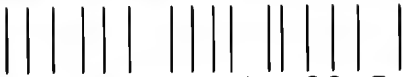


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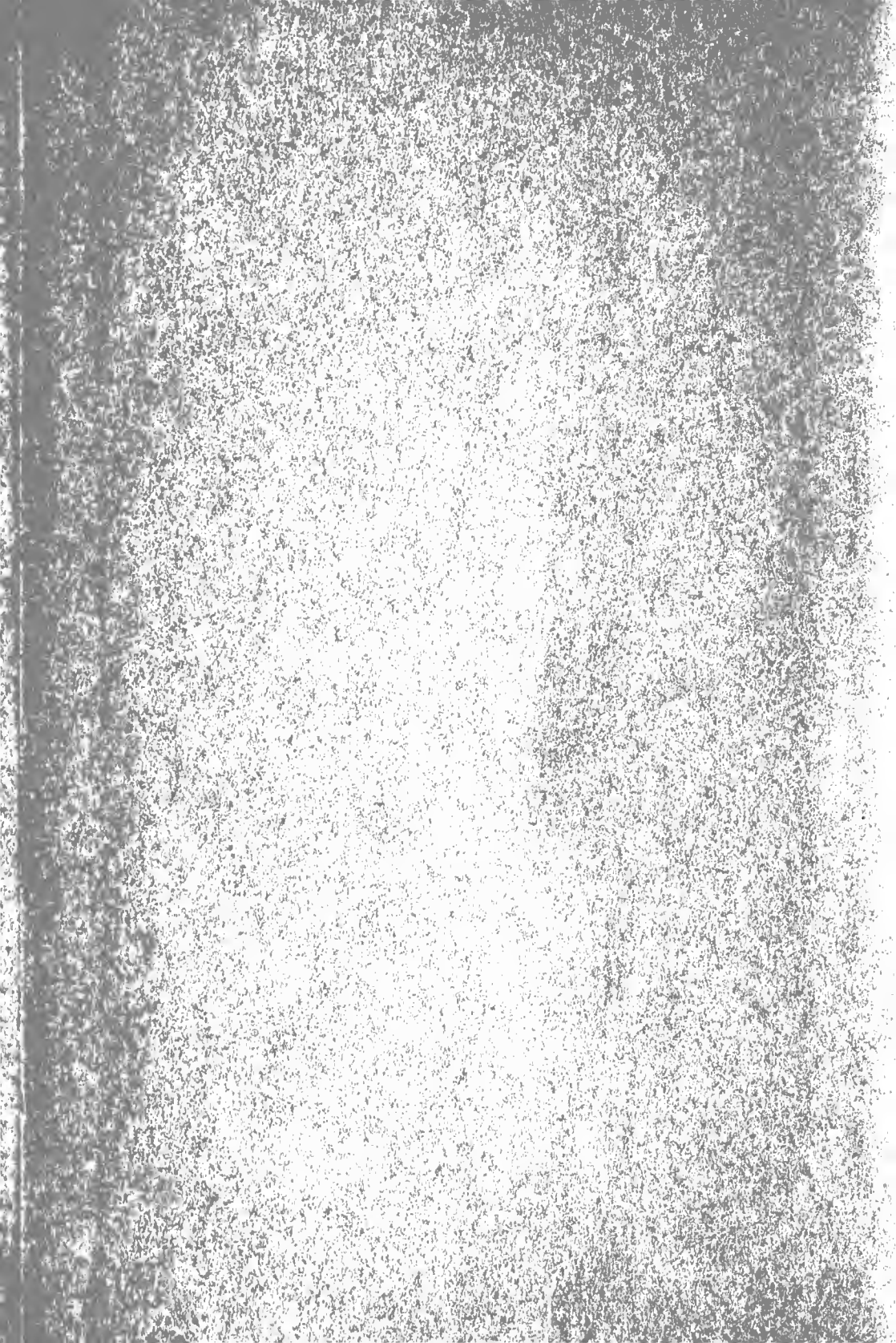


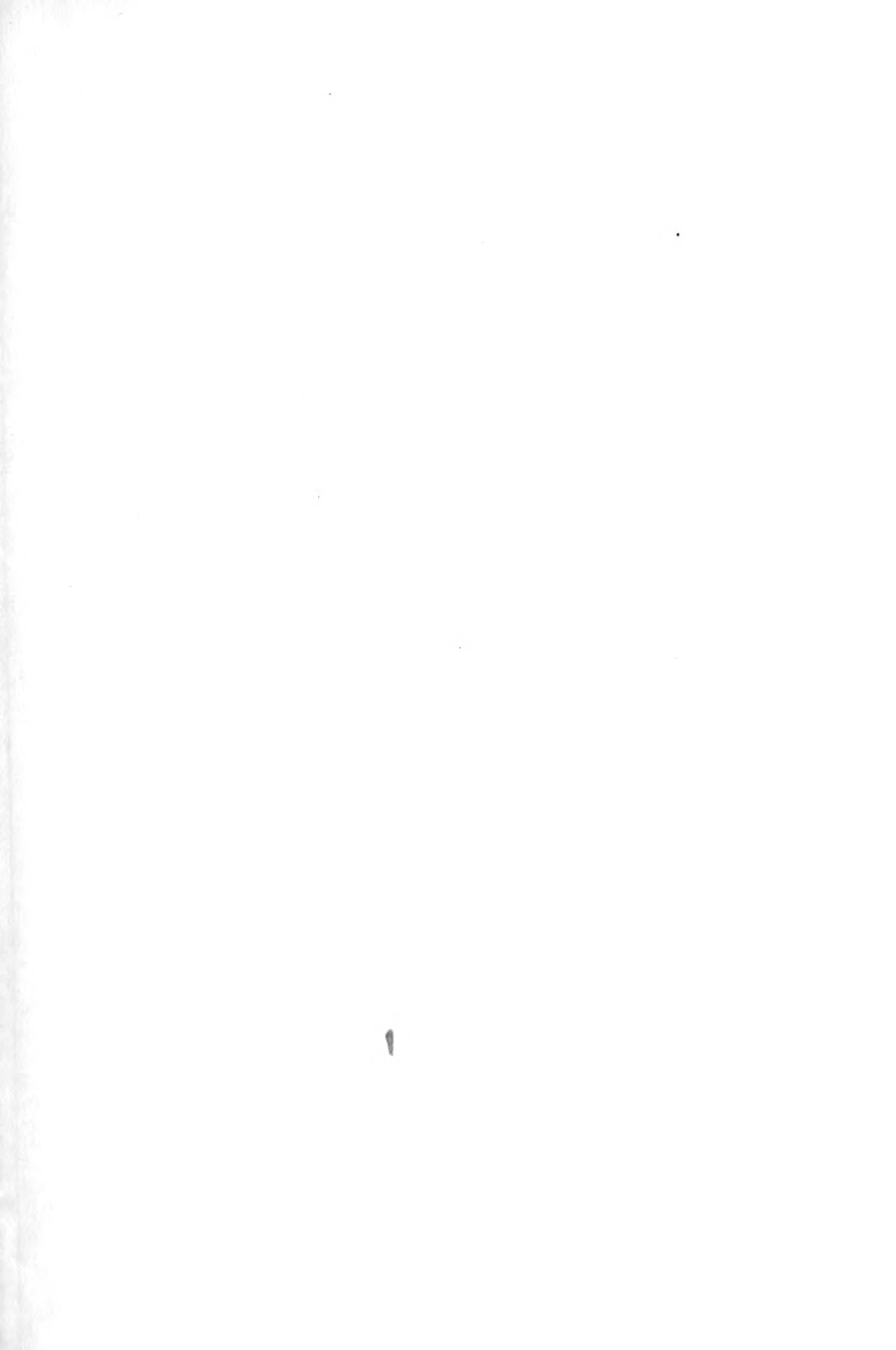
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A TABLE FOR TWO

A TABLE FOR TWO

Good Things to Eat

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BY

ELDENE DAVIS, *Director of*

Department of Nutrition, University of Illinois



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FORBES & COMPANY

1913

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A TABLE FOR TWO

OYSTERS

Oysters With Sauce

Take two teacupfuls of small oysters; heat them in their own liquid until they are plump and the edges curl. Then drain and pour over them a sauce made by rubbing together a rounding teaspoonful of butter, and a tablespoonful of flour in a saucepan, stirring in half a cupful of thick cream; salt and pepper to taste, and serve with celery hearts.

Broiled Oysters

Take a dozen large oysters and wipe them dry. Butter a hot toaster—or griddle—lay on the oysters, with a seasoning of salt and pepper; brown on both sides. Have two heated plates; arrange half a dozen on each, butter them and serve with any preferred relish.

Batter Oysters

Beat an egg and add half a cupful of oyster liquid and a teaspoonful each of lemon juice, tomato catsup and olive oil, and a little salt and pepper; beat in gradually flour enough to make a batter as thick as for pancakes. Dry half a dozen large oysters, dip them in the batter and fry on both sides in hot drippings. Serve on two warm plates with parsley and horse radish.

Oyster Club Toast

Toast six slices of bread that is two days' old. Heat two plates; take four large oysters, dip them in beaten egg, roll them in cracker crumbs, and season with salt and pepper. Fry them and place each on a slice of hot buttered toast. Sprinkle over it a teaspoonful of minced celery and minced pickled onion with a table-spoonful of cream. Place two of these together and put the remaining slices of well-buttered toast on top of each sandwich and sprinkle them with minced parsley and dots of jelly.

Oyster Balls

Heat in their own liquor half a pint or more of oysters. When the edges curl, drain them and, if large, chop them, and stir with two cupfuls of mashed potatoes and half a teacupful of cream. Add a table-spoonful of minced sweet pickles and a teaspoonful of tomato catsup. Salt and pepper. Make into balls and fry them in hot drippings.

Oyster Pies

Line two small buttered pudding dishes with pastry; brush over with the white of an egg. Now put in a rather close layer of small oysters seasoned with salt, pepper and a teaspoonful of butter dotted over. Sprinkle with spice of any preferred kind, a little chopped parsley, a spoonful of oyster liquor and the remaining portion of the egg. Add a top crust, prick holes in the center of it and bake until the crust is done. Serve at once.

Oyster Patties

Make the desired number of pastry shells in tart or muffin pans. Take as many large oysters as the number of patties desired; stew them in their liquor, adding any preferred spice. When the edges curl, remove them from the liquid, and when cool put one large oyster (or several small ones) in each pastry shell and cover with the slices of the yolk of hard boiled eggs, and a bit of horse radish or mustard; salt and pepper. Moisten with a spoonful of oyster liquor and cover slightly with fine bread crumbs dotted with butter. Heat in the oven until the top is browned, and serve.

Raw Oysters

Take about twelve oysters, serve them in clean half-shells on cracked ice. Salt and pepper, and garnish with lemon and horse radish.

Scalloped Oysters

Butter a pudding dish that may be used to serve. Clean the oysters free from bits of shell. Mix cracker and bread crumbs (about two cupfuls). Put a layer of oysters in the bottom of the pudding dish—then a layer of crumbs; dot this over with bits of butter and a little salt and pepper—celery salt may be used also. Add another layer of oysters, then a top of seasoned crumbs. Mix about half a cupful of oyster liquor with two spoonfuls of cream and pour over all (the cream may be omitted). Bake for about twenty-five minutes, or until nicely browned.

Instead of the large dish, the ingredients may be baked in individual dishes—or shells.

French Oysters

Take six large oysters and wipe them dry (an equal quantity of small ones may be used). Put a rounding teaspoonful of butter into a saucepan, add a table-spoonful of flour, a teaspoonful of minced parsley and two tablespoonfuls of oyster liquor. Cook to a paste and stir in the oysters; salt and pepper to taste, and stir well. In a few moments turn the mixture over hot buttered toast.

Fried Oysters

Take a dozen large oysters and wipe them dry; butter them well by rubbing partly melted butter over them, then salt and pepper them and roll in flour (or crumbs). Have a very hot skillet with plenty of drippings or fat; when sizzling hot lay in the oysters and fry a delicate brown—turning with a thin-bladed knife or pancake turner. Serve on two small hot plates; garnish with lemon slices and parsley—or slices of hard boiled eggs and olives or pickled beets.

Oyster Jelly

Take a cupful of oysters and stew them in their liquor until the edges curl, then remove from the fire. Take half a package of gelatine and soak it in cooked oyster liquor, and add water to make two cupfuls. Add the juice of half a lemon and quarter of a teaspoonful of salt. Stir well with a tablespoonful of salad dressing, or catsup, the oysters, and a spoonful of minced sweet pickles. Sprinkle with grated nutmeg; mix all well and turn into molds. Serve with sliced oranges and any preferred sauce.

Creamed Oysters

Take two cupfuls, or less, of oysters and let them come to the boiling point in the oyster liquor; skin and drain.

Take a small cupful of cream and a teaspoon even full of minced onion (or onion juice). Let the cream come to the boiling point and season with a dash of pepper and salt; thicken this with a rounding teaspoonful of flour that has been made into a paste with a little cold water. Turn the cream over the oysters and serve.

(A slice of onion may be used and then removed after heating the cream.)

Oyster Cocktails

Chill small oysters by laying them on ice; have the small glasses cold and put from three to six oysters in each and pour over them a sauce made of a teaspoonful of lemon juice, half a teaspoonful of prepared horse radish, two teaspoonfuls of tomato catsup, salt and pepper, and a sprinkling of grated nutmeg or ground cinnamon.

Mix these thoroughly together and moisten with half a cupful of the oyster liquor that has been thickened with a little cream. Have all cold; place an olive or cherry on the top of each glass.

Cocktails may be served in chilled tomatoes after the centers have been scooped out.

Oyster Fricassee

Take a saucepan and melt a rounding teaspoonful of butter; add a rounding teaspoonful of chopped parsley,

a dash of red pepper and salt. When brown pour in two cupfuls of drained oysters.

Cream together a rounding ¹tablespoonful of flour and a rounding teaspoonful of butter; moisten with milk or oyster liquor, and when the oysters begin to curl at the edges stir in the flour paste and the well-beaten yolk of one egg.

Serve on a hot dish and garnish with little squares of toast, jelly and parsley.

Deviled Oysters

Take a skillet and melt a rounding teaspoonful of butter; add an even teaspoonful of minced onion, a rounding teaspoonful of minced celery heart, and a rounding teaspoonful of minced green pepper. Cook together for six or eight minutes, adding a little butter if necessary. Then pour over this half a cupful of strained oyster liquor and two teaspoonfuls of tomato catsup. Cook slowly for five minutes; season with salt and pepper, and add two cupfuls or less of drained small or chopped oysters. Simmer until the oysters curl, and serve in tomato or orange shells.

FISH

Salmon Pie

Beat up with mashed potatoes half a cupful of milk or cream, a small lump of butter, salt and pepper to taste. Line a pie pan with this and put the salmon in a layer over the potatoes. Pour over it the liquid from the salmon—or dot it with butter; add a sprinkling of cracker crumbs and minced parsley. Then put on a top layer of mashed potatoes. Bake until thoroughly heated.

Salmon Croquettes

Take a cupful of shredded salmon, a beaten egg, a slice of stale bread (crumbed) or crackers, a lump of butter the size of a hazelnut, salt and pepper to taste. Mix all together thoroughly and wet with milk. Make into cones and fry in hot butter.

Scalloped Salmon

Take a cupful or more of finely shredded salmon; spread half of it over the bottom of a buttered saucepan, then put over this a layer of bread crumbs, or small crackers; sprinkle with salt and pepper, and a bit of horse radish, then the remainder of the salmon and a top cover of the seasoned crumbs. Dot this over with butter and pour over the whole one-half cupful of rich milk.

Bake for twenty-five minutes.

Clams

Wash a dozen or more clams and put them in a pan; place over a fire and when they open, pour the juice

into a skillet. Add the clams and sprinkle each with salt and pepper, and a dot of butter. Cook until tender.

Breaded Mackerel

Soak a mackerel over night in milk or water. Then dry it thoroughly and rub melted butter all over it. Have a dish of finely grated cracker crumbs, and another dish containing a beaten egg. Dip the mackerel in the egg and roll it in the cracker crumbs (flour may be used instead of crumbs). Fry in hot drippings, garnish with parsley and horse radish—or slices of hard boiled eggs and mustard.

Left-Over Fish

Free the fish from bones, skin and shred it. Add several chopped olives, a little mustard and salt and pepper to taste. Chop all together and mix thoroughly, adding the yolk of an egg. Put it in a sauce pan with a small lump of butter and a spoonful of cream: When heated serve on toast.

Frogs' Legs No. 1

Take six pairs of frogs' legs and wash them thoroughly. Dip them in flour and fry in a bit of butter—turning until done.

Frogs' Legs No. 2

Wash them and put them in a sauce pan with a little hot water and simmer until tender. Salt and pepper them and put them on a hot dish.

Put a tablespoonful of flour in the saucepan, stir to a paste and add half a cupful or more of cream—and a

dash of salt and pepper. Do not let the cream boil. When hot pour it over the frogs' legs and garnish with parsley—or any preferred way.

Broiled Lobster

Split the lobster lengthwise down the back and take out the large intestine. Lay the flesh side down on a buttered broiler and cook slowly on each side. Transfer to a hot dish and spread the lobster with butter—add salt and pepper. Serve with lemon slices and horse radish.

Deviled Lobster

Chop enough cold boiled lobster to fill a large cup. Add a rounding teaspoonful of butter and a teaspoonful, or more, of lemon juice. Mix all together thoroughly. Take a frying pan and melt a rounding tablespoonful of butter; add half a cupful of hot water, and when it boils up put in the lobster. Sprinkle over all a few drops of Tabasco sauce, half a teaspoonful (or less) of prepared mustard, half a teaspoonful of Worcestershire sauce, and salt and pepper to taste. Stir well and when it boils up, turn it into shells or little pans, put a tiny dot of butter on each and cover the top with bread crumbs.

Bake until brown, then serve.

Shredded Lobster

Take a frying pan and melt a rounding teaspoonful of butter, or drippings. Rub in with a spoon a rounding tablespoonful of flour and let it brown. Pour in half a teacupful or more of rich milk and stir it well; then put in the shredded lobster. Stir and remove all

from the pan and shape into cakes. Dip into, or spread, each cake with beaten egg, cover it with cracker crumbs and fry to a nice brown.

Serve with lemon, horse radish or tartar sauce.

Fish Balls

Pare and boil four or five potatoes, mash them, add a half cupful of cream, a beaten egg and salt and pepper to taste. Beat all together until light.

Take a mackerel that has been soaked over-night, remove the bone and shred the fish. Mix it thoroughly with the potatoes, and make into small balls. Put in a greased pan and bake in a hot oven.

(The balls may be fried.)

Codfish Balls

Take a cupful of boiled and shredded codfish, a teaspoonful of lemon juice, a quarter of an even teaspoonful of black pepper, a heaping tablespoonful of chopped parsley and a well-beaten egg. Mix thoroughly with a rounding teaspoonful of butter that has been melted and a cupful or more of mashed potatoes. Make into balls, roll in cracker crumbs and fry in hot drippings.

Bechamel sauce may be served or slices of red beets.

Codfish Shells

Take left over codfish and mix it with a little cream and fill it in pastry tart shells. Grate a little nutmeg over the top of each shell, add a dash of salt, and sprinkle over each a little minced parsley. Bake until hot and serve with acid jelly or lemon slices.

Codfish and Macaroni (Left Over)

Take left over macaroni and cheese and line two muffin or other small pans, and sprinkle over same a thin layer of cracker crumbs. Then fill the center with left over codfish, to which a bit of cream may be added if too dry. Then sprinkle a few cracker crumbs on the codfish and make the top of macaroni. Now dot on a bit of butter, a very thin slice of cheese, add a dash of pepper, and bake about fifteen minutes.

Garnish in any preferred way.

Sardines on Toast

Take bread that has been baked twenty-four hours or more, cut in even slices and toast until a delicate brown (the crust may be left on, or it may be removed and the toast cut in fancy shapes). Spread each slice with a very little butter and a layer of sardines, then pour over them the following mixture:

One teaspoonful of Worcestershire sauce, one teaspoonful of lemon juice, half a teaspoonful, or less, of prepared mustard. Heat in the oven and serve with horse radish, lemon or sliced red beets.

Planked Fish

Split the cleaned fish down the back and wipe thoroughly all over with a damp cloth. Take a clean oak or hickory plank, put it in the oven and heat it thoroughly.

Rub the fish well with butter and sprinkle it with pepper and salt. Lay it open side up on the plank and drive a long tack into each of the four corners. Put the plank on the upper grating of the oven and cook

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the fish, rubbing it often with butter. When done draw out the tacks and lay the plank on a large dish; garnish the fish with parsley and slices of lemon and serve.

Pickled Herring

Soak the herring over night in cold water, clean and remove the skin and bone. Take a deep dish and put in a layer of herring cut in small pieces, then a layer of sliced onions, a few whole black peppers, a rounding teaspoonful or more of sugar and bay leaves. Cover with vinegar and let it stand three hours, then serve.

Fried Trout

Have the fish perfectly clean, and do not remove the heads.

Beat an egg and rub the fish thoroughly with it. Then roll them in crumbs and fry them in very hot fat until well browned.

Flour may be used instead of crumbs. Garnish the dish with parsley and serve with melted butter.

SOUPS

Soup stock is composed of fish, game, beef, poultry, etc., combined or not. Or soups may be made with water from cooked vegetables, adding milk or stock. A teaspoonful of salt is about the right quantity for a quart of water.

In preparing soup, slow cooking is best for extracting the flavor, with the salt added when nearly done.

Meat for soup should be put on in cold water and simmer slowly.

Simple Oyster Soup

Take the liquor from a half pint of oysters, put them in a scant pint of milk (or water) and heat. Put in a piece of butter the size of a hickory nut; salt and pepper to taste. Cook a few minutes—when the oysters begin to curl at the edges, they are ready to serve.

If the oysters are cooked with milk a spoonful of cream might be added before serving.

Rich Oyster Soup

Hash together bits of meat, onions, parsley and celery (add enough butter or drippings made into a paste with flour as for gravy). Put all into a soup kettle with a pint of beef soup or stock, stir well and boil ten minutes; season with salt and pepper to taste. Strain, add a dozen or more oysters with their liquor to the soup, return to the fire and when their edges curl remove and serve with toast.

Tomato Soup (Thick)

Take two cupfuls or less of sliced or canned tomatoes, a slice of onion finely chopped, a clove and five gills of water. Boil slowly for fifteen minutes; remove from the fire and put through a sieve.

Make a thickening paste by cooking together a rounding teaspoonful of butter, a tablespoonful of flour and a little water—as for gravy. Stir this in the soup with a quarter of a teaspoonful of salt. Reheat and serve.

(Equal parts of suet and bacon drippings may be used instead of butter.)

“Ready Made” Tomato Soup

Take a pint of liquor from boiled beef, skim off the grease; stir in one cupful of canned or stewed tomatoes, a small cupful of cooked rice—a dash of pepper, and salt to taste. Boil a few minutes, put through a sieve and serve.

Tomato Bouillon

Take three cupfuls of canned or fresh sliced tomatoes, a slice of onion, and one and one-half pints of skimmed beef stock. Simmer slowly for forty or fifty minutes. Rub through a sieve, add salt, pepper and a teaspoonful of sugar. Bring it to a boil and serve.

Onion Tomato Soup

Skin and slice from four to six ripe tomatoes. Take a large onion, chop it fine and fry in butter until done. Put the tomatoes and onion in a soup kettle with a couple of celery stems chopped fine; add a little more

than a pint of water, one-third of an even teaspoonful of salt and a dash of pepper. Stew slowly for twenty or twenty-five minutes. Strain and serve any preferred way.

Easy Cream Tomato Soup

Make a paste of a rounding tablespoonful of cornstarch, a rounding teaspoonful of butter and a rounding teaspoonful of brown sugar—rubbed well together. Put this with a cupful of stewed or canned tomatoes in a soup kettle (with a little water if necessary), and stew until very hot. Scald but not boil a pint (or more) of milk—put in a pinch of saleratus, pour over the stew and stir thoroughly. Strain and serve.

The soup may be served with toast or any preferred way without straining.

Cream Tomato Soup No. 1

Take a large cupful of canned tomatoes (add a small bit of onion or not as desired). Mix together a heaping teaspoonful of flour and a heaping teaspoonful of sugar, stir it in with the tomatoes. Put this mixture in a soup kettle with half a pint of milk and half a cupful of water. As soon as it boils stir well and remove it from the fire. Add a dash of salt and pepper, a piece of butter the size of a hickory nut, and serve.

Cream Tomato Soup No. 2

Add a half pint of hot water to a large cupful of stewed tomatoes; season with a dash of salt and pepper, a bit of onion and a chopped celery stalk. Put

over the fire and boil until the celery is soft, then strain it. Heat a rounding teaspoonful of butter in a small dish; stir in a rounding tablespoonful of flour—rubbing it smooth with a little water (like gravy). Pour this thickening into the strained soup; return it to the fire and stir until very hot, then remove it from the fire.

Put a pint of milk into a deep kettle and bring it to the boiling point. Remove from fire, add a pinch of saleratus, and stir into this the contents of the other kettle. Serve at once.

Bacon Soup

One slice of bacon, one onion, two celery stems, a cold boiled potato. Mince all together and sprinkle with a rounding tablespoonful of flour. Add a cupful of stewed tomatoes, salt and pepper. Pour over all one and one-fourth pints of water and boil for twenty-five minutes. Strain—or serve any preferred way for luncheon.

Simple Potato Soup

One pint of potato water, two boiled potatoes mashed or sliced, a slice of onion (grated or chopped), a piece of butter the size of a walnut. Bring to a boil, and add a large spoonful of thick cream—or a small cupful of milk. Stir and in a few moments strain and serve.

(A spoonful of catsup may be used.)

Oxtail Soup

Take a spoonful of butter (or bacon and suet drippings), put it in a skillet with the oxtail and a sliced

onion, and fry for a few minutes. Turn it into a soup kettle and add two or three stems of celery cut in short lengths, a sliced potato, a small carrot, sliced; an even teaspoonful of salt and a dash of pepper. Cover with four pints of water, and boil slowly until the meat is done. Strain about half a pint of the soup into another dish, and add an equal amount of milk or water. Put it over the fire and as soon as it boils up—remove and serve.

Put the remainder of the soup into a glass fruit jar for another time. When cold skim off the grease and put it with your dish of drippings.

Celery Soup

Put a cupful of finely chopped celery in a stewpan with one-half cup of water. When soft, put it in a double boiler with a pint of milk and bring to boiling point. Thicken with a rounding teaspoonful of butter and a tablespoonful of flour (rubbed together and beaten smooth in a little milk or water). Stir well into the soup with three tablespoonfuls of thick cream. Strain and serve.

Simple Broth

Chop together equal portions of beef, veal and lamb—about two cupfuls of this and a quart of cold water. Bring to a boil and skim; then turn down the fire and simmer for three or four hours. Strain, cool and remove the grease from the top. Reheat broth to serve.

(This may be made in a fireless cooker after boiling for fifteen minutes.)

Salsify Soup (Mock Oyster)

Wash and chop a bunch of salsify; put it in a pan, cover with boiling water and cook slowly until tender; then put it through a sieve. Add to this a scant pint of milk, a quarter of a teaspoonful of salt, a bit of mace and a tiny bit of red pepper.

Put this mixture in a soup kettle and bring to a boil. While it is heating prepare a thickening paste by cooking together a rounding tablespoonful of flour, a rounding teaspoonful of butter and a little water—stir to keep it smooth. When the soup boils, stir this paste in and cook a few minutes. May be served with croutons if preferred.

Corn Chowder

Chop and fry an onion and put it in a kettle with half a can (or less) of corn, also chopped; a boiled potato (sliced), half a cupful of oyster crackers, and a teaspoonful of tomato catsup. Add a full pint of water and boil until the ingredients are soft. Salt and pepper to taste, then remove from the fire and stir in a small cupful of cream.

Cream Corn Soup

Take a small cupful of canned corn, a slice of onion and a cupful of boiling water; cook ten minutes and rub through a sieve. Blend together a heaping teaspoonful of butter and a rounding tablespoonful of flour and add to the corn mixture. Salt and pepper to taste. Put all in a soup kettle with a pint of milk, stir thoroughly and let it get very hot, but not boil. Serve.

Fish Bisque

Take a small cupful of finely minced salmon, a slice of lemon, add a half pint of water and bring it to the boiling point. Make a paste as for gravy by cooking together a rounding teaspoonful of butter and a rounding tablespoonful of flour wet with a little milk. Stir this in the salmon and add half a pint of milk and a few crushed crackers. Stir until hot (do not boil), remove from the fire—salt and pepper to taste.

Onion Soup

Slice one large onion and fry brown in butter; then put in a cupful of hot water, cover and simmer until the onion is soft (about twenty minutes); then stir in a paste made by cooking together a rounding tablespoonful of flour and a rounding teaspoonful of butter. Add the well beaten yolk of one egg, and a pint of milk. Put all in a soup kettle and stir well; cook slowly five or ten minutes, salt and pepper to taste; remove it from the fire, strain and add four tablespoonfuls of cream. Serve.

