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# Kentucky

Cook

Book

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# Kentucky Cook Book

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EASY AND SIMPLE FOR ANY COOK

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BY A COLORED WOMAN

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St. Louis:

J. H. Tomkins Printing Company

1912

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## INTRODUCTION

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**T**HIS book is the work of a colored cook of many years' experience, and who has had ample opportunity for experimenting and testing the recipes presented. They are simple and easily made, and have proved to be excellent. The book will be found a most useful addition to any kitchen.

Sincerely,

MRS. W. T. HAYES,

Author of the Kentucky Cook Book



#### TABLE OF MEASURES.

Two saltspoons.....	make one coffeespoon
Two coffeespoons.....	make one teaspoon
Four teaspoons (liquid).....	make one tablespoon
Three teaspoons (dry).....	make one tablespoon
Four tablespoons (liquid).....	make one wineglass
Two wineglasses .....	make one gill
Two gills ( $\frac{1}{2}$ pint).....	make one cup
Two cups .....	make one pint
Four cups. ....	make one quart
One cup butter (solid).....	makes one-half pound
One cup granulated sugar.....	makes one-half pound
One round tablespoon butter .....	makes one ounce
A dash of pepper is quarter of a saltspoon.	

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#### TIME TABLE FOR COOKING.

Loaf Bread .....	40 to 60 minutes	Bread Pudding ...	20 to 30 minutes
Rolls and Biscuits... .	10 to 20 min.	Rice and Tapioca.....	1 hour
Graham Gems.....	30 minutes	Indian Pudding .....	2 to 3 hours
Gingerbread .....	20 to 30 min.	Steamed Pudding.....	1 to 3 hours
Sponge Cake .....	45 to 60 min.	Steamed Brown Bread .....	3 hours
Plain Cake .....	30 to 40 minutes	Custards .....	15 to 20 minutes
Fruit Cake .....	2 to 3 hours	Pie Crust .....	about 20 minutes
Cookies .....	10 to 15 minutes	Plum Pudding .....	2 to 3 hours

# BREAD, ROLLS, ETC.

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## SPONGE BREAD NO. 1.

1 cake yeast foam, 1 pint lukewarm water, 1 quart flour, dough. Mix above sponge as follows: 1 pint warm water, 2 teaspoons salt, 2 tablespoons lard, 2 tablespoons sugar, 2 quarts (2 lbs.) flour.

Recipe for above: In the evening soak 1 cake of yeast foam in 1 pint lukewarm water (80 degrees F.) for about 1 hour. When dissolved mix with 1 quart of flour to medium sponge. Cover sponge and let rise in warm place over night. Early in the morning mix sponge with 1 pint of warm water, 2 teaspoons salt, 2 tablespoons each of sugar and lard. Then add 2 quarts flour and mix to medium dough. Knead dough for about 15 minutes and let rise from 3 to 4 hours. Knead dough down and let rise for about 1 hour and then mould into loaves. Let loaves rise to double their size and bake for 45 minutes to 1 hour in a moderate oven.

## RYE BREAD.

One pint yeast foam bread sponge, one large cup rye flour, the same of yellow cornmeal scalded and cooled, 1 tablespoon melted butter, 1 of molasses, a little salt. Knead with white flour. When light bake in moderate oven.

## TEA ROLLS.

1 cup scalded milk,  $\frac{1}{4}$  cup sugar, 1 teaspoon salt,  $\frac{1}{4}$  cup melted butter,  $3\frac{1}{2}$  cups flour, 2 eggs, 1 cake yeast foam; dissolve in  $\frac{1}{4}$  cup lukewarm water, 1 pinch nutmeg. When the milk is lukewarm 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 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 about fifteen minutes.

## RUSKS.

2 cups warm milk,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 teaspoon salt, 1 cake yeast foam, 1 cup seeded raisins, cinnamon, flour. Dissolve the yeast foam in the warm milk, then add sufficient flour to make a batter. Let this rise until light. Beat sugar and butter to a cream and add the eggs well beaten. Now add this to the batter with the salt, raisins and sufficient flour to make a soft dough. Mould the dough with your hands into balls about the size of a large egg. Set these close together in a buttered pan and let rise until fully twice their bulk. Brush with the beaten white of an egg, sprinkle with sugar and cinnamon and bake thirty minutes. Nuts may be substituted for raisins.

## CORN BREAD.

Mix together 2½ cups of corn meal, 1 tablespoon sugar, 1 scant teaspoon salt and 1 tablespoon of flour. Beat together 2 eggs, add 1 1-3 cups of milk, and stir into the dry mixture, add 2 tablespoons of melted butter and beat well. Stir in 2 heaping teaspoons of baking powder and pour into a well greased pan. Bake twenty minutes.

## PARKER HOUSE ROLLS.

3 cups scalded milk, 4 tablespoons butter, 3 tablespoons sugar, 1 teaspoon salt, 8 cups sifted flour, 1 cake yeast foam dissolved in ¼ cup lukewarm water. Pour the scalded milk over the salt, sugar and butter. When lukewarm beat in 4 cups of flour. Mix well and add the dissolved yeast foam. Cover closely and let rise in a warm place. When light add enough more flour, knead (4 cups). Cover, let rise until light. Roll out to ½ inch thickness. Shape with a biscuit cutter, brush each shape with melted butter, crease through the center, fold over and press edges together. Place in a buttered pan 1 inch apart and let rise until very light, then bake in a brisk oven 15 minutes.

## INDIAN BREAD.

1½ cups Graham flour, 1 cup Indian meal, 3 teaspoons Price's Baking Powder, 1 teaspoon salt, ½ cup molasses, 1¾ cups milk. Mix and steam as Boston Brown Bread.

## HOMINY MUFFINS.

Mix 1 cup of warm boiled hominy cooked to the proper consistency for the breakfast table with 1 tablespoon of melted butter, 1 pinch of salt and 1 cup of milk. Add this mixture gradually to 1½ cups of flour in which has been added two teaspoons of baking powder. Lastly add 2 well-beaten eggs and bake in hot buttered muffin tins.

## STEAM GRAHAM BREAD.

3 cups Graham flour, 1 cup flour, 3 teaspoons Rumford baking powder, 2 teaspoons salt, 1 cup molasses, 2½ cups milk. Mix as Boston Brown Bread and steam four hours.

## FLAKED FISHCAKES.

2 cups of hot riced potatoes, 1 cup fish flakes, 1 teaspoon minced parsley, ½ teaspoon onion juice, ½ teaspoon salt, few grains of pepper, 8 slices of bacon, hot milk or cream to moisten, 1 tablespoon melted butter. Mix potatoes, fish, seasoning and butter, moisten with milk or cream, form into flat cakes and cook in fat of bacon. Serve slice of fried bacon on each cake. Tomato or cream sauce may be used with these cakes if desired.

## COFFEE CAKE.

3 cups of flour, ½ cup of butter, scant teaspoon salt, 2 well-beaten eggs, 2 teaspoons baking powder. Tablespoon sugar, 2 tablespoons flour, 1 tablespoon cinnamon, mixed together to sprinkle on top. Mix as for biscuits, roll out about one-half inch thick. Cover with sugar, flour and cinnamon and bake in hot oven.

## WHOLE WHEAT BREAD.

3 cups whole wheat flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons sugar, milk. Sift together thoroughly the flour, baking powder, salt and sugar, then add enough milk to make a dough just stiff enough to handle conveniently. Handle as little as possible with the hands, shape into a loaf and place in a deep buttered pan. Allow it to stand five minutes before placing in the oven. Bake slowly and for a little longer time than is necessary to bake white bread. Protect the loaf by placing a sheet of paper on top of it, buttering the side which comes next to the bread.

## FRUIT ROLLS.

2 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter, 2-3 cup milk, 1-3 cup stoned raisins (chopped fine), 2 tablespoons citron (chopped fine), 2 tablespoons sugar, 1-3 teaspoon cinnamon. Mix as baking powder biscuits. Roll to one-quarter inch in thickness. Brush over with melted butter, sprinkle with the fruit, sugar and cinnamon, and roll up like a jelly roll. Cut into pieces three-quarters inch in thickness, and bake in a quick oven fifteen minutes.

## BAKING POWDER BISCUIT, NO. 1.

2 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter,  $\frac{3}{4}$  cup milk. Mix the flour, baking powder and salt and sift twice. Work in the butter and lard with the tips of the fingers. Add gradually the liquid (more or less is required according to quality of the flour), mixing with a knife until of the consistency of a soft dough. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Put into shape and bake in a hot oven fifteen minutes.

## BAKING POWDER BISCUITS, NO. 2.

2 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter. Mix the same as Baking Powder Biscuits No. 1.

## BROWN BREAD.

3 cups of graham flour,  $1\frac{1}{2}$  cup of sweet milk, 1 cup of dark molasses, 3 level teaspoons soda, a little salt and a cup of raisins if preferred. Boil three hours.

## BOSTON BROWN BREAD, NO. 1.

1 quart graham flour, unsifted, 1 teaspoon salt, 1 teaspoon baking powder in flour, 1 teaspoon of soda, 1 pint buttermilk, 1 cup of baking molasses, 1 cup of raisins. Bake 1 hour in slow oven in 1 lb. baking powder tins. 4 loaves.

## NUT BREAD.

$3\frac{1}{2}$  cups of flour, sifted before measuring,  $1\frac{1}{4}$  cups nut meats, 1 cup milk,  $\frac{1}{2}$  cup sugar, 2 eggs, 3 teaspoons baking powder, 1 teaspoon salt. After measuring flour sift again with baking powder, salt and sugar, add broken nut meats, mix well, beat in eggs well beaten, then add milk. This will make a soft dough. Put into well-buttered pan, let stand 20 minutes, then bake about 40 minutes.

## BOSTON BROWN BREAD, NO. 2.

3 coffee cups corn meal, 1 coffee cup white flour, 1 coffee cup rye flour, 1 coffee cup molasses, 1 teaspoon soda, 1 teaspoon salt and milk to make thin as cake batter. Stir soda into the molasses until it turns nearly white. Steam for three hours.

## MUFFINS.

2 eggs, 2 tablespoons of butter, 2 teaspoons baking powder, 1 teaspoon salt, 1 cup milk, 1 tablespoon sugar, 2 cups flour. Heat butter and sugar. Put baking powder and salt in the flour. Add eggs well beaten to the milk, stir well in the flour and bake in pans well heated.

## BREAD SERVED WITH SOUP.

Cut crust from light bread, cut bread in strips 1-inch thick, brush strips with butter and toast light brown. Stack log cabin fashion and pass with soup. Yeast bread can be made into rolls not larger than the finger and served with soup.

## GRAHAM POPOVERS.

2-3 cup graham flour or whole wheat flour, 1-3 cup flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{7}{8}$  cup milk, 1 egg,  $\frac{1}{2}$  teaspoon melted flour. Mix salt and flour, add milk gradually to keep batter smooth. Add egg beaten light and butter, beat two minutes using Dover egg beater. Turn into hissing hot buttered iron gem pans and bake thirty or thirty-five minutes in hot oven.

## WAFFLES.

2 eggs, 1 quart flour, 1 tablespoon corn meal, 1 teaspoon sugar, lard size of an egg worked in the flour while dry, 1 teaspoon baking and  $\frac{1}{2}$  of soda mixed if sour milk is used or  $1\frac{1}{2}$  teaspoon baking powder if no soda is used. Mix corn meal and flour together, add the soda, mix lard well through the dry flour. Stir in the milk and beat till smooth. Add  $\frac{1}{2}$  teaspoon of salt. Lastly mix or beat in the eggs. Bake in hot irons.

# CAKES

## FUDGE CAKE.

Cream together  $\frac{1}{2}$  cup butter with 1 cup of sugar; add the well beaten yolks of 2 egg, then the whites beaten to a stiff froth; stir in  $\frac{1}{2}$  cup of milk,  $2\frac{1}{2}$  teaspoons of baking powder, sifted with  $1\frac{1}{2}$  cups of flour; add 2 ounces of melted chocolate and  $\frac{1}{2}$  teaspoon of vanilla. Bake in a shallow pan and frost with chocolate nut fudge, made as follows:

Put over fire in a granite pan 2 cups of granulated sugar,  $\frac{1}{2}$  cup of milk, 1 tablespoon of butter and  $\frac{3}{4}$  cup of grated chocolate. Bring to a boiling point, stir a little at first, then let cook without stirring until it will form a soft ball in cold water. Remove from the fire and beat until creamy. Just as it reaches the thickening point add a cup of chopped walnuts or peanuts and a teaspoon of vanilla; pour over the cake quickly.

## SPONGE GINGER CAKE.

One cup of butter, one cup of molasses and one of sugar,  $3\frac{1}{2}$  cups of flour, one teacup of sour milk with a teaspoon of soda dissolved in it. About a tablespoon of ginger or to the taste.

## ORANGE CAKE.

One and one-half cups sugar,  $\frac{1}{2}$  or not quite of cottolene, 1-3 teaspoon salt, 1 cup of milk,  $2\frac{1}{2}$  cups of flour, 2 heaping tablespoons corn starch, 3 eggs, 2 teaspoons baking powder, 1 teaspoon extract of orange. Bake in layers, sift flour in a pan, then measure the 21 cups, not shaking down any. Add corn starch and baking powder and sift all together.

## BROWN STONE FRONT CAKE.

One cup brown sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 teaspoon soda. Dark part: One cup grated chocolate,  $\frac{1}{2}$  cup brown sugar, yolk of 1 egg, 1teaspoon vanilla; boil together and pour hot into first batter made as above. Bake in two parts and put together with boiling icing.

## ICING FOR FILLING.

One cup sugar, 3 tablespoons hot water, boil until it threads, then pour into the whites of 2 eggs well beaten.

