The A-B COOK BOOK

TESTED RECIPES BY
DOROTHY K. HARRIS, Director of Home Economics
A-B STOVE COMPANY
Battle Creek, Michigan
THE

A-B Cook Book

TESTED RECIPES

Selected by our Department of Home Economics. Together with suggestions on the use and care of the

A-B Range

A COPY OF THIS BOOK MAY BE OBTAINED BY SENDING 25c IN COIN OR STAMPS TO THE BELOW ADDRESS

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IMPORTANT SUGGESTIONS

Standard measuring cups and spoons are used and all measurements are level. Leveling is done by filling the measuring cup or spoon and striking off the surplus contents with the back of a knife.

Flour has been sifted before measuring.

Flours and granulated sugar are piled lightly into the measuring cup, not packed down, then stricken off level. Brown sugar is packed down into the measuring cup in order to get the right amount as it is so coarse and "creeps." When substituting bread flour, in a recipe calling for pastry or cake flour, use two tablespoons less of the bread flour for each cup, and sift twice for lightness.

Always have the fat used in a recipe "room temperature;" that is have it out of the refrigerator and standing in the room long enough to be sufficiently soft to cream easily.

Foods should never be cooled with the covers on the utensils. Certain foods form a poison in this way. We advise laying a tea towel over the open dish.

Before starting to use a recipe, read it through carefully, then assemble your utensils and all of the ingredients. This saves time.

If the recipes in this little book are not to your taste (and we know we cannot please everyone), change the time and temperature so the food will be to your liking.
Care of the Range

The enameled parts of the A-B Range are handsomely finished in a vitreous enamel that gives a smooth, sanitary, easy to keep clean surface. While this enamel is breakable, yet, given proper care and handling, it will last many years.

**Do Not Wash Enameled Surfaces While the Range is Warm!** Water cools the enamel faster than the steel or iron to which it is fused, causing the enamel to crack. Go over the surfaces daily using a soft cloth which has been wrung out of soapy water. A little A-B Vrt sprinkled on this same damp cloth will remove any dirt and stains that have accumulated. Vrt will remove any discolorations without injury to lustre, and although especially intended for use on porcelain enameled ranges it is a wonderful cleaner for bathtubs, sinks and other porcelain ware. Vrt is packed in handy containers, easy to apply, easy to use, and is entirely free from the harmful abrasives so characteristic of many cleaners. Ask your appliance dealer about it.

Do not let acids come in contact with the porcelain enamel as they will stain and roughen the surface.

The oven racks and runners of the A-B Range can be kept clean by washing in warm, soapy water and drying well.

The porcelain-lined oven can be cleaned with soap and water and A-B Vrt, wiped with a cloth wrung out of clear water and wiped dry.

How to Use the Range

Do not take food from refrigerator and put it directly into the oven. Let it come to room temperature, then the heat in the oven will not be lowered by the extreme coldness of the food.

Plan oven-cooked meals and have the oven filled to capacity. It is not economy to have two foods cooking in the oven and two on the cooking top at the same time.

Use utensils exactly the same size as the unit if possible. Flat-bottomed, straight-sided utensils with tight-fitting covers are best. An open vessel requires one-third more heat than a covered one.

Avoid spill-overs on the cooking top. Although top units and burners are designed to withstand a utensil boiling over or spilling, continued abuse may ultimately cause damage and certainly will decrease efficiency of operation.
When a small amount of water is sufficient, do not heat a kettleful.

Do not use the range to heat the kitchen. It is wasteful.

Do not overheat the oven or preheat it very long before food is ready to be baked. Start to preheat the oven when you start to mix the foods. As a rule they both will be ready simultaneously.

After the food is placed in the oven, do not open the door to “peek.” From 25 to 100 degrees of temperature are lost in this way.

Do not store foods in the oven. It is very inadequate refrigeration and is unhealthy and undesirable.

Practically all A-B Ranges are equipped with warming compartments. They can be used for warming dishes, foods, rolls and bread dough, and also furnish excellent storage places for cereals. In damp weather they will remain crisp and fresh when stored therein.

To conserve heat, have the utensils on the cooking top before turning on.

Cook vegetables in tightly covered utensils with about one-half cup of water, unless otherwise specified in the recipe. Turn heat down until the water is just gently boiling. Vegetables cooked by this method are much more palatable and healthful. A good idea is to use a glass cover on the utensil and then see how far the heat may be turned down with the water still gently boiling.

Use cooking top unit or burner of least heat for long, slow cooking or for simmering, such as soups, steaming, stewing, boiled dinners, waterless cookers, pot-roasts and cereals. Start the food cooking with heat turned low and continue at this rate for the entire cooking period.

Always leave oven door open for a few moments when starting after it has been cold. A cold oven when heated, under many conditions, is subject to condensation of moisture, which may be obviated through this method.

Baking dishes must be placed in the oven not touching each other and not in contact with the sides of the oven. If they come against each other or the oven sides, heat circulaion becomes impaired and a “hot spot” is created.

Temperature Chart

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Chart Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very slow oven</td>
<td>225 to 250 degrees</td>
</tr>
<tr>
<td>Slow oven</td>
<td>250 to 300 degrees</td>
</tr>
<tr>
<td>Moderate oven</td>
<td>300 to 350 degrees</td>
</tr>
<tr>
<td>Broiling</td>
<td></td>
</tr>
<tr>
<td>Hot oven</td>
<td>350 to 400 degrees</td>
</tr>
<tr>
<td>Quick oven</td>
<td>400 to 450 degrees</td>
</tr>
<tr>
<td>Very hot oven</td>
<td>450 to 500 degrees</td>
</tr>
<tr>
<td>Indicated Limits</td>
<td>550 degrees</td>
</tr>
</tbody>
</table>
Glossary of Cooking Terms

BEAT.—To turn the ingredients over and over for the purpose of introducing a large amount of air into the mixture. A rotary motion is used, constantly turning the material up and over and down again.

BLANCH.—To plunge into boiling water, drain and rinse in cold water, to sterilize, whiten, produce firmness, preserve color, and to aid in removing the skin or peel of some vegetables, fruits and nuts.

BOIL.—To cook in water which is continually bubbling.

BRAISE.—To brown in a little hot fat, then cook slowly in a small amount of liquid in a covered utensil.

BROIL.—To cook by radiant (direct) heat from coals, gas or electricity.

CUT AND FOLD.—To cut one ingredient into another with a spatula or spoon. Repeated downward motions are made, the spoon touching the bottom of the bowl with each stroke. When the material is brought to the top it is folded over the remaining mixture. This process continues until materials are blended. Cutting and folding prevents escape of air previously beaten into the mixture. Angel cake, sponge cake and souffles all depend on this process for their lightness.

FRICASSEE.—To stew slowly in stock, gravy or sauce. Particularly good for game or poultry.

LARD.—To thread lean meat or fish with thin strips of fat. A larding needle is necessary to draw the fat through the meat but the term is often used to mean the addition of fat to gashes cut in the meat. The strips of fat are called lardoons.

MARINATE.—To allow meat, fruits or vegetables to stand in a liquid, generally French dressing, to improve texture and flavor.

MIX.—To stir the ingredients for the purpose of blending. A circular motion is used.

PANBROIL.—To cook in a hot, uncovered frying-pan, pouring off fat as it accumulates in the pan.

PARBOIL.—To boil food until partially cooked. One-third to one-half the full time is usually implied.

ROAST.—To cook by indirect dry heat, usually in the oven.

SAUTE.—To cook until brown in a shallow pan with a small amount of fat.

SEAR.—To harden the surface of meat or other food to prevent the escape of juices. This is done by the quick application of intense heat as in roasting, broiling or panfrying, until the surface is brown.

SIMMER.—To cook slowly just below the boiling point. The boiling point of water is 212°F. and the simmering point is 185°F., so any temperature between these two points permits simmering.

STEW.—To cook diced meat at a simmering temperature, with or without the addition of vegetables.

WHIP.—To beat rapidly materials that expand and undergo physical changes by the inclusion of air.
Approximate Scale for Canned Goods

| No. 1 can | 1½ cups |
| No. 2 can | 2½ cups |
| No. 3 can | 4 cups |
| No. 10 can | 14 cups (one gallon) |

**Table of Measurements**

| Pinch or dash (of salt or pepper) | ⅛ teaspoon |
| Size of an egg | 1 tablespoon |
| 3 teaspoons | 1 tablespoon |
| 4 tablespoons | ⅛ cup |
| 6 tablespoons | ⅜ cup |
| 8 tablespoons | ⅝ cup |
| 10 tablespoons | 1 cup |
| 12 tablespoons | ¾ cup |
| 14 tablespoons | 1 cup |
| 16 tablespoons | 1 gill |
| 18 tablespoons | 1 pint |
| 20 tablespoons | 1 quart |
| 24 tablespoons | 1 quart |
| 28 tablespoons | 1 gallon |

8 quarts ........................................... 1 peck

**The Process of Broiling or Grilling**

Broiling is quick cooking by the application of intense heat and is adaptable only to the more tender cuts of meats and young fowl. Its delicious flavoring effect and added nutritive value to various foods should recommend its greater use by modern housewives.

Combinations of meat, vegetables and fruits may be broiled simultaneously, making what is known as a “mixed grill.”

**Directions for Broiling**

If temperature in broiler is regulated by oven heat control, set it for 550 degrees and keep the full heat for entire broiling period. If broiler is separate from oven, turn heat on full during complete broiling time.

Preheat broiler compartment, with pan close to the heat and with door closed, for 5 to 10 minutes according to thickness of food.

Cut or score foods along the edge to prevent curling. The curled edges burn and smoke and are not palatable.

Brush the foods with melted butter or cooking oil before broiling. This gives an attractive glaze and appearance.

Be sure to have foods of uniform thickness.

Place food on pan quickly and have the food as near the heat as possible without actually burning.

Broil with the door wide open. This prevents smoking.

Only one turning is necessary (unless otherwise specified by recipe), as the food will be about one-half done when the first side is nicely browned.

When turning, stick the tines of the fork into the fat, or use a broad spatula, to prevent juices from running out.

Season food when it is turned. If protracted broiling is desired to cook the food longer, brown both sides, then place pan in lower position of compartment or oven.
ROASTING TIME AND TEMPERATURE FOR MEATS, POULTRY AND GAME

DIRECTIONS FOR ROASTING

Prepare the meat or poultry for roasting (page 22 in Oven Dinners), and place in pan, which may be the bottom part of a roaster, dripping pan or broiler pan of range.

Two methods of roasting are given here and the housewife may select the one she likes best.

Placing meats and poultry in a hot oven and searing for 15 minutes at a high temperature makes a more attractive appearance but it is apt to cause a little smoke, owing to the spattering of the fat, and many find this objectionable. Roasting at a lower, constant temperature has been found to be very satisfactory and the smoke is eliminated.

The time and temperature given with each dinner menu in this book may be of help in the cooking of meats and poultry. See Meals, Oven Prepared, page 22.

Less expensive cuts of meat may be covered or not as liked and roasted 40 to 50 minutes per pound at 300 to 350 degrees.

<table>
<thead>
<tr>
<th>STANDING RIB ROAST</th>
<th>Rare</th>
<th>15 minutes to the pound</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Medium</td>
<td>20 minutes to the pound</td>
</tr>
<tr>
<td></td>
<td>Well done</td>
<td>25 minutes to the pound</td>
</tr>
</tbody>
</table>

BEEF

Rolled Roast

<table>
<thead>
<tr>
<th>Rare</th>
<th>20 minutes to the pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium</td>
<td>25 minutes to the pound</td>
</tr>
<tr>
<td>Well done</td>
<td>30 minutes to the pound</td>
</tr>
</tbody>
</table>

Beef roasts are placed in a 500 degree oven to sear for 15 minutes, then temperature is reduced to 350 degrees for remaining time. If not seared, allow 5 more minutes per pound at 400 degrees.

LAMB.—20 minutes to the pound. Sear 15 minutes at 500 degrees. 300 degrees for remaining time. If not seared, allow 30 minutes per pound at 325 degrees.

VEAL.—25 minutes to the pound. Sear 15 minutes at 450 degrees. 300 degrees for remaining time. If not seared, allow 30 minutes per pound at 325 degrees.

FRESH HAM.—30 minutes to the pound. Sear 15 minutes at 500 degrees. 300 degrees for remaining time. If not seared, allow 35 to 40 minutes per pound at 325 degrees.

PORK.—25 minutes to the pound. Sear 15 minutes at 500 degrees. 300 degrees for remaining time. If not seared, allow 30 minutes per pound at 350 degrees.