Sweet Potato Soup

Pare two sweet potatoes and boil three or four minutes; throw away the water and cover the potatoes with a pint of hot water; add a stem of celery (chopped), a slice of onion (chopped) and a bit of parsley—or any preferred greens. Salt and pepper to taste. Cook until the potatoes are done, then put through a sieve. Thicken with a paste made of flour and butter (a tablespoonful of flour and a teaspoonful of butter). Put all together in a double boiler with

two or three gills of milk, and when hot it is ready to serve.

A tablespoonful of cream may be added just before serving if desired.

Clam Chowder

Chop a slice of salt pork and fry. Put it in a soup kettle with a sliced potato, a sliced onion, a large tomato, the liquid from the clams and a full pint of water. Boil together for about twenty-five minutes, salt and pepper to taste—add four or five chopped clams and stew for fifteen or twenty minutes.

Clam Soup

Chop together, a slice of salt pork, a small onion, and a raw potato. Put with a little water and cook until done. Add more water if necessary, and as many canned clams as desired. Let it boil, season with salt, pepper, and a lump of butter. Thicken with a spoonful of flour that has been stirred into a little milk until smooth.

Add a cupful or more of milk to make the desired quantity.

Fish Chowder

Fry two slices of pork until crisp. Then put over it a layer of fish (cut in small pieces), add thin slices of onion, next a layer of very thinly sliced potatoes, with salt and pepper, a top layer of biscuit crusts. Add water until it is in sight, then stew until the potatoes and onions are soft. Pour over all a cupful of milk or cream a few minutes before serving.

Bean Soup

Soak over night a cupful of common white beans, pour off the water and put the beans in a soup kettle with a quart or more of water and a quarter of a pound of salt pork. Boil slowly until tender and the liquid is reduced one-half; add salt and pepper to taste.

Take a rounding tablespoonful of flour and a rounding teaspoonful of butter, rub to a paste and use it for thickening, stirring it in the soup until it boils up smoothly, then serve.

(A bit of onion or celery may be cooked with the soup if desired.)

Chicken Hash Soup

Take a five-cent veal soup bone with a scant quart of water; the neck, gizzard and any odd pieces of chicken. Cook until the veal is tender. Hash together bits of cooked rice, a tomato (fresh or canned) and a stem of celery. Put this in the soup and boil until the celery is soft. Remove from the fire and press through a coarse sieve. Season with salt and pepper to taste, and add an even teaspoonful of horse radish.

Lettuce Hash Soup

Take a small head of lettuce, wash well and chop in small pieces. A cupful of cooked beef, pork, veal or chicken left over—one or all; a sliced boiled potato, a chopped piece of onion. Mix all these thoroughly and pour over them a pint of water—bring to the boiling point. Strain and return to the fire and add a thickening paste of a tablespoonful of flour and a teaspoonful of butter—well rubbed together with a little water as for gravy. Let it boil. Then pour in a half pint of

rich milk—heat thoroughly, but do not let it boil, then serve.

This may be garnished with finely chopped greens sprinkled lightly on the soup.

Beef Soup With Vegetables and Dumplings

Get a round ten-cent soup bone—cut and cracked by the butcher; wash it and put it in a soup kettle with five pints of water, and several small beets. Bring to a boil and after about twenty minutes add two Spanish onions, two large potatoes, an even teaspoonful of salt, pepper to taste, and a bit of parsley. Cover tightly and cook slowly until the potatoes are done. Do not prick the beets, as they will color the soup deeply. Pour off the liquor into another vessel, return to the fire, bring to a boil and drop in the dumplings. Cook for ten minutes.

Dumplings

A large cupful of flour, a heaping teaspoonful of baking powder. Sift together in a large bowl with a quarter of a spoonful of salt and a lump of butter the size of a hickory nut. Wet this with a little water or milk, stirring lightly; have it almost stiff enough to roll. Shape with a spoon into small dumplings (do not handle).

MEAT

Baked Beefsteak With Dressing

One pound or more of round steak,
One small loaf of stale bread,
One onion,
One-half an even teaspoonful of salt,
One even teaspoonful or less of grated nutmeg,
One-third of a teaspoonful of black pepper,
One rounding teaspoonful of brown sugar,
One heaping tablespoonful of dried sage.

Slice the bread and break it in small pieces; slice the onion and put it in a stew pan with a cupful of water; cook until the onion begins to get soft, then pour it over the bread crumbs. Put the sage in a little water and steep a few minutes; pour the liquid over the bread and add all the other ingredients and mix well.

Put the steak into a very hot skillet with a bit of suet, sear both sides. Remove it from the skillet and salt it. Spread over it a thick layer of dressing, and roll up—fasten it with a skewer. Make cakes of the remaining dressing. Put all in a baking pan, add half a cupful of water. Cover it and bake twenty minutes.

Baked Steak

Take a pound or more of any preferred steak—cut two inches thick. Sear it on all sides in a hot skillet, salt and pepper it on both sides. Put bits of suet over the bottom of a baking pan, lay in the steak—cover the

meat with bits of suet and thin slices of onion and lemon.

Bake twenty minutes for rare steak—or about forty in a moderate oven. Serve with horse radish.

Roast Beef With Potatoes (Without using oven)

Take two pounds of beef, cut thick (almost square). Sear all sides in a hot skillet; then dredge it with flour and season with salt and a dash of pepper.

Take a deep frying pan or small baking dish. Put thin slices of suet over the bottom; put the beef in and place around it as many peeled potatoes as desired. Cover and let fry a little, then pour in a large cupful of hot water and cover closely. Cook slowly and when nearly done, remove the cover and let it brown on all sides.

Pork may be cooked the same way.

Pot Roast

Take about two pounds of beef rib, and sear it in a hot frying pan. Put a pint of boiling water in the pot with the meat, an onion, a heaping teaspoonful of brown sugar, a small bunch of parsley—and a clove or dash of any preferred spice, salt and pepper to taste. (Also a tablespoonful of grape juice may be used if desired.)

Cook slowly for two hours or longer—adding water if necessary.

Simple Pot Roast of Beef

Take two pounds of a cheap cut of beef—very thick. Put drippings or suet in a kettle—dredge the meat

with flour, put it in the pot and keep turning until well browned all over and about half done. Then season with half an even teaspoonful of salt, a dash of pepper, a rounding teaspoonful of brown sugar, and a sprinkling of grated nutmeg. Put in a small cupful of hot water and let it simmer twenty minutes longer.

Tender Pot Roast

Put the beef into an iron pot with a little butter but no salt. Brown on both sides, then add two table-spoonfuls of vinegar and boil a few minutes before pouring in a little hot water. Add a little onion juice, a pinch of baking soda, salt and pepper. Cook until it is tender enough to fall apart, then put the meat on a hot platter, thicken the gravy with flour, pour it over the meat and garnish with parsley.

(This recipe is to be used for cheap tough cuts of beef.)

Beefsteak With Bacon

Take about a pound (or less) of round steak two inches thick. Put it in a pot with a teaspoonful of butter, a small sliced onion, and fry until all sides are browned, then place on it thin slices of bacon. Sprinkle with flour and add a bit of parsley. Pour over all a cupful of hot water, cover and cook until the meat is done. Salt and pepper to taste.

Beef Pot Roast

Take two pounds of very thick round steak. Put two slices of salt pork in a pan and fry with a chopped onion. Put this in the pot, place the beef on it. Spread over it a sliced turnip, a small sliced carrot, and a

small bunch of greens. Half cover this with hot water. Cook slowly in a well covered pot for an hour; then turn and add salt and pepper to the meat and cook very slowly half an hour longer.

Thicken the liquor with flour, and serve with cat-sup, horse radish or any preferred sauce.

Swiss Pot Roast

Take a round steak about two inches thick, cover with flour and pound it into the steak on both sides, using the edge of a heavy plate for that purpose. Put the meat into an iron pot, or skillet, with some drippings and brown it on both sides. Then add an onion and a whole ripe tomato—or an equal quantity of canned tomatoes. Pour in water enough to cover it. Cook for two hours tightly covered, adding water if necessary. Just before the meat is done salt and pepper to taste.

Broiled Steak

Heat the platter to be used in serving.

Take a slice of steak about an inch thick and put it on a well-buttered broiler. Turn over very often until the desired amount of cooking is completed. Place on the hot platter and butter it on both sides. Season with salt and pepper to taste.

Parsley, horse radish, sliced tomatoes, sliced onion, etc., may be used to garnish the steak.

Meat Pie

Boil and mash half a dozen potatoes, salt and pepper to taste. Put in a lump of butter the size of a walnut, and beat until light—a beaten egg may be used also if

preferred. Take a deep pie dish, butter it and put in a layer of the potatoes. Take half a pound of cooked beef or pork, cut it in small pieces and put a layer over the potatoes. Pour over this a small cupful of stock, then spread the remainder of the potatoes over the top, and bake for about twenty-five or thirty minutes.

Garnish the dish with horse radish and parsley, or tomatoes may be used.

Beef Loaf

Take three-quarters of a pound of chopped raw beef and moisten a cupful of bread crumbs, add salt, pepper and a rounding teaspoonful of chopped butter. Mix all thoroughly, stir in a well beaten egg, put the mixture in a greased baking pan and pour over it half a cupful of hot water. Bake thirty or forty minutes in a moderate oven.

Dried Beef Creamed

Take a teacupful of dried beef shavings, and fry in a teaspoonful of butter. Remove the beef and make a gravy by adding a rounding teaspoonful of flour—blending it—then pour over it a small cupful of milk, salt and pepper to taste, and a bit of minced greens. Put in the beef and when hot serve.

Sausage and Potato Balls

Equal amounts of sausage meat and mashed potatoes (finely sliced boiled potatoes will do). Mix thoroughly and season with salt and pepper to taste (a bit

of dried sage may be used or not), and a beaten egg. When well mixed make into balls, or flat cakes—cover with any kind of crumbs and fry.

Stuffed Pork Chops

Take four chops, cut from the rib; stuff with the dressing described in the baked beef recipe. Fit the ribs in pairs, and tie together firmly. Salt lightly and bake in a hot oven for twenty minutes. Remove the cover and brown.

The dressing may be seasoned in many ways. If sage is not desired, use thyme and mustard and a beaten egg, or celery, apples and spices to taste.

Baked Pork Chops

Take four pork chops from the ribs, season them with salt and pepper. Place in a greased baking pan; beat an egg well, spread it over all and bake in a moderate oven for half an hour or more. Serve with tomato sauce.

Bacon

Fry or boil four or six slices of bacon until rather crisp. Wash—but do not peel—a red tomato. Slice and broil in a meat broiler. Lay these slices on the bacon and serve with any preferred garnish. Slices of hard boiled egg heated on the broiler and seasoned with a bit of mustard are good to put with the bacon and tomatoes.

Mock Pate de Foie Gras

Take one or two pounds of calf's liver, wash thoroughly and put in a stew pan with a finely chopped onion, a bay leaf, a blade of mace, one-third of a tea-

spoonful of black pepper, a scant teaspoonful of salt, three cloves, a lump of loaf sugar and three gills of stock. Cover tightly and cook slowly for two hours or longer. When done cut the liver in thin slices, put in a dish and pour over it the liquor. Set aside to cool. The next day pound it to a paste and slowly add half a cupful of melted butter. Rub through a coarse sieve and pack in a bean crock—with melted butter on top. Cut in slices when wanted; it will keep several days in a cool place.

Deviled Mutton

Take four slices of mutton, a well chopped onion and a bit of mint. Put them in a baking tin and sprinkle all with Worcestershire sauce and the juice of half a lemon. Cover with a buttered paper and bake fifteen or twenty minutes. Green peas, beets, lettuce, asparagus, etc., are served with this dish.

Meat Balls

Have a pound of beef and a half or three-quarters of a pound of pork—chopped or ground and mixed thoroughly. Stir in a cupful of bread or cracker crumbs and a beaten egg. Moisten with half a cupful of milk, add salt and pepper to taste; make into small balls and fry about fifteen minutes.

Combination Meat Balls

Take one-half pound each of calf's liver, beef and pork—chopped or ground together. Season with salt and pepper, a small onion, minced, and a bit of parsley

or celery—or both. Mix all together thoroughly with an egg, a cupful of bread crumbs and a tablespoonful of flour. Make into small balls or cakes, and fry twenty minutes.

Meat Blankets and Dressing

Take four large oysters. Wrap each one—first with a thin slice of veal (salted and peppered), then with a thin slice of bacon, tie securely. Put them in a baking pan with a small cupful of boiling salted water and four balls of dressing. Bake.

For the dressing: Take three cupfuls of fine bread crumbs and moisten with milk, one cupful of finely chopped celery, a teaspoonful of horseradish, salt and pepper to taste, two tablespoonfuls of melted butter and a beaten egg. Make into cakes.

A bit of tart jelly may be served on top of each cake.

Baked Ham

Have a slice of ham cut two inches thick. Place in a skillet and cover it with cold water; let it boil for ten minutes, then take it from the water, sprinkle with flour over the top, and bake in the oven for half an hour.

Beef and Sausage Cakes

Have the butcher grind together one pound of beef and a quarter of a pound (or more) of pork sausage. Then mix together two slices of stale bread (crumbed), a chopped celery stem, a pinch or more of dried sage, a slice of onion (minced) and a beaten egg. Mix all thoroughly with the sausage and make into small balls and fry in drippings. (The egg may be omitted.)

Escalloped Ham

Two cupfuls of finely chopped boiled ham, one cupful of chopped hard boiled eggs, one teaspoonful of mustard, pepper to taste. Mix all together with a white sauce (of boiled milk and flour). Cover the top with bread crumbs and small pieces of butter, and bake one half hour.

Hamburg and Rice

Take a teacupful of cold boiled rice and two teacupfuls of minced steak, salt, pepper, and a stem of chopped celery. Mix all thoroughly with an egg. Take leaves from boiled cabbage and stuff in small rolls, tie and put in a baking pan with a small cupful of hot water and bake twenty minutes.

Meat Leftovers

Take a cupful of any kind of cooked meat or game well chopped, a cupful of mashed potatoes, half a cupful of bread crumbs, a stem of celery finely chopped, half a teacupful of stewed tomatoes, salt and pepper. Mix all thoroughly and put in muffin or small pans. Hollow out the center of each and place in it the half of a hard boiled egg. Bake until well heated.

(These cakes may be heated in a covered skillet on top of the stove.)

Re-Heated Ham

Take two small slices of cold boiled ham and put in a skillet with a bit of butter. Rub over it a very little prepared mustard and a dash of pepper. Cover and heat slowly, then turn the ham and spread with currant or any tart jelly. Serve.

Leftover Veal

One or two cupfuls of veal or mutton and an equal amount of cooked macaroni. Chop all together, mix thoroughly, add a slice or two of chopped onion, a bit of celery and two tablespoonfuls of tomato catsup. Salt and pepper to taste. Bind all with a well beaten egg; make into cakes and fry—(or steam for forty minutes in a double boiler).

Rissoles

Make a thorough mixture of two cupfuls of ground or finely chopped cooked meat, a slice of stale bread, crumbed; a slice of onion (chopped), a little grated nutmeg—or any preferred spice, salt (one-third of a teaspoonful), and pepper. Stir all together with an egg. Make little balls and enclose them with thinly rolled pastry and bake in muffin pans until brown.

The pastry may be omitted and the balls rolled in cracker crumbs and fried to a good brown.

Instead of pastry, fry the balls; then cover them with a shell of mashed potatoes, and brown.

Any hashed meat may be served in shells of mashed potatoes.

Mock Terrapin

Cut up in half inch squares a cupful or more of cooked veal. Make a gravy with a rounding tablespoonful of butter and a heaping tablespoonful of flour—rubbed smooth in a frying pan; when brown put in a small cupful of soup stock (or hot water). When the gravy boils up add the veal, juice from half a lemon, a bit of mint, half a cupful of stewed tomatoes,

salt and pepper to taste, and heat all thoroughly. Serve with sliced hard boiled egg, with a bit of currant jelly on each slice.

Irish Stew

Take two pounds of boiling beef, rub it all over with a spoonful of brown sugar. Put it in a hot skillet with butter, and sear all over until well browned. Then place it in a kettle with a pint of hot water and boil ten minutes. Add two small onions, two small (or sliced) carrots, two peppers, two large potatoes. Cover tightly and cook slowly until the vegetables are done. Add salt and pepper. Then serve.

Chop Suey (Italian)

Take a quarter of a package of spaghetti, cover with salt water and cook until nearly done. Fry in a pan two small slices of onion and a cupful of ground beef. When done pour over them a cupful of stewed tomatoes and the spaghetti; boil all together for five minutes, and serve.

(Pork and veal may be used instead of beef.)

Baked Calf's Liver

Thoroughly wash a pound of calf's liver and sprinkle it with salt, pepper, and a teaspoonful of flour. Put it in a well greased baking pan. Add a sliced carrot, two small tomatoes and two potatoes (a little spice of any preferred kind may be added). Make two balls of dressing and put them in the pan. Pour over all a half pint of hot water, cover tightly and bake slowly for one hour.

Calf's Heart

This may be prepared the same as calf's liver. The heart may be cut open, stuffed with the dressing and tied in place.

Crusted Fat Pork

Take thin slices of fat pork, roll them in flour until thoroughly coated, and fry until crisp.

Veal Cutlets

Take the desired number of cutlets and rub them well with the yolk of an egg. Dip them in crumbs that have been seasoned with grated nutmeg, minced herbs, pepper and salt. Fry them in hot fat, and serve with butter or gravy made by adding a little flour to the hot fat, browning it, and adding sufficient water.

SAUCES FOR MEAT

Horse Radish Sauce

To two tablespoonfuls of grated horse radish add a teaspoonful of vinegar, a rounding teaspoonful or more of sugar, a dash of pepper and a pinch of salt, also a pinch of saleratus. Just before serving stir in three heaping tablespoonfuls of whipped cream.

Tomato Sauce

Brown two heaping teaspoonfuls of butter in a saucepan. Add gradually three or four tablespoonfuls of flour. Pour in a cupful of stewed tomatoes that have been put through a sieve; add a slice of onion minced, two or three cloves, a teaspoonful of minced parsley, half an even teaspoonful of salt and a dash of pepper. Stew slowly for about twenty minutes.

Spanish Tomato Sauce

Take a heaping tablespoonful of raw minced ham, a rounding tablespoonful each of minced celery, onion and green pepper. Melt a heaping tablespoonful of butter in a saucepan and stir in gradually two rounding tablespoonfuls of flour; when smooth add half a cupful of soup stock and a cupful of stewed tomatoes with the ham mixture. Salt and pepper to taste.

White Sauce

Melt in a saucepan a rounding tablespoonful of butter and stir in gradually two or three spoonfuls of flour. When smooth add gradually a cupful of milk, salt and pepper. Spice may be used if desired.

Bechamel Sauce

Cook together a cupful of chicken broth, a bit of onion, a sprig of parsley, a bit of thyme and bay leaf, two peppercorns, a pinch of salt, and a little grated nutmeg. Then take another saucepan and melt three teaspoonfuls of butter, add the same amount of flour, and make a smooth paste. Mix all together, stirring constantly. Pour in half a cupful of cream, and beat until smooth.

Remove it from the fire and add a slightly beaten egg yolk. Serve hot.

Cocktail Sauce

Three teaspoonfuls of lemon juice, two even tablespoonfuls of grated horse radish, two teaspoonfuls of tomato catsup, one teaspoonful of Worcestershire sauce, half an even teaspoonful of salt, and a drop of Tabasco sauce. Mix well.

Southern Sauce

Melt a rounding tablespoonful of butter in a saucepan. Add to it two rounding tablespoonfuls of chopped mushrooms, a teaspoonful each of minced onion and green pepper, salt. Cook for four or five minutes. Stir in a tablespoonful of flour, and when smooth add a cupful of stewed tomatoes. Lemon juice or a little spice may be added.

POULTRY AND GAME

Chicken Stew (Spanish)

Take a small chicken and cut it up; an onion and two cupfuls of canned tomatoes. Cover with water and boil until the chicken begins to get tender; then add thick slices of parboiled potatoes and a cupful of canned peas; salt and pepper to taste (cayenne pepper).

Half a cupful of canned mushrooms may be used.

Hot Tomales

Boil a fowl until tender, adding salt to the water at the end of fifteen minutes. When done strip the meat from the bones, chop it very fine and season with cayenne and salt, adding a little garlic.

Have ready made a thick paste of cornmeal mush. Make the meat into balls, incase each in the mush and pack into the inner husks of Indian corn, first washing these in boiling water. Tie the husk securely around each ball and drop them into the boiling liquor in which the chicken was cooked. Boil fifteen minutes. Serve hot.

Chop Suey

Take a cleaned chicken and cut the meat into small strips free from any bone. Cook this in drippings or butter until nearly done; then add half a cupful, or less, of dried mushrooms that have been soaked in water, and a small onion (minced). Pour over all the third of a cupful of Chinese sauce and half a cupful of hot water. Stew a few minutes, then put in a stalk

of chopped celery and three Chinese potatoes, washed and sliced. Cover and simmer until done. Thicken with flour, and serve with cooked rice.

Chop Suey (Chicago)

Take chicken liver, gizzard, and scraps, half an ounce of ginger, two stalks of celery and a pound of fresh pork. Chop all together and fry in drippings.

Take a tablespoonful of olive oil, a tablespoonful of Worcestershire sauce and two teaspoonfuls of cider vinegar. Add salt, pepper and a dash of ground cloves. Mix well with a small cupful of boiling water, and a small cupful of canned mushrooms; put the fried meat in this and boil five minutes.

Fried Chicken

Take a prepared chicken, wash and cut it up. Dredge each piece in flour. Put butter or drippings in the frying pan and when hot put in the pieces of chicken, snugly. Salt and pepper over all. Cover tightly and cook very slowly. Then turn the pieces, adding a little butter. Leave uncovered and brown nicely.

(Should the chicken be tough, put in a cupful of water at first and let it stew awhile before following the above process.)

Fried Chicken, Southern Style

Clean and joint a young chicken and roll each piece in flour. Take four slices of salt pork and fry them until crisp. Remove the pork and put the floured chicken in the hot grease. Salt and pepper over all.

Should there not be enough grease add a little shortening. Keep turning the chicken and fry slowly until tender.

Have prepared a paste, by rubbing together a tablespoonful of flour, a bit of butter and a little milk. Put the fried chicken on a hot dish, heat a cupful of milk and stir in the paste, add a pinch of soda and stir this smoothly into the hot chicken drippings, and sprinkle over it a teaspoonful of chopped parsley. Bring it to a boil and pour it over the chicken. Serve with tart jelly.

Stewed Chicken

Take a prepared chicken, wash and joint it. Put it in a frying pan with two spoonfuls of shortening. Let it brown on all sides. Mix together in a paste a teaspoonful of sugar, a teaspoonful of vinegar, a dash of salt and pepper and two rounding teaspoonfuls of flour, with a little water.

Put the contents of the frying pan into a kettle, cover with the paste and a pint of water. Stew for twenty minutes, then cover it tightly and cook slowly.

Fricasseed Chicken

Cut up and wash a prepared chicken and fry in fat until brown—the whole chicken need not be used. Take the neck, giblets, back and dark meat. Put the browned pieces in a kettle with a pint of water or stock, season with salt and pepper; cover it and cook slowly for an hour. Make dumplings by sifting two small cupfuls of flour with a teaspoonful of baking powder, and a little salt. Moisten with a little milk

or water, and drop a spoonful at a time in the hot liquid. Cook for about ten or twelve minutes.

Garnish with a sprinkling of parsley and a few dots of acid jelly.

Roast Chicken With Dressing

Take a prepared chicken and wash it thoroughly, and be sure that the inside is perfectly clean. Stuff it with dressing. Sew it up and tie down the legs and wings by wrapping a piece of twine around the chicken. Place the chicken in a roasting pan, after rubbing it all over with butter and dredging it with flour. Put the pan in a hot oven and when the chicken is browned, reduce the heat and pour over a pint of hot water; balls of left over dressing may be put in. Baste often with a large spoon and cook until tender.

Use any preferred stuffing.

Baked Chicken

Take a tender chicken that has been prepared by the butcher. Wash it and cut it up (at the joints); salt and pepper each piece and cover it with a paste made of two tablespoonfuls of flour and one rounding teaspoonful of butter rubbed together and moistened. Put the pieces in a baking pan with two teacupfuls of water; cook slowly.

Chicken Pot Pie

Wash and cut up a prepared chicken. Line a deep pan with paste as for any pie, and pare four medium sized potatoes. Dredge the chicken and potatoes with flour and add salt and pepper. Place all in the dish

and pour in enough water to cover them. Then put on a top crust, pricking holes in the center. Bake for more than an hour.

Should the crust begin to brown too quickly, cover it with well buttered paper. The pot pie may be made without an under crust, baking it in a pan that may be used in serving.

Currant or cranberry jelly is good with this.

Chicken and Oyster Pot Pie

Put all or part of a cleaned and jointed chicken into a kettle, cover it with cold water and boil gently until tender; then put in pepper and a half teaspoonful of salt. Take out the chicken and thicken the liquid in the kettle by making a paste of two tablespoonfuls of flour and one of butter well rubbed together and moistened with a little of the gravy; stir this in smoothly. (Half a cupful of cream is good to use, but may be omitted.)

Now take a deep pan and put strips of pastry up and down the sides of the greased pan (two inches apart). Put in the chicken and a cupful of oysters and pour over all the thickened gravy and cover the top with strips of pastry—"pinching them"—to the side pieces. Brush a little milk or egg over the crust and bake in a hot oven. As soon as the crust is done remove from the oven. Serve with acid jelly.

Paste for Pot Pie: Three cupfuls of flour sifted with two heaping teaspoonfuls of baking powder and an even teaspoonful of salt. Chop into the flour two tablespoonfuls of very cold shortening and add enough milk to make a dough.

Roast Duck With Ham

Take a prepared duck, wash it and put it in a baking pan. Season with salt, pepper and a little butter or lard. Surround the duck with onions cut in halves and small slices of fresh ham. Put in about two small cupfuls of hot water, and baste to keep the meat moist.

Wild Duck Roasted

Clean thoroughly and stuff with a dressing made by chopping together the giblets, a slice of bacon, a small onion, a sprig of parsley and slices of a peeled orange. Mix thoroughly with two slices of stale bread (crumbed), add salt and pepper to taste (an apple may be used instead of the orange), and a dash of any preferred spice.

Bind the wings and legs closely to the body with twine. Put the duck into a roasting pan and lay over it several thin slices of bacon, and put into a hot oven. Brown a little, then pour over all a cupful of hot water and cover the pan. Turn down the fire a little and roast until tender. Serve with currant jelly or sliced oranges.

Roast Turkey

Take a young, tender turkey, have the butcher prepare it for roasting. Wash and dry it, stuff it, sew it up and truss it well and rub it all over with butter and salt and pepper. Rub a little flour over this. Put the turkey in the roasting pan and place it in a hot oven until well browned. Now pour in two cupfuls of hot water and turn down the fire and cook very slowly

for about three hours; baste it every twenty minutes until done. Cover with buttered paper or pan to keep from browning too quickly. Baste at first with a tablespoonful of melted butter mixed with half a cupful of hot water. After this is used up baste with the liquid in the pan. Use any of the following kinds of dressing: Oyster, sage, chestnut, onion. Serve with cranberries.

Rabbit Fricassee

Skin and thoroughly clean the rabbits, disjoint, and put them in a stewpan. Season with salt, pepper and chopped parsley. Pour in a large cupful or more of broth or water, and simmer until tender. Then put in bits of butter and remove it from the fire. Add two tablespoonfuls of thick cream, and serve at once.

NOTE—In roasting wild ducks or other game, that have too strong a flavor, parboil them with a small, peeled carrot placed in each before roasting. An onion may be used for the same purpose, but it will leave the onion flavor.

DRESSING FOR POULTRY

Plain Dressing

To four cupfuls of bread crumbs add two cupfuls of chopped celery and a heaping tablespoonful of butter. Salt and pepper to taste.

Clean the fowl thoroughly, wipe the inside with a cloth and rub in any preferred spice before stuffing. Do not pack the dressing in tight.

Apple Dressing

Chop three tart apples with two or three onions; add three or four cupfuls of crumbs and a tablespoonful of minced beef suet. Mix well and season with salt, pepper, and spice if preferred. Moisten with a little water to hold the mixture together.

Oyster Dressing

Chop a dozen oysters and mix them with two or three cupfuls of crumbs and a rounding teaspoonful of butter. Add a little oyster liquor to bind the mixture together. Salt and pepper to taste.

Sage Dressing

Three cupfuls of slightly moistened bread crumbs, a minced onion, a rounding teaspoonful of butter, an even teaspoonful or more of powdered sage, salt and pepper to taste. Bind the mixture together with a slightly beaten egg. (Chopped celery, parsley, etc., may be used in this recipe.)

DRESSING FOR POULTRY

Peanut Dressing

Moisten two or three cupfuls of bread crumbs. Add a minced onion, a minced celery heart, half a cupful of finely chopped peanuts, salt and pepper to taste.

Potato Dressing

Take a large cupful or more of hot mashed potatoes, beat until light with the yolk of an egg and a tablespoonful of melted butter. Mix well with a rounding tablespoonful each of chopped parsley and celery, one quarter of a cupful of cream, and salt and pepper to taste.

