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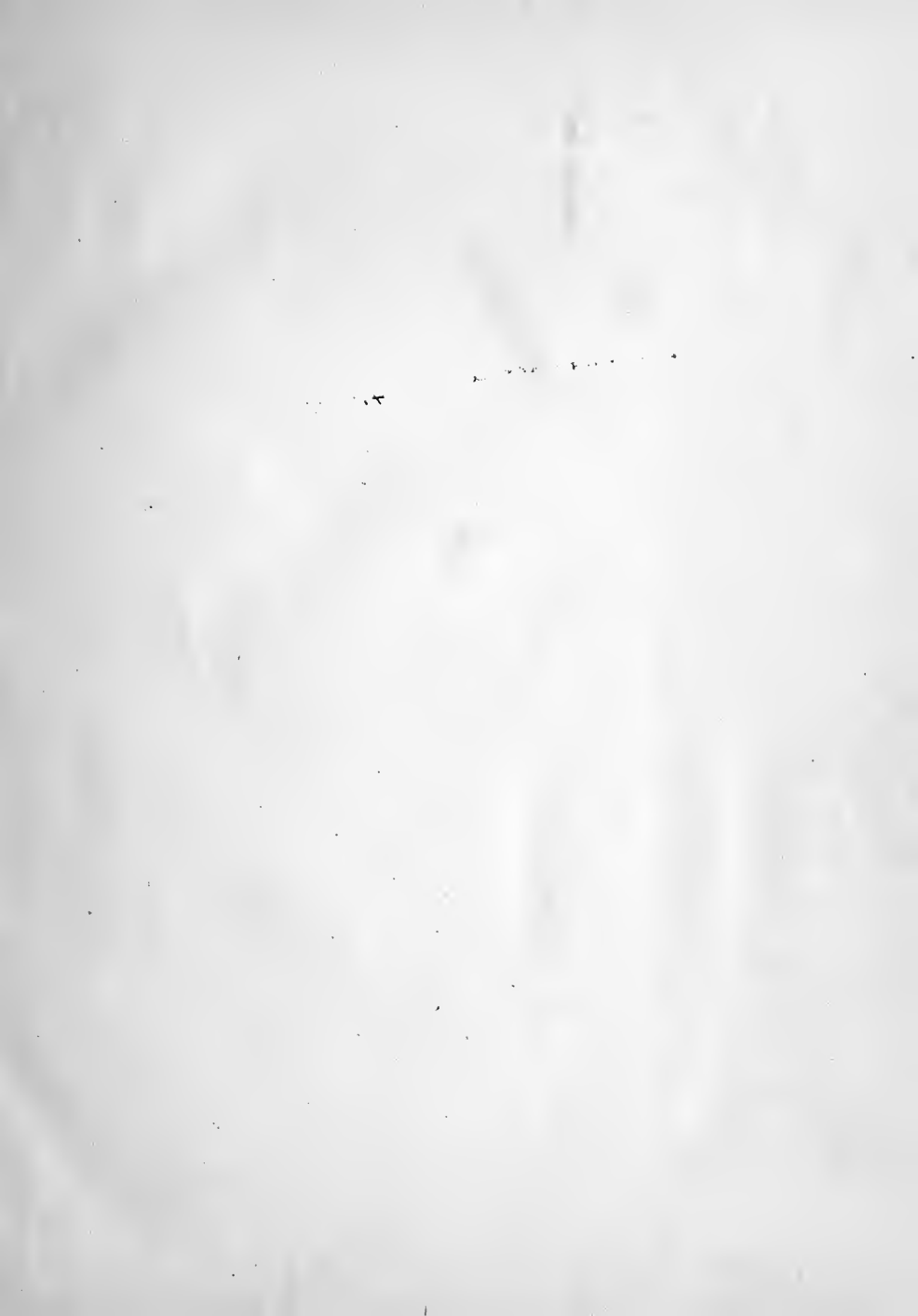


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Now good digestion waits on appetite and health on both.

—Shakspeare

But civilized man cannot live without cooks.

—Owen Meredith

“Or cloy the hungry edge of appetite by bare imagination
of a feast.”

“Some said, ‘John, print it;’

Others said, ‘not so;’

Some said ‘it might do good’

Others said: ‘no.’”

INTRODUCTION

BY PROFESSOR MARION TALBOT, THE UNIVERSITY OF CHICAGO

As one industry after another has vanished from the household, a tendency has arisen to belittle the importance of household administration and to consider it more or less as drudgery. The newer sociological studies are however beginning to show that "in the centre called the home" are found the influences which to a large extent determine the character of the community and society at large, and there is no department of the home which is of more importance to the family and the community than the kitchen. A few illustrations will prove this. A political economist has said that "Half the struggle for life is a struggle for food" as shown by the fact that the majority of wage-earners spend more than half of their earnings for food. An eminent physician declares his belief that avoidable errors in diet are responsible for more disease and wasted life than is alcoholic drink.

In administering her kitchen the housekeeper should know how to keep from worrying, and how to save time, strength and money. If she has proper training and a fit sense of proportion as to what is essential and what is non-essential, there will be little difficulty in any of these directions. Moreover, she must know that food must be palatable, digestible and nourishing. Everybody sympathises with the little boy who asked his grandmother "to please not give him nutritious food, but food that tasted good." And yet, while the first requisite of good food is that it should be palatable, care must be taken to recognize the fact that the palate is a guide to food which is very easily and in our country very often perverted.

Next in order comes digestibility, and here is a field for far more knowledge than a housekeeper can command with even extensive study of the subject. More food in this country is rendered useless for its purpose by poor cooking than can be estimated and much of this wastefulness is due to the desire to have the work done quickly. In general it may be said that the more hurriedly food is prepared the less palatable and the less digestible it is. A return to the slow cooking which was known in the days of the Dutch oven and the banishing of

the present methods of using gas would be real steps in advance. It must be remembered that the slow cooking demands less strength and time and attention from the cook than do the quick methods.

The popular idea that the nutritive value of food can be judged from its cost is altogether incorrect. The housekeeper, too, needs even more to be on her guard against so-called "health foods" than against adulterations. They are frequently less wholesome for people with normal digestions than ordinary foods well prepared, besides involving a large waste of money and a wrong conception of the value of food.

There is no more effective way of counteracting some of the vicious tendencies of the social world of today than by insisting upon simplicity in the preparation and serving of food, and every written or printed word that can help the housekeeper toward accomplishing this end is to be highly prized.

MISS MARION TALBOT,
Dean of Women University of Chicago.

MARKETING

Any article on marketing is necessarily unsatisfactory ; for no hard and fast rule can be laid down as to how to buy successfully. You must know first what you want to accomplish. Your problem may be to furnish a dinner for twelve persons with an expenditure of \$24 ; or you may have to provide a family of six with three meals a day for a week for the same sum. Neither of these problems is a difficult one ; but both give opportunities for comparative degrees of success or failure.

Good buying means getting good value for your money and choosing what is most suitable for the need of the delicate invalid, the breadwinner, or the sturdy, growing children. Too much attention cannot be paid to the children ; for they are the future citizens, and on them wisdom more than money must be expended. There is little excuse at the present day for the woman who has no knowledge of the physical needs of her children.

A little experience teaches one how to choose good meat, fresh fruit, and vegetables. Longer experience will teach one how to substitute one vegetable for another. Prices, like supplies, vary from day to day. Luxuries can and should be bought sometimes, cheaper foods being sandwiched in and the average cost being kept within bounds.

In choosing meats and poultry, until experience is gained, go to a reliable meat store. The law regulating the sale of diseased meats is so strict that there is little reason for fear from this source. Meat which is tough or that from animals which have not been well fed is often sold, and this should be carefully guarded against. In buying meat, choose that which is of a bright red color, fine grained, and well mottled with fat. What are the best joints, each housekeeper must decide for herself. She must know whether time or money is of the greater value. The best results for the benefit of the family are usually obtained when time is plentiful and well expended ; then good nourishment can be gotten from the cheapest and toughest of joints.

There is economy in buying some articles in large quantities ; but unless the household is large and there is a good place for storage, it is not advisable to buy perishable articles in quantities larger than can be quickly used. Canned goods, soups, sapolio, candles, starch, etc., do not deteriorate and so may be bought in bulk. In the case of other articles, much depends on the size of the family and the distance from the source of supplies.

MISS ELIZABETH YEOMANS,

Dean Wonan's Commons, University of Chicago.

SOUPS

Expect spoon meat—or bespeak a long spoon.
—SHAKESPEARE.

TOMATO

Take one can tomatoes, strain out all the pulp and seeds. Set on the fire with salt and pepper to taste, add also a little sugar. When the tomatoes come almost to a boil, add a pinch of soda, a little thickening made of teaspoon of flour smoothed in water; lastly add one pint milk and let the mixture come almost to the boil. Do not allow it to boil, as the tomatoes will curdle.

MRS. W. B. OWEN.

CLAM

Mince one onion very fine, boil it twenty minutes in a little water. Take one dozen clams minced very fine, then scald them in their own liquor; take one quart milk and boil separately; add together but do not let it boil. Pour immediately into tureen where minced parsley and small crackers or croutons are placed. Add pepper and salt and a lump of butter before putting into tureen.

MRS. CHARLES ALLEN MARSH.

FRENCH TOMATO

One quart can tomatoes, one pint hot water, one tablespoon sugar, one teaspoon salt, one small salt-spoon red pepper, one tablespoon butter, one heaping tablespoon chopped onion, one tablespoon corn starch. Put the tomatoes, water, sugar, salt and pepper on to boil in a porcelain stew pan; put the butter in a small sauce pan and when it bubbles put in the onion. Fry five minutes, being careful not to burn it; add the corn starch and when well mixed stir in the tomatoes. Let it simmer ten minutes, add more salt and pepper if needed, strain and serve with toasted crackers.

MARION OUSLEY RUSSELL

CORN PUREE

One can corn, one quart milk, two tablespoons butter, one tablespoon flour, one teaspoon of grated onion, little pepper, yolk of one egg. Chop the corn, cook with one quart milk in double boiler. Take one tablespoon butter, brown it with the onion and the flour in skillet, then add second tablespoon butter, pour in gradually one pint cold milk. Strain cooked corn and add the second preparation; let thoroughly cook; just before serving stir in one egg and salt.

MRS. B. S. TERRY.

PEANUT

Shell one pint roasted peanuts; remove the red skin and roll the nuts fine. Make a thin cream soup of one pint milk and one pint water, thickened with one level tablespoon flour rolled into one heaping tablespoon butter. When this is cooked through, add the powdered nuts, salt and pepper.

CONTRIBUTED.

CREAM

Heat two quarts of milk. Put one-half cup melted butter in double boiler; when hot stir in one cup flour; let cook five to ten minutes, so the flour will not be raw, then add milk slowly, stir well, so it will be smooth. Any vegetable, either canned or fresh, may be added. Cook it well and strain. Or one can lobster or shrimp make a fine soup—cut up fine.

CONTRIBUTED.

MOCK BISQUE

Use double boiler. Two tablespoons butter, two tablespoons flour, one pint of milk and one pint of boiling water mixed; salt and pepper to taste. Mix butter and flour together in sauce pan and stir until thoroughly blended; then add about four ounces of the milk and water and stir constantly until boiling; continue to add liquid and let boil each time until all the milk and water is added. Into this strain a can of tomatoes which has been cooked and to which a pinch of soda has been added.

MRS. HUTCHINSON.

BOUILLON

Boil one large chicken, five pounds beef with bone, and one slice of ham slowly, putting on in cold water, keeping covered until meat is tender. Remove the meat, strain the liquor and when cold remove the grease. Season to taste and just before serving add one teacup of good sherry wine. Enough for sixteen cups.

MRS. F. W. SHEPARDSON

CLAM AND CELERY

One cup clam broth, one cup stewed celery strained, two cups sweet milk, one tablespoon butter, one tablespoon flour, salt if need. Cut off the coarse stalks of the celery and stew with the tops, when tender strain through a coarse seive; wash six large clams, put on in a little water and set over a hot fire and let them cook until the shells open, strain off the broth and add the celery. Mix the butter and flour carefully over the stove and add milk gradually, stirring until it all creams, then stir the milk into the broth—not the broth into the milk, or it will curdle it.

MRS. G. C. BALDWIN.

CREAM OF CELERY

Cut four stalks of celery into small pieces, and cook forty minutes in sufficient water to make one quart when done. Mash through a colander, return to fire, have ready one quart boiling milk, which add, and season with a sprig of mace, a little onion, butter the size of an egg, salt and pepper to taste. Thicken with tablespoon of flour; just before serving add a cup of whipped cream.

ALMA B. SIMPSON.

SQUASH

One-third cup of cooked squash, one pint of milk, one slice onion, one tablespoon butter, one and one-half tablespoons flour, one-half teaspoon of salt, a few grains of pepper and celery salt; scald the milk with the squash and onion; remove the onion; stir in butter and flour rubbed smooth; add seasoning, cook two or three minutes.

MISS SHERWIN,

Boston School of Housekeeping

CELERY

One pint milk, one tablespoon of butter, one head of celery, one-half slice of onion, one small piece of mace. Boil celery in a pint of water from 30 to 45 minutes (until tender.) Heat mace, onion and milk together. Mix flour with two tablespoons cold milk, add this to the boiling milk and cook ten minutes. Mash celery in the water in which it is boiled, stir it into the boiling milk, add butter, and season with pepper and salt to taste. Strain and serve at once, adding a cup of whipped cream in tureen.

MRS. T. W. GOODSPEED.

POTATO

Six moderate-sized potatoes, three cups milk, one and one-half cups water, one and one-half small onions, three teaspoons salt, sprinkle of white pepper, three tablespoons flour, three tablespoons drippings. Boil the potatoes till soft, then drain and mash them. Cook the onion in the milk; when the potatoes are mashed, add the scalded milk, salt and pepper; rub it through a strainer; melt the drippings in a small saucepan, add the flour and a little of the soup, if required, add the thickening to the soup, let it boil up and serve with croutons.

MRS. H. E. SLAUGHT.

CLAM CHOWDER

One can clams, one-half dozen onions, one-half pound soda crackers, little salt and pepper, one pound salt pork, one-half dozen potatoes. Pour off juice of the clams and chop a little; cut pork into small pieces and try out in the pot; slice potatoes and onions; when pork is well done put in a layer of onions and a layer of potatoes; season well with pepper and salt; just cover them with water, cover the pot close and boil half an hour or until they are done, then put in juice of clams and half pound soda crackers dipped for a moment in cold water; have a quart of milk hot and pour in last of all. Excellent.

MRS. A. O. PARKER.

FISH

This fish was, well fished for.

—SHAKSPEARE.

It is unseasonable and unwholesome in all months that have not an "R" in their name to eat an oyster.—BUTLER (1599), "Dyets, Dinner."

CHOWDER OF CLAMS AND CELERY

Cook three dozen Little Neck clams in a quart and a half of water until the shells open. Remove the shells and the beards of the clams when cooked. Heat a pint of cream and a pint of milk to boiling. Have the clam broth hot and reduced by boiling to about one quart. Mix these hot liquids. Thicken with one tablespoon of flour and two ounces of butter. Cut about two ounces of fat salt pork into tiny squares and fry, without browning, in a pan with a little grated onion. Crush five hard Bent's crackers into small pieces. Chop a stalk of celery and cook in a little soup stock. Add the salt pork, the crushed cracker, the celery, and the potato to the clam broth, and salt and pepper to taste.

MRS. H. R. BRAINARD,
Home Delicacy Association.

FISH TURBET IN SHELLS

One pint cooked fish meat, four tablespoons bread crumbs, two yolks hard-boiled eggs, one tablespoon butter, two tablespoons flour, one cup cream or milk, one tablespoon chopped parsley, salt and pepper to taste. Scald the milk, rub the butter and flour together until smooth, add the hot milk and stir until it thickens, add the bread crumbs and stir for two minutes over hot water. Take from the fire, add the fish, parsley and seasoning. Mix gently, that the fish may not become stringy. Fill the greased shells, brush over with beaten egg, cover with fine bread crumbs, and bake in a quick oven.

ALICE AYLING.

OYSTER AND BACON SAUTE

Twenty-four oysters, two ounces bacon cut fine (or six thin slices), half-saltspoon cayenne. Optional: One tablespoon finely grated celery or half-saltspoon celery salt; one tablespoon finely chopped parsley; half-saltspoon onion juice. Crisp bacon in hot pan. Dry oysters, dip in flour and add to crisped bacon. Cook till mantle curls. May be served on toast.

MISS HARMER.

FISH LOAF

Take a left-over of creamed codfish, add bread crumbs or wheatena until the mixture is thick enough to hold together, season with salt and pepper. Steam, or bake in the oven until heated through. Serve with Hollandaise sauce.

MISS SHERWIN,
Boston School of Housekeeping.

BAKED FISH WITH OYSTER FILLING

Rub fish with soft butter and seasoning, dredge with flour. Put strips of cotton cloth in pan and lay in fish. When flour has browned baste with pork fat.

Oyster filling: One pint oysters, one cup seasoned butter cracker crumbs. Drain and roll each oyster in crumbs and lay in cavity of fish.

MISS ALTHEA HARMER,
University Primary School.

