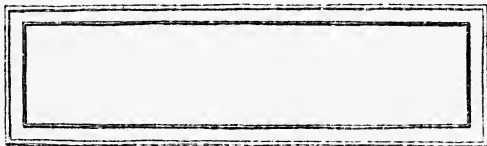
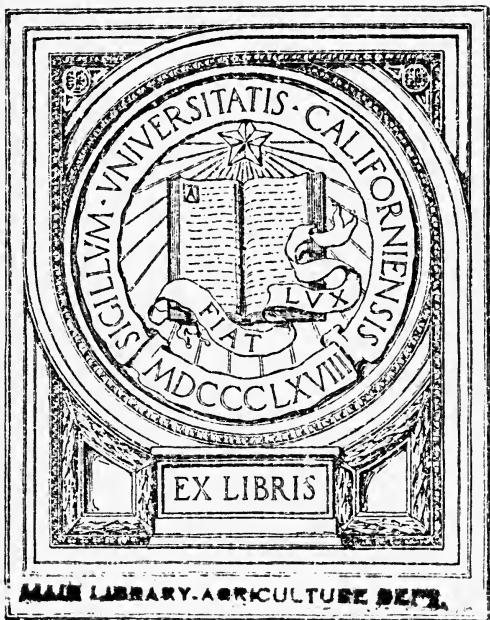


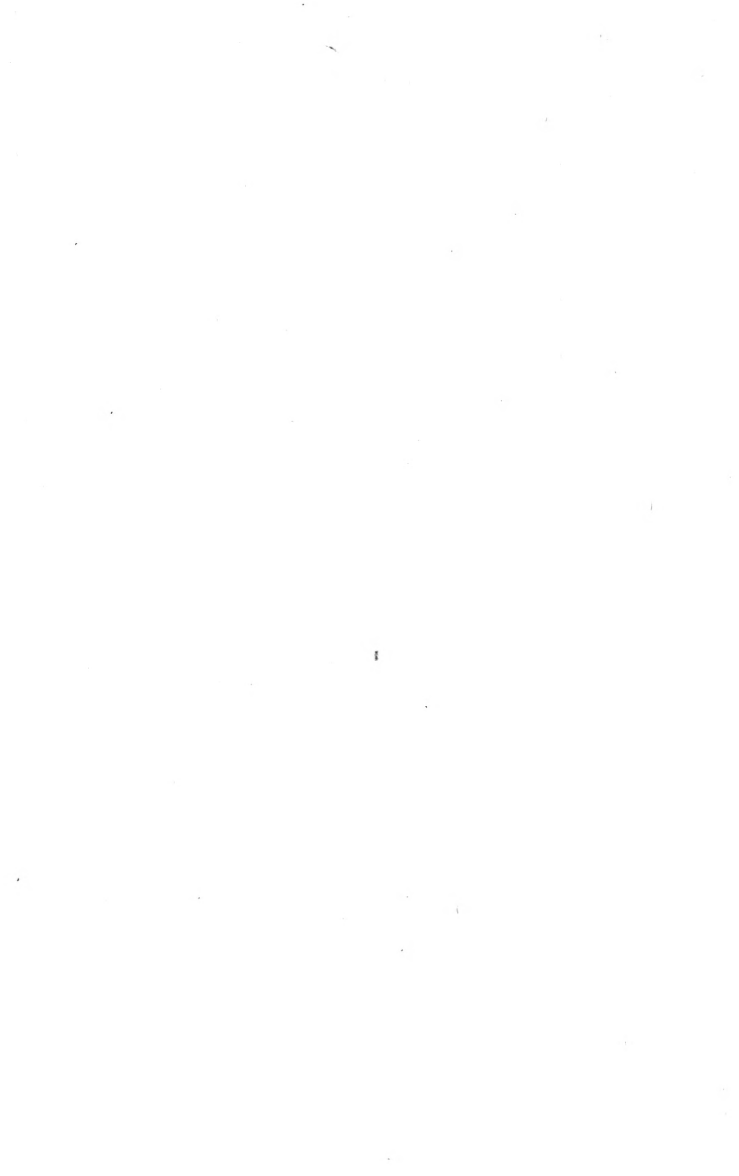
RECIPES AND MENUS  
FOR FIFTY





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# Recipes and Menus for Fifty

as used in

## The School of Domestic Science

of

The Boston Young Women's  
Christian Association

Prepared by

FRANCES LOWE SMITH



WHITCOMB & BARROWS

BOSTON 1920

TX 720  
1556

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AGRIC. DEPT. *Nutrition Division*

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By WHITCOMB & BARROWS

Reprinted September, 1915

August, 1917

March, 1919

January, 1920

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## PREFACE

THE object in publishing this collection of recipes and menus is twofold—to put them in a convenient and accessible form for our own graduates, who find them invaluable in their various fields of work, and for others who need tried and definite recipes for use in small institutions.

This is not a complete cook book, although it furnishes material for a sufficiently varied menu. The recipes are those used by students in the preparation of meals in the school-home kitchen, as distinct from the laboratory; and have been collected and adapted, during a period of eleven years, from various sources—from personal experiments, from the school laboratory recipes, from student-matrons, and from numerous cook books.

The recipes are given just as used in the kitchen of the School of Domestic Science, but a word of explanation is necessary. Our students are women, living an indoor, semi-sedentary life, and are comparatively light eaters. The conditions also are such that it is possible to plan more closely as to quantities than is usually practicable elsewhere. For these reasons, the quantities given will sometimes be insufficient for families of the same size; and again will be just right for smaller numbers—as, for instance, summer camps, boys' schools, or college halls.

It is a pleasure to me to express my thanks for the hearty coöperation of principal and students in this undertaking, and for the invaluable help, inspiration, and encourage-

ment of those whose teachings and writings have made the work possible—to Miss Harriet Folger, my instructor in the School of Domestic Science; to Miss Mary MacDermaid, the present instructor in cookery; and to Miss Anna Barrows and Miss Fannie Merritt Farmer, authors and lecture-demonstrators.

F. L. S.

## FOREWORD

As I begin to write this brief foreword, several memory pictures come before me.

I see the bending shoulders and anxious forehead of a student, who, having a few spare minutes, grudgingly spends them in the drudgery of copying recipes. But the recipes may be her future stock in trade, so there is no alternative.

I am showing a visitor through the school. She is the able manager of a large restaurant and practiced efficiency engineering long before the term became common. We pass through the home kitchen and instantly her keen eye and quick hand are upon the open recipe box being used by some student. "Oh, splendid!" she exclaims; "how I wish these specific and complete directions could be in the hands of the many who need them!"

I am sitting in my office. A recent graduate has come back to the school and is telling me of her first experiences. Engaged to teach in the high school of a small city, what was her surprise to be told upon arrival that she was also to superintend and to be responsible for the mid-day meal in the outdoor school of fifty anæmic children. "But I was equal to the situation, Miss Forehand," she said; "I had copied the home recipes."

So the book is published, that tired students may escape copying, that those who can use the recipes and menus may find them accessible, and that the tool wielded so many years by Miss Smith for the school's success may be put in permanent form.

A. JOSEPHINE FOREHAND, *Principal*.



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## WEIGHTS AND MEASURES

CORRECT measurements are absolutely essential to successful cookery, and these are possible to inexperienced cooks only by following certain definite rules.

All measures in this book are level. Half-pint measuring cups, pint and quart measures, and teaspoons and tablespoons of regulation size are used.

Flour is sifted before measuring, then sifted again with other dry ingredients except sugar. To measure dry ingredients, fill measure rounding full with a spoon or scoop, *without shaking*, and level with a knife. To measure butter and similar ingredients, pack spoon, cup, or other measure solidly, and level with a knife.

Weights are more accurate, and in some cases more convenient, than measures, and there should be in every kitchen a dial scale of several pounds capacity, and in institutional kitchens a platform scale for meats and bulky provisions.

### TABLE OF WEIGHTS AND MEASURES

|    |             |     |            |
|----|-------------|-----|------------|
| 3  | teaspoons   | = 1 | tablespoon |
| 16 | tablespoons | = 1 | cup        |
| 4  | cups        | = 1 | quart      |
| 4  | quarts      | = 1 | gallon     |
| 8  | quarts      | = 1 | peck       |
| 4  | pecks       | = 1 | bushel     |
| 16 | ounces      | = 1 | pound      |

|                 |                           |            |
|-----------------|---------------------------|------------|
| 2               | tablespoons butter        | = 1 ounce  |
| 2               | cups butter or lard       | = 1 pound  |
| 2               | tablespoons sugar         | = 1 ounce  |
| 2               | cups granulated sugar     | = 1 pound  |
| 2 $\frac{2}{3}$ | cups powdered sugar       | = 1 pound  |
| 2 $\frac{2}{3}$ | cups brown sugar          | = 1 pound  |
| 4               | tablespoons flour         | = 1 ounce  |
| 4               | cups flour                | = 1 pound  |
| 5 $\frac{1}{4}$ | cups coffee               | = 1 pound  |
| 2               | quarts tea                | = 1 pound  |
| 8               | egg whites                | = 1 cup    |
| 16              | egg yolks                 | = 1 cup    |
| 10              | medium eggs without shell | = 1 pound  |
| 2               | cups chopped meat         | = 1 pound  |
| 4               | cups cocoa                | = 1 pound  |
| 3               | cups currants or raisins  | = 1 pound  |
| 60              | pounds potatoes           | = 1 bushel |
| 52              | pounds onions             | = 1 bushel |
| 24              | pounds string beans       | = 1 bushel |
| 56              | pounds tomatoes           | = 1 bushel |
| 55              | pounds turnips            | = 1 bushel |
| 54              | pounds sweet potatoes     | = 1 bushel |
| 45              | pounds parsnips           | = 1 bushel |
| 50              | pounds carrots            | = 1 bushel |
| 60              | pounds beets              | = 1 bushel |
| 60              | pounds beans              | = 1 bushel |
| 48              | pounds apples             | = 1 bushel |
| 196             | pounds                    | = 1 barrel |



## FRUITS

### Baked Apples

50 medium sized apples     $1\frac{1}{2}$  teaspoons cinnamon or  
 $1\frac{1}{2}$  quarts sugar                 $\frac{1}{2}$  cup butter if desired

Wash and core apples, and, if skins are tough, pare upper half. Place in agate dripping pans, skin down, and fill cores with sugar. Cinnamon should be mixed with sugar. If butter is used, put bits on top of sugar. Put hot water in bottom of pans to depth of about one inch. Bake in moderately hot oven until quite soft. It is better that they should lose their shape than be underdone. The length of time depends wholly upon kind of apple, but allow an hour or more. Serve hot or cold, with or without cream. If apples are very tart, or if they are to be used for dessert, more sugar will be required.

### Apple Sauce I

16 pounds ( $1\frac{1}{3}$  pecks) tart,    2 quarts water  
juicy apples                        1 teaspoon salt  
2 quarts sugar                      Spice or lemon if desired

Wash, pare, and core apples; add water and cook until soft. Put through purée strainer, add salt and sugar, and serve hot or cold.

### Apple Sauce II

12 pounds tart, red,                2 quarts water  
juicy apples                            1 teaspoon salt  
 $1\frac{1}{2}$  quarts sugar                         $1\frac{1}{2}$  teaspoons cinnamon

Wash, quarter, and core apples; add water and cook until soft. Put through purée strainer, add salt, sugar, and cinnamon. Serve with pork.

### Apple Compote

|                       |                   |
|-----------------------|-------------------|
| 18 pounds tart apples | 1 teaspoon cloves |
| 3 quarts sugar        | 1 teaspoon salt   |
| 1½ quarts water       | 1 large lemon     |

Wash, pare, and core apples; cut in halves or quarters. Cut lemon in slices and each slice in quarters. Bring sugar and water to boiling point, add lemon, salt, and cloves, then turn in prepared apples. Bring to boiling point and cook in fireless cooker six or eight hours. They should be red and unbroken. Lift out carefully the pieces of apple and pour over them the juice, which should jelly slightly. If necessary, juice can be cooked down more before pouring over apples. Serve very cold for dessert, with or without cream.

### Cider Apple Sauce

|                       |                      |
|-----------------------|----------------------|
| 16 pounds tart apples | 1 quart boiled cider |
| 2 quarts sugar        | 1 quart water        |

Pare, quarter, and core apples; add cider, water, and sugar. Cover and cook slowly four or five hours. As amount of sugar varies with kind of apple used, it is well not to put in all the sugar at first. The sauce should be thick, mahogany red, and a little tart. Serve with meat. Cinnamon is sometimes added.

### Green Apple Sauce

|                        |                      |
|------------------------|----------------------|
| 16 pounds green apples | 2 quarts water       |
| 2 quarts sugar         | 6 tablespoons butter |
| 1 teaspoon salt        | Almond extract       |

Wash, pare, quarter, and core green apples. Add water and cook until soft, stirring often to prevent burning. Add more water if needed, as amount required varies with kind and age of apple. Rub through purée strainer, add salt, butter, and sugar, using more sugar if desired. Flavor sparingly with almond extract.

### Spiced Apples

|                       |                          |
|-----------------------|--------------------------|
| 12 pounds tart apples | 2½ teaspoons cinnamon    |
| 1 quart water         | 1 teaspoon ground cloves |
| 5 cups sugar          | 1 teaspoon salt          |
| 3 tablespoons butter  |                          |

Wash, halve, core, and quarter or cut crosswise in one-fourth inch slices Baldwin or other tart red apples. Put apples, and sugar mixed with seasonings, in fireless cooker kettle in layers, dot with butter, pour over hot water, bring to boiling point on range, and cook four or five hours in cooker. Or put into stone jars or baking dishes, and cook slowly three or four hours in oven. The apples should be mahogany red in color. Serve with roast pork or mutton.

### Glazed Apples

|                |                         |
|----------------|-------------------------|
| 2 quarts sugar | 1 peck Baldwin or other |
| 2 quarts water | tart red apples         |

Make syrup of sugar and water. Wash and core apples and cut crosswise in one-half inch slices. Cook in syrup until tender and transparent, but not broken. Do not put in so many at a time as to break or crush them. Drain and keep hot until ready to serve. More water and sugar may be added to syrup at any time if necessary. The syrup that is left may be used in making apple sauce. Serve with sausage, bacon, or pork.

### Fried Apples

16 pounds tart apples      1½ cups bacon, sausage, or  
 2 cups sugar                      pork fat, or butter  
 1 tablespoon salt              1 teaspoon paprika

Wash, quarter, core, and slice apples. Melt butter or fat in frying pans, put in apples, sprinkle with salt, sugar, and paprika. Cover closely, and cook until apples are soft and slightly browned, stirring occasionally. Serve with bacon, sausage, or pork chops.

### Dried Apple and Peach Sauce

Take equal quantities of dried apples and peaches. Wash thoroughly, add water to barely cover, let soak over night, bring to boiling point, and cook two hours, or until soft, in fireless cooker or on back of range. Rub through strainer, add sugar and cinnamon to taste. Serve cold.

### Stewed Apricots

4 pounds dried apricots      3½ cups sugar

Wash apricots thoroughly. Cover with cold water, soak over night, and cook slowly in same water, in double boiler, until soft but not broken. When nearly done, sprinkle sugar over top, but do not stir.

### Baked Bananas

3 cups sugar                      9 tablespoons cornstarch  
 1½ teaspoons salt              1½ quarts boiling water  
 ¾ cup lemon juice              36 bananas

Mix dry ingredients, add water, and boil one minute, stirring constantly, then add lemon juice. Butter baking

dishes. Remove skins from bananas, cut in halves lengthwise, then each half crosswise. Put in baking dishes a layer of bananas, then a layer of sauce, until all are used. Cover with buttered crumbs, using three cups soft, stale crumbs, and three-fourths cup butter. Bake until crumbs are brown.

### Sliced Bananas

|                                      |  |
|--------------------------------------|--|
| 4 dozen large, firm,<br>ripe bananas | 2 cups powdered sugar<br>$\frac{1}{2}$ cup lemon juice |
|--------------------------------------|--|

Peel and slice bananas, arrange in serving dishes in layers, alternating with sugar and lemon juice.

### Cranberry Sauce

|                                  |                |
|----------------------------------|----------------|
| 6 quarts cranberries             | 3 quarts sugar |
| $1\frac{1}{2}$ quarts cold water |                |

Pick over berries, wash in cold water, put into saucepan, add sugar and water. Cover, heat slowly without stirring. Boil slowly fifteen minutes, or until skins are tender and juice jellies. Skim if necessary. Serve cold.

### Cranberry Jelly

|                      |                |
|----------------------|----------------|
| 4 quarts cranberries | 2 quarts sugar |
| 1 quart water        |                |

Pick over and wash berries, add boiling water, and boil twenty minutes. Rub through purée strainer, add sugar, boil five minutes. Turn into jelly glasses.

### Dates

Wash and stone eight pounds dates, steam until tender, chill, and serve with thin cream for dessert.

### Stewed Figs

6 pounds pulled figs      2 lemons  
 1 quart sugar              Water to cover figs

Wash figs thoroughly, cover with fresh water, and let soak several hours. Sprinkle sugar over top and cook in double boiler until figs are tender, adding lemon juice when nearly done. Do not stir them at all, as that crushes them, and they should be unbroken. Strain off the liquid and boil until thick as syrup. Serve cold with whipped cream for dessert.

### Stewed Figs and Rhubarb

6 pounds rhubarb              1½ quarts sugar  
 2 pounds figs                 Water to cover figs

Wash figs thoroughly, add hot water to barely cover, and soak until plump. Wash rhubarb and cut in inch pieces without peeling. Put rhubarb, figs, and sugar into double boiler or fireless cooker kettle in layers, pouring over them the water in which figs were soaked. Bring to boiling point and cook until fruit is tender. Serve cold for breakfast or luncheon.

### Stewed Gooseberries

6 quarts gooseberries      2 quarts sugar  
    2 quarts water

Remove tops and stems and wash berries. Dissolve sugar in water, bring to boiling point, add berries, and simmer gently until tender. More water may be added if desired.

**Baked Pears**

|                 |                   |
|-----------------|-------------------|
| 1½ pecks pears  | 2 quarts sugar    |
| 1¾ quarts water | ¾ teaspoon cloves |

Wash, halve, and core pears. Add sugar, water, and cloves, cover closely, and bake slowly several hours, or until tender.

**Stewed Prunes**

|                 |              |
|-----------------|--------------|
| 5 pounds prunes | 5 cups sugar |
|-----------------|--------------|

Wash prunes thoroughly, cover with cold water, and soak over night or longer. Cook in same water in double boiler until prunes are soft, adding more water if necessary. Sprinkle sugar over top, but do not stir. Serve cold. Less sugar may be used if for breakfast.

**Stewed Rhubarb**

|                   |                 |
|-------------------|-----------------|
| 10 pounds rhubarb | 3 cups water    |
|                   | 2¼ quarts sugar |

Wash rhubarb, cut off imperfect or tough skin, and cut in one-inch pieces. Put in kettle with sugar and water, bring to boiling point, and cook slowly on range or in fireless cooker until tender. One hour or more will be required in cooker.

**Baked Rhubarb**

|                   |                |
|-------------------|----------------|
| 10 pounds rhubarb | 3 quarts sugar |
|-------------------|----------------|

Wash rhubarb and cut in inch pieces, removing tough or imperfect skin. Put in kettle with sugar, let stand an hour or so, then cook slowly in oven two or three hours.

### Stewed Raisins

Wash six pounds raisins, cover with cold water, soak several hours, or over night, and stew gently until plump and tender. No sugar is needed.

### Orange Marmalade

|                 |          |
|-----------------|----------|
| 1 dozen oranges | 6 lemons |
| 8 quarts water  | Sugar    |

Wash fruit and cut crosswise in very thin slices, removing seeds. Add water and let stand twenty-four hours. Boil fifteen minutes and let stand another twenty-four hours. To every quart of mixture add one quart granulated sugar, boil thirty minutes, or until juice jellies slightly. Put in sterilized jars and seal, or cover with paraffine.

### Apple Marmalade

|                                  |                          |
|----------------------------------|--------------------------|
| 6 pounds finely-chopped<br>apple | 1½ ozs. preserved ginger |
| 6 lemons—rind and juice          | 6 pounds sugar           |
|                                  | 3 cups water             |

Pare and core tart, juicy apples before weighing. Boil sugar and water together three minutes, add grated rind and juice of lemons, chopped ginger and apple, and cook slowly two hours, or until fruit is clear. This may be cooked in fireless cooker.

### Spiced Grapes

|                         |                          |
|-------------------------|--------------------------|
| 8 pounds Concord grapes | 4 teaspoons each cloves, |
| 8 pounds sugar          | cinnamon, nutmeg,        |
| 1½ quarts vinegar       | and allspice             |

Wash and stem grapes before weighing. Cook grapes and vinegar together until skins are tender, strain, add sugar and spices, and cook until thick.



### Tomato Relish

|                       |                                 |
|-----------------------|---------------------------------|
| 1 peck ripe tomatoes  | 2 teaspoons ground mace         |
| 2 cups chopped celery | 2 teaspoons cloves              |
| 2 cups chopped onions | 2 teaspoons cinnamon            |
| 4 chopped red peppers | 2 teaspoons black pepper        |
| 3 cups sugar          | $\frac{1}{4}$ pound celery seed |
| 1 cup salt            | 3 pints vinegar                 |

Chop tomatoes finely, drain, and throw away juice. Mix ingredients well, and seal in sterilized jars. Keep in cold place, and relish will keep for months without cooking.

### Grape Catsup

|                         |                                  |
|-------------------------|----------------------------------|
| 6 quarts Concord grapes | 4 tablespoons allspice           |
| 4 pounds brown sugar    | 4 tablespoons cinnamon           |
| 1 quart vinegar         | 4 tablespoons salt               |
| 4 tablespoons cloves    | $\frac{1}{2}$ tablespoon cayenne |

Wash grapes and pick from stems before measuring. Cook until soft, rub through purée strainer, add other ingredients, and boil until of consistency of tomato catsup. Seal while hot.

### Apple Catsup

|                             |                        |
|-----------------------------|------------------------|
| 10 pounds prepared apples   | 4 teaspoons mustard    |
| 3 quarts water              | 3 tablespoons cinnamon |
| $1\frac{1}{4}$ quarts sugar | 4 tablespoons salt     |
| 3 teaspoons paprika         | 2 small grated onions  |
| 4 teaspoons cloves          | 2 quarts cider vinegar |

Wash, quarter, and core sour apples. Add water, cook until soft and nearly dry, then rub through purée strainer. Add other ingredients and cook very slowly for three or four hours, or until mahogany red in color. Seal while hot.

### Spiced Crab Apple Jelly

|                                 |                  |
|---------------------------------|------------------|
| 1 peck crab apples              | 3 quarts vinegar |
| 3 tablespoons cloves            | 1 quart water    |
| 4 tablespoons stick<br>cinnamon | Sugar            |

If vinegar is very strong, use two quarts vinegar and two quarts water. Tie spices separately in strong bags. Cook apples, vinegar, water, and spices together until soft, strain. Add an equal amount of sugar, boil until it jellies.





## BREAD

BREAD is a term applied to a great variety of batter and dough mixtures, but wheat, in one form or another, is used in them all. There are many varieties of wheat, of which the housekeeper should be familiar with the two, winter wheat and spring wheat. The former is sown in the fall, remains in the ground all winter, and is harvested the following summer, producing a grain which is poor in gluten and rich in starch. The latter, or spring wheat, is sown in the spring and harvested at about the same time as the former, but the grain is just the reverse of that of winter wheat, being rich in gluten and poor in starch. Bread flour is wholly or largely from spring wheats; pastry flour is from winter wheat and is sometimes called St. Louis flour.

Bread flour is creamy in color and slightly granular in texture, so that it does not pack when squeezed in the hand, but falls apart readily when the pressure is removed. Pastry flour is whiter in color, smoother to the touch, and is easily pressed into shape in the hand by pressure. As the amount of gluten in flour determines its price, bread flour is more expensive than pastry, but it is cheaper in the end, because a given weight of flour produces a greater quantity of bread.

Bread flour is always used with yeast; pastry flour for all other batters and doughs, unless otherwise specified in recipe. If, for any reason, it is necessary to use bread flour instead of pastry, use two tablespoons less flour to each cup, or two ounces less to each pound. In other words, seven-eighths of a measure of bread flour is equivalent to a whole measure of pastry.

## GENERAL DIRECTIONS

Sift all flour before measuring. For shortening use vegetole, cottolene, cotosuet, or crisco, instead of butter or lard, because they are cheaper. Both sugar and shortening may be omitted and still have a sweet, wholesome bread, but sugar hastens fermentation and shortening makes a more tender bread, which is desirable if it is to be used for toast. At night, after the bread is kneaded, brush with melted fat, to prevent crust from forming. In the morning cut down the dough thoroughly with a knife, or by turning the bread machine, then shape into loaves without using any flour. If the dough is sticky, dip the fingers in melted fat. It sometimes happens that rye or other dark breads are too sticky to mold without flour. In that case it is better to put the dough into pans without molding or shaping at all. Brush with melted butter when first put into the pans, to prevent formation of crust while dough rises, and to give tenderness and flavor to crust.

All yeast breads should double in bulk before baking. The oven should be 360° F. when bread is put in the oven and cooled to 300° after about twenty minutes. The oven may be tested without a thermometer as follows: Put a little flour on bottom of oven, close door, and if flour browns slowly while counting forty, the oven is just right for bread. Bake sixty minutes for pound loaves. The loaves should be of a uniform golden brown all over when done. Remove at once from pans and place on a wire cooler or on a bread board, with one end of each loaf raised so as to allow air to circulate around it. Keep in tightly-closed tin receptacles.

### TO MAKE BREAD WITH MIXER

Put into the bread mixer the sugar, salt, shortening, etc., then add hot liquid. When cool add dissolved yeast and the flour, which should be measured very accurately, or weighed, using exactly six quarts or six pounds to two quarts of liquid. Turn mixer for five minutes or longer. In the morning, or when light, turn for five minutes. Shape into loaves, brush with melted butter, let rise again, bake sixty minutes or till done.

#### Liquid Yeast

|                         |  |
|-------------------------|--|
| 4 medium-sized potatoes | $\frac{1}{2}$ cake dry yeast dissolved |
| 2 tablespoons salt      | in                                     |
| 4 tablespoons sugar     | $\frac{1}{4}$ cup lukewarm water       |
| 2 quarts water          |  |

Boil potatoes and mash fine; add salt, sugar, and water in which potatoes were cooked, adding more water, if necessary, to make two quarts. When cool, add dissolved yeast. Keep in warm place till light, then in a cold place, if it is not to be used at once. Use this yeast in place of other liquid, in making bread. Bread made in this way rises quickly and is very tender and moist, although it becomes moldy more quickly in hot weather than that made with dry yeast.

#### White Bread

|                                  |                                  |
|----------------------------------|----------------------------------|
| 1 quart milk                     | 4 tablespoons sugar              |
| 1 quart water                    | 2 tablespoons salt               |
| 1 yeast cake dissolved in        | $\frac{1}{2}$ cup shortening     |
| $\frac{1}{4}$ cup lukewarm water | $5\frac{1}{2}$ to 6 quarts flour |

Scald milk, add sugar, salt, shortening, and hot water, cool till lukewarm. Add dissolved yeast and flour gradu-

ally, beating hard at first. When stiff enough, take out on well-floured board and knead till smooth and springy. Put back into well-greased mixing pan, brush with melted shortening, let rise over night. In the morning shape into loaves, but do not put any flour on board. Brush with melted butter, let rise till double in bulk, bake sixty minutes in moderately hot oven. This quantity makes six large loaves.

### Potato Bread

|                          |                                  |
|--------------------------|----------------------------------|
| 2 quarts boiling water   | 1 quart mashed potato            |
| 2 tablespoons salt       | 1 yeast cake dissolved in        |
| 4 tablespoons sugar      | $\frac{1}{4}$ cup lukewarm water |
| 4 tablespoons shortening | $5\frac{1}{2}$ to 6 quarts flour |

Mash hot boiled potato, or use cold mashed potato, putting it through the potato ricer if lumpy. Add boiling water, salt, sugar, and shortening. When lukewarm, add yeast and flour, beating well until stiff enough to knead. Let rise over night, put into well-greased tins, brush with melted butter, let rise till double in bulk, bake sixty minutes in moderately hot oven.

### Graham Bread

|                                 |                                  |
|---------------------------------|----------------------------------|
| 1 quart hot milk                | 1 yeast cake dissolved in        |
| $\frac{3}{4}$ quart hot water   | $\frac{1}{4}$ cup lukewarm water |
| 1 cup molasses                  | 3 quarts flour                   |
| $1\frac{1}{2}$ tablespoons salt | Graham flour to knead            |

Sift Graham flour, but mix bran with it again before measuring. Put molasses and salt into mixing pan, add liquid. When cool add dissolved yeast and flour to knead. Let rise over night, shape into loaves, brush generously with melted butter. When risen to double its bulk, bake about sixty minutes in moderate oven.



### Entire Wheat Bread

|                              |                                  |
|------------------------------|----------------------------------|
| 1 quart scalded milk         | $\frac{3}{4}$ cup sugar          |
| 1 quart hot water            | 1 yeast cake dissolved in        |
| 2 tablespoons salt           | $\frac{1}{4}$ cup lukewarm water |
| $\frac{1}{2}$ cup shortening | 1 quart white flour              |
| 5 quarts entire wheat flour  |                                  |

Put sugar, salt, and shortening into mixing pan, add hot liquid and cool. Add yeast, white flour, and entire wheat flour. When smooth and elastic to touch, put into greased mixing pan, let rise over night. In morning shape into loaves, brush with melted butter, let rise to double its bulk, bake from fifty to sixty minutes in moderately hot oven. If dough is too soft to handle in morning, cut down well with knife and turn into bread tins without taking on to the bread board.

### Rye Bread

|                                  |                          |
|----------------------------------|--------------------------|
| 1 quart hot milk                 | 4 tablespoons shortening |
| 1 quart hot water                | 1 yeast cake             |
| 2 tablespoons salt               | 3 quarts white flour     |
| 1 $\frac{1}{2}$ cups brown sugar | 3 quarts rye flour       |

Dissolve yeast cake in one-fourth cup lukewarm water. Prepare and bake as for Entire Wheat Bread.

### Date Bread

|                                     |                                  |
|-------------------------------------|----------------------------------|
| 2 quarts warm wheat<br>mush         | 1 yeast cake dissolved in        |
| 2 cups brown sugar                  | $\frac{1}{4}$ cup lukewarm water |
| 4 teaspoons salt                    | 5 cups English walnut<br>meats   |
| $\frac{1}{2}$ cup melted shortening | 5 cups stoned dates              |

Cut nuts and dates in pieces. Mix the first four ingredients, add dissolved yeast and flour to knead. In the morning, or after the first rising, knead the nuts and dates into the dough; shape into loaves, let rise, bake from fifty to sixty minutes.

### Oatmeal Bread

|                        |                    |
|------------------------|--------------------|
| 2 quarts boiling water | 6 quarts flour     |
| 1 quart rolled oats    | 1 yeast cake       |
| 1 cup molasses         | 2 tablespoons salt |

Dissolve yeast in one-fourth cup cool water. Pour boiling water on rolled oats and let stand half an hour or longer. When lukewarm add molasses, salt, dissolved yeast, and flour. When smooth and elastic to touch, put to rise over night. In morning shape into loaves, or if very sticky, cut down well with knife and put into tins without taking on to the board. Brush with melted butter, let rise to double in bulk, bake sixty minutes or till done.

### Plain Rolls

|                             |                          |
|-----------------------------|--------------------------|
| 1½ pints scalded milk       | 3 tablespoons sugar      |
| 1½ pints hot water          | 3 tablespoons shortening |
| 1½ yeast cakes dissolved in | 1 tablespoon salt        |
| ¼ cup cool water            | 4 to 4½ quarts flour     |

Put salt, sugar, and shortening into mixing pan, add hot liquids. When cool, add yeast and flour to knead as soft as can be handled. Let rise over night. In morning, if wanted for breakfast, shape at once, but if for luncheon, cut down dough and let rise again before shaping. Shape into small biscuits or finger rolls, place closely in greased pans, brush with melted butter, let rise till very light, bake from twelve to twenty minutes in hot oven. This quantity makes about one hundred medium-sized rolls.

### Parker House Rolls

|                        |                      |
|------------------------|----------------------|
| 1½ quarts scalded milk | 1 tablespoon salt    |
| ¾ cup shortening       | 1½ yeast cakes       |
| ½ cup sugar            | 4 to 4½ quarts flour |

Add sugar, salt, and shortening to milk. When lukewarm, add yeast which has been dissolved in one-fourth cup lukewarm water, and flour to knead as soft as can be handled. Let rise over night. In morning cut down and let rise again before shaping. If dough is light before it is time to shape rolls, it can be put in the refrigerator till wanted. Roll out one-third inch thick on an unfloured board, shape with biscuit cutter first dipped in flour. Dip handle of case knife in flour, and with it make crease through middle of each piece. Brush over one-half the piece with melted butter, fold edges together, pressing them tightly. Place in greased pan one inch apart, let rise till double in bulk, bake twelve to fifteen minutes in hot oven. Brush with melted butter before putting in to bake or when partly done.

This same mixture may be shaped into biscuits, finger rolls, or clover leaf rolls. This quantity makes about one hundred rolls.

### Rusks

|                        |                           |
|------------------------|---------------------------|
| 1½ quarts scalded milk | 3 teaspoons salt          |
| 1½ cups shortening     | 1 yeast cake dissolved in |
| 1¼ cups sugar          | ¼ cup lukewarm water      |
| 6 eggs                 | Flour to knead            |

Add shortening, salt, and sugar to hot milk. When lukewarm, add beaten egg, yeast, and flour to make soft batter. Beat hard, add enough flour to knead, and let rise over night. In morning make into small biscuits, place

in pan so that they will touch each other, and let rise again. Before baking, make three parallel creases in top of each biscuit, brush with milk, sprinkle with sugar, bake in hot oven from twelve to twenty minutes, according to size.

### Raised Muffins

|                                  |                          |
|----------------------------------|--------------------------|
| $\frac{3}{4}$ quart scalded milk | 6 tablespoons shortening |
| $\frac{3}{4}$ quart water        | 1 tablespoon salt        |
| 3 eggs                           | 1 yeast cake             |
| $\frac{3}{4}$ cup sugar          | 3 quarts flour           |

Cool milk and water, dissolve yeast in it, add beaten yolks, salt, sugar, and flour; let rise over night. In morning add melted shortening and stiffly-beaten whites. Fill muffin pans two-thirds full, let rise in warm place until full, and bake from thirty to forty-five minutes in hot oven. The muffins should be brown and crisp all over. This quantity makes about six dozen.

### English Muffins

Use recipe for Raised Muffins. When mixture is light add melted shortening and whites beaten stiff. Put well-greased muffin rings on hot griddle, fill half full, cook slowly until well risen and slightly browned underneath, turn with pancake turner, and cook on other side. When cold, pull them apart and toast to a golden brown. Butter generously on the toasted side, reheat, and serve with Orange or Grapefruit Marmalade.

### Squash Rolls

|                                    |   |
|------------------------------------|---|
| $1\frac{1}{2}$ quarts scalded milk | $1\frac{1}{2}$ quarts sifted squash     |
| $\frac{3}{4}$ cup shortening       | $1\frac{1}{2}$ yeast cakes dissolved in |
| $\frac{3}{4}$ cup sugar            | $\frac{1}{4}$ cup cold water            |
| 3 teaspoons salt                   | 4 to $4\frac{1}{2}$ quarts flour        |

Add salt, sugar, and shortening to hot milk; when cool, add squash, yeast, and flour to make as soft a dough as can be handled. Knead till smooth, let rise over night, shape like ordinary rolls, let rise till double in bulk, and bake in hot oven.

### Potato Rolls

|                        |                             |
|------------------------|-----------------------------|
| 4 to 4½ quarts flour   | ¾ cup sugar                 |
| 1½ quarts scalded milk | 1½ quarts mashed potato     |
| 1½ cups shortening     | 1½ yeast cakes dissolved in |
| 3 teaspoons salt       | ¼ cup lukewarm water        |

Add shortening, salt, potato, and sugar to hot milk. When cool, add yeast and flour to make batter. Beat well, then add flour to knead. In morning shape into small biscuits, place close together in well-greased pan, let rise till double in bulk, brush with melted butter, and bake twelve to twenty minutes in hot oven. These rolls may also be shaped like Parker House or Clover Leaf Rolls.

### Buns

|                        |                             |
|------------------------|-----------------------------|
| 4 to 4½ quarts flour   | 1 tablespoon cinnamon       |
| 1½ quarts scalded milk | 6 well-beaten eggs          |
| 1½ cups shortening     | 1½ yeast cakes dissolved in |
| 3 teaspoons salt       | ¼ cup lukewarm water        |
| 1½ cups sugar          | 3 cups currants or raisins  |

Add shortening, salt, and sugar to scalded milk. When lukewarm, add yeast, eggs, fruit, and flour which has been sifted with cinnamon. Knead well, let rise over night. In morning shape into small biscuits, place one inch apart in well-greased pans, let rise to double in size, and bake in hot oven from twelve to twenty minutes. Brush with mixture of sugar and milk and put back in oven to dry.

### Hot Cross Buns

Make same as Buns. When cool, make cross with frosting on top of each bun.

### Swedish Rolls

|                        |                             |
|------------------------|-----------------------------|
| 1½ quarts scalded milk | 1½ yeast cakes dissolved in |
| ¾ cup shortening       | ¼ cup water                 |
| ½ cup sugar            | 1½ cups sugar               |
| 3 teaspoons salt       | 3 teaspoons cinnamon        |
| 4 to 4½ quarts flour   | 2 cups chopped raisins      |

Mix first four ingredients, cool, then add yeast and flour to knead as soft as can be handled. In morning, or after first rising, roll to one-fourth inch thickness, spread generously with melted butter. Mix sugar, cinnamon, and raisins, and spread evenly over dough; roll up like jelly roll and cut in three-fourths inch pieces. Place pieces close together in pan, flat side down, let rise till double in bulk, and bake in hot oven. When done, brush with white of egg, slightly beaten and diluted with one tablespoon water, and return to oven to dry egg.

### German Coffee Bread

|                        |                           |
|------------------------|---------------------------|
| 1¼ quarts scalded milk | 3 eggs                    |
| 1½ cups shortening     | 1 yeast cake dissolved in |
| 1 cup sugar            | ¼ cup lukewarm water      |
| 2½ teaspoons salt      | 3½ quarts bread flour     |

Add shortening, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, well-beaten eggs, and flour. Beat well, cover, let rise over night. In morning, pour into well-greased, shallow pans to depth of one-half inch, let rise one hour in warm place. Before baking, brush

with beaten egg and cover with following mixture: Melt one cup butter, add one and one-half cups sugar and five teaspoons cinnamon; when sugar is partly melted, add one-fourth cup flour. Bake thirty minutes, or till done, in rather hot oven. To serve, cut through crust, then break in squares, or pull apart with fork.

### Raised Doughnuts

|                      |                     |
|----------------------|---------------------|
| 2½ quarts flour      | 1¼ cups sugar       |
| 2½ cups scalded milk | ⅝ cup melted butter |
| 5 eggs               | 1¼ teaspoons salt   |
| 1¼ teaspoons mace    | ¾ yeast cake        |

Dissolve yeast in scalded and cooled milk, stir in one quart bread flour, beat well, and let rise over night. In morning add beaten eggs, sugar, salt, mace, butter, and flour to knead as soft as can be handled—about one and one-half quarts. Let rise until double in bulk, which will require two or three hours. Take part of dough on floured board, pat and roll to three-fourths inch thickness. Cut in strips three-fourths inch wide. Twist and lengthen these, then shape into figure eight. Repeat, until all the dough is used. Let stand on board, closely covered, until light throughout. Fry in deep fat, drain, cool, and roll in powdered sugar. This makes seventy-five doughnuts of medium size.







## QUICK DOUGHS

### Baking Powder

Sift together, seven times or more, the following ingredients: five and five-eighths pounds cream of tartar, two and one-half pounds soda, and one and one-fourth pounds cornstarch. If ingredients are purchased in large quantities, it is much cheaper to make than to buy baking powder.

### Pop-overs

|                   |                |
|-------------------|----------------|
| 3 quarts milk     | 12 eggs        |
| 1 tablespoon salt | 3 quarts flour |

Mix salt with flour, add milk gradually, that mixture may not become lumpy. Add eggs which have been beaten until light, then beat mixture two minutes with Dover egg beater. Fill hot, well-greased muffin pans three-fourths full, bake forty-five minutes or more in a moderately hot oven. Each pop-over should be double in size, and crisp and golden brown all over. If not cooked enough, they will not keep their shape, and will be soft and moist instead of dry and crisp. If the oven is too hot, they will burn on top before the sides are well crusted. This recipe makes six dozen large pop-overs.

### Sour Milk Griddle Cakes

|                     |                   |
|---------------------|-------------------|
| 3 quarts flour      | 1 tablespoon salt |
| 2½ quarts sour milk | 6 eggs            |
| 4½ teaspoons soda   |                   |

Sift soda, salt, and flour together. Stir milk into well-beaten yolks and add gradually to flour, then fold in beaten whites. If wanted thinner, add a little sweet milk. If the milk is very thick and sour, it is well to dilute it slightly with sweet milk. This amount of batter makes about one hundred cakes, allowing one and one-half tablespoons batter to each cake. Cook on hot griddle and serve at once.

### Sweet Milk Griddle Cakes

|                             |                              |
|-----------------------------|------------------------------|
| 3 quarts flour              | $\frac{1}{2}$ cup shortening |
| 6 tablespoons baking powder | 1 cup sugar                  |
| 4 teaspoons salt            | 2 quarts milk                |
| 4 tablespoons molasses      | 4 eggs                       |

Mix and sift dry ingredients; beat eggs, add milk and molasses, and pour slowly on first mixture. Beat well, add shortening, cook at once on hot, well-greased griddle. Serve with maple, caramel, or brown sugar syrup.

### Rice Griddle Cakes

Add two or three cups cooked rice to Sweet or Sour Milk Griddle Cake mixture. Serve with syrup or shaved maple sugar.

