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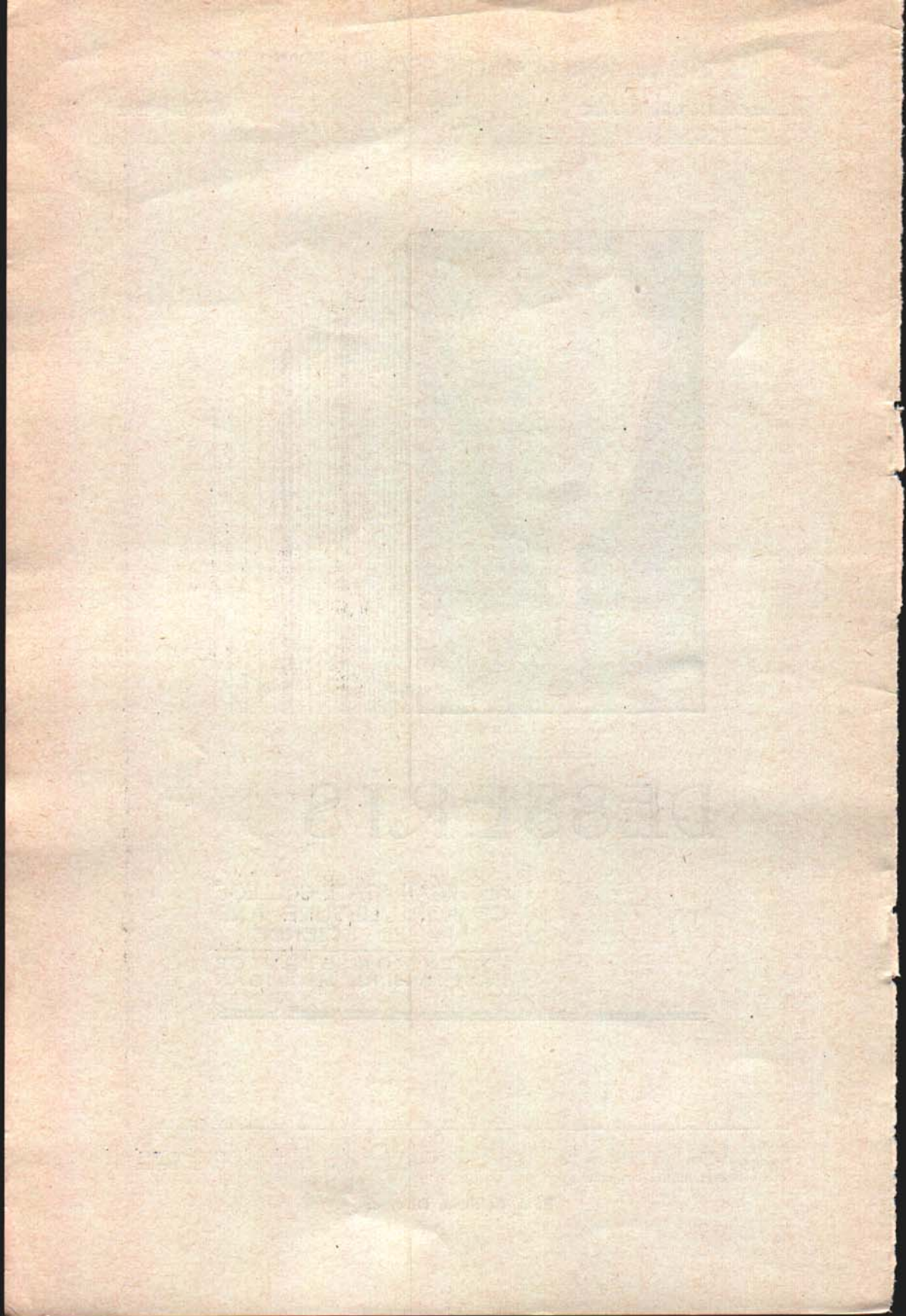
DESSERTS

MICHIGAN STATE COLLEGE
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R. J. Baldwin, Director



DESSERTS

MURIEL DUNDAS

The finishing touch in a well-planned meal is a dessert that is not too elaborate, yet which supplies the satisfying flavor and sweetness desired by most people.

Many types of desserts may be selected, from the simple fruit cup which is always popular to the elaborate pastries which may prove disastrous to figures and complexions.

The dessert should be planned as a definite part of the meal and in relation to other foods selected for the day. If it is a question of increasing the use of milk for the family, a dessert using a quantity of milk may well be planned; or one of the two servings of fruit advocated for each person daily may be in dessert form for luncheon or dinner. If the remainder of the meal has been light, a hearty dessert, such as pastry, cake, preserves, rich frozen desserts, or steamed puddings might be selected. If a medium dessert is desired, custards, cornstarch desserts, tapioca or other simple puddings, simple cakes, gelatin mixtures, or simple frozen desserts may be chosen. Those classed as light desserts are fresh fruits, cooked fruit or fruit salads, gelatin, junket, fruit whips, or water ices.