STUFFING FOR FISH

Two cups breadcrumbs, the juice of one lemon, one-fourth cup of melted butter, one and one-half teaspoons of salt, one teaspoon of chopped parsley, two cups of hot water.

MISS SHERWIN,
Boston School of Cooking.

LOBSTER CUTLETS

One can lobster rubbed rubbed fine, one tablespoon melted butter, one egg, salt and pepper. Form in flat cakes, roll in egg and bread crumbs, and fry in bacon drippings.

MRS. N. I. GETZ.

OYSTER PATTIES

One quart oysters, one pint milk, one cup oyster liquor, four level tablespoons butter, four level tablespoons flour, a few drops onion juice. Cream butter and flour, add hot milk, salt and pepper, and cook in double boiler until smooth. Add oysters ; when thoroughly hot pour into hot patty shells.

MRS. L. C. HAYNES.

CREAMED OYSTERS

Drop cooked oysters in a sauce made by boiling one pint cream for every pint of uncooked oysters. While the cream is heating melt one heaping tablespoon of butter and when it boils stir into it two heaping tablespoons flour, cook three minutes, stirring all the time; to this add slowly the boiling cream and rub smooth; when the oysters have boiled in this sauce place in a shell, sprinkle with fine bread crumbs and brown quickly in the oven.

MRS. C. F. CASTLE.

OYSTER CANAPES

Toast as many slices of bread as required, trim the edges, and keep warm until needed. Put two tablespoons of butter to quart of oysters in a very hot frying pan ; when butter is melted, but not browned, pour in the oysters which have been previously drained ; pepper and salt to taste. The edges of the oysters will curl if the pan is sufficiently heated, in a few moments. Serve immediately.

MRS. W. F. FARMER.

FILLING FOR OYSTER PATTIES

For one dozen crusts : One quart medium sized oysters, butter the size of an egg, three heaping tablespoons flour, one pint sweet cream. Melt the butter and stir in the flour ; have the cream come to the boiling point and stir the butter and flour into it. Drain the oysters and let the liquor come to a boil and skim, then add the oysters and let them come to a boil, then stir all together and fill the crusts, which should be heated in the oven first.

MRS. A. H. MCGREW.

CREAM FINNAN HADDIE.

Half of a two and one-fourth pound Finnan haddie, picked up and braised in butter, one cup cream, one hard boiled egg cut up in small squares, yolk of one raw egg, one teaspoon grated Edam cheese, or two teaspoons American cheese. Thicken with a little flour and cook seven or eight minutes. Serve on small pieces of dry toast.

MRS. B. W. BINGHAM.

PUREE OF SALMON

Remove oil, bones and skin from one-half can of salmon, chop fine. Add to salmon one quart white sauce, one tablespoon butter, two tablespoons flour, one quart milk.

MISS ALTHEA HARMER.

CODFISH A LA MODE

Two cups of codfish, two cups of mashed potatoes, two eggs beaten separately, one-half cup butter, one cup cream or rich milk, a little pepper. Pour boiling water over codfish three or four times, to extract salt, then chop very fine. The potatoes should be strained through a colander or sieve. Mix all the ingredients well together, and bake twenty-five minutes.

MRS. W. F. FARMER.

SALMON LOAF

One can salmon, one cup grated bread crumbs, four well beaten eggs, one-half cup melted butter, salt and pepper to taste. Take the bones out of the salmon and expose to the air one hour. Rub the fish until it is fine; add the butter and stir until smooth; to this add the crumbs and eggs previously mixed together; make into a loaf and put the loaf into a pan with plenty of drippings; sprinkle with bread crumbs and bits of butter and bake forty minutes.

Sauce: One and one-half tablespoons corn-starch, one pint cream, one-half cup butter, three teaspoons capers. Heat the cream in a double boiler and thicken with the corn-starch, then add the butter and capers; pepper and salt to taste.

MRS. C. F. CASTLE.

BOILED FISH

Wash fish, remove fins and scales. Place in a drainer which is placed in a kettle of boiling water, salted. Cook gently. Allow ten minutes for each pound and ten minutes extra. Garnish with parsley and lemon. Serve it with a white sauce as gravy.

MARY BASS.

PIGS IN BLANKETS

Wrap each seasoned oyster in a thin slice of bacon, and fasten with a wooden skewer. Brown in hot pan until the bacon is crisp.

MISS ALTHEA HARMER.

SAUTE OF SMELTS

Dip smelts in seasoned flour, then in melted butter, and again in the flour. Brown in hot butter.

MISS ALTHEA HARMER.

BOSTON FISH BALLS

Roll salt codfish tightly in a thin cloth and drop into pot of boiling potatoes. when they are partly cooked. Rice the potatoes when cooked and chop the fish. Beat one egg, one spoon of corn starch, one of butter, a pinch of pepper, a half cup of boiled milk and two cups of riced potatoes together. Stir in lightly one cup of fish; deftly mold with flour into small, round balls. Drop into a wire basket and plunge into boiling fat. This should be cotton seed oil and suet in equal parts. Fry a golden brown and send at once to the table.

MRS. TALBOT.

CODFISH BALLS

One cup salt codfish, shredded and free from bones; one pint potatoes peeled and quartered; three pints boiling water; one egg; one teaspoon butter; put fish and potatoes in kettle, pour over water and cook until potatoes are done; drain off water, mash, add butter and well beaten egg; beat until light; drop a tablespoon of this mixture in a kettle of deep boiling lard, dipping the spoon in first to prevent sticking, each time.

MRS. ROTHMAN.

PUREE OF CLAMS

One pint boiled clams; remove dark substance; chop hard portion fine. Add to clams, one pint cream sauce, one tablespoon butter, one tablespoon flour, one pint cream. Serve very hot.

MISS ALTHEA HARMER.

WHITE FISH A LA CREME

Take two pounds white fish, clean, tie in a napkin, and boil in salt water ten minutes. While fish is cooking make a dressing of one pint of milk, a sprig of mace and half an onion. Let come to a boil and strain to remove mace and onion, then thicken milk with one and one-half tablespoons flour, and pour over the beaten yolks of two eggs. Add butter the size of a walnut, a sprig of parsley, salt to taste. When fish is done remove napkin, when it will fall apart and the bones can be easily lifted out. Pick the fish into small bits and put into a baking dish a layer of fish and dressing alternately until all is used, having the top layer of dressing. Sprinkle with bread crumbs and bits of butter. Bake in oven twenty to thirty minutes.

ALMA B. SIMPSON.

SALMON LOAF

Beat two eggs, add four tablespoons melted butter, cup bread crumbs, and the fish contained in a pound can of salmon, from which the liquor has been drained and set aside for use in the sauce; salt and pepper to taste. Steam in a buttered dish one hour.

Sauce: One egg beaten lightly, two tablespoons melted butter and one tablespoon corn-starch; after mixing stir in one cup scalding milk, cook for a moment and add the liquor.

MRS. A. DECKER.

FRIED OYSTERS

One quart select oysters, two eggs well beaten, one-half pound crackers, rolled fine; drain the oysters, dip in the egg and roll in cracker-crums; fry in butter, with enough lard added to keep from burning.

MRS. JAMES PEABODY.

MEATS AND SAUCES

Oh, the roast beef of Old England! and oh, the old English roast beef!—FIELDING.

FILLET OF BEEF WITH MUSHROOM SAUCE

Have fillet larded; put one small onion sliced, one carrot, a few pieces of celery, four cloves and a sprig of parsley in the bottom of baking pan, and then put in the fillet; dredge with pepper and spread with butter; put a teaspoon of salt and a cup of water or stock. Bake in a quick oven, basting with melted butter four or five times; place in hot platter. Put in the pan one pint boiling water or stock and let simmer; thicken with two ounces of butter browned with two tablespoons flour; add a can of French mushrooms, cook five minutes. Season with salt and pepper and a tablespoon of tomato catsup.

MRS. ERNEST D. BURTON.

MEAT PIE

One and one-half pounds round steak, 1 small onion, a little parsley, one teaspoon cinnamon, one-quarter teaspoon cloves, one teaspoon salt, one-half teaspoon pepper; boil together until the meat is tender, then thicken a very little.

Crust: One egg, one and one-half cups milk, two cups flour, two teaspoons baking-powder. Put meat in a pan and pour batter over it, allowing the gravy to come above the batter.

IVAH EMMONS.

MOCK DUCK

One pound flank steak, well pounded; dressing as for chicken—bread crumbs, salt, pepper, sage or onion and a little melted butter. Roll in steak and tie carefully with string. Bake in covered pan one-half to three-fourths hour. Make gravy by thickening and seasoning the water in pan.

MRS. J. ARCHY SMITH.

TOMATO SAUCE

Put into saucepan one pint of tomatoes, one-half onion, a sprig of parsley and a piece of celery. Cook five minutes. Mix in another saucepan one tablespoon butter and one of flour, until thick. Strain tomatoes and add with one-half teaspoon of salt a dash of red pepper, one tablespoon of sugar and a little catsup. Let come to boiling point.

MRS. ERNEST D. BURTON.

SWEDISH HAMBURG STEAK

One pound steak, one-fourth pound fresh pork, one cup of mashed potatoes, one-half cup of bread crumbs, one egg, one-half onion; salt and pepper to taste. Have the pork and steak chopped together. Mix thoroughly with the other ingredients and roll into small balls and fry.

MRS. D. H. LINGLE.

BEEF LOAF

One pound round steak well chopped, one egg well beaten, four crackers rolled fine, butter size of an egg, melted; pepper, salt, sage, or one small onion chopped. Make into loaf and roll in flour. Bake in covered pan three-fourths of an hour and serve hot.

MRS. J. ARCHY SMITH.

PRESSED VEAL

Boil a shin of veal in four quarts of water; when well done pick out bones, chop fine and season with salt and pepper and finely chopped parsley; mix well with two crackers rolled fine and the water that remained after boiling; put in a mould with weight on top; let stand until firmly pressed. Hard boiled eggs may be inserted in the mould.

H. G. WALKER.

BAKED HAM

For every pound of ham boil one hour; when done dress and remove bone; then rub with brown sugar and stick full of cloves; then bake one hour, basting with one cup vinegar and two cups water, or one cup wine and two cups water.

MRS. C. A. MARSH.

MEAT SOUFFLE

Make one cup white sauce, using one cup milk, one tablespoon butter and one tablespoon flour. Stir one cup finely chopped meat into the sauce, creamed with parsley and onion juice, and when hot add the beaten yolks of two eggs; cook one minute and set away to cool. When cool, stir in whites beaten stiff. Bake in a buttered dish about twenty minutes.

MRS. MCLEAN.

BOUDINS

Add to one pint of finely chopped cold meat one teaspoon salt and one-fourth teaspoon of pepper; put into a saucepan one-half cup water, one tablespoon butter and two tablespoons bread crumbs; stir until it comes to boiling point; add two eggs well beaten, and one teaspoon of onion juice and stir into the meat. A little catsup may be added. Put in greased moulds or gem pans and stand the moulds in a pan of hot water. Bake in a quick oven ten or fifteen minutes. Serve with tomato sauce; garnish with parsley,

MRS. ERNEST BURTON.

CREAMED SWEETBREADS

Wash four large breast sweetbreads thoroughly in salted water, removing all fat, blood, etc.; boil until very tender; place for a few moments in cold water to whiten. Cut in pieces one-half inch square; add one can French mushrooms, split if large, without the liquor. To the water in which sweetbreads were boiled add one-half pint of milk, thicken with flour and one tablespoon of butter; when cream is thick add sweetbreads, mushrooms, and one well beaten egg.

MRS. F. W. SHEPARDSON.

BAKED MUTTONETTES

Fill a baking dish two-thirds full with sliced potatoes, seasoned with salt and pepper; cover with lamb chops fastened in rounds by skewers. Fill the dish one-half full of water and bake three-fourths hour.

MRS. DECKER.

CHOPS IN GREEN AND WHITE GARNISH

Broil chops; put them on a bed of mashed potato, garnish with potato and puree of peas.

Puree of Peas: Use coarse marrowfat peas. Stew until soft, mash through a strainer into warm bowl, return to kettle and evaporate; moisten until proper consistency.

Garnishing: Moisten pastry bag, fill one-half of bag with potato, the other half with puree of peas; have platter over pan of boiling water and garnish, using rose tube.

MISS ALTHEA HARMER,
University Primary School.

VEAL LOAF

Five pounds veal, one slice salt pork, a small piece butter, one tablespoon salt, one teaspoon pepper, one teaspoon sage. Chop all together fine. Add five Boston crackers rolled fine, two eggs; make into a loaf, roll in flour and bake two hours.

MRS. L. M. PEIRCE.

VEAL BIRDS

Get slices of veal from the loin; remove the bones, skin and fat and pound until one-fourth of an inch thick; trim into pieces two and one-half by four and one-half inches. Chop the trimmings fine with one square inch of fat salt pork for each bird. Add one-half as much fine cracker crumbs as you have meat. Season highly with salt, pepper, thyme, lemon and onion. Moisten with one egg and a little hot water. Spread the mixture on each slice nearly to the edge, roll up tightly and tie or sew. Dredge with salt, pepper and flour. Fry them slowly in hot butter until a golden brown. Then half cover with cream and simmer one hour. Remove the strings and serve on toast. Pour the cream over them.

FRICASSEE CHICKEN

Brown chicken in butter; cover with cold water, bring quickly to a boil and simmer until tender. Thicken with one egg, one tablespoon flour, juice of one-half lemon.

BISCUIT DOUGH FOR CHICKEN PIE

One pint flour, two tablespoons butter, one egg, two teaspoons baking powder, milk. Sift baking powder with flour; cut in the butter; mix egg with half the milk. Mix enough to make a soft dough.

CREAM CHICKEN

Four and one-half pounds chicken, four sweetbreads, one can mushrooms. Boil chicken and sweetbreads; when cool cut up as for salad. Heat four cups of cream in saucepan. In another pan mix four tablespoons butter and five tablespoons flour; when melted pour on hot cream and stir until thick. Season with one-half onion grated, a little salt, red pepper and nutmeg. Put chicken, sweetbreads, mushrooms and cream in a baking dish, cover with bread crumbs and pieces of butter, and bake twenty minutes.

MRS. E. D. BURTON.

CHICKEN PIE

Boil chicken until tender. When two-thirds done salt. When cooked take out bones leaving meat in good sized pieces. Place in baking dish. To four cups stock add two tablespoons butter rubbed into three tablespoons flour and one cup cream.

For crust: Two cups flour, one teaspoon salt, two teaspoons baking powders, two tablespoons shortening rubbed into the flour. Mix with two cups milk and one egg well, beaten. Drop over pie with spoon and bake.

MRS. F. W. SHEPARDSON.

CROQUETTES

Put one tablespoon butter and one-half cup milk in double boiler. When butter has melted add one beaten egg, salt, pepper, and one tablespoon cornstarch. Remove from fire and cool. Have meat chopped fine; add one-half cup rolled crackers; to this stir in the cool mixture. Shape in balls, dip in beaten egg, roll in cracker crumbs and set aside three or four hours. Fry brown in hot lard. This is nice for turkey, veal, chicken or beef.

MRS. O. S. BASS.

OLIVE SAUCE

One pint hot brown stock, four tablespoons minced onions, four tablespoons butter, four tablespoons flour, one-half teaspoon salt, one-half saltspoon pepper, one tablespoon lemon juice, caramel or bay to color. Minced onion and brown in butter, then add flour and proceed as for white sauce. Cook 24 olives in hot water for half hour, pare and add to brown sauce. Simmer ten minutes. MISS HARMER.

CRANBERRY SAUCE

One quart cranberries, one pint water, one cup sugar. Cook cranberries in a covered shallow dish with water; when the skins burst strain and add the sugar. Pour in mould and cool.

MUSHROOM SAUCE

One-half can mushrooms added to one cup brown sauce. Simmer three minutes. MISS HARMER.

THINGS TO REMEMBER

(The following suggestions which have been written in a very condensed form, may perhaps serve as a guide to the housekeeper in the purchase of provisions in every day use, and among which there is a greater liability of contamination or adulteration):

Good meat should present a marbled appearance, from an intermixture of streaks of fat with muscle. This shows that the animal has been well fed. Both muscle and fat should be firm to the touch. The suet fat should be hard and white. The odor should be slight and by no means disagreeable.

Good poultry should be firm to the touch and have a pink or yellowish color, while the smell should be fresh and not unpleasant. Stale poultry becomes bluish in color, often green over the crop and abdomen, has a disagreeable odor, and the skin breaks readily.

Game, according to modern ideas, must be in a state of decomposition before it is considered fit for the table. It is difficult to decide when such a stage of decomposition has been reached as would warrant its use. When the flesh becomes discolored, and the odor offensive, there is no doubt of its unwholesomeness, and it should be condemned.

Fresh fish should be firm and without any disagreeable odor. If the whole fish is held out horizontally, there should be little drooping of the tail.

Fruit and vegetables may become unwholesome from decay or disease, the principal indications of which are softening, discoloration and mouldiness. Unripe foods are certainly unwholesome unless well cooked.

