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Delicious Dairy Dishes

Recipes tested and approved by
Meta Given and Ruth Cooper
Specialists in Home Economics
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MILK AND DAIRY PRODUCTS
Are Essential in the Modern Diet

MILK is the original food and as nearly perfect as you will find. It does more for the body than any other food and does it more cheaply. There is no substitute for milk.

All model diets give milk a very important place because: Its

1. Protein is ideally adapted for body growth and repair.
2. Sugar (lactose) is helpful in preventing digestive disturbances.
3. Minerals (calcium and phosphorus) are easily absorbed and ideal for bone and teeth building.
4. Vitamins (A, B, and G) make this an important source with some trace of vitamins C and D.

Nutritionists advise that one-fourth of the food budget be spent for milk and its related products. With milk furnishing so much for so little outlay of money, this advice must be sound. So for good health and a long, happy life, use milk and dairy products abundantly.
Hors d'Oeuvres

(Appetizers)

HOT COTTAGE CHEESE BALLS

1 cup Cottage Cheese
3/4 teaspoon salt
2 tablespoons tomato catsup

3/4 teaspoon grated onion
1 Egg white, beaten
Cracker crumbs

Press cottage cheese through sieve, add seasonings; fold in stiffly beaten egg white and form into tiny balls, using about a teaspoonful for each. Roll in finely crushed cracker crumbs and fry quickly in hot fat (390°F.) until a golden brown in color. Drain and serve hot as hors d’oeuvre or as a salad accompaniment.

COTTAGE CHEESE BALLS No. 2

Combine sieved cottage cheese with sour cream to moisten; season to taste with salt, sugar and cinnamon. Form into tiny balls and roll in finely chopped nuts. Chill before serving.

COTTAGE CHEESE BALLS No. 3

Combine sieved cottage cheese with salad dressing to moisten; season to taste with salt and onion juice. Form into tiny balls and roll in finely minced parsley or mint. Chill before serving.

COTTAGE CHEESE BALLS No. 4

Combine sieved cottage cheese with tomato catsup to moisten; season to taste with Worcestershire Sauce, salt and pepper. Form into tiny balls and roll in grated carrot. Chill before serving.

NOTE: These cottage cheese balls may be piled in hors d’oeuvre dish or served on small crisp wafers.

STUFFED CELERY

Combine sieved cottage cheese with sweet relish and salad dressing to moisten; season to taste. Fill the white, crisp, center stalks of celery with the cottage cheese mixture. Press two stalks together and chill. Cut into half inch slices when ready to serve.

TANGY CHIPS

Combine sieved cottage cheese with black caviar and sour cream to moisten; season with salt and onion juice to taste. Chill and pile on crisp potato chips or toasted tortillas.

DRIED BEEF CORNUCOPIAS

Combine sieved cottage cheese with horseradish or mustard to taste and salad dressing to moisten. Spread on slices of dried beef and roll to resemble horns of plenty. Chill. Garnish with a sprig of parsley or watercress.
STUFFED FRUIT
Combine sieved cottage cheese with chopped nuts, seasonings to taste and enough cream to moisten. Color as desired. Use as a stuffing for dates or steamed (but not mushy) figs and prunes. Chill before serving.

COTTAGE CHEESE AND AVOCADO CANAPES
Combine equal parts of sieved cottage cheese and avocado; season with salt, lemon juice and Worcestershire Sauce or onion. Moisten with sour cream to spreading consistency. Serve on small toast squares. Garnish with dashes of paprika or sliced stuffed olives.

SALMON CANAPES
Cut white bread into quarter-inch slices and then into two by three inch rectangles; saute in butter until crisp and a golden brown in color. Cover with wafer thin slices of smoked salmon and in center of each, pipe a rosette of whipped cream. Fill center of cream with black caviar and serve with a garnish of parsley and half a lemon slice.

BLINIS

<table>
<thead>
<tr>
<th>1/4 cup rye flour</th>
<th>1 Egg</th>
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<tbody>
<tr>
<td>1/4 cup family flour</td>
<td>1 1/4 cups Milk</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/4 cup Butter, melted</td>
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<tr>
<td>2 teaspoons baking powder</td>
<td>Sour Cream</td>
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<tr>
<td>1 tablespoon sugar</td>
<td>Black caviar, chilled</td>
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Sift flours, measure and re-sift twice with dry ingredients, into mixing bowl. Beat egg, add milk and melted butter. Quickly turn liquids into dry ingredients and beat until smooth. Drop batter by teaspoons onto medium hot griddle and bake until brown on both sides. Remove to top of double-boiler to keep hot, drizzling melted butter over each layer. Serve piping hot on hot plates, topping each cake with a dab of sour cream and caviar. Yield: 4 dozen.
PLAIN MUFFINS
2 cups family flour  ¼ teaspoon salt
4 teaspoons baking powder  1 Egg
2 tablespoons sugar  1 cup Milk
3 tablespoons melted Butter

Sift flour, measure, and resift twice with baking powder, sugar and salt, into a mixing bowl. Make "well" in center; beat egg, add milk and melted butter, and turn into well. Stir quickly until dry ingredients are dampened; then give three or four more stirs. Dip batter into buttered muffin tins. (Speed in working, stirring not more than 30 seconds, means good muffins, without cracks and tunnels.) Place in hot oven (425° F.) and bake for 20 to 25 minutes, or until muffins are golden brown.

Yield: 12 large muffins.

STRAWBERRY SHORTCAKES
2 cups family flour  ¼ cup Butter
3 teaspoons baking powder  ¼ cup Milk
1 teaspoon salt  1 quart strawberries, crushed
2 tablespoons sugar  ¼ cup sugar

Sift and measure flour, and resift twice with remaining dry ingredients. With two knives cut butter into flour until of the consistency of coarse corn meal. Add milk and stir vigorously until dry ingredients are dampened. Turn out onto lightly floured board and knead for ¼ minute. Roll lightly to thickness of one-half inch. Cut half of dough with three-inch biscuit cutter and other half with two and one-half inch cutter. Place larger biscuits on baking sheet, brush with melted butter, and cap with smaller biscuits. Bake in a hot oven (450° F.) for 12 to 15 minutes. Break open the hot biscuits, brush again with melted butter, and cover generously between layers and on top with strawberries sweetened with the three-fourth cup sugar. Serve with either coffee cream or whipped cream.

Yield: 6 servings.

BUTTERMILK BISCUITS
2 cups family flour  ¼ teaspoon soda
½ teaspoon salt  ¼ cup Butter
½ teaspoon baking powder  1 cup Buttermilk

Sift flour, measure and resift with other dry ingredients. Cut butter into flour with two knives until of consistency of coarse corn meal. Add buttermilk and stir vigorously until dry ingredients are just dampened; then turn soft dough out on lightly floured board and knead for ¼ minute. Roll out lightly to one-half inch thickness and cut with biscuit cutter. Place on baking sheet and bake in a hot oven (450° F.) for 12 to 15 minutes.

Yield: 12 large biscuits.
QUICK COFFEE CAKE

1 cup brown sugar  
2 tablespoons flour  
2 cup Butter  
2 cup chopped nuts  
1 cup granulated sugar  
2 cup family flour

1 3/4 teaspoon salt  
2 1/2 teaspoons baking powder  
2 Egg yolks  
1 cup Milk  
3/4 cup melted Butter

Mix first 4 ingredients together until crumbly for topping. Sift flour, measure and resift with sugar, salt and baking powder into mixing bowl. Beat egg yolks, add milk and melted butter, and turn into dry ingredients, stirring until dry ingredients are just dampened. Turn batter into a shallow baking pan (7x11x1 1/2") well rubbed with butter, and sprinkle with the crumbly nut mixture. Bake in a quick oven (400° F.) about 30 minutes.

Yield: 1 loaf.

GRIDDLE CAKES

1 cup family flour  
3/4 teaspoon salt  
2 teaspoons baking powder  
1/2 cup melted Butter

Sift flour, measure and resift twice with dry ingredients into mixing bowl. Beat egg, add milk and melted butter. Stir into dry ingredients and beat until smooth. For each cake, pour about two tablespoons batter on a medium hot griddle. When full of bubbles and golden-brown on underside, turn cake to finish baking. Serve with butter and strained honey or syrup.

Yield: 17 cakes.

FRENCH TOAST

4 slices bread  
1 Egg

1 cup Milk  
4 tablespoons Butter

Cut slices of bread in halves. Beat egg, add milk and salt. Soak slices of bread in egg mixture until they are soft. Melt butter in skillet and saute soaked bread until it is golden brown on both sides. Sprinkle with powdered sugar and serve immediately with butter and honey, maple syrup or preserves.

Yield: 4 servings.

HOT MILK TOAST

2 slices bread  
Butter  
1 cup Milk

3/4 teaspoon salt  
1 teaspoon sugar  
2 slices bacon, broiled

Cut bread about one-fourth inch slices, remove crusts and toast a golden brown. Butter lightly and cut into strips. Arrange strips log-cabin-style in a hot bowl and pour over them the milk which has been scalded with salt and sugar. Serve immediately topped with the crisp bacon. For a richer mixture use half whole milk and half coffee cream.

Yield: 1 serving.
LUNCHEON ROLLS

1 cup Milk
1 cup water
3/4 cup Butter
3/4 cup sugar
2 Eggs
2 cakes compressed yeast
3/4 cup lukewarm water
1 tablespoon salt
6 1/4 cups bread flour, or more

Combine milk, water, butter and sugar; bring to the boiling point and then cool to lukewarm; add beaten eggs and the yeast softened in the lukewarm water. Sift flour, measure and resift into mixing bowl with salt; add yeast mixture and mix thoroughly. Turn the stiff dough onto a floured board and knead until smooth. Place dough in a large, slightly buttered bowl, brush top with melted butter; cover bowl and keep in refrigerator until ready to use. As needed, take from refrigerator and allow dough to come to room temperature; shape rolls as desired, brush tops with melted butter or slightly beaten egg and then allow to rise in a warm place until over double in bulk, about 2 1/2 hours. Bake in a hot oven (400° F.) for 20 to 25 minutes.
Yield: 3 dozen rolls.

Variations:

Butterscotch Rolls: Roll dough out into oblong sheet, dot generously with butter, sprinkle with brown sugar and cinnamon. Raisins and chopped nuts may also be used, if desired. Roll up like a jelly roll and cut into one-inch slices. Place in buttered muffin tins, allow to rise until over double in bulk and bake in moderate oven (350° F.) about 25 minutes.

Streusel: Place dough in round pans, brush top with melted butter and allow to rise until double in bulk. Cover with a crumb mixture made of one-half cup sugar, four tablespoons flour and one teaspoon cinnamon. Dot with butter and bake in a moderate oven (375° F.) about 45 minutes.
BUTTERMILK WAFFLES

2 cups family flour  
2 teaspoons baking powder  
1 teaspoon salt  
½ teaspoon soda

3 tablespoons sugar  
2 Eggs, separated  
2 cups Buttermilk  
¾ cup melted Butter

Sift flour, measure and resift with other dry ingredients. Beat egg yolks and whites separately. Combine beaten yolks with buttermilk; add liquid to dry ingredients and beat well. Add melted butter and fold in stiffly beaten egg whites. Bake on hot waffle iron and serve with butter and honey or syrup.

Yield: 7 waffles.

PLAIN WAFFLES

2 cups family flour  
3 teaspoons baking powder  
1 teaspoon salt  
¾ cup melted Butter

3 tablespoons sugar  
2⅔ cups Milk  
3 Eggs, separated

Sift flour, measure and resift with other dry ingredients. Beat egg yolks and whites separately. Combine beaten yolks with milk; add melted butter and stir quickly into dry ingredients until batter is smooth. Fold in stiffly beaten egg whites and bake on hot waffle iron.

Nut Waffles: Add one cup chopped nuts to Buttermilk or Plain Waffle batter.

Bacon: Decrease butter two tablespoons and add one slice of crisply broiled bacon chopped to each waffle before closing iron.

Coconut: Add one cup shredded coconut to batter.

Gingerbread: Use Gingerbread batter on page 46. Serve with whipped cream and sliced bananas.
**CREAM OF MUSHROOM SOUP**

2 tablespoons Butter  
3 teaspoons flour  
1 No. 1 tin of mushrooms, sliced  
2 cups chicken stock  
1 cup Coffee Cream

Melt butter, combine with the flour and then with the mushrooms, the liquor in which they were packed, and the chicken stock. If chicken stock is not available, dissolve two chicken bouillon cubes in two cups boiling water. Bring to boiling point and cook for 2 minutes. Add coffee cream, reheat to boiling and serve at once.

Yield: 4 to 5 servings.

**PIMENTO BISQUE**

1/2 cup rice  
1 1/4 quarts chicken broth  
4 canned pimentos  
3 Egg yolks  
1/2 teaspoon Tabasco Sauce  
1 1/2 teaspoons salt  
1 cup Coffee Cream

Cook rice in chicken broth until tender; add pimentos rubbed through sieve. Add seasonings and bring to boiling point; remove from fire and add beaten egg yolks which have been diluted with coffee cream. Serve hot.