### Waffles

|                             |                  |
|-----------------------------|------------------|
| 2 quarts thin, sweet cream  | 12 to 16 eggs    |
| 8 tablespoons baking powder | 4 teaspoons salt |
|                             | 4 quarts flour   |

Mix dry ingredients. Beat yolks of eggs, add cream and dry ingredients, and fold in stiffly-beaten whites. Heat one side of waffle iron, turn, heat other side, and

grease both sides thoroughly. Put tablespoonful of mixture in each compartment near center of iron, cover, and turn almost as soon as covered, cooking on the other side until brown. This quantity makes about twenty-five waffles.

### Plain Muffins

|                              |                |
|------------------------------|----------------|
| 2½ quarts flour              | 5 eggs         |
| ¾ cup shortening             | ¾ cup sugar    |
| 5 teaspoons salt             | 1¼ quarts milk |
| 6½ tablespoons baking powder |                |

Mix and sift dry ingredients; add gradually milk, well-beaten eggs, and shortening. Put into well-greased muffin pans, filling them two-thirds full, or more. Bake thirty minutes, or till done, in moderate oven. This quantity makes fifty-five large muffins.

### Cereal Muffins

|                  |                              |
|------------------|------------------------------|
| 2½ quarts flour  | 3 cups cooked cereal         |
| 1¼ quarts milk   | 6½ tablespoons baking powder |
| 5 eggs           | 5 teaspoons salt             |
| ½ cup shortening | ½ cup sugar                  |

Mix and sift dry ingredients. Beat eggs, add cereal, and beat hard in order to get rid of lumps. Add milk slowly, then dry ingredients and melted shortening. Bake thirty minutes, or till done, in a moderate oven.

The cereal may be put through a coarse sieve, or the potato ricer, before using. This quantity makes fifty-five large muffins.

**Graham or Entire Wheat Muffins**

|                          |                              |
|--------------------------|------------------------------|
| 2½ pints Graham flour    | 2½ pints milk                |
| 2½ pints white flour     | 5 eggs                       |
| 5 teaspoons salt         | 6½ tablespoons baking powder |
| 1 cup sugar              |                              |
| 5 tablespoons shortening |                              |

Sift flour, saving bran from Graham to use in Bran Cakes. Mix and sift dry ingredients together; add milk gradually, then well-beaten eggs and melted shortening. Bake in moderate oven thirty minutes, or till done. This recipe makes fifty-five large muffins.

Rye Muffins are made in same way, except that rye flour is substituted for Graham.

**Bran Cakes**

|                  |                  |
|------------------|------------------|
| 1 quart flour    | 4 teaspoons soda |
| 2 quarts bran    | 1¼ quarts milk   |
| 3 teaspoons salt | 2 cups molasses  |

Sift flour, salt, and soda together, add bran and mix thoroughly, then add molasses and milk. Beat well and bake in muffin pans in moderate oven thirty minutes, or till done. This recipe makes about fifty large ones.

**Graham Gems**

|                       |                                       |
|-----------------------|---------------------------------------|
| 2½ pints Graham flour | 5 tablespoons shortening              |
| 2½ pints white flour  | 5 tablespoons baking powder           |
| 5 teaspoons salt      |                                       |
| 1 cup sugar           | 2½ pints sour milk slightly thickened |
| 2½ teaspoons soda     |                                       |

5 eggs

If sour milk is very thick and sour, dilute with a little sweet milk before using. Sift Graham flour, then mix the bran with it again before measuring; or bran can be saved to use for Bran Cakes. Mix and sift dry ingredients, add milk gradually, well-beaten eggs, and melted shortening. Fill gem pans half full, bake twenty minutes, or till done, in moderate oven.

### Batter Bread

|                           |                         |
|---------------------------|-------------------------|
| 1½ quarts white corn meal | 1½ quarts cooked rice,  |
| 1½ quarts boiling water   | hominy, or other cereal |
| 2½ teaspoons salt         | 3½ tablespoons baking   |
| 1¾ quarts milk            | powder                  |

12 to 15 eggs

Pour boiling water on corn meal, add cereal, well-beaten eggs, baking powder mixed with salt, and milk. Bake in enamel-lined or earthen dishes, in moderate oven, forty-five minutes, or until firm like custard. Serve in dishes in which it is baked.

### Corn Bread

|                            |                      |
|----------------------------|----------------------|
| 1½ quarts yellow corn meal | 8 tablespoons baking |
| 1¾ quarts white flour      | powder               |
| 1½ cups sugar              | 1½ quarts milk       |
| 1 tablespoon salt          | 6 eggs               |

6 tablespoons shortening

Mix and sift dry ingredients; add milk, well-beaten eggs, and melted shortening. Pour into well-greased shallow pans to depth of one inch, bake thirty minutes, or till done, in moderately hot oven.

Cold corn bread is very nice split, toasted, buttered, and served very hot.

**Golden Corn Cakes**

|  |                             |
|--|-----------------------------|
| $\frac{1}{2}$ cup shortening               | 2 cups sugar                |
| $1\frac{1}{3}$ tablespoons salt            | 1 quart milk                |
| $1\frac{1}{3}$ tablespoons soda            | 1 quart yellow corn meal    |
| $2\frac{2}{3}$ tablespoons cream of tartar | $1\frac{1}{2}$ quarts flour |
|  | 8 eggs                      |

Mix as for Corn Bread. Fill well-greased muffin pans half full, bake in moderately hot oven twenty minutes, or till done.

**Quick Nut Bread**

|                                    |                                     |
|------------------------------------|-------------------------------------|
| $1\frac{1}{4}$ quarts corn meal    | $2\frac{1}{2}$ cups brown sugar     |
| $2\frac{1}{2}$ quarts Graham flour | $3\frac{1}{3}$ tablespoons soda     |
| $1\frac{1}{4}$ quarts pastry flour | 4 teaspoons salt                    |
| $2\frac{1}{2}$ cups molasses       | $2\frac{1}{2}$ cups chopped walnuts |
|                                    | $1\frac{1}{2}$ quarts milk          |

Mix dry ingredients, add molasses and sour milk, beat well, add nuts, bake in shallow loaves, in moderate oven, forty-five minutes, or till done.

**Blueberry Muffins**

|                             |                             |
|-----------------------------|-----------------------------|
| 1 cup shortening            | 5 tablespoons baking powder |
| $1\frac{1}{3}$ cups sugar   |                             |
| 4 eggs                      | 2 teaspoons salt            |
| $2\frac{2}{3}$ quarts flour | 4 cups milk                 |
|                             | 4 cups berries              |

Cream shortening and sugar together, add well-beaten eggs and milk. Mix one cup flour with berries. Sift remainder of flour with salt and baking powder and add to first mixture. Beat well, then stir in berries. Canned

berries may be used by straining off liquid before mixing with flour. Bake thirty minutes, or till done, in moderately hot oven. This recipe makes fifty-five muffins of medium size.

### Boston Brown Bread

|                             |                    |
|-----------------------------|--------------------|
| 1 quart corn meal           | 2 cups molasses    |
| 1 quart Graham flour        | 4 teaspoons salt   |
| 1 quart entire wheat or rye | 2 quarts sour milk |
|                             | 2 tablespoons soda |

If sweet milk is used, add two and two-thirds tablespoons cream of tartar. Mix and sift dry ingredients together; add milk and molasses, beat thoroughly. Fill well-greased molds two-thirds full, cover and steam three and one-half hours. If not used the same day, steam an hour before using. Send to table in covered dishes or wrapped in napkins. Raisins may be added if desired.

### Sally Lunn

|                             |                                 |
|-----------------------------|---------------------------------|
| 2½ quarts flour             | 1¼ quarts milk                  |
| 5 teaspoons salt            | 10 eggs                         |
| 5 tablespoons baking powder | 5 tablespoons melted shortening |
|                             | 1 cup sugar                     |

Mix and sift dry ingredients. Add beaten yolks, shortening, and milk. Beat well, cut and fold in stiffly-beaten whites. Pour into shallow cake pans to depth of one inch, bake in moderate oven forty minutes, or till done.

To serve, cut through crust into squares, then break apart.



**Drop Biscuit**

|  |                                |
|--|--------------------------------|
| 3 quarts flour                                     | $\frac{3}{4}$ cup shortening   |
| $4\frac{1}{2}$ to 5 cups milk or<br>milk and water | 8 tablespoons baking<br>powder |
| 2 tablespoons salt                                 |                                |

Mix and sift dry ingredients. Work in shortening with tips of fingers. Add liquid gradually, mixing with knife to soft dough that can be dropped from spoon without spreading. Drop by spoonfuls on well-greased pans, one-half inch apart. Bake eight minutes in hot oven.

**Rocks**

Use recipe for Drop Biscuit. Before baking, brush with milk, then sprinkle generously with granulated sugar and cinnamon.

**Baking Powder Biscuit**

|   |                                |
|---|--------------------------------|
| 3 quarts flour                                | 2 tablespoons salt             |
| $4\frac{1}{2}$ cups milk or milk<br>and water | 8 tablespoons baking<br>powder |
| $\frac{3}{4}$ cup shortening                  |                                |

Sift flour, baking powder, and salt together, then cut or rub in shortening. Add milk gradually, mixing with knife to as soft a dough as can be handled. Flour center of board generously, drop dough on it, pat it with well-floured hands until it is floured all over, then pat or roll to three-fourths inch thickness. Cut in rounds, place close together in well-greased pans, bake from fifteen to twenty minutes in hot oven. Time of baking depends upon size and thickness. All ingredients should be cold. Handle as little and as lightly as possible, and avoid working in more flour.

### Entire Wheat Biscuit (Sour Milk)

|                       |                             |
|-----------------------|-----------------------------|
| 3 quarts entire wheat | 4½ cups sour milk           |
| flour                 | 4 tablespoons baking powder |
| 1 cup shortening      |                             |
| 2 tablespoons salt    | 2¼ teaspoons soda           |
|                       | ¾ cup sugar                 |

The milk should be slightly thickened, but if very thick and sour, dilute with a little water or sweet milk. Mix and sift dry ingredients together, rub in shortening with tips of fingers. Add milk, mixing with knife to soft dough. It should be as soft as can be handled; if too stiff, add a little sweet milk. Roll out from one-half to one inch in thickness, according to taste, cut in rounds, place close together in well-greased pans, bake in hot oven from ten to twenty minutes.

### Entire Wheat Biscuit (Sweet Milk)

Use recipe for Entire Wheat Biscuit with sour milk, using sweet milk instead of sour, omitting soda, and using eight tablespoons baking powder.

### Cinnamon Rolls

|                                      |                             |
|--------------------------------------|-----------------------------|
| 3 quarts flour                       | 2 tablespoons salt          |
| 4½ cups milk or milk and water mixed | 8 tablespoons baking powder |
|                                      | ¾ cup shortening            |

Mix as for baking powder biscuit. Roll to one-fourth inch thickness, brush generously with melted butter, spread with three cups brown sugar mixed with three tablespoons cinnamon. Roll up like jelly roll, cut in three-fourths inch

pieces, place pieces close together in well-greased pans, flat side down. Bake fifteen to twenty minutes in hot oven.

### Doughnuts (Sweet Milk)

|                      |                                 |
|----------------------|---------------------------------|
| 2 cups sugar         | 4 teaspoons cream of tartar     |
| 5 tablespoons butter | 2 teaspoons soda                |
| 4 eggs               | $\frac{1}{2}$ teaspoon cinnamon |
| 2 cups milk          | $\frac{1}{2}$ teaspoon nutmeg   |
| 3 teaspoons salt     | Flour to roll                   |

Beat eggs, add sugar, melted butter, milk, and four cups flour which has been sifted with dry ingredients, then enough more flour to handle, keeping dough as soft as possible. Roll only a small part at a time, and be careful not to work in more flour. Do not knead dough more than absolutely necessary. Roll about three-fourths inch thick, cut, fry in deep fat, drain on brown paper. Roll in granulated or powdered sugar while still warm.

### Doughnuts (Sour Milk)

|                                 |                             |
|---------------------------------|-----------------------------|
| 2 cups sugar                    | 3 teaspoons salt            |
| 4 tablespoons butter            | 1 teaspoon soda             |
| 4 eggs                          | 2 tablespoons baking powder |
| $\frac{1}{2}$ teaspoon nutmeg   |                             |
| $\frac{1}{2}$ teaspoon cinnamon | 2 cups sour milk            |
|                                 | Flour to roll               |

Mix and fry as Doughnuts with sweet milk. These recipes make about seventy-five doughnuts of medium size.

### Rye Drop Cakes

|                         |                               |
|-------------------------|-------------------------------|
| 3 eggs                  | 3 teaspoons soda              |
| $\frac{3}{4}$ cup sugar | 3 cups rye flour              |
| 3 cups sour milk        | 3 cups flour                  |
|                         | $1\frac{1}{2}$ teaspoons salt |

Sift dry ingredients together; add milk and well-beaten eggs, and beat well. Drop by teaspoonfuls into hot fat, fry to a golden brown, drain on brown paper. Serve with maple syrup.

### Fritter Batter

|  |                          |
|--|--------------------------|
| $5\frac{1}{2}$ cups flour                | 1 teaspoon salt          |
| $2\frac{2}{3}$ tablespoons baking powder | $2\frac{2}{3}$ cups milk |
|  | 4 eggs                   |

Mix and sift dry ingredients, add milk gradually and eggs well beaten.

### Apple Fritters

Pare, core, and cut eight tart apples in eighths, then cut eighths in slices, and stir into Fritter Batter. Drop by spoonfuls into hot fat, fry until brown, drain, and sprinkle with powdered sugar. Serve hot.

Fresh peaches or pears may be used in same way. Canned fruits may be used after draining off syrup.

### Rice Fritters

|                             |                             |
|-----------------------------|-----------------------------|
| 3 cups cooked rice          | 6 eggs                      |
| $1\frac{1}{2}$ quarts flour | 3 tablespoons baking powder |
| 3 cups milk                 |                             |
|                             | 3 teaspoons salt            |

Mix and sift dry ingredients, add cereal, milk, and eggs well beaten. Drop by spoonfuls into deep fat, fry till

brown, and drain on brown paper. Serve with meats or with sweet sauce for dessert.

### Hominy Fritters

|                         |                             |
|-------------------------|-----------------------------|
| 1½ quarts cooked hominy | 6 eggs                      |
| 1½ quarts flour         | 2 tablespoons baking powder |
| 3 cups milk             |                             |
|                         | 3 teaspoons salt            |

Mix hominy with milk until smooth, adding milk a little at a time. Then add flour which has been sifted with dry ingredients and well-beaten eggs. Drop by small spoonfuls into hot fat, fry till brown. If batter is too soft, add a little more flour. Serve with meats, or dust with powdered sugar and serve with liquid sauce for dessert.

### Hygienic or Dry Toast

Cut stale bread in half slices, as thin as can be handled without breaking. Toast quickly to a uniform golden brown on each side, in broiler or over coals. It must be watched very closely to prevent burning, and any burned parts should be scraped off with a sharp knife. Put in warm (not hot) oven until well dried throughout. The Aladdin oven is best for this purpose. If gas oven is used, heat oven moderately, then turn off gas. Toast may be buttered, if desired, before sending to table. Keep hot.

### Brown Toast

Cut stale Graham or oatmeal bread in thin half slices; place on edge, in rows, in dripping pans, put in warm (not hot) oven until well dried. The more slowly it dries,

the better it is. This toast is not buttered before sending to table. Moist or close-grained bread is not suitable for this toast.

### **Crumbs**

Crusts and broken pieces of bread not suitable for croutons should be dried. With sharp knife cut off any dark brown or burned parts, then cut or break into small pieces and dry without browning. These dried pieces may be used for bread puddings, scalloped cheese, stuffing, etc., allowing one cup of small dried pieces as the equivalent of one cup of stale crumbs. To dry these pieces, place in dripping pan and put into slow oven that will dry without browning them, or keep in warming oven until dry. When perfectly dry, they can be put through meat chopper, if fine crumbs are wanted.

Keep crumbs in one receptacle and small pieces in another. Use fine dried crumbs for croquettes, coarse crumbs for stuffing.

### **Buttered Crumbs**

Melt one-half cup butter over hot water, add one quart stale, undried crumbs, and stir until well mixed. Use instead of dried crumbs for scalloped dishes.

### **Croutons**

Use stale bread, utilizing broken slices, ends of loaves, etc., for this purpose. Cut into half-inch dice, toast in moderate oven until a uniform golden brown. Serve with soup.

### German or French Toast

12 eggs  
4 cups milk

2 teaspoons salt  
 $\frac{1}{2}$  cup sugar

Beat eggs, add salt, sugar, and milk. Soak slices of stale bread in mixture until soft. Cook on hot, well-buttered griddle; brown one side, turn and brown other side. Be very careful not to burn toast. This quantity is sufficient for fifty or sixty large half slices. Serve for breakfast or luncheon with marmalade, jelly, or syrup.

### Cream Toast

Make four quarts of White Sauce II. Make one hundred half slices of toast. The bread should be well browned and quite dry, but never burned. If it is burned, scrape off that part with sharp knife. Dip toast in hot water, arrange on hot platters, pour White Sauce over it, being careful to have each slice well covered.

If there is time, a better way is to dip toast in cold water, then reheat in oven before arranging on platters. Cold water prevents the slight sogginess which hot water gives. If bread is very tender and flaky, dipping in water may be omitted entirely.

Serve with Orange Marmalade, Baked Bananas, or Baked Apples.

### Milk Toast

Heat five quarts milk in double boiler, season with one cup butter, four teaspoons or more salt. Make one hundred half slices of nicely browned and well-dried toast. Arrange in deep dishes, pour hot milk over toast, cover, and send to table at once. The butter and one pint of milk may be omitted and a pint of heavy cream used instead. Serve with Grape Jelly.

### Tomato Cream Toast

|                            |                         |
|----------------------------|-------------------------|
| 4 quarts stewed tomatoes   | $\frac{1}{2}$ cup sugar |
| $1\frac{3}{4}$ cups butter | 1 tablespoon salt       |
| $1\frac{3}{4}$ cups flour  | 1 teaspoon paprika      |

Put tomatoes through strainer; heat to boiling point. Melt butter in inner part of large double boiler; when hot, stir in flour. When smooth, add hot tomato, stir well, and let cook from twenty to thirty minutes in double boiler. Season; serve on well-toasted bread which has been dipped in water. If desired, one-fourth additional cup of flour may be used for thickening, and just before serving a pint of thick cream added. This quantity of sauce is sufficient for fifty slices or one hundred half slices toast.

### Baked Tomato Toast

Make sauce and toast as above. Arrange layers of toast in buttered enamel or earthen baking dishes, alternating with tomato sauce. Pour remainder of sauce over top, cover dishes, and put in oven for ten minutes. Send to tables in dishes.

### Oysters and Celery on Toast

|                  |                       |
|------------------|-----------------------|
| 3 quarts oysters | 2 quarts or more milk |
| 3 quarts celery  | 2 cups butter         |
| 2 quarts water   | 2 cups flour          |

Salt and pepper to taste

Cut celery in inch pieces, add water and cook one hour, or until soft; drain well.

Melt butter, add flour, stir till smooth; add water in which celery was cooked, and enough milk to make four



quarts liquid; stir till smooth, add celery, cook thirty minutes in double boiler. Season to taste.

Pick over oysters, removing any bits of shell; wash and drain. Add to sauce and cook until oysters are plump and gills curled. Serve on well-toasted bread which has been dipped in salted water.

### Cinnamon Toast

Toast half slices of stale white bread to a uniform golden brown; sprinkle with mixture of granulated sugar and cinnamon, reheat, and serve at once.

### Savory Toast

|                         |                      |
|-------------------------|----------------------|
| 5 or 6 cans tomato soup | 2½ tablespoons salt  |
| 2 quarts water          | 4 tablespoons butter |
| 1 cup chopped onion     | 8 eggs               |
| 5 tablespoons flour     | 3 tablespoons French |
| 1 teaspoon cayenne      | mustard              |
| 1 pound cheese          |                      |

Cook onion slowly in butter until soft and yellow, add flour mixed with salt and cayenne, and stir until smooth. Add hot tomato and water, French mustard, and grated cheese, and cook in double boiler until smooth and thickened slightly, then add to well-beaten eggs, stirring constantly, and cook in double boiler until thickened. Serve on moistened half slices of toast.





# CEREALS

## METHODS OF COOKING

### *In double boiler:*

Have the outside of the double boiler a little more than half full of boiling water. Put into the inside part the required amount of boiling water and the salt. Place the inside of double boiler directly on the stove, and as soon as the water boils hard stir in the cereal slowly, trying not to stop the boiling of the water. Boil five minutes, or less, if the cereal thickens so much that there is danger of its sticking to the bottom of the boiler. If a flaked cereal, stir with a fork to avoid breaking flakes. If a granulated cereal, use a wooden or heavy iron spoon. When it has boiled sufficiently, put the boiler into outside part for the remainder of the required time.

### *In fireless cooker:*

Measure the required amount of water into the fireless cooker kettle. When boiling, add salt, stir in the cereal slowly, boil one minute, or until slightly thickened; cover, place in the cooker, using one radiator. If cereal is for breakfast, prepare the night before and leave in cooker all night. The coarse cereals should always be cooked at least four hours.

To heat the radiator: Place on stove or range, with the gas turned low at first, so as to heat gradually. As soon as hissing hot, place in proper compartment, put in the tightly-covered kettle, and fasten down cover.

TABLE FOR COOKING CEREALS

| KIND                | QUANTITY      | WATER         | SALT               | TIME         |
|---------------------|---------------|---------------|--------------------|--------------|
|                     | <i>Quarts</i> | <i>Quarts</i> | <i>Tablespoons</i> |              |
| Rolled Oats         | 2½            | 5             | 3                  | 1 hour       |
| Quaker Rolled Oats  | 2½            | 5             | 3                  | 1 hour       |
| Pettijohn's         | 3½            | 5             | 4                  | 45 minutes   |
| Wheatena            | } 1½          | 6             | 2                  | 1 hour       |
| Wheat Meal          |               |               |                    |              |
| Farina              |               |               |                    |              |
| Cream of Wheat      |               |               |                    |              |
| Malt Breakfast Food |               |               |                    |              |
| Rice                | 2             | 6             | 2                  | 45 minutes   |
| Hominy              | 1½            | 6             | 2                  | 2 hours      |
| Cracked Wheat       | } 1½          | 6             | 2                  | 3 to 4 hours |
| Corn Meal           |               |               |                    |              |
| Scotch Oatmeal      |               |               |                    |              |

## METHODS OF SERVING

Serve plain with sugar and cream or milk. In hot weather, cereal may be molded and served cold.

Serve with fruit, such as baked apples, sliced bananas, fresh or stewed peaches; stewed prunes, raisins, or figs; or dates, washed, stoned, and cut in pieces.

Serve with chopped English walnuts sprinkled over the top of each serving.

## Fried Mushes

Corn meal, oatmeal, hominy, or other mushes left from breakfast, may be packed in greased pans of any desired shape, to mold for frying. If cooked expressly to fry, use less water in cooking.



Wash rice in cold water, rubbing grains between the hands until water is clear. Add rice slowly to ten quarts boiling water, parboil ten minutes, drain.

Chop salt pork, cook in oven in frying pan until fat is tried out, but do not let it get brown. Add chopped onion and seeded and chopped peppers, and fry for a few minutes, or till slightly yellowed. Put all ingredients into double boiler, add strained tomato, and cook thirty minutes, or until rice is soft, but not mushy.

### Curried Rice

|                              |                            |
|------------------------------|----------------------------|
| 1½ quarts rice               | 2 tablespoons curry powder |
| 1½ cups butter               | 2 tablespoons or more salt |
| 1½ cups finely-chopped onion | 2 quarts boiling water     |
|                              | 2½ quarts hot milk         |

Heat milk in large double boiler. Cook onion in butter until soft and light yellow, add well-washed rice, and stir until butter is absorbed; add curry, salt, and boiling water. Cook over fire for five minutes, then turn into double boiler with hot milk and cook thirty minutes, or until rice is soft, but not broken. Serve in border, with green peas in center. This is a good luncheon dish.

### Rice with Tomato

To six quarts Boiled Rice add two quarts Plain Tomato Sauce. Mix lightly with a fork, so as not to mash the grains. Serve as a vegetable.

### Rice with Cheese

Mix Boiled Rice lightly with grated cheese, pile in dish, sprinkle with grated cheese. Serve as a vegetable.

### Turkish Pilaf

|                  |                                  |
|------------------|----------------------------------|
| 3 quarts tomato  | 1 $\frac{1}{4}$ quarts rice      |
| 4 onions         | 2 $\frac{1}{2}$ tablespoons salt |
| 8 sprigs parsley | 2 cups butter                    |
| 12 peppercorns   | $\frac{1}{4}$ teaspoon pepper    |
| 16 cloves        | 1 quart stock or water           |

Cook first five ingredients together five minutes, strain; there should be three quarts. Wash rice, parboil five minutes, drain. Put into double boiler, add tomato, stock, salt, pepper, and butter in small bits. Cook forty-five minutes, or until rice is soft. Do not stir. Serve as a border for Curry of Mutton.

### Gnocchi

|               |                      |
|---------------|----------------------|
| 4 quarts milk | 1 pound or more of   |
| 2 cups butter | English dairy cheese |
| 2 cups flour  | Cold cereal          |

Make a White Sauce of the butter, flour, and milk, following directions for White Sauces. Season with four teaspoons salt and add to it part of the grated cheese. Mold cereal in very small individual molds, or cut it in small pieces; arrange in earthen or enamel baking dishes; they should not be more than half full. Pour sauce over cereal, sprinkle with cheese, bake about twenty minutes. Serve for luncheon.

### Baked Hominy

|                |                  |
|----------------|------------------|
| 1 quart hominy | 5 teaspoons salt |
| 5 quarts milk  | 8 eggs           |

Heat milk in double boiler; when scalding hot add hominy, having washed it in several waters. Stir for a



few minutes, then let it cook for one or two hours. When lukewarm, add well-beaten eggs and salt. Beat vigorously, turn into buttered baking dishes, and bake twenty-five minutes in moderate oven. Serve as a vegetable or as a luncheon dish.

### Baltimore Samp

|                |                           |
|----------------|---------------------------|
| 1½ quarts samp | 2½ quarts milk            |
| 1 cup butter   | 2½ teaspoons salt         |
| 1 cup flour    | 4 or 5 cups grated cheese |

Wash samp well, soak all night in six quarts water, then bring to boiling point and cook six or eight hours in fireless cooker. The samp should be quite thick when done. Make white sauce of butter, flour, milk, and salt, following directions for White Sauces. Add cheese, stirring sauce until cheese is melted, then add samp. Serve as a vegetable or as a luncheon dish.

### Boiled Macaroni

Break macaroni in inch pieces. For two quarts of macaroni have ten quarts or more boiling water, to which five tablespoons salt have been added. Put in macaroni and boil for thirty minutes, or until soft; drain in colander, pour over it cold water to prevent pieces adhering, drain, and it is ready for use in any of the following recipes. Macaroni is much cheaper when purchased in twenty-five or fifty-pound boxes, instead of in pound packages.

### Creamed Macaroni

|                   |                    |
|-------------------|--------------------|
| 2 quarts macaroni | 4 teaspoons salt   |
| 1½ cups butter    | ½ teaspoon paprika |
| 1½ cups flour     | 4 quarts milk      |

Boil macaroni as above. Make a white sauce of the butter, flour, milk, and seasonings, following directions for White Sauces. Reheat macaroni in sauce, keeping it over hot water while it heats. Serve as a vegetable or as a luncheon dish.

### Macaroni with Cheese

|                             |                                |
|-----------------------------|--------------------------------|
| 2 quarts macaroni           | 4 teaspoons salt               |
| broken in pieces            | $\frac{1}{2}$ teaspoon paprika |
| 1 $\frac{1}{2}$ cups butter | 4 quarts milk                  |
| 1 $\frac{1}{2}$ cups flour  | 6 cups chopped cheese          |

Cook as for Boiled Macaroni. Make a white sauce of the butter, flour, milk, and seasonings, following directions for White Sauces. Dissolve chopped or grated cheese in sauce. Put macaroni in baking dishes, pour over the sauce, lifting macaroni with fork to distribute it evenly. Cover with thin layer of buttered crumbs, using three cups stale crumbs and one-half cup butter. Do not use dried crumbs. Bake until crumbs are brown.

### Macaroni with Peanut Butter

|                        |                                       |
|------------------------|---------------------------------------|
| 2 quarts macaroni      | 2 $\frac{1}{2}$ cups peanut butter or |
| 4 quarts White Sauce I | 2 one-and-one-half lb. jars           |

Cook as for Boiled Macaroni. Dissolve peanut butter in sauce while cooking in double boiler. Put macaroni in baking dishes, pour over the sauce, lifting macaroni with fork, in order to distribute it evenly. Cover with buttered crumbs and bake until crumbs are brown. See Buttered Crumbs.

### Italian Macaroni

|                            |                                  |
|----------------------------|----------------------------------|
| 2 quarts macaroni          | 2 cups chopped mild green pepper |
| 4 tablespoons salt         |                                  |
| 1½ cups bacon fat          | 2½ cups chopped onion            |
| 1½ cups flour              | 4 quarts strained tomato         |
| 1 pound cheese, if desired |                                  |

Cook as for Boiled Macaroni. Cook onion and pepper in bacon fat until soft, but not brown. Add flour, stir until smooth, add hot tomato, and stir until it boils. Add salt and macaroni, reheat over hot water to prevent burning, and serve at once.

Or put macaroni into earthen or enamel baking dishes, sprinkle with grated cheese, and bake until cheese is melted and slightly browned.

### Creole Spaghetti

|                        |                      |
|------------------------|----------------------|
| 1½ quarts spaghetti    | 1 tablespoon salt    |
| 3 quarts canned tomato | 1½ cups butter       |
| 3 cups chopped onion   | ¾ cup flour          |
| 6 pounds Hamburg steak | 3 cups grated cheese |

Cook spaghetti as for Boiled Macaroni. Strain tomato and bring to boiling point. Slightly brown onion in butter, add flour and hot tomato, stirring constantly until smooth and boiled; or turn into double boiler and cook thirty minutes, stirring occasionally. Stir steak in hot frying pan until slightly brown, then turn into sauce, add spaghetti and cheese. The cheese may be omitted.

**Macaroni à la Milanaise**

|  |                      |
|--|----------------------|
| 2 quarts macaroni broken<br>in inch pieces     | 5 bay leaves         |
| 2 quarts corned beef or<br>ham in small pieces | 2 tablespoons sugar  |
| 2 quarts strained tomato                       | 2 quarts brown stock |
| 3 teaspoons peppercorns                        | 1½ cups butter       |
|  | 1 onion chopped fine |
|  | 1½ cups flour        |

Cook macaroni as in Boiled Macaroni. Cook tomatoes, peppercorns, bay leaves, and sugar together ten minutes; strain. Melt butter, add onion, cook until soft, then stir in flour. Add stock and tomato, stirring all the time until it boils. Season to taste with salt and pepper. Water may be used instead of stock by dissolving in it enough beef extract to flavor it delicately. Put meat and macaroni into baking dishes, pour over the sauce, and bake twenty minutes in a moderate oven.

**Macaroni with Tomato Sauce**

Reheat Boiled Macaroni in Plain or Highly Seasoned Tomato Sauce, allowing one quart sauce to three quarts cooked macaroni.

**Macaroni with Chicken**

|                        |                                 |
|------------------------|---------------------------------|
| 4 quarts chicken stock | 2 quarts macaroni               |
| 1½ cups butter         | 1 quart cold chicken or<br>veal |
| 1½ cups flour          | Grated cheese                   |
| Salt to taste          | ¼ teaspoon pepper               |

Cook macaroni as for Boiled Macaroni. Cut chicken in small dice. Melt butter, add flour, stir; add hot stock, stir

until smooth and thickened. Add macaroni and chicken, turn into baking dishes, cover with buttered crumbs, and bake twenty minutes, or until brown. The proportion of macaroni and chicken may be varied to suit taste or convenience. Pass grated cheese with it if desired.

### Macaroni with Eggs

|                      |                  |
|----------------------|------------------|
| 24 hard-cooked eggs  | 1½ cups butter   |
| 1½ quarts macaroni   | 1½ cups flour    |
| 3 cups grated cheese | 4 teaspoons salt |
| 4 quarts milk        | Paprika to taste |

Cook macaroni as for Boiled Macaroni. Make a white sauce of the butter, flour, milk, and seasonings. Cut eggs in slices. Put layer of macaroni in bottom of buttered baking dishes, then sliced eggs, then another layer of macaroni, and over the whole pour white sauce in which cheese has been dissolved. Cover with buttered crumbs, using three cups soft, stale crumbs and one-half cup butter.

### Noodles with Cheese

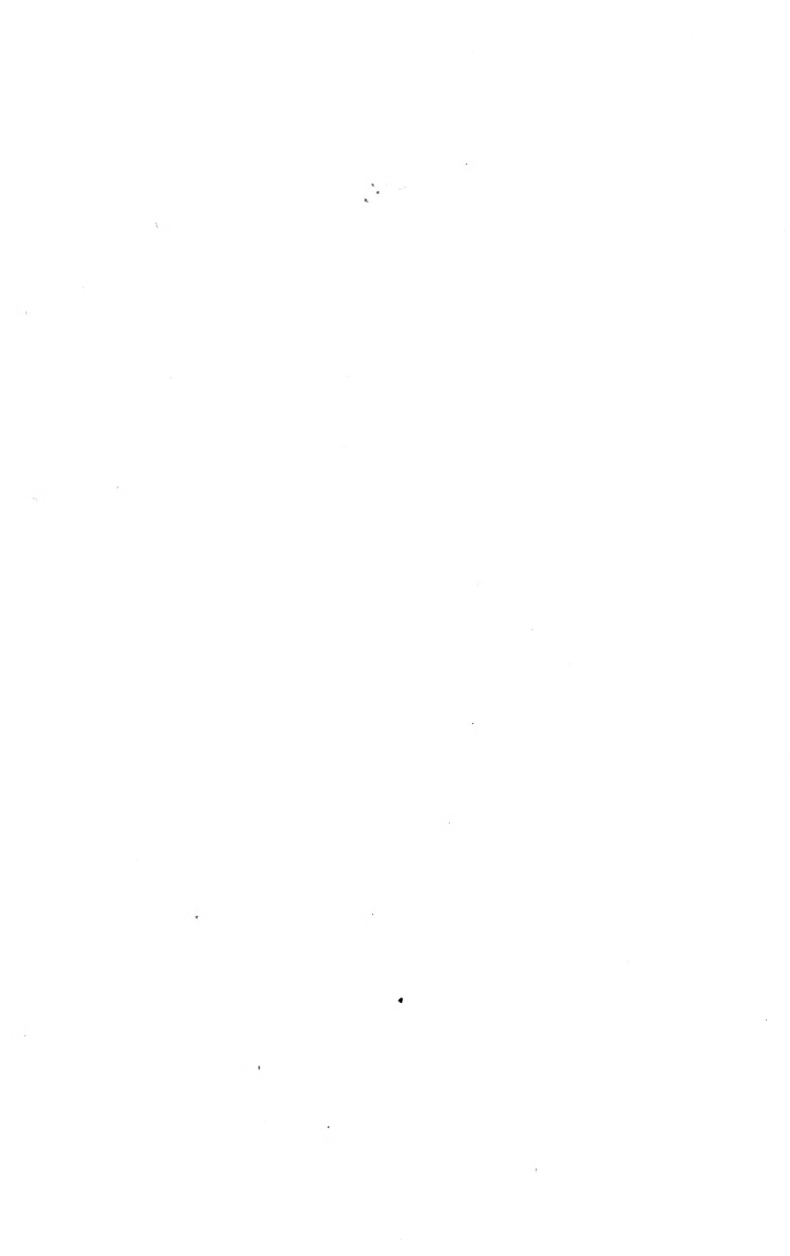
|                         |                    |
|-------------------------|--------------------|
| 4 quarts noodles        | Salt to taste      |
| 1 or more pounds cheese | ½ teaspoon pepper  |
| ¾ cup butter            | 1 teaspoon paprika |

Cook noodles in plenty of salted water until soft, drain. Melt butter, add noodles, grated cheese, and seasonings. Cook slowly on back of range, or with gas turned low, until cheese is melted and butter absorbed. Serve as a vegetable or luncheon dish. Noodles may be purchased ready for use, or made as follows:

### Noodles

Beat four eggs slightly, add two teaspoons salt, and flour to make a stiff dough. Knead on slightly-floured board, roll as thin as paper, cover with towel, and let stand for twenty minutes. Cut in fancy shapes; or roll the sheet of dough like jelly roll, and cut in thin slices, then unroll. Dry, and it is ready for use.







## BEVERAGES

### GENERAL DIRECTIONS

WASH and scald coffee and tea bags in clear water, dry in the open air if possible. They should be renewed often.

Scald coffee and tea pots, and cheesecloth squares or bags, before using. Boil pots with sal soda water once in two weeks or oftener.

Wash eggs before using and save the shells for settling coffee.

### Breakfast Coffee

Put four cups coffee in cheesecloth square or bag, and tie so as to leave plenty of room for coffee to swell. Put coffee, twelve or more crushed egg shells, and nine quarts cold water in coffee boiler; let stand over night. In morning bring slowly to a boil, boil from three to five minutes, turn in one cup cold water, and let stand until clear. Strain into coffee pots and bring again to boiling point before serving. Serve with cream or hot, rich milk.

### After-Dinner Coffee

|                |                         |
|----------------|-------------------------|
| 4½ cups coffee | 2 cups cold water       |
| 3 eggs         | 4½ quarts boiling water |

Mix slightly beaten egg, crushed shell, and cold water with coffee, turn into coffee boiler, add boiling water, and stir thoroughly. Boil three to five minutes. Pour some into a cup to remove grounds from spout; repeat if necessary. Add remaining cold water, let stand on back of

range until perfectly clear. Strain into coffee pots, bring again to boiling point, and serve at once. Serve in after-dinner coffee cups, with or without cut sugar.

If very strong coffee is desired, use six cups coffee and four eggs.

### Tea I

Put two tablespoons tea in scalded pot, pour on two quarts boiling water. Steep three to five minutes, strain, and serve.

### Tea II

$\frac{3}{4}$  cup tea                      9 quarts boiling water

Put tea in a square or bag of cheesecloth, tied so as to leave room for tea to swell. Put into scalded urn or pot, add boiling water, steep five or six minutes, remove bag. Or have water boiling in pot, immerse bag in boiling water, and let steep on back of range, as above.

### Iced Tea

$1\frac{1}{4}$  cups tea                      6 quarts boiling water  
8 quarts cold water              Ice

Follow recipe for Tea II, letting tea steep six to eight minutes. Cool, add cold water, and serve from pitchers half full of ice. Serve with lemon.

### Breakfast Cocoa

1 cup cocoa                       $3\frac{1}{2}$  quarts boiling water  
1 pint lukewarm water        4 quarts hot milk

Mix cocoa and lukewarm water until smooth, pour on boiling water, boil five minutes. Add to hot milk in double boiler, beat with Dover egg beater until foamy, to prevent scum forming, cook twenty to thirty minutes.

Left-over cocoa may be used in place of fresh liquid. Reheat it in double boiler with milk, and for each pint use one tablespoon less cocoa.

### Reception Cocoa

|                       |                       |
|-----------------------|-----------------------|
| 1½ cups cocoa         | ¼ teaspoon salt       |
| 2 cups sugar          | 1 quart boiling water |
| 1 pint lukewarm water | 8 quarts hot milk     |

Scald milk. Mix cocoa, sugar, salt, and lukewarm water; add boiling water and boil five minutes. Pour into hot milk, beat until foamy, keep hot in double boiler until ready to serve. Serve with whipped cream, using one quart heavy cream diluted with one cup milk, and flavored with one tablespoon sugar and three-fourths teaspoon vanilla.

### Reception Chocolate

|                        |                   |
|------------------------|-------------------|
| 1 pound chocolate      | 1½ pounds sugar   |
| 2 quarts boiling water | 8 quarts hot milk |

Melt chocolate in double boiler, add boiling water, stir until smooth. Boil ten minutes, or cook one hour in double boiler, add sugar and one-fourth teaspoon salt. Turn into hot milk, beat until foamy, and serve with whipped cream.

### Lemonade

|                       |                |
|-----------------------|----------------|
| 30 to 36 lemons or    | 2 pounds sugar |
| 1½ quarts lemon juice | 9 quarts water |

Mix sugar and lemon juice, add cold water, and stir until dissolved. Put in a large piece of ice, and let stand thirty or forty minutes before serving.

### Fruit Punch

- |                         |                         |
|-------------------------|-------------------------|
| 1 pint grated pineapple | 1 pint strawberry juice |
| 2 pounds sugar          | 8 lemons                |
| 3 cups boiling water    | 6 oranges               |
| 1 pint hot tea          | 7 quarts cold water     |

Cook pineapple, sugar, and boiling water together fifteen minutes, add tea and strain. When cold add fruit juice and cold water, adding ice a short time before serving. Maraschino or candied cherries, strawberries, or mint leaves may be used as garnish. This recipe makes about ten quarts.





## EGGS

### Soft-Cooked Eggs

Have a large kettle of boiling water: three quarts for each dozen eggs and one extra quart for the kettle. Put eggs into an egg basket, let basket down into boiling water, cover closely, and turn off gas, or remove to back of range to prevent boiling, but keep water at a temperature of 175° if possible. Cook from six to eight minutes if liked soft, forty to forty-five minutes if wanted hard. If several dozen eggs are to be cooked at once, it is sometimes necessary to use two smaller kettles and baskets, instead of one large one. If both hard and soft eggs are wanted at same time, it is easier to cook them in separate utensils. Hard-cooked eggs which are to be used in preparing other dishes should be plunged at once into cold water, when done, to prevent discoloration.

### Poached Eggs

Have a large, shallow pan two-thirds full of boiling salted water, allowing one tablespoon salt to two quarts water. Break eggs into shallow dish and slip carefully into water, which should not be allowed to boil while eggs are cooking. The eggs should be covered with water. Cook until white is firm and there is a film over top; remove with skimmer to pieces of buttered toast. One or two tablespoons of vinegar in the water helps to prevent the spreading of the whites. Egg poachers may be used instead of the shallow pans.

### Baked Eggs

Butter egg shirrers or ramekins. Break an egg into each, season with salt and pepper, and bake in moderate oven until whites are firm. The dishes may be lined with grated cheese or chopped ham before putting in eggs. Or a spoonful of hot tomato sauce may be put over each egg before serving.

