The A-B Cook Book

Tested Recipes by
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Director of Home Economics
A-B STOVE COMPANY
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 Gas Range

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

A-B STOVE COMPANY
Battle Creek, Michigan

PRINTED IN U.S.A.
IMPORTANT SUGGESTIONS

The recipes in this book have been tested in the Experimental Kitchen of the A-B Stove Company, and must be followed exactly for uniform and successful results.

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 your gas range are finished in vitreous porcelain 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 PARTS WHILE THE RANGE IS WARM!**
Water cools the enamel faster than the steel or cast iron to which it is fused, causing the enamel to crack. Go over all surfaces daily, using a soft cloth which has been wrung out of soapy water. A little A-B Vit sprinkled on this same damp cloth will remove the dirt and stubborn stains that are bound to accumulate. Vit will remove discolorations without injury to lustre, and although especially intended for use on porcelain enameled gas ranges, it is a wonderful cleaner for bath tubs, sinks and other porcelain ware.

Vit is packed in handy, sprinkle top cans, easy to apply, easy to use, and is entirely free from harmful abrasives so characteristic of many cleaners.

Do not allow the teakettle to steam against the side of the oven.

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

Enameled oven linings are easily kept clean with soap suds and A-B Vit.

**THE SANI-TRAY** of the A-B range protects the bottom of the oven from any foods that might boil over during cooking. It may be washed and cleaned as easily as any cooking utensil, and this should always be done as soon as it has cooled, to prevent the food from burning on when the oven is heated again.

The burners on the cooking top should be brushed with a stiff brush to remove any particles of food or dust, and then washed with soap suds. If anything has boiled over and the little openings have become clogged, a wire cake tester will clean them out.

Keep the Burner-Tray clean by frequent washings in hot soap suds, using A-B Vit as necessary. If foods are allowed to stay on any length of time they burn and are difficult to remove.

The A-B SANI-GRILL can be used and cleaned just as you would any other cooking utensil.
Economy Hints

Keep the filled teakettle over the pilot light. It will warm the water so that it may be brought to a boil much quicker.

Dry the pots and pans over the pilot light. It saves tea towels.

Melt chocolate and fats in a small, flat pan over the pilot light. Lay waxed paper in the pan, melting the chocolate on it, as this saves washing pans and the chocolate may easily be scraped off the paper.

Notice the top burners on your range. If you have a giant and a small burner, use cooking utensils that fit the burner. A small pan on a giant burner wastes gas, as the contents will not heat any more quickly.

Use tight covers wherever possible. This conserves heat. An open vessel requires one-third more heat than one that is covered.

If you want a small amount of hot water, do not heat any more than you need.

Place utensils on the burner before lighting the gas. No heat is lost this way. Do not leave a burner lighted simply because you expect to use it again in a few minutes.

Turn off the gas before instead of after removing a utensil from the cooking top.

Do not use a higher flame than necessary. The tip of the flame should just touch the bottom of the pan.

Properly used, the A-B Dual Burner will save more gas than any other known gas range improvement. As soon as the contents of the utensil come to a boil, turn the gas-cock to "boiling flame," thus saving 5/6 of the gas consumed by the burner. There is not only this saving of fuel, but danger of boiling dry and contents burning is practically eliminated.

A gentle boil will cook just as quickly as a rapid one and there is much less evaporation.

Turn the "boiling flame" down if you wish to simmer.

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 top burners at the same time. Refer to Oven Meals listed in the index.

After food is placed in the oven, do not open the door to "peek." From 25 to 75 degrees of heat are lost in this way.

Let the Time and Temperature Controls take care of the cooking. They are the "magic maids" of the kitchen.

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

**Sauté.**—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.
TABLE OF WEIGHTS AND MEASURES

Approximate Scale for Canned Goods

| No. 1 can | 1½ cups | No. 2½ can | 3½ cups |
| No. 2 can | 2½ cups  | No. 3 | 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 | ⅛ cup |
| 3 teaspoons | 1 tablespoon |
| 4 tablespoons | ⅛ cup |
| 6 tablespoons | ⅝ cup |
| 8 tablespoons | ½ cup |
| 10 tablespoons | ¾ cup |
| 12 tablespoons | ¾ cup |
| 14 tablespoons | ⅜ cup |
| 16 tablespoons | 1 cup |
| 18 tablespoons | ⅔ cup |
| 20 tablespoons | 1 pint |
| 22 tablespoons | 1 quart |
| 24 tablespoons | 1 gallon |
| 28 tablespoons | 1 peck |

