

**FLORAL GUILD**

**COOK BOOK**

SPECIAL COLLECTIONS



THE LIBRARY  
OF  
THE UNIVERSITY  
OF CALIFORNIA  
LOS ANGELES

(51)

#0047

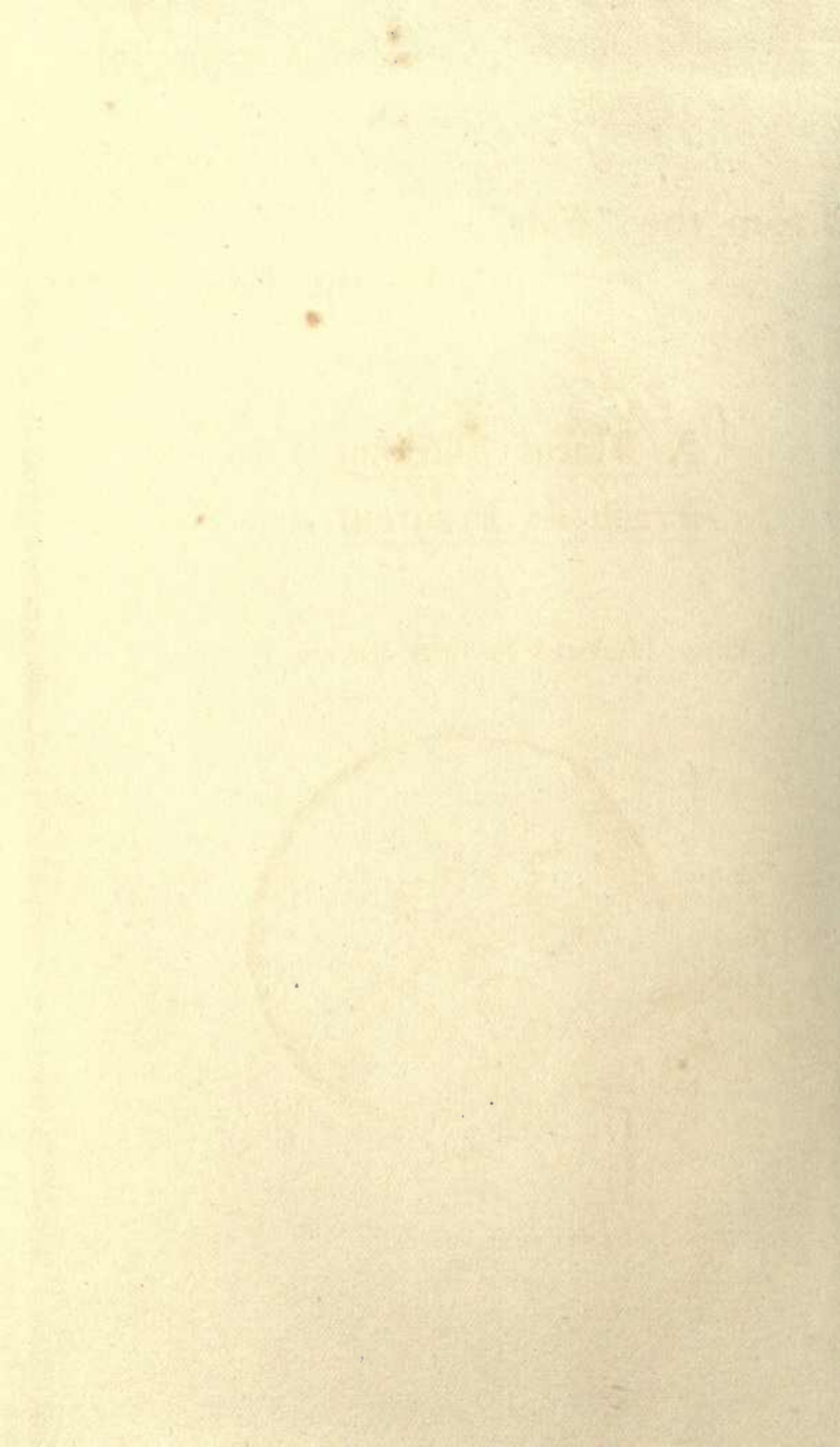
To dear Marion  
from

Glazer 273  
Brown 100  
Biting 607  
Cook 33

Theresa M. Drew

Dec 1914.

735<sup>00</sup>





From the "Fair"

To the Fair

A Floral Offering  
Fresh and Fragrant

Three Hundred Favorite Recipes



"Tried as by Fire."



# Three Hundred Favorite Recipes

PUBLISHED BY THE

FLORAL LEAGUE

OF THE

FIRST CONGREGATIONAL CHURCH

OF SAN FRANCISCO

---

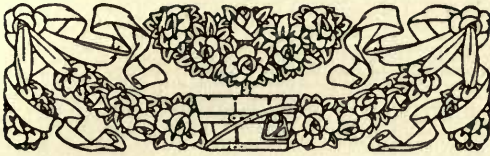
Church Fair  
November 23, 1911

---

Press of  
THOS. J. DAVIS & SON  
223-225 Davis St., S. F.





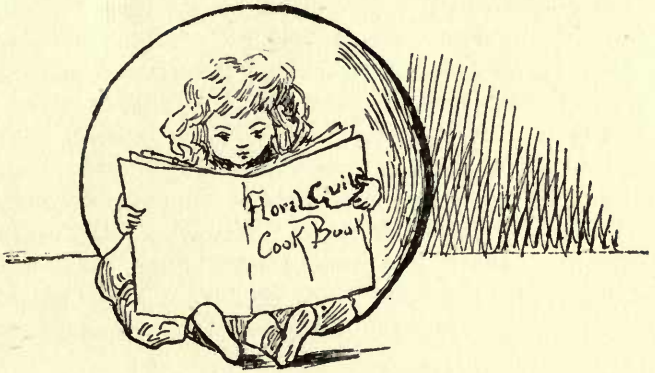


EW of these recipes lay claim to the charm of novelty. Some have been met before in other company and less festive attire; but we are just as proud to introduce old time favorites, tried and true, as the latest confection of a foreign chef. The most out-of-date possess an attraction all their own; while the bride-to-be and the bride who recently "has been" will probably find in these her firmest friends. As first aid to the injured (husband) the day may come when they will prove invaluable! We commend all the three hundred to your hearth and home, gaily confident that "mixed" though they be, each one is perfectly "safe." Their rosy sparkle bubbles up entirely from the spirit within, and owes nothing to spirits introduced from without—even the Christmas Pudding is innocent of brandy. In this regard the humblest of them is decidedly "exclusive."

The compiler is immensely grateful to the many friends who have so ungrudgingly given of their best. Only those who have been called on to part from the pet recipe of a household know the painful self-sacrifice involved. Whatever success this little book achieves will be due altogether to the ready help and kindness of the contributors, including—in large letters—MISS ELEANOR WARREN, whose charming sketches will capture every imagination—and every appetite!

A. A.





“Look before you Cook.”





# APPETISANS

## **Anchovies à la Creme.**

From Mrs. C. F. Aked.

Make some toast, cut it into small square pieces, butter it, then spread thickly with the following mixture: Stir into a jar, placed in a saucepan of water over the fire, the beaten yolk of 1 egg, 1 oz. of butter, 2 teaspoonsful of anchovy paste, a teaspoonful of mushroom ketchup, 6 olives finely chopped, and a gill of cream, until it thickens; it must not be allowed to boil. Spread it while hot on each piece of toast. When well chilled pile a spoonful of stiffly whipped cream on each one. Take some filleted and boned anchovies, cut the fillets in half, lay the 4 strips against the piled-up cream, the ends meeting at the top.

## **Anchovy Creams.**

From Mrs. C. F. Aked.

Soak  $\frac{1}{4}$  oz. gelatine in a little water, set over boiling water, stir until dissolved; whip  $\frac{1}{3}$  pint cream, add 1 good teaspoonful of anchovy paste, a pinch of cayenne, a squeeze of lemon juice, add the gelatine, stir lightly and pour into tiny moulds. Serve on rounds of aspic jelly. Garnish with endive or water-cress.

## **Savoury of Caviar.**

From Mrs. J. H. Barnard.

One can caviar spread thin on circles of buttered

toast; add a few drops of lemon juice, a slice of tomato, little mayonnaise, then the grated yolk of hard-boiled egg, sprinkle with little salt, paprika, and finely chopped parsley.

### **Mock Caviar.**

From Mrs. C. F. Aked.

Six anchovies,  $\frac{1}{2}$  tablespoonful of olive oil, pepper, salt, cayenne, lemon juice to taste, yolks of 2 hard-boiled eggs; pound well; add 1 pickled walnut; mix smooth, and put in little heaps on small rounds of fried bread; garnish with water-cress and lemon.

### **Croûtes aux Olives.**

From Mrs. C. F. Aked.

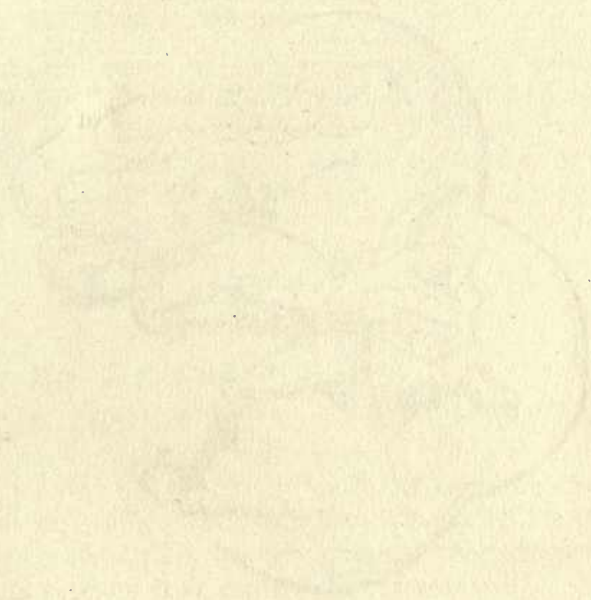
Fry some neat croûtons a golden brown, and spread them thickly with anchovy butter. Pour a little melted aspic over them, and in the middle of each croûton set an olive turned, the stone being replaced by a fillet of anchovy.

### **Water-Cress Savoury.**

From Miss Taylor, of Liverpool.

Fry small rounds of bread in butter, drain and cool. Chop water-cress very fine, rub it to a paste with butter and spread on the fried bread. Sprinkle with salt, cover with caviar seasoned with lemon juice. Scatter a little paprika on the top and serve with a garnish of cress. Always use a bone spoon for spreading the caviar.

# NOTES





"Time and table wait for no man."



# SOUPS

## **Consommè with Pearl Barley.**

From Mrs. John C. Coleman.

Put one quart of plain consommè in a granite kettle, add  $\frac{1}{4}$  cupful of well washed pearl barley and 1 pint of boiling water. Let boil 45 minutes. Add  $\frac{1}{3}$  cupful of cold breast of chicken cut in dice form, 2 tablespoonsful of peas previously cooked, and serve with crisp crackers.

## **Beetroot Consommè.**

From Mrs. C. F. Aked.

Wash, peel, and slice a raw beetroot and put it into some clear soup, well flavored. Bring to a boil and then let simmer gently until the beet is cooked, about one hour. Then add a few drops of carmine coloring and strain through a cloth. This consommè should be quite clear and a deep red brown.

## **Consommè with Rice and Cream.**

From Mrs. John C. Coleman.

Put 1 quart of plain consommè in a stewpan and when it has come to a boil add a pint of boiling water and  $\frac{1}{2}$  cupful of cold boiled rice. Boil for 10 minutes, then add 1 teaspoonful each of sugar and salt and a cupful of cream.

### Consommé à la Sèviigné.

From Mrs. C. F. Aked.

Take some clear soup, garnish it with rounds of cut lettuce, tarragon, and parsley as below, also with some Royal cut into squares, diamonds or rounds.

Royal for Soup: For three persons take 2 whole eggs and beat them up with 2 tablespoonfuls of milk or cream, or clear soup; season with pepper and salt; tammy; divide into two parts and color one part carmine; steam till firm in a buttered tin, and when cold stamp out into the desired shapes.

Vegetables for Consommé: Cut the lettuce into rounds about the size of a ten-cent piece, put into cold water with a pinch of salt and a tiny piece of soda; let them come to the boil, then stand on the side of the stove for 4 or 5 minutes; pick the parsley into tiny leaves, and the tarragon cut in tiny diamond shapes, put them in cold water similarly to the lettuce, then strain and leave in cold water till wanted.

### Julienne Soup.

From Mrs. John C. Coleman.

Cut carrots and turnips into quarter-inch pieces the shape of dice, also celery into thin slices; cover them with boiling water; add a teaspoonful of salt, half a teaspoonful pepper, and cook until soft. In another saucepan have 2 quarts of boiling stock to which add the soaked vegetables, the water, and more seasoning if necessary. Serve hot.

N. B.—In the spring and summer seasons use asparagus, peas, and string beans, all cut into small pieces of uniform thickness.

### **Cream of Artichoke Soup.**

From Mrs. Franklin A. Zane.

$\frac{3}{4}$  cup cooked artichokes, 1 quart milk, 1 slice onion, 2 tablespoons butter, 3 tablespoons flour, 1 teaspoon salt, 10 grains pepper. Rub through a sieve the heart and soft ends of leaves before measuring. Scald milk with onion, remove onion, and add milk to artichoke; season and bind.

### **Cream of Asparagus, of Green Peas, of String Beans, of Spinach, of Corn, of Celery.**

From Mrs. John C. Coleman.

These soups are very delicate, and are much esteemed. They are all made in the same way. The vegetable is boiled until soft, and is then pressed through a sieve. A pint of the vegetable pulp is diluted with a quart of stock (the stock may be veal, beef, or chicken broth). It is thickened with a roux made of 1 tablespoonful of butter and 2 tablespoonfuls of flour, seasoned with pepper and salt, and is then strained again so it will be perfectly smooth. It is replaced on the fire, a cupful or half a cupful of cream added, and the whole beaten with an egg-whip to make it light. Serve at once very hot.

### **Cream of Asparagus Soup.**

From Miss Frances Jones.

One bunch of asparagus, 1 quart of milk, 2 even tablespoonfuls of corn-starch or flour, 1 tablespoonful of butter, salt and pepper to taste. Wash the asparagus, tie in a bunch, put in it a saucepan of boiling water.

Boil gently  $\frac{3}{4}$  of an hour; take from the water, cut off the tops, putting them aside until wanted. Put the milk on to boil in a farina boiler. Press asparagus stalks through a colander, add them to the milk; rub the butter and corn-starch or flour together until smooth; add to the boiling milk and stir constantly until it thickens. Now add the asparagus tops, salt and pepper, and serve.

N. B.—Canned asparagus may be used when fresh cannot be procured. One quart can will be sufficient. This soup may be varied by using 1 pint of veal or white stock, 1 pint of milk, instead of 1 quart of milk.

### **Cream Celery Soup.**

From Mrs. William Hazlett.

Equal parts of milk, and stock (made from chicken or bone from roast of mutton), celery rubbed through colander, salt, a little thickening; stir constantly till it comes to boiling point. Serve immediately.

### **Cream of Corn Soup.**

From Mrs. J. J. Miller.

Cook a can of corn or half a dozen ears in a pint of cold water for 20 minutes. Rub through a sieve, then add a pint of scalded milk, 2 tablespoonfuls of chopped onions previously cooked in a little butter, 3 tablespoonfuls of flour, a pinch of salt and pepper. Strain and serve with squares of toast and a spoonful of cream.



### **Cream of Mushroom Soup.**

From Mrs. C. F. Aked.

Remove the fat from a quart of chicken stock, and stir into it a  $\frac{1}{4}$  pound of mushrooms, chopped, and a slice of onion. Simmer for 20 minutes, run through a colander, and return to the fire. Thicken with 2 tablespoonfuls of flour rubbed into 2 of butter, and stir until smooth, then beat in a cup of rich cream containing a pinch of baking soda, and season with salt and pepper.

### **Potage Crecy.**

From Mrs. Walter MacGavin.

Peel 6 or 10 carrots, according to size, 1 onion, 1 potato, pepper and salt, and cook for 3 or 4 hours. Pass through the colander and add stock. When it boils add tapioca; cook 10 minutes. Take away from the fire and add a good-sized piece of butter before serving.

### **Pea Soup.**

From Mrs. C. S. Fee.

One pint of green peas (or 1 can of peas), 1 quart of chicken stock, 1 cupful cream or milk, 2 tablespoonfuls of butter, 2 tablespoonfuls of flour, 1 small onion, salt and pepper, 1 heaping tablespoonful of grated cheese. Cook the onion, peas and stock together 20 minutes; remove onion, rub peas and stock through a sieve. Return soup to stewpan, and let simmer for 10 minutes. Rub butter and flour to a cream and add gradually to this half a cupful of the

soup; then pour this into the stewpan. Add pepper and salt and cream and cheese and boil 3 minutes. Serve in cups with a tablespoonful of whipped cream to each cup, on top.

### Pea Soup.

From Miss Edith Slack.

One can Marrowfat peas, 2 teaspoonfuls sugar, 2 cupfuls cold water, 2 cupfuls milk, 1 slice onion, 2 tablespoonfuls butter, 2 tablespoonfuls flour, 1 teaspoonful salt,  $\frac{1}{8}$  teaspoonful pepper. Drain peas from their liquor, add sugar and cold water, and simmer 20 minutes. Rub through a sieve, re-heat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, and add milk to pea mixture, season with salt and pepper. (Peas too old to serve as a vegetable may be utilized for soups.)

### Cream of Spinach.

From Mrs. John C. Coleman.

Pick, wash, and boil enough spinach to measure a pint when cooked, chopped, and pounded into a soft paste. Put it into a stewpan with 4 ozs. of fresh butter, a little grated nutmeg, a teaspoonful of salt. Cook and stir it about 10 minutes. Add to this 2 quarts of strong stock; let it boil up; then rub it through a strainer. Set it over the fire again, and, when on the point of boiling, mix with it a tablespoonful of butter and a teaspoonful of granulated sugar.

**Lettuce Soup.**

From Mrs. Walter MacGavin.

Boil lettuce, drain, and pass through colander, add yolks of 3 eggs, stir well, add hot bouillon; stir on the fire but do not allow to boil.

N. B.—For six persons.

**Chestnut Pureè.**

From Mrs. C. F. Aked.

Peel off the brown rind of 50 chestnuts; put them over the fire in a saucepan of cold water, and just as it boils up strain them off and remove the under skin; stew them in some veal broth; when quite tender pound them in a mortar, keeping back a few to be served as garnish for the soup. To this paste add 2 tablespoonfuls of bread-crumbs, 1 teaspoonful of salt, nearly  $\frac{1}{2}$  a teaspoonful of pepper, and  $\frac{1}{2}$  a nutmeg; gradually mix with it a quart of stock and  $\frac{1}{2}$  a pint of milk; care should be taken in adding pepper and salt, if the stock has been previously flavored. Boil up while stirring, place the whole chestnuts in the soup, and see that its consistency is right; if rather too thick, add more milk or stock; if too thin, a few more bread-crumbs or the beaten yolk of an egg. Serve very hot with fried croûtons of bread.

**Cream of Tomato Soup.**

From Mrs. Catherine Slack.

One can tomatoes, 1 pint water, 12 peppercorns, 4 cloves, bit of bay leaf, 3 tablespoonfuls flour, 2 teaspoonfuls sugar, 1 teaspoonful salt,  $\frac{1}{8}$  teaspoonful soda,

2 tablespoonfuls butter, 1 slice onion. Cook tomatoes, water, peppercorns, bay leaf, cloves, onion, and sugar 20 minutes, strain, and add salt and soda; bind, and strain into tureen.

### Tomato Soup.

From Mrs. C. F. Aked.

Peel and slice one large onion; fry it in butter until well browned but not burnt. Cut up 4 large tomatoes and put them, together with the fried onion, into a lined saucepan; add 2 tablespoonfuls of bread-crumbs, a little pepper and salt, and 3 pints of good brown stock, flavored with celery and carrots. Boil for 1½ hours, then strain through a hair sieve. A little ham boiled with the stock greatly improves this soup.

### Tomato Bisque.

From Mrs. John C. Coleman.

One-half can of tomatoes, 1 quart of milk, 2 tablespoonfuls of butter, 1 tablespoonful of corn-starch, 1 teaspoonful of salt, ½ saltspoonful of pepper, 1 saltspoonful of soda, dash of cayenne. Stew the tomatoes until very soft; then pass them through a fine sieve or strainer. Put the strained tomatoes into a granite ware saucepan, and add 1 saltspoonful of soda; when it has ceased foaming add the butter, a small piece at a time (if put in all at once it will show an oily line); add salt, pepper, and cayenne. Put the milk into a double boiler, and stir into it a tablespoonful of corn-starch which has been mixed with a little of the cold milk; to make it smooth let it scald for ten minutes or long enough to cook the corn-starch; then pour the milk



into the tomatoes; beat well together and serve at once. It is better not to add the milk to the tomatoes until just ready to serve, for fear of curdling.

### Clam Chowder.

From Mrs. Maginnis.

Ingredients: 2 dozen clams, 1 onion chopped fine,  $\frac{1}{2}$  pound salt pork, 2 medium-sized potatoes cut in cubes,  $1\frac{1}{2}$  pints of milk, 1 pint of hot water, seasoning to taste.

Method: Cut salt pork in small cubes and fry a light brown, then add onion. To this add the necks of the clams which have been chopped fine. Pour this mixture in a saucepan with a pint of hot water. Let boil 40 minutes. Add potatoes. Boil 15 minutes longer, then add bodies of clams; let boil for 5 minutes; then at the last add hot milk and serve at once with crackers.

### Meat Soups.

From Mrs. John C. Coleman.

In making meat soups, put the meat into cold water and allow it to boil slowly, then simmer for 3 or 4 hours, never ceasing to simmer; watch carefully for the albumen to rise, when it must be skimmed off again and again until it is perfectly clear. Soup should always be made in a granite or enamel-lined kettle, as it is more healthful and the color is at the same time clearer. Beware of using too much salt, a little is better; more can be added as the soup boils down. Onions should be added as soon as the soup boils.

When making a thick soup, the vermicelli, rice, or whatever thickening is used, should be partly cooked before adding.

### **Ox-Tail Soup.**

From Miss Frances Jones.

Two ox-tails, 2 tablespoonfuls of butter, 1 onion, 2 quarts of cold water or stock, 1 turnip, 1 bay leaf, 4 cloves, 1 carrot, salt and pepper to taste. Wash and wipe the ox-tails. Cut them into pieces about 1 inch long. Put the butter into a frying-pan; when hot throw in the ox-tails and stir until they turn brown, then skim them out, and put them into a soup kettle with the onion, the cloves, the carrots, the turnip, or stock (the latter is the better); simmer until the tails are tender, about 2 hours. Then remove the vegetables, add salt and pepper and serve.

### **Black Bean Soup.**

From Mrs. C. F. Aked.