The time element must also be considered, for desserts that can be made in advance are often welcomed by the busy housewife. Simple desserts are chosen for warm weather because of the ease of preparation and digestibility. Desserts for children should always be of the simpler type. Well made, attractively served desserts have a strong appeal to the appetite, and add greatly to the satisfaction of the meal. For this reason, they should be as carefully planned as any part of the diet.

Fruits should have a prominent place in the daily diet for they contribute important food elements. As sources of vitamins and minerals, they are classed as protective foods, helping to maintain health, guarding the body against infections, and regulating the neutrality of the body tissues.

Fruit for breakfast stimulates the appetite, starts the peristaltic action of the digestive tract, and adds delightful flavors.

Fruit desserts are valued for the color accents which they contribute to the meal. A ring of fresh strawberries with their hulls surrounding a mound of powdered sugar and served on a glass plate, or a sherbet glass of pale pink rhubarb makes the ideal dessert when these fruits are in season. Chilled melon balls may also be served at any meal for the fruit course.

A fruit cup offers a wide range of possibilities to the hostess for using home canned fruits and fruit juices. Combinations of peaches, pears, cherries, melons, berries and grape juice can be used to vary the menu.

Apples, rhubarb, pears, and bananas are delicious baked with sugar, and spice added as desired. Pears and apples, stuffed with seeded dates, or raisins, chopped nuts or marmalade, may be baked slowly until tender.

FRUIT DESSERTS

Strawberry Custard*

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|-------------------------|------------------------|
| 1 pint can strawberries | 6 toasted marshmallows |
| 2 c. soft custard | |

Put a layer of strawberries in each sherbet glass. Cover with custard and top with a marshmallow.

Browned Marshmallow Pears

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| 1 pint can pears | $\frac{1}{4}$ c. nutmeats |
| 10 marshmallows | 8 macaroons |

Drain the pears and fill the centers with quartered marshmallows and chopped nutmeats. Place in moderate oven until the marshmallows are delicately browned. Serve on crumbled macaroons.

Cherry Bread and Butter Pudding

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|--------------------------|-----------------|
| 4 slices dry bread | 3 T butter |
| 2 slices dry bread cubed | 1 T brown sugar |
| 1 pint can cherries | |

Cut the bread $\frac{1}{2}$ inch thick and butter each slice. Lay two slices of bread in a buttered baking dish and cover with a layer of cherries. Repeat and top with bread cubes. Sprinkle with brown sugar, dot with butter and bake for 40 minutes in a moderate oven.

Cherry and Pineapple Cocktail

Drain 1 cup each cherries, crushed pineapple and add 2 bananas diced and the strained juice of 1 orange. Chill, and serve with each portion a sprig of mint dipped in powdered sugar.

Peach Rice Pudding

Wash $\frac{1}{2}$ cup of rice, cook in boiling water until tender and drain. Line bottom and sides of mold with rice, put 2 cups drained peaches in center, sprinkle with 2 tablespoons sugar, dot with 1 tablespoon of butter and spread with 8 tablespoons orange marmalade. Cover with rice and bake 5 minutes in a moderate oven. When cold turn out on platter and serve with any desired sauce.

Cranberry Dessert

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| 1 c. cranberries | 1 c. sugar |
| 1 orange or apple | |

Put cranberries and orange or apple through food chopper. Let stand 24 hours then serve in sherbet glass with whipped cream or serve with cream salad dressing on lettuce leaf.

*Abbreviations used are: c = cup; t = teaspoon; T = tablespoon.

Fruit Cereal Pudding

1½ c. cereal, cooked in	1½ c. cream (thin)
4 to 6 cups water	2 eggs beaten
1 t. cinnamon	½ c. sugar (scant)
1 qt. milk	3 large bananas, sliced across

The cereal may be any fine wheat preparation, cooked with salt in boiling water as usual. While warm, stir in cinnamon. Allow to cool. Add milk. Add beaten eggs to mixture, stir in sugar, mix well. Pour into greased baking dish, drop in fruit evenly. Bake in a moderate oven about 25 minutes. Test as for custard. Serve hot or cold with cream. Serves 10.

Fruit Batter Pudding

2 c. flour	1 c. milk
4 t. baking powder	2 T. melted shortening
½ t. salt	1 c. prepared fruit

Sauce

Reserve 2 tablespoons flour to flour fruit. Mix dry ingredients and sift, add milk and mix well, add melted shortening then add floured fruit. Steam 1½ hours or bake (moderate oven) 45 minutes. Serve with cream or hard sauce. The fruit may be added to the batter or it may be put in the pan first and the batter poured over it and then baked.

