Approved Recipes
For Cookery With Gas

A-B Stoves, Inc.
Battle Creek, Michigan
# Approved Recipes

## And Instructions

for the

OPERATION AND CARE OF THE

### A-B Gas Range

by

DOROTHY K. HARRIS

Director Home Economics Dept.

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Price 25 Cents
THE AMERICAN housewife has for many years exhibited a decided preference for A-B Gas Ranges. In thousands upon thousands of homes, in practically every city in America, where gas is available, A-B Gas Ranges have been selected because they offer improvements and refinements not otherwise obtainable.

In the new A-B Gas Range which you have selected you have the finest product that a quarter-century of specialized manufacturing has produced. In appearance and in utility it is intended to justify, to the fullest extent, the care and discrimination you used in selecting it.

With its new features there must, of course, be suggested the employment of new cooking ideas. The art of cooking is rapidly being brought to the point where it is not only easier but one of fascinating interest as well.

To assist you in getting the fullest enjoyment out of your new range, to appreciate first-hand its greater usefulness and pronounced economy, this booklet of recipes and instructions has been carefully compiled. Read it carefully, follow the suggestions it contains.

Thorough acquaintance with your new range is all that is needed to win your unqualified praise — and your praise, with that of the great multitude of discriminating homemakers already using A-B Ranges, is ample reward, indeed, for our efforts in your interest.
1. Cooking Top
2. Burner Tray
3. Utility Drawer
4. Warming Closet
5. Warming Closet Burner
6. Work Top
7. Oven
8. Sani-Tray
9. Oven Burner
10. Table Service Broiler

Reference is made to various parts or equipment of the A-B Gas Range throughout this cook book and this general illustration should aid you in becoming more familiar with them.
TOP OF THE STOVE COOKING

Women have long demanded such changes as are now incorporated in the new A-B Gas Range. And with these new features come welcome suggestions for easier and better ways for top of the stove cooking—that is, simpler, easier, more efficient and highly economical use of the cooking top.

With the modern Dual Speed-Simmer Burner of your A-B Gas Range you can use any type of utensil equally well as the burner may be easily and instantly adjusted to the needs of any cooking purpose.

There is the full flame for fast heating and frying, the smaller "boiling" flame, then the small simmering and warming flame. The "boiling" flame uses a very small amount of gas and is the best and most economical for general purposes.

The Dual Speed-Simmer Burner will lower your gas bills appreciably because it is instantly responsive with just the right flame for any cooking purpose.

As you know, the old way of boiling vegetables was wasteful. Valuable, health-sustaining and body-building minerals and vitamins were lost. Now, with the new Dual Burner, these all-important food elements are retained—and the full, natural flavor as well.

GENERAL SUGGESTIONS FOR TOP OF THE STOVE COOKING

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 a kettleful.
Place utensils on the burner before turning on 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.

As soon as the contents of the utensil come to a boil, turn the valve to the "boiling" flame, thus saving gas, and cook food the same length of time you have always used.

Turn the "boiling" flame to the simmering point when a recipe calls for "simmering" and turn the simmering flame down to the smallest possible point to keep foods warm.

A gentle boil will cook foods just as quickly as a rapid boil, and there is much less evaporation, hence less liquid is needed.

Cook vegetables in tightly covered utensils with \( \frac{1}{2} \) cup of water, unless otherwise specified in recipe. Bring to boiling with full flame, turn to boiling or simmering flame, and finish with this small amount of gas. A glass or heat-proof cover is advisable as an aid to make sure the flame is turned to the boiling or simmering point, and that the water is just gently boiling or simmering and the vegetables are being steamed.

If care is taken when cooking on top of the range, to use the least possible amount of heat, and if the edge of the utensil is lightly greased, the contents will not boil over.

It is not necessary to cook sauces, egg dishes, puddings or chocolate dishes in the double boiler on the gas range, although the housewife may do so if she so desires. Cook the food on the full flame turned very low, until the food is hot, then turn to the "simmering" point and finish, stirring constantly.

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**Recipes**

**For Top of the Stove Cooking**

**SPICED BEETS**

Pare and dice young beets so as to have 3 cups. Put in a pan with \( \frac{1}{2} \) cup water, \( \frac{1}{2} \) cup sugar, dash of cinnamon, 2 tablespoons flour, 2 tablespoons butter, \( \frac{1}{2} \) cup vinegar, and \( \frac{1}{2} \) teaspoon salt. Cover tightly and simmer until tender, about 30-45 minutes.

**CANDIED SWEET POTATOES**

\[
\begin{align*}
1 \text{ cup water} & \\
1 \text{ cup sugar} & \\
2 \text{ tablespoons butter} & \\
\frac{1}{4} \text{ teaspoon salt} & \\
\frac{1}{2} \text{ inches stick cinnamon} & \\
4 \text{ medium-sized slender sweet potatoes} & 
\end{align*}
\]

Combine the first five ingredients in a saucepan and cook with full flame. Wash the potatoes carefully, peel, and slice. Drop into the syrup and boil gently, so the syrup bubbles over the potatoes. With a spatula turn often, from the bottom up, so all the slices will be well glazed. Cook 45 minutes to 1 hour.

Page Five
FRANKFRITTERS

1 lb. frankfurters
2 tablespoons mustard
2 eggs
½ cup milk
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
Fat for deep frying
2 tablespoons fat, melted

Unlink the frankfurters. Prick well with fork. Cook gently in boiling water 10 minutes. Drain well and cool. Split each one enough to spread mustard inside and fold together again. Prepare batter as follows: Beat eggs, add milk and fat. Add sifted dry ingredients. Beat well. Dip frankfurters into batter and fry in deep fat at 360 degrees. Serve plain or with tomato sauce.

MARSHMALLOW APPLES

1 cup sugar
¾ cup water
3 large apples
4 tablespoons lemon juice
Grated rind of lemon
12 marshmallows

Boil sugar and water until thick, add apples, which have been pared and cut into slices, lemon juice and rind. Cook until quite thick and stiff using simmering flame. Place two marshmallows in the bottom of muffin tins or paper baking cups. Pour the hot jellied apples over marshmallows and let get cold before serving.

MODERN MARMALADE

1 orange
1 lemon

Select fruit with perfect skins if possible. Quarter the fruit and shred with a sharp knife or large pair of shears. To each measure of fruit allow 3 full measures of water. Allow to soak 24 hours, then boil hard for 10 minutes. Set aside for another 24 hours. For each cupful of fruit mixture add 1 cup of sugar and add 1 extra cup. Cook until it will jell, using simmering flame, and pour into sterilized glasses. Makes 6 to 7 small glasses.

VEGETABLE FRITTERS

2 eggs, well beaten
or 4 egg yolks
1½ cup milk
3½ teaspoons baking powder
2 cups mixed cooked vegetables cut fine
2 tablespoons chopped parsley
2 tablespoons melted fat
Deep fat for frying

Combine the eggs and milk and blend with the sifted dry ingredients, beating thoroughly. Fold in the vegetables, parsley and fat. Drop by tablespoonfuls into deep hot fat (370 degrees) and fry until golden brown. Drain and serve hot with cheese sauce. Serves 6.
BUBBLING BOWL

1 1/2 lb. round steak, cut thick
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup flour
4 tablespoons fat

1 medium can cream of mushroom soup
1 tablespoon meat sauce
6 serving-sized potatoes or other vegetables

Put salt, pepper and flour into a paper bag. Cut meat into servings, place in bag and shake well, so each piece is coated. Fry in a large skillet in the fat until well-browned on both sides, with cover of skillet off. Add soup, sauce and vegetables. Cover tightly and simmer about one hour or until steak is tender. If oven is being used, this can be placed in a greased baking dish, covered tightly, and cooked about one hour at 375 degrees. Serve from utensil in which this is cooked.

ROSE NUTS

1 cup sugar
1/3 cup water

1/2 lb. walnut or pecan halves
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.

BROWNED RICE

2 tablespoons fat
1/2 cup raw rice, well washed and dried
2 cups boiling water
1/2 teaspoon salt

Melt the fat in a large skillet. Add the rice and stir until the rice is a nice brown. Add the boiling water carefully, for much steam will arise. Add salt, cover tightly. Let cook with full flame turned as low as possible, about 25 minutes or until the rice has absorbed all the water and is dry and flaky. Serves 6.

BANANA FRITTERS

2 tablespoons sugar
2 cups flour
3/4 teaspoon soda
1/2 teaspoon salt
1/4 teaspoon nutmeg (if liked)
2 egg yolks or 1 egg
1 1/3 cups sour milk
2 tablespoons melted fat
2 cups diced bananas

Deep fat for frying

Sift together the flour, soda, salt, sugar and nutmeg. Combine the beaten yolks, milk and shortening and add to the flour mixture. Beat until smooth. Add bananas. Drop by spoonfuls into deep hot fat (375 degrees), and fry until a rich brown, turning frequently. Serve hot with syrup. Makes about 16 fritters.
SPICED BAKED ORANGES

Select large thin skinned oranges and allow one-half to a person. Prick each one several times with a fork and boil 30 minutes or until the peel is tender. If the kettle is tightly covered they will cook much quicker. Cool and cut each one in half cross-wise. On each half spread ½ teaspoon soft butter, 1 teaspoon sugar, a little cinnamon and one marshmallow. Place in baking pan and bake 20 minutes at 350 degrees. These are served with meats or fowl and the peel is eaten too.

DEVILED RAISINS

2 tablespoons cooking oil 1/4 teaspoon paprika
1 cup seedless raisins 1/4 teaspoon ginger
1/2 teaspoon salt

Heat the oil very hot in small frying pan, add raisins and cook until they are plump, about 3 minutes. Drain on paper and sprinkle with blended spices. Serve hot as a relish with meats, or with a salad.

