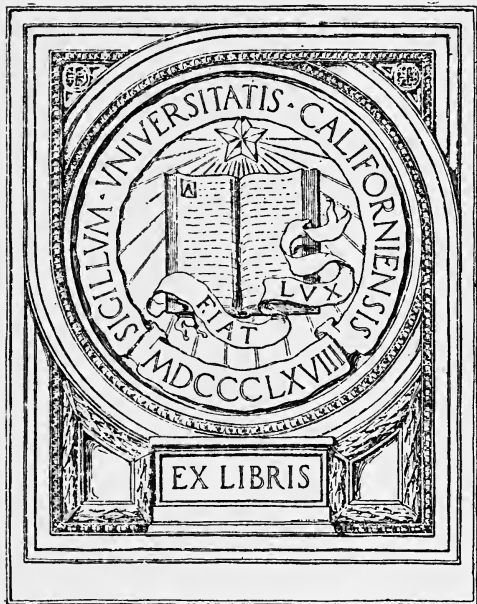


CONSERVATION RECIPES.

Compiled by
The Mobilized Women's Organizations
of Berkeley, California
Cover Design by Bernard Maybeck



AGRIC.
LIBRARY

Digitized by the Internet Archive
in 2006 with funding from
Microsoft Corporation

Conservation Recipes

Compiled by

*The Mobilized Women's
Organizations of Berkeley*

Berkeley Unit, Council of Defense

Woman's Committee



THIRD EDITION

MAY - - 1918



Berkeley, California - May, 1918

COPYRIGHT, 1918

EDITORIAL STAFF

MRS. ALBERT H. ALLEN.
MRS. EDWARD BARRY.
MRS. L. E. BLOCHMAN
MRS. WM. E. COLBY.
MRS. HAROLD W. FAIRBANKS.
MRS. C. M. HARING
MRS. LEWIS A. HICKS.
MRS. S. C. IRVING.
MRS. BERNARD MAYBECK.
MRS. CHARLES W. MERRILL.
MRS. FRANKLIN NUTTING.
MRS. A. F. PILLSBURY.
MRS. DOUGLAS W. ROSS.
MRS. N. C. ROBSON.
MRS. AARON SCHLOSS.
MRS. TOMSE M. SHEARMAN.
MRS. ELIZABETH SPOONER.
MRS. GEORGE M. STRATTON.
MRS. FREDERIC C. TORREY.
MRS. R. H. WETMORE.
MRS. S. N. WYCKOFF.
BERKELEY SCHOOL, HOUSEHOLD
SCIENCE DEPT.
Miss Bertha Prentiss, Supervisor.

CALIFORNIA

TX 715
M59
1918
AGRIC.
LIBRARY

FOREWORD

The Third Edition of the Conservation Recipes is published in order to meet, as far as possible, the needs of the housewife in conforming strictly to the latest rulings of the Food Administration.

The following ration is given as a guide only. It must vary from time to time as the food situation changes. Be alert and watch for all Food Conservation reports and be guided intelligently by them. If there is less need of saving certain commodities in some sections of the country because of local conditions, the general rule still holds that "Food will win the War." And since that statement is as true now as when it first startled us with its significance, don't waste it, nor use more of it than is necessary for normal health.



VOLUNTARY HONOR RATION

Per Person, Per Week

Meat and Meat Products	- - - -	2 lbs.
Butter for table use	- - - -	7 oz.
Fat for Cooking	- - - -	7 oz.
Wheat Flour for Cooking	} - - -	1½ lbs.
Bread of Mixed Cereals		
Sugar (not including sugar for preserving)		12 oz.

SUGGESTIONS FOR MENUS

Plan meals as if there were no bread to be had and let one of the starchy foods take its place. If fruit, oatmeal, and eggs are served for breakfast, substitute barley pancakes, for example, for toast.

For dinner, potatoes, rice, etc., must be made to take the place of bread, if the need of bread is felt. Since we have the fancy for handling some of our food, make a point of serving such articles of diet as potato chips, French-fried potatoes, or anything else your ingenuity may devise.

BREAKFASTS

- 1.—Use non-wheat cereals. Oatmeal, cornmeal, cream of barley or cream of rice, corn flakes, puffed rice, and others give variety.
- 2.—Non-wheat pancakes, muffins and biscuits may take the place of toast. Use buckwheat, cornmeal, barley and rice flour, potato and corn starch.
- 3.—Use fruits—bananas and other fresh fruits; and preserved and dried fruits may be served either alone or with the cereal. Fresh fruits help supply bulk. Dried fruits supply sugar; use these natural sugars freely.
- 4.—Use potatoes whenever possible. Try cornbeef or other meat hash with poached eggs. Try fish and potato balls; or serve with potatoes creamed or broiled salt fish.
- 5.—Use milk freely. Instead of buying cream, remove it from the bottle with a Chapin dipper. (There will still be some cream in the milk, but even thoroughly skimmed milk is nourishing.)

Various combinations of the above will give all the variety necessary.

DINNERS

Use no breads except non-wheat breads such as corn bread, and then only occasionally.

- 1.—Substitute various hot starchy foods such as potatoes,

SUGGESTIONS

CONSERVATION RECIPES

rice, sweet potatoes, squash or pumpkin. Dried peas and beans supply both fuel and body-building materials. Rice, hulled corn, and hominy will take the place of bread and macaroni.

- 2.—Vegetables—provide plenty of fresh vegetables if possible. Use these freely also in cream soups, and combine them with rice or barley in meat broths. Serve popcorn, puffed rice, oat or corn meal crackers with the soup, if necessary.
- 3.—Salads—Vegetable and Fruit. Serve with vegetable salad potato chips or hot French-fried potatoes. With a generous fruit salad the dinner may be so planned that no dessert will be necessary.
- 4.—Use meat, except ham and bacon, until further notice. But the freer use of fish, eggs, nuts, and cheese is to be commended.
- 4.—Use starchy desserts such as rice, tapioca, and cornstarch puddings either with or without eggs. Serve these with fruits or fruit sauces. Serve custards and junket with fruit syrups.
- 6.—Use non-wheat cakes, cookies, and pastries.

SCHOOL LUNCHES

- 1.—Use as little bread as possible. Non-wheat muffins and biscuits, firm and well baked, may be used for sandwiches.
- 2.—Potato chips are desirable.
- 3.—Potato salad or artichokes may be folded in lettuce leaves and wrapped in waxed paper.
- 4.—Popcorn balls, nuts, raisins, oatmeal or other non-wheat wafers, war cake, and such candies as chocolate nuts and raisins, molasses candy, and fruit pastes will afford sufficient variety.
- 5.—Fruits: Bananas, oranges, apples or other fruits in season.

A fuller development of these suggestions will be found under their appropriate headings.

**A GUIDE IN THE SELECTION OF FOOD FOR THE
USE OF HOUSEWIVES IN
MAKING MENUS**

SUITABLE FOR EVERY DAY IN THE YEAR

Make sure that all the groups are well represented daily. If more variety is desired use one or more foods from each group in each meal. (Except for flavor, group 4, sugar, may be omitted). Make sure that group 1 and group 2 are both present. Groups 3, 4 and 5 are all fuel foods. Let group 3 furnish the basis.

Take from all groups but use sparingly the foods in the left-hand column. When one food is omitted or decreased in quantity, use a substitute from the same group.

FOOD GROUPS

GROUP 1

Fruits and vegetables. Food depended upon for mineral matters, vegetable acids, and body-regulating substances. Also supplies bulk. Use liberally in all three meals. Favor local products.

GROUP 2

Meat and meat substitutes. Protein rich foods. Materials for growth and daily repair of tissue. Except in the case of milk for children the amount required is not large.

SAVE

Pork
Ham
Bacon
Beef
Mutton
Canned Milk

USE

Fish, shell fish
Poultry, game, (rabbit, hare)
Eggs
Milk, skim milk. Use milk
wisely and without waste.
Cheese, cottage cheese
Dried peas and beans
Nuts

FOOD GROUPS

CONSERVATION RECIPES

GROUP 3

Cereals and other starches—Energy-giving foods.
The most economical fuel foods.

SAVE

Wheat, whole wheat, graham
Rye
White breads
Crackers
Wheat breakfast foods
Wheat pancake flour
White flour cakes
Macaroni

USE

Corn, barley, rice, oats
Hominy, Soy bean products
Mixed breads and crackers
Cornstarch, tapioca
Potatoes, Irish and sweet

GROUP 4

Sugar—Fuel and flavor foods.

SAVE

Sugar, cane, beet, maple
Candy
Sweet drinks
Iced cakes

USE

Molasses, syrups
Honey
Preserved fruits
Jellies, jams
Use natural sugars—
Raisins, figs, dates, prunes,
dried fruits, cocoanut

GROUP 5

Fats—Fuel and flavor foods.

SAVE

Animal fats—
Bacon, ham, salt pork, lard
Butter
Cream

USE

Vegetable fats—
Olive oil, Corn oil,
Cottonseed oil, Krisp
Peanut oil, Cottolene,
Oleomargarine, Crisco
Butter on table only
Fats trimmed from meats
Drippings
Top milk for cream

MRS. HOOVER'S FAVORITE WAR PUDDING

- 2½ cups of crumbs.
- ½ teaspoonful of soda.
- ½ cup chopped suet.
- 1 pinch of salt.
- 1 egg.
- 1 teaspoonful of cinnamon.
- 1 pint of milk.
- 1 cup of raisins.
- ½ cup of molasses.
- 1 pinch of nutmeg.

Mix as in making a cake. Steam two hours.
Serve with sauce.

Mrs. Herbert Hoover

MRS. MERRITT'S SPECIAL BARLEY BISCUITS

- 2 cups barley flour.
- 4 tsp. baking powder.
- ½ tsp. salt.
- 2 tblsp. shortening.
- Milk.

Sift dry ingredients together, add shortening and enough milk to make a soft dough. Bake in a moderate oven twenty minutes.

Mrs. Ralph P. Merritt

SOUPS

Mrs. N. C. Robson, Editor.

All kinds of left over meats may be utilized in making soup stock, and an average sized family should always be able to have a supply without buying fresh meat.

Clear soups have very little nutritive value, but are useful as an aid to digestion.

Appetizing soups can be made from left over vegetables, and the water in which other vegetables have been cooked, and seasoned with tomato, onion, celery, okra, parsley, thyme.

To color soups brown use caramel, browned flour, onions fried brown, kitchen bouquet or beef extract.

Stock made without bone or gristle will not jelly.

Thickenings are made with either white, barley or potato flour, cornstarch, minute tapioca, rice, or left over cereal.

The meat which is left after cooking retains the nutritive qualities, but must be made palatable by other seasoning as the juices have gone into the soup stock.

Save all gravies for your soup kettle.

Vegetable soups can be made without milk or meat, and a rich flavor imparted by using browned barley flour thickening. Broken scraps of bone which have been browned may be simmered in the vegetable water for additional flavoring.

Instead of draining asparagus, squash, carrots, corn, potatoes, parsnips, turnips, cabbage, celery, cauliflower, onions, peas or beans into the sink, drain into a bowl and every second day make resulting mixture into clear soup. Add water, milk—or both if you have it—a little rice, cooked barley or tapioca. Add the water from rice to make thick soup. Press the left over vegetables through a colander and add to the clear vegetable stock. Serve with popcorn or puffed rice.

Vegetables when used raw as a seasoning give a strong flavor, and only a little of each should be used. For flavoring soups, sauces, stews, etc., fried vegetables are far superior to the raw.

To prepare them for use, clean and peel or scrape the vegetables, then cut them into small pieces and put in a

saucepan with butter substitute or sweet fat, allowing two generous tablespoonfuls of fat to a pint of vegetables. Place on the stove and stir until the vegetables become hot. Partially cover the saucepan and cook slowly for half an hour, stirring the contents frequently until the fat begins to separate from the vegetables. Drain and save the fat for future use. Add the vegetables to the dish they are to flavor.

Chicken fat is excellent as a butter substitute in both meat and cream soups. Oleomargarine is also good.

ITALIAN SOUP



4 tblsp. olive oil.	2 turnips.
3 tblsp. barley flour.	2 carrots.
1½ qts. boiling water.	2 medium sized onions.
1 large potato.	1 large handful parsley.
¼ can tomatoes.	½ cup pearl barley.

Cook oil and flour together until brown; add the boiling water. Put turnips, carrots, onions and parsley through the fine meat chopper and add. Bring to boiling point and put in tomato, potato cut in dice, and barley. When it comes to boiling point again add 1½ quarts boiling water; cover and let simmer two hours, seasoning with salt and pepper. This soup is even better when re-heated. Mrs. C. L. Stern.

SPANISH SOUP



4 cups brown soup stock.
2 cups tomato pulp.
1 large green pepper, chopped fine.
1 medium sized onion, chopped fine.
4 tblsp. butter substitute.
5 tblsp. non-wheat flour.
2 tblsp. freshly grated horseradish.
½ tblsp. Worcestershire sauce.
½ cup hot cooked rice.
Salt, pepper and cayenne.

Cook onion and pepper in butter substitute five minutes; add flour thickening. Stir until blended and brown, then add gradually stock and tomato pulp and simmer twenty minutes. Rub through a sieve and season highly with salt, pepper and cayenne. Before serving add Worcestershire sauce, horseradish and rice. Mrs. F. E. Menefee.

CHICKEN SOUP WITH RICE

- | | |
|---------------------------------|--------------------------|
| 1 cup chicken broth. | 1 small tsp. cornstarch. |
| 2 tblsp. boiled rice. | 2 egg yolks. |
| 2 tblsp. chopped parsley. | 1 cup milk. |
| $\frac{1}{2}$ tsp. chicken fat. | |

Melt fat and cornstarch together and add to the broth the milk, rice and parsley. When ready to serve add the well-beaten yolks of eggs. Season to taste, with salt and pepper.

Mrs. V. J. Berryhill.

TOMATO BOUILLON

- | | |
|--------------------------------------|-------------------------|
| 4 cups brown soup stock. | 10 pepper corns. |
| 3 cups stewed tomatoes. | 4 cloves. |
| $\frac{1}{4}$ cup butter substitute. | 2 tblsp. chopped onion. |
| $\frac{1}{3}$ cup thickening. | 3 sprigs thyme. |
| $\frac{1}{4}$ cup diced carrot. | Salt and pepper. |
| $\frac{1}{4}$ cup diced celery. | Bit of bay leaf. |

Cook carrots, celery and onion in the butter substitute for five minutes; add thickening, pepper corns, bay leaf, cloves and thyme and cook three minutes; add tomatoes, cover and simmer for one hour. Rub through a strainer; add hot stock and season with pepper and salt.

BEAN SOUP

- | | |
|------------------------------|------------------------|
| 1 cup dried beans, any kind. | 1 sprig of parsley. |
| $\frac{1}{4}$ cup oil. | 1 piece of celery. |
| $\frac{1}{4}$ cup onion. | 1 cup canned tomatoes. |
| 1 clove garlic. | |

Soak the beans over night. Boil until tender. Many cooks put the beans to cook in cold water with a pinch of soda. When they come to a boil pour off this water and add fresh. Chop the onion, garlic, parsley, and celery fine and put them to fry in the oil with salt and a generous amount of pepper. When the vegetables are a delicate brown, add to them two cups of the broth from the beans and the tomatoes. Let it boil a moment and pour the mixture into the kettle of beans from which some of the water has been drained, if they are very liquid. This soup may be served as it is or with cheese if preferred. Add the cheese just before serving.

LIMA BEAN PURRÉE

1 cup Lima beans.
Butter substitute.
Milk.

Pepper.
Salt.

One cup dried Lima beans soaked over night. In the morning drain the beans; cover with fresh water and cook slowly until tender, keeping covered with water. Let water partly evaporate, press through a sieve; add salt, butter, pepper and milk to make the desired consistency.

ONION SOUP

4 or 5 onions.
1 pt. soup stock.
1 cup top milk.

1 egg.
Grated cheese.

Slice and fry onions until golden brown. Season well and simmer half an hour in stock. Add the top milk and one egg, lightly beaten. Cook one minute and serve with grated cheese.
Bohemian Club.

FRENCH ONION SOUP

4 large onions.
4 tblsp of vegetable oil or meat drippings.
 $\frac{1}{4}$ lb. Swiss or American cheese, grated.
1 qt. to 3 pts. soup stock or boiling water.

Peel the onions and slice very thin. Fry them slowly in the fat until they are a uniform brown, using a kettle deep enough to hold the water afterwards. When the onions are thoroughly fried add the hot water, cover and let simmer at least three-quarters of an hour, seasoning to taste. The onions will make a clear brown liquor without the use of any meat stock, but soup stock may be used instead of water, or beef extract or bouillon cubes may be added to the water if a meat stock is preferred.

CREAM BOUILLON BISQUE

4 bouillon cubes.
4 cups boiling milk.

4 tblsp. catsup.
1 tblsp. non-wheat flour.

Dissolve bouillon cubes in hot milk, add catsup and thicken with flour dissolved in a little water.

Mrs. George W. Corner.

SOUPS

CONSERVATION RECIPES

TURKEY BONE SOUP

Bones from roast turkey.
3 or 4 stalks of celery.
2 onions.
1 cup top milk.

2 qts. hot water.
2 potatoes.
Salt and pepper.

Break the bones of a roasted turkey apart after it has been served and with meat and dressing still adhering to them, put into a soup kettle with the hot water, celery, potatoes and onions cut up fine. Season and let it boil slowly, but constantly for two or three hours; then take out the bones. Skim off the fat, strain through a colander and return to the kettle. This is improved by adding a cup of top milk just before sending to the table.

Mrs. Lewis A. Hicks.

CREAM OF CHICKEN SOUP

1 pt. chicken broth.
1 pt. milk.
1 tblsp. butter substitute.

1 tsp. non-wheat flour.
2 egg yolks.
Pepper and salt.

Add the milk to the chicken broth, the butter substitute into which the flour has been rubbed and salt and pepper to taste. Bring to boiling point and just before removing from the fire, add the beaten yolks of the eggs. A few heads of boiled asparagus gives it a very good flavor.

Mrs. Lewis A. Hicks.

BOSTON SOUP

2 cups cold baked beans.
2 stalks celery.
1 small onion.
1 qt. cold water.

1 cup stewed tomatoes.
1 tblsp. non-wheat flour.
1 tblsp. oleomargarine.
Salt and pepper.

Cut celery in small pieces, slice onion; add beans and water and allow to simmer half an hour. Rub through a sieve; add strained tomato, oleomargarine and flour rubbed together, and cook until of desired thickness. Season to taste.

Mrs. George W. Corner.

BELLEVUE BOUILLON

Clam broth.
Chicken broth.

Celery salt.
Whipped cream.

Mix equal quantities of boiling clam broth and chicken broth. Season with celery salt and serve in cups with a little whipped cream on each.

Mrs. F. P. Nutting.

MILK SOUP

- | | |
|--------------------------------|----------------------|
| 1 pt. water. | 2 tblsp. cornstarch. |
| 1 pt. milk. | 2 tblsp. butter. |
| 2 cups of vegetable, any kind. | Salt and pepper. |
| 1 small onion. | |

Milk soups are both appetizing and nutritious. The basis of all is milk, thickened and seasoned by the addition of vegetables boiled, and pressed through a sieve.

Milk soup with thickening of cornstarch, potato starch, barley flour or arrow root and vegetable pulp should be usually of the consistency of cream.

More of the pulp of the vegetable put through a coarse sieve, with a little water or milk makes a paste which is called a pureé.

Chowder contains fish, pork, potatoes and sometimes other vegetables, with a foundation of milk.

Left over vegetables that have been cooked in white cream sauce or mashed potato with a little onion may easily be made into a good soup by adding some skim milk.

Mrs. N. C. Robson.

ASPARAGUS SOUP

- | | |
|-----------------------|-----------------------------|
| 1 bunch asparagus. | 1 tblsp. minced onion. |
| 3 tblsp. rice. | 1 tblsp. minced parsley. |
| ½ cup top milk. | 1 tblsp. butter substitute. |
| 1 egg yolk. | Bit of bay leaf. |
| 3 cups chicken stock. | |

Wash asparagus thoroughly and cut off tips. Cook tips in boiling salted water until tender. Cut the stalks in small pieces, add them to the stock together with the bay leaf, rice, onion and parsley, which should be fried in butter. Simmer for forty-five minutes. Rub through a sieve, add cream and asparagus tips, season as necessary with salt and pepper and pour on the beaten egg yolk. Chopped blanched almonds may be added.

PEANUT SOUP NO. I

- | | |
|-------------------------|---------------------------|
| 1 qt. milk. | 1 slice onion. |
| 6 tblsp. peanut butter. | 2 tblsp. non-wheat flour. |

Scald milk and onion; mix the flour and peanut butter; add to the milk and cook fifteen minutes. Season to taste.

Mrs. Leonard Bacon.

SOUPS

CONSERVATION RECIPES

PEANUT SOUP NO. II



$\frac{3}{4}$ cup skimmed milk.
Salt.

1 tblsp. peanut butter..

Heat milk in double boiler, then pour **very** slowly over peanut butter in a bowl, creaming the mixture to remove all lumps. Return to double boiler and cook until thickened. Season with salt. Serve with popcorn or croutons. This makes one serving.

Prof. Jaffa.

CREAM OF CORN SOUP



1 can corn.
1 pt. cold water.
2 tblsp. chopped onion.
 $\frac{1}{4}$ tsp. celery salt.
1 pt. scalded milk.

1 tblsp. canned red peppers.
4 tblsp. butter substitute.
3 tblsp. white corn flour.
 $1\frac{1}{2}$ tsp. salt.
 $\frac{1}{4}$ tsp. red pepper.

Cook the corn with the water twenty minutes. Rub through a sieve and add the scalded milk. Cook the chopped onion in the butter substitute for five minutes. Add the white corn flour, salt, celery salt and pepper, then the corn mixture, and cook for about six minutes. Strain, add chopped red peppers and serve very hot with buttered popcorn.

CREAM OF POTATO SOUP



2 medium sized potatoes.
1 pint milk and potato water.
2 tsp. grated onion.
 $\frac{1}{4}$ tsp. celery salt.

1 tblsp. butter substitute.
 $\frac{1}{2}$ tsp. salt.
2 tsp. chopped parsley.

Wash, pare and slice the potatoes. Cook in sufficient boiling water to cover, until tender. Drain the liquid into pint measure, and mash the potatoes. Add milk to fill the measure, and turn into the mashed potatoes. Boil a few minutes. Season and add the chopped parsley just before serving.

MILK AND CHEESE SOUP



3 cups milk, or part milk and part stock.
 $1\frac{1}{2}$ tblsp. cornstarch.
1 cup grated cheese.
Salt and paprika.

Thicken milk with cornstarch in a double boiler. When ready to serve add the cheese and seasoning.

AN ALL-VEGETABLE SOUP

Select three or four kinds of vegetables. Shred or chop coarsely cabbage or greens and slice or cut in cubes the root vegetables. Put them over the fire with a small quantity of cooking oil or butter substitute. Then add broth and cook until the vegetables are very tender.

In this, as in other recipes, water may be used instead of broth if the latter is not available and bouillon cubes or beef extract added just as the hot soup is removed from the fire.

This can be made from any left-over vegetables and gravy from stews, etc. Mash and strain the vegetables; season, heat and just before serving, add a little top milk.

VEGETABLE SOUP WITHOUT MEAT

Many kinds of vegetables may be used for this soup; carrots, celery, cabbage, turnips, onions, potatoes, spinach, the outside leaves of lettuce, or greens of any variety.

3 turnips.

3 carrots.

3 onions.

1 bunch celery.

3 leeks, cut small.

1 clove garlic.

2 stalks parsley.

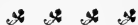
3 qts. water.

Rice.

Salt, pepper, nutmeg.

CREAM OF VEGETABLE SOUP

Scrape and slice turnips, carrots and onions, fry with a little butter substitute a light yellow. Add celery and leeks, cook six minutes, add garlic and seasoning. Cover with 3 quarts of water. Simmer three hours; strain and add rice.

DRIED GREEN PEA SOUP

2 cups dried green peas.

2 tblsp. butter substitute.

2 tblsp. onion.

1 tblsp. salt.

$\frac{1}{4}$ tsp. white pepper.

1 tblsp. parsley.

1 tsp. thyme.

Pinch of paprika.

Wash and soak peas for twenty-four hours; drain, add three quarts boiling water and simmer until tender. Mash through strainer and return to the fire. Brown finely cut onion in butter substitute until tender and then add to strained peas. Add salt, pepper, parsley, thyme and paprika.

Mrs. F. E. Menefee.

SOUPS

CONSERVATION RECIPES

TOMATO SOUP

- | | |
|----------------------|-----------------------------|
| 1 can tomatoes. | 1 tblsp. butter substitute. |
| 1 qt. sweet milk. | $\frac{1}{3}$ tsp. soda. |
| 1 tblsp. rice flour. | Salt, pepper. |

Stew tomatoes; add to them one-third teaspoonful of soda. Have milk hot, thicken with rice flour and butter, then add the hot strained tomatoes. Serve hot.

Mrs. J. B. Keister.

CREAM OF TOMATO SOUP

- | | |
|--------------------------------|----------------------------|
| $\frac{1}{2}$ can tomatoes, or | 1 pt. milk. |
| 1 lb. fresh tomatoes. | 1 tblesp. non-wheat flour. |
| 1 tblsp. chopped onions. | 1 pt. boiling water. |
| 1 tblsp. butter substitute. | Salt, pepper, sugar. |
| $\frac{1}{4}$ tsp. soda. | |

Heat the milk in the double boiler and thicken with butter and flour. Cook tomatoes and onion, sugar, salt and pepper in the water. Just before serving, add the soda to the tomato, strain into the milk and serve immediately.

CREAM OF BARLEY SOUP

- | | |
|---------------------------------|----------------------|
| 1 tblsp. chicken or other fat. | 3 cups white stock. |
| 1 cup milk. | 1 tblsp. cornstarch. |
| 1 cup water. | Salt and pepper. |
| $\frac{1}{3}$ cup pearl barley. | |

Put fat in saucepan; when melted add cornstarch and cook three minutes. Add barley and cook slowly two minutes, stirring constantly. Add milk and water and simmer one hour. Rub through a sieve, add stock which may be made from the bones of a chicken.

MOCK OYSTER OR SALSIFY SOUP

- | | |
|-----------------------------------|-----------------------------|
| 1 doz. salsify roots. | 1 pt. milk. |
| 1 qt. cold water. | $\frac{1}{2}$ cup top milk. |
| 2 tblesp. salt codfish, shredded. | Salt and pepper. |
| 2 tblesp. butter substitute. | |

Scrape salsify and cut in thin slices. Drop at once into cold water and boil forty minutes; add the codfish and butter and cook eight minutes. Just before serving add the cream and milk. Season to taste with salt and pepper and serve at once.

OYSTER STEW

Oysters.
Milk.
Butter.

Cornstarch.
Salt and pepper.

Heat milk in a double boiler. Heat oysters in their liquor and water, until the edges begin to curl. Skim until quite clear. Season and add to the hot milk. Thicken with cornstarch. Butter, salt and pepper to taste.

CREAM OF CRAB SOUP

2 qts. milk.	2 eggs.
1 large crab picked into small pieces.	2 tblsp. butter subst
1 small onion.	2 tblsp. cornstarch.
Pepper, salt, cayenne.	Chopped parsley.

Put all of these, except eggs, into the milk and let it come to the boiling point. Cook half an hour. Just before serving add 2 well-beaten eggs.

CLAM CHOWDER

3 large potatoes, cooked.	1 qt. skim milk.
2 good sized onions.	Cornstarch.
1 can minced clams.	Pepper and salt.
2 tblsp. oleomargarine.	

Slice the onions fine and brown them with the potatoes, cubed, in the butter substitute. Add the milk and seasoning. Skim the fat from the top, combine with a little cornstarch as for cream gravy, and stir into the milk. When thoroughly cooked add the minced clams.

NUT CHOWDER

2 medium sized potatoes.	½ cup milk.
2 tblsp. mixed nut meats.	1 tsp. salt.
Fresh or canned tomatoes.	1 qt. water.
1 dessert spoon peanut butter.	1 large onion.
1 tblsp. butter substitute or cooking oil.	

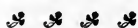
Cut the potatoes and onions into thin slices but do not chop them. Cut the tomatoes into small pieces. Dissolve the peanut butter in the milk. Put all these ingredients into water, and simmer until the potatoes and onions are tender. Just before serving add the salt, butter and nut meats.

Mrs. F. P. Nutting.

DRIED FISH CHOWDER

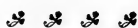
$\frac{1}{2}$ lb. salt fish.	1 small chopped onion.
4 cups potatoes, cut in small pieces.	4 cups skimmed milk.
2 ounces salt pork.	1 tblsp. cornstarch.

Pick over and shred the fish, holding it under lukewarm water. Let it soak while the other ingredients are being prepared. Cut the pork in small pieces and fry with the onion until brown. Add the potatoes and cover with water and cook until the potatoes are soft. Add the milk, thickened with the cornstarch, the fish and reheat. Salt if necessary.

FRESH PEA SOUP

1 qt. green fresh peas.	2 tblsp. butter subst.
1 qt. water.	2 tblsp. non-wheat flour.
1 qt. milk.	1 tsp. salt.
$\frac{1}{4}$ tsp. pepper.	

Boil peas until tender or use left over peas and water in which they were cooked. Make white sauce and rub peas into it through a coarse sieve.

CAULIFLOWER SOUP

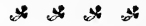
2 tblsp. butter substitute.	$1\frac{1}{4}$ cups cauliflower liquor.
1 tblsp. cornstarch.	$\frac{1}{2}$ cup cauliflower pureé.
$1\frac{1}{2}$ cups milk.	Salt, paprika.

Cook cauliflower in boiling water and save the liquor. Rub cauliflower through sieve. Make a white sauce of the butter substitute, cornstarch, milk and seasonings. Add cauliflower liquor and pureé just before serving.

PUREÉ OF CELERY ROOT

1 qt. celery root, cut in dice.	1 tsp. salt.
1 tblsp. flour.	1 cup stock or cream.
2 tblsp. butter.	

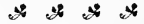
Cook the celery root thirty minutes in boiling water, rinse in cold water then press through a sieve. Put the butter into a sauce pan. Heat and add the flour and stir until smooth and frothy. Then add the strained celery root and cook five minutes longer. If the pureé seems dry, add more stock or cream. It should be served very hot.

CORN CHOWDER NO. I

- | | |
|---------------------------------|----------------------------|
| 1 can corn. | 1 tbsp. butter substitute. |
| 1 pt. milk. | 1 tbsp. white corn flour. |
| 2 medium sized onions, diced. | Salt and pepper. |
| 3 medium sized potatoes, diced. | |

Cook potatoes and onions until tender, add corn. Cook ten minutes; then add milk, flour, butter, salt and pepper. Serve hot.

Mrs. J. B. Keister.

CORN CHOWDER NO. II

- | | |
|--|-----------------------|
| 1 can corn. | 4 cups scalded milk. |
| $\frac{1}{3}$ cup of oil. | 3 cups boiling water. |
| $\frac{1}{2}$ cup onion, sliced. | Salt and pepper. |
| 4 cups potatoes, $\frac{1}{2}$ -inch slices. | |

Heat oil, add onion, cook until yellow; strain into stew pan. Parboil potatoes five minutes in boiling water, add corn and milk which have been heated and cook until potatoes are soft.

PEAPOD SOUP

- | | |
|----------------|--------|
| Pea pods. | Flour. |
| Milk or cream. | Salt. |

Wash the pods thoroughly. Cover with cold water and add a little salt. Boil half an hour for one pound of pods. Strain and add one cup of milk or cream and a little thickening. Boil five minutes.

SALADS

Mrs. F. C. Torrey, Editor.

GENERAL SUGGESTIONS

All fish and meat salads are improved by marinating.

A good oil for salad is made from equal proportions of olive oil and corn or cottonseed oil.

The secret of good French dressing is making a thorough emulsion of the oil and vinegar.

French dressing is much improved by the addition of a little Roquefort cheese, thoroughly incorporated.

When mayonnaise curdles, put a tablespoon of cold water in a clean bowl and add mayonnaise very gradually.

Mayonnaise sometimes curdles because the oil is too cold. Oil should then be warmed by standing in hot water.

Grated cucumber added to mayonnaise greatly improves it.

Never mix mayonnaise with meat or fish until ready to serve. Use the greater part to spread over the top.

A clove of garlic left in the vinegar bottle gives a good flavor.

Tarragon leaves added to cider vinegar and left for twenty days produces a superior vinegar for salad.

Vinegar is improved by boiling a few minutes with a little brown sugar.

Paprika should be spread in the sun three days to bring out its true flavor.

Whole pepper ground in a small hand mill gives a pungency wholly lacking in commercial pepper.

Lettuce can be quickly dried without bruising by using paper toweling.

Mix canned or cooked left over vegetables with French dressing and set in a cold place for one hour. If several kinds are used combine just before serving.

SALAD DRESSINGS**FRENCH DRESSING**

Salt, oil.

Garlic.

Tabasco sauce.

Water.

Vinegar or lemon juice.

Rub the bottom of bowl with cut clove of garlic. Put in $\frac{1}{2}$ teaspoon salt, a dash of Tabasco sauce and a piece of ice or 1 tablespoon cold water. Stir, remove ice, add 3 tablespoons oil and $\frac{1}{2}$ tablespoon vinegar or lemon juice. Mix well, pour over salad, toss and serve.

ENGLISH DRESSINGTo a French dressing add $\frac{1}{4}$ teaspoon mustard.**ITALIAN DRESSING**

To a French dressing add a little tomato catsup.

EAST INDIAN DRESSING

To a French dressing add $\frac{1}{4}$ teaspoon curry, a dash of cayenne and half a teaspoon onion juice, using lemon juice instead of vinegar.

RUSSIAN DRESSING NO. I

To French dressing made with both lemon juice and vinegar, add minced green peppers and parsley, chili sauce, Worcestershire sauce and mustard.

RUSSIAN DRESSING NO. II

Mayonnaise.

Chives.

Pimientos.

Chili sauce.

THOUSAND ISLAND DRESSING $\frac{1}{2}$ cup mayonnaise.

1 tblsp. tomato catsup.

1 egg white, or

1 tblsp. Chili sauce.

 $\frac{1}{2}$ cup whipped cream.

Beat the catsup and Chili sauce into the mayonnaise and add the well beaten white of egg last. Mrs. Dolan.

This recipe may be varied by adding hard-boiled eggs, pressed through a sieve, chopped beets or other vegetables. Serve with heads of lettuce.

SALADS

CONSERVATION RECIPES

VEGETABLE SALAD DRESSING



$\frac{1}{2}$ cup sour cream, whipped. 1 tsp. minced parsley.
 $\frac{1}{2}$ cup mayonnaise. $\frac{1}{2}$ cup grated horseradish.
 $\frac{1}{2}$ cup coarsely chopped walnuts.
 Combine in order given.

QUICK MAYONNAISE



1 egg, white and yolk. 1 tsp. mustard.
 1 tblsp. vinegar. 1 tblsp. oil.
 1 tsp. salt. Paprika.

Beat all together thoroughly with egg beater before adding more oil. Then it may be added two or three tablespoons full at a time. Oil must not be too cold.

Mrs. G. M. Stratton.

WAR TIME MAYONNAISE



To four or five tablespoonsfull of cream sauce, made of cornstarch and milk, add (when cold) egg, oil, etc., as for Quick Mayonnaise, and proceed in the same way. This saves about half the quantity of oil.

Mrs. Homer Norris.

BOILED SALAD DRESSING



1 tsp. dry mustard. 2 eggs.
 1 tsp. salt. $\frac{1}{2}$ cup sour cream.
 Butter substitute size of walnut. $\frac{1}{2}$ cup vinegar.

Rub first four ingredients together until smooth. Beat eggs, add cream and vinegar. Cook in double boiler until thick.

SAUCE TARTARE



$\frac{1}{2}$ cup oil. $\frac{1}{2}$ tblsp. finely chopped capers,
 2 eggs, yolks only. pickles, olives, parsley
 $\frac{1}{2}$ tsp. salt. and chives.
 1 $\frac{1}{2}$ tblsp. vinegar. Dash of cayenne.
 $\frac{1}{2}$ tsp. mustard.

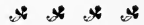
Mix mustard, salt, and cayenne, add egg yolks and when well mixed, add $\frac{1}{2}$ tablespoon vinegar. Add oil gradually and as mixture thickens add remainder of the vinegar. Just before serving stir in the other ingredients.

This sauce may also be made by adding the finely chopped ingredients to any mayonnaise.

MAYONNAISE WITHOUT OIL

3 eggs. ½ cup hot water.
 ½ cup vinegar. 1 tsp. dry mustard, salt.

Beat eggs well. Add vinegar, hot water and seasoning and cook until thick—preferably in a double boiler. Especially good served with fish. Mrs. A. F. Lange.

SALADS**ORANGE SALAD**

Oranges.	Salt.
Lettuce.	Sugar.
Oil.	Paprika.
Vinegar.	

Separate oranges in sections, removing all the skin that divides them. Take 4 tablespoons powdered sugar, pinch of salt and enough paprika to make it pink. Beat in well 8 tablespoons oil and 1 tablespoon tarragon vinegar and 1 plain vinegar. Mix thoroughly and pour over oranges.

CHEESE AND TOMATO SALAD

Tomatoes.	Lettuce.
Cheese.	Olives.
Mayonnaise.	

Slice peeled tomatoes, cover with grated cheese, add chopped olives and mayonnaise. Serve on lettuce leaves.

BANANA SALAD

Bananas.	Nuts.
Mayonnaise.	Lettuce.

Cut bananas in half. Roll them in mayonnaise and then in nuts, chopped very fine. Serve individually, ½ banana standing on lettuce leaves. Mrs. Putnam.

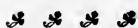
STUFFED TOMATO SALAD

Cabbage.	Tomatoes.
Celery.	Lettuce.
Onions.	Mayonnaise.
Green peppers.	

Use equal parts of vegetables to stuff tomatoes. Serve with mayonnaise on lettuce leaves.

SALADS

CONSERVATION RECIPES

COMBINATION SALAD

Celery.
Cucumber.
Apple.
Tomato.
Onion.

Radish.
Green pepper.
French dressing.
Lettuce.

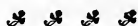
Use equal portions of celery, cucumber, apple and tomato cut in pieces. Add a little chopped onion, radish and green pepper. Serve with French dressing on lettuce.

ARTICHOKE SALAD

3 cold artichokes.
4 small tomatoes.
2 tblsp. mayonnaise.

1 tblsp. French dressing.
Lettuce.

Slice the hearts and tender leaves of the artichokes, add sliced tomatoes and French dressing. When ready to serve place on lettuce leaves and garnish with mayonnaise.

CARROT SALAD

1 bunch French carrots.
1 cup celery.
 $\frac{1}{2}$ cup nut meats.

Ripe olives.
Mayonnaise.

Scrape and grind raw carrots. Add cut celery, nuts, olives and mayonnaise. Nuts and olives may be omitted if desired. Serve on crisp lettuce leaves.

PRUNE SALAD

Cooked prunes, stoned.
Lemon juice.
Mayonnaise.

Chopped walnuts.
Lettuce.

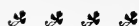
Arrange prunes on lettuce leaves. Sprinkle them with lemon juice. Place mayonnaise on top. Sprinkle with chopped nuts.
Miss Schwab.

SALMON SALAD

1 cup salmon.
4 boiled potatoes.
2 dill pickles, chopped.
6 hard boiled eggs.

Celery.
Onion.
Mayonnaise.
Lettuce.

Mix ingredients, adding eggs last. Let stand a few hours before serving.

STRING BEAN SALAD

Lettuce.	1	tblsp. vinegar.
Beans.	2	tblsp. Worcestershire sauce.
Chopped onion.	2	tblsp. tomato catsup.
2		tblsp. mayonnaise.

Mix all together in a salad bowl. Toss and serve.
Mrs. J. Salzberger.

COLD SLAW

1	tsp. cornstarch.	1	egg.
1	tsp. sugar.	½	cup vinegar.
1	tsp. oil.	1	cup water.
1	tsp. mustard.		Cabbage.
1	tsp. salt.		

Use a little of the water with the cornstarch to make a paste and a little vinegar to moisten the mustard. Beat egg thoroughly. Mix these ingredients together with the rest of the water and vinegar, the oil and the seasoning, and cook in double boiler until thick as cream. Serve on finely cut cabbage.

POTATO AND CUCUMBER SALAD

Potatoes.	Mayonnaise.
Cucumber.	Lettuce.
Onion juice.	

To cold boiled potatoes cut in dice, add one-half their bulk of diced cucumbers. Mix with mayonnaise to which is added onion juice to taste.

PERFECTION SALAD

1	envelope gelatine.	1	cup finely shredded cabbage.
½	cup cold water.		Juice of 1 lemon.
½	cup vinegar.	½	cup sugar.
1	pt. boiling water.	2	cups finely cut celery.
1	tsp. salt.	¼	can pimientos, cut in strips.
Mayonnaise.			Lettuce.

Soak the gelatine in the cold water; add the boiling water. When cool add the seasoning and when beginning to set, stir in the vegetables. Serve with mayonnaise on lettuce leaves.
Mrs. F. C. Torrey.

SALADS

CONSERVATION RECIPES

VIENNESE SALAD



Cucumbers. $\frac{1}{2}$ pt sour cream.
 Lettuce. 1 tblsp. lemon juice or taragon vinegar.
 Salt. 1 scant tsp. powdered sugar.

Beat cream until stiff. Add the other ingredients. Serve on sliced cucumbers on lettuce leaves.

PALACE GRILL SALAD



Celery. Green pepper.
 Pineapple. Whipped cream.
 Pimiento.

3 hearts of celery cut Julienne; add pineapple and pimientos cut in dice. Use a little whipped cream in the mayonnaise. Sprinkle some finely chopped green peppers on top and serve very cold. Danvillier.

TOMATO JELLY SALAD



$\frac{3}{4}$ box gelatine. 2 cloves.
 $\frac{1}{2}$ cup cold water. 1 tsp. salt.
 1 can tomatoes. 1 tsp. Worcestershire sauce.
 1 small onion. 2 tblsp. tarragon vinegar.
 1 stalk celery. Mayonnaise.
 1 bay leaf. Lettuce.

Soak the gelatine. Simmer all other ingredients, except vinegar, for ten minutes. Add gelatine; strain into molds. Serve with mayonnaise on lettuce. Mrs. T. M. Putnam.

MOLDED FRUIT SALAD



1 envelope gelatine. Seedless grapes.
 $\frac{1}{2}$ cup cold water. Sliced bananas.
 $1\frac{1}{2}$ cups boiling water. Oranges.
 $\frac{1}{2}$ cup lemon juice. Mint.
 $\frac{1}{4}$ cup sugar. Lettuce.
 Strawberries.

Dissolve gelatine in the cold water; add the boiling water, lemon juice and sugar. Dip a mold in cold water, pour in one inch deep of gelatine. When set, add a layer of fruit and jelly alternately, reserving the oranges and mint for the last layer. Serve with Thousand Island dressing.

Mrs. M. Dolan.

CONSERVATION RECIPES

SALADS

MACEDOINE SALAD



2 cups cauliflower.

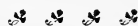
1 cup carrots.

2 cups peas.

1 cup celery.

Marinate separately in French dressing cold cooked cauliflower, peas, and carrots, cut in small cubes, and stalks of celery cut in pieces. Mix separately in cooked dressing. Other vegetables may be used.

