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ECONOMICAL COOKERY

MARION HARRIS
NEIL



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ECONOMICAL COOKERY

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VEGETARIAN ROAST. *Page 264.*



CREAMED CHICKEN IN BREAD PATTIES. *Page 236.*



MEAT WITH ONION AND HARD-COOKED EGGS. *Page 240.*

Frontispiece.

ECONOMICAL COOKERY

BY

MARION HARRIS NEIL

FORMERLY COOKERY EDITOR, THE LADIES'
HOME JOURNAL

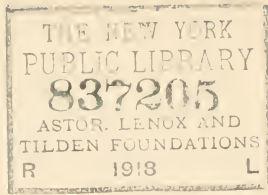
*WITH ILLUSTRATIONS
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BOSTON

LITTLE, BROWN, AND COMPANY

1918



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PREFACE

THE present volume has been prepared with great care; every recipe has been tested and tried, and will be found to meet the requirements of housekeepers of all classes. Young housewives who are novices in the culinary art will find it of service as a book of reference, while older house mothers who are experts, and who have been cooks for years to their family circle, may discover in its pages some helpful hint or serviceable recipe hitherto unknown. I have confined my attention strictly and exclusively to Economical Cookery, for I believe it is in this direction that improvement is chiefly needed. I have not sought to furnish an array of dishes requiring in their preparation costly ingredients, and an acquaintance with the art—for cookery is an art, and a very fine art too—far beyond that which may be readily gathered from a little experience and the exercise of a little common sense.

Those who have accustomed themselves to “fare sumptuously every day” would perhaps find it to their advantage to think rather less of extravagant living than they now do. It is the everyday food of everyday people which needs to be chosen more judiciously, cooked more skillfully, and served more invitingly than it now is.

MARION HARRIS NEIL.

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ECONOMICAL COOKERY

CHAPTER I

HOW TO CHOOSE OUR FOOD

MONEY can be spent to infinitely better advantage in the store than by giving orders at the door, by mail, or telephone. Every housekeeper knows how large a proportion of the housekeeping money is swallowed by the butcher's bill, so that with the meat item careful selection is most necessary in order to keep the bills within bounds.

In choosing meat of any kind, the eye, the nose, and the touch are really required, although it is not appetizing to see the purchaser use more than the eye.

FISH

Any fish intended for cooking purposes must be in season and must be fresh. Fish is out of season and therefore not so good during the period of spawning, the flesh being watery, flabby, and without much flavor.

Fresh fish are hard when pressed by the finger, the eyes full and the gills red. If the flesh is flabby and the eyes sunken, the fish are stale and inferior. Plenty of scales on scaly fish usually indicate freshness. The spots or marks on such fish as mackerel should be clear and bright, but one of the best tests is the smell, which should be fresh and not unpleasant. The girth of a fish should be large in comparison to its length. In choosing cut fish, such as cod, halibut, and salmon, the flesh should have a fine appearance with a close grain; if it looks fibrous, loose, and watery, it is not good. Never choose fish that is bruised or has the skin broken, as it will not keep well. Fish that is frozen

should be thawed by letting it lie in cold water before it is used. Do not allow it to remain in the water longer than is necessary.

Salmon should have a small head and tail, full thick shoulders, clean silvery scales, and flesh of a bright rich yellowish red.

When quite fresh there is a white curd between the flesh, which is stiff and hard; but if kept, this melts, softening the flesh and rendering it richer, but at the same time less digestible.

Trout, in spite of the difference in size, may be judged by the same rule as salmon. It will not, however, bear keeping, deteriorating rapidly.

Cod should have a large head and thick shoulders, a small tail, the flesh white and clear, and the skin silvery and clean.

Skate should be white, thick, broad, and creamy.

Mackerel must be very fresh when eaten, or it is not wholesome. The fish should be pearly white underneath, and the markings very bright and distinct. Small or medium-sized fish are the best.

Smelts should be silvery and stiff, with a delicate odor faintly suggestive of a cucumber newly cut.

Eels are best bought alive to insure absolute freshness. They should be soaked in salt and water some time before cooking. Eels are valuable on account of their nutritive properties, and as they are rich in themselves, they are best cooked and served very simply.

To skin an eel. First cut off the head. Then turn back the skin at the top, and draw it downwards, turning it outside in. Eels about two pounds in weight are usually preferred.

Herrings must be absolutely fresh to be good, and when in this state their scales shine like silver. If kept overlong, their eyes become suffused with blood, a sure sign that the fish is stale.

Halibut is a wholesome fish. It should be moderate-sized, thick, and of a white color, the skin tight and unwrinkled.

Shrimps, Prawns, Crabs, and Lobsters should be heavy for their size. The tails should clip tightly against the bodies, and spring back quickly into position when pulled out straight and then loosened. Lobsters having thick shells, broad tails, with a few black markings, are usually the best. Crabs are bad if they are light and limp.

Oysters must be eaten only when in season and they must be very fresh. The shell should close sharply on the knife when it is inserted. If the shell is a little open, the fish is not in its primary freshness, and if it remains open, the oyster should not be consumed.

MEATS

Beef. In selecting beef, choose that of a fine smooth grain, of a rich red color, with cream-colored or pale yellow fat. If the lean portion is of a pale color, then it is probably cut from a diseased or a poorly nourished animal, while if of a very dark color, then the animal was not in good condition when killed, or had not been slaughtered. The best beef has a mottled appearance with fat, little odor, and that not unpleasant. Meat should not be moist and watery, and if properly cooked it should not shrink or waste greatly.

One test of the good quality of meat is the condition of the tongue; if this be clean skinned, plump, with the fat at the root inclining to a pinky white, the flesh will be tender and in condition; but if, on the contrary, it be rough, dark, and with dead white fat the meat will be tasteless and hard.

Veal is the flesh of the calf. It is at its best when the calf is three to four months old, when the meat should be of a close fine grain, white in color, with the fat inclining to a pinkish tinge. The kidney should be small, free from discoloration, and wrapped in plenty of firm white fat. Like all young meat, veal very rapidly turns sour, so must be cooked speedily. The head should be firm and clean skinned, the eyes clear and full, the liver a dark rich clear color, free from any spots, while the sweetbreads should be plump, of a delicate color, and free from strings. Veal is not considered to be very digestible, and if it is very young it contains little nourishment.

It stands lowest among heat producing meat, and for that reason requires to be eaten with rice, potatoes, bacon, etc.; these also help to redeem its lack of flavor. If veal is cooked slowly and thoroughly, it is a most useful meat, and will furnish quite a variety of tasty dishes.

Mutton. The lean should be finely grained and a clear, dark red, with the bones small. The fat should be clear, white, and

very hard. Mutton stands next to beef in nutritive qualities, and for some people it is of more value as food because it is more easily digested, its fibers being shorter and more tender. It has, however, a strong flavor. Age has a great deal to do with the quality of the mutton. From four to five years old is the best age for killing, but the sheep are generally killed between two and three years of age.

Lamb is immature meat, needs thorough cooking, and does not keep well. It is paler in color than mutton, and the fat is pearly white and should have no tinge of yellow. When lamb is fresh, the veins in the neck end of the forequarter have a bluish tinge, and when stale these develop a greenish hue. In the hind-quarters the kidneys and the fat round them should be examined; if they are flabby, with an unpleasant smell, the meat is stale.

Pork. To be delicate, pork must be small and not too fat. The fat should be very firm and white, the lean a delicate brownish pink, close grained, firm textured, and free from any kind of spots or kernels, these always denoting the presence of one or other of the parasites with which the flesh of pigs is specially liable to become infested. Pork contains an excess of fat, and is the one meat which is rendered more wholesome with salting. Never buy it in warm weather; an old but wise rule is to permit it on the table only in those months that have an "R" in their spelling. The skin must not be too thick, and it must be elastic and smooth.

Sucking pigs should be small, and are at their best when about four weeks old. A sucking pig should be cooked as soon as possible after it is killed, as it taints quickly; unless very fresh, no care in the cooking will make the crackling crisp and delicious as it should be.

Bacon must be fresh and free from any unpleasant odor. The grain should be fine, the lean of a bright pink, and the fat firm and white. There should be as little gristle as possible. Bacon varies much in price, according to cut and quality.

Ham. Choose a short thick leg with a moderate amount of fat. The rind should be rather thin and the bone fine. In selecting a ham always run a pointed knife or skewer in close

to the bone; when withdrawn it should not be greasy nor have a disagreeable strong smell but, on the contrary, be clean and have a good flavor. Hams vary in price according to the manner of curing and special reputation.

Suet. This must be very fresh and of the best quality. The solid fat which surrounds the kidney, either beef or mutton, is considered the best. Beef suet should be cream colored or pale yellow, not deep yellow, or it will be oily and difficult to chop fine. Mutton suet should be of waxy whiteness, and very firm, hard, and dry. Veal suet is particularly delicate. Any kernels which show themselves when suet is cut through should be removed immediately, as well as any parts discolored with blood, as these, if left, will decompose and taint the rest.

Livers and Kidneys and all inside meats such as tripe, sweetbreads, etc., must be chosen carefully and used at once. Livers and kidneys should be fresh, firm textured, and free from smell, and from all specks or discoloration. All kinds of kidneys must be skinned before cooking, and the white inside tube removed.

Venison is the flesh of the deer. The lean should be finely grained and dark in color; this depends on its being well hung, as it should be. The fat should be plentiful, firm, and of a clear, creamy white color. The age of the animal can be judged by the hoof; in the young animal the flesh is small and smooth, while in the older one it has become deeper and rougher. Deer should be from four to five years old to be in first-class condition. The finest joint for roasting is the haunch. The loin and neck are also good roasting pieces. The shoulder and breast are better stewed or made into a ragoût or pasty. Steaks are cut from the leg and chops from the neck or loin.

POULTRY AND GAME

In choosing poultry and game, regard must be had to: Color and skin of legs; condition and shape; age; freshness. All poultry when young should have smooth and pliable legs, with the scales overlapping very slightly. The spurs of male birds under a year old are represented only by scaly knobs, through which the true spur later pushes itself. The spur on the leg of the male bird must be short and not prominent, and the feet

should be soft and rather moist. If the spur is large and the legs hard and dry, the bird is no longer young. The flesh should be smooth and without long hairs. The breast should be plump, and both the breastbone and the beak soft and pliable.

Be careful to note that the birds are free from all discoloration, and that the eyes are full and clear. Long thin necks with a purplish tint denote age, so also does a purplish tint on the thigh.

The weight should be great in proportion to size, but an over-fat bird is not economical, and owing to the flesh being greasy, it is less digestible and delicate in flavor.

White-skinned birds are considered best for boiling, while yellow ones will do well enough for roasting.

For roasting choose a fowl with black or yellow legs, as they are more juicy and possess a better flavor.

For boiling, grilling, roasting, and frying, fowls of the first year are best; but for braising or stewing, old ones, which are both cheaper and larger, will do very well, because long slow cooking makes them tender.

Ducks and Geese. Young ducks have yellow feet and bills; as they become older these turn darker and redder. The wild duck is an exception, as it has small reddish feet even when young. The under bill should be soft and pliable and easily broken when bent. The legs should be smooth, and the webbing of the feet soft and easily torn. The breast should be plump, but not overfat.

The legs of geese should be pliable and yellow, and the webbing of the feet easily torn. The bill should also be pliable and yellow and with few bristles, and the under bill easily broken when bent. The breast should be plump and rounded, but without too much fat, and the skin smooth. A goose should always be eaten young. When over a year old, it is not good for table use.

Turkeys. When fresh and in good condition, the skin of a turkey should look clear and un wrinkled, and the flesh firm and plump. The wattles should be a bright red. Beware of birds with long hairs and flesh of a violet hue. Moderate-sized birds should be chosen. A hen is preferable for boiling on account of

the whiteness of the flesh, but the cock is usually chosen for roasting. If freshly killed, a turkey should be kept for at least three or four days before cooking, or it will be neither white nor tender.

Pigeons. A dark-colored pigeon is thought to have the highest flavor, and a light-colored one the most delicate. Pigeons should have the flesh on the breast a light red, with the legs a pinkish color; when they are large and deeply colored, the bird is old. The breast should be fat and plump. Squabs are young tame pigeons.

Rabbits and Hares. When rabbits and hares are young, the claws are smooth, sharp, and pointed, the cleft in the jaws is narrow, the teeth white and small, and the ears soft and easily torn. They have large knee joints in comparison to their size. If old, they will have grayish fur, thick blunt claws, and tough ears. Rabbits should be used fresh. Choose one that is plump and short-necked, and with the flesh stiff and fresh, and without discoloration. Hares require to be well hung, and with these, as with other game, the condition of the eye will show approximately how long it is since the animal has been killed. The cleft in the lip should be narrow. A hare under a year old is best for roasting purposes.

Game Birds. In the young game birds the legs should be smooth, and the feet moist and supple; the beak so brittle that the under portion snaps across easily if it is bent backwards. The breasts should be plump, firm, and hard, and the long quills in the wings soft and not fully developed. The feathers help to indicate the age of the bird; when young there are soft and downy ones under the wing and on the breast. The plumage of the young bird is even and soft, the long feathers of the wing are pointed, while in the older bird these become round, and the colors are usually brighter. The bird should weigh heavily for its size. Do not choose a bird that has been badly shot, as when much shattered, some parts will become uneatable before the rest is tender.

Vegetables. Vegetables should be fresh to the eye, crisp to the touch, and have a cool refreshing odor. Withered or decayed vegetables are extremely unwholesome. The pods, leaves,

and stalks of many varieties begin to lose bulk and flavor as soon as cut. Pods and stalks should snap across easily when they are bent by the fingers.

Cucumbers should be very stiff and thick. Cauliflowers should be very firm, close, and a creamy white, the leaves round the flower being green and crisp.

The pods of peas should be crisp and bright green with no sign of yellow. They should be full, but if very large they are apt to be old. If the peas be heard to rattle in the pods, they are worthless.

Potatoes with rough skins are usually the most floury when boiled. Select those free from "eyes", and remember large ones will be the most economical, as there is less waste in peeling them. New potatoes must have rough ragged looking skins, easily scraped off with the finger nail.

MISCELLANEOUS

Flour must have no musty or unpleasant smell, or acid taste. Good wheat flour should be soft and silky to the touch, not greasy or gritty, and when a little is squeezed together in the hand, it should adhere together, not lose its shape when the pressure is relaxed. The color should be a creamy white for ordinary household purposes; if very fine and white it contains but little nutriment.

Eggs should be heavy and have rough dull shells; when stale these become quite shiny as if polished. When held in front of a strong light they should have a transparent look and no dark spots should be visible. A common method of testing the freshness of eggs is to place them in water, when a new-laid egg will be nearly submerged, and an old egg will project above the surface, the reason being that eggs lose their specific gravity by keeping.

Butter should be firm in texture and free from moisture or any rancid smell. It should be rich, but not too deep in color, and the flavor should be mild. Butter is frequently adulterated with water, and its undue presence may be detected by melting, when the water will remain at the bottom. The water is added to increase the weight.

Lard. The best lard is very white, close, and has little or no odor. If it sputters furiously when heated, it indicates the presence of water, due either to careless "trying out" of the raw fat, or to its having been added to the melted fat, to give increased weight.

Milk. Allow milk to stand for some hours and note the depth of cream which rises to the top; if it be very slight, the milk has been previously skimmed and is of a poor quality; if it be very thin and slightly bluish looking, it is not worth buying. Skim milk is milk separated from its fat or cream by allowing the latter to rise to the surface of the liquid and being then "skimmed" off. Skimmed milk contains some fat and all the other natural constituents of milk.

Buttermilk is the residue after removing the butter from milk by churning. It is most nutritious, as the casein of the milk is still retained in great quantities, but the milk sugar has become converted into lactic acid, giving it a slightly sour flavor. It is a most refreshing drink, and it is easily digested.

CHAPTER II

THE PROCESSES OF COOKERY

“Pray you, take note of it.”

ROASTING AND BAKING

THE actual differences between roasting and baking are not great, the terms being frequently interchanged. Roasting proper is cooking before the fire. It is one of the oldest methods of cooking on record, and still remains the favorite form of preparing poultry, game, and meats. Roasting is cooking by the direct action of radiating heat, and roasted meat is, strictly speaking, meat which has been placed in such a position that the radiation of a fire affects the whole surface equally, while at the same time a current of fresh air passes around it. Meat thus cooked will retain more of the juices and develop more flavor than by any other process. Should the heat be insufficient to harden the surface albumen quickly, the watery juices evaporate, and the meat becomes dry and tasteless. The heat must not be so intense that the albumen is hardened all through the meat; after the preliminary ten or fifteen minutes, it must be reduced, or the meat will be tough and charred. The meat should be basted every ten minutes, as this helps to cook it, keeps it juicy, and improves the flavor. The time allowed is fifteen minutes for every pound, and twenty minutes over for beef and mutton; for veal and pork, twenty minutes for every pound and thirty minutes over. Boned and rolled or stuffed meats require longer cooking than the same joints would if neither rolled nor stuffed.

Roasting may be performed in a properly ventilated oven. This is considered to give less excellent results than roasting before a fire, the flavor being frequently less delicate, but this

will depend largely on the perfect cleanliness of the oven and the system of its ventilation. The proper time and process of roasting must be left to the good judgment of the cook, who should be guided by circumstances and conditions. Sprinkle meat with pepper and salt when nearly ready, as salt sprinkled on before the meat is brown will draw out the juice and toughen the fiber.

Baking is cooking in close hot air, and hot air plays a very important part in cooking. Although baking in an oven is not done by radiating heat, there is a large amount of heat radiated from the top and bottom and sides of the oven. Meat loses rather less weight when baked than when roasted, but the flavor of baked meat is inferior and less developed. The heat of an oven being steady, baking takes somewhat less time than roasting.

For baking bread, cakes, pastry, puddings, custards, vegetables, and farinaceous dishes, the oven will always remain in favor. In baking, especially puff pastry and soufflés, it is well to know that opening the door of an oven is detrimental to fine pastry in process of baking. Baked custards and milk puddings require a more moderate oven than pastry, and a longer time in baking, for if they are baked too quick the milk will turn watery in the dish, while the top will burn. The difference between baking and boiling is that by the former method the food is cooked by dry heat, while the latter is cooked by liquid heat. Baking, as compared with other cooking processes, such as broiling and roasting, differs in this: while by broiling and roasting the food is cooked by full exposure to the hot air, baking is performed in ovens, more or less close structures, whereby the action of dry heat is modified by the presence of the steam that comes from the food which is being baked.

BRAISING

Braising is a combination of two methods of cooking — roasting and stewing — usually applied to small joints of meat. This process decreases loss by evaporation, and is one of the best ways of cooking the cheaper cuts of meat. The saucepan should be deep, and the lid must fit securely.

First place a little butter substitute at the bottom of the saucepan and allow it to melt. Then put in a layer of vegetables cut in dice—the bed of vegetables should be about one and one half inches in depth—add seasonings, and on top place the meat. Cook over the fire twenty minutes, shaking the pan occasionally to prevent the contents sticking. Next pour in enough water or stock to cover the vegetables and just touch the meat, cover with a piece of well greased paper, and put the lid on the pan, and cook until the meat is tender. The liquid is slowly reduced, forming a rich gravy.

The cooking may be done either on top of the stove or in the oven, where it is surrounded by uniform heat, and will need very little attention. Occasional basting during the process of this method of cooking is essential. When done, the meat is taken up, the fat removed from the vegetables and gravy, which latter is then reduced, strained, and blended with some kind of gravy or sauce. The most stubborn pieces of tough meat will yield to the persuasion of the braising pan and become tender, especially if a little vinegar or lemon juice be added to the gravy in the pan. Plenty of time must be allowed for cooking.

BROILING OR GRILLING

Broiling, sometimes called grilling, is one of the quickest methods of cooking. It is cooking on a hot grill or gridiron either over or in front of a hot fire. When a gas stove is used it is done under the griller. It is a similar process to roasting, with the same results and the same drawbacks; namely, it is an extravagant method, as much fuel and the best cuts of meat are essential to success. This method can only be applied to small pieces of meat which will cook quickly, such as chops, steak, kidneys, small pieces of vegetables, joints of game and poultry, etc.

The fire for broiling must be clear and intensely hot. The outer surface of the meat is burned or seared, the albumen hardens, and the juices, which have a tendency to escape on the side turned from the heat, are retained in the meat by frequent turning. The meat must be turned at short intervals, before the juices have been driven from the fire to the opposite surface.

If once allowed to reach the surface, they will be thrown off in turning and wasted. The meat must not be pierced with a fork, or the juices will escape, and much of the flavor will be lost. Arrange the food on the griller so that the thickest part of it will be just in the center of the fire, where it will obtain the greatest heat; also should there be any fat on the meat, it should be placed at the top, so that, as it melts, the drippings trickle down and baste the meat. It is essential that the griller be clean, well heated, and greased. The time for grilling must be regulated by the thickness, rather than by the weight of the meat, and experience alone can teach when a steak or chop is done. When cut, broiled meat should look moist and red, and the gravy should run from it.

BOILING

Boiling is cooking food by moist heat, by immersing it in boiling liquid for a certain time.

Boiling is one of the simplest, most economical, most generally used methods of cooking, and when correctly done, it renders food both digestible and wholesome. In most cases the article itself does not boil, but is immersed in boiling water or stock; but the term is also applied correctly to vegetables, cereals, puddings, and in cases where evaporation is required, or the reduction of sauces, stocks, etc. Meat loses less weight by boiling and steaming than by any other process. The object in boiling meat is to retain as much as possible of the juices in the flesh, and for this end it should be put into a pan of fast boiling water. This closes up the pores on the outside of the meat, and these close and harden; a skin is formed which both prevents the escape of the nutritive juices and excludes the water. After a few minutes the purpose of the fast boiling water is effected, and the cooking must be continued at a lower temperature, namely, by simmering. By this is meant the state of heat at which little bubbles appear from time to time at the edges of the pan.

Should the liquid evaporate, sufficient boiling water or stock should be added to cover the meat — but the possibility of evaporation must be kept in view when placing the meat in the pan, and sufficient water should be supplied at first to allow for this.

The time allowed for boiling meat varies so much that it is impossible to give a definite rule. Experience will guide one according to the weight and kind of meat. Twenty minutes to the pound and twenty minutes over is the standard time for boiling, but this rule is only possible when the meat weighs three pounds or over. It is impossible to simmer meat on a fierce fire, so the heat must be properly regulated.

Salt meat should be put into cold water in order to soften it and draw out some of the salt, then brought slowly to the boil, boiled for a few minutes only, and the cooking continued as with fresh meat. If very salt or highly smoked, it should be soaked in cold water for some time before cooking. The liquor in which salt meat has been cooked should not be put in the stock pot, but it can be used for making pea, lentil, bean, or potato soup. Salt meat takes longer to cook than fresh meat, and the saltiness may be much qualified by boiling vegetables with the meat.

STEAMING

Food is said to be steamed when it is cooked by moist heat in the vapor arising from boiling water. Steaming is the most gradual of all the methods of cooking, and though this necessitates the use of more fuel, yet, as many different articles of food can be steamed over one utensil containing boiling water, it is really economical, and is largely adopted in hotels, hospitals, etc. There must be plenty of steam, or the process will not be a success. The gradual heat renders the food more digestible, hence its special value for invalid cookery.

None of the nutritious elements of fish, meat, fruit, or vegetables are lost in the water, thus all foods retain their full flavor and food value. Small pieces of meat or fish may be steamed in a jar placed in a saucepan of boiling water, or even on a plate placed on the top of a saucepan of boiling water.

FRYING

Frying is cooking foods by contact with fat at a high temperature, and is the quickest of all cooking methods. It may be considered under three heads, generally known as wet frying,

dry frying, and sautéing. A deep pan is used for wet frying, and should contain enough hot fat to cover the food to be fried. This method is used for croquettes, fritters, etc. Foods fried thus are usually, though not always, protected from the intense heat with some material that will harden instantly when heated, and so prevent the juice or flavor passing into the fat and the entrance of the fat into the food. The substances generally used for coating are eggs, bread crumbs, batters, pastry, etc.

A great help for deep frying is a frying basket to fit the pan, as by this the food can be removed at once and without danger of breaking. Do not put too many articles into the pan at one time, or they will cool the fat too much; and always reheat the fat before putting in a second lot. The heat of the fat before using is a most important point. As a rule, the correct heat for frying is reached when a blue vapor rises from the surface of the fat; or the heat may be tested by putting in a small crust of bread; if this frizzles freely, the fat is ready for use. For uncooked articles such as doughnuts, the fat should be hot enough to brown a piece of bread in forty seconds. For cooked articles such as croquettes, the fat should be hot enough to brown a piece of bread in twenty seconds. The average temperature of fat for frying is about 380° F. The fat should not be left on the range when the cooking is finished with, as it will quickly get overheated and burn. It should be allowed to cool, then strained through cheesecloth or muslin. It may then be put aside for future use. If care is taken of the fat in this way, it will keep good for many weeks, and it will not be found an extravagance, as but little is consumed each time. It may seem extravagant to the uninitiated to talk about using abundance of fat for frying, but this method of wet frying is to be preferred for most foods rather than dry frying or sautéing. If the fat becomes dark colored, heat slowly and drop in a few slices of raw potato. They will absorb various impurities from the fat and thus clarify it.

For dry frying only a very small amount of fat is used, just enough to prevent the food from sticking to the frying pan. It is employed for eggs, omelets, bacon, cutlets, sausages, pancakes, etc. The fat must be made quite hot, and then the food

placed in it and cooked on both sides. It is seldom possible to use the fat from dry frying a second time except for dishes of the same kind, as the fat is always more or less flavored by the food cooked in it. All fried foods must be drained carefully on soft paper.

Sautéing is best described as "tossing." It is also a form of dry frying, for just enough fat is used to toss the food about in to prevent it from sticking to the pan. A quick fire is needed, and the contents of the pan kept continuously in motion either by moving it back and forth or skillfully tossing the food over.

STEWING

Stewing is allowing food to simmer in a small amount of hot liquid for a long time. A simmering heat is that just below boiling point. This is the most economical way of cooking food, as all the juices and nutriment are retained, while the food being cooked is softened and rendered entirely digestible. Stewing is often spoiled by being done too rapidly. The meat is really fried over a hot fire to begin with, and after this very slow cooking is absolutely necessary. There is a true saying that "to boil a stew is to spoil a stew." If a stew boils one observes large bubbles on the top of it; if it simmers, the bubbles are tiny and rise only here and there on the stew. There are two varieties of stews made from meat: the white stew or *fricassée*, and the brown stew or *ragoût*.

A close covered casserole or saucepan is best for making stews, which may be cooked in the oven, on top of the stove, or in the fireless cooker. Stewing is specially suitable for the coarse and therefore cheaper parts of meat, which are thus rendered tender without loss of their juices. The slow cooking in moist heat softens the hard fiber and gelatinous substances. Meat loses but little weight if stewed. Vegetables being usually added to the meat, the bulk of the stew is economically increased, and it is rendered more savory and wholesome. Stews are convenient for family use, as they can be easily reheated or kept hot without spoiling them.



A PLACE FOR EVERYTHING. EVERYTHING IN ITS PLACE.



MAKING COCOA. *Page 19.*



CHOCA. *Page 18.*

CHAPTER III

BEVERAGES

“ One sip of this
Will bathe the drooping spirits in delight
Beyond the bliss of dreams.”

UNDER this heading are classed all liquids such as tea, coffee, cocoa, chocolate, water, mineral waters, and other liquors, which are consumed more for the purpose of quenching thirst than relieving hunger. The chief constituent of them all is water, and their nutritive properties vary considerably. Few beverages are satisfactory as food, but their consumption is necessary to life to replace the water excreted by the body in the performance of its various functions, as a solvent of food, to keep the albumens absorbed in a state of solution, and to regulate the temperature of the body. Water forms sixty per cent. of the weight of the human body and requires about fifty ounces each day, either alone or combined in food. For the physiological purposes referred to, pure water is the best beverage.

A Palatable Rhubarb Beverage

3 pounds rhubarb	12 oranges
Boiling water	3 grapefruit
6 lemons	1 cup ($\frac{1}{2}$ pt.) grape juice
	Sugar

Wash and cut rhubarb in small pieces, place in granite saucepan, and barely cover with water. Cook until tender, drain through a colander, add strained juice of lemons, oranges, and grapefruit, and add grape juice. Measure juice and add one third its weight in sugar. Bring juice and sugar to boiling point, cool, and bottle. Keep in refrigerator. Reduce with water at serving time.

Capillaire

7 pounds lump sugar	6 cups (1½ qts.) water
2 eggs	4 tablespoons orange-flower water
	4 drops vanilla extract

Put sugar into a saucepan, break in eggs with shells, stir in water gradually, set over fire and boil, take off scum until only a light froth rises. Strain, and when cool add orange-flower water and vanilla, bottle, and cork tight to keep.

One wineglass of this in a tumbler of ice water is very refreshing. Slice of lemon, or orange, or pineapple may be added to it, also a glass of wine.

Cherry Shrub

2 quarts ripe cherries	8 cups (2 qts.) water
4 cups (2 lbs.) sugar or honey	2 lemons
	1 orange

Pit cherries and mash thoroughly. Bring sugar and water to boiling point and boil sirup eight minutes. Add cherries, lemon and orange juices. Strain and chill.

Choca — A Combination of Chocolate and Coffee*For Chocolate*

2 cups (1 pt.) milk	2 cups (1 pt.) cold water
	3 tablespoons chocolate, grated

Mix milk and water and bring to a boil; add chocolate moistened with a little cold water and cook three to five minutes.

For Coffee

2 cups (1 pt.) strong clear coffee	2 cups (1 pt.) hot milk
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Put coffee and milk into a saucepan; make very hot but do not boil.

Pour both hot beverages slowly into hot vessel at the same time, holding each at an elevation of eighteen inches. Pour into hot cups, sweeten to taste, and serve at once with crackers or cakes.

Cider Cup

4 cups (1 qt.) cider $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup (1 gill) fruit juice $\frac{1}{4}$ cup (2 ozs.) sugar or honey
 2 pint bottles soda water

Mix cider with fruit juice, strained lemon juice, and sugar, and let stand on ice two or three hours. At serving time add one pint broken ice and soda. If liked, a little chopped mint may be added.

Cocoa

4 cups (1 qt.) scalded milk $\frac{1}{4}$ cup (2 ozs.) sugar
 4 tablespoons cocoa $\frac{1}{8}$ teaspoon salt
 1 eup ($\frac{1}{2}$ pt.) boiling water

In saucepan mix cocoa, sugar, and salt; add gradually water and cook four minutes. Pour in milk and beat two minutes with egg beater. If liked, this cocoa may be served with whipped and sweetened cream flavored with vanilla extract.

To Make Cocoa from Nibs. Slightly crush two ounces cocoa nibs and put them into a pitcher with four cups cold water. Cover and let stand overnight. Pour into a saucepan and simmer gently four hours. Add more water if necessary and strain when ready. Allow to cool, remove any fat from top, and reheat as required. Serve with milk and sugar if liked.

For Iced Cocoa. To every two cups cocoa, add one half cup whipped cream. Beat it into cocoa, sweetened to taste, add one half teaspoon vanilla extract, and allow to stand until cold. Serve in glasses one third filled with crushed ice.

Coffee

Freshly ground coffee

Water, boiling

Use an earthenware or china pitcher and heat it in the oven. Put in one ounce of freshly roasted and freshly ground coffee for each pint of liquid desired, fill the pitcher one half full of boiling water, then stir thoroughly. Fill pitcher full with water and stir again. The stirring is most important, so as to extract the full strength from the coffee. Place in oven or on top of

range five minutes, then strain off grounds and serve with cream. Coffee is a much finer drink with cream than with milk, whether hot or cold.

Another good way of making coffee is to stretch loosely over a pitcher a piece of muslin or cheesecloth, and put on it the coffee. Pour boiling water over it very gradually, letting the water in the kettle go on boiling while the other is dripping through the grounds, for only a little can be poured on at a time. Then when all has passed through, bring it nearly to boiling point before pouring it into the cups.

A tiny pinch of salt will cause the grounds to settle almost at once if it is found necessary to "clear" the coffee. Pouring from one pitcher to another has the same effect, but is apt to cool it, and coffee must be served hot.

For Café au Lait use equal quantities of strong coffee and scalded milk, or two thirds milk to one third of coffee. A pinch of mustard added to the coffee before the water is poured on it brings out the flavor of the coffee.

For Iced Coffee, allow café au lait to become cold. Fill tumblers one half full of crushed ice; add sugar to taste and pour in coffee. Or, make strong boiled coffee, sweeten to taste, chill. When ready to serve, it may be diluted with milk, or it may be diluted with water, and served with cracked ice.

Cream Nectar

2 ounces tartaric acid	1 egg white, beaten
2 pounds lump sugar	1 teaspoon lemon extract
3 cups (1½ pts.) boiling water	1 teaspoon orange extract
Baking soda	

Dissolve tartaric acid and sugar in boiling water, then allow to simmer thirty minutes. When cold add egg white and extracts, and bottle. For a cooling drink put one half wineglass of nectar into a tumbler, fill three fourths full with ice water, and stir in a saltspoon of baking soda.

Another Nectar is Made as Follows. Wash and peel two lemons; pour four quarts boiling water over rinds and allow to cool. Add strained lemon juice, one half pound seeded and

chopped raisins, and one pound lump sugar. Cover and let preparation remain five days, stirring four times daily; then strain into bottles.

Delicious Chocolate

4 cups (1 qt.) milk	2 egg whites
2 squares (2 ozs.) bitter chocolate	2 bananas, mashed
1 cup ($\frac{1}{2}$ lb.) sugar	2 tablespoons powdered sugar

Heat milk to boiling point. Grate chocolate and mix with enough boiling water to make thin paste. Pour this into milk and add sugar. Keep very hot.

Beat up whites to stiff froth, add bananas a little at a time, and powdered sugar. Fill hot cups three fourths full of chocolate and fill up with egg-white mixture. Serve at once, sufficient for six persons.

Iced Chocolate is Refreshing. Grate two squares bitter chocolate, add sufficient cold water to cover and one third cup sugar; bring to boiling point and simmer five minutes, take from fire and cool. Add two cups milk and pour over finely chopped ice in tall glasses. If liked, chocolate may be topped with a spoonful of whipped and sweetened cream, flavored with one half teaspoon vanilla extract.

Effervescing Fruit Drink

Ripe peaches or apricots	1 ounce tartaric acid
1 cup ($\frac{1}{2}$ lb.) sugar or honey	Baking soda

Bruise sufficient peaches or apricots to make two cups of juice, pass through hot jelly bag to clear, boil with sugar to a sirup, add acid, bottle, and cork well. For a tumbler three parts full of water add two tablespoons of above sirup and a pinch of soda, stir, and drink while effervescing.

Ginger Beer

1 $\frac{1}{2}$ pounds lump sugar	1 $\frac{1}{2}$ ounces whole ginger
4 quarts (1 gal.) boiling water	2 lemons
$\frac{1}{2}$ ounce cream of tartar	1 yeast cake
2 tablespoons granulated sugar	

Put into a large stone-ware jar the sugar, cream of tartar, ginger crushed small, rinds of lemons cut thin, strained juice of lemons, and boiling water. Stand until lukewarm and add yeast mixed with granulated sugar. Stir well, cover jar, and stand in a warm place twenty-four hours. Skim well, strain into another vessel, and bottle at once, using new corks, and tie down securely. In three or four days it will be ready for use.

Ginger Wine

Pour twelve pints boiling water over two tablespoons ginger extract, one teaspoon red pepper, one half ounce tartaric acid, one half ounce burnt sugar, and five pounds lump sugar. When cold put in slice toasted bread spread with one yeast cake, allow to stand overnight, remove bread, and put in stone jars. Allow to ferment three days, filling them as they flow over. Stand in a warm place three weeks, cork lightly at first, and lastly knock in corks tight. Allow to stand two months, then bottle carefully so as not to disturb the sediment.

Ginger Beer Powder

Put three fourths pound sugar, one and one half ounces tartaric acid, and one and one half ounces baking soda into a bowl and pound well together. Mix with them ten drops ginger extract, then store in a dry, well-corked bottle.

Gingerade

4 cups (2 lbs.) sugar	2 teaspoons ginger extract
2 cups (1 pt.) water	1 teaspoon lemon extract
	$\frac{1}{2}$ ounce citric acid

Dissolve sugar in water and boil ten minutes. Take from fire, add extracts and acid. Strain into a pitcher and bottle when cold.

Use a tablespoonful to a glassful of boiling water.

Grated lemon rind can be substituted for lemon extract, and a little grated orange rind added to the boiling sirup is an improvement.

Grapeade

1 lemon	1 cup ($\frac{1}{2}$ pt.) grape juice
2 oranges	$1\frac{1}{2}$ cups (12 ozs.) sugar or honey
1 banana	Cold water

Grate rinds and add strained juice of lemon and oranges. Mash banana and add it with grape juice, sugar, and enough water to make at least six glasses full. Strain, chill, and serve in dainty glasses. This is excellent when frozen with two stiffly beaten whites of eggs.

Honey Beer

2 gallons boiling water	4 cups (2 pts.) honey
3 cups ($1\frac{1}{2}$ pts.) yeast	

Pour boiling water over honey, add yeast, and let stand thirty hours; strain, bottle, and cork tightly. The next day it will be ready for use.

Another Method. Mix fourteen pounds honey with seven gallons water and one half pound hops, and boil gently one hour, strain into a clean cask; allow to stand overnight, then add two tablespoons yeast or one yeast cake dissolved with a little lukewarm water; let this ferment ten days, then gradually stop by placing a piece of brown paper over hole, then lightly put in bung and knock it a little closer every second day until quite tight. Stand six weeks. While beer is working, add a little honey and water every morning to keep cask full.

Hot Chocolate

1 ounce (1 square) chocolate	1 cup ($\frac{1}{2}$ pt.) boiling water
2 tablespoons (1 oz.) sugar	3 cups ($1\frac{1}{2}$ pts.) milk, scalded
1 teaspoon cornstarch	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{4}$ teaspoon salt	Marshmallows

Melt chocolate, add sugar mixed with cornstarch, salt, and water; boil five minutes, stirring constantly, then add milk and vanilla. Beat well before serving. Place a marshmallow in each cup and pour over the chocolate.

Koumiss

2 cups (1 pt.) buttermilk 8 cups (4 pts.) sweet milk
6 pieces lump sugar

Mix buttermilk, sweet milk, and sugar together. Pour the whole from one pitcher to another until sugar is thoroughly dissolved. It takes fifteen to twenty minutes. Cover with muslin or cheesecloth and allow to stand in a warm part of the kitchen twelve hours. Pour into pint bottles, tie down corks, and in four days it is ready for use. The bottles should be left lying on their sides in a cool place.

Another Method. Warm four cups milk to blood heat, add one tablespoon sugar, one fourth teaspoon salt, and one fourth yeast cake dissolved in a little lukewarm water. Bottle tightly at once. Stand the bottle in a warm place twelve hours, then place on ice twelve hours, when it is ready for serving.

Do not allow milk to heat above 98° F., or 100° F.

Lemonade

3 lemons 4 cups (1 qt.) water, boiling
1 cup ($\frac{1}{2}$ lb.) sugar

Scrub lemons perfectly clean, then cut two thin slices from center of each and lay aside. Pare off some of the thin yellow rind from lemons and squeeze out all juice. Put juice, lemon rinds, and sugar in jar or bowl, and then add water. Stand until cold, chill, and when ready to serve, fill glasses one third full of chipped ice or cold water; add lemonade and a slice of the cut lemon.

If liked, a beaten white of egg may be added.

Lemon Sirup

2 pounds lump sugar $\frac{1}{2}$ ounce citric acid
1 $\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) water 4 lemons

Boil sugar and water to thick sirup, add acid and strained lemon juice, and bottle. This sirup can be used for various iced drinks, or alone with plain or aerated water.

Making Tea

Tea

Water

Tea making is an art, but one which may be easily acquired by observing the following rules :

Do not use water which has boiled a long time in brewing tea.

Do not use water which has not reached the boiling point.

Do not allow the tea to brew for more than five minutes.

Do not make tea in a cold teapot ; rinse with hot water before placing leaves in pot.

Do not pour a second water over leaves when first brew is exhausted.

Do not buy too cheap a quality of tea and expect perfect results.

Always use a porcelain or earthenware teapot ; tea experts tell us that the fragrant leaf should never touch metal. Put in the tea in the proportion of one ounce to six or seven persons, or a teaspoonful for each person and a teaspoonful for the teapot. Pour on freshly boiling water and allow to stand for a few moments to draw. As to the kind of tea to be used, that must be left to one's personal preference.

For Iced Tea. Make tea of rather stronger quality than usual ; pour from leaves, after standing five minutes, directly upon the cracked ice in glasses. Or serve in glasses with crushed ice and one slice lemon in each glass, or add a few whole cloves to hot tea, let stand two minutes, strain, allow to become cold, and serve in glasses with sugar to taste and cracked ice.

Hardly any well-regulated household is without its afternoon tea apparatus. All sorts of novelties are on the market now for those who have taken up this pretty fad. The old-fashioned tea ball has been superseded by a new percolator in the form of a basket hung on a silver chain. The tea urn is being ousted by the Russian samovar, which is a metal utensil standing about two feet high. The urn is filled with water, which is heated by charcoal placed in a pipe, which passes through the urn, and which has a chimney attached.

To Make Russian Tea. Pour just enough boiling water over three generous tablespoonfuls of English breakfast tea to cover

it. Let it stand a minute, then draw the water off. Now pour in two pints boiling water from the samovar. Let it steep four minutes. Serve in cups with thin slices of lemon and powdered sugar.

Oatmeal and Cocoa Cooler

$\frac{2}{3}$ cup (4 ozs.) fine oatmeal	$\frac{1}{2}$ cup (4 ozs.) sugar or honey
$\frac{3}{4}$ cup (3 ozs.) cocoa	12 cups (3 qts.) boiling water
1 teaspoon vanilla extract	

Mix oatmeal, cocoa, and sugar, add boiling water and stir well. Add vanilla and serve when very cold.

Another Method. Put three fourths cup oatmeal, one fourth ounce powdered ginger, one fourth cup brown sugar or honey, grated rind and strained juice two lemons, and two quarts boiling water into a saucepan. Stir well, and boil five minutes, then leave to get cold.

Orgeat Water

$\frac{1}{2}$ pound sweet almonds	$\frac{1}{2}$ cup (1 gill) orange-flower water
12 bitter almonds	4 cups (1 qt.) water
$\frac{1}{2}$ cup (4 ozs.) sugar	

Blanch almonds and pound them, adding gradually orange-flower water, then add water and sugar and mix well. Strain and chill when ready to serve.

Pineapple Lemonade

1 large pineapple, grated	6 cups (3 pts.) water
6 lemons	1 cup ($\frac{1}{2}$ lb.) sugar or honey

Bring water and sugar to boiling point and boil ten minutes, cool, add pineapple and strained lemon juice, and pour over cracked ice. More water and sugar may be used if desired.

Prune Water

$\frac{1}{2}$ pound prunes	1 lemon
6 cups (3 pts.) water	Sugar or honey to taste

Peel lemon very thin, and put rinds and prunes into a saucepan with water, bring to a boil, and simmer forty minutes. Add



HOT CHOCOLATE. *Page 23.*



COFFEE FOR BREAKFAST. *Page 19.*



TEA WITH A RUSSIAN SAMOVAR. *Page 25.*



GRAHAM BISCUITS. *Page 35.*

strained lemon juice, and sugar or honey to taste. Strain into a cold pitcher and serve very cold. This drink is very wholesome for children and does not require much sugar or honey.

Apple Water

Slice six large apples without peeling or coring them, and put them into a pan with six cups water and two tablespoons sugar or honey. Bring to boiling point and boil ten minutes. Add juice one lemon, and when quite cold, strain and use.

Raspberry Vinegar

24 cups (6 qts.) raspberries	4 cups (1 qt.) vinegar
Sugar	

Put three quarts of the raspberries into a large bowl or jar and over them pour vinegar; allow to stand twenty-four hours. Press and strain out liquor, add remainder of raspberries, and stand again twenty-four hours. Strain all juice thoroughly, and to each pint add one pound heated sugar and boil twenty minutes. Seal and cork in bottles when cold. To use the raspberry vinegar, dilute it with three parts water.

Tea Punch

Tea	1 lemon
Sugar	1 cup ($\frac{1}{2}$ pt.) orange or fruit juice

Make strong infusion of English breakfast tea, allowing two teaspoons to each cup boiling water. For four cups tea, add one half cup sugar with two tablespoons water and cook until it spins a thread, or reaches 218° F. on candy thermometer. Remove from fire and add strained juice of lemon. When chilled, add orange or fruit juice.

There is no precise rule for making punch, no two persons agreeing in the exact proportions of the ingredients. The great secret is that the mixture should be so happily compounded that nothing predominates.

CHAPTER IV

BREAD, BISCUITS, MUFFINS, ROLLS, ETC.

“I won't quarrel with my bread and butter.”

IN selecting flour choose not only that which is rich in albuminoids, but see that the gluten is of first quality. To test, make a piece of dough from one half a cup of flour and sufficient water to moisten; knead and work well; form it into a biscuit; then quickly break it into halves. If strong, it will break with a crack; and this is good flour. If soft, poor flour, it will stretch apart and break without a sound. If it is impossible to make a ball of dough to test the flour, take a portion of flour in the hand and press it firmly; if, when the hand is opened, it falls apart, is rather “grainy” or granulated, and does not pack, it is good bread, muffin, or biscuit flour.

A rich creamy yellow flour should be used for bread, rolls, and biscuits of all kinds, and a lighter tint for pastry. Avoid flours of a grayish tint; they are poor and cheap.

Genuine pastry flour is a pale yellowish-white, fine and starchy, easily retaining the form of a hand upon pressure. In making fine pastries and cakes, the best results are obtained from real pastry flour. It is cheaper to make bread than to purchase it. The prime object in bread making is to secure a nutritious, attractive and palatable form of food. Various changes are wrought in converting wheat into flour and flour into bread. The process of bread making is accomplished by the addition of a liquid — water, milk, or milk and water — and yeast to the flour. Usually salt, sugar, and fat are added also. The flour, by the addition of the liquid, is converted into dough. Yeast is a vegetable organism, a mysterious little plant, which lives

and grows in the presence of suitable nourishment, moisture, and moderate heat; extreme heat kills it. When yeast is added to dough, the cells are separated and distributed throughout the mass. The yeasts multiply and grow, and in the process of their growth some of the starch of the flour is changed into sugar; alcohol and carbon dioxide are formed from the sugar. This gas (carbon dioxide), forms bubbles in the dough, thus increasing it in size and making it light and spongy. This growth, and consequent formation of gas, must be checked at the right time, or the dough will become too light, and later sour.

When the loaf is baked, the heat of the oven causes the gas to expand, the alcohol to be driven off, the proteins to set and coagulate, forming a framework for the loaf. Some of the starch is changed into dextrin. Thus the crust is formed. It is the dextrin which gives the crust its glazed appearance.

The oven temperature and time required for baking depend upon the size of the loaf. A loaf should begin to brown after it has been in the oven fifteen minutes; continue browning for twenty minutes, the heat then being reduced for a final fifteen minutes. Small loaves can be more perfectly baked, and are therefore preferable to large. If the loaf, on being knocked, sounds hollow, it is said to be well baked; if the sound is heavy and leaden, it is underbaked. A crust that is elastic and springs back after pressure is considered another sign of well-baked bread.

There are several excellent bread mixers on the market.

Baking Powder Biscuits

3 tablespoons ($1\frac{1}{2}$ ozs.) lard, or	1 teaspoon salt
butter substitute	1 teaspoon sugar
2 cups ($\frac{1}{2}$ lb.) flour	4 teaspoons baking powder
2 cups ($\frac{1}{2}$ lb.) barley flour	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) water

Put lard into pan in which you intend to bake biscuits and set on stove to heat. Into a bowl sift flours, salt, sugar, and baking powder. Make well in center of flour, pour in water and hot lard, and work flour in gradually. Mix to soft dough, make into biscuits without rolling, place in the greased tin, and bake in hot oven ten to twelve minutes.

Another Method. Into a bowl sift one cup flour, one cup barley flour, four teaspoons baking powder, one teaspoon sugar, and half a teaspoon salt; add three tablespoons butter substitute, cut and rub it into dry ingredients, and add gradually three fourths cup milk. The dough should be as soft as can be handled without sticking. Turn out on a floured baking board, roll or pat lightly until three fourths of an inch thick, and cut with a floured biscuit cutter. Lay on greased tins and bake in hot oven for twelve to fifteen minutes.

Boston Brown Bread

1 cup (6 ozs.) corn meal	$\frac{3}{4}$ teaspoon soda
2 cups (10 ozs.) graham flour	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{4}$ cup ($1\frac{1}{2}$ ozs.) brown sugar	$\frac{3}{4}$ cup ($10\frac{1}{2}$ ozs.) molasses
$1\frac{1}{4}$ cups ($3\frac{1}{4}$ gills) cold water	

Mix dry ingredients, add molasses and water, and stir all together until thoroughly mixed. Pour into greased mold, cover with lid, and steam steadily eight hours.

This mixture may be steamed in two baking-powder cans.

Another Method. Mix one cup each flour and corn meal, add two cups Graham flour, two teaspoons baking powder, one teaspoon salt, one and one half teaspoons soda, one cup sour milk, one cup molasses, and one well-beaten egg. Beat well, turn into greased mold, cover, and steam steadily four hours. Bake twenty minutes.

Bran Muffins

1 cup (6 ozs.) brown sugar	1 cup (4 ozs.) potato or corn flour
1 tablespoon ($\frac{1}{2}$ oz.) butter or lard	1 teaspoon baking powder
2 eggs, beaten	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup (1 gill) milk	$\frac{1}{2}$ cup (2 ozs.) chopped nut meats
1 cup (3 ozs.) bran	$\frac{1}{2}$ cup (3 ozs.) Sultana raisins

Cream shortening, and add eggs, milk, bran, flour sifted with baking powder and salt; add nuts and raisins. Mix well and divide into twelve greased and floured muffin pans, and bake in moderate oven fifteen minutes.

Another Method. Mix two cups bran, three fourths cup flour, and one and one half tablespoons sugar in a bowl. Add one egg well beaten, one and one half cups sour milk, and one tea-

spoon soda. Stir well and drop into greased and floured muffin pans, and bake thirty minutes in hot oven.

These muffins are good for constipation if eaten daily. Few housekeepers appreciate the value of bran, either uncooked or in bread and gems or buns. Bran is highly laxative, and in nine out of ten families there is a need for laxative food. Sedentary habits and meat eating are constipation causes; when this trouble exists, two or three tablespoons of sterilized bran should be eaten at least once a day.

Bread Griddlecakes

2 cups (8 ozs.) stale bread, diced	$\frac{1}{2}$ teaspoon salt
1 cup (4 ozs.) flour or potato flour	1 tablespoon ($\frac{1}{2}$ oz.) lard, melted
2 teaspoons baking powder	1 egg, beaten
1 tablespoon ($\frac{1}{2}$ oz.) sugar	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk
	1 cup ($\frac{1}{2}$ pt.) water

Cover bread with cold water and soak till soft; then squeeze out all superfluous water. Put bread into a bowl, add flour, baking powder, sugar, salt, lard, egg, milk, and water. Mix and allow to stand ten minutes. Drop in spoonfuls on hot greased griddle; when full of bubbles, turn, and when cooked on both sides serve hot.

Breakfast Puffs without Eggs

2 cups ($\frac{1}{2}$ lb.) flour or Graham flour	1 cup ($\frac{1}{2}$ pt.) cold water
	1 cup ($\frac{1}{2}$ pt.) milk

Sift flour into a bowl and gradually add water and milk and beat together ten minutes with egg beater; divide into well-greased gem pans and bake in moderate oven fifteen to twenty minutes.

Do not use salt. Serve hot with butter or sirup.

Stale puffs or rolls hollowed out, heated, and filled with creamed left-over meat, fish, or chicken make a very good dish for breakfast or luncheon.

Brown Bread

1 cake yeast	2 tablespoons (1 oz.) butter or lard, melted
4 tablespoons brown sugar, molasses, or sirup	3 teaspoons salt
1 cup ($\frac{1}{2}$ pt.) lukewarm water	$1\frac{3}{4}$ cups (7 ozs.) flour
1 cup ($\frac{1}{2}$ pt.) scalded milk, cooled	5 cups ($1\frac{1}{4}$ lbs.) whole wheat flour

Mix yeast with sugar, add water, milk, butter, salt, and flours gradually. Turn out on to baking board and knead thoroughly. The dough should be a soft one. Allow to rise until double in bulk, turn out and divide into two loaves, place in well-greased bread pans, and allow to rise until light. Brush over with hot milk or water and bake in moderate oven one hour.

Whole wheat flour is of a dark brown color, rather coarse, and should be free from bran; in other words the outside coat of bran is peeled off, and the remaining portion of the grain ground into flour. This flour contains albuminoids and the nutritive mineral matter. While the bran which is peeled off may contain some mineral matter, its greater portion is woody fiber, which is indigestible; consequently it is unfit for food, and should not be taken by persons who have a weak digestion, or whose intestines are easily irritated. This flour contains all the necessary elements for the building of bone and teeth structure. It supplies the alkaline phosphates which contribute to the formation of the required salts in the body.

Buckwheat Gems

2 cups (12 ozs.) buckwheat flour	3 tablespoons soy bean flour
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk
4 teaspoons baking powder	3 tablespoons honey or sirup
1 egg, beaten	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute, melted

Mix flours, salt, and baking powder, add egg, milk, honey or sirup, and butter substitute. Turn into greased and floured gem pans and bake forty minutes in moderate oven.

Cocoa Muffins

2 cups ($\frac{1}{2}$ lb.) flour or Graham flour	1 tablespoon ($\frac{1}{2}$ oz.) butter
2 teaspoons baking powder	$\frac{1}{2}$ cup (4 ozs.) sugar or honey
2 teaspoons cocoa	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla extract
	$\frac{1}{2}$ cup (1 gill) water

Sift together flour, baking powder, cocoa, and salt. Cream butter and sugar, add egg, vanilla, water, and flour mixture. Beat until light and divide into eight greased and floured gem pans and bake in quick oven ten to twelve minutes.

Most Graham flour sold in our markets is composed of a little white flour and a goodly quantity of bran, mixed with a certain proportion of "shorts", "middlings", or fine farina, whichever you choose to call them, as they all mean one and the same thing.

Cocoa Gems

$\frac{1}{2}$ cup (4 ozs.) sugar or honey	1 cup (4 ozs.) flour
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ cup (2 ozs.) barley flour
$\frac{1}{2}$ cup (1 gill) water	2 teaspoons cocoa
	1 teaspoon baking powder
2 eggs, beaten	

Cream sugar and butter substitute together, add water and flours, and beat well. Now add cocoa, baking powder, and eggs, mix well and divide into greased gem pans. Bake in hot oven twenty minutes.

Corn Bread

2 cups (12 ozs.) yellow corn meal	2 tablespoons brown sugar
$\frac{1}{2}$ cup (2 ozs.) flour	2 tablespoons (1 oz.) butter substitute
$\frac{1}{2}$ cup (2 ozs.) barley flour	1 egg, beaten
1 teaspoon salt	1 cup ($\frac{1}{2}$ pt.) milk
2 teaspoons baking powder	

Into a bowl put meal, flours, salt, baking powder, and sugar, rub in butter substitute with finger tips, add egg and milk. Mix well and turn into a greased large square pan. Spread a little butter substitute evenly over the top and bake in moderate oven twenty minutes.

Another Method. Put one cup corn meal into a bowl, add two cups flour, one cup barley flour, and one teaspoon salt. Mix one yeast cake with one cup lukewarm water and one tablespoon sirup. Combine mixtures, cover, and allow to rise. When light knead down, form into loaves, allow to rise again, and bake in moderate oven.

Corn Meal Doughnuts

1 cup (6 ozs.) corn meal	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
3 cups ($\frac{3}{4}$ lb.) barley or corn flour	4 tablespoons (2 ozs.) grated maple sugar
$\frac{1}{2}$ teaspoon salt	2 eggs, beaten
3 teaspoons baking powder	1 cup ($\frac{1}{2}$ pt.) milk

Into a bowl sift corn meal, flour, salt, and baking powder. Beat butter substitute and sugar until creamy, add eggs, and beat three minutes; add milk and meal mixture. Turn out on floured baking board and roll out one fourth inch thick; cut with a floured doughnut cutter and fry in plenty smoking hot fat. Drain and sprinkle with powdered sugar.

Another Method. Beat one cup sugar with two eggs until light, add one tablespoon melted butter, one cup milk, and two cups flour sifted with one half cup soy bean flour, three teaspoons baking powder, one half teaspoon each powdered nutmeg and salt. Mix well and drop by teaspoonfuls into smoking hot fat. Fry and drain on paper.

Two tablespoons corn meal may be added if liked.

Corn Meal Rolls

1½ cups (6 ozs.) flour	1 teaspoon salt
¾ cup (4½ ozs.) corn meal	2 tablespoons (1 oz.) shortening
4 teaspoons baking powder	1 egg, beaten
2 teaspoons sugar	¾ cup (1½ gills) milk

Into a bowl sift flour, corn meal, baking powder, sugar, and salt, cut and rub in shortening, add egg and milk. Mix to a soft dough, turn out on floured board, roll out one half inch, and cut with a round cutter. Put a tiny piece of butter on each round, wet edges, and fold over so that edges meet. Brush over with milk; place on greased tins and bake in a hot oven twelve to fifteen minutes. Sufficient for fifteen rolls.

Fairy Corn Bread

1½ cups (9 ozs.) corn meal	½ teaspoon salt
½ cup (2 ozs.) flour or barley flour	1 egg, beaten
2½ teaspoons baking powder	2 tablespoons (1 oz.) shortening, melted
	¾ cup (1½ gills) milk

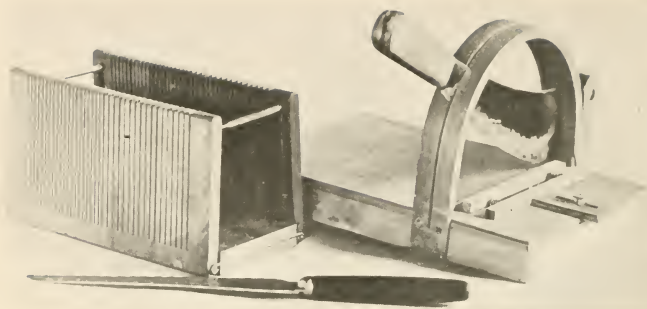
Sift corn meal, flour, baking powder, and salt into a bowl, add egg, shortening, and milk. Mix well and turn into a large, well-greased shallow pan, spreading thin with a knife or spoon. It should be barely one fourth of an inch thick and will come out of the oven crisp and delicious. Bake in a moderately hot oven fifteen minutes.



BROWN BREAD. *Page 31.*



RAISIN BREAD. *Page 37.*



BREAD CUTTERS.



WHOLE WHEAT GEMS. *Page 41.*

Ginger Pancakes

2 tablespoons flour	Pinch salt
1 egg	$\frac{1}{2}$ teaspoon powdered ginger
$\frac{1}{2}$ cup (1 gill) milk	Lemon juice
	Sugar

Beat all the ingredients well together five minutes. Have ready some hot fat in a frying pan, and put mixture into it, a tablespoonful at a time. Fry quickly and turn when brown. The proper way to do this is to toss the pancake by shaking the pan, not to turn the pancake with a knife, though a novice will probably require to do it this way at first. When the second side is brown, remove pancake from pan and cook another, keeping the first hot meantime. When ready to serve roll each up, squeeze over a little lemon juice, and sprinkle with sugar. Serve with lemon and sugar.

Pancakes without Eggs

Sift two tablespoons flour and a pinch of salt into a bowl, and mix slowly into a batter with one half cup milk, add one tablespoon brown sugar, and a little powdered nutmeg. This batter must be beaten fifteen minutes, and each pancake will take about ten minutes to cook. If you have a large frying pan, two or three cakes can be cooked at the same time. These are delicious if eaten with brown sugar and butter.

Savory Pancakes

Few people realize how good savory pancakes are. They are easily made, of course substituting seasonings for sugar and flavoring, and stirring into batter chopped parsley, mushrooms, ham, or grated cheese as preferred; these can be spread when ready with any mixture of cooked fish, meat, or chicken, and served dusted with salt and paprika, or with any gravy or sauce to taste.

Graham Biscuits

2 cups (10 ozs.) Graham flour	2 tablespoons (1 oz.) butter substitute
3 teaspoons baking powder	
1 teaspoon salt	1 cup ($\frac{1}{2}$ pt.) milk or water

Put Graham flour into a bowl, add baking powder and salt. Cut and rub butter substitute into flour. Mix milk or water into flour with a knife, adding milk gradually. Turn out on to floured board and roll until one half inch thick. Cut in small rounds and bake in hot oven ten minutes.

Graham Wafers

2 cups (12 ozs.) brown sugar	1 cup ($\frac{1}{2}$ pt.) milk
1 cup (8 ozs.) butter substitute	2 teaspoons soda
2 eggs beaten	1 teaspoon salt
6 $\frac{3}{4}$ cups (1 $\frac{1}{2}$ lbs.) Graham flour	

Cream sugar and butter substitute together, add eggs, milk, soda, salt, and flour. If not stiff add more flour. Turn out on floured baking board and roll out very thin, using white flour on board. Cut out with square cutter, lay on greased tins and bake in moderate oven ten minutes.

Health Bread

4 cups (12 ozs.) bran	1 $\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup (2 ozs.) flour or potato flour	1 teaspoon soda
1 cup (4 ozs.) barley flour	1 tablespoon salt
1 cup (6 ozs.) corn meal	2 cups (1 pt.) milk
1 cup ($\frac{1}{2}$ pt.) molasses	

Mix dry ingredients thoroughly, add milk and molasses. Stir well, turn into floured and greased pan, cover with a greased paper, steam two hours, then bake one hour.

Liberty Bread

1 yeast cake	1 cup ($\frac{1}{2}$ pt.) cooked oatmeal
1 cup ($\frac{1}{2}$ pt.) lukewarm water	1 cup ($\frac{1}{2}$ pt.) mashed potatoes
1 teaspoon salt	1 cup (4 ozs.) barley flour
1 cup (6 ozs.) corn meal	1 cup (4 ozs.) flour

Dissolve yeast in water, add salt, corn meal, oatmeal, potatoes, and flours. Turn out on to floured board and knead until bubbles begin to show on the dough. Allow to rise until doubled in bulk, knead down again, divide into greased pans, allow to rise until it again doubles in bulk, and bake in moderate oven fifty minutes.

Oatmeal Bread

2 cups (1 pt.) rolled oats	1 tablespoon salt
2 tablespoons (1 oz.) butter substitute	1 yeast cake, or $\frac{1}{2}$ cup liquid yeast
$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) molasses	1 cup (4 ozs.) barley flour
4 cups (1 qt.) boiling water	Wheat flour

Into a bowl put oats, add butter substitute, molasses, boiling water, and salt; let stand until lukewarm, then add yeast cake dissolved in a little lukewarm water, barley flour, and seven cups wheat flour. Mix well and allow to rise until light. Add sufficient flour to knead, and knead well on floured board, divide into three greased bread pans, allow to rise until light, and bake one and one half hours in moderate oven.

This bread is excellent.

Raisin Bread

$\frac{1}{2}$ cup (1 gill) milk	2 cups ($\frac{1}{2}$ lb.) flour
$\frac{1}{2}$ cup (1 gill) water	1 cup (5 ozs.) Graham flour
1 teaspoon salt	1 yeast cake
1 tablespoon sirup	2 cups (12 ozs.) seedless raisins
4 tablespoons tepid water	

Put milk and water into warm bowl and add salt, sirup, yeast cake dissolved in tepid water; then add flours, mix thoroughly, and knead to smooth dough. Let rise to double in bulk, beat in raisins, shape, and place in well-greased bread pan, allow to rise again, brush over with milk, and bake in hot oven one hour.

The raisin is one of the most important of the energy-producing foods of man because of its high percentage of carbohydrates. Its protein value is 2.6 per cent., and the percentage of its acids, which are important in the process of digestion and assimilation, 2.7 per cent. The value of the raisin is by no means confined to its percentage of carbohydrates, for analysis of the ash shows that it is rich in many of the elements essential to health.

The following comparison of food values is supplied by the U.S. Department of Agriculture:

1 lb. of Raisins equals $1\frac{1}{3}$ lbs. of beef.

1 lb. of Raisins equals $4\frac{3}{4}$ lbs. of fish.

- 1 lb. of Raisins equals 1 lb. of bread.
 1 lb. of Raisins equals $4\frac{1}{4}$ lbs. of potatoes.
 1 lb. of Raisins equals 4 lbs. of milk.
 1 lb. of Raisins equals 2 lbs. of eggs.
 1 lb. of Raisins equals 6 lbs. of apples.
 1 lb. of Raisins equals 5 lbs. of bananas.

Rye Griddlecakes

- | | |
|---|-----------------------------|
| 2 cups (11 ozs.) rye flour | $\frac{1}{2}$ teaspoon salt |
| 1 cup (5 ozs.) Graham flour | 4 teaspoons baking powder |
| 1 cup (4 ozs.) flour | 1 egg |
| 1 tablespoon ($\frac{1}{2}$ oz.) sugar | 2 cups (1 pt.) milk |

Sift together flours, sugar, salt, and baking powder. Add egg and milk mixed to a smooth batter. Bake brown on both sides on a hot greased griddle and serve with sirup or butter.

Sour Cream Waffles

- | | |
|---------------------------------------|--|
| 1 cup ($\frac{1}{2}$ pt.) sour cream | 1 egg, beaten |
| $\frac{1}{4}$ teaspoon soda | 1 cup (4 ozs.) whole wheat flour |
| $\frac{1}{2}$ teaspoon salt | 1 cup (4 ozs.) flour |
| 2 teaspoons sugar | $\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk |
| 1 teaspoon baking powder | |

Pour cream into a bowl, add soda, salt, sugar, egg, flours sifted with baking powder and milk. Mix well, and bake on well-greased waffle iron. Serve with sirup or honey.

Southern Waffles

- | | |
|---|------------------------------|
| 2 cups ($\frac{1}{2}$ lb.) flour | 2 tablespoons (1 oz.) butter |
| 1 cup ($\frac{1}{4}$ lb.) barley flour | substitute, melted |
| $\frac{1}{2}$ teaspoon salt | 2 eggs, beaten |
| 2 teaspoons baking powder | 2 cups (1 pt.) milk |
| Maple sirup or powdered sugar | |

Into a bowl sift flours, salt, and baking powder, add butter substitute, eggs, and milk, and mix carefully. Cook on well-heated and greased waffle irons, and serve with maple sirup or powdered sugar.

Nut and Raisin Brown Bread

1 teaspoon soda	1 cup (4 ozs.) chopped English walnut meats
$\frac{1}{2}$ cup (7 ozs.) molasses	1 cup (4 ozs.) flour or barley flour
2 cups (1 pt.) sweet or sour milk	2 cups (10 ozs.) Graham flour
$\frac{1}{2}$ cup (3 ozs.) brown sugar	1 cup ($\frac{1}{2}$ lb.) seeded raisins
1 teaspoon salt	

Stir soda into molasses, add milk, sugar, salt, nuts, flours, and raisins. Mix and turn into greased and floured narrow pan, and bake one hour in moderate oven.

Nut Bread

2 cups ($\frac{1}{2}$ lb.) flour	$\frac{1}{2}$ cup (4 ozs.) grated maple sugar
2 cups (12 ozs.) buckwheat flour	1 egg, beaten
4 teaspoons baking powder	2 cups (1 pt.) milk
1 teaspoon salt	1 cup (4 ozs.) chopped English walnut meats

Into a bowl sift flours, baking powder, salt, and sugar, add egg, milk, and nuts. Mix well, divide into two greased and floured cake tins, allow to rise twenty minutes, then bake in moderate oven fifty minutes.

When sliced thin, buttered, and made into sandwiches, this bread is delicious for afternoon tea.

When using buckwheat flour in bread recipes, use the plain buckwheat flour, not self-rising buckwheat flour.

Pulled Bread

New loaves bread

Remove crusts from bread and pull out pieces of the crumb with two forks. Place these pieces on a baking tin and bake in moderate oven until they are crisp and biscuit-colored. These are good with coffee, chocolate, soups, or cheese. The dried pieces keep well in an air-tight tin. The crumb of fresh biscuits left over can be treated in the same way. They should be heated in the oven when served.

Raisin Scones

2 cups ($\frac{1}{2}$ lb.) flour	6 tablespoons (3 ozs.) sugar or honey
1 cup (4 ozs.) barley flour	$\frac{1}{2}$ cup (3 ozs.) Sultana raisins
$\frac{1}{2}$ teaspoon salt	1 teaspoon grated lemon rind
4 teaspoons baking powder	2 eggs, beaten
$\frac{1}{2}$ cup (4 ozs.) butter or lard	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk

Into a bowl sift flours, salt, and baking powder, cut and rub in butter or lard, add sugar, raisins, rind, eggs, and milk. Mix and turn out on to a floured baking board, divide into three pieces, make each portion into a smooth round, roll out and cut into four scones. Lay on greased tins, brush over with a little milk, and bake in a moderate oven for twelve to fifteen minutes.

Rye Bread

Lukewarm water	$1\frac{1}{2}$ teaspoons salt
1 teaspoon sugar	2 teaspoons caraway seeds
1 yeast cake	Rye flour

In one fourth cup lukewarm water dissolve sugar and yeast cake, turn into a bowl, add pint lukewarm water, salt, caraway seeds, and two cups rye flour. Stir well and let rise in warm place two hours. It should be full of bubbles when ready. Now add sufficient rye flour—about four and one half cups—to make stiff dough, work well ten minutes, and again let rise two hours. Turn out on to floured board and knead well. Divide into two loaves, place in greased pans, and allow to rise until they begin to crack on surface, brush over with cold water, and put in oven. Bake one hour and do not open door until bread has been in ten minutes. The oven should be very hot at first. Cover bread with greased paper as soon as it is brown on top.

