

... THE ...
*Federation
Cook Book*

.. A Collection of ..
Tested Recipes

... Contributed by the ...
Colored Women
..... of the
State of California

..... By
MRS. BERTHA L. TURNER
State Superintendent, Domestic Science
PASADENA, CALIFORNIA



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LOS ANGELES

Dedication

O ye tired and weary house-wives
O ye never-tiring house-wives
Here's a solving, solving, solving,
Of the daily eating problem.
Here's an answer, answer, answer.
To the oft-repeated question
To the quite perplexing question
That confronts us, that annoys us.
What shall we eat? What shall we eat?
Here's a book of tested cooking,
Here's a book of tried proportions
Kindly given by our women,
Thank we them for their donation
Thank them for this little cook book.
Dedicate it to these women
To these helpful, trusty women.
Take it to your friends and neighbors,
May it prove a blessing to you.



Cookery Jingles

Dedicated to the Federation Cook Book

By Mrs. Katherine D. Tillman, A. M.

Chairman Ways and Means

National Association Colored Women's Clubs

She could draw a little, paint a little,
Talk about a book.

She could row a boat, ride a horse.
But alas she couldn't cook.

She could gown, she could go,
She could very pretty look
But her best beau he was poor
And he couldn't hire a cook.

When he learned the fatal truth
His flight he quickly took,
And his girl is single still,
Because she couldn't cook!

Believe not the love tales
You find within a book
Love's fate often turns on,
The skill of the cook:

Before a man marries
'Tis the gown or the look,
But after the wedding
He looks for a cook.

'Tis said to man's heart,
The shortest route took
Is reached through the region,
Controlled by the cook!

Go forth then a blessing,
You dear little book,
And happiness ever
Attend the good cook.

Menu

Breakfast

	Fruit	
	Oatmeal and Cream	
Panned Bacon		Corn Muffins
	Coffee	

Dinner

	Cream of Corn Soup	
	Boston Steak	
Rice		String Beans
	Beet Salad	
American Ice Cream		Wafers

Supper

Cold Sliced Beef		Potato Salad
Sandwiches		Tea

KATE MANN BAKER.

Cream of Corn Soup

Drain the liquor from 2 cans of corn (or use 12 green ears) and chop the kernels fine. Put them over the fire with a pint of water and simmer for 15 minutes. Strain through a fine strainer and return to the fire. Season with salt, pepper and a heaping teaspoon of sugar. Cook together two tablespoons each of butter and flour and when they are blended, pour upon them 3 cups of milk and a cup of cream to which a generous pinch of baking soda has been added. Stir until smooth and thick, add the corn puree, and as soon as the mixture is scalding hot, take from the fire and pour gradually, beating all the time, the beaten yolks of 2 eggs. Serve immediately.—KATE MANN BAKER.

Boston Steak

Select good thick round steak, cut in medium pieces, season well with salt and pepper, roll in flour and fry nice brown in beef drippings, then add one good size onion chopped fine and one cup of stewed tomatoes. Cover tight and let cook slowly about 1 1-2 hours. A little water can be added if there is danger of burning. Serve on hot platter and pour gravy over meat.

Boiled Rice

Wash a cup of rice thoroughly through several cold waters. Put a quart of boiling water in a kettle or double boiler. When the water boils rapidly, sprinkle in the rice and let it boil 15 or 20 minutes until the grains stand apart. Drain the rice in a colander, throw over it a cupful of cold water, loosen with a fork and place where it will dry. Season with salt and butter.—MRS. KATE MANN BAKER, Pasadena.

Corn Muffins

Sift together 1 2-3 cups flour, one cup corn meal, two rounded teaspoonfuls baking powder and a little salt. Beat to a cream two tablespoons of butter and three of sugar. Add three eggs beaten very lightly. Then stir in two cups of milk. Beat all to a smooth batter and fill well greased tins. Bake in hot oven.

Salad Dressing

Beat a raw egg very lightly. Blend with it a tablespoon of powdered sugar. Tablespoon of melted butter, half teaspoonful of French mustard, half teaspoonful of celery salt, half teaspoonful of paprika. When beaten all together, pour over this one-half cup of vinegar. Stir to a boil. Remove from the fire. Beat steadily for 2 minutes. When cold set in the ice box.

Potato Salad

Boil six large potatoes with jackets on. Peel when nearly cold and cut in squares. Cut four slices of bacon in small bits. One large onion cut in slices and fried with bacon until light brown. Pour a small cup of vinegar into the grease and then pour over potatoes. Pepper and salt to taste. Use hard-boiled eggs if desired.—MRS. KATE MANN BAKER.

American Ice-Cream

Put a half box gelatine in one quart of milk. Set on back of stove to heat gradually. Boil a minute or two. Take off the stove and stir in the yolks of four eggs well beaten with three tablespoons of sugar. Then add whites beaten with three tablespoons sugar and flavored with vanilla. Put in dish ready for table. Chill. Serve next day with cream.—MRS. KATE MANN BAKER.

Soups

Classes of Stock

Bouillon—From lean beef delicately seasoned with pepper and salt and only a few vegetables. Usually clear.

Brown Stock—Beef including the bone and fat highly seasoned with spices and vegetables.

White Stock—Veal or fowl delicately seasoned with vegetables.

Consomme—Two or three kinds of meat (beef, veal, possibly fowl) served clear. The above named soups are served first at large dinners. As a rule use quart of water to a pound of meat. The meat should always be cooked slowly. It should be cut in small pieces in order to draw nourishment out and to loosen, to break and draw gelatine out. Thicken with rice, sage, barley.

Vegetables—Carrots, turnips, onions, some times lighter vegetables, peas, beans, asparagus. Vegetables should be cooked alone and then added.

Soup Stock—Two lbs. raw meat and bone and one lb. of cooked meat and bone. 3 quarts of cold water. To each lb. of meat and bone add one tablespoon of onion, one of carrots, one turnips, cut into cubes. One stock of celery, one sprig of parsley, one-half teaspoon of salt, a few grains pepper and a bay leaf if desired. Method—Have the bones split, cut the meat into inch cubes and soak for one hour. Cold water draws out juices, coagulates albumen. Simmer for four or five hours in warm water until meat falls to pieces. Add vegetables and season about hour before the soup is done. Strain and set aside for 2 to 4 hours.

Clear Soup Stock—Remove the fat, mix with shell and whites of egg. Boil for two minutes and allow it to stand for 15 to 20 minutes on the back of the stove to settle. Then strain. Heat again before serving.—MRS. KATE MANN, BAKER, PASADENA, CAL.

Cream Tomato or Mock Bisque Soup

1 quart milk
2 cups tomato pulp
Small piece of bay leaf
A few cloves
Salt, pepper, celery salt

Half teaspoon soda
 Small bit of parsley
 2 tablespoons butter
 2 teaspoons flour

Put milk on to scald. Stir tomatoes with bay leaf cloves, parsley, salt, pepper and celery salt. Mix butter and flour then add this to scalded milk. Let cook five minutes then add tomato pulp which has been pressed through sieve. Serve hot.—MISS MARIE GILLAM, BAKERSFIELD.

Duchess Soup

4 cups white stock
 2 slices of carrot cut in tubes
 2 slices onion
 2 blades of mace
 1 half cup grated mild cheese
 1 third cup butter
 1 fourth cup flour
 1 teaspoon salt
 1 eighth teaspoon pepper
 2 cups scalded milk

Cook vegetables 3 minutes in one and one-half tablespoons butter then add stock and mace; boil 15 minutes, strain and add milk. Thicken with remaining butter and flour cooked together; add salt and pepper. Stir in cheese and serve as soon as cheese is melted.—MRS. ISABELLA J. BARRAUD, SAN FRANCISCO.

Turtle Bean Soup

Wash and soak over night in water one half pint of black beans, one half pint white beans. In the morning add 4 cups of cold water and a soup bone, salt and two onions original quantity of water putting in from a boiling kettle. After the beans are soft strain through a colander mashing the beans. Last add one tablespoon of catsup. Slice a hard boiled egg and one lemon sliced thin and pour over them boiling soup and serve.—MRS. LILLIAN V. TURNER, 199 GLORIETTA ST., PASADENA.

Tomato Bisque

1 can tomatoes or 2 cups milk
 1 quart fresh cooked tomatoes
 1 fourth teaspoon salt
 2 tablespoons butter

Pinch of pepper
 1 fourth teaspoon soda
 1 eighth of onion if desired

Put tomatoes on with salt, pepper and onion and simmer 10 minutes. Rub through a strainer. Melt butter. Add flour to butter and stir. Add one-third of milk and stir. Add another third. When free from lumps add remaining third. Return tomato juice to fire, add soda and then white sauce. Strain and serve at once with croutons.—MISS MARIE H. FORD, PASADENA.

Squash Soup

3-4 cup cooked squash
 1 quart milk
 1 slice onion
 2 tablespoons butter
 3 tablespoons flour
 1 teaspoon salt
 1-4 teaspoon celery salt
 Few grains pepper

Rub squash through a sieve before measuring. Scald milk with onion, remove onion, and add milk to squash; season and serve.—MRS. ISABELLE J. BARRAUD, S. F. CAL.

Tomato Soup—No. 1

Peel two quarts of ripe tomatoes; boil them in a sauce pan with an onion and other soup vegetables. Strain and add to it a tablespoonful of flour dissolved in a third of cup of melted butter; add pepper and salt. Serve very hot over little squares of bread fried brown and crisped in butter—an excellent addition to a cold-meat lunch.—MRS. MOLLIE LANE HANFORD.

Tomato Soup—No. 2

Place over the fire a quart of peeled tomatoes, stew them soft with a pinch of soda; strain it so that no seeds remain; set it over the fire again and add a quart of hot boiled milk, season with salt and pepper and butter the size of an egg. Serve with three tablespoonfuls of rolled cracker crumbs and serve hot. Canned tomatoes can be used instead of fresh ones.

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Corn Chowder

- 1 can corn
- 4 cups potatoes, cut in 1-4 inch slices
- 1 1-2 inch cube fat salt pork
- 1 sliced onion
- 4 cups scalded milk
- 8 common crackers
- 3 tablespoons butter
- Salt and pepper

Cut pork in small pieces and try out; add onion and cook five minutes, stirring often that onion may not burn; strain fat into a stewpan. Parboil potatoes five minutes in boiling water to cover; drain, and add potatoes to fat; then add two cups boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper; add butter, and crackers split and soaked in enough cold milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top.—MRS. ISABELLE J. BARRAUD S. F. CAL.

Raw White Bean Soup

One cup of white beans washed good in soda water put them in soak in a quart of water over night. Next morning put them in a double boiler in the same water and let simmer for eight hours, then drain off slowly; this makes a very nourishing soup for invalids and is also used as a stock.—MRS. C. P. COOPER, LOS ANGELES.

Oyster Bisque

- 1 pt. oysters
- 2 tablespoons corn starch
- 1 cup hot cream
- Salt and pepper to taste
- 1 pt. milk
- 1 tablespoon flour
- Pinch of mace
- 1 egg slightly beaten.

Cook oysters in milk until edges curl. Strain off liquor and chop the oysters as fine as possible. Blend together corn starch flour, salt and pepper to taste mace, then add hot milk and cook thoroughly. When ready add chopped oysters and 1 cup hot cream thickened with the egg. Blend together and serve.—MISS IRENE RUTHERFORD, 731 39th St., Oakland.

Black Oyster Soup

Four lbs. of beef from round steak, boil in two quarts water, brown one teacupful of flour, add boiling broth, making smooth paste. Thin until it can be strained through cloth. Stir until thickened, add 1 pint of oyster juice. Let come to a boil, pour into hot soup tureen, add 1 pint of good cherry, add oysters last and a few small squares of browned bread.—MRS. LAURA TATE, HANFORD, CAL.

RECIPES

RECIPES

Fish, Oysters and Entrees

Baked Fish

Take any good baking fish, make a stuffing of bread crumbs, mix with butter, salt peper and sage. Pour over a little hot water. Bake, basting often.—MRS. B. C. OFFUTT 87 MOUNTAIN ST., First Vice President Sojourner Truth Club.

Jambalaya

Boil rice and set aside. Chop ham in small pieces and fry, add onions and parsley chopped fine, tomatoes and shrimps; season to suit taste; let simmer a few minutes, then mix thoroughly in rice.—MISS ALICE GRIFFIN, BERKELEY.

Creole Dish

Boiled macaroni or spaghetti. Set aside. Take meat (any kind) left over from day before, grind, fry with chopped onions parsley, celery, add tomatoes, season to suit taste and mix in macaroni.—MISS ALICE GRIFFIN, 1626 Russell St., Berkeley.

Tomato Relish

Cut the bread out round and butter. Slice tomatoes to fit bread. Cover with grated Swiss cheese. Put a slice of thin bacon on top and brown in oven. Serve hot.—MISS FLORENCE P. WEIMER, PASADENA.