Soak  $\frac{1}{2}$  pint of black beans overnight in cold water. In the morning pour off this water and put on to boil with plenty of fresh cold water. Boil very slowly about 6 hours. Pour away nearly all the liquid and add to the beans a quart of good stock flavored with ham, a few cloves and sweet herbs, a carrot, a piece of celery and an onion, all previously cut fine and browned in butter. Into the butter left in the frying-pan put a tablespoonful of flour and rub together over the fire until brown. Put to the soup and simmer all together for an hour. Season to taste with salt and pepper, add a tablespoonful of Worcestershire sauce and rub all

through a hair sieve. Serve with slices of lemon in the tureen.

### **Lentil Soup.**

From Mrs. C. F. Aked.

Put a large cupful of green lentils to soak all night in cold water. Drain them and put them into stewpan with 3 pints of light stock. Put with them 2 sticks of celery, 2 onions, 1 carrot, and 1 turnip. Bring the liquor to a boil and carefully remove the thick dark scum that rises to the surface; throw in a little cold water once or twice to assist the scum in rising. As soon as the soup reaches the boiling point, draw the pan back and simmer gently for 4 hours. When the vegetables are perfectly soft, season to taste and rub all through a sieve. The pulp will go through more easily if a little of the liquor is kept hot and is used to moisten it occasionally. Boil the soup again before serving.

### **Potage à la Rockaway.**

From Mrs. C. F. Aked.

Take 4 well washed and dried cabbage lettuces, cut them into very fine shreds, put them into a stewpan with 2 ounces butter, a bunch of herbs, 4 peeled onions that have been quartered and then very finely shredded, the heart from a stick of celery, a pinch of salt and a saltspoonful of mignonette pepper; fry these all together over a slow fire for 20 minutes, then mix with it 2 ounces of farina and 2 quarts of any nice flavored white stock, such as that from boiled veal, rabbit, or chicken; stir these together over the fire; when they come to the boil let them simmer gently on the side

of the stove for  $\frac{3}{4}$  of an hour, keeping skimmed while boiling; then just before serving add to the soup  $\frac{1}{2}$  pint of warm single cream and 2 tablespoonfuls of finely shredded cooked chicken or rabbit; have handed on a plate on a napkin one egg (prepared as below) to each person.

Put some new-laid eggs into a stewpan with boiling water and boil for exactly  $3\frac{1}{2}$  minutes, then take up and put them into cold water, crack the shells all round and carefully remove them without breaking the eggs; dish up and sprinkle with a little chopped parsley and use as directed.

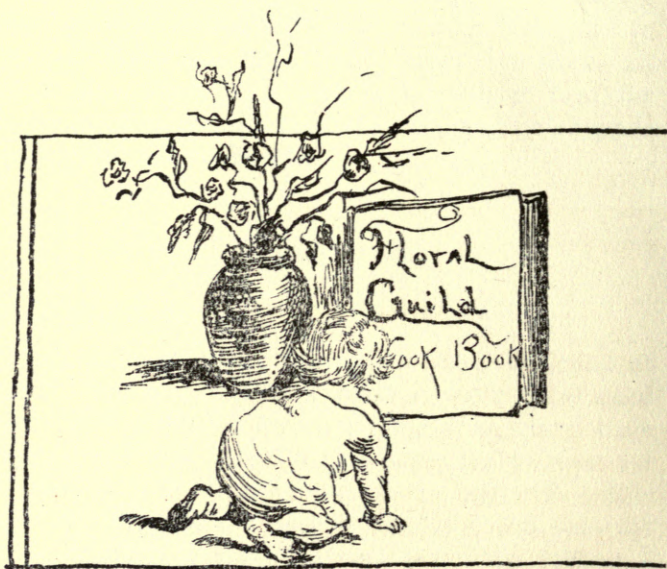
### Partridge Soup.

From Mrs. C. F. Aked.

Soak in tepid water for a few hours  $\frac{1}{2}$  pound of lentils. Put to boil with a quart of water or of good stock, with a minced onion, a sprig of thyme, a little parsley, and salt. Have a partridge; put to roast for 10 minutes, and when brown, put to boil with lentils to cook. When done, bone it carefully, and pass the whole through a sieve. Finish seasoning, adding 1 ounce butter, and give the required thickness, pouring in a little cream or milk. Serve with a few small dices of bread fried in a little butter.



# NOTES



"It's never too young to learn."

# F I S H

## Oyster Cocktail.

From Mrs. J. J. Miller.

Steep 1 teaspoonful of black tea in one pint of hot water until it cooks. Strain 1 can tomatoes through a fine sieve. Mix the tea and tomatoes, then add a twenty-five cent bottle of tomato catsup, juice of 1 lemon, and a little salt and cayenne pepper; then add the oysters.

## Oyster Cocktail.

From Mrs. H. L. Dodge.

Take 100 native California oysters to six persons, drain, take the juice of 2 limes or lemons, 1 large tablespoonful of pepper vinegar, 1½ teaspoonfuls of Worcestershire sauce, 4 tablespoonfuls of tomato catsup, a dash of tobasco sauce, salt to taste, 8 tablespoonfuls of the oyster juice. Set on ice ½ hour before serving.

## Oysters Kirkpatrick.

From Mrs. H. L. Dodge.

Take a dozen oysters opening on the deep shell, salt and pepper to taste, putting a little tomato catsup on each oyster, add a few drops of Worcestershire sauce, sprinkle with paprika, putting a bit of butter on each one; bake in oven for ten minutes; serve on the shell, with square biscuits.

### Crab Chops.

From Mrs. J. H. Barnard.

Shred 1 crab, add a thick cream sauce. Roll in bread crumbs and white of egg, and fry in deep hot fat. When cooked put a claw in each chop.

### Crab Creole.

From Mrs. E. Carlson.

One crab, 1 good-sized onion,  $\frac{1}{2}$  can tomatoes, 1 chili pepper or pinch of cayenne, butter size of a walnut, 2 tablespoonfuls of water,  $\frac{1}{2}$  cup of cream, salt and pepper, 1 tablespoonful of corn-starch. Shred crab not too fine; cut up onion and chili pepper, and put in pan with 2 tablespoonfuls of water; boil briskly for 15 minutes, then add tomatoes. Boil 10 minutes or until soft. Strain, put back on fire; add butter, pepper and salt, and thicken with the corn-starch. Add crab and cream. When all is hot, serve with toast.

N. B.—Quantity sufficient for 4 persons.

### Crab a la Creole.

From Mrs. H. L. Dodge.

For 2 crabs put into a saucepan a large piece of butter, 4 young onions sliced fine, 2 green peppers sliced fine, 1 large tomato sliced, season with salt, pepper and a little cayenne. Stir gently for 10 minutes; then dredge in a little flour and add a cup of cream. Have the 2 crabs picked fine, and when almost ready to serve put them in the saucepan and cook for 5 minutes. Serve hot on toast.



**Dressed Crab.**

From Mrs. C. F. Aked.

Take a freshly cooked crab, remove the large claws, crack them and take out the meat with a fork, also take out the inside of the crab and put it all in a basin, season with a teaspoonful of mixed mustard, a teaspoonful of French mustard, a tablespoonful of salad oil, and a dessertspoonful of white tarragon vinegar, a dessertspoonful of anchovy essence, and a dust of coralline pepper, a pinch of salt, a tablespoonful of whipped cream; stir together and then fill up the body of shell with the mixture, arrange the small claws round. Dish up on a paper or napkin and garnish with raw parsley. Serve for luncheon or second course.

**Deviled Crab.**

From Miss Frances Jones.

Boil crab; take out meat; put it into saucepan with cream or milk; 2 eggs boiled and chopped; pepper and salt to taste, a dash of cayenne. Let it come to a boil; put back into shell; cover with bread-crumbs and put in oven and bake.

**Deviled Crab.**

From Miss Frances Jones.

Shred the crab into a pan; yolk of egg, 3 tablespoonfuls of cracker-crumbs, 5 of melted butter; salt and pepper; (cook green peppers in it if obtainable, then pick out); milk sufficient to make moist. Cook ingredients well, stirring often; take out and cover with cracker-crumbs and butter; put in oven and bake.

### Baked Fish.

From Mrs. Maginnis.

One 4-pound striped bass or cod, 1 onion,  $\frac{1}{2}$  cup olive oil, 1 cup tomato sauce,  $\frac{1}{2}$  cup water, 1 table-spoonful Worcestershire sauce, a little parsley,  $\frac{1}{2}$  pint shrimps (or 1 dozen large Eastern oysters). After the fish has been well cleaned, seasoned and floured, place in baking dish with the ingredients, reserving the oysters or shrimps as the case may be. Bake 1 hour in a moderate oven, basting frequently. Add the oysters 5 minutes before serving. Garnish with sliced lemon and serve.

### Baked Sole.

From Mrs. Walter MacGavin.

Put the fish in a baking dish that has been well buttered first. Put a good-sized piece of butter on the fish, bread-crumbs, mushrooms, leaving in the oven 15 to 20 minutes. Serve in dish in which it has been cooked.

### Soufflè de Merlan.

From Mrs. C. F. Aked.

Put 3 ounces of butter into a stewpan with 3 ounces fine flour, 1 dessertspoonful of anchovy essence, a pinch of salt and pepper; mix with 3 gills of cold milk and stir all together over the fire; when cooked add gradually 4 raw yolks of eggs, and mix into it 2 dessertspoonfuls of cream or milk and 9 ounces of finely chopped or pounded raw white fish; then mix in carefully 6 whites of eggs that have been whipped stiffly with a pinch of salt. Have a soufflè tin buttered and papered, partly fill it with the soufflè mixture, sprinkle on the top a few browned bread-crumbs, put 2 or 3 small pieces of butter on the top to keep the soufflè from getting dry; place it on a baking tin and bake

in a moderate oven for  $\frac{3}{4}$  of an hour. Sprinkle on the top with coral and chopped parsley, and serve with a napkin as an entree or in the fish course.

### **Fish Croquettes.**

From Mrs. J. H. Barnard.

Two cups cold cooked fish,  $\frac{3}{4}$  cup thick white sauce,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful pepper,  $\frac{1}{2}$  teaspoonful finely chopped parsley, 1 teaspoonful lemon juice. Flake fish with a silver fork. Add seasonings and sauce; spread on plate to cool. Shape, roll in cracker-crumbs, egg, and crumbs, and fry in deep hot fat; drain on brown paper. Serve with egg or tartar sauce. Garnish with sliced lemon and parsley.

### **Fish Pudding.**

From Mrs. C. F. Aked.

Take  $\frac{1}{2}$  pound of cooked fish and remove all the bones and skin and break the flakes with a fork. Take  $\frac{1}{2}$  the weight of the fish in cooked potato, rub it through a wire sieve; melt an ounce of butter in a saucepan, add a tablespoonful of milk, and when it boils stir in the potato and mix it thoroughly. Add the fish more lightly, season with pepper and salt, and lastly stir in a well beaten egg. Grease thickly a pie dish with clarified butter, pour the mixture into it, cover with small bits of butter, and bake in a moderate oven about half an hour. Turn the pudding out on a dish paper, garnish it with lemon slices and parsley and serve hot with any sauce preferred.

N. B.—This is a nice nursery dish.

### **Mayonnaise of Fish (Moulded).**

From Mrs. C. F. Aked.

Take some cold cooked fish and shred it finely. Mix

with it half its bulk in cold peas and tiny dice of the red part of carrot. Season liberally and add a little chopped gherkin. Stir lightly into it enough mayonnaise to hold all together, then press it into a fluted mould, or a plain basin, and put it in a cool place until needed. Turn out and serve with sliced cucumber.

### **Fillets de Sole en Mayonnaise.**

From Mrs. C. F. Aked.

Take the fillets of sole, free them from skin and bone, bat them out with a cold wet chopping knife, season the skin side with a little salt and paprika and fold the fillets into kite shapes, the side not seasoned being uppermost. Place these in a buttered baking dish, sprinkle them with lemon juice, add 2 or 3 tablespoonfuls of white stock, or water; cover the fillets with a well buttered sheet of paper, and cook in a moderate oven for 12 or 15 minutes when the fillets should be quite firm and perfectly white. When cold dip them in a thick mayonnaise, and when this has set dish them "en couronne," filling the center with Russian salad, garnished with strips of French gherkin, red chillies, etc.

### **Salmon Cream.**

From Mrs. C. F. Aked.

Take some cold boiled salmon; pound it in a mortar with a few washed and boned anchovies, a lump of butter, a dash of cayenne, and a little veloute sauce; when fine pass through a sieve, and add enough whipped cream to make the mixture soft and light. Coat some small moulds with aspic; when set fill them with the cream; cover with aspic, and leave till firm. When turned out, dish them round a thinly-sliced cucumber salad.



# NOTES



"Great Expectations."

# MEATS

## Baked Steak.

From Mrs. C. O. G. Miller.

One large porterhouse steak. Rub with garlic and salt. Pour over the steak 1 cup of chopped green peppers and onions; put 2 slices of lemon on top and 2 large pieces of butter, 1 cupful of catsup. Put in a very hot oven, bake until brown, then pour over 1 cup of soup stock. Baste frequently.

## Breaded Chops—Hungarian.

From Mrs. W. W. Kerr.

Rub both sides of a trimmed chop with an onion; sprinkle with salt and pepper, and roll in bread-crumbs; dip in an egg, which has been beaten with  $\frac{1}{2}$  cup of water; drain the chop, then roll again in crumbs, and fry in deep fat. Steam 1 cup of rice in 2 cups of salted water, for  $\frac{1}{2}$  an hour, then stir very carefully 1 tablespoonful of butter, and 1 small can of French peas. Re-heat and place in buttered mould.

Tomato Sauce: One pint stewed tomatoes, a little grated onion, 1 bay leaf, 1 sprig parsley, salt and paprika. Boil 10 minutes and press through a sieve. Heat again, add 2 tablespoonfuls butter worked with 1 tablespoonful flour; stir constantly until boiling; add 2 tablespoonfuls parmesan cheese.

Place the mould of rice and peas in the center of a dish; place the chop around it, with sliced tomatoes, lemons, and parsley. Dust over with parmesan cheese. Sauce served in gravy boat.

### Paprika Hankel.

From Mrs. Franklin A. Zane.

One onion browned in butter, not too much. Quarter three chickens and let them stew, continually adding a little soup or water. When well done add  $\frac{1}{2}$  pint of sour cream and paprika. Let it boil up once or twice. Serve with a border of macaroni or rice.

### Poulet à la Princesse.

From Mrs. C. H. Woolsey.

A very young chicken trussed for boiling. Put into saucepan breast downwards, with enough water to cover. Add 1 onion, carrot, turnip, celery, thyme, bay leaf, parsley, mace, peppercorns. Simmer slowly for  $\frac{3}{4}$  or 1 hour. Then completely cover with—

Sauce Princesse: 3 ounces butter, 3 ounces flour, 3 yolks of eggs,  $\frac{1}{2}$  cup cream,  $\frac{1}{4}$  pint chicken stock.

### Chicken—Italian Style.

From Mrs. C. F. Aked.

Cut up a fowl and cook it in a stewpan with a little hot butter and salad oil till a light brown color; then add six tomatoes, three chilies chopped fine, and 2 tablespoonfuls of strong gravy. Cook slowly until tender, keeping the stewpan tightly covered. About  $\frac{1}{2}$  an hour before it is done add a little parboiled macaroni. Thicken with flour.

### Tomale de Casuela.

From Mrs. G. H. Palmer.

Ingredients: 2 cups yellow cornmeal, 2 eggs, 1 pint



olives (green, ripe, or both), 2 pounds pork (for stew) or a chicken, flour, butter or lard, salt, chili powder (Eagle). Utensils: Frying-pan, 2 stew pots, baking dish about 10 inches across top and 3 inches deep. If pork is used, remove all fat and bones, then cut into small pieces (about 2 inches). Boil until tender. When done, have a hot frying-pan and about two cooking spoonfuls of lard, drippings, or butter; season with salt (a little garlic if you like). Remove meat to frying-pan, leaving the broth for use later. Fry meat quite brown, and keep stirring, as it is liable to stick to pan. Add more lard if necessary to fry in. When meat is quite brown, add a little of the broth (about 1 cupful), also add 2 tablespoonfuls of chili powder and stir in well. Let this simmer on back of stove until you make the Porrage. Add more broth if too dry. Porrage: Have a large pot with a quart of water boiling; add 1 teaspoonful of salt. Then put in gently the 2 cups of cornmeal, stirring all the time. Cook this as if for mush; but it must be quite thick. Add broth if too thick to handle. Add the eggs (beaten) and stir in then 2 generous tablespoonfuls of lard, drippings or butter, cooking slowly all the time. Line the bottom of your baking dish with a layer of Porrage; add a layer of meat and sprinkle the olives over. Cover again with the Porrage, meat and olives. Repeat this until you fill the dish, covering the top all over with the Porrage. Bake in slow oven for an hour. Sprinkle with water occasionally to keep from drying. This quantity serves six to eight plates.

### **Mock Turtle Fricassee.**

From Mrs. S. D. Mayer.

Cut 2 pounds lean veal into  $\frac{1}{2}$ -inch slices, then into

$\frac{1}{2}$ -inch squares. Heat 1 tablespoonful butter in frying-pan and brown the meat, a few pieces at a time, adding more butter, if necessary. As fast as browned, transfer them to a saucepan containing 1 cupful of hot strong veal broth. When all are done, cover the saucepan closely, and simmer gently for  $1\frac{1}{2}$  hours. In the butter remaining in the pan, brown 1 small onion cut fine and 1 dozen mushrooms cut in quarters; add them to the contents of the saucepan, also some parsley minced, salt, paprika, and a small strip of lemon peel. Put in the frying-pan a large tablespoonful of butter, and 3 tablespoonfuls of flour, stir until well browned, then set aside. When meat is done add the gravy to the flour and butter in frying-pan and stir until smooth and thick; add juice of  $\frac{1}{2}$  a lemon; strain over the meat; cut the yolks of 3 hard-boiled eggs into quarters; cook 2 minutes longer and serve in ramekins.

### Blanquette de Veau.

From Mrs. C. H. Woolsey.

Two pounds veal cutlet,  $\frac{1}{2}$  pound sausages, 2 onions, 1 bunch of herbs, bay leaf, 8 peppercorns, 3 cloves, salt. Cut the veal into small pieces, add onions, herbs, peppercorns, etc., cover with water and cook steadily for 2 hours. Remove skin from sausages, flour hands and make up the meat into small balls, throw into boiling water and cook about 10 minutes. For the sauce, take 1 pint of the stock, add it to 2 ounces of butter and 2 ounces of flour; stir till boiling, then add gradually the yolk of an egg (which has been mixed with  $\frac{1}{2}$  a tablespoonful of lemon juice), a tablespoonful of cream, and pepper and salt to taste. Stir until thick, strain and pour over meat.

### Curried Mutton.

From Mrs. C. F. Aked.

$\frac{1}{2}$  pound of mutton,  $\frac{1}{2}$  tablespoonful lemon juice, a dessertspoonful of curry powder, a small onion, gill and a half of cold water, 1 tablespoonful of milk and a little salt and pepper,  $\frac{1}{2}$  pound rice and  $\frac{1}{2}$  ounce of butter. Chop the onion finely, then melt in a saucepan the butter, and when the steam rises from it put in the onion and brown it nicely; then pour it out of the pan and strain it; then pour the liquid back into the pan and add the mutton which has previously been cut into several pieces, and when browned sprinkle over the curry powder; then add by degrees the cold water, salt, and pepper; stir till it boils, then add the onion which has already been partly cooked, draw the pan on one side and allow it to simmer slowly for  $1\frac{1}{2}$  hours. Wash the rice, then plunge it into a pan of boiling water, add a little salt and boil quickly for 15 minutes. When the mixture in the other pan is done, add to it the milk and lemon juice, then take it from the fire. Strain the rice and put it round a flat dish and place in the center of it the curry. Mushrooms added to the above improves the flavor.

### Hamburg Entree.

From Mrs. J. H. Barnard.

One-half pound Hamburg fried in olive oil. Three cups cooked spaghetti, 15 cents worth of dried mushrooms soaked in boiling water 15 minutes and chopped fine. One clove of garlic, 1 can tomatoes with peppers, a very little clove and allspice, little salt. Serve on toast or plain.

### Sweetbreads and Mushrooms.

From Mrs. J. H. Barnard.

One-half pound sweetbreads, 1 small can French mushrooms. Wash sweetbreads and let soak in cold salted water for  $\frac{1}{2}$  an hour. Then boil 20 minutes, remove from fire and carefully pick out all gristle and sinews; chop fine with mushrooms and a little parsley. To make sauce, take 2 tablespoonfuls butter, 2 tablespoonfuls flour, salt and cayenne to taste,  $\frac{1}{2}$  pint or 1 cup of cream or rich milk, 1 tablespoonful Worcestershire sauce. If too thick add a little milk or mushroom liquor. Serve in patty shells or on toast.

### Creamed Sweetbreads.

From Mrs. John C. Coleman.

One pair of sweetbreads, parboiled, blanched, and cut into small pieces;  $\frac{1}{2}$  pint of cream, 1 tablespoonful of butter, 1 tablespoonful of flour, salt, white pepper, and a pinch of nutmeg; melt the butter over boiling water, stir in the flour, and when this is well mixed, the cream; as soon as the sauce is smooth put in the seasoning and cook for 5 minutes.

### Deviled Kidneys.

From Mrs. Monroe Salisbury.

Wash and split lamb kidneys, removing membrane. Let them remain in cold water for few minutes. Take them out, shake each piece to remove moisture, but do not dry them. Roll the pieces in flour. Have ready a large spoonful of butter; when melted put in the floured kidneys. Cook them for three minutes, turning them,



and then stir in  $\frac{1}{2}$  cupful of boiling water. The flour in which the kidneys were rolled will thicken this to a smooth thick sauce. Should it fail to do this add a little more flour, moistening it with cold water. Season the sauce with a generous tablespoonful of Worcestershire sauce, 3 or 4 drops tobasco sauce, a dash of paprika,  $\frac{1}{2}$  teaspoonful salt and 1 teaspoonful of Kitchen Bouquet. Stir until sauce is thick and smooth. Serve hot on slices of toast.

### Cold Beef Cannelons.

From Mrs. C. F. Aked.

One-half pound cold beef passed through a sausage machine, 2 ounces of finely chopped suet, a little cooked bacon, 1 ripe tomato rubbed through a sieve, a little salt and pepper and 2 ounces brown bread-crumbs. Add a beaten egg and mix all well together. Grease a dripping tin and put the mixture on in a roll. Sprinkle with crumbs and put little bits of butter over. Bake 20 or 30 minutes and serve with tomato sauce round.

### Mutton on Toast.

From Mrs. J. H. Barnard.

Two cups minced left-over mutton, 6 yolks hard-boiled eggs,  $\frac{1}{4}$  teaspoonful mustard (scant),  $\frac{1}{2}$  teaspoonful salt, few grains cayenne, 1 tablespoonful butter, 1 cup cream or milk. Rub yolks of eggs through a sieve and add seasoning. Add mutton finely minced, and cream or milk. Melt butter in saucepan, add mixture. Serve on toast. Lamb may be used in place of mutton, or minced veal. With veal, a garnish of  $\frac{1}{2}$  a broiled tomato on each portion may be used.

### Peppers with Meat.

From Mrs. J. H. Barnard.