ROASTING TIME AND TEMPERATURE FOR MEATS, POULTRY AND GAME

**STANDING RIB ROAST**

- Rare: 15 minutes to the pound
- Medium: 20 minutes to the pound
- Well done: 25 minutes to the pound

**ROLLED ROAST**

- Rare: 20 minutes to the pound
- Medium: 25 minutes to the pound
- Well done: 30 minutes to the pound

Beef roasts are placed in a 500 degree oven to sear for 15 minutes, then temperature is reduced to 350 degrees for remaining time.

**LAMB.**—20 minutes to the pound. Sear 15 minutes at 500 degrees. 300 degrees for remaining time.

**VEAL.**—25 minutes to the pound. Sear 15 minutes at 450 degrees. 300 degrees for remaining time.

**FRESH HAM.**—30 minutes to the pound. Sear 15 minutes at 500 degrees. 300 degrees for remaining time.

**PORK.**—25 minutes to the pound. Sear 15 minutes at 500 degrees. 300 degrees for remaining time.

**POULTRY**

- **CHICKEN**
  - 20 to 25 minutes to the pound for all of these. Sear 15 minutes at 500 degrees. 350 degrees for remaining time.

- **TURKEY**

- **DUCK**

- **GOOSE**

- **WILD DUCK**
  - 20 minutes to one hour, according to size, in a 450 degree oven.

**VENISON.**—15 minutes to the pound. 425 degree oven for entire cooking period.
Broiling or Grilling

Broiling is the quickest, easiest and most economical way of preparing the more tender cuts of meat, fish, poultry and some fruits and vegetables that previously have been sauteed or fried. Because of the delicious flavor and nutritive value of broiled foods, this form of cookery should be used by the housewife a great deal more than it is today.

With this thought in mind the A-B Sani-Grill has been designed, and so fulfills a long-felt want for just such a sanitary, easy-to-clean, and easy-to-handle broiler. Not only is it a broiler but the Sani-Grill pan is an ideal roaster (as we use no covers when roasting), a cookie and biscuit pan also. The Sani-Grill rack is an added rack for the oven when needed, and an excellent cooling rack for cakes and pies.

DIRECTIONS FOR BROILING

Remove Sani-Grill from range before preheating as food should be placed on a cold rack.

Score or cut the food all along the edge to prevent curling. The curled edges burn and cause smoke.

Set heat control for 550 degrees and preheat 5 minutes unless oven has been in use. If oven is hot proceed to broil at once.

Place rack so there is about 2 inches between tip of flame and the top surface of the food.

Only ONE turning (unless otherwise specified in recipe) is necessary, as the food will be about half done when it is nicely browned on one side.

If longer broiling is desired, to cook the food more, brown on both sides then reduce the flame by setting the heat control to a lower temperature.

The Sani-Grill

A broiling and roasting appliance for use in either baking or broiling oven. Equipped with wire rack and convenient sliding tray.
Broil with the door open and watch the food carefully.
Have foods of a uniform thickness.
When turning meats, stick the tines of the fork into the fat, or use a broad spatula, to prevent the juices from running out.
Season food when it is turned. Add butter, etc., after it is placed on the serving platter.

A heat-proof platter makes an ideal broiler. Be sure the platter is warmed a little before putting into broiler oven, to prevent cracking.