### Fried Eggs

Put enough melted bacon or ham fat in frying pans to cover bottom to depth of half an inch or more. Break eggs into saucer or other shallow dish, slip into hot fat, dipping it over them until white is firm and there is a film over top. Keep fat at as low a temperature as possible. Remove with skimmer to platter. Serve alone or with bacon or ham.

### Poached Eggs with Minced Tongue

|                             |                                |
|-----------------------------|--------------------------------|
| 3 quarts soup stock         | $\frac{1}{2}$ cup minced onion |
| $1\frac{1}{4}$ cups butter  | 4 tablespoons tomato           |
| $1\frac{1}{4}$ cups flour   | catsup                         |
| 2 or 3 quarts minced tongue | Salt and pepper to taste       |
|                             | Poached eggs                   |

Cook onion slowly in butter until soft, turn in flour, and stir till smooth; add stock and seasonings and stir until thickened. If stock is not very rich, add a little kitchen bouquet. Reheat minced tongue in this sauce. Arrange slices of toast on hot platters, pour over these the hot mixture, put a poached egg on each piece of toast, and serve at once.



### Poached Eggs with Cream Toast

|                    |                  |
|--------------------|------------------|
| 3 quarts rich milk | 3 teaspoons salt |
| 1½ cups butter     | Poached eggs     |
| 1½ cups flour      | Toast            |

Make a sauce of first four ingredients, following directions for White Sauces. Arrange moistened toast on hot platters, pour over it the sauce, place poached egg on each piece of toast. Serve at once.

### Cream Omelet

|               |                   |
|---------------|-------------------|
| 2 cups butter | 5 teaspoons salt  |
| 2 cups flour  | ¼ teaspoon pepper |
| 3 quarts milk | 24 eggs           |

Make a white sauce of the butter, flour, and milk, following directions for White Sauces. When cool, add salt and well-beaten yolks, then fold in the whites, which have been beaten until stiff. Put into six earthen or enamel baking dishes and cook about forty-five minutes in moderate oven. The omelet should be firm throughout and golden brown on top. Serve at once in the baking dishes.

### Bread Omelet

|                           |                   |
|---------------------------|-------------------|
| 48 eggs                   | 6 teaspoons salt  |
| 5 cups milk               | 1 teaspoon pepper |
| 5 cups stale bread crumbs | ¾ cup butter      |

Use broken pieces and crusts of stale bread, cutting off any brown or burned parts of crusts. Soak over night in milk. In morning add beaten yolks and seasonings; cut and fold in stiffly-beaten whites. Cook and serve as Cream Omelet.

### Spanish Omelet

Make Cream, Bread, or Plain Omelet, and serve with it Spanish Sauce. *Spanish Sauce*: Cook together, very slowly, one cup finely-chopped bacon, three-fourths cup each of finely-chopped onion and mild green pepper, until onion is soft and yellow. Add two quarts tomatoes and cook until moisture has nearly evaporated. Season to taste with salt and pepper. If desired, five tablespoons sliced mushrooms may also be added.

### Rice Omelet

|                                 |                               |
|---------------------------------|-------------------------------|
| 3 quarts cooked rice            | 3 tablespoons salt            |
| 3 quarts warm milk              | $\frac{1}{2}$ teaspoon pepper |
| $\frac{3}{4}$ cup melted butter | 4 dozen eggs                  |

Add melted butter, seasonings, and warm milk to rice; mix well and add well-beaten eggs. Cook and serve as Cream Omelet.

### Eggs Scrambled with Tomato

|                          |                                |
|--------------------------|--------------------------------|
| 4 dozen eggs             | 1 teaspoon paprika             |
| 3 quarts strained tomato | 2 cups butter                  |
| 5 tablespoons sugar      | $\frac{1}{2}$ cup minced onion |
| 4 teaspoons salt         |                                |

Fry butter and onion three minutes, add tomatoes and sugar, and simmer five minutes. Put slightly-beaten eggs in double boiler, add tomato. Cook over hot water until of creamy consistency, stirring and scraping from bottom of kettle as it thickens. It will probably require from thirty to thirty-five minutes. If ready too soon, keep over water which is below boiling point.

### Scrambled Eggs

|               |                                  |
|---------------|----------------------------------|
| 2 quarts milk | 1 cup butter                     |
| 4 dozen eggs  | 2 $\frac{3}{4}$ tablespoons salt |

Heat milk and butter in double boiler. When hot, add well-beaten eggs and salt, and cook until it thickens, stirring and scraping the thickened mixture from the bottom and sides as fast as it forms. It requires from twenty-five to thirty minutes for it to thicken to a creamy consistency. If cooked too long, it will whey. Minced ham, shredded dried beef, or minced parsley may be added just before serving.

### Creamed Eggs

|               |                               |
|---------------|-------------------------------|
| 4 quarts milk | 4 teaspoons salt              |
| 2 cups butter | 48 hard-cooked eggs           |
| 2 cups flour  | $\frac{1}{4}$ teaspoon pepper |

Make a white sauce of the first three ingredients, following directions for White Sauces. Add salt and chopped whites to the sauce. Toast half slices of white bread, dip in salted water, put on platter, and cover with sauce. Strain yolks over the top, using a coarse strainer or a potato ricer. Put toast in oven a few minutes to reheat. Chopped ham may be added to sauce if desired.

### Curried Eggs

|                  |                               |
|------------------|-------------------------------|
| 4 quarts milk    | $\frac{1}{2}$ teaspoon pepper |
| 2 cups butter    | 5 or more teaspoons curry     |
| 2 cups flour     | 48 hard-cooked eggs cut       |
| 4 teaspoons salt | in slices                     |

Make a white sauce of the first three ingredients. Mix salt, pepper, and curry together and add to sauce. Pile

sliced eggs in center of platters, put a border of boiled or steamed rice around outside, and pour sauce over eggs. Unless very hot, put in oven two or three minutes to reheat. If desired, triangles of toasted bread, instead of rice, may be served around the eggs.

### Eggs Scalloped with Peas

|                            |                               |
|----------------------------|-------------------------------|
| 4 quarts milk              | $\frac{1}{2}$ teaspoon pepper |
| $1\frac{1}{2}$ cups butter | 36 hard-cooked eggs           |
| $1\frac{1}{2}$ cups flour  | 4 quarts canned peas          |
| 3 teaspoons salt           | 4 cups buttered crumbs        |

Make a white sauce of the first five ingredients, following directions for White Sauces. Drain peas and season to taste with salt, pepper, and sugar. Put a layer of peas in baking dishes, then a layer of sliced eggs, pour over the sauce, and cover with a thin layer of buttered crumbs. Bake twenty minutes.





## SOUPS

CLEAR soups contain chiefly the flavoring constituents of the meat from which they are obtained. They are of very little nutritive value, but the extractives and gelatine which they contain promote the flow of gastric juice and so aid digestion. A "thick" or cream soup contains more nutriment; therefore, choose a clear soup if a substantial meal is to follow, but if soup is to be the main dish, it should be a thick one.

### To Prepare Stock

Allow two-thirds lean meat to one-third bone and fat, wipe the meat with a cloth wrung out of cold water. Cut lean meat into one-inch pieces. Put the fat, bone, and two-thirds of the lean meat into a kettle, add cold water, allowing one pint to each pound of meat, bone and fat. Let stand thirty to sixty minutes. Heat a frying pan hissing hot, put in a little marrow or suet, to prevent sticking, brown one-third of the meat, stirring often, that all parts of the surface may be seared. Add this brown meat to the first, rinsing out frying pan with a little water from the kettle. Heat gradually to the boiling point, and cook six or seven hours at a low temperature.

Vegetables, spices, and salt should be added the last hour. Strain and cool quickly. The cake of fat which forms on the top of the stock should not be removed till the stock is used, as it excludes all air. To remove fat which forms, run a knife around the edge of the bowl,

then lift it out. The particles of fat remaining should be removed by passing a cloth wrung out of hot water around the edge of the receptacle and over top of the stock.

### **How to Clear Soup Stock**

Remove fat from stock and put the quantity to be cleared in stew pan, allowing white and shell of one egg to two quarts of stock. Beat eggs slightly, break shell into small pieces, mix with one cup cold water, and add to stock. Place on front of range and stir constantly until boiling point is reached; boil two minutes. Set back where it may simmer twenty minutes, remove scum and strain through double thickness of cheesecloth placed over a fine strainer.

### **Soup Stock**

Take a five-pound soup bone and ten pounds or more of bones, trimmings, and pieces of meat from cooked roasts, steaks, chops, etc. Wash soup bone, cut burned parts from cooked meats, put into soup kettle with twelve quarts water, simmer six hours. Strain, cool, remove fat, and use as foundation for Vegetable, Noodle, or other soups requiring stock.

### **Bouillon**

Make Soup Stock, using five pounds raw meat in addition to that on soup bone. Simmer slowly six hours, add four teaspoons peppercorns, four tablespoons salt, one and one-half cups each of diced carrot, turnip, celery, and onion. Cook one hour, strain, cool, remove fat, and clarify.

### **Turkey or Chicken Soup**

After serving roast turkey or chicken, remove any stuffing or pieces of white meat, break bones, and put into



stock kettle with leaves, roots, and outside pieces of celery and uncooked ends of wings or pieces of necks. For three or four large turkeys add three gallons cold water, cover, and simmer slowly two to four hours. If allowed to boil, the soup will be clouded and less delicate in flavor.

Strain, remove fat, season with salt, pepper, and onion juice. Add white meat cut in half-inch pieces and three cups boiled rice.

### Vegetable Soup with Stock

|  |                                       |
|--|---------------------------------------|
| 10 quarts stock  | $\frac{1}{4}$ teaspoon pepper         |
| 1 cup each carrots,<br>turnips, parsnips,<br>and cabbage | $\frac{1}{2}$ tablespoon celery salt  |
| $\frac{1}{2}$ cup onion                                  | $\frac{1}{2}$ cup rice cooked in      |
| 2 quarts boiling water                                   | 1 quart water                         |
|  | 1 quart stewed and strained<br>tomato |

Wash, pare, and chop vegetables, or put them through meat grinder; cook in boiling water until soft. Wash and boil rice, then add rice and vegetables, with water in which they were cooked, to stock. Add tomato and seasonings; serve very hot.

### Vegetable Soup without Stock

|                               |                       |
|-------------------------------|-----------------------|
| 1 quart carrot                | 12 quarts water       |
| 1 quart turnip                | 3 cups butter         |
| 1 $\frac{1}{2}$ quarts celery | 6 tablespoons finely- |
| 4 $\frac{1}{2}$ quarts potato | chopped parsley       |
| 6 onions                      | Salt and pepper       |

Wash and pare carrots and turnips; cut in strips one inch long and one-fourth inch wide, or put through meat grinder. Wash, pare, and cut potatoes in small pieces.

Cut onion in thin slices and celery in quarter-inch pieces. Measure vegetables after cutting; mix all except potatoes, and cook ten minutes in butter, stirring constantly. Turn into soup kettle, add potatoes and water; cook one hour. Season to taste with salt and pepper, add parsley, and serve at once, boiling hot.

### Potato Soup

|                                  |                         |
|----------------------------------|-------------------------|
| 8 pounds potatoes                | 6 tablespoons salt      |
| 10 quarts hot milk               | 3 teaspoons celery salt |
| 2 quarts water or stock          | 1½ teaspoons pepper     |
| 4 medium onions                  | 2 cups butter           |
| 4 tablespoons chopped<br>parsley | 1½ cups flour           |
|                                  | ⅓ teaspoon cayenne      |

Cook potatoes and sliced onion in water or stock until soft, then put through strainer without draining. Make a white sauce of the milk, butter, and flour, following directions for White Sauces. Add sauce to potato and seasonings, bring to boiling point, sprinkle with parsley, serve.

### Celery Soup

|                         |                   |
|-------------------------|-------------------|
| 8 quarts celery         | 2 chopped onions  |
| 5½ quarts boiling water | 2 cups butter     |
| 7 quarts scalded milk   | 2¾ cups flour     |
| Salt to taste           | 1 teaspoon pepper |

Wash, scrape, and cut celery in half-inch pieces, cook with onion in boiling water until quite soft, rub through sieve. Heat milk in double boiler. Melt butter, add flour, and when smooth stir into milk and let cook thirty minutes, stirring occasionally until perfectly smooth. Have celery mixture boiling, add milk, season, and serve with crackers or croutons.

### Cream of Cabbage Soup

|                        |                            |
|------------------------|----------------------------|
| 6 pounds cabbage       | 1½ cups butter             |
| 6 quarts boiling water | 1½ cups flour              |
| 6 quarts milk          | 5 or more tablespoons salt |
|                        | 1 teaspoon pepper          |

Chop cabbage fine, add water and salt, cook until soft. Make a white sauce of milk, butter, and flour, following directions for White Sauce. Just before serving, turn the two mixtures together, add pepper, more salt, if needed, and one-half cup butter. If water cooks away very much in boiling, add a little more. Serve with croutons or crackers.

### Corn Soup

|                        |                            |
|------------------------|----------------------------|
| 8 cans corn            | 1½ cups butter             |
| 3 quarts boiling water | 1½ cups flour              |
| 7 quarts milk          | 5 or more tablespoons salt |
| 2 small onions         | 1 teaspoon pepper          |

Chop onion fine, add water and corn, simmer twenty minutes, stirring often. Make a white sauce of the milk, flour, and butter, following directions for White Sauces. Just before serving, turn the two mixtures together, bring to boil, add seasonings, and serve.

A Cream of Corn Soup may be made of this by rubbing corn mixture through sieve before adding it to the white sauce. Serve with a spoonful of popcorn or of whipped cream on top of each dish of soup.

### Cream of Green Pea Soup

|                     |                            |
|---------------------|----------------------------|
| 2 gallon cans peas  | 2 onions sliced            |
| 7 tablespoons sugar | 1¼ cups butter             |
| 5 quarts cold water | 1¼ cups flour              |
| 5 quarts milk       | 3 or more tablespoons salt |
|                     | 1 teaspoon pepper          |

Drain peas, add sugar and cold water, and simmer until peas are very soft; if water evaporates, add more. Rub through sieve, reheat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, and add milk to pea mixture. Season to taste, serve very hot.

### Split Pea Soup

|                                      |                   |
|--------------------------------------|-------------------|
| 2 quarts split, dried peas           | 3 onions          |
| 7 quarts cold water                  | 1 cup butter      |
| 3 quarts ham or corned<br>beef stock | 1 cup flour       |
|                                      | 2 quarts hot milk |
| Salt and pepper to taste             |                   |

Pick over peas, soak over night, drain. Cook water, stock, onion, and peas together slowly three or four hours, or until peas are very soft. Rub through sieve and thicken with flour and butter which have been rubbed together. Bring to boiling point, add seasonings and hot milk. Beans may be used in place of split peas.

### Lima Bean Soup

|  |   |
|--|---|
| 1 $\frac{3}{4}$ quarts dried Lima<br>beans | 1 $\frac{3}{4}$ cups butter                 |
| 1 cup chopped onion                        | 1 cup flour                                 |
| 6 sprigs parsley                           | 5 quarts milk                               |
| 6 stalks celery                            | Salt and paprika to taste                   |
| 1 cup chopped carrot                       | 4 or more teaspoons<br>Worcestershire sauce |
| 7 quarts cold water                        | 1 teaspoon pepper                           |

Soak beans over night, drain. Add water, onion, celery, parsley, and carrot, and cook slowly three or four hours; rub through sieve. Melt butter, add flour and milk, and cook thirty minutes in double boiler. Add seasonings,

combine mixtures, bring to boiling point, serve. Pea beans, instead of Lima beans, may be used for this soup.

### Baked Bean Soup

|                                     |  |
|-------------------------------------|--|
| 4 quarts cold Boston<br>baked beans | 2 quarts stewed and<br>strained tomato |
| 9 quarts cold water                 | $\frac{3}{4}$ cup butter               |
| 1 cup sliced onion                  | $\frac{3}{4}$ cup flour                |
| 12 stalks celery                    | Salt and pepper to taste               |

Cook beans, water, onion, and celery together slowly thirty minutes. Rub through a sieve, add strained tomato, thicken with butter and flour cooked together; season to taste with salt and pepper.

### Cream of Cheese Soup

|                             |                             |
|-----------------------------|-----------------------------|
| 6 quarts chicken stock      | 6 cups grated cheese        |
| 6 quarts milk               | $\frac{3}{4}$ teaspoon soda |
| 1 $\frac{1}{2}$ cups butter | 1 teaspoon paprika          |
| 1 $\frac{1}{2}$ cups flour  | Salt to taste               |

Make a white sauce of milk, butter, and flour, following directions for White Sauces. Add hot stock, soda, cheese, and seasonings. Serve as soon as cheese is melted.

### Tomato Soup

|                         |                            |
|-------------------------|----------------------------|
| 2 gallon cans tomato    | 6 tablespoons sugar        |
| 6 quarts water          | 1 teaspoon soda            |
| 2 teaspoons peppercorns | 1 cup butter               |
| 6 small bay leaves      | 1 $\frac{1}{2}$ cups flour |
| 1 teaspoon cloves       | Salt                       |
| 2 onions                | Pepper                     |

Cook together the first seven ingredients twenty minutes, strain, and add soda. Thicken with butter and flour

cooked together, and season to taste with salt and pepper. Serve boiling hot.

### Cream of Tomato Soup

|                        |                  |
|------------------------|------------------|
| 6 quarts canned tomato | 3 teaspoons soda |
| 1 teaspoon peppercorns | 6 quarts milk    |
| 3 bay leaves           | 1½ cups butter   |
| 3 sprigs parsley       | 1½ cups flour    |
| 1 large onion          | Salt             |
| 6 tablespoons sugar    | Pepper           |

Stew first six ingredients together for thirty minutes, strain, and add soda. Make a white sauce of milk, butter, and flour, cooking it thirty minutes in double boiler. Add hot strained tomato and seasonings, and serve at once.

### Oyster Stew

|                       |                   |
|-----------------------|-------------------|
| 8 quarts milk         | 2 cups butter     |
| 6 to 8 quarts oysters | 1 teaspoon pepper |
| 3½ tablespoons salt   | Crackers          |

Pick over oysters carefully, removing any bits of shell; place in colander, pour over cold water, using six cups in all. Reserve oyster liquor, heat to boiling point, and strain through double cheesecloth. Heat milk in double boiler to scalding point, add oysters, and cook until oysters are plump and gills curled; add seasonings and oyster liquor, and pour at once into tureens. If desired, split crackers may be placed in bottom of tureens before turning in stew. The oysters may be cooked in oyster liquor and added to milk just before serving, if preferred.

### Potato Chowder

|                         |                       |
|-------------------------|-----------------------|
| 5 quarts diced potatoes | 3 quarts water        |
| 1 cup flour             | 2 pounds bacon        |
| 1 cup bacon fat         | 2 cups chopped onion  |
| 8 quarts milk           | 4 tablespoons chopped |
| 5 tablespoons salt      | parsley               |
|                         | 1 teaspoon pepper     |

Pare and cut potatoes in small pieces or half-inch dice. Cut bacon in half-inch cubes, and cook slowly until crisp and light brown. Skim out bacon and stir flour into one and one-fourth cups of the fat. Put potatoes, bacon, onion, water, salt, and pepper into large stew kettle, cover, and simmer twenty minutes, or until potatoes are soft. Make a white sauce of the milk, flour, and bacon fat, following directions for White Sauces. Combine mixtures, add more seasonings if needed, put into tureens with split crackers in bottom, sprinkle parsley over top. Serve very hot.

### Corn Chowder

|                         |                          |
|-------------------------|--------------------------|
| 5 quarts diced potatoes | 5 cans corn              |
| 5 slices salt pork      | $\frac{1}{2}$ cup flour  |
| 5 medium-sized onions   | 6 tablespoons salt       |
| 3 quarts boiling water  | 1 teaspoon pepper        |
| 7 quarts milk           | $\frac{3}{4}$ cup butter |

Cut pork in half-inch cubes, and cook slowly until light brown and crisp; add onion and cook slowly five minutes. Put potatoes, pork cubes, onion, and boiling water into kettle, and cook until potatoes are soft. Stir flour into the fat which was tried out from pork, then add to milk which has been heated in double boiler; cook twenty minutes. Add corn to potatoes, cook a few minutes, add milk, seasonings, and split crackers.

### Fish Chowder

|                         |    |                      |
|-------------------------|----|----------------------|
| 12 or more pounds cod   | 5  | tablespoons salt     |
| or other white fish     | 1  | teaspoon pepper      |
| 5 quarts diced potatoes | 1  | cup butter           |
| 5 sliced onions         | 5  | quarts scalded milk  |
| 5 slices salt pork      | 2½ | quarts boiling water |
| 2½ quarts cold water    |    | Crackers             |

Have fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in two-inch pieces. Put head, tail, and backbone broken in pieces into kettle with cold water, bring slowly to boiling point, and simmer twenty minutes. Cut salt pork in half-inch cubes, cook slowly until yellow, add onion, and cook five minutes with gas turned low. Put potatoes, pork, onion, drippings, and boiling water into large kettle, boil five minutes, add fish and fish stock, and cook ten minutes. Add hot milk, salt to taste, pepper, butter, and crackers which have been soaked in cold milk or water. If cooked fish is used for chowder, do not put pieces of fish in until a few minutes before serving, for they will only need reheating.

### Clam Chowder

|                         |    |                     |
|-------------------------|----|---------------------|
| 4 or 5 quarts clams     | 1  | cup flour           |
| 5 quarts diced potatoes | 5  | tablespoons salt    |
| 5 slices fat salt pork  | 1½ | cups butter         |
| 3 cups chopped onion    | 6  | quarts scalded milk |
| 3½ quarts water         | 1  | teaspoon pepper     |

Wash and pick over clams, drain. Chop finely hard part of clams. Cut potatoes in three-fourths inch cubes. Cut pork in half-inch cubes and cook slowly with onion ten minutes. Cook potatoes, onion, pork, chopped clams,



salt, pepper, and water fifteen minutes; add soft part of clams, cook three minutes. Make a white sauce of milk, butter, and flour. Combine mixtures and add crackers soaked in cold milk. If clam liquor is used, it should be heated, strained, and added just before serving.

### Bean Stew

|                       |                          |
|-----------------------|--------------------------|
| 2 quarts kidney beans | 4 quarts water           |
| 1 gallon tomatoes     | 1 cup butter             |
| 1 quart celery        | 4 quarts diced potatoes  |
| 2 cups onion          | Salt and pepper to taste |

Soak beans over night, drain. Cut celery in half-inch pieces, chop onion, strain tomatoes. Put first five ingredients together into large stew kettle, bring to boiling point, then simmer slowly five or more hours. If stew is to be used for the midday meal, it would be well to let cook all night in fireless cooker or Aladdin oven. About forty-five minutes before serving, add potatoes, butter, and seasonings.

### Mexican Chili

|                           |                        |
|---------------------------|------------------------|
| 2 quarts red kidney beans | 1 quart tomatoes       |
| 4 pounds Hamburg steak    | 3 large chopped onions |
| $\frac{1}{2}$ pound suet  | Salt and Chili powder  |
| 8 or more quarts water    | to taste               |

Wash and soak beans for several hours, drain. Add five quarts water and cook slowly until soft. They may be cooked all night in fireless cooker or Aladdin oven. Cut suet in very small pieces, add steak and three quarts or more water, cook slowly three hours. When half done, add strained tomatoes and onion. Half an hour before serving add beans and seasonings. Serve with crackers and cucumber pickles.

### Parsnip Stew

|                               |                          |
|-------------------------------|--------------------------|
| 3 or 4 pounds fresh raw       | 10 quarts water          |
| or roast pork                 | 18 medium-size parsnips  |
| $\frac{1}{2}$ pound salt pork | 8 pounds potatoes        |
| 6 medium onions               | Salt and pepper to taste |

Remove any burned parts from roast pork, add water, and cook slowly one hour, or until meat is tender; strain liquor into large kettle, cut meat in small pieces. Cut salt pork in half-inch dice, add sliced onion, and cook slowly until pork is crisp and onion is yellow. Wash, peel, and cut parsnips in slices. If slices are very large, quarter them. Turn salt pork, onion, and parsnips into kettle with pork stock; cook thirty minutes, add potatoes cut in small slices or pieces; cook thirty minutes longer, or until vegetables are quite soft. Mix three-fourths cup flour with cold water until free from lumps, stir into stew, boil three minutes. Add meat, and salt and pepper to taste.





## FISH

FISH must be perfectly fresh; the flesh should be firm, the gills red, and the eyes bright. Frozen fish may be kept a long time, but must be used at once when thawed, as it spoils more quickly than fresh fish. Do not keep fish in refrigerator with milk, butter, and such foods, on account of the odor. Have an ice box or cold storage room for fish, meat, etc. In case there is no provision made for such foods, put fish in a tightly-covered tin receptacle before placing in refrigerator.

Although fish are cleaned at market, additional cleaning is usually necessary. Remove any scales by scraping slowly from tail toward head, holding knife nearly flat on fish. Rinse knife often in cold water. Remove with a sharp knife any clots of blood. Wipe fish thoroughly inside and out with a cloth wrung out of cold salted water. Do not put fish into water.

*To skin a fish:* With a sharp knife cut off a narrow strip of skin the whole length of back, removing also the fins along the back. Insert a sharp-pointed knife under the skin near the gills, and loosen the skin carefully by working the knife down toward the tail on one side, then turn fish and remove skin from other side.

*When fish are in season:* Cod, haddock, halibut, flounders, bass, pickerel, lobster, and clams are in season at all times; salmon and mackerel, May to September; shad, January to June; bluefish, May to October; perch, pike, sturgeon, and crabs, all summer; whitefish and cusk in winter; swordfish, July to September; turbot, January

to March; smelts, September to March; oysters, September to May.

*Cooking and serving of fish:* Fish is sufficiently cooked when the flesh begins to separate from the bones. Over-boiling makes it soft and watery. Salt and vinegar or lemon juice are often added to the water in which fish is boiled; the former improves the flavor, the latter keeps the flesh white. Fish should always be served with something acid. This may be in a sauce, such as Maitre d'Hôtel Butter or Hollandaise Sauce, or in a garnish of lemon or pickle, or in a vegetable accompanying the fish, as fresh cucumbers or a salad. Of the many garnishes for fish, the following are easily prepared: parsley, watercress, shreds of red or green pepper; slices of lemon, plain or sprinkled with finely-chopped parsley; hard-cooked eggs, tomatoes, cucumbers, stuffed olives, or sliced pickles.

### **Boiled Fish**

Clean fish as directed. Place on rack of fish kettle, or tie in cheesecloth and drop in a large kettle half full of boiling water. Cover kettle and simmer gently the required time, which varies with size and thickness of fish. See Time-table. Small cod, haddock, bass, cusk, and salmon are cooked whole; large fish, such as halibut, are cut in thick pieces. When done, place on platters, remove dark skin, garnish with parsley and slices of lemon, and serve with Egg Sauce; or garnish with parsley and eggs, and serve with Pickle Sauce.

### **Steamed Fish**

Wrap fish in pieces of cheesecloth. Lay on plates in steamer, and cook until flesh separates from bone. Serve as Boiled Fish.

### Broiled Fish

Clean fish as directed, sprinkle with salt and pepper, and put in well-greased wire broiler. Slices of fish should be turned often while cooking; whole fish should be first broiled on flesh side, then turned, and cooked on skin side long enough to brown and crisp the skin. Loosen fish on both sides, slip from broiler to hot platter. Spread white fish with Maître d'Hôtel Butter; oily fish with plain butter and more salt if needed. Garnish as desired.

Cod, haddock, bluefish, shad, cusk, or mackerel are split down the back and broiled whole, with or without the head and tail. Salmon, swordfish, and halibut are cut in inch slices for broiling. Smelts and other small fish are left whole. Cod and haddock are usually scrodged for broiling—that is, split down the back and boned.

### To Broil with Gas

Clean six four-pound fish as directed, brush skin side of fish generously with pork drippings, sprinkle flesh side with salt and pepper. Grease thoroughly rack in broiling oven, lay fish on rack with skin side down. Cook twenty to thirty minutes, or until flakes begin to separate and flesh is delicately browned. Do not turn. When done, loosen fish from rack, place on platters, spread with Maître d'Hôtel Butter, if a white fish; or with plain butter, if a dark or oily fish. Slices of fish may be laid on a well-greased shallow pan, instead of on the rack, if desired.

### Baked Fish with Stuffing

Cod, haddock, cusk, bluefish, mackerel, etc., may be cooked in this way. Clean six four-pound fish, sprinkle

inside and out with salt, stuff and sew. If white fish, cut gashes on each side of backbone and insert strips of fat salt pork. Shape in form of letter S, fastening with skewers and twine. Or the head, tail, and backbone may be removed, the fish stuffed, and laid flat in pan. Place on greased fish-sheet or on bottom of dripping pans. Sprinkle with salt and pepper, brush with melted butter or pork drippings, dredge with flour, and place around fish small pieces of fat salt pork. Baste often while baking. See Time-table on page 82. Serve with Drawn Butter, Egg, or Hollandaise Sauce.

### Plain Stuffing

|                                   |  |
|-----------------------------------|--|
| 6 cups cracker or bread<br>crumbs | 1½ teaspoons salt<br>¾ teaspoon pepper |
| 1½ cups melted butter             | 1½ cups hot water                      |

Mix ingredients in order given. This stuffing may be varied by adding six teaspoons each of parsley, capers, and pickles, and a little onion juice. This quantity is sufficient for six four-pound fish.

### Oyster Stuffing

|                       |  |
|-----------------------|--|
| 6 cups cracker crumbs | 3 tablespoons lemon juice                |
| 1½ cups melted butter | 3 tablespoons finely-<br>chopped parsley |
| 2½ teaspoons salt     |  |
| ¾ teaspoon pepper     | 4 cups oysters                           |

Clean and drain oysters, mix with crumbs and seasonings, moisten with melted butter and a little oyster liquor, if needed.

### Baked Fish without Stuffing

Spread pork drippings, or thin slices of salt pork, in the bottom of agate dripping pans. Lay on this slices of large



fish, or smaller fish which have been split open and boned. Spread with melted butter, sprinkle with salt and pepper. Bake in a hot oven until the flakes begin to separate. Remove to hot platters, spread with plain or Maitre d'Hôtel Butter, garnish, and serve.

Or bake until nearly done, then pour over fish rich milk or thin cream, allowing one cup to a fish; finish baking and serve.

### Halibut à la Creole

|                           |                                |
|---------------------------|--------------------------------|
| 18 pounds halibut         | 3 tablespoons sugar            |
| 2 quarts tomatoes         | 1 cup butter                   |
| 1 quart water             | 1 cup flour                    |
| 6 slices onion            | 1 tablespoon salt              |
| 6 tablespoons mild pepper | $\frac{1}{2}$ teaspoon paprika |

Cook tomato, water, onion, pepper, and sugar together twenty minutes. Melt butter, add flour, stir into hot mixture. Add salt and paprika, cook ten minutes, and strain. Cut fish into six pieces, clean, put into baking dishes, pour over it the sauce, cover, bake thirty-five minutes. Remove to platters, pouring sauce over fish. If halibut is cooked whole, a longer time should be allowed for baking.

### Fried Fish

Small fish are cooked whole; large fish are divided into sections or slices of any desired size. Clean, wipe dry, sprinkle with salt and pepper, roll in flour, then in egg and crumbs. Fry in deep fat, drain.

Or roll in flour or cornmeal, and sauté in salt pork drippings in frying pan.

### **Kippered Herrings**

Remove fish from eight cans of kippered herrings. Lay in shallow agate pans or on platters that can be put in oven. Sprinkle with pepper and lemon juice, pour over the liquor from cans, put in oven until well heated, and garnish with parsley and lemon slices.

### **Buttered Finnan Haddie**

Put six four-pound fish in large pan, cover with cold water, bring to boiling point, and simmer slowly twenty-five minutes; drain. Put on platters, spread generously with butter, put in oven until butter is melted.

## **SHELLFISH**

### **To Parboil Oysters**

Clean oysters by putting into a colander or strainer, pouring a small amount of cold water through them and removing any pieces of shell.

Put one quart oysters at a time in saucepan, add one-half teaspoon salt, and shake over fire until gills are curled and oysters plump.

### **Raw Oysters**

Use small, plump oysters, allowing six to each person. Clean shells thoroughly and serve oysters on deep halves. Arrange on plates of crushed ice, with valve end of shells toward center of plate, and with a slice of lemon in the center.

### Fried Oysters

Clean one and one-half gallons oysters, dry on a towel; sprinkle with salt and pepper; dip in flour or fine crumbs, egg, and crumbs again. Fry in hot fat, drain, and serve at once. Or sauté in butter or bacon fat in a frying pan.

### Panned Oysters

Clean and drain two gallons oysters. Melt two tablespoons butter in a hot frying pan, add one pint oysters, sprinkle with salt and pepper. Cook, stirring constantly, until edges curl. Turn into double boiler to keep hot, but keep water in lower part just below boiling point, or oysters will be cooked too much. Continue until all the oysters are cooked. Serve on toast, moistening with oyster liquor.

### Creamed Oysters

|                                    |   |
|------------------------------------|---|
| 4 quarts milk and oyster<br>liquor | 4 quarts oysters                        |
| 2 cups butter                      | 1 teaspoon celery salt or               |
| 2½ cups flour                      | 6 tablespoons lemon juice               |
| 4 teaspoons salt                   | 1 cup chopped mush-<br>rooms if desired |
| ½ teaspoon pepper                  |   |

Parboil oysters, drain; add enough rich milk to strained oyster liquor to make four quarts. Make a white sauce of the first four ingredients, following directions for White Sauce. Add pepper, celery salt or lemon juice, and oysters. When very hot, serve on well-toasted bread which has been moistened in hot salted water.

### Scalloped Oysters

|                           |                       |
|---------------------------|-----------------------|
| 6 quarts oysters          | 6 cups cracker crumbs |
| 1½ cups oyster liquor     | 3 cups melted butter  |
| ¾ cup milk or cream       | Salt                  |
| 3 cups stale bread crumbs | Pepper                |

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of buttered baking dishes, cover with cleaned oysters, sprinkle with salt and pepper ; repeat. Dip oyster liquor and cream over top, cover with remaining crumbs. Bake thirty minutes in hot oven. A little finely-chopped celery is an improvement. There should never be more than two layers to a dish for scalloped oysters.

### Steamed Clams

Wash and scrub clam shells, changing the water several times. Put into large kettle, allowing one cup hot water to one peck clams. Cover closely and cook until shells open, remove at once from fire or clams will be overcooked. Serve hot with melted butter.

### Scalloped Clams

|                         |                     |
|-------------------------|---------------------|
| 6 quarts clams          | 1 cup melted butter |
| 6 quarts cracker crumbs | Paprika to taste    |
| Salt to taste           | 18 well-beaten eggs |

Drain the liquor from clams and set aside. Chop clams fine. Moisten cracker crumbs with equal parts of clam liquor and milk. Season with paprika and salt to taste, add melted butter, well-beaten eggs, and clams. Mix thoroughly and put into well-greased baking dishes. Bake until brown.

## Lobster

*To open a lobster:* Wipe it, break off the claws, separate tail from body by twisting and pulling at same time. Remove meat from body; save the liver and coral, but discard stomach and lungs. Break the large claws, or if shell is soft, cut with scissors, and remove meat whole. Crush the tail shell and remove meat in one piece; cut the meat open lengthwise and remove intestinal canal.

Lobster should be cooked only long enough to heat it through, or it will be tough.

## Creamed Lobster

Remove meat from shell and cut in cubes or small pieces. Make White Sauce II, allowing one quart sauce for each quart meat. Season with salt, paprika, chopped parsley, and lemon juice. Add lobster meat, reheat, and serve on toast or in patty shells.

## Scalloped Lobster

Prepare as for Creamed Lobster, using White Sauce I; put in baking dishes, ramekins, or scallop shells, cover with buttered crumbs, bake until crumbs are delicately browned.

## Deviled Lobster

Prepare as for Creamed Lobster, with the addition of two teaspoons each of onion juice, Worcestershire Sauce, and mustard, a few grains cayenne, and a few drops Tabasco, for each quart of sauce.

## Shrimps and Crabs

Shrimps and crabs may be creamed, scalloped, or deviled, like lobster.

### Fried Scallops

Cover six or eight quarts scallops with boiling water, let stand three minutes, drain, and dry with cheesecloth. Season with salt and pepper, dip in crumbs, egg, and crumbs again. Fry in deep fat, or sauté in butter in frying pan. Serve with Sauce Tartare.

### Deviled Scallops

|   |                             |
|---|-----------------------------|
| 8 quarts scallops                       | 8 tablespoons tomato catsup |
| 1 cup butter                            | 8 teaspoons mustard         |
| 8 tablespoons Worcester-<br>shire Sauce | Juice 4 lemons              |
|   | 4 teaspoons salt            |
|   | 4 teaspoons paprika         |

Parboil scallops two minutes, drain. Melt butter, add Worcestershire Sauce and other seasonings, bring to boiling point, serve.

### Scalloped Scallops

|                                     |                        |
|-------------------------------------|------------------------|
| 6 quarts scallops                   | 2 cups butter          |
| 3 or more cups chopped<br>mushrooms | 1½ cups flour          |
| 1½ cups chopped onion               | 2½ quarts rich milk    |
|                                     | ½ quart scallop liquor |
| Salt and pepper to taste            |                        |

Parboil scallops two minutes. Drain and chop or cut in slices. Melt butter, add onion and mushrooms, cook slowly five minutes. Add flour, stir well, and add hot milk and liquor, stirring all the time. When smooth and thickened, add scallops, put in buttered baking dishes, and cover with buttered crumbs. Bake until crumbs are brown.







## MEATS

GOOD beef is firm and fine-grained in texture, bright red in color, and well mottled with fat, which should be firm and yellowish white.

Meat should be removed from wrapping paper as soon as it comes from the market, as the paper will absorb some of the juices.

Keep meat in a cool place, but never put it in the ice compartment of a refrigerator, because the excessive moisture hastens decay. In case of insufficient refrigerator space, a large order may be given at one time, the butcher delivering it as required.

Tender meats, such as the rump, the loin, or the ribs, should be broiled, pan-broiled, or roasted; but tough meats, like the flank, the round, or the brisket, should be cooked in water very slowly for several hours. But whatever the method of cookery, the meat should first be subjected to a high temperature long enough to sear the outside, thus preventing the escape of the meat juices.

As a rule, the palatability and digestibility of dark meats are greater when served rare, but of white meats when thoroughly cooked.

Meats must be weighed, trimmed, and wiped with a cloth wrung out of cold water, but must never be put into water, as that draws out the meat juices.

## TIME-TABLE FOR COOKERY OF MEATS AND FISH

*Boiling*

| Beef                        | <i>Range</i>  | <i>Aladdin Oven</i> |
|-----------------------------|---------------|---------------------|
| Braised or pot roast        | 4 to 5 hrs.   | 5 to 6 hrs.         |
| Stew                        | 3 to 4 hrs.   | 4 to 5 hrs.         |
| Corned                      | 4 to 5 hrs.   | 5 to 6 hrs.         |
| Cod (see Haddock)           |               |                     |
| Fowl                        | 2 to 3 hrs.   | 3 to 4 hrs.         |
| Haddock (3 to 5 lb. pieces) | 20 to 30 min. |                     |
| Halibut (3 lb. pieces)      | 30 min.       |                     |
| Ham (15 lbs.)               | 4 to 5 hrs.   | 5 to 6 hrs.         |
| Mutton, leg or shoulder     | 2 to 3 hrs.   | 3 to 4 hrs.         |
| Stew                        | 2 to 3 hrs.   | 2 to 3 hrs.         |
| Veal stew                   | 3 to 4 hrs.   | 4 hrs.              |

*Baking*

|                             |                |                   |
|-----------------------------|----------------|-------------------|
| Beef, rump or sirloin, rare | 10 min. to lb. | 15-20 min. to lb. |
| Chicken                     | 2 hrs.         | 3 hrs.            |
| Fish (3 to 4 lbs. each)     | 1 hr.          | 2 hrs.            |
| Lamb                        | 2 hrs.         | 3 hrs.            |
| Yearling                    | 2½ to 3 hrs.   | 4 to 5 hrs.       |
| Chops                       | ½ hr.          |                   |
| Turkey                      | 3 hrs.         | 4 hrs.            |
| Veal, leg or shoulder       | 4 to 5 hrs.    | 6 to 7 hrs.       |

**BEEF****Broiled Steak**

Trim off superfluous or tainted fat from fifteen to twenty pounds sirloin or rump steak, and wipe with cloth wrung out of cold water. Grease wire broiler with some of the fat, put meat in broiler, and broil over clear fire, turning almost constantly until surface is well seared, then occasionally until done. Steak cut one inch thick will require five minutes if liked rare, six minutes if medium, and ten minutes or so if well done. Remove to hot platters, spread with butter, sprinkle with salt and pepper.

*To Broil with Gas.* Trim off fat and wipe steak. Light gas in broiling oven five to ten minutes before using. Grease rack in broiling pan with piece of fat. Lay steak on rack, and when broiler is hot, place pan on highest notch, so as to be as near flame as possible. As soon as steak is seared on one side, turn and sear other side. In turning, put the fork into steak as near edge as possible, in order to prevent escape of juices. When well seared, lower pan about six inches and cook slowly three to five minutes, then turn steak and cook from three to five minutes on that side. The time depends upon thickness of steak. Remove to platters, season with salt, pepper, butter, and drippings from broiling pan.

Broiled steak may be served with Maitre d'Hôtel Butter or Mushroom Sauce.

**Steak with Onions**

Slice one peck onions, cover with boiling water, cook slowly twenty minutes, drain. When well drained, put in saucepan or aluminum kettle, and let simmer until a

portion of the water has evaporated. Add one-half cup or more butter and salt to taste. Stir onions often until soft and slightly browned. When steak is broiled and seasoned, cover with onions and send at once to table.

### Hamburg Steak

|                            |    |                     |
|----------------------------|----|---------------------|
| 10 pounds finely-chopped   | 1  | teaspoon pepper     |
| raw beef                   | 3½ | tablespoons or more |
| ¾ cup minced onion         |    | salt                |
| ¾ cup minced green peppers |    |                     |

Chop onion very fine. Mix ingredients thoroughly. Shape in form of steaks one inch in thickness, or in small, flat cakes. Broil or pan-broil, spread with butter or Maitre d'Hôtel Butter, or serve with Brown, Mushroom, or Tomato Sauce. The peppers may be omitted.

