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# The Just-Wed Cook Book



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

—OWEN MEREDITH.

**A Present**  
from  
**The Merchants of Reno, Nevada**  
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# Nevada Credit Co.

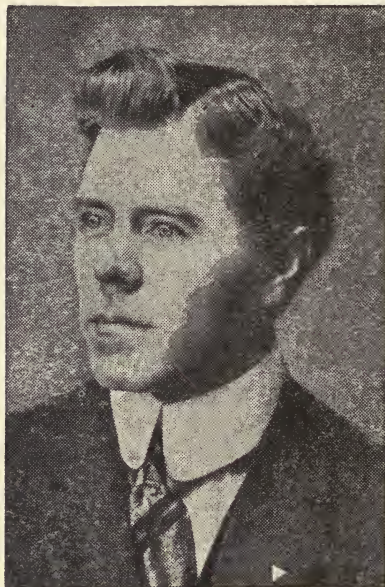
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*Reno, Nevada*

Cake Telling  
 2c. powdered sugar  
 2 tbsp Butter  
 1 " choc. - vanilla add  
 coffee to moisten cream + white egg  
 also use canned pineapple  
 " maple  
 " milk

The  
**Just-Wed  
 Cook Book**



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

Look for the Directory with new recipes. It will be mailed you monthly, free.

Compiled by E. F. KISSLING

Published by

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RENO, NEVADA



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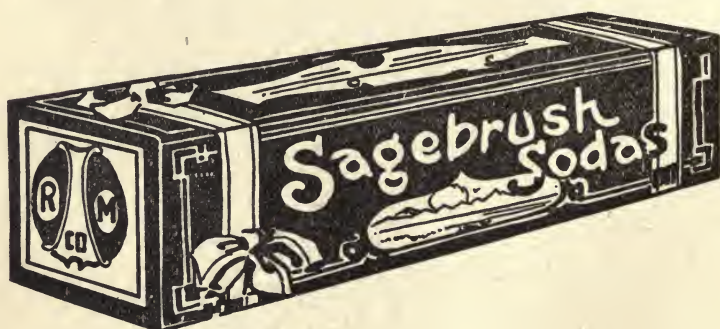
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Sagebrush  
Sodas are just  
right.



Riverside Mill Co.

Reno, Nevada

# BREAD, MUFFINS, ROLLS, WAFFLES, FRITTERS, ETC.

## WARNING

The making of bread is, to a large degree, a chemical operation, and should be carried on with as much accuracy as a chemist would use in his laboratory. The flour should be weighed or measured. The other ingredients should also be weighed or measured accurately.

Temperature is a particularly important factor in making good bread. Do not let sponge or dough get chilled.

When potatoes are used, be sure that they are sound, white and mealy, and in the fall, when the new crop is on the market, be careful that the potatoes are fully ripe. More failures in bread making are due to the use of potatoes which are thought to be ripe, but which are not fully matured, than any other one thing.

In making cake, a difference may be noted if the eggs are large or small, if small use either more eggs or more water or milk.

## RECIPE FOR BREAD

(University of Nevada Method)

Warm Gold Medal Flour in over.

2 cups milk, scalded,	yeast in $\frac{1}{2}$ cup luke warm water,
2 cups potato water,	1 teaspoonful salt,
2 medium potatoes, mashed very fine,	1 tablespoonful sugar,
1 cake Fleischmann's compressed	1 teaspoonful lard.

Add Gold Medal flour until mixture has appearance of cake batter; beat with wooden spoon until very light. Let stand.

Add Gold Medal flour and knead until smooth, brush butter over top of dough, cover and let raise to twice original size.

Mould into loaves and let raise twenty minutes.

Put in very hot over for ten minutes, then bake in slow oven forty-five minutes.

## WHITE BREAD

Quick Method

1 quart Gold Medal Flour sifted,	$\frac{1}{2}$ teaspoonful salt,
1 cup or $\frac{1}{2}$ pint milk or water,	2 teaspoonfuls sugar,
1 cake compressed yeast,	1 tablespoonful melted butter.

Dissolve yeast by breaking into a cup and adding 1 teaspoon sugar, mix and let it stand 3 minutes. Sift flour in a bowl, make well in center, and add water, salt, sugar, butter and yeast, mix and knead well, put in a warm place to raise  $1\frac{1}{2}$  hours, or until light. Turn out on molding board, knead lightly, shape into loaves, put in well buttered pans, let raise  $\frac{3}{4}$  hour. Bake 45 minutes.

## BREAD

Cook 2 medium sized potatoes in 1 quart water. Use the water. Must be 1 quart to scald 1 teacup Gold Medal flour. Mash potatoes and add to the flour, using more flour if necessary. Soak 1 cake of yeast in a cup of warm water. When this is cold, stir into the mixture already prepared. Let it stand over night, stirring occasionally. Set in a warm place. Next morning add 1 heaping teaspoonful of lard, 2 of sugar and 1 teaspoonful of salt. If necessary  $\frac{1}{2}$  teaspoonful of soda. Stir in flour until proper consistency; knead hard. Put to rise and knead lightly the second time; put in pans to rise again. Bake in a moderate oven. This also makes nice light rolls.

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Chism's  
Quality  
Ice  
Cream**



# ROYAL BEER

If purchased by the Wife will keep  
 Husband Home. **RENO BREWING CO.**

## WHOLE WHEAT BREAD

1 pint milk,	$\frac{1}{2}$ cup sugar,
1 teaspoonful salt,	1 compressed yeast cake.
1 pint water,	

Scald the milk and add the water. When luke warm add salt, sugar, yeast cake (dissolved in 2 tablespoons water) and sufficient Gold Medal Whole Wheat flour to make a batter that will drop from the spoon. Beat continuously for 5 minutes. Cover and let stand in a warm place for 3 hours; then add sufficient Whole Wheat flour to make a dough. Knead at once into loaves. Put in small greased pans, cover and stand in warm place for an hour. Bake in a moderately quick oven over 45 minutes.

## GRAHAM BREAD

2 quarts Gold Medal Graham Flour,	1 tablespoonful salt,
2 cups potato water,	1 small cup molasses or sugar,
1 yeast cake,	1 tablespoonful melted lard.
1 quart Gold Medal Flour,	

Dissolve yeast cake in lukewarm water. Mix all ingredients into as stiff a dough as can be stirred with a spoon, adding lukewarm water to make it the proper consistency. Let it stand over night. In the morning stir it down with a spoon thoroughly. Have bread tins greased. Fill each one about  $\frac{1}{2}$  full and let rise to the top of the pans. Bake in moderate oven 1 hour for good-sized loaves.

## RYE BREAD

1 pint milk,	$\frac{1}{2}$ teaspoonful salt,
1 pint water,	1 compressed yeast cake.

Scald the milk, add the water and salt, and when the mixture is luke-warm add the yeast, moistened in two tablespoons warm water. Add sufficient Rye Flour to make a batter, and beat thoroughly for ten minutes. Cover and stand in a warm place for  $2\frac{1}{2}$  hours. Knead this dough quickly until it loses its stickiness. Divide it into three or four loaves, put each loaf in a square pan; cover and stand for an hour in the same warm place, about 75 Fahr., until it has doubled in bulk, brush the top quickly with warm water and put it in a hot oven. When brown, reduce the heat and bake  $\frac{3}{4}$  of an hour. Turn each loaf from the pan; stand on a board covered with a cloth but do not cover the loaves. It is better to tip the board so that the air may circulate around the entire loaf. This makes a nice crisp crust.

## MUFFINS

Break 2 eggs in a dish, salt them, and add 2 cups sweet milk, 2 cups flour, piece butter half the size of an egg melted. Leave in lumps after stirring and bake in hot iron gem pans.

## ROLLS

To 1 pint bread sponge add  $\frac{1}{2}$  cup water, 1 egg,  $\frac{1}{4}$  cup butter, rubbing butter and sugar together. Let rise after mixing; roll out; rise again and bake.

## TEA ROLLS

One cup scalded milk,  $\frac{1}{4}$  cup sugar, 1 teaspoonful salt,  $\frac{1}{4}$  cup melted butter, 2 eggs, 1 cake yeast foam dissolved in  $\frac{1}{4}$  cup luke-warm water, 1 pinch nutmeg,  $3\frac{1}{2}$  cups flour. When the milk is luke-warm add 2 cups flour, beat well and add the dissolved yeast foam. Let rise, then add the butter, sugar, salt, nutmeg and the well-beaten eggs. To this add enough of your flour to make a soft dough. Knead well and let rise in a warm place. Shape into small rolls. Put into a buttered pan, let rise, and bake in a brisk oven for 15 minutes.

**RAISIN BREAD**

Dissolve a tablespoon each of butter and lard in a cup of hot milk then add a cup of either cold water or milk to the hot milk to make lukewarm. Sift a quart of Gold Medal Flour with one teaspoon of salt, three tablespoons of sugar, make a hole in center of flour and stir in half a cake of compressed yeast, which has been dissolved in a little lukewarm water; add part of your milk, stirring in the flour, then break in one or two eggs and the rest of the milk; beat up the dough lightly, which must be a stiff batter. Let it raise all night in a warm place and well covered. In the morning add a cupful each of raisins and currants, two tablespoons of sugar and either some nutmeg or caraway seeds or lemon peel. Make into two loaves, working very little; let rise very light and bake three-quarters of an hour.

**NUT BREAD**

1 egg,	1 cup sugar,
½ cup milk,	½ teaspoonful salt,
4 cups Gold Medal Flour,	4 tablespoonfuls baking powder,
1 cup chopped nuts,	1 cup chopped raisins.

Beat eggs and sugar and stir in the milk. Have the flour, salt and baking powder sifted and pour into it the milk mixture, adding the nuts and raisins. Form into loaves when kneaded smooth, put in deep, well greased pans, let raise twenty minutes in a warm place and bake forty to fifty minutes.

Either the nuts or the raisins may be omitted.

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**RENO. NEVADA**

**NUT BREAD**

1 cup milk,	1 teaspoonful salt,
1 dissolved yeast cake,	1 quart coarsely chopped walnuts,
1½ quarts Whole Wheat Flour,	2 tablespoonfuls molasses.
1 cup boiling water,	

When milk and water are lukewarm add yeast cake (dissolved in ¼ cup water), salt and flour. Beat. Let rise to double the size, then add the walnuts and molasses. Put in pan and let rise double.

**HOMEMADE PRIZE RAISIN BREAD**

Make a sponge of 1 cake of compressed yeast with 1 tablespoonful sugar dissolved in ½ cup lukewarm water. To 1 cup of scalded milk add 1 cup of hot water and when lukewarm add the yeast and 2 cups white flour and beat for five minutes. Let rise until very light. Then add 3 tablespoonfuls each of sugar and Crisco creamed together, 1 teaspoonful salt and 1½ cups Seeded Raisins cut in halves. Stir in flour until stiff, then knead until dough is smooth and elastic, using 6 to 8 cups of Gold Medal Flour. Cover to let rise and when light, double in bulk, mould into loaves, and when again light bake about one hour.

**FRUIT AND NUT ROLLS**

Sift together 2 cups Gold Medal Flour, ½ teaspoonful salt and 3 teaspoonfuls baking powder. Work 3 or 4 tablespoonfuls butter into flour and add about ¾ cup milk to make soft dough. Knead lightly and roll out thin into oblong sheet. Brush dough with 2 tablespoonfuls melted butter; sprinkle over with 2 tablespoonfuls sugar, ¼ teaspoonful cinnamon, ½ cup chopped nuts and ½ cup finely cut Seeded Raisins. Roll up snugly, cut off half-inch slices and lay cut side up on buttered and floured baking sheet. Let stand ten minutes, then bake in hot oven.



# SIERRA BEER FOR HEALTH--Phone 581

## FRENCH ROLLS

Made by rolling dough between the hands into small oval shapes about a finger long, tapering at each end, and put together in pairs; or rolling into egg-shaped pieces and cutting them half through the middle. Another shape is first a ball, then cut it half through each way, top to bottom, and right to left. Long rolls are shaped and cut across in slanting cuts; or the whole mass of dough is rolled under the hand and made into a large ring, pinching the ends together; then cut half way through, two inches apart, with a pair of scissors. A knife dipped in melted Cottolene keeps these cuts from coming together.

## WHOLE WHEAT GEMS

Mix with 2 cups of Gold Medal Whole Wheat Flour 1 tablespoonful sugar,  $\frac{1}{2}$  teaspoonful salt, 1 cup milk, well beaten yolks of two eggs, one cup water. Into this mixture add the beaten whites of the two eggs. Bake in hissing hot gem pans thirty minutes.

## GENUINE PARKER HOUSE ROLLS

3 tablespoonfuls butter,  
1 teaspoonful salt,  
 $\frac{1}{2}$  cup lukewarm water,  
1 yeast cake,

2 cups fresh milk,  
1 tablespoonful sugar,  
Whites two eggs,  
6 cups Gold Medal Flour.

Scald the milk and add to it the sugar, salt and butter. Let it stand until lukewarm then add three cups of flour and beat for five minutes. Add the dissolved yeast cake and let it stand until very light and frothy; then the remaining flour. Let it rise again until it is twice its original bulk, place on your molding board, knead lightly and roll into a sheet half an inch thick. Take a large biscuit cutter and cut the dough into rounds, brush with melted butter, fold over and press the edges together. Place in a buttered pan one inch apart. Let them rise until very light and bake in a hot oven 15 minutes.

## BOSTON MUFFINS

$1\frac{1}{2}$  pints Gold Medal Flour,  
 $\frac{1}{2}$  pint Corn Meal,  
1 tablespoonful sugar,  
1 teaspoonful salt,  
2 teaspoonfuls baking powder,  
1 tablespoonful butter,

3 eggs,  
1 pint (full measure) milk,  
1 teaspoonful extract cinnamon  
(which may be omitted with-  
out detriment).

Sift together Gold Medal Flour, corn meal, sugar, salt, and powder; rub in butter or lard; add eggs, beaten, milk, and extract cinnamon. Mix into batter a little stiffer than ordinary griddle-cake batter. Have griddle heated regularly all over; grease it, lay on it muffin-rings, also greased; half fill them with batter. As soon as risen to tops of rings, turn them over gently with cake-turner; bake nice brown on either side. They should bake in 7 or 8 minutes.

## POP-OVER ROLLS

3 eggs,  
9 ounces Gold Medal Flour,

Little salt,  
1 pint milk.

Put the eggs, salt and flour into a bowl; mix in the milk and pour into deep moulds. The moulds must be 2 inches high. Fill half full and bake in a hot oven 25 minutes.

## HARMONY IN THE HOME

## THAT HAS A PIANO

## WESTERN MUSIC CO. RENO, NEVADA



## ENGLISH MUFFINS

1 quart Gold Medal Flour,	2 large teaspoonfuls baking powder,
$\frac{1}{2}$ teaspoonful sugar,	$1\frac{1}{4}$ pints milk.
1 teaspoonful salt,	

Sift together Gold Medal Flour, sugar, salt, and powder; add milk, and mix into smooth batter trifle stiffer than for griddle cakes. Have griddle heated regularly all over, grease it, and lay on muffin rings; half fill them, and when risen well up to top of rings, turn over gently with cake-turner. They should not be too brown—just a buff color. When all cooked, pull each open in half, toast delicately, butter well, serve on folded napkin, piled high and very hot.

## RICE MUFFINS

2 cups cold boiled rice,	$1\frac{1}{2}$ teaspoonfuls baking powder,
1 pint Gold Medal Flour,	$\frac{1}{2}$ pint milk,
1 teaspoonful salt,	3 eggs.
1 tablespoonful sugar,	

Dilute rice, made free from lumps, with milk and beaten eggs; sift together Gold Medal Flour, sugar, salt, and powder; add to rice preparation, mix into smooth, rather firm batter; muffin-pans to be cold and well greased, then fill 2-3; bake in hot oven 15 minutes. One cup cold boiled hominy may be substituted for rice.

## SOFT WAFFLES

1 quart Gold Medal Flour,	1 large tablespoonful butter,
$\frac{1}{2}$ teaspoonful salt,	2 eggs,
1 teaspoonful sugar,	$1\frac{1}{2}$ pints milk.
2 teaspoonfuls making powder,	

Sift together Gold Medal Flour, salt, sugar and powder; rub in butter cold; add beaten eggs and milk; mix into smooth, consistent batter that will run easily and limpid from mouth of pitcher. Have waffle-iron hot and carefully greased each time; fill 2-3, close it up; when brown turn over. Sift sugar on them, serve hot.

## RICE WAFFLES

Into a batter as directed for soft waffles stir 1 cup of rice, free from lumps; cook as directed in same recipe.

## VIRGINIA WAFFLES

Cook  $\frac{1}{2}$  cup white Corn Meal in  $1\frac{1}{2}$  cups boiling water 30 minutes, adding  $1\frac{1}{2}$  teaspoonfuls salt. Add  $1\frac{1}{2}$  cups milk, 2 tablespoonfuls sugar, 2 tablespoonfuls melted butter, 2 cups Gold Medal Flour mixed with 2 heaping teaspoonfuls baking powder, and 2 eggs, whites and yolks beaten separately. Cook in hot, well-greased waffle-iron.

## GERMAN WAFFLES

1 quart Gold Medal Flour,	Rind of 1 lemon, grated,
$\frac{1}{2}$ teaspoonful salt,	1 teaspoonful extract of cinnamon,
3 tablespoonfuls sugar,	4 eggs,
2 large teaspoonfuls baking powder,	1 pint thin cream.
2 tablespoonfuls lard,	

Sift together Gold Medal Flour, sugar, salt, and powder; rub in lard cold; add beaten eggs, lemon rind, extract, and milk. Mix into smooth, rather thick batter. Bake in hot waffle-iron, serve with sugar flavored with extract of lemon.

**Eat  
Chism's  
Quality  
Ice  
Cream**

# ROYAL BEER Small Percentage of Alcohol, Large Percentage of Extracts

## SWEET MUFFINS

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 cup sugar,                   | 3 cups Gold Medal Flour,      |
| 1 egg,                         | 2 teaspoonfuls baking powder, |
| 1 tablespoonful melted butter, | 1 teaspoonful salt.           |
| 1 pint sweet milk,             |                               |

Mix and sift dry ingredients; add milk and beaten egg and butter. Beat hard, bake in greased muffin-pans.

## CORN BREAD

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 2 tablespoonfuls melted lard, | Corn Meal for stiff batter,       |
| 1 tablespoonful sugar,        | 1 teaspoonful baking powder,      |
| 2 eggs,                       | 1 tablespoonful Gold Medal Flour. |
| 1 pint sour milk,             |                                   |

Mix together milk, beaten eggs and sugar; stir these into the flour and corn meal; then add melted lard. Dissolve the soda in a few drops of boiling water; add it and beat hard for several minutes. Have ready heated greased dripping pans; pour in the batter and bake in a moderately quick oven from 20 to 30 minutes.

## CORN BREAD

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 egg,                        | 1 tablespoonful Gold Medal Flour, |
| Pinch of salt,                | 1 tablespoonful melted butter,    |
| 1 tablespoonful sugar (oval), | 1 teaspoonful soda.               |
| 1 cup sour milk,              |                                   |

Beat egg well, add salt, sugar, Gold Medal Flour, stir in melted butter and add soda to sour milk. While foaming pour into the other ingredients and stir in enough corn meal to make batter grainy. Turn into hot buttered pans and bake twenty minutes.

## JOKERS

- |                              |                           |
|------------------------------|---------------------------|
| 1½ cups Graham Flour,        | 1½ cups Gold Medal Flour, |
| 2 teaspoonfuls yeast powder, | Pinch of salt.            |

Milk enough to make a stiffer batter than muffins. Put in last, 2 eggs, well beaten. Bake in quick oven.

## TEA GEMS

- |                     |                               |
|---------------------|-------------------------------|
| 1 pint milk,        | 2 teaspoonfuls baking powder, |
| 4 eggs,             | 1 cupful Gold Medal Flour,    |
| 2 cups Corn Meal,   | 1 tablespoonful butter.       |
| 1 teaspoonful salt, |                               |

Separate the eggs; beat the yolks and add the milk, salt and butter (melted). Add the corn meal, baking powder and flour sifted together. Beat rapidly for about two minutes. Then fold in the well-beaten whites of the eggs and bake in greased gem pans in a quick oven for a half-hour.

## ENGLISH BUNS

- |                            |                         |
|----------------------------|-------------------------|
| 1 quart Gold Medal Flour,  | ½ cup lukewarm water,   |
| 4 eggs,                    | 5 tablespoonfuls sugar. |
| ½ cup butter,              | ½ cup nut meats,        |
| 1½ cakes compressed yeast, | ½ cup chopped raisins.  |

Pour flour in bowl, break eggs in whole, add butter (melted), yeast which has been dissolved by breaking into a cup and mixing with 1 tablespoonful sugar, lukewarm water. Stir until all are mixed, beat well, put in warm place to rise 1½ hours. Then sprinkle sugar, fruit and nuts over top, mix very lightly with spoon. Drop into well buttered gem pans, let rise one-half hour. Bake 25 minutes.

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## TEA BISCUITS

Sift one quart of Gold Medal Flour with one teaspoonful of salt and 4 rounding teaspoonfuls of baking powder. Into this rub 1 large tablespoonful of Califene until it is of the consistency of cornmeal. Then add just enough sweet milk to make a dough easily handled. Roll out  $\frac{1}{2}$  inch thick, place in greased pan and bake for about fifteen minutes in a very hot oven.

## CREAM BISCUIT (Baking Powder)

Sift together one pint of Gold Medal Pastry Flour, three teaspoonfuls of baking powder, and half a spoonful of salt. Moisten with cream as soft as can be handled. Roll out on a well floured board, cut in small biscuits and place in a pan, brushing over with melted butter or cream before baking. Have oven very hot, and bake ten or fifteen minutes, according to size. For milk biscuits use two tablespoonfuls of Cottolene to shorten. Mixture like this made softer and baked in gem pans gives an easy and satisfactory drop biscuit.

## OLD-FASHIONED GINGER BREAD

4 cups Gold Medal Flour,	$\frac{3}{4}$ cup molasses,
1 cup sugar,	2 eggs,
1 teaspoonful ginger,	1 cup milk,
1 teaspoonful cinnamon,	$\frac{3}{4}$ cup of oiled butter.
1 teaspoonful soda,	

Mix dry ingredients and add molasses, milk, eggs and melted butter. Beat smooth and bake in a sheet for about one hour.