Another Method. Scald three fourths pint milk in a double boiler, add two tablespoons butter substitute, one third cup sirup, and one teaspoon salt. When lukewarm add one yeast cake dissolved in one fourth cup lukewarm water, and mix with one cup buckwheat flour and two cups flour. Allow to rise until light, then add enough rye meal to make stiff dough and knead five minutes. Cover and allow to rise overnight and early in the morning cut dough down, knead it a little, and place it in a

large greased round pan. Let dough rise until doubled in size; brush over with water and bake in moderate oven one hour.

Tea Scones

2 eggs, beaten	$\frac{1}{2}$ cup (3 ozs.) brown sugar
$\frac{1}{2}$ teaspoon salt	1 cup ($\frac{1}{2}$ pt.) milk
2 tablespoons (1 oz.) butter substitute	4 teaspoons baking powder
	2 cups ($\frac{1}{2}$ lb.) flour
	2 cups ($\frac{1}{2}$ lb.) barley flour

Beat eggs with salt. Cream butter substitute and sugar together, add eggs and milk. Sift baking powder with flours and stir in one half and beat well; then stir in rest of flour. Turn on to a floured baking board and roll to one half inch in thickness, cut in triangles, brush tops with milk, put on greased pans, and bake in a hot oven ten to twelve minutes.

Wheat Bread

1 yeast cake	2 tablespoons (1 oz.) butter substitute, melted
3 cups ($1\frac{1}{2}$ pts.) lukewarm water	
$10\frac{1}{2}$ cups (2 lbs. 10 ozs.) flour	2 tablespoons (1 oz.) sugar
	1 tablespoon salt

Dissolve yeast in one and one half cups of the water, add two and one half cups of the flour, and beat well. Allow to rise until top of batter is covered with large bubbles, then add remainder of flour, remainder of water, butter substitute, sugar, and salt. Knead well on a lightly floured board, allow to rise until it doubles its bulk, and divide into two greased bread pans; let rise again, brush over with warm milk, and bake in moderate oven one hour.

Whole Wheat Gems

$\frac{1}{4}$ cup (2 ozs.) drippings	1 teaspoon soda
$\frac{3}{4}$ cup ($4\frac{1}{2}$ ozs.) brown sugar	1 teaspoon salt
1 egg	$\frac{1}{2}$ cup (2 ozs.) flour
$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) buttermilk or sour milk	$1\frac{1}{2}$ cups (6 ozs.) whole wheat flour

Cream drippings and sugar, break in egg and beat well, add soda dissolved in milk, add salt sifted with white flour, and stir

in whole wheat flour. Mix well and divide into twelve greased and floured muffin or gem tins and bake in hot oven fifteen minutes. Serve hot or cold.

Virginia Corn Bread

2 cups (12 ozs.) corn meal	1 cup ($\frac{1}{2}$ pt.) milk
1 teaspoon salt	2 eggs, beaten
2 cups (1 pt.) boiling water	1 tablespoon ($\frac{1}{2}$ oz.) lard, melted
4 teaspoons baking powder	

Into a bowl sift corn meal and salt, add water, milk, eggs, lard, and baking powder. Mix well and turn into a well-greased pan and bake in moderate oven forty minutes.

CHAPTER V

CEREALS

“The more the fire eats starch, the less we have to eat it.”

IN considering cereals one rarely thinks of them as seeds or fruits of grasses, but such they are. In these seeds, cultivated for food supply, are secured the various nutritive ingredients; and when reduced to a form readily digestible, which means thoroughly cooked, and used with milk, cream, butter, cheese or eggs, they form a perfect diet.

Cereals include oats, wheat, rye, barley, corn, rice, and buckwheat. Hominy, samp, and farina are unfamiliar cereals which should be more often served. The first is a fine grain made from white corn. Samp is also made from corn, but coarsely broken. Farina is a meal composed of wheat and corn.

The necessity of modern conditions among people has produced a variety of patented preparations, partially or wholly cooked or prepared in such a manner that the shortest possible time is required for their serving. Some are the transposition of the whole wheat into shreds, others are granular preparations, while still others are in the form of flakes. Then there are the unnumbered sorts of biscuits and cakes made from cereals, thoroughly cooked; and so the housewife is presented with the entire grain in a more digestible form for food than can be produced by the average cook.

When unpatented cereals are cooked, a reliable rule is that the coarser the grain the more water will be required and the longer will be the time of cooking. Whole grains are much improved by soaking in cold water to soften before cooking. Finely ground preparations, such as corn meal, ground rice, etc., should be mixed with cold water first to prevent the forma-

tion of lumps, while flaked preparations must be sprinkled through the fingers into boiling water, one teaspoon of salt being used for every four cups of water. Scotch oatmeal needs four times its bulk of water, cracked wheat requires four and one half times its bulk, while rolled grains require but twice their bulk. The uncrushed oatmeal and cracked wheat require long cooking, and even the rolled cereals are not injured by cooking longer than directions call for. All starches must be thoroughly cooked.

Cereal breakfast foods of different kinds are used to a greater or less extent in the preparation of made dishes. Thus, a steamed fruit pudding may be made with oatmeal, and very dainty little cakes can be made from some of the dry flaked cereals. Fried hominy and fried corn meal mush are standard foods sometimes served with fried chicken and some other dishes, and boiled rice is a common substitute for potatoes or other starchy foods. Cereals should be bought in small quantities, and kept in glass jars, tightly covered and labeled.

Arrowroot Porridge

1 teaspoon arrowroot	Pinch salt
1 cup ($\frac{1}{2}$ pt.) boiling water	1 cup ($\frac{1}{2}$ pt.) milk
2 teaspoons sugar or honey	

Mix arrowroot into a smooth paste with a little cold water and add it, with salt, to water. Stir constantly until it becomes clear. Pour in milk, add sugar or honey, and boil fifteen minutes. Keep stirring all the time and serve hot.

Barley and Prunes

1 cup ($\frac{1}{2}$ pt.) barley	1 teaspoon salt
4 cups (1 qt.) water	24 prunes, stoned
1 tablespoon ($\frac{1}{2}$ oz.) sugar or honey	

Wash barley, cover it with cold water, bring to the boil, and drain well. Put it into a saucepan with the quart of water and salt. Bring slowly to boiling point, then simmer two and one half hours.

Wash prunes, cover with cold water, and soak two hours. One hour before barley is ready add prunes and water in which

they were soaked. Also add sugar or honey. If barley is too thick add a little more water.

Serve with milk or cream.

Boiled Hominy

1 cup ($\frac{1}{2}$ pt.) coarse hominy 10 cups (5 pts.) boiling water
2 teaspoons salt

Stir hominy and salt into water, and cook eight to ten hours, or, soak hominy overnight and boil two hours. Serve with milk. Cook one cup fine hominy in six cups boiling water, add salt to taste, stirring occasionally, one and one half hours. Serve with milk, or with maple sirup.

Fried Hominy

Take left-over cold hominy and cut it in slices above three fourths of an inch thick. Flour them well on both sides. Melt some butter substitute in a small saucepan, put in a few slices of hominy at a time and fry until browned on both sides. Drain and serve hot. Fried hominy may be served either as a separate course or as an accompaniment to cooked kidneys, or fish, etc. The slices may be brushed over with milk or egg and tossed in corn meal or bread crumbs if preferred.

Another Method. Grease fireproof dish, put in layer of cooked hominy, then layer of minced steak, season with salt and pepper, add one tablespoon tomato catchup, or chopped tomato will do; make alternate layers until dish is full, bake one hour. Serve hot. Cooked macaroni or spaghetti may be used in place of hominy.

Boiled Rice

1 cup ($\frac{1}{2}$ lb.) rice 4 cups (1 qt.) boiling water
1 teaspoon salt

Sprinkle rice and salt into water, and cook it at a gallop till grains are tender. Drain it, saving water for soup. Hold it in a colander under cold tap, and let cold water flow freely on it just for a minute. Then put it back into pan, and set it at the

side of fire in a gentle heat, so that it may warm up again, shaking pan every now and then to keep grains from sticking to the bottom.

Do not let colander stay under tap more than a minute. Do not warm up rice too fast, or it will burn. Serve with milk.

Or, steam one cup rice with three cups boiling water, adding teaspoon salt, in greased fireproof dish four hours. Cooked in this way, every grain will be separate. Serve with milk, sirup, or honey.

To Boil Rice Soft. This process makes rice into a thick creamy paste. Put rice into cold salted water and bring it to the boil. Then draw it to the side of the fire, and simmer one and one half hours, stirring it now and then to keep it from sticking, and taking care that it does not cook dry. If at the end of that time there is any liquid left, drain it off, but unless you put in a great deal of water at first, there won't be any — the rice will have absorbed it all. Serve with milk, preserves, honey, or sirup. One half cup raisins added to boiled rice impart a fine flavor. Left-over cooked rice may be made into a pudding by the addition of milk and eggs; this, too, is improved by addition of raisins, figs, or cut-up dates. A pudding such as this requires less baking than one made of uncooked rice.

Brewis

1 cup (4 ozs.) bread crumbs	$\frac{1}{2}$ teaspoon salt
3 cups ($1\frac{1}{2}$ pts.) milk	2 tablespoons (1 oz.) butter substitute

Heat milk in double boiler, add bread crumbs, salt and butter substitute, and cook, beating steadily until milk is absorbed. This may be varied by adding a little chopped onion, or chopped parsley, or a little celery salt, or powdered herbs. Serve hot with milk. Brewis may be served in place of mush for breakfast and is an appetizing way of using stale bread.

Cereal Croquettes

2 cups (1 pt.) cooked cereal	$\frac{1}{4}$ teaspoon salt
1 tablespoon milk	3 tablespoons chopped dates, or raisins
1 egg, separated	
Fine bread crumbs	

Reheat cereal with milk, add yolk of egg, salt, and fruit, and turn out to cool. Form into neat croquettes, brush over with beaten white of egg, toss in bread crumbs, and fry in plenty of smoking hot fat. Drain and serve hot with sirup. These croquettes are excellent served with a little crisped bacon for a breakfast dish.

Cereal Mush

2 cups (1 pt.) fine cereal	2 cups (1 pt.) boiling water
3 teaspoons flour	1 teaspoon salt
Maple sirup, honey, or molasses	

Mix cereal and flour together, stir into water and add salt; stir and cook until it is as thick as can be stirred with a wooden spoon. Drop by spoonfuls on to a hot greased griddle and mash down so that cakes will be one fourth inch in thickness. Fry brown on both sides and serve with maple sirup, honey, or molasses.

The flavor is far superior to mush fried after it has been allowed to become cold. This dish is light and easily digested.

Cereal with Dates

1 cup ($\frac{1}{2}$ lb.) fine cereal	1 teaspoon salt
4 cups (1 qt.) boiling water	$\frac{1}{2}$ cup (2 ozs.) stoned dates

Stir cereal into boiling water, add salt, and cook in double boiler one hour; add dates and cook ten minutes longer. Serve hot with milk. This will mold well.

Figs, raisins, or stoned prunes may be used instead of dates.

Corn Meal Mush

4 cups (1 qt.) boiling water	1 cup (6 ozs.) corn meal
1 teaspoon salt	Molasses, or sirup, or honey

Put boiling water into double boiler, add salt, and stir in corn meal, stir well every few minutes to prevent lumping, and cook one hour. Pour into greased mold. When cold, slice and fry in hot fat until a golden color. Serve with molasses, or sirup, or honey, or crushed or sweetened fruits which have been allowed to stand until juice is extracted. One half cup chopped nut

meats, or one half cup chopped figs, or raisins, or dates may be added to above mixture. Stir in nuts or fruit thirty minutes before serving. Serve with milk.

To make savory mush, add one half teaspoon powdered herbs and one half tablespoon chopped parsley, and omit nuts or fruit. Fry a few slices of bacon and brown the mush in the hot drippings. Serve hot together. Milk may be used instead of boiling water; skim milk will do.

Each slice of mush may be dipped in beaten egg or milk and then in cracker or bread crumbs and fried as above.

The secret of good mush is long, slow cooking.

Another Method. About eight o'clock in the morning make a rather thin mush of coarse yellow corn meal and boiling water well salted, with one tablespoon sugar to each quart of mush. Boil ten minutes, stirring constantly. Then put saucepan where it will boil slowly and let it cook all day, adding a little boiling water from time to time. Stir gently every few minutes. All day long it must be watched and stirred. Serve at six o'clock in dainty bowls with milk or cream.

Corn meal contains about four and one half times as much fat as wheat, and three times as much mineral matter. Wheat flour contains a little more protein, or muscle-making material, than corn meal, and a very small amount of starch.

Country Porridge

1 cup ($\frac{1}{2}$ lb.) rice	1 cup ($\frac{1}{2}$ pt.) milk
1 cup ($\frac{1}{2}$ lb.) barley	1 teaspoon salt

Wash rice and barley thoroughly in boiling water, then simmer gently five hours, keeping grains well covered with boiling water. When cooked, strain off any superfluous water, and set this aside for soup. Next morning add milk to rice and barley, bring it to the boil, add salt, and serve very hot.

Cracked Wheat

4 cups (1 qt.) boiling water	1 cup ($\frac{1}{2}$ pt.) cracked wheat
1 teaspoon salt	

Put water into a saucepan, stir in cracked wheat and salt, and cook two and one half hours. Serve with milk, maple

sirup, or honey. Left-over cracked wheat may be made into a pudding. Into one cup of left-over cracked wheat, add two beaten eggs, one cup milk, three tablespoons honey, one teaspoon vanilla extract, and one half cup chopped dates, or figs, or raisins. Turn into greased fireproof dish and bake forty minutes in a moderate oven. Serve hot or cold with milk.

Farina Flummery

1½ cups ($\frac{3}{4}$ lb.) farina	4 teaspoons sugar or honey
½ teaspoon salt	2 tablespoons fruit juice

Cover farina with cold water and allow to stand twenty-four hours, drain off water, cover again, and stand again twenty-four hours. Add salt, and boil until very thick, stirring all the time, then add sugar or honey and fruit juice, mix well, pour into plates or saucers, and serve hot or cold with cream or sugar.

Oatmeal may be used instead of farina.

Farina Mush

4 cups (1 qt.) boiling milk	2 tablespoons (1 oz.) butter substitute
½ cup ($\frac{1}{4}$ lb.) farina	
	1 teaspoon salt

Into milk stir slowly farina, add butter substitute and salt, and cook in double boiler forty minutes. Serve hot or cold with cream and sugar. Or, cook as above, pour into greased shallow dish, allow it to become cold, cut into slices and fry in hot fat.

Or, season two cups cooked farina with a little salt, a dash of pepper, and a few drops onion juice. Shape into small balls, dip in melted fat, and bake in hot oven; or roll in egg or milk and then in crumbs or crushed vermicelli, and brown in smoking hot fat. Serve with meat in place of potatoes.

Frumenty

4 cups (1 qt.) cracked wheat	1 cup ($\frac{1}{4}$ lb.) currants
4 cups (1 qt.) hot milk	1 teaspoon salt
1 cup ($\frac{1}{2}$ lb.) seeded raisins	4 tablespoons honey or sirup
	$\frac{1}{4}$ teaspoon powdered nutmeg

Soak cracked wheat in cold water overnight; then cook in the water until very soft, adding more boiling water if necessary. Now add milk, raisins, currants, salt, honey or sirup, and nutmeg, and cook ten minutes longer.

Mixed Breakfast Cereal

$\frac{1}{2}$ cup (1 gill) rolled oats	$\frac{1}{2}$ cup (1 gill) hominy grits
$\frac{1}{2}$ cup (1 gill) barley	6 cups (3 pts.) warm water

Soak overnight rolled oats, barley, and hominy grits in water. Next morning cook one hour and fifteen minutes. Serve with milk.

If liked, sprinkle over with a little powdered nutmeg.

Oatmeal and Cheese

$2\frac{1}{2}$ cups (1 lb.) fine oatmeal	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
4 cups (1 qt.) boiling water	
1 teaspoon salt	2 cups ($\frac{1}{2}$ lb.) grated cheese

Cook oatmeal in water, add salt, and before serving stir in butter, and cheese. The cheese should be mild in flavor and soft in texture, and the stirring be continued until cheese is thoroughly melted and incorporated with cereal.

Oats contain all the constituents necessary for the maintenance of high bodily vigor. It is one of those foods, especially with the addition of milk, capable of supporting life for an indefinite period. Oatmeal is a highly nutritious food, and its assimilating properties are unsurpassed. Oatmeal should be taken often in place of meat and potatoes at breakfast.

Oatmeal Porridge

$1\frac{1}{4}$ cups ($\frac{1}{2}$ lb.) oatmeal	4 cups (2 pts.) boiling water
1 teaspoon salt	

Sprinkle oatmeal into water, stir and cook until porridge is smooth and beginning to thicken, add salt, and allow porridge to cook one hour. The porridge must be stirred occasionally during cooking, and if it becomes too thick, add a little more

boiling water. Pour into plates and serve with milk. Or, put oatmeal and water into a bowl, cover, and stand overnight. Turn into a saucepan, stir over fire until boiling, add salt to taste, and allow to cook forty minutes. Or, meal and water may be soaked in a double boiler overnight and boiling water put in outer pan next day, cooking it a longer time, but it requires little attention beyond an occasional stir and attention so that the water underneath boils all the time and does not reduce too much. There need be no fear of porridge burning. Sirup, brown sugar, or milk may be served with porridge if liked. Oatmeal and barley, or hominy, in equal parts, may be used for porridge with good results.

To Make Porridge Cakes. Form left-over cold cooked porridge into a paste by placing it in a bowl and kneading in enough flour to make it thick. Flour a baking board and roll out porridge to three fourths inch in thickness. Cut into three-cornered pieces and bake twenty minutes on a griddle or in a quick oven. When cooked, split cakes open, butter them, and serve hot. They form a dish that is just as tempting for tea as for breakfast.

Rolled Oats Porridge

1 cup ($\frac{1}{2}$ pt.) rolled oats 4 cups (1 qt.) boiling water
1 teaspoon salt

Stir rolled oats into boiling water, add salt, and cook in double boiler one hour. Serve with milk.

For left-over cereal put it into greased molds, scoop out inside, fill with stewed, canned, or fresh fruit cut into dice and sweetened, cover top with cereal, and stand in refrigerator two hours.

A plate of cooked cereal which has a little hot gravy poured over it, is often liked by children who do not care for it when it is served with milk and sugar.

A nice way of serving porridge is to make a well in the center of the porridge on the plate, fill it up with maple sirup or honey, either hot or cold, and cover surface of porridge with milk or cream, or pour over baked apples.

Left-over porridge may be used for soup.

Rye Meal Mush

1 cup ($\frac{1}{2}$ pt.) rye meal
1 teaspoon salt

1 cup ($\frac{1}{2}$ pt.) cold water
4 cups (1 qt.) boiling water

Mix meal and salt together and beat in cold water to make a smooth batter. Then add boiling water and cook thirty minutes, stirring constantly until thick, then stir occasionally and cook one hour and fifteen minutes. Serve with milk or sirup.



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CHAPTER VI

EGGS AND OMELETS

“ A dish fit for the gods.”

THE yolk of an egg is popularly supposed to be of a different nature from the white. But it is only oil that makes the yolk different and its proportion of yellow coloring matter. The white is merely albumen mixed with water; it contains a due proportion of saline matter which renders this natural water not at all insipid. All the potashes, sulphurs, sodas, magnesias, and acids found in the human system are in the egg-stuff, ready in proper form for due absorption when the egg, rightly cooked, is eaten. Of actual protein, there is only about fourteen per cent. in the white; the rest of it is egg-liquid, *i.e.*, water enriched with saline matter. The yolk, identical with the white in its base, the building stuff, protein or proteid, has yet a slightly higher percentage of it, *viz.*, fifteen per cent. In addition, it holds more sulphur and the yellow pigment so rich in tint in a good egg. The yolk depends upon its protein for its building attributes and on its oil for its warmth-making power. There is as much as thirty per cent. of this egg oil in the yolk and none in the white. The oil contains an acid as all oils do, and is the cause of the thickening of the yolk portion of the matter within the shell.

In egg cookery most people know that great heat is enduring because it coagulates the albumen, making the egg what is known as hard. Hard-cooked eggs cannot be digested save with great difficulty and disturbance. Gentle cooking is essential for eggs.

Omelets are of two kinds, according to the way they are mixed and cooked:

1. Plain omelets, sweet or savory.

2. Omelet soufflés, sweet or savory.

When making omelets, have everything needed ready at hand. Chop all seasonings and flavorings fine. Break the eggs into a bowl; beat well with a fork, and stir in seasonings and one third of the butter, cut in small pieces; season with salt and pepper.

Melt a little fat in omelet or frying pan, and then, when fat is smoking hot, pour away and rub out with white paper — this prevents the omelet from sticking to the pan later. Melt rest of butter until it froths, then pour in egg mixture and stir lightly with a fork until just setting, then quickly scrape into a half-moon shape in the side of the pan, and leave for two or three seconds to set lightly. Place a hot dish against the side of the pan, and with a quick movement, invert the omelet on to it. Serve immediately.

When making omelet soufflés have everything ready before commencing. Chop all seasonings and flavorings fine. Separate yolks and whites of eggs, and mix former with seasonings. Beat whites to a stiff froth and fold lightly into mixture with a metal spoon. Prepare omelet pan as above and melt butter until it froths. Pour in mixture, and cook lightly till slightly brown on under side, shaking pan and keeping edges free. Brown top, fold over quickly, and turn out on to hot dish.

Alpine Eggs

$\frac{1}{2}$ small onion

2 tablespoons (1 oz.) butter substitute

$\frac{1}{2}$ cup (2 ozs.) cheese

2 eggs

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

1 teaspoon chopped parsley

Peel and slice onion. Melt one tablespoon of the butter substitute, add onion, and fry a light brown. Put fried onion in a small, well-greased fireproof dish, add cheese cut in very thin slices, break eggs on top, add seasonings, dot with remainder of butter substitute, and bake in quick oven ten minutes. Sprinkle with parsley and serve at once.

Eggs à La Creole

Eggs	1 tablespoon capers
Butter	2 tablespoons chopped mushrooms
Chopped parsley	3 drops onion juice
$\frac{1}{2}$ can tomatoes	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Take as many small molds as are required, grease them, and sprinkle with parsley. Break into each one a new-laid egg. Stand molds in a little boiling water, cover, and let steam ten minutes.

Into saucepan put tomatoes, add capers, mushrooms, seasonings, and tablespoon butter. Simmer ten minutes. Turn eggs out on to a hot dish and pour sauce round them.

Eggs à La Frankford

3 tablespoons chopped cooked meat or chicken	2 eggs, beaten
1 tablespoon chopped parsley	$\frac{1}{2}$ cup (1 gill) milk
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ teaspoon salt

Mix meat and parsley together, grease small molds, and line them with meat mixture. Beat up eggs, add milk and seasonings, three parts fill molds, stand in pan of boiling water to come within one half inch of top, simmer slowly until set. Turn out on hot dish and pour around base a sauce made as follows: Beat up one egg, add one half cup milk, seasoning of salt and pepper, and stir over the fire until slightly thickened, pour into dish and serve.

Egg Charlotte

Butter substitute	Chopped parsley
Bread	Salt and pepper
Mild cheese	Eggs

Take a flat earthenware dish, and grease it well with butter substitute. Lay in it some very thin slices of bread and cover these with thin slices of soft, mild cheese. Sprinkle with parsley, salt, and pepper. Then break some eggs — one for each person — and drop them carefully, side by side, on cheese. Bake in moderate oven until eggs are set. Serve hot.

Egg Croquettes

2 hard-cooked eggs, chopped	$\frac{1}{2}$ cup (1 gill) water
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ cup (2 ozs.) grated cheese
1 tablespoon flour	$\frac{1}{4}$ cup (1 oz.) bread crumbs
	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Melt butter substitute in a saucepan, add flour and when smooth, pour in water and mix to a thick sauce, add eggs, cheese, bread crumbs and seasonings. Mix well together and turn out to get cold. Divide into equal parts, form into neat croquettes, brush over with milk or beaten egg, toss in bread crumbs or crushed vermicelli, and fry in smoking hot fat to a golden color. Drain and serve hot.

Eggs in Nests

Rounds toasted bread	Eggs
Deviled ham or meat	Salt and pepper
	Parsley

Spread rounds of bread with contents of one small can deviled ham or meat. Beat up egg whites to a stiff froth, season lightly with salt and pepper, pile on top of ham, make well in center and drop in egg yolks. Bake in moderate oven until eggs are set. Garnish with parsley and serve hot.

Another Method. Make two cups mashed potato very hot, add three tablespoons butter substitute, two tablespoons hot milk, one half teaspoon salt, and one fourth teaspoon pepper. Form into nest shapes on a hot greased baking dish, break an egg into each, and bake in hot oven till set. Serve hot. A little grated cheese may be sprinkled over each egg.

Griddled Eggs

Eggs	4 tablespoons (1 oz.) flour or
Bacon	cornstarch
4 tablespoons (2 ozs.) butter substitute	2 cups (1 pt.) milk
	2 teaspoons chopped parsley
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon pepper

Heat a griddle, grease it well, also grease as many muffin rings as there are eggs to cook, and break an egg into each ring;

when white is set, turn carefully with a turner, and cook other side for a few seconds, then put each egg on to slices of grilled bacon and cover with the sauce made as follows: Blend butter substitute and flour in a saucepan, stir in milk, bring to boiling point, cook eight minutes, add seasonings, and pour over eggs. Serve hot.

Indian Eggs

2 hard-cooked eggs	1 pinch powdered nutmeg
1 tablespoon chutney	$\frac{1}{4}$ teaspoon paprika
1 teaspoon lemon juice	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
1 gherkin, chopped fine	Shredded lettuce

Cut eggs in halves, take out yolks, mix them with chutney, lemon juice, gherkin, seasonings, and butter substitute. Mix well and pack into eggs as neatly as possible. Serve on lettuce.

Poached Eggs in Milk

2 eggs	Milk
1 pinch salt	Rounds of buttered toast

Poaching an egg practically means boiling it in water or milk without the shell. To poach eggs in milk, three parts fill a small frying pan with milk, add salt, break eggs into a saucer, taking care not to break the yolks, and slip them into milk when boiling. Cook gently five minutes. Take up with a slice, and trim off rough edge of each egg, place them on toast, pour a little of the milk on the plate or dish, and serve at once.

An egg poacher or small muffin rings placed in the pan will help to keep the eggs in better shape.

Scrambled Eggs with Tomatoes

2 tablespoons (1 oz.) butter substitute	1 teaspoon salt
2 tomatoes, peeled and chopped	$\frac{1}{2}$ teaspoon pepper
1 teaspoon chopped onion	2 eggs, beaten
	3 tablespoons chopped cooked meat or ham

Melt butter substitute, add tomatoes, onion, seasonings, and meat, and cook ten minutes. Take pan from fire, add eggs, return to fire, and stir until mixture thickens. Serve hot.

Stir one tablespoon grated cheese into an egg before scrambling it. This gives a very delicious flavor, and makes it nourishing.

Steamed Eggs

Eggs	Bacon
Chopped parsley	Buttered toasted bread

For each egg grease a small cup and sprinkle in a little chopped parsley. Break eggs in carefully, place cups side by side in a saucepan containing boiling water to one half their depth, and keep water barely simmering until they set. Pass a knife around them before turning them out on to broiled slices of bacon or rounds of buttered toast.

Another Method. This is considered one of the most digestible ways of cooking eggs. Place the required number of new-laid eggs in a warm fireproof dish, large enough to hold the eggs and water to well cover them. Pour boiling water over, using one half cup to each egg. Allow the dish to stand at the side of the range or in the oven for six or eight minutes. They are then ready for serving.

Stanley Eggs

2 eggs	Salt and pepper to taste
3 tablespoons bread crumbs	1 tablespoon chopped parsley
3 tablespoons milk	Toast
2 tablespoons (1 oz.) butter substitute	

This is a very economical edition of scrambled eggs, and I find that it is quite as much appreciated. The great thing is not to cook the eggs beyond the point when they are a soft, creamy mass.

Beat eggs until frothy, add milk, bread crumbs, and seasonings. Trim the toast, then butter it; don't butter first and trim afterwards, as to do this wastes tablespoons of butter in a year.

Melt butter substitute in a small saucepan; when it is bubbling sharply, pour in egg mixture and stir over gentle heat until it is a

soft, creamy mass. Be very careful that you do not overcook it, or it will be too stiff, and it will also be indigestible. Next heap it on neat pieces of toast, sprinkle surface with parsley, and serve hot.

Tomato Eggs

4 tomatoes	2 eggs, beaten
2 tablespoons (1 oz.) butter substitute	1 tablespoon chopped parsley
	$\frac{1}{4}$ teaspoon paprika
	$\frac{1}{2}$ teaspoon salt

Halve tomatoes and take out pulp from center. Put halves on greased baking tin, sprinkle in salt and paprika, and place a small piece butter substitute in each. Cover them with greased paper and bake in moderate oven fifteen minutes.

Beat eggs very thoroughly, and mix them with tomato pulp, and season highly. Melt remainder of butter substitute in a saucepan, put in egg and pulp, and stir over gentle heat until egg sets. Take care it does not come to boiling point. Fill halves of tomato with mixture, piled up roughly, and scatter over them chopped parsley. Serve at once on a very hot dish.

Asparagus Omelet

1 can asparagus tips	2 eggs, beaten
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Turn tips from can and drain well. Put butter substitute in a pan over a hot fire. Beat eggs, add seasonings and asparagus tips cut in small pieces, mix carefully, and pour into the hot pan. As soon as the bottom commences to set, shake the pan vigorously, then let the contents settle flat again (for only a few moments), roll into an omelet, and serve hot.

Baked Sweet Omelet

2 eggs	$\frac{1}{2}$ cup (1 gill) milk
2 teaspoons flour	$\frac{1}{2}$ tablespoon butter
$\frac{1}{8}$ teaspoon salt	Honey or marmalade

Beat eggs lightly, stir in flour and salt. Heat milk and into it put butter. Pour milk on to eggs, stir quickly, and pour

into a small, hot, well-buttered fireproof dish, and bake in moderate oven fifteen minutes. Spread with honey or marmalade and serve at once.

Another Method. Peel, core, and stew eight cooking apples, rub through a sieve, and add one fourth teaspoon powdered ginger or nutmeg. When cold, add two beaten eggs and three tablespoons sugar. Pour into a greased fireproof dish and bake until brown. Serve hot.

Or, beat two eggs with one tablespoon honey, add pinch salt, and one tablespoon cream. Grease a hot omelet pan, pour in mixture, and cover. When it begins to thicken, spread over it a layer of hot apple sauce, fold, turn out on to hot platter, and serve sprinkled over with sugar.

Bread Crumb Omelet

$\frac{1}{2}$ cup (1 gill) milk	Salt and white pepper to taste
$\frac{3}{4}$ cup (3 ozs.) bread crumbs	2 teaspoons chopped parsley
2 tablespoons (1 oz.) butter substitute	2 or 3 eggs

Boil milk, put bread crumbs and butter substitute in a bowl, and when milk is hot pour it over them. Mix well, add salt and pepper, stiffly beaten egg yolks, and stiffly beaten whites of eggs. Pour into a small well-greased frying pan, and cook until set and lightly browned. Fold over in half and serve at once.

Cheese Omelet

2 eggs, beaten	$\frac{1}{4}$ teaspoon pepper
4 tablespoons milk	2 tablespoons (1 oz.) butter substitute
$\frac{1}{8}$ teaspoon salt	
1 cup ($\frac{1}{4}$ lb.) grated cheese	

Beat eggs, add milk and seasonings. Melt butter substitute in small frying pan; when hot pour in omelet. Let cook slowly and when ready to fold, sprinkle over cheese, fold in half, and turn on to a hot platter. Sprinkle with chopped parsley and a little more cheese and place in hot oven until cheese is melted.

Corn Omelet

2 eggs, separated	$\frac{1}{2}$ cup (1 gill) milk
1 can corn	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Beat up yolks of eggs, add corn, milk, and seasonings, pour into a hot, well-greased pan, and fry until it browns and forms a corn cake. Beat up whites of eggs to a stiff froth and spread them over half of cake, turning other half over this with pancake turner. Serve at once on hot platter.

Ham Omelet

2 tablespoons (1 oz.) butter substitute	$\frac{1}{4}$ cup (2 ozs.) ham, chopped
	2 eggs, beaten
	$\frac{1}{4}$ teaspoon pepper

Melt butter substitute in omelet or small frying pan, add ham and stir thoroughly, then add eggs and pepper, and stir gently over a clear fire until mixture thickens. Fold over, allow it to brown in the oven, and serve on a very hot dish. This is delicious surrounded with stewed tomatoes.

Omelet Soufflé

2 eggs	$\frac{1}{2}$ lemon
1 tablespoon sugar	Jam or stewed fruit

Put yolks into bowl with sugar, grated lemon rind, or other flavoring, and mix well together; fold in stiffly beaten whites of eggs. Pour mixture into greased omelet pan and cook lightly until set. When firm to the touch, turn omelet out on to hot plate, put spoonful of jam or stewed fruit in center, and fold over. Brown lightly and serve hot. One square of melted chocolate with two tablespoons milk added, allowed to cool and then added to egg mixture, may be added. Or, prepare mixture as above, turn part of it on to flat greased fireproof dish, and with a knife make depression in center, put a little jam or preserve in center, put remaining mixture in bag with tube and force out in stars round the mixture. Sprinkle with sugar and bake in hot oven until browned. Serve hot in dish it was cooked in.

Plain Omelet

2 eggs, beaten	1 tablespoon milk
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Beat up eggs, add milk and seasonings. Dissolve shortening in an omelet or small frying pan; when quite hot, but not burning, pour in the mixture, stir over a quick fire, shake the pan; when set, roll the omelet into the shape of a cushion, on one side of the pan, allow it to take color, then turn it quickly on to a hot plate, and serve. Two teaspoons of sugar may be used instead of the seasonings. Or, make plain omelet, using water instead of milk, and when cooked, pour melted honey over top until omelet is covered, fold quickly, and serve hot.

Picnic Omelet

2 to 3 large eggs, beaten	$\frac{1}{2}$ teaspoon pepper
2 tablespoons cream	$\frac{1}{2}$ cup (4 ozs.) butter substitute
1 teaspoon salt	1 cup (4 ozs.) cooked meat
	$\frac{1}{4}$ teaspoon mixed mustard

Beat up eggs until light and frothy, add cream and salt and pepper to taste. Melt one half of the butter substitute in small omelet pan or frying pan, when hot pour in mixture and cook until set. When ready, slide omelet (not fold over) on to a plate. Pound meat with remaining butter substitute, adding mustard, salt, and pepper to taste. Spread this on cold omelet, fold over like a pancake, wrap in waxed paper, and when required, cut in thick slices.

Salmon Omelet

2 cups (1 pt.) milk	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups (6 ozs.) bread crumbs	$\frac{1}{4}$ teaspoon pepper
2 eggs, separated	2 tablespoons (1 oz.) butter substitute
1 can salmon	

Heat milk and bread crumbs to boiling point, then stir in egg yolks well beaten, salmon, seasonings, and beaten egg whites. Melt butter substitute in a frying pan, pour in mixture, and cook until it boils, then bake in oven twelve to fifteen minutes.

Serve hot. The bones must be taken out of salmon, and salmon mashed with a fork before adding it to other ingredients.

Savory Omelet

2 eggs, separated	$\frac{1}{4}$ teaspoon salt
1 teaspoon chopped onion	$\frac{1}{8}$ teaspoon pepper
2 teaspoons chopped parsley	2 tablespoons (1 oz.) butter substitute

Separate yolks from whites of eggs, add to yolks seasonings, onion, and parsley, then add stiffly beaten whites of eggs. Dissolve butter substitute in an omelet or small frying pan, but do not brown it; pour in the mixture, place over a gentle heat, and fry a light brown, drawing it on one side of the pan, turn over and brown the other side. Turn on a hot dish and serve at once.

Spinach Omelet

1 cup ($\frac{1}{2}$ pt.) spinach, cooked	2 eggs, beaten
1 teaspoon chopped parsley	4 tablespoons (1 oz.) flour
$\frac{1}{2}$ teaspoon chopped onion	4 tablespoons milk
$\frac{1}{4}$ cup (2 ozs.) drippings, melted	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Rub spinach through a sieve, add parsley, onion, drippings, eggs, flour, milk, and seasonings, and mix well together. Pour into a greased fireproof dish and bake in a hot oven ten minutes. Serve hot.

CHAPTER VII

STOCKS AND SOUPS

“First catch your clams; along the ebbing edges
Of saline coves you’ll find the precious wedges.”

Few people succeed in making good tasty soups, for the reason that few understand the making of stock, the foundation of soups. To make a good soup it is essential the stock be well flavored.

Stock is a necessity in every well-ordered kitchen, forming, as it does, the foundation for soups, sauces, gravies, stews, and made-up dishes. It is the liquid into which the juice and flavor of various nutritive substances have been drawn by means of long, slow cooking.

An explanation of the principle underlying all stock-making, together with the rules to be observed, will be found useful by every housewife. Since it is a fact that stock partakes more of the nature of a stimulant than of a food, the value of good stock depends upon the amount of “extractives” that have been obtained during its cooking, these “extractives” being that part of animal food which gives distinctive flavor, acting as the stimulant to appetite and an aid to digestion.

The principle in stock-making is extraction — to obtain the “extractives” contained in meat and bones.

The aims in stock-making are :

1. To obtain strong, well-flavored stock.
2. To make it a good color for the purpose required.
3. To keep as clear and free from grease as possible.

All rules for making stock are formed to carry out the principle of extraction and the aims set forth above.

Stock, and especially stock made with meat of any kind, should always be made the day before it is required, as a good result can only be obtained by long, slow cooking; it is only by this means, too, that the fat can be successfully removed from the top of the stock.

KINDS OF STOCK

First Stock. This stock is carefully made from uncooked bones and meat, suitably and nicely flavored, and is used for consommés, and all high-class soups.

Second Stock. This is made from the meat and bones from which the first stock has been strained, then recooked with fresh water and vegetables. It is used for soups that do not depend on the stock for their principal flavoring.

Household Stock. This stock is made from scraps of cooked or uncooked meat and bones, vegetables, and such other materials as the careful cook saves for the stock pot. It is used for everyday soups, and for sauces, or made-up dishes.

Vegetable Stock. This stock is made from vegetables alone, either fresh or dried, or a mixture of the two. It is much used in vegetarian and Lenten cookery.

Fish Stock. This stock is made from fish or fish trimmings, with vegetables added to give flavor. The addition of a few pieces of shellfish is an improvement. The stock is used for fish soup or sauces.

Game Stock. This is made from any kind of game bones and trimmings, with vegetables added to give flavor. It is used for game soups or sauces served with reheated dishes made with cold game.

Brown Stock. This is made principally from beef bones and beef, with sometimes a little veal or some poultry or game bones added, and usually flavored with vegetables.

White Stock. This is made principally from white meat, such as mutton, poultry, rabbit, or veal, with sometimes a calf's foot added, and usually flavored with vegetables and herbs.

Bone Stock is made from bones alone, with vegetables added to give flavor.

Glaze is stock which is so much reduced in quantity that when cold it forms almost a solid substance.

Cold water should be used for making stocks, as it extracts the juices better. Allow one quart to every pound of bones, meat, or vegetables. Do not add anything greasy, starchy, or highly colored. After cooking, strain into clean basins and allow to cool before setting away. When cold, remove all fat from the surface; this crust of fat, if allowed to remain over the top, is apt to turn it sour, as it excludes the air.

SOUPS

The principle underlying the making of soups, as in the case of stock, is extraction. Soups depend for their success on the flavors and goodness extracted from the materials used in their manufacture, and this is especially the case when water has to be used instead of good stock. The value of soup is chiefly as a stimulator of appetite, except in cases where the food value has been increased, as in lentil soup. A well-flavored soup, made from stock containing "extractives" and gelatine from bones and meat respectively, especially if it is served hot, has the effect of inducing an increased flow of the gastric juices, and therefore it aids in the digestion of the meal that follows. For this reason soups are served at the beginning of a meal, and are essentially stimulative rather than satisfiers of appetite.

The aims in soup-making are:

1. To produce a well-flavored soup.
2. To keep the soup a good color.
3. To make it clear, or of the right consistency, according to the character of the soup.
4. To keep it free from grease.

The rules for making soup vary with the character of the soup to be made, and before dealing with these rules, it is necessary to know something of the various classes of soup. These, though so numerous, can, roughly speaking, be divided into two great classes, clear and thick.

Clear. Under the heading of clear soups are included consommés, or "cleared" soups, broths, and bouillons.

Thick. This class includes thick soups, purées, bisques, cream soups, cosmopolitan, and fruit soups.

Consommés are made from carefully prepared first stock, cleared with lean beef and the whites and shells of eggs; a characteristic flavoring or garnish is added at the end to give the soup its distinguishing name, such as Consommé Julienne (with shreds of vegetables).

Broths are made from first stock, seasoned to taste, and with the addition of pearl barley or rice, and vegetables. They may be prepared from lean mutton, beef, chicken, rabbit, or veal.

Bouillon is a broth made from beef. It is simply unclarified stock, to which are added various grains such as rice, barley, sago, etc., and vegetables either cooked in the broth or separately, and served in small pieces. This depends for its food value principally on the stock, which must be strong and well flavored. Frequently there is served as another course the meat from which the broth has been prepared.

Thick Soup is stock which is thickened by some foreign substance such as cornstarch, arrowroot, bread, cereals, eggs, etc. This stock must be of good quality, for the thickening substance cannot be used in sufficient quantity to increase perceptibly the food value.

Purées are thick soups, but the thickening is due to the substance of which the purée is composed, which is sieved and incorporated with the soup. A certain amount of starch, such as flour or cornstarch, or other binding material, is needed, not to thicken but to bind the liquid and solid parts of the soup together and prevent the heavy substance from separating or settling at the bottom. Frequently the material of which the purée is composed is of such a nature as not to require the addition of meat, such as lentils, beans, peas, etc.; others are improved by being made of second stock, while others require as good stock as can be made, there being little or no nutriment in the substance itself.

Bisques are cream soups made with shellfish, such as oysters, lobsters, shrimps, prawns, clams, etc. They are made as for cream soups, and some small pieces of the fish used in making are added as a garnish.

Cream Soups partake of the nature of purées, but their distinguishing feature is that the binding agent is cream and yolks of eggs, instead of flour or cornstarch.

The same rules as for purées apply until after sieving, and then the cream and yolks of eggs must be added carefully, and the soup must on no account be allowed to boil during reheating, or the albumen in the eggs will harden or coagulate, causing curdling.

Cosmopolitan Soups are soups which are peculiar to different countries, such as Scotch Broth, Olla Podrida, and Pot-au-feu. They are made according to the rules for the kind of soup upon which they are based.

Fruit Soups are specially recommended for use in summer, when they will be found refreshing and cooling. They can be made with either fresh or dried fruit, and the method for all is very similar. The fruit is stewed until soft and reduced to a pulp with water and sugar, and then strained or sieved. A little spice, such as nutmeg, ginger, or cinnamon, or the grated rind of a lemon or orange, is generally added to give flavor. Some fruit soups require a little thickening to be added. Red or white wine may also be used for flavoring. These soups are served either hot or cold with rusks, zwieback, toast, crackers, puffed rice or wheat, etc., according to fancy.

Apricot Soup

$\frac{1}{2}$ pound dried apricots	$\frac{1}{4}$ teaspoon powdered nutmeg
6 cups (2 qts.) cold water	4 tablespoons (2 ozs.) sugar
1 orange	3 tablespoons ($\frac{1}{2}$ oz.) cornstarch
Rusks or fried bread	

Wash apricots and soak them overnight in one half of the water. Next day put them into a saucepan with their water, grated rind of orange, and nutmeg, and stew until tender. Then rub as much as possible through a fine sieve, add sugar, remainder of water and strained orange juice. Return this purée to a clean saucepan and bring it to boiling point. Add cornstarch moistened with a little cold water and cook five minutes, stirring all the time. If too thick add more water or fruit juice. Serve

either hot or cold, and hand separately rusks or fried and sweetened croûtons of bread.

A few stewed and stoned prunes may be added to the soup, or a few chopped nut meats. If liked, some whipped cream may be piled on the top.

This recipe is sufficient for one and one half quarts.

Bean Purée with Grated Cheese

1 cup ($\frac{1}{2}$ pt.) dried beans	1 teaspoon salt
1 large onion, sliced	$\frac{1}{2}$ teaspoon pepper
6 cups (3 pts.) water	1 teaspoon meat extract
1 cup ($\frac{1}{2}$ pt.) milk	Grated cheese

Wash beans and soak them overnight in plenty of cold water. Drain beans and put them into a soup pot with onion and water. Bring to the boil, and cook slowly until beans are soft. Rub through a sieve, add milk, return this purée to the pan, add seasonings, and boil up. Serve grated cheese with this soup.

Beef Soup with Savory Dumplings

1 bone, chopped in six pieces	1 carrot, sliced
$\frac{3}{4}$ pound beef, cut small	1 turnip, sliced
4 potatoes, sliced	3 onions, sliced
12 cups (3 qts.) water	1 beet, sliced

Put bone, meat, and water into soup pot, bring to the boil, then let it simmer one hour, add vegetables, salt and pepper to taste. Then cook two hours, remove bones, add dumplings, and sufficient hot water to make soup up to two quarts. Serve hot.

Dumplings

2 cups ($\frac{1}{2}$ lb.) flour	1 cup (4 ozs.) suet, chopped
2 teaspoons baking powder	$\frac{1}{4}$ teaspoon salt
1 teaspoon chopped parsley	1 teaspoon powdered herbs

Sift flour, baking powder, and salt into a bowl, add parsley and seasoning, rub in suet, and add sufficient water to make into stiff paste. Roll into balls, and steam two and one half hours. Serve in soup.

Black Bean Soup

4 cups (1 qt.) black beans	2 bay leaves
1 piece beef shank	7 cloves
1 veal knuckle	1 teaspoon mustard
1 can tomatoes	2 teaspoons salt
2 onions, sliced	$\frac{1}{2}$ teaspoon pepper
2 carrots, sliced	$\frac{1}{2}$ teaspoon paprika
1 unpeeled potato, sliced	Hard-cooked eggs
2 stalks celery, sliced	Lemon

Wash beans, cover with plenty of cold water and soak overnight. Next morning add to water and beans the shank and veal which have been seared in a pan, vegetables, bay leaves, and seasonings; now add enough more water to cover soup meat and cook slowly eight hours. Pour soup through colander, mashing through beans.

Reheat next day and to each plate of soup add one half hard-cooked egg, chopped fine, and two thin slices of lemon.

Bone Stock

4 pounds bones	3 stalks celery
12 cups (6 pts.) water	1 onion
12 white peppercorns	1 bunch herbs
1 carrot	1 teaspoon salt
1 turnip	1 blade mace
	1 bay leaf

Wash bones well, removing all fat and marrow. Place them in a large saucepan with salt and water, bring to the boil, remove scum and cook three hours. Add vegetables cut into neat pieces and herbs tied in cheesecloth bag. Simmer two hours. Strain into a bowl. Remove fat from top when cold, and use.

To Make Weak Stock from Bones. If the bones are large, chop them as small as possible; and to every pound of bones and odd pieces allow a generous quart of liquor in which vegetables have been boiled, making up with plain water if not sufficient — or, of course, all water may be used. A whole onion stuck with three cloves may be added, a teaspoon of salt, and a teaspoon of flour sprinkled over the top. Simmer for three or four hours, removing, as it rises, the scum which the flour will help to bring up.

By attending to this the stock will be much clearer than it would otherwise be. When done, strain; and if not used the next day boil up again, and every day until required, or it will turn sour.

Cabbage Soup

1 firm cabbage	1 teaspoon salt
4 tablespoons (2 ozs.) butter substitute	$\frac{1}{2}$ teaspoon pepper
8 cups (2 qts.) water	$\frac{1}{2}$ teaspoon celery salt
2 cups (1 pt.) milk	Small squares toasted bread

Wash cabbage, slice it into soup pot, add butter substitute, cover and cook ten minutes over a gentle heat, add water, simmer one hour, then add milk and seasonings, bring to boiling point; serve hot with toasted bread.

Canned Corn Soup

1 can corn	2 tablespoons ($\frac{1}{2}$ oz.) flour
2 cups (1 pt.) cold water	$1\frac{1}{2}$ teaspoons salt
2 cups (1 pt.) scalded milk	$\frac{1}{2}$ teaspoon celery salt
1 tablespoon chopped onion	$\frac{1}{2}$ teaspoon white pepper
2 tablespoons (1 oz.) butter	1 cup ($\frac{1}{2}$ pt.) whipped cream

Cook corn in water thirty minutes, add milk. Cook onion in butter for a few minutes, but do not allow it to brown; stir in flour, then add seasonings and corn mixture, cook eight minutes, add cream, and serve hot.

Clear Soup with Rice

Bones	6 white peppercorns
4 tablespoons (2 ozs.) drippings	3 slices bacon
8 cups (2 qts.) water	2 carrots
1 onion	1 turnip
3 cloves	1 leek
1 tablespoon salt	1 clove garlic

Rice

Take any bones that you may happen to have, whether they be poultry, pork, veal, mutton, or beef; carefully remove all meat, and put this on one side for croquettes or hash, being careful to get rid of all gristle or skin which is attached to bones. Now put bones broken up small, say three pounds of them, into a soup pot with drippings, and fry a few minutes; add water, onion stuck

with cloves, salt, peppercorns, and bacon, and cook until liquid is reduced to half. Skim carefully, add vegetables and garlic cut in small pieces, simmer thirty minutes; now pass through sieve, return to saucepan, bring it to boiling point, add one tablespoon of well-washed rice for each cup of liquid; bring to boiling point, then cover, and leave at side of fire sixty minutes. Serve hot.

Corn Chowder

3 slices fat pork	4 cups (1 qt.) milk, scalded
2 onions, sliced	1 cup ($\frac{1}{2}$ pt.) tomato purée
2 cups (1 pt.) diced potatoes	1 teaspoon salt
1 can corn	$\frac{1}{2}$ teaspoon pepper

Cut pork in small pieces and fry in saucepan until quite brown. Add onions and fry but do not brown, stir in potatoes, cover with water and let potatoes cook until almost done. Then add corn, milk, tomato purée, and seasonings. Serve hot. The tomato purée is obtained by rubbing fresh or canned tomatoes through a sieve.

Cream of Leek Soup

6 large leeks	2 cups (1 pt.) milk or cream
2 tablespoons (1 oz.) drippings	$\frac{1}{4}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{4}$ teaspoon paprika
8 cups (2 qts.) water	2 tablespoons (1 oz.) butter
Slices thin brown toast	

Wash and skin leeks, split lengthwise and cut in pieces one inch long. Melt drippings, add leeks and fry, stirring constantly that they do not brown, then add salt and water. Simmer three fourths of an hour or until liquor has been reduced to one quart, add milk, seasonings, and butter. Have toast in hot tureen and pour soup over this.

Emergency Soup

6 tablespoons (3 ozs.) lard or margarine	1 teaspoon salt
3 tablespoons ($\frac{3}{4}$ oz.) flour	$\frac{1}{2}$ teaspoon pepper
3 cups (1 $\frac{1}{2}$ pts.) boiling water	Thin slices bread
4 teaspoons beef extract	Melted butter
1 tablespoon cream	Grated cheese

Red pepper

Brown fat in saucepan, add flour and brown that also. Now add water mixed with beef extract, cream, and seasoning. Serve hot with bread slices prepared as follows: Remove crusts and cut bread in squares, brush them on each side with melted butter, sprinkle over with cheese seasoned with red pepper, and brown in oven.

Fish Chowder

5 pounds cod or haddock	6 potatoes, parboiled
2 onions, sliced	1 tablespoon savory herbs
4 tablespoons (2 ozs.) butter or lard	1 teaspoon salt
$\frac{1}{4}$ pound fat pickled pork, diced	$\frac{1}{2}$ teaspoon pepper
4 cups (1 qt.) milk	

Skin and bone fish. Cut fish into pieces about two inches square and put it aside in a cool place. Put bones and trimmings into a saucepan, cover with cold water and allow to boil. Fry onions in two tablespoons of butter or lard with pork. When onions are cooked to golden brown, strain into a saucepan. Slice potatoes one eighth of an inch thick, place layer on top of onions, lay pieces of fish upon these with another layer of potatoes on top; strain liquor in which bones were boiled and add to contents of pan with seasonings, remainder of butter and milk, and let all simmer until cooked. Serve hot.

Fish Soup

$\frac{1}{4}$ cup (2 ozs.) drippings	4 tablespoons (1 oz.) cornstarch
1 filleted fish	1 teaspoon salt
4 cups (1 qt.) fish stock	$\frac{1}{2}$ teaspoon pepper
2 onions, sliced	$\frac{1}{4}$ teaspoon paprika
Croûtons toasted bread	

Melt drippings in a saucepan, put in onions, and fry until browned. Sprinkle in cornstarch, mix well, then add stock by degrees, bring to the boil, add seasonings, and cook twenty minutes. Then strain and return to clean saucepan, add fish cut in small pieces and allow to cook fifty minutes. Put bread croûtons in soup tureen and pour boiling soup over them.

Giblet Soup

2 sets giblets	1 large carrot, sliced
4 tablespoons (2 ozs.) butter or lard	1 turnip, sliced
1 bay leaf	4 sprigs parsley
1 blade mace	$\frac{1}{2}$ cup (2 ozs.) flour
1 bunch herbs	8 cups (2 qts.) stock or water
$\frac{1}{2}$ small cabbage, sliced	1 teaspoon pepper
1 large onion, sliced	2 teaspoons salt
	$\frac{1}{2}$ lemon

Clean and trim giblets thoroughly, drop them into boiling water one minute, lift out into cold water to blanch them; divide them into inch pieces. Put lard into saucepan with vegetables, bay leaf, mace, herbs, and fry five minutes; add flour, stock, and giblets, bring to the boil and skim, simmer two hours, or until giblets are tender; pour through sieve, lift out giblets and rub vegetables through sieve, put back into pan with giblets and seasonings, reheat, and serve.

Good Brown Stock

4 pounds shin of beef	Any poultry or game bones
10 cups ($2\frac{1}{2}$ qts.) water	1 carrot
3 cloves	2 onions, browned
2 bay leaves	1 bunch herbs
1 teaspoon peppercorns	2 stalks celery

Cut meat into small squares, break up bones and remove marrow; cover with water and bring gently to the boil; skim well, then add all the other ingredients and simmer four hours; pour through a fine sieve, and when cold remove fat. The bones, etc., may be boiled again for inexpensive soups.

To make an everyday stock, cut up some meat or meat trimmings and chop up bones; put them into a large saucepan and fill up with cold water, allowing four cups to each pound of meat and bones; add a little salt, and bring to boiling point slowly. Add a few stock vegetables, such as onion, turnip, carrot, celery and parsley, all of which must be thoroughly cleaned. Simmer for three or four hours, then strain into a basin, and be sure that every particle of grease is removed. Almost any kind of meat, cooked or uncooked, bones, and gravy from meat may be used for stock-making, so long as they are fresh and sweet.

Good White Stock

4 pounds shin of veal	An old fowl or a rabbit
10 cups (2½ qts.) water	3 stalks celery
Any poultry bones	1 onion, sliced
1 blade mace	

Cut meat into small pieces, and break up bones, put them into soup pot with cold water and bring gently to the boil; skim thoroughly, add other ingredients, and simmer four hours; pour through a fine sieve, and when cold remove the fat. The bones may be boiled down again.

A very economical white stock may be made by using bones only in making the stock, and no meat; use a ham bone, if possible, with the other bones as this gives a nice flavor.

To Remove Fat from Stock. Have in readiness two kitchen spoons, a bowl of boiling water, a clean cloth, and a small dish into which to put the fat. Heat the spoons in the boiling water, and use first one and then the other to skim off the grease. The spoons, being hot, melt the fat, and make it much more easily removed. When as much as possible has been taken off with the spoons, dip the end of the cloth into boiling water and wipe the stock over with this until free from grease. If the stock has not jellied, pieces of tissue or any absorbent paper must be passed over the surface instead of the cloth.

If the fat is good it should be clarified and used for drippings.

Lentil Soup

2 cups (1 pt.) lentils	2 stalks celery
1 carrot	4 tablespoons (2 ozs.) butter substitute
3 potatoes	1 teaspoon salt
1 small turnip	½ teaspoon pepper
2 onions	10 cups (2½ qts.) water

Wash lentils in several waters. Wash and prepare vegetables, and cut them into small pieces. Melt butter substitute in a soup pot and when hot, put in onions and fry them a nice brown. Add lentils and remainder of vegetables, pour in water, and simmer two and one half hours, stirring from time to time. When lentils are quite soft, rub soup through a colander, adding

a little boiling water if necessary. Wash out soup pot, pour soup back into it, then season to taste and heat well before serving.

Mutton Broth

2 pounds neck of mutton	1 carrot
8 cups (2 qts.) water	1 turnip
1 tablespoon barley	1 tablespoon chopped parsley
2 leeks	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Wipe meat, cut it in small pieces and remove all superfluous fat. Prepare vegetables and cut them into small pieces. Put bones, meat, and water into a saucepan, put on lid, and bring slowly to the boil, skim well, add washed barley, vegetables and simmer three hours. Remove bones, add parsley, and seasonings. Serve hot.

If preferred, the meat may be kept whole, and served as a separate course, with parsley sauce poured over it.

Onion Soup

4 Spanish onions, chopped	1 teaspoon sugar
2 red peppers, chopped	8 cups (2 qts.) stock or water
4 tablespoons (2 ozs.) butter or drippings	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper
	Thin toast slices

Fry onions and pepper in butter or drippings three minutes, add sugar, and when onions are slightly browned pour in stock or water, and add seasonings. Cook slowly until the pieces of onion are very tender and pour into a tureen over toast. Serve hot.

Oyster Soup

2 cups (1 pt.) oysters	$\frac{1}{2}$ teaspoon salt
2 cups (1 pt.) milk	$\frac{1}{4}$ teaspoon paprika
1 onion, chopped	1 tablespoon ($\frac{1}{2}$ oz.) butter
1 green pepper, chopped	$\frac{1}{2}$ cup (1 gill) hot water

Crackers

Cook oysters in their liquor and water until edges crinkle, then add butter and remove from fire. Boil milk, add onion, green

pepper and seasonings, and when onion and pepper are soft pour over oysters. Serve hot with crackers.

Parsnip Soup

1½ pounds parsnips	½ cup (1 gill) milk
4 cups (1 qt.) stock or water	1 teaspoon salt
½ cup (¼ lb.) drippings	½ teaspoon pepper
1 tablespoon flour	1 teaspoon chopped parsley

Cut parsnips into thin slices, and cook in drippings fifteen minutes, put cover on pan. Add stock and seasonings, bring to the boil, then simmer one and one half hours. Rub through a sieve, reheat, add flour mixed with milk, and parsley; cook five minutes, and serve with tiny squares of fried bread.

Pea Soup

1 cup (½ lb.) dried peas	1 turnip
8 cups (2 qts.) water	1 bunch herbs
1 tablespoon (½ oz.) drippings	1 cup (½ pt.) milk
1 onion	1 teaspoon salt
1 carrot	½ teaspoon pepper

Cubes toast

Wash peas and then pour over the water and let them soak overnight. Next day strain off liquid and reserve it for the soup. Prepare vegetables and cut them in thin slices. Melt drippings in a saucepan, add peas and vegetables, and stir over fire until fat is absorbed. Add reserved liquid and herbs and allow to simmer slowly three hours. Stir soup occasionally to prevent sticking, then rub through a sieve. Rinse out saucepan and return soup to it to reheat; add milk, seasonings, bring to the boil and simmer five minutes. Serve with toast cubes.

A ham bone may be boiled in the soup to give it flavor.

Potato Soup

2 pounds potatoes, cut in slices	1 teaspoon salt
2 onions, cut in slices	½ teaspoon pepper
¼ cup (2 ozs.) drippings	1 cup (½ pt.) milk
8 cups (2 qts.) water	1 tablespoon sago or tapioca

Put potatoes and onions into saucepan, add drippings and heat over the fire ten minutes, shake pan occasionally so that they will not stick, add water and cook until vegetables are tender, then rub through a sieve, put back into saucepan with seasonings, milk, and sago, boil twenty minutes and serve.

Rice Soup

$\frac{3}{4}$ cup (6 ozs.) rice (unpolished)	8 cups (2 qts.) vegetable stock or
3 tablespoons (1 $\frac{1}{2}$ ozs.) butter substitute	skimmed milk
	1 teaspoon salt
2 large onions, sliced	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{2}$ teaspoon celery salt

Wash and drain rice. Melt fat, add onions, and fry them until soft. Pour in stock and bring it to the boil. Now sprinkle in rice and let cook gently until quite soft. Season and serve hot.

Many persons like two tablespoons of grated stale cheese added to this soup just before serving, but this is a matter of taste.

St. Germain Soup

1 can peas	1 leek, diced
7 cups (3 $\frac{1}{2}$ pts.) water	1 bay leaf
1 ham bone	1 tablespoon chopped parsley
2 carrots, diced	1 teaspoon salt
1 onion, sliced	$\frac{1}{2}$ teaspoon pepper

Put into a saucepan peas, water, bone, vegetables, bay leaf, parsley, and seasonings, and allow to simmer three hours, stirring occasionally. Strain and rub vegetables through a sieve. Return to saucepan and let it boil up, adding to it some whole peas and one tablespoon of chopped mint. Serve hot.

The chopped mint may be omitted as some people may not care for the flavor.

Soup Maigre

3 leeks	2 tablespoons (1 oz.) butter substitute
4 potatoes	$\frac{1}{2}$ teaspoon salt
2 stalks celery	$\frac{1}{4}$ teaspoon pepper
4 cups (1 qt.) water	2 cups (1 pt.) milk
	1 tablespoon sago or tapioca

Prepare vegetables and let them lie in water one hour. Cut them into small pieces, using only the white of leeks. Put into a clean saucepan; add water, butter substitute, and seasonings. Bring to the boil without the lid, then stir and skim. Cover with lid, and cook until vegetables are soft enough to press through a sieve. Return to pan with milk, and stir in gradually tapioca, and continue stirring until tapioca is clear. Boil quickly ten minutes. Serve very hot. A little cream or an egg may be added before serving. A little chopped parsley may be added if liked.

Tomato Soup

4 cups (1 qt.) canned tomatoes	$\frac{1}{2}$ teaspoon pepper
1 Spanish onion, sliced	$\frac{1}{4}$ teaspoon powdered nutmeg
4 cups (1 qt.) stock or water	1 teaspoon sugar
2 teaspoons salt	$\frac{1}{2}$ cup (2 ozs.) tapioca or sago
4 tablespoons (2 ozs.) butter substitute	

Into soup pot put tomatoes, onion, water, seasonings, and sugar, cook twenty minutes, add tapioca and butter, and simmer forty minutes, strain and serve.

Vegetable Soup

1 carrot, shredded	1 bay leaf
1 turnip, shredded	4 tablespoons (1 oz.) flour
1 onion, shredded	2 teaspoons salt
1 stalk celery, shredded	$\frac{1}{2}$ teaspoon pepper
1 lettuce, shredded	3 cups ($1\frac{1}{2}$ pts.) stock
1 small cucumber, shredded	1 cup ($\frac{1}{2}$ pt.) milk
4 tablespoons (2 ozs.) butter substitute	Croûtons of fried bread

Prepare vegetables, and cut fine into lengths about one inch, putting them in water as done to keep them a good color. Melt butter substitute, add drained vegetables, bay leaf, and seasonings. Cook slowly ten or fifteen minutes with lid on, shaking and stirring frequently. Bring stock to boiling point and add it to other ingredients; now add flour dissolved in milk. Boil six minutes and serve hot with croûtons of fried bread.

Vegetable stock is made by boiling such vegetables as onions, carrots, turnip, celery, and beans in water with seasonings, and herbs. It is then drained and used instead of plain water for soups.

Strawberry Soup

1 box strawberries	$\frac{1}{2}$ tablespoon cornstarch
1 cup ($\frac{1}{2}$ lb.) sugar	$\frac{1}{2}$ lemon
6 cups (3 pts.) water	Rusks, or toast, or puffed rice

Wash and pick strawberries. Take one cup of the smaller ones and sprinkle a little of the sugar over them and set aside in a cool place. Now mash remaining strawberries with a silver spoon, and add strained juice of lemon. Mix sugar with cornstarch, dissolve in water and bring to boiling point, pour it over mashed fruit, stand forty minutes, and then strain through a sieve. Put whole strawberries into a soup tureen, pour soup over them and serve cold. Hand rusks, toast or puffed rice separately. Raspberry or cherry soup can be made in the same way.



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SOUP MAIGRE, SERVED "EN MARMITE." *Page 78.*



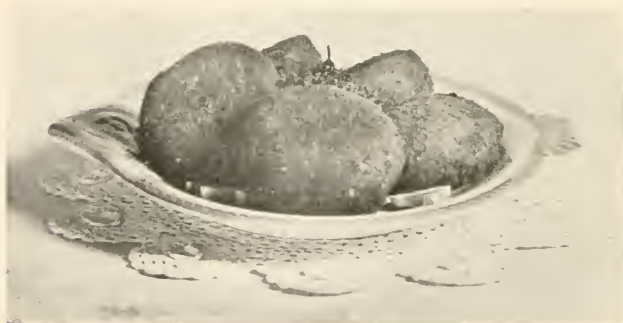
MAKING STRAWBERRY SOUP. *Page 80.*



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FISH CAKES. *Page 85.*

CHAPTER VIII

FISH

“ ’Tis very fresh and sweet, sir,
The fish was taken but this night.”

FISH may be divided into three classes — white, oily, and shell fish. The first two, “white” and “oily”, may be served in the place of meat for breakfast or luncheon, and in a dinner of several courses follow the soup.

“White” fish is not so nourishing as the “oily”, as in the former class nearly all the oil is contained in the liver, but fish belonging to this class are more easily digested, and therefore more suitable for invalids. Oily fish, as salmon, mackerel, etc., are very nourishing but not suitable for people with weak digestions. All fish must be perfectly fresh, as the flesh decomposes very rapidly, giving rise to danger of poisoning and even death. When choosing fish see that the eyes are bright and prominent, the gills red, the flesh firm, and the smell good. If the fish is decomposing, the bones on being removed leave a red mark, and the flesh on the underside, if strongly pressed between the thumb and finger, will easily crush, leaving only the skin in the fingers. Bloodshot eyes show the fish is either stale or out of condition. Fish may be boiled, baked, steamed, stewed, fried, grilled, or planked. Almost the same rules apply to the cooking of fish as to that of meat, namely: To keep in the juices, to develop the flavor, and to make the dish pleasing to the eye and appetite.

Fish is most useful in the dietary of the convalescent, or those leading sedentary lives, who suffer from indigestion.

Baked Herrings

4 herrings	1 teaspoon onion juice
4 tablespoons (2 ozs.) bread crumbs	1 teaspoon salt
2 tablespoons (1 oz.) drippings	$\frac{1}{2}$ teaspoon pepper
1 tablespoon chopped parsley	1 tablespoon flour
2 tablespoons milk	

Cut herrings down back, remove bones, cut off heads, wash them in salt and water, dry and dip each fish in flour. Grease baking tin, lay in two of the fish, skin downwards. Mix bread crumbs, drippings, parsley, seasonings, and milk together and spread this mixture over herrings. Lay other herrings on with skin uppermost. Cover with a greased paper and bake in moderate oven thirty minutes.

Baked Salmon

1 pound cooked or canned salmon	$\frac{1}{2}$ cup (1 gill) milk
2 tablespoons mashed potatoes	$\frac{1}{2}$ teaspoon salt
2 tablespoons bread crumbs	$\frac{1}{4}$ teaspoon pepper
2 tablespoons (1 oz.) butter, melted	$\frac{1}{4}$ teaspoon paprika
2 eggs, beaten	1 teaspoon lemon juice

Pick over salmon, remove bones and skin. Chop salmon, add potatoes, bread crumbs, butter, eggs, milk, and seasonings. Mix well and turn into greased baking dish, sprinkle with bread crumbs, and dot with a few small pieces of butter. Bake in moderate oven three fourths of an hour, or until set.

Boiled Fish with Sauce

2 $\frac{1}{2}$ pounds codfish	8 gingersnaps
4 medium-sized onions, sliced	12 whole allspice
1 lemon	1 tablespoon ($\frac{1}{2}$ oz.) butter

Prepare fish and boil in boiling salted water until it is tender, using only enough water to cover. Take out fish and lay on platter. Now add onions to water and cook until tender, add strained lemon juice, gingersnaps grated, allspice, and butter. Let this boil six minutes, then lay in fish and let heat thoroughly. Serve on hot dish.

Canned Salmon and Tomatoes

1 can tomatoes	$\frac{1}{2}$ teaspoon pepper
1 onion, sliced fine	1 tablespoon ($\frac{1}{2}$ oz.) butter
1 tablespoon chopped parsley	1 tablespoon flour
1 teaspoon salt	1 tablespoon ($\frac{1}{2}$ oz.) sugar
1 can salmon	

Pour tomatoes into a pan, add onion and parsley, cook until onion is tender. Rub through a sieve, return to pan, add seasonings, butter, flour mixed with three tablespoons of cold water; add sugar and cook until mixture thickens. Pour over salmon which has been heated and flaked. Serve hot.

Curried Cod

$1\frac{1}{2}$ pounds cod	4 tablespoons (2 ozs.) drippings
1 onion	1 tablespoon curry powder
1 cup ($\frac{1}{2}$ pt.) gravy or stock	1 teaspoon sugar
1 tablespoon lemon juice	3 tablespoons chopped cocoanut
1 teaspoon salt	Rice, boiled

Fry fish in one tablespoon of the drippings. Put remaining drippings in a saucepan, brown in it the onion, add stock, lemon juice, salt, curry powder, cocoanut, and sugar, cook twenty minutes, then add the fish divided into flakes, and cook ten minutes. Serve with rice.