Strawberries, blueberries or huckleberries, cherries, raw apple chopped, cranberries (add ½ cup sugar to mixture) and peaches sliced are all suitable fruits to use.

This recipe may be varied by using stale bread crumbs instead of flour or by the following: Add 3 eggs, beaten, reduce baking powder to 3 teaspoons, increase shortening to ¼ cup. Dried fruit is excellent—1 cup chopped raisins, ¼ cup chopped citron, 1 tablespoon grated lemon rind. A little brown sugar (about 2 tablespoons may be added). This is good baked in individual puddings, "Raisin Puffs."

Apple Cheese Betty

Cover the bottom of a buttered baking dish with bread crumbs. Add a generous layer of thinly sliced, tart apples. Sprinkle with sugar, bits of butter, a little nutmeg, and 4 tablespoons of grated cheese. Cover with another layer of buttered crumbs. Add ½ cup of water, and bake in a covered dish in a moderate oven.

Rice and Apple Pudding

1 c. boiled rice	⅔ c. brown sugar
2 large tart apples	2 T. butter
½ c. stewed prunes cut in small pieces	¼ t. salt
	½ t. vanilla

Combine the ingredients and turn them into a buttered baking dish. Cover with buttered crumbs. To 1 cup of milk add 1 beaten egg, and pour this over the mixture. Bake in a covered dish 30 to 40 minutes. Serve hot with thin cream.

Apple Snow

2 egg whites	sugar
1½ c. apple pulp	

Pare, quarter and core four sour apples. Steam until soft, and rub through a sieve. There should be one and one-half cups of apple pulp. Beat egg white until stiff and add gradually apple pulp sweetened to taste and continue beating. Pile lightly on serving dish and chill. Serve with a baked custard made from the yolks. Grated raw apples may be used instead of cooked apples.

Norwegian Prune Pudding

½ lb. prunes	2 inch piece stick cinnamon
2 c. cold water	1½ c. boiling water
1 c. sugar	⅓ c. cornstarch
⅛ t. salt	1 T. lemon juice
kernels of prunes	

Pick over and wash prunes, then soak until soft and cook until tender in same water. Remove stones, then add sugar, salt, cinnamon, boiling water, and simmer ten minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture, and stir constantly while cooking five minutes. Remove cinnamon, add lemon juice, and chopped kernels, mold, chill and serve with cream.

Prune Whip

¼ lb. prunes	½ c. sugar
whites of four eggs	½ T. lemon juice

Pick over and wash prunes; soak until soft and cook in same water until tender. Remove stones and rub prunes through a sieve. Add sugar and cook five minutes. The mixture should be of the same consistency as marmalade. Beat whites of eggs until stiff. Add prunes and lemon juice.

GELATIN DESSERTS

Gelatin desserts require particular accuracy of measurements for success. Gelatin must be soaked in cold water. Boiling water must be added. To hasten the cooling and solidifying of the mixture the amount may be reduced and the mixture dissolved over hot water, then cold water or fruit juices may be added. Sugar should be added before cooling. Other ingredients should be added when cold. For plain jelly the mixture may be poured into cold wet molds. If whips or sponge or Bavarian cream are desired the mixture is left to stand until it begins to congeal.

Standard Gelatin Jelly

2 T. granulated gelatin	3 c. other liquid or fruit juices
½ c. cold water	lemon juice will require more
½ c. boiling water	sugar than orange
¼ to 1 cup sugar	

Sponges are made by reducing the cold liquid one-fourth. Whip the jelly and add whites of two eggs after jelly begins to thicken. For Bavarian cream use a plain gelatin recipe. Reduce cold liquid one-half or less and replace with an equal amount of cream which should be beaten and folded in after mixture begins to cool.

Lemon Sponge or Snow Pudding

(6 servings)

1 level T. plain gelatin	$\frac{1}{4}$ c. lemon juice
1 c. boiling water	whites of 2 eggs
$\frac{1}{4}$ c. cold water	salt
$\frac{3}{4}$ c. sugar	

Soak gelatin in cold water about five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon; occasionally stir mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Turn into wet mold. Chill and serve with boiled custard made of yolks of eggs. A very attractive dish may be prepared by coloring half the mixture red.

Spanish Cream or Molded Custard

(8 servings)

1 level T. gelatin	$\frac{1}{2}$ c. sugar (scant)
3 eggs	$\frac{1}{4}$ t. salt
3 c. milk	1 t. vanilla

Soak gelatin in the milk about 5 minutes. Place over hot water, and when gelatin is dissolved add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to the double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top.) Serve with whipped cream, sliced oranges or any fruit or fruit juice.