### 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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare beefsteak</td>
<td>(1 inch thick)</td>
<td>8 minutes</td>
</tr>
<tr>
<td>Medium beefsteak</td>
<td>(1 inch thick)</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Rare beefsteak</td>
<td>(1 1/2 inches thick)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Medium beefsteak</td>
<td>(1 1/2 inches thick)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Beef fillet</td>
<td>(1 1/2 inches thick)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Rib lamb chops</td>
<td>(1 1/2 inches thick)</td>
<td>10-12 minutes</td>
</tr>
<tr>
<td>Loin lamb chops</td>
<td>(1 1/2 inches thick)</td>
<td>12-15 minutes</td>
</tr>
<tr>
<td>Mutton chops</td>
<td>(1 1/2 inches thick)</td>
<td>15-20 minutes</td>
</tr>
<tr>
<td>Rib veal chops</td>
<td>(1 inch thick)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Veal cutlets</td>
<td>(1/2 inch thick)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Sliced ham</td>
<td>(1/2 inch thick)</td>
<td>20-25 minutes</td>
</tr>
<tr>
<td>Fish fillet</td>
<td>(thin)</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Fish fillet</td>
<td>(thick)</td>
<td>15-25 minutes</td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td>20-30 minutes</td>
</tr>
<tr>
<td>Squab</td>
<td></td>
<td>10-20 minutes</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 the steak cut from 1 to 2 inches thick. Wipe with a damp cloth and score edges to prevent curling. Set oven heat control to 550 degrees, preheating broiling oven 5 minutes. Lay the steak on cold broiler rack or heat-proof platter, placing the rack in the oven so that there is approximately two inches between the tip of the flame and the surface of the food. Leave the oven door open, watching carefully while it broils. When the steak is nicely browned on one side, turn and brown on the other side. Serve on a hot platter as soon as done, with Savory Butter. (Continued on page 12)
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.

**Jiffy Yeast Rolls**

1 cup hot water 2 tablespoons lukewarm water
¼ cup sugar 1 teaspoon sugar
3 tablespoons shortening 1 egg, beaten slightly
1 teaspoon salt 3½ to 4 cups all-purpose flour
1 cake compressed yeast

Combine hot water, ¼ cup sugar, shortening and salt. Cool until luke warm. 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 ½ cup white flour.

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

**Butterscotch Rolls**

Pat dough to ¼-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.

To reheat left-over muffins, rolls or biscuits, place in a paper bag, close tightly and place in a hot oven for 15 minutes.
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
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 and bake 12 to 15 minutes in a 450-degree oven. Makes 16 small biscuits.

VARIATIONS

BUTTERSCOTCH BISCUIT.—Pat dough 1/2 inch thick, spread with 1 cup brown sugar creamed with 1/4 cup soft butter. Roll as for jelly roll, cut in 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 1/2 teaspoon soda. Proceed the same as for baking powder biscuits.

TEA CAKE.—To the basic recipe add 1/2 cup sugar (brown or granulated), 1 egg, and 1/2 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)

2 cups all-purpose flour
4 teaspoons tartrate or calcium phosphate baking powder or
2 teaspoons combination baking powder
3/2 teaspoon salt
2 to 4 tablespoons sugar
1 egg, well beaten
1 cup milk
3 tablespoons melted fat or cooking oil

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 3/4 of a cup.
**Orange Bread**

Rind of 3 large oranges
chopped or cut fine
2 cups water
2 cups sugar
1 cup milk

1 egg, beaten slightly
2 tablespoons melted fat or cooking oil
4 teaspoons any baking powder
½ teaspoon salt
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 with a very low heat. 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)
1 teaspoon soda
1 teaspoon salt
2 eggs
2 cups thick sour milk or thick buttermilk
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
1 teaspoon soda
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.
BROILING—(Concluded from page 8)

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 teaspoon prepared mustard
- 1/2 teaspoon paprika
- 1/2 teaspoon horseradish
- 1 teaspoon chopped green or red sweet pepper

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.

MOCK BEEF FILLET

1 1/2 lbs. round steak, ground 1/2 cup crumbs or bran flakes 1 egg, well beaten 1/2 teaspoons salt

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 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.

BROILED LIVER

Calves’ liver should be cut into 1/2-inch slices, dipped in boiling water, brushed with melted fat (bacon fat is quite suitable) and broiled according to directions. Slices 1/2 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 rack 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 cold broiler rack. 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 on rack 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 on the cold broiler rack. Place in oven, searing for 5 minutes. Turn and sear the skin side until brown, watching very carefully, as it burns easily. Reduce the flame by turning oven heat control to lower temperature. 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. Slice them rather thin.

**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.

**PIÑEAPPLE 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.

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**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**

<table>
<thead>
<tr>
<th>Tartrate or Cream of Tartar</th>
<th>Royal Monarch</th>
<th>Combination or S. A. S.</th>
<th>Calumet K. C.</th>
<th>Calcium Phosphate</th>
<th>Rumford’s Dr. Price’s Webb’s</th>
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Cakes

**ONE-EGG CAKE**

4 tablespoons of fat  
1 cup sugar  
1 egg  
1/2 cup liquid (milk or water)  
1 1/2 cups pastry flour  
1/2 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon flavoring

Have the fat room temperature. Cream the fat and the sugar together until fluffy. Add the egg and beat well. Sift dry ingredients together and add to the egg mixture, alternately with the liquid, 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 thoroughly. Bake in well-greased pan 25 to 30 minutes at 375 degrees. This amount will fill one deep 9-in. layer cake tin, one shallow tin, 7 x 11, or make 12 cup cakes.