DUMPLINGS FOR STEW

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

Sift flour, salt and baking powder into mixing bowl. Add milk gradually and mix to a soft dough. Drop by spoonfuls into boiling liquid and cover closely. Steam 10 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.

VEAL COLLOPS

1 lb. veal steak (cut thin) 3/4 cup cracker crumbs
1 egg, slightly beaten Salt and pepper
2 tablespoons water Fat for deep fat frying

Cut veal into pieces the size of an oyster, dip in the beaten egg, to which the water has been added, then in the cracker crumbs. Fry in deep fat at 375 degrees, until brown.

STEAMED EGGS

For every egg to be steamed allow 1 tablespoon of water. 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, and steam for 20 minutes using simmering flame and one-half cup of water regardless of the number of eggs.

All vegetables listed under oven dinners can be cooked on the surface burners as well as in the oven, using the same recipe and cooking according to general suggestions for cooking vegetables on page 4.
THE THRIFTY-MAID COOKER

"May be used on cooking top or warming compartment"

The A-B Thrifty-Maid Cooker affords a very economical way of cooking. Less expensive cuts of meat, such as the rump, chuck, flank, brisket, short-ribs, Shank and plate, can be used to great advantage. These cuts are just as high in nutritive value as the more expensive ones and when their tough fiber walls and connective tissues are softened by the slow moist heat of the Thrifty-Maid, they are tender, juicy and flavorful. Also they contain just as much food value as the more tender cuts. Very little gas is used with the A-B Cooker, and its operating cost is remarkably small.

USES OF THE COOKER: Foods requiring long, slow cooking and simmering, such as soups, stews, steamed puddings and breads, vegetables, less tender cuts of meat, cereals. It can also be used for sterilizing bottles and jelly glasses. Serving dishes or a platter can be warmed on top of cooker while food is being cooked.

DIRECTIONS FOR USING

Leave cover partially off cooker when not in use. It is advisable to remove the grate before placing cooker on the burner. This saves heating the grate and is economy.

When using cooker on burner in warming compartment bring contents to a boil with full flame, then reduce flame.

If foods are to be cooled in the cooker, leave the cover off and cover with a clean tea-towel. Foods may become sour and tainted when cooled tightly covered.

A long-handled wooden spoon is advisable for stirring contents of the cooker.

The rack or trivet should always be placed in cooker when foods are being steamed in the containers and when bottles are being sterilized.

When steaming foods in the containers of cooker, 1 1/2 cups of water should be placed in bottom of large compartment (unless otherwise specified in a recipe).

Do not turn off the gas until ready to serve the food in the cooker when vegetables are being cooked. In other words, if the temperature in the cooker goes below the simmering point the flavor of the vegetables will intermingle.

When washing the cooker be sure it is perfectly dry before putting it back into the jacket.

The jacket of the cooker should NEVER be put into water. Keep it clean by wiping with a cloth wrung out of hot soapy water, then dry it well.
Recipes for “Thrifty-Maid”

SWISS STEAK

2 lbs. round steak, cut thick 2 tablespoons fat
1/2 cup flour 2 cups stewed tomatoes
1 teaspoon salt Chopped onion and green pepper
Pepper to taste (If liked)

Wipe steak with a clean damp cloth. Cut into serving-size pieces. Mix flour, salt and pepper and pound into meat until all is used. Heat fat in cooker, with full flame. When fat is sizzling ‘hot, sear meat on both sides (with cover off) until brown. Add tomatoes, onion and pepper. Cover cooker, and turn flame to boiling position. After food is boiling turn flame to simmering point and simmer 1 1/2 to 2 hours. Serves 6.

POT ROAST
(May be Beef, Pork, Lamb or Veal)

Have a 4- or 5-pound roast tied into shape. If the meat lacks natural fat, have the butcher wrap some fat around the roast. Wipe meat with a clean, damp cloth, season well with salt and pepper. Heat 2 tablespoons fat in cooker until sizzling hot, and brown meat on all sides with cover removed. When browned add 1/2 cup boiling water and an onion for seasoning. Cover cooker, turn flame to simmering point and simmer 40 to 50 minutes to the pound. One hour before end of cooking time, add medium-sized peeled potatoes. When done, remove meat and potatoes to a hot platter. Shake equal parts browned flour and water (see page 59), in a jar with a tight cover, until well blended. Use this to thicken the gravy. Add more seasonings to gravy as desired, add flour mixture and cook until well thickened and brown. Serves 6.

SHORT-RIBS OF BEEF WITH NOODLES

3 pounds of short-ribs 8 ozs. of noodles
2 tablespoons fat Salt and pepper

Have butcher crack ribs into serving-size pieces. Wipe with a damp cloth and season with salt and pepper. Heat fat in cooker with full flame until sizzling hot, and brown ribs on all sides (with cover removed). Cover cooker and reduce flame to simmering point, simmer 2 1/2 hours (with cooker covered). One-half hour before serving add noodles and stir them under meat as much as possible. Replace cover, and cook until noodles are done, stirring once or twice. If potatoes or other vegetables are desired instead of noodles, place on top of ribs and steam one hour. Serves 6.

STERILIZING BOTTLES

Place bottles or glasses on rack in cooker with open end down. Pour in 2 cups water, cover cooker, and steam about 45 minutes.

Page Ten
FRICASSEE OF CHICKEN

4-lb. chicken
1 cup brown flour
3 tablespoons fat
Salt and pepper

Clean, singe, wash and disjoint the chicken. Mix the flour, salt and pepper in a large strong paper bag, add chicken and shake well so each piece is well coated. Heat the fat in uncovered cooker until sizzling hot and brown chicken well. Pour enough boiling water over the chicken to cover, place cover on cooker, turn flame to simmering point and simmer 2½ to 3 hours or until done. Remove chicken to a hot platter and thicken the gravy with the flour remaining in the bag (mixed to a paste with a little water). Serves 6.

BAKED BEANS

1 lb. navy beans
2 tablespoons molasses
5 tablespoons brown sugar

½ lb. salt pork
1 teaspoon salt
6 cups water

Pick over and wash the dry beans. Mix all ingredients except the pork, in the cooker. Cut the pork into cubes and add, mixing it thoroughly with the bean mixture. Cover cooker and turn flame to boiling point for 1 hour, then turn flame to simmering point and simmer 6 to 7 hours. Stir once or twice during cooking.

BROWN BREAD

2 cups graham flour
1 ½ cups white flour
½ cup cornmeal
½ teaspoon baking powder
½ cup molasses

½ teaspoon salt
2 teaspoons soda
1 cup raisins
2 cups sour milk or buttermilk

Mix all ingredients in order given. Grease the containers of the cooker and fill with the mixture. Cover tightly. Place rack in cooker, add 1½ cups boiling water, and place containers on rack. Cover cooker and turn flame to full until water is boiling, then reduce to simmering and steam 1 hour. Remove from containers as soon as done and turn on a rack to cool. This may also be baked in oven 50 minutes at 350 degrees in 2 loaf pans.

CORNMEAL MUSH

1 quart water
1 pint milk

1 pint cornmeal (2 cups)
1 teaspoon salt

Put water into cooker and bring to a boil with full flame. Mix the milk salt and cornmeal until smooth. Add to boiling water gradually, stirring all the time. When mush is bubbling, turn to simmering point and cook 1 hour. When done turn into pans which have been well-greased. Cool on a cake rack. When cold turn out, slice as desired and fry. (The milk prevents lumping and gives a nicer brown to the mush).

PREPARATION OF SPECIAL DISHES

Sour kraut and spare ribs, New England boiled dinner, rice, all kinds of steamed puddings and breads. All of these are particularly wholesome and appetizing when prepared the A-B Cooker way.
VEGETABLE MEAL

Beets
Carrots
Turnips
Seasonings

Pare and cut the vegetables into cubes. Place each separately in the containers of the cooker, without any water, but with the seasonings desired, such as butter, salt, pepper, sugar, vinegar, etc. Clamp on covers. Place rack in cooker, add 1 1/2 cups boiling water, place containers and cover cooker. Bring water to boil with full flame, then reduce to boiling point and steam 1 1/2 hours or until tender.

OLD-FASHIONED VEGETABLE SOUP

4 quarts cold water
1 beef shank
1 bunch celery with leaves
1 small sprig of parsley
1 chopped pepper
1 No. 2 can tomatoes
3 cups chopped cabbage
1/2 large rutabaga, sliced
3 medium onions, sliced
1/2 cup uncooked rice or barley
3 sliced carrots
Salt and pepper

Wipe meat with a clean damp cloth to remove any splinters of bone, especially where the bone was cracked. Place meat in cooker with the water and bring to a boil with full flame. Skim or not as you desire. When rapidly boiling, turn to simmering flame, cover and simmer 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 particle of bone. Return meat and broth to cooker, add the vegetables, cover and simmer until done. Potatoes may be peeled and added to this if desired. This soup is just as good the second day if kept in the refrigerator.

ENGLISH 6-CUP PUDDING

1 cup chopped suet
1 cup bread crumbs
1 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup brown sugar
1 egg, well beaten
2 teaspoons cinnamon
1 teaspoon ginger
1/4 teaspoon cloves
1 cup seedless raisins
1 cup currants
1 scant cup milk (fruit juice or wine may be used)

Sift flour, baking powder and salt into mixing bowl. Add rest of ingredients. Grease containers of cooker and fill 2/3 full of mixture. Place a double fold of cheesecloth over container to absorb the steam. Place rack in bottom of cooker, add 2 cups boiling water. Place containers on rack. Cover cooker and steam 2 hours with the flame turned to the boiling point. Makes about 3 pounds of pudding.