Chop any kind of cold meat you may have on hand, and mix with equal proportions of bread-crumbs. Season with salt and small amount of minced onion. Make a brown roux of butter and flour, add boiling water and some strained tomatoes. With this sauce mix the chopped meat and crumbs to a moist but not too soft consistency. Stuff the peppers with this mixture, stand upright in a baking-pan and pour around them a cupful of hot water. Bake in a moderate oven about 20 minutes, and serve as entr e or luncheon dish, using the remainder of the brown tomato sauce with them.

### French Pie.

From Mrs. C. F. Aked.

Take  $\frac{1}{2}$  pound of beef,  $\frac{1}{2}$  pound of veal, and  $\frac{1}{2}$  pound of pork, pepper and salt, 1 wineglassful of stock or water, 1 sheet of French gelatine dissolved in the stock or water. Pass the meat through a mincing machine, or mince it with a knife, put it into a fireproof dish, add pepper and salt and the dissolved gelatine; press it down, then lay on top a couple of bay leaves and some slices of bacon. Bake 4 hours in a cool oven; when half cold, cover by putting on top a plate with a weight on it; remove fat and bacon from top. Beef only can be used if desired, but the veal and pork are a great improvement.

### Mayonnaise of Minced Beef.

From Mrs. C. F. Aked.

Take the remains of a cold joint of beef, chop finely, or if not very tender meat, put it through a mincer, taking care not to allow it to form into a paste. Season highly and mix very lightly with mayonnaise until fairly moist but not sloppy. Now pile it onto the dish in which it will be served, mask it with very thick mayonnaise and serve garnished with rounds of tomatoes or beetroot.

### Mousseline de Volaille en Chanfroix.

From Mrs. C. F. Aked.

Take the flesh of a cold, cooked fowl (roast will do, but of course it is best if braised for this purpose), and of the bones, which should be well broken up, make a good stock, flavoring it with the usual soup vegetables and herbs. When ready, strain this off and to three gills add  $\frac{1}{2}$  ounce of leaf gelatine dissolved; then stir in 10 ounces of the chicken, previously minced and pounded smooth with 4 ounces of ham fat, seasoning it all with salt, mace, and white pepper. When this is nearly cold, stir into it 1 gill of stiffly whipped cream. Pack it in a plain Charlotte mould, and place it on ice till set, then turn it out and mask carefully with a white chanfroix sauce, and again place it on ice. Serve garnished with sliced cucumber and tomato, seasoned lightly with a French salad dressing.

# NOTES



# NOTES



"Still waiters run cheap."

# VEGETABLES

## **Artichauts Assaisonnés.**

From Mrs. C. F. Aked.

Boil artichokes in the usual way until tender. Then have ready slices of toast, well buttered and cut into squares of  $2\frac{1}{2}$  inches and placed in the oven to keep hot. Trim off the stalks of the artichokes, and remove the leaves and the "chokes." Place each artichoke on a piece of toast. Then as rapidly as possible scrape with a silver spoon, all the soft part at the roots of the leaves into a plate. Beat this small; add pepper and salt and some mixed herbs, with a tablespoonful or two of fine crumbs. Put a small piece of butter in an enameled saucepan, and when quite hot warm up the mixture, and fill in the hollow artichokes with it. Serve as hot as possible, as either a savoury or an entrée.

## **Baked Bananas (Good with Meats).**

From Mrs. H. L. Dodge.

Take 1 large tablespoonful of butter, 2 tablespoonfuls of sugar; cream them together; add the juice of a lemon; peel bananas; put them in a baking-pan, and baste often with the sugar, butter, and lemon. Bake for about 20 minutes.

## **Puree of Carrots.**

From Mrs. C. F. Aked.

Take 1 pound of cleansed carrots, peeled and washed, put them into cold water with a little salt; bring to the boil, strain and rinse them and put them back into the

stewpan with enough light stock to cover; add a little liquid carmine and apricot yellow, and a dust of castor sugar; simmer the carrots till tender, then pound them into a paste with 3 plain boiled potatoes, and put the puree through a hair sieve; add a pat of butter and a little cream; stir till boiling; then use.

### Stewed Celery.

From Mrs. C. F. Aked.

Five ounces celery,  $\frac{1}{2}$  pint new milk,  $\frac{1}{2}$  ounce of flour, and 1 ounce butter. Cut the celery into pieces 1 inch in length; place it in a double pan with as much milk as will cover it; boil gently till tender, drain it, season with pepper and salt; thicken with the flour and butter; boil the whole a few minutes and serve with toast. Or it may be stewed in white stock and cream added at the last.

### Concombres à la Bretonne.

From Mrs. C. F. Aked.

Boil one or two cucumbers till quite tender, drain, and remove all the green rind, cut into little rounds about an inch thick, take out the seeds and arrange neatly on a hot dish; fill each case with a highly seasoned mince—of game preferably—put into the oven for a few minutes to get thoroughly hot, and pour round the dish a thick brown gravy seasoned with tarragon vinegar. Sprinkle a little very finely chopped parsley over each little round of mince, and serve.

N. B.—This dish makes a very attractive looking entrée if care is taken to have the cucumber rings of equal size.



### Corn au Gratin.

From Mrs. A. R. McMichael, of New York.

Take 4 ears of cold boiled corn, 1 tablespoonful of butter, 1 of flour,  $\frac{1}{2}$  cupful of milk, salt and pepper to taste, 2 eggs. Shave the corn from the cobs. Make a sauce of the butter, milk, and flour, add the seasoning and the eggs, beaten separately. Mix all together and put it into a pie dish. Scatter grated parmesan thickly over the top with a few tiny pieces of butter, and bake about 20 minutes.

N. B.—The eggs may be omitted.

### Stewed Endive.

From Mrs. C. F. Aked.

After the endive has been well picked and washed (it should be the broad-leaf kind), it must be slightly parboiled in 4 different waters, to destroy the bitterness peculiar to it; then boiled in salt and water until done, when it must be thrown into cold water, well squeezed, and chopped as fine as possible. Then put it into a stewpan upon a lump of butter; let it dry, then add a little thickened gravy, salt, and pepper, and 2 lumps of sugar. Let it stew gently for a quarter of an hour; then serve it under sweetbreads, or any dressed meat that you like.

### Mushrooms a la Russe.

From Mrs. C. F. Aked.

Clean and wash the mushrooms; wipe dry, and if at all large cut in half. Put into a saucepan a lump of butter and when it is hot add to it mushrooms, seasoned

with salt and pepper. Cover the pan and allow the mushrooms to sauté very slowly until tender, shaking frequently. Ten minutes before serving strain the liquor from the mushrooms and add to it a large cupful of thick, rich, white sauce and half a cupful of sour cream. Put back with the mushrooms, add a pinch of chopped fennel. Make very hot and serve with fried sippets of bread.

### Onions (Glaze).

From Mrs. C. F. Aked.

Peel 4 large onions and put them into a stewpan with a little salt,  $\frac{3}{4}$  pound of powdered sugar and 1 quart of strong broth. Set the pan in the oven and cook slowly from 6 to 8 hours. The broth should be reduced to a glaze.

### Stuffed Peppers.

From Miss Frances Jones.

Cut the tops from the peppers and remove the seeds; chop fine some cold veal or chicken (already cooked); add a little mace, bread-crumbs, butter, salt and pepper, using some of the removed seeds. Mix together to a paste; then stuff the pepper. Replace tops which are held on by wooden toothpicks. Bake in oven, basting once in a while.

### Peppers with Creamed Fish.

From Mrs. J. H. Barnard.

Parboil the peppers 10 minutes, then fill with creamed fish of any kind, seasoned with a tablespoonful of

parsley. Then sprinkle with a layer of fine crumbs, dot with butter and brown lightly in a quick oven.

### Potatoes and Cheese.

From Mrs. Walter MacGavin.

Cut potatoes in thin slices, butter a dish, put one layer of potatoes, a layer of butter, one of grated cheese; again put one layer of potatoes and so on until dish is full. See that the last layer is of cheese. Season with pepper and salt and bake one hour.

### Baked Cream Potatoes.

From Mrs. H. L. Dodge.

Cut raw potatoes in very thin slices and put a layer of them in a buttered earthenware dish and cover the layer with pieces of butter and season well with pepper and salt. Then put in another layer and season in the same way, proceeding in this manner until dish is full. Over all pour a pint of cream or rich milk and set in oven to bake for half an hour.

N. B.—This makes a very nice lunch dish.

### Stuffed Potatoes.

From Miss Frances Jones.

Bake potatoes of equal size; when done and still hot, cut the potatoes in two. Scoop out the inside, work very smooth, and to each 4 good-sized potatoes allow 2 tablespoonfuls of butter, 4 tablespoonfuls of cream, salt and pepper to taste. Put the mixture in a sauce-

pan, stir over the fire until hot, and if not soft add more cream or milk. Remove from the fire; stir in 1 egg beaten light without separating. Fill the shells and brown in a quick oven. One tablespoonful of grated cheese can be added to the mixture if desired.

### Italian Spaghetti.

From Miss Eleanor Warren.

Ingredients: Genoa spaghetti, Roman cheese, Naples salsine (10c can), canned tomatoes, garlic, onions, fresh pork, parsley, vinegar, salt, pepper, and lard, veal cutlets or steak from the round (for a more elaborate dish a chicken is sometimes used).

If chicken is desired, it is cut up as if for frying and put in the pot with the other meat and fried brown. Veal is the most commonly used, and 4 cutlets will be enough for eight people.

Method: Cut all fat from the meat and remove the bones. Slash the entire surface with fine cuts. Cover thick with garlic cut fine; over this sprinkle parsley also cut fine. Put small, thin strips of fat pork over the parsley and salt and pepper it well and cover with grated cheese (not too much). Roll the meat in small close rolls and tie well with string. Heat a large cup of lard in a deep kettle and brown an onion sliced. Strain out the onion and put in the meat. If chicken is used it must be put in at the same time. Turn the meat over often and fry very brown. Pour over the meat a can of strained tomatoes (crushed through a colander), a can of salsine, and 1½ cans of water poured from the salsine can. Salt and pepper well and if desired add a very small piece of bay leaf. Cover and stir frequently. When the meat is almost



done put over the fire a large kettle of boiling water salted with a common sized tumbler of salt. Break the spaghetti in half (if it is the long Italian paste) and put it in the water and boil for 25 or 30 minutes, or until tender. Take it from the water, strain and put a part on a large platter; mix carefully with some of the sauce, then add a layer of grated cheese and so on until all is used. Serve the meat cut in slices on a separate platter.

### **Spaghetti à la Milanaise.**

From Mrs. C. F. Aked.

Boil  $\frac{1}{2}$  pound spaghetti until tender; strain and place in a hot dish. Mix with it a tablespoonful of tomato conserve and a tablespoonful of grated parmesan cheese. Toss lightly together with 2 forks until the cheese hangs in fine strings between the pieces of spaghetti. Serve immediately.

### **Puree of Spinach.**

From Mrs. C. F. Aked.

Take 2 pounds of fresh spinach, pick the stalks off and wash it well, then put it in a saucepan and cover with cold water and add a pinch of salt and a tiny bit of soda; bring to the boil quickly, keeping it well pressed down with a spoon, and when it boils strain into a colander or sieve; rinse with cold water, then press or rub through a coarse wire sieve, and put it in a stewpan with 2 ounces butter, a pinch of salt, pepper, and sugar, and a tablespoonful of sifted flour; mix well together, add 2 tablespoonfuls of cream or good gravy; stir till it boils, then use.

### **Baked Tomato and Egg Plant.**

From Mrs. S. D. Mayer.

Take a deep earthenware dish and pour into it a cup of cream; cut several slices of egg plant very thin, salt well and line the dish with them; slice 2 large tomatoes and place a layer of these on the egg plant, next a layer of the finest quality of macaroni (cooked); sprinkle with grated cheese. Salt and pepper to taste while forming the layers. Cover this with another layer of tomatoes, and a top layer of egg plant. Bake slowly 1 hour and 20 minutes. Serve in the dish in which it is baked.

### **Macaroni with Tomato Sauce.**

From Mrs. J. H. Barnard.

Divide  $\frac{1}{2}$  pound macaroni into 4-inch pieces, add 1 can tomatoes, cook until tender, add 1 clove of garlic, 1 large lump of butter, salt and pepper or paprika to taste. When done, put on platter, sprinkle with grated parmesan cheese and serve hot.

### **Tomatoes Stuffed with Mushrooms.**

From Mrs. C. F. Aked.

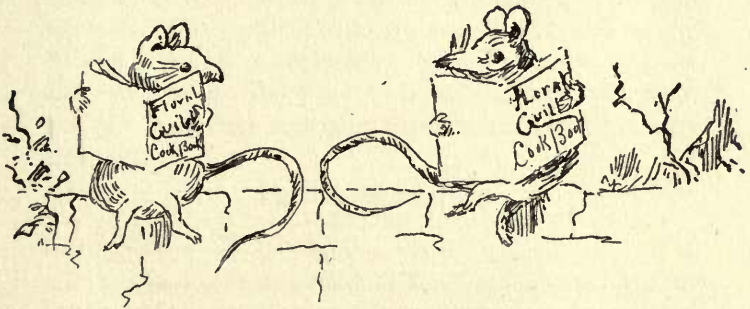
Cut the tops from 8 tomatoes, and remove the seeds and soft parts; then allow some of the juice to drain off and sprinkle the inside with salt and pepper. Make a filling by chopping up fine a  $\frac{1}{2}$  pound of mushrooms; season them with salt, pepper, and a very little onion juice, and mix in the tomato juice. Cook slowly in a little butter, stirring the mixture, until the mushrooms are soft. Then fill the tomatoes; cover the tops with

grated bread-crumbs, put them on a buttered pan in the oven, and cook until the crumbs are slightly browned.

### Wilted Lettuce.

From Mrs. Franklin A. Zane.

Tear lettuce in strips crosswise and place in a hot, covered dish. Pour over the following sauce while boiling and let it stand for 3 or 4 minutes before serving: 4 strips of bacon cut into  $\frac{1}{2}$  inch pieces, 1 slice of onion, 2 tablespoonfuls of sugar, 2 tablespoonfuls of vinegar, 1 tablespoonful of water. Fry bacon and onion until crisp; add sugar dissolved in liquids; cook until it boils.



“It is better to have looked and learned than never to have learned at all.”

# NOTES



# Preserves and Pickles

## Lemon Conserve.

From Mrs. C. F. Aked.

One-quarter pound of fresh butter, 1 pound of powdered white sugar, 6 eggs, 3 large lemons. Put the butter in a stewpan and when dissolved add the sugar, the yolks of 6 eggs and whites of 4, well beaten, also the grated rind and juice of the lemons. Stir the whole mixture over the fire until it is as thick as a good cream. Pot and tie down as for ordinary preserve, and the conserve will keep good for several months. When used for cheesecakes add a sponge cake made into crumbs.

## Apricot Marmalade.

From Mrs. J. J. Miller.

Remove the stones from 10 pounds of very ripe apricots. Cook with 1 pint of water until soft enough to put through a colander. Add 5 pounds of sugar and cook  $\frac{1}{2}$  or  $\frac{3}{4}$  of an hour; 10 minutes before removing from fire, stir in a bowl of chopped, blanched almonds.

## Apricot Marmalade.

From Mrs. J. B. Woolsey.

Five pounds fruit pitted and cut up,  $3\frac{1}{2}$  pounds fine sugar,  $\frac{1}{2}$  pound blanched almonds chopped very fine. Put alternate layers of fruit and sugar in a kettle and let stand over night; cook carefully, stirring an hour or more (until the marmalade sputters); add the nuts, cook 10 minutes, stirring constantly.

**Apricot Marmalade.**

From Mrs. Aylett R. Cotton.

Twenty pounds apricots, 2 cans pineapple, or equal amount fresh. Put apricots on and chop pineapple, and boil each in separate vessels 40 minutes, add sugar pound for pound or use a little less; boil until rich, and mix together and can.

**Orange Marmalade.**

From Mrs. Aylett R. Cotton.

Six oranges, 3 lemons, 16 cups water. Let stand 24 hours, and boil 1 hour. Remove from fire, and stand another 24 hours. Slice very thin, and see that the oranges are thin skinned. Add 20 cups sugar and boil until it jellies, that is, until it falls from the spoon in drops.

**Orange Marmalade.**

From Mrs. John C. Coleman.

Two oranges, sliced thin; 1 lemon, sliced thin; 1 grape fruit skin, sliced thin. Let this stand over night covered with cold water. Next day cook it till tender, then add sugar, equal part, and cook until it is about as thick as jelly.

**Apricot and Pineapple Jam.**

From Mrs. S. H. Boardman.

To 15 pounds apricots put one large pineapple. Stone and peel apricots and cut in quarters; pineapple the same. Let it stand all night. Measure next morning

and put  $\frac{3}{4}$  of a pound of sugar to every pound of fruit. Cook  $\frac{3}{4}$  to 1 hour.

### **Cranberry Jelly.**

From Mrs. John C. Coleman.

To 1 quart of cranberries add 1 pint of cold water; cover the saucepan, and cook until the berries burst, which takes but a few minutes; then add 1 pint of white granulated sugar, leave cover of stewpan off, and cook slowly half an hour; strain, and put into moulds that first have been dipped in cold water.

### **Grape Jam.**

From Mrs. C. F. Aked.

The grapes must not be quite ripe, and they must be most carefully picked over, all unsound ones being taken out. Wash gently. Put the fruit into an enameled pan, allowing  $\frac{1}{2}$  pound of sugar to 1 pound of fruit. Use no water. Boil rather quickly for  $\frac{3}{4}$  of an hour, stirring constantly. Pour, when cool, into jars and seal.

### **Fresh Prune Jam.**

From Mrs. H. C. Botsford.

Wash the prunes, put in the preserving kettle, cover with water, boil till tender, remove pits and skins, then measure with equal amount of sugar, cook until consistency of jam; add 1 cup of chopped walnuts to 3 cups of fruit. Boil well; flavor with vanilla.

### Raspberry Jam.

From Mrs. John C. Coleman.

To 3 pounds of raspberries add one pound of currants (the juice of them preferred); put  $\frac{3}{4}$  of a pound of sugar to 1 pound of fruit. Let this stand a little while to extract the juice from the berries. Stir well to break the fruit while cooking, and when tender mash them and boil to a proper consistency  $\frac{3}{4}$  of an hour.

### Spiced Black Cherries.

From Miss Danforth.

Five pounds of black cherries, 2 pounds of white sugar, scant pint of vinegar, heaping wineglassful of cinnamon and cloves—put in bag and boil in with cherries—skim, and boil until clear and tender. Then put in jars.

### Spiced Cherries.

From Mrs. Monroe Salisbury.

Make a syrup of  $4\frac{1}{2}$  pounds of sugar and 1 pint of water. Let it boil for about 10 minutes, then put in 6 pounds of stoned cherries (Royal Anne cherries preferable). Let boil for about  $\frac{1}{2}$  an hour and skim off scum. While making the syrup have 1 quart of cider vinegar in a saucepan on the back of the stove with 10 cents' worth each of whole allspice, whole cloves and stick cinnamon (the spices being tied up in about 8 little cheesecloth bags). Let the vinegar and spices remain on the back of the stove (while the cherries are cooking), getting thoroughly heated but never boiling, then squeeze the bags and put the vinegar into the cherries. Mix thoroughly and take it right off the stove and put it into jars.



### **Currant Jelly.**

From Mrs. Monroe Salisbury.

Pick leaves off a large boxful of cherry currants and wash them, putting them into a colander to drain. Put them, with a few tablespoonfuls of water, into a kettle and let it come to boiling point. Put in cheese-cloth bag and let them drip. Put juice on stove and get it thoroughly hot, then add sugar—1 pound sugar to every pint of juice. Let boil for 3 minutes, stirring constantly. Remove scum and put in glasses.

### **Spiced Currants.**

From Mrs. I. H. Morse.

Five pounds currants when picked, 5 pounds brown sugar, 1 pint vinegar, 1 tablespoonful of cloves, 1 tablespoonful of mace, 1 tablespoonful of cinnamon, 1 tablespoonful of allspice. Put all together except the currants and let it boil, then add the currants and simmer 45 minutes.

### **Spiced Figs.**

From Mrs. R. A. Gould.

Seven pounds of figs, 4 pounds of sugar, 1 pint of best cider vinegar, whole cloves and stick cinnamon tied in bags—stick one clove in each fig. Boil until figs are easily pricked with a fork; take figs out and put them into jars. Boil the syrup down until it becomes quite thick—several hours, perhaps. Pour the hot syrup over the figs. It is not necessary to seal the jars while the syrup is hot.

### **Spiced Figs.**

From Mrs. C. O. G. Miller.

One box fresh figs. Prepare the following for each pound of figs: 1 pint vinegar, 1 teaspoonful ground cloves, 1 teaspoonful cinnamon, whole cloves, stick cinnamon. Add the sugar to the vinegar, boil up and skim, then add ground cloves and cinnamon; put in figs, a few at a time, and cook until tender. Fill the jars two-thirds full. After all the fruit is cooked put a tablespoonful of whole cloves and a tablespoonful of stick cinnamon to every quart of vinegar. Boil well and fill the jars at once. Peaches and stoned cherries may be prepared the same way.

### **Spiced Peaches or Pears.**

From Mrs. William Hazlett.

One pound fruit,  $\frac{1}{2}$  pound sugar, 1 gill vinegar, unground spices to taste. Boil all together until fruit is tender. Seal in air-tight jars.

### **Sweet Pickled Peaches.**

From Mrs. I. H. Morse.

Seven pounds peaches, 3 pounds brown sugar, 1 quart vinegar. Peel the peaches, stick with three or four whole cloves. Fill a little bag with whole spices, put it in with the sugar and vinegar and let it come to a boil; pour the boiling mixture over the peaches. Repeat nine mornings.

### Pickled Fresh Figs.

From Mrs. I. H. Morse.

To every three pounds of white figs take one pound of brown sugar and one pint of vinegar. Take a small bag and put in some whole cloves and stick cinnamon; put this in with the sugar and vinegar and let it boil. If the vinegar is very strong add a little water. Put the figs in a jar and pour the boiling mixture over them, bag and all, and cover tight. Boil up the mixture six mornings and pour over the figs while hot. They are then ready for bottling.

### Pickled Figs.

From Mrs. H. L. Dodge.

To 7 pounds of figs use 4 pounds of sugar, 1½ ounces of stick cinnamon, 1 generous pint of vinegar. Stick 3 or 4 cloves into each fig, according to size of fig. Put a layer into the preserving pan, scatter a portion of the stick cinnamon, broken up, over the figs, then a portion of the sugar, another layer of figs, cinnamon and sugar. Pour over them the vinegar. Let them simmer a while on the range until the sugar is fully dissolved, and a little longer; then boil them a short time. Put them hot into jars and seal them.

### Pickled Peaches.

From Mrs. J. Nash.

Ten pounds fruit, pared; 4½ pounds sugar, 1 quart vinegar; mace, cinnamon, cloves to taste. Lay the peaches in the sugar for an hour; drain off every drop of syrup and put over the fire with a cup of water.

Boil until the scum ceases to rise; skim; put in the fruit and boil 5 minutes. Take out the peaches with a perforated skimmer and spread them upon plates to cool. Add the vinegar and spices to the syrup; boil 15 minutes longer and pour over the fruit in glass jars; seal while hot.