CHICKEN

<table>
<thead>
<tr>
<th>Turkey</th>
<th>20 to 25 minutes to the pound for all of these. Sear 15 minutes at 500 degrees. 350 degrees for remaining time.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DUCK</td>
<td>If not seared, allow 30 to 35 minutes to the pound at 350 degrees.</td>
</tr>
<tr>
<td>Goose</td>
<td></td>
</tr>
<tr>
<td>WILD DUCK</td>
<td>20 minutes to one hour, according to size, in a 450 degree oven.</td>
</tr>
</tbody>
</table>

VENISON.—15 minutes to the pound. 425 degree oven for entire cooking period.
## Time Table for Broiling Meats

*(Approximate time)*

**Note:** The best beefsteaks for broiling are porterhouse, sirloin, T-bone and club.

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Thickness</th>
<th>Time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare beefsteak</td>
<td>1 inch thick</td>
<td>8</td>
</tr>
<tr>
<td>Medium beefsteak</td>
<td>1 inch thick</td>
<td>10</td>
</tr>
<tr>
<td>Rare beefsteak</td>
<td>1 1/2 inches thick</td>
<td>15</td>
</tr>
<tr>
<td>Medium beefsteak</td>
<td>1 1/2 inches thick</td>
<td>20</td>
</tr>
<tr>
<td>Beef fillet</td>
<td>1 1/2 inches thick</td>
<td>20</td>
</tr>
<tr>
<td>Rib lamb chops</td>
<td>1 1/2 inches thick</td>
<td>10-12</td>
</tr>
<tr>
<td>Loin lamb chops</td>
<td>1 1/2 inches thick</td>
<td>12-15</td>
</tr>
<tr>
<td>Mutton chops</td>
<td>1 1/2 inches thick</td>
<td>15-20</td>
</tr>
<tr>
<td>Rib veal chops</td>
<td>1 inch thick</td>
<td>15</td>
</tr>
<tr>
<td>Veal cutlets</td>
<td>1/2 inch thick</td>
<td>15</td>
</tr>
<tr>
<td>Sliced ham</td>
<td>1/2 inch thick</td>
<td>20-25</td>
</tr>
<tr>
<td>Fish fillet</td>
<td>Thin</td>
<td>5-10</td>
</tr>
<tr>
<td>Fish fillet</td>
<td>Thick</td>
<td>15-25</td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td>20-30</td>
</tr>
<tr>
<td>Squab</td>
<td></td>
<td>10-20</td>
</tr>
</tbody>
</table>

### Recipes for Broiling

The following recipes are all based on the basic principles of broiling given on the preceding page. Rules for procedure will be given in two or three recipes but because of space limitations will not be repeated in each recipe.

#### Broiled Steak

Have steak cut from 1 to 2 inches thick. Wipe with a damp cloth and score edges to prevent curling. Preheat broiling compartment or oven and place steak on hot broiler pan. Brush with butter. Leave door wide open and broil until brown as desired. Turn, brush with butter, season and broil until done.

#### Savory Butter

Allow one level tablespoon of soft butter to each serving. To each tablespoon of the soft butter add one or more of the following ingredients and blend well:

- 1 teaspoon lemon juice
- 1 teaspoon chopped parsley
- 1 teaspoon chopped chives, onion or garlic
- 1/2 teaspoon paprika
- 1/2 teaspoon horseradish
- 1 teaspoon chopped green or red sweet pepper
- 1 teaspoon prepared mustard

As soon as the steak is put on the hot platter, spread with the butter mixture and place in the hot oven for two or three minutes.

#### Broiled Lamb Chops

Have chops of uniform thickness (this is important). Brush with melted butter or cooking oil as preferred and broil according to Time Table.
MOCK BEEF FILLET

1½ lbs. round steak, ground  1 teaspoon chopped onion
1 cup crumbs or bran flakes  1 egg, well beaten
1½ teaspoons salt  6 strips bacon

Mix all the ingredients except the bacon. Form into cakes two inches thick, wrapping each one in bacon fastened with a tooth-pick or skewer. Broil same as steak. Serve on toast or with savory butter.

BROILED LIVER

Calves’ liver should be cut into ½-inch slices, dipped in boiling water, brushed with melted fat (bacon fat is quite suitable) and broiled according to directions. Slices ½ inch thick are broiled about 5 minutes to a side.

Pork and beef liver is improved in flavor by putting into boiling water to which a little vinegar has been added (one teaspoon to a cup of water) and allowing it to stand immersed for 5 minutes. This does not decrease the food value and it does materially improve the flavor. Broil as for calves’ liver.

Bacon can be broiled with the liver but will broil best in the last 5 minutes, so add it to the broiler when turning the liver.

BROILED FISH

Fish fillets are wiped with a damp cloth, brushed with melted fat and broiled according to directions.

Whole fish is cleaned well, split and spread out to lie flat, brushed with melted fat and placed, skin side down, on broiler. Broil until browned, then turn carefully and brown the skin side. Turn once again and finish on first side. Season and serve with lemon butter.

BROILED FRUITS AND VEGETABLES

Fruits, tomatoes and mushrooms do not have to be pre-cooked for broiling, but for the remainder of the listed vegetables it is best to have them cooked in the usual way until they are nearly done.

The general procedure for broiling vegetables is to cut them in slices suitable for serving, brush (or dip) in melted fat and in seasoned flour if desired, arrange and broil until browned.

BROILED CHICKEN

Only young and tender chickens, 3 or 4 months old, are suitable for broiling. Dress the chicken and split down the back. Spread apart so it will lie flat and wipe with a damp cloth. Brush well with melted fat and season with salt, pepper and lemon juice. Preheat broiler as usual and place chicken skin side down. Place in oven, searing for 5 minutes. Turn and sear the skin side until brown, watching very carefully, as it burns easily. Turn again and complete broiling.

Squab is broiled in the same manner as above.
Mixed Grill Suggestions

Chops.—
Bacon.—Be sure the edges are scored to prevent curling.
“Little Pig Sausages,” pricked with a fork before broiling so they will not burst.

Frankfurters.—Split and broiled on split side only.
Mushrooms.—Peel the caps and break off stems, broiling as directed.
Sweet Potatoes.
White Potatoes.

Green and Red Sweet Peppers.—Wash, remove seeds and cut in lengthwise pieces, broiling as directed.

Apple Rings.—Pare, core and cut in rings. Buttered and sugared before broiling.

Peaches, canned or fresh.—Butter and sprinkle with sugar.
Orange Slices.—Buttered and sugared.
Pineapple Rings.—Buttered.
Bananas.—Split, buttered and sprinkled with lemon juice.

Mixed grills are not only an excellent way to please all members of the family but are a useful way of utilizing “odds and ends” in a delectable manner.

Breads

White Bread

2 tablespoons sugar 1 cake compressed yeast
2 tablespoons shortening ¼ cup warm water
2 teaspoons salt 7 to 8 cups bread flour
2 cups milk, scalded

Put the sugar, shortening and salt into the mixing bowl. Add the scalded milk and let cool until luke warm. Dissolve the yeast cake in the warm water and add to the milk. Stir in the sifted flour and when the dough is stiff turn out onto a floured board and knead until smooth and elastic to touch. Put dough into a well-greased bowl, brush over top with melted fat and set in a warm place until almost three times its original bulk. Knead lightly and shape into two large loaves. Place in well-greased bread pans and let rise again until double in bulk. Bake first 15 minutes at 400 degrees, then reduce temperature to 350 degrees and finish baking. Total time in oven for 2 or 4 loaves, 50 to 60 minutes.

If baking 6 or 8 loaves at a time have temperature 425 for 15 minutes; reduce to 400 and finish baking. Change loaves from one rack to another at end of one-half hour.

To reheat left-over muffins, rolls or biscuits, place in a paper bag, close tightly and place in a hot oven for 15 minutes.
**JIFFY YEAST ROLLS**

1 cup hot water  
$\frac{1}{4}$ cup sugar  
3 tablespoons shortening  
1 teaspoon salt  
1 cake compressed yeast

2 tablespoons lukewarm water  
1 teaspoon sugar  
1 egg, beaten slightly  
3½ to 4 cups all-purpose flour

Combine hot water, $\frac{1}{4}$ cup sugar, shortening and salt. Cool until lukewarm. Dissolve yeast in the 2 tablespoons of water, add the 1 teaspoon sugar and stir into first mixture. Add the egg and enough of the flour so the dough can be kneaded. Turn onto a lightly floured board and knead until the dough can be easily handled. Pinch off small pieces and roll into balls with the hands. Place 3 balls in each well-greased muffin ring, cover and let rise in a warm place until double in bulk. Bake 12 to 15 minutes at 425 degrees. As soon as taken from the oven, brush with melted butter. Makes 15 rolls.

**Variations**

**Whole-Wheat Rolls.**—Use 3 cups whole-wheat flour and $\frac{1}{2}$ cup white flour.

**Cheese Rolls.**—Add 2 cups finely cut up cheese.

**Butterscotch Rolls**

Pat dough to $\frac{1}{2}$-inch thickness, brush with soft butter, spread with brown sugar and raisins and roll as for jelly roll. Cut in one-inch slices, lay cut side down in a well-greased baking pan, let rise to double in bulk, and bake 20 minutes in a 400-degree oven.

**Baking Powder Biscuits**

*(basic recipe)*

2 cups all-purpose flour  
4 teaspoons tartrate or calcium phosphate baking powder, or  
2 teaspoons combination baking powder  
1 teaspoon salt  
4 tablespoons shortening  
$\frac{3}{4}$ cup liquid (milk or water)

Sift the dry ingredients into the mixing bowl and cut in the shortening with two knives or a pastry blender. Add the liquid gradually until the dough is of the right consistency, just soft enough to handle. Turn out on a clean piece of heavy paper and knead just enough to give a smooth surface. Pat with the hand to the desired thickness, cut with biscuit cutter dipped in flour, brush tops with milk and bake 12 to 15 minutes in a 450-degree oven. Makes 16 small biscuits.

**Variations**

**Butterscotch Biscuit.**—Pat dough $\frac{1}{2}$ inch thick, spread with 1 cup brown sugar creamed with $\frac{1}{4}$ cup soft butter. Roll as for jelly roll, cut in $\frac{3}{4}$-inch slices and lay cut side down in well-greased baking pan. Bake 25 minutes at 425 degrees. Makes 12 biscuits.

**Quick Clover-Leaf Rolls.**—Knead dough for 3 minutes, pinch off small pieces and roll into balls with the hands. Place 3 balls in each well-greased muffin ring, brush with melted butter and let stand 20 minutes. Bake 15 minutes at 450 degrees.
**Buttermilk or Sour Milk Biscuit.**—Substitute buttermilk or sour milk for the liquid in the basic recipe and add ¼ teaspoon soda. Proceed the same as for baking powder biscuits.

**Tea Cake.**—To the basic recipe add ½ cup sugar (brown or granulated), 1 egg, and ½ cup raisins, nut meats or currants. Bake in a shallow cake tin 25 to 30 minutes at 425 degrees. Cut in squares and serve piping hot with plenty of butter.

**Coffee Cake.**—Spread tea-cake mixture in a deep 9-inch cake or pie tin, Over the top sprinkle 2 teaspoons of cinnamon mixed with 2 tablespoons of sugar and chopped nuts if desired. Bake 25 minutes in 400-degree oven.

**Muffins**

*(basic recipe)*

<table>
<thead>
<tr>
<th>2 cups all-purpose flour</th>
<th>½ teaspoon salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 teaspoons tartrate or calcium phosphate baking powder or 2 teaspoons combination baking powder</td>
<td>2 to 4 tablespoons sugar</td>
</tr>
<tr>
<td>3 tablespoons melted fat or cooking oil</td>
<td>1 egg, well beaten</td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
</tbody>
</table>

Sift flour, baking powder, salt and sugar into mixing bowl. Beat the egg until it is foamy, add the milk and melted fat or oil. Turn into dry ingredients and stir until the flour is just dampened and the batter has a lumpy appearance. *Overstirring or beating* makes the muffins full of large holes. Grease muffin tins, fill two-thirds full of batter and bake 20 minutes at 425 degrees. Makes 12 muffins.

**Variations**

**Bran Muffins.**—Use 1 cup white flour and 1 cup bran.

**Honey Muffins.**—Use 4 tablespoons strained honey in place of the sugar and cut the milk to ¾ of a cup.

**Orange Bread**

| Rind of 3 large oranges, chopped or cut fine | 1 egg, beaten slightly |
| 2 cups water | 2 tablespoons melted fat or cooking oil |
| 2 cups sugar | 4 teaspoons any baking powder |
| 1 cup milk | ½ teaspoon salt |
| 4 cups all-purpose flour | 4 cups all-purpose flour |

Cook cut peel in water until peel is tender, about 20 minutes. Add the sugar and cook 30 minutes longer until syrup is quite thick. Let cool. Add milk, egg, fat and sifted dry ingredients. Mix well and turn into two well-greased bread pans. Let stand 25 minutes, then bake 1 hour at 375 degrees. Brush top with soft butter when removed from oven. This is also delicious toasted.

**Spider Corn Bread**

| 1½ cups cornmeal (white or yellow) | 2 eggs |
| 1 teaspoon soda | 2 cups thick sour milk or thick buttermilk |
| 1 teaspoon salt | 2 tablespoons shortening |

Beat the eggs in the mixing bowl, add the milk, then the dry ingredients and mix well. Melt the shortening in the pan in which the bread is to be baked and see that sides are well greased. Have the pan hot and turn in the batter. Bake 25 minutes at 425 degrees. Serves 6.