### Beefsteak Roll

Take large, thin slices of steak from the round: there should be about ten pounds. Wipe meat and lay out flat. Prepare stuffing as for roast chicken. Spread it evenly over slices of steak, roll up tightly, and tie with string, securing ends well. Sauté rolls in iron frying pan in salt pork drippings, turning them so as to be well browned on all sides. Put rolls in covered roasting pans, pour over drippings and enough boiling water to cover bottom of pans. Cover and cook slowly two or three hours, turning meat once, and adding more water if needed. Take meat out on platters, remove strings, and keep hot while gravy is made. Make gravy from liquid in pans, allowing eight tablespoons flour to each quart of liquid. Mix flour with water to pour easily. Season with salt, pepper, and kitchen bouquet. Serve in gravy boats. Carve steak by cutting crosswise through beef and stuffing.

## Roast Beef

There should be from fifteen to twenty pounds, and it may be left in one large piece or cut in two. Wipe, trimming off any fat or skin which may be discolored or tainted. Put on rack in dripping pans, skin side down, rub over with salt, dredge with flour. Place in hot oven, in order to sear surface quickly. As soon as flour in bottom of pan is browned, reduce heat and cook the required time, basting often. See Time-Table for Cooking. If meat is quite lean, put two or three tablespoons drippings in pans. When meat is about half done, turn, dredge other side with flour, and finish roasting.

*To Roast in Aladdin Oven.* Trim and wipe meat as above. Sauté in hot greased frying pan, turning so as to brown all sides. Lay on rack in dripping pans. Unless there is plenty of fat on roasts, put two or three tablespoons drippings in pans. Light oven one hour before using. Put in meat, allowing fifteen to twenty minutes to the pound for roasting. Turn meat and change pans around when half done, in order that meat may be uniformly cooked. Serve Brown Gravy or Mushroom Sauce with roast beef.

## Brown Gravy

|                   |                          |
|-------------------|--------------------------|
| 1½ cups drippings | 2½ quarts water          |
| 1½ cups flour     | Salt and pepper to taste |

Pour off clear fat, reserving one and one-half cups of brown drippings in bottom of pans. Turn this into large saucepan, stir in browned flour. When smooth, add hot water, stirring constantly until smooth and thickened. Boil five minutes, season to taste. The gravy should be of a rich brown color, but if it is not, add kitchen bouquet

as needed. Strain if lumpy. Brown the flour in frying pan, stirring constantly until a uniform yellowish brown color.

### Yorkshire Pudding

|                 |                   |
|-----------------|-------------------|
| 1½ quarts milk  | 1½ teaspoons salt |
| 1½ quarts flour | 6 eggs            |

Mix salt with flour, add milk gradually, that mixture may not become lumpy. Add beaten eggs, then beat mixture two minutes with Dover egg beater. Cover bottom of hot pans with hot beef drippings; pour in batter to depth of one-half inch. Bake thirty minutes, or until brown all over, basting, when well risen, with hot beef drippings. Cut in squares and serve around roast.

### Braised Beef

|                         |                         |
|-------------------------|-------------------------|
| 12 to 15 pounds beef    | 1½ quarts diced turnips |
| from lower part of      | 1½ cups onion           |
| round                   | 2 teaspoons peppercorns |
| 1½ quarts diced carrots | 1½ cups celery          |
| 2½ quarts boiling water | 2 cups diced salt pork  |

Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in beef or pork drippings in frying pan. Put beef into kettle with closely fitting cover, add vegetables, pork, seasonings, and boiling water. Bring to boil, put into oven, and cook slowly four or five hours. When meat is tender, strain off two and one-half quarts liquor, thicken with one cup flour mixed to a smooth paste with cold water, season to taste with salt, pepper, and kitchen bouquet, and serve in gravy boats. Serve vegetables as a garnish for the meat.

### Pressed Beef

|   |                               |
|---|-------------------------------|
| 12 pounds beef from flank,<br>brisket, or round | 2 cups onion<br>2 cups carrot |
| 1 tablespoon salt                               | 1 teaspoon peppercorns        |
| Sweet herbs to taste                            | $\frac{1}{4}$ cup vinegar     |

Wipe and trim meat, cover with boiling water, bring to boiling point, simmer until meat is in shreds. Add vegetables and seasonings one hour before it is done. Remove meat and pack in long, narrow pans. Reduce liquor to three cups, strain and pour over meat. Cover and press with a heavy weight. Serve cold in thin slices.

### Corned Beef

Wash corned beef, put in kettle, cover with cold water, bring slowly to boiling point. Boil five minutes, remove scum, and cook slowly until tender. If it is to be pressed, cook until it falls to pieces, and let it stand in water until partially cooled. Pack it in brick-shaped pans, laying the long fibers lengthwise, and mixing in the fat so that it will be well marbled. Press until cold. Fifteen pounds is sufficient for one meal, but from twenty to twenty-five pounds will be needed if it is desired to have enough left over for hash.

### Boiled Dinner

Prepare and cook corned beef as above, being careful that it does not cook to pieces. Two hours before dinner remove meat and a part of the liquor to another kettle, and replace in Aladdin oven or on back of range to keep hot, or to cook more if necessary. Have small cabbages cut in eighths, carrots and turnips in any desired shape, small potatoes left whole. Skim off fat from corned beef

liquor, put in carrots and cook thirty minutes, add cabbage and turnips and cook from thirty to forty-five minutes, then add potatoes and cook until all are done. If there is not sufficient liquor, add boiling water. Serve cabbage in separate dishes, the other vegetables on platters with beef. Serve mustard or mustard pickles with corned beef.

### Boiled Tongue

Wash twelve pounds corned tongues, cover with cold water, bring slowly to a boil, boil five minutes, removing the scum as it rises. Simmer three or four hours, or until tender. Remove skin and roots, and serve hot with Piquante or Highly Seasoned Tomato Sauce. Or let cool in liquor in which they are cooked, and peel just before serving. Arrange slices overlapping each other around platters, with watercress piled in center. Serve with Tartare Sauce.

Fresh tongues may be used instead of corned, but should be put directly into boiling water.

### Braised Tongue

|                      |                    |
|----------------------|--------------------|
| 3 fresh beef tongues | 1 cup diced carrot |
| 1 cup onion          | 1 cup diced celery |

Wash tongues, put in kettle, cover with boiling water, and cook slowly two hours. Remove skin and roots, put tongues in deep pan, surround with vegetables, and pour over the sauce. Cover closely and cook two hours in slow oven, turning meat once. Slice, arrange on platters, pour the hot sauce over meat, and serve at once.

*Sauce.* Melt one cup butter, add one cup flour, and stir until smooth and well browned. Add two quarts water in which tongue was cooked. Season with three teaspoons Worcestershire Sauce, salt, and pepper.



**Beef Stew**

|                        |                       |
|------------------------|-----------------------|
| 1 cup beef drippings   | 6 bay leaves          |
| 12 pounds beef         | 6 sprigs parsley      |
| 4 tablespoons salt     | 2 quarts diced turnip |
| 1 teaspoon peppercorns | 2 quarts diced carrot |
| 12 cloves              | 6 small sliced onions |
| Pepper                 | Coarse stalks celery  |

Use any of the less expensive cuts of meat; left-over roast or steak may be used, in which case it is not necessary to brown it again.

Cut beef in one-inch cubes. Dredge two-thirds of the meat with flour and brown it in the drippings. Put in a large kettle with remaining meat, add three quarts boiling water, and cook slowly four or more hours. Add vegetables and seasonings two hours before serving. If it is desired to have potatoes in stew, cut them in slices and add half an hour before taking from fire. Thicken with two cups flour mixed with enough water to pour easily. Watch carefully while thickening, lest it burn on the bottom. Gravy left from roast beef should be added to the stew. Serve very hot with dumplings or baking powder biscuit.

**Dumplings**

|                          |                       |
|--------------------------|-----------------------|
| 2 quarts flour           | 5½ tablespoons baking |
| 4 teaspoons salt         | powder                |
| 3 tablespoons shortening | 3 cups milk           |

Sift dry ingredients together, rub in shortening with tips of fingers. Add milk gradually, using a knife for mixing. Take on floured board, pat and roll out to one-half inch thickness. Shape with a small biscuit cutter.

Place close together in buttered steamer, cover closely, steam twelve minutes. Serve at once.

### Spanish Stew

|                   |                            |
|-------------------|----------------------------|
| 12 pounds beef    | 1 or 2 sweet green peppers |
| 2 quarts tomatoes | 3 large onions             |
| 1 quart water     | Salt to taste              |

Cut beef in one-inch cubes. Dredge two-thirds of the meat with flour and brown in beef drippings. Seed and chop peppers, slice onions, strain tomatoes. Put all ingredients into large kettle, bring to boiling point, and simmer four hours, or until meat is tender. Before serving, thicken with two cups flour mixed with enough water to pour easily. Stir almost constantly until it thickens and boils, in order to prevent its sticking and burning on bottom.

### Beef Loaf

|  |                               |
|--|-------------------------------|
| 10 pounds raw beef                               | 8 eggs                        |
| 2 pounds fat salt pork                           | 3 or more tablespoons salt    |
| 6 cups dry bread crumbs                          | 5 teaspoons mixed herbs       |
| 4 cups water or stock—<br>more or less as needed | 5 tablespoons minced<br>onion |
| 1 teaspoon pepper                                |                               |

Chop meat and onion very fine. If bread is hard and dry, dip for a moment in cold water, then wring dry in cloth before crumbling. Mix all ingredients thoroughly, pack in brick-shaped pans, bake two and one-half hours in Aladdin oven, or in range with slow heat. Baste occasionally. Serve hot or cold.

### Beef à la Paysanne

|                                      |   |
|--------------------------------------|---|
| 10 pounds finely-chopped<br>raw beef | 3 tablespoons salt<br>1 teaspoon pepper |
| 4 pint cans tomato soup              | 3 cups buttered crumbs                  |

Mix beef thoroughly with salt and pepper. Rinse out cans with half as much water as there is soup. Put a layer of meat in bottom of casserole or baking dishes, then a layer of soup, another layer of meat, and so on until all the beef and soup are used. Cover with a thin layer of buttered crumbs. Bake two hours in Aladdin or other slow oven. Serve from the dishes in which it is cooked.

### Liver with Bacon

Have six or more pounds beef liver cut in slices one-half inch in thickness. Pour boiling water over liver, let stand five minutes, drain. Sprinkle with salt and pepper, dredge with flour, and cook slowly in plenty of bacon fat until well cooked and browned slightly on both sides. Arrange on platters with crisp bacon. See directions for cooking bacon.

### Liver Loaf

|                           |   |
|---------------------------|---|
| 10 pounds sliced liver    | 3 teaspoons poultry season-<br>ing            |
| 2 tablespoons onion       |   |
| 2 tablespoons salt        | 6 tablespoons vinegar or<br>juice of 2 lemons |
| 8 eggs well beaten        |   |
| 6 cups stale bread crumbs |   |

Cook liver in boiling salted water five minutes, drain, and chop fine. Mince onion very fine. Soak bread in cold water and wring dry in a cloth. Mix ingredients thoroughly. Line brick-shaped pans with thin slices bacon,

pack tightly with liver mixture, cover with bacon, and bake two hours or more in moderate oven. Turn from molds and serve with Tomato Sauce.

### Braised Liver

|                      |                          |
|----------------------|--------------------------|
| 12 pounds beef liver | 2 cups diced turnip      |
| 2 cups diced carrot  | 1 pound salt pork        |
| 2 cups diced onion   | 2 teaspoons peppercorns  |
| 2 cups diced celery  | 2 teaspoons whole cloves |
| 3 bay leaves         |                          |

Pour boiling water over liver, let stand five minutes, then sauté on all sides in hot pork or bacon drippings. Put meat in kettle, add vegetables and seasonings, lay thin slices pork or bacon over meat, add two quarts water or stock, cover closely, and cook three or more hours in slow oven. Remove meat, strain liquor, and thicken, using eight tablespoons flour to one quart liquid. Season to taste with salt, pepper, and kitchen bouquet; serve in gravy boats. Arrange sliced liver on platters, garnish with the vegetables, and serve with it fresh or pickled cucumbers, or tomato catsup.

### Tripe in Batter

Wash eight pounds pickled honeycomb tripe, cover with boiling water, and simmer gently thirty minutes, or till tender. Drain, wipe as dry as possible, and cut in pieces for serving. Sprinkle with salt and pepper, dip in batter, cook in frying pans in a small quantity of hot fat until well browned on both sides. Drain on brown paper.

*Batter.* Mix and sift five cups flour, one and one-fourth teaspoons salt, and seven teaspoons baking powder. Add one and two-thirds cups milk and five well-beaten eggs.

### Lyonnaise Tripe

10 pounds honeycomb tripe    2½ cups chopped onion  
 2 cups butter                    6 tablespoons minced  
 Salt to taste                      parsley  
 1 teaspoon paprika

Cook tripe in plenty of boiling water until very tender. Drain, cut in two-inch squares or strips. Cook onion slowly in butter until soft, turn in tripe, and toss about until butter is absorbed and tripe slightly browned. Sprinkle with salt, paprika, and parsley. If tripe is not pickled, add lemon juice or vinegar to taste. Serve very hot in covered dishes.

### Tripe à la Creole

10 pounds tripe                    1½ cups chopped onion  
 1½ cups flour                    ¾ cup chopped green  
 1½ cups butter                    pepper  
 3 quarts strained tomato

Melt butter, add pepper and onion, and cook until onion is soft and yellowish in color. Add flour, stir until smooth, then add tomato, stirring constantly until smooth and thickened. Season to taste with salt. Boil tripe until tender, cut in two-inch pieces, add to sauce, and simmer ten minutes.

## MUTTON AND LAMB

### Broiled Chops

Wipe fifteen pounds chops, trim off superfluous fat, and broil, following directions for Broiled Steak, and allowing from six to eight minutes if liked rare, and from eight

to ten if liked well done. Arrange chops in circle on hot platters, sprinkle with salt and pepper, and spread with butter if desired.

### **Pan-Broiled Chops**

Prepare as for Broiled Chops. Put in hissing-hot frying pans, sear, turn, and sear other side. Turn often, but do not pierce chops with fork, or juices will escape. Cook about six minutes if liked rare, eight to ten minutes if liked well done. If much fat collects in pan, pour it off. Turn chops on edge long enough to brown fat. Sprinkle with salt and pepper, spread with butter if desired, and serve very hot.

### **Baked Chops**

Wipe and trim chops, arrange on rack in dripping pans, sprinkle with salt and pepper, and cook in hot oven thirty minutes, turning them when about half done. Remove to hot platters and serve at once.

### **Boiled Leg of Mutton**

Remove caul from two twelve-pound legs of mutton, wipe meat, put in kettle. Cover with boiling water, bring to boiling point, and boil five minutes, removing scum as it rises. Simmer until meat is tender, allowing fifteen minutes to the pound. When half done, add three table-spoons salt. Serve with Caper Sauce.

### **Roast Lamb**

Three eight-pound legs of yearlings will be sufficient. Remove caul and outer skin, wipe, sprinkle with salt and pepper, dredge with flour, place on rack in dripping pans. If cooked in range or gas oven, allow fifteen minutes to the pound, basting often. If cooked in Aladdin oven,

allow twenty-five or thirty minutes to the pound, turning meat and changing pans around when half done. Serve with Brown Gravy made as for Beef Roast, or with Mint Sauce.

### **Braised Leg of Mutton**

Have two twelve-pound legs of mutton boned. Wipe, roll, and tie securely in shape. Melt one-half cup pork fat, add one cup each diced onion, turnip, and carrot, two bay leaves, and two sprigs parsley. Cook five minutes, add two quarts boiling water, one tablespoon salt, and one-half teaspoon peppercorns; pour over the mutton. Cover closely and cook slowly three hours. Remove from pan and keep hot while making sauce. Melt one and one-fourth cups butter or drippings, add one and one-fourth cups flour, stir till well browned, then add strained liquor from pan. There should be two quarts.

### **Roast Shoulder of Lamb**

Have three shoulders of yearlings boned at market. Wipe with damp cloth, sprinkle with salt, stuff, roll, and tie securely. The stuffing may be omitted if preferred. Put into boiling salted water to nearly cover, boil five minutes, removing scum as it rises. Cook gently in Aladdin oven or over simmerer two hours, or until tender. Then remove from water, drain, put in dripping pans, dredge with flour, salt, and pepper, and cook in hot oven forty-five minutes, or until brown and crisp on surface. Baste with some of the liquor in which meat was cooked. Make Brown Gravy with drippings and stock, following directions given with Beef Roast. If gravy is colorless or insipid, add kitchen bouquet. Stuffing may be made as for Roast Shoulder of Veal, omitting lemon juice.

### Irish Stew

|                   |                          |
|-------------------|--------------------------|
| 16 pounds mutton  | 1 quart diced carrot     |
| 6 quarts potatoes | 1 quart diced turnip     |
| 6 large onions    | Salt and pepper to taste |

Wipe and cut in small pieces about sixteen pounds from forequarter of mutton. Sauté half of it in beef or pork drippings until well browned. Put all the meat into kettle, add three quarts boiling water, bring to boiling point, and cook slowly in Aladdin oven or on back of range three hours. At end of first hour, add sliced onions, turnip, and carrot. An hour later add potatoes cut in one-third inch slices, and season to taste with salt and pepper. Before serving, thicken with two cups flour stirred to a smooth paste with cold water. Boil two minutes or more, stirring carefully to prevent burning. Serve with Dumplings or small Baking Powder Biscuit.

### Lamb Stew

|  |                          |
|--|--------------------------|
| 16 pounds lamb from<br>the forequarter | 4 small cans peas        |
| 4 onions sliced                        | 2 quarts stock or water  |
| 1 cup drippings                        | 2 quarts strained tomato |
|  | Salt and pepper to taste |

Cut meat into one-inch cubes. Fry onions in drippings till slightly colored, then skim into kettle. Dredge meat with flour and brown in drippings. Put meat and stock in kettle with onion, cover, cook slowly in Aladdin oven, or on range two hours, or until lamb is tender. Soak pieces of toast in the hot seasoned tomato and arrange on platters. Skim out meat, put on toast, and keep hot. Add remainder of tomato to stock, and thicken with one and one-half cups flour mixed to a paste with cold water. Boil



till thickened, add peas, season, heat thoroughly, and pour over meat and toast. Mutton may be used instead of lamb.

### Fricassee of Lamb

|                      |                          |
|----------------------|--------------------------|
| 12 to 16 pounds meat | 3 quarts water           |
| from the forequarter | 1 onion sliced           |
| Bacon fat            | Salt and pepper to taste |

Have lamb boned and cut in pieces for serving. Wipe, sprinkle with salt and pepper, dredge with flour, and brown in bacon fat. Put in kettle, add boiling water, boil five minutes, removing scum as it rises. Simmer in Aladdin oven, or on range, two hours for lamb, three hours for mutton. Remove from kettle and keep hot while sauce is made. Melt one cup bacon fat, cook onion in it slowly five minutes. Remove onion, add one and one-fourth cups flour, stir till smooth, add three quarts of the stock in which meat has been cooked, and from which all fat has been skimmed. Cook until thickened, season with salt, pepper, and kitchen bouquet. Arrange meat on platters and pour over it the sauce.

## VEAL

### Roast Shoulder of Veal

Have two medium-sized forequarters of veal boned at market. Trim off tainted or discolored skin or fat, and wipe with cloth wrung out of cold water. Sprinkle with salt, fill cavity with stuffing, make into rolls, and tie securely. Dredge with flour, sprinkle with salt and pepper, lay on rack in dripping pans. Cover top with slices of fat salt pork and cook six hours in Aladdin oven, or four hours in range. Remove meat and keep hot while making gravy.

Pour off some of the clear fat, leaving one and one-half cups brown drippings, add one and one-half cups flour, stir until well browned, add two and one-half quarts water, stir until smooth and thickened. Season to taste with salt and pepper. The thick part of leg or loin may be boned and roasted in the same manner.

### Stuffing

|                            |                         |
|----------------------------|-------------------------|
| 1 quart dry bread crumbs   | 4 tablespoons chopped   |
| 4 teaspoons salt           | onion                   |
| 3 tablespoons lemon juice  | 1 cup melted drippings  |
| 1 tablespoon mixed herbs   | 1 cup chopped salt pork |
| Water to moisten if needed |                         |

If bread is hard and dry, dip in cold water and wring dry in cloth before crumbling. Mix ingredients thoroughly.

### Braised Shoulder of Veal

Bone, wipe, and tie securely ; then cook same as Braised Beef.

### Veal Fricassee

Cut sixteen pounds veal from forequarter in pieces for serving. Wipe, sprinkle with salt and pepper, dredge with flour, and brown in salt pork fat. Put in kettle with three quarts boiling water and cook slowly three hours, or until meat is tender. Melt two cups pork fat, add two cups flour, and stir until well browned, then add three quarts of water in which veal was cooked, stirring constantly until smooth and thickened. Season with salt, pepper, onion juice, and lemon juice. Serve veal in center of platter, garnish with parsley, and surround with hot sauce.

### **Veal Fricassee with Tomato**

Have sixteen pounds veal from the forequarter boned and cut in pieces for serving. Wipe, roll in egg and crumbs, and sauté in pork or beef drippings. Put into kettle, add three quarts Tomato Sauce, cover closely, and cook slowly three or four hours.

### **Veal Stew**

Have two shoulders of veal boned and cut in pieces for serving. Put in kettle, add two quarts boiling water, boil five minutes, then cook slowly in Aladdin oven or on range four hours, or until tender, adding salt when half done. Add milk to make three quarts liquid, thicken with one and one-fourth cups each flour and butter creamed together. Season to taste with salt and pepper. Arrange meat on pieces of toast and pour over them the hot sauce.

### **Mock Birds**

Have from eight to ten pounds veal cut from leg or loin, in slices half an inch thick. Remove bone, fat, and skin, and pound until fiber is broken. Cut in pieces five inches long and three wide. Make a forcemeat as follows: Put veal trimmings and six slices fat salt pork through meat grinder; add one-half their measure of fine cracker crumbs. Season highly with salt, pepper, lemon juice, paprika, onion juice, and poultry seasoning. Moisten with beaten egg and hot water. Cover each piece of veal nearly to the edge with this forcemeat, roll, and fasten with wooden toothpicks. Dredge with salt, pepper, and flour, and brown in pork drippings. Put in stew pan, add three quarts rich milk, and simmer twenty minutes, or until meat is tender, watching carefully that it does not burn.

Remove birds to pieces of toast ; thicken milk with one cup flour creamed with one cup butter, season to taste, and pour it over birds and toast.

### Veal Loaf I

|  |   |
|--|---|
| 10 pounds veal from<br>the forequarter | 6 tablespoons lemon juice<br>3 tablespoons salt |
| 1½ pounds fat salt pork                | 1 teaspoon pepper                               |
| 18 common crackers                     | 2 tablespoons minced onion                      |
| ¾ cup thin cream                       | 2 tablespoons sage                              |

Put veal and pork through meat grinder, roll crackers, and mix all ingredients thoroughly. Pack in brick-shaped pans, bake slowly three hours, basting with pork fat. Serve cold, cut in thin slices.

### Veal Loaf II

|                                    |                                    |
|------------------------------------|------------------------------------|
| 10 pounds veal from<br>forequarter | 1 teaspoon pepper<br>Salt to taste |
| 1 pound bacon                      | 3 or 4 onions                      |

Cook veal and onions in boiling water to barely cover, until tender ; remove meat and let get cold. Left-over roast veal may be substituted for a part of the meat, in which case it would be ready for use without boiling. Put veal and bacon through meat grinder, season well, and moisten with enough stock to pack. Put in brick-shaped pans, set pans in larger ones containing water, and cook one hour or longer in a moderate oven. Let loaves get perfectly cold before removing from pans.

### Veal Hearts

Wash twelve veal hearts, but do not let them soak. With a pair of scissors cut out veins and arteries. Fill

cavities with stuffing and sew edges of opening together. Sauté the hearts in salt pork fat; then put in kettle with two quarts boiling water. Cover closely and cook three hours in Aladdin oven, or in range with slow heat. Remove hearts to platters. Thicken liquid in pan with one cup flour mixed till smooth with cold water; season to taste with salt, pepper, and kitchen bouquet. If sauce is too thick, add a little hot water. Serve in gravy boats. Serve with the hearts onions which have been boiled until very soft, then browned slightly in butter.

### Stuffing

|                                       |  |
|---------------------------------------|--|
| 1 quart small, dry pieces<br>of bread | 4 tablespoons finely-<br>chopped onion |
| 4 teaspoons thyme                     | 3 eggs well beaten                     |
| 1 tablespoon salt                     | 1 cup melted drippings                 |
| 1 teaspoon marjoram                   | $\frac{1}{2}$ teaspoon sage            |
| $\frac{1}{2}$ teaspoon pepper         | Water if needed                        |

Put dry bread into cold water, then wring dry in a cloth before crumbling. Mix ingredients thoroughly.

## PORK

### Pork Chops

Wipe fifteen to twenty pounds chops, sprinkle with salt and pepper, put in hot frying pans, and cook slowly until well browned on each side.

### Baked Pork Chops

Wipe chops, sprinkle with salt and pepper, put on racks in dripping pans, and cook forty-five minutes, or until done, in a hot oven, turning when half cooked.

### Roast Pork

Wipe fifteen to twenty pounds pork, sprinkle with salt and pepper, put on rack in dripping pans, cook from three to four hours in range, or from five to six hours in Aladdin oven. If desired, gravy may be made as for other roasts.

### Barbecued Fresh Ham

Wipe a large, fresh ham and score rind with sharp knife. Mix one tablespoon of mustard seed, half a teaspoon each of celery seed and peppercorns with one cup sugar, one cup of vinegar, and two cups water; let stand ten or fifteen minutes. Pour this pickle over ham, letting it stand several hours, or over night, and turning it several times. Put into dripping pan, fat side down, and cook in Aladdin oven six hours; or put in covered roaster and cook in range four hours. Strain the pickle and keep it hot, basting occasionally with it until all is used. Serve hot or cold.

### Boiled or Baked Ham

Soak over night two well-scrubbed nine-pound hams. Put into cold water with one tablespoon pickling spice, six slices carrot, six slices onion, two stalks celery, one teaspoon celery salt, three sprigs parsley, and one-half cup strong vinegar. Bring to boil and cook slowly five or more hours, or until tender. Do not overcook, or it will be difficult to carve nicely. If it is to be served cold, let it cool in the water in which it was cooked.

For baked ham, remove skin and cover with following paste: one cup brown sugar, one cup soft, fine bread crumbs, one teaspoon mustard, and enough vinegar to hold the paste together. Stick ham with cloves and make in-

cisions over entire surface. Bake one hour, basting with one cup water mixed with one-fourth cup vinegar and two tablespoons brown sugar. Serve hot or cold.

### Broiled Ham

Have eight pounds or more ham cut in thin slices. Soak one hour in lukewarm water, drain, wipe, and broil three minutes.

### Fried Ham

Have ham cut in thicker slices than for broiling. Wipe, remove rind, and soak in lukewarm water for an hour. Drain, dry on cheesecloth. Put into hissing-hot frying pans and brown quickly, first on one side, then on the other. Do not cook too long, or the ham will be hard and dry. Serve with eggs fried in the ham fat, or with the following sauce poured over ham just before serving: Pour off any clear fat in frying pan, then add one and one-half cups vinegar, four tablespoons prepared mustard, four tablespoons sugar, and one teaspoon paprika, and bring to boiling point.

### Bacon

Have bacon cut in very thin slices. Put in dripping pans, crowding slices closely together. Cook in hot oven until a golden brown, removing the pieces with skimmer or fork as soon as done. They will not be crisp until lifted out of the fat. Keep in warm place until ready to serve.

### Sausages

Cut apart ten pounds link sausages and wipe with a wet cloth. Pierce each one in several places with a fork. Lay sausages close together on rack in dripping pans, and cook

in hot oven until brown and crisp. If overcooked they will be dry and tasteless. Serve with Fried or Glazed Apples, or mashed potato.

### Frankfurters

Wipe, cover with boiling water, and cook slowly until they rise to the surface of water. Drain, garnish with parsley, and serve with mustard pickles and rye bread.

Frankfurters may also be sautéed in salt pork drippings or butter, in frying pans. They should be thoroughly cooked, and brown and crisp on the surface.

### Scrapple

Boil six or eight pounds fresh pork in four quarts water until so tender that it falls to pieces. Any of the cheaper cuts of meat or left-over roast may be used. Strain the liquor into fireless cooker kettle. Chop meat finely, removing any bones or gristle, and return to liquor. Bring to boiling point and thicken with one quart corn meal. Boil five minutes, put in cooker, and cook several hours. Season to taste with salt and pepper. Turn into shallow oblong pans to mold. Cut in half-inch slices and cook on griddle until brown and crisp on both sides.

### Creamed Salt Pork

|                       |                          |
|-----------------------|--------------------------|
| 1 pound fat salt pork | 1½ cups flour            |
| 3 quarts milk         | Salt and pepper to taste |

Cut pork in half-inch dice, fry until golden brown, then add flour, stir until smooth, and remove from fire. Heat milk in double boiler, add to above mixture, stirring constantly until smooth, and return to double boiler. Cook thirty minutes, stirring once or twice. Serve with baked potatoes.



### **Crisp Salt Pork**

Cut fat salt pork in very thin slices, soak thirty minutes in lukewarm water, drain. Dip each piece in flour so that each side is well coated, but shaking off any loose flour. Put in hot frying pans, and cook until crisp and golden brown on each side. Drain, put on hot platters, and serve with baked potatoes and cream sauce made as follows: Pour off clear fat, reserving one and one-fourth cups of the brown drippings in bottom of pans, to use in place of pork, and proceed as in Creamed Salt Pork.

## **POULTRY AND GAME**

### **To Select Poultry and Game**

A chicken has soft feet, smooth skin, many pinfeathers, and soft cartilage at end of breastbone. A fowl has long hairs, thick yellow skin, hard scaly feet, and a breastbone which is hard and bony to the very tip. Fowl are preferable for stewing, because of the larger amount of meat in proportion to bone. A good turkey also will have soft, pliable breastbone. Good geese have many pinfeathers. Small birds should be plump, with soft feet and pliable bills.

### **To Dress and Clean Poultry**

Singe, to remove hairs, by holding bird over a flame from gas or burning paper, turning so as to expose all parts of surface to blaze. Take out pinfeathers, using a small, sharp-pointed knife. Cut off head, turn back skin, and cut off neck close to body. Cut through skin around leg one inch below leg joint, being careful not to cut

tendons. Place leg at this cut over edge of table, and press downward to break bone, then take foot in right hand, holding bird in left, and pull off foot, drawing out with it the tendons. In old birds tendons must be drawn separately, using a skewer.

Make incision in skin below breastbone large enough to admit hand. Remove entrails, gizzard, heart, and liver. Care must be taken not to break gall bladder, which lies under liver. Remove lungs and kidneys from hollows each side of backbone. Insert two fingers under skin close to neck, and draw out windpipe and crop. Remove oil bag. Wash bird by letting cold water run through it. Be sure that everything has been removed, and that bird is clean, then wipe dry inside and out. A disagreeable odor may sometimes be removed by washing thoroughly in soda water.

### **To Stuff and Truss Poultry**

Put enough stuffing in neck end to fill skin moderately full; put remainder in body. Take a few stitches wherever necessary to hold cut edges together. Fasten neck skin to back with small skewer or stitches. Cross drumsticks, tie securely with string, and fasten to tail. Place wings close to body, keeping them in place by inserting skewer through both wings and body.

### **Roast Chicken or Turkey**

Allow twenty-five pounds dressed, whether chicken, fowl, or turkey.

Dress, clean, stuff, and truss as directed. Rub entire surface with salt, and spread breast and legs with butter, using one and one-fourth cups. If crusted surface is

desired, dredge with flour, or cream butter with one cup flour before spreading. Place birds on rack in dripping pans and cook required time, turning occasionally so as to brown all parts uniformly. Roast turkeys three hours or more, chickens from one and one-half to two hours. Old birds may be steamed until tender, then roasted. Baste often, using one and one-half cups butter melted in one quart water. Remove string and skewers before serving.

### Plain Stuffing

|                     |                               |
|---------------------|-------------------------------|
| 4 quarts crumbs     | $\frac{1}{2}$ teaspoon pepper |
| 1 tablespoon salt   | 1 tablespoon poultry          |
| 1 cup melted butter | seasoning                     |
| Water to moisten    |                               |

Crumble stale bread after cutting off any dark crusts. If dried bread is used, it should be in small pieces instead of crumbs. Put into cold water long enough to soften, wring dry in cloth, then crumble. Mix all ingredients thoroughly. If crumbly stuffing is wanted, use more butter and no water.

### Oyster Stuffing

|                               |                               |
|-------------------------------|-------------------------------|
| 4 quarts crumbs               | $\frac{1}{2}$ teaspoon pepper |
| 1 tablespoon salt             | 6 tablespoons finely-         |
| 1 cup melted butter           | chopped celery                |
| 4 tablespoons minced<br>onion | 1 or more quarts<br>oysters   |

Prepare crumbs as for Plain Stuffing; add butter, seasonings, and oysters which have been cleaned and drained.

### Gravy

|                   |                          |
|-------------------|--------------------------|
| 1½ cups drippings | 3 quarts water or stock  |
| 1½ cups flour     | Salt and pepper to taste |

Pour off some of the clear fat, reserving enough of the rich brown drippings in bottom of pans for the gravy. Turn drippings into large saucepan, add flour, stir until smooth, add stock in which giblets, necks, and tips of wings have been cooked. Boil five minutes, season, and strain. For giblet gravy add to above the finely-chopped giblets.

### Broiled Chicken

Wash chickens which have been dressed and split down back for broiling, and wipe dry. Place in dripping pans, skin side down, sprinkle with salt and pepper, dot over with butter, and bake twenty minutes or longer in hot oven. Remove to broiler and finish cooking over coals or in gas broiler.

### Fried Chicken

Clean young chickens, singe, and cut in pieces for serving. Plunge in cold water, drain, but do not wipe. Sprinkle with salt and pepper, and dredge with flour. Put salt pork or other drippings into frying pans to depth of one inch; cook chicken in fat until tender and well browned. Remove to platters. Pour off drippings, reserving one cup; add one cup flour, stir well, add two and one-half quarts rich milk. Stir until smooth and well cooked, strain, add two tablespoons finely-chopped parsley, and serve in gravy boats.

### Smothered Chicken

Clean and split young chickens suitable for frying. Place in dripping pans, skin side down, sprinkle with salt

and pepper, cover with slices of bacon, dredge with flour. Bake in a hot oven forty-five minutes, or until tender, basting often. Serve with the following sauce: Pour off all but one cup of the drippings in pans, add one cup flour and two and one-half quarts thin cream, or half cream and half chicken stock. Season to taste with salt and pepper, and cook until thickened.

### Chicken Stew

Cut up and wash twenty-five pounds dressed fowl. Put into kettle, cover with boiling water, and cook slowly until tender, adding salt when half cooked. Remove meat and thicken stock with flour mixed to smooth, thin paste with cold water, allowing one-half cup of flour to one quart of liquid. Season to taste with salt and pepper, pour over the meat, and serve with Dumplings or small Baking Powder Biscuit.

### Chicken à la Jardinière

|                        |                              |
|------------------------|------------------------------|
| 20 pounds dressed fowl | 2 quarts canned peas         |
| 4 quarts boiling water | 2 cups flour                 |
| 2 quarts small onions  | 2 cups butter or chicken fat |
| 2 quarts diced carrot  | Salt and pepper to taste     |

Stew fowls in four quarts water until tender, adding salt and onions the last hour. Remove fowls from water and skim out the onions. When cold, skim fat from liquid and remove meat carefully from bones, keeping it as much as possible in large pieces.

Melt two cups butter or chicken fat, stir in flour and four quarts of liquor in which fowls were cooked. It saves time to have this reheated before adding to sauce. Boil five minutes, stirring constantly; season to taste and add meat.

Boil carrots in salted water until tender. Heat in double boiler canned peas which have been well drained, adding salt to taste. Sauté the onions slightly in butter.

Pile meat in center of platters, surrounding with vegetables arranged in mounds; pour sauce over the whole and serve with Boiled Rice.

### Chicken Fricassee

Wash and cut up twenty-five pounds dressed fowl. Sprinkle with salt and pepper, dredge with flour, and brown in pork drippings. Put into kettle, add boiling water to nearly cover, and cook slowly three hours or until tender. Add enough butter to frying pan in which meat was browned to make one and one-fourth cups in all, add one and one-fourth cups flour, and three quarts water in which fowl was cooked. Boil five minutes, season to taste with salt and pepper, strain, and pour it over the meat.

### Creole Chicken

Cut twenty-five pounds dressed fowl in pieces for serving, wash, and dry. Sprinkle with salt and pepper, dredge with flour, and brown in salt pork or bacon drippings. Put into kettle with two quarts water and two quarts strained tomato; add two cups sliced onion, three mild red or green peppers, finely chopped, three cups diced celery, salt and pepper to taste. Simmer three hours, or until fowl is tender. Remove to platters and keep hot while making sauce. Add butter to frying pan in which fowl was browned to make one cup, add one and one-fourth cups flour and three quarts of liquor in which fowl was cooked. Boil five minutes, season, pour around meat, and serve with Boiled Macaroni.

### Chicken Pie

Prepare and cook twenty pounds dressed fowl or chicken as for Chicken Stew. Remove chicken, skim off fat, and thicken four quarts liquor with one and one-half cups flour mixed with cold water to pour easily. Place a small cup in center of each baking dish, remove some of the large bones from chicken, then arrange it in baking dishes, add gravy to come almost to top, cool. Make baking powder crust as for Meat Pie, cut in small rounds with biscuit cutter, place close together on top of chicken, bake thirty minutes, or until done, in hot oven. Serve extra gravy in boats.

### Roast Goose

Singe, remove pinfeathers, wash and scrub geese in hot soapsuds or soda water. Remove internal organs as from fowl, wash in clear water, and wipe dry. Stuff, sprinkle with salt and pepper, lay thin slices fat salt pork over breast. Place on rack in dripping pans, bake two or more hours, removing pork the last half hour. Garnish with watercress, serve with Giblet Sauce made as for Roast Chicken.

### Stuffing

|  |                               |
|--|-------------------------------|
| 2 cups hot mashed potato               | $\frac{1}{4}$ cup butter      |
| $1\frac{1}{2}$ cups soft, stale crumbs | 1 egg                         |
| $\frac{1}{4}$ cup chopped salt pork    | $1\frac{1}{2}$ teaspoons salt |
| $\frac{1}{4}$ cup chopped onion        | 1 teaspoon sage               |

Mix ingredients thoroughly. This quantity is sufficient for one goose.

### Roast Wild Duck

Singe, draw, and remove pinfeathers. Wash inside and out and wipe dry. Stuff, place on rack in dripping pans,

sprinkle with salt and pepper, and cover breast with thin slices salt pork. Bake from thirty to forty-five minutes in hot oven. Domestic ducks should be cooked about twice the time allowed for wild ones. Serve with Olive Sauce and currant jelly.

### Stuffing

|   |                                |
|---|--------------------------------|
| $\frac{3}{4}$ cup boiled chopped onions | 1 tablespoon melted butter     |
| $\frac{3}{4}$ cup chopped sour apples   | $\frac{3}{4}$ cup bread crumbs |
|   | $\frac{3}{4}$ teaspoon sage    |
|   | Salt and pepper to taste       |

Mix ingredients thoroughly. This amount is enough for one duck. Instead of stuffing to be eaten, ducks may be stuffed with sour apples, pared, cored, and quartered; or two or three onions may be substituted for the apples.

### Stewed Rabbits

Skin, clean, and cut up rabbits, cutting each joint and halving the backs. Sauté sliced onions in salt pork drippings, allowing two onions to each rabbit. Skim out the onions and sauté rabbit, which has been sprinkled with salt and pepper and dredged with flour. Pack meat in kettle, add onion, salt, and pepper, sweet herbs, and water to nearly cover. Cover closely and simmer two hours, or until tender. Drain liquor into another saucepan, keeping the meat hot over hot water or in Aladdin oven; thicken with six tablespoons flour creamed with six tablespoons butter to each quart liquid. Season with salt, pepper, tomato catsup, and Worcestershire Sauce; add meat, simmer five minutes, and serve.



## GENERAL DIRECTIONS FOR USING LEFT-OVER MEATS AND FISH

Remove all gristle, bones, and skin from both meat and fish before using in warmed over dishes. Roast beef or steak should be stewed until tender in a small amount of water before using for meat pies, ragoûts, hash, croquettes, or other made dishes. Roast beef gravy may be poured boiling hot over cold sliced roast beef and served at once, but it should not cook in it, or meat will be toughened, unless it has first been cooked in water several hours.

Water may be used in place of stock by adding beef extract or bouillon cubes to flavor. Kitchen bouquet may also be used. Colorless or tasteless sauces may be improved by adding kitchen bouquet.

Salt codfish should soak over night, or for several hours, before using.

### Creamed Corned Beef

|   |   |
|---|---|
| 8 or more quarts cold<br>corned beef cut in<br>dice | 2 small sliced onions<br>1 teaspoon celery salt<br>1 teaspoon paprika |
| 4 quarts milk                                       | $\frac{1}{2}$ cup lemon juice   |
| 2 cups butter                                       | 6 tablespoons chopped<br>parsley                                      |
| 2 cups flour  |   |

Scald onion in milk, then skim out. Cook flour in butter, remove from fire, add hot milk, stirring constantly until smooth, then cook in double boiler thirty minutes. Add seasonings and meat, salt to taste, heat thoroughly, and sprinkle with parsley before sending to table.

### Creamed Chicken

|   |   |
|---|---|
| 8 or more quarts cold<br>chicken or veal cut<br>in dice | 4 quarts White Sauce II<br>2 teaspoons celery salt<br>$\frac{1}{2}$ teaspoon pepper |
|---|---|

Reheat chicken in sauce, adding celery salt and more salt and pepper if needed. Creamed Chicken may be served on toast; or in border of boiled rice or mashed potato; or with crisp bacon; or there may be added to sauce sliced mushrooms, or cleaned and drained oysters.