PINEAPPLE AND CHEESE SALAD



Pineapple.

Lettuce.

Cottage cheese.

French dressing.

Currant jelly.

Divide each ring of pineapple in segments but keep in circular shape. Rub a cream cheese through a colander and fill the hole in the pineapple. Drop a teaspoon of currant jelly on each mound of cheese. Garnish with lettuce and serve with French dressing made with lemon juice instead of vinegar.

Mrs. W. R. Thorsen.

CHEESE AND PEA SALAD



Peas.

Lettuce.

Sweet pickles.

Mayonnaise.

Cream cheese.

Red pepper.

One can peas, rinsed and drained, $\frac{1}{2}$ the amount sweet pickles chopped, 1 cup cream cheese cut in dice. Sprinkle lightly with red pepper, arrange on lettuce leaves and serve with mayonnaise.

Mrs. Herbert Jones.

CRAB LOUIS



Crab.

Worcestershire sauce.

Lettuce.

Tomato.

Mayonnaise.

Parsley.

Chili sauce.

Shallots.

Chow-chow.

Take meat of crab in large pieces and dress with the following: One-third mayonnaise, two-thirds Chili sauce, small quantity chopped chow-chow, a little Worcestershire sauce, minced parsley and shallots, tarragon, salt and pepper. Garnish with thin slices of tomato.

Solari.

(Any firm fleshed fish may be used instead of crab. Fish should be first marinated.—Ed.)

SALADS

CONSERVATION RECIPES

HARVARD SALAD

Cucumber.

Celery.

Nuts.

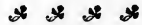
Red and green peppers.

Mayonnaise.

Tomatoes.

Lettuce.

Mix small cubes of cucumber and celery. Add half the amount of nut meats broken in bits and one-third the amount of finely cut red and green peppers. Serve with mayonnaise on thick slices of tomato.

POTATO SALAD

1 cup cold potato, sliced thin.

1 cup celery.

1 cup walnuts.

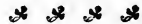
Lettuce.

Mayonnaise.

Mix thoroughly with mayonnaise made with lemon juice. Serve on lettuce, garnish with celery tops.

Mrs. C. C. Kinney.

(The potatoes may stand for an hour in a little lemon juice if preferred.—Ed.)

JELLY CELERY SALAD

2 tblsp. gelatine.

 $\frac{2}{3}$ cup cold water.

5 tblsp. lemon juice.

 $\frac{1}{4}$ cup sugar. $\frac{1}{2}$ tblsp. horseradish.

1 cup chopped celery.

Mayonnaise.

Lettuce.

Salt, cayenne pepper.

Soak gelatine and dissolve in the boiling water. Add other ingredients; color green. When the mixture begins to thicken, add 1 cup chopped celery. Serve with mayonnaise or Russian dressing on lettuce leaves.

CHICKEN SALAD

Chicken.

Celery.

Olives.

Hard boiled eggs.

Mayonnaise.

Lettuce.

Put chicken into boiling, salted water. Cover and simmer until tender. Let it cool in the water in which it has boiled. Cut the meat into pieces and add as much celery. Marinate. Add sliced olives and yolks of 2 hard boiled eggs to mayonnaise. Mix some of the mayonnaise with the salad and pour the remainder over the top. Serves ten persons.

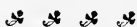
NORMANDY SALAD

1 can peas. Mayonnaise.
 $\frac{1}{2}$ lb. walnuts. Lettuce.

Stew peas gently in their own liquor, with salt, pepper and pinch of sugar. When the peas absorb all the liquor, allow them to cool. Chop the nuts and mix with the peas. Pour mayonnaise over all and serve on lettuce.

CELERY SALAD

Boil large, firm stalks of fresh celery in chicken broth, or let them cook with the chicken. The stalks should be about three inches long. When very cold serve on lettuce leaves with French dressing and finely minced parsley. This is an attractive and delicious salad. Whole pepper ground over the top gives an additional flavor.

JELLIED WALDORF SALAD

$\frac{1}{2}$ package gelatine. 1 cup celery, shredded.
 $\frac{1}{2}$ cup cold water. $\frac{1}{2}$ cup nut meats, chopped.
 1 cup boiling water. Lettuce.
 $\frac{1}{4}$ cup sugar. Pimolas.
 $\frac{1}{4}$ cup lemon juice. Mayonnaise.
 2 cups apples, chopped.

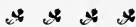
Soak gelatine; add the boiling water, sugar and lemon juice. When it begins to set add the other ingredients. Serve on lettuce; garnish with sliced pimolas and mayonnaise.

Mrs. H. R. Kelly.

CRAB AND TOMATO SALAD

1 cup crab. Mayonnaise.
 $\frac{2}{3}$ cup celery. Lettuce.
 6 small tomatoes, peeled and quartered.

Arrange on a platter and serve with mayonnaise.

STUFFED TOMATO SALAD

Tomatoes. Artichoke hearts.
 Celery root. Lettuce.
 Thousand Island dressing.

Peel large tomatoes, cut with a sharp knife to form six points. Scoop out the center and fill with well cooked celery root and the hearts of artichokes. Mrs. M. Dolan.

GRAPEFRUIT AND POMEGRANATE SALAD

- | | |
|-----------------------------------|------------------------|
| 4 grapefruit. | 1 cup French dressing. |
| 2 pomegranates. | 2 tblsp. sugar. |
| 4 tblsp. grated Roquefort cheese. | |

Peel grapefruit, remove all fibre and seeds. Marinate for two hours in the French dressing, to which the sugar has been added. Place on crisp leaves of lettuce, sprinkle with Roquefort cheese. Add seeds of pomegranates. (An attractive holiday salad).

Mrs. Douglas W. Ross.

MIXED FRUIT SALAD

- | | |
|----------------------------------|---------------------------|
| 2 tblsp. gelatine. | 1 cup white grapes. |
| $\frac{1}{4}$ cup lemon juice. | $\frac{1}{3}$ cup celery. |
| 1 cup ginger ale. | 4 tblsp. diced pineapple. |
| $\frac{1}{3}$ cup apples. | Mayonnaise. |
| $\frac{1}{3}$ cup boiling water. | Salt. |
| 2 tblsp. sugar. | |

Soak the gelatine in a little cold water; dissolve in boiling water and add lemon juice, ginger ale, sugar and a little salt. Skin and halve the grapes, add celery in crisp shreds, chopped apple and diced pineapple. Serve with mayonnaise on lettuce leaves.

BRAZILIAN SALAD

- | | |
|------------------------|------------------|
| 2 bunches water-cress. | Seasoning. |
| 20 stuffed olives. | French dressing. |
| 1 very small onion. | |

Mince the onion, cut the olives into rings, break the water-cress, season. Add the French dressing the last minute, toss and serve.

CUCUMBER AND PINEAPPLE SALAD

- | | |
|-------------------------------------|--------------------------|
| $\frac{3}{4}$ cup chopped cucumber. | $\frac{1}{2}$ tsp. salt. |
| $\frac{1}{2}$ cup grated pineapple. | Green coloring. |
| $\frac{1}{2}$ pint water. | Mayonnaise. |
| $\frac{1}{2}$ envelope gelatine. | |

Dissolve gelatine in water, add salt, pineapple, cucumber, and coloring to give desired effect. Pour in individual molds and let stand for eight hours or longer. Serve on crisp lettuce leaves with slices of tomatoes and sprigs of mint and mayonnaise.

Mrs. Douglas W. Ross.

NORWEGIAN SALAD

2 cups cooked macaroni. 1 tblsp. chopped onion.
 1 cup celery. ¼ cup chopped red peppers.
 ¼ cup chopped green peppers.

Serve with French dressing on lettuce leaves.

Until such time as we may again use macaroni substitute vegetables, such as carrots, peas, cauliflower, etc.—Ed.

FISH SALAD

1½ cups cold fish. 2 tomatoes.
 ½ cup finely cut celery. Mayonnaise.
 1 small onion, minced. Lettuce.
 2 tblsp. chopped green peppers.

Marinate the fish, celery and onion before serving. Then mix with a little mayonnaise and arrange on lettuce leaves with the tomatoes and peppers.

Mrs. Franklin Nutting.

RAISIN SALAD

1 cup seedless raisins.
 1 cup pecan or English walnuts.
 1 cup apples, peeled and diced.
 ½ cup Maraschino cherries.
 ½ cup celery, cut very fine.
 French or Mayonnaise dressing.

Steam raisins by putting in a colander over boiling water for twenty minutes. Mix them with nuts broken in pieces, apples, cherries, celery, and dressing. Serve on crisp lettuce leaves. This salad may be varied by using pineapple, grapefruit or marshmallows.

DATE SALAD

1 cup dates. 1 cup diced apples.
 ⅓ cup American cheese, grated. 1 tblsp. lemon juice.
 ⅓ cup broken walnut meats. Mayonnaise.
 1 cup diced celery. Lettuce.

Mix cheese and nuts, stuff dates, mix with apples and celery. Serve with mayonnaise on lettuce. This salad can be varied by omitting cheese and adding a little pineapple and white grapes.

Mrs. E. B. Bumsted.

GRAPEFRUIT AND APRICOT SALAD 

Grapefruit.	Mayonnaise.
Canned apricots.	Lettuce.

Remove pulp of grapefruit; add sugar to sweeten and let stand two hours. Arrange individually on lettuce leaves, add a spoon of mayonnaise, topping with half an apricot.

MUSTARD CABBAGE 

1 egg.	$\frac{1}{2}$ cup vinegar.
1 tblsp. sugar.	Cabbage.
1 tsp. mustard.	

Beat the egg with the sugar, dissolve the mustard in the vinegar. Mix all together and boil until thick. Pour while hot over finely cut cabbage, previously salted.

Mrs. S. J. Sill.

POULTRY AND GAME

Mrs. Tomse M. Shearman.

CONSERVATION HINTS

When boiling fowl or game, the fats which form on top, can be skimmed and used for shortening. The fat from turkey or chicken is particularly good as a substitute for butter in cream gravies.

After the meat has been sliced from roast chicken or turkey the bones may be boiled and every particle of meat removed. Use the liquor for soup, with chopped vegetables or rice, and the meat minced and served on toast, with any preferred sauce.

Corn meal mush or corn bread may be toasted and used in place of bread when serving fowl, meat or fish.

STUFFINGS

Use corn bread, corn flakes or other cereals, potatoes, and hominy. A generous use of nuts will make good the loss in flavor through the elimination of bread and cracker crumbs.

LIQUID—Moisten with milk or water, but the liquid in which the feet and bones of the fowl have been cooked is preferable. A little of the giblet stew may be added.

Ask to have the feet of the fowl delivered with the fowl.

Cover bones, skin, trimmings, feet or giblets with cold water. Add a tablespoon each of carrot, onion and celery or parsley for each pint of water. Let simmer an hour or so. Strain and use for stuffing or for soup foundation.

FAT—Grind the fat of the fowl used, or try it out. This is more desirable than butter as it helps to extend the flavor of the meat used through the stuffing. Use this fat also for basting. (A small piece of suet may be used for lean meat like hare or rabbit).

SEASONINGS—Salt, pepper, summer savory, sage, thyme, minced parsley, chopped celery, ground onion, etc., may be used.

EXTRAS—Drained oysters, giblets, mushrooms, raisins

or currants, chestnuts, chopped walnuts or peanuts, a dozen or so cranberries or sour apple cut up, olives, whole or minced, afford variety.

NOTE—Where crumbs are mentioned in the following recipes the non-wheat variety is meant. But the use of potatoes with nuts is strongly urged.

POTATO STUFFING FOR ROAST TURKEY * * * *

1 lb. white potatoes.	1 small onion, chopped.
1 cup corn bread crumbs.	1 cup finely chopped celery.
1 tblsp. butter substitute.	Salt and pepper.

Boil and mash one pound or more of potatoes according to size of turkey. Season with salt and pepper. Add corn bread crumbs, onion, butter substitute and celery.

POTATO STUFFING FOR ROAST GOOSE * * * *

2 cups mashed potatoes.	½ cup drippings.
1 finely chopped onion.	1 egg.
1¼ cups stale crumbs.	½ cup grated celery.
⅓ cup melted goose fat.	Salt, pepper, sage.
½ cup chopped English walnuts.	

Cook 1 finely chopped onion with ½ cup drippings for ten minutes. Strain and add softened stale bread crumbs, hot mashed potatoes, melted goose fat, grated celery, egg, slightly beaten, chopped English walnuts and salt, pepper and sage to taste.

CHESTNUT STUFFING * * * *

¼ tblsp. finely chopped onion.
 3 tblsp. fat from goose.
 12 canned mushrooms, finely chopped.
 1 cup chestnut pureé.
 ⅓ cup crumbs.
 ½ tblsp. finely chopped parsley.
 24 French chestnuts, cooked and left whole.
 Salt and pepper.

Cook onion with fat five minutes. Then add mushrooms, chestnut pureé, parsley and salt and pepper. Heat to boiling point; add crumbs and whole chestnuts. This stuffing is especially good for goose. Cool mixture before stuffing goose.

ROAST TURKEY

Take a young turkey, remove feathers carefully, singe and draw it, carefully taking out crop. Cut off the head, tie the neck close to the body by drawing the skin over. Rinse inside with several waters, in one of which dissolve a teaspoon baking soda. Wash and wipe turkey dry inside and out, then rub the inside with salt. Stuff with a good dressing, sew up with strong thread, tie legs and wings to the body, rubbing it over with olive or corn oil. Season with salt and pepper, dredge with a little flour. Place turkey in a roasting pan, pour over it a cup of boiling water and set it in the oven. Baste it often, turning it occasionally so every part will be thoroughly and uniformly baked. It is done when a clear liquid runs out upon piercing it with a fork. It requires between three and four hours to bake a 15-pound turkey. Serve as usual with cranberry sauce.

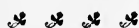
TURKEY GRAVY

Giblets.

1 pt. water.

Flour.

A good turkey gravy can be made by taking the giblets, putting them in a stew pan with water; boil until tender, adding necessary water from time to time. When done remove the liquor, chop, then return to liquor and set aside until turkey is done. Skim the fat from the pan in which the turkey is being roasted; thicken with potato flour or cornstarch, add liquor from giblets, and enough boiling water to make sufficient quantity; season and add chopped giblets.

CHICKEN, CREOLE STYLE

1 large chicken.

2 tblsp. flour.

3 sliced onions.

 $\frac{1}{2}$ bay leaf.

1 pt. strained tomatoes.

1 tsp. salt.

3 minced green peppers.

Sprig of parsley.

4 tblsp. Crisco.

Put fat in a skillet and fry onions in it until a light brown. Dress chicken and cut in pieces; roll in flour and fry with the onions until well browned. Place chicken in casserole, add the flour to fat in frying pan, stirring until smooth. Now add slowly tomatoes, peppers, bay leaf, parsley and salt. Pour over chicken, cover and bake for two hours.

Mrs. F. E. Menefee.

POULTRY

CONSERVATION RECIPES

CHICKEN OR TURKEY SOUFFLE



1 cup minced fowl.	1 cup soup stock or skim milk.
1 tblsp. shortening.	1 tblsp. whole wheat flour.
2 egg yolks.	Pinch of salt.

Cook with a smooth white sauce.

C. W. M.

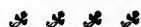
BAKED CHICKEN



1 can chicken.	1 cup bread crumbs.
1 can corn.	Salt and pepper.
½ cup milk.	

Rub a baking dish with shortening. Mince chicken well; season with salt and pepper, add corn, also seasoned, and pour milk over mixture. Cover this with crumbs and bake in oven twenty minutes.

MILK GRAVY FOR CHICKEN



1 heaping tblsp. flour.	Salt and pepper.
1½ cups milk.	

Add flour to fat left in pan after removing chicken. Mix thoroughly, add milk and let it boil up well. Add salt and pepper and serve.

SMOTHERED CHICKEN



1 small chicken.	Corn flour.
1 cup water.	Milk.
2 tblsp. catsup.	Salt and pepper.

Roll each piece of chicken in flour. Cook in a casserole with 1 cup of water, a little salt, pepper and catsup in the oven about two hours. Take off the lid about twenty minutes before done, to brown. Use milk gravy.

Mrs. Sampson.

STEAMED FRIED CHICKEN



4 lbs. fowl.	Salt and pepper.
4 tblsp. butter substitute.	

Cut fowl as for frying; roll in corn flour to which has been added salt and pepper. Fry until a golden brown. Cover tightly and simmer slowly for about two hours. A tough chicken cooked in this way will be tender. Serve with milk gravy.

BAKED CREAM CHICKEN

1 chicken.	2 tblsp. rice flour.
2 hard boiled eggs.	½ pt. chicken broth.
1 pt. milk.	Salt and pepper.
1 can mushrooms.	Butter substitute.

Cover a chicken with hot water and boil until tender enough to slip easily from bones. Remove from bones when cool. Rub a baking dish with fat, place in it a layer of chicken, then a layer of mushrooms, a layer of chicken, next a layer of hard boiled eggs, alternating in same manner until dish is almost full. Season each layer with salt and pepper. Put a heaping teaspoon of butter substitute in the sauce pan and as it melts stir in slowly two table-spoons rice or other non-wheat flour; add milk and chicken broth. Cook until very thick. Pour over chicken and bake for one-half hour.

***FRICASSEED CHICKEN**

1 chicken.	½ cup corn or barley flour.
1 tblsp. salt.	Sweet milk.
Butter substitute.	Sliced biscuit.

Cut up chicken, put to boil in cold water; cover well. When half cooked add salt. Boil until a fork will pierce meat easily. Reduce the water, by boiling, to one quart. After removing chicken make a cream gravy with the butter substitute, corn or barley flour and the broth to which a little milk has been added. Pour over chicken placed upon split biscuits made of barley flour.

Mrs. LeConte.

CHICKEN LOAF

1 chicken.	¼ box gelatine.
Seasoning.	

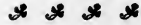
Boil a chicken until the meat and bones readily separate; strain and put the liquor in a saucepan, reducing it to 1½ pints. Add gelatine. Fill a mold with alternate layers of white and dark meat. Season the liquor and pour over the meat. Set away in a cool place until it becomes firm.

*The original recipe calls for salt pork, but an equally desirable result may be secured by browning the chicken in oleomargarine after it is cooked.—Ed.

POULTRY

CONSERVATION RECIPES

CHICKEN PIE NO. I



2 chickens.
4 eggs.
3 pts. water.
1 tblsp. non-wheat flour.

$\frac{1}{2}$ tsp. mace.
Butter substitute.
Salt and pepper.

Cut chicken in small pieces and parboil one-half hour. Use sufficient water, about 3 pints, to make plenty of gravy. Season with salt, pepper, mace and butter substitute. Boil this one-half hour longer to season chicken thoroughly. Make a pastry to line sides of dish. Place a cup inverted in the center, to prevent gravy from boiling out, around which place the chicken. Pour over gravy, which has been thickened with flour and drop over this four raw eggs. Cover with an upper crust; slit to let out steam, and bake for half an hour.

CHICKEN PIE NO. II



Left over chicken.
1 onion.
3 carrots.

2 potatoes.
Salt, pepper, parsley.

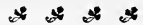
Cut up left over chicken; boil in water until meat is very soft; then strip from bone. Crack bones, put back in kettle; boil until liquor is reduced to 2 cups. Strain and add to this sliced carrots, onion and potatoes; season with salt, pepper and parsley. Boil until tender. Pour in baking dish over diced chicken; cover the top with biscuit dough; slit to let out steam and bake about thirty minutes.

CHICKEN IN THE CHAFING DISH



1 cup cooked chicken, cut small.	1 cup milk.
1 level tsp. chopped parsley.	1 egg, hard boiled.
1 tblsp. celery, finely chopped.	18 large oysters.
3 level tblsp. butter substitute.	Salt and paprika.
3 level tblsp. non-wheat flour.	Few drops onion juice.

Melt butter substitute in chafing dish; add celery, cook a few moments; add flour, mix; add milk; cook, stirring until creamy. Add oysters, chicken, seasoning; cook carefully, stirring until oysters are plump and gills begin to curl. Now add parsley, chopped white of egg, and yolk of egg rubbed to a paste with a little of the sauce. Heat a moment, then serve.

***CHICKEN PILAU**

1 chicken.
1 cup rice.
1 pt. tomatoes.

Small piece salt pork.
Minced parsley.
Salt and pepper.

Cut a chicken in pieces, cover with water, add salt pork and boil until tender. When done remove chicken and boil in the liquor the rice and tomatoes, seasoning to taste. When rice is well cooked put the chicken back and stir all together.

Mrs. Mitchell.

CHICKEN WITH RICE

1 chicken.
2 bay leaves.
1 large onion.

1 large cup rice.
Stock.
Salt and pepper.

Place the whole chicken in a saucepan with enough stock to cover; add bay leaves and onion. Season with salt and pepper. Cover and let simmer very slowly for four hours. Remove onion and bay leaves and add rice and let simmer until rice has absorbed all of stock. Place on a platter and serve, surrounded with rice.

PRESSED CHICKEN

1 chicken.
Pimiento.
Rice or hominy.
Salt and pepper.

Chopped parsley.
3 hard boiled eggs.
½ pkg. gelatine.

Cook chicken; shred it into strips and place a layer in a shallow pan, alternating light and dark meat. Dice eggs and sprinkle half of them over the chicken, also strips of pimiento, cold boiled rice or hominy and chopped parsley. Continue until all ingredients are used. Boil broth down to two cups. Add half package of gelatine dissolved in a little cold water. Boil one minute and pour this mixture over all. When cold cut crosswise.

Mrs. B. F. Bowman.

*The recipe calls for salt pork, but an equally desirable result may be obtained by browning the chicken in oleo-margarine after it is cooked.—Ed.

CHICKEN IN RAMEKINS

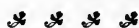
- | | |
|-------------------------------|----------------------------------|
| 1 pt. diced chicken (cooked). | $\frac{1}{4}$ tsp. white pepper. |
| 2 tblsp. potato flour. | 1 tsp. salt. |
| 2 tblsp. butter substitute. | $\frac{1}{2}$ pt. milk. |

Put butter substitute and flour in a saucepan; add salt and pepper; put over fire and mix well. Add milk; stir until thick, then add chicken and simmer five minutes. Fill heated scallops or ramekins and serve.

ORANGE SAUCE FOR GAME

- | | |
|-------------------------|---------------------------|
| 6 tblsp. currant jelly. | 1 saltspoon cayenne. |
| 3 tblsp. brown sugar. | 2 oranges—juice and rind. |
| 1 saltspoon salt. | 1 lemon—juice and rind. |

Beat well; strain through wire sieve. Serve cold. Excellent with duck or mutton.

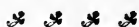
ROAST GOOSE

Goose may be roasted the same as turkey and chicken, except that it requires more thorough cooking, otherwise it may be tough.

DRESSING FOR DUCK

- | | |
|---------------|---------------------------|
| Corn meal. | Pinch of salt and pepper. |
| Minced onion. | Shortening. |

Make a thin corn meal dough with warm water and shortening. Make into loaves about 3 inches thick and bake. When done take out inside of loaves, season with salt, pepper and minced onion.

WILD DUCK, ROASTED

- | | |
|-----------------|--------------|
| 1 duck. | Drippings. |
| Salt and flour. | Cranberries. |
| Hominy. | |

Truss the duck in same manner as roast chicken. Spread the outside with drippings and dredge with salt and corn flour. Put a dozen cranberries within and roast in a hot oven from twenty to thirty minutes, basting three times with fat. Place duck on hot platter and garnish with rounds of hominy rolled and baked at the same time as duck. May be served with celery salad and currant jelly.

CANVASBACK DUCK

Duck feeding mostly on wild celery, partakes of its own flavor and requires no seasoning. This flavor is best preserved by roasting the bird quickly with a hot fire. Dress the duck in the usual way, plucking, singeing, drawing, then wipe with a wet towel. Truss the head under the wing. Place it in a dripping pan, put it in the oven, basting often and roast it half an hour. Place it when done in hot dish. Season well with salt and pepper, pour over gravy yielded in baking and serve hot.

ROAST DUCKS

2 ducks.	1 qt. crumbs.
1 onion.	1 tsp. salt, pepper and sage.
1 cup hot water.	1 tsp. butter substitute.

Pick, draw and wash a pair of ducks. To stuff, mix crumbs or mashed potatoes, onion, minced fine; salt, pepper, sage, the butter substitute, and 1 tablespoon hot water. Place in pan, pour a cup of boiling water over them and bake one and one-quarter hours in quick oven, basting every five minutes for the first half hour. Mrs. F. E. Menefee.

BELGIAN HARE A LA MARYLAND

1 hare.	Corn meal.
1 egg.	Corn flour.
½ cup water.	Salt and pepper.
1 tblsp. drippings.	Milk sauce.

Wipe the hare with a clean damp cloth and cut in pieces ready for serving. Dip each piece in flour, then in beaten egg. Season with salt and pepper and then dip in corn meal. Put the hare in a roasting pan which has been greased and bake for forty-five minutes in a good oven, basting it every few minutes, after the first fifteen, with a tablespoon of drippings melted in ½ cup of water. This may be served with milk sauce.

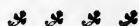
ROAST HARE OR RABBIT NO. I

Cover with slightly salted water for an hour or more. Rub with vinegar or lemon juice. Stuff as you would fowl, and roast. Baste often with drippings and dredge with non-wheat flour. Serve with brown gravy.

ROAST HARE OR RABBIT NO. II

Put into salt and water for about an hour. After washing dip in white of egg; dredge with flour. Put in covered baking dish with drippings. Bake slowly, turning occasionally. Carrots browned with the meat are desirable.

(Belgian hare and rabbit should be cooked slowly, at a low temperature).

BRUNSWICK STEW

1 rabbit.
1 onion.
2 tblsp. barley flour.
 $\frac{1}{4}$ can corn.
2 tblsp. drippings.
 $\frac{1}{2}$ cup small white beans.
2 cups warm water.

3 French carrots.
2 turnips.
Sprigs thyme.
Parsley.
Small piece bay leaf.
Salt and pepper.

One good sized rabbit cut in pieces. Put drippings in a frying pan and fry onion until brown. Then add rabbit and fry until slightly brown. Do not try to cook through. Take out the rabbit and put it in a deep pot or saucepan. Add barley flour to gravy in the frying pan; rub until smooth, and add the warm water. Pour this over the rabbit in the pot, and add the beans which have previously been soaked over night and cooked until partly tender. If more liquid is needed use some of the water the beans were boiled in. Rabbit must be covered. Add corn, carrots and turnips cut in pieces. Also thyme, parsley and bay leaf. Plenty of salt and pepper. Cook slowly over simmerer two or three hours, until beans dissolve and become part of gravy. This is a good way to cook wild rabbit.

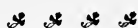
RABBIT A LA SOUTHERN

2 rabbits.
1 lb. fat.

1 cup milk.
Salt and pepper.

Dress and clean rabbits and disjoint ready for serving. Cover with 3 pints cold water and add $1\frac{1}{4}$ teaspoons salt. Let stand three hours or more. Drain, wipe, sprinkle with salt and pepper and roll in flour. Put $\frac{2}{3}$ cup of fat in an iron frying pan; add the rabbit; cover and cook slowly one and one-half hours, turning frequently. After cooking thirty minutes add 1 cup milk.

Mrs. F. E. Menefee.

HARE OR RABBIT EN CASSEROLE

1 hare.

White corn flour.

1 can Spanish tomato.

Corn.

Ground onion.

Drippings.

Chopped parsley.

Cut as for fricassee. Brown in oven or heavy frying pan. Put in double boiler with water to cover. Simmer until very tender. Remove meat from the bones but leave in large sized pieces. (The meat may be boiled and then browned if preferred). Cover bottom of baking dish with drippings. Add a layer of ground onion and one of corn; sprinkle with chopped parsley. Spread meat over surface and repeat, salting each layer. Dredge with corn flour. Cover with water in which meat has simmered and a can of Spanish tomato, strained. Bake or put in fireless cooker at least an hour. Uncover in oven for last half hour of cooking. Any other vegetables you have on hand may be added if desired. Liver may be substituted for rabbit.

RABBIT STEW

1 rabbit.

4 pepper corns.

6 cloves.

Vinegar and salt.

2 tblsp. sugar.

Barley flour and fat.

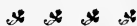
1 minced onion.

Potato dumplings.

1 bay leaf.

Cut a young rabbit in pieces. Put in a deep dish; cover with vinegar and let stand thirty-six hours. After draining vinegar, dip pieces in flour and brown in fat. Place in saucepan, cover well with boiling water and cook for two hours, or until meat is tender. Add minced onion, browned in butter substitute.

A good seasoning may be made with bay leaf, cloves, pepper corns and sugar. Add half glass of vinegar. Thicken the gravy with browned flour diluted with water. Serve on a large platter with potato dumplings.

ROASTED SQUABS

Clean, draw and prepare squabs for cooking the same as any fowl or bird; season well with salt and pepper; stuff, roll in flour. Put in a baking pan some drippings; heat; place squabs in pan; put a little water over them to start cooking and place in a hot oven. Roast half hour or until brown; baste a few times.

SQUAB JELLY WITH MAYONNAISE

- | | |
|------------------------------|------------------|
| 1 squab. | Parsley. |
| 1 tsp. lemon juice. | Lettuce. |
| 2 envelopes minute gelatine. | Onion. |
| Celery. | Salt and pepper. |

Boil squab until it falls apart. Season liquor with salt, pepper, onion, celery, parsley and lemon juice. To one quart of boiling liquor use two envelopes gelatine. Pour into mold with squab meat. When cold and firm serve on lettuce with mayonnaise.

Mrs. Julian Chase.

BANGKOK CURRY

- | | |
|------------------------------|-------------------------|
| 1 fresh cocoanut, grated, or | 1 pt. water. |
| 2 cans grated cocoanut. | 1/2 medium sized onion. |
| 2 tblsp. tomato juice, or | 1 tsp. curry powder. |
| Few drops lemon juice. | 1 tblsp. corn meal. |
| 1 tblsp. white corn flour. | 2 lbs. chicken. |
| 1/2 tsp. salt. | |

Add the water to grated cocoanut and simmer slowly one-half hour. Separate juice from fibre by putting through colander. Cut onion in thin slices and brown slowly in frying pan with butter substitute. Add to the onion the cocoanut juice, tomato and salt. When it comes to the boiling point thicken it with corn flour, into which first stir the curry powder. Just before serving add the cooked fowl. Shrimps, prawns or pieces of fish may be used instead of the fowl. If fish is used it will require 2 pounds of fresh halibut lightly baked; if shrimps or prawns, about 1 pint. It will be better, if you have a cup of chicken or meat broth to add that also. Serve with rice cooked dry.

Mrs. C. B. Bradley.

FISH

Mrs. Wm. E. Colby, Editor.

CONSERVATION HINTS

The editor wishes to acknowledge her indebtedness to Mr. Grondona of San Francisco, for the information as to local fish.

An increased use of fish, fresh, salted or smoked, is desirable. "Such use not only conserves meat, but whereas cattle and poultry merely convert, for the most part, one available form of food in another, fishes consume animal and vegetable forms unavailable and useless as food for man."

"Fish are often looked upon as not being meat. There is no characteristic difference between fish flesh and the flesh of any other animal. The bulk of it is protein and water. Pound for pound there is nearly, if not quite, as much protein in fish meat as in beefsteak. Fish could be substituted for all other kinds of meat every day in the year without ill effects. Oily fish, like shad, herring, and eels, are especially nutritious, affording a large quantity of fat for fuel as well as the tissue-building proteins. Fish roe generally contains more protein than beef, and some fat in addition. Fish meat is quite as easily digested (i. e., as large a proportion in as short a time) as other forms of meat. It has been recommended as being a highly suitable form of protein for sedentary workers."—Government Bulletins.

Too much stress cannot be laid on the advisability of using our cheaper fish, as sole, Rex sole, sand dabs, hake, rock and black cod and skate. Hake or skate can be substituted for halibut, salmon or crab in any of the made dishes and are very delicate. Other local fish to be considered are Spanish mackerel, shad, baracouda, king fish and white fish.

They have this advantage over halibut that they are freshly caught in local waters while the halibut that we get has been in cold storage.

Halibut and salmon may be canned and therefore we should use them sparingly.

The small periodic consumption of fish is largely responsible for the prevailing high prices in this vicinity. A steady, increased demand for fish, six days in the week, soon would cause a lowering of most of the prices. The fisheries of the

United States offer large possibilities for increased food production if the people can be induced to eat more fish, especially the kinds that have hitherto not been on the market.

REMEMBER—Salt gives flavor to the fish. Lemon juice or vinegar keep the flesh of a boiling fish firm. Cucumbers, cold slaw, or a green salad, and potatoes or rice, should accompany fish dishes. This is especially true of those species rich in fat, as the Sable fish, or black cod. Fish should always be boiled, broiled or baked. Frying renders the fish tasteless.

NOTE—In all recipes calling for white sauce, be sure to use a non-wheat flour.

FISH CHOWDER



- | | |
|-----------------------------|-------------------|
| 3 tblsp. butter substitute. | 1 qt. fish stock. |
| 4 tblsp. salt pork. | 2 small tomatoes. |
| 1 large onion, cut small. | Parsley. |
| 2 small potatoes. | Salt and pepper. |
| 1 cup raw fish, flaked. | Cracker crumbs. |

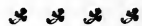
Melt butter substitute. Fry pork two minutes over moderate fire; add onion and fry until it begins to color. Add potatoes, cut in cubes; fry three minutes. Add fish, tomatoes and stock. Mix well, bring to boiling point and season. Simmer for thirty minutes, covered. If desired thick, add crushed cracker crumbs, boil ten minutes more; add parsley and serve.

$\frac{1}{2}$ cup cream or scalded milk can be added if desired.

M. Tesier.

The salt pork may be omitted, and for cracker crumbs a little cornstarch may be used for thickening.

CIOPPINO (Chê-pé-no)



For this recipe use a firm, solid fish, as large sole, striped bass, Rock cod. Do not use halibut or salmon.

- | | |
|----------------|-------------------|
| 2 lbs. fish. | Garlic. |
| Vegetable oil. | Parsley, chopped. |
| 4 tomatoes. | Seasoning. |

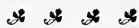
Fry onion, chopped fine, in just enough oil to keep it from burning. It should be a golden brown. Remove pot, add chopped parsley and garlic. Cook five minutes by slow fire. Add the tomatoes, chopped, or the stewed tomatoes and the fish. Stir gently to mix ingredients. Season to taste. Cook over moderate fire twenty to twenty-five minutes. Do not stir fish while cooking.

Mr. T. Menesini.

FRESH FISH**EAST INDIAN CURRY**

½ onion, sliced.	1 cup stock or gravy.
1 tblsp. butter substitute.	1 cup stewed tomatoes.
1½ tsp. white corn flour.	1 cup hot milk.
1½ tsp. curry powder.	1 cup fish.

Fry the onion in the butter substitute. Mix the flour and curry powder and stir in the butter. Add slowly the soup stock or gravy. When it bubbles, add the fish. Simmer an hour. Just before serving add the milk. Serve with rice. Spiced peaches can be served with it also. A. T. Galbraith.

ESCALLOPED FISH

1 cup fish.	2 cups white sauce.
1 cup cooked rice.	Crumbs.
Grated cheese.	Butter substitute.
Salt to taste.	

Mix the fish and rice and white sauce. Put in oiled baking dish. Cover with grated cheese and bits of butter substitute. Bake twenty minutes or until well browned. Mushrooms, corn, peas or hard-boiled eggs may be added to vary the dish. Mrs. Carleton H. Parker.

STEWED FISH (An old Amsterdam Recipe)

6 small white onions, sliced.	3 lemons.
1 cup water.	1 tsp. salt.
1 parsnip, cut in strips.	½ tsp. pepper.
½ cup vinegar.	½ tsp. ginger.
1 nutmeg.	2 egg yolks.
Butter substitute, size of egg.	1 tsp. chopped parsley.
4 lbs. firm fleshed fish, cut in 2-in. slices.	

Stew onions and parsnips in water ten minutes. Add fish, salt, butter substitute, pepper, ginger and vinegar. Boil until fish is cooked, about twenty-five minutes.

Grate nutmeg, squeeze lemons and add to beaten egg yolks. When fish is cooked lift out on a dish. If parsnips are not done, cook them until tender and then pour the mixture in which the fish was cooked over the egg and lemon, stirring well. Add parsley, pour over the fish and serve hot or cold. It is especially good cold and is a favorite Sunday evening dish in Holland. Mrs. H. F. Jackson.

FISH

CONSERVATION RECIPES

FISH SOUFFLE



2 eggs.
1 cup fish.
1 cup white sauce.

Parsley.
Onion juice.
Seasoning.

Stir the chopped parsley and onion juice into the white sauce. Add, while off the stove, the beaten yolks of the eggs, slowly. Return to fire and cook one minute. Cool. When ready to bake, stir in the whites beaten stiff, put in oiled baking dish and bake twenty to thirty minutes. Serve at once.

Jeanne Clyti.

FISH TIMBALE



1 cup cooked fish.
 $\frac{1}{2}$ cup white sauce.
1 egg.

1 egg yolk.
Oil.
Salt and pepper to taste.

Cut fish fine. Run through food chopper. Season well. Add white sauce gradually to obtain smooth mixture. Mix in thoroughly beaten egg and egg yolk. Put in oiled mold. Place in pan with warm water. Bake in moderate oven thirty to thirty-five minutes. Serve with white sauce, cheese or tomato sauce.

M. Tesier.

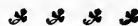
SPECIAL FISH RECIPES

SABLE FISH



The Sable fish, known in our market as the black cod, is a new fish, with a firm flesh, white and flaky. It has a full rich flavor, while the fats are almost gelatinous in their consistency. There is little waste, as it is almost free from bone and requires but a short time for cooking. It is very acceptable if simply split and broiled.

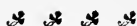
SABLE FISH CAKES



1 onion, chopped.
1 tblsp. cornstarch.
2 beaten egg yolks.

Butter substitute.
Cold boiled fish, chopped fine.
Pinch of nutmeg.

Fry the onion in 2 tablespoons of butter substitute. When tender add the flour, fish and nutmeg, and stir until it thickens. Add water if necessary. Cook about five minutes. Remove from fire, add egg yolks, beaten. When slightly cooled make into flat cakes and saute in butter substitute.

SABLE FISH A LA CREOLE

- | | |
|-----------------------------------|---------------------|
| 1 bell pepper, chopped. | 1 cup milk. |
| 1 tblsp. melted butter substitute | 2 cups cooked fish. |
| 1 onion, chopped. | Seasoning. |
| ½ can tomatoes. | |

Fry the pepper in the butter substitute. Add the onion and tomatoes. Boil ten minutes, or until tender. Remove from stove, add milk and fish, reheat but do not boil. Season. (Salt fish may be substituted).

BOILED COD

- | | |
|------------------------|-------------------------------|
| 3 lbs. fish. | ½ tsp. salt. |
| 1 cup vinegar. | 2 cups top milk. |
| 1 large onion, sliced. | 4 egg yolks. |
| 1 bay leaf. | 2 tblsp. whole black peppers. |
| 1 lemon, sliced. | 1 tblsp. whole cloves. |

Wrap whole fish in cheesecloth. Boil in water to cover, to which has been added vinegar, onion, bay leaf, sliced lemon, salt, pepper and cloves. Cook very slowly until tender. Put on platter.

Beat together milk and egg yolks, cook in double boiler, stirring frequently until mixture thickens slightly. Then add one-third cupful of the stock in which the fish was cooked, lemon juice, salt and paprika to taste. Pour over fish and garnish with sliced lemon and parsley.

M. M. Gauthier, in "Good Housekeeping."

MOLDED COD, Norwegian Style

- | | |
|-------------------|--------------------|
| ½ lb. boiled cod. | Butter substitute. |
| 2 eggs. | Pepper. |
| ½ tsp. salt. | Lemon juice. |
| Oil | 1 cup top milk. |

Flake the fish and mix with one egg, unbeaten. Beat the other egg very light and add to the fish. Add salt, pepper and lemon juice to taste. Beat in the top milk slowly. Turn into oiled mold. Place on several folds of paper in baking pan and surround with water. Cook until firm to the touch, without letting the water in pan boil. Do not brown. Take out of mold and serve with drawn butter sauce made with the water in which the fish was boiled.

Mrs. G. A. Mattern.

SABLE FISH AND TOMATOES

- | | |
|----------------------------------|-----------------|
| 1 lb. fish in one piece. | 1 bay leaf. |
| 2 cups stewed or fresh tomatoes. | 1 clove. |
| 1 tsp. salt. | 1 onion sliced. |
| 1 bell pepper, chopped. | Paprika. |

Put fish in pan. Cover with other ingredients. Bake in hot oven twenty minutes.

(Good for casserole).

FILET OF BLACK COD, ANCHOVY SAUCE

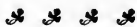
- | | |
|--------------------|-----------------|
| Filet of cod. | Anchovy butter. |
| Corn flour. | Crumbs. |
| Butter substitute. | Sliced lemon. |
| Mashed potatoes. | |

Roll filet in flour and saute in butter substitute. Keep well covered. When cooked, spread with anchovy butter, and sprinkle with crumbs. Put under flame to brown. Garnish with lemon and serve with potato.

BAKED SALMON IN PEPPER CASES

- | | |
|--------------------------------|------------------|
| 1½ cups cooked, flaked salmon. | Milk to moisten. |
| 8 bell peppers. | Seasoning. |
| 2 tblsp. butter substitute. | Onion juice. |
| Left over stuffing or rice. | |

To fish add seasoning and onion juice, or left over stuffing or rice. Moisten with the butter substitute and enough milk to make it fairly moist. Cut the peppers in half lengthwise, remove seeds and parboil five minutes. Fill with the fish mixture. Put in baking pan, surround pan with hot water. Bake until peppers are soft but not broken (fifteen to twenty minutes).

BAKED SALMON

- | | |
|----------------|-------------------------|
| Sliced salmon. | 2 cups stewed tomatoes. |
| 1 onion. | Corn flour. |
| 1 bay leaf. | Seasoning. |

Place salmon in pan. Chop onion. Add bay leaf and seasoning to tomatoes. Pour over fish. Bake in moderate oven. If it cooks down too much add water. Thicken liquid in pan with corn flour and pour over fish.

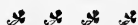
Mrs. Harry Luckenbach.

SALMON LOAF

- | | |
|------------------------------|----------------------------|
| $\frac{1}{2}$ cup milk. | $\frac{1}{2}$ cup crumbs. |
| 1 cup cooked, flaked salmon. | 2 tblsp. butter substitute |
| 2 eggs. | One-half lemon. |
| 1 cup mashed potatoes. | Seasoning. |

Mix in a bowl, salmon, melted butter substitute, crumbs, beaten eggs, mashed potato, seasoning and lemon juice. Put into greased ring mold. Bake thirty minutes in hot oven. Serve with egg sauce. Center of mold can be filled with green peas.

Mrs. F. E. Menefee.

HALIBUT A LA CREOLE

- | | |
|-----------------------------|-----------------------------|
| 1 slice fish, not too thin. | 1 tblsp. butter substitute. |
| 1 large tomato. | $\frac{1}{2}$ cup milk. |
| 1 bell pepper. | Salt and pepper. |
| 1 onion. | |

Place melted butter substitute in baking pan. Lay fish in pan. Cover with sliced onion, tomato and pepper. Pour over $\frac{1}{2}$ cup milk. Bake in moderate oven until done (about twenty minutes), taking care not to burn the vegetables. Baste often, adding more milk or water if necessary. Fish can be removed, and gravy made from liquid in the pan.

Mrs. W. E. Colby.