This is nice baked in a short handled frying pan or spider or in a 9-inch deep pie tin.
WHOLE-WHEAT PANCAKES

2 cups whole-wheat flour  
3 teaspoons any baking powder  
1 teaspoon salt  
2 teaspoons sugar  
1 egg  
2 cups milk  
4 tablespoons melted shortening

Mix dry ingredients in the mixing bowl. Beat the egg in the measuring cup, add to the dry ingredients with the milk and fat. Beat until batter is smooth and bake on a hot griddle.

BUTTERMILK OR SOUR MILK PANCAKES

2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon salt  
2 teaspoons sugar (optional)  
1 egg, well beaten  
2 cups thick buttermilk or sour milk  
4 tablespoons melted fat

Beat the egg in the mixing bowl and add the milk. Sift the dry ingredients into the milk mixture and beat until smooth. Add the shortening and bake on a hot griddle.

WAFFLES

2 cups pastry flour  
3 teaspoons any kind of baking powder  
1 teaspoon salt  
2 eggs  
2 cups milk  
4 tablespoons melted shortening or cooking oil

Sift dry ingredients into mixing bowl. Add enough milk to make a smooth batter. Beat in eggs one at a time, add balance of milk and bake in hot waffle iron. Makes 6 waffles.

Canning

We recommend that the housewife write to the Bureau of Home Economics, Department of Agriculture, Washington, D. C., and to the manufacturers of fruit jars for information regarding canning. They publish careful instructions and recipes for canning all kinds of foods and cover the subject more thoroughly than it could be covered in this small cook book.

BRANDS OF BAKING POWDERS

Tartrate or Cream of Tartar  
Royal Monarch  
Schilling  
Combination or S. A. S.  
Calumet K. C.  
Davis  
Calcium Phosphate  
Rumford's Dr. Price's Webb's
Cakes

**ONE-EGG CAKE**

<table>
<thead>
<tr>
<th>1 1/4 cups pastry flour</th>
<th>1/2 cup liquid</th>
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</thead>
<tbody>
<tr>
<td>3/4 cup sugar</td>
<td>1 egg</td>
</tr>
<tr>
<td>2 teaspoons baking powder</td>
<td>3 or 4 tablespoons melted fat</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/2 teaspoon vanilla</td>
</tr>
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</table>

Sift the dry ingredients together into a mixing bowl. Into a measuring cup pour the liquid, add the unbeaten egg and fill the cup to the top with the shortening. Add the cup of liquids to the sifted ingredients, add flavoring and beat until smooth. Bake in a well-greased loaf pan, 8 x 8 x 2, 30 minutes, or in well-greased muffin pans 20 minutes, at 375 degrees. Makes 16 small cakes.

**VARIATIONS**

**CHOCOLATE FUDGE CAKE**

Add two squares of melted chocolate to the mixture and use brown sugar in place of granulated.

**ORANGE CAKE**

Orange juice or other fruit juices may be used in place of milk or water. If baked in the deep layer tin it can be split, filled and served as a Boston cream pie. Fill with Velvet cream.

Served with a hot sauce, it makes a delicious Cottage pudding.

**QUICK LAYER CAKE**

<table>
<thead>
<tr>
<th>1/2 cup fat, room temperature</th>
<th>2 teaspoons of combination baking powder, or</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td>3 teaspoons tartrate, or calcium phosphate baking powder</td>
</tr>
<tr>
<td>3 eggs</td>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>2 cups pastry flour</td>
<td>1/2 teaspoon flavoring</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
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</tbody>
</table>

Have the shortening room temperature, and cream until light. Add the sugar gradually and cream together until fluffy. Add the eggs, one at a time, beating after each addition. Sift the dry ingredients together three times and add to the egg mixture alternately with the milk, beginning with the flour. (This method of mixing prevents the curdled appearance of the fat and produces a cake of finer texture.) Add the flavoring and beat well. Bake in two 9-inch cake pans, 25 minutes at 375 degrees.

**VARIATIONS**

**MAPLE NUT CAKE**

Use brown sugar in place of granulated and add 1/2 cup nutmeats.

**SPICE CAKE**

Use 1/2 teaspoon each of two or three spices and add 1/2 cup floured raisins.

**CHOCOLATE LAYER CAKE**

Add 3 squares melted chocolate to the batter after the eggs have been beaten into it.
SOUR CREAM DEVIL'S FOOD

2 cups pastry flour  1 egg, well beaten
1/4 teaspoon salt  1 teaspoon soda
1/2 cup fat  1/2 cup sour cream
1 cup sugar  1/2 cup boiling water
2 squares chocolate, melted

Cream fat, add sugar and cream until fluffy. Add egg and beat well. Dissolve soda in the cream and add alternately with the dry ingredients to the sugar mixture, beginning with the flour. Add water to chocolate, blend, and add to cake batter. Beat thoroughly and bake in two well-greased 9-in. layer cake pans 30 minutes at 350 degrees.

SPONGE CAKE

6 eggs, yolks and whites beaten separately  1/4 cups sugar
1 teaspoon cream of tartar  1 cup cake flour
1/2 teaspoon salt  1 teaspoon vanilla

Sift flour before measuring, then sift four times. Sift sugar twice. Beat egg whites and salt until foamy. Add cream of tartar and beat until they stand in peaks. Beat in one-half of the sugar one tablespoonful at a time, then fold in the remainder. Beat yolks until thick and lemon colored and fold into the egg white mixture. Sift in the flour a little at a time and blend all carefully. Add vanilla and bake in an ungreased angel cake pan 60 to 70 minutes at 325 degrees. Invert when done and cool on rack.

GOLD CAKE

3/4 cup shortening  3 teaspoons any kind of baking powder
1 1/4 cups sugar  3/4 cup milk
8 egg yolks, beaten until thick and lemon colored 2 teaspoons lemon juice and grated rind of 1/2 a lemon
1/2 teaspoon salt
2 1/2 cups cake flour

Have shortening room temperature. Cream shortening and sugar until light and fluffy. Add egg yolks and beat well. Sift flour, salt and baking powder together three times. Add flour, alternately with the milk, to the egg mixture, beginning with the flour. Beat after each addition until smooth. Add flavoring and pour into 3 well-greased 8 1/2-in. layer cake tins. Bake 25 minutes at 375 degrees.

BUTTER FROSTING

4 tablespoons soft butter  1 teaspoon flavoring
2 cups sifted confectioners sugar  3 tablespoons hot liquid

Cream butter and sugar until smooth, add the flavoring and thin with the hot liquid to the right consistency to spread. One square of melted chocolate may be added and the liquid be hot strong coffee. Having the liquid, which may be milk, cream or fruit juices, hot, takes away the raw taste of the sugar. This amount makes enough frosting to cover two 9-inch layers.

PINEAPPLE FILLING

1 cup brown sugar  1 small can crushed pineapple
4 tablespoons butter  well drained

Cook sugar and butter together 5 minutes over a slow heat. Add pineapple and spread on cake at once. Enough for a 9-inch cake.
**CHOCOLATE FROSTING**

1 cup sugar  
5 tablespoons flour  
2 squares chocolate  
3 egg yolks, beaten  
1 cup water

Mix sugar and flour and add the rest of ingredients. Cook over a low heat until mixture is thick, stirring to prevent sticking. Take from heat and beat until smooth. This amount will fill and frost two 9-inch layers of cake.

**VELVET CREAM**

2 egg yolks  
1/2 cup brown sugar  
6 tablespoons flour  
1 teaspoon flavoring  
1/4 teaspoon salt  
2 cups milk  
2 tablespoons butter

Beat egg yolks in top of double boiler, add sugar and flour and blend well. Add remaining ingredients and cook over boiling water until thick and smooth. Granulated sugar may be used instead of brown and fruit juices may be used in place of the milk. This is nice for filling cream puffs, tart shells or between a split layer of cake and Boston Cream Pie.

**HONEY CAKE**

1/2 cup shortening  
1 cup strained honey  
1 egg, well beaten  
1/2 cup sour milk  
3 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon soda  
1/4 teaspoon cinnamon  
1/2 teaspoon salt

Cream shortening and add honey gradually until well blended. Sift flour, baking powder, soda, cinnamon and salt together, add to creamed mixture alternately with the milk, beginning with the flour, and beat thoroughly. Bake in a square cake tin, 9 1/2 x 9 1/2 x 2 inches, 50 minutes at 350 degrees. Frost with—

**BROILED FROSTING**

6 tablespoons melted butter  
10 tablespoons brown sugar  
4 tablespoons of cream or top milk  
1 cup shredded cocoanut

Mix ingredients together and spread on top of cake while it is still warm. Place under broiler and broil until frosting bubbles all over the surface and becomes brown but use care that it does not burn.

**DELICATE WHITE CAKE**

2 1/2 cups shortening  
1 1/2 cups sugar  
3 egg whites  
3/4 cup cold water  
2 1/2 cups cake flour  
3 teaspoons any kind of baking powder  
1/2 teaspoon salt  
1 teaspoon vanilla

Cream shortening until light, then gradually beat in the sugar until the whole is fluffy. Add the unbeaten egg whites one at a time, beating after each addition until the mixture is like whipped cream. Sift the dry ingredients together three times. Add to the first mixture alternately with the water, a little at a time, beginning and ending with the flour. Add flavoring and bake in two 9-inch layer cake pans which have been well greased. Allow 30 minutes for layer cake at 375 degrees and if baked in a loaf pan, allow 45 minutes at 350 degrees.
**SOUR CREAM CAKE**

- ¾ cup thick sour cream
- ¾ cup sugar
- 2 eggs, well beaten
- ½ teaspoon flavoring

Mix ingredients in order given, sifting flour, baking powder and soda together. Beat thoroughly and bake in one large deep layer cake pan or in a shallow cake pan, 7 x 11 inches, 30 minutes at 375 degrees.

**MILK CHOCOLATE CAKE**

- ½ cup shortening
- 1½ cups sugar
- 2 eggs
- 1 cup sour milk
- 2 cups pastry flour

Cream the shortening and add the sugar gradually, creaming until light and fluffy. Add one whole egg and beat, add other egg and beat again about two minutes. Add chocolate, salt and flavoring. Add the milk and flour alternately, beginning with the flour, and then the soda dissolved in the vinegar, and blend well. Bake in two well-greased 9-inch layer cake pans 25 to 30 minutes at 375 degrees.

**REFRIGERATOR FROSTING**

- 2 cups sugar
- ½ cup light corn syrup
- ½ cup water

Cook sugar, syrup and water to 242 degrees, or until a firm ball when tested in cold water. Beat egg whites, adding two tablespoons of sugar, beat thoroughly, then slowly add the syrup mixture, beating until it will hold its shape. Add the flavoring. Spread on cake or put into a tightly covered jar and keep in refrigerator. If it becomes stiff, add a few drops of hot water and mix well.

**DELICIOUS CHOCOLATE FROSTING**

- 2 squares unsweetened chocolate
- 1 can Eagle Brand condensed milk
- 1 tablespoon water

Melt chocolate in top of double boiler. Add condensed milk and stir over boiling water 5 minutes until it thickens. Add water. Cool the cake before spreading the frosting. Omit water and add 8 marshmallows, cut in quarters, for a marshmallow frosting. Three squares of chocolate makes a richer frosting and 4 squares makes a bitter-sweet frosting. This amount fills and frosts an 8½-inch layer cake.

**ANGEL FOOD**

- 1 cup egg whites
- 2 tablespoons cold water
- ½ teaspoon salt

Put egg whites in large mixing bowl, add salt and water and beat until foamy. Sift in the cream of tartar and continue beating until they are stiff, but not dry. Sift the sugar and beat one-half of it into the egg whites, a little at a time. Sift the flour before measuring, then sift again four times. Add remaining sugar to flour and sift again. Fold the flour into the egg whites carefully, add the flavoring, and turn into ungreased angel cake pan.

Angel food cake may be baked by three methods and all are equally satisfactory. I. Preheat oven to 325 degrees, place cake in center of oven and bake 1 to 1½ hours. When cake is done, remove from oven and invert on rack to cool, before removing from pan. II. Place in center of cold oven. Set temperature to 350 degrees and bake 1 to 1½ hours. III. Preheat oven to 425 degrees and bake cake 30 minutes. Invert on rack to cool. An Angel Food cake baked at 425 degrees will be a bit brown on top and may crack across the surface, but for the convenience of the shorter baking time it is well worth while and the texture is excellent.
Cookies

**CARAMEL REFRIGERATOR COOKIES**

1 cup shortening  
2 cups brown sugar  
2 eggs, well beaten  
\( \frac{1}{2} \) cup nut meats, chopped  
1 teaspoon vanilla  
2\( \frac{1}{2} \) cups all-purpose flour  
\( \frac{1}{4} \) teaspoon soda  
\( \frac{1}{4} \) teaspoon salt

Have the shortening room temperature and cream well. Add sugar and cream until fluffy. Add eggs, nuts and vanilla. Sift together the dry ingredients, add to the first mixture, and blend thoroughly. Mold in a roll or in a well-greased deep bread pan, cover with waxed paper and chill in refrigerator over night. Slice with a sharp knife to thickness desired and bake on well-greased cookie sheet 10 to 12 minutes in a 425-degree oven.