### Creamed Dried Beef

|                                       |   |
|---------------------------------------|---|
| 2 or more pounds smoked<br>dried beef | 4 quarts White Sauce II<br>Salt and pepper to taste |
|---------------------------------------|---|

Shred beef, cover with hot water, let stand ten minutes, drain. Add to sauce, heat thoroughly, and season to taste.

### Frizzled Dried Beef

|                                       |                               |
|---------------------------------------|-------------------------------|
| 2 or more pounds smoked<br>dried beef | 2 cups butter<br>2 cups flour |
| 4 quarts hot milk or water            | Salt and pepper to taste      |

Melt butter in large saucepan, add shredded dried beef which has been soaked ten minutes in hot water and drained. Cook slowly until butter is golden brown, then add flour and stir until well mixed with beef. Add hot water, stirring until smooth and thoroughly cooked. Season to taste. If milk is used, heat it in double boiler, and cook the mixture in boiler thirty minutes, as in making white sauce.

**Réchauffé of Meat**

|                             |                          |
|-----------------------------|--------------------------|
| $\frac{1}{2}$ cup drippings | 4 quarts brown stock     |
| 1 cup butter                | 8 quarts diced meat      |
| 6 tablespoons minced onion  | 1 teaspoon pepper        |
| 2 cups flour                | Salt to taste            |
|                             | 1 tablespoon mixed herbs |
|                             | 1 quart dried mushrooms  |

Cook onion in butter until slightly browned; add flour and stir until browned. Add stock and stir until smooth and well cooked. Stir into this sauce the meat and the mushrooms, which have been soaked and chopped; season and serve.

**Mutton à la Creole**

|  |                                       |
|--|---------------------------------------|
| $\frac{3}{4}$ cup chopped green pepper | $2\frac{1}{2}$ quarts brown stock     |
| $\frac{1}{2}$ cup minced onion         | $1\frac{1}{2}$ quarts strained tomato |
| $1\frac{1}{2}$ cups butter             | 6 quarts diced mutton                 |
| 2 cups flour                           | 2 quarts cooked macaroni              |
|  | 3 tablespoons lemon juice             |
|  | Salt to taste                         |

Cook pepper and onion in butter three minutes; add flour, stir until smooth, then add stock and tomato. Simmer a few minutes, stirring constantly; add seasonings and meat. Heat well and pour it over the cooked macaroni.

**Curry of Mutton**

|                              |                         |
|------------------------------|-------------------------|
| 8 quarts cold mutton or veal | 2 cups butter           |
| 4 large chopped onions       | 2 cups flour            |
| 2 tablespoons curry          | 3 tablespoons salt      |
|                              | 1 teaspoon pepper       |
|                              | 4 quarts stock or water |

Cut meat in one-inch squares. Fry onion in butter until soft, add flour mixed with seasonings, and stock. Boil

three minutes, put in meat, simmer fifteen minutes. Serve on platter with border of Boiled Rice or Turkish Pilaf.

### Mexican Ragoût

|   |  |
|---|--|
| 8 or more quarts cold<br>beef, lamb, or veal<br>diced | 2 teaspoons celery salt<br>$\frac{3}{4}$ cup chopped onion<br>1 cup chopped green pepper |
| 3 quarts strained tomato                              | 4 teaspoons Worcestershire<br>Sauce  |
| 1 quart stock   |  |
| 2 cups butter   | 1 teaspoon paprika   |
| 2 cups flour  | Salt to taste  |

Cook onion and pepper slowly in butter until soft, stirring often; add flour, stir until smooth; add stock and tomato, cook until smooth and thickened. Put in meat, heat thoroughly, season to taste, and serve.

### Ragoût of Chicken

|  |                               |
|--|-------------------------------|
| 25 pounds chicken or fowl<br>roasted or boiled | 4 bay leaves<br>6 peppercorns |
| $\frac{1}{4}$ pound diced bacon                | 4 sprigs parsley              |
| $\frac{1}{2}$ cup bacon drippings              | 3 quarts Consommé or<br>stock |
| 2 sliced carrots                               |                               |
|  | $1\frac{1}{2}$ cups flour     |

Remove skin and bone from cold cooked chicken. The meat need not be in pieces of the same size, but should not be broken or crumbled. Cook together bacon and seasonings for fifteen minutes, being careful not to let them get very brown. Add flour, cook until light brown, then stir in the stock. Put in all the trimmings from chicken, and cook in Aladdin oven or on back of range one hour; strain. Put in carefully the pieces of chicken; simmer forty-five minutes. Garnish with triangles of

toast. Cooked veal may be substituted for part of the chicken.

### Casserole of Rice and Meat

|                                    |                               |
|------------------------------------|-------------------------------|
| 2 quarts uncooked rice             | 3 tablespoons chopped parsley |
| 4½ quarts cold meat chopped finely | 3 tablespoons chopped onion   |
| 4 or 5 teaspoons salt              | 2 teaspoons thyme             |
| 4 eggs                             | 1 cup cracker or bread crumbs |
| 1 teaspoon celery salt             | 4 tablespoons lemon juice     |
| 1 teaspoon pepper                  |                               |
| 1 teaspoon marjoram                |                               |

Cook rice as for Boiled Rice. Add seasonings, egg, and crumbs to meat. Mix well and moisten with stock or water enough to pack easily.

Butter molds, line bottom and sides with rice, pack in the meat, cover closely with rice, steam forty minutes. Turn out on hot platters. Serve with Highly Seasoned Tomato Sauce poured around casseroles, or put in sauce boats.

### Chicken or Veal Soufflé

|                       |   |
|-----------------------|---|
| 3 quarts scalded milk | 3 cups soft, stale bread crumbs                       |
| ¾ cup butter          |   |
| ¾ cup flour           | 3 quarts cold, cooked, finely-chopped chicken or veal |
| 2 tablespoons salt    | 18 eggs   |
| 1 teaspoon pepper     | 6 tablespoons chopped parsley                         |

Make sauce of the first five ingredients, following directions for White Sauces. Add bread crumbs five minutes before removing from double boiler. Add chicken, yolks of eggs, and parsley. Fold in stiffly-beaten whites, put in

buttered baking dishes, bake thirty-five minutes in slow oven. Serve with Mushroom Sauce.

### **Beef Soufflé**

Make same as Chicken Soufflé, using beef stock instead of milk, and beef instead of chicken. Serve with Mushroom or Highly Seasoned Tomato Sauce.

### **Cottage Pie**

Cut remnants of beef roast or steak in small pieces, add boiling water and two or three sliced onions, and simmer until tender. Season highly with salt and pepper, and thicken liquid with flour mixed to a smooth, thin paste with cold water. Add gravy left from roasts. Put a layer of hot mashed potato in bottom of greased baking dishes, then a thick layer of prepared meat, and cover with a layer of potato. Bake in hot oven until potato is slightly browned.

### **Meat Pie**

Cut cold beef roast or steak in one-inch cubes; there should be nine quarts or more. Put in kettle, add three sliced onions and four quarts boiling water. Simmer slowly two hours or until tender. Skim out meat and put into baking dishes. Mix one and one-half cups flour with cold water to pour, stir into hot liquid, bring to boiling point, and season to taste. Cover meat with a layer of cold sliced potatoes, or those which have been peeled, sliced, and parboiled until nearly done. Pour in gravy to moisten well, but not to come quite to top. Cover with the following crust, bake thirty minutes, or until done, in hot oven. Serve remainder of gravy in boats. Potatoes may be omitted and more meat used.

### Baking Powder Crust

|                                   |                                 |
|-----------------------------------|---------------------------------|
| 2½ quarts flour                   | 5 teaspoons salt                |
| 3¾ cups milk or milk<br>and water | 6¾ tablespoons baking<br>powder |
| 1¼ cups shortening                |                                 |

Sift dry ingredients together, and cut or rub in shortening. Add liquid gradually, mixing with knife to as soft a dough as can be handled. Roll and cut as for Baking Powder Biscuit. Cut in small rounds, place close together on top of meat mixture, bake about twenty minutes in hot oven. Or roll out in a sheet that will just fit baking dish, cut a hole an inch in diameter in center, place on meat, and bake thirty minutes, or till done, in hot oven. Still another method is to mix dough to a stiff drop batter, and drop by spoonfuls on top of meat.

### Corned Beef Hash

Mix thoroughly finely-chopped corned beef and chopped or mashed potato. Do not cut off all the fat, as it improves the flavor of hash. Moisten with stock in which meat was cooked, and season to taste with salt and pepper. The proportions of meat and potato may vary from equal parts of each to two-thirds potato, according to taste or materials at hand, but there should be from ten to twelve quarts of the mixture.

Melt beef drippings to barely cover bottom of frying pans, put in hash, packing it in well, cook in oven until bottom and sides are brown and crisp. About an hour will be required with an oven full of pans, which require more or less changing around, in order that hash be uniformly browned. Fold like an omelet, or turn out on round

platters with brown crust uppermost. Garnish with parsley. Serve with it Chili sauce, tomato catsup, or cucumber pickles.

### Vegetable Hash

Prepare, cook, and serve as Corned Beef Hash, substituting vegetables for all or a portion of the potato. Chopped beets, turnips, carrots, onion, and cabbage may be used, in any convenient proportion and combination, allowing one-third meat to two-thirds vegetables, if possible.

### Beef Hash

Prepare, cook, and serve as Corned Beef Hash. Use any remnants of cooked lamb, veal, pork, or beef, first stewing roast or steak in a small amount of water until tender. Cook one cup each minced onion and mild green pepper in two cups pork, bacon, or beef drippings until soft, then add to hash. Season with salt, pepper, celery salt, or finely-minced celery, and half a cup minced parsley.

### Baked Mince with Eggs

|   |                                  |
|---|----------------------------------|
| 4 quarts cooked veal, lamb,<br>or chicken | 1 teaspoon pepper                |
| 2 quarts cooked ham                       | $\frac{1}{2}$ cup chopped onion  |
| 2 quarts soft bread crumbs                | 6 tablespoons chopped<br>parsley |

Salt to taste

Remove skin, gristle, and bones from meat, and chop fine before measuring. Mix ingredients thoroughly, and moisten well with stock or water. Put in greased baking dishes, cover and cook thirty minutes in moderately hot oven. Break required number of eggs on top of mince,



sprinkle with salt and pepper, cover again, and cook until whites are set. Send to table in baking dishes.

### Meat Cakes

|  |   |
|--|---|
| 7 quarts finely-chopped<br>cooked meat | 1 teaspoon paprika<br>3 tablespoons mixed herbs |
| 3 quarts soft crumbs                   | 1 cup drippings                                 |
| $\frac{3}{4}$ cup minced onion         | Stock or water to moisten                       |

Chop meat fine. Crumble soft, stale crumbs; or soak pieces of dried bread in cold water, then wring dry in cloth before crumbling. Cook onion in drippings until soft, and add to mince. Mix all ingredients thoroughly, moistening enough to shape easily. Ten or twelve beaten eggs may be added, in which case less stock will be needed. Season to taste with salt. Shape in cakes, and brown in pork or bacon fat to barely cover bottom of frying pans.

The above mixture may be packed in well-greased bread pans and baked one hour in moderate oven. Turn out on platters, garnish with parsley, or parsley and sliced tomatoes, and serve with Mushroom or Tomato Sauce.

### Minced Meat on Toast

|                                 |  |
|---------------------------------|--|
| 6 or more quarts minced<br>meat | Salt and pepper to taste<br>1 $\frac{1}{2}$ tablespoons Worcester-<br>shire Sauce or |
| 3 or more quarts brown<br>gravy | $\frac{1}{2}$ cup tomato catsup  |

Gravy left from beef, lamb, veal, or chicken roast may be used. Bring gravy to boiling point, add minced meat and seasonings. Toast half slices of bread until nicely browned and dried, dip in salted water, arrange on platters, pour meat over toast, and serve.

### Ham Hash

|                         |               |
|-------------------------|---------------|
| 7 quarts chopped potato | Salt to taste |
| 3½ quarts chopped ham   | ¾ cup flour   |
| ½ teaspoon pepper       | 6 cups milk   |

Chop ham and potato rather coarsely, mix well, and season. Put into baking dishes or frying pans, sprinkle with the flour, and add the milk. Cook in oven or on back of range until it is thoroughly heated and the milk is absorbed.

### Croquettes

Croquettes may be made from meat, fish, vegetables, and cereals, alone or in any desired combination. Meat and fish are usually mixed with a thick sauce, but cold cooked cereal may be substituted for the sauce.

With a sauce the croquette mixture must be spread in shallow pans and allowed to stand several hours or over night to stiffen.

Croquettes made with cold cereal instead of sauce, or of vegetables mixed with egg, may be shaped at once.

Croquettes should be soft and creamy inside, and shapely, crisp, and brown outside. If the mixture proves to be too soft to handle, a little fine cracker dust may be added. It is better to roll croquettes in bread rather than cracker crumbs. The bread should be dried without browning, rolled and sifted.

Croquettes are cooked in deep fat, and should brown in one minute. To test the fat, put in some white bread crumbs; they should brown in one-half minute.

### Meat Croquettes with Sauce

|                  |                         |
|------------------|-------------------------|
| 2½ cups butter   | ½ teaspoon pepper       |
| 3 cups flour     | 2 teaspoons celery salt |
| 2½ quarts stock  | Onion juice to taste    |
| 3 teaspoons salt | 5 quarts cooked meat    |

Use any remnants of cooked meat. Trim off gristle, fat, and skin, and chop finely before measuring. Melt butter, add flour, and when smooth, stir in hot stock, stirring constantly until smooth and cooked. Season, add meat, and more seasonings if needed. Cool, shape, roll in crumbs, egg, and crumbs. Fry in deep fat, drain on brown paper. Serve with or without sauce. This quantity makes about one hundred, allowing two rounded tablespoonfuls of mixture for each, or two hundred of the usual size.

### Meat Croquettes without Sauce

|                               |                          |
|-------------------------------|--------------------------|
| 5 quarts cold meat            | 1 cup finely-chopped     |
| 2½ quarts cold cereal         | celery                   |
| ½ cup chopped green<br>pepper | 1 cup minced onion       |
|                               | Salt and pepper to taste |

Use any remnants of cold meat, and chop fine before measuring. Put meat, cereal, onion, and pepper through meat grinder. Chop celery very fine. Mix ingredients thoroughly, shape, roll in crumbs, egg, and crumbs again. Fry in deep fat, drain. Serve with Tomato, Brown, or Olive Sauce. This makes one hundred large croquettes, or two hundred of the usual size.

### Chicken or Veal Croquettes

Make as for Meat Croquettes with or without Sauce, using all chicken or veal for the meat, substituting milk

for the stock in sauce, and adding three tablespoons chopped parsley. If cereal is used, it should be light in color.

### Fish Croquettes

Make as for Meat Croquettes with or without Sauce, using any cooked fresh fish in place of meat, substituting milk for stock in sauce, and adding three tablespoons lemon juice. If cereal is used, it should be farina, hominy, cream of wheat, or some other light-colored cereal.

### Creamed Finnan Haddie

12 pounds finnan haddie      3 quarts White Sauce II

Lay fish in large pan, cover with cold water, bring slowly to boiling point, simmer twenty-five minutes, drain. Separate carefully into flakes, add to white sauce, reheat, sprinkle with chopped parsley, serve. Left-over fish may be used.

### Scalloped Fish

|                  |                           |
|------------------|---------------------------|
| 3 quarts milk    | 1½ cups butter            |
| 6 bay leaves     | 1½ cups flour             |
| 6 sprigs parsley | ½ teaspoon pepper         |
| 6 slices onion   | 4 quarts cold flaked fish |
| 4 teaspoons salt | 3 cups stale crumbs       |

Make a white sauce of milk, butter, and flour, first removing the parsley, bay leaves, and onion which have been scalded in milk. Carefully flake, or cut into inch pieces, cold cod, haddock, halibut, salmon, or other fish. Arrange half the fish in bottom of buttered baking dishes, being careful not to break flakes; sprinkle with salt and pepper, pour over half the sauce; repeat. Cover with buttered crumbs, bake in hot oven fifteen minutes, or until crumbs

are brown. Canned salmon may be used, eight pint cans being equivalent to four quarts of fresh fish.

### Creamed Salt Codfish

|               |                   |
|---------------|-------------------|
| 4 quarts milk | Salt to taste     |
| 2 cups butter | 3 pounds codfish  |
| 2 cups flour  | 1 teaspoon pepper |

Make a white sauce of the butter, flour, and milk, following directions for White Sauces. Put codfish into four quarts cold water, bring slowly to simmering point, simmer forty-five minutes, or until soft; drain. Lay fish on board, and with a fork shred very fine, add to sauce, and season to taste.

Serve alone, with baked potatoes, or in a border of mashed potatoes.

### Fish Hash

|                             |                    |
|-----------------------------|--------------------|
| 5 quarts cold boiled potato | 1 teaspoon pepper  |
| 5 quarts cold fish          | Salt pork or bacon |
| Salt to taste               | drippings          |

Chop potatoes very fine, mix with minced fish and salt and pepper. Melt fat in pans, add fish mixture, stirring until well moistened, then cook slowly until well browned. Fold like omelet, serve with crisp bacon.

### Salmon Loaf

|                       |                          |
|-----------------------|--------------------------|
| 6 pint cans salmon    | 3 cups or more milk or   |
| 4½ quarts dried bread | water                    |
| in small pieces       | Salt and pepper to taste |
| 12 eggs               |                          |

Soften bread in milk. Pick out skin and bones from salmon, but leave liquor. Mix all ingredients together

very thoroughly, pack in brick-shaped pans, set in larger pans containing water, bake from forty-five to sixty minutes. Turn out on platters, garnish with parsley. Serve with Egg or Pickle Sauce.

### Salmon Surprise

|                    |        |
|--------------------|--------|
| 1½ quarts rice     | Salt   |
| 6 pint cans salmon | Pepper |

Cook rice as given under Table for Cookery of Cereals. Remove bones and skin from canned or fresh boiled salmon. Line bread tins with the warm steamed rice, fill centers with salmon, sprinkle with salt and pepper, cover with rice. Steam one hour, remove to platters, serve with Egg Sauce. This quantity is sufficient to fill six tins nine and one-half inches long by four and one-fourth wide.







## SAUCES FOR MEAT AND FISH

### White Sauce I

|                          |                       |
|--------------------------|-----------------------|
| $\frac{3}{4}$ cup butter | 2 quarts scalded milk |
| $\frac{3}{4}$ cup flour  | 2 teaspoons salt      |

Heat milk in double boiler. Melt butter in large saucepan, add flour, stir until smooth, and remove from fire. Add hot milk, stirring constantly until smooth; return to double boiler and cook thirty minutes, beating hard two or three times. If not smooth, beat with Dover egg beater. Add salt just before serving. By following these directions there is no possible danger of scorching milk or sauce. This sauce is used for scalloped dishes.

### White Sauce II

|              |                       |
|--------------|-----------------------|
| 1 cup butter | 2 quarts scalded milk |
| 1 cup flour  | 2 teaspoons salt      |

Make same as White Sauce I. This sauce is used for creamed dishes.

### White Sauce III

|                            |                       |
|----------------------------|-----------------------|
| $2\frac{1}{2}$ cups butter | 2 quarts scalded milk |
| $2\frac{1}{2}$ cups flour  | 2 teaspoons salt      |

Make same as White Sauce I. This sauce is used for croquettes.

### Drawn Butter Sauce

- |                |                    |
|----------------|--------------------|
| 1½ cups butter | 2 quarts hot water |
| 1 cup flour    | 2 teaspoons salt   |
|                | ½ teaspoon pepper  |

Melt one cup butter, stir in flour mixed with seasonings, and when smooth add boiling water, stirring constantly until it boils. Boil five minutes, stir in remaining butter. Serve with boiled or baked fish, or boiled parsnips.

### Egg Sauce

To Drawn Butter Sauce add ten hard-cooked eggs, sliced or chopped. Serve with baked or boiled fish.

### Pickle Sauce

To Drawn Butter Sauce add one teaspoon paprika and two cups sour cucumber pickles, chopped or sliced, and drained. Serve with boiled or baked fish, or boiled mutton.

### Brown Sauce

- |                       |                      |
|-----------------------|----------------------|
| 1¼ cups butter        | 6 sprigs parsley     |
| 2 small sliced onions | 1¼ cups flour        |
| 8 slices carrot       | 2 quarts brown stock |
| 4 bay leaves          | 2 teaspoons salt     |
|                       | ½ teaspoon pepper    |

Cook first five ingredients together until browned but not burned, add flour. Stir until browned and add hot stock, stirring constantly until it boils. Boil three minutes, strain, and season. If a plainer sauce is desired, omit carrot, parsley, and bay leaves.

### Mushroom Sauce

To Brown Sauce add two cans mushrooms, drained, rinsed, and sliced. Or use dried mushrooms, soaked and sliced.

### Piquante Sauce

Make Brown Sauce. Before serving, add one-half cup vinegar, one teaspoon paprika, and one-half cup each chopped sour cucumber pickles and capers, and heat to boiling point.

### Spanish Sauce

|                         |                             |
|-------------------------|-----------------------------|
| 1 scant cup bacon fat   | 1½ quarts stock             |
| 1 cup chopped onion     | ½ teaspoon pepper           |
| 1 cup chopped pepper    | 2 teaspoons salt            |
| 1 cup flour             | 2 teaspoons kitchen bouquet |
| 1 pint strained tomato  |                             |
| 1 can chopped mushrooms |                             |

Cook onion and pepper slowly in bacon fat until soft, add flour, and cook two minutes. Add stock and tomato, stirring until it boils. Boil five minutes, season, and serve. The mushrooms may be omitted. Serve with roast beef, beefsteak, lamb chops, or veal roast.

### Plain Tomato Sauce

Make same as White Sauce I or White Sauce II, substituting strained tomato for milk.

### Highly Seasoned Tomato Sauce

|                          |                   |
|--------------------------|-------------------|
| 2 quarts strained tomato | 4 sprigs parsley  |
| 1 cup butter             | 8 cloves          |
| 4 slices onion           | ½ teaspoon pepper |
| 4 slices carrot          | 2 teaspoons salt  |
| 4 bay leaves             | 1 cup flour       |

Melt butter; when it bubbles, put in onion, carrot, parsley, bay leaves, and cloves, cook until slightly browned; remove seasonings. Add flour, stir until smooth, then add hot strained tomato, bring to boiling point, and serve.

### Béchamel Sauce

|                      |                               |
|----------------------|-------------------------------|
| 1 quart white stock  | 2 medium-sized onions         |
| 1 quart scalded milk | 1 teaspoon thyme              |
| 1 cup butter         | 6 bay leaves                  |
| 1 cup flour          | 2 teaspoons salt              |
|                      | $\frac{1}{2}$ teaspoon pepper |

Cook onion, thyme, and bay leaves slowly in butter ten minutes. Stir in flour, and when smooth add hot milk and stock, stirring constantly until thickened and boiled; strain. The seasonings may be cooked in stock instead of in butter, but be sure there is a full quart of liquid after straining. The sauce itself need not be strained, in that case. A yellow sauce may be made by stirring the sauce into the beaten yolks of eight eggs.

### Currant Jelly Sauce

Make one and one-half quarts Brown Gravy. Add two half-pint jars currant jelly, stirring until dissolved. Serve with roast lamb.

### Philadelphia Relish

|                                      |                                  |
|--------------------------------------|----------------------------------|
| 4 quarts chopped cabbage             | $1\frac{1}{2}$ teaspoons mustard |
| 6 mild green peppers                 | seed                             |
| 6 mild red peppers                   | 3 teaspoons salt                 |
| $1\frac{1}{2}$ quarts chopped celery | 3 cups brown sugar               |
| 2 tablespoons celery seed            | 2 cups vinegar                   |

Chop fine the first four ingredients, mix, and set in cool place until ready to serve, then add seasonings, vinegar, and sugar. Serve with roast meat or fried oysters.

**Maître d'Hôtel Butter**

|                   |                       |
|-------------------|-----------------------|
| 1½ cups butter    | 3 tablespoons finely- |
| 1 tablespoon salt | chopped parsley       |
| ¾ teaspoon pepper | ¼ cup lemon juice     |

Cream butter, add salt, pepper, and parsley, and lemon juice very slowly.

**Tartare Sauce**

|                     |                             |
|---------------------|-----------------------------|
| 1 quart Mayonnaise  | ¼ cup chopped pickles       |
| dressing            | 2 tablespoons chopped onion |
| ¼ cup capers        | 2 tablespoons chopped       |
| ¼ cup stoned olives | parsley                     |

Chop very fine the capers, olives, pickles, onion, and parsley, and add to Mayonnaise just before serving. Serve with fried cod, haddock, halibut, or smelts.

**Horseradish Sauce**

To one and one-half cups well-drained, prepared horseradish add two cups thick cream beaten until quite creamy, but not stiff. Season with paprika and salt. Serve with cold sliced tongue or roast beef.

**Cucumber Sauce**

|                   |                    |
|-------------------|--------------------|
| 4 large cucumbers | ½ teaspoon paprika |
| 2 teaspoons salt  | ¼ cup vinegar      |
| ½ teaspoon pepper | 1 cup thick cream  |

Peel cucumbers, of which there should be more than four, if they are not quite large. Cut in quarters lengthwise and remove any large seeds. Chop fine and drain, or squeeze dry through cheesecloth. Add seasonings,

vinegar, and cream which should be beaten until quite stiff. Serve with broiled fish.

### Mustard Sauce

|                         |                               |
|-------------------------|-------------------------------|
| 4 tablespoons butter    | 1 cup sugar                   |
| $\frac{1}{2}$ cup flour | 2 teaspoons salt              |
| 4 tablespoons mustard   | 1 quart vinegar               |
| 1 tablespoon turmeric   | $\frac{1}{4}$ teaspoon pepper |

If vinegar is very strong, use one cup water and three cups vinegar. Mix dry ingredients, add vinegar slowly, stirring until perfectly smooth. Boil until thick and smooth, stirring constantly; add butter and remove from fire. Serve cold with ham or corned beef.

### Mint Sauce I

|                                     |   |
|-------------------------------------|---|
| 2 bunches or 2 cups<br>chopped mint | $\frac{3}{4}$ cup sugar<br>3 cups vinegar |
|-------------------------------------|---|

If vinegar is very strong, dilute with water. Wash mint thoroughly, remove stems and old leaves, drain, and chop. Mix with sugar, let stand from thirty to sixty minutes. Add vinegar and let stand one or more hours.

### Mint Sauce II

|   |  |
|---|--|
| 6 half-pint jars currant<br>or barberry jelly | 2 tablespoons finely-<br>chopped mint leaves |
|---|--|

Separate jelly in pieces and sprinkle chopped mint over top. Serve with roast lamb.







## VEGETABLES

ALL vegetables should be thoroughly washed in cold water; and roots and vegetables should be scrubbed with a small brush kept for that purpose. Wilted vegetables may be somewhat freshened by soaking an hour or so in cold water.

Put all fresh vegetables into boiling water to cook, and drain as soon as tender. Soak dried vegetables several hours in cold water. Cook spinach, corn, and similar vegetables in the water in which they are soaked; but drain beans and add fresh water before cooking. In either case the water should be brought slowly to boiling point, and vegetables simmered until done.

Canned beans, peas, and similar vegetables should be turned carefully into a colander and rinsed thoroughly in cold water, then left an hour or so to aerate before using.

For the sake of greater accuracy, quantities are often given by weight instead of measure.

Use one and one-half tablespoons salt to one gallon water for boiling fresh vegetables, adding it when vegetables are about half done.

Allow from twenty to thirty minutes for vegetables to come to boiling point after boiling water is added. The time given below is that required after boiling point is reached. It is impossible to give the exact time for cooking, as so much depends upon the age and size of vegetables.

Buttered crumbs for scalloped dishes should always be soft, stale crumbs, never *dried* ones. If light in color, the

crusts may be used by grating them. Crumble the bread in the fingers, or rub together two pieces of bread. Use one-half cup butter to one quart crumbs.

### TIME-TABLE FOR BOILING VEGETABLES

| <i>Vegetables</i>        | <i>Hours</i>                    | <i>Minutes</i> |
|--------------------------|---------------------------------|----------------|
| Asparagus                |                                 | 30 to 50       |
| Beets, young             | 1 to 2                          |                |
| Beets, old               | 3 to 5                          |                |
| Cabbage                  | $\frac{3}{4}$ to $1\frac{1}{2}$ |                |
| Carrots                  | 1 to 2                          |                |
| Cauliflower              |                                 | 30 to 60       |
| Dandelions               | 1 to 2                          |                |
| Onions                   |                                 | 60 to 90       |
| Parsnips                 |                                 | 45 to 90       |
| Peas                     |                                 | 20 to 40       |
| Potatoes                 |                                 | 30             |
| Squash, summer           |                                 | 30 to 60       |
| Spinach and other greens |                                 | 20 to 60       |
| Sweet potatoes           |                                 | 30 to 60       |
| String beans             | 1 to $2\frac{1}{2}$             |                |
| Shell beans              | 1 to 2                          |                |
| Turnips, white           |                                 | 40 to 60       |
| Turnips, yellow          | $1\frac{1}{2}$ to 2             |                |

### Boiled Asparagus

8 or more large bunches      3 teaspoons salt  
 asparagus                      1 or more cups butter  
 $\frac{1}{2}$  teaspoon pepper

Cut off tough part of stalks, wash, tie again in bunches, place upright in deep kettle of boiling salted water to

nearly cover. Cook twenty to thirty minutes, drain. Arrange in dishes, and moisten with melted butter which has been mixed with salt and pepper. Or toast half slices of bread until nicely browned and well dried; moisten with asparagus water, and place on platters. Arrange asparagus on toast and pour over it the melted butter.

### Creamed Asparagus

6 large bunches asparagus    4 quarts White Sauce II

Cut off tough ends of stalks, wash, and cut in inch pieces. Boil in salted water twenty minutes, or until tender, adding tips when half done. Drain, add to sauce, and serve on toast prepared as for Boiled Asparagus. This is a nice luncheon dish, served with or without cold meat, broiled ham, or crisp bacon.

### Boston Baked Beans

|                           |                               |
|---------------------------|-------------------------------|
| 3 quarts pea beans        | $\frac{1}{4}$ cup brown sugar |
| 4 tablespoons salt        | 1 tablespoon mustard          |
| 1 cup molasses            | 1 teaspoon pepper             |
| $\frac{1}{4}$ cup vinegar | 2 pounds fat salt pork        |

Pick over beans, cover with cold water, and soak over night. Drain, cover with cold water, add one teaspoon soda, bring to boiling point, and parboil fifteen minutes, or until skins burst when exposed to air; drain.

Scrape and scald pork rind, cut pork in two pieces, and cut through rind every half inch to the depth of one inch.

Mix salt, sugar, mustard, and pepper, and dilute with molasses and vinegar. Put an equal quantity of beans and seasonings into each of two bean pots, bury pork in

beans, fill pots with boiling water, cover, and cook slowly six or eight hours, or more, adding more water if needed. The Aladdin oven is excellent for this purpose.

### **Stewed Lima Beans**

Soak two and one-half or three quarts dried Lima beans in cold water over night, drain. Add five quarts cold water, bring to boiling point, and cook slowly two hours, or until done, adding salt to taste when half done. The beans should be soft but not broken, and the liquid quite creamy. More water should be added if they get dry. Season with one cup butter, one-half teaspoon pepper, and salt to taste. Pea beans may be prepared in the same manner.

### **Lima Beans with Cream**

Soak three quarts Lima beans in cold water over night or for several hours, drain. Cook slowly in plenty of boiling water until soft but not broken, adding salt when half done. Drain, add one quart thin cream or White Sauce I, salt and pepper to taste, and let simmer very slowly fifteen or twenty minutes on back of range, or over hot water.

### **Lima Beans with Tomato**

Soak and cook as for Lima Beans with Cream. Be sure that they keep their shape perfectly. Melt one cup butter, add drained beans, shaking and stirring carefully until butter is absorbed. Add two quarts Highly Seasoned Tomato Sauce, mix carefully, then put in oven until well heated through.

### Flageolets

Flageolets are similar in shape to Lima beans, but greenish in color and much smaller. Cook the same as Stewed Lima Beans. If they are to be used for salad, cook in a larger quantity of water, and drain as soon as soft. They should be whole and glossy.

### Spanish Beans

|                           |                        |
|---------------------------|------------------------|
| 3 quarts red kidney beans | 1 teaspoon soda        |
| 1 pound fat salt pork     | 6 chopped onions       |
| 2 quarts strained tomato  | 4 to 6 chopped peppers |
| 5 tablespoons salt        | 1 teaspoon paprika     |

Soak beans over night, drain, cover with water, add soda, boil fifteen minutes, drain. Add diced pork, stewed and strained tomato, seasonings, and water to barely cover. Simmer gently from eight to ten hours.

### Buttered String Beans

Remove strings from eight pounds string beans, cut in inch pieces, and wash. Cook in boiling salted water from one to two and one-half hours, drain. Season with one cup butter, one-half teaspoon pepper, and more salt if needed. Be careful not to break beans.

### Canned String Beans

|                     |                               |
|---------------------|-------------------------------|
| 2 No. 10 cans beans | 1 tablespoon salt             |
| 1 cup butter        | $\frac{1}{2}$ teaspoon pepper |

Turn beans carefully into colander and rinse thoroughly with cold water; put in double boiler, add melted butter mixed with seasonings, and heat for one hour.

**String Beans à la Lyonnaise**

|                    |                               |
|--------------------|-------------------------------|
| 2 gallon cans or   | 4 teaspoons salt              |
| 8 small cans beans | $\frac{1}{2}$ teaspoon pepper |
| 3 small onions     | 3 tablespoons chopped         |
| 2 cups butter      | parsley                       |
|                    | $\frac{1}{2}$ cup lemon juice |

Sauté sliced onions in one cup butter until soft and yellow. Turn beans carefully into colander and rinse with cold water. Turn carefully into double boiler, add onion mixture and seasonings, and heat for one hour. Cream the other cup of butter, add parsley and lemon juice, and add to beans a few minutes before serving.

**Boiled Beets**

|                               |                         |
|-------------------------------|-------------------------|
| 15 pounds (1 peck) beets      | $\frac{3}{4}$ cup sugar |
| 1 cup butter                  | 1 cup vinegar           |
| $\frac{1}{2}$ teaspoon pepper | 2 tablespoons salt      |

Scrub beets well, but do not cut skin or cut stems close to beet, as much of the sweetness and color escape with the juices. Cook in boiling water until soft; about one hour for young beets, three to five hours for old ones. If gas is used for cooking, it is cheaper to use canned beets. Six No. 3 cans will be required. When tender, put into cold water and rub off skins. Slice, put in double boiler, add seasonings, and reheat.

**Savory Beets**

|                            |                               |
|----------------------------|-------------------------------|
| 15 pounds (1 peck) beets   | $\frac{3}{4}$ cup sugar       |
| $1\frac{1}{2}$ cups butter | 1 cup strong vinegar          |
| $1\frac{1}{2}$ cups flour  | 2 tablespoons salt            |
| 6 cups beet water          | $\frac{1}{2}$ teaspoon pepper |

Prepare and cook as for Boiled Beets and cut in half-inch cubes. Cream together butter, flour, sugar, salt, and

pepper, add six cups boiling water in which beets were cooked, stirring constantly until smooth and well cooked. Reheat beets in this sauce, using double boiler. The sauce is quite thick and merely coats them.

### Brussels Sprouts

Pick over six quarts Brussels sprouts, removing wilted leaves, and soak in cold water thirty minutes or longer. Cook in boiling salted water until tender, drain, and add to three quarts White Sauce II.

### Maître d'Hôtel Cabbage

|                           |                       |
|---------------------------|-----------------------|
| 12 to 15 pounds cabbage   | 1 teaspoon paprika    |
| 1½ cups butter            | 4 tablespoons chopped |
| 1 tablespoon salt         | parsley               |
| 5 tablespoons lemon juice |                       |

Take off outside leaves, cut in quarters, and remove tough stalk. Soak in cold water for an hour or so, then cook in boiling salted water until tender. Drain, chop rather coarsely, and reheat with the following sauce: Cream butter, add salt and pepper, then lemon juice very slowly. Vinegar may be used in place of lemon juice. Sprinkle parsley over cabbage after it is put in serving dishes.

### Scalloped Cabbage

|                   |                        |
|-------------------|------------------------|
| 10 pounds cabbage | 3 quarts White Sauce I |
|-------------------|------------------------|

Cut in quarters, remove outside leaves and stalk, soak in cold water thirty minutes or more. Cook in boiling salted water until tender. Drain, cut each quarter in several pieces, put into six baking dishes, add the white sauce, lifting cabbage with fork, that sauce may penetrate.

Cover with buttered crumbs, bake fifteen minutes, or until brown. Grated cheese may be added if desired.

### Cold Slaw

|                          |                               |
|--------------------------|-------------------------------|
| 8 pounds trimmed cabbage | 2 tablespoons salt            |
| 2 cups strong vinegar    | $\frac{1}{2}$ teaspoon pepper |
| 2 cups sugar             | 1 teaspoon paprika            |

Cut off stalk and outside leaves and weigh. Soak in cold water for an hour or so; drain very dry, chop fine. Mix ingredients just before serving. Only crisp, tender cabbage should be used for slaw.

### Cream Slaw

Prepare as for Cold Slaw, let stand in refrigerator fifteen minutes. Drain off most of vinegar and fold in one quart of thick cream which has been beaten until stiff.

### Creamed Carrots and Turnips

|                                     |                               |
|-------------------------------------|-------------------------------|
| $6\frac{1}{4}$ pounds carrots       | 3 quarts White Sauce II       |
| $6\frac{1}{2}$ pounds white turnips | $\frac{1}{2}$ teaspoon pepper |

Cut carrots and turnips in half-inch cubes and cook separately in salted water until soft. Drain and add to white sauce.

### Boiled Carrots

|  |                                 |
|--|---------------------------------|
| $12\frac{1}{2}$ pounds (1 peck)<br>young carrots | $\frac{1}{2}$ teaspoon pepper   |
| 2 tablespoons salt                               | 1 cup butter or                 |
|  | $1\frac{1}{2}$ pints thin cream |

Wash, scrape, and cut carrots in one-fourth inch slices. Boil thirty minutes, or until soft, in a small amount of salted water. Let water nearly all evaporate instead of



draining it off, if possible to do so without burning the carrots. Add butter, pepper, and salt to taste. Old carrots may be cooked in the same manner, but lack the sweetness and delicacy of flavor of new ones.

### German Carrots

|                     |                                  |
|---------------------|----------------------------------|
| 12½ pounds carrots  | 1 cup butter                     |
| 2¾ tablespoons salt | 1 cup flour                      |
| 1 teaspoon pepper   | 6 tablespoons chopped<br>parsley |
| ¼ cup sugar         | ½ teaspoon grated nutmeg         |

Wash, scrape or peel, and cut carrots in half-inch cubes. Cook in boiling salted water until tender. Cream butter and flour together, add two quarts boiling water in which carrots were cooked, stirring constantly. Boil five minutes, add seasonings and carrots; let simmer fifteen minutes, and serve, sprinkled with parsley.

### Béchamel Carrots

|   |                               |
|---|-------------------------------|
| 12½ pounds carrots cut in<br>one-fourth inch slices | 1 cup butter                  |
| 3 peppers   | 1½ cups flour                 |
| 2 quarts stock                                      | 6 tablespoons sugar           |
| 1 quart or less cream or<br>milk                    | 2 tablespoons salt or<br>more |
|   | ½ teaspoon pepper             |

Wash carrots, scrape or pare very thin, and slice. Put into kettle with stock and seeded peppers, and simmer until soft, then remove peppers. Cream together butter, flour, and seasonings, and stir into carrot mixture, diluting with rich milk or thin cream to make consistency of White Sauce II. Bring to boiling point and serve.



### Corn Pudding

|                     |                          |
|---------------------|--------------------------|
| 6 No. 2 cans corn   | 12 eggs beaten slightly  |
| 6 tablespoons sugar | 3 quarts stale crumbs    |
| 2 tablespoons salt  | $\frac{1}{2}$ cup butter |
| 3 quarts milk       | 1 teaspoon pepper        |

Stale or dry bread should be used, but it must be broken or crumbled, not ground or rolled. Mix ingredients thoroughly. Put into six buttered baking dishes, set pans in hot water, or put asbestos mats underneath. Bake in slow oven one hour, or until a knife comes out clean. Serve at once.

### Corn Oysters

|   |                                 |
|---|---------------------------------|
| $2\frac{1}{2}$ quarts corn pulp or<br>canned corn | $2\frac{1}{2}$ cups flour       |
| 10 well-beaten eggs                               | $1\frac{3}{4}$ tablespoons salt |
|   | $\frac{1}{2}$ teaspoon pepper   |

Mix ingredients thoroughly and cook on hot, well-greased griddle, using bacon or pork fat. This makes one hundred or more, allowing a rounded tablespoonful of the mixture to each oyster. Very nice served with crisp bacon.

### Scalloped Corn

|                   |                                 |
|-------------------|---------------------------------|
| 7 No. 2 cans corn | $2\frac{1}{2}$ tablespoons salt |
| 1 cup butter      | $\frac{1}{2}$ teaspoon pepper   |
| 3 cups milk       | 2 quarts stale crumbs           |

Use stale, not dried, crumbs, and mix them with melted butter. Add milk and seasonings to corn. Put corn into six baking dishes, cover with buttered crumbs, bake in moderate oven thirty minutes, or until crumbs are golden brown.

### Fried Eggplant

Pare six large eggplants and cut in one-third inch slices, sprinkle with salt, let stand an hour or more, and press out the juice. Drain, dip in crumbs, egg, and crumbs again, and sauté in hot fat.

### Greens

|                     |                               |
|---------------------|-------------------------------|
| 5 or 6 pecks greens | 2 or more tablespoons salt    |
| 1 cup butter        | $\frac{1}{2}$ teaspoon pepper |

Spinach, beet tops, dandelions, Swiss chard, or cowslips may be used. If beet greens are used, the little beets may be left on or cooked separately and used as garnish. Wash greens very thoroughly, picking off wilted leaves and removing roots. Cook in boiling salted water until tender, drain, chop, and reheat with seasonings in double boiler. Garnish with hard-cooked eggs and serve with vinegar.