MOLDED HALIBUT

- | | |
|---------------------------------|-----------------------|
| 1 lb. raw fish. | 1 tsp. salt. |
| 2 cups soft crumbs. | 4 egg whites. |
| 1 cup top milk. | Dash of curry powder. |
| $\frac{1}{4}$ tsp. celery salt. | |

Mince fish fine. Cook crumbs and seasoning with top milk until it makes a smooth paste. Add to fish. Fold in stiffly beaten egg whites. Pour into oiled bread tin, set in hot water, bake three-quarters of an hour in moderate oven. Remove from mold and serve with sauce.

- | | |
|-----------------------------|----------------------------|
| $\frac{1}{4}$ lb. almonds. | 1 tsp. salt. |
| 2 tblsp. butter substitute. | $\frac{1}{8}$ tsp. pepper. |
| 2 tblsp. barley flour. | 2 cups top milk. |

Blanch and chop almonds fine. Brown in the butter substitute. Stir in flour and seasoning. Add the top milk slowly. Cook until it bubbles.

Mrs. S. Hardy Mitchell.

(Can be molded in a ring mold, center filled with peas, or rice, and served with a cheese sauce.—Ed.)

FISH

CONSERVATION RECIPES

HALIBUT PIE



2 lbs. halibut.
2 medium onions.
1 qt. white sauce.

3 eggs, hard boiled.
Mashed potatoes.

Boil the fish with the onions until done. Cut fish and eggs in good sized pieces; mix with white sauce; place in baking dish and cover with thick layer of mashed potato. Bake in oven until top is nicely browned. Mrs. Dolan.

SKATE



Skate.
Salt.
Garlic, chopped.
Slices of lemon.

Parsley, chopped.
Paprika.
Vinegar.

Take skate, according to your needs. The dealer will skin it for you. If he does not, immerse the fish for half minute in boiling water and the skin can be easily removed. Put in pot with plenty of briskly boiling water, and plenty of salt. Boil fifteen to twenty minutes. Take fish out and place in large platter. Sprinkle with the garlic and parsley and season with the vinegar and paprika. Lemon juice can be substituted for the vinegar. Garnish with slices of lemon.

Mr. J. Menesini.

BAKED FISH



Fish.
Onion.
Garlic.
Seasoning to taste.

Parsley.
Tomatoes.
Oil or butter substitute.

(Use small sole, Rex sole, sand dabs).

Take whatever fish may be desired and place in baking pan. Chop a little onion, garlic, parsley and tomatoes and spread over the fish. Stewed tomatoes can be used. Moisten with a little oil or butter substitute and bake in moderate oven about twenty minutes. Season to taste with salt and pepper.

Mr. J. Menesini.

BAKED SOLE

1 sole.

Onion.

Celery.

Seasoning.

Vegetable oil.

Parsley.

Split sole down the thread of the dark side, make a pocket and fill with a dressing made of equal quantities of chopped celery and onion fried in oil, seasoning and parsley. Dip fish, when stuffed, in vegetable oil; place in paper bag (or in pan and cover with paper). Bake twenty minutes in hot oven. If baked in bag, serve in that. Mrs. Cleaveland Forbes.

SAUCES**FISH STOCK**

Bones and skin of fish.

1 onion, sliced.

1 bay leaf.

1 tsp. salt.

1 tsp. pepper.

1 qt. water.

Add all the ingredients together and simmer twenty minutes. Strain; set aside to cool. M. Tesier.

HORSERADISH SAUCE $\frac{1}{2}$ cup butter substitute. $\frac{1}{2}$ tblsp. vinegar. $\frac{1}{4}$ cup grated horseradish.

Yolks of 2 eggs.

 $\frac{1}{4}$ tsp. salt.

Dash cayenne.

Cook in double boiler, butter, vinegar and egg yolks. Remove from fire, add seasoning, horseradish and a little top milk.

TOMATO SAUCE

2 tblsp. butter substitute.

1 tblsp. barley flour.

1 tblsp. minced carrot.

1 tblsp. minced onion.

1 bay leaf.

3 cloves.

Parsley.

Seasoning.

$\frac{1}{2}$ can tomato, or its equivalent of fresh tomatoes.

Put butter substitute into a saucepan. Add onion and carrot, and brown. Add flour and stir until well mixed. Add tomato and rest of ingredients. Stir until it bubbles, then cook slowly, or in double boiler about thirty minutes, until tomatoes are soft and of desired consistency. Strain through colander.

DRAWN BUTTER SAUCE

1½ tblsp. butter substitute. 2 tblsp. non-wheat flour.
 2 cups water, or fish stock, or Seasoning.
 Water in which fish was boiled. Lemon juice to taste.

Make drawn butter sauce like white sauce, using the water, etc., instead of the milk and adding lemon juice.

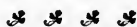
An excellent fish sauce may be made by adding from 1 to 2 cups of cheese, oysters, eggs, or shrimps to white sauce.

Mrs. W. E. Colby.

SHELL FISH**TO PREPARE CLAMS**

Clams bought in the market vary from the small white clam found in Tomales Bay to the large Pismo Beach clam. They are not only a meat substitute, but very delicate in flavor and a welcome variation for the diet.

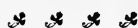
If one digs the clams oneself it is well to put them for twelve hours, more or less, in water with a little salt and some cornmeal, in order to remove as much sand as possible, or they may be cleaned by rinsing through several waters. The necks of the smaller varieties are edible and when chopped or mashed can be added to the chowder, souffle, etc. To ensure freeing the juice from the sand it can be settled in several pots, straining it each time through cheesecloth and taking care not to pour off the sandy dregs. To remove clam from shell, scrub shells well and steam over a very small amount of water in order that the juice may not be diluted.

ESCALLOPED OYSTERS AND CORN

½ can corn or equal amount of fresh corn.
 1½ cups oysters. ½ lemon, juice only.
 Crumbs. ⅓ lb. grated cheese.
 1 tblsp. butter substitute, melted. ½ cup milk.
 2 tblsp. parsley, chopped. Paprika.
 ½ lemon, sliced. Seasoning.

Mix oysters, corn, seasoning, crumbs, melted butter substitute, chopped parsley, lemon juice and grated cheese. Put in oiled baking dish; sprinkle top with crumbs, cheese and paprika. Bake in moderate oven twenty minutes. Serve hot, garnished with parsley and sliced lemon.

OYSTER OMELETTE



25 small oysters.
1 cup crumbs.
3 eggs.

Seasoning.
Butter substitute.

Beat yolks of eggs. Season, add oysters, crumbs and a little melted butter substitute. Fold in stiffly beaten whites. Brown on both sides in a buttered skillet.

Helen P. Gatch.

CLAM WITH CORN



$\frac{1}{2}$ green pepper.
1 slice onion.
 $\frac{1}{4}$ cup butter substitute.
1 pt. clams.
 $\frac{3}{4}$ cup clam juice.

2 egg yolks.
3 tblsp. top milk.
Crumbs.
Sliced lemon.
Parsley.

Fresh grated corn; canned corn can be used.

Clean clams. Discard hard part and necks. Measure, taking an equal amount of corn. Heat clams in their juice until they reach the boiling point. Drain and chop. Strain juice. Chop pepper and onion fine and fry until soft, in butter substitute. Add flour, stirring well. Add $\frac{3}{4}$ cup clam juice; stir; cook until it bubbles. Beat the yolks, mix with the milk, stir into the clam juice. Heat until the egg thickens, stirring constantly, but **do not** boil. Add clams and corn. Oil large clam shells or ramekins, put in mixture, cover with sifted crumbs. Dot with butter substitute and brown in oven. Garnish with slice of lemon and parsley.

Mrs. Cleaveland Forbes.

CRAB CREOLE



Meat of 1 large crab.
Or 1 cup flaked crab meat.
2 tomatoes.
2 chopped onions.
 $\frac{1}{2}$ cup top milk.
1 bell pepper, chopped.

2 tblsp. butter substitute.
 $\frac{3}{4}$ tsp. salt.
Pinch soda.
Dash cayenne.
Crumbs.

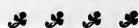
Chop onion, tomato and pepper fine. Add butter substitute and simmer until vegetables are soft—about thirty minutes. Season; add soda and top milk, turn in crab meat and stir. Pour into oiled baking dish, cover with the crumbs moistened with butter substitute and brown.

Mrs. P. A. Parnell.

FISH

CONSERVATION RECIPES

CRAB MARYLAND



Meat of 1 crab.	1½ cups white sauce.
2 eggs, boiled hard.	Paprika.
2 tblsp. Worcestershire sauce.	Salt.

To the white sauce add the crab, the eggs, chopped, and the seasoning. Bake in ramekins about twenty minutes.

Mrs. F. J. Solinsky.

DEVEILED CRAB



1 large crab.	Oil or butter substitute.
1 small can Spanish sauce.	Chopped parsley.
2 tblsp. flour.	Juice of 1 lemon.
1 small onion.	Seasoning.
1 egg.	Grated cheese.
Crumbs.	Slices of lemon.

(Skate, Hake, or Sole can be substituted).

Slice the onion. Fry until brown in a little oil or butter substitute. Take from fire. Stir in 2 tablespoons of flour and the Spanish sauce. Cook, stirring over slow fire until it bubbles. Add crab or fish and good cube of butter substitute, with juice of lemon and seasoning to taste. Cook five minutes, stirring carefully. Remove from stove and stir in the beaten egg. Put in shells or ramekins, sprinkle with grated cheese and crumbs. Dot with butter substitute and bake in moderate oven until brown. Garnish with slices of lemon and chopped parsley.

Mrs. V. Quartararo.

DEVEILED CRAB



1 crab.	1 tsp. mustard.
1 tblsp. flour.	4 tblsp. butter substitute.
1 tblsp. chopped parsley.	¼ nutmeg, grated.
1 tblsp. lemon juice.	1 cup grated crumbs.
¼ tsp. pepper.	½ tsp. salt.
½ pt. top milk.	

Heat the top milk in a small saucepan. Thoroughly mix the flour, mustard and 2 tablespoons of the butter substitute and stir into the boiling milk. Boil two minutes. Remove from the fire, add the crab meat and seasoning. Fill ramekins. Sprinkle with crumbs and place rest of butter substitute on top of crumbs. Brown in hot oven.

Mrs. L. A. Hicks.

CRAB COCKTAIL

½ lb. crab meat.	2 tblsp. mild vinegar.
2 tblsp. tomato catsup.	2 tblsp. minced pimiento.
2 tblsp, fresh horseradish.	2 tblsp. minced bell pepper.
½ lemon—juice only.	Salt and pepper.

Mix ingredients in order given. Chill and place in small glasses that have been iced. This will serve six persons.

Mrs. Cleaveland Forbes.

CRAB FLAKES WITH PIMIENTO

4 eggs.	1 cup crab meat.
2 tblsp. soft crumbs.	1 tsp. lemon juice.
1½ tblsp. minced pimiento.	½ tsp. salt.
4 tblsp. butter substitute.	Dash nutmeg.
1 cup top milk.	

Boil eggs hard. Chop the whites and mash the yolks. Add the crumbs and pimientos. Stir in the melted butter substitute. Add slowly the top milk and the crab meat and season. Serve as soon as it is smooth and well mixed, on rounds of war bread toasted.

Mrs. Cleaveland Forbes.

One-half cup of grated cheese gives variety to this recipe.

CRAB VICTOIRE

1 crab.	1 egg.
1 tblsp. flour or cornstarch.	Seasoning.
1 cup soup stock or skim milk.	Cold corn meal mush.
1 clove garlic.	Crumbs.
4 medium onions.	Butter substitute.

¼ pound fresh shrimps, 1 dozen small oysters, 1 cup fresh mushrooms, 1 tablespoon of butter substitute may be included or not, as desired.

Slice onions. Fry slowly in butter substitute until very brown. Blend in the flour, rubbed to a cream in a little of the liquid. Add the rest of the liquid, and stir until it bubbles. Touch the pan with the garlic, more than an "inch rub" will be too much. Cook in this sauce the crab, oysters, etc., and season. Serve on round slices of corn meal mush dipped in egg and crumbs and browned in the oven in butter substitute.

Mrs. C. W. Merrill.

MUSSELS

Sea mussels are as nutritious and wholesome as clams or oysters and are considered by some to be superior in flavor. They are the most easily digested of foods.

Fresh mussels only should be used. If gathering them oneself, take the mussels from the rocks at low tide, and not during a spell of hot weather, which, if they are exposed at low tide to its effect may kill them. The mussels are alive if the shells are tightly closed. Until ready to use, keep covered with a damp cloth in a cool dark place.

MUSSELS A LA INVERNESS

(Especially good for larger mussels).

Mussels.

Mussel juice.

Clove of garlic.

Crumbs.

Parsley, chopped.

Vegetable oil.

Pepper.

Clean and steam mussels. Chop. Save half the shells. Fry the garlic in the oil for three minutes. Add to the garlic the mussels and $\frac{1}{4}$ their bulk in crumbs. Moisten with the juice and simmer three minutes. Add the parsley and season to taste. Serve hot in the shells.

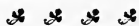
Jeanne Clyti.

STEAMED MUSSELS

Mussels.

Butter.

Wash and clean mussel shells thoroughly; place in closely covered pan with a little water and steam ten to twenty minutes, until they are well opened. Remove the only inedible part, the tuft of black hairs, or byssus. Strain the broth and serve the mussels on a large platter with some melted butter and some of the broth to each person.

TOMATO SHRIMP WIGGLE

2 cups shrimps.

$\frac{2}{3}$ cup milk.

1 small onion, sliced.

1 tblsp. butter substitute.

1 cup cold boiled rice.

Seasoning.

1 cup stewed tomato.

Fry onion in butter substitute. Add other ingredients, except the milk. Heat thoroughly. Add milk just before serving.

Mrs. Arthur Brodeur.

SPANISH SHRIMP

1 lb. picked shrimps.

Pepper.

1½ cups boiled rice.

Catsup.

Butter substitute size of egg.

Melt butter substitute. Add shrimps, rice, catsup and pepper. Heat thoroughly. Serve in casserole or patty cases.

SALT AND SMOLED FISH

"Salt and smoked fish contain more nutriment, pound for pound, than when fresh. Salt fish must be freshened before use by soaking in water, flesh side down. Less freshening is required if the fish be boiled, than if fried or broiled. If very salty, the freshening process can be hastened by resting the fish in the water on a wire tray or on a few clean sticks, and if the pieces be thick, by making several deep incisions in the flesh."

SALT FISH CHOWDER

1 cup picked fish.

2 cups scalded milk.

2 cups sliced raw potato.

Salt and pepper to taste.

1 large onion, sliced.

Place in a pot, alternate layers of fish, onion, potato and cracker. Season. Cover with hot water and boil twenty minutes. Add scalded milk; let boil up and serve.

BROILED SALT FISH

1 piece fish.

Lemon juice.

1 tblsp. boiling water.

Cucumber pickle, minced fine.

Butter substitute.

Pinch black pepper.

Dry fish carefully, rub with butter substitute and broil a nice brown. Lay on heated platter, pouring over it a sauce made of 1 tablespoon butter substitute, melted, 1 teaspoon lemon juice, the boiling water and the pickle.

CREAMED SALT FISH

Fish.

1 egg.

1 cup white sauce.

1 tsp. lemon juice.

Seasoning.

Wipe the fish dry and broil until done but not too brown. Lay on hot platter and pour over it the white sauce, to which the beaten egg, and the lemon juice have been added at the last moment.

FISH

CONSERVATION RECIPES

SALT FISH PUDDING

2 cups flaked fish, cooked.

Grated cheese.

1½ cups crumbs.

2 cups milk.

⅓ cup butter substitute, melted.

2 well beaten eggs.

⅓ cup crumbs.

½ tsp. pepper.

Mix all the ingredients except the ⅓ cup of crumbs and the cheese. Put in oiled baking dish. Cover with the crumbs; sprinkle with grated cheese and bake until brown.

FRIED SALT MACKEREL

Salt mackerel

Butter substitute.

½ cup scalded milk.

Soak a salt mackerel in water all night. Be sure that only enough salt remains to render it palatable. Dry well and fry in butter substitute. When brown, turn, adding more fat if necessary. When well-cooked pour milk in pan; simmer two minutes over slow fire. Serve on hot platter with the sauce around it.

Mrs. W. E. Colby.

SMOKED STURGEON

1 piece smoked sturgeon.

Parsley.

1 cup bouillon.

Flour.

1 egg, hard boiled.

Seasoning.

Lemon, sliced.

Place fish in baking dish and cover with bouillon. (If this is not at hand, dissolve 1 beef cube in hot water). Bake slowly until cooked through. When done remove fish and thicken liquid in pan. Pour over fish. Garnish with egg and parsley.

MEAT SUBSTITUTES

Mrs. S. C. Irving, Editor.

The substitutes for meats besides fish are dried beans, lentils, peas, some nuts, milk, eggs and cheese.

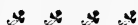
It is possible to combine these so as to make many unusual and palatable dishes.

SAUCES

Especial attention must be given to seasoning of dishes which have as their foundation beans, rice, or other foods having little flavor of their own.

Use peppers, onions, garlic, leek, celery, catsup, Worcestershire sauce, etc., for increasing flavor. Bean and nut loaves should be served with highly seasoned sauces.

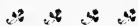
ITALIAN TOMATO SAUCE



½ cup finely cut onion.	2 cups cooked tomatoes.
½ cup grated or cut turnip.	2 tsp. salt.
½ cup grated or cut carrot	2 tblsp. flour.
4 tblsp. butter substitute.	½ cup cut green peppers.

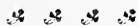
Cook vegetables (except tomato) in the fat until tender. Add tomato and salt, cook 5 minutes. Put through strainer, return to fire, add flour mixed with 2 tablespoons cold water, boil five minutes.

PIMIENTO SAUCE



Force canned pimiento through a strainer. Add ½ cup of this pureé to 1 cup of white sauce.

BROWN NUT SAUCE



2 tblsp. vegetable oil.	1½ cups stock or milk.
2 tblsp. peanut butter.	½ tsp. salt.
3½ tblsp. flour.	Few grains pepper.

Brown the fat, add peanut butter and when well mixed add flour and continue browning. Pour in the stock gradually, stirring constantly. Bring to the boiling point and add salt and pepper.

SUBSTITUTES

CONSERVATION RECIPES

VEGETABLE CHOWDER

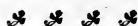


- | | |
|-------------------------|----------------------|
| 1 can tomatoes. | 2 tblsp. corn flour. |
| 1 qt. milk. | 1½ tsp. salt. |
| 1 can Lima beans. | ¼ tsp. pepper. |
| 2 onions. | ½ tsp. soda. |
| 4 large potatoes. | Butter substitute. |
| 1 can okra, if desired. | |

Slice onion thin and cook until softened in the pork fat. Combine the Lima beans and potatoes, cubed, with milk. Add onions and cook until the potatoes are done. Thicken with corn flour mixed with a little cold milk; add salt, pepper and okra, if desired, and stir in the tomatoes, after adding soda to them and bringing them to the boiling point.

Mrs. Franklin Nutting.

DRIED LIMA BEAN CUTLETS



- | | |
|-------------------------|--------------------------|
| ½ lb. dried Lima beans. | 1 egg. |
| ½ cup dry crumbs. | ⅓ cup milk. |
| ½ tsp. salt. | 2 tblsp. minced parsley. |
| ⅛ tsp. pepper. | ¼ tsp. baking soda. |

Soak the beans over night, drain, add baking soda and water to cover. Boil until soft. Drain and mash the beans. Add the crumbs, seasoning, parsley, and half of the egg, which should be beaten. Add milk to moisten if necessary; form into cutlets or croquettes and roll first in crumbs, then in the egg diluted with two tablespoonsful cold water, and then again in crumbs. Fry in deep fat or saute, as desired.

Mrs. Franklin Nutting.

LIMA BEANS EN CASSEROLE



- | | |
|--------------------------|-------------|
| 1½ cup dried Lima beans. | 1 cup milk. |
| Butter substitute. | Salt. |
| 2 medium sized onions. | Pepper. |

Soak the beans over night. In the morning boil until soft and drain. Sear the pork in a hot frying pan; remove from pan and add onions sliced. Cook these until soft. In a greased casserole place layer of beans sprinkled with onions which have been lightly browned in butter substitute, and season with salt and pepper; repeat until all is used. Over this pour the milk and bake from 15 minutes to half an hour.

LIMA BEAN LOAF

2 lbs. Lima beans.	2 cloves garlic.
1 qt. tomatoes.	Salt, black pepper and cayenne.
Butter substitute.	Grated cheese.
2 onions.	

Wash beans and drain. Pour boiling water over and continue the boiling until tender, without seasoning. Add salt, pepper—black and cayenne, tomatoes, butter substitute, onions—cut fine, cloves of garlic if desired. Cook together until thick. Put in baking dish, sprinkle cheese on top and brown in oven.

Mrs. C. R. Ogilvie.

NAVY BEANS AND CHEESE LOAF

2½ cups cooked Navy beans (1 cup dry).	
⅔ cup crumbs.	1 egg.
1½ tsp. salt.	1¼ cups water.
⅛ tsp. pepper.	1 tblsp. butter substitute.
½ tsp. parsley.	1 cup grated cheese.

Mix, put in greased dish. Bake in water in moderate oven three-fourths of an hour.

Prof. Mary Beals Vail.

(Mills College.)

CHILI BEANS WITH CHEESE

2 cups red beans.	1 cup grated cheese.
3 tblsp. fat.	Salt, Chili sauce, water if necessary.

Soak the beans over night and cook until tender. Add the fat, salt and Chili sauce to make it taste right, water if necessary, and when very hot, the grated cheese. Take from stove, mix well and serve at once.

Prof. Mary Beals Vail.

(Mills College.)

SPANISH BEANS NO. I

2 cups pink beans.	2 tblsp. vinegar.
3 tblsp. fat.	2 tblsp. sugar.
1 onion, sliced.	¼ tsp. soda.
2 cups tomatoes.	Salt, red pepper.

Soak beans over night. In morning pour off water, cover again with cold water. Heat, and when it boils add soda. When boiled a few minutes pour off this water and again cover well with water and add the fat, onion, sliced, tomatoes, vinegar, sugar, salt and red pepper. Boil about three hours.

Jessica Wallace.

SUBSTITUTES

CONSERVATION RECIPES

SPANISH BEANS NO. II



- | | |
|--------------------|--|
| 2 cups pink beans. | $\frac{1}{2}$ green pepper. |
| 1 tsp. soda. | Butter substitute. |
| 1 small onion. | 2 large tblsp. salt. |
| 1 clove garlic. | $\frac{1}{2}$ Chili pepper or cayenne. |

Soak beans over night. Drain, cover with water; bring to boiling point, and add soda. Pour this off and wash. Chop the other ingredients fine. Cover all with water and boil three hours.
Mrs. Switzer.

STEWED LENTILS



- | | |
|-----------------------------|----------------------|
| 1 cup lentils. | 1 tsp. salt. |
| 1 tblsp. butter substitute. | 1 salt spoon pepper. |

Wash half pint of lentils. Cover with cold water and soak over night. Next morning cover with fresh boiling water and cook slowly one hour. Drain; return them to the kettle; add butter substitute, salt and pepper; shake for a moment until thoroughly hot, and serve.
Mrs. Rorer.

LENTILS AND RICE



- | | |
|-----------------------------|---------------------------|
| 3 tblsp. butter substitute. | 1 small onion. |
| $\frac{1}{2}$ cup lentils. | 1 tblsp. lemon juice. |
| $\frac{1}{2}$ cup milk. | 1 cup boiled rice. |
| $\frac{1}{2}$ cup water. | Salt and pepper to taste. |
| 1 tsp. curry powder. | |

Wash lentils and soak them in milk twelve hours. Melt butter substitute; slice onion and fry a pale brown; add curry powder, milk, water, seasoning and lentils; simmer two hours; add lemon juice just before serving. Serve with hot rice.
Mrs. Chas. R. Thoburn.

PEANUT BUTTER GRAVY



- | | |
|-----------------------------|-------------------------|
| 2 tblsp. flour. | 1 tblsp. peanut butter. |
| 1 tblsp. butter substitute. | 1 cup water. |
| 1 tblsp. salad oil. | $\frac{1}{2}$ cup milk. |

Brown the flour in the frying pan; add butter substitute and salad oil; add the water a little at a time to the peanut butter; then stir into the browned flour. When it is quite thick and ready to take from the fire add the milk, salt and pepper to taste.
Mrs. Nina Rhodes.

EGGS ON TOAST WITH TOMATOES

$\frac{1}{2}$ can tomatoes.	1 tblsp. chopped parsley.
1 tblsp. butter substitute.	Few drops onion juice.
1 tsp. cornstarch.	Salt and pepper.
5 eggs.	Toasted corn muffins.

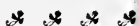
Cook together tomato, butter substitute, salt, pepper and onion juice five minutes. Add cornstarch dissolved in water, then the eggs, slightly beaten. Stir constantly; add chopped parsley. Serve on toast.

Mrs. W. C. Blasdale.

SOY BEANS AND RICE

1 lb. soy beans.	1 tblsp. Worcestershire sauce.
2 large onions.	$\frac{1}{2}$ tsp. paprika.
2 large green peppers	$\frac{1}{2}$ tsp. soda.
3 tblsp. olive oil.	Salt, boiled rice.
6 drops Tabasco sauce.	

Pick over and wash beans; soak in cold water over night. In the morning, drain, add water to cover, then onions and green peppers sliced, and the soda. Bring to boiling point, then add a tablespoon of salt. Simmer two hours. Add the Worcestershire, Tabasco and paprika and more salt if needed. Let this simmer again one hour or until the beans are soft. Then in a small frying pan heat the olive oil until hot, add six tablespoons of the beans with their juice, and with a large spoon or fork crush and mix the beans with the oil. Let this cook for five minutes. Then add it to the rest of the beans. Stir well and serve with rice.

SAVORY BAKED SOY BEANS

2 cups soy beans.	$\frac{1}{4}$ tsp. mustard.
1 small onion.	$\frac{1}{4}$ tsp. ginger.
$\frac{1}{4}$ tsp. salt.	3 tblsp. molasses.
3 tblsp. sugar.	

Pick over and wash beans, cover with cold water and let stand over night. Drain in morning, cover with fresh water and boil one hour. Drain and rinse with cold water. In the bottom of bean pot place a small onion; add the beans and seasoning. Cover the beans with water and bake six hours in slow oven, adding more water when necessary. Remove the cover from bean pot during the last hour of baking. Add butter substitute if desired.

SUBSTITUTES

CONSERVATION RECIPES

SPINACH AND EGGS

3 bunches spinach.

Eggs.

Oil or butter substitute.

Salt and pepper.

Wash and boil the spinach in well salted water until tender. Drain and put through the meat grinder. Beat eggs (one for each person to be served) and add to the spinach; season and mix thoroughly. Fry one onion in oil or butter substitute until brown, add the spinach and eggs. When the under side is brown turn into another hot, greased pan and brown the other side. Sprinkle the top with grated Monterey cheese and serve, cutting like pie. Mrs. H. H. Kineger.

CURRIED EGGS

2 tblsp. butter substitute.

1 lemon.

6 hard boiled eggs.

6 chopped almonds.

1 small chopped onion.

3 tblsp. cornstarch.

1 chopped sour apple.

2 cups milk.

2 tsp. curry powder.

½ tsp salt.

Boil eggs until hard; peel and place in cold water until required. Fry onion in butter substitute a few minutes; add curry powder, apple, nuts and cornstarch moistened with milk. Simmer 15 minutes, stirring from time to time. If too thick, add a little white stock or water. Cut eggs in halves and lay them in the sauce until they are thoroughly heated. Remove them to deep, hot dish, strain sauce over them, garnish with lemon slices. Mrs. C. R. Thorburn.

EGGS WITH TOMATOES

3 eggs.

2 tblsp. milk.

3 tblsp. butter substitute.

1 tblsp. chopped pimientos.

4 even sized tomatoes.

Salt and pepper to taste.

8 rounds buttered toast.

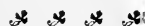
Parsley.

Select ripe tomatoes but do not have them too large; remove stems and cut each in half crossways; remove cores and pips and fry lightly in two tablespoonfuls butter substitute. Have rounds of toast a little larger than tomatoes. Beat eggs in small saucepan; add milk, pimientos, 1 tablespoonful butter substitute, seasoning and stir over fire until creamy and just thickening. Place each half tomato on round of toast, divide egg mixture into round of tomatoes, garnish with parsley and serve hot. Mrs. C. R. Thorburn.

STUFFED EGGS

Eggs and oysters, or flaked fish.	Salt.
Cream sauce.	Toast.
Pepper.	Parsley.

Boil the eggs hard—one for each person to be served. Remove shells; cut a slice from the small ends and remove yolks and part of the whites without breaking the outside of the whites. Fill the egg cases with oysters or flaked fish and cream sauce. Cover rounds of barley flour biscuit toasted with the yolks—mashed and seasoned with butter, pepper and salt. Place the eggs, small ends down, on the toast. Serve hot, garnished with parsley.

ENCHILADA EGGS

1 pt. tomatoes.	6 eggs.
1 cup grated cheese.	1 small onion.
Butter substitute, salt and pepper.	

Slice one small onion in drippings and brown. Add tomatoes and boil 20 minutes. Add cheese and boil 5 minutes. Lastly, add the eggs, stirring until the mixture is sufficiently thick. Serve on toast.

Mrs. F. C. Torrey.

EGGS A LA CASTILIENNE

3 hard boiled eggs.	1 tblsp. cornstarch.
1 cup stewed tomatoes.	½ cup strong Eastern cheese.
½ cup milk.	⅛ tsp. soda.
1 tblsp. oleomargarine.	Sprinkling of pepper.

Melt oleomargarine, stir in flour, pour on gradually while stirring constantly hot tomato sauce previously mixed with soda. Bring to boiling point; add milk and grated cheese, and when well blended add the finely mashed whites of the boiled eggs, salt and pepper. Pour the mixture over toasted muffins. Last of all force the yolks of the eggs through a coarse sieve and sprinkle over the dish.

Mrs. George W. Corner.

CORN MEAL NUT PATTIES

1 cup cooked corn meal.	1 tblsp. chopped pickle.
1 slice pimiento.	¼ tsp. baking powder.
3 tblsp. chopped nuts.	Salt, pepper.

Mix, shape and brown in the oven, or saute.

EGG SOUFFLE

3 tblsp. butter substitute.	1 tsp. salt.
3 eggs.	½ cup scalded milk.
3 tblsp. potato flour.	⅛ tsp. mustard.
¼ cup American cream cheese.	Cayenne pepper.

Melt butter substitute in pan, add flour, salt, mustard and cayenne; rub to a smooth paste and add the milk slowly, stirring constantly. Add cheese. When well cooked, remove from fire and add egg yolks well beaten, then fold in the beaten whites. Put in a baking dish and bake in moderate oven 20 minutes. Serve at once. Mrs. B. E. Meredith.

MOCK VEAL ROAST

½ pt. lentils.	2 tblsp. salad oil.
½ pt. shelled roasted peanuts.	Milk, salt, pepper.
½ pt. toasted crumbs.	

Soak lentils over night, drain, bring to boiling point, throw away water. Cover with fresh water and cook until tender, drain again and press through sieve. Add nuts, chopped or ground, salad oil, crumbs and seasonings, with sufficient milk to make the consistency of mush. Pour into baking dish and bake one hour. Beans or peas may be substituted for lentils. Mrs. Frank Menefee.

TURKISH PILAF

½ cup washed rice.	1 cup brown stock.
¾ cup tomatoes.	3 tblsp. butter substitute.

Heat stock and tomatoes to boiling point; add rice slowly. Steam until soft, then stir in butter substitute with a fork and keep uncovered to let steam escape. Season to taste.

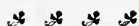
HOMINY CROQUETTES

½ cup hominy.	1 tblsp. butter substitute.
1 pt. strained tomatoes.	Paprika.
½ tsp. salt.	

Cook hominy and tomatoes in double boiler until tender. Stir in 1 tablespoonful butter substitute. Cool in shallow dish. Shape in squares, dip in corn flour, fry brown in any preferred fat. Serve with Cheese Sauce.

CHEESE SAUCE—½ cup thin white sauce made with cornstarch, add ½ cup chopped cheese.

Mrs. Charles G. Hyde.

VEGETABLE ROAST

1 cup baked soy beans.	½ tsp. beef extract.
1 cup strained, stewed tomatoes.	1 egg, well beaten.
1 cup boiled rice.	2 tsp. salt.
1 cup chopped, raw potato.	2 tsp. baking powder.
1 tblsp. melted butter substitute.	¼ tsp. pepper.
2 cups dried crumbs.	1 tsp. minced onion.
1 cup corn, cut from cob.	½ cup milk.

Mix all ingredients together, using enough crumbs to form the whole into a loaf. Bake one hour, basting with one-half cupful of milk in which two tablespoonfuls of butter substitute have been melted. Serve with tomato sauce.

RICE OMELET

1 cup boiled rice.	1 tblsp. warm water.
2 eggs.	Dash of white pepper.
1 tblsp. butter substitute.	

Have ready a cupful hot boiled rice (measured after cooking) in which the grains are separate and dry. Beat whites of eggs to a stiff froth, and the yolks until thick. To the yolks add the warm water, salt, white pepper and the rice; then very lightly mix this with the whipped whites. Melt one tablespoonful of butter substitute in a frying pan (a cast iron pan is best), turn in the rice and egg mixture, let stand over a moderate fire for about two minutes to set on the bottom; then transfer to a moderate oven until, when tested with a knife, the blade comes out clean, (about five minutes).

Mrs. J. J. Warner.

CHEESE SAUCE FOR RICE OMELET

1 tblsp. butter substitute.	½ cup chopped cheese.
1 tblsp. cornstarch.	Salt and pepper to taste.
1 cup milk.	

With butter substitute, cornstarch and milk make a cream sauce; add to it the chopped cheese and stir until cheese is melted. Cut omelet in half; spread with about one-third of the sauce; place on it the other half; turn carefully on a hot platter and over it pour the remainder of the sauce.

Mrs. J. J. Warner.

SUBSTITUTES

CONSERVATION RECIPES

ESCALLOPED CHEESE

- | | |
|----------------------------|-------------------------|
| 1 lb. Eastern cream cheese | Bread in broken slices. |
| 1 cup milk. | Paprika, salt to taste. |
| 1 egg. | |

Line bottom of baking dish with bread; cover with layer of cheese sprinkled with paprika. Repeat two or three times. Beat egg light, pour into cup of milk and pour over cheese. Bake until cheese is thoroughly melted.

Mrs. Walter H. Seaver.

CHEESE SOUFFLE

- | | |
|--------------------------------|---------------------------|
| 2 tblsp. butter substitute. | 4 eggs. |
| 2 tblsp. corn or potato starch | 1 cup grated cheese. |
| 1 cup milk. | Salt, pepper and cayenne. |

Cream butter substitute and flour, add milk, place on stove to let thicken. Then add yolks of eggs, beaten, and cheese. Season and turn into warm chafing dish, stirring into it gently the well beaten whites of eggs. Let cook 20 minutes but do not stir after it begins to boil.

Mrs. F. J. Solinsky.

CHEESE FONDU

- | | |
|-----------------------------|-------------------------|
| 1 tblsp. butter substitute. | 1 tsp. dry mustard. |
| 1 cup milk. | 2 eggs. |
| 1 cup crumbs. | Salt to taste; cayenne. |
| 2 cups grated cheese. | |

Put a tablespoon of butter substitute in double boiler; when melted add cup of fresh milk and cup fine crumbs, the grated cheese, a little salt, the dry mustard, and a little cayenne. Stir constantly and just before serving add the eggs, beaten light.

J. K. Harano.

POTATOES WITH CHEESE

- | | |
|----------------|------------|
| Raw potatoes. | Cheese. |
| Chopped onion. | Pimientos. |
| Cream sauce. | |

Dice potatoes to the amount needed; add onion to taste, and parboil five minutes. Make a cream sauce with either corn or potato starch and add cheese to the sauce. Pour over the potatoes and onions. Add chopped pimientos and bake.

Mrs. J. J. Warner.

RICE AU GRATIN

* * * *

1 cup boiled rice.
 ½ cup cream sauce.

Grated cheese.

Mix rice and cream sauce well seasoned; put in greased baking pan with generous sprinkling of cheese and bake until brown on top.

Mrs. C. F. Adams.

RICE AND CHEESE

* * * *

½ cup rice.
 ½ cup grated cheese.
 1 cup milk.

2 tblsp. salad oil.

2 tblsp. flour.

1 tsp. salt.

Boil rice in salted water. Make milk sauce from other ingredients. Add cheese. Pour over rice and serve.

Olive Farrar.

FRENCH COTTAGE CHEESE

* * * *

When the milk is curdled, do not heat but put in a fine sieve and allow to drip until fairly stiff. To be eaten with acid fruit, served with sweet cream and sugar.

In making the American cheese, the curdled milk should not be heated above blood heat and the milk thoroughly chilled before the whey is drawn off.

RICE SAVORY (With Cheese)

* * * *

1 cup rice.
 3 tblsp. butter substitute.
 2 chopped pimientos.
 1 chopped onion.
 1 qt. boiling water.
 2 tblsp. celery salt or seed.

2 tsp. salt.

½ tsp. paprika.

2 eggs.

1 cup chopped cheese.

Dash of black pepper.

Drop one cupful well washed rice in kettle of boiling water; boil rapidly 5 minutes and drain. While it is boiling, melt in a saucepan the butter substitute and add pimientos and onion; cook slowly about one or two minutes; add rice, and nearly one quart of boiling water, in which celery seed or celery salt has been steeped; add salt, dash of black pepper and paprika. Boil slowly until water is all absorbed; stir in two well beaten eggs and one heaping cupful of chopped cheese. Stir carefully with a fork and serve in a hot dish.

Mrs. J. J. Warner.

CORN MEAL AND CHEESE

3 cups corn meal.

2 qts. water.

1 tblsp. salt.

Fat.

 $\frac{1}{4}$ lb. American cheese (1 cup).

Pour the boiling water on the corn meal, stirring constantly. Add salt and boil until thick. Cook in double boiler one hour and remove from fire. Add cheese and stir until cheese melts. Pour into a cold bread pan. When cold, cut into slices and brown in small amount of hot fat. Serve with tomato sauce.

Mrs. Gurdon Bradley.

POLENTA WITH CHEESE

2 cups boiling water.

1 cup grated cheese.

2 cups milk.

Egg.

1 tsp. salt.

Fat.

1 cup corn meal.

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

TAMALE PIE

1 can corn.

1 cup milk.

1 can tomato sauce.

1 tsp. Spanish pepper.

 $\frac{3}{4}$ cup corn meal.

1 tsp. salt.

2 eggs.

1 cup ripe olives.

Mix and bake in casserole one hour.

Mrs. Davenport.

BAKED TAMALE

1 can corn.

12 to 14 ripe olives.

1 small onion, chopped fine.

1 cup yellow corn meal.

1 green pepper, chopped.

1½ cups milk.

Salt, pepper, butter substitute.

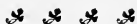
1 cup tomatoes.

1 tblsp. Spanish pepper.

2 eggs.

Mix all together and bake in casserole.

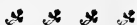
Mrs. T. M. Shearman.

CORN TAMALES

- | | |
|----------------------|---------------------------|
| 1 cup grated cheese. | 1 level tsp. soda. |
| 1 cup corn meal. | 1 level tsp. Chili sauce. |
| 1 cup milk. | 1 level tsp. salt. |
| 1 can corn. | 1 egg. |
| 1 can tomato pureé. | |

Mix corn meal, milk, corn and pureé with soda. Let stand 3 hours. To this add salt, grated cheese, any leftover meat; egg, beaten lightly, adding last the Chili seasoning. Bake in ramekins 30 minutes. Serve with a rich cream sauce in which put 2 heaping tablespoonfuls grated cheese.

Mrs. Frank J. Duffy.

BAUREGARD TOAST

- | | |
|-----------------------------------|-------------------------|
| 6 slices toast. | ½ tsp. salt. |
| 1 cup milk. | 4 hard boiled eggs. |
| 1 tblsp. olive oil. | 1 small can mushrooms. |
| 1 tblsp. cornstarch. | 2 tblsp. grated cheese. |
| Dash of black and cayenne pepper. | |

Make white sauce of the milk, oil, cornstarch and seasoning. Stir in diced whites of eggs and mushrooms, cut fine. Have toast ready and turn sauce over it. Force yolks of eggs through coarse strainer and sprinkle over top with grated cheese.

Mrs. F. P. Nutting.

MEATLESS STEW

- | | |
|-----------------------------|-----------------------|
| 1 tblsp. butter substitute. | 1 pt. boiling water. |
| 2 or 3 bay leaves. | 4 to 6 small onions. |
| 3 or 4 potatoes—parboiled. | 2 or 3 ripe tomatoes. |
| Salt and pepper to taste. | 3 or 4 cucumbers. |
| 1 tblsp. corn flour. | 2 green peppers. |

Peel cucumbers and slice each into four oblong slices. Cut peppers into small pieces, discarding seeds and inner strips. Melt butter substitute in frying pan and add bay leaves, cucumbers and peppers. Cover. Fry until browned thoroughly on both sides. Add hot water, onions, tomatoes, and seasoning. Cover tightly and cook 45 minutes. Add parboiled potatoes and flour thickening. Cover tightly and cook 15 minutes.

Mrs. R. Chester Turner.

SUBSTITUTES

CONSERVATION RECIPES

SUBSTITUTE FOR MEAT



2 tamales (fresh or canned).
1 cup chopped olives.

1 can corn.
Cheese.

Mix all together and cover with grated cheese. Bake from
20 to 30 minutes. Mrs. J. J. Warner.

MEATS

Mrs. A. F. Pillsbury, Editor.

Conservation must be the keynote in the use of meats as it is in the use of wheat, flour, sugar and fats. Less meat must be used; and in the choice of cuts those should be selected that are not so suitable for transportation. This involves a freer ordering of the cheaper cuts which require longer and slower cooking, but are just as nutritious.

Waste must be avoided in every way. To this end we must first of all be sure of the quality of the meat.

Beef should be of smooth, fine grain, of a bright red color, and well covered with white fat. The fat should be abundant about the kidneys.

Mutton should be firm, juicy, and red in color.

The proper cooking of the different cuts and kinds of meat will also eliminate waste. Beef requires more heat in roasting than mutton. Frequent basting with the fat in the roasting pan is essential.

For the cuts other than roasts casserole and fireless cooking are true conservation methods.

PRIME ROAST BEEF



Sear the roast on both sides before a direct and very hot fire, or in a hot pan. Keep the oven at a good heat for fifteen minutes, then decrease somewhat. Fifteen minutes to the pound is an average allowance. If a very rare roast is desired allow less time. Add no salt until the first half hour's roasting. Baste often.

SIMMERED, OR SWISS STEAK



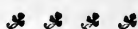
1½ lbs. top round.
2 tblsp. drippings.
1 large carrot.

1 small onion.
Flour, non-wheat.
Salt and pepper.

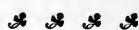
Dredge steak with flour and bruise well with meat bruiser, or wooden potato masher. Sear quickly in hot fat; place carrots and onion, chopped fine, on top of steak. Add one cup of water and simmer in a covered pan or casserole two hours.

Mrs. Vernice Brand.

The vegetables may be omitted in this recipe and the steak served with brown gravy or tomato sauce.

PORTERHOUSE STEAK

Use the broiler of the gas oven, or the coals of an open fire, at top heat. Expose the steak to the direct heat and sear on both sides as quickly as possible. A thick steak will cook in fifteen minutes; a thin one in ten. Serve at once with salt and butter on a very hot platter. Individual plates must also be hot.