Deviled Oysters

1 tablespoon ($\frac{1}{2}$ oz.) butter	1 egg, beaten
2 tablespoons ($\frac{1}{2}$ oz.) flour	$\frac{1}{4}$ teaspoon powdered nutmeg
1 cup ($\frac{1}{2}$ pt.) hot milk	2 teaspoons chopped parsley
2 cups (1 pt.) oysters	1 teaspoon salt
2 tablespoons bread crumbs	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ teaspoon paprika	

Blend butter and flour in saucepan over the fire, add milk and cook until smooth, add oysters drained, and bread crumbs. Cook five minutes, take from fire, add egg, and seasonings. Pour into greased baking dish, sprinkle with crumbs, and bake in hot oven six minutes. Serve hot.

Filleted Fish Baked in Batter

1 flounder	1 tablespoon chopped parsley
1 teaspoon salt	2 tablespoons (1 oz.) butter substitute
$\frac{1}{2}$ teaspoon pepper	melted

Wash flounder and cut off fins. Lay it on a board with tail end nearest you and dark side uppermost. Make a cut across skin just above tail, slip a knife under it and raise skin slightly from flesh. Then with right thumb loosen skin all the way up right side, then loosen up other side in same way, this time using left thumb. Then hold tail of fish firmly down on board; take hold of loosened skin with a cloth, and pull it off quickly, drawing it towards head. The white skin may be removed in the same way, but this is frequently left on.

To Fillet Flounder. Cut down center of back and gently raise fillets, pressing knife close to bone. Two fillets are taken from each side. It will be found easier to raise first fillet from left-hand side of fish, working from head towards tail; then turn fish round, and raise second fillet, working from tail towards head. Turn fish right over, and do other side in the same manner.

Cut fillets into neat pieces, and put them into greased fireproof dish, sprinkle over seasonings and melted butter substitute, pour over batter, made as below, and bake in moderate oven forty minutes. Serve hot.

Batter

1 cup ($\frac{1}{4}$ lb.) flour	1 cup ($\frac{1}{2}$ pt.) milk
2 eggs	1 teaspoon lemon juice

Sift flour into bowl, break one egg into it, add one half of milk by degrees, then add other egg and remaining milk. Beat well until it is perfectly smooth and full of air bubbles. Allow to stand thirty minutes, add lemon juice, and use.

Allowing a batter to stand thirty minutes makes starch grains swell, so that they burst more rapidly when placed in hot oven, and are thus more thoroughly cooked. Also the standing allows the air that is entangled during the process of beating to cool

down to a lower temperature, so that when brought in contact with heat its capacity for expansion is greater, thus making the batter lighter.

Fish Cakes

2 cups (1 pt.) cooked fresh or salt codfish	1 tablespoon ($\frac{1}{2}$ oz.) butter sub- stitute
2 cups (1 pt.) hot mashed po- tatoes	$\frac{1}{4}$ teaspoon pepper Salt to taste
4 tablespoons hot milk	1 egg, beaten

Chop fish, add potatoes, butter, seasonings, and hot milk; beat well and when cool, shape into round cakes. Brush over with egg, toss in bread crumbs or corn meal, and fry in plenty of smoking hot fat until nicely browned. Drain and serve hot. To cook salt codfish, soak fish three hours, drain, cover with cold water, bring to the boil, then simmer until fish is tender. Drain and chop fine.

Another Method. To two cups of cooked fish, add one cup very thick white sauce, salt, pepper, and paprika to taste, one teaspoon each chopped parsley and lemon juice, and allow to cool. Shape into neat cakes, balls, or croquettes, brush over with milk or beaten egg, toss in bread crumbs or corn meal, or crushed vermicelli, and fry in smoking hot fat. Drain and serve hot. Garnish with parsley.

Fish Kromeskiies

$\frac{1}{2}$ pound chopped cooked fish	$\frac{1}{2}$ teaspoon pepper
2 tablespoons (1 oz.) drippings	2 teaspoons chopped parsley
4 tablespoons (1 oz.) flour	1 teaspoon lemon juice
$\frac{1}{4}$ cup ($\frac{1}{2}$ gill) milk	1 egg
1 teaspoon salt	Thin slices bacon

Frying batter

Blend drippings and flour in a saucepan, add milk, and bring to the boil, then add seasonings, parsley, lemon juice, egg, and fish, mix well, and turn out on a plate to cool. When firm, divide the mixture into ten pieces, and form into neat rounds, using a little flour to prevent mixture sticking to hands. Wrap each round in slice of bacon, dip each into frying batter, coating them well, lift out and drop into smoking hot fat. Fry until brown, and drain on paper. Serve hot garnished with parsley.

Fish Pudding

1 pound cod or haddock	2 tablespoons cream or milk
4 large potatoes	1 egg, beaten
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ teaspoon paprika
1 teaspoon lemon juice	

Wash fish and boil until tender in boiling salted water. Boil potatoes, drain and mash with butter, cream, and egg. Bone and flake fish, mix with potatoes, adding seasonings. Fill greased fireproof dish with mixture and bake thirty minutes in moderate oven.

Haddock à La Crème

1 fresh haddock	4 tablespoons (1 oz.) flour
1 tablespoon chopped parsley	1 cup ($\frac{1}{2}$ pt.) milk or cream
2 tablespoons (1 oz.) butter substitute	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Remove all bones and skin from haddock and cut fleshy part into neat lengths about two inches wide by three inches long.

Sprinkle parsley into greased fireproof dish, and place in the pieces of fish. Blend butter substitute and flour together in saucepan, add milk and stir until boiling, then pour over fish. Stand dish in pan containing some boiling water, and put in hot oven ten minutes. Sprinkle over with seasonings and chopped parsley and serve hot. Kippers, smoked salmon, or other dried fish are good done in a similar way.

The skins and bones can be used for fish stock.

Kedgerie of Fish

1 smoked haddock or 1 pound cold cooked fish	4 tablespoons (2 ozs.) drippings
$\frac{1}{2}$ cup (4 ozs.) rice	$\frac{1}{2}$ teaspoon salt
2 hard-cooked eggs	$\frac{1}{4}$ teaspoon pepper
	$\frac{1}{8}$ teaspoon nutmeg
2 tablespoons chopped parsley	

Free fish from skin and bones, and break it up into small pieces. Wash rice and boil in plenty of boiling salted water until tender; drain and cool. Melt drippings in a saucepan; put in fish, rice, seasonings, and whites of eggs cut in small pieces; mix well and stir over fire for five minutes, and keep hot.

Dish up in the form of a pyramid on hot plate or platter. Garnish with parsley and yolks of eggs rubbed through a coarse sieve. Return to oven for a few minutes, and serve hot for breakfast or luncheon.

Mackerel au Gratin

3 mackerel	1 tablespoon vinegar
1 tablespoon chopped parsley	Bread crumbs
1 teaspoon salt	2 tablespoons (1 oz.) butter substitute
$\frac{1}{2}$ teaspoon pepper	1 teaspoon lemon juice
1 onion, chopped	

Grease a fireproof dish, scatter over it a layer of parsley, seasonings, and onion. Fillet mackerel and put fillets on top of mixture, pour over vinegar and cover fish with bread crumbs, dot with butter substitute, and bake until well browned over top. Just before serving sprinkle over lemon juice.

Planked Fish

4-pound shad, or whitefish	$\frac{1}{2}$ cup (4 ozs.) drippings, melted
Olive oil	1 teaspoon lemon juice
1 teaspoon salt	$\frac{1}{2}$ lemon, sliced
$\frac{1}{2}$ teaspoon white pepper	Parsley
	Mashed potatoes

Split shad down the back. Heat plank very hot, lay fish upon it, skin side down, brush fish with oil, and sprinkle with seasonings. Bake forty minutes in hot oven, basting with drippings. It may be cooked under flame in gas range. Serve with lemon juice sprinkled over, lemon slices, and parsley. Garnish with mashed potatoes put through pastry bag and star tube. The fish should be sent to the table on plank.

Haddock or whitefish may be cooked in the same way.

Salmon Roll with Egg Sauce

1 can salmon	$\frac{1}{4}$ teaspoon paprika
1 cup (4 ozs.) bread crumbs	1 pinch powdered nutmeg
2 eggs, beaten	2 tablespoons milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup (2 ozs.) cracker crumbs
$\frac{1}{4}$ teaspoon pepper	2 tablespoons (1 oz.) butter, melted

Mix salmon, bread crumbs, eggs, seasonings, and milk. Mix and form into a roll and place on greased tin. Mix cracker crumbs with butter, and spread over top and sides of roll. Bake thirty minutes in moderate oven.

Egg Sauce

1 tablespoon ($\frac{1}{2}$ oz.) butter	2 hard-cooked eggs, chopped
1 tablespoon flour	1 tablespoon tomato catchup
2 cups (1 pt.) milk	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Blend butter and flour in a saucepan over the fire, add milk and stir until boiling, cook five minutes, and stir in eggs, catchup, and seasonings. Pour over roll and serve hot or cold.

Scallops on Skewers

24 large scallops	$\frac{1}{2}$ teaspoon paprika
3 tablespoons flour	Broiled bacon
1 teaspoon salt	Strips buttered toast
$\frac{1}{2}$ teaspoon pepper	Lemon
	Parsley

Scald scallops in boiling water three minutes; drain and wipe dry. Roll in flour seasoned with salt, pepper, and paprika, and fry a few at a time in smoking hot fat. Have ready some wooden or metal skewers, put scallops on these, either alone or alternating with pieces of broiled bacon, and lay each skewer on toast. Garnish with lemon slices and sprigs of parsley and serve hot.

Shrimp Croquettes

1 can shrimp	$\frac{1}{8}$ teaspoon red pepper
1 cup ($\frac{1}{2}$ pt.) stock or milk	2 tablespoons (1 oz.) butter
$\frac{1}{2}$ teaspoon pepper	4 tablespoons (1 oz.) flour
1 teaspoon salt	1 egg, beaten
	Bread crumbs

Blend butter and flour in a saucepan over the fire, add stock and boil eight minutes, then add seasonings, and shrimp slightly chopped; reheat but do not boil. Spread on a plate and when cold form into neat croquettes. Brush over with egg, toss in bread crumbs and fry in smoking hot fat. Drain and serve hot.

Few people realize the high food value of the shrimp. The constituents of this shellfish rank with those found in cheese, meat, and eggs. Nearly all the edible portion of the shrimp is protein. The refuse can be turned into an excellent land fertilizer, containing over eleven per cent. nitrogen calculated as ammonia.

Soused Mackerel

4 mackerel	1 teaspoon salt
3 bay leaves	$\frac{1}{2}$ teaspoon pepper
3 cloves	Vinegar
Water	

Clean fish and arrange them closely in fireproof baking dish. Sprinkle bay leaves, cloves, salt, and pepper over fish. Cover with equal quantities of vinegar and water, and bake two hours in slow oven. Serve cold in liquor in which they have been cooked.

Stuffed Flounder

1 flounder	1 egg, beaten
$\frac{1}{2}$ teaspoon pepper	3 tablespoons bread crumbs
1 tablespoon chopped parsley	2 tablespoons (1 oz.) butter substitute
1 teaspoon salt	
$\frac{1}{4}$ teaspoon grated lemon rind	1 tablespoon chopped, cooked, or canned lobster, or shrimp
1 cup ($\frac{1}{2}$ pt.) brown stock or gravy	

Skin flounder on both sides, and cut down center; raise fillets one inch on each side of the bone, but do not remove them. Mix seasonings, egg, bread crumbs, and butter substitute in a bowl, lay mixture under each fillet, place in well-greased tin, and pour stock or gravy around, and bake thirty minutes, basting occasionally. Serve on hot platter, strain around gravy, and dust over fish a few browned bread crumbs.

To Bake a Flounder. Remove all dark skin from fish, flour it, dip in beaten egg or milk, and roll in bread crumbs or corn meal with salt and pepper to taste. Put flounder into greased fireproof dish, dot with butter substitute, and bake in moderate oven thirty-five minutes, basting occasionally with melted fat. Just before serving sprinkle over one tablespoon chopped parsley and two teaspoons lemon juice.

Stewed Lobster

1 can lobster	$\frac{1}{2}$ teaspoon mustard
3 tablespoons ($1\frac{1}{2}$ ozs.) butter substitute	$\frac{1}{4}$ teaspoon pepper
2 teaspoons cornstarch	$\frac{1}{2}$ teaspoon salt
	3 cups ($1\frac{1}{2}$ pts.) milk, hot

If a good brand of lobster is selected, it is almost as good as the freshly caught crustacean. Open lobster can and turn out contents into a china bowl one hour before using. Pick meat into small pieces, then heat them in butter substitute, add cornstarch, mustard, pepper, salt, and milk. Simmer ten minutes and serve at once on hot plates.

Stuffed Smelts

14 smelts	1 teaspoon salt
8 oysters	$\frac{1}{2}$ teaspoon pepper
1 cup (4 ozs.) bread crumbs	1 teaspoon lemon juice
1 tablespoon drippings, melted	Parsley
1 egg, beaten	Fish sauce

Wipe, clean, and trim smelts. Chop oysters, add bread crumbs, seasonings, lemon juice, and strained oyster liquor, mix well together and stuff smelts. Fasten edges together over stuffing, either sewing them or using little wooden skewers. Brush fish over with egg and roll in bread crumbs. Bake on a greased tin in moderate oven fifteen minutes. Then remove thread or skewers and serve on a hot dish garnished with parsley. Hand fish sauce separately.

Salmon Fricassée

$1\frac{1}{2}$ pounds salmon	3 lumps sugar
1 cup ($\frac{1}{2}$ pt.) water	1 shallot, sliced
1 teaspoon salt	2 teaspoons mustard
$\frac{1}{2}$ teaspoon white pepper	4 tablespoons vinegar
1 clove	6 tomatoes, peeled
1 blade mace	1 tablespoon chopped parsley

Triangles of toast

Cut salmon into pieces one inch square; put pieces into saucepan with water, seasonings, sugar, shallot, and mustard mixed with vinegar. Bring to boiling point, add tomatoes cut in small pieces, and simmer three fourths of an hour. Add parsley and serve very hot, garnished with toast.

Sweet and Sour Fish

4 pounds trout or other fish	1 lemon, sliced
1 onion	$\frac{1}{2}$ cup (2 ozs.) almonds, blanched and chopped
1 tablespoon mixed spices	5 gingersnaps, grated
$\frac{1}{2}$ cup (3 ozs.) Sultana raisins	1 cup ($\frac{1}{2}$ lb.) sugar
2 bay leaves	1 cup ($\frac{1}{2}$ pt.) vinegar

Clean fish and cut in small pieces. Cut onion in fine pieces and mix with spices; add raisins, bay leaves, lemon, and cover with water. Bring to boiling point, add fish, almonds, gingersnaps, sugar, and vinegar. Cook slowly one and one half hours and serve hot.

Scalloped Oysters

24 oysters	1 teaspoon flour
$\frac{1}{2}$ blade mace	$\frac{1}{4}$ teaspoon salt
1 tablespoon ($\frac{1}{2}$ oz.) butter	$\frac{1}{8}$ teaspoon pepper
	Bread crumbs

Put oysters and liquor into a saucepan, place it over fire and, when they are slightly cooked, drain them upon a sieve, catching liquor into another pan; remove beards and put oysters into liquor, add mace and place pan again upon fire; when it boils add butter blended with flour, and seasonings. Shake pan over fire until sauce thickens. Have scallop shells ready, well buttered and crumbed, place oysters in them with sauce, sprinkle bread crumbs over them, dot with tiny pieces of butter, and bake in moderate oven from twelve to fifteen minutes.

Tuna Fish Soufflé

1 can tuna fish	$\frac{1}{4}$ teaspoon paprika
1 tablespoon ($\frac{1}{2}$ oz.) butter	1 cup ($\frac{1}{2}$ pt.) milk
1 tablespoon flour	1 teaspoon chopped onion
$\frac{1}{2}$ teaspoon salt	1 tablespoon chopped parsley
$\frac{1}{4}$ teaspoon pepper	2 eggs, separated
	2 tablespoons bread crumbs

Turn tuna fish on to a plate, and drain off liquor. Remove skin and bones, and break into flakes. Blend butter and flour in a saucepan over fire, add milk and stir until thick and smooth.

add seasonings, onion, and parsley and stir over fire a few minutes. Set aside and when cooled stir in egg yolks and fold in stiffly beaten whites. Turn into greased fireproof dish, sprinkle crumbs on top and bake in hot oven ten to fifteen minutes. Serve hot. This amount, using a fairly large can of tuna fish, will serve five or six persons.

Tuna fish, which is a comparatively new addition to the list of canned fish, is called the poultry of the sea, for its flaky, white meat resembles in appearance and taste the breast meat of chicken and turkey.

CHAPTER IX

MEATS

“ A plain leg of mutton, my Lucy,
I prithee get ready at three!
Have it smoking, and tender, and juicy,
And what better meat can there be? ”

THE term meat is, commonly speaking, applied only to beef, mutton, lamb, veal, and pork.

Soon after an animal has been killed, rigor mortis sets in, which lasts for a varying number of days. During this period, meat, if cooked, is usually tough, and not of such a good flavor; it is customary to let it hang until this toughness passes off. During this stage, an acid forms in the meat which acts upon the hardening matter, redissolves it, renders the meat tender and juicy, and often improves the flavor.

A full-grown animal is richer in extractives than a young animal. The extractives are the chief flavoring matters in meat, of no actual value as body-building food, but the sapid properties of extractives make the meat more stimulating, and thus they aid digestion.

Meat consists of muscle fiber, bone, and fat. The part of meat that is usually cooked and eaten is the muscle fiber. The bone and fat form but a small part of the meat as it is prepared for the table, though they are purchased with it at the market.

The cheaper cuts of meat contain more nutriment than the expensive ones, but are cheaper because they are not so tender. They must be cooked by a long slow process to make them tender and palatable. A fireless cooker is excellent for this purpose.

An ox from four to five years of age yields the fullest flavored joints; in older animals the fibers tend to become coarse and

tough; in young animals like the calf the flesh is immature, and not so rich in flavoring matters; for this reason gravies or sauces are served with veal.

The time occupied in the digestion of meat depends greatly upon its condition and the method of cooking. A tender, juicy, rare steak should not require more than two and one half hours, whereas boiled salted beef will require over four hours, roast beef about three and one half hours, and fresh boiled beef about three hours. Ox liver and kidneys require about four hours for digestion. Pork is more difficult of digestion than most meats on account of the excess of fat, although this fat melts at a lower temperature than that of beef or mutton. Roast pork requires over five hours for digestion, boiled pork about four hours, and salt pork a little over three. Pork contains about ten per cent. of albumens and twenty per cent. fat, and nearly seventy per cent. water.

Baked Pork Chops

Pork chops	Pepper
Flour	Tomato catchup
Salt	Water

Take as many chops as necessary, dredge them with flour, salt, and pepper, and place them in a baking pan or iron spider. Put one teaspoon of tomato catchup on each chop. Pour in enough water to nearly cover the chops, then place in moderate oven and bake two hours, turning them when nearly done to brown on other side.

Beef Heart, Stuffed and Roasted

1 beef heart	1 egg, beaten
2 tablespoons (1 oz.) butter substitute	2 tablespoons milk
1 tablespoon chopped onion	$\frac{1}{2}$ teaspoon salt
3 tomatoes, skinned and chopped	$\frac{1}{4}$ teaspoon pepper
1 cup ($\frac{1}{4}$ lb.) bread crumbs	$\frac{1}{2}$ teaspoon celery salt
	$\frac{1}{2}$ cup (4 ozs.) drippings
	1 cup ($\frac{1}{2}$ pt.) stock or water

Beef heart is considered coarse and indigestible, but it can be made palatable by being stuffed and carefully roasted or

braised. Remove lobes and all pieces of gristle. Wash heart in several waters, allow it to lie in cold salted water thirty minutes, and then wash again. Cut away membrane which divides the two cavities, and be careful that inside is quite free from blood. Melt butter substitute, add onion, cook three minutes, add tomatoes, and cook ten minutes. Cool, and add bread crumbs, egg, milk, and seasonings; place this stuffing in heart, tying piece of greased paper over to keep forcemeat in. Melt drippings in roasting tin, place in heart, and roast in hot oven two hours, basting frequently. Remove paper, place heart on hot platter, and make a gravy in pan with stock or water. Serve with red currant jelly.

Prepare sheep's hearts in same way as above, cook eighty minutes and serve like beef heart.

Beef Olives

1½ pounds lean steak	1 small onion, chopped
3 tablespoons bread crumbs	1 egg, beaten
1 teaspoon salt	4 tablespoons (2 ozs.) drippings
½ teaspoon pepper	1 tablespoon flour
1 tablespoon chopped suet	2 cups (1 pt.) stock or water
1 tablespoon chopped parsley	

Cut meat into thin strips, four and one half inches long and two inches wide, and beat them with a rolling pin. Put trimmings of meat through a food chopper, add to them bread crumbs, seasonings, suet, onion, and mix together with egg. Spread a little of this mixture on each length of meat, roll it up, and skewer or tie it. Melt drippings in a saucepan and brown olives in it; then remove them from pan, add flour and brown it also, add stock or water gradually, and when boiling, put back olives and simmer one and one half hours. Dish meat in a ring and strain over gravy. Sprinkle with parsley and serve hot.

Boiled Lamb's Head

1 lamb's head	6 bacon slices, fried
2 teaspoons salt	3 slices lemon
1 onion, sliced	2 cups (1 pt.) white sauce
1 carrot, sliced	2 tablespoons chopped parsley

If carefully prepared in the following manner a lamb's head makes a delicate dish almost equal to calf's head. Wash head thoroughly, cut open, place in a saucepan, cover with cold water and bring to the boil. Pour off water, and substitute fresh hot water; bring to boiling point; skim well and add salt, onion, and carrot. Simmer two and one half to three hours. Drain and place on hot dish. Add parsley and one tablespoon lemon juice to white sauce, bring to a boil, and pour over head. Garnish with bacon and lemon slices.

Brain sauce may be served separately, but it is not necessary.

Boiled Neck or Shoulder of Mutton

1 shoulder or neck mutton	2 leeks, diced
Salt	1 turnip, diced
1 bunch celery, diced	1 bunch herbs
1 carrot, sliced	1 teaspoon whole white peppers

Tie meat in clean cloth, place in saucepan with enough boiling water to well cover it, add salt to taste, vegetables, and whole white peppers; bring to the boil, skim well, and then simmer very gently for two and one half to three hours, according to size of meat. Take up meat and remove cloth, place meat on hot platter, strain a little of the gravy round and garnish with the vegetables. Serve hot with caper sauce in a sauceboat.

The liquor can be used for soups.

Leg of mutton may be cooked in the same way.

Braised Steak

3 pounds steak or top of round	1 tablespoon flour or cornstarch
1 teaspoon salt	2 cups (1 pt.) stock or water
Red pepper	1 bunch herbs
2 tablespoons (1 oz.) butter substitute	2 onions, chopped
	2 carrots, sliced
	1 turnip, sliced

Season meat with salt and red pepper, and put it into a saucepan with butter substitute, cover pan, and fry fifteen minutes; then sprinkle in flour or cornstarch, and shake pan well to prevent steak sticking to the bottom, add water or stock, bring

to the boil, skim well, add herbs and onions. Cook one hour, then add vegetables, and cook thirty minutes longer. Replenish by more boiling water or stock as it reduces. When cooked, dish on hot platter, strain gravy round, and serve hot. One peeled and sliced tomato is a good addition.

Boston Stew

1 cup ($\frac{1}{2}$ pt.) dried beans	$\frac{1}{2}$ teaspoon pepper
$1\frac{1}{2}$ pounds pickled pork	3 tomatoes, skinned and sliced
2 tablespoons ($\frac{1}{2}$ oz.) flour or potato flour	3 onions, sliced

Wash beans, cover with cold water, and soak overnight. Next day drain and put them into a saucepan with fresh cold water, cook them gently one hour, then place half of them in a greased fireproof dish. On top lay pork and cover with remainder of beans. Thicken water in which beans were cooked with flour, add pepper, and pour over pork and beans, which should be just covered. On top place slices of tomato, and on these lay very thin slices of onion. Cover closely and cook in oven or on top of stove for about three hours. When space permits, potatoes in quarters may be laid on top forty minutes before serving. When flavor of tomato is disliked, a bouillon cube should be mixed with the liquid before thickening it with flour.

Crown Roast of Lamb

1 crown roast	4 cups (2 pts.) cooked peas
4 cups (2 pts.) mashed potatoes	Salt and pepper
Mint sauce	

Select parts from two loins of mutton or lamb containing ribs, scrape flesh from bone between ribs, as far down as the lean meat, and trim off backbone. Keep ribs on the outside, shaping each piece in a semicircle, and sew together to form a crown. Trim ends of bones evenly and do not leave them too long. Cover bone ends with pieces of fat salt pork, or wrap each rib with bacon to prevent bones from burning. Dust with flour, salt, and pepper, place on a rack, cover with greased paper, and cook in hot oven for one and one fourth hours, basting frequently

with hot fat. Remove to hot platter, take off pork, cover bones with paper frills, garnish with potatoes and peas, and serve with mint sauce.

Dutch Stew

2 tablespoons (1 oz.) drippings	6 potatoes
2 onions, sliced	1 teaspoon salt
1½ pounds neck of mutton	½ teaspoon pepper
1 cabbage	½ teaspoon celery salt

Melt drippings, add onions, and fry. Wash mutton, put it in pot with water which clings to it, cover with lid, and cook gently forty-five minutes. Trim, wash, and slice cabbage into eight pieces and put these in water; peel potatoes and cut into slices one half inch thick, place these also in water. Lift cabbage and potatoes dripping with water and pack them round meat, add seasonings, cover with lid, and simmer forty-five minutes longer. This stew must be cooked very slowly, or it will burn; but it is delicious if properly treated.

Ham Baked in Pastry

1 medium-sized ham	4 cups (1 lb.) barley flour
2 cups (½ lb.) flour	Cold water
	½ cup (4 ozs.) drippings

Wash ham and soak it in lukewarm water six hours. Then saw off knuckle bone, and if ham is very large, boil it carefully one hour. Into a bowl sift flours and make into stiff paste with water. Roll out on floured baking board. Drain and dry ham, place it on pastry, wet edges of paste with water, and wrap up ham in it. Place it in roasting pan with drippings and bake in moderate oven, basting frequently. The time will depend upon size and thickness of ham; about three hours should be allowed for a medium-sized ham, or twenty minutes to the pound and twenty minutes over. When ready, remove crust and skin. If served hot, a wine sauce may be served separately. If served cold, sprinkle it thickly with browned bread crumbs. Place ham in oven a few minutes in order to make crumbs adhere.

If only a half ham is being baked, the preliminary boiling may be dispensed with.

A Simple Way to Bake a Ham. Scrub a medium-sized ham well and let soak in cold water overnight. Place ham meat side down in a roaster or deep pan and fill nearly to top with cold water. Cover with lid, place in oven, and cook two hours without turning. Turn and bake two hours longer or until a fork will pierce it easily. Remove from oven, skin, stick in a few cloves, and cover with plenty of brown sugar. Return to oven and let remain until browned. Serve with spinach, Brussels sprouts, or green peas.

Hungarian Goulash

2 pounds flank steak	Cold water
Salt, pepper, and paprika	Fresh or canned tomatoes
Sliced onions	Small peeled potatoes

This Hungarian dish is inexpensive and appetizing. Cut steak into cubes and arrange on the bottom of a saucepan or casserole. Season with salt, pepper, and paprika, and cover with a layer of onions and so on, until dish is as full as desired. Add water just to show above meat, then place over fire, and let come to a boil. Allow two cups of tomatoes to each four cups of meat and potatoes. Put these on top of meat, but do not stir. Simmer two hours or until meat is tender. Add potatoes, pushing meat to one side to make room for them, cook twenty minutes longer, and serve.

Irish Stew

2 or 3 pounds neck or breast of mutton or lamb	1 teaspoon salt
16 potatoes, sliced	$\frac{1}{2}$ teaspoon pepper
4 onions, sliced	$\frac{1}{4}$ teaspoon paprika
	4 teaspoons chopped parsley

Wipe meat and cut it in small pieces, removing all skin and superfluous fat. Put meat into a saucepan, add seasonings, and cover with warm water. Bring to boiling point and remove all scum, then add vegetables and more seasonings if necessary. Put lid on pan and simmer slowly one and three fourths hours. Shake pan occasionally while stew is cooking, but remove lid as little as possible. If liquid dries up, add a very little hot water,

but do not make stew watery. Arrange on hot platter and sprinkle over parsley.

Other vegetables may be added if liked, and one tablespoon of tomato or mushroom catchup or Worcestershire sauce may be poured in at the last. Serve hot.

Kabab

1½ pounds lean veal	1 small onion, sliced
Salt and pepper	½ lemon
Bruised caraway seeds	Sour cream
4 tablespoons (2 ozs.) butter substitute	Parsley
	Croûtons toasted bread

Remove all skin and fat from veal, cut it into strips two and one half inches long by one inch wide, and not exceeding three fourths inch in thickness, and sprinkle with a mixture of salt, pepper, and caraway seeds to taste. Melt butter substitute in saucepan, add onion, fry slowly, add strained lemon juice, place in veal, and brown nicely over brisk heat. Pour over sufficient sour cream to thoroughly moisten it, turn whole into fireproof dish, cover, and stand in moderate oven; let cook gently until tender, and serve garnished with parsley, slices of lemon, and croûtons of toasted bread.

Kol Dolmer

1 pound sirloin steak	½ teaspoon paprika
½ pound pork tenderloin	1 onion, grated
1 cup (½ lb.) rice	Cabbage leaves
2 teaspoons salt	Butter substitute
½ teaspoon pepper	1 cup (½ pt.) milk or cream

Put meats through chopper. Wash and boil rice in boiling salted water until tender, then drain and add to meat with seasonings and onion. Wilt some cabbage leaves by pouring hot water over them. Roll a tablespoon of mixture in a cabbage leaf, and when all are finished place them in a greased baking pan, spread a little butter substitute over each, add cup of hot water, and bake forty minutes. Turn and bake till done. Pour over milk or cream, make hot, and serve at once.

Lamb en Casserole

2 pounds shoulder lamb, cut in pieces	1 can corn
2 onions, sliced	1 teaspoon salt
4 tomatoes, sliced	$\frac{1}{2}$ teaspoon pepper
3 potatoes, sliced	$\frac{1}{4}$ teaspoon paprika
	1 cup ($\frac{1}{2}$ pt.) water

Put layer of lamb in bottom of large casserole, place on this layer of onions, tomatoes, and layer of potatoes, next layer of lamb, and so on, until dish is three fourths full. Season each layer with salt, pepper, and paprika, then cover with corn, and pour over water. Cover and bake two and one half hours.

Loin of Veal Roasted

5 pounds loin veal	4 tablespoons (2 ozs.) butter substitute
1 teaspoon salt	
$\frac{1}{2}$ teaspoon pepper	1 cup ($\frac{1}{2}$ pt.) stock or water, hot
	Lemon slices

Wipe meat, and sprinkle with salt and pepper and a little flour. Place on rack in roasting pan and place around meat strips of salt pork or bacon. Cook four and one half hours, basting often with butter substitute melted in water. Serve hot, garnished with lemon slices and brown gravy separately.

Marinated Cutlets

1 pound neck of mutton	1 onion, chopped
6 teaspoons vinegar	1 bay leaf
1 tablespoon vegetable oil	1 egg, beaten
$\frac{1}{4}$ teaspoon pepper	Mashed potatoes
1 teaspoon salt	Green peas, or string beans

Cut mutton into cutlets, allowing two cutlets for each bone, beat, and trim neatly. Let them soak one hour in vinegar, oil, and seasonings; drain and dredge with flour. Brush each one with egg and roll it in bread crumbs; repeat egging and crumbing a second time, and, if possible, leave them one hour. Fry them in plenty of smoking hot fat and drain well before serving on mound of mashed potatoes, peas, or beans.

Veal cutlets, fillets of beef, and fillets of white fish are excellent when prepared by same method.

Another Method. Flatten six mutton cutlets from the loin, put them in a frying pan, add one onion sliced, one carrot sliced, one bunch herbs, and two cups water or stock, cook thirty minutes, turning cutlets several times. Boil and mash eight potatoes, add two tablespoons hot milk, and salt and pepper to taste. Remove cutlets from pan. Take a piece of the potato and flatten it out, envelop a cutlet in this, leaving a piece of bone sticking out at top, and repeat until all are finished. Place them on a greased tin, brush over with milk, and bake in hot oven until browned. Serve with gravy.

Mutton Hot Pot with Dumplings

2 pounds mutton	1 cup ($\frac{1}{4}$ lb.) flour or potato flour
3 slices fat bacon	4 tablespoons (2 ozs.) butter substitute
1 bunch herbs	2 teaspoons baking powder
Salt and pepper	1 teaspoon chopped parsley

Wipe mutton and cut it in small pieces free from skin and bone ; cut bacon also in small pieces and put them into an earthenware dish with hot water to cover ; add herbs, salt, and pepper to taste. One tablespoon chopped onion or a clove of garlic may also be added. Put lid on dish and cook slowly on stove or in oven one hour, then add dumplings and cook thirty minutes longer.

Sift flour, one half teaspoon salt and baking powder into a bowl, cut and rub in butter substitute, add parsley, then mix very lightly with water or milk into a softish dough, and put in spoonfuls on top of mutton. Serve hot in the same dish.

Ox Tail with Vegetables

1 ox tail	1 bay leaf
4 tablespoons (2 ozs.) butter substitute	4 tablespoons (1 oz.) flour or potato flour
1 carrot, sliced	2 cups (1 pt.) brown stock or gravy
1 onion, sliced	Salt and pepper
1 turnip, sliced	2 teaspoons lemon juice
1 bunch herbs	

Cut ox tail in neat joints, put pieces into a saucepan with cold water to cover, add one fourth teaspoon salt, and bring to the

boil. Boil eight minutes, drain, and wipe dry. Put butter into a saucepan, add vegetables, and place pieces of ox tail on top; cover pan and fry twenty minutes, sprinkle in flour, and add stock, seasonings, lemon, and cook gently four hours, adding a little hot stock as liquid reduces and removing any fat that may rise to surface. Take up pieces of ox tail and place on hot platter. Rub vegetables and liquid through a sieve, then reheat it and pour over and round ox tail. Garnish with parsley and serve hot.

Pig's Feet with Sauce

2 pairs pig's feet	1 bay leaf
Sausage meat	1 carrot, sliced
Bacon	1 onion, sliced
1 blade mace	3 cloves
1 bunch herbs	

Scald pig's feet, slit each foot down, then bone them and parboil feet in salted water, drain, and let cool. Spread cut side with a little sausage meat, and wrap each half in slice of bacon; tie up with thin twine. Place feet in a saucepan one third filled with stock or water, add seasonings, onion, and carrot. Bring to boiling point and then simmer until quite tender. Drain and cool and remove string, then brush over with beaten egg or milk and toss in bread crumbs; fry to a golden brown in plenty of smoking hot fat. Drain and place on hot dish, garnish with parsley, and serve with the following sauce:

Into a saucepan put four tablespoons of vinegar and reduce it to one half over the fire; add one cup brown sauce and three finely chopped gherkins.

Roasted Beef, Virginia Style

1 medium-sized roast of beef	6 slices bacon
Salt and white pepper	4 tablespoons stock or water
Flour	1 bouillon cube
1 onion, sliced	Sweet potatoes
1 carrot, sliced	Brown sugar

Wipe beef and dredge with mixture of flour, salt, and pepper. In roasting pan lay onion, bacon, carrot, and bouillon cube dis-

solved in stock or water. Place roast on this and surround with sweet potatoes which have been peeled, salted, peppered, and sprinkled over with sugar. Cook in moderate oven, allowing twenty minutes for every pound of meat. Baste occasionally with hot drippings. The beef and potatoes should be ready about the same time. Serve on a hot platter.

Shoulder of Mutton

1 good-sized shoulder mutton	4 tablespoons (2 ozs.) drippings
1 garlic clove	1 teaspoon salt
1 onion, peeled	$\frac{1}{2}$ teaspoon pepper
1 carrot, sliced	1 cup ($\frac{1}{2}$ pt.) stock or water

Trim superfluous fat from mutton and remove blade bone; put cut clove of garlic inside meat, then roll up, and tie with thin twine. Remove portion of knuckle bone. Cut onion in quarters and place it in a roasting pan with carrot, drippings, seasonings, and meat on top. Roast in moderately hot oven two hours or longer, according to weight and thickness of mutton. Baste meat frequently with hot drippings. Place meat on platter and keep it hot.

Pour off fat from roasting pan, add stock or water to vegetables, boil five minutes, season to taste, and strain. Pour gravy round mutton and serve.

Cooked beans or lentils and baked potatoes go well with this dish.

Spiced Beef

10 to 12 pounds beef	1 teaspoon powdered nutmeg
2 cups (12 ozs.) coarse brown sugar	1 ounce saltpeter
$1\frac{1}{2}$ teaspoons powdered mace	1 cup ($\frac{1}{2}$ lb.) fine salt
$1\frac{1}{2}$ teaspoons black pepper	4 cups (2 pts.) stock or water
$\frac{1}{2}$ teaspoon red pepper	1 small onion, sliced
2 teaspoons powdered cloves	2 carrots, sliced
	1 bunch herbs

Choose beef from round or thick flank, rub sugar well into it, and let stand two days. Mix spices with saltpeter and a little more sugar, then rub well into beef and allow to stand three days.

Add salt to pickle that has formed and rub it again into beef, turning and rubbing it with this pickle daily twelve days. Now hang up to dry. When wanted, wash but do not soak it, tie it into shape with tape, and place in a pan that will hold it; pour over hot stock or water, bring to the boil, then add vegetables and herbs and bring this again just to the boil; draw pan to side of fire and simmer four and one half hours. Lift meat out on to platter, place another platter on top, weight heavily but evenly, and leave till cold. Wipe over with a warm cloth. Reduce gravy by rapid boiling and strain it over meat.

Sucking Pig, Roasted

1 sucking pig	Tart apple sauce
Sage and onion stuffing	Parsley
Lemon and watercress	

Sucking pig is an excellent old-fashioned dish. The little pig should be small, and is best at three or four weeks old. It should be cooked as soon as it is killed, as its flesh taints quickly, and, unless it is fresh, nothing will render the crackling as crisp as it should be. Wash pig thoroughly in cold water and wipe dry. Season inside with salt, pepper, and a little powdered sage. Fill body of pig with stuffing, then draw skin together with a coarse needle and thread. Roll legs and ears in greased paper, bending forefeet under body and hind feet backwards, skewering them in place. Put piece of wood between jaws to keep them open. Put pig in roasting pan, rub skin with oil, sprinkle with salt and pepper, and dredge with flour. Bake in brisk oven, basting frequently. When pig seems tender and nice golden yellow, which will be from two to two and one half hours, remove paper from legs and ears and cook fifteen minutes longer. Arrange watercress, celery, baked apples, or whatever garnishing is desired on hot platter, place pig on top, remove wood from mouth, replacing it with an apple or lemon, and serve with gravy and apple sauce.

Bread stuffing, potato stuffing, or a chestnut and sausage stuffing may be used. Cranberry jelly, Brussels sprouts, and sweet potatoes are all excellent with roast pig.

Sweetbreads, in Gravy

3 heart sweetbreads	1 onion, sliced
1 bunch herbs	1 turnip, sliced
1 cup ($\frac{1}{2}$ pt.) stock	4 tablespoons (1 oz.) flour or
1 cup ($\frac{1}{4}$ lb.) bacon or salt pork	potato flour
Salt and pepper	2 tablespoons (1 oz.) butter
1 carrot, sliced	substitute

Soak sweetbreads in cold water two hours, changing water several times; drop them in boiling water for three minutes, lift out into cold water with few drops lemon juice added, leave fifteen minutes, drain, remove skin and fat, press thirty minutes between two plates, cut bacon into long strips, and lard sweetbreads with them. Put vegetables at bottom of baking pan, lay sweetbreads on top, pour round stock, simmer slowly thirty minutes. Melt butter substitute in another pan, add flour, and when smooth, stir in stock from sweetbreads; cook five minutes, adding seasonings to taste. Dish sweetbreads and strain sauce over. Serve hot. Sweetbreads are exceedingly light and easily digested, and much less stimulating than other meat.

Tongue en Casserole

1 fresh beef tongue	1 cup ($\frac{1}{2}$ lb.) butter substitute
4 cups (2 pts.) cooking apples	1 teaspoon powdered allspice
1 cup (6 ozs.) brown sugar	$\frac{1}{2}$ teaspoon powdered mace
	$\frac{1}{4}$ teaspoon salt

Wash and trim tongue carefully, roll it round, and keep it in shape with tape, then boil it the day before you wish to use it, so that it may become cold and firm. Core, peel, and quarter apples; spread them in large greased casserole, sprinkle over with sugar, dot with butter substitute, dust with salt and spices. Cook one hour, stirring and basting frequently. Pick out apples carefully so that they do not break, and pile in center of hot platter. Slice tongue and cook in hot sirup ten minutes. Place tongue in border round apples and serve hot.

When choosing an ox tongue select one with a smooth skin, as a very rough skin is a sign of age.



HAM BAKED IN PASTRY. *Page 98.*



LOIN OF VEAL, ROASTED. *Page 101.*



REMOVING THE TENDONS FROM TURKEY. *Page 111.*



RABBIT EN CASSEROLE. *Page 117.*

Tripe en Casserole

3 pounds tripe	1 onion, sliced
1 teaspoon salt	1 turnip, sliced
$\frac{1}{2}$ teaspoon pepper	1 bay leaf
1 carrot, sliced	Cider or water
Plain paste	

Cut tripe into square pieces and season with salt and pepper. Line a casserole with the vegetables and add bay leaf, then pour on sufficient cider to cover tripe. Have ready a plain paste made of flour and water, roll it out and place over tripe, put on lid, and then place pot in the oven, and cook two and one half hours. To serve, remove crust, put pieces of tripe into hot casserole, remove fat from liquor, boil up, season to taste, and strain over tripe. Serve hot.

CHAPTER X

POULTRY AND GAME

“ One likes the pheasant’s wing and one the leg.”

THE dressing of poultry has everything to do with its delicacy as an article of food. When properly dressed, the skin is of a clear color and free from blotches and pin feathers. The flesh is firm, yet yields easily to pressure, never tight and drawn.

The surest way to test the age of a dressed fowl is to bend the point of the breast bone to one side. If the fowl is very young, it will respond to little pressure. At medium age the point is brittle; in an old fowl it is very hard and tough. The older the fowl, the harder and rougher its feet and blunter its claws. On the other hand, young fowls have soft, smooth feet and sharp claws.

When birds are intended for immediate use it is just as well to have them prepared by the poulterer, otherwise they should be bought untrussed and undrawn, and hung up until required. They keep so much better when not drawn that it is always advisable to postpone the operation as long as possible. In drawing a fowl, begin by cutting a long slit in the back of the neck, then cut off the neck close to the body, leaving three inches of skin to cover the opening. Remove the crop, then insert two fingers and tear away the skin which connects the various internal organs of the bird. Now cut a small opening just above the tail, insert the fingers as before, detach the skin adhering to the body, take firm hold of the gizzard, which is situated under the breast bone, and remove it. The other internal parts, being indirectly attached to it, will be withdrawn at the same time.

Care must be taken not to break the gall bladder, the dark green bag between the lobes of the liver, for the gall would impart a bitter flavor to the bird that no amount of washing would completely remove.

Game may be correctly described as anything that has been hunted by sportsmen. Any bird or animal which is shot or snared for amusement should by right be classed as game, but the term now is applied to a select few only. The flesh of game is believed to possess strengthening qualities superior to that of poultry; it also contains less fat and is tender. It forms a valuable diet for the invalid by reason of its easy digestibility.

Until cooked, game has little or no flavor, and very little smell; when cooked the "game flavor", as it is termed, is to be distinguished and is modified to style of cooking.

The flesh of all kinds of game undergoes changes after death. The supple muscles stiffen with rigor, after which putrefaction sets in very slowly. During these successive changes various substances are formed. The "fumet" of game shows the development of certain substances which not only give it its special characteristic flavor, but render the flesh more easy of digestion. On this account game that is well hung makes appetizing and digestible fare for invalids.

Game that has hung too long develops an acrid flavor. It is termed "high"; this means that it is decomposing. Birds that are becoming soft-fleshed, gelatinous, flabby, even green, should be thrown away, because it is dangerous to eat them. Cooking may change the flavor of "high game", making the flesh more wholesome, but there is great risk of ptomaine poisoning if a "turned" bird be eaten.

With well-hung game, washing must be avoided. Wiping it inside and out with a damp cloth is the most that should be attempted, and when the bird is served, the gravy should be served in a tureen and not poured over the bird, since the aim is to conserve the flavor of the bird as much as possible.

All game requires careful cooking, with frequent basting, or otherwise it eats dry and deficient in flavor. Most game requires to be well cooked.

Baked Chicken

1 spring chicken	$\frac{1}{2}$ cup (4 ozs.) butter substitute
4 cups (1 qt.) parsnips, sliced	3 slices salt pork
1 teaspoon salt	Hot water
$\frac{1}{2}$ teaspoon pepper	Baked potatoes

Draw, singe, and clean chicken, slit it down the back and lay it in greased dripping pan, skin side up. Wash, parboil, and scrape parsnips. Arrange these around chicken, sprinkle with salt and pepper, dot with bits of butter, and top with pork cut in very thin slices. Pour enough hot water in pan to prevent burning, and bake until chicken and parsnips are done to a delicate brown. Then place chicken on hot platter and arrange parsnips around it. Make a cream gravy from drippings in pan and serve with the potatoes.

Boiled Turkey, Celery Sauce

1 turkey	$\frac{1}{4}$ teaspoon pepper
Slices fat bacon or pork	1 tablespoon lemon juice
2 cups (8 ozs.) bread crumbs	1 saltspoon powdered herbs
1 tablespoon chopped parsley	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	4 tablespoons milk

Singe, draw, and truss turkey, rub it over with cut lemon. Make stuffing of suet, bread crumbs, seasonings, egg, and milk, put it into breast of turkey, fasten skin loosely over it, cover breast with bacon. Then tie bird in clean cloth, put it into saucepan with sufficient boiling water to cover it, bring quickly to the boil and then simmer until done. A ten-pound turkey requires two hours, a fifteen-pound bird two and one half hours. It should only simmer all the time. Take turkey out of cloth, remove bacon and skewers. Put it on hot platter, pour one cup of the sauce over breast and serve rest in a sauceboat.

To Make the Sauce. Wash one small head of celery, cut it into shreds, and put it into a saucepan with cold water to cover, bring to the boil and drain off water. Pour in two cups of stock or water, cook slowly until tender, and rub through a sieve. Melt two tablespoons butter substitute in a saucepan, stir in four tablespoons of flour and when well blended add celery purée and stir until boiling; add two tablespoons milk, salt and pepper to taste, and cook for a few minutes longer.

Broiled Partridges

Partridges
Salt and pepper

Melted butter
Bread sauce

Split each prepared bird down the back, rub with salt and pepper, and brush over with melted butter. Place on greased broiler and turn frequently to avoid burning. Allow half a partridge to each portion. Spread bread sauce under each half, surround with coarse buttered bread crumbs and spoonfuls of red currant jelly.

Bread Sauce

2 cups (1 pt.) milk
 $\frac{1}{2}$ cup (2 ozs.) bread crumbs
1 white onion
4 cloves

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon paprika
1 tablespoon butter substitute,
melted

Pour milk into upper pan of double boiler, add crumbs and onion stuck with cloves, and cook twenty minutes. Add seasonings and butter substitute. Remove onion and use.

To Make Buttered Bread Crumbs. Brown one cup of coarse stale bread crumbs in two tablespoons of melted butter substitute and use with game.

Braised Turkey

1 turkey
Slices fat bacon or pork
2 onions
3 cloves

3 carrots
1 parsnip
1 bunch herbs
2 teaspoons salt

1 teaspoon pepper

Pick, singe, remove tendons, and draw turkey, save heart, liver and gizzard, cut off neck and legs; cover bird with bacon and tie it round with tape to keep it in shape. Line bottom of deep casserole with bacon, place turkey on these, add giblets, trimmings of turkey, onion stuck with cloves, vegetables, herbs, and seasonings. Lay more bacon over turkey and cover with boiling stock. Put lid on casserole and cook slowly five to six hours. Serve turkey on hot platter with vegetables around it, and gravy, strained and freed from fat, poured over it.

Chicken Pie

1 large fowl or two chickens	Salt and white pepper
1 onion, sliced	3 tablespoons (1½ ozs.) butter substitute
3 celery stalks	2 tablespoons (½ oz.) flour
3 carrots sliced	1 cup (½ pt.) cream or milk
Boiling water	Pastry

Singe, draw, and clean fowl. Pull tendons from legs with a skewer. If there is considerable fat, remove so that the pie will not be too greasy. Lay fowl breast down in a saucepan with vegetables. Just cover with water and simmer until tender. About thirty minutes before chicken is done, season to taste. When done, lift pan from fire and without removing fowl, set in cold place where it will cool rapidly. Then cover and set away until next day. Next morning skim off fat from top, take out the fowl, and skin and cut in pieces. Melt butter substitute, stir in flour, and when smooth add two and one half cups of the chicken stock. Stir until it thickens, season with salt and pepper, add cream and simmer a few moments. If liked, the yolks of two eggs mixed with a little of the hot gravy may be added just before taking from fire. Season pieces of fowl with salt and pepper, and pack them in fireproof dish, having an inverted cup in center to hold up top crust. Pour in the sauce and cover with pastry.

Cut one or two holes in crust to allow for the escape of the steam. Brush over with milk and bake in a hot oven for forty minutes.

Alternate layers of chicken and oysters, making the sauce of equal parts of chicken gravy and oyster broth, is also an approved way of making chicken pie.

Chicken Pilau

2 onions, sliced	2 cups (1 pt.) stock
2 tablespoons (1 oz.) butter substitute	½ teaspoon whole white peppers
1 chicken	1 blade mace
½ cup (¼ lb.) rice	2 cloves
	1 teaspoon salt
	2 hard-cooked eggs

Fry onions in butter substitute, and when sufficiently browned take out and place aside for future use. Cut up chicken into ten pieces and fry it in butter in which onions were cooked, and when colored take out and place by the onions. Now fry well-washed rice in butter, stirring frequently to prevent burning, and when fat is absorbed make a well in center and put in onions and chicken. Add stock, peppers, mace, cloves, and a few cardamons if obtainable, all tied in a piece of muslin or cheese-cloth, and simmer one hour, add salt, and, if rice becomes too dry, add a small quantity of boiling stock. When cooked take out spice bag. Place on dish and garnish with eggs cut in quarters.

Pilau means an oriental combination of rice cooked with spices and butter; almonds and raisins, usually fried, often being added. Most pilau dishes involve meat boiled in stock, but fish pilau and sweet pilau, the latter containing no flesh food, are used in some parts of India by Europeans who employ native cooks. Pilau dishes require skill and care in preparation, or they will be unpalatable.

Duck with Turnips

1 tender duck	4 tablespoons (1 oz.) flour
3 tablespoons (1½ ozs.) butter substitute	2 cups (1 pt.) stock or water
	1 bunch herbs
½ teaspoon salt	1 onion
¼ teaspoon pepper	2 cloves

12 young turnips

Truss duckling with legs folded back and close to sides, and pinions tucked under; fasten with fine twine. Melt butter in a saucepan, add seasonings and duck. Brown it, turning it over so that it gets evenly colored. Take it out, and place in oven in deep dish. Put flour in saucepan and stir till smooth and brown. Add water, mix well and boil up, and cook five minutes. Strain sauce into a saucepan, put in duck, herbs, and onion stuck with cloves. Simmer thirty minutes. Add turnip (prepared as below) and simmer until turnips are done. Place duck on hot platter, arrange turnips round it, take fat off sauce and strain it over duck.

Peel turnips, wash and drain, and boil them five minutes in

water to which a little salt has been added; drain again. Melt three tablespoons drippings in saucepan, add turnips and fry them, shaking pan to color them evenly. Drain and add to duck.

Fricassée of Chicken

1 chicken (just about 4 lbs.)	1 cup ($\frac{1}{2}$ lb.) rice
5 cups ($2\frac{1}{2}$ pts.) boiling water	2 tablespoons (1 oz.) butter
4 tablespoons (1 oz.) flour	2 tablespoons chopped red pepper
2 teaspoons salt	2 tablespoons chopped green pepper
1 teaspoon pepper	

Parsley

Prepare chicken and cut it into neat joints, place in a saucepan, cover with water, and simmer until tender. Skim out pieces of chicken, cool, roll in flour which has been seasoned with salt and pepper, and fry brown in hot lard.

Wash rice and cook it in chicken liquor until almost tender, and drain thoroughly; then fry it in butter with red and green peppers, season nicely, and turn out on to hot platter. Arrange chicken on top of rice and garnish with parsley.

Fricassée of Guinea Fowl

1 guinea fowl	$\frac{1}{4}$ pound fat bacon or pork
2 tablespoons ($\frac{1}{2}$ oz.) flour	1 tablespoon chopped onion
1 teaspoon salt	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{2}$ teaspoon pepper	1 tablespoon red currant jelly
$\frac{1}{4}$ teaspoon nutmeg	2 croûtons bread

Cut guinea fowl in small joints, removing as much of skin as possible and any unnecessary bone. Mix flour with seasonings. Dip pieces of guinea fowl into this, coating them well. Cut bacon in small pieces, put it into hot frying pan, and cook a few minutes without allowing it to become too brown. Now lift it out, draining it from gravy, and place it in saucepan. Put guinea fowl, a few pieces at a time, into hot bacon fat and fry until brown on all sides. Then place them beside bacon in saucepan. Put any remaining flour or add one tablespoon to frying pan, stir it until brown, pour in two cups of stock or water, and stir until boiling. Strain this sauce over guinea fowl,

add onion, red currant jelly and lemon juice, and stew slowly until bird is tender. Garnish with croûtons of fried bread and serve with an orange or celery salad.

Goose with Chestnuts

1 young goose	1 carrot
Salt and pepper	1 onion
Flour	1 tablespoon lemon juice
4 tablespoons (2 ozs.) butter substitute	Brown stock or water
	36 chestnuts

Prepare and truss goose, dusting it with salt, pepper, and flour. Melt butter in saucepan, and when hot put in goose and turn it over and over until brown on all sides. Add carrot and onion cut in thin slices, lemon juice, and seasoning of salt and pepper. Add enough stock to half cover goose. Place lid on pan and cook slowly at back of range or in oven until goose is tender. Baste bird occasionally with stock, adding more if necessary, but amount of liquid should be kept rather low. Serve goose on hot platter with some gravy poured round and chestnuts as a garnish.

To Prepare Chestnuts. Roast chestnuts and when very tender remove shells and under skins. Put chestnuts into a saucepan with just enough brown stock to cover them, add one teaspoon each of sugar and salt. Simmer until stock is reduced and chestnuts glazed.

Hare Haricot

1 hare	$\frac{1}{2}$ teaspoon pepper
4 tablespoons (2 ozs.) butter substitute	1 tablespoon lemon juice
2 cups (1 pt.) brown sauce	1 tablespoon red currant jelly
1 teaspoon salt	12 mushrooms
	12 small button onions

Skin and clean hare, and cut it into neat joints. Melt butter in a saucepan, put in pieces of hare, and fry a nice brown color. Drain away fat, and add brown sauce and half a cup of boiling water. Bring to boiling point, and simmer for one hour. Ten minutes before serving add seasonings, lemon juice, and currant jelly.

Cook mushrooms in a little butter, parboil onions, and finish the latter in a little butter. Place hare on hot dish, pour sauce over, and serve hot, garnished with mushrooms and onions.

Jugged Hare

1 hare	1 sprig thyme
1 pound round steak	1 teaspoon grated lemon rind
$\frac{1}{2}$ pound fat bacon	1 bay leaf
3 cups ($1\frac{1}{2}$ pts.) stock or water	1 carrot, sliced
1 onion	Forcemeat balls
4 cloves	1 teaspoon salt
1 small bunch parsley	$\frac{1}{2}$ teaspoon pepper

Cut hare into joints and put them into deep earthenware dish, with alternate layers of steak and bacon cut into pieces. Pour in stock, add onion stuck with cloves, parsley, thyme, lemon rind, bay leaf, and carrot. Put cover on dish, then cook slowly two and one half hours. Add forcemeat balls during last half hour, and ten minutes before serving add seasonings. Serve in same dish.

Forcemeat Balls. Parboil liver of hare, and chop it small with one fourth pound suet and three slices lean bacon, add one and one half cups bread crumbs, one half tablespoon chopped parsley, one half teaspoon salt, one fourth teaspoon pepper, pinch of thyme and nutmeg, and one well-beaten egg. Shape into balls and use.

Pigeons en Casserole

4 pigeons	3 cups ($1\frac{1}{2}$ pts.) stock or water
$\frac{1}{4}$ pound lean ham, diced	1 bunch herbs
1 small onion	1 lemon
4 tablespoons (1 oz.) flour	Salt and white pepper
4 tablespoons (2 ozs.) butter substitute	2 hard-cooked eggs, diced

Truss birds and cut them through in halves. Fry ham and onion in butter substitute to a pale brownish color in a casserole. Remove ham and carefully brown flour. Pour in stock and stir over slow fire until gravy boils. Add pigeons, ham, herbs, grated lemon rind, salt and pepper to taste. Cover casserole, and simmer until birds are tender. When finished, remove herbs, and add eggs and more seasonings if required. Serve hot in casserole.

Pigeons with Spaghetti

4 pigeons	1 bunch herbs
$\frac{1}{4}$ pound ham or bacon	Stock or water
1 carrot	1 teaspoon salt
1 turnip	$\frac{1}{2}$ teaspoon pepper
1 onion	4 tablespoons (2 ozs.) butter
3 stalks celery	$\frac{1}{2}$ package spaghetti

Singe, draw and clean pigeons, and truss them as for roasting. Clean vegetables and cut them into small pieces, place them in saucepan, add ham or bacon cut into small pieces, herbs, and enough stock or water to cover. Bring this to the boil and lay pigeons on top. Cover with greased paper and lid and cook on top of stove or in oven until pigeons are nearly ready. Then remove them, cut in halves, and place on greased tin. Strain stock in stewpan, remove grease, and pour over pigeons. Set in moderate oven and continue cooking, basting frequently, until pigeons are brown and liquid reduced to a glaze.

Boil spaghetti in plenty of boiling salted water until tender and drain well; add to it butter and seasonings. Place pigeons on hot dish and put spaghetti round.

Macaroni may be used instead of spaghetti if more convenient.

Rabbit en Casserole

1 rabbit	2 cups (1 pt.) boiling water or stock
1 onion, sliced	1 strip lemon rind
1 cup (4 ozs.) bacon, diced	1 tablespoon flour
1 bunch herbs	$\frac{1}{2}$ teaspoon pepper
1 teaspoon salt	

Wash rabbit in tepid salted water to free it from blood, then cut in neat joints. Dry joints and dip them in flour. Put bacon in frying pan and fry a light brown, add rabbit and onion, and fry for a few minutes. Put all into a casserole, add herbs, stock, and seasonings, cover, bring to the boil, then simmer one hour. Take out herbs and lemon rind. Skim off all grease. Thicken gravy with two teaspoons flour, allow to boil, and serve in casserole.

Rabbit Pie

1 large rabbit, or two small ones	$\frac{1}{4}$ teaspoon mace
2 tablespoons ($\frac{1}{2}$ oz.) flour	2 hard-cooked eggs, sliced
1 teaspoon salt	$\frac{1}{2}$ pound ham or bacon
$\frac{1}{2}$ teaspoon pepper	Pastry

Cut rabbit into joints, and remove top bone from legs. Mix flour with seasonings on a plate, roll in this the rabbit, and cut ham in slices; arrange alternately layers of rabbit, eggs, and ham in fireproof dish; sprinkle a little salt and pepper over, and add one cup hot water. Cover with pastry, brush over with milk or beaten egg, and bake in hot oven one and one half hours. Stew rabbit bones with a little water, one small onion, blade of mace, a few herbs, and seasonings of salt and pepper, and pour into pie. Serve hot or cold.

Rabbit with Rice

1 rabbit	2 cups (1 pt.) stock or water
4 tablespoons (2 ozs.) drippings	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) tomato purée
2 tablespoons chopped onion	1 teaspoon salt
1 cup ($\frac{1}{2}$ lb.) rice	$\frac{1}{2}$ teaspoon pepper
	Parsley

Wash and clean rabbit, and cut it in neat joints. Melt drippings in a casserole, add onion and rice well washed and dried, and cook ten minutes without browning. Then put in rabbit and cook a few minutes longer, stirring constantly. Add stock and tomato purée, season to taste, cover with lid, and simmer in oven or one side of the range until rice and rabbit are tender and nearly dry. Garnish with parsley and serve hot.

Tomato purée is made by rubbing fresh or canned tomatoes through a sieve.

Roast Capon with Piquante Stuffing

1 capon	3 gherkins, chopped
3 cups ($\frac{3}{4}$ lb.) bread crumbs	1 small green pepper, chopped
$\frac{1}{2}$ cup (1 gill) mild vinegar	$\frac{1}{2}$ teaspoon poultry seasoning
$\frac{1}{2}$ cup (4 ozs.) butter substitute, melted	1 teaspoon salt
1 cup ($\frac{1}{2}$ pt.) olives, stoned and chopped	$\frac{1}{2}$ teaspoon pepper
	Giblet sauce
	Cranberry jelly

Singe, draw, and truss bird same as chicken. Rub over with drippings, dust with salt, pepper, and flour. Mix crumbs with vinegar, add butter, olives, gherkins, green pepper, and seasonings. Place in the capon, put in a hot oven, basting frequently. When breast meat is tender the bird is sufficiently cooked. Serve on a hot plate garnished with parsley and accompany with giblet sauce and cranberry jelly.

Roast Chicken with Oyster Stuffing

1 chicken	1 tablespoon chopped parsley
1 cup ($\frac{1}{4}$ lb.) bread or cracker crumbs	2 teaspoons lemon juice
	1 teaspoon salt
$\frac{1}{4}$ cup (2 ozs.) butter substitute, melted	$\frac{1}{2}$ teaspoon pepper
	2 cups (1 pt.) oysters
	3 tablespoons oyster liquor

Select a dry picked chicken, remove all pin feathers, singe well, wash inside and out, reject tips of wings, and cut off neck close to body. Dust inside of chicken with a little pepper, salt, and poultry seasoning. In a bowl put crumbs, add butter, parsley, seasonings, oysters cut in quarters, and oyster liquor. Mix and place in breast of chicken. Rub chicken over with olive oil or fat, dust with salt and pepper, and sprinkle thickly with flour.

To truss the fowl for roasting: If a chicken, leave on the feet, which should be scalded and skinned; if an older bird, cut off legs half-way to first joint, turn back pinions, run a skewer through them, catching the top part of the legs; tie the bottom part of the legs together with white twine. Lay fowl breast down in dripping pan, set in hot oven, and cook from three fourths to one and one fourth hours, according to size; baste frequently with hot drippings, and about fifteen minutes before it is finished dredge with flour and brown nicely. Remove skewers and twine, place chicken on hot platter, and strain gravy over, or serve it in a gravy boat. To make the gravy, pour from roasting pan the fat, sprinkle in two teaspoons browned flour, add one cup boiling water, salt and pepper to taste, boil three minutes.

Roast Goose

1 goose	2 apples, peeled
Salt and pepper	$\frac{1}{2}$ cup (2 ozs.) bread crumbs
1 small onion, chopped	$\frac{1}{2}$ teaspoon salt
1 tablespoon chopped celery	$\frac{1}{4}$ teaspoon pepper
1 teaspoon chopped parsley	4 tablespoons milk or cream
2 tablespoons bacon fat	Baked apples

Currant jelly

Singe goose, remove pin feathers, draw, and wash thoroughly in hot water. Remove all the fat that can be reached from under skin or inside. This may be saved and tried out. Season goose inside and out with salt and pepper. Chop heart and liver. Melt bacon fat, add heart, liver, onion, celery, and parsley. Add apples cut in cubes, crumbs, seasonings, and milk. Stuff this into goose and truss. Dredge with salt, pepper, and flour. Roast in hot oven, basting frequently, and allowing twenty minutes to the pound. When well done and nicely browned, place on hot platter. Skim off fat in pan, stir in tablespoon of browned flour, add one cup hot water or stock, and boil five minutes. Strain and serve with baked apples and currant jelly.

Roast Guinea Chicken

1 guinea chicken	1 cup ($\frac{1}{2}$ pt.) white grapes
Drippings	2 cups ($\frac{1}{2}$ lb.) bread crumbs
Flour	$\frac{1}{2}$ cup (4 ozs.) butter substitute,
Salt and pepper	melted

Truss bird in shape, dust with flour, salt and pepper, and spread with plenty of drippings. Halve and seed grapes, add bread crumbs, butter, and seasonings to taste. Stuff bird with this forcemeat, then roast it for one and one half hours, basting frequently.

Cook giblets in water to cover. When fowl is roasted season gravy with onion juice and parsley, add chopped giblets, and thicken with browned flour. Serve guinea chicken hot with grape jelly.

To Broil a Young Guinea Fowl. Wash carefully and split down back. Wipe dry, flatten slightly, brush over with olive

or cottonseed oil, dust with salt and white pepper, dredge with flour, and broil over a clear fire. Cook fifteen minutes, and place in a hot dish, pour over a brown gravy, and garnish with little mounds of mashed potatoes and watercress.

Salmi of Duck

1 large duck	1 onion, sliced
4 tablespoons (2 ozs.) butter substitute	3 cups (1½ pts.) stock or water
4 tablespoons (1 oz.) flour	1 teaspoon salt
	½ teaspoon pepper

Prepare duck, then roast it, and cook it rare. Cut it into joints and chop meat into pieces. Melt two tablespoons of the butter substitute, put in pieces of meat and onion, and fry brown. Then add stock, and simmer one hour; then strain it. Melt remainder of butter substitute in a saucepan, stir in flour, and add two cups of stock made from duck, season with salt and pepper, and simmer fifteen minutes. Add to it gravy from pan in which duck was roasted. Put joints of duck into this sauce and simmer twenty minutes. Place duck on hot platter and strain sauce over. Serve hot.

Stewed Rabbit

¼ pound fat bacon	3 cups (1½ pts.) milk or water
1 rabbit	1 small bunch herbs
1 onion, sliced	1 teaspoon salt
4 tablespoons (1 oz.) flour	½ teaspoon pepper

Cut bacon into squares, fry a nice brown color; remove bacon from pan, leaving the fat; joint rabbit, and fry quickly in fat; remove rabbit and fry onion a light brown. Draw this to one side and brown flour, now gradually add water, and stir quite smooth; when boiling, add rabbit, bacon, and seasonings; simmer for one to one and one fourth hours or until rabbit is tender. Place pieces of rabbit on hot platter and strain gravy over. Serve hot.

Venison Cutlets, Grilled

8 venison cutlets	Salt and pepper
Butter	8 baked potatoes

Cut cutlets, one inch thick, from a well-hung neck of venison. Trim cutlets, but do not remove all fat. Season them with salt and pepper, and place them on a greased grill over a bright, clear fire. Turn them constantly while cooking, so as to retain gravy. The cutlets will take from twenty to twenty-five minutes to cook. Serve cutlets in a circular row on a hot dish with small piece of butter under each. Have potatoes ready and serve with the cutlets.

CHAPTER XI

VEGETABLES

“The common growth of Mother Earth suffices me.”

THE cooking of vegetables is often undertaken with confidence by the most amateur and ignorant of cooks, because of a mistaken idea that “any one can cook vegetables.” If those words were altered to “any one with care and a little knowledge can cook vegetables,” they would be true enough, as vegetables are really not difficult to cook, provided that a few rules are strictly adhered to. These rules are well worth learning, as there are few things more often spoiled by careless cooking and serving.

Vegetables may be divided into two principal classes:

1. Root vegetables, or those that grow below the ground; this class may include those which are not roots in the botanical sense, such as the potato, the onion, and the leek;

2. Green vegetables, or those that grow above the ground; this class includes those which are not actually green — leafy vegetables, such as marrow, beans, or peas.

As a class, root vegetables are more nutritious, satisfying and starchy than green vegetables; they generally contain starch, the potato being the richest in this; or sugar, of which beets and carrots contain the largest proportion. They may be cooked and served as a separate vegetable, but a good many of them, especially onions, shallots, carrots, and turnips, are used as flavoring agents and added to such dishes as soups or stews.

Scrub root vegetables well to remove earth and dirt. If young and thin skinned, scrape well; if older or with thick skins, peel. Place in water after peeling, until ready to be cooked, to keep a good color. Onions and leeks are exceptions;

they must not be soaked in water, as some of their valuable oil is lost, but they should be covered and kept from the air. All root vegetables, except old potatoes, are cooked in boiling salted water in a covered saucepan, till tender. The mature starch grains in old potatoes are rendered softer if they are placed in just sufficient cold salted water to cover them, brought slowly to the boil, and then cooked gently till floury and unbroken. After draining, potatoes should be placed on the side of the fire in a saucepan with the lid tilted, to steam and dry.

Green vegetables, with the exception of the pulses (peas, beans, lentils, etc.), are not so nourishing as root vegetables; their value lies in the fact that they contain valuable blood-purifying salts, and that the cellulose which forms their bulk is a preventive of constipation.

Spinach and cabbage are especially rich in these salts. Peas, beans, and lentils are more nourishing than other green vegetables, because they contain a higher proportion of flesh-forming food.

Green vegetables should be prepared according to the kind of vegetable.