Tomato and Sardine Appetizer

Cut bread into round slices. Toast and butter. Take small tomatoes of uniform size. Peel and cut off top. Lay 2 small sardines and a half teaspoonful grated cheese on tomato. Make a drawn butter sauce seasoned with Tobasco sauce. Pour over appetizer. Set in oven three minutes and serve.—MRS. BERTHA L. TURNER.

Coquilles of Sweetbread

4 blanched sweetbreads
 1 half glass white wine
 1 gill veloute sauce
 2 truffles
 Scant teaspoon pepper

2 tablespoons good cream or 1 half ounce good butter
 3 tablespoons mushroom liquor
 6 mixed mushrooms
 1 tablespoon salt
 Half teaspoon nutmeg
 Bread crumbs

Cut sweetbreads in small slices and stew them in a saucepan with butter, wine and mushroom liquor. Reduce them for 10 minutes, then add sauce, mushrooms and truffles, cut like mushrooms. Add seasoning and finish by adding 2 tablespoons cream and butter. Fill 6 ramekins with this. Sprinkle them with fresh bread crumbs. Pour a few drops of clarified butter over them and put them in the baking oven. Brown slightly for 6 minutes longer and serve on a hot dish with a folded napkin. Very good.—MRS. R. H. HUNTER, ELEVADO DRIVE, PASADENA.

Fish Timbale

Butter thickly 6 timbale moulds. Have ready some cooked macaroni. Line the moulds with macaroni. Have ready any kind of fish lobster. Fill the moulds with the fish. Take one cup of thin cream, beat thoroughly one egg and mix with the cream, salt and pepper to taste and pour the mixture over the fish then set moulds in boiling water and cook until firm. Turn out on plates and serve with a small sprig of parsley. Serve with any sauce. I use brown butter sauce with the juice of one lemon and one tablespoon Worcester sauce.—MRS. R. H. HUNTER.

Brown Butter Sauce

Two ounces of butter. Put in sauce pan and set on fire and let cook. Be careful not to burn. Put in lemon juice 1 tablespoon Worcester. Put over the timbales and serve hot.—MRS. R. H. HUNTER.

Boiled Halibut With Sauce

2 lbs. of halibut
 4 tablespoons vinegar
 1 teaspoon salt
 A few bay leaves
 A dash of cayenne pepper
 A little garlic

Put fish on to cook in hot water, add seasoning and boil 30 minutes.

Sauce—Put 2 tablespoons flour into two tablespoons melted butter over the fire, when perfectly smooth add the water in which the fish was boiled. Delicious with rice.—MRS. G. M. TILLMAN, 290 KENSINGTON, PASADENA.

Fish La Paper Sette

(Very Good)

Select nice salmon cut in pieces just large enough for each person. Then take thick writing paper and grease well with butter. Lay a slice of fish in the paper. Make a thick Hollandaise sauce, put a spoonful on top of the fish and then one large oyster. Season well. Fold the paper and secure with a tooth pick and bake very carefully. Serve very hot just as they are in the paper. —MRS. MARY BRADSHAW, CATERESS of INDIANAPOLIS, IND.

Lobster Cutlets

Boil 1 large fish lobster 15 minutes, season with lemon and cayenne pepper. When done take out and cool. Crack shell and take out all the meat. Chop fine. Be careful in cleaning to take out all the white meat, chop fine, add salt and pepper to taste, 1 teacup milk, piece of butter size of hen egg. One dessertspoon flour rubbed together and stirred with the boiling milk. Stir all together with 1 tablespoon of parsley. Pour over lobster and let cool for 2 or 3 hours. Form into chops and dip into bread crumbs. Have fat very hot and fry. Place claws in the ends of the chops to form the bone. Serve with mushrooms or cream sauce. Garnish with parsley.—MRS. M. A. GIBBS, BERKELEY, CAL.

Salmon Croquettes

2 lbs. boiled salmon
1 tablespoon parsley
2 eggs
Butter size of a hen's egg
1 small teacup of mashed potatoes

Clean salmon thoroughly. Boil in salt water one-half hour, tied up in a cloth. Drain off all water. Mash thoroughly, add butter, salt and pepper to taste. Chop parsley fine and mix. If desired add potato, form into balls. Beat up eggs, glaze balls, boil in hot fat a couple of inches deep. Serve with hot peas.—MRS. E. ERSKINE, BERKELEY.

Baked Fish Timbales

Buy a nice piece of halibut or nice white fish, say about 2 to 3 lbs. Have it cut the long way, scrape the fish off to a pulp, make a thickening of butter, flour and water or beef broth. Season high with salt, cayenne pepper and a dash of Worcester sauce, mix to a paste. Butter your muffin or timbale rings good. Fill them with the mixture. Place tins in a pan of water and bake in the oven until done. Turn out on a hot platter. Pour a nice drawn butter sauce over them. Grate the hard-boiled yolk of an egg over them and sprinkle with a little chopped parsley.—MRS. ELIZABETH ROBERTS, 66 ALESSANDRO PLACE, PASADENA.

Oyster Fricasse

1 quart oysters
 Milk or cream
 2 tablespoons butter
 1 and 1 fourth teaspoon salt
 2 tablespoons flour
 A few grains cayenne
 1 teaspoon finely chopped parsley
 1 egg

Clean oysters. Heat liquor to boiling point and strain through a double thickness of cheese cloth; add oysters to liquor and cook until plump. Remove oysters with skimmer and add enough cream to liquor to make a cupful. Melt butter, add flour and pour on gradually hot liquor. Add seasonings and eggs slightly beaten.—MRS. ISABELLE J. BARRAUD, SAN FRANCISCO.

White Sauce

1 tablespoon butter
 1 tablespoon flour
 1 half teaspoon salt
 1 cup milk

Butter to be melted in sauce pan, flour and salt added immediately and whole cooked a few seconds, stirring constantly. Milk to be added one-third at a time. The mixture stirred constantly and brought to the boiling point after each addition of milk. Mixture to be entirely freed from lumps before the last portion of milk is added—MARIE FORD, PASADENA, CAL.

Chicken a la Providence

Prepare and boil a chicken following recipe for boiled fowl. The liquor should be reduced to 2 cups and used for making sauce with 2 tablespoons each of butter and flour cooked together. Add to sauce one-half cup each of cooked carrots (cut in fancy shapes) and green peas. Place chicken and sauce with one-half tablespoon finely chopped parsley.—MRS. ISABELLE J. BARRAUD, SAN FRANCISCO.

RECIPES

RECIPES

Meats

And Their Accompaniments

Roast Beef—Tomato sauce, grated horse-radish, mustard, cranberry sauce, pickles.

Roast Pork—Apple sauce, cranberry sauce.

Roast Veal—Tomato sauce, mushroom sauce, onion sauce, horse radish and lemons are good.

Roast Mutton—Currant jelly, caper sauce.

Boiled Fowls—Bread sauce, onion sauce, lemon sauce, cranberry sauce, jellies. Also cream sauce.

Boiled Turkey—Oyster sauce.

Duck or Venison—Currant Jelly, cranberry sauce.

Roast Goose—Apple sauce, grape jelly.

Mackerel—Stewed Gooseberries.

Beef Loaf

3 lbs. of beef

1 and 1 half teaspoon salt

1 half teaspoon pepper

1 egg

6 crackers rolled

Meat chopped fine

Add seasoning, unbeaten egg, enough to mix the cracker crumbs. Place in a small pan solid and smooth. Cover top one-half inch deep with water. Bake slowly for three hours. If oven is too warm set pan in another pan of water. For small family use half of the amount of materials.—MRS. KATE MANN BAKER.

Veal Entree (Original)

Made from the meat left over from the soup pot. Select a firm piece of meat for your soup. When about cooked tender remove from the sauce pan. Cool thoroughly. With a sharp knife cut into small squares. Prepare a small piece of onion and some celery; chop together very fine. Beat 1 egg light and prepare enough cracker crumbs for the amount of meat; pepper and salt according to the taste. When all has been arranged dip your squares into the egg, then into the mixture of onion and celery and last into the cracker crumbs. On the stove have a frying pan containing either hot butter or lard;

into this place your veal squares allowing them to brown well and serve.—HILDA TILGHMAN, Nautilus Club, Oakland, Cal.

Mock Duck

- 3 lbs. round steak
- 1 half loaf bread
- 1 pint eastern oysters
- 1 small onion
- 3 medium-sized celery stalks
- 1 teaspoon butter
- 1 fourth teaspoon pepper
- 2 large tablespoons butter

Salt to taste. Oysters may be left out of this dressing if desired. Put dressing inside of steak, sew together and bake as you would a medium-sized roast, basting often.—MRS. CHARLES SMITH, 609 14th St., BAKERSFIELD.

Hamburger Roll

- 2 lbs. Hamburger steak
- 1 pork sausage

Mix with above dressing and bake, basting frequently.—MRS. CHAS. SMITH, 609 14th St., BAKERSFIELD.

Stuffed Ham

Remove the bone from the ham, and fill the cavity with a dressing made to suit the taste. A good stuffing may be made of bread crumbs wet with milk, 2 eggs, a tablespoonful of butter, thyme and celery, and a half dozen chopped oysters.

Bind securely into shape and inclose the ham in a paste of flour and water to keep the juices in. Tie or sew the ham thus enveloped in a pudding cloth; put in a pot of boiling water and boil gently, allowing 20 minutes to a lb. Remove the ham from the water when done and take off the bag and the paste crust. Pare the skin very carefully. Put the skinned ham into the covered roaster; coat well with fine bread crumbs, set in a moderate oven and cook covered 10 minutes for each lb. of ham.—MISS ETHEL MILLER.

Celery Stuffing With Pork

Use one quart of bread crumbs moistened with hot milk, butter the size of an egg, and a cupful of celery cut in small pieces; season with salt and pepper; cut deep gashes in the pork and fill with the mixture.—L. B. RIDLEY.

Beefsteak With Oyster Blanket

Wipe a sirloin steak cut one and one-half inches thick, broil five minutes and remove to platter. Spread with butter and sprinkle with salt and pepper. Clean one pint oysters, cover steak with same, sprinkle oysters with salt and pepper. Clean one pint oysters, cover steak with same, sprinkle oysters with salt and pepper and dot over with butter. Place on grate in hot oven, and cook until oysters are plump.—MRS. ISABELLE J. BARRAUD, S. F. CAL.

Chicken Pot Pie

Cut up chicken and boil until half done. Fry 4 or 5 slices of fat pork. Lay them in the bottom of a bake-pan. Place the chicken in, pour over it nearly a quart of water. Add two ounces of butter, teaspoonful of pepper and salt to taste. Cover with light biscuit crust and bake an hour.—MRS. ANNA FIELDS, 704 E. 6th St., HANFORD, CAL.

RECIPES

RECIPES

Bread and Rolls

Nut Bread

- 7 cups of flour
- 3 cups sugar
- 2 cups nuts
- 7 teaspoons baking powder
- 3 cups milk
- 1 teaspoon salt

Sift the salt, baking powder and flour, add the sugar and milk lastly the nuts. This makes 3 ordinary loaves or 2 large ones.—MRS. L. E. WILLIAMS, 66 ALESSANDRO PLACE

Quick Rolls

- 1 cup mashed potatoes
- 3 tablespoons sugar
- 1 cake compressed yeast
- 1 teaspoon salt
- 1 cup sweet milk
- 3 eggs
- 1 qt. flour
- 1 half cup lard

At eleven-thirty a. m. set to rise potatoes, milk, sugar, eggs, well beaten. Dissolve in lukewarm water the yeast; add enough flour to make a stiff batter. Then mix all together and set in a warm place to rise until 1 p. m. Take flour, add salt, lard and knead until stiff. Set aside until 3 p. m. Work down and at 5 mould into rolls, put into pans and let rise till 6 o'clock. Brush tops with melted butter, then bake in moderate oven.—MRS. B. HARVEY, 726 Fairmont Ave., Pasadena.

Quick Muffins

- 2 eggs
- 2 cups flour
- Two-third teaspoon salt
- One and one-third cups sweet milk
- Two-thirds tablespoon butter
- 3 level teaspoons baking powder

Separate the eggs, drop the yolks into a larger bowl and beat them with a wooden spoon. Add the milk, salt, flour and melted butter. Beat until smooth and light. Add baking powder and mix well. Fold in the well-beaten

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CREMATING

LADY ASSISTANT

whites and fill well-greased gem pans two-thirds full. Bake in quick oven 25 or 30 minutes.—MISS EDNA JACKSON, 726 Fairmont Ave., Pasadena.

Nut Bread

4 cups of flour
 4 teaspoons baking powder
 3 tablespoons sugar
 1 cup chopped walnuts
 Salt to taste

Mix together, add 2 cups sweet milk, put in pans. Let stand. This makes 2 small loaves. Bake 30 minutes in slow oven. Grease top with little butter.—MRS. JOHN GLORIETTA ST.