**NUT WAFERS**

1 egg  
\( \frac{1}{2} \) cup brown sugar  
1 teaspoon melted shortening  
\( \frac{1}{2} \) cup broken nut meats  
5 tablespoons flour  
\( \frac{1}{4} \) teaspoon salt  
\( \frac{1}{4} \) teaspoon baking powder

Beat egg until light and add other ingredients in order given. Drop from tip of teaspoon onto greased cookie sheet and bake 5 to 7 minutes at 400 degrees. Remove from pan while warm.

**SUGAR COOKIES**

1 cup shortening  
1 cup thick sour cream  
2 cups sugar  
5 cups all-purpose flour  
2 eggs  
2 teaspoons baking powder  
\( \frac{1}{2} \) teaspoon soda  
Grated rind of \( \frac{1}{2} \) an orange

Cream shortening thoroughly and add sugar gradually, beating until fluffy. Add the slightly beaten eggs and the soda dissolved in the sour cream. Sift the flour and baking powder together, add to first mixture and mix all together. Add flavoring, roll out to desired thickness, cut out, and bake on cookie sheets, 10 to 12 minutes at 425 or 450 degrees. An easy way to handle this dough is to mold it in a roll, wrap in wax paper and put into the refrigerator for 24 hours. When wanted, slice with a sharp knife to desired thickness and bake same as rolled cookies. It is advisable when using two cookie sheets at the same time in the oven to change their positions after they have been in the oven 6 minutes.

**VARIATIONS**

**FRUIT FILLED COOKIES.**—Slice dough thin and on one slice place 1 teaspoon filling, cover with another slice of dough and press edges together. Sprinkle with sugar and bake 12 minutes at 400 degrees.

**FRUIT FILLING**

\( \frac{1}{4} \) cup chopped raisins  
\( \frac{3}{4} \) cup chopped dates  
\( \frac{1}{2} \) cup chopped figs  
\( \frac{1}{2} \) cup sugar  
\( \frac{1}{2} \) teaspoon salt  
2 tablespoons flour  
\( \frac{1}{4} \) cup boiling water  
Juice of \( \frac{1}{2} \) a lemon

Cook together until thick, and cool before using.

**"KISSES"**

2 egg whites beaten stiff  
\( \frac{1}{4} \) teaspoon salt  
\( \frac{1}{2} \) cup granulated sugar  
\( \frac{1}{4} \) teaspoon vanilla

Beat egg whites until stiff but not dry. Beat in the sugar one tablespoonful at a time until one-half of the cup is used, then fold in the remainder. Add flavoring and drop by heaping teaspoonfuls onto the pan which has been lined with heavy wax paper. Bake 30 to 40 minutes at 300 degrees. Serve with ice cream or whipped cream and fruit.
Fish

The cooking parchment mentioned in these recipes may be obtained in any grocery store, and is well worth the small price paid for it.

Select fish that have bright bulging eyes, bright gills, shiny scales, firm flesh and free from any disagreeable odor.

Clean the fish well and wipe inside and out with a damp cloth wrung out of cold salted water. Heads and tails may be taken off or not according to manner of cooking or as one desires.

BROILED FISH

SEE CHAPTER ON BROILING, PAGE 8

BAKED WHOLE FISH

Clean fish as directed. Stuff with a bread or cracker stuffing and tie or skewer together. Brush both sides generously with melted butter or cooking oil, season with salt and pepper and place in broiler pan.

If you have cooking parchment it makes an ideal lining for a pan in which fish is to be cooked. Moisten the parchment well, lay in pan and brush with melted fat. If parchment is not used, grease the pan well. When the fish is about half done, baste with \( \frac{1}{2} \) cup hot water to which has been added the juice of \( \frac{1}{2} \) lemon and 2 tablespoons butter. Allow 15 minutes to a pound in a 375-degree oven.

BAKED FILLETS OF FISH

Cut fillets into individual pieces, dip each piece in milk then in bread crumbs and place in greased baking pan. Dot each piece with butter and salt if necessary. Put into a 425-degree oven for 15 to 20 minutes. These may also be baked in SAUCE CREOLE.

FINNAN HADDIE FILLETS are delicious if soaked in sweet or sour milk 2 hours, placed in a shallow pan, brushed with melted fat and baked at 450 degrees for 15 to 20 minutes. Or they can be prepared in the same way and broiled.

STEAMED FISH IN PARCHMENT

2 lbs. fresh fish (whole or fillets) 3 whole all-spice berries
1 teaspoon chopped onion Fresh dill to suit (if obtainable)
1 bay leaf 1 teaspoon chopped parsley
1 teaspoon salt

A truly delicious way in which to cook fish as all the flavor and juice is kept in the sauce. Cut the fish into serving size pieces and place on a square of cooking parchment, which has been well moistened. Add the rest of the ingredients and catch up the corners of the parchment and tie securely below the edge so no steam can escape. Place bag in a kettle of boiling water and cook 15 or 20 minutes to the pound. Serve with the sauce in the bag.
Frozen Dishes for Mechanical Refrigerator

**GREEN-GAGE ICE CREAM**

1 No. 2½ can green-gage plums
1 tablespoon lemon juice
1 pint coffee cream

Remove stones from the plums and mash to a pulp. Scald the cream and let cool. Mix plum pulp, sugar, lemon juice and plum juice. Stir cream into plum mixture, add coloring to suit and freeze. Serves 8.

**LEMON ICE CREAM**

1 cup sugar
4 tablespoons lemon juice
Grated rind of ½ a lemon
1 pint coffee cream

Mix sugar and lemon juice and let stand in a warm place until sugar is partially dissolved. Add grated rind and chill well. Scald coffee cream and chill. Mix all together and freeze. Serves 8.

**FROZEN BANANA PUDDING**

½ pint coffee cream
½ cup sugar (granulated or powdered)
3 large or 4 small ripe bananas mashed to a pulp
2 teaspoons lemon juice

Mash bananas in bowl, add rest of ingredients, mix well and freeze. Serves 6.

**FROZEN PECAN CREAM**

1 pint thick sour cream, whipped stiff
¾ cup powdered sugar
1 teaspoon vanilla
½ teaspoon salt
½ cup pecan meats

Fold sugar and other ingredients into the whipped cream and freeze. This is especially good with chocolate cake.

**HONEY LEMONADE**

1 cup lemon juice
1 ½ cups strained honey
5 cups water

Stir all together until ingredients are thoroughly mixed. This is very nice frozen in cubes and served in ice tea.

**TOMATO ICE**

4 cups tomato juice
1 ½ teaspoons salt
2 teaspoons sugar

Mix all together and freeze. Serves 8. To be served as an ice or on a lettuce leaf as a salad with meat or fish.

**FRUIT MARLOW**

20 marshmallows
¾ cup water
1 cup crushed fruit or berries
1 tablespoon lemon juice
½ pint whipping cream
1 tablespoon sugar

Mix the crushed fruits or berries with the lemon juice and sugar and let stand 30 minutes. Steam the marshmallows and water together in the top of the double-boiler until the liquid stage is reached. Remove from the range, add the fruit mixture and let cool. When cold and slightly stiffened, carefully combine with the whipped cream. Pour into trays and freeze without stirring. Serves 8.
Meats

BARBECUED SPARERIBS

Purchase 1 pound of spareribs for each person to be served and have the butcher crack them. Wipe with a damp cloth, brush over with the barbecue sauce, and place in a shallow baking pan so they do not overlap each other. Bake in a 500-degree oven or place under the broiler until they are crisp and brown.

BARBECUE SAUCE

4 tablespoons catsup
2 tablespoons meat sauce
1 teaspoon pickling spices
1 teaspoon mustard

4 tablespoons vinegar
1/2 teaspoon cayenne pepper
1 tablespoon salt
2 tablespoons brown sugar

1/2 cup water

Mix all ingredients together and cook for 10 minutes, strain and rub on meat. One-quarter teaspoon chili powder may be added if liked.

BEEFSTEAK CASSEROLE

1 1/2 lbs. thick round or chuck steak, cut in cubes
2 cups chopped onion
1/2 teaspoons salt

4 potatoes, sliced thin
1 chopped green pepper, if liked
1 cup liquid (hot) water, meat stock or tomatoes

While oven is heating to 350 degrees, brown the cubes of steak under the broiler. Grease a casserole, place a layer of the onions in the bottom, then a layer of the meat cubes, then layer of potatoes. Season each layer with salt and the green pepper. Repeat until all ingredients are used. This amount makes two layers. Pour the stock or other liquid over all and cover tightly. Cook in oven 1 1/2 hours at 350 degrees. Serves 6.

LAMB STEW

2 lb. shoulder lamb, cut in 2-in. pieces
3 tablespoons fat
1 Bermuda onion
1/2 cup diced celery, if desired
6 medium cooking onions
6 medium sized potatoes

Trim lamb of excess fat and gristle. Slice the Bermuda onion and celery and brown gently in the melted fat in a skillet. Add the lamb pieces and brown well on all sides. Pour the hot water over meat and after it boils up again remove to a kettle and let simmer for one and a half hours. Then add peeled whole onions, sliced carrots, salt and whole cloves. Add whole or diced potatoes and 1 cup of tomatoes if desired. Allow to simmer one hour longer. Thicken the gravy with 2 tablespoons flour. Serves 6.

For a pot-pie, make a soft biscuit dough, drop by tablespoonsful in the hot stew and bake 15 to 20 minutes in a 450-degree oven.

BAKED PORK CHOPS AND POTATOES

6 pork chops
6 medium sized potatoes
milk

1 tablespoon butter
Salt
Pepper

Slice potatoes into a greased baking pan. Season each layer and dot with butter. Cover the potatoes with milk. Arrange the chops on top and bake at 400 degrees for one hour. Press the chops down until they are covered with milk from time to time. One onion may be sliced and put between layers of potatoes if desired. Serves 6.
Meals, Oven Prepared

GETTING THE MOST OUT OF THE OVEN

One of the most practical methods of saving time and labor is the all-oven meal. On the following pages we give a number of suggested menus to help the housewife select the combinations she desires.

Before considering these all-oven meals we particularly recommend that the following instructions for oven operation be carefully considered. They will save you time and possible disappointment. Instructions are given for both the A-B Gas Range oven and the A-B Electric Range oven. We earnestly urge you to read the one that applies to the range you have.

DIRECTIONS FOR USING THE A-B GAS RANGE OVEN

Decide the temperature necessary for the particular food or foods to be baked.

Arrange oven racks so that baking dishes will fit conveniently. Should the racks have to be changed after the oven has come to temperature, a great deal of heat will be wasted by opening the door.

Set heat control to degree of temperature desired. Then open gas valve wide and light.

Wait until the sound of the gas burning in the oven burner has diminished before putting in the food. This cessation of noise indicates that the oven has come completely up to temperature and that the gas flame has been automatically cut down by the heat control from a full flame to a very small one. This flame or "head," as it is called, will be maintained until the temperature of the oven drops below the heat control setting. Then the regulator will automatically and gradually allow more gas to come through and a higher flame will again bring the temperature back to the setting, after which it will reduce the flame to a bead once again.

The actual variation of temperature in a closed oven equipped with an automatic heat control is slight, and particularly so when the oven door is not opened, even occasionally, during the baking process.

After the oven has come to temperature put in the food and avoid opening the door until it is time to take it out.

TEMPERATURE CHART FOR GAS AND ELECTRIC OVENS

<table>
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<th>Type of Oven</th>
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<tr>
<td>Very slow oven</td>
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<tr>
<td>Slow oven</td>
<td>250 to 300 degrees</td>
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<tr>
<td>Moderate oven</td>
<td>300 to 350 degrees</td>
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<td>Broiling</td>
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<td>Quick oven</td>
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<tr>
<td>Very hot oven</td>
<td>450 to 500 degrees</td>
</tr>
<tr>
<td>Broiling</td>
<td>550 degrees</td>
</tr>
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</table>
DIRECTIONS FOR USING THE A-B ELECTRIC OVEN

Arrange oven racks so that baking dishes fit conveniently. If the racks have to be changed after the oven has come to temperature, a great deal of heat is lost.

When baking four pies or four layers of cake, put two pans on each rack of the oven, and place them “cornerwise,” so there is a circulation of air around each pan. If possible, avoid placing one pan directly over another in the oven.

Decide the temperature necessary for the particular food or foods to be cooked.

Set oven heat control to degree of heat wanted.

The A-B electric oven is equipped with a single switch marked “Preheat,” “Bake,” and “Broil.”

Turn switch to “Preheat” for both units on full and to bring the oven to the temperature wanted.

When oven has come to temperature, turn switch to “Bake” and place food in oven.

When broiling or browning only, turn switch to “Broil” and set thermostat for 550 degrees.

After the oven has come to temperature, put in the food and do not open the door until time to take it out.

When planning oven meals choose foods that require about the same length of time and the same temperature. The time allowed for an oven meal is generally determined by the kind and the size of the meat, as a rule this being the largest article of food to be cooked. Twenty-five degrees in temperature, higher or lower, will not make any difference in planning oven meals. For example, if the housewife plans an oven meal calling for 375 degrees, and wants to use a recipe calling for 400 degrees, this recipe can be used successfully with the oven meal. If food is put into a cold oven, one half hour more must be added to the cooking time, as the food and the oven are both cold and it takes that much extra time to come to temperature.