STANLEY STEAK AND BANANAS

1 lb. steak.	3 tblsp. horseradish.
4 bananas.	1 cup milk.
2 tblsp. butter substitute.	Salt and pepper.
2 tblsp. flour.	Oil.

Season chopped steak with salt and pepper; form in thin, flat cakes. Peel bananas and pour oil over them. Bake in a quick oven one-half hour, or until brown. Broil or bake meat cakes, and have ready a sauce made by blending flour and fat. Add cold milk, stir until it boils; add salt and horseradish. Serve the cakes on a hot platter with the sauce. Place one browned banana on each cake.

Mrs. Walter H. Seaver.

STEAK, SPANISH

Round steak—small.	$\frac{1}{2}$ onion.
2 tblsp. butter substitute.	Salt, sugar, paprika.
1 can tomatoes.	Flour.

Cook sliced onion in hot fat until golden color; add steak dredged with flour, and turn while searing. Cook the tomatoes, salt, sugar and paprika in a separate vessel. Combine all and cook en casserole one hour.

Helen P. Gatch.

DIFFERENT MEAT LOAF

1 lb. steak.	2 pimientos.
1 can tomatoes.	Corn meal—uncooked.
12 nuts.	Seasoning.
12 olives.	

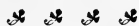
Put olives, nuts, pimientos and onion through the meat grinder. Add meat, salt, pepper and the thin part of the tomatoes; bind with two-thirds cup of corn, and mold. Bake two hours. Serve with tomato sauce.

Mrs. F. E. Menefee.

STEAK EN CASSEROLE

2 lbs. steak.	½ cup celery.
2 tblsp. drippings.	1 tsp. parsley.
2 tblsp. corn flour.	6 ripe olives.
2 carrots.	1 pimiento.
4 tomatoes, or 1 can.	1 tsp. salt.
1 large onion.	

Cut the meat in small pieces; add the sliced carrots, cut tomatoes, onion and parsley minced, the celery, olives and pimiento. Heat the drippings, add the flour (off the fire), stir until smooth and cook one minute. Combine all ingredients and cook en casserole two or three hours. Add the salt after the first hour's cooking. If garlic is desired, rub the dish with it before adding the meat. Gracia S. Pillsbury.

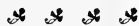
BEEF HEART

1 beef heart.	1 large carrot.
2 cups crumbs.	1 large onion.
2 tblsp. butter substitute.	2 tblsp. parsley.
1 egg.	Salt and pepper.
2 pieces celery.	

Place the heart in well salted water for an hour. Rinse thoroughly and fill with toasted and rolled crumbs mixed with the seasoning, minced onion, parsley and beaten egg. Sew up and place in a covered dish with the carrot and celery and bake two or three hours in a slow oven.

(An old French recipe).

Dinaise Menefee.

VEAL BIRDS

1½ lbs. veal steak.	2 tblsp. rice or corn flour.
1½ cups crumbs.	Salt, pepper, savory.
1 onion.	Vegetables.
2 tblsp. fat.	

Cut very thin meat into four-inch squares; stuff with a dressing of crumbs seasoned with chopped onions and any other vegetables desired, and herbs. Fold or roll, and skewer into place. Brown fat, turning often; simmer in stock, or tomato sauce, or in gravy made by adding the flour to the fat left in the pan after browning the birds, and 1 cup of water. Cook in a casserole slowly, or the fireless cooker, until tender.

Government Bulletin.

MEATS

CONSERVATION RECIPES

CREAMED KIDNEYS

- | | |
|------------------------|--------------------------|
| 8 lamb kidneys. | 1 onion. |
| 2 tblsp. drippings. | 1 tblsp. minced parsley. |
| 2 tblsp. barley flour. | Salt and pepper. |

Wash the kidneys thoroughly, then place them on the fire in enough cold water to cover. Parboil five or ten minutes. Put in cold water again, remove all skin and gristle and slice in round slices. Heat an iron skillet and put in the fat. Mince the onion and brown in the fat to a gold color. Stir in the flour, off the fire, until it is smooth. Add the kidneys, milk and seasoning. Simmer slowly for twenty minutes and serve hot with toast and green peas. Mrs. Gurdon Bradley.

RICE MEAT BALLS

- | | |
|----------------------------|-----------------------------|
| 1 lb. round steak—ground. | 1 chopped onion. |
| $\frac{3}{4}$ cup of rice. | 2 cups water. |
| 1 cup crumbs. | Garlic, parsley. |
| 1 can tomatoes. | Cayenne, poultry seasoning. |

Blend meat, cooked rice and seasoning. Shape in balls. Make a sauce of the tomatoes and water, boiling until they blend. Drop the balls into the sauce and simmer gently two or three hours. Mary F. Underhill.

KIDNEY SAUTE

- | | |
|---------------------|------------------------|
| 2 beef kidneys. | 2 tblsp. barley flour. |
| 2 carrots. | 1 large onion. |
| 2 tblsp. drippings. | Salt and pepper. |

Cut kidneys in three-quarter-inch cubes; brown thoroughly in flour and drippings. Add the carrots cut in cubes, the minced onion and seasoning. Simmer for an hour or more. Serve with toasted war biscuit.

Hillside Club War Service Section.

BRAINS

- | | |
|---------------|-----------------------------|
| 8 brains. | 1 tblsp. milk. |
| 1 egg. | 3 tblsp. butter substitute. |
| 1 cup crumbs. | Corn flour. |

Wash well and soak until white. Remove the fibre and divide into small pieces. Dip in the flour and roll in egg and crumbs. Fry in butter substitute. Serve very hot with a stock gravy. Marion Turner.

CALVES LIVER

1½ lbs. liver.	1 tsp. minced parsley.
1 slice bacon, or salt pork.	1 tsp. salt.
2 tblsp. butter substitute.	⅓ cup water.
2 tblsp. tomato catsup.	Flour—barley or corn.
1 onion.	

Cut liver in cubes, dredge in flour, and brown, stirring constantly. Add the water and place in a casserole with the fried bacon or pork, onion and minced parsley. Add the salt after one hour of cooking. Cook two hours in all.

(Old French Recipe).

Dinaise Menefee.

MUTTON STEW

1 lb. mutton.	1 tblsp. corn flour.
5 white turnips or carrots.	Salt and pepper.
4 potatoes.	

Remove surplus fat and bones. Cut up the meat into small pieces; dredge with flour, and brown in the fat. Put in a casserole, cover with water and simmer one and one-half hours. Add the vegetables, sliced, and the seasoning and cook forty minutes longer.

Mrs. B. R. Maybeck.

BRAINS WITH EGGS

8 brains.	1 tblsp. cornstarch.
4 eggs.	1 tsp. parsley, minced.
4 tblsp. milk.	Salt and pepper.

Blanch brains in boiling water and remove skin and fibre. Beat the eggs and stir in the milk and flour. Mix all the ingredients together and put into a greased pan. Bake twenty or thirty minutes.

Marion Turner.

MINCED VEAL AND EGGS

2 cups veal, cooked.	4 eggs.
1 pt. milk.	4 slices of toast.
1 tblsp. butter substitute.	Salt and pepper.
1 tblsp. barley flour.	

Cut the veal in small pieces or grind it. Put the fat in a pan; heat; add flour and stir until smooth; add the milk, stirring constantly. Put in the minced veal, add seasoning and simmer for five minutes. Serve very hot on crisp toast with a poached egg.

Gracia S. Pillsbury.

SWEETBREADS IN PAPER BAKING BAGS ❁ ❁ ❁ ❁

4 sweetbreads. 2 tblsp. drippings,
4 tblsp. top milk. Salt and pepper.

Dust each sweetbread with salt and pepper and pour 1 tablespoonful of cream over each. Slip into a well greased paper bag and cook in a moderate oven forty minutes. Serve on a hot platter in a wreath of parsley or green peas.

N.Soyer.

FRIED SWEETBREADS

❁ ❁ ❁ ❁

4 sweetbreads. 1 tblsp. vinegar.
2 tblsp. butter substitute. Salt and pepper.
1 cup crumbs. Lemon, paprika.
1 egg.

Wash sweetbreads carefully, trim off the fat and boil one hour in water, salt and vinegar. This should be done the day before serving. Split each lengthwise, season, and dip in beaten egg and crumbs. Fry in hot fat until brown. Garnish with lemon, sprinkled with paprika or minced parsley.

Mrs. Gurdon Bradley.

LAMB CURRY, WITH RICE

❁ ❁ ❁ ❁

2 lbs. lamb. Small onion.
1½ tblsp. fat. Clove of garlic.
1 tsp. vinegar. Salt, curry powder.
1½ tblsp. non-wheat flour.

Remove the bones and put them in a pan; cover with cold water and simmer. Vegetables may be added if desired. Fry the minced onion and garlic a golden brown; add the meat, seasoning and stock from the bones. Combine all ingredients and simmer one and one-half hours. Thicken with more flour before serving, if necessary. Boiled rice is served with this dish.

Mrs. John Gardner.

FRICANDELLES

❁ ❁ ❁ ❁

2 cups meat—different kinds. ½ cup crumbs.
1 egg. 1 tsp. tomato catsup.
1 tsp. grated onion. Salt and pepper.
1 tblsp. drippings.

Combine all the ingredients; form into discs and broil or bake:

GLAZED TONGUE AND TOMATO SAUCE ❀ ❀ ❀ ❀

- | | |
|------------------------------|-------------------------|
| 1 tongue (fresh or pickled). | 12 whole cloves. |
| ½ can tomatoes. | ½ box gelatine. |
| 1 sliced onion. | Salt, pepper, allspice. |
| 1 bay leaf. | |

Wash the tongue and put in a kettle of cold water; simmer four or five hours. (Use fireless cooker). When the meat is tender set it aside to cool in the liquid in which it has been boiled. When cold remove the skin, bones and any rough portions. Fasten the tip to the base and place in a round mold. Reheat 1½ pints of the stock, add 1½ cans of tomatoes, and seasoning. Simmer twenty minutes and stir in ½ box of gelatine (soaked). Pour the liquid over the tongue and set aside to cool. Garnish with parsley and stuffed olives.

Mrs. Arthur Cole.

CONSERVATION CUTLETS

- | | |
|----------------------------|------------------------|
| 2 cups steak or pot roast. | 1 tsp. parsley—minced. |
| ½ tsp. lemon juice. | ½ green pepper—minced. |
| ½ tsp. onion juice. | 4 cloves. |
| 2 eggs. | Salt, paprika. |
| ¼ cup crumbs. | Barley flour. |

Put the meat in slightly salted water with cloves and paprika and simmer twenty minutes. Grind until it is as smooth as paste; add parsley, green pepper, lemon and onion juice and the beaten egg. Heat this in a pan with the fat and flour, blending all together. Then add a sauce made of:

- | | |
|-----------------|---------------------|
| 1 cup milk. | 1 tblsp. drippings. |
| 1 tblsp. flour. | Nutmeg. |

Heat the milk and mix with the blended fat and flour; add the nutmeg. Moisten the mixture with this; shape into cutlets, dip in egg and crumbs, and fry in deep fat, or broil.

Mrs. Harry Luckenback.

CARNE RANCHERO

- | | |
|---------------------|-----------------------|
| 2 cups meat—cooked. | 4 tomatoes, or 1 can. |
| 2 onions. | Salt, paprika. |
| 2 green peppers. | |

Slice and fry the onions; add minced peppers and cut tomatoes. Simmer one hour. Add the minced meat; heat thoroughly and serve with fried rice.

Mrs. Allen.

MEATS

CONSERVATION RECIPES

SHEPHERD'S PIE



- | | |
|------------------------------------|---------------------|
| 2 lbs. mutton (neck or other cut). | 2 tblsp. drippings. |
| 2 carrots. | 3 stalks celery. |
| ¼ can tomatoes. | 2 tblsp. flour. |
| Salt, pepper, cloves. | 1½ cups water. |

Cut up the meat and brown in the hot fat and flour. Add water, seasoning and vegetables. Put all in a baking dish and cover with a crust made of:

- | | |
|---------------------------|------------------------------|
| 3 potatoes. | 1½ tblsp. butter substitute. |
| 1 onion. | Salt and pepper. |
| 1 tsp. poultry seasoning. | |

Cook and mash the potatoes, beating very light; add the minced onion and seasoning. Spread on top of the pie and put melted butter substitute in small indentations of the surface. Bake three hours very slowly. Use one burner of gas oven only.

FRICASSEE OF LAMBS' TONGUES



- | | |
|-----------------------------|---------------------|
| 6 tongues. | 1 onion, or |
| 3 tblsp. barley flour. | ½ tsp. onion juice. |
| 3 tblsp. butter substitute. | 1 tsp. lemon juice. |

Wash tongues; put in boiling water and simmer three hours. Set away to cool. When cool, peel, and add salt and pepper. Roll in flour and fry in hot fat with the minced onions until they are a golden brown. Put in a covered dish and keep hot. Add flour to the hot fat and work smooth; then stir in 1 pint of the liquid in which the tongues were boiled. Add the lemon juice and seasoning. To be served with boiled rice.

Fannie V. Eakle.

MEAT SOUFFLE



- | | |
|--------------------------|--------------|
| 2 cups cold meat—ground. | 3 cups milk. |
| 2 tblsp. barley flour. | 3 eggs. |
| 2 tblsp. drippings. | 1 tsp. salt. |
| 1 small onion—minced. | |

Place drippings in iron skillet; add onion, meat, flour and salt, stirring until hot. Add milk and yolks of eggs; cook five minutes and remove from the fire. Beat the whites of the eggs until dry; fold into the cooled mixture; put into a casserole and bake thirty minutes. Serve at once.

Mrs. Douglas Ross.

BAKED PEPPERS

Rice.	4 peppers.
Meat.	½ cup stock.
Apples.	Sage.
Tomatoes.	Salt and cayenne.

Cut off stems of peppers for covers; remove seeds and fill with chopped meat, apple, tomato and rice, seasoned. Cook in the oven twenty minutes, basting with the stock. Serve hot.

Mrs. B. R. Maybeck.

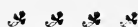
If there is no soup stock on hand baste with tomato sauce.

MEAT TURNOVERS

2 cups meat—cooked.	½ tsp. parsley.
1 slice of onion.	Salt and pepper.
½ cup thick gravy.	Biscuit dough.

Grind meat, mince onion and parsley and blend all with the gravy. Roll biscuit dough made with barley flour and cornstarch ½ inch thick, cut into squares. Place 1 spoonful of meat on each, fold into a triangle, crimp edges with a fork, pierce and bake in a hot oven.

Mrs. Allen.

ITALIAN PIE

Roast beef left-overs.	2 slices salt pork.
2 large onions.	2 cups cooked macaroni or rice
4 large tomatoes, or 1 can.	Seasoning.

Put all in the bean pot and bake slowly two hours.

Hillside Club War Service Section.

MEAT ENCORE

½ lb. cold meat.	1 tsp. parsley—minced.
2 tblsp. crumbs.	½ tsp. salt.
2 cups cooked rice.	⅓ tsp. celery salt.
1 egg.	Water or stock.
1 onion—minced.	

Chop meat fine; blend with other ingredients and moisten with hot water or stock. Grease a bowl or baking dish and line it with rice ½ inch deep. Pack the meat in the center, cover with rice and steam forty-five minutes. Loosen from mold and turn out on a platter. Serve with tomato sauce or garnish with fresh tomatoes.

Jessie Wallace.

MEATS

CONSERVATION RECIPES

EGG GEMS

1 pt. meat—cooked.

1 pt. crumbs.

1 tblsp. butter substitute.

2 tblsp. milk.

Eggs.

Salt and pepper.

Chop or grind meat fine and mix with crumbs, salt, pepper, fat and milk. Heat this mixture and partially fill gem pans. Break 1 egg on each gem and bake until eggs are cooked.

Mrs. T. M. Shearman.



VEGETABLES

Mrs. Harold W. Fairbanks, Editor.

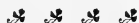
To aid the Food Administration use freely fresh and home-preserved and dried vegetables and very little of the commercial, dried and canned commodity.

When boiling vegetables never throw away the water; boil down, if necessary, and save the liquor. This can be added to almost any soup, or it can be made into a delicious and nourishing soup by the addition of left-overs from gravies, vegetables, cereals, etc., and a little thickening. The proper seasoning of a soup of this kind is important.

To aid the Administration still further just at this time, the extensive use of potatoes is to be especially commended. It is hoped that the following suggestions on the value and the cooking of potatoes will stimulate their use.

Eat more potatoes and save bread. Potatoes contain the same nutriment as bread. Always serve potatoes with meat. Never serve bread and potatoes. French fried potatoes make a suitable accompaniment for any salad. For this purpose the potatoes may be prepared as for deep frying and then be baked in the oven instead, using a little oil.

BOILED POTATOES

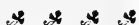


If you wish to freshen old potatoes let them stand in water before peeling. If allowed to stand in water after the skins are removed, much of the starch is washed away.

To boil potatoes in their skins, scrub well and then with a sharp knife cut a narrow band around the potato and a little of the skin from each end.

If potatoes are to be peeled, use a very sharp knife so that the parings may be as thin as possible. This care will help to retain the mineral content.

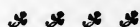
STEAMED POTATOES



Prepare as for boiling potatoes in their skins. Put into a saucepan with a perforated bottom and place over a kettle of boiling water. The water must be kept boiling every minute. They will require from 30 to 40 minutes to cook.

BAKED POTATOES

Scrub the potatoes well, cover with boiling water and let them stand from 5 to 10 minutes. Then place in a hot oven and bake about 25 minutes. If they must be kept hot for any length of time, break them and keep them in a warm oven.

RE-HEATING POTATOES

Cold boiled, steamed, or baked potatoes may be used in various ways. Several points must be kept well in mind. The potatoes must be well seasoned to make them savory; they must be thoroughly heated, and they must be served as hot as possible.

The cold potatoes may be sliced or cut into small pieces, seasoned well and browned in a little oil or drippings. A little minced onion, chives, or green pepper or fine herbs will give variety. A little milk may be added; then fry the potatoes until well browned.

CHEESE POTATOES

6 large potatoes.

Butter substitute.

$\frac{1}{2}$ cup grated cheese.

Salt and pepper.

Bake potatoes, remove ends, scrape out inside without breaking shells, mash, mix with cheese and season with pepper and salt. Refill shells, put on ends and bake fifteen minutes.

Mrs. T. M. Shearman.

POTATOES ON HALF SHELL

6 medium potatoes.

Whites of two eggs.

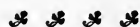
$\frac{1}{2}$ cup hot milk.

Salt and pepper.

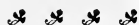
1 tblsp. butter.

Bake potatoes, cut in two lengthwise, take out inside; mash well, add milk, butter, salt and pepper. Fold in stiffly beaten whites of eggs. Refill potato shells, bake about 15 minutes. Cheese may be sprinkled on top if desired.

Mrs. J. Dunn.

BROWNE SWEET POTATOES

Boil medium sized sweet potatoes 45 minutes. Peel them and cut in halves lengthwise. Put them in a baking pan and baste with savory drippings and season with salt. Cook them in a hot oven 20 minutes.

ESCALLOPED POTATOES

1½ pt. cold potatoes.
1 pt. cream sauce.

Butter substitute.
Seasoning.

Cut the potatoes in cubes and season with a teaspoonful of salt and a little pepper, and a pint of cream sauce. Put the mixture in a shallow baking dish, cover with crumbs and dot with butter substitute. Bake in a moderate oven 30 minutes.

This dish may be varied by adding one tablespoonful of grated cheese to the cream sauce and sprinkling the top with cheese. Or the dish may be prepared with the raw potatoes. Peel and slice the potatoes; season well, add hot milk enough to cover and bake an hour at least.

POTATO AND CORN CAKES

1 cup mashed potatoes.
1 egg.
½ cup cooked corn.

Milk.
Butter substitute.
Salt and pepper.

Mix corn, potato and egg well beaten; season with salt and pepper and add sufficient milk so that mixture may be dropped from the spoon. Fry in butter substitute.

Mrs. H. C. Newman.

BAKED SWEET POTATOES

Wash the potatoes and bake the same as white potatoes. Small ones will bake in half an hour, while very large ones will require an hour or more. If the potatoes are liked very moist and sweet, bake from one to two hours, depending on the size.

FRIED SWEET POTATOES

Cut the boiled potatoes into slices and fry brown in savory drippings. Or the potatoes may be cut in four parts lengthwise, put in a frying basket and cooked in smoking hot fat for 10 minutes. The fat must be deep enough to cover the potatoes.

GLAZED SWEET POTATOES

Sweet potatoes. Light brown sugar.

Cook potatoes in salted water until soft; pare and cut in halves lengthwise; put in greased baking dish; cover with syrup made in proportion of 1 cup sugar to 4 tablespoons of water. Bake until brown.

SWEET POTATOES SUPREME

Sweet potato.

Whole cloves.

Butter substitute.

Pepper and salt.

Milk.

Boil potatoes, peel and mash; add milk and season with salt and pepper. Mold into shape of apples; put clove on top, spread with butter substitute and bake in the oven until light brown.

Mrs. F. J. Solinsky.

SWEET POTATOES AND APPLES BAKED

6 medium sized sweet potatoes.

Butter substitute.

3 apples.

Brown sugar.

Boil potatoes fifteen minutes; peel and slice. Put in greased baking dish, alternate layers of potatoes and sliced apple, sprinkling apples with sugar and dotting potatoes with small lumps of butter or butter substitute. Bake forty-five minutes.

Mrs. P. B. Fay.

SWEET POTATO TRIFLES

4 sweet potatoes.

1 lemon.

1 cup milk.

1 tsp. brown sugar.

 $\frac{1}{2}$ tsp. cinnamon.

Boil potatoes and press through ricer or colander; mix thoroughly with juice of lemon and other ingredients. Form into diamond shapes on baking sheet, brown under a blazer or in hot oven.

PLAIN BOILED WHITE RICE

Wash white rice in cold water until the water clears. Use one part of rice to one and three-fourths parts of cold water for cooking. Bring to the boiling point quickly, then slow the fire down just enough to prevent boiling over and cook ten minutes. Then turn very low, to steam twenty-five minutes. Do not stir, nor add more water, nor uncover. When done leave in the kettle until serving. A flat bottomed black iron or porcelain-lined heavy kettle is preferred. Season just before removing from the kettle.

RICE AND TOMATOES

6 large tomatoes.

1 tblsp. butter substitute.

1 cup rice.

Pepper and salt.

Cook rice, drain, season with pepper, salt and butter. Cut off tops of tomatoes, scoop out some of the center, fill with rice, bake fifteen minutes.

Mrs. Jos. Dunn.

MEXICAN RICE

- | | |
|------------------------------|-----------------------|
| 1 cup rice. | 3 bell peppers. |
| 4 tomatoes. | Salad oil. |
| 1 rounding tblsp. drippings. | Salt, sugar, paprika. |
| 3 onions. | Worcestershire sauce. |

Wash and dry rice, brown in salad oil, stirring constantly; add onions and peppers cut fine, stir until they are soft; add tomatoes cut into small pieces and enough water to cover; season with salt, sugar, paprika and Worcestershire sauce. Cook in slow oven in a casserole, tightly covered, for forty-five minutes, or in a fireless cooker.

SPANISH RICE

- | | |
|-------------------------|------------------|
| $\frac{1}{2}$ cup rice. | 3 small peppers. |
| 3 large onions. | Olive oil. |

Slice onions and peppers, fry in olive oil. Boil rice until nearly done, drain well, add to onion and peppers, season and fry slowly until thoroughly brown.

Senora Benicia Vallejo.

CORN TAMALE

- | | |
|------------------------------|-----------------------------|
| $\frac{1}{2}$ cup milk. | 2 tblsp. butter substitute. |
| $\frac{1}{2}$ cup tomatoes. | 1 small onion. |
| $\frac{1}{2}$ cup corn meal. | 3 sprigs parsley. |
| 1 can corn. | 1 pimiento. |
| 2 eggs. | |

Beat eggs, grate onion, chop parsley and pimiento; mix all together and bake one hour in buttered pan.

Mrs. F. J. Solinsky.

CORN PUDDING

- | | |
|-------------------------------|-----------------------------|
| 1 cup corn. | 1 tsp. salt. |
| 1 cup milk. | 1 tsp. sugar. |
| 1 egg. | 1 tblsp. butter substitute. |
| $\frac{1}{3}$ cup dry crumbs. | Pepper. |

Mix; pour into greased dish; bake in pan of water until firm. Serve as vegetable.

Prof. Mary Beals Vail.

Mills College.

VEGETABLES

CONSERVATION RECIPES

SMALL HOMINY, BAKED

2 cups cooked small hominy.
2 eggs.
2 cups milk.

Cheese.
Oleomargarine.

Mix hominy, milk and well beaten eggs; put in casserole, sprinkle with grated cheese and butter or oleomargarine. Bake until brown.

Mrs. E. P. Douglas.

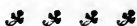
SPANISH DISH

1 can corn.
1 can tomatoes.
1 scant cup corn meal.
2 eggs.
1½ cups milk.

1 tsp. pepper sauce.
1 tsp. salt.
½ onion.
1 bell pepper.
1 bottle pimolas.

Wet the pepper sauce, chop pepper and onion. Mix all ingredients, bake one hour or until set in the middle.

Mrs. F. C. Torrey.

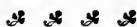
SAVORY CANNED TOMATOES

1 can solid tomatoes.
1 cup water.
1 large minced onion.
2 tblsp. olive oil.

1½ tblsp. barley flour.
1¼ tsp. salt.
¼ tsp. pepper.

Put tomatoes, water and onion in stew pan; cook until tender. Heat olive oil, stir in flour, blend with a little of the hot tomato liquor; pour into the tomatoes, add seasoning, simmer ten minutes.

Mrs. Geo. E. Holding.

FRIED TOMATOES

Ripe tomatoes.
Barley flour.
Milk.

Salt.
Pepper.
Fat.

Cut tomatoes crosswise and sprinkle cut side with flour, salt and pepper. Place floured side down in frying pan with a little fat. Cook slowly ten or fifteen minutes; turn and cook until soft. Remove tomatoes to hot platter. Put into frying pan a little more fat; stir into it a little flour and add milk to make a gravy. Pour over tomatoes.

Anna R. Ash.

SPANISH TOMATOES

3 large tomatoes.

2 ears green corn, or $\frac{1}{2}$ can. $\frac{1}{2}$ small green pepper. $\frac{1}{4}$ cup celery. $\frac{1}{2}$ cup cold water.

Salt and pepper.

Peel and slice tomatoes; add $\frac{1}{2}$ cup water, corn, cut from cob, pepper chopped fine, and celery cut into small pieces. Boil twenty minutes. Salt and pepper to taste. (Good with fish.)

Mrs. A. J. Anderson.

SCALLOPED TOMATOES

Stale crumbs.

3 or 4 cups tomatoes.

2 onions.

1 green pepper.

1 to 2 tsp. salt.

Butter.

Slice onions thin; chop peppers fine; mix with tomato and salt. Put layer of buttered crumbs on the bottom of a greased baking dish; add mixture; put on layer of crumbs, buttered, cover dish and bake slowly for an hour. Uncover to brown.

Prof. Mary Beals Vail.

TOMATOES ON TOAST

3 cups tomatoes.

 $\frac{1}{4}$ cup peanut butter.

1 to 2 tblsp. onion, cut fine.

2 tblsp. rice flour.

2 tblsp. fat.

1 tsp. salt.

Pepper.

Brown onion in fat, add flour, peanut butter, salt, pepper to taste, and tomatoes. Cook until thick. Serve on toast.

Prof. Mary Beals Vail.

SPINACH

Spinach.

Onion.

French dressing.

Cook spinach with a little onion, drain and let stand all day in French dressing; heat and serve.

TURNIPS A LA BERKELEY

3 cups turnips.

2 tblsp. melted butter or substitute

Salt and pepper.

Parsley.

Cut into half inch dice 3 cups turnips. Cook in salted water, drain and add butter, season with salt, pepper and chopped parsley.

Mrs. F. B. Bowman.

VEGETABLES

CONSERVATION RECIPES

RED CABBAGE STEAMED



- | | |
|-----------------------------|-------------------|
| 1 medium sized red cabbage. | Salt and pepper. |
| 1 tblsp. fat. | 1 sour apple. |
| 1 tsp. sugar. | 2 tblsp. vinegar. |

Heat fat in stew pan, add cabbage, shredded as for slaw, apple, sliced, vinegar, salt and pepper. Cover closely; cook slowly for one hour. Shake occasionally to prevent burning. Add sugar when nearly cooked. Mrs. H. Heinemann.

SPANISH CARROTS



- | | |
|------------------------------------|---------------------|
| 1 bunch large carrots. | 1 can tomato sauce. |
| 1 small onion. | Hot pepper. |
| 2 tsp. butter substitute. | 1 tsp. cornstarch. |
| 1 tsp. sugar or 2 tsp. corn syrup. | 1 tsp. salt. |

Scrape and cut carrots in large cubes. Cut onion fine, boil together with salt until tender, do not drain. Add tomato sauce, sugar, and dash of pepper. Cream butter substitute and cornstarch and thicken. Simmer fifteen minutes.

Mrs. Sophia Salzberger.

CREAMED CARROTS



- | | |
|-----------------------|----------------|
| Carrots. | Pepper. |
| 1 tblsp. fat. | Grated nutmeg. |
| 1½ tblsp. corn flour. | Milk. |
| 1 tsp. sugar. | Parsley. |
| ½ tsp. salt. | ¼ |

Scrape and slice carrots; cook until tender in small amount of water; add enough milk to the liquor to make 1 cup; add salt, pepper, sugar, grated nutmeg, and thicken with corn flour rubbed into the fat. Pour over carrots and sprinkle with a little chopped parsley. Prof. Mary Beals Vail.

VEGETABLE FRITTERS



- | | |
|---|--------------|
| 1 cup either cooked corn, mashed celery root, or parsnip. | |
| ½ cup corn flour. | ½ tsp. salt. |
| 1 egg. | Pepper. |
| ½ tsp. baking powder. | Milk. |

Sift together flour, baking powder and salt. Beat egg, mix all ingredients, using enough milk to make it drop from a spoon. Fry by spoonfuls in thin layer of smoking hot vegetable fat. Brown both sides. Mrs. Carl L. A. Schmidt.

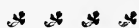
BAKED CUCUMBERS

6 large cucumbers.
1 small onion.
4 ripe tomatoes.
1 tblsp. butter or substitute.

1 large tblsp. fat.
Crumbs.
Salt and pepper.

Split cucumbers lengthwise, scrape inside into a dish, pour off water, add half as much crumbs as cucumber. Slice and fry tomatoes in large spoonful of fat, add onion, chopped fine, stir in cucumber, crumbs and butter or substitute, fry ten minutes. Wipe shells of cucumbers, fill with mixture, sprinkle with browned crumbs, bake half hour.

Mrs. T. M. Shearman.

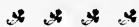
APPLES CURRIED

6 large apples.
1 tblsp. shortening.
1 tblsp. curry powder.

1 cup brown sugar.
 $\frac{1}{2}$ lemon.

Halve the apples across core, scoop out cores, melt shortening and sugar, add lemon juice and curry, pour over apples in baking dish, add a little cold water, bake in slow oven.

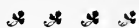
Mrs. E. L. Halvaes.

CAULIFLOWER, WITH CHEESE

Cauliflower.
1 pt. white sauce.
Cheese (Swiss or American).

Buttered crumbs.
Salt and pepper.

Cook the cauliflower, head up, in boiling salted water; drain; put in baking dish in layers with salt, pepper and grated cheese. Pour over white sauce; cover with thick layer of crumbs and bake until brown. If left over cauliflower is used cover baking dish until contents have been heated through. Cauliflower must not be cooked too long—twenty to thirty minutes, according to size of the cauliflower is sufficient.

FRIED EGGPLANT

Eggplant.
Oil or drippings.

1 egg.
Salt.

Peel eggplant, soak over night in water, wipe dry, dip in beaten egg and fry in oil or drippings in frying pan; salt before turning.

VEGETABLES

CONSERVATION RECIPES

BAKED EGGPLANT

1 eggplant.
 ½ cup crumbs.
 1 tblsp. crisco.
 1 egg.

½ cup chopped celery.
 ½ cup chopped onion.
 Salt and pepper.

Pare and cut up eggplant. Cook ten minutes in boiling salted water. Mash, add crumbs, salt, pepper, crisco, fold in beaten egg, add chopped celery and onion. Bake in greased dish in moderate oven half hour.

Mrs. F. W. Wentworth.

FRIED SUMMER SQUASH OR CUCUMBER

Summer squash or cucumber. Rice flour.
 Oil or drippings. Salt.

Slice vegetables thin; flour, and fry in frying pan in hot fat; salt before turning.

SPLIT PEA PUDDING

1½ cups split peas.
 1 egg.

Salt.

Soak or boil peas until tender. Press through a sieve, add salt, yolk and well beaten white of egg. Steam in greased dish or double boiler. Serve hot with cream sauce or meat gravy, or, when cold, dice and serve in soup.

ARTICHOKES STUFFED

4 artichokes. 2 tsp. grated cheese.
 Salt, pepper, garlic. 5 tsp. olive oil.
 4 tblsp. bread or cracker crumbs.

Boil artichokes, separate petals slightly. Mix well other ingredients and drop between petals; press together and hold in place with band of white cotton. Heat in oven.

Mrs. John F. Kelly.

STRING BEANS OR PEAS

Beans or peas.
 Soda.

Butter substitute.

Put generous teaspoon butter substitute in dish on stove; add beans or peas and tiny pinch of soda; stir until green, then cover dish very tightly. Cook slowly about twenty minutes. Watch; if too dry add tablespoon water.

Mrs. W. H. Waste.

BREADS

Mrs. Franklin P. Nutting Editor.

CONSERVATION HINTS

The Bread and Cake Departments have been revised by Mrs. Grace M. Haring, and all **new** recipes tested in the Household Science Classes of the Berkeley High School. The revision has been made to conform to the present wheat situation. In view of the Government's earnest request that we restrict our consumption of wheat to the least possible amount, it has seemed advisable to submit only non-wheat recipes for quick breads and cakes.

A few general hints on the use of substitute flours in baking and other forms of cooking may prove helpful. It is well to bear constantly in mind that the substitute flours are as nourishing as wheat and by careful combinations may be made quite as acceptable.

In California we have corn, oat, rice, barley, potato, buck-wheat and soy bean flours; corn, oat, and barley meals, as well as potatoes, rice, and hominy, to use as substitutes. With these it is possible to make a great variety of quick breads without any wheat flour, and we can also make yeast breads in the home with only a fraction of the wheat formerly used, or with none at all if necessary. These loaves are not so large nor so light but if the various flours are effectively combined the flavor is good.

Quick breads are those best adapted to the substitute flours. These should, therefore, be made to take the place of the former yeast wheat bread as far as possible. They may all be baked at home and they are, of course, better served fresh and hot. Hot breads are not unwholesome if light and thoroughly baked, but, if preferred, they may be toasted when cold.

For batter cakes and waffles many of the substitutes excel wheat flour. They also make excellent pastry because they are so short; the only difficulty is in the handling. Flours rich in gluten have never been considered desirable for pastry and cake. The substitutes, therefore, give better results than all wheat for these mixtures. Crisp crackers can

be made, but must be carefully handled because of their tendency to crumble.

Since the substitute flours, as a rule, require more moisture than wheat flour, they are better for muffins and cup cakes than for rolled biscuits or cookies. Although a soft dough can be used, a drop biscuit or a drop cake is to be recommended instead. The elimination of the bread board is a saving of labor and also of flour. This should be considered, even if substitute flours are used. The Government has put no limit on the use of flours other than wheat, but the drain on the supply of cereals is so great that the Food Administration is urging the substitution of other foods for them. In view of this fact any method of cooking that is wasteful of the substitute flours should be avoided.

Corn is our largest cereal crop and is adapted to a variety of non-wheat breads.

Oats rank next in availability. Rolled oats put through a meat grinder may be made into as fine a flour as wheat.

Barley, corn, or rice flours may be used just as wheat has been for cream sauces and gravies. Cornstarch has always been used for such purposes by many housewives. Potato flour is preferred by some cooks. If it is used it must be moistened with cold water before adding to the hot gravy. For brown gravy use equal parts of barley flour and cornstarch. It is well to have a quantity of this flour ready for use at any time. Prepare it by setting it on the stove in a roasting pan and stirring constantly until it is a light brown color. When cool put in glass jars and cover.

Potato flour is good for some mixtures, for sponge cakes especially, but the potatoes themselves are a better and a cheaper substitute for bread.

Rye ranks next to wheat in gluten content and may, when available, be substituted for wheat in any recipe, but owing to the present shortage of rye, it can no longer be advocated as a wheat substitute. Although other non-wheat flours are lacking in gluten and vary in weight and in the amount of moisture absorbed, they can, with a little care, be used in the place of wheat or rye in breads as well as in other foods.

The only real difficulty in the use of conservation flours in the place of all of the wheat or rye is the problem of making the mixture light in spite of the lack of gluten. This deficiency may be partially made good by the use of eggs.

Some cooks soak or scald the flour or meal for several hours or overnight before using as another means of binding the ingredients. This applies especially to the use of corn, oats and rice, and gives a bread of smooth consistency.

In making quick breads with the substitutes, any standard wheat recipe may be used and varied as occasion demands. Omit the wheat and substitute other flours in its place. When this is done by measure instead of by weight, a mixture of two or three kinds of flour is advisable. This method also modifies the distinctive and somewhat undesirable flavor of certain flours. When using two or more flours, they should be sifted together several times. More salt, less shortening, and a little more baking powder is needed. Sour milk or buttermilk is preferable.

The addition of currants, raisins, nuts, molasses or spices is especially desirable for the non-wheat breads and cakes.

In general better results are obtained when non-wheat batters are thin and baked in small portions, as muffins, very small loaves, or thin layers. A hotter oven may then be used. Serve fresh and hot if possible.

In using waffles, hot cakes, or muffins, it is well to bear constantly in mind that these articles of diet are to take the place of bread. Avoid left overs even though the crumbs may be used in other dishes. In scalloped dishes and meat loaves calling for crumbs, substitute potatoes, rice, corn-flakes, or corn or oatmeal mush, or eggs. If the making of crumbs is unavoidable, they should be used again in breads to save flour and other cereals.

The following recipe is submitted as a basis for making muffins with any kind of flour. It is capable of many variations. All measurements are level, and the flour is measured after sifting unless otherwise stated.

STANDARD MUFFIN RECIPE



- 2 cups flour (reserve $\frac{1}{2}$ cup to be added later as needed.)
- 4 tsp. baking powder.
- 1 tsp. salt.
- 1 cup milk or other liquid.
- 1 tblsp. sugar, syrup, or molasses.
- 2 tblsp. shortening or peanut butter.
- 1 or 2 eggs.

Mix and sift the dry ingredients; add the sugar and shortening; add the liquid gradually, folding in the well

beaten egg last and adding as much of the flour held in reserve as is needed to give a medium, thin batter. Bake in well greased tins in a moderate oven 20 to 40 minutes. The muffins should be small.

Any flour may be used, but there are several reasons why a combination of flours is preferable. Bread crumbs, dry mashed potatoes, cooked rice or hominy may replace $\frac{1}{4}$ to $\frac{1}{2}$ of the flour. Dried fruits, nuts, or cheese may be added.

Sour milk or buttermilk may be substituted for sweet milk in any of these recipes. Add $\frac{1}{2}$ teaspoon soda for each cup and reduce the quantity of baking powder in the recipe by one-half. If the milk is clabbered, less flour is needed.

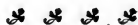
The number of eggs may be increased. For each additional egg added decrease the baking powder $\frac{1}{2}$ teaspoon and use less liquid and slightly less shortening. If eggs are not available they may be decreased in number or omitted entirely by making the opposite changes. Eggless non-wheat batters should be made thicker.

If baking powder is the only leavening, instead of using 2 level teaspoons of baking powder for each cup of flour as for wheat flour, substitute a slightly rounded measurement obtained by drawing the spoon edges up on the side of the slanting baking powder can. A larger increase in baking powder is wasteful as the difficulty is not in the lack of baking powder but in the inability of non-gluten flours to utilize it.

WHEATLESS CORN BREADS

Use the flours on hand. In remodeling recipes it is better to use a mixture of flours in place of the wheat flour. If rye flour is used, corn meal breads may be eggless.

SOUR MILK CORN BREAD MODEL



2 cups corn meal.	2½ tsp. salt.
2 cups sour milk.	2 eggs.
2 tblsp. shortening.	1 tsp. soda.
2 tblsp. sugar or corn syrup.	1 tblsp. cold water.

There are three ways of mixing this bread:

Method 1.—The meal, milk, salt, fat, and sugar are cooked together in a double boiler for ten minutes. When the mixture is cool, the eggs, well beaten, are added and the soda dissolved in a tablespoon of cold water.

Method 2.—The dry ingredients are mixed together, and then the sour milk and eggs, well beaten, and the melted shortening are added. If the second method is used, the cold water is omitted.

Method 3.—Beat yolks and whites of eggs separately as for cake. Add the liquid gradually. Fold in the stiffly beaten whites at the end.

The bread should be baked in a shallow pan or in individual muffin tins about thirty minutes.

Raisins, currants, dates, prunes, or cocoanut may be added. Dredge these with rice flour and fold in with whites of eggs.

CORN BREAD



1 cup corn meal.	2 tsp. baking powder.
1½ cups boiling milk.	½ tsp. salt.
1 tblsp. shortening.	1 egg.
1 tblsp. sugar.	

Pour hot milk on shortening, and let stand until cold. Add other ingredients, beating yolk and white of egg separately. Add the white last. If eggs are very small two will be necessary.

Mrs. H. L. Courtam.

SPOON BREAD NO. I



1 cup corn meal.	1 pt. milk.
½ cup boiled rice.	1 tsp. baking powder.
2 tblsp. melted shortening.	½ tsp. salt.
2 eggs.	

Scald the corn meal with boiling water; add a little milk, then the boiled rice, shortening, salt, and the remainder of the milk. If wanted for lunch, mix the above after breakfast, and let it stand until ready to bake. Then add the beaten eggs and the baking powder. Bake about half an hour.

Gertrude Hemme.

SPOON BREAD NO II



1 qt. skimmed milk.	1 egg.
1 cup yellow corn meal.	½ tsp. salt.

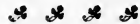
Bring milk to boiling point in double boiler. Stir in corn meal mixed with a little cold milk. Stir until thick. Add salt and beaten egg. Bake twenty to thirty minutes until set.

Mrs. E. V. Matignon.

BREADS

CONSERVATION RECIPES

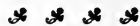
DELICATE SPOON BREAD



2 cups milk.	2 eggs.
$\frac{1}{4}$ cup corn meal.	1 tsp. salt.
1 tsp. shortening.	1 tblsp. sugar or corn syrup.

Add water to corn meal, bring slowly to the boiling point and cook a few minutes. Add shortening, sugar and salt. When cool, add yolks of eggs. Fold in the stiffly beaten whites last. Bake in a hot oven 20 to 30 minutes in greased shallow pan. This may be removed from the baking dish and served as bread.

SOFT SPOON BREAD



2 cups water.	1 tblsp. shortening.
1 cup milk (whole or skim.)	2 eggs.
1 cup corn meal.	2 tsp. salt.

Mix water and corn meal and bring to the boiling point and cook five minutes. Beat eggs well and add with other materials to the mush. Beat well and bake in a well greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon. Serve with milk or syrup.