## EGGLESS FRUIT CAKE.

One cup sugar, 2 tablespoons of butter, 1 cup chopped raisin, 1 teaspoon each cloves and cinnamon, 1 cup sour milk, 1 teaspoon soda, 2 cups flour. Bake in loaf.

### WHITE CAKE.

Three-fourths cup butter, 2 cups sugar, 1 cup sweet milk,  $\frac{1}{2}$  teaspoonful vanilla, 3 cups Iglehart's Swadown cake flour, 3 rounding teaspoons baking powder, whites of 8 eggs. Cream the butter and sugar until very light, then add the milk. Sift flour with baking powder three times and add alternately with whites of the eggs which have been beaten very stiff.

### SPICE CAKE.

Two eggs, whites of 1, 2 cups of brown sugar, 1 cup of sour milk,  $\frac{1}{2}$  cup of butter (scant),  $2\frac{1}{2}$  cups Swansdown Cake Flour, 1 teaspoon soda, 1 teaspoon of allspice, 2 teaspoons cinnamon,  $\frac{1}{2}$  teaspoon clove,  $\frac{1}{2}$  nutmeg, grated.

### STRAWBERRY JAM CAKE.

One cup of sugar,  $\frac{3}{4}$  cup of butter, 3 eggs beaten separately;  $\frac{3}{4}$  cups strawberry jam, 1-3 cup of sour milk, 1 teaspoonful of soda, dissolved in the milk; 2 cups of Iglehart's Swansdown Cake Flour, 1 teaspoon of cinnamon; and  $\frac{1}{2}$  nutmeg, grated; cream the butter and sugar, add the beaten yolks and continue beating, then the strawberry jam; add a little of the flour to bind the mixture together, the sour milk and the rest of the flour, beating well; add the spices, add lastly, fold in stiffly beaten whites of the eggs; bake in square shallow pan about thirty-five minutes. This is very nice covered with boiled icing, and if in strawberry season mark the icing in squares before it is cold and in each square put a ripe strawberry.

### CHOCOLATE CAKE FOR HOLIDAYS.

1 lb. powdered sugar,  $\frac{1}{2}$  pound grated chocolate, 12 oz. chopped almonds, the whites of 7 eggs. Mix powdered sugar, chocolate and almonds, then add the whites beaten to a stiff froth. Drop on buttered paper with teaspoon. Bake 15 minutes.

### WEDDING FRUIT CAKE.

2 pounds raisins stoned, 2 pounds currants, 1 pound sliced citron, a few figs cut in small pieces. Pour over this 1 goblet sherry and port wine,  $\frac{1}{2}$  goblet brandy or whiskey, let stand over night and in morning pour on what liquor has not soaked into fruit, 1 pound butter, 1 pound sugar, yolks 12 eggs, 2 tablespoons mace, 1 tablespoon cinnamon, 2 nutmegs, 1 pound browned flour and whites of 12 eggs. Dissolve 1 teaspoon soda in a little water, add just before putting in fruit.

### INEXPENSIVE SOUR MILK CAKE.

1 cup of sugar, 1 cup of sour milk, 1 tablespoon butter or lard, 1 egg, 1 teaspoon cloves, nutmeg and cinnamon mixed, 1 teaspoon soda in sour milk, 2 cups flour, 1 cup of raisins chopped. Bake in loaf in moderate oven.

### ANGEL CAKE.

Whites of 9 large eggs, ten small ones,  $1\frac{1}{2}$  cups sugar, 1 cup flour,  $\frac{1}{4}$  teaspoon cream tartar. Pinch salt added to eggs before whipping. Whip eggs stiff, add cream tartar, whip again; beat in sugar and flavor, add flour and fold it lightly through the mixture. Bake in moderate oven from 20 to 40 minutes.

### BANANA SPONGE CAKE.

Dissolve 1 teaspoon of gelatine in three or four spoons of cold water. Press enough bits of banana through a strainer to fill a cup; stir and cook this pulp with the juice of  $\frac{1}{2}$  lemon and  $\frac{1}{2}$  cup of sugar until boiling. Add the gelatine, cool in ice water. When beginning to set fold in the whites of 2 eggs beaten dry. When cold enough to hold its shape, pour in glass cups. Decorate with whipped cream or blanched pistachio nuts chopped fine.

### COCOANUT LAYER CAKE.

Cream together quarter pound of butter and six ounces of sugar, then add the yolks of five eggs and beat until light. Add  $\frac{3}{4}$  cupful of milk,  $2\frac{1}{2}$  cups of flour and 2 heaping teaspoons of baking powder sifted three times, 1 cup Baker's Cocoanut, and the whites of eggs, stiffly beaten. Mix carefully and divide into medium sized layer pans which have been buttered and floured, then bake in a moderate oven for 30 minutes. When cold put together with cocoanut filling and dust over with sugar. The filling: Boil together 1 cup sugar and  $\frac{1}{2}$  cup water until they form a soft ball when tested in cold water, pour slowly while hot into the stiffly beaten white of 2 eggs, beating all the time. When stiff add 1 teaspoon vanilla extract and 1 cup cocoanut. Put this between two layers of the cake.

### FAIRY LOAF CAKE.

4 eggs beaten separately,  $1\frac{1}{4}$  cups of sugar,  $\frac{1}{2}$  cup sweet milk,  $2\frac{1}{2}$  cups flour,  $\frac{3}{4}$  cup butter, 1 teaspoon cream tartar,  $\frac{1}{2}$  teaspoon soda. Add cream tartar and soda to flour and sift three times. Cream butter and sugar together, beat yolks stiff and stir in. Whip to a foam and add with milk, lastly flour and any flavor, beat very hard. Bake in slow oven 30 to 40 minutes.

### LILY CAKE.

1-3 cup butter,  $\frac{1}{2}$  cup milk, 1 cup sugar,  $1\frac{3}{4}$  cups flour,  $2\frac{1}{2}$  teaspoons baking powder, 3 eggs, whites only. 1-3 teaspoon extract lemon, 2-3 teaspoon extract almond. Cover with frosting.

### CHOCOLATE LOAF CAKE.

3 eggs beaten separately,  $1\frac{1}{2}$  cups of granulated sugar,  $\frac{1}{2}$  cup of butter, 1 cup of sweet milk,  $2\frac{1}{2}$  cups of flour, 2 teaspoons of baking powder and 2 squares of chocolate. Dissolve chocolate in  $\frac{1}{2}$  the milk and add  $\frac{1}{2}$  cup of sugar. Beat yolks of eggs to stiff froth. Cream butter with 1 cup of sugar, add beaten yolks, then beaten whites, add chocolate, milk, flour and baking powder and flavoring. Bake 30 to 40 minutes.

### DEVIL'S FOOD CAKE.

$\frac{1}{2}$  cup butter, 1 cup sugar, creamed together,  $\frac{1}{2}$  cold water,  $\frac{1}{2}$  cup melted chocolate, 2 teaspoons vanilla, 1 teaspoon baking powder,  $1\frac{1}{2}$  cups flour, whites of 3 eggs folded in. Mix all in the order given, bake in moderate oven 40 minutes. By doubling the recipe and baking in three layers a very nice and attractive layer cake can be made if put together with boiled frosting.

### POTATO CAKE.

1 cup butter, 2 cups sugar, 2 cups flour, 1 cup hot mashed potatoes, 1 cup English walnuts,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup melted chocolate, 2 teaspoons baking powder, 1 teaspoon cinnamon, 1 teaspoon ground cloves, 1 teaspoon vanilla, 4 eggs, yolks and white separated. Cream butter and sugar, add yolks, milk, chocolate, potatoes, spices, flour and a little salt and nuts. Bake in tins and ice with marshmallows.

### POVERTY CAKE.

1 cup sour milk, 1 cup molasses,  $2\frac{1}{2}$  cups flour, 1 cup raisins floured,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  nutmeg, 1 teaspoon cinnamon, 1 pinch ginger, 1 teaspoon soda, 2 eggs. Butter size of an egg.

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### ICING VERY NICE FOR LAYER CAKE.

2 cups sugar,  $\frac{1}{2}$  cup water, cook till it drops from spoon. Pour slowly over the whites of 2 beaten eggs very stiff. Put this over hot water. When the water begins to boil add 1 teaspoon of lemon juice. Beat and cook till the icing stands alone and tastes creamy. Remove from the fire and fold in the flavoring. Do not beat after it is done, but fold over and over till cool.

### MARSHMALLOW ICING.

Put 1 lb. marshmallow,  $\frac{1}{2}$  cup water in double boiler, stir until melted. Add 1-3 cup or more orange juice and  $\frac{1}{2}$  cup chopped fruits and nuts. Remove from fire and beat till cold. Spread between cakes and ice over top with plain white icing.

### DIVINITY ICING.

3 full cups granulated sugar, 2 tablespoons of glucose or corn syrup, whites of 3 eggs. Cook 2 cups of sugar and  $\frac{3}{4}$  cup of water together till it hairs. Cook 1 cup of sugar and  $\frac{1}{2}$  cup of water and 2 spoons of glucose together until it hairs. Pour the first mixture over the stiffly beaten whites, beating constantly, while the second mixture is cooking. Then pour the second mixture over, beating constantly. Flavor with vanilla and when it begins to cream add chopped nuts or fruits or both, if desired. Spread between cakes, ice on top with plain white icing. Nuts and fruits can be omitted if desired.

### PRAULINE ICING.

$2\frac{1}{2}$  cups of sugar, whites of 3 eggs. Cook 2 cups of the sugar in  $\frac{3}{4}$  cup of water until it drops from the spoon. Melt  $\frac{1}{2}$  remaining cup of sugar and pour into the syrup. Cook until it hairs, pour slowly over the beaten whites of the eggs. Spread between layers and over top of cake.

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### ORIENTAL FUDGE.

1 cup of sugar,  $\frac{1}{2}$  cup of milk,  $\frac{1}{4}$  cup of strained honey, white of one egg; boil milk and sugar two minutes, add honey and boil to soft ball stage, pour one-half of it over the stiffly beaten white of eggs. Return the other half and boil to hard ball stage. Pour into the first mixture and beat until it stiffens. Pour in shallow pans and cut in cubes.

# PUDDINGS, PIES, ETC.

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## ALMOND PUDDING.

Turn boiling water on to  $\frac{3}{4}$  of a lb. of sweet almonds, let it remain until the skin comes off easily, rub with a dry cloth, when dry fine with three spoons of rose water, beat six eggs to a stiff froth with 3 sponss of fine white sugar; mix with one qt. of milk, 3 spoons of lb. crackers, four ounces of melted butter, and the same of citron cut into bits; add almonds, stir all together and bake in a small pudding dish with lining and rim of pastry. This pudding is best when cold. Bake in hot oven.

## LEMON RICE PUDDING.

1½ cup of rice, 3 cups of milk, 1 egg, juice and rind  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  cup sugar. Mix in order given, pour in buttered pudding dish, set in pan of hot water and bake slowly until firm in the center. Serve hot or cold with currant jelly sauce.

## STRAWBERRY ROLL PUDDING.

2 cups bread flour, 2 teaspoons sugar, 2 tablespoons butter, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, about  $\frac{3}{4}$  cup of milk, 1 box strawberries, sugar. Make a baking powder biscuit mixture of the flour, salt, sugar, baking powder, butter and milk. Roll into an oblong  $\frac{1}{4}$  inch thick and sprinkle thickly with  $\frac{1}{2}$  box of berries quartered. Then dredge with sugar. Roll like jelly roll, cut across in slices 1 inch thick, lay in pan and bake about 20 minutes in moderate oven. Serve with strawberry sauce made from the remainder of berries.

## COCOA PUDDING.

Put 1 cup of fine bread crumbs and 1 quart of milk in a double boiler. When thick and smooth, stir in two tablespoons of butter, 1 scant cup of sugar, 2 tablespoons cocoa and 1 teaspoon of vanilla. Remove from fire and beat 2 minutes. Add the beaten yolks of 4 eggs, then the whites beaten stiff. Pour into baking dish. Place this in a pan of water and bake 45 minutes. Serve with a hard sauce or whipped cream.

## KING'S PUDDING.

2 cups of bread crumbs,  $\frac{1}{2}$  cup of suet,  $\frac{1}{2}$  cup of molasses, 1 egg, 1 cupful of milk, 1 teaspoon cinnamon,  $\frac{1}{4}$  teaspoon of salt,  $\frac{1}{2}$  teaspoon of soda, 1 cupful of raisins and  $\frac{1}{2}$  teaspoon of cloves. Soak bread crumbs one-half hour, then add the other ingredients. Stir well, steam three hours. Serve hot with a hard sauce.

## ENGLISH PLUM PUDDING, NO. 1.

12 eggs, 1 qt. bread crumbs, 1 qt. suet (chopped fine), 1 qt. sugar, 1 qt. raisins, 1 qt. Malaga raisins, 1 qt. Sultana raisins (seeded),  $\frac{1}{2}$  lb. candied peel mixed and sliced thin, 1 teaspoon cinnamon, 1 teaspoon all-spice, 1 teaspoon nutmeg,  $\frac{1}{2}$  pint brandy,  $\frac{1}{2}$  pint sherry, salt. Mix dry ingredients together, flour and fruit thoroughly, add spices, peels and eggs well beaten. Mix well and add brandy and sherry. If not moist enough add a little more sherry. Put in one or more buttered bowls, tie well-floured pudding cloth on top and boil for six (6) hours, then boil or steam 2 more hours before serving. These keep a long time.