### **Chow-Chow Pickle.**

From Mrs. C. S. Fee.

One peck green tomatoes, 5 onions, 3 heads of cabbage, 1 dozen green peppers. Chop separately, mix, salt well and drain over night. Put in a porcelain-lined kettle the following: 1 pound brown sugar,  $\frac{1}{2}$  teacupful of grated horse-radish, 1 teaspoonful of ground black pepper, 1 teaspoonful of ground mustard, 1 tablespoonful of white mustard seed, 1 tablespoonful of celery seed. Cover with vinegar, and when it comes to a boil add the chopped vegetables and let boil for two or three minutes.

### **Chow-Chow.**

From Mrs. I. H. Morse.

One peck green tomatoes, 8 green peppers, 8 small onions, 1 teacupful horse-radish, 1 oz. whole cloves, 1 teaspoonful allspice, 1 teaspoonful cinnamon, 1 nutmeg. Chop the tomatoes fine, put over them a teacupful of salt and let them stand over night. Pour off the water, add the other ingredients chopped fine. Scald 1 pint of sugar in 2 quarts of vinegar, put in the pickles to simmer, add 1 pint white mustard seed.



**English Chow-Chow.**

From Mrs. I. H. Morse.

One quart large cucumbers, 1 quart small cucumbers, 1 quart string beans, 1 quart onions, 6 green peppers with seeds out, 1 large cauliflower. Cut all up and put in salted water 24 hours, then drain off water and bring to boiling heat. Put in all the vegetables and let it just come to a boil. Drain off salt water and have dressing ready, which you turn over, stirring as little as possible so as not to break the cauliflower.

Dressing: 6 tablespoonfuls dry mustard, 1 tablespoonful dry tumeric,  $1\frac{1}{2}$  cups of sugar, 1 cup of flour, 2 quarts vinegar. Mix sugar, flour, mustard and tumeric, and wet with vinegar. As soon as vinegar is boiling add the mixture, pouring in slowly and stirring constantly until it thickens.

**Piccalili.**

From Mrs. Aylett R. Cotton.

One head cabbage, 1 box green tomatoes, 1 cooking-spoon salt. Chop fine and let stand over night. Drain. In morning to 1 quart vinegar add two chopped onions, 5 cents' worth of mustard seed, 1 tablespoonful celery seed, 1 red pepper (chopped), 2 tablespoonfuls sugar. Boil until tender, then bottle.

**Sliced Green Tomatoes.**

From Mrs. Aylett R. Cotton.

Slice 1 box tomatoes over night and add 2 cooking-spoons salt. Next morning drain, and if too salt wash in cold water. Next morning take 1 pint vinegar and

1 quart water, boil and put the tomatoes in and simmer (not boil, as that makes them tough) 15 minutes. Place in a sieve to drain. Throw this vinegar away. Then to 1 quart vinegar add 3 pounds brown sugar, 2 sticks cinnamon and 1 tablespoon whole cloves. Boil; then put tomatoes back and simmer, and then can.

### **Bengal Chutney.**

From Mrs. W. Grummit, of England.

One pound coarse sugar,  $\frac{1}{2}$  pound salt, 4 ounces onions, 3 ounces ground ginger, 6 ounces mustard seeds, 1 pound raisins stoned and chopped fine,  $\frac{3}{4}$  ounce cayenne, 2 ounces garlic, 3 pounds apples,  $\frac{1}{4}$  pound tamarinds,  $2\frac{1}{2}$  pints vinegar. The garlic and onions to be sliced, the apples pared and cored and put into a saucepan with vinegar and mustard seeds. Boil until soft, then mash them; when cold put in the other ingredients and mix well together.

### **Chili Sauce.**

From Mrs. Aylett R. Cotton.

(My mother used this).

Thirty ripe tomatoes, 3 tablespoons salt, 4 onions, 6 green peppers, 8 tablespoons brown sugar, 6 teacups vinegar. Boil 1 hour and bottle.

### **Chili Sauce.**

From Mrs. Franklin A. Zane.

Two gallons sliced tomatoes (peeled), 2 pints cider vinegar, 36 onions chopped very fine, 60 chili peppers chopped very fine, 10 ounces white mustard seed, 4 ounces allspice (ground), 2 ounces cloves (ground), 10 cups of white sugar, 1 cup salt. Let simmer for 3 hours, stirring most of the time.

# NOTES

**“Art makes flavor.”**



# SAUCES

## **Brown Sauce.**

From Mrs. John C. Coleman.

Mix  $\frac{1}{2}$  teacupful of brown sugar with  $\frac{1}{2}$  the quantity of butter; add 1 pint of hot water and a little vinegar with such flavoring as may be desired. Use 1 tablespoonful of flour, moistened with milk, as a thickening, and boil. Should not be served hot.

## **Hollandaise Sauce.**

From Mrs. Walter MacGavin.

Take 3 yolks of eggs and place saucepan on slow fire. Add butter gradually (cut in small pieces); stir all the time. As the butter melts and the sauce becomes thicker, add butter until there is sufficient for the number of people. Take off fire and place saucepan in a larger pan of hot water. At the last moment add the juice of  $1\frac{1}{2}$  limes.

## **Hollandaise Sauce.**

From Mrs. Monroe Salisbury.

Three tablespoonfuls vinegar or lemon juice. Let boil until but 1 tablespoonful remains, then add 3 tablespoonfuls cold water. Allow to cool somewhat, then add the yolks of 3 eggs, one at a time, stirring vigorously. Put in double boiler and let warm slowly (never allow it to boil), adding 3 tablespoonfuls butter gradually. Stir constantly. Season with salt and pepper to taste. Serve either hot or cold. Add a little cold water if the sauce gets too thick.

**Cucumber Sauce—For Fish.**

From Mrs. C. F. Aked.

Whip  $\frac{1}{4}$  cup of thick cream until stiff, then add gradually 1 cup of grated cucumber, 1 teaspoonful of onion juice,  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper, and 2 tablespoonfuls of lemon juice. Serve in cucumber or lemon cups, on the same dish with the shad roe.

**Lemon Sauce—For Fish.**

From Mrs. C. F. Aked.

Take 1 ounce of butter,  $\frac{1}{2}$  ounce of flour,  $\frac{1}{4}$  pint of water, 2 yolks of eggs, juice of  $\frac{1}{2}$  a lemon, a pinch of cayenne. Melt the butter, stir in (off the fire) the butter, rub smooth, then add the water and stir until it boils up. Take off, stir in very gradually the yolks of the eggs and the lemon juice, season with cayenne. Cook for a few minutes longer, being careful not to let boil. Serve immediately.

N. B.—This sauce is improved by the substitution of white fish stock, or the liquor from oysters in place of water.

**Shrimp Sauce.**

From Miss Danforth.

Make a butter sauce, add to it 2 tablespoonfuls of essence of anchovy, and  $\frac{1}{2}$  pint of picked shrimps. Stir well, and it is ready to serve.

**Chocolate Sauce—Hot.**

From Mrs. C. F. Aked.

Mix in a small saucepan 1 cupful of sugar,  $1\frac{1}{2}$  ounces of grated chocolate and 4 tablespoonfuls of

boiling water. Stir this over a hot fire until the mixture is smooth and glossy; then gradually beat in 1 cupful of hot milk. Boil for 5 minutes. Add 1 teaspoonful of vanilla extract, and serve hot.

### **Maple Syrup and Nut Sauce.**

From Mrs. L. C. Van Arsdale, of New York.

Take 2 cups maple syrup, put on stove to boil; boil from 4 to 5 minutes, stirring occasionally, until it begins to thicken a little on the edges of the spoon. Take from the fire and beat a little, just until it thickens, then stir in a scant cupful of chopped English walnuts and set aside to cool.

N. B.—If this is beaten a little too long it will sugar and become hard, but this may be remedied by heating a little more syrup and mixing it in with the rest.

# NOTES



# NOTES

**"Beat on, beat ever."**

# SALADS

## **Artichoke Salad.**

From Mrs. C. F. Aked.

Marinate cooked artichoke bottoms in French dressing, drain, and cover with peas and dice of carrots and celery mixed with mayonnaise. Serve on lettuce..

## **Stuffed Beet Salad.**

From Mrs. E. V. Frick.

Boil till tender large, sweet beets. When cold, scoop out centers, leaving only shell, and cut centers into cubes. Mix these beet cubes with carrots (cut in cubes) and green peas, which have been boiled with salt and allowed to cool. Mix beets, carrots and peas with oil mayonnaise, and put back into beet shells. Cover top with mayonnaise and garnish with parsley.

## **California Salad.**

From Miss Janet Coleman.

Cut a grapefruit and 2 oranges in sections, free from seeds and pith. Skin and seed a cup of white grapes. Mix these together, adding  $\frac{1}{2}$  cupful of chopped pecan nuts. Arrange on a bed of lettuce leaves and pour over the following dressing: Mix 4 tablespoonfuls of grapefruit juice, 1 tablespoonful of vinegar, salt and pepper, and 1 tablespoonful of grated Roquefort cheese. This dressing should be made some time before it is used, to allow the cheese to mix and soften.

### **Chestnut Salad.**

From Mrs. C. F. Aked.

Boil 1 quart of fresh chestnuts in 2 quarts of water until tender, about an hour. Five minutes before they are done add a handful of salt. Peel and skin and throw into cold water. Dry thoroughly and serve on lettuce with an equal quantity of chopped celery. Cover with salad dressing.

### **Iced Cheese Cream.**

From Mrs. C. F. Aked.

Make a good savory custard flavored with grated parmesan cheese and salt, but no pepper. Stir into this enough gelatine to enable it to set, pour the mixture into a mould, and set it into an ice safe. When required, turn the cream out of the mould, sprinkle the top with some red pepper, garnish with water-cress, olives, and beetroot, and serve with plain cheese biscuits.

### **Fruit Salad.**

From Mrs. H. C. Botsford.

Two oranges, 2 apples, 1 stalk of celery (chopped fine), 2 bananas, some pineapple,  $\frac{1}{2}$  cupful of walnuts (chopped fine), 1 cupful of white grapes seeded and cut in two. Cut bananas long way twice and slice; cut the rest of fruit fine and place on fresh lettuce leaves. Sprinkle nuts on the top after the dressing has been added. Dressing: 2 eggs, 2 level teaspoonfuls of mustard, 8 tablespoonfuls of mild vinegar, small  $\frac{1}{2}$  cup



of sugar, pinch of salt and pepper, butter size of walnut. Beat up the eggs; mix mustard with a teaspoonful of the vinegar; add to the eggs. Put all together in double boiler and boil till creamy; when cold put on each plate of salad. Sufficient for twelve plates.

### Golden Ball Salad.

From Mrs. C. H. Woolsey.

Make a tomato jelly as follows: Put a quart of canned tomatoes into a saucepan and add 2 cloves, 2 sprigs of parsley, 2 stalks of celery, 2 bay leaves, a small onion sliced, a blade of mace, a dash of red pepper, 2 teaspoonfuls of granulated sugar, and salt to taste. Simmer 15 minutes and strain through a fine sieve, rubbing through all that will come. Pour the hot liquid on to  $\frac{1}{2}$  box of gelatine, which has been softening  $\frac{1}{2}$  an hour in  $\frac{3}{4}$  cupful of cold water, and stir until thoroughly dissolved. Add the strained juice of  $\frac{1}{2}$  a lemon, a dessertspoonful of tarragon vinegar and a little red coloring of some harmless kind. Pour into small individual moulds and set away to stiffen and chill. For the moulds little glass tumblers of a pretty shape are recommended. Hard boil  $\frac{1}{2}$  dozen eggs and mash the yolks fine with a fresh American cheese; add salt and paprika to taste. Mould into little balls  $\frac{2}{3}$  the size of the egg yolks. Chop the whites of the eggs very fine. At serving time unmould the little glasses of jelly, and set each in the center of lettuce leaves closely arranged. Sprinkle the lettuce thickly with the chopped whites and set 4 or 5 of the little golden balls round the base of the jelly. Between put mayonnaise dressing, flavored with tarragon vinegar.

### **Orange and Lettuce Salad.**

From Mrs. John C. Coleman.

Select tart, juicy oranges, peel and slice, removing the seeds. Line the bowl with lettuce leaves, arrange the oranges on them (using 6 oranges), dress with a French dressing, using lemon juice in place of vinegar.

### **Pineapple Salad.**

From Mrs. C. F. Aked.

Mix shredded pineapple and celery with mayonnaise, made without mustard and whitened with whipped cream. Serve in the pineapple shell cut in half lengthways. Sprinkle with chopped pimento. Care must be taken not to allow the juice of the pineapple to thin the mayonnaise. It ought not to be mixed until close on the time for serving.

### **Sweetbread Salad.**

From Mrs. John C. Coleman.

Cut some cold boiled sweetbread into small dice, place them in a salad bowl and add a small quantity of celery cut into pieces. Place in the refrigerator until ready to serve, pour over boiled salad dressing; garnish with heart of lettuce.

### **Plum Salad.**

From Mrs. C. F. Aked.

Take large dark plums of equal size, carefully make an incision down one side and remove the stone. Fill the space with thick mayonnaise, made without mustard and whitened with whipped cream. Lay a bed of lettuce on a large oval glass or silver dish, sprinkle with French dressing, and place the prepared plums in a straight line down the length of the dish.

### **Waldorf Salad.**

From Mrs. C. F. Aked.

Mix 2 cupfuls of finely cut celery with 2 moderate sized sour apples cut into dice and half a small cupful of English walnuts. Sprinkle with salt and paprika. Mix with stiff mayonnaise, flavored with tarragon vinegar, and serve on lettuce.

### **Walnut Salad.**

From Mrs. John C. Coleman.

Make a nest of lettuce leaves on a salad dish, arrange on it several pieces of orange (first cut into slices and then into quarters), and a few halves of English walnuts. Place on each a thin layer of mayonnaise dressing and serve.

### **Cucumber Mayonnaise.**

From Mrs. C. F. Aked.

Put the beaten yolk of an egg in a bowl with a very little salt, pepper and cayenne, and a teaspoonful of lemon juice; mix these to a cream and then add salad oil, a few drops at a time and well stir till thick. Grate a freshly peeled cucumber until there is about 3 tablespoonfuls of it, and beat this into the mayonnaise. Serve with any fried or broiled fish. Do not add the cucumber too long before serving .

### **Salad Dressing for Cold Asparagus.**

From Mrs. C. F. Aked.

Put 1 ounce of butter into a saucer and let it stand in a warm place until it has melted. Then add 1 teaspoonful of made mustard and 2 teaspoonfuls of vine-

gar, and a pinch of white pepper. Mix it all well together and pour it at once over the asparagus tips. As the sauce gets cold the butter hardens and it becomes very thick.

### **Boiled Salad Dressing.**

From Mrs. Eugene Creller.

One egg, 3 rounding teaspoonfuls of sugar, 1 even saltspoonful of salt, 1 teaspoonful of mustard,  $\frac{1}{2}$  teaspoonful of flour moistened with water,  $\frac{1}{2}$  cupful of vinegar,  $\frac{1}{3}$  cupful of sweet milk, 1 heaping teaspoonful of butter. Break the egg into bowl, beat well, add sugar, salt, mustard, and the moistened flour; beat all well, then drop the vinegar in drop by drop, beating all the time. Add the milk and set on the fire, stirring until it begins to thicken; then add butter and strain.

N. B.—The dressing may be kept for some time.

### **Salad Dressing.**

From Mrs. W. W. Kerr.

One tablespoonful salt, pinch of black pepper, 10 drops of Worcestershire sauce, 1 tablespoonful vinegar, 1 tablespoonful lime juice, pinch of paprika, 2 pimentos (chopped fine), a little chopped chives, chervils and shallots, 1 teaspoonful granulated sugar. Pour slowly while stirring 1 pint olive oil,  $\frac{1}{2}$  pint tomato catsup. Place on ice, and shake well before serving.

### **Salad Dressing—Cooked.**

From Mrs. F. P. Burgess.

Three tablespoonfuls of sugar, 1 teaspoonful of salt, 1 dessertspoonful of mustard (mix all together



thoroughly), 3 eggs,  $\frac{3}{4}$  cupful of vinegar, butter size of small egg,  $\frac{1}{2}$  pint of cream, either canned or fresh. Beat the eggs steadily for 10 minutes, then stir into them, a little at a time, the previously mixed sugar, salt and mustard; then stir in the vinegar in the same way; add butter, and set at once on the stove, stirring all the time. Cook until it thickens, but do not let it boil (as soon as it bubbles lift it from the stove); when thick remove from fire and beat in the cream.

N. B.—This will keep for a long time in a cool place.

### **Salad Dressing—English.**

From Mrs. C. F. Aked.

Mash a cold potato and rub it through a sieve, add the raw yolk of an egg, a saltspoonful of salt, the same quantity of made mustard, and blend all well together. Then add gradually 2 tablespoonfuls of salad oil, a little tarragon vinegar, and half a teaspoonful of anchovy sauce. Stir well. It ought to be of the consistency of thick cream.

### **French Dressing with Roquefort Cheese.**

From Mrs. A. R. McMichael, of New York.

Rub the inside of a bowl with a clove of garlic. Put into the bowl 2 saltspoonfuls of salt,  $\frac{1}{4}$  teaspoonful of white pepper, and 2 tablespoonfuls of vinegar. Stir well; then add 6 tablespoonfuls of salad oil. Mix thoroughly. Crumble into bits enough Roquefort cheese to make a generous tablespoonful, beat it into the French dressing, and pour over crisp lettuce. Serve very cold.

# NOTES

# NOTES



~The Christmas Pudding~

"A feast of raisins and a flow of sauce."



# Puddings and Pastries

## Christmas Pudding.

From Miss Taylor, of Liverpool, England.

1 $\frac{1}{4}$  pounds raisins (stoned and cut into 3), 1 pound currants, 1 pound 2 ounces suet, 1 $\frac{1}{2}$  pounds bread-crumbs,  $\frac{1}{2}$  pound mixed peel, 6 ounces sugar,  $\frac{1}{4}$  nutmeg,  $\frac{1}{2}$  teaspoonful ground cinnamon,  $\frac{1}{2}$  teaspoonful salt, 12 eggs. Method: Mix all the dry ingredients together, add the liquid. Mix very well, then put into 2-quart moulds (well greased). Boil for 8 hours. Keep for at least a fortnight before using, then boil for 4 hours.

N. B.—Enough for 20 persons.

## Plum Pudding.

From Mrs. John C. Coleman.

One pound of raisins, 1 pound of currants, 1 pound of suet,  $\frac{1}{4}$  pound of candied lemon peel, 4 ounces of bread (without crust), 1 ounce butter (spread on bread), 1 $\frac{1}{2}$  cupfuls of milk, made boiling hot, poured over bread and butter, 4 eggs, 1 pound of flour, 2 nutmegs, large teaspoonful of salt,  $\frac{1}{2}$  pound of brown sugar. Directions: Mix fruit, flour, suet, sugar, salt and nutmeg together. Beat bread and milk when cold with a fork; beat the eggs and mix with the bread and milk. Pour this mixture into the other ingredients and mix to a dough as stiff as fruit cake; then turn into a mould, placing it into a kettle of boiling water to be kept boiling for six hours.

**Plum Pudding—Without Eggs.**

From Mrs. C. F. Aked.

Mix together 6 ounces currants, 6 ounces raisins,  $\frac{1}{2}$  pound flour (self-raising),  $\frac{1}{4}$  pound sugar,  $\frac{1}{4}$  pound suet,  $\frac{1}{4}$  pound mashed potatoes and  $\frac{1}{4}$  pound mashed carrots; lastly, add 1 tablespoonful molasses; no other liquid is required. Put into a basin, leave room to swell. Boil 4 hours. This pudding is better mixed overnight.

**Steamed Graham Pudding.**

From Mrs. G. J. Wright.

One and a half cupfuls of graham flour, 1 cupful of molasses,  $\frac{1}{4}$  cupful of butter,  $\frac{1}{2}$  cupful of sweet milk, 1 teaspoonful of soda dissolved in the milk, 1 cupful of raisins, 1 cupful of currants, 1 egg, 1 teaspoonful each of cinnamon and cloves.

**Brown Pudding.**

From Mrs. Franklin A. Zane.

One cupful of molasses,  $\frac{3}{4}$  cupful of sour milk, 1 egg,  $1\frac{1}{2}$  teaspoonfuls of soda, a little salt; mix soft with flour; steam for  $2\frac{1}{2}$  hours. Sauce: 3 eggs, 1 cupful of granulated sugar, 1 cupful of butter. Cream sugar and butter; add well beaten yolks and beat all for 5 minutes; add whites and beat for 5 minutes or longer; flavor to taste.

**Brown Pudding.**

From Mrs. C. F. Aked.

Four ounces stale brown bread-crumbs, 1 ounce ratafia biscuits, 3 ounces stoned Valencia raisins, 2 ounces brown sugar, 1 ounce candied cherries, 1 ounce

flour, 2 ounces finely chopped suet, 2 eggs,  $\frac{1}{2}$  pint milk. Put the crumbs into a bowl, boil the milk and pour it over them. Crush the biscuits with a rolling pin and add them to the milk and crumbs. Stir in the flour, suet, raisins and sugar, add the eggs well beaten, and mix all together. Pour the mixture into a well buttered mould and steam gently for an hour.

### **Excellent Pudding.**

From Mrs. E. Carlson.

Two cupfuls bread-crumbs,  $\frac{1}{2}$  cupful chopped nuts, 1 cupful raisins,  $\frac{1}{2}$  cupful molasses, 2 eggs, spice to taste,  $\frac{1}{2}$  spoonful soda. Steam 2 hours.

### **Steam Pudding.**

From Miss Eleanor Warren.

One egg,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  cupful raisins chopped fine,  $\frac{1}{4}$  cupful butter, 1 cupful flour, 1 tablespoonful sugar,  $1\frac{1}{2}$  teaspoonfuls baking powder. Steam in cups  $\frac{1}{2}$  hour. (Quantity is sufficient for four or five cups.) To be served with a liquid sauce, flavored to taste.

### **Gingerbread Pudding.**

From Mrs. C. F. Aked.

One teacupful suet, 1 teacupful flour,  $\frac{1}{2}$  teaspoonful ground ginger, 1 teacupful bread-crumbs, 1 teacupful molasses or syrup, 1 teacupful of new milk, 1 tablespoonful sugar, 1 teaspoonful carbonate of soda. Mix the chopped suet, flour, bread-crumbs, sugar and molasses together, then slightly warm the milk and dis-

solve in it the carbonate of soda; add a small pinch of salt and mix well with the dry ingredients. Put into a well buttered basin and steam for 2 hours.

N. B.—The same quantity of jam or marmalade may be used in place of the molasses if the flavor is better liked.

### **Fig Pudding.**

From Mrs. E. Carlson.

One-half pound of figs,  $\frac{1}{4}$  pound of grated bread,  $2\frac{1}{2}$  ounces of powdered sugar, 3 ounces of butter, 2 eggs, 1 teacupful of milk. Chop the figs small and mix first with the butter, then all the other ingredients by degrees; butter a mould; sprinkle with bread-crumbs; cover it tightly; and boil for 3 hours.

### **Fig Pudding.**

From Mrs. C. F. Aked.