CORN AND HOMINY GEMS

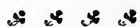


1 cup corn meal.	3 tblsp. shortening.
1 cup heated milk.	1 tsp. salt.
3 tblsp. sugar or corn syrup.	2 eggs.
$\frac{1}{2}$ cup cooked hominy or rice.	3 tsp. baking powder.

Scald the corn meal with the hot milk, add the salt, sugar and shortening; then add hominy or rice. When cool add well beaten yolks of eggs and stiff whites. Sift in baking powder, beat thoroughly. Bake in greased gem pans about 25 minutes. Makes three dozen.

This recipe may be varied by using currants, fresh blueberries or one-half cup drained canned corn instead of the hominy or rice. If blueberries are added, double the quantity of sugar.

CORN DODGERS



1 pt. corn meal.	1 tsp. salt.
1 tblsp. shortening.	

Scald corn meal with sufficient hot water to hold shape when dropped on a greased pan from a tablespoon. Bake in quick oven.

Mrs. T. M. Shearman.

CORN AND HOMINY BREAD

1 pt. hominy.	1 pt. milk.
1½ pts. white corn meal.	1 tblsp. butter substitute.
1 tsp. salt.	4 eggs.

Add the cornmeal to the hot hominy. Add salt, butter and scalding milk. Add beaten yolks. Fold in whites last. Bake in rather quick oven. Mrs. T. M. Shearman.

CORN BREAD (With Mashed Potato)

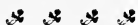
1 cup corn meal.	1 cup milk.
2 tsp. baking powder.	1 egg.
1 tsp. salt.	1 cup mashed potatoes.
2 tblsp. sugar.	

Mix dry ingredients. Mix milk, beaten egg and mashed potatoes. Combine the two mixtures in smooth dough and bake in quick oven. Mrs. J. T. Allen.

WAR JOHNNY CAKE

½ cup brown sugar.	2 tblsp. baking powder.
2 tblsp. molasses.	3 cups water.
1 tsp. salt.	3 cups corn meal.
2 tblsp. fat.	½ cup cornstarch.
2 cups of barley or rye flour.	

Melt the fat in a bowl, add molasses, sugar, salt, and water. Mix and sift the dry ingredients and add to the liquid. Beat well, pour into well greased pans and bake. Bake in a moderate oven until done. If baked in a shallow pan this will require about twenty minutes.

APPLE CORN BREAD

⅞ cup corn meal.	3 medium sized apples.
½ cup rice or barley flour.	½ tsp. baking powder.
1 tblsp. molasses.	½ tsp. soda.
¾ cup buttermilk.	1 tsp. salt.
1 tblsp. melted shortening.	

Mix all the dry ingredients together thoroughly; add the buttermilk, molasses and shortening, and mix well. Pour into a shallow greased tin, and place the apples, peeled and cut in eighths, over the top. Bake in a hot oven three-quarters of an hour. When done dust with powdered sugar.

BREADS

CONSERVATION RECIPES

CRACKLING CORN BREAD

2 cups corn meal.
2 cups cracklings.

2 tsp. salt.
Boiling water.

Pour enough boiling water over mixture of corn meal and salt to moisten but not enough to make a mush. When cool, work in the cracklings with the fingers. Form into small rolls and bake about 30 minutes. Serve without butter.

Cracklings are the scraps left over after trying out the fat. One-fourth cup oil may be substituted for the cracklings.

TIME-SAVING CORN BREAD

1½ cups yellow corn meal.	2 tblsp. baking powder.
½ cup white corn meal.	1 tsp. salt.
½ cup rice flour.	3 tblsp. sugar.
½ cup barley flour.	2 eggs.
½ cup drippings.	Milk.

Place the dry ingredients in a bowl, drop in the two eggs unbeaten, the drippings slightly melted and add enough milk to make a thick batter. Beat well; put in greased pans and bake in a hot oven about twenty minutes.

DANDY CORN GEMS

2 cups corn meal.	½ tsp. salt.
2 cups corn flour.	2 eggs.
1 tblsp. shortening.	2 cups milk.
2 tsp. baking powder.	1 tblsp. brown sugar.

Sift the corn meal and corn flour together, and add the shortening. Pour enough boiling water over this to mix thoroughly. Add a little milk to cool it. Beat in the eggs and add the sugar, then the remainder of the milk; add the baking powder, beating well.

Mrs. M. Williams.

CORN AND RYE BREAD

1 cup yellow corn meal.	2½ cups very sour milk.
2 cups rye flour.	⅔ cup molasses.
2 tsp. soda.	1 tsp. salt.

Dissolve 2 even teaspoons soda in hot water, add salt, sour milk, molasses, and then the flour. Put in pans and set in warm place to rise for one hour, or until light. Then bake one and one-fourth hours in moderate oven.

Mrs. Raymond S. Perkins.

EGGLESS CORN MEAL AND RYE MUFFINS

$\frac{1}{2}$ cup corn meal.	4 tsp. baking powder.
$1\frac{1}{2}$ cups rye flour.	1 tblsp. sugar or corn syrup.
$\frac{1}{2}$ tsp. salt.	1 tblsp. shortening.
$\frac{3}{4}$ cup milk, skim milk, or milk and water.	

Mix the dry ingredients, add liquid and melted shortening and beat well. Bake in greased muffin tins in hot oven 30 minutes.

SPIDER CORN BREAD

1 cup corn meal.	$1\frac{3}{4}$ cups milk or milk and water.
$\frac{1}{3}$ cup rice flour.	1 slightly beaten egg.
1 tblsp. shortening.	2 tblsp. sugar or corn syrup.
2 tsp. baking powder.	1 tsp. salt.

Add beaten egg to one cup of the liquid and stir in the dry ingredients after mixing. Heat frying pan, melt shortening, grease sides of the pan, turn in the mixture, pour remaining milk over the top but do not stir. Place on middle grate in a hot oven and cook 20 or 25 minutes. The surface will be broken and creamy. Cut like a pie and serve hot.

NOTE—The beaten egg may be added to all the liquid if preferred and three-fourths reserved to pour over the top just before baking.

SOUR MILK SPIDER BREAD

$1\frac{1}{4}$ cups corn meal.	2 cups sour milk.
1 tsp. salt.	2 eggs well beaten.
1 tsp. soda.	2 tblsp. shortening.
2 tblsp. sugar or corn syrup.	

Mix the dry ingredients, add eggs and milk gradually as for a cake, adding all the milk to the mixture. Bake as above.

FRUIT GEMS

1 cup corn meal.	$\frac{1}{2}$ cup currants.
1 cup milk.	1 tsp. salt.
$\frac{1}{2}$ cup cream or milk.	1 tsp. baking powder.
$\frac{1}{2}$ cup raisins.	

Cook meal and salt in milk for 20 minutes. Cool. Add baking powder and beat thoroughly. Add the fruit and cream and bake in well oiled muffin tins.

BREADS

CONSERVATION RECIPES

PUMPKIN CORN BREAD



- | | |
|-----------------------------|---------------------|
| 1½ cups corn meal. | 2 cups pumpkin. |
| ½ cup barley or rice flour. | ½ cup sugar. |
| 1 tsp. salt. | 1 tblsp. hot water. |
| 3 tsp. baking powder. | 1 egg. |
| ⅓ tsp. soda. | 1 cup milk. |

Mix well together the corn meal, flour, salt and baking powder. Beat the soda, sifted, into the pumpkin, which has been mixed with the hot water; then add the egg beaten lightly, the sugar and the milk. Add all to the dry ingredients, and beat together well. Place in greased pans and bake in a moderate oven until brown. This will fill two round layer-cake pans.

Mrs. R. L. Reid.

POTATO CORN MEAL MUFFINS



- | | |
|--------------------------------|-----------------------|
| 1 cup sweet or Irish potatoes. | 3 tsp. baking powder. |
| 1 cup corn meal. | 2 tblsp. syrup. |
| ½ cup any sifted flour. | 2 tblsp. shortening. |
| 1½ tsp. salt. | 1 or 2 eggs. |

Liquid to mix to a medium batter (½ to ¾ cup).

Add the corn meal, salt, syrup, and ½ cup liquid to the hot mashed potato, place in double boiler and steam 10 minutes. Add the shortening and allow to cool thoroughly. When cold add the well beaten eggs and the flour, which has been sifted with the baking powder. Add enough more liquid, if necessary, to make a somewhat stiff batter. Beat thoroughly, place in gem pans until half filled, and bake about 25 minutes in a moderately hot oven.

OATMEAL DROP BISCUIT



- | | |
|---------------------------|-----------------------|
| 1 cup ground rolled oats. | 2 tsp. baking powder. |
| 1 cup corn flour. | ½ tsp. soda. |
| 1 cup sour milk. | 1 tsp. salt. |
| ½ cup water. | 2 tblsp. fat. |

Mix dry ingredients; add milk, water and melted shortening. Drop on greased pan and bake in a hot oven 15 or 20 minutes.

If sweet milk must be used omit the soda and add two more teaspoons baking powder.

Prof. Mary Beals Vail.

OAT FLOUR AND OAT MEAL**OATMEAL BREAD**

1 cup barley flour.	2 tblsp. sugar.
1½ cups corn meal.	1 egg.
½ cup cooked oatmeal.	5 tsp. baking powder.
1 cup milk.	1 tsp. salt.
2 tblsp. shortening.	

Mix together flour, corn meal, salt, baking powder and sugar; add the oatmeal, beaten egg, melted shortening and milk. Mix well and bake in greased shallow pan in a moderate oven 40 to 45 minutes.

NUT LOAF

3 cups ground rolled oats.	¾ cup chopped raisins.
1 cup rice flour.	½ cup chopped nuts.
3 tsp. baking powder.	½ cup sugar.
1 egg, well beaten.	½ tsp. salt.

Milk, enough to make a medium thick batter.
Shortening may be added if desired.

Mix and sift dry ingredients, add nuts and raisins dredged with rice flour. Add the beaten egg and milk. Bake in greased loaf tins in a medium oven. This makes two small loaves.

ROLLED OATS AND CORN MEAL MUFFINS

1 cup rolled oats.	1 tblsp. shortening.
1 cup white corn meal.	2 tblsp. sugar.
3 tsp. baking powder.	1 egg, well beaten.
½ cup milk.	½ tsp. salt.

Mix dry ingredients. Add milk, egg and melted fat. Bake in muffin pans 30 minutes in a moderate oven.

OAT MEAL MUFFINS

2 cups oat meal.	1 tsp. shortening.
1⅓ cups sour milk.	1 tsp. soda, sifted with—
¼ cup sugar.	2 cups corn flour.
2 eggs.	

Soak oat meal in the sour milk for several hours. Add other ingredients.

BREADS

CONSERVATION RECIPES

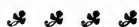
CRUMB MUFFINS

- | | |
|---------------------|-----------------------|
| 1½ cups dry crumbs. | 3 tsp. baking powder. |
| ½ cup any flour. | 2 tblsp. syrup. |
| 1 cup milk. | 1 tblsp. shortening. |
| ½ tsp. salt. | 1 egg. |

Scald the milk, add the crumbs (any kind) and allow to stand 15 minutes; then mash and beat to a paste. Add the salt, syrup, beaten egg yolk, melted shortening, and the flour and baking powder, sifted together. Finally fold in the beaten egg white. Pour into gem pans until half filled, then bake about 20 minutes in a moderately hot oven.

RYE FLOUR

Use rye alone seldom even if you have it on hand. Its gluten content makes it desirable for wheatless bread. Mix it with cereals lacking in gluten.

RYE NUT BREAD

- | | |
|-----------------------------|-------------------------|
| 2 cups rye flour. | 2 cups chopped walnuts. |
| 1 cup rice flour. | ¼ cup sugar. |
| ½ tsp. salt. | 1 cup milk. |
| 5 level tsp. baking powder. | 1 egg beaten light. |

Mix in order given. Form in loaf. Knead well; place in oblong tin. Let stand twenty minutes and bake in moderate oven fifty minutes.

Mrs. J. P. McMillin.

RYE POPOVERS

- | | |
|-----------------------------|--------------------|
| ⅔ cup rye meal. | 1 cup milk. |
| ⅓ cup rice or barley flour. | 2 eggs. |
| ¼ tsp. salt. | 1 tsp. shortening. |

Mix and sift dry ingredients. Add milk gradually, also shortening, then eggs well beaten. Beat two minutes with egg beater. Turn into hissing hot gem pans, and bake in hot oven from thirty-five to forty minutes.

BARLEY FLOUR**BARLEY MUFFINS**

2 cups barley flour.	4 tblsp. sugar or corn syrup.
3 tsp. baking powder.	3 tblsp. shortening.
1½ tsp. salt.	⅔ cup milk.
1 well beaten egg.	

Put melted shortening and syrup in a bowl. Mix and sift the dry ingredients and add alternately with the milk. Add beaten egg last. Add more milk if necessary to make a thin batter. Pour into greased muffin tins and bake in a moderate oven about forty minutes.

Good results are also obtained when recipe is made with 1 cup barley flour and 1 cup rice flour instead of 2 cups of barley flour.

RICE AND BARLEY FLOUR MUFFINS

2 cups rice flour.	2 tblsp. oil.
1 cup barley flour; reserve ¼ cup.	1 tsp. salt.
2 cups milk.	3 eggs.
3 tsp. baking powder.	

Mix yolks of eggs, flour, milk, oil and salt together. Beat well; add baking powder and the reserved ¼ cup barley flour if batter is too thin. Fold in the whites of eggs, pour into greased muffin tins and bake thirty or forty minutes.

Miss Aileen Jaffa.

BARLEY DROP BISCUIT

2½ cups barley flour.	1 tsp. salt.
4 tsp. baking powder.	½ tblsp. fat.
1 cup milk.	

Mix dry ingredients. Melt fat in measuring cup and add about 1 cup of milk, then add this mixture to the dry ingredients. Mix quickly and lightly. Drop by spoonfuls on greased pan and bake in a hot oven fifteen to twenty minutes.

(One cup ground rolled oats or oat flour may be substituted for part of the barley flour. If so, the flavor will be improved by adding a teaspoon of sugar).

BREADS

CONSERVATION RECIPES

BARLEY MUFFINS

$\frac{1}{3}$ cup barley flour.	2 tsp. baking powder.
$\frac{1}{3}$ cup corn flour.	$\frac{1}{2}$ tsp. soda.
$\frac{1}{3}$ cup soy bean flour.	$\frac{1}{2}$ tsp. salt.
$1\frac{1}{2}$ cups sour milk.	2 tblsp. shortening.
1 egg.	

Sift dry ingredients together; add milk, egg and melted shortening. Bake in a moderate oven.

SOY BEAN FLOUR**SOY FLOUR MUFFINS**

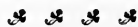
$\frac{3}{4}$ cup soy bean flour.	2 tblsp. brown sugar.
$\frac{3}{4}$ cup barley flour.	1 cup milk or more.
$\frac{1}{2}$ cup rice or corn flour.	1 tblsp. melted shortening.
4 tsp. baking powder.	1 egg.
1 tsp. salt.	

Sift dry ingredients. Beat egg slightly, add milk and pour this mixture gradually into the dry ingredients. Add the melted shortening. Bake in greased muffin tin in moderate oven twenty to twenty-five minutes.

SOY FLOUR DROP BISCUITS

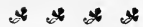
$\frac{2}{3}$ cup soy bean flour.	2 tblsp. corn syrup.
$\frac{2}{3}$ cup barley flour.	1 tsp. salt.
$\frac{2}{3}$ cup corn flour.	$\frac{1}{2}$ tsp. soda.
1 tblsp. shortening.	2 tsp. baking powder.
1 cup buttermilk or sour milk.	...

Add the syrup to buttermilk and melted fat, then sift in the dry ingredients. Mix well and drop from the tip of a spoon on to a greased pan and bake fifteen to twenty minutes in a moderately hot oven.

SOY AND RICE FLOUR MUFFINS

$\frac{1}{2}$ cup soy flour.	1 tblsp. cornstarch.
2 tsp. baking powder.	1 tsp. sugar.
1 cup rice flour.	$\frac{2}{3}$ cup sweet milk.
1 level tsp. salt.	

Bake in well greased pans in a slow oven twenty to twenty-five minutes.

SOY AND CORN MUFFINS

- | | |
|------------------|---------------------------|
| 1 cup soy flour. | 1 pt. warm milk or water. |
| 1 cup corn meal. | 1 tsp. salt. |
| 2 tsp. sugar. | 2 tsp. baking powder. |

If water is used add tablespoon melted butter. Bake in a moderate oven.

GRIDDLE CAKES AND WAFFLES**GRIDDLE CAKES**

- | | |
|-------------------------------------|---------------------------------------|
| 1 cup milk. | $\frac{1}{2}$ cup corn or rice flour. |
| 1 egg. | $\frac{3}{4}$ tsp. salt. |
| 1 tblsp. melted fat. | 4 tsp. baking powder. |
| $1\frac{1}{2}$ cups cooked oatmeal. | |

Combine the milk, beaten egg, and melted fat. Beat this into the cooked oatmeal. Add the flour, salt and baking powder which have been sifted together. Bake on a hot, greased griddle.

Other cooked cereals, mashed Irish potatoes, sweet potatoes, etc. may be used in place of the oatmeal. When rice is used one-fourth cup more flour is necessary.

CORN MEAL GRIDDLE CAKES

- | | |
|---------------------------------|--------------------------|
| 1 cup milk. | 3 tsp. baking powder. |
| $\frac{3}{4}$ cup barley flour. | $\frac{1}{2}$ tsp. salt. |
| $\frac{1}{4}$ cup cornstarch. | 1 egg. |
| $\frac{3}{4}$ cup corn meal. | 1 tblsp. brown sugar. |
| 1 tblsp. melted fat. | |

Beat egg until light, add milk and beat again. Sift dry ingredients and add the liquid slowly. Mix well, adding more milk if necessary. Cook on a hot griddle, which has been well rubbed with salt to prevent sticking.

CORN MEAL GRIDDLE CAKES WITH RICE

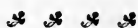
- | | |
|--------------------------------|--------------------------------|
| $1\frac{1}{2}$ cups corn meal. | 1 tsp. soda. |
| 1 cup boiled rice. | 3 tblsp. rice flour. |
| 2 eggs. | $1\frac{1}{2}$ cups sour milk. |
| 1 tsp. salt. | |

Make into a batter and fry in hot oil.

BREADS

CONSERVATION RECIPES

CORN MEAL PANCAKES



2 cups corn meal.	1 egg.
1 tsp. salt.	1½ tsp. baking powder.
Rice flour.	1 tsp. molasses.

Add salt to corn meal, and enough boiling water to make a batter. Let stand until cool, then add the yolk of 1 egg, well beaten. Add flour to make the proper consistency, and the baking powder and molasses. Fry on hot griddle.

Mrs. R. J. Graham.

BARLEY GRIDDLE CAKES



1½ cups barley flour.	1 egg.
1 cup sour milk.	¾ tsp. soda.
1 tblsp. sugar.	½ tsp. salt.
1 tsp. baking powder.	

Mix well and cook on hot griddle. Serve at once.

BUCKWHEAT CAKES



2 cups buckwheat.	1⅞ cups milk.
4 tsp. baking powder.	½ tsp. salt.

Sift together dry ingredients; add milk slowly; beat well and bake on hot greased griddle. Serve with honey or syrup.

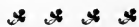
OATMEAL GRIDDLE CAKES



1 cup cooked oatmeal.	2½ tblsp. cornstarch.
1 cup milk or water.	½ tsp. salt.
1 tblsp. fat.	2 tsp. baking powder.
⅓ cup barley flour.	2 eggs.

Melt the fat, add the cooked oatmeal and mix well. Beat the eggs lightly, add to the oatmeal together with the liquid. Mix and sift the barley flour, cornstarch, salt and baking powder and add to the first mixture. Beat all thoroughly. Bake on a hot griddle.

POTATO CAKES



1 cup cold mashed potatoes.	2 tblsp. baking powder.
1 cup of any flour or corn meal.	1 tsp. salt.
¾ cup milk.	1 tsp. sugar.
1 egg.	1 tblsp. shortening.

Beat eggs, add milk, and flour sifted with dry ingredients. Mix and bake on hot griddle.

OATMEAL WAFFLES

- | | |
|------------------------|--------------------------|
| 1 cup cooked oat meal. | $\frac{1}{2}$ tsp. salt. |
| 1 cup water. | 2 tsp. baking powder. |
| 2 tblsp. shortening. | 2 eggs. |
| 2 tblsp. cornstarch. | |

Mix the oatmeal and water and stir until smooth before adding the egg yolks and the melted fat. Sift in the dry ingredients, and beat all until smooth. Now fold in the stiffly beaten whites of eggs, and bake on a hot waffle iron.

RICE FLOUR WAFFLES

- | | |
|---------------------------------|---------------------------|
| 2 cups rice flour. | 2 tblsp. oil. |
| $\frac{1}{2}$ cup barley flour. | 2 eggs. |
| $\frac{1}{2}$ cup cornstarch. | 1 tsp. salt. |
| 3 tsp. baking powder. | $1\frac{1}{2}$ cups milk. |

Sift dry ingredients together. Beat eggs separately. Add the yolks, milk and oil and last the stiffly beaten whites of the eggs.

CORN MEAL OR RICE WAFFLES

- | | |
|---------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup corn meal. | 1 tblsp. melted shortening. |
| $\frac{1}{2}$ cup corn or rice flour. | $\frac{1}{2}$ tsp. soda. |
| 1 cup boiled rice. | 1 tsp. salt. |
| 2 eggs, well beaten. | 1 cup sour milk or buttermilk. |

Sift together dry ingredients. Add rice and other ingredients and beat thoroughly.

RICE WAFFLES

- | | |
|--|--------------------------------|
| $1\frac{3}{4}$ cups non-wheat flour. | $\frac{2}{3}$ cup boiled rice. |
| 2 tblsp. sugar. | 1 egg. |
| $2\frac{1}{2}$ level tsp. baking powder. | $1\frac{1}{4}$ cups milk. |
| $\frac{1}{4}$ tsp. salt. | |

Mix sugar, salt, flour and baking powder. Work rice in thoroughly, add milk and egg. Cook slowly on medium hot waffle iron well greased.

Mrs. C. F. Adams.

STEAMED BREADS**GOLDEN BREAD** ❀ ❀ ❀ ❀

- | | |
|---|--------------------------|
| 1 cup yellow corn meal. | $\frac{1}{2}$ tsp. salt. |
| 1 cup rye or barley flour. | 1 tsp. soda. |
| $\frac{1}{3}$ cup corn syrup or molasses. | 2 cups sour milk. |

$\frac{1}{2}$ cup currants, seeded raisins, or nuts dredged with rice flour may be added, if desired. Pour into well greased baking powder tins and steam three or four hours, or put in a fireless cooker. Remove covers and dry in the oven. This makes two loaves.

BROWN BREAD ❀ ❀ ❀ ❀

- | | |
|---|-----------------------------|
| $1\frac{1}{2}$ cups corn meal. | $2\frac{1}{2}$ tsp. soda. |
| $1\frac{1}{2}$ cups rye meal or barley flour. | 2 cups sour milk. |
| 1 tsp. salt. | $\frac{3}{4}$ cup molasses. |
| 1 cup seeded raisins or chopped prunes | |

Follow directions for Golden Bread.

"RYE AND INJUN" ❀ ❀ ❀ ❀

- | | |
|---------------------------------|--------------------------------|
| $1\frac{3}{4}$ cups sweet milk. | $\frac{1}{2}$ cup molasses. |
| 3 tsp. baking powder. | $1\frac{1}{2}$ cups rye flour. |
| $\frac{1}{4}$ tsp. soda. | $1\frac{1}{2}$ cups corn meal. |
| $\frac{1}{2}$ tsp. salt. | |

Sift the dry ingredients; add the milk to the molasses, and stir the mixture into the dry ingredients. Mix well, and steam in a double boiler two hours. This quantity makes one good sized loaf or two small ones. Steam large loaf two hours, or small ones one and one-half hours. Turn out on tins and set in hot oven a few minutes to dry. Serve at once. If sour milk is used, 2 cups will be required, with $\frac{3}{4}$ teaspoonful of soda and 1 teaspoonful of baking powder.

Mrs. E. W. Barnhart.

STEAMED CORN BREAD ❀ ❀ ❀ ❀

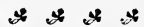
- | | |
|---------------------------------|--------------------|
| 2 cups corn meal. | 1 level tsp. salt. |
| 1 cup flaked oats. | 1 level tsp. soda. |
| 2 cups sour milk or buttermilk. | Raisins. |
| $\frac{1}{2}$ cup brown sugar. | Nuts. |

Mix in order given, and steam three hours.

BOSTON BROWN BREAD—NO. I

1 cup corn meal.	1 cup sour milk.
1½ cups barley flour.	1 tsp. soda.
⅔ cup rolled oats.	1 tsp. salt.
1 cup mashed potatoes.	1 tblsp. oil.
1 cup molasses.	

Mix and put into well greased molds; steam three hours. ½ cup raisins may be added if desired.

BOSTON BROWN BREAD—NO. II

2 cups corn meal.	1¼ tsp. soda.
2 cups rye meal.	1¼ tsp. salt.
1¼ cups molasses.	1 cup raisins.
2¾ cups milk or water.	

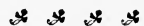
Mix in order given and steam three hours. Old New England recipe. Mrs. C. C. Hyde.

CRACKERS**CORN MEAL CRISPS (Salad Wafers)**

½ cup corn meal.	1 tblsp. fat.
½ cup potato flour.	3 tblsp milk.
½ tsp. salt.	

Sift together the dry ingredients. Melt the fat and add to the flour with sufficient liquid to make a dough that can be rolled thin. Cut into diamond or other shapes. Bake in a quick oven until golden brown. Makes 60 to 65 wafers 2x2 inches.

If desired, after rolling out the dough, sprinkle with grated cheese and paprika and make into cheese straws.

CORN WAFERS

1 cup corn meal.	¼ tsp. salt.
½ cup potato flour or cornstarch.	¼ cup shortening.
3 tblsp. sugar.	Milk or water.
1 tsp. baking powder.	

Mix dry ingredients together, adding enough milk or water for soft dough. Drop from a spoon on greased pan, and bake fifteen or twenty minutes. Should be about the thickness of cookies. Mrs. A. J. Thompson.

BREADS

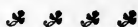
CONSERVATION RECIPES

SCOTCH OAT CRACKERS

2 cups rolled oats.
 $\frac{1}{4}$ cup milk.
 $\frac{1}{4}$ cup molasses.

$1\frac{1}{2}$ tblsp. fat.
 $\frac{1}{4}$ tsp. soda.
 1 tsp. salt.

Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for twenty minutes in moderate oven. Makes three dozen crackers.

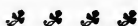
OAT CRACKERS

2 cups rolled oats.
 3 tblsp. oil.

$\frac{1}{2}$ tsp. salt.
 Water.

Rub well together with the hands, adding sufficient boiling water to make a very stiff dough. Roll thin on board with a little barley flour. Cut any shape and bake in slow oven until light brown and very crisp.

Bertha H. Fairbanks.

CRISP CORN BREAD

3 cups milk.
 1 tsp. salt.

$1\frac{1}{2}$ cups corn meal.

Mix the ingredients and spread in shallow greased pan to about $\frac{1}{4}$ inch in depth. Bake in a moderate oven until crisp. Sprinkle grated cheese over this just before it is ready to be taken from the oven and serve with salad.

WHEATLESS YEAST BREADS

Acceptable yeast breads are difficult to make without any wheat or rye. A loaf as light as wheat bread is expected and as yet this result has not been secured even by experts. From 50 to 70 per cent of flour high in gluten is still found to be necessary in order to produce a loaf that is salable and will keep.

New combinations are being published daily by those who are making an effort to meet this problem in the home and hotels and restaurants. These recipes are for breads made in large quantities. Those giving the best results when reduced to small proportions are submitted here in an effort to reduce the waste in cereals caused by individual experimentation.

But it is well to bear in mind that these breads are more difficult to make than wheat breads and should not be attempted by those who have been unsuccessful in making

yeast breads in the past. Conservation quick breads should be substituted.

In making these breads it is advisable to handle the dough as little as possible. The following recipes for Beaten Breads will suggest the method:

BEATEN BREADS

Good results have been obtained by the use of eggs and cereals thickened by scalding. This method is best adapted to corn and oatmeal but it gives a dough too soft to be kneaded. A fine grain may be secured by beating thoroughly.

The proportion of yeast in the following recipes is intended for quick process bread to be raised and baked during the day, requiring about five hours. If set over night, omit half the yeast. Attention has already been called to the fact that with the conservation flours the smaller the loaf the better the result. So it is advised to bake the bread mixtures, whenever possible, in muffin or layer cake tins.

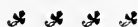
EGG CORN BREAD



- | | |
|-----------------------|--------------------------|
| 3½ cups barley flour. | 1 egg. |
| 2 cup corn meal. | 2 tblsp. syrup or sugar. |
| 1 yeast cake. | 2 tsp. salt. |
| 1 cup boiling water. | |

Pour the boiling water over the corn meal and allow to cool. Then add the other ingredients. Beat well, put in greased bread pan and when double its bulk bake in moderate oven fifty minutes.

EGG OAT BREAD



- | | |
|-------------------------|------------------------------------|
| 1 cup rolled oats. | 1 cup boiling water. |
| 2 cups barley flour. | 1¼ cups milk. |
| 1 cup corn meal. | 2 tblsp. syrup, molasses or sugar. |
| 1 yeast cake. | 2 tsp. salt. |
| 1 egg (may be omitted). | |

Scald corn meal with the boiling water. When cool add the other ingredients, the rolled oats last. Mix well, put in greased pan and when double its bulk bake in moderate oven fifty minutes.

Oat flour or ground rolled oats may be used in the place of rolled oats. This is a coarse bread if the oats are used unground.

KNEADED BREADS

A bread board is not required for any of these breads. The dough is soft and may be cut down and kneaded in the bowl by using rice flour on the hands.

All of these breads are better baked in small portions or small loaves.

Stiffly beaten whites of eggs folded into the dough before molding give a lighter bread.

It is well to moisten the surface with milk or with a mixture made by beating the yolk or the white of an egg in 1 tablespoon of cold water. To give a smooth surface, this should be repeated before baking.

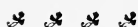
YEAST BREAD

- 2 heaping cups barley flour.
- $\frac{7}{8}$ cup cornstarch and rice flour mixed.
- 1 cake yeast ($\frac{1}{2}$ if set over night).
- 2 tblsp. sugar.
- 1 tblsp. shortening.
- 1 egg.
- 1 tsp. salt.

Mix the same as wheat yeast bread. Set aside until double in bulk. Work down with the tips of the fingers and shape into loaves; put into small well greased pans. When again double in bulk, bake in moderate oven fifty minutes. May be shaped as rolls and baked in hot oven for twenty minutes.

Palace Hotel—Modified by Fremont High School.

In the following three recipes, the dough is not elastic like that of wheat breads after the first rising. It looks more like a thick drop cake batter after the last of the flour is added and must be scraped from the spoon into the muffin or bread pans. It cannot be molded. Moisten, and set in a warm place to rise and the dough will gradually take the shape of the pans, thicken, and rise rapidly to double its bulk. When baked it has the texture of wheat bread and a crisp crust.

BREAKFAST ROLLS

1 cup barley flour.	1 tblsp. shortening.
1 cup rice flour.	1 egg.
1¾ cups potato flour.	1 to 1¼ cups milk.
½ cup corn flour.	1½ tsp. salt.
1 cake compressed yeast.	1½ tsp. sugar.

Be sure to mix the sugar, shortening, eggs, and salt first. Rub these ingredients until very light. To this mixture add ½ cup of the milk. Dissolve the yeast in ½ cup of of the milk. Sift the flours together. Add ½ portion of the flour to the mixture of sugar, shortening, eggs, salt and milk. Add yeast and the rest of the flour to this mixture and make into a dough. Brush over with milk or with yolk of egg beaten with a teaspoonful of water. Let it rise in a warm place for two hours then break down. Let it rise for another hour. Make it into rolls or loaves. Rebrush surface. Let it rise again on the top of a warm oven about thirty minutes. Then bake. E. B. Liedholt, Chief Chef, Hotel Oakland.

TOAST BREAD

2 cups potato flour.	2 cups milk.
1 cup barley flour.	4 tsp. sugar.
1 cup oat flour.	4 tsp. shortening.
1 cup corn flour.	1½ tsp. salt.
1 cup rice flour.	1 cake compressed yeast.

Proceed as for breakfast rolls, but let it rise for two and a half hours in a warm place for the first time. The second time let it rise only half that time. Put into loaves, brush surface with milk or with yolk of egg beaten with 1 teaspoonful of water and bake for one hour.

E. B. Liedholt, Chief Chef, Hotel Oakland.

POTATO BREAD

6 boiled mashed potatoes.	2 tblsp. sugar.
1 cup barley flour.	1 tsp. soda.
1 cup corn flour.	1 tblsp. drippings.
1 cup rice flour.	3 cups liquid.
1 yeast cake (2 for quick process).	

Sift the flours together. Stir the potatoes to a cream with the drippings and sugar; gradually add the warm liquid in which the potatoes were boiled; beat in the flour previously

BREADS

CONSERVATION RECIPES

wet with some of the liquid to prevent lumping; then add the dissolved yeast cake and the soda. Cover lightly, if the weather is warm; closely, if cold. Set to rise over night in a warm place. In the morning add enough of the same mixture of flours (about 3 cups) to make bread dough. Put in pans. Let it rise again until light, about one hour, then bake.

ENGLISH BUNS



1 cup barley flour.	$\frac{1}{4}$ cup luke warm water.
1 cup rice or corn flour.	1 tblsp. sugar.
1 tblsp. shortening.	$\frac{1}{4}$ cup broken nuts.
$\frac{3}{4}$ cake compressed yeast.	$\frac{1}{4}$ cup raisins, chopped.
2 eggs.	

Mix and sift the flours. Pour flour into a bowl; break the eggs in whole. Add the melted shortening, the yeast (which has been dissolved by breaking into a cup and mixing it with the sugar), and the luke warm water. Stir until all are mixed; beat well, put in warm place to rise one and one-half hours. Then sprinkle sugar, nuts and raisins over top, mix very lightly with a spoon. Drop into well buttered gem pans; let it rise one-half hour. Bake twenty-five minutes.

LUNCH OR DINNER ROLLS



2 cups barley flour.	1 or 2 eggs.
1 cup rice or potato flour.	1 tblsp. shortening.
1 cup corn flour or buckwheat.	2 tsp. sugar.
1 cake compressed yeast.	1 tsp. salt.
1 cup warm milk.	

Dissolve yeast by breaking into a cup and mixing with 1 teaspoonful of sugar and let it stand while mixing other ingredients. The flours should be mixed and sifted well. Melt the shortening in the warm milk; add sugar, salt, and well beaten egg, and last the yeast. Add enough flour to make a stiff batter. Beat well, set it in a warm place and let it rise. Add more flour to make a soft dough. Knead briskly until full of air bubbles. Let it rise and then make into rolls. Brush over and let it rise in pans and then bake in a quick oven.

BISCUIT OR FINGER ROLLS



The sponge from any of the foregoing recipes may be varied in a number of ways. Instead of shaping into loaves,

divide the dough into small portions and roll each with your hand into round shape for a common biscuit, or bake them in muffin pans. Or roll each ball under the hand on the board until about a finger's length. Place them close together in two rows in a long shallow pan.

COFFEE BREAD



To make a coffee bread, spread the dough for Biscuit or Finger Rolls evenly in oiled layer cake pans; sprinkle with nut mixture, let it rise, and bake in a hot oven.

FILLING FOR COFFEE BREAD



$\frac{3}{4}$ cup light brown sugar, sifted.

1 tsp. oleomargarine, melted. $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped nuts.

$\frac{1}{4}$ to $\frac{1}{2}$ cup chopped raisins. $\frac{3}{4}$ tsp. cinnamon.

Mix all together and spread on the bread before baking.

Coffee bread may be rolled with the filling, cut in slices and then baked.

DUTCH APPLE CAKE



To make Dutch Apple Cake, cover the surface thinly with sliced apples instead of with the filling, pressing the edges of each slice into the dough. Sprinkle with cinnamon and sugar, and bake.

Raisins, currants, nuts, or dates are an addition to any bread. They may be kneaded into the dough. The grated rind of a lemon or a little lemon juice may be added.

This fruit dough may be baked as for coffee bread with a slightly sweetened meringue on top.

Muffins or rolls may also be frosted before baking. If, while baking, the plain breads or rolls are brushed over with slightly beaten white of egg diluted with 1 tablespoonful of cold water, a smoother surface will result. Oil should not be used.

Two thin rounds of dough with a coating of egg yolks between will give a sandwich roll that will pull apart easily after baking.

RYE WITH OTHER FLOURS

The use of rye alone in breads is not recommended. Because of its high gluten content it is needed for export and can no longer be regarded as a substitute for wheat.

The following recipe containing rye is submitted for use if you have rye flour on hand. It gives a desirable loaf that cuts well and keeps well:

RYE WITH OTHER FLOURS

2 cups rye flour.	1 cake if set over night.
1 cup barley flour.	1 pt. water or potato water.
1 cup rice flour.	1 pt. milk.
1 cup corn flour.	1 tblsp. sugar.
1 large potato.	1 tblsp. salt.
2 cakes of yeast, or	

Enough rye or barley flour to make a dough that does not stick to the fingers (about 2 cups).

Pare and cook the potato, drain, saving the water. Mash the potato and all the liquid and the yeast dissolved by stirring in the sugar. Sift in the measured dry ingredients and add the extra flour. Allow to rise until light. Knead well. Place in oiled pans in a warm place to rise again. Bake when double in bulk. This bread requires more kneading than wheat bread. This recipe makes four loaves.

SANDWICHES

Mrs. R. H. Wetmore, Editor.

The following recipes have been somewhat changed from their original form, to comply with the latest rulings of the Food Administration. During the wheat shortage it is not desirable to encourage the making of sandwiches at all. To meet certain imperative needs such as school lunches, use the fillings suggested below on non-wheat breads, crackers, wafers, muffins and biscuits.

When the restriction on wheat is lifted it will be a simple matter to reinstate bread in all the lists of ingredients.

COTTAGE CHEESE FILLING



Cottage cheese.

Pimientos.

Spread a layer of cottage cheese on any kind of bread, put strips of pimiento on top of the cheese and place half of a walnut in the center of each.

Mrs. C. Bacon.

EGG FILLING



Hard boiled eggs.

Mayonnaise.

Lettuce.

Chop hard boiled eggs fine, marinate with a few drops of vinegar, oil, salt and pepper. Then mix with mayonnaise and spread.

Mrs. W. E. Leland.

NUT AND RAISIN FILLING



Nuts.

Orange juice.

Raisins.

Honey.

To each cupful of finely chopped nuts and raisins add a few drops of orange juice. Spread bread with honey, then with mixture.

Mrs. W. E. Leland.

NUT AND CHEESE FILLING



1 cream cheese.

½ cup pecan meats.

6 olives.

Chive butter.

Rub cheese to a paste and add olives and nuts, finely chopped. Spread thin slices of war bread with chive butter, and an equal number of slices with cheese mixture. Put them together.

SANDWICHES

CONSERVATION RECIPES

CHIVE BUTTER FILLING ❀ ❀ ❀ ❀

¼ cup butter.
2 tblsp. chives.

Salt.
Cayenne.

Cream butter, add finely chopped chives and season with salt and cayenne.
Mrs. R. H. Wetmore.

SHRIMP AND CUCUMBER FILLING ❀ ❀ ❀ ❀

Anchovy paste.
Shrimps.
Mayonnaise.

Butter.
Cucumbers.

Spread thin slices of war bread with mixture made of one part anchovy paste and one part butter. Chop finely 1 cup picked shrimps, add 1 tablespoonful finely chopped sliced cucumbers and 1 tablespoonful mayonnaise. Spread thickly.
Mrs. M. Dolan.

GINGER FILLING ❀ ❀ ❀ ❀

Cream cheese.
Preserved ginger.

War bread.
Butter.

Spread thin slices of War bread or Boston brown bread with one part cream cheese and one part butter and finely chopped preserved ginger.
Mrs. M. Dolan.

OLIVE FILLING ❀ ❀ ❀ ❀

Ripe olives.
Paprika.

Sweet pickles.
Mayonnaise.

Chop olives and pickles fine. Add dash of paprika and mayonnaise to moisten.
Mrs. J. C. Bacon.

CHEESE AND MARMALADE FILLING ❀ ❀ ❀ ❀

Neufchatel cheese. Orange marmalade.

Spread cheese on one slice of bread, orange marmalade on the other put together and press edges. Mrs. W. E. Leland.

NUT AND DATE FILLING ❀ ❀ ❀ ❀

1 cup walnut meats.
1 cup stoned dates.

Cream or mayonnaise.

Mix dates with finely chopped walnut meats and moisten with a little cream or mayonnaise. Spread thin slices of any kind of bread, and press together. D. E. Wetmore.

PEANUT BUTTER FILLING

Peanut butter.

Milk.

Put a small amount of peanut butter into a bowl and add to it, a few drops at a time, a few teaspoonfuls of hot milk, beating until it is the consistency of thick cream. Then spread on any kind of war bread. Mrs. R. H. Wetmore.

APPLE FILLING

1 large apple.

Lemon juice.

 $\frac{1}{3}$ cup raisins.

Chop the apple and raisins together until fine and spread on thin slices of buttered wheatless bread. Sprinkle with lemon juice and put two slices together.

FISH FILLING

Fish.

Butter.

Mayonnaise.

Tuna, sardines, or any left over fish may be mixed with mayonnaise and spread on buttered bread.

Mrs. W. H. Cameron.

BAKED BEAN FILLING

Cold baked beans.

Bread.

Chili sauce or plain mustard.

Mix beans with sauce or mustard and put between slices of any kind of bread.

Mrs. H. H. Meyers.

OLIVE FILLING

Queen olives, chopped fine.

Cheese, finely grated.

French dressing.

Mix olives thoroughly with French dressing and spread on unbuttered wheatless bread. Sprinkle cheese on top.

Mrs. W. E. Leland.

CHICKEN FILLING

Chicken.

Mayonnaise.

Celery.

Butter.

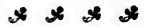
Mince chicken, add finely chopped celery, moisten with mayonnaise and spread on any kind of buttered bread.

Mrs. W. H. Cameron.

SANDWICHES

CONSERVATION RECIPES

FIG FILLING



Figs.

Orange juice.

Nuts.

Brown bread.

Chop figs fine, add water to make a thin paste and boil gently until thick enough to spread. Add nut meats, chopped fine, a little orange juice and spread on slices of brown bread.

Mrs. J. C. Bacon.

WHEATLESS CAKES & COOKIES

In making cakes from substitute flours it is well to sift the flour several times. Use the same methods for making a light batter as for wheat flour cakes. These cakes require longer and more careful baking. Use a moderate oven and for a loaf cake do not light the oven before the cake is put in.

More salt and less shortening or none at all is required. These cakes should be more highly flavored or served with a jelly or tart filling.

Satisfactory Cakes and Cookies may be made from any one of the substitute flours alone, or from their products, such as cornflakes; but in changing a standard white flour recipe it is wiser to use a mixture of the substitute flours. The batter for these cakes should be thin.

Conservation flours are especially well adapted to spice cakes or ginger breads; for sour milk and molasses make a desirable batter and the spices modify the flavor and color when this is objectionable.