Fruit Dressing

A cupful of chopped apples, a cupful of chopped prunes and two cupfuls of crumbs. Spice, salt and pepper to taste. Add a little milk to bind the mixture.

Sausage Dressing

Take a cake of cooked sausage, chop it, and mix it with enough moistened bread crumbs to make the required amount. Season it with salt, pepper, a bit of sage or other herb, and a rounding teaspoonful of butter. Cut in small pieces.

SIDE DISHES WITH MEATS

Roast Beef

Roast beef may be served with almost any kind of vegetables; potatoes in any style, beans, beets, squash, tomatoes, etc., and either horse radish or mustard sauce.

Corned Beef

This is often served with cabbage, beets, potatoes, turnips, carrots, squash, and horse radish or mustard sauce.

Beef Steak

Beef steak may be served with stuffed or plain tomatoes, baked or fried potatoes, peas, parsnips, spinach, celery, onions, and tomato sauce.

Roast Chicken

Roast chicken is served with celery, browned potatoes, squash, corn, beets, onions, and any kind of tart jelly and dressing.

Boiled Chicken

Boiled chicken may be accompanied with parsnips, tomatoes, potatoes, rice, celery, lettuce, asparagus, peas, and currant, grape or cranberry jelly.

Duck

Roast duck is well served with any kind of potatoes, except fried; macaroni, corn, beans, squash, onions, celery, rice, fruit salad and tart jelly, or apple sauce.

SIDE DISHES WITH MEATS

Goose

Roast goose is served with richly seasoned dressing, beans, mashed potatoes, sweet potatoes, baked macaroni, baked tomatoes, croquettes of rice or corn, onions, beets, turnips, olives, and spiced jellies or apple sauce.

Turkey

Roast turkey should be richly stuffed and served with any of the following:

Mashed potatoes, baked sweet potatoes, squash, turnips, tomatoes, sweet pickles of any kind, minced raw cabbage, peas, currant jelly and cranberry sauce.

Baked Fish

Baked fish is accompanied with peas, corn, mashed potatoes, cucumbers, lettuce, celery, tomatoes, and butter or lemon sauce.

Boiled Fish

Boiled fish may be served with potatoes, lettuce, tomatoes, sliced lemon and tomato sauce.

Roast Lamb

Roast lamb is served with green peas, string beans, corn, potatoes, squash, spinach, asparagus, celery, and mint sauce or jelly.

Boiled Lamb

Boiled lamb is served with potatoes, turnips, peas, asparagus, spinach, jelly, and egg sauce.

SIDE DISHES WITH MEATS

Lamb Chops

Lamb chops are served with fried potatoes, spinach, lettuce, asparagus, sweet pickles, grape jelly and tomato sauce.

Mutton

Roast or boiled mutton is accompanied by mashed or boiled potatoes, macaroni, cabbage, cauliflower, olives, asparagus, spinach, peas, currant jelly and mint or caper sauce.

Mutton Chops

Mutton chops are served with fried potatoes, baked sweet potatoes, celery, lettuce and tomato sauce.

Roast Pork

Roast pork may be served with onion dressing, sweet potatoes, Irish potatoes boiled, baked or mashed; corn in any style, tomatoes, baked beans, beets, carrots, turnips, celery, spinach, squash, etc., and apple sauce with lemon slices.

Pork Chops and Ham

With either of these serve fried potatoes, eggs, sweet potatoes, croquettes, tomatoes, lettuce, celery, olives, onions; horse radish or mustard sauce with ham, and apple sauce with pork chops.

Veal

Roast veal may be accompanied by boiled or mashed potatoes, macaroni, spinach, asparagus, celery, baked tomatoes, grape jelly, horse radish or tomato sauce.

EGGS AND OMELETS

Eggs with Cheese

Take a small baking dish and cover the bottom rather thickly with butter. Sprinkle this with grated cheese and break, very carefully, four eggs over this. Season with salt, pepper and a tablespoonful of cream. Sprinkle grated cheese thickly over the top, and bake. Do not have the oven too hot.

Omelet

Beat separately, the yolks and whites of four eggs. Mix with the yolks a cupful of milk, four teaspoonfuls of cornstarch that has been dissolved in a little of the milk; add salt. Stir in, at the last, the stiffly beaten whites and cook in a well buttered sauce pan.

Batter Omelet

Make a batter by stirring together a cupful of milk, a beaten egg, and enough flour to thicken it. Add salt and pepper. Scramble four or five eggs, with a rounding teaspoonful of butter. Cut into squares, dip each square into the batter and fry them in hot butter.

Curried Eggs

Mince an onion, fry it in butter, then add a rounding teaspoonful of curry powder and a cupful of stock. Stew this until the onion is soft. Take half a cupful of cream and thicken it with a teaspoonful of flour, and stir it in the mixture, with several hard boiled eggs cut in slices. Let it simmer a little and then serve.

SALADS

Banana Salad

Beat the white of one egg with a tablespoonful of sugar. Take two small plates and spread each with nice crisp lettuce. Slice two or three bananas and roll each slice in the egg and then in chopped peanuts. Place on the plates evenly and lay slices over each like thin sandwiches. Drop on each a small spoonful of the egg and a circle of halves of peanut kernels, in the center of each place a dot of jelly.

Pear Salad

Put crisp lettuce on two plates. Slice the peeled pears crosswise, remove the core and place on the dish in a circle near the edge. Sprinkle with sugar and heap in the center any preferred fruit, currants, cherries, etc. Pour over a fruit dressing, or French dressing may be used.

Fruit Salad

Slice two peeled oranges across and arrange them on lettuce leaves. Take seeded grapes, currants or any preferred fruit and mix with two tablespoonfuls of chopped nuts. Cover with mayonnaise dressing and serve very cold.

Peach Salad

Take three peaches and peel them; cut them in halves, remove the stones and place three halves on a plate covered with crisp lettuce. Fill the center with chopped nuts, and pour over any preferred dressing.

Beet Salad

Take a salad dish, or individual dishes, and cover with crisp lettuce; put over this a layer of chopped cabbage mixed with a little prepared horse radish; on top of this place a few sprigs of parsley, then quartered slices of boiled beets, salt and pepper. Serve with mustard dressing.

(Slices of hard boiled eggs may be used instead of the cabbage.)

Pea Salad

Take a cupful of drained canned peas, two rounding tablespoonfuls of chopped sweet pickles, and one teaspoonful of minced onions. Mix thoroughly and heap on plates covered with crisp lettuce. Sprinkle grated cheese over the top and serve with any preferred dressing.

Egg Salad

Slice four hard boiled eggs and arrange in a layer on two salad dishes covered with lettuce. Sprinkle over this grated nutmeg; on this place a layer of grated cheese, next a layer of chopped sweet pickles and a slice of egg in the center. Serve with any preferred dressing.

Orange Salad

Cover a salad plate with a large lettuce leaf, then a layer of shredded lettuce; cover this with a thick layer of sliced oranges and sprinkle with shredded cocoanut. Use any preferred dressing.

Celery Salad

Cut up celery that has been in cold water, or on ice. Arrange in a little heap on crisp cold lettuce, and pour over it a dressing of mayonnaise.

Celery and Apple Salad

Take two salad dishes and lay on each a crisp lettuce leaf, then place on this a thick layer of sliced apples. Salt them slightly and sprinkle with grated nutmeg or ground cinnamon. Over this sprinkle a layer of chopped celery hearts. A few nuts are good for the top. Mayonnaise or any preferred dressing may be used.

Celery and Nut Salad

Take two large, round, ripe, red tomatoes. Cut off a slice at the stem end and dig out the pulp. Take two small salad plates, make an outer circle of parsley sprigs or nasturtium flowers, and set the tomato cups in the center. Fill the tomato cups with the tomato pulp, chopped celery heart and chopped walnut, or any other nuts, mixed thoroughly with French or cream dressing.

Peanut Salad

Take four heaping tablespoonfuls of shelled peanuts, two small cupfuls of chopped celery and a dozen chopped olives. Mix well and serve on two plates covered with crisp lettuce. Use mayonnaise dressing.

(Chopped pickled onions may be added or used instead of the olives.)

Apple Salad

Take a cupful each of celery and apples cut in small, uniform pieces. Add half a cupful or less of any preferred chopped nuts, mix thoroughly and place on lettuce leaves in a salad dish. Serve with mayonnaise or any preferred dressing.

Prune Salad

Take a cupful of prunes that have been soaked over night, cut them in halves and put mixed chopped nuts in each piece. Take two plates, cover them with crisp lettuce, then a light layer of finely chopped celery sprinkled with ground cinnamon or grated nutmeg, then cover with the prunes and serve with mayonnaise or any preferred dressing.

Cherry Salad

Take two small dishes and cover with crisp lettuce, then a layer of canned cherries. Put a few slices of pineapple over the cherries and sprinkle over the top chopped English walnuts. Serve with mayonnaise or any preferred dressing.

Tomato Salad No. 1

Line a bowl or individual dishes with crisp lettuce or parsley. Over this place a thick layer of fresh tomatoes, peeled and sliced (canned tomatoes may be used), salt and pepper and sprinkle over it a tablespoonful of vinegar in which a little prepared mustard or horse radish has been stirred. Sprinkle a bit of shredded lettuce or greens over this, and pour over it all dressing of mayonnaise. Place a few nuts on top.

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Tomato Salad No. 2

Take three ripe red tomatoes, peel them and slice evenly. Cover two plates with crisp lettuce and arrange the slices in circles on the lettuce. Heap chopped celery in the center, salt and pepper to taste, and serve with cream dressing.

Tomato Salad No. 3

Take two salad plates and cover them with crisp lettuce. Make an outer circle of tomato slices, overlapping these, place slices of cold boiled potatoes, and in the center a layer of chopped celery; on the top a few tomato slices. Sprinkle salt and pepper over all and serve with mayonnaise dressing.

Pretty Salad

Take individual salad plates and make a circle of nasturtium leaves and flowers, the stems pointing to the center of the plate. Inside of this a circle of sliced boiled potatoes, then sliced or canned tomatoes, on the top sliced hard boiled egg and a bit of the nasturtium. Serve with any preferred dressing. (Egg or cream dressing is very good.)

Potato Salad No. 1

One cupful of sliced boiled potatoes, one cupful of chopped celery and one finely chopped onion. Mix together with salt and pepper. Melt a rounding teaspoonful of butter and stir into it a heaping teaspoonful of flour and add half a cupful of water and a table-spoonful of prepared mustard with a spoonful of

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vinegar. When it is cooked stir in a beaten egg. As soon as the mixture is cold pour it over the salad and garnish with parsley and slices of hard boiled egg.

Potato Salad No. 2

Take two salad plates and sprinkle thickly with sprigs of parsley. Mix together one cupful each of celery cut in dice, and boiled potato slices, and a dash of salt and pepper. Pile half on each dish and cover the top with a few slices of hard boiled egg, and a sprinkling of minced olives. Serve very cold with French dressing.

Potato Salad No. 3

Take two small cupfuls of sliced boiled potatoes, add a small sliced green cucumber, salt and pepper. Arrange this mixture on two salad plates over crisp lettuce leaves; sprinkle over this a minced onion and on top place slices of hard boiled egg. Make a dressing by mixing a heaping teaspoonful of butter, a teaspoonful of prepared mustard, two rounding teaspoonfuls of sugar and three tablespoonfuls of vinegar. Boil this and stir in a half a cupful or less of cream; when it boils up once more, remove from the fire and when cold add a few spoonfuls of whipped cream. Pour the dressing over the salad and serve.

Potato Salad No. 4

Take two salad plates and cover them with crisp lettuce. Put on a thick layer of sliced boiled potatoes, sprinkle them with salt and pepper. Mince a small onion and spread it lightly over the potatoes.

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Mix two tablespoonfuls of olive oil with two of vinegar and pour this over the salad. Sprinkle the top with minced parsley and let the salad be very cold for serving.

(Lemon juice may be used instead of vinegar.)

German Potato Salad

Take two salad plates and cover them with lettuce. Mince a small onion and a few olives, or bits of pickles, and mix well with two cupfuls of sliced boiled potatoes; add salt and pepper; heap it on the two plates. Fry a small piece of salt pork and take a tablespoonful of the grease, a tablespoonful of vinegar and a little hot water. Pour this mixture over the salad, and sprinkle the top with finely chopped parsley.

Veal Salad

Cover two salad plates with crisp lettuce. Mix one and one-half cupfuls of chopped veal loaf with as many chopped English walnut meats as desired. Heap this on the two plates and serve with any preferred dressing. (Horse radish dressing is very good.)

Lobster Salad No. 1

Take a cupful of canned lobster, cut in small pieces and add half a cupful or more of chopped cold chicken, or roast pork (or both), and a minced onion. Mix well and serve on lettuce leaves with mayonnaise or any preferred dressing.

Lobster Salad No. 2

Cut up a cupful of boiled lobster and add half a cupful of chopped celery hearts. Mix lightly, season

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with salt and pepper and serve on crisp lettuce with French dressing. Garnish with a few olives.

Oyster Salad

Cover individual plates with lettuce and on this place a layer of oysters. Season them with salt and pepper. Then add a layer of sliced hard boiled eggs, and sprinkle all liberally with chopped mixed pickles. Use French dressing.

Grape Salad

Cover salad plates with lettuce and sprinkle over it finely chopped celery hearts. Cut in half red or white grapes and remove the seeds. Put a thick layer of the prepared grapes on the plates and sprinkle over them a layer of walnut meats, or any preferred nuts. Cover with French dressing.

Cucumber Salad

Place crisp lettuce on salad plates. Peel two small green cucumbers and cut them in round even slices. Slice a small onion, mix the slices and arrange on the plates. Add salt and pepper and pour over all a dressing of mayonnaise.

Cabbage Salad

Cut the cabbage in a slice across the head, then cut the slice into small pieces. Take a large cupful of the cabbage and season it with salt, pepper and two table-spoonfuls of sugar. Heap this on two plates on which lettuce leaves have been placed. Either French or egg dressing may be used.

Cheese Salad

Take two salad plates and lay on each a crisp lettuce leaf; then take two or three more lettuce leaves and break them in small pieces. Put a layer of the shredded lettuce over the lettuce leaves. Take four hard boiled eggs, remove the shells, cut them round and remove the yolks, make even circles of the whites.

Mince the yolks and add a small cupful of grated cheese, a teaspoonful of prepared mustard, salt and pepper. Mix well and pour in a tablespoonful of oil and two tablespoonfuls of vinegar. Mix again and heap half of this upon each plate of shredded lettuce. Garnish with the white of egg circles.

Ham Salad

Cover two plates with crisp lettuce and put over that a layer of finely chopped cabbage, salt and pepper this lightly; then put on a layer of boiled ham cut in dice. Sprinkle over the ham finely chopped mixed sweet pickles. Use French or any preferred dressing.

Salmon Salad

Cover two plates with crisp lettuce. Put on this a layer of canned salmon cut in small pieces. On this place thin round slices of cucumbers, and serve with lemon dressing.

Sardine Salad

Cover two salad plates with crisp lettuce, sprinkle over this a little chopped parsley, then arrange sardines. Garnish with slices of hard boiled eggs, or boiled beets. Lemon, horse radish or any preferred dressing.

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Chicken Salad

Cover the salad dish with crisp lettuce. Take two small cupfuls of cooked chicken meat that has been cut in small pieces and mix with it half a cupful of chopped celery seasoned with salt and pepper. Pile this on the plate and sprinkle the top with chopped nuts. Garnish with parsley and serve with mayonnaise or any preferred dressing.

Bean Salad

Take a cupful or less of cold cooked beans, mix them with half a cupful of chopped celery and a chopped pickled onion. Cover the salad dish with crisp lettuce, heap on this the mixture and garnish with marbles of fried mashed potatoes and slices of hard boiled eggs.

Serve with horse radish or any preferred dressing.

Pineapple Salad

Take two salad dishes and cover them with crisp lettuce. On this place slices of pineapple sprinkled with chopped nutmeats and minced celery heart, and on this a layer of sliced oranges. Sprinkle with shredded cocoanut.

Any preferred delicate dressing.

Strawberry Salad

Cover individual salad plates with lettuce leaves. Place a layer of banana slices and sprinkle lightly with shredded lettuce, then a generous layer of fresh strawberries, sprinkle them with sugar and serve with Fruit Dressing No. 2.

English Walnut Salad

Take blanched English walnuts, roll each half in Mayonnaise dressing and arrange them on lettuce leaves, with a few chopped celery hearts. Put Mayonnaise dressing over all.

Stuffed Peppers

When green peppers are to be served raw, they must be washed, the top sliced off, the seeds and sections removed and the shells soaked in ice water. If to be cooked, parboil the shells for five minutes. Any kind of salad may be served in the raw shells, and the cooked ones may be served in various ways. Sausage filling is made by mixing minced onion, minced parsley and bread crumbs with the sausage, adding salt and pepper with a lump of butter. Bake fifteen minutes.

(Have a little water in the pan.)

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Egg Dressing

Mix a rounding tablespoonful of flour, a rounding tablespoonful of sugar, a tablespoonful of cream and one-quarter of a teaspoonful of salt, to a paste, and stir in a beaten egg. Mix thoroughly and add half a cupful of vinegar and cook to a cream, then remove from the fire. When cold beat in half a cupful or less of cream and serve.

(Butter may be used in this dressing.)

French Dressing No. 1

Take an even teaspoonful of prepared mustard, a bit of paprika and a pinch of salt. Mix together with a spoonful of vinegar and stir it into quarter of a cupful of vinegar and add one-quarter of a cupful of olive oil. Mix thoroughly.

French Dressing No. 2

Take a saltspoonful or less of minced onion, a dash of pepper and a pinch of salt; stir this into a large spoonful of vinegar, add three or more tablespoonfuls of olive oil and beat until it is well mixed and smooth.

French Dressing No. 3

Take one teaspoonful of Worcestershire sauce, one teaspoonful of lemon juice, one teaspoonful of prepared mustard, a pinch of salt and pepper and two rounding teaspoonfuls of sugar. Stir well with three tablespoonfuls of olive oil, beating thoroughly, then add three tablespoonfuls of vinegar and beat again.

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Cooked Dressing No. 1 (May be kept for some time)

Take a rounding tablespoonful of flour and the same quantity of sugar, and a teaspoonful of mustard, half a teaspoonful of salt, and mix into a paste with a little water. Put this with three beaten eggs, a rounding teaspoonful of butter and half a cup of water, add two cupfuls or less of vinegar and cook, stirring until it is like cream.

Cooked Dressing No. 2 (May be kept)

Take two tablespoonfuls each of flour and butter and make a paste by adding a little milk or water. Then stir together two eggs, two rounding teaspoonfuls of sugar, an even teaspoonful of mustard, half an even teaspoonful of salt and half a cupful of vinegar. Put this on the fire, cook slowly, adding the paste and a cupful of milk or water. Keep stirring until like thick cream.

Cooked Dressing No. 3 (May be kept)

Take an even teaspoonful of dry mustard, two tablespoonfuls of sugar, one quarter of a teaspoonful of salt, a rounding teaspoonful of flour and a rounding teaspoonful of butter. Mix thoroughly with a beaten egg. Heat half a cupful of vinegar, stir in the paste, putting in a dash of pepper, and cook. Pour in slowly a cupful of milk, constantly stirring until of the consistency of thick cream.

Butter Dressing (May be kept)

Mix half a cupful of butter with a heaping teaspoonful of flour, a rounding teaspoonful of dry mustard and

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a tablespoonful of vinegar; make it smooth. Heat this mixture with a cupful of condensed milk in a double boiler, stir in a well beaten egg. When hot stir in a cupful of vinegar and half an even teaspoonful of salt. Cook three minutes and stir steadily.

Easy Dressing

Beat an egg and add to it a mixture composed of a rounding teaspoonful each of flour and sugar, an even teaspoonful of dry mustard and half of a teaspoonful of salt. Put a cupful of milk in a double boiler and pour in the mixture, adding two-thirds of a cupful of vinegar. Cook until thick, stirring it well. Use cold and beat in half a cupful of thin cream.

Mayonnaise Dressing No. 1 (Without oil)

Cook together in a double boiler a rounding teaspoonful of butter, a rounding tablespoonful of sugar, an even teaspoonful of prepared mustard, half a cupful of vinegar, half an even teaspoonful of salt, and half a cupful of water. Let it boil and add two beaten eggs and a teaspoonful of peanut butter. Stir well and when like cream remove from the fire.

This will keep several days.

Mayonnaise Dressing No. 2

Beat an egg thoroughly and add an even teaspoonful of prepared mustard, a quarter of a teaspoonful of salt, two tablespoonfuls of oil and four teaspoonfuls of lemon juice. Stir well and cook in a double boiler until like thick cream. When cold, just before using, thin cream may be whipped in it.

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Mayonnaise Dressing No. 3

Take a cold shallow bowl and the yolk of an egg that has been in the refrigerator. On the yolk drop four drops of lemon juice and stir with a silver fork. While stirring add, drop by drop, salad oil to the amount of a cupful. When this begins to thicken, the oil may be added more rapidly, stirring constantly until very thick; then add half a cupful of vinegar and a teaspoonful of prepared mustard. Salt and pepper.

Dressing for Fruit No. 1

Cook together one cupful of vinegar, one rounding tablespoonful of sugar, pepper, half an even teaspoonful of salt and butter the size of a walnut. When it boils add two beaten eggs. Stir well and when it boils again remove from the fire. When cold and ready to serve add four tablespoonfuls of whipped cream.

Dressing for Fruit No. 2

Beat two eggs until very light, add five tablespoonfuls of thick cream, salt and pepper and a pinch of dry mustard. Beat thoroughly and serve.

Sour Cream Dressing for Lettuce, Etc.

Beat together four tablespoonfuls of sour cream, two heaping tablespoonfuls of sugar and three tablespoonfuls of vinegar with a pinch of salt. Beat until of the consistency of cream.

This is good with cucumbers, lettuce, etc.

Lemon Dressing for Lettuce, Etc.

Beat together thoroughly the juice of two or three

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lemons, two rounding teaspoonfuls of sugar and a tablespoonful each of vinegar and olive oil. Mix thoroughly and serve.

Oil and Lemon Dressing

Beat separately the yolks and whites of two eggs. Mix together two teaspoonfuls of olive oil and the juice of half a lemon. Add this slowly to the yolks, beating constantly. Salt and pepper to taste, and add the beaten whites with a tablespoonful of sugar. Stir thoroughly and add a cupful of whipped cream. Whip all together until stiff and set it on the ice until ready to serve.

Dressing for Meat Salad

Boil together half a teacupful of vinegar and a heaping tablespoonful of sugar. Melt a rounding teaspoonful of butter, add the same amount of flour, and stir the vinegar into it gradually until thick and smooth. Season with salt, pepper and half a teaspoonful of mustard. Beat an egg thoroughly and stir it in the boiling mixture with another teaspoonful of butter. Remove in one minute.

Horse Radish Dressing for Meat

Take a cupful of chicken stock and thicken it with a paste made by rubbing together a rounding teaspoonful each of butter and flour. When hot add salt and pepper, an even teaspoonful of prepared mustard and two tablespoonfuls of lemon juice. Boil and stir in half a cupful of cream and the well beaten yolk of an

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egg. Turn down the fire and add three tablespoonfuls of prepared horse radish, simmer a minute or two and serve while hot.

Tomato and Onion Dressing for Meat

Melt a tablespoonful of butter and add the same amount of flour and a rounding teaspoonful of chopped onion. Pour into this a cupful of tomato pulp that has been put through a sieve, salt and pepper to taste. Serve very hot.

To Color Dressing Green

Take a small cupful of peas and add two or three leaves of mint and lettuce, a branch of parsley and a little spinach. When the peas are well cooked drain and put the pulp through a sieve, and when it is dry add a small quantity of mayonnaise.

Note

Uncooked mayonnaise made with oil should not be prepared long before using, as the mixture may curdle. Everything used should be cold and the oil dropped slowly at first.

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Our Pudding

Take half a pint of milk, milk and water, or water, and bring to the boiling point. Remove it from the fire and stir into it two-thirds of a cupful of grape-nuts and half a cupful of seeded raisins, three tablespoonfuls of sugar that has been mixed with a tablespoonful of cornstarch, a pinch of salt, a quarter of an even teaspoonful of grated nutmeg and the yolk of one egg. Mix well and cook in a double boiler for twenty minutes, or until like custard. Then turn it into two pudding dishes and when cold heap on each a portion of the white of the egg, beaten stiff with two tablespoonfuls of sugar.

The egg may be omitted and any preferred sauce may be used.

Banana and Lemon Pudding

Butter a deep baking dish and put into it a thick layer of sliced bananas, half of a lemon sliced with the rind left on, a heaping tablespoonful of brown sugar and a sprinkling of ground cinnamon. Pour over this a batter made by using a small cupful of flour sifted with a rounding teaspoonful of baking powder, butter the size of a marble, and a rounding tablespoonful of brown sugar. Sprinkle brown sugar over the top and bake for about ten minutes.

Banana Pudding

Take four large ripe bananas, slice them very thin and press them through a sieve. Add a scant cupful

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of cake or cookie crumbs, the beaten yolk of one egg, half a cupful or less of finely chopped nuts and half a cupful of cream (or milk) and a bit of butter. Sprinkle over this grated nutmeg, and last put in lightly the well beaten white of the egg. Bake in a greased pudding dish in a moderate oven and serve with fruit sauce, or cream and sugar.

Date Pudding

Take one well beaten egg, one scant cupful of sugar, three rounding tablespoonfuls of flour in which has been sifted one teaspoonful of baking powder, half an even teaspoonful of salt, and a lump of butter the size of a hickory nut. Stir thoroughly and add a large cupful of chopped mixed dates and walnuts with half a teaspoonful of vanilla. Mix well with a spoonful of cream and bake slowly for fifteen or twenty minutes. Serve with any preferred sauce.

Rhubarb Pudding

One and a half cupfuls of stewed and strained rhubarb placed in a stewpan, add half a teacupful of water and let it come to a boil. Thicken with cornstarch, and sugar to taste. Flavor with vanilla or lemon and pour it into moulds to cool.

Serve with cream or any preferred sauce.

Prune Pudding

Heat two cupfuls of milk, moisten a heaping teaspoonful of cornstarch and stir it in smoothly. Remove from the fire, add about half a cupful of sugar, or to taste, a pinch of salt and two well beaten eggs. Stir

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thoroughly and put in a cupful of stewed prunes stoned and cut in halves. Pour the mixture into a buttered pudding dish and bake about fifteen minutes.

Serve with any preferred sauce.

Orange Pudding

Peel, slice and sweeten two oranges and arrange them in two dishes. Beat the yolk of one egg and stir with it two rounding teaspoonfuls of sugar and a grating of nutmeg. Take two small cupfuls of milk and bring it to the boiling point and thicken it with a heaping tablespoonful of cornstarch. Add the beaten yolk and stir it well. Cook for a few minutes and pour it over the oranges. Beat the white of the egg well, add a little sugar and heap it on top of the two dishes.

Orange Cottage Pudding

Peel and slice two oranges and cover them with half of a cupful or more of sugar, let it stand for half an hour. Make a batter of one beaten egg, a scant cupful of sugar, a large cupful of flour in which has been sifted a heaping teaspoonful of baking powder, a rounding tablespoonful of butter and half a cupful or more of milk. Bake about twenty-five minutes in a slow oven. Slice and arrange on the dishes a layer of cake and then a layer of orange.

Serve with thick cream or any preferred sauce.

Steamed Cottage Pudding

Chop suet very fine to the amount of half a cupful, mix with a rounding teaspoonful of butter, add a cup-

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ful of seeded raisins (or mixed with currants), an even teaspoonful of ground cinnamon, a pinch of ground cloves, half of an even teaspoonful of salt, and a cupful of sweet milk. Stir well and add two tablespoonfuls of flour in which has been sifted a teaspoonful of baking powder and a tiny pinch of saleratus. Add flour enough to make a stiff batter, and steam for three hours. Serve with any preferred sauce.

Our Cottage Pudding

Make a plain cake. Cream together one-half cupful of butter and one cupful of sugar. Sift a rounding teaspoonful of baking powder with a large cupful of flour, add the sugar mixture, two beaten eggs, a pinch of salt, one-half cupful of milk or water, and a scant teaspoonful of vanilla. Stir all together and add flour to make a stiff batter. Bake in a greased pan.

Sauce.—Take a saucepan, put in a teacupful of water and let it boil. Stir in a rounding teaspoonful (or less) of butter and half a cupful of sugar. Thicken with a rounding teaspoonful of flour (mixed with the sugar or with a little water so it will not form lumps). Let it cook until it is like syrup, add a little vanilla and pour over thick squares of the hot cake.

Cracker Pudding

Take two cupfuls of sweet milk and heat it to the boiling point. Stir in two cupfuls of crushed crackers. Beat an egg thoroughly and stir it in and flavor with nutmeg or vanilla. Serve with fruit sauce.

Almond Pudding

Chop into very small pieces half a cupful of blanched almonds and mix with them a grated or finely chopped apple, a heaping tablespoonful of sugar, an even teaspoonful of ground cinnamon, a pinch of salt and a large cupful of soaked bread crumbs. Stir thoroughly and add a well beaten egg. Bake in a greased pudding dish for about twenty-five minutes. Serve with fruit sauce.