## ENGLISH PLUM PUDDING, NO. 2.

1 lb. of flour, 1 lb. of raisins, 1 lb. of currants, 1 lb. suet (chopped fine), 1 lb. sugar, 1 teaspoon of baking powder,  $\frac{1}{4}$  lb. of candied lemon peel chopped fine, 1 nutmeg, little cinnamon. Sift the flour, baking powder and salt separately, then together. When well mixed add sufficient cold water or milk to make a batter just thick enough to spoon into the mold; leave room for it to raise. Cover closely and boil from 4 to 6 hours.

## FIG PUDDING.

1 cup suet, 2 cups of bread crumbs, 1 lb. of figs, 1 cup of sugar, 3 eggs, 2 cups of milk. Wash, pick over the figs and chop. Chop the suet. Beat the eggs light without separating. Mix all the ingredients thoroughly, turn into a well-greased mold, cover and boil 3 hours. Serve hot.

## CHERRY PUDDING.

1 tablespoon of butter, 2 cups of sour milk, 1 egg,  $\frac{1}{2}$  cup of sugar, 1 quart of cherries,  $\frac{1}{2}$  teaspoon of soda, 2 cups of flour or enough to make batter as thick as for cake. Stone the cherries. Beat the eggs light without separating, add the sugar gradually and, when light, the butter melted. Dissolve the soda in a little warm water, add to sour milk and add this to the butter alternately with the flour. Beat until light and smooth, add the cherries and bake for three quarters of an hour.

## JELLIED TAPIOCA PUDDING.

Soak 1 cup of pearl tapioca in 1 cup of water over night. In the morning put it in the double boiler and add 3 cupfuls of cold water; cook slowly until it becomes transparent, then add 1 cup of sugar and 1 cup currant jelly or a cup of strawberry jam. Let it get very cold and serve with sweetened cream.

## MRS. BELLE JOHNSON'S ROMAN PUDDING.

8 eggs, 2 cups sugar, 1 quart fresh milk, 1 quart cream, 4 maccaroons, 1 gill brandy, 1 teaspoon vanilla. Beat stiff the yolks of 8 eggs into 2 cups of sugar, roll 4 maccaroons fine, add to the eggs and stir in. Add 1 quart rich cream, stir in well, also 1 quart of new milk, add 1 teaspoon of vanilla and freeze. When ready to serve turn out in dish, first placing several long lady fingers on bottom of dish. The maccaroon should be dried in the hot oven to roll well. Add the whites beaten to a stiff froth just before putting cream into the freezer.

## PRUNE PUDDING.

Stew 1 pound of prunes until tender, then let cool. Mash fine, sweeten to taste. Beat the whites of twelve eggs to a stiff froth. Stir in prunes. Flavor and bake in moderate oven from 12 to 15 minutes. Be sure to drain all the juice from prunes before mashing. For  $\frac{1}{2}$  pound of prunes use whites of 6 eggs.

## ORANGE PIE.

Beat  $\frac{1}{2}$  cup of butter,  $2\frac{1}{2}$  cups sugar, 5 eggs, 1 tablespoon flour or corn starch, 1 cup of cream. Cook mixture over hot water. Use the whites of the eggs for meringue.

## MERINGUE FOR PIES.

Beat the whites of eggs very stiff, beat into them gradually and slowly 2 level tablespoons of granulated sugar or pulverized sugar to each white of egg. If the eggs are beaten very stiff at first and the sugar beaten in slowly you can use your meringue to make designs by pressing. For this it should stand alone and be stiff enough to cut with a knife.

## COCOANUT PIE.

1 grated cocoanut, 3 eggs beaten separately, 1 cup of sugar, 1 tablespoonful of butter melted in a cup of milk. Measure a teacup of milk and if the butter is not thin enough after you mix the ingredients you can add a little more milk. Bake in oven.

## ORANGE PIE.

4 eggs, 1 cup of sugar, juice of 2 oranges, 2 tablespoons of flour, scant teaspoon of butter, 1 cup of water, the whites beat to a froth, tablespoon of sugar. Cook pastry before pouring ingredients in. Cook in a double boiler, then spread the whites over the filling and bake.

## LEMON PIE.

Boil in double boiler the juice of 2 large lemons, 1 cup of sugar, 2 cups of water, one tablespoon corn starch, 1 teaspoon butter, the yolks of 3 eggs beaten well. Then bake. After the crust is baked take from oven after being beaten to a stiff froth, add a pinch of salt and a teaspoon of sugar, then put back in oven and bake until brown.

## RHUBARB PIE.

Skin the stalk, cut them into small pieces, wash and put them in a stew pan with no more water than what adheres to them; when cooked mash them fine and put in a small piece of butter. When cool, sweeten to taste; if liked, add a little lemon peel, cinnamon or nutmeg, line your pan with thin crust, put in the filling, cover with crust and bake in quick oven. Sift sugar over it when served.

## CUSTARD PIE.

Beat together until very light the yolks of 4 eggs and 4 tablespoons of sugar, with nutmeg or vanilla flavor, then add the 4 beaten whites, a pinch of salt, and lastly a quart of sweet milk, mix well and pour into tins lined with paste. Bake until firm.

### CORN PUDDING.

10 ears of corn grated, 3 eggs beaten separately,  $\frac{3}{4}$  teaspoon salt, scant 2 ozs. of butter melted. Toss together lightly, pour into a well buttered baking dish and bake  $\frac{3}{4}$  of an hour in a quick oven.

### QUEEN PUDDING.

1½ cups bread crumbs, 2 cups milk,  $\frac{1}{4}$  cup sugar, 3 eggs, teaspoon vanilla, 1 cup stewed apples over the top of pudding. Make a meringue of the remaining white of eggs and 2 tablespoons powder. Sugar and spread over the apple. Return to the oven until it is delicate brown. Serve hot.

### COCOANUT CREAM PIE.

1 heaping cup of Baker's Shredded Cocoanut,  $\frac{1}{2}$  tablespoon corn starch, 4 tablespoons cold water, 3 eggs, 2 heaping tablespoons butter, 1 cup cream, 1 cup milk, 6 tablespoons sugar. Some pastry. Line two pie plates with good pastry. Put milk and cream into a saucepan, bring to boiling point, add corn starch mixed with water. Remove saucepan from the fire, stir in the butter. Let stand until perfectly cold. Beat up yolks of eggs and sugar together, then add cocoanut to this. Add this mixture to the milk stiffly beaten whites of eggs. Divide into prepared pie plates and bake in moderate oven for thirty minutes. Serve hot.

### MOCK CREAM PIE.

Line a pie plate with rich crust and bake. Fill with a mixture made of the following ingredients. 1 cup of milk, 1 cup of sugar, 2 tablespoons of cornstarch, yolks of 2 eggs and vanilla to flavor. Cook until thick, then fill the crust with the cream. Cover with a meringue made of the whites of 2 eggs and 2 tablespoons of sugar and place in the oven until a light brown.

### CHERRY PIE.

1 quart of cherries, 1½ cups of sugar, 1 tablespoon of flour. Stone the cherries, saving all the juice. Add the sugar and the flour and stir until well mixed. Fill the pie plate, lined with pastry, cover with the upper crust and bake. When canned cherries are used take only half the juice to the same amount of cherries, sugar and flour. Pastry: 1 quart of flour, 1 cup of lard,  $\frac{1}{2}$ teaspoon of salt, little baking powder. Mix the lard and flour thoroughly and add enough water to make it roll smooth. Roll thin. Make the pastry the night before using and it is always better. This amount makes pastry enough for three pies.

### LEMON MERINGUE PIE.

1 cup of water, 1 cup of sugar, 2 heaping teaspoons of corn starch, the juice and grated rind of 1 lemon, a pinch of salt, 2 tablespoons of sugar for the meringue. Boil the sugar and water together, add the corn starch, moistened with a little cold water and cook five minutes. Then put in the yolks of the eggs, the lemon juice, rind and salt. Cool slightly and turn into a previously baked crust. Cover with a meringue made by beating the whites of the eggs with the two tablespoons of sugar. Put into a moderate oven to set and brown the meringue.

### PEACH COBBLER.

Two eggs, one cup milk, two cups flour, two large heaping tablespoons baking powder, 1 heaping tablespoon of sugar, butter the size of an egg melted. Pour over one dozen sliced peaches with one cup of sugar. Any fruit may be used with this batter.

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### MINCE MEAT.

2 pounds of lean beef, 1 quart of apples measured after chopping, 3 cups of raisins,  $\frac{1}{2}$  pound of citron,  $\frac{1}{4}$  cup of candied orange peel,  $\frac{1}{2}$  cup of molasses, grated rind and juice of 1 lemon, grated rind and juice of 1 orange, 2 teaspoons of salt,  $\frac{1}{2}$  teaspoon of cloves,  $\frac{1}{2}$  cup of brandy, 1 pound of suet, 1 cup of currants,  $\frac{1}{4}$  cup of candied fruit,  $\frac{1}{4}$  cup of candied lemon peel, 1 cup of sugar, 1 teaspoon of cinnamon,  $\frac{1}{2}$  teaspoon of allspice,  $\frac{1}{2}$  cup of sherry, 1 cup of cider. Chop the beef and suet very fine and mix. Add the chopped apples. Seed the raisins, chop the candied fruit, candied lemon and orange peel and slice the citron. Add to the meat and suet with the currants, spices and salt. Mix and add the sugar, molasses, lemon and orange juice; when well mixed add the brandy, sherry and cider. It should stand several days before using to ripen or blend, and should keep all the winter. Two cups of hard cider may be used in place of brandy and sherry, and the quantities of beef, suet and apples may be doubled to the amount of fruit given if desired. If this is done, be careful to add sufficient moistening, and remember that the liquor is added to keep the mince meat, not especially flavoring, as the quantity is so small that this is disseminated in cooking.

### LEMON MINCE MEAT.

3 large lemons or 4 small ones, 4 large apples or 6 small ones,  $\frac{1}{2}$  lb. of suet chopped fine, 1 lb. of currants,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  small glass of syrup or jelly, 3 oz. citron sliced fine,  $\frac{1}{2}$  nutmeg grated; cinnamon, cloves and mace to taste;  $\frac{1}{2}$  glass of sherry, wine glass of brandy or whiskey. Peel the lemons very thin, squeeze the juice from them. Boil the rind until tender enough to rub to a paste. Add the rest of materials and keep closely covered in a jar. This makes 2 quarts.

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### OATMEAL COOKIES.

1 egg,  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup thin cream,  $\frac{1}{4}$  cup milk,  $\frac{1}{2}$  cup fine oatmeal, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon salt. Beat eggs until light, add sugar, cream and milk, then add oatmeal, flour, baking powder and salt, mixed and sifted. Toss on a floured board, roll, cut in shape and bake in moderate oven.

### SUSIE'S COOKIES.

1 qt. of flour, 2 cups of sugar, 5 eggs,  $1\frac{1}{2}$  cup of butter, 2 teaspoons of vanilla and a little salt, half cup of milk; put all ingredients in dry flour and rub well into flour. Add milk last; this makes them very thin, roll out and sprinkle sugar over them before cutting, lift from the making board with a pancake turner, put in pan, not close together. Bake quickly in a hot oven.

# CUSTARDS, CREAMS AND DESSERTS

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## MAPLE MOUSSE, NO. 1.

1 pint sweet cream, 1 small cup maple syrup, 4 eggs beaten separately. Put syrup and beaten yolks into a bowl, stir well together, then put on stove in double boiler and cook until it is the consistency of custard. Whip cream stiff, also whites of eggs and add the custard. Let it stand in a freezer well packed for three hours.

## MAPLE MOUSSE, NO. 2.

4 eggs, 1 cup of maple syrup, 1 quart cream whipped. Beat yolks of eggs very light, stir in 1 cup of syrup and cook until it thickens, stirring constantly. Add 1 quart whipped cream and the beaten whites of the eggs. Pack in molds in ice and salt and let stand for at least 3 hours.

## HERMITS.

Three eggs, two cups sugar, one cup butter and lard mixed, four tablespoons sweet milk, one teaspoon cloves, one teaspoon cinnamon, three and one-half cups flour, one-half teaspoon soda, one-half teaspoon nutmeg, one cup raisins chopped. Drop on tins and bake.

## CHOCOLATE BLANC MANGE.

1 pint milk,  $\frac{1}{2}$  cup sugar, 1 square chocolate, 1 saltspoon cinnamon, 2 tablespoons corn starch. Heat milk in double boiler with chocolate and sugar. Thicken with cornstarch and cook until smooth. Put in sherbet cups and serve cold with plain or whipped cream.

## LEMON FOAM.

Beat yolks of 4 eggs with 4 tablespoons sugar. Add juice and grated rind of one lemon and two tablespoons hot water. Cook in double boiler until thick. Remove from fire and stir in whites of eggs. Serve very cold.

## CHOCOLATE SPONGE.

Soak  $1\frac{1}{2}$  ounces of gelatin in a little cold milk. Heat 2 cups of milk in a double boiler, add to this  $2\frac{1}{2}$  ounces of melted chocolate and five tablespoons of granulated sugar. When hot pour over the gelatin and stir until dissolved. When cool add 1 cup of thick cream,  $\frac{1}{2}$  cup of crushed almonds and 1 teaspoon of vanilla. Let it get cold, but before it sets whip lightly and pour into a wet mold.

## PRUNES IN AMBUSH.

Boil one cupful of rice in milk, sweeten to taste and pour into a ring mold. When cold turn out on a platter and fill the center with stewed prunes. Pour some of the prune juice over the rice and cover the prunes with whipped cream.

## PEACH MERINGUES NO. 1.

Bake a cake in layer cake tins or in a long shallow cake tin. Spread with sliced peaches, cover thickly with a soft meringue, dust with powdered sugar and brown in the oven. Cut in squares and serve warm.

