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THE MERCHANTS OF SAN FRANCISCO



The BRIDE'S
COOK BOOK

*We may live without poetry, music and art;
We may live without conscience, and
live without heart;
We may live without friends, we may
live without books;
But civilized man cannot live without cooks.*

—OWEN MEREDITH

□ □

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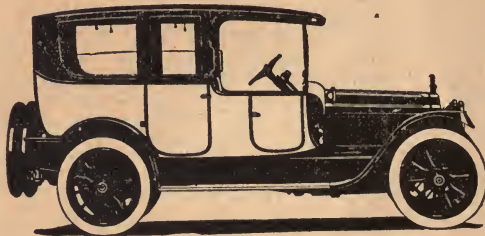
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UNITED STATES FOOD ADMINISTRATION
RALPH P. MERRITT
FEDERAL FOOD COMMISSIONER FOR
CALIFORNIA

July 18, 1918.

Pacific Coast Publishing Company,
560 Mission Street,
San Francisco, California.

Gentlemen:

The recipes in The Bride's Cook Book have been carefully examined by the Home Economics Department of the United States Food Administration for California and found to be in accordance with its rulings.

By following the Wheatless and Sugarless recipes contained therein the Housewife is performing a patriotic duty in the conserving of Food so necessary for our Allies and armies abroad.

Great appreciation is given to the publishers of the book for its construction along the line of Food Conservation.

Yours verly truly,

UNITED STATES FOOD ADMINISTRATION
FOR CALIFORNIA

(Signed) FREDERICK O'BRIEN,
Director of Education.

THIS IS A COPY OF A LETTER FROM THE UNITED STATES FOOD
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BY ALBERT S. SAMUELS

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THE BRIDE'S COOK BOOK

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Patent Issued 1917



THIS BOOK is presented free to the Bride and Groom with the compliments of the ADVERTISERS therein, who make such presentation possible. We recommend them as the best in their respective lines and they will accord you the fairest kind of treatment. Your patronage will be highly appreciated by them.



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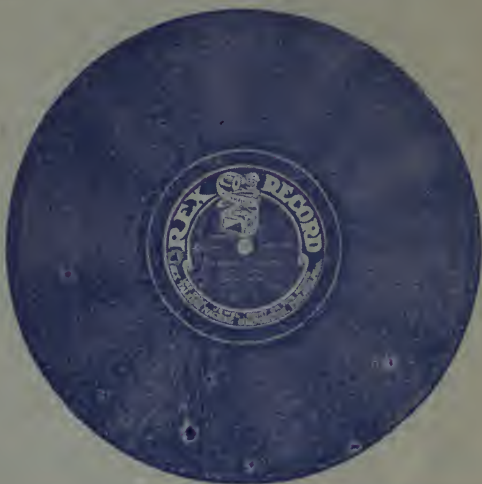
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Housekeeping Notes

CLEANING THE HOUSE

CARE OF THE KITCHEN FLOOR. A linoleum covered floor is the most easily kept clean. The hardwood floor is the next best. Anything spilled should be wiped up at once. Grease-spots on wood or stone should be covered with flour, starch, or powdered chalk to absorb the grease. Or if you pour cold water on the grease as soon as it is spilled, to harden it, the greater part may then be scraped off. Sweep the floor thoroughly once a day. With care it will not need washing or scrubbing oftener than once a week.

SWEEPING. In sweeping a kitchen, be sure to see that no food is left uncovered in the room. Sweep from the edge of the room toward the center. Sweep with short strokes, and keep the broom close to the floor. Turn it edgewise to clean cracks. Gather the dust in one spot and take it up with a short broom and a dust-pan. If possible, burn the dust at once. Never sweep from one room to another.

DUSTING. After sweeping a room, dust the woodwork, furniture, and movable articles with a soft cotton cloth. Spread the cloth out and gather the dust into it, folding it in as you work. Shake it frequently out of the window. In the kitchen where there are no delicate articles to be injured by moisture, use a damp cloth. When the room has been dusted, wash the cloth and hang it to dry.

SCRUBBING A FLOOR. Always sweep a floor before washing or scrubbing it. Provide two pails of cold or lukewarm water, a stiff scrubbing brush, a large soft (but not linty) cloth and any good scouring soap. Dip the brush in water, and then rub it with sapolio. Look for grease spots and take them out first. After the floor has become wet you cannot see where they are. Scrub with the grain of the wood, doing a few square feet at a time. Dip the cloth in clean water, and wash the part that has been scrubbed. Use no more water than you need. Wet the cloth again, wring it as dry as you can, and wipe the floor. Proceed in this way until the whole floor has been changed.

CARE OF HARDWOOD FLOOR. Never use water on a hardwood floor. Wipe it with a cloth moistened with a very little kerosene—a teaspoonful or two to begin with, and as much more when that has evaporated. Rub hard with another cloth until the wood is perfectly dry. Window sills and all hardwood finish should be cleaned in the same way.

CARE OF OIL-CLOTH. Wash oil-cloth with warm water and milk. Use one cupful of skim milk to one gallon of water. Wipe dry with a clean cloth.

CLEANING PAINT. Take a little whiting on a clean, damp cloth, and rub it on the surface to be cleaned. Take care not to let drops of water trickle down the paint. Wash off with a second cloth and clean



The firm that gives satisfaction always.

137TH & MISSION STS.

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BRIDE'S COOK BOOK

water. Wipe dry with a third cloth. Clean a little at a time, leaving the cleaned part dry before going on.

CARE OF SINK. Neglect of sink causes bad odors and attracts water-bugs and roaches. Keep it at all times free from scraps. When the dishes have been washed, scour it with a good scouring soap. Wipe the woodwork and tiling. Wash strainer, soap-dish, and other sink utensils. Wash the cloth. Scrub the draining-board and rinse the sink. If it is of iron and is to be left for several hours, wipe it dry. If rusty, use kerosene, or grease it with mutton-fat or lard, sprinkle with lime, and leave over night.

CARE OF FAUCETS. Clean brass faucets with flannel dipped in vinegar or lemon juice and rub thoroughly with rottenstone and oil, then polish with a dry cloth, or apply putz pomade or some similar preparation; rub it off with another cloth, and polish with a third one. If the faucets are greasy, wash them with soap-suds or sal-soda solution before using anything else. Nickel faucets and trimmings need only to be wiped.

DISH WASHING

PREPARATION. Collect all dishes to be washed. Save time and steps in clearing off by using a tray to carry dishes from table to sink. (A table on casters will do instead of the tray.) As you take the dishes from the table, scrape and stack them on the tray. Wheel it to the sink and remove the dishes from it directly to the dishpan. Put scraps in an earthenware or enamelled dish. Frying-pans and other greasy dishes should be wiped with pieces of soft paper. This paper may be used for kindling. Or fill them with hot water to which a teaspoonful of sal-soda has been added, and let them stand. Dishes that have contained batter, dough, eggs or any starchy material should be soaked in cold water; dishes that have been used to cook sugar should be soaked in hot water. Put all dishes of a kind together; plates in piles, knives, forks, and spoons, laid with handles one way, etc. Place nearest to you the dishes to be washed first. Have a clean dry place for clean dishes. Make ready two pans, or one if there is a draining-board.

WASHING. Wash the dishes in the following order: 1, glassware; 2, silver; 3, cups and saucers; 4, plates; 5, larger dishes; 6, the cleaner articles of kitchenware; 7, large utensils. This order may have to be varied to your circumstances. If you have hot water at hand constantly, the kitchen utensils may be washed and put away first, or as fast as they are used. Dish-washing need not be an unpleasant task if these rules are observed: 1, use hot soapy water; 2, change the water frequently; 3, have the dishes free from crumbs and scraps before beginning to wash them. Wash all dishes, inside and out, in soapy water; rinse in clear hot water, drain and wipe dry. Use scouring soap or cleaning powder to remove food that sticks or is burnt on. Use a wire dishcloth on ironware, a scrubbing-brush, if necessary, on enamelled ware, tinware, and wire strainers. Clean seams in tinware and enamelled ware with a wooden skewer.

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Office 1408 Turk St.

San Francisco Laundry

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Good Work - Prompt Service -
Courteous Routemen.**

SPECIAL INSTRUCTIONS. Do not put knife-handles in water. Water discolors and cracks ivory and bone handles, and may loosen wooden ones. After washing knives, scour them with bath brick. Do not wash bread-board or rolling-pin at an iron sink. The iron will leave marks on them. Wash them at the table. Be careful not to wet the cogs of a Dover egg-beater. Wash the lower part, and wipe off the handles with a damp cloth. Water washes the oil from the cogs, making the beater hard to turn. Dry the seams of a double-boiler carefully. Do not waste time polishing tins. It is sufficient to have them clean and dry. Dip glasses into hot water, so that they will be wet inside and outside at the same time. Silver and glass are brightest if wiped directly from clean, hot suds, without being rinsed. A damp towel makes dull spoons and glasses. Scald, i. e., rinse with boiling water, all vessels that have contained milk. Wash teapot and coffee-pot in clean hot water without soap, and wipe dry. Clean the spout carefully. Let them stand for awhile with covers off. Wash dishpan and rinsing-pan, and wipe dry with a towel, not with the dish-cloth. Where running hot water is plentiful, time and towels can be saved by placing the dishes as they are washed in a wire rack, rinsing them with very hot water, and letting them drain. It is best, if possible, to set the rack of dishes for a minute into a pan or sink full of scalding hot water. Wipe glasses and silver. China and other ware will need only a polish with towel or strip of paper towelling. For success with this method, the dishes must be washed in clean hot suds, and rinsed quickly. If washed in greasy water, or allowed to cool before being rinsed, they will not dry clean. Caution: gold-decorated china should not be washed in this way. Very hot water may injure it.

REMOVAL OF TARNISH. Acids dissolve tarnish. Oxalic acid, lemon-juice, and vinegar may be used. But, except for spots, it is best to rely mostly upon powders in cleaning metals. A chemical that removes the tarnish may attack the metal. For example, any chemical that brightens zinc, eats into it. If acid is used on any metal, all traces of it must be removed by rubbing with powder, or the tarnish will quickly reappear. Oil or water, mixed with the powder, forms a paste easy to apply. Use chamois-skin or soft cloth for polishing.

TO SCOUR STEEL KNIVES. Scrape off a little bath brick with the back of the knife or with an old knife. Dip a cork in water or oil, and then in the brick-dust. Hold the knife firmly, with the blade resting flat upon a level surface, and rub both sides of the blade with the cork. Wash the knife. Scour steel forks in the same way. Never scour silver-plated knives or forks.

CARE OF ALUMINUM WARE. Aluminum should not be used for vegetables with strong acid or for boiling eggs. These discolor it. Otherwise it needs little care. Never use soda on aluminum. Before using any polish fill with water and bring to a boil. For bad stains use oxalic acid diluted, one teaspoonful of acid to two quarts of water. If the stain still remains, rub with a damp cloth dipped in whiting or Dutch cleanser.

TO CLEAN SILVERWARE. The quickest way to brighten silver is by electrolysis, that is, by decomposing the tarnish by electricity. One device for this purpose is an aluminum pan with cross-bars of tin on the bottom. Fill the pan with water, and for every quart dissolve in it one teaspoonful of baking-soda and one tablespoonful of salt. The silver must rest on the bars and be covered with the solution. A mild current of electricity is set up which causes the tarnish quickly to disappear. No rubbing is needed, but embossed silver may need brushing to loosen the tarnish. Rinse in clear water, and wipe dry with a soft cloth. The old way is to moisten a soft cloth with water or alcohol, dip it in fine whiting, and apply to the silver. When the whiting has dried, rub it off with another soft cloth, and polish with chamois-skin. To cleanse chasing or ornamental work, use an old tooth-brush. Rub egg-stained spoons and other badly tarnished articles with salt before washing them. The tarnish is not soluble, but with the chlorine in the salt it forms a soluble compound. Powders or cakes sold by silver-smiths are good. Patent powders and polishes often remove some of the silver.

REMOVAL OF STAINS.

BLOOD. Saturate the stained part with kerosene oil and then dip in boiling water.

CHOCOLATE. 1. Stretch the stained part over a bowl and pour boiling water through it. 2. Rub with pure glycerine, then wash in soft water. Do not use soap, as this will fix the stain.

COFFEE. Proceed as for Chocolate.

CANDLE WAX (COLORED). Place blotting paper, French chalk or white talcum powder on each side of stain and apply a warm iron. Brush out chalk or powder and remove color by sponging with alcohol or ether.

FRUIT. Use boiling water and salts of lemon, or boiling water and oxalic acid. Pour through stained part which is stretched over a bowl.

GRASS. 1. Soak the stain in alcohol and rub. 2. Wet with cold water and rub cream of tartar in well, then wash out.

GREASE. Stretch stained part over a firm pad of towelling or other absorbent goods and rub with any of the following applied with woolen cloth: Turpentine, benzine, ether or chloroform.

INK. Dampen in cold water, dip in a solution of boiling oxalic acid (two teaspoonfuls oxalic acid in one glass of water), rinse and wash in soap solution.

IRON RUST. Moisten stain with ammonia, then apply salts of lemon or oxalic acid; after effervescence appears, dip in boiling water.

MUCUS (HANDKERCHIEFS). Soak in salt water (two tablespoonfuls to one quart water), wash out and boil.

BRIDE'S COOK BOOK

MACHINE OIL. 1. Soak in cold water, then wash out with soap.
2. Soak in cold water and borax, then wash.

MEAT JUICE. Proceed as for blood.

MILK. Wash in cold water, then warm water and soap.

PERSPIRATION. Immerse in soap solution and set in sunshine for several hours.

SCORCH. Soft water and strong sunshine will remove a slight scorch.

SHOE STAINS ON WHITE STOCKINGS. Soak in a solution of oxalic acid, then wash out in ammonia water.

TEA. Cover stain with common salt, cover with lemon juice and set in sunshine.

VASELINE. Place two thicknesses of blotting paper beneath stain, and moisten with benzine. Cover with two thicknesses of blotting paper and press with a warm—not hot—iron. Use care in working with benzine as it is inflammable.

EGG. Cold water followed by hot water and soap as in ordinary laundering.

ICE CREAM. Sponge the stains thoroughly with water, followed by agents used in removing grease spots.

IODINE. Unstarched Materials: Sponge the stain with diluted ammonia. Then sponge with alcohol. Starched Materials: Soak the stains in diluted ammonia until they disappear, or boil the stained material for five or ten minutes.

LEATHER. Use an abundance of soap with thorough rubbing and proceed as in ordinary laundering.

PAINTS. Sponge the stains with pure turpentine. If stains are not fresh, soften by moistening with ammonia and sprinkling with turpentine. Roll articles up for fifteen minutes, then wash in warm water and soap.

WATER COLOR. Dip stained portion in gasoline and rub vigorously.

SALAD DRESSING. Soap and luke warm water for washable materials.

SOOT. First brush the stain, then place on absorbent powders such as Fuller's earth, French chalk, cornstarch, corn meal or salt; work around until they become soiled and brush them away. Then wash or sponge the stain.

TOMATO STAIN. Wash stains carefully, then moisten with lemon juice and expose to sun for several days. Sponge the stain with alcohol which removes the green part of the stain. This is good for stains on wool or silk.

BRIDE'S COOK BOOK

RULES FOR HOUSEHOLDERS.

The United States Food Administration asks you to comply strictly with the following rules.

Owing to the constant changes in the Food situation these rules must be revised from time to time. You are requested to note such revisions in the daily press, and to conform to them.

The recipes and directions contained in this book have been compiled for the purpose of helping you to conform to these new food situations patriotically and easily.

ALL KINDS OF FOOD SHOULD BE ECONOMICALLY USED.

HOARDING: NO FOOD SHOULD BE HOARDED. Hoarding is the holding, contracting or arranging for food by any person in excess of his reasonable requirements for use or consumption by himself and dependents for a reasonable time. This does not refer to stocks of home grown vegetables and home canned or preserved fruits.

WHEAT: All householders who can possibly do so should entirely ELIMINATE THE USE OF WHEAT.

Householders who are obliged to use wheat should not use more than a total of $1\frac{1}{2}$ pounds of wheat flour or prepared wheat, in any form, per person per week. This includes wheat flour in Victory Bread, and the wheat flour or prepared wheat in crackers, pastry, macaroni, breakfast or other foods.

Victory Bread is bread manufactured by bakers under the rules of the United States Food Administration. In estimating flour consumption, $1\frac{3}{4}$ pounds of Victory Bread may be considered equal to 1 pound of wheat flour.

In buying wheat flour an equal weight of other cereals as substitutes for wheat flour must be bought pound for pound. This is the 50-50 Rule. In buying mixed flours, the substitutes in them may be counted so that a smaller proportion of substitutes may be bought with these flours than with white flour. In buying graham and whole wheat flours (containing not less than 95 per cent of the entire wheat) $\frac{6}{10}$ pounds of substitutes shall be purchased with every pound of such flours.

WHEAT FLOUR SUBSTITUTES are HOMINY, CORN GRITS, CORNMEAL, CORN FLOUR, EDIBLE CORNSTARCH, BARLEY FLOUR, ROLLED OATS, OATMEAL, RICE, RICE FLOUR, BUCKWHEAT FLOUR, POTATO FLOUR, SWEET POTATO FLOUR, SOYA BEAN FLOUR, AND FETERITA FLOUR AND MEALS.

Householders in towns and cities may not buy more than $\frac{1}{8}$ of a barrel of flour at any one time. Householders in the country may not buy more than $\frac{1}{4}$ of a barrel of flour at any one time.



WINTO
BRAND

The Concentrated
Goodness of
the TOMATO

(Tomato-Jelly Salad)

... FOR ...

FLAVOR ECONOMY
COVENIENCE

... USE ...

Winto Condensed Tomatoes



For Soups, Gravies, Salads, and
all Culinary Purposes

Will keep after opening by placing in tumbler
and covering with salad oil

TRY HALF A DOZEN CANS

SEE RECIPES ON REVERSE SIDE

RECIPES FOR THE USE OF
Winto Condensed Tomatoes

Made from selected whole ripe tomatoes only.

SPANISH BEANS.

Soak two large cups pink beans over night. Put them on to boil with one can WINTO CONDENSED TOMATOES, two quarts water, one large onion sliced, a piece of salt pork about one inch thick, or a small cup of olive oil, one teaspoon chili powder, a dash of red pepper, and salt to taste. Cook slowly for several hours, adding more water if necessary. Stir occasionally. When done, add $\frac{1}{2}$ cup grated cheese. (Long cooking greatly improves the flavor.)

TOMATO JELLY SALAD.

Dissolve $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup of cold water. Boil together for fifteen minutes $\frac{3}{4}$ can WINTO CONDENSED TOMATOES, 3 cups water, $\frac{1}{4}$ onion, a little celery or celery stock, $\frac{1}{2}$ teaspoon salt. Season also with cayenne pepper, sage, and thyme if desired. Remove from fire, add $1\frac{1}{2}$ tablespoons vinegar, and the softened gelatin. Strain, and pour into moulds to harden. When firm, remove from moulds and serve on crisp lettuce leaves with mayonnaise or boiled salad dressing. When beginning to set, a cup of chopped celery or green peas may be added. This amount makes about six portions.

CRAB A LA LOUIS

Pick one large can of crab or a fresh crab, season with salt and pepper. Beat one egg stiff and add olive oil slowly until one cup has been used. If this does not make enough dressing add more oil. However, always add oil before your ingredients or dressing will not thicken. Put in juice of one lemon, quarter teaspoon mustard, Worcestershire sauce, salt and pepper, and one teaspoonful of Winto Condensed Tomatoes. Shred $\frac{1}{4}$ -cup lettuce, mix with crab, using a small amount of olive oil. Pour dressing over it and garnish with hard boiled egg.

Suggestions For the General Use of

WINTO BRAND CONDENSED TOMATOES

1. A spoonful of Condensed Tomato stirred into a cup of mayonnaise will give a delicious tomato flavor.
2. Meat soup is greatly improved by adding one level teaspoonful Condensed Tomato for each portion.
3. When preparing beans for baking, additional flavor is gained by using two or three teaspoonfuls of Condensed Tomato.
4. A teaspoonful of Condensed Tomato and a bouillon cube makes a very delicious plate of soup.
5. Condensed Tomato spread between two thin slices of buttered bread makes an appetizing sandwich.
6. Use Condensed Tomato in any way in which you would use strained canned tomato. Condensed Tomato, however, is five times the strength of canned tomato and should be diluted accordingly.

Packed by

WINTERS CANNING CO.,
Suisun, Calif.

BRIDE'S COOK BOOK

No wheat flour or prepared wheat in any form should be used for any purpose other than human consumption. No wheat fit for human consumption should be used for other purposes.

SUGAR:

Householders should not use more than $\frac{1}{2}$ pound of sugar per person per week. Householders in cities may not buy more than 2 pounds of sugar at any one time. Householders in the country may not buy more than 5 pounds of sugar at any one time.

In addition to the above, however, sugar may be used for home canning, and will be available to the householder for that purpose upon his signing a certificate that such sugar is desired and will be used only for that purpose.

MEATS:

Meats of all kinds and poultry and more particularly beef, should be most economically used, eliminating all waste. Purchases of these products should be restricted and the quantity prepared for each meal reduced.

Consumption of all meats, including poultry, should be reduced as nearly as possible to 2 pounds per week per person over four years of age.

MILK:

Fresh milk and milk in evaporated and condensed form, and cheese, may be liberally used.

BUTTER:

Butter may be used for normal consumption.

ICE:

No more ice should be used than is absolutely necessary.

TO SAVE TRANSPORTATION LOCAL SUPPLIES SHOULD BE GROWN AND USED.

GUIDE FOR MENU MAKING.

THE FIVE FOOD GROUPS. Study them. Every food you eat may be put into one of these groups. Each one serves a special purpose in nourishing your body. You should eat some food from each group daily.

GROUP I.

VEGETABLES AND FRUITS. Eat these freely.

They contain mineral matter, vegetable acids, and body-regulating substances necessary to health. Eat them when they are in season. Eat local products. They are cheaper and fresher.

GROUP II.

MEAT AND MEAT SUBSTITUTES. They help

build up the growing body and renew used-up parts. Except in the case of milk, which should be used in large quantities for children, the amount required is not large.

The United States Food Administration asks you to Save—pork, ham, bacon, beef, and mutton.

USE—milk, eggs, fish, cheese, nuts, beans, peas, peanuts, soya beans, poultry and game.

GROUP III.

CEREALS AND OTHER STARCHES. These act as

fuel to keep you warm and to let you do work. They also

BRIDE'S COOK BOOK

give your body some building material. They are the most economical fuel foods.

The United States Food Administration asks you to Save—wheat, whole wheat, graham, rye, white breads, Victory breads, crackers, wheat breakfast foods, wheat pancake flour, white flour cakes, macaroni.

USE—corn, barley, rice, oats, hominy, soy bean products, 100 per cent substitute breads, cornstarch, tapioca, Irish potatoes, sweet potatoes.

GROUP IV. SUGAR, SYRUPS, JELLY, HONEY, etc. These foods supply fuel to the body, and add flavor to foods. They are, however, used in much too large quantities. Sweet fruits contain much sugar and are better for us than candy.

The United States Food Administration asks you to Save—cane sugar, brown sugar, beet sugar.

USE—molasses, syrups, honey, preserved fruits, jellies, jams, maple sugar, grape sugar, corn sugar, corn syrup, and maple syrup.

Use also the natural sugars found in raisins, figs, dates, prunes, dried fruits and cocoanuts.

GROUP V. FATS. Fat is fuel. It is needed by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Don't let the butcher keep the trimmings from your meat. They belong to you. Children need butter fat. Give it to them in plenty of whole milk or in butter.

The United States Food Administration asks you to Save—animal fats (bacon, ham, salt pork, lard).

USE—vegetable fats, (olive oil, corn oil, cottonseed oil, oleomargarine, etc.). Fats trimmed from meats, drippings, top milk for cream, and butter in moderation.

THE SERVING OF WINES.

Appetizer—Dry, pale sherry, plain or with a dash of bitters; vermouth; or a cocktail.

With Oysters—Rhine wine, Moselle, dry Sauternes, Chablis, or Capri (cool).

With Soups—Sherry or Madeira (cool).

With Fish—Sauternes, Chablis, Rhine wine, Mouselle or Capri (cool).

With Entrees—Claret or Chianti (temperature of room).

With Roast—Claret, Burgundy or Chianti (temperature of room).

With Game—Champagne (cold), old vintage champagne (cool).

With Pastry—Madeira (cool).

With Cheese—Port (temperature of room).

With Fruit—Tokay, Malaga or Muscat (temperature of room).

With Coffee—Brandy or Cordial (temperature of room).

If you do not wish to serve such a variety, use the following, viz.: Either Sherry, or Sherry and Bitters, Vermouth, or a cocktail as an appetizer; either Rhine wine, Moselle, Sauternes, Chablis or Capri with oysters and fish.

BRIDE'S COOK BOOK

Either Sherry or Madeira with soup.

Either Champagne, Claret, Burgundy, Chianti or Whiskey highball throughout the meal.

Either Brandy, Cordial or Port after dinner.

Either Ale or Stout with oysters, fish, cold meats, steaks, chops or bread and cheese.

DIRECTIONS FOR FOLLOWING RECIPES.

HOW TO MEASURE.

Correct measurements are absolutely essential to obtain good results. Good judgment, with experience, has taught some to measure by sight; but the majority of people need definite guides.

Tin, granite-ware, and glass measuring-cups, divided in quarters or thirds, holding one half-pint, and tea- and tablespoons of regulation sizes,—and a case knife, are necessary for correct measurements.

MEASURING DRY INGREDIENTS.

A tablespoonful is measured level. A teaspoonful is measured level. A cupful is measured level. To measure tea- or tablespoonful, dip the spoon in the ingredient, fill, lift, and level with a knife, the sharp edge of knife being toward tip of spoon. Divide with knife lengthwise of spoon, for a half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths. Less than one-eighth of a teaspoonful is considered a few grains. To measure a cupful put in the ingredient by spoonfuls or from a scoop, round slightly, and level with a case knife, care being taken not to shake the cup.

Flour, meal, powdered and confectioners' sugar, and soda should be sifted before measuring. Mustard and baking powder, from standing in boxes, settle, therefore should be stirred to lighten; salt frequently lumps, and these lumps should be broken.

MEASURING LIQUIDS.

A cupful of liquid is all the cup will hold.

A tea or tablespoonful is all that a teaspoon or tablespoon will hold.

MEASURING BUTTER, LARD, ETC.

To measure butter, lard, and other solid fats, pack solidly into cup or spoon, and level with a knife.

When dry ingredients, liquids, and fats are called for in the same recipe, measure in the order given, thereby using but one cup.

3 teaspoonfuls equal	1 tablespoonful
16 tablespoonfuls of any dry ingredient equals.....	1 cupful
12 tablespoonfuls of any liquid equals.....	1 cupful
2 cupfuls of any liquid equals	1 pint
4 cupfuls of any liquid equals	1 quart

BRIDE'S COOK BOOK

TABLE OF MEASURES AND WEIGHTS.

2	cupfuls butter (packed solidly)	equals	1	pound
4	cupfuls flour (pastry)	"	1	"
2	cupfuls granulated sugar	"	1	"
2 2/3	cupfuls powdered sugar	"	1	"
3 1/2	cupfuls confectioner's sugar	"	1	"
2 2/3	cupfuls brown sugar	"	1	"
2 2/3	cupfuls oatmeal	"	1	"
4 3/4	cupfuls rolled oats	"	1	"
4 1/3	cupfuls rye meal	"	1	"
1 7/8	cupfuls rice	"	1	"
4 1/2	cupfuls graham flour	"	1	"
3 7/8	cupfuls entire wheat flour	"	1	"
4 1/3	cupfuls coffee	"	1	"
2	cupfuls finely chopped meat	"	1	"
9	large eggs	"	1	"
1	square Baker's chocolate	"	1	ounce
1/2	cupful almonds blanched and chopped.....	"	1	"
A few grains is less than 1/8 teaspoonful.				
3	teaspoonfuls	"	1	tablespoonful
16	tablespoonfuls	"	1	cupful
2	tablespoonfuls butter	"	1	ounce
4	tablespoonfuls flour	"	1	"

ABBREVIATIONS USED IN THIS BOOK.

c. equals 1 cupful
 tbsp. equals 1 tablespoonful
 tsp. equals 1 teaspoonful
 f. g. few grains
 qt.

TIME-TABLES FOR COOKING.

BOILING.

ARTICLES—	TIME		
Coffee	6	to 8	minutes
Eggs soft cooked	1	to 3	"
Eggs hard cooked	35	to 45	"
Mutton Leg	2	to 3	hours
Ham, weight 12 to 14 lbs.....	4	to 5	"
Corned Beef Tongue	3	to 4	"
Turkey, weight 9 lbs.	2	to 3	"
Fowl, weight 4 to 5 lbs.	2	to 3	"
Chicken, weight 3 lbs.	1	to 1 1/4	"
Lobster	25	to 30	minutes
Cod and Haddock, weight 3 to 5 lbs.	20	to 30	"
Halibut, thick piece, weight 2 to 3 lbs./.....		30	"
Bluefish and Bass, weight 4 to 5 lbs.	40	to 45	"
Salmon, weight 2 to 3 lbs.	30	to 35	"

BRIDE'S COOK BOOK

TIME-TABLES FOR COOKING (Continued)

BOILING.

ARTICLES—		TIME	
Small Fish	6	to	10 minutes
Potatoes, white	20	to	30 "
Potatoes, sweet	15	to	25 "
Asparagus	20	to	30 "
Peas	20	to	60 "
String Beans	1	to	2½ hours
Lima and other Shell Beans	1	to	1¼ "
Beets, young			45 minutes
Beets, old	3	to	4 hours
Cabbage	35	to	60 minutes
Oyster Plant	45	to	60 "
Turnips	30	to	45 "
Onions	45	to	60 "
Parsnips	30	to	45 "
Spinach	25	to	30 "
Green Corn	12	to	20 "
Cauliflower	20	to	25 "
Brussels Sprouts	15	to	20 "
Tomatoes, stewed	15	to	20 "
Rice	20	to	25 "
Macaroni	20	to	30 "

BROILING.

Steak, one inch thick	4	to	6 "
Steak, one and one-half inches thick	8	to	10 "
Lamb or Mutton Chops	6	to	8 "
Lamb or Mutton Chops in paper cases.....			10 "
Quail or Squabs			8 "
Quail or Squabs in paper cases.....	10	to	12 "
Chickens			20 "
Shad, Bluefish and Whitefish	15	to	20 "
Slices of Fish, Halibut, Salmon and Swordfish.....	12	to	15 "
Small, thin Fish	5	to	8 "
Liver and Tripe	4	to	5 "

BAKING.

Bread (white loaf)	45	to	60 minutes
Bread (graham loaf)	35	to	45 "
Bread (sticks)	10	to	15 "
Biscuits or Rolls (raised)	12	to	20 "
Biscuits (baking powder)	12	to	15 "
Gems	25	to	30 "
Muffins (raised)			30 "
Muffins (baking-powder)	20	to	25 "
Corn Cake (thin)	15	to	20 "
Corn Cake (thick)	30	to	35 "
Gingerbread	20	to	30 "
Cookies	6	to	10 "

BRIDE'S COOK BOOK

TIME-TABLES FOR COOKING (Continued)

BAKING.

ARTICLES—	TIME		
Sponge Cake	45	to	60 minutes
Cake (layer)	20	to	30 "
Cake (loaf)	40	to	60 "
Cake (pound)	1¼	to	1½ hours
Cake (fruit)	1¼	to	2 "
Cake (wedding)			3 "
or steam 2 hours and bake 1½			
Baked Batter Puddings	35	to	45 minutes
Bread Puddings			1 hours
Tapioca or Rice Pudding			1 "
Rice Pudding (poor man's)	2	to	3 "
Indian Pudding	2	to	3 "
Plum Pudding	2	to	3 "
Custard Pudding	30	to	45 minutes
Custard (baked in cups)	20	to	25 "
Pies	30	to	50 "
Tarts	15	to	20 "
Patties	20	to	25 "
Vol-au-vent	50	to	60 "
Cheese Straws	8	to	10 "
Scalloped Oysters	25	to	30 "
Scalloped Dishes of Cooked Mixtures	12	to	15 "
Baked Beans	6	to	8 hours
Braised Beef	3½	to	4½ "
Beef, sirloin or rib, rare, weight 5 lbs.....	1	hour	5 minutes
Beef, sirloin or rib, rare, weight 10 lbs.....	1	"	30 "
Beef, sirloin or rib, well done, weight 5 lbs.....	1	"	20 "
Beef, sirloin or rib, well done, weight 10 lbs.....	1	"	50 "
Beef, rump, rare, weight 10 lbs.	1	"	35 "
Beef, rump, well done, weight 10 lbs.	1	"	55 "
Beef (fillet)	20	to	30 "
Mutton (saddle)	1¼	to	1½ hours
Lamb (leg)	1¼	to	1¾ "
Lamb (forequarter)	1	to	1¼ "
Lamb (chops) in paper cases	15	to	20 minutes
Veal (leg)	3½	to	4 hours
Veal (loin)	2	to	3 "
Pork (chine or spare-rib)	3½	to	3½ hours
Chicken, weight 3 lbs. to 4	1	to	1½ "
Turkey, weight 9 lbs.	2½	to	3 "
Goose, weight 9 lbs.			2 "
Duck (domestic)	1	to	1¼ "
Duck (wild)	20	to	30 minutes
Grouse	25	to	30 "
Partridge	45	to	50 "
Pigeons (potted)			2 hours
Fish (thick) weight 3 to 4 lbs.	45	to	60 minutes
Fish (small)	20	to	30 "

BRIDE'S COOK BOOK

TIME TABLES FOR COOKING (Continued)

FRYING.

ARTICLES—		TIME		
Muffins, Fritters and Doughnuts	3	to	5	minutes
Croquettes and Fishballs			1	"
Potatoes, raw	4	to	8	"
Breaded Chops	5	to	8	"
Fillets of Fish	4	to	6	"
Smelts, Trout and other small Fish	3	to	5	"



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BEATEN YEAST BREADS

CORN BREAD

- 3½ Cups Barley Flour
- 1 Cup Corn Meal
- 1 Yeast Cake
- ¾ Cup Boiling Water
- 1 Egg
- 2 Tablespoons Syrup
- 2 Teaspoons Salt

Directions: Pour the boiling water over the corn meal and allow to cool. Add yeast cake, broken and dissolved, in a few tablespoons of lukewarm water. Then add the egg slightly beaten, the syrup and the salt. Beat well. Put in a greased bread pan, and when double its bulk bake in a moderate oven—15 minutes.

OAT BREAD

- 1 Cup Rolled Oats
- 2 Cups Barley Flour
- 1 Cup Corn Meal
- 1 Yeast Cake
- 1 Egg
- ¾ Cup Boiling Water
- 1½ Cups Milk
- ¼ Tablespoons Syrup
- 2 Teaspoons Salt

Directions: Scald corn meal with boiling water. When cool add yeast cake dissolved in a few tablespoons of lukewarm water. Add the other ingredients, leaving the rolled oats until the last. Mix well. Put in greased pan and when double its bulk bake in moderate oven—15 minutes.

Note: Oat flour or ground rolled oats may be used in place of rolled oats, if a less coarse bread is desired.

In making yeast breads without the use of wheat or rye flour, it is advisable that the dough be handled as little as possible. Good results have been obtained by the use of eggs and cereals thickened by scalding. This method is well adapted to corn and oatmeal, but it gives a dough too soft to be kneaded. In this case the fine grain may be secured by beating thoroughly.

When using conservation flours, the smaller the loaf of bread is made the better the result, so it is advisable to bake bread mixtures whenever possible in muffin or layer cake tins.

KNEADED YEAST BREADS

A bread board is not required for these about 15 minutes. breads. The dough is soft and may be cut down and kneaded in the bowl by using rice flour on the hands. These breads are better when baked in small portions or small loaves.

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 one tablespoon of cold water. If this is repeated before baking a smooth surface will result.

Stiffly beaten whites of eggs folded into the dough before molding gives a lighter bread.

In some of the following recipes the dough is not elastic like that of wheat breads after the first rising. It resembles 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 to double its bulk. When baked it has the texture of wheat bread and a crisp crust.

MRS. EDNA J. EVANS' WHEATLESS BREAD

- 1 Pint Lukewarm Potato Water
- 1 Cup Mashed Potatoes
- 1 Tablespoon Sugar
- 1 Tablespoon Shortening
- 2 Level Teaspoons Salt
- 2 Cakes Yeast
- 2½ Cups Barley Flour
- 2½ Cups Rice Flour

Mix to stiff dough. Let rise one hour warm place. Put in well greased pan, let rise half hour. Bake slowly one hour moderate oven.

YEAST BREAD

Contributed by C. E. Grosjean Rice Milling Company.

- 1½ Cups Wheat Flour
- 1 Cup Rice Flour
- ¾ Cup Potatoes
- ½ Cup Liquid
- 1 Tablespoon Syrup
- ½ Cake Compressed Yeast
- ¾ Cup Mashed Potatoes; add enough of the rice flour to make batter.

BRIDE'S COOK BOOK

Allow to rise (about one hour) keep in warm place. Add one teaspoon of salt, one teaspoon of fat, balance of rice and wheat flour; dough much stiffer than all wheat dough. Knead and allow to rise until double the size. Knead again, form into loaf, allow to rise until loaf is double in size. Bake about 45 minutes. Put in hot oven, turning fire down after

COMBINATION BREAD

Contributed by Mrs. Edna J. Evans, for Fleischmann Yeast Company of California.

- 2 Cups Potato Flour
- 1 Cup Barley Flour
- 1 Cup Oat Flour
- 1 Cup Corn Flour
- 1 Cup Rice Flour
- 4 Cups Milk
- 4 Teaspoons Sugar
- 4 Teaspoons Shortening
- 1½ Teaspoons Salt
- 1 Cake Compressed Yeast

Mix sugar, shortening and salt first; rub these ingredients until very light; add ½ cup of the milk. Dissolve the yeast in ½ cup of milk. Sift the flours together and add ½ of the flour to the mixture of sugar, shortening, salt and milk. Add yeast and rest of flour to this mixture and make into a dough. Brush over with milk or with yolk of egg beaten with a teaspoon of water. Let rise for 2½ hours in a warm place, then break down. Let it rise again for 1¾ hours. Put into loaves, brush surface with milk or with yolk of egg and bake for 1 hour.

LUNCH OR DINNER ROLLS

Contributed by the Fleischmann Yeast Company of California.

- 2 Cups Barley Flour
- 1 Cup Rice or Potato Flour
- 1 Cup Corn Flour or Buckwheat
- 1 Cake Compressed Yeast
- 1 or 2 Eggs
- 1 Tablespoon Shortening
- 1 Teaspoon Sugar
- 1 Teaspoon Salt
- 1 Cup Warm Milk

Dissolve yeast by breaking into a couple of tablespoons of warm water; mix with one teaspoon of sugar and let stand while mixing other ingredients. The flours should be sifted and mixed 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 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, let it rise in pans and bake in quick oven.

BISCUIT OR FINGER ROLLS

Contributed by the Fleischmann Company of California.

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, roll each with your hand into round shape for common biscuit, or bake them in muffin pans; or, roll each ball under the hand, until about a finger's length, place them close together in two rows in a long shallow pan.

COFFEE CAKE

Contributed by the Fleischmann Yeast Company of California.

Place dough for lunch or dinner rolls evenly in oiled layer cake pans. Sprinkle with filling mixture; let it rise and bake in a hot oven.

FILLING FOR COFFEE CAKE

- ¾ Cup Light Brown Sugar, sifted
- 1 Teaspoon Oleomargarine, melted
- ¼ to ½ Cup Chopped Raisins
- ¼ to ½ Cup Chopped Nuts
- ¾ Teaspoon Cinnamon

Mix all together and spread on bread before baking. Coffee bread may be rolled with the filling, cut in slices and then baked, if desired.

DUTCH APPLE CAKE

Contributed by Fleischmann Yeast Co. of California.

Spread in pan as for coffee cake. Cover surface thinly with sliced apples instead of the filling, sprinkle with sugar and cinnamon and bake.

Above breads may be varied by the addition of raisins, currants, nuts, or dates. They may be kneaded into the dough.

ENGLISH BUNS

- 1 Cup Barley Flour
- 1 Cup Rice or Corn Flour
- 1 Tablespoon Shortening
- ¾ Cake Yeast
- 2 Eggs
- ¼ Cup Lukewarm Water
- 1 Tablespoon Syrup
- ½ Cup Broken Nut Meats
- ½ Cup Chopped Raisins

Directions: 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

BRIDE'S COOK BOOK

warm place to rise one and one-half hours. Then sprinkle 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.

BARLEY AND RICE BREAD

(Two Loaves)

- 2¼ Cups Barley Flour
- 2¼ Cups Rice Flour
- 8 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 2 Eggs
- 1 1-3 Cup Milk
- ½ Cup Corn Syrup

Sift together the dry ingredients. Beat the eggs, add the milk, syrup, and dry ingredients. Turn the mixture into greased pans, allow it to stand for 10 minutes, and bake it in a slow oven from 1 to 1½ hours.

CORN, RICE, OATS AND BARLEY BREAD

(Two Loaves)

- 2 Cups Cornmeal
- 1 Cup Rice Flour
- 1 Cup Ground Rolled Oats
- 1 Cup Barley Flour
- 8 Teaspoons Baking Powder
- ½ Teaspoon Soda
- 1 Teaspoon Salt
- 2 Eggs
- 3 Cups Milk
- ½ Cup Molasses

Sift together the dry ingredients. Beat the eggs, add the milk, the molasses, and the dry ingredients. Turn the mixture into greased pans, allow it to stand for 10 minutes, and bake it in a slow oven from 1 to 1½ hours.

BRAN AND BARLEY BREAD

(One Loaf)

- 2 Cups Bran
- ½ Cup Barley Flour
- 5 Teaspoons Baking Powder
- ½ Teaspoon Salt
- ½ Teaspoon Soda
- 1 Egg
- 1 1-3 Cups Milk
- ½ Cup Molasses

Sift together the dry ingredients, except the bran. Then mix in the bran. Beat the egg, add the milk, molasses and the dry ingredients. Turn the mixture into greased pans, let it stand for 10 minutes and bake it in a slow oven from 1 to 1½ hours.

BAKING POWDER LOAF BREADS WAR LOAF

Contributed by C. E. Grosjean Rice Milling Company.

- ½ Cup Purified Rice Bran

- ½ Cup Rice Flour
- ½ Cup Barley Flour
(1 scant cup Oat Flour may be used instead of the Barley Flour)
- 2 Tablespoons Molasses
- 1¾ Cups Sour or Buttermilk
- 1 Teaspoon Soda added to Milk
- 1 Teaspoon Cream of Tartar added to Flour
- 2 Tablespoons Melted Shortening
- ½ Teaspoon Salt

Bake in a moderate oven.

HOMINY BREAKFAST BREAD

- 1½ Cups White or Yellow Corn Meal
- 2 Cups Milk
- 2 Beaten Eggs
- 3 Cups Cooked Hominy Grits
- 2½ Teaspoons Baking Powder
- 1 Teaspoon Salt
- 1 Tablespoon Melted Fat
- 1 Tablespoon Syrup

Scald the milk; pour over the corn meal and let stand till cold or lukewarm. Add well beaten eggs, hominy, salt and melted fat. Sprinkle in baking powder. Beat well, pour into oiled baking pan and bake about forty to fifty minutes in a slow oven. Serve hot.

NUT LOAF

- 3 Cups Ground Rolled Oats
- 1 Cup Rice Flour
- 3 Teaspoons Baking Powder
- ½ Cup Milk
- ¾ Cup Chopped Raisins
- ½ Cup Chopped Nuts
- ½ Cup Sugar
- ½ Teaspoon Salt
- 1 Egg

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.

APPLE CORN BREAD

- ⅞ Cup Corn Meal
- ½ Cup Rice or Barley Flour
- 1 Tablespoon Molasses
- ¾ Cup Buttermilk
- 1 Tablespoon Melted Shortening
- 3 Medium Sized Apples
- ½ Teaspoon Baking Powder
- ½ Teaspoon Soda
- 1 Teaspoon Salt

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.

Cereal Foods and Flours

In a bulletin recently issued by the U. S. Department of Agriculture will be found this statement: "Cereals supply actual digestible nutrients to the body more cheaply than any other class of food except dried legumes (beans)."

It would follow, therefore, that the young housewife should know the best methods of preparing Cereal Breakfast Foods. Before giving a list of recipes for accomplishing the best results with cereals and flours, the following table is given to show how economical and valuable cereals are. Protein as used in this table is the most important and most expensive element in food. A calorie is the amount of strength or energy necessary to lift 15 pounds one foot high 200 times.

Kind of Food	Cost per Pound of Protein	Amount of Energy in 10c Worth
Rolled Wheat @ 6c.....	\$.68	2505
Rolled Oats @ 6c.....	.48	2938
Flour @ 3½c.....	.35	4700
Corn Flakes Toasted @ 10c.....	1.33	1735
Round Steak @ 16c.....	.87	560
Leg of Mutton @ 20c.....	1.37	445
Roast Pork @ 12c.....	.92	1035
Eggs @ 24c.....	1.39	385

By comparing the above figures it will readily be seen that cereals furnish by far a greater amount of nutrients than meats. So much so that were the source of the facts other than actual government reports they would not be believed. It will be noticed also that of the cereals, Oats furnishes almost twice as much nourishment for the money as parched Corn Flakes.

SPECIAL RECIPES NOT FOUND ELSEWHERE IN THIS BOOK.

Rolled Oat Mush

To two parts of boiling water, salted to taste, slowly stir in one part of **ALBERS ROLLED OATS** and boil for ten to twenty minutes, then allow to simmer, stirring occasionally. Serve with sugar and cream. **Carnation Rolled Oats** may be used in place of **Albers Rolled Oats**. We recommend the use of a double boiler, in which case the inner boiler should be placed in the outer boiler, in which the water is already boiling, after the flakes have been boiling about two minutes. Cook in double boiler ten or fifteen minutes more, but do not stir.

BRIDE'S COOK BOOK

Flapjacks

Mix **ALBERS FLAPJACK FLOUR** with water alone or two-thirds milk and one-third water. When using water alone, add a little sugar or molasses to make the cakes brown. Stir to thin batter, and cook on hot griddle. **DO NOT** use salt, baking powder, soda, yeast, eggs or butter.

Buckwheat Hot Cakes

Mix **ALBERS BUCKWHEAT FLOUR** with water alone, or two-thirds milk and one-third water. When using water alone put in a little sugar or molasses to make the cakes brown. To one cup of contents use one cup of liquid. Mix to smooth batter, and have your griddle hot. Condensed milk can be used as well as fresh milk. If griddle is an iron one grease with suet, lard, or dripping. Use no salt, yeast, baking powder, eggs, or butter.

Waffles

To one pint **ALBERS FLAPJACK FLOUR** add one pint milk, one tablespoonful melted butter, two eggs. Beat the eggs separately until very light, add the yolks to the milk, then the flour, then the melted butter, stirring vigorously, then the whites. Bake in hot greased waffle iron.

Muffins

Use above recipe, and add two tablespoonfuls of sugar. Bake in hot oven fifteen to twenty minutes.

Oat Cookies

One-half cup shortening, one cup dark brown sugar, two eggs well beaten, two tablespoonfuls sour milk, one-fourth teaspoonful soda in milk, one cup **Albers Flour**, one-half cup of raisins or nuts, three cups of **ALBERS ROLLED OATS**. Drop from teaspoon about three inches apart. Bake a light brown. **Carnation Oats** may be used in place of **Albers Oats**.

Oat Macaroons

Beat one egg very light, add gradually one-half cup of sugar, then add three-fourths tablespoonful melted butter, one-fourth teaspoonful of salt, one-half teaspoonful of vanilla, one well rounded cup of **ALBERS ROLLED OATS** and three tablespoonfuls of English walnuts, chopped fine before measuring. Beat all together. Drop from teaspoon on a buttered tin. Shape in circles about one-fourth of an inch thick. A candied cherry may be placed in the center of each. Bake in a moderate oven until brown and crisp. After taking from oven, let stand two minutes before removing from tin. **Carnation Oats** may be used in place of **Albers Oats**.

BRIDE'S COOK BOOK

Oat Bread

One cup **ALBERS ROLLED OATS**, two cups boiling water, one-half cup molasses, four or five cups **Albers Flour**, one teaspoonful salt, one tablespoonful melted lard or drippings, one yeast cake. Dissolve yeast cake in luke-warm water, pour two cups boiling water over oats. Let stand two hours. Mix all ingredients into as stiff a dough as can be stirred with a spoon. Let it stand over night. In the morning stir it down with a spoon thoroughly. Have pans greased. Fill each about one-half full, and let rise to the top of the pan. Bake in moderate oven one hour for good six loaves.

Lightning Cake

One-half cup barley, one-half cup wheat flour, one cup sugar, one level teaspoonful baking powder. Sift all together. Take one-half cup melted butter, break into it two eggs and fill up remainder of cup with milk. Pour this into the flour, sugar and baking powder mixture, and beat thoroughly, one-half teaspoonful flavoring. Bake in moderate oven.

All other recipes for bread, cakes, etc., will be found in their regular order in the text of the cook book.

The above recipes were compiled, and have been in use by **Albers Bros. Milling Co.** for several years. In addition to these recipes, there will be found directions on all of the packages they manufacture for preparing the food.

The **Albers Bros. Milling Co.** are the largest cereal manufacturers in the West. Their complete line of cereals and flours embraces over a hundred varieties. The best known of these are: **Albers Oats**, **Albers Wheat Flakes**, **Albers Pearls of Wheat**, **Albers Flapjack Flour**, **Albers Buckwheat Flour**, **Albers Family Flour**, **Carnation Wheat Flakes**, **Carnation Rolled Oats**, **Carnation Granulated Wheat**.

By commencing at once to use the **Albers** brands of cereals and flours, the housewife can insure herself getting the very best quality, and having a large variety to select from.

"Food Will Win the War"!

The housewife is advised that under present war conditions it is necessary to conserve the use of **Wheat and Wheat Flour**.

We heartily endorse the action of the **United States Food Administration**, and recommend the use of our high grade **Substitute Flours** for the recipes in this book, where their need is indicated.

ALBERS BROS. MILLING CO.

Mills and Offices:

Seattle, Tacoma, Portland, Oakland, Los Angeles, Ogden, San Francisco,
New York, Kobe (Japan)

BRIDE'S COOK BOOK

CORN BREAD

- 1/2 Cups Yellow Corn Meal
- 1/2 Cup White Corn Meal
- 1/2 Cup Rice Flour
- 1/2 Cup Barley Flour
- 1/2 Cup Drippings
- 2 Tablespoons Baking Powder
- 1 Teaspoon Salt
- 3 Tablespoons Sugar
- 2 Eggs, Milk

Place the dry ingredients in a bowl, drop in 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.

STEAMED BREADS

BOSTON BROWN BREAD

Contributed by C. E. Grosjean Rice Milling Company.

- 1 Cup Purified Rice Bran
- 1 Cup Corn Meal
- 1 Cup Graham Flour
- 1 Cup Barley Flour
- 1 Teaspoon Salt
- 1 Teaspoon Soda
- 1 Cup Molasses
- 2 Cups Sour Milk
- 2 Tablespoons Melted Shortening

Steam three hours.

BOSTON BROWN BREAD

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 1/2 Cups Flour
- 2 Tablespoons Baking Powder
- 1/4 Teaspoons Salt
- 1 Cup Yellow Corn Meal
- 1/2 Cup Rye Flour
- 1/2 Cup Molasses
- 1/4 Teaspoon Soda
- 1 Cup Raisins
- 1/2 Cups Milk

Sift together the wheat and rye flour, baking powder and salt; add corn meal, mix soda and molasses, and then add milk and floured raisins. Steam three and one-half hours.

STEAMED CORN BREAD

- 2 Cups Corn Meal
- 1 Cup Flaked Oats
- 2 Cups Sour or Buttermilk
- 1/2 Cup Brown Sugar
- 1 Teaspoon Salt
- 1 Teaspoon Soda
- Nuts, Raisins

Mix in order given and steam three hours.

Where the best possible Baking is an object, the Superior quality and Dependability of "Phoenix" Flour asserts itself.

MUFFINS, GEMS, BISCUITS, ETC.

CORN MEAL AND ROLLED OATS MUFFINS

- 1 Cup Rolled Oats
- 1 Cup White Cornmeal
- 3 Teaspoons Baking Powder
- 1/2 Cup Milk
- 1 Teaspoon Shortening
- 2 Tablespoons Sugar
- 1 Egg, well beaten
- 1/2 Teaspoon Salt

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

CORN GEMS

- 2 Cups Corn Meal
- 2 Cups Corn Flour
- 1 Teaspoon Shortening
- 2 Tablespoons Baking Powder
- 1/2 Teaspoon Salt
- 2 Eggs
- 2 Cups Milk
- 1 Teaspoon Brown Sugar

Sift meal and 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, add the sugar and the remainder of milk; add the baking powder beating well.

FRUIT GEMS

- 1 Cup Corn Meal
- 1 Cup Milk
- 1/2 Cup Cream or Milk
- 1/2 Cup Raisins
- 1/2 Cup Currants
- 1 Teaspoon Salt
- 1 Teaspoon Baking Powder

Cook meal and salt in milk for twenty minutes. Cool. Add the fruit and cream and bake in well oiled muffin tins.

SOY AND RICE FLOUR MUFFINS

Contributed by Soy Bean Food Products Co.

- 1/2 Cup Soy Flour
- 2 Teaspoons Baking Powder
- 1 Cup Rice Flour
- 1 Teaspoon Salt
- 2 Tablespoons Cornstarch
- 1 Teaspoon Sugar
- 2-3 Cup Sweet Milk

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

BARLEY PONE

Contributed by Phoenix Milling Co., Sacramento, Cal.

- 1 Cup Freshly Cooked Hominy Grits
- 2 Cups Milk
- 3 Tablespoons Shortening
- 1/2 Teaspoon Salt

BRIDE'S COOK BOOK

- 1 Cup Barley Flour
- 2 Teaspoons Baking Powder
- 2 Eggs

Add to the hominy grits the milk and shortening. Cook and add salt, barley flour and baking powder sifted together, then the well beaten eggs. Pour into a round, shallow, buttered baking dish and bake in a moderate oven forty-five minutes. Cut in triangular pieces and serve hot from the dish in which it was baked.

JOHNNY CAKE

- 1/2 Cup Brown Sugar
- 2 Tablespoons Molasses
- 1 Teaspoon Salt
- 2 Tablespoons Fat
- 2 Cups Barley or Rye Flour
- 2 Tablespoons Baking Powder
- 3 Cups Water
- 3 Cups Corn Meal
- 1/2 Cup Cornstarch

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 greased pans and bake in a moderate oven. If baked in a shallow pan this will require about twenty minutes.