Condensed or evaporated milk may be used in Spanish cream desserts. Use $1\frac{1}{2}$ cups each evaporated milk and water instead of the three cups milk. Less sugar will be needed if condensed milk is used.

Bavarian Cream

(6 servings)

1 level T. gelatin	$\frac{1}{2}$ c. scalded milk
$\frac{1}{4}$ c. cold water	1 t. vanilla
1 pt. heavy cream	salt
$\frac{1}{3}$ c. sugar	

Soak gelatin in cold water about 5 minutes and dissolve in hot milk, then add sugar. Set bowl containing mixture in pan of cold water, and stir until mixture begins to thicken. Add cream, beaten until stiff, and flavoring. Turn into a wet mold, and chill.

Chocolate Sponge

1 T. gelatin	$\frac{1}{3}$ c. sugar
$\frac{1}{4}$ c. cold water	3 eggs
$\frac{1}{4}$ c. boiling water	few grains of salt
1 t. vanilla	$1\frac{1}{2}$ sq. chocolate or 4 T. cocoa

Soak gelatin in cold water 5 minutes. Dissolve with boiling water. Mix dry ingredients, add to slightly beaten egg yolks. Stir until smooth, add dissolved gelatin and vanilla. Chill until partly congealed, and add stiffly beaten egg whites. Mold and chill.

Rice Mold with Mauve Cream Sauce

4 T. rice	$\frac{1}{2}$ T. granulated gelatin
$1\frac{3}{4}$ c. hot milk	$\frac{1}{4}$ c. cold milk
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ t. vanilla
6 T. sugar	few drops almond extract
$\frac{1}{2}$ c. cream, whipped	

Cook rice in large amount of boiling, salted water for 10 minutes. Drain. Add to hot milk in double boiler and cook 1 hour, or until rice is tender. Combine salt and sugar and add to rice. Soak gelatin in cold milk 5 minutes, and add to hot rice mixture. Stir until gelatin is dissolved. Add flavoring. Chill. When slightly thickened, fold in whipped cream. Turn into ring mold. Chill until firm. Unmold. Fill center of mold with Mauve Cream Sauce. Serves 6.

Cream Fig Pudding

1 pkg. lemon gelatin	1 c. figs (or 1 c. fig jam)
3 c. boiling water	$\frac{1}{2}$ c. cream, whipped

Dissolve flavored gelatin in 2 cups boiling water. Cook figs to a jam in double boiler with remaining 1 cup water. Chill. When gelatin is slightly thickened, beat with rotary egg beater until of consistency of whipped cream. Fold in whipped cream and figs. Turn into individual molds. Place in freezing compartment of automatic refrigerator. Chill until firm. Unmold. Serves 8.

Pear Bavarian

1 pkg. lemon gelatin	1 c. cream, whipped
1 c. boiling water	$\frac{1}{2}$ c. sugar
1 c. pear juice and water	$\frac{1}{2}$ t. salt
1 c. pears, crushed	$\frac{1}{2}$ t. vanilla

Dissolve gelatin in boiling water. Add pear juice. Chill. When slightly thickened, beat with rotary egg beater until consistency of whipped cream. Fold in pear pulp. To whipped cream, add sugar, salt and vanilla. Fold into gelatin. Turn into freezing tray of automatic refrigerator. Chill until firm. Serve in squares. Garnish with chopped nuts. Serves 8.

Minikin Jelly Rolls

$\frac{3}{4}$ c. sifted cake flour	$\frac{3}{4}$ c. sifted sugar
$\frac{3}{4}$ t. baking powder	1 t. vanilla
$\frac{1}{4}$ t. salt	1 c. red currant jelly
4 eggs	

Sift flour once and measure. Combine baking powder, salt, and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored. Remove bowl from over hot water. Fold in flour and vanilla. Pour into two pans, 15 x 10 inches, lined with greased paper, and bake in hot oven (400 degrees F.) 10 minutes. Turn from pans at once onto cloth covered with confectioners sugar. Remove paper. Quickly cut off crisp edges of cake, cut each cake into six pieces of equal size, spread with jelly, and roll. Wrap in cloth and cool on rack. Before serving, decorate rolls, if desired, with rosettes and borders of sweetened whipped cream forced through pastry tube. Makes 12 rolls.

Chocolate Pudding

$\frac{3}{4}$ c. sugar	2 c. scalded milk
$2\frac{1}{3}$ T. cocoa	1 t. vanilla
3 T. cornstarch	pinch salt
$\frac{1}{4}$ c. raisins	$\frac{1}{4}$ c. walnuts

Scald milk; mix dry ingredients in bowl. Add scalded milk slowly, stirring well. Return to double boiler and cook until thickened. Stir briskly after taking off stove. Cool, add vanilla, raisins, and nuts. Serve in stemmed glasses or pour in greased ring mold. If put in the ring mold chill and when ready to serve turn out on a platter and fill center with vanilla whipped cream.

