced, and a green pepper.

Strain through a coarse sieve. Put two tablespoons of oil, butter or butterine into a saucepan, stir in two level tablespoons of flour, then add the strained tomatoes. Cook three minutes and add the parboiled macaroni and cook a few minutes more. Season to taste with salt and paprika.

GREEN TOMATOES SAUTE

Select medium sized green tomatoes. Wash and cut into half inch slices without peeling.

Dip in beaten egg and then roll in bread crumbs that have been seasoned with salt and pepper. Saute in butter or drippings.

RIPE TOMATOES SAUTE

Treat the same as the green tomatoes, taking care to select medium-sized tomatoes that are firm and solid.

VEGETARIAN CUTLETS

Mash three large hot boiled potatoes, adding butter seasoning and enough hot milk to slightly moisten. Chop fine one onion and fry golden brown in a tablespoon of cottolene or oil. Boil and chop fine one cupful each of carrots and turnips. Combine all of the materials and season highly. Mold into cutlets. Dip each in slightly beaten egg, roll in powdered bread crumbs and fry a rich brown in deep oil.

DESSERTS

RHUBARB FANCIES

MATERIALS:

1 pound rhubarb	1 cup whipped and sweetened cream
1 cup sugar	Whites of 2 eggs
½ cup boiling water	Juice of 1 orange
1 tablespoon granulated gelatine	Orange straws
	Rich pastry

PREPARATION:

Cut the rhubarb into short lengths with shears and put over the fire to cook soft with one cup of sugar and one-half cup of boiling water. Add the orange juice just long enough before removing from the fire to heat it. Add the tablespoon of gelatine dissolved in cold water. Whip the whites of the eggs very stiff and with the rotary beater whip them into the rhubarb. Chill and heap into the patty shells.

To make the patty shells, use the small fluted patty tins and turning them bottom side up, cover with a rich pastry which has been chilled, rolled out an inch thick, buttered, folded again and rolled to the thickness of a pie crust. Prick these well before putting in the oven and look at them when half baked to prick and release any air that may spoil their shape. When baked and cooled fill with the rhubarb. Heap the whipped cream over each and stick two or three orange straws or strips of angelica in each.

GOOSEBERRY FOOL

(An English Dish)

Gooseberry Fool is made by stewing a pint of gooseberries until soft, then putting them through a sieve and sweetening the pulp. Make cup of custard, and when it is cold whip the gooseberries into it, beat the whites of two eggs very stiff, beat them into the mixture and serve cold.

GELATINE SURPRISE

When ice cream or sherbets are among the leftovers and it is not convenient to again freeze them do not think they are wasted.

To one cup of melted ice cream add a heaping teaspoon of gelatine which has been dissolved in one-half cup boiling water. As it chills and begins to thicken, stir in a few chopped nuts or grated macaroons. Mold in cups.

To serve, turn into glass dishes, cover with shreds of Maraschino cherries. Serve with cream.

MACARON PUDDING

MATERIALS:

16 macaroons	4 level tablespoons flour
3 eggs	1 level tablespoon corn starch
Some sherry	1 cup milk
5 level tablespoons	1 cup sugar
crushed almonds	1 cup cream

PREPARATION:

Soak twelve macaroons in some sherry. Roll four to a powder. Beat yolks of eggs and add sugar, milk, cream, almonds, starch, flour and powdered macaroons. Lastly the well beaten egg whites.

Put the mixture into a pudding dish, place the wine-soaked macaroons on the top. Set the pudding dish in a shallow dish of water in a moderate oven.

PRUNE JELLY

Remove the stones from two cups of stewed prunes and their juice. Heat to boiling, add sufficient sugar to make quite sweet. Add one heaping tablespoon of plain minute gelatine. Stir until dissolved and pour into molds to chill.

Use either the individual molds and surround with whipped cream to serve, or mold in hollow round mold and turn into large glass dish, filling the center with whipped cream.

THE CALUMET COOK BOOK

PRUNE WHIP

MATERIALS:

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

1 tablespoon lemon juice
2 egg whites

PREPARATION:

Soak prunes over night. Scrub with a vegetable brush. Put on to cook in water to cover, and simmer slowly until well cooked. Work through a puree sieve. Beat the egg whites and the lemon juice, sugar and prunes, and whip until very stiff. Serve with a custard or whipped cream.

Other stewed dried fruits may be served in the same way.

PRUNE SOUFFLE

Soak prunes over night, after having cleansed them well in warm water and removing the imperfect fruit. Cook the fruit several hours over moderate heat. Take out enough of the broken fruit to fill one cup. Remove the stones and put through a colander. Add the well beaten yolks of three eggs and two tablespoons of sugar. Then fold in the stiffly beaten whites. Turn into a baking dish, dust the top with powdered sugar and bake in a quick oven about six to ten minutes. Any other fruit, particularly the stewed dried fruits may be substituted for the prunes.

Serve with unsweetened plain or whipped cream.

CHOCOLATE SAUCE

Melt one-half square of chocolate, add a heaping tablespoon of sugar and three tablespoons of hot water and cook until smooth and glossy.

Then add to it half a cup of scalded milk. Beat the yolks of three eggs. Add three level tablespoons of

THE CALUMET COOK BOOK

sugar and dilute with the hot mixture. Return to the saucepan and cook until the mixture coats the spoon. When cold, fold in half a cup of double cream, beaten solid with half a teaspoon of vanilla extract.

LEMON SAUCE

This sauce is the basis for many flavorings and changes, and is so quickly made that it is well to know how easily it may be done. Instead of creaming the flour and butter together for it, mix either a heaping tablespoon of cornstarch or a well rounding one of flour with a cup or granulated sugar. Put this into a saucepan with a tablespoon of butter and pour in two cups of boiling water. Allow this to boil up and your sauce is ready for any flavoring you prefer. A half of a lemon sliced is an ordinary way of preparing it.

The stiffly beaten whites of two eggs well beaten in will change it to a foamy sauce.

Using half the proportion of boiling water and replacing it with sherry or grape juice or even a fruit juice, makes a desirable change.

One delightful variation of this sauce is to cut up bananas very fine and add to it just before removing from the fire.

HARD SAUCE

Cream one-third cup of butter with one cup of sugar. When very white and curdled looking, add the stiffly beaten white of one egg and one tablespoon of lemon juice. Force through a rose tube into roses or twists, sprinkle with pistachio nuts, blanched and minced, or with shredded, candied or Maraschino cherries.

Set away to chill.

THE CALUMET COOK BOOK

WINE SAUCE—No. 1

MATERIALS:

1 cup butter
2 cups powdered sugar

$\frac{1}{2}$ cup wine (heated)

PREPARATION:

Cream the butter, add the sugar a little at a time. Add the wine gradually. Place in a dish of hot water.

WINE SAUCE (Foamy)—No. 2

MATERIALS:

1 cup butter
2 cups powdered sugar
2 egg whites

5 tablespoons sherry or brandy
3 tablespoons boiling water

PREPARATION:

Cream the butter and sugar till very light and foamy. Add one egg white at a time, beating lightly, then add the wine and hot water. Place in a bowl of hot water.

WINE SAUCE, FOAMY

MATERIALS:

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups confectioners sugar

1 tablespoon sherry or brandy
3 tablespoons hot water
2 egg whites

PREPARATION:

Cream the butter, add sugar gradually, whip up the whites of the eggs, and whip into the butter and sugar. Whip in the sherry, then add the hot water. Set bowl in a dish of hot water.

VIRGINIA PUDDING

MATERIALS:

1 cup preserves
1 cup sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ teaspoon soda

$\frac{3}{4}$ cup flour
3 eggs
3 tablespoons sour cream or buttermilk

PREPARATION:

Sift the flour, sugar, soda together and work in the butter. Beat the eggs and then add them to the butter-

THE CALUMET COOK BOOK

milk and flour. Mix in the preserves, pour into a well greased pan and set in a pan of hot water and bake about half an hour.

Serve with whipped cream. This pudding may be baked in individual molds or ramekins.

STEAMED COLONIAL INDIAN PUDDING

MATERIALS:

1 cup boiling milk or water	2 eggs
1 cup lightly packed chopped suet	1 cup New Orleans molasses
1 cup cornmeal	$\frac{1}{2}$ cup bread flour
3 level teaspoons cinnamon	1 cup raisins
	1 level teaspoon of cloves, soda and salt
	2 tablespoons sugar

PREPARATION:

Place the milk and molasses over the fire in a double cooker, when they are boiling hot, stir in the cup of cornmeal, set aside, allowing the dish to remain over the hot water. Stir occasionally while mixing the other materials.

Put the suet into a mixing bowl with the sugar, salt, white flour and spices. Then stir into the cooked cornmeal the soda dissolved in a tablespoon of hot water. Pour this into the mixing bowl and stir hard, then add the beaten eggs, then add the raisins. Grease the pudding molds and fill two-thirds full. Put them into a kettle of boiling water and if you use the molds with the tube in the center and divide this recipe in two of them it will require one and one-half hours steady boiling.

COLONIAL INDIAN PUDDING

(Boiled in a Bag)

Use the preceding recipe and instead of one-half cup, use one full cup of white flour.

THE CALUMET COOK BOOK

one inch slices. Place in deep dripping pan. Pour over the sauce and bake in moderate oven thirty minutes.

These dumplings are best served with whipped cream or Hard Sauce.

SPICED APPLE PUDDING

MATERIALS:

2 eggs	2 cups chopped apples
2 tablespoons water	$\frac{1}{2}$ cup citron
5 heaping tablespoons sugar	$\frac{1}{2}$ cup raisins
2 cups grated bread crumbs	$\frac{1}{2}$ teaspoon cinnamon, allspice and nutmeg

PREPARATION:

Turn into buttered mold and bake in pan containing shallow water.

ROLY POLY PUDDING

Measure bread flour into a mixing bowl and half the quantity of finely chopped suet. Add a teaspoon of salt to a pint (2 cups of flour). Mix with just barely enough cold water to combine the materials, and roll out. Roll a half-inch thick, spread over this either well-cleaned raisins or currants. A heavy jam, fresh fruit, pieplant or apples may be used. The fruits are usually left unsweetened. Roll up as you would a jelly roll, moistening the further edge so that it will adhere to the roll. Prepare a pudding bag, as long as you intend to have the roll. Sewing or tying up the ends. Dip the bag in hot water and flour well. Put in the roll and tie it up, allowing room for the pudding to swell. Set a pie tin or old plate in the bottom of the kettle. Pour in boiling water and place the pudding in it and cover. Boil three hours. When cooked, plunge for an instant in cold water.

One word of caution relative to putting a plate or

THE CALUMET COOK BOOK

tin in the kettle. If the kettle is granite do not place either in direct contact with the bottom, as the enamel is apt to break off from the kettle. Place a couple of skewers or anything that will leave a space between the dish and the bottom of the kettle.

Serve with any rich pudding sauce.

CHERRY PUDDING

MATERIALS:

$\frac{1}{2}$ cup butter	2 teaspoons Calumet Baking
1 cup sugar	Powder
3 eggs	$\frac{1}{2}$ cup milk
$2\frac{1}{2}$ cups flour	1 pint stoned cherries

PREPARATION:

Sift the flour, baking powder and sugar together. Work the butter into the flour with a fork or spatula, add the milk without stirring. Beat up the eggs without separating and mix thoroughly and add the cherries. Steam three hours. Serve with a wine sauce.

APPLES IN BLOOM

MATERIALS:

6 apples (very red)	1 lemon (juice and rind)
$\frac{1}{2}$ cup sugar	1 orange (juice)

PREPARATION:

Select red apples, Baldwin, McIntosh Red or Spitzenbergen are best. Put them into boiling water, covering them about half way up, turning them often. When tender take from the water and remove the skin carefully that the apple may still retain all of the red coloring. Arrange on the serving dish.

To the water in which they were cooked add the

sugar and fruit juices, simmer until reduced to one cup. Pour over the apples.

ST. PATRICK DESSERT

Dissolve one package of lemon jello or jellicon in a scant pint of boiling water. Make stems about as large as small toothpicks of either citron or angelica, press them into the opening of green Maraschino cherries. Lay them in groups of three in the bottom of small saucepan or jelly mold and secure them in place with about half an inch depth of dissolved gelatine. Allow it to become firm before adding the balance. Set away to chill for two hours.

Unmold when ready to serve and surround with whipped cream, slightly sweetened. Sprinkle blanched and chopped pistachio nuts over the whipped cream.

APRICOT DESSERT—No. 1

Take the juice from a can of apricots, add water to make one pint and put over to boil. When it has reached the boiling point add a package of lemon jellicon or jello. Place a half of apricot in the cups of an egg poacher or in a teacup and pour around enough of the cooled jelly to just cover the apricot. Set away to harden.

Prepare large rounds of any kind of cake, a yellow sponge preferred, and turn onto it the apricot in jelly. Surround with whipped cream.

APRICOT DESSERT—No. 2

To one cup of apricot juice, from a can of the fruit, add the beaten yolk of one egg and one-half cup of

sugar and one-half cup of cookie or stale bread crumbs. Put over the fire in a double boiler. When cooked remove from the fire and beat in the stiffly beaten white of the egg.

Cut the apricots in small sections and add to the mixture. Set away in cups or ramekins to mold and chill and serve with whipped cream.

APRICOT MERINGUE

Half fill a buttered pudding mold with stewed dried apricots, first draining off the juice, add the juice to sufficient milk to make one pint.

Dilute two level tablespoons of cornstarch with milk to pour and cook in the syrup and milk ten minutes. Beat the yolks of three eggs, add three tablespoons of sugar and stir into the hot custard, stir while the egg cooks a little. Then add a level tablespoon of butter and pour over the apricots. Beat the egg whites until dry, then beat in gradually three level tablespoons of sugar and the grated rind of either an orange or a lemon.

Spread upon the pudding and place in the oven long enough to cook the meringue.

ORANGE AND PINEAPPLE COMPOTE

I find I can dispense very well with the use of the pineapple eyecutters. Slice the pineapple into inch or wider slices. Then it is a very easy matter with a sharp vegetable knife to remove the shell and eyes. Do not use the hard center core.

If possible, use a long stemmed glass berry dish in which to make up the compote.

THE CALUMET COOK BOOK

Prepare one-half of a pineapple, cutting into dice. Peel and remove all the white pith from two oranges. Score them both ways across and then slice off in thin slices. Put the fruits together and sweeten with sufficient sugar.

Place two cups of milk in the double boiler. Mix well one rounding tablespoon of flour with one-half cup of sugar. Add this to the hot milk. Beat slightly the yolks of three eggs with three tablespoons of cold water and stir into the mixture. Cook till thick and creamy. Then arrange the fruit and the custard in layers in the glass dish, beginning with the fruit and having a layer of the custard last.

Put the whites of eggs into a deep, narrow bowl and beat very stiff with a rotary egg beater, add three level tablespoons of powdered sugar. If convenient drop three or four crushed currants or strawberries in with the whites of the eggs. If not, add a few drops of lemon juice or pinch of cream of tartar to make the egg whites very stiff, and a grating of orange peel to give a delicate tinge of color. Drop this meringue in spoonfuls over the custard.

This is a dessert that has no equal for daintiness and goodness.

Other combinations of fruits may be used, but there is something particularly inviting in a combination of pineapple and orange.

PINEAPPLE WHIP

MATERIALS:

$\frac{3}{4}$ cup sugar	1 lemon, juice and grated rind
$1\frac{1}{2}$ cup water	Plain gelatine to make 1 pint
2 egg whites	firm gelatine
$\frac{1}{2}$ cup preserved shredded pineapple	

PREPARATION:

Heat the pineapple, water and lemon juice together with the sugar. Dissolve the gelatine in a little cold water and then add it to the fruits. When cold whip until ready to harden.

Add the stiffly beaten whites of the two eggs. Put into wet individual molds until ready to serve.

Serve with custard sauce.

EASTER TRIFLE

Make a cream custard of the yolks of two eggs, one cup of milk, three tablespoons of sugar and two teaspoons of flour. Put the milk into a double boiler, mix the flour and sugar and add to the milk. Beat the yolks of the eggs and add a very little cold milk, then add to the hot milk. Cook till creamy, then set aside until ready to serve.

When preparing the meal beat up the white of one egg with one grated sour apple, one-half cup of powdered sugar and the juice of half a lemon. Almost every kitchen equipment contains a porcelain or stoneware bowl about five and one-half inches across the top and three inches deep. Put all the ingredients for the meringue in such a bowl and beat with a rotary egg beater until very stiff—stiff enough so that the bowl can be inverted without spilling the contents. Put this meringue into a pastry bag or cone of paper and force into a mound around a small plate. Sprinkle with blanched and minced pistachio nuts. Fill the center with the cream custard.

A flavoring of vanilla may be added to the custard after it is taken from the fire, although a great many particular people prefer a custard without flavoring of any kind. A cream custard will lose none of its delicacy by adding a very little flour, arrowroot or corn-

starch and will have the desired body without danger of curdling. The cornstarch or flour may be well mixed with the sugar, but the arrowroot must be dissolved in a little cold water. Use any one of them very sparingly.

PLUM TRIFLE

Cooks plums slowly till soft when rub through sieve and let cool. To each cup of pulp add the whites of three eggs beaten stiff and a little sugar. Drop a spoonful of this on cups two-thirds full of a simple custard, letting the fruit meringue heap up well. Serve cold.

APPLE AMBER

Core, peel, and chop three-fourths pound of apples. Mix together four ounces of suet, two each of sugar and flour, a little nutmeg and grated lemon peel and two beaten eggs. Stir thoroughly and place in a well buttered mold with cloth tied tight over top. Boil three hours.

APPLE SNOW

Apple Snow may be made in two ways, using either the cooked or uncooked apples. For the uncooked grate a medium sized tart apple (peeled, grated, and set aside). Whip stiff the white of one egg with a pinch of salt, then add, gradually, three tablespoons of sugar, beating well into the egg, alternating with the grated apple, a tablespoon at a time, till all the apple and sugar are used, then continue to whip until the "snow" has risen to at least a pint and a half in quantity, for it will swell surprisingly. If the cooked apple is used observe the same proportion, the white of one egg to the pulp of one apple. Chopped dates or nuts may be added or fresh, grated cocoanut. The "snow" may be served as it is, or quickly and lightly browned.

CHEESE SHERBET (A Culinary Surprise)

MATERIALS:

¼ pound grated cream
cheese
2 level tablespoons
powdered sugar

1 pint whipped cream
Bar le Duc currants or very
rich cherry or currant
jam

PREPARATION:

Add the grated cheese and powdered sugar to the whipped cream, place in a freezer. Freeze and serve in crystal sherbet cups with a teaspoon of jam in a slight depression of the frappe.

NEAPOLITAN PUDDING

MATERIALS:

1 quart milk
5 tablespoons sugar
4 heaping tablespoons
flour

Pinch of salt
2 squares chocolate
Red fruit coloring
Canned peaches or apricots in
halves

PREPARATION:

Scald the milk, add the sugar and salt, mix the flour with a little cold milk, beating smooth with a rotary egg beater, add this to the hot milk and when well cooked divide into thirds. To one portion add the chocolate (melted), to another portion add enough of the fruit color to make it a delicate color. Place a portion of the halved fruit in the bottom of each individual mold, dispose of blanc mange by placing a spoonful of each color in each mold. Set away to chill and serve with a custard sauce.

CIDER JELLY

To one pint of cider allow one package of sweetened unflavored gelatine. Heat cider to boiling point and pour over the gelatine. Cool and pour into individual molds, when firm turn out and serve with rich cream.

LIGHT FRUIT DESSERTS

The fresh fruits work up so well into delicious compotes and fruit rolls that are so much more easily made than pies and so much more digestible, that in the summer season pies can and should be almost entirely eliminated from the menu.

Pie pastry at its very best is indigestible for the reason that the starch grains are coated with the fat or shortening and in the processes of digestion the starch is taken up in the digestive apparatus and acted upon before the fats, and the coating around these starch particles prevent this until after the food has passed this point. This forces the starch into the intestines in an undigested state.

Then, too, at that season of the year fatty foods are not desirable or necessary, and pie pastry properly made is just exactly one-third fatty substance.

Pies, therefore, should be discarded with the heavier meats until cold and strenuous weather makes demands upon the system that only these richer foods can supply.

A STRAWBERRY ROUND-A-LAY

Someone has said "that possibly God could have made something better than the strawberry, but doubtless he never did."

The strawberry is the perfect fruit. When they have ripened in our gardens, says Hommes, "summer has begun" hardly till then, and they mark pretty nearly the true astronomical beginning of the season.

While we have the berry in the market from Christmas on, the real desire for them does not come until spring is turning into summer. It is true, unfortu-

nately, that some find the acid of the berry does not agree with them, but these are only exceptions and they have been recommended to persons of gouty or bilious tendency.

STRAWBERRIES EN CASSEROLE

Bake in a small, round fluted cake pan a hot water sponge cake. Have ready two cups of berries cut in halves, two cups of sweetened whipped cream, some powdered sugar, and a half dozen perfect berries.

Before the cake is chilled, cut off the top about an inch thick and take out the center of the cake with a fork, leaving a shell in which to put the berries, first lining it thickly with some of the whipped cream. Sprinkle the berries, as they are put into the shell with powdered sugar. Cover with the top of the cake and heap the balance of the whipped cream on it.

Distribute the whole berries over the cream.

STRAWBERRY QUEEN

MATERIALS:

1 quart strawberries	1 cup sugar
1 tablespoon of gelatine (granulated)	1 cup of thick whipped cream
Sponge cake cut in small dice	Whites of 2 eggs

PREPARATION:

Dissolve the gelatine in a little cold water. Crush and strain one-half of the berries. Bring the juice with the sugar to the boiling point and add the gelatine. When partially chilled, add the stiffly beaten egg whites and whip up together. Place on the ice until needed.

When ready to serve, line a glass dish with a layer of the diced cake, then a layer of the gelatine. Alternate until the dish is filled, then cover the dish with the sweetened whipped cream and scatter the balance of the berries over the cream.

STRAWBERRY CUSTARD

Stem enough perfect berries to line a glass dish. Cut them in halves and arrange them so that while lining the dish they do not fill it, sprinkle with sugar.

Put one pint of milk into a double boiler. Mix a heaping teaspoon of flour with one-half cup of sugar and stir into the milk, beat up the yolks of three eggs, add a little cold milk or water and stir into the milk. Cook until creamy and slightly thick. Beat the whites of the eggs, one-half cup of sugar and half a dozen crushed berries till very stiff. Pour the custard into the glass dish without breaking down the lining of the berries.

Drop the meringue in heaps over it. This is one of the most quickly prepared, delicious strawberry deserts.

STRAWBERRY PATÉS

A novel way of serving the strawberry is to half fill puff pastry shells with sweetened whipped cream and fill the balance with berries. Make a border around the edge of the pâté shell with stiffly whipped cream to which a few drops of green vegetable coloring has been added.

STRAWBERRY SHORTCAKE

All measures level unless otherwise stated

MATERIALS FOR PASTRY:

2 cups flour	1 cup milk
3 level teaspoons of Calumet Baking Powder	1 heaping tablespoon of short- ening, either lard, butter, or butterine
1 teaspoon salt	1 quart of berries
1 cup sugar	Butter, whipped cream

PREPARATION:

Sift the flour, salt and baking powder, mix in the shortening with a spatula or fork. Add enough of the

THE CALUMET COOK BOOK

milk to make a soft dough. Divide the dough in two parts. Roll out each and brush with butter, place one on top of the other in a shallow baking tin and bake about twelve to fifteen minutes in a hot oven.

Remove from the pan to a hot chop plate or large platter and take off the upper layer. Spread each with butter.

Mix the sugar and berries and cover the lower layer with them. Place the top and cover it with the whipped cream. A few perfect berries may be reserved to distribute over the whipped cream.

If plain cream is to be used instead of the whipped cream, powdered sugar may be sifted lightly over the top of the shortcake and the cream served from a pitcher.

STRAWBERRY SAUCE

This is excellent served with plain boiled rice, or bread puddings, or a scarcely sweetened blanc mange.

Beat together one-third cupful of butter and a cup of sugar until white and light. Add to it the stiffly beaten white of one egg and a cupful of crushed berries. The success of this sauce depends upon the long beating.

MARSHMALLOW SAUCE

MATERIALS:

1 cup sugar	1 tablespoon lemon juice
$\frac{1}{3}$ cup water	1 egg white
4 tablespoons orange juice	$\frac{1}{4}$ pound marshmallows

PREPARATION:

Soak the marshmallows in the juice of lemon and orange juice one-half hour.

THE CALUMET COOK BOOK

Make a syrup of the sugar and water, cooking it about five minutes. Add the marshmallows with the fruit juices. Beat up the egg white very stiff and dry and whip into the sauce.

BERRIES EN MERINGUE

(A Novel and Attractive Dish)

MATERIALS:

1 quart of berries	Sugar to serve
6 slices of Angel or Sunshine cake	Bowl of meringue

MATERIALS FOR SUNSHINE CAKE:

$\frac{1}{2}$ cup of sifted pastry flour	10 level tablespoons granu- lated sugar
4 egg whites	3 egg yolks
$\frac{1}{2}$ level teaspoon of Calumet Baking Powder	

PREPARATION:

Sift the flour once before measuring and once after measuring. Separate the eggs. Beat the egg yolks until stiff and lemon colored. Whip the whites until the dish can be inverted without spilling.

Whip the sugar into the egg whites and then whip in the beaten egg yolks. When thoroughly whipped in add the baking powder, whipping lightly. Then fold in the flour.

Pour the batter into a small loaf pan, a round pan with tube preferred. Bake in a moderate oven about thirty minutes. Allow to cool before removing from the pan.

MATERIAL FOR MERINGUE:

$\frac{1}{2}$ cup confectioners sugar	$\frac{1}{2}$ cup berries
1 egg white	

THE CALUMET COOK BOOK

PREPARATION:

Drop the egg white with the sugar into deep, narrow bowl or quart cup. Crush the berries through a sieve into the cup. Beat with a rotary egg beater until very stiff. Do not stop beating until very much stiffer than the white of egg would become if beaten alone. Have all materials and dish very cold.

Just before time to serve make a border of slices of the cake about two inches from the edge of the glass plate or chop plate. Fill the center with berries. Distribute the Meringue in a rough border around the cake. Piped through a pastry bag the Meringue will form more of a decoration but is not necessary.

To serve, use berry spoon. Unless berries are very sour no other sweetening is required.

Peaches pared and sliced may be used instead of berries. But in using peaches or berries which are not acid, a tablespoon of lemon juice must be used in making the Meringue.

BERRY BATTER CUPS

MATERIALS:

Berries, sugar to sweeten	2	teaspoons butter (rounding)
Batter:		
1 cup flour	½	cup milk (scant)
1 egg	1	teaspoon Calumet Baking Powder

PREPARATION:

Sift flour and baking powder, work in the butter with a fork, beat up the egg to which add the milk and beat all into the flour. Butter some ramekins or patty pans, drop a spoonful of the batter, then a spoonful of crushed fruit and sugar, make three layers of batter and two layers of fruit. Bake in moderate oven twenty-five minutes. Serve with either plain or whipped cream, unsweetened.

THE CALUMET COOK BOOK

If a sweet or custard sauce is desired, use the berries without sugar.

CURRENT ROLL

Wash and pick over enough red or white currants to fill a cup three times. Put into the sifter two cups of flour, two level tablespoons of sugar, two rounding teaspoons of Calumet Baking Powder, one teaspoon of salt, sift twice, work in with a fork one rounding tablespoon of butter or lard. Moisten the flour with about one cup of milk till a stiff dough is formed. Roll it out about one-half inch thick. Spread with the currants. Mix one cup of sugar with one heaping tablespoon of flour and sprinkle over the currants. Dot with small pieces of butter. Roll the pastry from you over and over like a jelly roll. Moisten the further side with a little water to hold it to a roll. Brush the roll with milk and place in a moderate oven to bake for about fifty-five minutes. Cover with another pan for the first fifteen minutes.

This can also be steamed or better still, cooked in a fireless cooker that is supplied with the heated plates or bricks. When cut open the juice will form the sauce in which to serve it.

CUSTARD SAUCE

MATERIALS:

1 cup milk
¼ cup sugar

1 teaspoon flour (heaping)
2 egg yolks

PREPARATION:

Place the milk in a double cooker. Mix the sugar and flour and add to the milk and cook till creamy.

THE CALUMET COOK BOOK

Then add the egg yolks in which a little water has been mixed to prevent their becoming stringy. Allow to cook but a few moments after the egg yolks have been added.

A half teaspoon of vanilla may be used for flavoring.

CHOCOLATE SYRUP

MATERIALS:

8 level tablespoons grated chocolate	8 tablespoons sugar
1 cup hot water	1 level teaspoon granulated gelatine

PREPARATION:

Boil the sugar and one cup of water for five minutes. Soak the gelatine two or three minutes in a tablespoon of cold water and add it to the syrup. Melt the chocolate in a double boiler or in a saucepan over water. When melted pour in the boiling hot syrup and stir until well mixed.

This syrup is served with ice cream and pudding, and is very rich. If desired it may be reduced with boiling water. When chilled it becomes a little creamy, but keeps indefinitely.

CARROT PUDDING

MATERIALS:

1 cup grated potato	$\frac{1}{2}$ teaspoon nutmeg
1 cup grated carrots	1 teaspoon soda dissolved in one tablespoon hot water
1 cup seeded raisins	1 egg
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup suet	Flour the fruit well. Steam 3 hours.
$1\frac{1}{4}$ cups flour or dry grated bread crumbs	Serve with hard sauce
$\frac{3}{4}$ cup sugar	
$\frac{1}{2}$ teaspoon cinnamon	

FROZEN DAINTRIES

FREEZING

Pour the chilled cream into the freezer. Place the freezer in the pail and pack with ice nearly to the top. Sprinkle coarse salt uniformly on the ice as you pack it into the bucket. Cover and fasten the can and turn it slowly until it becomes difficult to turn. Open the can and remove the dasher. Scrape the cream from the sides of the can. Mix until smooth, close the can and drain off the brine. Add fresh ice and salt, covering the entire can. Wrap a blanket around the freezer and let it stand two hours. In very hot weather renew the salt and ice three times and keep the blanket cold and wet with the brine from the freezer.

In adding fruit to the creams, (such as peaches, pineapples, plums, oranges or apricots), it must be cut into small dice, sprinkled with sugar and allowed to stand two hours.

Berries must be mashed, sugared and mixed with the frozen cream. Always thoroughly chill the cream before freezing it. It is then smoother and the chilling makes it freeze more rapidly and easily.

CHERRY ICE CREAM

Make a foundation ice cream or custard, flavoring it with cherry syrup, cordial, spiced cherries, Maraschino, or other form of preserved cherries. Use a few of the crushed kernels to flavor.

APRICOT SHERBET

MATERIALS:

3 pints water
 $\frac{1}{4}$ pint lemon juice

1 pint sugar
1 can apricots with syrup

THE CALUMET COOK BOOK

PREPARATION:

Make a syrup of one pint of the water, sugar and lemon juice. Put the apricots through a coarse sieve or colander. Chill the syrup, put all the materials together in the freezer.

Serve in chilled glasses. The stiffly beaten whites of two eggs may be added after the mixture is partially frozen.

LIME SHERBET

MATERIALS:

1 cup lime juice	1 tablespoon gelatine
2 cups boiling water	6 drops extract ginger or
2 oranges (sliced)	mint
1 cup sugar	

PREPARATION:

Bring to boiling point, cool, pour into freezer, adding whites of three eggs, well beaten. Garnish with cherries or sprig of mint.

GRAPE SHERBET

Dissolve one cup of sugar in one cup of hot water; then add one-half package of jelly powder. Chill but do not allow to set before adding to one pint of grape juice. Freeze and when like snow add the stiffly beaten white of one egg.

SURPRISE ICE

Peel and chop one pint of ripe peaches and add to them one and one-half cups of sugar, one cup of water and the whites of two or three eggs. Do not beat the eggs, but put all of the ingredients together into the freezer.

THE CALUMET COOK BOOK

LEMON GINGER SHERBET

MATERIALS:

1 pound sugar
1½ quarts water

1 cup preserved or crystal-
lized ginger
6 lemons

PREPARATION:

Grate the rind from three of the lemons. Place the sugar, juice and rind of the lemons with one cup of water over the fire for a few moments, cut the ginger into small pieces. Cool and strain the sugar and put all the materials together in the freezer.

MINT SHERBET

MATERIALS:

2 dozen stalks of mint
2 cups sugar

5 cups water
Juice of 2 lemons

PREPARATION:

Mince the mint leaves. Place two cups of water, the mint leaves and juice of the lemons over the fire to make a syrup. Strain the syrup, cool it and add balance of the water and freeze.

PINEAPPLE SHERBET

MATERIALS:

1 can grated pineapple
3 cups sugar
4 egg whites

1½ quarts water
1 teaspoon citric acid

PREPARATION:

Cook the pineapple, citric acid and sugar till sugar is well dissolved. Cool and add the water and freeze. When partially frozen add the whites of the eggs whipped till very foamy, and finish freezing.

THE CALUMET COOK BOOK

This recipe will fill from fifteen to twenty sherbet cups.

TEA ICE

A refreshing ice for luncheon or afternoon tea may be made from a fine flavored tea sweetened and the juice of a lemon and few wisps of the yellow rind added and frozen to the consistency of snow.

COCOA CREAM SHERBET

This is one of the most delicious of punches, served with wafers or some delicate small cakes, it constitutes a refreshment of nourishing as well as cooling quality.

Mix one and one-half cups of granulated sugar with a quarter pound of cocoa, add a cup of boiling water gradually and cook in double boiler until smooth. Then blend with three pints of hot milk, add a stick of cinnamon and cook over hot water for ten minutes. Strain and chill and begin to freeze. When like mush add a meringue made of egg whites, a few drops of lemon juice and one-half cup of thick whipped cream and finish freezing.

Serve in tall sherbet glasses, with a rose of whipped cream piped on the top with a rose tubed pastry bag.

PINEAPPLE COCKTAIL

Pare one-half of a ripe pineapple and cut in dice, also dice three oranges, carefully taking out all of the white pulp. Place in sherbet cups, sprinkle with sugar, and let chill for an hour. Sprinkle with shaved ice and serve immediately.

GRAPE COCKTAIL

Take equal parts of Malaga grapes and diced oranges. Cut the grapes lengthwise and remove the

THE CALUMET COOK BOOK

seeds. Chill until ready to serve. Then dish the fruit into glasses, and pour over it the following mixture:

Take one-half package of jellicon or jello, dissolve it in one-half cup of boiling water, mix with some of the fruit juice, chill but do not allow it to harden.

Place a sprig of mint in each glass.

A fruit cocktail must always be well chilled or it fails to serve its appointed office, that of an appetizer. A delightful addition to a fruit cocktail that finishes a heavy dinner is crushed mint leaves.

LEMON ICE

MATERIALS:

8 lemons	6 cups sugar
4 tablespoons arrowroot	1 cup whipping cream
8 cups water	

PREPARATION:

Bring to a boil about half of the water, add sugar and the juice of the lemons and grated rind of two of them. Boil five minutes and strain, return to the fire in a double cooker and add the arrowroot dissolved in a little cold water, when thickened, remove from fire and add the balance of the water.

Freeze till mushy, then add the cream (whipped) and finish.

RASPBERRY SHERBET

MATERIALS:

1 tablespoon gelatin	3 cups water
2 cups sugar	1 pint Raspberry juice or preserves
Juice of 2 lemons	

PREPARATION:

Soak the gelatin until dissolved in a little cold water. Heat one cup of water to boiling point and pour over the gelatin. When dissolved add the sugar to the hot mixture so as to dissolve it well. Cool the mixture and put all the materials together into the freezer.

THE CALUMET COOK BOOK

CREAM OF PEACH SHERBET

Scald a quart of rich milk, dissolving in it a cup of sugar. Let simmer eight minutes, then cool, adding to it when cold a pint of peach pulp sweetened and flavored. When half frozen add the whites of two eggs whipped, and complete the freezing.