Yield: 6 servings.

**CORN CHOWDER**

1 quart potatoes, diced  
2 cups boiling water  
1 medium onion, chopped  
1 No. 2 tin of corn  
2 tablespoons salt pork  
1 tablespoon salt  
1 teaspoon pepper  
1/4 cup chopped parsley or celery leaves  
1/2 cup Coffee Cream

Cook diced potatoes in boiling water 10 minutes. Cut salt pork in one-fourth inch dice, saute and add onion. Continue cooking until pork is brown and crisp and onions are soft and yellow; then add these, with the corn, to the potatoes. Boil gently until potatoes are tender; then add milk, salt and pepper. Bring to boiling point again and add parsley or celery leaves and coffee cream. Put a few crackers or croutons in each soup bowl and pour chowder over them. Serve piping hot.

Yield: 6 to 8 servings.

**PEPPER POT**

1 onion, sliced  
3/4 cup diced celery  
3/4 cup chopped green pepper  
3/4 cup Butter  
3/4 cup flour  
1 1/2 quarts meat stock  
1 1/2 cup diced potatoes  
1 tablespoon salt  
1 teaspoon chili powder  
1 cup Whipping Cream

Simmer onion, celery and green pepper in butter about 15 minutes; add flour and stir until well blended; then add meat stock, potatoes and seasonings. Cover and allow to simmer one hour. Add cream just before serving. Serve hot.

Yield: 6 servings.
CREAM OF PEA SOUP

1 No. 2 tin of peas
1 slice onion
1 1/2 teaspoons sugar
1 teaspoon salt
3 tablespoons Butter
1 tablespoon flour
2 cups Milk
Dash of pepper
1 cup finely diced cucumber or celery

Drain liquid from the peas and add water to make two cups; return to peas. Add onion, sugar and salt and simmer 5 minutes; then rub through sieve. (There should be two and one-half cups of pulp and liquid; if not, add water to make up that amount.) Melt butter and blend with flour; add milk; heat to bubbling and cook, stirring constantly for 2 or 3 minutes. Remove from fire, add pea mixture, pepper and cucumbers or celery and reheat. Serve piping hot.

Yield: 5 servings.

CREAM OF POTATO SOUP

4 potatoes
3 large slices onion
2 teaspoons salt
2 1/2 cups water
1 1/2 cups Milk
1 cup Coffee Cream
3/4 teaspoon celery salt
Dash black pepper
3 sprigs parsley, chopped
Dash chili powder

Peel and slice potatoes. Place in a saucepan, add onion, salt and water, and cook until tender. Add the rest of the ingredients, reheat to boiling, and serve at once.

Yield: 5 servings.

BORSHT

1 No. 2 tin of beets
(or 2 cups cooked beets)
1/2 cup cold water
1 teaspoon salt
2 tablespoons sugar
4 tablespoons lemon juice
1 cup Sour Cream
1 cup finely diced cucumber or celery
or 1/4 cup chopped green onions

Drain juice from beets (there should be one cup). Put beets through food chopper, using coarse cutter (there should be two cups). Combine juice and ground beets. Add salt, sugar and lemon juice. Cover and place in refrigerator to chill thoroughly. When ready to serve, stir in the sour cream and add cucumber, celery or green onion. Serve chilled.

Yield: 6 to 8 servings.

AVOCADO BOUILLON

2 cups chicken stock
1 cup clam bouillon
1 cup water
2 tablespoons sherry
2 avocados, diced
Whipped Cream

Mix chicken stock with clam bouillon and water and heat to boiling. Season to taste with salt, pepper and sherry. Place diced avocados in the bouillon cups and then add the hot bouillon. Serve at once with a spoonful of whipped cream garnished with minced parsley.

Yield: 4 to 6 servings.
CREAM OF TOMATO SOUP

3 cups tomatoes
1 tablespoon parsley
\(\frac{1}{2}\) bay leaf
6 whole black peppers

1 slice onion
2 teaspoons sugar
2 1/2 teaspoons salt
2 cups Coffee Cream

Combine all ingredients except cream. Heat to boiling, then simmer 5 minutes. Remove from stove and put through a sieve. Return to fire and heat to boiling. In another saucepan, heat the cream to scalding. When both mixtures are hot, slowly pour the tomato mixture into the cream, stirring constantly. Serve immediately; do not reheat.

Yield: 5 servings.

HOT OYSTER STEW

1 pint oysters
1 quart Milk

3/4 pint Coffee Cream
Salt and pepper

Toasted crackers or croutons

Drain off oyster liquor and reserve. Put oysters in a strainer, pour cold water over them, and examine each oyster to make sure it is free from shell and sand. Put oysters and their liquor in saucepan, add water to cover, and heat gently. Simmer until edges of oysters curl. Skim carefully. In another saucepan, heat milk, add coffee cream, and season to suit the taste with salt and pepper. When hot, add to oysters. Serve piping hot with toasted crackers or croutons.

Yield: 6 servings.
OATMEAL AND BAKED APPLE WITH CREAM

\[
\begin{align*}
\frac{3}{4} \text{ cup rolled oats} & \quad \frac{3}{4} \text{ teaspoon salt} \\
2 \text{ cups Milk} & \\
\end{align*}
\]

Sprinkle oatmeal, stirring constantly into boiling milk or water. Add salt and cook over direct heat for 5 minutes; reduce heat and simmer for 5 or 10 minutes. Serve with baked apple, cream and sugar.

Yield: 6 servings.

GLORIFIED HOT CEREALS

Glorify the hot cereal for your family. Cream of Wheat, Oatmeal, Rice, Cornmeal Mush, or any of the familiar cereals take on new interest when cooked in milk, served with plenty of coffee cream and sweetened with brown or granulated sugar, honey, maple syrup, jelly or orange marmalade. Further interest may be added by a few drops of vanilla, or the folding in of fresh, stewed, canned or dried fruit. The possibilities are endless, limited only by the imagination of the homemaker.

BANANAS AND CORN FLAKES

Choose thoroughly ripe bananas, well flecked with brown spots. When ready to serve, shake the desired amount of crisp cornflakes into serving dishes. Over the top, slice one or more bananas and serve immediately with a generous amount of coffee cream or half cream and half milk, with or without sugar.
BOILED RICE WITH FRUIT AND CREAM

1 cup rice  
2 quarts boiling water  
3 tablespoons salt

Wash the rice thoroughly until water is clear; drain and slowly drop into boiling, salted water. Allow to boil until a grain, when pressed between thumb and finger, is entirely soft—about 15 minutes. Do not stir the rice, but if it has a tendency to stick to the pan, lift with a fork. When sufficiently cooked, turn rice into a sieve and rinse under hot running water. Drain; cover with a cloth and set over hot water for a few minutes so as to fluff the grains.

Rice may also be steamed in double boiler using one cup of rice to two and one-half cups of milk.

Serve either hot or cold with fruit, sugar and coffee cream.

Fruit Suggestions: Fresh, dried, canned or preserved apricots, figs, prunes, or peaches; or berries or bananas.

Yield: 6 servings.

STRAWBERRIES AND PUFFED WHEAT

Select well-ripened berries; wash, hull and chill. When ready to serve, shake puffed or flaked wheat into serving dish and drop as many berries as desired over top. Sift granulated or powdered (not confectioner’s) sugar over berries and serve cold with coffee cream or half cream and half whole milk.

SLICED PEACHES AND BRAN FLAKES

Chill peaches; peel and slice just before ready to serve, or use canned peaches, drained from their syrup. Shake bran flakes into serving dish and add as many sliced peaches as desired. Serve with sugar and coffee cream or half cream and half whole milk.

PRUNES AND RICE CRISPIES

Wash prunes, cover with water and simmer for about one hour, adding water as needed. Add two tablespoons sugar for each cup of prunes, if desired, about 5 minutes before cooking is complete. Serve either hot or cold. Shake desired amount of rice crispies in serving dish, add four or five prunes, pitted and serve with coffee cream or half cream and half whole milk.

MUSH

1 cup cornmeal  
1 teaspoon salt  
1 quart Milk or water

Heat milk or water to scalding, add salt and then sift in the cornmeal so slowly that liquid does not stop boiling. Cook over direct heat for 2 or 3 minutes, stirring constantly. Then place over boiling water and cook 45 minutes longer. Serve warm with plenty of butter or with milk and cream.

Yield: 6 to 8 servings.

Fried Mush: Pour warm mush in shallow rectangular pan and allow to cool. Slice; roll in dry cornmeal and saute in hot butter until a golden brown color. Serve hot with butter, honey or any preferred sweet.

Polenta: Add one cup grated cheese or finely diced chicken to hot cornmeal mush and pour into shallow rectangular pan to cool. Slice and fry as mush. Serve hot with any left over chicken gravy or hot tomato sauce.

[ 16 ]
For this fleshly house in which we live, foods furnish the bricks; but unlike ordinary building bricks, each of these food bricks has its own particular place. One kind of brick builds teeth and bone; another kind builds muscle, another blood; and still another kind supplies fuel to warm and operate the house.

The human house never ceases to need new bricks of any kind, even when it ceases growing and changing and appears to be completed. There is a considerable amount of weathering, and repairs are (or should be) constantly under way. When the materials for repair are not on hand, the damage may get beyond remedy—in the form of decaying teeth, anemia, increased susceptibility to colds and other infections, lack of energy, and other disabilities. So we must always keep the supply coming in, that the invisible workmen within may not be idle.

Materials for the absolutely essential repairs are all furnished by a rock-bottom minimum diet that is very simple. It consists of a quart of milk daily for children and a pint for adults, one egg, one whole-grain cereal, a fresh fruit (either citrus or tomato) and a stewed or canned fruit, and two vegetables beside potatoes, of which one should be green. To this skeleton the average family adds according to its individual tastes. Generally it adds meat and cream and butter, salad materials, puddings and pies and cakes, and the various trimmings from canapes to cheese. But the foundation of the optimum diet is laid when the essentials are provided.

Perhaps the most fundamental of the essentials are milk and eggs. Milk is the most nearly complete single food in existence. In childhood its abundant supply of calcium is absolutely indispensable to the development of sound, sturdy teeth and bones; and adults will find that the milk drinkers among them keep the sturdy teeth of childhood longest. It also contains high-quality protein, the tissue and muscle building substance.

And eggs are important evidence in support of the saying that good things come in little packages. They consist chiefly of a particularly efficient form of protein, and an impressive assortment of vitamins and minerals are stored in the golden yolk. Eggs and milk go together naturally because the vitamin D content of the egg helps along the efficient use of the calcium of milk by the body. And the iron and growth-promoting, infection-resisting vitamin A of the egg fill up one of the gaps in the food value of milk.

A house well fortified with a supply of these daily bricks is the first line of defense against the "slings and arrows of outrageous fortune."
**Egg Combinations**

**EGGS POACHED IN CREAM**

- 1/4 cup Coffee Cream
- 3 Eggs
- 1/4 teaspoon salt
- Toast

Pour the coffee cream into a petite marmite or ramekin and set over slow heat in a pan of hot water until cream is hot. Add salt and carefully slip eggs into the hot cream; dip a spoonful over the eggs, cover, and steam until eggs are cooked to the desired stage of doneness. Garnish with paprika and serve in the petite marmite or ramekin with hot buttered toast. If desired, the eggs may be removed to the toast and the hot cream poured over.

Yield: 1 serving or more.

**CREAMED EGGS**

- 6 Eggs
- 1 teaspoon salt
- 4 tablespoons Butter
- Dash of pepper
- 3 tablespoons flour
- 2 cups Milk

Put eggs into cold water if just removed from refrigerator, or into warm water if stored at room temperature. Heat to boiling, then reduce heat to simmering and cook 15 minutes. Drop into cold water, and when cool enough to handle, remove the shells. Have ready a smooth hot white sauce prepared with the butter, flour, salt, pepper and milk. Cut eggs lengthwise and neatly place on triangles of hot toast on a hot serving dish. Pour piping hot sauce over top. Garnish with sprigs of parsley and if desired with a few strips of crisply broiled bacon. Serve immediately.

Yield: 4 to 6 servings.
CHEESE SOUFFLE

3 tablespoons Butter
3 tablespoons flour
1/2 cups Milk
3/4 teaspoon salt
3/4 pound sharp cheese
6 Eggs, separated

Make a white sauce of butter, flour, milk and salt. Add broken or grated cheese, remove from fire, and stir until cheese is melted. Add well-beaten yolks of eggs, then fold in carefully the stiffly-beaten whites. Turn into a buttered casserole and bake in a moderate oven (325°F.) for 1 hour. Serve at once.

Yield: 6 servings.