### PRAULINE FILLING.

2 cups dark brown sugar, 1 cup granulated sugar, 1 cup sweet milk, 3 tablespoons maple syrup, 1 tablespoon butter. Cook milk and sugar until it boils. Add maple syrup. Cook until it creams when tried in water. Add butter and beat until cool.

### PUFF PASTE NO. 1.

2 cups of flour, 1 cup of butter, 1 teaspoon salt. Enough water to make a stiff dough. Wash the butter, put a tablespoon in the flour, shape the other in a square cake, wrap in a napkin and put it in cool place. Mix the tablespoon of butter with the flour with the tips of the fingers, working it to a stiff dough with 1-3 cup of ice water and teaspoon of salt. Roll out twice as long as wide, put the cake of butter in the center, fold the sides and then the ends of the pastry over the butter. Let it stand ten minutes. Turn the paste half around. Roll again and turn as before. Let stand a few minutes between each rolling. It should be rolled 5 or 6 times, cut into shape, chilled and baked.

### MARSHMALLOW PARFAIT.

Whites of 3 eggs beaten stiff,  $\frac{3}{4}$  cup of sugar and  $\frac{1}{2}$  cup of boiling water boiled to thread stage. Pour this over whites of eggs beating all the while. When it begins to cool add  $\frac{1}{4}$  pound of chopped marshmallows. Beat until it begins to thicken and add the whip from 2 cups of cream. Pour in a mould, seal and pack in ice and salt for four hours.

### ANGEL AND NUT PARFAIT.

1 cup of sugar,  $\frac{1}{2}$  cup of water cooked until it makes a soft ball. Pour slowly over the whites of two eggs beaten stiff. Fold in 4 cups of cream whipped. Add 2 cups more or less of ground nuts. Put in a mould, seal and pack in ice and salt 4 hours.

### NOUGATINE CREAM.

Sweeten 2 quarts of cream with 1 cup of sugar. Pour into this the liquor from one pint bottle of creme de menthe cherries. Freeze to a mush and add the chopped cherries,  $\frac{1}{4}$  pound of chopped marshmallows and 1 cup of chopped blanched almonds.

### FROZEN WHIPPED CREAM.

Whip cream very stiff, sweeten, flavor and color if desired, and pack in moulds. Add fruit, nuts and different flavoring and colors packed in irregular layers. Use baking powder cans if desired for packing to freeze.

### PLAIN ICE CREAM WITH CHOCOLATE SAUCE.

1 qt. rich cream whipped stiff, 1 qt. rich milk,  $1\frac{1}{2}$  cups of sugar dissolved in the hot milk. Do not let the milk come to a boil, but hot enough to melt sugar. Let the milk cool, then add cream. Use whatever flavor is desired.

### CHOCOLATE SAUCE.

1 cup sugar, 1 cup milk, 3 squares of chocolate, 2 teaspoons vanilla. Put the sugar on fire in water enough to cover. When dissolved, add chocolate and let all boil, being careful not to burn. Add milk and let simmer. Chopped nuts of any kind are an improvement. Sauce can be used hot if desired and is preferred by many.

## PEACH MERINGUES NO. 2.

6 good sized rounds of sponge or plain cake, 6 halves of peaches, meringue made of 2 egg whites and 1-3 cup powdered sugar, 2½ tablespoons candied fruits and nuts chopped together. Bake sponge or plain cake in a thin sheet. Cut out in rounds and place on each slice a peach half, filling in the cavity with the fruit. Cover with the meringue and bake 8 to 10 minutes in a slow oven. Serve with peach or fruit sauce or boiled custard.

## PRUNE ROLY POLY.

Soak one-half pound of prunes over night. In the morning cook till tender, remove the pits and shred with a fork. Add sugar to taste and juice of half a lemon. Make a soft dough of 2 cups of flour, 2 teaspoons of baking powder, 1 tablespoon sugar, a little salt and 1 heaping tablespoon of butter. Roll out until the dough is about  $\frac{3}{4}$  of an inch thick. Spread with stewed prunes, roll about 45 minutes. Serve with a lemon sauce or a hard sauce.

## CARAMEL CUSTARD.

Melt  $\frac{1}{2}$  cups of sugar in an omelet pan, letting cook until delicate brown color. Have ready 3 cups scalded milk, add the caramel to it, then when the sugar is dissolved, pour the mixture over 3 well beaten eggs; flavor to taste and strain into a buttered dish. Bake until set in a moderate oven. Having the dish containing the custard set into another dish of hot water. Serve hot or cold.

## COCOANUT CUSTARD.

1 pint of milk, 3 tablespoons of sugar, 2 eggs. Put in cups, sprinkle cocoanut over the top and set in a pan of hot water to bake.

## FRUIT PUFFS.

1 pint of flour, 1 teaspoon of baking powder, a little salt and 1 tablespoon of cream. Add milk enough to make a stiff batter. Put a tablespoon of this mixture into buttered cups, then some cooked fruit, another spoonful of batter and steam twenty minutes. Serve with sauce.

## JUDITHA.

Cook 1 pint of gooseberries, mash and strain, add 2 well-beaten eggs and sugar to taste. Scoop out the center of a mold of vanilla ice cream, fill with the gooseberries, return to the mold, pack in ice and salt till ready to serve.

## CREAM PUFFS.

$\frac{3}{4}$  cup of butter, put the butter in one cup boiling water, and boil three minutes together. Remove the mixture from the fire and over 1 cup flour sifted, pour this boiling mixture in a crock. Sift 1 cup of flour in this boiling mixture, beaten till smooth with an egg beater, 4 eggs, one at a time, beat well together. Put in muffin rings well greased with butter, 30 or 35 minutes in a moderate oven. This makes 12 large cream puffs.

## CHARLOTTE RUSSE.

$\frac{1}{2}$  box gelatine, 1 pt. cream, 1 pt. milk, 1½ cup powdered sugar, 1 teaspoon vanilla, whites of seven eggs. Dissolve gelatine in milk by beating slowly. Beat cream until a little stiff, add sugar, vanilla and milk with dissolved gelatine. As it stiffens add eggs well beaten. Line a dish with lady fingers and pour on mixture. Put in a cool place to harden.

### FILLING FOR CREAM PUFFS.

2 eggs, 1 cup sugar, 2 tablespoons flour and flavor to taste, 1 pint of milk put in double boiler, boil till it thickens. Pour hot milk over two well beaten eggs. A quart of milk is better. Serve with whipped cream on the top. Dotted with plum jelly if preferred.

### CREAM PUFFS, NO. 1.

$\frac{1}{2}$  cup of boiling water,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup flour (sifted twice), 2 eggs. Put butter and water in saucepan over fire. When butter is melted let boil 3 minutes, turn in the flour and stir rapidly until free from lumps. Add eggs (one at time); stir again until smooth. Bake 40 minutes in muffin rings.

### FILLING FOR CREAM PUFFS, NO. 2.

2 eggs,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  pt milk, butter (half the size of an egg), 1 teaspoonful vanilla, small pinch of salt and 1 teaspoon of cornstarch. Heat milk to boiling point, add to this the salt and butter. Mix sugar cornstarch and yolks of eggs, add a little cold milk to eggs and pour this into boiling milk and stir until custard.

### VANILLA STICKS.

Whites of 5 eggs,  $1\frac{1}{4}$  lb. powdered sugar (sifted), 5c worth of vanilla bean grated, 1 lb. almonds chopped fine without blanching. Beat eggs stiff, add sugar, and beat very light. Add the vanilla bean and divide the mixture into two equal parts. Add the almonds to the one part, using the other for icing. Sift flour pretty thick on the baking board, spread the nut mixture upon it to the thickness of about  $\frac{1}{4}$  inch. Spread the icing mixtures over this and cut into strips. Place on buttered pan, leaving plenty of space between and bake in moderate oven.

### ORANGE STRAWS.

Peel oranges in quarters and with shears cut into strips. Cover with cold water and boil 2 minutes. Do this 3 times, draining water off each time. 1 cup of orange to one cup of sugar and enough water to just cover, and boil till it threads. Then take out with a fork and roll in granulated sugar and lay on a platter to dry.

### MOCK CHARLOTTE.

1 pint of cream,  $1\frac{1}{2}$  quart of milk,  $\frac{1}{2}$  cup of raisins, 1 teaspoon of cinnamon,  $\frac{1}{4}$  grated nutmeg. Wash the rice through several cold waters, cover it with a quart of milk and stand in a cool place over night. Next morning add nutmeg, cinnamon, the remaining pint of milk and raisins. Bake in a moderate oven (280 degrees F.)  $\frac{3}{4}$  hour, stirring down the first crust only. This pudding must be creamy and soft.

### BREAD CUSTARD.

3 slices of bread, 4 eggs,  $\frac{1}{4}$  cup of sugar, 1 quart of milk. Beat the eggs without separating, add the sugar and milk. When the sugar is dissolved pour the mixture into a baking dish, cover the top with bread buttered side up. Bake in a moderate oven until set or solid. Serve cold.

### SWEET PUREE OF CHESTNUTS WITH WHIPPED CREAM.

1 pint of chestnuts,  $\frac{1}{2}$  cup of sugar, 1 teaspoon of vanilla and 1 pint of cream. Shell and blanch the chestnuts. Cover them with boiling water, add the juice of  $\frac{1}{2}$  lemon, cook until tender, drain and sprinkle them with sugar, add the vanilla and press the whole through a colander, arranging it carefully in the center of a round dish. Whip the cream, put it around the dish and when cool serve.

### MAPLE CUSTARD.

1 pint milk, 2 eggs,  $\frac{1}{2}$  cup maple syrup. Bake in cups, 1st in hot water.

### APPLE WHIP.

Pare and quarter  $\frac{1}{2}$  dozen sour apples. Steam until tender and then rub through sieve. Take 1 cupful of pulp, sweeten to taste and add the well beaten whites of three eggs very gradually, beating all the time if liked. Pile into a glass dish and chill. Serve with cream or a thin boiled custard.

### RICE WHIP.

$1\frac{1}{2}$  pt. milk in double boiler, when boiled add  $\frac{1}{2}$  cup rice,  $\frac{1}{4}$  teaspoon salt. Cook until rice is tender and milk is nearly gone. Add carefully  $\frac{1}{2}$  cup sugar, 1 heaping tablespoon of gelatine which has been soaked in  $\frac{1}{2}$  cup of cold water. Melted by setting cups in hot hot water. When slightly cold add 3 teaspoons sherry wine, maraschino cherries or vanilla. When cold add  $\frac{1}{2}$  pt. whipped cream and set in moulds.

### MARSHMALLOW PUDDING.

1 cup of sugar, 1 tablespoon gelatine, whites of 5 eggs. Small can of shredded pineapple or other fruit. Dissolve the gelatine in  $\frac{1}{2}$  cup of cold water. Put 1-3 cup water on the sugar and boil for 2 or 3 minutes, then add gelatine. Beat the eggs and when the syrup is cool pour gradually in the eggs, beating all the time. Add fruit, serve with whipped cream.

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### NOUGAT LOAF.

Syrup No. 1:  $2\frac{1}{2}$  cups sugar granulated, 1 cup of water. Syrup No. 2:  $1\frac{1}{2}$  cups granulated sugar  $\frac{1}{2}$  cup of water, 3 tablespoons glucose, whites of 3 eggs. Cook syrup No. 1 till it threads and pour on the whites of eggs beaten stiff. Cook syrup No. 2 until it is brittle when tried in cold water. Add to mixture No. 1. When it begins to stiffen add nuts and fruit, poured in greased pan or pans lined with greased paper.

# VEGETABLES

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## MASHED POTATOES.

Take the quantity needed, pare off the skins and lay them in cold water half an hour; put them into a sauceman with a little salt, cover with water and boil them until done. Drain off the water and mash them fine with a potato masher. Have ready a piece of butter the size of an egg, melted in half a cup of boiling hot milk and a good pinch of salt; mix well with the mashed potatoes until they are a smooth paste, taking care that they are not too wet. Put them into a vegetable dish, heaping them up and smooth over the top, put a small piece of butter on the top in the center and have dots of pepper here and there on the surface as large as a half dime. Some prefer using a heavy fork or wire beater instead of a potato masher, beating the potatoes quite light and heaping them up in the dish without smoothing over the top.

## BROWNED POTATOES.

Wash them as the above, put them into a dish that are to be served in, smooth over the top and brush over with the yolk of an egg, or spread on a bountiful supply of butter and dust well with flour. Set in the oven to brown. It will brown well in fifteen minutes with a quick oven.

## NUT AND POTATO BALLS.

To 4 cups of mashed potatoes add 1 cup of chopped walnut meats, tablespoon of minced parsley, whites of 2 eggs and milk if necessary. Make into balls and roll in chopped walnut meats, then in the yolks of the eggs and walnut meats. Fry in deep fat.

## POTATO CHOWDER.

$\frac{1}{4}$  pound of ham cut into dice, 6 potatoes cut in dice, 2 small onions, sliced, 1 pint of milk, 1 tablespoon butter, 1 tablespoon flour. Melt butter and add ham and onions. Cook until brown, cover with 1 pint boiling water and add the potatoes. Cook slowly for 20 minutes. Just before serving add milk thickened with flour and let boil 1 or 2 minutes.

## HASTY COOKED POTATOES.

Wash and peel some potatoes, cut them into slices of about a  $\frac{1}{4}$  of an inch in thickness, throw them into boiling salted water, and if of good quality they will be done in about ten minutes. Strain off the water, put the potatoes into a hot dish, chop them slightly, add pepper, salt and a few small pieces of fresh butter and serve without loss of time.

## POTATOES AND PEAS.

Place mashed potatoes on a plate and hollow out in center and place creamed peas and garnish around the edge of plate with parsley.

### BAKED POTATOES.

Wash the potatoes and wipe and rub a meat skin over them and bake for twenty minutes.