ANGEL FOOD ICE CREAM

MATERIALS:

Whites of 4 eggs	$\frac{1}{2}$ cup sugar
1 quart whipped cream	1 teaspoon almond extract

PREPARATION:

Beat the eggs very stiff and stir in the sugar. Fold in the whipped cream and the flavoring extract. Line a mold with Ice Cream and fill the center with this mixture.

Pack in salt and ice and let it stand three hours.

DELMONICO ICE CREAM (An old favorite)

MATERIALS FOR CUSTARD:

2 cupfuls milk	4 level tablespoonfuls flour
1 cupful sugar	Pinch of salt
1 teaspoonful vanilla	7 egg yolks
1 teaspoonful lemon	

PREPARATION:

Heat the milk in a double boiler. Mix the sugar and flour thoroughly and add to the hot milk, beat the yolks with a little cold water, and add to the mixture. Add flavoring. Cool and add it to $2\frac{1}{2}$ cupfuls of whipping cream which has been whipped.

Place in a freezer.

MAPLE PARFAIT

MATERIALS:

4 eggs	1 pint whipping cream
1 cup hot maple syrup	

THE CALUMET COOK BOOK

PREPARATION:

Beat the egg-white stiff, drop in the yolks and beat a moment. Pour over them the hot maple syrup, beating all the time. Cool and add the whipped cream.

Place in a mould. Pack in salt and ice, let stand about three hours.

CHOCOLATE MOUSSE

MATERIALS:

3 squares chocolate	3 tablespoonfuls hot water
$\frac{1}{2}$ cupful granulated sugar	1 cupful powdered sugar
1 cupful milk	1 teaspoonful vanilla
1 level tablespoonful plain gelatin	1 quart whipped cream

PREPARATION:

Make a custard of the chocolate, melted, and the granulated sugar with the milk.

Dissolve the gelatin in the hot water and add to the mixture. Cool, then fold it into the whipped cream, adding the flavoring and powdered sugar.

Place in a mould, pack in salt and ice, allow to stand about three hours.

CHOCOLATE ICE CREAM

MATERIALS:

1 pint cream	1 pint milk
6 eggs	5 ounces chocolate
$\frac{3}{4}$ pound sugar	1 teaspoon cinnamon extract

PREPARATION:

Melt the chocolate and add the cinnamon extract. Make and cook the custard, then add to it the chocolate while both are hot. Cook, chill and freeze as directed in freezing.

To make CAMEL CHOCOLATE ICE CREAM omit the cinnamon extract and use instead three table-
spoons of the prepared caramel syrup.

THE CALUMET COOK BOOK

BURNT ALMOND ICE CREAM

MATERIALS:

1 quart cream	6 egg whites
1 pound sugar	4 ounces shelled almonds
1 tablespoon vanilla	

PREPARATION:

Blanch almonds, brown them in the oven. Pound to a paste in a mortar, adding a little sugar and cream to make a paste. Mix the eggs, sugar and cream, add the almond paste. Then freeze according to directions. Adding a tablespoon of caramel will produce a richer color.

SHAMROCK COCKTAIL

Take equal parts of diced pineapple and bananas, sprinkle lightly with sugar and chill. If desired, a little white grape juice or a dash of sherry may be added.

Cut green maraschino cherries in halves. Arrange rounds of lettuce leaves in tall sherbet glasses, distribute the fruit in the glasses with the juice. Place three sections of the green maraschino cherries in the center of each glass to simulate the sprig of shamrock.

NESSELRODE PUDDING

MATERIALS:

2 cups cream	2 cups sugar
5 egg yolks	1 pinch salt
½ cup Sultana raisins	3 cups milk
½ cup pineapple syrup	1 pint prepared Italian chestnuts
1 cup candied fruits	

PREPARATION:

Make a custard of the milk, sugar, eggs and salt, according to directions, strain and cool. Add the pineapple syrup, cream and chestnuts. Then freeze as directed.

THE CALUMET COOK BOOK

Line a two-quart mold with part of the mixture and to the remainder add one cup candied fruits minced, one-half cup Sultana raisins and six chestnuts chopped. Fill the mold.

Pack in ice and let stand three hours.

To prepare the chestnuts shell and boil until soft, then pass them through potato ricer.

PASTRIES AND PIES

PLAIN PASTRY

MATERIALS:

1 level cup lard	1 level teaspoon salt
3 level cups flour	Ice water to make soft dough
1 level teaspoon Calumet	

PREPARATION:

Select the very best open kettle rendered lard for pastry. If bread flour is used, great care must be taken that lard should measure fully $\frac{1}{3}$ of the flour. Materials should be chilled, either before or after the mixing. Sift the flour, salt and baking powder three times. Work in the shortening with a fork or spatula, roughly, leaving the shortening in flaky lumps, then add the ice water, still using a fork for the mixing. Too much water makes pie pastry shrink but on the other hand if not enough water is used the pastry will break around the edges before it can be rolled to shape the pan.

When more pastry is mixed than can be used, place the balance in a cup or bowl and set away in the refrigerator, and when ready to use press out about an inch thick, spread with lard or butterine, fold over and roll to desired shape. When a very flaky top crust is desired, treat pastry in the same way.

PUFF PASTE

MATERIALS:

1 pound sifted pastry flour	1 teaspoon salt
White of 1 egg	1 pound butter
1 teaspoon sugar	1 cup ice water

PREPARATION:

Put the butter into a bowl in cold water, wash or work it under the water without pressing it into the bowl, until it becomes soft and elastic. Take off a piece

the size of a large hen's egg, form the remaining quantity into a thin sheet, and lay it on a piece of cheese cloth on ice.

Put the flour in the center of a large bowl, make a well in the center, put in the piece of butter, the salt, sugar, white of egg and half the water. Begin to work in the flour, and as the dough is formed add a little more water and more flour until you have a dough the consistency of bread dough.

Dust the board with flour and knead the dough until it is soft and elastic, keeping your hands as cool as possible. Cut the dough into halves, roll each half out into a sheet half an inch thick. Dry the butter on the cheese cloth, dust it with flour on both sides, put it on one sheet, cover it with the other, fastening the edges together, and roll quickly from you, being careful not to break the dough. Fold in the sides, then the ends, turning the paste around so that the folds will run to and from you, roll from you and again fold as before. Place on a dry napkin, then on a dish and on the ice for fifteen minutes. Then roll again, having the fold in the same position, fold and roll again. Stand it on the ice for another fifteen minutes. Do this until you have given it six rolls or turns. Eight will make it lighter, if you know how to roll, but if it is your first trial six will be quite sufficient. Wrap it in a dry napkin, put it on a plate and in the refrigerator over night.

PATÉ SHELLS

When the puff paste has stood twenty-four hours, or over night, roll very thin, about one-fourth of an inch, cut rounds of paste with small fluted cooky cutter, three rounds or more for each paté.

Make a mixture of one egg yolk and one-half cup of water, brush the round of paste with this, put one of

THE CALUMET COOK BOOK

the circles in place, brush it with the mixture, then add the other circle and brush again.

Place in refrigerator to chill and then into a hot oven, reducing the heat after ten minutes. Fill with creamed oysters, sweetbreads or peas.

BISMARCK TARTS

Cut rounds of puff paste with a large biscuit or cookie cutter. Put a heaping teaspoon of raspberry or other jam in the center of each. Brush the edge with egg and water mixture, fold over so that the edges lay together. Set them in the refrigerator to chill, then put into a hot oven, reducing the heat after ten minutes.

MINCE MEAT

MATERIALS:

4	pounds chopped or hamburg beef (raw)	1	heaping tablespoon of salt
3	pounds sugar, brown preferred	2	pounds chopped suet
3	pounds cleaned cur- rants	3	pounds seeded raisins
1	pound each of lemon and orange peel (candied)	2	pounds citron
1½	ounces cinnamon	1	ounce or 4 tablespoons each of mace, nutmeg, cloves and allspice
		3	gallons of peeled and quar- tered apples

Grated rind and juice of 4 lemons and oranges may be used. Or use cider to moisten, remembering that the apples will supply a great deal of juice.

PREPARATION:

Cut up the apples reasonably fine, put the orange and lemon peel through the food chopper, also the suet. Place all of the materials in the kettle except the suet and citron and cook until the apples are thoroughly cooked. Slice the citron in about inch pieces, this can more easily be accomplished by allowing it to stand in warm water for ten minutes.

THE CALUMET COOK BOOK

Just before removing from the fire add the citron and suet. Brandy or wine may be added after cooling or may be used at the time of pie making.

MOCK MINCE MEAT (Vegetarian)

MATERIALS:

2½ quarts green tomatoes chopped fine	2 pounds raisins 1 pound currants
5 large tart apples	3 level tablespoons cinnamon
2½ cups of cider	1 level teaspoon of ground mace
6 cups sugar	
2 level tablespoons each of cloves and allspice	

PREPARATION:

Cook and can. This will make six quarts.

MARTHA WASHINGTON PIE—No. 1

MATERIALS (for cake part):

1 cup sugar	1 teaspoon flavoring extract
5 level tablespoons soft or melted shortening	2 cups pastry flour sifted be- fore measuring
2 level teaspoons Calumet Baking Powder	½ cup milk 2 eggs

PREPARATION:

Sift the flour and baking powder, separate the eggs, placing the whites in the mixing bowl, and beat very stiff with a rotary beater, add the yolks and beat again, then the sugar and shortening, beating sufficiently to mix well. Add the milk and flour, mix well and add the extract.

Bake in well greased deep pie tins and after baking remove the center to permit of filling with the custard.

The better way is to fill deepest large pie tin with the mixture about half full, then set in the center of that a pie tin about an inch and a half smaller in diameter which has been well greased on the bottom, thus

THE CALUMET COOK BOOK

leaving a depression without the waste or necessity of removing the center after baking. Make a meringue of the whites of the two eggs and two tablespoons of powdered sugar. Fill the pie with the filling, cover with the meringue and decorate it with shreds of maraschino cherries sprinkled over the surface.

MARTHA WASHINGTON PIE FILLING

MATERIALS:

1 cup sugar	2 eggs
6 level tablespoons flour	2 cups scalded milk
1 teaspoon vanilla	Pinch of salt

PREPARATION:

Have the scalded milk in the upper vessel of a double boiler. Mix the flour and sugar and stir into the milk. Add the yolks of the eggs slightly beaten and the salt. Add the vanilla.

MARTHA WASHINGTON PIE—No. 2

Make a rich soft cookie mixture. Roll out as for pie crust and line a pie tin. Bake and when cool fill with the custard filling as in Martha Washington Pie, No. 1. Finish with meringue and decorate with cherries.

ORANGE MARMALADE PIE

MATERIALS:

2 oranges	2 heaping tablespoons flour
$\frac{1}{2}$ lemon (juice and rind)	2 egg yolks
$1\frac{1}{4}$ cups sugar	3 egg whites
1 cup water	3 tablespoons powdered sugar

PREPARATION:

Slice the half lemon and one-half of an orange into a small saucepan with one-half cup of sugar and one-half cup of water. Cook like a marmalade.

Squeeze the juice from the remaining orange and a half, mix with the balance of the sugar, flour, water and two egg yolks, and cook in double boiler until thick, then add the marmalade. Pour into two baked pastry shells. Cover with a meringue made from the egg whites and powdered sugar.

A few drops of lemon juice or a pinch of cream of tartar, will make the meringue finer and lighter.

Sufficient for two pies.

RAISIN PIE

Raisin pie used to be looked upon as a makeshift. Everything else failing, groceries not delivered and the dinner hour approaching, there were always raisins or dried currants in the larder, from which to make a pie. You will find more men, especially New Englanders, speak of the juicy richness of mother's raisin pie. And the pioneers can look back to the time when the more perishable pie-stuffs were not to be had at any price.

To make the raisin pie, use either the seeded or seedless raisins, measure two cups for a medium pie. Rinse them well, pour over them just enough boiling water to barely cover. Allow them to stand where they will remain just below the boiling point and puff up well.

Make a rich pastry to cover bottom of the pie pan and for a latticed top.

To one cup of sugar add and mix well one heaping tablespoon of flour. Add this to the raisins and pour into the pie tin. Dot with a heaping teaspoon of butter and put the strips for the lattice cover in place, moistening the edge of the pastry to make the ends of the strips adhere. Bake one-half hour in a medium oven.

This may be made doubly rich by serving with it ice cream or whipped cream piped over it just before serving. It may be eaten warm or cold.

THE CALUMET COOK BOOK

In preparing the pastry for the lattice top it will be all the lighter by pressing the pastry about one-half inch thick and buttering it as you would a piece of bread and then folding it over from each side, doubling it, then rolling to the desired thickness.

RAISIN PIE—No. 2

MATERIALS:

1 heaping cup raisins	1 cup sugar
$\frac{1}{2}$ cup sour cream	$\frac{1}{2}$ cup fine bread crumbs
Water to scald raisins	Rich pastry

PREPARATION:

Scald the raisins and drain, then place in rich pastry. Mix the sugar, bread crumbs and cream and pour over the raisins. Cover with lattice top, bake half hour in moderate oven.

MOCK CHERRY PIE

MATERIALS:

1 pint cranberries	1 cup sugar
$\frac{1}{2}$ cup seeded raisins— put through food chopper	$\frac{1}{2}$ teaspoon vanilla
	1 level tablespoon flour mixed with sugar

PREPARATION:

Cut each cranberry in two and place them over the fire with as little water as possible. Boil but a moment then remove from the fire and add the raisins, sugar and vanilla.

Line a shallow pie tin with a rich pastry, pour in the filling, dot with a little butter and cover with either a lattice of pastry or entirely.

THE CALUMET COOK BOOK

Always remember to moisten the rim of the under pastry before pressing the upper one closely to it. This precaution, with a vent in the upper crust, will prevent the juice from running out of the pie.

KASE KUCHEN (Cheese Pie)

MATERIALS:

4 eggs	Grated rind and juice of 1
1 cup sugar	lemon
	2 cups cottage cheese

PREPARATION:

Beat the eggs without separating, add the sugar and the cheese, which has been rubbed smooth through a sieve. Then add the rind and juice of the lemon. This may be cooked in a double boiler and then turned into the baked pastry shell, and is the better way. But it may be put into the unbaked pastry and baked one-half hour in a moderate oven.

Cooked first in the double boiler, it may also serve as a filling for tarts, in which case a maraschino cherry should be placed in the center of each.

Sufficient for two pies.

CREAM PIE

Filling for one pie

MATERIALS:

1½ cups sweet milk	2 egg whites (whipped)
½ cup sugar	Vanilla to flavor
⅓ cup flour	Pastry for 1 pie
2 teaspoons butter	

THE CALUMET COOK BOOK

PREPARATION:

Cover a medium size pie tin with rich pastry and bake. Place one and one-half cups milk in double boiler. Mix the flour and sugar thoroughly and add to hot milk. When thickening, add the egg whites and whip in, then butter and flavoring.

Pour into baked pastry when slightly cooled.

This is much nicer than putting the uncooked filling into the unbaked pastry and then baking, although this is often done.

CUSTARD PIE

MATERIALS:

3 eggs	1 heaping teaspoon flour
1 pint sweet milk	4 heaping tablespoons sugar

PREPARATION:

Beat the eggs just enough to blend thoroughly, add the sugar, then the flour. Heat the milk and stir in the mixture. Flavor to taste and bake in a raw crust until the custard is set.

LEMON PIE

Filling for one pie

MATERIALS:

$\frac{3}{4}$ cup granulated sugar	1 heaping tablespoon flour or
$\frac{3}{4}$ cup hot water	1 thick slice of bread
1 lemon, juice and rind	2 egg yolks
	Pastry shell

THE CALUMET COOK BOOK

MERINGUE

2 egg whites
2 tablespoons powdered sugar

Few drops lemon juice

PREPARATION:

Grate the lemon and reserve half of the grated rind for the meringue.

Mix the granulated sugar and flour, add the hot water and lemon juice and rind. Cook in double boiler till thickened. Beat the egg yolks slightly and mix with a tablespoon of water and add to the mixture.

When cooled pour into the baked pastry and spread with the meringue.

PREPARATION OF MERINGUE:

Put the whites of the eggs into deep, narrow bowl and beat foamy with a rotary egg-beater. Then add one-half level teaspoon of CALUMET Baking Powder and beat till stiff, add the sugar and beat very thoroughly. Place under broiler flame for a moment or two to brown, or in an oven with good top heat.

PIE-PLANT PIE

MATERIALS:

2 cups pie plant
1 cup sugar

1 tablespoon flour (rounding)
1 tablespoon butter (level)
Pastry

PREPARATION:

Cut the pie-plant in inch long pieces after washing, but not peeling. Mix the sugar and flour. Sprinkle over the pie-plant in layers in the pastry. Dot with

pieces of butter. Moisten the edges of the pastry and press down the edge of the cover well. Make openings for steam vent. Bake in moderate oven thirty minutes.

FRUIT PIES

Apple, green tomato, blueberry, raspberry, blackberry and cranberry pies require the same treatment as pieplant pie, the amount of sugar depending upon the flavor of the fruit. The rule is about one cupful of sugar and three tablespoonfuls of flour with a few dots of butter.

Spice may or may not be used, to suit the taste.

If the fruit like pieplant or cranberries are very acid a half teaspoonful of soda may be sifted with the sugar and flour.

The blueberry and cranberry pies are often covered with a lattice instead of an entire cover of pastry.

DUTCH APPLE PIE

Select apples which will quickly cook tender. Line a pie tin with rich pastry, make a small braid or twist of pastry to border the pan. Mix 2 tablespoonfuls of flour and 1 tablespoonful of cinnamon with 1 cupful of sugar. Cut the apples into thick slices or eighths. Arrange them overlapping in the pastry shell. Sprinkle with the sugar, dot with butter. Cover for the first 15 minutes and bake 30 to 40 minutes.

PINEAPPLE PIE FILLING

MATERIALS:

2 cups shredded pine- apple or equivalent in fresh fruit	$\frac{1}{2}$ cup cream (sweet or sour) $\frac{1}{2}$ lemon, juice and rind 1 level tablespoon butter
1 cup sugar	3 egg yolks
$\frac{2}{3}$ cup flour	

THE CALUMET COOK BOOK

PREPARATION:

This filling may be mixed and baked in either an uncovered pastry or with lattice.

It may be cooked in a saucepan and poured when cold into a baked pastry shell or into tart shells.

The egg whites may be made into a Meringue with three tablespoons of sugar. The Meringue can then be spread over the pies or if tarts are made the Meringue may be heaped on the filling.

SCOTCH APPLE TART

MATERIALS:

Pastry	1 cup raisins, (seeded)
2 cups stewed apples	Sugar to sweeten
Slivers of thin rind of lemon	

PREPARATION:

Line sides of tart tins or ramekins with pastry, half fill with combined ingredients, cover with pastry and bake thirty minutes in moderate oven.

APPLE CUSTARD PIE

MATERIALS:

1½ cups apple sauce	2 heaping tablespoons bread
1 cup hot milk	crumbs, flavoring of
½ cup sugar	lemon or spice, baked
2 eggs	pastry shell

PREPARATION:

Heat the milk, add the mixed crumbs and sugar and the egg yolks slightly beaten. Whip in the hot apple sauce and the stiffly beaten egg whites. Cool and heap in pastry shell.

CAKES

AND THEIR PROCESS

The housewife who can serve to her family and guests dainty and rich cakes is the envy of her less fortunate sisters, and perhaps her near friend will exclaim, "you always do have such luck with your cakes."

Perhaps luck may enter into the work once in a while, and sometimes too, a clever guess may be made as to the materials, but guesswork spells failure more often than success.

Neither does the art of cake making consist in the possession of numerous recipes. It depends upon certain fundamental rules and a certain knowledge of the application of heat. Some people grasp these things intuitively, while others have to give more thought to the subject.

For instance, eggs and their manipulation are one of the main stumbling blocks, although each detail of cake making is important. Eggs contain albumen, which coagulates at about 130 degrees Fahr., while flour has to be subjected to a much greater heat in order to cook the starch. Therefore it will readily be understood that all cakes must rise to their full extent before browning over the top or applying heat enough to cook the flour.

A quickly effervescing baking powder is also to be avoided in the making of cakes. If a quickly effervescing baking powder is used, it should be held back until the cake is ready for the pan, when it should be beaten in thoroughly and the batter immediately put into the pan for baking. More important still is the proportion of baking powder.

Accuracy in measurement of all materials is absolutely necessary. Every kitchen should be provided with one or two of the glass or tin measuring cups and

THE CALUMET COOK BOOK

with them this accuracy can be obtained. Other tools necessary for the cake making are the egg whip for the whites of the egg and a rotary beater for the yolks, a wooden spoon with slotted bowl for the creaming of butter and sugar and mixing. The large size ordinary milk crock is superior to any other mixing bowl.

For the baking of cakes the aluminum pans with the tubes are a little better than those without. Do not grease the sides of the cake pans. Grease the bottom and flour. A paper is necessary for fruit loaf cakes and for any cake baked in a long sheet. Do not grease either paper or pan, unless the paper does not entirely cover the bottom of the pan. Then grease the uncovered bottom and corners.

Prepare the pans first, then prepare and measure all the materials before beginning the mixing. The whites and yolks of the eggs should be beaten separately unless the recipe specifically directs otherwise. If the butter is cold and hard, warm the sugar slightly or add a couple of tablespoons of hot water to the sugar. Never melt the butter. Cream the butter and sugar thoroughly, until white and curdled.

In making measurements, level off the cup or spoon with a knife. The proper proportion of baking powder is one level teaspoon for each level cup of flour. Cakes are never as delicious made with bread flour as with winter wheat or pastry flour. All cake recipes presuppose that winter wheat flour is to be used. Therefore, if bread flour is used, the measurement must be one-fifth less as bread flour takes up more moisture, or substitute for one-third of the flour an equal amount of corn starch or rice starch.

HIGH ALTITUDES

Almost all cake recipes are compounded for low altitude and the amount or proportion of flour depends

THE CALUMET COOK BOOK

on the altitude. For instance, a cake recipe calling for two and one-half cups of flour in ordinary altitude would in Butte or Denver, or any point in the mountains, require three cups, about one-fifth, more flour.

Do not use butter for greasing the pans, as there is the same objection to it as in all other forms of cooking, it burns too easily. Use vegetable oil or lard.

Begin the baking of cakes in a low oven, 220 degrees Fahr. As soon as the cake batter has risen to its full extent, increase the heat and when well set and lightly browned, reduce the heat if not quite baked.

The texture of a cake containing many eggs may be toughened by too hot an oven, just the same as a puff omelet is spoiled by over cooking.

If sour milk is used, neutralize its acid with the smallest bit of soda and use about half as much baking powder as with sweet milk.

If fruit or nuts sink to the bottom of the cake, it shows that the batter is too thin.

An accurate unit of measure could not be established for unsifted flour, as its density differs. That is why we always say sift the flour once before measuring. Then add the baking powder and sift two or three times to insure the perfect mixing of the two materials.

When cakes are properly mixed and the materials proportioned, there is no danger of the usual activity around the house disturbing the cake or causing it to fall when an efficient baking powder, Calumet, is used. When many egg whites are required a few drops of lemon juice added to the whites when beaten foamy will be an advantage, as the acid has the property of keeping the air cells intact. This is particularly desirable in the making of Meringues.

A cake is ready to take from the oven when it will spring back after a slight pressure of the finger.

Cakes baked in shallow or layer cake pans require about one-fifth more flour than when baked in loaf pans. A corresponding proportion of baking powder should also be used.

Before the advent of baking powder, cakes were made without leavening in some instances, such as fruit cakes and pound cakes, but the digestive habit of the people is different from that of sixty years ago, we now demand that bread and cake mixtures be leavened in order that the digestive process is not overtaxed as it would be by the admission of heavy cakes and breads.

You are therefore advised that when some of the old-fashioned fruit cake recipes are brought out for use, that you add soda to neutralize the acid of the molasses, jellies or sour milk that enter into their composition. Do not perpetuate such a dietetic blunder as to serve the family with cakes which are not lightened and made digestible with a good quality baking powder.

Use of soda should be restricted to the amount necessary to neutralize or counteract the acid of the milk or molasses. Please understand that not enough carbon dioxide would be thus generated to leaven the amount of flour used for such mixtures, therefore, it is necessary to supply the carbon dioxide in the form of baking powder in the proportion of half a level tea-spoon to each cup of flour, when soda is used to correct the acid of molasses or sour milk.

ADJUSTING OVEN

The tendency of many ovens is to accumulate too great a heat in the upper part. It is sometimes necessary to place a shallow pan on the upper rack directly over the cake. The pan need not have any water in it.

Appearance while baking is guide to manipulating the heat. The cake should look raw and bubbly over

THE CALUMET COOK BOOK

the top until just as high as it is going to be, then increase the heat slightly. The last ten minutes of baking, the heat is usually decreased.

FISHER VELVET CAKE

MATERIALS:

2	eggs	1 $\frac{1}{3}$	cups flour
$\frac{1}{3}$	cup milk	$\frac{2}{3}$	cup sugar
$\frac{1}{3}$	cup butter	2	tablespoons water
1 $\frac{1}{3}$	level teaspoons Calu-	3	drops lemon extract
	met Baking Powder	3	drops vanilla extract

PREPARATION:

Sift the flour once before measuring. Measure into the sifter, add Calumet and sift three times; cream the butter and sugar until frothy; beat the egg yolks until thick and lemon colored, then beat them well into the creamed butter and sugar; whip the whites of the eggs until stiff, then whip into the mixture; pour in the milk and water, sift in flour, add the extract and beat all until smooth.

Bake in small loaf pan, forty-five minutes, allowing the mixture to rise as high as it will before browning over the top.

If baked in shallow pan or in layer pans, one-third cup of flour should be added.

SNOW CAKE

MATERIALS:

2	egg whites	1 $\frac{1}{2}$	cups sifted pastry flour
$\frac{1}{4}$	cup butter	$\frac{1}{2}$	cup sugar
$\frac{1}{2}$	cup milk	1 $\frac{1}{2}$	level teaspoons Calumet
3	drops extract		Baking Powder

PREPARATION:

Sift the flour and baking powder four times. Cream butter and sugar. Beat the egg whites stiff and add to the butter and sugar. Add the milk, flour and extract and beat until smooth.

This will make two small layers or one small loaf.

BRIDE'S CAKE

(White Delicate Cake)

MATERIALS:

Whites of 6 eggs	1½ cups sugar
3 cups flour	½ cup butter
¾ cup milk	½ teaspoon extract
3 level teaspoons Calu- met Baking Powder	

PREPARATION:

First prepare the pan by greasing the bottom and flouring. Measure the flour which has been sifted once, then add the baking powder and sift four times.

Cream the butter and sugar. Beat the whites of the eggs until very stiff.

Add the beaten eggs to the creamed butter and sugar and mix lightly, then add milk, flour and extract and beat vigorously.

Bake in moderate oven not less than forty-five minutes.

ONE EGG CAKE

MATERIALS:

1 egg	1⅔ cups sifted flour
¼ cup butter	½ cup sugar
½ cup milk	1½ level teaspoons Calumet Baking Powder
3 drops flavoring extract	

PREPARATION:

Sift the flour once before measuring and four times after adding the baking powder.

Cream the butter and sugar until white and fluffy. Break the egg without separating into the creamed butter and sugar and beat well.

Then add the milk, flour and extract and beat until smooth. This amount will make two small layers or one small loaf. Bake in moderate oven thirty minutes. Will also make one dozen drop cakes baked in deep gem pans.

DEVILS FOOD

MATERIALS: (for custard):

2 level teaspoons cinnamon	2 level teaspoons allspice
2 level teaspoons cloves	1 level teaspoon nutmeg
1 level teaspoon mace	2 squares chocolate
6 level tablespoons sugar	6 level tablespoons milk

MATERIALS (for cake):

2 $\frac{1}{2}$ cups sifted flour	4 eggs
$\frac{3}{4}$ cup milk	1 $\frac{1}{4}$ cups sugar (granulated)
2 $\frac{1}{2}$ level teaspoons Calu- met Baking Powder	$\frac{2}{3}$ cup butter

PREPARATION:

To make the custard put the broken chocolate into a small bowl over hot water, add the sugar, spices and milk. Stir until smooth when set aside to cool while mixing the cake.

Sift the flour once before measuring. Measure into the sifter, add the CALUMET and sift three times. Cream the butter and sugar until frothy. Beat the yolks of the eggs until thick and lemon colored, then beat into the creamed butter and sugar. Whip the egg whites stiff and add lightly to the mixture, pour in the milk, sift in the flour and mix until smooth. Then beat the custard into the batter until thoroughly mixed.

This cake baked in a loaf pan must bake about forty to forty-five minutes and heat must be regulated so that cake will rise as high as it will before browning over the top.

Baked in layer pans it requires one-half cup more of flour and one-half level teaspoon of Calumet. When baked this cake is very smooth and rich. If baked in layers and put together with meringue icing in which chopped nuts, raisins and figs are mixed it is an exceedingly rich cake.

HOT WATER SPONGE CAKE

MATERIALS:

1½ cups flour	½ cup hot water
1 cup sugar	3 eggs
1½ level teaspoons Calu- met Baking Powder	3 drops flavoring extract or grated rind of orange

PREPARATION:

Sift the flour and baking powder four or five times. Separate the eggs, beat the yolks until thick and lemon colored. Whip the whites until stiff, then add the sugar and whip a moment more, add the yolks and whip again.

Sift in the flour, add extract.

Pour the hot water quickly around the bowl and as quickly whip all ingredients together. Pour immediately into greased and floured pans.

May be baked in layers and put together with whipped cream or fruit or berry meringue.

This will make one medium loaf or three small layers.

DATE CAKE

MATERIALS:

¾ cup sugar (brown)	1 egg
⅜ cup butter (6 level tablespoons)	1½ level teaspoons Calumet Baking Powder
1½ cups flour	½ level teaspoon cinnamon and nutmeg
½ cup milk	
¼ pound stoned dates cut in 4 pieces	

PREPARATION:

Sift flour, spices and Calumet five times. Cream the butter and sugar. Break the white of the egg into a bowl and beat very stiff, drop in the yolk and beat three minutes. Add to the butter and sugar, pour in the milk and add the flour, and mix thoroughly. Then add the dates. Bake forty minutes in a low oven.

GENERAL DIRECTIONS FOR FRUIT CAKES

When planning to make fruit cake make a list of all materials needed, and check off those at hand.

Prepare all fruits, nuts, etc., the day before mixing and baking.

To prepare citron, lemon and orange peel, drop them into hot water for a few minutes, after which they can be easily sliced or chopped.

Cleanse all fruits and chop or slice as determined by recipe, the day previous. Prepare pan by fitting with two or three thicknesses of note paper or heavy wrapping paper. Cut the paper so that corners of pans are not crowded with paper. Grease the pans only where the paper does not cover. Do not grease the paper.

The mixing of the cake is accomplished the same as with other cakes. Then the fruit is floured and added the last thing.

To bake the fruit cake place the pans in a large dripping pan or roaster. Pour cold water to the depth of one and one-half inches. Do not allow the water to entirely dry out but add boiling water if required. Bake fruit cake from two to three hours, depending upon the size. The oven should be regulated to 240 degrees Fahrenheit for the first hour, and increasing slightly before taking cakes from the oven. Cover each cake loosely until half an hour of removing from the oven.

Fruit cakes may be kept indefinitely if thoroughly baked and kept where dampness will not cause mold.

One old-fashioned precaution was to sprinkle cakes with brandy.

Brandy was used in place of sherry or grape juice. However, the two latter ingredients make the cake less indigestible. Whiskey is entirely out of place and ruinous to the flavor.

THE CALUMET COOK BOOK

A good heavy covering of icing tends to preserve fruit cake and is to be recommended.

FRUIT CAKE

MATERIALS:

1 cup butter	$\frac{1}{2}$ cup grape juice or sherry
1 cup sugar	$\frac{1}{2}$ pound citron
1 cup cherries crystalized or maraschino	$\frac{1}{4}$ pound each lemon and orange peel
1 cup preserved kumquats, drained	2 level teaspoons cinnamon
1 cup blanched almonds, ground	$\frac{1}{2}$ level teaspoon nutmeg
1 cup hickory nuts or pecans	$\frac{1}{4}$ level teaspoon mace
$\frac{1}{2}$ cup jelly, currant or plum	$\frac{1}{4}$ level teaspoon allspice
3 cups flour	2 level teaspoons cocoa
3 cups raisins (seedless)	2 level teaspoons Calumet Baking Powder
	$\frac{1}{2}$ level teaspoon soda
	6 eggs

PREPARATION:

Mix the cake according to instructions for fruit cakes, reserving the cherries and Kumquats or crystalized pineapple until the batter is in the pans. Then distribute these fruits over the surface.

With a silver knife press them into the batter evenly.

This recipe will make about seven pounds of fruit cake.

BLACK FRUIT CAKE

MATERIALS:

1 pound butter	2 squares chocolate (melted)
2 pounds seeded raisins	10 eggs
2 pounds currants	1 cup brown sherry or grape juice
1 pound orange peel	2 level teaspoons allspice
$\frac{3}{4}$ pound citron	2 level teaspoons cinnamon
Rind and juice of 2 lemons	1 level teaspoon cloves
1 cup N. O. molasses	2 level teaspoons Calumet Baking Powder
1 pound flour	$\frac{1}{2}$ level teaspoon soda
2 pounds Sultana raisins	
1 pound granulated sugar	
$\frac{1}{4}$ pound lemon peel	

THE CALUMET COOK BOOK

PREPARATION:

Pour boiling water over the citron, lemon and orange peel, then at once remove the lemon and orange peel, squeezing out any water and run through coarse knife of the food chopper. Remove citron and slice thin and cut in inch pieces. Then using an additional cup of flour, carefully flour the raisins, currants and citron. Cream the sugar and butter, add the eggs well beaten without separating, molasses, flour in which baking powder and soda have been sifted, spices, grape juice and rind and juice of the lemon and melted chocolate. Then add the fruit. Steam three hours and remove to a moderate oven for one hour, or place pan in shallow pan of water in moderate oven and bake two hours, covering the cakes the first hour. A roaster may be used.

This recipe makes about fourteen pounds.

MINCED FRUIT CAKE

Here is a recipe for a fruit cake that will keep indefinitely and is much more economical than most fruit cakes.

MATERIALS:

1 pound raisins	3 level teaspoons Calumet
1 pound currants	Baking Powder
¼ pound candied lemon peel	5 cups pastry flour
¼ pound candied orange peel	½ cup pastry flour
½ pound citron	1 cup N. O. molasses
1 pound fat salt pork	2 cups sugar
4 level teaspoons nutmeg	2 cups boiling water
1 level teaspoon each soda, cloves, allspice and mace	1 cup nut meats
	4 eggs

PREPARATION:

Cover the citron, lemon and orange peel with warm water for ten minutes. Take out the citron and cut with a sharp knife in inch pieces, sliced thin. Put the lemon

THE CALUMET COOK BOOK

and orange peel through the food chopper, follow with half of the raisins and then the salt pork, freed from lean meat and skin.

Put all the materials that have been put through the food chopper into a mixing bowl, pour over these the pint of boiling water in which the soda has been dissolved, add the molasses, sugar and spices. Flour the raisins, currants and citron with the one-half cup of flour. Sift the flour once before measuring, then measure, add the Calumet baking powder and sift three times.

Beat up the eggs without separating and add to the mixture in the mixing bowl, then add the flour and stir hard. Add the fruit and nuts. This mixture is sufficient for two large cake pans, with tubes, such as the ten-egg angel cake is baked in. Do not attempt to bake this in a large pan without the tube, but it may be baked in the half-size cake tins or individual bread tins. Great care must be taken to bake the cake slowly, allowing it to rise to its full capacity before forming a crust over the top. Bake not less than forty-five minutes.