Cocoanut Pudding

Take a cupful of fine bread crumbs and soak them in two cupfuls of sweet milk. Beat the yolks of two eggs and stir into them half a cupful of sugar and a piece of butter the size of a hickory nut. Add a tablespoonful of lemon juice and mix all thoroughly with the soaked bread and a half cupful or less of finely shredded cocoanut. Bake in individual pans until the custard is well set.

Make a meringue by beating the whites of the eggs, and add gradually a heaping tablespoonful of sugar. Heap the meringue on the pudding and sprinkle with cocoanut. Brown lightly and serve cold.

Chocolate Cocoanut Pudding

Take two cupfuls of sweet milk and a heaping teaspoonful of broken chocolate, heat to the boiling point. Mix one heaping teaspoonful of cornstarch, half a cupful of sugar and a rounding teaspoonful of powdered cocoanut. Add this to the milk with a well beaten egg. Stir until thick, and pour into two dishes. Serve cold with cream or fruit sauce.

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Easy Cocoanut Custard

Add a well beaten egg to two cupfuls of milk, half a cupful of sugar, a pinch of salt and half a teaspoonful of vanilla. Stir well with two heaping tablespoonfuls of shredded cocoanut. Bake in two small dishes and serve with cream.

Pineapple Pudding (Or other fruit)

Take a small sponge cake and split it like layer cake. Put the bottom piece in a greased pudding pan, wet it and spread over it slices of pineapple, sprinkle lightly with sugar, place on the wet top, cover closely and bake slowly. Remove the cover and brown.

Any preferred fruit may be used. Serve with cream or other sauce.

Apple-Bread Pudding

Grease a small baking dish and cover the bottom thickly with bread crumbs, dot this with butter, add a dash of salt; next place a layer of sliced apples, sprinkle thickly with sugar and cinnamon, or any preferred spice; put on a top layer of bread crumbs, dot with butter, add spice, salt and pepper and pour over this half a cupful of hot water. Bake slowly and serve with cream or fruit sauce.

Chocolate Pudding

Cream together a rounding teaspoonful of butter and half a cupful of sugar. Sift together half a cupful of flour and a rounding teaspoonful of baking powder. Mix the ingredients together with one square of chocolate, melted, half a cupful of milk and a well beaten egg. Steam or bake in individual dishes.

Indian Pudding

Heat two cupfuls of milk to the boiling point and pour in slowly a cupful of cornmeal, stirring constantly; let it boil slowly. Remove from the fire and add a cupful or more of rich milk, a well beaten egg, half an even teaspoonful of salt, an even teaspoonful of ground cinnamon, a rounding teaspoonful of butter and a cupful of New Orleans molasses. Stir well and pour the mixture into a greased pudding dish and bake for an hour or longer. Serve with any preferred sauce.

Fruit Pudding

Sift together a cupful of flour, half an even teaspoonful of salt, and a rounding teaspoonful of baking powder. Chop into this a heaping teaspoonful of shortening and add a cupful of water. Stir and add flour or water, making as stiff a dough as can be easily stirred. Spread a layer of dough in a greased pudding dish, then put in the layer of fruit, fresh, dried or canned, and season to taste. Roll the pastry for top, or thin it and pour over all. Bake slowly. Serve with sauce.

Rice Pudding

Take one-third of a cupful or more of well washed rice (rub it thoroughly), put plenty of water in a porcelain kettle and let it boil, then drop in the rice a little at a time, keeping the water boiling. Cook for five minutes or more, watching that it may not stick to the kettle. Now pour it all into a sieve and hold it under the cold water faucet. Each grain should be separate from the others. Heat more water or milk and add the rice as before. After it boils for about

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five minutes put it in a double boiler and cook it until tender and dry (rice will absorb about four times its bulk in liquid). Add one cupful of milk, a table-spoonful of currants, a dash of salt, and sugar to taste. The beaten yolk of an egg may be stirred in and any flavoring preferred. Serve cold with cream. (This may be baked.)

Vegetable Plum Pudding

One-half cupful each of grated raw potato and carrot, half a cupful of sugar, one-quarter of a cupful of finely chopped suet, an even teaspoonful of ground cinnamon, half an even teaspoonful of allspice, one-third of an even teaspoonful of salt. Take half a cupful of flour and sift with it an even teaspoonful of baking powder or half an even teaspoonful of saleratus dissolved in a little water; dredge in this half a cupful of seeded raisins and mix all the ingredients together thoroughly. Put the mixture into individual cups and steam nearly three hours. Serve with hard sauce.

London Pudding

Take a well beaten egg, half a cupful of finely chopped suet, a cupful of seeded raisins, a cupful of sweet milk, an even teaspoonful of grated nutmeg, half an even teaspoonful of salt. Sift a heaping teaspoonful of baking powder into a large cupful of flour, mix all the ingredients and add flour to make a stiff dough. Boil for two hours in two cloth bags, and allow for swelling.

Hard sauce may be used.

Spanish Pudding

Bring to the boiling point and sweeten half a pint of rich milk. Take half a pound of sponge cake and cover it with one-quarter of a pound of grated coconut. Pour the milk over this and let it stand. When it is well soaked, stir in one or two well beaten eggs.

Butter two pudding dishes and put an ounce or more of preserved ginger in them, and pour in the pudding. Steam for nearly two hours, and serve with ginger syrup.

Snow Pudding

Mix a tablespoonful of cornstarch with a small cupful of water and boil it; remove and stir in the beaten white of an egg. Make a custard of a small cupful of milk, two heaping tablespoonfuls of sugar, a pinch of salt and the yolk of the egg. Stir thoroughly and cook in a double boiler. Place the snow in two dishes and when cold cover it with the custard. Serve cold.

This custard may be used on fruit slices (bananas, etc.).

Suet Pudding

Take half a cupful each of chopped suet, brown sugar, currants and seeded raisins. Sift a large cupful of flour, add half an even teaspoonful of saleratus that has been dissolved in a little water. Mix all the ingredients and add an even teaspoonful of allspice and ground cinnamon, and a little ground cloves if liked, half an even teaspoonful of salt and a beaten egg. Pour in enough sour milk to make a stiff batter, and steam in loose bags for two hours.

Serve with tart sauce.

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Southern Pudding

Take a large cupful of flour and sift it, add half an even teaspoonful of baking soda that has been dissolved in a little water. Mix together half a cupful of molasses, half a cupful of warm water, a cupful of chopped raisins and nuts mixed, half of a nutmeg grated, and the yolks of two eggs. Stir in the flour, add more flour or water to make a stiff batter, and steam two hours. Serve with hard sauce.

Montreal Pudding

Take a pudding dish, butter it and place seasoned fruit and nuts in it, then cover it with a batter made by creaming together a rounded tablespoonful of butter and half a cupful of sugar, a cupful of flour in which has been sifted a rounded teaspoonful of baking powder, half a teaspoonful of salt and a beaten egg. Stir thoroughly and pour it over the fruit. Steam it half an hour or more, or bake for fifteen minutes. Serve with fruit sauce.

Apple Dumplings

Make a dough as for biscuit, roll it out and cut it in squares. Pare thinly and core tart apples and fill the centers with sugar and spice. Wrap each securely with a square of dough and lay them in a well buttered baking pan. Dot them over with butter and a layer of sugar and spice. Pour a cupful of boiling water in the pan and bake rather slowly for half an hour, basting several times. Serve with cream or any preferred sauce.

(Currants, rhubarb, etc., may be used for dumplings.)

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Apple Dumplings, Steamed

Sift together half a pint of flour, a rounding teaspoonful of baking powder and a pinch of salt. Add enough sweet milk to make a stiff batter. Line deep cups with this and fill the center with slices of sour apples, seasoned with plenty of sugar and ground cinnamon. Put more batter (or dough) on top, and steam for about forty-five minutes.

Serve with cream and sugar.

Macaroni Pudding

Take half a cupful of macaroni that has been broken in small pieces, put it in half a pint of milk and simmer until tender. (A double boiler is best to use.)

Mix together half a cupful of sugar, a rounded tablespoonful of butter and add the yolks of two well beaten eggs, a teaspoonful of lemon juice and a bit of the grated peeling. Beat the whites of the eggs stiffly and stir them in just before putting the mixture in a buttered pudding dish. Bake slowly, covering it if necessary.

Sweet Potato Pudding

Peel and grate a small raw sweet potato, stir this in half a pint of warm milk and boil for five minutes or longer. Stir in a heaping teaspoonful of butter, half a cupful of sugar, a little grated nutmeg, and after removing it from the fire add slowly two well beaten eggs, stirring the mixture at the same time. Turn it into a greased pudding dish and bake moderately until firm. Serve with any preferred sauce.

PUDDINGS

Queen Bread Pudding

Take a cupful of bread crumbs and soak them in two cupfuls of milk, add a beaten egg yolk, a rounded teaspoonful of butter that has been creamed with a heaping tablespoonful of sugar, a tablespoonful of tart jelly, and a little lemon or vanilla. Bake this, and when cool spread the top with the kind of jelly used, and heap on top the well beaten white of the egg, seasoned with sugar and flavoring.

Fruit sauce may be used, or cream.

Cornstarch Pudding

Put a large cupful or more of milk into a double boiler; when hot add a heaping tablespoonful of sugar, salt, a tablespoonful of cornstarch that has been dissolved in a little cold water, and the beaten whites of two eggs. Stir all thoroughly, cook a few minutes and pour into individual cups, filling them a little over half full. Let it cool. Serve with a custard made by heating a cupful of milk, a tablespoonful of sugar and the beaten egg yolks, stir until it thickens, and flavor with a teaspoonful of vanilla. Let it cool a little and pour over the cornstarch pudding.

PUDDING SAUCE

Simple Sauce No. 1

Beat to a cream half a cupful or less of butter and a cupful of powdered sugar. Cook in a pan with a cupful or more of hot water, and flavor to taste.

Simple Sauce No. 2

Heat a cupful of water and add half a cupful of sugar creamed with a rounded teaspoonful of butter and a rounded teaspoonful of flour. Stir constantly and flavor with nutmeg or vanilla.

Simple Sauce No. 3

Cream together three heaping tablespoonfuls of powdered sugar and a heaping tablespoonful of butter and add the well beaten white of an egg. Flavor to taste.

King Sauce

Mix with a beaten egg a wineglassful of lemon or other fruit juice and a rounded teaspoonful of sugar. Put it in a pan and heat slowly, stirring constantly. When thick and foamy, remove and serve at once. (It must not boil.)

Easy Sauce

Cream together half a cupful of powdered sugar and a rounding teaspoonful of butter, half a teaspoonful of vanilla, and add slowly half a cupful of rich milk. Put the mixture in a deep dish, set it in boiling water and stir constantly until smooth, then serve.

PUDDING SAUCE

Custard Sauce

Take a gill of milk, a rounding tablespoonful of sugar and an even teaspoonful of cornstarch. Add the beaten yolk of one egg, flavor to taste and cook until like thick cream.

Orange Sauce

Cream together two heaping tablespoonfuls of sugar, one rounding tablespoonful of butter and a rounding teaspoonful of flour. Beat until perfectly smooth, and add the well beaten white of one egg. Stir this into half a cupful of boiling water and when like cream remove it from the fire and add the finely chopped pieces of half an orange, from which the seeds and rind have been taken. Then serve.

Foam Sauce

Take a rounding tablespoonful of butter and cream it with two-thirds of a cupful of powdered sugar. Flavor it with half a teaspoonful of vanilla and an even tablespoonful of tart jelly or grape juice. Stir all thoroughly and add one-quarter of a cupful of boiling water. Stir again and finish with the well beaten white of an egg. Beat until light and foamy. Serve at once.

Sugar Sauce

Mix a rounding teaspoonful of cornstarch with a little water and make it free from lumps. Add it slowly to a cupful of boiling water, stirring constantly; then put in a cupful of sugar and a scant teaspoonful of flavoring. Add a well beaten egg, or either the white or yolk. Serve at once.

PUDDING SAUCE

Nut Sauce

Take half a cupful of brown sugar and cream with it a piece of butter the size of an egg. Add half a teaspoonful of lemon or vanilla and a tablespoonful of hot water. Stir in a heaping tablespoonful of chopped nuts and the well beaten white of an egg.

Plain Sauce

Cream together a rounding teaspoonful of butter, a rounding tablespoonful of flour and two-thirds of a cupful of sugar. Put this into two cupfuls of boiling water, add any preferred flavor and let it boil a few minutes, stirring constantly.

Fruit Sauce

Take a cupful of hot water and add a cupful or less of the juice from any canned fruit. Sweeten to taste and put in a small piece of butter with a little spice, boil slowly a few minutes, and serve hot.

Maple Sugar Sauce

Break into small pieces as much sugar as desired, add half a cupful or more of boiling water, cook until it threads and stir into it a heaping tablespoonful of chopped nuts.

Chocolate Sauce

Make a paste by rubbing together two heaping tablespoonfuls of grated sweet chocolate and three tablespoonfuls of thick cream. Put it in a double boiler with a cupful of boiling water, stir it well and cook for ten or more minutes, then flavor. Serve cold and beat it before serving.

CAKES

In baking cake the oven should be kept at an even heat. For light, thin cakes a hot oven is used. After the cake begins to rise it should not be moved.

For fruit cakes and other heavy, dark cakes the oven should be moderately hot. Thick cakes are baked in pans lined with buttered paper.

Molasses Cake

Stir a tablespoonful of melted butter into two-thirds of a cupful of molasses with half a cupful of sugar and a well beaten egg. Dissolve half an even teaspoonful of saleratus in a tablespoonful of hot water. Stir the ingredients thoroughly and pour in two-thirds of a cupful of (liquid) coffee, and add about one and one-half cupfuls of flour. Bake in a loaf tin.

Air Cake

Cream together a cupful of sugar and a rounding tablespoonful of butter. Add a well beaten egg and a cupful of sweet milk. Sift a large cupful of flour with a rounding teaspoonful of baking powder and a little salt. Mix well and add a little flour if necessary for a medium stiff batter.

Spice Cake

Cream together a cupful of brown sugar and a rounding tablespoonful of butter and tried-out suet mixed. Add half an even teaspoonful of salt, an even teaspoonful each of ground cinnamon and grated nutmeg, half an even teaspoonful each of ground cloves,

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allspice and mace. Pour in half a cupful of black coffee and half a cupful of rich milk. Sift together one and a half cupfuls of flour and two rounding teaspoonfuls of baking powder. Stir into the flour half a cupful of seeded raisins, and mix all the ingredients together. (May be made in layers.)

Spiced Cake (Without Eggs)

Cream together a cupful of brown sugar and half a cupful of butter. Sift together a cupful of flour and an even teaspoonful each of ground cinnamon and allspice. Add to the flour half a cupful or more of seeded raisins or currants and a pinch of salt. Mix all of the ingredients together and add a cupful of sour milk. Dissolve an even teaspoonful of saleratus in a tablespoonful of hot water and beat all thoroughly, adding more flour if necessary for a stiff batter. Bake in a loaf.

Marble Cake

Light Part: Cream together half a cupful of sugar and a heaping teaspoonful of butter. Add half a cupful of milk and the beaten whites of two eggs. Sift a rounding teaspoonful of baking powder with a large cupful of flour. Stir all well, adding flour or milk if necessary.

Dark Part: Cream together half a cupful of brown sugar and a rounding teaspoonful of butter. Add one-quarter of a cupful each of molasses and milk, an even teaspoonful each of ground cinnamon and grated nutmeg, and half an even teaspoonful of allspice.

Prepare the flour as for the light part, adding half an even teaspoonful of saleratus dissolved in the beaten yolks of the eggs. Stir well together.

Grease a cake pan and put in spoonfuls of each color alternately. Bake in a moderate oven, covering for about ten minutes, that it may not brown too quickly.

Devil's Cake in Layers

Mix one-quarter of a cupful each of grated chocolate, brown sugar and milk; put in a saucepan and boil until like thick cream. Cream together a cupful of brown sugar and a rounding teaspoonful of butter. Add a small cupful of milk and one or two well beaten eggs. Flavor with lemon or vanilla. Now stir in the cold boiled ingredients and beat all thoroughly. Take half a pint of flour and sift it with a heaping teaspoonful of baking powder; add a little milk if the batter is too stiff. It should be quite stiff and beaten until very smooth.

Bake in thin layers and when cool put together with chocolate or other dark filling.

Fruit Cake

Cream together a cupful of sugar and half a cupful of butter. Add the well beaten yolks of three eggs. Mix together a quarter of a pound each of chopped seeded raisins, finely chopped citron and dried currants (well washed). Sift a half pint of flour with a heaping teaspoonful of baking powder. Dredge the fruit in this and season with half an even teaspoonful of ground nutmeg, an even teaspoonful of ground

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cinnamon and a pinch of salt. Now stir all together and add the well beaten whites of the eggs. Bake in a moderate oven.

Plain Layer Cake

Cream together a cupful of sugar and half a cupful of butter. Add the beaten yolks of two eggs, a small cupful of sweet milk, or water, and one and one-half cupfuls of flour sifted with a rounding teaspoonful of baking powder and a pinch of salt. Stir well and put in the beaten whites last. Bake slowly in layer pans.

White Layer Cake

Cream together one-third of a cupful of butter and a large cupful of powdered sugar. Add a small cupful of milk and a scant teaspoonful of lemon or vanilla, with a pinch of salt. Sift with a cupful of flour a rounding teaspoonful of baking powder. Stir all together and beat until smooth. Add the well beaten whites of four or five eggs and flour enough to make a stiff batter.

Bake in greased layer tins and when cold put together with any preferred filling.

Cream Layer Cake

Cream together a rounding tablespoonful of butter with one and one-half cupfuls of sugar, add a cupful of sweet cream, two well beaten eggs and two cupfuls of flour sifted with two teaspoonfuls of baking powder. Bake in three layers.

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Pork Cake

Mince half a pound of fat salt pork, pour over it half a cupful of boiling water, add half a pint each of brown sugar and New Orleans molasses. Stir in half a pound each of chopped seeded raisins and chopped stoned dates, a heaping teaspoonful of finely shaved citron, an even teaspoonful of ground cinnamon, half an even teaspoonful of grated nutmeg, allspice and cloves. Sift a large cupful of flour, add half an even teaspoonful of saleratus that has been dissolved in a little water, and a pinch of salt. Stir until smooth, adding sifted flour to make a stiff batter. Bake in a loaf.

Ribbon Cake

Take two cupfuls of sugar, half a cupful of butter and cream them together. Add a small cupful of milk and three beaten eggs. Stir in two cupfuls of flour sifted with two teaspoonfuls of baking powder. Make three portions of the mixture. To one portion add fruit juice (cherry is good for coloring); to another add one tablespoonful of dark molasses, raisins, currants, spices, etc.

Bake in three greased layer tins and put together with any preferred filling.

White Fruit Cake

Cream together half a cupful of butter and a cupful of sugar and half a cupful of sweet milk. Sift together a heaping cupful of flour and a rounding teaspoonful of baking powder. Take half a pound each of chopped figs, seeded raisins and blanched almonds. Stir the

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fruit into the flour and mix all the ingredients together thoroughly. Add a spoonful of grated cocoanut and a little finely shaved citron. Beat the whites of five eggs and stir them in last, with a pinch of salt.

Bake in a loaf pan for nearly two hours.

Small Fruit Cake

Cream together a cupful of brown sugar and half a cupful of butter. Add two well beaten eggs, two-thirds of a cupful of sour cream, an even teaspoonful of ground cinnamon, half an even teaspoonful each of grated nutmeg and ground cloves (allspice may be used instead of cloves). Put in an even teaspoonful of saleratus that has been dissolved in a little water.

Take a cupful of seeded raisins, cut them in two, and mix them in the flour with half a cupful of broken walnut meats and a teaspoonful of shaved citron.

Beat all the ingredients until very smooth and bake slowly in a loaf pan.

Economy Cake

Cream together a cupful of sugar and half a cupful of shortening composed of bacon drippings and tried-out suet. Add the well beaten yolk of an egg and a pinch of salt. Sift a cupful of flour with two rounding teaspoonfuls of baking powder. Stir all together and pour in a small cupful of milk, or milk and water, adding any preferred flavoring, and flour enough to make a good batter. Stir until very smooth.

Beat the egg white until very stiff, add sugar and flavoring, and use it to frost the cold cake.

Plain Jelly Cake

Cream together a heaping cupful of powdered sugar and half a cupful of butter. Sift a heaping cupful of flour with a rounding teaspoonful of baking powder and a dash of salt. Add the well beaten yolks of three eggs and beat all the ingredients together until very smooth. Beat the whites of the eggs until very stiff and stir them in lightly the last thing before baking. Bake in greased layer tins and when cold put together with jelly.

Lemon Cake

Cream together a cupful of sugar and half a cupful of shortening. Sift a large cupful of flour, add an even teaspoonful of saleratus that has been dissolved, and a dash of salt. Stir all together and pour in half a cupful of sour milk, a tablespoonful of lemon juice and a bit of grated rind. Beat the yolks of two eggs and the white of one; stir all together thoroughly, adding flour if necessary. Bake slowly.

The top may be frosted with the remaining white of the eggs.

Currant Cake

Sift together two cupfuls of flour and a heaping teaspoonful of baking powder, with a pinch of salt. Cream together half a cupful of sugar and the same amount of shortening. Take a small cupful of currants that have been washed and dried, stir them in the flour, then stir all the ingredients together with two well beaten eggs and half a cupful of sweet milk (or more, if too stiff). Bake in greased tart shell pans rather than muffin pans.

Chocolate Sponge Cake

Sift together a large cupful of flour and a teaspoonful of baking powder with half an even teaspoonful of salt, an even teaspoonful of grated nutmeg and a teaspoonful of orange juice. Add a square of chocolate, melted, and two well beaten eggs. Stir thoroughly and pour in half a cupful of boiling water. Beat all together until smooth.

Cream Sponge Cake

Beat thoroughly the yolks of two eggs and add a cupful of sugar and a pinch of salt.

Sift together a cupful of flour with a rounding teaspoonful of baking powder. Mix all the ingredients, pour in half a cupful of sweet cream and stir in lightly the well beaten whites of the eggs. Add a little flour if necessary.

Sponge Cake

Beat the yolks of two eggs until very light and add a cupful of sugar. Sift a cupful of flour with a teaspoonful of baking powder. Add the stiffly beaten whites of the eggs to the yolks and sugar, stir in the flour with a pinch of salt, and last of all half a cupful of boiling water, stirring at the time.

Pineapple Cake

Cream half a cupful of butter and a large cupful of confectioners' sugar, add a cupful of minced pineapple and two well beaten eggs. Sift together a cupful of flour and a rounding teaspoonful of baking powder. Mix all the ingredients and pour in half a cupful of milk. Make a thick batter, adding the necessary flour.

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Chocolate Cake No. 1

Cook together one-half cupful each of grated chocolate, milk and sugar with the yolk of an egg. Boil until thick and flavor with vanilla. Let it cool.

Cream together half a cupful each of butter and sugar, add a gill of sour milk, two cupfuls of flour, two beaten eggs and an even teaspoonful of saleratus dissolved in a little hot water. Stir the boiled mixture into the batter and bake in layers. Put the cake together with a white filling.

Chocolate Cake No. 2

Cream together a cupful of sugar and a piece of butter the size of an egg. Add three well beaten eggs, a heaping tablespoonful of grated chocolate and a cupful of milk. Beat thoroughly and stir in a cupful of flour that has been sifted with a rounding teaspoonful of baking powder, a pinch of salt, and flavoring. Add flour if necessary and beat until very smooth. Bake in a medium oven.

Jelly Roll

Sift together a cupful of flour and a rounding teaspoonful of baking powder. Take a cupful of sugar and cream it with a rounding teaspoonful of butter. Add two well beaten eggs (the whites beaten separately and added last), a pinch of salt, an even teaspoonful of lemon juice and a spoonful or two of water.

Beat thoroughly and when smooth bake in a thin layer in a long square-cornered pan. Grease the pan and sprinkle it with a little flour. Turn out the cake

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on a napkin, spread it with jelly while still warm, and roll.

Eggless Cake

Cream together a cupful of granulated sugar and half a cupful of butter. Add a cupful of sour milk, half a cupful of cocoa (dry), an even teaspoonful of saleratus dissolved in hot water, a pinch of salt, and flavoring. Mix with enough sifted flour to make a stiff batter.

Puff Cake

Cream together half a cupful of butter and a cupful of sugar. Sift together a cupful of flour, a heaping teaspoonful of baking powder and a third of a cupful of cornstarch, adding flavoring and a pinch of salt.

Stir all the ingredients together and add the stiffly beaten whites of five eggs. Bake in a slow oven. Do not open the oven for fifteen minutes, and then carefully, without jarring the cake.

Luncheon Cake

Dissolve half an even teaspoonful of saleratus in a little hot water, stir it in a cupful of molasses with a rounding teaspoonful of ground cinnamon, a table-spoonful of melted butter, a pinch of salt and a spoonful of tart fruit juice. Pour in half a cupful of water and stir in a well beaten egg. Add sifted flour enough for a soft batter and bake slowly. Serve warm.

Shortcake (Fruit)

Cream together half a cupful each of butter and sugar, add a well beaten egg, a cupful of sweet milk

and a cupful of flour into which has been sifted a rounding teaspoonful of baking powder and a pinch of salt. Use more or less flour to make a soft batter. Bake in layer tins in a hot oven. Spread mashed and sugared fruit between the layers and whole berries or fruit slices on top.

Orange Shortcake

Sift together a large cupful of flour, a rounding teaspoonful of baking powder and a pinch of salt. Mix with a piece of butter the size of a walnut. (Cut it into the flour.) Add milk enough to make a dough that will roll out. Bake in one piece and split it open, spread it with butter, then with small pieces of orange, sweetened to taste. Cover with a meringue or soft custard. Other fruit may be used.

Strawberry Shortcake

Take a rich sponge cake and slice; spread with whole berries and sweeten with sugar. Make as many layers as desired, and cover all with mashed strawberry sauce.

Steamed Shortcake

Take a large cupful of flour and sift with a rounding teaspoonful of baking powder. Cut into it a piece of butter the size of a walnut, a pinch of salt and enough sweet milk to make a dough to roll out. Line a small round pudding dish, sprinkle on this a thick layer of blueberries, and sugar to taste. Put on the second crust and more berries, then the top. Steam nearly two hours, and serve with hard sauce.

CAKE FILLING

Coffee Filling No. 1

Boil a cupful of sugar with half a cupful of strong coffee. When like syrup let it cool. Then beat into it a large half cupful of thick cream and the well beaten yolk of an egg.

Coffee Filling No. 2

Take a cupful of powdered sugar and cream it with a rounding teaspoonful of butter. Add a teaspoonful of vanilla, a tablespoonful of cocoa and four tablespoonfuls of strong coffee.

Cocoanut Filling

Beat the whites of two eggs until very stiff, then beat in a little sugar gradually (as when making frosting) and spread it on the cake, then sprinkle with shredded cocoanut. Finish the top in the same way but with more cocoanut.

Plum Filling

Boil a large cupful of sugar with half a cupful of water. Beat until very stiff the white of an egg, and, still beating, pour in the syrup. When thick enough add pecans, figs and raisins (all well chopped) to the amount of a small cupful.

Caramel Filling No. 1

Boil a cupful of sugar with half a cupful of water. Dip into it with a fork and when it forms a thread

CAKE FILLING

beat into it gradually the very stiffly beaten white of an egg (or two). When cool flavor with vanilla and two tablespoonfuls of caramel syrup.

Caramel Filling No. 2

Boil together a cupful of brown sugar, half a cupful of milk, with an even teaspoonful of butter (or cream without the butter). Try a drop in cold water, and when it thickens remove from the fire and stir in a teaspoonful of flavoring.

Caramel Filling No. 3

Boil a cupful of sugar and a cupful of sour cream until like syrup. Remove from the fire and beat until cool, adding flavoring.

Maple Filling

Boil half a cupful of maple syrup, or melt maple sugar in half a cupful of hot water. Beat very stiff the white of an egg, add a pinch of salt and pour in the syrup, beating continually. Let it cool before spreading it on the cake.

Puff Filling

Make a paste of a heaping teaspoonful of cornstarch and a little milk. Beat the whites of two eggs, adding gradually half a cupful of granulated sugar. Heat a pint of milk or less with a piece of butter the size of a hazelnut; add a pinch of salt. Stir into this the paste, taking care to keep it from lumps. Still stirring, pour in the beaten whites and a little flavoring. Add a little sugar to taste, and when thick remove from the fire.

CAKE FILLING

Pineapple Filling

Heat a small cupful of juice from fresh or canned pineapple. Mix a teaspoonful of cornstarch with half a cupful of confectioners' sugar and add it to the juice. When thick remove it from the fire and let it cool a little, then fill the cake.

Cream Filling No. 1

Heat three gills of milk, adding a pinch each of salt and saleratus. Beat an egg and stir into it half a cupful of sugar and two heaping tablespoonfuls of flour. Stir well and add gradually the hot milk. Put in a teaspoonful of lemon juice and return it to the fire; stir well and remove it when it is thick enough.

Cream Filling No. 2

Melt a heaping tablespoonful of butter, stir into it a small cupful of powdered sugar, one-third of a cupful of thick cream and half a teaspoonful of vanilla. Stir thoroughly and add more sugar to taste.