### POTATOES GOLDEN ROD.

Three cups diced cooked potatoes, 2 tablespoons flour, 3 hard cooked eggs, 2 cups milk, 1 tablespoon finely minced onions, 1 teaspoon salt, 3 tablespoons butter,  $\frac{1}{4}$  teaspoon pepper. Separate egg whites from yolks, cut into dice and add to potato. Fry onions in butter till softened, add flour and seasonings and gradually the milk, stirring well. Let boil, add potatoes and when very hot turn into serving dish. Put egg yolks in potato ricer and rice over dish. Serve at once.

### MASHED POTATOES WARMED OVER.

To two cups of cold mashed potatoes add  $\frac{1}{2}$  cup of milk, a pinch of salt, a tablespoon of butter, 2 tablespoons of flour and 2 eggs beaten to a froth. Mix the whole until thoroughly light; then put into a pudding or vegetable dish, spread a little butter over the top and bake a golden brown. The quality depends upon very thoroughly beating the eggs before adding them, so that the potato will remain light and porous after baking similar to a sponge cake.

### POTATOES EN CASSEROLE.

Make a sauce of 1 tablespoon of butter and 1 of flour rubbed together until smooth. Add a little salt and 1 cupful of boiling milk. Slice cold boiled potatoes in the casserole dish, season and cover with the white sauce. Sprinkle over with breadcrumbs and grated cheese, brown in the oven.

### ITALIAN SPAGHETTI.

1 lb. of spaghetti, 1 3 lb. can tomatoes, 3 large onions chopped fine, 2 sprigs garlic chopped fine,  $\frac{1}{2}$  cup dried mushrooms, put in 2 cups cold water and bring slowly to a simmer, 1 lb. lean beef, 6 tablespoons olive oil, 1 tablespoon butter, salt and pepper to taste, 2 cups grated cheese.

### SCRAMBLED TOMATOES.

Put a heaping teaspoon of butter in an omelet pan. When hot turn in a mixture made of 2 cups of ripe tomatoes, chopped, 1 cup of fine bread crumbs, 1 tablespoon of grated cheese, 6 minced mushrooms with salt and pepper and a little sugar. Stir briskly until cooked and serve on toast.

### SPAGHETTI ITALIAN.

2 cups spaghetti in inch lengths,  $\frac{3}{4}$  cup strain tomatoes, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon kitchen bouquet, 1 teaspoon minced onions;  $\frac{1}{2}$  teaspoon salt, 2 tablespoons dried mushrooms, soak in  $\frac{1}{4}$  cup cold water a few grains cayenne and 1 tablespoon flour,  $\frac{1}{4}$  cup Romano or Parmesan cheese. Cook spaghetti till tender in plenty of boiling salted water; drain and rinse in cold water. Melt butter, add onions and mushrooms and saute 3 minutes. Then add flour, mushroom liquor and tomatoes. Let boil, season and stir in spaghetti; sprinkle over cheese and let stand to become very hot.

### STUFFED PEPPERS.

Remove seeds from green peppers and parboil 5 minutes. Prepare a filling of bread crumbs, any kind of chopped meat or chicken. Season with salt and pepper and moisten with a beaten egg. Fill the shells and bake half an hour.

### ASPARAGUS LOAF.

2 tablespoons butter,  $\frac{1}{2}$  cup minced chicken or veal, 4 tablespoons flour, 1 teaspoon salt, 1 cup cooked asparagus, cut in inch lengths  $\frac{1}{4}$  teaspoon pepper and 1 cup milk, 4 well beaten eggs, 2 cups of asparagus tips for lining mold. Cut the tips from 2 bundles of cooked asparagus in 3-inch lengths. Select a quart mold about 3 inches deep, butter it thickly and line the bottom with paper; line it with the tips, putting the green tops pointing downward, line the bottom with some pretty pattern. Then make a sauce by melting butter, adding flour and milk slowly allowing it to boil. Then add chicken, seasoning and asparagus and when boiling pour onto the well-beaten eggs. Pour carefully into mold and set into a pan having bottom covered with several thicknesses of brown paper. Surround with boiling water and cook till firm in an open so slow that water will not boil. Serve with mousseline sauce or with creamed asparagus tips.

### FRENCH MUSHROOM SAUCE.

$\frac{1}{2}$  lb. of fresh mushrooms, 1 tablespoon of flour, 6 tablespoons of cream, 1 tablespoon of butter,  $\frac{1}{2}$  teaspoon of salt, 1 saltspoon pepper. Wash the mushrooms, do not peel. Cut them into quarters, throw them into a saucepan with the butter. Add the salt and pepper, cover the saucepan, place it over a very moderate fire where the mushrooms will soak slowly for twenty minutes. Rub the mushrooms, flour and cream together. Dip a little of the mushroom liquor into the bowl, then strain this and pour on mushrooms, stir until boiling and serve. This is the foundation when fresh mushrooms are used with sweetbreads. Simply add the par-boiled sweetbreads to this sauce and serve while hot. This also is the foundation when chicken is used with mushrooms, or used as a sauce with chicken cutlets, broiled or fried chicken.

### STUFFED CUCUMBERS.

Choose large cucumbers, pare and half them lengthwise, simmer in boiling water until tender, take out and scoop out the pulp. Put shells in baking dish and fill with following:  $\frac{1}{2}$  cup cucumber pulp,  $\frac{1}{2}$  cup meat chipped,  $\frac{1}{2}$  cup onions chopped fine, white of egg beaten, salt and pepper, cover with buttered bread crumbs and bake brown. The filling may be doubled or trebled if desired; one white of an egg does for twice the quantity.

### CORN RELISH.

4 dozen ears of corn, 2 heads of cabbage (small), 6 white onions, 12 large sweet peppers, 6 red peppers, 2 tablespoons of ground mustard, 2 heaping tablespoons of celery seed,  $\frac{1}{4}$  cup of salt, 1 quart of vinegar, 2 quarts of water. When served cold add a little more vinegar and red pepper. Put bacon grease in skillet and put corn in to cook for a few minutes.

### SCALLOPED CAULIFLOWER.

Cook cauliflower whole. When done pour enough white sauce to cover it. Sprinkle with bread crumbs, butter and seasoning over the top and brown in oven.

### STUFFED TOMATOES.

12 large smooth tomatoes, 1 teaspoon salt, a little pepper, 1 tablespoon butter, 1 tablespoon sugar, 1 cup bread crumbs, 1 teaspoon onion juice. Arrange the tomatoes in a baking pan. Cut a thin slice from the smooth end of each. With a small spoon scoop out as much of the pulp and juice as possible without injuring the shape. When all have been treated in this way, mix the pulp and juice with the other ingredients, and fill the tomatoes with this mixture. Put on the tops and bake  $\frac{3}{4}$  of an hour. Slide the cake turner under the tomatoes and lift gently on to a flat dish.

### CELERY AU GRATIN.

1 pint cooked celery,  $\frac{3}{4}$  cup grated cheese, 1 pint white sauce,  $\frac{3}{4}$  cup cracker crumbs, 1-3 cup melted butter. Cut celery in  $\frac{1}{2}$  inch pieces, use the water in which it was boiled with white stock and cream in making the sauce. Put alternate layers of celery and sauce in a buttered dish, sprinkle each layer with cheese. Cover top with cracker crumbs mixed with melted butter and cheese. Set in oven to brown.

### STUFFED EGG PLANT.

Cook egg plant fifteen minutes in boiling water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too closely to skin. Chop pulp and mix with it one cup soft bread crumbs. Melt two tablespoons butter and add  $\frac{1}{2}$  tablespoon finely chopped onion and cook five minutes, or use three slices of bacon, using bacon fat instead of butter. Add to the chopped pulp and bread crumbs and season with salt and pepper, and if necessary moisten with little stock or water. Cook five minutes, cool slightly and add one beaten egg. Fill egg plant, cover with bread crumbs and bake 25 minutes in hot oven.

### STUFFED PEPPERS.

Take large perfectly shaped green peppers, cut off the top, leaving the stem, scrape out the seed, mix the seed with sufficient piccalilli to fill the peppers. When filled tie on the stem piece, pack in a jar, pour over scalding vinegar, let stand over night. In the morning pour off the vinegar and cover with fresh vinegar.

### FRIED EGG PLANT.

Slice plant, let stand in salt water or what is best, put salt between the slices. Let stand 15 minutes. Have the fat hot and dip the slices in beaten yolk of egg in which has been put a little milk, then dip in cracker or stale bread crumbs, fry and serve immediately.

These recipes have all been tried. Success will attend the preparing of them if time and care is used.

### SWEET POTATO CROQUETTES.

Boil potatoes with the skins on, mash free from lumps. Use a little cream, butter, sugar and season with cinnamon. Irish potatoes make a very fine croquette also, omitting sugar and cinnamon.

### MACARONI CROQUETTES, CHEESE SAUCE.

For the croquettes take enough cold boiled macaroni to make 2 cups when cut into small pieces. Add to this 1 teaspoon of lemon juice,  $\frac{1}{2}$  teaspoon of onion juice, a little celery salt and seasoning to taste. Mix with 1 cup of white sauce made of 2 tablespoons of butter, 2 tablespoons of flour, seasoning and one cup of boiling milk. Let the mixture cool. Form in cone shaped croquettes, roll in egg and bread crumbs and fry in deep fat till a very light brown. Stick a small spray of parsley in the top of each croquette. Cheese Sauce: To 1 cup of white sauce add  $\frac{1}{2}$  cup of grated cheese and 1 heaping tablespoon of chopped walnut meats.

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### GRAVY.

Brown beef, onions and garlic in oil and butter, add tomatoes, mushrooms and water, salt and pepper. Boil 1 hour or so until water has disappeared. Into 5 quarts boiling water salted put 1 lb. spaghetti, boil till done, then put in colander to drain. Put a layer of cheese in the bottom of a dish and layer of spaghetti, then some gravy and a sprinkling of cheese, and so one until all the spaghetti and cheese are used, having cheese on top.

# MEATS

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## SWEET BREAD CUTLETS.

Boil 1 pair sweet breads in salt water until tender. Remove, dip in ice water and skin. Slice them, also dice  $\frac{1}{2}$  can of mushrooms or a whole can if desired. Melt 2 tablespoons of butter, 2 heaping tablespoons of flour, 1 scant cup of milk, add salt, pepper and a little onion juice. When smooth remove from the fire, add one well beaten egg,  $\frac{1}{2}$  cup of soft bread crumbs and to this add sweetbreads and mushrooms. Spread on a platter to cool. Shape in cutlets, dip in crumbs and fry in deep fat. Serve with tartar sauce.

## ROAST BEEF.

Prepare for the oven by dredging lightly with flour and season with salt and pepper; place in the oven and baste frequently while roasting. Allow a  $\frac{1}{4}$  of an hour for a pound of meat if it is desired rare, longer if well done. Serve with a sauce made from the drippings in the pan, to which add a tablespoon of Worcestershire sauce and a tablespoon of tomato catsup.

## ROASTED SPARERIBS.

Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper and fold over. Stuff with turkey dressing, sew tightly, place in dripping pan with pint of water, baste frequently, turning over once so as to bake both sides until brown.

## STEWED LAMB.

Cut lamb into small pieces after removing all the fat) about 2 inches square. Wash it well and put over the fire, with just enough water to cover and let it heat gradually. It should stew gently until partly done, then add a few thin slices of salt pork, one or two onions sliced fine, some salt and pepper if needed, and two or three raw potatoes, cut up into inch squares. Cover closely and stew until the meat is tender. Drop in a few dumplings, thicken the gravy. Serve.

## VEAL PATTIES FOR LUNCHES.

Mince very fine 1 pound cold roast veal, with 1 pound cold boiled ham, fat and lean equally mixed. Put it into a stew pan with 3 ounces butter rolled in flour, 1 gill cream, also 1 gill of veal broth. Season to taste with cayenne pepper, nutmeg, grated rind of lemon and lemon juice. Set pan on fire, simmer till well heated through. Have ready some small shells of puff paste, fill them with the mixture and eat either warm or cold.

## ROASTED PORK TENDERLOIN WITH DRESSING.

Cut tenderloin into small pieces, put some bread dressing into the middle of each piece, roll up and tie. Bake in an oven until brown and tender. Remove strings before serving.

## STEWED KIDNEY WITH TOMATO.

After soaking a beef kidney in salt water over night, stew until tender and until little water is left in the kettle. Cut the kidney into small pieces and thicken with flour the water in which it was cooked. Add a tablespoon of butter and the kidney. Serve with boiled tomato and mushroom sauce on toast.

### BEEF OLIVES.

1 thin round steak, 1 tablespoon of chopped parsley, 1 tablespoon butter, 1 tablespoon flour,  $\frac{1}{2}$  cup of bread crumbs, 1 pt. stock, 1 tablespoon of kitchen bouquet,  $\frac{1}{2}$  teaspoon salt, 1 saltspoon pepper. Cut steak into strips 4 inches long and 2 inches wide. Put bread crumbs in bowl, add  $\frac{1}{2}$  teaspoon salt, a dash of pepper and sufficient melted butter (extra) to moisten. Spread each slice with bread crumbs, roll them up compactly and tie with string. Put the butter and flour in a sauce pan, mix, when boiling add stock and kitchen bouquet and olives as they are now called. Bring this to a boiling point, push on back of stove to simmer for 1 hour, add salt, pepper, 1 tablespoon chopped onion and a bay leaf if desired. Cook slowly 30 minutes longer. When ready to serve, keep on center of platter a mound of mashed potatoes or boiled rice. Put olives around as a garnish, fill bottom of dish with strained brown sauce. Take to table at once.