GOLD CAKE

MATERIALS:

2½ cups sifted flour	½ level teaspoon orange extract
1¼ cups sugar	
⅔ cup butter	½ level teaspoon vanilla extract
¾ cup milk	
2½ level teaspoons Calumet Baking Powder	7 egg yolks

PREPARATION:

Sift the flour and Calumet four times. Cream the butter and sugar until white and fluffy. Beat the egg yolks until thick and lemon colored. Whip them into the butter and sugar. Sift in the flour, pour in the milk, add the extract and beat until smooth. Bake in low oven forty-five minutes.

THE CALUMET COOK BOOK

NUTMEG CAKE (Layer)

MATERIALS:

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ level teaspoons Calumet
1 cup sugar	Baking Powder
$2\frac{1}{2}$ cups pastry flour	1 level teaspoon nutmeg
sifted	1 level teaspoon cinnamon
$\frac{3}{4}$ cup water	2 eggs

PREPARATION:

Sift flour, Calumet and spices several times. Cream butter and sugar with one tablespoon of hot water. Separate the eggs and beat the whites very stiff and then drop yolks in and continue beating for a moment. Whip them into the butter and sugar, add the water and flour and beat until smooth. Bake in two layers. Put together with plain icing, and cover top with the same. This may be baked in gem pans.

If baked in loaf pan, use one-half cup of flour less, reducing the baking powder one-half teaspoon.

JELLY ROLL

MATERIALS:

1 cup sugar	$2\frac{1}{2}$ level teaspoons Calumet
$\frac{2}{3}$ cup butter	Baking Powder
$2\frac{1}{4}$ cups flour (pastry)	1 teaspoon flavoring extract
	6 eggs

PREPARATION:

Prepare two pans (about 7x14 inches), or one pan twice the dimensions, by greasing the corners only and lining the bottom of each with ungreased paper. Sift the flour once before measuring. Add the baking powder to the flour and sift four times.

Cream the butter and sugar until white and curdled, add the well beaten eggs, then the flour and the extract. Beat thoroughly and spread half of the batter on each

THE CALUMET COOK BOOK

pan. Bake in a slow oven, putting one pan into the oven slightly in advance of the other so as to have the first rolled before the other is ready, as they must not be allowed to cool before rolling.

They are ready to take from the oven when they will spring back after a slight pressure of the finger on the center.

While baking, place your jelly in readiness, and a thin knife or spatula with which to spread it. Lay a damp towel on your table, and just before removing your cake from the oven, lay a dry towel over the damp one and sprinkle with a tablespoon of granulated sugar.

Turn the cake onto this and if the edges have become crisp in the baking, trim them with a sharp knife, then quickly and evenly spread the jelly very thin. Take the end of the upper towel near you and holding it firmly roll the cake over and over, without allowing the towel to roll with it. Allow it to stand five minutes, when it will be ready to slice or lay away.

BURNT LEATHER CAKE

MATERIALS FOR CARAMEL:

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup boiling water

MATERIALS FOR CAKE:

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

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

3 cups flour

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

3 eggs, white and yolk

3 level teaspoons Calumet
Baking Powder

PREPARATION:

Make a caramel of the sugar by putting it into a small steel saucepan and browning until short of the burning point, then dissolve it with the boiling water and stand aside until required for the cake.

Measure the sifted flour, add the baking powder to it and sift four times.

THE CALUMET COOK BOOK

Cream the butter and sugar and add the well beaten egg yolks and then whip in lightly the stiffly beaten whites.

Pour in the water, add half of the caramel (which should measure about two tablespoons) add the flour and beat thoroughly.

Pour into a shallow pan and bake in a moderate oven. When cool cover with a boiled icing to which has been added the balance of the caramel.

ST. PATRICK CAKE

MATERIALS:

Whites of 7 eggs	1½ cups granulated sugar
3 cups of pastry flour	½ cup butter
⅔ cup milk	3 level teaspoons Calumet
1 teaspoon extract	Baking Powder

PREPARATION:

Prepare first a large round cake pan with a tube in the center, by greasing only the bottom and flouring it. It is not necessary to grease the sides.

Sift the flour and measure level cupfuls, add the baking powder and sift three times.

Cream the butter and sugar very thoroughly, beat the whites very stiff. Whip the whites very lightly into the creamed butter and sugar. To this mixture add the milk, flavoring and flour and beat thoroughly.

Pour into the pan and bake in a moderate oven not less than forty-five minutes. This means that the cake must rise to its full capacity before allowing it to brown over. Allow to cool slightly before taking it from the pan.

Cover the top and sides of the cake with meringue icing.

Prepare green mint cherries, cutting in halves. Place them in groups of three to simulate shamrocks

THE CALUMET COOK BOOK

over the top of the cake, using strips of citron for stems. In place of the cherries blanched pistachio nuts may be cut fine and sprinkled over the top and sides of this cake.

POUND CAKE

MATERIALS:

1 pound sugar	1 tablespoon of orange
1 pound flour (pastry)	flower or rose water
Whites of 12 eggs	$\frac{1}{2}$ cup sherry
Yolks of 9 eggs	1 level teaspoon Calumet Baking Powder

PREPARATION:

Cream the butter, then add the sugar gradually and beat until white and curdled. Beat the yolks until thick and lemon colored, add them gradually to the creamed butter and sugar and beat fifteen minutes. Sift the flour and baking powder six times and add to the mixture a little at a time, beat five minutes, add sherry and rose water gradually, beating all the time. Whip the egg whites very stiff, then add them lightly to the other ingredients.

Bake in a pan with a tube, about one and one-half hours, not allowing it to brown over the slightest until as high in the pan as it will be. This is a rule to follow in all cake making, but more particularly with a cake containing so many eggs.

QUICK DROP CAKES

MATERIALS:

6 level tablespoons soft butter or other shortening	2 eggs
2 cups sifted flour	2 level teaspoons Calumet Baking Powder
1 cup milk	Spices or flavoring extract may be used

THE CALUMET COOK BOOK

PREPARATION:

Sift the flour and baking powder. Separate the eggs, placing the whites in the mixing bowl, beat very stiff with a rotary egg beater, add the egg yolks and beat. Then add the sugar and shortening. Beat enough to mix well. Add milk and flour, spices or extract and mix. Fill gem pans about half full and bake about twenty minutes. These cakes are very dainty served warm.

When cold they can be sliced crosswise, then toasted, and covered with an icing of powdered sugar and chopped pecans or maraschino cherries sprinkled over the top.

HUCKLEBERRY CAKE

MATERIALS:

$\frac{1}{2}$ cup butter	1 teaspoon each of cinnamon
$\frac{1}{2}$ cup sugar	and nutmeg
$1\frac{1}{2}$ cups flour	1 pint berries dredged with
$\frac{1}{2}$ cup sweet milk	flour
$1\frac{1}{2}$ teaspoons Calumet	1 egg
Baking Powder	

PREPARATION:

Mix cake batter as usual. Stir the berries carefully in, last. Bake in moderate oven. Ice with plain icing.

JAM CAKE—No. 1

MATERIALS:

1 cup sugar	$\frac{1}{2}$ level teaspoon soda
$\frac{1}{2}$ cup butter	1 level teaspoon Calumet
2 cups flour	Baking Powder
1 cup rich jam	3 tablespoons buttermilk
3 level teaspoons mixed	3 eggs
spices	

PREPARATION:

Mix as for other cakes, adding jam last.

This may be baked in layers by adding one-quarter cup more of flour and put together with plain icing.

JAM CAKE—No. 2

MATERIALS:

1 cup sugar	1 level teaspoon Calumet
$\frac{3}{4}$ cup butter	Baking Powder
3 cups flour	1 level teaspoon cinnamon
$\frac{3}{4}$ cup buttermilk	1 level teaspoon allspice
1 cup jam	$\frac{1}{2}$ level teaspoon mace
1 level teaspoon soda	$\frac{1}{2}$ level teaspoon cloves

PREPARATION:

Mix as for other cakes. Add jam just before pouring cake into the pans. Bake in moderate oven.

NUT GOLD CAKE

MATERIALS:

Yolks of 6 eggs	$\frac{2}{3}$ cup butter
$2\frac{1}{2}$ cups of sifted flour	1 cup nut meats, chopped
$1\frac{1}{4}$ cups sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{2}{3}$ cup milk	$2\frac{1}{2}$ teaspoons Calumet
	Baking Powder

PREPARATION:

Cream the butter and sugar very thoroughly, adding a tablespoon of hot water will quicken the work, as it dissolves the sugar. Beat the eggs until lemon colored, mix with the creamed butter and sugar and beat. Sift the flour once before measuring, then add the baking powder and sift four times. Add the vanilla to the mixture, then the flour and milk and beat hard. Flour the nuts with a tablespoon of flour and stir in.

If this cake is baked in layers one-half cup more of flour and one-half level teaspoon of Calumet is required. If baked in a loaf tin, bake about forty-five minutes in a moderate oven.

LEMON NOUGAT CAKE

MATERIALS: (Custard)

$\frac{3}{4}$ cup sugar	1 teaspoon butter
3 level tablespoons flour	1 egg
2 tablespoons water	Juice and grated rind of 2 lemons

THE CALUMET COOK BOOK

PREPARATION:

Make a custard of the above ingredients, putting the water, lemon juice and rind with the butter into a double cooker. Mix the flour and sugar thoroughly and add, then the beaten egg. When cooked set it aside to cool and while cooling prepare the cake batter.

MATERIALS: (Cake)

1 cup sugar	2 eggs
$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups pastry flour
1 cup milk	$2\frac{1}{2}$ level teaspoons Calumet
1 cup blanched almonds	Baking Powder

PREPARATION:

Cream the sugar and butter, beat the yolks of the eggs until thick and mix with the creamed butter and sugar. Add the milk. Sift the flour once before measuring, add the baking powder and sift three times, add it to the mixture and beat well. Now add the custard, beat thoroughly and then add the whites of the eggs stiffly beaten and the cup of almonds.

This may be baked in two thick layers and put together, with a plain boiled icing in which one cup of chopped, blanched almonds have been mixed, or baked in a loaf and covered with the same kind of icing.

Bake in low oven forty-five minutes.

DRIED APPLE CAKE

MATERIALS:

$1\frac{1}{2}$ cups dried apples	2 eggs
$1\frac{1}{2}$ cups molasses	1 level teaspoon soda
$\frac{1}{2}$ cup raisins (seeded)	1 level teaspoon Calumet
$1\frac{1}{2}$ cup flour	Baking Powder
$\frac{1}{2}$ cup butter	Spices to taste

PREPARATION:

Soak the apples in water to cover over night. Drain, chop fine and cook in molasses till tender, then add the raisins and cook a few moments more and cool.

When cold mix in well beaten eggs, the butter and the flour, into which the baking powder and soda have been sifted, add the spices.

Bake in a moderate oven.

SMALL CAKES, COOKIES

VELVET TEA BISCUIT

MATERIALS:

1 cup sugar	2 level teaspoons Calumet
$\frac{1}{2}$ cup butter	Baking Powder
1 egg	$\frac{1}{2}$ cup milk
	2 cups bread flour

PREPARATION:

Beat the butter and sugar to a cream, add the well beaten egg, then the milk, and sift in the flour and baking powder together. It should make a very light dough, but if too soft a little more flour may be added. Roll out on a well floured board and cut out with a biscuit cutter. Place close together in shallow biscuit pan.

Bake about ten minutes and eat hot.

HERMITS

(A Drop Cooky)

MATERIALS:

1 egg	1 teaspoon cinnamon
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup butterine	$\frac{1}{2}$ teaspoon mace
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon nutmeg
6 tablespoons milk	$\frac{2}{3}$ cup raisins
$1\frac{1}{2}$ level teaspoons Calu- met Baking Powder	$\frac{1}{3}$ cup nut meats

PREPARATION:

Mix the materials in the order given after beating the egg, leaving fruit till the last. Drop on to greased pans in round teaspoonfuls, allowing space in the pan for spreading. Bake fifteen minutes in moderate oven.

This recipe will make about four dozen.

ENGLISH ROCKS

MATERIALS:

2 cups flour	1 cup currants
$\frac{3}{4}$ cup sugar	6 level tablespoons shortening
2 level teaspoons Calu- met Baking Powder	Pinch of salt
	3 eggs

THE CALUMET COOK BOOK

PREPARATION:

Sift the flour and Calumet four times. Work in the shortening as for biscuits. Add the sugar and then the well beaten eggs. Add currants last.

Lift rough lumps of dough with a fork onto well greased pans. They should look rough as possible. Bake twenty minutes in moderate oven.

ALMOND WAFERS

MATERIALS:

$\frac{1}{3}$ cup butter	$\frac{3}{4}$ cup blanched and chopped almonds
$\frac{3}{4}$ cup bread flour	2 eggs
$\frac{1}{2}$ cup sugar	1 teaspoon lemon juice

PREPARATION:

Sift the flour three times. Cream the butter and sugar, add the eggs, beaten without separating, the lemon juice, flour, and the nuts. Drop onto greased baking sheets or bottom of dripping pan. Bake a very light brown.

MACAROONS

In order to cover the subject thoroughly, I will explain the most satisfactory method of blanching almonds.

After shelling the almonds, pour over them boiling water to completely cover. Allow them to remain not less than five minutes. Then throw them into a coarse strainer and set it in a dish of cold water. All that is necessary to remove the skin is to press between the thumb and finger. Do not throw the skins back in the dish to handle over again. Drop the almonds into cold water until all are blanched, and then drain and lay on towel to dry.

THE CALUMET COOK BOOK

MATERIALS:

1½ cups blanchéd almonds	½ cup powdered sugar Whites of 3 eggs
¾ cup granulated sugar	

PREPARATION:

Put the almonds through the finest knife of the food chopper. They should come out of the food chopper in a paste.

Have the egg whites in a glass ready to use, also the sugars measured. Pour about a quarter of the granulated sugar into the nut paste and work it in with the hand, much as butter and sugar are creamed for a cake. Then add about a third of the egg. Add the balance of the sugar and the eggs. Then last of all add the powdered sugar.

If possible use large baking sheets or shallow tins. Cut to barely fit them sheets of writing or wrapping paper. Do not grease either the tins or the paper.

Make a cornucopia of wrapping paper doubled. Put in the paste and drop onto the paper in little dabs about the size of a large nutmeg, about two inches apart. These will spread as soon as dropped. This quantity will make about seven dozen macaroons. They must be baked in a medium hot oven to a delicate brown.

If you have observed the macaroons made by the bakers, you will have seen that the surface has a broken, mottled appearance. When taken from the oven place the papers, macaroon side down, on the cake board, and lay a towel wrung from cold water over them. This will cause them to sweat. Then with a knife they can be easily removed.

If made according to the directions above given, these macaroons will have the same appearance as those of the professionals, but are much more tender. There is not much economy in making them at home, but a daintier article is the result.

THE CALUMET COOK BOOK

CARDAMON CAKES

MATERIALS:

3 eggs	1 tablespoon ground or powdered cardamon seeds
3 heaping tablespoons sugar	Oil in which to fry
3 tablespoons cream	Flour to roll soft dough
1 tablespoon brandy or sherry	

PREPARATION:

Beat the eggs without separating, add materials in order named. Roll out one-half inch thick, cut in square or diamond shape with pastry wheel about three inches square. Drop into hot oil, watch carefully, as they brown rapidly.

Do not roll in sugar.

The cardamon seeds may be obtained at the druggists.

Take out the black seeds from the pods and crush them fine.

BERLIN CAKES

(Will keep indefinitely)

MATERIALS:

3 egg yolks (hard boiled)	4 egg whites beaten
4 egg yolks (uncooked)	1 level teaspoon Calumet
1 cup confectioners sugar	Baking Powder
6 cups pastry flour	Granulated sugar
2 cups butter	

PREPARATION:

Sift the flour, Calumet, and confectioners sugar four times. Cream the cooked egg yolks with the uncooked. Mix the butter into the flour as though for biscuit. Add the egg yolks a small quantity at a time until all used.

Roll the dough in small pieces about one-half inch thick, cut in strips, dip in the beaten egg white, roll in the granulated sugar, and bake in low oven a delicate brown.

THE CALUMET COOK BOOK

EGGLESS COOKIES.

MATERIALS:

1½ cups buttermilk or sour cream	1 level teaspoon soda
1½ cups sugar	1 level teaspoon Calumet Baking Powder
¾ cup margarine or butter	4 cups sifted flour

PREPARATION:

Sift the flour, soda and Calumet very thoroughly, mix in the sugar and then the shortening.

If any more flour is necessary add it, but care must be taken to avoid too much flour in the cookies.

Roll out a scant half inch thick, sprinkle with sugar, and cut. Bake in low oven, and do not brown too much. The cookies may be finished with a raisin or nut meat before putting into the oven.

PEANUT COOKIES

Make the Eggless Cooky mixture and add one-half cup of blanched, chopped peanuts that have previously been roasted.

RAISIN COOKIES

Make the Eggless Cooky mixture and add one cup of seedless raisins.

MRS. BURNSIDES' COOKIES

MATERIALS:

1 cup sour cream	1 teaspoon Calumet Baking Powder
1 cup butter	Pinch of salt
2 cups sugar	Flour to mix exceedingly soft
2 eggs	
½ teaspoon soda	

PREPARATION:

Warm the butter, cream the sugar and with it add the other ingredients. Roll this and cut out with a fluted cutter.

GINGER COOKIES

MATERIALS:

1 cup sugar	1 teaspoon soda in 3 table-
1 cup shortening	spoons water
1 cup molasses	1 teaspoon Calumet Baking
1 egg	Powder
1 teaspoon cinnamon	Flour to make a soft dough
1 teaspoon ginger	

PREPARATION:

Sift three cups of flour with the spices and Calumet. Beat the egg without separating, add sugar, shortening, molasses and flour, and enough more flour to make soft dough. Roll one-quarter inch thick. Bake in moderate oven.

SCOTCH SHORT BREAD

MATERIALS:

1 cup butter	2 cups flour
1 cup lard	1 egg
1 cup sugar	

PREPARATION:

Mix the butter, lard and sugar together. Add the egg, then work in the flour. Roll out and cut in shapes with pastry cutter. Shape the edges with thumb and finger.

Bake in moderate oven. They should be white or very light brown when baked.

There are many recipes for short bread, some in which spice is used.

MIDGETT'S COOKIES

MATERIALS:

1½ cups sugar	6 tablespoons milk
¾ cup butter or margarine or any preferred shortening	2 level teaspoons Calumet Baking Powder
4 eggs	Flour enough to roll out

THE CALUMET COOK BOOK

PREPARATION:

Beat the eggs without separating the white from the yolk. Add them to the milk.

Sift three cups of flour and baking powder together. Work in the shortening and sugar, work in the milk.

More flour may be required to make dough of right consistency to roll out, but use as little as possible. Roll one-half inch thick, cut with small cutter.

Bake in moderate oven.

SOFT SUGAR COOKIES

MATERIALS:

1 cup sour cream	2 eggs
1/2 cup water	1 level teaspoon soda
2 cups sugar	Pinch of salt
1 cup butter or margarine	

PREPARATION:

Beat up the eggs without separating. Have the butter or margarine soft without melting. Beat the sugar into the eggs, add the butter and mix them. Add the cream, water and the soda dissolved in a tablespoon of hot water and flour to make very soft dough.

Roll thin, sprinkle with sugar and run the rolling pin over it once, then cut with large cutter.

Bake in moderate oven.

MARGUERITES

MATERIALS:

Some long, narrow wafer crackers	1 level tablespoon lemon juice
2 egg whites	1/2 cup cocoanut
3 level tablespoons sugar	1 dozen crystallized cherries

PREPARATION:

Whip the white of the eggs foamy. Then add lemon juice and whip very stiff. Add the sugar and whip it in thoroughly. Then add the cocoanut.

Heap a little of this on each cracker, sprinkle with the cherries which have been cut into strips.

Put into a very low oven to dry and slightly brown.

CAKE FILLINGS AND ICINGS

COLD ICING

Take two cups XXXX sugar, one teaspoon butter and add cream or condensed milk to make of right consistency, flavor as desired. Two tablespoons cocoa may be added to make it a chocolate icing.

MOCHA ICING

Take two cups XXXX sugar, one tablespoon butter, two tablespoons cocoa and add strong coffee to make right consistency; flavor with three drops vanilla.

MARSHMALLOW ICING

Take two cups granulated sugar and one-half water, boil eight minutes. Have beaten whites of two large or three small eggs ready, pouring syrup over and beat constantly. As mixture stiffens add one level teaspoon Calumet Baking Powder.

SIMPLE CHOCOLATE ICING

Scald three tablespoons milk, add three tablespoons grated chocolate and stir thoroughly until chocolate is dissolved. Thicken with XXXX sugar to desired consistency. Flavor with few drops vanilla.

PLAIN ICING

This is the simplest form of icing and is made by beating up very thoroughly confectioners sugar dissolved with hot water or hot milk. Allowing it to stand an hour before spreading it, improves the flavor.

THE CALUMET COOK BOOK

ADAM AND EVE FILLING

MATERIALS:

2 tart apples	1 cup sugar
Juice and grated rind of 1 lemon	3 egg yolks
	2 heaping tablespoons flour

PREPARATION:

Mix the flour with the sugar. Beat the eggs. Peel and mince the apples into the lemon juice. Mix all of the ingredients and place in a double boiler and cook until the apples are tender.

If the apples have bright red skins, wash but do not peel them.

CHOCOLATE FILLING

MATERIALS:

$\frac{1}{2}$ cup sugar	1 cup milk
1 rounded tablespoon flour	4 drops vanilla
1 egg	2 squares chocolate
	Pinch of salt

PREPARATION:

Mix the sugar and flour thoroughly and stir into the hot milk with the pinch of salt. Stir the yolk of the egg with a little cold milk or water and add to the milk. Then add the melted chocolate and stir till cooked to a cream. Beat up the white of the egg very stiff and beat well into the mixture.

BROWN SUGAR CARAMEL FILLING—No. 1

To two cups brown sugar add water enough to dissolve freely or about three-quarters cup of water and a heaping teaspoon of butter. Boil until the syrup will form a thread. Take from the fire and beat until creamy enough to spread without running. Chopped nuts may be added, just before taking from the fire.

THE CALUMET COOK BOOK

CARAMEL FILLING—No. 2

MATERIALS:

2 cups brown sugar	2 eggs
½ cup milk	Vanilla

PREPARATION:

Dissolve the sugar with the milk. Boil slowly until the syrup dropped into ice water will crack. Beat the yolks and whites of the eggs separately until very stiff. Then combine them. Gradually pour over them the hot syrup, beating all the time. Add the flavoring and beat until cool and thick.

CARAMEL FILLING—No. 3

MATERIALS:

1½ cups brown sugar	4 level teaspoons butter
¾ cup sweet milk	

PREPARATION:

Cook the sugar and milk until the syrup will form a soft ball in ice water. Add the butter. Stir until firm enough to spread. Do not cook too long or it will become hardened when spread.

SOUR CREAM ICING

MATERIALS:

1 cup sour cream	1 cup nut meats
1 cup sugar	

PREPARATION:

Cook the cream and sugar until a soft ball may be formed. Add the chopped nut meats and beat until ready to spread.

COCOA MOCHA FILLING

MATERIALS:

1½ cups confectioners sugar	3 level tablespoons cocoa
1 egg white	6 drops vanilla
6 level tablespoons butter	2 tablespoons lemon juice

THE CALUMET COOK BOOK

PREPARATION:

Cream the sugar and butter thoroughly, add the cocoa and continue to cream. Whip up the egg white with the lemon juice and beat into the creamed butter and sugar. Add vanilla.

SOUR CREAM FILLING

MATERIALS:

4 egg yolks	1 cup chopped nuts
1 cup sour cream	1 heaping tablespoon flour
1 cup sugar	

PREPARATION:

Cook the cream, flour, sugar and egg yolks together until thick, then add the nuts.

MERINGUE ICING

MATERIALS:

1½ cups granulated sugar	2 level tablespoons granulated sugar
½ cup water	
3 egg whites	½ level teaspoon Calumet Baking Powder

PREPARATION:

Make a syrup of the first portion of sugar and the water. Cook until dropped from a spoon into ice water it will form a crystal rope brittle enough to crack.

Whip two egg whites until stiff, then whip in the two tablespoons of sugar, and immediately whip in the CALUMET Baking Powder.

When the syrup is ready, pour slowly over the meringue, whipping up lightly. When stiff and cooling, drop in the extra unbeaten white and continue beating till right consistency to spread.

If this icing is made on a bright sunny day, all of the extra egg white will be required, but in damp, heavy weather about one-half only may be required.

This icing can be used for cake decoration, forming beautifully into flowers, leaves, etc.

CHOCOLATE ICING

MATERIALS:

2½ cups powdered sugar	Hot water or hot clear coffee
2 squares melted chocolate or ½ cup of cocoa	to dissolve

PREPARATION:

Place the sugar in a quart bowl or cup. Pour just sufficient hot coffee or water to dissolve. Beat in the melted chocolate, adding more water or coffee until of right consistency to spread.

FONDANT

Few housewives know the value of the fondant. This is one of the many "short cuts" with which I advise the busy housewife to fortify against the unexpected, and to reduce kitchen work to a minimum.

Let me counsel the beginner not to be discouraged if the fondant is not just right the first time or two. No matter how explicit the instructions may be, atmospheric conditions and the utensils used may operate against success. A certain amount of judgment, or perhaps instinct is the correct name for that quality which is necessary for success, must enter into the work.

The recipe for fondant may be increased to enable the cook to have a supply on hand for emergencies. There is a point in the boiling beyond which you may not go. If you see, after cooling and kneading as per instructions, that it is not just right, return to the saucepan and add water and boil again. You will get to know after one or two trials just what the consistency must be. One more word of advice, use an aluminum saucepan, if possible, as the heat is more evenly distributed than in a granite pan.

This fondant is in general use as the cream for chocolate and other candies, as well as for icing.

THE CALUMET COOK BOOK

FONDANT ICING

MATERIALS:

1 pound sugar
½ cup water

XXXX confectioners sugar
1 tablespoon boiling water

PREPARATION:

Boil the sugar and water until the syrup will spin a heavy thread when dropped into cold water. Carefully pour the syrup out on a large platter. When cool enough to bear your finger in it, stir the mixture rapidly until it is soft, white and creamy. Dust your bread board with XXXX sugar, turn the mixture on it and knead it as you would biscuit dough until it is very soft and smooth. Let it cool, place in your double boiler and melt, stirring all the time.

Add one tablespoon of boiling water, flavor to taste and pour over the cake while hot.

CHERRY ICING

Allow four tablespoons of cherry juice to one cup of granulated sugar, cooking together until the syrup threads. Beat this into the stiffly whipped white of an egg.

PINEAPPLE CAKE FILLING

(Also for Tarts)

MATERIALS:

½ can shredded pineapple	1 tablespoon butter
¼ cup sugar	2 egg yolks
3 tablespoons flour	2 egg whites
½ cup cream	

THE CALUMET COOK BOOK

PREPARATION:

Mix together one-half can shredded pineapple or its equivalent in fresh fruit, three-fourths cup sugar into which two level tablespoons of flour have been mixed, one-half cup cream, one level tablespoon butter, and yolks of three eggs lightly beaten. Put this mixture into a double boiler and cook until thick. When cooked add the very stiffly beaten whites of two eggs and beat well. Remove from fire and cool or partially so, before spreading on cake.

BAKING POWDER BREADS

MARIAN'S BREAD CRUMB GRIDDLE CAKES

MATERIALS:

1 cup milk	1 cup flour
1 cup dry bread crumbs	1 or 2 eggs
2 level teaspoons Calumet Baking Powder	1 level teaspoon salt
3 level tablespoons melted shortening	2 level teaspoons sugar

PREPARATION:

DO NOT SOAK THE BREAD CRUMBS. Break the egg or eggs into a bowl or quart cup and beat a moment, add all of the ingredients except the bread crumbs, and beat smooth with the egg beater. Then add the bread and enough water or milk to thin to desired consistency. By the addition of shortening to the batter, the greasing of the griddle is avoided, eliminating the offensive odor of burning grease.

DAINTY DOUGHNUTS

MATERIALS:

1 egg	$\frac{1}{2}$ level cup of sugar
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ level cups flour
$1\frac{1}{2}$ level teaspoons Calumet Baking Powder	1 tablespoon butter or oil in which the doughnuts are to be fried

PREPARATION:

Cooking oil in which to fry; a wire basket with a kettle in which it fits is a great convenience.

Sift the flour and Calumet three times. Beat the eggs well and add sugar, shortening and flour and mix.

Enough more flour may have to be added to make soft dough, only stiff enough to be handled.

THE CALUMET COOK BOOK

With the Calumet Baking Powder you will find that the doughnuts may all be cut and placed on the board or pans and all ready before beginning the frying. This does away with the many steps between table and range.

This recipe makes about three and one-half dozen doughnuts.

KINDERGARTEN GINGER BREAD

MATERIALS:

4 level tablespoons sugar	1 egg
4 level tablespoons shortening	4 level tablespoons molasses
$\frac{1}{2}$ level teaspoon soda	4 level tablespoons milk
1 level teaspoon ginger	1 level teaspoon Calumet Baking Powder
1 level teaspoon cinnamon	1 level cup flour

PREPARATION:

Break the egg into a quart cup or bowl and beat for two minutes with a rotary egg beater, then add the materials, in the order named and beat thoroughly.

Drop into well greased gem pans or into cake pans. Bake fifteen minutes in moderate oven.

These are good either hot or cold.

This recipe makes one dozen gems.

BOSTON BROWN BREAD

MATERIALS:

$\frac{1}{3}$ cup whole wheat or graham flour	$\frac{3}{4}$ cup corn meal (yellow)
$\frac{1}{4}$ cup N. O. molasses	$\frac{1}{3}$ cup white flour
1 egg	$\frac{1}{4}$ cup sour milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup of seedless raisins may be added	1 level teaspoon Calumet Baking Powder

PREPARATION:

Beat the egg and add the molasses, milk and other ingredients. Put into well greased brown bread cans,

THE CALUMET COOK BOOK

cover each and place them in shallow pan with about one and one-half inch of water. Bake in moderate oven about one and one-half hours. This recipe will make one large loaf, or two smaller ones.

PERFECT CORN BREAD (Northern)

MATERIALS:

1 cup corn meal (yellow)	1/2 cup white flour
3/4 cups milk	1 egg
2 tablespoons melted shortening	1 tablespoon sugar, level
1/2 teaspoon salt	1 1/2 level teaspoons Calumet Baking Powder

PREPARATION:

Sift the dry ingredients together, whip up the egg in a measuring cup. Stir in the milk and pour into the other ingredients. Add the melted shortening and mix thoroughly by cutting batter back and forth. Pour into baking pan, brush the top with melted shortening and bake in moderate oven twenty-five minutes.

This recipe will make six large corn meal muffins or corn bread sufficient for three or four people.

WAFFLES

MATERIALS:

2 cups flour	1 1/2 cups milk
1 tablespoon sugar	1/2 teaspoon salt
1 tablespoon oil	2 level teaspoons Calumet Baking Powder
2 eggs	

PREPARATION:

Separate the eggs, placing the whites in a deep quart bowl, beat very stiff with rotary beater, then add the yolks and beat again, then add the other materials, and mix well, using the rotary beater as it makes the batter entirely smooth. Bake on well greased hot waffle irons, pouring in about a tablespoon to each section of the iron.

Dust with powdered sugar and serve hot.

THE CALUMET COOK BOOK

BUTTERMILK BISCUIT

MATERIALS:

2 cups bread flour	1 cup buttermilk
1 teaspoon salt	1 level teaspoon Calumet
$\frac{1}{2}$ teaspoon soda, level	Baking Powder
3 level tablespoons shortening	

PREPARATION:

Sift the flour with the baking powder and one level teaspoon of salt. Mix in with a fork or spatula one rounding tablespoon of shortening. If the buttermilk is not very sour use proportionately less soda. One cup of milk, more or less, according to the kind of flour used, will be required for two cups of flour. Stir in the milk with the fork and do not handle the dough with the hands until turned onto the floured board. Roll it out about one-half inch thick and cut with a medium sized biscuit cutter.

Brush the tops with melted shortening and bake in moderate oven about twelve to fifteen minutes.

This recipe will make twenty-four small or eighteen medium biscuits.

DAINTY MUFFINS

MATERIALS:

3 cups flour	4 level teaspoons Calumet
1 teaspoon salt	Baking Powder
4 tablespoons melted shortening	2 tablespoons sugar
1 egg	$1\frac{1}{2}$ cups milk

PREPARATION:

Sift the dry materials, add the milk, into which the egg beaten slightly is added, then the melted shortening. Mix thoroughly and quickly, cutting the dough back and forth. Drop into deep gem pans. Brush the top with melted shortening and bake twenty-five min-

THE CALUMET COOK BOOK

utes. Half of this recipe may be dropped as usual into the gem pan and set away in a cool place to bake the next morning.

This recipe makes one dozen muffins.

One pan of six muffins may be placed in the refrigerator to be baked and served hot for a later meal. Raisins may be added and in their season, one cup of blueberries will add greatly to the muffins.

BRAN BREAD

The following recipe for a health bread was prescribed by a physician for a patient of sedentary habit. As a choice between bran and drugs, the bran is perhaps the better of the two.

MATERIALS:

3 cups whole wheat flour	Buttermilk to make soft dough
3 tablespoons New Orleans molasses	1 cup bran
1 level teaspoon soda	Pinch of salt
	1 level teaspoon Calumet Baking Powder

PREPARATION:

Stir all of the ingredients together. Bake about forty-five minutes in a moderately hot oven. This is usually baked in a Buster Brown tin or in a tea or coffee can, that will leave as little of the surface exposed to crust over.

I would prefer to make this entirely of unsifted graham flour, as the amount of bran would be about the same. The chances are that it would be more cleanly than loose bran bought at a feed store.

COLONIAL BREAD (Whole Wheat)

MATERIALS:

2 cups whole wheat flour	1½ cups sweet milk
4½ level teaspoons Calumet Baking Powder	1 cup white flour
¾ cup broken walnut or pecan meats	1 level teaspoon salt
	2 level tablespoons sugar

THE CALUMET COOK BOOK

PREPARATION:

Sift the dry materials, add the milk and mix with a knife. Add the nut meats. Place in well greased bread pans. Let stand fifteen minutes. Bake in moderate oven one hour.

When in the oven half the time, one-half hour, turn the pan over. Currants, raisins or dates may be substituted for nut meats.

TWIN BISCUIT

MATERIALS:

- | | |
|---|---------------------------------------|
| 2 cups flour | 1 level teaspoon salt |
| 3 level teaspoons Calumet Baking Powder | 4 level tablespoons lard or butterine |
| $\frac{3}{4}$ cup milk, more or less | |

PREPARATION:

Sift the flour, Calumet and salt three or four times. Work in the shortening with a spatula or fork. Then make a soft dough with the milk.

This recipe makes eighteen twin biscuit cut with medium cutter.

Roll out half an inch thick. Brush generously with some melted shortening. Fold over and run the rolling pin over the dough or pat lightly together. Cut out with a fluted cooky cutter.

Brush tops with milk.

Bake ten minutes in medium hot oven. These may be prepared some hours before baking, placed in the pans and kept in cool place until ready to take place at table when they may be put into the oven.

In this way the biscuit may be served piping hot after the preliminary or first course is disposed of.

Twin biscuit are just the thing for individual strawberry shortcakes, also for serving with chicken fricasee, family style.

THE CALUMET COOK BOOK

DUTCH APPLE BREAD

(American Style)

MATERIALS:

2 cups flour	1 cup milk
1 egg	1 teaspoon salt
3 level teaspoons Calumet Baking Powder	2 tablespoons sugar
5 tart apples	1 heaping tablespoon butter or lard
Cinnamon and sugar	

PREPARATION:

Sift all of the dry ingredients. Beat the egg in measuring cup and add the milk. Work the shortening into the flour. Make a soft dough with the egg and milk.