Spinach should be picked over, the stem and back rib of each leaf removed, and then thoroughly washed in several waters. It is the only vegetable that is not cooked in plenty of water; it requires only a tablespoon of water at the bottom of the pan, which, with the water that clings to the leaves, is sufficient to cook it in, as so much comes out of the spinach during cooking. Spinach should be thoroughly drained, chopped, or rubbed through a sieve, and then served with a garnish of hard-cooked eggs. Almost all green vegetables are cooked fast in plenty of boiling salted water, in a large uncovered saucepan till tender. Drain the water thoroughly from green vegetables; cabbage and other greens should be pressed in a colander with a saucer to squeeze away all moisture. Peas may be tossed in melted butter after draining. Cauliflower is served very hot with a white coating sauce.

Asparagus à L'Italienne

1 bunch asparagus

Buttered toast, or fried bread

Italian sauce

Cut stalks of asparagus all one length, and scrape white part with a knife from tip downwards, then wash in cold water, being careful not to break green tips. Tie asparagus in bundles with tape, throw these into a saucepan with plenty of boiling water containing one teaspoon salt to each quart and boil twenty minutes; lift out and drain on a towel. Serve on a fried croûton of bread or a thick slice of buttered toast. Pour over stalk ends a little Italian sauce, and serve remainder in a tureen. The asparagus may also be served with a white or melted butter sauce.

The asparagus may be served cold with mayonnaise dressing. Some cooks reverse this and serve it hot with cold sauce, and cold with hot white sauce. White sauce to which the strained juice of one orange has been added is a delicious accompaniment.

Baked Cabbage

1 cabbage	Butter
Salt	Fresh cracker crumbs
Pepper	Milk

Slice cabbage thin as for salad, omitting all the heart. Put few small pieces of butter into bottom of greased baking dish, place in layer of cabbage, seasoning to taste, pieces of butter, and generous layer of cracker crumbs. Then add more cabbage, and so on, until desired amount is in dish; then add milk until it is one half inch from top of cabbage. Bake in moderate oven one and one half hours.

Baked Beets

6 beets	Lemon juice
Olive oil	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

While the beet is not rich in nitrogen or fat, it contains nearly eight per cent. of sugar and affords a welcome addition to our dietary.

Clean beets carefully. They will not bear hard rubbing, which bruises the skin and makes them bleed and lose their pretty red color. Neither must the rootlets be cut or broken, and the top leaves must be cut above the crown.

Place beets in a fireproof dish, cover with hot water, put in oven and bake, basting frequently. To know when they are done, press them with the finger instead of piercing them with a fork. When soft, rub off the skins. If plunged at once into a little cold water before peeling, the operation will be easier. Slice and serve the beets with a little oil, lemon juice, and seasonings.

Summer beets will cook in one hour.

Beets as a garnish are always effective unless used in combination with carrots, when a clash of color results. With the cool green of cucumbers, lettuce or endive, or the white of potato, they are exceedingly attractive.

Boiled Cauliflower

1 cauliflower
Boiling water

Boiling milk
Salt

Cook cauliflower in water and milk, a little more than one half water, adding salt to taste. The vegetable will come out beautifully white and have a much richer flavor than when cooked in water alone. Cauliflower thus cooked and dressed with drawn butter, pepper, salt, paprika, and a dash of lemon juice makes a very palatable dish. Cooked as above and then chilled, cauliflower makes a very nice salad, served with crisp lettuce and sprinkled over with oil, lemon juice, pepper, and salt.

Boiled Leeks

1 bunch leeks

Boiling water

Salt and pepper to taste

Leeks are excellent in soups, broths, etc., but they are also particularly good as a vegetable with or without sauce.

They are also very little trouble to cook, though the cleansing of them is rather a difficult matter, as sometimes they are very gritty.

Cut off the roots and trim off all but about one inch of the green tops. Wash them thoroughly. This is best done by allowing the cold water from the faucet to flow between the leaves, moving and opening them so that no part is missed. Put

them in a saucepan with boiling water to well cover them and add one teaspoon of salt to each pint of water. Boil gently until they can be easily pierced with a skewer, which should be run in at the top of the root end. They will probably take from twenty to thirty minutes, according to their size. Drain them well and arrange on a slice of toast in a vegetable dish, sprinkle with salt and pepper to taste, and serve with them plain melted butter sauce or egg sauce.

Boiled Red Cabbage

1 red cabbage	1 teaspoon salt
1 cup ($\frac{1}{2}$ pt.) boiling water	$\frac{1}{2}$ cup (1 gill) vinegar
4 tablespoons (2 ozs.) drippings	1 hard-cooked egg, cut in strips
$\frac{1}{2}$ teaspoon white pepper	3 lemon slices

Cut cabbage in halves, removing outer leaves, and place in cold water ten minutes. Drain and cut out stalk and chop leaves fine. Put them into saucepan with water, drippings, seasonings, and vinegar, and cook slowly until cabbage is ready and water is cooked away from it. Have it as dry as it can be without burning. Garnish with egg and lemon.

Broiled Eggplant

1 eggplant	1 tablespoon vinegar
3 tablespoons ($1\frac{1}{2}$ ozs.) butter, melted	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon paprika

Peel eggplant, cut in thin slices, put into ice water, adding vinegar, and let stand five minutes. Take up, drain, wipe dry, dip in melted butter, sprinkle with salt and paprika, and broil over a clear fire. Serve hot.

Another Method. Prepare eggplant in usual way, making slices twice the thickness for frying. Pare, drain, and place in clean towel under a weight until ready to cook. Dip in melted butter and broil under a clear flame, seasoning with salt and white pepper. Grill on both sides until tender, cover with melted butter sauce, and serve hot with quarters of lemon.

Candied Sweet Potatoes

4 sweet potatoes	2 tablespoons (1 oz.) butter
$\frac{3}{4}$ cup (6 ozs.) sugar or honey	1 cup ($\frac{1}{2}$ pt.) water, hot

Boil potatoes until tender; keep them hot. Put sugar into a saucepan and brown it, stirring constantly so that it will not burn; add butter and stir until mixed. Then add water and boil three minutes. Add potatoes and let cook until sirup is thick. Lift potatoes out carefully into serving dish, pour sirup over them, and serve hot.

Sugared Sweet Potatoes

Cut cold baked sweet potatoes into quarter-inch slices and measure one pint. Melt two tablespoons butter in a baking dish, and when hot lay potatoes in; sprinkle the top with two tablespoons sugar or honey; pour over two tablespoons vinegar and cook until brown and hot. Sweet potatoes are always better twice baked.

Carrots à la Flamande

1 bunch young carrots	$\frac{1}{4}$ teaspoon pepper
2 tablespoons (1 oz.) butter substitute	1 pinch sugar
$\frac{1}{2}$ cup (1 gill) stock or water	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	2 tablespoons cream or milk
	1 teaspoon chopped parsley

Trim, wash, and scrape carrots, cut them into halves or quarters and blanch them in slightly salted water, drain them and put them into a saucepan with butter substitute, toss over fire for a few minutes without allowing to get brown, add stock and seasonings, and cook until tender. Mix egg with cream and pour over carrots, add parsley, mix thoroughly and serve very hot.

Carrots Braised

10 carrots	1 bouillon cube, or little meat extract
2 cups (1 pt.) brown stock, boiling	1 teaspoon salt
1 tablespoon brown sugar	$\frac{1}{2}$ teaspoon pepper

Trim carrots and scrape them and put into a saucepan with stock and sugar; boil until tender, drain, and keep hot. Add bouillon cube or meat extract to gravy in pan, add seasonings, and reduce to one half. Dish carrots, pour gravy around them, and serve hot.

Dressed Spinach

2 quarts (8 cups) spinach, cut fine	1 teaspoon salt
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ teaspoon paprika
	$\frac{1}{2}$ cup (1 gill) milk
	1 egg, beaten

Wash and drain spinach and measure after cutting. Melt butter substitute in a saucepan, stir in spinach, add seasonings and milk, and simmer thirty minutes. At serving time stir in egg, let stand a minute, and serve hot.

Fried Cauliflower

1 cauliflower	1 gill ($\frac{1}{2}$ cup) bread crumbs
1 egg	1 gill ($\frac{1}{2}$ cup) grated cheese
3 tablespoonfuls milk	$\frac{1}{2}$ teaspoonful curry powder
	Hot fat

Trim, wash, and drain a cauliflower and cook it in boiling salted water until tender. Drain again and allow to get cold. Divide it into small portions. Beat up egg with milk, dip cauliflower in this, then toss in bread crumbs mixed with cheese, and fry in smoking hot fat to a golden color. Drain on white paper, sprinkle over with curry powder, put on to a hot platter, and serve hot.

Kohl-rabi**Kohl-rabi Cream sauce**

Kohl-rabi, or kale turnip, is a wholesome vegetable, and if cooked properly is much liked by all who are fond of cabbage or turnip. It belongs to the kale family, which was about the only vegetable in use among the early Saxons. The stem of the kale turnip swells out above the ground to the size of a large turnip, from which the leaves spring. The bulbous part is used for food. To cook it, trim off all the leaves, peel, cut into quarters, and boil in plenty of boiling salted water twenty minutes, or until tender. Drain and serve with cream sauce or one made as follows: Fry a small piece of bacon with a slice of onion until brown. Remove bacon and onion, add one cup hot water, salt and pepper to taste, and thicken with browned flour.

Parsnips Boiled

2 pounds parsnips

Salt and pepper

Wash and scrape parsnips from thick end downwards; if old, it may be necessary to peel them thin. Throw them into cold water as they are prepared, to prevent discoloration. Then cut them into quarters and put them into plenty of boiling salted water, bring to boiling point, and cook slowly one hour, or until tender. Drain, sprinkle over with salt and pepper to taste, and serve hot.

Parsnips are usually served as an accompaniment to salt fish or salt meat.

For Mashed Parsnips. Cook parsnips as above, and mash free from lumps or put them through a vegetable press or food chopper. Reheat this purée in a saucepan, add one tablespoon butter substitute and one tablespoon hot milk, and make thoroughly hot. Serve hot.

Peas à Maître d'Hôtel

2 cups (1 pt.) green peas

 $\frac{1}{2}$ teaspoon pepper

Salt

2 tablespoons (1 oz.) butter substitute

1 tablespoon chopped parsley

1 bunch mint, chopped

 $\frac{1}{4}$ teaspoon lemon juice

Shell peas and throw into plenty of boiling water containing teaspoon of salt to each quart; boil fast until tender, then drain. Mix butter substitute, parsley, mint, pepper, lemon juice, and salt to taste; stir into this peas, reheat them, shaking occasionally, dish, and serve hot.

Some cooks recommend that, instead of the laborious work of shelling peas, after they have been washed and carefully picked over, the peas, while still in pods, be thrown into boiling water and cooked in that way. When the peas are done, the pods will rise to the surface of the water, while the peas will remain at the bottom of the pan. Peas cooked in this manner are said to have a much finer flavor than when cooked without the pods.

Potatoes and Turnips

1½ cups (¾ pt.) mashed potatoes	2 tablespoons (1 oz.) butter substitute
1½ cups (¾ pt.) mashed turnips	3 tablespoons hot milk
1 teaspoon salt	1 cup (½ pt.) boiled rice
½ teaspoon pepper	½ cup (2 ozs.) grated cheese

Mix potatoes, turnips, seasonings, butter substitute, and hot milk together; turn into a greased fireproof dish, smooth the top, cover with rice, sprinkle over with cheese, and bake until thoroughly hot. Serve on hot plates.

Potatoes au Gratin

8 potatoes	2 cups (1 pt.) milk
1 tablespoon (½ oz.) butter substitute	½ teaspoon salt
1 tablespoon flour	¼ teaspoon pepper
	½ cup (2 ozs.) grated cheese

Peel potatoes, cut into dice and boil until tender in boiling salted water, and drain. Blend butter and flour in a saucepan over the fire, add milk and seasonings, and bring to boiling point and cook two minutes. Place potatoes in greased fireproof dish, pour over sauce, sprinkle over with cheese, dot with tiny pieces of butter substitute, and brown in oven. Serve hot.

The word *gratin* comes from the verb *gratiner* — to make brown — and implies a shallow dish, so that the whole contents shall be exposed to baking. All vegetables served *au gratin* should first be boiled, then placed in a shallow dish, covered with fine bread crumbs and butter, or with a sauce, and then baked in a hot oven until brown. Cauliflowers, carrots, parsnips, artichokes, salsify, and celery all lend themselves well to treatment *au gratin*. Tomatoes sliced, laid in a *gratin dish*, covered with a layer of bread crumbs, chopped herbs, and seasonings, with pats of butter on top, also make one of the very nicest of *gratins*.

Potato Soufflé

2 cups (1 pt.) mashed potatoes	1 teaspoon salt
2 eggs, separated	½ teaspoon pepper
3 tablespoons cream or milk	¼ teaspoon celery salt

Put potatoes into a bowl, add yolks of eggs mixed with cream, and beat well together, then add seasonings and fold in stiffly beaten whites of eggs. Pour into a greased baking dish and bake in hot oven until top is browned and puffy. Serve very hot.

Savory Greens

1 peck greens	3 medium-sized potatoes, grated
Boiling water	2 slices bacon
1 tablespoon salt	$\frac{1}{2}$ teaspoon pepper
3 tablespoons vinegar	

Prepare greens, such as dandelions, beet tops, chard, etc., by washing carefully in salted water. Remove all tough parts. Put greens in a large saucepan half full of boiling water with salt. Boil steadily until tender; this will be in from five to twenty minutes, according to the maturity of vegetables. As soon as they are tender, drain, chop slightly, and return to fire. Now add potatoes. Fry bacon which has been cut in small squares, mix with other ingredients, and stir to keep from sticking. Season with salt, pepper, and vinegar, and simmer ten minutes. Serve piping hot.

You will be surprised how delicious greens are when served in this way.

Scalloped Celery

1 bunch celery	$\frac{1}{2}$ cup (2 ozs.) grated cheese
$\frac{1}{2}$ cup (4 ozs.) butter substitute	1 teaspoon salt
4 tablespoons milk	$\frac{1}{2}$ teaspoon pepper
Browned bread crumbs	

Wash and scrape celery, cut in half-inch pieces, and cook uncovered in boiling, slightly salted water fifteen minutes; drain, add butter substitute, milk, cheese, and seasonings, and mix well together. Divide mixture into greased scallop shells, or into a greased fireproof dish, sprinkle with bread crumbs, dot with butter substitute, and bake in a moderate oven twenty minutes. Serve hot.

Stuffed Globe Artichokes

8 globe artichokes	1 egg, beaten
3 tablespoons chopped cooked meat	1 cup ($\frac{1}{2}$ pt.) stock or water
$\frac{1}{2}$ teaspoon salt	1 tablespoon chopped parsley
$\frac{1}{4}$ teaspoon pepper	1 small onion, chopped
	$\frac{1}{4}$ teaspoon grated lemon rind

Trim artichokes and put them into a saucepan with plenty of boiling salted water; boil forty minutes, then drain. Put meat, seasonings, onion, and parsley into small pan and fry five minutes, remove from fire, and add egg. Remove centers from artichokes with a small knife, fill with mixture, put them into a pan, pour stock around them, and simmer fifteen minutes. Dish carefully, reduce gravy to one third by fast boiling, strain artichokes, and serve hot. The gravy may be thickened with a little flour if liked.

Scalloped Salsify or Oyster Plant

8 roots salsify	1 teaspoon lemon juice or vinegar
1 cup ($\frac{1}{2}$ pt.) white sauce	$\frac{1}{2}$ teaspoon celery salt
$\frac{1}{4}$ cup (2 ozs.) butter substitute	1 tablespoon grated cheese
Bread crumbs	

Choose salsify not too large, wash it well, and soak for thirty minutes in cold water. Cut off one inch from end of stalk and scrape the rest lightly. Tie in bundles with tape and throw into cold water to which a little vinegar or lemon juice has been added — to prevent discoloration. Put them into a saucepan with enough boiling water to cover, add a little salt and a good squeeze of lemon juice. Drain well, cut in thin slices, and mix with celery salt, or a small piece of fresh celery finely chopped. Grease some scallop shells and sprinkle them with bread crumbs, put in a layer of prepared salsify, then a layer of sauce, then more salsify and more sauce. Sprinkle tops with bread crumbs and cheese, dot with butter substitute, and bake in a hot oven until browned on top. Serve hot with lemon slices.

When salsify is cooked, it has a distinct flavor of oyster, hence the name oyster plant. It is like the parsnip in appearance, only much longer and thinner.

Spinach Timbale

1 ³ / ₄ cup ($\frac{1}{2}$ pt.) cooked spinach	$\frac{1}{2}$ teaspoon paprika
4 tablespoons (2 ozs.) butter substitute	2 egg yolks
$\frac{1}{2}$ cup (1 gill) cream or milk	1 carrot, diced
$\frac{1}{2}$ teaspoon salt	1 turnip, diced
	$\frac{1}{2}$ cup (1 gill) cooked peas

Boil enough spinach to fill a cup when it is passed through a wire sieve. Put it while hot into a saucepan with butter substitute, cream, seasonings, and egg yolks. Turn into greased mold, cover with greased paper, and steam one hour. Boil carrot and turnip until tender and toss with peas in a little melted butter. Turn spinach out on to hot dish and garnish with the cooked vegetables.

Spinach is good in cases of stomach and kidney troubles, for dyspepsia and anæmia. It is an excellent vegetable; it purifies the blood and produces a healthy condition of the system.

Stewed Endive

2 heads endive	2 teaspoons butter substitute
1 cup ($\frac{1}{2}$ pt.) stock or milk	1 teaspoon salt
1 tablespoon cornstarch	$\frac{1}{2}$ teaspoon pepper
1 squeeze lemon juice	

Wash endive carefully, separating the leaves and removing stalks and any discolored parts. Then put them in boiling salted water and cook fifteen minutes. Drain and cut across in small pieces. Put endive into a saucepan, add stock or milk, sprinkle in the cornstarch, and stew slowly fifteen minutes. Add butter substitute and seasonings and serve hot.

Stuffed Eggplant

1 eggplant	Butter
Seasoned bread crumbs	2 poached eggs

One eggplant is enough for a good-sized family. Do not cook eggplant in any way without first removing its acidity by cooking in boiling salted water, which draws out the injurious principle solanina. To stuff, boil in salted water, just as it comes from the market, then drain and cut open lengthwise, scoop out center, mix with an equal quantity of nicely seasoned bread crumbs, divide into the two shells, dot with bits of butter, and bake in hot oven fifteen minutes.

Place eggs on top and serve hot. If liked, a little grated cheese may be sprinkled over the top.

Or, cut a good-sized eggplant in six slices, leaving skin on one

side of each piece to hold slices together. Cook in boiling salted water ten minutes, then lay in iced water thirty minutes.

Make an incision in each slice and fry all in smoking hot fat. Scoop out fleshy part of plant, stuffing pieces with a forcemeat of bread crumbs and sausage, or bread crumbs and chopped boiled ham, parsley, onion juice, salt, and pepper. Make these into a paste with one beaten egg or a little cream. Sprinkle soft bread crumbs and a little vegetable oil over the eggplant, then place it in a hot oven and bake until browned.

Stuffed Onions

6 medium-sized onions	2 hard-cooked eggs
1 slice bread	1 tablespoon chopped parsley
Milk	1 teaspoon salt
4 tablespoons (1 oz.) grated cheese	$\frac{1}{2}$ teaspoon pepper
	3 tablespoons cream

White or brown sauce

Remove centers from onions with a cutter. Blanch onions in boiling water, drain, and stuff them. Soak bread in milk, squeeze out milk, and mix bread with cheese, yolks rubbed through sieve, parsley, seasonings, and cream. Mix and divide into onions, dip in flour, and fry in smoking hot fat. Drain, pour sauce over, and garnish with chopped egg whites.

Stuffed Peppers

6 good-sized green peppers	1 egg, beaten
4 cups (1 qt.) water	$\frac{1}{2}$ teaspoon salt
2 tablespoons (1 oz.) drippings, melted	$\frac{1}{2}$ teaspoon made mustard
1 cup (4 ozs.) bread crumbs	1 cup (4 ozs.) chopped cooked meat
	3 tablespoons milk or gravy

Remove seeds and pith from peppers. Boil peppers in water fifteen minutes, then drain. Pour drippings over bread crumbs, add egg, seasonings, meat, and gravy. Mix well and divide into peppers. Bake in moderate oven until tender, serve hot.

Another Method. Cut tops from eight green peppers, remove seeds, and fill with following mixture. Mix one cup boiled rice with one half pound each of beef and salt pork chopped fine, one

chopped onion, one beaten egg, one half teaspoon salt, one half teaspoon pepper, and use. Tie tops on with string and cook in tomato sauce until tender, serve hot.

Stuffed Tomatoes

7 tomatoes	$\frac{1}{4}$ teaspoon white pepper
2 cups (1 pt.) cooked rice	4 tablespoons (2 ozs.) butter substitute
$1\frac{1}{2}$ teaspoons salt	
$\frac{1}{2}$ teaspoon paprika	1 cup ($\frac{1}{2}$ pt.) milk or cream

Cut slices off stem ends of tomatoes and remove pulp. Mix pulp with rice, seasonings, butter substitute, and milk. Fill tomato shells with mixture, replace "covers", place on greased tins, and bake in hot oven thirty minutes. Serve garnished with parsley. If liked, a little chopped, cold, cooked chicken may be added to mixture. Corn or macaroni may be used in the same way.

Squash Puff

1 cup ($\frac{1}{2}$ pt.) boiled mashed squash	1 tablespoon butter substitute
	$\frac{1}{2}$ teaspoon salt
1 cup ($\frac{1}{2}$ pt.) boiled mashed sweet potatoes	$\frac{1}{4}$ teaspoon pepper
	2 eggs, beaten
	1 cup ($\frac{1}{2}$ pt.) milk

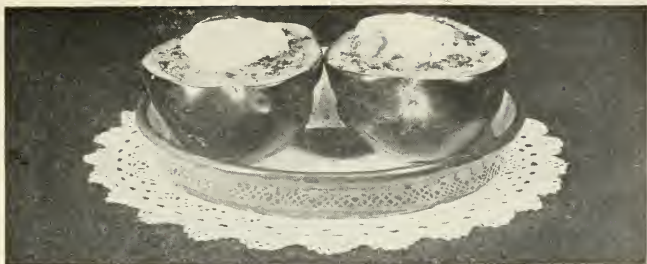
Mix squash and potatoes, add butter substitute softened, seasonings, eggs, and milk. Mix well, divide into greased, individual serving dishes, and bake in a hot oven until mixture is puffed and firm. Serve at once.

Baked Squash Is Delicious. Cut large squash in quarters and remove seeds. Place in moderate oven and bake until tender. Scrape into a bowl, add two tablespoons butter, one half teaspoon salt, one half teaspoon pepper, and two tablespoons cream; mash and beat until light. Put into greased fireproof dish, dot with small pieces of butter, reheat, and serve.

Pumpkin may be cooked in the same way.

Tomatoes and Brussels Sprouts

4 ripe tomatoes, peeled	1 teaspoon salt
$\frac{1}{2}$ cup (4 ozs.) drippings	$\frac{1}{2}$ teaspoon paprika
1 pound cooked Brussels sprouts	6 slices fried bacon



STUFFED EGG PLANT WITH EGGS. *Page 134.*



STEWED ENDIVE. *Page 134.*



STUFFED TOMATOES. *Page 136.*



CAULIFLOWER AND BRUSSELS SPROUTS SALAD. *Page 141.*



MARSHMALLOW FRUIT SALAD. *Page 143.*



CABBAGE, APPLE, AND NUT SALAD. *Page 140.*

Slice tomatoes and fry them in frying pan with one half of drippings. When done, remove to platter and keep hot. Melt remainder of drippings in same pan, add Brussels sprouts well drained, and fry them a few minutes. Add seasonings, turn on to hot dish, and garnish with tomatoes and bacon.

Turnips Mashed

Turnips

Salt and pepper

Drippings

Wash the required number of turnips, then peel and boil in plenty of boiling salted water until tender. Drain and return turnips to pan, mash them with a fork until free from lumps, add salt and pepper to taste, a little drippings, and, if liked, a pinch of nutmeg. Mix thoroughly and serve hot. One table-spoon hot cream added at the last will be found an improvement.

Turnips are generally served with mutton.

CHAPTER XII

SALADS AND SALAD DRESSINGS

“ An olive, capers or some better salad.”

THERE are not many pleasanter dishes than salads when served in a pretty salad bowl or in individual dishes. For the benefit of the thrifty housewife it may be added that few things are more economical, as they utilize all sorts of scraps.

Many people declare that the liking for salads is an acquired taste. It is an excellent taste to acquire! Salad greens have but little nutriment, but they are valuable, nevertheless, for the potash salts that they contain, as well as for their cooling properties.

Many housewives make but one kind of salad dressing to answer for each and all salads, forgetting that mayonnaise or a boiled salad dressing is much too heavy for many of the more delicate greens. Watercress especially demands a French dressing, and lettuce, endive, celery, and cucumber are equally good with it.

In making a salad only the best oil and vinegar should be used, and the greens must not be soured with water, but, after washing, they should be thoroughly well drained, and tossed well in dry cloths or in a salad drainer to get rid of all the moisture. Never on any account cut up lettuce, but break the leaves into pieces of the desired size, and remember that the salad should not be drenched with the dressing, but just lightly tossed in it. It is a great improvement to plain salads to sprinkle them with some finely chopped herbs, such as parsley, chives, tarragon, etc.

Fruit salads are always popular. A good fruit salad always

makes a pleasant change from the plain, ripe fruit itself. It is a way of taking mixed things, with the maximum of benefit to the system.

The gums, pectins, and fruit sugars contained in the natural fruits, their innate sulphur, most helpful of salts when in mixture with the different acids; their quantities of iron, citrates, tartrates, and other good saline constituents, make a proper mixture of them a very desirable matter.

Nothing but the best fruit in perfect condition should be allowed to enter the salad bowl. No amount of disguise can do away with the permeating flavor of an inferior article. Fruit is plentiful, cheap, and good; therefore there should be no temptation to practice false economy by purchasing a poor quality.

Orange, banana, and apple are excellent, as are also orange, banana, and pineapple, fresh or canned. The flavor of fruit salads may be improved by rubbing on the rind of a lemon one or two lumps of sugar, crushing these, and using them with a little powdered sugar. Bananas combine well with any kind of juicy fruit, and the following may be recommended: Bananas and apricots, both sliced, with a little chopped pineapple; bananas and stoned cherries, with orange flavored sugar; bananas and raspberries, with or without some red currants; bananas and strawberries, divided in halves or quartered, if very large. A greater number of fruits may be combined successfully, such as bananas, stoned cherries, sliced pineapple, melon, peaches, apricots, seeded and skinned grapes, and apples and pears in thin slices. Red currants and strawberries, red and white currants and red raspberries mix well with thinly cut slices of apples, or with the ever useful banana.

Banana Salad

Bananas	Chopped celery
Crisp lettuce leaves	Chopped nut meats
Mayonnaise dressing	

Cut each banana in five lengthwise strips and place each on lettuce leaves in shape of a star. Sprinkle with celery and nut meats and cover lightly with mayonnaise.

Beet and Cabbage Salad

1 cup ($\frac{1}{2}$ pt.) cooked beets, chopped
 1 cup ($\frac{1}{2}$ pt.) cabbage, chopped
 1 small onion, chopped

Mix beets, cabbage, and onion together thoroughly, cover with dressing, and garnish with crisp watercress and whites of eggs cooked hard and chopped.

Salad Dressing

1 teaspoon salt	2 egg yolks
1 teaspoon mustard	$1\frac{1}{2}$ tablespoons melted butter
$1\frac{1}{2}$ teaspoons sugar	6 tablespoons ($\frac{1}{3}$ cup) evaporated milk
$\frac{1}{2}$ tablespoon flour	12 tablespoons ($\frac{2}{3}$ cup) water
$\frac{1}{4}$ teaspoon red pepper	4 tablespoons ($\frac{1}{4}$ cup) vinegar

For Dressing. Mix seasonings with flour, add yolks slightly beaten, butter, milk, water, and vinegar. Cook over slow fire until it thickens; strain and cool.

Bungalow Salad

$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) apples, chopped fine	1 teaspoon mustard
$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) cabbage, chopped fine	1 teaspoon flour
$\frac{1}{2}$ cup (2 ozs.) peanuts, chopped	1 tablespoon water
$\frac{1}{2}$ teaspoon celery salt	1 cup ($\frac{1}{2}$ pt.) vinegar
2 egg yolks	1 tablespoon ($\frac{1}{2}$ oz.) butter
	2 tablespoons (1 oz.) sugar
	$\frac{1}{2}$ teaspoon salt

Mix apples, cabbage, nuts, and celery salt. Beat up yolks of eggs, add mustard and flour mixed with water. Pour vinegar into a saucepan, add butter, sugar, and salt, and bring to boiling point; then add egg mixture and again bring to boiling point. Take from fire and let cool. Pour over salad and garnish with sprigs of parsley.

Cabbage, Apple, and Nut Salad

1 firm cabbage	5 apples, peeled and sliced
1 cup (4 ozs.) walnut meats, broken	2 tablespoons lemon juice
	Boiled or mayonnaise dressing
	Parsley

Remove center and outside leaves from cabbage, leaving a neat shell. Sprinkle lemon juice over apples, mix with nut meats, and fill into cabbage. Garnish with parsley and serve with boiled or mayonnaise dressing.

Carrot Salad

8 carrots	$\frac{1}{2}$ teaspoon salt
1 egg	8 tablespoons vinegar
1 pinch soda	$\frac{1}{2}$ teaspoon paprika
4 tablespoons olive oil	$\frac{1}{2}$ cup (1 gill) whipped cream
	Parsley

Wash carrots, put them in saucepan, cover with cold salted water, and cook slowly until tender. Drain and cover with cold water. Remove skins and serve covered with the dressing and garnished with parsley. Beat egg in upper pan of double boiler, add soda and oil slowly, beating constantly until egg thickens. Now add salt, vinegar, and paprika and cook over hot water until thick as cream, stirring constantly. Take from fire and set aside to cool. Mix with cream at serving time.

Cauliflower and Brussels Sprouts Salad

1 cooked cauliflower	1 cup ($\frac{1}{2}$ pt.) cooked beans
1 box Brussels sprouts, cooked	A few radishes
French dressing	Boiled or mayonnaise dressing

Break cauliflower into flowerets and marinade these and Brussels sprouts with French dressing. Drain and arrange them in a salad dish, garnish with beans and radishes, and serve with boiled or mayonnaise dressing.

Celery and Cheese Salad

8 stalks celery	Crisp lettuce leaves
$\frac{1}{2}$ cup (2 ozs.) grated cheese	Mayonnaise dressing
2 pimientoes, canned red peppers	Lemon slices

Cleanse stalks of celery and cut four inches long. Chop pimientoes, mix with cheese, and fill into celery. Serve cold on lettuce leaves with mayonnaise and garnish with lemon. Small blocks of cranberry jelly are an improvement to celery salads.

Codfish Salad

1 thick slice codfish	$\frac{1}{4}$ teaspoonful pepper
1 bunch herbs	$\frac{1}{4}$ teaspoonful mustard seeds
6 tablespoonfuls olive oil	Crisp lettuce leaves
4 tablespoonfuls vinegar	Tomatoes
$\frac{1}{4}$ teaspoonful salt	Mayonnaise sauce
1 peeled and chopped cucumber	

Steam the fish with the herbs for thirty minutes, or until the flesh separates from the bones. Remove the skin and bones and flake the fish. Beat up the oil, vinegar, and seasonings together and pour this dressing over the fish and cool. Arrange nests of lettuce leaves on a salad dish and fill with the fish. Have small chilled tomatoes or halves of larger ones scooped out and filled with the cucumber and mayonnaise sauce. Place a tomato cup at the top of each portion and serve.

Cold Meat Salad

2 cups (1 lb.) cold meat	1 green pepper
$\frac{1}{2}$ cup (2 ozs.) chopped celery	2 teaspoons chopped parsley
1 cooked beet	5 tablespoonfuls French dressing
2 boiled potatoes	Bermuda onions

Cut potatoes, beet, meat, and green pepper into small, neat pieces. Mix them with parsley, celery, and French dressing and serve very cold, garnished with thinly sliced Bermuda onions.

Egg and Cabbage Salad

1 white firm cabbage	1 sour orange
6 cold potatoes	4 hard-cooked eggs
1 cooked beet	1 cup ($\frac{1}{2}$ pt.) tartare sauce
1 onion, chopped	Salt and pepper

Boil cabbage until tender; drain carefully, and press between two heavy platters until quite cold, then slice and mix with potatoes, beet, onion, orange cut in small pieces, and eggs cut in quarters. Place in a salad bowl, pour over the sauce, season to taste with salt and pepper, mix gently, and serve with any kind of cold roasted or boiled meats.

Individual Cherry Salads

Lettuce leaves	Peppermint extract
Watercress	Nut meats
Mayonnaise dressing	Crystallized ginger
Red, white, green cherries	Marshmallows

Place lettuce leaf on salad plate. Make small nest of watercress by winding it together and set nest in center of plate. Drop in next a tablespoon of mayonnaise. Take cover from bottle of green cherries and drop six drops peppermint extract into sirup the day before wanted. Drain the three kinds of cherries. Stuff green ones with small pieces of nuts, white ones with ginger, red ones with marshmallows cut. Place two of each color in each nest and chill before serving.

Another Method. Take equal quantities of stoned white cherries and cooked and chilled string beans. Serve with dressing made of two tablespoons olive or vegetable oil, one half teaspoon salt, one fourth teaspoon each pepper and paprika, pinch of sugar, and four tablespoons of liquor from cherries. Blend well and pour over salad.

Jenny Lind Salad

6 bananas, diced	$\frac{1}{2}$ cup (2 ozs.) English walnut
1 cucumber, diced	meats, chopped fine
1 cup ($\frac{1}{2}$ pt.) seeded white grapes	Mayonnaise dressing
	Crisp lettuce leaves

Mix bananas, cucumber, grapes, and nuts, moisten with mayonnaise, and serve on lettuce leaves with a few seeded grapes on top.

Marshmallow Fruit Salad

40 ($\frac{1}{2}$ lb.) marshmallows	$\frac{1}{2}$ cup (2 ozs.) chopped nut meats
Mayonnaise dressing	1 can pineapple, chopped
1 can white cherries, stoned	$\frac{1}{2}$ cup (2 ozs.) chopped preserved ginger

Mix marshmallows with mayonnaise and let stand twenty minutes. Just before serving add fruit and nuts and a little more mayonnaise. The mayonnaise should be made with less vinegar and more cream than usual. Or use following dressing instead

of mayonnaise: Beat up one egg white to a stiff froth, add two bananas rubbed through a sieve, add two tablespoons each lemon and orange juice, three tablespoons sugar or honey, and four tablespoons whipped cream. Mix lightly and use.

Orange and Date Salad

Crisp lettuce leaves	1 package dates, stoned
5 oranges	French or mayonnaise dressing

Line salad dish with lettuce leaves. Peel and slice oranges, lay slices on lettuce, add dates, and serve with salad dressing.

Orange Salad

An Orange Salad that is delicious is made as follows: Cut six oranges in halves and remove pulp and sections. To pulp add four tablespoons sugar or honey, three tablespoons chopped mint, four tablespoons orange juice, and two tablespoons lemon juice. Chill and divide into glasses and serve with a candied cherry on top of each.

Oyster and Celery Salad

24 large oysters	Crisp lettuce leaves
Diced celery	Stiff mayonnaise dressing
3 chopped sweet pickles	

Cook oysters in their juice till edges curl; drain and chill; cut each oyster in two, without cutting into soft part; measure an equal quantity of celery and set on ice to crisp; mix the two, lay on lettuce leaves, cover with mayonnaise, and garnish with pickles.

Pea and Sardine Salad

1 can peas	Mayonnaise dressing
1 can sardines	Crisp lettuce leaves
2 hard-cooked eggs, sliced	

Turn out peas and sardines and leave in cool place one hour. Drain well, mash fine, mix with mayonnaise, serve on lettuce, and garnish with eggs.

The pea and sardine mixture is excellent for sandwiches.

Pepper, Nut, and Cheese Salad

3 medium-sized sweet green peppers	1 package cream cheese
1 cup (4 ozs.) English walnuts or pecans	Crisp lettuce leaves
	Mayonnaise dressing

Seed peppers and allow to lie in cold water fifteen minutes, then drain and dry. Put nut meats through food chopper, mix with cheese, and stuff peppers. Cut peppers in thin slices and serve on lettuce leaves with mayonnaise.

Pineapple Salad

1 can pineapple, sliced and chopped	3 tablespoons (1½ ozs.) sugar
1 cup (¼ lb.) chopped nut meats	5 tablespoons vinegar
1 cup (½ pt.) celery, chopped fine	½ tablespoon butter
1 egg	1 pinch salt
1 tablespoon flour	¾ cup (1½ gills) milk
	Lettuce leaves

Mix pineapple, nuts, and celery together and chill. Beat egg in upper pan of double boiler, add flour mixed with sugar, vinegar, butter, salt, and milk, and cook over hot water until thick. Take from fire, cool, and mix with salad. Serve on lettuce leaves.

Potato and Cauliflower Salad

2 cups (1 pt.) cold boiled potatoes	1 tablespoon celery salt
2 cups (1 pt.) cold boiled cauliflower	2 tablespoons (1 oz.) butter substitute
4 tablespoons vinegar	1 tablespoon made mustard
	Watercress

Cut potatoes and cauliflower into small pieces and mix them well. Melt butter substitute in small saucepan, add vinegar, celery salt, and mustard; heat to boiling point, pour hot over the salad, and serve very cold on a bed of cress.

Potato Salad

10 medium-sized potatoes, cooked	¼ lb. fat bacon
1 medium-sized onion, cut fine	4 tablespoons vinegar
1 stalk celery, cut fine	1 cup (½ pt.) cream
	1 teaspoon salt
	½ teaspoon pepper

Cut potatoes in slices, mix with onion and celery. If celery is not available use celery salt. Cut bacon in dice and brown, add vinegar, cream, and seasonings, and mix well. Pour over potatoes, onion, and celery and toss lightly together.

Prune Salad

$\frac{1}{2}$ pound prunes	1 teaspoon lemon juice
$\frac{1}{4}$ cup (2 ozs.) sugar	$\frac{1}{2}$ teaspoon salt
1 cream cheese	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ cup (2 ozs.) chopped nut meats	Crisp lettuce leaves
French dressing	

Wash prunes and soak them in cold water four hours. Cook until tender, add sugar, and cool. Remove stones. Mix cheese, nuts, lemon juice, and seasonings and fill prunes with this mixture. Chill and serve on lettuce with French dressing.

Red Cabbage and Celery Salad

1 red cabbage	$\frac{1}{4}$ teaspoon sugar
1 head celery	$\frac{1}{4}$ teaspoon mustard
1 egg	$\frac{1}{2}$ teaspoon salt
1 tablespoon olive oil	$\frac{1}{4}$ teaspoon pepper
1 tablespoon wine vinegar	2 gherkins, sliced

Trim outside leaves off cabbage, cut inner portion into quarters, and remove from centers all stalks. Cut the rest into fine shreds, put into salad bowl, and add celery stalks cut in inch pieces. Beat up egg, stir in gradually oil, vinegar, and seasonings. Pour over cabbage and celery and garnish with gherkins.

Tuna Fish Salad

1 can tuna fish	2 hard-cooked eggs, cut in small pieces
1 small bottle stuffed olives	
$\frac{1}{2}$ cup (2 ozs.) celery, chopped fine	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ teaspoon paprika
2 green onions, cut fine	1 cup ($\frac{1}{2}$ pt.) salad dressing
Lettuce leaves	

Flake fish, add olives, celery, onions, eggs, seasonings, and salad dressing. Mix and serve on lettuce.

Winter Salad

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| 1 cup ($\frac{1}{2}$ pt.) cold cooked turnips,
diced | 1 cup ($\frac{1}{2}$ pt.) cold cooked pota-
toes, diced |
| 1 cup ($\frac{1}{2}$ pt.) cold cooked carrots,
diced | 1 tablespoon chopped parsley
$\frac{1}{2}$ cup (1 gill) French dressing |
| 1 teaspoon grated horse-radish | |

Arrange vegetables in salad bowl and sprinkle over parsley. Mix French dressing with horse-radish and pour over vegetables. Chill before serving.

Buttermilk Dressing

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|--|---|
| 1 cup ($\frac{1}{2}$ pt.) buttermilk | $\frac{1}{2}$ teaspoon salt |
| $2\frac{1}{2}$ tablespoons vinegar or lemon
juice | $\frac{1}{2}$ teaspoon paprika
$\frac{1}{8}$ teaspoon white pepper |

Into a bowl pour buttermilk, add vinegar and seasonings, and beat until thick. Serve with peeled and thinly sliced cucumbers. If served on whole or peeled and sliced tomatoes, add one teaspoon grated fresh horse-radish.

Sour Cream Dressing

Beat one cup sour cream until light, add two tablespoons vinegar, one tablespoon lemon juice, one teaspoon each salt and sugar, and one fourth teaspoon each white pepper and made mustard. Beat until thick and serve with salads. If liked, six tablespoons mushroom or tomato catchup may be added to dressing.

French Dressing

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|---|---|
| 6 tablespoons olive oil or vege-
table oil | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons vinegar or lemon
juice |

Set a small bowl in dish of crushed ice and pour in oil, beat in seasonings, a little at a time, until well mixed, then add gradually vinegar or lemon juice and beat until thoroughly blended. Serve at once.

This may be varied by adding a little onion juice, or by rubbing the bowl with a cut clove of garlic, or by adding a little grated

cheese, or yolks of hard-cooked eggs run through a sieve. A little prepared mustard or tomato purée is sometimes used to vary the flavor.

Roquefort Dressing is made by mixing in one half ounce of Roquefort cheese.

Chutney Dressing is made by adding two tablespoons chopped chutney.

Chiffonade Dressing is made by mixing two tablespoons each chopped parsley and chopped red peppers, one teaspoon chopped shallot, two hard-cooked eggs, — yolks and whites chopped separately, — one teaspoon salt, one half teaspoon black pepper, one fourth teaspoon paprika, five tablespoons olive oil, and two tablespoons vinegar. Chill and shake well before using on any green salad.

Italian Dressing

1 clove garlic	1 teaspoon salt
$\frac{1}{2}$ teaspoon paprika	1 tablespoon thick tomato
$\frac{1}{2}$ cup (1 gill) olive or vegetable	catchup
table oil	2 tablespoons tarragon vinegar

Chop garlic and mash it with salt, paprika, and tomato catchup, then stir in, a few drops at a time, the oil. Beat until smooth and add vinegar, a little at a time.

This, like French dressing, should be made over cracked ice and served at once.

Mayonnaise Dressing

1 teaspoon dry mustard	2 egg yolks
$\frac{1}{2}$ teaspoon fine salt	1 cup ($\frac{1}{2}$ pt.) olive oil
$\frac{1}{4}$ teaspoon paprika	Lemon juice
$\frac{1}{2}$ teaspoon onion juice	

The eggs and oil must be thoroughly chilled, and the bowl in which the mixing is done should be set in a pan of cracked ice.

Mix mustard, salt, and paprika, drop in eggs, and beat with wooden spoon until mixed. Add oil, a drop at a time, beating steadily. When it becomes thick, add a little lemon juice, then alternate oil and lemon juice until all the oil is in. Two cups of oil may be worked in if enough lemon juice is used. Add onion juice and set on ice until required.

If this is to be used on fruits, the mustard and onion juice should be left out, and when ready to serve combine equal parts of whipped cream and mayonnaise.

Good vinegar may be used in place of the lemon juice.

A tartare sauce for fish and salads can be made by adding to some of this dressing a little finely chopped onion, pickles, or olives, one teaspoon chopped parsley, a little tarragon, and capers to suit one's taste.

If the dressing curdles, start again with a clean bowl and another egg yolk. Add a small quantity of fresh oil, teaspoonful by teaspoonful, stirring all the while and adding the curdled dressing. In this way it need not be wasted, and the final results will be good.

Russian Dressing

2 egg yolks	$\frac{1}{4}$ teaspoon paprika
1 cup ($\frac{1}{2}$ pt.) olive or vegetable oil	1 tablespoon finely chopped green pepper
2 tablespoons lemon juice	1 chopped pimiento (canned red pepper)
1 teaspoon mustard	$\frac{1}{2}$ teaspoon onion juice
$\frac{1}{2}$ teaspoon salt	1 tablespoon chili sauce

Beat eggs and add a few drops of oil at a time until mixture begins to thicken, then alternate oil and lemon juice, continue beating until all is used, and mix the seasonings and add. Chill and when ready to serve beat in the peppers, onion juice, and chili sauce.

Salad Dressing That Will Keep

1 teaspoon mustard	1 tablespoon ($\frac{1}{2}$ oz.) butter, melted
3 teaspoons sugar	2 egg yolks, beaten
1 teaspoon salt	1 tablespoon vinegar
1 teaspoon celery salt	

Mix dry ingredients in a saucepan, add butter, eggs, and vinegar, heat over hot water until it thickens, stirring all the time. Do not allow to boil. Bottle when cold, and it will keep some weeks.

Another Method. Take one egg, two tablespoons vinegar, four tablespoons milk, two teaspoons oil or melted butter,

one half teaspoon each of salt and mustard, and one fourth teaspoon pepper. If butter is used instead of oil, it is added just before taking from the fire. If oil is used, mix it thoroughly with the dry ingredients, then add the egg and beat for three minutes, then beat in the vinegar for a minute. Add the milk and put the whole into a double boiler, cooking until thick and stirring all the while. Cook for nearly ten minutes. This dressing can be bottled and kept in a cool place for one week or more.

CHAPTER XIII

PUDDINGS

“Variety is the mother of enjoyment.”

ALL ingredients for puddings should be fresh and of good quality. It is a false economy to use for them any materials that have been too long stored, as the slightest degree of mustiness in any one of the articles will spoil all that are combined with it. Eggs should always be broken separately into a cup before they are added to the other ingredients, as a single bad one will occasion the loss of many when this precaution is neglected. The perfect sweetness of suet and milk should be especially attended to before they are mixed into a pudding, as nothing can be more offensive than the first when it is kept too long, nor worse in its effect than the curdling of the milk, which is the certain result of its being soured.

Fruits should be cleaned with great care; the rinds of oranges and lemons grated lightly off, that the bitter part of the skin may be avoided; if pared, they should be cut as thin as possible.

A very little salt improves all sweet puddings, taking off the insipidity and bringing out the full flavor of the other ingredients, but its presence should not be perceptible.

Puddings are as a rule either boiled, steamed, or baked. When boiling puddings, the mold or bowl must be quite full, or the water will get in. Cover with a greased paper, then tie a cloth over the top, and tie the four corners of the cloth across. Place the pudding in a saucepan with boiling water to well cover, and keep the water boiling the whole time. If more water be added, it must be boiling.

For pudding cloths, use material such as linen or cheesecloth. Puddings are lighter when steamed than when boiled, but a longer time must then be allowed for cooking, from one third to

twice the time. In steaming puddings, have them at a uniform heat all the time, and be careful not to lift the lid off the pan for the first thirty minutes. When steaming a pudding, the mold need not be quite full, but it must be covered with a greased paper or lid to keep the water out. Very light puddings, such as custards or soufflés, should be placed in a steamer. Puddings made of suet may stand in a saucepan with boiling water to come about a third the depth of the mold, taking care that the water does not boil over into the pudding. Most of the suet puddings, mixed a little softer, are excellent baked in a pudding dish. Cornstarch for puddings must be well cooked, from eight to ten minutes. Batters must be well beaten and allowed to stand for thirty minutes or longer before cooking, because the starch in the flour swells. Batter puddings should be put into a quick oven. Puddings composed principally of eggs and milk should be gently cooked, as strong heat will cause them to curdle.

When a pudding is served it should round out the meal, furnishing something that is lacking. If the meal has not contained enough starchy food, use a pudding made of bread, tapioca, rice, or corn meal.

Apple Custards

2 cups (1 pt.) milk	1 pinch salt
2 eggs, separated	1½ cups (4) apples, grated
3 tablespoons (1½ ozs.) sugar	1 teaspoon lemon extract
1 tablespoon cornstarch	1 tablespoon powdered sugar

Heat milk to boiling point, then pour over sugar mixed with cornstarch, salt, and yolks of eggs. Let boil up just once. Into this stir apples and lemon extract. Divide into seven greased custard cups, cover with whites of eggs beaten to a stiff froth and sweetened with powdered sugar, and brown lightly in a quick oven.

Apple Rolls and Sauce

1 cup (¼ lb.) potato flour	1 tablespoon (½ oz.) butter
1 cup (¼ lb.) flour	1 teaspoon powdered nutmeg
2 teaspoons baking powder	1 teaspoon powdered cinnamon
2 tablespoons (1 oz.) lard	2 tablespoons brown sugar
¾ cup (1½ gills) milk	4 tart apples, diced

Sift flours and baking powder into a bowl, cut and rub in lard, and make into soft dough with milk. Roll out on floured baking board, spread with butter, spices, and brown sugar mixed together, sprinkle over apples, wet edges with water, and roll up like jelly roll. Cut in slices, place them in a greased tin, cover with the sauce, and bake in a moderate oven thirty-five minutes.

Sauce

1 cup ($\frac{1}{2}$ lb.) sugar or honey	$\frac{1}{2}$ teaspoon salt
1 tablespoon ($\frac{1}{2}$ oz.) butter	1 cup ($\frac{1}{2}$ pt.) boiling water
1 tablespoon potato flour	$\frac{1}{2}$ lemon and juice

Put all ingredients into a saucepan, stir until boiling, and pour over apples.

Baked Apples and Rice

Good cooking apples	Cream
Boiled rice	Nutmeg
Salt	Sugar
Butter	Ice cream

Pare and remove core from required amount of apples, place in greased fireproof dish, and fill centers with rice, season to taste with salt, butter, cream, and nutmeg. Sprinkle apples over with sugar. Pour in four tablespoons of boiling water and bake in slow oven till apples are tender. Serve with ice cream. Cold cooked tapioca may be used in place of rice.

Baked Rice Pudding

4 cups (1 qt.) milk	1 cup ($\frac{1}{2}$ lb.) seeded raisins
5 tablespoons ($2\frac{1}{2}$ ozs.) sugar or honey	1 teaspoon powdered cinnamon
3 tablespoons uncooked rice	$\frac{1}{2}$ teaspoon powdered mace
	2 tablespoons (1 oz.) butter substitute

Put milk into a bowl, add sugar, rice, butter substitute, raisins, and spices, and mix well together. Pour into a greased baking dish and bake one hour in a moderate oven.

Another Method. Add to one cup cooked rice, two beaten eggs, and one half cup honey or sirup. Fill serving dish one half full of fresh fruit, cover with rice, and bake in moderate oven twenty minutes. Serve hot or cold with milk.

Cherry Dumplings

1 can cherries	2 teaspoons baking powder
2 tablespoons (1 oz.) butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup ($1\frac{1}{2}$ ozs.) cornstarch	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk
	2 cups ($\frac{1}{2}$ lb.) flour

Empty cherries into a saucepan, put on the range, then thicken with butter and cornstarch, adding a little sugar, if needed, until it has consistency of rich cream. Sift flour, baking powder, and salt into a bowl, stir in milk, and drop by spoonfuls into hot cherries. Cover and cook twelve to fifteen minutes. Serve hot.

Chocolate Pudding

1 cup ($\frac{1}{2}$ lb.) sugar	1 egg, separated
1 teaspoon flour	2 cups (1 pt.) milk
3 teaspoons cocoa	1 teaspoon butter
	$\frac{1}{2}$ teaspoon vanilla extract

Mix together sugar, flour, and cocoa in a small saucepan, add yolk of egg, and milk. Cook slowly ten minutes, stirring occasionally, take from fire, and stir in lightly well-beaten white of egg, butter, and vanilla. Pour into glass dish and serve cold.

Dandy Orange Pudding

SAUCE

3 cups ($1\frac{1}{2}$ pts.) boiling water	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
$\frac{3}{4}$ cup (6 ozs.) sugar or honey	
	2 large oranges

Pour water into a saucepan, add sugar, butter, strained juice, and pulp of oranges. Boil ten minutes.

BATTER

$\frac{1}{2}$ cup (4 ozs.) sugar or honey	2 teaspoons baking powder
$1\frac{1}{2}$ tablespoons ($\frac{3}{4}$ ozs.) butter substitute	$1\frac{1}{2}$ cups (6 ozs.) flour or Graham flour
$\frac{1}{2}$ cup (1 gill) milk	$\frac{1}{2}$ teaspoon powdered mace

Cream sugar and butter together, add milk, flour sifted with baking powder, and mace. Beat well and drop by spoonfuls into hot sauce. Bake twenty-five minutes; serve hot. Sufficient for six persons. This pudding is economical and delectable.

Ginger Pudding with Vanilla Sauce

$\frac{1}{2}$ cup (4 ozs.) butter or lard	$3\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup (4 ozs.) sugar or honey	$\frac{1}{4}$ teaspoon salt
2 cups ($\frac{1}{2}$ lb.) flour or Graham flour	2 teaspoons powdered ginger
	1 cup ($\frac{1}{2}$ pt.) milk
1 egg, beaten	

Cream butter and sugar, add flour sifted with baking powder, salt, and ginger, then add milk, and egg. Mix well and turn into greased mold, cover with greased paper, and steam steadily two hours. Serve hot with sauce.

VANILLA SAUCE

$\frac{1}{2}$ cup (4 ozs.) sugar or honey	2 tablespoons (1 oz.) butter substitute
1 tablespoon cornstarch	
1 cup ($\frac{1}{2}$ pt.) boiling water	1 teaspoon vanilla extract

Mix sugar and cornstarch in pan, add water, and boil five minutes; take from fire, add butter substitute, vanilla, and serve.

Individual Pineapple Trifles

Sliced canned pineapple	Whipped and sweetened cream or whipped evaporated milk
Slices stale white or sponge cake	
$\frac{1}{2}$ cup (2 ozs.) chopped nut meats	Seeded raisins or preserved cherries

Put rounds of cake on serving dish, place pineapple slices on top, fill centers of pineapple with nut meats mixed with a little pineapple sirup, top with cream, and decorate with raisins or cherries.

Jelly Sponge

2 cups (1 pt.) boiling water 2 egg whites
1 package jelly powder $\frac{1}{4}$ cup (2 ozs.) sugar

Pour water over powder and set aside to cool. Beat up whites of eggs to a stiff froth, beat in sugar, and gradually add cooled jelly. Beat fifteen minutes and serve in dainty glasses.

Mountain Dew Pudding

2 cups (1 pt.) milk 2 tablespoons cocoanut
 $\frac{1}{4}$ cup (2 ozs.) sugar or honey $\frac{1}{2}$ cup (2 ozs.) cracker crumbs
2 eggs, separated $\frac{1}{2}$ teaspoon lemon extract

Mix milk with sugar, yolks of eggs, cocoanut, crumbs, and extract. Turn into greased pudding dish and bake in moderate oven thirty minutes. Beat up whites of eggs to stiff froth, beat in tablespoon of sugar, and spread over top. Serve hot with sauce.

Sauce

$\frac{1}{2}$ cup (3 ozs.) brown sugar Hot water
 $\frac{1}{2}$ cup (4 ozs.) sugar or honey $\frac{1}{2}$ teaspoon lemon extract
1 tablespoon cornstarch $\frac{1}{2}$ teaspoon vanilla extract

Mix sugars with cornstarch in a saucepan and cook with enough water to make thick sauce. Flavor with lemon and vanilla.

Oatmeal Pudding

2 cups (1 lb.) left-over oatmeal $\frac{1}{4}$ teaspoon salt
porridge $1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk
 $\frac{1}{2}$ cup (2 ozs.) bread crumbs $\frac{1}{2}$ teaspoon powdered nutmeg
 $\frac{1}{2}$ cup (3 ozs.) Sultana raisins 2 eggs, beaten
1 apple, chopped $\frac{1}{2}$ cup (4 ozs.) sugar or honey

Mix oatmeal with bread crumbs, add raisins, apple, salt, milk, nutmeg, eggs, and sugar. Bake in a well-greased fireproof dish in a moderate oven twenty minutes. Serve with hot milk, or sweet sauce.

Old-fashioned Indian Pudding

4 cups (1 qt.) milk $\frac{1}{2}$ cup (7 ozs.) molasses
4 cups (1 qt.) skimmed milk 1 teaspoon salt
1 cup (8 ozs.) sugar, brown or 1 teaspoon powdered ginger
white $\frac{1}{2}$ cup (3 ozs.) corn meal, scant

Pour one half of each kind of milk into a saucepan and place on the stove. When milk is hot, add sugar mixed with molasses, salt, ginger, corn, and a little of the cold milk, stirring steadily until it is well thickened. Turn into a well-greased pudding dish or casserole and bake in a slow oven. Add remainder of milk at two periods, two hours apart during the baking of eight hours. Whipped cream sweetened, flavored, and chilled adds to the pudding when served.

Persimmon Pudding

1 quart ripe persimmons	4 cups (1 qt.) milk
1 cup ($\frac{1}{2}$ lb.) sugar or honey	2 teaspoons baking powder
2 eggs	$1\frac{1}{2}$ cups (6 ozs.) flour
	$1\frac{1}{2}$ cups (6 ozs.) potato flour

Pick over and steam persimmons, rub through a colander, and to pulp add sugar and eggs, beat three minutes, then add alternately milk and flours sifted with baking powder. Mix thoroughly and pour into a well-greased pudding dish or pan. Bake in moderate oven one and one half hours. This pudding will keep like fruit cake.

Plum Pudding

1 cup (4 ozs.) flour	1 cup (4 ozs.) chopped candied citron peel
2 cups ($\frac{1}{2}$ lb.) currants	1 teaspoon baking powder
2 cups ($\frac{1}{2}$ lb.) chopped suet	2 teaspoons ginger
2 cups (12 ozs.) brown sugar	1 teaspoon cinnamon
2 cups ($\frac{1}{2}$ lb.) bread crumbs	1 teaspoon nutmeg
1 cup ($\frac{1}{2}$ lb.) seeded raisins	1 teaspoon salt
1 cup (6 ozs.) Sultana raisins	2 eggs, beaten
1 lemon	
	1 cup ($\frac{1}{2}$ pt.) milk

Sift flour into a bowl, add fruits, suet, sugar, crumbs, grated rind and strained juice of lemon, baking powder, spices, salt, eggs, and milk. Mix well, pour into greased mold, cover with greased paper, and steam steadily six hours. If divided into two puddings, five hours will be long enough to steam. Turn out and serve with hot milk or hard sauce.

Prune Roll

2½ cups (10 ozs.) flour or whole wheat flour	2 tablespoons (1 oz.) shortening
	Cold water
2 tablespoons (1 oz.) sugar	1 pound prunes, cooked and sweetened
2 teaspoons baking powder	1 teaspoon grated lemon rind
½ teaspoon salt	Milk or cream

Into a bowl sift flour, sugar, baking powder, and salt; cut and rub in shortening and mix to soft dough with cold water. Divide into two equal parts and roll out to about one half inch in thickness. Spread stoned prunes on dough, sprinkle with lemon rind, roll up like jelly roll, and moisten edges with cold water. Have juice of prunes boiling in good-sized pan, place in the two rolls side by side, and bake in moderate oven three fourths of an hour. Slice and serve with milk or cream.

Prune Whip

2 cups (1 lb.) prunes	2 egg whites
½ cup (4 ozs.) sugar or honey	¼ teaspoon salt
1 cup (4 ozs.) chopped English walnut meats	1 teaspoon lemon juice
	Thin custard

Wash prunes and boil until tender, then stone and chop fine, add sugar and nuts, and fold in stiffly beaten whites of eggs, add lemon juice and salt. Turn into greased pudding dish and bake in slow oven twenty-five minutes. Serve with thin custard made from yolks of eggs.

Dates may be used instead of prunes.

Rhubarb Shortcake

½ cup (4 ozs.) shortening	1 cup (½ lb.) sugar or honey
1 egg, beaten	½ teaspoon salt
1 cup (½ pt.) sour cream or buttermilk	½ teaspoon soda
Rhubarb sauce	2 cups (8 ozs.) flour
	1 cup (4 ozs.) corn flour

Cream shortening and sugar together, add egg, salt, cream, soda, and flours. Turn out on floured baking board, divide in two pieces, roll out, and lay on greased tins. Bake in hot oven twenty minutes. Split open and fill with rhubarb, stewed.

Rice and Date Pudding

$\frac{1}{2}$ cup (4 ozs.) rice	2 eggs, beaten
4 cups (1 qt.) milk	1 cup ($\frac{1}{4}$ lb.) dates, stoned
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	3 tablespoons sirup or honey
	Cocoanut

Put rice into a double boiler with milk and butter substitute and cook until all the milk is absorbed. Add eggs, dates chopped, and sirup or honey. Pour into a greased mold, cover with greased paper, and steam gently two hours. Turn out, cover with cocoanut, and serve with milk.

Rolled Oats Pudding

2 cups (1 pt.) cooked rolled oats	1 egg, beaten
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup (4 ozs.) sugar or honey	1 teaspoon vanilla extract
2 teaspoons cornstarch	$\frac{1}{2}$ cup (3 ozs.) Sultana raisins
2 tablespoons cream	$\frac{1}{4}$ cup (2 ozs.) cocoanut, chopped

Mix oats with milk, add sugar, cornstarch dissolved in cream, egg, salt, extract, and raisins. Turn into greased pudding dish, sprinkle over with cocoanut and bake in slow oven forty-five minutes. Serve hot with hot milk or cream.

Strawberry Shortcake

2 cups ($\frac{1}{2}$ lb.) flour	4 tablespoons (2 ozs.) butter substitute
2 cups ($\frac{1}{2}$ lb.) corn flour	
4 teaspoons baking powder	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk
$\frac{1}{2}$ teaspoon salt	Strawberries
	Sweetened cream

Sift flours, baking powder, and salt into a bowl, cut and rub in butter substitute, and make into soft dough with milk. Divide into two pieces, pat or roll out, and place in two greased pie tins and bake in hot oven twelve to fifteen minutes. When done, slit with a fork, butter both halves, cover lower half with generous layer of perfectly ripe, fresh strawberries, which should be plentifully sweetened and allowed to stand fifteen minutes before using. I consider it a decided improvement to crush berries enough to let juices escape so that they mingle with sugar. Place other half of shortcake on top of this, in an in-

verted position, crust down, cover with berries, adding a generous sprinkling of sugar at last. Serve with cream. Raspberries may be used in the same way.

Strawberry Ring

1 box ripe strawberries	6 ozs. ($\frac{3}{4}$ cup) sugar
$1\frac{1}{2}$ tablespoons ($\frac{1}{2}$ oz.) powdered gelatine	$\frac{1}{2}$ lemon
1 cup ($\frac{1}{2}$ pt.) hot water	1 cup ($\frac{1}{2}$ pt.) whipped cream or whipped evaporated milk

Dissolve gelatine in water, add strained lemon juice, sugar, and one half of strawberries rubbed through a sieve. Pour into wet ring mold and place in refrigerator until firm. Turn out, fill center with cream, and decorate with remaining strawberries.

Sliced Peach Shortcake

2 cups ($\frac{1}{2}$ lb.) flour or Graham flour	6 tablespoons (3 ozs.) butter substitute
$\frac{1}{2}$ cup (2 ozs.) sugar	$\frac{1}{2}$ cup (1 gill) milk
$\frac{1}{2}$ teaspoon salt	2 cups (1 pt.) sliced peaches
4 teaspoons baking powder	Meringue or whipped and sweetened cream
$\frac{1}{2}$ teaspoon powdered mace	

Into a bowl sift flour, sugar, salt, baking powder, and mace. Sift twice, then cut and rub in shortening. Stir in milk, turn out on well-floured board, and divide in two pieces. Roll out and place one layer on greased pie tin, dot with butter, place second layer over it, and bake in hot oven twenty to twenty-five minutes. Split and butter cake, put together, and cover with meringue and peaches.

Steamed Shortcake

$1\frac{1}{2}$ cups (6 ozs.) flour or Graham flour	3 tablespoons ($1\frac{1}{2}$ ozs.) shortening
$\frac{1}{2}$ teaspoon salt	1 egg, beaten
2 teaspoons baking powder	$\frac{1}{2}$ cup (1 gill) water
	1 tablespoon ($\frac{1}{2}$ oz.) sugar
	Fresh or canned fruit

Sift flour once, then measure and sift again with salt and baking powder. Cut and rub in shortening, then add egg and



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STRAWBERRY RING. *Page 160.*



STEAMED MEAT PUDDING. Page 161.



MAKING TOUGH MEAT TENDER. See page 314.

water. Mix and turn into a small, well-greased pan, sprinkle over sugar, and steam one hour. Split open, fill, and cover with any kind of fresh or canned fruit.

Wildwood Pudding

6 apples	1 cup (4 ozs.) flour or Graham flour
1 cup (4 ozs.) chopped nut meats	
$1\frac{1}{4}$ cups (10 ozs.) sugar, brown or white	1 teaspoon baking powder
2 tablespoons lemon juice	1 tablespoon ($\frac{1}{2}$ oz.) butter
2 eggs, beaten	$\frac{1}{2}$ cup (1 gill) orange juice
	$\frac{1}{2}$ cup (1 gill) honey
	1 cup ($\frac{1}{2}$ pt.) boiling water

Core, peel, and slice apples into buttered pudding dish. Over them sprinkle one half of the nuts, three fourths cupful of the sugar, and half of lemon juice. Beat butter with remainder of sugar, add one egg, orange juice, and flour sifted with baking powder. Pour this batter over apples and bake in moderate oven thirty-five minutes or until brown. Serve with sauce made as follows:

Into small saucepan put honey, remainder of nuts, lemon juice, and egg; add boiling water and bring to boiling point, stirring constantly.

Steamed Meat Pudding

1 pound beef	6 tablespoons stock or water
4 sheep's kidneys	1 teaspoon salt
1 tablespoon flour	$\frac{1}{2}$ teaspoon pepper
	Suet pastry

Trim away all skin and superfluous fat and cut meat into strips. Split kidneys, remove skin and inside fat, and cut into small cubes. Line greased mold or basin with suet pastry which has been rolled out to one fourth inch thickness. Fill up with meat, kidneys, seasonings, flour, and stock; cover with a lid of suet pastry, then cover with a greased paper and steam steadily four hours. One chopped onion may also be added for flavoring. When pudding is ready, turn out and serve with hot gravy.

This dish is one that commends itself especially to the busy housewife, for if the pudding is made directly after breakfast

there is a long morning free for household duties, for the steamer needs no attention beyond the addition of a little boiling water now and then. Meat puddings need not necessarily be made of beef. Mutton puddings are excellent — neck of mutton can be utilized in the same way, and is particularly good when layers of sliced onions and potatoes alternate with meat. Rabbit cooked in a pudding is the most economical way of serving it. Onions and herbs make excellent flavoring, or it can be varied by rolling the joints in mixture of curry powder and flour before adding water. Old poultry which is too tough for anything but soup making can be rendered eatable in a pudding.

CHAPTER XIV

SWEET AND SAVORY SAUCES

“ It provoketh a fine appetite if sauce your meat be by.”

It is an art to make a really good sauce — an art not sufficiently cultivated by the majority of cooks, yet one worthy of cultivation, for by means of a good sauce many ordinary dishes can often be redeemed from the commonplace.

A smooth, well-flavored sauce is not so very difficult to manufacture if a little care and thought are bestowed upon it. It need not be rich and elaborate, but it must be thoroughly blended and cooked; one seasoning must not unduly predominate over another, and it must be suitable for the dish with which it is to be served.

Sauces have several uses: They may supply some food deficiency in the dish; they may help to counteract the extreme richness of a dish; and they may simply act as an appetizer to an otherwise somewhat insipid dish. Sauces are economical, for they make whatever they are served with go farther. A little rather expensive fish, served in plenty of comparatively inexpensive sauce, will go a long way, and at the same time taste a great deal better for the addition. The same is true of meat, vegetables, and puddings. Left-overs can be heated up in fresh sauce, and will become hot and tempting dishes. The aims in sauce making are: to produce a well-flavored sauce, to make it of the right consistency, and to keep a good color.

Sauces are qualified as follows:

1. Sauces thickened with butter and flour cooked together to form a roux, either white or brown. Plain white and brown sauces, known as foundation sauces, and all the variations of

the above obtained by the addition of extra, distinctive seasonings, such as parsley, onion, capers, eggs, etc.

2. Sauces thickened with eggs, either cooked or uncooked.

3. Sauces thickened with a little blended flour or cornstarch, after the flavor of various ingredients has been extracted by long simmering.

4. Vinegar combined with oil, eggs, or cream.

5. Miscellaneous sauces.

Apple Sauce

1 cup ($\frac{1}{2}$ pt.) apples, chopped	1 cup ($\frac{1}{2}$ pt.) water
4 tablespoons (2 ozs.) sugar or honey	1 tablespoon lemon juice
	$\frac{1}{4}$ teaspoon powdered nutmeg

Cook apples in water until soft, add sugar and flavorings, and cook until sugar is dissolved; rub through a sieve and use.

If liked, one tablespoon potato flour, or cornstarch, or arrow-root may be added to above mixture.

Another Method. Cook one cup brown sugar and one cup water until it is a sirup, then add ten chopped apples and one tablespoon lemon juice, and cook until apples are soft.

Bread Sauce

2 cups (1 pt.) milk	1 teaspoon salt
$\frac{1}{2}$ cup (2 ozs.) bread crumbs	$\frac{1}{2}$ teaspoon pepper
1 onion	$\frac{1}{4}$ teaspoon paprika
4 cloves	2 tablespoons (1 oz.) butter substitute

Put milk into double boiler, add bread crumbs, and cook forty minutes; add onion stuck with cloves, seasonings, and butter substitute, and cook until onion is tender; then remove onion and rub sauce through a sieve. Reheat and serve hot with roast fowl or roast game.