Corn Bread

2 cups meal
 1 cup flour
 1 teaspoon baking powder
 1 fourth cup molasses
 1 teaspoon salt

Mix dry materials into a thick batter with water, add molasses. Bake in a well greased pan for a half hour.—MISS RUTH PRINCE, 384 N. VERNON AVE., PASADENA.

Corn Bread

2 large tablespoonfuls of corn meal
 2 large tablespoonfuls of flour
 2 teaspoons of baking powder sifted altogether
 1 egg, beat light, add pinch of salt
 2 teaspoonful of sugar
 Butter size of small egg (melted)
 1 cup sweet milk

If sour cream is obtainable, use 1-3 cup of cream instead of butter; use in cream a pinch of soda. Bake in moderate oven.—MRS. EULA B. ROBERTS, HANFORD, CAL.

Cinnamon Rolls

Make same as biscuits with half and half water and milk. Roll out and sprinkle with cinnamon and sugar. Roll up as you would a jelly roll. Cut into biscuits and bake 15 to 20 minutes.—MRS. B. MCADOO, PASADENA, CAL.

Spoon Bread

- 1 quart milk
- 1 tablespoon butter
- 4 eggs
- 1 cup corn meal
- 1 and 1 half teaspoon salt.

Heat milk to boiling point. Stir in meal to make a nice mush. When cool add eggs beaten separately, butter and salt and bake in a baking dish 20 minutes in a moderate oven until a light brown. Delicious.—MRS. MARY BRADSHAW, INDIANAPOLIS, IND.

Salt Rising Bread

- 2 thirds pint milk
- 2 tablespoons corn meal
- 1 teaspoon salt
- 1 tablespoon lard
- 1 tablespoon white sugar

Pour boiling milk over salt and meal and stir well. Set to rise at night, next morning add warm water, sugar, lard and flour, set warm place to rise. Make into loaves to rise and bake.—Tested.

Pop Overs

- 3 eggs
- 1 and 1 half cups milk
- 1 tablespoon butter
- 1 cup flour

Bake in hot pan about 40 minutes.—MRS. LILLIAN V. TURNER.

Biscuits Without Milk

Make the same as baking powder biscuit. Beat one or two eggs. Stir them into the water before putting it into the flour. Nice light biscuit will result.—MRS. WM. PRINCE.

RECIPES

A. Loaf Cake.

One which the nuts will
not-sink to the bottom.

$\frac{1}{2}$ c. butter, 2 c sifted sugar, ^{ha. ha}
 $\frac{2}{1}$ c sweet-milk, 3 c sifted flour
to which add 1 level sp. of cream
tartar + $\frac{1}{2}$ teasp. soda. + $\frac{1}{2}$ teasp. of
salt-if desired 2 c. chopped nut
meat, 1 teasp. vanilla 2 egg.
beat well for 3 minutes and
adding nut-meat. Bake in
moderate oven 1 hr.

to test if good + done press
finger on it if it springs
readily it is done.

when boiling milk, put just-
enough cold water to cover the
bottom of the pan; then put in
milk. By so doing will keep milk
from sticking to pan.

RECIPES

Yay. & Carrot
Kew Cake

2 cups superfine sugar, 1/2 cup butter
4 eggs, 1/2 cup chopped nuts, 1/2 cup of
raisins chopped, 2c sifted flour
1/2 cup potato starch + sifted with
flour. 1/2 cup tea sp. nutmeg,
1/2 cup cinnamon, 1/2 cup cloves.
1/2 cup salt, 1/2 cup oil, 1/2 cup sp.
1/2 cup milk
1/2 cup water
1/2 cup butter
1/2 cup stiffly beaten.

Swiss Filling

1/2 cup butter
1/2 cup sugar
1/2 cup milk
1/2 cup oil
1/2 cup water
1/2 cup salt
1/2 cup nutmeg
1/2 cup cinnamon
1/2 cup cloves
1/2 cup raisins
1/2 cup nuts
1/2 cup potato starch
1/2 cup flour
1/2 cup stiffly beaten

Vegetables

Fried Celery

6 small stalks of celery
4 ounces breadcrumbs
2 eggs
Fat for frying

Wash the celery and simmer until tender in a pan of boiling salt water and drain and divide in half. Brush over with the beaten eggs. Roll in fine bread crumbs, season with salt and pepper. Fry in plenty of hot fat. When a light brown color remove and drain. Sprinkle with chopped parsley and serve.—MISS SUSIE SYLTON, Pasadena.

Fried Okra With Ham

Mince a half pound of boiled ham fine. Mince 2 onions. Fry these in a tablespoon of butter, when they have been fried brown, add to them 2 dozen sliced spears of Okra. Stir constantly with a long handled spoon (wooden) until Okra browns. Then pour over the contents a teaspoonful of tomato sauce. Let simmer until juice is absorbed and the vegetables begin to brown once more. Then remove and serve in a vegetable dish.—MRS. JULIA ROBERTS, 205 W. 3rd St., Handford.

Asparagus on Toast

Drain the cooked asparagus and cut off the tips laying these on strips of buttered toast. Garnish with slices of hard boiled egg and serve with cream sauce.—MISS ETHYLE JONES Nautilus Club.

Rice Balls with Tomato Sauce

8 tablespoons cold boiled rice
4 tablespoons cooked meat, chopped

Spread 2 tablespoons rice on a square of cheese-cloth. Heap 1 tablespoon of meat in the center. Now carefully bring up the corners of cheese-cloth about the rice twisting together at the top and fastening with string. Drop them into boiling water for 10 or 15 minutes until hot and then turn out carefully on the platter into which you have poured the tomato sauce. Decorate with parsley.

Tomato Sauce

1 tablespoon butter
 1 cup tomato juice
 1 tablespoon flour
 One-half teaspoon salt

Mix butter and flour together in a sauce pan; add tomato juice, stir and cook until smooth and thick. Add salt and serve.—MISS EDNA JACKSON, 726 Fairmont Ave.

Okra Gumbo—Creole Dish

Wash okra and cut in bits. Use 1 lb. of ham, 1 frying chicken, 1 large onion, 1 can of shrimps, 1 can of tomatoes, salt and pepper to taste. Fry ham, chicken, okra, shrimps, and onion together; cook 20 minutes. Add tomatoes and 4 cups of water. Cook 1 hour. Eat with rice.—MRS. M. FOUCHE, Pasadena.

String Beans a la Creole

Cut beans small, $\frac{1}{2}$ lb. of bacon cut small, 1 can of tomatoes, 1 can of green chili, (Ortega), 1 large onion, teaspoon of salt.

Fry bacon and onions together. Add string beans (previously boiled), tomatoes and $\frac{1}{2}$ can of Ortega chili, Cook 1 hour. Add 1 cup of water, then cook 15 minutes.—MRS. M. FOUCHE, 917 Morten Ave., Pasadena.

Scalloped Potatoes

Fill a baking dish with thinly sliced potatoes. Season with salt and pepper and bits of butter. Cover potatoes with sweet milk. A little onion may be added if desired. Bake in moderate oven until tender.—MRS. WILLIAM PRINCE, Pasadena.

Spanish Rice

Boil rice until done
 1 onion sliced
 1 half cup grated cheese

Salt and pepper and butter to taste. Put all of these together and brown in butter. Serve hot. Very good with baked steak or shoulder.—MRS. B. McADOO, Pasadena.

Stuffed Peppers

Take 6 large bell peppers, take out seeds and pith. Chop 1 lb. cold meat a little cold ham will flavor it nice, also 1 onion, 2 tomatoes, chop thoroughly. Mix all together, also pepper seeds, season with salt and pepper, a inch of cayenne pepper can be added. Add to the whole a cup of bread crumbs. Stuff the peppers and place in a pan half full of water. Bake until tender. It will require about an hour. Place slices of bacon on each before baking.—MRS. ELLA EWING, Hanford.

Stuffed Green Peppers

9 peppers

10 cents boiled ham chopped fine

1 can tomatoes

Bread crumbs grated fine

Juice of onion enough to flavor. Salt, sugar to taste. Melted butter over the top. Bake.—MRS. BERTHA L. TURNER.

Spinach Greens

1 lb of spinach

6 slicest of breakfast bacon

2 hard-boiled eggs

1 teaspoonful of salt

Boil the eggs and set them aside to cool. Wash and pick green carefully until free from grit. Put on in water enough to cover, add salt and boil 30 minutes. Drain. Fry the bacon, pour the hot drippings over the spinach and garnish with the slices of bacon and boiled eggs.—MRS. G. M. TILLMAN.

Breakfast Rice

One pint milk

One egg

One teaspoonful butter

Two cups boiled rice

One teaspoonful sugar

One pinch of salt

Beat the egg, add milk rice and seasoning and bake in a moderate oven until brown.—MRS. G. M. TILLMAN.

RECIPES

Chicken salad.

Small onion + 1 table sp. vinegar
and carrots cook until tender
but not soft: allow to cool in
water: then use equal parts
chicken + celery cut fine with
onions.

Dressing

1/2 doz of 4 eggs, 5 table sp. vinegar
1/2 cup mustard, 1/2 cup butter
2 t. sp. sugar
1/2 cup oil, 1/2 cup pepper, cook
until the chicken is cool & add
1 cup whipped cream.

RECIPES

(out) doughnuts -
 2 c sifted flour, to which add
 3 level tea sp. B.P. $\frac{1}{2}$ tea sp. salt.
 $\frac{1}{4}$ sp nutmeg, or cinnamon or
 both. $\frac{1}{2}$ c sugar, 1 egg, $\frac{1}{3}$ c
 milk 1 tea melted butter.
 mix roll + cut. fry in
 deep fat.

(part) Pine Apple Salad
 1 ring of pineapple. in each
 service + all around the ring
 stick pimento cheese fill
 center with mayonaisse cover
 all with whipped cream
 top of with 1 cherry serve
 with cheese straws.

Salads

"Variety is the spice of life."

Cherry Salad

1 pint of white cherries stoned. Stuffed with whole filberts. Serve on lettuce leaf with half whipped cream and mayonnaise dressing.—MISS FLORENCE P. WEIMER, 143 S. Vernon Ave.

Cucumber and Pineapple Salad

Cut 1 large can of pineapple in little dice and 2 cucumbers. Take the juice of pineapple and one-half box of Knox's gelatine dissolve in juice. Pour over cucumber and pineapple, put in moulds and let harden. Serve on lettuce leaves with one-half mayonnaise, one-half whipped cream. Garnish.—MISS FLORENCE P. WEIMER, Pasadena Cateress.

Marshmallow Salad

1 fourth lb. marshmallows cut up
1 half lb. pecan nuts broken in bits
1 cup white cherries
1 cup pineapple cut up
Dressing, 1 half cup whipped cream
1 third cup mayonnaise

Chill the fruits and before serving mix with dressing and place on lettuce leaf.—MRS. ETTA V. MOXLEY, First Vice President of State Federation, Santa Monica.

Heavenly Hash

Yolks of 4 eggs
1 cup powdered sugar
1 half teaspoon salt
Juice of 1 lemon
6 bananas
4 oranges

Beat the yolks till very thick and into them gradually sugar and salt. Whip till sugar is dissolved, add lemon juice and beat again. Peel and slice thin oranges and bananas. Put in a deep dish a layer of bananas then one of the mixture next one of the oranges and then one of the dressing again, going on in this manner until all of the ingredients are used up. Put bananas on top. Pour the rest of the dressing on. Serve cold.—MRS. E. WINN, Pasadena.

Fruit Salad

6 oranges cut in pieces
3 bananas cut in dice
1 small can of sliced pineapple cut in pieces
1-3 of a cup of shelled pecans (chill)
Mix with 2-3 mayonnaise dressing and 1-3 whipped cream
Serve on lettuce leaves garnished with maraschino cherries.—B. L. TURNER, Pasadena.

Chicken Salad

1 quart of chicken
1 tablespoon vinegar
1 pint of celery
1 teaspoon of salt
1 tablespoon of oil
1-2 teaspoon pepper
Mix with mayounaise dressing.—MRS. LAWSON, Pasadena Ave.

Peach Salad

Halve and stone large fresh peaches. Fill the cavities with a mixture of broken walnuts, pieces of pear and a dash of celery or parsley. When serving garnish with parsley and serve with whipped cream dressing.—MISS LEONYA JONES, Nautilus Club.

Mayonnaise Dressing

Yolk of one egg
Half teaspoonful of salt
Dash of cayenne pepper
1 cupful of salad oil
1 1-2 teaspoonfuls of lemon juice
Put yolk of egg in bowl add salt and pepper. Beat thoroughly, then add oil little at a time until all is used. Beat until smooth. Then add lemon juice.—MISS CORINA B. HICKS, Pasadena.