CORN MEAL MUFFINS WITH DATES OR RAISINS

- 1/4 Cup White Corn Meal
- 2 Tablespoons Brown Sugar
- 1 Teaspoon Salt
- 2 Tablespoons Shortening
- 1/4 Cup Milk
- 3/4 Cup Barley Flour
- 4 Teaspoons Baking Powder
- 1 Egg
- 1/2 Cup Chopped Dates or Raisins

Cook together the first five ingredients for ten minutes, in a double boiler. When cool, add the eggs, the dates and the flour sifted with the baking powder. Beat thoroughly and bake in a quick oven.

MOLASSES CORN MUFFINS

- 1/4 Cup Corn Meal
- 3/4 Cup Flour
- 3 Teaspoons Baking Powder
- 2 Tablespoons Fat
- 1/2 Teaspoon Salt
- 1 Egg
- 1/4 Cup Molasses
- 1 Cup Water

Mix and sift the dry ingredients. Add the egg well beaten, molasses, water and fat. Beat well. Bake in hot oven.

CEREAL GEMS OR BREAD

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 1 Cup Oats
- 1 Cup Warm Water (not hot)
- 1/2 Teaspoon Salt
- 1/4 Cup Vegetable Shortening

- 1-3 Cup Brown Sugar
- 2 Eggs
- 4 Teaspoons Baking Powder
- 1/2 Cup Hot Water or Milk
- 1 Cup Corn Meal
- 1-3 Cup Cold Milk

Put oatflakes in a bowl; add cup of warm water; let stand seven or eight hours or over night. When ready to make gems, put corn meal into a bowl and pour the hot milk or water over it. Stir well, adding salt and shortening. Let stand thirty minutes more. Now add egg yolks, sugar, baking powder, the cold milk and the oatflake mixture and beat well; fold in stiffly beaten whites. Pour into hot greased gem pans and bake in moderately hot oven. Serve fresh. These are delicious for luncheon with hot cocoa and stewed fruit; also good cold for the school lunch. Lift off top and spread with butter and jam for the lunch basket.

BARLEY RICE FLOUR MUFFINS

- 1 Egg, well beaten
- 1/4 Cup Milk; sour, sweet or butter
- 1/4 Cup Barley Flour
- 1/4 Cup Rice Flour
- 1 Tablespoon Brown Sugar
- 1/2 Teaspoon Soda
- 2 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 1 Tablespoon Melted Fat

Mix in the order given.

CREAM BARLEY MUFFINS

Contributed by Phoenix Milling Co., Sacramento, Cal.

- 1 Cup Barley Flour
- 1 Cup White Flour
- 3/4 Cup Thin Cream or Milk
- 3 Tablespoons Shortening
- 1/2 Teaspoon Salt
- 1/4 Cup Sugar
- 4 Teaspoons Baking Powder
- 1 Egg, beaten lightly

Cream the shortening and sugar, then alternately add cream and flour, sifted with baking powder and salt. Add well beaten egg. Bake in hot, well buttered gem pans in hot oven for twenty minutes. A few chopped dates may be added to the shortening and sugar, for date muffins.

BARLEY MUFFINS

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 2 Cups Barley Flour
- 3 Teaspoons Baking Powder
- 1/4 Teaspoon Salt
- 1 Teaspoon Sugar
- 1 Cup Milk
- 1 Egg
- 1 Tablespoon Melted Shortening

Mix and sift the dry ingredients. Beat

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the eggs, mix with the milk and add to the flour mixture, then add the melted fat. Beat to a smooth batter, pour into oiled gem pans and bake in a hot oven.

GINGER BREAD

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 1-3 Cup Shortening
- 1-3 Cup Brown Sugar
- 1-3 Cup Corn Syrup
- 1 Egg
- 2 Tablespoons Molasses
- 1/2 Teaspoon Soda
- 1 3/4 Cups Rye Flour
- 1 1/4 Teaspoon Ginger
- 1/4 Teaspoon Cinnamon
- 1/2 Teaspoon Salt
- 1 3/4 Teaspoons Baking Powder
- 1-3 Cup Milk or Water

Cream shortening and brown sugar; stir in the corn syrup, then beat in the egg. Mix soda in molasses and add. Mix and sift balance of dry ingredients and add alternately with the liquids. Beat until smooth. Turn into an oiled shallow pan and bake in a moderate oven.

HOMINY OR GRITS BREAD

- 1 Egg
- 1 Cup Cold Hominy
- 1 Teaspoon Butter
- 1 Pint Fine Raw Hominy
- 2 Tablespoons Milk, little salt

Wash and drain raw hominy. Mix together the egg, cold hominy, butter and salt; add the raw hominy and milk. Bake for half an hour in shallow piepan.

HOE CAKE

- 1 Pint Corn Meal
- 1 Pint Boiling Water
- 1/2 Teaspoon Salt
- 1 Teaspoon Bacon Drippings

Scald meal and salt with water. Pour batter into frying pan that has been heated and greased, and brown, then turn and brown the other side. Some cooks add an egg, but the old mammies omitted the egg.

CORN MEAL CRISPS

- 7 Cups Corn Meal
- 1 Cup Boiling Water
- 1/2 Teaspoon Salt
- 2 1/2 Tablespoons Butter or Bacon Fat

Add salt and butter to boiling water; when melted add meal and beat well. Spread evenly 1/8-inch thick on an oiled inverted dripping pan. Bake slowly in a moderate oven until browned; cut in squares and serve at once.

BARLEY FLOUR BISCUIT

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 2 Cups Barley Flour
- 1/2 Tablespoons Baking Powder
- 1/2 Teaspoon Salt
- 2 Tablespoons Fat
- 2-3 Cup Sweet Milk or Water

Sift together the dry ingredients. Work in the fat; add the milk, using enough to make a soft dough. Roll on a slightly floured board; cut with small biscuit cutter and bake in a hot oven about fifteen minutes.

BARLEY BISCUIT

Contributed by Phoenix Milling Co., Sacramento, Cal.

- 1 1/4 Cups Liquid
- 4 Cups Barley Flour
- 3 Tablespoons Fat
- 6 Teaspoons Baking Powder
- 1 Teaspoon Salt

Sift dry materials together. Work in fat well. Combine liquid and dry materials, handling lightly. Roll or pat 1/2-inch thick and cut as biscuits. Bake in a hot oven.

CORN FLOUR BISCUIT

- 1 Cup Liquid
 - 3 Tablespoons Fat
 - 1 Teaspoon Salt
 - 2-3 Cups Corn Flour
 - 6 Teaspoons Baking Powder
- Mix as for barley biscuit.

CORN FLOUR AND ROLLED OATS BISCUIT

- 1 Cup Liquid
- 1-3 Cups Corn Flour
- 1 Cup Ground Oats
- 3 Tablespoons Fat
- 6 Teaspoons Baking Powder
- 1 Teaspoon Salt

Mix as for barley biscuit. Color slightly dark. Flavor good.

BARLEY AND RICE BISCUITS

- 1 Cup Barley Flour
- 1 Cup Rice Flour
- 1 Teaspoon Salt
- 4 Teaspoons Baking Powder
- 1 Teaspoon Fat
- 1 Cup Milk

For the cup of rice flour, a cup of corn meal may be substituted; half a cup of corn meal and half of rice flour or one cup of barley flour.

BARLEY DROP BISCUITS

- 2 1/2 Cups Barley Flour
- 4 Teaspoons Baking Powder

BRIDE'S COOK BOOK

- 1 Cup Milk
- 1/2 Tablespoon Fat
- 1 Teaspoon Salt

Mix dry ingredients. Melt fat in measuring cup and add about a cup of milk; then add this mixture to the dry ingredients. Mix quickly and lightly. Drop by spoonful on greased pan and bake in 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.)

SOY FLOUR DROP BISCUITS

- 2-3 Cup Soy Bean Flour
- 2-3 Cup Barley Flour
- 2-3 Cup Corn Flour
- 1 Tablespoon Shortening
- 1 Cup Sour or Buttermilk
- 2 Tablespoons Corn Syrup
- 2 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 1/2 Teaspoon Soda

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.

OATMEAL DROP BISCUITS

- 1 Cup Ground Rolled Oats
- 1 Cup Corn Flour
- 1 Cup Sour Milk
- 1/2 Cup Water
- 1 Teaspoon Salt
- 2 Teaspoons Baking Powder
- 1/2 Teaspoon Soda
- 2 Tablespoons 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.

GRIDDLE CAKES, WAFFLES, ETC. CORN MEAL PANCAKES

- 2 Cups Corn Meal
- Rice Flour
- 1 1/2 Teaspoon Baking Powder
- 1 Teaspoon Molasses
- 1 Teaspoon Salt
- 1 Egg

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

OATMEAL GRIDDLE CAKES

- 1 Cup Cooked Oatmeal
- 1 Cup Milk or Water
- 1 Tablespoon Fat
- 1-3 Cup Barley Flour
- 2 1/2 Tablespoons Cornstarch

- 1/2 Teaspoon Salt
- 2 Teaspoons Baking Powder
- 2 Eggs

Melt the fat, add the 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 hot griddle.

BUCKWHEAT CAKES

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 2 Cups Buckwheat Flour
- 1 1/2 Tablespoons Baking Powder
- 1/2 Teaspoon Salt
- 2 Cups Sweet Milk
- 1 Tablespoon Syrup or Brown Sugar
- 1 Cup Boiling Water

Mix and sift dry ingredients. Add milk gradually, then syrup and beat smooth. Add hot water and bake on a hot griddle.

BUCKWHEAT CAKES

(With Sour Milk)

Contributed by Albers Bros. Milling Company, manufacturers of "Hygeno" Flour.

- 2 Cups Buckwheat Flour
- 1/2 Teaspoon Salt
- 1 Tablespoon Baking Powder
- 2 Cups Sour Milk
- 1/2 Teaspoon Soda
- 1 Tablespoon Syrup or Brown Sugar
- 1/2 Cup Hot Water
- 1 Egg

Mix the flour, salt and baking powder and sift. Into a bowl put the milk, soda, egg and syrup and beat until smooth and light. Add gradually to dry ingredients and beat until very smooth, then beat in the hot water and bake on a greased griddle.

BUCKWHEAT PANCAKES

Contributed by Albers Milling Company.

- 2 Quarts Water
- Salt
- 1 Tablespoon Honey
- 2-3 Compressed Yeast Cake, or equivalent Buckwheat Flour

Dissolve salt in the lukewarm water until it tastes almost briny. Thoroughly mix the yeast cake in the water before the flour is added. Mix honey and add the flour through a sieve. The batter should then be stirred or beaten a long time. If any batter is left, it may be set away in a cool place, not too tightly covered, to take the place of the yeast for the next time.

When ready for the next batch, add

BRIDE'S COOK BOOK

the necessary quantity of salted warm water and the honey; stir thoroughly, and then add the buckwheat as before. It is better to mix the dough a little too thick than too thin. Water can be safely added before baking, if necessary. If the batter is sour in the morning from being kept too warm, use a little baking soda dissolved in warm water. The old batter is useless for yeast after the soda treatment.

Serve with honey.

GRIDDLE CAKES

- 1 Cup Corn Meal
- 1/2 Cup Barley Flour
- 3 Teaspoons Baking Powder
- 1/2 Teaspoon Salt

Sift together, add milk enough to make a thin batter (about two cups) and 1 tablespoon fat.

CORN MEAL GRIDDLE CAKES

- 1 Cup Milk
- 3/4 Cup Barley Flour
- 1/4 Cup Cornstarch
- 3/4 Cup Corn Meal
- 1 Tablespoon Melted Fat
- 3 Teaspoons Baking Powder
- 1/2 Teaspoon Salt
- 1 Egg
- 1 Tablespoon Brown Sugar

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 1/2 Cups Corn Meal
- 1 Cup Boiled Rice
- 3 Tablespoons Rice Flour
- 1/2 Cup Sour Milk
- 2 Eggs
- 1 Teaspoon Salt
- 1 Teaspoon Soda

Make into a batter and fry in hot oil.

OATMEAL WAFFLES

- 1 Cup Cooked Oatmeal
- 2 Tablespoons Shortening
- 2 Tablespoons Cornstarch
- 2 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 2 Eggs
- 1 Cup Water

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

RICE FLOUR WAFFLES

C. E. Grosjean Rice Milling Company.

- 2 Cups Rice Flour
- 1/2 Cup Barley Flour
- 1/2 Cup Cornstarch
- 3 Teaspoons Baking Powder
- 2 Tablespoons Oil
- 2 Eggs
- 1 Teaspoon Salt
- 1/2 Cup 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 WAFFLES

- 1/2 Cup Corn Meal
- 1/2 Cup Corn or Rice Flour
- 1 Cup Boiled Rice
- 2 Eggs, well beaten
- 1 Tablespoon Melted Shortening
- 1/2 Teaspoon Soda
- 1 Teaspoon Salt
- 1 Cup Sour or Buttermilk

Sift together dry ingredients. Add rice and other ingredients and beat thoroughly.

MAIZE WAFFLES

- 2 Tablespoons Shortening
- 2 Teaspoons Baking Powder (rounding)
- 1 Cup Milled Maize Flour
- 1 Scant Cup Rice Flour
- 2 Eggs, well beaten
- 2 Cups Milk

This will make enough for four persons. Rice flour may be used alone or barley flour instead of the maize.

OATMEAL SCONES

- 1/2 Cup Boiling Water
- 1 Tablespoon Butter
- 1/4 Teaspoon Soda
- 1 Good Teaspoon Yellow Corn Syrup
- 1 Cup Cold Stiff Porridge

Directions: Put together in the order named. Turn out on a board and mould into a flat mass. Flour the rolling pin, and roll very thin. Bake very slowly on griddle. When desired for table toast for ten minutes. Delicious served with syrup.

HOMINY FRITTERS

- 1 Egg
- 1/2 Cup Milk
- 1 Quart Boiled Hominy
- 2 Teaspoons Cornstarch
- Pinch of Salt

Directions: Mix well and make into balls. Dip in egg and crumbs and fry in deep fat.

BRIDE'S COOK BOOK

RECIPES IN WHICH ONLY SOME OF THE WHEAT FLOUR IS REPLACED BY SUBSTITUTES

Donated by
ALBERS BROS. MILLING CO.
Manufacturers of Hygeno
(a whole wheat flour)

LIBERTY BREAD

- 2 Cups Boiling Water
- 1/2 Cup Oats
- 2 Teaspoons Salt
- 1/4 Cup Brown Sugar
- 1 Teaspoon Fat
- 1/4 Cup Lukewarm Water
- 1 Yeast Cake
- 5 Cups Whole Wheat Flour

Pour boiling water over the oats; add salt, brown sugar and fat. When cooled add yeast dissolved in the lukewarm water. Measure whole wheat flour and stir in enough to make a stiff dough; let rise until double in size, mould in two loaves, using the rest of the flour. Put into greased pans, let rise again, and bake one hour.

NUT BREAD

- 2 1/2 Cups Whole Wheat Flour
- 1/2 Cup Rye Flour
- 1 Cup Oats
- 4 Teaspoons Baking Powder
- 1/4 Cup Hot Water
- 1 Teaspoon Salt
- 1/2 Cup Corn Syrup
- 1 Cup Chopped Nuts
- 3/4 Cup Milk or Cold Water

Pour the hot liquid over the oats and let stand half an hour; mix and sift the whole wheat flour and rye flour, baking powder and salt and add nuts, syrup and cold liquid; beat well; turn into greased bread pans; bake in a moderate oven forty-five minutes to an hour.

BARLEY AND WHOLE WHEAT MUFFINS

- 2 Eggs, well beaten
- 3 Tablespoons Sugar
- 2 Tablespoons Olive Oil
- 1 Quart Sour Milk or Buttermilk
- 2 Cups Barley Flour
- 2 Cups Whole Wheat Flour
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- 2 Teaspoons Baking Powder

Mix and beat well for five minutes. Bake in well greased muffin tins for twenty minutes in a moderate oven.

HOMINY MUFFINS

- 1 Cup Whole Wheat Flour
- 2 Teaspoons Sugar
- 1/4 Teaspoon Salt
- 2 Teaspoons Baking Powder
- 2 Tablespoons Shortening
- 1/2 Cup Milk
- 1 Egg
- 1/2 Cup Cooked Hominy Grits

Mix and sift flour, sugar, salt, and baking powder. Add shortening, milk and cooked hominy. Bake in hot oven.

OAT MUFFINS

- 1 1-3 Cups Scalded Milk or Water
- 2 Tablespoons Fat
- 1 Cup Oats
- 2 Tablespoons Sugar
- 1 Cup Whole Wheat Flour
- 1 Teaspoon Salt
- 1/2 Teaspoon Baking Powder

Pour hot liquid over oats and fat; let stand ten minutes; add syrup or sugar, mix and sift whole wheat flour, salt and baking powder and beat well and bake in greased muffin tins in hot oven for about twenty-five to thirty minutes.

CORN GEMS

- 1 Cup Skim Milk
- 2 Tablespoons Cooking Oil
- 1/2 Teaspoon Salt
- 1 Teaspoon Sugar
- 1 Cup Whole Wheat Flour
- 1 Cup Corn Meal
- 1 Egg

Beat egg into milk to which oil has been added. Add salt and beat slowly. Beat into this enough of the flour, to which sugar is added, to make batter that will pile slightly when poured in a thick stream. Bake in very hot greased gem irons in brisk oven.

WHOLE WHEAT AND RYE TEA BISCUITS

- 1 1/2 Cups Rye Flour
- 1 Cup Whole Wheat Flour
- 3 Tablespoons Baking Powder
- 1 Teaspoon Salt
- 1 Teaspoon Thin Syrup
- 2 Tablespoons Melted Fat
- 2-3 Cup Water
- 1 Egg White, beaten stiff

Mix and sift the dry ingredients; work in the shortening, add syrup, then liquid and fold in stiffly beaten egg white; roll thin on a floured board, cut with cookie or large biscuit cutter, rub over with cooking oil or melted fat, make a crease across the center of each with dull edge of knife and fold over like Parkerhouse rolls, pressing edges together lightly. Bake in a hot oven.

CORN MEAL AND WHOLE WHEAT BISCUIT

- 2 Cups Corn Meal
- 1 1/2 Cups Hot Milk
- 1/2 Cup Whole Wheat Flour
- 1 1/2 Tablespoons Baking Powder
- 1/4 Teaspoon Salt
- 1 Teaspoon Sugar
- 1 Beaten Egg

Pour hot milk over corn meal; let stand until cool. Add egg. Mix and sift

BRIDE'S COOK BOOK

balance of dry ingredients and add. Beat thoroughly and bake in greased gem pans in a hot oven.

HOMINY BREAD (similar to Johnny Cake)

- 1/2 Cups Hominy Grits
- 2 Cups Liquid, Milk or Water
(Boil together in double boiler half hour. Then add 1 tablespoon fat and cool slightly.)
- 2 Eggs, beaten separately
- 1 3/4 Cups Whole Wheat Flour
- 1/2 Tablespoons Baking Powder
- 1/2 Teaspoon Salt
- 3 Tablespoons Syrup

When cooked hominy is cool add beaten egg yolks, mix and sift whole wheat flour, salt and baking powder, then add syrup; beat well and fold in stiffly

beaten egg whites. Bake in greased shallow baking pans in hot oven about 30 minutes.

JOHNNY CAKE

- 1/4 Cups Scalded (Sweet) Milk
- 1/2 Cups Corn Meal
- 1 Beaten Egg
- 1 Tablespoon Corn Syrup or Molasses
- 1 Tablespoon Melted Fat
- 1/2 Cup Whole Wheat Flour
- 1 Level Teaspoon Baking Powder
- 1/2 Teaspoon Salt

Pour hot milk over corn meal; let stand until cool, then add beaten egg, then molasses and melted fat; sift dry ingredients and add; pour in shallow greased baking pan and bake in a hot oven.





LAYER CAKES

Substitute syrup for sugar in cake. One cup of syrup will take the place of one cup of sugar and $\frac{1}{4}$ of a cup of liquid. In almost any cake recipe the syrup may be used for $\frac{1}{2}$ of the sugar.

LAYER CAKE

- 1 Cup Rice Flour
- $\frac{1}{2}$ Cup Corn Flour
- $\frac{1}{2}$ Cup Barley Flour
- $\frac{3}{4}$ Cup Sugar
- 1 Cup Milk
- 2 Egg Yolks
- 1 Tablespoon Shortening
- 2 Teaspoons Baking Powder
- 1 Teaspoon Vanilla

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.

SOUR CREAM CAKE

- 1 Cup Sour Cream
- $1\frac{3}{4}$ Cups Sugar
- $2\frac{1}{4}$ Cups Rice Flour
- 3 Eggs
- 1 Heaping Teaspoon Baking Powder
- $\frac{1}{2}$ Teaspoon Soda
- Lemon and Vanilla, mixed

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.

POTATO FLOUR LAYER CAKE

Contributed by C. E. Grosjean Rice Milling Company.

- 4 Eggs
- 1 Cup Sugar
- 1 Cup Potato Flour, scant
- 1 Teaspoon Baking Powder
- 1 Teaspoon Vanilla
- 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 15 minutes in layers.

EASY CAKE

Contributed by C. E. Grosjean Rice Milling Company.

- $\frac{1}{2}$ Cup Purified Rice Bran
- $\frac{1}{2}$ Cup Rice Flour
- $\frac{3}{4}$ Cup Barley Flour
- 1 Cup Sugar
- 3 Teaspoons Baking Powder
- 1 Egg
- $\frac{1}{2}$ Teaspoon Salt
- 5 Tablespoons Shortening

Sift rice bran, the flours, baking powder and salt together. Break egg in cup, fill with milk and add to dry ingredients. Add melted shortening and any desired flavoring. This makes 9 cup cakes or two good layers.

SPONGE CAKES

RICE FLOUR SPONGE CAKE

Contributed by C. E. Grosjean Rice Milling Company.

- $\frac{3}{4}$ Cup Rice Flour
- 1 Cup Sugar
- 4 Eggs
- 4 Tablespoons Lemon Juice
- $\frac{1}{8}$ Teaspoon Salt

Beat sugar into well beaten yolks, add lemon juice, then fold in whites and flour. Bake in ungreased pan 35 minutes. Start in moderate oven, after 20 minutes raise temperature.

BARLEY FLOUR SPONGE CAKE

Contributed by Albers Bros. Milling Company.

- 1 Cup Barley Flour
- 1 Cup Sugar
- 2 Tablespoons Water (hot)
- $1\frac{1}{4}$ Teaspoons Baking Powder
- 4 Egg Yolks
- $\frac{1}{4}$ Teaspoon Nutmeg
- 1 Teaspoon Lemon Juice
- 4 Egg Whites
- Salt
- Grated Rind $\frac{1}{2}$ Lemon

Beat egg yolks until thick and lemon colored. Add the sugar gradually, beating with an egg beater. Mix and sift barley flour, baking powder and salt and add, continuing beating with egg beater. Whip whites until stiff and dry and add them, with lemon juice and rind. Turn

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Always visit 3 stores—study, in as critical a manner as possible, each store's policy, each store's values, each store's prices. ¶ Have each salesman explain materials used; learn the difference between the real and the "just as good"; ask what each store does if you are dissatisfied at any time; realize the difference between "painted pine" at \$25, and "6-coat enamel over maple" at \$80—the both may be called "decorated ivory." ¶ Then place your order with the store which gives you the best value, service and satisfaction for the money you invest.

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281 GEARY STREET, near POWELL

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BRIDE'S COOK BOOK

into a cube bake pan, slightly oiled or greased and bake in a moderate oven until it shrinks slightly from sides of pan.

POTATO FLOUR SPONGE CAKE

- 1/2 Cup Potato Flour
- 4 Tablespoons Water
- 1 Teaspoon Lemon Juice
- 1/2 Teaspoon Baking Powder
- 1 Cup Sugar
- 3 Eggs

Beat yolks of eggs well; beat whites separately. Fold in beaten whites. Rice flour may be substituted for potato flour. This will make lovely jelly roll, cup, or loaf cake.

LOAF CAKES

CHOCOLATE CAKE

- 1/2 Cup Fat
- 2-3 Cup Sugar
- 1 Cup Syrup
- 3 Eggs
- 3/4 Cup Milk
- 1 Teaspoon Salt
- 1/8 Cup Rice Flour
- 1/8 Cup Barley Flour
- 6 Teaspoons Baking Powder
- 1 Teaspoon Cinnamon
- 1 Teaspoon Vanilla
- 2 Squares Chocolate

Directions: Cream the fat, sugar, and egg yolk. Add the syrup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add flavoring and the chocolate melted with a small portion of the syrup. Fold in well beaten egg white. Bake about one hour, starting in a moderate oven (350° F.). After 20 minutes raise the temperature somewhat (to 400° F.).

In place of the rice and barley flour 1 1/2 cups of buckwheat and 1/2 cup of ground rolled oats may be used.

RAISIN CAKE

- 1/4 Cup Shortening
- 3/4 Cup Brown Sugar
- 1/4 Cup Molasses
- 1 Egg
- 1 Teaspoon Soda
- 1 Cup Sour Milk
- 1 Cup Chopped Raisins
- 1 1/2 to 2 Cups Barley Flour
- 2 Teaspoons Cinnamon
- 1/2 Teaspoon Nutmeg
- Cloves, sparingly

Cream the shortening and sugar, add the eggs slightly beaten; stir the soda with the molasses, and add to the sugar mixture. Add the rest of the ingredients in the order named above.

FEATHER CAKE

- Contributed by C. E. Grosjean Rice Milling Company.
- 1/4 Cup Shortening
 - 1 Cup Sugar
 - 3/4 Cup Milk
 - 1 Cup Rice Flour
 - 1/2 Cup Cornstarch
 - 1 Teaspoon Baking Powder
 - 1 Teaspoon Vanilla
 - 3 Eggs (whites beaten stiff)

Cream shortening and sugar and sift cornstarch and baking powder together.

FRUIT CAKE

- 1/2 Cup Corn Syrup
- 1/2 Cup Sugar
- 1-3 Cup Shortening—3 tablespoonfuls
- 3/4 Cup Sour Milk
- 1 Cup Raisins
- 1 Cup Walnuts
- 1 Teaspoon Soda
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Cloves
- 1/2 Teaspoon 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.

POTATO SPICE CAKE

- 2 Tablespoons Oil or Melted Fat
- 1 Cup White Corn Syrup
- 1 Egg
- 1/4 Teaspoon Salt
- 1 Cup Dry Mashed Potatoes
- 1 Cup Barley Flour
- 1/2 Cup Rice Flour
- 4 Teaspoons Baking Powder
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Allspice
- 1/4 Teaspoon Mace
- 1/4 Teaspoon Cloves
- 2 to 4 Tablespoons Water

Beat the egg lightly and stir in the melted fat and the corn syrup. Add the mashed potatoes and the barley flour. Sift the spices and baking powder with the rice flour and stir into the first mixture.

APPLE SAUCE CAKE

- (No Eggs; no Milk)
- 3/4 Cup Juicy Apple Sauce
 - 1/2 Cup Dark Sugar
 - 1-3 Cup Corn Syrup
 - 1 Teaspoon Shortening
 - 1 Heaping Teaspoon Cocoa
 - 1 Teaspoon Soda, dissolved in the Apple Sauce
 - 1 1/2 to 2 Cups Barley Flour
 - 2 Teaspoons Baking Powder
 - Raisins or Currants
 - Pinch of Salt
 - Cinnamon and Cloves

Mix like ordinary loaf cake. Bake in a moderate oven from 30 to 40 minutes.

BRIDE'S COOK BOOK

MOLASSES CAKE

- 1 Cup Buckwheat Flour
- 1/2 Cups Molasses
- 1 Cup Boiling Water
- 1 Cup Corn Flour
- 1 Cup Fat
- 1/4 Teaspoon Salt
- 1 Teaspoon Soda
- 1 Teaspoon Ginger
- 2 Eggs

Cream the fat, add the molasses and the boiling water. Add sifted dry ingredients to the other. Add the eggs last. Bake the cake in a loaf or in a shallow pan in a moderate oven.

Apple Sauce Variation

To 2 cups of thick apple sauce, add 1 tablespoon of butter, 3 tablespoons corn syrup, and cinnamon as desired. Spread 1/2 inch thick over the pan. Pour the molasses cake batter over it and bake in a moderate oven. When the cake is done, turn it out of the pan so that the apple sauce will be on top. Cut in squares and serve warm.

MOLASSES CORN CAKE

- 2 Cups Yellow Corn Meal
- 1/2 Cup Molasses
- 1/2 Cup Sugar
- 1 Cup Sour Milk
- 1 Cup Sweet Milk
- 1 Cup Wheat Flour
- 1 Teaspoon Salt
- 1 1/2 Teaspoons Soda
- 2 Tablespoons Butter
- 1 Egg

Mix corn meal, molasses, sugar, butter, salt, sweet and sour milk, in a double boiler. Set over boiling water and cook for about 10 minutes after the mixture has become hot. After it has cooled, add the wheat flour and soda thoroughly sifted together and the egg, well beaten. Bake in shallow tin.

SPICE CAKE

- 3/8 Cup Fat
- 2-3 Cup Sugar
- 1 Cup Syrup
- 3 Eggs
- 3/4 Cup Milk
- 1 Teaspoon Vanilla
- 1/2 Teaspoon Ginger
- 6 Teaspoons Baking Powder
- 1 Teaspoon Salt
- or 1/2 Teaspoon, according to the fat used)
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Cloves
- 1 Teaspoon Allspice
- 3 3/4 Cups Barley Flour
- 1 Cup Raisins

Directions: Cream the fat, sugar and egg yolk. Add the syrup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add the flavoring and fold in the well beaten egg

whites. Bake for one hour in a moderate oven (350° F.). After 20 minutes raise the temperature somewhat (to 400° F.).

In place of the barley flour 1 cup of rice flour and 1 cup of buckwheat may be used.

SHORT CAKES

CORN FLOUR OR RICE FLOUR SHORTCAKE

- 1 Cup Milk
- 6 to 8 Teaspoons fat
- 1 Tablespoon Sugar
- 1 Teaspoon Salt
- 6 Teaspoons Baking Powder
- 2-3 Cups Corn Flour
- or
- 2 1/4 Cups Rice Flour

Mix the dry ingredients, cut in the fat and add liquid. Place dough on floured board (rice flour); pat to 3/4 inch thickness and cut as for biscuit. Place dough in well greased pan and pat to desired thickness. Bake in hot oven.

These amounts will make 12 average servings.

CORN-GROUNDED ROLLED OATS SHORTCAKE

- 1 Cup Milk
 - 4 Tablespoons Fat
 - 1 Tablespoon Sugar
 - 1 Teaspoon Salt
 - 6 Teaspoons Baking Powder
 - 1-1.3 Cups Corn Flour
 - 1 1/2 Cups Ground Rolled Oats
- Method as above.

CUP CAKES

RICE FLOUR CUP OR LAYER CAKE

Contributed by C. E. Grosjean Rice Milling Company.

- 2 Cups Rice Flour
- 3/4 Cup Milk
- 2-3 Cup Sugar
- 1-3 Cup Corn Syrup
- 1 Egg
- 4 Teaspoons Baking Powder
- 1/2 Cup Shortening
- 1 Teaspoon Flavoring
- 1/4 Teaspoon 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

BRIDE'S COOK BOOK

be baked in layers and served with berries as a short cake. Makes 12 cup cakes.

SPICE CUP CAKES

- 1 Cup Corn Meal
- $\frac{3}{4}$ Cup Cornstarch
- 2 Cups Flour
- $\frac{1}{2}$ Teaspoon Cloves
- $\frac{1}{2}$ Teaspoons Cinnamon
- 1 Teaspoon Ginger
- $\frac{1}{4}$ Teaspoon Nutmeg
- 1 Teaspoon Soda
- 1 Cup Raisins
- 1 Cup Corn Syrup (Dark)
- 1 Cup Molasses
- $\frac{3}{4}$ Cup Boiling Water
- 7 Tablespoons Corn Oil
- 2 Eggs

Sift together the dry ingredients. Add boiling water to fat, molasses and syrup. Add liquid gradually to dry ingredients. Beat eggs. Stir into the batter. Add raisins. Mix well. Half fill well greased muffin cups with this mixture. Bake in a moderate oven (about 380° F.) for about 25 minutes.

(Makes 30 cup cakes.)

COOKIES

ROLLED OATS AND CORN FLOUR DROP COOKIES

Contributed by Albers Bros. Milling Company.

- 1 Cup Corn Flour
- 2 Cups Rolled Oats
- $\frac{1}{2}$ Cup Ground Peanuts
- 2-3 Cup Molasses
- 1-3 Cup Dark Corn Syrup
- 2-3 Cup Sour Milk
- $\frac{1}{2}$ Cup Fat
- $\frac{3}{4}$ Teaspoon Soda
- 1 Teaspoon Cinnamon
- $\frac{1}{2}$ Teaspoon Nutmeg
- $\frac{1}{2}$ Teaspoon Cloves
- 1 Teaspoon Vanilla

Cream the fat, add the liquid and the sifted dry ingredients, then the rolled oats, the peanuts and vanilla. Drop the mixture by spoonfuls on a greased pan, press each cookie into shape with a fork wet in cold water, and bake in a moderate oven.

COOKIES

Contributed by C. E. Grosjean Rice Milling Company.

- $\frac{1}{2}$ Cup Shortening
- 1 Cup Brown Sugar
- $\frac{1}{2}$ Cup Sour Milk
- $\frac{1}{4}$ Teaspoon Soda
- $\frac{1}{2}$ Teaspoon each Cinnamon, Cloves and Nutmeg
- 1 Cup Oat Flour, scant
- $\frac{1}{2}$ Cup Oatmeal
- $\frac{1}{2}$ Cup Purified Rice Bran
- $\frac{1}{2}$ Cup Raisins

Dissolve soda in milk. Drop on bak-

ing pan and flatten out with knife dipped in hot water.

BRAN COOKIES

- $\frac{1}{4}$ Cup Molasses
- $\frac{1}{4}$ Cup Brown Sugar
- 1-3 Cup Fat
- 2 Eggs
- 2-3 Cup Water
- 6 Teaspoons Baking Powder
- 3 Cups Bran
- 1 Cup Rye Flour
- $\frac{1}{2}$ Cup Cornstarch
- $\frac{1}{2}$ Cup Chopped Raisins
- 1 Teaspoon Salt

Cream the sugar and fat together, add the eggs and beat well. Mix and sift the rye flour and cornstarch, baking powder and salt, and add alternately with the water to the sugar mixture. Beat thoroughly. Now add the bran and the chopped raisins. Roll out onto a floured board, adding more rye flour if necessary, cut with a cookie cutter, and bake in a moderate oven.

COCOANUT DROP COOKIES

Contributed by Albers Bros. Milling Company.

- 1 Cup Buckwheat Flour
- $\frac{1}{2}$ Cup Corn Flour
- 1-3 Cup Cocoanut
- 1 Cup Corn Syrup
- $\frac{1}{4}$ Cup Sour Milk
- 1 Teaspoon Baking Powder
- $\frac{1}{4}$ Cup Fat
- $\frac{1}{4}$ Teaspoon Soda
- 1-3 Teaspoon Salt
- 1 Teaspoon Vanilla

Cream the fat, add the syrup, then the milk and the sifted dry ingredients. Add the cocoanut and vanilla last. Let the mixture stand for 20 minutes before baking, since it thickens on standing. Drop it by spoonfuls on a greased tin. Bake the cookies in a rather quick oven until they are a light brown. When fresh they taste somewhat like macaroons.

COCOANUT OAT COOKIES

Contributed by Albers Bros. Milling Company.

- $\frac{1}{2}$ Cup Oats Flour
- $\frac{1}{4}$ Cup Sugar
- $\frac{1}{4}$ Cup Cocoanut
- 2 Teaspoons Cooking Oil
- 1-3 Teaspoons Salt
- $\frac{1}{4}$ Teaspoon Vanilla
- 1 Egg
- $\frac{1}{4}$ Cup Corn Syrup

Beat egg, gradually add sugar. Add the oil, oats, salt, vanilla and cocoanut. Drop on an oiled baking tin. Bake in a moderate oven until delicately browned.

Ghirardelli's Ground Chocolate



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Ghirardelli's Brown Stone Front Cake.

Three-quarters cup Ghirardelli's Ground Chocolate; $\frac{1}{2}$ cup Sweet Milk; $\frac{3}{4}$ cup Brown Sugar; yolk of one Egg. Beat all together. Soft boil until like a custard; set to cool. This is the Cream. Take 1 cup Brown Sugar; $\frac{1}{2}$ cup Butter; $\frac{1}{2}$ cup Sweet Milk; 2 Eggs; 2 cups Sifted Flour. After the cake is mixed then stir in the above cream. Then add 1 teaspoon Soda dissolved in a little warm water. Spread white boiled icing over and between the layers.

Chocolate Bavarian Cream.

Two cupfuls Cream; 4 tablespoonfuls Ghirardelli's Ground Chocolate; 2 cupfuls Milk; $\frac{1}{2}$ cupful Sugar; $\frac{1}{2}$ cupful Water; 1 teaspoonful Vanilla Extract; $\frac{1}{2}$ box Gelatine. Soak gelatine in cold water until soft, then add it to the milk, which has been scalded with the chocolate, stirring until dissolved. Remove from the fire, add sugar and extract. Turn into granite basin and set in a pan of ice water, stirring until it begins to thicken; then add the cream whipped to a stiff froth. Line a mould with peaches, turn in the mixture, set in cold place until firm. Unmold and serve with whipped cream.

Ghirardelli's California Chocolate Cake.

One cup of Sugar; piece of Butter size of egg, creamed; 2 Eggs; $\frac{1}{2}$ cup of Ghirardelli's Ground Chocolate; $\frac{1}{2}$ teaspoonful Cinnamon; $\frac{1}{2}$ cup of Milk; 1 cup of Flour; 2 teaspoonfuls Baking Powder; mix with Flour, bake in layers, spread with either strawberry jam or white of egg beaten to froth with cup of sugar.

Ghirardelli's Chocolate Fudge.

Four rounded tablespoonfuls of D. Ghirardelli's Ground Chocolate; 2 cupfuls Sugar; 1 cupful Milk; Butter the size of a small hen's egg; 1 teaspoonful Vanilla; 2 drops Lemon Extract. Boil Sugar, Butter and Milk until thick and add Chocolate; cook until thread spins when tried; then add Extract and take from fire, stirring until nearly cold or becomes sugary. Turn on a well-buttered dish and cut in squares.

Topsy Turvy Dainty.

Two level tablespoonfuls Ghirardelli's Ground Chocolate; $\frac{1}{8}$ cup Sago; 1 cupful Water; 1 piece stick Cinnamon; $\frac{1}{2}$ cup chopped Citron; $\frac{1}{2}$ cup chopped Almonds; $\frac{1}{2}$ cupful Sugar. Soak Sago over night and drain next morning; put in a double boiler with water and boil until thick; add Cinnamon and Citron and cook thirty minutes; remove Cinnamon and add Almonds, Sugar and Chocolate. Remove from fire as soon as sugar is dissolved and set away to cool. Serve with cream flavored.

Chocolate Sauce.

One Egg; 1 cupful Milk; 1 teaspoonful Cornstarch; $\frac{1}{2}$ cupful Sugar; 2 teaspoonfuls Ghirardelli's Ground Chocolate; 1 teaspoonful Vanilla. Scald milk and add the Cornstarch, which has been dissolved in a little of the cold milk; beat egg and add to the mixture with the sugar, chocolate and vanilla.

Chocolate Icing.

Place 2 ounces of Ghirardelli's Ground Chocolate in an enameled saucepan with a quarter pint of boiling water; set on the stove for a few minutes, stirring constantly. Then remove, add $\frac{1}{2}$ pound of pulverized Sugar and stir again until perfectly smooth.

BRIDE'S COOK BOOK

CHOCOLATE BUCKWHEAT COOKIES

- 3 Cups Buckwheat Flour, or enough to Make a Stiff Dough
- 2 Tablespoons Melted Chocolate
- 1-3 Cups Fat
- 1 Cup Corn Syrup
- 1/4 Cup Sour Milk
- 1/2 Teaspoon Soda
- 1/4 Teaspoon Salt
- 1/2 Teaspoon Vanilla

Cream the fat and mix it with the syrup. Add sifted dry ingredients, the chocolate and vanilla. Roll the dough thin, cut it and bake the cookies in a moderate oven.

SCOTCH OAT CRACKERS

Contributed by Albers Bros. Milling Company.

- 2 Cups Rolled Oats
- 1/4 Cup Milk
- 1/4 Cup Molasses
- 1 1/2 Tablespoons Fat
- 1/4 Teaspoon Soda
- 1 Teaspoon Salt

Directions: Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. This makes 3 dozen crackers.

POTATO DROP COOKIES

- 1 Cup Mashed Potatoes
- 1 Cup Corn Syrup
- 1 Cup Fat
- 3/4 Cup Buckwheat Flour
- 2 Teaspoons Baking Powder
- 1/2 Teaspoon Cinnamon
- 1/4 Teaspoon Cloves
- 1/2 Teaspoon Nutmeg
- 1/2 Cup Raisins
- 1 Teaspoon Salt
- 1 Teaspoon Lemon Juice, grated Rind of 1 lemon

Mix the ingredients in the order given, and drop the mixture by spoonfuls on a slightly greased tin. Bake in a moderate oven.

ROCKS

Contributed by Albers Bros. Milling Company.

- 2 Cups Corn Flakes
- 1 1/2 Cups Barley Flour
- 3 Eggs, Beaten Light
- 1/2 Cup Corn Syrup or Honey
- 1/4 Cup Sugar
- 1/2 Cup Dates, Raisins, or Prunes Stoned and Chopped
- 1/2 Cup Broken Walnut Meats
- 1/2 Cup Shortening
- 1 Teaspoon Soda
- 1 Teaspoon Vanilla
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Allspice

Follow directions for macaroons. Drop on oiled tins and bake in a very slow oven.

(Makes 5 dozen.)

HERMITS

- 2 Cups Rye Flour
- 1/2 Cup Oatmeal
- 1/2 Cup Cornstarch
- 3/4 Cup Shortening
- 1 1/2 Cups Brown Sugar
- 2 Eggs
- 1 Cup Chopped Raisins
- 1/2 Cup Chopped Nut Meats
- 1/2 Teaspoon Ground Cloves
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Nutmeg
- 1/2 Teaspoon Soda
- 1 Teaspoon Salt

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.

POTATO CHOCOLATE CAKE

- 1 Cup Barley Flour
- 1 Cup Mashed Potatoes
- 1 Egg
- 4 Teaspoons Baking Powder
- 1/2 Cup Brown Sugar
- 1/2 Cup White Corn Syrup
- 2 Tablespoons Oil or Melted Fat
- 1/4 to 1/2 Cup Water or more
- 1 Square Unsweetened Chocolate
- 1/2 Teaspoon Vanilla or Cinnamon

Blend sugar, corn syrup, 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 30 minutes.

GINGER DELIGHTS

Contributed by Albers Bros. Milling Company.

- 1 Cup Brown Sugar
- 2-3 Cup Shortening
- 1 Cup Molasses
- 1 Cup Oats
- 2 Eggs (well beaten)
- 1 Cup Dates or Raisins
- 1 Cup Chopped Nuts
- 1 Teaspoon Ginger
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Cloves
- 1/2 Teaspoon Salt
- 1 Teaspoon Soda, dissolve in
- 1/4 Cup Boiling water
- 1 Small Teaspoon Baking Powder Mixed in
- 2 1/2 Cups Whole Wheat Flour

Mix and drop on oiled tins and bake in quick oven.

CAKE WITHOUT SUGAR

An excellent cake, though not quite so sweet as with sugar.

BRIDE'S COOK BOOK

- ¼ Cup Butter, Oleomargarine or Other Fat
- 2 Cups Corn Syrup
- 2 Eggs
- 3 Cups Flour
- 1½ Tablespoons Baking Powder
- ¼ Teaspoon Salt
- 1 Cup Milk

Cream the shortening, add the syrup and the egg, and mix well. Add the milk. Sift the baking powder and flour together, add it slowly to the mixture and beat. Bake in a moderate oven as a loaf or layer cake or small drop cakes. One-fourth cup of raisins added to the batter gives more flavor and sweetness.

SUGARLESS ICINGS

BOILED HONEY ICING

- 3 Marshmallows
- ½ Cup Strained Honey
- 1 Egg white

Boil honey until thick, pour over stiffly beaten white of egg; add marshmallows; beat until soft and creamy.

MAPLE FONDANT ICING

- 1 Cup Maple Sugar
- ½ Cup of Thin Cream

Boil fifteen minutes. Take from fire and stir until creamy. Spread quickly over warm cake, as it hardens very fast.

MAPLE SUGAR CREAM

- 1 lb. Soft Maple Sugar
- 2 Eggs (whites)
- ½ Cup Boiling Water


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.

ICING

- 4 Tablespoons Honey
- White 1 Egg
- Cocoa or Lemon Flavor

Cook the honey until a ball is formed when dropped into cold water. Pour into the beaten white of an egg, and whip until cool. Flavor with cocoa or lemon.





PASTRY, PIES AND TARTS

Measure and sift the flours into a mixing bowl, add the shortening and cut through until very fine, then add salt, milk or water, mix into smooth dough and work off in the usual way.

ROLLED OATS PASTRY

- 1 Cup Boiling Water
- 2 Cups Ground Rolled Oats
- ½ Teaspoon Salt
- 1 Teaspoon Fat

Pour water over the oats. Add salt and fat; mix thoroughly, cool, roll very thin, cover inverted pie pan with dough and bake in hot oven.

OATMEAL PASTRY

- 2 Cups Finely Ground Oatmeal
- 1 Cup Boiling Water

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.

WHEATLESS PIE CRUST

- 4 Cups Barley Flour
- 3 Cups Rye Flour
- ¾ Cup White Corn Flour
- 1½ Cup Shortening
- 1 Cup Milk or Water
- 1 Teaspoon Salt

Measure the dry ingredients and mix together, add the shortening and cut through 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

- 3½ Cups Barley Flour
- 1½ Cup White Corn Flour
- ¾ Cup Shortening
- ½ Teaspoon Salt
- 1 Cup Milk or Water

Measure the dry ingredients and mix together, add the shortening and cut through until very fine, add the milk or water and mix quickly without overworking. Use in the same way as ordinary pie crust.

APPLE PIE

Stew green or ripe apples, when you have pared and cored them. Mash to a smooth compote and sweeten to taste with corn syrup. Season with nutmeg. When cool, fill your crust and either cross-bar the top with strips of paste, or make without cover.

CRANBERRY PIE

Fill pie plate, lined with paste, with cranberries which have been pricked, washed and dried. (Unless dried there will be too much liquid.) Fill the plate two-thirds full of yellow corn syrup into which a teaspoon of cornstarch has been stirred, and cover with well-pricked paste.

PIES

PUMPKIN PIE—No. 1

- 1 Cup Stewed Pumpkin rubbed thru colander
- 1-3 Cup Sugar
- 1-3 Cup Honey
- 1 Teaspoon Cornstarch
- 2 Eggs
- 1 Teaspoon Salt
- 1 Teaspoon Ginger
- 1½ Cups Milk

Mix the cornstarch with the sugar and blend with pumpkin and honey. Add the egg and beat and then the salt, spices, and milk. Bake slowly about 1 hour.

PUMPKIN PIE—No. 2

- 1½ Cups Dry Pumpkin
- 2 Eggs
- 1 Teaspoon Cornstarch
- ½ Cup Brown Sugar
- 1 Cup Rich Milk
- 2 Tablespoons Yellow Corn Syrup
- 2 Tablespoons Melted Butter
- ½ Teaspoon Ginger
- 1 Teaspoon Cinnamon
- ½ Teaspoon Salt

Beat the eggs slightly. Add to the milk. Mix the other ingredients thoroughly, and bake with one crust.

To prepare pumpkin: Cut pumpkin in half, remove the seeds and bake, open side down. When soft, scrape from the skin and mash.

BRIDE'S COOK BOOK

MINCE PIE

- 1 lb. Suet
- 8 lbs. Tart Apples
- 4 lbs. Lean Boiled Beef
- 3 lbs. Seeded Raisins
- 2 lbs. Currants
- 1 lb. Brown Sugar
- 1 Quart Yellow Corn Syrup
- 1 Pint Brandy
- 1 Pint Madeira Wine
- 2 Quarts Sweet Cider
- 1 Pint Boiled Cider
- 1/2 lb. Chopped Citron
- 1 Tablespoon Salt
- 1 Tablespoon Ground Spices
- 1 Tablespoon Mace
- 1 Tablespoon Cloves
- 1 Tablespoon Allspice
- 4 Tablespoons Cinnamon
- 2 Nutmegs, Grated

Chop the suet, apples and beef, and add all the ingredients except the brandy and wine. Heat thoroughly, cool, and add the brandy and wine. Cover tightly and keep cold but do not freeze. Bake in a double crust.

MEATLESS MINCE MEAT

- 6 Cups Chopped Pared Apples
- 6 Cups Chopped Green Tomatoes
- 3 Cups Chopped Raisins
- 3/4 Cup Butter Substitute
- 1 1/2 Cups Cider Vinegar
- 1/2 Tablespoon each of Allspice, Cloves and Nutmeg
- 1 1/2 Cups Water
- 1 Tablespoon Cinnamon
- 1 Tablespoon Salt
- 2 Cups Sugar
- 2 1/2 Cups Corn Syrup
- 2 Glasses Jelly

Mix together all the ingredients except the shortening, jelly and corn syrup until the apples are soft. Add these two last and boil about 15 minutes. May be sealed in jars and kept.

SUGARLESS MINCE PIE

- 1/2 Cup Rice
- 1/2 Cup Seeded Raisins
- 1/2 Cup Currants
- 1/2 Cup Honey
- 2 Tablespoons Chopped Orange Peel
- 1 Tablespoon Butter Substitute
- 1/2 Teaspoon Mixed Spice
- Lemon Peel to Taste

Cook rice in water until soft. Then add other ingredients and mix well.

CHOCOLATE PIE

- 2 Eggs
- 1/2 Cup Honey
- 2 Tablespoons Grated Chocolate
- 1/2 Teaspoon Cornstarch
- 1 Tablespoon Butter
- 1 Cup Sweet Milk
- 1 Teaspoon Vanilla

Beat the yolks of the eggs and the white of one, leaving the other for the meringue; add the other ingredients,

warming the milk. Pour into pie plate lined with good paste and bake until the paste is brown. Recipe makes 1 pie.

MOCK CREAM PIE

- 1 Cup Sugar
- 4 Tablespoons Cornstarch
- Yolks of 3 Eggs
- 1 Pint of Hot Milk
- Pinch of Salt
- 1 Teaspoon Butter

Beat the yolks of the eggs, add the sugar and cornstarch, well mixed. Stir in the hot milk slowly and add the salt and butter. Turn into a crust already baked. Grate nutmeg on the top. Bake till firm. Cover with meringue and brown.

BANANA CREAM PIE

- 2 Cups Milk
- 1-3 Cup Cornstarch
- 1/2 Teaspoon Salt
- 3 Teaspoons Honey
- 1/2 Teaspoon Vanilla
- 2 Eggs
- 3 Teaspoons Maple Sugar
- 2 Bananas

In a double boiler heat the milk, and when hot add the cornstarch mixed with a little cold milk or water. Stir until thick and smooth, then let cook 15 or 20 minutes. Separate the yolks and whites of eggs, beat the yolks until smooth, then add the honey, salt and vanilla to them. When the cornstarch mixture is cooked, add a little to yolks, stirring quickly, then add to the hot mixture; cook a minute or so to cook egg, then pour into a pastry baked previously. Peel the bananas, scraping off all the bitter substance on the outside of fruit, then slice thinly over the top of pie. Beat the whites of eggs until stiff; add the grated maple sugar; beat all until smooth; spread over top of pie; brown in oven, cool and serve.

COCOANUT PIE

- 3 Eggs
- 1 Tablespoon Cornstarch
- 2 Tablespoons Sugar
- 2 Cups Milk (Scalded)
- 1/2 Cup Freshly Grated Cocoanut

Beat the yolks of the eggs, add the sugar and cornstarch, and pour on the scalded milk slowly. Add the grated cocoanut, and turn into a deep plate lined with rich paste. When baked, cover with a meringue made from the whites of the eggs, well beaten, to which three round tablespoonfuls of powdered sugar should be added. Sprinkle with cocoanut and brown in the oven.



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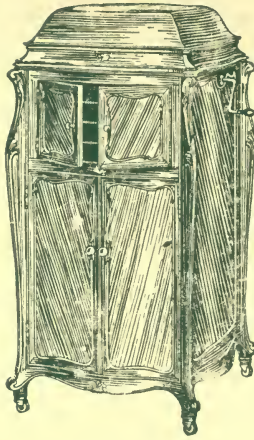


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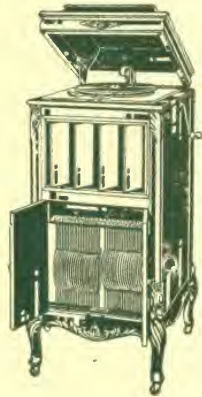


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LEMON CRUMB PIE

- 1 Cup Buttered Bread Crumbs
- 1/2 Cup Honey
- Yolks 2 Eggs
- White 1 Egg
- Pinch Salt
- 1 Tablespoon Cornstarch
- 1 Lemon Rind and Juice
- 1 Cup Cold Water

Dissolve cornstarch in cold water. Mix, fill crust, and bake. When the pie is done, cover over with a meringue.

APPLE LEMON PIE

- 2 Cups Chopped Apples
- 1/2 Cup Oatmeal
- Grated Rind and Juice of 1 lemon
- 2 Eggs
- 2 Tablespoons Butter Substitute
- 3/4 Cup Honey

Mix the ingredients in the order given, having the eggs well beaten and the fat melted. Put into a pastry shell cover with a top crust and bake in a moderate oven.

LEMON AND RAISIN PIE

- 1 Cup Chopped Raisins
- 2 Large Apples, Grated
- 2 Large Lemons grated Rind and Juice
- 3 Oat or Corn Crackers, Rolled
- 1/2 Cup Sugar
- 1 Cup Molasses
- 1 Cup Water
- Pinch Salt

Put in crust. Cover with strips. Bake thirty or forty minutes.

LEMON PIE

- 1 Cup Yellow Corn Syrup
- 1 Cup Milk
- 2 Tablespoons Cornstarch
- 3 Eggs
- Grated Rind and Juice of 1 Large Lemon
- Pinch of Salt

Cook the syrup, milk and cornstarch together in a double boiler for fifteen minutes. Beat the yolks of two eggs and one whole egg slightly and stir smooth with the first mixture. Add the lemon juice and rind of the lemon and the salt, and cook one minute. Fill the

paste while hot and bake in a quick oven. When cool make meringue of the whites of the two eggs, and return to the oven to brown.