### BAKED HAM.

Soak ham over night. Make a stiff dough, wrap it around the ham, having it about an inch in thickness and put in oven to bake for three hours, then take it out of oven and remove the dough and skin of ham. Spice it and cover with bread crumbs and brown sugar moistened with a little vinegar and put back in the oven to brown.

### SWEET BREAD CROQUETTES FOR LUNCH.

1 scant cup of potatoes mashed very fine and one set of sweet breads cooked and mixed with the potatoes and the yolk of one egg. Mushrooms chopped fine and added are an improvement. Work the mass well, add salt and pepper, form into croquettes, roll in cracker meal and fry in hot fat.

### TOMATOES AND FRIED LAMB KIDNEYS.

Skin and half lamb's kidneys, roll in egg and bread crumbs and fry in hot dripping lard from 5 to 7 minutes, take out and keep hot, and in same fat fry tomatoes cut in halves. Serve very hot on rounds of buttered toast, the kidneys on top of tomatoes, pour any grease left in pan around them. Mushrooms may be used instead of tomatoes.

### VEAL LOAF.

Yoke of 2 hard boiled eggs and cracker crumbs seasoned with salt and pepper, open the meat and insert the dressing, pour over the meat after rubbing it well with salt and pepper, a tablespoon of vinegar and meat drippings mixed with water and a little flour. Shape well into a loaf, baste often while cooking.

### VEAL LOAF.

Three pounds of raw veal chopped very fine, butter the size of an egg, 3 eggs, 3 tablespoons of cream or milk. If milk is used add a small piece of butter. Mix the eggs and cream together, mix with the veal four pounded crackers, one teaspoon of black pepper, one large tablespoon of sage, mix well and form into a loaf. Bake  $2\frac{1}{2}$  hours, basting with butter and water while baking. Place a hard boiled egg in center of loaf before baking. Slice and serve.

### SHEPARD'S PIE.

Line a pudding dish with nicely seasoned mashed potatoes. Fill with a mixture of cold cooked meat cut in small squares. Add the gravy, some finely chopped onions and seasoning. Spread the remainder of the potatoes on top, sprinkle with bread crumbs and dot with small pieces of butter. Bake in a hot oven until brown.

# POULTRY AND GAME

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## FRIED CHICKEN. MRS. E. HAYES.

Before frying the chicken sprinkle it with salt and pepper and roll each piece in bread or cracker crumbs with a little flour. Have the fat hot, but not boiling, in order that the chicken will cook through slowly. When browned nicely on both sides, pour a little cold water in the pan, cover over and push back on the stove to steam. When ready to serve take up the chicken, remove some of the grease, add a small piece of butter in which has been stirred a tablespoon of flour. A few pieces of mushrooms also improves the gravy.

## SMOTHERED CHICKEN.

Singe, clean and draw the chickens, split down the back. Season well with salt and pepper and ginger, put in a baking pan, sprinkle a little flour over them and add bits of butter. Put about 2 cups of water in the pan, and set in a hot oven; baste often and brown nicely on both sides. Dissolve a little flour in the pan after chickens have been removed, also add a little parsley. Pour gravy over chickens before sending to the table.

## FRICASSEE OF SQUIRREL.

Clean as many young squirrels as required. Cut into joints and lay in salted water for an hour; then wipe each piece dry, season with salt, pepper and ginger and sprinkle with a little flour. Put on a fryer with a tablespoon of butter; when hot cut up an onion in it and fry light brown; then add the pieces of squirrel and brown lightly; add also 1 or 2 tablespoons of tomatoes and 1 tablespoon of Worcestershire sauce. Pour a pint of water over all, add some celery cut up, also a little parsley; cover with a lid and stew until tender, about 2 hours. If the gravy is too thin thicken with a little flour.

## ROAST DUCKS.

Wash and dry the ducks carefully. Make a dressing of sage and onion, salt and pepper; insert, and if tender do not require more than an hour to roast. Keep them well basted and a few minutes before serving dredge lightly with flour. Send to the table hot, with a good brown gravy, poured not around but over them. Accompany with currant jelly and, if in season, green peas.

## CHICKEN CURRY.

3 pounds chicken, 1-3 cup butter, 2 onions, 1 tablespoon curry powder, 2 teaspoons salt, 1 teaspoon vinegar. Clean, dress and cut chicken in pieces for serving. Put butter in a hot frying pan, add chicken and cook ten minutes, then add liver and gizzard and cook ten minutes longer. Cut onions in thin slices, and add to chicken with curry powder and salt. Add enough boiling water to cover and simmer until chicken is tender. Remove chicken, strain and thicken liquor with flour mixed with enough cold water to pour easily. Pour gravy over chicken and serve with a border of rice or Turkish Pilaf.

#### SWEET STUFFING FOR TURKEY.

The crumbs of 1 loaf of bread mixed with cranberries prepared as for the table,  $\frac{1}{4}$  lb. blanched almonds chopped, 2 eggs, salt, 1 tablespoon of butter.

#### CHESTNUT STUFFING FOR TURKEY.

Cook 3 cups of blanched chestnuts until tender in boiling salted water, drain and pass through a sieve  $\frac{1}{4}$  cup of melted butter and  $\frac{1}{4}$  cup of milk, 1 teaspoon of salt,  $\frac{1}{8}$  teaspoon of pepper, 1 tablespoon chopped parsley, 2 tablespoons lemon juice. Moisten 1 pt. of bread crumbs with milk and combine the mixture.

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## FISH

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#### SALMON LOAF.

Grate one slice of stale bread. Put it in a double boiler with one cup of milk. While it is cooking pick over one can of salmon, removing all skins and bones. Mash with a silver fork. Add to the milk, season highly and stir in 1 cup of cream and three well beaten eggs. Whip for a few minutes and then pour into a buttered pan to mold. Set the mold in hot water and bake until firm in a moderate oven.

#### SAUCE FOR SALMON LOAF.

1 tablespoon butter, 2 tablespoons flour, 1 cup hot milk. Boil until creamy, then add salmon juice and a beaten egg. Seasoning and lemon juice last.

#### BROILED MACKEREL.

Take a fresh mackerel, wash and wipe it, then salt and pepper and place in broiler over coals. Put salt, pepper and butter on dish before placing mackerel.

#### SALT MACKEREL.

Soak over night and cook next morning until tender, then pour the water off and make a cream dressing. Three to five minutes is long enough to cook mackerel, because if it cooks longer it will become tough.

#### BAKED HALIBUT.

In one tablespoon of butter brown  $\frac{1}{2}$  an onion chopped fine, add 1 can of tomatoes, 2 sprigs of parsley, a tablespoon of flour. Cook fifteen minutes. Place the halibut on a baking dish, pour the tomato sauce on the halibut and bake  $\frac{3}{4}$  of an hour.

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#### A NICE CHEESE DISH.

Butter slices of toast well and line the bottom of a baking dish. Sprinkle well with grated cheese, season with salt, pepper. Mix with four well-beaten eggs, three cups of milk, pour over the bread and cheese and bake in a hot oven. When done garnish around the edge with toast points.

# OYSTERS

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## OYSTER SAUTE.

Steam large oysters a few minutes, dry between towels, dip in crumbs, then in mayonnaise or cooked salad dressing, then again in crumbs and saute in butter until they are brown. Serve with slices of lemon dipped in chopped parsley.

## OYSTER PIE.

Lime the bottom of a casserole dish with pieces of nicely cooked bacon. Put in a layer of oysters, then cream sauce. Sprinkle over this  $\frac{1}{2}$  cup of oyster crabs, seasoned. Then a layer of celery chopped fine, and minced parsley. Another layer of oysters and cream sauce seasoned. Put a rich pie crust on top and bake in a quick oven until nicely browned.

## OYSTER LOAF.

Cut the crust from a loaf of hot bread, cut out the center,  $1\frac{1}{2}$  inches from the edge. Brush over with butter and toast brown, fill with creamed oysters.

## CREAMED OYSTERS.

Scald a pint of oysters in their own liquor until the edges curl, drain and reserve the liquor. Cook 2 tablespoons of butter until it bubbles, add 2 tablespoons of flour, pour in the liquor and 1 cup of fresh milk, cook until it thickens, season with salt, pepper and a dash of nutmeg. Move to the side of the stove and add yolk of 2 eggs slightly beaten, stir until thick, add oysters and serve.

## WHITE CREAM SAUCE.

1 tablespoon of butter, 1 tablespoon flour, 1 cup milk or cream. Cook butter until it bubbles, add flour and stir till smooth, add milk gradually. Cook till it thickens, season with salt and pepper. Stock can be used instead of milk. White stock is made from veal, chicken or fish,

## BERNAISE SAUCE.

$\frac{1}{2}$  cup of vinegar, a little chopped onion till reduced to half, add yolk of 4 eggs very slowly when thick. Add  $1\frac{1}{2}$  tablespoons each of clarified butter and oil, a little chopped parsley and salt. Serve with fish and tenderloin cutlets.

## CREAMED OYSTERS WITH CHEESE.

Cook in a double 1 rounding tablespoon butter. When melted add 2 tablespoons of grated Edam or other cream cheese. When melted and smooth add 1-3 cup of tomato catsup and  $\frac{1}{2}$  teaspoon of Worcestershire sauce and  $\frac{1}{2}$  cup cream and the meat of a crab cut very fine; when creamy add  $\frac{1}{2}$  pint small oysters (blue points are especially nice). Cook until the edges curl. Serve at once on buttered toast.

### FISH TIMBAL.

2 cups of cold cooked fish ground, add  $\frac{3}{4}$  cup of cream sauce, well seasoned, and beat the mixture till very light. Add 2 eggs well beaten. Butter timbal molds, pour in fish mixture, set in a pan of hot water, cover over and cook in the oven or on top of stove till firm to the touch. Serve with any fish sauce.

### OYSTERS IN PEPPERS.

Cut the stem end from sweet bell peppers of uniform size (not too large). Remove seed and parboil 10 minutes. Fill with creamed oysters, cover with the stem of peppers, stand in a baking dish, pour enough stock or water in the dish to prevent burning, about  $\frac{1}{2}$  cup to 6 or 8 peppers, and bake till the peppers are tender, but do not let them loose their shape

### SPAGHETTI WITH CREAMED OYSTERS.

Break  $\frac{1}{2}$  lb. spaghetti into very small pieces. Wash well and cook in enough boiling salt water to cover it. Cook till tender. Melt tablespoon of butter, add level tablespoon of flour and cook. Add  $\frac{1}{2}$  cup sweet milk, season with salt, pepper and onion juice. Continue to cook till thick. Add spaghetti and 1 tablespoon of butter and  $\frac{1}{2}$  tablespoon of grated cheese. Mix well and pour into a well buttered deep pan. Cover with buttered paper, put under a weight. When cold turn out and cut into rounds or squares, dip into bread crumbs and egg and fry in hot fat. Cut out the center and fill with creamed oysters.

### OYSTERS AND MACARONI.

Carefully look over and wash 1 pint of oysters. Cook  $\frac{3}{4}$  cup of macaroni, broken in 1-inch pieces in salted boiling water, drain. Put a layer of macaroni in a small baking dish, then a layer of oysters. Season and add a little butter. Repeat and cover with buttered bread crumbs. Add  $\frac{1}{2}$  cup of milk and sprinkle a very little grated cheese on top. Bake in a hot oven about 20 minutes.

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## EGGS

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### PARISIENNE EGGS.

Cut hard boiled eggs into rather thin slices, season with paprica, salt, chopped parsley and a few drops of onion juice. Dip in grated Parmesian cheese. Butter well a baking dish, line it with sliced tomatoes seasoned same as eggs. Cover them over with a cream sauce, put in a layer of eggs, then the sauce, and so on till the dish is filled, making the last layer of sauce ornamental by forcing it through a tube. Put a garnish of potato balls around the dish. Made very rich with yolk of eggs and butter, set in the stove to heat and brown.

A very nice sauce for the above dish: 2 cups of heavy cream, 2 full tablespoons of Parmesian cheese, a dash of cayenne pepper,  $\frac{1}{4}$  teaspoon of salt, 1 teaspoon each of French and English mustard and the juice of one lemon.

### CREAMED EGGS.

Boil the eggs hard, remove shell, cut the eggs half in two and serve in a white in which are put bits of parsley.

#### FRENCH SCRAMBLED EGGS.

Beat the whites and yolks separately till they are light. Pour them into a skillet in which has been put a piece of butter. When the butter is hot, but not so hot as to turn the egg brown, season to taste. A little cream improves the dish.

#### OMELET.

Beat whites and yolks of eggs separately. Have a piece of butter in the pan hot, season the eggs with salt, pepper, some like suspicion of onion. This is gained by rubbing a knife over an onion; pour the eggs when very light into the pan and as soon as it browns turn one-half over the other and dish, serve immediately. A very nice dish can be made by omitting pepper and spreading jelly over the omelet and rolling it up. Tomatoes which have been cooked and are hot can be used instead of the jelly.

#### EGG NEST.

Toast a slice of bread for each person to be served, then beat the white of one egg very stiff for each slice. Pile this on top of the toast, make a little depression in the center of each in which to drop a bit of butter and the unbeaten yolk of an egg and a pinch of salt and pepper if liked. Place the slices in the oven till sufficiently cooked.

# SOUPS

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## CREAM POTATO SOUP.

Boil 12 peeled potatoes until tender, drain and mash; melt 1 tablespoon butter in porcelain kettle; stir in 1 pint sweet cream, let boil, then stir in the mashed potatoes; season with salt and pepper; thin to proper consistency with the water in which the potatoes were boiled.