Jellied Potato Salad

One quart cold boiled potatoes cut in dice. Coat small moulds with gelatine decorate with sliced pimolas. Put the potatoes with a very little onion, celery and cucumber into the mould. Season the rest of the gelatine which is the remainder of the half box used, with parsley and onion and

pour over the ingredients in the mold, chill and turn out on a lettuce leaf. Serve with mayonnaise in which a cup of shrimps has been chopped.—MRS. ETTA V. Moxley, Santa Monica Cateress.

Spanish Salad

Cut in half several hard-boiled eggs, and place them at intervals on the lettuce on your salad bowl or plate. In between, place stuffed olives and a few tomatoes cut in two. Cover each egg with mayonnaise. Place this dish in front of the hostess, who will serve to each guest, one of each of the ingredients of the salad.—MRS. W. Y. RANSON, Pasadena.

Potato Salad

For a small family.—Pare 4 large potatoes. Place in hot water and boil until soft. Remove from water and mash very smooth. Add a little butter.

1 teaspoonful salt
 1 teaspoonful celery seed
 1 tablespoonful sugar
 1 tablespoon vinegar
 1 small onion chopped very fine

Black pepper to suit taste. Mix thoroughly and place in dish ready to serve.—MRS. ATCHISON, Los Angeles.

Tomato Salad

Peel and hull out tomatoes then put in each tomato a teaspoonful of French dressing. Set in ice box. Take the part hulled out, cut fine 1 cucumber, small bunch celery, 1 onion, green pepper chopped up, then mixed with 4 table-spoons French dressing. Put in ice box. When ready to serve put mixture in each tomato, a tablespoon of mayonnaise on top served in lettuce leaves with bread buttered and cheese grated between, then toasted. Makes a fine salad.—MRS. MADGE LAWSON, Pasadena Ave., Pasadena, Cal.

Salmon Salad

Flake remnants of cold boiled salmon. Mix with French mayonnaise or cream dressing. Arrange on nests of lettuce leaves. Garnish with the yolks of a "hard-boiled egg," forced through a potato ricer and white of egg cut in strips.—MRS. ISABELLA J. BARRAUD, San Francisco.

De John Salad

Pare 6 Bartlett pears, care being taken not to remove stems. Cut in thin slices and serve in original shapes on lettuce leaves. Serve with French dressing.—MRS. ISABELLE J. BARRAUD, San Francisco.

Pepper and Grape Fruit Salad

Cut slices from stem ends of six green peppers, and remove seeds. Refill with grape fruit pulp, finely cut celery and English walnut meat broken in pieces allowing twice as much grape fruit as celery, and two nut meats to each pepper. Arrange on chicory or lettuce leaves and serve with mayonnaise dressing.—MRS. ISABELLE J. Barraud, San Francisco.

Lobster Salad

Select heavy small lobsters rather than large ones. Put them in warm water and let them boil for about half an hour. Take from shells and claws all the meat that is eatable. Cut in blocks and let it cool thoroughly. Use mayonnaise dressing. Serve in a nest of lettuce on a dish. Mix about one-fourth of the dressing with the cut lobster. Put the rest of the dressing on top of the salad. Garnish, with tufts of the lettuce and the small claws of the lobster.—MRS. CHAS. WILLIAMS, S. Pasadena Ave.

Cream Salad Dressing

4 tablespoons butter
1 tablespoon sugar
1 tablespoon flour
1 teaspoon salt
1 cup sweet milk
1 half cup vinegar
3 eggs
1 large teaspoon mustard
Pinch of red pepper

First melt the butter in sauce pan, add flour, stir till smooth. Add milk, stir till it begins to boil. Place pan in a larger one filled with hot water. Let cook a few minutes stirring occasionally so it won't lump. Beat eggs light, add to them salt, pepper, sugar and mustard which have been mixed dry. Add vinegar and stir all into the boiling mixture. Let cool and it is ready to use.—MRS. B. FIELDS, 704 E. Sixth St., Hanford.

Crab Salad

Boil the crabs and when done remove the meat in as large pieces as possible. Pour over this a French dressing made of salad oil, vinegar, pepper and salt. Serve with white lettuce leaves. Crab salad is much improved by remaining on ice a few hours.—MRS. MADGE LAWSON, 410 S. Pasadena Ave.

Salad Dressing Romaine

Mix together in a bowl, 1 teaspoon grated onion, 1 teaspoon of lemon juice and 1 saltspoon of salt, dry mustard, powdered sugar and white pepper, a tablespoon of vinegar, 3 tablespoon of olive oil.—B. L. TURNER.

Boiled Salad Dressing

1 half teaspoon salt
 1 and 1 half tablespoons sugar
 1 half tablespoons flour
 1 and 1 half tablespoons melted butter
 1 fourth cup vinegar
 1 teaspoon mustard
 A few grains cayenne
 Yolk of 2 eggs
 3 quarters cup sweet milk

Mix dry ingredients. Add yolk of eggs beaten lightly. Add to this scalded milk and cook in double boiler until thick. Add hot vinegar slowly.—MISS MYRTLE B. CRAIG, Teacher of Domestic Science, Lincoln Institute.

Salad Dressing

2 eggs
 6 tablespoons vinegar
 4 tablespoons thick cream
 1 teaspoon salt
 1 teaspoon salt
 1 half teaspoon mustard
 1 tablespoon sugar

Beat eggs, add all ingredients, put in double boiler. Just allow it to boil a minute, then add one piece of butter the size of a walnut. Put it away to cool. Thin with either milk or cream for use. Salad can be made of potatoes, onions, eggs and nuts if you have them.—MISS F. WELCHER 228 W. Third St., Hanford.

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Boiled Salad Dressing

- 1 half teaspoon salt
- 1 egg slightly beaten
- 1 half teaspoon mustard
- 3 fourths tablespoon sugar
- 2 and 1 half tablespoons melted butter
- 3 fourths cup cream or rich milk
- 1 half tablespoon flour
- 1 fourth cup vinegar

Mix ingredients in order given. Add vinegar very slowly. Cover over boiling water stirring constantly till thick. Strain and cool.—MRS. CLARA HOWARD, 2209 13th St., Bakersfield.

Fruit Salad Dressing

- 5 eggs
- 3 lemons
- 1 cup pineapple juice
- 1 and 1 half teaspoons mustard
- 1 half teaspoons salt
- 1 tablespoon sugar
- 2 tablespoons corn starch
- A dash of red pepper
- 1 cup cream

Cook in a double boiler. When cooked add a tablespoon butter. Before serving add whipped cream.—MRS. CLAY JAXON, 278 Elevado Drive, Pasadena.

Mayonnaise Dressing

- 1 eighth teaspoon paprika
- 1 cup olive oil
- 1 fourth teaspoon salt
- 1 tablespoon lemon juice
- Yolk of 1 egg
- 1 tablespoon vinegar

Mix, salt and pepper, add yolk and beat until thickened a little, add lemon juice and vinegar gradually. Use a Dover egg-beater and beat in oil a teaspoonful at a time. After a while oil may be added by the tablespoonful. Beat thoroughly after each addition of oil. Let stand in cool place till ready to use.—Selected.

Date Salad

Wash dates thoroughly. Remove the stones. Stuff with cream cheese. Place on lettuce leaf. Serve cold with mayonnaise dressing.—MISS MYRTLE CRAIG.

Cherry Salad

Take large white canned cherries. Remove stones and replace with filberts. Place on lettuce leaves with mayonnaise. Garnish with candied violets. Makes a delicious and attractive salad.—MISS MYRTLE CRAIG.

RECIPES

RECIPES

Sandwiches and Cheese

Cheese and Nut Sandwiches

Two cakes of Neufchatel cheese mashed fine, one-half cup pecan nuts chopped fine. Moisten with a little mayonnaise dressing. Cut bread into very thin slices and butter. Spread with mixture and cut into fancy shapes.—
MRS. BERTHA L. TURNER.

Luncheon Sandwiches

1 small onion
9 olives
1 green pepper
Chow chow pickle
1 cupful grated cheese

Chop all of the ingredients very fine. Add enough mustard dressing from the chow chow to form a nice paste. Spread on thin slices of white bread not too thickly. Very fine.—MISS MAUDE ROBERTS, 205 W. 3rd St., Hanford.

Pepper Sandwiches

1 small can of Spanish peppers chopped fine
2 cakes of Neufchatel cheese mashed fine

Season with mayonnaise dressing. Butter thin slices of bread, spread with mixture and cut in fancy shapes.—
Tested.

Olive Sandwiches

Use ripe olives. Remove stones and chop fine. Mix with mayonnaise dressing. Butter thin slices of bread. Spread with mixture and cut in any desired shape.

Mrs. Turner's Hot Cheese Sandwiches.—Take any kind of cream cheese. Mash fine. Mix with plain cream, a little salt and pepper to taste. Take ordinary slices of bread spread mixture between. Cut in desired shapes. Butter both sides. Toast and serve hot with salads.

Cheese Straws

12 tablespoon flour
8 tablespoons butter
6 tablespoons grated cheese
1 and 1 half cups water

Add salt and red pepper. Mix well and roll out thin. Cut in strips and bake quickly.—MRS. BERTHA L. TURNER.

Cheese Straws

1 half lb. cheese or 8 tablespoons
1 half teaspoon of salt
1 quarter lb. butter
1 half lb. flour
Red pepper to taste
Water enough to make a dough

Roll out and cut into strips, bake in medium oven.
Nice served for dinner or luncheon.—MRS. EVA CARTER
BUCKNER, Los Angeles.

Baked Cheese

1 cup bread crumbs
1 cup fresh milk
1 cup chopped cheese
1 teaspoon mustard

Salt and pepper to taste. Stir all together, then put in milk. Dot with butter and bake 20 minutes.—MRS. B. MC-ADOO, Pasadena.

Cheese Balls

Take Neufchatel chees mash fine, mix with finely chopped nuts and chopped parsley, a little cream. Roll into balls and sprinkle with paprika.—Tested.

RECIPES

Normandy Salad.

put 2 tablesp. butter into an
 enamel pan. slice of onions
 1/2 lb. garlic 1/2 lb peas salt &
 pepper & cook in pan 35 minutes.
 mix with 1/2 cup chutney
 1/2 cup milk 1 cup of nut meats
 1/2 cup of oil 1/2 cup of pepperica
 then mix with mayonise dress-
 ing & serve on lettuce leaf.

Banana salad

1/2 cup of sugar &
 1/2 cup of butter (soft) & 1
 cup of banana is
 1/2 cup of syrup & roll
 1/2 cup of nuts & 1/2 cup
 of sugar.

RECIPES

Tuna Salad.

1 cup of tender celery cut - fine 1 small
 green pepper. $\frac{1}{2}$ tablespoon of finely
 chopped onion. mix them with
 chilled Tuna season to taste with
 salt and paprika, and mix well
 with any good salad dressing
 serve on lettuce hearts.
 if desired add 2 potatoes, 2 small
 hats.

(Sal)

Peach Salad

Half large peach
 + dip in cold water to prevent
 discoloring. dice $\frac{1}{2}$
 nuts, $\frac{1}{2}$ candied cherries,
 mix with mayonnaise +
 fill peaches serve with
 whipped cream.

Desserts

Rule for Baked or Boiled Custard

1 quart of scalded milk
 From 4 to 6 eggs
 1-4 teaspoonful of salt
 1-2 cup of sugar
 1-2 teaspoonful of vanilla

Soft Custard

Beat yolks, reserving the whites for maring. Add scalded milk to yolks, which have been mixed with sugar. Put mixture in a double boiler and cook until the custard will cream on a spoon. Remove from the fire and allow to cool. When partly cooled, add flavoring. If used as a sauce beat yolks and whites all together instead of reserving whites for maring.

Maring—Beat whites and add 2 tablespoonfuls of powdered sugar to each white of egg. Pile it on top of custard.

A Banana Float is made by cutting bananas put in a dish or any fruit desired and pour custard over it. Prepare at the time to be served. Put maring over the top.

Macaroon Float—Macaroons dried in oven and powdered, add mixture to custard and serve with maring.

Dessert varied by adding cocoanut and other kinds of fruit. Pour over the fruit the custard after it is cooled, so it will not curdle.

Baked Custard—Same proportions of material and eggs as for soft custard. After having added scalded milk, poach by putting in the oven in a pan of water and heat, not allowing it to boil for eggs will separate.

Test for Baked Custard—Ready when a knife runs through without the egg adhering to the knife. The color should be an even golden brown.—MRS. KATE MANN BAKER, Pasadena.

Puddings and Pies

“Who'll dare deny the truth, there's poetry in pie.”—Longfellow.

Lemon Pie

1 cup of sugar
 Butter the size of a walnut
 Whites of 2 for meringue
 2 thirds of cup of sweet milk or cream
 Juice and grated rind of one large lemon
 4 eggs
 1 tablespoon of flour
 Pinch of salt

Cream butter, sugar, flour and eggs together. Add milk or cream, lemon last. Put in crust and bake. Make meringue for the top and brown.—MRS. BERTHA L. TURNER.