Chop very fine  $\frac{1}{2}$  pound figs and 6 ounces beef suet; mix the latter well with 12 ounces grated bread-crumbs, then add the figs, 6 ounces moist sugar and a little nutmeg; bind the whole with an egg and a gill of milk. Boil in a mould for quite 4 hours.

N. B.—Be sure and do not add more liquid than the quantity given in the recipe, or the pudding will not turn out firm.

### **Fig Pudding.**

From Mrs. E. Williams.

One pound of figs chopped fine (dried figs), 1 pound of suet,  $\frac{1}{2}$  pound of flour,  $\frac{1}{2}$  pound of bread-crumbs, 1 teacupful of brown sugar, 4 eggs, the rind of one lemon chopped fine. Mix well together and boil 4 hours. Serve with any kind of sweet sauce.



**Suet Pudding.**

From Mrs. John C. Coleman.

One cupful of chopped suet, 2 cupfuls of flour, 2 teaspoonfuls of baking powder, 1 glass of fruit, milk enough to moisten. Steam  $2\frac{1}{2}$  hours. Serve with lemon sauce or hard sauce.

**Suet Pudding.**

From Mrs. Catherine Slack.

One small cupful chopped suet, 1 small cupful corn meal, 2 cupfuls flour,  $\frac{1}{2}$  cupful sugar, salt, cinnamon, raisins and currants, 1 egg, small teaspoonful soda, small teaspoonful cream tartar. Mix up dry and wet with either water or milk, leaving it as stiff as you can stir. Steam for 2 hours. Serve with sauce.

**Albert Pudding.**

From Mrs. E. Williams.

One-quarter pound of butter,  $\frac{1}{4}$  pound of stoned raisins chopped fine, 2 ounces of flour, 2 ounces of bread-crumbs, 2 eggs, rind of 1 lemon chopped fine. Boil 4 hours and serve with any sauce, sweet or hard.

**Chocolate Pudding.**

From Mrs. C. F. Aked.

Ingredients: 5 ounces of bread-crumbs, 1 ounce of pounded almonds, 2 ounces of chocolate powder,  $\frac{3}{4}$  pint of new milk, 3 ounces of sugar, 3 eggs, a little vanilla flavoring. Method: Boil the milk with the sugar and

chocolate, and pour it over the bread-crumbs and almonds. When cool add the beaten yolks of eggs and the flavoring, and mix well. Beat the whites of the eggs to a froth and fold them into the mixture until well incorporated. Put at once into a buttered mould and steam for an hour. Serve with any sweet sauce preferred.

### **Raspberry Pudding—Jam.**

From Mrs. C. F. Aked.

Ingredients: 4 ounces white bread-crumbs, 2 ounces sugar, 2 tablespoonfuls raspberry jam, 2 eggs, 4 ounces butter. Beat the butter and sugar together until it comes to a cream, add the bread-crumbs, then the jam, and lastly the eggs previously well beaten. Stir all well together and steam for 2 hours.

### **Marmalade Pudding.**

From Mrs. Franklin A. Zane.

One cupful of chopped suet, 2 cupfuls of flour, 2 teaspoonfuls of baking powder, 1 glass marmalade, enough milk to make a batter. Steam 2 hours. Serve with any sauce desired.

### **Pouding Aux Marrons.**

From Mrs. C. F. Aked.

Twenty-five chestnuts, 4 ounces castor sugar, 1 gill milk, glacè cherries, 4 ounces butter, 4 eggs, 2 ounces bread-crumbs made from wholemeal bread, flavoring. Wipe and slit the chestnuts, put them in a stewpan with enough water to cover, and let them boil till ten-

der (about  $\frac{3}{4}$  of an hour); then drain them and put them on a tin in the oven to dry. Remove the shells and skin from the chestnuts, and pound them in a mortar till quite fine; add to them the butter and half the milk, mix all thoroughly, and rub through a fine sieve. Mix the bread-crumbs with the sugar, add to it the remainder of the milk and the flavoring. Separate the yolks from the whites of eggs, beat up the former, and mix with all the other ingredients. Whisk the whites to a stiff froth, and stir gently into the mixture. Decorate a well-buttered, plain pudding mould with halves of glacè cherries and strips of almonds, put the remainder into the above mixture. Fill up the mould, cover with a piece of buttered paper, and steam over fast boiling water for about  $1\frac{3}{4}$  hours, or bake in the oven for  $1\frac{1}{4}$  hours. When done turn out onto a hot dish. Sauce over with vanilla custard or a suitable syrup, and serve hot.

### Batter Pudding.

From Mrs. E. V. Kriek.

Take 1 egg to a person, and beat with a pinch of salt; add 1 tablespoonful of flour and  $\frac{3}{4}$  of a cupful of sweet milk to each egg; pour in buttered baking dish and bake from 20 to 30 minutes in moderate oven. Serve with hard sauce, jelly, or cooked fruit.

### Apricot Pudding.

From Mrs. C. F. Aked.

Pour a pint of new milk (boiling) over 6 tablespoonfuls of bread-crumbs (white). Let them stand until cold. Then add the well beaten yolks of 3 eggs, and

4 ounces of sifted sugar. Beat them thoroughly, then add to them 12 apricots which have been pared, stoned and simmered gently until they have been reduced to a pulp. Lastly, whisk the whites of 2 eggs to a firm froth, and add them to the rest. Time to bake,  $\frac{1}{2}$  an hour in a moderate oven.

N. B.—Apricot jam may be used in place of the fresh fruit, in which case a tablespoonful of chopped almonds is an improvement.

### **Belle Isles.**

From Mrs. C. F. Aked.

Bake a light, plain but rich, cake mixture in small fluted patty pans; when done turn out onto a shallow dish, and while hot pour over them some hot chocolate sauce. Serve at once.

### **Cocoanut Pudding.**

From Mrs. C. F. Aked.

Mix 2 eggs well beaten with a cupful of new milk and the milk of the cocoanut, if it is quite sweet. Take off the brown skin of the nut and grate the white part as finely as possible. Mix it with 3 large tablespoonfuls of white bread-crumbs, 2 tablespoonfuls of sugar, 2 ounces butter beaten to a cream, 4 ounces muscatel raisins stoned, and a little lemon peel sliced. Beat all well together, pour the mixture into a well buttered pie dish and bake it in a rather slow oven. This pudding may be either baked or boiled. Time to bake,  $1\frac{1}{2}$  hours; to boil, 3 hours.



**Five Minutes' Pudding.**

From Mrs. C. H. Woolsey.

Two tablespoonfuls flour, 2 tablespoonfuls powdered sugar, two teaspoonfuls baking powder, 2 eggs. Whisk eggs well, add sugar by degrees; mix baking powder with flour, sift into eggs. Line with buttered paper a shallow baking tin, pour in mixture and bake in hot oven for 5 minutes. Turn out, spread with apricot or raspberry jam, fold up into a roll, sift a little sugar over and serve immediately with cream.

**Worcester Pudding.**

From Mrs. C. F. Aked.

Take 2 ounces flour, 2 ounces sugar, 2 ounces butter, 2 eggs, and  $\frac{1}{2}$  pint milk. Mix the butter and flour together with the tips of the fingers until free from lumps; add the sugar and eggs, then the milk very gradually. Bake in a slow oven 1 hour.

**Apple Charlotte.**

From Mrs. C. F. Aked.

Line a well buttered pie dish thickly with crumbed graham bread, press to the sides of the dish until a solid wall of crumbs is formed; then fill the center with hot apple sauce, rather moist and sweet, and flavored with lemon rind. Cover with a thick layer of crumbs and spread pieces of butter over. Bake until nicely browned, then turn out and serve hot, with cream or a custard sauce.

### Apple Soufflé Pudding.

From Mrs. C. F. Aked.

Ingredients: 6 or 7 fine juicy apples, 1 cup of bread-crumbs, 4 eggs, 1 cup of sugar, 2 tablespoonfuls of butter, nutmeg. Method: Pare, core and slice the apples, and stew in a covered double saucepan, without a drop of water, until tender. Mash to a smooth pulp, and while hot stir in the butter and sugar. Let it get cold, then whip in, first, the yolks of the eggs, then the whites alternately with the bread-crumbs; flavor, beat quickly 3 minutes, and bake in a buttered dish in a moderate oven. It will take about an hour to cook properly. Keep it covered until 10 minutes before it is taken out of the oven, to prevent the formation of a crust on the top.

### Arrowroot Pudding.

From Mrs. C. F. Aked.

Mix to a smooth paste a heaped tablespoonful of arrowroot with 2 well beaten eggs, then pour over a quart of boiling milk, stirring well all the time; add 3 ounces sugar, and a little butter. When well mixed turn into a dish in which has been already placed a layer of stewed apples or any other fruit—figs are exceedingly nice. Bake at once.

### Blueberry Charlotte.

From Mrs. C. F. Aked.

Stew a quart of blueberries with  $\frac{1}{4}$  pint of water and a cupful of sugar until cooked. Line a well buttered pie dish with thick slices of stale bread buttered. Pour the fruit into the center and cover with more sliced bread and butter. Bake about  $\frac{3}{4}$  of an hour and serve

hot with cream or custard sauce. This fruit mixture may be poured while hot into a plain basin lined with thick slices of stale sponge cake, covered in the same way, set aside to cool, with a weight on the top, and when cold, turned out onto a glass dish and served with sugar and cream or a cold boiled custard.

### **Castle Puddings.**

From Miss Taylor, of Liverpool, England.

Ingredients: 2 eggs and their weight in sugar and flour; 3 ounces of butter and a tablespoonful of orange flower water. Method: Put the butter into a basin and set it in a warm place until soft but not melted, then beat it to a cream with the sugar. Beat the eggs 10 minutes; mix them slowly with the butter and sugar; then add the flour and flavoring. Mix thoroughly. Pour into 6 small buttered cups, bake them in a moderate oven about 20 minutes, then turn them out, and serve with sweet sauce.

### **Indian Pudding—Baked.**

From Mrs. C. F. Aked.

Boil a quart of milk, keeping out 1 small cupful; mix this with five even tablespoonfuls of Indian meal, stir it into the milk, and boil for 10 minutes. Take the kettle from the fire, and melt into the mush 2 ounces of butter, or  $\frac{1}{4}$  pound if it is liked rich, stirring it well in. Then stir in 1 teacupful of brown sugar, 1 teacupful molasses,  $\frac{1}{2}$  a nutmeg (grated), 1 tablespoonful ground cinnamon,  $\frac{1}{2}$  teaspoonful of ground cloves; last, 4 eggs beaten very light. Bake 2 hours, and if the top browns too quickly, cover it with letter paper until the time is nearly up. Fruit—either currants or raisins, or both—improves this pudding very much.

### Plum and Tapioca Pudding.

From Mrs. C. F. Aked.

Take 3 tablespoonfuls of tapioca and put it to soak all night in a pint of cold water. Take 3 ounces loaf sugar, put it into a saucepan with  $\frac{1}{2}$  pint of cold water, bring it to the boil and then stir it over the fire constantly until it has become a thick syrup; then add to it the tapioca which has been previously soaked and let them both simmer gently for 10 minutes. Add to them 1 pound of plums or 4 apples peeled and sliced, and when they have stewed together until the fruit is sufficiently cooked pour into a dish and serve either hot or cold. Or, take 3 ounces tapioca previously washed and soaked, boil gently in 1 pint of water till done, then add  $\frac{1}{2}$  pound apples stewed till tender in  $\frac{1}{2}$  teacupful of water; add sugar.

### San Francisco Fritters.

From Mrs. R. Gould.

Stamp out some small rounds from slices of bread about  $1\frac{1}{2}$  inches in thickness; cut out a small piece from the center of the croûtes, dip into milk, coat with beaten egg, and fry until a pale golden color. Drain on paper before the fire. Place on each the half of a canned apricot, which has been made hot in a flavored syrup. Boil up the syrup and pour it round the dish. Serve hot. Cream should be handed with these fritters.

### Omelette.

From Mrs. C. H. Savage.

Three eggs. Beat yolks and whites separately; add 3 teaspoonfuls of milk and a little salt. Dredge in a very little flour. Cook on buttered griddle and fold in dishing.



### French Pancakes.

From Mrs. C. F. Aked.

Ingredients: 2 eggs, 2 ounces of butter, 2 ounces of powdered sugar, 2 ounces of flour,  $\frac{1}{2}$  pint of milk. Method: Beat the butter to a cream with the sugar, add gradually the well whisked eggs, then the flour, and lastly stir in by degrees the milk. Keep beating for a few minutes, then put on buttered plates and bake in a quick oven for 20 minutes. Serve hot, piled high on a dish with a layer of jam between each pancake.

### Pancakes—English.

From Mrs. C. F. Aked.

For every 2 ounces of the finest flour, allow 1 egg and  $\frac{1}{2}$  a gill of milk. Put as much flour as is required into a basin and mix it into a smooth batter with the eggs, adding the milk gradually. Take an omelette pan, 8 inches in diameter, make it very hot with a spoonful of lard, pour in 2 tablespoonfuls of the batter and run it over the pan into quite a thin sheet; pour in a little more hot lard (which should be kept in a small stew-pan on the stove), and this will make the pancake blister all over. When it is a delicate brown color, turn it and fry it on the other side. Lift the pancake carefully onto a hot plate, and sift sugar over it, and roll it up at once.

### Pancakes à la Royale.

From Mrs. C. F. Aked.

Proceed as in recipe for "Pancakes—English," but before rolling the pancake spread it rapidly with a spoonful of apricot jam and a spoonful of frangipane,

which is made in the following manner: Mix 2 ounces of flour with 2 yolks and 1 whole egg, 2 ounces of powdered sugar, and  $1\frac{1}{2}$  gills of milk; stir the mixture over the fire until it is on the point of boiling, when remove at once. Dissolve 1 ounce of butter in a stewpan, and when it is just turning brown add the custard, stir it thoroughly and flavor it with a little vanilla essence.

### **Puff Paste.**

From Mrs. C. F. Aked.

One-quarter pound flour,  $\frac{1}{4}$  pound butter, the yolk of 1 egg, 6 drops of lemon juice and  $\frac{1}{2}$  gill of cold water. Rub the flour through a sieve, then place the butter in the corner of a towel and press out all the water. Beat in a basin the yolk of egg, lemon juice, and water all together. Mix with the flour into a very dry dough, knead firmly and roll out thinly. Place in the center of the dough the butter; fold over the butter and roll out again as thinly as possible; fold in three and put on one side for 15 minutes. Then flour the board and roll again, fold in three and roll out a fourth time; do this again and put on one side for another 15 minutes, then roll out twice in the same way and again put on one side for 15 minutes. Flour the board, roll out the paste, folding in three, and it is ready to use.

N. B.—The more thinly it is rolled the lighter it will be.

### **Bakewell Tart.**

From Mrs. C. F. Aked.

Line a plate with puff paste and spread a layer of jam over. Put in a basin the yolks of 3 eggs and 3 ounces powdered sugar; beat them well together, then melt in a saucepan  $1\frac{1}{2}$  ounces of butter (be sure and do

not let it brown), pour it into the basin and mix together, then pour the whole mixture over the jam, sprinkle with the juice of  $\frac{1}{2}$  a lemon and bake in a hot oven for 25 minutes. If desirable, the white of the egg may be well beaten and placed on the top of the pudding.

### **Golden West Tartlets.**

From Mrs. D. C. Farnham.

Seed some white California grapes, and put  $\frac{1}{2}$  dozen or more of them into little pastry shells baked in small patty pans. Make a syrup of half a cupful of sugar with a tablespoonful of water and boil till it threads. When this has slightly cooled, pour enough of it over each patty shell to coat the grapes. As this cools the grapes are glazed.

### **Lemon Pie.**

From Miss Sallie Carmany.

Three lemons, 4 eggs, 12 tablespoonfuls powdered sugar, 3 tablespoonfuls water (cold), 3 tablespoonfuls melted butter. Beat the yolks and sugar together, then add the water and grated rind and juice. The last thing before putting it in the oven add the butter. After the pie is baked, beat the whites of the eggs to a froth (stiff), and spread over and set in the oven a few moments to brown.

### **Lemon Pie.**

From Mrs. S. F. Mayer.

To the juice and grated peel of 2 lemons, add yolks of 4 eggs (not beaten), and 8 tablespoonfuls of light brown sugar. Mix well, and bake without an upper crust. To the 4 whites, beaten to a stiff froth, add 6 tablespoonfuls of pulverized sugar; beat well and spread on the

baked pie while hot; return to oven and slightly brown. This makes one large pie.

### Lemon Pie.

From Mrs. Philip Rice.

Three eggs, whites and yolks beaten together; 1 cup sugar, juice of 2 lemons, rind of 1 lemon,  $\frac{1}{2}$  cupful milk. Bake in a slow oven.

### Maids of Honour.

From Mrs. C. F. Aked.

Take a cupful each of sour milk, sweet milk, and sugar; a lemon, the yolks of 4 eggs and a pinch of salt. Put all the milk in a double saucepan and cook until it curds; then strain. Rub the curd through a wire sieve. Beat the sugar and yolks of eggs together, then add the grated rind and the juice of the lemon and mix all with the curd. A few currants added are an improvement. Line little patty pans with pastry rolled thin; fill with the mixture and bake in a moderate oven.

### Orange Pie.

From Mrs. W. H. Matson.

Pulp and juice of oranges two,  
 One big spoon of corn-starch true;  
 Eggs, two yolks, all well stirred up,  
 Sugar and water of each a cup;  
 Pinch of salt; now mix and look:  
 Do not burn, but let it cook.  
 Bake the crust, and mixture pour,  
 Spread whipped eggs and sugar o'er;  
 Set in the stove till brown and bold,  
 Put away to be eaten cold.



### Pumpkin Pie.

From Mrs. G. J. Wright.

One and a half cupfuls of canned pumpkin,  $\frac{1}{2}$  cupful of sugar, 1 cupful of milk, 2 eggs slightly beaten, 1 cupful of rich milk, 2 tablespoonfuls of molasses, 2 tablespoonfuls of melted butter,  $\frac{1}{2}$  tablespoonful of ginger,  $\frac{1}{4}$  teaspoonful of cinnamon,  $\frac{1}{2}$  teaspoonful of mace, 1 teaspoonful of salt. Pour into a pastry lined pie-plate and bake  $\frac{1}{2}$  an hour.

### Rhubarb Pie.

From Mrs. W. T. Reid.

One cupful finely chopped rhubarb, 1 cupful sugar,  $\frac{1}{2}$  cupful boiling water into which stir a scant tablespoonful of corn-starch and the yolks of 2 eggs, reserving the whites for frosting. Bake the mixture as for lemon pie with no upper crust.

### Spanish Cakes.

From Mrs. C. F. Aked.

Put 2 ounces butter into a stewpan and when dissolved rub in smoothly 5 ounces of flour, then add  $\frac{1}{2}$  pint of cold water. Stir over the fire until the mixture leaves the sides of the pan quite clear and looks like a soft compact paste, then take off the fire and add 2 ounces of powdered sugar and 3 eggs, one at a time. Butter a tin and lay the pastry on it in small balls the size of an egg. Dust with sugar and bake in a slow oven for an hour. When finished they should be quite crisp and hard.

**Squash Pie.**

From Mrs. W. T. Reid.

One large pint of strained Hubbard squash. Into this stir 1 teaspoonful each of salt and cinnamon, then 2 soda crackers, pounded and sifted, and  $1\frac{1}{2}$  cupfuls of sugar. Have ready 1 quart of boiled milk in which an even tablespoonful of butter has been dissolved slowly, and stir till smooth. Lastly add 3 well beaten eggs and a few drops of lemon essence. Bake in 2 deep pie-plates lined with crust.

**Welsh Cheese Cakes.**

From Mrs. C. H. Woolsey.

Weight of 1 egg in butter, sugar, and flour. Beat butter and sugar to a cream, add flour and egg by degrees. Thoroughly beat; add flavoring and 1 teaspoonful of baking powder. Line some small individual tins with pastry; spread with a small teaspoonful of jam, add a teaspoonful of the mixture with a few chopped almonds on top. Bake in a moderately hot oven for  $\frac{1}{2}$  or  $\frac{3}{4}$  of an hour.

# NOTES

“She who fears her fate too much, finds her  
deserts will fail.”



# *Ices and Light Desserts*

## **Bisqué Tortoni.**

From Mrs. G. J. Wright.

Boil together 20 minutes  $1\frac{1}{2}$  cupfuls of sugar and  $1\frac{1}{2}$  cupfuls of water. Pour the hot syrup on the beaten yolks of 3 eggs, and let it stand until cold. Then add the stiffly beaten whites of 3 eggs and 1 pint of whipped cream. Flavor to taste with vanilla. Pour into a melon mould and pack in ice and salt for 3 or 4 hours. When serving sprinkle dried and rolled macaroons over the form.

## **Frozen Pudding.**

From Mrs. C. F. Holman.

One cupful maple syrup, yolks of 2 eggs; beat yolks and stir into syrup; place in double boiler and cook a few minutes until perfectly smooth; set away to cool. Take 1 pint of whipping cream, whip until stiff, add to the mixture and stir thoroughly; add  $\frac{1}{2}$  cup chopped walnuts and a little citron cut fine. Mix all together thoroughly, put into a melon mould (or pudding mould), and pack in finely chopped ice and rock salt. Let it freeze for 3 hours. When ready to serve pour a little warm water over the mould and turn onto ice cream plate.

### Lemon Water Ice.

From Miss Frances Jones.

Four nice juicy lemons, 1 orange, 1 quart of water,  $1\frac{1}{4}$  pounds of sugar. Put the sugar and water on to boil; chip the yellow rind from 2 lemons and the orange; add to the syrup; boil 5 minutes and stand away to cool. Peel the orange and lemons, cut in halves, take out the seeds, and squeeze out all the juice. Mix this with the syrup, strain through a cloth, turn into freezer and freeze. This quantity will serve six persons.

### Neapolitan Mousse.

From Miss Frances Jones.

Soak  $\frac{1}{4}$  of a box of gelatine for  $\frac{1}{2}$  hour in  $\frac{1}{4}$  cupful of cold water. Whip 1 pint of cream. Dissolve the gelatine over hot water. Cut  $\frac{1}{4}$  pound of candied cherries and the same of blanched almonds into small pieces. Turn the cream into basin; add the gelatine,  $\frac{2}{3}$  of a cupful of powdered sugar, 1 teaspoonful of vanilla, and the fruit and nuts. Stir carefully from the bottom towards the top until it begins to stiffen. Turn into an ice cream mould previously wet with cold water. Cover with a piece of greased writing paper, turn greased side up, and fit the cover of the mould on tightly. Pack in salt and ice and let it stand an hour or more.

### Nesselrode Pudding.

From Miss Frances Jones.

One pint whipping cream, 12 macaroons, 24 glacè cherries, 1 slice pineapple, 1 white of egg, 2 heaping tablespoonfuls of sugar,  $\frac{1}{2}$  cup of milk, 1 teaspoonful

vanilla. Melt milk and sugar together, then cool with cream that has been whipped; chop fruit and macaroons; stir in last the egg and vanilla. Pack in mould with salt and ice, first covering mould with wax paper.