If using Time and Temperature Control, turn switch to “Bake” for entire cooking period.

The menus in this book have been carefully worked out, and after consulting these a few times the housewife will find it easy to plan meals of her own.
Suggested Menu Number One

**BREAKFAST**
- Fruit
- Bacon and Eggs
- Marmalade or Jam
- Beverage

**LUNCHEON**
- Soup
- Lettuce, Pear and Cheese Salad
- Wafers
- Beverage

**DINNER**
- Baked Slice of Ham with Pineapple
- Golden Potatoes
- Steamed Apricots
- Peach Polly
- Beverage

**BAKED SLICE OF HAM WITH PINEAPPLE**

- 1½ inch thick slice of smoked ham
- 6 whole cloves
- 1 cup bran flakes
- 1 cup crushed pineapple (do not drain)
- ½ cup brown sugar
- Pepper as desired

Stick the cloves into the fat of the ham and place in the baking pan. Mix pineapple and bran and spread over ham. Sprinkle the sugar over all and dot with butter or other fat.

**GOLDEN POTATOES**

Pare six serving size potatoes, brush generously with butter or other fat and roll in grated cheese. (The grated cheese sold in cartons is best for this.) Season with salt and pepper and place in pan with slice of ham.

**BAKED APPLES**

Wash six large cooking apples but do not core or pare. Bake in pan with ham and potatoes and serve as a vegetable.

**STEAMED APRICOTS**

- 1 lb. dried apricots
- ½ cup sugar

Wash apricots thoroughly, place in baking dish and cover with hot water. Cover the dish tightly and cook in oven with dinner. As soon as taken from the oven add sugar and cover for a few minutes for it to dissolve. Dried fruits cooked this way are much more attractive than when the sugar is cooked with them.

**PEACH POLLY**

- 1 No. 2½ can peaches
- 1 tablespoon lemon juice
- 1 tablespoon butter
- ½ cup minute tapioca
- ¼ cup sugar

Arrange peaches in buttered baking dish. Mix rest of ingredients with the juice from the peaches and pour over them. Bake with the dinner, serving with cream. Other canned fruits may be used in this same appetizing way.

**NOTE:** Allow 1½ hours for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 2½ hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a PRE-HEATED oven this entire meal may be cooked in 1 hour at a temperature of 400 degrees.
Suggested Menu Number Two

**BREAKFAST**
- Steamed Apricots
- Cereal
- Ham Omelet
- Toast
- Beverage

**LUNCHEON**
- Creamed Chipped Beef on Toast
- Lettuce Salad
- Baked Apples with Sugar and Cream
- Beverage

**DINNER**
- Breaded Veal Chops
- Escalloped Potatoes
- Stuffed Peppers
- Steamed Prunes
- Gingerbread
- Beverage

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**BREADED VEAL CHOPS**

- 6 veal chops
- 1 cup crumbs or bran flakes

Chops are nicer if cut extra thick. Dip chops in the beaten egg to which the water has been added, then in the crumbs or bran. Place in greased baking pan, season with salt and pepper and dot with butter or other fat.

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**HAM OMELET**

- 4 eggs, yolks and whites beaten separately
- 2 tablespoons butter
- 1/4 teaspoon salt

To the beaten egg yolks add the butter, salt and ham. Make a smooth paste of the flour and 4 tablespoons of the milk, gradually adding the rest of the milk and the well-beaten egg whites. Combine the two mixtures and pour into a hot well-greased skillet and bake 20 minutes at 350 degrees.

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**ESCALLOPED POTATOES**

- 6 medium sized potatoes
- 2 tablespoons flour

Pare potatoes and slice thin. Place a layer in well-greased baking dish, season, sprinkle a portion of the flour over each layer and dot with pieces of butter. Continue in this way until all is used. It is advisable not to have more than three layers. Add milk until it is just seen between the slices. Cover dish tightly and cook with the dinner. You can vary this by putting grated cheese or sliced onion between the layers.

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**GINGERBREAD**

- 2 cups all-purpose flour
- 1 1/4 teaspoons soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup boiling water or 1/2 cup sour milk

Sift dry ingredients together into mixing bowl. Add other ingredients in order given and beat until well mixed and smooth. Bake in well-greased pan with the dinner. Serve with whipped cream or fruit.

*(Concluded on next page)*
CREAMED CHIPPED BEEF

Place ¼ pound of dried chipped beef in a pan; pour boiling water over it and let stand for 10 minutes. Drain and heat the beef in one tablespoon of melted butter. Sprinkle generously with flour and add 1 cup of scalded cream or top milk. Stir over a low heat with a fork until the mixture thickens. Serve on buttered toast. Serves 4.

STEAMED PRUNES

Wash one pound of large sweet prunes. Put in baking dish with enough cold water to cover. Cover dish tightly and cook with dinner. Prunes cooked this way do not need any sugar, as the natural sweetness brought out by the long slow cooking is sufficient.

STUFFED PEPPERS

6 large sweet peppers 1 cup bran flakes
2 cans undiluted vegetable soup 1 teaspoon salt

Cut out stem end of peppers, take out seeds and wash. Mix soup, bran and salt and any left over vegetables you may have. (Chopped apple gives a nice flavor.) Fill peppers with this mixture, sprinkle bran on top and dot with butter. Bake in pan with the chops or in muffin tins.

NOTE: Allow 1½ hours for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 2½ hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a PRE-HEATED oven this entire meal may be cooked in 1 hour at a temperature of 375 degrees.

Suggested Menu Number Three

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCHEON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>Boiled Rice with Cheese Sauce</td>
</tr>
<tr>
<td>Whole-wheat Pancakes</td>
<td>Combination Salad</td>
</tr>
<tr>
<td>Sausage</td>
<td>Fruit</td>
</tr>
<tr>
<td>Beverage</td>
<td>Wafers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast Beef</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Baked Carrots</td>
</tr>
<tr>
<td>Apple Roll</td>
</tr>
<tr>
<td>Beverage</td>
</tr>
</tbody>
</table>

ROAST BEEF

Select a 2-rib standing roast. Wipe it with a damp cloth. Sprinkle with salt (allowing ½ teaspoon for each pound), then with flour, to which 1 teaspoon sugar has been added. Place the roast in the pan without adding any water and with the fat side up. As the fat melts and cooks out it will baste the meat. If a great deal of gravy is wanted cut up an extra piece of suet and put in pan around roast. Time allowed for this dinner gives a rare roast. (See TIME AND TEMPERATURE CHART FOR MEAT.)

(Concluded on next page)
**Brown Gravy**

Pour off any surplus fat in pan after the roast has been removed to a hot platter. Allow 1 tablespoon fat, 1 tablespoon flour to 1/2 cup water for gravy. Add the flour to the fat you have left in pan and cook on top of range until well blended. Add cold water and cook until smooth, stirring constantly to dissolve the brown crust in the bottom of the pan, as this gives a delicious flavor and rich brown color to the gravy.

**Mashed Potatoes**

Pare 6 large potatoes and place in baking dish. Add 1 1/2 teaspoons salt, 3/4 cup water, cover tightly and steam with dinner. When ready to serve, drain well, mash, add 1/2 cup scalded milk and 3 tablespoons butter. Whip until fluffy.

**Steamed Onions**

Peel 6 serving-size onions and put in buttered baking dish. Add 1 1/2 teaspoons salt, 2 tablespoons butter and 1/2 cup water. Cover dish and steam with dinner.

**Baked Carrots**

Select 6 good-sized young carrots. Scrub well, brush with fat and bake on oven rack with the dinner.

**Baked Pears**

Select 6 cooking pears. Place skin side down in a well-greased baking dish. Sprinkle sugar and cinnamon over pears, add water and cover tightly. Bake with rest of dinner.

**Apple Roll**

Take ordinary biscuit dough and pat to 1/2 inch thickness. Brush with softened butter and cover with diced apples. Sprinkle with sugar and cinnamon. Roll as for jelly roll and lay in a well-greased shallow baking pan. Mix a sauce as follows: 1/2 cup sugar, 1/4 cup butter, 1 1/2 cups water and 1 teaspoon vanilla. Pour this over roll and bake with dinner. This roll does not need any sauce other than that in which it is baked.

**"Fool-Proof" Cheese Sauce**

Cut cheese into small pieces. Scald milk in top of double boiler, add the cheese and cook until the cheese is melted and the sauce is smooth, about 5 minutes. Serves 6.

**NOTE:** Allow 2 hours for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 3 hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a PRE-HEATED oven this entire meal may be cooked one and one-half hours at 400 degrees.
### Suggested Menu Number Four

#### Breakfast
- Baked Pears with Cream
- Coddled Eggs
- Broiled Bacon
- Toasted Rolls
- Beverage

#### Luncheon
- Italian Spaghetti
- Shredded Cabbage and Raisin Salad
- Beverage

#### Dinner
- A-B Meat Loaf
- Smothered Potatoes
- Green Beans
- Brown Bread
- Lemon Pudding
- Beverage

#### A-B Meat Loaf

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. ground beef</td>
<td></td>
</tr>
<tr>
<td>½ lb. ground pork</td>
<td></td>
</tr>
<tr>
<td>½ lb. ground veal</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>½ cup liquid</td>
<td></td>
</tr>
<tr>
<td>Tomato juice</td>
<td></td>
</tr>
<tr>
<td>Sweet milk or Sour milk</td>
<td></td>
</tr>
</tbody>
</table>

Mix all together and put in greased baking pan. Sprinkle with crumbs and dot with butter.

#### Coddled Eggs

Have ready a saucepan of boiling water. Take each egg in a tablespoon, put into water and remove pan at once from the heat. Cover tightly and let stand in warm place 6 minutes (soft) to 8 minutes (medium). An egg should never be boiled as this makes the white of the egg tough, indigestible and tasteless.

#### Italian Spaghetti

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 2 can tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 chopped green pepper</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1 small onion, chopped</td>
<td></td>
</tr>
<tr>
<td>½ lb. diced cheese</td>
<td></td>
</tr>
<tr>
<td>½ pkg. spaghetti (10c size)</td>
<td></td>
</tr>
</tbody>
</table>

Break spaghetti into small pieces. Mix all ingredients in well-greased baking pan, having the spaghetti well covered with the tomato so it will not dry out. Cover pan closely and cook in oven 40 minutes at 400 degrees or with an oven meal. With the addition of chopped meat or diced bacon this dish is a full meal in itself.

#### Green Beans

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lb. fresh green beans</td>
<td></td>
</tr>
<tr>
<td>½ cup water</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons butter</td>
<td></td>
</tr>
</tbody>
</table>

String beans and cut into small pieces. Place in baking dish with the other ingredients, cover and cook with dinner.

#### Brown Bread

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cups sour milk</td>
<td></td>
</tr>
<tr>
<td>¾ cup molasses</td>
<td></td>
</tr>
<tr>
<td>½ cup sugar</td>
<td></td>
</tr>
<tr>
<td>2 cups graham flour</td>
<td></td>
</tr>
<tr>
<td>1 cup cornmeal</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1½ teaspoons baking powder</td>
<td></td>
</tr>
<tr>
<td>1½ teaspoons soda</td>
<td></td>
</tr>
<tr>
<td>1 cup seeded raisins</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon vanilla</td>
<td></td>
</tr>
</tbody>
</table>

Mix all ingredients in order given and put into two well-greased molds. Cover and steam with dinner.

(Concluded on next page)
SMOTHERED POTATOES

6 medium sized potatoes  
2 tablespoons butter  
2 tablespoons flour  
1 small onion, chopped

Pare potatoes and cut into cubes. Melt butter, add flour and pepper and blend to a paste. Add the milk, salt and onion and cook until smooth. Let cool. Pour over potatoes which have been put into a greased baking dish, cover and cook with the dinner.

BAKED LEMON PUDDING

LEMON MIXTURE

1 cup sugar  
3 tablespoons flour  
1 1/4 cups boiling water

Mix sugar and flour together and add water gradually, stirring constantly. Boil 5 minutes, remove from fire, add butter, salt, juice and rind of lemon. Pour into a deep baking dish which has been well buttered, and cover with the batter mixture.

BATTER MIXTURE

1 1/4 cups all-purpose flour  
1 1/2 teaspoons combination baking powder, or  
2 1/2 teaspoons tartrate or calcium phosphate baking powder  
1/2 teaspoon salt

Sift together dry ingredients into mixing bowl, add egg, milk and fat and beat until the batter is smooth. Add flavoring last. When this pudding is taken from the oven it should be turned upside down on a serving plate so the lemon mixture is on top.

NOTE: Allow 1 1/2 hours for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 2 hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a PRE-HEATED oven this entire meal may be cooked in 1 hour at a temperature of 400 degrees.