### Boiled Onions

|                             |                               |
|-----------------------------|-------------------------------|
| $1\frac{1}{2}$ pecks onions | $\frac{1}{2}$ teaspoon pepper |
| 2 cups butter               | Salt to taste                 |

Peel onions, keeping them under water as much as possible while doing so. Put in kettle with plenty of boiling water and one-half teaspoon soda, boil two minutes, drain. Add boiling water to cover, boil five minutes, drain. Add more water and two tablespoons salt, boil until perfectly tender. It is better that they should lose their shape than that they should be underdone. Drain, add seasonings, heat thoroughly, and serve.



but not broken. If preferred, the parsnips may be cut after boiling. Melt butter, add flour, stir until smooth, then add boiling water. Boil five minutes, season, and pour over parsnips.

### Sautéed Parsnips

Wash and scrape parsnips, cook in salted water, and drain. They should be slightly underdone. Cut in slices lengthwise and brown in pork fat or butter.

### Canned Peas

|                    |                               |
|--------------------|-------------------------------|
| 2 No. 10 cans peas | 2 tablespoons salt            |
| 1 cup butter       | 4 tablespoons sugar           |
|                    | $\frac{1}{2}$ teaspoon pepper |

Turn peas carefully into colander, rinse well with cold water, and put into double boiler. Melt butter and mix well with seasonings, pour over peas. Cook one hour or until very hot. Do not stir peas, or they will be crushed and unattractive in appearance; shake kettle two or three times instead.

### Stuffed Peppers

|                                 |                                    |
|---------------------------------|------------------------------------|
| 25 large green peppers          | $2\frac{1}{2}$ quarts minced veal, |
| $2\frac{1}{2}$ quarts crumbs    | chicken, or chopped                |
| $\frac{1}{2}$ cup chopped onion | nuts                               |
|                                 | Salt to taste                      |

Choose mild peppers of uniform size, cut in two lengthwise, remove seeds and tough white portions. Wash and cook in boiling water five minutes. Cook onion in butter until soft. Crumble stale, not dried, bread, and mix with butter and onion. Add chopped meat or nuts, salt to taste,

and stock to moisten so that it will pack. Fill peppers rounding full, sprinkle with buttered crumbs, place in dripping pans with water or stock to cover bottom of pans. Bake in moderate oven thirty minutes, or until done. Serve with Plain Tomato or Brown Sauce.

### Succotash

|   |  |
|---|--|
| 4 quarts canned or boiled<br>sweet corn | 4 quarts green beans or<br>2 quarts dried Lima beans |
| 3 tablespoons salt                      | $\frac{1}{2}$ teaspoon pepper                        |
| 1 cup butter                            |  |

Cut hot or cold boiled sweet corn from cob, or use canned corn. If dried beans are used, soak them over night, drain, and cook slowly in water to barely cover until soft. The beans should be soft and whole, and the water cooked down to a creamy consistency. If there is a great deal of liquid, drain off some of it. Mix beans and corn, add seasonings, and let simmer five minutes before serving.

### Winter Squash

|                          |                 |
|--------------------------|-----------------|
| 30 or more pounds squash | Salt to taste   |
| 1 cup butter             | Sugar if needed |

Cut squash in halves, remove seeds and stringy portions, place in dripping pans, cover, and bake from two to two and one-half hours in moderate oven. Remove from shell with iron spoon, mash, and season to taste.

Squash may be cut in pieces, freed from seeds and stringy parts, pared, and steamed until soft, then mashed and seasoned as above.

### Scalloped Tomatoes

|                          |                       |
|--------------------------|-----------------------|
| 6 quarts canned tomatoes | 3 quarts stale crumbs |
| 2 cups melted butter     | 1 cup sugar           |
| 3 tablespoons salt       | 1 teaspoon pepper     |

The bread should not be dried, but any stale crumbs or crusts that can be grated or crumbled with fingers may be used; mix with melted butter. Put one cup prepared crumbs in bottom of each of six baking dishes. Mix seasonings with tomato, then turn into dishes. Cover with remaining crumbs. Bake about an hour in moderate oven, being careful not to let crumbs burn.

### Scalloped Turnip

|                                      |                        |
|--------------------------------------|------------------------|
| 13 $\frac{3}{4}$ pounds white turnip | 3 quarts White Sauce I |
|--------------------------------------|------------------------|

Wash turnips, remove a thick paring, cut in half-inch cubes, and cook in salted water until soft. Drain, put into six baking dishes, pour over the white sauce, cover with buttered crumbs, using one quart in all. Bake long enough to brown crumbs.

### Turnips New York Style

|  |   |
|--|---|
| 12 to 14 pounds yellow<br>turnip         | 3 cups butter melted<br>1 teaspoon pepper |
| 6 tablespoons finely-<br>chopped parsley | Salt if needed                            |

Pare turnips, removing a thick paring, cut in half-inch cubes, and boil one and one-half hours, or until soft. Drain, put into serving dishes, pour over butter mixed with salt and pepper, and sprinkle with parsley.



### Curried Vegetables

- |                              |                      |
|------------------------------|----------------------|
| 2 quarts diced potatoes      | 1½ cups butter       |
| 2 quarts diced carrots       | 1½ cups flour        |
| 2 quarts diced turnips       | 2 diced onions       |
| 2 small cans peas            | 1 teaspoon pepper    |
| 4 tablespoons minced parsley | 1½ tablespoons salt  |
|                              | 1½ tablespoons curry |
| 3 quarts milk                |                      |

Cook carrots, white turnips, and potatoes separately in salted water until soft.

Cook onion slowly in butter until soft and yellow, add flour mixed with seasonings, stir until smooth, add hot milk, stirring constantly until smooth. Cook in double boiler thirty minutes. Add vegetables, heat well, turn into serving dishes, and sprinkle with parsley.

### Macedoine of Vegetables

- |                             |                         |
|-----------------------------|-------------------------|
| 2 quarts diced carrots      | 1 quart string beans    |
| 1 quart diced white turnips | 2 quarts diced potatoes |
| 1 quart green peas          | 3 quarts Béchamel or    |
| 1 quart flageolet beans     | White Sauce II          |

Cut carrots, turnips, and potatoes in half-inch dice, string beans in half-inch pieces. The vegetables should be cooked separately in boiling water and drained before adding to sauce. Add more seasonings if needed. Mix lightly and carefully to prevent breaking vegetables.

### Creamed Potatoes

- |                                   |                              |
|-----------------------------------|------------------------------|
| 6 or 8 quarts cold diced potatoes | 3 or 4 quarts White Sauce II |
| ½ teaspoon pepper                 | Chopped parsley              |

Cut cold boiled or baked potatoes in half-inch cubes. Reheat in white sauce, add pepper, and sprinkle with chopped parsley if desired.

### Lyonnaise Potatoes

|  |                                  |
|--|----------------------------------|
| 8 quarts diced potatoes                    | 3 tablespoons salt               |
| $\frac{1}{2}$ cup chopped onion            | $\frac{1}{2}$ teaspoon pepper    |
| $2\frac{1}{2}$ cups bacon fat or<br>butter | 8 tablespoons chopped<br>parsley |

Cut cold boiled potatoes in half-inch cubes or in slices. Cook onion slowly in bacon fat or butter until soft, but not brown. Add potatoes and seasonings, and cook until fat is absorbed and potatoes well heated and slightly browned. Sprinkle with parsley just before serving. Use two or three frying pans, and do not put potatoes on to cook until about fifteen or twenty minutes before they are to be served.

### Hashed Brown Potatoes

|  |  |
|--|--|
| 8 quarts chopped cold<br>cooked potatoes | 1 teaspoon pepper                        |
| $2\frac{1}{2}$ cups salt pork fat        | 2 tablespoons salt, or more<br>if needed |

Mix finely-chopped potatoes, melted pork fat, pepper, and salt to taste. Spread in shallow frying or baking pans and cook on range or in oven until brown underneath. Fold like omelet.

### Creamed Potatoes with Eggs

|                                 |                               |
|---------------------------------|-------------------------------|
| 5 quarts cold diced<br>potatoes | 3 quarts White Sauce I        |
|                                 | 24 hard-cooked eggs           |
|                                 | $\frac{1}{2}$ teaspoon pepper |

Add diced potatoes and chopped whites to sauce and reheat. Turn into serving dishes and strain yolks over top.

### Potato Cakes

Shape cold mashed potatoes in round, flat cakes, dredge with flour or not as preferred, and sauté in a very small amount of pork or bacon fat in frying pans or on griddle.

### Delmonico Potatoes

|                                    |  |
|------------------------------------|--|
| 6 quarts cold diced<br>potatoes or | 3 quarts White Sauce I<br>3 cups grated cheese |
| 9 pounds peeled raw ones           | 1 quart buttered crumbs                        |
| 1 teaspoon paprika                 |  |

Cook potatoes in salted water until soft, but not broken. When perfectly cold, cut in half-inch cubes. Grate cheese, sprinkle with paprika, and dissolve in sauce. Put potatoes in six baking dishes, pour over the sauce, lifting potatoes carefully with fork until sauce is well distributed. Cover with crumbs and brown delicately in moderate oven.

### Baked Potatoes

Scrub thoroughly one and one-half pecks potatoes of uniform size. Trim off any imperfections, put into dripping pans, and bake in moderately hot oven from one and one-half to two hours, for potatoes of medium size.

### Austrian Potatoes

|                                |   |
|--------------------------------|---|
| 15 pounds (1 peck)<br>potatoes | $\frac{1}{2}$ cup lemon juice<br>2 tablespoons salt |
| 3 cups melted butter           | 1 teaspoon paprika                                  |
| $\frac{1}{2}$ teaspoon pepper  |   |

Wash, pare, and cut potatoes in one-eighth inch slices. Parboil two minutes in salted water. Drain, put in drip-

ping pans to depth of about two inches. Bake one hour, or until potatoes are soft, basting with butter which has been mixed with seasonings.

### Hongroise Potatoes

|  |                                  |
|--|----------------------------------|
| 10 pounds potatoes cut<br>in half-inch cubes | 6 tablespoons chopped<br>parsley |
| 1½ cups butter                               | 4 teaspoons salt                 |
| 1½ cups flour                                | 1 teaspoon paprika               |
| ¼ teaspoon onion juice                       | 3 quarts milk                    |
| 6 egg yolks                                  |                                  |

Weigh potatoes after peeling. Cook in salted water until soft, but not broken. Melt butter, add onion juice and flour, and stir until smooth. Add hot milk, stirring until smooth, then cook thirty minutes in double boiler. Add very gradually to beaten yolks about a quart of hot sauce, then return to double boiler, stirring hard until smooth. Turn potatoes into serving dishes, pour over them the sauce, to which salt and paprika have been added, and sprinkle with parsley.

### Mashed Potatoes

|                                |                                      |
|--------------------------------|--------------------------------------|
| 15 pounds (1 peck)<br>potatoes | 1 quart milk or more<br>1 cup butter |
| 5 tablespoons salt             |                                      |

Pare potatoes and put into cold water until time for cooking. If uneven in size, cut large ones in two. Cook in boiling salted water until soft, drain, put through ricer, add seasonings, and hot milk in which butter has been melted. Beat until creamy, and add more salt or milk if needed.

### Mock Potato Puff

Add enough hot milk to Mashed Potatoes to make them a little too moist to serve as mashed potatoes, pile lightly and unevenly in baking dishes, and put in hot oven long enough to brown slightly. Serve in same dishes.

### Scalloped Potatoes

|                      |                    |
|----------------------|--------------------|
| 10 pounds (6 quarts) | 1½ cups butter     |
| sliced potatoes      | 3 tablespoons salt |
| 2 quarts hot milk    | 1 teaspoon pepper  |
|                      | ½ cup flour        |

Peel potatoes before weighing; peel and slice before measuring. If potatoes are very large, cut them in two lengthwise before slicing. Parboil two minutes to remove strong flavor, drain. Put into six baking dishes a layer of potato, then a slight dredging of flour; repeat until potatoes are used. Dissolve salt, pepper, and butter in hot milk, pour over potatoes, cover, and cook in slow oven one and one-half hours, or until done. Remove covers long enough to brown potatoes delicately.

### Potatoes Baked with Bacon

Pare one peck potatoes, remove centers lengthwise with apple corer. Slice bacon very thin and put a piece in each cavity. Place potatoes in dripping pans and bake one and one-half hours, or until done, basting occasionally with bacon fat. The centers may be used for mashed potatoes.

### Franconia Potatoes

Pare one peck potatoes of uniform size; if very large, cut them in two. Parboil ten minutes, drain, put in drip-

ping pans. Pour over them melted beef drippings, and bake about one and one-half hours, basting several times with fat in pan. The potatoes should be golden brown all over. Serve with roast meat.

### Maître d'Hôtel Potatoes

|                          |                               |
|--------------------------|-------------------------------|
| 15 pounds small potatoes | 1 teaspoon pepper             |
| 3 cups butter            | 6 tablespoons chopped         |
| 2 tablespoons salt       | parsley                       |
|                          | $\frac{1}{2}$ cup lemon juice |

Choose quite small, uniform potatoes, old or new; peel and cook in salted water until soft, but not broken. Drain, put in serving dishes, add sauce, and put dishes in oven long enough to melt butter. To make sauce, cream butter, add seasonings, and lemon juice very slowly.

### Broiled Potatoes

|                           |                    |
|---------------------------|--------------------|
| 15 pounds potatoes        | 2 tablespoons salt |
| 2 cups butter or pork fat | 1 teaspoon pepper  |

Peel potatoes and cook in salted water until nearly, but not quite, done. Cut in two or three slices lengthwise, lay in dripping pans, dot over with butter, sprinkle with salt and pepper, and cook in broiler until done and slightly browned on both sides. Use more butter if needed.

### Glazed Sweet Potatoes

|                                   |                           |
|-----------------------------------|---------------------------|
| 20 pounds ( $1\frac{1}{2}$ pecks) | 3 cups sugar              |
| sweet potatoes                    | $1\frac{1}{2}$ cups water |
|                                   | 6 tablespoons butter      |

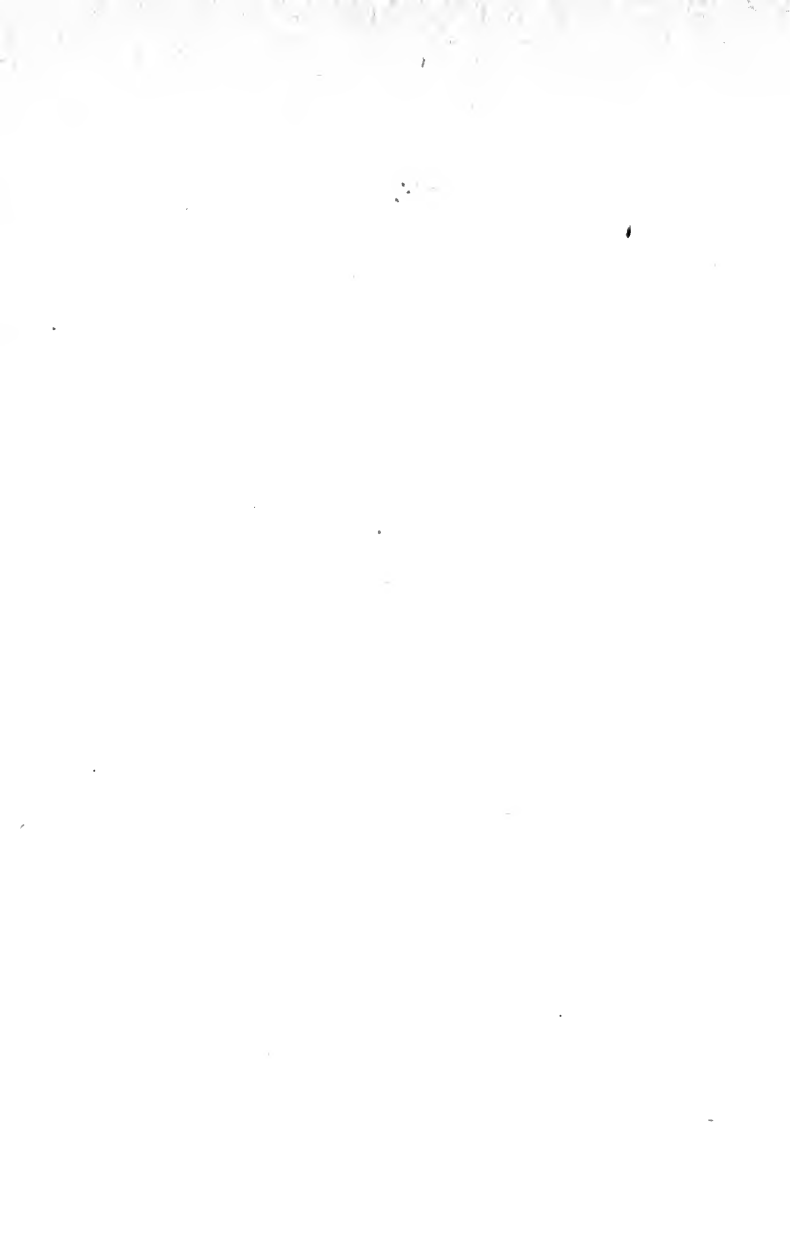
Wash and pare potatoes. Cook ten minutes in boiling salted water. Drain, cut in halves lengthwise, put in

shallow pans. Cook sugar and water together two minutes, add butter, and brush potatoes. Bake about forty-five minutes, basting with remaining syrup.

### Sweet Potato Croquettes

|                            |                               |
|----------------------------|-------------------------------|
| 6 quarts mashed potatoes   | $\frac{1}{2}$ teaspoon pepper |
| $1\frac{1}{2}$ cups butter | 4 tablespoons sugar           |
| 2 tablespoons salt         | 12 eggs or 24 yolks           |

Mix ingredients thoroughly, cool, shape, roll in crumbs, egg, and crumbs. Fry in deep fat. This makes about one hundred large croquettes.







## CHEESE DISHES

### Scalloped Cheese

|  |                      |
|--|----------------------|
| 5 quarts milk                              | 5 tablespoons butter |
| 4 quarts dried or stale<br>bread in pieces | 3 tablespoons salt   |
| 1 or more pounds cheese                    | 1 teaspoon paprika   |
|  | 12 to 16 eggs        |

Heat milk and pour over bread, which should be quite stale, or even dried. Add grated or chopped cheese, cool. Add salt, pepper, melted butter, and well-beaten eggs. Mix well, pour into buttered baking dishes, and bake slowly one and one-half hours, or until done. Serve grape jelly with it.

### Cheese Fondue

|  |                     |
|--|---------------------|
| <sup>2 quart</sup><br>2 quarts scalded milk                | 1/2 cup butter      |
| <sup>2 quart</sup><br>2 quarts soft, stale bread<br>crumbs | 4 teaspoons mustard |
| <sup>2 pound</sup><br>2 pounds mild American<br>cheese     | 4 teaspoons salt    |
|  | 1 teaspoon paprika  |
|  | 24 eggs             |

Grate or chop cheese. Mix first six ingredients together, add well-beaten yolks, cut and fold in stiffly-beaten whites. Pour into six buttered baking dishes and bake thirty minutes in moderate oven.

**Cheese Cream Toast**

|                  |                        |
|------------------|------------------------|
| 2 cups butter    | 4 quarts milk          |
| 2½ cups flour    | 1 pound or more cheese |
| 4 teaspoons salt | ½ teaspoon paprika     |

Make a sauce of the first four ingredients, following directions for making White Sauces. Add grated or chopped cheese, stir till smooth. Serve on carefully browned toast which has been dipped in hot water. Very nice served with crisp bacon as a garnish.

## SALADS AND SALAD DRESSINGS

A DINNER salad should be of lettuce, chiccory, Romaine, watercress, cucumbers, tomatoes, or other light vegetables, served with French Dressing.

Luncheon salads should be of meat, fish, eggs, or the more nutritious vegetables, especially if served as the main course.

All salad plants should be thoroughly washed, and kept on ice or in a cold place until served. Shake and wipe dry with cheesecloth. The dressing may be added just before sending to table or served at table. Green vegetables wilt very quickly after the dressing is added.

Meats or vegetables should be cut in one-half inch cubes, and marinated separately with French Dressing for an hour or so before using. Drain off any dressing not absorbed before mixing with other dressing. Fish should be flaked, or cut in cubes or uniform pieces.

There are many simple and suitable garnishes for salads, but care should be taken that harmonious colors as well as flavors are combined in a salad.

Hard-cooked eggs, radishes, and stuffed olives sliced crosswise ; canned Spanish peppers, carrots, and beets cut in cubes or fancy shapes ; olives, capers, and shredded green peppers—all are attractive garnishes, if used judiciously.

**Boiled Dressing**

|                                |                                 |
|--------------------------------|---------------------------------|
| 2 tablespoons salt             | 4 tablespoons flour             |
| 2 tablespoons mustard          | 6 well-beaten eggs              |
| $\frac{1}{2}$ cup sugar        | $\frac{1}{2}$ cup melted butter |
| $\frac{1}{4}$ teaspoon pepper  | 4 cups hot milk                 |
| $\frac{1}{2}$ teaspoon paprika | $1\frac{1}{2}$ cups hot vinegar |

Mix dry ingredients, add beaten eggs, pour on hot milk, stirring constantly. Return to double boiler and cook until mixture thickens, adding butter when nearly done. Remove from fire and add hot vinegar. Be careful not to overcook dressing, or it will curdle. If it does curdle, remove from hot water and beat hard with Dover egg beater, as that will sometimes restore smoothness.

**Cream Dressing**

|                                    |                                 |
|------------------------------------|---------------------------------|
| 2 tablespoons salt                 | 4 eggs or 8 yolks               |
| $1\frac{1}{2}$ tablespoons mustard | 4 tablespoons butter            |
| 5 tablespoons sugar                | $3\frac{1}{2}$ cups milk        |
| 5 tablespoons flour                | $\frac{3}{4}$ cup vinegar       |
| $\frac{1}{2}$ teaspoon pepper      | $1\frac{1}{2}$ cups heavy cream |

Make as Boiled Dressing. When cold, fold in cream which has been beaten until stiff. If dressing is to be used with fruit, lemon juice instead of vinegar is an improvement.

**Sour Cream Dressing**

|                                 |                    |
|---------------------------------|--------------------|
| $2\frac{1}{2}$ tablespoons salt | 4 well-beaten eggs |
| 2 tablespoons mustard           | 1 quart sour cream |
| 6 tablespoons sugar             | 1 teaspoon pepper  |
| 2 tablespoons flour             | 1 cup vinegar      |

Mix cream and beaten eggs; mix dry ingredients thoroughly, add vinegar, combine mixtures, and cook in double boiler until mixture thickens, stirring constantly.

### French Dressing

- |                     |                        |
|---------------------|------------------------|
| 1½ tablespoons salt | ½ teaspoon pepper      |
| 1 teaspoon mustard  | 1 cup vinegar or lemon |
| 1 teaspoon paprika  | juice                  |
| 2 cups olive oil    |                        |

Rub bottom of wide-mouthed pitcher with onion. Put all ingredients into pitcher and beat until creamy with Dover egg beater. Serve at once.

### Creole French Dressing

- |                      |                       |
|----------------------|-----------------------|
| 2 cups olive oil     | ½ cup finely-chopped  |
| 1½ cups vinegar      | parsley               |
| 2 teaspoons powdered | 1 tablespoon chopped  |
| sugar                | red pepper            |
| ¼ cup finely-chopped | 2 tablespoons chopped |
| onion                | green pepper          |
| 4 teaspoons salt     |                       |

Mix ingredients in order given, let stand one hour, then beat vigorously five minutes. Serve at once.

### Cream French Dressing

- |                     |                      |
|---------------------|----------------------|
| 4 teaspoons salt    | 1 cup lemon juice or |
| ½ teaspoon pepper   | vinegar              |
| 1 teaspoon paprika  | 2 cups olive oil     |
| 1½ cups heavy cream |                      |

Mix ingredients in a wide-mouthed pitcher and beat with Dover egg beater until creamy.

### Mayonnaise Dressing

|                                |                              |
|--------------------------------|------------------------------|
| 1 teaspoon mustard             | 1 pint olive oil             |
| 1 teaspoon powdered sugar      | 1 tablespoon vinegar         |
| 2 teaspoons salt               | 2 tablespoons lemon<br>juice |
| $\frac{1}{2}$ teaspoon paprika | 2 egg yolks                  |
| $\frac{1}{4}$ teaspoon pepper  |                              |
| 2 egg whites                   |                              |

Mix dry ingredients, stir in yolks of eggs, then beat in, drop by drop, a little oil, using Mayonnaise mixer or an egg beater. When mixture begins to thicken, add a few drops acid, then more oil, and so continue alternating until oil is all used. If oil is added too rapidly, mixture will curdle. A smooth consistency may be restored by adding curdled mixture slowly to yolk of another egg. Stir in stiffly-beaten whites. A good quality of cottonseed salad oil may be used in place of olive oil, with very satisfactory results and at a low cost. This oil is wholesome and cheap, and should be used freely in its undisguised form, instead of paying for so-called olive oil which is often adulterated with cottonseed oil. If the dressing is not to be used at once, keep tightly covered in cold place. Before using, remove any drops of oil that have collected on top of dressing, or on sides of dish, to prevent curdling.

### Cream Mayonnaise Dressing

Add to Mayonnaise Dressing, in place of whites of eggs, one cup thick cream beaten until stiff. This should be used the day it is made.

### Apple and Celery Salad

4 quarts apples                      Cream or Cream Mayon-  
 2 quarts celery                      naise Dressing  
    ½ cup lemon juice

Cut apples in one-half inch cubes, and celery in pieces of the same size, before measuring. Marinate apples with lemon juice or French Dressing, as fast as cut, to prevent discoloration. Just before serving mix apple, celery, and Cream or Cream Mayonnaise Dressing. Arrange on lettuce leaves and put a spoonful of dressing on top of each serving. One cup of English walnut meats, broken in pieces, may be added, if desired.

### Apple and Banana Salad

4 quarts apples                      Cream or Cream Mayon-  
 8 large bananas                      naise  
    ½ cup lemon juice

Cut apples in quarters, then in one-fourth inch slices; cut bananas in slices. Mix and serve as Apple and Celery Salad. French Dressing may be used instead of lemon juice for marinating fruit.

### Banana and Nut Salad

Cut bananas in two lengthwise, lay each piece on a bed of lettuce leaves, mask with Cream or Cream Mayonnaise Dressing, and sprinkle with chopped nuts—English walnuts, pecans, or peanuts.

### Cucumber Salad

Peel and slice eight large or twelve small crisp cucumbers, pile on lettuce leaves, and serve with French or



**Creole Dressing.** This salad may be varied by combining with sliced radishes, shredded green peppers, or shredded Bermuda onions.

### Cabbage Salad

8 pounds cabbage                      Boiled Dressing

Remove outside leaves and stalks from solid, heavy heads of cabbage. Cut in quarters, soak for an hour or so in cold water. Drain, wipe dry, shred or chop fine, mix with Boiled or Sour Cream Dressing, and serve in salad bowls or cabbage shells.

### Cabbage and Celery Salad

4 pounds cabbage                      Boiled, Sour Cream, or  
4 quarts celery                      Cream Dressing

Shred cabbage fine and cut celery stalks in thin slices crosswise. Mix and serve as Cabbage Salad.

### Cheese Salad

Cut Neufchâtel cheese in small cubes and serve on lettuce leaves or watercress, with French, Creole, or Cream French Dressing.

Or mix cheese with very finely-chopped parsley, lettuce, or watercress, or with paprika, and shape in small balls.

### Uplands Salad

|  |                                |
|--|--------------------------------|
| 12 Neufchâtel cheeses                      | $\frac{3}{4}$ cup chopped nuts |
| $\frac{3}{4}$ cup chopped olives           | 1 teaspoon salt                |
| $\frac{3}{4}$ cup chopped green<br>peppers | 1 teaspoon paprika             |

Chop olives, mild peppers, and English walnuts very fine. Mix all ingredients thoroughly, pack in oblong

form, let stand two hours or more. Cut in one-half inch slices and break or cut each slice in cubes, serve on lettuce leaves with French or Cream French Dressing. Cottage cheese may be used instead of Neufchâtel.

### Cheese and Pineapple Salad

|                        |                       |
|------------------------|-----------------------|
| 6 Neufchâtel cheeses   | French or             |
| 2 No. 3 cans pineapple | Cream French Dressing |

Cut cheese and pineapple in one-half inch cubes, arrange on lettuce leaves, and serve with French or Cream French Dressing.

### Chicken Salad

|                     |                       |
|---------------------|-----------------------|
| 5 quarts chicken or | 5 quarts celery       |
| chicken and veal    | 1 cup French Dressing |
| Mayonnaise Dressing |                       |

Cut cold boiled or roasted chicken in one-half inch cubes or pieces and marinate with French Dressing. Cut celery in half-inch pieces. Just before serving, mix chicken and celery, pile on lettuce leaves, and put a tablespoonful dressing on top of each serving. Garnish with hard-cooked eggs.

### Daisy Salad

Cut hard-cooked eggs in two crosswise, remove yolks without breaking whites, and rub through strainer. Cut each half of whites in eight sections lengthwise. Arrange lettuce for individual servings, put a spoonful of Mayonnaise, Boiled, or Sour Cream Dressing in center of each. Place around dressing the white segments, to form petals, and sprinkle over dressing the yolks, which have been mixed with salt and pepper and rubbed through a strainer.

### Egg Salad

Cut hard-cooked eggs in slices, place on lettuce leaves, and put a spoonful of Mayonnaise or Boiled Dressing on top of each serving.

### Fruit Salad

|                 |                        |
|-----------------|------------------------|
| 2 dozen oranges | 2 No. 3 cans pineapple |
| 2 dozen bananas | 6 heads lettuce        |

Peel bananas and cut in one-fourth inch slices. Peel oranges and separate pulp from each section. Drain pineapple and cut in one-half inch cubes. Malaga grapes may be used in place of part of the oranges and bananas. Combine fruits, mix with French Dressing, and serve on lettuce leaves.

### Macedoine Salad

|                             |                           |
|-----------------------------|---------------------------|
| 2 quarts string beans       | 2 quarts carrots or beets |
| 2 quarts peas or flageolets | 6 heads lettuce           |

Any left-over vegetables, in any proportion, may be used instead of those given. Cut string beans in inch pieces, carrots and beets in one-half inch cubes. Marinate each vegetable separately with French Dressing. Arrange lettuce for individual servings, put a small mound of peas or flageolets in center, surround with string beans, and scatter over top a spoonful of carrot or beet cubes. Serve with French or Creole Dressing.

### Tomato Salad

Tomatoes for salad should be ripe and firm. About one peck will be required. Plunge into boiling water for a few seconds, peel, cut out stem, and chill. Just before

using, cut in halves, or in half-inch slices crosswise, or in six sections lengthwise. Place on lettuce leaves and serve with French, Creole, or Cream French Dressing. Mayonnaise Dressing is also used sometimes.

Tomato Salad may be varied in many ways, of which a few are suggested below.

Tomato and Pepper. Wash four large, mild green peppers, remove seeds and white membranes, cut crosswise in thin shreds or slices, and use as garnish.

Tomato and Cucumber. Pare six cucumbers, cut in dice, and put a spoonful over tomatoes.

Tomato and Cheese. Cut tomatoes in halves and place each on a bed of lettuce leaves. Put on top a few small cubes or balls of Neufchâtel cheese. Shredded pepper may be added if desired.

### Potato Salad

|                        |                      |
|------------------------|----------------------|
| 9 quarts potato cubes  | 2½ cups olive oil or |
| 1 quart celery         | melted butter        |
| 5 tablespoons salt     | 1¼ cups vinegar      |
| 2 teaspoons pepper     | ½ cup chopped green  |
| 1 teaspoon paprika     | peppers              |
| 2 onions finely minced |                      |

Sour cucumber pickles cut in one-half inch cubes may be used in place of a part of the vinegar, and celery salt in place of the celery. Mix ingredients thoroughly but carefully, let stand thirty minutes or so to chill. Serve in salad bowl. Garnish with watercress or parsley; and with hard-cooked eggs, chopped pimientos, or stuffed olives cut in thin slices. Boiled or Mayonnaise Dressing may be served with this salad if desired.

**Salmon Salad I**

|                                      |                         |
|--------------------------------------|-------------------------|
| 6 pint cans salmon                   | 6 cups cucumber pickles |
| 3 quarts coarsely-chopped<br>cabbage | cut in pieces           |
| 1 tablespoon celery salt             | 6 tablespoons vinegar   |
| 2 tablespoons salt                   | 1 teaspoon paprika      |
|                                      | 24 hard-cooked eggs     |

Remove bones and skin from salmon and break in pieces. Cut pickles and eggs in pieces. Mix all ingredients together. Garnish with watercress or celery tops. Serve in salad bowls or on platters.

**Salmon Salad II**

|                            |                     |
|----------------------------|---------------------|
| 8 pint cans salmon or      | 6 heads lettuce     |
| 4 quarts flaked fresh fish | Mayonnaise Dressing |

Drain salmon, remove bones and skin, and break in pieces. If fresh fish is used, remove bones and skin and flake carefully, or cut neatly in pieces. Pile salmon on lettuce leaves and put over each serving a spoonful of dressing.





## PASTRY

### Plain Paste

3 quarts flour  
4 teaspoons salt

2 $\frac{3}{4}$  cups lard  
Cold water

Mix flour and salt. Add lard, and chop or cut or rub with tips of fingers until well mixed. Moisten to a stiff dough with cold water, being careful not to use too much. No matter how much shortening is used, if too much moisture is added, the crust will be hard and tough. The dough should be so dry that it is really difficult to roll. If pies are to have an upper crust, reserve two tablespoons lard and dot over upper crusts just before putting in oven. This gives pies a flaky appearance.

In making pies with two crusts, the upper crust should always be perforated to allow escape of steam. The lower crust should be moistened with water around edge before pressing together the two edges, in order to prevent separation. This quantity of paste makes enough for eight or nine pies with two crusts.

Always bake pies on bottom of range oven or on lower grate of gas oven, never on upper grate of oven, or lower crust will be underdone.

### Apple Pie

4 $\frac{1}{2}$  cups apple  
 $\frac{1}{4}$  teaspoon nutmeg or  
cinnamon

1 teaspoon butter  
 $\frac{1}{8}$  teaspoon salt  
1 cup sugar

Line plates with paste. Pare, core, and cut apples in eighths. Mix sugar, salt, and spice; put part of sugar



in bottom of plates, fill with apples, cover with remaining sugar. Dot over top with bits of butter. Moisten edges of lower crusts, put on upper crusts, and press edges firmly together. Use above proportions for each pie.

### Pumpkin Pie

|                               |                        |
|-------------------------------|------------------------|
| 2 quarts milk                 | 4½ cups sugar          |
| 12 eggs                       | 6 tablespoons molasses |
| 3 cans or 3 quarts<br>pumpkin | 2 tablespoons salt     |
|                               | 2 tablespoons ginger   |
|                               | 2 tablespoons cinnamon |

Steam pumpkin and rub through sieve, or use canned. Mix sugar, salt, and spices, add pumpkin, beaten eggs, milk, and molasses. Bake slowly forty to fifty minutes, or until knife comes out clean. This quantity makes eight or nine pies.

### Lemon Pie

|                      |                           |
|----------------------|---------------------------|
| 7 scant cups sugar   | 1¾ cups lemon juice       |
| 7 cups boiling water | or 9 lemons               |
| 1¾ cups cornstarch   | 3 tablespoons butter      |
| 18 egg yolks         | 1 cup powdered sugar      |
| ½ teaspoon salt      | 4 tablespoons lemon juice |

Mix cornstarch, salt, and sugar, add boiling water, stirring constantly. Cook five minutes and add gradually to egg yolks. Add butter, grated rind and juice of lemons. Line eight or nine plates with paste, turn in cooled mixture, bake until pastry is done. Cool slightly, cover with meringue made as follows:

*Meringue.* Beat egg whites until stiff, add powdered sugar gradually, and continue beating, then add flavoring. Pile lightly on pies, leaving surface uneven; bake fifteen minutes in slow oven.

### Custard Pie

|              |                 |
|--------------|-----------------|
| 24 eggs      | 1 teaspoon salt |
| 2 cups sugar | 4 quarts milk   |

Beat eggs slightly, add sugar, salt, and milk. Line plates with crust, building up fluted rims, and fill with mixture. Grate nutmeg over top. Place in hot oven at first to set crust. Decrease heat quickly. Bake in slow oven until custard is firm in center. This quantity makes eight deep pies.

### Blueberry Pie

|                  |                     |
|------------------|---------------------|
| 6 quarts berries | 4 teaspoons vinegar |
| 2 quarts sugar   | 1 teaspoon salt     |

Line eight or nine plates with crust. Mix sugar, salt, and one cup of flour. Fill crusts with berries, add sugar and vinegar, cover with crust, and bake until berries are done and crust slightly browned.

### Blackberry or Raspberry Pie

Use recipe for Blueberry Pie, omitting vinegar and one-half the flour.

### Mock Cherry Pie

|                                       |                              |
|---------------------------------------|------------------------------|
| 4 quarts cranberries                  | 2 $\frac{3}{4}$ quarts sugar |
| 1 $\frac{1}{4}$ quarts stoned raisins | 2 $\frac{1}{2}$ cups water   |
| $\frac{1}{2}$ cup flour               | 4 tablespoons butter         |

Put cranberries and raisins through meat chopper, mix with sugar, flour, and water. Line plates with crust, put in filling, dot over with butter, cover with crust, and bake in moderate oven.

**Cranberry Tart Filling**

|                       |              |
|-----------------------|--------------|
| 6 cups cranberries    | 6 cups sugar |
| 3 cups stoned raisins | 3 cups water |

Put berries and raisins through meat chopper. Cook all ingredients together until of consistency of jam, add six teaspoons vanilla. Cool, and use as filling for tarts.

**Mince Meat**

|                           |                        |
|---------------------------|------------------------|
| 1½ quarts chopped meat    | 2 tablespoons cinnamon |
| 2½ quarts chopped apple   | 1½ teaspoons mace      |
| 1 quart brown sugar       | 1½ teaspoons cloves    |
| ¾ quart granulated sugar  | ¾ cup vinegar          |
| 2 cups raisins            | 3 oranges              |
| 2 cups currants           | 3 lemons               |
| 3 cups molasses           | ¾ pound citron chopped |
| 3 cups meat liquor        | 1 tablespoon lemon     |
| Salt to taste             | extract                |
| 1 teaspoon almond extract |                        |

Mix ingredients except oranges, lemons, and flavoring, and cook slowly two hours, or until done. Add grated rind and juice of lemons and oranges, and extract.





## HOT DESSERTS

### Apple Tapioca

- |                        |                  |
|------------------------|------------------|
| 3 cups minute tapioca  | 2 teaspoons salt |
| 3 quarts boiling water | 2 cups sugar     |
| ¾ peck apples          |                  |

Add salt and boiling water to tapioca and cook in double boiler until transparent. Pare, quarter, and core tart apples, put into buttered baking dishes, add sugar and tapioca. Bake an hour or more in moderate oven. The apples should be quite soft. Serve warm with sugar and cream.

### Prune Pudding

- |                    |                     |
|--------------------|---------------------|
| 4 quarts milk      | 2 cups sugar        |
| 1½ cups cornstarch | 4 teaspoons vanilla |
| 18 egg yolks       | 3 pounds prunes     |
| 3 teaspoons salt   | 18 egg whites       |

Soak prunes twenty-four hours or more in water to barely cover them. Cook in same water in double boiler until soft; remove stones. Mix cornstarch, salt, and sugar, add hot milk, and cook in double boiler thirty minutes, stirring often. Add mixture to beaten yolks, stirring until smooth. Put prunes into buttered baking dishes, pour over them the custard, bake twenty-five minutes in slow oven. Make meringue of egg whites and one cup of sugar beaten until stiff, pile lightly on prune mixture, bake in very slow oven until slightly browned. Serve warm or cold.

**Cream of Rice Pudding**

- |                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{2}{3}$ cup rice          | $\frac{2}{3}$ cup sugar     |
| 2 quarts milk                   | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ teaspoon cinnamon |                             |

Prepare above proportions for each one of three baking dishes. Wash rice, mix ingredients, put into buttered baking dishes, and bake slowly from four to five hours, or until of a creamy consistency. During first hour stir occasionally with a fork. If cooked too fast it will curdle. Serve quite warm or very cold.

**Indian Pudding**

- |                                    |                  |
|------------------------------------|------------------|
| $4\frac{1}{2}$ quarts scalded milk | 2 cups molasses  |
| $1\frac{1}{3}$ cups Indian meal    | 4 teaspoons salt |
| 4 teaspoons ginger                 |                  |

Add milk slowly to corn meal, cook twenty minutes in double boiler, add molasses, salt, and ginger. Pour into buttered baking dishes and bake three or four hours in slow oven. It will not whey if baked too rapidly. Serve with cream.

**Cracker Pudding**

- |                                |                          |
|--------------------------------|--------------------------|
| $1\frac{1}{2}$ pounds crackers | $\frac{3}{4}$ cup butter |
| 5 quarts scalded milk          | 5 teaspoons salt         |
| 10 eggs                        | 5 teaspoons cinnamon     |
| 5 cups brown sugar             | 2 teaspoons nutmeg       |
| 3 cups plumped raisins         |                          |

Split crackers, spread with butter, add hot milk, and let stand an hour or more. Beat eggs slightly, add sugar

mixed with spices, and turn into cracker mixture; add raisins. Put into buttered baking dishes, bake slowly one hour, or until knife comes out clean. The deeper the baking dish the longer the time required for baking. Stir occasionally during first half hour. Serve with Vanilla Sauce.

### Orange Marmalade Pudding

|                         |                          |
|-------------------------|--------------------------|
| 4 quarts fine bread     | 4 quarts milk            |
| crumbs                  | 18 eggs                  |
| 1 quart sugar           | $\frac{3}{4}$ cup butter |
| 4 cups orange marmalade |                          |

Cream butter and sugar together, add beaten yolks, milk, bread crumbs, and whites beaten to a froth. Put a layer in bottom of buttered baking dishes, spread with marmalade, then another layer of the custard mixture, then one of marmalade, and finish with the custard. Serve with sweetened cream or custard sauce.

### Caramel Bread Pudding

|                                 |                            |
|---------------------------------|----------------------------|
| $2\frac{1}{2}$ cups sugar       | 10 well-beaten eggs        |
| $\frac{3}{4}$ cup water         | 3 teaspoons salt           |
| 5 quarts hot milk               | 5 pints dry bread in small |
| $\frac{1}{2}$ cup melted butter | pieces                     |

Caramelize sugar, add water, and stir until dissolved, then add to hot milk. Turn milk over bread, add salt and butter. When lukewarm, add eggs, turn into shallow baking dishes, and bake slowly forty-five minutes, or until knife comes out clean. Serve with whipped cream and caramel sauce made as follows: Caramelize three cups sugar until light brown, add three cups water, and simmer fifteen minutes, or to a thick syrup.