### **Omelette Soufflé en Surprise.**

From the Chef of the Sanatorium Schatzalp,  
Davos, Switzerland.

Whisk over hot water 10 eggs, add  $\frac{1}{2}$  pound sugar, and beat until cold; then lightly mix in a  $\frac{1}{2}$  pound of flour and fill into an oval sponge mould and bake in a moderate oven. When cold slice the cake through once and sprinkle both slices with flavored syrup; then place ice cream between the layers, being careful not to have the ice cream come too near the edge. Beat up the whites of 8 eggs very stiffly and add 1 pound of sugar, and with this cover the whole of the omelette. Pipe some design on top and bake the omelette in a very sharp oven, but only long enough to get a nice crust all over. Before baking dust the whole omelette with custard sugar.

### **White Ice Cream.**

From Mrs. John C. Coleman.

Whites of 6 eggs, 1 cupful of powdered sugar, 1 pint cream, 2 tablespoonfuls of orange-flower water. Break the whites of the eggs, but do not beat them to a froth; stir into them the cupful of powdered sugar and then add the cream. Place in a double boiler, and stir until it is scalded, but do not let it boil; remove from the fire and stir until it is cold, to make it light. When it is cold add flavoring, and freeze. When it is frozen

remove the dasher, stir in the Italian meringue, turn it into a mould, and pack in ice and salt for 2 or 3 hours. This cream requires a little longer to freeze than the other creams. The Italian meringue is made of the whites of 2 eggs and 1 tablespoonful of hot syrup.

### **Apricot Cream.**

From Mrs. C. F. Aked.

Take a tin of apricots, and put them with 4 ounces of sugar, the juice of  $\frac{1}{2}$  a lemon, and a little of the syrup into a lined saucepan. Cook them until quite tender, then rub through a fine sieve. Soak  $\frac{3}{4}$  of an ounce of gelatine in  $\frac{3}{4}$  of a pint of milk for 5 minutes, and then heat the milk until the gelatine is quite dissolved. Beat and strain 3 eggs, add them to the hot milk, stir over the fire, with great care, until it has thickened for custard, then mix it with the apricots, rub the mixture through a sieve, and set it aside until it is lukewarm. Then whip  $\frac{1}{4}$  of a pint of cream to a stiff froth, add the custard by degrees, and continue beating until they are well mixed. Pour into a mould, and set in a cool place until it is firm enough to turn out.

### **Caramel Cream.**

From Mrs. C. F. Aked.

Ingredients:  $\frac{1}{2}$  pint milk, 2 eggs,  $\frac{1}{2}$  pint cream, 2 ounces powdered sugar,  $\frac{1}{2}$  ounce gelatine. Method: put the sugar into a saucepan with  $\frac{1}{2}$  a tablespoonful of water. Let it melt and commence to color. Stir until it becomes a rich dark brown (but not black or it will be spoilt). Pour in the milk, let the sugar dissolve again, and boil up. Then add very gradually the eggs



well beaten. Return to the pan and cook like a custard—if it boils it will curdle. Add a tablespoonful of sugar and the gelatine, previously dissolved in a little water. Strain and allow it to get cool but not to stiffen, then add the cream whipped. Pour into an oiled mould. Or if liked the mould may be decorated first, in this way: Rinse with cold water, pour in a little lemon jelly. When set lay in a decoration of pistachio nuts, and set with more jelly.

### **Caramel Custard.**

From Mrs. Walter MacGavin.

Put on  $\frac{1}{2}$  a cupful of granulated sugar into a granite saucepan, stir constantly until it melts and slightly browns. Have ready beaten the yolks of 4 eggs. Add 1 pint of milk to the melted sugar and mix well until hot and all the sugar is dissolved. Add a tablespoonful of powdered sugar to the yolks, pour the hot milk over them, stirring all the time; put into a "Bain Marie" and stir with a wooden spoon until it begins to thicken. Take off the fire and pour into individual custard cups or into a large dish.

N. B.—Must be eaten cold.

### **Chocolate Cream.**

From Mrs. C. F. Aked.

Take  $1\frac{1}{2}$  ounces of grated chocolate, 2 ounces of sugar,  $1\frac{1}{2}$  gills of milk,  $\frac{3}{4}$  ounce of gelatine, and the yolks of 3 eggs. Beat the yolks of the eggs well, put them into a basin with the grated chocolate, the sugar, and the milk; stir all together, pour into a jar, set jar in a saucepan of boiling water, and stir all one way till the mixture thickens, taking care it does not curdle. Strain all into a basin, stir in the dissolved gelatine,

and when cool but not stiff, add  $1\frac{1}{2}$  gills of well whipped cream. Pour into an oiled mould.

### Coffee Cream.

From Mrs. C. F. Aked.

Make some strong coffee,  $\frac{1}{4}$  of a pound to 1 teacupful of water, put into a basin with 2 yolks of eggs and 1 ounce of sugar, and put the basin into a saucepan of boiling water; add 1 ounce of dissolved gelatine and stir over the fire till the mixture thickens, then let it get cold. Whip up a pint of good cream quite stiff and add the coffee to it by degrees, so that it is quite smooth and thick. Then either put it as it is into Nuremberg glasses or put it into a mould and place on ice for 3 hours, then turn out. When moulded and turned out, a few of the very small silver chocolate bonbons dotted about look very effective.

N. B.—It is easier and more satisfactory to use essence of coffee for coffee cream.

### Coffee Frappé

From Mrs. G. J. Wright.

Five tablespoonfuls of powdered sugar, 1 cupful of clear strong coffee, 1 pint of whipped cream. Stir all together carefully, pour into a melon mould, and pack in ice and salt for 3 or 4 hours.

### Custard for Meringue.

From Mrs. C. F. Aked.

Put into a stewpan 1 ounce fine flour, 1 raw yolk of egg, 2 ounces butter, 1 ounce castor sugar,  $1\frac{1}{2}$  gills

of cold milk; stir these over the fire till the mixture boils, then flavor with a few drops of vanilla essence, and mix into it 1 tablespoonful of whipped cream and use.

### **Meringue Mixture.**

From Mrs. C. F. Aked.

Put the whites of 4 fresh eggs in a bowl and whip till quite stiff with a pinch of salt, then mix in quickly  $\frac{1}{2}$  pound of castor sugar with a wooden spoon, and use as desired.

### **Farina Soufflé—Cold.**

From Mrs. C. F. Aked.

Take a pint of milk, sweeten; when boiling stir in 2 ounces of farina and cook for 10 minutes, stirring all the time. Then take off the fire and add  $\frac{1}{2}$  ounce of gelatine dissolved in a gill of milk. Stir well, and flavor to taste. Whip  $\frac{1}{2}$  pint of double cream till very stiff, mix into the farina lightly, and pour into a mould.

### **Genoa Cream.**

From Mrs. C. F. Aked.

Take 1 pint of milk,  $\frac{1}{4}$  pound of stale macaroons, 1 ounce of gelatine, 4 ounces of sugar, 8 yolks of eggs,  $\frac{1}{2}$  pint of whipped cream, and a few chopped candied fruits. Soak the gelatine in a little of the milk, boil the rest and add to it the yolks of eggs, macaroons (crushed), and sugar. Stir it on the fire until it begins to thicken. Take it off the fire and add the soaked gelatine. Strain it through a hair sieve and when nearly cold add the whipped cream and candied

fruits. Put into a mould ready to turn out when required.

This recipe was given to me by Mrs. Henry Ward Beecher.

### Ginger Pudding.

From Mrs. John Hazlett.

One-half box gelatine,  $\frac{1}{2}$  cup of cold water, 1 cup of boiling water,  $\frac{3}{4}$  cup of sugar,  $1\frac{1}{2}$  cups of heavy cream, whites of 2 eggs, 2 tablespoonfuls of chopped preserved ginger. Soak the gelatine in the cold water for 10 minutes; add the hot water and sugar; when dissolved strain and set aside to cool. Beat the cream and the whites of the eggs together until stiff. Add the ginger and gelatine. Beat all together and pour into mould to set. Serve with whipped cream.

### Gooseberry Fool.

From Mrs. C. F. Aked.

“Top and tail” the green gooseberries, well wash them, put them into a jar with some moist sugar and 2 tablespoonfuls of water; place the covered jar in a saucepan of boiling water and let it boil till the fruit is soft enough to be beaten to pulp and rubbed through a sieve. Sweeten plentifully, then gradually add an equal quantity of cream. Serve in a glass dish or junket bowl, or, if preferred, in custard cups with a little whipped cream on each.

### Gooseberry Fool—Rich.

From Mrs. C. F. Aked.

Ingredients: 1 quart of gooseberries (ripe), 1 tablespoonful of butter, 1 teacupful of sugar, 4 eggs.



Method: Stew the gooseberries in barely enough water to cover them, and when soft and broken, rub them through a sieve. While still hot, stir well in the butter, sugar, and whipped yolks of the eggs. Pile in a glass dish, and heap on the top a meringue of the whipped whites, well sweetened, or whipped cream if preferred.

### Lemon Cream.

From Mrs. Philip Rice.

Five eggs, whites and yolks beaten together; 1 cupful sugar, 1 cupful water, juice of 2 lemons, rind of 1 lemon. Cook in double boiler. Serve with whipped cream.

### Lemon Soufflé.

From Mrs. C. F. Aked.

Put a gill and a half of milk on in a double saucepan; when it is hot add the yolks of 2 eggs beaten, stir until it thickens, then take it off the fire and add to it the third of an ounce of gelatine previously soaked in  $\frac{1}{2}$  gill cold milk; continue stirring till it is cool, then add  $2\frac{1}{2}$  ounces sugar, the strained juice of a lemon, 1 ounce pistachio nuts chopped fine and the whites of the eggs beaten to a stiff froth. Mix thoroughly and pour into an oiled mould, which has been sprinkled with some of the chopped pistachio nuts. Place it in a very cold place to set.

N. B.—An ounce of grated chocolate beaten up with the yolks of eggs will change this into a Chocolate Soufflé. The lemon and half the sugar must then be omitted.

### Marshmallow Pudding.

From Mrs. J. Green.

The whites of 3 eggs, beaten stiff; 1 cupful of sugar, 2 teaspoonfuls of gelatine dissolved in  $\frac{1}{2}$  cupful of hot water. When the gelatine is dissolved beat the sugar and eggs into it; flavor to taste; beat 20 minutes and set away on ice. It may be colored pink, using  $\frac{1}{3}$  of a pink tablet. For the sauce, make a custard of the yolks with 1 cupful of milk and 2 tablespoonfuls of sugar.

### Orange Cream.

From Mrs. C. F. Aked.

Put  $\frac{1}{2}$  pound of lump sugar and  $\frac{1}{4}$  pint of water into a small saucepan and boil till the sugar becomes brittle. Peel 4 or 5 oranges, remove as much as possible of the white skin; divide them into their natural sections and take out the pits, then dip each section into the syrup, holding them on the point of a skewer. Oil a plain mould and arrange the pieces of orange at the bottom and sides closely together. When firm turn out carefully and fill up the center with whipped cream flavored to taste.

### Orange Mousse.

From Mrs. C. F. Aked.

Take the grated rinds of 2 sound, well-washed oranges and the strained juice of 3, add 3 tablespoonfuls of castor sugar and the yolks of 3 eggs. Whip together over the fire until the mixture nearly boils (if it boils it will curdle), and then strain into a basin. Dissolve 5 sheets of white leaf gelatine in 2 tablespoonfuls of hot water, and when cool add to the mixture, and be sure

the gelatine is quite dissolved and not lumpy. Whisk the whites of 3 eggs and  $\frac{1}{2}$  tumblerful of cream, add and whisk all the ingredients together lightly. Have ready a soufflé dish with a paper tied round. Fill so that the mixture comes quite 1 inch above the china dish. Remove the paper before serving, pipe with whipped cream and decorate with chopped pistachio nuts.

### **Pineapple Pudding.**

From Miss M. E. Chambers.

Two and three-quarter cupfuls of scalded milk,  $\frac{1}{4}$  cupful of cold milk,  $\frac{1}{3}$  cupful of corn-starch,  $\frac{1}{4}$  cupful of sugar,  $\frac{1}{4}$  teaspoonful of salt,  $\frac{1}{2}$  can grated pineapple, whites of 3 eggs. Mix corn-starch, sugar and salt; dilute with cold milk; add to scalded milk, stirring constantly until mixture thickens, afterwards occasionally; cook 15 minutes. Add whites of eggs beaten stiff, mix thoroughly. Add pineapple just before moulding. Fill individual moulds, previously dipped in cold water. Serve with cream. To be eaten cold.

### **Pineapple Pudding.**

From Mrs. W. H. Matson.

One can of pineapple, dice it; dissolve 1 tablespoonful of gelatine in  $\frac{1}{2}$  cupful of water, add to pineapple and juice, and bring to boiling point; set aside to become firm; when time to serve take from mould, cut up into bits, and mix with  $\frac{1}{2}$  pint of cream well whipped.

### **Prosperity Dessert.**

From Mrs. E. Carlson.

Beat yolks of 4 eggs, quite slightly; add  $\frac{2}{3}$  cupful of sugar, 1 lemon, grated, 1 tablespoonful of lemon juice;

add a little salt and 1 teaspoonful of gelatine dissolved in mixture. Cook in double boiler until mixture thickens, stirring constantly. Then strain and add the whites of 4 eggs, beaten stiff; and when well mixed set in pan of ice water, stirring occasionally. Beat  $\frac{2}{3}$  of a cupful of heavy cream stiff, add to first mixture; put in individual glasses, and sprinkle top with powdered macaroons.

### **Pistachio Cream.**

From Mrs. C. F. Aked.

Whip a pint of thick cream till it is stiff; add to it  $\frac{1}{4}$  pound of pounded blanched pistachio kernels,  $\frac{1}{4}$  pound of powdered sugar, and  $\frac{1}{2}$  ounce of gelatine dissolved in a gill of water. When all the ingredients are mixed, add a little green coloring, but be sure to mix it thoroughly. Then pour the cream into a mould and set on ice until firm.

### **Raisin Mould.**

From Mrs. C. F. Aked.

Ingredients: 2 eggs, 1 pint of milk, 2 tablespoonfuls of corn-starch, a little sugar, some candied fruit,  $\frac{1}{4}$  pound of Sultana raisins. Method: Stew the raisins gently in a little sweetened water for an hour. Bring the milk to boiling point, stir in the corn-starch blended with a spoonful or two of cold milk, and the raisins strained; allow it to simmer for 10 minutes, stirring all the time; then add the sugar, the beaten eggs, and the candied fruit, cut into small pieces. Beat all well until perfectly smooth, and pour into a shape. Turn out when set, and serve with red currant sauce or chocolate sauce.



**Rice Imperial.**

From Mrs. C. F. Aked.

Wash 3 ounces of Carolina rice, put into a dish with  $1\frac{1}{2}$  ounces of sugar and  $1\frac{1}{2}$  pints of milk. Let it soak for an hour, then bake in a slow oven for 2 or 3 hours, taking care it does not acquire a brownish tinge. Remove the skin and stir into it  $\frac{1}{2}$  ounce of gelatine, previously dissolved in  $\frac{1}{4}$  pint of milk; add 1 teaspoonful of vanilla, and 2 ounces mixed preserved fruits cut into dice. When quite cool but not set stir gently in  $\frac{1}{2}$  pint of whipped cream. Pour into an oiled mould.

**Strawberry Cream.**

From Mrs. C. F. Aked.

Stalk some strawberries, enough to produce  $\frac{1}{2}$  pint, sprinkle over them 3 ounces of powdered sugar; let them stand until the sugar is dissolved, then rub through a sieve; dissolve  $\frac{3}{4}$  ounce of gelatine in a little warm water and the juice of half a lemon. Whip  $\frac{1}{2}$  pint of cream, mix it with the pulped fruit, and strain the gelatine onto this. Have ready a wetted mould, or better still, one lined with jelly, garnished with a few halved strawberries, pour in the mixture and leave on ice till set.

**Velvet Cream.**

From Mrs. J. Nash.

Whites of 5 eggs, 2 lemons (rind and juice), 1 cupful gelatine, 2 cupfuls sugar, 2 cupfuls cream. Take 2

custard boilers. Melt the gelatine in a little cold water; grate the rind of the lemons and add the grated rind and the juice to the gelatine, also the sugar, in the first custard boiler. When this is all nicely melted by placing the custard boiler in its own dish of boiling water over the fire, take the second boiler (which should contain the cream which has been heated); strain the contents of the first into it, adding the beaten whites. Pour into a mould and set it away to cool; turn into a dish for the table. Serve with cream sauce.

# NOTES

# NOTES



# CANDIES



"A stir in time saves candies fine."

## Chocolate Caramels.

From Mrs. Brockway.

One-quarter pound Baker's chocolate, 1 cupful molasses, 1 cupful sugar, 1 cupful milk, 1 teaspoonful flour, 1 teaspoonful butter. Place sugar, molasses and milk in a saucepan over the fire and when warm add the grated chocolate and boil 15 minutes. Then add flour and butter and boil  $\frac{3}{4}$  of an hour longer, or until thick. Pour into tin pans  $\frac{1}{4}$  inch thick. When partly cold mark off into squares.

## Chocolate Caramels.

From Miss Sallie Carmany.

Boil together for 20 minutes 1 cupful molasses, 1 cupful sugar, 1 cupful chocolate,  $\frac{1}{2}$  cupful milk. When

nearly done add a piece of butter size of an egg; flavor with vanilla. Try in water. Stir a few minutes and pour on buttered dishes. When not quite cold mark the candy in little squares with the back of a knife.

### Cocoanut Drops.

From Mrs. J. H. Barnard.

Take a portion of the fondant (see recipe for "Fondant") and place in double boiler. Care must be taken that it does not melt, only soften; then stir in some shredded cocoanut with a little lemon or vanilla flavoring, and when thoroughly mixed drop on wax or buttered paper, saving a small portion to be colored with a few drops of fruit coloring. This is to be dropped in small quantities on top of the plain ones. When cold remove the paper and pack in tin boxes.

### Delight.

From Mrs. Maginnis.

Ingredients: 2 cupfuls brown sugar,  $\frac{3}{4}$  cupful milk and cream mixed,  $\frac{1}{2}$  cupful chopped walnuts and almonds,  $\frac{1}{2}$  cupful cut figs and dates, a large piece of butter,  $\frac{1}{2}$  tablespoonful vanilla. Method: Boil together sugar, milk and butter till it makes a soft ball. Beat until creamy, then add nuts, figs and dates. Stir in vanilla and pour on buttered plates to cool.

### Divinity Creams.

From Mrs. J. H. Barnard.

Three cupfuls granulated sugar,  $\frac{3}{4}$  cupful Karo corn syrup,  $\frac{1}{2}$  cupful water; whites of 3 eggs, 1 cupful chopped nuts. Boil sugar, syrup and water to

the point when it will form a soft ball when dropped in cold water. Take out one cupful and stir into the beaten whites of eggs. Boil the rest of the syrup until it is brittle when dropped in cold water; then mix with the whites and beat and beat and beat. Add nuts and flavoring (lemon or vanilla). Drop on buttered or wax paper or in buttered pan and cut.

### Divinity Creams.

From Mrs. Waldo Coleman.

2-2/3 cupfuls of granulated sugar, 2/3 cupful of Karo corn syrup, 1/2 cupful of cold water. Mix all together and boil until the mixture cracks in water when tested. Let mixture stand a minute or two; then pour over the stiffly beaten whites of three eggs. Beat all until quite stiff, but not too stiff to pour. Add 1 cupful of broken walnut meats and pour into buttered platter to cool. Flavor if desired with a teaspoonful of vanilla.

### Fondant.

(The foundation of nearly all cream candies.)

From Mrs. J. H. Barnard.

Four cupfuls granulated sugar, 1 cupful water; put in a granite kettle and stir until dissolved. Place over fire and boil *without stirring* for about six minutes. Dip fork into syrup and try, by holding up fork and watching if it spins a thread. Test it still further by dropping a little in cold water, and as soon as it will form a soft ball, remove from fire and let stand until blood-warm, then stir with a wooden spoon or paddle until it begins to crumble. Work fast and hard until it is a smooth white mass; then it must be kneaded

with the hands like dough until it is perfectly smooth and creamy and shiny. Pack in bowl and cover with a thin damp cloth and set away in a cool place until needed.

### Fudge.

From Mrs. J. H. Barnard.

Three cupfuls brown sugar, 1 cupful granulated sugar, 1 cupful milk, piece of butter size of walnut, 2 even tablespoonfuls of chocolate or breakfast cocoa, juice of half a lemon; stir well and boil for about 10 minutes. Be very careful that it does not burn. The stirring is quite important. When it will form a soft ball when dropped in cold water, remove from fire and stir or beat until it begins to thicken; add a tablespoonful of vanilla and pour into buttered tins. When cool cut in squares and when cold pack in tin box.

### Fudge.

From Miss Augusta Gibbs Foute.

Mix 2 cupfuls of sugar, 1 cupful of cream, 2 tablespoonfuls of chocolate, and boil until mixture hardens when dropped into cold water; when done add 1 teaspoonful of vanilla and butter the size of a walnut. Pour into a buttered pan to cool.

### Marshmallows.

From Mrs. J. H. Barnard.

Six tablespoonfuls water, 2 cupfuls sugar. Soak 2 tablespoonfuls gelatine in 6 tablespoonfuls of water, pinch of salt. Heat sugar and 6 tablespoonfuls of water until dissolved; let it just come to the boil; add



gelatine and beat all together 10 minutes. Add teaspoonful of vanilla and the well beaten white of one egg, and beat 10 minutes more, or until soft enough to settle in sheet. Have granite pans thickly dusted with confectioner's sugar and corn-starch (half and half); pour in the candy about half an inch deep, and when thoroughly cold cut in cubes and roll in confectioner's sugar.

### **Marshmallows.**

From Mrs. J. J. Miller.

Dissolve 1 box of Knox's gelatine in 12 tablespoonfuls of cold water. Boil 4 cups of granulated sugar in 16 tablespoonfuls of cold water until it will form a ball when tested in cold water; beat this syrup into the gelatine slowly until cold. Roll in powdered sugar, and cut into squares.

### **Opera Creams.**

From Mrs. William Hazlett.

One cupful milk, 4 cupfuls sugar,  $\frac{3}{4}$  teaspoonful salt, chocolate to suit taste, vanilla. Boil till it will form in water. Beat and drop by the spoonful on buttered plate.

### **Panache.**

From Mrs. Myers.

Put over the fire in a saucepan, 1 pound of brown sugar with 1 cupful of cream and boil to the stage when dropped into cold water it makes a soft but firm ball in the fingers. Take from the fire and stir in a cupful of chopped English walnuts, hickory nuts

or pecans, and stir again a few minutes; then turn out upon a buttered shallow pan and when cool cut into squares with a sharp knife.

### **Panoche.**

From Miss Augusta Gibbs Foute.

Mix  $2\frac{1}{2}$  cupfuls of brown sugar, 1 cupful cream, butter the size of a walnut; boil until candy can be made into a ball when tested. Add 1 cupful of walnuts finely broken; beat until thick and pour out into a buttered pan to cool. If milk is used more butter is necessary. A teaspoonful of unsweetened chocolate may be added.

### **Peppermint Drops.**

From Mrs. J. H. Barnard.