Sponge Cakes, in which eggs alone are used for leavening, are to be recommended at this time when hot quick breads are used so extensively, for these cakes have much the same consistency as yeast breads, contain no baking powder, and are served cold.

BARLEY FLOUR CAKES AND COOKIES

BARLEY FLOUR SPONGE CAKE



$\frac{1}{2}$ cup barley flour.	$\frac{1}{2}$ tsp. salt.
1 tsp. baking powder.	1 tsp. lemon juice.
$\frac{1}{4}$ cup white or brown sugar.	2 eggs.
1 tsp. hot water to melt the sugar.	

Beat yolks of eggs until stiff and lemon colored; add sugar very gradually, beating with an egg beater as long as possible. Add the water and lemon juice, (grated rind of lemon or orange may also be added) and then the flour mixed and sifted with the baking powder and salt. Fold in the stiffly beaten whites of eggs last. Bake thirty or forty minutes in a moderate oven. A tube pan is especially good for baking sponge cake. Makes 1 loaf.

BARLEY FLOUR JELLY ROLL

1 cup barley flour.	3 tsp. baking powder.
½ cup rice flour, or	1 egg.
1½ cups barley flour.	6 tblsp. hot water.

Mix and sift dry ingredients. Stir in well beaten egg. Add hot, but not boiling, water and beat until smooth. This should be a thin batter. Pour into a shallow, well greased pan (preferably oblong) to a thickness of not more than ¼ inch. Bake in a slow oven twenty to thirty minutes. Makes two jelly rolls.

FILLING

Select a glass of jelly or jam. Beat with a fork until soft. Remove cake from pan on to a sheet of paper well dusted with rice flour, trim off crusty edges, spread evenly but thinly with jelly filling. Roll while hot by lifting edge of paper. Wrap tightly in a clean towel until cool or it will not keep its shape. The filling may be prepared while cake is baking. When due care is taken, the cake will not crack. Some prefer to turn the cake out on a slightly moist cloth in order to prevent cracking.

BARLEY SPICE CAKE (Standard Recipe)

3¾ cups barley flour.	1 cup raisins.
6 tsp. baking powder.	½ tsp. ginger.
¾ cup sugar.	1 tsp. cinnamon.
1 cup syrup.	½ tsp. cloves.
½ cup shortening.	1 tsp. allspice.
3 eggs.	1 tsp. salt.
¾ cup milk.	

Cream the shortening, sugar, and egg yolks; add syrup and mix well. Mix or sift the dry ingredients and add alternately with the liquid. Add raisins and flavoring. Fold in the well beaten whites of eggs. Bake in a moderate oven for twenty minutes and raise the temperature for the rest of the baking.

By varying the Standard Recipe the following cakes can be made:

1.—For a Nut Loaf add 1 cup broken or chopped nuts and omit the spices if desired.

2.—For Chocolate Cake add 4 squares unsweetened chocolate, melted, substitute brown for white sugar, and omit spices and raisins.

CAKE WITH BAKED FROSTING

Frosting: (To be prepared first).

4 egg whites.	$\frac{1}{2}$ tsp cinnamon.
$\frac{3}{4}$ cup sugar.	1 tblsp. sugar.
$\frac{1}{2}$ cup almonds.	

Beat whites of eggs light; beat in sugar gradually. Fold in almonds, blanched and chopped. Other nuts may be used in place of the almonds.

Cake:

$\frac{1}{2}$ cup barley flour.	4 egg yolks.
$\frac{1}{2}$ cup rice flour.	5 tblsp. milk.
1 tsp. baking powder.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ tsp. vanilla.
$\frac{1}{2}$ cup shortening.	

Cream the shortening; add sugar gradually; then egg yolks, milk, and flour and baking powder sifted together. Spread the mixture in a shallow baking pan to $\frac{1}{4}$ inch thickness. Spread frosting on unbaked mixture. Dredge with the sugar and cinnamon in frosting recipe. Bake in a moderate oven about thirty minutes. To serve cut in narrow strips. Raisins or currants may be added to the batter or may be sprinkled over the top before adding the frosting.

APPLE SAUCE CAKE—NO. I

(No eggs; no milk).	$1\frac{1}{2}$ to 2 cups barley flour.
1 cup juicy apple sauce.	2 tsp. baking powder.
1 cup dark sugar.	Raisins or currants.
1 tsp. shortening.	Pinch of salt.
1 heaping tsp. cocoa.	Cinnamon and cloves.
1 tsp. soda, dissolved in the apple sauce.	

Mix like ordinary loaf cake. Bake in a moderate oven from thirty to forty minutes. (Revised)

Mrs. M. S. Quillinan.

APPLE SAUCE CAKE—NO. II

2 cups cold apple sauce.	2 level tsp. soda.
1 cup sugar.	Raisins or dates, floured.
$2\frac{1}{2}$ to 3 cups barley flour.	Spices to taste.
$\frac{1}{4}$ cup drippings.	

Divide into two loaves. (Revised.) Mrs. Biedenbach.

COOKIES

CONSERVATION RECIPES

RAISIN CAKE



$\frac{1}{4}$ cup shortening.
 $\frac{3}{4}$ cup brown sugar.
 $\frac{1}{4}$ cup molasses.
 1 egg.
 1 tsp. soda.
 1 cup sour milk.

1 cup chopped raisins.
 $1\frac{1}{2}$ to 2 cups barley flour.
 2 tsp. cinnamon.
 $\frac{1}{2}$ tsp. nutmeg.
 Cloves, sparingly.

Bake in slow oven about three-fourths of an hour.

(Revised.)

Mrs. W. E. Miles.

FRUIT CAKE



1 cup sugar.
 $\frac{1}{3}$ cup shortening—3 tblsp.
 1 cup sour milk.
 1 cup raisins.
 1 cup walnuts.
 1 tsp. soda.

1 tsp. cinnamon.
 $\frac{1}{2}$ tsp. cloves.
 $\frac{1}{2}$ tsp. nutmeg.
 Pinch of salt.
 Barley flour.

Cream sugar and shortening, add milk and enough flour to make medium batter. Add fruit last. Bake slowly one hour.

(Revised.)

Mrs. Peter Riley.

OLD ENGLISH FRUIT CAKE



$\frac{1}{2}$ lb. brown sugar.
 $\frac{1}{2}$ lb. sliced citron and orange peel.
 $\frac{1}{2}$ lb. chopped almonds.
 $1\frac{1}{2}$ to 2 lbs. barley flour.
 1 tsp. each soda, nutmeg, cloves, cinnamon, allspice.

$\frac{1}{4}$ lb. corn oil.
 $\frac{1}{2}$ lb. currants.
 $\frac{1}{2}$ lb. raisins.
 1 pt. sour milk.

Bake in very slow oven. Lay three or four layers of paper in the pan, greasing the one next the pan. Wrap the pan in two layers of paper if doubtful about insuring very slow, even baking.

SMALL CAKES



3 eggs.
 $\frac{1}{4}$ cup shortening.
 $\frac{1}{2}$ cup brown sugar.

3 squares chocolate.
 1 cup stale crumbs.
 3 tblsp. barley flour.

Beat the eggs light; cream the shortening; add the sugar, combine with the eggs; add the chocolate, melted, crumbs and flour; spread the mixture in a shallow greased pan; bake in slow oven. Shape with small biscuit cutter; put together in pairs, putting maple sugar cream or any other filling between and on top.

PLAIN BARLEY CAKE

$\frac{1}{4}$ cup shortening.	2 cups barley flour.
$\frac{1}{2}$ cup corn syrup.	3 tsp. baking powder.
1 egg.	$\frac{1}{2}$ tsp. salt.
$\frac{2}{3}$ cup milk.	1 cup raisins.

Cream shortening, add the syrup and continue creaming until well blended. Add beaten egg and milk. Then add the sifted dry ingredients and the raisins dredged with rice flour. Pour into a shallow greased pan and bake about twenty minutes in a moderate oven. This recipe makes a good layer cake. Jelly or lemon filling is desirable for a barley cake. Makes 1 loaf or 2 layers.

BARLEY HERMITS

$\frac{1}{4}$ cup shortening.	2 tsp. baking powder.
$\frac{3}{4}$ cup sugar.	$\frac{1}{3}$ cup chopped raisins.
1 egg.	$\frac{1}{4}$ cup chopped nuts.
2 tblsp. milk.	$\frac{1}{4}$ tsp. cinnamon.
Barley flour.	$\frac{1}{4}$ tsp. cloves.

Combine the ingredients as for cake; add enough barley flour to make a medium thick batter. Drop from tip of a spoon onto a greased pan. Makes 5 dozen.

2 cups of barley flour and 2 cups rice flour give a good result in this recipe.

PEANUT COOKIES

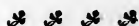
2 tblsp. shortening.	$\frac{1}{4}$ tsp. salt.
$\frac{1}{4}$ cup brown sugar.	2 tblsp. milk.
1 tsp. baking powder.	2 tsp. lemon juice.
$\frac{1}{2}$ cup barley flour.	$\frac{1}{2}$ cup chopped peanuts.
1 egg.	

Cream the shortening and sugar. Beat the egg and add the milk. Combine the two mixtures, sift flour, baking powder, and salt into combined mixtures and add lemon juice and chopped nuts. Drop from the tip of a spoon on to a floured baking sheet and flatten with an oiled knife. Walnuts or almonds may be used in the place of peanuts if desired. Makes $3\frac{1}{2}$ dozen.

This recipe also makes a good cup cake.

COOKIES

CONSERVATION RECIPES

BARLEY FLOUR COOKIES

- | | |
|-------------------------------|-----------------------|
| 1 cup sugar. | 2 tsp. baking powder. |
| $\frac{1}{2}$ cup shortening. | 3 cups barley flour. |
| 1 egg. | Salt. |
| $\frac{1}{2}$ cup milk. | |

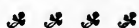
Mix sugar and shortening well; add egg, milk and salt, flour and baking powder. If mixture is too stiff, add more milk. Any flavoring may be used. Roll out as for any other cookies, and bake.

Mrs. Gertrude Hemme.

RICE FLOUR CAKES AND COOKIES

All batters made with rice flour should be thin.

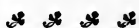
Cookies and drop cakes should be thin enough to spread a little in the oven.

SOUR MILK CAKE (Old Fashioned Kind)

- | | |
|-------------------------------|------------------------------------|
| 1 cup light brown sugar. | $\frac{3}{8}$ cup thick sour milk. |
| $\frac{1}{4}$ cup shortening. | 1 tsp. (scant) soda. |
| 1 egg. | $1\frac{1}{4}$ cups rice flour. |
| $\frac{1}{2}$ tsp. nutmeg. | 1 tsp. salt. |

Cream sugar and shortening and add other ingredients. Bake in bread pan in slow oven from twenty to thirty minutes. (Revised)

Jessie Wallace.

SOUR CREAM CAKE

- | | |
|---------------------------------|-------------------------------|
| 1 cup sour cream. | 1 heaping tsp. baking powder. |
| $1\frac{3}{4}$ cups sugar. | $\frac{1}{2}$ tsp. soda. |
| $2\frac{1}{4}$ cups rice flour. | Lemon and vanilla, mixed. |
| 3 eggs. | |

Beat whites very stiff, add yolks one at a time, then sugar, and stir; then cream and flour with baking powder. Blend and bake in three large layers. Flavor with two parts of vanilla, to one of lemon. (Revised).

Mrs. C. F. Stern.

FEATHER CAKE

- | | |
|-------------------------------|-------------------------------|
| $\frac{1}{4}$ cup shortening. | $\frac{1}{2}$ cup cornstarch. |
| 1 cup sugar. | 1 tsp. baking powder. |
| $\frac{3}{4}$ cup milk. | 1 tsp. vanilla. |
| 1 cup rice flour. | 3 eggs (whites beaten stiff). |

Cream shortening and sugar and sift cornstarch and baking powder together. (Revised).

Mrs. F. P. Gay.

ORANGE CAKE

- 1 cup sugar.
- $\frac{1}{3}$ cup butter substitute.
- 1 yolk and 2 whites of eggs.
- $\frac{1}{2}$ cup orange juice and water.
- 1 small tsp. grated orange peel.
- $1\frac{1}{2}$ cups rice flour.
- 1 level tsp. cream tartar.
- $\frac{1}{2}$ level tsp. soda.

Mix dry ingredients and add alternately with the liquid, after the butter and sugar have been creamed and yolk of egg added. Fold in the whites gently. Bake in loaf or layer. (Revised).

Mrs. Lloyd Jones.

RICE FLOUR CAKE

- | | |
|--------------------|-------------------------------|
| 2 cups rice flour. | 4 tsp. baking powder. |
| 1 cup milk. | $\frac{1}{2}$ cup shortening. |
| 1 cup sugar. | 1 tsp. flavoring. |
| 1 egg. | $\frac{1}{4}$ tsp. salt. |

Cream or melt shortening. Add sugar, eggs, and sift in the dry ingredients. Add milk. Bake in a moderate oven.

The above is a good substitute for short cake.

Remove the centers from the cup cakes; fill and cover with crushed berries. Put cake centers and whipped cream on top. This may also be baked in layers and served with berries as a short cake. Makes 12 cup cakes.

WHEATLESS FRUIT BARS

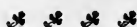
- $\frac{1}{2}$ cup seeded raisins.
- $\frac{1}{2}$ cup chopped dates, dried peaches, or prunes.
- 1 cup broken nuts.
- 2 eggs.
- $\frac{3}{4}$ cup white or brown sugar.
- 6 tblsp. level, rice flour.
- 2 rounded tsp. baking powder.
- $\frac{1}{2}$ tsp. salt.
- 1 tsp. vanilla.

Mix all ingredients except whites of eggs. Beat whites of eggs stiff and fold in last. Spread in thin layers on greased pans. Bake in a moderate oven. Cut in squares or finger lengths. This recipe fills two pans eight inches square.

COOKIES

CONSERVATION RECIPES

RICE FLOUR WALNUT COOKIES



- | | |
|-----------------------------------|-------------------------|
| 1 cup rice flour. | 1 cup broken nut meats. |
| $\frac{1}{2}$ tsp. salt. | 2 eggs. |
| $\frac{1}{4}$ tsp. baking powder. | 1 tsp. vanilla. |
| 1 cup light brown sugar. | |

Beat eggs lightly, add the sugar, sift in the dry ingredients, adding the nuts and vanilla last. Drop from the tip of a spoon on to a greased pan, placing an inch apart. Bake in a moderate oven. Remove from pan as soon as done and cool on a bread board.

NUT BARS



- | | |
|----------------------------------|-------------------------------|
| $\frac{1}{4}$ cup shortening. | Halves of walnuts or almonds. |
| $\frac{1}{2}$ cup boiling water. | $\frac{1}{2}$ cup rice flour. |
| $\frac{2}{3}$ cup brown sugar. | $\frac{1}{8}$ tsp. salt. |
| 2 tblsp. English walnut meats. | |

Put 2 tablespoonfuls sugar in a saucepan and heat a little; add shortening and water; let boil two minutes. Remove from the fire and add remaining sugar, flour mixed with salt, and walnut meats. Spread as rolled wafers; mark in 2-inch squares, and lay a nut meat on top. Bake in slow oven, removing from pan as soon as done.

POTATO FLOUR CAKES AND COOKIES

ANGEL CAKE



- | | |
|--|--------------------------|
| 1 cup sugar. | 1 tsp. cream tartar. |
| $\frac{3}{4}$ cup potato flour, scant. | $\frac{1}{2}$ tsp. salt. |
| 8 whites of eggs. | |
| 1 tsp. vanilla, lemon or almond. | |

Sift flour and sugar separately several times. Beat whites until frothy, then add cream tartar, continue beating until stiff. Add sugar gradually, and flour mixed with salt. Bake fifty minutes in slow oven, preferably in pan that has never been greased. Some prefer to add half the cream of tartar to the eggs and half to the flour. (Revised). M. Miller.

To vary this recipe in several delicious ways, cornstarch and rice flour in equal proportions may be used.

1. Sprinkle the top with brown sugar before baking, making a macaroon crust.

2. Sprinkle bottom of pan with preserved cherries, chopped walnuts, chopped raisins or peel, then pour in the cake mixture.

3. Add chocolate or cocoa, about 1 tablespoon, moistened with a very little warm water, making a dark cake, or marble cake. Bake in muffin tins and frost with chocolate. Bake in layers and use any filling.

POTATO FLOUR LAYER CAKE



4 eggs.	1 tsp. baking powder.
1 cup sugar.	1 tsp. vanilla.
1 cup potato flour, scant.	Salt.

Beat eggs separately about one minute; add $\frac{1}{2}$ cup sugar to yolks and $\frac{1}{2}$ cup sugar to whites and beat again about three minutes; then mix together; add potato flour, salt, baking powder and vanilla. Bake in moderate oven about fifteen minutes in layers.

Mrs. Steel.

POTATO FLOUR SPONGE CAKE



4 eggs.	$\frac{1}{2}$ to 1 cup potato flour.
1 cup sugar.	$\frac{1}{2}$ tsp. vanilla or lemon.
1 tsp. baking powder.	$\frac{1}{2}$ tsp. salt.

Separate eggs, beat yolks of eggs until thick. Add sugar and continue beating; beat whites stiff and beat into first mixture. Add baking powder and salt to the flour and sift into the mixture. Add flavors. Bake in a moderate oven about thirty minutes.

Do not fill tins more than half full. This batter can be made thick enough to drop from a spoon in small cakes, but it is apt to be tasteless unless highly seasoned with chopped almonds or almond essence.

The addition of 2 teaspoonsful of cider vinegar to each cup of flour and no flavoring, or 1 tablespoonful lemon juice and the grated rind of half a lemon will be found to give good results.

Served with berries, this makes a good short cake.
(Directions Revised.)

Mrs. Steel.

CORN FLAKE COOKIES AND MACAROONS

Cookies and Macaroons made up on a basis of toasted corn flakes have a delicious, nutty flavor. They are quickly made. They require a slow oven and careful watching as they burn easily. The proportions in these recipes are for uncrushed flakes. If preferred the flakes can be rolled, but a much larger quantity will be required to make a drop batter. It is well to bake one as a test cake before all the batter is put in the pans. More flakes can be added if it spreads.

The material is crumbly but can be dropped from a tea-spoon on greased pans and merges during the cooking.

CORN FLAKE COOKIES

4 cups corn flakes.
1 egg.

1 cup sugar.

Add the sugar and flakes to the beaten egg, being careful not to crush the flakes. Drop from spoon on greased pans. Bake in moderate oven. Makes 2½ dozen.

CORN FLAKE NUT COOKIES

2 eggs.
1 cup sugar.
5 cups corn flakes.

1 cup chopped nuts.
Flavor with vanilla.

Cream the egg yolks and sugar, add the flakes lightly, add nuts and flavoring. Fold in the whites last. Drop from the tip of a spoon on to a greased pan and bake in a moderate oven. Makes 3½ dozen.

CORN FLAKE MACAROONS—NO. I

2 eggs.
1 cup sugar.
2 tsp. vanilla.

2 tsp. shortening.
8 cups corn flakes, uncrushed.

Add the sugar, shortening, and vanilla to the well beaten eggs. Mix well, then carefully fold in the corn flakes. Use a moderate oven. Makes 5 dozen.

CORN FLAKE MACAROONS—NO. II

- | | |
|------------------------------|---------------------------------|
| 1 cup sugar. | $\frac{1}{2}$ cup chopped nuts. |
| 3 cups corn flakes. | $\frac{1}{4}$ tsp. salt. |
| 1 cup cocoanut. | $\frac{1}{2}$ tsp. vanilla. |
| 4 eggs, whites, well beaten. | |

Drop mixture from teaspoon on oiled baking sheet; bake about twenty-five minutes in slow oven. A. A. Thelan.

ROCKS (Corn Flakes and Barley Flour)

- | | |
|---|-------------------------------|
| 2 cups corn flakes. | $\frac{1}{2}$ cup shortening. |
| $1\frac{1}{2}$ cups barley flour. | 1 tsp. soda. |
| 3 eggs, beaten light. | 1 tsp. vanilla. |
| $\frac{1}{2}$ cup corn syrup or honey. | 1 tsp. cinnamon. |
| $\frac{1}{4}$ cup sugar. | $\frac{1}{2}$ tsp. allspice. |
| $\frac{1}{2}$ cup dates, raisins, or prunes stoned and chopped. | |
| $\frac{1}{2}$ cup broken walnut meats. | |

Follow directions for macaroons. Drop on oiled tins and bake in a very slow oven. Makes 5 dozen.

CAKES MADE OF MIXED FLOURS**CORN AND RICE FLOUR DROP CAKES**

- | | |
|--|-------------------------------|
| $1\frac{1}{3}$ cups rice flour. | 2 eggs. |
| $\frac{2}{3}$ cup corn flour or meal. | 1 tsp. salt. |
| 1 cup sugar. | $\frac{1}{4}$ cup shortening. |
| $\frac{1}{4}$ cup lemon or orange juice. | 4 tsp. baking powder. |

For **Golden Drop Cakes** use yellow corn meal.

Grate the rind of an orange or a lemon into a bowl. Add shortening and beat to a cream. Gradually beat in the sugar, eggs, orange or lemon juice and the flour and $\frac{2}{3}$ cup corn flour or corn meal sifted with the baking powder. Drop from a teaspoon on to oiled pans and bake in quick oven. Makes 5 dozen.

LAYER CAKE

- | | |
|---------------------------------|-----------------------|
| 1 cup rice flour. | 2 egg yolks. |
| $\frac{1}{2}$ cup corn flour. | 1 tblsp. shortening. |
| $\frac{1}{2}$ cup barley flour. | 2 tsp. baking powder. |
| $\frac{3}{4}$ cup sugar. | 1 tsp. vanilla. |
| 1 cup milk. | |

Beat the egg yolks until thick. Add the sugar and cream; work in the shortening. Add the milk; sift in the dry ingredients, beat well. Bake in greased pans about twenty minutes. Makes three layers. Mrs. Lea, B. H. S. Cafeteria.

COOKIES

CONSERVATION RECIPES

POTATO CHOCOLATE CAKE



- | | |
|--------------------------------|---|
| 1 cup barley flour. | $\frac{1}{2}$ cup white Karo syrup. |
| 1 cup mashed potato. | 2 tblsp. oil or melted fat. |
| 1 egg. | $\frac{1}{4}$ to $\frac{1}{2}$ cup water or more. |
| 4 tsp. baking powder. | 1 square unsweetened chocolate. |
| $\frac{1}{2}$ cup brown sugar. | $\frac{1}{2}$ tsp. vanilla or cinnamon. |

Blend sugar, Karo, and fat, and egg beaten very light. Add melted chocolate and flavoring and then add dry mashed potato. Add sifted flour, salt and baking powder. When well mixed add enough water to make a soft drop batter. Bake in a slow oven in greased muffin pans thirty minutes.

"CANADA'S WAR CAKE"

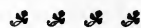


- | | |
|----------------------|---------------------------|
| 2 cups brown sugar. | 1 tsp. cinnamon. |
| 2 cups hot water. | 2 cups barley flour. |
| 1 tsp. cloves. | 1 cup corn or rice flour. |
| 1 cup raisins. | 2 tsp. soda, dissolved in |
| 2 tblsp. shortening. | 1 tsp. hot water. |
| 1 tsp. salt. | |

Boil first seven ingredients five minutes after they begin bubbling. When cold, add the last three. Bake in two loaves in slow oven one and one-fourth hours. (Revised.)

Mrs. Barnhart.

COFFEE CAKE (New England)



- | | |
|---|-------------------------------|
| 1 cup cold coffee, or sour milk, or half of each. | |
| $\frac{1}{4}$ cup shortening (chicken fat may be used). | |
| 1 cup sugar. | $\frac{1}{2}$ cup corn flour. |
| 1 cup molasses. | 1 tsp. salt. |
| 1 cup rice flour. | 1 egg. |
| 1 cup barley flour. | 2 tsp. soda (level). |
| $\frac{1}{2}$ tsp. each, cloves and cinnamon. | |

Add soda to sugar, molasses, salt, egg, and spices. Mix well, add shortening. Pour in coffee or sour milk, add sifted flour, and beat well. Have greased pan ready; put batter into large flat pan, sprinkle sugar over top and bake slowly in a moderate oven. Raisins may be used. (Revised.)

Mrs. Carl L. A. Schmidt.

MOLASSES LAYER CAKE

- | | |
|---|---------------------|
| $\frac{1}{2}$ cup molasses. | 1 cup sugar. |
| $\frac{1}{2}$ cup thick sour milk. | 1 cup barley flour. |
| 3 yolks of eggs and 1 white. | 1 cup corn flour. |
| $\frac{1}{4}$ tsp. cloves. | Salt. |
| 1 level tsp. each soda, cinnamon, nutmeg. | |

Cream shortening and flour, add beaten yolks, molasses, milk, flour, with spices and soda, and last the well beaten white. Bake in layers, put together with marshmallow or other filling. (Revised.)

Mrs. C. F. Stern.

EGGLESS, MILKLESS, BUTTERLESS CAKE

- | | |
|-------------------------------|-----------------------------------|
| $1\frac{1}{4}$ cups water. | 1 cup nut meats, in small pieces |
| 1 cup brown sugar. | 1 cup barley or rye flour. |
| $\frac{1}{3}$ cup shortening. | 1 cup rice flour. |
| 2 cups seeded raisins. | $\frac{1}{2}$ tsp. baking powder. |
| 1 tsp. cinnamon. | 1 tsp. soda. |
| $\frac{1}{3}$ tsp. cloves. | |

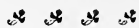
Boil the first seven ingredients three minutes and when cold add the others. Bake in flat loaf pan in a medium oven.

Mrs. R. A. Clark.

POTATO WHEATLESS COOKIES

- | | |
|--|---------------------------------------|
| 4 tblsp. shortening. | $\frac{1}{2}$ cup solid riced potato. |
| 1 cup sugar. | 1 tsp flavoring. |
| 1 egg. | 2 tsp. baking powder. |
| $\frac{1}{4}$ cup milk. | 1 tsp. salt. |
| 2 cups barley or other substitute flour. | |

Cream together sugar and shortening, add the well beaten egg and potato; sift in the dry ingredients. If the potato is dry add the milk. Flavor and drop from a spoon on to greased pans.

BUCKWHEAT DROP COOKIES

- | | |
|--------------------------------|---------------------------------|
| $\frac{1}{4}$ cup fat. | $\frac{3}{4}$ cup buckwheat. |
| $\frac{3}{4}$ cup sugar. | $\frac{1}{2}$ cup potato flour. |
| 2 eggs, well beaten. | 2 tsp. baking powder. |
| $\frac{1}{4}$ cup milk. | $\frac{1}{2}$ tsp. salt. |
| 1 tsp. lemon juice or extract. | 1 cup chopped nuts. |

Combine as for cake; drop on greased pan; bake fifteen minutes in moderate oven. This makes forty small cookies. (Revised.)

Mrs. T. W. Durgin.

COOKIES

CONSERVATION RECIPES

BRAN COOKIES



- | | |
|--------------------------------|---------------------------------|
| $\frac{1}{4}$ cup shortening. | 1 level tsp. soda. |
| $\frac{1}{2}$ cup brown sugar. | 1 level tsp. salt. |
| 2 eggs. | $2\frac{1}{2}$ cups bran. |
| 1 cup sour milk. | $1\frac{1}{4}$ cups rice flour. |

Cream shortening and sugar; add beaten eggs; dissolve soda in milk and add. Sift in flour and salt; add bran. Drop off spoon on buttered tins. Chopped raisins or nuts may be added. (Revised.)

Mrs. L. A. Driesbach.

OATMEAL CAKES AND COOKIES

Cakes or cookies made from rolled oats are more quickly baked than those made from the steel cut variety as the rolled oats are partially cooked. If the whole flake is objectionable, grind the rolled oats. Nuts, raisins, or chocolate may be added to any of these recipes if desired.

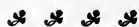
OATMEAL DROP CAKES



- | | |
|-----------------------------------|------------------------------------|
| $1\frac{1}{2}$ cups barley flour. | $\frac{5}{8}$ cup water. |
| $\frac{1}{2}$ cup cornstarch. | 1 cup seeded raisins. |
| 1 cup rolled oats. | $\frac{1}{2}$ cup nut meats. |
| 2 tblsp. shortening. | 1 tsp. cinnamon. |
| 1 egg. | $\frac{1}{4}$ tsp. mace or nutmeg. |
| 4 tsp. baking powder. | 1 tsp. salt. |
| $\frac{3}{4}$ cup brown sugar. | |

Break the egg into a bowl and beat well, then add the melted shortening, sugar, broken nut meats, water, oatmeal, and raisins. Beat well. Mix and sift twice the flour and cornstarch with the baking powder, salt, and spices, add to the other ingredients, beat well for a few minutes, drop from the tip of a spoon and bake in a moderate oven about twenty minutes. Makes 4 dozen.

GROUND ROLLED OAT MACAROONS



- | | |
|---------------------------------|-----------------------|
| 2 cups rolled oats. | 2 eggs, well beaten. |
| $\frac{1}{2}$ cup dry cocoanut. | 2 tsp. baking powder. |
| 1 scant cup sugar. | 1 tblsp. shortening. |

Measure oats after grinding and mix in the order given. Drop on to hot tins. Bake in a moderate oven. Makes 3 dozen.

ROLLED OAT MEAL COOKIES

- | | |
|--------------------------|----------------------|
| 2 cups rolled oats. | 1 tblsp. shortening. |
| 1 tsp. baking powder. | 2 eggs. |
| $\frac{1}{2}$ tsp. salt. | 1 tsp. vanilla. |
| 1 cup sugar. | |

Cream the shortening; add sugar, salt, vanilla and beaten eggs. Mix well and add the rolled oats. Drop by spoonful on a greased pan. Bake in a moderate oven about twenty minutes. Half and half corn flakes and rolled oats may be used if preferred. Makes $2\frac{1}{2}$ dozen.

GROUND ROLLED OAT COOKIES

- | | |
|---------------------------------------|-----------------------------------|
| $1\frac{1}{2}$ cups oat meal, ground. | 1 tblsp. shortening. |
| $1\frac{1}{2}$ tblsp. rice flour. | $\frac{1}{2}$ tsp. baking powder. |
| $\frac{1}{2}$ cup honey or syrup. | $\frac{1}{4}$ tsp. salt. |
| 1 egg. | |

Combine the shortening, honey, and beaten egg. Stir in the other ingredients. Drop from a teaspoon on a greased pan and bake in a moderate oven about fifteen minutes. Chopped nuts may be added if desired. Makes 2 dozen.

OATMEAL MACAROONS

- | | |
|----------------------|-------------------------------|
| 2 cups rolled oats. | $\frac{1}{2}$ cup corn syrup. |
| 1 egg. | $\frac{1}{2}$ tsp. salt. |
| 1 tblsp. shortening. | 1 tsp. baking powder. |

Beat the egg well, add melted shortening and syrup, then the oats, salt, and baking powder. Mix well and drop from a spoon on to a greased pan. Bake in a moderate oven. The batter should spread a little. Almond essence or nuts may be added. Makes 4 dozen.

SPANISH TEA COOKIES

- | | |
|--------------------------------|---|
| 1 egg. | $\frac{2}{3}$ tblsp. butter substitute. |
| $\frac{1}{2}$ cup brown sugar. | $\frac{1}{3}$ tsp. salt. |
| 1 cup rolled oats. | $\frac{1}{4}$ tsp. vanilla. |

Drop from a teaspoon on buttered inverted baking pan, one inch apart; shape into circles with a fork wet in cold water. Bake in moderate oven until delicate brown; loosen with a steel knife and roll into tubular shape.

Mrs. Leonard Bacon.

COOKIES

CONSERVATION RECIPES

SCOTTISH FANCIES



1 egg.	1 cup rolled oats.
$\frac{1}{2}$ cup sugar.	$\frac{1}{3}$ tsp. salt.
$\frac{3}{4}$ tblsp. melted shortening.	$\frac{1}{4}$ tsp. vanilla.

Beat eggs until light, add gradually sugar, and then stir in remaining ingredients. Drop mixture by the teaspoonful on thoroughly greased inverted dripping-pan one inch apart. Spread into a circular shape with a case knife first dipped in cold water. Bake in a moderate oven until delicately browned. To gain variety use $\frac{2}{3}$ cup rolled oats and fill cup with shredded cocoanut. Makes 18 cookies.

Fannie Merritt Farmer.

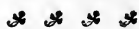
HERMITS



2 cups rye flour.	$\frac{1}{2}$ cup chopped nut meats.
$\frac{1}{2}$ cup oatmeal.	$\frac{1}{2}$ tsp. ground cloves.
$\frac{1}{2}$ cup cornstarch.	1 tsp. cinnamon.
$\frac{3}{4}$ cup shortening.	$\frac{1}{2}$ tsp. nutmeg.
$1\frac{1}{2}$ cups brown sugar.	$\frac{1}{2}$ tsp. soda.
2 eggs.	1 tsp. salt.
1 cup chopped raisins.	

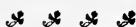
Cream the shortening and sugar well together, add the well beaten eggs, then the oatmeal, chopped raisins and nuts. Mix and sift all dry ingredients, add to the first mixture. Mix well, then pat out on a floured board to about one-fourth inch in thickness, cut and bake. A slow oven is needed for hermits. Makes 4 dozen.

PEANUT BUTTER WAFERS



$\frac{1}{2}$ cup peanut butter.	2 tblsp. water.
Oatmeal (rolled oats).	2 tblsp. milk.
1 cup sugar.	1 tsp. soda.
1 egg.	

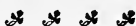
Cream the butter and sugar, then add the egg. Dissolve the soda in the water and add. Then add milk and work in enough rolled oats (about 2 cups) to make a stiff mixture. Work and blend thoroughly. Drop from a spoon and flatten out on a greased tin. Bake in a moderate oven until crisp and lightly browned, about eight minutes. Makes 2 dozen.

RUSSIAN TEA CAKES

2 eggs.	1 tsp. vanilla.
1 tbs. shortening.	2½ cups rolled oats.
1 cup brown sugar.	2 tsp. baking powder.

½ cup raisins, or chopped dates may be added if desired.

Drop small teaspoonfuls of the batter on well greased pans. Bake ten minutes in slow oven. Mrs. Fred Thomas.

SOY FLOUR CAKES AND COOKIES**SOY SPICE COOKIES**

⅔ cup soy flour.	1 tsp. cinnamon.
⅔ cup rice flour.	½ cup walnuts, chopped.
½ cup barley flour.	⅓ cup shortening.
2 level tsp. baking powder.	½ cup raisins.
1 cup sugar.	½ tsp. salt.
⅔ cup milk.	Vanilla flavoring.
½ tsp. nutmeg.	

Sift together the flours and the baking powder and add a part of this to the dry ingredients and the shortening, then the milk and the rest of the flour. Drop from a spoon two inches apart on greased pans. Bake in a moderate oven. Makes 7 dozen.

SOY FLOUR APPLE SAUCE CAKE

1 cup sugar.	½ tsp. nutmeg.
½ cup shortening.	1 cup seeded raisins.
1 tsp. salt.	2 cups apple sauce.
1¼ cups barley flour.	½ tsp. soda.
½ cup soy flour.	2 level tsp. baking powder.
1 tsp. cinnamon.	1 tsp. lemon extract.

Cream together sugar and shortening and add salt, spices and floured raisins. Add soda to the apple sauce and stir it into the first mixture. Fold in the flour and baking powder sifted together, and flavor. Bake in a loaf pan in a slow oven forty-five minutes.

COOKIES

CONSERVATION RECIPES

SOY FLOUR FRUIT LOAF



- | | |
|-----------------------------------|----------------------------------|
| 1 full cup brown sugar. | 2 tblsp. shortening. |
| 1 egg well beaten. | $\frac{1}{2}$ tsp. salt. |
| 1 tsp. vanilla. | $\frac{1}{2}$ cup walnut meats. |
| $\frac{1}{2}$ cup seeded raisins. | 2 tsp. baking powder. |
| $1\frac{1}{4}$ cup barley flour. | $\frac{2}{3}$ cup milk or water. |
| $\frac{2}{3}$ cup soy flour. | |

Put the shortening, sugar, nuts and raisins into a bowl, sift in the dry ingredients alternately with the milk. Add the flavoring and well beaten egg. Bake in a slow oven.

CAKES WITHOUT FLOUR

KORNETTES



- | | |
|---|-----------------------------|
| $\frac{3}{4}$ cup finely chopped popped corn. | $\frac{1}{3}$ cup sugar. |
| $\frac{3}{4}$ tblsp. soft fat. | $\frac{1}{4}$ tsp. salt. |
| 1 egg white. | $\frac{1}{2}$ tsp. vanilla. |
| Blanched and chopped almonds. | Candied cherries. |

Add fat to corn. Beat egg white until stiff. Add sugar gradually and continue beating. Combine mixtures, then add salt and vanilla. Drop mixture from tip of spoon 1 inch apart on a well greased pan. Form in circular shape with knife dipped in cold water. Sprinkle with almonds and place a piece of candied cherry on center of each. Bake in a slow oven until delicately browned.

Boston Cook Book.

PEANUT MACAROONS



- | | |
|-------------------------------------|--------------------|
| 3 egg whites. | 1 tsp. cornstarch. |
| $\frac{1}{4}$ tsp. cream of tartar. | 1 pt. peanuts. |
| 1 cup granulated sugar. | |

Beat the egg whites until foamy; add the cream of tartar and beat until dry, then gradually fold in half the sugar and continue beating until the whole is very light. Cut and fold in the other half of the sugar, the cornstarch and the finely chopped nuts. Drop by teaspoonfuls onto an oiled tin, making smooth rounds. Sift granulated sugar on top of each and bake in a quick oven from five to seven minutes. English walnuts or other nuts may take the place of the peanuts.

Janet M. Hill.

CORNSTARCH COCOANUT MACAROONS ❁ ❁ ❁ ❁

3 egg whites, beaten stiff. 1 cup chopped almonds.
 1 cup sugar. 6 to 8 level tblsp. cornstarch.
 1 cup cocoanut. 1 tsp. vanilla.

Beat the egg white stiff. Mix and fold in other ingredients. Drop from a teaspoon onto greased pans, placing them two inches apart. Bake in a very slow oven. Makes 2 dozen.

NUT MACAROONS ❁ ❁ ❁ ❁

1 egg, white only. ¼ tsp. salt.
 1 cup brown sugar.
 1 cup pecan nut meats, finely chopped.

Beat the white of the egg until light; add gradually, while beating constantly, the sugar. Fold in finely chopped nut meats, sprinkle with salt. Drop from tip of spoon one inch apart on a buttered sheet; bake in a moderate oven until delicately browned.

WHEATLESS GINGERBREADS**BARLEY FLOUR GINGERBREAD** ❁ ❁ ❁ ❁

1½ cups barley flour. ½ tsp. nutmeg.
 1½ cups rice flour. 1 tsp. cinnamon.
 1 tsp. salt. 1 tblsp. ginger.
 1 cup brown sugar. 1 cup sour milk.
 1 cup molasses, Karo, or mixture 2 tsp. soda.
 2 eggs. 2 tblsp. shortening.

Beat eggs, add sugar and molasses and continue beating; and add melted shortening, salt and spices. Add flour and milk alternately, mixing in the soda dissolved in a little water, last. Bake in greased muffin tins or in shallow pans twenty-five or thirty minutes. Makes 16 muffins.

RICE GINGERBREAD ❁ ❁ ❁ ❁

3 cups rice flour. ½ tsp. baking powder.
 2 cups brown sugar. 1 tsp. cinnamon.
 3 eggs. 1 tsp. ginger.
 ⅓ cup butter substitute. 1 tsp. cloves.
 ⅓ cup New Orleans molasses.

Mix sugar and butter substitute; add eggs one at a time, beating; then the molasses, soda and spices.

COOKIES

CONSERVATION RECIPES

CORN MEAL GINGERBREAD



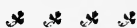
2 cups corn meal.	1½ tsp. soda.
1 cup barley or rice flour.	1 tsp. cinnamon.
2 tblsp. shortening, or	½ tsp. cloves.
1 cup sour milk, and	½ tsp. ginger.
1 cup sweet milk.	1 tsp. salt.
½ cup molasses.	1 egg, slightly beaten.
1 cup sugar, or corn syrup.	

Mix corn meal, sugar, molasses, shortening, salt and milk. Heat in double boiler, then cook ten minutes. Cool, add flour, egg, slightly beaten, soda and spices, sifted together. The grated rind of half an orange, or a little marmalade (about ½ cup) may be added. If the marmalade is used reduce the quantity of sugar and liquid slightly.

This is good served as bread or as dessert, with whipped cream or corn syrup.

ICINGS AND FILLINGS

BOILED ICING



1 egg (white).
 $\frac{1}{3}$ cup water.

1 cup brown or maple sugar.

Boil sugar and water together gently without stirring until, when dropped from a spoon, it quickly spins to a thread. While hot, pour slowly into stiffly beaten white of egg. Beat well until stiff enough to spread. Add flavoring or melted chocolate. If it grains, beat in a little boiling water, 1 teaspoonful at a time. Add chocolate, cocoanut or raisins.

PINEAPPLE FILLING FOR CAKE



$\frac{1}{2}$ small can grated pineapple. 1 cup sugar.
 1 egg (white).

Boil 3 tablespoonfuls of the pineapple juice with the sugar until the mixture threads. Stir into white of egg beaten stiff, continue beating until thick, add pineapple.

Miss C. Tickner.

CAKE FILLING



$\frac{1}{2}$ cup chopped nuts. $\frac{1}{2}$ cup chopped raisins.
 2 tblsp. red jelly or orange marmalade.
 Mix to a paste, and spread.

BOILED HONEY ICING



3 marshmallows. 1 egg (white).
 $\frac{1}{2}$ cup strained honey.

Boil honey until thick, pour over stiffly beaten white of egg; add marshmallows; beat until soft and creamy.

Mrs. J. P. McMillen.

SOUR CREAM AND ALMOND FILLING



1 cup confectioner's sugar.
 $\frac{1}{2}$ cup thick sour cream.
 1 cup blanched almonds, ground fine.
 1 tsp. vanilla.

Beat together. Grated rind of orange may be used instead of the nuts and vanilla.

STRAWBERRY FILLING

1 cup fresh berries. 1 cup sugar.
1 egg (white).

Beat all together with wire whip for twenty minutes, until very stiff. Spread between and on top of layer cake.

MAPLE FONDANT ICING

1 cup brown or maple sugar. $\frac{1}{2}$ cup thin cream.

Boil fifteen minutes. Take from fire and stir until creamy. Spread quickly on warm cake, as it hardens very fast.

MAPLE SUGAR CREAM

1 lb. soft maple sugar. $\frac{1}{2}$ cup boiling water.
2 eggs (whites).

Break sugar in small pieces; put in saucepan with boiling water and stir occasionally until dissolved. Boil without stirring until syrup will thread when dropped from the tip of spoon. Pour gradually over the stiffly beaten egg whites, beating constantly until right consistency to spread.

CHOCOLATE FILLING

1 cup skim milk. 5 tblsp. brown sugar.
 $1\frac{1}{2}$ squares chocolate. 1 tsp. vanilla.
2 tblsp. cornstarch. Pinch of salt.
2 egg yolks.

Heat milk, salt and chocolate, until smooth. Stir in starch creamed in a little cold milk. Cook in double boiler, stirring until thick. Pour over the beaten eggs and sugar. Stir well and cook one minute; more will cause egg to curdle. When cool, add 1 teaspoon vanilla.

FIG FILLING

1 lb. figs, chopped fine. $\frac{1}{2}$ cup sugar.
1 cup water. 1 lemon, juice only.