Roll out to half an inch thick and put into pan. Brush the top with shortening. Core, peel and slice the apples, cut slices into halves and press them overlapping into the top of the dough.

Sprinkle with cinnamon and sugar and dot with butter. Bake about twenty-five minutes in moderate oven.

STRAWBERRY SHORTCAKE

MATERIALS:

2 cups flour	$\frac{3}{4}$ cup milk (more or less)
3 level teaspoons Calumet Baking Powder	4 level tablespoons lard or butterine
1 level teaspoon salt	

PREPARATION:

Sift the flour, Calumet and salt three or four times. Work in the shortening with a spatula or fork. Then make a soft dough with the milk.

Roll out half of the dough about a quarter of an inch thick. Fit it to a large pie pan. Brush over the top with melted shortening. Roll out the second half the same and place on the first half.

Bake fifteen minutes in moderate oven.

THE CALUMET COOK BOOK

Slip the shortcake when baked onto a large chop plate or platter. With a long knife turn the upper half onto the pan. Butter and heap with sweetened fruit, then place upper half over the fruit and sprinkle with powdered sugar.

CALUMET DUMPLINGS

(To Steam)

MATERIALS:

1 cup sifted flour	1 level teaspoon Calumet
$\frac{1}{2}$ level teaspoon salt	Baking Powder
$\frac{1}{2}$ cup sweet milk	

PREPARATION:

Sift the flour, salt and Calumet very thoroughly. Add the milk a little at a time to make the dough the consistency of biscuit dough. These may be steamed over hot water or dropped into the soup or stew as preferred.

Take the dough up on a teaspoon which has been in cold water.

Do not allow the soup to boil at a gallop after dropping in the dumplings as the agitation of the boiling would cause them to separate. Keep the kettle covered while cooking the dumplings. When cooked remove at once to hot tureen.

BLUEBERRY MUFFINS

For Blueberry Muffins use recipe for either "Quick Puff" or "Dainty Muffins," and add one cup of selected large blueberries.

CHERRY MUFFINS

Use recipe for "Tea Muffins," and add one cup of stoned cherries.

THE CALUMET COOK BOOK

DATE MUFFINS

Use recipe for "Tea Muffins," add, just before putting in the pans, one-half pound stoned dates cut into pieces.

BACON MUFFINS

Use recipe for "Dainty Muffins," and add one cup of diced bacon which has been crisped, before dropping batter into gem pans.

WHOLE WHEAT POCKET-BOOK ROLLS

MATERIALS:

1½ cups whole wheat flour	1 rounding tablespoon
1 cup milk	shortening
1 teaspoon salt	3 level teaspoons Calumet
½ cup white flour	Baking Powder

PREPARATION:

Sift the flour, baking powder and salt together, work in the shortening with a fork, then add enough milk to make dough to roll out. Roll one-half inch thick and cut in rounds with a large biscuit cutter.

Press a knife handle across each through the center, brush with the egg mixture and fold over, then brush the tops. Do not crowd into the pan. Bake in moderate oven twenty minutes.

MAPLE ROLLS

MATERIALS:

2 cups flour	3 level teaspoons Calumet
1 cup milk or less	Baking Powder
1 tablespoon shortening	1 teaspoon salt
(rounded)	½ pound maple sugar

PREPARATION:

Sift the flour, baking powder and salt. Work in the shortening with a fork or spatula and make a dough with the milk. Roll out as square as possible and

THE CALUMET COOK BOOK

sprinkle with the maple sugar. Brush the further end with water and roll the pastry from you in a firm roll. Brush with melted shortening.

Cut off in half-inch slices, place in greased and floured pan and bake fifteen minutes in moderate oven.

To prevent the syrup formed by the sugar from cooking onto the pan, the recipe for pastry may be increased one-third. Roll out one-third of the pastry very thin and cut rounds from it to cover bottom of pan. Then place each slice of the roll on a round. This looks fussy, but conserves all of the goodness as well as time and energy in cleaning baking pan.

QUICK CURRANT ROLLS

(Very fine)

Make a pastry as instructed for maple rolls. Roll out half inch thick, cover with cleaned currants and roll up like a jelly roll. Cut into half inch slices, brush with shortening or milk. Bake fifteen minutes. When taken from the oven spread with a thin mixture or powdered sugar and water.

The small seedless raisins are preferred by many instead of the currants.

QUICK SWEDISH TEA ROLL

MATERIALS:

3 cups flour	2 level teaspoons salt
$1\frac{1}{4}$ cups milk	4 level tablespoons lard
$4\frac{1}{2}$ level teaspoons Calu- met Baking Powder	$1\frac{1}{2}$ cups chopped nut meats Sugar

PREPARATION:

Sift the flour, salt and Calumet four times. Work in the lard with a spatula or fork as for biscuit. Beat the egg very light and stir into the milk. Stir this into the flour. Roll out half inch thick, rolling in long strip. Brush with melted shortening and sprinkle with nut meats.

Roll compactly, bringing the ends together. Place on biscuit pan, forming a circle. With a pair of shears

THE CALUMET COOK BOOK

cut slashes one inch apart as for slices, cutting half way through. Sprinkle with confectioners sugar and bake twenty minutes in moderate oven.

QUICK CINNAMON ROLLS

Make pastry as for Maple Rolls. Sprinkle the pastry with brown sugar and cinnamon in place of the maple sugar.

BUTTERSCOTCH ROLLS

Make pastry as for Maple Rolls. Roll out one-half inch thick. Spread liberally with soft butter or margarine. Sprinkle over this one and one-half cups brown sugar and a generous dash of cinnamon.

Moisten the further side with milk or water. Roll into compact roll. Brush the roll with melted shortening. Cut off slice one inch thick. Place them together in small well greased pans, a shallow loaf tin holding six slices being preferable. Bake in moderate oven twenty minutes, beginning with a low oven so as to enable sugar to melt. Do not allow to burn around the bottom.

When baked turn immediately over on to a plate to allow them to come out like a loaf.

QUICK PUFF

MATERIALS:

1½ cups flour	2 level teaspoons Calumet
1 cup milk	Baking Powder
1 tablespoon melted shortening	½ teaspoon salt
1 tablespoon sugar	2 eggs

PREPARATION:

Beat the white of the eggs stiff with a rotary egg beater, add the yolks and beat again, add about half the flour and the milk and beat smooth. Add the balance of the flour in which the sugar, salt and baking powder have been sifted. Drop into well greased gem pans and bake in a quick oven.

POPOVERS

MATERIALS:

3 eggs	2 cups milk
2 cups flour	1 teaspoon salt

PREPARATION:

Separate the eggs, beat the whites very stiff, add the yolks and the milk. Sift the flour and salt together and then add the liquid, gradually beating it with the beater. Have your gem pans well greased and hot, fill each half full. Bake in a moderate oven about half an hour. Do not bake too quickly or they cannot rise sufficiently.

SCOTCH SCONES

MATERIALS:

2 cups flour	1 level teaspoon Calumet
$\frac{1}{2}$ cup dried currants	Baking Powder
1 cup sour cream or buttermilk	1 teaspoon salt
$\frac{1}{2}$ teaspoon soda	1 teaspoon lard (rounded)

PREPARATION:

Sift the flour, salt, soda and baking powder. Work in the lard with a fork. Make a soft dough with the sour cream and add the cleaned currants.

Divide into four or six parts and form large biscuit shapes. Press a knife handle each way across each scone.

Brush with a mixture of egg yolks and water. Dust with powdered sugar and bake about twenty minutes in moderate oven.

DAINTY CORN BREAD (Custard Corn Bread)

MATERIALS:

1 cup milk	1 cup corn meal
1 cup white flour	1 pint milk
2 level teaspoons Calumet	$\frac{1}{2}$ teaspoon salt
Baking Powder	1 tablespoon melted
1 teaspoon sugar	shortening
2 eggs	

THE CALUMET COOK BOOK

PREPARATION:

Sift the flour, cornmeal, salt, baking powder and sugar. Beat the egg yolks and add them to the pint of milk. Stir the milk with the shortening into the flour. Then add the stiffly beaten egg white.

Butter a bread pan well and pour in the batter about two inches thick. Lastly pour the cup of milk into the center carefully without stirring.

Bake in a moderate oven about forty minutes. The center will be soft.

HOME-MADE SELF-RISING PANCAKE FLOUR

MATERIALS:

3 cups whole wheat flour	3 level tablespoons sugar
2 cups white flour	3 level tablespoons Calumet
1 cup corn meal	Baking Powder
1 level tablespoon salt	

PREPARATION:

Mix and sift all of these materials half a dozen times. Put into Mason jars with close tops.

When wanted for use mix to the desired consistency with milk or water. To avoid the odor of a smoking pancake griddle beat into the batter two level tablespoons of soft or melted shortening to each cup of flour mixture when ready to bake the cakes. No grease will be required on the griddle.

If desired one or two eggs may be added.

HOME-MADE SELF-RISING BUCKWHEAT GRIDDLE CAKE FLOUR

MATERIALS:

6 cups Buckwheat flour	3 level tablespoons sugar
2 cups white flour	3 level tablespoons Calumet
1 level tablespoon salt	Baking Powder

PREPARATION:

Sift the materials half a dozen times to insure thorough mixing. Place in fruit jars with tight covers.

THE CALUMET COOK BOOK

When ready to make pancakes take what may be required and mix with milk or milk and water.

For every cup of pancake flour mix two level tablespoons of soft or melted margarine or shortening into the batter. Do not grease the griddle.

WHOLE WHEAT MUFFINS

MATERIALS:

1 cup white flour	3 level teaspoons Calumet
1½ cups milk or milk and water	Baking Powder
1 teaspoon salt	3 tablespoons melted shortening
2 cups whole wheat flour	2 eggs

PREPARATION:

Sift the flour, baking powder and salt together. Beat the eggs and add the milk to them and pour into the flour, add the melted shortening and stir briskly back and forth. Drop into deep gem pans, brush the tops with shortening and bake in a moderate oven twenty-five minutes.

GRAHAM GEMS

Proceed the same as for whole wheat muffins, using a trifle more of graham flour, and be sure to sift the flour to take the coarse bran from it.

GINGER BREAD

MATERIALS:

2 cups flour	1 teaspoon nutmeg
½ cup butter or shortening	1 teaspoon cinnamon
½ cup molasses	½ teaspoon soda
½ cup sugar	1 teaspoon Calumet Baking Powder
½ cup hot water	2 eggs
2 teaspoons ginger	

PREPARATION:

Put the molasses, shortening, sugar, hot water and spices into a saucepan and allow to boil up. Cool. Then add the well beaten eggs and balance of ingredients. Bake in moderate oven twenty minutes.

YEAST BREADS

In the development of yeast SUGAR is the SPUR, SALT the BRIDLE.

Necessary conditions for the propagation of the yeast germ are warmth and moisture—product is $\text{CO}_2 + \text{C}_2\text{H}_6\text{O}$.

The yeast plant thrives on sugar and starch which is in the flour. As it develops the process produces alcohol and a lactic acid—later on another change produces acetic fermentation due to bacteria and known as souring. A tiny bit of soda may be used to overcome this tendency. But the formation of acetic acid must be regarded as an accident due to carelessness. However, the tiny bit of soda will do no harm.

DISEASES OF BREAD

Care must be taken to insure against the formation of foreign bacteria by a sanitary cleanliness of vessels and coverings with which doughs are surrounded. The conditions that will spoil jellies and preserves and cause them to mould will produce dangerous conditions in bread and flours. Such conditions are induced by dark and damp storage places. It was the experience of one very particular housekeeper that moving from a sixth floor apartment to a house with cellar cupboards in which she stored her jellies that the jellies which had kept perfectly for a year in the apartment were, inside of eight weeks, covered with green mould. The cellar and cupboards were apparently clean but not sanitarily clean. When once the bread utensils are infected only a thorough overhauling will eradicate the fungus. The common disease from fungus growth develops first in the center of the loaf, the growth (mycelium) permeating the entire loaf, causing a stringy, pasty condition.

THE CALUMET COOK BOOK

COMPRESSED YEAST is skimmed from fermented rye mixed with starch and pressed. Each cake of compressed yeast contains fifty billion yeast cells.

Present day conditions make it unnecessary for the housewife to use home-made yeast as the compressed yeast is as rapid as the best home-made soft yeast and far more dependable.

The dry yeasts found in the market are scientifically prepared and as economical as those made at home.

The manufactured yeasts are standardized as to amount of leavening.

The home-made yeasts cannot be standardized.

One of the frequent faults in bread making is the use of too much yeast.

In making rolls, rusks or buns in which eggs and shortening are used, start the dough with a sponge.

The grain will be finer and the bread whiter if well kneaded, due to the aeration or bringing in of oxygen to the dough. The sponge or doughs should be set away in a warm (75 degrees Fahr.) moist place until leavened to double their bulk.

In the absence of the proof-box as used by bakers for bread raising, a good substitute may be had in the oven of the gas range, by placing a dish of hot water under the lower shelf or rack of the oven. Understand, the oven is not to be heated or lighted. A cupboard is very easily arranged with open or slatted shelves for this purpose where no gas range is in use.

A great many housewives now make use of the fireless cookers for setting the sponge and dough to rise, but for pans of bread or rolls there is nothing quite equal to the proofing cupboard, as it insures against drafts and does away with the covering of the pans.

A large crock or jar is to be preferred for the setting of sponges or doughs as the stoneware is not susceptible to varying temperature.

THE CALUMET COOK BOOK

If fresh mashed potatoes are not at hand or convenient, one-half cup flour, scalded may be used. In either case the cooked starch supplies the proper food and conditions to promote the rapid development of the yeast plant.

Make this the basis of all yeast doughs, whether recipes call for it or not. Less yeast is required and a much better bread or roll is the result.

Knead yeast dough until it is full of small bubbles, discernible by blisters over the surface of the dough.

Set to rise in warm, steamy atmosphere until doubled in bulk. Roll dough should not be mixed as stiff as bread dough.

Sponges must not be allowed to stand too long.

The sponge is ready to mix when bubbles gather on the surface and break occasionally.

THREE MINUTE YEAST FORMULA

This is something new and is used by some of the better class chefs and bakers.

MATERIALS:

3 tablespoons of flour—pour in a teacup of boiling water. Cool to 120 degrees Fahr. Add 1 teaspoon Malt extract and $\frac{1}{4}$ cake dry yeast.

PREPARATION:

Whip for one minute with a rotary egg beater, cover and place where warm till night, then set bread with it.

FOUR HOUR OR LIGHTNING BREAD

Use the same formula as for plain "White Bread," with two cakes of yeast instead of one.

Mashed potatoes will hasten the process also.

HEALTH BREADS

(Coarse Flour Breads)

As to the wholesomeness of health breads, authorities differ. Many years ago health faddists made strong claims for the graham and other coarse flours, condemning the white and patent flours as some of the breakfast food companies are still doing.

Graham flour has for its principal quality the outer covering of the wheat kernel and is too often an inferior flour mixed with coarse bran. People of sedentary habits and sluggish digestive action found that it had a direct effect upon the lower intestine. That this effect is ultimately good is a question, as the effect is brought about by the irritation of the bran in the digestive channels, causing increased peristaltic action. This extraordinary peristaltic action may have the effect of hurrying along accompanying foods, preventing their absorption into the system, and carrying them off as waste.

Whole wheat flour is free from this objectionable feature of the graham and contains more of the phosphates and germ of wheat than the patent flours. Made up with nuts and eaten with butter it forms an approximately complete food. Many persons are found today using the same arguments against patent flour that were used when winter wheat was the only white bread flour milled.

Those objections do not obtain against the bread flour of today. We have in the Northern spring wheat flours all of the best food properties contained in cereals.

Yeast in the process of fermentation breaks down starch cells and destroys to a very small degree some of the nutriment of flour. So, also, do the bleaching processes which have been and are the subject of much discussion and litigation.

From time immemorial it has been one long effort on the part of generations of housewives and caterers to provide the whitest bread possible. That they will now indorse the unbleached durum flour without a strong campaign of education is not to be thought of.

Durum wheat undoubtedly contains more nutritive elements than other wheat, but if digestive habit prevents its complete absorption into the system it ceases to be of nutritive value. Unless durum flour is manipulated in the latest bread machines which aerate as well as mix dough, it is not as satisfactory a bread flour as its nutritive elements would warrant, as it is so rich in gluten as to be dense in texture when made into bread. Without the machines spoken of some measure of success can be obtained in its manipulation by using potatoes with the yeast to start the bread.

The yeast plant derives its best nourishment from starch and the potatoes supply the starch that this strong gluten flour is deficient in. In the average family there is always a demand for well baked yeast breads. The claim that baking powder breads are more wholesome than yeast breads holds good in the use of a phosphate baking powder which in a measure restores some of the phosphates which are lost to flour by the modern milling process.

BAKING BREAD

Do not hurry the baking of breads. Flour is largely starch and nature has made the digestion of raw or uncooked starch difficult. The oven heat should be moderate to begin the baking. It is necessary for the heat to penetrate the loaf before forming a crust. It is also well to know that if the loaf of yeast bread is not thoroughly cooked in the center so that the yeast germ is killed, that given the warmth and moist-

ure of the stomach it will resume its work of fermentation sometimes causing serious digestive inconvenience.

Place bread in moderate oven, (280 degrees Fahr.) increasing the heat after the first fifteen minutes and decreasing it the last fifteen minutes baking, in all about forty-five minutes.

Remove immediately from the pans when baked. Allow it to cool before placing in bread cabinet.

WHITE BREAD

(With Compressed Yeast)

MATERIALS:

3 quarts flour (warmed and sifted	Pinch of soda
1 pint boiling water	1 pint milk
1 tablespoon salt	1 cake yeast dissolved in $\frac{1}{4}$ cup water
1 heaping tablespoon lard or butterine	2 tablespoons sugar

PREPARATION:

Pour the boiling water into the milk and add the sugar and one-third of the flour. By the time the flour is well beaten in the temperature will be right for the dissolved yeast. Add it and beat well, set in warm place for half an hour, then add the remainder of the flour with the soda, shortening and salt. Knead stiff and set away till doubled in bulk.

It may be kneaded once more before forming into loaves. There is a little more satisfaction in individual loaves rather than in several loaves baked in one pan.

This recipe makes four or five loaves.

If one cup of flour is scalded and added to the sponge the bread will be ready for the oven in less time. Mashed potato has the same effect.

THE CALUMET COOK BOOK

HEALTH BREAD (With Dates and Nuts)

MATERIALS:

1 cup warm wheat or oatmeal mush	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup walnut meats
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup dates, stoned and cut small
1 tablespoon shortening	Flour to knead
$\frac{1}{4}$ cake dry yeast	

PREPARATION:

Mix the mush, sugar, salt and shortening and dissolved yeast. Let stand one hour then knead stiff with the flour, whole wheat or white. Let rise over night. In the morning add the dates and nuts and mold into loaves. Let stand in warm steaming place to double in bulk. Bake in moderate oven.

ENTIRE WHEAT BREAD

MATERIALS:

$4\frac{1}{2}$ cups entire wheat flour	1 teaspoon salt
2 cups hot milk or water	$\frac{1}{4}$ cup lukewarm water
5 tablespoons molasses	1 cake compressed yeast

PREPARATION:

Make a well in the center of the whole wheat flour and pour in the scalding milk or water, stirring in very little of the flour. When lukewarm, add the yeast, which has been dissolved in the one-quarter cup of water, and the other materials. Beat well, cover to rise to double its bulk. Beat again, turn into well greased bread pans and let rise again to not quite double its bulk.

Bake in moderate oven.

NORWEGIAN RYE BREAD

MATERIALS:

1 cake yeast	1 tablespoon sugar
2 cups rye flour	1 tablespoon salt
2 cups graham flour	3 medium boiled and mashed potatoes
1 cup molasses	

PREPARATION:

Sift the flours, salt and sugar together. Pour and beat in well as much hot water as the flour will take up, making a stiff batter. Add the mashed potatoes and molasses, allow to cool to temperate heat and add the yeast cake. Let stand over night.

In the morning add one cup of milk or water and enough white flour to make it right consistency.

Let stand till double its bulk. Shape into loaves, let rise and then bake in moderate oven one and one-quarter hours.

ENGLISH MUFFINS

(Emergency Bread)

The origin of the English muffin dates back to the period before the advent into the home of ovens or convenient baking appliances as we now have.

The open fireplace furnished the only cooking convenience in most houses. In fact a generation or two ago very few had the brick ovens which were unwieldy at best for a small baking, and the custom was to carry the breads to the baker's to have them baked.

Therefore the muffin which could be put over the fireplace to bake was quite a common article.

They are baked in rings about four and one-half inches in diameter and one inch deep. The rings are greased and placed on a pancake griddle or in an iron frying pan.

THE CALUMET COOK BOOK

No special recipe is necessary. A very light bread batter is used, that is, a yeast bread batter, or soft dough. If the dough or batter has been disturbed so as to lose some of its lightness, allow the pan to set awhile before baking.

They may be baked in the pan over a low blaze, covering the pan and turning the rings when baked half through, or they may be put into the oven and baked. Time required about twenty minutes.

TOASTED ENGLISH MUFFINS

While the muffins are still warm they are split open and toasted.

SALT-RISING BREAD

The leavening for salt-rising bread is established by a process of fermentation which is set up in the flour and water or flour and milk. Bacteria play an important part in this process and the yeast plants of the air or wild yeast find the batter a good medium for development.

It has been established, too, that in a surgically clean room it is almost impossible to produce the necessary ferment. The same batter placed in a room far from clean will foam up in a short time.

Salt-rising bread requires more heat while in the process of fermentation and a much longer time to bake, than yeast breads.

Stir two tablespoons of cornmeal into a half pint of water that has been heated to 130 degrees Fahr. Add one-half teaspoon of salt and mix well. Make this in a tall pitcher, cover with a dish and stand in a bowl. Surround this with water at about 160 degrees Fahr. Keep over night in a warm place.

Then warm one quart of milk and to it add one teaspoon of salt and sufficient warm flour to make a heavy batter. Add the emptyings and beat five minutes.

THE CALUMET COOK BOOK

Cover and stand in a warm place for about two hours. Then add flour to make a very soft dough. Knead till smooth and elastic. Divide into four loaves.

Place each in individual loaf pan, cover with a towel, keep in warm place. When light bake one hour in moderate oven.

BAKING ROLLS

Rolls should be placed in a rather hot oven, reducing the heat after ten minutes. Bake usually about twenty to thirty minutes.

Remove from pans as soon as taken from the oven, and cover before they are entirely cooled, so as to retain their proper moisture.

STANDARD ROLL DOUGH

MATERIALS:

2½ cups water or milk or both	6 cups flour
¾ cup sugar	½ cup shortening
2 eggs	1 cake yeast
1 tablespoon salt	2 mashed potatoes or ½ cup flour scalded

PREPARATION:

First make a sponge with the potatoes or scalded flour and the sugar, dissolved yeast and enough of the flour to make a stiff batter. If compressed yeast is used the sponge will be ready in half an hour.

Add to the sponge the whites and one yolk of the eggs well beaten together with the melted shortening, salt and the balance of the flour. Knead well about five minutes, return to bowl, brush top with shortening, cover and set in warm, steamy place until double its bulk.

The dough may be worked down again without taking from bowl, or it may then be made into desired form.

THE CALUMET COOK BOOK

The extra egg yolk is reserved to mix with one-quarter cup of water or milk to brush the tops of the rolls before putting them in the baking oven.

Of flour not rich in gluten more than six cups may be required, but care must be taken to have the roll dough softer than for bread.

POPPY SEED BRAIDS

Use Standard Roll Dough formula.

PREPARATION:

When ready for the pans, break off pieces of the dough the size of a small egg. Roll into finger width strips, about five inches in length. When these are ready, place together and begin to braid from the center, braid to one end, then from the center to the other end. Brush with shortening and place quite far apart in shallow tins.

When ready for the oven, brush with the egg mixture and sprinkle plentifully with poppy seed and then with powdered sugar.

Bake according to directions for baking rolls.

PECAN ROLLS

MATERIALS:

Use Roll Dough formula

PREPARATION:

Roll out a sheet of the dough to one-half inch thickness. Brush with melted shortening and sprinkle with chopped pecans. Roll up as for currant rolls, moistening the further side so that it will adhere to the roll. Brush the outside of the roll with shortening and cut into one-half inch slices. Set each on end in well greased shallow pans. Do not crowd but allow to touch.

When light, brush with egg mixture and sprinkle with sugar and chopped pecans.

Bake in moderate oven.

RAISIN BUNS

Make the Standard Roll dough. Roll out square as possible. Brush with melted shortening, sprinkle with seedless raisins. Roll up tightly as for jelly roll. Cut into inch slices. Arrange in deep, well greased dripping pan. When nearly doubled in bulk, place in moderate oven. Bake thirty minutes.

SWEDISH TEA ROLL

Make Standard Roll dough. Roll out one-half inch thick, twice as long as the width. Brush with melted shortening. Sprinkle with chopped nuts, and roll in a compact roll. Bring two ends together, and place on a greased pan. Then with a pair of shears make incisions as though for slices an inch and a half thick, cutting half way through. Allow to rise. Bake thirty minutes. Brush with a mixture of confectioners sugar and water.

APFEL-KUCHEN

MATERIALS:

2½ cups water or milk	6 cups flour
or both	½ cup shortening
¾ cup water	1 cake yeast
2 eggs	2 mashed potatoes or ½ cup
1 tablespoon salt	flour scalded

PREPARATION:

First make sponge with the potatoes or scalded flour and the sugar, dissolved yeast and enough of the flour to make a stiff batter. If compressed yeast is used the sponge will be ready in half an hour.

Add to the sponge the whites and one yolk of the eggs well beaten together with the melted shortening, salt and the balance of the flour. Knead well about five minutes, return to bowl, brush top with shortening, cover and set in warm steamy place until double its bulk.

The dough may be worked down again without taking from bowl.

THE CALUMET COOK BOOK

Roll the dough out about one-half inch thick, place in pans, brush plentifully with butter and sprinkle with sugar. Core, peel and cut into slices, apples that are easily cooked tender. Cut the slices in halves and lay them closely overlapping over the dough. Sprinkle again with sugar and cinnamon.

When light bake in moderate oven.

KIRSCH-KUCHEN (Cherry Bread)

Make the same as Apfel-Kuchen, using pitted cherries cut in halves instead of apples and omit the cinnamon.

SHAMROCKS

MATERIALS:

2½ cups water or milk or both	6 cups flour
¾ cup sugar	½ cup shortening
2 egg whites	1 cake yeast
1 tablespoon salt	2 mashed potatoes or ½ cup flour scalded

PREPARATION:

First make a sponge with the potatoes or scalded flour and the sugar, dissolved yeast and enough of the flour to make a stiff batter. If compressed yeast is used the sponge will be ready in half an hour.

Add to the sponge the whites of the eggs well beaten and the melted shortening, salt and the balance of the flour. Knead well about five minutes, return to bowl, brush top with shortening, cover and set in warm, steamy place until double its bulk.

The dough may be worked down again without taking from bowl.

Mold into balls of dough slightly larger than walnuts, allowing three of these to each cup of well greased gem pans.

Brush the palms with melted shortening and deftly roll each ball of dough between the palms, dropping into

THE CALUMET COOK BOOK

the gem pans. Let them rise in warm, steamy place and before putting in the oven, brush with a mixture of egg yolk and water. Bake in moderate oven twenty minutes.

Upon taking from the oven brush with the melted shortening.

BOSTON BUTTER BUNS

For these use the Shamrocks formula

PREPARATION:

Break off a large piece of the dough and roll into long heavy rope, cut off sizable piece for buns, flatten out with the hands and place a small teaspoon of butter in the center. Fold dough into it and shape into balls. Place these so they will not touch in a shallow pan. Let rise to double their bulk, brush with egg mixture and bake in moderate oven.

When properly made they will break open in flaky layers.

HOT CROSS BUNS

Make the dough as for "Shamrocks." Make a long thick rope of the dough and cut off pieces as for large buns.

Grease each one well and place in dripping pan close but not crowded.

Set away to proof or rise; do not allow to get too light.

When ready for the oven make an incision with a sharp knife across the top of each in form of a cross.

Bake thirty minutes in a moderate oven.

Immediately on removing from the oven brush with egg wash, sprinkle with powdered sugar and return to the oven for a moment.

These buns are of English origin and it was an old English custom to peddle them on the streets on Ash Wednesday.

MEATS

Protein as found in meat: With meat prices soaring, the thrifty housewife looks about for new ways to serve cheaper cuts. This is well, for the cheaper cuts, be it known, are as rich in nutritive value as the expensive cuts. The housewife among the poorer classes of other countries seems to come naturally by the principles of the conservation of the full value of food products, just as the earnest thinking women of this country are coming to realize the significance of this problem.

Although a common article of diet, little is known about the selection, cooking and nutritive value of the different cuts of meat.

As a rule, round steak is cut too thin, thereby losing much of the juice contained in it.

Lean of meat supplies a valuable form of protein or muscle building food.

The structure of meat should be well understood in order to make clear the science of properly conserving the protein and gaining full food value for expenditure, and full flavor to make the dish palatable and tasty.

The protein is found in large proportion in the muscular part of the animal. As a rule, meat must be cut across the grain or muscle. This peculiarity of structure makes the loss of protein more rapid if the meat is not carefully seared to prevent its loss.

A gentle heat is necessary to break down and soften the tissue, but the searing process must first be performed, then the heat reduced until cooking is finished. This is an inexorable rule to be followed, except when making beef tea or soups.

Meat intended for beef tea and soups requires just the opposite treatment to extract the juice.

THE CALUMET COOK BOOK

The protein of meat is similar in its property to the white of egg, and when subjected to intense heat coagulates or hardens, making it indigestible as well as unpalatable. This coagulation begins at about 130 degrees Fahr., therefore, in stewing or cooking meat in water, learn to maintain the cooking below the boiling or bubbling point of water, which in this altitude is 212 degrees.

Meat should be simmered, not boiled.

To the housewife who uses a gas range, the use of the small simmering burner for that purpose, with the flame turned low, is recommended. For the owner of a wood or coal range, it is a very easy matter to keep the kettle at the right point of heat on the back of the range.

To prepare a pot roast, the cook formerly put the meat into a kettle of hot drippings, turning constantly until seared entirely over the surface. The principle was right, but not everyone cares to stand over the sputtering grease. A little easier way is to place meat in a vessel and pour over it boiling water in which a large spoonful of salt has boiled, as this increases the heat of the water.

Boiling salted water will have a greater heat than boiling unsalted water.

Oven roasts may be treated in the same way, then placed in hot oven for twenty minutes, later reducing heat and allowing to cook at the lower temperature.

HUNGARIAN GOULASH (GULYAS)

(A choice dish of mutton)

MATERIALS:

2 pounds mutton (cheaper cuts)	Parsley to garnish
2 medium onions	3 medium potatoes
½ cup drippings or margarine	1 green pepper
Salt and paprika to season	1 cup rich milk or evaporated milk reduced slightly

THE CALUMET COOK BOOK

PREPARATION:

Place the drippings in a deep stew kettle, aluminum preferred; slice the onions and green pepper into it and cook briskly for ten minutes. Then cut the meat into pieces about the size of an egg and cook until well seared over, about fifteen minutes.

Add half a cup of hot water; cover and cook until tender over simmering burner or low fire, adding water in small quantities as necessary.

When meat is tender, place the potatoes, which have been diced, on top of the meat; cover again and steam until tender, but not too soft.

Then add the milk, salt and a generous seasoning of the paprika. Serve garnished with minced parsley.

The main point to remember is to keep barely enough water on the meat so when finally the milk is added there is no water remaining. That is the secret of the choice flavor.

Beef or veal may be used, taking the cheaper cuts. But the Hungarians use mutton in making this dish, for which they are famous.

MEXICAN ROUND STEAK

Select a thick steak and hack with a sharp knife, working in all the flour possible. Put into hot skillet with half cup of drippings, turning until well seared. Pour over it one cup of water and a covering of tomatoes, a couple of medium onions minced fine, with a minced green pepper. Cook for about one hour. Season with salt and pepper; cover with a liberal grating of cheese and slightly brown. This method conserves all of the meat juices and provides a delicious gravy.

PROPER METHOD OF BROILING A STEAK
(Under Gas Broiler)

Order your steak two inches thick.

Heat the broiler by lighting the burner five minutes before putting the steak on the rack. Prepare the steak by cutting away all superfluous fat, which has a tendency to scorch and fill the pan with drippings that in turn may catch fire.

Place the steak as close to the flame as possible and sear over quickly, turning two or three times during the first eight or ten minutes, then reduce the heat and place the steak a little further away from the flame.

In turning the steak be careful not to pierce the lean part of the meat with the fork, as that will release the juice and make the meat drier.

Steak two inches thick requires from 10 to 20 minutes.

Steak an inch thick requires from 8 to 15 minutes to broil. Do not hurry the process after the first seven or eight minutes, unless your steak is very thin, in which case it will be finished in that time.

When the steak to be broiled is not large enough to cover a considerable part of the broiler, it is a good plan to place a shallow biscuit or pie pan directly under the rack where the meat is placed, in this way retaining the juice and drippings in one place and lessening the liability of the drippings catching fire, at the same time conserving the juices for serving with the steak.

Do not attempt to broil a round steak. Its texture is such that the heat draws out the juice before it is seared. The steaks to broil are: sirloin, tenderloin, porterhouse and club.

From an exceptionally prime beef a nice two inch thick cut from either the shoulder or chuck or from the rump is suitable for broiling.

MUSHROOM SAUCE

Prepare fresh mushrooms by scrubbing gently with a vegetable brush. Do not permit them to soak in the water but drain immediately.

Place some drippings in a saucepan. Slice the stems and caps, reserving three perfect caps for garnishing. Saute all of the mushrooms about five to ten minutes, removing the three caps before completing the sauce. Blend four level tablespoons of flour to each pint of sauce desired, with the drippings in the pan, drawing the mushrooms to one side. Add stock or hot water and simmer until creamy. Season with salt and pepper and add the drippings that collect in the pan under the broiling steak.

Fry three large thick slices of either apple or green or ripe tomatoes. Slice a stuffed olive.

Dish the steak onto a heated platter; pour the mushroom sauce around the steak. Place the three slices of tomato and over each slice place a mushroom cap and the slice of olive over the cap.

Bring to the table piping hot.

TO BOIL A HAM

Get away from the old fashioned notion that a ham requires soaking over night. Cleanse the ham properly, then pour over a quantity of boiling water. Cover and put on the simmering burner of the gas range or on the back of the coal stove and cook until tender without allowing to boil at a gallop. The ham thus cooked will retain all the meat juices and can cook at a temperature of 175 degrees Fahr.

If a fireless cooker is convenient, allow the kettle to remain on the fire fifteen minutes before placing in the cooker. If hot radiators are part of the cooking equipment, the fifteen minutes on the range are not necessary.

THE CALUMET COOK BOOK

TO ROAST A HAM

Remove it from the fireless cooker, place in a roaster or dripping pan; take off all the skin and surplus fat; cover with fine bread crumbs, sprinkle with brown sugar, cinnamon and spices, and stick cloves over the surface. Place in a moderate oven about thirty to forty-five minutes.

CIDER SAUCE

(To serve with Baked Ham)

MATERIALS:

1 pint cider	$\frac{1}{2}$ cup chopped gherkins
1 tablespoon capers	3 tablespoons flour
3 tablespoons ham fat from kettle	$\frac{1}{2}$ teaspoon curry powder
	1 teaspoon whole allspice

PREPARATION:

Place the ham fat in the skillet; add curry powder; allow to heat thoroughly. Then add the flour, following it with the hot cider and allspice. Cook until creamy.

In the absence of cider, hot water to which three tablespoons of vinegar and two finely grated apples have been added, may be substituted.