**Variations**

**CHOCOLATE FUDGE CAKE**

Add two squares of melted chocolate to the mixture after the egg is beaten in, 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**

1/2 cup fat, room temperature  
1 cup sugar  
3 eggs  
2 cups pastry flour  
1/2 teaspoon salt  
2 teaspoons of combination baking powder, or  
3 teaspoons tartrate, or calcium phosphate baking powder  
1/2 cup milk  
1/2 teaspoon flavoring

Mix according to directions for one-egg cake beating after addition of each egg, and bake in two 8 1/2-in. layer tins 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  
1/4 teaspoon salt  
1/2 cup fat  
1 cup sugar  
1 egg, well beaten  
1 teaspoon soda  
1/2 cup sour cream  
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 1/2 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 Sani-Grill rack.

**Gold Cake**

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

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, or this amount just fills the Sani-Grill pan. Bake 25 minutes at 375 degrees.

**Butter Frosting**

4 tablespoons soft butter  
2 cups sifted confectioners sugar  
1 teaspoon flavoring  
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  
4 tablespoons butter  
1 small can crushed pineapple 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
⅓ cup brown sugar
6 tablespoons flour
1 teaspoon flavoring
¼ 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

½ cup shortening
1 cup strained honey
1 egg, well beaten
½ cup sour milk
3 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon soda
⅓ teaspoon cinnamon
⅓ 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, 9½ x 9½ 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 with a very low heat and broil until frosting bubbles all over the surface and becomes brown but use care that it does not burn.
Cookies

Caramel Refrigerator Cookies

1 cup shortening  1 teaspoon vanilla
2 cups brown sugar  2 1/2 cups all-purpose flour
2 eggs, well beaten  1/4 teaspoon soda
1/2 cup nuts, chopped  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 A-B Sani-Grill pan 10 to 12 minutes in a 425-degree oven.

Nut Wafers

1 egg  5 tablespoons flour
1/2 cup brown sugar  1/4 teaspoon salt
1 teaspoon melted shortening  1/2 teaspoon baking powder
1/2 cup broken nut meats

Beat egg until light and add other ingredients in order given. Drop from tip of teaspoon onto greased A-B Sani-Grill pan 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
1/2 teaspoon soda  Grated rind of 1/2 an orange

Cream shortening and sugar thoroughly and add the eggs which have been slightly beaten. Add the soda dissolved in the cream, then the flour, which has been sifted with the baking powder. Add flavoring and blend all together well. This dough can be rolled out and cut with a cookie cutter but a much easier way is to mold it in a roll, wrap in wax paper and put in the refrigerator for 24 hours. When wanted, slice with a sharp knife to desired thickness and bake in a 450-degree oven 10 to 15 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

1/4 cup chopped raisins  1/4 teaspoon salt
1/4 cup chopped dates  2 tablespoons flour
1/4 cup chopped figs  1/4 cup boiling water
1/4 cup sugar  Juice of 1/2 a lemon

Cook together until thick, and cool before using.

“Kisses”

2 egg whites beaten stiff  1/4 cup granulated sugar
1/4 teaspoon salt  1/2 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 teaspoonsful onto the Sani-Grill 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 7)

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 A-B Sani-Grill 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 \( \frac{1}{4} \) 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.
Meats

**Baked Steak**

- Flat-boned sirloin, cut thick
- 2 Bermuda onions, cut in thick slices
- 1 small lemon, sliced very thin
- 1 cup catsup
- 1 green pepper, chopped
- 1 teaspoon salt

Place the steak on the well-greased A-B Sani-Grill pan. Spread with butter or marrow fat, sprinkle with the salt and lay sliced lemon over the steak. Next spread the pepper over, then the onion slices. Pour the catsup over all and bake 1 hour at 450 degrees. A 3-pound steak serves 6.

**Beefsteak Casserole**

- 1½ lbs. thick round or chuck steak cut in cubes
- 2 cups chopped onion
- 1 ½ 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 ½ hours at 350 degrees. Serves 6.