ORANGE TART

- 1 Cup Boiling Water
- 4 Tablespoons Cornstarch
- 1 Large, Juicy Orange
- 2-3 Cup Yellow Corn Syrup
- 1 Teaspoon Lemon Juice
- 3 Eggs

Cook the cornstarch, made smooth with a little cold water, and the boiling water for five minutes. Add the pulp and part of the grated rind of the orange, the corn syrup and the lemon juice. Heat thoroughly and pour slowly onto the beaten yolks of the eggs. Beat thoroughly. Pour into a tart crust, cover with meringue made from the whites of the eggs and flavored with lemon juice. Brown in oven. Serve cold.

HONEY TARTS

Make pie crust; cut out with an old-fashioned tart cutter. If one of these is not available, use rounds of crust with rings of the pastry around the edges. Bake light brown and fill the center just before using; sprinkle with nuts or whipped cream.

Filling for center:

- 1 Cup Honey
- 1/2 Cup Butter or Butter Substitute
- 1 Egg
- Lemon Extract, or Juice to Taste

Beat honey and butter together, add egg and beat again. Flour and fill tarts.

CHESS TART FILLING

- 2 Tablespoons Melted Butter Substitute
- 3 Tablespoons Honey
- 1 Cupful Raisins
- 1/2 Cupful Nuts
- 3 Tablespoons Milk
- 2 Eggs Beaten Together

Mix all and bake in a small greased pan until set. When cold put a spoonful on each tart.



PUDDINGS

And Pudding Sauces



BAKED PUDDINGS

RICE PUDDING

- 3/4 Cup Rice
- 1 Cup Water
- 3 Cups Hot Milk
- 1/2 Teaspoon Salt
- 6 Tablespoons Corn Syrup
- 1 Tablespoon Butter
- 1/2 Teaspoon Vanilla
- 1/2 Teaspoon Cinnamon
- 1-3 Cup Coconut
- 1 Cup Cold Milk

Soak the rice in the water for 20 minutes. Add the hot milk, and cook for 15 minutes. Remove from the heat, and add the syrup, the butter, the vanilla, the cinnamon, and the coconut. Turn the mixture into a greased baking dish, pour the cup of cold milk over the top, cover the dish, and bake the pudding slowly for two hours.

HONEY RICE PUDDING—No. 1

- 2-3 Cup Rice
- 1/2 Cup Honey
- 1 Egg
- Pinch Cinnamon
- 1 1/2 Cups Milk
- 1/2 Cup Raisins
- Pinch Salt

Clean and boil the rice in salted water (makes 2 cups boiled). Mix all the ingredients in the order given, except the cinnamon. Put into a buttered baking dish, sprinkle with the spice, and bake in a moderate oven until thick and brown. Serve cold.

HONEY RICE PUDDING—No. 2

- 3 Cups Milk
- 1/2 Cup Rice
- 4 Tablespoons Honey
- 1/2 Teaspoon Salt
- 1 Tablespoon Finely Chopped Lemon Peel

Carefully wash the rice, stir into the milk in a deep baking dish and add the other ingredients. Bake in a moderate oven two hours. Stir frequently during the first hour and a half of baking. Serve cold with milk or cream.

MAPLE RICE PUDDING

- 3/4 Cup Rice
- 1 Cup Water
- 3 Cups Hot Milk
- 1/2 Teaspoon Salt
- 5 Tablespoons Maple Syrup
- 1 Tablespoon Butter
- 1/2 Teaspoon Vanilla
- 1 Cup Cold Milk

Soak the rice in the water for 20 minutes. Add the hot milk, and cook the rice for 15 minutes. Remove from the heat, and add the salt, the syrup, the butter and vanilla. Turn the mixture into greased baking dish, and bake the pudding slowly for 2 hours. This pudding has an excellent flavor and creamy consistency. It should be served warm. It needs no sauce served with it.

APPLE RICE PUDDING

- Apples Sliced Fine
- 1/4 Cup Honey
- Cinnamon
- Butter
- 1 Cup Rice
- 1 Teaspoon Salt
- 2 Eggs
- 1/2 Cup Water
- 3 or 4 Slices Bread, Crumbed

Directions: The rice should be cooked several hours previously. Beat into this the yolks of the eggs. In the bottom of the pan place a layer of crumbs with dots of butter here and there. Then a layer of apples with honey and cinnamon on top. The third layer is a mixture of rice, eggs and salt. The fourth and fifth layers are a repetition of the first and second. Add water and bake in a moderate oven. Cover with meringue.

INDIAN MEAL PUDDING

- 4 Cups Sweet Milk
- 1 Cup Corn Meal
- 4 Tablespoons Honey
- 1/2 Cup Raisins
- Butter, Size of Egg
- 1 Teaspoon Cinnamon
- 1/2 Teaspoon Salt
- 1 Egg

Scald the milk and add the meal. Remove from stove and add the other ingredients. Bake 2 hours, stirring it up every half hour until done. Serve with cream and sugar.

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HASTY INDIAN PUDDING

Contributed by Albers Bros. Milling Company.

- 1 Cup Cold Corn Meal Mush
- 1½ Cups Milk
- 2-3 Cup Brown Sugar
- 2 Tablespoons Molasses
- ¼ Teaspoon Salt
- ¼ Teaspoon Cinnamon
- ¼ Teaspoon Nutmeg
- 2 Tablespoons Cornstarch dissolved in a little cold milk

Cook first seven ingredients in a double boiler. When boiling point is reached stir in cornstarch dissolved in the cold milk. Boil 5 minutes and keep hot till ready to serve. Sprinkle with cocoanut and serve with top milk.

INDIAN PUDDING

- 4 Cups Milk (whole or skim)
- ¼ Cup Corn Meal
- ¾ Teaspoon Salt
- 1 Teaspoon Ginger
- 1-3 Cup Molasses

Cook milk and meal in a double boiler 20 minutes; add molasses, salt, ginger. Pour into greased pudding dish and bake 2 hours in a slow oven, or use your fireless cooker. Serve with milk. This makes a good and nourishing dessert. Serves six.

APPLE AND HOMINY PUDDING

Contributed by Albers Bros. Milling Company.

- 2 Cups Cooked Hominy Grits
- 3 Tart Apples
- 4 Tablespoons Brown Sugar
- 2 Cups Milk
- 2 Eggs, Well Beaten
- Grated Rind of a Lemon
- Grating of Nutmeg

Chop the apples fine, mix all together and bake in a moderate oven until set. Serve with top milk or lemon sauce.

HOMINY DATE PUDDING

Contributed by Albers Bros. Milling Company.

- 1 Cup Hominy Grits
- ½ Teaspoon Salt
- 4 Cups Water
- ½ Cup Honey
- 1 Teaspoon Vanilla
- 1 Tablespoon Butter Substitute
- 1 Cup Stoned Dates
- 1 Cup Milk

Sift the hominy grits into the boiling water, to which add the salt and cook slowly one hour in double boiler; then add vanilla, honey and butter substitute; put a layer an inch deep in an oiled bak-

ing dish, spread with stoned dates, add another layer of hominy, then dates and cover with a very thin layer of the hominy; spread a tablespoonful of cooking oil over the top; add one cupful of rich milk and bake in a moderate oven.

BARLEY PUDDING

Contributed by Albers Bros. Milling Company.

- ½ Cup Pearl Barley
- 1 Teaspoon Salt
- 3 Cups Water
- ½ Cup Raisins
- ¼ Cup Well Washed Currants
- ½ Cup Sugar
- ¼ Teaspoon Nutmeg

Soak barley in the water over night. Add salt and cook in double boiler 4 hours, then stir in sugar, spice and fruits; cook half hour longer; mold and serve cold with top milk. This makes a delicious dessert.

BUCKWHEAT PUDDING

Contributed by Albers Bros. Milling Company.

- ½ Cup Buckwheat Flour
- 2 Cups Hot Milk
- 4 Tablespoons Honey
- ½ Teaspoon Salt
- ½ Teaspoon Vanilla
- 2 Tart Apples
- 3 Tablespoons Corn Syrup
- 1 Teaspoon Butter
- Nutmeg

Sift the buckwheat into the hot milk and cook it for 10 minutes. Add the honey, the salt and the vanilla. Grease a baking dish, and place the sliced apples in the bottom of it. Add the syrup, the butter and the nutmeg. Pour over this the buckwheat mixture, cover the dish and bake the pudding for 2 hours in a slow oven.

OATMEAL BETTY

Contributed by Albers Bros. Milling Company.

- 2 Cups Cooked Oatmeal
- 4 Apples Cut Small
- ½ Cup Raisins
- ½ Cup Sugar
- ¼ Teaspoon Cinnamon

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. Will serve five people.

BRIDE'S COOK BOOK

BROWN PUDDING

Contributed by Albers Bros. Milling Company.

- 2 Cups Cooked Oatmeal
- $\frac{1}{2}$ Cup Molasses
- $\frac{1}{2}$ Cup Raisins

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. Will serve five people.

COTTAGE PUDDING

- $\frac{1}{8}$ Cup Butter Substitute
- 3 Tablespoons Corn Syrup
- 3 Tablespoons Sugar
- $\frac{1}{2}$ Teaspoon Vanilla
- $\frac{1}{2}$ Cup Milk
- $\frac{1}{8}$ Cup Barley and Rice Flour
- 2 Teaspoons Baking Powder
- $\frac{1}{2}$ Teaspoon Salt

Cream fats, add sugar, egg, well beaten, and syrup. Mix and sift dry ingredients. Add alternately with milk to the first mixture. Bake in a moderate oven for about 25 minutes.

OAT PUDDING

Contributed by Albers Bros. Milling Company.

- 3 Cups Boiling Water
- 1 Cup Oats
- 1 Cup Warm Milk
- 1 Cup Figs (Cut Fine)
- $\frac{1}{2}$ Cup Strained Honey

To the boiling water (well salted) add the oats. Boil briskly about 10 minutes, then add the warm milk, figs and strained honey; mix well; place in a double boiler, cook slowly about 2 hours. Serve either warm or cold, with sugar and cream.

OLD FASHIONED PUDDING

Contributed by Albers Bros. Milling Company.

- 1 Quart Milk
- 2 Cups Warm Cooked Cereals
- 2 Tablespoons Molasses
- 1 Teaspoon Cinnamon
- $\frac{1}{2}$ Cup Sugar
- 1 Teaspoon Ginger
- 1 Cup Raisins

To the milk add the warm cooked cereal, molasses, cinnamon, sugar, ginger and raisins. Bake in a slow oven for one hour.

TAPIOCA PUDDING

- 3 Tablespoons Tapioca
- 1 Cup Milk
- 1 Egg Yolk
- 2 Tablespoons Honey or Corn Syrup
- f. g. Salt
- Lemon or Vanilla Flavoring to Taste

Soak tapioca in water at least two hours. Cook in milk and honey in double boiler till transparent. Remove from fire and add beaten egg yolk, salt and flavoring.

DAFFODIL MERINGUE

- 2 Rounding Tablespoons Granulated Tapioca
- 1 Pint Boiling Water
- 3 Eggs
- $\frac{1}{2}$ Cup Honey
- 2 Tablespoons Lemon Juice
- 1 Teaspoon Butter
- Pinch Salt

Moisten the granulated tapioca with cold water and stir it into the boiling water. Salt lightly and cook until clear. Beat the yolks of the eggs and beat in the honey with the lemon juice and butter. Add this gradually to the tapioca and cook over hot water until it thickens—about 20 minutes. Pour into a buttered dish, adding a little candied lemon peel if desired. Cover with a meringue made from the whites of the eggs beaten with 3 tablespoons of honey, and bake to a delicate fawn color.

NEW ENGLAND PUDDING

- 1 Cup Tapioca
- $\frac{1}{2}$ Teaspoon Salt
- 3 Cups Boiling Water
- $\frac{1}{2}$ Cup Honey
- 2 Tablespoons Butter
- 6 Tart Apples

Soak the tapioca in cold water for 1 hour. Mix the soaked tapioca with a little cold water and stir into boiling salted water. Cook over boiling water until transparent. Pare, halve, and core the apples, and place in a buttered baking dish. Cover with honey and dot with butter. Pour the tapioca over the apples and bake in a moderate oven until the apples are soft. Serve with cream.

ROLLED OATS PUDDING

Contributed by Albers Bros. Milling Company.

- $\frac{3}{4}$ Cup Rolled Oats
- 2 Cups Boiling Water
- $\frac{1}{4}$ Cup Molasses
- $\frac{1}{2}$ Teaspoon Cinnamon
- $\frac{1}{2}$ Teaspoon Nutmeg

BRIDE'S COOK BOOK

- 1/4 Teaspoon Ginger
- 1 Teaspoon Salt
- 1/2 Teaspoon Vanilla
- 1 Cup Raisins
- 1 1/2 Cups Hot Milk

Cook the rolled oats in the water for 30 minutes. Add the remaining ingredients, turn the mixture into a greased baking dish, and bake it in a slow oven for 1 1/2 to 2 hours. Serve the pudding with or without cream.

POPPED CORN PUDDING

Contributed by Albers Bros. Milling Company.

- 2 Cups Chopped Popped Corn
- 3 Cups Milk
- 3 Eggs, slightly beaten
- 3/4 Cup Corn Syrup
- 1 Tablespoon Corn Oil
- 3/4 Teaspoon Salt
- 1/2 Teaspoon Nutmeg

Scald milk, pour over popped corn and let stand for 1 hour. Add syrup, slightly beaten eggs, salt, nutmeg and corn oil. Pour into custard cups set into hot water and bake in a slow oven until firm.

(Makes 6 servings.)

APPLE AND RICE FLOUR PUDDINGS.

- 1 Cup Milk
- 1/4 Cup Cold Water
- 3 Tablespoons Rice Flour
- 2 Tart Apples
- 2 Tablespoons Maple Syrup
- 2 Teaspoons Butter
- 1/2 Teaspoon Vanilla

Scald the milk. Mix the water and the flour, and add this to the hot milk. Cook the mixture until it is smooth and thick. Slice the apples in a baking dish. More than two may be used if desired. Add the maple syrup, the butter, and the vanilla. Pour the rice sauce over the apples, and add another layer of apples and seasonings. Cover the top with sauce. Bake the pudding in a moderate oven for 1 hour.

YUM YUM PUDDING

Contributed by Albers Bros. Milling Company.

- 1 Cup Cooked Cereal (left over)
- 1/2 Cup White Corn Syrup
- 1/2 Cup Milk
- 1/2 Cup Raisins
- 2 Eggs

Put all together in double boiler. When smooth turn into buttered baking dish and bake 40 minutes. Serve with crushed fruit sauce.

SWEET POTATO PUDDING

- 1 Quart Grated Sweet Potato
- 2 Eggs
- 3/4 Cup Honey
- 1 1/2 Cups Rich Milk
- 1 Tablespoon Flour
- Nutmeg and Cinnamon

Put the potato through the food chopper, using the medium knife. Beat the eggs well. Mix the ingredients and pour into a well-greased pan. Bake about 1 hour in a moderate oven, stirring constantly. Serve hot with hard sauce. It is also very good cold.

STEAMED PUDDINGS

DATE PUDDING

- 1 Cup Chopped Suet
 - 1 Cup Molasses
 - 1 Cup Milk
 - 1 Egg
 - 2 1/2 Cups Barley and Rice Flour—Mixed
 - 1 1/2 Cups Chopped Dates or Raisins
 - 2 Teaspoons Soda
 - 2 Teaspoons Mixed Spices
- Steam 2 1/2 hours.

STEAMED NUT PUDDING

- 1/2 Cup Pecan or Other Nuts, Chopped
- 1/2 Cup Raisins and Chopped Figs
- 2 Tablespoons Citron or Candied Orange Peel
- 1 Cup Barley or Corn Flour
- 3 Tablespoons Honey
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Soda

Thoroughly mix the ingredients. Steam 2 hours and serve with sauce.

FIG PUDDING

- 1 Cup Molasses
- 1 1/2 Tablespoons Butter Substitute
- 1/2 Pound Chopped Figs, dredged
- Cinnamon and Nutmeg to Taste
- 1 Cup Milk
- 1 Egg
- 2 Teaspoons Baking Powder

Add sufficient barley flour to give the consistency of ginger bread. Steam about 2 hours. Serve with any sauce.

MOLASSES PUDDING

- 1 Cup Molasses
- 1 Cup Sour Milk
- 1 Cup Chopped Suet
- 1 Cup Currants
- 1 Teaspoon Soda
- Cloves and Cinnamon to Taste
- Barley Flour, to make Stiff Batter

Steam 1 1/2 hours.

BRIDE'S COOK BOOK

CORNSTARCH PUDDINGS

HONEY CORNSTARCH PUDDING

- 1-3 Cup Honey
- 1/4 Teaspoon Salt
- 4 1/2 Tablespoons Cornstarch
- 4 Cups Scalded Milk

Mix the honey, salt, and cornstarch. Stir in the hot milk gradually, stirring until smooth. Stir and cook over boiling water until the mixture thickens. Cover and cook 15 minutes. Turn into a wet mold, chill, and serve with cream.

CHOCOLATE CORNSTARCH PUDDING

- 2 Cups Milk
- 3 Tablespoons Cornstarch
- 1-3 Teaspoon Salt
- 1/2 Teaspoon Vanilla
- 2 Tablespoons Sugar
- 3 Tablespoons Corn Syrup
- 1 Square Chocolate

Melt chocolate over hot water. Scald 1 1/2 cups of milk, add the corn syrup. Mix sugar, salt and cornstarch together, add 1/2 cup of cold milk to make a smooth mixture; add gradually to the scalded milk, and then add all the liquid to the melted chocolate, stirring constantly. Cook 20 minutes in a double boiler, stirring until thickened; add vanilla, pour into moulds which have been dipped into cold water. Chill.

CORNSTARCH PUDDING

- 1 3/4 Cups Milk
- 1/4 Cup Sugar or
- 1/2 Cup Corn Syrup
- 4 Tablespoons Cornstarch (level)
- Pinch of Salt
- Vanilla

Mix the cornstarch with cold milk, scald the remaining milk, and add the sugar or syrup, salt, and cornstarch. Stir until thick. Cover and cook for 20 minutes. Add vanilla. Serve cold, plain or with fruit. Add a square of chocolate to the milk for chocolate cornstarch.

BLANC MANGE

- 2 1/4 Cups Milk, scalded
- 6 Tablespoons Cornstarch
- Pinch of Salt
- 1 Teaspoon Vanilla

Directions: Mix the cornstarch with one-quarter cup of cold milk, add the salt and stir the scalded milk slowly onto the cornstarch. Cook over water for 12 minutes, stirring till it thickens. Add vanilla. Stir well. Turn in a mould wet with cold water to set.

CUSTARDS

DELICATE CUSTARD

- Yolks of 2 Eggs
- 2 Tablespoons Yellow Corn Syrup
- 1 Pint Milk; scalded
- 2 Teaspoons Cornstarch

Directions: Mix the cornstarch, syrup and eggs, and pour on the hot milk. Cook over water till it thickens. Flavor with vanilla. May be poured over fresh or stewed fruit.

JUNKET

- 3 Cups Whole Milk
- 3/4 Cup Corn Syrup
- 1 Junket Tablet
- 1 Teaspoon Cold Water
- 1 Teaspoon Vanilla

Heat the milk and the corn syrup over hot water, stirring the mixture constantly until it is just warm. Crush the junket tablet and dissolve it in the cold water; add this with the vanilla to the milk, stir the mixture quickly to mix thoroughly. Pour it into sherbet cups or dishes in which it is to be served. Let it stand in a warm place until it is set. Serve plain or with the top milk or cream, whipped if desired, or it may be sprinkled with a mixture of two parts maple sugar and one of cinnamon.

MAPLE CUSTARD

- 1 Pint Milk
- 2 1/2 Eggs
- 1/8 Teaspoon Salt
- 3/4 Cup Maple Syrup

Beat eggs slightly, add 1/4 cup syrup and salt, pour slowly on scalded milk. Strain, pour into cups containing 2/3 tablespoon maple syrup. Set in pan of hot water and bake until firm. (Six servings.)

BAKED HONEY CUSTARD

- 3 Eggs
- 1/4 Cup Honey
- 2 Cups Milk (scalded)
- 1/8 Teaspoon Powdered Cinnamon
- 1/2 Teaspoon Salt

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.

BRIDE'S COOK BOOK

PUDDING SAUCES

COFFEE SAUCE

LEMON SAUCE

- 1/4 Cup Sugar
- 1/4 Cup Light Corn Syrup
- 1 Cup Boiling Water
- 1 Tablespoon Cornstarch
- 1 Tablespoon Butter Substitute
- 1/8 Teaspoon Salt
- 2 Tablespoons Lemon Juice
- 1/2 Grated Rind of Lemon
- 1/2 Teaspoon Nutmeg

Mix sugar, salt, and cornstarch. Add water gradually, stirring constantly. Add the corn syrup. Boil for a few minutes. Remove from fire, add butter substitute, nutmeg, lemon juice and grated rind.

(Makes 1 1/2 cups of sauce—about 6 servings.)

- 2 Cups Strong Coffee
- 3/4 Cup Yellow Corn Syrup
- 1 Egg
- 1 Tablespoon Cornstarch

Directions: Boil coffee and syrup together. Pour while boiling over the egg and cornstarch. Beat vigorously. Strain and cool.

CHOCOLATE CORNSTARCH SAUCE

- 1/2 Tablespoon Flour (Rice)
- 1/4 Tablespoons Cornstarch
- Pinch of Salt
- 1 Pint Scalded Milk
- 1 1/2 Squares Chocolate
- 3/4 Cup Sugar
- 2 Eggs
- 1/2 Teaspoon Vanilla

Mix the cornstarch and flour, and make smooth with a little cold milk. Cook in the scalded milk over water for 10 minutes. Melt the chocolate, add 1/4 cup sugar and turn into the thickened milk. Beat the whites of the eggs very stiff, add the rest of the sugar and the yolks of the eggs. Stir the hot mixture slowly into the eggs and return to double boiler and stand for a moment or two, but do not cook. Flavor and cool.

FRUIT SAUCE

- 1/4 Cup Sugar
- 1/4 Cup Corn Syrup
- 1/2 Cup Fruit Juice
- 1/2 Cup Boiling Water
- 1 Tablespoon Cornstarch
- 1/2 Teaspoon Butter Substitute
- 1/4 Teaspoon Salt
- 2 Tablespoons Lemon Juice
- 1/4 Grated Rind of Lemon
- 1/4 Teaspoon Cinnamon
- 1/8 Teaspoon Ginger

Mix sugar, salt and cornstarch. Add water gradually, stirring constantly. Add corn syrup, and boil for a few minutes. Remove from fire, add butter substitute, spice, lemon juice, and grated rind. Any fruit juice or a mixture of fruit juices from canned fruit may be used.

(Makes 1 1/4 cups—about 6 servings.)

BANANA SAUCE

- 2 Large Ripe Bananas
- 4 Tablespoons Lemon Juice
- 1/4 Cup Sugar
- 1/4 Cup Corn Syrup
- 2 Tablespoons Cornstarch
- 1/4 Cup Boiling Water

Mash the bananas and rub through sieve into a saucepan. Cover immediately with lemon juice to prevent discoloration. Mix the cornstarch and sugar, add to fruit, pour on the boiling water and stir till it thickens. Cook 10 minutes. Strain and beat well.

WINE SAUCE

- 3/4 Pint Water
- 1 1/2 Cups Sugar
- 1/2 Cup Corn Syrup
- 1 Small Teaspoon Cornstarch
- 1 Teaspoon Extract Lemon and Cinnamon
- 1/2 Gill Wine

Boil water, add cornstarch, dissolved, and the sugar; boil 15 minutes, strain; when about to serve, add extracts and wine.

MOCK CREAM

- 2 Tablespoons Cornstarch
- 2 Tablespoons Sugar
- 2 Cups Scalded Milk
- 1 Teaspoon Vanilla
- Whites of 2 Eggs

HARD SAUCE

Beat 1 cup sugar and 1/2 cup butter to white cream; add whites 2 eggs; beat few minutes longer; add tablespoon brandy and teaspoon nutmeg; put on ice until needed.

Mix the cornstarch and sugar, and cook in the hot milk 10 minutes. Strain and cool. Add vanilla and whites of eggs beaten stiff. Makes a good substitute for whipped cream.

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BRIDE'S COOK BOOK

BRANDY SAUCE

- 3 Tablespoons Cornstarch
- ½ Teaspoon Rice Flour
- Pinch of Salt
- ½ Tablespoons Butter
- 1 Pint Hot Water
- 1 Teaspoon Cornstarch
- ½ Cup Brown Sugar
- 1 Teaspoon Vanilla
- ¼ Tablespoons Brandy

Stir the cornstarch, flour and salt together, and blend with the butter. Stir in the hot water gradually, add the other ingredients, and cook, stirring constantly, five or six minutes. Add vanilla and brandy, remove from fire, and beat in a second tablespoon of butter.

MOLASSES SAUCE

- 1 Cup Molasses or Syrup
- 1 Teaspoon Cornstarch, stirred smooth with water
- 1 Teaspoon Butter Substitute
- ¼ Teaspoon Cinnamon
- Pinch of Salt
- Lemon Juice or Vinegar to Taste

Boil all ingredients together 20 minutes. Hot molasses flavored with ground ginger makes an excellent sauce.

HONEY SAUCE

- 1 Cup Honey
- ¼ Cup Water
- 1 Teaspoon Butter Substitute
- ¼ Teaspoon Salt
- ¼ Teaspoon Cinnamon
- Dash of Nutmeg
- Juice or 1 Lemon—or
- 2 Tablespoons Vinegar

Boil together 15 minutes. The juice of one orange and grated peel may be used instead of lemon and seasoning in this recipe.

VANILLA SAUCE

- 1 Cup Boiling Water
- 1 Cup Honey or Maple Syrup
- 1 Teaspoon Corn Starch
- 1 Teaspoon Butter
- 1 Teaspoon Vanilla

Mix cornstarch with a little cold water; add gradually to the boiling water. Cook 5 minutes, stirring constantly. Add vanilla and butter after removing from fire.

SAUCE FOR ICE CREAM

- 2 Tablespoons Butter
- 2 Teaspoons Cornstarch
- ½ Cup Honey

Cook together the cornstarch and butter thoroughly, being careful not to brown them. Add the honey and cook the mixture until it becomes hard when dropped into cold water and until all taste of raw cornstarch has been removed.

CHOCOLATE SAUCE

- 1 Square Chocolate
- ½ Cup Boiling Water
- ½ Cup Corn Syrup (light)
- ½ Cup Sugar
- 1 Teaspoon Butter Substitute
- ½ Teaspoon Vanilla

Melt chocolate over hot water; add butter substitute and blend thoroughly. While constantly stirring add the boiling water gradually; add sugar and syrup. Boil for about 12 minutes. Cool slightly and flavor with vanilla. Keep warm over hot water.

CUSTARD SAUCE

Scald 1 pint milk in double boiler. Dissolve ¾ tablespoonful cornstarch and add to milk; cook about 10 minutes. Beat yolks 2 eggs slightly, add ¼ cup sugar, ⅛ teaspoonful salt, dilute 2 table-spoonsful thickened milk, pour into boiler, let cook at lower temperature until eggs are thickened. Remove from fire, add 1 teaspoonful butter and ½ teaspoonful vanilla. Beat well and cool quickly. Serve cold.

FROZEN DESSERTS

ICE CREAM

To each quart of cream add one cup of white corn syrup and one teaspoon of vanilla. Freeze, and serve plain or with English walnuts, chopped, over the top.

CAFE FRAPPE

- ¾ Cup White Corn Syrup
- 1 Quart Strong Coffee
- 1 Quart Cream
- 1 Tablespoon Cornstarch

Directions: Cook the cornstarch in the coffee till thickened. Add the syrup and when cold, add the cream. A little sherry may be stirred in before freezing. Serve in sherbet or champagne glasses.

HONEY PARFAIT

- ½ Cup Honey
- 2 Eggs
- 1 Teaspoon Gelatine
- 1 Cup Cream, Whipped

Soften the gelatine in the cold water, and dissolve in hot water. Beat the yolks of the eggs well and then beat the honey in gradually. Heat slowly with the gelatine until thick. Cool, add the well-beaten whites of the eggs and the whipped cream and freeze.

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BRIDE'S COOK BOOK

HONEY ICE CREAM

- 4 Cups Thin Cream
- $\frac{3}{4}$ Cup Honey

Mix and freeze.

SAUCE FOR ICE CREAM

- 2 Tablespoons Butter
- $\frac{1}{2}$ Cup Honey
- $\frac{2}{2}$ Teaspoons Cornstarch

Cook together the cornstarch and butter thoroughly, being careful not to brown them. Add the honey and cook the mixture until it becomes hard when dropped into cold water and until all taste of raw cornstarch has been removed.

HONEY MOUSSE

- 2 Cups Whipped Cream
- 1 Cup Honey
- 4 Eggs

Beat the yolks of the eggs and then beat the honey in gradually. Heat slowly until thick, stirring constantly. Remove and cool, and then add the whites of the eggs that have been whipped to a stiff froth. Then add the whipped cream and blend all together. Pack in large quantities of ice and salt, and freeze without stirring.

ORANGE MOUSSE

- 2 Oranges
- 1 Cup Honey
- 1 Teaspoon Powdered Gelatine
- 2 Cups Thick Cream

Peel and cut up the oranges, rejecting the white inner skin. Heat the honey over boiling water. Soak the powdered gelatine in a tablespoon of water. Add the orange and the gelatine to the honey and stir for 5 minutes; then remove it from the fire, and when cold add the cream, whipped stiff. Pack in ice and coarse salt (equal quantities) and let stand 3 to 4 hours. Pineapple or other fruit may be used instead of orange.

MAPLE MOUSSE

- 1 Pint Whipping Cream
- $\frac{1}{8}$ Teaspoon Salt
- 4 Tablespoons Maple Syrup

Beat the cream until it is very thick. Then beat in the syrup, and add the salt. Pour the mixture into a mold, pack it in equal parts of ice and salt, and allow it to stand for 3 hours to freeze.

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FROZEN APRICOTS

- 1 Quart Can Apricots
- Water
- 2 Cups Corn Syrup

To the syrup from the apricots add the corn syrup and sufficient water to make 1 quart. Since the sweetness of the apricots varies, more or less corn syrup may be needed. Put the apricots through a strainer, mix the pulp thoroughly with the liquid and freeze the mixture.

GELATINE DESSERTS

- $\frac{1}{2}$ Cup Honey
- 1 Teaspoon Gelatine
- $\frac{1}{2}$ Cup Cold Water
- $\frac{1}{2}$ Cup Boiling Water
- Whites 2 Eggs
- 1 Teaspoon Vanilla
- 1 Teaspoon Lemon Extract

Dissolve gelatine in the usual way, heating it over a teakettle until thoroughly dissolved. Cool, but do not chill; stir in the honey, and add to the whites of the eggs beaten very light, a few spoonfuls at a time, beating constantly. Divide into 2 parts: to one part add a color and flavor with vanilla, about 1 teaspoon; to the other part add 1 teaspoon lemon extract. Mold in layers, adding nuts to one part and maraschino cherries to the other. Serve with or without whipped cream.

IVORY CREAM

- $\frac{1}{2}$ Tablespoons Granulated Gelatine
- $\frac{1}{2}$ Cup Honey
- $\frac{1}{2}$ Cups Milk
- 1 Cup Thin Cream
- 1 Cup Peaches or Other Fruit
- $\frac{1}{2}$ Teaspoon Bitter Almond

Warm the milk, cream, and honey together, but do not scald them. Add the gelatine, which has been soaked in milk for a few minutes, and the almond extract. Stir until the gelatine is dissolved, and set it in a cold place until it begins to stiffen. Then add the peaches, peeled and cut fine. Mix lightly and pour into a wet mold. Bananas or canned peaches may be used when fresh fruit is not in season. Decorate with split almonds and serve with whipped cream.

MAPLE WALNUT JELLO

- 1 Package Peach or Orange Jello
- 1 Cup Maple Syrup
- 1 Cup Boiling Water
- 1 Cup Walnut Meats

Dissolve jello in the boiling water. Add the maple syrup. Cool and add walnuts. Serve with whipped cream.

BRIDE'S COOK BOOK

COCOANUT AND MARMALADE JELLY

- 2½ Tablespoons Gelatine
- ½ Cup Cold Water
- 1 Cup Hot Milk
- ½ Cup Cold Milk
- ¼ Cup Peach, Plum, Orange, or Other Marmalade
- 1 Cup Canned Cocoanut Corn Syrup

Soak the gelatine in the cold water for 5 minutes; then dissolve it in the hot milk. If the milk curdles, beat it smooth with an egg beater. Add the marmalade. Add sufficient corn syrup to the milk drained from the cocoanut to make 1 cup. Add this to the hot milk. Stir the mixture well, and when it is cold, add the cocoanut and the cold milk. Pour it into a mold, and chill it. The marmalade may be used to garnish the pudding instead of being molded into it.

JELLIED APPLES

- 1¾ Tablespoons Granulated Gelatine
- ½ Cup Cold Water
- 1 Quart Cooked Apples, Pared and Quartered
- 1½ Cup Cold Water
- 1 Cup Corn Syrup (light)
- Hot Water
- ¼ Teaspoon Ginger
- ½ Teaspoon Cinnamon
- 1 Slice Lemon
- 1-3 Tablespoons Lemon Juice
- ¼ Teaspoon grated Lemon Rind

Soak the gelatine in ½ cup cold water for 10 minutes. Cook together the 1½ cups cold water, syrup, spices, and slice of lemon for 10 minutes. Add apples a few at a time, letting them cook until tender, but not broken. Remove from syrup when done and place in moulds. When all apples are cooked add hot syrup to the soaked gelatine, add enough hot water to make 2 cups liquid, add lemon juice and grated rind; strain, pour over apples and chill. (Makes eight servings.)

CORN MEAL TUTTI FRUTTI

- 1 Cup Corn Meal Mush
- ¼ Cup Corn Syrup (light)
- 1 Teaspoon Corn Oil
- ¼ Cup Nut Meats
- 2 Tablespoons Chopped Dates
- ¼ Cup Lemon Juice
- ¾ Teaspoon Granulated Gelatine
- 2 Tablespoons Cold Water
- 1 Cup Boiling Water
- ½ Cup Corn Syrup
- ½ Cup Fruit

Add syrup, corn oil, nuts, and chopped dates to mush. Pour into the bottom of a flat dish, making a layer about one inch

thick. Soak gelatine in cold water for 10 minutes, add boiling water, syrup and lemon juice. Strain. Cool, add fruit, as shredded oranges, candied cherries, and sliced bananas.

Pour over chilled mush mixture. Chill until gelatine becomes firm. Cut into squares and serve.

(Makes six servings.)

FRUIT DESSERTS

BAKED APPLES WITHOUT SUGAR

- Apples
- Lemon Juice
- Raisins or Dates

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.

APPLES BAKED WITH HONEY

- Apples, Pared and Cored
- Water
- Honey

Place apples in pan. Surround by equal parts of honey and water. Bake slowly, basting frequently.

DELICIOUS APPLES BAKED

- Apples
- Apricot Marmalade

Pare and core tart apples. Fill centers with apricot marmalade. Bake in covered dish.

FRUIT WHIP

- 1 Egg White
- 4 Tablespoons sugar
- 4 Tablespoons Corn Syrup
- ½ Box Strawberries
- or
- ½ Can Canned Berries
- 1 Teaspoon Lemon Juice

Beat egg till stiff, then add sugar and syrup gradually. Beat constantly. Add fruit and flavoring. Other fruits may be used. Apples, grated pineapple, other berries, plums, etc.

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.

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BRIDE'S COOK BOOK

RICE AND STRAWBERRY PUDDING

- ¾ Cup of Rice, Cooked and Seasoned
- 2 Tablespoons Butter Substitute
- 2 Cups Fresh Strawberries or Other Fruit
- 1 Cup Sugar
- White of 1 Egg

Cream butter and sugar. Add 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.

FRUIT CUP

- 1 Cup Banana, cut up
- 1 Cup Orange, cut up

- 1 Cup Cherries, pitted
- ½ Cup Honey

Stir up the banana, orange, and cherries with the liquid honey. Garnish with slices of comb honey and serve.

FRUIT DELIGHT

- ¼ Cup Strawberry Jam
- 1 Small Can Pineapple
- 1 Egg White
- 2 Tablespoons Pineapple
- 2 Bananas

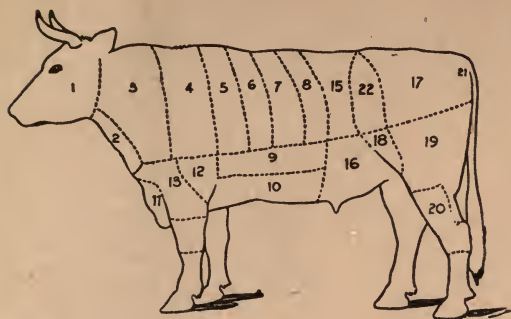
Combine chopped oranges, bananas, pineapples and nuts. Serve pieces in fruit juice. Place in sherbet dishes. Cover top with meringue made of egg-white beaten stiff with sugar.



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Cuts of Meat and Their Uses.

Every housekeeper—in fact everyone who has marketing to do—should know something of the cuts of all common meats, and the most desirable way of preparing each for the table. In the illustrations below are shown the location of these cuts.



BEEF.

1. Head—Not used for food.
2. Sticking Piece. For Soups, Beef Tea, Stews, for making Corned Beef.
3. Neck. For Soups, Stews, Beef Tea, Boiling and Corned Beef.
4. Second and Third Chuck. Brown Stews, Braising, Steaks, poorer Roasts.
5. First Chuck. For Roasts.
6. First Cut of Ribs. For Roasts.
7. Middle Cut of Ribs. For Roasts.
8. Back Ribs. For Roasts.
9. Plate (no bones). Stews, Soups, Corned Beef.
10. Brisket. Stews, Brown Stews, Soups, Corning.
11. Butt-End Brisket. Soups, Stews, Corning.
12. Solar (no bones.) Corning, Cheap Roasts.
13. Bony end of Shoulder. For Soups.
14. Shin. For Soups.

15. Loin (including Tenderloin and Sirloin.) For Roasts and Steaks. (A choice selection.)
16. Flank or Skirt. Rolled Steaks, Braising, Boiling, Corned Beef.
17. Rump. Roasts and Steaks. (This should be cut across the grain.)
18. Veiny Piece. For Stews and Soups.
19. Round. Stews, Beef Tea, poorer Steak.
20. Leg. Soups and Stews.
21. Tail. For Soups.
22. Pin Bone. For Roasts.
The bones, gristle, tendons and other gelatinous portions are good for soup stock.

MUTTON.

1. Shoulder. For Boiling.
2. Breast. Roast, Stews and Chops.
3. Loin. Best end for Roasts, Chops.
4. Neck. Best end for Cutlets, Stews, Pies.
5. Neck. For Stewing Pieces.
6. Head. Not used.
7. Loin. For Roasts, Chops.
8. Leg. For Roasts, Boiling.



TO FRY FISH

After the fish is well cleansed, lay it on a folded towel and dry out all the water; when well wiped and dry, roll it in Indian meal. Have a thick-bottomed frying pan with plenty of fat salted (a tablespoonful of salt to each pound of lard) for fresh fish which have not been previously salted; let it become boiling hot, then lay the fish in and let it fry gently until one side is a fine, delicate brown, then turn the other; when both are done take it up carefully and serve quickly, or keep it covered with a tin cover, and set the dish where it will keep hot.

TO BROIL FISH

Rub the bars of your gridiron with dripping or a piece of beef suet, to prevent the fish from sticking. Put a good piece of butter substitute into a dish, enough salt and pepper to season the fish. Lay the fish on it when it is broiled, and with a knife put the butter over every part. Serve very hot.

TO BAKE FISH WHOLE

No. I

Cut off the head and split the fish down nearly to the tail; prepare a dressing of bread, butter substitute, pepper and salt, moisten with a little water. Fill the dish with this dressing, and bind it together with a piece of string; lay the fish on a bake-pan and pour round it a little water and melted butter substitute. Baste frequently. A good-sized fish will bake in an hour. Serve with the gravy of the fish.

BAKED FISH No. II

Take whatever fish may be desired and place in baking pan. Chop up a little onion, garlic, parsley and tomatoes and spread over fish; then moisten with a little olive oil and bake in moderate oven for about 20 minutes. (This recipe will be found very good for small sole, Rex sole, or sandabs.) Add salt and pepper to taste.

BROILED SALT MACKEREL

Freshen by soaking it over night in water, being careful that the skin lies

uppermost. In the morning dry it without breaking, cut off the head and tip of the tail, place it between the bars of a greased fish-gridiron, and broil to a light brown; lay it on a hot dish, and dress with a little butter, pepper, and lemon juice, vinegar.

BROILED SALMON

Cut six slices of salmon, sprinkle with salt and pepper, dip in beaten eggs and roll in corn meal. Place in a spider, cook both sides quickly. Drain and lay them in a dish. Garnish them with a few pieces of lemon dipped in parsley chopped fine and some eggs fried in oil.

BOILED SALMON

Sew as many pounds as desired up in a cheese-cloth bag, and boil for a quarter of an hour to the pound, in slightly salted water. When done, take out and lay upon a dish, being careful not to break the fish.

CREAM SAUCE

Prepare a small cupful of cream sauce, in which had been stirred a teaspoonful of minced parsley and the juice of one-fourth of a lemon. Pour over the salmon and serve. Garnish with parsley. The choicest portion of the salmon is that at the center and toward the tail.

BOILED HALIBUT

Purchase a thick slice cut through the body, or the tail piece, which is considered the richest. Wrap it in a floured cloth and lay it in warm water with salt in it. A piece weighing six pounds should be cooked in half an hour after the water begins to boil. Melted butter or butter substitute and parsley are eaten with it. If any is left, lay it in a deep dish and sprinkle on it a little salt, throw over it twelve cloves in some vinegar, and it will, when cold, have much the flavor of lobster.

BAKED BASS

Make filling of cracker or bread crumbs, an egg, pepper, cloves, salt and butter substitute. Fill very full, when sewed up, grate over it a small nutmeg,

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IMPORTANT CITY IN THE U. S.

(BOTH EAST AND WEST)

AND IN MANY FOREIGN COUNTRIES

BRIDE'S COOK BOOK

and sprinkle it with pounded cracker. Then pour on the white of one egg, and a little melted butter substitute. Bake it an hour in the same dish in which it is to be served.

CODFISH BALLS WITH RICE

One pine of codfish, two pints of potatoes, one cup of boiled rice, one tablespoon of fat, two beaten eggs, three teaspoons of milk. Mix together and make into balls and fry in deep fat. Serve hot.

TO USE LEFT OVER COOKED FISH

SCALLOPED FISH

Free from skin and bones, flake it, put in greased baking-dish or pan, pour over it a white sauce, then a second layer of fish, then sauce to moisten. Cover the top with greased bread crumbs (stale) and bake until the crumbs are brown.

FISH IN POTATO BORDER

Warm up some left-over fish in white sauce, mash potatoes lightly, and make a border of them, leaving the center for the fish. Pour the warmed up fish in the center, sprinkle greased crumbs lightly over the whole, and set high in the oven till brown.

FISH A LA CREME

- 4 to 6 Pounds of Fish
- 1 Cup Bread Crumbs Moistened in
- 1-3 Cup Melted Fat
- 1-1/2 Pints of Cream Sauce
- 2 Tablespoons Grated Cheese

Make as for scalloped dish, using the bread crumbs to spread over the top after combining them with the grated cheese. Brown in oven. Do not mash the fish or get it too moist.

CASSEROLE OF FISH AND RICE

Contributed by Grosjean Rice Company.

- 2 Minced Cooked Fish
- 1/4 Teaspoon Pepper
- Salt
- 1 Teaspoon Parsley
- 1/4 Teaspoon Scraped Onion
- 1 Egg
- 1/4 Cup Crumbs
- Stock to Molsten
- 4 Cups Cooked Rice

Line buttered dish with cooked rice, put fish mixture in center, and cover with rice. Steam 40 minutes. Serve with tomato sauce.

FISH AND CEREAL OMELET

- 3 Egg Yolks
- 3 Tablespoons Hot Water
- 1/4 Teaspoonful Salt
- Dash of Pepper
- 1/2 Cupful Cooked Cereals
- 3 Egg Whites
- 1 Cupful Left-over Fish in White Sauce

Beat egg yolks until thick and lemon colored; add hot water and seasoning; then fold in the stiffly beaten whites. Pour mixture into a hot, greased skillet or omelet pan and cook slowly until lightly browned underneath, turning the skillet around frequently, that it may brown evenly. Set in the oven to finish cooking the top. It is done when rather firm to a light pressure of the finger.

With a sharp knife make a two-inch cut across each side. Remove to a hot platter; on one-half spread the mixture of cooked cereal and fish, well seasoned; fold over the omelet at the cut edges and serve at once. A creamed fish sauce may be poured over the entire omelet if preferred.

SPICED FISH

- 2 Cupfuls Cooked Flaked Fish
- 1 Cupful Cooked Oats
- 2 Teaspoons Sage
- 1/2 Teaspoon Savory
- 1/2 Teaspoon Thyme
- Pinch of Sweet Marjoram
- Salt and Pepper to Taste
- 1 Teaspoon Melted Fat
- 1/4 Cup Fine Cracker Crumbs

Mix, form into flat or oblong sausages, roll in crumbs and brown in the oven, basting with drippings, or saute in drippings.

SALMON LOAF

- 2 Cupfuls Salmon
- 1 Cupful Cooked Hominy Grits
- 1 Cupful Bread Crumbs
- 1 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1 Teaspoon Drippings or Salmon Oil
- 2 Tablespoons Minced Onion Juice and Grated Rind of Half a Lemon
- 1 Minced Green Pepper
- 2 Cupfuls of White Sauce

Mix together all ingredients but white sauce. Make sauce as follows: Melt one tablespoonful fat, stir in three tablespoonfuls rice flour, add gradually two cupfuls milk, stirring and cooking until thick. Mix with salmon mixture; turn into a greased bread pan, cover the top with oiled crumbs and bake in moderate oven about forty minutes.

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SKATE

Take enough skate, according to your needs, and put in pot of boiling water with plenty of salt. Boil for about 20 minutes, then take skate out and place in a large platter; chop up a little garlic and parsley and sprinkle over fish; then season with paprika and a little vinegar and serve with pieces of lemon.

SKATE FISH—INDIAN STYLE

Chop onion, garlic, little bacon, curry powder; add little water and fry in pan until onion is brown. Take pieces of skate and place in stewing pot, then add ingredients to fish and let cook about 15 minutes, slow fire.

USING FRESH FISH

FISH LOAF

- 1½ Cups Fish Finely Flaked
(1 can Salmon may be used) or any white meat fish is good
- Seasonings
- 1 Cup Stale Bread Crumbs
- 2 Well Beaten Eggs
- ½ Cup Milk
- Tomato Sauce or Vegetable Cream Sauce

Combine the fish, bread crumbs, eggs and milk. Season with salt, pepper, parsley (finely chopped) and lemon juice. Fill a greased bread pan or mould. Steam or bake thirty minutes. Serve with the hot tomato sauce, or the cream sauce in which may be cooked any left over vegetables, such as peas, carrots, string beans or asparagus.

CRIMPED FISH

Soak slices of any firm white fresh fish in very strong salted water. Then put them into boiling salted water enough to cover, to which has been added two table-spoons of vinegar, boil ten minutes. Drain, arrange on a platter; remove the skin and bones. Serve hot with any good sauce, or cold with mayonnaise dressing or tartar sauce.

HAKE AU GRATIN

Take baking pan. Add a little oil or butter. Have hake split. Lay in pan. Chop up one onion, little garlic, tomato and spread over fish. Sprinkle a few bread crumbs with a little thyme over fish. Take small pieces of butter and distribute on crumbs in different parts of fish. Put in oven and let bake about 15 minutes. If fish looks as if it is cooking dry, add a little water. Season with salt and pepper to suit. Moderate oven.

SOLE, STEWED FAMILY STYLE

Take a large sole. Cut in pieces to suit. Take a pot; add a little oil or butter. Chop up one onion and brown a little in pot. Put in sole and cook until warm. Add a little white wine and a little tomato and parsley chopped up, also boiled potatoes cut in pieces to suit. Season with salt and pepper to taste. Add a little water; cook ten minutes and serve. Slow fire.

BROILED HERRING with ANCHOVY SAUCE

Take herrings, dip in oil or melted butter, season with salt and pepper and broil. While fish are broiling, take small jar of Anchovy paste, dissolve in pan with butter, chopped parsley and juice of one lemon till warm, then spread sauce on fish and serve.

CIOPPINO—(Italian Fish Stew)

Two pounds of fish together with ingredients in this recipe will be enough for four to five people. Use a solid, firm fish, such a large sole, striped bass, chili pepper. Barracuda or rock cod. Do not use salmon or halibut.

Take one good sized onion; chop up fine; put in pot with a little olive oil or butter and cook to a golden brown. Take pot off fire and add a little chopped parsley and garlic and then let cook about five minutes with slow fire, then take pot off fire and place fish in pot, piece by piece, about an inch thick, and add four medium sized, good, ripe tomatoes, chopped up or canned tomatoes to equal same; stir gently so as to mix ingredients with fish. Put on stove again and let cook twenty to twenty-five minutes with moderate fire. Season with salt and pepper to your own taste. Do not stir fish while cooking.

(To be cooked in a pot that is used for boiling or stewing.)

CREAMED CODFISH

- 2 Tablespoons Butter
- 2 Teaspoons Cornstarch
- 1 Cup Dessicated Codfish
- ½ Cup Cream
- Pepper to Taste

Soak the codfish for one hour in warm water. Cook the butter and cornstarch together, add the codfish, and stir constantly. Stir in the cream and add a little pepper. Simmer ten minutes, stirring constantly.

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Shell Fish

CREAMED CLAMS AND CELERY ON HOMINY TOAST

(This saves bread toast.)

Use left-over hominy grits or prepare fresh hominy. When cooked, turn into a bread pan and when cold cut into slices like toast. Brown on both sides in a little cooking oil. Cook one cupful diced celery in two cupfuls of water until almost tender and the liquid is reduced to about one-half cupful. Melt two tablespoonfuls butter substitute, stir in three tablespoonfuls flour or barley flour (or one and one-half tablespoonfuls cornstarch) and when smooth, add gradually, stirring constantly, one and one-half cupfuls milk. When beginning to thicken, add gradually the celery water and liquor from a can of minced or whole clams. Cook and stir until thickened. Add clams and celery, season highly with salt, pepper and a little paprika and pour over the browned hominy slices.

LOBSTER PATTIES

Cut into small pieces tail part, two boiled lobsters. Season well with pepper, salt and a little lemon juice. Dissolve two tablespoons cornstarch in a little cold milk, and turn into one pint of boiling milk. After it has thickened add butter and cook until quite thick. Stir lobster into this mixture and heat through. Fill patty shells which have been heated.

CREAMED OYSTERS

- 1 Pint Oysters
- 1/2 Cup Beef Stock
- 2 Tablespoons Cornstarch
- 3 Tablespoons Butter
- 1/4 Teaspoon Salt
- Pepper to Taste
- 1 Teaspoon Worcestershire Sauce
- Few Drops Onion

Rinse the oysters and drain. Strain the oyster liquor and cook the oysters in it till the edges begin to curl. Make a sauce of the butter, cornstarch, beef stock, and half cup of the oyster liquor. Season. Add the oysters, cook about one minute and serve in patties.

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SPANISH SHRIMPS

- 2 Tomatoes
- 1/2 Onion
- 1/2 Teaspoon Sugar
- 1/2 Chopped Chili
- 1 Cup Boiled Rice
- 4 Tablespoon Grated Swiss Cheese
- 1 Cup Cooked Shrimps

Fry the tomatoes and onion together, season with pepper and salt, add the sugar and chili; mix all with the rice, add the cheese and shrimps.

Cook on back of stove half an hour. Very good either hot or cold.

FANCY FRY FOR BRIDE AND GROOM

Fry one dozen Eastern oysters; beat four eggs, put in pan with oysters, and cook together; serve on buttered toast.

FANCY ROAST

Cook one dozen Eastern oysters in their own juice; add butter, pepper, salt, and one-half teacup of catsup; let it come to a boil; serve in hot dish on buttered toast.

PEPPER ROAST

Follow recipe for Fancy Roast, adding to it a tablespoonful of green peppers chopped very fine.

KIRKPATRICK

Take large fresh shell oysters, pour Creole Sauce over oysters in the shell, sprinkle with grated Parmesan cheese; lay a thin strip of bacon over each oyster, and bake in oven about three minutes.

ESCALLOPED OYSTERS

Dip oysters in corn meal; put back in shell, pour a little drawn butter over them, and lay a small strip of bacon on top of each oyster. Bake three minutes, and serve in shell.

HANGTOWN FRY

Spread flat omelette with thin broiled bacon, cover with fried oysters.

BRIDE'S COOK BOOK

BLUE POINT ROYAL, CHAMPAGNE SAUCE

Take one small onion, one clove of garlic chopped very fine, one-quarter can of French mushrooms cut in quarters, add brown beef gravy, and braize in pan for five minutes; thickening with a little cornstarch. Place oysters in their own juice, and let come to a boil. Put oysters, juice and sauce together, and boil for three minutes. Season with salt and pepper, then add brandy, claret, sherry, and white wine, one tablespoonful of

each; sprinkle with chopped parsley, pour over buttered toast, and serve hot.

OYSTERS POULETTE

Let oysters come to a boil in their own juice, cook about three minutes. Pour Poulette sauce over them.

LOBSTER NEWBURG

Remove boiled lobster meat from shell, and cut into squares of an inch or less. Pour Newburg sauce over them.



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Stuffings

(Either of the following two recipes will conserve bread, usually the foundation of stuffings.)

STUFFINGS FOR TURKEYS

(Turkish Stuffing)

- 1 Cup Rice
- 1 Dozen French Chestnuts
- ¼ Cup Shortening
- ½ Ounce Almonds
- ¼ Teaspoon each of Salt, Paprika and Ground Cinnamon

Wash the rice and cook until half done in boiling, salted water; drain, add the entire ingredients, the chestnuts, which have been cooked and cut into small pieces, the almonds blanched and chopped.

TURKEY STUFFING

(St. James)

Chop together the liver of the turkey and one small onion; stir these in a sauce pan over the fire, but do not brown, for about ten minutes; then mix the contents into a pound of sausage meat. When thoroughly mixed, add about two dozen whole chestnuts which have been shelled, blanched and cooked until tender in boiling, salted water.

ROAST GOOSE OR DUCK

STUFFING

Four onions, four apples, four leaves each of sage and thyme; fry these in two tablespoons of fat till brown; add boiled rice until of a desired stiffness. Season with salt, pepper and cayenne.

LAMB AND VEAL STUFFING

Three cups stale bread crumbs, three onions chopped fine, one teaspoon salt, one-half teaspoon white pepper, two tablespoons chopped parsley, one-half cup melted suet.