Cream Prune Pie

1 cupful stewed prunes
 1 teaspoonful cornstarch or flour
 1 third cup of sugar
 1 cupful of milk
 Small piece of butter
 Yolk of 2 eggs

Put prunes through the colander, add 1 cup of milk thickened with cornstarch or flour, butter, sugar and eggs. Line a deep pie plate with rich crust and fill. When baked add a meringue made of the whites of the eggs and brown slightly in the oven.—MRS. L. B. RIDLEY.

Pumpkin Pie

1 half Pumpkin
 1 cup molasses
 1 cup seeded raisins
 1 teaspoon cinnamon
 6 eggs
 1 and 1 half cups brown sugar
 1 teaspoon vanilla
 1 lump butter
 1 pinch of soda
 1 and 1 half pints of milk

Cut pumpkin in large slices, bake in the oven, rind, pulp and all. When done scrape off the stringy part and rub the pulp through a colander, add eggs well beaten, molasses, sugar, raisins rolled in flour, vanilla, cinnamon, soda and milk.—MRS. JOHN WELCHER, Hanford.

Pine Apple Pudding

1 tin of pineapple
2 tablespoons of cornstarch
Whites of 3 eggs

Take the pineapple pour off the juice and let it boil. Beat the whites well. Mix the cornstarch in a little water and pour into the pineapple juice and stir to keep it from scorching. Let it cook for 10 minutes, then pour it in over the whites of the eggs and beat till it is very light. After it is beaten enough add the sliced pineapple cut up in small squares and some walnuts chopped fine.

Cream Puffs

Put half pint of water and 4 level tablespoonfuls of butter into a sauce pan, sift and measure a half pint of flour when the water is boiling and the butter thoroughly melted turn in hastily the flour and stir rapidly over the fire. In a moment you will have perfectly smooth soft dough; take from the fire and stand it aside until partly cool. Break 4 eggs into the batter, beat thoroughly and stand it aside in a cool place for an hour. Then drop by tablespoonfuls into greased shallow pans and bake in a moderate oven for 36 to 40 minutes. The batter must be dropped far enough apart to leave room for swelling. When the puffs are done fill with sweetened whipped cream or custard.—MISS PEARL HINDS, Nautilus Club.

Pastry

1 quart flour
1 teaspoon salt
1 pint water
2 teaspoons baking powder
1 cup butter or lard

This will make 5 pies.—MISS E. WELCHER, Hanford..

Blackberry Cobbler

Make a rich biscuit dough. Line sides of pan with dough. Fill pan with berries that have been thoroughly washed. Put in sugar to suit taste. Add butter, also enough water to make a sauce. Sprinkle with flour. Cover with the rest of the dough, putting bits of butter on top. Cut dough several places with knife. Bake in over until done.—MRS. WILLIAM PRINCE, 384 N. Vernon Ave., Pasadena.

Pumpkin Pie

- 1 cup milk
- 4 eggs
- 2 teaspoonfuls cinnamon
- 1 fourth teaspoonful cloves
- 1 pinch of salt
- 2 cups sugar
- Butter size of a walnut
- 1 teaspoonful mace
- 1 tablespoon brandy

MRS. LILLIAN V. TURNER, 199 Glorietta St., Pasadena.

Mincemeat

- 1 quart chopped apples
- 1 fourth lb. suet
- 2 teacups molasses
- 1 half lb. currants
- 1 quart of cider
- 1 pint of meat
- Grated rind of 1 lemon
- 1 lb. raisins
- 1 quarter lb. of citron cut fine

One large teaspoonful each of cinnamon, cloves and nutmeg, sugar and salt to taste.

Lemon Pie

Bake crust first.

Filling—Juice and grated rind of 1 lemon. Small cup of sugar, 3 teaspoons cornstarch mixed with a little cold water. 1 cup boiling milk boiled until thick, yolk of 2 eggs. Beat whites for to and set in over to brown.—MRS. J. H. GRAY, Los Angeles.

Steamed Fruit Pudding

- 1 quart flour
- 1 half teaspoonful salt
- 2 tablespoonfuls melted butter
- 1 half cup of sugar
- 2 teaspoonfuls baking powder
- 1 cup of milk
- 2 eggs

One pint berries or raisins stoned and halved.—MRS. CHARLES WILLIAMS, Pasadena.

Water Lily Pudding

1 cup orange juice
 2 tablespoons cornstarch
 1 teaspoon grated lemon peel
 Whites of 4 eggs
 1 half cup sugar
 3 tablespoons sweet milk
 1 teaspoon lemon juice

Scald orange juice in double boiler with sugar, add cornstarch wet with milk. Stir till creamy. Add lemon peel and lemon juice. Fold into hot mixture whites of eggs well beaten and 1 tablespoon water. Beat well.

Sauce

4 egg yolks
 3 cups milk
 1 half cup sugar
 Flavor to taste

Add eggs to hot milk using double boiler.—MRS. JOHN BRYANT, 180 Glorietta St., Pasadena.

Sauce

1 cup sugar
 1 spoonful flour

Put flour and sugar in pan and brown, stirring to keep from burning. Then pour boiling water into it and cook until done. Pour over pudding. Serve hot.—MRS. I. H. FORD, 412 S. Pasadena Ave., Pasadena.

Cold Bread Pudding

Spread butter on pieces of bread, take 1 cup of sweet milk, 2 eggs, 1 half cup of sugar; mix these thoroughly, pour over crumbs, allow to stand 15 minutes to soften, then put into hot oven to bake.

Poor Man's Rice Pudding

1-2 teacup rice (scant)
 1 quart of new milk
 Butter size of walnut
 Sugar and vanilla to taste

Bake slowly in moderate oven two hours. Serve cold with sweet cream.—MRS. S. A. WRIGHT, Santa Monica, Cal.

Christmas Pudding

- 1 cup molasses
- 2 cups of flour
- 1 cup of raisins
- 1 half cup chopped nuts
- 1 half teaspoon salt
- 1 cup sweet milk
- 1 scant teaspoon soda
- 1 cup currants
- 1 third cup of citron
- 1 tablespoon cinnamon

Steam four hours. Serve with brandy sauce.—MRS. BERTHA L. TURNER, Pasadena.

Cottage Pudding

- 1 fourth cup butter
- 1 cup of milk
- 1 egg
- 1 pinch of salt
- 2 thirds cup of sugar
- 2 and one-fourth cups flour
- ~~4~~ tablespoons baking powder

2 teaspoons

Cream the butter, add sugar gradually, add egg well beaten. Sift dry ingredients 3 times. Add alternately with milk to first mixture. Turn into buttered cake pans. Bake about 35 minutes. Serve with vanilla or hard sauce.—MARIE FORD, Pasadena.

Cherry Pudding

- 1 pint flour
- 1 fourth cup sugar
- Whites of 3 eggs
- 1 teaspoonful vanilla or lemon extract
- 1 third cup of milk or more
- 2 level teaspoonfuls of baking powder
- 1 fourth cup melted butter
- 1 cup stoned cherries
- 1 fourth teaspoonful salt

Sift together the first four ingredients and mix with milk and melted butter; add the whites of the eggs beaten dry, the extract and a little more milk if needed to make a stiff dough; lastly mix in the cherries. Steam in a buttered mould about 3 hours. Serve with cherry sauce.

Vanilla Souffle

- 1 ounce butter
- 4 tablespoonfuls sugar
- 1 teaspoon vanilla
- 2 ounces flour
- 3 eggs
- 1 half pint milk

Mix flour and butter together. Maraschino cherries cut in half in bottom of greased pan. Pour souffle over steam three-quarters of an hour.—MRS. EVA CARTER BUCKNER, Progressive Woman's Club, Los Angeles.

Cherry Souffle

- 1 cup seeded cherries
- 1 half lemon
- 4 tablespoons sugar
- Whites of 4 eggs

Three tablespoons cornstarch. Put cherries in stew kettle, add sugar, lemon and cornstarch. Let cool, then add the beate nwhites, beaten very stiff and bake in small molds in a pan of water. Turn out and serve with wine sauce.—MRS. MARY BRADSHAW, Indianapolis, Ind.

Rice Souffle

FOR SIX PERSONS

- 4 tablespoons full of flour
- 2 heaping tablespoons of butter
- 4 tablespoons of granulated sugar
- 8 yolks of eggs well beaten
- 1 cup of scalding milk
- 1 cup of boiled rice
- Whites of eggs beaten stiff

Directions—Put flour and butter in double boiler. When blended, add scalding milk, yolks of eggs, then rice. When cool add whites, bake in moderate oven 20 minutes till it seems a firm puff.

(Foaming Brandy Sauce)

Put into double boiler, 4 tablespoons full of butter; 6 tablespoons powdered sugar (let melt). Beat 8 eggs, yellow and white together. Add to mixture in double boiler. Add brandy to taste. Do not put on fire again as it will thicken. (Very good).—B. L. TURNER.

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Cherry Sauce

- 1 cup sugar
- 1 pint cherry juice
- 1 teaspoonful of lemon extract
- 1 level tablespoonful of cornstarch
- 1 tablespoonful butter
- Fruit red color paste

Sift together the sugar and the cornstarch and stir into it the boiling juice. Let cook ten minutes then add the butter beaten to a cream with enough red color paste to give the sauce the color of cherries. Add the extract.—ETHEL MILLER, Pasadena, Cal.

Cottage Pudding

- 1 tablespoon butter
- 1 half cup sugar
- 2 eggs
- 1 cup flour
- 1/2 cup sweet milk
- Pinch of salt
- 1 teaspoon baking powder
- Bake in moderate oven

Serve with hard sauce mixed with whipped cream. Set in pan of hot water to soften and flavor.—MRS. BERTHA L. TURNER, Pasadena.

Cream Puffs

- 1 half cup butter
- 1 cup hot water
- 1 cup flour
- 3 eggs

One half cup butter melted in 1 cup hot water put in a small tin pan on the stove to boil; while boiling stir in flour; take off and let cool; when cold stir in 3 eggs, one after the other without beating. Drop on buttered tins and bake in a hot oven twenty to thirty minutes.

Filling

- 1 cup milk
- 1 egg
- 1 half cup of sugar

Thicken with corn starch and flavor with vanilla.—MRE. G. TYREE, Sacramento, Cal.

Prune Whip

6 prunes
1 tablespoon sugar
White of an egg
1 half teaspoon lemon juice

Pick over and wash prunes. Soak several hours in cold water to cover. Cook in some water until soft. Remove seeds and rub prunes through a strainer. Add sugar and cook five minutes. Add egg well-whipped. Add prune mixture gradually when cold. Add lemon juice. Pile lightly a buttered baking-dish. Bake 20 minutes in slow oven. Serve with boiled custard.—MISS MARIE FORD, Pasadena.

Prune Whip

1 third lb. prunes
1 half cup powdered sugar
Whites of 4 eggs

Pick and wash prunes; soak for several hours in cold water. Cook until soft; remove stones, wash and chop thoroughly. Add sugar to prunes. Beat egg whites until stiff. Add whites to prune mixture and pile lightly in a buttered pudding-dish. Bake 20 minutes in a slow oven. Serve cold with boiled custard. (A delicious dish).—MRS. KATE MANN BAKER, 891 Molino Ave., Pasadena.

Hard Sauce

1 third cup butter
1 cup powdered sugar
1 third teaspoon lemon extract or lemon juice
2 thirds teaspoonful vanilla

Cream, butter, add sugar gradually. Add flavoring.—MISS MARIE FORD, Pasadena.

Steamed Apple Pudding

2 cups chopped apples
1 half cup seeded raisins
Grated rind of lemon
1 cup of sugar
2 cups stale bread crumbs
2 eggs
Spices to suit taste
Pinch of salt

Steam for two and one-half hours. Serve with hard sauce.—MRS. MATTIE QUINN, 2121 Que St., Sacramento.

Strawberry Pudding

WHITE PART

1 pt. milk
 4 tablespoons of sugar
 Juice of one lemon
 Butter size of an egg
 1 pinch of salt
 3 tablespoons corn starch

PINK PART

Butter size of an egg
 1 cup of sugar
 2 boxes of strawberries
 3 tablespoons of corn starch

Put sugar on berries; mash and put on the stove to heat. Strain, set back on the stove to come to a boil. Add butter. Thicken with corn starch. Beat 3 whites of eggs stiff and stir beaten whites in the pink part, then while warm put in the mould in layers, white and pink to harden. Serve with whipped cream.—MRS. M. HOLLAND, 810 E. St Sacramento.

Krunnel Torte

6 eggs
 One-half lb. dates
 1 tablespoonful baking powder
 1 half lb. chopped walnuts
 1 cup bread crumbs

Beat eggs separately, put whites in last. Serve with whipped cream. Bake in two layers.—MRS. BERTHA L. TURNER. Pasadena.