## MILK BREAD

1 pint milk, scalded and cooled,	1 tablespoonful butter melted in
1 tablespoonful sugar,	hot milk,
$\frac{1}{2}$ cup yeast,	1 teaspoonful salt,
	6 or 7 cups Gold Medal Flour.

Measure the milk after scalding and put in the mixing bowl; add the butter, sugar and salt; when cool add the yeast, then stir in the flour, adding it gradually; knead till smooth and elastic. Cover, let it rise till light; cut it down; divide into four parts; shape into loaves or biscuit; let it rise in the pans. Bake 40 to 50 minutes.

## WATER BREAD

2 quarts sifted Gold Medal Flour,	1 cake compressed yeast dissolved
1 teaspoonful salt,	in $\frac{1}{2}$ cup water,
1 tablespoonful sugar,	1 pint lukewarm water,
$\frac{1}{2}$ cup liquid yeast, or	1 tablespoonful butter, or drip-
	ings, or lard.

Sift the flour and fill the measure lightly, not heaping, nor shaken down. Turn it into a large bowl holding about 4 quarts. Reserve 1 cup flour to add at the last if needed, and to use on the board. Mix the salt and sugar with the flour; rub in the shortening until fine, like meal. Mix the yeast with the water. If compressed yeast be used, dissolve  $\frac{1}{4}$  of a cake in half a cup of water. This is in addition to the pint of water to be used in mixing. Pour the liquid mixture into the center of the flour, mixing it well with a broad knife or a strong spoon. Knead it half an hour, or till smooth and fine grained. Cover and let it rise until it doubles its bulk. Cut it down; let it rise again; divide into four parts, then shape into loaves putting 2 in each pan, or reserve some for biscuit. Cover and let it rise again to the top of the pan. Bake in a hot oven nearly an hour.

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1 cup Self-Rising Buckwheat and                      1½ cups milk,  
Wheat Flour Mixture,                                      1 tablespoonful syrup.

Grease pan with half lard and butter. Serve quickly on hot plate.

## GENERAL GRIDDLE CAKES

One cup and cold cooked cereal, mash fine to free from lumps, add 1 beaten egg, yolk and white separate, ½ tetaspoonful baking powder, beat thoroughly. Drop by spoonfuls on hot griddle and serve, when brown, with syrup.

## GRIDDLE CORN CAKES

2 cups Yellow or White Corn Meal,                      1 teaspoonful salt,  
Boiling water,    1 tablespoonful sugar,  
1 egg beaten,    Cold milk.

Add salt to corn meal, pour on boiling water to form a thick drop batter; add maple syrup and sufficient cold milk to make a thick pour batter. Drop by tablespoonfuls on a well-greased hot griddle and cook as griddle cakes. Serve immediately.

## GRIDDLE CAKES WITH EGGS

3 cups Gold Medal Flour,                                      1 teaspoonful salt.  
2 teaspoonfuls baking powder,

Mix well together, add 2 well-beaten eggs and sufficient sweet milk to make a thin drop batter. Bake at once on a hot, well-greased griddle. Make them thin.

## GENEVA GRIDDLE CAKES

1½ pints Gold Medal Flour,                                      2 tablespoonfuls butter,  
4 tablespoonfuls sugar,                                      4 eggs,  
½ teaspoonful salt,    Nearly ½ pint milk.  
1½ teaspoonfuls baking powder,

Rub butter and sugar to white, light cream; add yolks of eggs, 1 at a time. Sift Gold Medal Flour, salt, and powder together; add to butter, etc., with milk and egg whites whipped to dry froth; mix together into a smooth batter. Bake in small cakes; as soon as brown, turn and brown the other side. Have buttered baking-tin; fast as browned, lay them on it, and spread raspberry jam over them; then bake more, which lay on others already done. Repeat this until you have used jam twice, then bake another batch, which use to cover them. Sift sugar plentifully over them, place in a moderate oven to finish cooking.

## CINNAMON BUNS

Scald a pint of milk; add a quarter pound of butter, 2 tablespoonfuls of sugar and 1 yeast cake, dissolved; add 2 eggs, well beaten, and sufficient Gold Medal Flour to make a soft dough. Knead lightly; put aside in a warm place. When very light roll into a sheet; spread with butter and dust with sugar and then with currants. Cut into buns. Stand them in a greased pan, and when very light bake in a moderate oven three-quarters of an hour.

## QUICK COFFEE CAKE

Sift together twice, 1 pint of Gold Medal Flour, 1-3 cup of sugar, 3 teaspoonfuls of baking powder and ½ teaspoonful each of salt and ground cinnamon. Mix to a soft dough with about half a cup of milk stirred into a well beaten egg. Add 3 tablespoonfuls of melted Cottolene, spread in a shallow pan, sprinkle with sugar mixed with cinnamon, and bake in a moderate oven.

**BEAN OR GRAHAM BREAD**

- |  |                                |
|--|--------------------------------|
| 1 pint Gold Medal Flour sifted,          | 2 teaspoonfuls sugar,          |
| $\frac{3}{4}$ pint bran or graham flour, | 1 tablespoonful melted butter, |
| 1 cup lukewarm water,                    | 1 cake compressed yeast.       |
| $\frac{1}{2}$ teaspoonful salt,          |                                |

Dissolve yeast by breaking into a cup and adding 1 teaspoonful sugar, let stand 3 minutes. Sift flour into a bowl, add graham flour or bran, make well in center; add salt, sugar, butter, water, yeast. Mix and knead well, put in warm place to rise  $1\frac{1}{2}$  hours, or until light. Turn on moulding board, knead lightly, shape into loaves, put in a well-buttered pan, let rise  $\frac{3}{4}$  hour. Bake 45 minutes.

**CORN FRITTERS**

To 1 pint scraped corn add  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup Gold Medal Flour, 1 tablespoonful melted butter, 2 beaten eggs, 1 teaspoonful salt, 1-3 teaspoonful pepper, 1 teaspoonful baking powder. Beat well, and fry in small spoonfuls as directed.

**CLAM FRITTERS**

Wash and dry 25 good-sized clams or 2 strings soft-shell clams, discarding black part. Chop fine. Make a plain fritter batter, using the clam liquor (or that and milk) in place of milk. Stir in the chopped clams, season well with salt and pepper, and fry as directed.

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**HOMINY FRITTERS**

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 2 cups hominy (boiled),               | $\frac{1}{2}$ cup milk,             |
| 2 eggs well beaten,                   | $\frac{1}{2}$ cup Gold Medal Flour, |
| $\frac{1}{2}$ level teaspoonful salt, | 1 teaspoonful baking powder.        |

Cook all the above in a double boiler; pour out in biscuit tin and allow to cool. Cut and fry in deep fat. Good with wild game.

**FRITTER BATTER**

- |                          |                                       |
|--------------------------|---------------------------------------|
| 2 cups Gold Medal Flour, | $\frac{1}{2}$ level teaspoonful salt, |
| 1 egg,                   | 1 cup milk.                           |

(For frying fish, vegetables or fruits)

Mix the above to a smooth batter and coat the article for frying; if for fruit add a little sugar.

**FRUIT FRITTERS**

Any kind of fruit may be made into fritters, as directed for apple fritters. Whole canned fruits, drained from syrup, may also be used. Apples and other fruits may also be prepared, coarsely chopped, stirred into a plain fritter batter, and dropped by small spoonfuls into smoking hot fat, finishing as already directed.

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--	---	--

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**WHEN TO SERVE BEVERAGES**

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

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

With Soups—Sherry or Medeira (cool).

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

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

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

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

With Pastry—Madiera (cool).

With Cheese—Port (temperature of room).

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

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

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

Either Sherry or Maleira with soup.

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

Either Brandy, Cordial or Port after dinner.

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# CAKES AND HOW TO MAKE THEM

## BRIDES CAKE LOAF

½ cup butter,	2 cups Gold Medal Flour,
2 cups sugar,	1 teaspoonful vanilla,
1 cup milk,	Whites of 8 eggs,
1 cup corn starch,	2 teaspoonfuls baking powder.

Sift all dry ingredients before measuring. Cream the butter and sugar well, then add the whites of 2 eggs, unbeaten, and cream or beat well. Add the flavoring, then add a little of the milk, sift in a little of Gold Medal Flour which has been measured and sifted with baking powder and corn starch. Beat, then add a little more milk and flour and so on until all is used. Lastly, fold in lightly the whites of the remaining 6 eggs which have been beaten light and dry. Bake one hour in a moderate oven, and when cold, ice with marsh-mellow icing.

## BROWN STONE CAKE

One and one-half cupfuls sugar cream with one-half cupful butter, add one-half cupful sweet milk; three tablespoonfuls chocolate (rounding) dissolved in one-half cupful of warm water, four well beaten eggs, one teaspoonful baking powder, two cupfuls flour; flavor with vanilla, bake in long pan.—Mrs. Cora Dixon.

## FROSTING

Two small teacupfuls of powdered sugar creamed with butter size of an egg, thin with cream, add the beaten white of one egg and one cup of walnuts chopped fine.—Mrs. Cora Dixon.

## WEDDING CAKE

1 pound butter,	½ teaspoonful cloves,
1 pound sugar,	2 pounds raisins,
12 eggs,	2 pounds currants,
1 pound Gold Medal Flour,	1 pound citron,
2 teaspoonfuls each of cinnamon	1 pound almonds,
and mace,	1 wineglass brandy,
1 teaspoonful each of nutmeg and	1 lemon.
allspice,	

Line the pans with three thicknesses of paper; butter the top layer. Seed and chop the raisins, wash and dry the currants, cut the citron in uniform slices, about one-eighth of an inch thick, blanch the almonds and chop fine. Mix all the fruit but the citron with the dough, insert pieces of citron after dough is poured into pan.

## POUND CAKE

1 pound butter,	1 pound Gold Medal Flour,
1 pound sugar,	½ wine glass wine,
10 eggs,	½ wine glass brandy.

Cream the butter; add the sugar, yolks of the eggs, wine, brandy, whites of the eggs, and the flour. Place currants into one-quarter of the dough, and almonds, blanched and pounded in rose water, into another part; leave the remainder plain. Fill very small round tins three-quarter full. Into half of those containing the plain dough put small pieces of citron, three in each, inserting the citron upright a little way into the dough. Sift sugar over the tops of those containing the citron and almond before putting them into the oven. Bake 20 minutes. Frost the plain and currant cakes. Pound cake is lighter when baked in small cakes than in loaves.

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**WHIPPED CREAM CAKE**

- |                          |                               |
|--------------------------|-------------------------------|
| 2 cups sugar,            | 1 teaspoonful lemon extract,  |
| ½ cup butter,            | 2 teaspoonfuls baking powder, |
| 2 cups Gold Medal Flour, | 1 cup corn starch.            |
| Yolks 8 eggs,            |                               |

Sift all dry materials before measuring. Cream sugar and butter well, add gradually the yolks that have been beaten, beating all until very light and creamy, then add the flavoring. Then alternate milk and Gold Medal Flour that has been mixed with the corn starch and baking powder. Bake in well-buttered layer pans, when cold put between the layers, rich dry whipped cream, sweetened, using powdered sugar and flavoring. Add ½ cup more sugar to remaining cream and use as icing, allowing 2 hours to harden.

**LADY BALTIMORE CAKE**

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1 cup butter,             | 3 level teaspoonfuls baking powder, |
| 2 cups granulated sugar,  | 1 teaspoonful rosewater,            |
| 1 cup milk,               | Whites of 6 eggs beaten dry.        |
| 3½ cups Gold Medal Flour, |                                     |

Cream the butter and beat in the sugar gradually. Sift together the flour and baking powder and add to the butter and sugar alternately with the milk and rose water. Lastly, add the egg whites. Bake in three layer cake pans. Put the layers together with the following frosting:

**FROSTING FOR LADY BALTIMORE CAKE**

- |                          |                            |
|--------------------------|----------------------------|
| 3 cups granulated sugar, | 1 cup chopped raisins,     |
| 1 cup boiling water,     | 1 cup chopped nutmeats,    |
| Whites of 3 eggs,        | 5 figs cut in thin slices. |

Stir the sugar and water until the sugar is dissolved, then let boil without stirring until the syrup from a spoon will spin a long thread, pour upon the whites of the eggs, beaten dry, beating constantly meanwhile. Continue the beating until the frosting is cold. Add the fruit and spread upon the cake.

**DEVIL CAKE**

- |                        |                                     |
|------------------------|-------------------------------------|
| ½ cup butter,          | ½ teaspoonful cinnamon,             |
| 1 cup sugar,           | ¼ teaspoonful cloves,               |
| Yolks of 3 eggs,       | 2 level teaspoonfuls baking powder, |
| ¾ cup powdered sugar,  | 3 ounces, chocolate, melted,        |
| ½ cup milk,            | 1¾ cups sifted Gold Medal Flour,    |
| 1 teaspoonful vanilla, | Whites of 3 eggs beaten dry.        |

Cream the butter and add the cup of sugar. Beat the yolks, add the ¾ cup of sugar and beat the two sugar mixtures together. Add the chocolate, then the flour, sifted three times with the baking powder and spices, then the milk, extract and whites of eggs. Bake in two layers and put together with a fruit icing. Spread white icing above.

**FROSTING FOR DEVIL CAKE**

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1½ cups sugar,                | ¼ cup each Sultana raisins, glace |
| ¾ cup water,                  | cherries and pecan nut meats.     |
| Whites of 2 eggs, beaten dry, |                                   |

Boil the sugar and water until the syrup spins a thread, and gradually beat it into the whites of eggs. When cold put a few spoonfuls over the fruit and nuts and put between the layers. Spread the rest on top of the cake.

**TO MIX CAKES CONTAINING NO BUTTER**

Beat the egg yolks until very light and thick. Add the sugar gradually, beating till very light and spongy. Add the flavoring and liquid, if used. Have the whites of eggs whipped to a stiff froth. Add them alternately with the sifted Gold Medal Flour (mixed with baking powder), and cut both in very lightly and quickly.

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## TO MIX CAKES CONTAINING BUTTER

Cream the butter, beating till light. Gradually add the sugar, beating till light and creamy. Add the yolks of eggs beaten till light, then the flavoring. Beat in alternately the liquid and Gold Medal Flour, the latter mixed with salt and baking powder. Lastly, add the beaten whites, and fruit, if used.

## CREAM PUFFS

½ pint milk,

5 ounces sifted Gold Medal Flour,

5 eggs,

¼ pound butter.

Put the milk and butter in a sauce pan on the fire. When butter is all melted and boiling stir in the flour. When partly cool add 5 eggs, one at a time. Put the mixture in a bag with large tube and lay out into about the size of large sponge drops, on a buttered pan; brush with egg. Bake in hot oven. When done cut open on one side and fill with whipped cream, sweetened. Flavor to suit.

## CREAM PUFF FILLING

1 quart milk,

¾ pound sugar,

6 ounces Gold Medal Flour,

½ pint of yolks,

Flavor to taste.

Put the milk on the stove; when it comes to a boil put in the sugar, flour and eggs, after beating them together thoroughly. Be careful not to let it burn.

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## SPONGE CAKE

Four eggs beaten separately; then beat together 2 cups sugar slowly beaten in, 2 cups Gold Medal Flour, 1 teaspoonfuls baking powder, a pinch of salt; last of all 1 cup boiling water, 1 teaspoonful lemon. Heat the pan.

## MAMMY BELDON CAKE

One cup sugar, ¾ cup butter, 4 eggs, 1½ cups milk. Cream butter and sugar together, beat and add yolks of eggs, then milk, 3 cups Gold Medal Flour, thoroughly mixed with 2 teaspoonfuls baking powder, 1 teaspoonful vanilla, beat 20 minutes, beat whites of eggs to a stiff froth and add stirring in gently. Bake in layers or 40 minutes as a whole.

## FILLING FOR ABOVE

Take about 24 marshmallows, chopped fine, 1 teacupful sugar, boiled until thread; stirring briskly, into marshmallows until cool, flavor to taste, spread between layers. Sprinkle with assorted colored sugar for rainbow effect.—Mrs. E. F. Kiessling, Reno, Nev.

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## SPICE CAKE

Three eggs, one cup of sugar, one cup of syrup, one cup butter, one cup sweet milk, two teaspoonfuls baking powder, one teaspoonful spices, flour; do not stir too thick.—Mrs. Cora Dixon.

## WHIPPED CREAM CAKE

2 cups sugar,	1 teaspoon lemon extract,
$\frac{1}{2}$ cup butter,	2 teaspoons baking powder,
2 cups Gold Medal Flour,	1 cup corn starch.
Yolks 8 eggs,	

Sift all dry materials before measuring. Cream sugar and butter well, add gradually the yolks that have been beaten, beating all until very light and creamy, then add the flavoring. Then alternate milk and Gold Medal Flour that has been mixed with the corn starch and baking powder. Bake in well buttered layer pans, when cold put between the layers, rich dry whipped cream, sweetened, using powdered sugar and flavoring. Add  $\frac{1}{2}$  cup more sugar to remaining cream and use as icing, allowing 2 hours to harden.

## LAYER CAKE (Plain)

1 cup sugar,	1 cup sweet milk,
$\frac{1}{4}$ cup butter,	1 teaspoonful vanilla,
2 good cups Gold Medal Flour,	2 teaspoonfuls baking powder.

Melt the butter, add sugar, beat till creamy, add one egg at a time, beating well, then pour in milk, and sifted baking powder and flour. Add vanilla and stir quickly. Bake in four well-greased layer tins. Usually requires ten minutes to bake. Use any good filling.

## FUDGE CAKE

$\frac{1}{2}$ cup butter,	$\frac{1}{4}$ cup walnuts,
1 cup sugar,	2 eggs,
1 cup milk,	2 teaspoonfuls baking powder,
$\frac{1}{4}$ cup chocolate,	2 heaping cups Gold Medal Flour.

Melt butter in pan over steam, cream the sugar and butter together, add eggs, beating well, add milk. Sift in flour, baking powder and ground chocolate, put in broken nuts, stir batter quickly. Bake in well-greased cake tins.

## POUND LOAF CAKE

1 cup butter,	5 eggs,
1 cup milk,	2 teaspoonfuls baking powder,
$1\frac{1}{2}$ cups sugar,	2 teaspoonfuls vanilla.
2 cups Gold Medal Flour,	

Melt butter, add sugar, cream butter and sugar together, then add yolks of eggs one at a time, beating well, then milk, sift in the flour and baking powder, and beat the whites of the eggs to a stiff froth before adding. Bake in a deep, well-greased pan. Bake in a slow oven for from thirty to forty minutes. Stir in the vanilla with the milk.

## MARGUERITES

Mix  $\frac{1}{4}$  cup hickorynuts with the beaten whites of 2 eggs and 1 tablespoonful sugar. Heap this mixture up on Saratoga crackers and set in oven to brown slightly.

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**NUT CAKE**

½ pound hickory nut meats,  
Scant cup of sugar,  
1 teaspoonful cinnamon,

1 teaspoonful vanilla,  
Whites of 3 or 4 eggs, according to  
size.

Roll the nut meats fine, beat the eggs stiff and add sugar to them. Mix all ingredients together. The consistency must be stiff. Drop from a teaspoon on buttered pan. Bake in moderate oven. If hickory nuts are not procurable, English walnuts and pecans may be substituted.

**SPONGE CAKE**

3 eggs,  
1 scant cup sugar,  
1 tablespoonful hot water,  
2 teaspoonfuls vinegar,

½ teaspoonful salt,  
½ teaspoonful extract of lemon,  
1 cup Gold Medal Flour,  
½ teaspoonful baking powder.

Beat the yolks until thick and light; add sugar gradually and continue beating; then add water and vinegar; add the salt to the whites and beat until very stiff; sift the flour with baking powder three times; add the flavoring and fold in the flour and the beaten whites alternately as gently as possible. Bake about 30 minutes in slow oven until well risen; then increase the heat. Invert to cool, then remove from pan.

**WALNUT TORTE**

1 pound English walnuts or almonds,  
1 cup sugar,

9 eggs,  
¼ cup grated chocolate,  
½ cup of fine cracker crumbs.

Chop the nuts, reserving twenty-three halves for decorating the top. Mix the chopped nuts and chocolate. Beat yolks thoroughly with Dover beater, add sugar and beat again. Then mix with the nuts, crumbs and chocolate, and stir well. Beat whites of eggs until stiff and add lastly, just as in sponge cake. Bake in moderate oven forty-five minutes in prepared spring form.

**UNEEDA BISCUIT TORTE**

Yolks of 8 eggs with 1¾ cups sugar—beat well. Ten Uneeda Biscuits rolled fine. One cup grated walnuts.

Grated rind and juice of one-half lemon—biscuits added to eggs—then nuts and lemon—lastly beaten whites of 8 eggs. Bake in slow oven 40 minutes. Do not grease pan.

**CREAM FOR CREAM CAKES**

1 quart milk,  
4 eggs,  
½ pound powdered sugar,  
3 ounces corn starch,

Whites of six eggs,  
A little salt,  
Vanilla flavor to taste.

Put the milk on the fire in a pan to boil; while the milk is coming to a boil put the eggs, sugar, corn starch and salt into a dish and mix well together; when the milk boils turn this into it, stirring the while, and as soon as it all comes to a boil take it off, and when nearly cold add the whites of the six eggs, beat up to a stiff froth.

**JAM CAKE**

Two cups sugar, 2 cups jam, 3 cups Gold Medal Flour, 1 teaspoonful cinnamon, 5 eggs, 1 teaspoonful making powder, 1 cup butter, 1 cup sour milk, 1 nutmeg, 1 teaspoonful vanilla, 1 teaspoonful soda.

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## LADY FINGERS

1 pound sugar,  
1 dozen eggs,

1 pound Gold Medal Flour,  
Juice and rind of one lemon.

Mix sugar and eggs with an egg-beater to a light foam, until it is filled with little bubbles; add the juice and grated rind of lemon, mix flour in carefully, so as not to toughen mixture; lay on paper the shape of the little finger and sprinkle with powdered sugar, and bake in large sheet pans; when done take from the pans and let cool. Wet the under side of the paper and they will come off easily, and then put two of the flat sides together.

## ORANGE CAKE

5 eggs,  
 $\frac{1}{2}$  pound pulverized sugar,  
1 orange,

$\frac{1}{2}$  pound Gold Medal Flour,  
 $\frac{1}{2}$  dessert spoonfuls rose water.

Separate the whites from the yolks of eggs, then beat the whites and rose water together with a clean whip for half an hour; then add the sugar and grated rind of the orange; when well mixed add juice of the orange and the yolks of eggs; beat until smooth, then add flour, after putting it through a fine sieve; mix up lightly and put in a deep pan and bake about one hour in a cool oven. Lemon cake may be made the same way by substituting lemons for the oranges.