## CREAM OF CELERY SOUP NO. 1.

Two stalks of celery cut up in pieces and boiled tender. Mash through a colander, adding a little cold water. Mix with strained soup stock; then add  $\frac{1}{2}$  pint milk and  $\frac{1}{2}$  pint cream. If not sufficiently thick add a little flour dissolved in milk. Season with salt and white pepper. Drop in croutons just before serving.

## CREAM OF CELERY SOUP NO. 2.

Boil 1 small cup of rice in three pints of milk until it will pass through a sieve. Grate the white part of 3 heads of celery and add to the milk after it has been strained. Put to it 1 quart of strong soup stock, boil until celery is perfectly tender, season with salt and cayenne pepper and serve with batter crouton in the dish. If procurable milk and  $\frac{1}{2}$  sweet cream instead of all milk is better.

## CREAM OF ASPARAGUS.

Boil until tender in some soup stock 2 bunches of asparagus. Remove from fire. Cut tips off one bunch and set aside. Pass remainder through colander. Add to the other soup stock and thicken with a tablespoon of flour. Heat 1 pint sweet cream in double boiler and pour while boiling into the soup tureen, then stir in the prepared stock. Put in asparagus tips, season with salt and pepper and drop in the small egg custards for soup.

## CREAM OF TOMATO SOUP.

Cook 1 quart tomatoes (fresh or canned) with 1 pint water until done and strain through a sieve. Boil 1 pint cream, or  $\frac{1}{2}$  cream and  $\frac{1}{2}$  milk; drop in some finely chopped celery and parsley and season with salt and pepper. Just before ready to serve stir the strained tomatoes in the milk or cream, stirring constantly. Add a pinch of soda to the tomatoes before adding to the cream. Serve at once. If soup stock is convenient, use instead of water.

## OYSTER SOUP.

Drain oysters well. Put liquor on in porcelain-lined kettle, season with salt and pepper and finely chopped parsley and celery and a good lump of butter. When boiling drop in oysters and remove as soon as oysters are plump. Put a few oyster crackers in a soup tureen, pour boiling soup over them and serve at once.

### CREAM OF OYSTER SOUP.

Put on 1 pint oyster liquor in 1 boiled and 1 pint of sweet cream or  $\frac{1}{2}$  milk and  $\frac{1}{2}$  cream in a double boiler. When liquor boils skim and season with salt, pepper, butter the size of an egg and parsley. Just before ready to serve drop oysters in the liquor and boil just long enough to get plump. Thicken the cream with 1 tablespoon flour or cornstarch that has been wet with a little milk. Beat up the yolks of 3 eggs in the soup tureen, pour the boiling cream over them stirring all the time, then stir in the oysters and liquor and serve at once.

### CLAM CHOWDER.

Peel and wash six medium sized Irish potatoes, cut them in dice shaped pieces, put in a large stewpan, add some white celery, cut in very small pieces, cut 2 carrots in small pieces, also 1 small onion and 1 turnip and add to the potatoes, season with a small pinch of salt and pepper, add two quarts of water, place on the stove and boil slowly until the potatoes are nearly done. Stew one can of tomatoes in a sauce pan for ten minutes, then mash through a sieve and add to the vegetables, add also 1 tablespoon fresh butter. Cut a nice slice of bacon in small pieces and fry spoon flour in the bacon grease and add it to the broth. Brown 1 tablespoon flour in the bacon grease and add also to the broth. Cut 3 dozen clams in quarters, add to the broth, also add the liquor of the clams. Boil about 5 minutes. Add a few broken crackers if desired, season with salt and pepper, also a little Worcestershire sauce if desired, but do not boil after cracks are added. Serve at once.

### MUSHROOM SOUP.

Peel  $\frac{1}{2}$  lb. fresh mushrooms, wash and chop with a silver knife. Put in a saucepan with 1 quart of chicken or veal stock, cover and simmer gently 30 minutes, add teaspoon of salt, simmer ten minutes longer. Put 2 tablespoons of butter in another saucepan, with 3 tablespoons of flour, mix and cook a minute without browning, add  $\frac{1}{2}$  pint of thick cream to the mushrooms, then pour all together with butter and flour, stirring constantly until it reaches the boiling point, add a dash of white pepper.

### PUREE OF CLAMS.

25 clams, 1 tablespoon butter, 1 pint cream, 1 cup cold water, 2 tablespoons flour,  $\frac{1}{4}$  cup bread crumbs, pepper to taste. Drain the clams, saving the water and strain. Put the liquor in a sauce pan over the fire; when it comes to a boil skim. Chop clams fine, add them to the liquor, boil and skim. Rub butter and flour till smooth, add to the broth with the crumbs; stir and cook until it thickens. Press through a sieve, return to the kettle and when heated add the cream which has been previously heated in farina boiler. Do not let the soup stand on the stove after adding the cream, as it will curdle.

### BISQUE OF CLAMS.

1 pint of oysters, 1 tablespoon butter, yolk of 1 egg, 1 tablespoon flour, 1 pint milk, salt and pepper to taste. Drain the oysters free from their liquor, add enough cold water to make a cup of liquid. Chop half the oysters fine. Bring the oyster liquor to a boil, skim, add the chopped oysters, simmer 10 minutes. Scald the milk, rub the butter and flour together until smooth, add the milk and stir till thickens. Add the whole oysters to the oyster liquor, and as soon as the edges curl remove all from the fire. Add the beaten yolk of the egg to the milk, take at once from the fire and mix with the oysters and their liquor. Season and serve at once.

### CREAM OF CHESTNUT SOUP,

Peel and blanch 1 quart of large chestnuts. Cook for one-half hour and rub through sieve. Add 1 quart of white stock and a little chopped parsley, blend one teaspoonful of flour and one of butter, add to the soup stirring briskly. Put through a sieve again. Serve with croutons of fried bread.

### CHICKEN BISQUE.

Cook 2 tablespoons of butter in a sauce pan, add 2 tablespoons of flour, stir until blended, pour on gradually 3 cups of chicken stock and 1 cup of rich milk. When it begins to thicken add 1 cup of ground cooked chicken and cook until it thickens to the proper consistency. Season with salt and pepper, put three tablespoons of cream well whipped in the bottom of bowl and pour the bisque onto it.

### MUSHROOM SOUP.

1 can of mushrooms put in saucepan, 1 qt. of chicken stock or milk if preferred. Simmer gently 20 minutes, add teaspoon and simmer 10 minutes longer. Add 2 tablespoons of butter to 3 tablespoons of flour and  $\frac{1}{2}$  pt. thick cream. Add the whole, stir constantly till it reaches the boiling point, add a dash of white pepper and serve.

### MOCK TERRAPIN.

1 qt. chicken giblets boiled till tender, cut in bits, 2 tablespoons of butter, 2 hard boiled eggs grated fine, 1 grated nutmeg, salt and pepper to taste,  $\frac{1}{2}$  cup of cream thickened with flour,  $\frac{3}{4}$  cup sherry wine added just when ready to serve.

# SALADS

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## SUGGESTIONS FOR FRUIT SALADS.

Arrange crisp leaves of lettuce in salad bowl and put over them any one of the following: Thinly sliced apples with French dressing. Stone cherries with French dressing. Sliced oranges, or a combination of orange and sliced pineapple, or peaches or pears with French dressing. Diced pineapple and raspberries tossed together with mayonnaise dressing. Green gages and bananas cut up and dressed with a little sugar and mayonnaise.

## SPINACH SALAD.

Chop cold cooked spinach very fine and pack into claret glasses or egg cups. Make a nest of lettuce leaves, place a slice of tongue in the center and turn spinach out on it. Serve with French dressing.

## STRING BEAN SALAD.

Select young very tender beans; cut the strings from both sides and then cut the beans lengthwise into three pieces. Throw them into cold water till ready to cook. Cover with boiling water, add a teaspoon salt; boil 20 minutes; drain and then throw water away. Cover with salt water and let them stand for 10 or 15 minutes, then put them back into boiling unsalted water. Bring to a boiling point and cook 15 minutes. Drain, and when very cold arrange them neatly in your salad bowl or on a platter. Pour over a French dressing.

## BEET SALAD.

Cut cold cooked beets into thin slices. When ready to serve cut the beets into dice. Mix them with lettuce leaves, cress or chicory, and pour over French dressing.

## OKRA SALAD.

Boil in slightly salted water a sufficient number of okra pods. When tender cool and slice crosswise. Line a salad dish with lettuce leaves, add a layer of okra, then one of tomatoes, sliced very thin, then a sprinkling of onions minced fine, a layer of chopped peppers and some grated horseradish. Repeat and marinate with French dressing.

## CHICKEN AND CORN SALAD.

Cook together in double boiler for 20 minutes \* cup of milk, 2 cups grated corn, a little salt and pepper and the yolks of 3 eggs. Add 1 tablespoon of gelatin which has been dissolved in cold water and remove from fire. Whip in 1 cupful of cold chicken, 1 tablespoon of minced green peppers and the same of chopped pimento. Turn into individual molds. Serve in nests of lettuce leaves, with mayonnaise dressing.

## CHESTNUT SALAD.

Shell large chestnuts and blanch them. Then boil until tender. While they are still hot immerse them in French dressing to which has been added a little onion juice. Drain and chill thoroughly. Serve in a bed of watercress.

#### FRENCH MUSHROOM SAUCE.

½ lb. fresh mushrooms, 1 tablespoon flour, 6 tablespoons cream, 1 tablespoon butter, ½ teaspoon salt, 1 saltspoon white pepper or paprica. Wash but do not peel the mushrooms, cut them into bits, put them into a saucepan with the butter, add the salt and pepper. Cover saucepan, place it over a moderate fire to cook slowly for 20 minutes, rub flour and cream together with some of the water in which the mushrooms are cooking and stir all together and let boil up once more and serve. This is the foundation. When cooked with sweetbreads, simply add the parboiled sweetbreads to this sauce and serve red hot. This sauce is also very nice used with chicken or broiled cutlets. Instead of chickens or cutlets, brains can be substituted.

#### EUROPEAN PUREE OF CHESTNUTS.

1 pt. chestnuts, ½ cup of sugar, 1 pt. vanilla, 1 pt. cream. Shell and blanch the chestnuts by pouring over them boiling water. Cover them with boiling water to which has been added the juice of ½ lemon. Cook until tender, drain and sprinkle them with sugar, add vanilla, press the whole through the colander. Arrange the mass in a dish, whip the cream and pour it around and over the mixture and serve when quite cold.

#### SWEET BREAD AND CUCUMBER SALAD.

Boil sweet breads till tender, remove fibers, when cold cut into dice. Mix them equal parts of celery and 1-3 as much cucumber cut into pieces. Pour on French dressing, serve in small round cups made by moulding jelly in small round moulds, remove center, mold and fill cavity with the salad.

#### GRAPE FRUIT SALAD.

Free grape from partitions, pull in pieces. Mix with blanched, dried out almonds and creme de menthe cherries. Allow 8 or 10 cherries to each grape fruit. Do not mix with salad until ready. Serve in border of chopped green jelly, flavored with creme de menthe or mold the jelly in a border mold, molding in some of the green cherries. Serve salad in the center.

#### MACEDONIA SALAD.

1 qt. cooked strained tomatoes, season with salt and pepper, add can or bottle of macedones, strain the tomato juice and dissolve it in 1 tablespoon of gelatin, stir this into the strained tomatoes, pour into molds, when cold serve on lettuce leaves with mayonnaise dressing.

#### SALAD A LA ROMOULADE.

Cut six potatoes cold and boiled out in dice. Mix with it six dozen sardines which have been skinned, boned and broken in small bits. Add ½ cup of shredded cabbage (the red cabbage, if possible) and one sweet green pepper chopped. Make a dressing of the yolks of 2 hard boiled eggs rubbed smooth, 2 tablespoons olive oil, 4 tablespoons vinegar, 1 onion grated, and pour over the salad. Sprinkle with chopped parsley. Serve on lettuce and garnish with rings cut from the whites of eggs.

### MINT SALAD.

Peel six oranges and after removing the white membrane arrange the pulp on lettuce leaves. Sprinkle with minced mint and garnish with sprays of mint. Dress with sugar and lemon juice or a French dressing.

### POTATO SALAD.

Boil potatoes in jackets and while still warm peel and slice with onion. Season with salt, pepper and celer yseed. Add sugar and vinegar or iemon juice to sour cream to suit taste and pour over potatoes; garnish with hard boiled eggs

### MAYONNAISE DRESSING.

Before beginning the dressing chill the plate, eggs and oil, even the fork. Put the yolks of two eggs carefully freed from the whites in a good sized bowl; add  $\frac{1}{2}$  tablespoon of salt and beat with an egg beater and add a teacup of oil, drop by drop at first, a teaspoon of vinegar and the juice of one lemon. Season with salt and red pepper and  $\frac{1}{4}$  teaspoon of mustard. When finished the dressing should be thick and smooth and a perfect mayonnaise should not be strongly acid, as that destroys the flavor of the oil. Mayonnaise dressing should never be served with a heavy dinner.

### CHICKEN SALAD.

Chop cold, cooked chicken and one pound of veal if preferred, into even sized pieces, not too small, and season. Select the tender stalks of celery as the outer tough pieces spoil the salad. Wash, scrâpe and chop into small pieces. A cup of shelled pecans chopped. Marinate the chicken and keep in a cool place until ready to serve. Mix with celery and pecans. For every quart of salad take one cup of thick mayonnaise dressing. Mix gently with the salad, leaving sufficient to use as a garnish with lettuce leaves or celery tops.

### CABBAGE AND PEPPER SALAD.

For this shred finely a pint measure of young, crisp cabbage and add to it two shredded peppers and, if liked, a very slight grating of onion, or use onion salt for part of the seasoning. Make a boiled dressing, using 2 tablespoons of butter, 2 eggs, 1 cup vinegar, 2 teaspoons sugar, 1 teaspoon dry mustard,  $\frac{2}{3}$  teaspoon salt and a little pepper. Put all ingredients except vinegar in the inner vessel of a double boiler and cook over hot water until they begin to thicken; then add the vinegar and continue the cooking 3 minutes longer. Beat the dressing occasionally while cooking. If not all used, this will keep for future use.