POULTRY STUFFING

One quart stale bread crumbs, salt, pepper, and powdered thyme to season highly, one-half cup melted butter substitute.

CHESTNUT STUFFING FOR POULTRY

One pint fine bread crumbs, one pint shelled and boiled French chestnuts chopped fine, salt, pepper and chopped parsley to season, one-half cup melted butter substitute.

OYSTER STUFFING FOR POULTRY

Substitute small raw oysters, picked and washed, for chestnuts in above recipe.

CELERY STUFFING

Substitute finely cut celery for chestnuts.

STUFFING FOR TOMATOES, GREEN PEPPERS, ETC.

One cup dry bread crumbs, one-third teaspoonful salt, one-quarter teaspoon pepper, one teaspoon onion juice, one tablespoon chopped parsley, two tablespoons melted butter substitute. Hominy, rice, or other cooked cereal may take the place of crumbs.

STUFFING FOR PORK

Three large onions parboiled and chopped, two cups fine bread crumbs, two tablespoons powdered sage, two tablespoons melted butter substitute, or pork fat, salt and pepper to taste.

SAGE STUFFING FOR GEESE AND DUCKS

Two chopped onions, two cups mashed potatoes, one cup bread crumbs, salt, pepper, and powdered sage to taste.

POULTRY, FISH OR MOCK DUCK STUFFING

Contributed by Albers Bros. Milling Company.

- 2 Cupfuls Cooked Oats (cold)
- 2 Cupfuls Dry Crumbs (Cornmeal, Bread Crumbs especially good)
- 1 Tablespoonful Minced Onion
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- 1 Tablespoon Sage
- ½ Tablespoon Savory
- ½ Cupful Fat

Mix well and use for stuffing.

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Salads

ESSENTIALS FOR GOOD SALADS

1. All material for the salad should be thoroughly dried and thoroughly chilled. The greens in it must be crisp.
2. The dressings should be neither oily nor acid, but carefully proportioned and blended.

DRESSINGS FOR SALADS

COOKED SALAD DRESSING

- 1-3 Cups each Vinegar, Water, and Milk
- 1 Teaspoon each Sugar, Mustard and Salt
- 1 Tablespoon each Butter and Cornstarch
- Yolk 1 Egg
- A Little Cayenne

Heat milk and water boiling hot. Mix salt, sugar, cornstarch, and mustard. Add to milk and when it boils add vinegar.

When boiling add yolk of egg and stir a moment. Add butter and use hot for potato salad, and cold for other sorts.

FRENCH DRESSING

- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{4}$ Teaspoon Pepper
- 2 Tablespoons Vinegar
- 4 Tablespoons Salad Oil

French dressing is chiefly used for uncooked vegetables and for marinating cooked salad materials.

Mix ingredients and stir until well blended.

VARIATIONS OF FRENCH DRESSING

French dressing with the addition of any of the following:

- Horseradish
- Pimento
- Chives
- Beets, Finely Chopped
- Parsley
- Whipped Cream
- Fruit Juice in Place of Vinegar
- Raspberry, Vinegar, or Tarragon, used in Place of Cider Vinegar
- Roquefort Cheese
- Chill Sauce
- Hard-cooked Egg, Minced
- Green Pepper
- Celery, Finely Chopped
- Hazel Nuts
- Pecans
- English Walnuts
- Water Cress
- Pepper Grass

Lettuce when washed, drained and chilled is delicious when served with French dressing, or any of the above variations of French dressing.

MAYONNAISE DRESSING

- 1 Egg Yolk
- 1 Teaspoon Sugar
- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{4}$ Teaspoon Mustard
- $\frac{1}{8}$ Teaspoon Paprika
- $\frac{1}{2}$ Tablespoon Lemon Juice
- $\frac{3}{4}$ Cup Salad Oil

Beat yolk of egg. Add dry ingredients and blend. Add acid and beat thoroughly. Add oil gradually, about one-fourth teaspoon at a time until two table-spoons are used, then add oil more rapidly and continue beating until the dressing is thick and creamy.

VARIATIONS OF MAYONNAISE DRESSING

Mayonnaise dressing with the addition of any of the following:

- Beaten White of Egg
- Fruit Juice in Place of Vinegar
- Green Pepper, Chopped Olives
- Raspberry Vinegar
- Whipped Cream
- Chill Sauce
- Pimento Minced (Puree)
- Chives
- Tabasco Sauce
- Sardines Reduced to a Paste

SUGGESTIONS FOR COMBINATIONS FOR SALADS

Fruits and vegetables may be cut in cubes, balls, shredded, or fancy shapes. They should be marinated with French dressing and allowed to stand for half an hour before placing on lettuce leaves or adding mayonnaise (if it is to be used). Containers for these may be made of orange or lemon rind, apples, peppers, tomatoes, peaches, pears, cabbage leaves, lettuce hearts, whole cabbage, beet shells, cucumbers, romaine leaves.

- Vegetables
- Carrots, Peas
- Beets, Potato
- Beets, Peas
- Beets, Stuffed with Cabbage
- Tomatoes and Cucumbers (French dressing)
- Tomatoes and String Beans (French Dressing)
- Tomatoes and Asparagus

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CALIFORNIA

Artichoke Bottoms, Grapefruit and Pimento
(Macedone Salad) Turnips, Carrots, Potatoes, Peas and Beans
Fruits
Apple, Water Cress
Peach Halves Filled with Mayonnaise and Nuts
Peach Halves Stuck with Almonds covered with Mayonnaise
Fresh Apricots, Almonds, or Pine Nuts
Pineapple, White Cherries, Orange, Grapefruit
Apple, Celery and Dates
Apple, Celery, Nut Meats
Bananas and Peanuts or Nuts
Apples, Grapes and Walnuts
Pineapple and Cream Cheese
Pineapple, Tomatoes and Cream Cheese
Grapefruit, Oranges, White Grapes
Canned Cherries and Nuts
Apples, Cream Cheese, Pimento

BEEF AND CELERY SALAD

Bolled Beets
Celery
Lettuce
Mayonnaise

Scoop out inside of beets; cut celery into small bits and mix with mayonnaise. Fill beets with mixture and set them in ice until very cold. Serve on crisp lettuce leaves.

TOMATO ASPIC SALAD

1 Can Tomatoes
1/2 Box Gelatine
1/2 Teaspoon Onion Juice
1 Teaspoon Sugar
1 Bay Leaf, Parsley, Salt, White Pepper
Mayonnaise

Drain liquor from tomatoes, soak gelatine one-half hour in cup of cold water. Put tomato liquor into a sauce pan with the bay leaf, onion juice and sprig of parsley, seasoning with the salt and pepper. Bring to a boil; simmer twenty minutes. Stir in the gelatine, add the sugar. As soon as dissolved strain through a flannel jelly bag. Pour into wet melon or border mold; set in a cold place to form. When stiff turn out on platter, garnish with lettuce leaves and pour mayonnaise over it.

FRUIT SALAD

1/2 Cup Chopped Walnuts
2 Apples, Sliced Thin
1/2 Cup Chopped Celery

Mix with lettuce leaves and serve with cooked salad dressing.

EGG SALAD

6 Eggs
1 Doz. Potatoes
Onion
Cooked Salad Dressing

Boil eggs until very mealy. Boil potatoes, cut in dice and add few slices of onion. Put in layers alternately, and pour over the dressing.

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SARDINE SALAD

1 Head Lettuce
1 Can Sardines
Celery Stalks, Small Pickles, Stuffed Olives, Mayonnaise, Paprika

Break fish in pieces with silver fork. Add mayonnaise to the other ingredients and toss the whole lightly together with a fork. Serve in tomato cups or on lettuce leaves with mayonnaise and olives.

SARDINE AND EGG SALAD

2 Large Sardines
Lettuce Leaves
Hard Boiled Egg
Mayonnaise
Olives

Place fish on lettuce leaves, slice over the hard boiled egg and serve with a few ripe olives. This is for one person.

CUCUMBER AND SARDINE SALAD

2 Fish
Lettuce
Sliced Cucumbers
Mayonnaise

Place sliced cucumbers on the lettuce leaves, on this the fish, and cover with the mayonnaise. One person.

CHICKEN SALAD

Chicken, Cold, cut in dice
Celery
Salt, Pepper
French Dressing
Mayonnaise

Add the celery, cut fine, to the chicken and season with salt and pepper. Mix with French dressing and set aside for an hour. Before serving stir in some mayonnaise, slightly thinned with French dressing or lemon juice, arrange on lettuce leaves and cover with thick mayonnaise.

CRAB SALAD

1 Pint Crab Meat
2 Stalks Celery
1 Egg, hard boiled
Lettuce
1 Tomato, chopped fine
Salt, Pepper, Vinegar
Mayonnaise

Cut meat, celery, tomato and egg fine; season with salt, pepper and vinegar. Stir in salad bowl, garnish with lettuce leaves and dress with the mayonnaise.

LOBSTER SALAD

- 1 Lobster
- 2 Tablespoons Vinegar
- Lettuce
- Mayonnaise
- 2 Tablespoons Oil
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper

Cut the lobster in small squares; season with the vinegar, salt, pepper and oil and let stand in cool place for an hour. Line the salad bowl with crisp lettuce leaves, and after mixing the lobster with the mayonnaise place in bowl on the leaves.

SALMON SALAD

- Salmon, boned, skinned
- French Dressing

Drain off liquid, pick up the fish and mix with the dressing or thin mayonnaise, set away for an hour and proceed as with lobster salad. Other fish salads may be prepared the same way.

COLD SLAW

- 1 White Cabbage (small)
- 1 Tablespoon Oil
- 4 Tablespoons Vinegar
- 1 Teaspoon Mustard
- Salt, Sugar, Pepper
- 3 Tablespoons Minced Celery

Shred the cabbage. Prepare a dressing from the other ingredients and toss up well. Serve in a glass bowl.

LILY SALAD

- Hard Boiled Eggs
- French Dressing
- Grated Cheese
- Salt, Pepper

Place shelled, hard boiled eggs in cold salt water for one hour. Wipe dry, cut a thin slice from the large end of eggs,

then with sharp knife, directing stroke from the small end downward; cut whites into sections like petals of water lilies. Mash yolks of eggs, mix with equal quantity of the grated cheese, moisten with the dressing, add salt and pepper, and arrange on lettuce leaves to simulate center of lily, arranging the whites for petals.

CELERY SALAD

- 2 Bunches Celery
- 1 Tablespoon Oil
- 1 Teaspoon Sugar
- Salt, Pepper

Wash and scrape celery and lay in ice cold water for several hours. Cut into inch lengths and add a dressing made from the other ingredients. Stir well.

A DELICIOUS SALAD FOR STUFFED PEPPERS

- 1 Can Sardines
- 2 Tablespoons Pickles, Chopped
- 2 Tablespoons Olives, Chopped
- Mayonnaise
- Salt and Pepper

Pick sardines into fine pieces; mix other ingredients with them. Remove the stem end, seeds and membrane and soak in salt water. Drain the peppers dry and fill with salad. Garnish with lettuce leaves and olives.

BEEF AND CELERY SALAD

- Fresh
- Beets
- Celery
- Mayonnaise
- Lettuce Leaves

Scoop out inside of beets boiled, cut the celery into bits and mix with the mayonnaise; fill the beets with this mixture and set in the ice until very cold. Garnish with lettuce leaves and serve.



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POULTRY & GAME

HOW TO SELECT POULTRY

In selecting poultry full-grown fowls have the best flavor, provided they are young. The age may be determined by turning the wing backward—if it yields, it is tender. The same is true if the skin on the leg is readily broken. Older poultry makes the best soup. The intestines should be removed at once, but frequently in shipping they are left in and, hence, when removed, the fowl needs washing in several waters. The next to the last water should contain a half teaspoon of baking soda, which sweetens and renders all more wholesome. The giblets are the gizzard, heart, liver and neck.

ROAST TURKEY

Carefully pluck the bird and singe off the down with lighted paper; break the leg bone close to the foot, hang up the bird and draw out the strings of the thigh. Never cut the breast; make a small slit down the back of the neck and take out the crop that way, then cut the neck bone close, and after the bird is stuffed the skin can be turned over the back and the crop will look full and round. Cut around the vent, making the hole as small as possible, and draw carefully, taking care that the gall bag and the intestines joining the gizzard are not broken. Open the gizzard, take out the contents and detach the liver from the gall bladder. The liver, gizzard and heart, if used in the gravy, will need to be boiled an hour and a half and chopped as fine as possible. Wash the turkey and wipe thoroughly dry, inside and out; then fill the inside with stuffing, and sew the skin of the neck over the back. Sew up the opening at the vent, then run a long skewer into the pinion and thigh through the body, passing it through the opposite pinion and thigh. Put a skewer in the small part of the leg, close on the outside and push it through. Pass a string over the points of the skewers and tie it securely at the back.

Sprinkle well with barley flour, cover the breast with nicely-buttered white paper, place on a grating in the dripping-pan and put in the oven to roast. Baste every fifteen minutes—a few times with butter and water, and then with the gravy in the dripping-pan. Do not have too hot an oven. A turkey weighing ten pounds will require three hours to bake.

ROAST GOOSE

Get a goose that is not more than eight months old, and the fatter it is the more juicy the meat. The dressing should be made of three pints of bread crumbs, six ounces of butter substitute, a teaspoonful each of sage, black pepper and salt and chopped onions. Don't stuff very full, but sew very closely so that the fat will not get in. Place in a baking pan with a little water and baste often with a little salt, water and vinegar. Turn the goose frequently so that it may be evenly browned. Bake about two and one-half hours. When done, take it from the pan, drain off the fat and add the chopped giblets, which have previously been boiled tender, together with the water in which they were done. Thicken with barley flour and drippings rubbed together; let boil, and serve.

BAKED CHICKEN

Take a plump chicken, dress and lay in cold salt water for half hour, put in pan, stuff and sprinkle with salt and pepper; lay a few slices of fat pork. Cover and bake until tender, with a steady fire. Baste often. Turn so as to have uniform heat.

BOILED CHICKEN

Clean, wash and stuff as for roasting. Baste a floured cloth around each, and put into a pot with enough boiling water to cover them well. The hot water cooks the skin at once, and prevents the escape of the juices. The broth will not be so rich as if the fowls are put on in cold water, but this is proof that the meat will be more nutritious and better flavored. Stew very slowly, for the first half hour especially. Boil an hour or more, guiding yourself by size and toughness. Serve with egg.

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CHICKEN FRICASSEE

Clean and disjoint chicken. Wipe each piece. Put in pot, cover with boiling water and simmer till tender. To the liquor add one cup or more hot milk, thicken with barley flour dissolved in cold water. Season well, boil for a few minutes. Serve with dumplings or biscuit.

TO BROIL A CHICKEN

Singe, wipe and with a sharp-pointed knife, beginning at back of neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone and cut through tendons at joints.

Sprinkle with salt and pepper, and place in a well-greased broiler. Broil twenty minutes over a clear fire, watching carefully and turning broiler so that all parts may be equally browned. The flesh side must be exposed to the fire the greater part of the time as the skin side will brown quickly. Remove to a hot platter, spread with soft butter, and sprinkle with salt and pepper. Chickens are so apt to burn while broiling that many prefer to partially cook them in the oven. Place chicken in dripping-pan, skin side down, sprinkle with salt and pepper, dot over with butter or butter substitute, and bake 15 minutes in hot oven. Then broil to finish cooking.

CHICKEN CROQUETTES

Cut up fine any kind of cold fowl, season with salt, pepper and butter, a little onion, stir in two fresh eggs. Make in cakes, dip in beaten egg, then in oatmeal and fry in boiling lard or lard and butter mixed.

FRIED SPRING CHICKEN

Clean and disjoint, then soak in salt water for about two hours. Put in frying pan equal parts of lard and butter, enough to cover chicken. Roll each piece in barley flour, dip in beaten egg, then roll in crumbs, and drop into boiling fat. Fry until browned on both sides. Serve on flat platter garnished with sprigs of parsley. Pour most of the fat from frying pan, thicken remainder with browned flour, add to it a cup of boiling water or milk. Serve in gravy bowl.

CHICKEN PIE

Disjoint fowl and simmer in boiling water until tender. Season to taste, and lay in deep baking dish. Mix two level tablespoons cornstarch with two level tablespoons of barley flour, add four tablespoons cream and three cups hot chicken stock, stir till it thickens. Pour over chicken and cover with crust. Sift into mixing bowl one-half cup of barley flour, one-quarter cup cornstarch, two and one-half teaspoons baking powder, one-quarter teaspoon salt; rub in finely one tablespoon each of lard and butter. Add milk to make dough enough as soft as may be handled. Roll out little larger than top of dish, so that crust may be placed on loosely. Pierce small openings in crust, and bake until crust is well done. Send to table in baking dish.

BOILED CHICKEN—ROYAL STYLE

Truss chicken and tie strips of bacon over the breast. Put into a kettle, cover with boiling water, season with salt and pepper, cover close and cook slowly until tender. Remove from water, drain, rub with mixture of creamed butter and barley flour and brown in the oven. Cool the liquor quickly and remove the fat, then reheat. To each pint of liquor allow one and one-half tablespoons corn starch. Blend the corn starch in a little cold water, pour into the hot liquor and boil ten minutes. Then add one-half cup chopped mushrooms. When gravy is perfectly done, remove from fire, and to one pint of gravy add yolk of one egg, slightly beaten. Do not cook again after the yolk has been added, or it may curdle. Serve gravy in boat.

BAKED CHICKEN

Dress, clean, and cut up two chickens. Place in a dripping-pan, sprinkle with salt and pepper, dredge with flour (barley flour) and dot over with butter substitute. Bake thirty minutes in a hot oven, basting every five minutes with butter substitute or drippings melted in one-quarter cup boiling water. Serve with gravy made by using fat in pan, one-quarter cup substitute flour, one cup each of chicken stock and cream, and salt and pepper to taste.

CHICKEN A LA CREOLE

Cut a boiled chicken into cubes of an inch. Put a tablespoonful of butter substitute and one of grated onion in a frying pan, add half a cupful of tomato and

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three sweet peppers cut into strips. Add the chicken, a teaspoon of salt and a dash of red pepper. Cover; serve hot.

CREAMED CHICKEN

Boil a chicken and a few sweetbreads and set aside to cool. When cold cut into small pieces. Pour over white sauce, add a small can of mushrooms, and season with salt, black pepper and cayenne pepper and a few drops of tabasco. Reheat and serve.

PLANKED CHICKEN

- ¼ Cup Butter Substitute
- Red Pepper, Green Pepper, Parsley,
- ¼ Tablespoon each, Finely Chopped
- Duchess Potatoes
- 8 Mushroom Caps
- 1 Teaspoon Finely Chopped Onion
- ½ Clove Garlic, Finely Chopped
- 1 Teaspoon Lemon Juice

Cream the butter substitute, add pepper, parsley, onion, garlic, and lemon juice. Split a young chicken as for broiling, place in dripping-pan, sprinkle with salt and pepper, dot over with butter substitute, and bake in a hot oven until nearly cooked. Grease plank, arrange a border of Duchess Potatoes close to edge of plank, and remove chicken to plank. Clean, peel, and saute mushroom caps, place on chicken, spread over prepared butter substitute, and put in a very hot oven to brown potatoes and finish cooking chicken. Serve on the plank.

CHICKEN CURRY

- 3 Pounds Chicken
- 1-3 Cup Butter Substitute
- 2 Onions
- 1 Tablespoon Curry Powder
- 2 Teaspoons Salt
- 1 Teaspoon Vinegar

Clean, dress, and cut chicken in pieces for serving. Put grease in a hot frying-pan, add chicken, and cook ten minutes; then add liver and gizzard and cook ten minutes longer. Cut onions in thin slices, and add to chicken with curry powder and salt. Add enough boiling water to cover, and simmer until chicken is tender. Remove chicken, strain and thicken liquor with flour diluted with enough cold water to pour easily. Pour gravy over chicken, and serve with a border of rice or Turkish pilaf.

CHICKEN EN CASSEROLE

Cut two small, young chickens in

pieces for serving. Season with salt and pepper, brush over with melted butter substitute and bake in a casserole dish twelve minutes. Parboil one-third cup carrots cut in strips five minutes, drain, and fry with one tablespoon finely chopped onion and four thin slices bacon cut in narrow strips. Add one and one-third cups brown sauce and two-thirds cup potato balls. Add to chicken, with three tablespoons Sherry wine, salt and pepper to taste. Cook in a moderate oven twenty minutes, or until chicken is tender. If small casserole dishes are used allow but one chicken to each dish.

JELLIED CHICKEN

Dress, clean, and cut up a four-pound fowl. Put in a stewpan with two slices onion, cover with boiling water, and cook slowly until meat falls from bones. When half cooked, add one-half table-spoon salt. Remove chicken; reduce stock to three-quarters cup, strain, and skim off fat. Decorate bottom of a mold with parsley, and slices of hard-boiled eggs. Pack in meat freed from skin and bone and sprinkled with salt and pepper. Pour on stock and place mold under heavy weight. Keep in a cold place until firm. In summer it is necessary to add one teaspoon dissolved granulated gelatine to stock.

ROAST TAME DUCK

Take a young farmyard duck fattened at liberty, but cleansed by being shut up two or three days and fed on barley meal and water. Pluck, singe and empty; scald the feet, skin and twist round on the back of the bird; head, neck and pinions must be cut off, the latter at the first joint, and all skewered firmly to give the breast a nice plump appearance. For stuffing, one-half pound of onions, one teaspoon of powdered sage, three tablespoons of bread crumbs, the liver of a duck parboiled and minced with cayenne pepper and salt. Cut fine onions, throwing boiling water over them for ten minutes; drain through a gravy strainer, and add the bread crumbs, minced liver, sage, pepper and salt to taste; mix, and put inside the duck. This amount is for one duck; more onion and more sage may be added, but the above is a delicate compound not likely to disagree with the stomach. Let the duck be hung a day or two, according to the weather, to

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BRIDE'S COOK BOOK

make the flesh tender. Roast before a brisk, clear fire, baste often, and dredge with flour to make the bird look frothy. Serve with a good brown gravy in the dish, and apple sauce in a tureen. It takes about an hour.

BRAISED WILD DUCK

Chop fine one head of celery, a bunch of parsley, one small onion, a piece of garlic, one cup of sage, a pinch of mace and red pepper, salt to suit. Beat yolk of one egg and bind stuffing, adding also a heaping teaspoon of soft butter. Fill ducks, sew up opening, put in braising pan with cover, adding a little onion, garlic, parsley and celery cut fine, a bay leaf, two tablespoons of cider vinegar, a small glass of white wine, pinch of sage, red pepper and salt, five tablespoons of butter and a pint of good stock. Cover tightly and put in medium oven, cooking one hour. Mix with cold water two tablespoons of browned flour and stir in one-quarter cup of capers. Cover and cook slowly for half an hour or more; beat to a paste with a teaspoon of butter the yolks of three hardboiled eggs, a pinch of salt and red pepper. Form into small balls. Put the ducks on large squares of toast. Put egg balls around and pour sauce over all.

ROAST WILD DUCK

Dress and clean a wild duck and truss. Place on rack in dripping-pan, sprinkle with salt and pepper, and cover breast with two very thin slices fat salt pork. Bake twenty to thirty minutes in a very hot oven, basting every five minutes with fat in pan; cut string and remove string and skewers. Serve with orange or olive sauce. Currant jelly should accompany a duck course. Domestic ducks should always be well cooked, requiring little more than twice the time allowed for wild ducks.

Ducks are sometimes stuffed with apples, pared, cored, and cut in quarters, or three small onions may be put in body of duck to improve flavor. Neither apples nor onions are to be served. If a stuffing to be eaten is desired, cover pieces of dry bread with boiling water; as soon as bread has absorbed water, press out the water; season bread with salt, pepper, melted butter, finely chopped onion, or use

Duck Stuffing (Peanut)

- $\frac{3}{4}$ Cup Bread Crumbs
- $\frac{1}{2}$ Cup Shelled Peanuts, Finely Chopped
- $\frac{1}{2}$ Cup Heavy Cream
- $\frac{1}{2}$ Tablespoons Butter Substitute
- Few Drops Onion Juice
- Salt and Pepper
- Cayenne

Mix ingredients in the order given.

QUAIL OR PIGEON EN CASSEROLE

- 6 Birds or More
- 8 Small Onions
- $\frac{1}{2}$ Small Cauliflower Divided in Pieces
- 1 Large Turnip Cut in Pieces
- 1 Beet Cut in Pieces
- 6 Small Carrots (French)
- 6 Small Round Potatoes
- 1 Cup Green Peas
- 1 Small Bit of Cabbage
- Salt and Pepper to Taste

Line a tight fitting kettle with thin slices of salt pork larding; tie birds so as to retain shape and put in the kettle; spread the vegetables over the birds and cover top with thin slices of the larding. No water will be required. Put on the tight fitting cover and set back on the range or bake in a slow oven for three or four hours. Use an earthen kettle if possible.

BROILED QUAIL

Follow recipe for broiling chicken, allowing eight minutes for cooking. Serve on pieces of toast, and garnish with parsley and thin slices of lemon. Currant jelly or rice croquettes with jelly should accompany this course.

QUAIL ON TOAST

Take five quail, but don't remove the skins, for you would lose all the taste of the game. Wipe them well; string them tight, so as to raise the breasts. Put a little butter substitute on each, a little lemon juice, and inside each the quarter of a lemon without the peel. Then put a very thin slice of pork, about two inches square, around each quail, with two or three cuts in each side, and string it tight. Let cook on a good fire, and when they are nearly well done (for white meat game must be well done) cut the strings; dress nicely on toast and serve hot. Pour the juice on the quail after having taken the fat off, and put some slices of lemon around the dish, one for each quail.

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BRIDE'S COOK BOOK

ROAST PIGEON

Clean and truss two young pigeons, mince the livers, and mix with them two ounces of finely grated bread crumbs, two ounces of fresh butter, finely chopped onion, a teaspoon shredded parsley, a little salt, pepper, nutmeg. Fill birds with this forcemeat, fasten a slice of fat bacon over the breast of each, and roast. Make a sauce by mixing a little water with the gravy which drops from the birds, and boiling it with a little thickening; season it with pepper, salt and chopped parsley.

POTTED PIGEONS

Clean, stuff and truss six pigeons, place upright in a stewpan, and add one quart boiling water in which celery has been cooked. Cover, and cook slowly three hours or until tender; or cook in oven in a covered earthen dish. Remove from water, cool slightly, sprinkle with salt and pepper, dredge with barley flour, and brown entire surface in pork fat. Make a sauce with one-fourth cup, each, butter substitute and barley flour cooked together and stock remaining in pan; there should be two cups. Place each bird on a slice of dry toast, and pour gravy over all. Garnish with parsley.

STUFFING FOR POTTED PIGEONS

- 1 Cup Hot Riced Potatoes
- 1/4 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1/4 Teaspoon Marjoram
or Summer Savory
- Few Drops Onion Juice
- 1 Tablespoon Butter Substitute
- 1/4 Cup Soft Stale Bread Crumbs Soaked
in some of the Celery Water and
Wring in Cheese-cloth
Yolk of 1 Egg

Mix ingredients in order given.

PIGEON PIE

Clean and truss three or four pigeons, rub outside with a mixture of pepper

and salt; rub inside with a bit of butter, fill with a bread-and-butter stuffing, or mashed potatoes; sew up the slit, butter the sides of a tin basin or pudding dish, and line (the sides only) with pie paste, rolled to quarter of an inch thickness; lay the birds in; for three large tame pigeons, cut quarter of a pound of butter substitute and put it over them, strew over a large teaspoon of salt and a small teaspoon of pepper, with finely cut parsley; dredge one and one-half teaspoons barley flour over; put in water to nearly fill the pie; lay skewers across the top, cover with a paste crust; cut a slit in the middle, ornament the edge with leaves, braids, or shells of paste, and put in a moderately hot or quick oven for one hour; when nearly done brush the top over with the yolk of an egg beaten with a little milk, and finish. The pigeons for this pie may be cut in two or more pieces, if preferred.

VENISON STEAK BROILED

Take the leg and cut slices from it, having a quick, clear fire. Turn them constantly. They should be served underdone. Grease both sides of the steak; sprinkle salt and pepper over the venison, garnish with parsley and accompany it by a jelly sauce.

ROAST VENISON

Slit the venison and lard it with pieces of pork or bacon. Place pieces of pork or bacon on the bottom of the pan; slice very fine, vegetables on the bacon, then place your meat on this. Season, brown well on the top of the stove, then turn over and brown on the other side; then set in the oven and put soup stock or water in the bottom of the pan and cover closely. Serve with gravy. The vegetables may be chopped fine and served with it, or not. Be careful not to let them burn. Baste with port wine.



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CONSOMME OR PLAIN MEAT . STOCK FOR SOUP

Consomme or stock forms the basis of all meat soups, gravies and purees. The simpler it is made, the longer it keeps. It is best made of fresh uncooked beef and some broken bones, to which may be added the remnants of broken meats. In a home where meat forms part of the every-day diet, a good cook will seldom be without a stock-pot.

Four pounds of beef and broken bones, one gallon of cold water and two teaspoons of salt. Put the meat and water on the back of the stove and let it slowly come to a boil, then simmer three or four hours, until the water is boiled away one-half; add the salt, strain and set to cool, in an earthenware dish well covered. When cold, take off the fat from the top and it is ready for use. To make soup for a family of six, take one-quarter of the stock, to which add one-quarter of boiling water, and any vegetables desired—boil three hours. Season with salt and pepper.

MIXED STOCK FOR SOUPS

To six pounds of lean beef, with the bones well cracked, add six quarts of water. Put the beef, bones and water in a covered kettle on the stove to heat slowly. Let it boil gently for six hours. After it has boiled for six hours, strain and set aside well covered until the next day. Before needed, remove the fat, set the soup over the fire and put in a little salt, two carrots, two onions, one turnip, one head of celery. Stew in sufficient water to cover them. When tender, add the vegetables and the water in which they were cooked, to the soup. Boil slowly for one-half hour. Strain when done. A bay leaf added to the stock before cooking the second day, adds greatly to the flavor.

MUTTON BROTH

Place in a kettle three pounds of a neck of mutton from which the fat has been cut, and chopped into small pieces, with six pints of water. Boil, skim, set

the pan to the rear of the stove, where it can simmer for an hour. Add three ounces of washed rice, with a turnip and some celery. Simmer for two hours. Strain, free from fat and salt.

BEEF TEA

Take two pounds of lean rump beef, remove all fat, cut into small pieces and place in a tightly corked bottle. Place the bottle in a deep saucepan of cold water, reaching two-thirds of the way to the top of the bottle, place over a slow fire, and keep it boiling slowly for fifteen minutes, take out the bottle, pour out the liquor, and use as required.

BOUILLON

Four pounds of beef, one knuckle of veal, one carrot, two small turnips, a sprig of celery, one very small red pepper pod, two small onions, salt and six quarts of water; boil six hours, and strain through a sieve. Let stand over night. Serve hot.

BARLEY BROTH

Put two pounds of shin beef in one gallon of water. Add a teacup of pearl barley, three large onions and a small bunch of parsley minced, three potatoes sliced, a little thyme and pepper, salt to taste. Simmer steadily three hours, and stir often, so that the meat will not burn. Do not let it boil. Always stir soup or broth with a wooden spoon.

TURKEY SOUP

Place the remains of a cold turkey and what is left of the dressing and gravy in pot, and cover it with cold water. Simmer slowly four hours, and let stand until the next day. Take off what fat may have arisen, and take out with a skimmer all the bits of bones. Put the soup on to heat until at boiling point, then thicken slightly with flour stirred into a cup of cream, and season to taste. Pick off all the meat from bones, put it back in the soup, boil up and serve.

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MOCK TURTLE SOUP

Take a calf's head, a knuckle of veal, a hock of ham, six potatoes sliced thin, three turnips, parsley and sweet marjoram chopped fine, and pepper. Force-meat balls of veal and beef, half a pint of wine, one dozen egg balls, juice of a lemon. The calf's head must have had the brains removed, and must have been boiled*previously till the meat slips off the bone. The broth must be saved, so as to use in the soup. Cut the head in small pieces after boiling. The veal and ham also must have been boiled and cut up, and all simmered for a couple of hours in the broth made by the calf's head. Now put all together. The force-meat balls and egg balls should be added, and all boiled about ten minutes.

VEGETABLE SOUP WITH STOCK

Cut three onions, three turnips, one carrot and four potatoes. Put them into a stew-pan with two tablespoonfuls of butter and a teaspoonful of powdered sugar. After it has cooked ten minutes, add two quarts of stock, and when it comes to a boil put aside to simmer until the vegetables are tender—about one-half hour.

CHICKEN SOUP

Time, four hours. Boil two chickens with great care, skimming constantly, and keeping them covered with water. When tender, take out the chickens and remove every bone from the meat; put a large piece of butter into a frying-pan and sprinkle the chicken meat well with flour, lay in the hot pan; fry a nice brown and keep it hot and dry. Take a pint of the chicken water and stir in two large spoonfuls of curry powder, two of butter and one of rice flour, one teaspoonful of salt and a little cayenne; mix it with the broth in the pot; when well mixed, simmer five minutes, then add the browned chicken. Serve with rice.

CHICKEN BROTH

Cut up a chicken into small pieces and put it in a deep earthen dish, adding a quart of cold water, and setting it over a boiling kettle. Cover closely and let it steam several hours until the meat of the chicken has become tender, after which strain off the broth and let it stand over night. Skim off the fat in the morning and pour the broth into a bowl. Into the dish in which the broth

was made put one-third of a teacupful rice in a teacupful of cold water, and steam as before until the rice is soft; then pour in the broth and steam an hour or two longer.

CHICKEN GUMBO SOUP

Fry one chicken; remove the bones; chop fine; place in kettle, with two quarts of boiling water, three ears of corn, six tomatoes, sliced fine, twenty-four pods of okra; corn, tomatoes and okra to be fried a light brown in the grease left from frying the chicken; then add to the kettle with water and chicken two tablespoonfuls of rice, pepper and salt; boil slowly one hour.

OXTAIL SOUP

- 2 Oxtails
- 1 Cup Water
- 2 Tablespoons Butter
- 3 Quarts Boiling Water
- 1 Teaspoon Salt
- 3 Carrots
- 2 Turnips
- 3 Onions
- 1 Head Celery
- 1 Bay Leaf
- 4 Cloves
- 4 Peppercorns
- 1 Teaspoon Yellow Corn Syrup
- 2 Slices Ham

Cut the tails into joints, wash and stew with the cup of water and butter, stirring all the time. Cook till juice is drawn from the meat. Fill up with the hot water, add the salt, boil up and skim. Add the rest of the ingredients and simmer four hours. Take out the tails, strain, season with a little ketchup and thicken with cornstarch made smooth with cold water. Put back the tails and cook five minutes.

BLACK SOY BEAN SOUP

- 2 Cups Black Soy Beans
- 2 Quarts Cold Water
- 1 Small Onion
- 2 Small Stalks Celery
- 1 Teaspoon Salt
- 1 Lemon
- $\frac{1}{8}$ Teaspoon Pepper
- $\frac{1}{4}$ Teaspoon Mustard
- 2 Tablespoons Butter
- 2 Tablespoons Flour
- 2 Hard Boiled Eggs

Soak beans over night. In the morning drain, add celery and cold water. Cook four hours or until tender and rub through a strainer. Cut onion in thin slices and brown slightly in the butter. Add the flour, seasoning and bean water and pulp. Reheat to boiling, strain and pour over the egg and lemon which have been cut in slices.

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CREAM SOUPS

CREAM OF CELERY SOUP

- 6 Stalks Celery
- 1 Pint Water
- 2 Teaspoons Cornstarch
- 1/2 Can Tomatoes
- 1 Pint Milk
- 1 Tablespoon Butter
- Salt and Pepper to Taste

Cook the celery in the water till soft, mash and strain. Make a sauce of the cornstarch, butter and milk. Add the celery and the tomatoes, heated, with a pinch of soda, and strained. Season. Serve in bouillon cups, with a spoonful of whipped cream on top.

CREAM OF CORN SOUP

- 1 Can Corn
- 1 Quart Milk
- 1 Slice Onion
- Bit of Mace
- 1 Heaping Teaspoon Cornstarch
- 1/4 Teaspoon Black Pepper
- 3 Tablespoons Butter
- 1 Cup Cream
- Yolks of 2 Eggs

Mash the corn to a pulp and put in a double boiler. Add the milk, onion and mace. Rub the butter and cornstarch to a paste, adding the pepper and stir into the first mixture. When thoroughly cooked, strain and add the cream and eggs.

ASPARAGUS SOUP

- 1 Bunch Asparagus
- 3 Cups Milk
- 3 Tablespoons Cornstarch
- 3 Tablespoons Butter
- 1 Teaspoon Yellow Corn Syrup
- Salt and Pepper to Taste

Cook the asparagus in boiling salted water. Remove from liquor, cut tips into tureen and keep hot. Mash through sieve the remaining stalks. Put the milk to scald, and when hot turn into the water in which the asparagus was cooked. Rub butter and cornstarch to a cream, stir in part of the hot liquid and cook, stirring constantly, until the cornstarch is thoroughly cooked. Add the rest of the liquid, the asparagus pulp, seasoning and syrup. When boiling pour over the tips. Serve with strips of toasted bread.

CREAM OF CHICKEN SOUP

- 2 Quarts Chicken Broth
- 1 Cup Cream
- 2 Tablespoons Cornstarch

Season broth with mace, salt, celery seed and pepper. Dissolve the corn-

starch in the cream. Stir slowly into the hot broth and stir till it thickens.

SPLIT PEA LENTIL OR BEAN PUREE

(Dried Legumes)

- 1 Pint Dried Legumes
- 1 Onion
- 1/2 Head Celery
- A Ham Bone if at hand
- 3 Tablespoons Cornstarch
- Salt and Pepper
- 1/2 Cups Milk

Soak the legumes over night in cold water, wash, drain, and simmer in three pints of water, stirring often with a wooden spoon and adding more water as evaporation necessitates. If a ham bone be used, put on to cook at the same time as the legumes. When the vegetables are becoming tender, sauté the onion and celery, cut fine, in a little dripping, and add to the soup; when all are tender pass through a sieve, reheat, and stir in the butter and cornstarch creamed together and add the milk to the soup.

SOUP A LA REINE

- 1 Left-over Roast Chicken
- 2 Quarts Water
- 1 Teaspoon Cornstarch
- 3/4 Cup Boiled Rice
- 1/2 Cup Cream
- Salt and Pepper to Taste

Cut all the meat from the carcass of the chicken and chop very fine. Put the bones in the water, and simmer for two hours. Remove the bones and thicken with the cornstarch made smooth with a little cold water. Add the chicken and rice, and when very soft rub through a coarse strainer. Bring to the boiling point again, add the cream, and season to taste.

CREAM SOY BEAN SOUP

- 1 Cup Green or Yellow Soy Beans
- 2 Tablespoons Butter
- 3 Tablespoons Barley Flour
- 1 Quart Milk
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1 Tablespoon Onion

Soak beans at least twelve hours. Cook in water four hours or until tender, then rub them through a sieve. Brown the chopped onion in the butter, add flour, milk and bean pulp. Boil one minute, stirring constantly. Season and serve.

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CLAM CHOWDER

- 9 Clams
- 1 Tablespoon Salt Pork, cut into cubes
- 1/2 Cup Carrots, cubed
- 1/2 Cup Onions, sliced
- 1/2 Cup, Celery, chopped
- 1/2 Cup Tomatoes
- 1 Cup Potatoes, Cubed
- Pepper
- 1 Quart Water

Brown salt pork and onions together. Clean and pick clams, reserving the liquor, and chopping the hard part fine. Cook potatoes, carrots, and celery in boiling salted water (1 quart) until almost done. Add clam liquor, salt pork, onions, chopped hard part of clams and tomatoes. For last three minutes of cooking add soft part of clams; season with salt and pepper. Add oleomargarine just before serving.

CREAM OF TOMATO SOUP

- 1 Quart Fresh or Canned Tomatoes
- Pinch of Soda
- 3 Tablespoons Butter

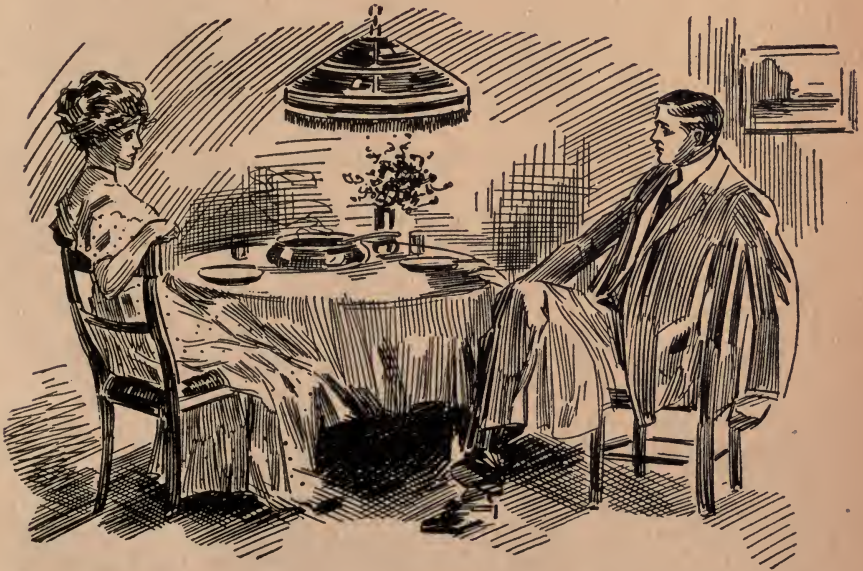
- 1 Quart Milk
- 3 Tablespoons Cornstarch
- Salt and Pepper to Taste

Make a sauce of the butter, cornstarch and milk, and season well. Heat the tomatoes and strain, adding a bit of soda. When both sauce and tomatoes are very hot, pour the tomatoes into the white sauce and serve quickly. Serve with croutons.

OYSTER SOUP

- 1 Dozen Oysters
- 1 Rounded Teaspoon Butter
- 1 Cup Milk
- 1/2 Teaspoon Cornstarch
- Salt to Taste

Drain the oysters and chop very fine. Put back in the liquor and let them boil up three times, skimming each time. When done, strain, and to the liquor add the milk, in which the cornstarch has been cooked. Just before serving add the butter. Clam soup may be made in the same way.



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CUTS OF MEAT AND THEIR USES MUTTON

Every housekeeper—in fact everyone who has marketing to do—should know something of the cuts of all common meats, and the most desirable way of preparing each for the table. In the illustrations below are shown the locations of these cuts.

BEEF

1. Head—Not used for food.
2. Sticking Piece. For Soups, Beef Tea, Stews, for making Corned Beef.
3. Neck. For Soups, Stews, Beef Tea, Boiling and Corned Beef.
4. Second and Third Chuck. Brown Stews, Braising, Steaks, poorer Roasts.
5. First Chuck. For Roasts.
6. First Cut of Ribs. For Roasts.
7. Middle Cut of Ribs. For Roasts.
8. Back Ribs. For Roasts.
9. Plate (no bones). Stews, Soups, Corned Beef.
10. Brisket. Stews, Brown Stews, Soups, Corning.
11. Butt-End Brisket. Soups, Stews, Corning.
12. Bolar (no bones). Corning, Cheap Roasts.
13. Bony end of Shoulder. For Soups.
14. Shin. For Soups.
15. Loin (including Tenderloin and Sirloin). For Roasts and Steaks.
(A choice selection.)
16. Flank or Skirt. Rolled Steaks, Braising, Boiling, Corned Beef.
17. Rump. Roasts and Steaks. (This should be cut across the grain.)
18. Veiny Piece. For Stews and Soups.
19. Round. Stews, Beef Tea, poorer Steak.
20. Leg. Soups and Stews.
21. Tail. -or Soups.
22. Pin Bone. For Roasts.

The bones, gristle, tendons and other gelatinous portions are good for soup stock.

MUTTON

1. Shoulder. For Boiling.
2. Breast. Roast, Stews and Chops.
3. Loin. Best end for Roasts, Chops.
4. Neck. Best end for Cutlets, Stews, Pies.
5. Neck. For Stewing Pieces.
6. Head. Not used.
7. Loin. For Roasts, Chops.
8. Leg. For Roasts, Boiling.

BROILING

The rules for roasting meat apply to broiling except that instead of cooking it in the oven it is to be quickly browned, first on one side and then on the other, over a hot fire, and removed a little from the fire to finish cooking. Meat an inch thick will broil in about four minutes. Season after it is cooked.

FRYING

There are two methods of frying: One with very little fat in the pan, to practice which successfully the pan and the fat must be hot before the article to be fried is put into it. For instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being maintained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely covering the article to be cooked in smoking-hot fat and keeping the fat at that degree of heat until the food is brown. It should then be taken up with a skimmer and laid upon brown paper for a moment to free it from grease.

BOILING AND STEWING

Fresh meat for boiling should be put into boiling water and boiled very gently about twenty minutes for each pound. A little salt, spice or vegetables may be boiled in the water with the meat for seasoning. A little vinegar put in the water with tough meat makes it tender. The broth of boiled meat should always be saved to use in soups, stews and gravies. Stewing and simmering meats means to place them near enough

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to the fire to keep the water on them bubbling moderately, constantly and slowly. Salt meats should be put over the fire in cold water, which, as soon as it boils, should be replaced by fresh cold water, the water to be changed until it remains fresh enough to give the meat a palatable flavor when done. Salted and smoked meats require about 30 minutes very slowly boiling, from the time the water boils, to each pound. Vegetables and herbs may be boiled with them to flavor them. When they are cooked the vessel containing them should be set where they will keep hot without boiling until wanted, if they are to be served hot; if they are to be served cold, they should be allowed to cool in the pot liquor in which they were boiled. Very salt meats, or those much dried in smoking, should be soaked over night in cold water before boiling.

ROASTING

Wipe the meat with damp cloth. Trim and tie into shape, if necessary. In the bottom of pan put some pieces of fat from meat. Arrange meat on rack in pan. Sprinkle with salt, pepper and flour. Have oven very hot at first; when meat is half done reduce heat. Baste every ten or fifteen minutes. If there is danger of fat in pan being scorched, add a few spoons of boiling water. Allow from ten to twenty minutes per pound of meat, according as it is desired, rare or well done. When done remove to hot plate. Thicken gravy in pan with barley flour, adding more water as necessary and add seasoning. An onion may be laid on top of the roast to give it flavor, but should be removed before serving.

In purchasing meat one should know how to select the best quality, and the most useful pieces.

Beef, which stands at the head of the list, as being most generally used and liked, should be of a bright, clear red, and fat white. It should be well clothed in fat, to insure it being tender and juicy. The finest pieces are the sirloin and the ribs—the latter making the best roasting piece in the animal.

In cooking steaks remember it is far better to turn over three or four times on a platter containing a little olive oil than it is to hammer them, to make them tender. The object is not to force the juice, but to soften the fibre.

In selecting pork, one cannot exercise too great care in examining it. Do not buy any that is clammy or has kernels in

the fat. Remember, too, when the rind is hard it is old.

Veal should be fine in grain, of a delicate pink, with plenty of kidney fat. It should never be eaten under two months old.

Mutton should be firm and juicy, the flesh close-grained, the fat hard and white.

TO CLARIFY DRIPPINGS

Drippings accumulated from different cooked meats (except mutton, which has a strong flavor), can be clarified by putting all into a basin and slicing into it raw potato, allowing it to boil long enough for the potato to brown, which causes all impurities to disappear. Remove from the fire, and when cool drain into basin and set in a cool place.

BEEF

HINT ON COOKING ROAST BEEF

For roast beef to be juicy and tender when done, it should be basted every few minutes so in order to save yourself this trouble, place a large piece of beef suet on top of the roast; have baking pan perfectly dry and oven very hot; place in the oven and let cook the allotted time—say half an hour, according to the size. You can be about your inside work and in the allotted time your roast is done to a beautiful brown and is very juicy, as it has been constantly basting itself all the while with the suet. Take roast out of pan, pour off drippings in a bowl and make a gravy on top of stove. A nice addition to this is to put half dozen or so peeled potatoes in the pan with roast when placing it in to cook, and they will be done to a nicety when the roast is. On taking up roast lay baked potatoes around same. This was an experiment and proved very successful, and saves a great deal of work and worry.

BOILED BEEF WITH CABBAGE

1 Head Cabbage
5 Pounds Beef
Salt, Pepper

Remove all bruised or soiled leaves from cabbage, and cut in sections lengthwise, leaving a piece of the heart on each section to hold it together. Boil beef for an hour, or more, according to size of piece. Place cabbage on top of meat and cook together one hour, seasoning to taste. Lift out the beef, allow the cabbage to boil a few minutes in the broth and serve.

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BEEF PIE—POTATO CRUST

- 1 Tablespoon Barley Flour
- Cold Beef and Gravy
- Butter
- Sliced Onion, Salt, Pepper
- Barley Flour, Egg
- Potatoes

Cut the cold beef in pieces and with what gravy you have, half fill granite baking pan; add butter, sliced onion, salt and pepper and water enough to make plenty of gravy. Put over fire and thicken by dredging in the flour. Cover up where it may simmer.

Boil enough potatoes to fill the dish; mash smooth, beat light with milk and butter and place in thick layer on top of meat. Brush over with egg. Place dish in oven until potatoes are browned. Make plenty of gravy.

ROLLED STEAK

- 1 Rump Steak
- Parsley, Salt, Pepper
- Bread Crumbs, Butter
- 1 Cup Boiling Water

Flatten steak. Beat other ingredients to a cream and lay over the steak. Roll up the steak and bind evenly; lay in a dish with the cup of water; cover with another dish and bake forty minutes, basting frequently.

Remove cover and allow to brown before serving. Thicken the gravy with browned flour, and serve very hot. Cut and remove strings before serving.

POT ROAST

- 5 Pounds Beef
- 1 Onion
- Salt, Pepper

Put a very little drippings in an iron kettle; when hot, lay the beef in. Chop onion, fry brown in butter, and add to the beef with water to half cover meat; season and cover closely; thicken the gravy, simmer two hours or more. Serve with the gravy poured over.

HAMBURG STEAK

- 1 Pound Beef Round, Chopped Fine
- $\frac{1}{2}$ Teaspoon Onion Juice
- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{4}$ Teaspoon Pepper
- 1 Egg
- Nutmeg (a little)
- Soup Stock

Remove all fibre and fat from the meat; mix all together thoroughly; make into small balls and press flat. Fry in drippings; make a brown gravy of drippings used in frying; add a little soup stock and pour over the meat.

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KIDNEY STEW

- 3 Kidneys
- 3 Tablespoons Butter
- 1 Teaspoon Chopped Onions
- 1 Cup Brown Gravy
- Barley Flour
- $\frac{1}{2}$ Lemon
- Toast
- Salt, Pepper, Mace

Cut kidneys lengthwise, wash well, dry, and wipe carefully. Warm the butter and put in with the kidneys before really hot; add a little mace, salt and pepper to taste, the onion and gravy. Simmer all together closely covered about ten minutes. Add the lemon juice and a little grated peel. Serve on hot toast. Thicken the gravy with barley flour, and pour over.

FRIED BRAINS

- 1 Calf's Brain
- 1 Egg (beaten)
- Cornmeal, Butter, Parsley

Soak brain in cold water, then scald for just a second. Dip in the egg and corn meal and fry on both sides, a light brown, in butter substitute; garnish with parsley and serve hot.

IRISH STEW

- 2 Pounds Round Steak or Mutton Chops
- 6 Potatoes
- 2 Turnips
- 4 Onions
- $\frac{3}{4}$ Quart Water

Place meat in stew pan, add vegetables, pour in cold water; cover closely, let stew gently till vegetables are ready to mash, and the greater part of gravy is absorbed. Serve hot.

BOILED BEEF TONGUE

- 3 Fresh Tongues
- 1 Cup Salt

Clean and place in kettle with just enough water to cover; add salt; add water as it evaporates, so as to keep the tongues covered until they are done—when they may be easily pierced with a fork.

If they are to be served at once, remove the skin. Do not peel until needed.

Soak salt tongues over night and omit salt in boiling.

BEEF HEART STUFFED

- 1 Heart
- 2 Tablespoons Barley Flour
- 1 Sliced Onion
- 1 Stalk Celery, Chopped Fine
- Pepper, Salt, Butter

Wash thoroughly, cut into $\frac{1}{2}$ inch dice, put in a saucepan with water to

BRIDE'S COOK BOOK

cover; remove scum. When nearly done, add other ingredients. Stew until meat is very tender. Stir the barley flour with a little water and thicken the whole; boil up and serve.

BEEF TIMBALES

- 1 Pint Left-over Meat
- 1 Teaspoon Salt
- $\frac{1}{8}$ Teaspoon Pepper
- $\frac{1}{2}$ Cup Stock or Water
- 2 Tablespoons Bread Crumbs
- 1 Teaspoon Butter
- 2 Eggs
- Tomato Sauce

Free meat from fat and gristle; put through meat chopper, cutting fine; season with salt and pepper. Put the stock, bread crumbs and water together in a saucepan over the simmering burner; when hot add the meat. Take from the fire and add the eggs, well beaten. Put mixture in greased custard cups; stand in baking pan half filled with hot water. Bake in moderate oven twenty minutes. Serve with the tomato sauce.

FRIED TRIPE

- Tripe
- 1 Egg
- Milk
- 4 Tablespoons Barley Flour
- Salt Pork

Wash in warm water, cut in three-inch squares. Make a batter of the egg, milk and flour; try out the pork. Dip tripe in the batter and fry a light brown.

TRIPLE STEW

- 3 Pounds Boiled Tripe
- 2 Tablespoons Lard
- 1 Teaspoon Butter
- 1 Cup Greens
- 6 Large Potatoes
- 3 Onions
- 3 Cloves
- 3 Garlic Cloves
- 1 Quart Tomatoes
- Few Dried Mushrooms

Melt lard and butter in a stew kettle; add the onions, cloves, garlic, greens and parsley, all chopped fine. Strain tomatoes and add with the mushrooms. Add the boiled tripe, cut in thin strips. Add boiling water if too dry. Serve hot.

HASH

- Cold Left-over Beef
- Cold Boiled Potatoes
- Salt and Pepper

Chop very fine, season, add a little warm water. Put in frying pan and cook slowly about twenty minutes.

BEEF A LA MODE

- Cross Rib of Beef
- 2 Onions
- Pepper Corns
- 1 Carrot
- Bay Leaves
- Cloves, Salt, Vinegar
- Crust of Brown Bread
- 2 Tablespoons Barley Flour
- Butter Substitute

Put some drippings in bottom of pot, then the meat; cover with water. Put in the onions, pepper corns, cloves, bay leaves, carrot, bread crust, salt and a little vinegar. Keep the pot well covered; fill up with more hot water if it boils down. Let boil three hours, then blend the flour with butter substitute a nice brown; thin with gravy and let it boil up once more with the meat. Put the beef in a deep dish and strain the gravy over it. Add vinegar to taste. Serve with fried potatoes and red cabbage.