Cream Filling No. 3

Boil one and one-half cupfuls of granulated sugar with two-thirds of a cupful of water. When cooked to a syrup pour on to the stiffly beaten white of an egg, beating constantly. Flavor.

Nut Cream Filling

Take a large cupful of cream, a rounding teaspoonful of sugar, a pinch of salt, the beaten yolk of an egg; heat, and thicken with a little moistened cornstarch. Add half a cupful of chopped nuts and flavoring.

CAKE FILLING

Fruit Cream Filling

Whip a large cupful of cream, sweeten and flavor it to taste. Mix with finely chopped orange, or any preferred fruit.

This must be served at once.

Fruit Filling

The well beaten white of an egg, sweetened and flavored. Mix in finely chopped fruit.

The same recipe is good with nuts instead of fruit.

Banana Filling

Mash a banana and stir in powdered sugar until it is smooth like cream. Spread it on when the cake is nearly cold.

Apple Filling

Well cooked apple sauce beaten until smooth with the stiffly beaten white of an egg. Add sugar to taste and lemon juice for flavoring.

Gold Filling

Heat a cupful of brown sugar and half a cupful of water. Add a spoonful of orange juice and the grated rind of half an orange. Boil all together and when like syrup remove from the fire and stir in slowly the beaten yolk of an egg.

Chocolate Filling No. 1

Maple syrup mixed with grated chocolate and well beaten. Flavor with grated nutmeg.

CAKE FILLING

Chocolate Filling No. 2

Mix the well beaten white of an egg with a cupful of powdered sugar. Stir in two heaping tablespoonfuls of grated chocolate. Beat thoroughly.

Chocolate-Cinnamon Filling

Take a heaping tablespoonful of grated chocolate, half an even teaspoonful of ground cinnamon and a small cupful of powdered sugar. Mix thoroughly, adding milk slowly until thin enough to spread on the cake.

Lemon Filling

Beat the whites of two eggs quite stiff, adding sugar as desired. Stir in the grated rind of a lemon, and the juice. If too thin add more sugar. Do not cook, but spread it between the cake layers.

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Pie Crust No. 1

Take two heaping tablespoonfuls of shortening, have it ice cold; cut it in bits and mix with two cupfuls of flour and a pinch of salt. Add ice water as needed, roll it out and sprinkle over it a spoonful of flour sifted with half a teaspoonful of baking powder; roll lightly.

Pie Crust No. 2

Rich pie crust may be made by cutting a cupful of butter (or half butter and half of other shortening) into two cupfuls of flour in which has been sifted a teaspoonful of baking powder and a pinch of salt. Mix with half a cupful of ice water.

Under Crust

Shells for tarts or pies may be made by turning the pan upside down and laying the crust neatly over the outside, if preferred. All the ingredients for pie crust should be very cold; put together lightly and handle as little as possible.

Four heaping tablespoonfuls of flour, a pinch of salt, half an even teaspoonful of baking powder sifted with the flour. Cut in small bits a heaping tablespoonful of shortening, mix it with the flour, and add enough cold water to make the crust of the right consistency.

In making juicy fruit pies mix a spoonful of flour with the sugar used in sweetening.

Puff-paste

Take equal amounts of flour and shortening. Sift the flour twice, use a silver knife to stir in a little ice water, rub the rolling pin with flour and roll out the paste. Dot it with one-fourth of the amount of shortening, sprinkle lightly with flour enough to keep the materials from sticking. Roll, and dot with shortening. Repeat. Brush the paste with the white of an egg, each time the shortening is placed upon it, and handle all very lightly.

Custard Pie

Beat thoroughly the yolks of two or three eggs, add half a cupful of sugar, a pinch of salt and a teaspoonful of flavoring. Heat two small cupfuls of milk to the boiling point and stir this mixture in slowly. If a dough crust is used, brush it over with a little of the egg white, or pour the custard into a baked crust and put in the oven until the custard is stiff and a little brown.

(Before putting the pie in the oven, cinnamon or nutmeg may be sprinkled over the top. A meringue may be made of the egg whites and heaped on top, or not, as preferred.)

Brown Custard Pie

Melt together two cupfuls of brown sugar, half a cupful of water and half a cupful of butter. Let it boil a minute and pour in half a cupful of rich milk. Now stir in the well beaten yolks of three eggs and a teaspoonful of fruit juice. Pour the mixture into a

ready baked crust and sprinkle the top with grated nutmeg.

Bake until the custard is firm.

Rhubarb Pie

Take a cupful of rhubarb that has been peeled and cut in small pieces, add a half cupful of water and let it stew for a short time. Put in a cupful of sugar in which a large spoonful of flour has been mixed, a well beaten egg, a pinch of salt and a teaspoonful of lemon juice.

Bake with two crusts; perforate the top crust in a fancy pattern.

Pumpkin Pie No. 1

Take a cupful of stewed pumpkin and put it through a sieve; add half a cupful of sugar, two well beaten eggs, half a nutmeg, grated, half of an even teaspoonful of mace and a pinch of salt. Mix thoroughly and add two cupfuls of rich milk. Bake until firm and brown.

Pumpkin Pie No. 2

Take a large cupful of stewed pumpkin, half a cupful of thin cream, two well beaten eggs, half a cupful of sugar in which has been stirred a heaping teaspoonful of flour, a pinch of salt, a pinch of saleratus and half a teaspoonful each of ginger, allspice and ground cinnamon. A little milk may be added.

"Mammy's" Pumpkin Pie

Take a large cupful of stewed pumpkin and half a cupful of dark molasses, beat it well and pour in a

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small cupful of cream. Add a well beaten egg, an even teaspoonful of ginger, a pinch each of salt and saleratus (dissolved), and half an even teaspoonful of ground cinnamon. Pour into a baked crust and bake until firm and a rich brown.

Cocoanut Pie

Put into a double boiler half a pint of sweet milk. Make a paste of a heaping tablespoonful of sugar, a heaping teaspoonful of cornstarch and a little milk or water. Stir this smoothly into the hot milk and add the well beaten yolks of two eggs. When thick stir in quarter of a box of cocoanut, remove it from the fire and stir in lightly the well beaten whites of the eggs, and a teaspoonful of flavoring. Pour the mixture into a baked crust and put in the oven until firm.

Potato Cocoanut Pie

Take half a pint of milk and put in one-quarter of a cupful of cocoanut to soak. Take half a cupful of mashed potatoes and mix with two well beaten egg yolks. Add a rounding teaspoonful of chopped butter, the same amount of sugar, and a pinch of salt. Stir thoroughly and add the milk, and bake.

Make a meringue of the well beaten egg whites, adding sugar and flavoring to taste, spread it on the pie, and brown. Shredded cocoanut may be sprinkled onto the meringue.

Banana Pie

Take a baked under crust and place sliced bananas in the bottom. Make a custard by stirring together

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two-thirds of a cupful of sugar, the well beaten yolk of an egg, a heaping teaspoonful of butter, a dash of salt and a little flavoring. Cook in half a pint of boiling water until thick and when cool pour it over the bananas. Make a meringue of the whites for the top, and brown slightly in the oven, or not, as preferred.

Lemon Pie

Cook together a rounding tablespoonful of butter, the juice and grated rind of one lemon, a well beaten egg, a cupful of sugar in which a heaping tablespoonful of flour or cornstarch has been stirred, and a cupful of water. Let it boil and when thick pour the mixture into a (fresh or baked) crust, bake, and add a meringue or frosting on top; return to the oven and brown slightly.

Lemon Cream Pie No. 1

Beat the yolks of four eggs and the whites of two, add two-thirds of a cupful of granulated sugar and a cupful of cream. Stir well and add the juice and grated rind of one lemon. Pour this into an uncooked crust of rich paste.

Bake about twenty minutes.

Beat the remaining whites, adding sugar to taste, spread this on the pie and brown lightly.

Lemon Cream Pie No. 2

Cream a tablespoonful of butter with a cupful of sugar. Dissolve a heaping tablespoonful of cornstarch in a little cold water. Stir over the fire until smooth,

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then add the butter and sugar. Mix well and then remove from the fire. When it is cool add the juice and grated rind of one large lemon and a well beaten egg. Line a pie plate with good pastry, pour in the mixture and bake. When done cover with a meringue, return to the oven and brown. Cool slowly.

Cream Pie

Heat enough milk to fill the pie tin. Beat together three rounding tablespoonfuls of sugar, the yolks of three eggs and three spoonfuls of water. Stir until smooth. Remove from the fire and add a rounding teaspoonful of butter, and vanilla flavoring. Pour this into a baked crust and bake. Beat and sweeten the egg whites, flavor, spread on top of the pie, and brown.

Chocolate Pie

Add dissolved chocolate to the recipe for either custard or cream pie, and omit any other flavoring.

Cherry Cream Pie

Mix thoroughly half a cupful of sugar and a heaping teaspoonful of cornstarch. Stir into this the well beaten yolks of two eggs and the pitted cherries: whip in the well beaten whites and put the mixture in an under crust and bake.

Apricot Pie

In a ready baked crust place a thick layer of canned apricots, sprinkle over with almonds and a cup of sugar. Bake and serve with a meringue.

Raspberry Pie

Put an under crust of puff paste in a pie dish, and fill the dish nearly full with raspberries. Sweeten to taste with granulated sugar, place on the upper crust and pinch securely at the edges.

A little flour sprinkled on the berries before adding the top crust is useful to prevent the juice from running. Bake until the crust is well done.

This may be made into a cream pie by taking a teaspoonful of cornstarch, wetting it with cold milk and sweetening with a heaping tablespoonful of sugar. Mix this with a cupful of milk, beat and cook. When cool stir in the beaten whites of one or two eggs. Pour this on top of the sections of pie when ready to serve, or lift the top crust and pour it on the berries, and sprinkle the top crust with powdered sugar.

Nut Pie

Mix thoroughly a cupful of sugar and a rounding tablespoonful of flour. Add the beaten yolks of two or three eggs and a cupful of milk. Boil this mixture, stirring until it thickens. When cool add a small cupful of chopped walnuts and any preferred flavor.

Bake with an under crust and serve with a meringue made from the beaten whites of the eggs.

Currant Pie

Mix together a small cupful of currants, half a cupful (or more) of sugar, an even teaspoonful of ground cinnamon or other spice, and a beaten egg. Bake slowly with two crusts.

Mock Cherry Pie

Take a cupful of cranberries, half a cupful of seeded raisins, and pour over them half a cupful of hot water. Take a cupful of sugar and stir into it a rounding teaspoonful of flour and cream, with a rounding teaspoonful of butter. Mix all the ingredients thoroughly and flavor with vanilla. Bake between two crusts for about twenty minutes.

Grape Pie

Take ripe Concord grapes, wash them, and fill a pie plate that has been lined with paste. Use half a cupful of sugar to a cupful of grapes. Put on an upper crust and bake. Powder with sugar.

Mince Pie

Boil two pounds of beef and add salt when nearly done; let it cool in the liquor. Skim off the fat, chop the meat thoroughly, and add twice the amount of chopped tart apples. Add the fat and enough of the liquor to mix well. Put in a pound of seeded raisins cut in half, a pound of well washed currants, half a pound of citron cut in tiny pieces, a tablespoonful each of ground cloves and allspice, two tablespoonfuls of ground cinnamon, a tablespoonful of mace, one of salt, one of grated nutmeg; mix thoroughly and sweeten with about two and one-half pounds of brown sugar. Stir into it a pint of boiled cider. Heat all and seal in fruit jars.

When used, thin with fruit juice and bake with two crusts.

Green Tomato Pie

Take a piepan and line it with a rich puff paste. Slice green tomatoes and arrange them on the paste in a thick even layer, the slices overlapping. Take a cupful of sugar and sprinkle it over the tomatoes, and about an even teaspoonful each of grated nutmeg and ground cinnamon. Dot it all over with small bits of butter, pour over all two tablespoonfuls of cider vinegar, and sprinkle flour over all before adding the top crust.

Carrot Pie

Put a large cupful of stewed carrots through a coarse sieve and add a cupful of hot milk, half a cupful of sugar, a pinch of salt, half an even teaspoonful of ginger, an even teaspoonful of ground cinnamon, half an even teaspoonful of allspice and mix thoroughly with a well beaten egg

Bake with one crust.

Apple Cream Pie

Make an under crust of pastry and leave a high rim around the edge of the pan. Stew three tart apples, put them through a sieve and add butter the size of a large walnut. The yolks of two or three eggs beaten with half a cupful of sugar (or more), a tablespoonful of lemon juice, a bit of the rind may be used also. Stir all together thoroughly. Add the stiffly beaten egg whites, pour into the crust and bake.

Whipped cream may be used when serving, or a meringue of egg whites.

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Cookies No. 1

Sift a large cupful of flour. Add a pinch of salt, a heaping tablespoonful of butter cut into small bits. Dissolve an even teaspoonful of saleratus in a little water and stir it into a cupful of sour cream. Mix all the ingredients together with flour enough for a soft dough. Roll out and sprinkle with granulated sugar; run the roller over this, cut out in any desired pattern and bake.

Cookies No. 2

Cream together half a cupful of butter, a teaspoonful of lard and a cupful of sugar. Sift a cupful of flour with two rounding teaspoonfuls of baking powder, and add a pinch of salt. Stir all the ingredients together with a cupful of sweet milk and enough flour to make the dough of the consistency to roll out.

Sugar may be sprinkled over the dough before cutting out.

Cookies No. 3

One cupful of powdered sugar, half a cupful of chopped almonds, an even teaspoonful of ground cinnamon, an even tablespoonful of grated bitter chocolate and the whites of two eggs. Beat all together thoroughly and add a pinch of salt. Drop with a spoon on buttered paper, and bake slowly.

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Cookies No. 4

Cream together a cupful of sugar and a lump of butter the size of an egg; two eggs, well beaten. Sift together two cupfuls of flour and a heaping teaspoonful of baking powder; add a pinch of salt.

Well washed currants dredged in flour may be added, or chopped nuts.

Combine the ingredients and add sweet milk enough to make a dough that will roll out; cut it in any desired pattern and bake.

(Spice or flavoring may be used instead of the currants.)

Oatmeal Cookies

Cream together half a cupful each of sugar and shortening. Sift together a cupful of flour and a rounding teaspoonful of baking powder. Take a cupful of dry oatmeal, half a cupful each of chopped nuts and seeded raisins. Mix all together and add half an even teaspoonful of salt and water enough to make a stiff dough. Drop with a spoon on buttered tins and spread it out thin.

Ginger Cookies

One small cupful of shortening, one cupful of dark molasses, one cupful of water, an even teaspoonful each of ginger, dissolved saleratus, salt and cinnamon. Add flour enough to make a dough that may be rolled out thin.

Ginger Snaps No. 1

Cream together a cupful of sugar and a cupful of shortening (butter and lard); add a cupful of dark

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molasses, half a cupful of boiling water in which has been dissolved an even teaspoonful of baking soda, an even tablespoonful each of ground cinnamon and ginger, an even teaspoonful of ground cloves and enough flour to make a stiff dough. Roll thin, and bake in a hot oven.

Ginger Snaps No. 2

Cream together a cupful of sugar and half a cupful of shortening, add a well beaten egg, a cupful of molasses, half a cupful of strong hot coffee in which a teaspoonful of saleratus has been dissolved, an even teaspoonful each of ginger, cinnamon (or nutmeg) and cloves. Add flour to make a stiff dough. Roll it thin, cut into shapes, and bake in a hot oven.

Doughnuts No. 1

Cream together a cupful of sugar and a rounding tablespoonful of butter, beat two eggs and add a cupful of thick sour milk, a little more than an even teaspoonful of saleratus dissolved in a little water, half an even teaspoonful of salt, an even teaspoonful of grated nutmeg and enough flour to make as soft a dough as can be rolled out, about an inch thick. Cut, stretch and twist lightly into shape and fry in deep hot fat.

A slice of raw potato will keep the fat clear.

Doughnuts No. 2

Cream together half a cupful of butter and a cupful of sugar, beat two eggs and add with half a cupful of sour milk, an even teaspoonful of mixed cinnamon and

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nutmeg and a pinch of salt. Dissolve an even teaspoonful of saleratus in a little water, mix all together and add enough flour to make a dough that can be rolled out. Cut into shapes and fry.

Doughnuts No. 3

One cupful of sugar with a rounding teaspoonful of lard, a pinch of salt, one beaten egg, half a teaspoonful of grated nutmeg, a cupful of sweet milk and one teaspoonful of baking powder sifted with half a cupful of flour. Stir all together and add just enough flour to make a dough that will roll out. Fry in deep fat.

Spoon Cake

Sift a pint of flour with two rounding teaspoonfuls of baking powder. Chop into this a rounding tablespoonful of shortening, half an even teaspoonful of salt, half a cupful of sugar and a cupful of cleaned currants. Add enough sweet milk to make a soft dough. Dip a spoonful each into well greased gem pans. Bake quickly.

Pop-Overs

Sift together a large cupful of flour and a rounding teaspoonful of baking powder. Add a pinch of salt, a well beaten egg and a pint of milk stirred in gradually. Beat steadily and add more flour if necessary. Grease gem pans and fill them half full of batter. Bake quickly and serve hot.

Gingerbread

Cream together a cupful of shortening and half a cupful of sugar, add a cupful of molasses, an even tea-

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spoonful each of cinnamon and ginger, half an even teaspoonful of salt. Mix thoroughly and pour in a cupful of boiling water in which a rounding teaspoonful of saleratus has been dissolved. Stir in flour enough for a dough and bake in a large pan for thirty or forty minutes.

Soft Gingerbread

One small cupful of New Orleans molasses, a rounding tablespoonful of beef and bacon drippings, half an even teaspoonful of salt, an even teaspoonful of ginger, half a cupful of boiling water poured on a teaspoonful of saleratus. Mix thoroughly and add two cupfuls of sifted flour. Bake slowly.

Raisin Gingerbread

Mix together a cupful each of shortening, brown sugar and dark molasses. Add half a cupful of hot water (or coffee) in which has been dissolved a teaspoonful of saleratus, an even teaspoonful each of cinnamon, allspice and nutmeg, two or three well beaten eggs and two (or more) cupfuls of flour. Stir in a cupful of seeded raisins that have been dredged in flour.

Cherry Tarts

Take a small, deep baking dish and fill it with stoned cherries, cover them with sugar to taste and sprinkle with flour and dots of butter. Put on a top of pastry and bake until brown.

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Berry Tarts

Line individual cake tins with a short pie crust, bake them and when cold fill with almost any fruit, blackberries, raspberries, blueberries, etc., that have been cooked and sweetened.

Peach Tarts

Fill pastry shells with sliced peaches, sprinkle with sugar and put a spoonful of whipped cream on top of each.

Stuffed Dates

Remove the pits from dates and fill the hollows with chopped nuts. A filling may be made by beating the white of an egg with plenty of sugar, stuffing the dates and rolling them in powdered sugar.

Prune Souffle

Soak a dozen large prunes and stew them until tender. Remove the pits and chop the prunes into small pieces. Beat the whites of four eggs with two rounding tablespoonfuls of powdered sugar. Whip all the ingredients together and bake slowly in a buttered pudding dish. Serve immediately with whipped cream.

Apple Snow

Put a cupful of apple sauce through a sieve. Sweeten to taste and flavor with lemon juice. Add the unbeaten whites of two eggs, and beat all with an egg beater for ten minutes or longer. When light pile on a cold dish and serve.

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Apple Float

Stew green apples until soft, add sugar, put in a dish and pour over it a custard. Pile on top beaten egg whites. Serve cold. Flavor with lemon.

Floating Island

Take a cupful of rich cream, sweeten it to taste and stir in a little fruit juice to color it. Spread slices of cake with marmalade, put them in a dish and pour the pink cream over them. Pile whipped cream on top. Flavor the whipped cream with any desired flavoring.

Cup Custard

Beat two eggs and mix with half a cupful of sugar, half a teaspoonful of vanilla, a pinch of salt, adding slowly two cupfuls of milk. Pour the mixture into cups, put grated nutmeg on top and set them into boiling water and cook for ten or fifteen minutes. When the custard is firm, set the cups into a pan of cold water. When ready to serve put a bit of jelly on each.

Baked Custard

Beat an egg, add a cupful of scalded milk while still hot, and sweeten to taste. Pour this into two custard dishes and grate nutmeg over each. Set the dishes in a pan of warm water, put it in a moderate oven and bake slowly. Do not let the water boil. (Use fresh milk.)

Frosted Fruit

Take cherries or any small fruit, or sections of oranges or other large fruit. Beat the white of an

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egg with sugar to a stiff frosting and dip the fruit in it. When thoroughly covered, roll in powdered sugar, then lay the fruit on oiled paper until the coat hardens.

Fruit Custard

Peel and cut a large orange into small pieces and sweeten. Make a custard with the yolk of an egg, a pinch of salt, a cupful of sweet milk, a little vanilla flavoring, a rounding teaspoonful each of flour and sugar mixed together. Cook until smooth. Arrange the orange in two dishes, pour over them the cool custard. Beat the egg white, add sugar and heap on top. Serve.

Fruit Dainty

Peel and cut into small pieces an orange, a small banana, a few strawberries cut in halves, add a tablespoonful of lemon juice. Sweeten to taste and stir lightly. Take half a package of orange gelatine and let it dissolve in a cupful of hot water. Stir thoroughly, and when cool put in the fruit. Serve it in a glass dish and sprinkle with shredded cocoanut. Place in the refrigerator until cold.

Coffee Custard

Thoroughly mix the yolks of two or three eggs with a rounding tablespoonful of sugar and a pinch of salt. Add a cupful of hot milk, and stir constantly while cooking. When the mixture thickens, remove it from the fire, and while still warm stir into it a cupful of strong black coffee. Beat all together until creamy and pour it into the custard cups. Serve it with whipped cream piled on top.

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Cream Puffs

Melt a quarter of a pound of butter in half a pint of boiling water, as this boils stir in slowly a cupful of flour. Stir steadily until the flour no longer sticks to the sides of the tin. Remove it from the fire and when cool, whip in, a little at a time, four eggs beaten very light. Set the mixture on ice for an hour. Line pans with buttered paper and drop the mixture by even spoonfuls, far enough apart to prevent touching. Bake in a hot oven to a golden brown and when cold, slit at one side and fill.

Marshmallow Cream

Take a quarter of a pound of marshmallows and cut them in small pieces. Have a quarter of a pound of mixed nut meats (English walnuts, pecans and almonds). Put them through a meat grinder, mix with the marshmallows, and stir together with the stiff froth of the white of an egg. Take a shallow bowl, put in a layer of the mixture, then one of seeded Malaga grapes, another layer of the marshmallows, and sprinkle the top with shredded pineapple, or chopped Maraschino cherries. Chill and serve with whipped cream, put on at the last moment.

Marshmallow Whip

One sliced banana, one quarter of a cupful of chopped walnuts, half a cupful of chopped pineapple, half an orange chopped, and six marshmallows cut into small pieces. Stir all together and add a cupful of whipped cream.

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Prune Whip

Stone and chop into small pieces a cupful of stewed prunes. Add the stiffly beaten whites of two eggs, half a cupful of sugar, and half a teaspoonful of vanilla. Beat all together and pour the mixture into a buttered earthen dish. Bake slowly for about twenty minutes. Serve with whipped cream.

Stuffed Prunes

Select large prunes, wash them and steam until tender. Remove the stones and stuff them with chopped English walnuts and a little powdered sugar. Roll the stuffed prunes in powdered sugar.

Tapioca Cocoa

Take two even tablespoonfuls of minute tapioca and cook with it a small cupful of milk (use a double boiler). Let it cook about half an hour, then add a rounding tablespoonful of breakfast cocoa which has been mixed with a rounding tablespoonful of sugar, and a pinch of salt. Remove from the fire and add the stiffly beaten white of one egg. Flavor with vanilla and pour it into wet molds and set it in the refrigerator. Serve with cream and sugar.

Pineapple Cream

Dissolve a third of a box of gelatine (use just enough water to cover it). Take half a pint of canned pineapple and bring to a boil with the dissolved gelatine. When cool stir in the beaten whites of two eggs and a cupful of whipped cream. Sugar if desired. Pour into two molds that have been wet in cold water. Set them in the refrigerator to chill.

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Bavarian Cream

Beat the yolks of three eggs, add three even tablespoonfuls of grated chocolate, a quarter of a cupful of sugar and a cupful of rich cream. Put all the ingredients into a double boiler and stir one way until it thickens. Do not let it boil. Strain this into a bowl. Take half of a cupful of cream, beat until thick and stir into it a tablespoonful of dissolved gelatine. Mix this with the chocolate, cream (lightly) and pour into three wet molds. Put on the ice to harden.

Fruit Cream

Rub through a sieve a cupful of red raspberries. Soak half a box of gelatine in a gill of cold water for an hour, then put it in a double boiler and stir until it dissolves. Add a cupful of sugar and the berries, stir well and remove from the fire. When cool, beat in gradually a pint of whipped cream. Wet two molds with cold water, turn in the mixture, and let it form.

Peaches or other fruit may be used.

Cream Substitute, for Fruit

Heat a cupful of sweet milk to the boiling point. Beat together the whites of two eggs, a tablespoonful of white sugar and a piece of butter the size of a nutmeg.

Mix half a cupful of cold milk, an even tablespoonful of cornstarch, stir until light and smooth. Stir all the ingredients together and cook until it thickens. It must not boil, but have the consistency of thick cream. Serve in a cream jug.

ICE CREAM AND FROZEN DAINTIES

Care must be taken that home-made ice cream is not too rich.

A small freezer may be improvised. Take a tin pail and a glass, porcelain, or other jar with a fitted cover for the cream.

For ice cream, use three parts crushed ice to one of salt.

For water ices, use equal portions of ice and salt. (Use common coarse salt.)

Cover the bottom of the pail with ice, put in the jar and pack it with crushed ice and salt until the pail is about two-thirds full. Turn the jar by hand. When it begins to freeze, scrape from the sides of the jar and beat the mixture with a spoon. Continue until the entire contents of the jar are frozen.

To crush ice put pieces in a bag and use a small mallet.

Ice Cream (Any Flavor)

Heat a pint of sweet milk and stir into it a table-spoonful of cornstarch that has been made into a smooth paste by mixing it with a little water. Let it boil for a minute; when cool stir in a beaten egg, half of a cupful, or more, of sugar, two or three large spoonfuls of thick cream and the desired flavoring. Freeze.

Rich Ice Cream

Scald a pint of fresh milk, remove it from the fire and add the well-beaten yolks of three eggs. Mix

thoroughly and pour it gradually upon a cupful of hot maple syrup, beating steadily. When it is cold add a cupful of whipped cream and turn it into the freezer. When ready to serve sprinkle the ice cream with chopped walnut meats.

Custard Ice Cream

Make a custard of a pint of milk, one egg and half a cupful or more of sugar. When cool pour over it a cupful of cream flavored with vanilla, and freeze.

Prune Ice Cream

Stir into a pint of cream half a cupful of sugar and a teaspoonful of vanilla. Pour into the freezer and when half frozen add half a cupful of stewed prunes, stoned and chopped.

Vanilla Ice Cream

Two cupfuls of thin cream, two heaping tablespoonfuls of sugar, two teaspoonfuls of vanilla and a pinch of salt. Fruit or nuts may be added or not. Mix thoroughly and freeze.

Sauce for Ice Cream

(a) Chocolate Sauce

Mix four tablespoonfuls of cream with two heaping teaspoonfuls of grated chocolate. When smooth add a large cupful of boiling water and cook a few minutes, stirring constantly. Beat and serve immediately with the ice cream.

(b) Maple Sugar Sauce

Crush maple sugar and add a very little water, boil

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until it threads. Stir into it crushed walnut meats and pour it over the ice cream.

(c) Strawberry Sauce

Mash strawberries enough to make a cupful of juice and pulp (put them through a sieve). Take a small cupful of sugar and half a cupful of water and boil for ten minutes. When cool, stir in the strawberry mixture and pour it over the ice cream.

Orange Ice

Take the juice from three oranges and one lemon. Add the grated peel from one orange and let it stand for half an hour. Dissolve a cupful of sugar in half a pint of water, add it to the fruit juice, stir it well and strain it through cheese cloth. Freeze.

Lemon Ice

(Same as orange ice, reversing the quantities of orange and lemon.)

Strawberry Ice

Mash the berries, sweeten and let them stand awhile, then strain off the juice. Add as much water as there is juice, and a cupful of sugar and freeze.

Raspberry Ice

Two cupfuls of raspberries, two-thirds of a cupful of sugar, half a cupful of water and a tablespoonful of lemon juice. Mix the berries and sugar and let them stand to extract the juice, then put through cheese cloth, add the water and lemon juice and freeze.

Strawberry Mousse

Mix together a cupful each of thick cream and mashed strawberries that have been put through a sieve, a teaspoonful of lemon juice, and a third of a cupful of sugar. Beat with an egg beater until thick. Line a mold with paper and partly bury it in a vessel containing equal parts of salt and ice. Pour the mixture into the mold, cover with paper and finish packing with ice and salt. Let it stand about three hours.