Brown Sauce

4 tablespoons (2 ozs.) butter substitute	4 tablespoons (1 oz.) flour or cornstarch
1 tomato, sliced	1 cup ($\frac{1}{2}$ pt.) brown stock or water
1 carrot, sliced	Salt and pepper
1 onion, sliced	

Melt butter substitute, add tomato, carrot and onion, and fry until well browned, then stir in flour and cook until well browned also; add salt and pepper to taste and stock or water, and stir and cook eight minutes; rub through a sieve, and it is ready for use.

Caper Sauce

2 tablespoons (1 oz.) butter substitute	1 cup ($\frac{1}{2}$ pt.) boiling water
2 tablespoons ($\frac{1}{2}$ oz.) flour	3 tablespoons chopped capers
2 tablespoons ($\frac{1}{2}$ oz.) barley flour	1 tablespoon vinegar
	$\frac{1}{2}$ teaspoon salt

Blend butter substitute and flours in saucepan until smooth, stir in water, and when boiling, add capers, vinegar, and salt, cook eight minutes, and use.

Chocolate Sauce

2 squares (2 ozs.) chocolate	2 cups (1 pt.) hot water
4 tablespoons (2 ozs.) sugar or honey	4 tablespoons (1 oz.) cornstarch
	Cold milk

Melt chocolate with one half cup of the hot water, then add sugar or honey and remainder of hot water. Moisten cornstarch with sufficient milk to make it thickness of thin cream, add this to chocolate, and stir till sauce boils and thickens.

Another Method. Into upper pan of a double boiler put one fourth cup sugar or honey, one egg yolk, one cup milk, pinch of salt, one teaspoon butter, one half teaspoon vanilla extract, and two squares of chocolate or three tablespoons cocoa. Cook over hot water, stirring constantly until spoon is coated. Serve hot or cold.

Cranberry Sauce

4 cups (1 qt.) cranberries	$\frac{1}{2}$ teacup ($\frac{1}{4}$ gill) water
2 cups (1 lb.) sugar	

Pick over and wash berries. To these add water and cook until broken to pieces, stirring often to prevent scorching. When berries are done add sugar, stir until it is dissolved, take from fire immediately, and rub through strainer into wet chilled mold. Put into a cool place until serving time.

Another Method. Put one pint sugar and one cup water into a saucepan and allow it to boil five minutes, remove from fire and stand five minutes. Wash one quart cranberries, add them, and boil five minutes with lid on pan; remove from fire and stand five minutes, keeping lid on pan.

Jellied Cranberries

Take four cups cranberries, two cups sugar, and one cup water. Wash cranberries, removing any that are imperfect. Put them into a porcelain-lined pan, sprinkle sugar over them, and pour water gently over. Cook slowly, and when they reach boiling point, cover few moments, then uncover and cook gently until tender. Pour into a wet mold.

Cucumber Sauce

1 cucumber	1 tablespoon cooked spinach
2 tablespoons (1 oz.) butter substitute	1 cup ($\frac{1}{2}$ pt.) white sauce
	Salt and white pepper to taste
2 tablespoons cream	

Peel cucumber and cut it into thin slices. Put these into a small saucepan with butter substitute and spinach, and stew slowly fifteen minutes, stirring frequently. Then rub as much as possible through a sieve and return to a clean saucepan. Add sauce, seasonings, and cream and stir until hot.

Custard Sauce

1 egg, beaten	1 pinch salt
$\frac{1}{2}$ cup (1 gill) milk	$\frac{1}{2}$ teaspoon vanilla or lemon extract
1 tablespoon sugar	

Beat up egg, add milk, sugar, and salt, pour into a pitcher, stand in boiling water, and stir with a wooden spoon until it thickens; then add flavoring, rub through a sieve, and use.

Foamy Sauce

1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) sugar
2 egg whites, beaten	1 orange rind and strained juice

Heat milk. Beat egg whites until stiff, beat in sugar, and continue beating until smooth; add milk, rind, and juice of orange, continue beating until foamy, then use with puddings.

Another Method. Cream four tablespoons butter substitute with three fourths cup sugar in a saucepan, pour over them one half cup boiling water, stir until sugar is dissolved, remove from fire, and when cool fold in stiffly beaten whites of two eggs, strained juice of two oranges, and one tablespoon lemon juice. Beat until light and foamy.

Fresh Berry Sauce

1½ cups (¾ pt.) strawberries,	1 cup (½ lb.) sugar
peaches, or apricots	½ cup (4 ozs.) butter substitute
	1 egg white, beaten

When cooked puddings or boiled dumplings are used in hot weather, they can be given a summery touch by serving with a fresh berry sauce. These berry sauces are also good when poured over slices of sponge cake and topped with whipped and sweetened cream.

Mash fruit. Beat butter substitute and sugar to a cream, add white of egg; beat until very light, then stir in fruit, and serve immediately.

Hard Sauce

4 tablespoons (2 ozs.) butter	½ teaspoon vanilla extract
½ cup (4 ozs.) sugar	1 tablespoon brandy or fruit juice

Beat butter until creamy, add sugar, and beat until frothy. Flavor with vanilla and brandy or fruit juice or any other preferred flavoring. Chill and serve, lightly sprinkled with powdered nutmeg.

If liked, the stiffly beaten white of one egg may be added to the sauce.

Lobster Sauce

2 tablespoons (1 oz.) butter substitute	½ cup (1 gill) white stock or hot water
4 drops onion juice	2 egg yolks
½ bay leaf	Pounded lobster coral
¼ teaspoon pepper	2 tablespoons chopped lobster meat
½ lemon	

Lobster sauce is delicious with any white-fleshed fish. Stir together one tablespoon of the butter substitute with onion, bay leaf, pepper, and strained lemon juice. Add stock or water and stir over hot water until butter melts. As soon as very hot, take from fire and stir a little of the mixture into beaten yolks, add rest of sauce and return to fire. Stir constantly five minutes, add remainder of butter, lobster meat, and one half pounded coral of a lobster.

Marmalade Sauce

1 cup ($\frac{1}{2}$ pt.) boiling water	2 tablespoons cold water
2 teaspoons cornstarch	1 tablespoon sugar or honey
3 tablespoons marmalade	

Have boiling water in a small saucepan, add cornstarch moistened with cold water, stir over fire until it boils, then add sugar and marmalade, and use when very hot.

Horse-radish Sauce

4 tablespoons grated horse-radish	$\frac{1}{2}$ teaspoon pepper
1 teaspoon salt	1 teaspoon mustard
$\frac{3}{4}$ teaspoon sugar	2 teaspoons vinegar
4 tablespoons cream	

Mix horse-radish with vinegar, and let stand thirty minutes; then stir in gradually the other ingredients, adding cream last.

Italian Sauce

2 tablespoons (1 oz.) butter substitute	1 onion, chopped
	1 bunch herbs
2 tablespoons ($\frac{1}{2}$ oz.) flour	1 bay leaf
2 tablespoons ($\frac{1}{2}$ oz.) barley flour	2 button mushrooms, chopped
1 cup ($\frac{1}{2}$ pt.) white stock	2 tablespoons cream
Salt and pepper	

Melt butter substitute, stir in flours and when smooth add stock and stir until boiling; then add onion, herbs, bay leaf, mushrooms, cream, salt and pepper to taste, and simmer slowly twenty minutes. Rub through a sieve and use.

Lemon Sauce

1 cup ($\frac{1}{2}$ pt.) water	2 lemons
2 tablespoons ($\frac{1}{2}$ oz.) cornstarch	2 tablespoons (1 oz.) sugar or honey

Pour water into a small saucepan, add grated rinds of lemons, and bring to boiling point. Mix cornstarch smoothly with strained juice of lemons, stir into the boiling water, then add sugar or honey, and let sauce simmer six minutes. Serve hot with puddings.

Mint Sauce

3 tablespoons chopped mint	1 tablespoon sugar
$\frac{1}{2}$ cup (1 gill) vinegar	1 pinch salt

Put mint into a tureen with sugar and salt and pour over vinegar, stirring it well. The sauce should be made two hours before it is wanted. If the vinegar is very acid, one third of water may be used to dilute it.

Another Method. Drop one tablespoon olive oil on to three tablespoons freshly chopped mint, add one tablespoon sugar and one half cup vinegar. Serve with lamb.

Molasses Sauce

1 tablespoon flour	$\frac{1}{2}$ cup (1 gill) milk
2 tablespoons molasses	$\frac{1}{2}$ cup (1 gill) water

Mix flour with molasses in small saucepan, add milk and water, stir until sauce boils, and cook two minutes. This sauce goes well with a boiled pudding in which there is not much sugar.

Another Method. Pour one cup water into a saucepan, add one tablespoon lemon juice and three tablespoons molasses or sirup. Bring to boiling point, boil five minutes, and strain. A little ginger or other spice may be added if liked.

Mustard Sauce

1 tablespoon flour or cornstarch	$\frac{1}{2}$ cup (1 gill) milk
$\frac{1}{2}$ cup (1 gill) water	2 teaspoons thick-made mustard
	$\frac{1}{2}$ teaspoon vinegar

Put flour into small saucepan, add gradually milk and water, and stir until boiling. Add mustard and vinegar, stir carefully, and beware of curdling.

Another Method. Melt two tablespoons butter substitute in small saucepan, add one teaspoon each flour and dry mustard, and mix smooth. Pour in three fourths cup stock or water, stir until boiling, and cook three minutes. Add pinch of salt, two teaspoons vinegar, and one tablespoon cream. Serve hot with grilled fish.

Piquante Sauce

4 tablespoons vinegar	1 tablespoon chopped gherkin
1 teaspoon chopped onion	1 cup ($\frac{1}{2}$ pt.) brown sauce
1 tablespoon chopped capers	2 teaspoons chopped parsley

Into small saucepan put vinegar, onion, capers, and gherkin and simmer until vinegar is reduced to half the quantity. Pour in brown sauce, bring to the boil, add more seasoning if necessary and parsley. Serve with boiled mutton, veal, calf's head, or any meat that is lacking in taste.

Rose Sauce

1 large red beet	1 lemon
2 cups (1 pt.) water	2 cups (1 lb.) sugar or honey
1 teaspoon rose extract	

Peel beet and cut into thin slices; put it into saucepan with water and thinly pared rind of lemon. Simmer thirty minutes; strain, return liquid to pan, add sugar and strained juice of half lemon. Cook five minutes and add rose extract. When cold, put it into small bottles and seal. This sauce keeps well and may be used with all kinds of sweet puddings and ice creams.

Savory Jelly Sauce

1 tumbler red currant jelly	1 tablespoon mushroom or to-
1 teaspoon Worcestershire sauce	mato catchup
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon pepper

Melt jelly in small saucepan, add sauce, catchup, and seasonings, and mix thoroughly. Serve hot with chops or other meats.

Another Method. Melt one half tumbler wild grape jelly, add one half cup brown gravy or sauce, and season with catchup, salt, pepper, and red pepper.

Sour Cream Sauce

2 tablespoons (1 oz.) butter substitute	1 cup ($\frac{1}{2}$ pt.) sour cream
4 tablespoons (1 oz.) flour or potato flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Melt butter substitute in small saucepan, smoothly stir in flour, pour in cream, stir until boiling, and cook three minutes; add seasonings, and, if liked, a dash of vinegar, a suitable addition of lemon juice, chopped gherkins or capers, grated cheese or anything else preferred.

This sauce is suitable for serving with fish or vegetables.

Another Method. Bring one cup sour cream almost to boiling point, then add four tablespoons flour moistened with one half cup cold water, and stir until mixture cooks five minutes; season to taste with salt, pepper, and grated nutmeg, take from fire, and stir in beaten yolk of one egg. This latter may be omitted if liked, while the nutmeg may always be replaced by vinegar, lemon juice, or whatever else may be deemed advisable.

Sweet Melted Butter Sauce

3 tablespoons ($1\frac{1}{2}$ ozs.) butter substitute	2 cups (1 pt.) milk
4 tablespoons (1 oz.) flour or potato flour	2 tablespoons (1 oz.) sugar
	1 teaspoon lemon juice

Melt butter substitute in a small saucepan, add flour, and stir with wooden spoon until smooth. Then add milk and stir over fire until sauce thickens and boils eight minutes. Add sugar and lemon juice and strain before using.

Thickened Gravy

2 tablespoons (1 oz.) drippings	1 cup ($\frac{1}{2}$ pt.) water or stock
4 tablespoons (1 oz.) flour or cornstarch	1 teaspoon salt
	$\frac{1}{4}$ teaspoon celery salt
	$\frac{1}{4}$ teaspoon pepper

Pour away fat from roasting pan, leaving two tablespoons, add flour or cornstarch, and mix it over fire until smooth and brown; next draw pan to side of fire and pour in water or stock, and stir over fire again until boiling. Simmer eight minutes, skim well, and add seasonings. Strain before using. This gravy is generally preferred for roast game, poultry, or rabbit.

Clear Gravy

For all simple roasts a clear unthickened gravy is the best. Pour away fat from pan and reserve it for future use. Add one half cup water and with an iron spoon rub down any glaze which adheres to side of pan. Boil five minutes, add salt and pepper to taste, and remove any grease from surface with white paper. Strain a little of gravy over joint, and pour remainder into sauceboat. It is awkward for the carver if the dish is made too full. Serve hot.

Brown Gravy

Melt four tablespoons butter substitute in a saucepan, add one chopped onion, and fry until brown; then add two tablespoons flour and one tablespoon soy bean flour and fry until nicely browned; add salt and pepper to taste, one cupful boiling water, or stock, or water in which vegetables were boiled, stir and cook five minutes, and it is ready. Strain if desired.

Tomato Gravy

1 can or 4 tomatoes, sliced	1 teaspoon salt
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ teaspoon pepper
1 slice onion	2 teaspoons flour
	1 clove
1 cup ($\frac{1}{2}$ pt.) water	

Fry tomatoes in butter substitute with onion eight minutes, add seasonings, flour, clove, and water, boil fifteen minutes, rub through a sieve and use.

For cooking purposes there is perhaps no vegetable which will lend itself to such a variety of treatment as the tomato.

Tomato Sauce

1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	1 bunch herbs
1 tablespoon chopped ham or bacon	3 large tomatoes or $\frac{1}{2}$ can tomatoes
$\frac{1}{2}$ small onion, chopped	1 tablespoon cornstarch
2 teaspoons chopped parsley	2 cups (1 pt.) stock or water
$\frac{1}{2}$ teaspoon white pepper	1 teaspoon salt

Melt butter substitute, add ham and onion, and fry a few minutes; now add parsley, herbs, tomatoes, cornstarch moistened with water, and seasonings. Simmer fifteen minutes, strain and use. If fresh tomatoes are used, they must be cut in small pieces.

White Sauce

2 tablespoons (1 oz.) butter substitute	$1\frac{1}{2}$ cups (3 gills) milk
4 tablespoons (1 oz.) flour or cornstarch	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Melt butter substitute in a saucepan, add flour, and mix with a wooden spoon until perfectly smooth. Cook for a few minutes over the fire but take care that it does not brown, then draw pan to one side, add milk and seasonings, and return to fire; stir constantly until boiling and cook five minutes longer.

If liked, two tablespoons cream and one teaspoon lemon juice may be added just before using.

To make a sweet sauce, omit seasonings and add one tablespoon sugar or honey and one half teaspoon of vanilla or lemon extract, or a little powdered nutmeg or ginger.

CHAPTER XV

ICE CREAMS AND ICES

“ A thousand different shapes it bears,
Comely in thousand shapes appears.”

ICE CREAM is one of the simplest dishes to prepare, providing always that one has a good freezer. Another advantage ice cream has over a large number of desserts is that it is very easily digested, and with few exceptions the most delicate invalid can partake of it with impunity. Ice cream is not a luxury. It costs no more to make than the everyday puddings and pies and is much more healthful.

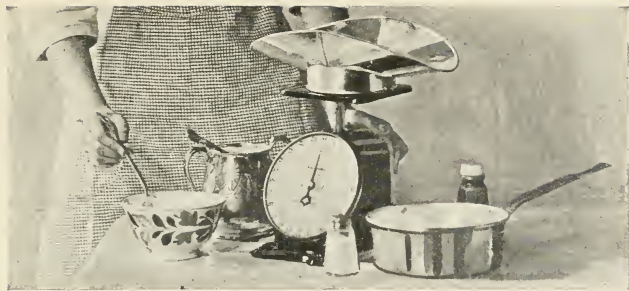
An infinite variety of desserts can be easily made with a freezer. Almost anything agreeable to the taste and adapted for a drink or a dessert, if frozen, has an added delicacy. Ices, sherbets, and frappés are very refreshing, inexpensive, and easily prepared.

A good general rule for *water ices* is to boil together two cups sugar or honey and one and one half pints water five minutes, then stand aside to cool. When cold, fruit juice may be added in the proportion of a pint of the juice to above of sugar, or honey, and water.

A water ice is a fruit juice sweetened, diluted with water, and frozen. One measure of salt to three of ice. Be sure to pound the ice very fine.

A *sherbet* is a water ice to which is added a small quantity of dissolved gelatine or stiffly beaten egg whites. One measure of salt to three of ice.

A *frappé* is a water ice frozen to the consistency of mush. Use equal parts of salt and ice.



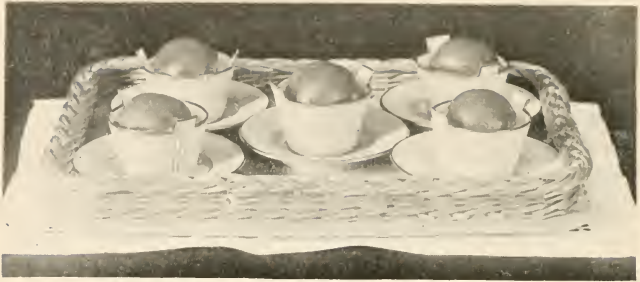
MAKING PIQUANTE SAUCE. *Page 170.*



MAKING MOLASSES SAUCE. *Page 169.*



APPLE ICE CREAM. *Page 175.*



PEACH ICE CREAM. *Page 180.*



MAPLE NUT ICE CREAM. *Page 179.*



ROLLING OUT PASTRY. *Page 185.*

A *punch* is a water ice to which is added spirit and spices. One measure of salt to three of ice.

A *sherbet*, strictly speaking, is frozen punch, though the name is often given to a water ice where several kinds of fruit are used. One measure of salt to three of ice. For ice cream, one measure of salt to three of ice. For a *mousse* equal parts of salt and ice. Rock salt should be used in all cases.

If you wish to mold ices, have mold ready when you remove dasher from freezer can. Rinse mold in cold water, fill quickly with mixture, filling every part of mold and pressing down well with a wooden spoon. Lay piece of waxed paper over mixture, large enough to project beyond edges when lid is on, then place mold in ice and salt. Four parts of ice to one part of salt. Cover well, and let ripen for two hours or more.

The following is a novel way of serving ice cream: Place a small tin mold full of cold water to freeze, by placing in a pan of cracked ice and salt, so that the cold approaches from the sides and bottom. Then, when a thin frozen shell is formed, the mold is removed, and a perfect glass of ice remains, to be filled with ice cream or fruit ices.

Apple Ice Cream

2 pounds apples	1 lemon
1 cup ($\frac{1}{2}$ pt.) water	1 orange
1 inch cinnamon stick	2 cups (1 pt.) cream or evaporated milk
1 cup ($\frac{1}{2}$ lb.) sugar or honey	2 cups (1 pt.) custard

Core, peel, and cut up apples and put them into saucepan with water, cinnamon, sugar, grated rinds and juice of orange and lemon. Cool until perfectly soft, rub through a sieve, and when cool, add cream and custard. Freeze and serve in dainty glasses.

Brown Bread Ice Cream

$1\frac{1}{4}$ cups (5 ozs.) dried brown bread crumbs	$\frac{1}{4}$ teaspoon salt
3 cups ($1\frac{1}{2}$ pts.) evaporated milk	$\frac{3}{4}$ cup (6 ozs.) sugar or honey
3 cups ($1\frac{1}{2}$ pts.) water	$\frac{1}{2}$ teaspoon lemon extract
	1 teaspoon vanilla extract

Soak bread crumbs in milk and water twenty minutes, then rub through a sieve, add salt, sugar, and extracts, and freeze.

Café Frappé

4 cups (1 qt.) strong black coffee 2 cups (1 pt.) double cream or
1 cup ($\frac{1}{2}$ lb.) sugar or honey whipped evaporated milk
1 teaspoon vanilla extract

Strain and cool coffee and add whipped cream, sugar, and vanilla. Turn into a freezer, pack in ice and salt, and let ripen two hours. Serve in tall glasses with lady fingers. If liked, whipped and sweetened cream may be piled on top of each glass.

Coffee Mousse

2 eggs 4 cups (1 qt.) cream whipped, or
 $\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) sugar or honey evaporated milk whipped
1 cup ($\frac{1}{2}$ pt.) strong coffee 1 teaspoon vanilla extract

Beat eggs and sugar or honey until thick, put them with coffee into a double boiler, and cook until mixture thickens. When cold, add cream and extract. Pack in mold and allow to ripen four hours.

Chocolate Ice Cream

$1\frac{1}{2}$ squares ($1\frac{1}{2}$ ozs.) chocolate, 1 cup ($\frac{1}{2}$ pt.) water
 unsweetened 4 cups (1 qt.) cream or evapo-
1 cup ($\frac{1}{2}$ lb.) sugar or honey rated milk
1 pinch salt 2 teaspoons vanilla extract

Put chocolate into upper pan of a double boiler over hot water, add water, and stir until mixture is smooth. Remove from fire, and add cream, sugar, salt, and vanilla. Dissolve and freeze, using three parts crushed ice to one of rock salt. Serve in dainty glasses with a spoonful of whipped and sweetened cream on top.

Cereal Ice Cream

2 cups (1 lb.) sugar or honey 4 cups (2 pts.) milk, lukewarm
2 eggs, beaten 1 teaspoon lemon extract
2 cups (1 pt.) cooked cereal $\frac{1}{2}$ teaspoon powdered nutmeg

Beat sugar and eggs until light, add cereal and milk, strain and cool, then add extracts. Freeze and serve in dainty ice-cream cups.

Cranberry Frappé

4 cups (1 qt.) cranberries	1½ cups ($\frac{3}{4}$ pt.) whipped and sweetened cream
$\frac{1}{4}$ teaspoon baking soda	
1½ cups (12 ozs.) sugar or honey	1 cup ($\frac{1}{4}$ lb.) finely chopped nut meats
2 egg whites, beaten	

Cook cranberries in just sufficient water to prevent burning. Crush fruit, and when quite tender take from the fire and stir in soda and sugar. Cook until sugar is dissolved, then strain into a bowl. When cold add whites of eggs and freeze to the consistency of a soft snow. Then mix in cream and nut meats and continue to freeze until smooth and firm. Allow to ripen one hour. Serve in sherbet glasses.

Frozen Banana Custard

4 bananas	2 eggs, beaten
2 teaspoons powdered gelatine	1 cup ($\frac{1}{2}$ pt.) whipped cream or evaporated milk
4 tablespoons sugar	
3 tablespoons boiling water	1 teaspoon lemon extract
3 cups (1½ pts.) milk	Nut meats

Put gelatine into a saucepan, add eggs, water, sugar, and milk, stir until they thicken, but do not allow to boil, then cool. Add bananas rubbed through a sieve, cream, and extract. Freeze and serve in glasses, with a nut meat on top of each portion.

Frozen Rice Pudding

$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) rice	1 cup ($\frac{1}{2}$ pt.) cream
2 cups (1 pt.) milk	1 teaspoon lemon extract
$\frac{1}{2}$ cup (3 ozs.) brown sugar	1 teaspoon vanilla extract
2 eggs, beaten	Stewed fruit

Wash rice and cook in boiling salted water fifteen minutes, drain and put in double boiler with milk and sugar, cook until rice has absorbed milk. Add cream, eggs, and extracts and cook for a few minutes without allowing it to boil. When cold, freeze and allow to ripen one hour. Serve with stewed fruit.

Fruit Sherbet

3 lemons	2 cups (1 lb.) sugar or honey
1 orange	4 cups (1 qt.) water
$\frac{1}{2}$ cup (1 gill) shredded pineapple	1 egg white

Bring sugar and water to boiling point with several thin pieces of lemon and orange rinds and boil ten minutes; cool and add strained lemon and orange juice, and pineapple. When almost frozen, add egg white stiffly beaten.

Grape Juice Water Ice

1 tablespoon powdered gelatine	2 cups (1 lb.) sugar or honey
1 cup ($\frac{1}{2}$ pt.) hot water	2 cups (1 pt.) grape or currant juice
2 cups (1 pt.) cold water	1 lemon

Dissolve gelatine with hot water, add cold water, sugar, grape or currant juice, and strained lemon juice. Freeze and serve with cake or sandwiches.

Another Method. Boil one cup water and one half cup sugar five minutes, remove from fire and beat until cold, add stiffly beaten whites of two eggs, grated rind one orange, one fourth cup strained orange juice, and one tablespoon lemon juice and freeze.

Lemon Ice Cream

3 lemons	1 can condensed milk
1 orange	2 cups (1 pt.) water
2 tablespoons cornstarch	

Grate rinds from lemons and orange, strain juices into milk, and add one cup of the water. Dissolve cornstarch with remaining water and pour into lemon mixture, cook eight minutes, and allow to become cold. Freeze and serve in glasses.

Maple Mousse

$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) maple sirup	2 eggs, separated
1 cup ($\frac{1}{2}$ pt.) double cream	

Reduce maple sirup to one half cup by boiling and cool slightly. Pour over beaten yolks of eggs, beating constantly. Beat up cream and whites of eggs, bind them with custard, and pour into wet mold. Cover and bury in ice and salt five hours.

Sufficient for one quart.

Maple Nut Ice Cream

1 cup (3 ozs.) brown sugar	1 tablespoon cold water
2 eggs, separated	3 cups (1½ pts.) cream or whipped
8 tablespoons maple sirup	evaporated milk
½ teaspoon vanilla extract	8 cups (2 qts.) milk
1 junket tablet	1 cup (4 ozs.) chopped nut meats

Beat up yolk of eggs, add whites beaten to a stiff froth, cream, milk, sugar, maple sirup, vanilla, and tablet dissolved in water. Put in a warm place until junket thickens mixture, then turn into freezer, and when slightly frozen add the nut meats. Freeze and let ripen one hour.

Milk Sherbet

6 cups (3 pts.) milk	2¼ cups (18 ozs.) sugar or honey
	5 lemons

Strain lemon juice on to sugar and freeze ten minutes, add milk, and finish freezing. Milk will curdle if added to juice and sugar before it is ice-cold. Serve in sherbet glasses decorated with pieces of preserved cherries or preserved ginger.

Orange Ice Cream

2 eggs, separated	4 oranges
½ cup (4 ozs.) sugar	1 cup (½ pt.) cream

Beat up egg yolks, add sugar and strained orange juice, cook over hot water until thick; remove, and when cool, fold in stiffly beaten whites of eggs, and cream whipped. Freeze.

Orange Parfait

1 cup (½ lb.) sugar or honey	2 cups (1 pt.) cream, whipped
1 cup (½ pt.) water	1 cup (½ pt.) strained orange
2 egg whites, beaten	juice
	Orange sections

Boil sugar and water until it threads, or at 218° F. on candy thermometer. Pour on to stiffly beaten egg whites, fold in cream, and add orange juice. Turn into mold, cover and pack in crushed ice and salt, and allow to stand four hours. Remove from mold and decorate with orange sections.

Or, to four cups whipped cream, add one cup sugar dissolved in one cup strained orange juice. Fill into mold, cover, and pack in ice and salt two and one half hours.

Oswego Ice Cream

1 cup ($\frac{1}{2}$ pt.) milk	2 cups (1 pt.) double cream, whipped
1 teaspoon arrowroot	
1 tablespoon cream	$\frac{1}{2}$ teaspoon almond extract
$\frac{3}{4}$ cup (6 ozs.) sugar or honey	$\frac{1}{2}$ teaspoon rose extract

Scald milk, add arrowroot dissolved in tablespoon of cream, cook ten minutes, add sugar. Stir well and let cool, fold in whipped cream, add extracts, and freeze.

Another way to serve ice cream is as follows: Any color or flavor of ice cream can be served in this manner. Form cream into balls and then roll in chopped cocoanut until well covered. Serve on paper doilies on plates, with a pretty blossom laid by each snowball for contrast.

Peach Ice Cream

1 can peaches	2 eggs, beaten
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) sugar	1 teaspoon lemon juice
1 cup ($\frac{1}{2}$ pt.) whipped cream	

Rub enough of the peaches through a sieve to make two cups. Make a custard with milk, sugar, eggs, and salt. When cool, add peaches, lemon juice, and cream. Freeze and serve in ice-cream cups with one peach half on top of each portion.

Peppermint Stick Ice Cream

8 cups (2 qts.) cream or evapo- rated milk	1 pound red striped peppermint stick candy
Cakes or wafers	

Heat cream in a double boiler and add to it peppermint candy that has been thoroughly crushed. Stir well, let cool, and then freeze. Serve with cakes or wafers. Half quantities may be used.

Plum Ice Cream

2 cups (1 pt.) ripe plums	8 tablespoons sugar or honey
1 cup ($\frac{1}{2}$ pt.) water	$\frac{1}{2}$ cup ($\frac{1}{4}$ pt.) grape or fruit juice
2 cups (1 pt.) whipped cream	

Put fruit, water, and sugar into a saucepan and cook until soft, rub through a sieve, add grape or fruit juice, and cream. Freeze and pack in a mold, cover tightly, and pack in ice and salt three hours. Unmold on to a pretty platter and cut into slices for serving.

Pineapple Sherbet

2 cups (1 lb.) sugar or honey	2 cups (1 pt.) boiling water
1 lemon	2 cups (1 pt.) grated canned pineapple
2 cups (1 pt.) white grape juice or any other fruit juice	2 egg whites, stiffly beaten

Into a saucepan put sugar, water, strained lemon juice, and pineapple, bring to boiling point, and boil five minutes. Let cool, then add fruit juice and freeze in the usual way. When mixture begins to freeze, add eggs and finish freezing. This is one of the finest of frozen dainties.

Raspberry Junket Ice Cream

4 cups (1 qt.) lukewarm milk, 100° F.	2 teaspoons raspberry extract
1 cup ($\frac{1}{2}$ lb.) sugar	1 cup ($\frac{1}{2}$ pt.) whipped cream
1 junket tablet	$\frac{1}{8}$ teaspoon salt
1 tablespoon cold water	1 box ripe raspberries
	6 tablespoons powdered sugar

Crush junket tablet with cold water. Mix milk, sugar, salt, extract, and cream, add junket tablet, and allow to cool. Freeze. Mold if desired. Garnish with raspberries mixed with powdered sugar. Strawberries may be used in the same way.

Strawberry Sherbet

8 cups (2 qts.) strawberries	2 cups (1 pt.) cream
3 cups (1½ lbs.) sugar or honey	2 egg whites, beaten
6 cups (3 pts.) water	Few drops red color

Wash and mash strawberries with sugar and let stand one hour. Rub through a sieve, add water and cream, and freeze until mushy; then add eggs and color and finish freezing. Serve in sherbet glasses.

Raspberries may be used in the same way.

Tea Frappé

1 cup (½ lb.) sugar	3 oranges
2 cups (1 pt.) water, cold	1 cup (½ pt.) grated pineapple
2 lemons	2 cups (1 pt.) boiling water
4 teaspoons tea	

Boil cold water and sugar eight minutes, add grated rinds and strained juices of lemons and oranges, add pineapple. Pour boiling water over tea and allow to infuse five minutes; cool and mix with fruit, strain and freeze to consistency of sherbet.

Vanilla Ice Cream

2 eggs, separated	1 cup (½ pt.) cream
4 cups (1 qt.) milk	1 teaspoon vanilla extract
1 cup (½ lb.) sugar or honey	½ teaspoon rose extract

Beat up egg yolks, add milk and sugar, stir in whites stiffly beaten, add cream and extracts. Freeze and serve.

Half quantities may be used. The rose extract may be omitted.

Vanilla Ice Cream Sandwiches

Bake sponge cakes in square pans the size of ice-cream bricks. Cut two slices of cake and place slice of ice cream between. Cut diagonally in two pieces and serve. If one half pint of oatmeal be added to each quart of vanilla ice cream, beaten thoroughly in, the mixture will taste almost exactly like macaroon ice cream.

CHAPTER XVI

PASTRIES, PIES AND TARTLETS

“ Carved like an apple tart.”

PASTRY is a combination of fat and flour, and may be short, flaky, or puff pastry, according to the materials used and the method by which they are combined. The fat used is known by the general name of shortening. Butter and butter substitutes are sometimes used in combination to reduce expense. All shortenings should be as free as possible from water and from salt, and very sweet and fresh. The proportion of fat to flour varies according to the richness required, from less than half to nearly, and in the case of rich puff paste to quite, equal weights. Where the shortening is less than half the weight of flour, a small quantity of baking powder is used to give crispness and shortness to the crust, but pastry in which it is used should be eaten while quite fresh.

Good pastry is the pride of a good cook, but though its success depends to a great extent on skill and manipulation, it depends even more on the using of the right proportions in making and the correct heat in cooking; these points once mastered, the novice has gone a long way towards succeeding in the art of making pastry.

The principles underlying the making of light pastry are the introduction of cold air during the making, and the expansion of the air so introduced by the heat of the oven while the pastry is cooking.

The cook should aim to make the pastry light and short, or light and flaky according to the character of the pastry made.

Pastry requires a hot oven and a cool, light hand in the making. Baked pastry should be mixed as dry as possible; boiled pastry

rather moist. The quantity of liquid necessary to mix the pastry varies according to the richness of the crust, plain pastry requiring more liquid than a crust rich with a larger proportion of fat.

In making pastry, the colder the hands of the maker, the water, and the room, the better. A marble slab is the best thing on which to make it : otherwise a hard board which is kept for pastry only should be used.

Use iced water for mixing, when possible. Pastry will be flakier if placed in the ice box for a short time before it is finally rolled out for use. The flour should be very dry and should be sifted with a little salt. Never knead pastry. Use the hands as little as possible. Mix with a knife unless otherwise specified.

The excellency of pastry depends very much upon its being properly baked. The best pastry that ever was mixed would be spoilt if the oven were not exactly right. If an oven is not hot enough, the pastry will shrink away from the edges of the dish and will be heavy. If the oven is too hot, the pastry will be burnt or will stiffen without rising.

Bake pastry in a moderate or quick oven. A good way to test the oven is to have in readiness some pieces of white kitchen paper and try the oven by putting in a piece of this paper every six minutes or so. If the oven is too hot, the paper will blacken or blaze up immediately ; if it turns a deep brown, the oven is ready for patties, individual mince pies, etc. If it turns a cigar-brown, tartlets, vol-au-vent, etc., may be put in ; if it simply becomes a light brown, the oven is fit for bread, pound cake, or meat pie ; if it turns a very pale yellow, or hardly colors at all, it is a slow oven just fit for sponge cakes, etc., which require but little color and light baking. One of the surest ways of testing the heat of the oven is to bake a small piece of pastry before putting the pie or tartlet into it. Another way is to sprinkle a little flour upon the oven shelf. If it turns a bright brown in a few seconds, the oven is hot enough. If it turns black, the oven is too hot ; if it remains pale in color, the oven is too slow.

The heat of the oven may be tested with a thermometer. For puff pastry the oven should register about 340° F. to begin with, and when the pastry is well risen the heat may be reduced to

about 325° F. For meat pies about 300° F. will be hot enough, and for the plainer kinds of pastry the temperature may be still a little lower.

Puff pastry, when well made, is light and tender, and so delicate that it cannot be touched without crumbling or crushing. It should be thoroughly baked, and is therefore suitable for patties, the upper crust of pies, and tartlets. Pastry that is light, dry and flaky is more easily separated by the gastric fluids and is more digestible than that which is heavy.

Pastry which is to be boiled is lighter when made with suet than it is when butter or butter substitutes are used. Beef suet is generally used for this purpose, but mutton suet is more wholesome and can be chopped the more easily of the two. Measure four cups of flour, and four, six, eight, or ten ounces of suet may be used, according to the degree of richness required. The suet should be skinned, and the fibers and sinews should be removed; it should then be chopped until it is quite fine and rubbed into the flour; water or buttermilk should be added gradually to make a very stiff paste. The pastry should be rolled out once; it is then ready for use. The water used in mixing pastry should be added gradually and mixed thoroughly. If a large quantity is poured in at once the pastry may be made over moist, and then an undue proportion of flour will have to be added before the pastry can be rolled. It should be remembered that it is scarcely possible to give the exact measure of water that will be needed in making pastry, because some flours absorb more moisture than others. An experienced cook can tell in a moment by touching the pastry whether or not it is of the right consistency. All one can say to the inexperienced cook is that pastry should be smooth and stiff, but not too stiff. When properly mixed, the dough can be gathered into a ball, and used to wipe the mixing bowl out, like a cloth.

Never allow pastry to stick to the board, but lift it occasionally on the rolling pin and dust a very little flour underneath.

Avoid as much as possible rolling dry flour into the pastry, as it will give it a pasty and white appearance.

Pastry is sometimes glazed before being put into the oven. When a rich deep color is wanted on a pie, brush the pastry over

with the beaten yolk of egg mixed with a little cold water. For a lighter brown use a whole egg beaten; or egg and milk, or milk alone, may be used on the plainer kinds of pastry. Sweet pastry is generally glazed with slightly beaten white of egg and sugar, or with milk or water and sugar.

The digestibility of pies has been called into question, but when properly made pies are as easily digested as anything else.

Choux Pastry

1 cup (4 ozs.) flour	2 tablespoons (1 oz.) sugar
1 cup ($\frac{1}{2}$ pt.) water	1 pinch salt
4 tablespoons (2 ozs.) butter	2 large eggs
$\frac{1}{2}$ teaspoon vanilla extract	

Sift flour and put it into a cool part of oven to dry. Pour water into saucepan, add butter, sugar, and salt, and bring mixture to the boil, but do not let it reduce in quantity. Add flour quickly, and stir over the fire with a wooden spoon until the paste is compact, and does not adhere to the sides of the saucepan. This is called a "panada." Take the pan from the fire, and add eggs, one at a time, beating each one in thoroughly. Keep the paste at a medium thickness, not too soft, yet not too stiff, and using only a third large egg if necessary. If the paste is too stiff, it will not rise properly; and if too soft, it will spread in the oven and lose its shape. Add flavoring and cool before using. This pastry is suitable for éclairs, cream puffs, and various fritters and cakes.

To Make Cream Puffs. Put mixture into forcing bag with a tube and force on to a floured baking tin in small rounds, brush over with milk, and bake in hot oven thirty minutes. When cold split them open on one side and fill them with whipped, sweetened, and flavored cream. Sprinkle powdered sugar on top and serve.

Another Method. Grease well some tartlet or gem pans that are rather deep. Drop a tablespoon of choux pastry into each, and bake in hot oven thirty minutes. When cold, make a slit in each and fill with whipped cream, thick custard, or preserves.

Éclairs are made in the same way, but baked in éclair-shaped tins.

Cornstarch Pastry

$\frac{1}{2}$ cup (2 ozs.) butter	Pinch salt
$\frac{1}{4}$ cup (2 ozs.) butter substitute	$1\frac{1}{4}$ cups (5 ozs.) flour
2 tablespoons (1 oz.) sugar	1 cup (6 ozs.) cornstarch
1 teaspoon baking powder	1 egg yolk
	Milk

Mix butter, butter substitute, sugar, baking powder, and salt, and cut and rub them into flour and cornstarch sifted together. Add beaten yolk of egg and sufficient milk to mix to stiff paste. Roll out and use. This pastry is suitable for lining dishes and for pies and tartlets.

Cream Pastry

4 cups (1 lb.) flour or potato flour	1 tablespoon ($\frac{1}{2}$ oz.) sugar
$\frac{1}{2}$ cup (4 ozs.) butter or lard	$\frac{1}{2}$ teaspoon salt
	1 cup ($\frac{1}{2}$ pt.) cream

Sift flour into a bowl, cut in shortening with a knife, then rub it in lightly with tips of the fingers; add sugar, salt, and mix to a stiff paste with cream. Chill and use for pies, tartlets, and fancy cakes.

Everyday Puff Pastry

2 cups ($\frac{1}{2}$ lb.) flour	1 teaspoon lemon juice
$\frac{1}{4}$ teaspoon salt	Cold water
$\frac{3}{4}$ cup (6 ozs.) butter substitute	

Into a bowl sift flour and salt and make a well in the center. Pour lemon juice mixed with a little water into this, and mix in sufficient water to make a stiff dough. Roll the pastry on a floured board lightly into a strip a little over one fourth of an inch thick. Place the shortening in a lump about halfway down on it, and fold over the pastry in three. Press the edges together, and turn it so that the rough edges are towards the right. Roll it out lightly, and again fold in three; do this once more, and set aside in a cold place twenty minutes. Repeat the same process until it has been rolled twice more. After standing in a cool place or in the refrigerator twenty minutes, it is then ready for use.

Flaky Pastry

2½ cups (10 ozs.) flour	1 teaspoon lemon juice
1 cup (8 ozs.) butter substitute	1 egg white, beaten
½ teaspoon salt	Cold water

Let butter substitute lie in cold water some time before using it. Sift flour and salt into a bowl, and add lemon juice. Lift butter substitute out of the water, and squeeze it dry in a clean floured cloth. Divide it into four equal pieces. Take one of these pieces and rub it into flour with tips of the fingers until free from lumps. Then add white of egg and sufficient cold water to form all into one lump. Mix as lightly as possible, and turn out on to floured board. Roll out into a long narrow strip about one fourth inch in thickness. Take one of the remaining portions of shortening, and with the point of a knife place it on in small pieces all over the pastry, leaving an inch margin without shortening around edges. Now flour the surface lightly and fold paste in three. Turn pastry half round, bringing edges to right-hand side. Press down the folds quickly with the rolling pin, roll out pastry again into narrow strip, and proceed as before until remaining portions of shortening have been used. The last time roll out pastry to desired thickness, and if it requires widening, turn it across the board and roll across.

This pastry keeps well in cold weather if wrapped in greased paper or cheesecloth. It is suitable for pies, tartlets, and various fancy dishes.

Plain Pastry

1 cup (½ lb.) flour	1 tablespoon (½ oz.) butter
1 pinch salt	1 tablespoon (½ oz.) lard
	Ice water

Sift flour and salt into a bowl, add shortening and rub in with tips of fingers until well mixed. Make a hole in the center, pour in two tablespoons of ice water, and with a broad knife work until mixed. Roll out pastry on floured board and line a greased deep pie plate with it.

If the crust is to be baked first, perforate the bottom and sides to prevent puffing.

Potato Pastry

Cold potatoes

Flour

Drippings

Take equal parts potatoes and flour and one half the same quantity of drippings. Rub potatoes through a sieve, mix with flour, cut and rub in fat, and make into stiff paste with a very little water. Use for meat pies, or fruit tarts.

This is a very wholesome pastry.

Another Method. Into a bowl sift two cups self-rising flour and one half teaspoon salt, cut and rub in one half cup butter substitute, then add one cup cold mashed potatoes and sufficient milk to make a stiff paste. Roll out and use.

Rich Short Crust Pastry2 cups ($\frac{1}{2}$ lb.) flour

1 teaspoon sugar

 $\frac{3}{4}$ cup (6 ozs.) butter substitute

1 egg yolk

 $\frac{1}{4}$ teaspoon salt

Cold water

Sift flour into a bowl, cut in shortening with a knife, and rub it in lightly with finger tips; add salt and sugar.

Beat up yolk of egg with two tablespoonfuls of water and mix gradually with flour mixture. The paste should be stiff. It may be necessary to add a little more water.

This pastry is suitable for fruit pies, tartlets, puffs, and other sweet dishes. It is one of the most wholesome kinds of pastry.

Short Pastry2 cups ($\frac{1}{2}$ lb.) flour

1 teaspoon baking powder

 $\frac{1}{2}$ cup (4 ozs.) butter substitute $\frac{1}{4}$ teaspoon salt

1 teaspoon sugar

Cold water

Sift flour into a bowl, and cut and rub in shortening till mixture looks like fine bread crumbs. Now add sugar, baking powder, and salt, and make a well in the center. Pour a very little water — not more than a tablespoonful — into this, and with the blade of a broad knife stir thoroughly into the flour. The stiffer you keep this paste the better, so add just sufficient more water to make a stiff paste. Make smooth on a floured baking board and roll it out, using it for pies, tartlets, and puddings.

Suet Pastry

1 cup (4 ozs.) flour	1 teaspoon baking powder
1 cup (4 ozs.) whole wheat flour	$\frac{1}{2}$ teaspoon salt
1 cup (4 ozs.) suet, shredded	Cold water

Sift flours into a bowl, add suet, baking powder, and salt, and mix thoroughly together, rubbing the ingredients lightly together with tips of the fingers. Add sufficient water to make a stiffish dough, and turn out on floured board, leaving the bowl clean. Knead lightly until free from cracks, then roll out to thickness required. A larger proportion of suet may be used if the pastry is desired richer. Buttermilk or sweet milk can be used instead of water for mixing. Half the quantity of flour may be omitted and one half cup of bread crumbs used in its place.

This pastry is suitable for dumplings, suet puddings, roly-poly pudding, fruit and meat puddings.

Whole Wheat Puff Paste

4 cups (1 lb.) whole wheat flour	1 small lemon
1 egg yolk	Iced water
2 cups (1 lb.) butter or butter substitute	

Make a bay in center of flour, add egg, mixed with strained lemon juice; mix with the hand to a flexible paste, using a little water. Knead lightly until the paste is smooth and elastic and set it in a cold place. Roll out this paste until it forms an oblong about twice the size of the butter. Squeeze all moisture out of butter by wringing it in a clean cloth; bring it to the same consistency as pastry, upon which place it upon one end. Fold pastry over so as to hide butter, roll out till one fourth inch thick and about two feet long. Fold the pastry in three, press edges together, and lay pastry in a cool place fifteen minutes. This is called giving the pastry one "turn", and seven of these is the number usually required for puff pastry. The next time the pastry is rolled, place it with the open ends towards you. Now give it two "turns" and place it in the refrigerator fifteen minutes. Repeat this until the pastry has had seven rolls in all, one turn the first time, and after that, two each time with an

interval between. The idea in puff pastry is to have the shortening and the paste separate, so that the pastry will form a kind of sandwich, in which very thin, light layers of paste shall be separated from each other by layers of fat, and the lighter and thinner these layers can be made, the better the puff paste is. It is for the purpose of keeping the pastry films perfect and separate that the pastry is cooled between the "turns." If the paste were to be sticky and the butter hot, the films could not be kept distinct; therefore, between the rollings or turns, puff paste is put in the ice box or in a cool place that the layers may become firm and not mix together in a mass.

Each time the pastry is folded over, a small amount of air is inclosed and retained, if the edges are evenly folded and placed together. These bubbles of air may be seen when the paste is rolled out, and care must be taken not to break the blisters thus formed. The more air inclosed, the lighter and puffier the pastry will be, as the air expands with the heat and sends up the layers. When rolling, keep the pressure of the two hands as equal as possible. After the pastry has received its last roll, it should be placed in the refrigerator for two or three hours before using it, then rolled to the thickness required. This pastry will keep for several days in cold weather, if wrapped in a piece of cheesecloth or a piece of waxed paper.

If very salt butter has to be used, wash it first by kneading it in ice water.

A very hot oven is required for puff pastry. If too slow, the fat will ooze out, and the pastry spread; if too hot, it will burn before it has risen.

Banbury Tartlets

4 tablespoons (2 ozs.) butter substitute	1 cup (6 ozs.) Sultana raisins
	1 lemon
$\frac{1}{2}$ cup (4 ozs.) sugar	$\frac{1}{2}$ teaspoon powdered nutmeg
1 cup ($\frac{1}{4}$ lb.) currants	1 cup (4 ozs.) cake crumbs

Pastry

Cream butter substitute and sugar, add fruits, grated rind, and strained juice of lemon, nutmeg, and cake crumbs; mix well and chill. Roll out some pastry to about one fourth inch thick,

cut out with oval cutter four inches in length and three inches wide. Place a tablespoon of the mixture in the center of each piece of paste, bring edges together to center, press together and flatten ends to about one half inch thick. Sprinkle with sugar, lay on a baking tin, and bake in moderate oven thirty minutes.

Sufficient for six persons.

Cherry Tartlets

1 cup ($\frac{1}{2}$ pt.) ripe cherries, stoned	$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) sugar or honey
1 teaspoon lemon extract	$\frac{1}{4}$ cup ($\frac{1}{2}$ gill) water

Pastry

Line twelve tartlet tins with pastry, and bake them in a hot oven until the pastry is just set. Before baking line them with a little piece of white paper and fill up with rice or small dried beans to prevent the pastry losing its shape during the baking. Both beans and rice used in this way will serve over and over again for the same purpose. When tartlets are ready, remove filling, and if the pastry underneath seems soft, return them to the oven for a few minutes to dry.

Stone the cherries. Put lemon extract, sugar, and water into a saucepan, and boil them for eight minutes, pour this sirup over fruit, and stand in a warm place thirty minutes. Then lift out fruit carefully, place it in ready cooked tartlet cases, and pour over it three teaspoons of the sirup. Serve either hot or cold.

Strawberries or raspberries may be used in the same way.

Chocolate Pie

4 tablespoons (2 ozs.) butter substitute	1 tablespoon cornstarch
$\frac{1}{4}$ cup (2 ozs.) sugar	3 squares (3 ozs.) chocolate, grated
2 eggs, separated	$\frac{1}{4}$ cup ($\frac{1}{2}$ gill) milk
1 cup (4 ozs.) bread crumbs	$\frac{1}{2}$ teaspoon vanilla extract

Pie crust

Beat butter substitute and sugar until creamy; add yolks of eggs, bread crumbs, and cornstarch. Mix chocolate with milk and stir over the fire until chocolate is dissolved, then add to other ingredients; lastly add vanilla and stiffly beaten whites of eggs.

Line pie plate with pastry, pour in chocolate filling, and bake three fourths of an hour.

Cranberry Pie

1 cup ($\frac{1}{2}$ pt.) cranberries	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) boiling water
1 cup ($\frac{1}{2}$ lb.) seeded raisins, chopped	1 tablespoon flour
1 cup ($\frac{1}{2}$ lb.) sugar or honey	1 teaspoon vanilla extract
	Pie crust

Cut cranberries in halves and wash in cold water to remove seeds. Now add raisins, sugar, water, flour, and extract. Mix and bake between two crusts.

Cream Cinnamon Pie

1 cup ($\frac{1}{2}$ lb.) sugar or honey	2 eggs, separated
1 tablespoon flour	1 cup ($\frac{1}{2}$ pt.) boiling water
1 tablespoon ($\frac{1}{2}$ oz.) butter	Pastry
1 teaspoon powdered cinnamon	1 tablespoon powdered sugar

Mix sugar, flour, butter, cinnamon, and yolks of eggs, then add water, slowly stirring until smooth. Turn into pastry lined pie plate and bake in moderate oven twenty to twenty-five minutes. Beat up whites of eggs to a stiff froth, add powdered sugar, and beat again and spread on top of pie. Brown lightly in oven.

Crumb Pies

Pie crust	$\frac{1}{2}$ cup (4 ozs.) butter substitute
2 cups ($\frac{1}{2}$ lb.) flour	2 teaspoons baking powder
$1\frac{1}{2}$ cups (12 ozs.) sugar or honey	2 eggs, beaten
	$\frac{1}{2}$ cup (1 gill) milk

Line three deep pie plates with pastry. Mix flour, sugar, butter substitute, and baking powder together and rub them into crumbs. Take out one cup of these crumbs to sprinkle over top of pie and to remainder add eggs and milk. Divide into the prepared plates, sprinkle over with reserved crumbs, and bake in moderate oven twenty to twenty-five minutes.

Currant Tartlets

Pastry	1 tablespoon ground rice
$\frac{1}{2}$ cup (1 gill) milk	2 tablespoons (1 oz.) butter substitute
1 tablespoon ($\frac{1}{2}$ oz.) sugar	3 tablespoons currants
1 tablespoon fruit juice	1 egg, beaten

Line twelve tartlet tins with pastry, but do not bake them. Mix ground rice with milk, and put this into a saucepan with butter substitute, stir over the fire until boiling, simmer five minutes, and remove the pan from the fire. Add sugar, fruit juice, currants, and egg. Mix all together, cool slightly, and fill into tartlet cases. Bake in a moderate oven twenty minutes.

Custard Tartlets

1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ teaspoon lemon extract
1 egg, beaten	2 tablespoons (1 oz.) sugar
2 teaspoons cornstarch	Pastry

Line greased gem pans with pastry and then half cook it. Put in the custard mixture and finish cooking.

Mix cornstarch with a little of the milk. Put the remaining milk into a saucepan, and bring slowly to the boil, then pour it over the cornstarch, return to the saucepan, and stir until it has cooked eight minutes. Whip up egg, sugar, and flavoring together, then pour over the cornstarch mixture and stir until sugar is dissolved. When cool, it is ready for use.

Grated Pineapple Pie

1 cup ($\frac{1}{2}$ lb.) sugar or honey	1 pinch salt
2 tablespoons ($\frac{1}{2}$ oz.) flour	2 eggs, separated
1 cup ($\frac{1}{2}$ pt.) grated pineapple	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk
Pie crust	

Mix sugar, flour dissolved in a little milk, pineapple, salt, and beaten yolks mixed with remainder of milk. Pour into pastry-lined pie plate and bake in moderate oven twenty to twenty-five minutes. Beat up whites of eggs to stiff froth, spread on top of pie, sprinkle with sugar, and return to oven to brown.

Lemon Tarts

Pastry	2 tablespoons (1 oz.) chopped nut meats or cocoanut
2 eggs, beaten	4 tablespoons (2 ozs.) butter substitute, melted
1 cup ($\frac{1}{2}$ lb.) sugar or honey	
1 lemon	

Line ten tartlets with pastry. Add eggs to sugar and beat well, add grated rind and strained juice of lemon, nuts, and

butter substitute. Divide into prepared tins and bake in moderate oven twenty minutes, or until mixture is firm in center.

These tarts are delicious if served warm.

Molasses Pie

1 cup (14 ozs.) molasses	2 cups ($\frac{1}{2}$ lb.) flour
2 cups (1 pt.) hot water	1 cup ($\frac{1}{2}$ lb.) lard
1 teaspoon soda	1 cup ($\frac{1}{2}$ lb.) sugar
2 cups ($\frac{1}{2}$ lb.) corn flour	Pie crust

Line three pie plates with crust. Mix molasses, hot water, and soda together and divide into pie plates. Mix flour, lard, and sugar, cut and rub into crumbs. Divide this mixture and sprinkle over top of molasses mixture. Bake in a moderate oven thirty minutes.

These pies are delicious served with milk.

Peach Pie

Pie crust	2 eggs, beaten
1 quart canned peaches	$\frac{3}{4}$ cup (1 $\frac{1}{2}$ gills) milk
$\frac{1}{2}$ cup (4 ozs.) sugar or sirup	

Line pie plate with pastry and fill with peaches which have been drained. Mix eggs, milk, and sugar and pour over peaches. Bake in moderate oven twenty to twenty-five minutes. This is very good served with whipped cream.

Perfection Pie

Pastry	1 teaspoon powdered cinnamon
1 $\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) apples, chopped	$\frac{3}{4}$ cup (6 ozs.) sugar or honey
$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) seeded raisins	$\frac{1}{2}$ cup (2 ozs.) chopped nut meats
1 tablespoon vinegar	1 cream cheese

Line pie plate with pastry. Mix apples, raisins, vinegar, cinnamon, and sugar, turn into prepared plate, and bake in a moderate oven thirty minutes. Brush top with sweetened milk or beaten egg and sprinkle with nut meats. Return to oven six minutes. Serve hot with cheese.

Raisin and Apple Pie

Pie crust	4 teaspoons fruit juice
1 cup ($\frac{1}{2}$ lb.) seeded raisins	1 teaspoon butter
2 cups (1 pt.) water	$\frac{1}{2}$ cup (4 ozs.) sugar or sirup
3 large green apples, chopped	$\frac{1}{2}$ teaspoon flour
2 teaspoons mixed spice	1 tablespoon currants
	1 teaspoon vinegar

Line pie plate with crust and bake in hot oven five minutes. Soak raisins in one cup of the water for several hours. Cook apples with the remainder of water until tender; add spices, fruit juice, butter, sugar, flour, and one half of juice from raisins and cook until slightly thickened. Now add raisins and currants, bring to boiling point, remove from fire, and add vinegar. Pour into pie plate, cover with top crust, pinch edges together, brush over with milk, bake in hot oven twenty minutes.

Raisin Pie

Pie crust	1 cup ($\frac{1}{2}$ pt.) milk
1 cup ($\frac{1}{2}$ lb.) seeded raisins	2 eggs, separated
1 cup ($\frac{1}{2}$ lb.) sugar or honey	1 tablespoon powdered sugar

Line pie plate with pastry and place cleaned raisins around in it. Mix sugar, milk, and beaten yolks of eggs together and pour over raisins. Bake thirty minutes in moderately hot oven. Beat up whites of eggs, add powdered sugar and beat again, pile on top of pie, and brown lightly in oven.

Rhubarb Pie

Pastry	1 tablespoon ($\frac{1}{2}$ oz.) butter
1 egg, beaten	$1\frac{1}{2}$ cups (9 ozs.) rhubarb
1 cup ($\frac{1}{2}$ lb.) sugar or honey	4 tablespoons cold water
3 tablespoons ($\frac{3}{4}$ oz.) flour	$\frac{1}{2}$ teaspoon powdered ginger

Line a pie plate with pastry. Mix egg with sugar and flour, add butter, rhubarb, water, and ginger. Mix and turn into lined pie plate, cover with pastry, brush over with milk, and bake in a hot oven twenty minutes.

Paste for pies should be kept cold and rolled quite thin. Always brush around the edge of the under crust with cold water and press the upper one down on it.

When baking a juicy fruit pie, make an incision in the center and place a small funnel-shaped piece of paper in it. This will keep the juice from escaping.

Sour Cream Pie

1 cup ($\frac{1}{2}$ pt.) thick sour cream	$\frac{1}{4}$ teaspoon powdered cloves
1 cup ($\frac{1}{2}$ lb.) sugar, scant	$\frac{1}{4}$ teaspoon powdered nutmeg
2 small eggs, beaten	$\frac{1}{4}$ teaspoon powdered ginger
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon powdered cinnamon

Pie crust

Mix cream and sugar together, add eggs, salt, and spices. Pour into pastry-lined pie plate, cover with pastry, and bake in moderate oven thirty minutes.

Strawberry Custard Pie

$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk	1 tablespoon cornstarch
1 cup ($\frac{1}{2}$ lb.) sugar	1 baked pie crust
2 eggs, separated	Fresh ripe strawberries

Mix one cup of the milk with sugar and yolks of eggs and bring to boiling point; then add cornstarch dissolved in remainder of milk and cook five minutes. Cover bottom of pie crust with strawberries cut in halves, pour over custard, and cover with meringue made of whites of eggs stiffly beaten and mixed with a little powdered sugar. Brown lightly in oven.

Tyler Pie

Pie crust	2 eggs, separated
$\frac{1}{2}$ cup (4 ozs.) butter	$\frac{1}{2}$ cup (1 gill) milk
$\frac{3}{4}$ cup (6 ozs.) sugar	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{2}$ cup (3 ozs.) brown sugar	$\frac{1}{2}$ teaspoon powdered nutmeg

Line pie plate with pastry. Beat butter and sugar until creamy; add yolks beaten and milk. Now cook over hot water until clear. Take from fire, add egg whites stiffly beaten and vanilla. Turn into pastry, sprinkle with nutmeg, and bake in hot oven twenty to twenty-five minutes. Serve cold.

CHAPTER XVII

CAKES, FILLINGS, AND FROSTINGS

“ Never slam the oven door,
Cakes will fall to rise no more.”

CAKES form pleasant adjuncts to the food necessities of the household, and are of only secondary importance to bread-making.

There are four principal ways of making cakes.

The first method is used for plain cakes. The fat is rubbed into the flour in the same way as for short pastry; then the dry ingredients, such as sugar, fruit, and spice, are added, and lastly the eggs and milk. All are then well mixed together.

The second way is used for fruit, pound, and seed cakes. The fat and sugar are creamed together, the eggs beaten in one at a time, and the fruit and flour stirred in quickly and lightly at the last.

In the third way the eggs and sugar are beaten together until thick and creamy; then the flour is stirred in lightly and quickly. This is used chiefly for sponge cakes and cakes of that texture.

For the fourth way the sugar, fat, milk, and sirup or molasses are melted together, then cooled slightly and added to the dry ingredients. This method is used for gingerbreads.

Care must be taken to insure the right consistency of cakes. The mixture should be fairly stiff. If too moist, the fruit will sink to the bottom. Good cakes can never be made with indifferant materials. The greatest care in cleanliness must be exercised in all cake making; and accuracy in proportioning the materials to be used is indispensable.

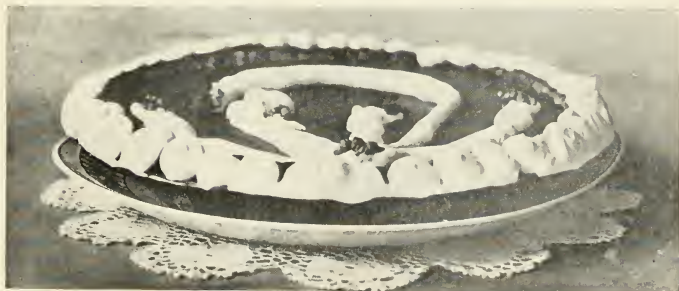
The flour should be thoroughly dried and sifted, and lightly stirred in. Always sift flour before measuring, then sift it



RAISIN AND APPLE PIE. *Page 196.*



RHUBARB PIE. *Page 196.*



PEACH PIE. *Page 195.*



COCOANUT BIRTHDAY CAKE. *Page 203.*



EGGLESS, MILKLESS, AND BUTTERLESS CAKE. *Page 206.*

again with the baking powder to insure a thorough blending. Always buy the best fruits for cake making as they are the sweetest and cleanest. Candied peels should be of good color and flavor. They should not be added to cake mixtures in chunks, as is often done, but should be in long shredded pieces. Large pieces of peel are sometimes the cause of a cake cutting badly.

Eggs are used both as an aerating agent and as one of the "wetting" materials. It is not economy to buy cheap eggs, for such eggs are small, weak, colorless, and often very stale.

If a cake cracks open while baking, the recipe contains too much flour. When a cake batter curdles, the texture will not be so even as if curdling has not taken place. Sometimes the mixture will curdle through the eggs being added too quickly, or if the butter contains too much water. This forms a sirup with the sugar, and after a certain quantity of eggs have been added the batter will slip and slide about, and will not amalgamate with the other ingredients.

When baking cakes, if no sweet milk can be procured, the same amount of water can be used with good results.

Cake tins should always be prepared before the mixing of the ingredients is commenced; as many cakes will spoil if the mixture is allowed to stand and wait because the tins are not ready. For inexpensive cakes the tins should be greased and dusted out with flour or potato flour. For rich cakes the tins should be lined with paper, the paper coming a short distance above the tins, so that the cake is protected as it rises. For very rich fruit cakes, experience has shown that it is best not to grease the paper or tins. The cake is not so liable to burn, and the paper can be removed easily when the cake is done without injuring it. On the other hand, if tins are lined for sponge cakes or jelly roll, the paper should be greased.

For small cakes have a quick oven, so that they set right through, and the inside is baked by the time the outside is browned. For all large cakes have a quick oven at first, to raise them nicely and prevent the fruit from sinking to the bottom. The oven should then be allowed to become slower to fire the cakes thoroughly. Cakes should not be hurried. Keep the oven steady, though slow, and after putting a large

cake into it do not open the oven door for at least twenty minutes. If the door must be opened, special care should be taken to close it gently; if it is slammed carelessly, the shock may make the cake fall, and a quantity of cold air will be shut in which will check the baking.

A very light cake put into a quick oven rises rapidly round the sides, but leaves a hollow in the middle. An excess in fat and sugar may also cause this; but there are other causes. If a cake is made too light with eggs or powder, and an insufficient quantity of flour is added, it will sink in the middle. Another frequent cause is the moving of cakes while in the oven before the mixture has properly set. The same defect is produced if the cakes are removed from the oven before being baked sufficiently.

Before turning out a cake, allow it to remain in the tin for a few minutes. It is best to lay it on a wire cake stand, or lay it on a sieve; but if these things are not handy, a loosely made basket turned upside down will do. Do not place cakes in a cold place or at an open window, or the steam will condense and make them heavy.

Apple-sauce Cake

2 eggs, beaten	1 cup ($\frac{1}{4}$ lb.) barley flour
1 cup (8 ozs.) sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup (4 ozs.) shortening, melted	1 teaspoon soda
1 teaspoon powdered allspice	1 cup ($\frac{1}{2}$ pt.) hot apple sauce
1 teaspoon powdered cinnamon	$\frac{1}{2}$ cup (3 ozs.) Sultana raisins
$\frac{1}{2}$ teaspoon powdered ginger	$\frac{1}{2}$ cup (2 ozs.) currants
$\frac{1}{2}$ teaspoon powdered nutmeg	$\frac{1}{2}$ cup (2 ozs.) English walnut
1 cup ($\frac{1}{4}$ lb.) flour	meats, chopped

Beat eggs, add sugar, shortening, spices sifted with flours and salt, soda dissolved in apple sauce, fruit, and nuts. Mix well, pour into greased pan, and bake in slow oven one hour and fifteen minutes.

Barm Brack

1 yeast cake	1 teaspoon salt
$\frac{1}{2}$ cup (1 gill) milk	2 tablespoons (1 oz.) sugar
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) seeded raisins
1 cup ($\frac{1}{4}$ lb.) flour	4 tablespoons chopped candied citron peel

Mix yeast with one tablespoon of the sugar. Make milk and butter substitute lukewarm, add this with remaining sugar to yeast. Heat bowl and flour, make well in center of flour, sprinkle salt round edges, pour yeast, etc., into center, make into a batter and beat well with a wooden spoon five minutes, next beat in the fruits. Pour into a greased cake tin and leave to rise in a warm place one and one half hours. It should rise double its own bulk. Bake in hot oven twenty to thirty minutes.

Boiled Fruit Cake

$\frac{1}{4}$ cup (2 ozs.) drippings	$\frac{1}{2}$ teaspoon powdered cloves
1 cup (8 ozs.) seeded raisins	$\frac{1}{2}$ teaspoon powdered ginger
1 cup (4 ozs.) currants	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup (2 ozs.) stoned dates, chopped	1 cup (6 ozs.) brown sugar or honey
$\frac{1}{2}$ cup (2 ozs.) figs, chopped	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) water
1 cup (4 ozs.) shredded candied citron peel	1 teaspoon baking powder
1 teaspoon powdered cinnamon	2 cups (8 ozs.) flour
1 teaspoon powdered nutmeg	$\frac{1}{2}$ cup (2 ozs.) barley flour
	1 teaspoon baking soda

Caramel frosting

Into saucepan put drippings, fruits, spices, salt, sugar, and water. Bring to boiling point and boil eight minutes. Turn into a bowl, and when cool add baking powder, and soda sifted with flour. Mix and pour into greased and floured cake tin and bake in moderate oven one hour and fifteen minutes. When cold cover with frosting.

Caramel Frosting

Boil one cup grated maple or brown sugar and one half cup cream or milk until it forms soft ball when tried in cold water, add one teaspoon vanilla extract and four tablespoons caramelized sugar, beat a few minutes, and spread on cake.

Buttermilk Cake

1 cup ($\frac{1}{2}$ lb.) seeded raisins	2 eggs
1 cup ($\frac{1}{4}$ lb.) currants	2 teaspoons soda
2 cups ($\frac{1}{2}$ lb.) flour	2 cups (1 pt.) buttermilk
2 cups ($\frac{1}{2}$ lb.) corn flour	1 teaspoon powdered cloves
2 cups (1 lb.) sugar	1 teaspoon powdered cinnamon
$\frac{1}{2}$ cup (4 ozs.) butter or lard	1 teaspoon powdered ginger

Clean raisins and currants and mix dry with one cup of the flour. Cream sugar and butter together, add one egg and beat one minute, then add second egg and beat one minute, pour in buttermilk, remainder of flours sifted with soda and spices, add fruit. Mix thoroughly and quickly, divide into two well-greased bread pans, and bake one and one half hours in slow oven.

This cake is inexpensive and improves with age.

Chess Cake

Pastry	$\frac{3}{4}$ cup (6 ozs.) sugar or honey
Watermelon or canteloupe preserves	2 eggs, separated
	2 tablespoons cream
$\frac{1}{2}$ cup (4 ozs.) butter substitute	1 teaspoon powdered cinnamon

Line individual deep tart pans with pastry, and in each place one tablespoon preserves. Cream butter substitute and sugar together, add yolks well beaten, cream, and cinnamon. Place over fire for a minute or two to melt slightly and divide into crusts. Bake in moderate oven thirty minutes, take from oven and top with whites of eggs stiffly beaten and sweetened with a tablespoon of sugar, and return to oven to brown lightly. Serve hot or cold.

Chocolate Cake

2 eggs, beaten	1 cup ($\frac{1}{2}$ pt.) hot water
$1\frac{1}{2}$ cups (12 ozs.) sugar	1 cup ($\frac{1}{4}$ lb.) flour
$\frac{1}{2}$ cup (4 ozs.) butter substitute	1 cup ($\frac{1}{4}$ lb.) barley flour
$\frac{1}{2}$ cup (1 gill) sour milk	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon soda	1 pinch salt
1 square (1 oz.) chocolate, grated	1 teaspoon vanilla extract

Beat eggs and sugar ten minutes, add butter substitute, and beat well together. Then add milk and soda mixed together. Put chocolate into a cup, dissolve with hot water, and then fill cup with hot water and add. Sift in flours, baking powder, and salt, add vanilla, and mix carefully. Turn into a square greased and papered tin and bake in moderate oven.