Whenever possible, plan A-B Thrifty-Maid Cooker Meals. It is the smart, thrifty way to serve flavorsome foods for the entire family.
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 36.)

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 soup 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>2 lbs. beef (with the bone)</th>
<th>4 cloves</th>
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<tbody>
<tr>
<td>2 quarts water</td>
<td>1 bay leaf</td>
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<tr>
<td>1 medium onion, sliced</td>
<td>1 sprig parsley</td>
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<tr>
<td>½ cup sliced carrot</td>
<td>½ cup chopped celery</td>
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<tr>
<td>½ cup sliced turnip</td>
<td>1 teaspoon salt</td>
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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 ½ 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, bay leaf, 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.

ONION SOUP (AU GRATIN)

4 large onions
2 tablespoons butter
1 qt. beef stock
1 teaspoon Worcestershire sauce
1 tablespoon flour
1/2 teaspoon salt
1/8 teaspoon pepper
6 pieces of crisp toast
(Rye bread is especially good)
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
1/8 teaspoon pepper
4 cups milk
1 cup vegetable pulp (celery, spinach, asparagus, corn, potatoes, 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 tomatoes
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.

(Old-Fashioned Vegetable Soup, see Page 12)
Always leave Oven Door Open for a few minutes when starting to preheat. A cold oven, when heated, is subject to condensation of moisture.

When through using the oven it is best to leave the door open until the oven is cold, thus drying out any moisture that might remain in the oven after baking is finished.

**TEMPERATURE CHART**

<table>
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<th>Type of Oven</th>
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<tr>
<td>Very slow oven</td>
<td>225 to 250 degrees</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>
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<td>Hot oven</td>
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<td>Quick oven</td>
<td>400 to 450 degrees</td>
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<tr>
<td>Very hot oven</td>
<td>450 to 500 degrees</td>
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<tr>
<td>Broiling</td>
<td>550 degrees</td>
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The following menus have been carefully worked out, and after consulting these a few times the housewife will find it easy to plan meals of her own.

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

**DIRECTIONS FOR USING THE A-B GAS OVEN**

When using just one rack in oven have it placed on runner nearest center of oven. When using two racks at the same time have them placed as far apart as possible, so heat can circulate between racks and brown the foods evenly.

Arrange oven racks before preheating oven. If the racks have to be changed after the oven has come to temperature, a great deal of heat is lost.

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."

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 to be baked. As a rule they will both be ready about the same time.

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.

Do not store foods in the oven. It is not refrigeration and is unhealthy and undesirable.
DIRECTIONS FOR USING THE A-B GAS OVEN (Continued)

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.

Many of the A-B Gas Ranges are equipped with a warming compartment. It can be used for warming dishes, foods, rolls and bread doughs, and is also a very good place to keep cereals and crackers so they will not lose their crispness.

The Sani-Tray of the A-B Gas Range protects the bottom of the oven from any foods that might boil over during cooking. It may be washed with hot soap suds 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 Sani-Tray should always be in oven on first runner from bottom.

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 become more difficult to remove.

DIRECTIONS FOR USING THE HEAT CONTROL

1. Decide the temperature necessary for the particular food or foods to be cooked.
2. Set pointer on oven heat control to degree of heat wanted.
3. Open the oven gas valve full and light the gas.
4. If the heat control is equipped with "Thermal Eye," wait until the little red eye appears, then place food in oven and bake according to recipe.
5. If heat control is not equipped with "Thermal Eye," 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.

When possible plan oven-cooked meals. It is not economy to have two foods cooking in the oven and two on the cooking top at the same time.

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.

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.
Suggested Menu Number One

**BREAKFAST**
- Fruit
- Bacon and Eggs
- Marmalade or Jam
- Toast
- 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 pan 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 PREHEATED oven this entire meal may be cooked in 1 hour at a temperature of 400 degrees.
Suggested Menu Number Two

BREAKFAST
Steamed Apricots  Creamed Chipped Beef on Toast
Cereal  Lettuce Salad
Tomato Juice  Omelet  Toast  Baked Apples with Sugar and Cream
Beverage  Beverage

LUNCHEON

DINNER
Breaded Veal Chops  Escalloped Potatoes  Stuffed Peppers  Gingerbread
Beverage

BREADED VEAL CHOPS
6 veal chops  2 eggs, well beaten
1 cup crumbs or bran flakes  4 tablespoons water

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.

TOMATO JUICE OMELET
4 eggs, separated  ¼ cup tomato juice
½ teaspoon salt  2 tablespoons butter

Beat egg yolks until thick and lemon-colored. Add salt. Beat egg whites until foamy, add tomato juice and continue to beat until stiff. Carefully fold into first mixture and pour into hot frying pan containing the butter. Cook over a low heat until well puffed. Place in a 325 degree oven and cook until top is firm to touch. Serves 4.

ESCALLOPED POTATOES
6 medium sized potatoes  4 tablespoons butter
2 tablespoons flour  Milk and seasoning

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
2 cups all-purpose flour  1 teaspoon ginger
1 ¼ teaspoons soda  ¼ cup melted shortening
¼ teaspoon salt  ¾ cup molasses
1 teaspoon cinnamon  1 egg, beaten
½ cup boiling water or ½ 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 or for 35 minutes at 350 degrees. Serve with whipped cream or fruit.
CREAMED CHIPPED BEEF

Place ¼ pound of diced 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 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 PREHEATED oven this entire meal may be cooked in 1 hour at a temperature of 375 degrees.

Suggested Menu Number Three

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<thead>
<tr>
<th>BREAKFAST</th>
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<td>Baked Carrots</td>
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<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, page 31).
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 brown 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 tea-
spoons 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, lay in bak-
ing pan and bake with the dinner.

BAKED PEARS

6 cooking pears
1/2 cup water
4 tablespoons sugar (brown or granulated)
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 1/2 inch thickness. Brush with
softened butter and cover with diced apples. Sprinkle with sugar and cin-
namon. 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 tea-
spoon 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

1/2 lb. cheese
1 cup evaporated milk

Cut cheese into small pieces. Scald milk using sim-
mering flame, add cheese and cook until sauce is smooth,
stirring constantly.

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 PREHEATED oven this en-
tire 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**

1 lb. ground beef  
½ lb. ground pork  
½ lb. ground veal  
1 egg  
1 cup bran flakes or crumbs  
2 teaspoons salt  
½ teaspoon pepper  
½ cup liquid  
Tomato juice  
Sweet milk or Buttermilk

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**

1 No. 2 can tomatoes  
1 chopped green pepper  
1 teaspoon salt  
1 small onion, chopped  
½ lb. diced cheese  
½ pkg. spaghetti (10c size)  
1 tablespoon butter

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. This can also be cooked slowly on top of range.

**GREEN BEANS**

1½ lb. fresh green beans  
½ cup water  
1 teaspoon salt  
3 tablespoons butter

String beans and cut into small pieces. Place in baking dish with the other ingredients, cover and cook with dinner.
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
4 tablespoons flour
1 1/2 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 1/2 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
1/2 cup sugar
1 egg, beaten
1/2 cup milk or water
1/2 cup melted fat
1/2 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 onto a serving dish 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 PREHEATED oven this entire meal may be cooked in 1 hour at a temperature of 400 degrees.

Suggested Menu Number Five

BREAKFAST LUNCHEON
Cereal with Dates Egg au Gratin
Creamed Codfish Toast Stuffed Tomato Salad Toasted Brown Bread
Beverage Beverage

DINNER
Escallopded Oysters Buttered Celery and Pimentos
Brabant Potatoes Apple Sauce
Chocolate Pudding Cake
Beverage

PAGE TWENTY-TWO
ESCALLOPED OYSTERS

1 quart oysters
2 cups coarse cracker crumbs
1 teaspoon salt

¼ teaspoon pepper
½ 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

½ 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
½ 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
½ cup shortening
1 cup sugar (white or brown)
2 eggs, well beaten

1½ cups all-purpose flour
1 teaspoon soda
1 cup sour milk
½ 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 330 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

**LUNCHEON**
- Cereal
- Spiced Apple Salad
- Beverage

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

**PORK CHOPS SUPREME**
- 6 thick pork chops
- 1 tablespoon salt
- 1 teaspoon sugar
- ½ cup browned flour
- 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
- 1 tablespoon pickling spices
- Coloring to suit
- 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
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 chopped pepper, red or green
- ½ lb. package Swiss cheese

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

Pare the beets and cut into thin slices. Add rest of the ingredients and steam in a well-greased baking dish, tightly covered.
BROWNED 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  
1/2 cup sugar (white or brown)  
1/3 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 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

1/2 cup sugar  
1 tablespoon flour  
1/4 teaspoon salt  
1/2 cup cream  
1/2 lb. cottage cheese  
1 teaspoon vanilla  
3 eggs

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

BREAKFAST  
Fruit  
Frizzled Dried Beef  
Honey or Syrup  
Beverage  

DINNER  
Roast Chicken  
Squash  
Franconia Potatoes  
Cranberries  
Escalloped Tomatoes  
Bran Muffins  
Chocolate Rice Pudding  
Beverage

Supper  
Broiled Cheese and Bacon Sandwiches  
Celery  
Everyday Fruit Cake  
French Chocolate

FRIZZLED DRIED 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.
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 34). 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

1 large loaf stale bread
( have bread about 3 days old)
1 tablespoon salt
1 tablespoon poultry seasoning

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 the chicken. Turn once while baking.