Icebox Pudding

$1\frac{1}{2}$ cakes sweet chocolate	3 eggs
2 T. confectioners sugar	1 t. vanilla
$\frac{1}{4}$ c. cold water	1 dozen lady fingers

Place water and chocolate in saucepan, stir until chocolate is melted—separate eggs, add sugar to yolks, then add melted chocolate, add vanilla. Fold in beaten whites of eggs. Line mold with lady fingers and fill center with mixture, allow to stand in refrigerator twelve hours. Serve with whipped cream.

Bread Pudding

3 eggs	2 T. butter
2 c. bread crumbs	1 qt. milk
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. raisins	nutmeg

Scald milk. Add butter and bread crumbs. Beat eggs light and add with salt and spice to bread mixture. Place in buttered baking dish. Place this baking dish in a shallow pan with about $1\frac{1}{2}$ inches of water in it. Bake in a moderate oven about an hour. Serve warm with hard or lemon sauce.

Pineapple Upside Down Cake

4 T. butter	1 can sliced pineapple
1 c. brown sugar	

Batter

4 eggs	1 t. baking powder
1 c. sugar	$\frac{1}{2}$ t. vanilla
2 T. water	$\frac{1}{2}$ t. salt
1 c. flour	

Heat butter and sugar together in a heavy frying pan until the sugar is all melted, cool. Arrange pineapple slices over the surface of this caramel mixture. Beat eggs until very light and frothy. Beat in sugar gradually. Add alternately the water and the sifted dry ingredients. Pour the batter over the pineapple. Bake in a moderate oven, 350° F., about 40 minutes or until the cake is set. While still hot turn out of the skillet upside down on a serving plate. Cover with whipped cream and decorate with cherries.

Washington Pie

$\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ c. flour
1 egg	3 t. baking powder
$\frac{1}{4}$ c. butter	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. water	

Cream butter with sugar, stir in egg, water and flour sifted with baking powder and salt. Pour into a round greased layer pan and bake in a moderate oven, 375 degrees F. Cool, split and fill with cream filling. Sprinkle top with powdered sugar.

Cream Puffs

6 T. butter	4 eggs
1 c. boiling water	$\frac{1}{2}$ t. salt
1 c. flour	

Melt butter in boiling water. Stir in quickly the flour sifted with salt. Cook until mixture forms a mass which clears edges of pan. Remove from fire and beat in eggs, one at a time, blending thoroughly. Drop by large spoonfuls on greased baking sheet and put in a hot oven, 425 degrees F., for 15 minutes, then reduce heat to 350° F. and continue baking 40 to 45 minutes, or until thoroughly dried out inside. When cool, cut a slit in one side and insert cream filling or whipped cream flavored to taste with vanilla and powdered sugar. Sprinkle surface with powdered sugar, or ice with chocolate powdered sugar icing.

Graham Apple Torte

$\frac{1}{2}$ lb. graham crackers	$\frac{1}{4}$ t. nutmeg
$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. whipping cream
3 c. sweetened apple sauce	$\frac{1}{3}$ c. powdered sugar
$\frac{1}{2}$ t. cinnamon	

Roll crackers, add melted butter, blend. Divide mixture into two parts. Pat bottom layer into tin firmly. Put in layer of apple sauce and top with remaining crumb mixture. Bake 30 minutes, in moderate oven. Serve with whipped cream. (Toasted bread crumbs sweetened with brown sugar may be used instead of graham cracker crumbs.) Serves 6.

Butterscotch Rice Pudding

$\frac{1}{3}$ c. rice	1 c. brown sugar
2 c. milk	1 T. granulated gelatin
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ c. cold water
2 T. butter	

Soak gelatin in cold water ten minutes. Cook rice with milk in a double boiler until nearly done. Cook together in another pan the brown sugar and butter until sugar is melted. Add this to the rice and milk and finish cooking. Add gelatin to cooked rice mixture and turn into a mold.

Whole Wheat Pudding

2 c. hot milk	1 c. chopped seeded raisins
2 c. cooked whole wheat	1 egg
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ t. vanilla
2 T. sugar	

Mix the milk, wheat, salt and sugar. Add the raisins, beaten egg and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

Date and Nut Pudding

1 c. nuts	pinch salt
1 c. dates	1 t. vanilla
2 eggs	1 t. baking powder
3 T. flour	1 c. sugar

Beat eggs well, add sugar slowly and continue beating until lemon color. Sift flour, salt and baking powder into mixture—add nuts, dates and flavoring and stir well. Pour into a 6-inch square pan which has been well greased. Bake in a slow oven, 300° to 325° F. Cut in squares immediately upon taking from oven.