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## BOSTON LEMON SNAPS

1 pound Gold Medal Flour,  
 $\frac{1}{4}$  pound butter,  
12 ounces sugar,

3 eggs,  
 $\frac{1}{2}$  ounce cream of tartar,  
Lemon flavor.

Rub the butter and flour together then add the sugar, eggs, cream of tartar and flavor; mix all together, break up in small pieces and make in little balls; put on pans and flatten out with the hand; bake in a cool oven.

## GRAND DUKE CAKE

Cream together 2-3 cup butter and 2 cups sugar. Add 1 cup milk alternately with  $3\frac{1}{2}$  cups Gold Medal Flour sifted with 2 teaspoonfuls baking powder,  $\frac{1}{4}$  teaspoonful almond,  $\frac{3}{4}$  teaspoonful vanilla, and beat well. Fold in stiffly beaten whites of 6 eggs. Bake in three square layer-cake tins. Put layers together with raisin frosting. Boil 3 cups sugar with 1 cup water until syrup will spin thread. Pour onto whites of 3 eggs beaten very stiff. Beat until cool, and add  $1\frac{1}{4}$  cups seeded raisins cut fine,  $\frac{3}{4}$  cup chopped nuts and  $\frac{1}{2}$  cup chopped candied apricots, plums, pineapple or cherries.

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## SOUR MILK DOUGHNUTS

- |                                      |   |
|--------------------------------------|---|
| 2 eggs, beaten light,                | 1 cup sour milk,                          |
| 3 even tablespoonfuls melted butter, | ½ teaspoonful soda,                       |
| 4 cups Gold Medal Flour,             | 1 saltspoonful each of cinnamon and salt. |
| 1 cup sugar,                         |   |

Enough more Gold Medal Flour to make just soft enough to roll out. Mix the dough rather soft at first. Have the board well floured, and the fat heating. Roll only a large spoonful at first. Cut into rings with an open cutter. Mix the trimmings with another spoonful. Work it lightly till well floured and roll again. Roll and cut all out before frying. The fat should be hot enough for the dough to rise to the top instantly.

## DOUGHNUTS AND CRULLERS

The fat should be in a deep pot (to obviate any danger of boiling over), and should be of sufficient depth to cover the dough, when first dropped in. It should be smoking hot, or the dough will absorb grease and be soggy. Not more than half a dozen should be dropped in at any one time, or the fat will be unduly cooled and some of the cakes submerged during the entire cooking; in which case the cakes when cooked will be greasy and not light. One or two pieces of dough should be cooked first as testers. When done the cakes should be drained on unglazed paper, then rolled in powdered sugar.

## ALMOND COOKIES

- |  |                               |
|--|-------------------------------|
| ½ cup butter,                                | 1 cup sugar,                  |
| 1-3 cup almonds blanched and finely chopped, | 1 egg beaten lightly,         |
| ¼ teaspoonful cloves,                        | ½ teaspoonful cinnamon,       |
| ½ teaspoonful salt,                          | ½ teaspoonful nutmeg,         |
| 2 tablespoonfuls sherry wine,                | Grated rind of half a lemon,  |
| 1 cup Gold Medal Rolled Oats,                | 1 cup Gold Medal Flour,       |
|  | 2 teaspoonfuls baking powder. |

Cream the butter; add the sugar gradually; add egg well beaten without separating; almonds, Gold Medal Flour, oats, spices, baking powder, thoroughly mixed; add lemon rind and sherry. Drop in piles about the size of an English walnut—1½ inches apart on a buttered sheet. Spread with a spatula and press the half of an almond meat on top of each. Bake in a moderate oven 12 to 15 minutes.

## GERMAN DOUGHNUTS

Scald 1 pint milk, pour hot over 1 pint Gold Medal Flour, and beat till smooth; add ½ teaspoonful salt, and let cool. Add beaten yolks of 4 eggs, 1 tablespoonful melted butter, 1 teaspoonful flavoring, ½ cup sugar, beaten whites of eggs, 1 cup flour mixed with 2 teaspoonfuls baking powder, and more flour to make a soft dough. Roll, cut, and fry.

## DOUGHNUTS

- |                               |                         |
|-------------------------------|-------------------------|
| 2 cups Gold Medal Flour,      | 4 tablespoonfuls sugar, |
| 3 teaspoonfuls baking powder, | 1 teaspoonful nutmeg,   |
| 1 egg,                        | 1 cup milk.             |

Sift the dry ingredients together, beat the egg until light and add to the milk, and if flavor is used, add it now. Pour the liquid into the flour and mix thoroughly and roll one-half inch thick, cut with a doughnut cutter and drop into smoking hot fat.

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**BATH BUNS**

Mix and sift 1 quart Gold Medal Flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt, 2-3 cup sugar, 1 teaspoonful powdered cinnamon. Add grated rind 1 lemon,  $\frac{1}{2}$  cup chopped citron. Rub in  $\frac{1}{2}$  cup butter. Beat 6 egg yolks, add 2-3 cup milk, and mix all to soft dough, adding more milk if needed. Mold with the hands in round buns. Place 1 inch apart on greased pans. Brush with milk, sprinkle with chopped citron, and bake in quick oven.

**ROLLED OATS CRISPS**

2 eggs,	1 teaspoonful baking powder,
2 $\frac{1}{2}$ cups Gold Medal Rolled Oats,	1 tablespoonful shortening,
$\frac{1}{2}$ teaspoonful salt,	$\frac{1}{2}$ teaspoonful vanilla.
$\frac{3}{4}$ cup brown sugar,	

Beat up eggs thoroughly; add sugar gradually and continue with the beating; put in salt and extract; mix separately the shortening with the rolled oats and then mix all together. Drop in small pieces on greased making pan, leaving a good space between. Bake in a hot quick oven until crisp and brown. Take off with a knife.

**HUCKLEBERRY SHORT CAKE**

Two cups sugar,  $\frac{1}{2}$  cup butter, 1 teaspoonful salt, 1 pint milk, 2 heaping teaspoonfuls baking powder sifted into 3 cups Gold Medal Flour, 1 quart washed and well-drained huckleberries, more flour to make a very thick batter. Bake in greased dripping-pan, break in squares, serve hot with butter.

**STRAWBERRY OR RASPBERRY SHORT CAKE**

Pick, hull, wash, and drain berries. Sweeten, spread between layers of short cake. Garnish top layer with large whole berries, dust with sugar, and serve with cream or custard.

**CURRANT LOAF**

3 cups Gold Medal Flour,	1 cup cleaned currants,
2-3 cup butter,	Grated rind 1 lemon,
$\frac{1}{2}$ cup sugar,	2 teaspoonfuls baking powder.
$\frac{1}{2}$ teaspoonful salt,	

Mix dry ingredients, rub in butter, add currants and lemon rind, mix to a very thick drop batter with cold milk. Turn into well-greased loaf-pan, bake 1 hour in moderate oven.

**MOLASSES COOKIES**

1 quart molasses,	$\frac{1}{4}$ pound lard,
2 ounces soda,	Sufficient Gold Medal Flour to mix.
1 pint and one gill of water,	

Put the molasses, water, soda and lard in a bowl, mix them together; then add flour enough to make a nice dough, suitable to roll out and cut; wash with milk or water on top.

Molasses cookies are very common cakes, but they are not easy to make, for the reason that there is no rule you can work by that will answer in all cases. All molasses does not work alike; some kinds will bear more water than others, and the weather has to be taken into consideration. In cold weather you can use more water than in warm weather. Sometimes you can use the same quantity of water as molasses. Be very careful and not get the dough too stiff, and do not work any more than is necessary to mix.

**SPICE CAKES**

Two cups sugar,  $\frac{1}{2}$  cup butter, cup sour milk, 2 cups Gold Medal Flour, a good  $\frac{1}{2}$  teaspoonful soda, the yolks of 5 eggs, 3 teaspoonfuls cinnamon, 2 teaspoonfuls cloves, 2 teaspoonfuls allspice, 1 nutmeg.

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## OATMEAL COOKIES

Two and one-quarter cups Gold Medal Flour, 1 cup sugar, 2 eggs, 1 teaspoonful soda,  $2\frac{1}{2}$  cups oatmeal, 1 cup butter, 2 tablespoonfuls sour milk, flavor to taste. Roll, cut and bake quickly.

## COCOANUT DROP COOKIES

One cup brown sugar, 1 cup butter,  $\frac{1}{2}$  cup sour milk or  $\frac{1}{4}$  cup butter and  $\frac{1}{2}$  cup cream, sour, 1 teaspoonful soda in milk, 1 teaspoonful baking powder, 2 cups Gold Medal Flour, 1 box cocoonut. Drop from spoon on greased pans.

## GINGER SNAPS

One cup sugar, 1 cup Orleans molasses, 1 cup butter, heat them boiling hot, take from the stove and stir in 1 cup Gold Medal Flour while hot, let cool, add 2 teaspoonfuls soda, dissolve in a little vinegar, 2 eggs, 1 heaping teaspoonful of ginger in the flour, beat all the rest. Knead enough Gold Medal Flour in to roll out nicely.

## EGGLESS CAKE (Fine)

Two cups sugar, 1 cup buttermilk, 4 cups Gold Medal Flour, 1 teaspoonful each nutmeg, cloves, cinnamon and allspice, 2 cups raisins, chopped fine, 1 cup butter, 1 cup cold coffee, 2 level teaspoonfuls soda, 1 cup nuts, chopped fine. Mix all together. Add nuts and raisins last.

## PLAIN COOKIES

$\frac{3}{4}$ cup butter,	$1\frac{1}{2}$ cups sugar,
3 eggs,	2 tablespoonfuls milk,
$2\frac{1}{2}$ cups Gold Medal Flour,	2 teaspoonfuls baking powder.

Roll thin.

Stir butter and sugar to cream, add beaten eggs, flour, sifted with the baking powder, and milk. Roll out thin and cut in circles.

## GRAHAM WAFERS

$\frac{1}{2}$ cup butter or nut butter,	1 teaspoonful bicarbonate soda,
1 cup sugar,	2 tablsponfuls milk,
1 egg,	Graham Flour.

Beat the butter to a cream; add the egg and beat again until light. Gradually beat in the sugar. Dissolve the soda in two tablespoonfuls of water and add it to the sugar mixture. Add the milk and work in sufficient graham flour—about three cupfuls to make a very stiff dough. Knead until the mixture will hold together. Roll into a very thin sheet and cut into two-inch squares. Lift carefully with a cake-turner, put into slightly greased pans and bake in a moderate oven until thoroughly crisp and lightly browned—about eight minutes.

## PEANUT SNAPS

$1\frac{1}{2}$ cups butter,	1 teaspoonful baking powder,
2 cups sugar,	1 teaspoonful extract lemon,
6 eggs,	$\frac{1}{2}$ cup chopped peanuts mixed with
$1\frac{1}{2}$ pints Gold Medal Flour,	$\frac{1}{2}$ cup granulated sugar.
$\frac{1}{2}$ cup cornstarch,	

Rub the butter and sugar smooth; add the beaten eggs, the Gold Medal Flour, corn-starch, and powder, sifted together, and the extract; flour the board, roll out the dough rather thin, cut out with biscuit-cutter, roll in the chopped peanuts and sugar, lay on greased baking-tin; bake in rather hot oven 8 to 10 minutes.

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## Fillings, Frostings and Icings

### BOILED CHOCOLATE FROSTING

2 ounces chocolate,	Vanilla,
½ cup cream,	Powdered sugar.
2 whites of eggs,	

Boil chocolate and cream and when cool add vanilla. Beat the whites to a stiff froth, add powdered sugar until stiff enough to cut. Combine the two mixtures, beat and spread.

### CARAMEL FROSTING

¾ pound maple sugar, scraped,	Butter, size of an egg,
¾ pound brown sugar,	1½ cups cream.

Mix and boil slowly for forty minutes. Remove from stove and stir over ice until the proper consistency to spread. If too stiff, thin with cream. Dip knife in cream to spread.

### NUT OR FRUIT FILLING

½ cup fruit (chopped fine),	½ cup nuts (chopped fine).
Boiled frosting,	

To boiled icing add one cup chopped walnuts, almonds, pecans, hickory, hazel nuts, chopped figs, dates, raisins, or selected prunes, separately or in combination.

### MARSHMALLOW FROSTING

½ pound marshmallows,	Whites of 2 eggs,
¼ cup milk or water,	1 teaspoonful vanilla.

Break the marshmallows in pieces, add milk or water, and put in double boiler, over boiling water. Stir until melted. Take from fire and while hot pour into the well beaten whites of eggs. Add vanilla.

### BOILED ICING

1 cup sugar,	1 teaspoonful flavoring,
1-3 cup water,	1 egg white (large).
¼ teaspoonful cream of tartar,	

Beat white of egg until frothy, add the cream of tartar and beat until stiff and dry. Make syrup of sugar and water. When it has reached the honey stage, or drops heavily from spoon, add 5 tablespoonfuls slowly to egg, beating in well. Then cook the remainder of the syrup until it threads and pour over the egg, beating thoroughly. Add flavoring and beat until cool enough to spread.

### WHIPPED CREAM FILLING WITH PINEAPPLE AND NUTS

1 yolk of egg,	1 cup nut kernels, or ½ cup nuts
2 tablespoonfuls powdered sugar,	and ½ cup pineapple.
½ cup whipped cream,	

Whip cream, same as above, using one-half cupful nuts and one-half cupful pineapple, all chopped up.

### WHIPPED CREAM FILLING

¾ cup thick cream,	White of 1 egg,
¼ cup powdered sugar,	½ teaspoonful vanilla.

Set medium sized bowl in pan of crushed ice to which water has been added. Place cream in bowl and beat until stiff, with wire whip or, if possible, use patent cream wripper. Whip up well that air bubbles may not be too large. Add sugar, white of egg beaten stiff, and vanilla. Keep cool.

### CHOCOLATE FILLING

½ cup sugar,	Yolk of 1 egg,
½ cup milk,	½ teaspoonful vanilla.
½ cup grated chocolate,	

Melt chocolate, add sugar and milk, and boil when it forms a soft ball in cold water, remove from fire. Add beaten yolk and vanilla. Cool and spread between layers.

### ICING FOR WHITE CAKE

1½ cups sugar,	1 cup water,	2 eggs (whites).
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Boil sugar and water until it threads well, pour over the egg whites well beaten, beating all the time, when partly cool add ½ cup chopped pineapple.

# PUDDINGS

## PEACH COBBLER, SOUTHERN STYLE

A large pie baked in shallow baking tins from one to one and a half inches in depth with bottom and top crust, glazed and sugared on top, and cut out in squares or triangular pieces.

Fine puff paste is too rich for this purpose; ordinary flaky pie crust made with ten or twelve ounces of butter, to a pound of Gold Medal Flour, is best; cover the bottom of the pan with a sheet of paste rolled quite thin, fill with ripe peeled peaches, strew over them half their weight of sugar, and a little nutmg; cover with another thin sheet of paste, and bake about three-quarters of an hour; when half done brush over the top with egg and water and strew granulated sugar over; put back and bake to a rich color; when the fruit is too dry to make its own syrup, make a sauce to go with the cobbler; all sorts of fruit or rhubarb can be used this way; canned fruit should be stewed down till the juice becomes thick before being put in the paste lined tins.

### BAKED CUSTARD

3 yolks,  
1 egg,  
1 pint milk,

1 1-3 cups sugar,  
Pinch of salt.

Bake until firm in center.

When you want carmel custard, then take 2-3 cup of granulated sugar, melt the sugar until it turns a light brown then add it to the boiling milk.

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### PLUM PUDDING

One and one-half cupfuls each grated bread, very fine chopped suet, raisins, seeded, currants, mashed and picked, and coffee, sugar, one-half cupful of citron, milk and orange marmalade, four eggs, two cups Gold Medal Flour, one teaspoonful each of baking powder, cinnamon, cloves and nutmeg. Mix all these together in large bowl, put in well-buttered mold, set in sauce pan with boiling water to reach one-half up its sides. Now steam three and a half hours, turn out carefully on dish and serve with wine sauce.

### RAISIN LAYER PUDDING

Pour 1 cup boiling water over  $\frac{3}{4}$  cup sugar and boil three or four minutes. Remove from fire and add 1 tablespoonful gelatine which has been soaked for 15 minutes in  $\frac{1}{4}$  cup cold water. Let cool partially. When mixture begins to thicken, heat until frothy, and stiffly heaten whites 3 eggs and beat twenty minutes. Divide into two portions. Use new oblong bread pan for mold. Tint half pale green, flavor with almond or lemon, add  $\frac{1}{2}$  cup rich canned apricots cut in small pieces and drained from juice. Put into pan as first layer. Let set before adding second layer, which should be tinted light pink, flavored with vanilla. Into the pink layer beat  $\frac{1}{2}$  cup seedless raisins cooked until tender and drained dry. Serve with whipped cream, garnish with chopped nuts.

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## BREAD CRUMB PUDDING WITH CORNMEAL

Carmelize 2-3 cup sugar, add to 1 quart milk scalded in double boiler, let stand until dissolved; then add 2 cups stale bread crumbs and let soak until softened. Beat 2 eggs slightly, add 1-3 cup sugar,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful each Mapleine and vanilla, 2-3 cup seeded raisins cut in halves and dredged with 2 tablespoonfuls Gold Medal Flour. Combine mixtures, turn into buttered earthenware pudding dish and bake in moderate oven one hour. Serve hot or cold with whipped cream sauce.

## RAISIN-APPLE TAPIOCA PUDDING

Cook 1 cup seeded raisins in 3 cups water until tender. Drain water from raisins into double boiler. There should be  $2\frac{1}{2}$  cups. Add  $\frac{3}{4}$  cup Minute Tapioca, 2 tablespoonfuls sugar, few grains salt and 1 tablespoonful butter and cook over hot water until mixture is transparent. Pare and core 7 or 8 sour apples, arrange in buttered baking dish, fill centers with 1 cup seeded raisins mixed with  $\frac{1}{2}$  cup sugar, 2 tablespoonfuls lemon juice, 2 tablespoonfuls sifted cracker dust and grated rind 1 lemon. Pour the tapioca over the apples. Bake in moderate oven until apples are well done. Serve with custard sauce or cream, plain or whipped. Sprinkle shredded cocoanut over the top.

## PRUNE WHIP

Wash a half pound of prunes and soak them over night. Cook them in the water in which they were soaked until quite soft, remove the stones and press the prunes through a potato masher. Add a quarter of a cup of sugar and cook five minutes. Beat the whites of two eggs to a very stiff froth, add this, with a half tablespoonful of lemon juice, to the prunes pulp, stirring in lightly with a fork. Put all in a buttered shallow dish and bake twenty minutes in a slow oven. Serve with cream or a custard made from the yolks of the eggs.

## RUSSIAN CREAM

8 ounces sugar,	$\frac{1}{2}$ gill orange juice,
4 eggs,	2 tablespoonfuls lemon juice,
10 leaves of gelatine,	$\frac{1}{2}$ pint white wine,
$\frac{1}{2}$ pint whipped cream,	$\frac{1}{2}$ gill rum.

Beat the sugar, orange juice, eggs, wine and rum well together. Stir in a saucepan till it thickens, then add the dissolved gelatine. Remove from the fire, whisk briskly and stir in the whites of eggs beaten to a snow. Pour into a mould rinsed with cold water, and, when set, turn out.

## FROZEN PUDDING

To two well-beaten eggs add two and one-half cups of milk and one-half cup of sugar; put on the stove and add one tablespoonful of cornstarch dissolved in a little milk; heat until it has the consistency of a thin custard; when cold add chopped crystallized cherries, pineapple and walnuts, and flavor to taste; then set it in a pail of ice and salt for four or five hours.

## BLACKBERRY PUDDING

Three eggs, 1 teacupful sugar,  $\frac{1}{2}$  cup Gold Medal Flour, 1 cup jam,  $\frac{1}{2}$  cup butter, 1 teaspoonful soda dissolved in 3 teaspoonfuls of sour milk; add cinnamon and nutmeg; mix and bake slowly  $\frac{3}{4}$  of an hour.

Sauce for Pudding—One pint boiling milk, 1 tablespoonful Gold Medal Flour with milk; have ready 1 teacup sugar and  $\frac{1}{2}$  cup butter; mix thoroughly; boil 2 or 3 minutes, add butter and sugar but do not boil.

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**BOILED CUSTARD**

1 quart milk,  
1 cup sugar,  
Pinch of salt,

Yolks of 4 eggs,  
Teaspoonful vanilla,  
1 ounce butter.

Put milk in double boiler with sugar, salt and butter. When boiling add cornstarch which has been blended in a scant cup of water, or milk. Stir constantly. When thick turn heat off and add the beaten yolks of eggs. Must be done deftly so as to prevent curdling. Add vanilla when the custard is taken from stove.

**APPLE TAPIOCA PUDDING**

Pick over and wash  $\frac{3}{4}$  of a cup of pearl tapioca. Pour 1 quart of boiling water over it, and cook in the double boiler until transparent; stir often, and add  $\frac{1}{2}$  teaspoonful of salt. Core and pare 7 apples. Put them in a round baking dish, and fill the cores with sugar and lemon juice. Pour the tapioca over them and bake till apples are very soft. Serve hot or cold with sugar and cream. A delicious variation may be made by using half pears, or canned quinces, and half apples.

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**RAISIN DUFF**

Dispose 1 quart sliced, pared apples, and 2-3 cup seeded raisins cut in halves, in buttered granite baking dish. Sprinkle through them, as placed in dish,  $\frac{1}{2}$  cup brown sugar, few grains salt, 2 tablespoonfuls Gold Medal Flour,  $\frac{1}{4}$  teaspoonful each mace and ginger that have been sifted together. Add 2-3 cup water, cover and let bake while preparing the crust. Sift together 1 cup pastry flour, 2 teaspoonfuls baking powder,  $\frac{1}{4}$  teaspoonful salt and 2 tablespoonfuls sugar. Work in 4 level tablespoonfuls butter, then add milk to make dough soft as possible to handle. Roll thin and little larger than pan in which apples have cooked. Remove pan from oven, dispose crust over apples loosely, press edges to pan and cut openings in dough with scissors. Bake until crust is well done. Serve hot with custard or hard sauce or whipped cream.