RAISIN SAUCE

MATERIALS:

$\frac{1}{2}$ cupful raisins	2 level tablespoonfuls flour
$1\frac{1}{2}$ cupfuls water	3 level tablespoonfuls butter or drippings
$\frac{1}{4}$ teaspoonful mace or spice	Salt to season

PREPARATION:

Simmer the raisins about ten minutes in the water. Melt the butter in a saucepan and blend the flour and spice with it. Turn the raisins and liquor in which they were simmered into the saucepan and cook until creamy.

Serve hot with roast ham.

THE CALUMET COOK BOOK

MEAT LOAF—No. 1

MATERIALS:

3 pounds lean beef	1 teaspoon salt
½ pound raw ham	1 teaspoon pepper
2 eggs well beaten	3 tablespoons milk
3 soda crackers rolled fine	4 hard boiled eggs

PREPARATION:

Chop the beef and ham very fine, then add the salt, pepper and cracker crumbs, the well beaten eggs and the milk. Mix all these together perfectly, grease a bread pan thoroughly, and press half the mixture into it firmly. Trim each end of your hard boiled eggs so as to make a flat surface, then put them on top of the mixture in the bread pan, placing them in a row, end to end. Now pack on top the balance of your meat, pressing it down firmly. Cover and bake in moderate oven one hour.

Serve either hot or cold in slices.

Minced onion, garlic or green peppers or mixed herbs add much to the flavor.

MEAT LOAF—No. 2

MATERIALS:

1 pound uncooked beef	1 cup milk
1 pound uncooked mutton	2 eggs
3 cups bread crumbs	Seasoning to taste, add onions
1 pound fresh lean pork	or garlic, if desired

MATERIALS:

Put the meats through the food chopper, mix with the other materials, beating the eggs slightly.

Bake thirty minutes in moderate oven.

Care should be taken not to overcook meat loaf as it makes it dry.

The most acceptable seasoning is a combination of sage, marjoram, sweet basil, thyme and summer savory.

MUTTON CURRY

MATERIALS:

3 cups of mutton from the neck cut into inch cubes	2 medium onions, minced
1 stalk celery	1 quart boiling water
Minced parsley	2 sprigs mint
1 teaspoon curry powder	3 tablespoons each margarine and flour
Boiled rice	Salt and pepper

PREPARATION:

Put the meat over a gentle fire to stew or simmer in the quart of water. When almost tender add the minced onion and half a dozen leaves of the mint. Remove when tender and strain the liquor.

Melt the margarine, add the curry powder, let saute about three minutes; add the flour and the strained liquor, then the seasoning.

Cook until creamy, pour it over the meat or add the meat to it. Serve either in a border or around a mound of cooked rice. The mound is much to be preferred, as in this way the rice does not chill and the meat and curry sauce is poured around it. Sprinkle over all the remaining minced mint and the minced parsley.

BRAISED SOUP MEAT

Select some of the cheaper cuts of meat with the bone included; for instance, rib end of beef or oxtail.

The soup meat, if properly treated for soup making, is at its best rather tasteless for hashes, etc.

Try this method of braising the soup meat and serve at the same meal at which the soup is served.

Half an hour before dinner take the pieces of meat from the kettle, drain, roll in cracker meal, which has

THE CALUMET COOK BOOK

been seasoned with salt, paprika and pepper, place in a small dripping pan, surround with half a can of tomatoes, a small onion sliced and a green pepper minced. Place in a hot oven, basting frequently. To make the dinner complete, serve baked potatoes. The meat left over can be used for hash or meat pie, and has a good flavor.

POT PIES

What we know now as meat or pot pies originated with the meat pie covered with a suet pastry and cooked under water in a kettle.

The "Cousin Jack pasties" of the Cornish miners of the West are also an evolution of the suet meat pie.

Now, instead of using the suet pastry, they are made with shortening and baking powder and baked slowly in up-to-date gas range ovens. I have seen great pans full of these pasties in the process of preparation for the miners' lunch or dinner buckets. And very sensible they are, for they include bread, meat and vegetables all in one handful. I have often thought how much more sensible for some of these little folks' school lunches, rather than what is often given them.

ENGLISH PORK PIES

(No. 1)

English pork pies are made in a variety of ways, the commonest of all is probably the individual "pasty."

Ordinary pie pastry is used to line little patty pans. An easy and quick way to do this is to line one tin, after rolling out the paste. Then take it from the pan to use for a pattern and with a pastry cutter cut out as many as required to line the tins. With a biscuit cutter of the proper size, cut out tops for the pies that will just meet the edge all around. Stew until tender some very lean

fresh pork, season with thyme, minced onions, salt and pepper. Cut the meat into small dice. Thicken the liquor in which the pork was cooked, add to it the diced meat, fill each patty tin, make two or three openings in the covers and put them in place. Brush with milk.

Put them on to a baking sheet and bake about thirty minutes.

ENGLISH PORK PIES

(No. 2)

Take finger length strips of lean fresh pork, roll them in flour and saute in very little of the fat, trimmed from the pork. Line a very deep pie tin or a pudding dish with pastry. Put in a layer of pork, season with salt, pepper and mace. Then a layer of sliced tart apples.

Have prepared some sugar and flour mixed in the proportion of one heaping tablespoon of flour to one of sugar. Sprinkle some of this over the apples with a dusting of nutmeg.

Fill up the dish with alternate layers. Pour in sufficient cider to moisten the contents. Dot with butter and put the top pastry in place. Brush with milk.

Bake from thirty to forty-five minutes in a moderate oven.

PAPRIKA SCHNITZEL

To make this procure one round of thick veal steak. Cut it into finger length strips and about an inch thick. Place in the frying pan about three tablespoons of oil or two or three slices of salt pork. Roll the strips of veal in flour and saute them in the fat or oil. Remove the meat and add a tablespoon of flour, and when well mixed pour in the strained juice from a can of tomatoes and add a small onion minced, a pinch of mace.

THE CALUMET COOK BOOK

Return the meat to the pan, cover closely, and simmer gently for three-quarters of an hour. When done remove the meat, season the sauce with salt and a generous dash of paprika.

Place the meat on a hot platter and strain the sauce over it.

PORK CHEESE

(Italian)

MATERIALS:

1 pound fresh pork	Seasoning of salt, pepper,
4 mushrooms, chopped	minced parsley and thyme
	Nutmeg, grated

PREPARATION:

Chop the pork rather coarsely and mix mushrooms and seasoning with it. Put into small well greased mold and bake in slow oven.

When cold serve in slices.

FRICATELLI

MATERIALS:

1 pound fresh pork	1 small onion, minced fine
Bread crumbs	Salt, sage and pepper to season

PREPARATION:

Run the meat through the food grinder, mix with seasoning and bread crumbs to form little pats. Pan-broil on hot griddle, with plenty of drippings. Serve hot.

SAUSAGE RISSOLES

MATERIALS:

½ pound sausage meat	Flour, salt
Mashed potatoes	

THE CALUMET COOK BOOK

PREPARATION:

Mix the mashed potatoes with flour so that they can be rolled out.

Roll one-half inch thick and cut with large biscuit cutter. Place in layer of the sausage, fold over and pinch edges together. Fry in hot fat till a nice golden brown.

NEAPOLITAN BEEF

Neapolitan beef provides a delectable dish from a left over beef or broiled steak. The rarer the roast or steak, the better. Cut into dice about two cups full, put three tablespoons of oil or drippings into the frying pan and turn in the beef. Stir until slightly browned. Then add one minced onion, half a dozen cloves, a few celery seed, a sprinkle of dried thyme and a teaspoon of dried or fresh minced parsley. Add a cup and a half of soup stock or gravy. Simmer fifteen minutes, then add a wine glass of white wine. Serve this with some freshly boiled rice.

BROILED TRIPE

Cut the tripe in pieces for serving, brush these with olive oil or melted butter, sprinkle with salt and pepper, and roll in cracker meal or bread crumbs.

Put them into a shallow pan under the broiler fire, turning constantly until browned lightly. Spread with maitre d'hotel butter or with tomato sauce.

CURRIED TRIPE

Cook an onion, cut in rings, in one-quarter cup of drippings or shortening until yellow and softened, add one level teaspoon of curry powder, saute and add a dash of paprika, salt and two level tablespoons flour. When these are well blended with the drippings add a cup of white stock and a cup of milk, or in the absence

THE CALUMET COOK BOOK

of the stock use two cups of milk, and cook till smooth. Cut the tripe into small pieces to serve and add them to the curry. Let stand over hot water. Finish with a tablespoon or two of lemon juice.

Curry powder must always be sauted in oil or butter before adding it to any dish. This brings out or develops the right seasoning quality.

CREAMED SWEETBREADS

MATERIALS:

1 pair sweetbreads
1 sliced onion

1 pint cream sauce, No. 1
Salt and pepper to season

PREPARATION:

Blanch the sweetbreads by placing for thirty minutes in cold water. Then drop into boiling salted water and simmer one-half hour. Drop into cold water to blanch or place under cold water faucet. Cut into small pieces, discarding all dark tissues and membranes. Have the cream sauce hot and add the sweetbreads to it. The slice of onion may be put in the milk in making the cream sauce.

When the sweetbreads and cream sauce are combined, season with salt and pepper and serve in *pâté* shells, or *timbale* cases.

CROWN ROAST OF LAMB

This crown of lamb or mutton seems to naturally fit in to the meat course in an Easter menu. Procure from the meat market the rack of lamb or mutton, with the chops split apart at the base, but not detached. The chops are then trimmed or "frenched," and the meat trimmed away is rolled down to the eye of tender meat.

The rack is split apart down the line of the backbone and the two divisions are fastened together at the

THE CALUMET COOK BOOK

ends, with the chops out, to form a circle. Pin brown paper over the exposed ends of the chop bones or ribs, so that they will not become too brown in the oven. Tie or truss each bone so as to keep the rib bones uniformly apart, one from the other.

Put the roast thus prepared into a dripping pan and into a hot oven for about twenty minutes. In addition to the brown paper covering for the ends of the bones, invert a large granite saucepan over the roast, allowing it to rest on the chop ends. After it has been in the hot oven twenty minutes, season it with salt and pepper, add a little hot water and roast about an hour at a reduced heat.

When cooked, fill the crown with steamed brussels sprouts, dressed with butter, salt and pepper. Place French chop frills on each chop bone. Serve with a mint or caper sauce in sauce boat.

BRAISED TONGUE (Cider Sauce)

MATERIALS:

Tongue, either smoked or pickled in brine	1/2 dozen each cloves, allspice and bay leaf or two
1 pint cider, wine, champagne or sherry	Cracker meal to which a little flour has been added and seasoned with salt and pepper.

PREPARATION:

If the tongue is smoked, soak it for several hours in cold water. Cook in water to cover without rapid boiling until tender, having put the cloves, allspice and bay leaf in the water. Remove from the water when tender, dash cold water over it and remove the skin.

Roll or coat with the cracker meal, place in dripping pan and add the cider and some of the liquor in which the tongue was cooked.

THE CALUMET COOK BOOK

Baste often with the cider. A little brown sugar will add to the flavor if sprinkled over the tongue while in the oven. Time in oven, about one-half to three-quarters of an hour.

If, when taken from the oven, the cider is not creamy for the sauce, a little thickening may be added, but do not have sauce thick. Two or three minced gherkins add piquancy to the sauce for some tastes.

SWEETBREADS CREOLE

MATERIALS:

1 pound sweetbreads (2 pairs)	2 tablespoons of flour
2 oranges	1 egg
1 lemon	1 green pepper
$\frac{1}{2}$ cup butter	Salt, pepper and paprika to season, parsley
1 cup boiling water	

PREPARATION:

Select nice, fresh sweetbreads. If you cannot trust your meat man, examine them to ascertain that they are perfectly sweet. Blanch in cold water for fifteen minutes, then drop into boiling salted water and simmer one-half an hour. Put into cold water, then drain and with a sharp knife remove all fat and membrane, but do not cut into very small pieces. Sprinkle them with the juice of one orange and place in the refrigerator for two hours. Then place in saucepan, dredge with flour, season with salt and pepper, dot with pieces of butter and pour over one-half cup of boiling water. Then add the orange juice in which the sweetbreads were marinated and the green pepper minced. Place in the oven till nicely browned, basting them frequently. Serve with Cuban Gravy.

CUBAN GRAVY

Cream one-half cup butter. Mix one-quarter teaspoon salt, one-eighth teaspoon paprika, the juice of one-half orange, juice of one lemon, one-half cup boiling water. To this add one egg, well beaten and cook in double boiler until thick and smooth. Add the creamed butter, pour around sweetbreads and serve, after garnishing with parsley and slices of orange.

SWEETBREADS A LA KING

MATERIALS:

1 pair sweetbreads	$\frac{1}{4}$ cup brown sherry
3 egg yolks	Salt and dash of paprika to
3 level tablespoons butter	season highly
1 cup cream	

PREPARATION:

Prepare and parboil the sweetbreads as directed for scrambled sweetbreads. Cut into small pieces.

Place the butter in a saucepan, when heated, drop in the sweetbreads and toss in the butter till well heated through then add the sherry and simmer.

Beat the egg yolks into the cream, pour into saucepan and allow the mixture to heat slowly, then add the seasoning.

Serve on points of toast which have been dipped in minced parsley.

SCRAMBLED SWEETBREADS

Blanch a pair of sweetbreads by dropping into cold water for one-half an hour. Cook them thirty minutes in boiling salted water. Remove from the water and allow cold water to run over them for a few minutes. Pick them to pieces, discarding all strings or membranes.

Break six eggs and separate the whites from the yolks. Just beat the yolks enough to mix with six tablespoons of water and seasoning of salt and pepper. Add the yolks and sweetbreads to the egg whites and place the pan over a dish of boiling water or turn the mixture back and forth, but do not over cook. Turn onto a warm platter and garnish with minced green peppers or parsley.

ROAST CHICKEN

If the roasting pan is small and the chicken large you will succeed very well with it, but the pan must not be much too large or the flesh of the fowl will not be kept moist. Long before the double roasting pans were thought of, iron kettles were used to roast chickens in. The fowl was prepared and placed in the iron kettle, and covered closely and put into a hot oven.

Another very old-fashioned method of preparing a chicken for roasting is to make a soft dough of flour, a little baking powder and water. Roll this about a quarter inch thick and blanket the fowl completely. This forms a coat of armor that prevents the juices from drying up in the baking, and while I do not personally recommend that method, there are many very excellent cooks who considered it the very best method.

The covered casseroles of stoneware, or stone milk crocks, are ideal vessels in which to roast small fowl. In fact nothing can equal them unless it is the fireless cooker with the heated plates.

Only ordinary precaution is necessary in not suddenly exposing the casseroles to extremes of heat or cold. Putting them into a very hot oven would not break them, but pouring cold water on them when heated, would.

Dress, clean, truss and stuff the chicken. Dust with flour, salt and pepper to season. If the fowl is not fat, lay strips of nice salt pork over it, and keep them in place with toothpicks. This is preferable to attempting to lard it, and answers the purpose of keeping the surface basted. A four pound chicken requires about two hours in a casserole, or tightly covered crock in a hot oven.

BREAD STUFFING FOR CHICKEN

Crumble day old bread, free from crust, or grate in a coarse grater.

Mince very fine or put through a food chopper two green peppers and two medium onions. Season the bread crumbs with pepper, salt, sage or thyme as desired. Add a heaping teaspoon of butter distributed in small pieces through the dressing. Moisten with a sprinkle of water, not enough to make a clammy, sodden mass, not even enough to hold the ingredients together. Day old bread requires very little water, sometimes none.

CHICKEN A LA KING

MATERIALS:

2 cupfuls chicken, cooked	$\frac{1}{2}$ green pepper, stripped
1 cupful milk	2 egg yolks
$\frac{1}{4}$ cupful Sherry wine	4 level tablespoonfuls butter
$\frac{1}{2}$ cupful mushrooms	Seasoning of salt and paprika
1 red pepper	

PREPARATION:

Cut the cold cooked chicken in strips. Put the butter into the saucepan and add the mushrooms. If fresh mushrooms, cook 10 minutes, if canned variety, cook five minutes. Blend the flour with the butter and mushrooms, add the peppers cut in strips.

Stir the egg yolk with the milk. Add the Sherry to the sauce pan and when heated stir in the milk and egg mixture.

Cook until creamy, then remove from the fire and keep hot. Add seasoning of salt and paprika.

CHILI CON CARNE

(Pepper with Meat)

MATERIALS:

2 pounds round or lean chuck steak or mutton	½ cup margarine or beef drip- pings
2 pimientos or large Chili peppers	½ can tomatoes
2 cups rice or spaghetti (cooked)	1 large onion
	Garlic, salt and pepper or Creole seasoning

PREPARATION:

Trim meat free from fat and gristle; cut into cubes size of an egg; roll them in flour. Place a stew pan over the fire and put into it the drippings and onion and when hot turn in the meat and brown, then the tomatoes and sliced pimientos and cook until meat is tender. Make a border of the cooked rice or spaghetti either on a chop plate or platter. Serve the chili con carne in this border. Garnish by placing half slices of lemon and rings of pimientos, alternately, around the border of rice.

BAKED HAM SUPREME

(Madeira Sauce)

MATERIALS:

1 medium sized lean ham	½ dozen allspice
1 pint wine	Bay leaves
Handful of cloves	Cracker meal and flour

THE CALUMET COOK BOOK

PREPARATION:

Cleanse the ham thoroughly with a vegetable brush and soda, rinse every particle of the soda from the ham. Plunge into boiling water for five minutes, then take from this water and put over to cook in water about 175 degrees Fahr., and maintain that temperature for about five hours. Throw the allspice and about one-half dozen cloves and bay leaves into the water. Remove and without allowing the ham to cool, take off the skin and all but a thin strip of the fat. With a thin bladed knife take off the smoked surface of the lean part. Make a paste of cracker meal and flour in equal proportions and some fat skimmed from the kettle, and cover the surface of the ham with it. Stick the remaining cloves in the ham. Place in a hot oven with the wine or cider, and a cup of the liquor from the kettle. Baste frequently and bake until browned all over.

A dash of Harvey and tomato sauce, and just before serving, a heaping teaspoon of flour creamed with some of the fat from the kettle, completes a delicious sauce. Champagne, brown sherry, cider or grape juice, may be used. Bring to the table in a large platter in a bed of water cress and sprinkled with minced parsley. Trim the meat from the end bone, decorate the bone with a quill of paper, or tie a bunch of parsley around it.

BRAWN

MATERIALS:

3 pounds fresh veal
2 pounds fresh pork

Seasoning of salt, pepper and
sage, marjoram and thyme

PREPARATION:

Select the cheaper cut of veal stewing meat, the same of pork, with as little fat as possible. Put into stew kettle with water to barely cover and cook until tender. Do not boil to pieces.

When cooked, drain from the kettle, take out the bones and chop rather coarse. Add seasoning.

Return to the liquor and cook up once, then dish into a cheese cloth sack, set this into a bowl or dish, place a pan or plate on top of it, and heavy weights to press. Three of the ordinary flat irons will give sufficient weight to compress. This may be, when cold, kept in a jar of slightly salted water and kept a week or two. Is delicious sliced cold, or may be warmed over.

BRUNSWICK STEW

This stew is the chef d'oeuvre of an out-of-door feast and the capsheaf of good eating.

Its making does not require a dainty housewife in a white apron before a twentieth century gas range. A camp fire and kettles and perhaps a chopping bowl completes all the equipment necessary. No special culinary ability is required, nothing but a discrimination in seasoning, that is left solely to the genius and judgment of the cook. And is there a man to be found, who does not think he can season a dish just a little better than any woman that ever lived?

MATERIALS:

A four or five pound chicken	Butter
2 pounds veal	2 cups milk
2 quarts tomatoes	Salt and pepper to taste
1 quart corn	Fresh corn and tomatoes may be used

PREPARATION:

Green corn is much to be preferred. The kernels must be scored and the ears scraped. Green peppers and a pint of okra are desirable additions.

Singe, draw and cut up the chicken at the joints. Cover with water and stew till tender, then take the meat from the bones and with the giblets and liver chop

very fine. Return it to the kettle and add all of the ingredients except the milk. Cook well and add a pinch of soda. Then add the boiling milk.

HOT TAMALES

When the hostess is weary of sandwiches and her ingenuity is taxed, let her surprise and please her folks with tamales, hot or cold. Almost any meat may be used, meat that is not fat, mutton or veal or both are better than beef, but of course chicken leads them all. With a little calculation there is very little work involved.

The reports of the lengthy process of making them in Mexico leads one to suppose that the process is very elaborate. The Mexicans have to grind the corn to make the meal in the most primitive fashion. They use what is called a "metata" to grind the paste after having soaked the dried yellow corn in lime water. This is tedious and does not result in a tamale of any better quality than when made of cornmeal. The only difficulty may be in obtaining the corn husks. But if impossible to secure them, take instead six-inch squares of cheese cloth. The husks are much to be preferred, yet in their absence the cheese cloth will answer.

I would suggest a large chicken or chickens. Reserve the breast meat for club sandwiches and use the dark meat for the tamales. Split the chicken down the back after singeing it. Draw and cleanse it. Without dismembering the fowl put it with the liver, heart and giblets into water to barely cover it. If it is an old hen add a little vinegar to the water. Place it over a slow fire so that it will cook at a temperature below the boiling point. When tender remove from the kettle and allow to cool sufficiently to handle.

THE CALUMET COOK BOOK

Disjoint and cut all pieces into inch cubes as nearly as possible. If there is not sufficient oil from the chicken put a heaping tablespoon of butter into a saucepan with a medium sized onion, minced fine, and red peppers to season. Add a rounding tablespoon of flour and then pour in about three cups of the chicken broth, cook till creamy, season with salt, pepper and paprika. Add the chicken and take from the fire. Do not cook the chicken too much as it must not be stringy.

While the chicken is cooking scald the corn husks and boil for one-half hour. Then rinse in cold water. Cut off the extreme tapering tips and cut the leaves from the stalks. This is better accomplished with the shears. Cook three cups of cornmeal thoroughly and add a dash of salt, as for mush.

Place two broad leaves close together and parallel, and where they join place another, to make a close covering for the tamale filling. Spread the cornmeal paste or mush about a quarter to half an inch thick. Put a couple of spoonfuls of the chicken with the gravy on this paste, and put a stuffed olive and a couple of seeded raisins in each one. Gather the ends of the husks and fold over the contents, lapping the layer of paste and the husks. Tie each end securely. Place all in a steamer, cover closely and cook one hour.

They may be eaten cold or reheated by steaming.

To serve, place them on a platter, snip the strings and serve them as they are. Each person can unfold and lay aside the husks. The canned pimento may be used in place of either olives or raisins. The Mexicans often mix lard or suet with the cornmeal in making the paste.

Should corn husks be out of the question, and small squares of cheese cloth substituted, lay on the

THE CALUMET COOK BOOK

paste about one-half inch thick, and when ready to serve remove the wrapping. If the tamale is to be eaten cold, roll it in a leaf of lettuce.

A tamale or two with a green vegetable salad and some thin buttered rye bread makes a most substantial luncheon.

CHICKEN CREOLE

MATERIALS:

1 chicken	4 medium potatoes
3 tablespoons oil	3 egg yolks
1 onion	1 teaspoon salt
1 can tomatoes	1 teaspoon Creole
2 red chili peppers	$\frac{1}{4}$ teaspoon pepper
Flour	Creole seasoning
Bay leaf	

PREPARATION:

Prepare a tender chicken as for fricassee by separating at the joints, cutting each part of the leg in two. Cut the breast in halves lengthwise and then each half in three pieces. Put three tablespoons of oil into a kettle, add one large onion cut fine and two red chilis. Stir and cook for ten minutes. Roll each piece of chicken in flour and brown in the oil. Pour one can of tomatoes and sufficient water to cover the chicken into the kettle, add a bay leaf and cook till tender, about one hour.

Pare four medium potatoes, cut them into dice, add them to the chicken and cook till tender, but not broken. Boil another potato in another saucepan and put it through a puree sieve, add to it while hot the yolks of three eggs, one tablespoon of vinegar, a level teaspoon of salt, one quarter teaspoon pepper, and Creole seasoning. Place this in a hot tureen. Pour over it the contents of the kettle, and send to the table. This takes the place of both soup and meat.

THE CALUMET COOK BOOK

Instead of the potatoes, plain boiled rice may be served, making a mound of rice in the center of the tureen.

CHICKEN CHILI

MATERIALS:

- | | |
|------------------------------|------------------------|
| 1 small chicken | 1 medium onion |
| 5 medium tomatoes | 1 can red kidney beans |
| 2 red or green chili peppers | ½ pound salt pork |

PREPARATION:

Singe and wipe the fowl clean. Split down the back and cleanse it well. Unjoint and cut away the breast meat in large pieces. Break the half of each half of the back in two pieces and the neck into sections. Divide each joint of the legs in two pieces.

Cut the pork into cubes and put into a fry pan. Saute until lightly browned then turn in the chicken, after rolling in flour, and brown. When brown add the chili pepper and onion minced fine. Stir around for a minute or two and add the tomatoes and one cup of hot water.

Simmer gently until tender.

Put the contents of the can of beans into a wire strainer and drain off the liquor which may be reserved for soup stock.

Before removing the chicken from the fire add the beans with pepper and salt to taste.

If the chili pepper is not quite hot enough use more than one-half of one or use the prepared chili powder, or Creole seasoning.

MEXICAN CHILI

MATERIALS:

- | | |
|--|---------------------------|
| 2 pounds uncooked lean meat (cheaper cuts) | ½ can tomatoes |
| ½ cup drippings or margarine | 2 red Chili peppers |
| 1 large onion | Bay leaf |
| | Flour |
| | Salt and pepper to season |

THE CALUMET COOK BOOK

PREPARATION:

Put the drippings into a saucepan. Roll the meat, which has been diced, in the flour, and fry or saute in the drippings, until each piece is browned all over.

Draw the meat to one side of the dish and put the onion and peppers into the drippings to cook for a moment. Add all of the other materials, and cook over low flame until the meat is tender.

This is an excellent dish cooked in the fireless cooker. If the oven is being used, this dish may be put into a casserole or butter jar, and completed in the oven.

Cold cooked left over or soup meat may be used in which case thirty to forty minutes only will be required.

CHILI CON CARNE

MATERIALS:

2 pounds round or chuck steak	1 green pepper
$\frac{1}{2}$ cup margarine or beef drippings	$\frac{1}{2}$ can tomatoes
$\frac{1}{2}$ kidney beans	1 medium onion
1 pimento or large chili pepper	1 cup rice or spaghetti (cooked)
	Garlic, salt and pepper or Creole seasoning

PREPARATION:

Trim steak free from fat and gristle, cut into cubes the size of an egg, roll them in flour. Place a stew pan over the fire and put into it the drippings, and when hot turn in the meat and brown, do not allow it to stew.

Then add the onion, garlic, pimento and pepper. Saute a few moments.

Turn in the tomatoes and cook slowly until the meat is tender. Then add the Creole seasoning and salt to taste. Add the kidney beans so as to have them heated through, but do not cook the beans or they will become mushy.

Place the cooked rice or spaghetti in border on one side of the serving platter. Dish the chili.

THE CALUMET COOK BOOK

Garnish the rice with rings of pimento. Spaghetti may be substituted for the kidney beans. When spaghetti, egg noodles, or any of the Italian pastes take the place of the kidney beans, the rice may be omitted. Mutton, veal or fresh pork which is not too fat may be used in preference to the beef.

SAUCES FOR MEAT AND FISH

MEAT AND FISH SAUCES AND GRAVIES

Meats and fish require sauces and gravies to conform to their variety.

With beef and mutton we desire a gravy that has a strong flavor of the meat, which is distinctive. With fowl and with veal we require milk in most cases in making the gravies complete.

Fish as a rule are served with a sauce containing no fishy flavor and are more often made with a "soupcon" of acid, either lemon juice or vinegar.

A cream sauce or "roux" is the base for the fish sauces. For the city dweller it will be found that the unsweetened evaporated milks are most excellent, and many who can conveniently provide themselves with the fresh cows' milk, prefer a good brand of the canned article, for their cream sauces and cream soups or purees.

Cream sauces are made in four different ways, any one of which may be used to suit the occasion. In two of the methods butterine or butter and flour are used in equal quantities, and creamed before adding to the hot milk, or adding the milk to the butter and flour.

In the third method the butter or margarine may be omitted or half the usual quantity taken.

The other sauce, accompaniment for meat, or in unusual cases, for fish, has for its base the "Espagnole" or brown sauce, a grand stock sauce.

At best, where a quantity of gravy is desired and the juices of the meat are properly conserved in cooking, there is not enough of the natural juices to properly season any ordinary quantity of gravy. To assist this

THE CALUMET COOK BOOK

we use caramelized sugar, an expedient that had its origin in antiquity but yet is seldom known to the lay-cook.

Browned flour has been resorted to but does not fulfill the want.

CARAMEL

MATERIALS:

$\frac{1}{2}$ cup granulated sugar	Water to merely dissolve
$\frac{1}{2}$ cup hot water	sugar

PREPARATION:

Place the sugar with the water to dissolve it in a shallow steel or aluminum fry pan of small size for this quantity of sugar. Cook to syrup and allow to slowly brown a deep color evenly, to the point of almost burning, taking care to avoid burning and remembering also that the syrup will continue to brown after removal from the fire, due to the heat of the vessel.

When cooled slightly to avoid excessive bubbling, add the cup of hot water and return to gentle heat until syrup is dissolved.

It is then ready for immediate use or may be placed in a wide necked bottle.

This caramel is used for both flavor and color for sauces, gravies, soups, custards, whipped creams and ices.

SUBSTITUTE CAPER SAUCE

An excellent substitute for capers and an easily prepared relish may be made by cutting small cucumber pickles into tiny cubes, with a sharp knife, and stirring into hot drawn butter.

Eat with fish or chops.

SAUCE TARTARE

This is made by adding two olives, one gherkin, one tablespoon capers, and one of parsley chopped fine, to half a cup of mayonnaise dressing.

MINT SAUCE

Pick the leaves from a well-cleaned bunch of mint. Chop very fine and pour over them one-quarter cup boiling water. Add two teaspoons (level) of sugar, cover closely, and let stand in cool place one-half an hour. Then add a dash of paprika, one-quarter teaspoon salt and three tablespoons vinegar.

ESPAGNOLE—Brown Sauce

The base for the Espagnole may be furnished by the meat in preparation. For instance, with any roast the flour may be mixed in the pan containing the drippings, and the liquor from the meat may be used, or water in case there is no such liquor. Then add, with other seasoning, enough of the caramel, see page 210, for seasoning and color.

An excellent seasoning is given any gravy or sauce, by sauteing a few thin slices of onion or green pepper in a little oil or butter and then adding the flour and other materials and seasonings.

ROE SAUCE

MATERIALS:

1 set shad roe	$\frac{1}{4}$ teaspoon ground mace
$\frac{1}{2}$ cup butter or drippings	6 tablespoons madeira
1 teaspoon onion juice	Salt to season

THE CALUMET COOK BOOK

PREPARATION:

Separate the roe, and drop into boiling hot salted water for one-half hour and keep just below the bubbling point. Drain and remove the membrane carefully. Put the butter and roe into a double cooker with the other ingredients. Stand over small flame until well blended. Serve in hot sauce boat.

BROWN CARAMEL SAUCE WITH MUSHROOMS

MATERIALS:

$\frac{1}{2}$ pound mushrooms	1 pint boiling water
1 tablespoon granulated sugar	2 level tablespoons flour
	Salt and pepper

PREPARATION:

Clean and prepare the mushrooms by slicing about one-quarter inch thick. Saute in the butter, or better in olive oil. Into another saucepan throw the granulated sugar and place where it will caramelize, adding one pint boiling water. Stir into the mushrooms the flour and add the boiling caramel. Season to taste with salt and pepper.

Pour over and around a steak on a warm platter. Garnish with rounds of green peppers or minced parsley.

HORSERADISH SAUCE—No. 1

MATERIALS:

$\frac{1}{2}$ cup horseradish	Yolk of 1 egg
$\frac{1}{2}$ cup thick cream	Salt
1 tablespoon vinegar or lemon juice	

PREPARATION:

Add the salt and egg to the horseradish and mix thoroughly. Whip the cream stiff and add it to the horseradish carefully, add gradually the vinegar and send at once to the table.

THE CALUMET COOK BOOK

If the horseradish is in vinegar, simply press it perfectly dry, add the egg and salt, mix and fold in at the last the whipped cream, omitting of course, the lemon juice or vinegar.

HORSERADISH SAUCE—No. 2

MATERIALS:

1 cup milk	1 heaping tablespoon butter
1 heaping tablespoon flour	2 tablespoons lemon juice
	1 cup horseradish

PREPARATION:

Put the milk into a double boiler, cream the butter and flour and stir into the milk. Cook till thick, then add the lemon juice and the horseradish. This is very quickly and easily prepared and according to this recipe quite thick. If a more liquid sauce is desired, add boiling milk to make the required consistency.

HORSERADISH SAUCE—No. 3

Cream together one heaping teaspoon each of flour and butter. Pour over three-quarter cup of hot water. Cook till creamy and add one-half cup prepared horseradish or heaping tablespoon freshly grated horseradish and juice of half a lemon.

APPLE SAUCE WITH HORSERADISH

(A Relish with Roast Pork)

Many do not know that a well made sauce of dried apples is often preferred to the sauce of fresh apples as a relish to roast pork, duck or goose, also that a heaping tablespoon of horseradish drained from the vinegar and added to one cup of either kind of apple sauce will give a decided relish that is good.

GOLDEN ROD SAUCE

(To serve with Creamed Dried Beef)

MATERIALS:

1 tablespoon butter	2 hard boiled eggs
1 tablespoon flour	Salt and paprika
1 tablespoon lemon juice	1 pint milk

THE CALUMET COOK BOOK

PREPARATION:

Place the milk in a double boiler. When hot add the creamed butter and flour. When thoroughly cooked add the lemon juice, salt and paprika.

Put the eggs through a ricer or food chopper, whites first and then the yolks. Stir the whites into the cream sauce. Then dispose of the egg yolks over the surface in combination with minced parsley.

Serve as an entree, or luncheon or supper dish.

LEMON EGG SAUCE

MATERIALS:

Cream sauce	3 eggs
Juice of 1 lemon	

PREPARATION:

Make a sauce as directed for cream sauce No. 1, adding pepper to season and juice of lemon. Drop hard boiled eggs into cold water. Take from the shells, separate whites from yolks and either mince fine or put through a ricer.

This is a favorite sauce for serving with salmon, halibut, cod, mackerel and occasionally with finnan haddie (haddock).

FISH SAUCE

MATERIALS:

2 egg yolks	Juice of $\frac{1}{2}$ lemon
$\frac{1}{4}$ cup hot water	2 tablespoons olive oil
1 tablespoon minced parsley	2 tablespoons chopped pickles
1 tablespoon capers	Salt and pepper to season

PREPARATION:

Beat the egg yolks, add the oil, lemon juice and hot water. Put into double cooker and cook till creamy. Do not allow to cook too long as the egg will curdle. Add the seasoning and some mustard if desired. Then add the other materials.

Dish into small sauce boat and serve with fish.

CREOLE SAUCES

There is a wide latitude in the making of creole sauces. The popular conception of a sauce creole seems to be a sauce, the predominating feature of which is pepper and resembling our tomato sauces, but with a much higher flavor and seasoning.

But there are creole sauces made with the juice of oranges and lemons and seasoned with pepper, parsley, etc.

In the making of the former sauce, different peppers are used, the chili (pronounced shee-lee) pepper is the proper one to use, as it has a distinctive property of seasoning without the intense burning sensation. Many, particularly those who cater to the public, think a creole sauce should be seasoned so highly that it will destroy all sense of flavor, but this should be avoided, both from a dietetic and gastronomic viewpoint.