Baked Tapioca with Meringue

4 T. minute tapioca	$\frac{1}{8}$ t. salt
2 c. milk	confectioners sugar
3 eggs	lemon extract
$\frac{3}{4}$ c. sugar	

Add tapioca to milk and cook in double boiler until transparent. Add the yolks of the three eggs, $\frac{3}{4}$ cup of sugar, $\frac{1}{8}$ teaspoon of salt and a few drops of lemon extract. Pour into a buttered baking dish and cook in a moderate oven about 1 hour. When pudding is done make a meringue of three stiffly beaten egg whites, 3 tablespoons of powdered sugar and a few drops of lemon extract. Spread over top of pudding, return to oven and brown.

FROZEN DESSERTS

Ice cream mixtures should be pre-cooled before putting in the freezer. This cuts down the freezing period and makes a better product. The can should not be filled more than two-thirds full. Coarse salt should be used and the ice should be crushed evenly. If it is possible to allow the ice cream to ripen, freeze to soft consistency, turning slowly at first then pack and leave to ripen. If the time is short use 3 parts ice to 1 part salt. If longer 8 parts ice to 1 part salt may be used.

Lemon Ice

3 cups water	$1\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. lemon juice	

Boil sugar and water 5 minutes; add lemon juice; cool and strain into freezer. Pack with 3 parts ice to 1 part salt; let stand 5 minutes, then freeze until stiff. Remove dasher, pack mixture down into freezer, drain off salt water, repack freezer with 4 parts ice and 1 part salt, and leave to ripen until needed.

Honey Mousse

2 oranges	1 c. strained honey
1 t. granulated gelatin	2 c. heavy cream
1 T. cold water	

Peel oranges, removing inner membrane with rind, and cut in small pieces. Soak gelatin in cold water; heat the honey, add gelatin stirring until dissolved; add orange; remove from fire, and when cold add cream, beaten stiff. Put in mold; pack in equal parts ice and salt, and let stand 3 or 4 hours.

Fruit Milk Sherbet

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| 3 lemons | 1½ peaches |
| 1 c. sugar | 2 c. milk |
| 2 small bananas | 1 c. chopped nuts |

Squeeze the lemons and strain juice into the sugar; add other fruit pulp, rubbed through a sieve; then add milk and nuts, and freeze as usual. Serve with iced orange sauce.

Cherry Mayonnaise Salad

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| 1 pkg. lemon gelatin | ½ c. cherry juice |
| 1 c. boiling water | ¼ c. mayonnaise |
| 1 t. vinegar | 2 c. canned white cherries |
| ¼ t. salt | |

Dissolve gelatin in boiling water. Add vinegar, salt and cherry juice. Chill. When slightly thickened, fold in mayonnaise and cherries. Turn into freezing tray of automatic refrigerator. Chill until firm. Serve in slices on crisp lettuce. Garnish with additional cherries and mayonnaise. Serves 6.

Iceland Pears

Drain the sirup from a can of pears, measure and add water to make 1½ cups liquid, and add the juice of one orange and ½ lemon. Freeze and when nearly done, stir in ¾ cup of the drained pears cut in pieces, and pack for at least 1 hour.

Maple Parfait

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| 4 eggs | 1 pt. heavy cream |
| 1 c. hot maple sirup | |

Heat maple sirup and pour over slightly beaten eggs. Cook the mixture in a double boiler until it thickens. Cool and add cream beaten until stiff. Place in a mold, pack in salt and ice and set three hours or place in trays of electric refrigerator to freeze. If frozen by the latter method, add to sirup and egg mixture while hot 1 teaspoon gelatin soaked in 2 tablespoons cold water.

Peanut Brittle Cream

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| 1½ c. milk | ¼ t. salt |
| 2 eggs | 2 T. cold water |
| 3 T. sugar | 1 t. vanilla |
| 1 t. gelatin | ⅔ c. rolled peanut brittle |
| 1 c. heavy cream | |

Soak gelatin in cold water. Scald milk, add sugar and pour over beaten eggs. Return to fire and cook until mixture slightly thickens and coats the spoon. Add gelatin, salt and crushed peanut brittle. When cool, pour into freezing trays and chill 40 minutes. Add vanilla and stiffly beaten cream and return to freezing trays for 4 or 5 hours stirring occasionally.

Raspberry Ice

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| 1½ c. raspberry juice | 2 c. water |
| juice of ½ lemon | 1 c. sugar |
| rind of one lemon, grated | pinch salt |

Make a sirup of water, sugar and grated lemon rind. Cool. Strain out the rind, add fruit juice, and pour into trays of electric refrigerator and freeze 3 or 4 hours.