### Chocolate Bread Pudding

|   |  |
|---|--|
| 2½ quarts stale bread<br>crumbs or dry bread<br>in small pieces | 10 ounces chocolate<br>3 cups sugar<br>10 eggs well beaten |
| 5 quarts scalded milk   | 3 teaspoons salt   |
| 5 teaspoons vanilla   |  |

Soak bread in hot milk until soft. Melt chocolate in saucepan over hot water, add one-half the sugar, and milk enough (from the bread and milk) to pour. Mix all ingredients, turn into shallow baking dishes, and bake slowly one hour, or until knife comes out clean. Serve with Hard or Sunshine Sauce, or with whipped cream.

### Spiced Pudding

|  |   |
|--|---|
| 2½ quarts dried bread in<br>small pieces | 2 cups sugar<br>3 teaspoons salt          |
| 5 quarts scalded milk                    | 3 teaspoons mixed spice                   |
| 2 cups molasses                          | (cinnamon, cloves, all-<br>spice, nutmeg) |
| 2 cups raisins                           |   |

Soak bread in milk until soft, add other ingredients, and mix well. Put into shallow baking dishes and bake slowly one hour, or until knife comes out clean. Stir two or three times during first fifteen minutes. Serve with whipped cream.

### Prune Whip

|                 |                           |
|-----------------|---------------------------|
| 4 pounds prunes | 24 egg whites             |
| 2 pounds sugar  | 2 tablespoons lemon juice |

Soak prunes over night in water to barely cover, cook in double boiler until soft, stone, and rub through purée

strainer. The mixture should be quite thick. Add sugar, and fold in stiffly-beaten whites of eggs and lemon juice. Put into baking dishes and bake about twenty minutes in slow oven. Serve hot or cold, with Soft Custard Sauce or sweetened whipped cream.

Other fruits may be used instead of prunes.

### Baked Chocolate Pudding

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 $\frac{1}{8}$ cups butter | 6 cups flour                     |
| 6 cups sugar                | 3 tablespoons baking powder      |
| 6 eggs                      |                                  |
| 6 cups milk                 | 1 $\frac{1}{2}$ pounds chocolate |

Cream butter, add sugar, and mix well, then stir in well-beaten eggs. Dissolve chocolate over hot water, add milk, combine the two mixtures, and add flour which has been sifted with baking powder. If put into six baking dishes, it will require about forty minutes in moderate oven for baking. Serve at once, as it falls as soon as it begins to cool. Serve with Sunshine Sauce.

### Honeycomb Pudding

|                     |                                    |
|---------------------|------------------------------------|
| 5 cups sugar        | 2 $\frac{1}{2}$ cups butter        |
| 5 cups flour        | 2 $\frac{1}{2}$ cups lukewarm milk |
| 5 cups molasses     | 5 teaspoons soda                   |
| 20 well-beaten eggs |                                    |

Mix sugar and flour and add molasses. Melt butter in milk and add soda. Combine mixtures and add eggs. Turn into well-greased oblong pans and bake in moderate oven. Serve at once with Cream Sauce.

### Apple Dumplings

|                             |                    |
|-----------------------------|--------------------|
| 3 quarts flour              | 1½ cups shortening |
| 2 tablespoons baking powder | 2 tablespoons salt |
| 3 cups water                | 3 cups sugar       |
|                             | 50 apples          |

Sift flour, baking powder, and salt together; work in shortening and add water to moisten enough to roll out. Cut paste in rounds one-fourth inch in thickness, place an apple in center of each, fill cavity with sugar and cinnamon or nutmeg, draw paste around apple, folding and pinching edges together, place in pan rough side down. Bake forty-five to sixty minutes. When about half done, pour boiling water around apples to depth of one-half inch. The apples should be quite soft; they may be tested by pricking with fork.

Serve with Vanilla, Lemon, or Nutmeg Sauce, or with sugar and cream.

### Egg Roll

|                             |                               |
|-----------------------------|-------------------------------|
| 3 quarts flour              | 3 cups milk or milk and water |
| 6 eggs                      |                               |
| 4½ teaspoons salt           | 1½ cups shortening            |
| 6 tablespoons baking powder |                               |

Sift dry ingredients together, cut or rub in shortening, add milk gradually, mixing to as soft a dough as can be handled. Sometimes a little more or less milk must be used to make it of the right consistency. This is nice for shortcake and puddings. Brush over top of crust with milk or white of egg and sprinkle with sugar. Bake in hot oven.

### Baked Apple Pudding

- |                 |                         |
|-----------------|-------------------------|
| 1 peck apples   | 3 teaspoons cinnamon or |
| 1½ quarts sugar | nutmeg                  |

### Egg Roll

Peel, quarter, and core apples. Fill baking dishes half full, add sugar, spice, and water to come half way to top. Cover and bake until about half done. Roll Egg Roll mixture to one-half inch in thickness and of a size to fit baking dishes, make an opening in center, cover apple, and bake thirty minutes, or until done, in hot oven. Serve with Vanilla or Nutmeg Sauce, or with cream and maple syrup. Canned or fresh peaches or berries may be used in the same way. Serve with the fruit on top.

### Dutch Apple Cake

- |                             |                  |
|-----------------------------|------------------|
| 2 quarts flour              | 4 eggs           |
| 2 teaspoons salt            | 1 cup shortening |
| 6 tablespoons baking powder | 3¾ cups milk     |
|                             | 1 cup sugar      |
- ½ peck apples

Mix dry ingredients; beat eggs, add milk, and mix with dry ingredients, then add melted shortening. Pour into well-greased shallow cake pans. Cut apples into sixteenths, lay them in parallel rows in the dough, pressing the edges lightly into it. Brush top with melted butter, sprinkle with one cup sugar mixed with two teaspoons cinnamon. Serve with Vanilla or Nutmeg Sauce, or with sugar and cream.

### Fruit Puffs

Make Egg Roll mixture, using only whites of eggs, and milk to make a drop dough. Put a spoonful of canned

or preserved peaches or other fruit in bottom of well-buttered cups or individual molds, fill cups half full of dough, and steam thirty-five minutes. Serve with fruit juice sweetened to taste.

### Cottage Pudding

|                     |                             |
|---------------------|-----------------------------|
| 5 eggs              | 2½ quarts flour             |
| 5 cups sugar        | 5 teaspoons vanilla         |
| ¾ cup melted butter | 3 tablespoons baking powder |
| 3½ cups milk        |                             |
|                     | 1 teaspoon salt             |

Sift dry ingredients together, add sugar and milk mixed with beaten egg yolks, then melted butter. Fold in stiffly-beaten whites of eggs, turn into well-greased shallow pans, bake about forty-five minutes in moderate oven. Serve with Vanilla, Strawberry, Orange, or Chocolate Sauce I.

### Steamed Pudding

|                 |                              |
|-----------------|------------------------------|
| 1½ cups butter  | 4½ tablespoons baking powder |
| 2 cups sugar    |                              |
| 2½ quarts flour | 1 teaspoon salt              |
| 1 quart milk    | 4 eggs                       |

Mix and sift dry ingredients and rub in butter with tips of fingers. Beat eggs, add milk, and combine mixtures. Put in buttered molds, cover, and steam two hours. Serve with hot apple sauce and Hard Sauce.

### Strawberry Shortcake

|          |                      |
|----------|----------------------|
| Egg Roll | 8 boxes strawberries |
|----------|----------------------|

Hull strawberries and cut in pieces. Add sugar to taste and let stand for a short time where they will warm

slightly. Pat and roll Egg Roll mixture to one-half inch thickness, and bake in hot oven in pie tins or in small rounds like biscuit. Split and spread with butter, put berries between layers and on top. Serve with the fruit juice, and cream if desired.

Fresh or canned peaches, apricots, raspberries, or other fruit may be used in place of strawberries.

### Graham Pudding

|                                 |                                |
|---------------------------------|--------------------------------|
| 2 $\frac{3}{4}$ cups molasses   | 2 $\frac{3}{4}$ teaspoons soda |
| 1 $\frac{3}{8}$ cups shortening | 2 quarts sifted Graham         |
| 2 $\frac{2}{3}$ cups milk       | flour                          |
| 5 eggs                          | 1 quart raisins                |
|                                 | 5 teaspoons salt               |

Melt shortening, add molasses, milk, well-beaten eggs, dry ingredients mixed and sifted, and raisins. Steam four hours. Serve with Creamy or Sterling Sauce.

### Suet Pudding

|                               |                       |
|-------------------------------|-----------------------|
| 3 cups finely-chopped<br>suet | 3 teaspoons soda      |
| 3 cups molasses               | 4 teaspoons salt      |
| 3 cups milk                   | 2 teaspoons ginger    |
| 2 $\frac{1}{4}$ quarts flour  | 2 teaspoons nutmeg    |
|                               | 1 teaspoon cloves     |
|                               | 1 tablespoon cinnamon |

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Turn into greased molds, cover, and steam three hours. Serve with Sterling Sauce.

**Bellevue Pudding**

|                      |                      |
|----------------------|----------------------|
| 1 quart molasses     | 1 quart sweet milk   |
| 1 cup shortening     | 4 teaspoons cinnamon |
| 2 quarts bread flour | 4 teaspoons cloves   |
|                      | 4 teaspoons soda     |

Dissolve soda in milk. Melt shortening, add molasses, milk, and dry ingredients, turn into greased molds, steam two and one-half hours. Serve with Creamy Sauce.

**Nut Pudding**

|                   |                        |
|-------------------|------------------------|
| 3 cups molasses   | 3 cups chopped suet    |
| 3 cups sweet milk | 3 cups seeded raisins  |
| 7½ cups flour     | 3 cups English walnuts |
| 3 teaspoons soda  | ¾ pound chopped figs   |
| 1 teaspoon salt   | 2 small nutmegs        |

Sift dry ingredients together. Mix fruit and suet and add molasses; then add milk and flour alternately. Steam three and one-half hours. Serve with Foamy Sauce.

**English Plum Pudding**

|                           |                                |
|---------------------------|--------------------------------|
| 1 pound chopped beef suet | 1 pound chopped raisins        |
| 1 pound flour             | 1 pound currants               |
| 4 teaspoons baking powder | 1 pound brown sugar            |
| 2 teaspoons cinnamon      | ¼ pound citron cut fine        |
| 1 teaspoon cloves         | ¼ pound candied orange<br>peel |
| 1 teaspoon mace           | 1 cup sweet milk               |
| 1 teaspoon salt           |                                |
|                           | 4 well-beaten eggs             |

Mix and sift dry ingredients, add finely-chopped suet and fruit, and then milk and eggs. Steam six hours. This makes enough for two two-quart molds.

### Scalloped Apples

|                            |                        |
|----------------------------|------------------------|
| 6 quarts sliced apples     | 2 tablespoons cinnamon |
| 6 quarts soft bread crumbs | 1½ cups butter         |
| 4 cups sugar               | 3 cups or more water   |

Mix melted butter and crumbs, and put a layer in bottom of baking dishes. Cover with a layer of apple, sprinkle with sugar mixed with cinnamon. Continue in this way until there are three layers of bread and two of apple. Add water and bake in moderate oven one and one-half hours, or until apples are cooked to pieces. Keep dishes covered part of the time. The crumbs should be delicately browned on top. Serve with Hard Sauce.

### Apple Charlotte

|                  |                       |
|------------------|-----------------------|
| 16 pounds apples | 1½ cups melted butter |
| 2 quarts sugar   | 1 tablespoon cinnamon |

Pare, quarter, and core apples, and stew until tender; add sugar and cinnamon. Cut bread one-fourth inch thick, removing crusts. Brush slices with melted butter and line sides of baking dishes. Put in apple sauce, cover with bread having buttered side up, sprinkle with sugar, and bake forty-five minutes, or until bread is golden brown. Serve with Hard Sauce.

### Scalloped Rhubarb

|  |  |
|--|--|
| 5 quarts soft bread<br>crumbs              | 8 pounds rhubarb cut in<br>inch pieces |
| 1¼ cups melted butter<br>mixed with crumbs | 2 quarts sugar                         |

Butter baking dishes, put in a layer of crumbs, then rhubarb and sugar, and so continue until ingredients are



used. The top layer should be crumbs. Bake one hour, or until rhubarb is soft and crumbs are slightly brown on top. A little water may be added if necessary. Serve warm with Hard Sauce.





## PUDDING SAUCES

### Apricot Sauce

2 quarts apricot pulp      1 quart heavy cream  
Sugar to taste

Soak dried apricots several hours or over night in water to barely cover. Cook slowly in the same water until soft; rub through a strainer. Canned apricots may be used if preferred. Beat cream until stiff, add to apricot pulp, and sweeten to taste.

### Chocolate Sauce I

3 quarts sugar      12 ounces chocolate  
1½ quarts boiling water      4 tablespoons vanilla

Cook sugar, chocolate, and water until it threads. Beat thoroughly with Dover egg beater, add vanilla, and serve.

### Chocolate Sauce II

5 ounces cocoa      ½ cup cold water  
2½ cups lukewarm water      ½ teaspoon salt  
2½ cups sugar      1 quart boiling water  
½ cup cornstarch      ½ tablespoon vanilla

Mix cocoa with lukewarm water, add boiling water, stirring constantly until it boils. Mix cornstarch with cold water and add to hot mixture. Bring to boiling point, add sugar and salt. Cook in double boiler one hour, add vanilla, and serve hot or cold with puddings or ice cream.

**Caramel Sauce**

2 quarts sugar                      2 quarts water

Put sugar in an iron frying pan, and stir until melted and golden brown in color. Add water and simmer fifteen minutes.

**Creamy Sauce**

5 cups powdered sugar      5 well-beaten eggs  
 2½ cups butter                ¾ cup boiling water  
 5 teaspoons vanilla

Rub sugar and butter to a cream, add eggs, and beat well. Just before serving add boiling water and vanilla.

**Cream Sauce**

5 eggs                              3 cups heavy cream  
 3¾ cups powdered sugar      ½ teaspoon salt

Beat whites until stiff, add powdered sugar, beating all the time; add beaten yolks and fold in cream, which has been whipped until stiff.

**Foamy Sauce**

3 cups powdered sugar      3 cups cream  
 1½ cups butter                6 egg whites

Cream sugar and butter together. Beat into this cream and slightly-beaten egg whites. Put into double boiler and beat until smooth and creamy. Cook until it thickens and serve at once.

### Fruit Sauce

2 quarts fruit syrup      4 tablespoons cornstarch  
Sugar to taste

Drain off syrup from canned fruit and bring to boiling point. Mix cornstarch with sugar, or with a little cold syrup, add boiling syrup, and boil ten or fifteen minutes, stirring often. Serve with any dessert in which the fruit itself has been used.

### Grape Sauce

Make same as Strawberry Sauce.

Use stewed or canned Concord grapes. If they are very sweet, use only half the required amount of sugar.

### Hard Sauce

2 cups butter       $\frac{1}{4}$  cup boiling water  
6 cups powdered sugar      2 teaspoons lemon extract

Pour boiling water over butter, stir until creamy, then add gradually the sugar and lemon.

### Lemon Sauce

1 quart sugar       $\frac{1}{2}$  cup butter  
2 quarts boiling water       $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{2}$  cup cornstarch or      1 teaspoon lemon extract  
 $\frac{3}{4}$  cup flour      2 teaspoons salt

Mix sugar and cornstarch, add water, stirring constantly until smooth. Boil five minutes, remove from fire, and add butter and flavorings.

### Nutmeg Sauce

Make same as Lemon Sauce, using four teaspoons lemon extract and four teaspoons nutmeg in place of lemon juice.

### Orange Sauce

|                                      |                                |
|--------------------------------------|--------------------------------|
| 6 tablespoons cornstarch             | Grated rind of one-half        |
| 1 $\frac{2}{3}$ cups sugar           | lemon                          |
| 1 $\frac{2}{3}$ quarts boiling water | 1 tablespoon lemon juice       |
| Grated rind of one orange            | $\frac{1}{2}$ cup orange juice |
|                                      | $\frac{2}{3}$ cup butter       |

Mix sugar and cornstarch, add boiling water, stirring until it thickens. Boil fifteen minutes, or cook one hour in double boiler. Add butter and fruit juice. Serve hot.

### Strawberry Sauce

|                             |                 |
|-----------------------------|-----------------|
| 1 $\frac{1}{2}$ cups butter | 4 cups powdered |
| 3 cups strawberry pulp      | sugar           |
| and juice                   | 4 egg whites    |

Cream butter and sugar together, add stiffly-beaten whites and strained strawberries. Beat well before serving.

### Sunshine Sauce

|              |                     |
|--------------|---------------------|
| 6 egg yolks  | 3 cups thick cream  |
| 3 cups sugar | 2 teaspoons vanilla |

Stir beaten yolks and sugar together, add cream which has been whipped until stiff, and vanilla.

### Vanilla Sauce

Make like Lemon Sauce, using two tablespoons vanilla in place of nutmeg and lemon.

### Sterling Sauce

|                    |                       |
|--------------------|-----------------------|
| 3 cups butter      | 6 teaspoons vanilla   |
| 6 cups brown sugar | 1½ cups cream or milk |

Cream butter, add sugar gradually, and milk and flavoring very slowly, to prevent separation.

### Soft Custard Sauce

|                |                      |
|----------------|----------------------|
| 1½ quarts milk | 9 tablespoons sugar  |
| 9 egg yolks or | 2¼ teaspoons vanilla |
| 5 small eggs   | ¾ teaspoon salt      |

Beat yolks slightly (if whole eggs are used beat them thoroughly); add sugar and salt, then pour hot milk slowly into them. Return to double boiler and cook until mixture thickens; add vanilla. If cooked too much, custard will curdle. In that case, set saucepan in cold water and beat custard with Dover egg beater until smooth.







## COLD DESSERTS

### Baked Custard

6 quarts scalded milk            3 cups sugar  
18 to 36 eggs                        2 teaspoons salt

Beat eggs slightly, add sugar and salt, and slowly the scalded milk. Turn into buttered baking dishes placed in larger pans containing hot water. Sprinkle with nutmeg and bake slowly until custard is firm. When a silver knife comes out clean, the custard is done. The smaller number of eggs makes a delicious custard, but not one which keeps its shape as perfectly as with the larger number.

### Caramel Custard

6 quarts scalded milk            3 teaspoons salt  
18 to 36 eggs                        3 cups sugar  
2 tablespoons vanilla

Put sugar into an iron frying pan, stir constantly until melted and light brown in color. Add milk gradually, being careful that it does not bubble over when added to hot syrup. As soon as sugar is dissolved in milk, add to slightly-beaten eggs. Add salt and vanilla, pour into buttered baking dishes which have been placed in larger pans containing hot water, and bake slowly until custard is firm. The custard is done when a knife comes out clean. If cooked too long or too fast, custard will whey. The larger the number of eggs used, the firmer the custard will be. Serve with Caramel Sauce.

### Plain Blanc Mange

|                                     |                                   |
|-------------------------------------|-----------------------------------|
| 4 $\frac{3}{4}$ quarts scalded milk | 3 teaspoons salt                  |
| 2 $\frac{1}{2}$ cups cornstarch     | 5 teaspoons vanilla if<br>desired |
| 3 cups cold milk                    |                                   |
| 1 $\frac{1}{2}$ cups sugar          |                                   |

Mix cornstarch, sugar, and salt together, and mix to a smooth paste with cold milk. Add to scalded milk, stirring constantly until smooth, and cook forty-five minutes in double boiler, stirring occasionally. Serve warm or cold with cream and sugar and sweet jelly.

### Chocolate Blanc Mange

|                                     |                                    |
|-------------------------------------|------------------------------------|
| 4 $\frac{3}{4}$ quarts scalded milk | 10 ounces chocolate                |
| 2 $\frac{2}{3}$ cups cornstarch     | 1 $\frac{1}{2}$ cups sugar         |
| 3 cups cold milk                    | 1 $\frac{1}{3}$ cups boiling water |
| 2 teaspoons salt                    | 5 teaspoons vanilla                |

Mix cornstarch with cold milk until smooth, add slowly to hot milk, and cook in double boiler forty-five minutes, stirring often to prevent lumps.

Melt chocolate over hot water, add sugar and boiling water, stir until smooth, and add to above mixture, stirring until thoroughly mixed. Serve with cream and sugar.

### Ribbon Cornstarch Pudding

|                                     |                     |
|-------------------------------------|---------------------|
| 3 $\frac{1}{2}$ quarts scalded milk | 12 eggs             |
| 2 cups cornstarch                   | 4 teaspoons vanilla |
| 2 cups cold milk                    | 3 ounces chocolate  |
| 2 cups sugar                        | 3 or 4 cups prunes  |
| 2 teaspoons salt                    | 6 tablespoons sugar |

Mix cornstarch, sugar, and salt, moisten with cold milk, add to hot milk, and cook forty-five minutes in double

boiler, stirring often. Stir hot mixture into beaten egg yolks, add vanilla, and cool slightly, then fold in stiffly-beaten whites. Turn one-third of mixture into saucepan, mix with it melted chocolate, sugar, and prunes which have been stoned and cut in pieces. Cook one minute. Put into an oblong mold one-half the white mixture, make a smooth, even surface, spread over it the chocolate mixture, and finish with a layer of white on top. Chill and serve with thin cream.

### Caramel Pudding

|                         |                        |
|-------------------------|------------------------|
| 6 cups brown sugar      | 2 cups cold water      |
| 2 cups butter           | 2 teaspoons salt       |
| 4½ quarts boiling water | 2 tablespoons vanilla  |
| 2¼ cups cornstarch      | 3 cups English walnuts |

Cook sugar and butter together until a rich golden brown. Add water and thicken with cornstarch mixed to paste with cold water. Stir until smooth and cook forty-five minutes in double boiler, stirring often. Add salt, vanilla, and nuts. Chill and serve with plain cream.

### Norwegian Prune Pudding

|                      |                           |
|----------------------|---------------------------|
| 2½ pounds prunes     | 5 inch-pieces cinnamon    |
| 2½ quarts cold water | 1½ quarts boiling water   |
| 5 cups sugar         | 1⅔ cups cornstarch        |
| 1 teaspoon salt      | 5 tablespoons lemon juice |

Wash prunes, add cold water, and soak over night. Cook in same water in double boiler until soft, remove stones, and crack them to obtain meats. Dilute cornstarch with enough cold water to pour. Mix prunes, prune juice, meats, sugar, cinnamon, and boiling water, and bring to

boiling point. Add cornstarch and cook forty-five minutes in double boiler. Remove cinnamon, add lemon juice, chill, and serve with cream.

### Chocolate Cream

|                        |                     |
|------------------------|---------------------|
| 3½ quarts scalded milk | 9 ounces chocolate  |
| 3½ cups sugar          | 7 eggs              |
| 1½ cups cornstarch     | 7 teaspoons vanilla |

Melt chocolate in double boiler, add milk slowly, and heat to scalding point. Mix cornstarch, sugar, and two teaspoons salt; add hot milk mixture to it, return to double boiler, and cook forty-five minutes, stirring often. Add this mixture to beaten yolks, stirring all the time. Cool slightly and fold in stiffly-beaten whites. Add vanilla. Serve with whipped cream.

### Peach Custard

Drain syrup from six No. 3 or two No. 10 cans of peaches, reserving syrup for fruit sherbet. Cut peaches in slices and cover with Soft Custard Sauce. Chill before serving.

Bananas sprinkled with a little lemon juice may be used in the same way.

### Tapioca Sherbet

|                        |                    |
|------------------------|--------------------|
| 3 cups minute tapioca  | Juice of 12 lemons |
| 6 cups sugar           | 13 egg whites      |
| 3 quarts boiling water | 2 teaspoons salt   |

Cook tapioca, sugar, salt, and water together in double boiler until clear, stirring often. Add juice of lemons about six minutes before removing from fire. Put mix-

ture into platter or shallow agate pan to cool. As soon as it begins to jelly at the edges, stir into it quite briskly the well-beaten whites of eggs. Beat until very light. A little lemon extract may be added. Serve in sherbet glasses with whipped cream piled on top.

### Fig Tapioca

|                        |                                  |
|------------------------|----------------------------------|
| 1½ cups minute tapioca | 6 cups sugar                     |
| 3 quarts hot water     | 2 lemons (juice and grated rind) |
| 3 tablespoons butter   | 3 teaspoons vanilla              |
| 3 cups chopped figs    | 2 teaspoons salt                 |
| 3 pints cold water     |                                  |

Cook tapioca, hot water, salt, and butter together in double boiler until tapioca is clear, stirring often. Mix figs, lemon juice and grated rind, sugar, and cold water, and cook until smooth and thick, stirring constantly to prevent burning. Combine mixtures, add vanilla, chill, and serve with whipped cream.

### Tapioca Cream

|                       |                     |
|-----------------------|---------------------|
| 1½ cups pearl tapioca | 2 cups sugar        |
| 3 quarts scalded milk | 12 eggs             |
| 2 teaspoons salt      | 6 teaspoons vanilla |

Soak tapioca one hour in cold water to cover, drain, add to hot milk, and cook until clear. Mix sugar, salt, and slightly-beaten egg yolks, and add hot mixture, stirring constantly. Return to double boiler and cook until it thickens. Remove from fire and fold in the stiffly-beaten whites of eggs. Flavor and chill.

### Pineapple Delicious

2 pounds marshmallows    3 or 4 No. 3 cans of sliced  
1 quart heavy cream            pineapple

Cut marshmallows in four pieces each, and pineapple in one-half inch cubes. Mix marshmallows, pineapple, and a little pineapple juice, and chill thoroughly. Just before serving, drain off juice, and fold in cream which has been whipped until stiff.

### Lemon Jelly

$\frac{3}{4}$  cup granulated gelatine    6 cups sugar  
3 cups cold water             $3\frac{3}{4}$  quarts boiling water  
3 cups lemon juice

Soak gelatine in cold water twenty minutes, dissolve in boiling water, strain through cheesecloth wrung out of hot water. Add to sugar and lemon juice, cool, and put in refrigerator or other cold place to stiffen.

### Orange Jelly

$\frac{3}{4}$  cup granulated gelatine    6 cups sugar  
3 cups cold water             $2\frac{1}{4}$  quarts orange juice  
 $2\frac{1}{4}$  quarts boiling water    1 cup lemon juice

Make same as Lemon Jelly. Serve with whipped cream.

### Fruit Jelly

Make Lemon Jelly, cool, cover bottom of shallow agate oblong pans, or any desired molds. When jelly begins to stiffen, put in a layer of any desired fruit, then another layer of gelatine, and so on until all ingredients are used.



Sliced bananas, sections of orange freed from skin and membrane, steamed figs and dates cut in pieces, canned peaches and pineapple drained and cut in pieces, candied cherries, nuts, and other fruits may be used in any attractive and palatable combination. Serve with whipped cream.

### Coffee Jelly

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| $\frac{3}{4}$ cup granulated gelatine | $1\frac{1}{2}$ quarts boiling water |
| 3 cups cold water                     | 3 cups sugar                        |
|                                       | 3 quarts boiled coffee              |

Make same as Lemon Jelly. Serve with sugar and cream.

### Pineapple Jelly

|                                    |                           |
|------------------------------------|---------------------------|
| 10 tablespoons granulated gelatine | 3 No. 3 cans pineapple    |
|                                    | 5 lemons                  |
| $7\frac{1}{2}$ cups boiling water  | $7\frac{1}{2}$ cups sugar |

Soak gelatine in boiling water until dissolved. Drain pineapple and cut in one-half inch cubes. Add to syrup sugar, juice of lemons, and grated rind of three of them. Boil two minutes, add strained gelatine, and boil seven minutes. Add pineapple cubes, chill, and serve with plain cream.

### Prune Jelly

|                     |                                    |
|---------------------|------------------------------------|
| 2 pounds prunes     | 15 tablespoons granulated gelatine |
| 3 quarts cold water |                                    |
| Boiling water       | 6 cups sugar                       |
| 3 cups cold water   | $1\frac{1}{2}$ cups lemon juice    |

Wash prunes and soak over night in cold water, cook in same water until soft. Stone prunes and cut in halves. Add to prune water enough boiling water to make three quarts. Soak gelatine in cold water, dissolve in hot liquid,

add sugar and lemon juice, then strain. Add prunes and chill, stirring twice to prevent prunes from settling. Serve with sugar and cream.

### Snow Pudding

|                                    |                       |
|------------------------------------|-----------------------|
| 8½ tablespoons granulated gelatine | 8½ cups boiling water |
| 2 cups cold water                  | 4¼ cups sugar         |
|                                    | 2 cups lemon juice    |
| 17 egg whites                      |                       |

Soak gelatine in cold water twenty minutes, dissolve in boiling water, strain, and add to sugar and lemon juice. Cool, and when it begins to thicken, add beaten whites of eggs, and beat until stiff enough to hold its shape. Chill and serve with Soft Custard Sauce.

### Apricot Charlotte

|                                   |                          |
|-----------------------------------|--------------------------|
| 6 tablespoons granulated gelatine | 2 cups cold water        |
| 6 cups sugar                      | 6 cups strained apricots |
| 18 egg whites                     | 2 cups boiling water     |
|                                   | Juice 3 lemons           |

Soak two pounds dried apricots over night in cold water to cover, and cook in same water until soft, then rub through purée strainer. There should be one and one-half quarts when strained.

Soak gelatine in cold water, add boiling water, sugar, and lemon juice. Strain and add apricot juice and pulp. When jelly begins to thicken, beat until light, add beaten whites, and beat until stiff enough to keep its shape. Chill and serve with whipped cream. Canned apricots may be used instead of dried ones.

Oranges, peaches, strawberries, and other fruits may be used in place of apricots.





## FROZEN DESSERTS

### DIRECTIONS FOR FREEZING

Use finely crushed ice. A wooden mallet and burlap bag are useful for crushing ice.

Use coarse rock salt in the proportion of three parts ice to one of salt.

Place the can of the freezer in position in the pail; put in the dasher; pour in the mixture to be frozen; cover, and adjust the handle so that it turns freely. Surround the can with alternate layers of ice and salt in the proportions given, beginning with ice. Pack solidly to the top of can.

The freezer can should never be more than three-fourths full.

In freezing ice cream, turn the crank slowly and steadily until frozen to a mush, then more rapidly. Add more ice and salt as needed. Never draw off water until mixture is frozen, unless there is possibility of its getting into can.

When mixture is frozen, draw off water, remove dasher, and pack cream solidly. Put cork in opening, put on cover, repack freezer, using four parts ice to one of salt, cover with newspapers, then with heavy cloth. Let stand an hour or more to ripen.

#### Lemon Ice

4½ quarts water

2¼ quarts sugar

3¾ cups lemon juice

Boil sugar and water together twenty minutes; add lemon juice, cool, strain, and freeze.

**Orange Ice**

|                 |                     |
|-----------------|---------------------|
| 3½ quarts water | 7 cups orange juice |
| 7 cups sugar    | ¾ cup lemon juice   |

Grated rind of 6 oranges

Make syrup as for Lemon Ice ; add fruit juice and grated rind, cool, strain, and freeze.

**Strawberry Ice**

|                 |                           |
|-----------------|---------------------------|
| 3½ quarts water | 7 cups strawberry juice   |
| 5¼ cups sugar   | 4 tablespoons lemon juice |

Make syrup as for Lemon Ice ; cool, add berries which have been mashed and strained through double cheese-cloth, and lemon juice ; freeze.

Raspberry Ice may be made in the same way.

**Mint Sherbet**

|                        |                     |
|------------------------|---------------------|
| 2½ quarts sugar        | 2 cups chopped mint |
| 5 quarts boiling water | 3½ cups lemon juice |

Pick over, wash, and chop two large bunches mint. Bring sugar and water to boiling point and pour over mint. Let stand an hour or two, add lemon juice, strain, color delicately with leaf green, and freeze.

**Cranberry Frappé**

|                       |                     |
|-----------------------|---------------------|
| 4½ quarts cranberries | 2½ quarts sugar     |
| 3 quarts water        | 1½ cups lemon juice |

Cook berries and water ten minutes, put through purée strainer, add sugar and lemon juice. Freeze to mush, using equal parts ice and salt.

**Grape Frappé**

|                              |                                  |
|------------------------------|----------------------------------|
| 7 cups sugar                 | 1 $\frac{3}{4}$ cups lemon juice |
| 3 $\frac{1}{2}$ quarts water | 7 cups grape juice               |

Boil sugar and water five minutes, add other ingredients, and freeze to mush.

**Alaskan Combination**

|                         |                                  |
|-------------------------|----------------------------------|
| 2 quarts water          | 1 $\frac{1}{2}$ cups lemon juice |
| 1 quart orange juice    | 8 large bananas                  |
| 2 quarts canned peaches | 2 quarts sugar                   |

Fresh peaches may be used in place of canned ones. Mash peaches and bananas through strainer, add lemon and orange juice, sugar, and water. Freeze.

**Milk Sherbet**

|                             |                |
|-----------------------------|----------------|
| 2 cups lemon juice          | 2 quarts sugar |
| 4 $\frac{1}{2}$ quarts milk |                |

Strain lemon juice, add sugar, and mix thoroughly. Add milk slowly, stirring constantly. Turn at once into packed freezer. Turn slowly at first, but more rapidly when it begins to stiffen. Let stand two hours to ripen.

**Fruit Sherbet**

|                    |                                     |
|--------------------|-------------------------------------|
| 4 quarts rich milk | 4 lemons                            |
| 2 quarts sugar     | 1 pint finely-shredded<br>pineapple |
| 8 oranges          |                                     |

Scald milk, chill; add fruit juice, pineapple, and sugar. Freeze and let ripen two hours.

### Apricot Sherbet

|                                |                             |
|--------------------------------|-----------------------------|
| 2½ quarts strained<br>apricots | 1½ quarts or more sugar     |
| 6 tablespoons lemon<br>juice   | 2¼ quarts water or<br>juice |
|                                | 4 egg whites                |

Dried apricots which have been soaked, and stewed until soft, may be used. Boil sugar and water together five minutes, add strained apricots and lemon juice, chill. When half frozen, add stiffly-beaten whites of eggs, to which four tablespoons powdered sugar have been added. Finish freezing and let stand an hour or so to ripen.

### Vanilla Ice Cream

|                     |                       |
|---------------------|-----------------------|
| 3½ quarts milk      | ¾ teaspoon salt       |
| 3 cups sugar        | 6 eggs                |
| ¾ cup flour         | 3 tablespoons vanilla |
| 1 quart heavy cream |                       |

Scald milk; mix sugar, salt, and flour together, add milk gradually, and return to double boiler. Cook twenty minutes, stirring constantly until smooth. Add to slightly-beaten eggs, cook three minutes, and cool. Add flavoring and cream, and freeze.

### Ginger Ice Cream

Make Vanilla Ice Cream, using one-half the vanilla, one-half cup ginger syrup, and one and one-half cups preserved ginger cut in small pieces.



### Chocolate Ice Cream

Melt six ounces unsweetened chocolate over hot water. Use Vanilla Ice Cream recipe, adding hot custard to melted chocolate, then cool and proceed as above.

### Caramel Ice Cream

|                     |                       |
|---------------------|-----------------------|
| 3½ quarts milk      | ¾ teaspoon salt       |
| 1 quart sugar       | 4 eggs                |
| ¾ cup flour         | 2 tablespoons vanilla |
| 1 quart heavy cream |                       |

Prepare same as Vanilla Ice Cream, using one-half the sugar in the custard. Caramelize the remaining sugar and add to hot custard.





# CAKE AND COOKIES

## GENERAL DIRECTIONS

PREPARE pans first. They may be greased, then floured, shaking out all the loose flour; or bottom of pans lined with paper, then paper and sides of pans greased.

Always use pastry flour if possible, as it makes a more tender cake. If bread flour must be used, allow two table-spoons less for each cup, or two ounces less for each pound of flour called for in recipe.

Sift flour before measuring, then mix and sift together, two or more times, the flour and all dry ingredients except sugar.

If butter is very hard, warm bowl or mixing pan by rinsing with boiling water. Wipe dry, put in butter or other shortening, and stir until creamy. In many of the following recipes, vegetable, crisco, cotosuet, or other shortening is used wholly or partly in place of butter, but all butter may be used if preferred.

Add sugar gradually to creamed butter, then add beaten yolks. Measure milk into bowl in which yolks were beaten, then add alternately with flour to the butter mixture. Beat well, then add fruit or nuts if required, and fold in stiffly-beaten whites of eggs and flavoring.

Fruit should be washed, dried, chopped, and mixed with a little of the required amount of flour before adding to mixture.

If coal or wood is used as fuel, the fire should be attended to before mixing cake. If gas is used, the oven

should not be lighted until the cake is partly prepared, or it will be too hot. The time required depends wholly on size and make of oven.

*Tests:* A piece of white paper indicates that the oven is of the right temperature (300° F.) for butter loaf cakes if it turns golden brown in five minutes; for layer cake if it turns in four minutes; and for angel and sponge cake if it turns in seven minutes. (250° F. increasing to 280° F.)

Cake may be looked at often provided there is no jar when the door is opened and shut. It should not be moved until firm enough to prevent falling. Cake is done when it shrinks from the sides of pan. Let it remain in pans for a few minutes after taking from oven.

Angel and sponge cakes should be broken, not cut. With a sharp knife cut through the crust, then break apart.

### Plain Cake

|                                    |                             |
|------------------------------------|-----------------------------|
| 1 cup butter                       | 3 cups milk                 |
| $\frac{1}{2}$ cup other shortening | $2\frac{1}{4}$ quarts flour |
| $4\frac{1}{2}$ cups sugar          | 4 tablespoons baking powder |
| 12 eggs                            |                             |
| 3 teaspoons vanilla                |                             |

Mix according to general directions. Bake in square or oblong shallow pans, in moderate oven, about forty-five minutes; in layer cake pans about fifteen or twenty minutes; or in muffin pans about thirty minutes. Spread with any desired frosting.

### Cream Cake

Use recipe for Plain Cake. Bake in round layer cake pans. Put Cream Filling between layers and powdered sugar on top.

### Chocolate Cream Cake

Use recipe for Plain Cake. Bake in round layer cake pans, and spread Chocolate Cream Filling between layers and on top.

### Washington Pie

Use recipe for Plain Cake. Bake in round layer cake pans, spread jam or jelly between layers, and sprinkle powdered sugar over top.

### White Cake

|  |                                |
|--|--------------------------------|
| 1½ cups butter or butter<br>and other shortening | 4 tablespoons baking<br>powder |
| 6 cups sugar                                     | 1 tablespoon vanilla           |
| 3 cups milk                                      | 12 egg whites                  |
| 2½ quarts flour                                  |                                |

Mix according to general directions. Bake in shallow square or oblong pans, or in layer cake pans. Spread with any desired frosting.

### Spanish Cake

Use recipe for Plain Cake, using five teaspoons cinnamon in place of vanilla. Spread with White Mountain Cream in which a stick of cinnamon was boiled with the sugar and water; or with Caramel Frosting.

### Walnut Mocha Cake

Follow recipe for White Cake, using boiled coffee in place of milk, and adding two or more cups coarsely-chopped walnut meats. Bake in shallow pans. Spread with Mocha or Caramel Frosting.

### White Nut Cake

Add three cups walnut or hickory nut meats, chopped or cut in pieces, to White Cake mixture. Bake in shallow pans.

### Sponge Cake

|    |                    |      |                         |
|----|--------------------|------|-------------------------|
| 10 | eggs               | 3    | teaspoons vanilla or    |
| 5  | cups sugar         | 2½   | teaspoons lemon extract |
| 1½ | cups boiling water | 5    | teaspoons baking        |
| ½  | teaspoon salt      |      | powder                  |
|    | 5                  | cups | flour                   |

Sift sugar two or three times; also flour. Beat yolks well, add sugar, then boiling water, then flour which has been sifted with salt and baking powder. Beat well, and then fold in whites which have been beaten until stiff and dry. Bake about forty minutes in slow oven.

### Cream Puffs

|   |                     |    |             |
|---|---------------------|----|-------------|
| 2 | cups butter         | 16 | eggs        |
| 1 | quart boiling water | 1  | quart flour |

Put butter and water in saucepan over fire. When butter is melted, put flour in all at once, beating vigorously until mixture is thoroughly blended and leaves sides of pan. Remove from fire, partly cool, add eggs one at a time, beating each for some time before adding next. Beat until batter is no longer stringy, drop by the spoonful on buttered sheets, one and one-half inches apart. Shape with handle of spoon as nearly circular as possible, and slightly heaped in center. Bake thirty minutes in moderate oven. With a sharp knife make a slit in each, and fill with Cream or Chocolate Cream Filling, or with whipped cream sweetened and flavored.

**Graham Cake**

|                                |                                  |
|--------------------------------|----------------------------------|
| 3 cups sugar                   | 1 tablespoon cinnamon            |
| 1½ cups molasses               | 1 teaspoon allspice or<br>nutmeg |
| 3 cups milk                    | 1 teaspoon lemon extract         |
| 4½ cups sifted Graham<br>flour | 1 teaspoon vanilla               |
| 3 cups flour                   | 3 cups raisins                   |
| 1½ teaspoons soda              | 3 cups currants                  |
| 1 teaspoon cloves              | Citron and nuts if desired       |

Sift dry ingredients together. Mix the fruit with some of the flour and add after thoroughly mixing the other ingredients. Bake in loaves in moderate oven. Keep several days before using.

**Bread Cake**

|                            |                     |
|----------------------------|---------------------|
| 3 pounds light bread dough | 2 teaspoons soda    |
| 1 cup butter               | 5 cups sugar        |
| ½ cup other shortening     | 1 teaspoon nutmeg   |
| 6 eggs                     | 1 teaspoon cloves   |
| 2 cups chopped raisins     | 1 teaspoon cinnamon |

Dissolve soda in water. Put all ingredients together in mixing pan, mix very thoroughly, using knife or hands. Put into long, narrow cake pans, let rise one hour, and bake in moderate oven one hour, or until done.

**Gingerbread**

|                         |                      |
|-------------------------|----------------------|
| 4 cups molasses         | 4 teaspoons soda     |
| 2 cups boiling water    | 4 teaspoons ginger   |
| 2¼ quarts flour         | 2 teaspoons cinnamon |
| 1 cup melted shortening | 2 teaspoons salt     |

Add water to molasses. Mix and sift dry ingredients, combine mixtures, add shortening, and beat vigorously.