Chili con carne, for instance, as served in public places, is seasoned so heavily with cayenne or paprika as to destroy all flavor of the other ingredients, thus depriving the dish of its most inviting quality.

Tomatoes, garlic, chili peppers, creole seasoning and onion form the base of most creole sauces, the proportions and ingredients varying according to individual tastes and materials on hand.

Creole seasoning is a preparation of New Orleans origin and is put up in powdered form.

Chili peppers may be obtained in cans under the Spanish name of pimientoes and these cans are in two sizes, usually at a shilling for the small and twenty-five cents for the larger size. These pimientoes are more convenient for the housewife, as they are ready for use.

The dried chili peppers are somewhat hotter and are a nuisance to prepare when pressed for time. Chilis

THE CALUMET COOK BOOK

may be prepared in a quantity and dried again, and are more economical. The chili powder of commerce does not quite fill the place of the home-prepared chili. To prepare the dried chilis, stew them until tender and then rub through a sieve to remove the tough skin and seeds, or drop into cold water after stewing and then cut in halves, removing the seed veins and scrape off the softened pulp. When the peppers are dry they do not seem to have very much pulp but after cooking there will be as much as in a medium tomato.

Either an oil, olive or cotton seed, or a dripping used to saute (fry in shallow fat). The onion, is the first move in the making of a creole sauce, but always remember that to properly bring out the right flavor, the onion, must like the mushroom, be first sauted. Mushrooms may be included in a creole sauce, also green peppers. Tomatoes, fresh or canned, are always included. A slight thickening of flour creamed with drippings or butter is often desirable. There, of course, can be no hard and fast rule for this sauce, but following is a recipe in which the proper formula is presented and must be adhered to through the various changes of individual preference or expediency.

CREOLE SAUCE

MATERIALS:

1 medium onion	2 teaspoons oil or butter
1 clove, garlic	Bay leaf, whole allspice,
1 pepper, red or green	mace or cloves for sea-
2 cups tomato	soning

PREPARATION:

Place the butter in saucepan, add minced onions and pepper; saute five minutes, turn in the tomatoes and seasoning and cook twenty minutes.

A sauce creole is very seldom strained and various combinations of seasoning go into its makeup. To

make the dish more peppery, a dash of cayenne, paprika or tobasco sauce may be added. If mushrooms are desired add these whether bottled or fresh to the onions and saute with them.

SAUCE A LA BUCKINGHAM

Put one cup of sweet milk into a double boiler. Cream one rounding tablespoon of flour with an equal quantity of butter, add this to the hot milk and cook until thick. Mince small Gherkin pickles, one green pepper, sliced stuffed olives and some parsley and add to the cream sauce. Lay some rounds of lettuce leaves on a small platter, heap the sauce in the center. Stick two or three sprigs of parsley into the mound. This should be served from the side with fish.

GREEN PEPPER SAUCE

Select four large peppers, throw them into boiling water, boil rapidly fifteen minutes, drain, remove the thin skin, cut in halves and take out the ends. Chop fine and put into a saucepan of boiling water again, slightly salted. Cook till tender. Drain and press through a colander, return them to the saucepan, add a tablespoon of butter creamed with one-half tablespoon of flour and four tablespoons of cream. Cook till creamy.

Use no more water than necessary in boiling the peppers. Serve this puree of pepper with any dishes of fish or meat loaf.

SAUCE HOLLANDAISE

MATERIALS:

2 tablespoons butter	1 tablespoon flour
Yolks of 2 eggs	Salt and pepper to season
1 bay leaf	2 tablespoons tarragon
1 tablespoon chopped onion	vinegar
	½ pint boiling water

THE CALUMET COOK BOOK

PREPARATION:

Put the bay leaf and onion in the vinegar, bring to the boiling point and cool. Cream the butter and flour together, add gradually the water, stir until boiling, add the vinegar, strained. Take from the fire, stir in gradually the yolks of the eggs. Heat very gently just a moment, add the seasoning of salt and pepper and strain at once into a sauce boat.

This is one of the most elegant of the fish sauces. Lemon juice may be used in place of vinegar.

DRAWN BUTTER, Unsweetened

Explanatory:—This sauce forms the base for many seasonings and is then called by name of the seasoning or addition.

MATERIALS:

1 cup hot water	2 level tablespoons soft butter
2 level tablespoons flour	Salt and pepper to season

PREPARATION:

Heat the water in a small saucepan, cream the butter and flour and stir into the hot water until creamy. Add seasoning.

EGG SAUCE

This is a Drawn Butter with two hard boiled eggs either sliced or chopped added to it before serving.

ENGLISH DRAWN BUTTER

Made by replacing one-quarter of the water with vinegar and the addition of butter the size of a walnut just before serving.

HORSERADISH SAUCE

This may be Drawn Butter with a goodly addition of plain grated or bottled horseradish.

CHEESE SAUCE, To Serve with Fish

Use the Drawn Butter recipe with a very strong grated cheese and seasoning of paprika.

DRAWN BUTTER, Sweetened

Explanatory:—When sweetened fruit juices or jelly are available they may displace the sugar in the following recipe. More butter may also be added. A few thin slices of lemon are frequently added to make a LEMON PUDDING SAUCE.

DRAWN BUTTER, With Sugar

MATERIALS:

1 cup water	$\frac{1}{2}$ cup sugar
2 level tablespoons flour	1 level tablespoon butter

PREPARATION:

Heat the water; mix the sugar and flour thoroughly. Stir into the hot water with the butter. Cook until creamy.

CREAM SAUCES

Explanatory:—Cream sauces without sugar are the base for any wanted seasoning which may be added as desired, such as lemon juice, peppers, parsley, eggs cooked or uncooked, fish, etc., and are used, (1st) for soups, (2nd) as accompaniment for meats, fish and vegetable dishes, (3rd) as a medium for croquettes and timbales. The sauces only differ as to consistency.

CREAM SAUCE, (No. 1, Thin)

MATERIALS:

1 cup milk	$\frac{1}{2}$ teaspoon salt
1 level tablespoon butter	1 level tablespoon flour

CREAM SAUCE, (No. 2, Medium)

MATERIALS:

1 cup milk	$\frac{1}{2}$ teaspoon salt
2 level tablespoons butter	2 level tablespoons flour

THE CALUMET COOK BOOK

CREAM SAUCE, (No. 3, Thick)

MATERIALS:

1 cup milk
4 level tablespoons butter

$\frac{1}{2}$ teaspoon salt
4 or 5 level tablespoons flour

PREPARATION:

There are three ways of making which apply to all three sauces. The butter may be omitted in No. 1:

Method No. 1:—Mix the flour with about half its bulk of milk, beat smooth and add enough more to thin sufficiently to add to the hot milk without lumps. Heat the milk and stir in the mixture with the butter and salt. Cook until creamy.

Method No. 2:—Warm the butter in a saucepan, cream in the flour, add the milk and cook until creamy after adding salt.

Method No. 3:—Heat the milk in a double boiler, cream the butter and flour thoroughly, then stir into the milk until creamy. Add the salt. As the butter dissolves in the hot milk the flour is taken up.

CREAM SAUCES, Sweetened

Explanatory:—These sauces are the base for a variety of flavorings and combinations, more or less flour or sweetening may be used or the sugar may be replaced by jelly or fruit juices. Eggs, either yolks or whites, may be added. There is just one right method of cooking.

CREAM SAUCE, With Sugar

MATERIALS:

1 cup hot milk
2 level tablespoons flour

$\frac{1}{2}$ cup sugar
1 level tablespoon butter

PREPARATION:

Mix flour and sugar thoroughly and stir into the hot milk, adding the butter. Cook until creamy.

SALADS AND RELISHES

“Of herbs and other country messes,
Which the neat-handed Phillis dresses.”

Instinctively the accomplished hostess puts forth her best effort in the preparation of a salad, realizing that this is the true test of culinary competency.

Before going into the detail of the work it may be well to submit a dietetic caution in reference to salad materials and the eating thereof.

All salad materials in the nature of green vegetables must be tender and fresh as possible to maintain their digestibility. Cooked vegetables, meats and fish even in small quantities, known as scraps, may be used, but these must not be mushy or stale. Then, too, remember that when served as a relish with hot meats, even though in a separate course, a salad must be in a moderate quantity and composed of the lighter, most digestible salad materials. In such instances salads are intended to supply intestinal ballast and mineral salts. Green vegetables are the most valuable source from which this supply can be obtained.

For many salads the plain dressing of oil and vinegar or lemon juice with seasoning of salt and pepper is to be preferred, while others are equally good with the plain dressing or the richer mayonnaise.

For those who do not like the oil dressing there are quite a number of cooked dressings.

SALAD PLANTS

Explanatory:—The salad plants are classed as ideal ballast in the dietary, supplying as they do natural mineral salts and volatile oils which by reason of form in which they are eaten, do not lose these attributes by cooking.

Salad Plants when so served are much better and more appropriately dressed with a French dressing or in some cases with a whipped cream dressing rather than the heavier cooked or mayonnaise dressing.

They are kept fresh and become crisp by folding in wet towel and keeping in cool place or near ice. If freshly pulled they should be allowed to remain in wet towel one hour more or less before serving.

LETTUCE

One of our most common and universal salad greens, is by the aid of the hot-house and gardeners, seasonable the year through.

Its principal use is in salads, but it is sometimes cooked and served like spinach.

The hot-house and winter lettuce is more delicate in flavor than that grown out-of-doors. It is wholesome, cooling and palatable.

It is too delicate to serve with cooked or mayonnaise dressing, and will not remain fresh long after mixing with any dressing. French is the better dressing for it. Many prefer it sprinkled with salt and eaten plain. Another favorite way of serving it is with cream and a little sprinkle of sugar.

FRENCH DRESSING

It is almost impossible to make a perfect emulsion of oil and vinegar without using something for a medium. In the mayonnaise dressing this is accomplished by using the yolks of eggs. There are salads where the use of a mayonnaise seems out of place and the French dressing suits the palate.

Do not expect to make an emulsion, just place the ingredients together and mix and pour over the greens or salad vegetables. Toss them with a couple of forks, and the oil will cling to the vegetables and the surplus

vinegar or lemon juice will sink to the bottom of the dish. Putting the yolk of the egg with the French dressing is an expedient to hold the vinegar and oil in emulsion, but may not always be advisable. There is no hard and fast rule for the making of French dressing. The only definite rule is that whenever the oil floats, too much vinegar has been added. This is one of the rules that is proven more in the exception than in the observance.

At best six tablespoons of oil will require two tablespoons of vinegar, but one-half as much vinegar as oil is used frequently by many of the most particular of diners.

METHOD:—The materials may be put together in a bottle, a patent stoppered bottle is very convenient for this purpose, as it is easily cleaned, and can be placed in the ice chamber of the refrigerator without fear of spilling its contents. Put the materials together, any time before serving, to chill and when salad is ready to serve, shake well and pour over the salad.

If a “chaud-froid” (hot and cold) salad, such as the asparagus or hot greens, is desired, add the yolk of an egg, uncooked, to the materials in the bottle and the separation of the oil from the vinegar will not take place when poured into the heated dish.

Worcestershire, Harvey, Walnut, anchovy or tobasco sauce may be used to season a French dressing. Or an aromatic vinegar may be used instead of the plain. Onion juice or tomato catsup is equally in favor as seasoning.

Rubbing the salad dish with a cut clove of garlic is a popular seasoning.

Do not, of course, use more than two of these different seasonings together, and they may all be omitted.

Many epicures prefer the plain French dressing, and insist upon mixing it at the table.

THE CALUMET COOK BOOK

The epicure mixes the salad and dressing by degrees. To do this easily, sprinkle over the salad the pepper, salt and any other seasoning. Pour over the desired quantity of oil. Toss and turn until each leaf is seasoned. Then pour over the desired quantity of vinegar and toss again until the whole is evenly distributed.

In preparing the salad for each diner, cut the lettuce with shears and have everything in readiness.

For family use the housewife puts the salad and dressing all together and serves it complete. By a constant change of seasonings a variety of salads may be made up of the same materials.

Salads should hold a prominent place in the daily menu.

The green vegetables contain the salts necessary to the well being of our systems. The oil contributes to the heat of the body and a small amount of acid aids in the digestion of other foods and lends zest to the meal.

SEASONED FRENCH DRESSING

MATERIALS:

1/2 cup of olive oil	1 teaspoon powdered sugar
4 tablespoons of vinegar	1 tablespoon chopped onion
1 tablespoon chopped parsley	2 tablespoons rings of green onion tops
2 tablespoons chopped green pepper	1 teaspoon salt
	1/2 teaspoon white pepper
	3 drops tobasco

PREPARATION:

Mix these ingredients and let stand an hour before using. Mix again before pouring it over the salad materials.

GERMAN CREAM SALAD DRESSING

MATERIALS:

1 teaspoon sugar	1/4 cup vinegar
1/2 teaspoon of white pepper	1/2 cup very rich sweet cream
1 teaspoon of salt	(Sour cream is preferred by many)

THE CALUMET COOK BOOK

PREPARATION:

Mix the dry ingredients, add the cream and stir until dissolved, then add the vinegar, stirring all the time. Never add the salad dressing until just before serving. It is well to press gently between a towel or napkin all greens which have been chilled in ice water, that they may be perfectly dry before adding the dressing. When the salad dressing is poured over the wet salad leaves, it is diluted, and the greater part falls to the bottom of the bowl, a watery, insipid mixture.

Evaporated milk is an excellent substitute for cream in this dressing. Use one-third as much vinegar as evaporated milk.

SOUR CREAM SALAD DRESSING

One cupful of thick sour cream, one tablespoon of lemon juice, three of vinegar, one teaspoon of sugar, one of mustard, salt and cayenne to taste, mix all together thoroughly.

MAYONNAISE DRESSING

MATERIALS:

2 egg yolks, uncooked	Vinegar
2 egg yolks, cooked	Lemon juice
1 teaspoon of sugar	$\frac{1}{2}$ pint olive oil
1 teaspoon white pepper	1 teaspoon mustard if
1 teaspoon salt	desired

PREPARATION:

The easiest and quickest method of mixing this dressing is to set a narrow, deep bowl into a butter jar containing some chipped ice. Have the oil and vinegar chilled. For mixing, use the medium size rotary egg beater. With a fork break up the yolks of the hard boiled eggs and make a paste of them with the uncooked yolks, add the seasoning, or not as you wish, at this time. Put the rotary beater into the bowl, pour in a

THE CALUMET COOK BOOK

couple of teaspoons of oil and begin using the beater, adding a little oil at a time. When very thick and shiny add a little of the vinegar or lemon juice, then more oil and vinegar until the mixture is stiff. Just before time to serve, the mayonnaise may be improved by the addition of one-half cupful of whipped cream or the very stiffly beaten white of one egg.

THOUSAND ISLAND DRESSING

The Thousand Island Dressing is made up of materials of food value, containing as it does—fat and protein, and served with fresh green vegetables or grape fruit with plain bread or rolls and butter, makes a complete meal of digestive and nutritive value.

MATERIALS:

1 cupful Mayonnaise dressing	2 hard boiled eggs, minced fine
3 tablespoonfuls tomato sauce	3 tablespoonfuls chopped canned pimentoes
1 minced green pepper	3 minced gherkin pickles

Capers and the tiny pearl onions may be added or substituted for the pickles.

PREPARATION:

Mix all of these materials together. Chill well before serving.

Delicious to serve with plain head lettuce or crisped shredded cabbage.

COOKED SALAD DRESSING—No. 1

MATERIALS:

1 level teaspoon arrow root or cornstarch	3 level teaspoons butter or oil
1 heaped teaspoon cornstarch	2 level teaspoons sugar
$\frac{1}{2}$ cup water	2 eggs
$\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ cup whipped cream

PREPARATION:

There are occasions to use a cooked dressing that is very dainty and more easily prepared and is particu-

larly nice for a fruit salad. This is free from mustard or seasoning of any sort, except salt, and can be converted into any kind of dressing preferred.

Mix a level teaspoon of arrowroot or a well rounded teaspoon of cornstarch with just enough cold water to dissolve.

Put one-half cup of water and one-fourth cup of vinegar into the double cooker with a dash of salt and three level tablespoons of butter or olive oil and the yolks of two eggs. Add a teaspoon of sugar and the arrowroot. Just before removing from the fire beat in with the rotary egg beater the stiffly beaten white of one egg.

Set away to chill thoroughly and then, just before serving, beat in one-half cup of whipped cream or the other egg white stiffly beaten.

COOKED SALAD DRESSING—No. 2

MATERIALS:

Yolks of 3 eggs	1 teaspoon of mustard
1 tablespoon of sugar	$\frac{1}{2}$ teaspoon of pepper
3 level tablespoons of flour	1 teaspoon butter
$\frac{1}{2}$ teaspoon of salt	1 cup of hot milk
	$\frac{1}{2}$ cup of vinegar

PREPARATION:

Put the milk into the double boiler, mix the dry materials with the egg yolks and a little cold milk and add to the hot milk. When cooked, beat it well with a rotary beater, adding the boiling vinegar. Put away to cool and just before serving add the stiffly beaten whites of two eggs or a cup of whipped cream.

COOKED SALAD DRESSING—No. 3

Mix one tablespoonful of flour with one-half cup of melted butter, add one cup of milk or cream and boil and beat until smooth. Beat the yolks of three eggs well, mix one teaspoonful of mustard with just enough

THE CALUMET COOK BOOK

vinegar to make it smooth and add to beaten yolks, then stir in the balance of vinegar. Mix the cold mixture with the hot and boil up once, stirring constantly. Beat the whites of the eggs very stiff and carefully fold in. Add salt and pepper to taste. If kept in a cool place this will keep a long time.

GERMAN POTATO SALAD

MATERIALS:

Boiled potatoes	Parsley
Lettuce	Thin strips of bacon
Green peppers	Minced onion
Seasoning	Salad dressing

PREPARATION:

Boil the desired quantity of potatoes with the jackets on; do not over cook. Remove the skins and chill. Cut the green peppers into rounds after removing the seeds. Place the bacon in a shallow pan under the broiler fire and quickly brown or crisp, then cut into small bits. Dice the potatoes and chill. Place the potatoes in a large crock or bowl and the peppers, onion, minced parsley, bacon, and pour over carefully a German cream salad dressing.

Serve on rounds of lettuce leaves.

SPANISH SALAD

Chop separately and very fine four large cucumbers, four large firm tomatoes, one bunch of crisp celery, the crisp centers of two heads of head lettuce, and three green chili peppers. Mix all together, add one tablespoon of vinegar, two tablespoons of olive oil, juice of one lemon, two or three drops of tobasco, salt and pepper to taste. Chill until ready to serve.

COMBINATION SALAD

Tomatoes for salad are much better pared without first scalding. This can easily be accomplished with a sharp knife. Do not on any account slice the tomatoes,

THE CALUMET COOK BOOK

unless in very thick slices. There is nothing much more discouraging than to try to convey to the mouth thinly sliced tomato. Cut the tomatoes into quarters or eighths, according to their size, from stem to blossom end, and then once crosswise. Cucumbers may be sliced or cut into small cubes. Do not make the ancient mistake of putting them to chill and soak in salted water, as the salt renders the cellulose fiber of the vegetable tough and less palatable or digestible. Put some head lettuce in ice water to chill and crisp, or place it in the fold of a wet towel and lay in the ice chamber of the refrigerator.

For this salad the most appropriate dressing is the French. A convenient way of preparing this is to put the olive oil, vinegar, salt, pepper, a dash of tobasco and sugar if desired, into a bottle and place in the refrigerator until just before serving, when it can be taken out and shaken well to form an emulsion of the vinegar and oil. By doing this there is no unnecessary hurry at the last moment. Have the bowl well chilled from which the salad is to be served. Combine the materials, cutting the lettuce with shears. Pour over the dressing and toss all together with a salad fork and spoon, or with a couple of forks. Green peppers may be added.

SPINACH AND EGG SALAD

Wash and cleanse the spinach until it is entirely free from grit. Place in a tightly covered vessel, season with salt, and allow to cook tender in its own liquor. Press into a bowl when tender and put away in the refrigerator to chill. Hard boil two eggs, separate the whites from the yolks by cutting the white lengthwise into quarters. Mash and mix the yolks with a heaping teaspoon of the mayonnaise dressing. Turn the mold of spinach into the salad bowl. Heap the yolks on the

top, arrange the sections of egg whites around it. Then circle the base of the spinach with the mayonnaise dressing.

A SAINT PATRICK SALAD

Select three perfect heads of head lettuce, remove the withered outside leaves. Open up the heads, very carefully, removing the center leaves, thus making a perfect cup. Throw them all into the ice water to chill and crisp.

Make a mayonnaise and color green by adding the following:

Chop very fine sufficient parsley to make one tablespoon. Put it into a bowl and rub with the back of a spoon until it is reduced to a paste. During the rubbing add four or five drops of alcohol. Stir this into the mayonnaise dressing.

Cut into dice two medium sized cold boiled potatoes, mince small onion fine and toss in with the potatoes, cut fine a couple of sweet green peppers after removing the seeds. Sprinkle the potatoes, onions and peppers with a little vinegar and salt. Just before serving take the lettuce from the ice water, dry carefully on a soft towel, arranging the three heads in a salad bowl. Shred with the shears the tender inside leaves and add to the other vegetables. Mix with the green mayonnaise and fill the green cups with the mixture.

This is a very effective green salad to serve at any time.

TOMATO en TULIP

Select uniform medium tomatoes, scald them to remove skin and chill.

Divide the shell into eighths almost to the stem end, draw these sections back from the center pulp. Place the tomatoes on round of lettuce and fill each center with a spoonful of mayonnaise dressing.

CHICORY AND TOMATO SALAD WITH MUSHROOMS

MATERIALS:

1 head of chicory	¼ cup of olive oil
3 firm ripe tomatoes	3 tablespoons vinegar
1 sweet green pepper	1 scant teaspoon salt
2 medium mushrooms, diced	1 scant teaspoon sugar
	Dash of pepper

PREPARATION:

Clean and lay the chicory in cold water to crisp. Then line the salad dish with some of the darker green leaves. Dry the balance in a towel and cut in inch pieces with the shears.

Cut the tomatoes, after peeling, in about eighths, by cutting in halves across and then cutting into quarters the other way. Take out the seed centers from the peppers and cut into rings.

Add the diced mushrooms. Toss all of the salad materials together lightly and pour over the dressing made by mixing the salt, pepper, sugar and oil together and then stirring in the vinegar.

Transfer to the salad bowl.

CHICKEN SALAD

An old fowl may be used for salad. Clean and prepare the fowl for stewing, but do not separate at the joints; after having singed the fowl split it open down the back, it is then so much more easily cleaned. If the fowl is old put a little vinegar into the water in which it is to be cooked and keep the water just below the boiling point. A bay leaf or two will improve the flavor of the meat for some. The meat of the chicken must be freed from skin and bones and if you desire a white salad do not use anything but the breast meat. Cut this up into small dice. Mince fine one green pepper. Put the two ingredients together and marinate with three tablespoons of olive oil and one of lemon

THE CALUMET COOK BOOK

juice well mixed. Set away in a cool place for a couple of hours.

Cut well crisp celery into very small pieces. If the flavor of onion is desired cut up a Bermuda onion very fine. Mix all of the ingredients together and add either a mayonnaise or cooked salad dressing. Do not have the mixture sloppy or soft, turn into a deep bowl or vegetable dish to mold for a minute, then turn into a salad bowl lined with rounds of lettuce leaves.

Garnish the mound of salad with slices of lemon and green peppers sliced crosswise.

GREEN PEPPER SALAD HOLDERS

A nice way to put salads in a lunch box is to use green sweet peppers. Remove the seeds after cutting off the small end of each pepper and stuff them with the salad.

STUFFED PEPPERS

MATERIALS:

6 large sweet peppers	1 teaspoon salt
1 pint finely chopped cooked meat	1 tablespoon butter
1 good sized onion	1 saltspoon pepper
	½ cup stale bread crumbs

PREPARATION:

Cut the peppers into halves, crosswise, remove the seeds and cut off the stem, wash them in cold water. Mix the meat, bread crumbs, salt, pepper and half of the onion grated. Stuff this into the peppers, stand them in a baking pan, put into the pan the remaining onion, sliced, the butter and a half pint of water or stock. Bake slowly three-quarters of an hour, basting the outside of the peppers every ten minutes. Serve as a luncheon or supper dish or as an entrée at dinner.

PICKLED PARSLEY (Rorer)

Select perfect curly heads of parsley. Wash thoroughly in salt water, drain and shake dry. Put into

THE CALUMET COOK BOOK

glass jars of cold vinegar; to each quart allow one tablespoon chopped horseradish. Cover and stand away for use.

This is especially nice for garnishing when parsley is out of season.

SPINACH BLOCKS

MATERIALS:

Spinach	1 egg
Drop of tobasco	Salt

PREPARATION:

After thoroughly cleaning, cook the spinach without other water than clings to the leaves.

Cook in covered vessel over moderate heat, drain and chop very fine, drain again, mash and mix with the beaten egg, tobasco and salt.

Put into shallow dish and put this dish into another of hot water. Set in the oven till well set. Cut into desired shapes and serve.

Made with a dash of lemon, these are nice to serve with a fish course.

CABBAGE SALAD

Take the tender white center from a head of cabbage. Shred fine and crisp in ice water.

Make a cooked dressing of three eggs, three tablespoons of butter, five of tarragon, one teaspoon of grated horseradish and the same amount of mixed mustard and a good pinch of salt.

Cook over hot water until creamy, when cold add an equal amount of whipped cream and stir into one pint of the shredded cabbage after folding it in a napkin to take away the surplus moisture. To this add a cup of pickled beets.

Fill the cabbage shell and garnish with celery plumes and rings of beets.

STUFFED CELERY—A Relish

MATERIALS:

1 dozen stalks celery	1 red pimiento
$\frac{1}{4}$ pound cheese	Salad dressing or thick corn
$\frac{1}{2}$ teaspoon curry powder	cream
2 egg yolks, hard boiled	Salt and paprika to season

PREPARATION:

Cleanse and lay the celery in a wet towel on the ice for an hour or more to chill and crisp. Make a soft mixture of all of the materials. If some cream is used instead of salad dressing, the mixture will require a little more seasoning.

Wipe each stalk dry and fill with the mixture. Sprinkle with paprika when filled.

The stalks should then be cut into finger lengths and placed on cracked ice to serve. If prepared in advance of the meal, return after filling to the refrigerator without the cracked ice.

Do not cut away the small fresh leaves at the end of the inside stalks as they add to the appearance of the dish.

For a picnic or basket lunch place two stalks with fillings together and roll each two in wax paper. If no ice is carried with the lunch an ice bag may be filled and wrapped in a towel and laid over them.

MINT VEGETABLE SALAD

One package of mint (or lemon) Tryphosa, three-fourths pint boiling water, one teacup vinegar, one teaspoon dry mustard, one teaspoon celery salt; when beginning to congeal add following vegetables chopped fine:

1 onion	($\frac{1}{2}$ cup minced chicken can
3 pimientos	be added also if desired)
1 green pepper	Add to mint jelly and congeal
$\frac{1}{2}$ cup shredded cabbage	Serve with dressing or cold
	meats

THE CALUMET COOK BOOK

CABBAGE AND BEET RELISH

MATERIALS:

1 quart raw cabbage, chopped	1 cup horseradish, grated
1 quart cooked red beets, chopped	2 level tablespoons salt
1 quart vinegar	1 level teaspoon black pepper
2 cups sugar	¼ level teaspoon cayenne pepper

PREPARATION:

Heat the vinegar, add to it the sugar, salt and peppers.

Toss the beets, cabbage and horseradish together in large bowl. Fill quart or two quart mason jars and pour over the hot vinegar.

This keeps perfectly without sealing and is a relish out of the ordinary.

FRUIT SALAD

MATERIALS:

1 cup of Malaga grapes	3 oranges
1 cup of walnuts or pecans	2 bananas
1 cup of celery cut in short pieces	Gelatin

PREPARATION:

Seed the grapes and set on ice while preparing the rest. Dissolve one-half package of any of the acidulated gelatines in one-half cup boiling water, adding the juice of oranges.

Peel the oranges and divide into lobes, free these from pith and seeds and cut each piece in two pieces.

Remove large section lengthwise from the covering of bananas, draw a silver knife the length of the fruit, cutting it in two without removing from the covering. Cut into sections about one-half inch, add this to the oranges, also the celery, grapes and the nuts which have been cut in small pieces but not chopped. Add the dissolved gelatin which should be cold but not stiff.

THE CALUMET COOK BOOK

Line a salad bowl with fresh crisp leaves of head lettuce. Mayonnaise dressing may be used in place of the gelatin, but the thought of mixing it with fruit is offensive to some.

CHERRY AND FILBERT SALAD

Select firm, large, red cherries. Stone them and insert in the cavity blanched filberts. Chill and serve in tall sherbet glasses with gelatine salad dressing.

PRUNES AND PECAN SALAD

Cook prunes according to previous directions. Drain and chill nice perfect fruit. Remove the pits and cut each prune lengthwise in quarters. Pour over them a little sherry or grape juice and set aside in the refrigerator. Cut pecan nut meats into pieces lengthwise.

Make a French dressing of three tablespoons of olive oil and two tablespoons of lemon juice, a dash of salt and pepper. Pour the dressing over the prunes and nuts. Serve on lettuce leaves, with roast lamb or veal, lamb chops or at a luncheon with bread and butter.

APPLE SALAD

Select very large red apples, allowing half an apple for each person.

Make the following dressing long enough before serving that it may be well chilled.

DRESSING:

Put one cup of sweet milk in a double boiler. Mix together three level tablespoons of sugar, two level tablespoons flour, one-half teaspoon each of mustard and salt. Add these to the hot milk, and then the yolks of two eggs mixed with a little cold water or milk. When cooked add the juice of half a lemon, cook a few moments and then set away to chill. Just before serving add either the very stiffly beaten white of one egg or a cup of whipped cream.

THE CALUMET COOK BOOK

Cut one-half cup of pecans into small pieces, do not mince. Prepare three apples by cutting them in halves crosswise and taking out the fruit in small pieces, cutting in dice and dropping into water, into which a few drops of lemon juice have been put. Dip each apple into the water once or twice so that it will not become red. When you have a shell in which to serve the salad you may notch the tops of each shell into points. Then allow the apple shells to remain in the water till ready to fill them.

Quarter a banana lengthwise and then cut into inch pieces. Drain the apple thoroughly and mix with the banana and nuts and just before serving mix with the salad dressing and heap this in the apple cups. Prepare small six or seven inch plates by putting a border half way around the rim of the plate of sliced bananas, allowing the slices to just overlap. Set the apple cup in the center of each plate. If this apple salad is to be served at a luncheon or at the supper table, prepare a plate of almond wafers to serve with it.

AMBROSIA SALAD

Cut a small pineapple into thick slices, peel, take out the eyes and divide into sections two oranges, cut each section in two, boil one cup of sugar in water enough to dissolve it, add it, when cool, to the fruit. Then add the following ingredients:

2 bananas, sliced	1 cup grated cocoanut
1 cup maraschino cherries	$\frac{1}{2}$ cup brown sherry or grape juice

Serve in tall sherbet glasses in which a crisp round of lettuce has been placed.

GRAPE FRUIT SALADS

Grape fruit may be served in several forms of salad, but in all cases the pulp must be perfectly separated from the white "rag," as the slightest particle will give

a bitter taste. Serve the fruit on young, crisp lettuce or tender cabbage-heart with French dressing or mayonnaise. Chopped celery or nuts or some other fruit, as cherries or currants, make toothsome additions. A little sugar may be sprinkled over the fruit before adding dressing.

PINEAPPLE CELERY AND NUT SALAD

To a cup of diced pineapple, add one-half cup of very thinly sliced celery stalks, one-half cup of nut meats and one sour apple diced.

Mix well and serve on crisp leaves of lettuce, with a fruit salad dressing.

PINEAPPLE AND GRAPE FRUIT SALAD

Mix one cup tart, chopped pineapple with a shredded grape fruit and half a cup of chopped nuts or celery. Add fresh, or some form of preserved cherries, and serve on lettuce with mayonnaise dressing.

GRAPE FRUIT AND TOMATO SALAD

(A novel combination)

MATERIALS:

1 grape fruit	2 medium sized firm
Mayonnaise dressing	tomatoes
	Minced parsley

PREPARATION:

Separate the grape fruit and remove all of the white membrane, cut into cubes. Peel the tomatoes without scalding. Quarter them, and then cut across into eighths.

Chill the grape fruit and tomatoes for an hour in the refrigerator, combine the two just before serving and cover with a mayonnaise and sprinkle with parsley.

GRAPE FRUIT AND BERMUDAS

MATERIALS:

1 grape fruit, chilled	French dressing
1 small Bermuda onion	

THE CALUMET COOK BOOK

PREPARATION:

Cut the grape fruit in halves and carefully remove lobes of fruit free from the "rag." Cut the Bermuda onion in thin slices. Place on round of lettuce leaf and heap with the grape fruit, pour over a French dressing.

WATERMELON SALAD

Thoroughly chill a ripe watermelon. Remove the heart and cut into cubes.

Cut the rim of one of the halves into vandyke points. Return the cubes to the shell and cover with a rich fruit salad dressing to which has been added some candied ginger shredded.

KUMQUAT

The kumquat is a delightful fruit salad material, as well as a choice table fruit, suitable for table service au naturel, for jellies, sauces, jams or candied delicacies.

FRUIT SALAD FLUFF

MATERIALS:

1 can sliced pineapple, diced	1 cupful pecans
1 can Royal Ann cherries	½ pound marshmallows cut into quarters with shears

MATERIALS FOR DRESSING:

1 cupful whipped cream and a custard made of juice of 1 lemon, 2 egg yolks, ½ teaspoonful mustard, ¼ teaspoonful salt.

PREPARATION:

Cook the lemon, egg yolks, mustard and salt in a cup over hot water. Chill and just before serving whip it into the whipped cream.

Drain the fruits, mix with marshmallows and nuts, stand in the refrigerator 1 hour before serving to allow the marshmallows to fluff up. Mix with the dressing and decorate with some slivers of maraschino cherries. Serve in tall sherbets lined with crisp lettuce.

ENTREES, LEFT OVERS

CHEESE SOUFFLE

MATERIALS:

$\frac{1}{2}$ cup grated cheese	2 level tablespoons butter
$\frac{1}{2}$ cup milk	2 eggs (small)
2 level tablespoons flour	Salt and pepper to season

PREPARATION:

Put the butter in the saucepan, when melted, blend with the flour without browning. Add the milk and cook till thick, then add the grated cheese, salt and pepper and cool. Separate the eggs, beat the yolks and whip them into the mixture. Beat the whites very stiff and fold them in. Turn the souffle into a well greased pan. Set the pan in a shallow dish of hot water and place in a moderate oven for about twenty to twenty-five minutes. Serve at once as it soon settles.

SPANISH SAUCE

Saute in some butter or oil some finely sliced onion and green pepper. Add one tablespoon (heaping) of flour. When well combined add two cups of tomatoes and one of water. Cook till creamy and then season with salt and a generous sprinkling of chili powder.

ALMOND SOUFFLE

MATERIALS:

2 eggs (small)	$\frac{2}{3}$ cup milk
2 level tablespoons butter	Speck of salt
2 level tablespoons flour	Whipped cream
4 level tablespoons sugar	Finely chopped blanched almonds

THE CALUMET COOK BOOK

PREPARATION:

Melt the butter in a saucepan and combine with it the flour and the milk. Cook until thick. Cool, add the yolks of eggs well beaten, the sugar and salt and lastly the stiffly beaten whites.

Put the mixture into well greased ramekins or cups. Let them stand in a dish of hot water and bake in moderate oven one-half hour.

Serve with whipped cream sprinkled with the almonds.

LENTEN LOAF

Butter a mold that holds about one pint. Decorate the sides and bottom with strips of cooked green peppers. Prepare a cream sauce by putting two cups of milk into a double boiler, add one rounding tablespoon of butter creamed with one of flour.