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.
**CHOCOLATE RICE PUDDING**

- ½ cup raw rice
- 1 qt. milk
- 2/3 cup sugar
- ¼ teaspoon salt
- 2 ounces chocolate, melted
- ½ 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**

- 2½ sqs. bitter chocolate
- ¼ teaspoon salt
- ½ cup cold water
- ¾ cup sugar
- ½ 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.

**EVERYDAY FRUIT CAKE**

- 2/3 cups brown sugar (packed)
- ¼ cup shortening
- 1 egg
- 1 cup seedless raisins, covered with water and boiled
- ½ cup raisin juice
- 1 1/2 cups pastry flour
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon soda

Cream the shortening and sugar well and add the egg, beating hard. Add cinnamon to this mixture. Sift the flour, salt and soda and add to egg mixture, alternately with the raisin juice. Mix in the raisins and pour into a well greased pan or casserole. Bake 40 to 50 minutes at 350 degrees. Other fruits or nuts may be added as desired.

**ALL-BRAN MUFFINS**

- ½ cup shortening
- ½ cup sugar
- 3 eggs (beaten well)
- 1 2/3 cups sour milk
- 1 1/4 cups bran
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon soda
- 1 teaspoon salt

Cream shortening and sugar. Add eggs, sour milk and bran and let soak until moisture is taken up. Sift flour with baking powder, soda and salt and add to first mixture—stirring only until flour disappears. Bake in greased muffin tins 400° F. for 20 to 25 minutes. Part of batter may be baked as muffins and remainder covered and kept in refrigerator and used later for waffles or thinned with milk for griddle cakes.

**NOTE:** Allow 2½ 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 PREHEATED OVEN allow two hours at 350 degrees.
PUDDINGS AND SOUFFLES

With the modern well insulated gas ovens of today it is not necessary to set the dish containing a souffle or custards into another containing water, unless desired.

RHUBARB BATTER PUDDING

2 cups pastry flour  1 cup sugar
½ teaspoon soda  1 ½ cups uncooked rhubarb, cubed
1 teaspoon baking powder  1 egg, well beaten
½ teaspoon salt  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  1/3 cup sugar
5 tablespoons flour  3 tablespoons orange juice
4 tablespoons butter  1 tablespoon lemon juice
3 egg yolks  Grated rind ½ 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  ½ teaspoon salt
½ cup diced cheese
5 tablespoons flour
3 egg yolks
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.

HEALTH APPLES

¾ cup sugar  ¾ cup bran flakes
2 tablespoons water  ¾ cup raisins
5 apples

Mix sugar and water in a 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.
MACARONI LOAF

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

EGG TIMBALES

4 eggs, slightly beaten
1½ cups rich milk
1 teaspoon salt

Scald the milk and pour over the slightly beaten eggs. Add the salt, and pepper and paprika if liked. Grease timbale molds, custard cups or muffin tins generously with butter, fill with the egg mixture. Bake in a 325 degree oven 30 to 35 minutes. When done, run spatula around timbale to loosen, invert on a warm platter, so timbale will slip from mold, and serve immediately. Six timbales. Very nice served with boiled rice and cheese sauce.

LIFE SAVERS

On a piece of stale cake or a large cookie place some preserves or fruit, either fresh or canned. Cover with meringue and bake 15 to 25 minutes at 300 degrees.

MERINGUE

2 egg whites
⅛ teaspoon salt
½ cup granulated sugar
½ teaspoon flavoring

Beat the egg whites until stiff but not dry. Beat in the sugar one tablespoon at a time until all is used. Add flavoring and use as directed in recipe.

BAKED POTATOES

Select serving size potatoes, one to a person. Pierce each one with a fork to let out the steam, brush with fat and bake 45 minutes to 1 hour at 450 degrees.

CHEESE PUDDING

Arrange four slices of buttered bread in bottom of baking pan. Spread the bread with ½ a pound of American cheese, cut in thin slices, then cover with 4 more slices of buttered bread, sandwich fashion. Beat four eggs slightly, add 2 cups milk, 1 teaspoon salt and little paprika. Pour this over bread and cheese. Let stand while the oven is heating to 350 degrees. Bake about 40 minutes or until puffed up and brown. Serves 6.
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.

DELMONICO POTATOES

4 cold boiled or baked potatoes  
2 tablespoons butter  
1 1/2 lb. store cheese  
1/2 tablespoon flour  
1/2 teaspoon salt  
1 teaspoon paprika

Blend butter and flour in pan, using a low heat, add milk and cheese and cook until smooth and cheese melted. Dice the potatoes and put in well buttered baking dish. Mix salt and paprika with sauce, pour over potatoes and put some of the cheese over top. Bake 30 minutes at 400 degrees.

OVEN-COOKED NOODLES

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

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 covered 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.

MAKING PRESERVES AND JAM IN THE OVEN

Instead of cooking preserves and jams on the top of the range, and having to stir continuously to prevent sticking and burning, try the oven method. Place prepared fruit and sugar in shallow pan, and put into cold oven. Set heat control for 350 degrees and cook until fruit is of the desired thickness, about one hour. Stir twice during the cooking. Seal in sterilized jars.
ROASTING TIME AND TEMPERATURE FOR MEATS, POULTRY AND GAME

Prepare the meat or poultry for roasting (pages 19 and 26 in Oven Dinners), and place in pan, which may be the bottom part of a roaster, dripping pan or ordinary baking pan.

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 owing to the spattering of the fat there will be a great deal of smoke, and shrinkage will be greater. Roasting at a lower, constant temperature has been found to be very satisfactory. The smoking is eliminated, and the meats will be much juicier.

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 pages 17 to 27.

Less expensive cuts of meat must be covered and roasted 40 to 50 minutes per pound at 300 to 350 degrees.

**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 350 degrees.**

**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

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

**Turkey**
- If not seared, allow 30 to 35 minutes to the pound at 350 degrees.

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

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

**Wild Duck**
- 15 minutes to the pound. 425 degree oven for entire cooking period.

**TEMPERATURE GUIDE WHEN USING MEAT THERMOMETER**

<table>
<thead>
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<th>Meat</th>
<th>Temperature</th>
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<tr>
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<tr>
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<td>155°F</td>
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<tr>
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</tr>
<tr>
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<td>185°F</td>
</tr>
<tr>
<td>Pork, cured</td>
<td>170°F</td>
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</tbody>
</table>

**Venison**
- 15 minutes to the pound. 425 degree oven for entire cooking period.

**Poultry**
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 400-degree oven or place under the broiler until they are crisp and brown.

BARBECUE SAUCE

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<th>Quantity</th>
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</tr>
<tr>
<td>meat sauce</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>pickling spices</td>
<td>1 tsp</td>
</tr>
<tr>
<td>mustard</td>
<td>½ tsp</td>
</tr>
<tr>
<td>water</td>
<td>⅛ cup</td>
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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 ½ lbs. thick round or chuck steak
2 cups chopped onion
1 ½ teaspoon salt

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

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
Salt
Milk
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 1 ½ hours. 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.
ROAST PORK

Roast loin of pork  
2 tablespoons brown flour (see page 59)  
1 teaspoon sugar  
3 teaspoons salt  
2 teaspoons poultry seasoning

Wipe the roast with a damp cloth. Mix the seasonings together and rub into roast. Lay in a greased roasting pan, fat side up, and place in a 350 degree oven, allowing 30 minutes to the pound. Serve with CORNMEAL PUFFS (Page 39.)

PIGEONS

6 thin pork or lamb steaks cut from the shoulder  
½ a recipe of poultry stuffing (page 26)  
1 cup liquid which may be hot water, fruit juice or cider  
Salt and pepper

Wipe the steaks with a damp cloth, then dust with salt and pepper. Spread some of the dressing over each steak, roll up and fasten with a skewer or kitchen pin (toothpick). Place in baking pan, add liquid and bake 1 hour at 350 degrees. Baste once or twice during baking.

CHOPS WITH VEGETABLES

6 pork or veal chops  
1 can peas (drained)  
1 can tomato soup  
1 teaspoon salt  
Butter

Lay the chops in greased baking dish. Season with the salt and pepper. Pour peas over the chops, then add the tomato soup. Dot with pieces of butter and bake 40 to 60 minutes at 425 degrees, according to the thickness of the chops.

SMOTHERED STEAK

1½ lbs. round or sirloin steak  
Salt  
Pepper  
Brown flour  
1 medium can of cream of mushroom soup  
1 tablespoon meat sauce  
6 serving size potatoes

Cut steak into servings, sprinkle with salt and pepper and dip in flour. Fry in skillet with several tablespoons of fat on full flame until brown on both sides. Add soup, sauce and pared potatoes. Cover tightly and simmer about 1 hour or until steak is tender and potatoes done. If oven is being used this can be placed in greased baking dish which has a cover, and cooked 1 hour or until done at 375 degrees. Serves 6.
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 skewers 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 31.

For the gravy, allow 1 tablespoon of fat and 1 tablespoon of brown flour to ½ 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.

In roasting a duck or goose, place a whole apple which has been pared, in the craw of the fowl. This absorbs all the excess fat. Remove before serving and discard.

OVEN FRICASSEE OF CHICKEN

Clean a plump young chicken and cut up for serving. Into a large paper bag put 1 cup of brown 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 ½ 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 3 tablespoons flour
4 tablespoons fat 2 cups water
1 small onion, sliced 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 and 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 way 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 gibel 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 | 2 tablespoons butter |
| 1 tablespoon flour | 1 cup boiling water |
| 3/4 teaspoon salt | 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 | Juice of 1 large lemon |
| 1 cup sugar | 2 tablespoons butter |

Beat egg in small saucepan, add rest of ingredients and cook until foamy. Stir constantly.