BRAISED BEEF

- 6 Pounds Round or Rump Beef (no bone)
- 1 Teaspoon Salt
- $\frac{1}{2}$ Teaspoon Pepper

Onions, carrots, turnips, sweet herbs. Wipe and trim beef. Sear brown on all sides in very hot frying pan. In braising pan or iron kettle put the vegetables in layers, with the seasoning. Lay on the meat; add pint of boiling water. Cover closely and cook four hours in moderate oven. Add water if it evaporates. Put meat on hot platter, strain, thicken and season gravy. Vegetables may be served separately if desired.

CORNED BEEF

Should be cooked in plenty of water brought slowly to a boil. If very salt should be soaked over night. Should be cooked long enough to make tender, so that in a brisket or plate piece the bones may be readily removed.

Preserve the liquor and return unused meat to it and let stand over night to absorb it.

The liquor will make good soup if not too salt.

MUTTON AND LAMB

ROAST MUTTON

Get a leg of eight pounds, which has hung about a week, weather allowing. During hot weather this joint gets quickly tainted. Rub it lightly with salt and put it at once before a brisk, sharp fire. Place it close to the fire for five

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minutes, then place it in the oven and let it roast slowly until done. Baste continually with good dripping until that from the joint begins to flow. When within twenty minutes of being done, sprinkle it with barley flour, and baste with butter or dripping; and when the froth rises, serve on a hot dish. Make a gravy, throw off the fat, when any gravy, if the dripping pan has been floured, will adhere to it. Add a little stock and a little boiling water, pepper and salt. Pour the gravy around the meat, not over it.

BOILED MUTTON OR LAMB

Trim and wipe the meat. Have ready kettle of rapidly boiling salted water. Immerse meat, boil hard five minutes, then reduce to gentle simmer. Allow fifteen minutes per pound. Lamb should always be well done; mutton may be rare. A little rice may be added to water to keep meat white.

MUTTON PIE

Mutton, Cold, Sliced
Potatoes, Parsley
Herbs or Onion
Mace, Salt, Pepper

Use any cold mutton from which lean slices may be cut. Put into a pie dish in alternate layers with thin sliced potatoes, making meat the first layer. The seasonings may be added at discretion. A cupful of gravy from the meat may be poured into the pie before the crust goes on. Pile mashed potatoes lightly on top for the crust.

MUTTON HARICOT

2 Pounds Breast Mutton
2 Onions Sliced
1 Pint Parboiled Potatoes
1 Pint Shelled Peas
Barley Flour
Drippings

Cut meat in pieces, roll in flour and brown in drippings. Put in stew pan, add onions, cover with boiling water and simmer until very tender. Add potatoes and peas, season, and simmer until vegetables are done.

LAMB SWEETBREADS

3 Sweetbreads
½ Pint Veal Stock
Green Onions
2 Eggs
1 Pint Cream
1 Teaspoon Parsley, Minced
Butter Substitute

Barley Flour
Salt, White Pepper
Mace, Grated Nutmeg
Boiled Asparagus Tips

Soak in luke-warm water; put in sauce pan with boiling water to cover. Simmer ten minutes; take out and put in cold water. Now lard them, lay in stew pan, add the stock, seasoning, mace onions, and a thickening of the butter substitute and flour. Stew gently twenty minutes.

Beat the eggs and cream together, add the parsley and a little nutmeg. Put with other ingredients. Stir well till quite hot, but do not let it boil after the cream is added or it will curdle.

Have ready the asparagus tips; add to sweetbreads and serve.

LAMB OR MUTTON STEW

Breast of Lamb or Mutton
2 Onions
2 Potatoes
Pepper and Salt
1 Cup Tomato Catsup
Parsley
Sweet Herbs

Cut up potatoes in quarters or eighths and put with other ingredients in sauce pan with meat; cover with water and stew gently two hours; add catsup; let boil up again and serve hot.

BROILED MUTTON CHOPS

1 Dozen Chops (loin)
Butter, Parsley
Salt, Pepper

Dip in melted butter and broil over clear fire nearly ten minutes, turning frequently. Lay on a warm platter and garnish with parsley.

IRISH STEW

2 Pounds Chops (neck)
4 Pounds Potatoes (after paring)
8 Onions, large

Cut meat in convenient pieces; slice potatoes and onions; put layer of onions and potatoes at the bottom of stew pan, place the meat on this and season plentifully with pepper, lightly with salt. Pack closely and cover the meat with another layer of potato and onion. Pour in as much water or stock as will moisten the topmost layer. Cover tightly and let simmer gently for three hours. Don't remove the lid as it hurts the flavor.

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SWEETBREAD CROQUETTES

- 2 Sweetbreads
- 1/4 Pint Cream
- 1 Teaspoon Butter
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1/4 Teaspoon Onion Juice
- 1 Tablespoon Barley Flour
- 1 Egg
- 1 Dozen Mushrooms (dried and chopped)
- 1 Teaspoon Parsley (fine)

Wash and parboil the sweetbreads, then put in cold water. Remove outside skin and all membrane; then with silver knife chop in small pieces and measure; there should be 1/2 pint.

Put the cream in a saucepan, rub the butter and flour together; stir with cream until it is a smooth paste; add the yolk of the egg and the sweetbread. Mix and cook one minute. Take from the fire, add the mushrooms, chopped fine; add the salt, pepper, parsley and onion juice, well mixed. When cool form into croquettes; roll into beaten eggs and bread crumbs and fry in hot lard.

KNUCKLES OF VEAL

- Veal (sliced)
- Salt, Pepper
- Mace, Thyme, Parsley
- Barley Flour, Butter

Season with salt and pepper; flour lightly and fry brown. Lay in saucepan, cover with water; skim well; add seasonings. Simmer 2 1/2 hours; thicken gravy with flour; add butter and salt to taste.

ROAST LOIN OF VEAL

Leave in the kidney, around which put considerable salt. Make a dressing the same as for fowls; unroll the loin, put the stuffing well around the kidney, fold and secure with several coils of white cotton twine wound around in all directions; place in a dripping pan, with the thick side down, and put in a rather hot oven, letting it cool down to moderate; in one-half hour add a little hot water to the pan, and baste often; after half an hour turn over the roast and when done sprinkle lightly with barley flour and baste with melted butter. Before serving carefully remove the twine. A roast of four or five pounds will bake in about two hours. For a gravy, skim off some of the fat if there is too much in the drippings; dredge in barley flour; stir until brown, add hot water if necessary; boil a few minutes, stir in sweet herbs as fancied and put in a gravy boat. Serve with green peas and lemon jelly.

FRIED SWEETBREADS

For every mode of dressing they should be prepared by half boiling, and then putting them in cold water; this makes them whiter and firmer. Dip in beaten egg and then in bread crumbs, pepper and salt and fry in drippings. Serve with peas or tomatoes.

VEAL CUTLETS, BREADED

Trim and flatten the cutlets, add pepper and salt, and roll in beaten egg, then in oatmeal. Fry in good dripping, turn when the lower side is brown. Drain off the fat, squeeze a little lemon juice on each, and serve in a hot flat dish.

CALVES LIVER AND BACON

Cut liver in one-half inch slices, soak in cold water twenty minutes, drain, dry and roll in barley flour. Have pan very hot. Put in bacon thinly sliced, turn until brown; put on hot platter. Fry liver quickly in the hot fat, turning very often. When done, pour off all but one or two tablespoons fat, dredge in barley flour until it is absorbed, and stir till brown. Add hot water gradually to make smooth gravy, season and boil one minute. Serve separately.

VEAL LOAF

- 3 Pounds Chopped Veal
- 1 Pound Fresh Pork (chopped fine)
- 3 Eggs
- Butter Substitute
- 1 Pint Rice (boiled)
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 1/2 Teaspoon each Sage, Thyme

Make all ingredients into a loaf. Wrap securely in white muslin, tie the ends. Place in baking pan with very little water, baste often, turn so as to brown both sides. Leave in cloth until cold.

PORK

ROAST LEG OF PORK

- Small Leg, Young Pork
- Sage, Onions
- Salt, Pepper
- Apple Sauce

Cut a slit in the knuckle and fill with the chopped onions and seasonings. When half done slice the skin in places, but do not go deeper than the outer rind. Serve with apple sauce.

SALT PORK, CREAM GRAVY

(Southern Style)

Salt Pork (sweet cured)
 Barley Flour
 Corn Starch
 White Pepper
 1 Tablespoon Bacon Fat
 3 Tablespoons Melted Fat
 2 Tablespoons Corn Starch
 1½ Cups Milk
 Salt

Cut pork in half-inch slices, put in saucepan, cover with cold water and bring to boiling point; drain; add cold water and let stand a few minutes; mix 2 parts flour to 1 part cornstarch; season with the pepper. Roll pork in mixture and place in frying pan with the hot bacon fat. Pour off fat as it melts, brown and fry till reduced one-half. Cook the cornstarch three minutes in the hot fat without browning; add the milk and salt and cook until smoothly thickened. Pour over the pork.

Serve for breakfast with baked potatoes and hot biscuit.

ROAST SPARE RIBS

Trim ragged ends neatly, crack ribs across the middle, rub with salt and sprinkle with pepper. Fold over, stuff with a turkey dressing. Sew up tightly, place in a dripping pan with pint of water; baste often; turn and bake both sides a rich brown.

FRIED PORK CHOPS

Cut about half inch thick; trim neatly. Put a little fat in the frying pan and when hot, the chops. Turn often until brown all over. A few minutes before they are done, season with sage, salt and pepper.

ROAST SADDLE OF PORK

Barley Flour
 Brown Gravy
 Apple or Tomato Sauce

Strip the skin, trim the joint neatly and cover the fat with buttered paper. Have a clear fire and baste often. Half an hour before taking up, remove paper, dredge lightly with the flour, and baste until it is brightly browned.

Serve with the gravy and sauce. If liked, skin may be left on, scoring it lengthwise, same way as saddle is carved.

PORK TENDERLOIN

Tenderloins
 Barley Flour
 Milk, Salt, Pepper

Slice tenderloins crosswise and flatten;

fry or broil them and season. When done move to platter and make a gravy with a little flour in the hot fat—if not enough fat, add a little butter. Stir until brown; add a little milk; stir until it boils; pour over the tenderloin.

FRIED SALT PORK

Take thin slices of pickled pork; fry lightly. Then mix a batter of egg and barley flour and milk and place the pork in this till it has become completely covered and fry to a light brown.

SALT PORK

Cut as many slices as needed; if for breakfast, the night previously soak in a pint of milk and water, about one-half milk, either skimmed milk, sour milk or buttermilk; rinse till the water is clear, and roll in corn meal and fry. It is as nice as fresh pork.

FRIED HAM AND EGGS

Cut slices of ham very thin, trim off the rind, put into a frying-pan, cooking until crisp. Place on a hot platter; pour off some of the grease, then carefully break the eggs separately in a small plate so that no bad be cooked, and slip each egg gently into a frying-pan. Do not turn them while frying, but gently tip the pan so that the hot lard will be over them all. Cook about three minutes; the white must retain its transparency so that the yolk can be seen through it. Lay a fried egg upon each slice of ham and serve hot.

TO BOIL A HAM

Well soak the ham in a large quantity of water for twenty-four hours, then trim and scrape it very clean; put it in a large pot with more than sufficient water to cover it; put in a blade of mace, a few cloves, a sprig of thyme and two bay leaves. Boil it for four or five hours, according to its weight; and when done, let it become cold in the liquor in which it was boiled. Then remove the rind carefully, without injuring the fat, press a cloth over it to absorb as much of the grease as possible, and shake some bread raspings over the fat. Brown quickly in hot oven. Serve cold, garnished with parsley.

ROAST PIG

Select a pig about six weeks old, wash it thoroughly inside and outside; wipe dry with a towel, salt inside and stuff

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it with a rich fowl dressing, making it plump. Sew it up, place it in the dripping pan, salt and pepper the outside, baste with butter and water a few times as the pig warms, afterward with gravy from the dripping pan. Roast from two to three hours. Make the gravy by skimming off most of the grease; stir in the pan two tablespoonsful of barley flour, turn in the water to make it the right thickness, season and let all boil up once. Strain and turn into the gravy dish. Place the pig upon a large platter surrounded with parsley. Send to the table hot. In carving, cut off the head first; split the back, take off the hams and shoulders and separate the ribs.

BAKED HAM

Put a medium-sized ham in a pot and cover with sweet cider. Let it simmer gently for three and one-half hours. Skim frequently to remove the grease as it rises. When tender take out and remove the rind; cut the fat on top into diamonds and in each diamond stick a clove; then rub over the top of the ham one-half of a cupful of maple syrup, place in the oven and bake slowly for forty-five minutes.

MEAT PIES

POTATOES FOR CRUST ON MEAT PIES

HOT POT

- 1 Pound Meat Free from Bone
- 2 Pounds Potatoes
- 2 Onions
- Salt and Pepper to Taste
- 2 Carrots
- Water

Peel and slice potatoes, carrots and onions. Cut meat in small pieces. Fill a casserole or baking dish with alternate layers of meat, carrots and onions. Put uncooked potatoes on top of pie. Fill dish three-fourths full of water. Bake in moderate oven $1\frac{1}{2}$ hours.

COTTAGE PIE

For the filling, use either cold roast cut into pieces covered with gravy, or shredded cooked fish with white sauce.

For the crust, lightly pile on a layer of cold mashed potatoes. Bake until browned in hot oven.

MEAT AND POTATO CASSEROLE

- $1\frac{1}{2}$ Pounds Mashed Potatoes

- 2 Tablespoons Fat

- 1 Egg

- Salt and Pepper to Taste

- $\frac{3}{4}$ Pound Minced Cooked Meat

- 1 Cup Thick Brown Sauce or Gravy

Grease the inside of a casserole or baking dish and coat it with corn meal. Mix the fat and part of the beaten egg with the potato, season and line the dish with this mixture, leaving a cavity in the center. Brush with rest of egg and bake 20 minutes in a hot oven till brown. Heat the minced meat and sauce together and season. Turn out the potato case, fill it with the meat mixture and serve hot.

SHEPHERD'S PIE

Grease a baking dish; cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish seasoned well and mixed with meat stock or gravy. Cover with mashed potatoes. Bake long enough to heat through—20 or 30 minutes.

MEAT LOAF OR MEAT BALLS

- 1 Pound Ground Beef
- 1 Cupful Cold Cereal
- 1 Egg
- 1 Teaspoon Salt
- 1 Teaspoon Seasoning
- $\frac{1}{8}$ Teaspoon White Pepper

Use enough bread or cracker crumbs to make the proper consistency for rolling into balls or forming a loaf. It is well to let the cereal stand covered in the oven or a warm place till heated through, then work into it the meat and other ingredients, using the hand. Cook the balls in a little hot cooking oil, or drippings in a frying pan. The loaf should be baked in the oven; use the same fats, and if desired baste with a tomato sauce.

MOCK PORK SAUSAGE

- 1 Pound Hamburger Steak
- 1 Teaspoon Sage
- $\frac{1}{2}$ Teaspoons Savory
- $\frac{1}{2}$ Teaspoons Thyme
- 2 Cupfuls Cold Cooked Oats
- $\frac{2}{2}$ Teaspoons Salt
- $\frac{1}{2}$ Teaspoon Pepper
- 1 Beaten Egg
- 2 Tablespoons Cooking Oil

Mix all thoroughly, form into flat cakes, dip in flour and sauté until well done and brown. This quantity will make sixteen cakes about two inches in diameter and half an inch thick.

BRIDE'S COOK BOOK

VEGETABLE STEW

- $\frac{1}{2}$ Pound Beef
- $\frac{1}{2}$ Pound Mutton
- $\frac{1}{2}$ Cup Carrots, diced
- 1 Carrot, whole
- 2 Cups Potatoes, diced
- $\frac{3}{4}$ Cup Tomatoes, canned
- 2 Tablespoons Fat
- 3 Tablespoons Onion, Sliced
- 1 Cup Cabbage, Chopped
- $\frac{1}{4}$ Cup Flour, for thickening
- $\frac{1}{2}$ Bay Leaf
- 6 Cloves
- 6 Peppercorns
- 2 Tablespoons Parsley, chopped
- 2 Teaspoons Salt
- 1 Sprig Thyme
- 7 Cups Water

Cut meat into small pieces; brown with onion in fat; add water, one carrot in which the cloves have been imbedded, and other vegetables. Tie the bay leaf, peppercorns, and thyme together in a piece of cheesecloth and cook with stew ingredients until these are done (about two hours). Remove bag of season-

ings; thicken stew with flour; add salt and pepper if desired.

GOULASH

- $\frac{3}{4}$ Pound Beef, chuck
- 1 Tablespoon Fat
- $\frac{1}{2}$ Teaspoons Salt
- $\frac{1}{2}$ Tablespoons Onion, chopped
- $1\text{--}3$ Sweet Red Pepper
- 1 Cup Potato, diced
- 3 Peppercorns
- $\frac{1}{2}$ Bay Leaf
- $\frac{1}{2}$ Teaspoon Paprika
- $\frac{1}{2}$ Cups Water (more or less)
- 1 Cup Tomatoes

Fry onion a golden brown in the fat; add meat, cut into small pieces, and brown well. Add red pepper, seasonings, and tomato. Cook until meat is tender, adding the water gradually as needed. Add potatoes and cook until they are tender. Noodles may be added if they are desired, about 20 minutes before the potatoes are done.



Visit 3 stores when buying Furniture

Always visit 3 stores—study, in as critical a manner as possible, each store's policy, each store's values, each store's prices. ¶ Have each salesman explain materials used; learn the difference between the real and the "just as good"; ask what each store does if you are dissatisfied at any time; realize the difference between "painted pine" at \$25, and "6-coat enamel over maple" at \$80—the both may be called "decorated ivory." ¶ Then place your order with the store which gives you the best value, service and satisfaction for the money you invest.

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The John Breuner Company maintain what is *more than just a store—an institution*—for purveying Beauty, Comfort, Helpfulness and Service, through the medium of good, *dependable* Furniture and Furnishing Accessories for the Home.



281 GEARY STREET, near POWELL

Meat Substitute Dishes

INSTEAD OF MEAT USE FISH, CHEESE, BEANS, PEAS, LENTILS, NUTS OR SKIM MILK.

PEANUT BUTTER LOAF

- 1 Cup Peanut Butter
- 1 Cup Mashed Potatoes
- 2 Tablespoons Finely Chopped Parsley
- 2 Teaspoons Grated Onion
- 1 Egg
- 2 Teaspoons Salt
- $\frac{1}{2}$ Teaspoon Grated Nutmeg
- $\frac{1}{8}$ Teaspoon Paprika

Mix all together and shape into loaf and bake.

PEANUT PUREE

- 3 Cups Hot Milk
- 1 Cup Water or Stock
- 2 Tablespoons Cornstarch
- $\frac{1}{2}$ Cup Peanut Butter
- 1 Teaspoon Salt
- $\frac{1}{4}$ Teaspoon Paprika
- Parsley or Celery Tops

Mix cornstarch with part of cold water and blend with peanut butter; add the seasoning and the rest of the water. Stir into the hot milk. Cook 20 minutes in a double boiler; add parsley or celery tops to season.

GREEN SOY BEANS

Soak beans at least twelve hours, then boil in enough water to cover, about four hours or until tender. Allow most of the water to evaporate during the cooking. When tender, add butter, salt, pepper, and serve.

YELLOW SOY BEAN SOUFFLE

- 1 Cup Yellow Soy Beans
- 2 Tablespoons Butter
- 4 Tablespoons Flour
- 1 Cup Milk
- 1 Teaspoon Salt
- $\frac{1}{8}$ Teaspoon Pepper
- 2 or 3 Eggs

Soak beans and cook in boiling water until tender, about four hours. Drain and rub through a strainer. Melt butter, add flour and milk and boil one minute, stirring constantly. Add 2 cups beans pulp, cool and add the beaten egg yolks and seasoning. Beat the whites of the eggs until stiff and fold into the bean mixture. Put in a buttered baking dish and bake in a moderate oven thirty minutes.

BAKED SOY BEANS

- $\frac{1}{2}$ Cup Yellow Soy Beans
- $\frac{1}{2}$ Cup White Beans
- 1-3 Cup Corn Syrup
- $\frac{1}{4}$ Teaspoon Mustard
- 1 Small Onion
- $\frac{1}{4}$ Pound Salt Pork

Soak beans twelve hours. Put into baking dish in which the salt pork, onion, corn syrup, and mustard have been placed. Cover with cold water, and cook in a slow oven at least 12 hours. Add water as needed.

(Soy beans alone make a palatable dish when baked. In this case 2 table-spoons flour should be added to give the desired consistency.)

NUT AND CEREAL ROAST

Contributed by Albers Bros. Milling Company.

- 1 Cup Cold Cooked Pearl Barley
- 1 Cup Leftover Oats or Other Cereals
- 1 Cup Brown Bread Crumbs
- 1 Cup Chopped Peanuts
- 1 Teaspoon Salt
- $\frac{1}{4}$ Teaspoon Pepper
- 2 Tablespoons Butter
- 2 Tablespoons Barley Flour
- 1 Cup of Hot Water or Vegetable Stock
- 1 Large Chopped Onion

Cook the onion in the butter until light brown, add the barley, flour, stir and add hot water or vegetable stock; let simmer, stirring constantly for five minutes; then blend with dry ingredients, which have been well mixed. Shape into a loaf, place in greased roasting pan, and bake 40 minutes. Serve piping hot with a tomato sauce. A delicious meat substitute.

BAKED BEANS

- 2 Cups White Beans
- Baking Soda
- 2 Cups Milk
- 1 Teaspoon Butter
- 2 Tablespoons Honey
- Pinch Cayenne Pepper

Soak over night, 1 pint small white beans. Bring to a boil, adding soda the size of a bean, and allow to simmer for $\frac{1}{2}$ hour. Drain, and cook until tender in salted water, but not long enough to break the skins. Drain and rinse the beans and put them in an earthenware bean-pot. Pour over them the milk, adding butter, honey, and pepper. Cover closely and bake in a slow oven until the milk is absorbed.

BRIDE'S COOK BOOK

CHEESE SOUFFLE

- 1 Cup Milk
- 1 Teaspoon Cornstarch
- 1/2 Cup Crumbs
- 1/2 Cup Grated Cheese
- 3 Eggs

Cook the cornstarch in the milk, and when it comes to the boil add the crumbs. Beat the yolks of the eggs and add the cheese. Stir this into the first mixture, and season to taste. Add the whites of the eggs, beaten stiff, and bake at once.

VEGETABLE CUTLETS

- 1 Cup Cooked Rice
- 2 Cups Cooked Beans
- 1 Cup Mashed Potatoes
- 1 Tablespoon Fat or Oil
- 2 Tablespoons Onion
- 2 Tablespoons Cornstarch
- 1-3 Cup Tomato
- 1/2 Teaspoon Salt

Cook onion in fat, add remaining ingredients which have been put through the meat chopper. Mix well, shape like cutlets and bake 1/2 hour in a quick oven, basting twice with fat or oil.

WELSH RAREBIT

- 1 Tablespoon Butter
- 1 Tablespoon Cornstarch
- 1/4 Cup Milk
- 1/2 Pound Mild Cheese
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Mustard
- Cayenne

Melt the butter and add the cornstarch. Then add the milk gradually. Cook 2 minutes, stirring constantly. Add the cheese and stir till melted. Serve on crackers or toast.

BARLEY AND CHEESE SOUFFLE

Contributed by Albers Bros. Milling Company.

- 1/2 Cup Pearl Barley
- 2-3 Cup Grated Cheese
- 3 Eggs (well beaten)
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1 Cup Milk

Cook the barley in boiling water until tender (or use two cupfuls of cooked barley). Mix together thoroughly; bake in a greased casserole twenty to twenty-five minutes.

BAKED SOY BEAN SOUP

- 2 Cups Boiled Soy Beans
- 3 Pimientos
- 1-3 Cup Cottage Cheese
- 1 Teaspoon Salt
- f. g. Pepper

Mix in order given. If the mixture is too dry to shape into a loaf, add liquid from beans or pimientos to moisten. Shape into a loaf and bake in a moderate oven, basting frequently with drippings and water.

SPLIT PEA AND NUT ROAST

Contributed by Albers Bros. Milling Company.

Soak one cupful split peas over night in cold water. In the morning drain, cover with fresh water and simmer until tender. Press through a coarse sieve or colander. Add one-half cupful chopped peanuts, one tablespoonful melted fat or cooking oil, one-half cupful fine dry bread crumbs, one-half teaspoonful salt (more may be required), one-fourth teaspoonful pepper and enough milk to make the mixture of the consistency of mush. Put into an oiled baking dish, bake in a moderate oven one hour. Serve hot with a tomato or meat sauce. Minced onion and green pepper may be added if desired.

SPLIT PEA LOAF

Contributed by Albers Bros. Milling Company.

- 2 Cups Split Peas
- 1 Medium Sized Minced Onion
- 1 Red or Green Pepper
- 1/2 Cup Grated Cheese
- 3/4 Cup Dry Bread Crumbs
- 1 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 2 Cups Liquid

Soak peas over night or several hours; then cook until tender; mix all ingredients and bake in greased loaf pan about forty minutes.

WALNUT SAUSAGE

Contributed by Albers Bros. Milling Company.

- 1 Cup Cold Boiled Hominy Grits
- 1 Cup of Fine Stale Bread Crumbs
- 1 Cup Chopped Walnuts
- 2 Tablespoons Melted Butter or Olive Oil
- 2 Eggs
- Salt, Pepper and Sage to Taste

Mix the cold hominy grits, bread crumbs, walnuts, melted butter or olive oil, eggs; add salt, pepper and sage to taste. Shape in small cakes and fry in hot fat or oil. (These have good meat value.)

BRIDE'S COOK BOOK

CHEESE FONDU

- 1/2 Pound Dry Cheese
- 1 Tablespoon Cornstarch
- 1 Cup Cream
- Yolks 4 Eggs
- Whites 4 Eggs

Cook the cornstarch with the cream till thick; turn in the cheese, grated, and add a little salt. Stir till cool and add the yolks, well beaten. Fold in the whites, beaten very stiff. Bake in a papered tin in a hot oven, filling tin only half full. Bake 20 minutes and serve at once or it is apt to fall.

COTTAGE CHEESE LOAF WITH BEANS OR PEAS

- 1 Cup Cottage Cheese
- 1/4 Teaspoon Soda to Neutralize Acid
- 2 Cups Cooked Pink Beans
- 1 Cup Boiled Rice (dry)
- 1 Cup Dry Cornbread Crumbs
- 2 Tablespoons Chopped onion or 1/2 Teaspoon Onion Juice
- 2 Tablespoons Savory Fat
- Chopped Celery or Celery Salt, or Pimientos, or Worcestershire Sauce, or Mixed Poultry Dressing.

Mash pink beans or put them through the meat chopper. Mix beans, cheese, bread crumbs and seasoning together well and form into a roll. The roll should be mixed very stiff, for it will become much softer, on heating. Bake it in a moderate oven, basting occasionally with a well flavored fat. Serve with tomato or other sauce.

BOSTON ROAST

- 1 Pound Can of Kidney Beans or Equivalent Quantity of Cooked Beans
- 1/2 Pound of Grated Cheese
- Bread Crumbs
- Salt

Mash the beans or put them through a meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavored with onions, chopped and cooked in butter and water.

NUT AND CHEESE ROAST

- 1 Cup of Grated Cheese
- 1 Cup of Chopped English Walnuts
- 1 Cup of Bread Crumbs
- 2 Tablespoons of Chopped Onion
- 1 Tablespoon of Butter
- Juice of Half a Lemon
- Salt and Pepper

Cook the onion in the butter and a little water until it is tender. Mix the

other ingredients and moisten with water, using the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

PEANUTS AND ONIONS

- 2 Quarts Cooked Onion (steamed or boiled)
- 1/2 Cup Peanuts, Roasted and Chopped
- 2-3 Quart White Sauce
- Salt
- Pepper

Put one-half of the peanuts into the white sauce and mix this with the onions. Sprinkle the remaining half of the peanuts on top. Quantity: 10 servings.

FONDU

- 1/2 Pound Good Dry Cheese
- 2 1/2 Tablespoons Cornstarch
- 1 Cup Cream
- Yolks of 4 Eggs
- Whites of 5 Eggs

Cook the cornstarch with the cream till thick; turn in the cheese grated and add a little salt. Stir till cool and add the yolks, well beaten. Fold in the whites, beaten very stiff. Bake in a papered tin in a hot oven, filling tin only half full. Bake twenty minutes, and serve at once, as it will fall.

HOMINY AND CHEESE

- 4 Cups Hominy
- 1/2 Cup Cheese
- 1/2 Cup Milk
- Seasoning

Place alternate layers of hominy and cheese in baking dish. Add milk and seasonings. Cover with buttered crumbs. Bake 20 to 30 minutes.

Protein, 365 calories—Total, 3373 calories.

BOSTON BAKED BEANS

To one pint dried beans, add one quart milk-warm water. Set on back of range and soak over night. Wash from this water, add three pints warm water and cook till tender. This will take about three hours or a little less, possibly. Drain well and season with salt and pepper. Place in center of baking dish a nice, firm, square piece of boiled salt pork and surround it with beans. Pour over all two tablespoons of yellow corn syrup, and bake for an hour. By this time it will be a rich brown.

Sauces

WHITE SAUCE

- 2 Cups Milk
- 2 Tablespoons Cornstarch
- 2 Tablespoons Butter
- Salt and Pepper to Taste

Rub the butter and cornstarch together and add the cold milk. Place over a moderate fire and stir constantly till it boils. Cook thoroughly. This sauce may be used for vegetables. For fish, add hard-boiled eggs, either chopped or sliced.

CAPER SAUCE

- 2 Tablespoons Butter
- 2 Tablespoons Barley Flour
- 1 Tablespoon Cornstarch
- 2 Cups Milk
- 1 Teaspoon Vinegar
- 3 Tablespoons Capers
- Salt and Pepper to Taste

Rub butter, flour and cornstarch to a paste. Add the milk and stir over moderate fire till it thickens. Add vinegar, capers and seasoning. Serve with lamb or mutton.

PARSLEY SAUCE

Make a white sauce and add chopped parsley and a little lemon juice. Serve with fish.

VELVET SAUCE

- 4 Tablespoons Butter
- 1 1/2 Tablespoons Flour (barley)
- 2 Tablespoons Cornstarch
- 1 Quart Chicken or Veal Stock
- 1/2 Cup Mushroom Liquor
- 6 Whole Peppers
- Salt and Dash of Nutmeg

Combine as directed in white sauce, using stock in place of milk. Boil twenty minutes. Skim and simmer for one hour. Strain and season if necessary. Add a few drops of kitchen bouquet.

ROAST BEEF SAUCE

Remove roast from pan, and pour off all the fat except one good tablespoonful. Add one tablespoon of cornstarch. Put over the fire and cook, stirring constantly till well browned. Add gradually, stirring all the time, one pint of boiling water, and cook till thick and smooth. All brown gravies may be made from this recipe.

CREAMED CHICKEN GRAVY

Pour desired amount of milk into pan where chicken has been fried. Season with butter, salt and pepper, and thicken with cornstarch rubbed smooth with a little cold milk.

LOBSTER SAUCE

- 1 Lobster
- 1 1/2 Tablespoon Cornstarch
- 1-5 Teaspoon Cayenne Pepper
- 1 Pint Boiling Water
- Lemon Juice

Directions: Cut the lobster into dice. Rub the "coral" to a paste with part of the butter. Make a sauce of the cornstarch, rest of butter and water, add the coral, and season to taste with lemon juice and salt. Simmer five minutes and strain over the diced lobster. Boil up once and serve.

TOMATO SAUCE

- 1 Pint Tomatoes
- 1 Large Slice Onion
- 2 Tablespoons Butter
- 1 1/2 Tablespoons Cornstarch
- Salt and Pepper to Taste

Directions: Put the onion and bay leaf into the tomatoes and simmer gently twenty minutes. Rub through a strainer and add to the butter and cornstarch previously rubbed together. Stir over a moderate fire till it boils and season to taste. Cook thoroughly.

POULETTE SAUCE

Add a cup of cream and the yolks of two eggs beaten together until they are light, to cream sauce, and a little paprika.

NEWBURG SAUCE

Make Poulette sauce. As soon as you have removed it from the fire, add a few tablespoons of white wine.

HORSERADISH SAUCE

A good-sized stick of horseradish is required, which should be grated into a bowl and a teaspoonful of mustard, a little salt, one-quarter of a pint of cream and vinegar to taste added. Stir all well together.

BRIDE'S COOK BOOK

CHILI SAUCE

Two quarts of ripe tomatoes, four large onions, four chili peppers; chop fine, then add four cups vinegar, three tablespoonfuls brown sugar, two of salt, two teaspoonfuls each of cloves, cinnamon, ginger, allspice and nutmeg; boil all thoroughly together and bottle after straining through a colander.

MUSHROOM SAUCE

Dissolve one-half teaspoonful of extract of beef in one-half pint of boiling water. Fry one minced onion and one chopped carrot in a little dripping until lightly browned; pour the liquid over them, let all boil together for ten minutes and add a dessert-spoonful of mushroom catsup, skim, strain, and it is ready for the table.

TOMATO SAUCE

- 1 Can Tomatoes
- 2 Cups Water
- 4 Cloves
- 4 Pepper Corns
- 2 Teaspoons Mixed Herbs
- 4 Sprigs Parsley
- 2 Tablespoons Chopped Onion
- 2 Tablespoons Fat
- 1½ Tablespoons Cornstarch
- 1 Teaspoon Salt
- ¼ Teaspoon Pepper
- f. g. Cayenne

Boil the tomatoes with spices and herbs together in a sauce pan. Heat the fat in a frying pan and in this cook the cut-up onion. Slowly add the cornstarch, stirring to keep from lumping. Add to the hot tomatoes. Add the salt, pepper and cayenne. Let cook to thicken, then strain over the fish.

CHEESE SAUCE

- 1 Tablespoon Fat
- 1 Tablespoon Flour (Rice) or
- ½ Tablespoon Cornstarch
- 1 Cup Milk
- ¼ Teaspoon Salt
- Few Grains Pepper
- ½ Cup Cheese Cut Fine

Melt fat; add flour or cornstarch; stir until well blended, then add milk and cook two minutes. Add cheese and seasonings, stirring well until cheese is melted. Serve on toasted slices of bread or over poached egg on toast.

GIBLET SAUCE

Take the liver, heart, gizzard and neck of a chicken, wash and boil in salted water. Let boil till tender. Take them out with a skimmer and chop into coarse

pieces. Put them back, add a little butter substitute and thicken to a cream. Pepper and salt, boil a few minutes and serve.

TARTAR SAUCE

Make one cup mayonnaise. Chop very fine one tablespoonful each of capers, olives, cucumber pickle and parsley. Press in a cloth till quite dry. Blend gradually with the mayonnaise. For fried or boiled fish.

OLIVE SAUCE

One cup brown sauce, twenty-four stoned olives, one tablespoon sherry. Simmer olives in hot water ten minutes. Drain, add sauce, simmer five minutes; take from fire and add sherry.

CRANBERRY SAUCE

Wash and pick one quart of cranberries and put them in a saucepan with water to cover; let them stew slowly, stirring often till they are reduced to a pulp; then sweeten to taste and turn in a deep dish or mould. They may be strained and cleared as jelly is prepared.

TOMATO MUSTARD

One peck of ripe tomatoes, boiled with two onions, six red peppers, four cloves of garlic, for one hour; then add a half pint or half pound of salt, three table-spoons black pepper, half ounce each ginger, allspice, mace, cloves; boil again for one hour longer, and when cold add one pint of vinegar and a quarter pound of mustard; and if you like it very hot, a tablespoonful of cayenne.

MINT SAUCE

Mix one tablespoon of white sugar to a half teacup of good vinegar; add the mint and let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

CELERY SAUCE

Mix two tablespoons rice flour with half teacup butter substitute, have ready a pint of boiling milk; stir the flour and butter substitute into the milk; take three heads of celery, cut into small bits and boil for a few minutes in water, which strain off; put the celery into the melted butter and keep stirred over the fire for five or ten minutes. This is very nice with boiled fowl or turkey.

Pickles

SWEET CUCUMBER PICKLES

- 12 Green Cucumbers
- 1 Coffee Cup Granulated Sugar
- 1 Cup Vinegar
- 2 Teaspoons each Cloves and Cinnamon

Soak cucumbers in weak salt water about an hour. Make a thick syrup of sugar and vinegar. Tie up cloves and cinnamon in a muslin cloth and boil in syrup until it thickens. Drain cucumbers, rinse well in clear water and add to the syrup; set them back on the range and let them simmer gently for three hours.

RIPE CUCUMBER PICKLES—SOUR

- 12 Large, Ripe Yellow Cucumbers
- 1/2 Dozen Red Peppers
- 1 Fresh Horseradish
- 1 Pound Mustard Seed

Cut cucumbers in halves, removing seeds and pulp, cut in oblongs and stand over night in salt water; next morning rinse in clear water, drain and wipe as dry as possible, placing them in a jar. Remove seeds from peppers and cut in small narrow pieces; cut horseradish in small pieces. Sprinkle peppers, horseradish and mustard seed between the slices of cucumber; have enough boiling vinegar to cover all and pour over. On the third morning scald vinegar again, adding extra vinegar if too weak; they are ready for use when cold. May be put away in glass jars on third morning.

MIXED PICKLES

- 1 Peck Green Tomatoes
- 6 Large Onions
- 1 Cup Salt
- 1 Quart Cider Vinegar
- 3 Pounds Brown Sugar
- 1/2 Pound White Mustard Seed
- 1 Teaspoon each Ground Cloves and Ginger
- 2 Teaspoons of Mustard
- 1 Teaspoon of Cayenne Pepper

Slice tomatoes into earthen jar with the onions and pour salt over them. Let stand twenty-four hours and drain. Add other ingredients and cook slowly for fifteen minutes.

SWEET TOMATO PICKLES

- 8 Pounds Peeled Tomatoes
- 4 Pounds Powdered Sugar
- 1 Ounce each Cinnamon, Cloves and Allspice

Boil one hour and then add a quart of boiling vinegar.

GREEN PICKLES FOR DAILY USE

- 1 Gallon of Vinegar
- 3/4 Pound of Salt
- 1/4 Pound of Ginger
- 1 Ounce of Mace
- 1 Ounce of Mustard Seed
- 1 Teaspoon Cayenne Pepper

Simmer all in the vinegar and when cold put in jar. You may throw in fresh vegetables when you choose.

MOCK CAPERS

Take green nasturtium seeds when they are full grown, but not yellow; dry for a day in the sun; put in jars and cover with boiling vinegar, spiced, and when cool cork closely. Fit for use in six weeks.

MUSTARD PICKLES

- 1 Peck Cauliflower, Little Onions, and Small Cucumbers
- 1 Cup of Salt
- 1 Gallon Cider Vinegar
- 1/2 Pound Mustard
- 1 Tablespoon Turmeric
- 2 1/2 Tablespoons of Curry Powder
- 2 Tablespoons of Ginger
- 1 Teaspoon Cayenne Pepper

Look over vegetables carefully and sprinkle with the salt between layers; cover with boiling water and let stand all night; drain and wipe dry; stir other ingredients in a little cold vinegar until the lumps are out, then stir it into the half-gallon of hot vinegar and keep on stirring until it comes to a scald. Pour over the pickles, stir it once or twice for a day or two and then put in glass jars.

PICKLED CHERRIES

- 5 Pounds Cherries
- 1 Quart of Vinegar
- 2 Pounds of Sugar
- 1/2 Ounce each of Mace and Cinnamon

Stone cherries; grind spices and tie in muslin bag; boil spices, sugar and vinegar together and pour hot over cherries.

PICKLED BEETS

- 1 Tablespoon Sugar
- Salt and Pepper
- Vinegar and Water

Take cold boiled beets and slice them across; make a liquid of half water and vinegar with the salt, pepper and sugar

BRIDE'S COOK BOOK

stirred in and put the beets in. This is for present use; kept too long they turn white. A bag of spices and a few whole cloves may be boiled with them.

PICKLED SWEET APPLES

- 2 Cups of Vinegar
- 4 Cups Sugar
- Cinnamon and Cloves

Make a syrup of the vinegar and sugar, add a few pieces of cinnamon and a few cloves; pare, core and quarter sweet apples; drop in syrup and cook until tender; put in jar and pour the syrup over. They are ready to eat as soon as cold and will keep for any length of time if sealed.

PICKLED SWEET PEARS

- 1 Pint Cider Vinegar
- 1/4 Pounds Granulated Sugar
- 1/2 Dozen Whole Cloves
- 1 Dozen Allspice
- Few Pieces Cinnamon

Boil cider and vinegar together for ten minutes; tie spices in muslin cloth and boil in vinegar. Select small sweet pears, pare them and boil gently in the vinegar until the pears look clear; drain off the vinegar, put the pears in jars, reheat vinegar and pour over. Seal, if for keeping.

PICKLED ONIONS

- Small Onions of Equal Size
- Vinegar, Whole Cloves and Mace

Peel and scald onions in salt water until tender, drain and put in glass jars; heat to boiling point enough vinegar to cover them, scalding with it the cloves and mace; pour it over the onions, distributing spices among the jars; seal the jars tight.

PICKLED GREEN TOMATOES

- Tomatoes
- Cloves
- Vinegar

Let the tomatoes stand in salt water for twelve hours, then stick four or five cloves in each one and pour boiling vinegar over them. Place in jar and set in cool place.

SPICED CURRANTS

- 5 Pounds Currants
- 2 Pounds Sugar
- 1 Pint of Vinegar
- 1 Tablespoon each of Salt, Pepper, Cinnamon and Cloves

Mash well together and boil twenty minutes.

TOMATO CATSUP

- 1 Peck of Tomatoes
- 1/2 Pint of Vinegar
- 1/8 Ounce Red Pepper
- 1/4 Ounce Black Pepper
- 1/2 Ounce each, Mace, Cloves and Allspice
- 2 Ounces Mustard

Cut tomatoes in two and boil for half an hour, press through a hair sieve, add spices and boil for three hours over a slow fire. Remove from fire, turn it out and let stand till next day; add the vinegar. Salt to suit; put in a little ginger and essence of celery if desired. Bottle, seal the corks and keep in a dark, cool place.

FRENCH MUSTARD

- 1/4 Pound Mustard
- 1 Pint of Vinegar and Water, equal proportions
- Rice Flour, Salt, Calamus Root, Honey

Pour water and vinegar over mustard, add pinch of salt, calamus root size of pea. Put it on the fire and when it boils add tablespoon of flour; let boil twenty minutes, stirring constantly; just before taking it off, stir in teaspoon of honey. When cool, bottle and cork tightly.

PICKLED CABBAGE

- 1 Cabbage, Quartered
- Spiced Vinegar
- Salt

Remove outer leaves before quartering and reject stalks; put in jar, sprinkle salt between layers and let stand overnight. Drain dry as possible and cover with boiling hot vinegar spiced to the taste.

CHOW CHOW

- 25 Tiny Young Cucumbers
- 15 Onions, Sliced
- 2 Quarts String Beans, Cut in Half
- 4 Quarts Green Tomatoes
- 2 Heads White Cabbage
- 4 Red Peppers
- 4 Tablespoons Mustard Seed
- 1 Cup Sugar
- 2 Tablespoons each of Celery Seed, Whole Allspice and Whole Cloves
- Cider Vinegar
- Salt

Prepare the vegetables, place in stone jar in layers with a slight sprinkling of salt between layers. Let stand twelve hours and drain off the brine. Put the vegetables in a kettle over the fire, sprinkling through them the spices and sugar. Pour on enough of best cider vinegar to cover; cover tightly and simmer well until thoroughly cooked. Put in glass jars when hot. Tomatoes and cabbage must be chopped coarsely.

BRIDE'S COOK BOOK

PEPPER CATSUP

- 50 Pods Large Red Peppers with Seeds
- 2 Pints of Vinegar
- 2 Teaspoons of Sugar
- Cloves, Mace, Spice, Onions and Salt

Add a pint of vinegar to peppers and boil until pulp will mash through a sieve; add the second pint of vinegar to the pulp and the other ingredients. Put all in kettle and boil to proper consistency.

PICKLED ONIONS AND CUCUMBERS

- 10 Green Cucumbers, large
- ½ Dozen Small Onions
- Red Pepper, Vinegar, Sugar

Peel cucumbers, cut them and the onions into thick slices, crosswise; sprinkle with salt; let stand for a day and drain. Put them in a jar, pour over sufficient boiling vinegar to cover and keep in warm place from twelve to eighteen hours. Drain off vinegar, heat again and pour over till both onions and cucumbers are quite green, adding a little red pepper and speck of sugar the

last time of boiling. Cover tightly and put in cool place.

RASPBERRY VINEGAR

- Raspberries
- Vinegar
- White Sugar

Fill unglazed stone jar with raspberries; pour vinegar over until jar is full. Let stand nine days, stirring every day. Strain it off and to every pint of juice add three-quarters of a pound of white sugar. Boil it as long as any scum rises, and bottle for use. A dessert-spoonful of this in a glass of water, makes a refreshing drink.

ECONOMY VINEGAR

- Apple Cores and Parings
- Molasses

Save the sound cores and parings of apples, place in jar, cover with cold water and stand in a warm place; add one-half pint of molasses to every two gallons. Cover jar with gauze; add more parings and cores occasionally. This will make good vinegar.





BOILED EGGS

Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired. Remove pan to back of stove where the water will not boil, and cook eggs for 6 or 8 minutes if liked "soft boiled," or from 40 to 45 minutes if liked "hard boiled."

After removing "hard boiled" eggs from pan, they should be immediately plunged into cold water to prevent discoloration of yolks.

POACHED EGGS

Have ready a shallow pan about $\frac{3}{4}$ full of boiling water. Allow $\frac{1}{2}$ tablespoon salt to 1 quart of water. Put two or three greased muffin rings in the water. Break each egg separately into a cup, and carefully slip into a muffin ring. The water should cover the egg. When there is a film over the top, and the white is firm, carefully remove with a greased skimmer. Serve and allow eggs to be seasoned at the table. They may be garnished with parsley.

SCRAMBLED EGGS

- 2 Eggs
- 2 Tablespoons of Milk
- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{2}$ Teaspoon Butter

Beat the eggs and add the salt and milk. Put the butter in a small saucepan and when it melts, add the eggs. Stir over the fire until the mixture thickens, being careful not to let it cook hard; about two minutes will cook it. The eggs when done should be white and creamy. Serve immediately.

PLAIN OMELET

- 4 Eggs
- $\frac{1}{2}$ Teaspoon Salt
- Few Grains Pepper
- 4 Tablespoons Hot Water
- 1 Tablespoon Butter or Butter Substitute
- $\frac{1}{2}$ Can Thin White Sauce

Separate yolks from whites. Beat yolks until thick and lemon-colored; add

salt, pepper and hot water. Beat whites until stiff and dry, cutting and folding them into first mixture until they have taken up mixture. Heat omelet pan, and butter sides and bottom. Turn in mixture, spread evenly, place on stove where it will cook slowly. Turn the pan occasionally so that it will cook evenly. When well puffed and delicately browned underneath, place pan on center grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg, it needs longer cooking. Fold, turn on hot platter, and pour around $1\frac{1}{2}$ cups white sauce. Serve immediately.

TO TURN AND FOLD AN OMELET

Hold an omelet pan by the handle with the left hand. With a caseknife make 2 one-half-inch incisions opposite each other at right angles to handle. Place knife under the part of omelet nearest handle, tip pan to nearly a vertical position. By carefully coaxing the omelet with knife, it will fold and turn without breaking.

OYSTER OMELET

Mix and cook Plain Omelet. Fold in one pint oysters, which have been par-boiled and drained from their liquor, and cut in halves. Turn on platter and pour around white sauce.

HAM OMELET

- $\frac{1}{2}$ Teaspoon Cornstarch
- 1 Cup Milk
- 3 Eggs
- 1 Tablespoon Butter
- $\frac{1}{2}$ Cup Minced Ham

Cook the cornstarch in the milk. Add the beaten eggs and ham and beat again. Melt the butter in an omelet pan, and add the omelet. Serve very hot.

OMELET AU GRATIN

- 1 Teaspoon Cornstarch
- $\frac{1}{2}$ Cup Milk
- 4 Eggs
- $\frac{1}{2}$ Cup Grated Cheese
- Season to Taste
- Mix like ham omelet.

BRIDE'S COOK BOOK

SPANISH OMELET

- 2 Tablespoons Melted Butter
- 1 Tablespoon Chopped Onion
- 2 Tablespoons Cornstarch
- 1/4 Tablespoons Barley Flour
- 1 3/4 Cups Strained Tomatoes
- 1 Tablespoon Chopped Sweet Pepper
- 1 Tablespoon Capers
- 2 Tablespoons Chopped Mushroom
- Dash of Tabasco
- 4 Eggs
- 1/2 Teaspoon Salt
- Pepper to Taste

Brown the onion in the butter and add the flour and cornstarch. Stir in the tomato, stirring till it thickens, and add one-quarter of a teaspoon of salt and the tabasco. Beat the eggs till well mixed, add the water, and season with 1/2 teaspoon of salt and pepper to taste. Cook on a buttered omelet pan. Spread part of sauce over it, fold and dress with the remainder of the sauce.

CURRIED EGGS

- 1 Slice Onion
- 2 Tablespoons Melted Butter
- 1 1/2 Tablespoons Cornstarch
- 1/2 Tablespoon Flour (Barley)
- 1 Teaspoon Curry Powder
- 1/4 Teaspoon Salt
- 1/4 Cups Milk
- 5 Hard-boiled Eggs, Cut Lengthwise in Quarters

Brown the onion in the butter and add the flour and cornstarch; stir in the milk, stirring till it thickens, and season. Add the eggs and cook long enough to heat thoroughly. Serve at once with hot boiled rice.

CREAMED POACHED EGGS

- Poach Eggs in Hot Salted Water
- Place on Platter and Cover with Sauce
- Made as Follows:
- 1/2 Cup Rich Milk
- 1 Tablespoon Butter

- 1/2 Tablespoon Cornstarch
- Salt and Pepper to Taste

Combine as white sauce. Pour over poached eggs.

EGGS IN TOMATO CUPS

- Eggs
- Tomatoes
- Cream Sauce

Cut a slice from stem end of tomato, scrape out the center and sprinkle the cavity with a few drops of vinegar. Break and carefully drop a raw egg in each. Place apart on a buttered pan and bake in a moderate oven until the eggs are set. Serve with cream sauce.

EGGS A LA SUISSE

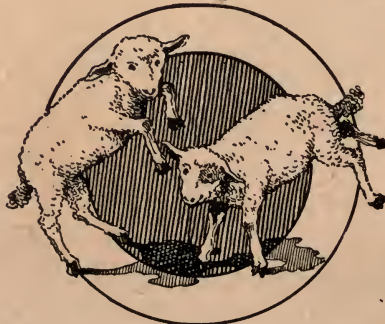
- 4 Eggs
- 1/2 Cup Cream
- 1 Tablespoon Butter or Butter Substitute
- 3 Tablespoons Grated Cheese
- Salt
- Pepper
- Cayenne

Heat a small omelet pan, put in butter, and when melted, add cream. Slip in the eggs one at a time, sprinkle with salt, pepper, and a few grains of cayenne. When whites are nearly firm, sprinkle with cheese. Finish cooking, and serve. (Good with rice.)

EGGS A LA GOLDENROD

- Hard Boiled Eggs
- Cream Sauce
- Parsley
- Salt and Pepper to Taste

Prepare cream sauce. Remove the yolks from the whites of the eggs. Slice the whites and add them to the cream sauce. Force the yolks through a potato ricer or strainer, and sprinkle them over the top of cream sauce and whites, which have been arranged on a platter. Season and garnish with parsley.





GENERAL DIRECTIONS FOR PRE-PARING

Scrub root vegetables thoroughly with a stiff brush.

Thin skins may be scraped off, thick skins must be pared off. Most thick skins are more easily removed after cooking.

Any kind of greens should be rinsed in several waters to remove all grit. If the vegetables are wilted they may be freshened by soaking in cold water for a few hours before using.

Head vegetables should be placed head down, in a pan of cold water containing a little salt or vinegar. This will remove any small insects that may be lodged in them.

The strings from string beans should be pulled or cut off with great care.

Remove and throw away the inner pulp and seeds of old squashes and pumpkins.

The whole of summer squash is edible. Scald tomatoes, pour cold water over them. This makes them easier to peel.

The outer covering must be removed from the sweet corn, green peas, or shell beans.

ECONOMICAL POINTS IN PRE-PARING

1. Peel thinly or not at all until after they are cooked. You will save from 15 to 20% of the nutritive value of the whole vegetable.

2. Do not discard leaves of lettuce, celery, beets or roots, dandelion nibbins and roots—they contain much mineral matter.

Cook them until tender, rub through a sieve and use in stock for vegetable soup.

3. Do not throw away water in which vegetables have been cooked—it contains nourishing starch and mineral matter. Use it in the soup pot or as a basis for cream soups or sauces.

4. Do not remove the pink skins from rhubarb. It takes away from the flavor. Cut through it with a sharp knife.

5. Do not discard the cores and skins

of apples when making apple sauce. Save and make into jelly.

GENERAL DIRECTIONS FOR COOKING VEGETABLES

VEGETABLES may be baked, steamed, stewed or boiled.

In BAKING, no nutritive material is lost. You may bake potatoes, sweet potatoes, squash, pumpkins, beets, young onions, peas, dried beans and lentils.

In STEAMING there is no loss of nutritive material, but there is more loss in the flavor of the vegetable than in baking. All fresh young vegetables may be cooked in this way.

In STEWING, if properly done there is but little loss of nutritive substances. The vegetables should be placed in just enough boiling water to prevent them from burning while cooking, so that the liquid left at the end of the cooking process can be served with the vegetable.

In BOILING, there is a great waste of nutritive matter. This method should only be used in the cooking of very old beets, turnips or potatoes, or potatoes with their skins on. It may also be used for strong onions or cabbage, as it insures a mild flavor.

IN STEWING OR BOILING, ALWAYS ADD VEGETABLES TO BOILING WATER.

SALT (1 teaspoon to each quart of water) may be added to the water in which all green vegetables, potatoes or onions, are cooked. Do not add salt to parsnips, salsify, carrots or turnips, or other underground vegetables until after cooking. Do not allow vegetables to boil too rapidly—it dissipates the flavor and spoils the color. Cook in a vessel without a cover.

FRESH VEGETABLES

CREAMED VEGETABLES

Prepare and cook vegetables by either stewing or boiling them. When ready to serve, pour over white sauce.

BRIDE'S COOK BOOK

ESCALLOPED VEGETABLES

- Creamed Sauce
- 1½ Tablespoons Cornstarch
- 2 Tablespoons Butter or Butter Substitute
- 1 Cup Milk
- ¼ Teaspoon Salt

Use equal portions of sauce and vegetables. Arrange in alternate layers in a baking dish. Cover with bread crumbs and bake in oven until browned.