Two cupfuls granulated sugar,  $\frac{1}{2}$  cupful of water; boil without stirring for 5 minutes; remove from stove and add  $\frac{1}{2}$  teaspoonful essence of peppermint. Beat for a few minutes, then drop on buttered paper just enough to form small round peppermints.

### **Vanilla Caramels.**

From Miss Sallie Carmany.

Two cupfuls white sugar,  $\frac{2}{3}$  of a cupful sweet milk; fill up with butter not melted; 1 teaspoonful vanilla. Stir until it begins to boil and not again. Boil 25 minutes or until it turns light brown. Pour on buttered tins, and when slightly cool mark off in squares with a sharp knife.

# NOTES



“There’s many a slip ’twixt cook and lip.”



# CAKES

## Spice Cakes.

From Mrs. E. Carlson.

Four eggs,  $\frac{1}{2}$  cupful butter, 2 scant cupfuls sugar,  $\frac{1}{4}$  cupful molasses,  $1\frac{1}{2}$  cupfuls milk, 3 cupfuls flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves,  $\frac{1}{4}$  teaspoonful allspice,  $\frac{1}{2}$  teaspoonful nutmeg.

## Spice Cake.

From Mrs. William Hazlett.

One and one-half cupfuls sugar and  $\frac{2}{3}$  cupful butter (scant) creamed together, 1 cupful sour milk, 2 eggs (separated and well beaten), 2 cupfuls flour, 1 cupful raisins (chopped and rolled in flour),  $\frac{1}{2}$  teaspoonful cloves, 1 teaspoonful cinnamon, 1 teaspoonful soda (dissolved in milk).

## Spice Cake.

From Mrs. I. F. Littlefield.

One cupful dark brown sugar, 1 cupful butter, 1 cupful New Orleans molasses, 1 cupful very strong coffee,  $3\frac{3}{4}$  cupfuls sifted flour, 1 teaspoonful cinnamon,  $\frac{1}{2}$  grated nutmeg,  $\frac{1}{2}$  teaspoonful ground cloves, 1 level teaspoonful soda sifted in molasses, 3 eggs. Cream butter and sugar, and add coffee and spices; beat yolks and whites of eggs separately; then add yolks to the

other ingredients, with molasses and soda; then the flour and whites of eggs last. Beat all thoroughly and bake in two pans in moderate oven for  $\frac{1}{2}$  hour.

### Spice Cake.

From Mrs. C. W. Slack.

Four eggs, 2 cupfuls sugar (one white and one brown), 3 cupfuls flour,  $1\frac{1}{2}$  teaspoonfuls baking powder, 1 teaspoonful cloves, 1 teaspoonful cinnamon, 1 teaspoonful allspice, 2 bars of chocolate. Chop citron and almonds and stir part into the mixture and drop the rest on top. Drop with a teaspoon on buttered tins.

### Simmel Cake.

From Mrs. C. F. Aked.

One-half pound butter,  $\frac{1}{2}$  pound brown sugar, 6 eggs,  $\frac{1}{2}$  pound currants,  $\frac{1}{2}$  pound raisins,  $\frac{1}{4}$  pound mixed peel, a few candied cherries,  $\frac{1}{2}$  pound flour,  $\frac{1}{2}$  teaspoonful pounded ammonia. Put the powdered ammonia into the butter and beat it with the sugar to a cream. Beat the eggs well and add them by degrees so as not to curdle them; put in fruits and lastly the flour. Put half into a well-lined round cake tin, then put in a flat round cake of almond paste as described below, and then the rest of the cake mixture on top. Bake gently about 3 hours. When cool, remove the papers, trim the top quite flat and lay on the other half cake of almond paste, having rolled it and moulded it exactly to fit the top of the cake. Bake the remains of the almond paste into even-sized balls, and place all round the cake. Put half a cherry on top of each. It needs no further cooking.

For the Almond Paste: 1 pound ground almonds,  $\frac{1}{2}$

pound powdered sugar,  $\frac{1}{2}$  pound icing sugar, vanilla essence, almond essence, the juice of  $\frac{1}{2}$  lemon (or more if liked). Either pound together in the mortar, or if not convenient mix together with the hand thoroughly, adding either 1 or 2 fresh eggs well beaten as needed to mix all to a moist but firm paste. It needs no cooking. Use as directed above, rolling out with pastry pin to the size of the cake, and making the edge round with a knife.

### Lincoln Cake.

From Mrs. J. Nash.

Six eggs, 1 pound flour,  $\frac{3}{4}$  pound butter, 1 pound sugar, 2 cupfuls sour cream, 1 teaspoonful soda (stirred in cream), 1 tablespoonful rose water, grated rind of 1 lemon,  $\frac{1}{2}$  pound seeded raisins. Beat eggs separately and put ingredients together as usual. Bake in loaf or card.

### Potato Cake.

From Mrs. Franklin A. Zane.

One cupful butter, 2 cupfuls sugar, 2 cupfuls flour,  $\frac{1}{2}$  cupful milk, 1 cupful mashed potatoes (cold and unseasoned) 1 cupful raisins, 1 cupful chopped walnuts, 1 cupful grated chocolate (or 4 sticks), 4 eggs beaten separately, 2 teaspoonfuls baking powder, 1 teaspoonful cinnamon, 1 teaspoonful cloves, 1 teaspoonful nutmeg. If baked in sheet, bake 1 hour to  $1\frac{1}{2}$  hours. If in loaf, bake  $2\frac{1}{2}$  hours to 3 hours.

### Tumbler Cake.

Miss S. J. Chambers.

One tumblerful raisins, 1 tumblerful sugar, 1 tumblerful molasses, 1 tumblerful eggs, 1 tumblerful butter,

spices, 1 spoonful soda and  $\frac{1}{2}$  teaspoonful cream of tartar. Dissolve the soda in water and put the cream of tartar in the flour. Add flour enough to make a very stiff batter. Bake slowly like fruit cake.

### Washington Cake.

From Mrs. J. Nash.

Three cupfuls sugar, 2 cupfuls butter, 5 eggs, 1 cupful milk, 4 cupfuls flour, 2 teaspoonfuls cream of tartar, 1 teaspoonful soda,  $\frac{1}{2}$  pound currants,  $\frac{1}{4}$  pound seeded raisins, grated rind of 1 lemon, a handful of citron (cut fine), cinnamon to taste, nutmeg to taste.

### Pound Cake.

From Mrs. John C. Coleman.

One dozen eggs, 1 pound flour, 1 pound butter, 1 pound sugar. Work butter and sugar to a cream; beat eggs well and add to sugar and butter; add flour. Do not beat mixture but slightly after putting it in. Bake at least 1 hour.

### Lightning Cake.

From Mrs. C. F. Holman.

Put into a cup 2 eggs (unbeaten), 4 tablespoonfuls of melted butter (not hot), and fill the rest of cup with milk; then pour into a 2-quart bowl, first adding a teaspoonful of vanilla. Put into a sifter 1 cupful of flour, 1 cupful of sugar, 1 teaspoonful of baking powder; sift these into the bowl and stir all together rapidly and for about 5 minutes. Bake in 2 layer tins, or in loaf, or muffin rings.

N. B.—This is a rich and very easily made cake. One-half cupful of currants or of citron cut fine may be added.



**Marble Cake.**

From Mrs. William Hazlett.

Dark Part: 1 cupful sugar,  $\frac{1}{2}$  cupful butter (scant), yolks of 4 eggs,  $\frac{1}{2}$  cupful sweet milk or water, 1 teaspoonful baking powder sifted several times with 1 full cupful flour, 1 teaspoonful ground cloves, 1 tablespoonful cinnamon, nutmeg, pinch of pepper.

White Part: 1 cupful sugar,  $\frac{1}{2}$  cupful butter (scant),  $\frac{1}{2}$  cupful water or milk, whites of 4 eggs, 1 teaspoonful baking powder in full cupful flour, vanilla.

**White Perfection Cake.**

From Mrs. J. Green.

Three cupfuls sugar, 1 cupful butter, 1 cupful milk, 3 cupfuls flour, 1 cupful corn-starch, whites of 12 eggs beaten stiff. 2 teaspoonfuls cream of tartar in flour, 1 teaspoonful of soda in half of milk; dissolve corn-starch in rest of milk, and add to the sugar and butter well beaten together; then add milk and soda, flour and whites of eggs; flavor; beat well.

**Reliable Cake.**

From Mrs. James Palache.

One cupful sugar,  $\frac{1}{2}$  cupful butter, 1 teaspoonful yeast powder, sifted with 2 cupfuls of flour 3 times,  $\frac{1}{2}$  cupful milk, 2 eggs beaten separately, whites added just before baking; flavoring.

**Banana Cake.**

From Mrs. J. Green.

Cream 1 cupful sugar,  $\frac{1}{2}$  cupful butter; add 1 whole egg and yolk of another, saving white for frosting;  $\frac{3}{4}$  cupful milk and 2 cupfuls sifted flour with 2 level tea-

spoonfuls baking powder; flavor with vanilla; bake in 2 layers. Make a frosting by boiling 1 cupful sugar and  $\frac{1}{2}$  cupful water until it threads; pour over the stiffly beaten white of 1 egg, beat until smooth and spread half between layers with 2 bananas sliced thin over it; flavor the other half with vanilla for the top of cake.

### Chocolate Cake.

From Mrs. I. H. Morse.

Two cupfuls sugar,  $\frac{1}{2}$  cupful butter,  $\frac{2}{3}$  cupful milk,  $2\frac{1}{2}$  cupfuls flour, 5 eggs (reserving the whites of 3 for the frosting). Grate 2 squares of chocolate and add to the 3 whites beaten to a stiff froth and 2 cupfuls of sugar. Bake the cake in layers and spread the frosting between.

### Devil's Food Cake.

From Mrs. Waldo Coleman.

Part I.  $\frac{1}{2}$  cupful grated unsweetened chocolate, 1 cupful light brown sugar,  $\frac{1}{2}$  cupful sweet milk. Cook over the fire, stirring until dissolved; set aside to cool.

Part II. 1 cupful brown sugar,  $\frac{1}{2}$  cupful butter,  $\frac{1}{2}$  cupful sweet milk, 1 level teaspoonful soda, 2 eggs,  $2\frac{1}{2}$  cupfuls flour, 2 teaspoonfuls vanilla. Cream the butter, add the sugar gradually and cream together; add the eggs and beat thoroughly; dissolve the soda in the milk; add the milk and flour alternately; add the vanilla, and add Part I to Part II. Bake in 3 layers and ice with boiled icing.

### Gold Cake.

From Mrs. C. F. Aked.

This is exceedingly tender and delicious when made of sour cream. It may be baked in layers or in a loaf,

putting the white and yellow batters in streaks like a marble cake. For the yellow part, beat to a cream the yolks of 4 eggs, then add a cupful of sugar and beat again. Add  $\frac{3}{4}$  cupful of thick sour cream into which has been stirred a half teaspoonful soda. Next fold in  $1\frac{3}{4}$  cupfuls of pastry flour that has been sifted several times over, and flavor with a little grated yellow rind of orange and a teaspoonful of orange juice, or less of the extract.

### **Layer or Jelly Cake.**

From Mrs. Dixon.

Two cupfuls sugar,  $\frac{1}{2}$  cupful butter, 2 eggs, 1 cupful milk, 3 cupfuls flour, 2 teaspoonfuls baking powder. Rub butter and sugar to a cream, add eggs (well beaten), then milk, baking powder and flour.

### **Pistache Cake.**

From Mrs. G. C. Boardman, Jr.

One and three-quarter cupfuls flour,  $1\frac{1}{4}$  cupfuls powdered sugar, 4 eggs. Beat eggs 10 minutes, add sugar, beat 10 minutes more, then add flour and beat 10 minutes; pour immediately in well buttered cake-pan, and bake about 1 hour in moderate oven. When done, cut off candied or hard crust, slice with large, sharp knife into thin layers; fill with following:  $\frac{1}{2}$  pint whipped cream (stiff), 1 cupful almonds chopped (not too fine), 2 tablespoonfuls powdered sugar, extract of pistache to taste, 1 drop of coloring. Frosting: Beat enough powdered sugar into white of 1 egg to make stiff enough to spread, add pistache extract, and drop of coloring. Should not be served for 10 hours, as cake should absorb the cream.

### Roll Sponge Cake.

From Mrs. Chapman.

Three eggs, 1 scant cupful sugar, 1 scant cupful flour (salt flavoring), 1 teaspoonful yeast powder, 1 tablespoonful boiling water. Beat eggs and sugar to a cream, add flour and beat well; add other ingredients, hot water the last. Bake in slow oven.

### Sponge Cake.

From Mrs. J. Green.

Four eggs well beaten; 1-2/3 cupfuls sugar, 2/3 cupful water with juice of lemon or lime, 2 cupfuls flour, 1 teaspoonful baking powder, a pinch of salt. Bake 15 minutes with oven door open and 15 minutes with door closed.

### Walnut Cake.

From Mrs. F. P. Burgess.

One cupful walnuts (do not break very fine), 1 cupful sugar, 1/2 cupful milk, 1/2 cupful butter (scant), 2 cupfuls flour (before sifting), 2 teaspoonfuls baking powder, whites of 3 eggs beaten to stiff froth. Cream sugar and butter, add milk, then flour, then the beaten whites of eggs, and last the nuts, well floured. As all flour is not the same, a little more milk is sometimes needed to make the right consistency.

### Walnut Wafers.

From Mrs. John C. Coleman.

One cupful brown sugar, 2 eggs, 4 tablespoonfuls flour after it is sifted, pinch of salt, pinch of baking powder. One teaspoonful of mixture makes proper size of wafer. Scatter chopped walnuts on top and allow a little space for spreading between the wafers.



**Walnut Wafers.**

From Mrs. Philip Rice.

One cupful broken walnuts, 1 cupful brown sugar, 2 eggs (whites and yolks beaten together), 3 heaping tablespoonfuls flour, pinch of salt, 1 tablespoonful melted butter.

**Bonchettes.**

From Mrs. J. Nash.

Six eggs beaten separately, 2 cupfuls sugar, 2 cupfuls flour, grated rind of 1 lemon,  $\frac{1}{2}$  teaspoonful soda, 1 teaspoonful cream of tartar. Bake in patty pans. When cold split open and fill with whipped cream.

**Malvern Cakes.**

From Mrs. C. F. Aked.

Make a sheet of sponge cake in the following way: Beat 3 eggs with  $4\frac{1}{2}$  ounces of sugar to a very stiff froth, resembling thick cooked custard. Put the egg whisk aside and lightly stir in (with a spoon) 3 ounces of flour with  $\frac{1}{4}$  teaspoonful of baking powder mixed into it. Bake in a Swiss roll tin or meat tin lined with buttered paper. It should be about 10 by 14 inches. When lightly browned and firm to the touch, turn onto a paper dusted with powdered sugar to cool. When cold, spread with the following butter icing, and if possible leave 2 or 3 hours in a cool place before cutting out. For the icing, take 2 ounces of fresh butter,  $\frac{1}{2}$  pound of icing sugar, 2 heaped teaspoonfuls of any good cocoa. Beat the butter and icing sugar together. Add just sufficient water to the cocoa to dissolve it to a smooth, thick cream. Stir it into the icing, and beat

to a smooth paste. Spread with a knife on the sponge cake, dipping the knife in boiling water to smooth it if necessary. When cold and firmly set, cut cleanly into small fingers with a large, sharp carving knife.

### Victoria Cakes.

From Mrs. C. F. Aked.

Take 4 eggs,  $\frac{1}{4}$  pound of powdered sugar, 2 ounces of Vienna flour, 2 ounces of corn flour, 1 teaspoonful of baking powder. For the icing:  $\frac{1}{4}$  pound of fresh butter,  $\frac{1}{2}$  pound of icing sugar, some brown almonds chopped, a few drops of almond essence. Beat the yolks of eggs with the powdered sugar, sift the flour and baking powder, beat up the whites to a very stiff froth; then stir the flour into the yolk mixture, add the whites of eggs very lightly but thoroughly stirred in. Butter some little square moulds, pour in the mixture, and bake. Or the mixture can be baked in a square tin and cut into small cakes after it is baked. When cold, cover each little cake with the following icing: Put the icing sugar through a hair sieve into a basin, add the butter and work with a wooden spoon till quite smooth, then add a few drops of almond essence if liked, or can be left plain. Ice each little cake and sprinkle chopped almonds on top.

### Soft Gingerbread.

Mrs. O. G. Dornin.

One cupful molasses, 1 cupful brown sugar, 1 cupful sour milk, 1 teaspoonful soda, 3 cupfuls flour, 3 eggs,  $\frac{1}{2}$  cupful butter, 2 teaspoonfuls ginger.

**Molasses Gingerbread.**

From Mrs. J. Nash.

One-half cupful sugar,  $\frac{1}{2}$  cupful molasses,  $\frac{1}{2}$  cupful sour milk,  $\frac{1}{4}$  cupful butter, 1 egg, 2 cupfuls flour, 1 teaspoonful soda (dissolved in sour milk), spice to taste.

**Yorkshire Parkin.**

From Mrs. C. F. Aked.

Ingredients:  $\frac{1}{2}$  pound flour,  $\frac{1}{2}$  pound oatmeal (medium),  $\frac{1}{2}$  pound syrup (molasses),  $\frac{1}{4}$  pound soft sugar,  $\frac{1}{4}$  pound butter or lard, candied peel, pinch of salt, 1 teaspoonful carbonate soda, 1 egg. Method: Put the syrup and butter in a jar on the stove to warm. Mix the beaten egg and the carbonate soda, flour, oatmeal, salt, sugar, and peel together, then stir in the contents of the jar and well mix, adding buttermilk if not thin enough to drop off a spoon. Bake in a square roasting tin well buttered about  $\frac{1}{2}$  an hour. Done when firm in the center. Try with finger.

**Coffee Cake.**

From Mrs. Franklin A. Zane.

Use 1 cupful brown sugar, 1 cupful molasses,  $\frac{1}{2}$  cupful butter, 1 cupful strong coffee, 1 egg (or yolks of 2), 1 heaping teaspoonful soda in flour, 1 tablespoonful cinnamon, 1 teaspoonful cloves, 2 pounds raisins,  $\frac{1}{4}$  pound citron. Soften the butter, beat with the sugar, add the eggs, spices, molasses, and coffee, then the flour, and lastly the fruit dredged with flour.

### German Coffee Cake.

From Mrs. Franklin A. Zane.

Melt butter, the size of a walnut, in  $\frac{1}{2}$  cupful of warm milk; pour into a pint of bread sponge; add  $\frac{1}{2}$  cupful of sugar, 1 whole egg and white of another, beaten well together, a few raisins, flour to stiffen. When nearly baked remove from oven, spreading remaining beaten yolk of egg over the top; sprinkle well with granulated sugar mixed with cinnamon to taste. Put back into oven and bake a little longer until done.

### Oatmeal Cookies.

From Mrs. Franklin A. Zane.

Three-quarters cupful butter, 1 cupful sugar, 2 eggs, 2 cupfuls Quaker Oats,  $1\frac{1}{2}$  cupfuls flour,  $\frac{3}{4}$  teaspoonful soda, 2 tablespoonfuls milk (fresh or sour, the latter preferable), 1 cupful raisins. (Sometimes add nuts.) Very stiff mixture. Dot on pan in heaping teaspoonfuls. It spreads when heated.

### Chocolate Icing.

From Mrs. Warring Wilkinson.

Two ounces chocolate, place where it will melt slowly but not scorch. When melted stir 3 tablespoonfuls of milk or cream and 1 of water into the chocolate. Mix all well together; add a scant teacupful of sugar; boil 5 minutes and while hot (when cake is cold) spread evenly over the surface.



**Feather Filling for any Layer Cake.**

From Mrs. H. C. Botsford.

One cupful water, 2 large tablespoonfuls flour; mix as for starch and boil till thick like cream. Stand till cold. Cream  $\frac{1}{2}$  cupful butter and 1 cupful sugar, and beat a little at a time into the flour and water. Flavor with vanilla.

## Rolled Oats Cookies.

Cream well one cup of sugar and one scant cup of butter substitute; add two eggs, beating in thoroughly; four tablespoons of milk, two cups of white flour, one tablespoon of nutmeg, one teaspoonful of cinnamon, two cups of rolled oats, one cup chopped raisins, one half cup of chopped nuts, and two tablespoonfuls of baking powder. Mix well, drop on buttered tins, one teaspoon at a time, not too close together.

# Jewish Nut Wafers

## NOTES

To 4 well beaten eggs slowly add 1 cup of white sugar and 1 cup of brown sugar beating continually. To this add 1 level teaspoonful of allspice, cinnamon and nutmeg, 2 scant cups of flour, 2 teaspoonfuls of baking powder and lastly 1 cup walnuts. Spread in pan or pans as thin as possible and cover with almonds. Bake in slow oven about 25 minutes. While still hot frost with 1 cup of powdered sugar softened with cream, and cut into diamond, square, or triangle shapes.

## Delicious Christmas Cookies.

Three tablespoons cocoa or chocolate, two whites of eggs (beaten)

### NOTES

one tablespoon cornstarch, two cups powdered sugar. Bake in slow oven. Place in pan about two inches apart.

## Cocoanut Cookies

Two cups cocoanut, one cup powdered sugar, whites of two eggs, two teaspoons cornstarch. Bake in slow oven and place in pan two inches apart.



**"Fair fingers make fine feasts."**



# B R E A D

## **Brown Bread.**

From Mrs. J. J. Miller.

One egg; beat yolk and white separately; use yolk;  $\frac{1}{2}$  teacupful brown sugar, 2 tablespoonfuls molasses, 2 level tablespoonfuls melted butter, 2 teacupfuls butter-milk or sour milk, 4 teacupfuls coarse graham flour. Stir thoroughly. One level teaspoonful soda, added just before the beaten white of egg. Stir slightly. Bake in two small loaves in a slow oven.

## **Brown Bread.**

From Mrs. C. H. Slack.

One cupful corn meal, 1 cupful rye meal, 1 cupful graham flour; mix with water or some milk; 1 cupful molasses, 1 teaspoonful soda, 1 tablespoonful melted butter. Steam from 3 to 5 hours.

## **Bran Bread.**

From Mrs. Philip Rice.

Two cupfuls Ralston bran, 1 cupful white flour, 1 cupful sweet milk, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful soda,  $\frac{1}{2}$  teaspoonful salt, 2 tablespoonfuls molasses. Bake in moderate oven 1 hour.

### Graham Bread.

From Mrs. G. J. Wright.

Two and a half cupfuls graham flour, 1 cupful yellow corn meal, 1 cupful white flour, 1 teaspoonful baking powder, 1 teaspoonful salt, sifted with the white flour. Mix these very thoroughly. In another bowl dissolve 1 teaspoonful soda in  $2\frac{3}{4}$  cupfuls sour milk or buttermilk. Add 1 tablespoonful olive oil and  $\frac{1}{2}$  cupful molasses. Stir in the flour, beating well. If desired, a cupful of raisins may be added. Bake in 2 loaves, in a slow oven.

### Southern Corn Bread.

From Mrs. Monroe Salisbury.