Chocolate Icing

1 square (1 oz.) chocolate, grated	2 cups (10 ozs.) confectioners' sugar
2 tablespoons (1 oz.) butter, melted	2½ tablespoons strong coffee

Mix chocolate with sugar, add butter and sufficient coffee to make it spread easily. Beat until creamy and spread on cake.

Cocoanut Birthday Cake

1 cup (½ lb.) butter substitute	2 teaspoons baking powder
1 cup (½ lb.) sugar	¼ teaspoon salt
2 eggs	2 cups (½ lb.) cocoanut, chopped
1 cup (½ pt.) milk or cream	½ cup (2 ozs.) shredded candied citron peel
2 cups (½ lb.) flour	1 teaspoon grated orange rind
2 cups (½ lb.) entire wheat flour	Boiled frosting

Beat butter substitute and sugar until creamy, beat in eggs one by one, add milk, flours sifted with baking powder and salt, cocoanut, peel, and orange rind. Mix and turn into a large greased and papered cake tin; bake in a slow oven four hours. Cool, cover with frosting, cocoanut, and candles.

Custard Spice Cakes

2 eggs, separated	1 teaspoon salt
½ cup (4 ozs.) sugar	½ teaspoon powdered nutmeg
1 cup (14 ozs.) molasses	1 teaspoon powdered ginger
1 teaspoon soda	2 cups (8 ozs.) flour
1 cup (½ pt.) sour cream	½ cup (2 ozs.) corn flour

Beat up whites of eggs, add sugar, molasses, soda dissolved in cream, salt, and spices sifted with flours. Divide into three greased and floured layer-cake tins and bake in moderately hot oven twenty minutes.

Custard Filling

1 cup (½ lb.) sugar or honey	1 cup (½ pt.) milk
1 tablespoon cornstarch	1½ teaspoons lemon extract

Into upper part of double boiler put yolks of eggs, sugar mixed with cornstarch, milk, and extract. Cook until thick and turn out to cool. Spread between cakes.

Cup Cakes

1 cup ($\frac{1}{2}$ pt.) sour cream	$\frac{1}{2}$ teaspoon powdered nutmeg
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{2}$ teaspoon powdered cinnamon
1 cup ($\frac{1}{2}$ lb.) sugar	1 cup ($\frac{1}{4}$ lb.) flour
2 eggs, separated	1 cup ($\frac{1}{4}$ lb.) corn flour
1 teaspoon baking powder	

Pour cream into a bowl, add soda and stir well, add sugar, yolks of eggs, spices, flours sifted with baking powder, and whites of eggs beaten to a stiff froth. Mix and divide into twelve greased muffin pans, and bake in moderately hot oven fifteen to twenty minutes. Turn out and serve hot.

Economical Chocolate Cake

2 squares (2 ozs.) chocolate	1 cup (4 ozs.) flour
1 cup ($\frac{1}{2}$ pt.) boiling water	$\frac{1}{2}$ cup (2 ozs.) barley flour
1 cup ($\frac{1}{2}$ lb.) sugar or honey	1 teaspoon baking powder
1 tablespoon ($\frac{1}{2}$ oz.) butter	1 pinch salt
1 egg, separated	1 teaspoon vanilla extract
$\frac{1}{4}$ teaspoon soda	Boiled maple frosting

Grate chocolate and boil with one half the water until as thick as cream. Remove to back of range and add sugar, butter, and beaten yolk of egg mixed together. Dissolve soda in remainder of water and add to chocolate mixture. Add vanilla and sift in flours, baking powder, and salt. Turn into greased and floured cake tin and bake in moderate oven thirty minutes. Cool and cover with frosting.

Three tablespoons of cocoa may be used in place of chocolate.

Boiled Maple Frosting

Boil one cup grated maple sugar, one tablespoon maple sirup, and one cup boiling water until it forms soft ball when tried in cold water, or reaches 240° F. by candy thermometer. Pour on to stiffly beaten egg white and continue beating until thick enough to spread.

Economical Gingerbread

$\frac{1}{2}$ cup (4 ozs.) sugar, brown or white	1 teaspoon soda
$\frac{1}{2}$ cup (7 ozs.) molasses	1 teaspoon powdered ginger
$\frac{1}{2}$ cup (4 ozs.) lard	1 teaspoon powdered cinnamon
$\frac{1}{2}$ cup (1 gill) boiling water	$\frac{1}{2}$ teaspoon powdered mace
2 tablespoons sour cream	1 cup (4 ozs.) flour
1 egg, beaten	$\frac{3}{4}$ cup (3 ozs.) whole wheat flour
	1 cup ($\frac{1}{4}$ lb.) currants

Put sugar in cup, fill up with molasses, and pour into bowl. Measure lard and fill up with boiling water, add to molasses, then add cream, egg, soda, spices, flours, and currants. Mix and turn into a shallow greased and floured tin, and bake in moderate oven thirty minutes.

Another Method. Beat one egg, add three fourths cup brown sugar, three fourths cup molasses, three fourths cup butter substitute softened, one cup sweet milk, one teaspoon soda dissolved in milk, one teaspoon cream of tartar sifted with two cups flour, and one half cup cornstarch, one teaspoon each powdered nutmeg and allspice, and one tablespoon vinegar. Mix well and turn into greased and floured shallow cake tin and bake in moderate oven.

Eggless and Milkless Gingerbread

1 cup (14 ozs.) molasses or honey	1 cup (8 ozs.) sugar
1 teaspoon soda	1 cup ($\frac{1}{2}$ pt.) boiling water
3 teaspoons powdered ginger	2 tablespoons (1 oz.) butter substitute
$\frac{1}{2}$ teaspoon powdered nutmeg	2 cups ($\frac{1}{2}$ lb.) flour
1 cup ($\frac{1}{4}$ lb.) corn flour	$\frac{1}{4}$ teaspoon salt

Into a bowl pour molasses, add sugar, soda dissolved in boiling water, butter substitute melted, and flours sifted with spices and salt. Mix carefully, turn into a greased and floured shallow cake tin, and bake fifty minutes in a moderate oven.

If liked, cover with following Coffee Frosting:

Cream one half cup butter substitute with one cup confectioner's sugar. Beat one egg, add one cup brown sugar or honey, one fourth cup cornstarch or potato flour, one eighth teaspoon salt, one half cup hot, strong coffee, one and one half cups scalded milk, and two squares bitter chocolate. Cook in

double boiler twenty minutes, cool, add one teaspoon vanilla extract, and add slowly to creamed butter. This mixture may be used for fillings as well as for frosting.

Eggless, Milkless, and Butterless Cake

1 cup (14 ozs.) molasses or honey	1 teaspoon soda
1 cup (8 ozs.) sugar	3 cups (15 ozs.) coarse Graham flour or meal (unsifted)
1 teaspoon powdered ginger	$\frac{1}{2}$ cup (2 ozs.) flour
1 teaspoon powdered allspice	1 cup ($\frac{1}{4}$ lb.) dates, stoned and cut small
$\frac{1}{2}$ teaspoon salt	
1 cup ($\frac{1}{2}$ pt.) water	

Mix molasses, sugar, spices, and salt, add water in which soda has been dissolved, flours, and dates. Mix and divide into two well-greased and floured cake tins and bake in moderate oven three fourths of an hour. This cake is simple, healthful, and easily digested.

English Pork Cake

1 pound fat pork, chopped fine	1 tablespoon powdered allspice
2 cups (1 pt.) boiling water	1 tablespoon powdered nutmeg
1 cup (14 ozs.) molasses or honey	3 cups ($\frac{3}{4}$ lb.) flour
2 cups (1 lb.) seeded raisins	2 cups ($\frac{1}{2}$ lb.) barley flour
2 cups (12 ozs.) Sultana raisins	1 tablespoon soda
4 cups (1 lb.) currants	1 tablespoon baking powder
1 tablespoon powdered cinnamon	2 cups (12 ozs.) brown sugar
1 tablespoon powdered cloves	$\frac{1}{2}$ teaspoon salt

Dissolve pork in water, allow to cool, add molasses, fruit, flours sifted with spices, soda, baking powder, salt, and sugar. Mix well, turn into greased and papered cake pan, and bake in moderate oven three and one half hours. This cake keeps well.

If liked, one half pound each of chopped dates and figs, one fourth pound each shredded citron, chopped nuts, and candied cherries may be added.

Fruit Cake without Eggs

2 cups ($\frac{1}{2}$ lb.) flour	$1\frac{1}{2}$ teaspoons baking soda
2 cups ($\frac{1}{2}$ lb.) corn flour	2 cups (1 lb.) seeded raisins
$\frac{3}{4}$ cup (6 ozs.) butter substitute	1 teaspoon powdered cinnamon
2 cups (12 ozs.) brown sugar	1 teaspoon powdered cloves
$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) sour milk	1 teaspoon powdered nutmeg
1 teaspoon powdered allspice	

Sift flours into a bowl, cut and rub in butter substitute, add soda, sugar, milk, raisins, and spices. Mix and turn into a greased and floured cake tin. Bake one hour in moderate oven.

If liked, cover with boiled frosting.

Boiled Frosting

Boil one cup sugar with one half cup water until it forms soft ball when tried in cold water, or reaches 240° F. on candy thermometer; pour on to stiffly beaten white of one egg, pouring in a steady stream; add, while beating, one teaspoon vanilla extract. Beat until thick and spread over cold cake.

Layer Cake with Filling

$\frac{1}{2}$ cup (4 ozs.) butter substitute	$\frac{1}{4}$ teaspoon salt
1 cup ($\frac{1}{2}$ lb.) sugar, brown or white	2 eggs, separated
2 teaspoons baking powder	$\frac{1}{2}$ cup (1 gill) milk
1 cup ($\frac{1}{4}$ lb.) flour	1 cup ($\frac{1}{4}$ lb.) potato flour

Beat shortening and sugar to a cream, add yolks of eggs well beaten, milk, whites of eggs beaten to a stiff froth, and flours sifted with baking powder and salt. Mix well, divide into two greased and floured layer tins, and bake in moderate oven for twenty to twenty-five minutes. Turn out to cool.

Filling

$\frac{1}{2}$ cup ($1\frac{1}{2}$ ozs.) powdered sugar	$1\frac{1}{2}$ tablespoons butter substitute, melted
2 tablespoons cocoa	
2 tablespoons boiling coffee	$\frac{1}{2}$ teaspoon vanilla extract

Into a bowl sift powdered sugar and cocoa, add coffee, butter substitute, and extract, and beat five minutes. Spread between layers and sift powdered sugar over top layer.

Another Method. Put one cup maple sugar, one cup brown sugar, and one cup milk into a saucepan, heat slowly, stirring constantly until boiling point is reached, boil steadily without stirring until a soft ball is formed when tested in cold water, remove from fire, and stir in one cup chopped nut meats and one teaspoon lemon extract.

Spread between layers and on top of cake.

Lightning Mocha Cake

1 cup (4 ozs.) flour	$\frac{1}{4}$ teaspoon salt
1 cup (8 ozs.) sugar, brown or white	$\frac{1}{4}$ cup (2 ozs.) butter substitute
1 teaspoon baking powder	2 eggs
	Milk
	$\frac{1}{2}$ teaspoon almond extract

Into a bowl sift flour, sugar, baking powder, and salt. Melt shortening in a cup, into this break eggs, fill to top with milk, add to dry ingredients with extract, mix well, and bake. This mixture will fill three six-inch pans, or two eight-inch pans.

Mocha Filling

$\frac{3}{4}$ cup (6 ozs.) sugar, brown or white	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
3 teaspoons cocoa	2 tablespoons strong coffee

Mix sugar, butter, cocoa, and coffee, cream together thoroughly, and spread between cakes.

Luncheon Cakes

2 cups (12 ozs.) light brown sugar	$\frac{1}{2}$ cup (2 ozs.) barley flour
$\frac{1}{2}$ cup (4 ozs.) butter substitute	2 teaspoons baking powder
2 eggs, beaten	1 teaspoon vanilla extract
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ teaspoon almond extract
2 cups (8 ozs.) flour	Powdered sugar

Cream sugar and butter substitute together, add eggs, milk, flours sifted with baking powder, and extracts. Mix and divide into well-greased and floured gem or patty pans and bake in moderate oven fifteen minutes. Turn out and roll in powdered sugar.

Old-Fashioned Dried Apple Cake

2 cups (6 ozs.) dried apples	$\frac{1}{2}$ teaspoon powdered cloves
2 cups (1 lb.) prunes, stoned	1 cup ($\frac{1}{2}$ lb.) shortening, creamed
2 cups (28 ozs.) molasses or honey	2 cups (1 lb.) sugar
1 cup ($\frac{1}{2}$ pt.) water	4 cups (1 lb.) currants
1 teaspoon powdered cinnamon	$1\frac{1}{2}$ cups ($\frac{3}{4}$ lb.) seeded raisins
1 teaspoon powdered ginger	2 teaspoons soda
1 teaspoon powdered nutmeg	2 cups ($\frac{1}{2}$ lb.) flour
1 teaspoon powdered mace	2 cups (10 ozs.) Graham flour
$\frac{1}{2}$ teaspoon powdered allspice	$\frac{1}{2}$ teaspoon salt

Cook apples, prunes, molasses, water, and spices one hour. Then add shortening, sugar, currants, raisins, soda, flours, and salt. Mix well and turn into a greased and floured loaf tin and bake in slow oven one and one half hours. This cake improves with age.

Premier Cake

1 cup ($\frac{1}{2}$ pt.) sour cream	1 cup ($\frac{1}{4}$ lb.) corn flour
1 cup ($\frac{1}{2}$ lb.) sugar	1 cup (4 ozs.) currants, cooked
$\frac{3}{4}$ cup (6 ozs.) butter substitute	1 teaspoon baking soda
2 cups ($\frac{1}{2}$ lb.) flour	1 teaspoon powdered mace

Beat sugar and butter substitute ten minutes, add cream, flours sifted with soda and mace, and add currants. Turn into greased and floured cake tin and bake in slow oven one hour. Do not ice this cake.

Quick Coffee Cake

2 cups ($\frac{1}{2}$ lb.) flour	2 tablespoons honey or sirup
$\frac{1}{2}$ cup (2 ozs.) barley flour	1 egg, beaten
1 teaspoon salt	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk
3 teaspoons baking powder	Melted butter substitute
Powdered cinnamon and sugar	

Sift flours, salt, and baking powder into a bowl, add honey or sirup, egg, and milk. Beat well and turn into a greased and floured shallow cake pan; brush over with melted butter substitute and sprinkle with cinnamon and sugar. Bake in moderate oven thirty minutes.

Another Method. Add to two cups bread dough, one beaten egg, one half cup sirup or honey, and one tablespoon melted butter substitute. Add no more flour. Put it into shallow greased pan to rise, and when light, brush over with melted butter substitute, then spread over a mixture of one tablespoon each brown sugar, butter substitute, and corn flour. Lastly dust with sugar and powdered cinnamon and bake thirty minutes in moderate oven.

Russian Cake

2 eggs, separated	1 tablespoon cornstarch
$\frac{1}{2}$ cup (4 ozs.) sugar	$\frac{1}{2}$ cup (2 ozs.) flour
2 tablespoons cold water	1 teaspoon baking powder
1 teaspoon vanilla extract	Orange frosting

Beat yolks and white separately, then combine and beat with sugar; add water, vanilla, cornstarch, flour, and baking powder sifted together. Mix carefully and turn into greased and papered tin. Bake in moderate oven thirty minutes. When cold cover with orange frosting made as follows: Put strained juice of one orange into a bowl, add enough sifted confectioner's sugar to thicken, beat well, and spread over cake.

School Cake

1 cup ($\frac{1}{2}$ lb.) drippings	1 teaspoon powdered cinnamon
1 cup ($\frac{1}{2}$ lb.) sugar	1 teaspoon powdered ginger
1 cup ($\frac{1}{2}$ pt.) molasses or honey	1 teaspoon powdered cloves
1 egg, beaten	1 teaspoon baking powder
1 teaspoon salt	1 cup ($\frac{1}{2}$ pt.) cold coffee
1 teaspoon vanilla extract	2 cups (1 lb.) seeded raisins
$1\frac{1}{2}$ teaspoons soda	Flour

Cream drippings, add sugar and beat again; add molasses, egg, salt, baking powder, vanilla, soda, spices, coffee, raisins, and enough sifted flour to make a batter that will drop in chunks from mixing spoon. The amount of flour will vary with the kind used, but the egg will prevent any danger of falling. Turn into well-greased and floured cake tin and bake in slow oven two hours. Take from oven, allow to cool in pan, then turn out. Cover with frosting and decorate with nut meats.

Scotch Cakes

2 cups ($\frac{1}{2}$ lb.) flour	1 cup ($\frac{1}{2}$ lb.) butter substitute
1 cup ($\frac{1}{4}$ lb.) barley flour	1 teaspoon powdered cinnamon
2 cups (1 lb.) sugar, brown or white	1 teaspoon powdered ginger
	2 eggs, beaten

Mix flours and sugar, cut and rub in butter substitute, add spices and eggs, and mix to soft dough. Lift small lumps of dough with a knife and spread them out in the shape of a small round cookie on greased pan. Bake in moderate oven from ten to twelve minutes.

Scotch Shortbread

3 cups ($\frac{3}{4}$ lb.) flour	$\frac{3}{4}$ cup (6 ozs.) sugar
1 cup (4 ozs.) rice flour	1 cup (8 ozs.) butter or butter substitute

Mix flours and sugar and sift on to baking board. Press moisture out of butter, using a clean towel for purpose, and place in center of flours and sugar. Many people are of opinion that only sweet butter should be used. This is not so; butter slightly salted makes the best flavored shortbread. Proceed to work dry ingredients into butter by kneading; keep plenty of flour between the hands and butter. When all is worked in, continue to knead, rubbing the paste well out across the baking board. This gives shortness. The paste should be smooth and free from cracks. Divide into two pieces, form into round cakes, pinch edges, and perforate center with a fork. Lay on a papered tin and bake in moderate, steady heat to a nice golden color from thirty to forty minutes.

Allow to stand a little before attempting to lift.

If liked, the cake may be ornamented with strips of candied peel, or smooth white candies, or may be left perfectly plain and thickly dusted with powdered sugar on being taken from the oven.

This paste may also be used for cookies by rolling out to thickness required for such and by cutting into neat fancy shapes.

Spice Cake

1 cup ($\frac{1}{2}$ lb.) sugar	2 teaspoons baking powder
1 cup ($\frac{1}{2}$ lb.) lard, or shortening	1 teaspoon powdered cinnamon
1 cup ($\frac{1}{2}$ pt.) molasses or honey	1 teaspoon powdered ginger
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ teaspoon powdered nutmeg
3 cups (12 ozs.) flour	$\frac{1}{2}$ teaspoon powdered cloves
$\frac{1}{2}$ cup (2 ozs.) corn flour	2 eggs

Cream sugar and lard, add molasses, milk, flours sifted with baking powder, and spices. Drop in eggs without beating and mix well into batter. Pour into well-greased and floured cake tin and bake in moderate oven forty minutes.

If liked, cover cake with following chocolate frosting: Put ten-cent cake of milk chocolate into upper pan of double boiler and melt over hot water, then pour over cake, and sprinkle over with a few chopped nut meats.

If desired, a few caraway seeds may be added.

Somerset Gingerbread

1 cup (14 ozs.) molasses	1 teaspoon powdered cinnamon
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ teaspoon powdered nutmeg
$1\frac{1}{2}$ teaspoons soda	1 egg, beaten
1 tablespoon sugar	$\frac{1}{2}$ cup (1 gill) sour milk or cream
1 teaspoon powdered ginger	1 cup (4 ozs.) flour
	$\frac{1}{2}$ cup (2 ozs.) barley flour
	$\frac{1}{4}$ teaspoon salt

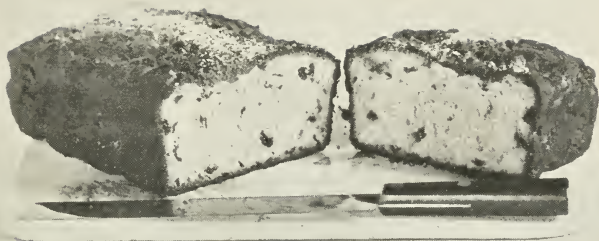
Into saucepan put molasses and butter substitute and bring them slowly to a boil, stirring so that butter substitute will dissolve and mix evenly with molasses. Mix soda, sugar, and spices and stir them into molasses and butter substitute. Mix egg and milk, add warm mixture to them, and stir in flours and salt. Pour into two warm buttered cake pans and bake slowly twenty-five minutes. The oven must be very moderate.

Suffrage Gingerbread

1 cup ($\frac{1}{4}$ lb.) ground rice	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) honey or molasses
2 cups ($\frac{1}{2}$ lb.) flour	$\frac{1}{2}$ cup (1 gill) milk or cream
1 cup (4 ozs.) whole wheat flour	1 egg, beaten
4 teaspoons baking powder	1 cup (4 ozs.) ground almonds
1 tablespoon ginger	1 cup ($\frac{1}{2}$ lb.) butter substitute
1 teaspoon mace	1 lemon
	$\frac{1}{2}$ teaspoon salt

Into a bowl sift rice, flours, baking powder, and spices. Melt molasses, add milk and butter substitute, and when dissolved pour among flours; add grated lemon rind, egg, and salt. Pour into a greased and floured flat tin and bake in moderate oven forty-five minutes. Turn out and cool and cut into slices. If liked, the gingerbread may be frosted before it is cut.

It is not generally known that gingerbread has been used since the fourteenth century. It was made then, and sold in Paris — so Monteil affirms, in his "Historie des Francais." It was prepared with rye meal, made into a dough, and ginger and other spices, with honey, were kneaded into it. It was introduced into England by the Court of Henry IV. for their festivals, and soon brought into general use. Since then it has retained its popularity, and contributed much to the pleasures of young and old. A great change was made in its composition after a while, and particularly after it was introduced into this country.



QUICK COFFEE CAKE. *Page 209.*



ASSORTED CAKES.



AFTERNOON TEA SANDWICHES



USING ELECTRIC CHAFING DISH.



ASSORTED SANDWICHES.

CHAPTER XVIII

TOASTS AND SANDWICHES

“ With dainty chicken, snow-white bread.”

SANDWICH is one of the most useful and appetizing forms of food. Most people can manage to eat a sandwich when other foods fail to appeal to them. The word “ sandwich ” originated in this wise: One Lord Sandwich, many years ago, was an ardent politician, and when Parliament was sitting used to spend the greater part of the evening at Westminster. Lady Sandwich, a wise wife and careful of her husband’s health, was distressed at his going so long without a meal, so devised the plan of putting pieces of meat between bread for her spouse to eat without having the trouble of detaching himself from his duties. After a time the word became applied to other things so disposed besides meat and bread.

Sandwiches are very tasty and relishing when made with tempting fillings. One of the most important things to be considered is the bread. New bread is best, but for inexpert cutters loaves just one day old are the best. A close-made bread should be chosen, or thin sandwiches will be a failure. The crust of the bread should be pared off before the slices are cut, and the slices cut into the very thinnest possible slices. The usual way of cutting sandwiches is square, in long fingers, or as crescents. Sandwiches for picnics should be wrapped in waxed paper to keep them moist or placed in a tin box lined with waxed paper. The butter should be creamed and it must be spread on evenly and thinly.

Baked French Toast

2 eggs, beaten	4 slices bread
$\frac{1}{4}$ teaspoon salt	Butter
1 cup ($\frac{1}{2}$ pt.) milk	Sugar
Powdered cinnamon	

Beat eggs with salt and add milk. Spread bread thickly with butter, place in greased baking pan and pour over them the custard. Place in hot oven until bread is lightly browned and egg is firm. Sprinkle with sugar and cinnamon and serve immediately.

Another Method. Cut rounds of bread rather thick, about one inch. Brown nicely on both sides, then split in two, spread with butter on the soft sides. Sprinkle with pepper and celery salt. Beat up one egg, add salt and pepper to taste, spread on the toast and put in the oven until the egg sets and no longer. A little fish and white sauce, or egg sauce, could be used in this way.

Cheese Toast

4 slices bread, buttered	2 cups ($\frac{1}{2}$ lb.) grated cheese
1 cup ($\frac{1}{2}$ pt.) boiling milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup (1 gill) cream	$\frac{1}{2}$ teaspoon paprika

Toast bread, remove crusts, and cut in squares; butter while hot and plunge for an instant into hot milk, then place on hot plate and keep warm. Heat cream to boiling point, add cheese and seasonings and stir constantly until cheese is melted. Pour over toast and serve.

Rolled Cheese Toast is delicious. Take a loaf of fresh bread, and spread cut end with soft butter and then cut in thin slices. Remove crusts, sprinkle each piece with grated cheese of any kind, then roll cornerwise, pinning each with small wooden toothpick. Arrange on a pan and brown in oven just before serving.

Corn Toast

2 tablespoons (1 oz.) butter substitute	$\frac{1}{4}$ teaspoon pepper
2 tablespoons ($\frac{1}{2}$ oz.) flour	1 cup ($\frac{1}{2}$ pt.) canned or fresh corn
1 cup ($\frac{1}{2}$ pt.) milk or cream	1 pimiento, chopped fine
$\frac{1}{2}$ teaspoon salt	Toast

Blend butter and flour in a saucepan over the fire, add milk and stir until boiling; add seasonings, corn and pimiento. Make very hot and serve on slices of toast.

Crab Toast

2 tablespoons (1 oz.) butter substitute	$\frac{1}{4}$ cup ($\frac{1}{2}$ gill) milk
1 tablespoon bread crumbs	1 teaspoon salt
1 tablespoon chopped parsley	$\frac{1}{2}$ teaspoon pepper
1 cup ($\frac{1}{2}$ pt.) crab meat, cooked	$\frac{1}{2}$ teaspoon paprika
	1 teaspoon lemon juice
Toast biscuits, or thin slices toast	

Melt butter in a saucepan, add bread crumbs, parsley, crab meat and mix well; then add milk and stir over the fire for a few minutes, and add seasonings. Spread on hot toasted biscuits or toast. Serve hot.

Egg Toast

Bread slices	2 eggs, beaten
Milk	Sugar
	Powdered nutmeg

Dip stale bread in milk, just to moisten and remove at once. Beat eggs, dip slices of bread in egg, then fry in smoking hot fat. When browned, drain, place on hot platter, sprinkle with sugar and nutmeg. Serve hot.

Herring Roe Toast

6 herring roes	1 egg, beaten
1 tablespoon flour	4 tablespoons (2 ozs.) lard or drippings
1 teaspoon salt	Hot buttered toast
1 teaspoon chopped parsley	Paprika
1 cup (4 ozs.) bread crumbs	Lemon slices

Wipe roes on a soft cloth, dust with flour and season with salt. Brush over with egg, toss in bread crumbs mixed with parsley, Heat fat in frying pan, and fry roes in it until brown color. Lay a roe on each finger-shaped piece of toast, sprinkle with paprika, and serve hot, garnished with small lemon slices.

Kidney Toast

2 sheep's kidneys	2 tablespoons milk or stock
3 teaspoons butter	1 teaspoon salt
$\frac{1}{2}$ teaspoon flour	$\frac{1}{2}$ teaspoon pepper
1 teaspoon chopped onion	Hot buttered toast
	1 tablespoon chopped parsley

Remove skin and fat from kidneys and chop finely. Melt butter in a saucepan, add onion and fry for a few minutes, then add kidney and stir five minutes, sprinkle in flour and seasonings, and moisten with milk or stock. Cook two minutes, then arrange mixture on toast and cut into pieces, sprinkle with parsley, and serve very hot.

Tongue Toast

1 cup (4 ozs.) cooked tongue	1 tablespoon chopped parsley
1 egg yolk	Fingers buttered toast
2 tablespoons white sauce	Bread crumbs

Remove all skin and gristle from tongue, and chop fine. Put it into a saucepan with yolk of egg, sauce, parsley, and heat over fire without allowing mixture to boil. Pour it on to toast, sprinkle thickly with bread crumbs and brown in oven. Serve hot.

Veal Toast

Slices hot buttered toast	1 tablespoon chopped onion
Cooked veal, cut in small pieces	1 tablespoon chopped parsley
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	1 pinch soda
1 tablespoon cornstarch	1 teaspoon salt
$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk, hot	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{4}$ teaspoon paprika
	2 hard-cooked eggs, sliced

Fill platter with toast and keep hot in oven. Blend butter substitute and cornstarch in a saucepan over fire, add milk and stir until boiling; add onion, parsley, soda, and seasonings and cook five minutes, then add veal and when all is smoking hot, pour over toast. Garnish with eggs and serve immediately.

Tomato and Cheese Toast

$\frac{1}{2}$ can tomatoes	1 teaspoon mustard
$\frac{1}{2}$ pound cheese	$\frac{1}{4}$ teaspoon salt
4 tablespoons (2 ozs.) sugar	2 eggs, slightly beaten

Toast

Heat tomatoes, add cheese, and when it has melted, add seasonings and eggs. Serve on hot buttered toast.

Finnan Haddie Toast

1 large finnan haddie	1 egg yolk
1 tablespoon cornstarch	1 hard-cooked egg, chopped
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) milk, hot	$\frac{1}{2}$ teaspoon pepper
	1 tablespoon grated cheese
Buttered toast	

Cut finnan haddie in small pieces, free from skin and bones. Blend cornstarch and butter in a saucepan over the fire, add milk and stir to boiling point, add yolk of egg, hard-cooked egg, and seasonings. Cook fish for a few minutes in a little hot dripping and add to sauce. Now add cheese and serve hot on toast.

We toast bread, not merely to brown it, but to take out all the moisture possible, that it may be more easily moistened with the saliva and thus easily digested; then we brown it to give it a better flavor. If the slice be thick and carelessly exposed to a blazing fire, the outside is blackened before the heat can reach the inside. The moisture is not evaporated and makes the inside doughy; and butter, when spread upon the bread, cannot penetrate it, but floats on the surface in the form of oil; the result is one of the most indigestible compounds. The correct way is to have the bread stale and cut into thin uniform slices and dried thoroughly before browning. Such toast moistened with milk or water may be easily and thoroughly acted upon by digestive fluids.

Baked Bean Sandwiches

1 cup ($\frac{1}{2}$ pt.) baked beans	1 teaspoon made mustard
1 tablespoon tomato catchup	1 teaspoon grated horse-radish
1 teaspoon onion juice	Slices buttered bread

Rub beans through a sieve or colander, add catchup, onion juice, mustard, and horse-radish. Spread between bread. Cut into triangles. Or, mash one hard-cooked egg with two tablespoons melted butter, add one cup cooked sieved beans, season to taste with salt, paprika, and made mustard. Spread between buttered bread slices and cut in two across the slice.

Beef and Egg Sandwiches

1 cup ($\frac{1}{4}$ lb.) cold chopped beef	2 tablespoons tomato catchup
1 tablespoon butter, melted	1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper	1 tablespoon Worcestershire sauce
2 hard-cooked eggs, chopped	2 gherkins, chopped
1 tablespoon butter substitute	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ teaspoon salt	
Brown and white bread	

Mix together beef, catchup, butter, and seasonings. Pound eggs with butter substitute and gherkins, and add seasonings. Spread egg mixture on buttered slices of white bread, and beef filling on buttered slices of brown bread. Start first with the white bread, then the brown bread, and so on until you have five slices. Cut in squares and serve.

Cheese and Olive Sandwiches

1 cup ($\frac{1}{4}$ lb.) grated cheese	$\frac{1}{2}$ tablespoon flour
2 dozen olives, chopped fine	1 tablespoon sugar
3 pimientos, chopped fine	$\frac{1}{8}$ teaspoon mustard
1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup (1 gill) sour cream	Crisp lettuce leaves
$\frac{1}{2}$ cup (1 gill) vinegar	Slices buttered brown bread

Mix cheese, olives, and pimientos together. Put egg, cream, vinegar, flour, sugar, and seasonings into a saucepan, stir and boil until it thickens, then add cheese mixture and cool. Spread on bread, put a lettuce leaf between, and press slices together.

Cheese and Peanut Butter Sandwiches

1 cup ($\frac{1}{2}$ pt.) cottage cheese	Crisp lettuce leaves
1 cup ($\frac{1}{2}$ pt.) peanut butter	Whole wheat bread

Mix cheese with peanut butter and spread on buttered slices of bread, placed together with crisp lettuce leaf between.

If there are left-over sandwiches on hand, try using them in this way. Dip each sandwich in a thick fritter batter, and fry a golden brown in plenty of smoking hot fat. Drain and serve hot, piled up on a pretty dish.

Cheese, Olive, and Nut Sandwiches

1 dill pickle, chopped	1 small bottle stuffed olives, chopped
$\frac{1}{2}$ cup (2 ozs.) chopped English walnut meats	1 cup ($\frac{1}{4}$ lb.) grated or cottage cheese
$\frac{1}{2}$ cup (1 gill) mayonnaise dressing	Crisp lettuce leaves
Buttered slices brown bread	

Into a bowl put pickle, olives, nuts, cheese, and dressing. Mix and spread between liberally buttered slices of brown bread. Before placing together, lay a lettuce leaf between the slices, cut with a biscuit cutter, and serve at once.

A cheese and nut sandwich that is novel is made as follows: Into one cup of green-apple sauce, stir sufficient finely chopped nut meats to make a paste thick enough to spread upon well buttered brown or gluten bread which has already been spread with cream cheese. Cut into triangles and serve at once.

Deviled Ham and Egg Sandwiches

1 can deviled ham or tongue	2 hard-cooked eggs, chopped
$\frac{1}{2}$ cup (1 gill) French or mayon- naise dressing	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper
	Thin bread slices

Mix ham and eggs well, add dressing and seasonings. Mix again and spread on thin slices of bread which have had all crusts removed.

Exchange Sandwiches

1 pound boiled ham	4 sour pickles
2 bell peppers	2 hard-cooked eggs
1 small onion	$\frac{1}{2}$ cup (1 gill) mayonnaise dressing
2 stalks celery	Crisp lettuce leaves
	Thin slices buttered bread

Put ham, peppers, onion, celery, and pickles through food chopper, mix with eggs cut in small pieces, and mayonnaise. Spread on lettuce leaves between bread slices. Cut into desired shapes.

Ham and Almond Sandwiches

Mix equal parts ground ham and ground almonds, season to taste and moisten with thick sweet cream. Serve between thin slices of whole wheat bread.

Fruit Sandwiches

1 cup ($\frac{1}{4}$ lb.) stoned dates	2 cups ($\frac{1}{2}$ lb.) chopped nut meats
1 cup ($\frac{1}{4}$ lb.) preserved cherries	1 tablespoon preserved ginger
2 cups ($\frac{1}{2}$ lb.) figs	Crackers, buttered

Put dates, cherries, figs, nut meats, and ginger through food chopper. Place in greased baking-powder cans and press down well. Stand overnight, and when wanted for use dip cans in hot water and loosen contents with a knife. Cut into thin slices and place between crackers. Decorate each sandwich with a cherry.

Lobster Sandwiches

1 cup ($\frac{1}{2}$ pt.) cooked or canned lobster meat	Anchovy essence
Mayonnaise or boiled dressing	Chopped pickled gherkins or olives
Salt and red pepper	Buttered rolls or bread

Chop lobster meat, moisten with salad dressing, season with salt, pepper, and anchovy, and spread on buttered rolls, or between slices of buttered bread. Sprinkle over with gherkins or olives. If liked, one chopped, hard-cooked egg may be added to mixture.

Nut Sandwiches

1 cup (4 ozs.) chopped nut meats	$\frac{1}{4}$ cup (2 ozs.) sugar or honey
$\frac{1}{2}$ cup (1 gill) vinegar	$\frac{1}{4}$ teaspoon salt
1 egg, beaten	$\frac{1}{2}$ lemon
1 cup ($\frac{1}{2}$ pt.) thick sour cream	White or Graham bread
Crisp lettuce leaves	

Bring vinegar to boiling point. Mix egg with sour cream, add sugar (or honey) and salt, and pour into hot vinegar. Stir until it reaches boiling point, remove from fire, and cool; then add strained lemon juice and pour over nuts. This filling is better

if allowed to stand several hours before using. Spread between slices of buttered bread. A lettuce leaf may be placed between slices if desired.

Rolled Sandwiches

Loaves bread

Softened butter

To make Rolled Sandwiches, cut bread in thin slices, having first shaved off all the crust from loaf. Pack slices one on another, and wrap in wet table napkin and leave one hour. Brush each slice of bread with softened butter, then roll and wrap firmly in waxed paper. Set rolls of paper in refrigerator and just before serving remove papers. The sandwiches will retain their rolled-up shape.

Rolled Celery Sandwiches

Rolled Celery Sandwiches are delicious. Take loaf of fresh bread, cut off crusts, and spread before slicing with creamed butter; dust with salt and pepper, and roll tightly around three small stalks of celery. The celery should be crisp and tender and cut in small strips of suitable length and dusted with fine salt while damp.

Sausage and Pickle Sandwiches

Left-over cooked sausages

Salad dressing

Pickles cut in small pieces

Slices whole wheat bread, buttered

Heat left-over sausages and cut fine, then mix with a few pickles, and moisten with salad dressing. Spread on bread and place two slices together. These sandwiches are excellent for picnics.

Sweet Chocolate Sandwiches

2 squares (2 ozs.) chocolate

1 cup ($\frac{1}{2}$ lb.) sugar

2 tablespoons cream

$\frac{1}{2}$ cup (2 ozs.) nut meats, chopped

1 tablespoon ($\frac{1}{2}$ oz.) butter

fine

Slices buttered bread

Melt chocolate over slow fire, add cream, butter, and sugar, and cook five minutes over hot water; add nuts and mix. Let cool before spreading on bread. Cut in neat shapes and serve.

Tomato Sandwiches

1½ tablespoons ($\frac{3}{4}$ oz.) sugar	1 cup ($\frac{1}{2}$ pt.) water
1 tablespoon flour	1 tablespoon ($\frac{1}{2}$ oz.) butter
1 teaspoon salt	$\frac{1}{4}$ teaspoon red pepper
1 teaspoon mustard	Thick cream
2 eggs, beaten	Ripe tomatoes, peeled and sliced
$\frac{1}{2}$ cup (1 gill) vinegar	thin
Thin slices buttered bread	

In upper pan of double boiler mix sugar, flour, salt, and mustard; add eggs, vinegar, water, butter, pepper and cook over hot water until thick. Cool, and to every tablespoon of dressing add equal quantity of cream. Dip tomato slices into dressing and place between bread slices. Cut any shape desired.

Cold Broiled Tomatoes make excellent sandwiches. Cut rounds of rye or oatmeal bread and butter them. Take firm, thick slices ripe tomatoes, brush over with beaten egg, toss in fine bread crumbs and fry in hot fat. Drain and brush over with melted butter and season to taste. Serve between the rounds of bread.

CHAPTER XIX

CHAFING-DISH COOKERY

“How many things by season seasoned are
To their right praise and true perfection.”

THE chafing dish was introduced to the fashionable world as a fad, but has remained as a fact. A desire to become an adept in tossing up various savory repasts has unconsciously led many a novice into the mysteries of cookery, bounded by broader realms than that occupied by the modest chafing dish.

For impromptu collations what is so suggestive of congenial camaraderie as a steaming delicacy brought to perfection by the host and hostess and the friendly assistance of their guests?

The chafing dish is invaluable for a hasty breakfast, a dainty luncheon, late supper, or Sunday-night tea. And nowhere does it give better service than in the sick room, where small quantities quickly prepared and served hot will often tempt a whimsical appetite.

The ultimate success of cooking with a chafing dish depends largely upon the cook's familiarity with its various details. One need but put into operation certain common-sense rules. Cultivate the instinct of knowing how to make the most of the lamp, work quickly and with deft fingers, and have at hand the requisite utensils and condiments, so that time and the savoriness of the repast need not be lost.

Have the water pan about one third full of hot water — hot when convenient, as this saves time. Put blazer or food pan over it while water is heating. Use hot-water pan only when preparation requires slow cooking or one that burns easily.

When great heat is called for, as in broiling, remove hot-water pan and put blazer directly over flame. To cook quickly, use only the blazer and have it well heated before beginning to cook.

It is well to keep on hand for serving a luncheon or supper such useful accessories as canned soups, lobster, salmon, shrimp, sardines, tongue, peas, corn, mushrooms, tomatoes, cheese, crackers, pickles, olives, and various relishes for fish and meat, besides canned milk.

Absolute cleanliness is essential in keeping a chafing dish and its various parts in good order. Be sure not to allow any moisture to remain, as rust speedily follows. After finishing with the chafing dish, place it and the utensils into hot water to soak; when allowed to dry overnight, the attendant scouring and scraping the next day will scratch and remove the finish either on nickel or silver.

Apricot Custard

6 preserved apricots	2 tablespoons sugar
2 cups (1 pt.) milk	1 tablespoon potato flour or corn-
2 eggs, separated	starch
	1 teaspoon lemon extract

Cut apricots into small pieces and put them in a glass dish. Put milk, yolks of eggs, sugar, and potato flour, or cornstarch in blazer of chafing dish; place blazer over boiling water and stir mixture until it thickens, then add extract, remove, and cool. When cold pour over fruit and place whites of eggs stiffly beaten with tablespoon sugar on top. Serve with cake.

Barbecue of Poultry or Game

2 cups ($\frac{1}{2}$ lb.) cooked poultry or game	4 tablespoons (2 ozs.) butter substitute
2 tablespoons vinegar	4 tablespoons tomato sauce
2 tablespoons oil	Salt and pepper
1 small chopped shallot	Pieces dry toast

Cut poultry or game into thin slices. Mix oil, vinegar, shallot, and a little salt and pepper on a plate, and allow poultry or game to soak in this mixture thirty minutes. Melt butter substitute in chafing dish, add tomato sauce, and if liked two tablespoons sherry wine. Drain poultry and lay it in sauce. Season to taste, and heat thoroughly, but without boiling. Serve with dainty pieces of dry toast.

Bread Slices with Cheese

4 slices bread	3 tablespoons grated cheese
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ cup (1 gill) stock or milk
	1 teaspoon salt
3 tablespoons chopped cooked meat	$\frac{1}{2}$ teaspoon pepper

Remove crusts from bread, and cut into finger-shaped pieces. Melt butter substitute in blazer of chafing dish, fry bread brown on both sides and drain. Now put meat, cheese, stock, and seasonings into blazer, stir over lamp until very hot and then spread on the bread. Serve hot.

Cake Surprises

1 egg, well beaten	Sponge or white cake
1 cup ($\frac{1}{2}$ pt.) milk	2 tablespoons (1 oz.) butter
1 teaspoon vanilla extract	Preserves

Mix egg, milk, and extract together. Dip slices of sponge or white cake in batter and allow to soften. Melt butter in chafing dish and when hot fry cake brown on both sides. Spread a layer of preserves on each slice and place two together. Serve with any sweet sauce, or hot milk, or whipped and sweetened cream.

Chicken à la Creole

2 cups (1 pt.) canned tomatoes	$\frac{1}{2}$ teaspoon sugar
1 small green pepper, chopped fine	$\frac{1}{4}$ teaspoon celery salt
1 tiny white onion, chopped	2 cups ($\frac{1}{2}$ lb.) cooked chicken, diced
$\frac{1}{2}$ teaspoon salt	1 tablespoon ($\frac{1}{2}$ oz.) butter

In upper half of chafing dish put tomatoes, add pepper, onion, and seasonings, and simmer, stirring frequently, until tomato sauce is quite thick. Add chicken and butter and serve as soon as chicken is heated through.

Cod Tongues with Tomato Sauce

12 cod tongues	Flour
Milk	Hot fat
Tomato sauce	

Wash tongues, dip in milk, then toss one by one in flour. Have hot vegetable oil or drippings in chafing-dish — enough to cover the bottom. Lay in tongues, keeping them separate, and cook three minutes on each side. When browned, drain carefully, and serve with hot tomato sauce.

Another Method. Fry tongues, keep them hot, and to fat remaining in pan add enough flour to thicken, add enough milk or cream to make a nice sauce and season with salt, pepper, and powdered nutmeg. Cook five minutes, add tongues, and heat; then add one half tablespoon chopped parsley and pour over hot buttered toast.

Cod Sounds. Soak sounds in warm water several hours. Scrape off skin, boil and serve with egg sauce on toast, or after heating slowly in milk pour thin white sauce over them and serve on toast with garnish of sliced hard-cooked egg, or fry, and serve with tomato sauce and parsley.

Corn Fritters

1 can sweet corn	$\frac{1}{2}$ teaspoon salt
5 tablespoons ($1\frac{1}{4}$ ozs.) flour	$\frac{1}{4}$ teaspoon pepper
$\frac{3}{4}$ tablespoon sugar	Cracker or bread crumbs

Mix corn with flour, add sugar and seasonings. Have ready a plate of crumbs and into these drop a tablespoon of the corn mixture, turn with a knife and spoon (it requires both in handling as the batter should be quite soft) until well coated. Drop into the chafing-dish which is one half filled with hot fat. Flatten with a knife so that the fritters will be round and fairly thin. Fry and brown thoroughly on both sides and serve hot.

Another Method. Drain moisture from one can corn. Chop corn and add one cup flour sifted with one teaspoon baking powder, one half teaspoon salt, and one fourth teaspoon each pepper and paprika. Add beaten yolks two eggs and whites beaten to stiff froth. Fry in hot vegetable oil in chafing dish, drain and serve hot.

Creamed Codfish

1 glass shredded codfish	2 cups (1 pt.) milk
4 tablespoons (2 ozs.) butter substitute	$\frac{1}{2}$ teaspoon pepper
4 tablespoons (1 oz.) flour	$\frac{1}{4}$ teaspoon paprika
	2 egg whites, beaten

Rinse codfish in cold water and drain well. Melt butter substitute in chafing dish, stir in flour, and when smooth and bubbling, add milk, seasonings, and codfish. Simmer ten minutes and just before serving fold in egg whites. Serve at once on buttered toast, or in hot individual dishes.

Creamed Crab Flakes

2 hard-cooked eggs	1 cup ($\frac{1}{2}$ pt.) cream
3 tablespoons bread crumbs	1 cup ($\frac{1}{2}$ pt.) crab meat
$1\frac{1}{2}$ tablespoons pimientoes (canned red peppers), chopped	$\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ teaspoon powdered nutmeg
4 tablespoons (2 ozs.) butter substitute	1 teaspoon lemon juice

Chop whites of eggs and mash yolks, add bread crumbs and pimientoes. Melt butter in chafing dish, stir in egg mixture, add cream, crab meat, and seasonings. Stir until smooth and hot and serve at once in hot individual dishes.

Deviled Bananas

6 bananas	$\frac{1}{2}$ teaspoon salt
2 tablespoons (1 oz.) butter substitute	$\frac{1}{4}$ teaspoon paprika
1 tablespoon chopped pimento	1 tablespoon chopped olives
	Toast fingers

Peel and scrape bananas, and cut them in halves. Melt butter substitute in chafing dish, add bananas, pimento, seasonings, and olives, and cook ten minutes. Serve hot on buttered fingers of toasted bread.

Fish à la Reine

2 cups ($\frac{1}{2}$ lb.) boiled or canned fish	1 tablespoon ($\frac{1}{2}$ oz.) butter
1 cup ($\frac{1}{2}$ pt.) milk or cream	1 tablespoon flour
$\frac{1}{2}$ teaspoon salt	2 tablespoons finely chopped mushrooms
$\frac{1}{2}$ teaspoon paprika	1 egg yolk
1 tablespoon chopped parsley	1 teaspoon lemon juice

Flake fish and remove bones and skin. Melt butter in chafing dish, stir in flour, add milk, and bring to boiling point. Now add mushrooms, seasonings, and fish, and heat carefully over hot water. Add egg yolk, parsley, and lemon juice. Serve very hot.

Fried Beans

2 cups (1 pt.) cooked beans	1 teaspoon salt
1 onion, chopped	$\frac{1}{2}$ teaspoon pepper
1 teaspoon chopped parsley	2 tablespoons (1 oz.) butter substitute

Mix beans with onion, parsley, and seasonings. Melt butter substitute in chafing dish, add bean mixture, cover chafing dish, and cook fifteen minutes. Stir occasionally and serve beans hot.

Or melt two tablespoons butter substitute in blazer and when very brown add one tablespoon vinegar, one teaspoon salt, and one fourth teaspoon pepper. When hot pour over two cups of hot cooked beans.

Fried Tomatoes

Ripe or green tomatoes	Salt and pepper
Flour	Hot fat

Select large tomatoes of uniform size, cut them in slices one half inch thick, dip in flour seasoned with salt and pepper, and fry in hot fat in chafing dish until tender and brown. Serve with or without white sauce. If liked, tomatoes may be garnished with broiled bacon.

Golden Buck

$\frac{1}{2}$ cup (1 gill) milk	$\frac{1}{2}$ teaspoon paprika
2 cups (1 pt.) grated cheese	Buttered toast
$\frac{1}{4}$ teaspoon made mustard	Poached eggs

Pour milk into upper pan of chafing dish and heat over hot water, then add cheese and seasonings. Stir constantly until cheese melts. Pour over toast, place poached eggs on top, dust lightly with salt, and serve at once.

Macaroni, Cheese, and Tomatoes

2 cups (1 pt.) cooked macaroni	$\frac{1}{2}$ cup (1 gill) tomatoes, canned
1 green pepper, chopped	$\frac{1}{4}$ cup (1 oz.) grated cheese
1 small onion, chopped	$\frac{1}{2}$ teaspoon salt
4 tablespoons vegetable oil	$\frac{1}{4}$ teaspoon pepper

Cut macaroni into neat pieces and then measure it. Heat oil in blazer of chafing dish, add pepper and onion, and cook twelve

minutes, stirring constantly. Add tomatoes, cheese, and seasonings, and serve in hot ramekins when cheese is melted.

Cooked spaghetti or vermicelli may be used instead of macaroni.

Mushrooms with Eggs

$\frac{1}{2}$ pound mushrooms	$\frac{1}{4}$ teaspoon pepper
2 tablespoons (1 oz.) butter	2 tablespoons cream
2 large eggs, beaten	Small rounds buttered toast
$\frac{1}{2}$ teaspoon salt	Parsley

Wash, dry, and chop mushrooms; melt butter in chafing dish, add mushrooms, fry four minutes, add eggs, seasonings, and cream; stir until set, then pile a small heap on each piece of toast. Garnish with parsley and serve hot.

Mussels à la Marinière

26 to 36 mussels	$\frac{1}{2}$ cup (1 gill) mussel liquor
3 tablespoons ($1\frac{1}{2}$ ozs.) butter	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk
1 small onion, chopped fine	2 teaspoons chopped parsley
2 tablespoons ($\frac{1}{2}$ oz.) flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Wash mussels and lift them out of water. Those that float on surface of water are not sound. Put mussels into hot water compartment of chafing dish, add small quantity water, cover and cook until mussels open. Drain and reserve liquor. Cut away the "beard", the little black frill, with a pair of scissors, and mussels are ready for use. Melt butter in chafing dish, add onion, and cook slowly for a few minutes. Stir in flour, add mussel liquor and milk, and stir till boiling. Simmer eight minutes, add parsley, seasonings, and mussels, and serve hot.

Mussels are richer in protein than practically any other sea food and have the distinct advantage of being the most easily digestible. They are nutritious, wholesome, and inexpensive.

Oysters à la Francesca

30 oysters	$\frac{1}{2}$ teaspoon salt
2 tablespoons (1 oz.) butter	$\frac{1}{4}$ teaspoon pepper
4 tablespoons (1 oz.) flour	$\frac{1}{4}$ teaspoon powdered nutmeg
1 cup ($\frac{1}{2}$ pt.) milk or cream	2 egg yolks, beaten
	Croûtons fried bread



DEVILED BANANAS. *Page 227.*



POTTED SALMON. *Page 241.*



SAVORY PEPPERS WITH ONION. *Page 230.*



CORNISH PASTY. *Page 245.*



CELERY AND OYSTERS. *Page 244.*

Tomato Sauce and Eggs

$\frac{1}{2}$ can tomatoes	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon pepper	1 teaspoon flour
1 teaspoon chopped onion	2 eggs
2 teaspoons chopped parsley	Hot buttered toast
2 tablespoons grated cheese	

Heat tomatoes in chafing dish with seasonings, then thicken with butter rubbed with flour, simmer five minutes and strain. Heat this sauce, then slip into it the eggs and let them poach; remove to toast, pour sauce around toast on a hot dish, and sprinkle with cheese. Serve hot.

Tomato Wiggle

$\frac{1}{2}$ can (2 cups) tomatoes	$\frac{1}{4}$ cup (2 ozs.) sugar
2 cups ($\frac{1}{2}$ lb.) cheese, grated	$\frac{1}{4}$ teaspoon salt
2 eggs, beaten	Toasted bread

Heat tomatoes in chafing dish, add cheese, and when melted, add eggs slightly beaten, sugar, and salt. Stir with a wooden spoon and cook three minutes. Serve at once on buttered toast.

Tripe and Oysters

1 pound honeycomb tripe	$\frac{1}{2}$ cup (1 gill) milk
2 tablespoons (1 oz.) butter	25 oysters
1 small onion, chopped fine	$\frac{1}{2}$ teaspoon salt
1 tablespoon flour	$\frac{1}{4}$ teaspoon pepper

Boil tripe until perfectly tender and cut into neat, narrow strips. Melt butter in chafing dish; add onion, then cover and cook until soft but not browned. Stir in flour and milk, and when boiling add tripe and oysters. As soon as gills of oysters curl, add seasonings and serve very hot.

Welsh Rarebit

3 tablespoons ($1\frac{1}{2}$ ozs.) butter	$\frac{1}{4}$ teaspoon paprika
6 tablespoons ($1\frac{1}{2}$ ozs.) flour	$3\frac{1}{2}$ cups ($1\frac{3}{4}$ pts.) milk, scant
$\frac{1}{2}$ teaspoon mustard	1 cup ($\frac{1}{4}$ lb.) American cheese, cut fine
$\frac{1}{4}$ teaspoon salt	Toasted bread

Melt butter in chafing dish, stir in flour, add seasonings and milk slowly. Cook five minutes, stirring constantly, then add cheese and continue stirring until cheese is melted. Serve hot with toasted bread, or on toasted bread.

CHAPTER XX

COLD MEAT COOKERY

“Cut and come again.”

TWICE-COOKED meat is not injurious unless it is heated in such a fashion as to render it hard and leathery, in which case undue strain is thrown on the digestive organs. This is especially unfortunate when it occurs with individuals who are physically or mentally fatigued. Cold meat reheated is less nourishing, because no matter how careful the cooking process, a certain amount, however small, of the nutritive juices escapes during the first cooking, though retained and served as gravy. When the meat is reheated, this gravy having been used, and the juices which have escaped from the cut surfaces into the dish having dried, the meat contains not only less flavor, but also less nourishment. The cook, if she be wise, adds, to recompense these losses, various piquant flavorings, extra sauces, and so forth, producing finally a very savory and easily digested concoction, but still one actually less nourishing than a freshly cooked steak or cut from a joint, supposing them to have been correctly prepared in the widest sense of the term. In cases where meat has in the first instance been stewed to rags or badly over-roasted it has but a low food value, even when first served. It is necessary to bear in mind that meat should never be actually twice cooked; it requires not cooking, but, if possible, merely reheating. It is the faulty method of utilizing cold meat that has given it a bad name.

Beef and Potato Cutlets

2 cups ($\frac{1}{2}$ lb.) cold cooked meat	1 teaspoon salt
6 cooked potatoes, mashed	$\frac{1}{2}$ teaspoon pepper
2 tablespoons (1 oz.) butter substitute	1 cup ($\frac{1}{2}$ pt.) stock or water
4 tablespoons (1 oz.) flour	1 tablespoon chopped parsley
1 teaspoon Worcestershire sauce	1 egg, beaten
	Bread crumbs

Blend butter substitute and flour in a saucepan, add seasonings and stock, and stir until boiling ; boil five minutes, then add meat, parsley, and potatoes, and mix thoroughly together. Allow to cool, form into neat cutlets, brush over with egg, toss in bread crumbs and fry in smoking hot fat, drain, and serve hot.

Beef au Gratin

1 cup (4 ozs.) cooked beef	1 tablespoon flour
1 cup (4 ozs.) bread crumbs	1 cup ($\frac{1}{2}$ pt.) stock or water, hot
1 teaspoon chopped onion	1 teaspoon salt
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	$\frac{1}{2}$ teaspoon pepper
	1 teaspoon vinegar

Put meat through food chopper, or chop it finely, add crumbs, and mix well. Lightly brown onion in butter, sprinkle in flour, and when browned add stock, stir until smooth, add seasonings, and mix in meat and crumbs. Pour into greased shallow fireproof dish, cover lightly with crumbs (or mashed potatoes), dot with butter substitute, and brown in a hot oven. Serve hot.

Beef Charlotte

Stale bread	Pepper and salt
Gravy or stock	Butter substitute
Chopped cooked meat	1 onion, chopped

Cut fairly thin slices from a stale loaf of bread, lay them on a platter, and pour over sufficient gravy or stock to moisten without exactly soaking them. Grease a fireproof dish, line it with the bread, put in layer of cooked meat, onion, and seasonings, arrange second layer of bread on top, and repeat until dish is almost full, using a good layer of bread crumbs to roof in the charlotte. Dot with butter substitute, bake in moderate oven one hour, serve hot in the same dish.

Cold Meat Patties

2 cups (8 ozs.) cold meat, chopped	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{2}$ cup (1 gill) stock or gravy
1 teaspoon salt	1 teaspoon chopped parsley
	Pastry

Grease gem pans, and line them with rounds of pastry. Mix meat with seasonings, stock, and parsley. Fill pans with mixture, cover with rounds of pastry, trim edges neatly, brush over with milk or beaten egg, and bake thirty minutes in moderate oven.

The meat mixture may be put into timbale cases made as follows: Beat up one egg, add one cup flour, sifted with one half teaspoon each salt and baking powder, then add one tablespoon oil, and three fourths cup of milk, and beat well. Leave in cool place one hour. Heat timbale iron in hot fat, then dip into batter, turn into hot fat, and fry. Drain, fill with mixture, and heat in oven until thoroughly hot.

Cooked Meat en Casserole

2 pounds cooked meat	$\frac{1}{2}$ teaspoon pepper
10 potatoes, peeled and sliced	2 carrots, sliced
2 tablespoons ($\frac{1}{2}$ oz.) flour	1 turnip, sliced
1 teaspoon salt	1 onion, sliced

Water or stock

Cut meat into small pieces and roll in flour mixed with seasonings. Place alternate layers of vegetables and meat in a casserole with a final layer of potatoes well sprinkled with salt. Fill with water or stock, cover closely, and cook four hours. Thirty minutes before serving remove cover so that potatoes may brown.

The addition of one cup of cooked peas, either fresh or preserved, adds greatly to the flavor of this excellent dish. Dried peas soaked overnight and carefully cooked are also very good.

Cottage Pie

2 cups (8 ozs.) cold chicken	6 potatoes, sliced
1 carrot, sliced	1 teaspoon salt
1 turnip, sliced	$\frac{1}{2}$ teaspoon pepper
1 onion, sliced	1 tablespoon soy bean flour
2 cups (1 pt.) stock or water	

Line a greased pudding or fireproof dish with a layer of cold chicken cut in strips or slices, then put in a layer of the vegetables, sprinkle a little of the flour on each layer, and season with salt and pepper. Now pour in stock or water and cover dish

with lid, bake slowly until vegetables are quite soft. Remove lid a short time before it is ready so as to brown nicely.

Coquilles of Chicken

6 tablespoons chopped cooked chicken	1 tablespoon flour
	1 cup ($\frac{1}{2}$ pt.) milk, hot
2 tablespoons rice, cooked	$\frac{1}{4}$ teaspoon powdered mace
2 tablespoons (1 oz.) drippings	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Melt drippings, stir in flour and when smooth, add milk and stir until boiling, add seasonings, stir five minutes, add chicken and rice, and cook slowly with lid on pan fifteen minutes. Pour into hot ramekins, put in the oven for a few minutes, and serve hot. A poached egg is often placed in the center of each little dish of mince.

Creamed Chicken in Bread Patties

3 or 4 bread patties	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) white sauce
$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) cooked chicken, diced	$\frac{1}{4}$ teaspoon celery salt
	Salt and pepper

To Make Patties. Use three rounds of bread for each patty, removing centers from the two upper layers. Moisten each slice with a little beaten white of egg and brown patties in moderate oven. Season sauce nicely and heat it with chicken; divide into patties, garnish with parsley, and serve very hot.

Curried Meat

1 onion, sliced	1 cup ($\frac{1}{2}$ pt.) stock or water
2 tablespoons (1 oz.) drippings, melted	1 apple, chopped
	1 teaspoon salt
1 tablespoon flour	1 cup ($\frac{1}{4}$ lb.) cooked meat, sliced
2 teaspoons curry powder	1 teaspoon lemon juice or vinegar

Lightly brown onion in drippings, stir in flour and curry powder, and cook slowly twenty minutes, stir in stock or water, add apple and salt; when boiling allow to simmer thirty minutes. Add meat and lemon juice and allow to cook thirty minutes.

Boiled rice and chutney are usually served with curry.

Haricot Mutton

1½ pounds cold cooked mutton	4 tablespoons (2 ozs.) butter substitute
3 cups (1½ pts.) stock or water	
1 carrot, diced	4 tablespoons (1 oz.) flour
1 turnip, diced	1 bunch herbs
3 potatoes, diced	1 teaspoon salt
1 onion, diced	½ teaspoon pepper

This dish can be made with fresh meat just as well as with cooked. Cut meat into fairly thick slices, trimming off all but a tiny piece of fat. Put all bones and rough pieces of meat into a saucepan with stock or water, and let them simmer while vegetables are being prepared. Put vegetables into plenty of boiling salted water, cook until tender, and drain well. Melt butter substitute in a pan, put in carrot, turnip, and onion, and fry until slightly browned, lift them out, and put them in a fireproof dish. Sprinkle flour into fat, and brown carefully, add two cups of stock and stir until boiling. Strain it into fireproof dish, add herbs, cover with lid, and simmer ten minutes. Add meat, potatoes, and seasonings, remove herbs, make meat very hot, and serve hot in the same dish.

If liked, one cup cooked beans may be added.

Hashed Meat

2 cups (8 ozs.) cold meat, cut in thin slices	1 teaspoon salt
1 tomato, sliced	½ teaspoon pepper
1 onion, chopped	1 carrot, chopped
2 tablespoons (1 oz.) butter substitute	1 turnip, chopped
	1 tablespoon flour
	2 cups (1 pt.) stock or water

Put butter substitute into a saucepan, and when quite hot, brown in it onion and flour; add stock or water, and boil up, then add tomato, carrot, turnip, and seasonings, simmer slowly one hour, lay in the meat, and cook gently thirty minutes. Dish meat neatly and strain over the gravy. Garnish with parsley and toast points, or in a border of hot mashed potatoes.

Lamb with Peppers and Potatoes

2 cups (1 pt.) cooked lamb, diced	1 teaspoon chopped onion
1 cup ($\frac{1}{2}$ pt.) boiled potatoes, diced	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup (1 gill) scalded green peppers, diced	$\frac{1}{4}$ teaspoon paprika
	1 cup ($\frac{1}{2}$ pt.) gravy
	1 eggplant, grilled

Mix meat with potatoes, peppers, seasonings, and gravy left from roast — more gravy may be added if liked — and heat carefully. Serve on a hot platter covered with slices of nicely grilled eggplant.

Macaroni Ragoût

$\frac{1}{2}$ package macaroni	4 tablespoons (1 oz.) flour
1 cup ($\frac{1}{4}$ lb.) cold cooked meat	1 cup ($\frac{1}{2}$ pt.) milk
$\frac{1}{2}$ cup (2 ozs.) grated cheese	1 teaspoon salt
2 tablespoons (1 oz.) drippings	$\frac{1}{2}$ teaspoon pepper

Boil macaroni in plenty of boiling salted water until tender, drain and cut it into lengths of two inches; put it into a saucepan with the meat cut in strips, and add seasonings and reheat.

Melt drippings in another pan, add flour, stir until smooth, season to taste, add milk and cheese, bring to the boil and simmer eight minutes. Pile macaroni on a hot dish and pour over sauce. Garnish with pieces of buttered toast. Serve hot.

Meat and Rice Balls

$1\frac{1}{2}$ cups (6 ozs.) chopped cooked meat	$\frac{1}{2}$ teaspoon paprika
	2 eggs, beaten
1 cup (7 ozs.) cooked rice	$\frac{1}{4}$ cup (1 oz.) bread crumbs
1 small onion, grated	Hot fat

In a bowl mix meat, rice, onion, paprika, one of the eggs, and bread crumbs, make into small balls with floured hands, roll in remaining egg, toss in bread crumbs, and fry in smoking hot fat. Drain and serve hot.

Meat and Spaghetti au Gratin

2 cups (8 ozs.) cooked meat, chopped	2 tomatoes, sliced
	1 teaspoon salt
$\frac{1}{2}$ package spaghetti	$\frac{1}{4}$ teaspoon pepper
1 cup ($\frac{1}{2}$ pt.) brown or white sauce	$\frac{1}{4}$ teaspoon paprika
	$\frac{1}{4}$ cup (1 oz.) bread crumbs

Boil spaghetti in plenty of boiling salted water until quite tender, then drain and cut in small pieces. Grease a fireproof dish, put in meat, sauce, spaghetti, tomatoes, and seasonings, cover with bread crumbs, dot with butter substitute, and bake in moderate oven until well browned and well cooked, about three fourths of an hour. Serve hot.

Meat and Turnip Croquettes

1 cup ($\frac{1}{4}$ lb.) cold meat, chopped	1 cup (4 ozs.) bread crumbs
1 onion, chopped	$\frac{1}{2}$ teaspoon salt
2 cups (1 pt.) cooked mashed turnips	$\frac{1}{4}$ teaspoon pepper
	1 egg, beaten

Mix meat with onion, turnips, bread crumbs, seasonings, and egg. Form into neat croquettes, roll in fine bread crumbs, dip in milk or beaten egg diluted with cold water, roll again in crumbs, and fry in plenty of smoking hot fat. Drain on paper and serve hot, garnished with parsley.

Meat Chartreuse

2 cups ($\frac{1}{2}$ lb.) cooked meat	1 cup (4 ozs.) bread crumbs
1 teaspoon salt	4 tablespoons (2 ozs.) drippings
$\frac{1}{2}$ teaspoon pepper	1 cup ($\frac{1}{2}$ pt.) stock or water
1 tablespoon chopped onion	1 egg, beaten
	2 cups (14 ozs.) boiled rice

Into a bowl put meat, seasonings, onion, crumbs, drippings, stock, and egg. Line greased mold with one cup of the rice, pour in mixture, cover with remaining rice, cover with greased paper, and steam one hour. Turn out on hot platter and serve with hot tomato sauce.

Meat Fritters

Thin slices cold cooked meat	Salt and pepper to taste
1 teaspoon Worcestershire sauce	1 egg, beaten
1 tablespoon vinegar	1 cup (4 ozs.) flour
	Milk

Pour vinegar into deep plate, add sauce and seasonings, and lay meat in this mixture. Mix flour with egg and enough milk

to make it a fairly stiff batter. Beat well and set aside twenty minutes. Dip slices of meat into this batter and fry, a few at a time, in plenty of smoking hot fat. Drain and serve hot.

Meat Soufflé

1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	$\frac{1}{4}$ teaspoon pepper
1 tablespoon flour	$\frac{1}{2}$ tablespoon chopped parsley
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ teaspoon onion juice
$\frac{1}{2}$ teaspoon salt	2 eggs, separated
	1 cup ($\frac{1}{4}$ lb.) cold meat, chopped

Melt butter substitute, stir in flour, add milk, and stir until smooth, add seasonings, and cook one minute. Take from fire, stir in beaten yolks of eggs, and meat. Stir over fire until eggs have thickened a little and set aside to cool. Rub a little butter over the top. Beat up whites of eggs to a stiff froth and stir them lightly into cold mixture. Turn into greased fireproof dish and bake in moderate oven twenty minutes. Serve at once.

Meat with Onion and Hard-Cooked Eggs

2 onions, sliced	3 tablespoons grated cheese
1 cup ($\frac{1}{2}$ pt.) white or brown sauce	$\frac{1}{4}$ cup (1 oz.) bread crumbs
2 cups (8 ozs.) cold cooked meat, chopped	2 hard-cooked eggs, chopped
	Parsley

Boil onions in boiling salted water fifteen minutes, then drain. Put them into a saucepan with sauce and let simmer five minutes, add meat, cheese, salt, and pepper to taste, and allow to heat thoroughly, but do not boil again. Pour mixture into greased fireproof dish, sprinkle over with crumbs and eggs, dot with butter substitute and brown in oven. Garnish with parsley and serve hot.

Potted Cooked Meat

2 cups ($\frac{1}{2}$ lb.) cooked meat	Salt and pepper
6 slices cooked bacon or	Grated nutmeg
2 tablespoons (1 oz.) butter	$\frac{1}{2}$ bouillon cube
Small amount meat gravy	

Weigh meat after fat and gristle have been removed. Cut meat and bacon into dice; then chop them well and pound them

until they have become a smooth paste. If bacon is not handy, divide butter into small pieces and pound these into meat. Add seasonings, a little of each at a time, being careful that they are well distributed. It is difficult to give the exact quantities of seasonings, for tastes differ, and the potted meat maker must use discretion in this matter. A little gravy or meat jelly improves the pulp, but it must be remembered that moist meat turns sour very quickly.

When seasonings have been worked into the paste, place it in a small jar, cover with a saucer, and stand in a saucepan half full of boiling water. As soon as the meat is heated through, lift out the jar, stir until contents are cold, and press into shallow jars, smoothing the top with a wet knife. If for immediate use the meat need not be covered, but a layer of clarified butter or melted mutton fat will preserve it for several days.