Frozen Oranges

Take as many oranges as desired, cut nearly across at one end and scoop out the pulp. Put the orange shells in cold water. Remove the seeds and tough part from the pulp, add sugar to taste, a few chopped raisins and candied peel; a wine glassful of any kind of fruit juice may be added. Fill the orange shells with this mixture, and freeze.

Strawberry Float

Take a pint of berries and press them through a sieve, sprinkle the pulp with sugar. Beat the whites of two eggs until very stiff and whip in the sweetened pulp. Sweeten the juice, stir into it a cupful of rich cream.

Take individual bowls and pour in the juice, and pile the meringue on top. Serve at once.

Fruit Punch No. 1

Cut into small bits, pineapple and banana to make a cupful, three peeled oranges cut in bits, two lemons cut also, a cupful of strawberries and red raspberries

mixed, and half a cupful of skinned and seeded Malaga grapes.

Make a syrup of one and one-half cupfuls of sugar and a little more than a half cupful of water, boil a few minutes and stir it into the fruit. Put in a cupful of Maraschino cherries and a quart of Apollinaris. Put all on a large piece of ice in a punch bowl and let stand for fifteen minutes before serving.

Fruit Punch No. 2

Cut up three peeled oranges, five slices of pineapple, also cut in small pieces, a cupful of strawberries and one sliced banana. Mix all together and add half a cupful of Maraschino cherries. Make a very strong sweet lemonade and put all on a lump of ice in the punch bowl. Serve when very cold.

Fruit Punch No. 3

Put a large piece of ice in a punch bowl, over this a layer of thinly sliced pineapple, cover with brown sugar, then a layer of sliced oranges, more sugar, next a thin layer of sliced lemons, sprinkled with sugar. Pour over this grape juice to half fill the bowl. Just before serving add two or three bottles of soda.

Spice Punch

Place half a cupful of raisins in a quart of water and cook slowly for twenty minutes. Strain off the liquor and put with it two cupfuls of sugar, two large sticks of cinnamon and the juice and grated rind of one lemon. Boil for a few minutes, remove and add two cupfuls of orange juice and one of lemon. Strain

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again and when cool pour into a punch bowl on a piece of ice, and add a quart of grape juice.

Strawberry Punch

Boil together a pint of water and a half pint of sugar for about five minutes. When cool stir in a half pint of sliced strawberries and half a cupful of juice. Chill and serve in glasses.

Grape Cream

Beat the yolks of two eggs, add a heaping tablespoonful of sugar, three tablespoonfuls of orange juice and a dash of salt. Cook in a double boiler until it begins to thicken, remove it and add the stiffly beaten egg whites and two tablespoonfuls of grape juice. Chill and serve.

Egg Nog

Beat an egg thoroughly and add a heaping tablespoonful of sugar. Beat once more and add a cupful of milk and half a cupful of thin cream. Grate in nutmeg or any preferred spice. Chill and serve.

Fruit Egg Nog

Fresh fruit, strawberries, raspberries or any kind preferred. Strain through cheese cloth enough to make a half cupful of juice. Beat an egg, add half a cupful of cold water and the fruit juice. Chill and pour over crushed ice in the glasses.

Whipped Cream

Put a pint of cream in a dish with two tablespoonfuls of powdered sugar and beat it with a wire whip

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until thick. Flavor with vanilla or any preferred flavoring.

Coffee Frappe

Make a quart of strong coffee, sweeten, and when cold add the unbeaten whites of two eggs. Turn into the freezer and freeze lightly.

Ginger Ale Frappe

Take two bottles of ginger ale, add the juice of three lemons and half a cupful of sugar (or less). When the sugar dissolves, turn all into the freezer.

Lemonade Frappe

Boil together a quart of water and two cupfuls of granulated sugar. Remove and when lukewarm add the juice of six lemons. When entirely cool put in the freezer and freeze.

Orange Frappe

Take a small cupful of sugar and two cupfuls of water and boil together for ten minutes without stirring. Remove and add the juice of five oranges and a lemon. When the mixture is cold whip in the unbeaten white of an egg, and freeze.

Mint Julep

(Ingredients: One pint of water, one cupful of sugar, half a pint of grape juice, half a cupful of strawberry juice, one-quarter of a cupful of orange juice, the juice of four lemons, a cupful of boiling water, six sprigs of fresh mint.)

Make a syrup by boiling the pint of water and the

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sugar for fifteen minutes, separate the mint and put it in the boiling water. Let it stand for five minutes, strain and add the extract to the syrup. Then put in the fruit juices. Cool, put it in a punch bowl and set on ice. When ready to serve, put in a large piece of ice and garnish with whole strawberries and fresh mint leaves.

Lemon Sherbet

The juice of four lemons and sugar to taste. Chill and add a quart of rich milk. Freeze.

Pincapple Sherbet

Take a large cupful of finely chopped pineapple, sweeten and let it stand several hours. Add the juice of a lemon and a pint or more of cold water. Put in the refrigerator and when very cold serve in glasses over crushed ice.

Cherry Sherbet

Stone a pound of cherries. Dissolve three heaping tablespoonfuls of sugar in a pint of water. Put the cherries in this and cook until tender. When cool pour in glasses over crushed ice and heap a meringue on top. Add a Maraschino cherry to each.

Mint Sherbet

Take two glasses and place crushed ice in the bottom of each. Crush a little mint to a pulp. Add four spoonfuls of grape juice. Mix well and let it stand a few minutes. Strain and put it in the glasses and fill them with seltzer. Put a few sprays of mint on top.

ICE CREAM AND FROZEN Dainties

Grape Sherbet

Take a cupful of hot water and make a syrup, by adding about a cupful of sugar. Cook until it begins to thicken. When cool stir in the juice of one lemon, the stiffly beaten white of an egg, and a cupful of grape juice. Then freeze.

Pineapple Cloud

Cut a pineapple in small pieces, whip a cupful of cream and beat the white of an egg until stiff with half a cupful of powdered sugar. Put a spoonful of lemon juice with the pineapple and mix all together lightly. Serve at once in sherbet cups.

Fruit Cocktail

Fresh berries on crushed ice in a cocktail glass. Fill up the glass with fruit juice and add two Maraschino cherries.

Peaches, apricots, etc., may be cut into small pieces and used instead of berries.

COLD DRINKS

Pineapple Lemonade

Make a syrup by boiling half a pint of water and a small cupful of sugar together for ten minutes. Add half a cupful or more of canned pineapple and the juice of two lemons. Strain and add a pint of ice water. Serve in glasses with crushed ice.

Egg Lemonade

Beat the whites of two eggs until stiff, then add the yolks and beat lightly. Take a cupful of sugar and the juice of two or three lemons and a little water. Stir all together and add three or four cupfuls of ice water. Serve at once.

Iced Tea

Pour a quart of boiling water on a heaping teaspoonful of tea and let it steep for five minutes. Strain it and add the juice of one orange and one lemon. Sweeten to taste, cool, and serve on crushed ice.

Lemon Seltzer

Two glasses with crushed ice in the bottom. Put the juice of a lemon in each with a heaping teaspoonful of sugar. Fill up the glasses with seltzer.

Iced Chocolate

Put half an ounce of unsweetened chocolate into a saucepan and pour on it gradually a half pint of boiling water, stirring steadily. When the chocolate is dissolved, add a large cupful of sugar, and stir until it

COLD DRINKS

begins to boil, then let it cook three minutes. Strain it and let it cool, add a teaspoonful of vanilla, put it in a bottle and keep it in the refrigerator. Put a little crushed ice in the glasses and put in two tablespoonfuls of the chocolate syrup, two tablespoonfuls of whipped cream and fill the glasses with apollinaris water (or carbonic); stir before drinking. A little milk may be put in the glasses also if preferred.

Ginger Punch

A pint of water, quarter of a pound of ginger, half a cupful of sugar, boil together for fifteen minutes. Remove from the fire and cool. Add half a cupful of mixed orange and lemon juice. Mix and strain. Serve in glasses partly filled with crushed ice.

Rural Ale

To one pint of boiling water add half a cupful of black molasses, and two teaspoonfuls of powdered ginger, stir thoroughly, chill and serve with crushed ice.

Egg Shake

Three tablespoonfuls of orange juice placed in each glass, half an egg on this, half an even teaspoonful of grated nutmeg. Fill with soda water and a little shaved ice. Shake well with a shaker.

Raspberry Soda

Put a tablespoonful of raspberry juice into each glass, half a teaspoonful of sugar and a tablespoonful of cream. Fill up the glasses with ice cold soda water, and serve.

Fruit Shrub

For every cupful of berry juice take half a cupful of cider vinegar and two cupfuls of sugar. Cook the sugar and vinegar together to a thick syrup. Skim if necessary, add the juice, let it boil up and bottle it. When served, put a little in a glass with crushed ice, and fill the glass with ice water.

Sparkler

Soften one-third of a cake of compressed yeast in half a cupful of warm water. Put the grated rind of one lemon, and the juice from two, in a quart of boiling water, add a cupful of sugar. When cool, stir in the yeast, cover tightly, and let it stand over night. Then bottle and put it in a cool place for a day.

Mint Seltzer

For each glass, take two sprays of mint, a bit of shaved ice, and crush to a pulp. Place this in the glass, and add four tablespoonfuls of grape juice. Fill the glass with vichy or seltzer, and serve with a bit of fresh mint on top of each.

HOT DRINKS

Peppermint

Boil a cupful of water and half a cupful of sugar for ten minutes. Pour this over the well-beaten white of an egg, and while stirring add gradually half a pint of hot, rich milk or thin cream. Add six drops of peppermint essence. Stir in a pinch of baking soda and serve at once.

Mulled Grape Juice

Take the juice of a lemon or orange and a bit of the grated rind. Half a cupful of boiling water and a tablespoonful of sugar. Put them in a saucepan with a pint of unfermented grape juice, two cloves and half a teaspoonful of powdered mace. Bring to the boiling point and then simmer for ten minutes. Take half a cupful of sugar and a quarter of a cupful of water, boil to a syrup and pour it on the stiffly beaten white of an egg. Add it to the hot grape juice, put grated nutmeg on top and serve at once.

Mulled Cider

Heat a pint of cider to the boiling point. Mix together a heaping tablespoonful of flour and half a cupful of cold milk. Beat until smooth. Put this in the hot cider a little at a time, beating constantly to keep it from lumping. Add sugar to taste and serve at once.

French Coffee

Put the coffee into the strainer of the coffee pot (percolator), replace the perforated top of the strainer and pour boiling water into a heated measure, then into the strainer, letting it run slowly through the coffee into the lower receptacle. Then pour it out into the measure and again over the coffee, repeat if necessary. Let it stand a minute and it will be clear. Set the coffee pot in hot water until time to serve.

Picnic Coffee

Put water in a coffee pot, allowing about a pint to each person. When it boils stir into it the ground coffee, a heaping tablespoonful to a pint of water. Stir well, let it boil a minute, remove from the fire and it will settle in a few minutes. Be sure that no grounds are in the spout of the pot. A simple way is to pour out a cupful, then return it to the pot, and let it stand a few minutes.

Chocolate

Take two squares of unsweetened chocolate and a stick of cinnamon about two inches long. Heat a quart of milk with the cinnamon and then put in the chocolate, let it cook eight or ten minutes, stir occasionally. Remove the cinnamon, beat the liquid with an egg beater, add half a cupful of sugar and the beaten yolk of an egg. Beat again and serve with whipped cream.

Mulled Buttermilk

Simply bring the buttermilk to the boiling point and add sugar if desired. (Spice may be used also.)

HOT DRINKS

Cocoa

Boil two cupfuls of water, take four tablespoonfuls of cocoa and a little cold water. Rub it to a smooth paste, add it to the boiled water. Let it cook a few minutes, then add two cupfuls of milk and boil a few minutes, stirring frequently, sweeten to taste.

Austrian Chocolate

Heat a pint of milk in a double boiler, and stir into it three heaping teaspoonfuls of sugar, the same quantity of grated chocolate, and one-third of an even teaspoonful of cornstarch that has been dissolved in a little cold water. Cook, and stir it thoroughly for a few minutes, then pour it over the stiffly beaten white of an egg and serve at once.

Spiced Milk

Heat a pint or more of sweet milk, and flavor it with cinnamon, grated nutmeg or any preferred spice.

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Eggless Gingerbread

One cupful of molasses, one cupful of brown sugar, one cupful of warm water, one teaspoonful of soda dissolved in the cupful of warm water, two tablespoonfuls of butter, one teaspoonful of ginger, stir in flour enough for a stiff batter. Bake in a moderate oven.

Raisin Puffs

Cream together half a cupful each of butter and sugar. Add two well-beaten eggs, a cupful of sweet milk, two cupfuls of flour into which has been sifted two heaping teaspoonfuls of baking powder, one large cupful of chopped raisins dredged in flour. Mix well and fill cups two-thirds full. Steam or bake. Serve with hard sauce.

Puffs

Take a cupful of flour, sift it with a teaspoonful of baking powder, add half a teaspoonful of salt and stir into it gradually a cupful of milk and the well-beaten yolk of an egg. Beat until smooth and add the beaten white. Bake in greased gem pans.

Muffins No. 1

Cream together half a cupful of sugar and a heaping teaspoonful of butter. Add a well-beaten egg, a cupful of sweet milk, a cupful of flour sifted with a rounding teaspoonful of baking powder, half an even

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teaspoonful of salt. Beat well and add enough cornmeal to make a soft dough. Bake in greased muffin tins.

Muffins No. 2

Take two-thirds of a cupful of flour and sift it with a rounding teaspoonful of baking powder and a pinch of salt. Cream together a rounding teaspoonful of butter and the same amount of sugar. Mix all the ingredients with a well-beaten egg and a quarter of a cupful of milk. Bake in greased muffin pans.

Oatmeal Muffins

Take a cupful of cooked oatmeal and stir into it a well-beaten egg, a teaspoonful of melted butter and a rounding teaspoonful of sugar. Sift a small cupful of flour with a rounding teaspoonful of baking powder. Mix the ingredients thoroughly and bake in greased muffin pans.

Coffee Cake No. 1

Cream together two-thirds of a cupful of sugar and a heaping tablespoonful of shortening. Two well-beaten eggs, half a cupful of strong liquid coffee. Sift two scant cupfuls of flour with two rounding teaspoonfuls of baking powder and an even teaspoonful of ground cinnamon, a pinch of ground cloves, and a pinch of salt. Mix all the ingredients thoroughly and add half a cupful each of currants, chopped seeded raisins and chopped nuts, that have been dredged in flour. Bake in greased cake pan.

Coffee Cake No. 2

One cupful of flour, two-thirds of a cupful of sugar creamed, with the same amount of mixed shortening (suet, butter, lard or drippings), a cupful of molasses, one of strong liquid coffee, an even teaspoonful of saleratus dissolved in a little water, a pinch of salt, an even teaspoonful or more of mixed spices, and half a cupful of chopped raisins. Bake in a greased cake pan. This will keep like fruit cake.

Coffee Cake No. 3

Cream together two-thirds of a cupful of sugar and half a cupful of any shortening. Mix half a yeast cake with a little water, and a pint of milk, and flavor with nutmeg and lemon. Beat all together, with enough flour for a dough, not quite as stiff as bread dough. Let it rise, put in a pan and let it rise again. Dot the top with little lumps of butter, sugar, cinnamon and crushed peanuts.

Cornmeal Gems

One cupful of cornmeal and half a cupful of graham flour, a heaping teaspoonful of lard, a rounding tablespoonful of brown sugar, half an even teaspoonful of salt, a teaspoonful of saleratus dissolved in a little water, and a well-beaten egg. Beat all thoroughly, and add enough sour milk to make a batter. Bake in gem pans.

Graham Gems

Heat a pint of milk and stir into it two unbeaten eggs, a tablespoonful of melted butter, a rounding teaspoonful of sugar and a pinch of salt. Sift one and

one-half cupfuls of graham flour with a heaping teaspoonful of baking powder. Beat all the ingredients together and bake in buttered gem pans in a hot oven. Serve hot.

Hoe Cake

Sift a pint of cornmeal with a teaspoonful of salt. Make a dough with a little water, shape into cakes and bake in greased pans in a hot oven.

Johnny Cake

One cupful of buttermilk or sour milk, one and one-half cupfuls of yellow cornmeal, one cupful of flour, a teaspoonful of saleratus dissolved in a little water, and a scant teaspoonful of salt. Add a heaping tablespoonful of shortening, melted. Beat into a smooth batter.

Corn Bread

Half a cupful of cornmeal, half a cupful of flour into which has been sifted a rounding teaspoonful of baking powder, half a cupful of sweet milk, a rounding tablespoonful of butter, the same amount of brown sugar and an even teaspoonful of salt. Stir together with the well-beaten yolk of an egg. The last thing stir in the beaten white of the egg, and bake at once.

Currant Bread

Dissolve half a yeast cake in a little warm water. Scald a pint of milk and add a teaspoonful of melted butter and one even teaspoonful of salt. When the milk has cooled a little add the yeast and beat all together with flour enough for a batter. Set the mixture in a warm place to rise, leave it for seven or eight

hours, then beat it hard with a cupful of flour and add a cupful of dried currants that have been dredged in flour. Let it raise until light, then bake.

Batter Bread

Take half a cupful of cold boiled rice and a large cupful of yellow cornmeal, two well beaten eggs, an even teaspoonful of salt, a tablespoonful of melted butter and add enough sweet milk to make a smooth batter. Stir thoroughly and bake in shallow pans. Have the oven hot.

Old Virginia Batter Bread

Beat three eggs. Add one pint of cornmeal into which has been sifted two rounding teaspoonfuls of baking powder and an even teaspoonful of salt. Stir in enough sweet milk to make a thin batter and put it into a hot well-greased pan. Bake quickly.

Pumpkin Bread

Take stewed pumpkin in any quantity and while hot stir into it scalded cornmeal to make a dough. Add salt and sugar to taste. Bake in a shallow pan and serve hot.

Hominy Bread

Take a cupful of hot boiled hominy, the well-beaten yolk of an egg, butter the size of a hickory nut (melted) and half an even teaspoonful of salt. Stir in gradually a cupful of sweet milk and a third of a cupful of cornmeal. Add the well-beaten white of the egg and bake in a shallow tin for twenty-five minutes.

Apple Bread

Cream together two-thirds of a cupful of sugar and a rounding tablespoonful of butter. Add two well-beaten eggs. Stir and pour in gradually a small cupful of sour milk and an even teaspoonful of saleratus dissolved in a little hot water. Mix the ingredients well with a cupful or more of sifted flour. Put the mixture in a shallow baking tin and place a layer of sliced apples on top. Sprinkle them with sugar and ground cinnamon or nutmeg. Bake.

Drop Biscuit

Take a large cupful of flour and sift it with a heaping teaspoonful of baking powder and an even teaspoonful of salt. Add a heaping teaspoonful of shortening and a cupful of milk or water. Drop with a spoon in a greased pan. Bake in a hot oven.

Steamed Boston Brown Bread

Take half a cupful each of cornmeal, wheat flour and graham flour, and sift them together with an even teaspoonful of salt. Dissolve an even teaspoonful of saleratus in a cupful of warm sour milk. Mix all the ingredients together with two-thirds of a cupful of dark molasses (warmed), stir well and add a small cupful of boiling water. Beat very thoroughly and pour into greased molds (with a cover) and steam for three hours. Then remove from the molds and brown in the oven.

Baked Brown Bread

One and one-half cupfuls of graham flour and half a cupful of white flour. Sift them together and pour in

a cupful of sour milk and two tablespoonfuls of dark molasses. Dissolve an even teaspoonful of baking soda in a little hot water and add it to the mixture with an even teaspoonful of salt.

Raisins may be used if desired.

Crumb Biscuit

Soak a scant pint of bread crumbs in a pint of sour milk for thirty minutes. Add a rounding tablespoonful of lard or mixed shortening and half an even teaspoonful of salt. Sift half a cupful of flour with a rounding teaspoonful of baking powder. Mix all the ingredients and stir in an even teaspoonful of baking soda dissolved in a little hot water. Use flour enough to make a dough that can be rolled out, cut into shapes and bake in a hot oven.

Bran Bread

Two and one-half cupfuls of bran and a large cupful of flour, one and one-quarter cupfuls of sour milk in which has been dissolved a rounding teaspoonful of saleratus, three tablespoonfuls of dark molasses, an even teaspoonful of salt and a rounding tablespoonful of shortening. Make into a loaf, adding flour if necessary. Bake in a bread pan for about an hour.

Bread

Take a pint of sifted flour and chop into it a rounding teaspoonful of butter. Dissolve half a cake of compressed yeast in a little warm water. Mix together with a pint of warm water and a rounding teaspoonful of sugar. Beat hard for ten minutes and let it rise about eight hours. Then sift a quart of flour with an

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even teaspoonful of salt and work it into the batter. Knead it steadily for ten minutes, using more or less of the flour. Make a smooth dough that will not stick to the hands, let it rise again and when about twice the original size, make into loaves and bake.

Baking Powder Bread

Sift together three cupfuls of flour and three even teaspoonfuls of baking powder, half an even teaspoonful of salt and a rounding teaspoonful of sugar. Add one half cupful each of chopped currants and citron. Take one and one-half cupfuls of milk and beat an egg into it. Stir all the ingredients together and put into a bread pan. Cover with another pan and bake until it rises, then uncover and let it brown. Bake about fifty minutes. The fruit may be left out.

Potato Bread

Dissolve one cake of yeast in half a cupful of warm water. Mash three medium sized boiled potatoes, pour over them one pint of the water in which they were boiled. While hot add flour enough to make a batter. When lukewarm add the dissolved yeast. Let this mixture stand in a warm place for about twelve hours, then add three pints of warm water in which has been stirred an even teaspoonful of baking soda and a rounding teaspoonful of salt. Then stir in as much sifted flour as can be beaten in with a spoon. Let it rise, then add a rounding tablespoonful of butter cut into small pieces, knead until stiff, let it rise, then make into loaves. Let it rise again and bake slowly for about an hour and a half.

Graham Bread

Make the batter as for white bread and when it has risen work into it two parts of graham flour to one of wheat flour, about a quarter of a cupful of cornmeal may be added. Stir in a half a cupful of molasses and half an even teaspoonful of salt. Work to a soft dough. Let it rise, then knead well, make into loaves and let it rise once more. Bake in a steady oven.

Whole Wheat Bread

Scald half a pint of milk and mix it with half a pint of boiling water, let it stand until lukewarm and then stir in half a cake of yeast that has been dissolved in a little warm water. Make a thick batter by stirring in whole wheat flour, add half an even teaspoonful of salt and beat thoroughly. Work in enough wheat flour to make it stiff, turn it on a board and knead steadily for ten minutes. Put it in a pan and set it in a warm place to rise (for four hours). Make it into loaves, let it rise and then bake.

Whole Wheat Bread (Without Yeast)

Beat two eggs until light, add a pinch of salt, one and one-half cupfuls of whole wheat flour and sour cream to make a stiff batter that can just be stirred with a large spoon. Beat thoroughly for five minutes. If desired a small cupful of ground nuts may be added. Pour into hot muffin pans or make into small loaves.

Salt Rising Bread

Into a pint of boiling water stir a half teaspoonful of salt and, a little at a time, enough flour to make a soft dough. Beat hard for fifteen minutes, then cover

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and set it at the side of the range or in some warm spot for eight hours. Into a pint of lukewarm milk stir a teaspoonful of salt and enough flour to make a stiff batter. Into this work the risen dough. Mix well, cover and set again in a warm place to rise until very light. Knead in enough flour to make the mixture like ordinary bread dough. Make into loaves, set in a warm place to rise, then bake.

Boston Rolls

Sift together a cupful of flour, half a cupful of corn-meal, two heaping teaspoonfuls of baking powder, half an even teaspoonful of salt and a rounding teaspoonful of sugar. Chop into this a rounding tablespoonful of butter, add a well-beaten egg, and a small cupful of milk. (Vary the amount of milk or flour.) Make a dough that can be rolled out, cut it in round pieces, put a dot of butter in the center and fold into a roll. Wet the top with milk and put into a greased pan. Bake from ten to fifteen minutes in a hot oven.

Boston Flat Cake

Sift together a cupful of flour and a rounding teaspoonful of baking powder, add half an even teaspoonful of salt. Dissolve an even teaspoonful of saleratus in a little water. Stir all with a dessert spoonful of olive oil and sour milk to make a dough. Stir with a large spoon and shape (with the spoon) into biscuits the size of cookies. Put them into a greased piepan, dot with a bit of butter or a few drops of oil and sprinkle lightly with brown sugar. Bake for ten or twelve minutes and serve hot.

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Pancakes

Sift a cupful of flour with a rounding teaspoonful of baking powder. Add a pinch of salt and stir in a well beaten egg with a cupful of sweet milk. Use flour enough for a thin batter. (A soapstone griddle is the best and requires no greasing.) An ordinary griddle must be greased after each set of cakes is baked.

Bread Pancakes

Two cupfuls of stale bread that has been soaked in hot water (press out the water), a well-beaten egg (or two), an even teaspoonful of salt and half a cupful of flour that has been sifted with an even teaspoonful of baking powder. Add enough sweet milk to make a thin batter.

Scones

Sift a pint of flour with half an even teaspoonful of salt. Cut into this a heaping tablespoonful of butter, and add half a pint of sour milk into which has been stirred half an even teaspoonful of saleratus. Mix lightly and roll out pieces about an inch thick and as large around as a plate. Handle the dough as little as possible. Cut each round into four pieces, bake on a hot griddle, turn and be sure they are cooked through. They should rise light and puffy. Serve with butter.

Oatmeal Scones

Sift together half a cupful of flour, a rounding teaspoonful of baking powder and half an even teaspoonful of salt. Add to this one and one-half cupfuls of oatmeal. Scald, but do not boil, one and one-half cupfuls of milk, put in this a rounding tablespoonful

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of butter, and a rounding teaspoonful of sugar. Mix all the ingredients with a large spoon, add a little flour if necessary and turn the dough onto a pastry board. Roll out thin, cut with a biscuit cutter and bake on a hot griddle. Serve with butter.

Rhode Island Cakes

Take cornmeal and make a thin mush, salt it and add stale bread that has been soaked in milk or water. Beat well and pour on a hot griddle, cook slowly and add a little grease from time to time. A beaten egg may be used with the batter if preferred.

Rye and Corn Cakes

Take half a cupful each of cornmeal, rye meal and flour, one half an even teaspoonful of salt, half a cupful of dark molasses, a cupful of sour milk in which has been dissolved an even teaspoonful of saleratus; and one or two well-beaten eggs. Fry in deep fat as doughnuts, or thin the mixture and cook as pancakes.

Corn Cakes

Pour boiling water on half a cupful of cornmeal and let it stand for twenty minutes. Add an even teaspoonful of salt, a rounding teaspoonful of sugar, a beaten egg and a cupful of flour sifted with a rounding teaspoonful of baking powder. Pour in enough sweet milk to make a smooth batter.

Flannel Cakes

Cream together a rounding tablespoonful each of butter and sugar, add two well-beaten eggs, one and

one-half cupfuls of flour into which has been sifted a rounding teaspoonful of baking powder. Add enough sweet milk to make a smooth batter.

Potato Pancakes With Bacon

Grate four potatoes, add two beaten eggs, three tablespoonfuls of milk and one of flour with half an even teaspoonful of salt. Fry slices of bacon and pour the batter over them, and fry brown on both sides.

Potato Pancakes With Ham

Grate four potatoes, add a beaten egg, salt and pepper and a rounding tablespoonful of flour. If necessary add a little milk or water to make a good batter. Cook on a griddle and serve with fried ham.

Buckwheat Cakes

Stir together one and one-half cupfuls of buckwheat flour and half a cupful of graham flour, add half an even teaspoonful of salt. Scald a cupful of milk and add a cupful of hot water. Add a third of a yeast cake that has been dissolved in warm water, and a tablespoonful of dark molasses. Beat all together and let it rise overnight.

A few minutes before baking dissolve half an even teaspoonful of saleratus in a little warm water, mix it thoroughly in the batter. Take a large spoonful of batter for each cake and have the griddle hot.

(Half a cupful of the batter may be used to raise the pancakes instead of the yeast. Fill up the cup with water and set it in the refrigerator until wanted. Then pour off the water.)

Rice Pancakes

Make a wheat cake batter, using boiled rice half and half with the flour, a little butter may be added.

Chocolate Pancakes

Take two eggs and mix them with two heaping tablespoonfuls of grated sweet chocolate, half a cupful of milk and half a cupful of flour sifted with an even teaspoonful of baking powder and a pinch of salt. Beat all together thoroughly and bake on a griddle. Sprinkle each cake with sugar and any preferred filling. Roll them neatly and serve at once.

Waffles

Sift together two small cupfuls of flour and a heaping teaspoonful of baking powder, add a pinch of salt. Beat one or two eggs and put with them one and one-half cupfuls of milk. Stir the prepared flour into this gradually until the batter is smooth. Heat the waffle iron and brush into it some butter or grease. Put the batter in the hot iron (a large spoonful will make a waffle) and turn the iron over.

Southern Waffles

Make a mush of half a cupful of hot water and two heaping teaspoonfuls of cornmeal. Cook for ten minutes in a double boiler. Then add a small cupful of milk. Sift together a large cupful of flour, a rounding teaspoonful of baking powder, half an even teaspoonful of salt and a heaping teaspoonful of sugar. Mix the mush with this and add a well-beaten egg and a tablespoonful of melted butter. Beat into a smooth batter, bake in buttered iron and serve with syrup.