VEGETABLES AU GRATIN

Prepare vegetables by either boiling or stewing them,—or use any left-over vegetable you may happen to have.

Method I. Place cooked vegetables in a casserole or baking-dish. Pour over white sauce. Cover with grated cheese and brown in the oven.

Method II. Prepare white sauce. When done add ¼ cup of grated cheese to each cup of sauce. Allow it to melt, and then pour it over the cooked vegetables which have been placed in a baking dish. Cover with buttered bread crumbs (made with butter substitute) and bake in oven until brown.

BOILED ASPARAGUS

Cut off lower parts of stalks as far down as they will snap. Wash them, remove scales and tie them in bundles. Cook in boiling salted water for about 15 minutes or until soft, leaving the tips out of water for the first 10 minutes of the cooking. Drain, remove the string, and season with salt, pepper and butter. Or serve with white sauce.

BOILED ONIONS

Put onions in cold water and remove skins while under water. Drain, place in saucepan, and cover with boiling salted water. Boil 5 minutes, drain and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add a small quantity of milk, and cook 5 minutes. Season with butter, salt and pepper.

BOILED CABBAGE

Take off outside leaves. Cut in quarters, and remove all tough stalk. Soak in cold water and cook in an uncovered vessel in boiling salted water, to which is added ¼ teaspoon soda, to eliminate the disagreeable odor in cooking. Cook from 30 minutes to one hour. Drain, season and serve.

STRING BEANS SPANISH

- 1 Pound String Beans
- 3 Eggs
- Tomato Sauce

Boil beans until tender and allow to cool. Beat the white of eggs until thick; put in the yellow and beat five minutes more. Roll six or eight beans at a time in the egg, fry and serve with the sauce.

CUSHAWS OR POTATO PUMPKIN PRESERVES

Wash the outside of the pumpkin clean; then cut it into pieces about 3 inches square, and place in a preserving kettle of about 1 gallon capacity, with 1 cup water and 1½ to 2 cups honey. Cook slowly until the water and honey become a thick syrup, and the pumpkin well done and candied.

BAKED SQUASH

Peel and slice the squash into pieces about ½ inch thick. Place slices in the bottom of a large bread pan. Dot each slice with a generous piece of butter; strew honey over squash, 1 teaspoon to each slice; then pour in enough hot water to cover the bottom of the pan. After cooking on the top of the range for 10 or 15 minutes, turn each slice with a knife and boil until tender. More hot water may have to be added. Place the pan in the oven and let the squash take on a delicate brown. Serve at once after removing from the pan.

WINTER SQUASH

Cut in pieces, remove seeds and pare as thin as possible; steam or boil until soft and tender. Drain and press well, mash with butter, salt, pepper and sugar. Cook summer squash the same way. If extremely tender they need not be pared.

BROILED MUSHROOMS

In order to test mushrooms, sprinkle salt on the gills—if they turn yellow they are poisonous; if they turn black they are good. After testing, pare, and cut off stems; dip in melted butter, season with salt and pepper, broil on both sides and serve.

MEXICAN STUFFED CHILI

- Green Peppers (even size)
- 1 Egg
- Sardines
- Cheese

Cut the stems, seed and core. Make a stuffing of the sardines and cheese

BRIDE'S COOK BOOK

chopped fine; mix with the egg. Stuff the peppers. Dip in thick butter and fry in deep, hot fat. Drain in a colander. Serve very hot.

CREAMED PARSNIPS

Scrape and boil till tender six medium-sized parsnips. Slice lengthwise, put back in skillet over fire and dress with two tablespoons butter, pepper and salt to taste, and add a little finely minced parsley. Stir until butter boils. Remove parsnips and lay in serving dish. Add to butter, three tablespoons cream in which has been dissolved a good pinch of cornstarch, allow to boil up well once, and pour over parsnips.

CORN A LA SOUTHERN

To one can chopped corn add two eggs slightly beaten, one teaspoon salt, one-eighth teaspoon pepper, one and one-half tablespoons melted butter, and one pint scalded milk; turn into a buttered pudding dish and bake in slow oven until firm.

CUCUMBERS A LA CREME

6 Cucumbers, Medium Size
1/2 Cups of Cream Sauce

Pare and quarter or dice the cucumbers. Remove the seeds and soak for half an hour or until crisp in cold water. Put into saucepan and cover with boiling water, add teaspoon of salt; boil thirty minutes or until tender. Drain and add sauce, allowing it to cook a moment or two in the sauce.

BOILED CUCUMBERS

Old cucumbers may be pared, cut in pieces, cooked until soft in boiling salted water, drained, mashed and seasoned with butter, salt, and pepper.

FRIED EGGPLANT

Pare and slice the eggplant as desired and dip at once into egg (previously seasoned with salt and pepper) and then into cornstarch, seeing to it that every part is well covered. Fry in deep hot fat to a rich brown. Lay on brown paper until served, to absorb any extra grease. Eggplant cooked in this way will be found very delicate and digestible.

SUMMER SQUASH

The white, scalloped ones are the best. Take them before the rind or seeds be-

come hard. Wash and cut in small pieces. Boil in clear water until tender enough to mash; place in a colander and drain.

YOUNG BEETS, BOILED

Beets
Butter
Salt and Pepper

Wash beets very clean, but neither scrape or cut them. Put them in boiling water, and according to their size boil them from one to two hours. Skin when done, season with pepper, salt and a little butter. Beets are very nice baked but require a much longer time to cook.

DEVILLED TOMATOES

3 Tomatoes
Salt and Pepper
Flour
Butter for Sauteling
4 Tablespoons Butter
2 Teaspoons Powdered Sugar
1 Teaspoon Mustard
1/4 Teaspoon Salt
Few Grains Cayenne
Yolk 1 Hard Boiled Egg
1 Egg
2 Tablespoons Vinegar

Wipe, peel, and cut tomatoes in slices. Sprinkle with salt and pepper, dredge with rice flour, and sauté in butter. Place on a hot platter and pour over the dressing made by creaming the butter, adding dry ingredients, yolk of egg rubbed to a paste, egg beaten slightly, and vinegar, then cooking over hot water, stirring constantly until it thickens.

SWEET POTATOES BOILED IN HONEY

Boil 6 sweet potatoes and cut each lengthwise in 2 or 3 slices. Pour about 1/2 cup honey into a pan until the bottom is covered about 1/4 inch deep. Let this become very hot, put in the sweet potatoes, and cook about 10 minutes. The grape sugar in the honey combined with the dextrin in the sweet potato gives a delicious nutlike flavor to potatoes cooked in this manner. The honey must be hot when the sweet potatoes are put in, as too long cooking destroys the flavor. Serve with butter and salt.

STUFFED ONIONS

Contributed by Albers Bros. Milling Company.

Select one large dry onion for each person. Boil in plenty of water, uncovered, until about half done. When cool enough to handle, remove part of

the centers, leaving a shell. Season the inside of each onion with salt and pepper. Chop the part removed and add to it the following mixture, the proportion being sufficient to fill about six onions. Mix together the chopped onion centers, one cupful cold cooked oats, one-fourth cupful grated cheese, half a cupful dry crumbs (cornmeal breadcrumbs are good), one teaspoonful sage, one teaspoonful Worcestershire sauce, one cupful white sauce, and salt and pepper to taste. Stuff the onions, sprinkle the top with grated cheese or oiled crumbs and bake in a moderate oven half an hour. Serve plain or with white sauce poured over them. A little left-over meat or fish may be used in place of the crumbs if on hand.

STUFFED PEPPERS

Contributed by Albers Bros. Milling Company.

- 1 **Tablespoon Butter Substitute or Drippings**
- 2 **Tablespoons Barley Flour**
- 1 **Cup Milk**
- 1 **Cup Cooked Fish**
- 1 **Cup Cooked Hominy**
- Salt and Pepper to Taste**
- 1 **Teaspoon Grated Onion**
- 1 **Tablespoon Minced Parsley**

Melt fat, stir in wholewheat flour and when smooth add the milk gradually, stirring constantly until thick. Mix together the balance of the ingredients; stir into the sauce and fill the green pepper halves from which seeds have been removed and which have been par-boiled five minutes. Cover the top with fine crumbs and bits of butter substitute; bake in a moderate oven fifteen minutes.

POTATOES

Always serve potatoes with meat. Never serve bread and potatoes.

POTATOES AS A VEGETABLE ECONOMICAL POINTS IN PREPARING

1. Steam potatoes in their skins. In this way you will save one pound of potatoes in every seven pounds you prepare. It improves their flavor.
2. Much nutriment is lost when potatoes are boiled. Steam or bake them.
3. Choose potatoes of equal size. Otherwise some will be over-cooked and others under-cooked.

POTATOES STEAMED IN THEIR SKINS

Prepare a saucepan of boiling water with steamer attached. Scrub the potatoes well. Put them into the steamer and cook them about one-half hour or until potatoes are soft when pierced with a fork. Remove steamer from the pan. Shake it until the potatoes are dry, and serve in their skins, or peel, if desired.

If you have no steamer, use a basin, placed in a saucepan containing boiling water. In this case, cook five or six minutes longer.

BAKED POTATOES—No. 1

Scrub potatoes well, dry and place in a baking tin. Bake in a moderate oven from one to two hours, according to size. Too great heat will cause the potatoes to shrivel.

Potatoes are improved by being steamed for about twenty minutes before baking. Large potatoes are best for baking.

BAKED POTATOES—No. 2

Steam potatoes until the skins peel off easily. Roughen the surface with a fork and sprinkle with a little flour and salt. Place potatoes in a pan with two or three tablespoon of dripping. Baste often and cook until potatoes are brown and tender.

STUFFED POTATOES

Use large potatoes of uniform size and wash and scrub them well. When baked, cut off a piece lengthwise and scoop out the inside of the potato. Mash this with margarine and milk. Add any minced cooked meat or cooked flaked fish, anchovy or the remains of any sauce, such as egg sauce, shrimp sauce or parsley sauce. If you have no sauce, a little more milk and margarine may be used. Replace the mixture in the potato and cover with the pieces which have been previously removed, re-heat and serve hot.

VARIATIONS

1. A variation of this is to line the scooped-out potato with the mashed potato mixture. Then break a fresh egg carefully into the center and bake until just set.
2. Another variation would be to use a fillet of cooked fish cooked with well-flavored white sauce instead of an egg.

BRIDE'S COOK BOOK

BAKED CHEESE POTATOES

- 6 Large Potatoes
- ½ Cup Grated Cheese
- Butter Substitute
- 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.

POTATOES AND CHEESE

- Raw Potatoes
- Chopped Onion
- Cream Sauce
- Cheese
- Pimientos (optional)

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

SAVOURY POTATO AND TOMATO

- 10 Cold Cooked Potatoes
- 10 Tomatoes
- 6 Tablespoons Margarine or Drippings
- 1 Onion Sliced Fine (optional)

Slice the potatoes. Peel and slice tomatoes. Melt the fat in a pan, and add the potatoes, tomatoes and, if desired, the finely-sliced onion. Cook gently for 10 minutes, carefully stirring occasionally. Serve hot.

SCALLOPED POTATOES AND CHEESE

Arrange a layer of sliced raw or boiled potatoes in greased baking dish and sprinkle with grated cheese and a little flour. Repeat until dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk is good. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish used is deep or shallow. Boiled potatoes baked in a shallow dish will take only 20 minutes. Raw potatoes in a deep dish may take as much as 1½ hours.

MASHED POTATOES

Steam potatoes, remove skins and mash in the saucepan, using a little milk and margarine to soften. Season and serve very hot.

POTATO PYRAMIDS OR POTATO AND CARROT PYRAMIDS

To 1½ pounds mashed potatoes, beat in—

- 2 Tablespoons Flour
- 2 Tablespoons Finely Chopped Cooked Onions
- 2 Tablespoons Grated Cheese
- Salt and Pepper to Taste and, if desired a little Curry Powder may be added

Shape into pyramids on a greased tin or a fireproof dish and bake until nearly browned (about ¼ hour).

VARIATION

A variation of this may be made by using—

- ¾ Pound Mashed Potatoes, and
- ½ Pound Mashed and Sliced Cooked Carrot

FRESH BEETS WITH VINEGAR SAUCE

- Bolled Beets
- 2 Tablespoons Butter
- 5 Tablespoons Vinegar
- Salt, Pepper

Drain the beets and put into a vegetable dish to keep hot. Melt the butter with the vinegar, salt and pepper and when boiling hot pour over the beets and serve.

RICE

PLAIN BOILED WHITE RICE

Contributed by C. E. Grosjean Rice Milling Company.

After washing the white rice in cold water until the water clears, using one part of rice to one and three-fourths parts of cold water for cooking, bringing to the boiling point quickly, then slow fire down just so it does not boil over, 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 kettle until serving. A flat bottom black iron porcelain-lined heavy kettle is preferred. Seasoning of any kind tends to destroy the natural sweetness and delicate flavor. Rice should be eaten plain.

PLAIN BOILED NATURAL RICE

Using one part brown or natural rice to three parts cold water, bringing to boiling point quickly, then slow fire down just so that it does not boil over, cook forty minutes; do not stir, nor add

BRIDE'S COOK BOOK

more water, nor uncover. When done leave in kettle until serving. A flat-bottom black iron porcelain-lined heavy kettle is preferred. Seasoning of any kind tends to destroy the natural sweetness and delicate flavor. Rice should be eaten plain as a vegetable, with meat, fish or beans.

TURKISH PILAF

- 1-2 Cup Washed Rice
- $\frac{3}{4}$ Cup Tomatoes, Stewed and Strained
- 1 Cup Brown Stock, Highly Seasoned
- 3 Tablespoons Butter or Butter Substitute

Add tomato to stock and heat to boiling point. Add rice and steam until rice is soft. Stir in butter or butter substitute with a fork, and keep uncovered that steam may escape. Serve in place of a vegetable, or as border for curried or fricasseed meat.

CANNED VEGETABLES

CORN AND POTATOES

- 1 Can of Corn
- 2 Cups Diced Boiled Potatoes
- Salt, Pepper, Butter

Drain corn and turn into a frying pan with the melted butter; add the potatoes; toss and stir all together until the potatoes are slightly browned, sprinkle with salt and pepper and serve in a heated vegetable dish.

TOMATOES, CORN AND GREEN PEPPERS

- 1 Can Tomatoes
- 1 Can Corn
- Green Peppers
- Boiled Rice
- Salt, Pepper, Sugar

Cut tops off of peppers, remove inner membrane and seeds and put in bowl; pour over boiling water to cover and leave until cold. This will draw the hot taste from the vegetable. Drain the tomatoes through a colander; chop the pulp and mix it with the corn kernels, also chopped; season with the salt, pepper and sugar to taste. Add enough rice to hold the vegetables together and fill the peppers with the mixture. Put into a baking dish, pour the tomato liquid about the base of the peppers and cook until they are tender. Transfer to a hot dish, add to the tomato liquor in the pan, sugar, salt and pepper to taste, thicken with barley flour rubbed into butter and pour around the stuffed peppers.

CORN OMELET

- 6 Eggs
- 1 Pint White Sauce
- 1 Can Corn
- Sugar
- Salt
- White Pepper

Beat the eggs very light, add salt and pepper; stir the corn into the sauce after straining it; season with sugar, salt and pepper. Turn the eggs into an omelet pan and when the omelet is set, spread it with half the corn mixture, fold it over, transfer to a heated platter and pour the remainder of the corn and sauce about the omelet. Serve immediately.

SCALLOPED TOMATOES

- 1 Can Tomatoes
- 2 Teaspoons Corn Syrup
- Salt, Pepper
- Bread Crumbs
- Butter

Rub the tomatoes through a colander; season with the syrup, salt and pepper. Butter a pudding dish and put in a layer of tomatoes, sprinkle with bread crumbs and scatter bits of butter over; put in more tomatoes and more crumbs, until the dish is full, having on top a layer of buttered crumbs.

Set the dish, covered, into the oven for half an hour; uncover and brown.

TOMATO SOUP

- 1 Quart Soup Stock
- 1 Can Tomatoes
- Salt, Pepper, Kitchen Bouquet
- 2 Teaspoons (heaping) Rice
- 1 Teaspoon Sugar

Skim and season soup stock and turn tomatoes into it; bring to a boil and cook ten minutes. Run through a fine strainer, return to fire, season and stir in the raw rice after washing carefully. Set where it will simmer gently but not boil hard; when the rice is tender add the sugar and serve.

SCALLOPED ASPARAGUS

- Asparagus Tips, canned
- 3 Eggs, hard boiled
- White Sauce, Salt, Pepper

Drain asparagus, cut off tips, leaving about an inch of stalk; cover with boiling salted water and simmer for five minutes. Drain and put in bottom of buttered pudding dish; sprinkle with salt and pepper and cover with the eggs, chopped fine; over this pour the sauce, sprinkle with crumbs and bits of butter. Set in oven for fifteen minutes and serve.

BRIDE'S COOK BOOK

STEWED CORN

- 1 Can Corn
- 1 Can Milk
- 1 Tablespoon Butter
Thickening

Turn corn into a colander; wash with cold water under faucet and turn into saucepan. Cover with slightly salted boiling water and stew for ten minutes or until the kernels are as tender as desired. Drain off the water and add the milk, into which the butter has been stirred; beat until very hot and serve.

ASPARAGUS A LA VINAIGRETTE

- 1 Can of Asparagus
- 6 Tablespoons Salad Oil
- 2 Tablespoons Vinegar
- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{2}$ Teaspoon French Mustard
- Paprika

Drain the asparagus, cover with boiling water; drain as soon as heated, and while hot pour over a dressing made by mixing all the other ingredients, beaten to an emulsion. Set all in ice until the stalks are chilled through.

PEA SOUFFLE

- 1 Can of Peas
- 1 Teaspoon Sugar
- 3 Eggs
- 2 Cups of Milk
- Pepper, Salt, Butter

Drain peas and put in double boiler; add sugar, pepper and salt and cook until very soft; drain, rub through colander and mash with the back of a silver spoon, adding melted butter until a smooth paste is formed. Beat the eggs well and add the milk. Beat the mixture into the pea paste gradually, whipping all very lightly. Turn into a buttered pudding dish and bake covered for fifteen minutes, uncover and bake to a delicate brown. Serve as soon as done. A delicious dish.

BAKED CORN AND CHEESE

- 1 Can Corn
- $\frac{1}{2}$ Cup Cheese
- $\frac{3}{4}$ Cup Milk
- 1 or 2 Eggs

Place alternate layers of corn and cheese in baking dish. Beat egg and combine with milk. Pour over corn. Bake.



Preservation of Fruits and Vegetables

PRESERVATION OF VEGETABLES CANNING VEGETABLES

1. Make a false bottom to fit inside an ordinary wash-boiler. This bottom may be a piece of heavy wire netting or a wooden grating.

2. Prepare the vegetables as for cooking and in convenient form for placing in the cans. Root vegetables should be brushed clean, peeled and cut into convenient slices or pieces. Green beans should have their strings removed and then be cut into short lengths. Peas should be shelled. Corn should be cut off the cob. Squash should be peeled. Peppers should be scalded and the skins and seeds removed, and the flesh cut up into small pieces. Asparagus should be blanched or parboiled by dipping into boiling water for about three minutes immediately before canning. Artichokes should have some of the outside bracts removed and the hard tip cut off with a sharp knife.

3. The prepared vegetables are packed tight into the jars or cans which are then completely filled with brine containing three ounces of salt to a gallon of water. Before using, this brine should be acidified with lemon juice or vinegar. For corn ten fluid ounces (about one and one-half teacups) of lemon juice should be used to a gallon of brine, for beans and peas seven fluid ounces (about one teacup), and for other vegetables five fluid ounces (about three-fourths of a teacup). If ordinary vinegar is used, about twice these quantities are necessary. The acidified brine should be poured hot onto the vegetables.

4. The filled cans and jars are then placed, with their covers in place but loose, on the false bottom of the boiler. Hot water is then poured into the boiler until it reaches to about three-fourths of the height of the jars. A second tier may be placed on a rack resting on the first tier.

5. The boiler is then covered and heated to boiling, for one hour for most vegetables. Pumpkins, beans and corn require two hours.

6. After this heating remove and seal quickly, while still boiling hot, by screwing down the tops of the jars or applying the wax to the cans.

This is a thoroughly safe and satisfac-

tory way of preserving vegetables. With some vegetables the acid may be omitted, but in this case two or three repeated heatings are necessary and this lowers the quality of the food to some extent. Reheating is not practicable with wax-top cans.

PRESERVATION OF FRUITS

Sugar is scarce—so scarce in fact that it is no longer possible to buy the larger amount for canning, that was allowed earlier this year.

Fruits are so necessary to health that it would be a great mistake to go without them entirely, because of the lack of sugar. They should be canned without sugar rather than not be canned at all.

Meet this situation by canning fruits and fruit juices without sugar. This may be successfully done by the "cold pack method." They will keep as well, if not better. They may be made up in sauces, jellies or syrups, as they are needed.

Limit the amount of jellies and preserves you use.

In making these, substitute corn syrup for a part of the sugar. (See directions below.)

CANNING FRUIT

1. Make a false bottom to fit inside an ordinary stove wash-boiler. This bottom may be a piece of heavy wire screen or a wooden grating.

2. Prepare the fruit by peeling, coring, and pitting as needed.

COLD-PACK METHOD

3. Pack the fruit as prepared directly into the jars or cans.

4. Complete the filling of the cans with hot water, sugar syrup, or grape syrup. Jars should be warmed first to avoid cracking.

The fruit will keep equally well whichever liquid is used. The addition or the amount of sugar is a matter of taste. It can be added later when the fruit is used. The usual sugar syrup for apricots, peaches, plums and berries is made by dissolving $3\frac{1}{2}$ pounds of sugar in a gallon of water. For apples, pears, quinces, prunes, and cherries $2\frac{1}{4}$ pounds of sugar to the gallon is sufficient. If

BRIDE'S COOK BOOK

neutral 65° grape syrup is used, from 5½ to 3½ pounds should be used per gallon of water.

5. Place the full cans or jars with loose covers on the false bottom in the wash boiler, adding water to about two-thirds their height. With cans boiling water is best; with jars it should be simply warm. A second tier may be placed on a wooden rack resting on top of the first tier.

6. Place the cover on the boiler and heat to boiling. The boiling should continue for twenty minutes for apricots, free-stone peaches, plums, berries, apples and cherries. For pears, cling-stone peaches, and unripe fruits, thirty minutes are necessary to cook the fruit.

7. The tops of the jars should be screwed down tight while still boiling hot and placed upside down or lying down on a table to cool. Wax-top cans should be removed quickly and sealed while boiling hot.

HOT-PACK METHOD

By this method, the fruit after preparation is cooked in an open pot with the water or syrup. When cooked sufficiently it is simply ladled while still boiling hot, into the cans or jars, which are then sealed immediately. Jars must be heated by placing in boiling water before being filled.

In this way a larger quantity of solid fruit can be packed into a jar or can. The liquid remaining in the cooking pot may be used to cook a second lot of fruit.

PRESERVATION OF FRUIT JUICES

PRELIMINARY TREATMENT OF FRUIT

Cut and crush apples, peel oranges and lemons, stem grapes, use berries as received. Heat slowly to 140°. Red grapes

should stand about 12 hours after heating to extract color. Use a thermometer. Do not heat citrus fruits.

EXTRACTION OF JUICE

The juice of berries and soft fruits can be squeezed through a cloth bag. Apples, pears and most grapes require a small press. Citrus juices are best extracted by means of a lemon cone.

CLEARING THE JUICE

Strain several times through a cloth bag. Standing for 12 hours before straining will settle some of the sediment. A slight cloudiness does not injure the flavor.

FILLING BOTTLES AND TYING CORKS

Scald bottles and fill with the cleared juice to within 1½ inches of the mouth. Close with corks which have been boiled in water for ten minutes and tie down corks with string. Ordinary preserving jars may also be used. Seal the jars after filling.

STERILIZING

Place the bottles on their sides or corks down in a boiler with enough water to cover them. A screen at the bottom of the boiler will prevent breaking. Heat the water to 180° F. and keep at this temperature for 15 minutes. Higher or longer heating injures the flavor.

PARAFFINING THE CORKS

Remove the bottles, stand on end, dry the corks with a towel and when nearly cold dip the ends of the necks of the bottles into melted paraffin. Store upright in a cool place.

SEALING WITH CROWN CAPS

If much juice is to be made crown caps are better than corks. They require special bottles and capping machine. The bottles, filled with warm juice, are capped before sterilizing.



How to Make Jellies and Marmalades

Just how best to use corn syrup in preserving and jelly making, is a question frequently asked. Herein is the reason for its use as well as the best way to use it always in combination with sugar.

Its use makes the product, whether preserves, jelly, marmalade or old-fashioned jam, much finer and smoother in texture, of far fruitier and richer flavor, as well as serving to prevent the hardening of the fruit and the crystallization of the sugar. In other words, corn syrup gives a better product with better keeping qualities.

Here, then, is a distinct addition to our preserving methods. It has been practiced in Great Britain for many years and England and Scotland produce the finest preserves, use large quantities and serve them in many ways.

The secret of their success lies in the blending of corn syrup with sugar—equal weight of each is used—to make a $\frac{3}{4}$ syrup.

Some fruits make better jelly than others; this because of the pectin in them.

Currants, sour apples, crab apples, raspberries, blackberries, blueberries, partly ripened grapes and quinces make good jelly; peaches, pears, strawberries and cherries are deficient in certain substances necessary to produce a jelly of good consistency and flavor. This deficiency may be overcome, however, by combining these juices with those that make good jelly.

A fruit juice that is good for making jelly is one that contains pectin, the essential jelly-making substance. Juices extracted by cooking are apparently far richer in this substance than juices extracted from the raw fruit. To determine whether a juice contains pectin, one or two tablespoonsful of the hot juice should be mixed thoroughly with an equal volume of grain alcohol (90 to 95 per cent), and the mixture should be cooled. If pectin is present, a gelatinous mass, which can be gathered on a spoon, will appear in the liquid.

MATERIALS USED OR REQUIRED

The Fruit—Sorted, mashed and ready for putting up.

Corn Syrup—An ample supply for the season's requirements. It keeps per-

fectly, does not crystalize; handy to have on hand.

Sugar—Sufficient for your needs or the allowance that is allotted to you. For some purposes brown sugar can be substituted for granulated, but the latter is preferable.

Utensils Required—Preserving kettle, enameled preferred, but lacking this aluminum or tin can be substituted.

Wooden spoons—for stirring the mixture.

Cotton bag for straining jelly.

Jars—Glass, plain or screw top, or stone jars.

Covers and rubbers for screw top glass jars.

Paraffin and heavy paper for covering either plain glass or stone jars.

Labels—to indicate kind of fruit in the jar and date of putting up.

All utensils must be perfectly clean. Jars must be freshly cleaned and scalded. Jelly bags sterilized.

It is a controversial point if the jam, jelly, marmalade or preserves should be covered while hot or left to become cold. Both courses are recommended by experts. In days gone by an excellent product was made and left until cold, then covered with tissue paper dipped in brandy, and a tightly tied-down cover of white paper dipped in white of egg. It must always be stored in a cool, dry place.

RULES FOR MAKING JAMS, JELLIES OR MARMALADES

1. Observe the strictest cleanliness.
2. Use fresh, ripe and dry fruit, a bit under-ripe is preferable.
3. Allow generally $\frac{3}{4}$ pound of sweetening to each pound of fruit.
4. Have steady but bright fire. Boil continuously and fast, skim and stir frequently.
5. Do not fill the preserving kettle too full.
6. A good test to ascertain if it is cooked sufficiently is to allow some juice to drop from the spoon, and when it sheets off—or sets—it is cooked enough.

AMOUNT OF WATER ALLOWED TO EACH POUND OF FRUIT

Fruit	Proportion of Water
Apple.....	1 gill to 1 pound

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Apricot	1 gill to 1 pound
Blackberry	None
Cherry	None
.....	1 gill red currant juice to each pound
Carrot	Enough to cover carrot
Currant, red	None, mash a bit
Currant, black	½ gill to 1 pound
Damson	None
Grape (unripe)	None
Greengage	None
Gooseberry	1 gill to 1 pound
Plum	None
Quince and Apple	None
.....	Water enough to cover bottom of pan
Raspberry	None
Strawberry	None
Rhubarb	½ gill to 1 pound

As a rule, the procedure is as follows, though in special recipes other methods may be advised:

Place the prepared fruit in a kettle and simmer for a few minutes. Add the sugar and cook gently until it has dissolved. This is important, for if allowed to boil before it is dissolved the jam will be thin. When the sugar has dissolved, add the corn syrup—equal weight, pound for pound to the sugar—then boil fast. This again is important, as otherwise the product, whether jam, jelly or marmalade, will not be of good color.

Stir well and skim with a silver spoon. When sugar is of good quality and clean fruit is used, there should not be very much scum.

TIME

The length of time for boiling will depend on the kind of fruit used, as well as on its condition, whether wet, ripe or unripe. Roughly, forty minutes is the time from when the fruit commences to boil, but after about twenty-five minutes it is wise to test by placing a very little in a saucer. If it sets, it is done; if you think it is done, put it on a cool part of the stove while you wait for test saucer to cool. Otherwise it may become over-cooked.

PRESERVING IN SYRUP

Another method, and many jam makers prefer this, is to first make a blended syrup and then cook the fruit in it. For example: equal weight of sugar and corn syrup; add half a pint of water and dissolve it by gentle heat. Then boil for half an hour, add the fruit and boil quickly until the jam jellies, allowing ¾ pound of blended syrup to each pound of fruit.

PLUM CONSERVE

1	Pound Plums
1-3	Pound Raisins
½	Cup Cold Water
¼	Cup Nut Meats
2	Oranges
1-3	Cup Corn Syrup

Wash, stone and cut the plums into pieces. Add the seeded raisins and chopped orange pulp and peel, cut very fine, corn syrup, and water. Simmer until it has the consistency of marmalade (about 1½ hours of slow cooking). Add nuts about 5 minutes before removing from the fire.

(Makes 1½ cups of conserve.)

PRUNE BUTTER

10	Prunes
2	Teaspoons Lemon Juice
1	Tablespoon Corn Syrup
½	Cup Nut Meats
⅛	Teaspoon Salt

Soak the prunes in water for a few hours before cooking. Cook slowly until very tender. Sweeten with corn syrup just before removing from the fire. Remove stones; rub prunes through coarse sieve; add lemon juice, salt and chopped nut meats. (Makes ¾ cup—enough for 15 large, or 30 small sandwiches.)

DRIED APRICOT CONSERVE

½	Pound (1 2-3 Cups) Dried Apricots
2	Cups Cold Water
1	Cup Raisins
	Juice 1 Lemon
1	Orange
½	Cup Nutmeats
1	Cup Light Corn Syrup

Soak apricots over night in cold water. When soaked add raisins, lemon juice, orange sliced very thin and cut in small pieces, and corn syrup. Bring to boiling point and simmer for about an hour and a quarter. Add nuts 15 minutes before taking from fire. (Makes 1¼ quarts.)

APRICOT BUTTER

½	Cup Dried Apricots, Soaked and Drained
2	Tablespoons Orange Juice
½	Cup Ground Cocoanut
½	Cup Chopped Nuts
1	Tablespoon Lemon Juice
½	Teaspoon Grated Lemon Rind
½	Teaspoon Grated Orange Rind

Put fruit, cocoanut and nuts through food chopper; mix well with lemon juice, orange juice and grated rind. (Makes 1 cup—enough for 30 sandwiches.)

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FRUIT BUTTER

- 1/2 Cup Drained Cooked Prunes
- 1/4 Cup Figs
- 1/2 Cup Raisins
- 1/2 Cup Dates
- 1/4 Cup Nut Meats
- 1 Tablespoon Lemon Juice
- 2 Tablespoons Prune Juice
- 1/4 Teaspoon Salt

Wash fruit, seed dates and raisins; put all fruit and nuts through a food chopper. Add lemon juice, prune juice and salt. Mix well. (Makes 1 cup—enough for 36 sandwiches.)

ORANGE HONEY

- 3/4 Cup Corn Syrup
- 1/4 Cup Sugar
- 1/4 Cup Water
- 1/4 Cup Orange Juice
- 1/2 Cup Finely Chopped Orange Peel

Boil the corn syrup, sugar, and orange juice together, until the syrup spins a thread. Add the finely chopped orange peel from which white portion has been removed. Bring to boiling point. Cool. (Makes 1 cup honey—enough for 36 small sandwiches.)

FRUIT AND PEANUT BUTTER

- 3/4 Cup Dates
- 1/4 Cup Figs
- 1/2 Cup Peanut Butetr
- 1/2 Teaspoon Salt
- 1/2 Tablespoon Lemon Juice
- 1/2 Cup Raisins
- 2 Tablespoons Light Corn Syrup

Wash fruit; seed dates and raisins; put all fruit and nuts through a chopper. Add lemon juice, prune juice and salt. Mix well. (Makes 1 1/4 cups—enough for 40 sandwiches.)

HONEY JELLY

To one cup of fruit juice add one cup of honey. Boil from 15 to 20 minutes. It is very necessary to be careful in the boiling, otherwise the jelly will taste of caramel, the product formed when honey is burned.

APPLE BUTTER

- 1 Gallon Apples, Peeled and Sliced
- 1 Quart Honey
- 1 Quart Honey Vinegar
- 1 Heaping Teaspoon Ground Cinnamon

Cook several hours, stirring often to prevent burning. If the vinegar is very strong, use part water.

SPECIAL RECIPES

RHUBARB JAM

- 6 Pounds of Rhubarb
- 6 Pounds of Syrup (3 Pounds Corn Syrup to 3 Pounds Sugar)
- 2 Ounces of Root Ginger

Peel rhubarb and weigh after peeling; cut in pieces about two inches long and put in a preserving kettle with the syrup and the ginger, which must be bruised and tied in a muslin bag. Leave this for three days, stirring gently each day to dissolve the sugar. Strain the liquor from the fruit the third day, boil and pour the syrup over the fruit while hot. Let it stand again for three days without stirring, then pour all into a preserving kettle, taking the ginger bag out; boil from half to three-quarters of an hour after it comes to a boil. Pour into clean, dry jars and cover.

GRAPE JAM

- 1 Pound of Unripe Grapes
- 3/4 Pound of Syrup (Equal Weight Corn Syrup and Sugar)
- Regulate Quantity by this Scale

Stem and wash the fruit, put in a preserving kettle over gentle heat till the juice begins to come from the grapes, then add the syrup and stir till it melts; bring to a boil and boil fast until a little will jelly when allowed to get cold. Put into clean, dry, warm jars and cover.

GOOSEBERRY CHEESE

- 6 Pounds Gooseberries
- 3/4 Pound of Syrup (Equal Weight Corn Syrup and Sugar)

Wash and pick the gooseberries. Put in large pan with about a teacupful of water, just enough to keep them from sticking; stir occasionally and cook till quite soft. Rub through a sieve, measure and weigh the pulp, replace in a clean pan and pour the syrup over it. Boil about forty minutes until a little tried in a saucer will set quite firmly; put into small pots and cover. Conserves in which skin and seeds are rejected are most wholesome for children as a spread.

SPICED APPLES

Peel the apples thinly and core. Have ready a boiling syrup made of equal weights of corn syrup and sugar; add one-half ounce of ground cinnamon, ground allspice or cloves. Put the apples in the boiling syrup and cook gently until soft. Place in a jar, pour the syrup over and cover down at once.

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APPLE JAM

- 4 Pounds of Apples
- 4 Pounds of Syrup (Equal Weights of Corn Syrup and Sugar)
- 2 Lemons
- $\frac{3}{4}$ Ounce of Ground Ginger
- 6 Cloves
- 1 Wineglassful of Brandy or Whiskey

Peel and core the apples and slice them; place in a preserving kettle with the syrup, the rind and juice of the lemons, the ginger and cloves. Boil from one and a half to two hours. Five minutes before taking off add the liquor. Put in a stone jar and cover down. The spirit is not necessary unless the jam is to be kept long.

A CHEAP AND EXCELLENT JAM OF APPLE AND LEMON

- 1 Pound of Apples
- $\frac{3}{4}$ Pound of Syrup (Equal Weights of Corn

- Syrup and Sugar)
- 1 Lemon
- Any Quantity In Above Proportions

Stew the apples until they become a pulp, then add the syrup. Grate the lemon rind, adding it and the juice to the apple pulp. Cook gently for forty-five minutes. The apples must be good cookers.

APPLE JAM

- 1 Pound of Apples
- $\frac{3}{4}$ Pound of Syrup (Equal Weights of Corn Syrup and Sugar)
- 1 Lemon

Place the apples in a jar standing in a saucepan of water, and stew until the apples are tender. Grate the lemon peel; add the syrup and lemon peel to the apples and boil gently until thick, then add the lemon juice and boil up again. Put the jam into jars in the usual manner.



Beverages

PREPARATION OF COFFEE

In the preparation of coffee the following rules should always be observed:

1—To make coffee to perfection, you must use one tablespoonful of good coffee for each cup and one for the pot.

2—The water must be fresh drawn from the faucet and let come to a boil, because water that has once been boiled has lost a large amount of the air or oxygen it contains.

3—The percolation method is best; coffee, preferably, should not be boiled, but if you must boil it, do not boil it over five minutes or a bitter concoction of tannin results.

4—The infusion must be drunk soon after making or its aroma and fine flavor are missed.

5—Whatever pot is used, it must be strictly clean and scalded with hot water so that it is thoroughly heated throughout.

6—To obtain the full aroma and flavor, the coffee must be freshly roasted and ground.

LADIES LUNCHEON COFFEE

Put in strainer of a percolator, a heaping tablespoonful of finely ground coffee for every ordinary size cup of coffee, press the coffee down in the strainer slightly, and pour on your required amount of boiling water; put the lid on the strainer and leave the water to filter through. Add to coffee, when serving, to two parts coffee, one part hot milk and a tablespoonful of whipped cream, which will float on top of coffee, adding to it a rich flavor and a very inviting appearance. When you prepare coffee after this recipe, you will have a very delicious coffee, such as served in all first-class cafes of Europe.

FRENCH DRIP COFFEE "CAFE NOIR"

For every one ordinary cup, take two tablespoonfuls of finely ground coffee, which press down slightly in the strainer, then pour on your boiling hot water, put lid on strainer and leave water to filter through. When the water is all filtered through, you have "Cafe Noir," a very strong black coffee which is usually drunk with brandy, the latter being

poured in saucer with sugar and then ignited, leaving the spirits burn out. Sometimes it is diluted with hot water.

MILK COFFEE OR "CAFE AU LAIT"

Prepare the coffee the same as "Cafe Noir," with a little chicory added, about three ounces chicory to the pound of coffee, and when serving, add to it an equal amount of hot milk. When serving "Cafe au Lait" in the French cafes, the waiter brings the coffee pot in one hand and the vessel containing hot milk in the other and pours into the cup from both vessels at the same time. These recipes are followed in all the prominent cafes in Paris.

COFFEE BOILED

Take one tablespoonful medium ground coffee to a cup, and one for the pot. Draw fresh water from the faucet, boil in kettle for five minutes, pour the water on coffee in pot and allow it to steep for five minutes, then remove the grounds from the liquor, and you can use it several hours afterwards.

ICED COFFEE

1 Quart Strong Coffee
 $\frac{3}{4}$ Cup Yellow Corn Syrup
Cream to Make Good Color
Serve with cracked ice.

DIRECTIONS FOR CLARIFYING COFFEE

Egg shells may be saved and used for clearing coffee. Three egg shells are sufficient to effect clearing where one cup of brown coffee is used, an egg broken and slightly beaten may be diluted with a little cold water and mixed with the coffee. This gives a particularly rich flavor.

HOW TO MAKE TEA

2 Teaspoons Tea
2 Cups Boiling Water
Scald an Earthen or China Teapot

Put in tea, and pour on boiling water. Let stand on back of range or in a warm place five minutes. Strain and serve immediately, with or without sugar and milk. Avoid second steeping of leaves with addition of a few fresh ones. If this is done, so large an amount of tannin is extracted that various ills are apt to follow.

BRIDE'S COOK BOOK

RUSSIAN TEA

Follow recipe for making tea. Russian Tea may be served hot or cold, but always without milk. A thin slice of lemon, from which seeds have been removed, or a few drops of lemon juice, is allowed for each cup. Sugar is added according to taste. In Russia a preserved strawberry, or a candied cherry to each cup is considered an improvement.

DE JOHN'S TEA

Follow recipe for making tea and serve hot, allowing three whole cloves to each cup. Sugar is added according to taste.

WELLESLEY TEA

Make same as Iced Tea, having three crushed mint leaves in each glass into which the hot infusion is strained.

ROMAN TEA

Follow tea recipe. Add one teaspoon rum to each cup of tea.

FRUIT PUNCH

- 1 Quart Grape Juice
- 2 Cups Yellow Corn Syrup
- 6 Lemons
- 2 Oranges
- 2 Quarts Mineral Water

Mix the grape juice, syrup and juice of lemons and oranges. Chill. Just before serving add the mineral water and thin slices of orange and pineapple cut into dice.

TEA PUNCH

- 1 Quart Moderately Strong Tea
- 1/4 Can Pineapple
- 1 Dozen Lemons
- 2 Sliced Oranges
- 2 Cups Yellow Corn Syrup
- Water to Make 1 Gallon

Mineral Water may be used in place of part of the water, or a quart of claret may be added.

MULLED GRAPE JUICE

- 1 Cup Water
- 1 Quart Unsweetened Grape Juice
- 1/4 Cup Cassia Buds
- 1/2 Cup of Yellow Corn Syrup

Put in double boiler and cook one-half hour. Serve very hot in bouillon cups.

EGGNOG

- White of 1 Egg Beaten Stiff
- Yolk of 1 Egg
- 1 Tablespoon Yellow Corn Syrup

- 1 Cup Rich Milk
- 1 Tablespoon Sherry, Brandy, or Whiskey

Mix in the order given, beating all the time. Dust the top with grated nutmeg and serve very cold.

TEMPERANCE PUNCH

- 1 Gallon Water
- 4 Cups Yellow Corn Syrup
- 1 Dozen Lemons
- 1/2 Dozen Oranges
- 1 Can Pineapple

Cut pineapple into dice and pour syrup made from water, corn syrup and fruit juice over it. Fill bowl about half full of cracked ice, and add punch.

DRINKS

SUMMER DRINK

- 1 Tea or Tablespoon Fruit Juice
- 1/2 Glass Water
- 1 Tea or Tablespoon Honey
- Soda, Tartaric Acid

Stir in as much soda as will lie on a dime, and then stir in half as much tartaric acid, and drink at once.

- 1 Level Teaspoon Cream of Tartar
- 1 Tablespoon Honey
- Water

Dissolve the cream of tartar in a little boiling water, add the honey, and fill up the glass with cold water, or hot water where a hot drink is preferred. Wholesome and refreshing. Especially good in case of a feverish cold.

ORANGE EGG FLIP

- 1 Egg
- 1 Orange
- 2 Tablespoons Corn Syrup
- 1/2 Lemon
- 1/8 Teaspoon Salt

Combine the ingredients according to the directions for egg flip, or heat the yolk and the white separately, folding the white into the other ingredients after they have been mixed thoroughly. Serve the flip very cold.

EGG FLIP

- 1 Egg
- 1/2 Cup Milk
- 2 Tablespoons Corn Syrup
- 1/8 Teaspoon Vanilla
- Salt

Add the corn syrup to the egg, and beat the mixture with an egg beater until it is light. Add the milk and the flavoring. Stir the mixture thoroughly, and serve it ice cold.

Confections

MAPLE CREAMS

- 3 Cups Maple Syrup
- 1 Pound Grated Maple Sugar
- 1 Cup Thick, Sweet Cream

Boil the sugar and cream to "soft ball" stage; beat with a silver fork until of the consistency of very thick cream. Pour into greased tins and when cool, cut into squares. A cup of chopped nuts may be added, when the mixture begins to thicken.

POPCORN

A Splendid substitute for sugar sweets.

Pop the dried corn in a regular popper or a covered iron frying pan, shaking vigorously and taking care not to let it burn. A cup of dried corn will make three quarts when popped. It is good mixed with a little salt or melted butter and salt.

To make a sweet of it, combine with syrup. Boil together one cup corn syrup and one tablespoon vinegar until a few drops harden in water. Pour over the popped corn while the syrup is hot. This amount of syrup will cover three quarts of popped corn. As soon as the mass is cool enough to handle, grease the hands well and form into balls.

STUFFED PRUNES AND DATES

Delicious confections to use instead of candy.

Soak the prunes overnight, dry, and stuff with chopped nuts, raisins, or apricots. Wash the dates, dry them, and stuff the same as prunes. These and the Parisian Sweets are good to eat and good for you.

PARISIAN SWEETS

Another sweet which is very good.

Use equal quantities of figs, dates, and nuts. The nuts may be omitted and prunes or raisins added. Put through a food chopper. Mix well and roll in a little powdered sugar or grated cocoanut.

YELLOW JACK

To one quart of yellow corn syrup which has been boiled for thirty minutes add one-half teaspoon bicarbonate of soda which has been rubbed absolutely smooth. Allow to boil, stirring constantly or it may burn, until brittle when tested in cold water. Remove from fire and add one tablespoon lemon juice. When cool enough to handle, pull until a light, bright yellow. Twist two strands together and cut into desired lengths.

PEANUT HONEY CANDY

- 1 Cup Butter
- 2 Cups Honey
- 1 Cup Boiling Water
- Pinch Soda

Boil to a hard ball, and pour over a layer of rolled peanuts, which have been scattered evenly over the bottom of a buttered pan. When nearly cold mark off in long strips and roll up tight; then slice across with a sharp knife before it gets quite cold.

CHOCOLATE CARAMELS

- 2 Cups Honey
- 1 Teaspoon Cinnamon or Vanilla
- $\frac{1}{2}$ Pound Cocoa
- $\frac{3}{4}$ Pound Pecan Nuts
- 2 Pounds Sweet Almonds

Cut the nuts fine and boil them with other ingredients until thick (260° F.). Cool and roll out. Cut in squares and dry in oven.

FRENCH CANDIES

- 1 Cup Water
- 1 Cup Gelatine
- 4 Cups Honey

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.



MEMORANDUM

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DEL MONTE CONSERVATION RECIPES OF FLAVOR

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CALIFORNIA PACKING CORPORATION
Packers of
DEL MONTE FOOD PRODUCTS

A COLLECTION OF SIMPLE RECIPES
AND THRIFTY SUGGESTIONS SHOWING THE
MANY PRACTICAL WAYS IN WHICH DEL MONTE
CANNED FRUITS AND VEGETABLES MAY BE USED TO
MAKE THE CONSERVATION MENU MORE TASTY,
MORE HEALTHFUL AND MORE GENERALLY
SATISFYING, AS WELL AS PATRIOTIC

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RECIPES AND SUGGESTIONS
In full accord with the rulings of the
UNITED STATES FOOD ADMINISTRATION
At date of publication

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All the recipes and suggestions contained herein for adding flavor and healthful variety to the every-day menu have been carefully checked and officially approved by the United States Food Administration as being in full accord with the spirit and text of its rulings affecting the conservation of foods, at date of publication.

CALIFORNIA PACKING CORPORATION

What You Ought to Know About Canned Foods in General and DEL MONTE Products in Particular



TO USE canned food products intelligently, economically and to the best advantage, every housewife should know something of the processes involved in their commercial production. Canning is the method by which food is preserved. In its highest development it is the preservation of food in as nearly its natural condition as possible, or in the condition in which it is generally used.

This is accomplished solely through the use of that great natural sterilizing agent—heat—and heat alone. There are no artificial preservatives of any kind needed or used in canning fruits and vegetables. Each product is processed, hermetically sealed in cans and then heated to the temperature and for the time required to secure perfect sterilization for each individual variety. This simplicity of method makes canning at once the safest, cheapest and most successful way to keep food in perfect condition until it is needed.

In principle there is no real difference between home and commercial canning. But the large canner has in reality many advantages over the housewife, all of which make for greater certainty of results and uniformity of quality. His first-hand choice of raw materials, his equipment for handling them in large quantities by special machinery, his accurate devices for grading as to size and quality, his standardized methods of processing, canning and sterilizing, as well as his exacting sanitary precautions in the handling and packing of each product, all give him an immeasurable advantage over the woman in the kitchen.

Quality in canned foods really begins with the production of the material—in the proper selection of variety and seed and in exercising a supervision and control over every stage in the growth, cultivation, harvest and delivery of the fresh fruits and vegetables to the canning kitchens.

The raw product must be of first class quality in every respect, uniform in size and development, and at just the proper stage of ripeness or maturity, to secure the best results.

And after it is delivered, it must be carefully graded both for quality and size. In canning eternal vigilance is the price of quality, and only long experience equips men to select that which is suitable and reject that which is unfit.

Why DEL MONTE Quality is Highest Quality

The DEL MONTE ideal of quality in canned foods traces its origin to the early days of California.

Long before the transcontinental railway was built—when settlers were still making their way slowly across the country in prairie schooners or sailing 'round the Horn—the founders of the DEL MONTE business were already in California, canning and preserving the golden harvests of its most fertile valleys.

They were the first in the field.

They began as pioneers—in a new land and in a comparatively new industry—with very little capital but with a big ideal—an ideal, which, backed by the determined spirit of '49, has revolutionized the canning business and given the whole world better things to eat.

That ideal was to can the finest fruits and vegetables grown, and so to perfect the processes of canning that the finished product should retain its full natural flavor and freshness.

They believed that the way to secure the finest fruits and vegetables was to locate their canneries in those sections where soil and climate combined to produce Nature's best. And they believed further that, to preserve that natural goodness at its best, the ripe fruits should be "packed where they ripen the day they are picked."

That was the principle upon which the DEL MONTE business was started nearly 60 years ago. And that is the principle upon which it has grown and developed until today the California Packing Corporation is the largest canner of fruits and vegetables in existence and DEL MONTE Quality is recognized the world over as the standard of excellence in foods.

A Far Search for DEL MONTE Flavor

Fine flavor in fruits and vegetables is what "good breeding" is in people. One is just as much a matter of careful cultivation as the other. Both are developed only under the most favorable environment.

That explains why DEL MONTE'S 89 model canneries are situated in the most favored spots of Nature—each location selected for its special fitness to produce certain products of finer flavor and finer quality than can be grown anywhere else.

It explains further why the California Packing Corporation owns and operates thousands of acres of the most highly developed orchards and gardens in these favored sections—why the specialists who prepare DEL MONTE Products have spent their lives in improving old varieties and propagating new ones to perfect DEL MONTE Quality—why, in short, they devote their most vigilant attention to every stage in the growth, harvest and preparation of DEL MONTE Products, from the planting of the seed until the perfectly flavored fruits and vegetables are ready to be served on your table.

Please do not confuse the delicious flavor of DEL MONTE California Canned Fruits with some varieties of fresh California fruit, which are necessarily picked green and allowed to ripen on their long journey to market. For DEL MONTE Fruits are always matured and sun-ripened on the tree. And they retain all the fine flavor and delicate bouquet that kindest Nature can impart, because they are "packed where they ripen the day they are picked."

That is why you will find DEL MONTE model kitchens in the richest pineapple-growing sections of far-off Hawaii—in the fertile California delta lands of the Sacramento river where grows the world's finest asparagus—in the finest peach orchards of the San Joaquin valley—among the famous apricot and prune orchards of the Santa Clara valley—in the raisin vineyards of Fresno—in Alaska, from whose cold, northern waters the choicest salmon are caught—as well as in all the other widely scattered locations where each particular variety develops its finest flavor and form.

And it is the same with DEL MONTE pears, plums, berries, cherries, grapes, beans, peas, tomatoes and all the other delicious varieties included in the DEL MONTE line. All are grown where they attain their finest flavors. In each is that delicious flavor preserved intact.

The DEL MONTE Label Your Guarantee of Quality

It is this strict adherence to an ideal established years ago, this painstaking attention to every detail in the preparation of the long line of DEL MONTE Products, that make the red DEL MONTE shield on the green can your absolute guarantee of finest quality in canned fruits, vegetables and other food products.

That is why America's millions of discriminating women are careful to specify DEL MONTE when they order canned foods from their grocers, and why so many grocers take pains to recommend DEL MONTE to their customers who want the best.

Recognition

In competition with leading brands from all parts of the world, DEL MONTE Products have received highest awards and diplomas at the world's greatest expositions, both at home and abroad, including the following: 1904 at the Louisiana Purchase Exposition, St. Louis, Missouri; 1906 at the Exposition Internationale d'Hygiene, Paris, France; 1909, Golden West Exposition, Earl's Court, London, England; 1911, Esposizione Internazionale della Industrie e del Lavoro, Turin, Italy; 1915, Panama California Exposition, San Diego, California; and 1915, Panama-Pacific International Exposition, San Francisco, California.

Measurements and Sizes of Containers



MEASUREMENTS and quantities of fruits and vegetables have been specified herein as 1 cup, $\frac{1}{2}$ cup, etc., rather than 1 can, $\frac{1}{2}$ can, etc. It might be well to say, however, that in preparing these recipes the generally recognized standard can of each particular variety has been used.

In most fruits, the No. 2 $\frac{1}{2}$ can is the customary size found on the grocers' shelves; likewise, for such vegetables as tomatoes, pumpkins, etc. Such varieties as string beans, peas, corn, etc., are ordinarily and commonly sold in what is known as the No. 2 can. With proper judgment there should be no difficulty in preparing these recipes regardless of the size of can used if instructions are followed as to the measurements specified in the recipes.

A word or two on the size of containers, however, may be of assistance to the housewife in purchasing canned products intelligently.

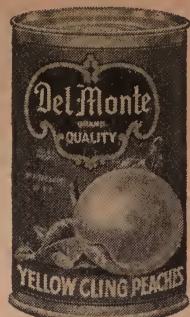
The most important containers in which DEL MONTE Canned Fruits are packed are No. 2 $\frac{1}{2}$, No. 2 and No. 1 Tall size cans.



No. 2½



No. 2



No. 1 Tall

The fruit in such varieties as Apricots, Peaches, Pears and Plums is graded for size, the large fruit being packed in No. 2½ cans, medium size fruit in No. 2, and fruit a trifle smaller in No. 1 Tall. This grading for size does not affect the quality in the slightest degree, for, as a matter of fact, the smaller and medium sized fruit, when selected for quality and fully tree-ripened, as DEL MONTE is packed, is just as delicious as the larger size fruit which goes into No. 2½ cans.

The sizes of cans most customary in packing vegetables are the No. 2½ and the No. 2 round cans. Asparagus is largely packed in square cans, the long spears in No. 2½ and the short spears or tips in the No. 1 can. There are various styles of smaller containers used for such varieties as Tomato Sauce, Green Chile Peppers, Pimientos, etc., which the consumer soon becomes acquainted with and accustomed to, when purchasing such commodities.