**Lamb Stew**

- 2 lb. shoulder lamb, cut in 2-in. pieces
- 3 tablespoons fat
- 1 Bermuda onion
- ½ cup diced celery, if desired
- 6 medium cooking onions
- 1 quart hot water
- 6 carrots
- 2 teaspoons salt
- 2 whole cloves
- 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 to prevent them from drying out. 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 fuel, 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.

DIRECTIONS FOR USING THE OVEN

Baking dishes must be placed in the oven so they do not touch each other and do not touch any side of the oven. If they touch each other or the oven sides, it interferes with the circulation of the heat and will cause a “hot spot.”

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.

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.

DIRECTIONS FOR USING THE HEAT CONTROL
ON THE A-B GAS RANGE

1. Decide the temperature necessary for the particular food or foods to be cooked.
2. 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.
3. Set pointer on oven heat control to degree of heat wanted.
4. Open the oven gas valve full and light the gas.
5. Wait until the sound of the gas burning in the oven burner has stopped before putting in the food. This ceasing of any noise indicates the oven has come to the temperature desired, and that the gas flame has automatically cut down from a full flame to a very small one. This small flame, or “bead,” as it is called, will be maintained until the temperature in the oven drops below the degree being used. The automatic heat control will then open the valve and the full flame will burn until the oven again comes up to the set temperature.
6. After the oven has come to temperature put in the food and do not open the door until time to take it out.

TEMPERATURE CHART

<table>
<thead>
<tr>
<th>Oven Type</th>
<th>Temperature 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 oven</td>
<td>550 degrees</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>
</tbody>
</table>
Suggested Menu Number One

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

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

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

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**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 A-B Sani-Grill 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
- Steamed Prunes
- Stuffed Peppers
- Gingerbread
- Beverage

## Breaded Veal Chops

<table>
<thead>
<tr>
<th>6 veal chops</th>
<th>2 eggs, well beaten</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup crumbs or bran flakes</td>
<td>4 tablespoons water</td>
</tr>
</tbody>
</table>

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 A-B Sani-Grill pan, season with salt and pepper and dot with butter or other fat. If oven is NOT insulated, add ½ cup water.

## Ham Omelet

4 eggs, yolks and whites beaten separately
2 teaspoons butter
¼ teaspoon salt

1 cup finely chopped cooked ham
2 teaspoons flour
1 cup milk

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.

## Escalloped Potatoes

<table>
<thead>
<tr>
<th>6 medium sized potatoes</th>
<th>4 tablespoons butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons flour</td>
<td>Milk and seasoning</td>
</tr>
</tbody>
</table>

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.

## Gingerbread

<table>
<thead>
<tr>
<th>2 cups all-purpose flour</th>
<th>1 teaspoon ginger</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ teaspoon soda</td>
<td>¼ cup melted shortening</td>
</tr>
<tr>
<td>1 ½ teaspoon salt</td>
<td>¾ cup molasses</td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td>1 egg, beaten</td>
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<tr>
<td>½ cup boiling water or ¼ cup sour milk</td>
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</tbody>
</table>

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 1/4 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
2 cans undiluted vegetable soup
1 cup bran flakes
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 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 1/2 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 375 degrees.

Suggested Menu Number Three

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Luncheon</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>Boiled Rice with Cheese Sauce</td>
<td>Roast Beef</td>
</tr>
<tr>
<td>Whole-wheat Pancakes</td>
<td>Combination Salad Wafers</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Sausage</td>
<td>Fruit</td>
<td>Steamed Onions</td>
</tr>
<tr>
<td>Beverage</td>
<td>Beverage</td>
<td>Baked Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baked Pears</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beverage</td>
</tr>
</tbody>
</table>

ROAST BEEF

Select a 2-rib standing roast. Wipe it with a damp cloth. Sprinkle with salt (allowing 1/2 teaspoon for each pound), then with flour, to which 1 teaspoon sugar has been added. Place the roast in the pan of the A-B Sani-Grill 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 \( \frac{1}{2} \) 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\( \frac{1}{2} \) teaspoons salt, \( \frac{3}{4} \) cup water, cover tightly and steam with dinner. When ready to serve, drain well, mash, add \( \frac{1}{2} \) 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\( \frac{1}{2} \) teaspoons salt, 2 tablespoons butter and \( \frac{1}{2} \) 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