LUNCHEON OMELET

4 1/2 tablespoons Butter
4 tablespoons flour
1 teaspoon salt
Dash chili powder
1 1/4 cups Milk
4 Eggs, separated
3/4 cup peas, cooked
3 tomatoes, sliced and broiled
Watercress

Prepare a white sauce of first five ingredients. Beat egg yolks and stir into one cup of the white sauce; carefully fold in stiffly-beaten egg whites. Melt one tablespoon butter in skillet; add the omelet mixture, and cook over very low flame on top of stove until omelet begins to set (6 to 8 minutes); then put into a moderate oven (350°F.) to finish cooking and to brown slightly on top. Add peas to remaining white sauce; while hot, spread over half of omelet, fold, slide onto hot platter and garnish with tomatoes and watercress.

Spanish: Substitute tomatoes and onions for the peas.

Yield: 6 servings.
CHEESE AND RICE EN CASSEROLE

- 2 cups boiled rice or macaroni
- 4 Eggs, well beaten
- 3 cups Milk
- 1 1/2 cups Cottage Cheese
- 1/4 cup grated Parmesan cheese
- 1 1/2 tablespoons Butter
- 2 teaspoons salt
- 1/4 teaspoon white pepper
- 1/2 green pepper, shredded

Combine beaten eggs and milk, and mix well with Cottage and Parmesan cheese. Add butter, salt and pepper and combine lightly with the rice. Turn into buttered ring mold garnished with strips of pepper and bake for 30 minutes at 350° F. and for 10 minutes longer at 400°. Unmold on chop plate and fill with assorted buttered vegetables, such as new peas, carrots and cauliflower.

EGG CROQUETTES DE LUXE

- 1 1/2 cups Milk
- 7 hard-cooked Eggs
- 1 raw Egg, beaten
- Fine bread crumbs

Make a thick white sauce of the butter, flour, salt, pepper and milk. Chop hard-cooked eggs coarsely, and add to sauce. Spread out on platter to cool. Then shape into six uniform cones. Roll in beaten egg to which one tablespoon water has been added, then roll in crumbs and again in egg. Fry croquettes in deep fat heated to 380° F., or hot enough to brown a one inch cube of white bread in 40 seconds. Drain on absorbent paper. Arrange on a hot platter, garnish, and serve immediately.

An excellent variation is obtained by adding one-half cup sautéed mushrooms to the croquette mixture. Strawberry preserves are a pleasant accompaniment.

WELSH RAREBIT

- 1 tablespoon Butter
- 1/2 pound American cheese
- 1 Egg
- 1/4 cup Coffee Cream
- 1/4 teaspoon salt
- 1/4 teaspoon mustard
- Dash chili powder
- Toast or wafers

Melt butter; add cheese, broken into small pieces and when cheese melts, add the egg which has been beaten and then combined with the cream and spices. Cook 1 minute. Serve at once on toast or wafers.

Yield: 3 to 4 servings.

ANOTHER RAREBIT

- 2 Eggs
- 1 1/2 cups Milk
- 6 tablespoons peanut butter
- 1 teaspoon salt

Beat eggs slightly, add milk, peanut butter and salt. Cook in double boiler 12 minutes and then pour over waffles or hot buttered toast. (If cooked longer than specified time, the sauce will curdle.)

Yield: 6 small servings.
Butter Cookery

By Meta Given

The best reason for using butter generously in cooking is that the American palate heartily approves. Butter flavor is delicate, yet it is so distinctive that it can never be mistaken for any other fat. No matter with what food it is used, its flavor never clashes with any other; in fact, butter flavor often blends with or masks disliked flavors so successfully that the disliked food becomes agreeable. With vegetables like cabbage, carrots or spinach, butter often is the means of introducing these valuable foods into the diet; because the butter flavor is the first taste sensation, the palate approves, and the disliked food passes by unnoticed in its butter mask.

Butter is an excellent fat for sauteing chicken, and for brushing steaks, fish or vegetables when broiling, or for rubbing surfaces of roast meat or poultry. Its correct use in meat cookery results in unusual tenderness and juiciness. Since the smoking temperature of butter is low, the housewife unconsciously sautes, broils, or roasts at a lower temperature with butter than she would with a fat of a higher smoking temperature, because she will avoid heating to the smoking point. The effect of cooking muscular tissue at a lower temperature is a tenderer, juicier product. Cooking with a fat whose smoking temperature is higher invariably results in a higher cooking temperature and the result is that the meat tissues become hard and dry.

In addition to the flavor and color contribution and the effect of producing tender juicy meats, butter is important in cookery because of its high nutritive value. It is one of our most important sources of vitamin A, which is as valuable in the diet of adults as of children. Its caloric value is high and therefore it is a good energy food. High energy value, however, does not indicate that those who are overweight or show a tendency to take on too much weight should eliminate butter from the diet. A food so high in vitamin A content is valuable in the protection against eye trouble known as Xerophthalmia and against diseases of the upper respiratory organs, such as colds, influenza, tonsilitis, etc. Where foods of high caloric content must be cut out, butter should never be on this list, because of its vitamin content. There are plenty of high calorie foods that have no other value excepting calories, and when they are cut out they do not cut down the essential vitamins and minerals.

The use of butter in either the solid or melted state adds pleasing contrasting color to other foods.
BRAISED VEAL WITH PRUNE STUFFING

4 pounds veal Pepper
3 teaspoons salt  ¾ pound prunes
⅓ cup Butter

Select steak from leg of veal, cut about three inches thick. Have butcher make a pocket on either side, extending almost to the center bone and to within one-half inch of the edge. Fill pockets with whole prunes (unpitted) that have been washed and soaked for about 1 hour in cold water. Close pockets with skewers, or sew together. Rub salt and pepper into surface of meat, then roll lightly in flour. Melt butter in a heavy skillet and sear meat golden brown on all sides. Add two cups water and cook in slow oven (325°F.) from 2½ to 3 hours, or until very tender. Yield: 10 servings.

BROILED STEAK

Select a steak well streaked with fat and have it cut one and one-half to two inches thick. Trim steak of excess fat and wipe with damp cloth. Place steak on greased broiler rack and brush over with melted butter. Lower rack two or three inches below the gas flame and leaving the door of the broiler open, sear. Turn the steak, brush with melted butter; sear other side. Reduce heat and continue broiling, turning and brushing with melted butter at regular intervals until done. (A medium steak will take 15 to 17 minutes.) Remove to hot platter, sprinkle with salt, pepper and dot generously with butter. Garnish with broiled mushrooms, parsley and radish roses. Serve at once. Yield: 6 servings.
CHICKEN MARYLAND

Cut up young chicken, about 3 lb., rub with salt, pepper, flour; dip in beaten egg and roll in bread crumbs. Place in a roaster, pour over one-half cup of melted butter, cover and bake about half an hour or until done in slow oven (325° F.) turning often so as to brown evenly. Remove to platter and make gravy of remaining butter, about three tablespoons flour, salt and pepper and one and one-half cups coffee cream. Strain and serve either over chicken or in separate bowl accompanying chicken.

Yield: 4 to 6 servings.

CHICKEN A LA KING

2. tablespoons Butter 3 cups diced chicken
2. tablespoons minced green pepper ½ cup Butter
1 cup canned mushrooms, broken 3 Egg yolks
2. tablespoons flour ½ teaspoon onion juice
2. tablespoons minced pimento 1 teaspoon lemon juice
2. cups Coffee Cream 1 teaspoon salt

Buttered toast

Melt two tablespoons of butter and sauté green pepper and mushrooms; blend in the flour. Add coffee cream gradually and cook until slightly thickened. Add chicken and place over hot water.

Beat one-fourth cup of butter to a cream; add egg yolks, one at a time, beating well after each addition and then blend into the cream mixture; cook slowly so as not to curdle, until the consistency of boiled custard. Season with onion juice, lemon juice and salt. Serve at once on buttered toast or in croustades or patty shells. Yield: 6 to 8 servings.
LIVER COOKED IN SOUR CREAM

Have liver sliced three-fourths inch thick. Trim off skin and tough fibers. Melt butter in a hot skillet and brown the liver on both sides. Remove from fat, add flour, salt and pepper, and blend until smooth. Add cream and stir until a smooth sauce is obtained. Cook 1 minute. Return liver to skillet; cover closely, and bake in a slow oven (300° F.) for about 1 hour, or until liver is very tender.

Yield: 5 to 6 servings.

GOULASH OR BEEF STEW

Cut brisket into small pieces. Brown onion in the butter; add meat and cook about 10 minutes. Add seasonings, potatoes and cover with boiling water. Simmer 40 minutes; add cream mixed with flour and cook 5 minutes longer.

Yield: 6 servings.

SWEETBREAD TIMBALES

Put sweetbreads through a food chopper two or three times to obtain a very fine grain. Beat eggs slightly, add coffee cream, salt, pepper, paprika and sweetbreads. Combine thoroughly. Place in buttered timbales or custard cups. Set in a pan of hot water and bake in a moderate oven (325° F.) until a knife inserted in the center comes out clean, about 40 minutes. Serve with mushroom sauce.

Yield: 5 servings.

ESCALLOPED HAM AND POTATOES

Place ham in casserole; mix salt, flour and paprika. Cover ham with potatoes mixed with seasonings and dot with butter. Add milk, cover and bake one and one-half hours in a slow oven (300° F.). Remove lid and continue baking 15 minutes to brown potatoes.

Yield: 6 servings.
BROILED FISH

1 3/4 to 2 pounds fresh fish (haddock, halibut, white fish)  Melted Butter (about 3/4 pound)
2 teaspoons salt

Plan to serve fish as soon after the catch or purchase as possible as the best of home storage conditions will not long preserve its delicate, delicious flavor. This elusive quality can be enjoyed only while fish is fresh. Have fish cut into steaks about three-fourths inch thick; place on a greased broiler, and slip under a clear, hot flame. As soon as the fish begins to take on a dry appearance on side next to flame, brush with melted butter. Add salt. (Fish requires plenty of salt for best flavor.) Continue to broil and brush with butter until an appetizing golden brown color is obtained. Broil other side in the same manner. Arrange on hot platter. Garnish, and serve immediately. (Parsley and lemon slices make a nice garnish.)

Yield: 5 servings.

BAKED STUFFED PIKE OR TROUT

Choose a three and one-half to four pound fish. Scale. Leave head (eyes removed) and tail on. Thoroughly clean (wash inside and out) and wipe dry. Sprinkle inside with two teaspoons salt and a few dashes of pepper, and rub well with two tablespoons butter. Stuff with spinach that has been cooked in salt water, drained well, and chopped; about two cups chopped spinach is required. Sew up fish. Rub outside with one teaspoon salt and two tablespoons butter. Saute two medium sized onions and one-half pound washed halved mushrooms in two tablespoons butter until onions are soft and yellow. Put fish in baking pan and pour over it two cups tomato puree. Add one-half cup Sauterne or any white wine, if desired. Add mushrooms and onions and two or three sprigs parsley. Bake in moderate oven (375° F.) basting occasionally. When done insert slices of olive stuffed with pimento in eye sockets. Garnish with lemon slices covered with parsley butter (three tablespoons creamed butter and one tablespoon chopped parsley.)

Yield: 10 servings.

FISH AND RICE LOAF

3 cups boiled rice
2 cups minced cooked fish
3/4 cup thick white sauce
1 Egg

2 teaspoons minced parsley
1 teaspoon onion juice
3/4 teaspoon salt
2 tablespoons Butter

Line a buttered casserole with two cups of boiled rice. Use any kind of cooked fish, canned salmon or tuna; combine with white sauce, egg and seasonings. Turn into the casserole; spread remaining cup of boiled rice over top and dot with the butter. Place casserole in a pan of hot water and bake in a moderate oven (350° F.) about 30 minutes. Remove lid and brown top of loaf. Serve with buttered or creamed peas, cheese, tomato or egg sauce.

Yield: 8 servings.
SALMON LOAF

1 pound tin of salmon
1 cup bread crumbs
2 Eggs, beaten
1 teaspoon salt

3/4 teaspoon baking powder
Chili powder to suit taste
2 tablespoons Butter, melted
1 cup Milk
2 tablespoons lemon juice

Turn salmon into mixing bowl, remove skin and bones, and flake it; add crumbs. In another bowl, beat eggs, add salt, baking powder, chili powder and butter; then add milk and lemon juice. Combine this lightly with the salmon mixture. Shape into a smooth loaf and place in buttered baking dish. Bake in a moderate oven (350° F.) until brown and firm, about 1 1/2 hours. Egg or celery sauce is a pleasing accompaniment.

Yield: 5 servings.

SHRIMPS, LOUISIANA STYLE

4 tablespoons Butter
1 teaspoon minced onion
1 pint shrimp (peeled)
4 tablespoons flour

1 teaspoon salt
2 cups Milk
2 tablespoons minced parsley
4 tablespoons tomato catsup

Melt butter, add onion, shrimp and brown; stir in flour and add seasonings to taste. Gradually add milk and cook about 10 minutes. Add parsley and tomato catsup; cover and steam several minutes until sauce is slightly thickened. Serve over hot boiled rice.