Good potatoes should be of fair size, firm to the touch and when cooked should not be watery. Tinned fruits, vegetables and meats are generally more or less contaminated with tin,

but as the metal is not poisonous except in large doses, the small amount present is generally not sufficient to be injurious. Peas, French beans and pickles are often adulterated with copper to retain the fresh green color. This adulteration is injurious and may be detected by leaving the clean blade of a knife in the liquor for a short time, when the copper will become deposited on the blade. Good flour should be quite white, or only slightly tinged with yellow; it should give no acidity nor musty flavor to the taste; it should not be gritty nor lumpy, nor should it have any odor of mouldiness.

Good butter should give no unpleasant or rancid taste. If made in dairies where scrupulous cleanliness is not maintained, or if the milk is from cows not properly cared for, it is apt to become rancid and is often badly flavored. Fresh eggs when looked through are more transparent at the centre; stale ones at the top. In a solution of one part of salt to ten of water, good eggs sink while stale ones float.

In oatmeal, if husks are present the meal is probably adulterated with barley.

Any attempts at adulterations in tea are best detected by shaking the leaves in cold water, straining through muslin and afterward examining the leaves and deposit. Inferior mixtures consist of exhausted tea leaves, leaves of other plants and iron filings. The test of tea of the first quality is to put a small quantity in a cup, pour water at the boiling point upon it, then allow it to stand until it cools, when it should throw up what is called a cream. The leaves when spread out should be small, serrated, elongated and liver-colored.

In coffee the principal adulteration is chicory. The adulteration may be detected by sprinkling a small quantity on the surface of a bowl of water: the coffee will float and the chicory will sink. The presence of chicory may also be detected if on opening the package the coffee shows any signs of caking.

VEGETABLES

“ Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.”

SPINACH WITH CREAM

Boil spinach, chop fine and keep hot. Make sauce of one tablespoon butter, yolks of two eggs, pepper, salt and one and one-half cups of cream, beaten. Heat slowly and stir into spinach. Serve in hot dish.

PUREE OF SPINACH

Cook in uncovered kettle with very little water until tender. Rub through very fine strainer, season with one cup cream, one-fourth cup vinegar for each quart of puree. Use to garnish meat or fish.

SWEET POTATO BALLS

Mash thoroughly the boiled sweet potatoes, season with salt, pepper and butter ; if necessary add hot milk until the mixture is of the right consistency to mold. Make into small balls. Flour lightly and saute in butter.

MISS SHERWIN.
Boston School of Cooking.

LYONNAISE POTATOES

Three cups cold boiled potatoes cut into inch dice, one and one-half teaspoons salt and a speck of pepper sprinkled over the potatoes. Melt a teaspoon of butter in a frying pan; when smoking stir into it one teaspoon finely chopped onion. When onion is golden brown add the potatoes. Stir occasionally. When brown, two teaspoons finely chopped parsley, teaspoon vinegar or lemon juice. Serve hot.

MRS. H. E. SLAUGHT.

DUCHESS POTATOES

Six fine potatoes, boiled, mashed and rubbed through a sieve. Add cream, yolks of two eggs well beaten; salt and pepper. Beat together and make into balls and brown quickly in a hot oven.

MRS. C. F. GARDNER.

BOSTON BAKED BEANS

Select very small pea beans grown in California. After washing, let them soak in cold water all night, simmer on the back of the range very slowly two hours; drain in a colander and fill a two-quart earthen bean pot with a close mouth, full; crowd in a piece of salt pork striped with lean and scored through the skin. To a cup and a half of boiling water, add one large spoonful of molasses, a pinch each of salt, pepper and mustard and pour over the beans and cover closely. Bake in a slow oven all the afternoon and evening, adding boiling water through the evening, but never to cover the beans, else they will break and become mushy and the flavor be spoiled. Neither at any time let them become in the least dry. In the morning set the pot in a pan of boiling water in the oven and send to the breakfast table steaming hot. MRS. TALBOT.

BEIGUETS DE TOMATOES

Cut four tomatoes into slices; put them in a deep dish; season with pepper, salt, and sprinkle with teaspoon of chopped parsley, tablespoon of salad oil and one-half lemon. Make a batter of four ounces of flour, one tablespoon of oil, pinch of salt, one egg and a little warm water. Drop a piece of tomato into the batter, take out with fork; drop into boiling fat and fry a golden brown.

MRS. JENNINGS.

PRESERVED PUMPKIN

Six pounds pumpkin, six pounds sugar, three lemons, one-half pound ginger root; cut pumpkin into dice and put into dish with ginger, sugar and lemon; let stand over night. Cook next morning until a straw will pass through easily.

MRS. J. H. BOYD.

VEGETABLE CUPS

Prepare hollow cups of potato, boil in salted water until nearly tender, or fry in deep fat. Fill with creamed peas, carrots or cabbage.

CREAMED CABBAGE

Cut cabbage a little coarser than for slaw, steam for thirty or thirty-five minutes, until it is tender but not yellow. Salt, and pour over a dressing of milk, butter and flour, as for cauliflower.

EGG PLANT

Slice thin, pepper and salt each slice and lay one on the other. Place plate on top with weight, let stand an hour. Dip each slice in beaten yolk of egg, roll in bread or cracker crumbs and brown in butter.

MRS. C. E. HEWITT.

CREAMED PARSNIPS

Wash and boil parsnips. When done remove skin and cut in cubes. Make white sauce with three cups milk, six tablespoons flour, six tablespoons butter, three tablespoons chopped parsley, one tablespoon salt. Melt the butter and add flour and beat well. Then add milk, parsley and salt, cook until creamy.

MARY BASS.

MACARONI

Break one-fourth pound of macaroni into three inch pieces and boil in three pints salted water twenty or thirty minutes. Drain in colander. Pour on cold water and shake well. Cut into inch pieces. Put into a buttered baking dish and cover with a white sauce made with one and a half cups of hot milk stirred into one tablespoon butter and one tablespoon flour, cooked together. Add one-half teaspoon salt. Mix two-thirds cup fine cracker crumbs with one-third cup melted butter, and sprinkle on top. Bake until brown. If cheese is liked mix one-half cup of grated cheese with macaroni and crumbs.

MRS. B. H. BINGHAM.

BOSTON BAKED BEANS

Soak one quart small navy beans in cold water over night. Place one-half pound lean salt pork in the bottom of a covered earthen bean pot in the morning; then pour in the beans. Season with one teaspoon salt, one-half teaspoon each of black pepper, mustard and baking soda, and four tablespoons molasses. Bake slowly, keeping the beans well covered with water until 4 o'clock, then remove cover. When done the beans should be whole with gravy in the bottom of pot.

MRS. C. P. SMALL.

TURNIPS AND PEAS

Peel turnips evenly and hollow out the inside with a spoon, making cup the size of an egg; let them stand in cold water an hour; boil in salt water until tender; prepare peas without cream; drain turnips and arrange on platter; fill with seasoned hot peas; garnish with parsley.

MRS. J. W. MONCRIEF.

TOMATO ASPIC

One can tomatoes; strain and put in saucepan with one slice onion, two bay leaves, a few celery tops, one teaspoon salt, one-half teaspoon paprika; bring to boiling point and add three-fourths box gelatine soaked in one-half cup of cold water for half an hour. Mix until dissolved; add juice of one-half lemon and strain again. Pour in egg cups or small fancy moulds. Serve on lettuce with boiled salad dressing.

MRS. B. H. BINGHAM.

SALADS AND DRESSINGS

“I think this word ‘salled’ was born to do me good.”—SHAKESPEARE.

SALAD

Equal parts of celery and apple, pared and cut in slices. Chestnuts, shell, blanch, boil till tender, cut in one-eighth inch strips and slice. Mix with cream dressing, garnish.

MISS ALTHEA HARMER,
University Primary School.

LINCOLN SALAD

One quart oysters, parboiled, drained, cooled, cut in small pieces. Three cucumbers, pare, freshen in cold water, dry thoroughly, cut lengthwise in four or six pieces, remove large seeds, cut in small slices. Mix cucumbers and oysters, season, mix with uncooked dressing. Garnish with cress.

MISS ALTHEA HARMER,
University Primary School.

FRENCH DRESSING

One saltspoon salt, one-half saltspoon pepper, three tablespoons oil, one-fourth teaspoon onion juice, one table-spoon vinegar. Mix in order given, adding oil slowly.

MISS ALTHEA HARMER,
University Primary School.

SALAD

Blanch and peel one cup English walnut meats and break (not chop) into small pieces; add an equal measure of finely cut celery; arrange cup of the smaller bleached lettuce leaves and fill with this mixture. Drop a dessert spoon of mayonnaise on each individual salad.

MRS. SILVER.

SALAD DRESSING

Two tablespoons sugar, one level tablespoon butter beaten together; add one level teaspoon mustard, one-half teaspoon salt, one-third teaspoon pepper and a tiny pinch red pepper, stir well; add yolks of three eggs and beat again; lastly add seven tablespoons vinegar; cook in double boiler removing as soon as thickened. When cool, add two tablespoons cream if desired. For some salads it is nicer without the cream.

MRS. J. W. MONCRIEF.

SALAD DRESSING WITHOUT OIL

Two eggs, one heaping teaspoon sugar, one-half teaspoon salt, one-quarter teaspoon mustard, three tablespoons vinegar, one cup whipped cream. Beat eggs, add seasoning, vinegar and one tablespoon cream not whipped; cook in double boiler until thick; add cream before using. Dressing will keep several days if cream is not added.

MRS. J. E. RAYCROFT.

STUFFED TOMATO SALAD

Select round tomatoes of equal size, peel and scoop from the stem and a part of the center. Place them on ice until ready to serve, then fill them with celery cut fine and mixed with Mayonnaise dressing. Let it rise above the top of the tomato. Put a little Mayonnaise on small lettuce leaves and place a stuffed tomato on the dressing in the centre of each leaf. Arrange them in a circle on a flat dish.

CONTRIBUTED.

SALAD DRESSING

Three eggs well beaten, one-half cup milk, butter size of an egg, one-fourth cup sugar, three-fourths cup vinegar, one heaping teaspoon mustard, one teaspoon salt, pinch red pepper. Mix all dry ingredients together, add eggs, pour in hot milk, add vinegar slowly. Take from fire, set in a dish of cold water and stir until cold. Use double boiler.

MRS. A. O. PARKER.

SALAD DRESSING

One cup oil, yolk one egg, one level teaspoon mustard, one level teaspoon powdered sugar, one saltspoon salt, pinch red pepper. Stir mustard, sugar, salt and pepper dry into the egg. When well mixed add oil a drop at a time at first, then a hair stream. This may be beaten with an egg beater. Add juice one-half lemon and one teaspoon vinegar. Thin with cream when ready for use.

MRS. F. B. LESTER.

FRENCH SALAD DRESSING

Two raw egg yolks, two hard boiled egg yolks, one tablespoon prepared mustard. Have dishes used and oil very cold. Rub raw and boiled yolks together with silver fork until smooth, then add oil a tablespoon or so at a time, mixing each time thoroughly before adding more. Use oil according to taste, a cup may easily be used, more or less as wished. When oil is thoroughly blended, add salt, pepper, mustard and thin to proper consistency with vinegar or lemon juice—vinegar with vegetable salads and lemon juice for meat or fish. By using the hard boiled yolks, the oil will never curdle the mixture.

MRS. ROTHMAN.

POTATO SALAD

Eight good sized boiled potatoes cut into cubes, one-fourth as much celery as potato, one small onion chopped fine, four hard boiled eggs.

Dressing: The yolks of four well beaten eggs, two teaspoons each of salt, mustard and sugar, one cup vinegar, butter size of an egg. Cook and strain. When cold add one cup cream.

MRS. C. H. RICE.

TOMATO AND ASPARAGUS SALAD

Take medium size sound tomatoes, peel and scoop out a little of the stem end; have ready the tender tips of boiled asparagus; insert three or four of these into the hole made in the end of tomatoes. Serve with Mayonnaise dressing.

MRS. BAXTER.

ORANGE SALAD

Yolks of two eggs, one teaspoon salt, one teaspoon mustard (scant), one teaspoon sugar very heaping, one tablespoon cornstarch very heaping, one-half cup vinegar, one large cup sweet or sour cream, butter one-half size of an egg. Mix salt, sugar, cornstarch, mustard and a little vinegar before adding the well beaten yolks of eggs. Then add cream and vinegar and cook in double boiler. Stir until it thickens. Halve the oranges and divide into sections; pile on lettuce leaves; put salad dressing on top and three or four halves of English walnuts on top of dressing. Serve with salted crackers.

MRS. J. ARCHY SMITH.

ROYAL SALAD

One head of head lettuce, one stalk celery, one ripe tomato, two hard-boiled eggs, all cut into convenient size for use.

Dressing: One teaspoon made mustard, one teaspoon salt, one-fourth teaspoon black pepper, olive oil and vinegar in equal quantities to make one-half to three-fourths cup. Mix all together, turn on salad, stir and serve. CONTRIBUTED.

CELERY SALAD

Cut celery into small slices, add an equal amount of English walnuts chopped coarse, pour Mayonnaise dressing over this mixture and serve on lettuce leaves.

MRS. C. F. GARDNER.

SALAD DRESSING FOR TOMATOES WITHOUT OIL

Yolks four eggs well beaten, one-half cup butter, one tablespoon sugar, one teaspoon prepared mustard, one-half gill vinegar. Mix these together and set over boiling water, stirring until thick. Whip with egg beater till light and stand in cold place. Just before serving add a pinch of cayenne pepper, the juice of half a lemon and a half cup cream whipped until thick. Heap a large spoonful of this dressing on half of an ice cold tomato laid on crisp white leaves of head lettuce.

MRS. ELLA M. BURNS.

TOMATO JELLY FORM FILLED WITH CELERY MAYONNAISE

Crush a can of nice rich tomatoes through a sieve to obtain all the juice. Put on to cook, adding a stalk of celery, a small piece of onion, a bay leaf, a whole small pepper and a few cloves. Cook until slightly flavored by all these vegetables and spices. Strain through a fine cloth or sieve. To this liquid add one tablespoonful of Tarragon vinegar for every quart and one box of gelatine, Cox's will do, which has been previously soaked for some hours in about half a cup of water. Strain and set in individual moulds. To make a hollow, cup-shaped form, put a little mould inside a large one and pour the liquid in between. Let the moulds set in ice until the tomato jelly has hardened. When set, pour hot water into the inner mould and let it stand until the mould loosens from the jelly. Then you have a hollow mould of tomato jelly. Fill this with celery Mayonnaise, and pour a little more of the liquid tomato on the top. Let this harden and then add a tablespoonful more of the tomato to each form, so that the Mayonnaise and oil will not soak through the jelly. The moulds must be kept in ice until time to serve. To serve, set the moulds into warm water, but remove quickly so that the jelly will not melt too much. Turn the contents of the moulds out on to lettuce leaves.

MRS. H. K. BRAINARD,
Home Delicacy Association.

CREAM DRESSING

Two large tablespoons butter, one egg, one tablespoon water, one tablespoon vinegar, three tablespoons whipped cream, one-fourth teaspoon salt, one-half saltspoon mustard, one-half saltspoon paprika. Beat yolks in saucepan, then add vinegar and water and cook over hot water until egg thickens, stirring constantly. When thick and smooth stir in gradually the creamed butter. When ready to serve stir in equal amount thick whipped cream or white of one egg.

MISS ALTHEA HARMER,
University Primary School.

MAYONNAISE DRESSING

One teaspoon mustard, one-half teaspoon salt, one-fourth saltspoon cayenne, yolk of two raw eggs, one pint oil, two tablespoons vinegar, two tablespoons lemon juice. Blend seasoning, then add eggs. Stir well. Add oil very slowly, blending each portion thoroughly before adding more. When the dressing is thick, thin with lemon juice, then add acid and oil, alternately.

MISS ALTHEA HARMER,
University Primary School.

UNCOOKED DRESSING

One-half pint cream, two tablespoons lemon juice, one-half teaspoon salt, one saltspoon paprika, one-fourth cup grated horseradish.

MISS ALTHEA HARMER,
University Primary School.

BREAD

"He that will have a cake of the wheat must needs tarry the grinding."
—SHAKESPEARE.

PLAIN BREAD

One cup scalded milk, or equal parts milk and water, one fourth cup butter, three yeast cakes for two hour bread or one-half yeast cake if set over night, one tablespoon sugar, one-half teaspoon salt, white one egg, three or four cups of flour. Make sponge. Let stand in pan of warm water until full of bubbles, then add flour, knead and mould into loaves, let rise until double in size. Bake.

MISS ALTHEA HARMER.

CONNECTICUT BROWN BREAD

One cup rye, graham or whole wheat flour, one cup yellow corn meal, one cup wheat flour, one even teaspoon of salt, one cup of molasses, one cup of milk—if sour dissolve in it one and one-half teaspoon soda; if sweet, one teaspoon soda and one-half teaspoon baking powder—one cup hot water, one tablespoon melted butter, mix as given. Steam in a covered cylindrical pail two and one-half or three hours. Uncover and bake in oven one-half hour.

MISS SHERWIN,
Boston Cooking School.

HICKORY NUT ENTIRE WHEAT BREAD

One and one-half cups sweet millk, one ounce butter, a small piece yeast, one tablespoon sugar, one small teaspoon salt; mix stiff with one-third of white flour and the rest of entire wheat flour, adding during the mixing four ounces of cut hickory nuts. Let it rise and then knead again and mould into a loaf for baking.

MRS. H. K. BRAINARD,
Home Delicacy Association.