WHITE SAUCE

- Thin: 1 tablespoon shortening, 1 tablespoon flour, 1 cup milk, 1/2 teaspoon salt
- Medium: 2 tablespoons shortening, 2 tablespoons flour, 1 cup milk
- Thick: 2 tablespoons shortening, 4 tablespoons flour, 1 cup milk, 1/2 teaspoon salt

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

HONEY SCOTCH SAUCE

1/4 cup butter, 1/4 cup boiling water, 2 tbsp. cornstarch or 3 tbsp. flour, 1 1/2 cups strained honey, 1/4 tsp. salt, 8 marshmallows (cut in quarters)

Melt butter in saucepan. Remove from heat, add cornstarch, and stir until smooth. Add honey and water. Return to range and simmer for 5 minutes. Add lemon juice, salt and marshmallows. Remove from range as soon as marshmallows have melted. Serve warm or hot on ice cream, steamed or baked puddings, and apple betty. 8 to 10 servings.

BUTTER SAUCE

| 4 tablespoons butter | 2 cups water |
| 4 tablespoons flour | 4 tablespoons lemon juice |
| 1/2 teaspoon salt | 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. Milk may be used instead of the water and this makes a medium white sauce.

MAPLE BUTTER

1 cup maple syrup, 3/4 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, 1/3 cup cocoa, 1 cup sugar, 1/6 teaspoon salt

Mix all together and cook slowly 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

| 1/2 cup white corn syrup | 1/2 cup sugar |
| 1/2 cup cream | 1 tablespoon butter |
| 1/2 teaspoon vanilla |

Cook syrup, cream and sugar together with boiling flame until thickened. Remove from range and add butter and vanilla.
FISH

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, PAGES 50 TO 54

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 baking 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.

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)  
1 teaspoon chopped onion  
1 bay leaf  
1 teaspoon salt  
3 whole all-spice berries  
Fresh dill to suit (if obtainable)  
1 teaspoon chopped parsley  
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 to 20 minutes to the pound. Serve with the sauce in the bag.

SALMON LOAF

1 can (2 cups) salmon  
1 teaspoon grated onion  
2 cups stale bread crumbs  
2 teaspoons lemon juice  
2 egg yolks  
2 tablespoons butter  
2 cups scalded milk  
2 egg whites  
2 teaspoons salt  
Remove skin and bone from salmon and flake with a fork. Scald milk and pour over the crumbs, then add salmon, salt, butter, onion, lemon juice and egg yolks. Blend well. Fold in the stiffly beaten egg whites last. Bake in a well-greased pan, 425 degrees, 1 hour.
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; reduced to 400 and finish baking. At end of one-half hour loaves should be alternated on the racks.

To reheat left-over muffins, rolls or biscuits, place in a paper bag, close tightly and heat in oven for 15 minutes.

CRUMB COFFEE CAKE

2 1/2 cups family flour  1 teaspoon baking powder
1/2 cup shortening  1 egg
2 cups brown sugar  1/2 teaspoon soda
1/2 teaspoon salt  3/4 cup buttermilk
1 teaspoon cinnamon

Mix flour, sugar, salt and cut in the shortening. Save 3/4 of a cup of the crumbs for topping. To remainder add the rest of the ingredients in order given. Beat briskly until batter is smooth. Pour into two well-greased 9-inch cake pans and scatter the crumbs over top. Bake 35 minutes at 400 degrees.

NUT BREAD

3 cups pastry flour  1 1/4 cups brown sugar (packed)
3 teaspoons baking powder  1 1/2 cups milk
1/2 teaspoon salt  1 cup chopped nuts

Sift flour, baking powder and salt into mixing bowl. Stir in the brown sugar, milk and nuts. Pour into well-greased bread pans and bake 45 to 60 minutes at 350 degrees. The top of the loaves can be decorated with nut halves before baking if desired.

PRUNE BREAD

2 1/2 cups bread flour  1 cup cooked prunes, chopped
1/2 teaspoon salt  1 cup sour milk or buttermilk
1 teaspoon soda  1 egg, slightly beaten
1 teaspoon baking powder  1 teaspoon melted shortening
3/4 cup sugar

Sift all dry ingredients into a mixing bowl, then add prunes. Add remaining ingredients in order given and beat well. Bake in well-greased loaf tin 45 to 60 minutes at 350. This may be baked in one large loaf pan or two smaller ones.
CORNMEAL ROLLS

3/4 cup cornmeal
1 cup flour
1 tablespoon sugar
1 teaspoon salt
4 teaspoons baking powder
1/2 cup milk
1 egg
3 tablespoons shortening

Sift the dry ingredients into a mixing bowl, add rest in order given and mix well. Pat out about 1/2 inch thick and cut with biscuit cutter. Place on well-greased cookie sheet, brush with melted butter and bake at 400 degrees about 10 or 15 minutes.

CORNMEAL PUFFS

1 egg
1 cup thick sour milk
1/2 teaspoon salt
1/2 teaspoon soda
1/3 cup cornmeal
6 teaspoons pork drippings

Beat the egg in a mixing bowl and add the rest of the ingredients in order given except the drippings. Into each muffin ring put 1 teaspoon of drippings and set pan in oven to get piping hot. Fill rings 2/3 full of the batter and bake 20 minutes at 400 degrees. Serve hot with roast pork. Makes 6 puffs.

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
1/2 teaspoon salt
1 cup milk
2 cups all-purpose flour

Cook cut peel in water until peel is tender, with pan well covered, 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

1 1/2 cups cornmeal (white or yellow)
1 teaspoon soda
1 teaspoon salt
2 eggs
2 cups thick sour milk or 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 pie tin.

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.
JIFFY YEAST ROLLS

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

Combine hot water, 1/4 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 1/2 cup white flour.
Cheese Rolls.—Add 2 cups finely cut up cheese.

MUFFINS

2 cups all-purpose flour  1/2 teaspoon salt
4 teaspoons tartrate or calcium  2 to 4 tablespoons sugar
phosphate baking powder or 1 egg, well beaten
2 teaspoons combination baking powder 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. Oversirring 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.

BAKING POWDER BISCUITS

(Basic Recipe)

2 cups all-purpose flour  2 teaspoons combination baking powder
4 teaspoons tartrate or calcium 1 teaspoon salt
phosphate baking powder, or 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, brush tops with milk and bake 12 to 15 minutes in a 450 or 475-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 PANCAKES

2 cups all-purpose flour  2 teaspoons sugar (optional)
1 teaspoon baking powder  1 egg, well beaten
1 teaspoon salt  2 cups thick buttermilk or sour milk
1 teaspoon soda  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.
CAKES

ONE-EGG CAKE

1 1/2 cups pastry flour  1/2 cup liquid
3/4 cup sugar  1 egg
2 teaspoons baking powder  3 or 4 tablespoons melted fat
1/2 teaspoon salt  1/2 teaspoon vanilla

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, 8x8x2, 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 custard cream. (See Page 42) Served with a hot sauce, it makes a delicious Cottage pudding.

QUICK LAYER CAKE

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

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 8 1/2-inch cake pans, 25 minutes at 375 degrees.

VARIATIONS

MAPLE NUT CAKE
Use brown sugar in place of granulated and add 1/2 cup nut meats.

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.

Page Forty-One
CUSTARD CREAM

1/2 cup sugar
4 tablespoons flour
1/4 teaspoon salt
1 1/2 cups milk
2 egg yolks, beaten
1 teaspoon vanilla
1 tablespoon butter

Combine sugar, flour and salt in saucepan. Add milk and slightly beaten egg yolks, mixing thoroly. Simmer, stirring constantly, until thick and smooth. Fills one small pie shell, or 12 cream puffs.

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
1/2 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.

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. Simmer 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.

DELICATE WHITE CAKE

2/3 cup 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. Fill and frost with chocolate frosting.
RED DEVIL'S FOOD

1/2 cup shortening (room temperature)  1 1/4 teaspoons soda
1 cup sugar  1/4 teaspoon salt
2 eggs, well beaten  3/4 cup sour milk or buttermilk
2 oz. sq. bitter chocolate, melted  1 teaspoon vanilla
2 cups pastry flour  1/3 cup boiling water

Cream the soft shortening, add the sugar gradually and cream well. Add eggs and beat. Add chocolate and mix well. Add sifted dry ingredients alternately with the sour milk, beginning with the flour, and beating until smooth. Add vanilla. Add boiling water and beat in well. Turn into a greased loaf pan and bake 40 to 50 minutes at 350 degrees. Turn out on rack to cool, and let stand 2 hours before cutting to develop the red color. Be sure the water is BOILING when added.

SPONGE CAKE

6 eggs, yolks and whites beaten separately  1 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 on boiling flame. Add pineapple and spread on cake at once. Enough for a 9-inch cake.
SOUR CREAM CAKE

3/4 cup thick sour cream  11/2 cups cake flour
3/4 cup sugar  11/2 teaspoons any kind of
2 eggs, well beaten  baking powder
1/2 teaspoon flavoring  1/2 teaspoon soda

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, 7x11 inches, 30 minutes at 375 degrees.

MILK CHOCOLATE CAKE

1/2 cup shortening  2 squares bitter chocolate, melted
1 1/2 cups sugar  1/2 teaspoon salt
2 eggs  1 teaspoon vanilla
1 cup sour milk  1 tablespoon vinegar
2 cups pastry flour  1 teaspoon soda

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 or in dripping pan 35 to 40 minutes.