Yield: 6 servings.

LOBSTER A LA NEWBURG

2 two-pound lobsters
1/4 pound Butter
1/4 cup Newburg Sauce, or Sherry

1 cup Coffee Cream
4 Egg yolks
Salt
Cayenne

Boil lobsters in usual way. Cut lobster meat in as large slices as possible and saute in the butter until heated through. Add the sauce or sherry, then the coffee cream that has first been combined with the egg yolks. Shake the pan continuously until the mass is thickened, but do not allow to come to a boil. Serve immediately in patty shells or with toast. Instead of fresh lobster, a No. 1 tin of canned lobster meat may be used.

Yield: 6 to 8 servings.

ESCALLOPED CORN AND OYSTERS

1 No. 2 tin of corn
1 pint oysters
3 tablespoons Butter
2 tablespoons flour

1 cup buttered crumbs
1 teaspoon salt
Few grains of pepper
1 1/4 cups Milk
3/4 cup oyster liquor

Heat corn. Drain oysters, add water to make three-fourths cup of liquor. Make white sauce of butter, flour, salt, pepper, milk and oyster liquor. Arrange layers of corn, oysters and white sauce in buttered baking dish. Bake in moderately hot oven (400° F.) for 12 to 20 minutes.

Yield: 5 to 6 servings.
VEGETABLE PLATE

An interesting vegetable plate is a harmony in color, texture and flavor. From the basic methods of boiling or steaming, baking and frying, many variations in vegetable cookery have evolved. Deviating slightly from the all vegetable idea, the addition of a poached or deviled egg, bacon or small sausages boosts this idea well on its way toward national recognition as an American institution.

Serve vegetable plates because they are not only easy to prepare and economical but also appetizing, satisfying and energizing.

SUGGESTIONS:

1. Poached Egg in Spinach Nest, French Fried Onions, Creamed Carrots, Tomato stuffed with Peas. (Illustrated above.)
2. Broccoli with Hollandaise Sauce, Beets, Corn Fritters, Green Peas.
3. Peppers stuffed with Rice, Buttered Carrots, Fried Eggplant, Cole Slaw with Russian Dressing.
4. Baked Mushrooms in Cream, Turnip Souffle, Buttered String Beans, Sliced Tomatoes.
5. Southern Corn Pudding, Creamed String Beans with Almonds, French Fried Carrots, Radishes.
HINTS ON VEGETABLE COOKERY

The best way to cook any vegetable is the way which best preserves color, texture, flavor and nutrients. The most helpful classification of vegetables is by color, which gives a clue to the most satisfactory cooking method.

Green vegetables, whether leaves, seeds or stems, are colored by chlorophyll, which is changed to a brownish green by acid in the presence of heat. Since acid is present in all vegetables, color is best preserved by cooking in an uncovered kettle so the acid may pass off with the steam. Neutralizing acid with soda intensifies color but destroys some vitamins and breaks down texture.

Red vegetables are colored by antho-cyanins, which are made more brilliant by acid. So red vegetables should be cooked in a closed kettle to confine the natural acid with the steam; and a little vinegar or lemon juice should be added at the end of cooking. With beets, avoid bleeding by leaving skin and tap root unbroken in preparation.

Yellow vegetables are colored by carotinoids, which are unaffected by either acid or alkali. They may be cooked in either an open or a closed kettle.

White vegetables contain almost no pigment, but do contain substances called flavones, which change to an ugly brownish-grey when over-cooked. So potatoes, turnips and white onions should be cooked rapidly and only until tender.

Certain vegetables (cabbage, onions, cauliflower, etc.) belong to the class known as strong-juiced. They contain volatile substances which, if confined with steam, produce sulphur compounds unpleasant in odor and flavor, and indigestible as well. These vegetables should be cooked in a large amount of water, in an open kettle, and as rapidly as possible until just tender.

Since minerals dissolve out into cooking water, as small a quantity of water as possible should be used except for the strong-juiced vegetables. Whatever excess must be drained off should be saved and utilized in soup or vegetable cocktails.

The two simplest and most acceptable ways of serving vegetables are buttered and creamed.

BUTTERED: To butter vegetables, cook them according to the directions given above. The instant the vegetables become tender, drain thoroughly, and add butter generously. Heat over a low flame only long enough to melt the butter, shaking the pan during the heating to distribute the butter evenly, rather than stirring with a spoon or a fork, which might destroy the natural texture and shape. Buttered vegetables are best if served immediately.

CREAMED: To cream vegetables, cook them as directed above, drain thoroughly, and add coffee cream or a smooth, well-cooked white sauce (recipe page 30), allowing one and one-half cups of sauce to each three cups of cooked vegetables. Serve immediately.
BAKED LIMA BEANS AND PEARSS

1 pint cooked seasoned lima beans
3 cups canned or cooked fresh pears, cut in halves
1/4 pound butter
6 slices bacon

Butter a shallow casserole. Arrange pears, round side up, in the bottom. Pour lima beans over pears. Place in a moderately hot oven (375°F.) and bake about 30 minutes, basting with melted butter every 5 minutes. Have bacon broiled until golden and crisp and use to garnish the dish as soon as it comes out of the oven. The liquid should be evaporated down to a gravy-like consistency and of a rich flavor. An unusually good combination.

Yield: 5 to 6 servings.

SPINACH SUPREME

1 pint cooked spinach (or canned)
1 1/2 cups liquor from spinach
3 tablespoons butter
2 eggs, beaten
1 teaspoon salt
1/4 teaspoon pepper
1 cup grated Parmesan cheese
Juice of 1 lemon
Dash nutmeg
Fleck cayenne pepper
2 hard cooked eggs

Drain and chop spinach, make sauce with liquor thickened with flour, butter and seasonings. Add the juice of lemon and beaten eggs. Then mix with chopped spinach and add Parmesan cheese. Fill twelve ramekins, cover tops with buttered bread crumbs and set in oven in pan of hot water to brown crumbs. Garnish with slices of lemon and hard cooked egg sprinkled with paprika.

Yield: 12 servings.

ONION SOUFFLE

6 onions size of eggs
3/4 cup milk
3/4 cup coffee cream
4 teaspoons butter
4 teaspoons flour
1/2 teaspoon salt
4 eggs
Dash black pepper

Peel onions and drop into boiling, salted water. Cook gently in open kettle until tender. Drain, chop fine and then press through a puree sieve. Make a cream sauce of the milk, coffee cream, butter, flour and seasonings. Add the onion puree and the well-beaten egg yolks. Fold in the stiffly-beaten whites gently. Turn carefully into a well-buttered casserole and bake for 45 minutes in a slow oven (325°F.). Serve immediately. An excellent accompaniment for broiled steak.

Yield: 5 servings.

SOUTHERN CORN PUDDING

2 cups canned corn
2 eggs, beaten
1 teaspoon salt
2 tablespoons butter
3/4 teaspoon pepper
2 cups milk
4 tablespoons crumbs

Combine corn, beaten eggs, seasonings and milk. Turn into buttered casserole, sprinkle crumbs over top and dot with butter. Place casserole in a pan of warm water and bake in a moderate oven (350°F.) until custard sets.

Yield: 6 servings.
Butter Sauces

**DRAWN BUTTER**

4 tablespoons Butter  
1 tablespoon lemon juice  
2 tablespoons water  
1/2 teaspoon salt  

Heat, mix well, and serve hot over meat, fish, poultry or vegetables.

**EGG SAUCE**

Chop two hard-cooked eggs and add to Drawn Butter Sauce.

**MAITRE d'HOTEL SAUCE**

4 tablespoons Butter  
1 tablespoon minced parsley  
1 tablespoon lemon juice  
1/2 teaspoon salt  

Cream butter, add lemon juice, minced parsley and salt. Form into tiny balls and chill. Serve with hot meat, fish, poultry or vegetables.

**HOLLANDAISE SAUCE**

4 tablespoons Butter  
1 Egg yolk  
1 tablespoon flour  
1/2 teaspoon salt  
1/2 cup Milk  
1/2 tablespoon horse radish  
1 tablespoon minced parsley  
2 tablespoons Whipping Cream  

Melt butter, stir in flour and salt, and when well blended add milk. Bring to boiling point and stir in beaten yolk. Remove from fire, add lemon juice, horse radish and fold in whipped cream. Serve with fish or vegetables.

**BARBECUE SAUCE**

1 cup lemon juice  
1 cup tomato catsup  
1/8 cup Worcestershire Sauce  
1 tablespoon salt  
1/2 teaspoon red pepper  
1 pound Butter  
1 clove garlic minced  

Mix together and heat until butter is melted. Add additional salt to taste. Use as a sauce in cooking meat or poultry, basting every 5 minutes or so during the broiling process.

Yield: For 12 broilers or equal quantity of meat.

**MEDIUM WHITE SAUCE**

2 tablespoons Butter  
2 tablespoons flour  
1 cup Milk  
1/2 teaspoon salt  
Pepper  

Melt butter; add flour, salt and pepper and blend thoroughly. Gradually add milk, stirring until smooth. Cook at simmering point for 2 minutes, stirring constantly.

Yield: 1 cup.

**CHEESE SAUCE**

To one cup of Medium White Sauce, add one-fourth pound of grated American cheese and stir until smooth.
Salads

DAIRY LUNCH PLATE

On a bed of lettuce place a slice of pineapple. Cover with one-half cup cottage cheese, seasoned with salt, pepper and moistened with whipping cream. Cover with another slice of pineapple and top with a spoonful of the cheese. Arrange slices of avocado, grapefruit sections, tomato wedges, and strips of lean broiled bacon attractively around pineapple. Serve with French Dressing.

Yield: 1 serving.

COTTAGE CHEESE AND TOMATO LAYER SALAD

2 cups tomato puree
2 teaspoons onion juice
2 teaspoons horseradish
1 teaspoon salt
1 package cherry gelatine

Heat tomato puree with seasonings to boiling; add gelatine and stir until dissolved. Cool and pour into a quart ring mold. Chill.

¾ package lemon gelatine
¾ cup hot water

Dissolve lemon gelatine in hot water; cool until thick. Set in pan of ice and beat until stiff and frothy. Fold in seasoned and sieved cottage cheese; add whipped cream and mix well. Turn into the mold on top of the red layer and chill. Unmold on lettuce and garnish with radish roses, watercress and celery curls. Fill center with a lettuce cup of whipped cream mayonnaise.

Yield: 12 servings.
COTTAGE CHEESE BALLS ON LETTUCE

1 1/2 cups Cottage Cheese  2 tablespoons chopped chives
1/2 teaspoon salt  3/4 cup mayonnaise

Head lettuce

Combine cheese, salt, chives and mayonnaise. Shape into balls (about two tablespoons to a ball). Place three balls on a bed of lettuce for an individual serving. Sprinkle balls lightly with paprika.

Yield: 4 servings.

COTTAGE CHEESE SALAD MOLD

3 cups Cottage Cheese  1/4 teaspoon mustard
1 cup diced pineapple  Dash cayenne
5 tablespoons mayonnaise  2 tablespoons lemon juice
1 teaspoon salt  1 1/2 tablespoons plain gelatine
1 cup pineapple juice

Blend cheese, pineapple and mayonnaise in mixing bowl. Mix salt, mustard and cayenne with lemon juice. Add to cheese and mix lightly with a fork. Soften gelatine in pineapple juice and dissolve over hot water. Stir carefully into cheese mixture. Turn into mold which has been rinsed in cold water and allow to congeal in refrigerator.

Yield: 8 to 10 servings.

PEAR OR PINEAPPLE SALAD

Hot Cottage Cheese Balls  Mayonnaise
(see Hors d’Oeuvres Page 6)  Chopped walnuts
Pear or pineapple  Lettuce

Arrange half of a pear or slice of pineapple on lettuce. Fill center with hot cottage cheese balls and serve with mayonnaise sprinkled with chopped walnuts.

Note: Cottage Cheese Balls No. 2 and 3 (P. 6) may also be used.

FROZEN FRUIT WITH COTTAGE CHEESE

1 cup Cottage Cheese  1 cup peaches, diced
3/4 teaspoon salt  2 oranges, diced
1 cup pineapple, finely diced  8 marshmallows, quartered
1 cup cherries, pitted  1 cup Whipping Cream
3/4 cup mayonnaise

Combine cheese, salt, fruits and marshmallows, tossing together lightly with a fork. Chill. Whip cream until stiff, combine lightly with mayonnaise. Fold into cheese mixture. Place in freezing tray of electric refrigerator for three to four hours; or pack in equal parts ice and salt for four hours. Serve on crisp lettuce and garnish with mayonnaise combined with whipped cream.