6 cooking pears
\( \frac{1}{2} \) cup water
4 tablespoons sugar (brown or granulated)
\( \frac{1}{2} \) teaspoon cinnamon

Cut pears in half and take out cores. 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 \( \frac{1}{2} \) 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: \( \frac{1}{2} \) cup sugar, \( \frac{1}{4} \) cup butter, \( 1\frac{1}{2} \) 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

\( \frac{1}{2} \) lb cheese
1 cup evaporated milk

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 by searing the roast 15 minutes at 500 degrees, then reducing temperature to 350 degrees for an hour and fifteen minutes.
# Suggested Menu Number Four

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

## Luncheon
- Broiled Bacon
- Shredded Cabbage and Raisin Salad
- Beverage

## Dinner
- A-B Meat Loaf
- Smothered Potatoes
- 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>1 cup bran flakes</td>
</tr>
<tr>
<td>1/2 lb. ground pork</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>1/2 lb. ground veal</td>
<td>1/2 teaspoon pepper</td>
</tr>
<tr>
<td>1 egg</td>
<td>1/2 cup liquid</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>Sweet milk or Sour milk</td>
</tr>
</tbody>
</table>

Mix all together and put in greased baking pan. Sprinkle with bran 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>1 small onion, chopped</td>
</tr>
<tr>
<td>1 chopped green pepper</td>
<td>1/2 lb. diced cheese</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1/2 pkg. spaghetti (10c size)</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
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</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>
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<tbody>
<tr>
<td>1 1/2 lb. fresh green beans</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1/2 cup water</td>
<td>3 tablespoons butter</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>1 3/4 cups sour milk</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>3/4 cup molasses</td>
<td>1 1/2 teaspoons baking powder</td>
</tr>
<tr>
<td>1/4 cup sugar</td>
<td>1 1/2 teaspoons soda</td>
</tr>
<tr>
<td>2 cups graham flour</td>
<td>1 cup seeded raisins</td>
</tr>
<tr>
<td>1 cup cornmeal</td>
<td>1/2 teaspoon vanilla</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 cups milk
2 tablespoons butter  1 teaspoon salt
2 tablespoons flour  ¼ teaspoon pepper
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 butter
3 tablespoons flour  Juice of 1 lemon and grated rind
1 ½ cups boiling water  ¼ teaspoon salt

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 ½ cups all-purpose flour  ½ cup sugar
1 ½ teaspoons combination baking powder, or 1 egg, beaten
2 ½ teaspoons tartrate or calcium  ½ cup milk or water
phosphate baking powder  ¼ cup melted fat
1 ½ teaspoon salt  ½ teaspoon lemon juice

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 ½ 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

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<tbody>
<tr>
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<td>Eggs au Gratin</td>
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<tr>
<td>Creamed Codfish</td>
<td>Toast</td>
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<tr>
<td>Beverage</td>
<td>Stuffed Tomato Salad</td>
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<tr>
<td>Toast</td>
<td>Toasted Brown Bread</td>
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<tr>
<td>DINNER</td>
<td>Beverage</td>
</tr>
<tr>
<td>Escallop Oysters</td>
<td>Apple Sauce</td>
</tr>
<tr>
<td>Brabant Potatoes</td>
<td>Buttered Celery and Pimentoes</td>
</tr>
<tr>
<td>Chocolate Pudding Cake</td>
<td>Beverage</td>
</tr>
</tbody>
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(Concluded on next page)
ESCALLOPED OYSTERS

1 quart oysters  
2 cups coarse cracker crumbs  
1 teaspoon salt  
\( \frac{1}{4} \) teaspoon pepper  
\( \frac{1}{2} \) cup 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  
\( \frac{1}{2} \) 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  
\( \frac{3}{4} \) 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  
\( \frac{1}{2} \) 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  \( \frac{1}{2} \) 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**
- 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

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

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

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  
\(\frac{1}{2}\) cup sugar (white or brown)  
\(\frac{1}{2}\) 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 \(\frac{1}{2}\) 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

\(\frac{1}{2}\) cup sugar  
1 tablespoon flour  
\(\frac{1}{4}\) teaspoon salt  
\(\frac{1}{2}\) lb. cottage cheese  
1 teaspoon vanilla  
3 eggs  
\(\frac{1}{2}\) 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