"LAZY-LADY" CAKE AND FROSTING

Prepare your favorite chocolate or spice cake and pour into a well-greased shallow cake pan. Beat 1 egg white until it will stand in peaks, then add 6 tablespoons of brown sugar gradually, beating after each addition. Spread the mixture over the cake batter, sprinkle with 4 tablespoons of broken nut meats, and bake in 350-degree oven until the cake is done.

DELICIOUS CHOCOLATE FROSTING

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

Melt chocolate in saucepan, using simmering flame. Add condensed milk and stir 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 8 1/2-inch layer cake.

ANGEL FOOD

1 cup egg whites  1 teaspoon cream of tartar
2 tablespoons cold water  1 1/4 cups sugar
1/2 teaspoon salt  1 cup pastry flour
1 teaspoon flavoring

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.

(Concluded on next page)
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.

**LOUISIANA PECAN CAKE**

| 1/2 cup shortening | 2 cups pastry flour |
| 1 cup sugar | 2 teaspoons baking powder |
| 3 egg yolks, beaten until thick | 1/2 teaspoon salt |
| and lemon colored | 1/4 cup milk |

Have shortening room temperature and cream well. Add sugar gradually and cream together until light. Add flavoring. Sift flour, measure, add baking powder and salt and sift together twice. Add yolks to sugar mixture and beat well. Add flour, alternately with the milk, a little at a time, beginning with the flour, until all is used. Beat until smooth. Bake in a well greased pan 8x8x2" at 350 deg. 40 to 50 minutes. Invert on rack and when cold frost with the following: Spread a thin layer of jam on cake and cover with 1/2 cup toasted chopped pecan nuts. Beat whites of 3 eggs until stiff, then beat in 1/2 cup sugar. Pile meringue on cake, sprinkle 1 tablespoon sugar over it and bake until meringue is browned, in a 275 degree oven.

**REFRIGERATOR FROSTING**

| 2 1/2 cups sugar | 2 egg whites |
| 1/2 cup light corn syrup | 2 tablespoons sugar |
| 1/2 cup water | 1 teaspoon flavoring |

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.

**HONEY MERINGUE**

Beat 1/4 cup of strained honey with one unbeaten egg white until it peaks and holds its shape. Keep in a flat bowl, uncovered, in refrigerator and use for topping on cakes, cookies or pies. If electrical mixer is used the recipe calls for 1/2 cup of honey instead of 1/4 cup. Beat with second speed until the mixture peaks.

**AUNT GRACE’S SPICE CAKE**

| 1/2 cup shortening | 2 teaspoons cinnamon |
| 1 1/2 cups brown sugar | 1/2 teaspoon cloves |
| 2 eggs | 1/2 teaspoon ginger |
| 1 cup sour cream | 1 cup raisins |
| 3 cups pastry flour | 1/2 cup nut meats |
| 1 teaspoon baking powder | 1/4 teaspoon salt |
| 1 teaspoon soda |

Cream shortening and add sugar and beat well until light. Add unbeaten eggs, one at a time, and beat briskly one minute. Sift and measure flour. Sift flour with rest of dry ingredients three times. Add flour mixture alternately with the sour cream to the first mixture, beginning with the flour. Add raisins and nuts. Mix well and pour into a well-greased baking pan, or 2 large layer cake pans, bake 30 to 45 minutes at 350 degrees. This cake is very good with Broiled Frosting.
COOKIES

In baking cookies we advise using one cookie sheet at a time, placing it as near the center of oven as possible.

We have found this method the most satisfactory and the most economical, with cookies taking from 10 to 20 minutes to bake. A cookie sheet, 12x15 is the size best suited to the A-B 16 inch ovens. A smaller sheet, of course, is used with a smaller oven.

CARAMEL REFRIGERATOR COOKIES

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortening</td>
<td>1 cup</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>2 cups</td>
</tr>
<tr>
<td>Eggs, well beaten</td>
<td>2</td>
</tr>
<tr>
<td>Nut meats, chopped</td>
<td>⅓ cup</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>2 ⅓ cups</td>
</tr>
<tr>
<td>Soda</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>⅛ teaspoon</td>
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</table>

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 about 10 minutes in a 425-degree oven.

NUT WAFERS

<table>
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<tbody>
<tr>
<td>Egg</td>
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</tr>
<tr>
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<td>⅔ cup</td>
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<tr>
<td>Flour</td>
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<tr>
<td>Salt</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Baking powder</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Nut meats</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

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

SUGAR COOKIES

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Shortening</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 cups</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Soda</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Sour cream</td>
<td>1 cup</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>5 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Orange</td>
<td>Grated rind of ½</td>
</tr>
</tbody>
</table>

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, about 10 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.

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Raisins</td>
<td>½ cup</td>
</tr>
<tr>
<td>Dates</td>
<td>½ cup</td>
</tr>
<tr>
<td>Figs</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>⅛ teaspoon</td>
</tr>
<tr>
<td>Flour</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Boiling water</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Lemon</td>
<td>Juice of ½</td>
</tr>
</tbody>
</table>

Cook together until thick, and cool before using.
"KISSES"

2 egg whites beaten stiff
¼ teaspoon salt

¾ cup granulated sugar
½ 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 tablespoonsful onto a baking sheet 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.

PEANUT BUTTER COOKIES

¾ cup shortening
1 cup brown sugar
1 cup granulated sugar
1 cup peanut butter
1 teaspoon soda, dissolve in the hot water
¾ cup hot water

Mix these ingredients in order given and drop by teaspoonsful onto a well greased cookie sheet. Bake about 10 minutes at 350 degrees. These cookies spread while baking so be sure and leave room for this when placing on sheet. Makes about 40 cookies.

MRS. DICKSON'S COOKIES

2 cups brown sugar
½ teaspoon salt
2 eggs
2 teaspoons vanilla
1 cup flour
1 cup pecans, ground fine

Shift 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 about 12 minutes at 350 degrees.
PASTRY

PLAIN PASTRY

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

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. Two tablespoons cocoa may be added for a chocolate pastry.

PASTRY SHELL

Use recipe for plain pastry. Roll out to 1/6-inch thickness, making it nearly 1 inch more in diameter than the pie pan it is to cover. Fit into pie pan and be careful not to stretch it, or it will shrink from the pan too much. Turn the extra inch of crust under even with the edge of the pan, then proceed to flute the edge, using the first finger and thumb of the left hand and the first finger of right hand.

Two methods of baking are given. Prick crust well with a fork to prevent blistering and bake 12 to 15 minutes at 450 degrees.

Fit another pan of the same dimensions into the pan with the crust in it, and allow to remain there during the entire baking period. This prevents the formation of air bubbles.

FRUIT PIES

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

| 3 cups fruit | 4 tablespoons flour |
| 1 cup sugar | 1 tablespoon butter |
| 1 tablespoon lemon juice for bland fruits |

Mix the sugar and flour well and blend with the fruit and fill the unbaked crust. Dot with the butter. Cover with the top crust allowing it to overlap the under crust a little. Trim off the surplus pastry and press the edges together with a fork dipped in water. Pierce several times in center of crust for escape of steam. Bake 35 to 45 minutes at 425 degrees. If more than two pies are baked at the same time use 450 degrees.

Two tablespoons of minute tapioca may be substituted for the flour if liked.

STRAWBERRY GLACES

Roll plain pastry 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.
GOLDEN CHIFFON PIE

Juice and grated rind of 1 orange  3/4 cupful granulated sugar
Juice and grated rind of 1 lemon  3 egg whites, beaten stiff
5 tablespoons water  2 tablespoons powdered sugar
3 egg yolks  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  1/4 teaspoon cloves
1/4 cup brown sugar  1/2 teaspoon ginger
1 1/2 cups cooked pumpkin  1/2 teaspoon salt
1 teaspoon cinnamon  1 1/3 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  2 cups milk
1 cup brown sugar  3 tablespoons butter
1/4 teaspoon salt  1 teaspoon vanilla
5 tablespoons flour

Beat the egg yolks, add sugar, flour, salt and milk. Simmer, stirring constantly, 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  1/4 teaspoon nutmeg
1 cup sugar  1/4 teaspoon cloves
1 cup chopped raisins  1 tablespoon vinegar
1/4 teaspoon salt  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.
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 heretofore 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.

Combinations of meat, vegetables and fruits may be broiled together and is known as a "mixed grill."

Broiled foods are excellent for people who are reducing, as naturally they contain less calories than fried foods, are so easily prepared, easily digested and most delicious.

Broiling is also one of the most wholesome ways of preparing meats and other foods, as is shown in the fact that 75% of the meat served in hospitals is broiled.

THESE DIRECTIONS ARE PREPARED FOR USE ONLY WITH A-B GAS BROILERS.

DIRECTIONS FOR USING A-B BROILERS

Before using the first time wash in hot soapy water, rinse well and wipe dry.

THE A-B BROILER IS NEVER GREASED. Foods will not stick when broiling directions are followed closely.

After using, wash in hot soapy water and be sure all grease is washed off, rinse thoroughly and dry. NEVER USE BROILER A SECOND TIME WITHOUT WASHING THOROUGHLY.

The broiler MUST be free from all grease before preheating again, otherwise the grease will burn in and the broiler will be discolored.

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

Set heat control for 550 degrees, light broiler, and preheat broiler from 5 to 10 minutes, according to thickness of the food, with pan as close to the flame as possible and door closed.
Place food on pan quickly and have top of food about 1 1/2 inches from tip of flame. If a charred flavor is desired place nearer the flame.