Yield: 8 servings.
PERFECTION SALAD

1 envelope gelatine
\[\frac{3}{4}\] cup cold water
2 cups boiling water
\[\frac{1}{2}\] cup finely shredded cabbage
1 teaspoon mild vinegar
1 cup sugar

Soak gelatine in cold water for 5 minutes and then dissolve in boiling water; add vinegar, salt and sugar. Chill until partially set and then fold in other ingredients. Pour into mold and chill until firm. Unmold on crisp lettuce and serve with mayonnaise or Dutch Salad Dressing.

Yield: 12 servings.

ROSE APPLE SALAD

1 cup sugar
1 cup water
\[\frac{3}{2}\] cup red cinnamon candy
6 apples, cored and peeled
1 cup Cottage Cheese

Boil sugar, water and cinnamon candy for 5 minutes or until candy is dissolved. Carefully drop apples in syrup, cover and allow to steam until apples are tender, turning frequently so as to color evenly. Drain and chill. Moisten cottage cheese with mayonnaise; add seasonings, celery and nuts. Stuff apples with cheese mixture and serve on crisp lettuce with additional mayonnaise.

Yield: 6 servings.

CHEESE—CHILI SAUCE SALAD

1 1/2 tablespoons gelatine
3 tablespoons cold water
1 cup chili sauce
1 cup whipping cream
1 cup Cottage Cheese
\[\frac{3}{4}\] cup salad dressing
1/2 teaspoon salt

Soak gelatine in cold water for 5 minutes and dissolve over hot water; combine with other ingredients, carefully folding in stiffly whipped cream. Turn into individual molds and chill. Serve on lettuce and garnish with celery curls.

Yield: 6 servings.

PINEAPPLE AND COTTAGE CHEESE SALAD

\[\frac{3}{4}\] cup Cottage Cheese
\[\frac{3}{4}\] cup nuts, chopped
1 tablespoon pineapple juice
1 teaspoon sugar
6 slices pineapple
Green or red pepper
Lettuce
\[\frac{3}{4}\] cup salad dressing

Combine cottage cheese, nuts, pineapple juice and sugar, adding salt to taste. Cut pineapple slices in halves, crosswise. Spread cheese mixture liberally on a half slice and press another slice on top as in making sandwiches. Cut diamonds and triangles from the pepper and press into edges of cheese mixture between pineapple slices. Serve on crisp lettuce with salad dressing.

Yield: 6 servings.
COTTAGE CHEESE SALAD

- ¼ cup Whipping Cream
- ¾ cup salad dressing
- 1 pound Cottage Cheese
- 1 cup seedless grapes or raisins
- 2 tablespoons lemon juice
- ¾ cup chopped nuts
- 1 cup diced celery
- 2 tablespoons sugar
- Lettuce and radishes

Whip cream until stiff, fold in salad dressing lightly. Combine cheese, grapes, lemon juice, nuts, celery, sugar and salt to taste. Mix well and fold in cream mixture. Turn into mold and chill thoroughly. Serve on lettuce and garnish with radishes.

Yield: 6 to 8 servings.

STUFFED TOMATO SALAD

- 6 tomatoes
- ½ cup Cottage Cheese
- 2 tablespoons mayonnaise
- ½ teaspoon salt
- 1 tablespoon minced onion
- 2 tablespoons diced celery
- 2 tablespoons chopped green pepper
- 2 tablespoons capers

Peel medium sized tomatoes. Remove thin slice from top of each and scoop out centers. Sprinkle inside with salt, invert and allow to drain. Combine cottage cheese lightly with other ingredients. Stuff tomatoes with cottage cheese mixture and serve well chilled on crisp lettuce with additional mayonnaise.

Variation:

Green peppers may be stuffed with this cottage cheese mixture and then sliced. Serve three or four overlapping slices on crisp lettuce with additional mayonnaise.

Yield: 6 servings.
**BOILED SALAD DRESSING**

- 1 teaspoon salt
- 1 teaspoon mustard
- Dash cayenne
- 2 tablespoons flour
- 3/4 cup vinegar
- 2 tablespoons sugar
- 2 tablespoons Butter
- 1 cup Milk
- 2 Egg yolks

Mix dry ingredients in the top of a double boiler. Add egg yolks, beaten, then butter and milk, stirring to keep smooth. Cook over boiling water 15 minutes, stirring constantly. Remove from fire and cool. Add vinegar and beat.

Yield: 1 1/4 cups.

**SOUR CREAM DRESSING**

- 1 teaspoon mustard
- Dash cayenne
- 1 teaspoon salt
- 1 tablespoon Butter
- 2 teaspoons flour
- 1 Egg yolk
- 3/4 cup vinegar
- 1/4 cup Sour Cream

Mix dry ingredients in top of double boiler. Add butter, egg and vinegar slowly, stirring to keep smooth. Cook over boiling water, stirring continuously until mixture thickens. Remove from fire; cool and add to cream, beaten until stiff.

Yield: 3/4 cup.

**CHEESE WHIP DRESSING**

- 2 cups Cottage Cheese
- 3/4 teaspoon salt
- 1 cup Whipping Cream
- 1 teaspoon sugar

Press cottage cheese through sieve, add salt and carefully fold in stiffly whipped cream which has been slightly sweetened. This dressing may be used for either fruit or vegetable salads.

**WHIPPED CREAM DRESSING FOR FRUIT**

- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1/4 cup pineapple juice
- 1 cup Whipping Cream
- 2 tablespoons Butter
- 3/4 cup granulated sugar
- 3 Egg yolks

Combine fruit juices, butter, sugar and egg yolks in top of double boiler. Cook until mixture will coat a metal spoon. Remove from fire, cool, and fold in cream whipped until stiff.

Yield: 2 cups.

**HORSERADISH CREAM DRESSING**

- 1/4 cup Whipping Cream
- 3 tablespoons vinegar
- 3/4 teaspoon salt
- Few grains pepper
- 2 tablespoons grated horseradish

Beat cream until it begins to thicken; add vinegar gradually, continuing to beat. When cream is stiff, add salt and pepper and fold in horseradish.

Yield: 3/8 cup.
COTTAGE CHEESE STRIPES  
(Ribbon Sandwiches)
Cut two slices of white bread and one of whole wheat about one-half inch thick. Remove crusts; spread with softened plain or flavored butter and a cottage cheese sandwich filling. Press together, alternating white and dark. Wrap in a damp cloth; place under a weight in refrigerator until butter sets and slices are firmly pressed together. Then cut this three layer sandwich into half-inch slices.

COTTAGE CHEESE PINWHEELS  
(Rolled Sandwiches)
Remove crusts from sandwich loaf of bread and cut slices lengthwise of loaf about one-fourth inch thick. Spread these long slices with softened plain or flavored butter and a cottage cheese sandwich filling. Roll up like a jelly roll, giving a little pressure at each turn to hold roll in shape. Spread softened butter over ends of roll and wrap tightly in a damp cloth. Place in refrigerator until butter sets and roll will hold its shape. Cut into slices from one-fourth to one-half inch thick.

COTTAGE CHEESE LOAF
Remove crusts from sandwich loaf of bread. Cut loaf lengthwise into four slices; butter all slices on both sides except bottom one. Spread bottom slice with a mixture of chicken salad, cover with a buttered slice; then a mixture of cottage cheese, dates, raisins and nuts; cover with another buttered slice; then a mixture of minced ham and deviled eggs; and top with the remaining buttered slice.
Press one pound of cottage cheese through sieve; add one-fourth cup melted butter, seasonings to taste and cream to spreading consistency.
Cover top and sides of loaf with cottage cheese mixture, garnish with ripe olives and pimentos. Chill in refrigerator until ready to serve. Cut into one-fourth inch slices.

FLAVORED BUTTER FOR SANDWICHES

\[
\begin{align*}
\frac{3}{4} \text{ cup Butter, creamed} & \quad 1 \text{ tablespoon lemon juice} \\
\frac{3}{4} \text{ teaspoon salt} & \quad \text{Slices of bread} \\
\frac{3}{4} \text{ teaspoon grated lemon rind} & \quad \text{Slices of bread}
\end{align*}
\]
Cream the butter, add other ingredients and beat until smooth. Arrange the slices of bread in pairs. Spread each slice of each pair with the lemon butter. Press together firmly and keep in a moist place until ready to serve. Cut each sandwich in three narrow strips and arrange log cabin style on a sandwich tray.

VARIATIONS:
Instead of lemon juice and rind, add finely chopped parsley or chives, strawberry or raspberry puree, pineapple juice, or grated orange rind and juice to creamed butter. Finely pounded lobster coral or pureed pimento may also be used. An unusual, delicate and very pleasing flavor is given by adding the extract squeezed through cheesecloth from pounded rose petals or violets to which a little sugar has been added.
SANDWICH SUGGESTIONS

1. Combine \( \frac{1}{4} \) cup creamed cottage cheese with 2 tablespoons chopped stuffed olives, 2-3 drops onion juice, and \( \frac{1}{4} \) teaspoon salt.
2. Add 3 slices chopped crisp bacon to \( \frac{1}{4} \) cup peanut butter.
3. On buttered, toasted rounds of bread lay thick slices of tomato; cover with cheese, and melt under broiler flame. On each round place 2 small bacon curls and serve piping hot.
4. Combine \( \frac{1}{4} \) cup creamed cottage cheese with 1 tablespoon chopped parsley, 1 tablespoon chopped green pepper, 1 tablespoon mayonnaise and \( \frac{1}{4} \) teaspoon salt.
5. Combine \( \frac{1}{4} \) cup creamed cottage cheese with \( \frac{1}{4} \) cup grated raw carrot, 2 tablespoons chopped nuts, \( \frac{1}{4} \) teaspoon salt, a dash of pepper, and 1 teaspoon mayonnaise.
6. Combine 1 package (3 oz.) cream cheese with 2 tablespoons minced watercress.
7. Between buttered slices of rye bread lay thin slices of Swiss cheese and baked or boiled ham, lightly spread with mustard, and a lettuce leaf trimmed to fit.
8. Combine \( \frac{1}{2} \) cup creamed cottage cheese with 4 strips of crisp bacon, chopped, 3-4 drops onion juice, and salt if desired.
9. Combine 1 package (3 oz.) cream cheese with 2 tablespoons black caviar and a few drops of onion juice. Spread on Melba toast.
10. Combine \( \frac{1}{2} \) cup creamed cottage cheese with \( \frac{1}{4} \) cup chopped celery, \( \frac{1}{2} \) teaspoon chopped chives, 2 teaspoons mayonnaise, and \( \frac{1}{4} \) teaspoon salt. Spread on bread or toast and cover with apricot or peach preserves.
11. To \( \frac{1}{2} \) cup boned and tailed sardines add 2 tablespoons minced stuffed olives, 4 drops onion juice, 1 tablespoon chopped parsley, 2 tablespoons lemon juice, and a little cream to give spreading consistency.
12. Combine finely chopped nuts and olives with enough mayonnaise to hold together. Spread between buttered bread with crisp bacon for a garnish.
13. Combine \( \frac{1}{2} \) cup creamed cottage cheese with \( \frac{1}{4} \) cup chopped cooked ham, and 1 tablespoon sweet pickle relish.
14. Combine \( \frac{1}{2} \) cup creamed cottage cheese with \( \frac{1}{4} \) cup chopped cooked ham, \( \frac{1}{2} \) teaspoon chopped chives, and 1 teaspoon cream.
15. Combine 1 package (3 oz.) cream cheese, \( \frac{1}{4} \) cup chopped cooked ham, \( \frac{1}{2} \) teaspoon chopped chives, and 1 teaspoon cream.
16. Combine \( \frac{1}{2} \) cup creamed cottage cheese with \( \frac{1}{2} \) tablespoons chopped preserved ginger, 1 teaspoon ginger syrup, and 2 tablespoons chopped nuts.
17. Combine \( \frac{1}{2} \) cup creamed cottage cheese with 1 tablespoon orange marmalade.
18. Combine \( \frac{1}{2} \) cup creamed cottage cheese with 8 chopped pitted dates, 1 teaspoon lemon juice, and 4 teaspoons mayonnaise.
19. Saute 4 large mushrooms, peeled and minced, in 1 tablespoon butter and \( \frac{1}{4} \) cup cream for 5 minutes. Add \( \frac{3}{4} \) cup grated cheese and \( \frac{1}{4} \) cup devilled ham, and stir until cheese is melted. Pour over toast wedges on hot plates.
20. On buttered, toasted rounds of bread lay thick slices of tomato. Cover with slices of hard-cooked egg and pour over a white sauce seasoned with anchovy paste (1 teaspoon to 1 cup). Garnish with cress and a dash of paprika.
Custards and Puddings

TAPIOCA CREAM

2 cups Milk
\( \frac{3}{4} \) cup Coffee Cream
3 tablespoons granulated tapioca
1 teaspoon vanilla

Heat milk and coffee cream to scalding in top of double boiler; stir in the tapioca and continue cooking, stirring occasionally, until tapioca is transparent (about 10 minutes). Beat egg yolk and add sugar and salt. Pour tapioca over the egg mixture, beating constantly. Return to double boiler and cook 3 minutes longer, stirring occasionally. Remove from fire, add vanilla, and fold in stiffly beaten egg white. Serve hot or cold. Berries, sliced oranges or fruit preserves are a nice accompaniment.