The net contents will always be found specified on the labels. There is some variation, according to the variety of the product, but generally speaking the No. 2½ round can, shown above, will contain from 27 to 30 ounces net; the No. 2, from 18 to 20 ounces and the No. 1 Tall about 15 ounces.

General Directions

Level measurements should be used in all the recipes contained herein. Each recipe is large enough to serve six moderate-sized portions.

The sirup from DEL MONTE Canned Fruits may be used as sauce for puddings, fritters and pancakes; it is delicious in fruit punches and lemonade; it may be substituted for the liquid in frostings and icings and will conserve a portion of the sugar; it may be frozen for a sherbet, or heated and poured over ice cream for additional flavor. It may also be used in place of vinegar in French salad dressing to be served on a fruit salad.

The liquid from DEL MONTE Canned Vegetables should never be thrown away. It may be used as the basis for soups, as the liquid in cream or white sauce, and it will give additional flavor to all meat and vegetable stews.

As this liquid is rich in mineral salts it should always be utilized. By its use with the vegetables or in one of the ways mentioned above the full food value of the vegetable is retained.

All bread crusts and stale pieces of bread should be saved, dried, and put through the meat chopper to make crumbs.

Stiffly beaten egg whites should be combined with other ingredients by folding in with a cutting motion and not a stirring motion. The air which has been beaten into the egg white is thus prevented from escaping.

Gelatin should be softened in a small amount of cold water before it is dissolved in boiling water. Use in the proportion of ½ cup of cold water for 1 envelope of gelatin.

White sauce or cream sauce should be smooth and creamy and free from lumps. To prepare it so that it meets all these requirements the following method has been found to be uniformly successful:

Melt the fat, or heat it, if a liquid fat is used. Remove from the fire and add the dry ingredients which consist of cornstarch or Victory flour, or any of the substitute flours, and the seasonings. When these are thoroughly mixed with the fat, add the cold liquid which may be milk or stock or water or a combination of two or of the three. Return to the fire and stir constantly until the boiling point is reached. Then if it is not to be used at once put in a double boiler to keep hot until ready to serve. The following proportions may be used for the two grades of sauce:

Thin White Sauce (1 Cup)

½ tablespoon of fat
 1 tablespoon of Victory flour or cornstarch
 ½ teaspoon of salt
 ⅛ teaspoon of pepper
 1 cup of liquid

Thick White Sauce (1 Cup)

1 tablespoon of fat
 2 tablespoons of Victory flour or cornstarch
 ½ teaspoon of salt
 ⅛ teaspoon of pepper
 1 cup of liquid

Mayonnaise Salad Dressing

Beat an egg yolk until it is light, add 1 tablespoon of lemon juice or vinegar, ¼ teaspoon each of salt, mustard and paprika. Measure ½ cup of olive or salad oil and add a tablespoon at a time, beating constantly with a Dover egg beater. To increase the quantity a stiffly beaten egg white may be folded into the dressing just before it is served.

Any salad recipe calling for mayonnaise may be served with cooked salad dressing instead, if desired.

Tartar Sauce

Add 1 tablespoon each of chopped pimiento, chopped sweet pickle and chili sauce or catsup to mayonnaise.

French Dressing

Measure 2 tablespoons of powdered sugar or corn sirup, ½ teaspoon of salt and ¼ teaspoon of paprika into a bowl. Add 2 tablespoons of vinegar and stir or beat until thoroughly mixed. Then add 4 tablespoons of olive or salad oil and, if desired, 1 tablespoon of Worcestershire sauce. Mix thoroughly by stirring or beating. French dressing should always be prepared just before it is served.

Cheese Dressing

Add 2 tablespoons of Roquefort, or grated dairy cheese, to French dressing.

DEL MONTE Canned Apricots

The apricot is said to have originated in Armenia. Today it is grown to a greater extent in California than anywhere else in the world, but even here only certain favored districts produce apricots of the high quality packed under the DEL MONTE Brand. DEL MONTE Apricots are the choicest fruit of California's finest orchards brought to you with all their exquisite tree-ripened flavor. Packed in three sizes of tins, No. 1 tall, No. 2 and No. 2½. Size of can referred to in the following recipes is the No. 2½.

Apricot Suggestions and Recipes

Serve DEL MONTE Canned Apricots as a breakfast fruit with bacon and eggs.

To extend the mayonnaise for lettuce sandwiches, add apricots pressed through a strainer.

Serve apricots, sliced, on buckwheat cakes to conserve sugar and add health to the winter menu.

Get the old people in the family into the habit of eating a dish of apricots for breakfast to keep their digestive tracts in good order.

Try apricots and sliced pimientos on lettuce with French dressing for a fruit salad.

Serve apricots with the luncheon souffle in place of salad. The nutritive value is almost as great and they combine equally well with meat or cheese.

Stir 2 tablespoons of pulp from canned apricots into a glass of milk for a nourishing and sustaining drink.

Pulp from canned apricots added to a baked or steamed custard will make it more nourishing for the children.

Press apricots through a strainer and freeze for an easy hot weather dessert.

Freeze the junket and serve with apricots.

Apricot jelly made with the sirup from canned apricots and gelatin with no additional sweetening, served on lettuce with mayonnaise, makes an attractive and delicious salad.

Serve breakfast sausages on halves of apricots. They add a distinctive flavor to the sausages, and are surprisingly good.

A few apricots cut in pieces and added to the stuffing for fowls give an unusual and delicious flavor.

Because of their tart flavor, apricots may be served with game in place of a jelly or sauce.

Try the pulp from canned apricots in place of apple sauce in your next conservation cake.

Mix equal parts of catsup and pulp from canned apricots for sauce for a fish cocktail.

Slice some apricots into the next aspic with the meat. They will impart a delicate tart taste.

Put pulp from canned apricots in your rolled pancakes and serve with hot sirup from the apricots instead of sugar.

Baste baked bananas with the sirup from canned apricots for added flavor and to conserve sugar.

Delicious and nourishing sandwiches may be made by spreading brown bread with cottage or cream cheese to which enough pulp from canned apricots has been added to make it spread easily.

As a filling for tarts, use equal parts of chopped apricots and chopped raisins.

With chicken or rabbit, apricots may be served instead of jelly. Or, add $\frac{1}{2}$ cup of finely chopped walnuts to a dish of pulp from canned apricots to make a conserve.

Stew the juice and grated rind of an orange, a little vinegar, spices, and a few apricots, to make a delicious relish for serving with fish.

BAKED APRICOT PUDDING—Mix $\frac{3}{4}$ cup ($\frac{1}{3}$ can) of DEL MONTE Canned Apricots, sliced, with twice as much soft crumbs. Pour into a greased baking dish, sprinkle with brown sugar, dot with butter substitute, pour over $\frac{1}{4}$ cup of sirup from the apricots and $\frac{1}{4}$ cup of boiling water, bake 35 minutes, and serve plain or with hot sirup from the apricots.

APRICOT BREAD PUDDING—Soak $1\frac{1}{4}$ cups of stale bread crumbs and $\frac{1}{2}$ cup of coconut in $1\frac{1}{2}$ cups of hot milk. Add $\frac{1}{2}$ teaspoon of salt, 2 tablespoons of sugar or corn sirup, and 1 beaten egg. Put a half of a DEL MONTE Canned Apricot in each of 6 individual molds, fill with pudding mixture, and steam until firm. Serve with hot sirup from the apricots.

APRICOT INDIAN PUDDING—Cook $\frac{1}{4}$ cup of corn meal and 2 cups of milk in a double boiler 20 minutes, add $\frac{1}{2}$ teaspoon each of salt and ginger, and 2 tablespoons of molasses. Pour into a greased pudding dish, put into a slow oven, and after 20 minutes of baking add $\frac{3}{4}$ cup ($\frac{1}{3}$ can) of DEL MONTE Canned Apricots cut in pieces, and bake 45 minutes longer.

APRICOT CHARLOTTE RUSSE—Arrange circles of stale cake in a greased baking dish. Mix $1\frac{1}{2}$ cups of egg white with 1 tablespoon of sugar or corn sirup and $\frac{1}{2}$ cup of DEL MONTE Canned Apricots pressed through a strainer. Heap egg mixture on circles of cake, sprinkle with coconut, and bake in a slow oven until a delicate brown. Serve with a custard sauce made from the egg yolk and 1 cup of sirup from the apricots.

APRICOT CEREAL PUDDING—Make $1\frac{1}{2}$ cups of mush of hominy grits, add $\frac{3}{4}$ cup ($\frac{1}{3}$ can) of DEL MONTE Canned Apricots, $\frac{1}{2}$ teaspoon each of salt and cinnamon, 1 egg, and $\frac{1}{2}$ cup of sirup from the apricots. Pour into a greased pudding dish and bake in a slow oven 30 minutes.

APRICOT CUSTARD—Make a custard using 2 egg yolks, 2 cups of milk and $\frac{1}{4}$ teaspoon each of salt and nutmeg. Cool and add $\frac{3}{4}$ cup ($\frac{1}{3}$ can) of DEL MONTE Canned Apricots pressed through a strainer. Pour into a serving dish and cover with a meringue of 2 stiffly beaten egg whites and 2 tablespoons of sirup from the apricots.

APRICOT WHIP—Drain 1 cup of DEL MONTE Canned Apricots and press through a strainer, fold in 2 stiffly beaten egg whites, pour into a serving dish, and chill. Serve with a custard sauce made from the egg yolks, $\frac{3}{4}$ cup of milk, and $\frac{1}{4}$ cup of sirup from the apricots.

FROZEN APRICOTS—Rub $\frac{3}{4}$ cup ($\frac{1}{3}$ can) of DEL MONTE Canned Apricots through the strainer. Cook 1 cup of sirup from the apricots, $1\frac{1}{2}$ cups of water, and $\frac{1}{2}$ cup of sugar or corn sirup 5 minutes. Add apricots and freeze.

APRICOT COUPE—Cut $\frac{3}{4}$ cup ($\frac{1}{3}$ can) of DEL MONTE Canned Apricots in small pieces, boil down the sirup from 1 can of apricots until there is but $\frac{2}{3}$ cup, add, and chill. After filling sherbet glasses with vanilla ice cream pour over apricot mixture.

CEREAL CHOPS—Make a stiff mush out of $1\frac{1}{2}$ cups of boiling, salted water and $\frac{3}{4}$ cup of oatmeal. Pour into a wet loaf pan and cool. Cut in thick slices, roll in crumbs, and brown in a frying pan. Arrange on a hot platter, surround

with DEL MONTE Canned Apricots, and serve with the hot sirup from the canned apricots.

APRICOTS WITH SCRAMBLED EGGS—Beat 5 eggs slightly, add $\frac{1}{2}$ cup of the sirup from DEL MONTE Canned Apricots, 1 teaspoon of salt, and $\frac{1}{8}$ teaspoon of pepper, and pour into a hot frying pan in which 1 tablespoon of fat has been melted. Cook over low fire, stirring constantly until mixture is creamy. Pour over toast and put a half apricot on each serving.

DEL MONTE Canned Berries

Strawberries - Blackberries - Loganberries

From the vine to the can in the shortest possible time is our invariable policy in packing DEL MONTE Berries. Only those varieties best adapted to canning are used. All are hand-picked and graded, and packed at the height of the season, when size and flavor have reached their maximum. We are the original packers of loganberries, which have come to be so highly appreciated by discriminating buyers. DEL MONTE Berries are sold in No. 1 tall and No. 2 cans. The No. 2 size is referred to in the recipes which follow.

Berry Suggestions and Recipes

Mash a few DEL MONTE Canned Strawberries, mix with a mild cream cheese and a little mayonnaise, and use for a sandwich filling.

Strawberries may be frozen just as they come from the can with the addition of the juice of 1 lemon, for a delicious and easy dessert.

Serve the blanc mange with strawberries over it in place of pudding* sauce or sugar and cream.

Canned strawberries, when used for a shortcake, turn winter into summer.

Make the breakfast food the day before, and let it stand in molds over night. Serve with strawberries instead of cream and sugar.

Conservation muffins may take the place of shortcake when served with strawberries over them.

Canned strawberries poured over any frozen fruit make a delicious addition.

Transform any humble everyday pudding, hot or cold, by serving with strawberries.

The sirup from canned strawberries from which the fruit has been used, makes a splendid addition to lemonade.

The sirup from canned blackberries, lemon juice, and ice water make a refreshing temperance punch for hot summer days.

For a simple Charlotte Russe, place slices of stale cake around the edge of a serving dish, pile blackberries in the center, and heap whipped cream over the top.

Add 1 cup of blackberries, drained, to any recipe for cottage pudding, and serve with the sirup from the blackberries as a pudding sauce.

Serve blackberries, hot, on waffles, for a delicious luncheon dish.

Use equal parts of sirup from canned blackberries and corn sirup in place of sugar in boiled frosting.

Use canned blackberries for a delicious combination with banana ice cream.

Fill a sherbet glass $\frac{3}{4}$ full of orange or lemon jelly. Put canned blackberries over this for a surprisingly good dessert.

Blackberries, heated, make a splendid sauce for old fashioned Indian pudding.

Use blackberries for conservation tarts. They tempt the boy from six to sixty.

Try sirup from canned loganberries in cheese salad dressing in place of vinegar.

Equal parts of sirup from canned loganberries and corn sirup, thickened with cornstarch, make a good hot pudding sauce.

Add 1 cup of loganberries to your favorite muffin recipe for flavor and variety.

Cut hot corn bread in squares and serve with loganberries for a nursery dessert.

Serve conservation steamed dumplings with loganberries for a welcome winter dessert.

Spread wafers with cream cheese and drop a few loganberries on top, to serve with afternoon tea.

Loganberries and puffed rice make a splendid breakfast dish or a simple and pleasing dessert for the children.

STRAWBERRY COMPOTE—Cook 1 cup each of sirup from DEL MONTE Canned Strawberries and corn sirup until it spins a thread, add the juice of 1 lemon and $\frac{1}{2}$ cup ($\frac{1}{3}$ can) of the berries, drained. Heap 2 cups of boiled rice in the center of a serving dish and pour strawberry mixture over it.

STRAWBERRY PUDDING—Mix 6 tablespoons of cornstarch with $\frac{1}{2}$ cup of sirup from DEL MONTE Canned Strawberries and 2 tablespoons of corn sirup. Add to 2 cups of hot water and cook in the double boiler until clear. Add the juice of 1 lemon and pour into individual wet molds. When firm serve with as many of the berries as desired.

FROZEN STRAWBERRIES—Mix 1 can of DEL MONTE Canned Strawberries, $\frac{1}{4}$ cup of corn sirup, the juice of 1 lemon, and freeze.

CREME A LA FRAISE—Dissolve 2 tablespoons of softened gelatin in $\frac{1}{2}$ cup each of boiling water and boiling sirup from DEL MONTE Canned Strawberries. Set aside until slightly thickened. Add 1 unbeaten egg white to 1 cup of thin cream and beat until thick. Fold into the thickened strawberry mixture, add $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of the berries, drained, pour into a serving dish and chill.

STEAMED BLACKBERRY PUDDING—Mix $1\frac{1}{2}$ cups of crumbs, 2 teaspoons of baking powder, $\frac{1}{2}$ teaspoon each of salt and cinnamon; $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Blackberries, drained, $\frac{1}{2}$ cup of the sirup, and 1 well beaten egg. Pour into a greased mold and steam for 2 hours. Serve with the remaining sirup heated.

BLACKBERRY BLANC MANGE—Heat 1 cup of sirup from a can of DEL MONTE Canned Blackberries and $\frac{3}{4}$ cup of water. Moisten 5 tablespoons of cornstarch with $\frac{1}{2}$ cup of cold water, add to the heated mixture and cook in the double boiler until clear and transparent. Pour into serving dish and serve with cream or milk.

BLACKBERRY FROTH—Boil $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Blackberries, drained, $\frac{1}{2}$ cup of sirup, and 1 cup of hot water for 5 minutes. Rub through a strainer onto 1 tablespoon of softened gelatin, stir over hot water until gelatin dissolves and set aside until slightly thickened. Beat until foamy and fold in 1 stiffly beaten egg white and pour into serving dish. When firm serve with a custard sauce made from the egg yolk, 1 tablespoon of corn sirup, $\frac{3}{4}$ cup of milk, and $\frac{1}{4}$ teaspoon of vanilla.

LOGANBERRY TAPIOCA—Bring to the boiling point $\frac{3}{4}$ cup each of water and sirup from DEL MONTE Canned Loganberries with $\frac{1}{4}$ cup each of corn sirup and minute tapioca, cook in double boiler until clear and transparent. Arrange $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of the berries in a serving dish, pour the tapioca over it and chill.

ENGLISH LOGANBERRY PUDDING—Spread 6 slices of stale bread with butter or butter substitute, place one-half in the bottom of a well greased mold, put $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Loganberries in a layer over this and place the remainder of bread on top. Pour 1 cup of the sirup over all, place a weight on top and stand in a cold place for 12 hours. Turn out in a mold and serve with cream if desired.

LOGANBERRIES WITH RICE—Boil $\frac{1}{2}$ cup of rice, 1 cup of boiling water, and $\frac{1}{4}$ teaspoon of salt for 10 minutes. Add 1 cup of sirup from DEL MONTE Canned Loganberries, and $\frac{1}{2}$ cup of drained berries. Cook in double boiler until rice is tender. Fold in 1 stiffly beaten egg white, chill, and serve with a custard sauce.

DEL MONTE Canned Cherries

Locations for growing cherries must be selected with great care, as the fruit is easily affected by climatic conditions. The superior flavor of DEL MONTE Cherries is due to the care exercised in their growth and preparation. There are three varieties of DEL MONTE Cherries—Royal Anne, Black Tartarian and the White variety, the first being the most popular because of its characteristic flavor and small pit. All our cherries are packed unpitted, as the retention of the pit gives that distinctive flavor which everybody likes. DEL MONTE Cherries are put out in three sizes of tins—No. 1 tall, No. 2 and No. 2 $\frac{1}{2}$. The No. 2 $\frac{1}{2}$ is referred to in the recipes following.

Cherry Suggestions and Recipes

Try grapefruit and cherries for a light luncheon salad, with French dressing. This is equally good after a hearty meat course at dinner.

Cherries may also be used in potato salad and served with a boiled dressing. Bananas baked with canned cherries for 20 minutes and basted with their sirup, make a delicious and unusual dish.

Add a cup of stoned cherries to the custard pudding and freeze, for an inexpensive summer dessert.

Add a few cherries, stoned and cut in pieces, to any fruit or meat jelly to make it more delicious.

Use cherries in the sardine salad for an attractive addition.

Cherries, stoned, are delicious in a rolled sweet omelet.

Try baked cherries and spaghetti for a good conservation pudding using cherry sirup for moistening and spices for seasoning.

Cherries, stoned and chopped, and added to peanut butter sandwiches are delicious.

Use cherries instead of apples in the baked tapioca pudding for a pleasant change.

Cherries, stoned and chopped, and added to cream cheese and chopped nuts, make a sandwich filling which every one will like.

Canned cherries to which a little lemon juice has been added, thickened with cornstarch, make a splendid pie filling.

Cherries and celery, chopped fine and mixed with mayonnaise, make a good sandwich filling.

CHERRY COCONUT SPONGE—Dissolve 1 envelope of softened gelatin in $\frac{3}{4}$ cup of boiling sirup from DEL MONTE Canned Cherries, add 2 tablespoons of corn sirup, $\frac{1}{4}$ teaspoon of salt, grated rind from $\frac{1}{2}$ lemon, and juice from 1 lemon. Set aside until slightly thickened, fold in 2 stiffly beaten egg whites, add 1 cup of the cherries, pitted, and pour into a wet mold, sprinkle with coconut and serve with a soft custard made from the 2 egg yolks, 2 tablespoons of corn sirup, and 1 cup of milk.

CHERRY AND PECAN SALAD—Remove the pits from $1\frac{1}{4}$ cups of DEL MONTE Canned Cherries and refill the centers with pecan or other nut meats. (This will take $\frac{1}{2}$ cup.) Mix with mayonnaise and serve on lettuce.

STEAMED CHERRY PUDDING—Mix 1 cup of fine, dry crumbs with 1 cup of rolled oats, add 2 teaspoons of baking powder and 1 teaspoon of cornstarch, and mix thoroughly. Beat 1 egg, add 1 cup of sirup from DEL MONTE Canned Cherries, and the grated rind and juice from $\frac{1}{2}$ a lemon and mix with the dry ingredients. Add 1 cup of the cherries, pitted, and 1 tablespoon of cooking oil or melted fat. Pack in a greased mold and steam for 2 hours. Serve with Cherry Pudding-sauce.

CHERRY SHERBET—Add the juice of 1 orange to the sirup from 1 can of DEL MONTE Canned Cherries, freeze, and when almost done add 1 stiffly beaten egg white and 1 cup of the cherries, pitted. Pack until hard.

JELLIED CHERRIES WITH ORANGES—Dissolve 1 envelope of softened gelatin in 1 cup of boiling sirup from DEL MONTE Canned Cherries and add $\frac{1}{2}$ cup of boiling water, $\frac{1}{4}$ cup of corn sirup, and the juice of $\frac{1}{2}$ a lemon. Arrange 1 cup of the cherries, pitted, and 3 sliced oranges in a serving dish, pour in the gelatin mixture, and set aside until firm.

PICKLED CHERRIES—Bring to the boiling point $\frac{1}{2}$ cup each of sirup from DEL MONTE Canned Cherries, vinegar and brown sugar or corn sirup. Add 1 cup of the Cherries and 2 tablespoons each of stick cinnamon and whole cloves tied in a piece of cheese cloth. Boil slowly for 20 minutes.

CHERRY FRITTERS—Make a stiff corn meal mush by adding $\frac{1}{2}$ cup of white or yellow corn meal to 1 cup of boiling salted water, and 1 cup of sirup from DEL MONTE Canned Cherries. Boil for 5 minutes and cook in a double boiler 1 hour. Add 1 cup of the cherries, pitted, and pour into a wet loaf pan. When cold and firm cut in slices, roll in fine crumbs and brown in fat in a hot frying pan. Serve with Cherry Pudding-sauce.

CHERRY PUDDING-SAUCE—Bring $\frac{1}{2}$ cup each of sirup from DEL MONTE Canned Cherries and brown sugar or corn sirup to the boiling point. Add 1 tablespoon of cornstarch moistened with 3 tablespoons of cold water. Boil for 5 minutes, add the juice of 1 orange and serve.

DEL MONTE Canned Peaches

There are a great many varieties of peaches grown in California but only a few are suitable for canning. Under the DEL MONTE Brand we pack the three varieties which nearly sixty years' experience has shown us to be the best—Yellow Clings, Yellow Frees and White Clings. All are grown in the most favored peach districts of California, and "Packed where they ripen the day they are picked." No words can describe the delicious flavor of DEL MONTE Peaches—the most popular fruit canned. Packed in halves and sliced in No. 1 tall, No. 2 and No. 2 $\frac{1}{2}$ cans. Cans mentioned in recipes are the No. 2 $\frac{1}{2}$ size.

Peach Suggestions and Recipes

DEL MONTE Canned Sliced Peaches between rice pancakes served with hot sirup from the peaches, make a simple and nourishing dessert.

The sirup from one can of peaches with the addition of gelatin makes a jelly of delicate flavor and attractive color; this may be used as a dessert or a garnish for cold meat.

Use sirup from canned peaches in frostings and fillings in place of the liquid and part of the sugar.

Hot peach sirup may be used for pudding sauce with the addition of a few drops of lemon juice.

Sliced peaches may take the place of sugar and cream when served with breakfast cereal and combine particularly well with either oatmeal or hominy.

A cup of sirup from canned peaches and a few slices of the fruit make a delicious and unusual variation to lemonade or iced tea.

Put a few slices of peaches which have been left over through the food chopper and spread sandwiches for the children's luncheon. It will take the place of butter and jam.

Canned peaches are preferable to use for shortcakes as they retain both their color and their firmness much better than fresh fruit.

Use sliced peaches in your next jelly roll, first moistening the cake with a small amount of their sirup.

Brown a few halves of peaches rolled in crumbs in the roasting pan with the meat. They will take the place of the fruit fritter and save the fat.

Sprinkle halves of peaches with coconut and fill with vanilla ice cream. This may be served with sirup from the peaches.

Sirup from canned peaches imparts a delicious flavor to baked ham when used for basting.

Bits of left over pie crust filled with sliced peaches and baked make an economical dessert.

Sliced peaches and oranges make a delicious summer salad with the sirup from the peaches and the orange juice as a basis for the salad dressing.

Peaches added to a tapioca pudding increase both the flavor and the food value and eliminate the addition of sugar.

A few slices of peaches added to apple pie or apple sauce give an increased flavor and palatability.

Serve canned peaches with fried mush for breakfast.

Drop one slice of peach on top of the breakfast muffins just before placing in the oven. Place one slice of peach in the bottom of the popover irons.

Try sliced peaches on French toast for breakfast.

Vary the overworked cornstarch pudding by the addition of sliced peaches.

A glass dish of canned peaches may be used as a centerpiece for table decoration and served for the final course. A few sprigs of mint will make it more attractive.

Peaches rolled in chopped nuts and served with mayonnaise make a nutritious salad.

Roll a half peach in coconut and fill with raspberry sherbet for a summer dessert.

Stuff a half peach with chopped nuts and dates and serve with milk or cream.

Add a few sliced peaches to bread pudding and Indian pudding. This makes a welcome variation.

Frozen sirup from canned peaches with no additional sugar makes a delicious punch for serving with meats.

Much time and fuel may be conserved by using canned peaches in steamed puddings and dumplings in place of raw fruit.

Diced oranges and peaches arranged with a sprig of mint and some sirup from the peaches in a cocktail glass make a fruit cup which is sure to be popular.

For a "different hot bouillon" dissolve a bouillon cube in some hot sirup from canned peaches.

For an easy and delicious frozen dessert a can of peaches may be packed in ice and salt for 2 hours, turned out on a platter and served cut in slices.

JELLIED PEACHES—Place halves of DEL MONTE Canned Peaches in a square wet mold. Dissolve 1 envelope of softened gelatin in $1\frac{1}{2}$ cups of boiling water, add $\frac{1}{4}$ cup of sugar, or $\frac{1}{2}$ cup of corn sirup and $\frac{1}{2}$ cup each of lemon juice and the sirup from the peaches. Pour the mixture over the peaches and when cold and firm cut in squares with one-half peach in each.

PEACH ISLAND—Place 6 halves of DEL MONTE Canned Peaches in a serving dish. Beat 2 egg yolks with 2 tablespoons of sugar or corn sirup and $\frac{1}{8}$ teaspoon of salt, add 1 cup of hot milk, cook in double boiler until thick, cool, add $\frac{1}{4}$ teaspoon of vanilla, fold in 2 beaten egg whites, pour over the peaches and sprinkle with coconut.

PEACH COCONUT PUDDING—Mix $\frac{1}{4}$ cup of cornstarch with $\frac{1}{2}$ cup of cold water and add to 2 cups of hot milk, cook in double boiler 35 minutes, and add $\frac{1}{2}$ cup of coconut. Line a wet mold with DEL MONTE Canned Sliced Peaches, pour in pudding and when cold turn out on a serving dish.

PEACH TAPIOCA—Put $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned Sliced Peaches in a serving dish. Cook $\frac{1}{2}$ cup of minute tapioca, $1\frac{1}{2}$ cups of boiling water, $\frac{1}{8}$ teaspoon of salt, $\frac{2}{3}$ cup of sirup from the peaches, and $1/16$ teaspoon of cinnamon in a double boiler until tapioca is clear and transparent. Pour over the peaches and serve hot or cold with milk or cream.

PEACH BETTY—Arrange 1 cup of bread crumbs and $1\frac{1}{2}$ cups ($\frac{2}{3}$ can) of DEL MONTE Canned Sliced Peaches which have been drained, in alternate layers in a greased baking dish, sprinkle each layer of peaches with sugar or corn sirup and a little cinnamon, dot with 2 tablespoons of butter substitute, pour $\frac{3}{4}$ cup of water over all, and bake 35 minutes in a moderate oven.

PEACH BLANC MANGE—Mix 5 tablespoons of cornstarch and 3 tablespoons of sugar or $\frac{1}{3}$ cup of corn sirup, $2\frac{1}{2}$ cups of hot milk, stirring constantly, and cook in the double boiler 35 minutes. Add $\frac{1}{4}$ teaspoon of vanilla and pour into wet mold lined with $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Sliced Peaches. Chill and serve with sirup from the peaches, or with cream.

PEACH SOUFFLE—Arrange $1\frac{1}{2}$ cups ($\frac{2}{3}$ can) of drained DEL MONTE Canned Sliced Peaches in a greased baking dish. To 3 stiffly beaten egg whites add $1/16$ teaspoon of salt and $\frac{1}{4}$ cup of the peach sirup. Pour over the peaches and bake in a slow oven 30 minutes. Serve with custard sauce made from the egg yolks and the remainder of sirup from the peaches.

PEACH SNOW—Line a wet mold with $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Sliced Peaches. Dissolve 1 envelope of softened gelatin in $\frac{3}{4}$ cup of boiling water, add 3 tablespoons of sugar or $\frac{1}{3}$ cup of corn sirup, and 2 tablespoons of lemon juice and cool. Beat until foamy, and fold in 1 stiffly beaten egg white. Pour over the peaches and when firm turn out into serving dish.

PEACH MELBA—Put one half of a DEL MONTE Canned Peach in the bottom of a sherbet glass, cover with vanilla ice cream, set the other half of a peach on top, cap with a tiny pyramid of ice cream and pour 2 tablespoons of peach sirup over each serving.

FROZEN PEACHES—Boil $\frac{3}{4}$ cup of sirup from DEL MONTE Canned Sliced Peaches, $\frac{1}{2}$ cup of sugar or $\frac{2}{3}$ cup of corn sirup, and $1\frac{1}{2}$ cups of water for 3 minutes, add the juice of 2 oranges, cool, and freeze. When nearly done add $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of the sliced peaches, pack, and allow to stand for at least 2 hours to ripen.

PEACH CANAPE—Put 6 halves of DEL MONTE Canned Peaches on 6 rounds of stale cake, toasted, pour over the juice of 1 lemon, $\frac{1}{4}$ cup of sirup from the peaches and sprinkle with nutmeg.

PEACH COMPOTE—Drain and arrange $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Sliced Peaches in individual greased molds, pack with boiled rice, cover, and steam 15 minutes. Turn out of molds and serve with hot sirup from the peaches.

PEACH JELLY—Dissolve 1 envelope of softened gelatin in $1\frac{1}{2}$ cups of boiling water, add the sirup from 1 can of DEL MONTE Canned Peaches and the juice of 1 orange. Pour into wet mold and set aside until firm.

PEACH OMELET—Beat 5 egg yolks until light, add $\frac{1}{3}$ cup of sirup from DEL MONTE Canned Sliced Peaches and fold in 5 stiffly beaten egg whites. Melt 1 tablespoon of fat in a frying pan and tip the pan so that it is thoroughly greased. Pour in the omelet mixture and bake. Spread one-half with DEL MONTE Canned Sliced Peaches, drained, and fold like an omelet. Turn out on a platter, garnish with more of the peaches and serve immediately.

PEACHES WITH CREAM OF BARLEY—Make a mush of $\frac{1}{2}$ cup of cream of barley and 2 cups of boiling, salted water. Just before serving add $\frac{3}{4}$ cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned Sliced Peaches to the hot mush. Serve with the sirup from the peaches or with cream.

JELLIED OATMEAL WITH PEACHES—Make a mush of $1\frac{1}{2}$ cups of boiling salted water and $\frac{3}{4}$ cup of oatmeal, add $\frac{1}{2}$ cup of peach juice, place one-half a DEL MONTE Canned Peach in the bottom of individual wet molds, fill with mush and when cold and firm turn out and serve.

DEL MONTE Canned Pears

The exquisite flavor of the Bartlett Pear is retained in all its delicacy through the DEL MONTE way of selection and packing. DEL MONTE kitchens in districts where the finest pear orchards are located, enable us to select only perfect fruit. The utmost care is exercised in handling, stemming and peeling, and the fruit is packed in a sirup of just the proper sweetness and density to bring out all its delicate yet characteristic, natural flavor. Packed in No. 1 Tall, No. 2, and No. 2 $\frac{1}{2}$ tins. Recipes herein refer to the No. 2 $\frac{1}{2}$ size can.

Pear Suggestions and Recipes

DEL MONTE Canned Pears on lettuce are delicious when served with French dressing.

Serve halves of pears on large green leaves to make an attractive as well as an economical dessert.

The sirup from canned pears makes a delicately flavored, and nutritious soup when combined with tapioca.

A few pears added to frozen milk sherbet make a delicious dessert.

Canned pears, chopped fine and served on cinnamon toast for tea, make a pleasant variation.

Halves of pears filled with a mixture of chopped crystallized ginger and nuts provide a nourishing and pleasing dessert.

Vary the daily baked apple with a baked pear. Sprinkle the pears lightly with brown sugar and a little cinnamon and bake only until sugar melts and pear is heated and a decided conservation of fuel will be effected.

Try pears in place of apples in the next Brown Betty and discover a delicious new dessert.

In place of the commonplace apple pie, try using pears instead of apples, flavoring with a little lemon juice. It combines well with conservation pastry and the pie bakes in one-half the time.

Sprinkle halves of pears with grated cheese and put into the pan with the roast fifteen minutes before it is to be served. This is a typical Italian dish.

Pears cut in pieces, heated in their own sirup, and flavored with a little lemon juice and cinnamon are delicious served with roast duck.

Make dumplings with barley flour and fill with halves of pears.

Fill the centers of halves of pears with berry jam; it will satisfy the children's sweet tooth as well as furnish them with a healthful dessert.

Use pears instead of apples for the apple snow to lend variety to the invalid or convalescent diet.

Melt a square of chocolate in the sirup from canned pears, beat until well blended, and pour over halves of pears to make an unusually delicious "easy dessert."

A few pears molded in the orange jelly lend a pleasing variation to the menu.

A tempting and nourishing drink for invalids may be made by putting a quarter of a cup of sirup from canned pears in a glass, filling two-thirds full with milk and the yolk of an egg beaten together, and heaping the beaten egg white on top. This should be very cold when served.

Serve chocolate ice cream in halves of pears. This is unusual and delicious.

Try pears cut in half-inch cubes and served in ice cold canteloupe.

For a refreshing frozen punch, use one part ginger ale to two parts pears.

A cold weather dessert worth trying is a half pear on hot gingerbread, served with hot sirup from the pears.

For an attractive first course for the summer luncheon, use equal parts of pears and watermelon cut in small cubes and covered with pear sirup. This may be served in sherbet glasses.

Serve pears with rice croquettes for added flavor and food value.

Sliced cucumbers and sliced pears served on lettuce with French dressing make a refreshing hot weather salad.

Halves of pears filled with left over grated pineapple and sprinkled with coconut make a delicious dessert.

A few pears and ripe olives cut up together make a good salad combination.

Baste stuffed tomatoes with sirup from canned pears for added flavor.

For a winter shortcake use canned pears.

Extend a few left over pears by chopping with green peppers and serving with French dressing for a salad.

Halves of pears filled with cottage cheese, moistened with onion juice, sprinkled with paprika and served with French dressing make a salad which, once tried, will be often served.

Halves of pears cut in pieces, garnished with pimientos, and served with mayonnaise make a delicious salad.

For quite a different way of making a very nourishing salad, fill halves of pears with chopped nuts and dates, sprinkle with grated cheese and serve with French dressing.

JELLIED PEAR SALAD—Make a lemon jelly and pour over slices of DEL MONTE Canned Pears and chopped celery arranged in individual molds. Set aside until firm and serve on lettuce with mayonnaise.

PEAR AND CHEESE SALAD—Fill the hollow in the center of the halves of DEL MONTE Canned Pears with soft cream cheese. Arrange on lettuce leaves and serve with French dressing.

PEAR FRITTERS—Roll halves of DEL MONTE Canned Pears in fine seasoned crumbs, to which melted butter substitute has been added in proportion of 1 tablespoon to each cup of crumbs. Bake in a moderate oven until brown.

BAKED PEARS—Arrange 6 halves of DEL MONTE Canned Pears in a shallow greased baking dish. Pour over them the juice of $\frac{1}{2}$ a lemon and $\frac{1}{2}$ cup of sirup from the pears. Cover with soft crumbs, sprinkle lightly with brown sugar, cinnamon, and $\frac{1}{2}$ cup of DEL MONTE Seedless Raisins, dot with a little butter substitute, and bake until crumbs are brown.

PEAR AND CHEESE PUDDING—Put alternate layers of DEL MONTE Canned Pears cut in pieces, and soft crumbs in a greased baking dish, using $1\frac{1}{4}$ cups ($\frac{1}{2}$ can) of pears and about $1\frac{1}{2}$ cups of crumbs. Sprinkle each layer of pears with 1 tablespoon of grated cheese. Pour over $\frac{1}{2}$ cup of sirup from the pears and bake 35 minutes.

JELLIED PEARS AND ALMONDS—Arrange 6 halves of DEL MONTE Canned Pears in a serving dish. Press the halves of 4 blanched almonds into each pear. Moisten 2 tablespoons of cornstarch with 3 tablespoons of cold water and stir into 1 cup of hot sirup from the pears and $\frac{1}{2}$ cup of hot water. Cook until thick and clear, and add the juice of $\frac{1}{2}$ lemon. Pour over the pears and set aside until firm.

FROZEN PEARS—Drain the sirup from 1 can of DEL MONTE Canned Pears, measure, and add water to make $1\frac{1}{2}$ cups of liquid, and add juice of 1 orange and $\frac{1}{2}$ lemon. Freeze and when nearly done stir in $\frac{1}{4}$ cup ($\frac{1}{2}$ can) of the drained pears cut in pieces, and pack for at least 1 hour.

DEL MONTE Canned Hawaiian Pineapple

DEL MONTE Pineapple is Hawaiian and the very best of Hawaiian. It is picked just when the warm semi-tropical climate of the Hawaiian Islands has perfectly ripened it, and packed immediately, in such a way that all its natural fresh flavor is preserved. DEL MONTE gives you the rare deliciousness of ripe Hawaiian Pineapple right out of the field. Nothing more delicious as a fruit for breakfast or as a dessert or in a salad for lunch or dinner. Packed in two ways, sliced and grated. Four sizes of tins, No. 1 Flat, No. 1 Tall, No. 2 and No. $2\frac{1}{2}$. Recipes below refer to the No. $2\frac{1}{2}$ can.

Pineapple Suggestions and Recipes

DEL MONTE Grated Pineapple may be used instead of raisins in spice cake. Pineapple may be frozen just as it comes from the can, needing no additional sugar.

Serve sliced pineapple with strawberries or grapes for a pleasing fruit dessert.

Cold sirup from canned pineapple is a delightful addition to the punch bowl for simple refreshments at the summer party.

Sliced pineapple combined with cheese makes a delicious and nourishing salad.

Grated pineapple on toast is delicious for breakfast.

Jellied pineapple and celery make a good salad to serve with mayonnaise.

Garnish with pimiento.

Grapefruit and the sirup from canned pineapple make a pleasing luncheon cocktail.

Equal parts of iced bouillon and the sirup from canned pineapple are excellent for stimulating the dyspeptic's digestion.

Mold some sliced pineapple with the jellied tongue.

Serve a pineapple dessert with a pork or ham dinner and avoid indigestion.

The sirup from canned pineapple lends a wonderful flavor to the Hollandaise sauce.

Grated pineapple and horseradish make a snappy relish to serve with beef.

A deliciously flavored sweet salad dressing may be made by thickening the sirup from canned pineapple and adding a little vinegar and mustard.

A combination of sliced pineapple and tomato with mayonnaise makes a cool and nourishing summer salad.

Grated pineapple, chopped nuts, and marshmallows make a pleasing and easy dessert.

Equal parts of grated pineapple and honey are an excellent accompaniment to the hot biscuit.

Butter creamed with grated pineapple is an excellent spread for sandwiches.

Grated pineapple is a pleasing addition to the cottage pudding, substituting $\frac{1}{2}$ cup for $\frac{1}{2}$ cup of the liquid.

Rice custard sweetened with the sirup from canned pineapple instead of sugar is a healthful dessert for the children.

Equal parts of grated pineapple and stewed rhubarb make a delicious conserve, and if desired, a few chopped nuts lend a pleasant flavor.

No better filling can be found for the one-crust conservation pie than grated pineapple thickened with cornstarch.

Grated pineapple is a fine addition to the conservation lemon pie.

The children will ask for more bread pudding when grated pineapple is substituted for the much used raisin.

Sliced pineapple, dried thoroughly with a cloth and rolled in cornstarch, makes an excellent substitute for candy.

Pineapple sliced in mint jelly is a good accompaniment to the lamb or mutton roast.

Add a little grated pineapple to the lemon pudding sauce and it will become a favorite.

Grape juice and the sirup from canned pineapple make a delicious sherbet.

Serve grated pineapple on the sponge cake in place of whipped cream.

Delicious pineapple fritters may be made by mixing grated pineapple and "boiled" rice, dipping in crumbs, and browning in the frying pan.

PINEAPPLE AND CHEESE SALAD—Cut up slices of DEL MONTE Canned Sliced Pineapple on lettuce, allowing one slice for each person. Make French dressing and add 2 tablespoons of Roquefort, cream cheese, or grated dairy cheese. After it is thoroughly mixed pour over pineapple and serve.

PINEAPPLE AND COTTAGE CHEESE SALAD—Arrange whole slices of DEL MONTE Canned Sliced Pineapple on lettuce leaves. Fill the centers of the slices with cottage cheese, sprinkle with nuts and serve with French dressing.

CONSERVATION PINEAPPLE FRITTERS—Mix DEL MONTE Canned Grated Pineapple with twice the quantity of rice and form into flat cakes. Melt butter substitute and add to fine seasoned crumbs in the proportion of 1 tablespoon of melted butter substitute to each cup of crumbs. Put in a shallow greased pan and bake in oven till brown.

PINEAPPLE TAPIOCA—Cook $\frac{1}{2}$ cup of minute tapioca with 2 cups of boiling water until tapioca is clear and transparent. Add $1\frac{1}{2}$ cups ($\frac{1}{2}$ can) of DEL MONTE Canned Grated Pineapple and the juice of $\frac{1}{2}$ a lemon and pour into a serving dish. Serve hot or cold.

JELLIED PINEAPPLE—Dissolve 1 envelope of softened gelatin in $1\frac{1}{2}$ cups of boiling water, add 1 cup of sirup from DEL MONTE Canned Sliced Pineapple and the juice of 1 lemon. Arrange 4 slices of the pineapple cut in pieces in a serving dish, and pour in gelatin mixture. Set aside until firm. The pineapple may be omitted and only the sirup used if desired.

PINEAPPLE MARSHMALLOW PUDDING—Cover the bottom of a serving dish with a layer of marshmallows and over this put a layer of DEL MONTE Canned Sliced Pineapple cut in pieces. Over all, pour the sirup from one can of pineapple and set in a cold place for several hours before serving.

MOCK PINEAPPLE MOUSSE—Dissolve 2 tablespoons of softened gelatin in 1 cup of boiling sirup from DEL MONTE Canned Sliced Pineapple and $\frac{1}{2}$ cup of boiling water. Add the juice of 1 lemon and set aside until cool. Beat with a Dover egg beater until foamy, add 1 stiffly beaten egg white and beat again until mixed. Pour into a wet mold and set in a cold place till firm.

PINEAPPLE RICE—Cook $\frac{1}{2}$ cup of rice in boiling salted water until tender, drain, and add $\frac{1}{2}$ cup of sirup from DEL MONTE Canned Sliced Pineapple to the rice stock. Boil slowly till the liquid is reduced to about $1\frac{1}{4}$ cups. Cut 3 or 4 slices of the pineapple into small pieces, add to the rice and mix with the stock. Pour into serving dish and chill.

PINEAPPLE CORNSTARCH PUDDING—Make a cornstarch pudding and after removing from the stove add $1\frac{1}{2}$ cups ($\frac{1}{2}$ can) of DEL MONTE Canned Grated Pineapple, fold in a stiffly beaten egg white, pour into a serving dish and chill.

PINEAPPLE SHERBET—Add $1\frac{1}{2}$ cups ($\frac{1}{2}$ can) of DEL MONTE Canned Grated Pineapple and the juice of $\frac{1}{2}$ lemon to $1\frac{1}{2}$ cups of grape juice. Dissolve 1 tablespoon of softened gelatin in $\frac{1}{2}$ cup of boiling water. Add to mixture and freeze.

DEL MONTE Canned Plums

California is noted for the variety and deliciousness of its plums. Under the DEL MONTE Brand three varieties are packed—Green Gage, Egg and De

Luxe—each possessing a distinctive flavor and appetite appeal. The De Luxe Plum, the newest DEL MONTE variety, is a sweet, purple plum that is particularly pleasing as a breakfast fruit. DEL MONTE Plums are packed in the No. 1 tall, No. 2 and No. 2½ cans. Recipes below refer to the No. 2½ can.

Plum Suggestions and Recipes

Put a can of DEL MONTE DE LUXE PLUMS on ice at night and serve ice cold in the morning. They are unrivalled for a breakfast fruit.

Surround plums with sweetened conservation dough, steam or boil, and serve with hot sirup from the plums for a winter pudding.

The sirup from canned plums with the addition of a little gelatin, makes a delicious jelly to be served as a dessert with whipped cream.

Stone and cut up a few plums, add to the sirup and boil gently until thick. Serve hot on vanilla ice cream.

Try grapefruit and plums, garnished with pimiento and served with French dressing for the summer salad.

A few plums, re-heated with some chopped raisins, make a delicious conserve to serve with meats.

Plums served hot with any roast fowl are a welcome change from jelly or jam.

Place a whole plum in the center of a baked apple and serve with hot sirup from canned plums.

A few plums put through the strainer, added to cream cheese, and spread on crackers, make a delicious accompaniment to afternoon tea.

De Luxe Plums served on French toast make a breakfast dish which every one will like.

Place a plum in the center of your dish of hot breakfast food and use the plum sirup in place of cream.

Canned plums may be added to any kind of fruit pie with pleasing result.

Save any left over sirup from canned plums and pour over the apples in your next apple pie instead of water. The result will please you.

PLUM PUDDING-SAUCE—Heat 1 cup of sirup from DEL MONTE Canned Egg or Green-Gage Plums, add 3 tablespoons of sugar or 4 tablespoons of corn sirup, and 1 tablespoon of cornstarch moistened with 2 tablespoons of cold water, boil 10 minutes and serve hot. If sirup from the De Luxe variety of Plums is used, only 1 tablespoon of sugar or 1½ tablespoons of corn sirup will be necessary.

RICE CUP WITH PLUMS—Line small individual molds with rice, place a DEL MONTE Canned Egg Plum in each, cover with rice, pack tightly and steam 15 minutes. Turn out and serve hot with Plum Pudding-sauce.

STEAMED PLUM CUSTARD—Beat 2 eggs slightly, add 1 cup of hot milk and 1 cup of sirup from DEL MONTE Canned De Luxe Plums. Put 1 plum in the bottom of each of 6 individual greased molds, pour in custard mixture, cover and steam until firm. Serve plain, or with Plum Pudding-sauce.

STEAMED PLUM PUDDING—Mix 2 cups of soft bread crumbs with 1 cup of stoned DEL MONTE Canned Egg Plums, add ½ teaspoon each of salt, soda, cinnamon, nutmeg and clove, pour over ½ cup of molasses and 1 cup of milk, mix thoroughly and steam in a greased mold 2 hours. Serve with Plum Pudding-sauce.

SCALLOPED PLUMS—Mix a cup of DEL MONTE Canned Plums, stoned and cut in pieces, with 1½ cups of bread crumbs. Put in a greased baking dish, pour over ¼ cup each of sirup from the plums and hot water and bake in a moderate oven 25 minutes. Serve with lemon sauce or Plum Pudding-sauce.

JELLIED PLUMS—Dissolve 2 tablespoons of softened gelatin in 1 cup of boiling water, add 1 cup of sirup from DEL MONTE Canned De Luxe Plums, pour over plums which have been stoned and arranged in a serving dish. When firm serve plain or with whipped cream if desired.

PLUM SALAD—Arrange DEL MONTE Canned Green-Gage Plums on lettuce leaves, sprinkle with chopped, blanched almonds, and serve with French dressing.

HOOVER PLUM PUDDING—Heat 2 cups of milk and add ¼ teaspoon of salt, ½ cup of corn sirup, and ¼ cup of cornstarch moistened with ½ cup of cold water, and cook in the double boiler 35 minutes. Pour onto the yolk of 1 egg and cook 2 minutes, add 1 cup of DEL MONTE Canned Green-Gage Plums and fold in 1 stiffly beaten egg white. Pour into serving dish and chill.

JACK HORNER BREAKFAST PUDDING—Make a corn meal mush with ½ cup of white corn meal and 3 cups of boiling salted water. Put 3 DEL MONTE Canned De Luxe Plums in each of 6 individual molds, fill with mush and chill. Serve with the sirup from the plums.

DEL MONTE Prepared Prunes

One of the most delicious and healthful of fruits, prunes, are not used as

freely by some people as they should be, owing to the trouble of cooking them properly at home. DEL MONTE Prepared Prunes are put on the market to meet this objection. They are cooked ready to serve, and are a delightful revelation to those who have never tried them. The very best of California prunes contain a large percentage of sugar, are exceptionally fine in flavor, and prepared in a heavy sirup that emphasizes the rich quality of the fruit. Packed in five sizes—buffet, picnic, No. 1 tall, No. 2 and No. 2½ cans. Recipes below call for the use of No. 2½ cans.

Prune Suggestions and Recipes

A few stoned DEL MONTE "Prepared" Prunes cut in pieces and added to Waldorf salad make an agreeable addition.

Add a few stoned and chopped "Prepared" Prunes to the meat loaf to give it a pleasing flavor and an added food value.

Apples stuffed with a mixture of left over oatmeal and stoned chopped "Prepared" Prunes, and baked, make an appetizing breakfast dish.

Pour sirup from "Prepared" Prunes over the halves of grapefruit for breakfast for sweetening instead of sugar.

For an easy quick dessert, thicken the sirup from "Prepared" Prunes with a little tapioca, add the juice of a lemon and pour over the Prunes.

Try "Prepared" Prunes, stoned and cut up, in the steamed Boston brown bread served with baked beans.

Add some chopped "Prepared" Prunes to the gingerbread batter just before putting it into the pan.

A glass of sirup from "Prepared" Prunes acts as a gentle laxative with no unpleasant effects.

Pour the sirup from "Prepared" Prunes over the rhubarb pie before adding the top crust. This will take the place of other liquid and part of the sugar.

"Prepared" Prunes, stoned and chopped, and chopped celery make a delicious and healthful winter salad combination when other ingredients are hard to obtain.

"Prepared" Prunes may be stoned and cut in pieces and added during the last kneading to any yeast bread. This makes a pleasing and healthful addition to all the conservation breads.

PRUNE AND COTTAGE CHEESE SALAD—Drain and stone DEL MONTE Prepared Prunes and cut in halves. Season cottage cheese and form in flat cakes, place 4 halves of prunes on each, and serve on lettuce with French dressing. If preferred, prunes may be cut in pieces and mixed with the cheese.

PRUNE AND ORANGE SALAD—Drain and remove stones from DEL MONTE Prepared Prunes and fill with thick mayonnaise. Cut oranges in slices crosswise and arrange on lettuce. Place prunes on top of the orange and serve.

PRUNE AND RICE LOAF WITH CHEESE SAUCE—Boil ½ cup of rice, drain, and reserve the stock. Drain, stone, and chop 1 cup (½ can) of DEL MONTE Prepared Prunes and add to rice with 1 cup of chopped nuts (walnuts or peanuts), 1 egg well beaten, 1½ teaspoons of salt and ½ teaspoon of pepper. Pour into a greased loaf pan and bake 30 minutes in a moderate oven. For the cheese sauce, add ½ cup of grated cheese to 1 cup of thin white sauce in which 1 cup of rice stock has been used for the liquid; after adding cheese beat until it is melted and serve immediately.

PRUNES WITH BEEF HEART—Drain, remove stones, and chop 1½ cups (½ can) of DEL MONTE Prepared Prunes. Trim the beef heart, pour boiling water over it, and allow to stand for 10 minutes. Dredge the heart with flour, brown in a little fat, place in a kettle, cover with boiling water, add prunes and seasonings, and cook slowly until tender. Remove to serving dish, thicken the stock containing prunes and pour around it.

SPICED PRUNES—Bring ½ cup each of corn sirup and vinegar, and 1 teaspoon each of cinnamon and cloves to the boiling point. Drain and add 1 cup (½ can) of DEL MONTE Prepared Prunes and boil gently for 15 minutes. Serve cold with meat.

STEAMED PRUNE PUDDING—Mix 1 cup of bread crumbs, 1 tablespoon of melted fat, 1 cup (½ can) of DEL MONTE Prepared Prunes drained, stoned and chopped; measure and mix 2 teaspoons of baking powder, ½ teaspoon of cinnamon, ¼ teaspoon of cloves, ½ teaspoon of salt, add to ½ cup of milk, mix thoroughly with the prune mixture, pack in a greased mold, and steam for 1 hour over boiling water. Serve with a sauce made by adding ½ cup of corn sirup to ½ cup of hot sirup from the prunes and the juice of 1 lemon. If the crumbs are very coarse and dry use ¾ cup of milk in place of ½ cup.

PRUNE COOKIES—Mix 1 beaten egg, 1 tablespoon of melted fat, ½ teaspoon of salt, 1 cup of coconut, ½ cup of DEL MONTE Prepared Prunes, drained, stoned, and cut in pieces, ½ cup of chopped nuts, and 1 teaspoon of lemon juice.

Spread in small flat cakes on the up-turned bottom of a layer cake pan and bake from 15 to 20 minutes.

DEL MONTE Canned Asparagus

DEL MONTE Asparagus is largely grown in our own beds in the rich delta lands of the Sacramento River, California, the richest asparagus producing lands in the world. Its delicious flavor and fragile tenderness are preserved by immediate packing in the model DEL MONTE kitchens located at the beds. Fresh asparagus bought in the open market is never as good as DEL MONTE, as it loses a part of its flavor and toughens during transportation. DEL MONTE Asparagus is packed in various sizes and styles of containers, but the more commonly sold are the long spears packed in No. 2½ square cans and the short spears, or tips, in the No. 1 square cans. In both sizes, the asparagus is graded as to circumference of spear, such as Giant, Colossal, Mammoth, Large, etc., the special size of the spear being specified on the label.

Asparagus Suggestions and Recipes

Alternate layers of DEL MONTE Canned Asparagus and chopped, hard cooked eggs in white sauce, covered with crumbs, and sprinkled with grated cheese, make a delicious baked dish.

A sprinkling of nutmeg over asparagus, re-heated and served with cream sauce, gives an unusual and attractive flavor.