**BLANC MANGE**

Parboil eighteen ounces of Jordan, and three ounces of bitter almonds, in a quart and a pint of water, for about three minutes; drain them on a sieve, and remove the skins, and wash them in cold water; after they have been soaked in cold water for half an hour, pound them in a mortar with six ounces of sugar, until the whole presents an appearance of a soft paste. This must then be placed in a basin with eighteen ounces of loaf sugar, and mixed with a pint and a half of water; cover the basin with a sheet of paper twisted around the edges, and allow the preparation to stand in a cool place for about an hour in order to extract the flavor of the almonds more effectually. The milk should then be strained off from the almonds through a napkin, with pressure by wringing at both ends. Add three ounces of clarified gelatine to the milk of almonds. Pour the blanc mange into a mould embedded in rough ice, and when set firm turn it out on its dish with caution, having first dipped the mould in warm water.

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# Sierra Beer for Health Phone 581

## SAUCES

### HARD SAUCE

$\frac{1}{4}$  cup butter,

$\frac{1}{2}$  teaspoonful lemon or vanilla, or

$\frac{1}{2}$  cup powdered sugar,

a little nutmeg.

Rub the butter to a cream in a warm bowl; add the sugar gradually, then the flavoring. Back it smoothly in a small dish, and stamp it with a butter mould or the bottom of a figured glass. Keep it on ice till very hard; or pile it lightly on a small fancy dish and you may call it snowdrift sauce.

### HARD SAUCE

Beat one cup sugar and one-half cup butter to white cream; add whites two eggs; beat few minutes longer; add tablespoonful brandy and teaspoonful extract nutmeg; put on ice until needed.

### CREAMY SAUCE

Cream two tablespoonfuls butter; beat in by degrees one-half cup powdered sugar, two tablespoonfuls each of thick cream and sherry. Beat long and hard. Just before serving stand bowl over hot water and beat until sauce looks creamy, but is not hot enough to melt the butter.

### BRANDY SAUCE

Melt one rounding tablespoonful butter. Add three level tablespoonfuls corn starch,  $\frac{1}{2}$  tablespoonful Gold Medal Flour, few grains salt. When well blended, add one pint hot water gradually, stirring constantly, and cook five or six minutes. Then add three-fourths of a cup of brown sugar, cook a minute, add one teaspoonful vanilla extract and one tablespoonful brandy. Remove from fire, add one rounding tablespoonful butter, and beat until very smooth. Strain if necessary. Serve with steamed puddings.

### ORANGE SAUCE

Mix one teaspoonful corn starch with two tablespoonfuls of sugar. Squeeze the juice from three oranges and heat it. When sufficiently hot add corn starch and sugar and cook till clear.

### WINE SAUCE

Three-quarters pint water, one cup sugar, one small teaspoonful corn starch, one teaspoonful of extract lemon and cinnamon, one-half gill of wine. Boil water, add corn starch, dissolved, and the sugar; boil fifteen minutes, strain; when about to serve, add extracts and wine.

### CARAMEL SAUCE

Put 1-3 cup sugar in a spider, stir over the fire until melted and light brown; add very gradually  $\frac{1}{2}$  cup of boiling water and simmer 10 minutes; or, melt sugar in sauce pan, add 1 pint cream and set over hot water until the caramel liquifies.

### LEMON SAUCE

2 cups hot water,

2 tablespoonfuls corn starch,

1 cup sugar,

2 tablespoonfuls butter.

1 lemon rind and juice,

Mix the sugar and corn starch, add the boiling water gradually, stirring all the time. Cook 8 or 10 minutes, add lemon juice and butter. Serve hot.

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# P I E S

## BANANA RAISIN PIE

Cook  $\frac{1}{2}$  cup chopped seeded raisins in 1 cup water until plump. Take from fire, add 2 tablespoonfuls sifted cracker crumbs mixed with 1 tablespoonful flour and 1 teaspoonful butter. Let stand covered until cold. Cut 1 large banana in thin slices, add  $\frac{1}{4}$  teaspoonful cinnamon, 2 tablespoonfuls lemon juice, 3 tablespoonfuls sugar,  $\frac{3}{4}$  teaspoonful lemon extract and grated rind  $\frac{1}{2}$  lemon. Combine mixture, add 1 well-beaten egg and 2 tablespoonfuls seeded raisins cut in pieces. Bake between two crusts.

## LEMON PIE

One small teacup of boiling water, put in juice and rind of one lemon, one teaspoonful of corn starch to thicken; then add four egg yolks, one cup of sugar, mixed together; beat the whites of two eggs stiff and put in with egg yolks and sugar. After custard is done put on top the whites of the other two eggs, put in oven and brown. Bake pie crust first.

## APPLE PIE

Stew green or ripe apples, when you have pared and cored them. Mash to a smooth compote, sweeten to taste, and while hot, stir in a teaspoon butter for each pie. Season with nutmeg. When cool, fill your crust, and either cross-bar the top with strips of paste, or make without cover. Eat cold, with powdered sugar strewed over it.

## PUMPKIN PIE

The following measure will make three good sized pies: Put into your mixing dish one quart and a pint of stewed and strained pumpkin, about one-quarter pound sugar, half cup molasses, half a tablespoonful each ginger, nutmeg, a scant teaspoonful each of cinnamon and salt, one-quarter cup melted butter and one quart of milk. Beat six eggs and add to the mixture, and stir until the ingredients are well blended. Bake in a good, deep crust.

## RHUBARB PIE

Select the red stalks, cut off where the leaves commence, strip off the outside skin, then cut in pieces one-half inch long; line a pie dish with paste, put a layer of the rhubarb nearly an inch deep, a large teacup of sugar, sprinkle with salt, shake over a little Gold Medal Flour, cover with a crust, slit in the center, trim off the edge and bake in a quick oven until done. Rhubarb pies made in this way are superior to those made of the fruit stewed.

## LEMON CUSTARD PIE

Make a good pie crust and prick bottom. Put one cup sugar and one cup water in a saucepan and let come to a boil. Mix one tablespoonful cornstarch in a little water and add to water and sugar on stove. When thick take off stove and add a small chunk of butter; stir it up. Stir in the yolks of two eggs and grated rind and juice of one lemon. Beat whites of two eggs until thick and spread over pie when cooked; then put in oven to brown.

## CRANBERRY PIE

Three cups cranberries, stewed with one and one-half cups sugar, and strained. Line pie plate with paste; put in cranberry jam; wash the edges, lay three narrow bars across; fasten at edge, then three more across, forming diamond-shaped spaces. Lay rim of paste; wash with egg wash; bake in quick oven until paste is cooked.

---

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## PRUNE PIE

Stew, stone and mash enough prunes to make a cupful of pulp. Add a cup cream, yolks of three eggs, beaten, flavor with vanilla, add pinch of salt; bake in a rich under-crust as quickly as possible; beat the whites of the eggs with two tablespoonfuls of sugar, spread over top, return to oven and brown very highly.

## MINCE MEAT

The following is an excellent recipe for mince meat and it will fill twelve to fourteen quart jars. Chop fine six pounds of cooked beef and mix with two pounds of chopped suet; add twelve pounds of chopped apples, five pounds of raisins, three and a half pounds currants, one pound of citron and two pounds of brown sugar; mix thoroughly and then add seven cups of molasses, two tablespoonfuls of cinnamon, three of nutmeg, two quarts of sweet cider, one quart of boiled cider, three cups of sherry wine and one pint of brandy. Cook twenty minutes, stirring frequently.

## MOLASSES PIE

Four eggs, one cup sugar, two cups molasses. Boil sugar and molasses two minutes, then pour off into another cup sugar. Flavor with spice, cloves, cinnamon and butter. Bake thin crust.

## RASPBERRY PIE

Take two boxes of red raspberries, mash and add about 1 cupful of powdered sugar. Let stand at least 2 hours in ice box, then put through cheese cloth, add about  $\frac{1}{2}$  cup powdered sugar, 1 cup water, juice of  $\frac{1}{2}$  lemon and small bottle of cream. Freeze. This mixture makes about a good quart.

Grate the rind of the lemons into a bowl, and squeeze in the juice. Make a boiling syrup of the sugar and half the water and pour it hot on the lemon zest, and juice, and let it remain until cold; then add the rest of the water. Strain the lemonade into a freezer and freeze as usual and at last add the whites whipped to a firm froth, beat, and freeze again. The scalding draws the flavor from the lemons. It should never be boiled and fewer lemons used when they are very large. This ice is perfectly white.

## APPLE MERINGUE PIE

Pare, slice, stew and sweeten ripe, tart and juicy apples, mash and season with nutmeg (or lemon peel), fill crust and bake till done; spread over the apple a thick meringue made by whipping to froth whites of three eggs for each pie, sweetening with three tablespoonfuls powdered sugar; flavor with vanilla, beat well, and cover pie three-quarters of an inch thick. Set back in a quick oven till well "set," and eat cold. In their season substitute peaches for apples.

## CUSTARD PIE

Six eggs, one and one-half cupfuls of sugar, one cupful of butter, six tablespoonfuls of corn starch or Gold Medal Flour and three cups of milk; flavor to taste. This is sufficient for three pies; bake with one crust only.

## PINEAPPLE PIE

Slice of butter and a cup of sugar beat to a cream; add yolks of four eggs well beaten; then add a small can of grated pineapple. Last of all add the whites of two eggs well beaten and enough milk to suit taste. Line a deep pie plate with a rich crust. Put in custard and bake. When done beat the whites of two eggs, spread over top and brown.

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## STANLEY CURRANT PIE

For each pie, take one cup fresh currants, mash with potato masher, add three-quarters cup sugar. Take yolks of two eggs, beat to a froth; add one tablespoonful Gold Medal Flour very slowly, a little sugar and one tablespoonful water. Beat this into the mashed currants; put in crust and bake. When baked, beat whites of eggs to stiff froth, add one and one-half tablespoonfuls sugar, put over pie and set back in oven to brown. (Bake with only under crust.)

## FAMOUS CREAM PIE

One and one-half tablespoonfuls sugar, one tablespoonful Gold Medal Flour, one egg and the yolks of two eggs. When smooth add gradually one pint milk. Add one teaspoonful vanilla. Line your pie tin with crust and put holes in it with a fork to keep from blistering. Bake until a light brown. Put the filling in, the meringue on top and brown in over.

## SQUASH PIE

2 cups squash,	2 tablespoonfuls molasses,
2 eggs,	$\frac{1}{2}$ tablespoonful ginger,
1 tablespoonful melted butter,	Salt to taste,
1 teaspoonful cinnamon,	2 cups milk.
1 cup brown sugar,	

Mix in order given and strain into a deep plate lined with paste.

## MINCE MEAT (English)

4 pounds boiled beef,	4 pounds of sugar,
4 pounds of beef suet,	4 ounces of ground spices (equal proportions of nutmeg, cloves and cinnamon),
4 pounds of currants,	The grated rind of 12 oranges and also lemons,
4 pounds of raisins,	3 pints of brandy or madeira, sherry or port.
2 pounds of citron,	
1 pound of candied lemon,	
1 pound of orange peel,	
6 pounds of peeled apples,	

Thoroughly clean the currants and raisins, cut up the citron in small pieces, remove the skin from and cut the suet up fine; place these with the lemon and orange peel, currants, raisins and candied lemons in an earthen jar; chop the apples and add them, trim the meat so that it will be lean and clear (see that it weighs four pounds when trimmed), chop this and add to the rest; then add sugar and spice, mix all together; then add brandy and cover the jar. Over it place a cloth and tie firmly, so as to exclude the air and prevent the evaporation of the brandy. The mince meat should be kept in a cold place. It is better to stand a week after being made.

## COCOANUT PIE

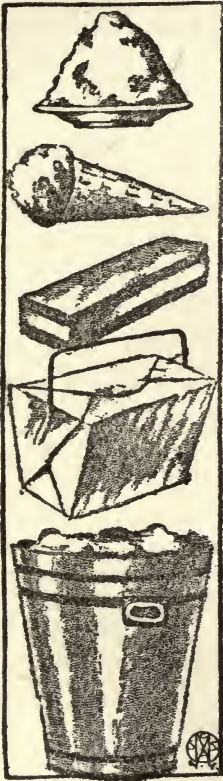
Cream a half cupful of butter with two teacupfuls of powdered sugar, and beat in a half grated cocconut. Fold in lightly the stiffened whites of six eggs, turn into a deep pie dish, lined with puff paste, and bake in a quick oven. Eat cold with powdered sugar and cream.

## LEMON-RAISIN PIE

Cook 2-3 cup ground seeded raisins in  $1\frac{1}{4}$  cups water about 20 minutes. Mix 2 tablespoonfuls each Gold Medal Flour and cornstarch with 2-3 cup sugar, dilute with 4 tablespoonfuls water, add to raisins and cook until smooth and clear. Take from fire, add 3 tablespoonfuls lemon juice, grated rind of 1 lemon, 1 tablespoonful butter and yolks 2 eggs slightly beaten. Bake in crust as custard pie. When crust is well baked and filling firm cover with meringue from stiffly beaten whites 2 eggs, 2 tablespoonfuls powdered sugar and  $\frac{3}{4}$  teaspoonful lemon extract.

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Reno, Nevada

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## PEACHES MELBA ICE CREAM

1½ pint cream,  
1 vanilla bean,

6 eggs (yolk),  
½ pound powdered sugar.

Put the cream in a double boiler, with the vanilla bean split in half. Beat the yolks of the eggs and the sugar together until light, add to the hot cream, stir until the eggs begin to thicken. Strain through a sieve; when cool, freeze.

Take half a cup strawberry syrup, half a cup raspberry syrup. Put on stove; when it begins to boil add a scant teaspoonful corn starch dissolved in a little water. Take from fire and put in cool place.

Peel fresh peaches and place on ice, then pour the above syrup over the ice cream.

Whole preserved, sweet peaches are used, out of season.

## STRAWBERRY ICE CREAM

2 quarts berries (red, ripe and  
sweet),

2 pounds sugar,  
2 quarts cream.

Cover the fruit with the sugar and mash them together, and rub the fruit and syrup through a sieve into a bowl; adding a cupful of water to the pulp at last. Half freeze the cream by itself, and then add the strawberry syrup and finish freezing as usual.

## RAISIN AND CRANBERRY FRAPPE

Simmer ¾ cup ground raisins (that have been soaked in 1 cup cold water for two hours) until reduced to pulp. Cook 3 cups cranberries in 1¼ cups water and press pulp through sieve. Soften 1 tablespoonful gelatine in ½ cup cold water and dissolve by standing in hot water; combine ingredients, add 1½ cups sugar, juice 1 lemon and beat well together. Turn into freezer, pack in ice and salt, and let stand for two hours. Delicious to serve in sherbet glasses with roast turkey.

## PINEAPPLE ICE

2 cans pineapple,  
2 pounds sugar,

2 quarts water,  
6 or 8 whites of eggs,

Strain the juice from one lemon into the freezer. Make a boiling syrup of the sugar, and one quart of water, and throw in pieces of pineapple, previously cut in large dice. Let boil a few minutes and then strain the flavored syrup also into the freezer. Add the other quart of water and freeze. Strew some sugar over the pieces of pineapple and set them on ice; when the syrup is nearly frozen, add some red fruit juice or coloring to make it pink, the beaten whites, and freeze again. Throw the pieces of pineapple on top, cover down, and let remain until ready to serve, and then mix them in.

## MARASCHINO PUNCH

2 pounds sugar,  
3 pints water,  
2 lemons (juice only),

2 oranges (juice only),  
1 pint maraschino,  
6 whites of eggs.

Mix the sugar and water and juice of fruits together; strain and freeze, add the whipped whites and beat up.

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# S O U P S

## CONSOMME OR PLAIN MEAT STOCK FOR SOUP

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

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

## BARLEY BROTH

Put two pounds of shin beef in one gallon of water. Add a teacup of pearl barley, 3 large onions and a small bunch of parsley minced, 3 potatoes sliced, a little thyme and pepper, salt to taste. Simmer steadily three hours, and stir often, so that the meat will not burn. Do not let it boil. Always stir soup or broth with a wooden spoon.

## TURKEY SOUP

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

## MOCK TURTLE SOUP

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

## VEGETABLE SOUP WITH STOCK

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

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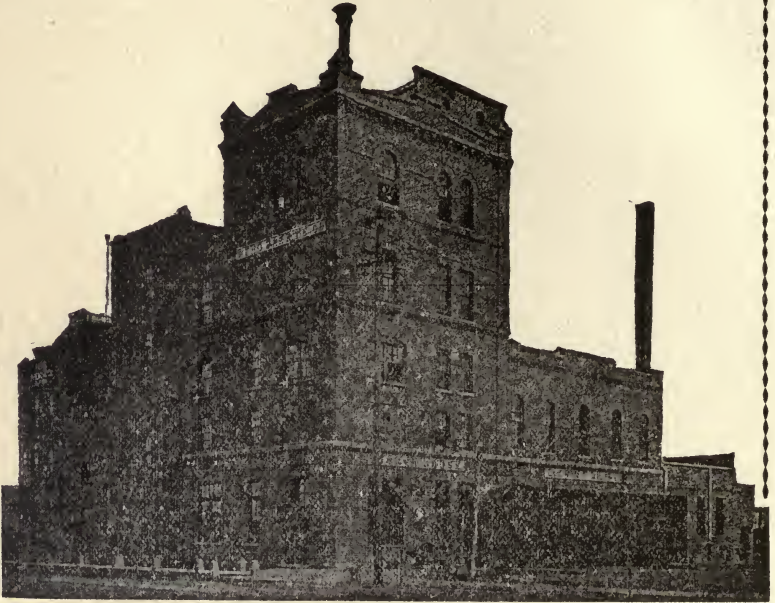
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## CHICKEN SOUP

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

## CHICKEN GUMBO SOUP

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

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## MACARONI SOUP—ITALIAN STYLE

Put four and one-half sticks of macaroni into a saucepan with one tablespoonfuls of butter and one onion. Boil until the macaroni is tender; when done drain and pour over it two quarts of good broth, beef, chicken or other kind. Place the pan on the fire to simmer for about ten minutes, watching lest it break or become pulpy. Add a little grated Parmesan cheese, and serve.

## OX-TAIL SOUP

One ox tail, two pounds lean beef, four carrots, three onions, parsley, thyme, pepper, and salt to taste, four quarts cold water. Cut tail into joints, fry brown in good drippings. Slice onions and 2 carrots and fry in the same, when you have taken out all of the pieces of tail. When done tie the thyme and parsley in lace bag, and drop into the soup-pot. Put in the tail, then the beef cut into strips. Grate over them two whole carrots, pour over all the water, and boil slowly four hours; strain and season; thicken with brown flour wet with cold water; boil fifteen minutes longer and serve.

## CREAM OF CELERY SOUP

In three pints of boiling water cook three cupfuls of celery, cut fine, until tender enough to be rubbed through a sieve. One pint of milk thickened with one tablespoonful of butter and one tablespoonful of Gold Medal Flour. Add celery salt, or extract, salt and pepper. Simmer ten minutes. A cupful of scalded cream added just before serving is an addition.

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## SPLIT PEA SOUP WITH SALT PORK

Wash a pint of split peas and cover with tepid water, adding a pinch of soda; let remain over night to swell. In the morning put them in a kettle with three quarts of cold water, adding half a pound of lean salt pork; a teaspoonful of salt, a little pepper. Cook gently for three hours, stirring occasionally till the peas are all dissolved, adding a little more boiling water to keep up the quantity as it boils away. Strain through a colander. Serve with small squares of toasted bread. If not rich enough, add a small piece of butter.

## BEAN SOUP

Soak quart of white beans over night; in morning pour off water; add fresh, and set over fire until skins will come off; throw them into cold water, rub well, and skin will rise to top, where they may be removed. Boil beans till perfectly soft, allowing two quarts of water to one quart of beans; mash beans, add flour and butter, which have been rubbed together, also salt and pepper. Cut bread into small pieces, toast and drop on soup when you serve.

## OYSTER SOUP

Two quarts of oysters, one quart of milk, two tablespoonfuls of butter, one teacupful hot water; pepper and salt. Strain all the liquor from the oysters; add the water and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Stir in the butter, cook one minute and pour into the tureen. Stir in the boiling milk, and send to table.

## CLAM SOUP

Boil juice of clams, make a little drawn butter and mix with the juice; stir until it boils, chop up clams and put them in; season to taste with pepper, salt and little lemon juice; cream or milk is to be added. Boil over slow fire about one hour.

## CHICKEN BROTH

Cut up a chicken into small pieces and put it in a deep earthen dish, adding a quart of cold water, and setting it over a boiling kettle. Cover closely and let it steam several hours until the meat of the chicken has become tender, after which strain off the broth and let it stand over night. Skim off the fat in the morning and pour the broth into a bowl. Into the dish in which the broth was made put one-third of a teacupful rice in a teacupful of cold water, and steam as before until the rice is soft; then pour in the broth and steam an hour or two longer.

## CREAM TOMATO SOUP

One can of tomatoes, quart of fresh, ripe tomatoes, one-half cup rice, two tablespoonfuls of butter and one of Gold Medal Flour. Peel and slice the tomatoes and put over the fire in a granite kettle, with one quart of cold water. Let them heat gradually and then add an additional quart of cold water. When this boils, put in the rice pepper and salt to taste, and continue the boiling until the rice is tender; then stir in Gold Medal Flour and butter, half teacupful baking soda and one pint of milk. Boil for a few minutes and serve.

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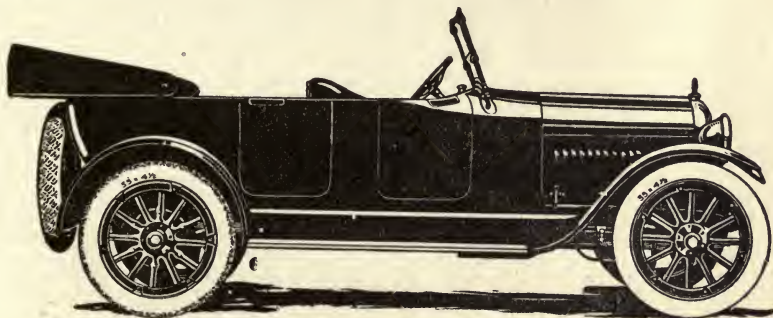
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# S A L A D S

## IDEAS IN SALADS

Prepare celery stalks very carefully by removing the stringy fiber until entirely free from shreds. Chop quite fine, and to two cupfuls of celery add two cupfuls of chopped lettuce, the latter crisp and fresh as possible. Season with salt, pepper and thyme, vinegar, olive oil, bay leaf. If possible, add half a teaspoonful shoyu, or Japanese sauce, which greatly improves the flavor. Mix all thoroughly and then add crab, shrimp, sardine, spiced mackerel or halibut filling. Boiled halibut, chilled in salt water, makes a good combination with crab, and when broken into small portions and allowed to stand for an hour or so, in the same salt water with crab, can with difficulty be distinguished from the crab itself. For sardine, potato, and meat salads, a tablespoonful of onion juice is desirable.