Marshmallow Pudding

Whites of 4 eggs
 1 can shredded pineapple
 1 cup sugar
 Vanilla

Beat whites of eggs, fold in 1 cup of sugar and 1 can shredded pineapple. Add vanilla. Have dissolved 1 tablespoonful gelatine in 1 half cup water and 1 half cup boiling water. Turn gelatine over eggs. Divide amount and color one-half pink. Put in layers in a mould to harden. Serve with whipped cream, sweetened and flavored.—MRS. BERTHA L. TURNER, Pasadena.

Vanilla Sauce

- 1 half cup sugar
- 1 tablespoon corn starch or 1 and half tablespoon flour
- 1 tablespoon corn starch or 1½ tablespoons flour
- 2 tablespoons butter
- 1 teaspoon vanilla
- Grated nutmeg

Mix sugar and corn starch. Add water gradually, stirring constantly. Boil 3 minutes. Remove from fire, add butter, vanilla and nutmeg.—MISS MARIE H. FORD, Pasadena.

Strawberry Fluff

- 1 1-4 cups strawberries
- White of 1 egg
- Orange flavoring
- 1 cup fine sugar
- Macaroons
- Whipped cream

Put strawberries, sugar, and the white of an egg into a bowl. Beat with an egg-beater until stiff enough to hold its shape. Pile lightly on a dish chilled and surrounded with macaroons. Serve with whipped cream, sweetened and flavored with orange.—LEONYA JONES, Nautilus Club.

Strawberry Puff Served with Boiled Custard

- 1 cup luscious strawberries
- 1 cup powdered or granulated sugar
- 2 eggs
- 1 pt. fresh milk
- Macaroons

Prepare strawberries and place into a deep mixing bowl; to this add sugar and the white of 1 egg. Beat well for about 20 minutes when the puff will be so light as to stand alone. To the yolk left over add 1 egg and beat very light; then place upon the stove a saucepan containing the milk; when this has reached the boiling point pour about one-half into the boil containing the beaten eggs, beating well at the same time; then pour this back into the remainder of the milk. By making boiled custard this way it will never curdle. Flavor and sweeten and set aside to cool.

HOW TO SERVE (TWO WAYS)

Chop fine some macaroons; place in small berry dishes; cover with strawberry puff and pour over all the boiled

custard. (Serve). Without the macaroons serve the puff and custard with any kind of sliced cake.—MRS. E. CHANDLER, Fanny Coppin Club, 944 36th St., Oakland.

Nautilus Water Ice

4 lemons
1 can pineapple
3 eggs
4 oranges
4 cups water
4 bananas
4 cups granulated sugar.

Juice of lemons, oranges, bananas, chopped very fine, pineapple also chopped fine. Add to the juice 4 cups of water and sugar. After mixing all together place in the freezer and freeze. When about half frozen open the freezer carefully and add the white of 3 well beaten eggs. Close, thoroughly freeze and pack. This will make about 1 gallon.—MR. CHAS. TILGHMAN, 1666 13th St., Oakland.

Berkeley Special

Take a small tin of marshmallows, cut them up in small pieces and let them soak over night in a cool place in one-half pint of cream. Next morning add another half pint of cream, a little vanilla and whip with an egg-whipper till it stiffens, after which pour into small glasses and cover with chopped walnuts. If the cream does not thicken, a tablespoon of gelatine (boiled) may be added.—LEONYA JONES, Nautilus Club.

Cakes

Sunshine Cake

Whites of 11 eggs
One and one-half cups granulated sugar
One and one-half cups granulated sugar
1 cup Swans-dawn flour
1 teaspoon vanilla
Yolks of 8
1 teaspoon cream tartar

Add cream of tartar to flour. Sift the second time. beat whites and yolks separately. Add sugar to the eggs, then flour. Add vanilla last and bake 45 minutes in moderate oven.—MRS. MATTIE GRIFFIN, 219 Clay St., Pasadena.

Walnut Cake

- 6 large spoons of sugar
- 6 eggs beaten separately
- 6 large spoons of chopped nuts
- 1 large spoon of sifted flour
- 1 pint whipped cream

Bake in moderate oven.—MISS ETHEL BRADSHAW, Pasadena, Cal.

Ice Cream Cake

- Whites of 8 eggs
- 2 cups sugar
- 1 cup corn starch
- 3 teaspoons baking powder
- 1 cup sweet milk
- 2 cups flour
- Two-third cup butter

Sift the powder, flour and corn starch together twice; beat whites of eggs, cream, butter and sugar; add these together; whip in flour. Bake cake in layers an inch thick.

Strawberry Whip

Select choice strawberries. Put sugar over them; mash with a spoon. Use whipped cream. Put strawberries in individual glasses, then whipped cream. Alternate layers until glass is full. Makes a very pretty dessert.—MRS. L. E. WILLIAMS, 66 Alessandro Place, Pasadena.

Apple Cake

- 1½ cup apple sauce
- 1 cup sugar
- ½ cup butter
- 2½ cups of flour
- 1 cup of raisins
- 1½ cup walnuts
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- ½ teaspoon cloves
- 1 teaspoon of soda
- ½ teaspoon baking powder.

Bake 1 1-2 hours in slow oven.—MRS. C. C. PRINCE, Pasadena, Cal.

Plain Cake

One and one-half cup sugar
 2 small teaspoons baking powder
 1 cup milk
 Flavoring
 Three-quarters cup butter
 2 and one-half cups flour
 4 eggs well beaten

Bake in loaf or layers. Use any kind of filling desired.
 —MRS. J. H. GRAY, Los Angeles.

Angel Food Cake

Whites of 11 eggs
 Sugar
 1 teaspoon cream tartar
 One and one-half cups granulated
 1 cup Swan-dawn flour
 1 teaspoon vanilla

Add cream of tartar to flour and sift second time.
 Beat whites of eggs very stiff, add sugar to eggs, then flour
 Add vanilla last. Bake 45 minutes in moderate oven.
 MRS. MATTIS GRIFFIN, 219 Clay St., Pasadena.

Cream Cake

MRS. B. L. TURNER'S

1 cup of sweet cream
 2 cups of flour
 1 cup of sugar
 3 eggs, whites only
 2 teaspoons baking powder
 1 teaspoon vanilla

Makes one small loaf.

White Cake (Good) No. 1

One-half cup butter
 5 eggs (whites only) beaten stiff
 3 cups flour
 Flavor to taste
 1 cup milk
 One and one-half cups sugar
 2 teaspoons baking powder

MRS. SIMPSON, Bakersfield.

Birthday Cake

One-half cup butter
 Two-thirds cup milk
 Three and a half teaspoons baking powder
 1 teaspoon vanilla
 One-half cup raisins, seeded and cut in pieces
 One-half cup walnut meat cut in pieces
 One-third cup currants
 One and one-quarter cups brown sugar
 Yolks 2 eggs
 Two and one-quarter cups flour
 1 teaspoon orange extract
 2 tablespoons sherry
 2 tablespoons candied orange peel, finely cut
 Whites 2 eggs

Follow directions for making butter cake mixtures. Bake in a buttered and floured pan in a slow oven one and one-quarter hours. Cover with ornamental frosting.—MRS. ISABELLA J. BARRAUD, San Francisco.

Cheap Sponge Cake

Yolks 3 eggs
 1 tablespoon hot water
 One and one-half teaspoon baking powder
 2 tablespoons vinegar
 1 cup sugar
 1 cup flour
 One-fourth teaspoon salt
 Whites 3 eggs

Beat yolks of eggs until thick and lemon colored. Add sugar gradually, and continue beating, then add water, flour, mixed and sifted with baking powder, salt and whites of eggs beaten until stiff then vinegar. Bake 35 minutes in a moderate oven in a buttered and flour cake pan.—MRS. E. WINN, Pasadena.

Lightning Cake

1 heaping cup of flour
 1 cup sugar
 1 good teaspoonful baking powder

Sieve together. Break 2 eggs in a cup and butter size of an egg melted, then fill up cup with milk. Flavor with lemon extract and bake in two layers.—MRS. C. P. COOPER, Los Angeles.

Filling

Four cups sugar boiled until it candies. Pour while boiling, over the well-beaten whites of four eggs. Whip until cool. Add one teaspoon citric acid and two teaspoons extract of vanilla. Spread filling same thickness as cake.—MRS. CHARLES WILLIAMS, 396 South Pasadena Ave.

White Cake

1 cup sugar
One-half cup milk
Whites of 4 eggs
One and two-thirds cups sifted flour
1 rounded teaspoonful baking powder

Cream butter and sugar and sift baking powder and flour 3 times. Add to butter and sugar a little flour and eggs before the milk then the remaining whites and flour gradually. Thoroughly mix and flavor. Double receipt if wished. Bake in moderate oven.—MISS F. WEBSTER, 238 W. Third St., Hanford.

Metropolitan Cake

2 cups granulated sugar
1 cup sweet milk
Whites 8 eggs
Lemon flavoring
1 cup butter
Nearly 4 cups flour
3 teaspoons baking powder

Bake a little more than three-fifths of the mixture in jelly tins; to the remaining batter add, 1 teaspoon cloves, one-fourth of a lb. sliced citron; one-fourth lb. of chopped raisins. Bake in jelly tins. Put together with boiled icing.—MRS. BERTHA L. TURNER.

O. K. Cake

Whites of 11 eggs
1 cup butter
1 cup milk
Two and a half cups sugar
4 cups flour
4 teaspoons baking powder

Flavor to taste. Bake in a loaf.—SELECTED.

Fruit Cake

10 eggs
 12 ounces of butter
 One and one-half lb. raisins
 1 lb. flour 1 nutmeg
 1 lb. sugar
 One and one-half lb. currants
 Half lb. citron
 1 teaspoon each allspice and cinnamon
 One-half teaspoon cloves
 Juice and rind of one orange
 Juice and rind of one lemon

Beat eggs all together till light. Beat butter to a cream, add sugar. Beat again. Add the eggs, then the flour, then the spices. Beat well. Steam and seed raisins, clean, wash and dry the currants. Cut the citron into shreds. Mix the fruit and flour it well, then add it to the cake. Add orange and lemon. Stir all together, use greased paper in two pans. Bake four hours. This will make two four-lb. cakes.—MRS. CHAS. WILLIAMS, Pasadena.

Egg Cake

1 cup butter
 Two and a half cups flour
 1 cup eggs, whites and yolks together
 One and one-half cups sugar
 1 heaping teaspoon baking powder
 1 heaping teaspoon vanilla extract

Beat eggs until light; add sugar, cream, butter and flour together, then add eggs, sugar, baking powder and extract. If directions are followed no milk is needed, but if dough is too stiff one-half cup of milk may be added.—MRS. SUSIE HALL, Bakersfield.

Scripture Cake

1 cup of butter (Judges 5th chap. 25th verse)
 2 cups of sugar (Jeremiah 6th chap. 20th verse)
 3½ cups of prepared flour (1 Kings 4th chap., 22d verse)
 2 cups of raisins (1 Samuel, 90th chap., 12th verse).
 1 cup of almonds (Genesis, 43rd chap., 1th varse)
 1 cup of water (Genesis, 24th chap., 20th verse)
 6 eggs (Isaiah, 10th chap. 14th verse)
 A pinch of salt (Leriticus, 2nd chap. 13th verse)

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1 large spoon full of honey (Exodus, 16th chap. 318 verse)
 Sweet spices to taste (1 Kings, 10th chap., 2nd verse)
 3 teaspoons baking powder, (Amos, 4th chap., 5th verse)

Follow Solomon's advice for making good boys first clause of the 23rd chap. 14th verse of Proverbs, then bake.
 —MRS. L. E. WILLIAMS, 66 Alessandro Place, Pasadena.

Boston Favorite Cake

Two-thirds cup butter
 2 cups sugar
 4 eggs
 1 cup milk
 3½ cups flour
 5 teaspoons baking powder

Cream the butter, add sugar gradually, eggs beaten until light, then milk and flour mixed and sifted with baking powder. This recipe makes two loaves or one-half the mixture may be baked in individual tins.—MRS. ISABELLA J. BARRAUD, San Francisco, Cal.

Spanish Cake

½ cup butter
 1 cup sugar
 Yolks 2 eggs
 ½ cup milk
 One and three-fourths cups flour
 3 teaspoons baking powder
 1 teaspoon cinnamon
 Whites 2 eggs

Mix ingredients in order. Bake in shallow tins and spread between and on top caramel frosting.—MRS. ISABELLA J. BARRAUD, San Francisco, Cal.

Apple Sauce Cake

2 cups of flour
 1 cup of sugar
 2 level teaspoons soda
 1 teaspoon cinnamon
 ½ teaspoon cloves
 ½ teaspoon nutmeg, grated
 3 tablespoons of chocolate
 1 tablespoon corn starch

Sift all dry ingredients together; add 1½ cups of apple sauce and ½ cup of melted butter. Bake in moderate oven.—MRS. L. A. DISARD, Mother's Club, Oakland.