Potted Salmon

2 cups ($\frac{1}{2}$ lb.) cooked salmon	1 teaspoon vinegar
4 tablespoons (2 ozs.) butter, melted	1 teaspoon salt
1 teaspoon anchovy essence	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{8}$ teaspoon powdered mace
	$\frac{1}{8}$ teaspoon red pepper

Remove all skin and bones from salmon and put it into a bowl or mortar, add three tablespoons of the butter, anchovy, vinegar, and seasonings. Pound until smooth and then rub it through a sieve. Pack mixture into small jars or pots, and run remaining butter over the top. This paste makes delicious sandwiches, especially if used with salad or a slice of cucumber or tomato.

Any kind of cooked fish may be potted in the same way.

Steamed Salt Fish Mold

2 cups ($\frac{1}{2}$ lb.) cooked salt fish	1 cup ($\frac{1}{2}$ pt.) milk, hot
6 potatoes, boiled and mashed	2 eggs, separated
2 tablespoons (1 oz.) butter substitute	$\frac{1}{4}$ teaspoon pepper
	$\frac{1}{8}$ teaspoon paprika

Flake fish and mix with potatoes, add butter substitute, milk and yolk of eggs slightly beaten; season with salt if needed and add paprika, pepper, and whites of eggs stiffly beaten. Mix well,

and pour into a greased mold, cover with a greased paper and steam steadily thirty minutes. Turn out and serve hot.

Scalloped Ham

3 large slices cooked ham	$\frac{1}{2}$ teaspoon salt
4 potatoes, sliced	$\frac{1}{4}$ teaspoon pepper
1 carrot, chopped	1 tablespoon flour
1 onion, chopped	2 cups (1 pt.) milk
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ tablespoon parsley, chopped

Uncooked ham can be used equally well. Cut ham into large squares. Mix potatoes, carrot, and onion with flour and parsley. Spread butter substitute in a fireproof dish. Put vegetables, ham, and seasonings into dish in layers. Pour over milk, and bake in moderate oven until vegetables are tender. Serve hot.

CHAPTER XXI

BREAKFAST, LUNCHEON, AND SUPPER DISHES

“The true essentials of a feast are only fun and feed.”

Baked Finnan Haddie

1 finnan haddie	$\frac{1}{2}$ teaspoon made mustard
1 cup ($\frac{1}{4}$ lb.) cheese, grated	$\frac{1}{2}$ teaspoon paprika
4 tablespoons milk	1 egg, beaten

Wash haddie and boil it in boiling water for eight minutes, then skin and cut it into small pieces. Place these in a well-greased fireproof dish and keep hot. Place cheese in a small saucepan, with milk and seasonings, and stir over fire until mixture is smooth, add egg, and pour over fish. Sprinkle over two teaspoons of brown bread crumbs and bake until brown. Serve hot.

Baked Liver

1 pound liver	1 onion, chopped
$\frac{1}{4}$ pound bacon, cut in pieces	1 teaspoon chopped parsley
1 cup (4 ozs.) bread crumbs	2 cold potatoes, sliced
1 teaspoon powdered herbs	2 tablespoons (1 oz.) drippings
1 cup ($\frac{1}{2}$ pt.) water or stock	

Wash liver well and cut it into thin slices. Put a layer of this at bottom of greased baking dish. Mix together bacon, bread crumbs, herbs, onion, and parsley. Spread layer of this mixture over liver, and repeat the layers alternately until ingredients are used up. Pour in water, then put in layer of potatoes, dot here and there with drippings, and bake in moderate oven one hour. Serve hot.

Baked Marrow Pudding

Slices bread	2 eggs, beaten
Marrow, chopped	$\frac{1}{4}$ cup (1 $\frac{1}{2}$ ozs.) brown sugar
1 cup ($\frac{1}{2}$ lb.) seeded raisins	$\frac{1}{2}$ teaspoon powdered nutmeg
2 cups (1 pt.) milk	

Cut some stale bread, freed from crust, into thin slices, and line the bottom of a greased fireproof dish with them. Over this put a layer of marrow, sprinkle over with raisins, then layer of bread, and continue until dish is nearly filled. Beat eggs with sugar, add nutmeg and milk, pour this slowly over ingredients, and bake in a moderate oven for fifty minutes. Serve hot with hot milk.

Celery and Oysters

1 cup ($\frac{1}{2}$ pt.) celery, chopped	1 tablespoon ($\frac{1}{2}$ oz.) butter
2 cups (1 pt.) oysters	$\frac{1}{2}$ lemon
$\frac{1}{2}$ teaspoon salt	4 tablespoons thick cream
$\frac{1}{4}$ teaspoon pepper	Buttered toast

Cook celery in oyster liquor; if not sufficient add a little water. Add seasonings, butter, and strained lemon juice. When celery is transparent, add oysters and cook until edges curl, then add cream and serve on toast in a heated glass bell.

Cheese and Potato Puffs

1 cup ($\frac{1}{2}$ pt.) boiled mashed potatoes	1 egg, beaten
$\frac{1}{2}$ cup (1 gill) hot milk	$\frac{1}{2}$ teaspoon salt
1 cup (4 ozs.) grated cheese	$\frac{1}{2}$ teaspoon paprika

Beat up potatoes with milk until thoroughly mixed, add egg and seasonings, and beat well together. Finally add cheese. Divide into greased gem pans, bake fifteen minutes, and serve very hot.

Cheese and Potato Savory

7 or 8 potatoes	4 tablespoons hot milk
1 cup ($\frac{1}{4}$ lb.) grated cheese	$\frac{1}{4}$ teaspoon pepper
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	$\frac{1}{2}$ teaspoon salt
	1 egg, beaten

Boil potatoes, drain, and mash them. Add to them cheese, butter substitute, milk, seasonings, and egg; turn into a greased fireproof dish and smooth over with a knife or spoon. Bake in a quick oven fifteen minutes and serve hot.

Cheese Custard

2 eggs, beaten	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{4}$ teaspoon mustard	1 pinch red pepper
1 teaspoon salt	2 cups (1 pt.) milk, hot
$\frac{1}{4}$ teaspoon pepper	1 cup ($\frac{1}{4}$ lb.) grated cheese

Beat eggs with seasonings, pour over milk, stirring all the time, then add cheese and pour into a greased pudding dish, sprinkle a little cheese over top, and bake in a moderate oven thirty-five minutes. Serve hot with toast or crackers, or serve with hot tomato sauce.

Cornish Pasties

2 cups ($\frac{1}{2}$ lb.) barley flour	$\frac{1}{2}$ pound steak, diced
2 cups ($\frac{1}{2}$ lb.) flour	1 onion, chopped
1 cup ($\frac{1}{2}$ lb.) butter substitute	2 potatoes, diced
1 teaspoon salt	$\frac{1}{2}$ teaspoon pepper

Cold water

Mix meat, potatoes, onion, and seasonings and add four tablespoons water. Into a bowl sift flours and salt, cut and rub in butter substitute, and make into stiff paste with cold water. Roll out one fourth inch thick on a baking board, cut into squares six inches across, place some of meat mixture in center of each piece of pastry, wet edges with cold water, fold over, and press together. Place on greased baking tins and bake in moderate oven three fourths of an hour. Serve hot.

Another Method. Take a few slices cold cooked meat, one slice onion, salt and pepper to taste, one skinned tomato, two or three cooked potatoes, and some pastry. Roll pastry out into large rounds; chop meat, onion, and tomato together, season to taste, and place in centers of pasties; mash potatoes and pile them on top; fasten edges of pastry together on top, and bake in hot oven twenty minutes. Make a small hole in top of each pasty, pour in a little good gravy, and return to oven for a few minutes. Serve hot.

A *Chicken Pasty* is made of chopped cooked chicken with slices of hard-cooked eggs, flavored with salt, pepper, and parsley.

In Cornwall clotted cream is used for moistening the contents, and the result is delicious.

Bacon and Potato Pasty is made from slices of parboiled potatoes and cold fat bacon; or, potatoes and odds and ends of cooked ham or tongue moistened with milk and seasoned with salt and pepper may be used.

Onion Pasty is made in much the same way, except that sliced onions or shallots are substituted for the bacon.

Apple Pasty is made with raw apples — a soft cooking kind is the best. Peel, core, and slice them and sprinkle slices thickly with brown sugar. No water is necessary for this pasty, as juice of apples gives all that will be required.

Deviled Kidneys

3 sheep's kidneys	$\frac{1}{2}$ teaspoon salt
2 tablespoons (1 oz.) butter substitute	$\frac{1}{4}$ teaspoon mustard
1 onion, chopped	$\frac{1}{2}$ cup (1 gill) stock or water
1 teaspoon curry powder	1 teaspoon lemon juice
	1 egg, beaten
	Bread crumbs

Split kidneys and cut them in small pieces, removing white center and skin. Melt butter substitute in saucepan, add onion and fry a few minutes, then add kidney and seasonings, mix well and pour in stock. Cover and cook slowly thirty minutes, draw pan to one side, and stir in egg. Fill greased individual dishes with mixture, sprinkle over crumbs, and dot with butter substitute. Brown them in a hot oven and serve hot.

Farina Cakes with Cheese

$\frac{1}{2}$ cup (3 ozs.) farina	2 eggs, separated
2 cups ($\frac{1}{2}$ lb.) cheese	Bread crumbs
1 teaspoon salt	1 cup ($\frac{1}{2}$ pt.) milk
$\frac{1}{2}$ teaspoon pepper	2 tablespoons (1 oz.) butter substitute
1 bay leaf	

Put milk into a saucepan, add bay leaf and butter substitute; when it boils stir in farina and let it cook ten minutes, stirring

all the time. Add seasonings, yolks of eggs, and one tablespoon of the cheese grated, stir over the fire until it thickens, turn out on a plate, and allow to cool. Cut cheese into rounds about three fourths inch in diameter. When mixture is cold, stamp out rounds same size as the cheese; fasten four rounds of the latter with alternate rounds of cheese on a skewer, and proceed thus until all the mixture and cheese is used up. Beat up whites of eggs, add a little water, dip each prepared roll in the egg, cover with bread crumbs, and fry in smoking hot fat to a golden brown. Drain and remove skewers. Garnish with parsley and serve hot.

Fish Rarebit

1 tablespoon ($\frac{1}{2}$ oz.) butter	1 cup ($\frac{1}{2}$ pt.) milk
$\frac{1}{2}$ teaspoon onion juice	$\frac{3}{4}$ cup (3 ozs.) chopped cheese
1 tablespoon cornstarch	1 cup (4 ozs.) cold cooked fish
$\frac{1}{2}$ teaspoon salt	1 egg, beaten
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{2}$ tablespoon lemon juice
Crackers or toast	

Melt butter, add onion juice, cornstarch, and seasonings. Pour on gradually milk, add cheese and fish, and stir carefully over fire. When cheese is melted, add egg and lemon juice. Serve very hot on crackers or toast.

Fresh Herring Pie

3 fresh herrings	1 tablespoon chopped onion
Browned bread crumbs	4 tablespoons (2 ozs.) butter substitute
3 tomatoes, skinned and sliced	Salt and pepper
1 tablespoon chopped parsley	1 cup ($\frac{1}{2}$ pt.) stock or water

Split open herrings, take out backbones, and remove heads. Cut each fish into three or four pieces. Grease a fireproof dish and coat it well with browned crumbs; then put in layer of fish, next one of tomatoes, and on these sprinkle parsley, onion, salt, pepper, and a few crumbs. Then another layer of fish and so on, until dish is full. Pour in stock or water and cover top thickly with crumbs. Dot with butter substitute and bake in moderate oven thirty minutes.

Haddock and Tomatoes

1 haddock, fresh or dried	2 large tomatoes, skinned and sliced
$\frac{1}{4}$ cup (2 ozs.) rice	
2 tablespoons (1 oz.) butter substitute	1 teaspoon chopped onion
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ tablespoon chopped parsley
	$\frac{1}{4}$ teaspoon pepper

Wash fish and cook it in a hot oven or over fire five minutes. Then remove bones and dark skin. Cook rice in plenty of boiling salted water until tender. Drain off water and wash rice by pouring over it some boiling water. Melt butter substitute in saucepan, put in onion, and fry a light yellow, add tomatoes and fish. Simmer fifteen minutes, or until all ingredients seem well cooked. Season to taste. Put rice on one side of hot platter and fish mixture on other side, sprinkle with parsley, and serve hot.

Ham Breakfast Loaf

3 cups ($\frac{3}{4}$ lb.) bread crumbs	$\frac{1}{2}$ cup ($3\frac{1}{2}$ ozs.) boiled rice
1 tablespoon onion juice	1 tablespoon chopped parsley
1 egg, beaten	1 teaspoon salt
2 cups (8 ozs.) chopped ham	$\frac{1}{2}$ teaspoon pepper
1 tablespoon Worcestershire sauce	$\frac{1}{2}$ cup (1 gill) white sauce

Mix bread crumbs, onion, egg, ham, Worcestershire sauce, rice, parsley, seasonings, and sauce. Press it into greased mold, bake in moderate oven forty minutes. Serve hot.

This may be served cold, cut in slices, or dipped in beaten egg and bread crumbs, fried, and served hot.

Ham Patties and Eggs

$\frac{1}{2}$ cup (2 ozs.) chopped cooked ham	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup (2 ozs.) bread crumbs	$\frac{1}{2}$ cup (1 gill) milk
1 teaspoon chopped parsley	Eggs
1 tablespoon ($\frac{1}{2}$ oz.) butter	

Mix ham with bread crumbs, add seasonings, and milk. Form into nests, break an egg into each, sprinkle with bread crumbs, dot with butter, and bake in moderate oven until white of egg is firm. Serve hot. If liked, a little mustard may be added.

Marrow Bones

Marrow bones

Flour and water pastry
Hot toasted bread

Many consider marrow bones a great delicacy. They may be either boiled or baked. If the latter, the bones are merely sawn into pieces about six inches long, the ends covered with a piece of paste made of flour and water — this is to prevent the marrow from melting out — and baked in a moderate oven in a deep dish for two hours.

If boiled, cut bones in six-inch lengths, cover ends with flour and water paste, then tie up each bone in a small floured cloth; stand bones upright in pan of fast boiling water, taking care to see that water covers them. Boil them two hours, then remove cloths and paste. Whether baked or boiled, have ready some neat squares of toasted bread, then either place a bone on each piece, having first pinned a clean table napkin around it; or spread marrow on toast, sprinkle it with salt, pepper, and a little chopped parsley. This must be done very quickly, as this dish will be considered a failure unless it is thoroughly hot.

Minced Steak Pie

1 pound lean steak, minced	1 egg, beaten
1 teaspoon salt	$\frac{1}{2}$ cup (1 gill) milk
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{4}$ cup (2 ozs.) butter substitute
$\frac{1}{4}$ teaspoon celery salt	1 cup (4 ozs.) flour
	Cold water

Mix steak with seasonings, egg, and milk and turn into a fireproof dish. Cut and rub butter substitute into flour, add one fourth teaspoon salt and sufficient water to make a stiff, smooth paste. Roll out, place on top of meat, brush over with milk, and bake in moderate oven thirty minutes. Serve hot with any preferred vegetable.

Noodles with Cheese

2 cups ($\frac{1}{2}$ lb.) flour	$\frac{1}{2}$ cup (1 gill) hot white sauce
1 tablespoon ($\frac{1}{2}$ oz.) butter	2 tablespoons grated cheese
1 egg, beaten	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon nutmeg

Sift flour into a bowl, add butter and rub it in, add egg, salt, and enough cold water to make a very stiff paste. Roll out very thin, fold it and then cut fine, and let it stand loose two hours. Sprinkle these noodles into fast boiling salted water and cook ten minutes; drain and reheat in a little melted drippings. Add sauce, cheese, and seasonings and turn into greased fireproof dish. Sprinkle over with grated cheese and a few browned bread crumbs, and pour over a little melted butter substitute on top. Bake until hot and serve at once.

Salt Codfish Balls

1 cup ($\frac{1}{4}$ lb.) salt codfish	$\frac{1}{2}$ teaspoon pepper
2 cups (1 pt.) boiling water	3 tablespoons ($1\frac{1}{2}$ ozs.) butter
3 cups ($1\frac{1}{2}$ pts.) hot mashed potatoes	3 tablespoons cream
$\frac{1}{2}$ teaspoon salt	1 egg, beaten
	Bread or cracker crumbs

Pick up codfish, put it into a saucepan, and pour over boiling water. Bring to boiling point and simmer fifteen minutes. Drain thoroughly. Have potatoes ready, add to them seasonings, butter, cream, and codfish. Form into balls or small cakes, dip in egg, and toss in crumbs. Fry in plenty of smoking hot fat and serve hot with corn bread.

Sardines with Sauce

1 can sardines	1 teaspoon vinegar
$\frac{1}{2}$ cup (1 gill) brown sauce	4 tablespoons milk
$\frac{1}{4}$ cup ($1\frac{1}{2}$ ozs.) Sultana raisins	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon made mustard	$\frac{1}{4}$ teaspoon pepper
	Fried bread slices

Take sardines from can, scrape them carefully, remove bones, and heat sardines in oil from can. Warm sauce in small saucepan, add raisins, mustard, vinegar, milk, and seasonings; make very hot, but do not boil. Cut bread shape of sardines, place on hot dish, then place a sardine on each, pour over sauce, and serve hot for luncheon.

Sausages in Potatoes

- | | |
|--------------------------------|-------------------------------|
| 1 pound pork sausages | 1 egg, separated |
| 2 cups (1 pt.) mashed potatoes | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon milk | $\frac{1}{4}$ teaspoon pepper |
- Grilled tomatoes

Parboil sausages ten minutes, then, when they are cool, skin and cut them in halves lengthwise. Beat up potatoes with milk and egg yolk, then season carefully and reheat. Lightly flour a baking board, take a small piece of potato, flatten it, and lay a piece of sausage on it. Fold over potato to hide sausage, smoothing it with a knife dipped in flour. Roll croquettes thus obtained in bread crumbs, brush with white of egg beaten to a stiff froth, and cover a second time with crumbs. Fry in plenty of smoking hot fat, drain, and serve hot with tomatoes.

Sausage Loaf with Brown Sauce

- | | |
|---|-------------------------------|
| 1 pound pork sausages | 3 tablespoons milk or cream |
| 1 cup ($\frac{1}{4}$ lb.) bread crumbs | 2 teaspoons chopped parsley |
| 1 egg, beaten | $\frac{1}{2}$ teaspoon salt |
| 3 tablespoons chopped bacon or ham | $\frac{1}{4}$ teaspoon pepper |
| | Browned bread crumbs |

Brown sauce

Grease a mold and dust it over with the browned bread crumbs. Skin sausages, put meat into a bowl, add bread crumbs, bacon, egg, milk, parsley, and seasonings. Mix well and place in prepared mold. Cover with greased paper, stand mold in baking tin, pour in a little boiling water, and bake in moderate oven thirty minutes. Turn out and serve with hot brown sauce.

Savory Potatoes

- | | |
|--|--|
| 5 cups ($2\frac{1}{2}$ pts.) chopped cold boiled potatoes | 2 tablespoons finely chopped parsley |
| 2 tablespoons finely chopped onion | 2 teaspoons salt |
| 2 tablespoons chopped pimentoes (canned red peppers) | $\frac{1}{2}$ teaspoon pepper |
| | 3 tablespoons ($1\frac{1}{2}$ ozs.) butter substitute |

Into a bowl put potatoes, add onion, pimentoes, parsley, seasonings, and butter substitute. Turn into hot frying pan,

spread evenly, cook slowly until well browned underneath. Fold and turn like an omelet and serve hot. The pimentoes may be omitted.

Tomatoes with Cheese

3 tomatoes	1 egg, beaten
$\frac{1}{4}$ cup (2 ozs.) grated cheese	1 cup (4 ozs.) bread crumbs
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper
	Toast

Peel tomatoes and cut them into slices; put them into a saucepan with butter and cook until soft, add egg and stir until mixture is thick, add seasonings, cheese, and crumbs. Serve hot on buttered toast. This makes a tasty supper or luncheon dish. Or the mixture may be put into small jars, covered with melted butter, and used for sandwiches.

Tripe, Parisienne Style

1 pound tripe, diced	1 can tomatoes
2 medium-sized onions, sliced fine	1 clove garlic, sliced
2 green peppers, cut small	1 $\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ teaspoon paprika	

Into saucepan put tripe, add onions, peppers, tomatoes, and garlic, mix and cook slowly one hour or longer, taking care the mixture does not burn. When tripe is almost ready, add seasonings. Serve hot or cold. If eaten cold, it will be found to be a thick jelly, a delicious dish. A little water may be added, but no thickening should be used.

CHAPTER XXII

VEGETARIAN DISHES

“ Give us a taste of your quality.”

BEFORE making vegetarian dishes it is necessary to know something about the kinds of food required by the body, and whether the vegetable dishes we are going to substitute for meat will supply these needs. The body, to be kept in health, requires food containing the following elements :

1. Proteids, or flesh-forming substances, which build up the body and repair waste in the tissues. Too little of these in the food causes debility and wasting; and excess gives rise to rheumatism, gout, and kidney trouble.

2. Carbohydrates (starches and sugars), the energy producers, giving capacity for work to the muscles and organs. Too little causes a condition in which the proteids or flesh formers are diverted from their work of repairing waste in order to supply energy, and wasting results. Too much of these foodstuffs causes clogging of the body and the formation of adipose tissue.

3. Fats, which give heat. A sufficient quantity is very necessary, but an excess causes dyspepsia and biliousness.

4. Salts and vegetable acids, which purify the blood. Too little causes irritation, “ heated ” blood, and various skin diseases.

5. Water, a very necessary element essential to form the medium in which all the other foodstuffs are dissolved and made able to be absorbed ; to keep the tissues moist, the saliva flowing, and the other glands and excretions in working order. All food contains a certain amount of water, in various proportions according to its character, but plain water to drink is necessary as well.

Vegetables contain these principles of food necessary for the body, but on a purely vegetable diet it is a difficult matter to get them in the right proportions, as usually there is an excess of the sugars and starches.

When such animal foods as milk, butter, cheese, and eggs are permitted, a perfectly balanced diet can be planned, and these foods are used by all but the strictest vegetarians, because they are not flesh foods, and, therefore, are permissible from the humanitarian point of view.

The difficulty with most people is to know how much of the necessary elements are contained in various foods, or how much is needed to keep the body in health.

As a rough guide to the amount, a man doing ordinary work requires about twenty-three ounces of food that is free of water. As all food contains an average of fifty to sixty per cent. of water, just over double this amount must be allowed to get the full amount of nourishment — about forty-eight ounces, or three pounds, in twenty-four hours.

This quantity is subject to various conditions — age, sex, climate, the kind of work to be done, and the nature of the food chosen. A child naturally needs much less than a man or woman; hot countries require a dietary that differs from that suitable for cold climates; hard manual workers need more food, especially those that supply heat and energy, than do sedentary workers. Some foods are more concentrated than others — contain less water than the average — and go further for their weight, such as cheese; some contain a large amount of fat, as butter.

Fresh vegetables and fruits are watery or “bulky”, and supply some of the moisture needed by the body.

All these considerations modify the actual amount, but within a little, about forty-eight ounces of solid food and three pints of liquids should be allowed for each adult.

The food chosen must “balance” well, that is, supply not only the quantity but the right kinds of food in correct proportions; one rich in proteids should be served with others rich in the remaining food elements — rice with curry.

Proteids or flesh formers should form, roughly, about one part

to every eight of ordinary solid food containing an average amount of water. Thus, in one pound of food the proportions, omitting very small fractions, would be about: Proteids one and two thirds ounces, fats one ounce, carbohydrates five ounces, salts one third ounce, water eight ounces.

Baked Peanut Pudding

1 cup ($\frac{1}{2}$ lb.) barley	1 cup ($\frac{1}{2}$ pt.) tomatoes
1 cup ($\frac{1}{4}$ lb.) peanuts, chopped	1 egg, beaten
1 cup ($\frac{1}{4}$ lb.) bread crumbs	1 teaspoon salt
1 onion, chopped	$\frac{1}{2}$ teaspoon pepper
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	

Cook barley thirty minutes in boiling salted water, drain, and keep liquor for stock. To barley add nuts, bread crumbs, onion, tomatoes, egg, and seasonings. Mix well and pour into a greased fireproof dish, sprinkle over a few crumbs, dot with butter substitute, and bake in moderate oven one hour. Serve hot.

Beans and Potatoes en Casserole

1 cup ($\frac{1}{2}$ pt.) cooked beans	1 cup ($\frac{1}{2}$ pt.) white sauce
6 cooked potatoes	$\frac{1}{2}$ teaspoon salt
2 onions, sliced	$\frac{1}{4}$ teaspoon pepper
4 tablespoons (2 ozs.) butter substitute	3 tablespoons hot milk

Rub one half of potatoes through a sieve, add two tablespoons of the butter substitute, seasonings, and milk, and heat thoroughly over the fire. Grease a fireproof dish and line sides and bottom with potato mixture. Fry onions in remainder of butter substitute until they are a golden brown color. Place layer of beans in prepared dish, then layer onions, add seasonings, cover with sauce; repeat layers until dish is full. Cut remaining potatoes into thin slices, cover top with these, dot top well with butter substitute, place in oven, and bake until browned. Serve hot.

Peas may be used in place of beans.

Bean Pies

3 cups (1½ pts.) cooked beans	2 large eggs, beaten
½ cup (4 ozs.) butter substitute, melted	1 square chocolate, grated
1 cup (½ lb.) sugar or honey	1 tablespoon flour
	Pastry

Rub beans through a sieve, add butter substitute, sugar, eggs, chocolate, and flour. Beat five minutes and divide into two pastry-lined pie plates and bake in moderate oven twenty to twenty-five minutes.

Bread Soufflé

2 cups (½ lb.) stale bread	½ teaspoon salt
2 eggs, separated	¼ teaspoon pepper
1 cup (½ pt.) tepid water	¼ teaspoon paprika
½ cup (1 gill) tepid milk	1 tablespoon (½ oz.) butter sub- stitute
1 cup (4 ozs.) grated cheese	

Cut bread in small pieces, removing crusts. Soak bread in water and milk twenty minutes, then drain it, and pound or rub through a sieve. Add yolks of eggs, cheese, seasonings, and whites of eggs stiffly beaten. Pour into a well-greased fireproof dish, sprinkle with grated cheese, dot with butter substitute, and bake in moderate oven twenty-five minutes. Serve hot.

Carrot and Rice Croquettes

2 cups (1 pt.) boiled carrots	2 eggs, beaten
2 cups (14 ozs.) boiled rice	1 teaspoon salt
2 medium-sized onions, chopped	½ teaspoon pepper
2 tomatoes, skinned and chopped	½ teaspoon celery salt

Put carrots through food chopper into a bowl, add rice, onions, tomatoes, eggs, and seasonings. Form into neat croquettes, egg and bread crumb, fry in smoking hot fat, drain, and serve hot.

Cheese and Tomato Savory

1 cup (½ pt.) canned or fresh tomatoes	1 cup (4 ozs.) cheese, cut small
½ tablespoon chopped onion	½ teaspoon salt
	½ teaspoon paprika
Toast fingers, buttered	

Stew tomatoes and onion ten minutes, add cheese and cook until it is soft, add seasonings, and serve on toast.

Cheese and Vermicelli Patties

$\frac{1}{2}$ pound pastry	4 tablespoons grated cheese
$\frac{1}{2}$ cup (4 ozs.) vermicelli	$\frac{1}{2}$ teaspoon salt
2 tablespoons (1 oz.) butter or oil	$\frac{1}{4}$ teaspoon pepper
2 teaspoons flour	$\frac{1}{4}$ teaspoon made mustard
$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk	Brown or tomato sauce

Roll out pastry very thin and cut it into rounds a little larger than tartlet tins to be used. Allow two rounds for each tin. Line tins with pastry and let bottom rounds be thinner than top ones. Boil vermicelli in plenty of boiling salted water twelve minutes. Do not salt water so much that it cannot be used afterwards. It is excellent as a foundation for a sauce or soup. Drain vermicelli and break it with a fork. Melt butter, stir in flour, add milk or vermicelli water, and stir until sauce boils, and cook five minutes. Add vermicelli, cheese, and seasonings, and mix well. Divide into pastry-lined tins, moisten edges of pastry. lay on upper rounds, press together, brush over with milk, and bake in hot oven for about twenty minutes. Serve hot with tomato or brown sauce, and, if possible, with spinach or some other nicely-prepared green vegetable.

Chestnut Fritters

24 chestnuts	1 teaspoon salt
$\frac{1}{4}$ cup (1 oz.) bread crumbs	$\frac{1}{2}$ teaspoon pepper
1 tablespoon ($\frac{1}{2}$ oz.) butter substitute	1 egg, beaten
	Tomato sauce

Boil chestnuts until tender, then peel and mash well. Add bread crumbs, butter substitute, seasonings, and most of the egg. Shape into small cakes, brush with remainder of egg, toss in browned crumbs, and fry in smoking hot fat. Serve with tomato sauce.

Chestnut Custard

26 chestnuts	$\frac{1}{4}$ cup (2 ozs.) sugar or honey
$\frac{1}{2}$ cup (1 gill) water	2 eggs, beaten
1 cup ($\frac{1}{2}$ pt.) milk, hot	

Wash chestnuts and make a slit in shell of each with a sharp knife, then put them into a saucepan of boiling water; boil ten

minutes, drain, and peel off both shell and inner skin. Put chestnuts thus prepared into a saucepan with the water, and cook gently until very soft, then rub them through a sieve.

Caramel

3 ounces lump sugar $\frac{1}{2}$ cup (1 gill) water
1 teaspoon lemon juice

Put ingredients for caramel into a small saucepan and allow to cook until a light brown color; pour into a heated mold, turning mold round and round until caramel coats it uniformly. Beat up eggs with sugar or honey, pour milk over, stirring all the time, and allow to cool, then add chestnut purée and pour into prepared mold, cover with greased paper, and steam gently one and one half hours. Turn out and serve with sweet sauce or stewed fruit.

Chestnuts are very nourishing and should be eaten as much as possible while they are cheap. But to get their full value they must be well cooked.

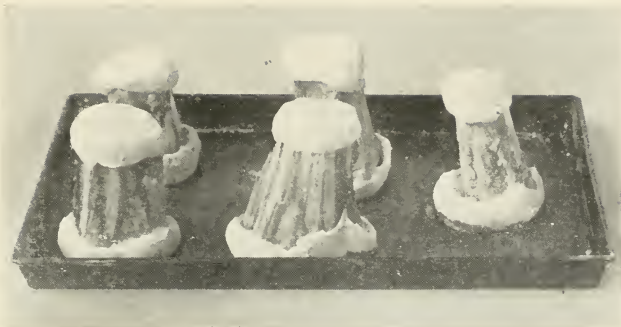
Curried Vegetables

3 onions, chopped	$\frac{1}{2}$ lemon
4 tablespoons (2 ozs.) butter substitute	2 cups (1 pt.) stock or water
1 tablespoon curry powder or paste	4 cups (1 qt.) cut cooked vegetables
1 tablespoon flour	Boiled rice
1 tablespoon chopped parsley	1 pimento, shredded
	2 hard-cooked eggs, quartered

Peel onions and fry them in butter substitute to a nice brown color; add curry powder, flour, parsley, strained lemon juice, and stock. Simmer twenty minutes, add vegetables, such as turnip, peas, carrot, cauliflower, string beans, etc. Mix carefully, and cook slowly ten minutes. Arrange rice in a border on hot platter, put vegetables and sauce in center. Garnish with pimento, or lemon slices, and eggs. Serve hot.

Dried Pea Kedgerie

1 cup ($\frac{1}{2}$ pt.) dried or split peas	1 teaspoon salt
$\frac{1}{2}$ cup ($\frac{1}{4}$ pt.) barley, cooked	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup (2 ozs.) butter substitute	1 hard-cooked egg, chopped
2 tablespoons tomato pulp	Fried onion rings



MARROW BONES READY FOR THE OVEN. *Page 249.*



CURRIED VEGETABLES. *Page 258.*



SPLIT PEAS AND ONIONS. *Page 262.*



STEWED FISH. *Page 272.*



CABBAGE AND HAM. *Page 303.*



INVALID DISHES.

Soak peas overnight in cold water, drain, and place in cold salted water to cover; bring to the boil, then simmer until peas are tender, then drain. Put peas and barley in greased fireproof dish, add butter substitute, tomato pulp, and seasonings; allow to heat in the oven. Serve garnished with egg and onion rings.

Rice may be used in place of the barley.

Or, add to one cup cooked peas, one chopped onion, three tablespoons melted butter substitute or vegetable oil, one half teaspoon sugar, one teaspoon salt, one half teaspoon pepper, and three tablespoons milk or stock; allow to heat thoroughly and serve hot in a hot vegetable dish.

Dried peas, like dried beans and lentils, contain a very great amount of nourishment; but they must be well cooked, and previous soaking is a necessity.

How to Make and Use Cottage Cheese

4 quarts skim milk

Salt

This quantity of milk will make about one and one half pounds of cheese. Pour milk into a clean saucepan and allow to remain in a warm place at a temperature of about 75° F. until it clabbers. This will take about thirty hours, and if the process has to be hastened, a small quantity of sour milk may be mixed with the sweet milk. As soon as the milk has firmly clabbered, cut it into pieces two inches square, then stir curd with a spoon. Place pan of curd in a vessel of hot water so as to raise temperature to 100° F. Cook at that temperature for about thirty minutes, during which time stir gently with a spoon for one minute at five-minute intervals. Pour curd and whey into cheesecloth bag and hang up to drain. After ten minutes, work curd toward the center with a spoon. Stop draining when whey ceases to flow in a steady stream. Now work curd with a wooden spoon until it becomes fine and smooth in grain. Sour or sweet cream may be added to improve flavor. Add one teaspoon salt to every pound of curd. If liked, add a little melted butter, form into neat balls, and serve very cold. The balls may be rolled in bread crumbs, browned in hot butter, and served hot,

Cottage Cheese Sandwiches Are Excellent. To every cup of cheese add two tablespoons cream, one half cup chopped stuffed olives, and one fourth cup chopped nut meats. Spread between thin slices of bread.

Jerusalem Artichoke Pudding

1 cup ($\frac{1}{2}$ pt.) artichoke purée	1 teaspoon salt
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ teaspoon pepper
2 eggs, separated	1 teaspoon grated lemon rind

Mix artichoke purée with milk and beaten yolks of eggs, add seasonings, and fold in stiffly beaten whites of eggs. Pour into greased pudding dish and bake in moderate oven thirty minutes. Serve hot in the same dish. If preferred, the mixture may be baked in small molds.

To prepare the artichoke purée. First wash and brush artichokes, then peel them, and as each one is done, throw it into a bowl of clean cold water to which a few drops of vinegar have been added. Drain artichokes and throw into a saucepan of boiling salted water; boil with lid on pan until they are tender or easily pierced with a skewer. They may be boiled in milk, or milk and water, instead of plain water, and this can afterwards be used for soup or sauces. Or the artichokes may be steamed, but they will require a longer time to cook. Then take some of the cooked artichokes, rub through a sieve, and measure one cup; this makes the purée.

Lentil Rolls

1 cup ($\frac{1}{2}$ pt.) lentils	$\frac{1}{2}$ teaspoon pepper
2 cups ($\frac{1}{2}$ lb.) bread crumbs	$\frac{1}{4}$ teaspoon powdered nutmeg
1 teaspoon salt	1 egg, beaten
Tomato or brown sauce	

Wash lentils and then tie in cloth, leaving room to swell. Boil four hours in plenty of water and turn into a bowl, add bread crumbs, seasonings, and egg. Form into neat rolls, flour well, and fry in smoking hot fat. Drain and serve hot with tomato or brown sauce.

Macaroni with Sauce

$\frac{3}{4}$ lb. macaroni	1 cup ($\frac{1}{2}$ pt.) tomato sauce
1 cup ($\frac{1}{2}$ pt.) brown gravy	1 cup ($\frac{1}{4}$ lb.) grated cheese

Boil macaroni in plenty of boiling salted water for three fourths of an hour. Drain and put into a saucepan, add gravy and sauce. Make very hot, turn into a hot dish, sprinkle cheese over top, and serve at once.

Oatmeal and Apple Pudding

1 cup (3 ozs.) fine oatmeal	$\frac{1}{4}$ cup ($1\frac{1}{2}$ ozs.) brown sugar
$\frac{1}{2}$ cup (2 ozs.) flour or potato flour	1 teaspoon grated lemon rind
$\frac{1}{4}$ teaspoon salt	2 tablespoons cream
$2\frac{1}{2}$ cups ($1\frac{1}{4}$ pts.) milk	$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) stewed apples
	Honey or sirup

Mix together oatmeal, flour, salt, and one half cup of the milk. Into a saucepan pour remainder of milk, add sugar and lemon rind; bring to boiling point and stir in oatmeal mixture. Continue to stir until it boils, then simmer ten minutes. Stir in cream. Pour half of mixture into greased fireproof dish, next put in apples, then pour in remainder of mixture. Bake in moderate oven thirty minutes. Serve hot, with honey or sirup.

Okra with Corn and Tomatoes

2 cups (1 pt.) okra, sliced	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
2 cups (1 pt.) corn, cut from cob	
1 cup ($\frac{1}{2}$ pt.) milk or water	1 onion, chopped
2 teaspoons flour	1 teaspoon salt
2 cups (1 pt.) tomatoes, sliced	$\frac{1}{2}$ teaspoon pepper

Wash and remove stem ends of okra pods, cut into thin slices, and fry ten minutes in butter substitute; add corn, milk, or water mixed with flour, tomatoes, onion, and seasonings. Mix well and pour into greased pudding dish and bake in moderate oven thirty minutes. Serve hot.

Potted Beans

1 cup ($\frac{1}{2}$ pt.) beans	$\frac{1}{2}$ teaspoon pepper
1 teaspoon salt	2 tablespoons (1 oz.) butter
$\frac{1}{2}$ teaspoon powdered nutmeg	

Soak beans overnight in cold water, pour off water, pick them, and put into a saucepan covered with water. Let them cook in the oven six hours. Strain off liquid and keep it for stock, then mash or pound beans, add seasonings and butter. Put into small pots or jars and cover with clarified butter.

This mixture makes a fine sandwich filling.

Savory Lentils

4 cups (1 qt.) lentils	1 tablespoon chopped parsley
4 tablespoons (2 ozs.) butter substitute	2 cups (1 pt.) gravy or stock
1 small onion, chopped	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Wash and soak lentils overnight, then drain them. Melt butter substitute in a saucepan, put in lentils, onion, seasonings, parsley, and stock, and cook gently with lid on pan until lentils are a soft mass. Take off lid and stir over fire until any liquid not already absorbed by lentils has evaporated. Beat well together, heap it in a hot dish, and serve at once.

Savory Nut Loaf

1 cup ($\frac{1}{4}$ lb.) chopped nut meats	2 teaspoons butter
1 cup (7 ozs.) hot boiled rice	1 tablespoon chopped parsley
1 cup ($\frac{1}{2}$ pt.) mashed potatoes	2 tablespoons bread crumbs
2 eggs, beaten	1 teaspoon salt
1 lemon, grated	$\frac{1}{2}$ teaspoon pepper
1 onion, chopped	$\frac{1}{4}$ teaspoon paprika
2 tablespoons (1 oz.) lard, melted	

Mix in a bowl nuts, rice, potatoes, eggs, grated lemon rind, onion, butter, parsley, bread crumbs, and seasonings; mold into a loaf, put into greased pan, pour over lard, and bake in a moderate oven forty minutes.

Split Peas and Onions

1 cup ($\frac{1}{2}$ pt.) split or dried peas	4 tablespoons stock or water
Salt and pepper to taste	2 tablespoons (1 oz.) butter substitute
3 cloves	
1 bunch herbs	1 teaspoon brown sugar
4 cooked and sliced onions	

The dried peas make a very good winter vegetable when fresh peas are not obtainable. Soak overnight in cold water, then drain and rinse them in fresh cold water. Put peas in saucepan, cover well with cold water, and bring slowly to the boil; add cloves and herbs and continue cooking three hours. More water must be added from time to time if peas become too dry. Drain and return peas to saucepan, add stock, butter substitute, seasonings, and sugar; mix well, pour into center of hot dish, and arrange onions cut in rings on top.

Sweet Potato and Nut Croquettes

6 large sweet potatoes	1 egg, beaten
1 teaspoon salt	$\frac{1}{4}$ cup (1 oz.) blanched and
2 tablespoons (1 oz.) butter	chopped almonds
	3 tablespoons hot cream

Wash potatoes and bake until tender. Scoop out pulp and force through a ricer into a bowl. Add salt, butter, egg, almonds, and cream. Mix and mold into balls. Roll in fine bread crumbs, brush over with beaten egg or milk, and again in bread crumbs. Fry in smoking hot fat and drain on paper. Serve hot.

Succotash

2 cups (1 pt.) cooked beans	1 cup ($\frac{1}{2}$ pt.) cooked or canned
2 tablespoons (1 oz.) butter sub-	corn
stitute	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

To prepare beans, soak overnight two cups Lima beans, drain, and add boiling water to well cover and cook until tender; add seasonings, butter substitute, and allow to reheat. Serve hot.

To prepare corn, remove silk but not husks until it is to be boiled. Place corn in saucepan of boiling water, not salted, cover pan to prevent steam escaping. Do not use a large quantity of water and boil fifteen minutes; drain and cut corn from cob.

Corn may be served on cob with salt, pepper, and butter.

Vegetable Pie

$\frac{1}{2}$ package macaroni, cooked	3 tomatoes, skinned and sliced
1 large onion	3 tablespoons bread crumbs
1 carrot	1 tablespoon chopped parsley
3 stalks celery	Vegetable stock or gravy
1 cup ($\frac{1}{2}$ pt.) green peas	Salt and pepper to taste

Pastry

Cut macaroni into short lengths. Cut onion, carrot, and celery into small cubes and boil until tender in boiling salted water. Drain and mix them with macaroni, tomatoes, bread crumbs, parsley, and seasonings. Moisten well with stock or gravy, or the water in which vegetables have been boiled. Turn mixture into a greased fireproof dish and cover neatly with pastry. Bake in a moderate oven thirty minutes, or until pastry is cooked.

If pastry is not convenient, cover top of pie with mashed potatoes, or with thin slices of tomato, or with a layer of bread crumbs and tiny bits of butter.

The vegetables may be varied with the season.

Vegetarian Roast

1 cup ($\frac{1}{2}$ pt.) soy beans	2 eggs, beaten
$\frac{1}{4}$ pound spaghetti, cooked	1 cup (4 ozs.) chopped coconut
2 onions, chopped	1 teaspoon chopped parsley
2 tablespoons (1 oz.) butter substitute	$\frac{1}{2}$ teaspoon celery salt
	$\frac{1}{4}$ teaspoon pepper
1 cup (4 ozs.) bread crumbs	

Soak beans twelve hours. Cover with boiling water and cook three hours. Drain and put them through a food chopper, add bread crumbs, onions cooked in butter substitute, eggs, coconut, parsley, and seasonings. Mix well and press into a well-greased tin. Bake in moderate oven one hour, basting frequently. This is nice served with brown gravy hot from the oven; but it is also good cold cut into slices like meat and eaten with salad, or pickled beets. Any kind of nuts may take the place of the coconut.

Vermicelli with Tomato Sauce

$\frac{1}{2}$ package vermicelli, crushed	3 tablespoons grated cheese
2 tablespoons (1 oz.) butter substitute	1 teaspoon salt
	$\frac{1}{2}$ teaspoon paprika
1 cup ($\frac{1}{2}$ pt.) tomato sauce	$\frac{1}{4}$ teaspoon pepper
	Fingers fried bread

Boil vermicelli in plenty of boiling salted water fifteen minutes, then drain. Melt butter substitute in a saucepan, and when hot put in vermicelli, tomato sauce, cheese, and seasonings; stir over the fire until cheese is melted, cook gently five minutes, then turn out on to a hot dish, garnish with bread, and serve very hot.

CHAPTER XXIII

INVALID COOKERY

“Whate’er is best administer’d is best.”

THE preparation and cooking of food for invalids deserves far greater attention than is usually bestowed. Not only should the amount and quality vary according to the nature of the disease, but every little detail in its subsequent arrangement and serving is of vast importance to sick people, the aim in invalid meals comprising not only the due repair of wasted tissues, but the æsthetic value of appearances in the invalid’s capricious eye.

Apart from the special diets appointed by medical men in such cases as diabetes, gout, corpulence, and similar diseases, an invalid approaching the convalescence stage from any other direction is usually permitted a fairly wide latitude in the question of food. But even then restrictions must always be complied with: First, the food should be of a really nourishing, or, at any rate, refreshing nature; and, second, it must be presented in easily digestible form.

Apple Custards

1 cup ($\frac{1}{2}$ pt.) apple pulp	2 tablespoons (1 oz.) butter,
1 cup ($\frac{1}{2}$ pt.) milk	melted
4 tablespoons (2 ozs.) sugar	2 eggs, beaten
Few preserved cherries	

Prepare apple pulp by rubbing stewed or baked apples through a sieve. Mix purée with milk, sugar, butter, and eggs. Divide into four greased fireproof dishes and bake in moderate oven

twenty minutes. Decorate with cherries cut in halves and serve hot or cold. Other fruit purées may be used in the same way.

Baked Fish

1 filleted flounder, fresh haddock, 2 tablespoons (1 oz.) butter substitute
or whiting
Salt and pepper $\frac{1}{2}$ lemon

Grease a plate, and lay fish on it with skin side upwards. Put it in the oven five minutes, and then you will be able to pull the skin off quite easily.

Melt butter substitute in a flat dish, lay fish on it, and put dish into brisk oven eight to ten minutes, according to thickness of fish.

Baste fish twice in the course of cooking. Take out, sprinkle it with salt and pepper, and squeeze juice of lemon over. Serve hot.

Baked Smelts

4 smelts $\frac{1}{2}$ cup (1 gill) stock
Lemon slices

Clean smelts and cut off heads. Place them in buttered fire-proof dish with stock and salt and pepper to taste. Cover with lid and cook twenty minutes. Serve in same dish garnished with lemon slices.

Barley Water

3 tablespoons (2 ozs.) pearl 1 tablespoon ($\frac{1}{2}$ oz.) sugar
barley 1 lemon
2 cups (1 pt.) boiling water

Wash barley in several waters, put it with sugar and lemon rind into a pitcher, pour water over, and keep infusion covered as tightly as possible. When cold, strain and serve. This is thin barley water.

Thick Barley Water. Proceed in the same way, but allow barley to simmer in three cups water for at least one hour. Then strain and serve. The barley can be used a second time, but it is then not so nourishing.

Barley water is often mixed with milk, the lemon in this case being omitted. This is considered a very light and nourishing drink, and having no decided taste, is usually a favorite with invalids.

To Serve Barley Water with Fruit. Make one cup thick barley water, flavor it with one teaspoon lemon juice, add two table-spoons sugar or honey, and one tablespoon gelatine dissolved in one half cup hot water, and stir over fire for a few minutes. Pour into a wet ring mold, and when firm turn out and put stewed fruit or preserves in center, and serve.

	Beef Tea	
Steak		Water
	1 pinch salt	

Buy the best steak. Take a sharp pointed knife, and holding it closely by the pointed end, shred meat fine, and mix it with an equal quantity of cold water in an earthenware jar or dish. Heat of any kind coagulates the juices, and if possible the water should be soft as well as cold. Add salt, which will help in extracting the juices more quickly from the meat. Cover jar, and set away in a cool place overnight.

Place jar at bottom of moderately hot oven, where it must remain from one to three hours, according to amount. Two cups of beef tea usually take two hours to cook slowly through. The oven should remain at the same temperature throughout the cooking. The best test is by the color of tea when removed from oven. It should be of a rich, brown color, with no red or raw traces. The substance is usually strained from the liquor, though in cases where an invalid is able and allowed to digest it, a portion of the meat particles may be permitted to pass through. Some substance will always pass through even the finest strainer, but if the beef tea be cooked satisfactorily, this substance should not easily separate nor sink to bottom of cup.

All suspicion of fat globules must be removed from surface with pieces of grease-proof paper, and if the tea appears to be greasy even after this application, it will be found safer to leave it to get cold, and then remove all fat after it has solidified. Serve tea piping hot with dry toast cut in dice.

Brains in Batter

2 sets brains	2 egg yolks
Salt, pepper, vinegar	1 egg white
1 onion, sliced	1 tablespoon ($\frac{1}{2}$ oz.) butter, melted
$\frac{1}{2}$ carrot, sliced	4 tablespoons milk or cream
1 bay leaf	Chopped parsley
$\frac{1}{2}$ cup (2 ozs.) flour	

This recipe will do equally well for calf's, sheep's, or pig's brains. The first is considered the best, but the other two may be used with good results. Soak brains in salted cold water several hours, changing water occasionally. Now put them in a pan with boiling water, add onion, carrot, salt, bay leaf, and a little salt and vinegar. Cook gently twenty minutes. Drain and cut into convenient sized pieces. Beat up egg yolks, add flour, butter, a very little salt and pepper, and beat well; then add milk and white of egg beaten stiff. Have ready a pan of smoking hot fat, dip each piece of brain into batter, drop it into fat, and fry it a golden brown. Drain and serve hot, sprinkled with parsley.

Chicken Broth

1 small chicken	1 crust bread
1 blade mace	6 cups (3 pts.) water
1 sprig parsley	Toasted bread squares

Skin and chop up a small chicken or half a large fowl, put it into a saucepan, add mace, parsley, crusts of bread, and water, and simmer two hours. Strain and serve with toasted bread squares.

Another Method. Divide one chicken into joints, put it into a saucepan with six cups water, one fourth teaspoon peppercorns, pinch of salt, and one tablespoon pearl barley; bring slowly to the boil, and skim thoroughly; simmer very slowly two hours, strain and serve.

Cream of Chicken for Diabetics

1 cup (4 ozs.) raw chicken meat	1 egg
5 tablespoons whipping cream	Salt and white pepper

A diabetic patient is allowed plenty of cream, butter, eggs, bacon, ham, meat, poultry, fish, cheese, nuts, and green vegetables. The chief point is to remember that all sugar and foods which supply sugar must be avoided. Starch and starchy foods are changed into sugar during digestion, therefore they too must be abstained from.

Saccharin must be used in place of sugar, but this must be added with care, for too much of it gives quite a disagreeable flavor.

Put chicken through food chopper, then pound it; while doing so, add to it egg and seasonings. Rub mixture through a sieve. Whip cream and stir it in lightly. Pour into a buttered mold, cover with buttered paper, and steam gently until it is just firm. It will take about thirty minutes. Turn out on to a hot dish and pour cream sauce over it.

Cream Sauce

$\frac{1}{2}$ cup (1 gill) white stock	2 eggs, beaten
$\frac{1}{2}$ cup (1 gill) cream	

Boil stock, then let it cool for a minute. Beat up eggs, mix them with cream, then strain both into stock, stirring over fire until it is hot; do not let it boil. Season carefully and it is ready.

Evaporated Milk Jelly

$2\frac{1}{4}$ tablespoons ($\frac{3}{4}$ oz.) powdered gelatine	2 cups (1 pt.) hot water
1 cup ($\frac{1}{2}$ pt.) cold water	6 tablespoons sugar
8 tablespoons evaporated milk	1 teaspoon vanilla extract
	1 teaspoon lemon extract

Mix gelatine with cold water and dissolve over hot water. Put milk and hot water into upper pan of a double boiler, add sugar, and bring to boiling point, then add dissolved gelatine and extracts. Strain into a wet mold and place in refrigerator overnight. Turn out and serve with milk or custard.

Invalid Soup

2 teaspoons sago	1 cup ($\frac{1}{2}$ pt.) strong beef tea or mutton broth
2 egg yolks	
Salt and pepper	

Boil sago until it is clear in a small quantity of boiling water. Make beef tea hot, then add drained sago. Beat up yolks and strain them into soup; reheat it carefully, but on no account let it boil. Season to taste and serve very hot.

Irish Moss Pudding

1 ounce Irish moss	4 tablespoons (2 ozs.) sugar
4 cups (1 qt.) milk	$\frac{1}{2}$ teaspoon vanilla extract

Wash moss thoroughly in warm water. Put it into an enameled pan with milk, place over a gentle heat, and stir constantly till it boils, then strain through a hot strainer, add sugar and extract. When sugar is dissolved, pour into a wet mold. Turn out when firm and serve with milk. Wine may be added if wished.

Irish moss is a seaweed. Its nutritive value is considerable; and, from the amount of mucilage it contains, it is used as a remedy in diseases of the chest. It also contains iodine and sulphur.

Nourishing Pudding

Thin slices stale brown bread	Boiled custard or milk
Stewed fruit, apples, prunes, etc.	

Line buttered bowl evenly with bread. Cut a round of bread size of top of bowl. Cut up crusts and some small pieces of bread very small. Stand bowl on a plate, then fill it with layers of hot stewed fruit and bread, allowing sufficient fruit to completely saturate bread. When well filled, put round of bread on top, press it well down by placing a plate on top, and leave until set.

To serve hot, stand bowl in oven twenty minutes to heat, or it may be served cold. Turn out of bowl carefully on to a dish. Serve with boiled custard or milk.

Raw Beef Sandwiches

Raw beef	Butter
Bread	Salt and pepper

Shred some raw beef very fine, then spread it on thin slices of buttered bread. Season well. Place another piece of bread on top. Cut into dainty squares, or stamp into rounds and serve.

Another Method. Shred and pound four ounces of lean, juicy beef. Add any seasonings that may be allowed and rub through a sieve. Spread between thin slices of lightly buttered bread and cut into neat strips. These sandwiches are generally ordered for special cases.

Rice Water

2 tablespoons rice	3 cups (1½ pts.) cold water
	Salt

Wash rice in several waters. Put it into a saucepan, add water, soak thirty minutes, then heat gradually to boiling point, and cook until rice is soft. Strain, reheat rice water, season to taste with salt, and if too thick dilute with a little boiling water. Milk may also be added if desired.

Sago in Gravy

1 cup (½ pt.) gravy or beef tea	½ teaspoon salt
1 tablespoon sago	¼ teaspoon pepper

Bring gravy to boiling point, sprinkle in sago and stir until it boils again, then allow to simmer until it becomes thick and transparent; add seasonings.

It may be served at once as a very thick soup or put into a wet mold and allowed to set into a jelly.

Ground rice may be used in place of sago. It is best eaten hot.

Stewed Fish

1 filleted flounder, or haddock	½ cup (1 gill) milk
2 tablespoons bread crumbs	1 tablespoon butter
½ cup (1 gill) water	1 teaspoon salt
	½ teaspoon pepper

Cut fish into small pieces, then place it in a saucepan, add water, milk, and seasonings; put lid on pan and cook fifteen minutes. Lift out fish into a greased fireproof dish and keep

it hot. Add bread crumbs and butter to water and milk and stir over fire until bread crumbs swell and thicken sauce, pour sauce over fish, sprinkle over with a few more bread crumbs, dot with butter, and brown in oven. Serve hot. Garnish with lemon points.

Steamed Fish

1 flounder or sole
Parsley or cut lemon

1 teaspoon lemon juice

Take the fillets of flounder or sole, wash and wipe them very dry, lay them between two buttered dishes, sprinkle over lemon juice, place dishes over a pan of boiling water, and steam twenty minutes, until fillets look quite white. Dish and garnish with parsley or lemon. White sauce may be served with this, if liked. Any kind of fish steak may be cooked in this manner.

The lemon juice helps to whiten the fillets.

Strawberry Jam Jelly

1 cup ($\frac{1}{2}$ pt.) milk
2 tablespoons strawberry jam

$\frac{1}{2}$ tablespoon powdered gelatine

Warm milk but do not let it boil, and dissolve gelatine in it. Mix strawberry jam with a few drops of boiling water and rub it through a sieve into the milk. Pour all into a wet mold and allow it to become firm.

Spaghetti and Fruit Pudding

$\frac{1}{4}$ pound spaghetti
 $1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) stewed fruit

$1\frac{1}{2}$ cups ($\frac{3}{4}$ pt.) boiled custard
2 tablespoons finely chopped nut meats or coconut

Break spaghetti into pieces an inch long and boil until tender in plenty of boiling salted water. Put stewed fruit into a serving dish. When spaghetti is tender, drain well and put it on fruit, pour custard over top, and sprinkle nuts or coconut on top. Serve hot or cold.

Steamed Custard

1 egg
4 tablespoons beef tea or stock

Beat egg, add beef tea, or stock, and more seasoning if required. Pour into greased cup, cover with greased paper, and steam gently fifteen minutes. Serve hot or cold.

This custard may be baked instead of steamed.

Vanilla Sponge Dainties

1 egg	1 tablespoon milk
2 drops vanilla extract	Sponge cake
1 teaspoon sugar	Honey or preserves
1 tablespoon ($\frac{1}{2}$ oz.) butter	

Beat egg slightly with vanilla, sugar, and milk. Melt butter in small saucepan, pour in egg mixture, and stir until it begins to thicken, moving spoon so that egg does not stick in the least to bottom of pan. Spread slice of sponge cake with honey or jam, put egg mixture on top, and serve hot.

CHAPTER XXIV

CANDIES

“ With such imitation
Of form and color 't will deceive the eye
Until the taste be ravish'd.”

WITH the materials found in the cupboard or pantry of the average family, delicious and easily made candies may be made, which, when used as dessert, are by no means a waste or an extravagance. The wise housemother knows that homemade sweets have a few advantages over the store kinds. They are more wholesome and much cheaper. It takes less to satisfy the appetite, as there are no trashy materials in their composition. The making of them gives the children a charming vacation task.

Always select a clear, cold day on which to make candy, as many varieties do not turn out as well when made on a damp day. This is especially true when making crystallized nuts, leaves, and fruits. It is well to have a confectioner's thermometer for candy making, so that the sirup may be removed from the fire at exactly the right degree.

Successful candy making depends upon boiling the sirup to the proper degree, a bright day, pure cane sugar, and working when properly cooled.

The following confectioner's terms and their accompanying degrees of heat will be found very useful for the inexperienced candy maker:

- “ Thread ”, 216° to 218° F.
- “ Soft Ball ”, 240° F.
- “ Hard Ball ”, 250° to 252° F.
- “ Crack ”, 290° to 300° F.

Candies containing milk or molasses will not boil over if the top edge of the pan or kettle is greased with butter or butter

substitute. Always pour the sirup quickly from the pan, never allow it to drip, and do not scrape the pan into the batch of candy.

Many delicious candies have as their basis a cooked fondant. With this an almost endless variety of sweets is possible. Candied fruits, raisins, dates, figs, prunes, and chopped nut meats are all excellent when mixed with fondant. Different flavorings and colorings may be added to suit the individual taste.

Plenty of popcorn should be used in the making of candies, for it is both wholesome and nourishing. The Government analysis shows that it is 10.7 per cent. protein, 5 per cent. fat, 1.3 per cent. mineral matter, and about 78 per cent. carbohydrates, and that its energy value per pound is 1875 calories, which last is proportionately higher than that supplied by any other grain except parched hominy.

Butterscotch Candy

3 cups (18 ozs.) brown sugar	6 tablespoons (3 ozs.) butter
1 cup ($\frac{1}{2}$ pt.) water	1 teaspoon lemon extract

Put sugar, water, and butter into a saucepan and cook without stirring until it snaps when tried in cold water, or reaches 300° by candy thermometer; add extract and pour into greased tins and mark into squares. A nice way to use this is to dip marshmallows in it, or dip nut meats in it.

Another Method. Boil three cups sugar, one half cup water, one half cup vinegar, two tablespoons butter without stirring until it will snap when tried in cold water; add one fourth teaspoon soda, one teaspoon lemon extract, and pour into greased tins. Mark off into squares when partly cold.

Buttermilk Candy

1 cup (6 ozs.) brown sugar	2 tablespoons (1 oz.) butter
1 cup ($\frac{1}{2}$ lb.) sugar	1 teaspoon vanilla extract
1 cup ($\frac{1}{2}$ pt.) buttermilk	$\frac{1}{2}$ teaspoon lemon extract

Put into a saucepan sugars, buttermilk, and butter, stir until mixture reaches 240° F., or forms a soft ball when tried in cold water. Remove from fire, add extracts, and beat until creamy. Pour into greased tins and mark into squares when half cold.

Chocolate Chips

1 cup (6 ozs.) brown sugar	1 pinch baking soda
1 cup ($\frac{1}{2}$ pt.) molasses	1 teaspoon vanilla extract
2 teaspoons butter	Melted sweet chocolate

Put into a saucepan sugar, molasses, butter, and soda and stir until sugar is thoroughly dissolved; then boil until sirup forms a hard ball when tested in cold water, or reaches 254° F. on candy thermometer. Remove from fire, add vanilla, and allow to cool, then pull to a light brown color. Cut into small squares, and, while they are warm, roll with buttered rolling pin into very thin strips. When firm dip each strip of taffy into melted chocolate. Place on waxed paper to cool and harden.

Another Method. Put into saucepan one cup molasses, one half cup honey, one fourth pound chocolate cut fine, one half cup evaporated milk, and two tablespoonfuls butter. Boil, stirring all the time, until it forms a hard ball when tested in cold water; add one teaspoon vanilla extract. Pour into greased shallow pans, and as it cools, cut into small pieces.

Chocolate Covering

$\frac{3}{4}$ lb. chocolate

Put chocolate in a bowl in a pan containing warm water over gentle heat, stir all the time until chocolate is quite smooth, then stand bowl on a table and stir well; when cooled sufficiently and chocolate shows signs of becoming thick, stand bowl in larger bowl containing warm water. Dip in centers, take them out with fork or dipping fork, and place on a clean sheet of tin, or on a marble slab covered with waxed paper, and decorate top with a twisted strand of chocolate. They should be dry, bright, and glossy. Chocolate covering should be done in a cold, dry room. If chocolate sets in bowl, melt again over slow heat, stirring well; but on no account should chocolate become hot, or the chocolates will be streaky. If any water gets into the chocolate it will become thick, and cannot be used for coating purposes; then make the mixture into centers, either leaving plain, or adding a little extract, chopped nuts, or fruits.

Balls or squares, or rounds of fondant of various colors and flavors, may be dipped into above melted chocolate.

To Make Chocolate Nut Drops

Chop one half cup nut meats, mix into a little melted chocolate, and drop on to tin sheet in small heaps. When firm they can easily be removed from tin.

Chocolate Peppermints, Ginger, or Dates

Oil peppermint	Dates
Preserved ginger	Fondant

Melt fondant, add a few drops oil of peppermint; when cold dip in melted chocolate. Cut preserved ginger into squares or cubes, then dip in melted chocolate. Stone dates, fill with flavored fondant, and coat with chocolate. Preserved cherries may also be filled with fondant, then dipped in chocolate.

Dried Apricot Squares

1½ cups (4 ozs.) dried apricots	Confectioner's sugar
2 teaspoons lemon juice	⅓ teaspoon cornstarch
	Granulated sugar

Soak apricots overnight in cold water, then drain. Cover apricots with fresh water, simmer until soft, and rub through a sieve. To each one and one half tablespoons pulp, add one tablespoon confectioner's sugar, and put both into a saucepan; add lemon juice mixed with cornstarch, and stir over fire until paste is smooth and stiff. When cool, roll on a sugared board, and cut into rounds or squares, covering each side well with sugar. By coloring one half paste with a few drops red or green or orange color, alternate layers of different colors may be formed. Wrap in waxed paper, and keep in air-tight tins or jars. Dried peaches or apples may be used in the same way.

Everton Candy

¾ cup (6 ozs.) butter	½ cup (1 gill) sirup
2⅔ cups (1 lb.) brown sugar	1 teaspoon lemon extract
	2 tablespoons water

Melt butter in a saucepan, add sugar, sirup, and water, allow sugar to dissolve thoroughly, then boil to 300° F., or until it will snap when tried in cold water; add extract and pour into deep

greased plate. Mark into bars before quite cold, and, when it hardens, wrap each bar in waxed paper, and keep in air-tight tins.

Fondant

4 cups (2 lbs.) sugar
2 cups (1 pt.) water

4 teaspoons glucose, or
1 pinch cream of tartar

Put sugar and water in a saucepan and dissolve over gentle heat, stirring until thoroughly melted; then add glucose or cream of tartar, place thermometer in pan, and boil to 240° F., or until mixture makes a soft ball when tried in cold water. During boiling, brush round sides of pan with clean pastry brush dipped in water to prevent crystallization. Remove pan, let it stand one minute, then very gently pour sirup into a flat wet platter. Sprinkle a little water on top and leave until slightly cooled. Then with scraper or knife bring sirup to center of platter and work with wooden spoon or spatula till it becomes white and opaque. Knead until smooth and free from lumps and rub in the hands until creamy. Put it in a jar and keep well covered with waxed paper.

To Mold Fondant. Put two cups fondant into small pan, put pan over hot water, heat gently, stirring all the time, add color and flavoring to taste, and when liquid pour into dry rubber mats, or in starch impressions. When set and quite cold, turn them out.

If the melted fondant is too thick to pour easily, add a few drops of simple sirup or warm water.

Maple fondant and caramel fondant are made in the same way as plain fondant. The only difference is the use of maple sugar instead of granulated sugar in maple fondant, and that you caramelize one cup of the sugar before using when making caramel fondant.

Fruit and Nut Squares

1 cup ($\frac{1}{4}$ lb.) dates, stoned and chopped	$\frac{1}{2}$ cup (2 ozs.) preserved ginger, chopped
1 cup ($\frac{1}{4}$ lb.) figs, chopped	2 cups ($\frac{1}{2}$ lb.) nut meats, chopped
1 cup ($\frac{1}{2}$ lb.) seeded raisins	1 teaspoon vanilla extract
$\frac{1}{2}$ cup (2 ozs.) coconut, chopped	

Mix dates, figs, raisins, and ginger, put them through food chopper, and then pack into a small buttered mold. Mix nut meats, vanilla, and coconut and put them through food chopper, and then pack into a buttered mold. Turn out, cut thin slices of the fruit paste and thin slices of the nut paste, put one slice of fruit paste between two slices of the nut paste, and cut into neat squares. Wrap in waxed paper and keep in air-tight tins.

Ginger Cream Candy

1 cup (4 ozs.) preserved ginger	1 tablespoon ginger sirup
1 egg white	3½ cups (1 lb.) confectioner's sugar

Cut ginger into small neat pieces. Beat up white of egg with ginger sirup. Into this stir sifted confectioner's sugar, adding it gradually until mixture is sufficiently pliable to be molded into balls with fingers. Press a small piece of ginger on each side and then set away to harden.

Honey Fruit Candy

1 cup (½ pt.) honey	2 cups (½ lb.) chopped raisins
2 cups (1 lb.) sugar	20 (¼ lb.) shredded marshmallows
½ cup (1 gill) fruit juice	2 egg whites, beaten

Boil honey, sugar, and fruit juice without stirring until it forms a soft ball when tried in cold water, or reaches 240° F. on candy thermometer. Remove from fire and pour on the stiffly beaten egg whites; beat until thick, add raisins and marshmallows, and pour into buttered tins. Cut into squares before it hardens.

Honey Nut Fudge

1 cup (½ lb.) sugar	1 cup (½ pt.) honey
1 cup (6 ozs.) brown sugar	2 tablespoons (1 oz.) butter
1 cup (½ pt.) milk	1 tablespoon vinegar
1 cup (4 ozs.) chopped nut meats	

Into saucepan put sugars, add milk and boil until sirup forms a soft ball when tried in cold water, or reaches 240° F. by candy

thermometer. Add honey, and boil again to soft ball stage, when drop in butter and add vinegar. Boil up again, add nuts, and pour into a greased tin. Cut into squares when firm.

Lemon Taffy

2 cups (1 lb.) sugar	$\frac{1}{4}$ cup (4 ozs.) golden sirup
$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) butter	1 tablespoon lemon juice
1 tablespoon cold water	

Put into a saucepan sugar, butter, lemon juice, and water, and when melted boil quickly until a little dropped into cold water snaps briskly, or registers 300° F. by thermometer. Pour into buttered tins, and before it is quite cold, mark into squares.

Marshmallows

2 cups (1 lb.) sugar	8 tablespoons lukewarm water
1 cup ($\frac{1}{2}$ pt.) water, cold, or fruit juice	1 teaspoon lemon extract
	1 teaspoon vanilla extract
1 envelope ($\frac{3}{4}$ oz.) powdered gelatine	Cornstarch
	Powdered sugar

Dissolve sugar in cold water or fruit juice, then boil until it forms hard ball when tried in cold water, or reaches 258° F. on candy thermometer. Dissolve gelatine in lukewarm water; when sirup is ready, pour it over gelatine, then add extracts and beat twenty minutes. Powder deep pan with mixture of three teaspoons powdered sugar and one of cornstarch, pour in candy and allow to stand one day and one night, then cut into rounds or squares and roll in more sugar and cornstarch. Pack between layers of waxed paper.

Molasses Caramels

1 cup ($\frac{1}{2}$ pt.) molasses	$\frac{1}{3}$ teaspoon baking soda
1 cup (6 ozs.) brown sugar	$\frac{1}{2}$ cup (2 ozs.) chopped nut meats
$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) butter	1 teaspoon vanilla extract

Boil molasses, sugar, butter, and soda, stirring all the time until it forms a hard ball when tested in cold water, or reaches 252° F. on candy thermometer; add nut meats and vanilla. Pour into

greased tin, mark into squares before it is cold, and wrap in waxed paper.

Another Method. Melt four tablespoons butter in saucepan, add one cup milk, one cup brown sugar, and one cup molasses or sirup; boil four minutes, add four squares unsweetened melted chocolate and one tablespoon coffee. Continue boiling slowly without stirring, until hard ball forms in cold water. Pour into greased tins and when half cold mark into squares or oblong pieces. When cold, cut into pieces, wrap in waxed paper, and keep in air-tight boxes.

Nut Penuche

2 tablespoons (1 oz.) butter	1 cup (4 ozs.) chopped nut meats
2 cups (1 lb.) maple sugar, grated	$\frac{1}{2}$ cup (2 ozs.) chopped dates
1 cup ($\frac{1}{2}$ pt.) evaporated milk	1 teaspoon vanilla extract

Melt butter in chafing dish, add sugar and milk, and stir until sugar is thoroughly dissolved, then boil without stirring to 240° F. on candy thermometer, or until a soft ball will form in cold water. Remove from fire, leave undisturbed until cool, add nuts, dates, and extract, and stir until sugary. Press quickly into buttered tin and mark in neat pieces. Figs may be used instead of dates.