To half this add three hard boiled eggs chopped fine and the whites and yolks of four eggs, beaten separately. Then add one-half cup of fine bread crumbs. Season well and turn into the mold. Set the mold in a dish of hot water and bake one-half hour. Turn it out carefully, when cooked, onto a warm dish lined with croustades of fried bread. Add some minced parsley to balance of the white sauce, heat it and pour around mold.

A cup of cream of tomato soup left over from a previous meal may be used for the basis of the mold and would be preferable to the cream sauce.

CHEESE FINGERS

Grate cheese to fill one cup. Grate dry bread to half fill one cup. Place one cup of milk over hot water, in a saucepan or double boiler. When hot add the cheese, bread crumbs, salt, pepper or paprika and one level teaspoon of mustard. When thickened whip in one beaten egg and turn into a buttered dish of such size

THE CALUMET COOK BOOK

that the mixture will be an inch in depth. Set this dish over a dish of hot water and cook fifteen minutes. When cold cut in finger length strips, roll in beaten egg and then in cracker meal and fry in deep oil in a fry basket. Drain on paper. Serve with bread and butter or with a green salad.

CHEESE STRAWS

Roll puff paste about one-half inch thick. Cut with a pastry cutter into strips three-fourths of an inch wide and five or six inches long. Brush with egg and water. Sprinkle with a strong grated cheese and paprika. Place in a shallow biscuit tin or baking sheet and bake in a quick oven. These are much superior to any other cheese straw. If desired, these may be made in two layers, rolling the paste about a quarter of an inch thick.

WELSH RAREBIT

A Welsh rarebit is never made without ale or beer. The several combinations of cheese, milk and eggs are sometimes misnamed Welsh rarebit but they are properly cheese custards. If for any reason you do not wish to use ale or beer in making a rarebit, refrain also from the use of the term.

MATERIALS:

$\frac{1}{2}$ pound rich old cheese	Salt, paprika, mustard and
$\frac{1}{2}$ loaf of 5c baker's bread	clove of garlic
1 pint ale or beer	

PREPARATION:

Rub the chafing dish with clove of garlic. Break up the cheese and put into the dish and set over the hot water pan. When melted add the crumbed bread, pour in the ale and add the seasoning. Stir till cheese is melted.

A dash of port wine or sherry gives the rarebit a heavier flavor, which is preferred by some.

Serve immediately on slices of toast or plain white bread. A pinch of soda is recommended with new cheese to make it more digestible.

SPANISH CHEESE

Place six large chili peppers in a hot oven and blister them, then rub off the outer skin, open the peppers and take out the seeds. Wrap each one around a thick slice of cream cheese and fry in butter or oil. Make a Spanish gravy of six tomatoes or their equivalent in canned tomatoes, one red chili pepper, one clove of garlic, small onion, salt and pepper. Cook all together, thoroughly, strain and thicken the juice with butter and flour creamed together. When ready to serve pour the sauce over the fried peppers and cheese. Serve very hot.

CHEESE AND TOMATO

Fill a heated platter with rounds of nicely toasted bread. Put one cup of tomatoes through the puree sieve, so as to remove the seeds. Rub the chafing dish with a clove of garlic. Put the tomatoes in the pan with a quarter of a pound of rich cheese, broken or grated, and one cup lightly filled with bread crumbs. Season the mixture well, add a pinch of soda and cook until the cheese is melted. Pour this over the platter of toast. Serve hot. This is a good substitute for Welsh rarebit and much better for the family table.

CHEESE PUDDING

Grate half a pound of soft American cheese. Toast either white bread or light rolls sliced, trim the edges and place some of them in a pudding dish. Put a layer of the cheese and then a layer of toast, having the last layer of toast, which last layer should be buttered. As

THE CALUMET COOK BOOK

each layer of cheese is put into the dish, season it with paprika and very little salt. Add a pinch of soda to a pint of warm sweet milk and pour over all. Let stand five minutes and bake in moderate oven.

CHEESE BALLS

Cheese balls made from cottage cheese are dainty served with a salad and sometimes with the soup course instead of olives.

Served with the soup or bouillon, mix the cheese with sufficient cream to handle and add chopped olives, either ripe or green, add a seasoning of salt and pepper. Shape into marbles and press between the halves of large olives.

With a salad course serve the cheese balls pressed between halves of walnuts or pecans.

STUFFED PEPPERS WITH RICE

Split large bell peppers in halves lengthwise, remove the seeds. Season cold boiled rice with tomato sauce and some grated cheese. Fill the peppers with the mixture, cover with bread crumbs and grated cheese, season with paprika.

Place close together in a saucepan and surround with water an inch deep. Bake one-half hour, basting frequently.

STUFFED GREEN PEPPERS WITH SPAGHETTI

Drop broken spaghetti into boiling salted water. Boil thirty minutes. Remove to colander or coarse sieve and stand in a dish of cold water to blanch, then drain.

Proceed the same as with the rice in the preceding recipe.

CORN FRITTERS

MATERIALS:

$\frac{1}{2}$ can canned corn	1 scant teaspoon of shortening
2 eggs	Flour to make very thin batter
4 tablespoons cream or milk	2 level teaspoons baking powder
	Salt to season

PREPARATION:

Beat the whites of the eggs very stiff, add the yolks and beat again. Then add the corn, salt, cream, flour and baking powder. Fry in plenty of oil on a pancake griddle or frying pan. More flour would be required for frying in deep oil or fat. If corn from the cob is used, double the quantity of milk or cream. Serve with fried chicken, Maryland style.

CHICKEN PATÉS

As to the pâté shells, much depends upon where they are purchased. There is on the market a substitute for butter, which a great many bakers find more convenient in making up great quantities, as it can be handled in a warm room, in fact, must be, as it has something the same quality as beeswax. Possessing this quality it makes a flaky but tough pâté shell.

The chicken for the filling is best prepared by splitting down the back, without dismembering. Cook in water just to cover. Cover tightly and place in warm water over a slow heat and cook at a temperature of about 175 degrees Fahrenheit. When cooked set aside to cool before preparing for the sauce. When cooled take the meat from the breast and cut into cubes. Drain and rinse some canned or bottled mushrooms.

Make a cream sauce of one rounding tablespoon each of flour and butter creamed together and one pint of sweet milk, heat the milk in a double cooker, add the

creamed flour and butter, and cook till creamy. Season with salt and white pepper and stir in the diced white meat of the chicken and the mushrooms. The daintiest garnish is dried parsley crushed and sprinkled over the patties when filled. Serve on small or bread and butter plates.

FISH PATÉS

Cut slices of baker's bread one and a half inches thick. Remove the crusts and the greater part of the center, leaving a shell with the sides and bottom one-quarter inch thick. Fry a medium sized onion in two tablespoons of oil, add one and one-half cups of flaked cold cooked fish. Put into a hot oven one-half cup of grated stale bread until slightly browned.

Add these to the fish with half a cup of milk, seasoning of salt, paprika, a tablespoon of minced parsley, one each of lemon juice and Worcestershire sauce. Add two chopped hard boiled eggs, chopping the whites and yolks separately. Fill the bread patties with this. Brush the bread with melted butter and sprinkle grated cheese over them and place in a hot oven until the bread is browned. Any cold cooked meat minced fine may be used instead of the fish.

PRUNE CROQUETTES

Prepare some very fine cracker meal by drying well in the oven several crackers. Put them between two napkins or folded in a towel and roll to powder with a wooden rolling pin.

Remove pits from the cooked prunes, make a pulp of them and mix in an egg and some of the cracker meal.

Take up in tablespoonfuls, mold into shape and dip in beaten egg. Roll in the cracker meal. Drop into deep frying oil. Drain on soft paper and serve with a sauce

THE CALUMET COOK BOOK

made of the syrup of the prunes to which sugar and the juice of an orange have been added.

These may be served cold or hot, though the latter is preferable.

BOUDINS

MATERIALS:

2 cups minced cold roast veal	1 tablespoon minced parsley Whites of three eggs
$\frac{1}{2}$ cup cream	Salt and pepper to season
1 level tablespoon butter	

PREPARATION:

Beat the egg whites very stiff, melt the butter and add to the meat with the seasoning, gradually add the cream and then the eggs. Fill timbale molds two-thirds full, place in pan with water to the depth of one inch around the molds. Bake about twenty minutes in hot oven.

SPANISH LUNCHEON DISH

Put one-half cup of cottolene or cooking oil with a clove of garlic and an onion sliced fine in a frying pan. Fry brown, then add a pound of cold roast meat cut in inch pieces, fry brown, then add a can of tomatoes and a chili pepper. Boil sticks of macaroni in salted water twenty minutes, then add to the meat with a cup of fresh mushrooms, salt and pepper to taste. When ready to serve cover thickly with Parmesan cheese. Serve hot.

LUNCHEON DISH

Brush a baking dish with melted shortening. Heap in the center cold meat minced fine, if a little cold bacon or ham is included so much the better, surround the meat, almost filling the dish, with either cooked macaroni, rice or cold boiled potatoes, diced. Pour over

THE CALUMET COOK BOOK

all the juice of the tomatoes. Cover with bread crumbs and saturate with some gravy or rich soup stock. Bake in moderate oven about one-half hour.

RADISH CURRY—With Rice and Cold Meat

MATERIALS:

½ cup rice	2 green onions
6 radishes	1 level teaspoon curry powder
4 level tablespoons drippings	1 cup cold cooked meat
2 level tablespoons flour	1 cup hot water or soup stock
	Salt to season

PREPARATION:

Put the rice over to cook in two cups salted boiling water. Put the drippings in a small skillet. Slice the radishes in three pieces into the drippings to cook slowly, till wilted. Draw to one side of skillet to make room to put the curry powder into the drippings, then put in the sliced onions. After a minute add the flour and then the hot water.

Season with salt.

When cooked up add the meat.

Serve the rice on one-half of a small deep platter, put the meat on the other half.

Decorate with slices of pimento arranged in rings with tiny spray of parsley in the center of each.

FRIED APPLES

Wash, core and halve, from stem to blossom end, nice red apples without paring. Cut into half inch slices. Fry in olive or cooking oil or drippings until golden brown, turning with pancake turner. Remove hot platter and sprinkle with sugar.

APPLE CROQUETTES

MATERIALS:

2 eggs	1 cup tart apple sauce
Bread crumbs	Cooking oil

THE CALUMET COOK BOOK

PREPARATION:

Beat one egg, add to the apple sauce and mix with sufficient bread crumbs to mold into croquettes.

Beat up the other egg, dip the croquettes into it and then roll in cracker meal and fry in deep oil. Serve with some fruit syrup.

TIMBALE CASES

MATERIALS:

1 egg yolk
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt

1 teaspoon of sugar
1 teaspoon cottolene or olive
oil
1 small kettle of frying oil
or fat

PREPARATION:

Make a batter of the materials. Heat the kettle of oil and place the timbale iron in the oil. When hot enough dip the iron in the batter and then into the deep oil. When browned invert the iron before taking from the kettle so as to permit the oil to drain from the timbale cases. Permit the weight of the iron to rest for a moment on the case, thus giving it a flat bottom. If the timbale cases show a tendency to stick to the iron, the iron is too hot and very likely the fat also. If the batter shows a tendency to slip off before getting it into the fat the iron is not hot enough.

Garnish the cases by first dipping the extreme top into foamy egg white and then into minced parsley, being careful to have the parsley well dried before mincing.

Place the timbale cases on a round of lettuce, fill as desired. They may be served as a luncheon dish or as an entrée.

CHESTNUT CROQUETTES

MATERIALS:

1 cup mashed chestnuts	1 tablespoon sugar
$\frac{1}{2}$ teaspoon salt	1 tablespoon sherry or grape juice
2 teaspoons butter	
2 egg yolks	

PREPARATION:

Cook the chestnuts and when soft blanch and mash. Mix the other ingredients with the chestnuts and mold into small balls or rolls. Dip them into beaten egg yolk, roll in cracker meal. Drop into hot oil or fat and fry delicate brown. Drain and lay on soft paper.

Serve with fish course or as an entrée.

TOAST OF ARCADY

French Style

MATERIALS:

10 half inch slices bread	1 tablespoon water
2 eggs	1 orange (juice)
2 tablespoons sugar	

PREPARATION:

Break the eggs into a shallow bowl, beat well with a rotary beater, add the sugar, water, orange juice and salt.

Trim the bread and cut each slice in three strips. Dip into the mixture quickly, drain and fry on moderate griddle with plenty of drippings.

Arrange in overlapping row on serving plate, dust with powdered sugar.

Served as a luncheon or tea toast it is very dainty.

KLOP

Heat one tablespoon of butter in a saucepan and blend with it two level tablespoons of flour. Add a dash of paprika and then a cup of boiling milk. Cook till creamy. Then add three-quarters of a cup of grated

cheese and a cup of flaked cold boiled fish. Stir in a well beaten egg and the juice of half a lemon. Serve on points of toast.

SWEET POTATO PONE

Wash, peel and grate small sweet potatoes, measure two and one-half cups into a large bowl, into this stir one and one-half cups of best West Indian molasses, one-half cup of butter or preferred shortening, (softened but not oily), one-half cup of preserved ginger, one-half cup of orange and lemon peel, one-half teaspoon each of allspice and mace, one-half teaspoon of salt, one-half teaspoon of ginger (level), and one level teaspoon each of cloves and cinnamon. Run the preserved ginger, orange and lemon peel through the food chopper. Mix these ingredients thoroughly, pour the pone into a well greased pan and bake in a slow oven about three quarters of an hour. Try it with a knife. When the blade comes out clean, take from oven. Let it cool before taking from the pan. It should look dark like a rich preserve when properly baked.

TIMBALES OF LIVER WITH GOLDEN ROD SAUCE

MATERIALS:

½ pound calves' liver	1 onion
1 cup bread crumbs	½ green pepper
1 lemon	1 tablespoon butter
2 eggs	Salt and pepper to season

PREPARATION:

Parboil the liver, allowing the liquor in which it is boiled to become reduced.

Put liver through the food chopper.

THE CALUMET COOK BOOK

Moisten the bread crumbs in the liquor in which the liver was boiled. Put the onion through the food chopper. Then make a mixture of the liver, onions, bread crumbs, beaten eggs, minced green pepper, butter and the juice of lemon.

Place the mixture in timbale molds well buttered. These are then placed in a dish of water and baked in moderate oven thirty minutes.

Serve garnished with parsley and surround with Golden Rod sauce.

STUFFED PEPPERS WITH MEAT

MATERIALS:

6 large sweet peppers	1 teaspoon salt
1 cup finely chopped cooked meat	1 tablespoon butter
1 good-sized onion	1 saltspoon pepper
	1 cup stale bread crumbs

PREPARATION:

Cut the peppers into halves, lengthwise, remove the seeds and cut off the stem, wash them in cold water. Mix the meat, bread crumbs, salt, pepper and half the onion grated. Stuff this into the peppers, stand them in a baking pan, put into the pan the remaining onion, sliced, the butter and half a pint of water or stock. Bake slowly three-quarters of an hour, basting the outside of the peppers every ten minutes. Serve as a luncheon or supper dish or as an entrée at dinner.

LEFT-OVERS

To an economical soul and a careful housewife the small left-over dishes are a joy forever and offer much opportunity for ingenuity.

The first requests made of the teacher of household science are for recipes in which to utilize the scraps

THE CALUMET COOK BOOK

which are too good to throw away, yet are not suitable to serve again in the same form.

And it is remarkable the many delightful ways of serving these small portions of meats, fish, vegetables, and bread and cake crumbs.

Among the most important of these are the meats. For instance, perhaps a broiled steak was the meat served at dinner. Now, as all good housewives know, a warmed over steak is the most undesirable dish unless the steak was served very rare in the first place and is carefully treated in the warming. To begin with, the member of the family who serves at the head of the table should be instructed to cut around the bone separating the meat from the bone and this bone will serve as an addition to the soup or stock kettle, which should be a part of every kitchen equipment and into which should go all bones and scraps that cannot be used in any other way.

Right here attention should be called to the savory soup to be made from the carcass of a roast fowl. When there is no more to be served from the carcass of the fowl, break it up and consign it to the stock kettle, cover with water and simmer gently for about an hour, then strain the liquor and season to taste, if the fowl was stuffed with a sage and onion dressing, very little seasoning will be required other than a little salt and pepper and perhaps a green pepper minced fine.

If some of the dressing is left over and was prepared properly in the first place and not the soggy mess that often answers to that name, it can be mixed with a little egg yolk, formed into marbles and cooked in the soup for ten minutes before serving, or dry bread may be cut into dice and toasted, adding them to the soup after it is served.

THE CALUMET COOK BOOK

Pimientos cut into small pieces are a nice addition to any soup. They can be purchased at any representative grocery in cans of two sizes, usually selling at a shilling for the smaller and a quarter for the larger size. I would advise the purchase of the smaller size for the first trial or small family, as they do not keep longer than four or five days, unless covered with vinegar.

A very serviceable stock kettle is the kettle which is part of the fireless food cooker equipment, with a close cover and more deep than large in circumference. These kettles are now on sale, for those wishing to make their own fireless cookers.

Croquettes; Timbales—Croquettes and timbales are another medium for the use of left-overs.

Left-over dishes can usually form a chief dish for the luncheon table or if the heavy meal is served at noon it may serve as the principal dish at the evening meal.

It must be admitted, however, in this connection that to the very busy woman dishes made from left-overs, while effecting a saving of material, represent sometimes a waste of time and effort that might be used to better advantage. Try to avoid useless economies.

EGGS

BOILED EGGS

Explanatory: The albumen of egg coagulates or cooks at 130 degrees Fahr. Water boils at 212 degrees Fahr.; hence eggs cooked too rapidly or exposed to too great heat are rendered tough and not so easily digested.

Method No. 1: Place eggs in a quantity of cold water; put over the fire and allow to come to a boil. If soft eggs are desired, remove at once. If the white is desired well cooked with yolk soft, allow to stand in boiling water one-half minute.

Method No. 2: Place eggs in rapidly boiling water, two quarts at least; remove from fire and allow eggs to remain uncovered from eight to ten minutes, time depending on how much cooking is desired.

Method No. 3: Place eggs in rapidly boiling water, allowing to continue boiling. For soft eggs remove promptly at three and a half minutes.

The four minute egg insures no uncooked white around the yolk. This method, however, is the least desirable. If eggs are overlooked for a moment too long, drop them into cold running water and the cooking will be arrested.

POACHED EGGS

Have water in a skillet salted and heated to just boiling point. Break the eggs into a dish and then slip them into the water, moving the pan where the water will remain hot but not boil. This method will produce an egg of jelly-like consistency.

A muffin ring may first be placed in the water, one for each egg, or the aluminum egg poachers may be used. They are very convenient and practical.

THE CALUMET COOK BOOK

FRIED EGGS

For two eggs select a skillet not larger than a tea saucer.

Heat the skillet and place drippings or butter in it.

Break the eggs into a saucer and slip into the skillet. Season with salt and pepper and cover. Do not have too much heat under the skillet.

SHIRRED EGGS

Put two tablespoons of butter in a small saucepan, cook slowly until it is a dark brown. Then drop in quickly two tablespoons of tarragon vinegar, cook for a moment and take from the fire.

Divide between four shirred egg cups or ramekins, and add to each a sprinkle of minced parsley. Break a raw egg carefully in each, sprinkle with salt and a dash of pepper. Place in a hot oven until the whites are set.

EGGS BROUILLI

MATERIALS:

4 eggs	4 tablespoons cream
4 tablespoons stock	Dash of pepper
$\frac{1}{2}$ teaspoon salt	

PREPARATION:

Beat the eggs until well mixed, add the cream and stock. Turn into a saucepan and set it in another of hot water, and stir and beat until jellylike and thick. Add the salt and pepper and serve on squares of toast.

SWISS EGG

MATERIALS:

Thin slices of cheese	Bread crumbs
Grated cheese	Seasoning of salt and pepper
Butter	Ramekins or individual baking dishes
1 tablespoon milk to each egg	

PREPARATION:

Place a small piece of butter in the heated ramekin. Lay in it a thin slice of cheese and over this break an

THE CALUMET COOK BOOK

egg, add a tablespoon of milk. Sprinkle with a few bread crumbs and grated cheese with seasoning to taste. Place in moderate oven until the eggs are set and the cheese lightly browned.

SCOTCH EGGS

MATERIALS:

6 hard boiled eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{3}$ cup stale bread crumbs	$\frac{1}{4}$ teaspoon paprika
1 cup cooked ham	1 egg uncooked

PREPARATION:

Heat the milk and mix with the bread crumbs. Make a mixture of all the materials, with the exception of the cooked eggs. Then cover the eggs with the mixture and drop in hot fat or oil.

These may be served hot or cold.

EGG TIMBALES

MATERIALS:

1 heaping tablespoon each of flour and butter	3 eggs Seasoning of salt and pepper, paprika and minced parsley
$\frac{2}{3}$ cup milk	

PREPARATION:

Cream the flour and butter. Put the milk into a double boiler and add the creamed flour and butter. Remove from the fire. Beat the yolks with a rotary beater until thick and lemon colored. Add them to the cream sauce with the rotary beater and then add the seasoning. Beat the egg whites until stiff and add to the mixture. Turn into buttered molds. Place them in a pan of water and then into a moderate oven until firm. Turn onto a warm platter and surround with a Spanish sauce.

EGGS AU GRATIN

Butter individual dishes or ramekins, place in each two tablespoons of cream sauce. Drop into each on top

THE CALUMET COOK BOOK

of the cream sauce one raw egg. Sprinkle with grated or Parmesan cheese. Cover with another two table-spoons of the cream sauce. Sprinkle grated cheese and bread crumbs over the top and a dash of paprika. Stand the dishes in a shallow dish of hot water and bake in a moderate oven about ten minutes. Serve in the dishes in which they are cooked.

EGGS IN TOMATO SAUCE

These are prepared the same as eggs au gratin, using tomato sauce instead of the cream sauce. The cheese is omitted.

PUFF OMELET.

MATERIALS:

3 eggs	Rounding teaspoon of butter
3 tablespoons warm water	or three teaspoons of olive
Pinch of salt	oil

PREPARATION:

Separate the eggs, beat up the whites very stiff, drop in the yolks and a pinch of salt and beat again. Put the oil or butter into an omelet pan. Add three tablespoons of warm water to the eggs and turn all into the pan.

Watch it carefully to see that it does not cook too rapidly and when well "set" around the edges, place in an oven or under the broiler fire until the top is dry. Just a moment is all that is necessary, if left too long it will settle back and fall.

Have ready any desired filling. Just the moment the omelet is ready put the filling on the half of the omelet furthest from the handle of the pan and turn the other half over it. Turn onto a hot platter. This makes a delicious sweet entrée or an acceptable luncheon or supper dish.

SPANISH OMELET

Put some slices of bacon into a frying pan, add one-half cup of water and cook until the water is evaporated. Then fry the bacon carefully. Remove the bacon and cook an onion chopped fine, add some nice whole meats from a can of tomatoes, dice the bacon and return to the pan, season all well with some cayenne and salt and keep hot while preparing the eggs.

Break into a bowl the eggs and stir until mixed, but do not whip, add one tablespoon of warm water for each egg. Put the omelet pan over the fire with a teaspoon of oil or butter. When hot turn in the eggs and shake and lift, turning the soft part underneath until the eggs are "set." Turn the first mixture quickly over the eggs, fold once and turn into a hot platter. Serve immediately.

FISH

FISH ACCOMPANIMENTS

Baked salmon is considered one of the most elegant of dinner fish and is rich enough in itself to furnish the heavy course.

Care must be exercised to serve appropriate dishes with it, such as entrées, sauces, vegetables and desserts to make the dinner complete.

Contrary to a heavy meat dinner, a rich dessert is desirable with a fish dinner.

The entrées, however, must not be sweet.

Certain vegetables associate themselves with a fish course.

A baked salmon brought to the table with one-half of the platter banked with fresh crisp water cress is a feast for the epicurean eye, as well as palate. The cress not only garnishes the dish but sprigs of it should be served with the fish.

Water cress, lending a zest to many dishes, is particularly appropriate with salmon.

The entrées that can be served are many and the leading ones are stuffed green peppers, French or cream pea patties, celery or macaroni croquettes, various vegetables au gratin with cheese, combinations of egg, mushrooms in many forms and the Italian pastes.

The sauces are not so many, but more important as no fish is ever served without a sauce.

Baked salmon requires one of the following sauces: Lemon butter sauce, sauce Bechamel, sauce Genoise, Hollandaise, sauce Tartare, anchovy butter, Spanish, Bernaise, piquant or horseradish sauce.

The principal vegetables to accompany a fish dinner are peas, string or butter beans, cauliflower, artichokes, fried green peppers or fried green tomatoes with Irish potatoes in many forms.

THE CALUMET COOK BOOK

Salads of cucumbers lead, with combination, tomato, Cole slaw, pea and cheese salads following.

Very finely shredded cabbage with green peppers is good.

The dessert usually takes the form of a rich pastry, such as a lemon, orange, pie plant or pineapple pie.

Puddings are not as acceptable in rounding out a fish dinner.

The fishes not so rich as salmon are accompanied with a larding of bacon or salt pork, or a sprinkle of cheese. The larding is accomplished by cutting gashes in the fish and laying in long slices of the fat meat. Bacon has the preference.

The soup to precede the fish is never of a meat stock, nor bouillon. It is usually a cream of some vegetable or fish, more often of a vegetable.

The preferred stuffing for a fish is of bread with plenty of onion and green peppers minced fine.

Grated cheese sprinkled over a baking fish about fifteen minutes before removing from the oven is a great addition, giving a piquancy much desired.

SALMON DISHES

A small family could hardly indulge in baked salmon unless a small one could be procured. Instead of trying to bake a slice of salmon, which at best could only be braised in the oven, ask your dealer for the tail end, and you will have the flesh and natural juices protected by the skin.

There will not be the opportunity to stuff it but the dressing may be put into a narrow saucepan and basted frequently as the fish is basted.

BAKED SALMON

The directions here given for salmon will answer for any other fish.

THE CALUMET COOK BOOK

Clean the fish by making an opening at the gills and drawing out the intestines. Cleanse thoroughly and stuff loosely.

If no fish boiler or baker is at hand, substitute the loose bottom of a long cake tin or a very shallow long biscuit pan inverted in the bottom of a larger dripping pan. This is almost a necessity in order to dish the fish on the platter without disturbing its shape.

DRESSING FOR BAKED SALMON

Prepare bread by breaking it up, if very fresh. If dry, grate it on a coarse grater.

To half a loaf, mince two sweet bell peppers and one small onion, season with salt and pepper, the juice of a lemon, two tablespoons of margarine and one-half cup of water sprinkled on the bread.

If dry bread is used, just moisten enough to make it about like fresh bread, by grating it and sprinkling with water.

Stuff the fish with this dressing.

Add a little lemon juice and butter to the water for basting the fish.

Bring to the table in a warm platter surrounded with water cress and garnished with slices of lemon alternately dipped in dry parsley and sprinkled with paprika.

Serve with sauce Hollandaise.

BRAISED SALMON

Place a thick slice of salmon in a small dripping pan. Dredge lightly with flour or cracker meal. Dot with bits of butter and baste with a sauce made of one tablespoon of minced parsley, one tablespoon of butter, the juice of half a lemon, one teaspoon of horseradish and one cup of hot water. Season with salt and pepper. Bake quickly in a hot oven and baste frequently.

THE CALUMET COOK BOOK

A horseradish sauce is very good to serve in the early spring with almost any dish of fish, and is particularly nice with braised salmon.

SALMON LOAF

MATERIALS:

1 can salmon	1 egg or
1½ cups bread crumbs	2 egg yolks
½ cup milk	1 tablespoon parsley
½ lemon (juice)	Paprika and salt to season

PREPARATION:

Open the can and turn out the contents some time before using. Discard the skin and bones. Pull the fish apart, retaining the liquor to which add the egg slightly beaten, milk and the lemon juice. Toss the materials lightly together. Put into a greased mold.

Place mold in another shallow pan, surround with an inch and a half of water and bake in moderate oven about forty-five minutes.

When ready to serve turn onto platter and surround with fish sauce, in which small gherkins are minced.

SALMON LOAF—No. 2

MATERIALS:

1 can salmon	1 red pepper
1 egg	Pimento
3 tablespoons milk	Parsley
1 cup bread crumbs	Seasoning

Prepare as in Salmon Loaf No. 1. Serve with sauce Tartare.

SALMON CROQUETTES

MATERIALS:

½ pound cold boiled salmon	Juice of ½ lemon
½ teaspoon salt	Dash of paprika
1 tablespoon minced parsley	½ cup milk
	3 level teaspoons each of butter and flour

THE CALUMET COOK BOOK

PREPARATION:

Chop the salmon fine and add to it the salt, parsley, lemon juice and paprika, put the milk to cook in the double boiler. Rub the flour and butter to a cream and add to the milk when hot. Now stir this into the salmon. Turn onto a dish to cool. When cool, form into croquettes, roll in beaten egg and then in bread crumbs or cracker meal and fry in boiling oil.

These may be served with a sauce tartar or cucumber salad.

SALMON WITH PEAS

Run the can opener all around a can of salmon so as to turn the contents out whole. Discard the liquid, skin and bones and separate the fish into large flakes. Sprinkle with the juice of half a lemon and let stand for an hour.

Open and drain a can of peas and rinse through several waters. This treatment removes the tinny taste from both articles.

Melt one tablespoon of butter in a saucepan, add one tablespoon of flour, stir until mixed, then gradually add one cup of rich hot milk, stirring until thickened. Add a pinch of mace, the drained peas, a high seasoning of pepper and salt. Then add the salmon and heat through.

Have previously prepared the yolk of a hard boiled egg rubbed through a fine sieve, also some minced parsley. Dish the salmon and peas over some triangles of toast and sprinkle with the egg and parsley.

SALMON TIMBALES

Cook to a smooth paste one cup of bread crumbs in one cup of milk. Mix with this one and one-half cups of salmon. Beat two eggs lightly and beat into the mixture, season with salt and cayenne and add one cup of rich milk. Pour this into buttered molds or ramekins. Set them in a pan of hot water and bake about one-half

hour. For the sauce cream a tablespoon of butter and beat in the yolks of two eggs, one at a time, beating thoroughly. Season with salt, cayenne and juice of one-half lemon. Add one-half cup of boiling water and cook until smooth in a double boiler.

Turn the timbales onto a warm platter and pour the sauce around.

SALMON CURRY

Open a can of salmon some hours before needed, remove from the tin, separating it also from all the skin and bone.

Put two tablespoons of oil into a small skillet and fry or saute in it a minced onion and when brown add a teaspoon of curry powder, then add three level tablespoons of flour. Blend well and pour in a cup of white stock and the juice from the salmon with the juice of one-half lemon.

When creamy add the salmon and serve immediately with quarters of lemon.

HALIBUT STEAK BAKED WITH TOMATOES

(A Creole Recipe)

Make a rich sauce of tomatoes, either fresh or canned, seasoning with a dash of sugar, salt, pepper, seeded and minced green pepper and onions. Cook fifteen minutes, strain and add some finely grated bread crumbs, not enough to thicken the sauce.

Lay the halibut steak in a granite saucepan, pour the sauce over it, cover and bake twenty minutes in a hot oven. Just before removing from the oven take off the cover and sprinkle grated cheese over the top and allow it to brown slightly. The steak may be cut into pieces right to serve and baked in the baker of a double baking dish and served from it.

SMOKED HALIBUT WITH SPAGHETTI

Cream together one heaping tablespoon of butter with one of flour. Place one pint of milk in a double boiler, add the creamed butter and flour and cook till creamy, season with white pepper and salt. Put into it one and one-half cups of smoked halibut that has been minced fine. Butter ramekins and line with bread crumbs, put in some of the creamed halibut and then a layer of parboiled spaghetti. Continue until the dish is filled with alternate layers. Sprinkle bread crumbs over the top that have been tossed in melted butter. Bake one-half hour in a moderate oven. Bring to the table in the ramekin.

PLANKED WHITE FISH WITH POTATOES DUCHESS

MATERIALS:

1 fresh white fish weigh- ing three or four pounds	Parsley
2 lemons	Salt and pepper to season
1 teaspoon butter	6 medium potatoes
Milk sufficient for cream- ing potatoes	1 tablespoon butter
	1 tablespoon flour
	1 cup milk
	Paprika

PREPARATION:

First peel the potatoes and have ready a kettle of boiling water so that when the fish is ready for the broiler there will be no delay in cooking the potatoes. After the fish is cleaned of all scales, etc., remove the head and tail. The fins are best removed by making an incision each side of them and drawing them out entirely, instead of cutting them off at the surface which only leaves the troublesome small bones to be encountered at the table. In removing the fins on the back of the fish carry the incision on each side of the fins to the neck. In this way you can take away the line of small

THE CALUMET COOK BOOK

bones between the head and the back fins at the same time. To remove the remaining bones which form the skeleton, first expose the bones by scraping away the membrane then with a small, thin knife the flesh can be separated from the skeleton without destroying the shape.

Have the plank well heated. Then lay the fish, skin side down, upon it and season with pepper and salt.

In a small cup have prepared the juice of one-half a lemon, a teaspoon of butter and one-fourth a cup of hot water. Baste the fish with this quite often. Place the fish about three inches below the broiler fire. When the fish is seared over and beginning to brown, keep it well basted, and reduce the flame. A fish weighing four pounds requires about half an hour to broil. Before removing the fish from the oven drain and mash the potatoes, adding butter, salt and pepper to season and when well mashed, add hot milk a little at a time until the potatoes are fluffy and creamy. Preserve the heat of the potatoes and increase the delicacy of the flavor by adding hot milk to the mashed potatoes instead of cold milk.

When the potatoes are sufficiently creamy fill the pastry bag, in which a rose tube has been inserted, and force into roses on the plank around the fish. Garnish the fish with slices of lemon and and sprigs of parsley.

To vary the ordinary slices of lemon, cut each slice almost in two, leaving one side of the rind intact, then turn each half in opposite directions. Dip one section in very finely minced well dried parsley. Sprinkle the other section with paprika. The board used for planking fish is made of oak, either oblong or oval. The large size is about 16 by 10 inches at the longest and widest dimension.

THE CALUMET COOK BOOK

A shallow pan may be substituted for the board and inverted in the broiler pan, placing the fish on the bottom of this shallow one so as to easily remove. In that case, dish the fish carefully, without breaking, onto a large, hot platter, the platter being much larger than the fish, and garnish as usual.

SPANISH FISH STEW

MATERIALS:

1 onion	2 green peppers
2 tablespoons butter or oil	Salt and pepper to taste
1 cup tomatoes	Minced parsley
Flour	

PREPARATION:

Place the butter in a stew pan, slice the onion and saute it, add the tomatoes, green peppers and seasoning. Bone and cut the fish in pieces to serve, and cook until tender in the stew pan without having the mixture bubble. When tender remove onto a warm platter. Garnish with minced parsley, and surround with the sauce, which has been thickened with the tablespoon of flour.

CRABS NEWBURG STYLE

MATERIALS:

1½ cups crab meat	3 egg yolks
1 cup cream	½ cup sliced or button mushrooms
1 wine glass of brown sherry or ¼ cup	Salt, white pepper and paprika to season highly

PREPARATION:

To prepare crab meat drop the crabs one at a time into hot water, allowing each to die before dropping in the next, when all are in the kettle add a tablespoon of salt, cover the kettle and cook just below the boiling

point, about half an hour. When cool twist off the legs, detach the aprons, separate the shells, remove the stomach, intestines and gills or "dead men's fingers."

Place the butter in a shallow saucepan and when melted add the crab meat and mushrooms, saute about five minutes, then add the sherry. Whip up the egg yolks and stir them in the cream and pour into the saucepan, keeping at a gentle heat till of a creamy consistency. Care must be taken not to cook so long that the egg yolks will coagulate or harden and thus cause the mixture to curdle.