Two cupfuls well cooked granulated hominy, 1 cupful well cooked white corn meal, 4 tablespoonfuls butter, enough milk to make a very soft batter, salt to taste, 2 teaspoonfuls baking powder, 3 eggs. Heat and butter pan. Cook in medium hot oven for 40 minutes.

### Nut Bread.

From Mrs. H. C. Botsford.

Three cupfuls flour,  $\frac{3}{4}$  cupful sugar, 4 teaspoonfuls baking powder, 1 teaspoonful salt. Sift all together; add  $1\frac{1}{2}$  cupfuls sweet milk and  $1\frac{1}{2}$  cupfuls of walnuts chopped. Bake  $\frac{3}{4}$  of an hour.

### Nut Bread.

From Mrs. W. H. Matson.

Sift together 4 cupfuls flour, 1 teaspoonful salt, 1 cupful sugar, and 4 teaspoonfuls baking powder. Add

2 cupfuls milk and 2 well beaten eggs, 1 cupful chopped nuts, and 1 cupful raisins. Let stand 20 minutes and bake 40 minutes in moderate oven.

### **Parker House Rolls.**

From Mrs. Grover.

Boil 1 pint of sweet milk. When partly cooked melt into it half a cupful of white sugar (better without sugar) and 1 or more tablespoonfuls of butter or lard. When luke-warm add  $\frac{1}{2}$  cupful of yeast. Make a hole in 2 quarts of flour and pour this mixture in. If for tea set to rise over night. In the morning mix well and knead for half an hour. Set to rise again. At 4 o'clock in the afternoon knead for 10 minutes. Roll out and cut as for biscuit, only thinner. Rub melted butter over half the surface, mould over, and set to rise. Bake when light.

### **Baking Powder Biscuits.**

From Mrs. Franklin A. Zane.

One quart of flour sifted, 1 cupful milk, 2 heaping teaspoonfuls baking powder, 1 heaping teaspoonful lard, 1 even teaspoonful salt.

### **Southern Beaten Biscuit.**

From Mrs. G. C. Boardman, Jr.

One pint flour, 1 tablespoonful lard, 1 teaspoonful salt; mix thoroughly. Add enough water to make stiff dough. Beat with hammer or knead till dough is smooth and snaps, about 20 minutes, or put through meat chopper 3 times. Roll about  $\frac{1}{2}$  inch thick; cut and prick with fork. Bake in quick oven.

**Southern Beaten Biscuit.**

From Miss Augusta Gibbs Foute.

One quart flour, 1 heaping tablespoonful butter, 2 teaspoonfuls baking powder, 1 teaspoonful salt, 1 pint milk. Sift flour, baking powder and salt together and mix with butter with a spoon (or hands). Mix with the milk into as soft a dough as can be handled. Roll  $\frac{1}{2}$  inch thick and bake quickly.

**Rusks.**

From Mrs. C. H. Slack.

One pint warm milk, with half a teacupful butter melted in the milk, 2 eggs, 1 cupful sugar, salt,  $\frac{1}{2}$  yeast cake, 2 teaspoonfuls vanilla. Mix with flour enough to make a stiff sponge. Mix at night and in the morning mould out. Must be very light. After they are baked, wet with milk and brown sugar over the top.

**Bannocks.**

From Mrs. S. H. Boardman.

Two cupfuls white meal. Scald with boiling water, add a little salt and beat until it cools. Stir in a couple of beaten eggs and drop a tablespoonful at a time into boiling lard.

**Popovers.**

From Mrs. G. C. Adams.

Beat 2 eggs well together; add a measuring cupful of milk; also beat in a cupful of flour and a little salt. Beat long and hard. Put in gem pans with a small amount of melted butter in each gem pan. Bake about 30 minutes. Gem pans must be hot.



**Popovers.**

From Miss Florence Holman.

One cupful flour, 1 cupful milk,  $\frac{1}{8}$  teaspoonful salt, 2 eggs. Stir milk, flour, and salt together, then break eggs into batter. Have the batter same thickness as for pan cakes. Beat thoroughly and pour into hot buttered gem pans and bake in hot oven 30 minutes.

**Waffles.**

From Miss Florence Holman.

One egg, 2 heaping teaspoonfuls baking powder,  $1\frac{1}{4}$  pints milk, 1 tablespoonful corn meal, 1 tablespoonful butter, 2 teaspoonfuls sugar,  $\frac{1}{8}$  teaspoonful salt,  $1\frac{1}{4}$  pints flour. Beat eggs, then add milk and butter. Stir in enough flour to make a thin batter.

N. B.—This recipe is enough for 4 persons.

**Corn Meal Muffins.**

From Mrs. C. A. Savage.

Two tablespoonfuls sugar, 1 tablespoonful butter, 1 egg, 2 cupfuls flour, 1 cupful corn meal, 3 teaspoonfuls baking powder,  $1\frac{1}{2}$  cupfuls milk, a little salt.

**Blueberry Muffins.**

From Mrs. H. L. Dodge.

One cupful sugar, 1 cupful milk, 2 cupfuls flour, 2 eggs, butter size of an egg, a little salt, 2 teaspoonfuls baking powder, 1 cupful blueberries. Dredge the blueberries with flour; mix with the other ingredients; bake in muffin rings or in a baking pan and cut into squares.

**Doughnuts.**

From Mrs. H. L. Dodge.

Three eggs beaten light, 1 coffee cupful sugar, 1 coffee cupful milk, 1 tablespoonful melted butter. Take about  $\frac{1}{2}$  cupful flour, stir into it 3 heaping teaspoonfuls baking powder; use this and enough additional flour to roll soft—the softer the better; flavor with nutmeg. Have the lard hot; cut the doughnuts and drop them into the hot lard.

**Doughnuts.**

From Mrs. William Hazlett.

One cupful sugar, 1 cupful sweet milk, 2 eggs, nutmeg (if desired), butter size of a walnut, salt, 2 teaspoonfuls baking powder sifted in flour enough to make a soft dough.

**Doughnuts.**

From Mrs. Grover.

Two eggs, 1 cupful sugar, 1 cupful sour or buttermilk, 1 teaspoonful (heaping) of saleratus, 1 small nutmeg, some salt, flour enough to handle easily.

**Doughnuts.**

From Mrs. S. F. Mayer.

Two cupfuls sugar,  $\frac{1}{2}$  cupful butter, 1 cupful milk, 6 eggs, 3 teaspoonfuls baking powder. Cream the sugar and butter; add the eggs well beaten, and then the milk. Stir well and add a little salt and nutmeg. Put the baking powder into a quart of flour and sift into the mixture. Add sufficient flour to roll rather thin and cut out with a cutter which has a hole in the center. Fry in *very hot* lard, turning constantly lest they get too brown. If these doughnuts are properly made they will be entirely free from fat.

# NOTES

**"Mistress of herself though Souffle fall."**



# Eggs and Cheese

## Curried Eggs.

From Mrs. John C. Coleman.

Two tablespoonfuls of butter, 2 small onions (minced), 2 dessertspoonfuls of curry-powder, 2 tablespoonfuls of flour,  $\frac{1}{2}$  pint of veal or chicken stock, 2 tablespoonfuls of cream, 6 hard-boiled eggs, cut in slices. Put into chafing-dish, butter and onions and cook until they begin to brown; stir in the curry-powder, mix well and add flour, stirring quickly all the time, then add the stock or a tablespoonful of fluid beef dissolved in boiling water. When the mixture has simmered for ten minutes add cream and eggs. When hot serve at once.

## Egg Pipkins.

From Mrs. C. F. Aked.

Butter as many fireproof pipkins as are needed for the savoury. Break an egg into each. Season with pepper and salt, then cover each egg with a spoonful of thick cream and one teaspoonful of grated cheese. Place the pipkins on a sauté pan in which the boiling water comes just half way up the side of the pipkins. Poach for about 5 minutes until the eggs are lightly set. Being in cases they will take a little longer than the ordinary egg. Put a dash of cayenne on each and serve very hot. If cream is not available, a thin white sauce may be used instead.

### Poached Egg Soufflès With Cheese.

From Mrs. C. F. Aked.

Put in the saucepan 1 ounce of butter, 1 ounce of flour,  $\frac{1}{4}$  teaspoonful of salt, and a dash of cayenne; place over the fire and when mixed add gradually 1 pint of milk, and stir until thick and smooth. Add  $\frac{1}{2}$  cup of grated parmesan cheese and the beaten yolks of 3 eggs, stir until thickened and set aside until cool. Whip the whites of the eggs until very stiff, and stir lightly into the cold mixture. Poach 6 fresh eggs in salted water until set, drain on a cloth and place each on a square of buttered toast on a fire-proof china dish. Cover completely with the soufflè batter, sprinkle thickly with grated cheese, and set in a hot oven until browned.

### Egg à la Serenne.

From Mrs. C. O. G. Miller.

One pint of bread-crumbs; 6 hard-boiled eggs, chopped fine and mixed with crumbs, 1 tablespoonful of melted butter, 1 teacupful of cream, salt and pepper to taste. When well mixed bake in a dish greased with butter for 20 minutes. Slice 1 hard-boiled egg, lay on top; bake brown for ten minutes.

### Welsh Rarebit.

From Mrs. H. L. Dodge.

One large cup of rich cheese (Eastern) grated or cut into small pieces, 1 small cupful of milk or cream, 2 well beaten eggs, a little paprika, a dash of Worcestershire sauce, a little dry mustard. Put a piece of butter the size of a large walnut into the chafing-dish;

when all the ingredients are ready light the alcohol, and when the butter begins to melt put in the cheese and a little milk; mash the cheese until dissolved, then add the rest of the milk, stir it for a few minutes until it melts, then add the eggs gradually, stirring constantly until the eggs and cheese are smooth. Have ready small pieces of toast on hot plates; dip with a spoon and cover the toast.

### Welsh Rarebit.

From Miss M. E. Chambers.

One tablespoonful butter, 1 teaspoonful corn-starch,  $\frac{1}{2}$  cupful thin cream,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful mustard, a few grains of cayenne,  $\frac{1}{2}$  pound soft mild cheese cut in small pieces; toast or Zephyrettes. Melt butter, add corn-starch, and stir until well mixed, then add cream gradually while stirring constantly, and cook two minutes. Add cheese, and stir until cheese is melted. Season, and serve on toast or Zephyrettes, rarebit being poured over. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy.

### Cheese Soufflé.

From Mrs. Walter MacGavin.

Put in a bowl 1 spoonful of flour, four spoonfuls of grated cheese, add about  $\frac{1}{3}$  teacupful of milk, salt, and a small piece of butter. Keep stirring the mixture on a very gentle fire, until the butter is well melted. Then take off the fire and let it cool. Whip whites of four eggs stiff; add it to the mixture and pour it all in a buttered dish. Put in moderate oven for 10 or 15 minutes. Serve at once.

**Cheese Soufflé.**

From Mrs. R. A. Gould.

Make a cream sauce with 1 tablespoonful of butter, 1 tablespoonful of flour, and 1 cupful of cold milk, and stir constantly until a smooth sauce is formed, adding 1 cupful of grated cheese; season with  $\frac{1}{2}$  teaspoonful of salt, 1 saltspoonful of pepper, and a dash of red pepper. Whip very light the whites of 3 eggs, and pour over the mixture. Bake until firm in a buttered dish, placed in a pan of water. Serve immediately.

**Cheese Soufflé.**

From Mrs. Philip Rice.

One cupful broken cheese, 1 cupful cream, 1 tablespoonful butter,  $1\frac{1}{2}$  teaspoonfuls flour, 2 eggs, beaten separately. Add mustard, cayenne, and salt to taste. Cook in double boiler.

**Cheese Straws.**

From Miss Frances Jones.

Two ounces of flour, 3 ounces grated parmesan, a little cayenne, a little salt, yolk of 1 egg. Mix the flour, cayenne, salt and cheese together, and moisten with the egg; work all into a smooth paste. Roll out on a board,  $\frac{1}{8}$  inch thick, 5 inches wide and 5 inches long. Cut some of the paste in small rings and some in strips of  $\frac{1}{2}$  inch wide. Place both on greased sheets and bake ten minutes in an oven (240 deg. Fahr.) till a light brown. Put the straws through the rings like a bundle of sticks.



**Cheese Timbales.**

From Mrs. C. F. Aked.

Make a white sauce of a cupful of milk, 2 table-spoonfuls of flour and 1 ounce of butter. Take from the fire when thick; add 6 table-spoonfuls of grated cheese, seasoning to taste, and the beaten yolks of 4 eggs. Cook for a moment, take from the fire, fold in the stiffly beaten whites, fill buttered cups, put into a pan of hot water, bake for 15 minutes, and serve hot.

**"Mistresses two  
Will not do."**

# SANDWICHES

## Afternoon Tea Sandwiches.

From Mrs. C. F. Aked.

Whip stiffly a little thick cream, flavor with orange juice and add a good quantity of chopped preserved ginger. Spread between tiny tea biscuits, or between slices of graham bread buttered.

## Chicken Sandwiches.

From Mrs. C. F. Aked.

Chop some chicken and mix with it a little pimento, chopped, and enough mayonnaise to moisten it. Spread between bread and butter.

## Chocolate Sandwiches.

From Mrs. C. F. Aked.

Mix grated chocolate with stiffly whipped cream, well sweetened, and add a few chopped almonds. Spread between slices of new white bread.

## Derbyshire Sandwiches.

From Mrs. C. F. Aked.

Chop finely some underdone roast beef and mix with it a little horse-radish sauce. Spread between slices of bread and butter.

**Ginger and Cheese Sandwiches.**

From Mrs. C. F. Aked.

Mince small a little preserved ginger and mix it with cream cheese, moistened with cream. Spread between thin slices of bread and butter.

**Ham Sandwiches.**

From Mrs. C. F. Aked.

Chop ham finely and mix with it hard-boiled yolk of egg, red pepper and mustard to taste. Rub smooth with mayonnaise. Spread between thin slices of bread and butter.

**Hasty Sandwiches.**

From Mrs. C. F. Aked.

Rub cream cheese to a paste with anchovy essence and paprika. Spread between slices of graham bread well buttered.

**Luncheon Sandwiches.**

From Mrs. C. F. Aked.

Mince mutton, season highly, and mix with it a little pulped tomato or tomato catsup. Spread thickly between slices of bread and butter.

**Matrimony Sandwiches.**

From Mrs. C. F. Aked.

Rub cream cheese to a paste with loganberry jelly; add a few chopped English walnuts and spread between thin slices of bread and butter.



**Mock Foie Gras Sandwiches.**

From Mrs. C. F. Aked.

Rub through a wire sieve some boiled calf's liver, pound it with butter and cream until smooth, seasoning liberally with poultry seasoning; then add a sprinkling of lemon juice and a little chopped chives or pickled gherkins. Spread between thin slices of bread and butter.

**Nut and Raisin Sandwiches.**

From Mrs. G. C. Boardman, Jr.

Put an equal quantity of nuts and seeded raisins through meat chopper; spread very thickly between very thin slices of well buttered bread cut in inch strips.

**Sandwiches à la Schatzalp.**

From Mrs. C. F. Aked.

Mince some cold meat to a paste with an anchovy, a little parsley and a good-sized piece of butter. Add pepper, salt, and a sprinkling of lemon juice, and spread on buttered bread.

This meat will keep a considerable time if placed in a covered jar and kept in a cool place.

**Salmon Sandwiches.**

From Mrs. C. F. Aked.

Take the contents of a can of salmon, drain and free from all bone and skin and discolored pieces; break up with a fork and pound until quite smooth. Mix with mayonnaise and minced capers. Spread between bread and butter.

**Van Ness Sandwiches.**

From Mrs. R. A. Gould.

Rub a cream cheese to a smooth paste with cream; add a teaspoonful of anchovy paste and a little chopped green peppers. Serve between slices of white bread and butter.



## ODDS AND ENDS

### Angels on Horseback.

From Mrs. C. F. Aked.

Ingredients: 1 dozen large plump oysters, a few slices fat bacon, pepper, a little lemon juice, 12 pieces toasted bread. Method: Trim the bacon, which must be cut into very thin, short slices, each large enough to roll round an oyster, sprinkle with pepper; lay on the oysters and squeeze a little lemon over. Roll them and run on a skewer (tooth-picks will do). Fry until the bacon is cooked. Put each one on a small square of toast and serve quickly, without removing skewers. Garnish with parsley.

### Gnoski au Gratin.

From Mrs. C. F. Aked.

Ingredients: 6 ounces farina or hominy,  $\frac{1}{2}$  pint milk,  $1\frac{1}{2}$  ounces butter, stock, white sauce, grated cheese, bread-crumbs. Method: Boil the milk and stir in the farina and 1 ounce of butter, season, and cook it whilst stirring till sufficiently stiff to be shaped into quenelles, then poach them in good stock; drain and arrange them in layers on an earthenware or silver gratin dish, mask each layer with white sauce, sprinkle with grated cheese mixed with bread-crumbs, place a few tiny bits of butter on the top here and there and bake till the surface is a nice golden brown, probably ten minutes.

N. B.—To be served with fish, separately.

**Rice Border.**

From Mrs. C. F. Aked.

Put 1 cupful of rice on to boil in 3 cupfuls of cold water. Boil for  $\frac{1}{2}$  an hour, then add 2 tablespoonfuls of butter and a teaspoonful of salt. Set back where it will just simmer, and cook for 1 hour. Mash very fine with a spoon, add 2 well beaten eggs and stir for a few minutes. Butter a plain border mould and fill with the rice. Fill the center with anything desired. Serve hot.

**Aspic Jelly.**

From Mrs. C. F. Aked.

Take a small cupful less than 1 pint of clear stock, nicely flavored, (Liebig's extract of meat and water will do), add to it  $\frac{1}{2}$  ounce of gelatine, previously soaked in a little water, and the white of one egg; put all into a stewpan over the fire, stir until nearly boiling, then add 2 tablespoonfuls of tarragon vinegar, let boil up; stand by the side of the fire for 15 minutes, and then strain. Pour this into a flat dish, and when set use as desired.

**Green Butter.**

From Mrs. C. F. Aked.

Put  $\frac{1}{2}$  ounce of butter on a plate, add sufficient finely chopped parsley to make it very green; flavor with lemon juice and cayenne; spread on a plate to become firm. Cut into small rounds or squares; one to be placed on each cutlet.

**Potted Meat.**

From Mrs. C. F. Aked.

Ingredients: 1 pound steak (not fat), 1 teaspoonful salt (or less),  $\frac{1}{2}$  teaspoonful pepper,  $\frac{1}{2}$  teaspoon-



ful brown sugar, saltpetre size of a pea, a pinch of cayenne, mace enough to cover a ten-cent piece. Method: Put seasonings on steak over night; cut in pieces and add a tablespoonful of stock to it in the morning; stew in basin in a slow oven for 3 hours. Pour off gravy and let the steak get cold; put through mincer (sausage) twice; then boil gravy up and add a bit of butter, and pour on meat. Put in jars and cover with melted butter.

### Ham—To Boil.

From Mrs. C. F. Aked.

Soak the ham in several waters, each one acidulated with vinegar. If the ham is very hard and salty 24 hours or more will be required; if not, from 8 to 12 hours will suffice. Lukewarm water will soften it more quickly than cold. Scrub it well and scrape off the rusty, discolored parts, but do not cut the skin if it can be avoided. Put it into the pan with plenty of cold water. Let it come to a boil very slowly, skim it carefully, and simmer very gently until sufficiently cooked. If it is not intended to be kept any length of time it may be left in the water until cool: this will improve the taste of the ham, but will render it less likely to keep. Avoid sticking a fork into it when it is lifted from the pan. Take off the skin and stick cloves thickly over the whole surface; then cover with good dark brown glaze, letting it trickle over the heads of the cloves. Time to boil: For a new ham, 25 minutes to the pound is sufficient; for an old one, counting from the time the water boils, 30 minutes. Add  $\frac{1}{4}$  of an hour for every pound over 12.

**Mince Meat.**

From Mrs. C. S. Fee.

Two pounds lean beef, boiled and when cold chopped fine; 1 pound beef suet, cleared of strings and chopped to powder; 5 pounds apples, pared and chopped; 2 pounds raisins, seeded; 1 pound Sultana raisins, washed; 2 pounds currants, cleaned carefully;  $\frac{3}{4}$  pound citron, 2 tablespoonfuls cinnamon, 1 nutmeg, grated; 2 tablespoonfuls mace, 1 tablespoonful cloves, 1 tablespoonful allspice, 2 tablespoonfuls salt,  $2\frac{1}{2}$  pounds sugar, 1 quart fruit juice left from sweet pickles.

**Mince Meat.**

From Mrs. C. F. Aked.

Chop very finely 1 pound of raisins (stoned), 1 pound currants, 1 pound good figs, 1 pound apples (previously pared and cored),  $\frac{1}{4}$  pound candied lemon and 1 pound beef suet well chopped. Mix thoroughly together, then add 1 pound of light brown sugar and the mince meat will be ready to serve.

N. B.—A 2-pound jar of marmalade in place of the candied lemon is very good.

**Raspberry Syrup.**

From Mrs. E. Carlson.

Seven baskets of fruit,  $2\frac{1}{2}$  ounces of tartaric acid sprinkled over the berries; add 3 quarts of water; strain after it has stood 24 hours. Stir for 3 hours; then bottle.

**Fruit Punch.**

From Mrs. C. F. Aked.

Boil together for 5 minutes 1 quart of water, 3 large cupfuls of sugar and the grated rind of 1 orange and 1 lemon. Strain and cool. Add the juice of 2 oranges and 4 lemons. Place a large piece of ice in the bowl, pour in this mixture and another quart of water, or more, depending upon the size of the lemons. Add  $\frac{1}{4}$  pound each of candied cherries and pineapple cut fine. More water or sugar depends upon the judgment and taste of the maker.



"Tired, but triumphant."





— Come To Dinner —



# NOTES

# NOTES

# NOTES



# NOTES



# NOTES

WARNING!

The above is a list of the  
names of the persons who  
were present at the meeting  
held on the 1st day of  
January 1880 at the  
residence of Mr. J. W. Smith  
in the town of  
Lynn, Massachusetts.  
The names are given in  
alphabetical order.

## **WARNING!**

The success of these recipes is not guaranteed unless they are Mixed with Brains. The contributors give this caution in self-defence. Their lives are of value to the community!

# CONTENTS

	Page
1. Appétisans .....	9
2. Soups .....	13
3. Fish .....	27
4. Meats .....	35
5. Vegetables .....	47
6. Preserves and Pickles .....	57
7. Sauces .....	69
8. Salads .....	75
9. Puddings and Pastries .....	85
10. Ices and Light Desserts .....	105
11. Candies .....	121
12. Cakes .....	129
13. Bread .....	145
14. Eggs and Cheese .....	153
15. Sandwiches .....	159
16. Odds and Ends .....	163

# CONTENTS

1	Introduction	1
2	General Principles	2
3	Methods	3
4	Materials	4
5	Procedures	5
6	Results and Discussion	6
7	Conclusions	7
8	References	8
9	Appendix	9
10	Index	10
11	Tables	11
12	Figures	12
13	Plates	13
14	Photomicrographs	14
15	Chemical Formulas	15
16	Units and Abbreviations	16
17	Subject Index	17
18	Author Index	18
19	Table of Contents	19