Bake in well-greased shallow pans in moderate oven forty minutes, or until done.

### Sour Milk Gingerbread

|                         |                      |
|-------------------------|----------------------|
| 1 quart molasses        | 2½ tablespoons soda  |
| 1 quart sour milk       | 2 tablespoons ginger |
| 2½ quarts flour         | 2 teaspoons cinnamon |
| 1 cup melted shortening | 2 teaspoons salt     |

Mix soda with sour milk and add to molasses. Sift together remaining dry ingredients, combine mixtures, add shortening, and beat vigorously. Bake in shallow pans in moderate oven forty minutes, or until done.

### Molasses Cake

|                        |                      |
|------------------------|----------------------|
| 3 cups molasses        | 3 teaspoons salt     |
| 3 cups sugar           | 1 teaspoon cloves    |
| 2 cups shortening      | 6 eggs               |
| 3 tablespoons ginger   | 3 cups boiling water |
| 2 tablespoons cinnamon | 2¼ quarts flour      |
|                        | 2 tablespoons soda   |

Soften shortening with boiling water, add molasses and sugar. Mix and sift dry ingredients and add to mixture. Stir in beaten eggs and beat vigorously until smooth. Bake in shallow pans in moderate oven forty minutes, or until done.

### Chocolate Cake I

Add six ounces melted chocolate, or one and one-half cups cocoa, to creamed butter and sugar of Plain Cake. Bake in shallow pans in moderate oven, and spread with White Mountain Cream or Plain Frosting.

**Chocolate Cake II**

|                           |                                 |
|---------------------------|---------------------------------|
| 1 cup butter              | 2 teaspoons vanilla             |
| 1 cup other shortening    | 2 teaspoons soda                |
| 6 cups sugar              | 4 teaspoons cream tartar        |
| 2 quarts flour            | 12 eggs                         |
| 2 cups milk               | $\frac{3}{4}$ cup boiling water |
| 12 to 16 ounces chocolate |                                 |

Melt chocolate over hot water, add one cup of sugar, and boiling water gradually. Mix and sift dry ingredients. Cream butter and remaining sugar, add beaten yolks, hot chocolate mixture and vanilla, and flour and milk alternately. Fold in stiffly-beaten whites of eggs. Pour into shallow oblong pans to depth of one inch. Spread White Mountain Cream on top.

**Spice Cake**

|                   |                             |
|-------------------|-----------------------------|
| 2 cups shortening | $2\frac{1}{4}$ quarts flour |
| 4 cups sugar      | 2 cups currants             |
| 8 eggs            | 2 cups raisins              |
| 1 cup sour milk   | 4 teaspoons cinnamon        |
| 2 teaspoons soda  | 2 teaspoons cloves          |
| 1 cup molasses    | 2 teaspoons allspice        |

Mix according to general directions, adding molasses with milk. Bake in shallow oblong pans, or in muffin pans, in moderate oven.

**Date Patty Cakes**

|                                |   |
|--------------------------------|---|
| $1\frac{1}{4}$ cups shortening | 1 teaspoon nutmeg                       |
| 8 eggs                         | 5 tablespoons baking powder             |
| 2 cups milk                    |   |
| $1\frac{3}{4}$ quarts flour    | 2 pounds dates stoned and cut in pieces |
| 5 cups brown sugar             |   |
| 3 teaspoons cinnamon           |   |

When butter and sugar are partly mixed, add eggs and beat until very light. Add milk, flour which has been sifted with other ingredients, and dates. Beat hard two minutes. Fill muffin pans half full and bake thirty minutes, or until done, in moderate oven.

### Plain Drop Cakes

|                             |                            |
|-----------------------------|----------------------------|
| 2 cups sugar                | 6 scant cups flour         |
| 1 cup melted shortening     | 2 teaspoons soda           |
| 2 eggs                      | 1 teaspoon cream of tartar |
| 2 cups sour milk            | 2 teaspoons vanilla or     |
| $\frac{1}{2}$ teaspoon salt | 2 teaspoons mace           |

Mix and sift dry ingredients. Mix sugar and melted shortening, add beaten eggs, and flour and milk alternately. Drop by the teaspoonful on greased tins, and place raisin on top of each.

### Sugar Cookies

|                            |                                       |
|----------------------------|---------------------------------------|
| 5 cups flour               | 5 beaten eggs                         |
| $2\frac{1}{2}$ cups sugar  | $2\frac{1}{2}$ teaspoons cream tartar |
| $1\frac{1}{4}$ cups butter | $1\frac{1}{4}$ teaspoons soda         |

Cream butter and sugar together, add eggs, then flour mixed and sifted with soda and cream of tartar. Roll quite thin, cut in small rounds, and bake in moderate oven.

### Jelly Jumbles

|                            |                               |
|----------------------------|-------------------------------|
| $2\frac{1}{2}$ cups butter | $2\frac{1}{2}$ teaspoons soda |
| 5 cups sugar               | $1\frac{2}{3}$ cups sour milk |
| 5 eggs                     | $1\frac{1}{2}$ teaspoons salt |

Cream butter and sugar together, add well-beaten eggs, salt, sour milk in which soda has been dissolved, and flour

to make as soft a dough as can be handled. Chill, roll one-fourth inch thick, cut in rounds three inches in diameter. Put a teaspoonful jam or jelly on one-half the rounds, and cut three small holes in center of remaining pieces. Put pieces together, press the edges slightly, and bake in moderate oven.

### Oatmeal Drop Cookies

|                                      |                                 |
|--------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup vegetole or crisco | 2 cups flour                    |
| $\frac{3}{4}$ cup butter             | 2 teaspoons soda                |
| 2 cups brown sugar                   | $\frac{1}{2}$ teaspoon salt     |
| 4 eggs                               | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup milk               | $\frac{1}{2}$ teaspoon nutmeg   |
| 4 cups rolled oats                   | $\frac{1}{2}$ teaspoon cloves   |
| 2 cups raisins                       | 2 cups chopped nuts             |

Sift dry ingredients together. Cream butter, vegetole, and sugar together, add well-beaten eggs, milk, flour, fruit, and rolled oats. Drop by the teaspoonful, about two inches apart, on well-greased pans.

### Soft Molasses Cookies

|   |                               |
|---|-------------------------------|
| $1\frac{1}{4}$ cups sugar                               | $3\frac{1}{2}$ teaspoons soda |
| $2\frac{1}{4}$ cups molasses                            | $2\frac{1}{4}$ teaspoons salt |
| $2\frac{1}{4}$ cups vegetole, crisco,<br>or chicken fat | 4 teaspoons ginger            |
| $1\frac{1}{8}$ cups sour milk                           | 2 teaspoons cinnamon          |
|   | Flour                         |

Heat molasses, melt shortening in it, and add sugar. Cool, add sour milk, and one quart flour which has been sifted with other dry ingredients, then flour to roll as soft as can be handled. If chilled for an hour or so, dough is more easily handled. Roll about one-third inch thick; bake in moderate oven. The cookies are crisp when fresh.

**Boston Cookies**

|                         |                                  |
|-------------------------|----------------------------------|
| 1½ cups butter          | 5 cups flour                     |
| 2¼ cups sugar           | ¾ teaspoon salt                  |
| 4 eggs                  | 1½ teaspoons cinnamon            |
| 1½ teaspoons soda       | 1 cup seeded and chopped raisins |
| 3 tablespoons hot water |                                  |
| 1½ cups walnut meats    |                                  |

Cream butter, add sugar gradually, and well-beaten eggs. Add soda dissolved in hot water, flour mixed and sifted with salt and cinnamon, chopped nuts and raisins. Drop by spoonfuls one inch apart on greased sheets or dripping pans, and bake in moderate oven.

**Sponge Drops**

|                        |                    |
|------------------------|--------------------|
| 12 egg whites          | 1½ cups flour      |
| 1½ cups powdered sugar | ½ teaspoon salt    |
| 8 egg yolks            | 1 teaspoon vanilla |

Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating. Add flavoring, and yolks of eggs beaten until thick and lemon-colored. Cut and fold in flour mixed with salt. Drop from tip of spoon on un-buttered paper, sprinkle with powdered sugar, and bake eight minutes in moderate oven. This recipe makes one hundred.





## CAKE FILLINGS AND FROSTINGS

### Cream Filling

|                 |                    |
|-----------------|--------------------|
| 2½ cups sugar   | 6 eggs             |
| 1 cup flour     | 1½ quarts milk     |
| ⅔ teaspoon salt | 1 teaspoon vanilla |

Mix dry ingredients, add eggs slightly beaten, and gradually the scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, then occasionally. Cool and flavor.

### Chocolate Cream Filling

Melt four ounces chocolate over hot water. Add to Cream Filling, using one-half cup more sugar.

### Plain Frosting

|  |  |
|--|--|
| 8 cups confectioners' or<br>powdered sugar | ¾ cup or more boiling water<br>Flavoring |
|--|--|

Add boiling water gradually to sifted sugar, until of right consistency to spread, then add flavoring.

### Orange Frosting

|                  |                                  |
|------------------|----------------------------------|
| 2 yellow oranges | Confectioners' or powdered sugar |
|------------------|----------------------------------|

Grate rind from oranges, add to it the juice, of which there should be about one cup. Let stand for an hour or more, strain, and add sifted sugar to make of consistency to spread. The yolk of an egg or orange coloring may be added to supply lack of color.



### White Frosting

8 cups powdered sugar                      3 tablespoons lemon  
8 egg whites                                      juice

Beat eggs slightly, add sugar and lemon juice, and beat five minutes, or until mixture begins to thicken. One tablespoon vanilla and two tablespoons water may be used in place of lemon juice.

### Mocha Frosting

2 cups butter                                      ½ cup strong boiled or  
8 cups confectioners' sugar                      filtered coffee

Wash butter, work until creamy, add sugar gradually, beating constantly. As mixture thickens, add coffee, a few drops at a time, keeping mixture always of a creamy consistency, and using more coffee if needed.

### Cocoa Frosting

Mix three-fourths cup cocoa and one cup hot milk until smooth, bring to boiling point. Follow directions for Mocha Frosting, substituting cocoa mixture for coffee, and using enough to make frosting of right consistency to spread.

### White Mountain Cream

8 cups granulated sugar                      8 egg whites  
2½ cups hot water                                      2 tablespoons vanilla

Put sugar and water in saucepan, stir until dissolved, boil without stirring to 238° F., or soft ball stage. Pour syrup gradually on stiffly-beaten whites of eggs, beating constantly, and continue beating until frosting is of right

consistency to spread; add flavoring and spread on cake at once. If not beaten long enough, frosting will run; if beaten too long, it will be rough.

### Caramel Frosting

|                    |                          |
|--------------------|--------------------------|
| 6 cups brown sugar | $\frac{1}{2}$ cup butter |
| 2 cups thin cream  | 4 teaspoons vanilla      |

Use light brown sugar, or there will be danger of curdling. Boil first three ingredients together until waxy when dropped in cold water. Add vanilla, set saucepan in pan of cold water until frosting is of a consistency to spread, beating or not as desired. If frosting is beaten, it will be creamy in appearance; if not beaten, it will be transparent.

### Chocolate Frosting

|                     |                             |
|---------------------|-----------------------------|
| 6 cups sugar        | 6 squares Baker's chocolate |
| 3 cups hot water    | 6 egg yolks beaten thick    |
| 6 teaspoons vanilla | and lemon-colored           |

Cook sugar, chocolate, and water to soft ball stage, then add gradually to beaten yolks, beating constantly. Add vanilla and beat until stiff enough to spread.





## MENUS

THE following menus are taken from the dietary of the School of Domestic Science, and are given as suggestive of what may be done in the way of variety and simplicity at a moderate cost.

It is our aim to give a simple dietary of varied, nutritious, and appetizing meals, at a moderate rather than at the lowest cost; and this is made possible by wholesale buying in connection with the Young Women's Christian Association, and by serving on the home table the products of the laboratory-practice cookery. Monotony is prevented by serving a variety of dishes during a series of days rather than at one meal, and by usually avoiding the repetition of the same dish on the same day of the week.

The students carry on the work of the home in addition to laboratory and classroom requirements, as a part of their training, and this often necessitates simplicity of service as well as of meals. Hence, soup is never served for dinner, coffee seldom, and salad never served as a separate course. If fruit is served at breakfast, the cereal is usually omitted.

Butter is served at all meals. One quart of heavy cream a day is used, sometimes for breakfast with the cereal, at other times for dinner.

## AUTUMN MONTHS

### Sunday

#### BREAKFAST

Boston Baked Beans  
Milk  
Toast  
Concord Grapes  
Boston Brown Bread  
Cocoa  
Apple Catsup  
Coffee

#### DINNER

Hot Boiled Ham  
Glazed Sweet Potatoes  
Mustard Pickle  
Oatmeal and White Bread  
Chocolate Cream  
Mashed Turnip

#### LUNCHEON

Sliced Peaches  
Cocoa  
Bread  
Tea  
Cheese  
Milk  
Crackers  
Boston Cookies

### Monday

#### BREAKFAST

Shredded Wheat Biscuit  
Baked Apples with Bacon  
Cracked Wheat  
Corn Bread  
Milk and Sugar

#### LUNCHEON

Creamed Eggs (sliced)  
Cocoa  
Bread  
Spice Cake  
Tea  
Cold Sliced Ham  
Milk

#### DINNER

Beefsteak Roll  
Graham Pudding  
Broiled Potatoes  
Oatmeal and White Bread  
Béchamel Carrots  
Sterling Sauce

**Tuesday**

**BREAKFAST**

|                        |                |                 |
|------------------------|----------------|-----------------|
| Shredded Wheat Biscuit | Rolled Oats    | Cream and Sugar |
| Cream of Salt Pork     | Baked Potatoes | Bran Cakes      |
| Cocoa                  | Milk           | Coffee          |

**LUNCHEON**

|                      |      |          |
|----------------------|------|----------|
| Corn Soup            |      | Crackers |
| Salmon Salad II      |      | Bread    |
| Cocoa                | Milk | Tea      |
| Oatmeal Drop Cookies |      |          |

**DINNER**

|                        |                |                 |
|------------------------|----------------|-----------------|
| Broiled Beefsteak      | Baked Potatoes | Sliced Tomatoes |
| Graham and White Bread |                |                 |
| Scalloped Apples       |                | Hard Sauce      |

**Wednesday**

**BREAKFAST**

|                |                |                     |
|----------------|----------------|---------------------|
| Shredded Wheat | Cream of Wheat | Cream and Sugar     |
| Toast          | Chili Sauce    | German Coffee Bread |
| Meat Cakes     | Milk           | Cocoa               |
| Coffee         |                |                     |

**LUNCHEON**

|                  |             |                        |
|------------------|-------------|------------------------|
| Scalloped Cheese | Grape Jelly | Graham and White Bread |
| Cocoa            | Milk        | Tea                    |
| Cream Cake       |             |                        |

**DINNER**

|                                    |               |      |                   |
|------------------------------------|---------------|------|-------------------|
| Roast Leg of Lamb                  | Spanish Sauce | Peas | Austrian Potatoes |
| Bread                              |               |      |                   |
| Norwegian Prune Pudding with Cream |               |      |                   |

## Thursday

### BREAKFAST

|                            |                     |                |
|----------------------------|---------------------|----------------|
| Shredded Wheat             | Malt Breakfast Food | Milk and Sugar |
| Sausage with Glazed Apples | Toast               | Cereal Muffins |
| Cocoa                      | Milk                | Coffee         |

### LUNCHEON

|                     |                  |              |
|---------------------|------------------|--------------|
| Bean Stew           | Cucumber Pickles | Potato Rolls |
| Cocoa               | Tea              | Milk         |
| Baked Apple Pudding |                  | Nutmeg Sauce |

### DINNER

|                         |                     |                 |
|-------------------------|---------------------|-----------------|
| Braised Beef            | Brown Gravy         | Mashed Potatoes |
|                         | Baked Winter Squash | Bread           |
| Chocolate Bread Pudding |                     | Hard Sauce      |

## Friday

### BREAKFAST

|                        |                |                 |
|------------------------|----------------|-----------------|
| Shredded Wheat Biscuit | Scotch Oatmeal | Cream and Sugar |
| Cream Omelet           | Toast          | Cinnamon Rolls  |
| Coffee                 | Milk           | Cocoa           |

### LUNCHEON

|                    |                  |                     |
|--------------------|------------------|---------------------|
| Curried Vegetables |                  | Nut and White Bread |
|                    | Date Patty Cakes |                     |
| Cocoa              | Tea              | Milk                |

### DINNER

|                                    |                 |                  |
|------------------------------------|-----------------|------------------|
| Boiled Salmon                      | Egg Sauce       | Mock Potato Puff |
| Lettuce and Tomato Salad           | French Dressing | Bread            |
| Caramel Custard with Caramel Sauce |                 |                  |



Saturday

BREAKFAST

|                       |        |                 |
|-----------------------|--------|-----------------|
| Shredded Wheat        | Hominy | Cream and Sugar |
| Hashed Brown Potatoes | Toast  | Batter Bread    |
| Cocoa                 | Milk   | Coffee          |

LUNCHEON

|             |          |               |            |
|-------------|----------|---------------|------------|
|             | Meat Pie | Tomato Relish |            |
| Baked Pears |          |               | Plain Cake |
| Cocoa       | Milk     |               | Tea        |

DINNER

|                         |             |                |
|-------------------------|-------------|----------------|
| Veal Roast              | Brown Gravy | Barberry Jelly |
| Steamed Potatoes        | Spinach     | Bread          |
| Baked Apples with Cream |             |                |

Sunday

BREAKFAST

|                    |                          |             |              |
|--------------------|--------------------------|-------------|--------------|
|                    | Apples, Pears and Grapes |             |              |
| Boston Baked Beans | Toast                    | Brown Bread | Grape Catsup |
| Coffee             | Milk                     |             | Cocoa        |

DINNER

|                                       |                      |
|---------------------------------------|----------------------|
| Roast Chicken with Stuffing and Gravy | Spiced Apple Jelly   |
| Mashed Potatoes                       | Creamed Celery Bread |
| Apricot Charlotte with Whipped Cream  |                      |

LUNCHEON

|                                    |                    |
|------------------------------------|--------------------|
| Chicken Sandwiches                 | Stewed Crab Apples |
| White Cake with Chocolate Frosting |                    |

## Monday

### BREAKFAST

|  |                 |
|--|-----------------|
| Shredded Wheat Biscuit with Sliced Bananas | Milk and Sugar  |
| Réchauffé of Veal on Toast                 | Toast Pop-overs |
| Coffee                                     | Milk Cocoa      |

### LUNCHEON

|                |              |
|----------------|--------------|
| Lyonnais Tripe | Potato Cakes |
| Cocoanut Cake  | Tea          |
| Cocoa          | Milk         |

### DINNER

|                          |                         |                 |
|--------------------------|-------------------------|-----------------|
| Beef Stew with Dumplings | Steamed Potatoes        | Buttered Onions |
|                          | Oatmeal and White Bread |                 |
|                          | Peach Shortcake         |                 |

## Tuesday

### BREAKFAST

|                        |               |                       |
|------------------------|---------------|-----------------------|
| Shredded Wheat Biscuit | Pettijohn     | Cream and Sugar       |
| Broiled Ham            | Mustard Sauce | Toast                 |
| Coffee                 | Milk          | Baking Powder Biscuit |
|                        |               | Cocoa                 |

### LUNCHEON

|                                  |                         |
|----------------------------------|-------------------------|
| Italian Macaroni                 | Oatmeal and White Bread |
| Cottage Pudding with Grape Sauce | Tea                     |
| Cocoa                            | Milk                    |

### DINNER

|                                    |                |                    |
|------------------------------------|----------------|--------------------|
| Beef Roast                         | Mushroom Sauce | Franconia Potatoes |
| Cabbage Salad with Boiled Dressing | Bread          |                    |
| Bellevue Pudding                   | Creamy Sauce   |                    |

**Wednesday**

**BREAKFAST**

|                |             |                 |
|----------------|-------------|-----------------|
| Shredded Wheat | Rolled Oats | Cream and Sugar |
| Bacon          | Toast       | Corn Cakes      |
| Coffee         | Milk        | Cocoa           |

**LUNCHEON**

|                 |                              |                  |
|-----------------|------------------------------|------------------|
| Cold Roast Beef | Chili Sauce                  | Creamed Potatoes |
|                 | White and Entire Wheat Bread |                  |
|                 | Dutch Apple Cake             | Vanilla Sauce    |
| Cocoa           | Milk                         | Tea              |

**DINNER**

|                                   |               |                  |
|-----------------------------------|---------------|------------------|
| Corned Beef with Vegetables       | Mustard Sauce | Steamed Potatoes |
|                                   | Bread         |                  |
| Spiced Pudding with Whipped Cream |               |                  |

**Thursday**

**BREAKFAST**

|                |   |                |
|----------------|---|----------------|
| Shredded Wheat | Steamed Rice                              | Milk and Sugar |
|                | Broiled Frankfurters with Sliced Tomatoes |                |
|                | Toast                                     | Rye Muffins    |
| Cocoa          | Milk                                      | Coffee         |

**LUNCHEON**

|                  |                  |                       |
|------------------|------------------|-----------------------|
| Corned Beef Hash | Sliced Cucumbers | Brown and White Bread |
|                  | Damson Preserves | Plain Cake            |

**DINNER**

|  |                 |
|--|-----------------|
| Lamb Fricassee with Triangles of Toast | Mashed Potatoes |
| Boiled Beets                           | Bread           |
| Molasses Cake with Whipped Cream       |                 |

## Friday

## BREAKFAST

|                    |                        |                |
|--------------------|------------------------|----------------|
| Shredded Wheat     | Ralston Breakfast Food | Milk and Sugar |
| Creamed Dried Beef | Toast                  | Buns           |
| Coffee             | Milk                   | Cocoa          |

## LUNCHEON

|                |             |       |
|----------------|-------------|-------|
| Potato Chowder | Crackers    | Bread |
| Sponge Cake    | Apple Sauce |       |
| Cocoa          | Tea         | Milk  |

## DINNER

|                  |                    |              |       |
|------------------|--------------------|--------------|-------|
| Broiled Bluefish | Delmonico Potatoes | Tomato Salad | Bread |
|                  | Washington Pie     |              |       |

## Saturday

## BREAKFAST

|                            |                |                 |
|----------------------------|----------------|-----------------|
| Shredded Wheat             | Cream of Wheat | Cream and Sugar |
| Scrambled Eggs with Tomato | Toast          | Graham Muffins  |
| Coffee                     | Milk           | Cocoa           |

## LUNCHEON

|               |                |       |
|---------------|----------------|-------|
| Creamed Fish  | Baked Potatoes | Bread |
| Plain Cookies | Pear Marmalade |       |
| Cocoa         | Milk           | Tea   |

## DINNER

|             |                     |             |                      |
|-------------|---------------------|-------------|----------------------|
| Beef Tongue | Piquante Sauce      | Potato Puff | Buttered Cauliflower |
|             | Rye and White Bread |             |                      |
|             | Apple Pie           |             | Cheese               |

WINTER MONTHS

Sunday

BREAKFAST

|                    |                    |  |       |
|--------------------|--------------------|--|-------|
|                    | Apples and Bananas |  |       |
| Boston Baked Beans | Cider Apple Sauce  |  | Toast |
|                    | Boston Brown Bread |  |       |
| Coffee             | Milk               |  | Cocoa |

DINNER

|              |               |        |                 |       |
|--------------|---------------|--------|-----------------|-------|
| Roast Turkey | Mashed Potato | Celery | Cranberry Sauce | Bread |
|              | Nut Pudding   |        | Sunshine Sauce  |       |

LUNCHEON

|             |                                  |  |              |
|-------------|----------------------------------|--|--------------|
| Cold Turkey | Bread and Butter Sandwiches      |  | Grape Butter |
|             | Plain Cake with Caramel Frosting |  |              |
| Cocoa       | Milk                             |  | Tea          |

Monday

BREAKFAST

|                   |                |  |                |
|-------------------|----------------|--|----------------|
| Puffed Rice       | Shredded Wheat |  | Milk and Sugar |
| Poached Eggs with | Minced Tongue  |  | Drop Biscuit   |
| Coffee            | Milk           |  | Cocoa          |

LUNCHEON

|                               |            |  |                    |
|-------------------------------|------------|--|--------------------|
| Cheese Cream Toast with Bacon |            |  | Entire Wheat Bread |
|                               | Bread Cake |  |                    |
| Cocoa                         | Milk       |  | Tea                |

DINNER

|           |                       |  |                        |
|-----------|-----------------------|--|------------------------|
| Beef Loaf | Brown Sauce           |  | Turnips New York Style |
|           | Scalloped Potatoes    |  | Bread                  |
|           | Caramel Bread Pudding |  |                        |

## Tuesday

## BREAKFAST

|                |            |                |
|----------------|------------|----------------|
| Shredded Wheat | Wheat Germ | Milk and Sugar |
| Codfish Balls  | Toast      | Corn Bread     |
| Coffee         | Milk       | Cocoa          |

## LUNCHEON

|                                  |             |       |
|----------------------------------|-------------|-------|
| Meat Croquettes with Brown Sauce | Peas        | Bread |
| Tea                              | Gingerbread | Cocoa |
|                                  | Milk        |       |

## DINNER

|            |                                    |               |
|------------|------------------------------------|---------------|
| Roast Pork | Baked Potatoes                     | Spiced Apples |
|            | Bread                              |               |
|            | Prune Whip with Soft Custard Sauce |               |

## Wednesday

## BREAKFAST

|                     |                 |                |
|---------------------|-----------------|----------------|
| Wheatena with Dates | Cream and Sugar |                |
| Tripe in Batter     | Toast           | Raised Muffins |
| Coffee              | Milk            | Cocoa          |

## LUNCHEON

|                |          |       |
|----------------|----------|-------|
| Lima Bean Soup | Crackers | Bread |
| Doughnuts      | Coffee   |       |

## DINNER

|                          |                         |               |
|--------------------------|-------------------------|---------------|
| Stuffed Shoulder of Lamb | Maitre d'Hôtel Potatoes | Baked Bananas |
|                          | Bread                   |               |
| Ginger Ice Cream         |                         | Wafers        |

Thursday

BREAKFAST

|                |        |                      |
|----------------|--------|----------------------|
| Old Grist Mill |        | Milk and Sugar       |
| Scrapple       | Toast  | Entire Wheat Muffins |
|                | Coffee | Cocoa                |
|                | Milk   |                      |

LUNCHEON

|               |                          |                  |       |
|---------------|--------------------------|------------------|-------|
| Mexican Chili | Crackers                 | Cucumber Pickles | Bread |
|               | Baked Blackberry Pudding |                  |       |

DINNER

|               |                         |                    |
|---------------|-------------------------|--------------------|
| Braised Liver | Lyonnaise String Beans  | Hongroise Potatoes |
|               | Oatmeal and White Bread |                    |
|               | Pumpkin Pie             |                    |

Friday

BREAKFAST

|                        |       |                   |
|------------------------|-------|-------------------|
| Shredded Wheat Biscuit | Force | Cream and Sugar   |
| Spanish Omelet         | Toast | Blueberry Muffins |
| Coffee                 | Milk  | Cocoa             |

LUNCHEON

|                  |                 |           |
|------------------|-----------------|-----------|
| Masked Potato    | Baked Sausage   | Rye Bread |
| Molasses Cookies | Hot Apple Sauce |           |
| Cocoa            | Milk            | Tea       |

DINNER

|  |                     |
|--|---------------------|
| Broiled Haddock with Maître d'Hôtel Butter | Macaroni and Cheese |
| Apple and Celery Salad with Cream Dressing | Bread               |
| Lemon Pie                                  |                     |

## Saturday

## BREAKFAST

|  |       |                |
|--|-------|----------------|
| Shredded Wheat with Canned Peaches and Cream |       |                |
| Frizzled Dried Beef                          | Toast | Cereal Muffins |
| Coffee                                       | Milk  | Cocoa          |

## LUNCHEON

|                     |                    |               |       |
|---------------------|--------------------|---------------|-------|
| Pressed Corned Beef | Lyonnaise Potatoes | Mustard       | Bread |
| Rye Drop Cakes      |                    | Caramel Syrup |       |
| Cocoa               | Milk               | Tea           |       |

## DINNER

|                            |                        |                       |
|----------------------------|------------------------|-----------------------|
| Baked Ham                  | Steamed Sweet Potatoes | Creamed White Turnips |
| Graham and White Bread     |                        |                       |
| Peach Shortcake with Cream |                        |                       |

## Sunday

## BREAKFAST

|                    |         |                    |
|--------------------|---------|--------------------|
|                    | Oranges |                    |
| Boston Baked Beans | Catsup  | Boston Brown Bread |
| Toast              |         | Doughnuts          |
| Coffee             | Milk    | Cocoa              |

## DINNER

|                         |                     |                 |
|-------------------------|---------------------|-----------------|
| Chicken à la Jardinière | Boiled Rice         | Cranberry Jelly |
| Corn Oysters            | Bread               |                 |
| Pineapple Delicious     | After-Dinner Coffee |                 |

## LUNCHEON

|             |                |
|-------------|----------------|
| Oyster Stew | Crackers       |
| Graham Cake | Canned Peaches |



Monday

BREAKFAST

|                               |               |                     |
|-------------------------------|---------------|---------------------|
| Shredded Wheat                | Stewed Prunes | Cream               |
| Fried Oatmeal Mush with Bacon |               | German Coffee Bread |
| Coffee                        | Milk          | Cocoa               |

LUNCHEON

|              |                     |       |
|--------------|---------------------|-------|
| Corn Chowder | Crackers            | Bread |
|              | Blueberry Shortcake |       |
| Cocoa        | Milk                | Tea   |

DINNER

|            |             |                             |               |
|------------|-------------|-----------------------------|---------------|
| Beef Roast | Brown Gravy | Franconia Potatoes          | Apple Chutney |
|            |             | Bread                       |               |
|            |             | Creamed Carrots and Turnips |               |
|            |             | Orange Marmalade Pudding    |               |

Tuesday

BREAKFAST

|                      |        |                 |
|----------------------|--------|-----------------|
| Shredded Wheat       | Farina | Cream and Sugar |
| Creamed Ham and Eggs | Toast  | Graham Gems     |
| Coffee               | Milk   | Cocoa           |

LUNCHEON

|                 |                                     |       |
|-----------------|-------------------------------------|-------|
| Cold Roast Beef | Creamed Rice or Carrots and Turnips | Bread |
|                 | Jelly Jumbles                       |       |
| Tea             | Milk                                | Cocoa |

DINNER

|              |                      |                     |       |
|--------------|----------------------|---------------------|-------|
| Spanish Stew | Riced Potato         | Sautéd Parsnips     | Bread |
|              | Chocolate Cream Cake | After-Dinner Coffee |       |

## Wednesday

### BREAKFAST

|                                  |                  |            |
|----------------------------------|------------------|------------|
| Force with Stewed Figs and Cream |                  |            |
| Milk Toast                       | Orange Marmalade | Bran Cakes |
| Coffee                           | Milk             | Cocoa      |

### LUNCHEON

|                             |                 |                        |
|-----------------------------|-----------------|------------------------|
| Oysters and Celery on Toast | Jelly           | Graham and White Bread |
|                             | Cranberry Tarts |                        |
| Cocoa                       | Milk            | Tea                    |

### DINNER

|                   |                     |                  |       |
|-------------------|---------------------|------------------|-------|
| Broiled Beefsteak | Fried Onions        | Spanish Potatoes | Bread |
|                   | Alaskan Combination |                  |       |

## Thursday

### BREAKFAST

|                       |                 |               |
|-----------------------|-----------------|---------------|
| Toasted Corn Flakes   | Cream and Sugar | Plain Muffins |
| Creamed Finnan Haddie | Toast           |               |
| Coffee                | Milk            | Cocoa         |

### LUNCHEON

|              |              |                         |
|--------------|--------------|-------------------------|
| Liver Loaf   | Tomato Sauce | White and Oatmeal Bread |
| Apple Ginger |              | Baronet Biscuit         |
| Tea          | Milk         | Cocoa                   |

### DINNER

|            |                        |                       |       |
|------------|------------------------|-----------------------|-------|
| Lamb Chops | Potato Puff            | Lima Beans with Cream | Jelly |
|            | Bread                  |                       |       |
|            | Stewed Figs with Cream |                       |       |

**Friday**

**BREAKFAST**

|                      |                |                |
|----------------------|----------------|----------------|
| Shredded Wheat       | Corn Meal Mush | Milk and Sugar |
| Minced Meat on Toast | Chili Sauce    | Rocks          |
| Coffee               | Milk           | Cocoa          |

**LUNCHEON**

|                  |              |
|------------------|--------------|
| Creole Spaghetti | Bread        |
| Canned Pears     | Spanish Cake |
| Cocoa            | Tea          |
| Milk             |              |

**DINNER**

|            |                    |              |      |
|------------|--------------------|--------------|------|
| Boiled Cod | Drawn Butter Sauce | Spanish Rice | Peas |
|            | Bread              |              |      |
|            | Mince Pie          |              |      |

**Saturday**

**BREAKFAST**

|                           |                     |                 |
|---------------------------|---------------------|-----------------|
| Shredded Wheat Biscuit    | Malt Breakfast Food | Cream and Sugar |
| Apples Baked with Sausage | Toast               | Pop-overs       |
| Coffee                    | Milk                | Cocoa           |

**LUNCHEON**

|              |               |       |
|--------------|---------------|-------|
| Fish Chowder | Crackers      | Bread |
|              | Molasses Cake |       |
| Tea          | Milk          | Cocoa |

**DINNER**

|                   |                  |              |
|-------------------|------------------|--------------|
| Roast Leg of Lamb | Creamed Potatoes | Mint Sherbet |
|                   | Peach Custard    |              |

## SPRING AND SUMMER MONTHS

### Sunday

#### BREAKFAST

|                               |  |                    |
|-------------------------------|--|--------------------|
| Grapefruit                    |  |                    |
| Poached Eggs with Cream Toast |  | Parker House Rolls |
| Coffee                        |  | Milk               |

#### DINNER

|             |                    |                     |       |
|-------------|--------------------|---------------------|-------|
| Mock Birds  | Buttered Asparagus | Mock Potato Puff    | Bread |
| Prune Jelly | Whipped Cream      | After-Dinner Coffee |       |

#### LUNCHEON

|                       |                |       |
|-----------------------|----------------|-------|
| Cheese and Date Salad | Crackers       | Bread |
| Chocolate Cake        | Grape Preserve |       |
| Tea                   | Milk           |       |

### Monday

#### BREAKFAST

|  |       |            |
|--|-------|------------|
| Toasted Corn Flakes with Sliced Bananas and Milk |       |            |
| Corn Oysters with Bacon                          | Toast | Corn Cakes |
| Coffee   | Milk  |            |

#### LUNCHEON

|                |                     |       |
|----------------|---------------------|-------|
| Vegetable Soup | Crackers            | Bread |
|                | Blueberry Shortcake |       |

#### DINNER

|   |         |                  |
|---|---------|------------------|
| Braised Beef with Vegetables as Garnish | Spinach | Steamed Potatoes |
| Coffee Jelly with Cream and Sugar       |         |                  |

**Tuesday**

**BREAKFAST**

|                |                |                |
|----------------|----------------|----------------|
| Cream of Wheat | Shredded Wheat | Milk and Sugar |
| Meat Soufflé   | Stewed Rhubarb | Toast          |
|                | Coffee         | Milk           |

**LUNCHEON**

|              |                       |
|--------------|-----------------------|
| Potato Salad | Peanut Sandwiches     |
|              | Cocoanut Cake         |
| Tea          | Milk                  |
|              | Cocoa (if a cold day) |

**DINNER**

Barbecued Ham   Hongroise Potatoes   Buttered Scullions on Toast  
 Vanilla Ice Cream with Chocolate Sauce

**Wednesday**

**BREAKFAST**

|                                   |                |
|-----------------------------------|----------------|
| Shredded Wheat Biscuit with Dates | Milk and Sugar |
| Boiled Eggs                       | Toast          |
|                                   | Rolls          |
| Coffee                            | Milk           |

**LUNCHEON**

|  |       |
|--|-------|
| Cream of Tomato Toast                  | Bread |
| Baking Powder Biscuit with Maple Syrup |       |
| Tea                                    | Milk  |

**DINNER**

Broiled Steak   French Fried Potatoes   Dandelion Greens   Bread  
 Strawberry Shortcake



Saturday

BREAKFAST

|                                  |        |                 |
|----------------------------------|--------|-----------------|
| Cream of Wheat Molded with Dates |        | Cream and Sugar |
| Baked Eggs                       | Toast  | Graham Muffins  |
|                                  | Coffee | Milk            |

LUNCHEON

|                |                |        |
|----------------|----------------|--------|
| Mexican Ragoût | Potato Cakes   | Bread  |
| Rusks          | Pear Marmalade | Coffee |

DINNER

|             |                        |                    |       |
|-------------|------------------------|--------------------|-------|
| Corned Beef | Maitre d'Hôtel Cabbage | Delmonico Potatoes | Bread |
|             | Fruit Sherbet          | Wafers             |       |

Sunday

BREAKFAST

|                    |                                  |                                 |
|--------------------|----------------------------------|---------------------------------|
|                    | Strawberries with Powdered Sugar |                                 |
| Boston Baked Beans | Chili Sauce                      | Boston Brown Bread with Raisins |
| Coffee             | Toast                            | Milk                            |

DINNER

|                |                 |                             |
|----------------|-----------------|-----------------------------|
| Chicken Ragoût | Boiled Rice     | Buttered Asparagus on Toast |
|                | Pineapple Jelly | After-Dinner Coffee         |

LUNCHEON

|   |                             |      |
|---|-----------------------------|------|
| Canned Red Cherry and Cheese Salad with French Dressing |                             |      |
| Crackers  | Bread and Butter Sandwiches |      |
|   | Mocha Nut Cake              |      |
| Cocoa   | Tea                         | Milk |

**Monday****BREAKFAST**

|             |                     |                               |
|-------------|---------------------|-------------------------------|
|             | Malt Breakfast Food | Milk and Sugar                |
| Broiled Ham | Plain Toast         | German Toast with Maple Syrup |
|             | Coffee              | Milk                          |

**LUNCHEON**

|                     |      |               |
|---------------------|------|---------------|
| Creamed Corned Beef |      | Radishes      |
| Raspberries         |      | Plain Cookies |
| Tea                 | Milk |               |

**DINNER**

|                                   |                             |         |
|-----------------------------------|-----------------------------|---------|
| Beef Roast with Yorkshire Pudding | Boiled Potatoes             | Spinach |
|                                   | Snowballs with Cherry Sauce |         |

**Tuesday****BREAKFAST**

|                            |       |                 |
|----------------------------|-------|-----------------|
| Pettijohn's Breakfast Food |       | Cream and Sugar |
| Creamed Chicken on Toast   | Jelly | Toast           |
| Coffee                     |       | Rolls           |
|                            |       | Milk            |

**LUNCHEON**

|                 |                          |                     |
|-----------------|--------------------------|---------------------|
| Cold Roast Beef | Horseradish Sauce        | Boiled New Potatoes |
| Iced Tea        | Cake with Cocoa Frosting | Milk                |

**DINNER**

|                               |                     |             |
|-------------------------------|---------------------|-------------|
| Beef Tongue with Tomato Sauce | Buttered Potatoes   | New Carrots |
|                               | Raspberry Shortcake |             |



### Wednesday

#### BREAKFAST

|             |             |       |                 |                |
|-------------|-------------|-------|-----------------|----------------|
|             | Puffed Rice |       | Cream and Sugar |                |
| Boiled Eggs |             | Toast |                 | Cereal Muffins |
|             | Coffee      |       | Milk            |                |

#### LUNCHEON

|           |   |          |        |       |
|-----------|---|----------|--------|-------|
| Corn Soup |   | Crackers |        | Bread |
|           | Banana Salad with Cream Mayonnaise Dressing |          |        |       |
|           | Sandwiches                                  |          | Coffee |       |

#### DINNER

|                                    |            |                     |
|------------------------------------|------------|---------------------|
| Stuffed Shoulder of Lamb           | Mint Sauce | Boiled New Potatoes |
|                                    | New Peas   |                     |
| Vanilla Ice Cream with Maple Sauce |            |                     |

### Thursday

#### BREAKFAST

|       |               |                |                |      |
|-------|---------------|----------------|----------------|------|
|       | Cantaloupe    |                |                |      |
|       | Cracked Wheat |                | Milk and Sugar |      |
| Bacon | Toast         | Cinnamon Rolls | Coffee         | Milk |

#### LUNCHEON

|                        |                       |                      |  |       |
|------------------------|-----------------------|----------------------|--|-------|
| Cold Veal or Meat Loaf |                       | New Potatoes Creamed |  | Bread |
|                        | Raspberries and Cream |                      |  |       |
|                        | Iced Tea              |                      |  |       |

#### DINNER

|                                       |  |
|---------------------------------------|--|
| Broiled Steak                         | New Potatoes Boiled and Sautéd in Pork Fat |
| Beet Greens with Garnish of New Beets |  |
| Blueberry Pie                         |  |

## Friday

## BREAKFAST

Stewed Gooseberries  
 Cream of Corn on Toast with Bacon      Rolls  
 Coffee      Milk

## LUNCHEON

Baked Mince with Eggs      Rye Bread  
 Spice Cake  
 Iced Tea      Milk

## DINNER

Broiled Cod or Haddock      Samp with Cheese  
 Cucumber and Radish Salad  
 Caramel Custard with Caramel Sauce

## Saturday

## BREAKFAST

Shredded Wheat      Blueberries      Cream and Sugar  
 Poached Eggs with Bacon      Toast  
 Coffee      Milk

## LUNCHEON

Meat Croquettes with Cream Sauce and Peas      Bread  
 Sponge Cake      Berries or Strawberry Jam  
 Iced Tea      Milk

## DINNER

Veal Roast      Buttered New Potatoes      Spinach with Hard-cooked Eggs  
 Cantaloupe or Watermelon

## Bibliography

- |  |                                  |
|--|----------------------------------|
| The Boston Cooking School<br>Cook Book | Fannie Merritt Farmer            |
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| The New Hostess of Today               | Linda Hull Larned                |
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| The Fireless Cook Book                 | Margaret J. Mitchell             |



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