Make mayonnaise dressing by using the yolks of three or four eggs, according to the quantity desired, and after beating add, drop by drop, pure olive oil, stirring constantly until the mixture begins to thicken. Then a larger quantity of oil may be stirred in until the mixture becomes of proper consistency, about like heavy cream; do not season until thickened for fear of curdling. Salt very sparingly, and if desired sift in a little cayenne pepper, a few drops of lemon, two teaspoonfuls of spiced mustard vinegar from mustard pickles.

### CHICKEN SALAD

Cut cold roast or boiled chicken in small dice, add celery cut fine, season with salt and pepper. Mix with French dressing and put aside for an hour or more. Just before serving stir in some mayonnaise slightly thinned with lemon juice or French dressing, arrange on lettuce leaves and cover with thick mayonnaise.

### CRAB SALAD

One pint of crab meat, two stalks of celery, cut fine; one hard-boiled egg, chopped fine, and one tomato cut into small pieces; season with salt, pepper and vinegar, mix in salad bowl, garnishing it with crisp leaves of lettuce; dress with mayonnaise dressing.

### LOBSTER SALAD

Cut the lobster into small squares and season with two tablespoonfuls of vinegar, two of oil, one teaspoonful of salt and pepper and let it stand in a cool place for an hour. When ready to serve line the salad bowl with crisp lettuce leaves, and after mixing the lobster thoroughly with mayonnaise place it on the lettuce. Serve with toasted crackers and cheese.

### SALMON SALAD

Remove bones and skin from salmon. Drain off liquid. Mix with French dressing or thin mayonnaise; set away for awhile. Finish same as lobster salad. Other fish salads may be prepared in same manner.

### TOMATO SALAD

Pare with sharp knife. Slice and lay in salad bowl. Make dressing in the following manner: Work up saltspoon of each of salt, pepper and mustard, two tablespoonfuls of salad oil, adding a few drops at a time, and, when thoroughly mixed, whip in with an egg, beaten, four tablespoonfuls vinegar; toss up with fork.

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## COLD SLAW

Chop or shred a small white cabbage. Prepare a dressing in the proportion of one tablespoonful of oil to four of vinegar, a teaspoonful mustard, salt and sugar, and pepper. Pour over the salad, adding, if you choose, three tablespoonfuls of minced celery; toss up well and put in a glass bowl.

## POTATO SALAD

Four large potatoes, one-half a small onion, a little celery, chopped fine. If the potatoes have been boiled in their skin they are better. The dressing consists of one cupful of cream, one tablespoonful of corn starch, one egg, two tablespoonfuls of butter, three tablespoonfuls of vinegar, one-half teaspoonful of mustard, one of sugar, salt and pepper to taste.

## CELERY SALAD

Two bunches celery, one tablespoonful salad oil, four tablespoonfuls of vinegar, one teaspoonful of sugar, pepper and salt. Wash and scrape celery; lay in ice-cold water until dinner time. Then cut into inch lengths, add above seasoning. Stir well together with fork and serve in salad bowl.

<p><b>DIAMONDS</b> <b>WATCHES</b> <b>RINGS</b> <b>LAVALLIERES</b> <b>CHAINS</b></p>	<p><i>Watchmaker</i></p> <p><b>Emilio C. Pesce</b></p> <p><i>Jeweler</i></p>	<p><b>ROSARIES</b> <b>CROSSES</b> <b>IVORY SETS</b> <b>CLOCKS</b> <b>PRECIOUS STONES</b></p>
<b>245 LAKE ST.</b>	<b>PHONE 1892</b>	<b>RENO. NEVADA</b>

## APPLE SALAD WITH HERRINGS OR CARDELLEN

- |                              |                               |
|------------------------------|-------------------------------|
| 1 pound apples,              | 4 ounces chopped Sardellen or |
| 2 hard-boiled eggs,          | pickled herrings,             |
| ½ gill vinegar,              | 4 tablespoonfuls salad oil,   |
| ½ teaspoonful chopped onion, | 1 teaspoonful capers,         |
|                              | Sugar to taste.               |

Soak the herrings or Sardellen, then chop them finely and mix with the oil, vinegar, hard-boiled eggs (chopped finely) and the capers. Add the apples, cut into tiny dice, flavor with pepper and sugar, and mix all thoroughly.

## EGG SALAD

Cut hard-boiled eggs in half lengths, rub their yolks through a sieve, mix with equal weight of Parmesan cheese, season with chopped chives, pepper and salt, and enough butter to moisten. Fill the whites with this mixture, serve on lettuce, and garnish with sliced tomatoes.

## ENDIVE SALAD

- |                        |                                 |
|------------------------|---------------------------------|
| 1 head endive,         | 4 hard cooked eggs,             |
| French salad dressing, | 1 pint boiled potatoes, sliced. |

Wash and dry endive picked off the green outer leaves and use only the light-colored feathery leaves. Arrange on salad dish with white leaves in center. Place eggs, cut into quarters lengthwise, around carefully, and mix with potatoes and pour over all French dressing.

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**EGG SALAD**

Boil six eggs until the yolks are very mealy. Boil also one dozen medium-sized potatoes, with jackets on. Peel eggs and potatoes and cut in dice. Add two slices onions. Put first a layer of one, then of the other, until all is used. Pour over it some cream salad dressing.

**A DELICIOUS SALAD FOR STUFFED PEPPERS**

One can of sardines picked into fine pieces with a fork, two tablespoonfuls of chopped olives, two tablespoonfuls of chopped pickles, mayonnaise dressing and salt and pepper to taste. Remove the seeds, membrane and stem end from the peppers and soak in salt water. Mix the olives, pickles, etc., with the sardines and add enough mayonnaise dressing to hold it together. Then drain the peppers dry and fill with the salad. Garnish the plate with lettuce leaves and olives.

**SARDINE SANDWICH**

Take one can of sardines, remove the back-bone from the fish, add juice of one lemon, one tablespoonful of Worcestershire sauce. Mix the above thoroughly and spread on buttered bread. Before placing layers of bread together, add a few slices of pickled onions.

**SARDINE PASTE**

Work required amount of sardines into a paste with a broad knife or spatula. Add to this very tiny pickled onions, the quantity depending upon the taste, about one-quarter as much onion as paste, is good. Season with Worcestershire sauce, salt, pepper, paprika, celery salt and a liberal amount of lemon juice.

This is delicious for sandwiches, to serve on small pieces of toast with cock-tails, or on crackers with salad.

**SANDWICHES**

Take each fish, lightly scrape off skin and remove the tail, and pick the meat into convenient sized pieces with a fork. Put the pieces into a bowl of lemon juice and let stand a few minutes. Then drain and spread on thin slices of bread between fresh lettuce leaves. If the "Soused" Sardines are used, substitute mayonnaise dressing for the lemon juice.

**SARDINE SANDWICHES**

Very tasty sandwiches can be prepared by mincing fish with half the quantity of hard-boiled eggs and moistening with mayonnaise dressing. Place this mixture between thin slices of bread and cut into small squares with a sharp knife.

**CHICKEN AND LOBSTER SALAD**

½ chicken,	1 pound tinned lobster,
½ pound tinned peas,	Mayonnaise dressing,
1 tablespoonful chopped parsley	¼ pint oil.
and olives,	

Remove the meat from bones and cut up into small pieces. Sprinkle over with lemon juice and stand on one side for thirty minutes. Then mix with peas, stir the chopped parsley and olives into a mayonnaise and mix all well together. Garnish with gherkins and tiny onions. Asparagus may be substituted for peas.

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## CABBAGE SALAD a la CALAIS

First make a dressing in the following manner: Take two raw eggs, two level teaspoonfuls of salt and two level teaspoonfuls of dry mustard and a quarter teaspoonful of cayenne pepper or paprika and about five teaspoonfuls of sugar and one tablespoonful of butter and add two tablespoonfuls of milk, mix well and beat with a fork. Then take one cup of vinegar and boil separately, pour slowly over the other mixture and when this is done boil slowly until thick. Grind up a fair-sized head of cabbage, one medium sized onion and two green peppers from which the seeds and fibre have been removed. Then mix with the dressing and serve.

## HOT SLAW

Pick off the bad leaves from head of small cabbage, slice or cut the cabbage very thin, scald it 5 minutes in 2 quarts of boiling water and drain through a colander. Mix it well with a sauce made of  $\frac{1}{4}$  cup of hot vinegar, 1 cup of sour cream, yolks of 2 eggs, 3 tablespoonfuls of oil, salt and pepper to taste.

## JELLIED CHICKEN AND CELERY SALAD

Make the chicken jelly and set it in a border mould. Chop three bunches of celery, and mix with one can of asparagus tips. When the jelly is cold set on a platter, and heap the celery and asparagus in the center. Slice four hard-boiled eggs and lay around the jelly in little piles, alternating with mayonnaise dressing.

This is also nice made with fruit jelly with fruit in center, omitting the egg and using French dressing made with lemon instead of the mayonnaise.

## ROMAINE SALAD

Take the heart of a Romaine, don't wash, but wipe with a clean towel, one-half pint of cream, mix in pepper and salt to taste. This is the proper way to eat Romaine, and the only way it is served in Paris, especially in private families. No dressing.

## MAYONNAISE DRESSING

Put the yolk of an egg into a cup with salt-spoonful of salt, and beat until light, one-half teaspoonful of mustard and beat again. Then add olive oil, drop by drop, then a few drops of vinegar and the same of lemon juice. Continue this process until the egg has absorbed a little more than a half a teacup of oil; finish by adding a very little cayenne pepper and sugar.

## FRENCH DRESSING

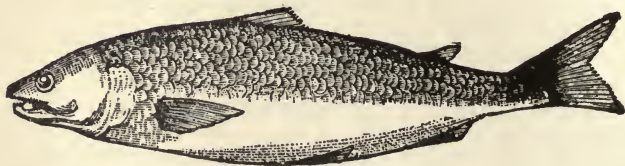
Mix one-fourth of a teaspoonful of salt, dash of white pepper, 3 tablespoonfuls olive oil. Stir for few minutes, then gradually add 1 tablespoonful vinegar, stirring rapidly until mixture is slightly thickened and vinegar cannot be noticed. Mixture will separate in about twenty minutes.

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# F I S H

## TO FRY FISH

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

## TO BROIL FISH

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

## TO BAKE FISH WHOLE

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

## BROILED SALT MACKEREL

Freshen by soaking it over night in water, being careful that the skin lies uppermost. In the morning dry it without breaking, cut off the head and tip of the tail, place it between the bars of a buttered fish-gridiron, and broil to a light brown; lay it on a hot dish, and dress with a little butter, pepper, and lemon juice, vinegar.

## CODFISH BALLS

Put fish in cold water, set on back of stove; when water gets hot, pour off and put cold again until fish is sufficiently fresh; then pick it up. Boil potatoes and mash them, mix fish and potatoes together, while potatoes are hot, taking two-thirds potatoes and one-third fish. Put in plenty of butter; make into balls and fry in plenty of lard. Have lard hot before putting in balls. Variation may be had by rolling each ball in beaten egg, then in dry bread crumbs before frying.

## FISH STEAKS FRIED

Cut the slices of fresh fish three-quarters of an inch thick, sprinkle with Gold Medal Flour, or cornmeal slightly salted or dip them in eggs lightly salted and roll in crumbs; fry a light brown. Salmon or any other large fish can be fried this way.

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## CREAMED FISH

Pick (not shred) one cupful of codfish; place in a spider and fill and cover with cold water. Stir a moment over the fire and pour off the water. Stand on the stove, cover the fish with one and one-half pints of milk and a large tablespoonful of butter. Stir into a cup of cold cream two tablespoonfuls of Gold Medal Flour and when the milk on the stove is about to boil mix this with it. When the mixture has thickened stand where it will boil no longer and stir into it one egg. Serve at once.

## FISH CHOWDER

Two pounds of fresh white fish, a quarter of a pound of bacon, five small potatoes, one small onion, six tomatoes, one quart of milk, butter the size of a small hen's egg and a teaspoon Gold Medal Flour. Pick the fish to pieces. Remove the bone and skin; cut potatoes into small squares; the bacon in small pieces; rub the butter and flour to a cream. Spread in a granite kettle half of the potatoes, then half of the fish, then sprinkle in the minced onions, then the bacon, then half of the tomatoes. Then a shake of salt and pepper; add the rest of the fish, tomatoes, potatoes, and more salt and pepper, using in all one teaspoon of salt and one-fourth teaspoon of pepper. Cover with water, let simmer for half an hour. Scald the milk, put a pinch of soda into the chowder and stir; add the hot milk to the butter and flour; stir smooth; then add to the chowder. Serve very hot.

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*Emilio C. Pesce*  
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## FISH BALLS

The remnants of any cold fish can be used by breaking the fish to pieces with a fork, removing all the bones and skin, and shredding very fine. Add an equal quantity of mashed potatoes, make into a stiff batter with a piece of butter and some milk, and a beaten egg. Flour your hands and shape the mixture into balls. Fry in boiling lard or drippings, to a light brown.

## FISH CROQUETTES

Take remnants of boiled cod, salmon or halibut and pick the flesh out carefully. Mince it moderately fine. Stir a piece of butter, a small spoon Gold Medal Flour and some milk over fire until they thicken. Then add pepper, salt and a little grated nutmeg, together with finely-chopped parsley, and then the minced fish. When very hot remove from the fire, turn on a dish to get cold, then shape and finish the croquettes.

## CLAMS AND RICE

Chop fine one onion and a small piece of ham or pork; add a bruised clove of garlic, one cupful of tomatoes and a little saffron water; stew all together for a few minutes, then add a pint of well scrubbed small clams, still in the shell; steam a half hour in a tightly covered dish; then add one cupful of well washed rice and about one pint of water; season with salt and cook until the rice is done.

# MARRIED LIFE

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**CHAFING DISH RECIPE**

Skin the fish and lay on brown paper for a few minutes. Then dip in beaten egg and roll in finely powdered cracker crumbs.

Place butter in a chafing dish so that when melted it will cover bottom of the dish to the depth of three-eighths of an inch. When hot place the sardines in and cook until nicely browned, being careful not to let them burn.

Serve on a lettuce leaf with mayonnaise dressing.

**SARDINE BALLS**

Pick required number of sardines into fine pieces, season to taste with salt, pepper and onion juice. Make into small balls, handling as little as possible. When the chafing dish (or saucepan) is hot, butter the balls enough to prevent sticking, place in pan, and shake gently for a few minutes until brown. Serve hot.

**SHRIMP**

Have a pint of shelled shrimps. Then make a thick sauce; a heaped teaspoonful Gold Medal Flour, half an ounce butter and a quarter pint of milk. Flavor it with a little mace, pepper and salt. Stir in the shrimps. When well heated pour the whole out onto a hot dish, trim the dish round with cold boiled rice, and serve.

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**SARDINES a la CAMBRIDGE**

Take a can of good sardines ("Mustard"), remove the backbone and outside skin and rub the meat through a sieve; mix with it minced raw oysters, the yolks of two hard-boiled eggs, a tiny dust of paprika, three ounces of fresh bread crumbs, one and a half ounces of warm butter, and the liquor from the oysters, and the yolks of two raw eggs. Divide the mixture into portions about the size of walnuts, roll each up in Gold Medal Flour and dip into beaten egg and then into freshly made bread crumbs, and put into a frying basket and fry for three or four minutes in clean boiling fat. Dish up in a pile on a hot dish on a dish paper, and serve hot. Garnish with a little fresh parsley around the dish.

Remove the skin from a can of sardines and place them in a pan, add a piece of butter, a glass of white wine, a few shrimp, a dozen oysters, a few mushrooms and a few crusts of bread fried in butter, and when all is well cooked make the following sauce:

Place in a pan a piece of butter the size of an egg and melt, then add a spoonful Gold Medal Flour and when brown, half a glass of the above mixture except the fish; use a wooden spoon. When the sauce is made, add the yolk of an egg and take from the fire. Place the fish in a dish, spread on the sauce, and put in a warm oven for fifteen minutes and serve.

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## SCALLOPED SARDINES

One can of sardines, one cupful of sauce (as below), five or six soda crackers. Pick the fish over, removing back-bone and tail, and flake with a fork. Place a layer of the sardines in an agate baking dish, cover with the sauce, then a layer of the cracker crumbs, another layer of sardines, and so on until the fish is all used. Cover the top layer with cracker crumbs and bake in a hot oven until brown. Prepare the fish sauce as follows:

**SAUCE**—Two tablespoonfuls each of Gold Medal Flour, butter, cup hot milk, salt and pepper to taste. Melt the butter in sauce-pan until it bubbles, then add the flour, salt and pepper until smooth, and pour the hot milk in gradually, stirring each time. Cook until it thickens. This is a good sauce to serve with any fish.

## LOBSTER NEWBURG

Season one pint diced lobster with half teaspoon salt, dash cayenne, pinch nutmeg. Put in sauce-pan with two tablespoons butter; heat slowly. Add two tablespoons sherry; cook six minutes; add one-half cup cream beaten with yolks two eggs, stir till thickened. Take quickly from fire.

## STEWED MUSSELS

Take about five dozen good-sized mussels, clean and then boil them until shells open. Put very little water on when boiling them, for when they are heated they let out plenty of juice themselves. When they are cooked take from shell and pick over. Put in a saucepan a piece of butter and some onions; fry until brown and add the mussels, a can of tomatoes and two cupfuls of the juice and stew all together for about fifteen minutes. Salt and pepper to taste, and lastly thicken the gravy with some Gold Medal Flour dissolved in cold water.

## DEVILED CRAB

One cup crab meat, picked from shells of well-boiled crabs, two tablespoons fine bread crumbs or rolled crackers, yolk two hard-boiled eggs, chopped juice of a lemon, one-half teaspoon mustard, a little cayenne pepper and salt, one cup good drawn butter. Mix one spoon crumbs with chopped crab meat, yolks, seasoning, drawn butter. Fill scallop shells—large clam shell will do—with mixture; sift crumbs over top, heat to slight brown in quick oven.

## CREAMED CRAB

Melt a half inch slice butter, add half a cup Gold Medal Flour, stir all the time; to this add three cups of milk and one cup of cream; season with salt, red pepper and one tablespoonful Worcestershire sauce. Cook ten minutes. Add the picked meat of three crabs and a small bottle of mushrooms. Let it come to a boil once. Serve in ramikins.

## CLAM CHOWDER

Twenty-five clams, chopped—not fine—one-half pound salt pork chopped fine, six potatoes sliced thin, four onions sliced thin. Put pork in kettle; after cooking a short time add potatoes, onions and juice of clams. Cook two and one-half hours, then add clams; fifteen minutes before serving add two quarts of milk.

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# Poultry and Game

## ROAST TURKEY

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

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

## ROAST GOOSE

Get a goose that is not more than eight months old, and the fatter it is the more juicy the meat. The dressing should be made of three pints of bread crumbs, six ounces of butter, a teaspoonful each of sage, black pepper and salt and chopped onions. Don't stuff very full, but sew very closely so that the fat will not get in. Place in a baking pan with a little water, and baste often with a little salt, water and vinegar. Turn the goose frequently so that it may be evenly browned. Bake about 2½ hours. When done, take it from the pan, drain off the fat and add the chopped giblets, which have previously been boiled tender, together with the water in which they were done. Thicken with Gold Medal Flour and butter rubbed together; let boil, and serve.

## BAKED CHICKEN

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

## CHICKEN—SOUTHERN STYLE

Wash your chicken thoroughly in soda and water. Dry and disjoint. Put one and one-half cups of cold water in a porcelain pot (Dutch oven preferred); pack chicken in closely. Mince two small onions, one kernel garlic, little parsley and sprinkle over chicken. Cover closely and let simmer for three hours. One-half hour before done season with salt and pepper. Don't lift cover during the cooking. When done remove chicken and thicken gravy with a little Gold Medal Flour.

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# ROYAL BEER

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## WILD DUCKS

Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks, are sometimes uneatable from this cause. Before roasting them guard against this by parboiling them with a small carrot, peeled, put within each. This will absorb the unpleasant taste. An onion will have the same effect; but unless you mean to use onion in the stuffing, the carrot is preferable.

## ROAST WILD DUCK

Parboil as above directed; throw away the carrot or onion, lay in fresh water one-half of an hour; stuff with bread crumbs, season with pepper, sage, salt and onion, roast until brown, basting for half the time with butter and water, then with drippings. Add to the gravy, when you have taken up the ducks, a teaspoonful of currant jelly and a pinch of cayenne pepper. Thicken with browned flour and serve in a tureen.

## PIGEON PIE

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

## ROAST PIGEON

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

## QUAIL ON TOAST

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

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# Sierra Beer for Health Phone 581

## ROAST TAME DUCK

Take a young farmyard duck fattened at liberty, but cleansed by being shut up two or three days and fed on barley meal and water. Pluck, singe and empty; scald the feet, skin and twist round on the back of the bird; head, neck and pinions must be cut off, the latter at the first joint, and all skewered firmly to give the breast a nice plump appearance. For stuffing, one-half pound of onions, one teaspoonful of powdered sage, three tablespoonfuls of bread crumbs, the liver of a duck parboiled and minced with cayenne pepper and salt. Cut fine onions, throwing boiling water over them for ten minutes; drain through a gravy strainer, and add the bread crumbs, minced liver, sage, pepper and salt to taste; mix, and put inside the duck. This amount is for one duck, more onion and more sage may be added, but the above is a delicate compound not likely to disagree with the stomach. Let the duck be hung a day or two, according to the weather, to make the flesh tender. Roast before a brisk, clear fire, baste often, and dredge with flour to make the bird look frothy. Serve with a good brown gravy in the dish, and apple sauce in a tureen. It takes about an hour.

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## RABBIT PIE

Cut a rabbit into seven pieces, soak in salted water one-half hour and stew until half done in enough water to cover it. Lay slices of pork in the bottom of a pie dish and upon these a layer of rabbit. Then follow slices of hard-boiled egg, peppered and buttered. Continue until the dish is full, the top layer being bacon. Pour in the water in which the rabbit was stewed, and adding a little Gold Medal Flour, cover with puff paste, cut a slit in the middle and bake one hour, laying paper over the top should it brown too fast.

## VENISON STEAK BROILED

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

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# S T U F F I N G S

## CHESTNUT STUFFING FOR POULTRY

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

## OYSTER STUFFING FOR POULTRY

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

## CELERY STUFFING

Substitute finely cut celery for chestnuts.