GRAHAM ROLLS

One pint hot water, one tablespoon butter, one heaping tablespoon granulated sugar, one heaping teaspoon salt, one-half pound (equal to one pint) white flour, one pound (equal to one quart) graham flour, sifted; one-fourth cup New Orleans molasses, one-fourth teaspoon soda, beaten into the molasses; one cake compressed yeast dissolved in a small cup of luke-warm water. Melt the butter in the pint of hot water and add the sugar and salt to it; sift the white flour into the bread bowl and pour the water (which should be at this time only warm) into it a little at a time, to prevent lumping. Add the graham flour (sifted) to this and then the molasses, which should have been heated and the soda put into it and allowed to cool to blood heat. It should be foaming when put into the flour and water. Beat hard, stir in the yeast, cover and set in a warm place to rise. When the sponge is light add enough sifted white flour to make a soft dough. Knead well, make into rolls, and put in buttered pans to rise; when light, bake in a slow oven three-fourths of an hour. Can rise overnight and bake in the morning, or be mixed in the morning and be ready for tea; also can be made into loaves and baked one and one-half hours in a slow oven.

MRS. ECKELS.

ENTIRE WHEAT BISCUITS (FRANKLIN FLOUR)

Three cups of entire wheat placed in a bowl, to which is added three teaspoons of baking powder, two tablespoons of sugar and a little salt; after they are thoroughly mixed add two beaten eggs and a cup of milk. Have ready a kettle of boiling fat, dip a teaspoon into cold milk and then into batter, and drop into the boiling fat.

MISS THOMPSON.

SOUTHERN SOFT-CORN PONE

Scald one cup corn meal to the consistency of mush; add one heaping tablespoon lard or butter, two beaten eggs, two cups sour milk, one teaspoon soda, one teaspoon salt. Bake in a pudding dish three-quarters of an hour. Serve with a spoon.

MRS. EFFINGER.

PERFECT ROLLS

Pour one pint boiling milk over one quart sifted flour, two tablespoons sugar, two of butter, one of lard, and a little salt. When lukewarm add one-half cup of yeast. Mix early in the morning, knead at noon adding flour enough for rolls. When light roll thin, cut with biscuit cutter, roll oblong, spread a little butter on one end and roll over. Place in pans, let them rise and bake ten or fifteen minutes. These are nice biscuits, and should be sponged at night in cold weather.

MRS. JENNINGS.

BROWN BREAD

One cup sweet milk, one large teaspoon of soda in one cup of sour milk, one cup of flour, two cups of corn meal, one cup of molasses, a little salt. Steam two hours. Place in oven a few minutes after steaming.

IRMA RICE.

RYE MUFFINS

Mix one cup rye flour, one-fourth cup sugar, one-half teaspoon salt, one cup wheat flour, two teaspoons baking powder. Beat one egg and add one cup water (or milk) and stir into the dry ingredients.

MRS. O. S. BASS.

CHICAGO MUFFINS

Two scant cups flour, one cup sweet milk, two teaspoons baking powder, one egg, butter half the size of an egg, two tablespoons sugar, pinch of salt. Mix dry ingredients. Beat egg and add to the milk; beat to a good batter with the other ingredients; add butter (melted) and bake in a quick oven.

MRS. C. H. BURTON.

EGG ROLLS

Two eggs well beaten, one scant teacup milk, one rounded tablespoon of lard or butter, melted, two rounded teaspoons baking powder, enough flour to make a soft biscuit dough. Roll out, cut in circles, butter and fold over like pocket-book rolls. Bake in quick oven.

MRS. J. ARCHY SMITH.

GOLDEN CREAM TOAST.

Cut bread into even pieces; toast, butter and moisten them with hot water. Boil six eggs hard, separate the whites from the yolks, chop the whites and press the yolks through a sieve. Make a white sauce, using one tablespoon each of butter and flour cooked together, and then add a cup of cream or milk. When it is well thickened add the chopped whites and season with pepper and salt. Spread this mixture on the slices of toast and cover evenly with the mashed yolks. Serve very hot.

MRS. MATTHEWS.

GRIDDLE CAKES

One pint sour milk, one pint flour, two eggs, yolks and whites beaten separately, one level teaspoon soda crushed fine and sifted with one-half teaspoon salt and flour three times. Add whites just before baking.

MRS. ROTHMAN.

WAFFLES

One and one-half pints of flour, two heaping teaspoons baking powder, one teaspoon salt; sift this together; add sweet milk enough to make thin batter, stirring briskly. Add the beaten yolks of three eggs, one-half cup melted butter, stirring constantly, then stir in very carefully the whites of three eggs beaten stiff. Have irons hot.

MRS. O. S. BASS.

COFFEE CAKE

Two cups bread sponge, one egg well beaten, one-half cup sugar, one tablespoon butter, one cup tepid water, flour for a thin dough. Let double in bulk. Roll out one inch thick, place in baking tin, let rise until light. Divide dough in three portions.

First portion: Add one cup of currants and raisins. Brush top with one egg and one teaspoon sugar, mixed.

Second portion: Brush dough with sugar and egg water. Sprinkle with granulated sugar and blanched chopped almonds.

Third portion: Twist dough and shape into rings. Cover with nuts and sugar.

MISS. ALTHEA HARMER.

CINNAMON BUNS

One pint milk, two tablespoons butter, one-half teaspoon salt, three eggs well beaten. Scald milk, add butter and salt, pour over eggs when tepid. Add one-half cake yeast dissolved in warm water, flour to make a drop batter. Beat until smooth. Stand in warm place to grow light, then add flour to make a soft dough. Knead until smooth. Let rise again, then turn on board and roll one-half inch thick. Spread with soft butter, granulated sugar, currants, cinnamon. Roll up like jelly-roll, cut in two inch slices, stand slices on end. When light, bake forty minutes in moderate oven.

MISS ALTHEA HARMER.

FRIED INDIAN MUFFINS

One pint Indian meal, one pint boiling water, two eggs, one teaspoon salt, one tablespoon sugar, one heaping tablespoon flour. Pour the boiling water gradually on the meal, salt and sugar; beat thoroughly and set away in a cool place. In the morning add the eggs well beaten and the flour. Dip a tablespoon in cold milk, fill it with batter, and drop into boiling fat. Cook ten minutes.

MISS THOMPSON.

DROP BISCUIT

With a pint of flour mix two teaspoons of sugar, one-half teaspoon of salt, one and one-half teaspoons of baking powder. Rub in one tablespoon of butter and add milk until too stiff to stir but not stiff enough to knead. Drop on buttered tins a distance apart. Bake ten or twelve minutes in quick oven.

MRS. W. I. GETZ.

MOST DELICIOUS WAFFLES

One cup of buttermilk, one cup of flour, one egg, butter size of a hickory nut, one-half teaspoon soda, pinch of salt. Beat the white of the egg and add just before baking.

H. T. H.



CAKES

"The doughty doughnut, the crisp and crumbling cruller; sweet cakes and short-cakes, ginger cakes and honey cakes and the whole family of cakes."—Irving's Sketch Book.

FRENCH FRUIT LOAF

Cream one cup of butter and two cups of sugar; then add one cup of sour cream, four cups of flour, one pound of raisins one-half pound of citron, one-half pound English walnuts, one wine glass of sherry, one wine glass of brandy, one nutmeg, two tablespoons cinnamon, one tablespoon allspice, one tablespoon cloves, one even teaspoon soda. Bake one hour in an oven suitable for baking bread.

MRS. H. K. BRAINARD,
Home Delicacy Association.

MOLASSES CAKE

One egg, one-half cup sugar, one-half cup molasses, one-half cup shortening, one teaspoon soda dissolved in one-half cup hot coffee, two and one-fourth cups flour, salt, ginger and cinnamon.

MRS. MASON.

ALMOND CRACKERS

Boil one cup sugar in one-fourth cup of water until it hairs, then add the white of an egg and mix with one-fourth pound almonds chopped fine; spread quickly while warm on oblong wafers (not salted). Put in the oven until brown.

MRS. L. M. PEIRCE.

DELICIOUS SOFT GINGERBREAD

Two cups molasses, two-thirds cup butter, three cups flour, one teaspoon ginger (more if preferred,) two teaspoons soda dissolved in one cup sour milk. Beat thoroughly, adding the sour milk just before putting in the oven. Bake in two tins lined with paper as gingerbread burns easily.

H. Y. H.

WHITE SUGAR COOKIES

One and one-half cups sugar, two-thirds cup butter, stir well together, then add one cup sweet cream, two well beaten eggs and flour to roll out into which your baking powder has been well sifted. Beat these cookies as you would a cake. Any seasoning desired. Flour enough can be stirred in so they can be rolled out easily. Bake in a quick oven.

MRS. H. A. JACOBS.

GERMAN COFFEE CAKE

One-half cup sugar, one cup milk, one egg, one tablespoon butter, a little salt, three teaspoons baking powder, flour enough to make a batter. Put in two shallow pans, sprinkle mixed sugar and cinnamon over the top. Bake and eat warm with butter.

MRS. L. C. HAYNES.

GINGERBREAD

One egg, one cup sugar, one cup molasses, one-half cup shortening, one tablespoon ginger, one-half teaspoon cinnamon, one-half teaspoon ground cloves, one teaspoon of soda in one cup of boiling water, three cups flour.

IRMA RICE.

GINGERBREAD

One egg, one-half cup brown sugar, one cup molasses, one-half cup shortening, one cup sour cream, one teaspoon soda, one tablespoon ginger, three and one-half cups flour. Bake in a slow oven.

MRS. C. CHANDLER.

GINGER COOKIES

One-half cup butter, one cup molasses, one-third cup sugar, one teaspoon ginger, one teaspoon soda in one-third cup hot water, pinch of salt. Flour enough to roll lightly.

F. M. G.

FRIED CAKES

One cup sugar, two eggs, two tablespoons melted butter, one and one-half cups sour milk, one and one-half teaspoons soda (level), a little salt and nutmeg. MRS. J. S. CARTER.

SUNSHINE CAKE

Whites of seven eggs, yolks of five eggs, one cup granulated sugar, two-thirds cup flour, one-third teaspoon cream tartar, pinch of salt. Sift, measure, and set aside flour and sugar as for angel cake. Beat yolks thoroughly, then whites about half, add cream of tartar and beat until very, very stiff; stir in sugar lightly, then beaten yolks, and lastly the flour. Bake in tube pan about thirty-five to fifty minutes, moderate oven.

F. I. C.

ORANGE CAKE

Yolks of eight eggs, one-half cup butter, one and one-half cups sugar, two and one-half cups flour, two-thirds cup milk, two teaspoons baking powder. Bake in layers.

Filling: Yolks of four eggs, one and one-fourth cups milk, one-half cup sugar, two large teaspoons corn starch, grated rind and juice of one orange. Do not put in orange until cream is nearly thick enough.

MRS. BOWEN.

GINGER SNAPS

Two cups molasses, one large cup butter, one large cup sugar, two teaspoons ginger, two teaspoons soda. Boil molasses and butter together; flour enough to roll out very thin.

MRS. N. I. GETZ.

FRUIT COOKIES

One and one-half cups sugar, one cup butter, one and one-half cups chopped raisins, three-fourths cup buttermilk, one cup molasses, two eggs, one teaspoon soda, one-half teaspoon nutmeg, cloves and cinnamon, ginger to taste, flour enough to roll. Bake in quick oven.

MRS. BOWEN.

LEMON COOKIES

One cup butter, two cups sugar, the juice and grated peel of one lemon, three eggs whipped very light, four cups sifted flour. Beat thoroughly adding lastly one-half teaspoon of soda dissolved in one tablespoon of milk. Roll thin and bake a light brown.

MRS. A. N. DECKER.

SPICE CAKE

One egg, three-fourths cup molasses, two-thirds cup sugar, two-thirds cup melted butter, one cup milk, two and one-half cups flour, one scant teaspoon soda, two teaspoons cream tartar, one tablespoon mixed spice, one cup raisins. Bake in gem pans. White frosting. MARY E. CHANDLER.

HARD FRIED CAKES

One cup sugar, four eggs, piece of butter half the size of an egg, nutmeg, mix very hard, pinch of soda.

MRS ELLA A. JACKSON.

JUMBLES

Two eggs, two cups sugar, one and one-half cups butter, one-half cup sour milk, one teaspoon soda, flour enough to roll out well.

ALICE AYLING.

DOUGHNUTS

One cup sugar, one tablespoon butter, one cup sweet milk, three eggs, one teaspoon salt, two teaspoons baking powder and sufficient flour to make as soft a dough as you can roll.

F. B. L.

DOUGHNUTS

One coffee cup sugar, butter size of egg, pinch of salt, nutmeg, three eggs beaten separately, one pint milk, three teaspoons baking powder, flour, roll soft, fry in hot lard.

MRS. ISAAC N. NEELD.

VANILLA JUMBLES

One cup butter, one cup sugar, two eggs, one teaspoon soda dissolved in two tablespoons of sweet milk, two teaspoons cream tartar, two teaspoons vanilla; mix soft and roll.

MRS. MASON.

COOKIES

One and one-half cups sugar, one-half cup sour milk, three-fourths cup butter, one egg, one-half teaspoon soda, flour sufficient to roll.

MRS. C. F. GARDNER.

CREAM LAYER CAKE

One cup sugar, three eggs, one-half cup boiling water, one and one-half cups flour, one heaping teaspoon baking powder; beat the yolks, add sugar and beat again well, then add boiling water; next the well beaten whites; lastly, the flour, stirring lightly. Put in oven as quickly as possible.

Custard Filling: Two cups milk boiled, two tablespoons cornstarch dissolved in one-half cup cold milk, yolks of two eggs, one cup sugar, vanilla flavoring. Mix well beaten yolks, sugar and cornstarch; add to that milk, stirring briskly until it begins to thicken. Spread between layers while boiling hot. Frost the top with the remaining whites.

MRS. C. B. ROCKWELL.

FLANNEL CAKES

One-half tablespoon butter, one tablespoon sugar, one-half teaspoon salt, yolks of three eggs. Beat these together, then add one and one-half cups milk, one-half cup water, three cups flour, two teaspoons baking powder. Mix the baking powder with one cup of the flour and add last. Just before baking add the beaten whites of three eggs.

ALMA B. SIMPSON.

GREEN MOUNTAIN CAKE

Two cups sugar, one-half cup butter, one cup sweet milk, two eggs, two teaspoons cream tartar, one teaspoon soda, three cups flour. Stir in the eggs last.

MRS. J. L. JACKSON.

ECONOMY CAKE

One cup sugar, one tablespoon butter, one-half cup sweet milk, whites of two eggs, one cup flour, one teaspoon baking powder, flavor to taste.

MRS. E. J. CLARK.

DELICATE CAKE

One-half cup butter, one and one-half cups sugar, whites of three eggs, one cup sweet milk, three cups flour, two spoons baking powder, one spoon flavoring.

MRS. N. I. GETZ.

APPLE CAKE

One egg, one cup sugar, one-half cup sweet milk, one heaping teaspoon baking powder, one tablespoon butter, one and one-half cups flour, one-half teaspoon vanilla. Bake in two sheets.

Filling: White one egg beaten stiff, to which add one cup pulverized sugar and beat a few moments. Grate two apples and add to this and beat till stiff as whipped cream, then add one-half teaspoon lemon. To be eaten while fresh.

MRS. A. H. MCGREW.

NUT CAKE

One cup butter, two cups granulated sugar, one and one-half cups sweet milk, four cups sifted flour, one teaspoon baking powder, whites of nine eggs beaten stiff, yolks of two eggs, vanilla flavoring, one pint English walnuts and pecans cut fine and rolled in flour. Beat thoroughly before adding nuts and baking powder.

MRS. D. H. LINGLE.

PLAIN FRUIT CAKE

One cup butter, one cup brown sugar, one cup molasses, one cup sweet milk, three and one-half cups flour, four eggs, two teaspoons baking powder, one pound raisins, one pound currants, one teaspoon cinnamon, one-half teaspoon cloves, one nutmeg. Bake two hours slowly. Makes two loaves.

MRS. G. S. GOODSPEED.

WHITE CAKE

Scant one-half cup butter, one cup sugar, one-half cup milk, one and one-half cups flour, one teaspoon baking powder, whites of three eggs, flavor to taste. Makes two loaves.

MRS. W. F. FARMER.

SOUTH BERWICK CAKE

Two-thirds cup butter, two cups sugar, one cup molasses, five cups flour, one and one-half cups water, two eggs, one teaspoon salt, one teaspoon soda, one pint chopped raisins, nutmeg and cloves to taste. Makes two loaves.

MRS. H. M. STEVENS.

MEASURE POUND CAKE

Two-thirds cup butter, one cup sugar, one and one-half cups flour, one small teaspoon baking powder, four eggs, one tablespoon milk, one-fourth teaspoon nutmeg. Cream butter and sugar, add yolks and beat very light, add a little flour. When well mixed add the milk and more flour alternately with the whites beaten to a stiff froth. Mix baking powder with flour. Bake in moderate oven thirty-five or forty minutes.

MRS. C. H. BURTON.