Grape Juice Sherbet

1½ c. boiling water	4 T. lemon juice
1 c. sugar	1 pt. grape juice
1 T. gelatin	⅓ c. orange juice
½ c. cold water	salt

Make a sirup by boiling water and sugar for 10 minutes. Add gelatin which has been soaked in cold water for 5 minutes. Cool and then add fruit juices and freeze in electric refrigerator.

DESSERTS FOR CHILDREN

When planning desserts that the children will enjoy, select those that will be attractive as to color and texture, and that will supply the essential nutritive elements needed for the day. Sometimes the favorite dessert will prove an incentive to the child who finds it hard to eat the rest of the meal. It may also be a means of getting the days' milk allotment consumed, as custards, junket desserts and puddings will use a large portion.

Gelatin desserts have a great appeal to children and offer great possibilities as to color and flavor combinations. Where more elaborate desserts are being served the adults, it is wise to select the more simple combinations for the younger members of the family.

Bunny Salad

Invert half a pear on a bed of lettuce, cut an extra section to form the head. Insert two blanched almonds for the ears of the bunny and cloves for the eyes and nose. Add ½ marshmallow or a ball of cottage cheese for the cottontail, and serve with French dressing.

Baked Pears

Arrange pears in a baking dish, sprinkle with a mixture of brown sugar and cinnamon, using ½ cup of sugar and ½ teaspoon of cinnamon. Pour over 1 cup of pear juice and bake in a moderate oven for ½ hour.

For children's parties the dessert may be planned to carry out the color harmony chosen for the whole event. Children will be delighted by banana boats made by removing some of the banana pulp and filling the skin with well-flavored gelatin. When firm a sail made of stiff paper fastened to a toothpick may be added.

Tiny flower pots may be lined with waxed paper and filled with jelly or ice cream. Sprinkle the top with sweetened cocoa and insert a real or an artificial flower.

Cinnamon Apples with Junket

1 pkg. vanilla junket	⅓ c. water
1 pt. milk	3 T. red cinnamon candies
6 apples	1 T. lemon juice
1 c. sugar	

Peel and core apples and place in baking pan. Make a syrup by boiling the sugar, water and cinnamon candies together for five minutes; add lemon juice. Pour syrup over apples and bake until tender, basting several times. Place apples in individual dishes, adding a little syrup. When cooled and the syrup has jellied, prepare vanilla junket according to directions on package and fill dishes. Let stand in a warm room until firm.

Blanc Mange

1 T. granulated gelatin	$\frac{1}{3}$ c. sugar
$\frac{1}{4}$ c. cold water	$\frac{1}{8}$ t. salt
2 c. milk	1 t. vanilla
3 egg yolks	

Soak gelatin in cold water 5 minutes. Scald the milk over hot water in double boiler. Beat egg yolks, sugar and salt together and pour the scalded milk into the mixture. Return to double boiler, and cook until the custard coats a spoon. Add gelatin and stir until it is dissolved. Cool slightly and add vanilla. Pour into molds which have been rinsed in cold water. Place in refrigerator until firm. Serve with sliced fruit or with whipped cream.

Caramel Rice Pudding

5 c. milk	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. sugar, caramelized	4 egg whites
$1\frac{1}{2}$ c. seedless raisins	1 t. vanilla
1 c. rice	$\frac{1}{2}$ c. sugar for egg whites

Scald milk in double boiler. Add hot caramelized sugar slowly to hot milk, then add washed rice, salt and allow to cook until rice is tender. Add raisins half an hour before rice is cooked. Remove from fire and when warm stir into the egg whites which have been beaten stiff and mixed with sugar and vanilla. Serve cold with milk or a garnish of whipped cream. Serves 24.

CUSTARDS

When planning to use the daily milk quota for the family, custards in their various forms suggest many possibilities. They consist of a mixture of egg, milk and flavoring, cooked slowly over hot water in a double boiler (soft custard) or baked in a pan of water in the oven. The amount of egg used determines the thickness of the mixture. Occasionally flour or cornstarch are substituted for part of the egg.

Plain Custard

2 c. scalded milk	4 T. sugar
2 whole eggs or 4 egg yolks	$\frac{1}{2}$ t. vanilla
$\frac{1}{8}$ t. salt	

Scald the milk in the top of the double boiler. Beat together slightly the eggs, sugar and salt. Add the hot milk to the egg mixture, mix thoroughly and return to the top of the double boiler. Cook over hot water. Stir constantly until the egg coats the spoon.