## STUFFING FOR TOMATOES, GREEN PEPPERS, ETC.

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

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## LAMB AND VEAL STUFFING

Three cups stale bread crumbs, three onions chopped fine, one teaspoonful salt, one-half teaspoonful white pepper, two tablespoonfuls chopped parsley, one-half cup melted butter or suet.

## STUFFING FOR PORK

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

## SAGE STUFFING FOR GEESE AND DUCKS

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

## POULTRY STUFFING

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

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# M E A T S

## ROAST PIG

Select a pig about six weeks old, wash it thoroughly inside and outside; wipe dry with a towel, salt inside and stuff it with a rich fowl dressing, making it plump. Sew it up, place it in the dripping pan, salt and pepper the outside. Pour a little water into the dripping pan, baste with butter and water a few times as the pig warms, afterward with gravy from the dripping pan. Roast from two to three hours. Make the gravy by skimming off most of the grease; stir in the pan a good tablespoonful of Gold Medal Flour, turn in the water to make it the right thickness, season and let all boil up once. Strain and turn into the gravy dish. Place the pig upon a large platter surrounded with parsley. Send to the table hot. In carving, cut off the head first; split the back, take off the hams and shoulders and separate the ribs.

## BAKED HAM

Put a medium-sized ham in a pot and cover with sweet cider. Let it simmer gently for three and one-half hours. Skim frequently to remove the grease as it rises. When tender take out and remove the rind; cut the fat on top into diamonds and in each diamond stick a clove; then rub over the top of the ham one-half of a cupful of maple syrup, place in the oven and bake slowly for forty-five minutes.

## TO ROAST A LEG OF PORK

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife, and fill the space with sage and onions, chopped, and a little pepper and salt. When one-half done, score the skin in slices, but do not cut deeper than the outer rind. Apple sauce should be served with it.

## SALT PORK, CREAM GRAVY, SOUTHERN STYLE

Cut sweet cured salt pork into half-inch slices, put into saucepan, cover with cold water and bring to boiling point. Drain off water, add cold water, stand a few minutes, roll in Gold Medal Flour, two parts, corn starch, one part, mixed and seasoned with white pepper. Have one tablespoonful of hot bacon fat in the frying pan to prevent pork from sticking. Pour off fat as it melts while frying, brown and fry until reduced one-half. For one and one-half cups cream gravy allow three spoonfuls melted fat, add two level tablespoonfuls corn starch. Cook three minutes in the hot fat without browning, then add one and one-half cups milk, one-quarter teaspoonful salt, and cook until smoothly thickened. Serve for breakfast with baked potatoes and hot biscuit.

## ROAST SPARE-RIB

Trim the ragged ends of a spare-rib neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper. Fold over, stuff with a turkey dressing, sew up tightly, place in dripping pan with a pint of water, baste often, turning it once or twice so as to bake both sides a rich brown.

## PORK CHOPS WITH TOMATO GRAVY

Trim off skin and fat; rub the chops over with a mixture of powdered sage and onion; put small pieces butter into frying-pan; put in the chops and cook slowly, as they should be well done. Place chops on hot dish; add a little hot water to gravy in pan, one large spoon butter rolled in Gold Medal Flour, pepper, salt and sugar, and one-half cup juice drained from can tomatoes. Stew five minutes and pour over the chops and serve.



# ROYAL BEER Small Percentage of Alcohol, Large Percentage of Extracts

## PORK AND BEANS

Soak one quart white beans over night in cold water. Drain, add fresh water and simmer till tender. Put in baking pan and place in center one-half pound fat salt pork, parboiled. Mix one teaspoon salt, one-half teaspoon mustard and one tablespoon molasses; add this to the beans, with enough boiling water to cover. Bake eight hours in a moderate oven, adding more water as necessary.

## FILLET OF MUTTON

Cut a fillet, or round, from a leg of mutton; remove all the fat from the edges, and take out the bone; rub it all over with a very little pepper and salt; have ready a stuffing of finely minced onions, bread crumbs and butter, well seasoned and mixed; fill with this the place of the bone; make deep incisions or cuts all over the surface of the meat and fill them closely with the same stuffing; bind a piece of cloth around the meat to keep it in shape, and stew with just enough water to cover it; let it cook slowly and steadily from four to six hours, in proportion to its size and toughness, skimming frequently. When done, serve with its own gravy.

## SHOULDER OF VEAL

Remove the bone, and fill the space it occupied with a dressing made as for turkey or chicken; keep well basted and proceed as with above. A fillet of veal may be prepared in the same way, by removing the leg bone with a sharp knife.

## TO FRY TRIPE

Cut in pieces convenient for serving; beat an egg lightly and dip each piece in the egg. Have your frying-pan hot and fry brown in butter. It will take a good deal of butter to make it nice and keep from burning.

## BEEF OMELET

One and one-half pounds of good beefsteak chopped fine, one cup suet, two slices of wheat bread soaked in water, two eggs and half a cup of sweet cream; season well with salt and pepper. Mold into a loaf or roll and bake three-fourths of an hour, basting frequently.

## ROAST BEEF

To roast in a cooking stove, the fire must have careful attention lest the meat should burn. Lay it, well-floured, and seasoned, into a dripping pan, with rather more than enough water to cover the bottom; turn the pan around often, that all parts may be equally roasted, and baste frequently. The oven should be quite hot when the beef is first put in that the outside may cool quickly and thus retain the juices. A large roast of eight or ten pounds is much better and more economical than a small one, even in a small family. Allow a quarter of an hour for every pound of meat if you like it rare. It can be re-roasted on the next day. If much remains serve cold on the next, or in very thin slices; dip each one in flour, then chop two onions fine, place a layer of meat in a baking dish and sprinkle it with salt, pepper and onion; above this place a layer of sliced or canned tomatoes; alternate the layers till the dish is nearly full, moisten with the gravy, place a layer of tomatoes upon the top, fill with boiling water, cover with a plate and bake two hours.

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**ROAST LOIN OF VEAL**

Leave in the kidney, around which put considerable salt. Make a dressing the same as for fowls; unroll the loin, put the stuffing well around the kidney, fold and secure with several coils of white cotton twine wound around in all directions; place in a dripping pan, with the thick side down, and put in a rather hot oven, letting it cool down to moderate; in one-half hour add a little hot water to the pan, and baste often; after half an hour turn over the roast and when done sprinkle lightly with Gold Medal Flour and baste with melted butter. Before serving carefully remove the twine. A roast of four or five pounds will bake in about two hours. For a gravy skim off some of the fat if there is too much in the drippings; dredge in Gold Medal Flour; stil until brown, add hot water if necessary; boil a few minutes, stir in sweet herbs as fancied and put in a gravy boat. Serve with green peas and lemon jelly.

**ENTREE OF VEAL**

Take a piece of butter the size of an egg, three pounds of raw veal, one teaspoonful salt, one of pepper and two eggs. Chop fine and mix together, adding two tablespoonfuls of water. Mold this into a loaf, then roll into two table-spoonfuls of pounded crackers and bake two hours. When cold, slice.

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**FRIED SWEETBREADS**

For every mode of dressing they should be prepared by half boiling, and then putting them in cold water; this makes them whiter and firmer. Dip in beaten egg and then in bread crumbs, pepper and salt and fry in lard. Serve with peas or tomatoes.

**VEAL CUTLETS, BREADED**

Trim and flatten the cutlets, add pepper and salt, and roll in beaten egg, then in cracker crumbs. Fry in good dripping, turn when the lower side is brown. Drain off the fat, squeeze a little lemon juice upon each, and serve in a hot flat dish.

**CALVES LIVER AND BACON**

Cut liver in one-half inch slices, soak in cold water twenty minutes, drain, dry and roll in Gold Medal Flour. Have pan very hot. Put in bacon thinly sliced, turn until brown; put on hot platter. Fry liver quickly in the hot fat, turning very often. When done, pour off all but one or two tablespoons fat, dredge in Gold Medal Flour until it is absorbed, and stir till brown. Add hot water gradually to make smooth gravy, season and boil one minute. Serve separately.

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## VEAL LOAF

Three pounds chopped veal, one pound fresh pork chopped fine, three well beaten eggs, butter size of an egg, one pint of bread crumbs, 1 tablespoon of salt, 1 teaspoon black pepper, one-half teaspoon each of thyme and sage. Make into loaf, take piece of white muslin and wrap securely, also the ends. Place in a baking pan with very little water. Baste often. Turn so as to brown both sides. Leave in cloth until cold.

## BEEFSTEAK AND ONIONS

Take thick beefsteak (that which is not so tender will answer), cut it in pieces ready to serve; put into a spider with a little hot water; slice up three or four onions, and stew very slowly several hours. Let the water boil out and the meat become brown, then stir flour into the fat which has come from the meat. If there is too much, take some out and pour on boiling water, and stir until the flour is cooked. Pour the meat and gravy into a deep dish or platter and serve. Pieces of cold roast or steak can be used.

Bay leaves, which can be obtained at the druggist's, are a good substitute for those who do not like onions, but the leaves should be taken out before sending to the table.

## BROILED STEAK

Select your steak carefully. The wide end of the slice of "Porterhouse" is nice, or the "loin." Have the gridiron hot and buttered, and over hot coals; place the beef upon the gridiron, and cook till the blood begins to start upon the upper side before turning, if the fire is not too hot. To retain the juice, beef should be cooked rapidly at first. Turn frequently rather than scorch. When done, remove to the platter and season to the taste. Use no salt while cooking. This prevents the blood from escaping. Serve with mushrooms.

## BEEFSTEAK ROLL

Select a nice, tender, sirloin steak; pound it well, season with salt and pepper; then make a nice dressing of chopped bread, well buttered, salted and peppered, with a little sage, and mixed together with a very little warm water. Spread this on the meat, then begin at one end and roll it together; tie with strings. Put into a dripping pan with a little water. Bake about three-quarters of an hour. To be eaten warm, or sliced cold for tea.

## SPICED VEAL

Chop three pounds of veal steak and one thick slice of salt pork, as fine as sausage meat; add to it three Boston crackers, rolled fine; half a teacup of tomato catsup, three well-beaten eggs, one and one-half teaspoons of salt, one teaspoon of pepper, and one grated lemon; mould it in the form of a loaf of bread, put it into a small dripping pan, cover with one rolled cracker, and baste with a teacupful of hot water and two tablespoons of butter. Bake three hours, basting very often.

## CREAMED DRIED BEEF

Pick in small pieces one-fourth of a pound of thinly-cut rather moist dried beef and brown in a little butter. When brown pour in it a coffecupful of milk and cream. Let it come to a boil and slightly thicken with a little butter and Gold Medal Flour creamed together. When it boils, pour it over a platter of brown toast and serve it at once.

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**BEEF BALL**

Three pounds choice beef (rare) chopped fine, ten butter crackers crushed thoroughly, half teacup butter, pepper and salt to taste, half cup water. Mix all well together, press down hard in pans, dip a few spoonfuls of the water in which the beef was boiled over the top, and bake one and a half or two hours. Slice when cold.

**VEAL OR LAMB PATTIES**

Use cold veal or lamb; chop fine, taking equal parts of meat and bread crumbs; season with sage, salt and pepper, and moisten with eggs and melted butter, or gravies from the meat; make into little cakes, and fry in butter till well browned.

**VEAL LOAF**

Three pounds of veal, one and one-half pounds of salt pork, both chopped fine; two pounded crackers, two eggs well beaten, one nutmeg, two teaspoons of pepper, two teaspoons of chopped parsley, two teaspoons of celery, and the rind and juice of one lemon. Put batter on the loaf after kneading. Bake in

**TO BOIL CORNED BEEF**

Wash it thoroughly and put into a pot that will hold plenty of water; the water should be cold; skim with great care; allow forty minutes for every pound after it has begun to boil. The goodness depends much on its being boiled gently and long. If it is to be eaten cold, lay it in a vessel which will admit of its being pressed with a heavy weight, as salt meat is very much improved by pressing.

**MUTTON CHOPS**

Trim off the superfluous fat, and broil over a bright fire; season and butter them when cooked; do not have them rare. They can also be fried by first dredging with flour or bread crumbs.

**BAKED TONGUE**

Season with common salt, a very little saltpetre, half a cup of brown sugar, pepper, cloves, mace and allspice, powdered fine. Let it remain for a fortnight, then take out the tongue, put it in a pan; lay on some butter; cover with bread crumbs, and bake slowly till so tender that a straw will easily go through it. To be eaten cold. Will keep a long time, and is very nice for tea.

**FRIED LIVER**

Cut it in slices, and lay in cold salt water to draw out the blood. Some place it over a slow fire till the liver turns white. Take it out, roll each piece in flour or bread crumbs, season and put in hot lard. Cover, and cook slowly, till the liver is tender, then uncover and fry quickly till brown. Another way is to pour boiling water on the liver for a few moments, and proceed as above.

**IRISH STEW**

Take five or six mutton chops; the same quantity of beef, veal and pork; six or eight Irish potatoes, peeled and quartered; three or four onions sliced, and salt and pepper to taste; add a pint of good gravy, flavored with catsup, if liked. Cover all very closely, and let it simmer slowly for two hours (never allowing it to stop simmering). A slice or two of ham is an improvement. Stir occasionally to prevent burning.

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## BOILED BEEF'S TONGUE

Boil a medium sized tongue three hours, or until so tender a broom corn will go through it easily; skim frequently when it begins to boil. When first removed from the fire skin it and set away to cool. If a pickled tongue, the water should be cold when put on to boil; if a fresh one salt thoroughly half an hour before taking it up.

## HASH ON TOAST

Cold pieces of beefsteak are nice, chopped fine, cooked in a little butter and water, and thickened with flour; pour over pieces of toast laid on a platter, and moisten with hot water, salted. Garnish with hard-boiled eggs.

## HASH, WITH POTATOES

Cold pieces of beef, either boiled, broiled or baked, can be used for the dish. Free the meat from all pieces of bone, chop fine, and mix with two parts of potatoes to one of beef. Potatoes boiled with the skins on are best. They should be cold, and chopped not quite so fine as the meat. Put them in a spider with melted butter or clarified drippings, and just enough hot water to keep from burning. Season to taste, and keep stirring till the whole is cooked together. If liked crisp, let it remain still long enough to bake a crust on the bottom, and then turn out on a flat dish. Other meats may be used instead of beef.

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## TO ROAST A SHOULDER OF MUTTON

Season and roast the same as beef, basting with butter and water till there is gravy enough to use. It requires to be cooked more than beef. Serve with currant jelly.

## SOUSE

Clean pigs' feet and ears thoroughly, and soak them a number of days in salt and water; boil them very tender and split open. (They are good fried.) To souse them cold, pour boiling vinegar over them, spiced with pepper corns and a little salt. They will keep good, pickled, for a month or two.

## LAMB WITH RICE

Partly roast a small fore-quarter of lamb; cut it in pieces, and lay in a dish; season, and pour over a little water; boil a pint of rice till dry, salt it, and stir in a piece of butter, also the yolks of four well-beaten eggs, only reserving enough to put over the top; spread the rice and the remainder of the eggs over the lamb, to form a covering; bake a light brown.

## TO GLAZE HAM

The ham should be a cold boiled one, from which the skin was removed when hot. Cover the ham all over with beaten egg; make a thick paste of cream, pounded cracker, salt and a teaspoonful of melted butter. Spread this evenly over the ham and brown in a moderate oven.

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## BEEF'S HEART STUFFED

After washing the heart thoroughly cut it into dice one-half inch long; put into a saucepan with water enough to cover. Remove scum. When nearly done add a sliced onion, a stalk of celery chopped fine, pepper and salt and a piece of butter. Stew until the meat is very tender. Stir up a tablespoonful of Gold Medal Flour with a small quantity of water and thicken the whole. Boil up and serve.

## BEEF STEWED WITH ONIONS

Cut two pounds of tender beef into small pieces, season with pepper and salt; slice one or two onions and add to it, with water enough to make a gravy. Let it stew slowly, till the beef is thoroughly cooked, then add some pieces of butter rolled in Gold Medal Flour, enough to make a rich gravy. Cold beef may be cooked in the same way, but the onions must then be cooked before adding them to the meat. Add more boiling water if it dries too fast.

## BEEF TIMBALES

Free left-over meat from fat and gristle, put through meat chopper, cutting finely. To one pint of meal add one teaspoonful of salt, one-eighth teaspoonful of pepper, put one-half cup of stock or water, two tablespoonfuls of bread crumbs and one tablespoonful of butter together in a saucepan over the simmering burner; when hot, add to it the meat; take from the fire and stir in carefully two whole eggs, well beaten. Put mixture in buttered custard or timbale cups, stand in baking pan half filled with hot water. Bake in moderate oven fifteen to twenty minutes. Serve with tomato sauce.

## FRIED TRIPE

Should be washed in warm water and cut into squares of three inches; take one egg, three tablespoonfuls of Gold Medal Flour, a little salt and make a thick batter by adding milk; fry out some slices of pork, dip the tripe into the batter and fry a light brown.

## TRIPLE STEW

Melt in stew kettle two tablespoonfuls lard, one of butter; add three medium-sized onions, three cloves and garlic, all chopped very fine; one cup chopped greens, a little parsley; one-quart can strained tomatoes, a pinch of dried mushrooms, if handy; pepper and salt to suit taste; six large potatoes cut in quarters, lastly, three pounds plain boiled tripe cut in thin strips. Add boiling water if too dry. Serve hot.

## HASH

Take cold pieces of beef that have been left over and chop them fine; then add cold boiled potatoes chopped fine; add pepper and salt and a little warm water; put all in a frying-pan and cook slowly for about twenty minutes.

## BEEF A LA MODE

Take a piece of meat, cross-rib is best, put a slice of bacon or some lard in the bottom of pot, then the meat, and fill up with water till the meat is covered; then take two onions, some pepper-corns, cloves, bay leaves, one carrot and a crust of brown bread, salt and some vinegar; pepper, sprinkle flour over top and boil slowly.

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## OX-TAIL SAUTE

About twenty cents worth of ox-tail for three people. Have them dis-jointed in pieces about an inch long. Take one large onion and brown in butter, one carrot, one turnip, one small piece of garlic, enough water to cover and cook slowly for four hours.

## BOILED BEEF WITH CABBAGE—German Style

Take one head of cabbage, and after removing all soiled and bruised leaves, cut in sections lengthwise making about eight or nine pieces, leaving the piece of heart attached to each piece to hold it together. Place in the kettle on top of beef, which has been boiling some time; boil together for one hour. Salt to taste and pepper. Lift out the meat, let the cabbage boil a few moments longer in the beef broth and send it to the table.

## HOT BEEF LOAF

Take three pounds of steak from the round and grind it through a chopper. Beat two eggs, pepper and salt, one and one-half of fresh, soft bread crumbs. Press this into a shallow, oblong, tin loaf-shaped pan and cover with about eight slices of salt pork, cut thin. Add one-half cupful of water to the pan, bake an hour, basting often, then put in on a warm platter, removing pieces of pork. Thicken the gravy in the pan with a little Gold Medal Flour, and one-half canful of stewed mushrooms; pour over and around the meat and serve hot. It is good when cold if cut in slices and served with lettuce salad.

## BEEF PIE WITH POTATO CRUST

When you have used the best of a cold roast of beef take the small pieces, or as much as will half fill a granite baking pan; also any gravy, a lump of butter, a bit of sliced onion, pepper and salt, and enough water to make plenty of gravy; put over a fire, thicken by dredging in a tablespoonful of Gold Medal Flour; cover it up where it may stew gently. Now boil a sufficient quantity of potatoes to fill up your baking dish, mash smooth and beat light with milk and butter and lace in a thick layer on top of meat. Brush it over with egg, place the dish in an oven and let remain long enough to become brown. There should be a goodly quantity of gravy left with the beef, that the dish be not dry and tasteless.

## ROLLED STEAK

Take a good rump steak, flatten and lay upon it a seasoning made of bread crumbs, parsley, pepper and salt, mixed with butter beaten to a cream. Roll up the steak, bind it evenly, and lay it in a dish with a cup of boiling water. Cover with another dish and bake forty minutes, baste often.

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# S A U C E S

## CAPER SAUCE

Two tablespoonfuls butter, one tablespoonful Gold Medal Flour; mix well; pour on boiling water till it thickens; and one hard-boiled egg, chopped fine, and two tablespoonfuls of capers.

## GIBLET SAUCE

Take the liver, heart, gizzard and neck of a chicken, wash and boil in salted water. Let boil till tender. Take them out with a skimmer and chop into coarse pieces. Put them back, add a little butter and thicken to a cream. Pepper and salt, boil a few minutes and serve.

## SAUCE ROBERT

One cup brown sauce made with stock, one teaspoonful sugar, one teaspoonful mustard, one tablespoonful vinegar. Simmer five minutes.

## TOMATO MUSTARD

One peck of ripe tomatoes, boiled with two onions, six red peppers, four cloves of garlic, for one hour; then add a half pint or half pound salt, three tablespoonfuls black pepper, half ounce each ginger, allspice, mace, cloves; boil again for one hour longer, and when cold add one pint of vinegar and a quarter pound of mustard; and if you like it very hot, a tablespoonful of cayenne.

## MINT SAUCE

Mix one tablespoonful of white sugar to a half teacupful of good vinegar; add the mint and let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

## CELERY SAUCE

Mix two tablespoonfuls Gold Medal Flour with half teacupful butter, have ready a pint of boiling milk; stir the flour and butter into the milk; take three heads of celery, cut into small bits and boil for a few minutes in water, which strain off; put the celery into the melted butter and keep stirred over the fire for five or ten minutes. This is very nice with boiled fowl or turkey.

## CURRANT JELLY SAUCE

Melt one-half glass currant jelly over slow fire. Add one cup hot brown sauce; stir well and simmer one minute.

## CREAM OR WHITE SAUCE

One cupful milk, a teaspoonful Gold Medal Flour and a tablespoonful of butter, salt and pepper. Heat butter in pan when hot, but not brown, add the flour. Stir until smooth; gradually add the milk. Let it boil up once. Season with salt and pepper and serve. This is nice to cut cold potatoes into and let them heat through. They are then creamed potatoes. It also answers as a sauce for other vegetables, omelets, fish and sweetbreads, or, indeed, for anything that requires a white sauce. If you have plenty of cream, use it, and omit the butter.

## HOLLANDAISE SAUCE

Cream one-half cup butter. Add four well-beaten egg yolks, then the juice of one-half of a lemon, one-half teaspoonful of salt and a dash of cayenne. Pour a cupful of hot water in slowly. Mix and set in a saucepan of hot water. Stir until the sauce becomes a thick cream. Do not allow it to boil. Stir a few minutes after removing from the fire. It is a fine sauce for fish, asparagus or cauliflower.