If desired to baste foods while broiling, the A-B Broilers are ideal for such a purpose. Just pull the broiler pan out part way, dip a long handled spoon into the grease cup and pour the fat over the food. This fat helps to brown the food and the flavor is delicious.

**GENERAL DIRECTIONS**

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

Foods may be brushed with melted butter or cooking oil before broiling to give an attractive glaze and appearance.

Be sure to have foods of uniform thickness.

**BROIL WITH THE DOOR OPEN AND WATCH THE FOOD CAREFULLY.**

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 longer broiling is desired to cook the food more, brown both sides, then reduce the flame by setting the Heat Control to a lower temperature, or by turning the flame lower, on ranges with a separate broiling compartment.

The broiler pan can also be placed on a lower runner farther away from the flame for longer broiling.

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

Foods that are not harmed by a high temperature, such as baked potatoes, baking powder biscuits, muffins, yeast rolls etc., may be baked while the broiler is in use thus utilizing the heat in oven.

**TIME TABLE FOR BROILING MEATS**

(Approximate time)

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

- Rare beefsteak (1 inch thick) 8 minutes
- Medium beefsteak (1 inch thick) 10 minutes
- Rare beefsteak (1 1/2 inches thick) 15 minutes
- Medium beefsteak (1 1/2 inches thick) 20 minutes
- Beef fillet (1 1/2 inches thick) 20 minutes
- Rib lamb chops (1 1/2 inches thick) 10 - 12 minutes
- Loin lamb chops (1 1/2 inches thick) 12 - 15 minutes
- Mutton chops (1 1/2 inches thick) 15 - 20 minutes
- Rib veal chops (1 inch thick) 15 minutes
- Veal cutlets (1/2 inch thick) 15 minutes
- Sliced ham (1/2 inch thick) 20 - 25 minutes
- Fish fillet (thin) 5 - 10 minutes
- Fish fillet (thick) 15 - 25 minutes
- Chicken 20 - 30 minutes
- Squab 10 - 20 minutes
BROILED STEAK

Select a tender steak cut from 1 to 2 inches thick. Wipe with damp cloth and score edges, with the kitchen shears, to prevent curling. Preheat broiler 5 to 10 minutes, according to thickness, with the door closed and heat control set to 550 degrees or with full flame. Place steak on hot broiler, brush with melted fat and have top of meat about 1 1⁄2 inches from flame. Leave door wide open and broil until brown. Turn, brush other side with butter and finish as desired. Season when turned.

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.

MOCK BEEF FILLET

1 1/2 lbs. round steak, ground  
1 cup crumbs or bran flakes  
1 1/2 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 toothpick or skewer. Broil same as steak. Serve on toast or with savory butter.

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 broiler when turning the liver.

TOASTING

Preheat the broiler. Place bread on broiler as near flame as possible leaving door wide open, watch carefully, turn when browned.

Quick toasting with thick bread makes a soft toast. Slow toasting with thin bread makes crisp toast.

BACON AND EGGS ON TABLE SERVICE BROILER

Preheat Table Service Broiler 5 minutes. Be sure and score edge of bacon with shears to prevent curling. Broil according to directions. Bacon does not need to be turned when broiled in this manner. At the end of 3 to 5 minutes, break eggs into a saucer, then slip onto the broiler and broil until the eggs are set and bacon done. The bacon fat that drains into the cup makes excellent shortening for use in baking.
BROILED LAMB CHOPS

Have chops of uniform thickness (this is important) and broil according to Time Table.

BROILED HAMBURG SANDWICHES

1 lb. ground beef with suet  
1 1/2 teaspoons salt  
2 tablespoons meat sauce  
Lemon or onion slices  
Sliced Bread

Have the butcher grind a small piece of suet with the beef. Mix the salt, beef and sauce well together. Cut off crusts from as many slices of bread as are going to be used and butter each slice. Spread with the meat mixture, and on this lay a lemon or onion slice. Dot with butter. Have broiler pan hot and lay sandwiches on it, as near the flame as possible, with the door wide open. Broil 5 to 10 minutes as desired. Makes ten sandwiches.

BROILED HAM

Select a center cut of ham as thick as desired. Score the edges to prevent curling and burning. Preheat broiler 6 minutes. Place ham on hot broiler, brush with cooking oil, and broil according to directions. Slices of pineapple and slices of boiled sweet potatoes go very well with ham and can be broiled at the same time. Brush the slices with melted butter and brown, while the ham is broiling.

BROILED POTATO SLICES

Choose a good sized potato for each person to be served. Peel and slice thin, cross-wise. Let them stand in very cold water about 2 hours, then dry thoroughly. Preheat Table Service Broiler pan 6 minutes. Spread potatoes on hot broiler, brush top ones with melted fat, salt them, and brown under full flame, having pan about 3 runners from top. As the top slices brown, turn with a fork or spatula, brush with more fat and continue this until all are browned and done. As the fat drains into the grease cup of broiler, it can be spooned back over potatoes, thus using the same fat over and over. It takes from 25 to 35 minutes to broil 6 medium size potatoes.

DEVILED BUTTER FOR BROILED FISH AND MEATS

Cream 2 tablespoons butter, add 1 teaspoon dry mustard and 1 teaspoon any meat sauce. Spread thinly on fish or meat to be broiled.

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, boned and spread out to lie flat, brushed with melted fat and placed, skin side down, on broiler which has been preheated 5 minutes. Broil until thoroughly cooked and browned. Season and serve with lemon butter.
BROILED FRUIT AND VEGETABLE MEAL

Suggested fruit and vegetable meal; bananas, tomatoes, pineapple slices, and cold boiled potatoes.

Slice bananas in two, lengthwise, brush with soft butter and sprinkle with a few drops of lemon juice. Cut tomatoes in thick slices, butter and season with salt and pepper or sugar as liked. Butter slices of pineapple. Cut potatoes in thick slices cross-wise, butter and season as desired. Place broiler of range as near flame as possible, heat 10 minutes with heat control set for 550 degrees. Place fruits and vegetables on broiler as close to flame as possible without burning. Broil 5 to 10 minutes with the door wide open.

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
- ½ teaspoon paprika
- ½ teaspoon horseradish
- 1 teaspoon chopped green or red sweet pepper
- 1 teaspoon prepared mustard

As soon as the steak is done, spread with the butter mixture and serve.

MIXED GRILL SUGGESTIONS

Chops.—See recipe.
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, butter and season.
Sweet Potatoes.—Sliced lengthwise and buttered.
White Potatoes.—Sliced or cut in half lengthwise and buttered.
Green and Red Sweet Peppers.—Wash, remove seeds and cut in lengthwise pieces.
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.
Egg Plant.—Thinly sliced and buttered.
Parsnips.—Sliced lengthwise and buttered.

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.
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 in each plate. Into a small, heavy saucepan cut into ½-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 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

| package lemon gelatine powder | 3 slices canned pineapple, diced |
| 1 cup boiling water             | ½ can pimentos, shredded         |
| 1 cup pineapple juice          | 1 medium cucumber, cut fine      |
| 1 tablespoon vinegar           | 1 cup mayonnaise                 |

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.

JELLED CHICKEN SALAD

| ½ cup canned tomatoes         | 6 diced celery stalks            |
| 2 onions, chopped             | 3 teaspoons salt                |
| 1 teaspoon sugar              | ¼ teaspoon pepper               |
| 1 clove                       | 2 tablespoons granulated gelatine|
| ½ cup cold water             | 2 cups diced chicken meat        |

Combine the tomato, onion, sugar, celery, pepper, salt and clove. Simmer ½ 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

| 2 cups shredded cabbage       | 1 cup pineapple, fresh or canned|
| 3 oranges cut fine, peel and all | cut into cubes             |
| ½ cup seedless raisins        |                               |

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

CHEESE RING

| 2 packages of cream cheese    | ¼ teaspoon white pepper       |
| 1 cup grated American cheese  | 1 cup scalded milk            |
| 1 cup crumbled Roquefort cheese | 2 tablespoons of gelatine   |
| ½ teaspoon paprika           | ½ cup cold water             |
| 1 teaspoon salt              | 1 cup whipped cream          |

Mash the cheese with the paprika, salt and pepper. Soak the gelatine in the ½ 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 grapefruit 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

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

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

HONEY SALAD DRESSING

\[
\begin{align*}
\text{3 tablespoons salad oil} & \quad \text{1 teaspoon lemon juice} \\
\text{2 tablespoons strained honey} & \quad \frac{1}{6} \text{ teaspoon salt}
\end{align*}
\]
Blend all well together, use it once on fruit salad.
RUSSIAN DRESSING

\[
\frac{3}{4} \text{ cup mayonnaise} \quad 1 \text{ tablespoon chopped green pepper} \\
1 \text{ hard cooked egg, chopped fine} \quad 1 \text{ tablespoon chopped chives} \\
\frac{1}{3} \text{ cup chili sauce}
\]

Combine all ingredients and serve on hearts of lettuce

"SPUR-OF-THE-MOMENT" SALAD

Chop two large unpeeled apples in small pieces and combine with half a sweet onion finely shredded. Add to this 1 cup of sugar and 2 teaspoons vinegar or lemon juice, stir well and let stand for about 10 minutes before serving on a lettuce leaf. Very unusual and very good with mayonnaise.

SALAD, FRENCH STYLE

Take any greens you like for a fresh salad, lettuce, curly endive, dandelion greens, fresh spinach, or water cress, and have very crisp and cold. Place in a large salad bowl and pour over it a small quantity of French dressing. Toss the salad with two silver forks until each piece is coated with the dressing. Serve at once from the bowl.