Nut and Raisin Fudge

4 tablespoons grated unsweetened chocolate	2 tablespoons (1 oz.) butter
2 cups (1 lb.) sugar	$\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) seeded raisins
1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ cup (2 ozs.) chopped nut meats
	1 teaspoon vanilla extract

Mix chocolate with sugar in a saucepan, add milk and butter, and stir continually until it forms a soft ball when tried in cold water, or reaches 240° F. by thermometer. Remove from fire, add raisins, nuts, and vanilla, beat until thick, and pour into a buttered pan. Cut into neat squares when cool.

Another Method. Stir two cups light brown sugar and one half cup milk in saucepan, then place pan on fire, add four tablespoons butter, pinch of salt, and two squares of unsweetened chocolate; stir all the time and when it hardens in cold water, or reaches 250° F. add one teaspoon vanilla extract and remove

from fire; beat until it begins to thicken, then add one tablespoon milk and one half cup chopped nut meats, and beat a few seconds longer; pour into greased pan and when cool mark into neat pieces.

Orange Fondants

1 pound lump sugar	2 teaspoons glucose, or
2 oranges	1 pinch cream of tartar
1 cup ($\frac{1}{2}$ pt.) water	1 tablespoon orange juice

Rub lump sugar on orange rinds till all the zest is rubbed off. Put orange, sugar, and water into a pan and dissolve, add glucose and orange juice, boil to 240° F., or until it makes a soft ball when tried in cold water, pour on platter, and work with spatula, as described in fondant. When kneaded smooth, return to pan and melt down with a little sirup, pour into rubber mat, and when cold turn out. When quite dry, the creams may be dipped into melted chocolate.

Lemon fondants are prepared in the same way, using lemons instead of oranges.

Peanut Butter Candy

2 tablespoons peanut butter	1 cup ($\frac{1}{2}$ pt.) milk
2 cups (1 lb.) sugar or brown sugar	1 cup ($\frac{1}{4}$ lb.) chopped nut meats
	1 pinch salt
1 teaspoon vanilla extract	

Cook peanut butter, sugar, and milk until it forms soft ball when tried in cold water, or reaches 240° F. on candy thermometer, stir in nut meats, salt, and extract, remove from fire and beat until creamy. Pour into greased pan and when cool mark into squares.

Another Method. Cook one and one half cups brown sugar, four tablespoons butter, two tablespoons peanut butter, pinch of salt, one cup milk, one tablespoon grated chocolate or cocoa until it forms soft ball in cold water. Pour into greased tin and when cool mark into squares.

Peanut Taffy

4 cups (1 qt.) molasses	$\frac{1}{2}$ teaspoon baking soda
2 tablespoons (1 oz.) butter	1 cup ($\frac{1}{4}$ lb.) peanuts, roasted

Pour molasses into a saucepan, add butter, and cook mixture until it becomes brittle when dropped into cold water, or reaches 300° F. by candy thermometer. Then add soda, stir in chopped peanuts, and pour into greased pans. Mark in squares.

Peppermint Milk Drops

2 cups (1 lb.) sugar
 $\frac{1}{2}$ cup (1 gill) milk

2 tablespoons (1 oz.) butter
 Few drops peppermint extract

Dissolve sugar in milk in a saucepan and bring to the boil; simmer until it forms a hard ball when tested in cold water, or reaches 250° F. on candy thermometer. Remove from fire, add butter and peppermint, and stir until mixture grains. Pour mixture on to a greased tin and mark into small squares. When cold cut up and pack in boxes.

Popcorn Candy

About 10 cups popcorn
 2 tablespoons (1 oz.) butter

1 cup ($\frac{1}{2}$ pt.) maple or corn sirup
 $\frac{1}{2}$ cup ($\frac{1}{4}$ lb.) sugar
 1 teaspoon lemon extract

Melt butter in a saucepan, add sirup and sugar, and when dissolved allow to boil until it registers 300° F. on candy thermometer, or when tried in cold water it is quite brittle, then add extract. Pour mixture over popcorn, shape into balls, then roll these in more popcorn until no more will adhere to balls. Keep in air-tight boxes.

Another Method. Boil together one cup honey, one cup brown sugar, one tablespoon butter, and one cup water until it forms a soft ball when tried in cold water. Put five quarts popcorn into a bowl, add one teaspoon vanilla extract, and pour over hot sirup. Rub hands with oil, and after stirring candy well, make it into small balls. Wrap in waxed paper. To make chocolate popcorn balls add one square of unsweetened chocolate to the hot sirup. One cup chopped nut meats may be added if liked.

Raisin Candy

2 cups (1 lb.) sugar
 6 tablespoons sirup, golden or
 corn sirup

$\frac{1}{2}$ cup (1 gill) water
 1 egg white, beaten
 1 cup ($\frac{1}{4}$ lb.) raisins
 1 teaspoon vanilla extract

Put sugar and water in a saucepan and when it reaches boiling point add sirup. Allow to boil again and pour four tablespoons of it over egg white. Allow remaining sirup to boil until it forms soft ball when tried in cold water, or reaches 240° by candy thermometer, then pour over egg mixture and beat until thick, add raisins and extract. Turn into greased pan and when cool mark into neat pieces.

Stuffed Dates

4 pounds dates	$\frac{1}{2}$ lemon
1 cup ($\frac{1}{4}$ lb.) figs	3 tablespoons sugar or honey
$\frac{1}{2}$ cup (2 ozs.) cherries	3 tablespoons apple or quince jelly
$\frac{1}{2}$ cup (2 ozs.) nut meats	
$\frac{1}{4}$ cup (2 ozs.) seeded raisins	$\frac{1}{2}$ teaspoon powdered nutmeg

Put figs, cherries, nut meats, and raisins through food chopper, add grated lemon rind, strained juice of lemon, sugar, or honey, apple or quince jelly and nutmeg, and beat well together. Remove stones from dates and fill each with a little of the mixture. Press sides together and roll in sugar. Stuffed dates keep well.

Another Method. Stone a quantity of dates and fill with following mixture. Mold some cooked rice or barley with an equal amount of flavored fondant, dip in white of egg, and use. Fill into dates and roll in sugar and place on waxed paper to harden.

Prunes may be used instead of dates.

Squash, or Pumpkin, Candy

1 cup ($\frac{1}{2}$ pt.) cooked and sifted squash or pumpkin	2 tablespoons (1 oz.) butter
1 cup ($\frac{1}{2}$ pt.) corn sirup	1 orange
2 cups (1 lb.) sugar	1 lemon
	$\frac{1}{4}$ teaspoon powdered nutmeg
	1 cup ($\frac{1}{4}$ lb.) chopped nut meats

Put squash, sirup, sugar, butter, grated rinds, and strained juices of orange and lemon into a saucepan; stir over a gentle heat until it forms a hard ball when tested in cold water, or until it reaches 254° F.; then add nutmeg and nut meats and pour into greased tins. When cool, mark off into squares.

Trench Fudge

2 cups (1 lb.) sugar	1 cup (4 ozs.) chopped nuts or almonds
1 cup ($\frac{1}{2}$ pt.) evaporated milk	4 tablespoons cocoa
6 tablespoons water	1 teaspoon vanilla extract
2 tablespoons (1 oz.) butter	1 teaspoon lemon extract

Put sugar, three fourths cup of the evaporated milk, and water into a saucepan, and stir until boiling; add butter and boil without stirring until it forms a soft ball when tried in cold water, or 240° F. by thermometer. Remove from fire, and pour, one half into a bowl, add nuts and lemon extract and beat until creamy, then pour into a buttered pan. To other half add cocoa and remainder of evaporated milk and allow to heat; add vanilla and beat until creamy, then pour over nut mixture. Cut into squares when cold.

Turkish Delight

1 envelope ($\frac{3}{4}$ oz.) powdered gelatine	$\frac{1}{2}$ cup (1 gill) fruit juice, boiling
$\frac{1}{2}$ cup (1 gill) hot water	1 orange
2 cups (1 lb.) sugar	1 lemon
	1 cup ($\frac{1}{4}$ lb.) chopped nut meats
	Few drops red color

Dissolve gelatine in hot water. Boil sugar and fruit juice ten minutes, add dissolved gelatine and cook ten minutes, add grated rinds and strained juice of orange and lemon, stir well, and add nut meats and color. Pour into a wet pan and allow to stand overnight in refrigerator. Cut in squares or cubes, roll in powdered sugar, and keep in air-tight boxes. If liked, a few chopped preserved cherries may be added to mixture.



MAKING CANDY WITH AID OF THERMOMETER. *Page 275.*



ASSORTED CANDIES.



FOR PICKLING TIME.



APPLE AND ORANGE MARMALADE. *Page 288.*

CHAPTER XXV

PRESERVING AND PICKLING

“ When the time comes the latest fruits also ripen.”

FOR preserving use the best sugar and avoid that of a bluish cast. The utensils used should be kettles, colanders, and ladles of porcelain-lined or granite ware, spoons of wood or silver, earthenware bowls, and glass tumblers. The jelly bag may be made of felt, thin flannel, coarse linen, or fine cheesecloth. It is better shaped like a cone, with strong tapes run around the neck for suspending it to drip. Do not squeeze the dripping fruit. The boiling sirup may be poured directly into glasses without danger of their cracking if they are rolled in hot water and then left standing on a damp cloth. A silver spoon left in the glass will also prevent cracking, as the silver is a good conductor of heat. The jelly should be allowed to remain undisturbed, as moving about is apt to disturb the process of solidifying.

In making jelly it must be borne in mind that the less stirring the better. If stirred too much, the jelly will not be clear, while the tendency of sugar to granulate is also increased by stirring.

A good test for the consistency of jelly when boiling is when two drops form on the edge of a spoon held sidewise.

In the case of most fruits, canning with a little sugar is to be preferred to canning with a large quantity of sugar. There are, however, some fruits that are only good when preserved with a great deal of sugar. Of course, such preparations of fruit are desirable only for occasional use. The fruits best adapted for preserving are strawberries, sour cherries, sour plums, and quinces. Such rich preparations should be put up in small glasses or jars.

The method of canning fruit has superseded that of preserving.

This is due not only to the fact that it is more economical, requiring less or no sugar, but because many tastes prefer fruit which is not too highly sweetened. Fruits for canning should be solid and not overripe.

Vegetables should be as fresh as possible. Fruits canned without the use of sugar will require the addition of sugar when served and will probably take more of it in the end, but the products will keep just as well when canned in water as in sirup, if twenty per cent. is added to the time requirement for sterilization. Use jars of clear white glass. Wide-mouthed jars are better than narrow-mouthed ones, because the fruits may be put in place so easily. Good rubbers are also essential. These should stretch and come back into position and be bent sharply back and forth without cracking or breaking. Label the jars and store them in a cool, dry place.

Drying fruits and vegetables is an important adjunct to canning. Practically all vegetables and fruits may be dried.

Pickles are classed in two general ways—sweet and sour. For the latter pure cider vinegar is always used, while for the former, any good pure vinegar answers admirably.

Pickles are like all other preserves; the best materials alone should be used, the vegetables chosen should be sound, ripe, but not overripe, and freshly gathered on a dry, and if possible warm day.

Metal spoons and copper pans must be carefully avoided; unglazed stoneware is the safest for anything connected with vinegar, and clean, wooden spoons only should be used. The brine in which pickles are to be stored should be strong enough to float an egg. Two cups coarse salt to four quarts water is the usual proportion.

Apple and Orange Marmalade

Apples	Water
Oranges	Sugar or maple sugar
	Lemon juice

Use an equal amount of apples and oranges. To prepare apples, wash and cut into eighths without paring. Cover with cold water and cook until tender. Drain through a jelly bag, pressing out juice.

To prepare oranges, wash them well. Remove the peel in quarters and cook until soft in boiling water. Strain and remove part of white from peel by scraping with a knife or spoon. Cut thin yellow rind into strips, using scissors. Sterilize jars in boiling water. Break orange pulp into small pieces, removing tough membranes if necessary. Combine this pulp with apple juice and add an equal amount of sugar, peel, and tablespoon of lemon juice. Cook until thick. Divide into jars and cover.

Apple Butter

4 quarts (1 gal.) apples, pared and sliced	2 cups (1 pt.) boiled cider
1 cup (14 ozs.) molasses	1 teaspoon powdered cinnamon
	$\frac{1}{2}$ teaspoon powdered nutmeg
	$\frac{1}{2}$ teaspoon powdered mace

Use cooking apples, put them into preserving kettle with molasses, cider, and spices, and cook slowly until reduced to about one fifth the original quantity of apples. Store in closely covered crock and set in a cool, dark place.

Banana and Pear Jam

6 pounds bananas	2 oranges
2 lemons	2 pounds ripe pears
	5 pounds lump sugar

Peel bananas, cut them into dice, and weigh them. Into preserving pan put strained lemon and orange juices, pears peeled and diced, and one pound of the sugar. Bring to boiling point, then add gradually bananas and remainder of sugar; stir gently; skim carefully and cook one hour. Divide into jars and seal.

Barberry Jelly

Barberries	Water
Sugar	

Barberries need touching with the frost to give the jelly the dark crimson color and "tang" that make it so acceptable. Free berries from stems, wash, and allow to every two quarts of berries one half cup water. Cook until juice will press out

easily, take from fire, mash well, strain, and measure juice. To each pint juice use one pound sugar, which, as for all jellies, should be heated in the oven with door open, while juice is cooking. Boil juice twenty minutes, add sugar, cook three or four minutes longer, and turn into glasses, and cover.

Barberries combine well with apples, pears, or raisins. They are often put up with the latter, using one pound raisins to every five pounds of fruit, and one pound sugar to one pound of the whole. With apples allow twelve sour apples to each four quarts of berries. A cluster of barberries dropped in vinegar makes an effective garnish for meat or game.

Blackberry and Apple Jelly

5 pounds blackberries 5 pounds apples
10 cups (5 lbs.) sugar or honey

Put required amount of blackberries into preserving pan, place in upper pan of double boiler, cover, and cook until berries are perfectly soft. Now strain juice.

Wash, core, and cut up required amount of acid and juicy apples, put them into preserving pan with sufficient water to keep from burning. Cover with lid, boil slowly until quite soft, and strain through hot jelly bag. Use equal quantities blackberry juice, apple juice, and sugar. Pour strained juice into porcelain-lined pan and boil twenty minutes. Heat sugar, add it to boiling juice, and stir with wooden spoon until sugar is dissolved, then allow to boil again five minutes. Pour into sterilized glasses and seal.

A good recipe for jelly is to mash fruit desired with a potato masher, add two cups of water, and boil five minutes. Strain, add two more cups water, and two cups maple or white sugar to every pint of liquid. Boil three minutes and skim well.

Black Currant Jam

Black currants Sugar

Pick and weigh fruit, and to each pound of fruit allow three fourths pound of sugar. Bring the fruit very gently to the boil,

add the sugar a little at a time, bring once more to the boil, and boil fast twelve minutes.

Pour into sterilized jars, cover while hot. Let the jars stand without being moved until quite cold.

Canned Apples, Cold Pack Method

Apples	Salted cold water
	Hot sirup

Canning by cold pack method is not difficult. Wash jars and rubbers and test rubbers for quality. Set empty jars and rubbers in pan of water to heat to boiling point and boil ten minutes. Fill a wash boiler to cover jars two inches with water and heat this water. Pare, core, and slice sound apples, and drop them into slightly salted cold water. Put apples into wire basket or piece of cheesecloth and dip for one and one half minutes into plenty of boiling water. Plunge immediately into cold water and then pack into hot jars. Fill up jars with hot sirup or boiling water; put rubbers and tops in position and partially tighten tops. Place jars on rack in wash boiler and submerge them two inches. Place cover on boiler and let water boil twenty minutes. Lift out jars and make tops air-tight. Invert jars to discover leaks. If leaks are found, change rubbers and boil again five minutes.

To Make Sirup. Put three quarts sugar into a saucepan, add three quarts water, and boil until sugar is thoroughly dissolved. Skim off impurities and keep sirup hot.

Carrot Marmalade

12 large carrots, grated	3 lemons
Sugar	1 orange

Measure carrots and allow one cup to one cup of sugar; mix and let stand overnight. In morning add strained lemon and orange juices and cook slowly one hour.

If liked, one teaspoon each of cinnamon, cloves, and allspice may be added. Divide into glasses and cover.

Dried Peaches or Apples

Apples or peaches

Pare and core apples, then slice or cut them in quarters. They dry faster when sliced, as more surface is exposed. Steam pieces of apples three minutes. Now spread them on a drier and dry until leathery and tough, and when pressed between fingers no soft places can be detected. This requires, on a hot-air drier, on a good drying day, about three hours at 180° F. One peck of apples at one time may be dried on three oven racks.

This recipe will answer for peaches, apricots, and pears.

A hot-air drier is a commercial device, and hot-air drying can be recommended as the best method for drying fruits and vegetables. A slow oven may also be used for drying.

To Dry Pears. Pare, core, and slice pears into rings. To prevent discoloration, dip fruit as it is prepared into cold water with one ounce of salt to each gallon of water. Place in a colander and set over pan of hot water; place cover on pan and steam ten minutes. Dry fruit between clean towels or in sun, to remove surface moisture; spread on plates or trays and dry in sun, or in oven, over stove or before an electric fan until pears are tough and leathery. Stir from time to time, so they will dry evenly. Store in cloth or paper bags or in tight pasteboard boxes. All dried products should be examined occasionally, and upon the first appearance of insects they should be spread in thin layers in the sun until insects disappear, then heated to a temperature of 160° F. and stored again.

Elderberry and Apple Jelly

8 cups (4 pts.) elderberries
4 cups (2 pts.) water

4 pounds cooking apples
Lump sugar

Stalk elderberries, place them in preserving pan with water, and let simmer slowly one hour. Quarter and core but do not pare apples, mix with elderberries, and cook more quickly until apples begin to break. Strain through hot jelly bag, measure resulting juice into clean preserving pan, and, after adding to

each pint from one pound to one and one fourth pounds of heated lump sugar, according to degree of sweetness liked, boil gently until jelly stiffens when tested.

Golden Marmalade

8 cups (2 qts.) rhubarb	3 oranges
1 pineapple	Sugar

Wash and dry rhubarb, cut in small pieces, and cook fifteen minutes. Put pineapple and oranges through food chopper, add them, and cook fifteen minutes. Measure mixture and add same amount of sugar. Boil twenty minutes and seal in glasses.

Orange and Pineapple Marmalade

4 oranges	1 lemon
1 pineapple	11 cups (5½ pts.) water
8 cups (4 lbs.) sugar	

Slice oranges and lemon very thin and chop pineapple not too fine. Pour over water, cover, and stand aside twenty-four hours; then boil slowly one hour, after which add sugar and stand aside again twenty-four hours. Then boil from one hour and twenty minutes to one and one half hours. Pour into glasses and seal.

Orange Marmalade

8 oranges	24 cups (6 qts.) water
4 lemons	22 cups (11 lbs.) sugar, heated

Wash and dry oranges and lemons, slice very thin, picking out seeds. Add water and let stand thirty-six hours. Turn into a preserving pan and cook steadily one hour. Now add sugar and boil slowly until it jellies when tested on a plate. Pour into glasses and cover. This marmalade is excellent.

Preserved Strawberries

4 cups (2 lbs.) sugar, scant	1 cup (½ pt.) water
2¾ pounds strawberries	

Bring sugar and water to boiling point and skim. Add strawberries, which have been washed, capped, and stemmed. Boil

fruit until sirup is about as thick as molasses or reaches 220° F. on candy thermometer. Remove scum from preserves. Fill sterilized jars with hot berries; pour in enough hot sirup to fill jar, leaving as little air space as possible. Put sterilized rings and caps on at once, but do not fasten tightly. Stand sealed jars in tepid water up to their necks, and bring this water to a boil. Let pint jars stay in the boiling water fifteen minutes, and quart jars twenty-five minutes, then close caps tightly at once.

Rhubarb Marmalade

Rhubarb, chopped	Lemon juice
Oranges	Sugar
Orange peel, grated	Almonds, blanched and chopped

To one cup of rhubarb add pulp and juice of one orange, one teaspoon grated orange rind, one tablespoon lemon juice, and one and one half cups sugar. Let mixture stand until sugar is dissolved. Boil quickly until transparent, then add one cup almonds. Boil up once more, pour into glasses, and seal.

Sugarless Jam

1 package stoned dates	2 cups ($\frac{1}{2}$ lb.) preserved ginger
6 cups (14 ozs.) dried apricots	5 cups ($2\frac{1}{2}$ pts.) water

Wash apricots thoroughly and soak overnight in the water; add dates and ginger cut in pieces and cook slowly until dates are soft. Seal in jars.

Three-fruit Marmalade

1 large orange	1 heavy, juicy grapefruit
1 large lemon	Sugar
	Water

This marmalade is delicious, and this amount will make ten glasses. Wash fruit and run it through a food chopper, using the coarser blade, and saving all juice. Measure juice and fruit and add three times its quantity of water. Let it stand for thirty hours, then cook thirty minutes. Cool and measure, then add an equal amount of sugar. Let mixture stand again

halfway to top of jars, place over fire, and cook three fourths of an hour after water begins to boil. Then remove tops and if peppers have settled, take contents of one or more jars and fill others, add boiling water until jars overflow, put on rubbers, screw tops on tight, and boil five minutes; remove from fire and allow to cool in boiler.

Another Method. Remove seeds from green or red peppers and soak in brine two hours and fifteen minutes; then boil in unsalted water until tender. Pack tightly in small sterilized jars and cover with boiling sirup made of one cup brown sugar and one half cup vinegar. Seal.

Chili Sauce

20 tomatoes	3 cups (1½ pts.) vinegar
12 onions	¼ cup (2 ozs.) salt
6 red peppers	3 teaspoons powdered ginger
6 green peppers	3 teaspoons powdered cloves
1 cup (6 ozs.) brown sugar	1 teaspoon powdered cinnamon

Peel tomatoes and onions and remove seeds and cores from peppers. Chop all very fine or put through food chopper, add sugar, vinegar, salt, and spices, and cook in a preserving kettle until sauce becomes thick. Pour into sterilized jars and seal at once.

Another Method. Mix seven cups vinegar, two chopped red peppers, two chopped green peppers, one teaspoon allspice, one half teaspoon each mace, ginger, cloves, and cinnamon, one teaspoon black pepper, two ounces mustard seeds, one teaspoon celery seeds, one chopped clove garlie, two cups chopped celery, one half cup salt, one and one half cups chopped onions, one half teaspoon turmeric powder, and one peck chopped ripe tomatoes. When well blended divide into jars and seal; allow jars to stand upside down overnight. Do not cook.

Cucumber Relish

12 large cucumbers	1 cup (½ lb.) sugar or honey
4 large green peppers	1 tablespoon mustard seeds
4 large onions	1 teaspoon celery seeds
½ cup (4 ozs.) salt	½ teaspoon powdered mace
1 cup (½ pt.) horse-radish	Cold vinegar

Peel and seed cucumbers; put them through a food chopper with peppers and onions, add salt, mix well, and let stand overnight. Drain and add horse-radish, which has been put through food chopper, and other ingredients. Mix all thoroughly with cold vinegar, pack tightly in sterilized jars, and seal at once.

Mixed Pickle

2 cups (1 pt.) cooked corn	2 cups (1 pt.) cooked beans
4 cooked cauliflower heads	6 cucumbers, chopped
4 green peppers, chopped	3 red peppers, chopped
4 tablespoons nasturtium seeds, chopped	$\frac{1}{4}$ cup ($1\frac{1}{2}$ ozs.) brown sugar
6 tablespoons mustard	3 teaspoons salt
1 teaspoon celery salt	3 tablespoons mixed spices
	8 cups (4 pts.) vinegar

Mix corn, beans, cauliflower flowerets, peeled cucumbers, peppers, and nasturtium seeds; drain thoroughly and pack in wide-mouthed sterilized jars. Put sugar, salt, and seasoning into a saucepan, add vinegar, and boil fifteen minutes. Pour into the jars and seal at once. Care should be taken to have the jars well filled, so that no air space remains at the top. Otherwise pickle will not keep.

Pepper Hash

12 sweet green peppers	3 cups ($1\frac{1}{2}$ pts.) vinegar
12 red peppers	$1\frac{1}{4}$ cups (10 ozs.) sugar, brown or white
10 large onions	3 tablespoons salt
Boiling water	

Wash peppers and remove seeds. Chop peppers and onions together, cover with boiling water five minutes; drain and cover with more boiling water. After ten minutes drain again. Now add vinegar, sugar, and salt, and cook fifteen minutes. Divide into bottles and seal.

Another Method. Put through food chopper two cabbages, ten onions, twenty sweet peppers, seeds included, and let stand in weak salt water overnight. Drain and cover with vinegar, add eight tablespoons sugar, two tablespoons celery seeds, four tablespoons mustard seeds, and two hot peppers. Stir well and allow to stand two days. Pack into jars. Keeps without sealing, and no cooking is required.

Pickled Green Tomatoes

9 pounds green tomatoes	8 cups (4 pts.) brown sugar
4 cups (1 qt.) diluted vinegar	2 sticks cinnamon
	Cloves

Peel tomatoes and boil in salted water until tender. Drain and stick a whole clove in each tomato. Pour vinegar into a saucepan, add sugar and cinnamon, and bring to boiling point. Drop tomatoes into this sirup and boil a few minutes, or until they look clear. Put tomatoes into jars, pour sirup over, and seal.

Pickled Brains

Calf's brains	Vinegar
1 teaspoon salt	$\frac{1}{2}$ teaspoon black pepper

Brains must be kept on ice until ready to prepare for cooking, and the sooner cooked after coming from market, the better. Wash in tepid water, then drop into a saucepan of boiling water in which salt has been dissolved. Boil quickly ten minutes, lift out brains with a skimmer, drain free of water, and place in a bowl. Cover with cold vinegar, sprinkle with pepper, and set aside two hours, when they are ready to serve. A little more salt may be added if liked.

Pickled Pumpkin

6 cups (3 pts.) pumpkin	2 teaspoons powdered cinnamon
5 cups ($2\frac{1}{2}$ lbs.) sugar or honey	1 teaspoon powdered mace
1 cup ($\frac{1}{2}$ pt.) vinegar	1 teaspoon powdered cloves

Peel pumpkin and cut into pieces one inch long and one half inch thick. Cover with boiling water and boil until slightly tender. Pour off water, add sugar and vinegar, and cook fifteen minutes, add spices and boil up until thoroughly mixed. Seal in jars while hot.

Pickled Tongues

4 pounds pigs' or calves' tongues	1 tablespoon whole black peppers
4 pigs' feet	2 tablespoons salt
3 cups ($1\frac{1}{2}$ pts.) vinegar	4 cloves
1 large onion	1 bay leaf

Wash tongues and feet in warm water and put them into a large pot; add vinegar and enough cold water to cover well; bring to boiling point quickly and remove all scum as soon as it rises. When liquor is clear, add onion, peppers, salt, cloves, and bay leaf, and simmer until tongues are tender. Lift out meat, skin, and trim, but leave tongues whole and place in a deep jar or earthenware bowl. Boil down liquor to three fourths pint and strain it over tongues. Chill and use only as much as will be required for one meal. Serve cut in slices, garnished with some of the jelly and parsley.

Rhubarb Relish

4 cups (1 qt.) rhubarb, sliced	1 teaspoon powdered cinnamon
4 cups (1 qt.) onions, sliced	1 teaspoon powdered cloves
4 cups (1 qt.) vinegar	1 teaspoon powdered allspice
5 cups (2½ pts.) brown sugar	1 teaspoon pepper
	1 tablespoon salt

Peel rhubarb and onions. Heat vinegar, add rhubarb, onions, sugar, spices, pepper, and salt. Cook slowly one and one fourth hours, then divide into bottles and seal while warm.

Sweet Cucumber Pickles

7 pounds ripe cucumbers	8 cups (4 pts.) brown sugar
4 cups (1 qt.) vinegar	1 tablespoon pickling spices

Cut cucumbers in slices, remove seeds, and soak in salt water overnight. Drain and boil until tender in boiling water and drain again thoroughly. Pour vinegar into a saucepan, add sugar and spices, bring to boiling point, boil fifteen minutes, and pour over cucumbers. Seal in jars.

Another Method. Soak cucumbers in brine overnight; in the morning rinse well and cook slowly till tender in a sirup of six cups sugar to four cups vinegar, and two inches cinnamon stick, one tablespoon mace, one tablespoon ginger, and one tablespoon mixed spices. Seal in jars.

To Cure Tongues

1½ gallons (6 qts.) water	1 ounce saltpeter
Coarse and fine salt	4 cups (2 pts.) brown sugar
	2 tongues

Add sufficient coarse salt to water to make a brine that will float an egg. Rub fine salt on tongues and let lie two days. Wash well, put them in the brine; add saltpeter and brown sugar. Cover and tie securely. Let remain three weeks or longer. Wash in cold water when ready for use. Put on to boil in cold water. Boil slowly and when well cooked remove from fire, then let cool and skin. Slice thin. Put the end and unsightly portions through a food chopper and use with salad dressing as filling for sandwiches.

To Dry Corn

Corn ears Warm water

Select juicy, milky ears of corn which are not too old. With sharp knife, remove just tops of kernels, then scrape out rest of corn with a downwards stroke of the knife. Be careful not to get any of the cob. Spread on plates or pie tins and place in oven three or four hours to dry. When completely dry, turn into a pail and cover well. When ready to use, soak in warm water three hours, then bring to boiling point and cook two minutes, and serve seasoned with salt, pepper, and butter.

Tomato Catchup

$\frac{1}{2}$ peck ripe tomatoes, peeled	1 teaspoon celery seeds
2 long red peppers	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) white mustard seeds
2 large onions, peeled	1 cup ($\frac{1}{2}$ pt.) grated horse-radish
$\frac{1}{4}$ cup (2 ozs.) salt	1 tablespoon black pepper
1 cup ($\frac{1}{2}$ lb.) sugar or honey	4 cups (1 qt.) best vinegar

Grind tomatoes, peppers, and onion through food chopper; add salt, sugar, seeds, horse-radish, pepper, and vinegar. Mix together, but do not cook. Seal in air-tight jars.

Tomato Conserve

Ripe sound tomatoes Mixed spices
Salt

Put into an enameled saucepan as many tomatoes as are required, cook over slow fire until tomatoes become detached



A CANNER FOR CANNING FRUITS AND VEGETABLES.



A SPRING LUNCHEON TABLE.



A ST. VALENTINE TABLE.

from skins, strain through a fine sieve, pressing with a wooden spoon, and throw away the first watery liquor that passes through sieve. Return to pan with a little mixed spices (one half table-spoon to each pound), and add salt to taste; stir over slow fire until pulp is condensed, turn into earthenware dish, and let cool. When cold fill into sterilized bottles and allow to stand over hot water fifteen minutes. Cork when perfectly cold and keep in cool place.

CHAPTER XXVI

MISCELLANEOUS

“Variety alone gives joy.”

Baked and Fried Bananas

Bananas	Lemon juice
Sugar	Salt
Melted butter	Batter

Cut about one fourth of an inch from each end, but do not peel bananas. Lay them in a greased baking dish, and bake in hot oven fifteen minutes. When done the skin should burst open like that of a baked apple. Then turn bananas over, and bake five minutes on other side. Serve very hot.

Another Method. Remove a strip of the skin, cutting off each end as before, and place in a shallow pan with exposed side up. Melt two tablespoons of sugar, two of butter melted, and two of lemon juice with pinch of salt, and baste bananas with this while they are baking for fifteen minutes. Serve very hot.

Slice ripe bananas lengthwise, and fry in hot lard. Eat with meat, or serve sprinkled with sugar. A squeeze of lemon juice is an improvement.

Peel ripe bananas, dip them whole or sliced in batter, and fry in smoking hot fat until crisp and brown.

Peel ripe bananas, and place in a pudding dish, sprinkle a little lemon juice and sugar on them, half cover with water, and bake for twenty minutes. When cool serve with custard, cream, or milk.

Cabbage and Ham

1 cabbage	1 tablespoon ($\frac{1}{2}$ oz.) butter substitute
Salt	
Sugar	1 slice cooked ham
Pepper	Parsley

Remove outside leaves from cabbage and soak in cold water forty minutes and drain well. Cook in boiling salted water until tender, drain and reheat in butter substitute, add salt and pepper to taste and pinch of sugar. Serve on hot platter with cooked ham on one side and garnish with parsley.

Cheese Cutlets

3 tablespoons ($1\frac{1}{2}$ ozs.) butter substitute	1 cup (4 ozs.) grated cream cheese
2 tablespoons ($\frac{1}{2}$ oz.) cornstarch	2 eggs, separated
2 tablespoons ($\frac{1}{2}$ oz.) flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk	$\frac{1}{4}$ teaspoon pepper
	$\frac{1}{4}$ teaspoon paprika

Blend butter substitute, cornstarch, and flour in a saucepan, add milk and stir until boiling. Add cheese, yolks beaten, and seasonings. Cook until cheese is melted, turn into greased plate and cool. Form into cutlets, dip in flour, brush over with beaten egg whites, toss in bread crumbs, and fry in smoking hot fat. Drain and serve hot.

This mixture is excellent for sandwiches.

French Pancakes

4 tablespoons (2 ozs.) butter substitute	2 tablespoons (1 oz.) ground rice
4 tablespoons (2 ozs.) sugar	4 tablespoons (1 oz.) flour
2 eggs, beaten	1 cup ($\frac{1}{2}$ pt.) milk
	Strawberry or raspberry jam

Cream butter substitute and sugar, add eggs, rice, flour, and milk, and mix well. Allow to remain in a cool place one and one half hours, so that the rice swells; divide into well-greased saucers and bake in moderate oven fifteen to twenty minutes. Spread with jam and place one on another, or spread jam on one half and turn over like an omelet.

An Economical French Egg-pancake may be made as follows:

Take one or more eggs, and beat them well; add one tablespoon of milk to each egg, salt and pepper to taste. Melt a little fat in a small frying pan, and cook half the egg mixture until set. Turn out on to a hot plate, and spread the top with jam. Fry the remainder of the egg mixture, and lay on top of first one. If this is placed between thin buttered slices of bread, the children will be able to take it to school.

Fried Gnocchi

1 cup ($\frac{1}{2}$ pt.) milk	$\frac{1}{2}$ teaspoon pepper
1 cup ($\frac{1}{4}$ lb.) flour	$\frac{1}{4}$ teaspoon paprika
2 eggs	4 tablespoons (2 ozs.) butter
1 teaspoon salt	substitute
2 tablespoons grated cheese	

Boil milk, put in flour all at once, and stir vigorously until mixture leaves sides and bottom of pan clean; remove from fire and beat in eggs, one at a time, until smooth, then add seasonings, and turn out to cool. When cold, divide into squares, dredge with flour or corn meal. Melt butter substitute in small frying pan, and, when hot, put in gnocchi and fry until nicely browned. When cooked, drain on paper, dish on hot platter, sprinkle over with cheese, and serve hot.

Green Tomato Mincemeat

1 peck green tomatoes	1 cup ($\frac{1}{2}$ pt.) vinegar
10 cups (5 lbs.) sugar	2 lemons
2 tablespoons salt	2 teaspoons powdered cloves
4 cups (2 lbs.) seeded raisins, chopped	2 teaspoons powdered cinnamon
1 cup (4 ozs.) suet, chopped	2 teaspoons powdered allspice
	1 teaspoon powdered nutmeg
	1 teaspoon powdered mace

Chop tomatoes, drain, and scald them by pouring boiling water over and allowing to stand until cold. Put them into preserving kettle, add sugar, salt, raisins, and suet, and cook slowly until tender. Cool and add vinegar, strained lemon juice, and spices. Store in jars and use for pies.

Hopping John

2 cups (1 pt.) field peas	2 cups (1 lb.) rice
$\frac{3}{4}$ pound bacon	1 teaspoon salt
1 small onion, cut fine	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ teaspoon paprika	

Wash peas and soak overnight. Drain and put them into saucepan, cover with boiling water, add onion, and cook thirty minutes. Wash bacon, add it, and continue to cook two hours, adding hot water if it boils low. Wash and drain rice, add it to peas with seasonings, and when rice is cooked set pan on back of stove to steam contents fifteen minutes. Use a fork to stir, as it is apt to stick. Place peas and rice in hot dish with bacon on top. If this dish is reheated next day, it is called Limping Kate.

Hygienic Mincemeat

4 cups (1 lb.) suet, chopped by hand	1 cup ($\frac{1}{4}$ lb.) candied citron peel, chopped
4 cups (1 lb.) bread crumbs	6 cups (3 pts.) apples, chopped
8 cups (2 lbs.) currants	1 tablespoon powdered cinnamon
4 cups (2 lbs.) seeded raisins	1 tablespoon powdered cloves
5 cups ($2\frac{1}{2}$ lbs.) sugar	1 teaspoon powdered ginger
1 cup ($\frac{1}{4}$ lb.) candied lemon peel, chopped	1 teaspoon powdered mace
1 cup ($\frac{1}{4}$ lb.) candied orange peel, chopped	1 teaspoon powdered nutmeg
	1 tablespoon salt
	4 cups (1 qt.) boiled cider

Mix all ingredients thoroughly together and seal in sterilized jars. Do not cook mixture. Use for pies.

Inexpensive Lemon Butter

1 lemon	1 egg
1 cup ($\frac{1}{2}$ lb.) sugar	2 tablespoons (1 oz.) butter
	2 tablespoons water

Into the upper pan of a double boiler put grated rind and strained juice of lemon, sugar, and egg. Beat well, add butter and water. Place over boiling water and cook three minutes, stirring constantly. Use as a filling for layer cakes or tartlets.

Norfolk Dumplings

4 cups (1 lb.) flour	1 teaspoon salt
1 compressed yeast cake	1 cup ($\frac{1}{2}$ pt.) warm water
	1 teaspoon sugar

These dumplings are delicious to serve with any kind of boiled meat, or with stews or braised meat.

Sift flour and salt into a large bowl. Mix yeast and sugar together until they become liquid. Mix these with the tepid, but not hot, water, and use only half the water, in case all of it is not required. Make a well in the flour, strain in yeast and water, and with a wooden spoon stir flour in smoothly and gradually. Then work it all in with a spoon, adding more water as it is needed until the flour is all worked into a soft, smooth, but not sticky dough. Knead for a few minutes on a floured baking board, place it back in the bowl, cover with a clean cloth, and set to rise until doubled in bulk. Then form dough into small balls, put these into a large saucepan of fast-boiling salted water, and cook quickly fifteen minutes. Drain well and serve at once.

These dumplings are also excellent to serve as a pudding, and can be eaten with sirup, preserves, or butter and sugar.

Or take any bread dough left over from baking, and divide it into small balls. Drop these into a saucepan of boiling water, slightly salted, and boil thirty minutes, or until dumplings are well cooked. Serve hot with honey, sirup, or preserves.

Nut Croquettes

1 small onion, chopped	$\frac{1}{2}$ teaspoon pepper
2 tablespoons (1 oz.) butter	1 teaspoon lemon juice
1 tablespoon flour	1 cup (4 ozs.) English walnut meats, chopped
1 cup ($\frac{1}{2}$ pt.) milk	1 cup (4 ozs.) peanuts, chopped
1 cup (4 ozs.) bread crumbs	Hot fat
2 eggs, beaten	White or tomato sauce
1 teaspoon salt	

Fry onion in butter. When lightly browned stir in flour, milk, bread crumbs, eggs, seasonings, and nuts. Cook five minutes, then turn out on platter to cool. Form mixture into neat croquettes, brush over with beaten egg, toss in bread crumbs, and fry in smoking hot fat. Drain and serve with sauce.

Nut Stuffing

4 tablespoons (2 ozs.) butter substitute	1 tablespoon chopped parsley
1 cup ($\frac{1}{4}$ lb.) chopped nut meats	1 teaspoon salt
1 slice onion, chopped	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup (2 ozs.) bread crumbs	1 egg, beaten
	1 tablespoon milk

Melt butter substitute in small saucepan, add nuts and onion, and fry until lightly browned, mix well, add bread crumbs, parsley, seasonings, egg, and milk. Mix together and use for stuffing poultry or game, and certain vegetables.

Or, mix one and one half cups chopped nut meats with one cup mashed potatoes, add four tablespoons melted butter substitute, one chopped onion, one teaspoon powdered herbs, one half teaspoon pepper, one teaspoon salt and milk or water to moisten.

A Fine Peanut Stuffing. Mix three fourths cup of moistened cracker crumbs with two tablespoons butter substitute, melted, one half teaspoon each onion juice and salt, one fourth teaspoon each pepper and paprika, one half cup chopped roasted peanuts and one half cup cream. This mixture is used for stuffing ducks.

Onion and Sage Stuffing

2 Spanish onions, peeled	$\frac{1}{2}$ teaspoon pepper
1 cup (4 ozs.) bread crumbs	$\frac{1}{8}$ teaspoon powdered mace
$1\frac{1}{4}$ teaspoons powdered sage	$\frac{1}{8}$ teaspoon sugar
1 teaspoon salt	2 tablespoons vegetable oil or melted butter substitute

Cut onions in thick slices, put them into a saucepan, cover with boiling salted water, and bring to the boil and strain off this water. Cover again with boiling, slightly salted water and boil thirty minutes, drain, press onions dry as possible and chop, put them into a bowl, add bread crumbs, seasonings, and vegetable oil. Mix well together and use. This stuffing is used for roast duck, goose, or roast pork. If fresh sage is used, boil leaves a few minutes, dry well, and then chop finely.

Oyster Shortcake

4 cups (1 qt.) oysters	1 teaspoon salt
3 tablespoons ($1\frac{1}{2}$ ozs.) butter	$\frac{1}{2}$ teaspoon pepper
1 tablespoon flour	3 tablespoons cream

Drain and clean oysters, scald and strain liquor and cook oysters in liquor until edges curl. Blend butter and flour in saucepan over fire, add seasonings, cream, and oysters. Stir over fire one half minute and fill shortcake and serve at once.

Shortcake

2 cups ($\frac{1}{2}$ lb.) flour	$\frac{1}{4}$ cup (2 ozs.) shortening
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup ($1\frac{1}{2}$ gills) milk
2 teaspoons baking powder	1 egg, beaten

Mix and sift dry ingredients four times, cut and rub in shortening, add milk and egg. Mix and spread on greased tin and bake in hot oven twenty minutes. Split apart at edges, cool five minutes, spread with butter, add oyster mixture.

Oyster Stuffing

2 cups (1 pt.) oysters	$\frac{1}{2}$ teaspoon pepper
1 cup ($\frac{1}{4}$ lb.) bread crumbs	$\frac{1}{4}$ teaspoon paprika
2 teaspoons chopped parsley	4 tablespoons (2 ozs.) butter substitute, melted
1 teaspoon salt	

Drain oysters and cut them into small pieces, add bread crumbs, parsley, seasonings, melted butter substitute, and enough of the oyster liquor to make stuffing of a softish consistency. This may be used for stuffing fish or poultry.

Shrimp stuffing may be made in the same way, adding one beaten egg or a little milk in place of oyster liquor.

Potato and Oyster Pie

Short pastry	Salt
6 large potatoes	Pepper
20 oysters	Melted butter

Hot milk

Line a pie dish with short crust. Pare and slice potatoes and drain oysters. Into pastry-lined dish put a layer of potatoes, one of oysters, until there are three layers of potatoes and two layers of oysters. Season each layer with salt, pepper, and melted butter. Pour in oyster liquor and place on a top crust. Bake in moderate oven one hour and serve with or without milk,

Potted Cheese

2 cups ($\frac{1}{2}$ lb.) cheese	Powdered mace
3 tablespoons ($1\frac{1}{2}$ ozs.) butter	Vinegar
Red pepper	Made mustard

Any scraps of good cheese may be used for potting; it is a good way to use up remnants. Remove rind, and either chop or grate the pieces, which will make the pounding easier. Pound cheese with butter. Sometimes olive oil is used instead of butter. Season to taste and pound until a smooth paste is formed. Pack this into small jars and cover with clarified butter.

Raisin Dumplings

1 cup ($\frac{1}{4}$ lb.) flour	$\frac{1}{4}$ cup (2 ozs.) seeded raisins
$\frac{1}{2}$ cup (2 ozs.) rice flour	1 cup ($\frac{1}{2}$ pt.) milk
4 tablespoons corn meal	2 teaspoons baking powder
$\frac{1}{4}$ cup (2 ozs.) butter substitute	$\frac{1}{4}$ teaspoon salt

Sift flours into a bowl, add corn meal, cut and rub in butter substitute, add raisins, baking powder, salt, and milk. Knead lightly until free from cracks, form into small balls with the hands, using a little flour to prevent dough sticking. Drop into a saucepan of boiling water, and boil thirty minutes, or until well cooked. Lift out with drainer, and serve hot in hot casserole, with hot milk or any preferred sweet sauce.

Savory Bread Pudding

To Accompany Roast Pork or Goose

$\frac{1}{2}$ pound pieces stale bread	1 teaspoon powdered sage
2 cups (1 pt.) boiling milk	1 teaspoon powdered thyme
1 cup ($\frac{1}{4}$ lb.) suet, chopped	1 teaspoon chopped parsley
1 tablespoon fine oatmeal	2 eggs, beaten
4 onions, chopped	1 teaspoon salt
	$\frac{1}{2}$ teaspoon pepper

Put bread into a bowl, pour over milk, cover with plate, and allow to remain until bread has taken up as much of milk as it will. Drain away superfluous liquid, mash bread to a pulp, removing any hard lumps; add suet, oatmeal, onions, seasonings, and eggs. If too dry add a little milk. Bake in a large

flat pan, which has been liberally greased and not more than half filled with mixture, one and one half hours in moderate oven. Baste now and then with a spoonful of hot drippings.

Self-raising Flour

6 pounds flour	$\frac{1}{2}$ ounce salt
$\frac{1}{4}$ cup ($1\frac{1}{2}$ ozs.) cornstarch	3 ounces cream of tartar
$1\frac{1}{2}$ ounces baking soda	

Mix ingredients and sift them four times. Keep in large jar or can closely covered. When keeping self-raising flour or similar preparations, it is important to observe that a very dry place should be used for the storage. Damp or any moisture is apt to severely affect the raising property. Also, when using self-raising flour, it is well to bear in mind that as soon as liquid is added to the mixture, be it for cakes or pastry, it should be baked as quickly as possible, else the value of the raising agents will be lost.

Spanish Rice

$\frac{3}{4}$ cup (6 ozs.) rice	2 medium-sized sweet green peppers, cut fine
$\frac{1}{2}$ medium-sized onion, chopped	1 teaspoon salt
4 slices bacon, cut small	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ can tomatoes	

Boil rice in boiling salted water until tender and drain. Brown onion and bacon in saucepan, add tomatoes and peppers, and cook thirty minutes. Add rice and seasonings and serve very hot.

Suet Dumplings

$\frac{1}{2}$ cup (2 ozs.) suet, chopped	$\frac{1}{4}$ teaspoon pepper
1 cup (4 ozs.) flour	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{2}$ teaspoon salt	1 teaspoon baking powder
	Cold water

Chop suet fine, add flour, seasonings, and baking powder, and moisten with water, being careful not to make paste too wet. Form into small dumplings, using a little flour. Drop into boiling salted water or stock and boil gently fifteen minutes. Drain, put them in hot soup tureen, and pour hot soup over.

Sweet Potatoes and Marshmallows

12 sweet potatoes	4 tablespoons (2 ozs.) butter
4 tablespoons (2 ozs.) sugar	$\frac{1}{2}$ teaspoon salt
	Marshmallows

Boil potatoes until tender, peel and mash them, add sugar, butter, and salt, and mix well. Turn into greased baking dish, cover top with marshmallows, and place in moderate oven long enough for marshmallows to swell and brown. Serve hot.

Tomato Hot Pot

1 pound mutton	1 onion
1 cup ($\frac{1}{2}$ pt.) stock or water	1 tablespoon flour
1 can tomatoes	1 teaspoon salt
4 potatoes	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{4}$ teaspoon paprika

Remove all skin, fat, and gristle from meat, and cut it into small pieces. Peel and dice potatoes and shred onion. Add seasonings to flour and dip meat into it piece by piece. Put layer of potatoes into casserole, then layer of onion and tomatoes, then layer of meat, until dish is full. A layer of potatoes should come last. Pour over stock, put on cover, cook in moderate oven three hours. Serve in dish it was cooked in.

CHAPTER XXVII

WRINKLES

“ Pray you, take note of it.”

Raisins with Oil

Wash and dry one package of seeded raisins, put them into a china dish, add one half cup of the best olive oil, cover and place it in a warm oven for two or three hours, stirring raisins occasionally; when raisins are soft and swollen and oil is absorbed, they are ready for use. If raisins are greasy, use less oil, as the absorption varies with the quality of fruit.

Six to eight raisins may be taken before breakfast or between meals. They are excellent for children, and being a nourishing food, will not weaken the body like an ordinary aperient.

Browning for Gravies, Soups, Stews, etc.

Put one half pound brown or white sugar into an old iron pan, stir with an iron spoon until it melts and turns a dark brown color, then add one half cup water, taking care to prevent it boiling over, boil until sugar is quite dissolved and bottle when cold. A small quantity of this gives a very rich color.

Brown Glaze for Coating Tongues, Ham, Etc.

Put two cups aspic jelly into a saucepan, add one sliced tomato, one teaspoon salt, one half teaspoon pepper, one teaspoon meat extract, and a few drops red color and boil until reduced to one half the quantity; rub through a sieve, and when it commences to set, use for coating hams, tongues, galantines, pressed beef, etc. This is usually applied with a brush.

To Clarify Fat

Cut up into small pieces any scraps of cooked or uncooked fat, put into an iron saucepan, cover with cold water, bring slowly to the boil, and skim off the thick scum thoroughly; then allow it to boil slowly until all the water has evaporated and the pieces of fat are crisp. When a little cool, strain, and it is ready for frying, or for recipes where shortening is stated.

To Cover a Pudding with Paper

Take a piece of paper, twice folded, about one and one half inches larger than the pudding mold, all round; grease the center, hold it firmly on the top of mold with the left hand, and roll edge firmly under the right hand. This mode will be found to answer the purpose as well as a pudding cloth, and is much more convenient.

To Make Bread Crumbs

Take crumbly part of stale bread, and rub it through a wire sieve with the palm of the hand.

To Make Brown Bread Crumbs. Take stale bread, put it into a slow oven to dry, and bake a golden brown shade, crush with a rolling pin, pass through a fine sieve, or put through food chopper. Keep in air-tight jars or bottles.

Eggs for Breakfast or Luncheon

Put a small quantity of butter in small frying pan, break in the eggs, and season with salt and pepper to taste. Place on moderate fire, add three tablespoons of water, and cover. Cook until eggs are firm. These eggs are delicious with a thin white covering over the yellow. They are much like poached eggs without the inconvenience of trimming and the watery flavor which poached eggs usually have, and are quite as digestible. A small sprinkling of onion salt may be used if liked.

Cream as Food

Cream is superior to butter as a food, for by permitting the gastric juices to mix with it in the natural state, it assists

digestion. For invalids it serves as a nutrient in the most easily available form. It is superior to butter, as it contains more volatile oil in that state than after the process of churning. People often have an impression that they are unable to digest milk; the richer the milk the easier of digestion, therefore many people can take a tumbler of milk that has a wineglass of cream in it when they could not digest milk alone.

Frying Bacon or Ham

When frying ham or bacon for breakfast always place it in the pan before putting it on the fire. It cooks and browns much quicker and better than if put on in a warm pan.

Why Batter is Beaten

Correct beating introduces air into the mixture; air expands with heat. As it expands, it lifts up — raises — the batter, and so makes it light. After the beating is finished, stir in the rest of the milk, but there must be no more beating, for now the batter is thin, and blows from the spoon would break the bubbles, and permit air to escape. Let batter stand one hour, if possible, in order to permit the starch grains to swell.

For Creamy Fudge

To have fudge of a creamy texture, place the pan in cold water immediately on taking pan from the fire and stir — not beat — the mixture with a wooden spoon. Slightly warm pans into which fudge or peanut brittle is to be poured. The candy will be of a more uniform thickness, and peanut brittle can be made thinner than when pans are cold.

How to Make Tough Meat Tender

Many persons do not care for stews, or at least grow tired of them in time. Here is a plan which might be tried with advantage. First, steam a joint of meat for two hours, then finish cooking by roasting in the oven. To steam, place it in a large saucepan upon a trivet or anything that will raise it from bottom of pan. Fill up with boiling water almost as far as

meat, but not touching it. Cover pan and steam steadily for required time. Be careful that water does not boil away during cooking, or pan will burn. Replenish with boiling water when water seems to be getting low. When well steamed, take up meat, rub it over with drippings, and put some drippings also in roasting pan. Bake in hot oven thirty minutes, basting frequently. Gravy may be made in pan as for any other roast meat.

Potato Parings

Potato parings should not be wasted. Dried, they form excellent kindling for a fire; and boiled and added to barley meal or bran they make very good food for ducks and chickens.

To Remove Smell of Onions

To remove smell of onions from knives, place them in the earth for a few minutes. Earth will also sweeten pickle jars that washing seems powerless to render fit for use, but in this case the jars should be filled with earth and allowed to remain twenty-four hours or so.

Lemonade Powder

To make lemonade powder, take one half ounce citric acid, four ounces sugar, and ten drops lemon extract. Mix all thoroughly, and rub twice through a clean sieve. Two teaspoons of this powder will make a good glass of lemonade.

To Freshen Pastry

To freshen pastry, sprinkle it well with cold water, put it in the oven, and reheat. Puff pastry is the only kind that cannot be freshened in this way.

To Keep Lemons

Lemons will keep indefinitely in a cool place if covered with water. This should be changed every second day. They may also be stored in dry sand.

To Soften Hard Candied Peel

Candied peel that has become dry and hard should be separated from the rest, then sliced or chopped and put into a dish with enough wine to moisten it. It is then ready for use in puddings which are cooked in an hour or two—and there are many such—for this preliminary soaking not only softens and flavors the peel, but renders it more digestible. As all know, candied peel is one of those ingredients that can hardly be cooked too long, hence, in carrying out this hint, one is certain to improve the dish to which the peel is added.

To Thicken Stews

Crusts of bread put into a stew at the commencement may be used to thicken it instead of flour. When dishing up pass the liquor, together with the bread and vegetables, through a fine sieve. This makes an excellent thickening for a sauce.

Boiling Beans

In boiling dried beans, do not put in the salt until the beans are nearly cooked, otherwise they are apt to split and crack.

About Orange Marmalade

Orange marmalade may with great advantage be substituted for candied peel for boiled pudding when the latter is not at hand. Indeed, if anything, a little marmalade added to suet puddings is a decided improvement.

To Make a Spice Bag

A spice bag filled with the following ingredients will be found a great time saver. It can just be dropped into soup and boiled until enough of the flavor is extracted, then rinsed in hot water, and it is ready for use again. Tie up together one teaspoon peppercorns, one teaspoon cloves, one blade mace, three bay leaves, six allspice berries, one saltspoon celery seed, and a small bunch of herbs.

To Make Croûtons for Soup

Cut bread one fourth inch thick, stamp out in small rounds or squares. Put one half cup butter substitute into a saucepan and allow to melt; when hot, throw in bread and fry a golden color. Drain on paper and use. Or the croûtons may be soaked for a short time in stock or milk and browned on a greased tin in a hot oven.

To make croûtons for garnishing, cut bread in slices not more than one half inch in thickness, then cut in fancy shapes, such as crescents, triangles, etc. Fry as above.

To make pastry croûtons, roll out some scraps of pastry very thin and cut it in shreds one inch in length, and bake or fry these until browned. Drain and serve hot. To make fleurons of pastry, roll out scraps of pastry one fourth inch in thickness, and cut out with fancy cutters. Place these on a greased baking tin, brush over with milk or beaten egg, and bake in hot oven until browned. These are used as a garnish for hash, etc.

CHAPTER XXVIII

WHAT TO SERVE WITH FISH, MEATS, AND VEGETABLES

“ With ease,
Or with a little shuffling you may choose.”

With Boiled Fish

Serve with boiled fish, rich white sauce, drawn butter sauce, egg, Hollandaise, or Béchamel sauces. Boiled potato balls may be served on the same dish. Garnish with slices of lemon, or slices of hard-cooked eggs.

Serve with baked fish, brown sauce. Garnish with lemon and parsley.

With Meats

Serve with roast beef, Yorkshire pudding, baked white potatoes, or mashed potatoes, gravy, hot or cold horse-radish sauce, boiled or brown sweet potatoes, corn, tomatoes, spinach, or carrots.

Serve with cold beef, pickles, aspic jelly, salad with French dressing, or relishes.

Serve with boiled beef, cabbage and other vegetables boiled, or dumplings, or boiled potatoes, string beans, or browned parsnips.

Serve with boiled mutton, caper sauce, boiled rice, or vegetables.

Serve with roast mutton, red currant jelly, brown sauce, gravy.

Serve with cold mutton, sliced tomatoes with French dressing.

Serve with lamb, mint sauce, gravy, cucumbers with cream sauce, peas.

Serve with cold lamb, lettuce and mint salad, with French dressing.

Serve with corned beef, boiled cabbage, turnips, boiled potatoes.

Serve with tongue, carrots, raisin sauce, or rice.

Serve with minced steak, hashed browned potatoes, lettuce or celery salad.

Serve with rolled steak, brown or tomato sauce, potato puffs, and vegetables.

Serve with beef heart, mashed potatoes, buttered beets, carrots, or parsnips.

Serve with roast veal, gravy, grilled bacon, or ham.

Serve with veal cutlets, tomato sauce, rice balls, peas.

Serve with stewed veal, dumplings, baked potatoes.

Serve with boiled veal, parsley sauce.

Serve with cold veal, celery mayonnaise, lettuce or tomato salad.

Serve with roast pork, apple sauce, gravy, dried beans, peas, or lentils.

Serve with cold pork, apple sauce, cabbage or celery salad.

Serve with braised ham, brown sauce.

Serve with baked ham, or boiled ham, cider sauce, or currant jelly, sweet potatoes, cabbage salad with French dressing.

Serve with boiled rabbit, pickled pork, onion sauce.

Serve with roast rabbit, sage stuffing, brown tomato sauce, fried potato chips.

Serve with roast fowl, bread sauce, gravy, grilled bacon, watercress, fried potatoes.

Serve with boiled fowl, egg or parsley sauce.

Serve with roast or braised duck, gravy, apple sauce, orange sauce, fried potatoes.

Serve with roast turkey, cranberry sauce, bread sauce, gravy, grilled sausages.

Serve with boiled turkey, celery, oyster or egg sauce.

Serve with squabs, gravy, toasted bread, and watercress.

Serve with roast goose, apple sauce, gravy, or chestnut purée, or fried potatoes.

Serve with guinea fowl, bread sauce, watercress, gravy.

Serve with hare, red currant jelly, forcemeat balls.

Serve with every meat course one starchy and one green vegetable. The green vegetable may be a salad.

With Vegetables

Serve with asparagus or artichokes, melted butter, Hollandaise sauce.

Serve with Jerusalem artichokes, cauliflower or beans, white, parsley, or tomato sauce.

Serve with peas, sweet butter, mint flavor.

Serve with celery or onions, white, brown, or parsley sauce.

CHAPTER XXIX

MENUS

“ On hospitable thought intent.”

Breakfast

Cereal with Dates

Parsley Omelet
Coffee

Bran Muffins

Luncheon or Supper

Risotto

Oatmeal Bread and Butter
Tea or Cocoa

Raisin Pie

Dinner

Irish Stew

Apple Snow

Lettuce Salad, French Dressing
Coffee

Breakfast

Farina with Raisins

Codfish Balls
Coffee

Buckwheat Cakes

Luncheon or Supper

Brown Bread

Cold Baked Bean Salad

Rhubarb Stewed with Raisins
Cocoa or Tea

Dinner

Corned Beef
Cottage Pudding, Chocolate Sauce

Potatoes

Cabbage
Coffee

Breakfast

Cornmeal Mush, Sautéd Soft-Boiled Eggs Popovers
Cereal Coffee

Luncheon or Supper

Potato Cassolettes Baked Apples
Ginger Cookies Cocoa or Tea

Dinner

Pilaff of Mutton Onion Soup Spinach
Cheese Sweet Potato Croquettes Coffee
Crackers

Breakfast

Cereal Creamed Dried Beef Griddle Cakes, Sirup or Honey
Coffee

Luncheon or Supper

Salmon Croquettes, Tomato Sauce Celery Salad
Rolls Tea or Cocoa

Dinner

 Rolled Flank of Beef, Braised
Potatoes on the Half Shell Molded Spinach
Pineapple Junket Coffee

Breakfast

Oatmeal with Figs Fried Oysters Eggless Corn Bread
Coffee

Luncheon or Supper

 Cheese Croquettes Stewed Tomatoes
Oatmeal Drop Cakes Cocoa or Tea

Dinner

Boiled Potatoes	Boiled Fish, Egg Sauce	Green Peas
	Canned Peach Sherbet	
	Coffee	

Breakfast

Berry Mush	Creamed Finnan Haddie
Raisin Bread, Toasted	Coffee

Luncheon or Supper

Crackers	Oyster Stew	Date Pie
	Cold Slaw	
	Cocoa or Tea	

Dinner

Baked Beef Loaf, Brown Gravy	Boiled Rice	Coffee
Peppers		
Honeycomb Pudding		

Breakfast

Boiled Barley	Kipperred Herrings	Creamed Potatoes
Dry Toast		Coffee

Luncheon or Supper

Deviled Sardines	Potato Salad, Boiled Dressing
Raisin Cookies	Cocoa or Tea

Dinner

Chicken Pie	Creamed Carrots
Browned Potatoes	Coffee
Orange Jelly	

Breakfast

Cereal with Apples	Tripe Fried in Batter
Graham Rolls	Coffee

Luncheon or Supper

Cheese Pudding	Pocketbook Rolls Cocoa or Tea	Fruit Salad
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Dinner

	Baked Stuffed Fish	
Potatoes au Gratin		Creamed Cauliflower
	Lettuce Salad, Boiled Dressing	
Fig Puffs		Coffee

Breakfast

Hominy with Prunes	Lamb Chops Coffee	Potato Biscuits
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Luncheon or Supper

Kedgeree		Apple Tart
	Cocoa or Tea	

Dinner

	Chicken en Casserole	
Sweet Potatoes Celery Salad		Spiced Currants Cheese Crackers
	Coffee	

Breakfast

Baked Apples	Liver and Bacon Coffee	Corn Muffins
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Luncheon or Supper

Cottage Cheese Nut and Raisin Bread		Sliced Pineapple Tea or Cocoa
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Dinner

Boiled Tongue	Boiled Spinach	Fried Potatoes
	Vanilla Ice Cream	Coffee

Breakfast

Stewed Apples	Cereal with Milk	Eggs in Potato Cases
Baking-powder Biscuits		Coffee

Luncheon or Supper

Curried Fish with Rice		Cheese Fingers
	Tea or Cocoa	

Dinner

	Roast Leg of Mutton	
Potatoes	Cauliflower	Shaved Cabbage, Boiled Dressing
Pineapple Jelly		Coffee

Breakfast

	Cereal with Milk	Scrambled Eggs
French Toast, Marmalade		Coffee

Luncheon or Supper

	Rice Croquettes, Cheese Sauce	
Onion and Celery Salad		Whole Wheat Bread
	Tea or Cocoa	

Dinner

	Bean Soup	
Macaroni Cutlets, Tomato Sauce		Fruit Whip
	Coffee	

CHAPTER XXX

TIME-TABLE FOR COOKING

“The youthful housekeeper is not so very wise,
So let not the older these few hints despise.”

Baking

Beef, loin or ribs, rare, per pound	8 to 10 minutes
Beef, loin or ribs, well done, per pound	12 to 16 minutes
Beef, ribs, rolled, rare	12 to 15 minutes
Beef, ribs, rolled, well done	15 to 18 minutes
Beef, fillet, rare	20 to 30 minutes
Beef, fillet, well done	60 minutes
Mutton, leg, rare, per pound	10 minutes
Mutton, leg, well done, per pound	14 minutes
Mutton, forequarter, stuffed, per pound	15 to 25 minutes
Lamb, well done, per pound	15 to 20 minutes
Pot roast, per pound	10 minutes
Veal, well done, per pound	20 to 25 minutes
Pork, well done, per pound	20 to 25 minutes
Venison, rare, per pound	40 minutes
Chicken, per pound	15 to 20 minutes
Turkey, 9 pounds	3 hours
Goose, 9 pounds	2½ hours
Duck, domestic	1 to 1½ hours
Duck, wild	20 to 30 minutes
Ham	4 to 6 hours
Fish, 3 or 4 pounds	45 to 60 minutes
Small fish and fillets	20 minutes
Beans with pork	6 to 8 hours
Bread, white loaf	45 to 60 minutes
Graham loaf	40 to 60 minutes
Baking-powder Biscuits	12 to 15 minutes
Popovers	30 to 35 minutes
Gems	25 to 30 minutes
Quick doughs	8 to 15 minutes

Cookies	8 to 10 minutes
Gingerbread	20 to 30 minutes
Sponge cake	45 to 60 minutes
Cake, layer	20 to 30 minutes
Cake, loaf	40 to 60 minutes
Fruit cake	2 to 4 hours
Cake, wedding	3 to 5 hours
Cakes, small	15 to 30 minutes
Batter puddings	35 to 45 minutes
Pies	30 to 50 minutes
Tarts	15 to 20 minutes
Patties	15 to 25 minutes
Vol-au-vent	50 to 60 minutes
Muffins, yeast	30 minutes
Muffins, baking-powder	20 to 25 minutes
Indian pudding	2 to 3 hours
Rice or tapioca pudding	1 hour
Bread puddings	45 to 60 minutes
Scallop dishes	15 to 20 minutes
Custard	35 to 45 minutes
Custard in cups	20 to 30 minutes

Boiling

Meats	2 to 6 hours
Corned meat	4 to 6 hours
Ox tongue	3 to 4 hours
Ham, 12 to 14 pounds	4 to 5 hours
Turkey, 10 pounds	3 to 4 hours
Fowl, 4 to 5 pounds	2 to 3 hours
Chicken, 3 pounds	1 to 1½ hours
Fish, 2 to 5 pounds	30 to 45 minutes
Lobster	25 to 30 minutes
Cod, 3 to 5 pounds	20 to 30 minutes
Halibut, thick piece	15 minutes
Asparagus	20 to 40 minutes
Beans, shell or string	1 to 3 hours
Beets	2 to 4 hours
Corn	5 to 20 minutes
Macaroni	20 to 40 minutes
Rice	20 to 30 minutes

Broiling

Steak, 1 inch thick	4 to 10 minutes
Steak, 1½ inches	8 to 12 minutes

Lamb or mutton chops	6 to 10 minutes
Chicken	20 minutes
Squabs	10 to 12 minutes
Kidneys	3 to 6 minutes
Shad, whitefish, and bluefish	15 to 20 minutes
Fish slices	12 to 15 minutes
Liver	4 to 5 minutes

Frying

Smelts and other small fish	3 to 5 minutes
Breaded chops	5 to 8 minutes
Potatoes, raw	4 to 10 minutes
Fish balls and croquettes	1 minute
Doughnuts and fritters	3 to 6 minutes

CHAPTER XXXI

WEIGHTS AND MEASURES

“ With weights and measures just and true
 With stoves of even heat
 Well buttered tins and quiet nerves
 Success will be complete.”

27 $\frac{1}{3}$ grains	1 dram
16 drams	1 ounce
16 ounces	1 pound
60 drops	1 teaspoon
3 teaspoons	1 tablespoon
4 tablespoons	1 wineglass, $\frac{1}{2}$ gill, or $\frac{1}{4}$ cup
16 tablespoons	1 cup
2 gills	1 cup
$\frac{1}{2}$ pint	1 cup
1 pint	2 cups
2 pints	1 quart
4 quarts	1 gallon
2 tablespoons butter	1 ounce
2 tablespoons salt	1 ounce
2 tablespoons sugar	1 ounce
4 tablespoons flour	1 ounce
1 square chocolate	1 ounce
4 cups flour	1 pound
2 cups sugar	1 pound
2 cups butter	1 pound
1 cup chopped suet	$\frac{1}{4}$ pound
1 cup crumbs	$\frac{1}{4}$ pound
1 cup chopped nut meats	$\frac{1}{4}$ pound
1 cup currants	$\frac{1}{4}$ pound
2 tablespoons cake crumbs	1 ounce
1 cup chopped cooked meat	$\frac{1}{4}$ pound

1 cup bran	3 ounces
1 cup seeded raisins	8 ounces
1 cup Sultana raisins	6 ounces
40 marshmallows	6 ounces
1 cup Graham flour	5 ounces
10 or 9 medium eggs	1 pound
3½ cups confectioners' sugar	1 pound
1 cup corn meal	6 ounces
$\frac{1}{3}$ cup ground rice	2 ounces
$\frac{1}{4}$ cup brown sugar	1½ ounces
2 cups grated cheese	8 ounces
1 cup rice	8 ounces
$\frac{1}{2}$ cup fine oatmeal	3 ounces

All materials are measured level, *i.e.*, by filling spoon or cup more than full and leveling with a case knife.

To measure meal, flour, sugar, and similar ingredients, sift lightly into the measure, then level.

Standard measuring cups made of tin, aluminum, or glass, holding one half pint, always should be used. Coffee and tea cups vary so much that correct proportions cannot be obtained by using them.

To measure a spoonful of dry material, fill the spoon heaping, then level. To measure one half spoonful, fill and level the spoon, then divide in half lengthwise; for quarter spoonfuls, divide the halves crosswise.

Use level measurements in all recipes in this book.

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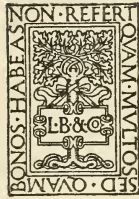
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