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## GOVERNOR'S SAUCE

Slice one peck of green tomatoes, sprinkle heavily with salt and let them stand over night. Drain well in the morning; cover them with vinegar; simmer them with six large onions, three red peppers, one teaspoonful each of mustard, ginger, pepper, a pinch of red pepper, a cupful of brown sugar, and a cupful of grated horseradish. Let them all simmer a trifle over two hours.

## SAUCE PIQUANTE

To one cup brown sugar add one tablespoonful each of chopped capers and pickles and simmer five minutes.

## SALMON SAUCE

Yolk of one egg, well beaten, one-half cupful of vinegar. Stir in rapidly one-half tablespoonful of sugar, salt and pepper, two tablespoonfuls of milk, two tablespoonfuls of cream. Let come to a boil, then cool and put over salmon.

## APPLE SAUCE

Peel, quarter, and core, rich, tart apples; put to them a very little water, cover them, and set them over the fire; when tender, emash them smooth, and serve with roasted pork, goose or duck.

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RENO. NEVADA

## HORSERADISH SAUCE

A good-sized stick of horseradish is required, which should be grated into a bowl and a teaspoonful of mustard, a little salt, one-quarter of a pint of cream and vinegar to taste added. Stir all well together.

## CHILI SAUCE

Two quarts of ripe tomatoes, four large onions, four chili peppers; chop fine, then add four cupfuls vinegar, three tablespoonfuls brown sugar, two of salt, two teaspoonfuls each of cloves, cinnamon, ginger, allspice and nutmeg; boil all thoroughly together and bottle after straining through a colander.

## MUSHROOM SAUCE

Dissolve one-half teaspoonful of extract of beef in one-half pint of boiling water. Fry one minced onion and one chopped carrot in a little butter or dripping until lightly browned; pour the liquid over them, let all boil together for ten minutes and add a dessert-spoonful of mushroom ketchup, skim, strain, and it is ready for the table.

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# E G G S

## HAM AND EGGS

Fry the ham quickly; remove from the pan as soon as done. Drop the eggs, one at a time, into the hot fat; be careful not to let the yolks break and run, and keep the eggs as much separated as possible, to preserve their shape. The ham should be cut in pieces the right size to serve and, when the eggs are done, one should be laid on each piece of ham. If any eggs remain, they can be placed uniformly on the edge of the platter.

## CURRIED EGGS

Slice two onions and fry in butter, add a tablespoonful curry powder and one pint good broth or stock, stew till onions are quite tender, add a cupful of cream thickened with arrowroot or rice flour, simmer a few moments, then add eight or ten hard-boiled eggs, cut in slices and beat them well, but do not boil.

## OMELET SOULFLE

Take three eggs, two ounces of butter, one dessert-spoonful of chopped parsley, one salt-spoonful of chopped onions, one pinch of dried herbs. Beat the whites of the eggs to a very stiff froth; mix the yolks with the parsley and a little salt and pepper. Stir the herbs gently into them and continue as in a plain omelet. Fold the omelet and serve immediately.

## OMELET

Six eggs, whites and yolks, beaten separately; half pint of milk, teaspoonful corn starch, one teaspoonful baking powder, and a little salt; the whites, beaten to a stiff froth, last; cook in a little butter.

## SPANISH OMELET

Mince very fine enough ham, fat as well as lean, as will fill a small teacup and add two finely-chopped small onions, such as are used for pickling. Beat six eggs, stir the ham into them and fry the omelet the usual way, folding it over when done.

## SCRAMBLED EGGS

3 eggs,

½ teaspoonful salt,

1-3 cup milk or water,

Sprinkle with pepper,  
1 teaspoonful butter.

Beat the eggs slightly, add the milk and seasoning. Cook in a hot, buttered frying pan, stirring constantly until thick. Serve hot.

## OMELET AU NATURAL

Break eight or ten eggs into a basin; add a little salt and pepper, with a tablespoonful of water; beat the whole well with a spoon or whisk. In the meantime put some fresh butter into an omelet pan, and when it is nearly hot, put in an omelet; while it is frying, with a skimmer spoon raise the edge from the pan that it may be properly done. When the eggs are set and one side is a fine brown, double it half over and serve hot. These omelets should be put quite thin in the pan; the butter required for each will be about the size of a small egg.

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# Sierra Beer for Health Phone 581

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## EGGS A LA MODE

Remove skin from ten tomatoes, medium size, cut in a saucepan, add butter, pepper and salt; when sufficiently boiled, beat up five or six eggs, and just before you serve turn them into the saucepan with the tomatoes, and stir them one way for two minutes, allowing them time to be well cooked.

## OMELET

Six eggs, whites and yolks beaten separately. One cupful milk, one tablespoonful of butter melted in the milk, one tablespoonful of Gold Medal Flour; cook slowly in a buttered skillet, on top of the stove, without stirring.

## POACHED OR DROPPED EGGS

Fill a pan with boiling, salted water. Break each egg into a wet saucer and slip it into the water; set the pan back where water will not boil. Dip the water over the eggs with a spoon. When the white is firm and a film has formed over the yolk, they are cooked. Take them up with a skimmer, drain and serve hot, on toast. Season with salt.

## EGGS AND BACON

Cut eight slices of bacon very thin, and fry until crisp; take them out and keep hot in the oven. Break four eggs separately into the boiling fat and fry until brown. Serve with the eggs laid over the bacon, and small fried pieces of bread placed round. Hash may be used instead of bacon.

## POACHED EGGS

Have the water boiling, and the toast moistened in a little salt water, and buttered. Break the eggs, one by one, carefully into the water, let them boil till the white sets, remove with an egg slice, pare off the ragged edges and lay each egg upon a slice of toast; put over bits of butter, salt and pepper. Eggs require to be quite fresh to poach nicely.

## EGGS A LA CARACAS

Chop finely two ounces smoked dried beef freed from the fat and outside skin. Add one cupful tomatoes, one-fourth cupful grated Old English cheese, a few drops of onion juice and a few grains each of cinnamon and cayenne. Melt two tablespoonfuls butter, add mixture and when heated, add three eggs slightly beaten. Cook until of a creamy consistency, stirring continually and scraping from bottom of pan.

## CURRIED EGGS

Boil eight eggs hard, and cut into thick slices. Cook together in a saucepan a tablespoonful of butter and a heaping tablespoonful of Gold Medal Flour into which has been stirred a teaspoonful of curry powder. Stir until smooth, then add a large cupful of skimmed soup stock and cook, stirring all the time, to a smooth sauce. If too thick, add more stock. When smooth and of the consistency of cream, add salt and pepper to taste and lay into the sauce the sliced eggs, sprinkled lightly with salt. Cook until very hot.

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# ROYAL BEER Small Percentage of Alcohol, Large Percentage of Extracts

## SHIRRED EGGS

Butter an egg shirred or small vegetable dish, cover bottom and side with fine bread crumbs. Add an egg very carefully, cover with seasoned bread crumbs, and bake in a slow oven until white is firm and crumbs are brown.

## FRIED EGGS

Fried eggs are cooked as buttered eggs without being turned. They are usually fried with bacon fat, which is taken by spoonfuls and poured over the eggs. Do not have the fat too hot as that will give the egg a hard, indigestible crust.

## BUTTERED EGGS

Melt one tablespoonful of butter, slip in an egg and cook until the white is firm. Turn over once while cooking, and use just enough butter to keep it from sticking.

## BREAD OMELET

2 tablespoonfuls bread crumbs,

1 speck salt,

1 speck pepper,

2 tablespoonfuls milk,

1 egg,

$\frac{1}{2}$  teaspoonful butter.

Soak the bread crumbs in the milk for fifteen minutes, then add the salt and pepper. Separate the yolk and the white of the egg and beat until light. Add the yolk to the bread and milk and cut in the white. Turn in the heated buttered pan and cook until set. Fold and turn on heated dish.

## ASPARAGUS OMELET

Omelet,

1 cup white sauce,

1 can asparagus.

Follow any of the above omelet recipes. Make white sauce. Add asparagus, drained and rinsed, to the white sauce, spread some of the mixture over half of the baked omelet, fold over the other half, turn on platter and pour over the rest of the sauce. Use the cut asparagus. Cooked peas, cauliflower, or remnants of finely chopped cooked chicken, veal or ham may be used in place of the asparagus.

## EGGS AND TOMATOES

Scrambled eggs with tomatoes make an appetizing luncheon dish. Take two good-sized tomatoes, peel, cut them in pieces, and fry them in a little hot olive oil. When cooked drain off the liquid and take four eggs well beaten, add some cream, and scramble. Mix the tomatoes with the eggs, seasoning with salt and pepper to taste. Serve on thin slices of toast.

## EGGS AND SPAGHETTI

Take spaghetti and cook it with a cupful of grated cheese. When the spaghetti and cheese are cooked, add slices of hard-boiled eggs. Serve in a bowl garnished with pieces of soft toast.

Among many other excellent dishes made with this paste are fried chicken with spaghetti and tomato jelly and macaroni au gratin in an Edam cheese case.

## EGGS IN BAKED POTATOES

6 eggs,

6 potatoes,

6 tablespoonfuls grated cheese,

6 tablespoonfuls butter.

Bake the potatoes, cut off the top and remove half of the inside of potato, in its place drop an egg raw, salt, cayenne pepper, 1 teaspoonful cheese in each and 1 teaspoonful butter. Put back into a hot oven for  $\frac{1}{4}$  minutes.

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# VEGETABLES

## SWEET POTATOES—Southern Style

4 boiled sweet potatoes,  
 $\frac{1}{4}$  pound butter,  
 1 tablespoonful water,

Lemon juice,  
 $\frac{1}{4}$  cup brown sugar.

Skin boiled potatoes and quarter. Place in baking dish, with butter on top; sprinkle with the brown sugar; add the water and a little lemon juice. Brown in oven and serve hot.

## GLAZED SWEET POTATOES

6 medium sized potatoes,  
 $\frac{1}{2}$  cup sugar,

$\frac{1}{4}$  cup water,  
 3 tablespoonfuls butter.

Wash and pare potatoes. Cook ten minutes in boiling, salted water. Drain, cut in halves lengthwise, and put in a buttered pan. Make a syrup by boiling three minutes the sugar and water; add butter. Brush potatoes with syrup and bake 15 minutes, beating twice with remaining syrup.

## SPINACH WITHOUT WATER

The following method is very little known and has the advantages of preserving all the nutriment in the spinach and avoiding the use of boiling water.

Having washed and drained the spinach very thoroughly, cut it up in coarse pieces and put it in a saucepan in which you have heated three and a half ounces of butter to every pound of spinach. Add salt, grated nutmeg and cook sharply.

## SPINACH "AU NATURAL"

Having cooked the spinach in salt water as before, wash and drain the leaves carefully, then remove all water and give them a few strokes with the knife without chopping them up. Put them into a frying pan in which you have heated some butter; salt to taste and serve very hot.

This method of preparing spinach is very much appreciated in Italy, where they add filets of anchovies to it.

## DUCHESS POTATOES

Mashed potatoes,

1 egg.

Take freshly boiled and mashed potatoes or some that are left over, add to them the beaten yolk of egg, place in a greased tin and form in balls, hearts or flat cakes, brush with the beaten white, and brown in oven.

## POTATOES WITH CHEESE

Hash eight cold boiled potatoes, mix them with one-half cupful of cream, half an ounce of good butter, a pinch of salt and pepper and a very small dash of grated nutmeg. Place them in a dish, sprinkle over them two tablespoonfuls of grated American cheese, two tablespoonfuls of grated bread crumbs, a large teaspoonful of melted butter, and brown in the oven for ten minutes.

## BAKED PEPPERS

Cold rice and stewed tomatoes can be made into a delicate filling for peppers by seasoning highly with spices and a little onion. These can either be baked directly or can first be fried in hot butter or olive oil, then put in a baking dish covered with a cupful of white stock and baked for half an hour or more. All baked peppers are better when cooked in stock.

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**LYONNAISE POTATOES (No. 1)**

Cook one onion thickly sliced in three tablespoonfuls butter until delicately browned. Remove onion and keep in a warm place. Add three cups cold boiled potatoes, cut in slices; sprinkle with salt, pepper, and stir until well mixed with butter. Press to one side of spider and let brown richly underneath, then sprinkle onions over potatoes; let heat thoroughly; turn on a hot serving platter, top side down; sprinkle with finely chopped parsley. Cooking the onion separately lessens the danger of burning.

**LYONNAISE POTATOES (No. 2)**

1 pint boiled potatoes, cold,	2 tablespoonfuls beef dripping or
$\frac{1}{2}$ teaspoonful salt,	butter,
Speck of pepper,	2 tablespoonfuls chopped parsley.
1 teaspoonful chopped onion,	

Cut the potatoes into slices, season with teh salt and pepper. Fry the onions in the dripping till light brown, put in the potato and cook till it has taken up the fat. Add the chopped parsley and serve.

**ARTICHOKE SAUTE**

Cut six fine, green artichokes into quarters and remove the chokes. Trim the leaves neatly and parboil them five minutes in salted water, drain. Lay them in a casserole, season with salt, pepper and one-fourth cupful butter; one-fourth cupful mushrooms, chopped fine, may be added. Cover and cook in a moderate oven twenty-five minutes. Serve with any desired sauce. Hollandaise is best.

**BAKED BEANS**

1 quart navy beans,	1 tablespoonful salt,
$\frac{1}{2}$ pound fat salt pork, or	2 tablespoonfuls molasses,
$1\frac{1}{2}$ pounds brisket of beef,	3 tablespoonfuls sugar,
$\frac{1}{2}$ tablespoonful mustard,	1 cup boiling water.

Wash, pick beans over, cover with cold water and let soak over night. In the morning cover with fresh water, heat slowly and let cook just below the boiling point until the skins burst, which is best determined by taking a few on the tip of the spoon and blowing over them; if done, the skins will burst. When done, drain beans and put in pot with the brisket of beef. If pork is used scald it, cut through the rind in half-inch strips, bury in beans, leaving rind exposed. Mix mustard, salt, sugar, molasses and water, and pour over beans and add enough more water to cover them. Cover pot and bake slowly six or eight hours. Uncover pot the last hour so that pork will brown and crisp.

**BRUSSELS SPROUTS**

For Six Persons. Time of Preparation, Two Hours

3 pounds Brussels sprouts,	A pinch of carbonate of soda,
3 ounces butter,	A pinch of pepper,
1 tablespoonful Gold Medal Flour,	Salt,
1 pint stock,	1 teaspoonful chopped parsley,
A pinch of nutmeg,	$\frac{1}{2}$ teaspoonful chopped onion.

Throw the sprouts, after removing the outer leaves, into three quarts boiling water, with salt and a pinch of carbonate of soda. After bringing up to the boil again, take the sprouts out and drain on a sieve and then on a dry cloth, so that no water remains in them.

Brown an ounce of the butter with the flour and sugar, add the stock, chopped onion and parsley, pepper, nutmeg and the remaining butter. Boil up well, then put in the sprouts and allow all to simmer gently for half an hour.

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## CARROTS A LA CYRANO

To make the dish, the tenderest young, sweet carrots are chosen. These are scraped and boiled tender. Then they are cut lengthwise in halves, dipped in thickest honey and placed in a baking dish, with the bottom thinly covered with olive oil. They are then thickly sprinkled with grated cheese and salt and placed in a hot oven and browned over for perhaps fifteen minutes.

## BAKED CAULIFLOWER

1½ pounds cauliflower,	½ tablespoonful meat extract,
2 ounces butter,	2 tablespoonfuls flour,
1 gill cream,	A pinch of ground mace.

Boil the cauliflower. Heat one and a half ounces butter and two tablespoonfuls Gold Medal Flour to a golden brown, add the cream and half a pint of the water in which the cauliflower has been boiled, with half a teaspoonful meat extract dissolved in it. Boil this sauce till thick, then flavor with ground mace. Strain and pour over the cauliflower, which has been placed in a deep dish. Melt the remaining half ounce butter, pour it over, sprinkle with grated Parmesan cheese and bake in a hot oven, standing the dish in a pan of boiling water.

## ESCALLOPED CORN

6 ears of cooked corn, or	1 teaspoonful salt,
1 can of corn,	½ teaspoonful pepper,
½ cup corn liquid,	2 tablespoonfuls Gold Medal Flour,
3 tablespoons cream,	1 cup bread crumbs,
1 teaspoonful sugar,	1 tablespoonful butter,

Cut fresh boiled corn, too old to serve on cobs, from the cob; or use the pulp of one can of corn.

Mix corn with the salt, pepper, flour and sugar and add the liquids. Melt the butter, mix with the bread crumbs and cover bottom of a pudding dish with half of the crumbs, add the corn mixture and cover with the rest of the crumbs. Bake in a moderate oven about twenty minutes, and serve hot in pudding dish.

## MACARONI WITH TOMATOES AND MUSHROOMS

½ pound macaroni,	1 tablespoonful finely chopped
2 quarts boiling water,	mushrooms,
2 teaspoonfuls salt,	1 teaspoonful salt,
1 tablespoonful butter,	Cayenne pepper,
1 small onion, cut fine,	1 teaspoonful parsley, chopped,
1 teaspoonful Gold Medal Flour,	3 tablespoonfuls grated Parmesan
Cup of hot beef or chicken stock,	cheese.
1 pint stewed tomatoes,	

Add salt and then the macaroni to the boiling water. Let boil 20 minutes, stirring to avoid sticking to the bottom of the kettle. Drain in colander; pour 1 cupful of cold water through it; then return to cleared kettle.

## DUTCH ONION PIE

Slice six onions, fry in butter to delicate brown, add one-half cupful of milk, one-half cupful of cream, one tablespoonful Gold Medal Flour, one well beaten egg; salt to taste. Have ready a baked pie crust in usual pie pan and pour in onion mixture. Return to oven and bake to good brown. White of egg may be added to top. This is a most excellent Holland Dutch dish.

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### SPAGHETTI ITALIENNE

$\frac{3}{4}$  pound spaghetti,  
3 quarts boiling water,  
1 tablespoonful salt,  
2 tablespoonfuls butter,  
 $\frac{1}{8}$  teaspoonful salt,

$\frac{1}{8}$  teaspoonful white pepper,  
A little nutmeg,  
1 cup tomato sauce,  
2 ounces grated Parmesan or Swiss  
cheese or 1 ounce of each.

Slide spaghetti without breaking it, in the boiling water gradually and boil 25 minutes. Drain, place butter in sauce pan, salt, pepper and nutmeg, let cook a few minutes, add the hot tomato sauce, gently mix with a fork, then add cheese and mix well again with a fork for one minute or longer. Dress on a hot dish and serve.

### SPINACH COOKED IN BUTTER

Cook the spinach leaves in a pan with salted water. Wash them freely with water to remove the sand which they may contain completely. Drain them, press out the moisture and chop them up very fine. Heat some butter in a saucepan, add the chopped spinach, stir them up with a long wooden spoon, adding a little butter. This will work out the moisture. Season them to taste with salt and a little scraped nutmeg. Finished by adding an ounce and a half of fine butter.

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### MACARONI ESCALLOPED

Break half a pound of macaroni into short lengths and cook until tender in plenty of salted water. Make a sauce of two level teaspoonfuls each of Gold Medal Flour and butter mixed together and one cupful of cream cooked together five minutes. Add half a level teaspoonful of salt and a saltspoonful of pepper. Stir in one egg and take from the range at once. Put the macaroni into a buttered baking dish in alternate layers with the sauce and pour over all one-quarter cupful of milk and one-quarter pound grated cheese melted together. Pour this mixture all over the top, so that it will be well distributed through the dish. Cover with fine bread crumbs and brown in a quick oven.

### CHILI CON CARNE

One and one-half pounds Mexican Chili beans, 6 good sized onions, 6 cloves garlic, 1 can tomatoes,  $\frac{1}{2}$  teaspoonful paprika, a bay leaf,  $1\frac{1}{2}$  pounds hamburger, 3 tablespoonfuls of Gebhardt's Eagle Chili Powder, salt to taste. Soak the beans overnight, then cook until done, add can of tomatoes and paprika, bay leaf, salt, slice the onions and garlic, fry until done.

Put the hamburger into a perfectly dry frying-pan, no grease, cook until it is separated and dry, make a paste of the chili powder, add all to the beans and cook a little longer.—Mrs. E. F. Kiessling.

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# Pickles and Spiced Fruits

## FRENCH PICKLES

Slice green tomatoes with onions, add salt, let stand over night, drain thoroughly and let boil one-half hour with vinegar; sugar to taste; white mustard seed, allspice, cloves, cinnamon, ginger and little mustard.—Mrs. Cora Dixon.

## GREEN PEPPER MANGOES

Secure nice large peppers; cut a slit in them and take out the seed. Slice a head of cabbage very fine, salt it as for slaw, and mix very thick with black mustard seed; fill the peppers with this dressing and sew up the slit. Lay them in a jar and pour over enough cold vinegar to cover them.

## GREEN TOMATO PICKLE

Slice one peck of green tomatoes; add one cup of salt, and let them stand over night; drain the water from them and add one gallon of vinegar, one large spoon of allspice, one teaspoonful of cloves, one tablespoonful of cinnamon, a half teaspoonful of ground mustard, four cups of sugar, one cup of grated horseradish, and simmer together ten minutes; add more sugar.

## SWEET TOMATO PICKLES

Eight pounds of ripe tomatoes, four pounds of sugar, a half ounce of cloves, a half ounce of allspice and a half ounce of cinnamon. Peel the fruit and boil one and a half hours; when partly cold add a half pint of vinegar. Put away in jars.

## PICCALILLI

Mix tomatoes, chopped and drained, with chopped onions, red and green peppers and horseradish; add spices, sugar and a little curry powder; cover with vinegar and boil one hour.

## WATERMELON PICKLES

Boil the melon until you can stick a fork through it readily. To seven pounds of fruit take three pounds of sugar, one quart of vinegar and one ounce each of cinnamon, cloves and allspice. Scald the vinegar, put sugar and spices in, and pour over the melon. Do this for three mornings.

## BRINE FOR CUCUMBERS

Wash them in clear water, lay them in a jar, and sprinkle them well with salt; as you lay in fresh cucumbers, add more salt. They will make their own brine.