### LIMA BEANS SALAD.

1 $\frac{1}{2}$  cooked lima beans,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons olive oil,  $\frac{1}{8}$  teaspoon pepper, lettuce, 1 tablespoon vinegar, 1 teaspoon horseradish, boiled dressing, 1 tablespoon minced pimento. Mix pimento with beans. Combine oil, vinegar, horseradish, catsup, salt and pepper, and let stand at least 30 minutes, place on lettuce leaves. Pour over French dressing. Serve.

## CREAM SALAD DRESSING.

1 cup cream (sweet or sour), 3 eggs,  $\frac{1}{3}$  cup vinegar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon mustard, 1 teaspoon sugar, 1 saltspoon paprica; cook all together in double boiler until thick. Keep in a covered jar in a cool place.

## LETTUCE SALAD.

Wash and drain lettuce leaves, dry to remove the water. Rub salad bowl with a clover or garlic. Sprinkle with oil, a few drops at a time, tossing gently after each addition. When each leaf glistens with oil, shake over a few drops of vinegar, then dust with salt and pepper and a sprig or two of chopped chives, parsley and fresh tarragon, if convenient.

## CUCUMBER SALAD.

Chop ripe cucumbers, after peeling, and a little salt to taste, put into colander with plate and a weight, allow it to drip 12 hours; mix with cold vinegar and a few mustard or celery seeds as taste demands, and pack in jars. This will keep for years and is nice with cold meat or mixed with salads in winter.

## PEANUT SALAD.

2 cups chopped cabbage, 1 cup chopped or ground nuts, peanuts,  $\frac{1}{2}$  cup cracker crumbs, 3 eggs (yolks of) or 2 whole, well beaten eggs, 3 tablespoons vinegar stirred into eggs. Mix these dry ingredients: 1 tablespoon flour, 2 tablespoons sugar; 1 teaspoon salt,  $\frac{1}{2}$  teaspoon mustard. Then stir into the eggs and vinegar and mix in cup sour cream. Cook until thick, beating all the time. Pour over the mixed cabbage, peanuts and crumbs.

## LOBSTER SALAD.

Cut the boiled lobster meat into as even pieces as possible. Marinate and put in a cool place until wanted. When ready to serve mix with shredded lettuce leaves and mayonnaise dressing in the proportion of one-half cup of dressing to every pint of salad. Serve on curly lettuce leaves, garnished with dressing and the powdered coral of the lobster if desired. Fish salads of any description should be served at once after mixing.

## SARDINE SALAD.

1 box sardines, 1 lemon, 1 head of crisp lettuce, 1 teaspoon Worcestershire sauce. Remove the sardines from the oil and carefully skin; arrange them at once on the lettuce leaves. Squeeze the lemon juice over them and sprinkle on the Worcestershire sauce. Dust lightly with pepper and baste with Italian dressing. Garnish with a tablespoon chopped parsley or a few olives.

## WALDORF SALAD.

The original was made by mixing thin slices of tart apples with white mayonnaise dressing. It is usually served without lettuce. It may, however, be served with both lettuce and celery. In many cases an equal quantity of apples and celery are mixed and served in apple shells on lettuce leaves with French dressing; this is one of the most attractive and wholesome of dinner salads.

### SWEET-BREAD SALAD.

1 pair sweet-breads, 2 tablespoons of vinegar,  $\frac{1}{2}$  cup of mayonnaise dressing, 1 saltspoon of white pepper or paprica, 1 head of lettuce. Wash and cook until tender and cut in dice; then use the sweet-breads and green pepper choped fine. Serve with mayonnaise dressing and on lettuce leaves; garnish with capers.

### BOHEMIAN SALAD.

This is an exceedingly nice salad to serve with braised beef or mutton. Cover the bottom of a salad dish with crisp lettuce leaves, put over the top alternately slices of boiled beets and hard boiled eggs. Sprinkle with a tablespoon of onion chopped and cover with Italian dressing.

### MACEDOMES SALAD.

1 quart can of tomatoes, put on to cook, strain, season with salt and pepper, can or bottle macedomes, strain the tomato juice; after it boils dissolve a tablespoon of gelatine; put the macedomes in it, then put in little molds and serve on lettuce leaves, with mayonnaise dressing.

### FRENCH DRESSING.

Use  $\frac{2}{3}$  oil to  $\frac{1}{3}$  vinegar. For every tablespoon of vinegar and 3 of oil take  $\frac{1}{2}$  tablespoon salt and  $\frac{1}{4}$  of a teaspoon of black or white pepper. Mix the salt and pepper with the oil and add the vinegar slowly, stirring all the while until it becomes white and a little thickened. The dressing must be used or served at once or it will separate.

To marinate is to cover with French dressing and allow to stand two or three hours. When ready to serve, the dressing not absorbed should be drained from the meat or vegetable marinated and the salad mixed with dressing to be used.

### MAYONNAISE DRESSING.

1 cup of oil, 1 teaspoon salt, saltspoon mustard, paprica or red pepper, 1 teaspoon of vinegar, juice of  $\frac{1}{2}$  lemon, yolk of 3 eggs. Have yolk chilled, also the oil; drop oil drop at a time into the eggs and continue, meanwhile to stir. The oil will not blend with the egg if used hastily. When the mixture begins to thicken add teaspoon of vinegar and lemon juice which are mixed together a little at a time, stirring constantly. Now add the other ingredients. When ready to use, if too thick, thin with cream or beaten white of eggs. The cream must be whipped if used.

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### CHEESE SALAD.

Soak 2 tablespoons of gelatine in  $\frac{1}{2}$  cup of boiling water. When cool and beginning to set, beat into this  $\frac{1}{2}$  cup of whipper cream,  $\frac{1}{2}$  teaspoon of salt, 1 cup whipped cream, 1 cup of grated cheese,  $\frac{1}{4}$  cup chopped nuts,  $\frac{1}{4}$  cup chopped olives, 3 or 4 drops of tobasco sauce,  $\frac{1}{4}$  teaspoon mustard. Mold in baking cans. When cold slice. Nice for sandwiches.

## BOHEMIAN SALAD.

A very nice salad to serve with beef or roast mutton. Cover bottom of salad dish with crisp lettuce leaves, place on these sliced tomatoes, alternating slices of boiled beets and hard boiled eggs, followed by chopped onion, cover with Italian or any other salad dressing.

## TOMATO SAUCE.

Cook 1 can of tomatoes with a slice of onion, a sprig of parsley, a bit of bay leaf for ten or twelve minutes, strain, cook two tablespoons of butter in saucepan till it bubbles, add 2 tablespoons of flour, cook until it thickens, add the strained tomato and cook, season with pepper and salt.

## SAUCE FOR FISH NO. 1.

1 tablespoon of butter, cook until it bubbles, add 1 tablespoon of flour, stir till smooth, add 1½ cup of white stock, either chicken or fish, stir until it thickens. Just before removing from the fire add the yolk of four eggs slightly beaten, season, remove from the fire and when slightly cool add one teaspoon of lemon juice.

## SAUCE FOR FISH NO. 2.

Use mayonnaise dressing, made with one-half tarragon vinegar and one-half lemon juice. Add one teaspoon each of chopped olives, pickles and capers; one-half cup whipped cream to one cup mayonnaise.

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## PATE-DE-FOI-GRAS.

Boil 12 chicken livers. Mash to a pulp, add a little onion juice, 4 or 5 drops of tobasco sauce, yolk of three hard-boiled eggs, one tablespoon of Worcestershire sauce, 1 tablespoon of melted butter, vinegar to moisten to a stiff paste. Form into a loaf and slice when cold. Nice for sandwiches. Calf's liver, if quite young is equally good as chicken.

# PICKLES

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## PICKLES.

Pickles should never be put in vessels of copper, iron or tin. Use only earthenware or glass. Use only the best white wine vinegar and always keep in a dark, cool place. Examine at frequent intervals. When cooking them always use agate or porcelain kettles, as acids will not affect them. In putting up pickles in brine always weight the contents of the jars with heavy stones. Cover with a clean cloth which must be removed and washed every day.

## SWEET PICKLED PEACHES.

Peel large clingstone peaches. To 9 lbs. peaches take 4½ lbs. granulated sugar. Put on the sugar with 3 cupfuls water, add 3 pints best vinegar, 2 tablespoons whole cloves, with heads removed, and some pieces cinnamon bark. When it boils 15 minutes, lay in the peaches, boil until tender enough to pierce with a straw (no longer), remove peaches with a perforated skimmer, put in jars and continue cooking syrup until somewhat thick, pour over the peaches and when cold seal tightly. Before cooking, the peaches should be dropped in boiling strong soda water and the fur rubbed off.

## VINEGAR PEACHES.

Drop peaches a few at a time in strong (washing) soda water, then in cold water and rub off. 4 pounds peaches to 2 pounds of sugar and 1 cup of vinegar. Make a syrup of sugar and 2 cups water. Drop the peaches into the syrup, boil fifteen minutes, add vinegar and boil five minutes longer. Seal tight while hot.

## PICKLES.

To 3 gallons of cider vinegar add 4 ounces of mace, 4 ounces of allspice, 2 ounces cloves, 4 ounces white ginger, 1 pound white mustard seed, ½ lb. tumeric, 1 ounce red pepper, teacup garlic, 1 lb. horse radish peeled and cut up, 15 lbs. white sugar. After cucumbers and onions have been in brine about a week or ten days, rinse them in fresh water and peel the onions, cut the cucumbers in suitable pieces and scald together in a large kettle. Put in stone jars with covers; do not close till cold.

## MUSTARD PICKLE.

2 qts. large cucumbers sliced, 2 qts. small cucumbers, 2 qts. small white onions, 2 qts. coarsely cut celery, 12 green peppers. Put all in weak salt water for 24 hours, then scald in same water.

#### FRENCH PICKLE.

1 peck green tomatoes, 2 large heads cabbage, 12 large onions, 12 cucumbers chopped fine and thoroughly drained. Add to these 3 quarts strong vinegar. Put on in kettle with 1 pound white sugar, 3 tablespoons cinnamon, 3 tablespoons mustard, 3 tablespoons allspice, 3 tablespoons black pepper, 3 tablespoons celery seeds, 1 tablespoon tumeric dissolved in vinegar and put in last, cook well. Should this seem too thick, add more vinegar. Add salt if desired.

#### PASTE.

12 tablespoons ground mustard, 3 tablespoons tumeric, 6 qts. cider vinegar, 3 cups sugar, 2 cups flour, 2 tablespoons celery seed. Mix well together and cook sufficiently to cook the flour, drain pickles well and stir in the kettle of paste until well scalded, put in stone jars and do not cover until cool.

#### PICCALILLI.

1 peck green tomatoes, 3 cabbages, a large package of good sized cucumbers, 8 large white onions, 6 large green peppers, 6 red peppers, 3 bunches of celery. Chop each rather fine, put tomatoes, onions and cucumbers in weak brine over night, drain well, and mix the other ingredients, sprinkle through one gill white mustard seed, one gill celery seed, cover with scalding vinegar, and in 24 hours cover with fresh vinegar.

# DRINKS AND BEVERAGES

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## GRAPE JUICE.

Pull grapes off stems, wash and mash in preserving kettle. Add a very little water to start juice and to prevent sticking. Bring to a boil, strain and measure. 3 quarts juice, 1 quart water, bring to a boil and add 2 pounds granulated sugar, bring to a boil and bottle at once, sealing with wax. In bottling, pour through both strainer and funnel and let juice overflow to get out all air. Put in cork immediately. Have bottles warm before filling. Use best sealing wax. Strain through a flour bag or cheese cloth bag. One small basket of grapes makes about a quart.

## FRUIT PUNCH.

2 cups sugar, 1 cup tea, 1 pint strawberry syrup, 5 lemons (juice), 1 can grated pineapple, 1 cup water, ice water, 1 quart Apollinaris, 5 oranges (juice), 1 can grated pineapple,  $\frac{1}{2}$  pint candied cherries. Make a syrup by boiling sugar and the cup of water ten minutes; add tea, fruit, juices, pineapple and strawberry syrup; let stand thirty minutes; strain, add enough ice water to make  $1\frac{1}{2}$  gallons of liquid; turn into large punch bowl over piece of ice, add cherries and Apollinaris water. Will serve fifty people.

## LEMONADE.

1 pint water, 1 quart ice water, 3 lemons (juice), 1 cup sugar and 1 can pineapple (grated) if desired. Make a syrup of sugar and water by boiling ten minutes, add pineapple and lemon juice, cool, strain and add ice water.

## COFFEE, NO. 1.

Measure the coffee after grinding, allow the usual tablespoon for each cup; put it in the pot and pour boiling water over in the proportion of  $\frac{3}{4}$  of a pint for each tablespoon of coffee. Bring to a boil and instantly lift the pot from the fire, uncover and let stand a minute or two; cover, set back on fire and let boil up again; stand aside five minutes to settle and serve. Note that no egg, neither white nor shells is used to clear coffee, yet it pours perfectly clear and with an aroma decidedly appetizing.

## COFFEE, NO. 2.

Put five tablespoons freshly ground coffee into pot which has been scalded. Put half egg and half cup cold water into pot with coffee, shake or stir with a spoon, pour on about a quart of boiling water. Let it boil up once, then set aside to simmer, not boil, until breakfast is ready. Throw in a dash of cold water and you have a cup of coffee that will make any man glad he has left his mother.

## NEW RECIPES

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