White Mountain Cake

- 1 pound sugar
- 1 pound flour
- 1 half pound butter
- 6 eggs
- 1 large cup of milk
- 2 teaspoonfuls cream of tartar
- 1 teaspoon of soda
- Juice of one lemon

Mixing process—Beat yolks and white together first. Then the sugar, beat the butter in a separate dish, and then add to the other. Take the milk, divide, and put soda in one-half and cream of tartar in the other; just before you put in the oven put both milks together. Bake one hour; mix the flour in after the butter.—MRS. BELLE MOSS, 956 5th St., Oakland, Cal.

X Devil's Food Cake X

- 1 cup of butter
- 2 cups of sugar
- Yolks of 5 eggs
- 1 cup of milk
- 3 cups of flour
- 1-2 cup of chocolate melted
- 1 teaspoon of flavoring
- 2 teaspoons of baking powder
- White of 5 eggs

Mix in order, bake in sheet, ice with chocolate or boiled icing.—MISS ETHEL BRADSHAW, Pasadena.

White Mountain Cake

NO. 1

- 1 teacupful butter
- 1 pint sifted flour
- 1 teaspoonful nutmeg
- 1 pint sour cream or milk
- 3 teacupsful sugar
- 1 lb. seeded raisins
- 1 teaspoon powdered cinnamon
- 1 teaspoonful soda

Beat or whip butter and sugar; when quite light stir in flour; add raisins chopped fine. Mix flour and spices and add sour cream or sour milk in which soda has been dissolved. Bake in buttered tins immediately, 1 hour, in a moderate oven.—MRS. MOLLIE LANE, Hanford.

Potato Cake

- 1 cup of chopped raisins
- 1 cup of chopped walnuts
- 1 cup of grated chocolate
- 4 eggs
- 2 cups of sugar
- 2½ cups of flour
- 2 teaspoons of baking powder
- 1 teaspoon of allspice
- 1 teaspoon cloves
- 1 teaspoon cinnamon
- 1 cup butter
- 1 cup mashed potato

Very good.—MRS. R. H. HUNTER, Elevado Drive, Pasadena, Cal.

Sponge Cake

- 1 cup of sugar
- 3 teaspoons cold water
- 2 teaspoons baking powder
- 4 eggs
- 1 cup flour
- 1 teaspoon lemon juice
- One-fourth teaspoon salt

Separate yolks from whites of eggs. Beat yolks till creamy and whites till stiff. Add sugar to yolks, then flour, water, salt, baking powder and lemon juice. Beat well then fold in whites of eggs carefully. Bake in moderate oven.—MISS RUTH PRINCE, 384 N. Vernon Ave., Pasadena, Cal.

Velvet Cake

“A WILDERNESS OF SWEETS”

- One-half cup butter
- Yolks 4 eggs
- One and one-half cups flour
- 4 teaspoons baking powder
- One-third cup almonds blanched
- One and one-half cups sugar
- One-half cup cold water
- One-half cup corn starch
- Whites of 4 eggs

Cream the butter, add sugar gradually, yolks of eggs well beaten and water. Mix and sift flour, corn starch

and baking powder and add to first mixture, then add whites of eggs beaten until stiff. After putting in pan, cover with almonds and sprinkle with powdered sugar. Bake forty minutes in a moderate oven.—MRS. A. SHAW, 200 Glorietta St., Pasadena, California.

RECIPES

Cheap cake.
 $\frac{1}{2}$ c butter $\frac{1}{2}$ c sugar, 1 c milk
 3 c sifted flour, 4 tsp. B.P.
 4 tbs. of eggs.

Spiced cake.
 1 c butter
 1 c sugar cream milk + add,
 $\frac{1}{2}$ c milk
 $\frac{1}{2}$ c molasses
 2 c milk
 2 c sugar
 $\frac{1}{2}$ c sifted flour
 $\frac{1}{2}$ tsp soda $\frac{1}{2}$ salt, $\frac{1}{2}$ cinnamon
 2 tbs, $\frac{1}{2}$ nutmeg, $\frac{1}{2}$ ginger
 Bake in small sheet.

RECIPES

(last)

Chicken Squash

Put in a granite pan 1 table
 sp butter + add to it 1 tea sp
 finely chopped onion + 1 deep
 ing table sp. of flour. stir in
 till smooth turn in 1 liquid
 from a small can of
 mushroom 3 cups of rice +
 chopped chicken season
 with salt, pepper + nutmeg
 add 1 glass of sherry + 1/2
 of 2 eggs. 1/2 can of mushroom
 cream. chopped rice + oil
 until it bubbles low fire
 fire + roll in butter +
 + cracker crumbs. + egg.

RECIPES

Chicken Coddles
 Prepare the chicken etc same
 as croquets and mix
 up sauce. This is the sauce
 3 table sp. butter in which
 1 slice onion chopped fine
 & 1 table sp. of flour, 2 c milk, or
 should you have the liquor
 from oysters use as much as
 you have & the rest milk cook
 until it thickens then add
 5 drops to basco sauce, salt, &
 chopped parsley to taste.

RECIPES

- 1 c white sugar
 2 1/2 table sp cream salt
 2 eggs
 1/2 c milk
 1/2 c water
 4 tea sp B.P.
 1 tea sp salt
 1/4 tea sp cinnamon
 nutmeg
 3/4 c flour

Cookies and Small Cakes

Cream Cookies (Excellent)

1 cup thick sour cream
 Butter size of an egg
 1 teaspoonful soda
 Or cocoanut
 1 cup sugar, 1 egg
 1 half teaspoonful of salt
 3 fourths cup of walnuts
 1 half cup of seeded raisins chopped fine
 1 half teaspoonful cinnamon

Cream sugar and butter, beat eggs with sugar and butter until light. Mix soda into sour cream and stir altogether. Add all the other ingredients and enough flour to make a very soft dough. Roll thin and bake in a quick oven.—MRS. JULIA ROBERTS.

Sugar Cookies

8 tablespoonfuls sugar
 7 tablespoonfuls milk
 3 eggs and flour enough to thicken
 6 melted butter
 2 teaspoonfuls baking powder
 Stir butter into sugar

Beat eggs light and add them to the butter and sugar stirring well, then add milk, sift powder with a little flour then roll thin cut like biscuits, grease pan with a little lard and bake in a quick oven.—MISS F. WELCHER, 228 W. Third St., Hanford.

Russian Rock Cookies

1 1-2 cup of brown sugar
 3-4 of cup of butter
 3 eggs
 1 teacup of chopped nuts
 1 teaspoonful of soda
 1 teaspoonful of cinnamon
 2 1-2 cups of flour
 1 cup of chopped raisins

Roll out thin and bake in a moderate oven.—MRS. R. E. WELLS, Literary and Industrial Club, Pasadena.

Sure Gingerbread

1 half cup sugar
 1 fourth cup butter
 Teaspoon soda
 Pinch of salt
 Half teaspoon ginger
 1 egg
 1 half cup molasses
 Half cup sour milk
 1½ cup flour
 Teaspoon of cinnamon
 Half teaspoon cloves

Take sugar, molasses, butter, sour milk, soda (dissolved in milk), flour, salt, cinnamon, ginger, cloves. Add the egg. Stir all together and bake in a moderate oven.—MISS LILLIAN B. GRAY, Nautilus Club.

Doughnuts

2 eggs
 1 cup granulated sugar
 1 teaspoon baking powder
 2 tablespoons pure lard
 1 half pint skimmed milk

Mix together well-beaten eggs, lard, sugar, milk, baking powder with flour enough to make a soft dough.—MRS. BERTHA L. TURNER.

Doughnuts

1 cup sugar
 2 eggs
 1 cup sour milk
 1 teaspoon soda
 4 tablespoons melted lard
 flour for soft dough

Fry in hot fat.—Selected.

Walnut Wafers

2 eggs
 A pinch of salt
 1 fourth teaspoon baking powder
 1 cup brown sugar
 7 tablespoons of flour

Add 1 cup chopped walnuts and drop from a teaspoon on buttered tins.—MISS SUSIE SYLMON.

Walnut Wafers

3 eggs
 8 tablespoons flour
 1 cup chopped nuts
 1 cup brown sugar
 1 fourth teaspoon baking powder
 Vanilla. Salt

Beat eggs well, add sugar, flour and baking powder, vanilla, salt and nuts.—MRS. E. WINN.

Old English Cookies

3 cups of flour
 1 and 1-2 cups sugar
 1 cup butter and lard
 1 teaspoon soda in one-half cup boiling water
 1 lb. nuts chopped
 3 eggs

Spice and flavor to taste

1 lb. raisins chopped and seeded.—MRS. JOHN BRYANT, 180 Glorietta St., Pasadena.

Plain Cookies

1 cup white sugar
 1 egg
 2 teaspoons baking powder
 1 teaspoon vanilla
 1 half cup butter
 2 tablespoons milk
 Pinch of salt
 Flour enough to roll thin

MRS. E. WINN.

Oatmeal Cookies

1 cup sugar
 2 cups of oatmeal
 1 teaspoon cinnamon
 3 fourths cup butter
 2 eggs
 3 fourths teaspoon of soda

Dissolved in a tablespoon of hot water. 1 half teaspoon of salt. 1 cup of flour mixed with 1 cup of raisins, cut in small bits. Make in the size of a hickory nut and bake in buttered pans. Tested.

Mrs. Turner's Small Cakes

3-4 cups of butter
1 cup of sweet milk
2 teaspoons of baking powder
1 teaspoon of cream of tartar
Whites of 8 eggs
2 large cups powdered sugar
3 cups of flour
1-2 teaspoon soda

Cream butter and sugar well, add milk with soda dissolved, add flour which has been sifted four times with cream of tartar and baking powder, add whites of eggs beaten stiff, flavor lemon juice. Bake in sheets, cut in desired shapes, split and fill with cream filling, ice sides and top with boiled icing.—(Decorate).

Ginger Snaps

1 cup brown sugar
1 cup butter and lard
1 cup baking molasses
Boil until it bubbles up
When cool add 1 large teaspoon soda in hot water
1 dessertspoon ginger
1 teaspoon cloves
1 egg just beaten enough to mix it. Flour to stiffen

Mix day before you bake.—MISS SUSIE SYLTON, Pasadena.

RECIPES

Loaf. Cake.

- 1 cup. Krisco.
 4 " sugar (add 1 cup at a time)
 1 1/2 " milk
 4 " flour. (cup + measure after)
 3 spoons B.P.
 1/2 of extract
 10 eggs. (whites.)

Frosting

- 1 cup sugar. powdered well let come
 to a boil + boil until it strands
 beats white of 1 egg. 2 table spoon of
 double if you want double rising.

cake

- 1 lb 2 cups flour
 1 " sugar
 pinch salt
 1 cup B.P. sift this in a bowl.
 then 1 lb 2 egg, 8 table sp. butter
 1 cup milk + mix together. then
 add to other mixture.

RECIPES

Harlequin Cake.

Whites of 4 eggs
 1/2 cup sugar
 pinch salt - 1 sp. lemon. mix them

take yolks of 4 eggs.

1/2 cup sugar

1 sp of vanilla mix all together
 and beat well then put 1/2 cup

Potato flour 1 sp B.P.

Bake in layers. fill of whipped
 cream & sliced berries.

Ice Cream, Ices, Sherbert

"We are such things as dreams are made of."—Shakespeare.

Ice Cream, Ices and Sherbert—Scald freezer and cool. Fill not more than three-fourths full. Pack with 3 parts of ice and 1 part of salt. Turn slowly at first and as quickly as possible, when it commences to turn hard. When impossible to turn any more, remove dasher, pack down solidly, cover with ice and allow to stand three hours.

American Ice Cream—1 quart of milk

1 cup of sugar
1 tablespoonful of vanilla
3 eggs

Make custard of sugar, milk and eggs, cool; add flavoring and freeze.

Philadelphia Ice Cream—1 pint of milk

1 pint of cream
1 cup of sugar
1 tablespoon of vanilla

Scald milk and cream; add sugar, cool and add flavoring. Freeze.

French Cream—1 pint of milk

1 pint of cream or 1 quart of thin cream
1 cup of sugar
1 tablespoon of vanilla
6 egg yolks

Make a custard of cream, sugar and eggs; cool, add flavoring and freeze.

To make Chocolate Cream, melt and add from 2 to 4 squares of chocolate.

Coffee Cream—Add 1-2 pint boiled coffee, omit vanilla.—MRS. KATE MANN BAKER, Pasadena.

Maple Mousse

1 cup maple syrup
2 tablespoons gelatine
4 eggs
1 pint cream

Put syrup on stove and when heated, stir in the beaten yolks for 15 minutes, then take off the fire and stir until it thickens; after it is cool beat in the whipped cream and pack in freezer. It can be served another way. Dissolve 2 tablespoons of gelatine in a little hot water very thoroughly and

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stir well into the mixture and set aside to congeal; either way is delicious. This will serve ten persons well.—MRS. L. PERRY, 492½ S. Fair Oaks Ave., Pasadena.