Suggested Menu Number Five

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCHEON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal with Dates</td>
<td>Eggs au Gratin</td>
</tr>
<tr>
<td>Creamed Codfish</td>
<td>Stuffed Tomato Salad</td>
</tr>
<tr>
<td>Beverage</td>
<td>Toasted Brown Bread</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Escaloped Oysters</td>
</tr>
<tr>
<td>Brabant Potatoes</td>
</tr>
<tr>
<td>Chocolate Pudding Cake</td>
</tr>
</tbody>
</table>

(Concluded on next page)
ESCALLOPED OYSTERS

1 quart oysters
2 cups coarse cracker crumbs
1 teaspoon salt

1/4 teaspoon pepper
1 1/2 cups melted butter
Oyster liquor

Look over the oysters carefully and remove any particles of shell. Strain the liquor. Butter a baking dish or casserole and place one-half of the oysters in it. Pour over these half the liquor. Mix crumbs, butter and seasonings and sprinkle half of this over the oysters. Add the next layer in the same way, having the crumbs on top. Dot generously with butter and bake with the dinner.

BRABANT POTATOES

6 medium potatoes
4 tablespoons butter

1 teaspoon salt
4 tablespoons water

Pare and dice potatoes. Put in baking dish and add rest of ingredients. Cover and cook with dinner.

BUTTERED CELERY AND PIMENTOES

4 cups diced celery
2 pimentoes, chopped

1/2 teaspoon salt
4 tablespoons butter
4 tablespoons water

Put all into buttered baking dish, cover tightly and steam with dinner.

APPLE SAUCE

6 large cooking apples
6 tablespoons of water

1/2 cup sugar (white or brown)
1 tablespoon lemon juice, if liked

Pare and core apples and cut into eighths. Put in baking dish with rest of ingredients and steam with dinner. Put through sieve if desired very fine.

CHOCOLATE PUDDING CAKE

2 ounces of bitter chocolate, melted
1/2 cup shortening
1 cup sugar (white or brown)
2 eggs, well beaten

1 1/2 cups all-purpose flour
1 teaspoon soda
1 cup sour milk
1/2 teaspoon vanilla

Cream shortening and sugar until fluffy, add melted chocolate and beaten eggs. Sift flour and soda and add to creamed mixture alternately with the sour milk, BEGINNING WITH THE FLOUR. Add vanilla and turn into well-greased baking dish. Cover and steam with the dinner. This can be eaten as a pudding and served with a sauce or cooled and iced as a cake.

EGGS AU GRATIN

Grease muffin tins generously with butter. Into each ring slip an egg, being careful they do not break. Sprinkle grated cheese over the top of each egg, add a dash of paprika and bake in a 350-degree oven to the consistency liked, 6 to 10 minutes, or put under broiler until eggs are set and cheese melted.

NOTE: Allow 1 hour and 15 minutes for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 2 hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a PREHEATED oven this entire meal may be cooked in one hour at a temperature of 400 degrees.
### Suggested Menu Number Six

**Breakfast**
- Apple Sauce
- French Toast
- Jelly
- Beverage

**Cereal**

**Luncheon Sandwiches**
- Spiced Apple Salad
- Beverage

**Dinner**
- Pork Chops Supreme
- Caramel Sweet Potatoes
- Corn Creole
- Baked Bananas
- Buttered Beets
- Graham Cracker Cheese Pie
- Beverage

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### Pork Chops Supreme

- **6 thick pork chops**
- 1 teaspoon salt
- 1 teaspoon paprika

Put flour, salt, paprika and sugar in large paper bag. Wipe the chops with a damp cloth to remove any particles of splintered bone. Put in bag and shake well so each chop is well coated with the flour and seasonings. (This saves time and dish washing.) Lay chops in a well-greased baking pan. Put in just enough milk to come to top of chops but not to cover. Put small piece of butter on each chop.

### Spiced Apples

- **2 cups water**
- 1½ cups sugar
- 6 large apples

Put water, sugar, spices and coloring in pan large enough to have the apples cover the bottom. Pare, but do not core the apples and cook in syrup until tender. When cold, remove the cores and fill with fruits, chicken salad or a mixture of vegetables. Serve on lettuce leaf with salad dressing or mayonnaise. These are also good served hot as a relish with a meat course.

### Corn Creole

- 2 No. 2 cans of corn
- 2 tablespoons melted fat
- 2 eggs, beaten
- 1 teaspoon salt
- ½ teaspoon paprika
- 1 chopped pepper, red or green

Mix all ingredients together, excepting the cheese, and place in greased baking dish. Slice cheese and lay on top of corn mixture. Bake with dinner.

### Baked Bananas

Do not peel the bananas. Lay in pan and bake whole. Take off a strip of peel just before serving and serve one banana to a person.

### Steamed Buttered Beets

- 6 large beets
- 6 tablespoons water
- ½ teaspoon salt
- 4 tablespoons butter
- 1 tablespoon sugar

Pare the beets and cut into thin slices. Add rest of the ingredients and steam in a well-greased baking dish, tightly covered.

*(Concluded on next page)*
Caramel Sweet Potatoes

Peel 6 large sweet potatoes, brush with butter and roll in brown sugar. Lay in greased pan and bake with dinner.

Graham Cracker Cheese Pie

20 graham crackers

2 cup sugar (white or brown)

½ cup butter

Place crackers in a paper bag and crush fine with a rolling pin. Have butter room temperature and blend with the cracker crumbs and sugar. Reserve ½ cup of this mixture for top of pie, line a buttered 10-inch pie-tin with the remainder. Omit sugar if crust is too sweet.

Crust may be made in same way, of toasted bread crumbs, vanilla wafers, Holland Rusk or zwieback.

Cheese Filling

½ cup sugar
1 tablespoon flour
¼ teaspoon salt
½ cup cream

Mix sugar, flour, salt and cheese thoroughly. Add vanilla and egg yolks and beat. Add cream and beat again. Fold in beaten egg whites and pour into crumb lined tin. Sprinkle the remaining crumbs on top and bake with dinner.

Note: Allow 1 hour and 15 minutes for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 2 hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a preheated oven this entire meal may be cooked in one hour at a temperature of 375 degrees.

Suggested Menu Number Seven

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Roast Chicken</td>
</tr>
<tr>
<td>Frizzled Dried Beef</td>
<td>Franconia Potatoes</td>
</tr>
<tr>
<td>Honey or Syrup</td>
<td>Escalloped Tomatoes</td>
</tr>
<tr>
<td>Beverage</td>
<td>Orange and Nut Bread</td>
</tr>
<tr>
<td></td>
<td>Chocolate Rice Pudding</td>
</tr>
</tbody>
</table>

Supper

<table>
<thead>
<tr>
<th>Broiled Cheese and Bacon Sandwiches</th>
<th>Celery</th>
<th>Olives</th>
<th>Toasted Orange and Nut Bread</th>
<th>French Chocolate</th>
</tr>
</thead>
</table>

Frizzled Chipped Beef

Melt 1 tablespoon of butter or other fat in frying pan. Lay slices of beef in hot pan and cook until the edges curl, about 2 minutes. Serve at once.

Broiled Cheese and Bacon Sandwiches

Toast bread on one side, spread the untoasted side with soft butter, then cover with a thin slice of cheese. Lay two wafer-thin slices of bacon on the cheese and broil until the cheese is melted and bacon is done. Serve immediately.

(Continued on next page)
ROAST CHICKEN

(Chicken should not be over 1 year old)

Clean a 4-lb. chicken thoroughly and wipe dry. Rub inside lightly with salt. Stuff with any desired stuffing and truss. (See page 36.) Make a paste of 2 tablespoons of soft butter and 4 tablespoons flour and rub over the bird. Season with salt and pepper. LAY BREAST SIDE DOWN in roasting pan. This allows the juices to flow into the breast, which is the driest part of the chicken, but the choicest and most delicate. If it is difficult to lay the bird in this position, use a peeled potato or two as props. Any fat from the chicken should be cut into small pieces and laid in the pan to flavor the gravy. DO NOT PUT ANY WATER IN THE PAN.

BREAD STUFFING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large loaf stale bread</td>
<td>(have bread about 3 days old)</td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon poultry seasoning</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped celery</td>
<td></td>
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<tr>
<td>6 tablespoons butter or margarine</td>
<td></td>
</tr>
<tr>
<td>1 small onion, chopped</td>
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<tr>
<td>1 tablespoon chopped parsley</td>
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</tbody>
</table>

Cut the crust off the bread and crumble the loaf into fine crumbs. Melt the fat in a large frying pan, add the onion and simmer until soft. Add the rest of the ingredients and stir until the crumbs are well coated with the fat and a bit browned. Cool a little and stuff the bird. This amount will stuff a 4-pound bird.

FRANCONIA POTATOES

Pare 6 large potatoes and brush with fat to keep them from turning dark. Lay in the baking pan around chicken. Turn once while baking.

ESCALLOPED TOMATOES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 2½ can of tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1 cup of crumbs (bread, cracker or bran flakes)</td>
<td></td>
</tr>
</tbody>
</table>

Arrange layer of tomatoes in buttered baking dish, then layer of crumbs. Season and dot with pieces of butter. Continue until all ingredients are used. Have a layer of crumbs on top. Cover and cook with dinner.

MASHED SQUASH

Cut squash into small pieces, remove seeds and pare. Put in baking dish, add just enough water to cover bottom of dish and season with salt and pepper. Cover dish tightly and steam with dinner. When taken from the oven, mash and add a generous piece of butter. Turnips are very delicious cooked this same way.

STewed CRANBERRIES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups cranberries</td>
<td></td>
</tr>
<tr>
<td>2 cups sugar</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
<td></td>
</tr>
</tbody>
</table>

Put cranberries and water in baking dish, cover and cook with dinner. When taken from the oven add the sugar, put the cover back on and set back in the oven so the sugar will dissolve with the heat still remaining in the oven. They will be ready to serve by the time the dinner is on the table.

(Concluded on next page)
**Orange and Nut Bread**

3 cups all-purpose flour  
3 teaspoons any kind of baking powder  
1/2 teaspoon salt  
1/4 cup sugar  
1/2 cup chopped nut meats  
1 cup milk  
1 egg, beaten  
1/2 cup orange marmalade  
1 tablespoon grated orange peel

Sift dry ingredients together into mixing bowl. Add nuts, then liquids and marmalade and peel. Pour into well-greased bread pan and bake with dinner.

**Chocolate Rice Pudding**

1/2 cup raw rice  
1 qt. milk  
1/2 cup sugar  
1/4 cup orange marmalade  
1/2 teaspoon salt  
2 ounces chocolate, melted  
1/2 teaspoon vanilla

Wash the rice well and place in a greased baking dish, one about 3 inches deep, add the rest of the ingredients in order given and stir well so all are mixed. Cover and cook with dinner. This is a thick creamy pudding and can be eaten with or without cream. Omit the chocolate if a plain rice pudding is desired.

**French Chocolate**

2 1/2 sqs. bitter chocolate  
1/2 cup cold water  
3/4 cup sugar  
1/4 teaspoon salt  
1/2 cup cream (whipping)  
6 cups hot milk

Cook the chocolate and the water until blended, add the sugar and salt and cook to a syrup, about 4 minutes. Set aside to cool. When syrup is cold, fold it into the whipped cream and place the mixture in a serving bowl. Have the milk scalding hot and serve in a pitcher. Let each guest put about a tablespoonful of the chocolate mixture into the cup and pour hot milk over it to fill the cup. Very delicious. Serves 6.

**Note:** Allow 2 hours for the foregoing meal, from the time the heat comes on, at a temperature of 350 degrees. Or you can allow 3 hours for this dinner from the time the heat comes on, at a temperature of 300 degrees. In a PRE-HEATED OVEN allow two hours at 350 degrees.

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**Pastry**

**Plain Pastry**

1 1/2 cups all-purpose flour  
1/2 cup shortening  
1 teaspoon salt  
4 or 5 tablespoons cold water

Sift flour and salt into bowl and cut in the shortening with two knives or a pastry blender. Add the water by the tablespoons until the mixture holds together without being sticky. The pastry will be much flakier and easier to handle if it is wrapped in parchment or wax paper and thoroughly chilled before using. Roll on a lightly floured board to 1/8-inch thickness and use as desired.
GOLDEN CHIFFON PIE

Juice and grated rind of 1 orange
Juice and grated rind of 1 lemon
5 tablespoons water
3 egg yolks

\frac{3}{4} cupful granulated sugar
3 egg whites, beaten stiff
2 tablespoons powdered sugar
Plain pastry

Line a 9-inch pie tin with pastry and bake 12 to 15 minutes at 450 degrees. Combine the juice and rind of the orange and lemon in the top of the double boiler, add the water and heat. Beat the egg yolks, add the granulated sugar and pour the hot liquid over this gradually, stirring constantly. Return to double boiler and cook until thick, about 10 minutes. Remove from the range and allow to cool. Beat the egg whites stiff, add the powdered sugar and fold into the cooled mixture. Pour into the baked shell and bake 30 minutes at 350 degrees.

PUMPKIN PIE

2 eggs, or 4 yolks
\frac{3}{4} cup brown sugar
1 1/2 cups cooked pumpkin
1 teaspoon cinnamon

\frac{1}{2} teaspoon cloves
\frac{1}{2} teaspoon ginger
\frac{1}{2} teaspoon salt
1 1/2 cups milk, scalded

Beat the eggs, add rest of ingredients and pour into an unbaked pastry shell. Bake 40 to 50 minutes at 425 degrees. This amount makes one deep 9-inch pie.