SWEET MUSTARD MAYONNAISE

\[
1 \text{ egg yolk} \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ tablespoon lemon juice} \quad 1 \text{ cup salad oil} \\
or vinegar \quad \text{Paprika}
\]

Beat the egg yolk in a small bowl, add the lemon juice and salt, then beat in very slowly the oil. The mayonnaise should be very thick and stiff. Then blend in carefully, 1/3 cup sugar, 1 tablespoon dry mustard and 2 tablespoons of prepared horseradish. This is very good served with cold meats. Keeps well if covered and kept in refrigerator.

NORMANDIE DRESSING

\[
7 \text{ tablespoons sugar} \quad 1 \text{ teaspoon dry mustard} \\
1 \text{ teaspoon salt} \quad 1 \text{ teaspoon paprika} \\
1 \text{ medium sized onion grated} \quad 1 \text{ cup vinegar (if sharp dilute with } \frac{1}{4} \text{ cup water)} \\
1 \text{ cup salad oil}
\]

Mix the dry ingredients together, then add the grated onion and vinegar. Beat in the oil and after it is added beat 5 minutes.
FROZEN DISHES FOR MECHANICAL REFRIGERATION

GREEN-GAGE ICE CREAM
1 tablespoon lemon juice 1 pint coffee cream
1 No. 2½ can green-gage plums Green coloring
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  Grated rind of ½ a lemon
4 tablespoons lemon juice 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  3 large or 4 small ripe bananas
½ cup sugar (granulated or powdered) 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 1 teaspoon vanilla
⅔ cup powdered sugar ¼ teaspoon salt
⅓ 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 5 cups water
1½ cups strained honey
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 2 teaspoons sugar
1½ teaspoons salt
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 1 tablespoon lemon juice
¼ cup water ½ pint whipping cream
1 cup crushed fruit or berries 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.

EVE’S ICE CREAM
1 cup thin cream or evaporated milk ⅓ teaspoon salt
½ teaspoon salt
3 tablespoons strained honey
Mix all together until well blended, then freeze. Stir once or twice during freezing.
CRANBERRY DESSERT

1 cup cranberries  
1 cup apple (not peeled)  
2 cups sugar

1 cup chopped nuts  
1 cup cream, whipped stiff and sweetened

Put cranberries and apple thru chopper. Add the sugar and let stand in refrigerator at least 1 hour. Add the nuts and sweetened whipped cream. Serve cold with a topping of whipped cream.

HELPFUL SUGGESTIONS

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

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. 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.

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

An easy way to flour any food is to put 1 cup brown flour, 2 teaspoons salt, 1 teaspoon sugar and pepper as liked into a stout paper bag. Have foods dry, place in bag, close tightly and shake until each piece is coated. Use remaining flour for gravies.

Equal parts of browned flour and water, put into a jar with a tight cover and shaken until well blended, is nice to use for thickening gravies.

An easy way to melt chocolate is to line a small pan with wax paper and on this lay the chocolate. Melt in the oven while preheating or place on simmering burner and melt it that way. Scrape off of the paper into the mixture it is to be used in, and the pan is so much easier washed.

If sour cream is desired in cooking, one tablespoon of vinegar is used to one cup of evaporated milk; if sour milk is needed, one tablespoon of vinegar is used for ½ a cup of evaporated milk mixed with ½ a cup cold water.

To make canned peas taste like fresh, pour off the liquid and boil it down with a slice of onion, a few lettuce leaves, a tablespoon butter or margarine and ½ teaspoon sugar. Then add peas and heat through.
Three tablespoons of cocoa and two teaspoons of fat equals one ounce (1 square) of cooking chocolate.

In substituting flour for cornstarch or vice versa it is a good thing to remember that cornstarch has approximately twice the thickening power of flour.

If the recipes in this 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.

CANNING

We recommend that the housewife write 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 cook book.

Brands of Baking Powders

<table>
<thead>
<tr>
<th>Tartrate or Cream of Tartar</th>
<th>Royal Tartrate</th>
<th>Combination or S. A. S.</th>
<th>Calumet</th>
<th>Calcium Phosphate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monarch Schilling</td>
<td></td>
<td>K. C. Davis</td>
<td></td>
<td>Dr. Price's</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Webb's</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.

(Concluded on next page)
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.

### TABLE OF WEIGHTS AND MEASURES

**Approximate Scale for Canned Goods**

<table>
<thead>
<tr>
<th>Can Size</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 1 can</td>
<td>1 1/3 cups</td>
</tr>
<tr>
<td>No. 2 can</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>No. 3 can</td>
<td>3 1/4 cups</td>
</tr>
<tr>
<td>No. 10 can</td>
<td>14 cups (one gallon)</td>
</tr>
</tbody>
</table>

### TABLE OF MEASUREMENTS

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinch or dash</td>
<td>1/16 teaspoon</td>
</tr>
<tr>
<td>Size of an egg</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>3 teaspoons</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>12 teaspoons</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 gill</td>
</tr>
<tr>
<td>4 quarts</td>
<td>1 gallon</td>
</tr>
<tr>
<td>8 quarts</td>
<td>1 peck</td>
</tr>
</tbody>
</table>

### TEMPERATURE GUIDE FOR CANDY MAKING

TEMPERATURE REGISTERED A little of the candy mixture dropped

<table>
<thead>
<tr>
<th>Temperature Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>236-240</td>
<td>Forms a soft ball</td>
</tr>
<tr>
<td>246-248</td>
<td>Forms firm ball</td>
</tr>
<tr>
<td>260-270</td>
<td>Forms hard ball</td>
</tr>
<tr>
<td>290-300</td>
<td>Becomes brittle, cracks against side</td>
</tr>
<tr>
<td>310</td>
<td>Becomes very brittle</td>
</tr>
</tbody>
</table>
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 Vit sprinkled on this same damp cloth will remove any dirt and stains that have accumulated. Vit 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. Vit 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 of the A-B Range can be kept clean by washing in warm, soapy water and drying well.

The Sani-Tray of the A-B Gas Range protects the bottom of the oven from any foods that might boil over during cooking. It may be washed with hot soap suds 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 Sani-Tray should always be in oven on first runner from bottom.

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 become more difficult to remove.
Instructions for Adjusting the
MODEL XC ROBERTSHAW OVEN HEAT CONTROL
AS USED ON THE A-B GAS RANGE

THE MINIMUM BURNER FLAME PILOT AND THE INDEPENDENT PILOT
MUST BE PROPERLY ADJUSTED BY THE PERSON INSTALLING THE
RANGE. NO OTHER ADJUSTMENTS SHOULD BE MADE UNLESS ABSO-
LUTELY NECESSARY, AS THESE FEATURES HAVE BEEN TAKEN
CARE OF AT THE FACTORY.

THE MINIMUM BURNER FLAME
can be adjusted when the oven is either cold or
hot. First ignite the oven burner. Then move dial (8) as far below 70 mark as possible.
This closes the valve. Whatever gas is then passing to the burner is passing through the
By-Pass and should burn about ½-inch high over entire burner. If the flame is too high or
too low, unscrew protecting cap (6) and, with a screwdriver, turn adjusting valve (7) slowly,
either to the right or left, until the proper size Minimum Burner flame is secured. Then
replace protecting cap (6). If you cannot reduce the Minimum Burner Flame to the proper
½-inch size, clean valve parts as described in the last paragraph of these instructions. When
the above adjustment has been made, the oven burner flame will never go out completely as
long as the oven burner gas cock is turn on.

THE INDEPENDENT PILOT
is the small flame that burns near the oven burner. It
Is a precautionary pilot and serves to relight the burner in case the Minimum Burner Flame is
improperly adjusted. It is lighted with the burner and extinguished when the burner is
shut off. Adjustment is made by turning the pilot burner lip with a standard orifice wrench.
On most models this is reached by opening the broiler door; on models with a separate
broiler compartment it is necessary to lift out the baking oven bottom, exposing the oven
burner and pilot.

THE ADJUSTMENT OF THE TEMPERATURE SETTING CAN BE DONE
WHEN THE OVEN IS EITHER COLD OR HOT.

WHEN THE OVEN IS COLD, ignite the oven burner, then move dial (8) as far below
70 mark as possible. This closes the valve. With a screwdriver turn adjusting valve (7) lo-
cated beneath cap (6) until there is no gas going to burner. Move dial back to 200° or 300°
and re-light burner. Then, before the oven has a chance to heat, move dial slowly toward 70
mark. The oven burner should be just on the point of going out when the position of dial
(8) agrees with the room temperature. If it does not agree with the room temperature,
hold knob (8) with one hand so it does not move, and with the other hand exert pressure
against dial (9) so that it disengages with knob, then revolve dial until it agrees with oven
temperature. Then adjust the Minimum Burner Flame as described in second paragraph.

WHEN THE OVEN IS HOT, and three consecutive readings of an oven thermometer
five minutes apart show a temperature variation of not more than 5°, the oven temperature
has settled. If, after the oven temperature has settled, the reading of an oven thermometer
does not agree with the temperature setting of the Robertshaw, simply hold knob (8) with
one hand so it does not move, and with the other hand exert pressure against dial (9) so
that it disengages with knob, then revolve dial until it agrees with room temperature. Then
adjust the Minimum Burner Flame as described in second paragraph.

TO CLEAN VALVE PARTS, first unscrew union connection to tubing (10), then with
a wrench unscrew hexagon cap (2), and remove spring (3) and disc (4). See that gland pin
(5) moves freely. With a soft dry cloth, clean spring, disc and seat with which disc engages.
Then replace the disc and spring in their original positions, and screw cap on securely.