Stew figs until soft, in the sugar, water and lemon. Spread between layers.

FRUIT FILLING

1 cup raisins. $\frac{1}{2}$ lb. chopped almonds.
 $\frac{1}{2}$ lb. chopped citron.

Add enough boiled icing to make a soft paste.

LEMON FILLING

1 lemon (juice and grated rind). 1 cup sugar.
 ½ tblsp. butter or chicken fat. 2 eggs or 4 yolks.
 Simmer together for ten minutes, cool and spread.

JELLY OR JAM FILLING

1 egg white, whisked lightly.
 1 glass jelly or raspberry jam.
 Whip fifteen minutes. Spread between cake layers.
 Mrs. T. M. Shearman.

ENGLISH CREAM FILLING

1 cup scalded milk. ⅓ cup sugar.
 ¼ cup cornstarch. ¼ tsp. salt.
 ¼ cup cold milk. ½ tsp. vanilla.
 1 whole egg, or 2 yolks.

Mix the cornstarch and the cold milk until smooth, stir this into the scalded milk and cook about fifteen minutes. Stir in the egg well beaten, add the sugar and salt, mix well and cook a few minutes longer. Cool and add the vanilla.

Janet M. Hill.

CREAM OF ORANGE FILLING

1 lemon or orange (large). 3 tblsp. sugar.
 1 tblsp. cornstarch. 1 tsp. butter.
 1 egg yolk, beaten well.

Put juice and grated rind of lemon or orange into a cup and fill with hot water; strain and put on to boil. Wet the cornstarch with cold water and stir it into the juice; cook ten minutes; add the other ingredients and cook until dissolved; cool and spread between layers.

CARAMEL ICING

½ cup brown sugar. 1 tblsp. butter.
 ½ cup granulated sugar. Pinch of soda.
 ½ cup milk.

Mix the sugar, milk and soda. Heat, stirring constantly until it boils. Stop stirring and let the mixture continue boiling until it threads. Remove from the fire, add the butter, and beat until it is thick enough to spread.

ICINGS

CONSERVATION RECIPES

CHOCOLATE ICING

2 egg yolks.

1 cup ground chocolate.

1 cup sugar.

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

Boil the sugar, chocolate, and water together until mixture threads. While hot pour slowly on to the well beaten egg yolks and continue beating until thick enough to spread.

DESSERTS

Mrs. Edward L. Barry, Editor.

BROWN SUGAR TAPIOCA

✻ ✻ ✻ ✻

1 cup pearl tapioca.
4 cups water.
 $\frac{3}{4}$ tsp. salt.

2 cups brown sugar.
Juice of 1 lemon.

Soak tapioca in 3 cups of water over night. Add salt and other cup of water. Cook forty minutes in double boiler, or until transparent. Add brown sugar and lemon and bake in buttered baking dish in moderate oven one-half hour. Serve hot or cold with cream and sugar. The lemon juice may be omitted and the pudding served with lemon sauce.

TAPIOCA PUDDING

✻ ✻ ✻ ✻

2 tblsp. tapioca.
1 pt. milk.
2 eggs.

$\frac{1}{2}$ cup syrup.
1 tsp. vanilla.

Scald milk and tapioca together in double boiler for fifteen minutes. Stir in egg yolk and syrup. Cook ten minutes. Add vanilla, and pour mixture over stiffly beaten whites. Cool overnight or in ice box. Mrs. Raymond S. Perkins.

CHOCOLATE CREAM PUDDING

✻ ✻ ✻ ✻

5 tblsp. cornstarch.
2 cups scalded milk.
 $\frac{1}{2}$ cup sugar.

1 oz. unsweetened chocolate.
3 tblsp. hot water.

Make paste of sugar and cornstarch by adding 1 tablespoonful cold milk and 3 tablespoonfuls hot water. Add boiling milk and chocolate. Cook in double boiler, stirring constantly, for about five minutes. Remove from fire and beat until cool. May serve with chopped nuts.

Mrs. W. Langelier.

MAPLE WALNUT JELLO

✻ ✻ ✻ ✻

1 pkg. peach or orange jello.
1 cup maple syrup.

1 cup boiling water.
1 cup walnuts, chopped.

Dissolve jello in boiling water. Add maple syrup. When nearly cool add walnuts. Serve with whipped cream.

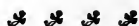
Mrs. Hubert G. Prost.

MARSHMALLOW PUDDING

- | | |
|--------------------|-------------------------|
| 1 tblsp. gelatine. | 1 tblsp. vanilla. |
| 4 eggs (whites). | 2 tblsp. chocolate. |
| 1 cup sugar. | Pink gelatine coloring. |

Dissolve gelatine in 1 cup hot water. Add slowly to well beaten whites of eggs. Then add sugar and vanilla, beating well. Divide in three portions. Color one-third pink with gelatine coloring; one-third with chocolate, mixed with water; and leave one-third white. Put in layers in square pan and serve with either whipped or plain cream.

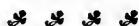
Mrs. T. M. Shearman.

RICE PUDDING

- | | |
|-----------------------|---------------------------|
| 3½ tblsp. rice. | 1 qt. milk. |
| ½ tsp. salt. | ½ tsp. butter substitute. |
| 4 tblsp. sugar. | Cinnamon to taste. |
| ½ tsp. lemon extract. | |

Bake in slow oven two hours. Stir every fifteen minutes for first three-quarters of an hour. Should be like thin cream when done.

Mrs. W. Lenfesty.

CREAMY RICE PUDDING

- | | |
|-------------------------------|--------------------|
| 3 rounded tblsp. rice. | ½ tsp. salt. |
| 3 rounded tblsp. brown sugar. | 1 tblsp. cocoanut. |
| 1 qt. milk. | Ground cinnamon. |

Wash the rice. Place in a baking dish and add sugar, salt, milk, cocoanut and cinnamon. Let it stand one-half hour, or place at once in a moderate oven and bake slowly two or three hours, until rice is done and pudding is about two-thirds its original volume. The first crusts should be turned under to prevent burning. Remove from the oven before the milk has all boiled away and serve from baking dish when cold. If baked slowly this pudding should be creamy when cold.

Mrs. Carl L. A. Schmidt.

HONEY RICE PUDDING

- | | |
|----------------------------|-----------------------|
| 1 qt. milk. | ½ cup seeded raisins. |
| 2 tblsp. uncooked tapioca. | ½ tsp. salt. |
| 2 tblsp. uncooked rice. | ½ cup honey. |

Bake in slow oven, stirring down the crust as it forms until the pudding is done. It should be like thick cream.

RICE AND FRUIT

Boiled and seasoned rice.

Any kind of stewed fruit, put through a sieve.

Beat the rice and fruit together until fluffy. Serve with cream or sauce.

Mrs. F. W. McCullough.

PINEAPPLE PUDDING

4 cups boiling water.

1 cup granulated sugar.

$\frac{2}{3}$ cup minute tapioca.

Pinch of salt.

1 small can grated pineapple.

Add tapioca slowly to water to prevent lumping. Cook two or three minutes. Then add sugar. Remove from stove and when partially cooled, add pineapple, mixing thoroughly.

Mrs. E. B. Welch.

RICE AND STRAWBERRY PUDDING

$\frac{3}{4}$ cup of rice, cooked and seasoned.

2 tblsp. butter substitute.

2 cups fresh strawberries or other fruit.

1 cup sugar.

White of 1 egg.

Cream butter and sugar. Add to it the fruit, crushed. Mix well and add the white of egg, beaten stiff. Put the rice in the middle of the dish and pour the mixture around it. Serve hot or cold.

Mrs. S. S. Johnson.

FAIRY PUDDING

2 coffee cups boiling water.

4 eggs.

5 tblsp. sugar.

1 pt. milk.

$\frac{1}{2}$ tumbler currant jelly.

Salt.

1 tblsp. cornstarch.

To the boiling water add 2 tablespoonfuls of the sugar, a little salt, and the currant jelly, stirring until the jelly is well dissolved. Thicken with the cornstarch. Cook two minutes, stirring constantly. When lukewarm, add the whites of the eggs, beaten stiff, and pour into wet molds. Beat the yolks, add the rest of the sugar, a grain of salt, and the milk. Bring just to boiling point and pour out. To serve, turn the pudding out of the mold, and pour custard around it.

Mrs. T. M. Shearman.

BAKED APPLES WITHOUT SUGAR ❀ ❀ ❀ ❀

Apples. Raisins or dates.
Lemon juice.

Core the apples. Fill the centers with raisins or dates that have been stewed in plenty of water for about five minutes. Sprinkle with lemon juice, and bake slowly. Baste as water boils away, with water drained from raisins.

Mrs. Theodore Gray.

DELICIOUS APPLES BAKED ❀ ❀ ❀ ❀

Apples. Apricot marmalade.

Pare and core tart apples. Fill centers with apricot marmalade. Bake in covered dish. Mrs. F. W. McCullough.

APPLES BAKED WITH HONEY ❀ ❀ ❀ ❀

Apples, pared and cored. Honey.
Water.

Place apples in a pan. Surround by equal parts of honey and water. Bake slowly, basting frequently. W. B. B.

STUFFED PEACHES ❀ ❀ ❀ ❀

6 fresh peaches. 1 orange (juice).
3 sprigs of mint. 1 lemon (juice).
1 cup boiling water. 2 eggs (whites).
1 cup sugar.

Peel and halve the peaches. Break the mint into the boiling water. Cover closely and let stand until cold. Strain and add the sugar. Boil until it threads. Quickly add the strained juice of the orange and lemon and beat all into the whites of the eggs. Fill the peach halves with the meringue, put together, and top each with a walnut.

Mrs. Franklin Nutting.

ECONOMY PUDDING ❀ ❀ ❀ ❀

4 large apples, pared and quartered 1 tsp. baking powder
1 egg, beaten. Nutmeg.
½ cup sweet milk. Pinch of salt.
½ cup sugar. Rice and barley flour

Cook apples until dry. Do not stir. Sprinkle with sugar and a little nutmeg. Make batter of remaining ingredients. Pour over apples and bake.

SAUCE:

1 cup of sugar.	1 tblsp. vinegar.
1 heaping tblsp. cornstarch.	Boiling water.
Butter substitute size of walnut.	Salt.

Mix sugar and cornstarch. Add enough boiling water to thicken. Stir and cook, adding vinegar, butter substitute and salt. Serve warm.

Mrs. J. M. McNulty.

CARROT PUDDING



1 cup grated raw potatoes.	1 cup corn meal.
1 cup grated raw carrots.	1 cup brown sugar.
1 cup raisins.	½ tsp. soda.
Butter substitute size of egg.	
1 tsp. each cinnamon, cloves, allspice and nutmeg.	

Add soda to raw potatoes. Add other ingredients in the order named. Steam two hours or more and serve with fruit or lemon juice.

Twentieth Century Club.

BAKED HONEY CUSTARD



3 eggs.	⅛ tsp. powdered cinnamon.
¼ cup honey.	½ tsp. salt.
2 cups milk (scalded).	

Beat eggs lightly, taking care not to make them foamy. Add slowly the honey, milk, cinnamon and salt. Bake in cups set in a pan of water.

M. E. B.

CHRISTMAS PUDDING



1 cup chopped suet.	1½ cups barley flour.
1 cup raisins.	1 level tsp. soda.
1 cup sugar.	¼ tsp. cloves.
1 cup grated carrots.	1 tsp. cinnamon.
1 cup mashed potatoes.	Juice of 1 lemon.

Sift the soda with the flour. Carrots and potatoes give sufficient moisture. Steam two hours.

DATE PUDDING

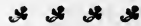


1 cup chopped suet.	2½ cups non-wheat flour.
1 cup molasses.	1½ cup chopped dates or raisins.
1 cup milk.	2 tsp. soda.
1 egg.	2 tsp. mixed spices.

Steam two and one-half hours. Mrs. M. H. Wetmore.

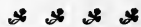
DESSERTS

CONSERVATION RECIPES

FINNISH STEAMED PUDDING

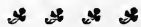
1 cup chopped suet.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ cup sugar.	2 tsp. cream tartar.
2 cups rice, corn and barley flour	1 tsp. soda.
2 cups raisins.	Spices.

Steam two hours. Serve with hard sauce made of oleo-margarine and brown sugar. Mrs. George Otis Allen.

STEAMED NUT PUDDING

$\frac{1}{2}$ cup pecan or other nuts, chopped.	3 tblsp. honey.
$\frac{1}{2}$ cup raisins and chopped figs.	$\frac{1}{4}$ tsp. salt.
2 tblsp. citron or candied orange peel.	$\frac{1}{4}$ tsp. soda.
1 cup barley or corn flour.	

Thoroughly mix the ingredients. Steam two hours and serve with sauce.

FIG PUDDING

1 cup molasses.	1 cup milk.
$1\frac{1}{2}$ tblsp. butter substitute.	1 egg.
$\frac{1}{2}$ lb. chopped figs, dredged.	2 tsp. baking powder.
Cinnamon and nutmeg to taste.	Flour.

Add sufficient barley flour to give the consistency of ginger bread. Steam about two hours. Serve with any sauce. Miss E. B. Welch.

MOLASSES PUDDING

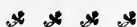
1 cup molasses.	1 tsp. soda.
1 cup sour milk.	Cloves and cinnamon to taste.
1 cup chopped suet.	Barley flour, to make stiff batter.
1 cup currants.	

Steam one and one-half hours. Mrs. R. J. Graham.

ROLLED OATS PUDDING

1 cup rolled oats.	$\frac{1}{4}$ cup shortening.
1 cup buckwheat pancake flour.	1 cup chopped nuts.
$\frac{1}{2}$ cup molasses.	3 eggs, well beaten.
$\frac{1}{2}$ cup brown sugar.	$\frac{3}{4}$ tsp. soda.
1 cup chopped raisins.	$\frac{1}{2}$ tsp. salt.
1 tsp. cinnamon, cloves.	

Steam two hours. Mrs. L. A. Driesbach.

STEAMED BREAD PUDDING

1 cup dried crumbs.	$\frac{1}{2}$ cup milk.
1 egg.	Pinch of soda.
$\frac{1}{2}$ cup raisins.	Salt, nutmeg and cinnamon.
$\frac{1}{2}$ cup molasses.	

Steam one and one-half hours. Serve with sauce.

Mrs. Raymond S. Perkins.

MINUTE PLUM PUDDING

3 tsp. gelatine.	$\frac{3}{4}$ cup cut raisins.
1 pt. boiling water.	$\frac{1}{4}$ cup citron.
1 lemon (juice only).	$\frac{3}{4}$ cup chopped walnut meats.
5 tblsp. sugar.	$\frac{1}{2}$ small chopped apple.
$\frac{1}{2}$ tsp. salt.	1 tsp. vanilla.
$1\frac{1}{2}$ cups corn flakes.	

Mix gelatine, water, lemon, sugar, salt and corn flakes. When somewhat thickened, add other ingredients. Serve in one large or individual molds with plain cream.

Mrs. L. S. Burchard.

BARLEY PUDDING

2 tblsp. cream of barley.	$\frac{1}{2}$ cup molasses.
1 tblsp. corn meal.	2 beaten eggs.
1 pt. milk.	3 cups milk.
Small piece of butter substitute.	Dash of salt.

Cook the first three ingredients twenty minutes, and add the others. Bake slowly forty minutes.

Mrs. Wm. Pond.

DATE NUT TORTE

2 eggs.	$\frac{1}{2}$ cup rice flour.
1 cup light brown sugar.	1 tsp. baking powder.
1 cup dates.	Pinch of salt.
1 cup walnuts, broken in small pieces.	

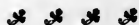
Beat eggs well. Add sugar, walnuts, dates, and flour sifted with baking powder. Mix and turn into a layer cake tin and bake in a moderate oven about 30 minutes. Set on top grate, as it burns very easily. When cool turn into a glass dish and cover with whipped cream. Serve in small pieces in sherbet glasses.

Twentieth Century Club
Food Conservation Forum.

DESSERTS

CONSERVATION RECIPES

YUM YUM PUDDING



1 cup cooked cereal (left over). $\frac{1}{2}$ cup raisins.
 $\frac{1}{2}$ cup karo (white). 2 eggs.
 $\frac{1}{2}$ cup milk.

Put all together in double boiler. When smooth turn into buttered baking dish and bake forty minutes. Serve with crushed fruit sauce. Selected.

FRUIT GELATINE



3 bananas. 3 oranges.
 3 lemons. 1 can grated pineapple.
 1 box gelatine. 3 cups sugar.

Mix gelatine in 5 cups boiling water. When this is cool and commences to set, mix in all ingredients except the bananas; stir these in, a short time before serving; after this do not stir any more. Place on ice to cool.

Mrs. T. M. Shearman.

PRUNE WHIP



$\frac{1}{2}$ lb. prunes. $\frac{3}{4}$ cup sugar.
 Whites of 4 eggs.

Soak prunes, and cook in a little water until soft. Remove stones and rub through colander. Add sugar. Beat the eggs very stiff. Add the prunes one spoonful at a time. Bake in slow oven until a light brown—about 20 minutes. Serve with whipped cream or soft custard. Flavor is improved by adding a few cracked and chopped kernels of the prunes.

Twentieth Century Club
 Food Conservation Forum.

INDIAN PUDDING



2 eggs, beaten. $\frac{1}{2}$ tsp. cinnamon.
 2 tblsp. molasses. 1 pt. milk.
 4 tsp. or more sugar. 1 tblsp. corn meal.
 $\frac{1}{2}$ tsp. ginger. Salt.

Heat the milk. Stir in the corn meal and boil, stirring constantly. Add to the other ingredients, which have been mixed together. Turn in greased dish and bake about one and one-half hours.

Mrs. W. E. Miles.

INDIAN PUDDING

1 qt. milk.	1 cup molasses.
7 tblsp. yellow corn meal.	1 tblsp. cinnamon.
1 tsp. salt.	

Bake three or four hours. Eat while hot with the following SAUCE: Equal parts of molasses, and sweet or sour cream.
Mrs. Biedenbach.

CORN MEAL PUDDING, WITH APRICOTS

3 cups scalding hot milk.	2 tblsp. sugar.
1 cup sifted corn meal.	1 tsp. powdered ginger.
6 apricots (canned) sliced thin.	½ tsp. salt.

Pour hot milk on corn meal. Add sugar, ginger, salt and apricots. Bake for one and one-half hours in moderate oven. Garnish with apricots and serve with sauce made from juice of apricots.
Mrs. Hubert G. Prost.

CORN MEAL PUFFS

⅔ cup corn meal.	1 qt. milk.
¼ cup sugar.	8 eggs.
1 tsp. salt.	Nutmeg if desired.

Cook the milk and meal together fifteen minutes with the salt and sugar. When cold, add eggs well beaten. Bake in cups. Serve with stewed fruit or jam.

CORN MEAL PUDDING

Corn meal.	1 tblsp. butter substitute.
1 pt. milk.	3 eggs.
½ pt. water.	1 cup raisins or currants.
½ cup sugar.	Salt.

SAUCE:

½ cup sugar.	¼ cup butter.
Nutmeg.	

Heat ½ pint of milk and ½ pint of water to boiling point. Stir in corn meal until it is like a thick batter. Remove from fire. Add 1 cup cold milk to make thin batter. Add other ingredients. Bake twenty-five or thirty minutes. Serve with sauce made by creaming the sugar and the butter and flavoring with nutmeg.
Mrs. Stephen Sill.

DESSERTS

CONSERVATION RECIPES

INDIAN MEAL PUDDING

$\frac{2}{3}$ cup meal.
1 cup boiling water.
1 scant cup molasses.

1 qt. milk.
Salt to taste.

Scald the meal slowly with the water. Add other ingredients. Bake three or four hours, stirring occasionally to prevent lumping.

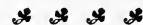
K. Park.

MOCK CREAM

2 tsp. cornstarch.
2 tblsp. sugar.
1 pt. scalded milk.

1 tsp. vanilla.
Whites of 2 eggs.

Mix the cornstarch and sugar. Cook in the hot milk ten minutes. Strain and cool. Add vanilla and whites of eggs, beaten stiff. This makes a good substitute for whipped cream.

WHEATLESS PASTRY**INDIVIDUAL PIES—OATMEAL CRUST**

2 cups finely ground oatmeal.
1 cup boiling water.

1 tsp. fat.

Scald the oatmeal with the water. Add fat and mix thoroughly. Roll very thin and line small pie or tart tins with the mixture. Bake in hot oven. Fill with apricot marmalade or other thick mixture. If desired spread a meringue on top and brown in the oven.

BARLEY OR RYE PASTRY

1 cup rye or barley flour.
 $\frac{1}{2}$ cup cornstarch.
 $\frac{1}{2}$ tsp. baking powder.

$\frac{1}{3}$ cup shortening.
 $\frac{1}{2}$ tsp. salt.
Cold water.

Chop the fat into the flour, cornstarch, salt and baking powder. When the mixture looks like meal, add cold water gradually until mixture will stick together, but is not crumbly. Finely ground rolled oats may be substituted for the flour.

SUBSTITUTE PASTRY

Follow standard recipe, using half and half barley flour and mashed potatoes.

WHEATLESS PIE CRUST

1 cup barley flour.	$\frac{3}{8}$ cup shortening.
$\frac{3}{4}$ cup rye flour.	$\frac{1}{4}$ cup milk or water.
3 tblsp. white corn meal.	$\frac{1}{2}$ tsp. salt.

All materials should be measured by level spoon or cup. All dry materials should be sifted before being measured.

Mix the dry ingredients, add the shortening and rub together until very fine. Add the milk or water and mix quickly without overworking. Use in the same way as ordinary pie crust.

WHEATLESS PIE CRUST WITH BARLEY FLOUR

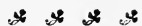
$1\frac{3}{4}$ cups barley flour.	$\frac{1}{2}$ cup milk or water.
$\frac{1}{4}$ cup white corn flour.	$\frac{1}{2}$ tsp. salt.
$\frac{3}{8}$ cup shortening.	

Sift the flours into a mixing bowl, add the shortening and rub together until very fine. Then add salt, milk or water, mix into a smooth dough and proceed in the usual way.

LEMON SOUFFLE PIE

4 eggs.	$\frac{1}{2}$ cup lemon juice.
1 cup sugar.	$\frac{1}{2}$ cup water.

Beat the eggs separately; fold the whites of the eggs in last. Cook in any wheatless crust. Mrs. Skeen.

LEMON PIE

2 lemons (grated rind and juice).	1 tblsp. cornstarch.
$\frac{1}{2}$ cup sugar.	3 eggs (yolks).
Butter substitute size of walnut.	2 cups water.

Cook in double boiler until mixture thickens. Remove from fire, and when cooled pour into previously baked crust. Add meringue made of:

3 eggs—whites, well beaten.	3 tblsp. sugar.
Return to oven, to brown slightly.	Mrs. H. Jacobs.

SQUASH PIE

1 cup strained Hubbard squash. 1½ tsp. cornstarch.
 4 tblsp. molasses. ½ pt. milk.
 Nutmeg, ginger and cinnamon. 1 egg.

Mix cornstarch with squash. Add unbeaten egg. Beat with squash for five minutes. Add other ingredients. Bake in slow oven until set. A. L. B.

SOUR CREAM PIE

1 cup sour cream. 1 cup sugar.
 1 whole egg and yolk of 2, beaten lightly. ½ cup nuts.
 ½ tsp. each, cinnamon and cloves. ½ cup raisins.

Boil this mixture until smooth and creamy. Bake in one crust. When pie is baked, add meringue made of other two whites, and brown lightly. Mrs. Pine.

MEATLESS MINCE MEAT

6 cups chopped, pared apples. 1½ cups water.
 6 cups chopped, green tomatoes. 1 tblsp. cinnamon.
 3 cups chopped raisins. 1 tblsp. salt.
 ¾ cup butter substitute. 4 cups sugar.
 1½ cups cider vinegar. 2 glasses jelly.
 ½ tblsp. each of allspice, cloves and nutmeg.

Mix together all the ingredients except the shortening and jelly until the apples are soft. Add these two last, and boil about fifteen minutes. May be sealed in jars and kept.

Mrs. N. C. Robson.

RABBIT MINCE MEAT

¾ cup cooked rabbit, chopped. ½ tsp. mace.
 1 cup chopped apples. ½ tsp. salt.
 3 tblsp. butter substitute. ⅛ tsp. cloves.
 ⅔ cup light brown sugar. ¼ tsp. cinnamon.
 ½ cup molasses. ⅓ cup raisins.
 1 lemon (grated rind and juice) or Grated nutmeg.
 ¼ cup syrup of sweet pickle.

Mix all ingredients together.

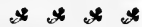
Twentieth Century Club
 Food Conservation Forum.

MOCK MINCE PIE

1 cup seeded raisins.	$\frac{1}{8}$ tsp. ginger.
2 cups finely cut apples.	$\frac{1}{2}$ tsp. salt.
2 tblsp. chopped beef suet.	$\frac{1}{2}$ cup brown sugar.
$\frac{1}{2}$ tsp. cinnamon.	1 cup water.

Wash and dry raisins. Put them through a food chopper. Add 1 cup of water and boil five minutes. Remove from the fire and add the other ingredients. Let cool and use as mince meat substitute.

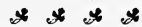
Mrs. R. L. Reid.

NUT MINCE MEAT

8 cups chopped apples.	$\frac{1}{2}$ cup chopped figs.
1 cup chopped walnuts.	$\frac{1}{4}$ cup chopped citron.
$\frac{1}{2}$ cup chopped, blanched almonds.	1 cup lemon juice.
1 cup seedless raisins.	1 tblsp. salt.
1 cup caramel cereal or postum.	Sugar and spice to taste.
1 cup cider, or fruit juice.	

Cook all together until blended. Make crust with non-wheat flour, using bottom crust and strips on top. Sufficient for six pies.

Mrs. W. A. Wann.

MINCE PIE—NO. I

4 tart apples.	$\frac{1}{2}$ tsp. cinnamon.
$\frac{1}{4}$ cup raisins.	$\frac{1}{2}$ tsp. nutmeg.
$\frac{1}{4}$ cup currants.	$\frac{1}{4}$ tsp. cloves.
1 tblsp. chopped citron.	3 tblsp. sugar.
$\frac{1}{4}$ cup crisco.	$\frac{3}{4}$ cup boiled cider.

Cover and let stand several hours before using.

Mrs. H. F. Eveleth.

MINCE PIE—NO. II

$\frac{1}{2}$ cup rice.	2 tblsp. chopped orange peel.
$\frac{1}{2}$ cup seeded raisins.	1 tblsp. butter substitute.
$\frac{1}{2}$ cup currants.	$\frac{1}{2}$ tsp. mixed spice.
$\frac{1}{2}$ cup honey.	Lemon peel to taste.

Cook rice in water until soft. Then add other ingredients and mix well.

Twentieth Century Club
Food Conservation Forum.

DESSERTS

CONSERVATION RECIPES

"LITTLE SAMMIE" TARTS

- | | |
|------------------------------------|-----------------------------------|
| 1 cup sugar. | 1 egg. |
| 1 tblsp. melted shortening. | $\frac{1}{4}$ tsp salt. |
| 1 lemon (rind and strained juice). | $\frac{1}{4}$ lb. chopped citron. |
| 1 tsp. cornstarch. | 1 cup raisins. |

Cook fifteen minutes in double boiler. Make twelve pastry shells in muffin rings. Fill with mixture and heat in hot oven. Garnish with meringue. May be made the day before using.

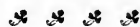
Mrs. Alfred Matthews.

LEMON AND RAISIN PIE

- | | |
|---------------------------------|--------------------------|
| 1 cup chopped raisins. | $\frac{1}{2}$ cup sugar. |
| 2 large apples, grated. | 1 cup molasses. |
| 2 large lemons, rind and juice. | 1 cup water. |
| 3 oat or corn crackers, rolled. | Pinch of salt. |

Put in crust. Cover with strips. Bake thirty or forty minutes.

Mrs. W. Lenfesty.

CHESS PIE

- | | |
|---|---------------------|
| $1\frac{1}{2}$ cups sugar. | 2 tblsp cornstarch. |
| $\frac{1}{2}$ tsp. cloves, cinnamon and allspice. | 1 cup raisins. |
| 1 tblsp. butter substitute. | 2 cups water. |
| 4 eggs, yolks; use white for meringue. | |

Bake slowly. When baked, add a meringue made from the whites, and brown lightly.

Mrs. T. M. Shearman.

CANDY DEPARTMENT

Mrs. Elizabeth M. Spooner

CANDY MAKING FOR AMATEURS



The aim of this department has been not only to call attention to recipes that make use of sugar substitutes, but also to stimulate home-candy making by selecting more especially those that commend themselves because of their simplicity and ease of preparation.

The following suggestions from the Food Administration may prove helpful when buying or making candy.

WAR SWEETS



There are at least four groups of candy that contain a minimum instead of a maximum amount of sugar, and they also contain other pure and wholesome ingredients which are plentiful.

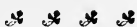
1. The first group includes chocolate coated candies with nut and fruit centers, the old fashioned chocolate creams with the bitter-sweet coating, and such candies as Nougatines and Turkish pastes. There is an abundance of chocolate; it is pure and wholesome and has high food value.

2. The second group includes "hard boiled candies" such as lemon drops, stick candy, fruit tablets, peanut bars, peanut brittle, glace nuts and the like; and molasses candies.

3. Marshmallows and similar candies comprise the third group. They may be eaten plain, toasted, dipped in chocolate, rolled in cocoanut and in many other palatable forms. Popcorn confections belong to this group.

4. In the fourth group are included gum drops, jellies, jelly beans and the like, giving a wide variety of candy made from pure and wholesome ingredients and containing a minimum amount of sugar.

PEPPERMINT TAFFY



4½ cups syrup.

½ cup vinegar.

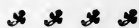
1 tblsp. butter.

Peppermint.

Combine either syrup, molasses, or corn syrup with the vinegar and butter, and boil until it becomes brittle when dropped in cold water. Remove from the fire, add peppermint to taste, and pour on a greased platter to cool. Pull as soon as it is cool enough to handle.

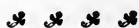
CANDY

CONSERVATION RECIPES

QUICK MOLASSES CANDY

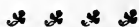
- | | |
|---------------------------|------------------------|
| 1 cup brown sugar. | 1 tsp. vinegar. |
| 1 cup molasses. | ½ cup chopped peanuts. |
| ⅓ tsp. butter substitute. | |

Boil sugar, molasses, butter substitute and vinegar together until brittle when tested in water. Add peanuts, cool and cut in squares.

MOLASSES CANDY

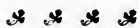
- | | |
|-----------------------------------|-------------------------|
| 2 cups molasses. | 2 tsp. cream of tartar. |
| 1 cup sugar. | 1 tsp. soda. |
| Butter substitute size of walnut. | 1 tsp. vinegar. |

Boil molasses, sugar and butter substitute for 20 minutes, then add cream of tartar, soda and vinegar. Turn into buttered dish. Leave until cold enough to pull.

MOLASSES TAFFY

- | | |
|------------------------|-----------------------------------|
| 1½ cups good molasses. | ¼ tsp. soda (level). |
| ¾ cup white sugar. | Butter substitute size of an egg. |
| 2 tblsp. vinegar. | 1 tsp. vanilla or peppermint. |

Put molasses, sugar and vinegar into a deep saucepan and let boil to 260 degrees F., or until brittle when tested in cold water. During last part of cooking stir constantly. Add the butter and soda; boil up once and pour on buttered platter or marble. As the candy cools turn the edges toward the center with a spatula or the fingers. Continue until the candy is cool enough to pull. Pull over a hook, or from the finger tips, until stiff. Add the flavoring a little at a time during the pulling. Cut in short lengths and wrap in waxed paper.

KARO PULLING CANDY

- | | |
|-------------------|---------------------------------|
| 1 cup Karo syrup. | 1 cup brown sugar. |
| 1 tblsp. vinegar. | 1 oz. melted butter substitute. |

Boil without stirring. When brittle in cold water, pour in greased pans. When cool enough to handle, pull.

KARO BUTTER SCOTCH

- | | |
|--------------|--------------------------|
| 1 cup Karo. | ½ cup butter substitute. |
| 1 cup sugar. | 1 tsp. vinegar. |

Boil until brittle in cold water, pour into buttered pans and when almost set cut into squares.

KARO TAFFY

1 can Karo syrup—2 lbs. 1 tblsp. vanilla extract.
 1 tblsp. butter. 2 cups sugar.
 $\frac{1}{4}$ cup vinegar.

Boil all the ingredients, except the vanilla, until brittle in cold water. Add the vanilla and pour into buttered pans. Cut in squares when nearly set.

PEANUT CANDY

1 qt. Karo syrup. 1 tblsp. lemon juice.
 $\frac{1}{2}$ tsp. soda. Chopped peanuts.

Boil the syrup thirty minutes. Add the soda and continue boiling until brittle in cold water. Add the lemon and stir into the mixture as many peanuts as it will hold. Pour into greased shallow pan and press flat with a half lemon. If preferred the peanuts may be left whole.

SUGARLESS MARSHMALLOWS

2 tblsp. gelatine. 2 cups corn syrup.
 $\frac{1}{2}$ cup cold water. 1 egg white.
 1 tsp. vanilla or almond extract.

Soak gelatine in the cold water. Boil the corn syrup to the crack stage and pour it over the gelatine, beating as it is added. Beat ten minutes and then add the egg white previously beaten stiff. Beat ten minutes more and add the flavoring. In beating, first use a dover beater, and when the mixture becomes too stiff to handle, use a large spoon. When just soft enough to pour, put it in a granite pan thickly dusted with cornstarch. When thoroughly chilled, cut into cubes and roll in powdered sugar.

FRENCH CANDIES

1 cup water. 4 cups honey.
 1 cup gelatine.

Melt the gelatine in the water, stirring well. When it has become a soft paste, add the honey previously warmed, stirring rapidly. Take from the fire, add the desired flavor and color; mix carefully and pour into a shallow, greased dish. Let it dry for a few days before using.

CANDY

CONSERVATION RECIPES

HONEY SQUARES

1 cup strained honey.	$\frac{1}{4}$ tsp. salt.
1 cup brown sugar.	1 tsp. lemon extract.
2 tblsp. butter substitute.	Pinch of cream of tartar.
$\frac{1}{2}$ cup milk.	

Put butter substitute, salt, honey, cream and sugar into saucepan. Stir over slow fire until dissolved. Then add cream of tartar. Boil until it forms a hard ball when tested in cold water. Remove from fire; add extract and pour in buttered mold. Mark in squares before it is cold.

Mrs. F. E. Menefee.

HONEY BRITTLE

$1\frac{1}{2}$ cups Karo syrup, or half honey	$\frac{1}{2}$ lb. peanuts.
---	----------------------------

Cook honey to a crack test. Grease a pan, cover the bottom with chopped peanuts and pour the syrup over them. Mark before the candy is quite cold. Instead of peanuts use other nuts, cocoanut, figs, or raisins and $\frac{1}{2}$ ounce of chocolate.

HONEY CANDY

$\frac{1}{2}$ cup strained honey.	$\frac{1}{2}$ cup granulated sugar.
1 cup chopped walnut meats, peanuts or cocoanut.	

Mix honey and sugar and boil gently until a few drops will form a soft ball in cold water. Add nuts and let come to boiling point. Pour out on buttered platter to cool.

Mrs. O. E. Kuhn.

SIENNA CANDY

2 cups honey.	$\frac{1}{2}$ lb. grated chocolate.
2 lbs. chopped almonds.	1 tsp. cinnamon.
$\frac{3}{4}$ lb. chopped filberts or pecans.	

Boil ingredients all together. When thick and smooth, cool and roll out. Cut in round cakes and dry in oven.

MAPLE FUDGE

1 lb. maple sugar.	1-6 tsp. soda.
1 cup milk.	1-6 tsp. salt.
2 tblsp. butter.	

Melt the sugar and butter and bring to the boiling point; add the soda and boil. Add the milk and salt and proceed as for fudge.

CANDY

CONSERVATION RECIPES

DATE AND COCOANUT SWEETS



2 cups dates, stoned.
1 cup cocoanut, grated.
4 tsp. sugar.

1 tsp. lemon juice.
 $\frac{1}{2}$ tsp. salt.

Wash, dry and put the dates through a food chopper. Mix the ingredients well; then form the mixture into round balls and roll in cornstarch. Mrs. T. M. Shearman.

CHOCOLATE RAISIN BALLS



Seedless raisins.
Melted chocolate.

Sugar.
Honey.

Put the raisins through a fine meat chopper; then weigh, and taking a scant cupful of their weight in sugar, work into a paste with a little honey. Roll into balls and allow to harden. Then dip in melted chocolate.

PUFFED RICE CANDY



1 cup brown sugar.
 $\frac{1}{2}$ lemon.
Butter substitute size of an egg

$\frac{1}{2}$ pkg. puffed rice.
 $\frac{1}{4}$ cup water.
Pinch of salt.

Boil a short time, then add the juice of half a lemon and boil until it forms a hard ball when dropped in cold water. Have rice crisp, stir in and form in balls as soon as it can be handled. Mrs. C. S. Smith.

SUGARED POPCORN



2 quarts popped corn.
2 tblsp. butter substitute.

2 cups brown sugar.
 $\frac{1}{2}$ cup water.

Put butter substitute in saucepan and when melted add sugar and water. Bring to boiling point and let boil sixteen minutes. Pour over corn and stir until corn is well coated.

CANNING AND PRESERVING

Household Science Department, Berkeley Schools
Bertha C. Prentiss, Supervisor.

Reliable bulletins giving complete directions for canning, preserving, etc., may be obtained free upon request.

(A) Address the Division of Publications, United States Department of Agriculture, Washington, D. C., for the following bulletins:

1. Home Canning of Fruits and Vegetables, Farmers Bulletin 853.
2. Canning, Farmers' Bulletin 359.
3. Home Canning One Period Cold Pack Method, Farmers' Bulletin 839.
4. Canned Fruits, Preserves and Jellies, Farmers' Bulletin 203.
5. Homemade Fruit Butters, Farmers' Bulletin 900.
6. Drying Fruits and Vegetables in the Home, Farmers' Bulletin 841.
7. Preservation of Vegetables by Fermentation and Salting, Farmers' Bulletin 881.
8. Manufacture and Use of Unfermented Grape Juice, Farmers' Bulletin 644.
9. Canning Tomatoes, Farmers' Bulletin 521.

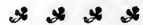
(B) Address the University of California, College of Agriculture, Berkeley, for the following bulletins:

1. Home and Farm Canning, by W. V. Cruess, Circular No. 158.
2. Jellies and Marmalades From Citrus Fruits, by W. V. Cruess, Circular No. 146.
3. Canning Fruits and Vegetables. Methods of Food Preservation 1, by W. V. Cruess.
4. Fruit Juices and Jellies. Methods of Food Preservation 2, by W. V. Cruess.
5. Drying Fruits and Vegetables. Methods of Food Preservation 3, by W. V. Cruess.
6. Candying Fruit, Making Fruit Vinegar and Salting Vegetables. Methods of Food Preservation 4, by W. V. Cruess.

7. Jelly Stocks, by Frederic T. Bioletti and William V. Cruess.
8. Fruit Juices, by Frederic T. Bioletti and William V. Cruess.
9. Home-made Vinegar, by Frederic T. Bioletti and W. V. Cruess.
10. The Drying of Figs, by I. J. Condit.
11. Home Pickling of Ripe Olives, by Frederic T. Bioletti.
12. Vinegar From Waste Fruit, by W. V. Cruess.
13. Canning Fruits Without Sugar, by W. V. Cruess.
14. Tomato Paste, by W. V. Cruess.
15. Drying Muscat Raisins, by Frederic T. Bioletti.
16. Sterilization of Meats in Jars, by W. V. Cruess.

The following methods for preserving fruits and fruit juices have been given by Mr. W. V. Cruess of the University of California.

CANNING FRUITS WITHOUT SUGAR



METHOD A: Express juice from ripe grapes or other ripe and juicy fruit. This can be done by passing the fruit through a meat chopper, heating it to boiling point, straining off the juice, etc., as you would for jelly making. If this juice is very sweet and low in acid, it can be used without further treatment. If it is somewhat sour, the sour taste should be reduced by adding a small amount of baking soda. This should be added in very small quantities and stirred. Stop the addition of the soda when the tart taste has been sufficiently reduced. Place the peeled or otherwise prepared fruit in a pot and add the juice prepared as above. Heat the fruit and juice together until the fruit has been heated through and then pack into jars and sterilize as directed in "Canning Fruits and Vegetables." (See Section B., No. 3, p. 170.)

METHOD B: To one cup of honey or neutral flavored table syrup, add about one cup of water. Heat the fruit to be canned in this syrup until the fruit is heated through. Pour hot into jars and sterilize as directed above.

METHOD C: If the fruit is to be used for pie making purposes, it may be canned in water instead of in juice or syrup. The method of sterilizing would be the same as directed for the above recipe.

THE USE OF SYRUPS INSTEAD OF SUGAR IN JELLY MAKING



If three-quarters of a cup of good honey or good table syrup is used to each cup of fruit juice suitable for jelly making, a good jelly can be made without the use of any sugar. It is also possible to substitute half honey or syrup for the sugar ordinarily used; that is to say, use half a cup of syrup and half a cup of sugar and the usual amount of fruit juice.

HOME-MADE FRUIT SYRUPS



Syrups made from grapes, apples, and other fruits, can be used in cooking or on the table to replace sugar to a great extent. The following simple methods of preparation are suited for home use.

1. FRUIT SYRUPS FOR COOKING PURPOSES

(A) Crush the fruit and press out the juice. Apples and berries may be heated to boiling point after crushing, to facilitate extraction of the juice.

(B) Heat the pressed juice to boiling point and filter through a jelly bag or other form of filter until clear.

(C) Boil the juice down rapidly in a shallow pan. Long boiling darkens the color and injures the flavor.

The hot syrup should be boiled down until it becomes of the desired consistency.

(D) Pour the syrup boiling hot into scalded fruit jars or bottles and seal at once.

Syrups made as above are suitable for use in mince meat, etc., but are somewhat too sour for table use. Grapes and apples are the most suitable for this purpose.

2. FRUIT SYRUPS FOR TABLE USE



(A) Clarify the fruit juice. To do this heat to boiling point and filter until clear.

(B). Divide into two lots representing one-fourth and three-fourths of the juice respectively.

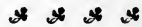
(C) To three-fourths of the juice add 2 ounces (3 table-spoonfuls) of precipitated chalk per gallon. Heat to boiling point and allow to stand over night. Filter through a jelly bag to remove chalk.

(D) To the filtered juice add the one-fourth of the untreated juice. Boil the juice down to a syrup and seal boiling hot in bottles or jars. This syrup is less acid than that made by the preceding recipe and is suitable for use on griddle cakes, etc.

Precipitated chalk can be bought from any drug store. Ground limestone may be used instead.

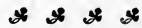
FRUIT JUICES

RED GRAPE JUICE



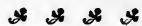
Take equal quantities of muscat grapes and black grapes. Crush together in a pot and heat to about 140 degrees F. A dairy thermometer is suitable for testing the temperature. Allow to stand over night and on the next day press out the juice. Strain it. Put it in bottles and cork bottles with corks that have been sterilized in boiling water for five minutes. Tie the corks down with a string. Any drug store clerk can show you how to tie the cork. Place the bottles on their side in a wash boiler sterilizer, covering the bottles completely with water. Heat the water slowly until it tests 175 degrees F. on the thermometer. Keep the water at this temperature for about twenty minutes. Remove the bottles and seal the corks with melted paraffin. This makes a very pleasing and refreshing beverage.