Do not pour filling into shell until oven is up to temperature and pie is ready to be baked. This prevents the filling from soaking into the crust and making it soggy.

BUTTERSCOTCH PIE

3 eggs, separated
1 cup brown sugar
1/4 teaspoon salt
5 tablespoons flour

2 cups milk
3 tablespoons butter
1 teaspoon vanilla

Beat the egg yolks, add sugar, flour, salt and milk. Cook in top of double boiler until thick and smooth. Add butter and vanilla, pour into a baked pastry shell and cover with meringue made with the beaten egg whites. Bake 20 to 40 minutes at 300 degrees to set and brown the meringue. Makes one 9-inch pie.

MERINGUE

3 egg whites, beaten stiff
1/4 teaspoon salt

6 tablespoons sugar

Beat the egg whites and salt stiff but not dry. Add a tablespoon of sugar at a time and beat after each addition. The meringue at all times should stand in peaks. Turn the meringue at once upon the hot pie filling and bake as directed.

RAISIN CREAM PIE

1 egg
1 cup sugar
1 cup chopped raisins
1/4 teaspoon salt
1/4 teaspoon cinnamon

\frac{1}{4} teaspoon nutmeg
\frac{1}{4} teaspoon cloves
1 tablespoon vinegar
1 cup thick sour cream

Beat the egg and sugar together, add other ingredients and pour into unbaked pastry shell. This pie may have a full top crust or lattice top as desired. Bake 45 minutes at 450 degrees. Makes one 8-inch pie.
FRUIT PIES

The general rule for fruit fillings for one large pie is as follows:—

3 cups fruit 1 tablespoon butter
1 cup sugar 1 tablespoon lemon juice for bland fruits
4 tablespoons flour or 2 tablespoons quick-cooking tapioca

Line a deep 9-inch pie pan with pastry, rolled \(\frac{1}{8}\) -inch thick, and allow pastry to extend \(\frac{1}{2}\) inch beyond edge of pan. Moisten edge and fold inward to form a rim pocket. Moisten edge again. Mix sugar and flour well, blend with the fruit, fill the shell and dot with the butter. Roll the top crust, fold and cut slits in it to allow the steam to escape. Place top crust on fruit, and trim carefully, being careful not to cut open the little rim pocket under crust. With tines of a fork, dipped in flour, press the two edges together and bake 35 to 45 minutes in a 425-degree oven.

Poultry and Game

ROASTED POULTRY

Prepare the bird according to roast chicken recipe (see Menu No. 7). To truss a fowl is to fasten its legs and wings close to its body to keep them from becoming hard and dry while roasting. Trussing is accomplished by means of metal skewers, or strings can be used very satisfactorily. Cross the legs and put the skewer through at the joint between the leg bones and the second joint of the bird, letting it come out the other side of the body. Fasten the wings to the body by two skewers, one through the joint and one at the tip. Begin with the center of a long piece of string and wind it around the feet, then under the tail, then lace it over the back of the bird, winding it around the ends of the skewers to hold it in place. Do not have the string cross the breast, as it spoils the nice even brown of its surface. See roasting chart on page 7.

For the gravy, allow 1 tablespoon of fat and 1 tablespoon of flour to \(\frac{1}{2}\) cup of liquid. Pour off any surplus fat and to that remaining add the flour. Cook until well blended and bubbling. Add the cold liquid and cook until smooth, stirring constantly to dissolve the brown crust on the bottom of the pan, as this gives a delicious flavor and rich brown color to the gravy. The liquid used may be water, milk or the broth in which the giblets are cooked.

OVEN FRICASSEE OF CHICKEN

Clean a plump young chicken and cut up for serving. Into a large paper bag put 1 cup of flour and 2 teaspoons of salt. Wipe the pieces of chicken dry and put into the bag. Close tightly and shake well. This is an easy and efficient way to flour any foods. While the oven is coming to temperature, brown the chicken under the broiler and when well browned on all sides, place in a well-greased baking pan. Pour in enough milk to come to the top of the pieces of chicken but not to cover them. Cover pan tightly and cook from 1 to \(1\frac{1}{2}\) hours at 350 degrees, according to the age of the bird. Use the milk for gravy.

PARTRIDGE AND PHEASANT

These birds may be cleaned, split down the back, brushed with melted butter and broiled, or may be stuffed and roasted, the same as chicken.
RABBIT STEW

1 large rabbit
4 tablespoons fat
1 small onion, sliced
3 tablespoons flour
2 cups water
1 teaspoon salt

Have the rabbit well cleaned and cut into pieces. Let soak in cold salt water to which 1 tablespoon vinegar has been added, one hour. Melt the fat in a frying pan and brown the rabbit quickly in this. Remove rabbit to a plate and cook the onion in the fat until tender. Add the flour and cook until smooth. Gradually add the water, stirring all the time until the gravy is well blended and there are no lumps. Add the salt and rabbit, cover tightly and simmer 1 1/2 hours.

WILD DUCK

If the gamey taste is not desired in a wild duck, parboil a few minutes with a carrot and an onion in the water, then roast. Wild ducks are stuffed with a few prunes or an apple and roasted in a 450-degree oven from 1/2 to one hour. The apples or prunes are not eaten as they are only for flavor. Very little salt is used with wild duck as the natural flavor is so delicious.

VENISON

Venison steaks are marinated for an hour or two in a French dressing and then broiled.

A haunch of venison is roasted the same as other meats, rare or well done according to taste. Melted currant jelly should be stirred into the gravy.

BAKED STUFFED SQUAB

Clean squab well and cut the giblets into small pieces. Fry the pieces of giblet in butter until browned and tender, about 15 minutes, and add them to any desired bread stuffing and stuff the squab. Fasten the wings securely across the back so the plump fillets of the breast are exposed. Brush with melted butter, sprinkle with flour and place in a roasting pan breast side down. Bake in a 450-degree oven for 15 minutes, then reduce temperature to 400 degrees for 1 hour longer.

Sauces

VANILLA SAUCE

1/2 cup sugar
1 tablespoon flour
1/2 teaspoon salt
2 tablespoons butter
1 cup boiling water
1 teaspoon vanilla

Mix sugar, flour and salt in a saucepan. Add boiling water and boil 3 minutes, stirring until smooth. Add butter and vanilla and serve.

LEMON SAUCE

1 egg
1 cup sugar
Juice of 1 large lemon
2 tablespoons butter
Beat egg in top of double-boiler, add rest of ingredients and cook until foamy over water that is just gently boiling.
**White Sauce**

**Thin**
- 1 tablespoon shortening
- 1 tablespoon flour
- 1 cup milk
- ½ teaspoon salt

**Medium**
- 2 tablespoons shortening
- 2 tablespoons flour
- 1 cup milk
- ½ teaspoon salt

**Thick**
- 4 tablespoons shortening
- 4 tablespoons flour
- 1 cup milk
- ½ teaspoon salt

Have shortening room temperature and blend with the flour to a smooth paste. Add the milk and salt and cook over a low heat until smooth, stirring all the time to prevent lumping.

**Creole Sauce**

- 3 tablespoons butter
- 3 green or red sweet peppers, chopped fine
- 1 teaspoon salt

Simmer the peppers and onion in the butter 5 minutes. Add the flour, tomatoes and salt and cook until thick and smooth. Serves 6.

*This is good on fish, meat or cheese dishes.*

**Butter Sauce**

- 4 tablespoons butter
- 4 tablespoons flour
- ½ teaspoon salt

Have the butter soft and workable, blend with the flour in a saucepan, add rest of ingredients and cook until thick and smooth over a low heat. Milk may be used instead of the water and this makes a medium white sauce.

**Maple Butter**

- 1 cup maple syrup
- ¾ cup soft butter

Cook syrup until a small amount forms a soft ball in cold water (283° F.). Add butter and beat with an egg beater until thick and creamy. Serve warm on waffles, pancakes, muffins, biscuits or gingerbread.

**Chocolate Sauce (or Hot Chocolate)**

- 3 cups water
- 1 cup sugar
- ½ cup cocoa
- ½ teaspoon salt

Mix all together and cook slowly over a very low heat until thickened. Very good on vanilla ice cream or on fresh baked cup cakes. Hot Chocolate is made by putting 1 or 2 tablespoons of the chocolate sauce in a cup and adding hot milk.

**Butterscotch Sauce**

- ½ cup white corn syrup
- ½ cup cream
- ½ teaspoon vanilla

Cook syrup, cream and sugar together over a very low heat until thickened. Remove from range and add butter and vanilla.
Salads

RAGGEDY ANN SALAD
Roll up the outside coarse, green leaves of lettuce and cut crosswise with a sharp knife or a pair of scissors, making a generous mound on each plate. Into a small, heavy saucepan cut into \( \frac{1}{2} \)-inch pieces 2 slices of bacon for each person. Fry until crisp but not brown. For each serving add 2 tablespoons of water, 1 tablespoon of vinegar, 2 tablespoons of confectioners' sugar and a sprinkling of cinnamon. Cook all this together for about 1 minute or until the fat is blended with the liquid. Pour it hot, with the pieces of bacon, over the lettuce and serve at once.

IMPERIAL SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 package lemon gelatine powder</td>
<td>3 slices canned pineapple, diced</td>
</tr>
<tr>
<td>1 cup boiling water</td>
<td>( \frac{1}{2} ) can pimentos, shredded</td>
</tr>
<tr>
<td>1 cup pineapple juice</td>
<td>1 medium cucumber, cut fine</td>
</tr>
<tr>
<td>1 tablespoon vinegar</td>
<td>1 cup mayonnaise</td>
</tr>
</tbody>
</table>

Lettuce

Dissolve the gelatine powder in the boiling water, add pineapple juice and vinegar and chill. When slightly thickened, add the pineapple, pimento and cucumber. Turn into molds. Chill until firm. Serve on lettuce leaves with the mayonnaise. Serves 6.

JELLIED CHICKEN SALAD

Combine the tomato, onion, sugar, celery, pepper, salt and clove. Simmer \( \frac{1}{2} \) hour and strain. Meanwhile soak the gelatine in the cold water 5 minutes. Add this to the hot strained tomato mixture. Arrange the chicken in a cold, wet mold. Add the tomato mixture, chill until firm and serve. 6-8 portions.

FRUIT SLAW

Mix all together and serve on crisp lettuce leaves with mayonnaise or honey dressing.

CHEESE RING

Mash the cheese with the paprika, salt and pepper. Soak the gelatine in the \( \frac{1}{2} \) cup cold water then dissolve it in the scalded milk. Mix all the ingredients together until smooth and well blended. Add the cup of whipped cream and turn into a ring mold. Place in refrigerator until congealed. Unmold on a bed of lettuce leaves and fill center, if liked, with grape-fruits sections. Serve with mayonnaise.
FROSTED ORANGE SLICES

Peel and slice cross-wise medium sized oranges, allowing four slices to a serving. Dip each slice in slightly warmed honey, then in shredded cocoanut, and arrange on crisp lettuce leaves. Serve with mayonnaise or salad dressing.

Salad Dressing and Mayonnaise

FRENCH DRESSING

\[
\begin{align*}
\frac{3}{4} \text{ cup salad oil} & \quad 1 \text{ teaspoon sugar} \\
\frac{1}{2} \text{ cup lemon juice or mild vinegar} & \quad \frac{1}{2} \text{ teaspoon pepper} \\
1 \text{ teaspoon salt} & \quad 1 \text{ teaspoon paprika}
\end{align*}
\]

Mix all together and put into a tightly covered jar or bottle and shake well. A cut clove of garlic or a few drops of onion juice may be added if liked. The garlic clove is only left in while the dressing is being shaken. Amount, 1 cup of dressing.

VARIATIONS

ROQUEFORT CHEESE DRESSING.—Mash \( \frac{1}{4} \) pound of Roquefort cheese with a silver fork and add the oil, blend until smooth. Add the rest of the French Dressing ingredients and mix all well together.

NON-FATTENING FRENCH DRESSING.—Use mineral oil in place of the salad oil.

FRUIT-JUICE DRESSING.—Use half orange juice and half lemon juice in place of the vinegar.

MAYONNAISE

\[
\begin{align*}
1 \text{ egg} & \quad \frac{1}{2} \text{ teaspoon paprika} \\
1 \text{ teaspoon salt} & \quad 2 \text{ tablespoons vinegar} \\
1 \text{ teaspoon powdered sugar (optional)} & \quad 2 \text{ tablespoons lemon juice} \\
1 \text{ teaspoon mustard} & \quad 1\frac{1}{2} \text{ cups salad oil}
\end{align*}
\]

Break the egg into a bowl and add the salt, sugar, mustard, paprika and 1 tablespoon of the vinegar. Beat thoroughly, then add the oil, 1 tablespoon at a time, beating after each addition until \( \frac{1}{2} \) cup is added and the mayonnaise is thick. Add the lemon juice and remaining vinegar, alternately with the rest of the oil, beating well.

RUSSIAN DRESSING

\[
\begin{align*}
\frac{3}{4} \text{ cup mayonnaise} & \quad 1 \text{ tablespoon chopped green pepper} \\
1 \text{ hard cooked egg, chopped fine} & \quad 1 \text{ tablespoon chopped chives} \\
\frac{1}{4} \text{ cup Chili Sauce}
\end{align*}
\]

Combine all ingredients and serve on hearts of lettuce.