Fritter Batter

Take half a cupful of sifted flour, the beaten yolk of an egg, a pinch of salt and a teaspoonful of olive oil or melted butter. Mix the yolk and oil, then stir the flour in gradually. Add half a cupful of water or milk gradually and beat all the ingredients together thoroughly. Let it stand an hour or more. Just before using add the well-beaten white of the egg.

Heat fat slowly in a kettle, when a bluish smoke starts from the center of the fat it is ready for use. Use a frying basket for the fritters. When through with the fat, strain it through a thin cloth and it may be used again.

(To clear the fat, put in a slice of raw potato and let it cook until well browned, then strain the fat through cheese cloth.)

Apple Fritters No. 1

Sprinkle slices of peeled apples with powdered sugar and a little lemon juice. In about twenty minutes dip the pieces in batter and fry in deep fat. Drain and serve with hard sauce.

Apple Fritters No. 2

Beat the yolk and white of an egg separately. Sift half a cupful of flour with an even teaspoonful of baking powder and a pinch of salt. Stir into the beaten yolk half a cupful of milk and add the flour gradually. Beat all together thoroughly and add the beaten white and half a cupful of thinly sliced apples, sprinkled with a little ground cinnamon and a teaspoonful of sugar. Drop by the spoonful into boiling fat. When done sprinkle with powdered sugar.

Fruit Fritters

Cut peeled bananas across the center, halve the pieces lengthwise, sprinkle with lemon and grape juice. Let it stand an hour, then drain and dip the pieces in batter and fry in deep fat. Sprinkle with sugar. Fresh or canned fruits may be used.

(Canned fruit must be well drained.)

Corn Fritters No. 1

Take a small can of corn, turn out the contents and drain. Chop it fine and make a batter of a cupful of milk, a well-beaten egg, half an even teaspoonful of salt, and enough flour to make a batter. Beat thoroughly with the corn and bake on a griddle in small cakes.

Corn Fritters No. 2

Take a small cupful of corn and add a small cupful of cracker crumbs. Stir in the well beaten yolks of two eggs, salt and pepper to taste. Add the beaten egg whites and drop with a spoon into hot fat.

Cheese Fritters

Take a cupful of mashed potatoes and put them through a coarse sieve. Add two heaping teaspoonfuls of grated cheese, a piece of butter the size of a hickory nut, half an even teaspoonful of salt, half an even teaspoonful of grated nutmeg, the well-beaten yolk of an egg and a cupful of thick cream. Beat all together thoroughly, add a little flour if necessary and make into small balls. Roll in the egg white, then into crumbs and fry in deep fat. Drain and serve.

Clam Fritters

Sift a cupful of flour with an even teaspoonful of baking powder. Beat an egg and add half a cupful each of milk and clam juice, then stir in the flour gradually. Season with salt to taste and stir into the batter eight or ten chopped clams. Drop into the fat with a large spoon. Drain and serve.

Potato Fritters

Put three cold boiled potatoes through a sieve. Beat an egg and stir it into the potatoes with half a cupful of milk and a little salt. Add enough flour to make a dough that can be rolled. Shape into balls or fingers and roll them in flour. Fry in hot fat.

Fritter Puffs

Beat the yolks of two eggs and add a heaping teaspoonful of sugar, a teaspoonful of orange juice and a little of the grated rind (about half an even teaspoonful) and half a teaspoonful of vanilla. Beat all together thoroughly, add enough sifted flour to make a dough that can be rolled and cut it into biscuits. Fry in deep fat and roll in powdered sugar.

Chicken Croquettes

Take a cupful of chopped boiled chicken, or chicken and veal. Put a rounding teaspoonful of butter in a frying pan and put in the chicken with a rounding teaspoonful of flour and a quarter of a cupful of chicken broth, salt, pepper and nutmeg to taste. Stir in the well-beaten yolk of an egg, and pour out to cool; then shape into the desired forms, dip into the beaten white of the egg, roll in crumbs and fry in hot fat.

Banana Croquettes

Cut bananas (or any suitable fruit) into pieces, roll them in egg and then in crumbs. Fry in hot fat and drain. Sprinkle with powdered sugar.

Sweet Potato Croquettes

Take a cupful of hot mashed sweet potatoes, add an even tablespoonful of butter, salt and pepper to taste and a well-beaten egg. When cool form into the desired shape, dip in egg and crumbs, fry in deep fat and drain.

Carrot Croquettes

Take a cupful of cooked mashed carrots, season with salt and pepper and a teaspoonful of melted butter. Stir well with a beaten egg yolk, set it on ice if convenient. When cold form into small balls, roll them in the white of egg and crumbs, fry in deep fat and drain.

Rice Balls No. 1

Take a small cupful of cooked rice, a teaspoonful of melted butter, a rounding teaspoonful of sugar, half an even teaspoonful of salt and the well-beaten yolk of an egg. Mix well and make into small balls, putting a bit of fruit or nut meat in the center. Dip the balls in egg, roll in crumbs and fry in deep fat. Drain and sprinkle with powdered sugar.

Rice Balls No. 2

Take a tablespoonful of cold boiled rice for each ball, roll it in crumbs, then in egg, and again in crumbs, and fry until brown.

Dumplings

Sift together a large cupful of flour and two rounding teaspoonfuls of baking powder and an even teaspoonful of salt. Add enough cold water to make a soft dough, and drop big spoonfuls into gravy or stew.

Berry Puff

Cut into halves a cupful of strawberries, and season them with sugar. Cream together a cupful of sugar and a heaping tablespoonful of butter. Add one, or two, well beaten eggs. Sift two cupfuls of flour with a heaping teaspoonful of baking powder. Stir all together, with a cupful of milk and a little salt. Bake in muffin pans and serve, with or without sauce.

Stuffed Eggs

Take half a dozen hard boiled eggs. Remove the shells and cut the eggs in halves. Mash the yolks with a rounding tablespoonful of butter, one of cream, pepper and salt. Fill the eggs and place the halves together. Take the remainder of the filling and mix it with the stiffly beaten white of an egg. Dip the eggs in this, roll them in crumbs and fry in hot fat.

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Ham Sandwich No. 1

To a cupful of boiled ham, chopped fine, add a tablespoonful of lemon juice and a tablespoonful of any preferred dressing. Mix well, spread without butter on white or rye bread. Cut them in a fancy shape if preferred.

Ham Sandwich No. 2

To a cupful of chopped boiled ham add a chopped dill pickle, half an even teaspoonful of prepared mustard, and one or two heaping spoonfuls of chopped walnut meats. Mix well and spread between buttered bread slices.

Ham Sandwich No. 3

To a cupful of minced boiled ham add a little minced celery and two spoonfuls of thick cream. Mix well and spread between lettuce leaves and buttered white bread slices.

Meat Sandwich

Chop together any or all left-over cold meat, add any kind of sour pickles chopped, a bit of mustard, and spread on lettuce leaves between slices of buttered bread.

Tower Sandwich

Take a slice of white bread and spread it with cream cheese, on this place a brown slice and spread it with chopped pickles and a bit of mayonnaise, and on top another slice of white bread.

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Pickle Sandwich

Mince together half a dozen or more olives, a green pepper, a pickled onion, a teacupful of grated cheese and a little mustard dressing. Spread between lettuce leaves and buttered bread slices.

Meringue Sandwich

Beat the white of an egg, add a cupful of sugar, half a cupful of chopped nuts, half a cupful of chopped raisins and a few chopped orange slices. Spread between large square crackers and brown in the oven. Serve hot or cold.

Cheese Sandwich

Take Neufchatel cheese and add an equal amount of chopped mixed nut meats with a teaspoonful of salad dressing. Spread between lettuce leaves and bread slices.

Beef Sandwich

Any cold cooked beef chopped fine and mixed with a little salad dressing. Spread on lettuce leaves between bread slices.

Imitation Paté de Foie Gras Sandwich

Remove the skin and bone from sardines and mince the sardines with an equal portion of cream cheese. Serve between slices of Boston brown or graham bread.

Chocolate Sandwich

Put a rounding teaspoonful of butter in a saucepan and stir into it all the grated bitter chocolate it will

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take up, stir until thoroughly mixed. When cold spread on slices of graham bread.

Neufchatel Sandwich

Take a small Neufchatel cheese and add a tablespoonful of rich cream. Stir to a paste and add a teaspoonful of minced onion with salt and pepper to taste. Mix well and spread between crackers, or on lettuce leaves between buttered slices of white bread.

Pepper Sandwich

Mix together chopped green peppers and cream cheese and spread on lettuce leaves between bread slices.

Sardine Sandwich

A teaspoonful of melted butter, half an even teaspoonful of prepared mustard, a dash of cayenne pepper and half a teaspoonful each of lemon juice and Worcestershire sauce. Mix thoroughly and spread between crisp square crackers.

Fig Sandwich

Chop together figs and nut meats and mix with a little salad dressing. Serve on lettuce leaves between buttered slices of white bread.

Egg Sandwich

Slices of hard boiled egg, chopped celery hearts and a bit of mustard dressing. Spread on lettuce leaves between buttered slices of white bread.

SANDWICHES

Date Sandwich

Spread chopped dates between ginger snaps.

Prune Sandwich

Chop stewed prunes with walnut meats and olives. Spread between buttered slices of graham bread.

Banana Sandwich

Slice two bananas in rounds. Pour over them two tablespoonfuls of lemon juice, a teaspoonful of honey and a tablespoonful of thick cream. Serve at once between lettuce leaves on buttered slices of white bread.

Club Sandwich No. 1

A slice of rye bread covered with chopped mixed pickles and dressing, on that a slice of toast with a piece of crisp fried bacon, then a lettuce leaf with a slice of chicken, on top a slice of white bread.

Club Sandwich No. 2

Toast a slice of bread from which the crust has been removed, butter it and lay on it a crisp leaf of lettuce, then a layer of sliced roast chicken, on this a slice of fried bacon, a layer of salad dressing, another lettuce leaf and a top slice of toast.

NOTE.—When making bread into loaves, half fill large greased baking powder or other cans with the dough, let it rise and bake for round sandwiches.

VEGETABLES

Baked Beans

Soak a large cupful of navy beans over night. Then wash them and put them in a kettle with a cupful of tomatoes, a chopped onion and a quarter of a pound of salt pork cut in three pieces. Add two cupfuls of water and boil until the beans are soft, then pour off the liquid, if any remains, and put the beans in a baking pan with the pork on top, slices of bacon may be used also. Sprinkle the top with flour and sugar and bake slowly until brown.

Boston Baked Beans

Soak half a pint of navy beans over night. Take a bean pot or crockery dish that can be covered, place the beans in the pot and in the center put a quarter of a pound of salt pork. Pour on this a tablespoonful each of vinegar and dark molasses, a pinch of salt, half an even teaspoonful of pepper and cover with water. Put on the pot lid and bake slowly for half a day. Look at it two or three times and add water when necessary. Serve hot.

Creamed Potatoes

Slice four boiled potatoes. Put a spoonful of butter in a saucepan, add a spoonful each of flour and minced parsley, do not brown. Add half a cupful or more of sweet milk and put in the sliced potatoes. Season with salt and pepper, stir carefully and cook for ten minutes.

Potatoes Au-Gratin

Cut into squares four cold boiled potatoes. Make a white sauce with a spoonful of butter in a frying pan thickened with a little flour. Add a little milk and beat until smooth. Season with salt, pepper, nutmeg and half a cupful of grated cheese. Take a greased baking dish and put in a layer of potatoes, then sauce, potatoes again with sauce on top. Cover the top with a layer of crumbs and bake for fifteen or twenty minutes.

Scalloped Potatoes

Take a baking pan and butter it well. Place a layer of thinly sliced potatoes and season with salt, pepper, prepared mustard, a spoonful of flour and dots of butter. Then another layer of potatoes, etc. (about two layers of each). Pour over all a cupful of hot milk and place on top a thick layer of crumbs.

Potato Crust

Cut boiled potatoes into large slices. Stir into an egg yolk, some salt, pepper and pieces of butter. Dip the potato slices, then roll them in flour and fry in a buttered pan, pouring over all, the egg mixture.

Lyonnais Potatoes

Melt a rounding teaspoonful of butter and an equal amount of suet. Add a minced onion and cook seven minutes. Then put in three sliced boiled potatoes, salt and pepper to taste. Fry brown and turn. Garnish with a bit of parsley.

VEGETABLES

Whipped Potatoes

Boil and mash the potatoes, then whip with a fork adding bits of butter and warm cream, salt and pepper. Whip until light. Serve on a hot dish.

Stuffed Baked Potatoes

Take the required number of large potatoes and bake until soft. Cut lengthwise and dip out the potato without breaking the skin. Mash and beat the potatoes to a cream with a little hot milk and melted butter. Add salt, pepper and grated Parmesan cheese (a heaping teaspoonful for each potato). Put the mixture in the shells, return to the oven until hot and serve.

Potato Balls

Take two cupfuls of mashed potatoes and add half a cupful of flour that has been sifted with an even teaspoonful of baking powder and a beaten egg. Mix well, season with salt and pepper, then make into small balls and fry until brown.

Potato Cakes

Take two cupfuls of mashed potatoes and mix them with a cupful of canned salmon broken into small pieces, and a tablespoonful of cooked cornmeal. Stir well, shape into little flat cakes and fry.

Potato Dumplings

Take a cupful of warm mashed potatoes, a piece of butter the size of a hickory nut, an even teaspoonful of sugar, half an even teaspoonful of grated nutmeg or cinnamon and a pinch of salt. Beat separately the yolks and whites of two eggs. Put the yolks with

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the potatoes and mix thoroughly. Then stir the whites in lightly and add enough sifted flour to make a dough. Make into small balls. Drop in soup, or fry and garnish with parsley.

Baked Sweet Potatoes

Boil the potatoes until almost done, remove the skin and slice lengthwise. Put them in a buttered baking dish, dot with butter and sprinkle with a tablespoonful of sugar. Bake until the sugar and butter form a syrup. Brown lightly.

Fried Sweet Potatoes With Sugar

Take four sweet potatoes that have been boiled, let them dry off a moment. Take a frying pan and put in it a small cupful of sugar and a piece of butter the size of a walnut, and just enough hot water to dissolve the sugar. Cook until brown, then put in the peeled sweet potatoes and turn them until coated. If the potatoes are large, cut them in half before putting them in the sugar. Serve hot.

Scalloped Onions

Boil onions for a few minutes in water with a pinch of soda added. Drain and rinse in hot water. Butter a baking dish and place a layer of sliced onions, sprinkle with salt, pepper and bits of butter and a layer of crumbs. When the dish contains as many layers as desired, fill it with sweet milk and bake.

(This dish may be varied by mixing chopped celery with the onions. Other combinations may be used also.)

Scalloped Corn

Butter a small baking dish and pour into it a cupful of canned corn. Take half a cupful of sweet milk and stir into it one egg and season with salt, pepper and nutmeg. Put a layer of crumbs over the corn and dot all over with bits of butter. Pour over the milk mixture and bake until brown.

Corn Oysters

Cut the corn from the cob, or canned corn may be used. Chop two small cupfuls, add a beaten egg. Make a paste of a heaping teaspoonful of butter, two heaping tablespoonfuls of flour and three tablespoonfuls of thick cream. Mix this thoroughly with the corn and fry. A spoonful for each "oyster."

Corn Tamales

Butter a baking dish and fill it with the following mixture. Two small cupfuls of corn, an egg slightly beaten, a rounding tablespoonful of butter, a tablespoonful each of chopped parsley and green pepper, a heaping tablespoonful of cracker crumbs, and half a cupful of cream or milk. Stir thoroughly, salt and pepper to taste and put in the baking dish with a layer of bread crumbs on top well dotted with butter. Bake about twenty-five minutes.

Creamed Parsnips

Boil the parsnips until tender and slice them. Make a sauce of a rounding teaspoonful each of butter, chopped parsley and minced celery. Add half an even teaspoonful of salt, a dash of pepper and a teaspoonful

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of chopped raisins. Put the mixture in a stewpan with the sliced parsnips and cook until hot, then stir in two tablespoonfuls of cream.

Fried Green Tomatoes

Slice green tomatoes and place them in salt water for ten minutes, then drain. Take a frying pan and melt a teaspoonful each of lard, suet and butter. Roll the tomato slices in flour after salting and peppering them well. Brown on both sides.

Fried Tomatoes

Slice red ripe tomatoes without peeling them. Fry the slices in butter, turning them and sprinkling them with salt and pepper. Then place them on a hot plate. Put a teaspoonful of flour in the skillet with the hot butter, rub to a paste and pour in half a cupful of milk. Stir thoroughly and season with salt and pepper. Pour the mixture on the fried tomatoes and serve hot.

Baked Tomatoes

Butter a baking pan. Wash four medium sized red tomatoes, cut a small slice from the stem end of each, put in a small piece of American cheese, salt and pepper. Put them in the pan and bake. A little soup stock may be put in the pan and the tomatoes basted if preferred.

Stewed Tomatoes

Pour boiling water over four or five ripe tomatoes, leave them for a moment and then peel them. Remove the seeds and put them in a stewpan with half an even teaspoonful of salt and a pinch of pepper, a piece of

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butter the size of a walnut and a heaping tablespoonful of crumbs. Cook for a short time and pour in half a cupful of milk to which has been added a pinch of saleratus, half a teaspoonful of sugar, and if desired, a bit of onion juice. Serve hot.

Tomato Eggs

Take large round tomatoes, cut off the top, remove enough of the center to permit filling with a fresh egg. Season the egg with salt and pepper and put a bit of butter on top. Put the tomatoes in a baking pan with enough water to half cover them. Bake for half an hour.

Stuffed Tomatoes

Mix together half a cupful of bread crumbs, half an even teaspoonful of salt, pepper, a rounding teaspoonful each of butter and sugar, a little onion juice to flavor if desired, and a bit of grated cheese. Take four or five round tomatoes, cut a slice from the stem end, scoop out the soft part and a little of the solid, but use care and keep the shells firm. Mix the pulp with the other ingredients, then fill the shells with the mixture, replace the tops and bake slowly for about forty minutes in a well buttered pan, with a little water.

Cabbage

Chop half of a cabbage head into small bits and cook in salted water until tender. Make a paste of a rounding tablespoonful of butter and a heaping tablespoonful of flour, add half a cupful of rich milk and chopped

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currants or raisins if desired. Stir this mixture with the cabbage, cook until hot and serve. Celery may be cut fine and cooked with the cabbage.

Stuffed Cabbage

Take a small solid head of cabbage, remove the outer leaves and carefully hollow out the head, leaving a thick wall. Take half a pound of lean beef, grind it with an onion, two slices of stale bread (crumbed), pepper, an even teaspoonful of salt and two eggs. Stir this mixture thoroughly, fill the cabbage, and close the top with cabbage leaves. Tie securely in a gauze bag and cook until the cabbage is done. Remove the cloth and brown in the oven. Serve with sauce or not as preferred.

Creamed Cauliflower

Boil a small cauliflower until tender, then drain. Make the cream by beating three eggs with a rounding teaspoonful of cornstarch and a heaping teaspoonful of butter (melted slightly). Beat well and add a cupful of milk. Pour the mixture in a stewpan and cook, stirring all the time. When thick pour it on the cauliflower.

Spinach

Wash thoroughly, cut off bits of root, rinse several times and put in a saucepan with half a teacupful of boiling water and salt. Use just enough water to keep it from scorching. When it is tender, drain it, add pepper and butter. Arrange it on a dish and garnish with slices of hard boiled eggs.

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Turnip Souffle

Take a cupful or more of mashed boiled turnip, rub it through a coarse sieve, put it over the fire in a saucepan and stir in a rounding teaspoonful of butter rubbed to a paste with a heaping tablespoonful of flour, and salt and pepper to taste. Pour in a cupful of hot milk and stir until smooth. Beat three eggs and add the mixture gradually, beating steadily. Bake in a buttered pan for half an hour.

Salsify

Wash the salsify and boil it until tender, cut it up and season it with a rounding tablespoonful of butter, a little chopped parsley, salt and pepper. Heat this thoroughly and stir in an even tablespoonful of flour, and quarter of a cupful of cream.

Baked Squash

Cut the squash into pieces, scrape, and bake for an hour or more. Serve in the shell with butter.

Boiled Squash

Pare the squash, cut it up and remove the seeds. Put the pieces in boiling water with a little salt and cook until tender. Mash the squash and press it through a colander. Season with salt, pepper and butter. Cream may be added if desired.

MISCELLANEOUS RECIPES

Welsh Rarebit No. 1

Take a small cupful each of minced cheese and milk and put them in a saucepan, cook until the cheese is nearly melted, add a bit of prepared mustard and salt to taste. Stir in half a cupful of crisp cracker crumbs that have been rolled to powder. Serve on toast.

Welsh Rarebit No. 2

Take a rounding tablespoonful of butter, half an even teaspoonful of salt, a pinch of dry mustard, a pinch of paprika and place them in a chafing dish. When hot add a cupful each of cream and soft bread crumbs: bring to the boiling point and add a cupful of minced cheese. When it melts put in the well-beaten yolks of three eggs, stir a moment and add the stiffly beaten whites. Pour over hot buttered toast or wafers.

Baked Spaghetti

Boil in salted water half a pound or less of spaghetti until it is tender, then drain it. Make a sauce by cooking together a cupful of stewed or canned tomatoes, a minced onion and two cloves. Then put in an even tablespoonful of butter, a rounding tablespoonful of sugar with salt and pepper to taste. Cook about five minutes longer and thicken with a little cornstarch made into a paste with cold water. Put a layer of the spaghetti in a buttered baking pan, then a layer of the sauce, covered by a thin layer of grated cheese. Bake for about twenty minutes.

Macaroni

Put a cupful of broken macaroni into a quart or more of boiling salted water and cook until tender, then drain.

Have ready a sauce made by cooking together in a saucepan, a rounding tablespoonful each of butter and flour. Pour in two cupfuls of milk, and stir until smooth and when it begins to thicken season with salt and pepper and stir in the macaroni. Serve hot.

Macaroni Au-Gratin

Melt a rounding tablespoonful of butter and stir in a heaping tablespoonful of flour. Make a smooth paste and stir in two small cupfuls of sweet milk. Salt and pepper to taste. When it boils add a cupful of cooked macaroni and half a cupful of grated cheese. Put the mixture in a buttered baking dish and sprinkle over a layer of crumbs and dots of butter. Bake until brown.

Chafing Dish Cheese

Make a paste, in a saucepan, of a rounding tablespoonful of butter and a heaping tablespoonful of flour, half an even teaspoonful of salt and a dash of pepper. Pour in three or four large spoonfuls of cream; stir until smooth, then add a cupful of stewed tomatoes that have been put through a sieve, and a cupful of grated cheese. Keep stirring and add a beaten egg. Serve on toast or crackers.

Cheese Cake

Take two cupfuls of cottage cheese, add a rounding teaspoonful of butter creamed with a heaping table-

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spoonful of sugar, a pinch of salt, the beaten yolks of two eggs, a pinch of grated lemon rind, a pinch of grated nutmeg and half a cupful of cream. Stir well and add the beaten egg whites, and a teaspoonful of lemon juice. Bake in a lower crust of pastry.

Sausage Biscuit

Make a rich biscuit dough, roll it out until less than half an inch thick, cut in eight-inch squares; put in a filling of country sausage (or remove the skin from stuffed sausage), fold over each corner until it reaches the middle, pinch the edges together and bake in greased tins.

Chili Con Carne

Take a small piece of round steak, cut it into small pieces and fry it in hot drippings with a little cooked rice or not as preferred and a tablespoonful of flour. Add pepper water, a clove, a bit of garlic and thyme. Simmer until the meat is tender. If not thick enough, add more flour that has been made into a paste with a little water.

Pepper Water:—Remove the seeds from two dried red peppers, cover them with boiling water and simmer until soft. The cooked peppers need not be used.

Baked Bananas

Butter a baking pan and place in it six small bananas that have been peeled and cut in half, lengthwise. Dot them over with butter and bake until a light brown.

(Bananas may be baked in their skins the same as potatoes.)

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Boiled Bananas

Boil bananas in their skins about ten minutes and then peel and serve with cream, or sweet sauce.

Scrapple

Boil a cleaned pig's head until the flesh leaves the bones. When the meat is cold chop it fine. Remove the grease from the top of the cold liquid in which the head was cooked. Strain the liquid and put it over the fire. When it boils put in the chopped meat, and season highly with salt, pepper and a little onion juice; boil again and thicken it with cornmeal to a mushlike consistency. Let it cook slowly and stir constantly for twenty minutes. Turn down the fire and cook thirty or forty minutes longer, stirring often enough to keep it from burning. Then pour it into a shallow pan and when cold cut it in slices and fry.

(Fat fresh pork may be used instead of the head.)

Salted Peanuts

Skin roasted peanuts, put a cupful into a baking pan with a teaspoonful of melted butter. Stir them well, let them brown, then sprinkle with salt. Stir thoroughly and let them cool. Then turn into a sieve and shake lightly to remove the superfluous salt.

Blanched Almonds

Pour boiling water over the almonds. Let it get cold, then remove the almond skins.

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Chili Sauce

Take ten ripe tomatoes, three chopped onions, three red peppers, an even teaspoonful of salt, two small cupfuls of vinegar and a scant cupful of granulated sugar. Stew until soft, put it through a sieve and bottle.

Apple Catsup

Stew two quarts of sliced apples and two green or red peppers with a large cupful of water. When soft strain through a sieve. Season the juice with salt and a teaspoonful of pepper and a tablespoonful of lemon juice, half an even teaspoonful each of ground cinnamon and cloves (put the spice in a bag) and let the liquid simmer until thick; then add half a cupful of sugar and a cupful of vinegar. Let it boil up quickly and then bottle it.

Cranberry Catsup

Take a pint of cranberries, a cupful of vinegar and half a cupful of water, put them over the fire in a kettle. Fill a little cloth bag with the following:

Two cloves, two whole allspice, a pinch of mace, a small stick of cinnamon, broken. Put the bag in the kettle and bring to a boil, then cook slowly until the cranberries are soft. Put through a colander, add a cupful of brown sugar, heat again and seal.

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Tomato Catsup

Stew two quarts of ripe tomatoes and two red or green peppers. When soft strain through a sieve. Tie in a cloth bag the following: a spoonful of whole black pepper, a teaspoonful of ground cinnamon, half a teaspoonful each of allspice and ground cloves. Put the bag in the juice and let it simmer over the fire until thick. Then add half a cupful of sugar and a cupful of vinegar. Boil up quickly and bottle.

Tomato Relish

Take two cupfuls of stewed tomatoes; pour off the liquid and add to the pulp a minced onion, a minced celery heart, half an even teaspoonful of ground mustard, an even teaspoonful of ground cinnamon, salt to taste, two heaping teaspoonfuls of sugar and half a cupful of vinegar. Mix well and let it come to a boil. Put it in a fruit jar.

Cucumber Chili

Take six ripe cucumbers, pare them and remove the seeds. Sprinkle with salt and let them stand all day; then drain and add two large onions minced, a minced pepper and half an even teaspoonful of ground black pepper. Mix well and cook with a cupful of vinegar and an even teaspoonful of ground mustard. Put in a jar with several pieces of horse radish.

Worcestershire Sauce

Take a pint of peeled, sliced apples and a pint of sliced tomatoes. Chop together half a cupful or more of raisins and an onion. Put them with the apples and tomatoes in a kettle and add a minced pepper and a

rounding teaspoonful each of ground cinnamon and allspice and an even teaspoonful of ground cloves. Pour in three cupfuls of vinegar, a cupful of water and a cupful of dark molasses. Stir all together and bring it to a boil; then let it simmer slowly for several hours, until very soft, boil once more, strain through cheese-cloth and bottle.

Green Corn and Cabbage

Take twelve ears of corn and slice it off the cob, three large onions, a small solid head of cabbage, chopped, six celery stalks, three red peppers, a rounding tablespoonful of salt, six cupfuls of vinegar, three cupfuls of brown sugar. Chop and mix thoroughly all the ingredients and boil for twenty-five minutes, then add two heaping teaspoonfuls of mustard dissolved in vinegar. Put it into jars and seal.

Canned Cucumbers No. 1

Peel the green cucumbers and cut them in round slices. Take fruit jars, put in a layer of rock salt, then a layer of cucumbers; repeat until the jar is full. On top put a layer of salt half an inch deep. Seal.

Rinse the salt out thoroughly before using, and serve the same as fresh cucumbers.

Canned Cucumbers No. 2

Take two dozen cucumbers, pare and slice in wheels, and a cupful of sliced white onions, or small whole ones. Add a cupful of salt and let them stand several hours, then drain.

Take half a cupful of sweet oil, one-third of a cupful of white mustard seed, a teaspoonful of celery seed

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and two and one-half cupfuls of cider vinegar. Put the cucumbers and onions in this. Mix well and put (cold) into jars; let it overflow and then seal.

Mustard No. 1

Dry mustard mixed with vinegar to make a thin paste.

Mustard No. 2

Take a rounding tablespoonful of mustard powder and two rounding tablespoonfuls of sugar, mix and add either the well beaten yolk or white of an egg and half a cupful or less of vinegar. Cook until thick and when cold stir into it a spoonful of salad oil.