POUND CAKE

One and one-half cups of pulverized sugar, one and one-half cups flour, one cup of butter, one cup of eggs. Rub sugar and eggs together, mixing eggs a little before adding sugar; rub butter and flour to a cream, then mix two creams together and beat thoroughly, adding salt and flavoring. Sift in through a fine sieve one-fourth teaspoon baking powder and put into tins as soon as possible.

MISS THOMPSON.

SILVER CAKE

Whites four eggs, one cup sugar, one-half cup butter, one and one-half cups flour, one-half cup milk, one and one-fourth teaspoons baking powder thoroughly sifted with the flour. Cream butter and sugar, whites beaten to a stiff froth added slowly.

MRS. S. E. MILLS.

GOLD CAKE

Yolks four eggs, one-third cup butter, one cup sugar, one heaping cup flour, one-fourth cup milk, one teaspoon baking powder, vanilla flavoring and frost. Bake slowly.

MRS. S. E. MILLS.

COLD WATER CAKE

One cup sugar, one-half cup butter, one cup water, one-half cup chopped raisins, one egg, two even teaspoons baking powder, two cups flour. Always cream the butter and sugar.

MRS. H. M. STEVENS.

CHOCOLATE CAKE

Two cups granulated sugar, one cup butter, two full cups flour, one cup sweet milk, one cup grated chocolate (Baker's), four eggs, one-half teaspoon soda, two teaspoons baking powder, one teaspoon vanilla. Dissolve the soda in the milk and sift the baking powder with the flour, cream butter and sugar, add well beaten yolks and milk. Next one cup of flour, then the chocolate, then the other cup of flour, and lastly the beaten whites. Bake in three layers.

Filling for the Chocolate Cake: One and one-half cups sugar and a full half cup milk; boil the sugar and milk five minutes or until it begins to string. Beat this, stirring constantly until it becomes a cream, melt one cup Baker's chocolate, spread two layers with the melted chocolate and a thicker one of the creamed sugar and milk in between. A chocolate icing on top.

MRS. CLARENCE F. CASTLE.

SPONGE CAKE WITHOUT BAKING POWDER

Separate whites and yolks of four eggs, beat whites until they will remain in dish if turned upside down; beat into them with egg beater one-half cup granulated sugar, beating five minutes. Add to yolks the juice and grated rind of one orange. Add the two mixtures, beating well. Fold in lightly with a spoon—not beating—one cup flour sifted three times. Bake twenty-five minutes in moderate oven. Just before putting in stove sift over top one tablespoon granulated sugar.

MRS. SHEPARDSON.

ANGEL FOOD

One and one-half cups sugar sifted six times, one cup flour measured after one sifting, add one even teaspoon cream of tartar to flour and sift five times. Beat the whites eleven eggs very stiff; add sugar gradually, beating all the time. Add flour carefully. One teaspoon vanilla. Bake in ungreased pan forty-five minutes to one hour. Invert the pan and do not remove from pan till cool.

MRS. O. S. BASS.

CHOCOLATE CAKE

Two even cups powdered sugar, three-fourths cup butter creamed with sugar, whites five eggs very stiff, one-cup milk, three cups flour, two teaspoons baking powder, vanilla. Bake in jelly-cake tins in hot oven.

Frosting: Two cups sugar, three-fourths cup water, whites two eggs, one-fourth cake Baker's chocolate, vanilla. Boil sugar and water until it threads, then pour over the well-beaten whites, add melted chocolate and vanilla. Beat well and spread between layers.

MABEL BURTON.

DEVILS' FOOD

One-half cake Baker's chocolate, one cup milk, cook until thick. Yolk of one egg, one-cup sugar, stir together and mix with chocolate. One cup sugar, two eggs, one tablespoon butter, one cup milk; mix with chocolate before putting in the flour, two cups flour; three heaping teaspoons baking powder. Bake in layers.

IVAH EMMONS.

CHOCOLATE LOAF CAKE

Two and one-half cups sugar, one cup butter, five eggs, one cup milk, three cups flour, three spoons baking powder, three spoons vanilla, one-half cake chocolate melted and added last of all.

Icing: White of one egg, water to fill shell; add powdered sugar until stiff.

MRS. H. G. WALKER.

WHITE CAKE

One cup butter, two cups sugar, one cup sweet milk, three cups flour, almond or lemon extract, whites of five eggs, two teaspoons baking powder. Easily made and very good.

EMILY STANSBURY.

WHITE CAKE

Whites seven eggs, two cups sugar, two-thirds cup butter, one cup milk, three cups flour, two teaspoons baking powder.

MRS. C. CHANDLER.

BERWICK SPONGE CAKE

Beat six eggs, yolks and whites together, two minutes; add three cups sugar and beat five minutes; mix three teaspoons baking powder thoroughly with four cups flour, add half of it and beat two minutes; add one cup cold water, the grated rind and one-half the juice of one lemon, a little salt and beat one minute; add the remainder of the flour and beat another minute. Bake in two deep cup cake pans.

MRS. N. W. CAREY.

DEVIL'S FOOD

Grate one-half cake of Baker's chocolate, mix it well with one-half cup sweet milk, one cup sugar, yolk one egg. Boil until the sugar and chocolate are well dissolved and let it cool. For the cake take one cup granulated sugar, one-quarter cup butter, one-half cup sweet milk, two eggs, two and one-quarter cups flour, two teaspoons baking powder, one teaspoon vanilla. Add to this the boiled chocolate cooled. Mix thoroughly and bake in three layers, with thin white frosting between layers.

DAVIDA HARPER.

NUT CAKE

Two cups sugar, one cup butter, three cups flour, one cup cold water, four eggs, one pound English walnuts, three teaspoons baking powder. Roll nuts fine, using less than one pound if plainer cake is desired. Save some perfect halves to put on the top after frosting. Make, two loaves, but may be divided evenly for one loaf.

MRS. H. M. STEVENS.

FILLING FOR LAYER CAKE

One cup sour cream, one cup walnuts and one-half cup raisins chopped fine, one-half cup sugar, white of one egg. Beat the cream until thick, add the white beaten to a stiff froth, lastly the raisins and walnuts. Mix well and spread.

MRS. C. H. RICE.

CHOCOLATE CARAMEL CAKE

Caramel: One cup grated chocolate, one cup sugar, one-half cup sweet milk, yolk of one egg. Boil until it thickens in a double boiler. Allow to cool.

Cake: One cup sugar, one-half cup butter, one cup sweet milk, three cups flour, three eggs, two teaspoons baking powder, one teaspoon vanilla. Add chocolate caramel before flour. Bake in layers.

Lemon Icing: Two cups pulverized sugar, two tablespoons milk, two tablespoons melted butter, juice of one lemon; stir until smooth. Allow cake to cool before using.

MRS. E. J. CLARK.

MINNEHAHA CAKE

The whites of three eggs, two cups sugar, one cup sweet milk, two large tablespoons butter, three cups flour, two heaping teaspoons baking powder.

Filling: Teacup sugar, little water, and boil together until brittle in cold water, remove from stove, stir into the well-beaten white of one egg. Add to this one cup chopped raisins and one cup English walnuts or hickory nuts.

MRS. J. B. JACKSON.

BOILED FROSTING No. 1

One and one-half cups granulated sugar, one-half cup sweet milk; boil five or six minutes without stirring. Beat until cool enough to spread.

MRS. W. F. FARMER.

BOILED FROSTING No. 2

To one small teacup of granulated sugar add enough water to dissolve. Boil without stirring until it just begins to be stringy. Have ready white of one egg beaten very stiff; add slowly the syrup, beating constantly until the frosting is nearly cold, then spread.

C. F.

ONE EGG LAYER CAKE

One cup sugar and one tablespoon butter, creamed, one egg beaten well, one cup milk; flavor to taste. Two cups flour, two teaspoons baking powder. Mix quickly but thoroughly. An inexpensive but very good foundation for all layer cakes.

C. F.

PIE

“Moderation is the silken string running through the pearl chain of all virtues.”—HALL.

PUMPKIN PIE

One cup pumpkin, one cup sugar, one and one-half cups milk, one egg, one heaping teaspoon cornstarch, one level teaspoon ginger, one level teaspoon cinnamon, pinch of salt.

MRS. BOWEN.

BAKEWELL PIES

Two-thirds cup sugar, two-thirds cup butter, yolks six eggs, whites three eggs. Beat butter and sugar to a cream, add the yolks which should be beaten till very light, lastly add whites of eggs and teaspoon lemon. Line muffin tins with puff paste, spread currant jelly over the bottom and fill with the above mixture until pans are two-thirds full. An old English recipe.

MRS. A. H. MCGREW.

PIE CRUST WITHOUT LARD

One heaping cup flour, one-quarter cup butter, rubbed together. Add a little salt and one teaspoon baking powder. Wet with water or milk enough to roll. This makes one pie.

MRS. A. G. LESTER.

RHUBARB PIE

Strip off the outside skin from the stalks of rhubarb, cut in pieces one-half inch long; line the pie dish with paste, and fill with rhubarb. Sweeten with one large cup of sugar; sprinkle a saltspoon of salt, a little grated nutmeg, and a shake of flour over the top. Cover with a rich pie crust.

MRS. DECKER.

MINCE MEAT

Two pounds lean fresh meat boiled, and when cool chop it fine. The meat from the upper part of the round is good for this purpose. One pound of beef suet cleared of strings and chopped fine, five pounds apples pared and chopped fine, two pounds raisins seeded and chopped, one pound Sultana raisins picked over, two pounds currants (or another pound of raisins), three-fourths pound of citron cut fine, two tablespoons cinnamon, one tablespoon ground nutmeg, two tablespoons mace, one tablespoon cloves, one tablespoon allspice, one tablespoon salt, two and one-half pounds brown sugar. Moistened with boiled cider or lemon juice. A jar of sweet pickled peaches and liquid will give the mince meat a fine flavor. Of course the peaches should be chopped fine.

MRS. ERNEST D. BURTON.

CHOCOLATE PIE

One cup sugar, one cup milk, two tablespoons grated chocolate, two and one-half heaping tablespoons flour (or two tablespoons cornstarch), yolks of two eggs. Cook until thickened; flavor to taste. Put this mixture into a crust that has been baked. Beat the whites stiff, add two tablespoons sugar, and put on top of pie. Set in the oven and brown.

MRS. A. H. COLE.

APPLE PIE

Two tablespoons of lard, large pinch of salt, pinch of baking powder, large cup flour. Rub lard lightly into the flour, add three tablespoons of ice water, divide into two parts and roll rather thin. Pare four large apples and slice. Strew over bottom crust a large handful of raisins, put in apples and sprinkle over one-half cup sugar, grate nutmeg over and dot with butter, cover with top crust and bake one-half hour.

MRS. ROTHMAN.

ORANGE PIE

Mix one cup of sugar and two tablespoons flour with the juice of one orange and its grated rind, add one whole egg and the yolks of two more, stir well and then add milk enough to fill pie tin. Beat whites of two eggs to a stiff froth, add a little sugar and put on top of pie. MRS. LE ROY HILL.

RIPE CURRANT PIE

Juice from one box of currants, one cup sugar, one-half cup cold water, two small tablespoons flour. Bake without an upper crust. Beat whites of two eggs to a stiff froth, add one-half cup of sugar and put on top of pie MRS. BINGHAM.

LEMON TURNOVERS

Three soft crackers rolled fine, two lemons peeled and chopped, two eggs, two cups chopped raisins, two cups sugar, pinch of salt. Roll crust quite thin, cut in rounds and fill with mixture. Bake one-half hour. MRS. JANETTE PARKER.

SQUASH PIE

To two cups of squash after it is stewed and sifted, add one-half teaspoon ginger, a little cinnamon, nutmeg and salt, one cup sugar and a little more than a pint of boiling milk. Add two eggs well beaten to the above mixture after it has slightly cooled. MRS. A. G. LESTER.

SCOTCH PIE

Make batter as for drop biscuit, only richer and thinner. Fill a square pan one-third full of sliced apples. Pour over these the batter. Bake until done, turn out on hot dish. Dress with butter, sugar and vinegar. Serve hot.

MRS. N. I. GETZ.

LEMON PIE

Juice and grated rind of one large lemon, two cups sugar, two tablespoons cornstarch mixed with a little cold water, butter size walnut, yolks four eggs, two cups boiling water. Cook in double boiler until thickened. Put this mixture into two pie crusts that have been baked. Beat the white of eggs to a stiff froth, add one tablespoon of sugar, put on top of pies and set in oven to brown.

MRS. J. FULTON.

PUDDINGS

"A smell like an eating house and a pastry cook's next door to each other, with a laundress next door to that! That was the pudding."—DICKENS' CHRISTMAS CAROL.

CHARLOTTE RUSSE

Sponge Cake: Six eggs, three cups sugar, four cups flour, one cup cold water, two teaspoons baking powder, juice and grated rind one lemon, one-quarter teaspoon salt.

Filling: One pint cream or milk, one-quarter cup sugar, yolks four eggs, one-half saltspoon salt. Prepare custard and while hot dissolve with it the soaked gelatine. One ounce gelatine soaked in one-half cup cold water. Stir until gelatine has dissolved. When beginning to set, mix in lightly one pint whipped cream or whites three eggs beaten stiff. Add to custard mixture before the gelatine one of the following flavorings: One-half vanilla bean, one teaspoon vanilla extract, two ounces chocolate dissolved in milk, five tablespoons pistachio nuts, three tablespoons Maraschino or three table-spoons sherry, or both.

MISS HARMER.

BAKED BANANAS

Peel six bananas and lay them in an earthen baking dish. Prepare in a bowl three tablespoons melted butter, six table-spoons sugar, three table-spoons lemon juice. Baste the bananas with this mixture and bake half an hour.

MRS. SILVER.

ANGEL CREAM

One cup sugar, one-fourth cup water, one pint cream, one table-spoon gelatine; soak in a little cold milk. Dissolve in hot milk three table-spoons sherry, one orange. Beat gelatine as for charlotte. Fold cream.

MISS HARMER.

FRUIT CHARLOTTE.

One quart cream, one-half package of gelatine, one cup milk, one tablespoon vanilla, one-half cup powdered sugar, one-third cup preserved ginger, one-third cup preserved pineapple, one-third cup candied cherries. Soak gelatine for two hours in half the milk. Whip the cream until stiff. Sprinkle the sugar and vanilla over it, fold it in. Then dissolve the gelatine in the rest of the milk, which should be heated, stirring until dissolved. Strain over the top of the cream, and stir from the bottom until the mixture will hardly flow. It is then ready for the moulds. The fruit can be added just before putting in the moulds if desired; but it is good without the addition of fruit.

MRS. ERNEST D. BURTON.

PINEAPPLE PUDDING.

Place in pudding dish two-thirds can grated pineapple and one-half cup sugar. Make a boiled custard, using one pint milk, one tablespoon cornstarch, yolks of three eggs. When cooked pour it over pineapple. Beat the whites of the eggs to a stiff froth and add three tablespoons sugar. Spread over top of custard and place in hot oven for from three to five minutes, just long enough to tip the meringue with a golden brown. Serve cold.

MRS. THOMAS MCCALL.

BLUEBERRY SHORTCAKE

One and one-half pints sifted flour, one cup sweet milk, two eggs, one cup sugar, two-thirds cup butter, two heaping teaspoons baking powder, one cup blueberries well covered with flour and stirred in last. Bake in moderate oven.

MRS. HUTCHINSON.

HUCKLEBERRY PUDDING

One loaf baker's bread, butter it, cut off crust, slice it, place in pudding dish. One quart huckleberries, one cup sugar, scald and pour over bread. Allow to stand some time. When very cold turn out and serve with cream.

MRS. K. R. SPENCER.

WHOLE WHEAT PUDDING

Use the Franklin Mills fine flour of the entire wheat for this pudding. Two cups entire wheat flour, one-half teaspoon soda, one-half teaspoon salt, one cup sweet milk, one-half cup molasses, one cup stoned and chopped raisins. Steam three hours. Serve with cream or any plain liquid pudding sauce. Dates, figs, prunes, stewed or chopped apple may be substituted for the raisins.

MRS. W. C. WILKINSON.

WHITE CUSTARDS

One pint milk, heated, not boiled; sweeten and flavor to taste. Stir into the milk the whites of four eggs unbeaten; pour the custards into cups set in a pan of hot water; cover them with thick paper and place them in a moderate oven to become firm. Do not beat the eggs and do not allow the custards to become brown.

E. D. E.

GERMAN PUDDING

Beat three eggs separately until very light, one cup milk added to yolks, three tablespoons flour, one-half tablespoon melted butter, a little nutmeg and salt; stir in whites last. Bake in moderate oven twenty minutes or half an hour. Serve at once with hard sauce.

F. I. C.

HUCKLEBERRY PUDDING

One quart ripe huckleberries, three eggs beaten separately, two cups sugar, four large teaspoons butter, one pint flour, one cup sweet milk, one-half teaspoon baking powder. Roll the berries in the flour and add them last. Bake one-half hour and eat warm with sauce.

MRS. L. C. HAYNES.

CUP PUDDING

One quart milk, six eggs beaten separately, six tablespoons flour, a little salt, two tablespoons sugar. Mix flour, yolks, sugar, salt and milk, add white of eggs. Bake in buttered cups and serve with sugar, butter and a little nutmeg.

MRS. J. E. RAYCROFT.