## CHOW CHOW

Twenty-five young, tiny cucumbers, fifteen onions sliced, two quarts of string beans, cut in halves, four quarts of green tomatoes, sliced and chopped coarsely, two large heads of white cabbage. Prepare these articles and put them in a stone jar in layers with a slight sprinkling of salt between them. Let them stand twelve hours, then drain off the brine. Now put the vegetables in a kettle over the fire, sprinkling through them four red peppers, chopped coarsely, four tablespoonfuls of mustard seed, two tablespoonfuls each of celery seed, whole allspice, and whole cloves and a cupful of sugar. Pour on enough of the best cider vinegar to cover; cover tightly and simmer well until thoroughly cooked. Put in glass jars when hot.

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## TOMATO CATSUP

Cut the tomatoes in two and boil for half an hour, then press through a hair sieve and add spices in the proportion given below, after which boil for about three hours over a slow fire. Remove from fire, turn it out, and let stand till next day, when you must add half a pint of vinegar for each peck of tomatoes. For every like amount of the vegetable, add, while boiling, one-eighth of an ounce of red and one-quarter of an ounce of black pepper. Half an ounce each of mace, allspice and cloves, and two ounces of mustard. Salt to suit, put in a little ginger, and essence of celery, if you so desire. Bottle, seal and cork and put in a dark, cool place.

## MIXED PICKLES

Slice in an earthen jar one peck of green tomatoes, six large onions, and pour over them one cupful of salt. Let stand twenty-four hours and drain. Add one quart of cider vinegar, three pounds of brown sugar, one-eighth of a pound of white mustard seed, one teaspoonful of ground cloves, one teaspoonful of ginger, two teaspoonfuls of mustard, one teaspoonful of cayenne pepper and cook slowly for fifteen minutes.

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## PICKLED CHERRIES

Stone five pounds of cherries. Take one quart of vinegar, two pounds of sugar, one-half ounce each of cinnamon and mace. Grind the spices and tie them in a muslin bag; boil the spices, sugar and vinegar together and pour hot over the cherries.

## ECONOMY VINEGAR

Save the sound cores and the parings of apples used in cooking. Put into a jar, cover with cold water, stand in a warm place, add one-half pint of molasses to every two gallons. Cover the jar with gauze; add more parings and cores occasionally. This will make a good vinegar.

## PICKLED BEETS

Take the beets when cold, slice them across. Make a liquid of half vinegar and water, a little salt and pepper, a tablespoonful of sugar and put the beets in this. This is only for present use, as if they stand too long they turn white. You can make a bag of spices and boil with them, also a few whole cloves.

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# Jams and Jellies

## APPLE JELLY

Select sound, red, fine-flavored apples not too ripe; wash, wipe and core; place in a granite kettle, cover with water and let cook slowly until the apples look red. Pour into a muslin bag and drain; return juice to a clean kettle and boil one-half hour; skim. Now measure and to every pint of juice, allow a pound of sugar; boil quickly for ten minutes. Red apples will give jelly the color of wine while that from light fruit will be like amber.

## SPICED FRUITS

These are also called sweet pickle fruits. For four pounds prepared fruit allow one pint vinegar, two pounds brown sugar, one-half cup whole spices—cloves, allspice, stick cinnamon, and cassia-bude. Tie spices in thin muslin bag, boil ten minutes with vinegar and sugar. Skim, add fruit, cook till tender. Boil down syrup, pour over fruit in jars, and seal. If put in stone pots, boil syrup three successive mornings and pour over fruit. Currants, peaches, grapes, pears and berries may be prepared in this way, also ripe cucumbers, muskmelons, and watermelon rind.

## PLUM JELLY

Take plums not too ripe, put in a granite pan and set in a pan of water over the fire. Let the water boil gently till all the juice has come from the fruit, strain through a flannel bag and boil with an equal weight of sugar twenty minutes.

## CRAB-APPLE JELLY

Select juicy apples. Mealy ones are no good. Wash and quarter and put into a preserving kettle over the fire with a teacupful of water. If necessary add more water as it evaporates. When boiled to a pulp strain the apples through a flannel bag, then proceed as for other jelly.

## PRESERVED PEACHES

Select the yellow red-checked ones if possible (skin same as tomatoes, by pouring on boiling water, then thrusting them in cold water and separate in halves). Proceed as for preserving cherries, only using three-quarters of a pound of sugar to every pound of fruit.

## PRESERVED CHERRIES

Select the large cherries, remove the stems and stone them carefully. To each pound of sugar allow one pound of cherries. Put fruit in granite pan and pour over them the sugar. Stir up and let stand over night to candy. In the morning put all into the preserving pan, place on the stove and boil gently until the cherries look clear, skimming off the scum as it rises. When the cherries have become quite clear, remove the pan from the stove and seal. Keep in dry, dark closet.

## PRESERVED TOMATOES

A pound of sugar to a pound of tomatoes. Take six pounds of each; the peel and juice of four lemons and a quarter of a pound of ginger tied up in a bag; put on the side of the range and boil slowly for three hours.

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## STRAWBERRY JAM

To six pounds of strawberries allow three pounds of sugar. Procure some fine scarlet strawberries, strip off the stalks and put them into a preserving pan over a moderate fire, boil them for half an hour, keeping them constantly stirred. Break the sugar into small pieces and mix them with the strawberries after they have been removed from the fire. Then place it again over the fire and boil for another half hour very quickly. Put it into pots, and when cold cover it over with brandy papers and a piece of paper moistened with the white of an egg over the tops.

## LEMON MARMALADE

Peel as many lemons as you wish and take out every seed. Boil the peel until very soft, add juice and pulp with a pound of sugar to a pound of lemons. Boil until thick and bottle.

## GRAPE MARMALADE

Take sound grapes, heat and remove the seeds, then measure, and allow measure for measure of fruit and sugar. Place all together in a preserving kettle and boil slowly twenty-five minutes; add the juice of one lemon to every quart of fruit. Set away in jelly glasses.

## TO PRESERVE PLUMS

To every pound of fruit allow three-quarters of a pound of sugar. Divide the plums, take out the stones, and put the fruit on a dish with pounded sugar strewed over; the next day put them into a preserving pan and let them simmer gently by the side of the fire for about thirty minutes, then boil them quickly; removing the scum as it rises, and keep them constantly stirred, or the jam will stick to the bottom of the pan. Crack the stones and add the kernels to the preserve when it boils.

## QUINCE PRESERVES

Pare and core the fruit and boil till very tender. Make a syrup of a pound of sugar for each pound of the fruit and after removing the scum boil the quinces in this syrup for one-half hour.

## PRESERVED LEMON PEEL

Make a thick syrup of white sugar, chop the lemon peel fine and boil it in the syrup ten minutes; put in glass tumblers and paste paper over. A teaspoonful of this makes a loaf of cake, or a dish of sauce nice.

## BLACKBERRY JAM

Crush a quart of fully ripe blackberries with a pound of the best loaf sugar pounded very fine; put it into a preserving pan, and set it over a gentle fire until thick, add a glass of brandy, and stir it again over the fire for about a quarter of an hour; then put it into pots and when cold tie them over.

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# C A N D Y

## Sweets to the Sweet

### CREAM TAFFY CANDY

Two cups sugar, one cup of water, one teaspoonful of cream tartar, one tablespoonful of vinegar, butter size of a walnut, flavor with vanilla; boil until threads; cool and pull.—Mrs. Mary Bowland, Dayton, Nev.

### PEANUT CANDY

Two cups granulated sugar, put in an iron or granite vessel and stir until it boils; be careful not to let it burn. When the sugar is melted and begins to boil, stir in one cup of hulled peanuts; stir in and remove from fire; cool in buttered tins.

### OLD-FASHIONED MOLASSES CANDY

Stir and boil one quart New Orleans Molasses and one-fourth quart of water until it crisps in cold water; add butter size of an egg; pull and flavor with vanilla.

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### FUDGE

One cup milk, two cups sugar, one cup molasses, two squares chocolate, butter size of an egg, vanilla; cook until crisp; beat until it sugars; pour on buttered pan; cut into squares.

### PINOCHÉ CANDY

Three cups brown sugar, one cup cream or one-half cup milk, and a large piece of butter, one cup chopped walnuts. Cook sugar and cream until done; add nuts. Take off stove and let cool five minutes. Then beat till right consistency.—Abbie Blanche Wightman.

### MARSHMELLOWS

Four cups sugar dissolved in twelve tablespoonfuls of water and boil four minutes; one package of Knox's gelatine dissolved in twenty tablespoonfuls of water; beat together for twenty-five minutes. Cut in squares and roll in powdered sugar and a little corn-starch.—Ethel Allen.

## HARMONY IN THE HOME

## THAT HAS A PIANO

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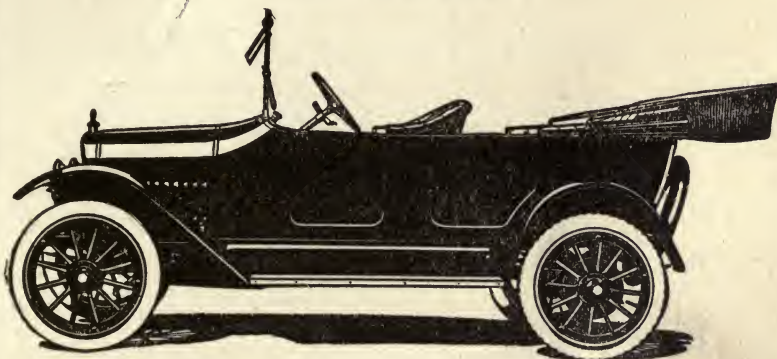
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# T I M E T A B L E

## BAKING BREAD, CAKES, PUD- DINGS, ETC.

Loaf Bread .....	40 to 60 m.
Rolls, biscuit .....	10 to 20 "
Graham Gems .....	30 "
Gingerbread .....	20 to 30 "
Sponge-cake .....	45 to 60 "
Plain cake .....	30 to 40 "
Fruit cake .....	2 to 3 hrs.
Cookies .....	10 to 15 m.
Bread pudding .....	1 hr.
Rice and Tapioca .....	1 "
Indian pudding .....	2 to 3 "
Plum pudding .....	2 to 3 "
Custards .....	15 to 20 m.
Steamed brown-bread .....	3 hrs.
Steamed puddings .....	1 to 3 "
Pie-crust .....	about 30 m.
Potatoes .....	30 to 45 m.
Baked beans .....	6 to 8 hrs.
Braised meat .....	3 to 4 "
Scalloped dishes .....	15 to 20 m.

## WHAT TO SERVE WITH MEATS

Roast Beef—Grated Horseradish.
Roast Mutton—Currant jelly.
Boiled Mutton—Caper sauce.
Roast Pork—Apple sauce.
Roast Lamb—Mint sauce.
Venison or Wild Duck—Black cur- rant jelly.
Roast Goose—Apple sauce.
Roast Turkey—Oyster sauce.
Roast Chicken—Bread sauce.
Compote of Pigeon—Mushroom sauce.
Broiled Fresh Mackerel—Sauce of stewed gooseberries.
Broiled Bluefish—White cream sauce.
Broiled Shad—Rice.
Fresh Salmon—Green peas with cream sauce.

## BAKING MEATS

Beef, sirloin, rare, per lb....	8 to 10 m.
Beef, sirloin, well done, per lb. ....	12 to 15 m.
Beef, rolled, rib or rump, per lb. ....	12 to 15 m.
Beef, long or short, filet.....	20 to 30 m.
Mutton, rare, per lb.....	10 "
Mutton, well done, per lb....	15 "
Lamb, well done, per lb.....	15 "
Veal, well done, per lb.....	20 "
Pork, well done, per lb.....	30 "
Turkey, 10 lbs. wt.....	3 hrs.
Chickens, 3 to 4 lbs. wt.....	1 to 1½ "
Goose, 8 lbs.....	2 "
Tame duck .....	40 to 60 m.
Game duck .....	30 to 40 "

Grouse, pigeons .....	30 "
Small birds .....	15 to 20 "
Venison, per lb.....	15 "
Fish, 6 to 8 lbs.; long, thin fish .....	1 hr.
Fish, 4 to 6 lbs.; thick Halibut .....	1 hr.
Fish, small .....	20 to 30 m.

## FREEZING

Ice Cream .....	30 m.
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## BOILING

Coffee .....	3 to 5 m.
Tea, steep without boiling .....	5 "
Corn meal .....	3 hrs.
Hominy, fine .....	1 hr.
Oatmeal, rolled .....	30 m.
Oatmeal, coarse, steamed.....	3 hrs.
Rice, steamed .....	45 to 60 m.
Rice, boiled .....	15 to 20 "
Wheat granules .....	20 to 30 m.
Eggs, soft boiled.....	3 to 6 "
Eggs, hard boiled.....	15 to 20 "
Fish, long, whole, per lb....	6 to 10 "
Fish, cubical, per lb.....	15 "
Clams, oysters .....	3 to 5 "
Beef, corned and a la mode	3 to 5 hrs.
Soup stock .....	3 to 6 "
Veal, mutton .....	2 to 3 "
Tongue .....	3 to 4 "
Potted pigeons .....	2 "
Ham .....	5 "
Sweetbreads .....	20 to 30 m.
Sweet corn .....	5 to 8 "
Asparagus, tomatoes, peas.....	15 to 20 "
Macaroni, potatoes, spinach, squash, celery, cauli- flower, greens .....	20 to 30 "
Cabbage, beets, young.....	30 to 45 "
Parsnips, turnips .....	30 to 45 "
Carrots, onions, salsify.....	30 to 60 "
Beans, string and shelled..	1 to 2 hrs.
Puddings, 1 qt., steamed.....	3 "
Puddings, small .....	1 hr.

## FRYING

Croquettes, fish balls.....	1 m.
Doughnuts, fritters .....	3 to 5 "
Bacon, small fish, potatoes..	2 to 5 "
Breaded chops and fish.....	5 to 8 "

## BROILING

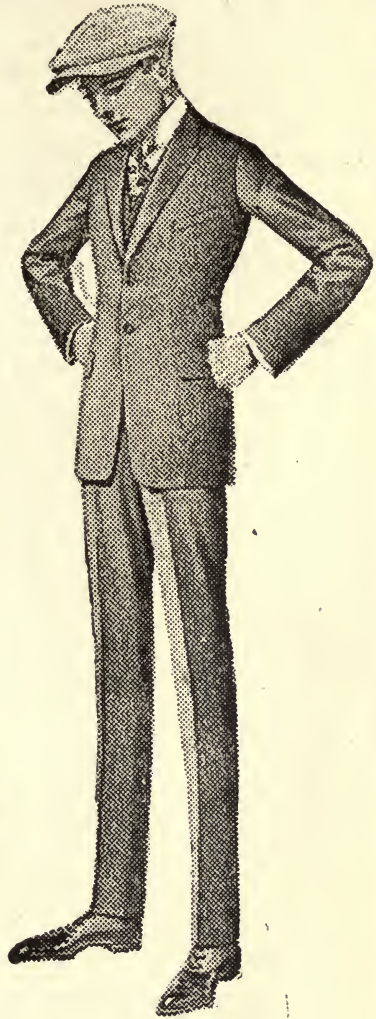
Steak, one inch thick.....	4 m.
Steak, 1½ inch thick.....	6 "
Small, thin fish.....	5 to 8 "
Thick fish .....	12 to 15 "
Chops broiled in paper.....	8 to 10 "
Chickens .....	20 "
Liver, tripe, bacon.....	3 to 8 "

## This Page Will Interest Hubby

Don't Hesitate  
About Clothes

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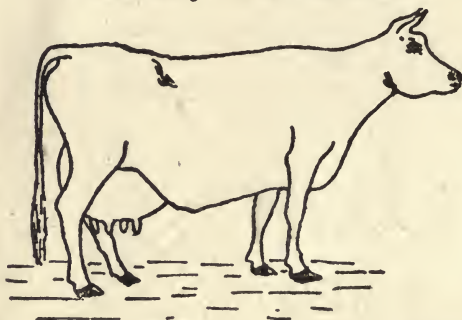
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# Weights and Measures

1 cup, medium size.....	½ pint or ¼ pound
4 cups, medium size, of flour weigh.....	1 pound
1 pint flour weighs.....	½ pound
1 pint white sugar weighs.....	1 pound
2 tablespoonfuls of liquid weigh.....	1 ounce
8 teaspoonfuls of liquid weigh.....	1 ounce
1 gill of liquid weighs.....	4 ounces
1 pint of liquid weighs.....	16 ounces

### HOW TO MEASURE AN OUNCE

Housekeepers are often confused by the mingling of weights and measures in a recipe, therefore an accurate schedule is a good thing to have around. The following of the most generally used articles will be found correct:

- One ounce granulated sugar equals two level tablespoonfuls.
- One ounce flour, four level tablespoonfuls.
- One ounce butter, two level teaspoonfuls.
- One ounce ground coffee, five level tablespoonfuls.
- One ounce cornstarch, three level tablespoonfuls.
- One ounce thyme, eight level tablespoonfuls.
- One ounce grated chocolate, three level tablespoonfuls.
- One ounce pepper, four level tablespoonfuls.
- One ounce salt, two level tablespoonfuls.
- One ounce mustard, four level tablespoonfuls.
- One ounce cloves, four level tablespoonfuls.
- One ounce cinnamon, four and a half level tablespoonfuls.
- One ounce mace, four level tablespoonfuls.
- One ounce curry, four level tablespoonfuls.
- One ounce chopped suet, a fourth of a cupful.
- One ounce olive oil, two tablespoonfuls.

### TABLE OF MEASURES

60 drops .....	equals	1 teasp.
3 teaspoonfuls .....	“	1 tabsp.
4 tablespoonfuls .....	“	¼ cup.
1 cup .....	“	½ pint.
1 round tablespoonful butter.....	“	1 ounce.
1 solid cup butter, granulated sugar, milk, chopped meat.....	“	½ pound.
2 cups flour .....	“	½ pound.
9 large eggs .....	“	1 pound.

### TABLE OF PROPORTIONS

1 cup liquid, 3 cups flour for bread.	¼ teaspoonful salt to 1 quart custard.
1 cup liquid, 2 cups flour for muffins.	1 teaspoonful salt to 1 quart water.
1 cup liquid, 1 cup flour for batters.	⅛ teaspoonful salt is a pinch.
1 teaspoonful soda to 1 pint sour milk.	¼ square inch pepper is a shake.
1 teaspoonful soda to 1 cup molasses.	

### ROLLED OATS—A Perfect Infant's Food

Put two teacups Rolled Oats into three pints of boiling water into which has been put one-half teaspoonful salt. Boil this about two hours or until the quantity is reduced to one quart. Press the liquid portion through a sieve with a tablespoon until the meal remaining in the sieve is dry. Put away in bottle, and at feeding time use one-half Rolled Oats and one-half milk. This quantity should last twenty-four hours.

Eat Chism's Quality Ice Cream

# Household Hints

Mildew in white clothes may be removed by soaking for a short time in a pail of water to which has been added a heaping teaspoonful of chloride of lime. Then hang in sun. Repeat if necessary.

When frying potatoes, etc., try chopping with empty baking powder can instead of knife. You will find it much more handy and quicker.

Try greasing cake and bread pans with a small five-cent paint brush. Keep grease in round tin can; cut hole in cover and insert handle of paint brush when not in use. It is then always ready for use and does not soil the hands.

To prevent cake from burning when using new tins, butter the new tins well and place them in a moderate oven for fifteen minutes. After this the cake may be cooked in them without danger of burning.

When ironing with gas, place a lid of the coal stove over the gas burners and place the irons over this. The irons will always be clean and heat much better than if they are put directly over the gas flame.

To clean plaster of paris figures, use toilet soapsuds and a shaving brush. Rinse well. Dipping them in a strong solution of alum water will give them the appearance of alabaster.

To preserve gilt frames, cover them when new with a coat of white varnish. All specks can be washed off with water without injury.

To keep lemons, put them in water. Change once a week. Will keep a long time.

## DO YOU KNOW—

That a small piece of butter added to the water prevents vegetables, macaroni or rice from boiling over?

That the water from macaroni or rice after they have been cooked should be saved for soup and gravies?

That a teaspoonful of vinegar added to boiled meat, while cooking, makes the meat tender?

That after peeling onions if celery salt is rubbed over the hands before washing the odor will disappear?

That if you add a pinch of salt to ground coffee before boiling it will improve the flavor?

That if kid gloves are rubbed gently with bread crumbs after each time they are worn they will remain clean much longer than otherwise?

That a poultice made of tobacco and warm water, put between two cloths and placed over the breast and pit of the stomach will relieve convulsions when nothing else will? It will do no harm.

That any one who has aching feet, if the feet are placed in kerosene for about ten minutes each day will receive the greatest relief. If used regularly for a month is said to cure all corns and callous places on the feet. Will not blister or do any injury.

To relieve burns get a small bottle of picric acid and with a feather paint the burned or scalded parts, allowing it to dry. In a few minutes all the pain will be gone and you will never feel it again. Where the burns are very severe more than one application is sometimes necessary. This is an invaluable remedy, especially where there are children in the home, for they are getting burned continually.

There is nothing better than sulphur tea for the hair. It cures dandruff, promotes the growth, makes the hair soft and glossy and is very good to keep the hair from turning gray.

The whitish stain left on a mahogany table by a jug of boiling water or a very hot dish may be removed by rubbing in oil and afterward pouring a little spirits of wine on the spot and rubbing it dry with a cloth.

Wash your weathered oak woodwork and furniture with milk.

To rid your home of ants mix thoroughly two parts borax with one part powdered sugar and put around where the ants come. For two or three days the ants will come in swarms, but after that they will disappear. Leave the powder around for a week or two and you will never be bothered again with ants.

If food becomes slightly burned in cooking, set the saucepan in cold water and it will take away burned taste.





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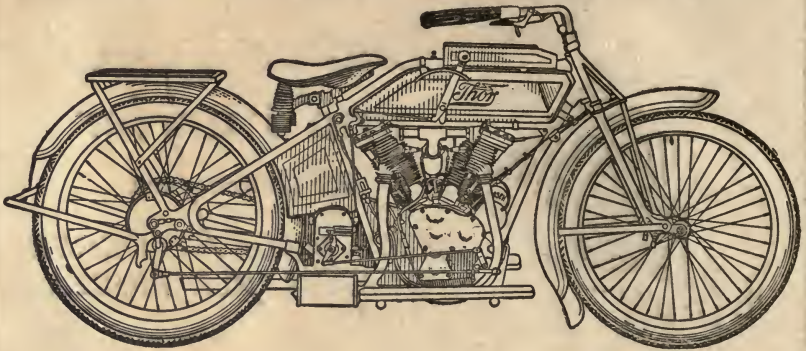
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