French Mustard

Take a heaping tablespoonful of mustard powder, a dessertspoonful of olive oil, half an even teaspoonful each of salt and sugar, and a teaspoonful of tarragon vinegar. Beat until smooth. A bit of onion juice may be added, also the oil may be omitted and more vinegar used. Keep in a corked jar.

Mustard Pickles

Take two quarts of small cucumbers and put them in a glass jar. Mix thoroughly together three pints of vinegar, half a cupful each of salt, sugar and dry mustard, and pour it over the cucumbers until it overflows, then seal.

Pickles

Fill glass jars with small cucumbers, or onions, put a few pieces of horse radish root in each jar, and cover to overflowing with good cold vinegar; seal.

Pickled Green Peppers, Stuffed

Cut the tops from a dozen green peppers, clean out the seeds and membrane and soak the peppers in strong brine for a couple of days. Then drain and put them in ice water for several hours.

Make a stuffing by mixing together a cupful of finely chopped cabbage, two rounding tablespoonfuls of horse radish, a rounding teaspoonful of minced onion, a dozen whole black peppers, or half an even teaspoonful of ground pepper, an even teaspoonful of dry mustard, an even teaspoonful of celery seed, a rounding teaspoonful of brown sugar, half an even teaspoonful each of powdered mace, nutmeg and ginger, and a tablespoonful of salad oil.

Fill the peppers, tie on the tops, put in crocks, and cover with boiling vinegar. After a week reboil the vinegar and pour over the pickles and put a weight on top.

Stuffed Peppers

Cut the tops from a dozen green peppers, remove the seeds and soak the peppers in strong brine for three hours.

Make a filling by mixing together the following ingredients:

Three finely chopped sour apples,

Half a cupful each of chopped seeded raisins, currants and finely crushed almonds,

A heaping teaspoonful of finely chopped citron, a rounding teaspoonful of ground cinnamon, half an even teaspoonful each of ground cloves, nutmeg and salt,

Half a cupful of vinegar and half a cupful of sugar.

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Boil this mixture, rinse the peppers, and fill them. Fasten on the tops, pack in a jar, and pour hot vinegar over them.

Green Tomato Hash

Mince two quarts of green tomatoes, a cupful of chopped seeded raisins, two minced onions, three sour apples, a minced green pepper, two heaping spoonfuls of chopped candied lemon and orange peeling, an even tablespoonful each of salt and mustard powder, and a pint of good vinegar. Mix thoroughly and boil for an hour and a half, or more. Bottle and seal.

Watermelon Pickle

Take the rind from half of a large melon. Pare off the green and red and cut into small square or oblong pieces. Cover with water. Put in two tablespoonfuls of salt, and let it stand all night. Then pour off the brine, put the rind into a kettle with a little fresh water, and cook it until clear and tender.

Make a syrup by boiling two cupfuls each of vinegar and sugar and pour it in the kettle, which should contain about a cupful of the water in which the rind was cooked. Put in a bag of spice and cook for twenty minutes, then seal.

Pickled Onions

Take the desired quantity of small white onions, remove the outer peeling and cover them with salt water. Let them stand two days. Drain and put in fresh water for several hours. Drain again and pack the onions in jars and fill the jars to overflowing with boiling vinegar. Seal.

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Canned Rhubarb

Wash the rhubarb, peel the older stalks, cut in small pieces and put it in a kettle with a cupful of water, let it cook slowly. To one quart of rhubarb, add a small lemon sliced, and a large cupful of sugar (more or less). Boil and can.

Canned Pineapple

Peel and cut out the eyes and slice the pineapple; drop the slices into cold water as soon as cut. Cook the pineapple in a little water until tender; skim the liquid. Take out the pineapple and put sugar in the water. (The proportion is two cupfuls of sliced pineapple to one and one-half cupfuls of sugar.) Boil and skim when necessary. Put the fruit back into the syrup, boil for ten or twelve minutes. Fill the jar until it overflows, then seal it.

Canned Peaches

Peel, cut in halves and remove the stones from peaches. Put the halves in cold water as soon as cut. Put a cupful of water into a preserving kettle and a layer of peaches, sprinkle lightly with sugar; a second layer sprinkled with sugar, etc. Bring slowly to the boiling point and then boil about ten minutes. Fill the can till it overflows and seal at once.

Canned Small Fruits

Pack glass jars full of berries and to each pint jar put in half a cupful of sugar and fill to the top with cold water.

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Put hay or cloths in the bottom of a boiler, set in the cans, fill the boiler with cold water, nearly to the top of the jars. Put on the boiler lid and boil until the fruit is tender. Seal at once and stand upside down for a day.

Cranberries No. 1

Pick over and wash the cranberries. Pack the nice whole ones into cans, fill the can to overflowing with cold water, and seal. Keep in a cool place.

Cranberries No. 2

To two cupfuls of cleaned cranberries add one cupful of sugar and one cupful of boiling water. Put them in a porcelain kettle and stir to mix the sugar. When they swell mash them against the kettle until all are broken. Keep them boiling all the time. When all are mashed turn them into dishes.

Watermelon Rind Preserves

Cut off the thin green part and the soft inside part of the rind, then cut the rind in small pieces. Put them in a preserving kettle, cover well with water and cook until tender. Remove the rind and add water if there is not enough liquid for syrup. To two cupfuls of liquid use one and two-thirds cupfuls of sugar, and flavor with a tablespoonful of lemon juice and boiled ginger root. Boil the syrup and put in the rind, heat it thoroughly, put into jars and seal.

Preserved Quince

Take the desired number of quinces, pare, core and quarter them. Place them in a preserving kettle with

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just enough water to cover them. Cook slowly until soft, then take them out carefully and spread them on plates to cool. Put the peelings into the kettle with the juice and stew slowly for an hour. Strain the liquid through a cloth, return it to the kettle with an equal amount of sugar, heat it and put in the quinces. Bring it to a boil and skim it, then pack the fruit in jars and fill to overflowing with the boiling syrup.

Strawberry Preserves

Take an equal amount of sugar and strawberries. Rinse the strawberries slightly with cold water and mix them with the sugar in a preserving kettle. Let them stand on the warm range until the sugar melts, then boil for fifteen or twenty minutes. Remove the berries, boil the syrup again and skim it. Put back the berries, bring to a boil and can.

Apple Jam

Make a syrup of two pounds of brown sugar and enough water to dissolve it. Add a peeled sliced lemon and a little ginger root or cinnamon. Boil the syrup and skim it, then put in two pounds of peeled and finely chopped sour apples. Boil until the apples are clear and soft. Put into jelly glasses.

Jam No. 1

Take two quarts of ripe cherries, remove the pits. Put the fruit in a kettle with a cupful of seeded raisins, four pounds of granulated sugar and the chopped rind and pulp of four oranges. Boil for about three-quarters of an hour.

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Jam No. 2

Two quarts of pitted plums, a pound of seeded raisins, two oranges and one lemon. Grate the orange and lemon rind and chop all the ingredients together; add an equal amount of sugar and boil until the fruit is soft. Put in jelly glasses.

Apple Butter

Take the desired amount of cider and boil it until it is reduced one-third of the original quantity. Put in as many peeled and sliced apples as it will cover; simmer until the apples are soft, then take a skimmer and remove the apples. Put more sliced apples in the cider, and do this until all the cider is absorbed. Let the cooked apples stand until the next day, then put them in a preserving kettle and heat thoroughly. Season with spice if preferred. Put in stone jars.

Tomato Butter

Cook the desired amount of tomatoes, put them through a sieve, add sugar and spice to taste, and cook until thick.

Pumpkin Butter

Take a yellow pumpkin, pare it and cut in small pieces. Weigh the pieces and to each pound of pumpkin put in a pound of sugar, and orange and lemon. Chop very fine and cook until soft. Put through a sieve and return to the fire. Spice may be added if desired. Put in glasses and cover with melted paraffine.

Gooseberry Marmalade

Make a proportion of two-thirds gooseberries to one-third of orange pulp. Add a pint of water to a pound of fruit; cook until soft. Put through a sieve and to each pound of fruit add a pound and a quarter of granulated sugar. Cook until it jellies, skimming when necessary. Put in jelly glasses.

(Raspberries may be used instead of oranges.)

Orange Marmalade

Make a proportion of six oranges to two lemons. To each pound of sliced fruit add a pint of cold water and one and one-quarter pounds of granulated sugar. Cook until it jellies; put into glasses.

Rhubarb Marmalade

Take two pounds of rhubarb, peeled and cut in small pieces, two pounds of sugar, the pulp and grated rind of three oranges and one lemon. Cook with a cupful of water until well done. Put into jelly glasses.

Fruit Jelly

Make bags of thin muslin with a tape loop at the top and one near the bottom. Wash the fruit and put it in a porcelain or granite kettle with a cupful of water and boil until the juice is extracted. Pour it into the bags and hang them over a large dish to drain. Then put the juice in the kettle, let it boil, and add an equal amount of heated sugar. Boil a few minutes and fill the glasses. Put a silver spoon in the glasses and set them on a folded newspaper while filling.

PRESERVES

Cranberry Jelly

Wash a quart of cranberries and put them while wet into a double boiler. Cover and cook until soft. Put them through a coarse sieve, return to the fire, sweeten to taste and turn into a wet mold to form.

Apple Jelly

Slice apples without peeling them and put them in a preserving kettle with just enough water to keep them from scorching. Cook slowly until the apples are soft. Fill the bags and hang them over a dish to drain. Clear jelly is made without squeezing the bag.

To each pint of juice use a pound of sugar and the juice of half a lemon. Boil the juice for fifteen minutes, skim, and add the heated sugar. Boil up once and pour into the glasses.

Grape Jelly

Wash the grapes and put them in a preserving kettle with a small cupful of water. Cover and let simmer until the fruit is cooked. Fill the bags and drain into a dish. Put the juice into a kettle, let it boil for fifteen minutes, skim it and add heated sugar, a pound of sugar to a pint of juice. Let it boil up once, then pour into glasses.

Currant Jelly

Wash the currants, crush them and strain through a thin bag. Take the juice and let it boil. Add a cupful of heated sugar to a cupful of juice. Let it boil once, and pour into glasses.

PRESERVES

White Jelly (For Immediate Use)

Dissolve one-quarter of a box of gelatin in half a cupful of cold water. When entirely dissolved, add half a cupful of boiling water and stand it in a warm place. Put in half a cupful of granulated sugar and the juice of one lemon. When the sugar is entirely dissolved, beat the white of one egg until very stiff, and beat it into the mixture, a spoonful at a time, slowly and thoroughly. Then set it on the ice until served.

Pineapple Jelly With Nuts

Take half a cupful of crushed nut meats, a sliced banana, the juice of one lemon, and a cupful of grated pineapple. Dissolve one-quarter of a box of gelatin in half a cupful of cold water. When dissolved add a cupful of boiling water and half a cupful of sugar (or less). Strain and let it stand until it begins to thicken, then add the pineapple mixture and the well beaten whites of two eggs. Beat all thoroughly; set on ice. Whipped cream may be served with this.

Mint Jelly

Take a cupful of mint and parsley mixed. Wash thoroughly, chop fine, and steep with two cupfuls of boiling water for ten minutes or longer. Strain, and add a cupful of sugar to each cupful of liquid, with a teaspoonful of lemon juice. Boil until it jellies and put into glasses.

Bar Le Duc

Select large currants and remove the stems. To half a pound of fruit allow one and one-half pounds of

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sugar. Take other currants and crush them. Take a cupful of juice from the crushed currants, put it in a preserving kettle with one and one-half pounds of sugar. Simmer slowly, dissolve the sugar without water if you can. Then drop into the syrup the half pound of currants. Cook a few minutes, slowly. Strain carefully, that the currants may remain whole. Boil the syrup until thick, skim, put in the currants carefully, let it boil up once, and pour into glasses.

Peanut Butter No. 1

Skin roasted peanuts and grind them. To each cupful of ground peanuts add half a cupful of butter and rub to a smooth paste.

Peanut Butter No. 2

Beat an egg thoroughly with half a cupful of sugar, an even teaspoonful of prepared mustard, half an even teaspoonful of salt, four tablespoonfuls of vinegar and half a cupful of the peanut paste as given in No. 1 recipe. Boil until it thickens and then beat with a fork until light.

Candied Peel

Take lemon or orange rinds, clean out the inside and put the rinds in cold water; boil five minutes, drain, then cover them with boiling water and cook until tender enough to be pierced by a straw.

Make a syrup of a cupful of sugar and half a cupful of water. Remove the rind from the water and place it in the syrup and boil until transparent. Drain and roll in sugar, or dry the peeling and pour over it the

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syrup that has been boiled until it begins to granulate.

Grape Juice No. 1

Wash the grapes and remove the stems. Place the grapes in a preserving kettle with a little water (not quite enough to cover them). Bring them slowly to a boil, and when broken and soft put them in bags to drain. Put the juice back on the fire, sweeten to taste, boil, and seal in bottles.

Grape Juice No. 2

Wash the grapes, place them in a double boiler and steam until soft. Put them in a cheese cloth bag to drain. Bottle the unsweetened juice, and seal.

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Taffy No. 1

Mix together half a cupful of condensed cream, a rounding teaspoonful of butter and three cupfuls of brown sugar. Add half a cupful of crushed walnut meats. Boil until it will form when dropped in cold water, then pour into buttered pans, and when cold cut into desired pieces.

Taffy No. 2

Boil two cupfuls of molasses for about twenty minutes; stir in an even teaspoonful of saleratus and boil until a bit dropped in cold water is brittle. Keep stirring and add a teaspoonful of vinegar. Pour it into buttered pans.

Nut meats may be stirred in if desired.

Molasses Candy No. 1

Take a cupful of molasses and a cupful of brown sugar, a piece of butter the size of a walnut, and a tablespoonful of vinegar. Boil until a bit dropped in cold water becomes brittle, then stir into it half an even teaspoonful of saleratus and pour into buttered pans to cool.

Molasses Candy No. 2

Dissolve a cupful of granulated sugar with half a cupful of vinegar, and put it into a granite kettle with a quart of molasses. Boil it until a bit dropped into cold water will harden. Then stir into the syrup a rounding tablespoonful of butter and an even table-

spoonful of saleratus, and beat it thoroughly. Then remove it from the fire and pour it into a well buttered pan. When cool enough, butter the hands well and pull the candy.

Candied Fruit

Cherries.—Boil two cupfuls of granulated sugar with half a cupful of water; do not stir it. When a bit dropped in water is brittle remove the vessel from the fire and set it in one containing boiling water. Take a clean hatpin and with it dip each cherry in the hot syrup, then lay it on waxed or buttered paper to dry. Grapes and nuts may be dipped in the same syrup also.

Candied Citron

Peel the citron and cut it into pieces of the desired size. To each pound of citron use a pound of sugar and a cupful of water. Put the sugar and water in a pan over the fire; when the sugar melts add the citron and a little ginger root. Cook until the citron is tender, then remove the citron and spread it on platters. Boil the syrup until thick, flavor with lemon, and put in the citron. Stir it until it is well cooked, then put it on waxed paper to dry.

Caramels

Take a granite pan and put into it two cupfuls of granulated sugar and half a cupful of water. When the sugar dissolves stir into it a pinch of cream of tartar; stir steadily, and when a bit dropped in cold water can be worked to a paste, beat into it a tea-

spoonful of vanilla or lemon, remove from the fire, and when cool enough pull and knead it. Roll it into a sheet and sprinkle with sugar, roll again, and cut into squares.

Chocolate Caramels No. 1

Take half a cupful of molasses and two cupfuls of brown sugar, half a cake of bitter chocolate, half a cupful of cream and half a cupful of butter. Cook together until a bit dropped in water will harden, then pour it into a buttered pan, and when cool cut it into squares.

Chocolate Caramels No. 2

Take a cupful of molasses, half a cupful each of brown sugar and cream, a rounding teaspoonful of butter and a quarter of a pound of chocolate. Boil and stir well and when a bit dropped into cold water will harden pour it into a buttered pan. When cool cut it into squares.

Cocoanut Caramels

Take two cupfuls of granulated sugar and half a cupful of thin cream or milk and boil ten minutes. Then add a cupful of grated cocoanut, boil again about ten minutes and pour it on a buttered dish. When partly cool cut into shapes.

Maple Caramels

Take three cupfuls of brown sugar and half a cupful of maple syrup, a cupful of cream and a rounding tablespoonful of butter. Cook them together until a

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spoonful dropped in water to cool can be worked into soft paste, then pour it into well buttered dishes, and when cool enough cut it into squares.

Syrup Caramels

Take a cupful each of corn syrup and thin cream, two cupfuls of sugar and a rounding teaspoonful of butter. Boil this mixture until a bit dropped in water will harden. Remove it from the fire and beat it well. Crushed nuts may be added if desired. Then pour it into a buttered pan to cool. Cut into squares.

Cocoanut Creams

Take the milk from a small cocoanut and put it into a porcelain kettle with two cupfuls of sugar and beat slowly until the sugar is melted, then let it simmer for ten minutes. Stir in the grated cocoanut and keep stirring the mixture, boiling slowly for about ten minutes. Pour it into a buttered pan and let it harden for about a day.

Cream Candy No. 1

Take a porcelain pan and place in it two cupfuls of sugar, one cupful of water, half an even teaspoonful of cream of tartar and put it over the fire. Stir until the sugar is dissolved, then boil slowly without stirring until a bit dropped in cold water will harden. Pour into a buttered dish and when cool enough pull with well buttered hands.

Cream Candy No. 2

Take the well beaten white of an egg, a tablespoonful each of milk and cream, and a tablespoonful of

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vanilla. Add pulverized sugar to make a stiff dough, and mould it into the desired shapes. Nuts may be placed on top.

Frosted Creams

Take a cupful of molasses, an egg, half a cupful of butter, a rounding teaspoonful of saleratus, half a cupful of brown sugar, an even teaspoonful of salt, a teaspoonful each of ground cinnamon and ginger. Beat all together with half a cupful of hot water and add enough flour to make a soft dough. Bake in a buttered pan and frost, then cut into squares. Any preferred frosting may be used as for cake.

Chocolate Creams

Beat the white of an egg until it is stiff. Add confectioners' sugar to make a dough that may be rolled. Flavor with half a teaspoonful of vanilla. Beat it well and roll it into small balls; place these on waxed paper.

Melt several spoonfuls of grated chocolate by putting it in a double boiler, then dip each ball until it is coated, and then place on buttered plates or waxed paper to harden. Let them stand about half an hour.

Chocolate Coating

Another way of making a chocolate coating for candy is to melt three heaping tablespoonfuls of crushed chocolate, and stir into it three tablespoonfuls of cream, an even teaspoonful of sugar and a tablespoonful of water. Boil for five or six minutes, remove it from the fire, and dip the candy into it.

French Candy (Uncooked)

Take as many egg whites as desired and an equal quantity of cream or cold water. Beat the egg whites thoroughly, add the cream, and stir in slowly very fine confectioners' sugar until of the consistency of stiff dough. Knead it on a marble glass surface (the more it is kneaded and beaten, the better it will be), add vanilla or any preferred flavoring, and make it into balls or any desired form.

These forms may be finished in many ways. Put a nut meat on top and press it slightly. Candied fruit may be used; cocoanut, chocolate, etc., make a delightful coating.

Candy Kisses

Put the whites of three eggs into a deep dish and beat them until very stiff, with a cupful or more of sugar. Add gradually a cupful of nuts and half a teaspoonful of vanilla. Drop in spoonfuls in a pan and bake to a golden brown.

Chocolate Fudge No. 1

Take two cupfuls of granulated sugar, half of a cupful of milk or cream, and half of a cupful of crushed chocolate. Put them in a granite dish and boil for five minutes, beat until thick, remove it from the fire, and stir in a teaspoonful of vanilla.

Chocolate Fudge No. 2

Take half a cupful of crushed chocolate, half a cupful of milk and half a cupful of molasses. Put them in a granite pan and boil until a bit hardens in cold

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water, then remove from the fire and add a teaspoonful of vanilla. Beat until it granulates, then pour on buttered plates.

Chocolate Fudge No. 3

Take a cupful of granulated sugar, a rounding teaspoonful of butter, half a cupful of cream and a rounding tablespoonful of crushed chocolate. Put them into a granite saucepan and stir until all are blended. Boil a few moments, dip a little into a dish, stir it, and if it creams, remove the candy from the fire, beat it until nearly cool, and pour it into buttered pans.

Cocoanut Fudge

Take two cupfuls of white sugar, one cupful of milk, a rounding teaspoonful of butter, half of a cocoanut grated, or prepared cocoanut, and a teaspoonful of lemon juice. Boil the mixture until a bit dropped in water will harden, then pour it into buttered pans, and when nearly cold cut it into the desired shapes.

Maple Fudge No. 1

Boil three cupfuls of maple syrup with a rounding teaspoonful of butter. When a bit dropped in cold water becomes brittle, remove it from the fire and beat it until granulation begins, then pour it into buttered pans and cut into squares.

Maple Fudge No. 2

Take a pound of maple sugar and break it into small pieces. Add a cupful of milk and an even tablespoonful of butter. Put it over the fire and let it boil until a bit dropped in water will harden. Remove it from

the fire and beat it until it begins to granulate. Put it on buttered plates, and when nearly cold cut it into squares.

Opera Fudge

Take two squares of bitter chocolate, two cupfuls of granulated sugar, half a cupful of sweet cream, thinned with two or three spoonfuls of hot water. Put the mixture over the fire and boil, stirring frequently. Take a small bit in a buttered spoon, and if it hardens when cold remove it from the fire, and when cool beat it until it becomes thick and smooth, then make it into small balls.

Nut Fudge

Make the candy after the recipe for opera fudge, and after removing it from the fire stir into it the desired quantity of crushed hickory nuts. Cut into squares.

Fudge Sandwiches

Cut marshmallows in halves and put a square of marshmallow fudge between layers of marshmallow slices.

Marshmallow Fudge

Take two squares of chocolate and crush or grate it, two cupfuls of granulated sugar, a cupful of milk, a rounding teaspoonful of butter and five marshmallows. Place all in a granite pan and boil until a bit dropped into water will harden. Beat until stiff, and pour into buttered pans. Cut into squares.

Pall Mall Fudge

Take a granite saucepan and put into it a cupful each of dark brown sugar and granulated sugar, two tablespoonfuls of molasses, a pinch of saleratus, four tablespoonfuls of thick cream, two tablespoonfuls of melted butter. Put it over the fire and let it boil for three minutes, then add a rounding teaspoonful of crushed chocolate. Boil rapidly for five minutes, stirring constantly. Turn down the fire and let the mixture simmer a few minutes more, then stir into it a teaspoonful of vanilla. When it begins to cool, beat it until thick. Pour into buttered pans, and when it is nearly cold cut it into squares.

Peanut Candy No. 1

Skin and crush three cupfuls of peanuts and heat them in the oven. Melt a cupful of granulated sugar in a granite pan, stirring constantly. Then stir in the hot peanuts and pour into buttered pans.

Peanut Candy No. 2

Spread two cupfuls of skinned peanuts over well buttered pans. Melt three cupfuls of sugar and pour it over the peanuts. Mark into squares.

Peanut Brittle

Put into a granite pan a cupful each of molasses and brown sugar, a rounding teaspoonful of butter and a teaspoonful of vinegar. Boil until a bit dropped into cold water hardens. Then stir into it a cupful of skinned peanuts and a pinch of saleratus. Remove it from the fire, pour into buttered pans and cut it into desired shapes.

Walnut Candy

Boil together a cupful of milk and three cupfuls of brown sugar. When a bit dropped in cold water becomes brittle, put in a piece of butter the size of a walnut, and a teaspoonful of vanilla. Turn out the fire and stir in a cupful of broken walnut meats. When cool enough make it into marbles.

Butter-Scotch No. 1

Take a granite pan and put into it two cupfuls of sugar, one cupful of water and three teaspoonfuls of vinegar. Let it boil and put into it two heaping tablespoonfuls of butter. When a bit dropped into cold water hardens, pour it into buttered pans and mark it into squares.

Butter-Scotch No. 2

Take two cupfuls of powdered sugar and half a cupful of rich milk. Add three heaping tablespoonfuls of butter and work the ingredients together. Then boil the mixture until a bit when cool can be formed into a ball. Remove it from the fire, add a teaspoonful of flavoring, and pour it on buttered plates.

Candy Jelly

Take four teaspoonfuls of gelatin, cover it with water to dissolve. Put in a granite pan with a cupful of granulated sugar and boil it for fifteen minutes or longer. Add a tablespoonful each of orange and lemon juice and a cupful of nut meats. When cold cut it into cubes.

Pulled Candy

Boil together two cupfuls of granulated sugar and a cupful of water, using a granite or porcelain pan. Add a rounding tablespoonful of butter and a pinch of cream of tartar. When a bit dropped in cold water hardens, stir in a tablespoonful of lemon or orange juice. Pour into a buttered pan, and when cool enough to handle pull with buttered fingers until white. Twist into desired shapes and cut it with a buttered knife.

Egg Candy

Boil together half a cupful of syrup, half a cupful of water and two cupfuls of granulated sugar, using a granite pan. Drop a bit into cold water, and if it hardens stir into the pan the stiffly beaten whites of two eggs. Beat thoroughly, add flavoring and pour into buttered pans. Nut meats or candied citron may be stirred in with the flavoring.

Nougat

Boil together two cupfuls of sugar and half a cupful of water. Use a porcelain or granite pan. Butter plates and spread over them mixed nuts, candied fruit, citron, cocoanut, etc. When the sugar boils drop a bit into water; if it hardens, put in a spoonful of flavoring and pour the mixture over the nuts.

Marshmallows

Take three heaping tablespoonfuls of pulverized gum arabic and soak it in a cupful of cold water for three hours; then put it in a double boiler with cold water in the outer vessel. Heat until the gum arabic is dissolved, then strain it through coarse cheesecloth.

Put the strained gum back into the boiler and add a large cupful of powdered sugar. Stir the mixture steadily until it becomes stiff and white. Remove it from the fire and beat it thoroughly; add a teaspoonful of vanilla and beat it again. Rub a pan with cornstarch and pour the paste into it. When cool cut it into cubes, and roll each in a mixture of three parts cornstarch to one part of powdered sugar.

Candied Violets

Boil together a cupful of granulated sugar and a small cupful of water. Dip a fork into it, and if it spins a thread, dip each violet, rose petal, etc., into the syrup and place them carefully on a buttered wire strainer to dry. When dry, if the coating is not thick enough, redip the flowers. Sprinkle them with sugar and place separately on buttered plates.

Popcorn Balls

Make up a recipe for molasses candy, and before taking it from the fire stir in popcorn to thicken the mixture, and when nearly cool form it into balls and roll them in popcorn, that the surface may not be sticky.

Cocoanut Balls

Boil a cupful of sugar with three tablespoonfuls of water. Drop a bit into cold water, and if it hardens remove it from the fire and stir in shredded cocoanut until thick. When nearly cold form into balls and roll them in prepared cocoanut or sugar. Place the balls on buttered plates to harden.

FIRELESS COOKER

Excellent fireless cookers may be obtained at the stores, but a simple one may be made at home as follows:

A pail, box or small trunk may be used. If one "burner" is desired, take the large pail and another three or four sizes smaller; each must have a lid. Hay, straw, shredded newspaper or excelsior may be used. Put a thick layer in the bottom, set in the smaller pail, and pack all around it. Remove the small pail and put in a sheet of paper or cloth, or both, to make a good side to the nest, and a cushion of the same to fit over the top under the outside lid. Folded newspaper may be used. A hot lid or stone may be placed in the cooker under the food vessel, but is not necessary.

Prepare the food according to the recipe, place it in the smaller pail, and cook it over the fire until the heat penetrates to the center of the food. It must reach the boiling point. Have it tightly covered and put it in the cooker immediately. Do not remove the cover until the food is to be served. The slow process of cooking preserves the flavor of the food.

The fireless cooker is also economical and tough meats are rendered palatable. There is no odor, and no danger of the food burning. Beans and other foods that require much cooking may be reheated to the boiling point after a few hours, and returned to the cooker.

WEIGHTS AND MEASURES

One Gill

1. One fourth of a pint or about half a cupful.
2. Two wineglassfuls.

A Wineglassful

Four tablespoonfuls of liquid.

An Ounce

1. Two tablespoonfuls of liquid.
2. One rounding tablespoonful of butter.
3. One heaping tablespoonful of sugar, etc.
4. The white of one egg.
5. The yolk of one egg.

A Pint

Two cupfuls.

A Pound

1. Two cupfuls of powdered or granulated sugar.
2. One and one-half cupfuls of hard butter.
3. Two cupfuls of unsifted flour.

A Saltspoonful

Half of an even teaspoonful.

Proportions

1. A spoonful, cupful, etc., means even full or level.
2. Use a teaspoonful of soda to a pint of sour milk, or a cupful of molasses.
3. Two rounding teaspoonfuls of baking powder to a pint of flour.
4. One-half teaspoonful of salt to a pint of flour.
5. One-half teaspoonful of salt to one pint of soup.
6. One tablespoonful of flavoring to one quart of cream for freezing.
7. Use one quart of water to a pound of soup meat for stock.