When eggs are expensive substitute one teaspoon of cornstarch for 1 egg yolk or 2 teaspoons of cornstarch for 2 egg-yolks, or 1 whole egg. Mix milk and starch, cook 20 minutes before adding any egg. Soft custard may be served in sherbet cups or deep sauce dishes garnished with whipped cream and pieces of tart jelly. It may be used with fresh or canned fruit, with cake or with combinations of the two.

For baked custard, use the same proportions except that three eggs are used in place of two. Add scalded milk to sugar, eggs, salt, and flavoring. Pour into custard cups or baking dish, set in a pan of hot water and bake in a moderate oven until firm. A knife blade thrust into the center will come out clean.

SAUCES**Hard Sauce**

Cream butter, add sugar gradually, stirring constantly. Add vanilla and mix well.

Foamy Sauce

2 eggs (yolks) 1 t. vanilla
1 c. confectioners sugar $\frac{1}{2}$ pt. whipping cream

Beat yolks of eggs until thick and lemon colored, add confectioners sugar and vanilla. Whip cream and fold in first mixture.

Chocolate Whipped Cream

4 T. cocoa $\frac{1}{2}$ pt. whipped cream
 $\frac{1}{3}$ c. confectioners sugar $\frac{1}{2}$ t. vanilla

Mix cocoa and confectioners sugar together and moisten with a little water. Add vanilla and fold in whipped cream.

Cream Sauce

$\frac{3}{4}$ c. cream $\frac{1}{2}$ t. vanilla
 $\frac{1}{3}$ c. confectioners sugar

Whip cream, fold in confectioners sugar and vanilla.

Butterscotch Sauce

$1\frac{1}{4}$ c. brown sugar $\frac{3}{4}$ c. thin cream
 $\frac{3}{4}$ c. light corn syrup 1 t. vanilla
4 T. butter Chopped nuts

Cook sugar, syrup and butter to 230 degrees F. Add thin cream. Pour over ice cream and sprinkle with chopped nuts. This sauce may be kept for some time.

Orange Sauce

$\frac{1}{2}$ c. butter 4 T. orange juice or orange extract
1 c. powdered sugar

Cream butter with powdered sugar, then add slowly orange juice and a few drops of orange extract. Heat over hot water until ready to serve.

Vanilla Sauce

$\frac{1}{2}$ c. sugar 2 T. butter
1 c. boiling water 1 t. vanilla
1 T. cornstarch few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly. Boil 5 minutes, remove from fire, add butter, salt and vanilla.

Mauve Cream Sauce

$\frac{1}{2}$ c. grape jelly $\frac{1}{8}$ t. salt
1 egg white, unbeaten $\frac{1}{2}$ c. cream whipped

Place jelly in bowl and set over hot water. Add egg white and salt and beat with rotary egg beater until mixture is smooth and stiff enough to stand in peaks. Cool. Fold in whipped cream. Makes 2 cups sauce.

SERVING THE DESSERT

For those who like attractive dishes the dessert offers an opportunity for garnishing. Candied fruit, nuts, small candies, meringues, whipped cream or bits of jelly may be used in a variety of ways.

Sauces make desserts sweeter and richer. New and different combinations will suggest themselves to the ingenious housekeeper.

Individual dishes simplify the serving and tend to limit the amount of sweet eaten. Glass sherbet dishes are attractive. Some desserts are arranged to be served at the table, where the appeal is made to the partially satisfied appetite.

Crystallized fruit or nuts can be used as a garnish and can be made at home easily.

1 to 1 $\frac{1}{4}$ c. prepared fruit or nuts 1 c. water
1 c. sugar

Leave fruit whole if small. Remove seeds or stones when possible.

Larger fruit may be cut in slices, diced, or pieces of any desired shape. Oranges or grapefruit are broken into sections. Nutmeats are left whole. Apples are pared and cut in slices. Heat water and sugar until sugar is dissolved. Lay in fruit or nuts carefully, not putting in more than 12 pieces at a time. Boil gently until fruit is tender. Remove carefully, drain on absorbent paper. Sprinkle sugar over. Dry slowly in sun or in a cool oven. Soft fruits need more sugar after standing 24 hours. Keep in closely covered metal container.

Cherries may be candied without cooking. Stone, soak in vinegar 24 hours to make firm. Drain well. Mix cherries with an equal weight of granulated sugar. Spread on platters. Keep in a cool place a week. Stir once a day. Seal in jars.

Candied Orange Peel

Put peel from eight oranges in cold water; heat to boiling point, and cook gently, until very tender. Drain; put in cold water, and when cold, remove membrane and soft portion. Boil one cup sugar and $\frac{1}{2}$ cup of water until syrup spins a thread; put in peel, and cook gently, until syrup is evaporated and peel looks clear. Drain on wire cake cooler, and leave in open air until thoroughly dry. Store, and use as required in cakes and puddings. Candied lemon peel may be prepared in the same way.