CHOCOLATE PUDDING

Yolks three eggs, one cup sugar, three tablespoons sweet milk, one ounce chocolate melted, one cup flour, two teaspoons baking powder. To the beaten yolks, add sugar and beat till light. Add milk and chocolate, mix well, add the flour; beat until smooth and light. Beat whites of eggs till very light and mix with baking powder, then add quickly to the other mixture. Put a large spoonful into greased cups and steam thirty minutes.

Sauce: One cup powdered sugar, one-half cup butter, beat to a cream and add one-half teaspoon vanilla and one-half cup milk. Stir constantly over hot water, cooking until smooth and creamy.

VASHTI CHANDLER.

PUDDING SAUCE

One cup milk, one-third cup butter, two-thirds cup sugar, one egg, two tablespoons wine, one teaspoon cornstarch. Let the milk come to a boil, then stir in the cornstarch (dissolved), then add sugar, butter and egg which have been beaten together, take from stove and add the wine. Especially nice for suet pudding.

F. B. L.

STEAMED SUET AND FRUIT PUDDING

One cup molasses, one cup chopped suet, one cup milk, two and one-half cups flour, one cup chopped raisins, one cup currants, one teaspoon soda, one-half teaspoon salt, one teaspoon cinnamon, one-fourth teaspoon cloves, one-fourth teaspoon nutmeg. Steam three hours.

MRS. THOMAS MCCALL.

VITOS PUDDING

Cook one cup of vitos fifteen minutes as for mush, then add one and one-half cups strawberry or raspberry preserves and cook fifteen minutes more. When done season with juice of half an orange and half a lemon; sweeten to taste, put in a mould and serve cold with whipped cream.

ALMA B. SIMPSON.

ENGLISH BOILED PUDDING

One quart flour, two teaspoons baking powder, one teacup sugar, one teacup syrup, one cup raisins, one cup currants, two eggs, one teaspoon salt, two teaspoons finely chopped suet, two small pieces lemon peel, one-third teaspoon cloves, cinnamon and allspice. Dip pudding cloth in hot water, wring out, place over pan, dredge with flour. Put pudding in, tie tightly; place in boiling water and boil two and one-half hours.

MRS. KLEUFER.

ORANGE PUDDING

Peel and slice three or four oranges, lay in pudding dish with one-third cup sugar. Make custard of one pint milk, yolks three eggs, one rounded tablespoon cornstarch, one-third cup sugar. When cold pour over the oranges. Beat whites of three eggs to a stiff froth, add one-third cup pulverized sugar and pour over pudding. Brown slightly and serve when cold.

MRS. J. ARCHY SMITH.

CAKE PUDDING

Partly fill a pudding dish with cake too dry for the table, cover with cream made of two tablespoons cornstarch, yolks of two eggs, one-half cup sugar and one pint of scalding milk. Pour over cake while hot. When cold frost with icing made as follows: One cup granulated sugar, three and one-half tablespoons hot water. Set on stove and let boil about five minutes. Pour over the white of one egg, partially beaten, and beat until cool.

MRS. J. ARCHY SMITH.

CHERRY PUDDING

One box cherries stewed, remove juice and add enough water to make one and one-half pints. In this dissolve one-third box gelatine, one cup sugar, let it cool until you can stir with a spoon, then add the cherries and mould. With canned cherries little or no sugar is needed. The juice of one lemon may be added. To be served with whipped or plain cream.

F. B. L.

ENGLISH CHRISTMAS PLUM PUDDING

Three-fourths pound suet, one pound raisins, one pound currants, one pound chopped apples, one-half nutmeg, one cup brown sugar, one-fourth minced candied peel, one teaspoon ground ginger, one teaspoon mixed spices, two ounces bread crumbs, seven ounces flour, one-fourth cup molasses, one quart milk, four eggs. Put into mixing bowl in order named, mix very thoroughly, adding eggs and milk last. The mixture should drop from the spoon, not run. This is sufficient for two puddings. Fill buttered bowl giving space to rise, cover first with white paper, then with a strong cotton cloth, tie firmly and boil six hours. These puddings will keep a year; when reheated steam one and one-half hours. MRS. SMITH.

FLOATING ISLAND ON FRUIT

One pint milk, two teaspoons cornstarch, two eggs, one-half cup sugar, one-half teaspoon vanilla, one orange, one banana, one lemon. Put milk on in double boiler, wet cornstarch with a little cold milk, when milk is hot stir in. Beat yolks, add sugar and stir in cooked cornstarch. Let cook until creamy, then add vanilla. Beat whites stiff and cut off small portions, putting in the custard while hot, dipping the hot custard over the whites to cook it. Cut up the bananas and squeeze the lemon over it, then pare the orange and cut in small pieces, mingle orange, bananas and two tablespoons pulverized sugar. Let stand until very cold. Put some of the fruit in each serving dish, then dip an island and some custard over each dish of fruit. MRS. G. C. BALDWIN.

ENGLISH PLUM PUDDING

One cup chopped suet, one cup currants, little citron, one cup raisins stoned and chopped, one cup molasses, one cup bread crumbs, one and one-half cups flour. Mix suet, bread crumbs and flour well together; one teaspoon cinnamon, one teaspoon cloves, one teaspoon soda in molasses; all well mixed. Steam three hours. Serve with hard sauce. S. E. M.

MERINGUE RICE PUDDING

Three-quarters cup rice, four eggs, one-third cup butter, one cup seeded raisins, one cup sugar, one pint milk, pinch salt. Wash and rinse rice, cover with milk and cook until soft in double boiler. Pour in granite pudding dish, add one pint milk, sugar, yolks of eggs well beaten, salt, vanilla and nutmeg to taste. Add raisins, mix butter and rice before adding other ingredients. Bake slowly thirty minutes. Beat whites to a stiff froth with three tablespoons powdered sugar. Spread over top and brown in oven. Good hot or cold.

MRS. ROTHMAN.

NUT PUDDING

Soak one-half box gelatine, add two cups boiling water, the juice of half a lemon, one-half cup sugar. Set one side to cool. Chop the meats of a pound of English walnuts and a pound of dates. Beat to a stiff froth the whites of a dozen eggs. When the gelatine mixture cools, add the nuts, fruit and the whites of the eggs, beating the mixture all the time to keep it smooth. For sauce, take yolks of four eggs, one cup sugar, one pint milk. Make a soft custard of this and use as a sauce.

MRS. OWEN.

ORANGE CREAM

Soak two tablespoons white gelatine in one pint warm water; when dissolved, heat and strain, and add juice of three oranges and grated rind of one, the juice of one lemon; add yolks of four eggs well beaten and one cup sugar. Stir over a gentle fire until it just boils, then pour into a quart mould. If desired garnish the platter with beaten whites of two eggs.

MRS. MONCRIEF.

COFFEE JELLY

One-half box gelatine, one-half cup cold water, one pint strong coffee sweetened to taste. Soak gelatine half an hour in cold water. Add the hot coffee, stir well, strain into a mould and set on ice or in a very cold place. Serve with whipped cream.

MRS. McLEAN.

CHOCOLATE WHIPS

One quart milk, one (ounce square) Baker's chocolate, one-half cup sugar, six eggs, a speck salt, scrape chocolate fine and put it in a small frying pan with two tablespoons sugar and one of boiling water. When dissolved add it to a pint and a half of the milk which should be hot in the double boiler. Beat eggs and remainder of sugar together, add the cold water and stir into boiling milk. Stir constantly until it begins to thicken; add salt and set away to cool. Season one pint cream with two tablespoons sugar and one-half teaspoons vanilla. Whip to a stiff froth. Half fill glasses with the cold custard and drop whipped cream upon it.

MRS. E. M. BURNS.

HOT GINGERBREAD PUDDING

One cup New Orleans molasses, one-half cup butter, one-half cup sweet milk, one egg, two and one-fourth cups flour, one teaspoon soda in two tablespoons boiling water, one teaspoon ginger, one teaspoon cinnamon, a little salt. Bake in two cake tins. To be eaten warm with a sauce of sweet cream whipped stiff, sweetened and flavored. MRS. G. C. BALDWIN.

RICE BAKED WITH DATES

Two even tablespoons rice, one quart milk, one cup dates stoned, one saltspoon salt. Bake very slowly with just enough heat to keep mixture bubbling gently. Stir once or twice and then allow to brown. Bake one and a-half hours or until rice is thoroughly soft. Serve very cold.

MISS SHERWIN,
Boston School of Housekeeping.

SNOW PUDDING

One quart sweet milk, one-half box gelatine, dissolve slowly; yolks of three eggs beaten well with four tablespoons sugar, turn little milk and stir well. Put on stove and beat. Beat whites to a stiff froth, one-half teaspoon vanilla. Pour in mould. Serve cold with cream, sugar and jelly. S. E. M.

CHOCOLATE PUDDING

One quart milk, two squares chocolate, one-half cup sugar, four tablespoons cornstarch, one teaspoon vanilla. Heat milk in rice boiler. Grate chocolate and add with sugar to the heated milk. Mix cornstarch in cold milk and stir into milk and chocolate, stir until thick and even color. Add vanilla last, pour into a mould set in cold water. Eat with sugar and cream.

MRS. JAMES PEABODY.

PLUM PUDDING

One-half pound citron, one pound raisins, one pound currants, three-fourths pound suet, one ounce cinnamon, four eggs, one cup molasses, one cup very brown sugar, one tablespoon essence lemon, one-half cup sweet milk, three cups flour. Chop suet, add fruit and flour well. Beat eggs, add sugar, milk and molasses together with the other ingredients. Stir fruit into this mixture just enough to mix well. Steam or boil in baking powder cans four to six hours according to size of can.

MRS. C. CHANDLER.



FROZEN DAINTRIES

"Trifles light as air."--

CHOCOLATE GLACE

One and one-half cups granulated sugar, one-half cup chocolate mixed; add one-half cup cream and cook until it bubbles in the centre. Add a picce of butter the size of a hickory nut, take from the fire and beat until the mixture thickens. Keep warm enough to pour slowly, over plain ice-cream.

CONTRIBUTED.

TORTONI

One pint thick cream, one-fourth pound rolled or grated macaroons, two tablespoons powdered sugar, one-fourth teaspoon almond flavoring. Put into freezer and pack in ice and salt for three hours.

MRS. ERNEST D. BURTON.

LEMON ICE

Let the juice of six lemons and two cups granulated sugar stand together for two hours. Add one quart of milk and freeze.

MRS. J. E. RAYCROFT.

ANGEL PARFAIT

Whip the whites of three eggs to a stiff froth. Put one-half cup sugar and one-half cup water into a saucepan on the fire. Stir until the sugar is dissolved, then let it cook slowly, without touching, until a little dropped into cold water will form a ball when rolled between the fingers. Pour three tablespoons of the boiling hot syrup slowly on to the whipped whites, beating constantly. Add one teaspoon vanilla or of sherry, or any other flavoring. When the Italian meringue is cold add pint of cream whipped to a stiff froth. Do not let any liquid that has drained from the cream go into the mixture. Mold and pack in ice and salt for four hours.

MRS. S. MATHEWS.

QUINCE ICE CREAM

Three cups cream, one cup preserved quince chopped fine, juice of one lemon, three-fourths cup sugar. Pack and freeze.

MISS SHERWIN,

Boston School of Housekeeping

PRUNE ICE CREAM

One pound prunes, washed and soaked over night. Cook until soft in water, remove seeds and put the balance through a colander. Add one cup sugar, whites of two eggs beaten to a stiff froth and one quart cream. Freeze.

MRS. I. N. NEELD.

COFFEE ICE CREAM

Steep one-third cup coarsely ground coffee in one pint cream or milk for ten minutes. Remove from the fire, let it settle and pour off carefully. Strain through cheese cloth and add it to the remainder of the cream or custard. This will flavor one quart of ice cream.

E. M. C.

CAMEL ICE CREAM

Beat the yolks of six eggs until creamy, add one-half pound of sugar, beat until light, and add the stiffly whipped whites of six eggs. Stir this mixture into one quart of rich cream which is boiling hot, cook, stirring constantly, until it begins to thicken. Take from the fire, strain, and let stand until cold. Add one tablespoonful vanilla and three table-spoons caramel (made by browning one-half cup granulated sugar). Pack and freeze.

CONTRIBUTED.

NEW YORK ICE CREAM

Cook one quart cream, four eggs and one-half pint sugar about fifteen minutes, in a double boiler. When cold, strain, add one teaspoon vanilla and freeze.

MRS. N. I. GETZ.

SPONGE ICE

Make a boiling syrup of one pound of sugar and one and one-half pints water. Pour into the yolks of twelve eggs, beaten very light. Dissolve a scant one-half box of Cox's gelatine and pour into the boiling syrup, then add one-fourth pint of brandy. Put into the freezer and when partially frozen add the beaten whites of twelve eggs.

MRS. CHAS. ALLEN MARSH.

CREAM BALM

One pint extra cream whipped stiff. Sweeten and flavor to taste. Put into quart mold, cover with ice sprinkled with salt until ready for use.

MRS. JENNINGS.

PINEAPPLE SHERBET

One and one-half pint can of pineapple, or, if fresh fruit is used, one large pineapple chopped fine. Add one scant pint of sugar, two tablespoons gelatine, soaked in cold water to cover, for one or two hours. Have one pint of water hot and dissolve the gelatine in it, stir this, with one pint of cold water, into the mixture and freeze. This sherbet will be white and creamy.

MRS. GARDNER.

LEMON SHERBET

Pour about three quarts of water over the juice and grate rind of six lemons, one can grated pineapple, three pints sugar, and let stand to season. Strain, add a little of the pineapple, the white of one egg and freeze.

MRS. J. G. PRATT.

PINEAPPLE FRAPPE

Strain the juice of four large lemons into two quarts of water, add one can grated pineapple and two pounds sugar. Put into freezer, and when nearly frozen add the beaten whites of four eggs.

MRS. J. FULTON.

GRAPE SHERBET

Boil two cups sugar, with the grated rind of one lemon and two cups water, for five minutes. Pour over one-half table-spoon gelatine which has been soaked in one-fourth cup of cold water. Add one cup grape juice and the juice of two lemons. Strain and freeze, adding the beaten white of one egg, when the mixture is of the consistency of mush.

MISS SHERWIN,
Boston School of Cooking.

CHAFING DISH AND FANCY COOKERY

Thou seest how diligent I am to dress thy meat myself and bring it thee.—SHAKESPEARE.

BY MISS HARMER,
University Primary School.

ORANGE SOUFFLE

Three oranges (juice and pulp), six tablespoons sugar (powdered), one saltspoon salt, one-half teaspoon orange extract, three eggs, one teaspoon butter. Beat yolks thick. Add three large tablespoons sugar, and flavoring. Add the salt to whites and beat stiff, adding gradually three large tablespoons sugar. Put butter in chafing dish. Have hot water pan ready. Add one-half the whites to yolk and put soufflé in chafing dish, cooking same as for omelette. When a delicate brown, put over hot water pan. Let remain until well puffed, then spread over center the orange pulp ; then spread over the remainder of the whites. Cook until white is set. Two tablespoons sherry may be added at the last.

OYSTER SOUP

Large Quantity : One large pint oysters, one large tablespoon butter, two large tablespoons flour, one-fourth saltspoon red pepper (Hungarian), one quart milk, one grate of nutmeg, one saltspoon thin yellow lemon rind.

OMELET

Two eggs, two tablespoons milk, one saltspoon salt, one-fourth saltspoon pepper, one teaspoon butter.

FANCY OMELETS

Add one of the following ingredients just before folding. One tablespoon chopped parsley, one teaspoon finely grated onion, three tablespoons grated sweet corn, three tablespoons chopped ham, three tablespoons chopped chicken, three tablespoons chopped veal, three tablespoons chopped mushrooms, parboil and drain. Three tablespoons grated cheese, three oysters, parboil and drain. Three tablespoons chestnuts, boil and mash.

SWEET OMELETS

One teaspoon powdered sugar for each egg. Omit pepper. Add just before folding: Three tablespoons preserves, jelly, or marmalade. Fold and sprinkle with sugar.

PIGS IN BLANKETS

Wrap each seasoned oyster in a thin slice of bacon, and fasten with wooden skewer. Saute in hot cutlet pan until bacon is crisp. Serve on toast.

LOBSTER NEWBURG

Meat of one lobster, steam in one tablespoon butter. Add three tablespoons sherry and cook five minutes. Blend yolks two eggs, one teaspoon cornstarch. Add slowly one cup cream. Pour cream mixture over lobster. Stir constantly until thick and creamy. Add glass of brandy and serve.

SWEET FRITTERS OR "WONDERS."

Three eggs, one tablespoon sugar, one saltspoon mace, two tablespoons rum or sherry, two tablespoons butter, two cups flour. Chop butter with flour, beat eggs. Add sugar and flavoring, then flour. Roll out very thin. Cut in strips two and one-half by one-half. Let dry for two hours, then fry in deep fat. Powder with mixed sugar and cinnamon. Serve at afternoon tea.

FRITTER BATTER

Oyster kromskies, clam fritters, apple fritters, orange fritters, two eggs, one tablespoon oil, one cup flour, one-half cup cold liquid. Stir seasoning into beaten yolk, add oil slowly, then flour. Beat well and then set aside two hours or more. When ready to use fold in stiff whites.