CRABS

The soft-shell crab is the crab in a state of transition after having discarded the shell. When the lobster or crab outgrows its shell, it has the power of splitting it down the back and drawing itself out of it, retiring to a secluded place until the new shell becomes hard and protective. The new shell becomes hard in a few days, hence the scarcity of the soft-shell variety.

Some epicures consider the soft-shell crab a dainty while others may feel rightly that any animal in this state of moulting is not in the best of condition.

Crabs are in season from May to September. One of the nicest ways of serving crabs is scalloped or au gratin.

CRABS AU GRATIN

If the crab is purchased alive, put it into warm water and allow it to slowly reach the boiling point. Cook for one-half hour. Remove from the water and cool. Twist off the legs and pull off the aprons, the loose flaps on the under shell. Remove the stomach, which is just underneath the head, also the little twist of intestines and the gills. Take out the meat and cut in small pieces. Butter well a shallow baker and

THE CALUMET COOK BOOK

sprinkle with cracker meal, and then a layer of crab meat. Season with salt and pepper, dot with butter, sprinkle with cheese. Then another layer of cracker meal and another of crab meat, having the top one of cracker meal sprinkled with the grated cheese. Pour one-half cup of boiling water on one tablespoon of grated horseradish and baste the dish generously with the liquor without putting in any of the horseradish. Bake in a moderate oven about half an hour. If desired individual ramekins may be used instead of the baker.

LOBSTER COCKTAIL

Extract the meat and cut it into pieces that are as nearly dice-like as possible. Chill the meat thoroughly and serve it with a glass of the most savory of cocktail sauces as an accompaniment.

Remember that a heaping tablespoon of green pepper minced in each glass will improve and add a delicacy to any kind of cocktail or salad.

DEVILED CLAMS

MATERIALS:

2 dozen clams	3 tablespoons melted butter
Bread crumbs	Salt, pepper and Worcester-
1 teaspoon grated onion	shire sauce to season
1 teaspoon minced parsley	

PREPARATION:

Chop fine the clams, removing the tough parts. Mix with bread crumbs and seasoning.

Put into clam shells or ramekins, dot with butter and bake till a light brown.

FRIED SCALLOPS

Select scallops with a yellowish instead of the white color, the latter were soaked in soda water to bleach and

THE CALUMET COOK BOOK

make them swell. Rinse them quickly in cold water and dry well. Dip them in a cooked or bottled salad dressing, roll them in bread or cracker meal and fry, preferably in deep fat or oil.

Serve these with slices of broiled bacon and a sauce Tartare.

CUTLETS OF PIKE

Procure a pike weighing from three to four pounds. After carefully cleaning and scaling remove the head very close and with a sharp, thin knife remove the fin that is beneath the skin. Take out the backbone and cut off the very thin strip from the underside of the fish. These three latter trimmings can be converted into a nice fish soup stock by placing them in a saucepan, covering with cold water and allowing them to simmer slowly for one hour. Salt, strain and put away to keep cool until the following day, when you will be prepared with the foundation for a puree of pike. The left-over cutlets may be freed from skin and flaked into the puree.

To resume. When the fish is thus ready, cut it in inch and a half wide strips across the fish.

Have a dish of cracker meal well seasoned with salt and pepper. Dip the cutlets in this and roll up, securing each one with a toothpick, or running them onto a skewer. Saute the cutlets in oil and serve them with potato shoestrings and an appropriate sauce all on the same service plate.

BROILED LAKE TROUT

This fish is so rich that it yields readily to broiling. It is a little more convenient to use two long, shallow pans for this.

After cleaning the trout make two slits with a sharp knife from the center back to the head and remove the blubber, or fat, with the small bones imbedded. Then

split it open. Place in the pan skin side up. Place in the gas broiler with the flame turned about half on. Leave for about ten minutes. Take from the oven and remove the skin. The flesh will be found to be juicy and rich. Season with a sprinkle of salt and pepper. Turn the other shallow pan onto the fish and turn it over, thus exposing the inside of the trout to the broiler flame. Season with salt and pepper. Return to the broiler and leave under a gentle flame for about fifteen minutes, if the fish is thick. Ten minutes' broiling is sufficient for each side of a three-pound lake trout. Serve with a simple horseradish sauce.

FLOUNDERS

The flounder is an ocean fish that comes to our markets. It is a very flat fish, very dark on one side and light on the other. It may be broiled, boiled or served as a fillet. When you read "fillet of sole" on the bill of fare, it is really fillet of flounder.

A "fillet" of fish are strips of fish with the bone removed and the strips seasoned with salt and pepper and rolled up and fastened with a small skewer. The strips may be about an inch and a half wide.

These fillets may be dipped in egg, then in seasoned cracker meal or flour and fried in deep oil, using a fry-basket. Or they may be sauted in shallow oil or drippings.

TO PLANK SHAD UNDER A GAS BROILER

The plank should be made of kiln-dried oak, hickory or ash, the first having the preference. It may be made oval or round and should be about one inch thick.

Heat it well, oiling the top, split the shad down the middle. Remove the bones. Lay skin side down on the board. Turn over the thin middle portions, season

lightly with salt and pepper and baste with a mixture of one-fourth cup of water, juice of one-half lemon and two teaspoons of oil or butter.

Place quite near the gas flame for about five minutes, then place lower in the broiler and reduce the flame. Baste two or three times with the water and lemon juice.

A medium thick fish will require about half an hour. Care must be taken not to allow the fish to dry out.

About five minutes before removing from the broiler sprinkle with grated cheese and return to the oven till the cheese is delicately brown.

When finished, remove all trace of grease or drippings from the edge of the plank with paper or a soft cloth. Surround with saratoga potatoes. Garnish down the center with half slices of lemon dipped in dry minced parsley alternating with other half slices sprinkled with paprika. Serve with Roe sauce.

FRESH COD

This is one of the nicest of sea foods, having a flavor and texture that are dainty and delicate, very unlike the salted cod that all are more or less familiar with.

Fried cod may be prepared much as other fish, taking the precaution which I so often insist upon, that of cooking all kinds of fish so that the flesh will not be dried out. I find this fault with many cooks. They are often careless in the cooking of fish.

Boiling is the least desirable method of cooking fish. It robs any fish of its best flavor and delicacy. If baking, broiling or frying is not desirable, steam the fresh fish. The quality is thus retained instead of dissipated into the water as in boiling.

For any recipe calling for boiled fresh fish try steaming and learn what a delicate dish you may have.

FRIED FRESH COD

The tail end of the fresh cod is particularly nice fried in shallow fat or oil. Scale it, but do not take off the skin.

Place in a heavy iron or aluminum frying pan three level tablespoons of oil or fat. Put in the cod, turn the fire low, cover the pan and cook until almost cooked on the under side. Season with salt and pepper and turn the fish. Cover and cook until finished. In all it will require about twenty minutes to half an hour.

Now have ready a warm platter. Split the skin down the center of the upper side and pull it away. Turn the fish onto the platter and remove the balance of the skin. In this way you have all of the delicacy, flavor and nutriment preserved to the fish and yet served without the offensive skin. The skin, after cooking, removes very easily in this way and leaves the flesh underneath it unbroken.

Pour over the cod an egg sauce.

CRAPPIES

Crappie are usually served so crisp and dry that the diner has little upon his plate but a mess of crust and bone. Then, if he has been a disciple of Isaac Walton, he will sit back in his chair and talk reminiscently of the good old times when he used to sneak away with rod and line, and smack his lips over the memory of bygone feasts, when he and his companions used to wrap the fish up in leaves and a covering of clay and cook them in the hot ashes of their brushwood fire. Their only sauce was appetite, but let me assure you that those fish cooked in that way had all of their delicacy retained, and were indeed epicurean treats.

Procure fish as fresh from the water as possible. After scaling and cleaning and removing the head,

THE CALUMET COOK BOOK

draw a sharp knife each side of the fins on the back from the head downward, and the same on the lower side. The fins can thus be removed easily; then when the fish is placed on the table, it is a very easy matter to separate the flesh from the backbone, slipping the knife between the bone and the flesh at the back and removing the upper half entire. It then leaves the rack to be taken from the lower portion. This is particularly important to the head of the table, as the larger fish can be served in two portions, leaving the rack on the platter. This will appeal to the careful mother where there are little folk at the table.

FINNAN HADDIE, DELMONICO

Select a thick fish, place skin side down in a wide saucepan or frying pan, cover with warm water and let stand for about half an hour. Then place over a slight flame and let simmer about one-half hour. Drain, remove all the skin carefully into flakes and sprinkle with lemon juice. Make a sauce of one pint of milk and one rounding tablespoon each of butter and flour. Add the haddie, season well with pepper and salt. Serve with points of lightly browned toast.

If au gratin is desired, pour the haddie and cream sauce into a shallow saucepan, sprinkle with grated cheese and bread crumbs and place in a hot oven till lightly browned over.

LOBSTER a la NEWBURG

MATERIALS:

1 large lobster
 $\frac{1}{2}$ cup sherry
3 egg yolks
 $\frac{1}{2}$ cup cream

2 level tablespoons butter
Salt and white pepper or paprika to season

THE CALUMET COOK BOOK

PREPARATION:

Cook the lobster by dropping into boiling water and then setting the kettle off the fire, allowing it to stand ten minutes. Take out and drain. Place the lobster on its back. Cut down the center from the head to the tail. Take out the meat and cut into inch pieces. Put them into the saucepan with butter and seasoning, cook five minutes, then add the sherry and simmer five minutes. Beat the yolks in with the cream and add slowly to the lobster. Serve on triangles of toast.

This is a popular chafing dish recipe.

Canned lobster may be substituted for the fresh.

BAKED SHAD ROE—CREOLE

Procure a good sized roe, rinse carefully in cold water then drop it into boiling hot salted water. Do not have the water boiling at a gallop, or it will disturb the arrangement of the roe. Let stand about ten minutes, keeping the water at the same temperature. Take about a half cup of cracker meal and add a rounding tablespoon of flour, a dash of either pepper or paprika and salt to season. Roll the shad roe in this and place in a saucepan or small dripping pan. Surround with one-half can of tomatoes, in which have been mixed one onion and one green pepper minced fine. Season also with salt and paprika. Take slices of bacon about one-eighth of an inch in thickness, cut them into strips of the same width with a pair of shears. Pretty well cover the top of the roe with these shoestrings of bacon. Place in a moderate oven until about warmed through, then increase the heat and finish in a hot oven. This all will require about twenty minutes to half an hour. Baste frequently with the tomato sauce.

It may be necessary to add a little hot water to the sauce and when taken from the oven thicken if necessary with some of the cracker meal.

THE CALUMET COOK BOOK

SHAD ROE

The season for fresh roe lasts until about June and the prices of shad roe range from thirty-five cents to sixty cents and sometimes more. This means per set, not per pound, and the sets vary. Sometimes a set will not be large enough to more than serve two persons and then, as the season advances, one set will serve several. Prices for shad roe always range higher at the opening of the season and, paradoxically, as the roe grows larger the price grows smaller. The shad roe can be obtained without purchasing the fish itself.

BOUILLA-BAISSE

This dish is varied according to the place where it is made, depending upon what the market affords. It is often made up in much simpler form than the following and resembles somewhat, our fish chowders:

MATERIALS:

3	tablespoons of olive oil	1	pound of salmon
1	clove of garlic	1	dozen clams or oysters
1	pound of halibut	2	fresh tomatoes or equivalent canned, with seeds removed
1	bay leaf	1	large Bermuda onion
½	lemon	1	green pepper
1	small boiled lobster		Salt and pepper to season
2	cloves		Slices of toast one inch thick
1	tablespoon minced parsley		

PREPARATION:

Mince the onion and garlic, cook to a delicate brown in a large kettle, with the oil. Then add the fish, cut in large pieces, the lemon sliced, the bay leaf, garlic, green pepper minced, the tomatoes, salt and pepper to season.

Cover and cook gently for one and one-half hours, add about three cups of water and simmer. Wash the

oysters and add them when the fish is cooked. Take the meat from the lobster in pieces, right size to serve. Around the rim of a large deep platter arrange the slice of toast, from which the crusts have been trimmed, place the lobster meat in the center and the other fish surrounding it. Distribute the oysters on the pieces of toast, season the liquor without straining and pour over all. Sprinkle with the parsley. Serve in soup plates.

FROGS' LEGS, DELMONICO

Cleanse the frogs' legs and drop into boiling water, cover and let them remain in it ten minutes, where the water will remain hot, but not boil. Prepare a sauce by putting one pint of milk in double boiler. Cream together one rounding tablespoon of butter with one of flour. Stir this into the milk and cook till creamy. Season well with paprika and salt and the juice of one-half lemon. Mince one green pepper very fine and add to the sauce.

The meat must then be removed from the bones in as large pieces as possible and stirred into the sauce. Line a serving dish with points of toast and over the sauce. Serve hot.

FROGS' LEGS, FRIED

The most popular form of serving frogs' legs is fried. Trim off the claws, cover them with boiling water, let stand for three minutes to blanch. Drain them and dip in beaten egg, roll them in well seasoned cracker meal and flour. Mix with the cracker meal about one-third as much flour, and season it all with salt and paprika. After rolling the frogs' legs in the preparation, place them in a fry basket and fry in deep oil or fat. They are so small that it is difficult to handle them in any quantity in a frying pan and they will not absorb nearly so much fat if fried in the deep kettle. But many never fry them any other way than in shallow fat.

THE CALUMET COOK BOOK

Let me impress upon my readers the absolute necessity of cooking, either frying or sauteing, fish in vegetable oil. After fish has once been served in all its delicacy, nicely browned and free from the taint of animal fat, the family will never tolerate any other method of cooking. It is not especially necessary to have a kettle of deep oil. Take the ordinary frying pan and put into it a couple of tablespoons of any of the cooking oils, olive oil if you can afford it. Place the pan over a medium heat, if using a gas or gasoline range place an asbestos or soapstone mat under the pan and lower the flame. Fish does not require any more heat than frying of pancakes, only more time. Place them in the pan and cover it. When cooked on one side turn with a pancake turner.

Fish may be rolled in cornmeal, flour or cracker meal.

PIGS IN BLANKETS

Select large oysters, rinse well and lay upon a napkin to drain. Have ready some cracker meal seasoned with a dash of paprika. Prepare thin slices of bacon, long enough to go once and a half around each oyster. Roll each oyster in the cracker meal and roll around each one a slice of bacon, fastening it with a toothpick. Place them into a dripping pan and into a rather quick oven until the bacon is crisped. Send to the table on a hot platter with slices of lemon. When the appetite is jaded and nothing looks tempting, try the pigs in blankets.

OYSTERS en BROCHETTE

Prepare oysters as in preceding recipe. Cut bacon into square pieces. Place squares of bacon and oysters alternately on skewers. Place in shallow pan, bake about twenty-five minutes in moderate oven.

OYSTERS

The recipes written by Eastern writers on cookery often have, as part of the preparation, "heat the oysters in their own liquor." This is understood by most readers who have not lived on the coast, to mean the liquor in which they come shipped in pails or sealed in cans from the coast. This liquor is largely water and stale water at that.

What the Eastern writer intends is the liquor contained in the shell of the oyster as it is marketed in its natural state, in the shell.

The little bivalve is considered, by those familiar with its habitat, a little scavenger at best and by many particular persons even the liquor contained in the shell is discarded and the oysters rinsed in fresh water. These particular persons claim that this liquor is only "sewer water." Therefore it must be apparent that the water in which they are shipped must be quite unfit for the oyster stew, contrary to the thrifty cook who explained that "A quart of oysters goes a long way, the big oysters can be fried while the small ones and the juice will make the best kind of a stew."

In this connection it is interesting to note the attitude of the orthodox Jewish people toward the oyster among other proscribed foods. It is being more than ever impressed upon the attention of medical scientists that the longevity of the orthodox Jew was due to the nature of his food and the habits of his living. Their fundamental principles of cookery were based upon certain hygienic dietary laws and as long as these laws were heeded, long life, contented minds and freedom from digestive woes was their portion.

Sea or fresh water food that is permitted in the orthodox Jewish cuisine is classified as fish, having fins and scales, thus prohibiting shell fish.

THE CALUMET COOK BOOK

OYSTERS au GRATIN

MATERIALS:

1 pint of oysters (small ones)	2 level tablespoons dried parsley
½ cup of hot water	2 eggs
1 cup of milk	Salt, paprika, grated cheese and bread crumbs
2 level tablespoons butter	
2 level tablespoons flour	

PREPARATION:

Rinse and drain the oysters, pour over them the half cup of hot water and put them over hot water while preparing the sauce. Rub the flour and butter together in a saucepan and add the milk and cook till creamy, then stir into the oysters. Beat up the eggs and stir into the mixture, season to taste with the salt and paprika.

Place in greased ramekins or shells. Sprinkle with grated cheese and bread crumbs. Place in hot oven for fifteen minutes. Sprinkle with the crushed dried parsley and serve.

SOUPS AND ACCOMPANIMENTS

FORCE MEAT BALLS

(To serve with Consomme)

MATERIALS:

1 cup finely minced cooked meat, preferably chicken, veal, tongue or ham	1/2 teaspoon each of salt pepper and onion juice
1 level tablespoon each of flour and butter	1 tablespoon of minced parsley
	1 cup milk
	Pinch of mace

PREPARATION:

Put the butter into a dish over hot water, add the flour and next the milk, then add the other ingredients and cook. Turn out to cool and when cold form into marbles, roll in egg and then in cracker meal and drop into deep oil or fat and fry a golden brown. Turn from the fry-basket onto paper and then roll in minced dried parsley.

KNOEFLI

Beat two eggs slightly and add one-fourth cup of milk. Add this gradually to one cup of flour in which has been sifted one level teaspoon of salt.

Place a colander over a kettle of boiling water. Turn the batter into the colander and with a puree sieve stamper or with a wooden potato masher work the batter through it. As soon as the buttons come to the top of the water, dip them up with a skimmer and put them in a hot vegetable dish. Sprinkle with cheese and a dash of paprika. Place in a hot oven or under the broiler fire for a few moments.

CROUTONS

To make croutons to serve with soups, cut bread in slices one-half inch thick, trim the crusts and cut in

THE CALUMET COOK BOOK

squares. If to be browned in the oven, butter lightly before cutting in squares, put on a baking sheet, dry throughout and brown delicately. These are more digestible than when fried.

DUMPLINGS, FORCE-MEAT BALLS

It will be found more satisfactory in most cases to cook, either boil or steam, the dumplings and force-meat balls in a different vessel from that in which the soup, consomme or bouillon are making.

Following is a group of accessories for soups and consomes. With many of them it will be found necessary to dip in slightly beaten egg, so that the water will not break them.

Many of them are suitable to serve with the fish course and in that case they would be dipped in egg, then in cracker meal and dropped into deep oil and fried, and then perhaps rolled in dry minced parsley.

The latter method may be followed for the soup course, serving on side dish if preferred. They do not so readily deteriorate if not served immediately as when cooked in boiling water.

EGG DUMPLINGS

MATERIALS:

2 hard boiled eggs	1 egg white
1 tablespoon grated cheese	Salt and pepper or paprika

PREPARATION:

Run the hard boiled eggs through the food chopper or chop fine in wooden bowl, add the cheese and as much of the egg white to bind the ingredients, add the seasoning. Form into marbles, drop into boiling water. Lift carefully with a skimmer.

THE CALUMET COOK BOOK

DUMPLINGS DUCHESS

MATERIALS:

$\frac{1}{2}$ cup bread crumbs
1 egg

$\frac{1}{2}$ cup soft cheese
Salt and cayenne

PREPARATION:

Combine all of the ingredients, form into marbles, dip in beaten egg, drop into boiling water.

MARROW BALLS

MATERIALS:

$\frac{1}{2}$ cup bread crumbs
1 teaspoon chopped onion
Salt and pepper to season

$\frac{1}{4}$ cup chopped marrow
1 egg

PREPARATION:

Combine materials with the yolk of the egg, form into marbles size of walnuts. Dip in slightly beaten egg white. Drop into boiling water, as soon as they float remove (about three minutes).

CUSTARD BLOCKS FOR CONSOMME ROYAL

MATERIALS:

2 tablespoons milk
Salt to season

$\frac{1}{2}$ teaspoon clear onion juice
1 egg

PREPARATION:

Beat the egg until well mixed, add the milk and salt and onion juice. Turn into shallow pans so that the depth of custard will be about one inch. Set the pan in another of hot water and into the oven till well set.

Turn out carefully and cut into square, round or fancy shapes.

PUREE OF CHESTNUTS

Shell and blanch a pint of chestnuts. Cover them with a quart of boiling water, add a slice of onion, a little chopped celery, a bay leaf and a dash of paprika.

THE CALUMET COOK BOOK

Boil gently for thirty minutes, press through a colander. Add a pint of stock and a pint of milk. Allow this to come to the boiling point. Cream together two level tablespoons each of butter and flour. Stir this into the soup until smooth. Season and serve.

FISH CHOWDER

MATERIALS:

1 pound of halibut or fresh water fish free from bones, uncooked	1 medium onion 2 medium potatoes 1 green pepper
½ pound salt pork or fat bacon (diced)	1 cup rich milk Salt and pepper to season

PREPARATION:

Put the diced pork or bacon into stew pan and brown slightly, drop in the onions and pepper. Then throw in the fish which has been cut into pieces as large as a small egg.

When seared over add one-half cup of water, place the potatoes on top and cook till they are soft.

Then turn in the cup of milk with the seasoning of salt and pepper. Cook up for five minutes.

Serve hot.

Note:—If the fish is soft and apt to cook to pieces, put the potatoes into the drippings instead of the fish. Then later add the fish; cover and cook.

SOUP STOCK

Beef is the chief source of soup stock although all meats and fowl when stewed, can supply stock. Stock from fresh fish is suitable for fish soups. Beef stock is usually the most economical. The cheaper the cut for soup the better.

The bones of the meat furnish mineral matter and gelatin. Gelatin is also obtained from cartilage, skin tendons, and ligaments.

THE CALUMET COOK BOOK

If the caramelized flavor is desired the meat may be sauted and browned in fat before putting into the stock kettle but this is a cumbersome and old fashioned method.

Better results are obtained by allowing meat and bones, with a pinch of salt, to stand in warm water half an hour, then place over low heat or simmering burner and allow to cook below the boiling point for half a day. Endeavor to cook at such a low point of heat that there will be no scum form over the kettle to be skimmed off, as the scum represents so much coagulated albumin of the meat gone to waste.

To supply the caramel flavor and color add a few spoonfuls of caramel prepared according to directions for caramel, a supply of which should always be kept on hand.

If stock is made from veal, lamb or mutton scraps a few shavings of lemon added to the finished soup add an agreeable flavor.

Soup made from the carcass of a roast fowl has no equal for flavor and nutrition.

SCOTCH SOUP

MATERIALS:

2 pounds mutton from the forequarter	1 grated turnip
3 quarts cold water	1 grated carrot
2 teaspoonfuls salt	1 leek
1 onion	$\frac{1}{3}$ cupful flour
	2 tablespoonfuls barley

PREPARATION:

Cut the meat into pieces, cover with the cold water to which the salt has been added. Allow to cook until the meat is tender.

Strain.

Add the vegetables and barley, cook three-quarters of an hour. Blend the flour with a little cold water and add to the soup.

Season with more salt and pepper.

JULIENNE SOUP

Julienne soup is nothing more than a plain soup stock to which has been added carrots, turnips or parsnips cut into thin strips with a simple seasoning of salt and pepper.

VEGETABLE SOUP

Cut up a carrot, a turnip, a parsnip, an onion and a root of celery. Fry these a delicate brown in some beef drippings or butterine, then turn into a soup kettle. Pour over the vegetables two quarts of cold water, one-half cup of rice, sprig of parsley and one teaspoon of salt. Boil gently for one-half hour. Then add a potato cut into dice. Boil fifteen minutes longer, season with salt and pepper, stir in a generous lump of butter and serve.

EGG CHOWDER

Fry four slices of salt pork till brown. Pare and dice a good sized potato and lay over the pork, cover with water and simmer until tender, then add three pints of milk, a piece of butter the size of an egg, salt and pepper to taste. Bring the milk to a scald and drop in very carefully, so as not to break them, the yolks of six eggs. Allow to remain hot, but not boil, about five minutes and serve at once.

SOUP OF LENTILS

Lentils are rich in nitrogenous matter, more so than peas or beans, and it is presented in a more digestible form. They take the place of lean meats and are especially adapted to a vegetarian diet.

THE CALUMET COOK BOOK

Wash the lentils, cover them with cold water and soak over night. In the morning drain. Add a quart of stock and a pint of water, a bay leaf, one teaspoon of salt, dash of pepper, and simmer for about two hours until the lentils are tender.

Press through a colander, then rub through a sieve and return to the puree kettle. Rub a level teaspoon of butter and one of flour together, add them to the soup and stir until boiling. Add a small onion grated, boil, and turn into a tureen. Serve with wafers.

OXTAIL SOUP

MATERIALS:

1 oxtail	1 teaspoon Worcestershire
1 small carrot	sauce
$\frac{1}{2}$ teaspoon salt	1 onion
2 quarts water	$\frac{1}{2}$ lemon
	A dash paprika

PREPARATION:

Singe and wash the oxtail, then cut into joints. Cover with the water, add all seasoning and vegetables and simmer gently one hour. Strain and pick out the bits of oxtail, add them to the strained soup. Heat again and put into the tureen the half lemon cut into thin slices and then cut into quarters and add the Worcestershire sauce.

SOUP OF FRIJOLE

MATERIALS:

1 pint beans	2 hard boiled eggs
1 quart good stock	1 level teaspoon salt
1 lemon	1 saltspoon pepper
$1\frac{1}{2}$ quarts boiling water	

PREPARATION:

Wash the beans, drain, cover with cold water and soak over night. In the morning drain again and cover with the boiling water. Cover the kettle and boil slowly for about two hours until the beans are very

tender. Add the salt, pepper and stock. Press the whole through a colander, then through a sieve. Rinse the kettle, return the soup to it and bring to boiling point. Cut the eggs and lemon into thin slices and put them into the tureen, pour over the boiling thick soup and serve. If you use wine put four tablespoons of Madeira into the tureen with the egg and lemon.

Serve at once.

PEANUT SOUP

Put a quart of milk into a double boiler, add a half pint of peanut butter, a small onion grated, half a cup of finely chopped celery and a dash of white pepper. Cover and cook for twenty minutes. Moisten a level tablespoon of cornstarch, add to the hot soup, and stir till smooth and thick. Strain into a hot tureen, add a dash of paprika and serve with croutons.

CREAM OF CORN SOUP

Perhaps there is some corn left over. Strain through a coarse sieve and run the remaining corn through the food chopper and return it to the liquor, put sufficient sweet milk in the double boiler with a thin slice of onion minced fine, add the corn and scald well. Add a little thickening by creaming butter and flour in the proportion of a rounding teaspoon of each to a pint of milk. Season and serve with wafers.

Any left over canned vegetables may be treated in the same way. A combination of celery and peas is delicious. Cook the celery, after cutting it into quarter inch lengths, making the cream first and adding the peas.

The liquor in which the celery was cooked may be used.

THE CALUMET COOK BOOK

TOMATO CUP

MATERIALS:

1 quart soup stock	3 level teaspoons flour
½ can tomatoes	2 bay leaves
1 small onion	Salt, pepper or paprika to season
4 whole cloves	1 cup whipped cream
1 tart apple (minced)	
3 level teaspoons butter	

PREPARATION:

Place the soup stock, tomatoes, bay leaves, minced onion, cloves, and apple in the saucepan. Cook slowly one-half hour, strain, add the seasoning of salt and pepper, cream the butter and flour and stir into the consomme. Cook ten minutes.

Serve in cups with the whipped cream on top.

CHERRY SOUP

For one quart of soup, pit and crush a pint of cherries; add to them the juice of one lemon, sugar to taste, and a dessert spoon of tapioca or sago. Simmer thirty minutes with a quart of water; rub smooth through a sieve and re-heat, adding one tablespoon of claret and a pinch of salt. Let cool, then place on ice before serving. Reserve a few stemmed cherries to put in the iced soup at the last.

BARLEY SOUP

MATERIALS:

½ cup pearl barley	Soup stock
Seasoning of salt and pepper	

PREPARATION:

Wash the barley through several waters. Drop into boiling water and cook about one hour before adding to the soup stock, then add it with the water in which it was cooked.

THE CALUMET COOK BOOK

CREAM OF MOCK OYSTER SOUP

Scrape, cut into thin slices half a dozen salsify or vegetable oyster. Cook till very tender in unsalted water. Force them through a puree sieve into the water in which they were boiled and which should measure about three cups.

Make a cream sauce of one heaping tablespoon each of flour and butter creamed together and one quart of milk. When creamy add the salsify. Season well with salt and pepper. Serve hot with oyster crackers.

It is always well to place crackers in hot oven for a few moments before serving.

CREAM OF TOMATO SOUP

MATERIALS:

1 can tomatoes	1 heaping tablespoon each of
1 teaspoon salt	butter and flour
1/2 teaspoon soda	Chili pepper to season
1 teaspoon sugar	1 bay leaf
1 pint milk	1 slice onion
	3 cloves
	3 allspice

PREPARATION:

Place the tomatoes, bay leaf, spices, onion, sugar, and salt over the fire in a saucepan and cook twenty minutes. Remove from the fire and strain. Place the milk over the fire in a double boiler. Cream the flour and butter and add it to the milk. Cook until creamy. Heat the tomato juice to the boiling point, add the soda. Then add it to the cream sauce, stirring all the time. Serve immediately.

Do not cool and warm over, or it may curdle. The soda may be omitted if a more acid flavor is desired.

CONSOMME COLBERT

Consomme Colbert is a clear stock well seasoned, in which poached eggs are dropped.

THE CALUMET COOK BOOK

CONSOMME WITH MACARONI

Consomme being a clear stock, it would become clouded were the macaroni to be cooked in it.

Cook the macaroni in another vessel thirty minutes, blanch, cut up slightly and add to the consomme.

POTATO SOUP

MATERIALS:

- | | |
|---|--|
| 3 medium potatoes | 1 heaping tablespoon butter |
| 1 heaping tablespoon flour | 1 quart water |
| 1 pint sweet milk or 1
cup evaporated milk | Salt and pepper to season, also
add a little parsley. |
| 1 medium onion | |

PREPARATION:

Peel and dice the potatoes, put them over to cook in the quart of water which must be boiling. Score the onion across both ways several times and slice thin.

When the potatoes have cooked fifteen minutes add the salt and onion and cook till potatoes are soft. Add the milk and the butter and flour which have been creamed.

When creamy, season with pepper and minced parsley.

Serve with croutons of bread.

OKRA SOUP

Cut okra in small pieces and cook tender in chicken stock. Add a cup of boiled rice, season well.

CONSOMME a L'IMPERATRICE

MATERIALS:

- | | |
|---------------------------------|---|
| 1 tablespoon flour | 1 tablespoon minced onion |
| 1 tablespoon minced
parsley | 1 tablespoon butter |
| $\frac{1}{2}$ cup rice (cooked) | $\frac{1}{2}$ cup cold chicken (cooked) |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup peas |
| 1 egg | 2 quarts chicken stock |
| | Pepper, salt and mace to
season |

PREPARATION:

Make a paste of the cold chicken, add it to a thick cream sauce made with the milk, flour and butter. Mix in the onion, mace and parsley.

Place where it will cool and then form into balls, dip in beaten egg, then in cracker meal and fry in hot oil. Drain carefully.

In the meantime the rice and peas are cooked and the chicken stock heated and seasoned. When ready to serve put the rice and peas in the tureen, pour over them the stock and drop in the force-meat balls.

CREAM OF ASPARAGUS

To the water in which asparagus is cooked, which should measure about one pint, add two cups of milk. Heat in a double cooker and add a rounding tablespoon of flour creamed with one of butter. Cook till creamy and season with salt and pepper, and if desired sprinkle a tablespoon of grated cheese over the soup after it is dished in the tureen.

DUCHESS SOUP

MATERIALS:

1 quart milk	3 tablespoons cheese
1 slice onion	(grated)
1 rounding tablespoon flour	1 rounding tablespoon butter
	Yolks of 2 eggs
	Salt and pepper

PREPARATION:

Heat the milk with the onion, when scalded add creamed butter and flour. Three minutes before serving add cheese, then the beaten egg yolks.

This must not stand.

THE CALUMET COOK BOOK

IMPORTANT EQUIVALENTS TO MEMORIZE

- 1 quart flour (about) is equivalent to 1 pound avoirdupois.
 - 1 pint sugar (about) is equivalent to 1 pound avoirdupois.
 - 1 pint butter (about) is equivalent to 1 pound avoirdupois.
 - 1 quart is equivalent to 4 cups, liquid measure.
 - 1 pint is equivalent to 2 cups, liquid measure.
 - $\frac{1}{2}$ pint is equivalent to 1 cup, liquid measure.
 - 1 cup is equivalent to 2 gills.
 - 2 gills are equivalent to 8 fluid ounces.
 - 16 level tablespoons are equivalent to 1 cup, liquid measure.
 - 8 level tablespoons are equivalent to $\frac{1}{2}$ cup, liquid measure.
 - 4 level tablespoons are equivalent to $\frac{1}{4}$ cup, liquid measure.
 - 1 level tablespoon is equivalent to 3 level teaspoonfuls.
 - 2 level tablespoons sugar are equivalent to 1 ounce avoirdupois.
 - 2 level tablespoons butter are equivalent to 1 ounce avoirdupois.
 - 4 level tablespoons cocoa or flour are equivalent to 1 ounce avoirdupois.
 - 2 level tablespoons liquid are equivalent to 1 ounce avoirdupois.
 - 3 level teaspoons are equivalent to 1 tablespoonful.
 - 2 level teaspoons are equivalent to 1 dessertspoonful.
 - 1 square of chocolate is equivalent to 1 ounce of chocolate.
 - 1 square of grated chocolate is equivalent to 4 level tablespoons of chocolate.
 - 9 or 10 eggs, depending upon size, are equivalent to 1 pound.
 - Juice of 1 lemon is equivalent to about 4 tablespoons.
 - 1 cup of egg white is equivalent to about 8 egg whites.
 - 1 cup of egg yolk is equivalent to about 12 egg yolks.
 - 1 cup of shelled nuts is equivalent to about 4 ounces.
- Measures are always level unless otherwise stated.

DIRECTIONS FOR MEASURING:

Dip the spoon into the materials and strike off with straight edge of a knife.

In measuring butter, lard or margarine, pack the cup or spoon closely and strike off with the straight edge of a knife.

In measuring flour in the cup measure, tap the measure lightly to insure of no unfilled spaces.

To measure $\frac{1}{2}$ teaspoon divide a level teaspoonful lengthwise.

To measure $\frac{1}{4}$ teaspoon divide the half teaspoon once crosswise.

A heaping measure whether spoonful or cupful means all the measure will hold.

A teaspoon dipped full and drawn under the side of the can of Calumet gives practically a teaspoon and a half. This is a quick method to measure the one and one-half teaspoon to each cup of flour in making breads, biscuit, muffins, etc.

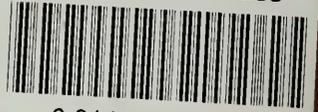
In measuring Calumet for cakes, dip the teaspoon full and level with a knife, one teaspoonful for each cupful of sifted flour.

The measuring cups for kitchen use vary in size. Most of the glass and aluminum are the half pint liquid measure. The half pint dry measuring cup which is not easily distinguished holds two level tablespoonfuls more than the liquid measure.

The half pint based on the dry pint measure was the original measuring cup for kitchen use. But manufacturers are now generally making the kitchen measuring cup to conform to the United States Bureau of Standards' standard liquid measure. The small difference between the liquid and dry measure carries little effect in the making of breads and cakes, so long as the several ingredients are measured in the same size cup to insure proper proportions.



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