LOGANBERRY AND BLACKBERRY JUICE



Heat the crushed berries to about 140 degrees F. Press out the juice and if the juice is very sour add sugar to taste. Pack in bottles and sterilize as directed for grape juice.

OTHER FRUIT JUICES



Grape fruit, pomegranates, lemons, and apples all make satisfactory juices. With these fruits, however, the fruit is not heated before the juice is pressed out. Otherwise the treatment is the same as described for grape juice.

FRUIT BUTTERS WITHOUT SUGAR



(A) Peel and pit the fruit. Add enough juice to prevent scorching. Cook until soft. Pass through a fine sieve.

(B) To one quart of the pulp add three quarts of apple or grape juice and to each four quarts of the mixture two

RHUBARB MARMALADE

2 qts. rhubarb.
1 orange.
 $\frac{1}{2}$ cup raisins.

1 qt. sugar.
 $\frac{1}{2}$ cup walnuts.

Wash, pare and cut rhubarb into one-half inch pieces. Add sugar, cover and let stand over night. In the morning add the grated rind and juice of the orange, seeded raisins, and walnuts, cut in small pieces. Cook slowly until thick. Store in a stone jar or pour into sterilized glasses.

CRANBERRY MARMALADE

1 qt. cranberries.
2 cups seeded raisins.

1 cup sugar.
1 cup water.

Place cranberries and water in a saucepan, cover and bring quickly to boiling point. As soon as they begin to soften, mash and then boil for three minutes. Press through a strainer. Wash and dry the raisins and chop. Cook the cranberry pulp, sugar and raisins slowly for thirty minutes. Stir often to prevent burning. Pour into sterilized glasses. More raisins and less sugar may be used if desired.

CRANBERRY CONSERVE

1 qt. cranberries.
 $\frac{1}{2}$ lb. walnuts, chopped.
1 orange (juice only).

$\frac{1}{2}$ cups water.
3 cups sugar.
 $\frac{1}{4}$ lb. raisins.

Wash the fruit. Cook in the water until the cranberries burst. Strain. Add the remaining ingredients and cook twenty-five minutes, or until the mixture is thick. Pour into sterilized glasses. When cool seal, and cover as directed for jams. Brown sugar may be used.

GINGER PEAR MARMALADE

4 lbs. hard green pears.
4 lbs. sugar.

$\frac{1}{2}$ lb. green ginger root.
3 lemons; rind of 2.

Peel ginger root and cut in very small pieces; put on to boil in a little water with the grated lemon peel. Peel pears and cut in thin slices; cook with the ginger root until tender. Add sugar and lemon juice and cook until it jellies.

Mrs. P. B. Fay.

SPICED GRAPES

5 lbs. grapes.
4 lbs. brown sugar.
 $\frac{1}{2}$ pt. vinegar.

1 tblsp. cinnamon.
1 tblsp. cloves.

Boil grapes in vinegar until tender; put through colander to remove seeds. Then cook with sugar and spices until it jellies when cooled.

Mrs. P. B. Fay.

PICALILLI

1 qt. green tomatoes.
1 head celery.
2 red sweet peppers.
1 green sweet pepper.
1 large mild onion.
 $\frac{1}{2}$ small head cabbage.
1 ripe cucumber.

$\frac{1}{2}$ cup salt.
3 cups vinegar.
1 lb. brown sugar.
 $\frac{1}{2}$ tsp. mustard.
 $\frac{1}{2}$ tsp. pepper.
Allspice and cinnamon.

Chop first five ingredients in food chopper, making it rather coarse. Add salt, put in flour sack and let drain over night. In the morning press gently with hands, put in a dish and pour over other ingredients which have been boiled and cooled.

Mrs. E. G. Witter.

SUBSTITUTES

BUTTER AND FATS

Household Science Department, Berkeley Schools.

Bertha C. Prentiss, Supervisor.

REFERENCES



Fats and Their Economical Use in the Home. Bulletin No. 469, United States Department of Agriculture, Washington, D. C. 5 cents.

Conservation of Fats, by Herman T. Vulté. Published by the American Home Economics Association, Room 1010, 19 W. 44th St., New York. 10 cents.

SUBSTITUTE VEGETABLE FATS



Crisco	Cottolene
Vegetole	Nut Grove Margarin
Nutzyme	Snowdrift
Olive Oil	Corn Oil (Mazola)
Beef and Cottonseed Oil Compound	Oleomargarine
Kream Krisp	Califene
Nutco	Sawtay
Kuxit	Wesson Oil
Cottonseed oil	Mazola

COMPOSITION OF OLEOMARGARINE



(From United States Department of Agriculture Bulletin No. 469).

The principal fats used in the manufacture of oleomargarine are oleo oil, neutral lard, cottonseed oil and other oils. These fats, which must be pure and carefully prepared, are thoroughly mixed and then churned with milk or sometimes cream. Owing to the ease with which a highly colored oleomargarine might be sold as butter, it is illegal to sell it unless plainly marked, and the practice of coloring it to imitate butter is discouraged by a heavy tax. It is a wholesome fat.

BUTTER SUBSTITUTES**FOR THE TABLE**

Oleomargarine and the various brands of margarines now on the market, mayonnaise or olive paste, cheese and cottage cheese, peanut butter.

To $\frac{1}{2}$ pound of butter add 1 cup of milk. Beat together until well blended. Add $\frac{1}{2}$ teaspoon of salt and $\frac{1}{2}$ teaspoon of butter color. Place on ice and serve in place of butter.

Serve jams, jellies, syrups, gravy, etc., and less butter will be desired.

FOR COOKING

Save all fat trimmings; render and use in cooking.

Use cracklings from tried out fat for shortening in corn muffins, etc.

Chicken fat makes fine shortening for cakes and is an excellent butter substitute for cream sauces.

Save all drippings. Mix with a little cottonseed oil and brown with flour for Brussels, sprouts, etc.

MUTTON OR LAMB FAT FOR FRYING

1 lb. fat cleaned and cut in small pieces.

1 qt. cold water.

2 tsp. soda.

Cottonseed oil.

Salt.

Cover the fat with the water; add the soda and allow it to stand for an hour, then drain well.

Put the fat into a kettle; add 1 cup cold water and render over a slow fire. Strain through a fine strainer or through two thicknesses of cheesecloth.

Measure, and when partially cold, beat into it an equal amount of cottonseed oil and a little salt. Use 1 teaspoonful of salt to each pint of the fat.

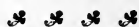
Beat until the fat is very white and soft.

Chicken fat may also be combined with the rendered mutton fat.

FAT FOR COOKING

1 lb. kidney suet or soft beef fat. $\frac{1}{2}$ cup cold water.
Cottonseed oil. Salt.

Cut the fat into small pieces. Place in a kettle with the water. Render over a slow fire. Strain off liquid fat. To each cup of fat allow 1 cup of cottonseed oil and $\frac{1}{2}$ teaspoon of salt. Beat as it cools until it is white and thick.

EXCHANGE VALUES OF FATS

1 tablespoon of oleomargarine, commercial fat compound, clarified chicken fat, goose fat, clarified beef and mutton fat is equal to 1 tablespoon of butter.

$14\frac{1}{2}$ tablespoons of hardened vegetable fat is equal to 16 tablespoons of butter.

HARD SOAP

5 lbs. clarified and strained fat. 2 tblsp. powdered borax.
1 lb. potash. $\frac{1}{3}$ cup ammonia.
1 qt. cold water. 2 tblsp. sugar.
 $\frac{1}{4}$ cup washing soda, dissolved in $\frac{1}{4}$ cup boiling water.

Mix the potash with the water and add the borax, ammonia and sugar. Pour into this mixture, when cool, the melted but not hot fat. Stir constantly for fifteen minutes and pour into a box lined with heavy greased paper. In two hours it will be hard enough to cut into cakes. Let stand for three days before using. Mrs. L. E. Blochman.

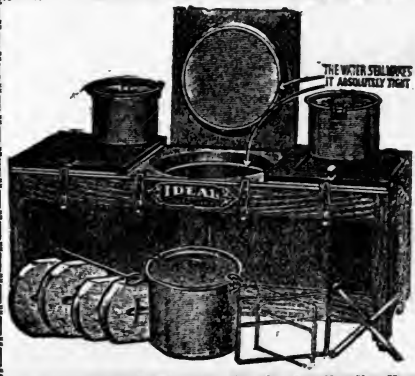
CONSERVATION RECIPES .

MANUSCRIPT RECIPES



CONSERVATION RECIPES

MANUSCRIPT RECIPES



Conserve Foods

Use a Fireless
Cooker

F. L. Butterfield
2169 SHATTUCK AVE

SOY BEAN FLOUR

S A V E S

AND

TAKES the PLACE

OF WHEAT FLOUR

AS AN IDEAL SUBSTITUTE;

OF EGGS,

WITH ITS RICHER PROTEIN;

OF MEAT,

WITH MORE FAT AND PROTEIN

OF MILK,

OWING TO ITS FOOD VALUE AND

SANITARY REASONS

OF SHORTENING,

HAVING TEN TIMES MORE FAT THAN

COMMONLY USED CEREALS.

The IDEAL FOOD for

Diabetic Persons

OWING TO VERY LOW PERCENTAGE

OF STARCH.

SOY BEAN FOOD PRODUCTS CO.

SAN FRANCISCO

MOST ECONOMIC AND NUTRITIOUS FOOD

WRITE FOR THE RECIPES



CRYSTAL WHITE
and CREME OIL SOAPS

ARE THE BEST

SOLD BY ALL DEALERS

MADE BY

PEET BROS. MFG. CO.

KANSAS CITY

SAN FRANCISCO

CONSERVATION RECIPES

MANUSCRIPT RECIPES



“REALLY YOU WOULDN'T KNOW THE
DIFFERENCE”

**ENTIRELY WHEATLESS
Cookies Cakes Pies**

With the Exception of
Angel Food Cake, Dough-
nuts and Silver Leaf Cake } **35%** Substitute

WINSTONS

CAFE—BAKERY—ICE CREAMS

CENTER STREET - - - - BERKELEY

CONSERVATION RECIPES

MANUSCRIPT RECIPES



S. H. BRAKE COMPANY

The Ladies' Shop

DEPENDABLE MERCHANDISE

Telegraph Avenue - - - - - At Durant

Our Electrical Appliances Will Help You
CONSERVE

JARVIS HARDWARE CO.

2311 Telegraph Ave., Berkeley

HOUSEHOLD AND KITCHEN WARE

Sadler's

BOOKS, PERIODICALS, STATIONERY

Headquarters for School and College Textbooks and
Supplies. Mail orders for any book published
Promptly filled.

2253 Telegraph Avenue - - - Berkeley, Cal.

FARLEY'S PHARMACY

PRESCRIPTION SPECIALISTS

Telegraph at Bancroft; Phones Berkeley 5156, 5157

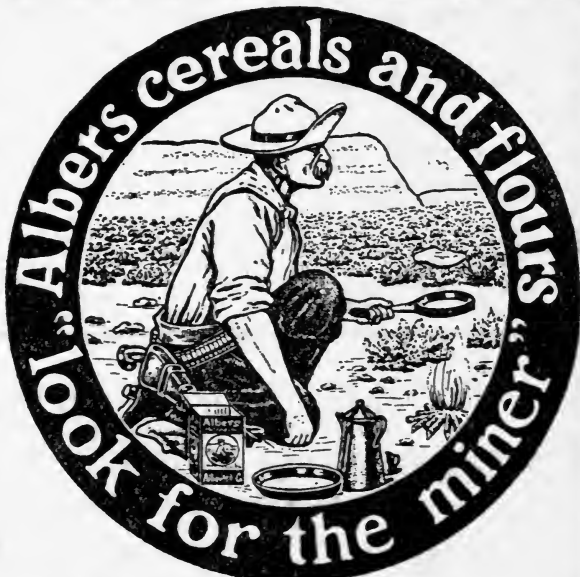
"We Never Substitute."

Immediate Delivery Always at Your Service.



**ALBERS
OAT
COOKIES**

- 3 cupfuls Albers Oats.
- $\frac{3}{4}$ scant cupful of butter or shortening.
- 1 cup brown sugar.
- $\frac{1}{2}$ cup milk.
- 1 teaspoonful baking powder.
- 1 cupful Hygeno Flour.
- 1 teaspoonful cinnamon.
- $\frac{1}{2}$ teaspoonful ground nutmeg.
- $\frac{1}{2}$ teaspoonful of ground cloves.



Drop on buttered pans three inches apart and bake to a light brown.

T. H. NEVIN, Proprietor

Phone Berkeley 4329

BERKSHIRE MARKET

CHOICE MEATS

A Market Absolutely Free From Flies. Special Attention
Given to Orders Sent With Children.

2442 Bancroft Way - - - - Near Telegraph Avenue

Phones Berk. 2551, 2552, 6330 QUALITY and SERVICE

BEST GROCERY

C. E. King, Prop.

Bancroft and Telegraph - - - - Berkeley, Calif.

PIONEER FARM

SPECIALIZING IN GUARANTEED MILK

All Our Milk is From Cows Passing the Tuberculin Test.

Only Family Trade Solicited.

Ask the Board of Health.

Phones Berk. 2105, 4613

Sauer's Extracts Conserve Food

Left-overs are quickly transformed to dainty
delicacies if you have the flavor.

Sauer's Vanilla—Half the quantity is sufficient.

C. F. SAUER COMPANY

Richmond, Va.

Highest Award Grand Prize, P. P. I. E.

H. S. HOWARD

THE PRESS OF THE COURIER

BERKELEY, CALIFORNIA

*Printer of Conservation Recipes and all other
kinds of Commercial Printing*

CONSERVATION RECIPES

MANUSCRIPT RECIPES



Tailor Suits Made to Order at Reasonable Prices.

Joseph Jaeger

LADIES' TAILOR

2221 Telegraph Ave., Near Bancroft; Phone Berk. 5646
Berkeley, Cal.

English Tea Room

LUNCHEON — AFTERNOON TEA
EVENING DINNERS

2234 Telegraph Avenue - Berkeley, California

Bowman Drug Co.

Berkeley Store

COR. CENTER AND SHATTUCK

Phone Berkeley 113

Phone Berkeley 3775

A. Fischer

Spot Cash Grocery

GROCERIES, FRUITS, VEGETABLES

2504 Bancroft Way - - - Berkeley, Cal.



Conservation of Life and Health.

**GRANT'S HYGIENIC CRACKERS AND
GRANT'S HYGIENIC BREAKFAST FOOD**

Have helped thousands of people eliminate the waste or poison that accumulates in the system from the foods they eat, at the same time the great nutritive value in our foods help the patients to overcome their threatened physical collapse and make them physically fit once more to take up the battle of life.

**Proven to Be a Real Baby Food; One Doctor Told Us How
Our Foods Saved the Lives of Four Babies in One Family.**

Saves 60 pounds more wheat to the barrel than the Food Administration requires.

United States Food Administration License No. B-22839.

Manufactured by HYGIENIC HEALTH FOOD CO.

Berkeley, Cal., U. S. A.

CONSERVATION RECIPES

MANUSCRIPT RECIPES



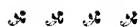
CONSERVATION RECIPES

MANUSCRIPT RECIPES



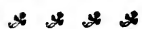
CONSERVATION RECIPES

MANUSCRIPT RECIPES



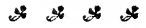
CONSERVATION RECIPES

MANUSCRIPT RECIPES



CONSERVATION RECIPES

MANUSCRIPT RECIPES



Measurements of Substitutes

EQUAL TO ONE CUP OF FLOUR

These weights and measures were tested in the Experimental Kitchen of the U. S. Food Administration, Home Conservation Division, and of the U. S. Department of Agriculture, Office of Home Economics.

In substituting for one cup of flour use the following measurements. Each is equal in weight to a cup of flour.

Barley.....	1 $\frac{3}{8}$ cups	Potato Flour.....	$\frac{3}{4}$ cup
Buckwheat.....	$\frac{7}{8}$ cup	Rice Flour.....	$\frac{7}{8}$ cup
Corn Flour.....	cup (scant)	Rolled Oats.....	1 $\frac{1}{2}$ cups
Corn Meal (coarse).....	$\frac{7}{8}$ cup	Rolled Oats (ground in meat chopper).....	1 $\frac{1}{8}$ cups
Corn Meal (fine).....	1 cup (scant)	Soy Bean Flour.....	$\frac{7}{8}$ cup
Cornstarch.....	$\frac{3}{4}$ cup	Sweet Potato Flour.....	1 $\frac{1}{8}$ cups
Peanut Flour.....	1 cup (scant)		

This table will help you to make good griddle cakes, muffins, cakes, cookies, drop biscuits, and nut or raisin bread without using any wheat flour.

You will not need new recipes. Just use the ones your family has always liked, but for each cup of flour use the amount of substitute given in the table. You can change your muffin recipe like this:

OLD RECIPE

2 cups wheat flour.
4 tsp. baking powder.
 $\frac{1}{4}$ tsp. salt.
1 cup milk.
1 egg.
1 tblsp. shortening.
1 tblsp. sugar.

NEW RECIPE

1 $\frac{3}{8}$ cups barley flour.
1 cup (scant) corn flour.
4 tsp. baking powder.
 $\frac{1}{4}$ tsp. salt.
1 cup milk.
1 egg.
1 tblsp. shortening.
1 tblsp. sugar.

The only difference is the substitution for wheat flour. Everything else remains the same. You can change all of your recipes in a similar way.

GOOD COMBINATIONS OF SUBSTITUTES ❀ ❀ ❀ ❀

You will get better results if you mix two substitutes than if you use just one alone. Some good combinations are—

Rolled Oats (ground)	}	AND	}	Corn Flour
or				Rice Flour
Barley Flour				or
or				Potato Flour
Buckwheat Flour				or
or				Sweet Potato Flour
Peanut Flour	or	Corn Meal		
or				
Soy Bean Flour				

CAUTIONS



1. All measurements should be accurate. A standard measuring cup is equal to a half pint.
2. The batter often looks too thick and sometimes too thin, but you will find that if you have measured as given in the table the result will be good after baking.
3. Bake all substitute mixtures more slowly and longer.
4. Drop biscuits are better than the rolled biscuits, when substitutes are used.
5. Pie crusts often do not roll well and have to be patted on to the pan. They do not need chilling before baking.

INDEX

- | | |
|--|---|
| <p>Breads—Quick 99-110</p> <p>Barley Flour Breads</p> <p>Drop Biscuit 108</p> <p>Muffins 109</p> <p>Muffins 108</p> <p>Rice and Barley Muffins 108</p> <p>Corn and Oat Breads</p> <p>Apple Corn Bread 102</p> <p>Corn Bread 100</p> <p>Crackling Corn Bread 103</p> <p>Crumb Muffins 107</p> <p>Dandy Gems 103</p> <p>Delicate Spoon Bread 101</p> <p>Dodgers, Corn 101</p> <p>Eggless Corn and Rye Muffins 104</p> <p>Fruit Gems 104</p> <p>Hominy Bread, Corn and 102</p> <p>Hominy Gems, Corn and 101</p> <p>Nut Loaf 106</p> <p>Oatmeal Bread 106</p> <p>Oat and Corn Muffins 106</p> <p>Oatmeal Drop Biscuits 105</p> <p>Oatmeal Muffins 106</p> <p>Potato Cornmeal Muffins 105</p> <p>Potato, Corn Bread with 102</p> <p>Pumpkin Corn Bread 105</p> <p>Rye, Corn and 103</p> <p>Rye Muffins, Eggless Cornmeal and 104</p> <p>Soft Spoon Bread 101</p> <p>Spider Corn Bread 104</p> <p>Spoon Bread (I & II) 100</p> <p>Sour Milk Model 99</p> <p>Sour Milk Spider Bread 104</p> <p>Soy and Corn Muffins 110</p> <p>Time Saving Corn Bread 103</p> <p>War Johnny Cake 102</p> <p>Rye Flour Breads</p> <p>Nut Bread 107</p> <p>Popovers 107</p> <p style="padding-left: 2em;">(See Corn Breads also)</p> <p>Soy Bean Breads</p> <p>Corn, Soy and 110</p> <p>Drop Biscuit 109</p> <p>Muffins 109</p> <p>Rice Flour Muffins, Soy and 109</p> | <p>Breads, Steamed 113-114</p> <p>Boston Brown (I & II) 114</p> <p>Brown Bread 113</p> <p>Corn Bread, Steamed 113</p> <p>Golden Brown 113</p> <p>"Rye and Injun" 113</p> <p>Breads, Yeast 116-121</p> <p>Beaten Breads</p> <p>Egg Corn Bread 116</p> <p>Egg Oat Bread 116</p> <p>Kneaded Breads</p> <p>Biscuit or Finger Rolls 119</p> <p>Breakfast Rolls 118</p> <p>Coffee Bread 120</p> <p>Coffee Bread Filling 120</p> <p>Dutch Apple Cake 120</p> <p>English Buns 119</p> <p>Lunch or Dinner Rolls 119</p> <p>Potato Bread 118</p> <p>Toast Bread 118</p> <p>Rye, With Other Flours 121</p> <p>Yeast Bread 117</p> <p>Butter and Fat Subst. 177-179</p> <p>Bulletins on 177</p> <p>Cooking, for 178-179</p> <p>Exchange Value 179</p> <p>Frying, for 178</p> <p>Mutton or Lamb Fat 178</p> <p>Oleomargarine 178</p> <p>Soap, Hard 179</p> <p>Table, for 178</p> <p>Vegetable Fats 177</p> <p>Cakes and Cookies,
Wheatless 126-145</p> <p>Barley Flour</p> <p>Apple Sauce Cake (I & II) 128</p> <p>Baked Frosting, Cake with 128</p> <p>Cookies 131</p> <p>Filling for Jelly Cake 127</p> <p>Fruit Cake 129</p> <p>Fruit Cake, Old English 129</p> <p>Gingerbread 144</p> <p>Hermits 130</p> |
|--|---|

INDEX

Jelly Roll	127
Peanut Cookies	130
Plain Cake	130
Raisin Cake	129
Rocks, with Cornflakes.....	136
Small Cakes	129
Spice Cakes	127
Sponge Cake	126
(See also under Mixed Flours)	

Corn Flake Cookies and Macaroons

Cookies	135
Macaroons (I & II).....	135, 136
Nut Cookies	135
Rocks	136
(See also under Mixed Flours)	

Gingerbreads

Barley Flour	144
Corn Meal	145
Rice	144

Mixed Flours

Bran Cookies	139
Buckwheat Drop Cookies.....	138
Canada's War Cake	137
Chocolate Cake, Potato.....	137
Coffee Cake	137
Corn and Rice Flour Drop Cakes	136
Eggless, Milkless, Butterless Cake	138
Layer Cake	136
Molasses Layer Cake	138
Potato Chocolate	137
Potato Wheatless Cookies.....	138

Oatmeal and Rolled Oats

Cookies, Rolled Oatmeal.....	140
Cookies, Ground Rolled Oats	140
Drop Cakes	139
Hermits	141
Macaroons, Ground Rolled Oats	139
Macaroons, Oatmeal	140
Peanut Butter Wafers.....	141
Russian Tea Cakes	142
Scottish Fancies	141
Spanish Tea Cookies	140

Soy Flour

Apple Sauce Cake	142
Fruit Loaf	143
Spice Cookies	142

Potato Flour

Angel Cake	133-134
Layer Cake	134
Sponge Cake	134
(See also under Mixed Flours)	

Rice Flour

Cake	132
Feather Cake	131
Fruit Bars, Wheatless	132
Ginger Bread	144
Nut Bars	133
Orange Cake	132
Sour Cream Cake	131
Sour Milk Cake	131
Walnut Cookies	133
(See also under Mixed Flours)	

Without Flour

Cornstarch Cocoanut Maca- roons	144
Kornettes	143
Nut Macaroons	144
Peanut Macaroons	143

Candy Department164-169

Amateurs, Candy Making for	164
Butter Scotch, Karo	165
Chocolate Raisin Balls	169
Cocoanut Sweets, Date and.....	169
Date Balls	168
Date and Cocoanut Sweets.....	169
French Candies	166
Fruit Caramels	168
Fruit Confection	168
Fruit and Nut Paste	168
Honey Brittle	167
Honey Candy	167
Honey Squares	167
Karo Butter Scotch	165
Karo Pulling Candy	165
Karo Taffy	166
Maple Fudge	167
Marshmallows, Sugarless	166
Molasses Candy	165

INDEX

Molasses Taffy	165	Fish	46-61
Molasses, Quick	165	<i>Fresh</i>	
Nut Paste, Fruit and	168	Amsterdam Recipe	48
Peanut Candy	166	Baked	53
Peppermint Taffy	164	Black Cod, Filet of.....	51
Popcorn, Sugared	169	Chowder	47
Prunes, Stuffed	168	Cioppino	47
Puffed Rice	169	Cod, Boiled	50
Raisin Balls, Chocolate.....	169	Cod, Molded (Norwegian).....	50
Sienna Candy	167	East Indian Curry	48
Taffy, Karo	166	Escaloped	48
Taffy, Molasses	165	Halibut, a la Creole	52
War Sweets	164	Halibut, Molded	52
		Halibut Pie	53
Canning & Preserving, 170-176		Sable	49
Blackberry Juice	173	Sable Cakes	49
Bulletins on	170-171	Sable a la Creole	50
Butters, Fruit, Without		Sable and Tomatoes	51
Sugar	173-174	Salmon, Baked	51
Canning Fruits Without Sugar	171	Salmon, Baked, Pepper Cases	51
Carrot Marmalade	174	Salmon Loaf	52
Citrus Marmalade	174	Skate	53
Cranberry Conserve	175	Sole, Baked	54
Cranberry Marmalade	175	Stewed (Amsterdam Recipe)...	48
Fruit Juices	173	Souffle	49
Fruit Syrups for Cooking.....	172	Timbale	49
Fruit Syrups, Home-made.....	172		
Fruit Syrups for Table.....	172-173	<i>Shell Fish</i>	
Grape Juice	173	Clams, Preparation of	55
Grapes, Spiced	176	Clams with Corn	55
Ginger Pear Marmalade.....	175	Crab Cocktail	58
Jelly Making, Use of Syrups		Crab Creole	56
in	172	Crab, Deviled (2)	57
Loganberry Juice	173	Crab Flakes with Pimiento.....	58
Marmalade, Carrot	174	Crab Maryland	57
Marmalade, Citrus	174	Crab Victoire	58
Marmalade, Cranberry	175	Mussels	59
Marmalade, Rhubarb	175	Mussels a la Inverness.....	59
Marmalade, Ginger Pear	175	Mussels, Steamed	59
Picalilli	176	Oysters and Corn, Escaloped	55
Plum Conserve	174	Oyster Omelette	56
Red Grape Juice	173	Shrimp, Spanish	60
Rhubarb Marmalade	175	Shrimp Wiggle, Tomato	59
Syrups, Use of in Jelly Mak-			
ing	172	<i>Salt and Smoked Fish</i>	
Crackers	114-115	Broiled	60
Corn Meal Crisps	114	Chowder	60
Corn Wafers	114	Creamed	60
Crisp Corn Bread	115	Mackerel, Fried	61
Oat Crackers	115	Pudding	61
Scotch Oat Crackers	115	Sturgeon	61

INDEX

Fish Sauces

Drawn Butter	55
Fish Stock	54
Horseradish	54
Tomato	54

Griddle Cakes, Waffles, 110-112

Griddle Cakes

Barley	111
Buckwheat	111
Corn-Meal	110
Corn Meal Pan Cakes	111
Corn Meal, with Rice.....	110
Griddle Cakes	110
Oatmeal	111
Potato Cakes	111

Waffles

Corn Meal or Rice	112
Oatmeal	112
Rice	112
Rice Flour	112

Icings and Fillings.....146-149

Fillings

Almond, Sour Cream and.....	146
Cake Filling	146
Chocolate	147
English Cream	148
Fig	147
Fruit	147
Jelly or Jam	148
Lemon	148
Maple Sugar Cream	147
Orange, Cream of	148
Pineapple	146
Sour Cream and Almond.....	146
Strawberry	147

Icings

Boiled Icing	146
Caramel	148
Chocolate	149
Honey, Boiled	146
Maple Fondant	147

Meats 76-85

Beef Heart	78
Beef, Prime Roast	76

Brains	79
Brains with Eggs	80
Carne Ranchero	82
Conservation Cutlets	82
Egg Gems	85
Fricandelles	81
Italian Pie	84
Kidneys, Creamed	79
Kidney Saute	79
Lamb Curry with Rice	81
Lamb's Tongue, Fricassee of	83
Liver, Calves	80
Meat Balls, Rice	79
Meat Encore	84
Meat Loaf, Different	77
Meat Souffle	83
Meat Turnovers	84
Mutton Stew	80
Peppers, Baked	84
Pie, Italian	84
Pie, Shepherd's	83
Rice Meat Balls	79
Shepherd's Pie	83
Stew, Mutton	80
Steak en Casserole	78
Steak, Porterhouse	77
Steak, Simmered or Swiss	76
Steak, Spanish	77
Steak and Bananas, Stanley.....	77
Sweetbreads, Fried	81
Sweetbreads, in Paper Baking	
Bags	81
Tongue, Glazed, and Tomato	
Sauce	82
Tongues, Lambs', Fricassee of	83
Veal Birds	78
Veal, Minced, and Eggs	80

Meat Substitutes 62-75

Bauregard Toast	74
Beans en Casserole, Lima.....	63
Beans and Cheese Loaf, Navy	64
Beans with Cheese, Chili.....	64
Bean Cutlets, Dried Lima.....	63
Bean Loaf, Lima	64
Beans, Spanish, No. I	64
Beans, Spanish, No. II	65
Beans and Rice, Soy	66
Beans, Savory, Baked Soy.....	66
Cheese, Corn Meal and	73
Cheese, Escalloped	71
Cheese Fondu	71
Cheese, French Cottage.....	72

INDEX

Cheese, Polenta with.....	73	Pastry, Wheatless	159-163
Cheese, Potatoes with	71	Barley Flour, Wheatless Pie	
Cheese, Rice and	72	Crust	160
Cheese Souffle	71	Barley or Rye Pastry	159
Corn Meal and Cheese	73	Chess Pie	163
Corn Meal Nut Patties.....	68	Individual Pie, Oatmeal Crust	159
Corn Tamale	74	Lemon Pie	160
Cottage Cheese, French	72	Lemon and Raisin Pie	163
Eggs a la Castilienne	68	Lemon Souffle Pie	160
Eggs Curried	67	"Little Sammie" Tarts	163
Eggs, Enchilada	68	Meatless Mince Meat	161
Egg Souffle	69	Mince Meat, Rabbit	161
Eggs and Spinach	67	Mince Pie (I & II)	162
Eggs, Stuffed	68	Mock Mince Meat	162
Eggs with Tomatoes	67	Nut Mince Meat	162
Eggs on Toast, with Toma- toes	66	Oatmeal Crust, Individual	
Hominy Croquettes	69	Pies	159
Lentils and Rice	65	Rye or Barley Pastry	159
Lentils, Stewed	65	Rabbit Mince Meat	161
Meatless Stew	74	Raisin, Lemon Pie and	163
Meat, Substitute for	75	Wheatless Pie Crust	160
Mock Veal Roast	69	Wheatless Pie Crust with Bar- ley Flour	160
Omelet, Rice	70	Substitute Pastry	159
Polenta with Cheese	73	Squash Pie	161
Potatoes with Cheese	71	Sour Cream Pie	161
Rice and Cheese	72		
Rice au Gratin	72	Poultry and Game	34-45
Rice, Lentils and	65	Belgian Hare a la Maryland	42
Rice Omelet	70	Brunswick Stew	43
Rice, Savory with Cheese.....	72	Canvasback Duck	42
Rice, Soy Beans and	66	Chicken, Baked	37
Spinach and Eggs	67	Chicken, Baked Cream	38
Soy Beans and Rice	66	Chicken in Chafing Dish	39
Soy Beans, Savory Baked.....	66	Chicken Creole Style	36
Stew, Meatless	74	Chicken Fricassee	38
Substitute for Meat	75	Chicken Loaf	38
Tamale, Baked	73	Chicken Pie (I & II)	39
Tamale, Corn	74	Chicken Pilau	40
Tamale Pie	73	Chicken, Pressed	40
Toast, Bauregard	74	Chicken in Ramekins	41
Tomatoes, Eggs with	67	Chicken with Rice	40
Tomatoes, Eggs on Toast with	66	Chicken, Smothered	37
Turkish Pilaf	69	Chicken Souffle	37
Vegetable Chowder	63	Chicken, Steamed Fried	37
Vegetable Roast	70	Ducks, Roast	42
		Ducks, Wild, Roasted	41
Sauces		Duck, Canvasback	42
Brown Nut	62	Goose, Roast	41
Cheese Sauce	70	Hare, Belgian, a la Maryland..	42
Italian Tomato	62	Hare or Rabbit en Casserole..	44
Peanut Butter Gravy	65	Hare or Rabbit, Roast (I).....	42
Pimiento	62		

INDEX

Hare or Rabbit, Roast (II).....	43	Plum Pudding, Minute	156
Rabbit a la Southern	43	Prune Whip	157
Rabbit Stew	44	Rice and Fruit	152
Squabs Roasted	44	Rice Pudding	151
Squab Jelly with Mayonnaise	45	Rice Pudding, Creamy	151
Stew, Brunswick	43	Rice Pudding, Honey	151
Turkey, Roast	36	Rice and Strawberry Pudding..	152
Turkey Souffle	37	Rolled Oats Pudding	155
Wild Duck Roasted	41	Sauces (2).....	154 and 158
Poultry Stuffings, Sauces, Etc.		Strawberry, Rice and	152
General Directions	34	Tapioca, Brown Sugar	150
Bangkok Curry	45	Tapioca Pudding	150
Chestnut	35	Yum Yum Pudding	157
Dressing for Duck	41	Salads 21-33	
Milk Gravy for Chicken.....	37	Apricot and Grapefruit	33
Orange Sauce for Game.....	41	Artichoke	25
Potato Stuffing for Goose.....	35	Banana	24
Potato Stuffing for Turkey.....	35	Brazilian	31
Turkey Gravy	36	Cabbage, Mustard	33
Puddings, Etc. 150-159		Carrot	25
Apples, Baked, Delicious.....	153	Celery	30
Apples, Baked with Honey.....	153	Celery, Jelly	29
Apples, Baked without Sugar..	153	Cheese and Pea	28
Barley Pudding	156	Cheese and Pineapple	28
Bread Pudding, Steamed	156	Cheese and Tomato	24
Carrot Pudding	154	Chicken	29
Chocolate Cream Pudding.....	150	Cold Slaw	26
Christmas Pudding	154	Combination	25
Corn Meal Puffs	158	Crab Louis	28
Corn Meal Pudding with Apri-		Crab and Tomato	30
cots	158	Cucumber and Pineapple.....	31
Custard, Baked Honey	154	Cucumber and Potato.....	26
Date Nut Torte	156	Date	32
Date Pudding	154	Fish	32
Economy Pudding	153	Fruit, Mixed	31
Fairy Pudding	152	Fruit, Molded	27
Fig Pudding	155	Grapefruit and Apricot	33
Finnish Steamed Pudding	155	Grapefruit and Pomegranate...	31
Fruit Gelatine	157	Macedoine	28
Fruit, Rice and	152	Mustard Cabbage	33
Indian Meal Pudding	159	Normandy	30
Indian Pudding	157	Norwegian	32
Indian Pudding	158	Orange	24
Jello, Maple Walnut	150	Palace Grill	27
Marshmallow Pudding	151	Pea and Cheese	28
Mock Cream	159	Perfection	26
Molasses Pudding	155	Pineapple and Cheese	28
Nut Pudding, Steamed	155	Pineapple and Cucumber	31
Peaches, Stuffed	153	Pomegranate and Grapefruit...	31
Pineapple Pudding	152	Potato	29
		Potato and Cucumber	26
		Prune	25

INDEX

Raisin	32
Salmon	25
String Bean	26
Tomato and Crab	30
Tomato and Cheese	24
Tomato Jelly	27
Tomato Stuffed	24
Tomato Stuffed	30
Viennese	27
Waldorf, Jellied	30

Salad Dressings 22-24

Boiled	23
East Indian	22
English	22
French	22
Italian	22
Mayonnaise, Quick	23
Mayonnaise, War Time	23
Mayonnaise, Without Oil.....	24
Russian (I & II)	22
Tartare Sauce	23
Thousand Island	22
Vegetable	23

Sandwiches 122-125

Apple	124
Baked Bean	124
Cheese, Cottage	122
Cheese and Marmalade	123
Cheese, Nut and	122
Chicken	124
Chive Butter	123
Cottage Cheese	122
Cucumber, Shrimp and	123
Date, Nut and	123
Egg	122
Fig	125
Fish	124
Ginger	123
Nut and Cheese	122
Nut and Date	123
Nut and Raisin	122
Marmalade, Cheese and	123
Olive	123
Olive	124
Peanut Butter	124
Raisin, Nut and	122
Shrimp and Cucumber	123

Soups 9-20

Asparagus	14
All-Vegetable	16
Barley, Cream of	17
Bean	11
Bean, Lima Pureé	12
Boston	13
Bouillon Bisque, Cream	12
Bouillon, Bellevue	13
Cauliflower	19
Celery Root, Pureé	19
Chicken, Cream of	13
Chicken, with Rice	11
Chowder, Clam	18
Chowder, Corn (I & II)	20
Chowder, Dried Fish	19
Chowder, Nut	18
Corn Chowder	20
Corn, Cream of	15
Crab, Cream of	18
Cream Bouillon Bisque	12
Italian	10
Lima Bean Pureé	12
Milk and Cheese	15
Milk Soup	14
Mock Oyster	17
Onion	12
Onion, French	12
Oyster Stew	18
Pea, Dried	16
Pea, Fresh	19
Pea Pod	20
Peanut (I & II)	14, 15
Potato, Cream of	15
Salsify, Mock Oyster	17
Spanish	10
Tomato	17
Tomato Bouillon	11
Tomato, Cream of	17
Turkey Bone	13
Vegetable, An All	16
Vegetable, Without Meat.....	16
Vegetable, Cream of	16

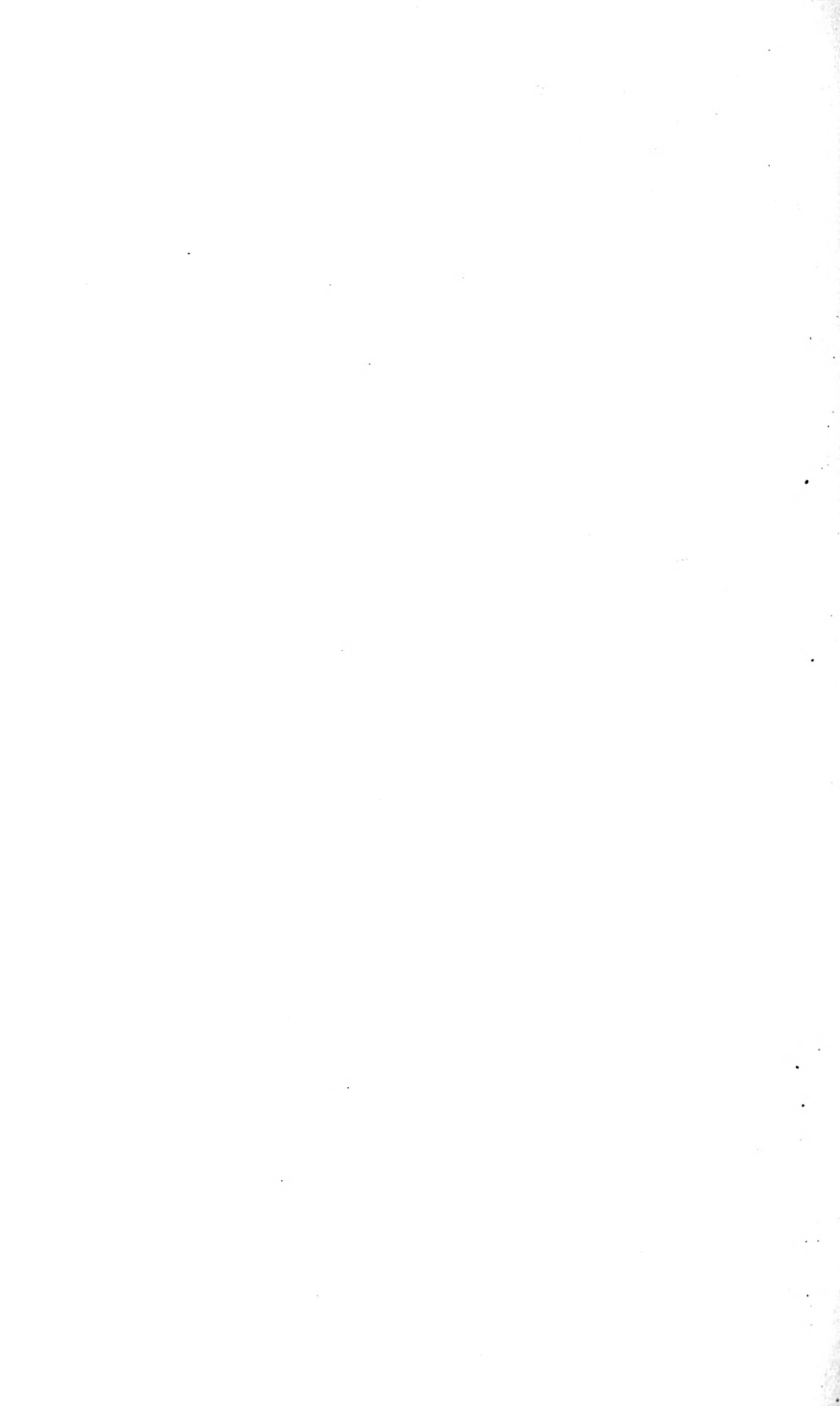
Vegetables 86-95

Apples, Curried	94
Apples, Sweet Potatoes and.....	89
Artichokes, Stuffed	95
Cabbage, Red, Steamed	93
Carrots, Creamed	93
Carrots, Spanish	93

INDEX

Cauliflower with Cheese	94	Spanish Dish	91
Corn Pudding	90	Spinach	92
Corn Tamale	90	Split Pea Pudding	95
Cucumbers, Baked	94	String Beans or Peas	95
Cucumbers, Fried	95	Summer Squash, Fried	95
Eggplant, Baked	95	Sweet Potatoes and Apples, Baked	89
Eggplant, Fried	94	Sweet Potatoes, Baked	88
Hominy, Small, Baked	91	Sweet Potatoes, Browned	87
Peas, String Beans or	95	Sweet Potatoes, Fried	88
Potatoes, Baked	87	Sweet Potatoes, Glazed	88
Potatoes, Boiled	86	Sweet Potatoes, Supreme	89
Potatoes, Cheese	87	Sweet Potato Trifles	89
Potatoes and Corn Cakes	88	Turnips a la Berkeley	92
Potatoes, Escalloped	88	Tomatoes, Scalloped	92
Potatoes on Half Shell	87	Tomatoes, Fried	92
Potatoes, Re-Heating	87	Tomatoes, Rice and	89
Potatoes, Steamed	86	Tomatoes, Savory Canned	91
Rice, Plain Boiled, White.....	89	Tomatoes, Spanish	92
Rice, Mexican	90	Tomatoes on Toast	92
Rice, Spanish	90	Vegetable Fritters	93
Rice and Tomatoes	89		







U. C. BERKELEY LIBRARIES



C079642773