ALMOND ROCK

One pound finely powdered sugar, whites four eggs. Meringue. Add one pound blanched ground almonds. Form in small cones. Bake in very hot oven.

QUEEN FRITTERS

One cup hot water, four tablespoons butter, one large tablespoon sugar, yellow rind one-half lemon. Boil together five minutes. Skim out rind. Stir in quickly one cup flour. Beat until dough does not adhere to spoon or pan. Cover and set aside fifteen minutes to cool. Then work in five raw eggs, one at a time. Drop by small spoonful into hot fat. Serve with liquid sauce.

CRULLERS

One cup butter, two cups sugar, four eggs, one-fourth teaspoon nutmeg, one and one-half teaspoons baking powder, one cup milk, one-half teaspoon salt. Flour to form dough to roll. Cream butter and sugar. Add beaten eggs and flavoring, then flour with baking powder, alternating with the milk. Fry in hot fat.

FROZEN SOUFFLE

Eight tablespoons sugar, six yolks. Beat slowly over hot water to a solid froth. Remove and cool. Mix in gently one pint cream (stiff whip), one dozen lady fingers cut in small pieces and dipped in sherry. Turn into wetted mold, bury in ice, and salt for two hours. Serve in mold

DATE PUFF

Two eggs, one cup sugar, one-fourth cup butter, one-fourth cup milk, one teaspoon baking powder. Flour for thin batter. One cup dates (stoned, quartered, floured). Fill muffin cups one-half full. Steam twenty minutes.

SPANISH HAM

One tablespoon butter, one tablespoon fat from ham (minced), two tablespoons bread crumbs, one tablespoon parsley, one-fourth saltspoon redpepper, one-fourth or one-half cup sweet cider, Add butter and fat to chafing dish, when fat is yellow add ham which has been sprinkled with pepper. Brown both sides slightly, then add cider and simmer. Remove ham, add parsley and bread crubs to absorb moisture in pan. Beech nuts may be added.

SWEETBREADS WITH ORANGE SAUCE

Keep in iced water with one tablespoon vinegar for one hour, parboil twenty minutes, return to iced water. Dry thoroughly; add to chafing dish one tablespoon butter. When brown add sweetbreads and brown. Remove and prepare sauce: One tablespoon butter, one tablespoon flour (brown), one large teaspoon thin orange rind, two teaspoons orange juice, one-half cup stock. One tablespoon orange marmalade may be used.

SAUSAGE AND VEAL ROLLS

One-half pound sausage, one-half pound veal (minced raw), one-half cup bread crumbs, one teaspoon celery salt; one teaspoon lemon juice, one teaspoon scraped onion, one-half saltspoon red pepper, one teaspoon chopped celery, one teaspoon chopped pickle. Mix together and moisten with white of egg, make into small balls, brown in butter, cover one minute. Serve with horseradish sauce.

SPANISH EGGS

One cup stewed tomatoes, one teaspoon finely scraped onion, one tablespoon butter, one saltspoon salt, one-fourth salt-spoon pepper, three eggs. Cook onion in hot butter, add tomatoes. When tomatoes are simmering, break in three eggs, lift with fork while cooking, so that the red, white and yellow shows in the dish. Flavor with three tablespoons catsup. Two tablespoons chopped cold ham and one tablespoon parsley may be added.

BRAINS WITH PEAS

Prepare brains as for sweetbreads; add to chafing dish one and one-half cup peas with juice. When hot add the brains and simmer ten minutes. Prepare cream sauce in hot-water pan: One tablespoon flour, one tablespoon butter, one-half teaspoon salt, one-half saltspoon pepper, one-fourth cup cream. Add brains and peas to sauce and serve.

CREAMED DATES

One cup sugar, one-third cup water, boil to a thread about eight minutes. Whites two eggs, beat till stiff. One saltspoon cream tarter. Put a blanched almond in the centre of each date, removing stone. When syrup is hot put in dates, extinguish flame, turn in the white of egg and stir rapidly until creamy, then add two tablespoons sherry.

BACON AND LIVER SAUTE

One cup bacon, crisped, add one cup calf's or lamb's liver, one teaspoon finely scraped onion. Cook until onion is a good yellow, then add one tablespoon chopped parsley, two tablespoons Tarragon vinegar. Serve on lettuce leaves.

FRIZZLED BEEF

One cup smoked beef (packed solid), one cup rich milk or half cream, two level tablespoons butter, two level tablespoons flour, two eggs, one round teaspoon parsley, one-fourth saltspoon pepper. Cover beef with one and one-half cup boiling water. While water is boiling measure butter and flour then drain beef. Make white sauce with one tablespoon butter, add another tablespoon butter to beef and frizzle until it curls; add unbeaten eggs to white sauce, then add beef. Add parsley and serve.

PINEAPPLE PUFF

Whites three eggs, one-half saltspoon salt added to whites when beating, one saltspoon cream tartar, one to three teaspoons lemon juice. Fold in stiff whites three tablespoons pineapple. Grease pan with butter and cook same as omelet. Serve with whipped cream, sweetened and flavored with fruit juice or wine. Three tablespoons syrup to one pint cream, two tablespoons powdered sugar to one pint cream.

MISSISSIPPI STEAMBOAT POTATOES

One pint potato cubes, one level tablespoon finely chopped onion, one level tablespoon butter, one tablespoon Tarragon vinegar, one tablespoon parsley, one saltspoon pepper, one well-beaten egg. Cook onion yellow in butter, then add potato cubes which have been cooked in boiling salted water, one tablespoon salt to six potatoes. When potatoes have absorbed the butter, add the vinegar. Cover and steam a minute. Add last parsley and beaten egg. Cook until egg is set.

TERRAPIN OYSTERS

One tablespoon butter, one teaspoon paprika, one saltspoon salt, one-fourth saltspoon pepper, two tablespoons celery, two tablespoons fresh sliced mushrooms, eight oyster crabs. Add to chafing dish; cover and cook fifteen minutes. Add fifteen oysters and juice, one-fourth cup cream, one-half glass sherry. Serve hot.

EGGS A LA JARDINIERE

Two tablespoons butter, two tablespoons mushrooms minced, one saltspoon pepper, two-thirds teaspoon salt, five eggs. Toast. Put butter in chafing dish; add mushrooms and seasoning, add beaten eggs and stir until set. Serve on toast.

LOBSTER NEWBERG

Meat of one lobster in one inch pieces, add three tablespoons sherry and cook five minutes, yolks two eggs, blend one teaspoon cornstarch, add slowly one cup cream. Pour cream mixture over lobster. Stir constantly from sides to middle until thick and creamy. Add glass of brandy and serve.

DEVEILED TOMATOES

Four or six tomatoes cut in thick slices, sprinkle with flour, saute in hot butter. Serve on hot platter with one tablespoon following sauce on each slice: two tablespoons butter, one teaspoon powdered sugar, one teaspoon dry mustard, one saltspoon salt, one-fourth saltspoon cayenne, yolk one-half boiled egg. Cream the mixture and add one teaspoon chopped pepper, one tablespoon parsley, one tablespoon vinegar, one tablespoon scraped onion. Slightly warm in pan and serve.

BEEFSTEAK A LA MODE

One pound steak one inch thick, two tablespoons butter, three slices lemon, one-half cup stock or port wine, add butter to pan: when melted add steak and lemon. Brown on both sides. Add stock and cook slowly from five to ten minutes. Add wine and serve.

CREAM LOBSTER

Meat one small lobster, one-fourth teaspoon salt, one-fourth saltspoon pepper, one-half cup cream, one saltspoon thin lemon rind, one tablespoon lemon juice, yolks three eggs, one-fourth saltspoon nutmeg, one tablespoon butter. Put butter in pan, add lobster. When hot add cream and seasoning add egg diluted with a little cream, stir rapidly until thickened. Add lemon juice and serve.

CARAMEL PUDDING

One teaspoon butter, grease pan as for omelet, add one cup caramel thick, made by caramelizing one cup sugar and adding one cup boiling water. Add three slices toast cut in squares. Cover well with the caramel. Prepare a custard and pour carefully over top of caramel. Cover and cook till custard is set. Custard: Three eggs, two tablespoons sugar, one cup milk, one-half cup cream, one-half teaspoon vanilla.

OYSTERS FRIED IN BATTER

Prepare batter of three eggs, three tablespoons milk, one tablespoon flour, juice of oysters, seasoning. Drop oysters in batter. Saute in butter to a rich brown.

PORK TENDERLOIN WITH APPLES

Cut in small slices one-half inch thick, sprinkle lightly with red pepper; add to the chafing dish one teaspoon butter, one teaspoon scraped onion. When onion is yellow add pork. When a delicate brown, turn and cover with one bay leaf, four apples (wiped, cored, cut in rings), one tablespoon butter (sprinkle in small dots on top), two tablespoons sugar. Cover and cook till apples are tender.

STUFFED APPLES

Eighteen Siberian crabapples; core out at blossom end, forming cup. Make syrup of one cup water, one cup sugar. Cook apples in syrup until tender, about one-quarter hour.

Cherried Cranberries: Take one-half pint cranberries, one-half cup sugar, one-fourth cup water, cook ten minutes, with chafing dish closely covered. When apples are cooked fill cup with cherried cranberries. Whip one-half pint cream, pile cream around apples. Garnish with Tokay grapes seeded.

MUSHROOMS

Cover bottom of chafing dish with olive oil; add one pint mushrooms (hollow part upward), one teaspoon paprika, one saltspoon salt. Cover closely for ten minutes to brown. Serve on toast.

Braised Mushrooms: Two tablespoons butter. Heat in chafing dish and add thirty medium-sized mushrooms, washed and peeled. Cook fifteen minutes, being careful not to burn butter. Season and serve on toast.

EGGS WITH MACARONI

One-half cup milk, two tablespoons mushroom (cut fine), one cup cold boiled macaroni, four eggs, well mixed. Stir over boiling water ten minutes. Season to suit.

CHICKEN FILLET WITH ALMOND SAUCE

Two fillets of chicken (not fowl). For each fillet, two saltspoons salt, one-fourth saltspoon pepper and cayenne, one tablespoon olive oil, two tablespoons flour, one cup cream and stock (equal parts), one-half cup thinly sliced almonds. Sprinkle fillet with seasoning and spread with oil. When pan is hot add fillet and turn when a delicate brown. Add flour and while stirring gradually add the cream. When sauce is thick add the almonds.

CHICKEN AND RICE SOUP

Two cups chicken stock, one cup milk or cream, one tablespoon butter, one tablespoon flour or two tablespoons cracker crumbs, one-fourth teaspoon celery salt, one hard boiled egg, one tablespoon Sultana raisins, one tablespoon chopped almonds, three heaping tablespoons soft-boiled rice, four heaping tablespoons finely chopped chicken, one-fourth tablespoon lemon rind. Begin as for white sauce adding ingredients in order given. When crackers are used mix them with the cream and add last. When cream is used omit butter. Season highly with salt and pepper.

STEAMED BANANAS

One cup boiling water, one cup granulated sugar, one saltspoon yellow lemon rind, one small bay leaf, six cloves, one inch stick cinnamon, one-half lemon (juice), six under-ripe bananas. Put sugar on with water and spices, cut bananas in half then across, add bananas and separate in syrup. Cover and cook till clear and soft. Add lemon juice before serving. Serve with whipped cream, plus one-half cup powdered sugar, one saltspoon cinnamon.

MOCK TERRAPIN

One cup dark meat of boiled chicken, two tablespoons butter, one tablespoon flour, one-fourth cup cream, one saltspoon salt, one-fourth saltspoon mace, one-fourth saltspoon cloves, one-fourth saltspoon cayenne, one-fourth teaspoon Worcestershire, one hardboiled egg, one-fourth cup stock with giblets, one-fourth cup sherry. Start as for white sauce. Add sherry just before serving.

COMPOTE OF FRUIT AND RICE

One cup fruit mixture: Banana, orange, cherries, cinnamon and cloves; peaches and plums; pineapple, peaches and green gages; two cups soft boiled rice, whites two eggs, six tablespoons powdered sugar. One-half cup sugar for uncooked fruit. When syrup of fruit boils add fruit cut in small pieces, add spice, etc. Beat whites stiff, adding powdered sugar, then fold through rice. When fruit boils arrange soufflé of rice around edge of dish and cook until egg is set. Decorate rice with angelica, cherries, or cherried cranberries.

JELLIES AND PRESERVES

Delectable dishes of preserved plums, and peaches and pears and quinces together with bowls of milk and cream all mingled higgledy, piggedly.—Irving's Sketch Book.

SPICED GOOSEBERRIES

Six pounds fruit, three pounds sugar, three tablespoons cinnamon, three tablespoons cloves, one-fourth pint vinegar. Boil half an hour.

MRS. J. FULTON.

SPICED GRAPES

Five pounds grapes, three pounds sugar, two teaspoons each cinnamon and allspice, one-half teaspoon cloves. Pulp grapes, cook and strain through sieve. Boil skins until tender, add pulp, sugar, spices and vinegar to taste. Boil thoroughly

MRS. MASON.

PRUNE JELLY

One pound prunes, water to cover, one-fourth box gelatine, one cup sugar, one teaspoon vanilla. Wash prunes, soak over night. In the morning cook in water in which they were soaked until very tender; drain off liquor, seed the prunes, and cut into small pieces with knife; put stones into liquor back on stove, add sugar and gelatine previously dissolved in a little cold water. Strain, add prunes and vanilla and turn into mold to cool. Serve with sugar and whipped cream.

MRS. W. C. WILKINSON.

CRANBERRY SAUCE

One quart cranberries, two small cups water, two large cups granulated sugar. Cover and stew gently one hour. Strain and mould.

CONTRIBUTED.

GRAPE RELISH

Ten pounds grapes, six pounds brown sugar, one quart vinegar, one teaspoon each cloves, allspice, cinnamon, pepper and salt. Separate pulp and skins. Cook pulp until seeds are free and strain through a seive. Put all together and cook one hour.

MRS. J. S. CARTER.

PICKLES

"I warrant there's vinegar and pepper in it."--Shakespeare, Twelfth Night.

FRENCH PICKLES

Let stand in weak salt water three days closely covered then take weakened vinegar scalding hot and pour over three mornings. It may be necessary to add a little vinegar each day. Wipe them dry. Take a few small onions boiled soft and drain; then to half-gallon vinegar add three tablespoons white mustard seed and three tablespoons black mustard seed, three of celery seed, a handful of juniper berries. To this vinegar add one-fourth pound of ground mustard mixed in cold vinegar, two pounds granulated sugar. This is enough for three hundred pickles. Add to the mixture one handful small green peppers and a bottle of English chow chow. Let all this boil down rich and pour over pickles in jars hot.

MRS. CHARLES ALLEN MARSH.

GREEN TOMATO SLICED PICKLES

Select green tomatoes, slice thin, sprinkle salt over them and let them remain all night. In the morning drain off the water. To a gallon of tomatoes add two tablespoons of cloves, two of pepper, two of allspice, two of cinnamon, two green peppers chopped fine, two cups brown sugar, one cup grated horseradish, one spoonful mustard. The spices should be whole and tied in a cloth and scalded in the vinegar. Put in the tomatoes, cook until tender. Cover well in the vinegar.

MRS. D. A. PEIRCE.

TOMATO CATSUP

One peck ripe tomatoes, one cup salt, one quart vinegar, one small teaspoon cayenne pepper, four red peppers, two tablespoons mustard, six tablespoons cinnamon. Cook tomatoes and pepper a little and strain through a sieve, then cook all together one hour.

MRS. J. S. CARTER.

CHILI SAUCE

One dozen large ripe tomatoes, four onions, two red peppers. Chop these together fine. Two tablespoons salt, two tablespoons brown sugar, one tablespoon cinnamon, three cups vinegar. Boil one and one-half hours. MRS. W. I. GETZ.

SWEET PICKLED PEACHES

Peel one peck peaches; they should not be too ripe or they will be too soft. Boil three quarts of vinegar, one cup of water, three pounds granulated sugar, one ounce mixed spices (taking out most of the mustard seeds) and a few sticks of cinnamon, and also a few cloves. Boil this mixture for half an hour then add the peeled peaches and cook until tender and put into glass jars.

MRS. ERNEST D. BURTON.

CHOW CHOW

One large cauliflower, one quart green cucumbers sliced lengthwise, three dozen small cucumbers, two dozen small onions. Soak cucumbers in brine two or three days and scald the rest in strong salt and water. Add pepper, whole cloves, allspice and stick of cinnamon as you choose. Scald the following and when well mixed pour over the pickles: Two and one-half quarts vinegar, two and one-half cups brown sugar, one-half cup flour, six tablespoons ground mustard. Bottle in wide-mouthed bottles or glass cans. Seal.

MRS. O. S. BASS.

WATERMELON PICKLE

Prepare rind and let stand in salt and water over night. In the morning boil in clear water till tender; five minutes before taking up add one teaspoon pulverized alum. Take up and drain well. Make syrup of six pints sugar, three and one-half pints vinegar. Tie up spices in a thin bag and put into syrup. Put in the rinds, boil gently one hour and seal in jars.

MRS. H. G. WALKER.

GREEN TOMATO PICKLE

Eight pounds green tomatoes chopped fine, four pounds light brown sugar, and boil three hours. Add one quart vinegar, one teaspoon each mace, cinnamon and cloves. Boil fifteen minutes.