Frozen Plum Pudding

1 pint milk
Yolks of 6 eggs
1 tablespoon vanilla
1 small can of pineapple
1 fourth candied or preserved cherries
1 pint of cream
2 cups of sugar
2 tablespoons chocolate
3 bananas juice of 1 orange

Make a custard of the eggs, milk and sugar, in a double boiler; melt the chocolate and put it in the custard. When custard is cold put it in the cream, fruit and flavoring and freeze very stiff.—MRS. L. PERRY.

Caramel Ice Cream

1 quart milk, put it on to heat. Put 1 cup granulated sugar in sauce pan, place on the stove and let it melt to a dark brown, stirring all the time and as soon as the last bit is melted pour into the warm milk; beat the yolks of 4 eggs and stir in together with one heaping teaspoon flour, a half cup of sugar, a small piece of butter. As soon as it begins to thicken remove from fire and add a quart of cream and freeze when cool.—MRS. BERTHA L. TURNER, State Superintendent of Domestic Science.

Ices

1 quart of water. 2 1-2 cups of sugar and flavoring. Boil water and sugar together for 10 minutes; add fruit juice to syrup.

Lemon Ice—4 lemons and 1 orange, or 6 oranges and 1 lemon; or 1 quart of strawberries and 1 lemon.

Cherry Ice—Pit and crust two quarts of cherries, sprinkle with a quart of sugar. Add the crushed kernels of a dozen cherries and let stand two hours. Add a pint of water, press through a strainer, and partially freeze. When nearly frozen, add the stiffly whipped whites of two eggs and finish freezing. Serve in glasses with decorations of fresh cherries or small candy water lilies.—MRS. KATE MANN BAKER, Pasadena.

The Parson's Pineapple Ice

1 quart canned pineapple
2 lbs. granulated sugar
Juice of 6 lemons
White of 3 eggs

Add lemon juice to the pineapple.. Dissolve sugar in 3 quarts of water and let come to a boil. Set aside to cool. Stir in the fruit and begin to freeze. When about half frozen open and add the beaten whites and finish freezing. This makes one gallon.—MRS. G. M. TILLMAN.

Sherberts are ices made of milk instead of water. When the ice is nearly frozen add the stiffly whipped whites of two eggs and finish the freezing.

Strawberry Milk Sherbet

Mash a pint of hulled berries, add three-fourths of a cup of sugar and the juice of a lemon. Stir until the sugar is melted, then set on the ice, meantime freeze a pint of milk sweetened with a half cupful of sugar and favor with vanilla. When of a mush like consistency strain into it the fruit juice and finish the freezing.—MRS. K. M. BAKER.

Old Pacific Slope Punch

For 3 gallons of punch, 2 dozen lemons. Take the juice of 1 1-2 dozen lemons, add 2 lbs. of sugar and let stand 30 minutes, then add 4 quarts claret wine, the other half dozen lemons rolled and sliced thin, add large piece of ice, 3 quarts of charged water and 1 pint more of claret.—MRS. B. L. TURNER.

Siberian Punch

1 quart thick cream
1-2 pint white of eggs beaten
1-2 tablespoon cornstarch
1-2 pint fine sugar
2-3 cup of best brandy

Let cream come to boiling point. Mix eggs, sugar, corn starch together, then stir slowly in boiling cream, until cooked, let cool, add brandy when partly frozen and candied fruit.—MRS. B. L. TURNER, Pasadena.

Orange Frappe

Peel sweet oranges and chop the fruit very fine, removing all seeds and bits of membrane. Add sugar to taste

and to a pint of the orange juice and pulp a half pint of cold water and the juice of two large lemons. If more sugar is needed add it now. Turn into a freezer and grind until quite stiff, then pack down and leave to ripen for three or more hours. Before serving, put a maraschino cherry on top of each glass of frappe.—MRS. KATE MANN BAKER.

RECIPES

(pat)
 Strawberry Salad
 Chill 6 firm ripe berries
 arrange on bed of lettuce
 or water cress. to each serving
 1 slice of bell pepper chopped fine
 1 table sp. full of berries may
 rise top off with puffed
 whipped cream.

(pat)
 Mint Sauce
 1 small bunch of mint
 chopped fine, 2 table sp sugar
 1 table sp. lemon juice,
 1/3 c vinegar.

RECIPES

Nut-Bread.

- 2 eggs.
1 cup Brown sugar.
1 cup milk sweet or sour
2 Table sp. of melted butter
1 1/2 cups of graham flour.
1/2 " of white flour.
1/2 cup soda.
1 cup chopped nuts.

Preserves and Jellies

Jim Jam

- 1 quart raspberry juice
- 1 quart Logansberry juice
- 1 lb. box of currants
- 1 quart blackberry juice
- 1 lb. box of raisins
- 1 doz. oranges and peel cut in little dice

One cup sugar for every cup of juice. Boil hard for 20 minutes. Put in jelly glasses.—MISS FLORENCE P. WEIMER, Pasadena.

Orange Marmalade

- 7 cups of water
- 7 oranges
- 7 cups of sugar

Take 7 nice ripe oranges (not soft) slice them thin and let them stand in water for 48 hours, then add sugar. Boil all together until as thick as you wish in the same water. This marmalade will not be bitter.—MRS. COMMENT PRINCE, 318 Kensington, Pasadena.

Orange Marmalade

- 5 large oranges sliced thin
- 3 quarts of water
- 2 lemons

Put all in kettle and boil a half hour. Add 3 quarts of sugar and boil 3 quarters of an hour. Fill glasses. Set away. Delicious.—MRS. WESLEY MILLER, Pasadena.

Strawberry Preserves

Select choice firm berries. Measure pound for pound of the fruit and sugar, pour the fruit over the berries and let stand over night. With a wire spoon or ladle dip the berries out of the juice and put on a platter to dry in the hot sun for a day. Put on the juice, let cook until thick and ready to pour in the glasses or jars, drop in the berries and fill your jars, then pour the hot syrup over them and seal. They will be whole red berries almost as bright as when fresh. The same recipe is good for any berries.—MRS. ELIZABETH ROBERTS, 66 Alessandro Place, Pasadena.

Orange Jelly

Take 12 oranges, grate the rind of 6. Cut the 12 oranges together. Take 7 lemons, grate the rind of 3. peel 4. Cut the 7 lemons with the oranges, cut in small pieces. Measure the fruit. To each cup of fruit put 1 half cup of water. Put on and boil 40 minutes. Set off and stand 24 hours, strained; to each cup of juice and 1 and 1 half cup of sugar. Boil 20 minutes.—MRS. M. B. DANLEY, 502 Worcester Ave., Pasadena.

Red Watermelon Preserves

1 lb. red watermelon
1 lb. granulated sugar
Ginger and lemon to taste

Cut ripe melon in small pieces, take out the seeds. Make a syrup of the sugar, add ginger root or powdered ginger and sliced lemons for flavoring. Let boil about 15 minutes, then add the melon and cook in the syrup until it is transparent. Seal as you would peaches or other preserves. Very good. —MRS. G. M. TILLMAN, Second Honorary President of State Federation.

Grape Fruit Marmalade

Take 6 medium sized grapefruits and put on to boil in cold water. Boil until tender when pricked with a fork pour off the water and when cold, cut unpeeled into little cubes taking care to pick out all of the seeds; measure pound for pound of fruit and sugar, add one cup of water, cook until the fruit is clear and the syrup thick, put away in glasses or jars. Same recipe may be used for lemon.—MRS. ELIZABETH ROBERTS, 66 Alessandro Place, Pasadena.

Fig Sweet Pickles

Peel the fruit and put in the hot sun to dry for a day or two, make a syrup of 6 lbs. of fruit to 3 lbs. of sugar, 1 quart vinegar, season with spice, cinnamon and ginger, add a cup of water and boil to a nice syrup, drop in the figs and boil until tender, put in jars and pour the boiling syrup over them and seal.—MRS. ELIZABETH ROBERTS, 66 Alessandro Place, Pasadena.

Stuffed Dates

Make a cut the entire length of dates and remove the stones. Fill cavities with English walnuts or blanched almonds or pecans, and shape in original form. Roll in granulated sugar, and pile in rows on a small plate covered with a doily.—MRS. ISABELLA J. BARRAUD, San Francisco.

Chocolate Candy

1 half cake chocolate

2 cups sugar

Cook in a sauce pan, stirring until done, then beat until stiff. Pour in a greased pan and when cool, cut into squares.—MRS. LILLIAN V. TURNER, Pasadena.

Peanut Brittle

Shelled nuts

Granulated sugar

Put sugar in a frying pan over a slow fire and stir constantly with a wooden spoon till the sugar is melted and brown. Have the nuts on a pan and pour the melted sugar quickly over them.—MISS RUTH PRINCE, Pasadena.

Panoche

1 cup granulated sugar

1 cup nut meats

2 tablespoons butter

2 cups light brown sugar

1 half cup milk

Stir all except nuts over fire. Boil without stirring until a very soft ball is formed, when it is dropped in cold water. Take from the fire, add nuts and beat. Turn into buttered pan and when cold cut into squares.—MISS RUTH PRINCE, Pasadena.

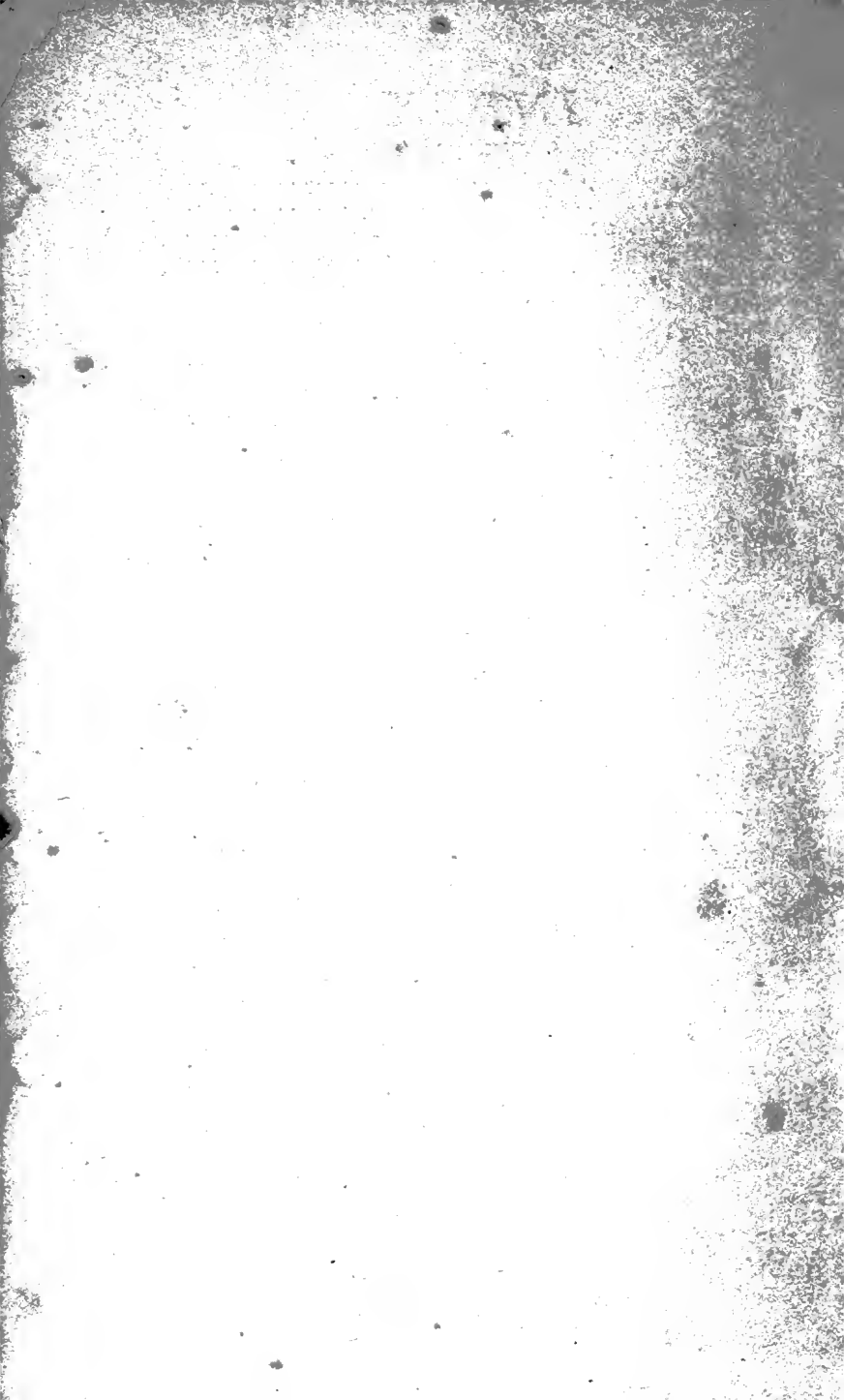
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