Yield: 5 servings.

BAKED CUSTARD

4 Eggs
\( \frac{3}{4} \) cup sugar
\( \frac{3}{4} \) teaspoon salt

Whipping Cream

Beat eggs slightly, add sugar and salt; scald milk and add slowly to eggs. Strain, add vanilla and pour into six buttered custard cups; sprinkle lightly with nutmeg. Set in a pan of water and bake in a slow oven (325° F.) until a knife inserted in the center comes out clean. Serve with whipped cream.

VARIATION:
Unmold and serve with fresh raspberries or any desired fruit, and whipped cream or coffee cream as illustrated below.
GLORIFIED RICE

1/4 cup rice
1 1/2 cups Milk
3/4 teaspoon salt
1 cup diced pineapple
12 marshmallows, cut
1 cup unpeeled apples, julienned
3/4 cup water
3/4 cup sugar
2 tablespoons lemon juice
1 cup Whipping Cream

Put rice, milk and salt in top of double boiler; steam until rice is tender and combine, with pineapple and marshmallows. Cook apples in water and sugar until transparent; add lemon juice and combine with other mixture. Chill. Whip cream until stiff and fold into chilled mixture; pile lightly into serving dishes and garnish with red maraschino cherries. Berries, peaches, bananas or any desired fruit may be used instead of the pineapple. Apples may be used raw or omitted, as preferred.

Yield: 6 to 8 servings.

BOILED CUSTARD

4 Egg yolks
4 tablespoons sugar
3/4 teaspoon salt
1 pint Milk
3/4 teaspoon vanilla
3/4 pint Whipping Cream

Beat egg yolks slightly, add sugar and salt. Scald milk in top of double boiler; pour slowly over first mixture, stirring constantly with metal spoon; cook until coating forms on spoon. Remove from fire, strain, chill and flavor. Fold in stiffly whipped cream just before serving.

Yield: 6 servings.
CHARLOTTE RUSSE

1 cup Whipping Cream
1/4 cup hot Milk
1 1/4 teaspoons granulated gelatine
3 tablespoons powdered sugar
2 tablespoons cold Milk
3/4 teaspoon vanilla
Lady Fingers or sponge cake

Whip cream until stiff and place in refrigerator. Soak gelatine in cold milk, dissolve in hot milk; add sugar and flavoring. Stir occasionally until gelatine mixture begins to be syrupy; then fold into the whipped cream. Line individual serving dishes with fresh lady fingers, or strips of fresh sponge cake; turn in mixture and place in refrigerator until congealed. Serve with sweetened fresh fruit or berries.

Yield: 4 servings.

FLUFFY STEAMED PUDDING

1 3/4 cups Buttermilk
1 cup fine dry bread crumbs
3/4 cup flour
1 cup Butter
1 cup brown sugar
3/4 teaspoon cinnamon
2 tablespoons molasses
3/4 teaspoon cloves
1 tablespoon soda
3/4 cup seedless raisins

Soak crumbs in the buttermilk for one hour. Cream butter and sugar; add molasses and beat until well mixed. Sift flour, measure and resift twice with the spices and soda. Combine mixtures, stirring just enough to blend; add the washed raisins and stir enough to distribute the fruit. Pour into well-buttered pudding molds, cover, and steam 2 or 3 hours. Turn pudding out onto cake rack to cool. Slice and serve with Hard Sauce (P. 52).

Yield: 10 servings.

JUNKET WITH FRUIT

1 package junket
2 cups Milk

Warm milk slowly to lukewarm. Remove from fire; add junket and stir until dissolved. Pour into dessert glasses and leave in a warm place undisturbed for 20 minutes. Place in refrigerator to chill. Serve with fresh fruit and whipped cream.

Yield: 4 servings.

CARAMEL BLANC MANGE

1 quart Milk
1/2 cup cornstarch
1/4 teaspoon salt
2 cups sugar
1 teaspoon vanilla
Nuts, cherries, macaroons, etc.

Cream

Caramelize one cup of sugar in skillet. Dissolve cornstarch in one cup of milk. Scald remainder of milk; add salt, one cup of sugar and the cornstarch mixture; stirring constantly, cook until slightly thickened; gradually add caramelized sugar and mix well. Steam for 30 minutes in double boiler. Cool, flavor; add nuts, cherries and crushed macaroons in any desired amounts and turn into mold. Chill and serve with cream either whipped or poured over.

Yield: 10 servings.
COFFEE BAVARIAN

2 tablespoons gelatine  
3/4 cup cold water  
3/4 cup ground coffee  
1 1/2 cups Whipping Cream  
3 cups boiling water  
3/4 cup sugar  
Few grains salt  

Soak gelatine in cold water for 5 minutes. Brew coffee to obtain two cups strong liquid coffee. Add to gelatine and stir until dissolved. Add sugar and salt. Chill. When mixture begins to congeal, add whipped cream. Whip until mixture is well blended. Turn into mold and place in refrigerator until congealed.

Yield: 8 to 10 servings.

CHOCOLATE ICE BOX CAKE

1 1/2 half-pound cakes sweet chocolate (12 ounces)  
6 tablespoons sugar  
3/4 cup boiling water  
8 Eggs, separated  
1 teaspoon vanilla  
3/4 teaspoon salt  
3 dozen lady fingers  
1/2 pint Whipping Cream  
1/4 cake sweet chocolate (2 ounces)  

Place chocolate in top of double boiler. Add sugar and water and heat until smooth paste is formed. Remove from fire and add well-beaten egg yolks. Beat vigorously until smooth. Replace over boiling water and cook 2 minutes longer. Add vanilla, stiffly beaten egg whites, and salt. Split lady fingers and arrange a layer in bottom of a spring-form pan. Stand a row around sides. Pour over enough chocolate custard to cover bottom layer of lady fingers. Repeat until all lady fingers have been used, finishing with a layer of lady fingers arranged like spokes of a wheel. Cover pan with paraffin paper secured with a rubber band, and place in refrigerator for 12 hours.

When ready to serve, remove detachable sides of spring-form pan and slide cake to flat serving plate. Pile whipped cream lightly over top and sprinkle with coarsely grated sweet chocolate. Slice like cake.

Yield: 12 to 14 servings.

RUSSIAN CREAM

1 cup Sweet Cream  
3/4 cup sugar  
2 teaspoons gelatine  
3/4 cup cold water  
3/4 teaspoon salt  
1 cup Sour Cream  
3/4 teaspoon vanilla  
Raspberries  

Heat sweet cream with sugar in double boiler until lukewarm. Soak gelatine in cold water about 5 minutes; add to heated cream and stir until dissolved; chill. When mixture begins to thicken, fold in sour cream, slightly beaten, salt and vanilla. Pour into molds and place in refrigerator to set. Serve cold with raspberries, either fresh, canned or in sauce.

Yield: 6 servings.
STRAWBERRY PARFAIT

1 cup sugar
2 Egg whites
1/2 cup water
1 1/2 cups crushed strawberries
1/2 teaspoon salt
1 1/2 cups Whipping Cream

Boil sugar, water and salt to the soft ball stage (234°F.). Pour slowly over stiffly beaten egg whites and continue beating until cold. Carefully fold in crushed berries and then the whipped cream. Turn into mold and pack in ice and salt for about 4 hours or freeze in freezing tray of a mechanical refrigerator. When ready to serve, garnish with whipped cream and strawberries cut in eighths. Yield: 8 servings.
VANILLA ICE CREAM I  
*(Philadelphia)*

| 1 quart Coffee Cream | ⅛ teaspoon salt |
| ¾ cup sugar | 1 tablespoon vanilla |

Combine ingredients and stir until sugar is dissolved. Freeze.

Yield: 8 servings.

VANILLA ICE CREAM II  
*(French)*

| 2 cups Milk, scalded | ⅛ teaspoon salt |
| 1 tablespoon flour | 1 Egg |
| 1 cup sugar | 1 quart Coffee Cream |
| ½ tablespoons vanilla |

Mix flour, sugar and salt; add slightly beaten egg and gradually the scalded milk. Cook in double boiler until custard coats the spoon, stirring often. Cool; strain and flavor. Add coffee cream and freeze.

Yield: 12 servings.

ALMOND TOFFEE ICE CREAM

Crush one-half pound almond toffee, then roll and sift through a coarse sieve. Add to Vanilla Ice Cream I or II.

BISCUIT TORTONI

| 1 cup dried macaroons, finely crushed | ¼ cup sugar |
| 2 cups Coffee Cream | ¼ cup sherry wine |
| 1 pint Whipping Cream |

Soak macaroons in coffee cream for 1 hour. Add sugar and sherry, and freeze to a mush in a mechanical refrigerator freezing tray. Fold in stiffly whipped cream. Freeze.

Yield: 1½ quarts, 8 to 10 servings.

INDIVIDUAL BAKED ALASKAS

| 6 cup cakes | 3 Egg whites |
| 1½ pints ice cream | ¼ cup honey |

Scoop centers from cup cakes and fill with ice cream. Make a stiff meringue of the egg whites and honey and spread liberally over cup cakes—meringue must extend over one-half inch beyond ice cream. Place in hot oven (425° F.) until meringue is a golden brown. Serve immediately.

Yield: 6 servings.
Cakes

**WHITE CAKE**

- 1 3/4 cups pastry flour
- 4 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 cup Butter
- 1 cup fine granulated sugar
- 1/2 cup Egg whites
- 1/2 cup Milk
- 1 teaspoon lemon extract
- 1/2 teaspoon almond extract

Sift flour, measure, and resift twice with baking powder and salt. Cream butter and sugar, add unbeaten egg whites, and blend. Add dry ingredients and milk alternately, then the flavoring. Bake in a square pan lined with paraffin paper for 30 minutes in a moderate oven (350-375° F.).

**GOLD FEATHER CAKE**

- 1 3/4 cups pastry flour
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 cup Butter
- 1/2 cup Milk
- 3/4 cup granulated sugar
- 1/2 teaspoon flavoring

Sift and measure flour, and resift three times with baking powder and salt. Cream butter and sugar, add egg yolks and flavoring. Add milk and flour and beat vigorously. Put into muffin tins and bake in a medium oven (350° F.) for 10 to 15 minutes.

Yield: 10 cup cakes.

**RED DEVIL’S FOOD**

- 2 cups pastry flour
- 1/2 cup cocoa
- 3/4 cup Butter
- 1 1/2 cups sugar
- 2 Eggs
- 1 teaspoon soda
- 1/2 cup Buttermilk
- 1 teaspoon vanilla
- 1/2 cup boiling water

Sift flour, measure, and resift twice with cocoa. Cream butter and sugar thoroughly; add well-beaten eggs and beat until light colored and fluffy. Add soda to buttermilk. Add dry ingredients and buttermilk alternately to first mixture, beating hard after each addition. Add vanilla, pour in boiling water, and beat until smooth. Bake in two eight-inch tins in a moderate oven (350° F.) for 30 to 35 minutes. Spread between layers and over top with Seven Minute Icing.

**WASHINGTON PIE**

Bake a One Egg Cake in two layers. Put Cream Filling (recipe page 53) or raspberry jam between layers and sprinkle top with powdered sugar. Cut in pie-shaped wedges and serve with whipped cream.

**BOSTON CREAM PIE**

Make as for Washington Pie. Split and fill with cream filling; ice top with chocolate frosting.
CHEESE CAKE

2.4 slices zweiback

3/4 cup Butter

3/4 cup sugar

3/4 cup sugar

2 tablespoons cake flour

3/4 teaspoon salt

1 teaspoon vanilla

4 Eggs

1 cup Coffee Cream

1 1/2 pounds Cottage Cheese

Roll zweiback into fine crumbs, add melted butter and one-half cup sugar; mix thoroughly. Put into a nine-inch spring-form pan, saving three-fourths cup for the top, and press down firmly on the bottom and sides. Mix the other one-half cup sugar with the flour, salt, sieved cottage cheese, vanilla and egg yolks; mix thoroughly. Add cream and beat again. Fold in stiffly beaten egg whites, turn mixture into zweiback crust, and sprinkle top with remainder of crumbs. Bake in a moderate oven (325-350°F.) for about 1 hour, or until center is set.

ONE EGG CAKE

1/2 cup Butter

1 1/4 cups sugar

1/2 teaspoon salt

1 teaspoon flavoring

1 Egg, beaten

2 1/4 cups pastry flour

3 teaspoons baking powder

1 cup Milk

Cream butter with sugar; add salt, flavoring and beaten egg. Sift flour with baking powder and add to creamed mixture alternately with milk. Pour into three buttered layer cake pans and bake in a moderate oven (375°F.) about 20 minutes.