MRS. MASON.

CHOW CHOW

One peck green tomatoes, one cabbage, one-half dozen onions, one-half dozen peppers (seeded), one-half pound mustard seed, one tablespoon dry mustard, one tablespoon black pepper. Chop the tomato fine, put into an earthen vessel, and stew gently with a cup salt allowing them to stand several hours to draw out juice. Chop cabbage and pour over it scalding water, drain in twenty minutes. Over the mixture pour three quarts scalding vinegar. Ready for use in one week.

MRS. F. J. MILLER.

RIPE TOMATO PICKLES

One cup chopped celery, six medium-sized onions, one cup sugar, one-half cup salt, two ounces ground cinnamon, one ounce each white mustard seed and black pepper, one peck tomatoes.

MRS. LE ROY HILL.

CANDY

"As the last taste of sweets is sweetest last."

—SHAKESPEARE, RICHARD II.

PLANTATION DROPS

One cup molasses, one cup sugar, one-half cup water, two tablespoons vinegar, butter size of walnut. Boil until brittle in cold water. Cool just a little and add one-fourth teaspoon essence peppermint. Pull on hook if possible until light colored. Cut in small oblongs and dip in powdered sugar.

MISS GRACE PEABODY.

FUDGES

Let two cups sugar, one cup milk, one-eighth pound Baker's chocolate, and one fourth cup butter come to a boil, then stir continually until done. This may be determined by pouring a little of the candy out into cold water. If it hardens enough so that it can be worked into a soft ball it is done. After taking off the stove stir until it thickens, then add a few drops vanilla and pour into a buttered pan. Chopped nuts or coocanut may be added. Cut into squares.

MISS MARY CHANDLER.

FUDGES.

Three cups granulated sugar, one cup milk, one teaspoon butter, one fourth cake Baker's chocolate. Boil till gummy in cold water then beat in a pan of cold water and pour into buttered pans to cool.

MRS. H. E. SLAUGHT.

PEANUT BRITTLE

Put four cups granulated sugar into a dry granite pan. Melt over a slow fire, stirring all the time. When it is all smooth add one cup finely chopped peanuts. Pour the candy into an unbuttered pan to cool and then break into small pieces.

MISS CHANDLER.

CREAM TAFFY

One pound granulated sugar, one teaspoon butter, one tablespoon vinegar, water to wet thoroughly. When the mixture boils add one-half teaspoon cream of tartar mixed in cold water. Boil until it is brittle when tried in cold water. Pull over a hook, adding vanilla to taste.

MISS GRACE PEABODY.

CANDIED WALNUTS

One cup C. sugar, one of granulated, one-half cup water. Boil until it is very brittle in cold water. Do not stir at all. Have a pound of walnuts cracked and halved, then put them into candy a few at a time and remove them with the sharp point of a knife. Put them on a buttered plate or marble slab and let them get very cold.

MISS GRACE PEABODY.

PEPPERMINT DROPS OR WAFERS

Two cups granulated sugar, one-half cup boiling water. Let boil hard four minutes. Take off, stir in a tablespoon confectioner's sugar and four drops peppermint, drop on greased paper and let cool. Any flavor may be used. Stir all the time until cool enough to drop.

MRS. JENNINGS.

OPERA CARAMELS

Two cups confectioner's sugar, one cup half milk half cream. Take care not to stir until after it has boiled. Boil until it makes a ball in cold water, then beat as rapidly as possible, and add two teaspoons vanilla or one-third cup finely grated chocolate. When too stiff to beat longer work with hands like dough until it is perfectly smooth, then flatten it out and cut into caramels.

MISS GRACE PEABODY.

CHOCOLATE CREAMS

White of one egg, same amount of water, one-half teaspoon vanilla, then put in confectioner's sugar until it is stiff enough to handle. Make out into little balls and let stand for a few minutes, then dip in melted chocolate.

MISS BURTON.

FRENCH CREAMS

Use half as much water as granulated sugar. Boil until it strings, but take it off the fire the instant it does. While it boils keep the edges clear of sugar by rubbing with a wet cloth tied around a stick. Pour the syrup out upon a marble slab. Let it cool a little and then stir until it is white and creamy. This cream is called "foudant" and may be made up into different kinds of candy. English walnuts or candied cherries may be put on top of each candy, almonds are generally blanched and covered with the cream.

MISS CHANDLER

COCOANUT BALLS

Cocoanut balls are made by adding dessicated cocoanut to the foudant described in the preceding recipe. Roll into balls and dip in granulated sugar.

MISS CHANDLER.

CHOCOLATE CREAMS

Make the foudant as for French creams into round or conical shapes. Melt Baker's chocolate over steam; push a broom-straw into each cream shape, and holding it by the two ends of the straw dip it into the chocolate, making a thin coating. The chocolate dries almost immediately and the creams are covered unbrokenly all over.

MISS CHANDLER.

STUFFED DATES

Remove seeds from dates then stuff with nuts, which may be chopped or otherwise. If chopped, firmly pinch dates together, then roll in granulated sugar.

MISS MARY CHANDLER.

SALTED ALMONDS

Blanch nuts by placing them in boiling water until skins readily peel off, then put into a pan with butter and salt and brown, stirring often to prevent burning.

MISS MARY CHANDLER.

FINE CREAM CANDY

To four cups of granulated sugar add three tablespoons of glucose and one cup boiling water. Cook on a hot fire until it will make a soft ball in cold water. Remove from fire and beat until stiff enough to mould. Roll into balls and put on these nuts or cherry, or use as stuffing for dates. Flavoring and coloring matter should be added while the mixture is being beaten. Cocomanut may be used, making a cocomanut candy or the candy may be used as a foundation for chocolate creams. Care must be taken in the use of glucose, as too much makes the candy pasty.

MISS WHITTLESY.

BUTTERSCOTCH

Four cups brown sugar, one-half cup of butter, one cup of water. Boil until it strings or is brittle when tried in cold water. Do not stir. Add a little vanilla. Pour on a marble slab or into a pan set in cold water.

MISS CHANDLER.

PATTIES

One pound powdered sugar, six tablespoons of water, pinch of cream tartar, eight drops of oil of peppermint or wintergreen. Take out spoonful of dry sugar and put in cup and mix oil and cream of tartar with it. Put the water with rest of sugar and cook until it threads then add the mixture from cup and stir until creamy. Drop from end of spoon on to buttered papers.

MISS BURTON.

WALNUT CREAMS

One cup C sugar, one cup granulated, one cup milk, butter size of an egg, one small cup chopped walnuts. Let sugar and milk come to boil, add butter. Let boil till it will make ball in cold water, remove from fire, add nuts and one teaspoon vanilla, beat a few minutes and pour onto marble slab. Flatten and cut into squares.

MISS GRACE PEABODY.

VINEGAR CANDY

Three cups white sugar, one-half cup water, one-half cup vinegar, butter size of walnut. After it begins to boil stir continually until it strings when dropped from spoon. Pour out on buttered plates until cool enough to handle then pull until white.

MISS CHANDLER.

MOLASSES TAFFY

One and one-half cups sugar, one and one-fourth cups molasses, one-half cup water, one tablespoon vinegar, one tablespoon butter. Do not stir more than necessary to keep from burning. Boil until it strings when dropped from spoon, add pinch of soda before pouring out on buttered plates. When cool enough to handle place on hook and pull to a bright yellow color. Pull out into long strips and cut into small pieces.

MISS CHANDLER.

POPCORN BALLS

Boil one pint molasses for twenty minutes after it begins to boil. Pour it over six quarts popped corn. Wet the hands in cold water and form the mixture into balls. This makes twenty large balls.

MISS CHANDLER.

MAPLE FUDGE

Over one pound cake of maple sugar chopped into small pieces pour enough hot water to cover. Add one-half cup granulated sugar, butter size of egg. Stir constantly. When boiling add slowly one cup milk. Cook until by dropping in cold water it can be moulded with the fingers then remove from fire and beat until very thick. Pour into buttered pans. Nuts may be added to this.

MISS WHITTLESY.

"CHAIN-'O-LAKES CANDY."

Granulated sugar three pounds, two cups rich cream, one-half cup water, one heaping tablespoon butter. Stir these together in the cold. Boil twenty or twenty-five minutes. Don't stir on stove. Flavor to taste with vanilla. Pull until white. Allow to cream twenty minutes or half an hour.

CONTRIBUTED.

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—SHAKESPEARE.

CHEESE BALLS

Three Neufchatel cheeses or one Waukesha cream cheese, one-half pound nuts, almonds or walnuts with shells or about one-third pound shelled. Chop the nuts quite fine and mix cheese and nuts with a spoon. Mould into balls the size of small walnuts. They improve on standing twenty-four hours.

MRS. BAXTER.

CHEESE SOUFFLE

Put two tablespoons of butter in a saucepan, add one heaping tablespoon of flour. When smooth, add one-half cup of milk, one-half teaspoon of salt and a few grains cayenne. Cook two minutes. Add the yolks of three eggs well beaten and one cup grated cheese. Set away to cool. When cold add the whites beaten to a stiff froth. Turn into a buttered dish and bake twenty-five or thirty minutes. Serve immediately.

MRS. A. H. COLE.

CHEESE STRAWS

Two tablespoons flour, three tablespoons grated cheese, a little cayenne, a little salt. Use enough egg to moisten to a stiff dough. Roll out thin and bake in a moderate oven.

MRS. LEROY HILL.

BAKED OMELET.

Stir a tablespoon of flour into a little milk and make a paste. Cook a little. Add a teaspoon of butter and pepper and salt to taste. Beat the whites and yolks of six eggs separately. Stir the yolks into the paste and add one-half teaspoon of baking powder and then the whites. Grease a frying-pan on the stove, pour in the mixture and leave on stove until it sets. Finish in moderate oven. Test by opening a place with a knife blade. Fold over and turn into a hot platter. Serve immediately.

MRS. CAREY.

BIRDS NEST OF EGGS

• Toast rounds of bread and dip in hot cream salted. For each round beat to a stiff froth the white of one egg slightly salted, leaving each yolk in its shell. Heap the white on the round of toast. In a depression made in the center of each heap put a lump of butter. On this put a yolk dusted with salt and pepper. Bake in oven till yolk is done and white slightly browned. Serve immediately.

MRS. ELLA M. BURNS.

OMELET

Take the crumb of slice of bread, soak it in hot milk, beat whites of four eggs to a stiff froth, mix the bread with all the milk it will absorb, no more, into a paste, add the yolks of eggs with a little salt. Set the pan on the fire with an ounce of butter. Let it get very hot, then mix the whites of the eggs with the yolks and bread lightly. Pour into the pan and move about for a minute; when brown underneath put in the oven until the top is set.

MRS. C. M. MACLEAN.

FRUIT PUNCH

Boil together for five minutes, one pound of sugar and one and one-half cups water. Skim and cool. Add one and one-fourth cups Ceylon tea, one pint of syrup drained from canned strawberries, one cup lemon juice, one and one-half cups orange juice and one quart of grated pineapple. Cover and let stand for one hour; strain and add ice water enough to make six quarts. Add one quart Apollinaris water and serve, dropping on surface a few strawberries, candied cherries or bits of pineapple.

MRS. A. H. COLE.

NUT SANDWICHES

Four hard boiled eggs chopped fine or put through a press, one cup of English walnuts chopped, stir together until moist with the following dressing: Two cups sweet cream, one cup vinegar, two tablespoons cornstarch, two tablespoons sugar, one tablespoon dry mustard, four eggs, yolks and whites beaten separately. Mix all dry ingredients together, put in yolks of eggs, pour in hot milk and vinegar slowly and cook until like custard. Stir beaten whites in after the custard is removed from fire, set in a dish of cold water and stir until cold. Use double boiler. This dressing will keep some time.

MRS. J. FULTON.

HORSERADISH SAUCE FOR SANDWICHES

One-fourth cup butter, four even tablespoons cream, one-half even teaspoon Tarragon vinegar, one-fourth teaspoon salt. Cream the butter, add the other ingredients.

MISS SHERWIN,

Boston School of Housekeeping.

PRUNE SOUFFLE

Whites of five eggs, one-half cup chopped prunes, one-half cup sugar. Cook the prunes, seed and chop very fine without the juice. Put a pinch of salt into eggs and beat very stiff, add the sugar gradually beating all the time. Then add the prunes a little at a time. Put all into a granite pudding dish which has been greased and bake in a moderate oven about twenty minutes, or until set. Serve with whipped cream.

Chopped apples or peaches may be used instead of the prunes.

MISS CULTON.



BEVERAGES

RASPBERRY SHRUB

Take any quantity of berries red or black. Cover with vinegar and stand over night. Cook until well heated through. then drip, not squeeze, through a bag. Add the same quantity of sugar as juice and cook until sugar is well dissolved. Skim and bottle. It will not ferment.

MRS. A. G. LESTER.

GRAPE SHRUB

Wash the grapes and put them on to cook with just enough water to cover them. When the skins are well broken strain off the juice through a cloth or fine colander. Add to the juice enough sugar to make it fairly sweet, bring to a boil and can

MISS CHANDLER.

RULES FOR BREWING COFFEE

Use one part coffee (Chase & Sanborn's "Seal Brand") to six parts water—i. e., to one cup even full of dry ground coffee, use six cups of water. Heating (not burning) just the required quantity of coffee (roasted berry or ground) for each batch, immediately before brewing, by placing in a pan in the oven, stirring gently, will greatly improve the aroma and fragrance. Have your coffee ground as fine as ordinary granulated sugar, or so that the large particles will not exceed in size the head of a pin.

Place in the pot your coffee and pour boiling water on it. Be sure the water is boiling. Then allow the entire contents to boil five minutes, (not longer). As soon as brewed, clarify with the white of an egg dissolved in small amount of water, and to render the coffee liquor absolutely free from floating particles strain through fine flannelette cloth into the table coffee pot. Serve as soon as these directions are completed. A delay of fifteen minutes will allow much of the aroma and flavor to escape.

The above rules apply to the making of coffee in the plain old fashioned cylinder coffee-pot.

ADDENDA

PIE-CRUSTS AND PANCAKES FOR DYSPEPTICS.

One and one-fourth cups each of sifted almond meal and pastry flour: salt and one-third cup water. Have all ingredients as cold as possible. Mix the meal, flour and salt, add water, and roll out without kneading. This is a rich, tender crust, but less almond meal and more flour also give good results. A good crust can also be made of the almond paste used for macaroons. These crusts can be easily digested when lard and butter crusts cannot be eaten.

MRS. KATE NUDING.

PANCAKES ON SHREDDED WHEAT BISCUITS

Four eggs, two pints sweet milk, five and one-half shredded wheat biscuits rolled and sifted, one and one-fourth cup entire wheat flour and one teaspoon salt. Beat eggs very light, add salt, crumbs and flour. Mix well and add the milk a little at a time; beat well. If the flour, which may be white if preferred, is nicely brown first, a confirmed dyspeptic need not fear to eat these cakes. Rolled and sifted granose may be used in place of the shredded wheat biscuits—a cup and one-half being required for above rule. It is well to brown lightly a quantity of flour and keep it closely covered. It can then be used usually in place of ordinary flour in cooking, though of course it is not necessary where the family's digestions are unimpaired.

DATE CUSTARD FILLING FOR PIE

Remove the seeds from one pound dates, cover with water, boil until tender and press through colander. Stir in two beaten eggs, two tablespoons cornstarch or flour and one quart new or unskimmed milk. Prepare a crust as for custard-pie. This will make two pies.

CELIA A. COLE.

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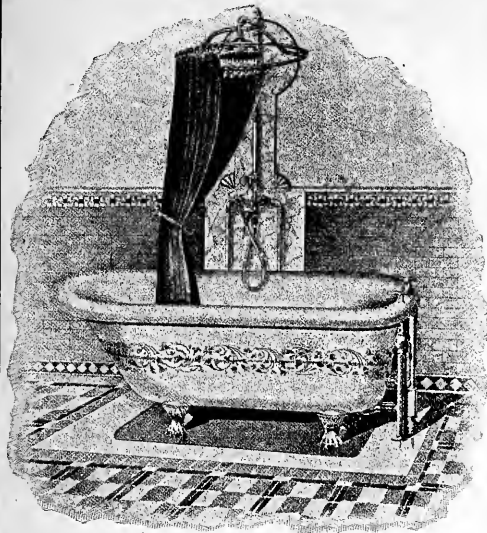
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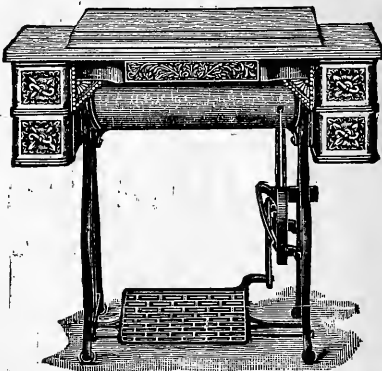
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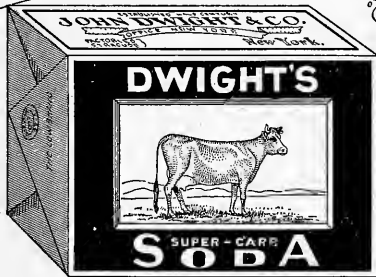
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