Serve asparagus tips in cups made from stale French rolls, toasted, with the ends and centers removed. Add a cream sauce and serve very hot.

Asparagus (long spears) rolled in bread crumbs and browned, is a new and unusual manner of serving.

Asparagus on toast is delicious served with a sauce made from thickened chicken stock.

Asparagus served cold with mayonnaise makes a delicious summer or winter salad.

Asparagus is equally good served cold with French dressing to which cheese has been added.

Asparagus served with tomato sauce makes a welcome and delicious change.

Left over asparagus added to green peas makes a splendid combination for either salad or vegetable dishes.

Left over asparagus tips cut in small pieces and creamed with chicken makes a little chicken go a long way.

Green peppers stuffed with left over cut up asparagus, crumbs, grated cheese, and chopped hard cooked eggs, makes a delicious luncheon dish.

Left over asparagus tips cut in small pieces and added to cream sauce make a delicious sauce for fish.

Asparagus cut up with celery and nuts or olives makes a good combination salad.

A layer of asparagus tips, cut up and put between the layers of tomatoes in scalloping, is a welcome addition.

Chopped cooked carrots added to the cream sauce and poured over asparagus makes an attractive way of serving.

Asparagus, creamed or scalloped with celery which has been boiled until tender, makes an especially pleasing combination. If desired, a little grated cheese may be added.

A little left over asparagus pressed through the strainer and mixed with horseradish and mayonnaise makes a good sandwich filling.

Add a half cupful of asparagus, cut in pieces, to the scrambled eggs.

Asparagus is delicious re-heated and served with a sauce made from 1 tablespoon of butter substitute, 1 tablespoon of Victory flour, the liquid from the can, and 1 small chopped onion.

Left over asparagus cut in small pieces makes a delicious addition to the conservation meat pie.

Asparagus is delicious re-heated in a sauce made by browning chopped, seasoned onions, lettuce, and parsley in a little fat and adding 1 tablespoon of Victory flour and ½ cup of liquid from canned asparagus. Sprinkle with nutmeg just before serving.

ASPARAGUS SOUP—Cook the chopped butt ends from 1 can of DEL MONTE Canned Asparagus (long spears) with 1 slice of onion and a celery stalk in the liquid drained from the asparagus and ½ cup of water for 20 minutes. Strain, rubbing through as much of the soft part of the asparagus as possible. Add to 1½ cups of thin, well seasoned white sauce and bring to the boiling point just before serving.

JELLIED ASPARAGUS SALAD—Dissolve 1 envelope of softened gelatin and 2 bouillon cubes in $1\frac{1}{2}$ cups of boiling water, add 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, 1 can of DEL MONTE Canned Asparagus Tips cut in pieces, $\frac{1}{2}$ cup of chopped celery, and 1 chopped DEL MONTE Canned Red Pimiento. Pour into a wet mold, set in a cold place till firm and serve with mayonnaise.

ASPARAGUS AND TOMATO SALAD—Hollow out tomatoes and fill with cottage cheese which has been seasoned with salt, pepper, and a little grated onion. Stick in DEL MONTE Canned Asparagus Tips, arranging 3 or 4 in each tomato, and serve with French dressing on lettuce.

ASPARAGUS SIMPLICITE—Open 1 can of DEL MONTE Canned Asparagus (long spears), set the can in a pan of water and allow the water to boil until the asparagus is thoroughly heated. Add 2 tablespoons of butter substitute, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper. Serve sprinkled with grated cheese.

ASPARAGUS VINAGRETTE—Mix 3 tablespoons of vinegar, 5 tablespoons of olive or salad oil, 1 teaspoon each of grated onion and mustard, and $\frac{1}{2}$ teaspoon each of salt and paprika. Bring to the boiling point and pour over 1 can of DEL MONTE Canned Asparagus (long spears) which has been drained. Chill thoroughly before serving.

SCALLOPED ASPARAGUS—Chop the butt ends from 1 can of DEL MONTE Canned Asparagus (long spears). Make $1\frac{1}{2}$ cups of thin, well seasoned white sauce, add $\frac{1}{2}$ cup of grated cheese, and the asparagus. Arrange $1\frac{1}{2}$ cups of crumbs and the asparagus in alternate layers in a greased baking dish and brown in the oven.

ASPARAGUS AND EGGS WITH CHEESE SAUCE—Arrange hot DEL MONTE Canned Asparagus Tips on slices of toast. On each slice put a poached egg. Add $\frac{1}{2}$ cup of grated cheese to $1\frac{1}{2}$ cups of hot white sauce, beat until the cheese is melted, and pour over the eggs and asparagus.

ASPARAGUS TURNOVER—Put the butt ends from 1 can of DEL MONTE Canned Asparagus (long spears) through the food chopper, add to 2 cups of mashed potato, and mix with 1 beaten egg, 1 tablespoon of grated onion, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper. Melt 2 tablespoons of butter substitute in a hot frying pan, spread in the mixture, and cook slowly until a brown crust is formed over the bottom. Sprinkle with grated cheese and fold like an omelet just before serving.

CREAMED ASPARAGUS AND EGGS—Heat 1 can of DEL MONTE Canned Asparagus Tips, make $1\frac{1}{2}$ cups of white sauce, add the chopped whites from 2 hard cooked eggs, pour the sauce over the hot asparagus arranged on a platter, and press the yolks of the eggs through a strainer over the top of the white sauce. If desired, the liquid drained from the asparagus may be used in place of milk in the white sauce.

ASPARAGUS OMELET—Beat 4 eggs, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and 1 can of DEL MONTE Canned Asparagus Tips, drained and cut in small pieces. Melt 1 tablespoon of butter substitute in a hot frying pan, pour in the mixture, and as soon as the egg commences to cook, shake the pan vigorously; then allow the mixture to settle flat again. Cook until firm and roll into an omelet. If desired, $\frac{1}{2}$ cup of grated cheese may be added to the eggs with the seasonings, and the omelet may be served with DEL MONTE Canned Tomato Sauce poured over it.

DEL MONTE Canned Green Chile Peppers

Nowhere in the world do chile peppers thrive so well or attain such size and quality as in Southern California, where the DEL MONTE kind are packed. The most careful selection and immediate canning after picking are what make them so fine in flavor. Long used in Spanish cooking, chile peppers are rapidly becoming popular in every household where variety is appreciated. They are delicious in soups, meats, stews, sandwiches, egg dishes, and in many other ways, some of which are suggested below. Packed in individual tins only.

Chile Pepper Suggestions and Recipes

A little chopped DEL MONTE Canned Green Chile added to the baked beans gives a particularly delicious flavor.

Add a little chopped green chile to the meat loaf. It will be better, either hot or cold, for the addition.

Put some chopped green chile in your gravies and meat sauces.

Add a little chopped green chile to any meat sandwich for additional flavor.

Add chopped green chile to the meat pie for a welcome change in flavor.

A little chopped green chile in the combination salad blends well and adds flavor.

Add a little chopped green chile to the hash and it will never again be omitted.

Add a tablespoon of chopped green chile to each pound of Hamburg steak before cooking. This is a suggestion worth trying.

A little chopped green chile in either creamed or fried potatoes is a delicious addition.

Chopped green chile in the potato salad appeals to the eye as well as the taste.

Add flavor to your green tomato pickles by putting in some chopped green chile just before removing from the fire.

A little chopped green chile in any soup makes a welcome variation in many familiar dishes.

Put a little chopped green chile in your next cheese omelet. It is a delicious addition.

Make a Mexican rarebit by adding chopped green chile to an old time favorite.

SALADE MEXICAINE—Chop $\frac{1}{2}$ can of DEL MONTE Canned Green Chile with 1 small onion and add to French dressing. Slice tomatoes on lettuce and pour over the chile mixture. If ripe tomatoes are not available, this is delicious if sliced cooked potatoes are used.

CHILE CON CARNE AND BEANS DEL MONTE—Soak $\frac{1}{2}$ pound of pink beans over night. In the morning add $1\frac{1}{2}$ teaspoons of salt and $\frac{1}{8}$ teaspoon of soda and boil until beans are tender. Cut a small slice of fat salt pork in pieces and fry until fat is tried out, add $\frac{1}{4}$ pound of well seasoned Hamburg steak or chopped left over meat, sprinkle with 1 tablespoon of flour and brown. Add $\frac{1}{2}$ cup of chopped DEL MONTE Canned Green Chile, 1 can of DEL MONTE Canned Tomato Sauce, 1 clove of garlic, or 1 chopped onion, and 1 cup of water. Bake in a moderate oven for 1 hour, adding more water if necessary.

CHILE RAGOUT—Dissolve 3 bouillon cubes in 2 cups of boiling water and add $1\frac{1}{2}$ teaspoons of salt and $\frac{1}{4}$ cup of Victory flour moistened with $\frac{1}{2}$ cup of cold water. Boil and add 1 can of chopped DEL MONTE Canned Green Chile, 1 cup each of diced cooked carrots, potatoes, and turnips, and 1 small chopped onion. Cook until vegetables are thoroughly heated and serve.

DEVEILED KIDNEYS—Soak 3 pairs of kidneys in cold water 10 minutes, drain, remove cores and skin and cut in pieces. Melt 2 tablespoons of fat in frying pan, add $\frac{1}{2}$ can of chopped DEL MONTE Canned Green Chile, 1 small chopped onion, the kidneys, $\frac{1}{2}$ cup of boiling water, and the juice of 1 lemon. Cover and cook slowly 30 minutes. Remove from fire, add 1 beaten egg, stir until thoroughly mixed, and serve at once.

BAKED GREEN CHILE AND TOMATO—Drain the liquid from a can of DEL MONTE Canned Tomatoes. Put tomatoes in a greased baking dish, sprinkle with seasoning and $\frac{1}{2}$ can of chopped DEL MONTE Canned Green Chile. Over this put a layer of crumbs to which 1 tablespoon of butter substitute has been added. Bake 30 minutes, increasing heat the last 15 minutes to brown the crumbs.

GREEN CHILE AND CORN SOUFFLE—Mix $\frac{1}{2}$ can of DEL MONTE Canned Green Chile with 1 cup of white sauce, 1 cup of canned corn, 1 teaspoon of salt, 1 tablespoon of corn sirup and 2 slightly beaten eggs. Bake in a slow oven until firm.

CHILE OMELET—Beat the yolks of 4 eggs till very light, add $\frac{1}{2}$ can of chopped DEL MONTE Canned Green Chile and $\frac{1}{8}$ cup of hot water. Fold in 4 stiffly beaten egg whites, pour into frying pan in which 1 tablespoon of fat has been melted and bake. Fold and serve, garnished with slices of the green chile.

DEL MONTE Canned Peas

The exceptional delicacy and uniformity of DEL MONTE Canned Peas result from the fact that we use only one variety of pea and that they are packed within a few hours after harvesting—before they can become hard or tough. All DEL MONTE Peas are of the same quality, but they are carefully graded into different sizes, each one being absolutely uniform in tenderness and maturity, and each designated on its respective label as Petit Pois, the very smallest and tenderest size; Special Extra Sugar, and Extra Sugar. No artificial coloring is used in DEL MONTE Canned Peas. They are absolutely pure and wholesome and just as tender and delicious as fresh peas from the garden. All grades are packed in the No. 2 can.

Pea Suggestions and Recipes

To serve DEL MONTE Canned Peas, re-heat in the double boiler in the liquid from the can, season, and add 1 tablespoon of butter substitute.

To extend a can of peas, new potatoes may be creamed with them and will give additional flavor as well.

A sprig of mint cooked with peas gives an unusual and delicate flavor which is very pleasing.

Any left over peas may be creamed with young green onions to make a wholesome and healthful dish.

Serve buttered peas in a border of boiled rice and omit the usual potatoes from the menu.

Mold peas in unsweetened lemon jelly for an appetizing salad to serve with mayonnaise.

Creamed peas are delicious arranged in alternate layers with crumbs and browned in the oven.

Egg plant stuffed with mashed peas and rice, covered with crumbs, and baked, is an unusual delicacy.

Peas may be mixed with sardines and hard cooked eggs and served on lettuce with mayonnaise for a substantial salad.

Creamed peas are attractive served in cups made from turnips hollowed out and boiled until tender.

A slice of bacon chopped fine and added to the peas while re-heating gives a splendid flavor and conserves the butter.

Creamed peas make a splendid sauce for any fish loaf. Used in this way they also take the place of a vegetable.

Left over peas creamed with chicken extend the chicken and add flavor and food value.

PEA SOUP—Boil liquid from 1 can of DEL MONTE Canned Peas, $\frac{1}{2}$ cup of water, and any left over peas with a slice of onion or sprig of mint for 5 minutes. Rub through a strainer and add to 2 cups of thin seasoned white sauce. Boil and serve.

JELLIED PEA AND CARROT SALAD—Dissolve 1 envelope of softened gelatin in 1 cup of boiling liquid drained from 1 can of DEL MONTE Canned Peas, add 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of paprika, 1 cup each of canned peas ($\frac{1}{2}$ can) and diced, cooked carrots and 2 tablespoons of chopped mint which has been heated with $\frac{1}{4}$ cup of vinegar. Pour into wet mold and when firm serve with mayonnaise.

PEAS IN POTATO NESTS—Make nests of mashed potato by molding potato into flat cakes and pressing a round bottomed cup into the centers of each. Fill centers with creamed DEL MONTE Canned Peas, brush the potato around the edge with egg yolk and brown in a hot oven.

PEA PUDDING—Boil 2 cups (1 can) of DEL MONTE Canned Peas with their liquid, and $\frac{3}{4}$ teaspoon of salt for 1 minute. Rub through a strainer, add 2 well beaten eggs, 1 tablespoon of grated onion, and 2 tablespoons of butter substitute. Steam in a greased baking dish over boiling water until pudding is firm.

PEA PUFFS—Cook 2 cups of milk, $\frac{1}{2}$ cup of corn meal, $\frac{1}{2}$ teaspoon of salt and 2 tablespoons of corn sirup in a double boiler for 20 minutes. Cool, add 2 teaspoons of baking powder, 2 well beaten eggs, and 1 cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned Peas. Bake in greased individual ramekins in a moderate oven 30 minutes.

PEA AND RICE SOUFFLE—Mix 1 cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned Peas, 1 cup of boiled rice, $\frac{1}{2}$ cup of milk, 1 teaspoon of salt, and 3 well beaten egg yolks. Fold in 3 stiffly beaten egg whites, pour in a greased baking dish and bake in a slow oven for 30 minutes.

ITALIAN PEAS—Melt 3 tablespoons of fat or drippings, add 1 cup of raw rice and cook until brown. Mix with 2 cups (1 can) of DEL MONTE Canned Peas and liquid from 1 can, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, and 1 tablespoon each of chopped onion and corn sirup. Put into a greased baking dish and bake until rice is tender, stirring often. Add hot water if necessary.

ASPIC OF PEAS—Boil 2 cups (1 can) of DEL MONTE Canned Peas and liquid from 1 can with a slice of onion 5 minutes and rub through a strainer. Boil again and pour onto 1 envelope of softened gelatin, add $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of paprika, and the juice of 1 lemon. Pour into a wet loaf pan lined with slices of hard cooked egg and when firm cut in slices.

DEL MONTE Canned Red Pimientos

Pimientos are a ripe, sweet, red pepper, and are grown to best advantage in the warm, sunny climate of Southern California. DEL MONTE Canned Red Pimientos are the pick of the finest crops, carefully selected for size, color and texture. Their many menu possibilities are rapidly making them a staple of every household. They are particularly adapted for stuffings, salads, and garnishes of all kinds. Packed in two sizes, quarters and No. 1 tall cans.

Pimiento Suggestions and Recipes

Delicious sandwich filling may be made by chopping DEL MONTE Canned Red Pimientos and adding to thick mayonnaise.

Red pimientos cut into strips, circles, or fancy shapes are an attractive garnish to any salad or cold meat.

Garnish the baked fish with strips of pimiento and add a tablespoon of chopped pimiento to the sauce for a welcome change.

Add a little chopped pimiento to all the fish cocktails to make them "something different."

Never omit a few thin slices of pimiento from the canape. It is a wonderful appetizer and its color adds a charming touch.

Pimientos mashed to a paste and mixed with slices of small white pickled onions and moistened with a little olive oil make a delicious sandwich paste.

Cottage or cream cheese mixed with chopped pimiento makes a good sandwich filling, or may be molded into balls and served with salad.

Add a little coarsely chopped pimiento to the creamed chicken for a Spanish touch.

A chopped pimiento in the meat croquettes is a very great addition in flavor. A few chopped pimientos in the stuffing for fish is an appetizing change.

Chopped pimientos in boiled rice when served as a vegetable add to its appearance and taste.

Add chopped pimientos to the scalloped cauliflower. The combination is delicious.

Tuna and pimientos may be combined in salads, sandwiches, or hot dishes with equally pleasing results.

PIMIENTO BISQUE—Pour boiling water over 1 can of DEL MONTE Canned Red Pimientos and rub them through a strainer. Cook 3 cups of milk, 1 tablespoon of chopped onion and $\frac{1}{4}$ cup of uncooked rice in a double boiler until rice is very tender, rub through a strainer, add pimientos and re-heat if necessary.

SALADE ITALIENNE—Finely chop $\frac{1}{2}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Red Pimientos and 1 small onion. Cut 2 cooked potatoes, 1 cooked carrot and 1 cooked turnip in cubes and mix thoroughly with the pimientos and onion. Pour French dressing over all and allow to stand at least one hour before serving. Serve on lettuce and garnish with long strips of the pimientos.

PIMIENTOS AND POACHED EGGS—Heat $\frac{1}{2}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Red Pimientos in 1 cup of milk and rub through a strainer. Make a cream sauce by thickening this and pour it into 6 greased ramekins, put a raw egg in each, cover with crumbs, and bake in the oven until eggs are firm and crumbs are brown.

CLAM CHOWDER A LA DEL MONTE—Mix 1 can of chopped DEL MONTE Canned Red Pimientos with 1 cup of sliced cooked potatoes and 1 cup of chopped or minced clams. Cut a slice of bacon or fat salt pork into pieces and cook until the fat is tried out, add 1 large onion chopped, and cook until it is yellow; then add 2 cups of thin well seasoned white sauce and the pimientos, potatoes and clams. Cook until thoroughly heated and serve.

DEVILED FISH WITH PIMIENTOS—Mix $1\frac{1}{2}$ cups of flaked cooked fish with $\frac{1}{2}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Red Pimientos cut in pieces, and 1 tablespoon of chopped onion. Add to $1\frac{1}{2}$ cups of thick well seasoned white sauce and pour into a greased baking dish, cover with $\frac{1}{2}$ cup of crumbs to which 1 tablespoon of melted butter substitute has been added and brown in a hot oven.

PIMIENTO AND CHEESE CUTLETS—Pour $1\frac{1}{2}$ cups of boiling water over $\frac{1}{2}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Red Pimientos in a strainer, then rub the pimientos through into the boiling water. Mix $\frac{1}{2}$ cup of cornstarch with $\frac{1}{2}$ cup of cold water, add to pimiento mixture and cook in double boiler 45 minutes. Add $\frac{1}{2}$ cup of grated cheese, pour into wet loaf pan and when cold cut in slices, roll in crumbs, and brown in fat in the frying pan.

POTATOES IN SPANISH SAUCE—Rub $\frac{1}{2}$ cup ($\frac{1}{2}$ can) of DEL MONTE Canned Red Pimientos through a strainer and add to 1 cup of thick well seasoned white sauce, add 2 cups of cooked potatoes cut in cubes, and cook until thoroughly heated. Pour into serving dish and garnish with pimientos cut in fancy shapes.

DEL MONTE Canned Pumpkin and Squash

With DEL MONTE Canned Pumpkin and Squash it is now possible to have delicious pumpkin pie all the year round, without all the tedious work and expensive cooking of the fresh vegetable. Both products are canned ready for immediate use when heated, and aside from their well known use in pie making, may be served as vegetables in a great variety of appetizing ways. Both pumpkin

and squash are packed in No. 2 and No. 2½ cans. The No. 2½ size tin is referred to in our recipes.

Pumpkin and Squash Suggestions and Recipes *

In any recipe for cake where mashed potato is used, DEL MONTE Canned Pumpkin or Squash may be substituted, and will give a characteristic flavor.

Canned pumpkin or squash prepared like a cream filling, well seasoned and spiced, makes a delicious filling for cake.

Add left over canned pumpkin or squash to any recipe for griddle cakes with good results.

Add left over pumpkin or squash to the baked custard for a welcome change from the usual pudding.

Cook any left over pumpkin or squash and a few raisins in the apple sauce and spice well. This is a welcome addition.

Add a little left over pumpkin or squash to the baked rice pudding for a change in flavor and appearance.

Use canned pumpkin or squash in the steamed Christmas pudding. It adds flavor.

Scalloped pumpkin or squash is delicious sprinkled with crumbs and grated cheese.

A delicious tart filling may be made from pumpkin or squash by adding a few crumbs, sweetening, and lemon extract.

In these conservation days place the usual pumpkin or squash pie filling in a greased baking dish, without crust, bake, and serve as a pudding.

A conservation candy is made from 1 cup of pumpkin or squash, 1½ cups of corn sirup, 2 tablespoons of butter substitute, 1 orange, 1 lemon, ¼ teaspoon of powdered nutmeg, and 1 cup of chopped nut meats. Use juice and grated rinds of fruit and add nutmeg and nut meats after a hard ball has formed in cold water.

A delicious squash or pumpkin puff is made by using 1 cup of pumpkin or squash and 1 cup of mashed potato, to 2 eggs and 1 cup of milk. Add seasonings and 1 tablespoon of butter substitute and bake in a hot oven until firm.

A pumpkin or squash souffle made in the usual way may be used as a simple luncheon dish or pudding.

PUMPKIN OR SQUASH CROQUETTES—Mix 2 cups of DEL MONTE Canned Pumpkin or Squash, ½ cup each of crumbs and finely chopped celery, 3 tablespoons of finely chopped onion, 1 teaspoon of salt, and ¼ teaspoon of pepper. Mold into croquettes, roll in crumbs, and brown in hot fat in the frying pan.

PUMPKIN OR SQUASH PONES—Mix 2 cups of DEL MONTE Canned Pumpkin or Squash, 1 cup of corn meal, 1 cup of crumbs, 1 teaspoon of salt, and ¼ cup of molasses. Form into long thin cakes, wrap each in a thin slice of bacon, fasten with a tooth pick and bake 45 minutes in a moderate oven.

INDIAN PUDDING WITH PUMPKIN OR SQUASH—Cook ½ cup of corn meal and 2 cups of boiling water for 5 minutes. Add 1 cup of DEL MONTE Canned Pumpkin or Squash, ¾ cup of molasses, 2 cups of milk, and ¼ teaspoon of salt, ½ teaspoon each of ginger and cinnamon, and ½ tablespoon of melted fat. Bake for 1 hour.

PUMPKIN OR SQUASH PUDDING—Mix 1 cup of DEL MONTE Canned Pumpkin or Squash with 1 cup of white sauce, ½ cup of molasses, ½ teaspoon each of salt, ginger, cinnamon, nutmeg, and allspice, 2 egg yolks, and 1 cup of DEL MONTE Seedless Raisins. Bake in a slow oven until firm, cover with meringue made of 2 stiffly beaten egg whites and 2 tablespoons of corn sirup, and brown in a hot oven.

PUMPKIN OR SQUASH PIE FILLING—Heat ½ cup of milk, add 1 cup of DEL MONTE Canned Pumpkin or Squash, ½ cup of corn sirup, ¼ cup of molasses, 1 teaspoon of cinnamon, ½ teaspoon each of ginger and salt, and ¼ teaspoon each of nutmeg and allspice. Pour onto a slightly beaten egg and fill crust. Heating the ingredients before adding them to the egg, keeps the crust from becoming soaked.

PUMPKIN OR SQUASH TAPIOCA PUDDING—Mix 2 cups of DEL MONTE Canned Pumpkin or Squash, ½ cup of corn sirup, 1½ cups of milk, ¾ cup of minute tapioca, 1 teaspoon each of cinnamon and salt, and ½ teaspoon of ginger. Cook in double boiler until tapioca is transparent and tender. Serve hot or cold with milk or cream. If a meringue is preferred, 2 stiffly beaten egg whites to which 2 tablespoons of corn sirup or sugar have been added may be spread over the top and the pudding browned in the oven and served without milk or cream.

DEL MONTE Canned Spinach

The French people have used canned spinach for many years. It is but recently, however, that this delicious and healthful vegetable has been made available for all-year-round use in the American household. The DEL MONTE process of growing, cleaning, processing and canning spinach now brings you this fine food, ready for instant use, and better than you can prepare it fresh at home. Better, because it is packed fresh and crisp a few hours after cutting, with all its flavory, healthful properties, in model canneries near the fields where it grows. Packed in No. 2 and No. 2½ cans. The recipes below call for the No. 2½ size tin.

Spinach Suggestions and Recipes

Equal parts of chopped DEL MONTE Canned Spinach and cottage cheese molded into flat cakes and served on lettuce with French dressing, make a delicious salad.

If spinach is drained when used from the can, the liquid should be utilized as stock for soup, as it is rich in the mineral salts for which this vegetable is noted. No food value should be wasted.

To use spinach from the can, heat in the double boiler, add 2 tablespoons of butter substitute, ¼ teaspoon of pepper, ½ teaspoon of nutmeg, and ½ teaspoon of salt. Garnish with sliced hard cooked egg and serve with vinegar if desired.

Season chopped spinach well, mix with a chopped dill pickle and pack in molds, chill, turn out on lettuce and serve with mayonnaise.

Serve the poached eggs on spinach instead of toast. The food value is there and wheat is saved.

Make the delicious Italian ravioli with chopped spinach instead of meat.

Put a layer of spinach between the spaghetti or macaroni and the cheese for added flavor and food value. This is an excellent substitute for meat.

Sliced celery, boiled until tender and creamed with chopped spinach makes a dish, which, once tried, will make a frequent appearance at the luncheon or dinner table.

Hollow out the centers of onions for baking, chop, and mix with chopped spinach, return to the onions and bake as usual. This makes a delicious entree, or may be served as the main dish at luncheon.

Serve spinach heaped in a ring of Spanish onion on lettuce with any good salad dressing.

When serving spinach with chops, make a mound of the spinach and surround with the chops placed on end.

Potato salad served in nests of spinach makes an original and a delicious variation of a well known dish.

Make cucumber cups by hollowing out the inside of half a cucumber and cutting off the tip to allow the cup to stand. Chop the centers which have been removed, mix with chopped spinach and serve with mayonnaise.

Chopped spinach and chopped young beets served with a butter substitute sauce make a splendid vegetable combination for left overs.

Cut the left over conservation pastry in squares and put a heaping teaspoonful of chopped spinach in the center of each piece. Fold over, press together, brush with beaten egg, and brown in the oven.

To extend the left over spinach, chop and mix with any left over chopped meat and a few crumbs. Season with salt, pepper, and onion, garnish with hard cooked eggs, and serve hot.

CREAM OF SPINACH SOUP—Add 1¼ cups (½ can) of finely chopped DEL MONTE Canned Spinach and the liquid from 1 can of the spinach to 1 cup of thin, well seasoned, white sauce. Bring to the boiling point just before serving. One tablespoon of chopped onion may be added if desired.

BALTIMORE SPINACH—Melt 2 tablespoons of fat, add 3 tablespoons of Victory flour, 1 teaspoon of mustard, 1 teaspoon of salt, and ¼ teaspoon of pepper, and when thoroughly mixed add ½ cup of vinegar and ½ cup of liquid drained from the spinach, and 2 tablespoons of corn sirup. Bring to the boiling point, stirring constantly. Add 1¼ cups (½ can) of chopped DEL MONTE Canned Spinach and cook until the spinach is thoroughly heated.

SPINACH HASH—Mix 1 cup of chopped DEL MONTE Canned Spinach and 1 cup each of dry crumbs and boiled rice, add 1 teaspoon each of onion juice and salt, and ¼ teaspoon of pepper. Melt 2 tablespoons of fat in a hot frying pan, spread in the mixture and cook over a low fire until a brown crust is formed on the bottom. Fold like an omelet before serving.

SPINACH CROQUETTES—Mix 1¼ cups (½ can) of finely chopped and well drained DEL MONTE Canned Spinach, 1 finely chopped, hard cooked egg, 1 tea-

spoon of salt, $\frac{1}{8}$ teaspoon of pepper, and 1 well beaten egg. Mix thoroughly, form into flat cakes, cover with crumbs, and brown in hot fat in the frying pan. Serve with an onion sauce made by adding 1 cup of chopped boiled onion to 1 cup of white sauce.

SPINACH SOUFFLE—Chop $1\frac{1}{4}$ cups ($\frac{1}{2}$ can) of DEL MONTE Canned Spinach and add to $\frac{1}{2}$ cup of thick, well seasoned white sauce. Pour onto 2 well beaten egg yolks, add 1 teaspoon grated onion, and fold in 2 stiffly beaten egg whites. Pour into greased baking dish and bake 30 minutes.

SPINACH WITH HOMINY—Spread 1 cup of well seasoned, cooked, hominy grits in the bottom of a greased baking dish, put in a layer of $1\frac{1}{4}$ cups ($\frac{1}{2}$ can) of well seasoned, chopped DEL MONTE Canned Spinach to which 1 tablespoon of chopped DEL MONTE Canned Green Chile has been added. Cover with 1 cup of hominy, sprinkle with $\frac{1}{2}$ cup of grated cheese, and bake 15 minutes.

SPINACH LOAF—Mix $1\frac{1}{4}$ cups ($\frac{1}{2}$ can) of drained and chopped DEL MONTE Canned Spinach, 1 cup of crumbs, 1 well beaten egg, $\frac{1}{2}$ cup of grated cheese, 1 tablespoon of lemon juice, 1 teaspoon of salt, and $\frac{1}{8}$ teaspoon of pepper. Pour into a greased baking dish and steam over boiling water, or bake in the oven 25 minutes. Serve with hot DEL MONTE Canned Tomato Sauce.

JELLIED SPINACH WITH MEAT—Pour 1 cup of boiling, thick, well seasoned white sauce onto 2 tablespoons of softened gelatin. Add 1 cup of chopped DEL MONTE Canned Spinach which has been drained, 1 tablespoon of onion juice, and $\frac{3}{4}$ cup each of celery and any chopped, left over, cooked meat. Pour into a wet mold and when cold and firm, cut in slices.

SPINACH WITH RICE—Drain and chop $1\frac{1}{4}$ cups ($\frac{1}{2}$ can) of DEL MONTE Canned Spinach and 2 tablespoons of DEL MONTE Canned Green Chile. Mix with $\frac{3}{4}$ cup of thick, well seasoned, white sauce, and 2 cups of boiled rice. Pour into a greased baking dish, cover, and steam over boiling water, or bake in the oven for 25 minutes.

SPINACH WITH LIVER—Mix 1 cup of chopped DEL MONTE Canned Spinach, 2 cups of boiled rice, $\frac{1}{2}$ to 1 cup of chopped, left over, cooked liver, 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, and $\frac{1}{4}$ cup of finely chopped onion. Melt 2 tablespoons of fat in a hot frying pan, spread in the mixture, and cook over a low fire until a brown crust is formed on the bottom. Sprinkle with $\frac{1}{2}$ cup of grated cheese, and fold like an omelet before serving.

CREAMED SPINACH ON TOAST—Add $1\frac{1}{4}$ cups ($\frac{1}{2}$ can) of drained and chopped DEL MONTE Canned Spinach to $1\frac{1}{2}$ cups of thin white sauce. Cook until spinach is thoroughly heated and serve on toast.

BAKED EGGS ON SPINACH—Put well seasoned, chopped DEL MONTE Canned Spinach in the bottom of a greased ramekin, place an egg on top of the spinach, sprinkle with grated cheese and bread crumbs, and bake in a slow oven until crumbs are brown. Allow 1 egg and 1 tablespoon each of grated cheese and crumbs to each person.

DEL MONTE Canned String Beans

The fresh flavor and tenderness of string beans can only be retained by packing them immediately after picking. A few hours' standing makes them tough and stringy. DEL MONTE Canned String Beans are always tender, crisp and full flavored because they are packed fresh from the garden in kitchens located right where they are grown. Fresh beans bought on the open market seldom equal DEL MONTE Canned String Beans in delicacy because they usually have to be picked too long in advance of their use. DEL MONTE String Beans are packed whole and cut, ready to use when heated, in No. 2 cans only.

String Bean Suggestions and Recipes

Mix DEL MONTE Canned String Beans with an equal quantity of corn for a delicious succotash.

Add finely chopped onion, pepper, and salt to string beans and serve as salad on lettuce with French dressing.

String beans re-heated with chopped parsley have a delicious flavor.

A little left over bacon, fried, chopped, and added to the string beans is a welcome change in seasoning.

String beans re-heated in stock or gravy from the roast beef to which chopped onion and parsley have been added are unusual and delicious.

String beans served in a sour sauce made from 1 tablespoon of butter substitute, 2 teaspoons of Victory flour, $\frac{1}{4}$ cup of vinegar, and salt and pepper to taste are a great delicacy. Simmer 5 minutes, pour onto a beaten egg and serve immediately.

A cupful of left over canned or stewed tomatoes added to the string beans imparts a delicious flavor.

A change from the usual cold salad may be made by serving string beans hot with chopped onion and French dressing.

A sprig of mint added to the string beans when re-heated gives a delicate and unusual flavor.

Add lemon juice and a sprinkling of nutmeg to the butter sauce for string beans to make a remarkably good combination.

Diced cooked potatoes mixed with string beans and served with brown sauce in which soup stock is used are a great delicacy.

String beans and peas served hot, or served as a salad, are a good combination.

String beans are delicious served cold with a cheese salad dressing.

STRING BEANS BAKED IN TURNIP CUPS—Pare and remove the centers from 6 medium sized turnips and cook in boiling water until tender. Mix $\frac{1}{2}$ cup of boiled rice, $\frac{3}{4}$ to 1 cup of chopped DEL MONTE Canned String Beans, 1 small chopped onion, 1 teaspoon of salt, and $\frac{1}{2}$ teaspoon of pepper. Fill the turnip cups, cover with crumbs, and bake until brown.

STRING BEANS VINAGRETTE—Melt 1 tablespoon of fat, add 1 tablespoon of Victory flour, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper. When thoroughly mixed pour on $\frac{1}{4}$ cup of vinegar, $\frac{1}{2}$ cup of liquid drained from a can of DEL MONTE Canned String Beans and 1 tablespoon of corn sirup or sugar. Boil, add 2 cups (1 can) of drained string beans and thoroughly re-heat.

STRING BEAN CROQUETTES—Mix 1 cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned String Beans, 2 cups of hot boiled rice, 2 tablespoons of chopped onion, 1 cup of grated cheese, 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, 1 well beaten egg, and $\frac{1}{2}$ cup of fine crumbs. Cool the mixture, form into croquettes, roll in crumbs, and brown in hot fat in a frying pan.

STRING BEAN SOUFFLE—Cook $1\frac{1}{2}$ cups of milk and $\frac{1}{4}$ cup of corn meal in the double boiler 30 minutes. Add 1 teaspoon of salt, 2 well beaten egg yolks, 1 tablespoon of butter substitute, and 1 cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned String Beans. Fold in 2 stiffly beaten egg whites and bake 30 minutes in a moderate oven.

STRING BEAN STEW—Mix 1 cup ($\frac{1}{2}$ can) of DEL MONTE Canned String Beans, the liquid drained from the beans, 1 cup of DEL MONTE Canned Tomatoes, 1 small chopped onion, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, and $\frac{1}{2}$ cup of uncooked rice. Bake in the oven or cook in a double boiler until rice is tender.

JELLIED STRING BEAN SALAD—Dissolve 1 envelope of softened gelatin and 2 bouillon cubes in $1\frac{1}{2}$ cups of boiling liquid which may be water or the liquid drained from the beans. Add 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, 1 chopped DEL MONTE Canned Red Pimiento, and 1 cup ($\frac{1}{2}$ can) of drained DEL MONTE Canned String Beans. When cold and firm, serve with mayonnaise.

MEXICAN STRING BEANS—Melt 2 tablespoons of fat, add 3 tablespoons of Victory flour, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper and allow to brown. Add the liquid drained from a can of DEL MONTE Canned String Beans and 1 tablespoon each of chopped onion and chopped DEL MONTE Canned Green Chile and bring to the boiling point, stirring constantly. Add 2 cups (1 can) of beans and cook 5 minutes.

DEL MONTE Canned Tomatoes and Tomato Sauce

DEL MONTE Tomatoes are solid, clean, whole, vine-ripened fruit, grown from specially propagated seed, and packed at the moment of perfection, with all their distinctive natural flavor. Packed in No. 1 tall, No. 2 and No. 2 $\frac{1}{2}$ tins. Recipes herein refer to the No. 2 $\frac{1}{2}$ can.

DEL MONTE Tomato Sauce is made according to our own special recipe, from selected red-ripe tomatoes, fresh green peppers and other pure seasoning ingredients. Its uses in cooking are legion, adding zest and flavor to innumerable dishes at a great saving of time and trouble to the housewife. It is unexcelled on hot or cold meats, in soups, gravies, on macaroni, beans, rice and other vegetables. Also makes a delicious cocktail sauce. Packed in buffet size and No. 1 tall cans.

Tomato Suggestions and Recipes

Pour a part or a whole can of DEL MONTE Canned Tomatoes over the macaroni and cheese instead of milk, before putting it into the oven to bake.

Add canned tomatoes to the stewed chicken about $\frac{1}{2}$ hour before it is done. It will improve the chicken and also make delicious gravy.

Pour canned hot seasoned tomatoes over the beef steak just before serving and omit a vegetable from the menu.

Add left over canned tomatoes to any croquette mixture instead of other liquid, and a delicious flavor will be imparted to the croquettes.

Add left over canned tomatoes to the stuffing for green peppers. The tomato flavor blends particularly well with the peppers.

Pour a can of tomatoes over a whole cooked cauliflower, sprinkle with grated cheese and crumbs, and bake, for an unusual way of serving.

Add any left over canned tomatoes to the fried onions about 10 minutes before they are done.

Baste the baked stuffed fish with canned tomatoes and thicken and serve for a sauce.

Add some left over canned tomatoes to the baked beans $\frac{1}{2}$ hour before they have finished baking.

A few canned tomatoes lend flavor to the boiled cabbage.

Use a can of tomatoes in the fish chowder, and thereby impart to it an unusually good flavor.

JELLIED TOMATO SALAD—Boil liquid from 1 can of DEL MONTE Canned Tomatoes, 1 cup of water, 1 tablespoon of grated onion, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of paprika, and 2 tablespoons of corn sirup or sugar for 5 minutes. Pour onto 1 envelope of softened gelatin and stir until it dissolves. Pour into wet mold and when firm serve on lettuce with mayonnaise.

SCALLOPED TOMATOES—Arrange 2 $\frac{3}{4}$ cups (1 can) of DEL MONTE Canned Tomatoes in alternate layers with 1 $\frac{1}{2}$ cups of crumbs in a greased baking dish, sprinkle each layer with salt, pepper, and a little sugar or corn sirup, dot the top layer of crumbs with bits of butter substitute, pour 1 tablespoon of Worcestershire sauce over the top, and bake 45 minutes.

SPANISH OMELET—Melt 1 tablespoon of butter substitute and add 1 tablespoon of chopped onion, cook 1 minute and add 2 $\frac{1}{2}$ cups (1 can) of DEL MONTE Canned Tomatoes, 1 teaspoon of salt, and 2 tablespoons of cornstarch mixed with a little cold water. Cook 5 minutes, add 3 beaten eggs, and when the eggs have thickened, serve on toast or crackers.

TOMATOES WITH EGGS IN RAMEKINS—Half fill greased ramekins with DEL MONTE Canned Tomatoes which have been seasoned. Put an egg in each, sprinkle with grated cheese and crumbs, and bake until eggs are set and crumbs brown. Allow 1 tablespoon each of grated cheese and crumbs to a ramekin.

Tomato Sauce Suggestions and Recipes

Add a can of DEL MONTE Tomato Sauce to the roast beef about 15 minutes before it is done and improve the flavor of the gravy.

Add a can of tomato sauce to the left over breakfast cereal, re-heat and serve instead of a vegetable for dinner.

Moisten boiled rice with tomato sauce, add some grated cheese, form into croquettes, and you have a delicious meat and potato substitute.

Pour hot tomato sauce over hot hard cooked eggs sliced lengthwise for an appetizing luncheon dish.

Baste the baked onions with tomato sauce and you will never want to serve them in any other way.

Pour a can of hot tomato sauce over the boiled new potatoes and impart to them a delicious flavor as well as conserve butter.

Before spreading the hash in the pan to brown add a little tomato sauce.

Serve the boiled onions in tomato sauce instead of the overworked cream sauce.

Scalloped cabbage in which tomato sauce is used in place of white sauce adds delicious variation to the menu.

To quickly make a cheese sauce for fish, heat a can of tomato sauce, add $\frac{1}{2}$ cup of grated cheese, beat it until it melts, and serve.

Serve corn fritters with hot tomato sauce and conserve sugar.

Add any left over tomato sauce to mayonnaise or cooked salad dressing to give it an unusually delightful flavor.

Serve hot tomato sauce on hot asparagus and add to its flavor as well as conserve butter.

To make an especially well flavored aspic for garnishing and serving with cold meats dissolve an envelope of softened gelatin in a can of hot tomato sauce, pour into a loaf pan and when cold and firm cut in squares.

Add crab meat, chopped onions and green chile to tomato sauce and serve very cold for a most appetizing cocktail.

Serve fried oysters with tomato sauce.

Moisten grated cheese with a little tomato sauce for an unusual and delicious sandwich filling.

TOMATO BISQUE—Make 2 cups of thin white sauce. Add 1/16 teaspoon of soda to 1 can of hot DEL MONTE Canned Tomato Sauce and pour into the hot white sauce, stirring constantly. Serve at once.

MEXICAN FRITTERS—Mix 1 can of DEL MONTE Canned Tomato Sauce with ¾ cup of water, ½ cup of cornstarch, 2 teaspoons of corn sirup, 1 teaspoon of salt, ½ teaspoon of pepper, and 1 tablespoon of chopped onion. Bring to the boiling point, stirring, and cook in the double boiler 35 minutes. Add 1 well beaten egg, cook 3 minutes and pour into a greased loaf pan. When cold and firm cut in slices, roll in crumbs, and brown in fat in a frying pan.

TOMATO SAUCE AND NOODLES—Boil ½ package of noodles until tender and drain, saving the stock. Mix noodles with 1 can of DEL MONTE Canned Tomato Sauce, ½ cup of noodle stock, 1 teaspoon of salt, and 1 tablespoon each of chopped onion and celery. Pour into a greased baking dish, sprinkle with ½ cup of crumbs, and bake for 40 minutes.

TOMATO SAUCE AND RICE—Cook ½ cup of rice in boiling, salted water. Drain, and add 1 can of DEL MONTE Canned Tomato Sauce, re-heat if necessary, and serve.

DEL MONTE Ripe Olives

Within a few years the California Ripe Olive has won almost universal popularity. Its rich, yet mellow deliciousness, appeals instantly to all those who like good things to eat. Only the very best of selected Mission and Manzanilla olives are packed under the DEL MONTE Brand. And they are prepared in such a way as to preserve the full nut-like flavor of this delicate food and relish. We also pack DEL MONTE Deviled Olive Relish from ripe olives, pimientos and other seasonings, and which is especially delicious in sandwiches, salads, and with meats. Other uses are given below. DEL MONTE Ripe Olives are packed in pint, quart and buffet size cans as well as glass. DEL MONTE Olive Relish in buffet cans only.

Ripe Olive Suggestions and Recipes

DEL MONTE Canned Ripe Olives, chopped, and added to any meat or vegetable salad make a delicious and healthful addition.

Chopped ripe olives in a fish loaf are a great addition in flavor and nutrition. Any canape is improved by a few sliced ripe olives.

Put a few sliced ripe olives in the jellied meat or salad for an extender as well as for the added flavor.

Add sliced ripe olives to the creamed chicken and you will never again omit them.

Chopped ripe olives added to the stuffing for eggs make a change which picnickers will welcome.

Put some ripe olives in the children's luncheon. They contain a wholesome fat.

COTTAGE CHEESE AND RIPE OLIVE SALAD—Mix equal proportions of well seasoned cottage cheese and chopped DEL MONTE Canned Ripe Olives. A few drops of onion juice may be added if desired. Serve on lettuce with French dressing.

BAKED OLIVE LOAF—Mix 1 cup of DEL MONTE Canned Ripe Olives, chopped, 1 cup of boiled rice, 1 cup of crumbs, 1 cup of well seasoned white sauce, 1 egg and the juice of 1 lemon. Bake in a loaf pan 40 minutes. Serve with DEL MONTE Canned Tomato Sauce.

BAKED OLIVE-STUFFED TOMATOES—Hollow out tomatoes of uniform size. Chop, and drain the pulp removed. Mix with an equal proportion of chopped DEL MONTE Canned Ripe Olives, season well, refill tomatoes, cover with soft crumbs, and put a piece of butter substitute on each. Bake until tomatoes are tender.

OLIVE AND LIVER STEW—Scald 1 pound of calves' liver, cut in cubes, season, and flour slightly. Fry a slice of bacon in the roasting pan and brown the liver. Add 2 cups of hot water and 1 cup of chopped DEL MONTE Canned Ripe Olives, thicken with cornstarch, and cook slowly in the oven or in a double boiler for 1 hour.

DEL MONTE TAMALE PIE—Add 1 cup of white corn meal to 3 cups of boiling, salted water, boil for 5 minutes, cook in double boiler 45 minutes, and add 1 can of chopped DEL MONTE Canned Ripe Olives. Melt 1 tablespoon of fat or drippings in a frying pan, add 1 chopped onion, ¼ cup of chopped DEL MONTE Canned Green Chile, and ½ pound of Hamburg steak. Cook until the meat is no longer red, stirring frequently. Add 1½ teaspoons of salt and 1 can of

DEL MONTE Canned Tomato Sauce, and cook over a low fire for 5 minutes. Grease a baking dish and spread $\frac{1}{2}$ the corn meal mush in the bottom, over this put the meat mixture, and on top spread the remainder of corn meal mush. Bake in a moderate oven 15 or 20 minutes.

Olive Relish Suggestions and Recipes

Use DEL MONTE Deviled Olive Relish for spreading the lettuce sandwiches instead of mayonnaise. It is much cheaper, more delicious, and more nourishing.

Spread hot crackers with olive relish and serve with the salad in place of cheese straws.

Stuff small stalks of celery with olive relish, cut in slices, place on lettuce, and serve as a salad with French dressing.

Add a little olive relish to the stuffing for green peppers.

Hot rounds of toast spread with olive relish make a good foundation for almost any canape, or may be served as such with no addition.

Olive relish added to the stuffing gives a wonderful flavor to either poultry or fish.

JELLIED OLIVE RELISH—Dissolve 1 envelope of softened gelatin and 2 bouillon cubes in 1 cup of boiling water. Add 1 can of DEL MONTE Deviled Olive Relish and pour into a wet mold which has been lined with sliced, hard cooked eggs. When firm serve sliced with Tartar sauce.

OLIVE RELISH BREAKFAST EGGS—Toast slices of Victory bread on one side and spread untoasted side with DEL MONTE Deviled Olive Relish. Put a poached egg on each slice and serve at once.

OLIVE RELISH OMELET—Make $\frac{1}{2}$ cup of thick well seasoned white sauce, add 3 egg yolks beaten until very light, and fold in the stiffly beaten whites. Pour into omelet pan and bake. When done, spread with DEL MONTE Deviled Olive Relish, fold and serve.

DEL MONTE Raisins

Seeded, Seedless, and Clusters

DEL MONTE Raisins come from the world-famous raisin vineyards of Fresno, California. They are the dependable kind for your plum pudding, mince meat, fruit cake, raisin bread—in fact, for all purposes where good raisins are needed. Whether the delicately flavored, thin-skinned seedless variety—the meaty sweet muscatels, automatically seeded by machinery, or the fancy clusters for the fruit and nut dish—all are the very best raisins that California produces. Packed in various sizes of cartons. The 15 ounce package is referred to in the following recipes.

Raisin Suggestions and Recipes

Equal amounts of chopped DEL MONTE Raisins and nuts moistened with orange or lemon juice make a delicious and nutritious sandwich filling.

Raisins used as stuffing for cherries or grapes when served with French dressing for a simple salad give an additional flavor which is very pleasing.

Stuff tomatoes with chopped raisins, boiled rice, and crumbs, and bake until tender. This may be served for luncheon or as an entree for dinner.

Chopped raisins and cream cheese make a delicious sandwich filling.

Mix raisins cut in pieces with the pie filling. They add flavor, and will take the place of a portion of the sugar.

Oatmeal cookies for the children may be made with chopped raisins instead of sugar.

Bananas are delicious baked in a sauce made of chopped raisins and water. They should be basted every five minutes.

Gingerbread which contains plenty of raisins may be served hot with lemon sauce for dessert.

An easy and nutritious marmalade may be made by cooking equal parts of chopped raisins, apples, and water till thick and adding a little lemon juice.

Chopped raisins and horseradish make a splendid relish to serve with meat.

Add a few raisins to the poultry stuffing and you will never again omit them.

Raisins cut in pieces may be made to take the place of sugar in baked beans by adding them one hour before the beans are removed from the oven.

Chopped raisins added to scalloped apples conserve sugar and give an unusually distinctive flavor.

An equal part of raisins added to the cranberries in making stewed cranberry sauce will take the place of a part of the sugar, make the sauce more delicious, and is an economy as well.

Use raisins in apple sauce to improve its flavor and conserve sugar.

Add a few chopped raisins to Hamburg steak or to any meat croquettes. There is no loss in food value, meat is conserved, and the flavor is improved.

A few raisins cut in pieces and added to the hash give it a pleasing and distinctive taste.

Add a few chopped raisins to the stuffed eggs. They blend well and give an unusual touch.

Put a few raisins in the children's breakfast food. They will like it better, and get added nutrition.

Chopped raisins in water icing make an inexpensive but delicious frosting for cake.

There is no sauce for meat that is not improved by the addition of a few raisins.

Put raisins in the stuffed peppers. They will take the place of meat.

Chopped raisins may conserve sugar by being added to any home made ice cream or frozen dessert.

Equal parts of chopped raisins and water boiled for five minutes and thickened with a little cornstarch may take the place of sugar and cream on the breakfast food, or with the addition of a little lemon juice make an excellent pudding sauce.

A simple Italian dish is made as follows: Fry slices of stale bread and serve with a sauce made from 2 tablespoons of chopped raisins, a little chopped raw ham, a leaf of sage, a tablespoon of sugar or corn sirup and 2 tablespoons of vinegar. Put over the fire until a sirup is formed and pour over the bread.

Add raisins to any every day pudding for the children's pleasure, for added flavor, and for nutrition.

Let the children have a few raisins to eat in place of candy. They supply the necessary food value and sugar.

A cup of chopped raisins, $\frac{1}{4}$ cup of corn sirup, and a little lemon juice make a delicious and inexpensive tart filling.

Add chopped raisins to the fudge when ready to be poured in the pan. They will conserve a part of the sugar and the combination is new and delicious.

Baked apples stuffed with raisins and brown sugar and served with cream are unequalled for their flavor.

Any conservation bread, cake, or cookie, is improved by the addition of raisins.

RAISIN MARMALADE—Put 1 cup each of DEL MONTE Seeded Raisins and sliced apples through the food chopper, add 1 cup of water and cook slowly for 20 minutes.

RAISIN FRITTERS—Make a thick corn meal mush by adding $\frac{1}{2}$ cup of white or yellow corn meal to 2 cups of boiling, salted water, boil 5 minutes, and cook in a double boiler 1 hour. Fifteen minutes before it is done add 1 cup of DEL MONTE Seedless Raisins cut in pieces, and $\frac{1}{4}$ to $\frac{1}{2}$ cup of any left over chopped meat. Pour into a wet loaf pan and when cold and firm cut in slices, cover with crumbs, and brown in a hot frying pan in which some fat has been melted.

BAKED RAISIN PUDDING—Mix 1 cup of crumbs, 2 cups of milk, $\frac{1}{2}$ cup of molasses, 1 cup of DEL MONTE Seedless Raisins, $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{4}$ teaspoon each of nutmeg, cinnamon, and cloves. Pour into a greased pudding dish and bake about 40 minutes in a moderate oven. Stir once during the baking. Serve hot.

RAISIN CUSTARD—Beat 2 eggs slightly, add $\frac{1}{4}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of nutmeg, 1 cup of DEL MONTE Seedless Raisins cut in pieces, and 2 cups of milk, pour into 6 individual ramekins, set in a pan of water and bake in a slow oven until firm. Stir once during the baking. Serve in the ramekins.

DEL MONTE RAISIN PUDDING—Cook 1 cup of DEL MONTE Seeded Raisins cut in pieces, 3 cups of hot water, $\frac{1}{4}$ teaspoon of salt, and 1 inch of stick cinnamon slowly for 20 minutes. Mix $\frac{1}{2}$ cup of cornstarch to a smooth consistency with a small amount of cold water, add to the boiling raisin mixture from which the stick of cinnamon has been removed, cook in the double boiler 40 minutes, add the juice of 1 lemon, pour into a serving dish and chill. Serve with milk or cream.

RAISIN BREAD—Mix and sift 2 cups of Victory flour, 4 teaspoons of baking powder, and 1 teaspoon of salt. Add 1 cup of DEL MONTE RAISINS cut in pieces, $\frac{3}{4}$ cup of milk, 1 well beaten egg, and 2 tablespoons of melted fat. Mix thoroughly and pour into a greased loaf pan. Bake 1 hour in a moderate oven.



This map shows at a glance the far-reaching influence of the DEL MONTE search for quality and flavor.

Each little white dot on the map represents an establishment where DEL MONTE Products are packed. Altogether there are 89 of them—each one located in some specially favored spot of the bountiful Pacific Coast, where soil and climate and other favoring conditions combine to yield certain products of finer flavor and finer quality than can be grown anywhere else.

All DEL MONTE fruits and vegetables are grown from finest stock, carefully tended by men whose life-long experience has been spent in perfecting the varieties best suited for canning. All are "packed where they ripen the day they are picked."

That is why DEL MONTE quality is highest quality—why the red DEL MONTE shield is your guarantee of finest flavor in everything that bears it.

Ask your dealer for DEL MONTE—the Conservation Foods of Flavor. They will help you to save wheat, meat, sugar,

fats and fuel, and give you foods that every one enjoys.

"The Conservation Foods of Flavor"



Sixty years of experience back of the DEL MONTE label is your assurance of finest flavor and highest quality in everything that bears it. There is a variety for every need.

Look for the Red
Shield on the
Green Can.

Fred Hartsook

CALIFORNIA'S
FAMOUS PHOTOGRAPHER



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Stockton, 531 East Main St.	Sacramento, 422 K St.
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