White Cake: Omit whole egg and carefully fold in two stiffly beaten egg whites at last.

Yellow Cake: Omit whole egg and add two beaten egg yolks.

Spice Cake: Add one and one-half teaspoons mixed spice.

Chocolate Cake: Reduce flour to one and three-fourths cups and add five tablespoons cocoa.

SOUR CREAM CAKE

2 1/4 cups pastry flour

1 teaspoon baking powder

3/4 teaspoon salt

1 teaspoon soda

1 cup sugar

3/4 cup Butter

1 Egg

1 cup Sour Cream

Grated rind of 1 lemon

Sift flour, measure and resift twice with baking powder, salt and soda. Cream sugar with butter; add slightly beaten egg and beat thoroughly. Add grated lemon rind, then flour and sour cream alternately, beginning and ending with flour. Beat 1/2 minute after all ingredients are combined. Pour batter into two six inch round pans and bake in a moderate oven (350°F.) about 30 minutes.
JAM CAKE

3/4 cup Butter  
1 1/2 cups sugar  
1 cup seedless jam  
4 Eggs, beaten  
3/4 cup Buttermilk

3 cups cake flour  
1 1/2 teaspoons mixed spices  
3/4 teaspoon salt  
1 teaspoon soda

Cream butter with sugar; add jam and eggs and mix well. Sift flour, measure, and resift with spices and salt. Stir soda into buttermilk and add alternately with flour to the creamed mixture. Beat well, turn into one loaf or three layer pans and bake in a moderate oven (350-375° F.) for 30 minutes or until done. Ice with Caramel or a Rum-Butter icing and sprinkle top and sides of cake with chopped nuts.

GINGERBREAD

1 cup Butter  
1 cup sugar  
1 cup molasses  
2 Eggs, beaten  
1 teaspoon soda

1 cup Buttermilk  
3 1/2 cups cake flour  
1/2 teaspoon cinnamon  
1 1/2 teaspoons ginger  
1/2 teaspoon salt

Cream butter with sugar; add molasses, eggs, and beat thoroughly. Add soda to buttermilk. Sift flour, measure, and resift with spices and salt. Add flour and buttermilk alternately to first mixture. Turn into buttered pans and bake in a moderately hot oven (375° F.) for about 25 minutes or until done. A sprinkling of sugar over top gives a delicate crust. Serve hot with butter or with a topping of whipped cream.

Yield: 2 cakes, 7 by 11 inches.
Cookies

**BUTTERNUT DROPS**

1 1/4 cups family flour  
1/4 cup Butter  
1/4 cup sugar  
1 Egg  
1/2 teaspoon vanilla  
Rind of 1/2 lemon and 1/2 orange, grated  
1 tablespoon lemon juice  
1/2 cup finely chopped nuts  
12 glace cherries

Sift flour and measure. Cream butter and sugar together; add egg yolk and flavorings and beat well. Fold in flour and mix thoroughly. Cover and let stand in refrigerator until cold and firm. Beat egg white very slightly, not enough to make it foamy. Measure out level tablespoons of the dough and drop into the egg white. Lift out with a fork and dip one side into the chopped nuts. Place nut side up on well-buttered baking sheet, about one and one-half inches apart. Top with a half cherry pressed well down into the cookie. Bake at 325°F for 25 minutes. Yield: 24 cookies.

**BUTTER COOKIES**

1 cup Butter  
1 cup sugar  
3 Eggs  
4 cups family flour  
1 teaspoon vanilla  
or 1/2 teaspoon mixed spice

Cream butter and sugar thoroughly together. Add the whole unbeaten eggs and blend. Add flavorings and the flour in several portions; mix well. Turn dough out on paraffin paper and shape into a roll about two inches in diameter. Place in refrigerator and chill until solid. Slice thinly and bake on an unbuttered baking sheet in a moderately hot oven (375°F) until golden brown and crisp.
For *Chocolate Butter Cookies*: Add $1\frac{1}{2}$ squares bitter chocolate, melted, to mixture after eggs are added.

*Pinwheels* and *Checker-boards* are possible variations.

Yield: 3 dozen cookies.

FUDGE BROWNIES

| 3/4 cup Butter | 2 Eggs, separated |
| 2 squares chocolate | 3/4 cup family flour |
| 1 cup sugar | 1 cup nuts, chopped |
| 3/4 teaspoon salt | 3/4 teaspoon vanilla |

Melt butter and chocolate over hot water; add sugar, salt and beaten egg yolks. Mix well, add flour and vanilla and carefully fold in stiffly beaten whites. Pour into buttered, shallow pan. Sprinkle top with chopped nuts. Bake in moderate oven (350°F.) about 12 minutes. Cut in squares and decorate with a rosette of butter icing.

Yield: 16 squares.

COTTAGE CHEESE COOKIES

| 1 cup Butter | 2 cups family flour |
| 1 cup Cottage Cheese | Strawberry preserves |

Cream together the butter and cottage cheese. Work in the flour and wrap dough in waxed paper. Place in refrigerator to harden. When cold roll in thin sheets and cut in three-inch squares. Place a teaspoon of strawberry preserves in the center of each square and fold into a triangle, pressing edges together very firmly. Bake in a hot oven (425°F.) for 15 minutes, or until crust is brown and crisp.

Yield: 4 ½ dozen cookies.

CHOCOLATE ECLAIRS

| 1 cup boiling water | 1 cup bread flour |
| 3/4 cup Butter | 4 Eggs |

Put water and butter in pan and bring to a boil. Add flour all at once and stir until it leaves the sides of the pan. Remove from fire and add eggs one at a time, beating after each addition. Put mixture through a pastry tube onto a greased baking sheet, in one by four-inch strips. Bake in a hot oven (400°F.) for 15 minutes, then reduce to 350°F. for 30 minutes longer. Fill with Cream Filling (Page 53). Ice with Chocolate Icing.

Yield: 1 dozen eclairs.

SOUR CREAM DOUGHNUTS

| 2 Eggs | 1 cup Sour Cream |
| 1 cup sugar | 1 teaspoon soda |
| 3/4 teaspoon salt | 4 cups family flour |

Beat eggs, add sugar, salt and sour cream mixed with soda. Beat well. Add sufficient flour to make a soft roll batter. (Indefinite butter fat of cream makes exact measure of flour impossible to give.) Chill dough. Turn onto lightly floured board; roll into a sheet about one-third inch thick. Cut and fry in deep fat heated to 375°F. until doughnuts are a delicate brown. Drain and roll in sugar.

Yield: 40 doughnuts—3 ½ inch diameter.
BUTTER-CRUST APPLE PIE

Sift flour, measure, and resift with salt into mixing bowl. Blend in shortening, using pastry blender, two knives or finger tips, until fat particles are size of wheat grains. Add water gradually, mixing lightly with fork. Gather into a ball and divide in 2 portions, one a little larger. Roll out larger portion to fit 9" pie tin and fit into pan. Place in refrigerator.

Peel apples and slice in eighths. Arrange in pie crust, the bottom of which has been sprinkled with a mixture of 2 tablespoons sugar and 1 tablespoon flour. Sprinkle apples with lemon juice and sugar, and dot with butter. Sprinkle lightly with cinnamon. Roll out top crust, gash, and lay over apples. Seal upper and lower crusts together at rim by moistening lower crust with egg white and pressing firmly together. Trim edges and elaborate as desired. Bake in a quick oven (425° F.) for 30 to 40 minutes, or until the apples are tender when pricked with a toothpick. Serve warm or cold with cheese.

BUTTERSCOTCH PIE

Blend sugar and flour thoroughly. Add scalded milk gradually, stirring constantly to obtain a smooth paste. Add well-beaten egg yolks and cook in double boiler for 10 minutes, stirring occasionally. Add butter and vanilla, mix well, and pour into the cooled baked pie shell. Cover with meringue made from the whites of the two eggs, three tablespoons sugar, and one-fourth teaspoon baking powder. Brown for 20 minutes in a slow oven (300° F.). Cool before cutting.

COCONUT CREAM PIE

Blend sugar and flour thoroughly; gradually add scalded milk and whipping cream, stirring continually. Add two well-beaten egg yolks and one whole egg. Cook in top of double boiler for about 15 minutes, stirring constantly until mixture thickens. Cover and continue cooking 5 minutes, stirring occasionally. Add vanilla and one-half cup of the coconut. Pour into pie shell. Beat the two remaining egg whites until almost stiff, add two tablespoons sugar, and continue beating until stiff. Spread over pie and sprinkle with remaining coconut. Brown in a slow oven (300° F.) for 20 minutes. Cool before cutting.
PUMPKIN PIE

3/4 teaspoon ginger
1 teaspoon cinnamon
2 tablespoons hot water
1 cup Milk
1 1/4 cups pumpkin, strained

1/4 cup brown sugar
1/2 teaspoon salt
2 Eggs
2 1/2 tablespoons orange juice
Plain pastry

Make a paste of spices and hot water. Scald milk in double boiler. Put pumpkin in bowl and add spice paste, sugar, salt and eggs. Mix thoroughly and add scalded milk and orange juice. Pour into pastry-lined pie tin and bake in a hot oven (450°F.) for 15 to 20 minutes, until crust is brown; then reduce heat to 300°F. and continue baking until a knife inserted in center of custard comes out clean.

FRESH FRUIT PIE

Fruit, chilled
Freshly baked pie shell
3/4 pint Whipping Cream

2 tablespoons sugar
1/4 teaspoon vanilla

Use fruit such as berries, peaches, apricots, figs, prunes, bananas, oranges, pineapple, apples, etc., either fresh, canned or stewed, for this type of pie. Prepare and sweeten the fruit to suit the taste and turn into the pie shell. Whip cream until stiff, add sugar and flavoring, and heap on top of the fruit.

SUGGESTED FRUIT COMBINATIONS: Strawberries and bananas; strawberries, bananas and pineapple; bananas, prunes and dates; stewed apples and raisins; figs, raisins, candied ginger and nuts.
COTTAGE CHEESE — APPLE PIE

2 Eggs  
½ cup sugar  
¼ teaspoon salt  
½ cup Coffee Cream  
¾ cup Milk  
1 teaspoon vanilla

1 cup Cottage Cheese  
1½ cups apples, sliced thin  
¼ cup sugar  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
Pastry

Beat eggs slightly, add one-half cup of sugar, salt, scalded coffee cream and milk, vanilla, and cottage cheese. Mix sliced apples with one-fourth cup sugar and spice, adding more sugar if needed; turn into pastry-lined pie tin and bake in hot oven (425°F.) for 15 minutes; reduce heat to 325°F. Add custard mixture, and continue baking 40 minutes, or until mixture sets and is a delicate brown in color.

CHOCOLATE CHIFFON PIE

1 tablespoon gelatine  
2 tablespoons water  
3 Egg yolks  
¼ cup sugar  
½ teaspoon salt

1 pint Chocolate Drink  
3 Egg whites  
½ teaspoon vanilla  
Freshly baked pie shell  
½ pint Whipping Cream

Soak gelatine in water for 5 minutes. Beat egg yolks slightly; add sugar and salt, and gradually blend into the scalded Chocolate Drink. Cook in top of a double boiler until thick. Add gelatine and stir until dissolved. (If a richer chocolate flavor is desired, add one square chocolate, melted.) Remove from stove, strain and chill. Beat egg whites stiff and fold into the chocolate mixture as it begins to congeal; flavor and turn into baked pastry shell. Serve well chilled, topped with whipped cream, and a sprinkling of chopped nuts.
Desserts, Sauces and Icings

HARD SAUCE

\[ \frac{1}{2} \text{ cup Butter} \]
\[ 1 \text{ cup confectioner’s sugar} \]
\[ \text{or } \frac{3}{4} \text{ cup granulated sugar} \]

Use sweet cream butter or wash butter in cold water to remove salt. Beat it to a cream. When light, add sugar gradually, beating constantly, add vanilla and gradually, the brandy. Turn into serving dish and place in refrigerator to harden.

CREAMY SAUCE

\[ 1 \text{ Egg} \]
\[ 3 \text{ tablespoons melted Butter} \]
\[ 1 \text{ cup powdered sugar} \]

Beat egg until foamy, add melted butter slowly and then the sugar. Add cream, whipped stiff and flavored. Serve over slices of cake; sprinkle with nuts.

CARAMEL-MALLOW SAUCE

\[ \frac{1}{2} \text{ cup light brown sugar} \]
\[ \frac{1}{2} \text{ cup light corn syrup} \]
\[ \frac{1}{2} \text{ cup water} \]
\[ 4 \text{ marshmallows, diced} \]

Boil sugar, syrup and water to soft ball stage \((234^\circ \text{ F.})\). Add butter, stir until melted, cool and beat in cream and marshmallows.