COOKED SALAD DRESSING

\[
\begin{align*}
3 \text{ tablespoons of salad oil} & \quad 1 \text{ teaspoon mustard} \\
1 \text{ tablespoon flour} & \quad 1 \text{ cup milk, sweet or slightly sour} \\
1 \text{ teaspoon salt} & \quad 2 \text{ eggs} \\
\frac{1}{4} \text{ teaspoon pepper} & \quad \frac{1}{2} \text{ cup mild vinegar}
\end{align*}
\]

Stir the dry ingredients into the oil which has been put into the top of a double-boiler. Add the milk, stirring constantly, until the mixture is like cream. Beat the egg yolks slightly, add the vinegar, pour into the first mixture and cook until thickened, stirring constantly. Chill and fold in the beaten egg whites. Serve on fruit, potato or vegetable salads.
**“Magic” Mayonnaise**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Additional Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup vinegar or lemon juice</td>
<td>1 teaspoon dry mustard</td>
<td></td>
</tr>
<tr>
<td>1/4 cup salad oil</td>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2/3 cup Eagle Brand Condensed Milk</td>
<td>1/2 teaspoon paprika</td>
<td></td>
</tr>
</tbody>
</table>

Place ingredients in a pint jar in order given, fasten top on tightly and shake well for 2 minutes. The mixture will blend perfectly. Chill before using.

**Honey Salad Dressing**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons of salad oil</td>
<td>1 teaspoon lemon juice</td>
</tr>
<tr>
<td>2 tablespoons of strained honey</td>
<td>1/6 teaspoon salt</td>
</tr>
</tbody>
</table>

Blend all well together and use at once on fruit salads.

---

**Soups**

Soups may generally be classed under two headings; “thick” soups or “thin” soups.

The thin soups are the bouillons and consommés, having a base of stock made by cooking meat, poultry, fish or vegetables with water.

The thick soups are soups made with meat, poultry, fish or vegetable stock as a base, or soups made with a cream sauce as a base. (See SAUCES, page 37.)

The broth made by cooking meat, poultry, fish or vegetables with water is called STOCK.

The so-called CREAMED SOUPS are generally made with milk and thickened with flour, cornstarch, rice, or tapioca, to which some fat is added. The thick soups may or may not have a base of stock.

PUREES are made with a thick white sauce to which strained vegetables have been added.

BISQUES are made of a thin white sauce with fish or vegetable stock added. BOUILLON AND CONSOMMES have a base of meat or poultry stock and are clear soups.

The shank or the knuckle make good soup as they are the cheaper cuts, have a large proportion of bone, and some well-flavored lean. Be sure and have the bone cracked.

**Meat Stock (Brown)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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</thead>
<tbody>
<tr>
<td>2 lbs. beef (with the bone)</td>
<td>4 cloves</td>
</tr>
<tr>
<td>2 qts. water</td>
<td>1 bay leaf</td>
</tr>
<tr>
<td>1 medium onion, sliced</td>
<td>1 sprig parsley</td>
</tr>
<tr>
<td>1/2 cup sliced carrot</td>
<td>1/2 cup chopped celery</td>
</tr>
<tr>
<td>1/2 cup sliced turnip</td>
<td>1 teaspoon salt</td>
</tr>
</tbody>
</table>

Cut up the meat and have the bone cracked. Cover with cold water and soak one hour. Heat gradually to the boiling point and simmer slowly about 2 hours. Add the seasonings and cook 1/2 hour longer. Strain and cool UNCOVERED. Put in refrigerator until ready to use.
WHITE STOCK

4 lbs knuckle of veal, or 4 lbs. fowl

Have veal prepared same as for beef stock. Have fowl cleaned and disjointed. Prepare vegetables same as for meat stock and proceed in the same way. If fowl is old, it may have to be simmered 4 hours.

TOMATO BOUILLON

3 cups strained tomato juice
1/2 small bay leaf
1 small onion, sliced fine
2 whole cloves

1 tablespoon butter
1/4 teaspoon salt
1 shake of pepper
1 shake of celery salt

Cook tomato juice, bayleaf, onion and cloves to the boiling point and let simmer 5 minutes. Strain; add butter and seasonings. This is quite "party-fied" if a tablespoon of whipped cream is placed in the cup before the bouillon is poured into it. Serves 6.

CHICKEN SOUP

Reheat 1 quart of chicken stock with 1/2 cup hot boiled rice and season.

VEGETABLE SOUP (OLD FASHIONED)

4 quarts cold water
1 beef shank
1 bunch of celery (with leaves)
1 small bunch of parsley
1 chopped pepper (if liked)
1 No. 2 can tomatoes

3 cups chopped cabbage
1/2 of a large rutabaga, sliced
3 medium onions, sliced
1/2 cup uncooked rice or barley
3 carrots, sliced
Salt and pepper to season

Wipe meat with a damp cloth to remove any splinters of bone, especially where the bone was cracked. Place meat in a large kettle with the water and bring slowly to the boiling point. Skim or not as you desire. Simmer for 3 hours or until meat is tender. Season 1/2 hour before meat is done. When tender remove meat from broth and put broth through a sieve to remove any particles of bone. Return meat to broth and add the prepared vegetables and simmer until vegetables are done. Potatoes may be peeled and added to this if desired. They should not be put into the broth until the vegetables are nearly done. This soup is just as good the second day if kept in a refrigerator.

ONION SOUP (AU GRATIN)

4 large onions
2 tablespoons butter
1 qt. beef stock
1 teaspoon Worcestershire sauce
1 tablespoon flour

1/4 teaspoon salt
1/6 teaspoon pepper
6 pieces of crisp toast
(Rye bread is especially good)
1/4 cup grated snappy cheese

Slice onions very thin and brown them in the butter. Sprinkle over them the flour and simmer 10 minutes, stirring to keep the flour from burning. Add the stock and seasonings and simmer 20 minutes. Toast the bread, spread with the cheese and set back in the oven until the cheese has partly melted. Serve a slice of this toast on top of each portion of soup, in cups or plates. Serves 6.
CREAM OF VEGETABLE SOUP

4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
4 cups milk
1 cup vegetable pulp (celery, spinach, asparagus, corn, potato, peas, or any desired vegetables)

Melt the butter, stir in the flour and seasonings and blend. Add the cold milk gradually and cook until smooth. Add the vegetable pulp and bring to a boil. Serve at once. Six servings.

CREAM OF TOMATO SOUP

4 tablespoons butter
4 tablespoons flour
2 cups strained tomato
1/4 teaspoon soda
1 1/2 teaspoons salt
1/4 teaspoon pepper
4 cups cold milk

Melt butter and add the flour, stirring constantly to prevent lumping. Stir in the tomatoes and cook 5 minutes. Add soda, salt and pepper. Add cold milk and bring to a boil. Serves 6.

This and That and the Other Thing

RHUBARB BATTER PUDDING

2 cups pastry flour
1/2 teaspoon soda
1 teaspoon baking powder
1/2 teaspoon salt
1 cup sugar
1 1/2 cups uncooked rhubarb, cubed
1 egg, well beaten
1 cup sour milk or buttermilk
2 tablespoons melted shortening

Sift the dry ingredients into a mixing bowl and add the liquids. Mix in the rhubarb, saving a few pieces for the top. Pour into a well-greased baking dish, put pieces of rhubarb on top, dot with butter and sprinkle generously with brown sugar. Bake 50 minutes at 400 degrees. Serve with sugar and cream or hard sauce. Any fruit may be substituted for the rhubarb.

ORANGE SOUFFLE

1 cup milk
5 tablespoons flour
4 tablespoons butter
3 egg yolks
1/2 cup sugar
3 tablespoons orange juice
1 tablespoon lemon juice
Grated rind 1/2 an orange
3 egg whites

Make a sauce by heating the butter, add the flour slowly, stirring constantly and then add the salt and milk, cooking until smooth and thick. Let cool. Beat the egg yolks until thick and lemon colored. Add the sugar, lemon and orange juice and rind. Beat the egg whites stiff but not dry and carefully fold them into the first mixture. Pour into a well-buttered baking dish and bake one hour at 325 degrees. Serve at once. Serves 6.
CHEESE SOUFFLE

4 tablespoons butter  y  1/2 teaspoon salt
5 tablespoons flour  1/2 cup diced cheese
1 cup milk  3 egg whites

Make a sauce of the butter, flour and milk. Add the salt and cheese and cook until the cheese is melted, stirring all the time. Cool. Add the beaten egg yolks, then the stiffly beaten egg whites. Pour into a well-buttered baking dish and bake one hour at 325 degrees. Serve at once. Serves 6.

MACARONI LOAF

1 cup uncooked macaroni, broken in pieces 1 pimento, diced
2 cups milk, scalded 1 teaspoon salt
1 cup bran flakes or bread crumbs 2 tablespoons butter
1 cup cheese, cut in small pieces 2 eggs, beaten

Butter a baking dish generously and put the macaroni in the bottom. To the scalded milk add the rest of the ingredients and mix well. Pour this over the macaroni and bake 45 minutes at 350 degrees. Serves 6.

ROSE NUTS

1 cup sugar 1/2 lb. walnut or pecan halves
1/2 cup water Rose coloring to suit

Boil sugar, water and coloring until it spins a thread. Take from range, drop the nuts into the syrup and stir until each half is coated with sugar.

HEALTH APPLES

3/4 cup sugar 3/4 cup bran flakes
2 tablespoons water 1/4 cup raisins
5 apples

Mix sugar and water in small bowl. Peel and core apples and roll in the moistened sugar. Roll in bran flakes and put in baking pan. Drop raisins in core of apples. Dot each apple with butter and bake until tender in a 400-degree oven.

STEAMED EGGS

For every egg to be steamed allow 1 tablespoon of water. Use full heat. Cover pan tightly and steam from 2 to 5 minutes, according to number of eggs, for soft and medium done. For hard-cooked eggs proceed in the same way, using low heat after the water is boiling, and steam for 20 minutes.

DUMPLINGS FOR STEW

1 cup flour 1/2 teaspoon salt
2 teaspoons any kind of baking powder 1/2 cup milk

Sift flour, salt and baking powder into mixing bowl. Add milk gradually and mix to a soft dough. Drop by spoonsful into boiling liquid and cover closely. Steam 10 minutes to 12 minutes without removing cover. A glass cover from a baking dish is nice to cover these as they can be seen and timed just right. This makes 6 dumplings and requires 2 cups of boiling liquid. Dumplings can be steamed in fruit juices and eaten as a dessert.
APPLE DUMPLINGS

Biscuit dough
8 medium cooking apples
1 1/2 cups sugar
1/2 cup butter
1 cup boiling water
1 teaspoon vanilla

Roll an ordinary recipe of biscuit dough 1/4-inch thick. Cut in rounds about the size of a small saucer. Put thinly sliced apple in center, fold edges together and lay in a deep, well-greased baking dish. Mix sugar, butter, water and vanilla together and pour over dumplings. Bake 30 minutes at 450 degrees. Makes 8 dumplings. These do not need any other sauce.

BROWN FLOUR

Put flour into pie pan and put into slow oven until flour is browned. Stir once or twice so it will be evenly colored. Place in covered jar and use for thickening gravies.

OVEN-COOKED NOODLES

4 or 5 oz. package of noodles
2 cups boiling liquid (water or broth)
3 tablespoons butter
1 teaspoon salt
1/4 teaspoon paprika
3 tablespoons butter

Break noodles into small pieces and place in well-greased baking dish. Put seasoning and butter into hot liquid and pour over the noodles. Cover dish immediately and place in oven. Cook 25 minutes at 350 degrees or with an oven meal. Serves 4. This is a grand way to cook noodles if the oven is being used for other things too.

OVEN-COOKED RICE

1/2 cup raw rice
1 teaspoon salt
1 1/2 cups water
1 1/2 cups milk

Put rice in well-greased casserole or baking dish, sprinkle with the salt and add the milk and water mixed. Cover tightly and cook 45 to 50 minutes in a 350-degree oven. The baking dish this is cooked in must be large enough so the rice does not boil over into the oven, about 9 in. wide by 4 in. deep. The rice may be served in place of potatoes and served with a cheese sauce or may be molded in a buttered ring mold and served as a dessert with cream and sugar.

MOLASSES COOKIES

2 1/4 cups all-purpose flour
1 teaspoon of combination baking powder, or
2 teaspoons tartrate or calcium phosphate baking powder
1 cup molasses
1 teaspoon salt
1 1/2 teaspoons ginger
2 teaspoons soda
1/2 cup melted shortening

Sift the dry ingredients into a mixing bowl, add the rest in order given and stir until well blended. Drop by teaspoonsful on a greased cookie sheet and bake 10 to 12 minutes at 350 degrees.

PEANUT BUTTER DROPS

1/2 cup peanut butter
1/2 package of dates, sliced
1/2 cup powdered sugar
2 unbeaten egg whites

Blend ingredients in order given until well mixed. Drop by spoonfuls on a well-greased cookie sheet and bake 10 to 15 minutes at 375 degrees.
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