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<td>Franconia Potatoes</td>
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<tr>
<td>Honey or Syrup</td>
<td>Escallopmed Tomatoes</td>
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<tr>
<td>Beverage</td>
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Supper

Broiled Cheese and Bacon Sandwiches  
Celery  
Toasted Orange and Nut Bread  
French Chocolate

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 32.) 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 the A-B SANI-GRILL 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

1 large loaf stale bread
(have bread about 3 days old)
1 tablespoon salt
1 tablespoon poultry seasoning
2 tablespoons chopped celery
6 tablespoons butter or margarine
1 small onion, chopped
1 tablespoon chopped parsley

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 Sani-Grill pan around chicken.

ESCALLOPED TOMATOES

1 No. 2½ can of tomatoes
1 teaspoon salt
2 tablespoons butter
1 cup of crumbs (bread, cracker or bran flakes)

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

4 cups cranberries
2 cups water
2 cups sugar

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 1/2 cup chopped nut meats
3 teaspoons any kind of baking powder 1 cup milk
1/2 teaspoon salt 1 egg, beaten
1/4 cup sugar 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 1/4 teaspoon salt
1 qt. milk 2 ounces chocolate, melted
3/4 cup sugar 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 1/4 teaspoon salt
1/2 cup cold water 1/2 cup cream (whipping)
3/4 cup sugar 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 teaspoonful 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 15 minutes at 500 degrees, then reduce temperature to 350 degrees for 1 hour and 15 minutes.

Pastry

Plain Pastry

1 1/2 cups all-purpose flour 1 teaspoon salt
1/2 cup shortening 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
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 fire 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, separated
3/4 cup brown sugar
1 1/2 cups pumpkin
1 teaspoon cinnamon
1/4 teaspoon cloves
1/2 teaspoon ginger
1/2 teaspoon salt
1 1/2 cups milk

Beat egg yolks, add the sugar, pumpkin, spices, salt and milk. Add the stiffly beaten egg whites and pour into an unbaked pastry shell. Bake 15 minutes at 450 degrees, reduce temperature to 325 degrees and bake 30 minutes. This amount makes one deep 9-inch pie.

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
6 tablespoons sugar
1/4 teaspoon salt

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
1/4 teaspoon nutmeg
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.
**STRAWBERRY GLACES**

Roll plain pastry \( \frac{1}{8} \)-inch thick, cut in 6-inch rounds and bake on the bottom of muffin tins 10 to 12 minutes at 450 degrees. Fill each tart shell with fresh strawberries and cover with the strawberry glaze.

**STRAWBERRY GLAZE**

1 cup mashed strawberries  
2 teaspoons lemon juice  
1 cup sugar

Cook all together until it drops from the spoon in thick drops. This should be cooked over a low heat so it will not stick and burn. Spread a tablespoonful over each filled tart shell. Serve as soon as cold.

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**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 6.

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.

**Pudding 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.
Sauces

WHITE SAUCE

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<thead>
<tr>
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<th>Milk</th>
<th>Salt</th>
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<tbody>
<tr>
<td>Thin</td>
<td>1 tablespoon</td>
<td>1 tablespoon flour</td>
<td>1 cup</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
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<td>2 tablespoons</td>
<td>2 tablespoons flour</td>
<td>1 cup</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Thick</td>
<td>2 tablespoons</td>
<td>4 tablespoons flour</td>
<td>1 cup</td>
<td>1/2 teaspoon</td>
</tr>
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</table>

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 chopped onion, if liked
1 No. 2 can tomatoes
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
1/2 teaspoon salt
2 cups water
4 tablespoons lemon juice
1/2 teaspoon paprika

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.
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 35.)

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)**

2 lbs. beef (with the bone) 4 cloves
2 qts. water 1 bay leaf
1 medium onion, sliced 1 sprig parsley
1/2 cup sliced carrot 1/2 cup chopped celery
1/2 cup sliced turnip 1 teaspoon salt

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 tablespoon butter
1/2 small bay leaf 1/4 teaspoon salt
1 small onion, sliced fine 1 shake of pepper
2 whole cloves 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 "partyfied" 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
1 1/2 teaspoons salt
2 tablespoons butter
1/2 teaspoon pepper
1 qt. beef stock
6 pieces of crisp toast
1 teaspoon Worcestershire sauce
1/2 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
1/2 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.
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