BRANDY SAUCE

\[ \frac{1}{2} \text{ cup Butter} \]
\[ 2 \text{ Egg whites} \]
\[ \frac{3}{4} \text{ cup boiling water} \]

Beat butter to a cream. Add sugar gradually and beat for 5 minutes. Fold in one egg white, beat again and then fold in second egg white. Beat until light. Store in refrigerator until ready to serve. Turn mixture into double boiler, add brandy and boiling water and stir constantly until it becomes light and creamy. Serve immediately. (Caution—if it boils, it will curdle.)

CUSTARD SAUCE

\[ 1 \frac{1}{2} \text{ cups Milk} \]
\[ 3 \text{ Egg yolks} \]
\[ \frac{3}{4} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup Whipping Cream} \]

Combine milk, egg yolks, sugar and salt and cook stirring constantly, in a double boiler until the mixture coats a metal spoon. Cool. Add vanilla and chill. Add whipped cream just before serving.

Yield: 2 cups.

CHOCOLATE SAUCE

\[ 3 \text{ squares bitter chocolate} \]
\[ \frac{1}{4} \text{ cup water} \]
\[ 1 \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup light corn syrup} \]
\[ 1 \text{ cup Coffee Cream} \]
\[ 1 \text{ teaspoon vanilla} \]

Melt chocolate over hot water. Add water and stir until smooth; add sugar and syrup. Boil to soft ball stage \((234^\circ \text{ F.})\). Remove from fire; add cream and vanilla. Serve either hot or cold.

Yield: \(1\frac{1}{2}\) cups.
BROILED ICING

6 tablespoons Butter, melted
10 tablespoons brown sugar
4 tablespoons Cream
3/4 cup cocoanut

Mix ingredients and spread on warm cake. Place cake very low under the broiler with flame turned low. Broil until it bubbles all over the surface and becomes brown but does not burn.

Note: This is an excellent quick icing.

BUTTER ICING

3/4 cup Butter
1 pound confectioner's sugar
1/2 teaspoon salt
3/4 teaspoon salt
Juice and grated rind 1 lemon

Cream butter, add sugar, salt, grated rind and thin to spreading consistency with lemon juice.

CREAM FILLING

2 cups Milk
3/4 cup flour
3/4 cup sugar
1/2 teaspoon salt
2 Eggs
1 teaspoon vanilla

Scald milk in double boiler. Mix dry ingredients thoroughly and add to hot milk, stirring vigorously to keep smooth. Cook 10 minutes with occasional stirring. Beat eggs until thick and add to hot mixture very slowly, stirring continuously. Cook 1 minute longer. Remove from fire and add vanilla. May be used to fill baked eclair shells or between cake layers.

WHIPPED CREAM FILLING

1 cup Whipping Cream
2 tablespoons powdered sugar
3/4 cup chopped candied fruit
3/4 teaspoon vanilla
3/4 cup chopped nuts

Whip cream until stiff. Beat in sugar and flavoring. Fold in nuts and fruit and spread on cake.

SOUR CREAM FUDGE ICING

2 squares bitter chocolate
2 cups sugar
3/4 teaspoon salt
3/4 cup sour cream
1 teaspoon vanilla

Melt chocolate over hot water, add the sugar and mix well. Add cream slowly. Boil without stirring to soft ball stage, 234°F. Pour on marble slab or platter that has been wiped with a damp cloth. Leave undisturbed until cool. Add vanilla and salt and work with a spatula until thick and creamy. Keep in a closed container until ready to use. If too thick, thin with coffee cream.

BUTTERMILK FROSTING

1 cup Buttermilk
2 cups sugar
1 teaspoon vanilla
3/4 cup nuts, chopped

Boil buttermilk and sugar until a few drops will form a soft ball when tested in cold water (234°F.). Cool until the hand can be held on the bottom of the pan; then beat to a spreading consistency. Add vanilla and nuts and spread quickly.
Candies

CHOCOLATE FUDGE

1¾ to 2 squares bitter chocolate
2 cups sugar
2 teaspoons corn syrup
¼ teaspoon salt
2 tablespoons Butter
¾ cup Coffee Cream
½ teaspoon vanilla

Melt chocolate over hot water. Add sugar, corn syrup, salt and butter; mix until well blended. Add coffee cream and stir until sugar is dissolved. Boil to soft ball stage (234° F.) or until a few drops will form a soft ball in a cup of cold water. Remove from fire and add flavoring. Set pan in cold water. When pan can be held on hand with comfort (about 135° F.), beat vigorously. Turn into buttered pan and allow to harden. Yield: 1¼ pounds.
PRALINES

3 cups sugar
1 cup Buttermilk
1 teaspoon soda
2 cups nuts
4 tablespoons Butter
½ teaspoon vanilla

Add soda to buttermilk and combine with sugar; cook to soft ball stage (234°F.), adding nuts just before that stage is reached. Remove from fire, add butter and vanilla. Cool to room temperature and then beat until creamy. Pour into molds or drop by teaspoonfuls onto waxed paper.

Yield: 2 pounds.

BUTTERSCOTCH

1½ cups sugar
2 teaspoons vinegar
3½ cups Butter
3½ cup water
1½ teaspoons vanilla

Put sugar into saucepan with vinegar, butter and water, and boil without stirring to 280°F., the point at which a few drops become very brittle in cold water. Add vanilla and turn quickly into well buttered pan. Mark deeply into squares and break when cool.

Yield: ⅔ pound.

PENOCHE

2 cups light brown sugar
2 tablespoons Butter
¾ teaspoon salt
1 cup Coffee Cream
¾ cup chopped nuts
¾ teaspoon mapleine

Measure sugar, packing firmly into cup. Melt butter in saucepan, add rest of ingredients, and boil with occasional stirring to 238°F., the point at which a few drops will form a soft ball in cold water. Remove from fire, cool, and beat like fudge. Add nuts and flavoring at end of beating and turn into a buttered pan. If candy becomes too stiff to pour, it may be gathered into a ball and kneaded like fondant.

Yield: 1⅛ pounds.

CREAM CARAMELS

2 cups granulated sugar
Few grains salt
2 cups corn syrup
¾ cup Butter
2 cups Coffee Cream
1 teaspoon vanilla or 2 tablespoons rum flavoring

Boil sugar, salt and corn syrup to 245°F., stirring occasionally. Add butter and cream gradually so the mixture does not stop boiling at any time. Cook rapidly to hard ball stage (242°F.). Stir constantly as the mixture sticks easily when it thickens. Remove from fire, add flavoring, and pour into buttered pan. Cool thoroughly before cutting. Cut with a heavy sharp knife using a sawlike motion.

Yield: 2 pounds.

For Chocolate Caramels: Add one and one-half squares bitter chocolate after removing from fire. Add nuts as desired.

Caramel Roll: Sprinkle the cooled caramel layer with coconut, roll up like jelly roll and cut.
MEXICAN ORANGE CANDY

1 cup granulated sugar  
1/4 cup boiling water  
2 cups granulated sugar  
1 cup Coffee Cream  
Few grains salt  
2 teaspoons grated orange rind  
1 cup nut meats

Caramelize the one cup sugar slowly in a hot frying pan, shaking pan vigorously to prevent burning. Add boiling water and boil until sugar is dissolved. Add remaining sugar, cream and salt and boil to soft ball stage (234°F.), stirring constantly. Just before candy is done, add orange rind. Remove from fire, cool, beat and add nuts. Drop from a teaspoon onto buttered plates and allow to harden.

Yield: 1 3/4 pounds.

PULLED BUTTER MINTS

4 tablespoons Butter  
2 cups sugar  
1/3 cup water  
4 teaspoons corn syrup  
1/4 teaspoon cream of tartar  
1 teaspoon peppermint extract

Melt butter in a saucepan. Add sugar, water, corn syrup and cream of tartar. Cook to hard ball stage, at which a few drops form a brittle ball in cold water, and add peppermint. Pour into a buttered pan. When cool enough to handle, butter the hands to prevent sticking and pull the candy until it is white and creamy. Cut into small pieces with scissors. Wrap in waxed paper.

Yield: 1 pound

OPERA CREAMS

2 cups brown sugar  
1 cup white sugar  
1/2 cup Coffee Cream  
1 tablespoon Butter  
1 teaspoon vanilla

Mix sugars and coffee cream or milk and cook in a covered pan to the soft-ball stage (234°F.) or until a few drops will form a soft ball when tried in cold water. Remove from fire; add butter, flavoring and set pan in cold water until pan is cool. Beat candy until creamy; turn out on a buttered surface and knead, using powdered sugar as necessary. Use either plain or following variations, shape and allow to stand until firm.

Variations:
- Add chopped nuts, candied cherries, ginger, orange, etc.
- Dip in melted chocolate.
- Decorate with halves of pecans or walnuts.
- Roll in toasted coconut.

BUTTER CREAMS

1/4 pound Butter  
1 pound powdered sugar  
1/2 teaspoon salt  
1/2 teaspoon vanilla  
1/2 pound dipping chocolate

Melt butter and mix well with powdered sugar, salt and vanilla. Add chopped nuts as desired. Form into small balls; dip into melted dipping chocolate and place on waxed paper to dry.
**Beverages**

**HOT CHOCOLATE**
Heat Chocolate Drink to the boiling point. Serve with a generous spoonful of whipped cream.

**RUSSIAN CHOCOLATE**
Scald one pint of Chocolate Drink, add one cup of strong, hot coffee; whip one-half cup of whipping cream, sweeten with one tablespoon sugar and add half to the chocolate. Whisk until frothy and then serve hot, topped with remainder of the whipped cream.
Yield: 6 servings.

**MEXICAN CHOCOLATE**
Crush one stick of cinnamon, add to one pint of Chocolate Drink and heat to the boiling point; remove cinnamon. Serve the chocolate, hot, topped with a generous spoonful of whipped cream.
Yield: 3 servings.

**CHOCOLATE MALTED MILK**

1 3/4 cups Chocolate Drink 2 teaspoons Malted Milk Powder

Into three tablespoons of the Chocolate Drink, mix the malted milk powder, blending until smooth. Turn into a shaker or mason jar, add the rest of the milk, and shake vigorously. Serve immediately.
Yield: 2 servings.

**COCOA**

4 tablespoons cocoa 1 quart Milk
4 teaspoons sugar ¼ cup Whipping Cream
Few grains salt ¾ teaspoon vanilla (may be omitted)

Mix cocoa, sugar and salt with enough cold milk to make a paste. Add to scalded milk and cook in a double boiler 15 or 20 minutes. Serve with whipped cream flavored with vanilla.
Yield: 6 small servings.

**EGGNOG**

1 Egg, separated ¾ teaspoon vanilla
2 tablespoons Cream 2-3 teaspoons sugar
¾ cup milk Nutmeg, if desired

Beat together the egg yolk, cream, milk and vanilla and pour into tall glass. Beat egg white until stiff, add sugar, and when well blended add about ¾ of the meringue to the glass, whipping up with spoon. Put remaining meringue on top of eggnog and sprinkle with nutmeg.
Yield: 1 serving.
MILK SHAKES

3/4 pint Milk
2 teaspoons sugar
3/4 teaspoon flavoring
4 tablespoons shaved ice
2 tablespoons Whipped Cream

Shake milk with sugar, flavoring and ice for 2 or 3 minutes. Pour into glass and top with whipped cream.

Yield: 1 serving.

BANANA MILK SHAKE

2 ripe bananas, sieved (3/4 cup)
Whipped Cream
2 cups Milk

Press bananas through sieve, add milk and shake in cocktail shaker until thoroughly mixed. If desired, sweeten with either honey or brown sugar to suit individual taste. Serve cold, topped with whipped cream and a dash of nutmeg.

Yield: 3 servings.

ORANGE BLOSSOM CREAM

2 tablespoons sugar
1 1/4 cups Milk, chilled
1 cup orange juice, chilled

Dissolve sugar in orange juice and combine with milk. Shake vigorously and serve immediately.

Yield: 3 servings.
**Breakfast**
- Oatmeal with baked apple, sugar
- Quick coffee cake, coffee
- Cornflakes and bananas, sugar
- Eggs poached in cream, butter toast, coffee
- Stewed prunes with cream, sugar
- Spanish omelet, butter, jelly

**Luncheon**
- Cream of tomato soup, crackers
- Cottage cheese sandwiches, combination vegetable salad, butter
- Baked custard with raspberries, milk
- Stewed prunes with cream, sugar
- Spanish omelet
- Muffins, butter, jelly

**Dinner**
- Fruit cocktail, chicken with dumplings, buttered carrots
- Spinach supreme, asparagus salad, bread
- Baked custard with raspberries, milk
- Scotch eggs, roasted corn, blue cheese
- Butternut drops, milk

**Supper Party**
- Cold platter: Thin slices of assorted cold meats
- Tomatoes stuffed with cottage cheese
- Hot buttermilk biscuit
- Peach or prune tarts
- Iced tea or hot coffee

**Brunch**
- Iced melon with mint garnish
- Broiled mixed grill, corn meal muffins
- Potato souffle, quince honey
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